

# CANTERBURY CROSS COUNTRY AND ROAD COMMITTEE

## LIONEL FOX MEMORIAL RELAYS 4x5km 2009

### Team Results

#### Masters Men

| Place | Team                        | Lap 1  | Lap 2                                      | Lap 3                                       | Lap 4  | Team Time |
|-------|-----------------------------|--|--|---|--|-----------|
| 1     | Christchurch Avon<br>120    | Andrew Reese-Jones<br>17:48<br>2 MM 16 O/AII | Anthony Rogal<br>18:29<br>12 MM 41 O/AII   | John Gamblin<br>18:30<br>13 MM 42 O/AII     | Richard Merrett<br>18:15<br>8 MM 31 O/AII    | 1:13:02   |
| 2     | Sumner<br>144               | Graham Hams<br>18:03<br>6 MM 24 O/AII        | Al Cory Wright<br>17:54<br>3 MM 20 O/AII   | Will Blake<br>20:23<br>44 MM 98 O/AII       | John Fitch<br>18:02<br>4= MM 22= O/AII       | 1:14:22   |
| 3     | Port Hills<br>137           | Phil Forde<br>18:20<br>11 MM 37 O/AII        | Dave Burne<br>18:47<br>15 MM 48 O/AII      | Tom Jarman<br>18:34<br>14 MM 44 O/AII       | Tony Hill<br>19:56<br>33 MM 80 O/AII         | 1:15:37   |
| 4     | Christchurch Avon<br>121    | Ngel Heslop<br>19:34<br>24 MM 65 O/AII       | Greg Bramwell<br>19:42<br>28 MM 74 O/AII   | Paul Norton<br>20:29<br>48 MM 103 O/AII     | Ian Chinnery<br>20:07<br>36 MM 84 O/AII      | 1:19:52   |
| 5     | North Canterbury<br>5       | Nigel Anderson<br>19:43<br>29 MM 75 O/AII    | Mike Wilson<br>20:48<br>51 MM 113 O/AII    | Rob Genet<br>20:17<br>41 MM 92 O/AII        | Paul Crossley<br>19:36<br>25 MM 67 O/AII     | 1:20:24   |
| 6     | Papanui Toc H<br>133        | Mike Mc Auliffe<br>18:15<br>9 MM 32 O/AII    | Robert Schuyt<br>19:09<br>19 MM 56 O/AII   | Mark Cargin<br>22:20<br>79 MM 158 O/AII     | Peter Richardson<br>21:11<br>59 MM 128 O/AII | 1:20:55   |
| 7     | Canterbury Triathlon<br>146 | Steve Motley<br>19:47<br>30 MM 76 O/AII      | Richard Adams<br>19:03<br>18 MM 53 O/AII   | Grant Jefferies<br>21:36<br>70 MM 141 O/AII | Murray Lapworth<br>20:59<br>54 MM 120 O/AII  | 1:21:25   |
| 8     | Port Hills<br>138           | Peter King<br>20:28<br>47 MM 102 O/AII       | Barry Finch<br>20:54<br>53 MM 117 O/AII    | Michael Smith<br>20:16<br>39 MM 90 O/AII    | Michael Glen<br>20:11<br>37 MM 86 O/AII      | 1:21:49   |
| 9     | Christchurch Avon<br>122    | James Rogal<br>20:23<br>45 MM 99 O/AII       | Rodger Ward<br>20:50<br>52 MM 114= O/AII   | Mike Vandercolk<br>21:07<br>58 MM 126 O/AII | Victor Gamperle<br>19:55<br>32 MM 79 O/AII   | 1:22:15   |
| 10    | Sumner<br>145               | Garth Stevens<br>20:06<br>35 MM 83 O/AII     | Derek Haselden<br>21:03<br>56 MM 123 O/AII | Trevor Batin<br>21:13<br>61 MM 131 O/AII    | Graeme Thompson<br>20:26<br>46 MM 101 O/AII  | 1:22:48   |
| 11    | Port Hills<br>140           | Nick Rutter<br>20:16<br>40 MM 91 O/AII       | Chris Arnold<br>21:41<br>72 MM 144 O/AII   | Phil Chapman<br>20:22<br>43 MM 97 O/AII     | Louis Jensen<br>21:02<br>55 MM 122 O/AII     | 1:23:21   |
| 12    | New Brighton<br>124         | Guy Dryden<br>20:00<br>34 MM 82 O/AII        | Richard Young<br>20:43<br>50 MM 110 O/AII  | Kelvin Rowe<br>21:37<br>71 MM 142 O/AII     | Terry Smith<br>21:35<br>69 MM 140 O/AII      | 1:23:55   |
| 13    | Olympic<br>131              | Aaron Reid<br>19:25<br>22 MM 61 O/AII        | Greg Harney<br>20:21<br>42 MM 95 O/AII     | Ron McTaggart<br>21:23<br>62 MM 133 O/AII   | Bill Stevens<br>22:51<br>88 MM 174 O/AII     | 1:24:00   |
| 14    | Sumner<br>8                 | Ian Withington<br>21:55<br>75 MM 147 O/AII   | Pete Hallam<br>22:07<br>77 MM 153 O/AII    | Lockie Campbell<br>21:43<br>73 MM 145 O/AII | Barry Ireland<br>22:25<br>82 MM 163 O/AII    | 1:28:10   |

