

SA Middle Distance Champs 2018 Badge Splits

M/W10N: Course # 17, 1.4 km, 50m

1	Rory Shedden	12:49
2	Euan Shedden	14:07
3	Rohan Braid	14:45
	<i>Gold</i>	16:01
4	Nicola McConaghy	17:25
5	Emrys Rogers	18:43
	<i>Silver</i>	19:13
6	Ruth Toomey	19:32
7	Matilda Rogers	23:33
8	Angelina Kozma	23:42
9	Baxter Peel	24:20
10	Neo Kozma	24:42
	<i>Bronze</i>	25:38
11	Veronika Iskhakova	25:55
12	Sam Morris	29:57

M10A: Course # 17, 1.4 km, 50m

1	Elye Dent	08:55
2	Joshua Feuerherdt	09:31
3	Lachlan Braid	10:03
4	Ben Marschall	10:50
	<i>Gold</i>	11:09
5	Will Enkelaar	11:18
6	Hayden Dent	11:21
7	Alton Freeman	11:50
8	Edmund Toomey	11:51
9	Connor Dent	11:54
10	Adrian Garbellini	12:02
11	Marcus Cazzolato	12:36
12	Ben McConaghy	12:40
	<i>Silver</i>	13:22
13	Owen Draper	15:11
	<i>Bronze</i>	17:50

M12A: Course # 16, 2.3 km, 80m

1	Eckart Bosman	14:29
2	Luke Feuerherdt	16:23
3	Liam Dufty	17:00
4	Alex Woolford	17:40
5	Makhaya Hogg	18:05
	<i>Gold</i>	18:06
6	Timothy McConaghy	18:38
7	Charlie Frater	18:47
8	Ashley White	20:55
	<i>Silver</i>	21:44
9	Bodie Terrill	22:35
10	Mitchell Morcom	22:56
11	Max Ochota	24:14
	<i>Bronze</i>	28:58
12	Owen Radajewski	29:18

M14A: Course # 14, 3.3 km, 105m

1	Toby Cazzolato	24:06
2	Torren Arthur	26:01
3	Aldo Bosman	26:06
4	Lachlan Feuerherdt	28:29
5	Oscar Johnston	29:09
6	Riley Kerr	29:59
7	Riley McFarlane	30:03
	<i>Gold</i>	30:07
8	James Love	30:11
9	Callum White	30:33
10	Matthew Greenwood	30:34
11	John Steer	31:40
12	Jett McComb	31:53
13	Niko Stoner	32:15
14	Oskar Mella	32:18
15	Oliver Freeman	34:28
16	Jamie Woolford	35:50
	<i>Silver</i>	36:09
17	Patrick Shelton Agar	40:18
18	Chris Nemeth	40:43
19	Sam Woolford	41:24
20	Jayden Bertram	44:52
21	Daniel Morcom	45:14
22	Mitchell Stephens	46:07
	<i>Bronze</i>	48:12
23	Charlie Cooper	50:37
24	Finn Johnston	61:42

M16A: Course # 5, 4 km, 165m

1	Ryan Gray	28:50
2	Alvin Craig	28:53
3	David Stocks	30:31
4	Ethan Penck	30:44
5	Blake Reinbott	31:41
6	Grant Reinbott	31:53
7	Toby Lang	33:18
8	Ryan Moore	35:06
9	Ewan Shingler	35:35
	<i>Gold</i>	36:02
10	Campbell Syme	36:58
11	Andrew Kerr	37:59
12	Oliver Schubert	38:07
13	Jensen Key	38:11
14	Oliver Edwards	39:23
15	Cameron Bonar	39:38
16	Leith Soden	40:05
17	Ben Poortenaar	40:37
18	Mason Arthur	40:50
19	Bayley Fisher	42:08
	<i>Silver</i>	43:15
20	Jack Marschall	43:56
21	Clayton Shadbolt	44:56
22	Luca Eastwood	45:41

