2020 NSW Middle Distance Championships

M21A, M35A

H1			5.6 km			200 m	
▷							
1	101						
2	122				4 3		
3	103				2		
4	111				2		
5	104				5		
6	105	↓			3 4		
7	106						
8	151				2		
9	108				3 2.5		
10	109	↘			4		
11	110						
12	112				4		
13	113				1.5 2.5		
14	114				3		
15	115						
16	117				2/6		
17	118	←			4		
18	119	→			5		
19	120				4		
✕		150 m				◎	

2020 NSW Middle Distance Championships

W18A, W20A, W35A, M16A, M60A, M21AS

H3A			3.8 km			140 m	
▷							
1	121	←			4 3		
2	101						
3	144				2		
4	151				2		
5	124				2		
6	138				3		
7	109	↘			4		
8	157	↑			3/6		
9	153				6 5		
10	129				6		
11	130				3		
12	117				2/6		
13	148				2 2		
14	147						
15	131				8 10		
✕		180 m				◎	

2020 NSW Middle Distance Championships

W21A, M18A, M20A, M40A, M45A, M50A, M55A

H2			4.6 km			180 m	
▷							
1	134	↓			4		
2	136				4		
3	123				4		
4	124				2		
5	133						
6	125				2		
7	103				2		
8	152						
9	109	↘			4		
10	149				4		
11	112				4		
12	117				2/6		
13	129				6		
14	130				3		
15	146						
16	118	←			4		
17	131				8 10		
✕		180 m				◎	

2020 NSW Middle Distance Championships

W16A, W40A, W45A, M65A, M35AS

H3B			3.8 km			150 m	
▷							
1	121	←			4 3		
2	102	→			10×3		
3	123				4		
4	107						
5	138				3		
6	109	↘			4		
7	158				4		
8	149				4		
9	112				4		
10	153				6 5		
11	113				1.5 2.5		
12	142	↑			1.5		
13	143	↙			6		
14	116				2		
15	156				10 5		
16	118	←			4		
17	131				8 10		
✕		180 m				◎	

2020 NSW Middle Distance Championships

W21AS, W35AS, M75A, M45AS, M55AS

H4A			2.9 km			110 m	
▷							
1	136				4		
2	122				4 3		
3	144				2		
4	107						
5	152						
6	140				7		
7	109	↘			4		
8	110						
9	147						
10	153				6 5		
11	146						
12	148				2 2		
13	145	↓			5×30		
14	120				4		
15	139						
✕		160 m				◎	

2020 NSW Middle Distance Championships

W50A, W55A, W60A, M70A, EOD

H3C			3.7 km			150 m	
▷							
1	102	→			10×3		
2	123				4		
3	106						
4	108				3 2.5		
5	109	↘			4		
6	110						
7	147						
8	154				3		
9	114				3		
10	115						
11	156				10 5		
12	145	↓			5×30		
13	120				4		
14	139						
✕		160 m				◎	

2020 NSW Middle Distance Championships							
W65A, W70A, W45AS, W55AS							
H4B			**2.7 km**			**100 m**	
▷							
1	136				4		
2	122				4 3		
3	144				2		
4	151				2		
5	140				7		
6	109	↘			4		
7	110						
8	119	→			5		
9	153				6 5		
10	148				2 2		
11	120				4		
12	139						
			160 m				

2020 NSW Middle Distance Championships							
W75A, W80A, W85A, W65AS, M80A, M85A, M65AS, EOD							
H5			**2.2 km**			**70 m**	
▷							
1	134	↓			4		
2	102	→			10×3		
3	103				2		
4	152						
5	140				7		
6	109	↘			4		
7	158				4		
8	119	→			5		
9	157	↑			3/6		
10	153				6 5		
11	145	↓			5×30		
12	120				4		
			150 m				