



Athletics New Zealand
Men and Women 3,000m Track
Championships
RESULTS

> Wellington >> 22 January 2010

New Zealand Institute of Sport NZ Senior Women - 3000m Championships

1	270	Fiona	Crombie	Athletics Canterbury	09:31.9
2	279	Hannah	Newbould	Athletics Canterbury	09:35.5
3	282	Danielle	Trevis	North Harbour Bays	09:41.8
4	274	Rachel	Kingsford	Athletics Otago	09:44.4
5	272	Tina	Harris	Wellington Scottish	09:47.7
6	269	Nyla	Carroll	Wellington Scottish	09:53.9
7	273	Annie	Keown	Auckland City Athletics	09:54.9
8	277	Sarah	McSweeney	Athletics Canterbury	10:04.4
9	275	Rebecca	Kingsford	Hamilton City Hawks	10:25.4
10	271	Anne	Hare	Wellington Scottish	10:28.9
11	276	Stephanie	MacKenzie	Wellington Scottish	10:31.9
12	280	Gabrielle	O'Rourke	Wellington Harrier Club	10:36.2
13	281	Portenski	Bernie	Wellington Scottish	11:21.5

New Zealand Institute of Sport NZ Senior Men - 3000m Championships

1	268	Nicholas	Willis	Lower Hutt Aac	08:15.1
2	243	Hamish	Carson	Wellington Scottish	08:15.7
3	256	Aaron	Pulford	Hamilton City Hawks	08:20.1
4	267	Alex	Wallace	Wellington Harrier Club	08:20.8
5	252	Malcolm	Hicks	Wesley Athletic	08:23.0
6	253	Kim	Hogarth	Athletics Nelson	08:24.9
7	262	Eric	Speakman	Hastings Athletic Club	08:26.3
8	258	Ryan	Sissons	Pakuranga Athletic Club	08:27.2
9	255	Stephen	Lett	Takapuna Athletic Club	08:28.6
10	246	Cary	Chaffee	Wellington Harrier Club	08:29.0
11	261	Stefan	Smith	Wellington Scottish	08:30.6
12	264	Brett	Tingay	Athletics Canterbury	08:32.2
13	263	Angus	Taylor	Athletics Canterbury	08:32.4
14	250	Kris	Gemmell	North Harbour Bays	08:33.4
15	259	Aniel	Smith	Waitakere City AC	08:33.7
16	265	Martin	van Barneveld	Wellington Scottish	08:34.6
17	249	Clark	Ellice	Energy City Harriers	08:38.1
18	260	Neville	Smith	Hastings Athletic Club	08:39.7
19	266	Josh	van Dalen	Wellington Scottish	08:50.5
20	240	Mikael	Andersson	Wellington Scottish	09:04.4
21	257	Mathew	Rogers	Hutt Valley Harriers	09:04.7