23	William Cox	45:48
24	Dexter Canning	46:01
25	Matthew Harding	46:10
26	Joseph Wilson	47:08
27	Will Whittington	49:23
28	Mason Eves	50:48
29	Max Grivell	53:38
30	Archie Neylon	54:18
31	Patrick Dufty	55:56
32	Oscar Woolford	57:16
	<i>Bronze</i>	57:40
33	Cayleb Fidge	59:52
34	Michael Guthrie	60:11
35	Finn Fogarty	65:12
36	Jordi Canadell	66:42
37	Felix Williamson	68:18
38	Shaun Richards	70:10

M20A: Course # 6, 3.6 km, 120m

1	Tenzing Johnson	36:16
	<i>Gold</i>	45:20

M20E: Course # 2, 5.6 km, 225m

1	Aston Key	35:34
2	Patrick Jaffe	36:42
3	Noah Poland	41:30
4	Will Tidswell	42:48
5	Liam Thompson	44:00
	<i>Gold</i>	44:28
6	Patrick Hayes	44:37
7	Joshua Allen	45:17
8	Oliver Egan	45:37
9	Ryan Stocks	46:25
10	Jason Bond	46:36
11	Daniel Gray	46:43
12	Ronan Lee	47:01
13	Kurtis Shuker	49:16
14	Ayrton Shadbolt	50:05
15	Dougal Shepherd	51:15
16	Johann Burgess	52:15
17	Liam Stolberger	53:02
18	Tom Harding	53:17
	<i>Silver</i>	53:21
19	Brody McCarthy	56:06
20	Tristan Miller	56:15
21	Simeon Burrill	57:18
22	Rohan Jackson	58:57
23	Tom Poortenaar	59:21
24	Thomas Garbellini	59:45
25	Nicholas Congedi	59:49
26	Jaiden Fidge	60:59
27	Zac Needham	61:01
28	Luan Swart	69:06
	<i>Bronze</i>	71:08

29 Lachlan McCarthy 84:58

M21A: Course # 5, 4 km, 165m

1 Troy Merchant 43:19
Gold **54:09**
Silver **64:59**
2 Daniel Del Dot 67:16
3 Io Pan Wong 75:44
Bronze **86:38**

M21AS: Course # 5, 4 km, 165m

1 Andrew Slattery 42:16
2 Robert Herkes 61:55
3 Andrew Kennedy 62:17
Silver **63:24**
4 William Steel 68:32
Bronze **84:32**

M21E: Course # 1, 6.3 km, 300m

1 Henry McNulty 37:16
2 Matthew Crane 40:18
3 Simon Uppill 40:23
4 Nathan Lawson 40:35
5 Andrew Barnett 41:56
6 Matthew Schepisi 45:09
7 Martin Dent 45:27
8 Joe Woodley 45:41
Gold **46:35**
9 Karl Bicevskis 51:11
10 Craig Dufty 51:22
11 Jack Neumann 52:25
12 Bruce Arthur 54:34
13 James Sheldon 55:16
Silver **55:54**
14 Peter Hobbs 58:28
15 Christopher Naunton 58:49
16 Oliver Williams 61:10
17 Ben Goonan 62:31
18 Will Kennedy 62:35
19 Brett Merchant 63:04
20 Blair Trewin 65:01
21 Jonathan Sutcliffe 74:00
Bronze **74:32**

M35A: Course # 4, 4.6 km, 200m

1 Paul Dowling 51:24
2 Matthew Cohen 52:04
3 Tyson Hillyard 53:16
Gold **64:15**
4 Fedor Iskhakov 66:00
Silver **77:06**

M40A: Course # 4, 4.6 km, 200m

1 Simon Rouse 41:20

2	Richard Goonan	41:29
3	Craig Feuerherdt	43:48
4	Ben Rattray	49:01
	<i>Gold</i>	51:40
5	Tate Needham	55:04
6	Angus Shedden	55:22
7	Michael Adams	57:20
	<i>Silver</i>	62:00
8	Damien Enderby	72:32
9	Rhys Fogarty	82:37
	<i>Bronze</i>	82:40

