

RRC

Rochelle Rodgers	W30	4:04
Clare Wardle	W40	4:31
Karen March	W55	4:58
Sandra Stockman	W50	5:01
Silke Peglow	W45	6:26
Angela Italiano	W30	7:42

Kim Thomas	M40	4:00
John Ranger	M50	4:23
Bjorn Dybdahl	M60	4:27
Peter March	M55	4:31
John Allen	M55	4:42
Alex Tinniswood	M35	5:11
Wayne Bertram	M50	5:22
Ross Keane	M55	5:28
David Adams	M40	5:42
Bert Carse	M75	5:56
Milton Mavrick	M60	5:59
Bob Schickert	M75	6:22
Frank Price	M65	8:33

RWC

Karyn Tolardo	W50	6:34
Elaine Dance	W65	7:51
Lynne Schickert	W75	8:18
Debbie Wolfenden	W50	9:10
Bridget Carse	W70	9:10

John McDonagh	M65	7:01
Johan Hagedoorn	M70	7:13
Bob Fergie	M80	9:01