|                             |   |  |  |  |         |
|-----------------------------|---|--|--|--|---------|
| 15 North Canterbury<br>130  | Grant Bellaney<br>21:35<br>68 MM 139 O/AII  | Malcolm Collie<br>23:47<br>95 MM 193 O/AII | Brian Heron<br>20:43<br>49 MM 109 O/AII        | Keith Hammond<br>22:54<br>89= MM 176 O/AII | 1:28:59 |
| 16 Christchurch Avon<br>123 | Frank Walsh<br>22:21<br>80 MM 159 O/AII     | Dave Slaten<br>21:30<br>65 MM 136= O/AII   | Chris Florkowski<br>26:31<br>104 MM 223= O/AII | Lutz Beckert<br>21:33<br>67 MM 138 O/AII   | 1:31:55 |
| 17 Papanui Toc H<br>135     | Barry Robertson<br>22:42<br>83 MM 167 O/AII | Alan Blackburn<br>22:47<br>86 MM 170 O/AII | Janice Pennells<br>24:02<br>25 MW 195 O/AII    | Wayne Keats<br>22:46<br>84 MM 168 O/AII    | 1:32:17 |
| 18 Port Hills<br>141        | Steve Barry<br>23:25<br>92 MM 184 O/AII     | Ross Allen<br>24:26<br>97 MM 199 O/AII     | Graeme Swanson<br>21:46<br>74 MM 146 O/AII     | Terry Warren<br>24:55<br>100 MM 204 O/AII  | 1:34:32 |
| 19 Port Hills<br>143        | Paul Johnston<br>22:02<br>76 MM 151 O/AII   | Jamie Houston<br>24:32<br>98 MM 200 O/AII  | Kevin Knight<br>30:35<br>111 MM 241 O/AII      | Rod Vardy<br>20:12<br>38 MM 88 O/AII       | 1:37:21 |
| 20 New Brighton<br>128      | Jos Galavazi<br>23:47<br>94 MM 192 O/AII    | John Edwards<br>24:58<br>101 MM 205 O/AII  | Graeme Pendrigh<br>24:40<br>99 MM 201 O/AII    | Marty Rowe<br>25:41<br>103 MM 213 O/AII    | 1:39:06 |
| 21 Papanui Toc H<br>136     | Graeme Ell<br>22:57<br>91 MM 178 O/AII      | Wayne Anstiss<br>29:15<br>110 MM 238 O/AII | Tony Brorens<br>23:44<br>93 MM 187 O/AII       | Nancy Dimmock<br>28:12<br>46 MW 233 O/AII  | 1:44:08 |
| 22 New Brighton<br>10       | Peter Cook<br>24:21<br>96 MM 198 O/AII      | Jacky Cook<br>27:36<br>44 MW 228 O/AII     | Allan Gardiner<br>28:01<br>108 MM 232 O/AII    | Brian Keown<br>29:01<br>109 MM 237 O/AII   | 1:48:59 |
| 999 Olympic<br>132          | Murray Smith<br>25:07                       | Neils Papps<br>31:38                       | Peter Coughlan                                 | Red Maddock                                | 0:56:45 |
| DNF                         | 102 MM 207 O/AII                            | 112 MM 242 O/AII                           | MM O/AII                                       | MM O/AII                                   |         |