M45A: Course # 5, 4 km, 165m

1	Carsten Joergensen	32:43
2	John Toomey	36:19
3	Scott Simson	36:30
4	Brett Weihart	37:29
5	Greg Morcom	38:00
6	Matthew Stocks	38:55
7	Graham Braid	40:09
	<i>Gold</i>	40:54
8	Eric Morris	41:15
9	Andrew Johnson	46:07
10	Paul Enkelaar	46:50
	<i>Silver</i>	49:05
11	Glen White	53:06
12	Ben Cazzolato	57:16
13	Greg Wilson	59:04
14	Peter McConaghy	59:41
15	Doug Johnston	60:00
16	Brenton Gray	62:26
	<i>Bronze</i>	65:26
17	Paul Draper	78:56
18	Joseph Garbellini	84:17

M45AS: Course # 9, 3 km, 95m

1	Ron Pallas	52:20
2	Paul Jarrett	52:24
3	Robert Kriesl	55:30
4	Aylwin Lim	56:24
	<i>Silver</i>	78:30

M45B: Course # 15, 2.4 km, 80m

1	Alister Ryan	26:49
2	Jaco Bosman	29:48
3	James Lloyd	37:03
	<i>Bronze</i>	53:38

M50A: Course # 6, 3.6 km, 120m

1	Alistair Cory-Wright	33:15
2	Shane Doyle	33:20
3	Tony Hill	35:15
4	Hugh Fitzgerald	36:39
5	Peter Annetts	37:42

6	Neil Simson	37:56
7	Mark Freeman	39:01
8	Ruhi Afnan	40:27
	<i>Gold</i>	41:34
9	Nick Dale	42:23
10	Kenneth McLean	42:37
11	Simon Allen	43:10
12	Mark Frater	43:35
13	John Shelton Agar	49:19
14	David Beldjilali	49:20
	<i>Silver</i>	49:53
15	Bruce Barnett	52:52
16	Bruce Paterson	56:39
17	Jamie Kennedy	65:40
	<i>Bronze</i>	66:30

M55A: Course # 6, 3.6 km, 120m

1	Warren Key	29:16
2	Jemery Day	32:05
3	Jim Russell	32:55
4	Tim McIntyre	32:58
5	Tony Woolford	33:12
6	David Poland	34:09
7	Geoff Lawford	34:31
8	John Whittington	34:32
9	Mark Nemeth	35:22
10	Martin Crosby	36:19
	<i>Gold</i>	36:35
11	Phil Hazell	39:51
12	Nigel Dobson-Keeffe	40:00
13	Jeff Greenwood	40:47
14	Glenn Burgess	41:00
15	Mark Shingler	41:52
16	Simon George	42:10
17	Tim Hatley	42:19
18	Cormac McCarthy	43:07
	<i>Silver</i>	43:54
19	Julian Hayes	45:24
20	Sebastian Burgess	46:06
21	Mick Cooper	48:35
22	Dave Nicolson	52:50
23	Stephen Bird	52:52
24	Tom de Jongh	58:21
	<i>Bronze</i>	58:32
25	Trevor Diment	60:07
26	Russell Blatchford	68:30
27	Colin Currie	71:08
28	Martin Kozma	75:17
29	Greg Terrill	76:24
30	Mark Overton	78:45
31	Maurice Patten	87:07

M60A: Course # 7, 3.4 km, 105m

1	Robert Vincent	26:56
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2	Ted van Geldermalsen	29:29
3	Bruce Peat	32:29
4	Grant McDonald	32:59
5	Geoff Todkill	33:06
	<i>Gold</i>	33:40
6	Paul Pacque	33:55
7	Alex Davey	34:16
8	Eoin Rothery	34:28
9	Roch Prendergast	34:42
10	Rod Gray	35:37
11	Nicholas Wilmott	35:56
12	Geoff Mead	36:41
13	Craig Colwell	37:14
14	Noel Schoknecht	38:53
	<i>Silver</i>	40:24
15	Malcolm Roberts	41:17
16	Warwick Davis	43:00
17	Jeff Dunn	43:23
18	Lewis Carter	43:33
19	Geoff Peel	43:59
20	Tony Garr	44:25
21	David McCauley	44:54
22	Rudi Landsiedel	45:06
23	David Knight	47:24
24	Melvyn Cox	49:01
25	James Lithgow	49:28
26	Mark Petrie	51:54
27	Desmond Norman	52:07
	<i>Bronze</i>	53:52
28	Tony Roberts	54:22
29	Michael Burt	57:39
30	Philip Burrill	62:12

