

# HEB Cross Country

HEB Smithbridge

A&P Showgrounds, Pukekohe 14 May 2011

## Results

### 2,000m - HEB Smithbridge

Place	Race No	Name	Team	Gender	Time
<b>B10</b>					
1	PK026	Francis Morrison	Pakuranga	Male	8:55
2	AU025	Sam Duncan	University	Male	9:01
3	PK070	Atish Ajaykumar	Pakuranga	Male	9:12
4	PK111	Oliver Hughson	Pakuranga	Male	9:13
5	GE014	Duncan Poland	Glen Eden	Male	9:17
6	PK135	Cameron Church	Pakuranga	Male	9:21
=	AC014	Lucas Osborne	Auckland City Athletics	Male	9:21
8	VI601	Matthew Gould	North Harbour Bays	Male	9:33
9	PK075	Ronnie Green	Pakuranga	Male	9:45
10	AC010	Callum Walsh	Auckland City Athletics	Male	9:45
11	WS022	Hamish McKay	Wesley	Male	9:46
12	GE017	Luke Howsam	Glen Eden	Male	9:55
13	PK037	Jeremy Burke	Pakuranga	Male	9:59
14	MS020	Dylan Gibson	Massey	Male	10:27
15	PK056	John Dickinson	Pakuranga	Male	10:27
16	MS011	Daniel Jansen	Massey	Male	10:54
17	PK104	Matthew Croy	Pakuranga	Male	11:13
18	MS005	Joshua van Wyk	Massey	Male	11:15
19	MS010	Jack Winslow	Massey	Male	11:51
20	WS032	Euan McDougall	Wesley	Male	11:57
21	PK152	Christopher Loudon	Pakuranga	Male	13:05
22	CL056	Seth Arnold	Calliope	Male	13:22
23	PK136	Jacob Paterson	Pakuranga	Male	13:49
<b>G10</b>					
1	MS033	Natalia Lunny	Massey	Female	8:55
2	AC114	Emily Hacket Pain	Auckland City Athletics	Female	9:51
3	TP076	Livia Lauren	Takapuna	Female	10:13
4	WC015	Ashleigh Rowan	Waitakere	Female	10:16
5	WC017	Chloe Bellamy	Waitakere	Female	10:17
6	MS021	Ellie Parry	Massey	Female	10:28
=	WS013	Zaria Ireland	Wesley	Female	10:28
8	LY007	Abby Baptist	Lynndale	Female	10:30
9	PK068	Erica Lim	Pakuranga	Female	10:39
10	WS021	Holly Bannister	Wesley	Female	10:45
11	AC013	Stella Nightingale	Auckland City Athletics	Female	10:58
12	GE026	Hannah Montford	Glen Eden	Female	11:14
13	PU040	Lucia Harris	Pukekohe	Female	11:20
14	MS001	Olivia Rowe	Massey	Female	11:22
15	PU032	Simone Moxon	Pukekohe	Female	11:33
16	VI604	Grace Green	Pakuranga	Female	11:40
17	MS006	Elisha van Wyk	Massey	Female	13:51