*Masters Women*

| <i>Place</i> | <i>Team</i>          | <i>Lap 1</i>                 | <i>Lap 2</i>             | <i>Lap 3</i>             | <i>Lap 4</i>           | <i>Team Time</i> |
|--------------|----------------------|------------------------------|--------------------------|--------------------------|------------------------|------------------|
| 1            | Port Hills           | Fiona Gilroy<br>20:18        | Maree Greig<br>21:57     | Pauline Poore<br>21:59   | Robyn Daly<br>22:51    | 1:27:05          |
|              | 67                   | 2 MW 93 O/AII                | 10 MW 148 O/AII          | 11 MW 149 O/AII          | 16 MW 173 O/AII        |                  |
| 2            | Sumner               | Amanda Strong<br>22:52       | Chris Rowe<br>22:01      | Vivian McCaskey<br>22:47 | Sara Philip<br>20:35   | 1:28:15          |
|              | 70                   | 17 MW 175 O/AII              | 12 MW 150 O/AII          | 15 MW 171 O/AII          | 4 MW 105 O/AII         |                  |
| 3            | North Canterbury     | Kath Atkin<br>20:50          | Ros Hadler<br>20:59      | Mel Hines<br>28:29       | Sarah Roberts<br>20:19 | 1:30:37          |
|              | 25                   | 6 MW 114 O/AII               | 7 MW 119 O/AII           | 48 MW 235 O/AII          | 3 MW 94 O/AII          |                  |
| 4            | Olympic              | Katherine Ewer<br>23:19      | Heather North<br>22:28   | Debbie Wilson<br>23:27   | Judith Taylor<br>21:39 | 1:30:53          |
|              | 31                   | 19 MW 182 O/AII              | 14 MW 164 O/AII          | 21 MW 185 O/AII          | 9 MW 143 O/AII         |                  |
| 5            | Christchurch Avon    | Jane Pairman<br>20:45        | Robyn Perkins<br>23:46   | Sandie Gamperle<br>26:20 | Anne Kennedy<br>24:43  | 1:35:34          |
|              | 91                   | 5 MW 111= O/AII              | 23 MW 191 O/AII          | 40 MW 219 O/AII          | 27 MW 202 O/AII        |                  |
| 6            | Canterbury Triathlon | Gail Harvey-Heyward<br>22:25 | Dee McCarthy<br>23:58    | Pam Yee<br>25:34         | Mary Jones<br>25:05    | 1:37:02          |
|              | 93                   | 13 MW 162 O/AII              | 24 MW 194 O/AII          | 33 MW 211 O/AII          | 29 MW 206 O/AII        |                  |
| 7            | Olympic              | Margaret Flanagan<br>25:48   | Tessa Holland<br>25:30   | Lynda Powell<br>26:30    | Ronalda Reid<br>23:44  | 1:41:32          |
|              | 39                   | 36 MW 215 O/AII              | 32 MW 210 O/AII          | 42 MW 222 O/AII          | 22 MW 186 O/AII        |                  |
| 8            | Sumner               | Jo Chalmers<br>27:53         | Jane Manthorpe<br>23:21  | Bee Ruder<br>24:47       | Cathy Ireland<br>26:06 | 1:42:07          |
|              | 75                   | 45 MW 231 O/AII              | 20 MW 183 O/AII          | 28 MW 203 O/AII          | 39 MW 218 O/AII        |                  |
| 9            | Canterbury Triathlon | Sarah Blair<br>27:14         | Dorothy McPhail<br>28:35 | Caren McKay<br>25:43     | Jenny Motley<br>25:10  | 1:46:42          |
|              | 9                    | 43 MW 227 O/AII              | 49 MW 236 O/AII          | 35 MW 214 O/AII          | 30 MW 208 O/AII        |                  |

