

**Pewsey Vale 30th Aug 2009 SA Middle Distance  
Champs.**

**Tue 1/09/2009 21:29**

**Split time results**

created by [OE2003 © Stephan Krämer 2008](#)

Pl	Stno	Name	Cl.	Time																																					
<b>1</b>	<b>(12)</b>	<b>5.3 km 195 m 21 C</b>																																							
				1(468)	2(467)	3(432)	4(433)	5(497)	6(478)	7(477)	8(484)	9(498)	10(480)	11(481)	12(486)	13(470)	14(485)	15(461)	16(488)	17(489)	18(490)	19(440)	20(441)	21(442)	F																
<b>1</b>	<b>21</b>	<b>Simon Uppill</b>	<b>M21A</b>	<b>34:42</b>	1:14	3:01	5:34	6:46	9:21	10:15	12:32	15:48	16:49	18:22	19:48	20:42	23:23	24:54																							
<b>OH SA</b>				1:14	1:47	2:33	1:12	2:35	0:54	2:17	3:16	1:01	1:33	1:26	0:54	2:41	1:31	26:43	29:04	31:19	32:10	33:12	34:10	34:33	34:42																
				1:49	2:21	2:15	0:51	1:02	0:58	0:23	0:09																														
<b>2</b>	<b>22</b>	<b>John Nieuwenhoven</b>	<b>M21A</b>	<b>46:23</b>	1:25	3:12	6:12	7:35	13:50	15:16	18:21	20:26	22:01	23:43	27:37	28:38	32:54	34:36	<b>TT SA</b>	1:25	1:47	3:00	1:23	6:15	1:26	3:05	2:05	1:35	1:42	3:54	1:01	4:16	1:42	36:59	39:39	42:34	43:21	44:37	45:47	46:12	46:23
				2:23	2:40	2:55	0:47	1:16	1:10	0:25	0:11																														
<b>3</b>	<b>37</b>	<b>Stephen Dose</b>	<b>M35A</b>	<b>51:53</b>	2:03	4:10	7:14	8:48	14:00	15:22	18:44	22:12	23:53	26:07	30:28	31:52	36:14	39:06	<b>TT SA</b>	2:03	2:07	3:04	1:34	5:12	1:22	3:22	3:28	1:41	2:14	4:21	1:24	4:22	2:52	41:41	45:13	48:06	48:58	50:09	51:22	51:46	51:53
				2:35	3:32	2:53	0:52	1:11	1:13	0:24	0:07																														
<b>4</b>	<b>38</b>	<b>Greg Morcom</b>	<b>M35A</b>	<b>76:05</b>	1:58	4:55	10:15	12:22	19:09	21:43	26:08	31:50	38:27	42:27	45:28	48:32	54:11	56:50	<b>TJ SA</b>	1:58	2:57	5:20	2:07	6:47	2:34	4:25	5:42	6:37	4:00	3:01	3:04	5:39	2:39	60:51	66:02	70:15	71:35	73:15	75:03	75:45	76:05
				4:01	5:11	4:13	1:20	1:40	1:48	0:42	0:20																														
<b>5</b>	<b>17</b>	<b>Simon (Andy) Capp</b>	<b>M21A</b>	<b>97:17</b>	1:47	4:33	11:37	13:29	18:13	20:17	39:48	44:12	50:31	56:26	64:08	65:46	71:36	74:26	<b>TJ SA</b>	1:47	2:46	7:04	1:52	4:44	2:04	19:31	4:24	6:19	5:55	7:42	1:38	5:50	2:50	78:11	83:06	87:56	93:33	94:53	96:32	97:03	97:17
				3:45	4:55	4:50	5:37	1:20	1:39	0:31	0:14																														
<b>6</b>	<b>15</b>	<b>Ken Clarke</b>	<b>M21A</b>	<b>98:39</b>	8:53	13:32	24:24	30:48	38:01	40:02	48:42	53:56	56:07	58:58	63:39	65:18	70:32	73:48	<b>TJ SA</b>	8:53	4:39	10:52	6:24	7:13	2:01	8:40	5:14	2:11	2:51	4:41	1:39	5:14	3:16	78:05	85:30	91:28	93:34	95:23	97:38	98:29	98:39
				4:17	7:25	5:58	2:06	1:49	2:15	0:51	0:10																														
<b>7</b>	<b>36</b>	<b>Peter Bos</b>	<b>M35A</b>	<b>119:11</b>	2:49	6:17	28:30	30:28	44:16	49:19	54:27	76:55	78:19	84:04	87:45	93:09	98:16	102:05	<b>OH SA</b>	2:49	3:28	22:13	1:58	13:48	5:03	5:08	22:28	1:24	5:45	3:41	5:24	5:07	3:49								