### 2,500m - HEB Smithbridge

Place	Race No	Name	Team	Gender	Time
<b>B12</b>					

## Results

### 2,500m - HEB Smithbridge

Place	Race No	Name	Team	Gender	Time
<b>B12</b>					
1	AC031	James Uhlenberg	Auckland City Athletics	Male	9:39
2	PK047	Jesse Weldschidt	Pakuranga	Male	9:45
3	AC096	Tim Heslin	Auckland City Athletics	Male	10:04
4	VI606	Jesper Bengtsson	Calliope	Male	10:08
5	PU005	Flynn Barron	Pukekohe	Male	10:16
6	PK148	Mitchell Pallister	Pakuranga	Male	10:20
7	PK018	Flynn Palmer	Pakuranga	Male	10:25
8	WS010	William Morrison	Wesley	Male	10:25
9	AU026	Jack Duncan	University	Male	10:36
10	AC221	Fraser Hamilton	Auckland City Athletics	Male	10:40
11	AC009	Michael Wood	Auckland City Athletics	Male	10:43
12	BC025	Fletcher O'Sullivan	North Harbour Bays	Male	10:49
13	AC068	Joshua Oliver	Auckland City Athletics	Male	11:09
14	MS008	Braun Pilling	Massey	Male	11:21
15	PK147	Ben Pallister	Pakuranga	Male	11:25
16	MS004	Teancum McCarthy	Massey	Male	11:28
17	PK025	Richard Morrison	Pakuranga	Male	11:29
18	AC067	Liam Thompson	Auckland City Athletics	Male	11:37
19	PK020	Jonathan Low	Pakuranga	Male	11:51
20	PK112	Thomas Hughson	Pakuranga	Male	11:51
21	MS035	Sam Devereaux	Massey	Male	11:56
22	PK134	Ryan Church	Pakuranga	Male	12:00
23	MS023	Stephen Moran	Massey	Male	12:02
24	PU008	Dylan Petherick	Pukekohe	Male	12:14
25	PK041	Linden Spice	Pakuranga	Male	12:30
26	PK153	Daniel Loudon	Pakuranga	Male	12:32
27	PK038	Dylan Ladopoulos	Pakuranga	Male	12:34
28	PU004	Daniel Barron	Pukekohe	Male	12:34
29	GE007	Domanic Gore	Glen Eden	Male	12:44
30	VI614	Max Brooke-Cowden	Massey	Male	15:07
<b>G12</b>					
1	PP050	Katrina BUTLER-GALLIE	Papakura	Female	10:43
2	PK103	Jessica Croy	Pakuranga	Female	10:54
3	AC283	Laura Watkinson	Auckland City Athletics	Female	10:55
4	PK055	Katie Dickinson	Pakuranga	Female	11:19
5	AC257	Mollie Kroon	Auckland City Athletics	Female	11:36
6	WS020	Heidi Robinson	Wesley	Female	11:39
7	MS028	Brearna Fearnley	Massey	Female	11:44
8	PP056	Brooke VARNEY	Papakura	Female	12:04
9	PK157	Lucy Cossar	Pakuranga	Female	12:05
10	GE004	Jasmin Bull	Glen Eden	Female	12:08
11	MS025	Holly Gray	Massey	Female	12:08
12	AC196	Millie Anderson	Auckland City Athletics	Female	12:11
13	PU006	Aleisha Neary	Pukekohe	Female	12:18
14	PU021	Hayley Marx	Pukekohe	Female	12:24
15	PK081	Ashleigh Bradbury	Pakuranga	Female	12:27
16	PU019	Caitlin Ward	Pukekohe	Female	12:37
17	YM011	Patricia Paynter	YMCA	Female	12:51
18	PP014	Katie LOWRY	Papakura	Female	12:55
19	PK107	Skye MacLeod	Pakuranga	Female	12:59
20	AC134	Molly Ives	Auckland City Athletics	Female	13:01
21	MS012	Mesha White	Massey	Female	13:03
22	AC206	Sarah Price	Auckland City Athletics	Female	13:19

## Results

### 2,500m - HEB Smithbridge

Place	Race No	Name	Team	Gender	Time
<b>G12</b>					
23	BC012	Freya Currie	North Harbour Bays	Female	13:31
24	CL055	Nicola Arnold	Calliope	Female	14:07