M65+AS: Course # 11, 2.5 km, 65m

1	Renny Duckett	39:15
2	Al Sankauskas	39:39
3	Doug Fotheringham	46:50
4	Phil Davill	52:57
	<i>Silver</i>	58:53
5	Jeffrey Dinning	60:37
6	Tom Schults	63:20
7	Harry Waterhouse	64:11
8	Michael D'Ascenzo	67:22
9	Tony Tavner-Corner	78:13
	<i>Bronze</i>	78:30
10	Dennis Sparling	87:06

M65A: Course # 8, 3.2 km, 105m

1	Paul Hoopmann	30:14
2	Adrian Uppill	32:49
3	Gordon Wilson	33:56
4	Nick Dent	34:00
5	Robert Tucker	36:01
6	Richard Matthews	37:35

	<i>Gold</i>	37:48
7	Rob West	38:37
8	Robert Preston	39:08
9	Ken Post	40:54
10	Peter Shepherd	43:32
11	John Scown	43:36
12	Bert Elson	43:45
13	Bill Jones	44:48
	<i>Silver</i>	45:21
14	Tim Ashman	45:36
15	Mike Calder	46:33
16	Peter Komyschan	48:57
17	John Harding	50:43
18	Ian McKenzie	51:24
19	Alistair Stewart	51:39
20	Vic Sedunary	52:33
21	Greg Rowberry	53:29
22	Matthew King	55:57
	<i>Bronze</i>	60:28
23	Robin English	67:07
24	Martin Bicevskis	74:55

M70A: Course # 10, 2.8 km, 80m

1	Leigh Privett	28:22
2	Steve Flick	29:10
3	Tony Radford	30:03
4	Terry Bluett	31:34
5	Tony Simpkins	33:58
6	Ralph Koch	34:17
7	Neil Kane	34:18
8	Robert Allison	35:07
	<i>Gold</i>	35:28
9	Bob Hawkins	35:28
10	Dan Greig	35:30
11	Ross Barr	36:28
12	Ian Fletcher	36:45
13	Peter Yeates	37:43
14	Jim Merchant	40:13
15	Rob Simmons	40:49
16	Paul Elam	41:49
16	Clive Arthur	41:49
18	Kevin Williams	42:02
	<i>Silver</i>	42:33
19	Andrew Campbell	43:41
20	Reid Moran	44:48
21	Peter Dalwood	45:01
22	Ken Brownlie	45:30
23	James Laver	46:17
24	Frank Burden	46:53
25	Hugh Moore	47:41
26	Dennis Mews	49:32
27	Keith Fifield	51:31
28	Phil Dufty	52:26
29	Dick Ogilvie	56:03

Bronze **56:44**

30	Eric Wainwright	57:43
31	Doug McMurray	59:55
32	Ron Frederick	61:53
33	Ewen Templeton	64:27
34	David Tilbrook	66:06
35	David Goddard	66:36

M75A: Course # 11, 2.5 km, 65m

1	Darryl Erbacher	35:25
2	Ron Junghans	39:51
3	David Hogg	42:45
4	Blake Gordon	43:22
	<i>Gold</i>	44:16
5	Trevor Simpson	44:21
6	John Hodsdon	46:07
7	Peter Kreminski	47:22
8	John Le Carpentier	50:01
	<i>Silver</i>	53:08
9	Frank Tomas	55:27
10	Christopher Spriggs	56:49
11	Mike Howe	56:51
12	Basil Baldwin	60:34
13	John Such	61:21
14	Trevor Sauer	64:26
15	Peter Meyer	70:46
	<i>Bronze</i>	70:50
16	Frank Ingwersen	78:25
17	Wayne Griggs	85:27