*Senior Men*

| <i>Place</i> | <i>Team</i>                 | <i>Lap 1</i>                                 |  | <i>Lap 2</i>                                     |  | <i>Lap 3</i> |  | <i>Lap 4</i> |  | <i>Team Time</i> |
|--------------|-----------------------------|--|--|--|--|--------------|--|--------------|--|------------------|
| 1            | Canterbury Triathlon<br>107 | Axel Reiser<br>16:49<br>1 MM 2 O/AII         | John Newsom<br>17:26<br>10 SM 11 O/AII       | Ross Smith<br>16:58<br>3 SM 4 O/AII              | Mike Phillips<br>17:31<br>12 SM 13 O/AII     |              |  |              |  | 1:08:44          |
| 2            | Christchurch Avon<br>89     | Zach Butler<br>17:00<br>4 SM 5 O/AII         | Nick Merrett<br>17:09<br>6 SM 7 O/AII        | Matt Cantwell<br>18:40<br>31 SM 46 O/AII         | James Glasson<br>17:01<br>5 SM 6 O/AII       |              |  |              |  | 1:09:50          |
| 3            | Sumner<br>104               | Matt Scott<br>17:12<br>7 SM 8= O/AII         | Danny Carmine<br>17:45<br>13 SM 14 O/AII     | Nathan Jones<br>17:53<br>17 SM 19 O/AII          | Marty Lukes<br>17:26<br>11 SM 12 O/AII       |              |  |              |  | 1:10:16          |
| 4            | Papanui Toc H<br>101        | Karl Hammond<br>17:47<br>14 SM 15 O/AII      | Jake Stamper<br>17:12<br>7= SM 8 O/AII       | Chris Kelly<br>17:55<br>18 SM 21 O/AII           | Dallas Wichman<br>18:05<br>19 SM 25= O/AII   |              |  |              |  | 1:10:59          |
| 5            | Sumner<br>105               | Jonny Sim<br>18:56<br>33 SM 51 O/AII         | Mike Couser<br>18:16<br>24 SM 34 O/AII       | Kevin Sherratt<br>18:05<br>19= SM 25 O/AII       | David Fitch<br>18:06<br>21 SM 27 O/AII       |              |  |              |  | 1:13:23          |
| 6            | North Canterbury<br>99      | Issac Peneha<br>20:12<br>41 SM 87 O/AII      | Paul Schaapveld<br>18:11<br>7 MM 29 O/AII    | Dave Collie<br>19:01<br>17 MM 52 O/AII           | Brian Law<br>18:02<br>4 MM 22 O/AII          |              |  |              |  | 1:15:26          |
| 7            | Christchurch Avon<br>90     | Perrin Richardson<br>18:17<br>25 SM 35 O/AII | Rya Bridgman<br>18:26<br>27 SM 39 O/AII      | Scott Bridgman<br>20:51<br>47 SM 116 O/AII       | Paul Robinson<br>17:52<br>16 SM 18 O/AII     |              |  |              |  | 1:15:26          |
| 8            | Canterbury Triathlon<br>108 | Iain Woods<br>18:18<br>10 MM 36 O/AII        | Andrew Laurenson<br>19:10<br>21 MM 58 O/AII  | Russell Harrison-Kirk<br>19:06<br>34 SM 54 O/AII | Andrew Abakhan<br>18:55<br>16 MM 50 O/AII    |              |  |              |  | 1:15:29          |
| 9            | University<br>113           | Sarah McSweeney<br>22:12<br>16 SW 154 O/AII  | Fiona Crombie<br>18:44<br>2 SW 47 O/AII      | Tania Causer<br>18:14<br>1 SW 30 O/AII           | Simon Gannaway<br>16:36<br>1 SM 1 O/AII      |              |  |              |  | 1:15:46          |
| 10           | Christ's College<br>94      | Alex Fowler<br>16:49<br>2 SM 2= O/AII        | Alex Gregory<br>20:14<br>42 SM 89 O/AII      | Robert heslop<br>20:36<br>45 SM 106 O/AII        | Evan Elder<br>18:52<br>32 SM 49 O/AII        |              |  |              |  | 1:16:31          |
| 11           | Port Hills<br>103           | Ian Reeves<br>18:38<br>30 SM 45 O/AII        | Peter Daly<br>21:30<br>65= MM 136 O/AII      | Rod Vardy<br>19:54<br>31 MM 78 O/AII             | Heather McKenzie<br>22:37<br>20 SW 166 O/AII |              |  |              |  | 1:22:39          |
| 12           | University<br>114           | Malcom Cornelius<br>21:06<br>57 MM 125 O/AII | Kieran Tibble<br>21:13<br>49 SM 129 O/AII    | Scott McDonald<br>17:48<br>15 SM 16= O/AII       | Andrew Woodward<br>22:46<br>85 MM 169 O/AII  |              |  |              |  | 1:22:53          |
| 13           | Canterbury Triathlon<br>109 | Lachlan Boyle<br>18:33<br>29 SM 43 O/AII     | Paul Watt<br>21:24<br>63 MM 134 O/AII        | Richard Patterson<br>22:15<br>50 SM 156 O/AII    | John Kennedy<br>22:13<br>78 MM 155 O/AII     |              |  |              |  | 1:24:25          |
| 14           | Papanui Toc H<br>102        | Matt Hunt<br>18:07<br>22 SM 28 O/AII         | Jason Wilcock<br>20:29<br>44 SM 103= O/AII   | Melissa Hammond<br>26:22<br>26 SW 220 O/AII      | Mark Hastie<br>19:30<br>35 SM 63 O/AII       |              |  |              |  | 1:24:28          |
| 15           | Olympic<br>100              | Craig Hubert<br>19:40<br>37 SM 72 O/AII      | Clive Kitchingham<br>19:28<br>23 MM 62 O/AII | Mike Ford<br>19:41<br>38 SM 73 O/AII             | John Kerrison<br>27:43<br>106 MM 229 O/AII   |              |  |              |  | 1:26:32          |