### 3,000m - HEB Smithbridge

Place	Race No	Name	Team	Gender	Time
<b>G14</b>					
1	PK024	Jessica Morrison	Pakuranga	Female	11:31
2	PK149	Maeve Power	Pakuranga	Female	11:41
3	AC008	Grace Wood	Auckland City Athletics	Female	11:46
4	PK039	Courtney Martin	Pakuranga	Female	11:48
5	PU014	Kaitlin Petherick	Pukekohe	Female	11:54
6	PU007	Sophie Bowman	Pukekohe	Female	11:58
7	VI602	Daisy Archibald	Auckland City Athletics	Female	12:07
8	AC220	Amy Pitout	Auckland City Athletics	Female	12:20
9	PP053	Courtney VARNEY	Papakura	Female	12:35
10	AC131	Jaime Rodger	Auckland City Athletics	Female	12:54
11	PK076	Charlotte Brown	Pakuranga	Female	12:57
12	TP030	LUCY JACOBS	Takapuna	Female	13:07
13	MS031	Greer Noble-Tawhai	Massey	Female	13:43
14	PK023	Ashley Thomson	Pakuranga	Female	13:46
15	PK022	Claire Thomson	Pakuranga	Female	14:06
16	WC021	Danielle Rowan	Waitakere	Female	14:16
17	AC215	Emma Holland	Auckland City Athletics	Female	14:19
18	PP010	Dayna LOWRY	Papakura	Female	14:27
19	AC051	Sabine Clancy	Auckland City Athletics	Female	14:47
20	WS034	Celine Pearn	Wesley	Female	15:07
21	AC292	Laura Stewart	Auckland City Athletics	Female	15:24
22	VI611	Abril Clark	Calliope	Female	15:44
23	PK040	Korrin Spice	Pakuranga	Female	16:17
24	MS022	Lauren Mincher	Massey	Female	16:22
25	WS044	Sara Kwok	Wesley	Female	16:33
26	WS043	Nora-Anne Kwok	Wesley	Female	16:59
27	WS040	Alexandra Young	Wesley	Female	17:42

### 3,500m - HEB Smithbridge

Place	Race No	Name	Team	Gender	Time
<b>B14</b>					
1	PK095	Andrew Catley	Pakuranga	Male	13:34
2	PK089	Hunter Curran	Pakuranga	Male	14:03
3	WS009	Michael Dawson	Wesley	Male	14:05
4	AC102	Alexander Morreau	Auckland City Athletics	Male	14:09
5	PK155	Joshua Lee	Pakuranga	Male	14:13
6	PK017	Cameron Gleed	Pakuranga	Male	14:18
7	WC023	Luke Fielding	Waitakere	Male	14:25
8	AC091	Daniel Chapman	Auckland City Athletics	Male	14:27
9	PK077	Hamish Brown	Pakuranga	Male	14:29
10	PK085	Quinn Wallwork	Pakuranga	Male	14:44
11	AC095	Sam Heslin	Auckland City Athletics	Male	15:13
12	PK048	Michael Weldschidt	Pakuranga	Male	15:19

## Results

### 3,500m - HEB Smithbridge

Place	Race No	Name	Team	Gender	Time
<b>B14</b>					
13	TP096	NICOLO OPORTO	Takapuna	Male	15:24
14	VI616	Daniel Holt Pedersen	Pakuranga	Male	15:29
15	PK043	Ryan Killeen	Pakuranga	Male	15:31
16	PK021	Cameron Low	Pakuranga	Male	15:36
17	VI615	Albin Bengtsson	Calliope	Male	15:46
18	PU031	Dylan Moxon	Pukekohe	Male	16:21
19	AC136	Matthias Trabing	Auckland City Athletics	Male	16:39
20	MS037	Vincent Loos	Massey	Male	17:59
21	GE011	Andrew Battley	Glen Eden	Male	18:13
22	MS034	Luke Devereaux	Massey	Male	18:25
23	PK087	Tim Brichau	Pakuranga	Male	18:58
24	PK080	Mathew Bradbury	Pakuranga	Male	19:57
25	PK031	Caleb Paterson	Pakuranga	Male	20:36

### **W16**

1	PK128	Denise Mendonca	Pakuranga	Female	14:59
2	AC088	Madeline Evans	Auckland City Athletics	Female	15:00
3	AC202	Audrey Gregan	Auckland City Athletics	Female	15:03
4	PK109	Rosaleen Castle	Pakuranga	Female	15:38
5	PK088	Amanda Bracewell	Pakuranga	Female	15:41
6	PK054	Hayley Faulconbridge	Pakuranga	Female	15:59
7	AC124	Anna Trenholme	Auckland City Athletics	Female	16:04
8	AC229	Julia Kerr	Auckland City Athletics	Female	16:17
9	PU030	Christiana Chapman	Pukekohe	Female	16:58
10	PU010	Corrina Weir-Freebairn	Pukekohe	Female	17:05
11	PK113	Jessica Hughson	Pakuranga	Female	17:32
12	AC015	Sonia Hollands	Auckland City Athletics	Female	17:52
13	AC058	Ellie Finn	Auckland City Athletics	Female	19:09
14	AC040	Bridget Agnew	Auckland City Athletics	Female	19:23
15	PU009	Jamie Bowman	Pukekohe	Female	19:35