M80A: Course # 12, 2 km, 50m

1	Brian Cleland	43:13
2	Peter Cutten	45:32
3	George Reeves	51:17
	<i>Gold</i>	54:01

MEasy: Course # 16, 2.3 km, 80m

1	Mike Burrell	29:39
	<i>Gold</i>	37:04

MJunior: Course # 14, 3.3 km, 105m

1	Jordan Neill	37:44
	<i>Gold</i>	47:10

MOpenB: Course # 14, 3.3 km, 105m

1	John Sincovich	35:31
2	Peter Thorpe	47:25
3	Michael Hanratty	67:19
	<i>Bronze</i>	71:02
4	Iain Duncan	78:16

W10A: Course # 17, 1.4 km, 50m

1	Amy Dufty	11:05
2	Luca Hogg	12:07

3	Ariadna Iskhakova	12:19
4	Nikki Weihart	13:06
	<i>Gold</i>	13:51
5	Torun Joergensen	15:03
	<i>Silver</i>	16:38
6	Kiana Batters	18:14
7	Lucinda Fogarty	19:10
8	Sylvie Ochota	19:39
9	Cate Nemeth	21:50
	<i>Bronze</i>	22:10
10	Annabel Lloyd	22:18

W12A: Course # 16, 2.3 km, 80m

1	Milla Key	16:38
2	Sophie Arthur	17:01
3	Lyra Simpson	19:17
	<i>Gold</i>	20:47
4	Aoife Rothery	21:38
5	Gemma York	22:28
6	Giselle Draper	23:39
7	Sammy Love	24:01
8	Yannika Bertram	24:12
	<i>Silver</i>	24:57
9	Matilda Fogarty	28:13
	<i>Bronze</i>	33:16
10	Erika Enderby	34:02
11	Jessica Jarvis	47:34

W14A: Course # 15, 2.4 km, 80m

1	Emily Hayes	19:14
2	Sophie Ryan	20:25
3	Juliet Frater	20:33
4	Zali McComb	20:56
5	Zali Dale	21:32
6	Zara Stewart	21:38
7	Natalie Miller	22:39
8	Mikayla Enderby	22:41
9	Ella Rogers	23:31
10	Isabella Zinzan-Dickie	23:58
	<i>Gold</i>	24:03
11	Iida Lehtonen	24:04
12	Nea Shingler	24:12
13	Grace Pickering	24:55
14	Louise Barbour	25:49
15	Abbie Faulkner	26:17
16	Daisy York	26:28
17	Zoe Terrill	26:35
18	Sara Garbellini	26:44
	<i>Silver</i>	28:51
19	Julia Barbour	28:54
20	Julia Powell-Davies	32:11
21	Lucy Burley	34:08
22	Harriet Burrell	35:51
	<i>Bronze</i>	38:28

W16A: Course # 8, 3.2 km, 105m

1	Tessa Burns	23:56
2	Penelope Salmon	25:32
3	Kaia Joergensen	27:10
	<i>Gold</i>	29:55
4	Venla-Linnea Karjalainen	30:46
5	Mikaela Gray	31:00
6	Rebecca Greenwood	31:28
7	Julia Gannon	31:59
8	Lucy Burrell	32:04
9	Theane van Zyl	32:16
10	Anna Cory-Wright	33:29
11	Nina Gannon	34:08
12	Amy Culham	34:52
13	Eleanor McLean	35:48
	<i>Silver</i>	35:54
14	Jemima Bradfield Smith	37:21
15	Olivia Collins	38:40
16	Phoebe Davis	39:50
17	Mena McLeod	39:57
18	Sarah Richards	40:06
19	Rani Brennan	43:28
20	Lucy Jarrett	44:37
21	Serena Doyle	45:17
22	Anna Duston	45:39
23	Maxine Lovell	46:11
	<i>Bronze</i>	47:52
24	Caitlyn Steer	49:20

