

**10,000m**

W55	Karyn Tolardo	51:39.14
W75	Gillian Young	56:37.27
M30	Nikolas Jon Aarland	33:36.19
M40	Zane Walsh	39:31.88
M45	Roberto Busi	33:20.01
	Piero Moraro	35:51.73
	Mark Maslen	37:29.62
M55	Pat Maslen	41:59.63
	Tristan Bell	45:45.58
	Paul Watson	DNF
M60	Mark Dawson	48:41.62
	John Fisher	50:58.53
	Steve Barrie	1:15:05.07
M65	Richard Harris	43:56.72
M70	Mercurio Cicchini	54:05:01
M75	Bob Hull	56:45.16
	David Baird	1:01:31.76
M80	Bob Schickert	1:18:25.42
M85	Morland Smith	1:14:34.45