### 5,000m - HEB Smithbridge

Place	Race No	Name	Team	Gender	Time
<b>M16</b>					
1	AC098	Jonty Morreau	Auckland City Athletics	Male	16:37
2	BC021	Rasmus Bengtsson	North Harbour Bays	Male	17:13
3	PK084	Jay Wallwork	Pakuranga	Male	17:24
4	AC132	Hayden Rodger	Auckland City Athletics	Male	17:30
5	VI617	Liam Cowley	Pakuranga	Male	17:44
6	AC017	Asher Meltzer	Auckland City Athletics	Male	18:13
7	WS036	Yoni Yahel	Wesley	Male	18:21
8	BC020	John Blomfield	North Harbour Bays	Male	18:23
9	AC129	George Watt	Auckland City Athletics	Male	18:58
10	PK125	Bailey Stewart	Pakuranga	Male	19:21
11	AC194	Dale Pitout	Auckland City Athletics	Male	19:38
12	AC016	Hamish Kerr	Auckland City Athletics	Male	19:43
13	AC060	Callum Ross	Auckland City Athletics	Male	21:08
14	GE008	Robert Gore	Glen Eden	Male	23:35
<b>M19</b>					
1	AC085	Haile Meleket Tesfaye	Auckland City Athletics	Male	15:52
2	AC026	Ben Moynihan	Auckland City Athletics	Male	16:00

## Results

### 5,000m - HEB Smithbridge

Place	Race No	Name	Team	Gender	Time
<b>M19</b>					
3	PK046	Cooper Rand	Pakuranga	Male	16:21
4	WC012	Michael Vercoe-Curtis	Waitakere	Male	16:39
5	WS039	Chris Boswell	Wesley	Male	16:40
6	BC013	Thomas Currie	North Harbour Bays	Male	16:42
7	WC013	Matthew Vercoe-Curtis	Waitakere	Male	16:52
8	GE010	Matthew Battley	Glen Eden	Male	17:08
9	AC127	James Watt	Auckland City Athletics	Male	17:15
10	PK143	Peter Wheeler	Pakuranga	Male	17:16
11	VI600	Mulu Yeshum	Auckland City Athletics	Male	17:17
12	AC048	Mathew Morreau	Auckland City Athletics	Male	17:23
13	WS058	Jamie Small	Wesley	Male	17:28
14	WC009	Joachim Noble	Waitakere	Male	17:34
15	PK073	Rory Martin	Pakuranga	Male	17:37
16	WS037	Toby Robinson	Wesley	Male	17:45
17	AC128	Henry Watt	Auckland City Athletics	Male	18:00
18	WS038	Jack Robinson	Wesley	Male	18:03
19	PK050	Matthew Franklin	Pakuranga	Male	18:47
20	AC152	Daniel Josephs	Auckland City Athletics	Male	19:07
<b>W19</b>					
1	WC014	Florence Reynolds	Waitakere	Female	19:58
2	AC109	Bex Burrige	Auckland City Athletics	Female	21:32
3	PK129	Sarah Blyde	Pakuranga	Female	22:13
4	AC075	Danielle Parkinson	Auckland City Athletics	Female	22:18
5	BC023	Danielle McKenzie	North Harbour Bays	Female	23:08
6	AC149	Charlotte Young	Auckland City Athletics	Female	23:48
<b>SW</b>					
1	AC082	Rachael Kingstone	Auckland City Athletics	Female	19:09
2	VI603	Robyn Young	Pakuranga	Female	19:11
3	BC001	Tara La Grange	North Harbour Bays	Female	20:50
4	PK093	Megan Blackett	Pakuranga	Female	21:57
5	BC029	Maddie Dillon	North Harbour Bays	Female	22:08
6	YM057	Katrin Gottschalk	YMCA	Female	22:59
7	AC089	Liz Goer	Auckland City Athletics	Female	23:48
8	PU001	Rebecca Jamieson	Pukekohe	Female	23:49
9	AC268	Sarah Stewart	Auckland City Athletics	Female	24:00
10	TP103	SARAH THORNTON	Takapuna	Female	24:31
11	YM061	Natalie Harley	YMCA	Female	28:14
<b>MW35</b>					
1	PK124	Rachel Penney	Pakuranga	Female	19:17
2	PK078	Leah Hirschfeld	Pakuranga	Female	20:11
3	WS029	Alison Bogie	Wesley	Female	21:12
4	WS023	Jo Bannister	Wesley	Female	23:26
5	YM004	Emma Beardsell	YMCA	Female	23:36
6	AC270	Sacha Cowlrick	Auckland City Athletics	Female	25:23
7	PK001	Kathleen Payne	Pakuranga	Female	27:53
<b>MW40</b>					
1	PK141	Kristine Reid	Pakuranga	Female	20:16
2	WS030	Rachel Bowie	Wesley	Female	20:32
3	YM006	Ingrid Frost	YMCA	Female	24:06
4	YM045	Kiri Price	YMCA	Female	24:13