|     |                      |                   |                     |                  |                  |         |
|-----|----------------------|-------------------|---------------------|------------------|------------------|---------|
| 16  | Christ's College     | Uddaka Wijesinghe | Michael Jones       | Brett Smith      | Judy Heslop      | 1:29:02 |
| 95  |                      | 23:45             | 21:04               | 18:15            | 25:58            |         |
|     |                      | 51 SM 189 O/AII   | 48 SM 124 O/AII     | 23 SM 33 O/AII   | 38 MW 217 O/AII  |         |
| 17  | Anglican             | Dayle Steele      | Eric Cox            | Briony Hobbs     | Andrew Reese     | 1:32:23 |
| 88  |                      | 19:36             | 22:54               | 22:06            | 27:47            |         |
|     |                      | 26 MM 68 O/AII    | 89 MM 176= O/AII    | 15 SW 152 O/AII  | 107 MM 230 O/AII |         |
| 18  | Anglican             | Clive Thomas      | Jeff Hill           | Greig Hill       | Peter Free       | 1:36:39 |
| 118 |                      | 21:13             | 22:21               | 26:31            | 26:34            |         |
|     |                      | 60 MM 129= O/AII  | 81 MM 160 O/AII     | 52 SM 223 O/AII  | 105 MM 225 O/AII |         |
| 19  | Christchurch Avon    | Selena Metherall  | Kim Heslop          | Sue Johnson      | Denis Christmas  | 1:43:13 |
| 92  |                      | 22:29             | 28:17               | 29:39            | 22:48            |         |
|     |                      | 19 SW 165 O/AII   | 47 MW 234 O/AII     | 50 MW 239 O/AII  | 87 MM 172 O/AII  |         |
| 999 | Sumner               | Julian Gudsell    | Alistair Richardson | Jared McLaughlin | Danny Carmine    | 1:17:31 |
| 106 |                      | 19:56             | 20:42               | 18:25            | 18:28            |         |
| DSQ |                      | 39 SM 81 O/AII    | 46 SM 108 O/AII     | 26 SM 38 O/AII   | 28 SM 40 O/AII   |         |
| 999 | Canterbury Triathlon | Andrew Black      | Daniel McDonald     | Axel Reiser      | John Newsom      | 1:19:16 |
| 110 |                      | 20:10             | 19:35               | 19:09            | 20:22            |         |
| DSQ |                      | 40 SM 85 O/AII    | 36 SM 66 O/AII      | 20 MM 57 O/AII   | 43 SM 96 O/AII   |         |
| 999 | University           | Peter Stribling   | Brett Tingay        | Fiona Crombie    | Dan Reese        | 1:18:45 |
| 147 |                      | 21:27             | 17:18               | 20:23            | 19:37            |         |
| DSQ |                      | 64 MM 135 O/AII   | 9 SM 10 O/AII       | 9 SW 100 O/AII   | 27 MM 69 O/AII   |         |