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**8 14Michael Bammann M21A 123:16** 2:35 11:03 15:25 19:04 30:58 33:41 41:54  
 59:35 63:54 66:31 75:50 90:57 96:41 100:12  
**NONE SA** 2:35 8:28 4:22 3:39 11:54 2:43 8:13 17:41 4:19 2:37 9:19 15:07  
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**9 16Darrin Smith M21A 125:15** 2:48 6:56 13:54 16:38 25:48 27:52 33:14  
 57:30 59:34 62:30 71:07 86:49 93:04 97:39  
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**19Ruhi Afnan M21A mp** 1:26 3:55 7:01 8:54 15:21 16:47 20:11 24:00 ----  
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**YA SA** 1:26 2:29 3:06 1:53 6:27 1:26 3:24 3:49 8:58 1:33 4:25  
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**20Robin English M21A mp** 3:01 7:45 22:15 25:04 37:57 41:19 ---- ---- ----  
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**WA SA** 3:01 4:44 14:30 2:49 12:53 3:22 34:23 3:41 2:09 7:29  
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**18Francis English M21A mp** 2:32 6:20 10:42 13:02 22:21 24:49 30:10 ----  
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**WA SA** 2:32 3:48 4:22 2:20 9:19 2:28 5:21 29:42 15:39 4:50 4:29  
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**2 (17)4.4 km 190 m 17 C**  
 1(431) 2(432) 3(433) 4(475) 5(484) 6(498) 7(487) 8(486) 9(470) 10(485) 11(471)  
 12(488) 13(489) 14(490)  
 15(440) 16(441) 17(442) F  
**1 11Tom Dose M20A 37:50** 3:52 7:05 8:42 11:47 13:23 15:11 17:07 19:33 23:36  
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**TT SA** 3:52 3:13 1:37 3:05 1:36 1:48 1:56 2:26 4:03 2:32 2:19 2:36 2:53  
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**2 13Riordan Dose M20A 40:00** 4:12 7:26 8:54 15:51 17:25 18:36 20:08  
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**TT SA** 4:12 3:14 1:28 6:57 1:34 1:11 1:32 2:08 3:01 1:47 1:55 4:04 3:02  
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**3 25Jenny Casanova W21A 42:57** 4:14 7:59 9:43 13:47 15:33 17:24 19:23  
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**WA SA** 4:14 3:45 1:44 4:04 1:46 1:51 1:59 2:43 3:58 2:20 2:24 3:59  
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**4 28Susanne Casanova W21A 42:58** 4:21 7:58 9:40 15:12 16:47 19:26 21:09  
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**5 41Andrew McComb M45A 46:00** 4:00 7:49 9:32 13:58 19:13 21:00 23:11  
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**OH SA** 4:00 3:49 1:43 4:26 5:15 1:47 2:11 2:15 3:40 1:57 2:38 **2:33**  
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**6 42Lee Merchant M45A 49:14** 4:58 10:11 11:53 15:24 17:22 18:59 21:06  
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**TJ SA** 4:58 5:13 1:42 3:31 1:58 1:37 2:07 3:28 3:39 2:40 2:23 4:00  
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**7 46Phil Hazell M45A 49:16** 5:28 9:26 11:30 15:28 17:58 19:30 21:20 28:07  
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**8 45Craig Colwell M45A 51:30** 5:30 9:43 11:23 15:38 17:28 20:11 22:04  
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**9 44Nigel Dobson-Keefe M45A 53:20** 5:09 10:46 13:19 17:55 19:55 21:58 23:59  
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**10 23Claire Davill W21A 67:26** 5:59 11:14 14:08 19:42 21:51 29:48 32:28  
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**11 27Fern Tomas W21A 68:27** 6:32 11:05 13:07 21:52 23:54 26:29 29:38  
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**WA SA** 6:32 4:33 2:02 8:45 2:02 2:35 3:09 11:23 4:22 3:15 3:20 3:49