## Results

### 5,000m - HEB Smithbridge

Place	Race No	Name	Team	Gender	Time
<b>MW40</b>					
5	PK090	Natalie Seay	Pakuranga	Female	24:29
6	AU021	Sue Duncan	University	Female	24:59
7	VI613	Daniela Clark	Calliope	Female	27:34
8	GE015	Sarah Poland	Glen Eden	Female	28:33
9	YM044	Carol Bielby	YMCA	Female	30:04
<b>MW45</b>					
1	PK158	Melanie Cossar	Pakuranga	Female	21:22
2	TP020	LESLEY RYAN	Takapuna	Female	22:22
3	PP057	Angela WARD	Papakura	Female	22:42
4	AC049	Mandy Bird	Auckland City Athletics	Female	23:14
5	PK083	Jackie Russell	Pakuranga	Female	24:37
6	MS042	Jenny Williams	Massey	Female	25:17
7	CL002	Sandra Haynes	Calliope	Female	25:35
8	CL033	Beverley Steward	Calliope	Female	26:37
9	CL026	Sarah Fairley	Calliope	Female	29:39
<b>MW50</b>					
1	BC015	Carolyn Smith	North Harbour Bays	Female	22:01
2	YM021	Karen Espin	YMCA	Female	24:24
3	YM014	Terri Jones	YMCA	Female	24:33
4	CL032	Helen O'Shaughnessy	Calliope	Female	25:19
5	YM043	Michele Garrett	YMCA	Female	30:04
<b>MW55+</b>					
1	AC086	Judith Stewart	Auckland City Athletics	Female	23:32
2	YM001	Isla Nixon	YMCA	Female	25:51
3	YM019	Barbara Scarfe	YMCA	Female	26:03
4	YM032	Colleen Boston	YMCA	Female	30:16
5	CL020	Raewyn Legge	Calliope	Female	30:20

### 7,500m - HEB Smithbridge

Place	Race No	Name	Team	Gender	Time
<b>SM</b>					
1	VI620	Stephen Lett	Takapuna	Male	24:13
2	AC042	Jonathan Jackson	Auckland City Athletics	Male	24:42
3	PK116	Alex Parlane	Pakuranga	Male	24:44
4	WS015	Andrew Haigh	Wesley	Male	25:45
5	AC133	Aaron Jackson	Auckland City Athletics	Male	25:50
6	PK057	Brent Henley	Pakuranga	Male	26:16
7	WC001	Luke Longdill	Waitakere	Male	26:28
8	VI619	Kevin Bruffy	Takapuna	Male	26:38
9	PK044	James Hand	Pakuranga	Male	26:46
10	PK049	Sam Franklin	Pakuranga	Male	27:16
11	PK051	Cameron Todd	Pakuranga	Male	27:41
12	AC150	Andy Hughes	Auckland City Athletics	Male	28:10
13	BC028	Andrew Mackay	North Harbour Bays	Male	28:50
14	AC141	Aiden Ellmers	Auckland City Athletics	Male	30:07
15	WS042	Morgan Cadell	Wesley	Male	31:00
16	AC137	Daniel Rubin	Auckland City Athletics	Male	31:11
17	AC021	Paramjit Singh	Auckland City Athletics	Male	31:18
18	AC139	Simon Jager	Auckland City Athletics	Male	31:57

