

**London Marathon
26th April 2009
Results**

5953rd Craig Bulmer 3:46:28 PB

**ANSW 10km Road Champs
2nd May 2009
Results**

Women - 10km

Rona Macniven 41:34
Sally Lynch 43:21
Deirdre Slattery 46:34

Men - 10km

Chamkaur Dhaliwal 33:47
Adam Paleg 34:09 PB
Alan Gardner 44:24

**ANSW Novice Champs
9th May 2009
Results**

Women - 4km

17th Emily McKenzie 15:09
18th Rona Macniven 15:10
64th Jackie Wright 17:15

Men - 10km

21st Chamkaur Dhaliwal 34:32
25th Oskar Booth 35:17 PB
65th Alexi Paxinos 39:12 PB

**SMH Half Marathon
17th May 2009
Results**

33rd Chamkaur Dhaliwal 1:15:04
69th Adam Paleg 1:18:48 PB
77th Oskar Booth 1:18:54 PB
127th Peter Trewin 1:20:05 PB
338th Alexi Paxinos 1:26:23 PB
1253rd Sally Lynch 1:37:12
2295th Wayne Morgan 1:45:10
2596th Sarah Blooman 1:47:09
4956th Anna Smith 1:58:31
5516th Pavel Gronich 2:01:59
6043rd Susanna Barry 2:05:27
6310th Julia Szymanski 2:05:50
6547th Helen Pretty 2:08:52
7398th Louise Warren 2:16:20
7785th Keren Winterford 2:21:43

ANSW 4km Cross Country Relays

30th May 2009

Results (In order of running)

Women - 4 x 4km

Rona Macniven	16:12
Sally Lynch	17:50
Emily McKenzie	16:07
Deirdre Slattery	17:57

Men - 4 x 4km

'A' Team

Chamkaur Dhaliwal	13:25
Adam Paleg	13:17
Peter Trewin	13:45
Oskar Booth	13:11

'B' Team

Alexi Paxinos	15:18
Sam Clayton	14:24
Chamkaur Dhaliwal	13:27
Alan Gardner	20:47

ANSW Long Course CC Champs

9th May 2009

Results

Women - 8km

7th	Rona Macniven	33:43
16th	Deirdre Slattery	39:10

Men - 12km

12th	Alan Gardner	62:33
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ANSW 4km Road Relays

11th July 2009

Results (In order of running)

Women - 4 x 4km

	<u>1st lap</u>	<u>2nd lap</u>	
Rona Macniven	7:25	7:54	15:16
Yvonne Baillie	8:07	8:07	16:14
Deirdre Slattery	8:11	8:08	16:19
Emily McKenzie	7:39	7:57	15:36

Men - 4 x 4km

Matt Hammond	6:08	6:00	12:08
Chamkaur Dhaliwal	6:27	6:34	13:01

Sri Chimnoy Dolls Point Fun Run
12th July 2009
Results

Women - 5km

29th Anne Bright 34:26 PB

Men - 5km

3rd Alexi Paxinos 18:14 PB

ANSW Short Course CC champs
18th July 2009
Results

Fun Run - 2.5 km

Anne Bright 17:58

Women - 5 km

	<u>1st lap</u>	<u>2nd lap</u>	
Nancy Newsome	9:52	9:57	19:49
Rona Macniven	9:40	10:15	19:55
Emily McKenzie	9:49	10:28	20:17
Sally Lynch	10:18	11:09	21:27
Jackie Wright	11:30	11:41	23:11

Men - 7.5 km

	<u>1st lap</u>	<u>2nd lap</u>	<u>3rd lap</u>	
Matt Hammond	8:06	8:59	8:51	25:56
Chamkaur Dhaliwal	8:33	8:49	8:52	26:14
Adam Paleg	8:48	9:04	9:05	26:57
Alexi Paxinos	9:27	9:49	10:04	29:20
Paul McGuire	12:25	12:17	11:40	36:22

Sutherland to Surf
26th July 2009
Results

Net Times

Alexi Paxinos	41:06
Ken Cross	45:13
Wayne Morgan	49:34
Sarah Blooman	51:09

**City to Surf
9th August 2009
Results**

	<u>Net Times</u>
Chamkaur Dhaliwal	48:??
Oskar Booth	49:28
Adam Paleg	49:57
Alexi Paxinos	53:27
Peter Trewin	54:17
David Doctor	1:24:57
Yvonne Baillie	57:42
Rona Macniven	59:00
Sally Lynch	1:02:01
Deirdre Slattery	1:04:58
Sarah Blooman	1:10:26
Fiona Stapleton	1:19:53
Julia Szymanski	1:20:57
Helen Pretty	1:25:59
Barbara Lake	1:41:41
Jennie Stebbing	1:55:45
Rosemary Bridge	2:01:32
Joan Poche	2:01:33
Michelle Wilde	2:05:20

**ANSW Half Marathon Champs
16th August 2009
Results**

Oskar Booth	1:17:59
Adam Paleg	1:19:08
Matthew Hammond	1:20:12
Chamkaur Dhaliwal	1:21:25

5km Fun Run/Walk

Joanne Moro	42:48
Iris Good	42:48