

RESULTS  
LONG REEF SLSC MASTERS CARNIVAL  
3<sup>RD</sup> NOVEMBER 2013

**Women's Ski 45yrs +**

**Round 1**

1. Christine Hopton – Avalon
2. Lise Layard - Newport
3. Caron Jander – Freshwater
4. Christine Armour – Manly
5. Jan Proudfoot – Newport
6. Eva Channells – Newport
7. Jill Brooks – Narrabeen

**Round 2:**

1. Caron Jander – Freshwater
2. Christine Hopton – Avalon
3. Jill Brooks – Narrabeen
4. Eva Channells – Newport
5. Jan Proudfoot – Newport
6. Christine Armour – Manly

**Round 3:**

1. Christine Hopton – Avalon
2. Jill Brooks – Narrabeen
3. Lise Layard – Newport
4. Jan Proudfoot – Narrabeen
5. Caron Jander – Freshwater
6. Eva Channells – Newport
7. Christine Armour – Manly

**Womens Board**

**Round 1**

**30-44yrs**

1. Jen Spencer – Freshwater
2. Caroline Jollow – Warriewood
3. Cayley Smith – Narrabeen
4. Jilly Lynch – Warriewood

**45yrs+**

1. Christine Hopton – Avalon
2. Jan Proudfoot – Newport
3. Christine Armour – Manly
4. Jill Brooks - Narrabeen
5. Julia Alston – Newport

**Round 2:**

**30-44yrs**

1. Jen Spencer – Freshwater
2. Jilly Lynch – Warriewood

3. Cayley Smith – Narrabeen
4. Caroline Jollow - Warriewood

**45yrs+**

1. Christine Hopton – Avalon
2. Jan Proudfoot – Newport
3. Christine Armour – Manly
4. Julia Alston – Avalon

**Round 3:**

**30-44yrs**

1. Jen Spencer – Freshwater
2. Cayley Smith – Narrabeen
3. Jilly Lynch – Warriewood
4. Caroline Jollow – Warriewood

**45yrs+**

1. Christine Hopton – Avalon
2. Jan Proudfoot – Newport
3. Christine Armour – Manly
4. Julia Alston – Avalon

**Women's 1km Run**

**30-44yrs**

1. Caroline Jollow - Warriewood
2. Jilly Lynch – Warriewood

**45yrs+**

1. Margaret Pearson – Long Reef
2. Jill Brooks – Narrabeen
3. Lise Layard – Newport
4. Julia Alston – Avalon

**Men's Ski**

**Round 1:**

**30-44yrs**

1. James Oxenham – Newport

**45-54yrs**

1. Sean Townsend – Narrabeen
2. Michael Kirby – Freshwater
3. Dave Lawler – Narrabeen
4. Gordon Layard – Newport
5. Kevin Crow - Freshwater

**55yrs+**

1. Steve Bennet – Freshwater
2. Kevin Flood – Newport

**Round 2:**

**30-44yrs**

1. Sam Hart – Narrabeen

2. James Oxenham – Newport

**45-54yrs**

1. Michael Kirkby – Freshwater
2. Sean Townsend – Narrabeen
3. Dave lawler – Narrabeen
4. Gordon Layard – Newport
5. Pat Quinlan - Avalon

**55yrs+**

1. Kevin Flood – Newport
2. Steve Bennett – Freshwater
3. Alan Channells – Newport
4. Will Hardcastle – Long Reef

**Round 3:**

**30-44yrs**

1. Sam Hart – Narrabeen
2. James Oxenham - Newport

**45-55yrs**

1. Michael Kirkby – Freshwater
2. Sean Townsend – Narrabeen
3. Dave Lawler – Narrabeen
4. Kevin Crow – Freshwater
5. Gordon Layard – Newport
6. Pat Quinlan – Newport

**55yrs+**

1. Steve Bennett – Freshwater
2. Kevin Flood – Newport
3. Alan Channells – Newport
4. Will Hardcastle – Long Reef

**Men's Board Races**

**Round 1.**

**30-44yrs**

1. Troy Hams – Manly
2. Sam Hart – Narrabeen
3. James Oxenham – Newport
4. David Jollow – Warriewood

**45yrs-54yrs**

1. Sean Townsend – Narrabeen
2. Grant Salmon – Avalon
3. Mark Ansiewicz – Newport
4. Darrin Spears – Warriewood
5. Gordon Layard - Newport
6. Michael Kirkby – Freshwater
7. Neil Dyer – Warriewood
8. Richard Alston – Avalon

**55yrs +**

1. Kevin Flood – Newport
2. Robert Millikin – Warriewood
3. Alan Channells – Newport
4. John Platt – Manly

**Round 2**

**30-44yrs**

1. Troy Ham – Manly
2. James Oxenham – Newport
3. Sam Hart – Narrabeen
4. David Jollow – Warriewood

**45-54yrs**

1. Michael Kirkby – Freshwater
2. Grant Salmon – Avalon
3. Mark Ansiewicz – Newport
4. Darren Spears – Warriewood
5. Pat Quinlan – Avalon
6. Gordon Layard – Newport
7. Richard Alston – Avalon

**55yrs+**

1. Kevin Flood – Newport
2. John Platt – Manly
3. Robert Milliken – Warriewood
4. Alan Channells – Newport
5. Chris McGucken – Avalon

**Round 3:**

**30-44yrs**

1. Troy Ham – Manly
2. James Oxenham – Newport
3. Sam Hart – Narrabeen
4. David Jollow – Warriewood

**45-54yrs**

1. Mark Ansiewicz – Newport
2. Grant Salmon – Avalon
3. Michael Kirkby – Freshwater
4. Sean Townsend – Narrabeen
5. Neil Dyer – Warriewood
6. Darren Spears – Warriewood
7. Gordon Layard – Newport
8. Pat Quinlan – Avalon
9. Richard Alston - Avalon

**55yrs+**

1. Chris McGucken – Avalon
2. Kevin Flood – Newport
3. John Platt – Manly
4. Robert Millican – Warriewood
5. Alan Channels – Newport

## **Men's 1km Run**

### **30-44yrs**

1. David Jollow – Warriewood

### **45-54yrs**

1. Darren Spears – Warriewood
2. David Lawler –
3. Neil Dyer – Warriewood
4. Mark Ansiewicz – Newport

### **55yrs**

1. John Platt – Manly
2. Kevin Flood – Newport
3. Dave Sams – Long Reef