## Results

### 7,500m - HEB Smithbridge

Place	Race No	Name	Team	Gender	Time
<b>SM</b>					
19	BC027	Nick Wrigley	North Harbour Bays	Male	32:28
20	PK122	Adrian Edge	Pakuranga	Male	35:09
21	YM062	Andrew Harley	YMCA	Male	35:43
<b>MM35</b>					
1	TP014	JON HEALEY	Takapuna	Male	26:31
2	PK079	Nick Hirschfeld	Pakuranga	Male	27:19
3	TP034	JOEL MARTIN	Takapuna	Male	27:58
4	PU034	Duncan Moxon	Pukekohe	Male	29:29
5	AC145	Ivan Bartley	Auckland City Athletics	Male	30:49
6	TP038	MATT DOWNS	Takapuna	Male	31:19
7	YM029	Dan Hunter	YMCA	Male	32:31
=	CL041	Nic Alley	Calliope	Male	32:31
<b>MM40</b>					
1	AU009	Bruce Duncan	University	Male	27:40
2	AC156	Guy Robson	Auckland City Athletics	Male	29:59
3	MN003	John Thompson	Manurewa	Male	31:36
4	LY003	Tony Coughlan	Lynndale	Male	36:05
5	AC277	Grant Erskine	Auckland City Athletics	Male	37:08
<b>MM45</b>					
1	VI610	Mark Bright	Lynndale	Male	28:16
2	TP036	Allan Clinton	Takapuna	Male	29:16
3	AC022	Andrew Graham	Auckland City Athletics	Male	30:59
4	BC011	Michael Craig	North Harbour Bays	Male	31:15
5	AU017	Tony Woodhouse	University	Male	31:39
6	AC108	Malcolm Maisey	Auckland City Athletics	Male	33:00
7	CL013	Alan Moore	Calliope	Male	36:58
8	PK098	Robert Gleed	Pakuranga	Male	38:24
9	LY004	Phillip Harrison	Lynndale	Male	39:25
<b>MM50</b>					
1	LY008	Rudy Baptist	Lynndale	Male	29:00
2	PK142	John Read	Pakuranga	Male	31:08
3	AC269	Charles Stewart	Auckland City Athletics	Male	31:20
4	PK121	Chris Keith	Pakuranga	Male	31:24
5	MN002	Martin White	Manurewa	Male	32:31
6	CL012	Paul Rourke	Calliope	Male	34:40
7	GE016	Alan Gore	Glen Eden	Male	45:11
<b>MM55</b>					
1	AU008	Gavin Stevens	University	Male	27:34
2	AU012	Graham Macky	University	Male	30:15
3	PK138	John Baty	Pakuranga	Male	32:19
4	CL021	Steve Fairley	Calliope	Male	32:41
5	AU014	Brett Katterns	University	Male	33:05
6	AC079	Gerald Duncan	Auckland City Athletics	Male	35:03
7	YM052	John Paynter	YMCA	Male	35:12
8	YM028	Jim Knappstein	YMCA	Male	35:33
9	MN001	Peter Connon	Manurewa	Male	38:56
10	MN004	Gareth Jess	Manurewa	Male	40:02
11	PK004	Richard Thomson	Pakuranga	Male	44:01
12	PP016	Rex ALLEN	Papakura	Male	46:08

## Results

### 7,500m - HEB Smithbridge

Place	Race No	Name	Team	Gender	Time
<b>MM55</b>					
13	AU007	Lee Whiley	University	Male	47:25
<b>MM60</b>					
1	VI618	Andy Harper	YMCA	Male	33:28
2	AC116	Richard Bright	Auckland City Athletics	Male	35:17
3	PK123	John Robinson	Pakuranga	Male	36:14
4	CL045	Mike Lea	Calliope	Male	39:56
5	PK002	Brian Payne	Pakuranga	Male	40:26
6	YM037	Philip Townsend	YMCA	Male	42:59
<b>MM65+</b>					
1	PP028	Bob MARTIN	Papakura	Male	35:21
2	AC226	Terry Woodfield	Auckland City Athletics	Male	39:07
3	CL005	John Dwyer	Calliope	Male	43:35
4	CL001	Bruce McLean	Calliope	Male	57:30