

RELAY RESULTS - 2023

ANSW Relay Champs - SOPAC

17th November 2023

Women 160+ 4 x 1500 **1st - 23.26.79**

Sally Hannah 69.7, 1.40.4, 99.6, 96.6 - 6.06.2
Rebecca Holmes 64.0, 90.7, 92.1, 90.4 - 5.37.4
Naomi Tancred 65.6, 92.8, 94.3, 95.7 - 5.48.3
Rona Macniven 65.9, 94.8, 97.2, 96.6 - 5.54.5

Men 200+ 4 x 1500 **1st - 20.43.63**

Chamkaur Dhaliwal 54.9, 75.2, 75.5, 71.3 - 4.36.8
Campbell Dawson 66.7, 93.7, 91.4, 89.4 - 5.41.1
Keith Bateman 59.7, 82.5, 84.5, 81.9 - 5.08.6
Ken Wilson 59.2, 87.5, 87.7, 82.5 - 5.16.8

18th November 2023

Women 200+ 4 x 400 **2nd - 5.15.29 (Club Record Set)**

Aggie Fichera 68.3 (short leg)
Jane Boyd 85.5 (long leg)
Mons Navarro 87.8
Naomi Tancred 73.7

Men 200+ 4 x 400 **4th - 4.25.66**

Matt Lynch 61.0 (short leg)
Jim Hotait 68.7 (long leg)
Andrew Harris 65.4
Ken Wilson 70.6

Women 160+ 4 x 800 **1st - 11.48.28**

Sally Hannah 43.2, 44.9 (88.1) 44.8 (2.12.8) 43.4 - 2.56.3
Rona Macniven 39.7, 43.1 (82.8) 44.7 (2.07.5) 42.8 - 2.50.3
Naomi Tancred 42.6, 43.7 (86.3) 44.0 (2.10.3) 44.6 - 2.54.9
Kylie-Anne Richards 45.2, 46.8 (92.0) 48.8 (2.20.8) 45.7 - 3.06.5

Women 200+ 4 x Shot **2nd - 25.02 (Club Record Set)**

Sally Hannah 3.74 50+ Rec
Mons Navarro 7.00 55+ Rec
Iris Good 7.36 65+ Rec
Robyn Smith 6.92

19th November 2023

Women 120+ 4 x 800 **2nd - 12.18.60**

Rebecca Holmes 40.3, 41.7 (82.0) 43.7 (2.05.7) 44.4 - 2.50.2
Jane Wilcox 43.5, 45.1 (88.6) 46.4 (2.15.0) 42.1 - 2.57.1
Kylie-Anne Richards 45.3, 46.2 (91.5) 45.6 (2.17.1) 45.2 - 3.02.3
Mons Navarro 51.8, 53.3 (1.45.1) 53.0 (2.38.1) 50.9 - 3.29.0

Women 200+ 4 x 800 **1st 11.47.72 (Club Record Set)**

Jane Boyd 40.8, 45.7 (86.5) 46.8 (2.13.3) 46.2 - 2.59.5
Cecilia Malmberg 41.4, 44.0 (85.4) 43.0 (2.08.4) 40.9 - 2.49.3
Aggie Fichera 44.7, 45.7 (90.4) 44.8 (2.15.2) 43.7 - 2.58.9
Sally Hannah 44.0, 44.5 (88.5) 45.2 (2.13.7) 46.1 - 2.59.8

Men 200+ 4 x 800 **2nd 10.25.03**

Keith Bateman 37.6, 38.9 (76.5) 38.4 (1.54.9) 39.2 - 2.34.1
Ian Tritton 39.7, 42.3 (82.0) 44.0 (2.06.0) 42.2 - 2.48.2
Rebecca Holmes 40.0, 40.5 (80.5, 42.1 (2.02.6) 43.4 - 2.46.0
Chamkaur Dhaliwal 33.5, 34.1 (67.6) 34.0 (1.41.6) 34.9 - 2.16.5