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**12 48Ian Winn M45A 69:20** 4:37 8:51 10:53 28:48 35:21 38:34 40:37  
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**OH SA** 4:37 4:14 2:02 17:55 6:33 3:13 2:03 3:46 4:33 3:09 3:09 3:58  
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**13 47Trevor Diment M45A 72:46** 6:43 12:26 16:18 22:10 30:34 32:55 35:42  
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**14 43Gerry Velaitis M45A 73:06** 5:41 13:41 15:46 21:45 24:05 26:23 28:52  
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**15 26Nicole Such W21A 102:22** 9:03 17:10 22:14 29:16 36:43 43:17 47:55  
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**OH SA** 9:03 8:07 5:04 7:02 7:27 6:34 4:38 6:47 9:13 6:01 7:38 6:27  
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**16 55Amy Ide W21A 107:20** 6:14 21:35 26:01 40:37 45:22 52:16 56:48  
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**LI SA** 6:14 15:21 4:26 14:36 4:45 6:54 4:32 14:03 7:08 5:10 5:00 5:36  
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**24Lauren Gillis W21A mp 4:02** 8:47 10:50 18:07 20:40 22:47 24:43 29:29  
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**OH SA** 4:02 4:45 2:03 7:17 2:33 2:07 1:56 4:46 5:02 3:23 2:47 6:00  
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**3 (21)3.7 km 155 m 15 C**  
 1(467) 2(479) 3(492) 4(433) 5(484) 6(498) 7(480) 8(481) 9(486) 10(470) 11(485)  
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 15(442) F  
**1 64Paul Hoopmann M55A 40:43** 4:39 7:25 10:05 11:27 14:52 16:37 19:00  
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**TJ SA** 4:39 2:46 2:40 1:22 3:25 1:45 2:23 3:35 2:43 4:14 2:45 4:19  
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**2 56Heinz Leuenberger M55A 48:35** 3:59 6:46 9:09 10:28 19:18 20:52 22:59

