

# Brett Tingay

**Born/ reside:** Christchurch New Zealand  
**Club:** University of Canterbury Athletics Club

**Event:** Track and Field athletics 800m 1500m 3000m Road, 10km

## Personal Records (PR)

Distance	Time
800 Metres	1:51.2
1500 Metres	3:44.9
3000 Metres	8:13.4
10 Kilometres	30:24

## Career highlights

3 time Auckland Adidas quarter (10.5km) Marathon champion 2007-09  
3 time Christchurch SBS marathon 10km, Runnerup 2007-09  
New Zealand Track and Field National Championship 2009/10, Runnerup 3000m steeple chase  
New Zealand Road National Championship (10km) 2009, 3rd

## Upcoming Events

New Zealand Cross Country Championships Wellington, 7th August 2010  
New Zealand Road Championship Christchurch, 4<sup>th</sup> September 2010  
New Zealand and Australian Athletic Championships 2010/11

## Goal Events

2011, ITM Track and Field Meeting Christchurch, Sub four minute mile attempt.  
World Indoor Athletic Championships Paris.  
New Zealand / Australia National athletic Championships.