

**ANSW Long Course CC Champs  
18th June 2022 - Nowra**

		<b><u>Women - 40+ 10 km</u></b>		
	5th	Rona Macniven	47.10	
		<b><u>Men - 40+ 10 km</u></b>		
40+	5th	Tim Taylor	37.19	<b>Debut</b>
45+	6th	Chamkaur Dhaliwal	43.59	<b>Debut</b>
		<b><u>Men - 50+ 8km</u></b>		
50+	2nd	Darren Purcell	29.53	<b>Debut</b>
	5th	Peter Sweeny	31.29	<b>Debut</b>
	6th	Mark Gregory	32.02	<b>Debut</b>
55+	2nd	Philip Balnave	33.43	<b>Debut</b>
		<b><u>Team Results</u></b>	<b>Men Open O'50 - 1st</b>	
		<b><u>Men - 60+ 8km</u></b>		
65+	2nd	Wayne Cooper	40.27	<b>Debut</b>