*Senior Women*

| <i>Place</i> | <i>Team</i>          | <i>Lap 1</i>     | <i>Lap 2</i>     | <i>Lap 3</i>       | <i>Lap 4</i>       | <i>Team Time</i> |
|--------------|----------------------|------------------|------------------|--------------------|--------------------|------------------|
| 1            | North Canterbury     | Tracy Crossley   | Angie Smit       | Jaye Atkin         | Claire van Polanen | 1:20:48          |
| 150          |                      | 19:38            | 19:38            | 19:08              | 22:24              |                  |
|              |                      | 1 MW 71 O/AII    | 7 SW 70 O/AII    | 3 SW 55 O/AII      | 18 SW 161 O/AII    |                  |
| 2            | Christchurch Avon    | Elise Sutherland | Lydia Marshall   | Laura Wood         | Margot Gibson      | 1:21:07          |
| 148          |                      | 21:01            | 19:32            | 21:19              | 19:15              |                  |
|              |                      | 13 SW 121 O/AII  | 6 SW 64 O/AII    | 14 SW 132 O/AII    | 4 SW 59 O/AII      |                  |
| 3            | Sumner               | Lara Prince      | Ari Summers      | Helen Spring       | Annette Campbell   | 1:28:38          |
| 16           |                      | 20:45            | 19:50            | 23:45              | 24:18              |                  |
|              |                      | 11 SW 111 O/AII  | 8 SW 77 O/AII    | 23 SW 188 O/AII    | 26 MW 197 O/AII    |                  |
| 4            | New Brighton         | Anna Shaw        | Chris Stowell    | Katherine Hilton   | Johanna van Doorn  | 1:30:35          |
| 149          |                      | 21:08            | 23:16            | 25:35              | 20:36              |                  |
|              |                      | 8 MW 127 O/AII   | 18 MW 180 O/AII  | 34 MW 212 O/AII    | 10 SW 107 O/AII    |                  |
| 5            | North Canterbury     | Karly Ryder      | Amy Mannering    | Bailey McAllister  | Kate Hewitt        | 1:33:26          |
| 14           |                      | 20:58            | 22:15            | 27:12              | 23:01              |                  |
|              |                      | 12 SW 118 O/AII  | 17 SW 156= O/AII | 27 SW 226 O/AII    | 21 SW 179 O/AII    |                  |
| 6            | Canterbury Triathlon | Julia Grant      | Laurence Gay     | Kim Laurenson      | Zarnia Morrison    | 1:36:33          |
| 11           |                      | 19:16            | 23:16            | 29:44              | 24:17              |                  |
|              |                      | 5 SW 60 O/AII    | 22 SW 181 O/AII  | 28 SW 240 O/AII    | 25 SW 196 O/AII    |                  |
| 7            | Port Hills           | Maureen Averill  | Becky Smith      | Wendy Fox Turnbull | Christine Bycroft  | 1:41:14          |
| 15           |                      | 25:14            | 23:46            | 25:50              | 26:24              |                  |
|              |                      | 31 MW 209 O/AII  | 24 SW 190 O/AII  | 37 MW 216 O/AII    | 41 MW 221 O/AII    |                  |