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**OH SA** 3:59 2:47 2:23 1:19 8:50 1:34 2:07 2:40 1:31 4:11 2:03 11:15  
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**3 66Greg Rowberry M55A 48:37** 4:31 7:21 9:29 10:43 14:08 17:41 29:17  
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**WA SA** 4:31 2:50 2:08 1:14 3:25 3:33 11:36 3:04 1:17 3:46 2:34 4:25  
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**4 69Peter Ashforth M55A 49:43** 5:30 9:07 11:58 13:42 18:03 20:21 24:53  
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**WA SA** 5:30 3:37 2:51 1:44 4:21 2:18 4:32 3:35 2:08 5:20 3:06 4:57  
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**5 72Peter Mayer M55A 50:28** 4:55 9:10 12:26 14:22 18:36 25:53 28:28  
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**YA SA** 4:55 4:15 3:16 1:56 4:14 7:17 2:35 3:14 1:47 4:40 2:27 3:45  
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**6 39Robin Uppill W35A 51:28** 5:35 9:06 12:17 14:07 18:47 20:55 22:59  
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**OH SA** 5:35 3:31 3:11 1:50 4:40 2:08 2:04 5:24 3:08 6:12 3:06 5:06  
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**7 62Tom Bullock M55A 57:15** 8:49 11:51 15:11 17:07 24:50 26:54 30:10  
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**WA SA** 8:49 3:02 3:20 1:56 7:43 2:04 3:16 4:07 3:51 5:22 3:13 5:36  
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**8 70Garry Harris M55A 58:56** 6:24 12:10 17:03 19:21 24:10 27:55 31:32  
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**9 95Rob Tucker M55A 60:35** 4:15 6:46 11:41 12:51 16:21 27:49 29:57  
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**YA SA** 4:15 2:31 4:55 1:10 3:30 11:28 2:08 10:18 1:18 6:55 2:57 3:29  
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**10 40Zara Soden W35A 61:50** 4:54 10:05 14:26 17:28 23:12 26:29 31:16  
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**11 71Barry Wheeler** M55A **67:53** 10:37 15:34 23:20 25:23 30:44 34:10 37:40  
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**TT SA** 10:37 4:57 7:46 2:03 5:21 3:26 3:30 3:53 2:09 6:44 3:25 6:24  
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**12 73Jon Potter** M55A **70:06** 5:51 10:16 20:54 22:28 27:16 39:05 41:45  
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**TE NT** 5:51 4:25 10:38 1:34 4:48 11:49 2:40 3:19 1:58 7:29 3:37 5:06  
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**13 57David Tilbrook** M55A **74:51** 6:43 10:58 13:54 16:01 20:49 23:44 31:37  
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**OH SA** 6:43 4:15 2:56 2:07 4:48 2:55 7:53 17:47 1:51 5:36 4:28 6:25  
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**14 61Geoff Bennett** M55A **85:08** 11:14 15:06 17:16 19:22 34:10 50:11 55:47  
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**TT SA** 11:14 3:52 2:10 2:06 14:48 16:01 5:36 4:31 2:26 6:49 3:44 5:19  
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**15 65Ken Thompson** M55A **86:07** 7:07 13:42 18:21 20:53 26:52 29:40 44:48  
 53:51 55:41 62:42 67:05 79:01 82:11 84:44  
**TT SA** 7:07 6:35 4:39 2:32 5:59 2:48 15:08 9:03 1:50 7:01 4:23 11:56  
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 85:50 86:07  
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**16 60Peter Young** M55A **89:58** 10:24 17:10 21:08 27:02 32:51 35:34 38:45  
 49:11 53:03 61:46 67:01 76:01 85:23 88:33  
**TT SA** 10:24 6:46 3:58 5:54 5:49 2:43 3:11 10:26 3:52 8:43 5:15 9:00  
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**17 63Vern Hembrow** M55A **91:13** 8:45 14:10 24:18 26:43 42:09 45:55 51:27  
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**OH SA** 8:45 5:25 10:08 2:25 15:26 3:46 5:32 6:45 2:17 7:22 7:12 8:26  
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**18 67Doug Fotheringham** M55A **91:28** 6:10 9:44 12:27 13:51 44:25 46:53 50:33  
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**YA SA** 6:10 3:34 2:43 1:24 30:34 2:28 3:40 12:09 2:46 8:27 5:29 5:12

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**19 58Robert Hillyard M55A 125:36** 10:23 16:06 24:02 27:08 35:21 42:42 65:03  
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**TJ SA** 10:23 5:43 7:56 3:06 8:13 7:21 22:21 9:13 2:52 10:50 6:36 18:55  
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**59Adrian Uppill M55A mp** 3:55 6:28 8:24 9:46 13:13 23:55 26:20 28:16 29:32  
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**OH SA** 3:55 2:33 1:56 1:22 3:27 10:42 2:25 1:56 1:16 3:55 5:01 3:17  
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**68Mike Round M55A mp** 5:30 8:36 11:11 12:57 -----  
 - ----- 78:58 82:16 84:21  
**TT SA** 5:30 3:06 2:35 1:46 66:01 3:18 2:05  
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**4 (26)3.4 km 140 m 15 C**  
 1(463) 2(464) 3(432) 4(492) 5(433) 6(498) 7(487) 8(486) 9(469) 10(485) 11(488)  
 12(443) 13(434) 14(441)  
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