W20A: Course # 10, 2.8 km, 80m

1	Sylvie Frater	36:39
	<i>Gold</i>	45:49

W20E: Course # 4, 4.6 km, 200m

1	Tara Melhuish	43:30
2	Briana Steven	45:39
3	Katie Cory-Wright	47:03
4	Carolyne Nel	49:13
5	Zoe Melhuish	50:43
6	Winnie Oakhill	51:08
7	Tegan Knightbridge	52:04
8	Abigail George	52:20
9	Rebecca George	52:45
10	Joanna George	53:47
	<i>Gold</i>	54:22
11	Bella Fraser	57:04
12	Jessica Sewell	57:45
13	Jess Rogers	59:42
14	Mikayla Cooper	61:42
15	Aleisha Neary	63:05
16	Meredith Norman	63:57
17	Georgia Skelton	65:12
	<i>Silver</i>	65:15

18	Amber Riddle	67:06
19	Sarah Lim	67:13
20	Arabella Phillips	69:07
21	Miho Yamazaki	72:31
22	India James	73:02
23	Lily McFarlane	75:59
24	Sarah Davies	76:04
25	Ivy Prosser	78:36
26	Claire Burgess	79:35
27	Anastasia Heikkila	82:32
	<i>Bronze</i>	87:00

W21AS: Course # 7, 3.4 km, 105m

1	Daisy McCauley	45:32
2	Shannon Nicolson	47:07
	<i>Silver</i>	68:18
3	Kim Enkelaar	74:44
	<i>Bronze</i>	91:04

W21E: Course # 3, 5.2 km, 215m

1	Natasha Key	42:32
2	Anna Sheldon	43:26
3	Bridget Anderson	44:18
4	Aislinn Prendergast	44:57
5	Grace Molloy	45:31
6	Grace Crane	48:05
7	Olivia Sprod	48:39
8	Krystal Neumann	52:29
9	Clare Brownridge	53:02
	<i>Gold</i>	53:10
10	Lanita Steer	54:57
11	Rachel West	55:39
12	Anna Fitzgerald	59:06
13	Mace Neve	63:01
	<i>Silver</i>	63:48

W35A: Course # 6, 3.6 km, 120m

1	Samantha Howe	42:00
2	Kathie Dent	45:34
3	Sarah Gilbert	46:26
4	Fern Hillyard	49:14
	<i>Gold</i>	52:30
	<i>Silver</i>	63:00
5	Judy Rathjen	81:27
	<i>Bronze</i>	84:00

W40A: Course # 7, 3.4 km, 105m

1	Marina Iskhakova	30:05
2	Ceri Pass	36:05
	<i>Gold</i>	37:36
3	Kate Marschall	41:07
4	Cathy Hogg	44:12
5	Jen Graham-Taylor	44:28
	<i>Silver</i>	45:08

Bronze **60:10**
6 Heather O'Donnell 75:06

W45A: Course # 7, 3.4 km, 105m

1 Cathy McComb 32:31
2 Cath Chalmers 32:36
3 Jenni Adams 32:42
Gold **40:39**
4 Miriam Whittington 40:43
5 Alexa Troedson 42:16
6 Helen O'Callaghan 44:28
Silver **48:47**
7 Jane Stewart 50:57
8 Nic Plunkett-Cole 52:07
9 Edith Gray 54:37
10 Keren Faulkner 55:59
11 Silke Speier 60:19
12 Chris Stocks 62:20
13 Sandra Afnan 63:34
Bronze **65:02**
14 Susan George 68:12
15 Andrea Eves 71:26

W45AS: Course # 11, 2.5 km, 65m

1 Sarah Stewart 38:41
2 Stephanie Beldjilali 50:46
3 Johanna Tavner-Corner 52:40
4 Nicole Davis 53:18
5 Gayle Shepherd 53:43
Silver **58:01**
6 Robyn D'Ascenzo 59:14
7 Sarah Steel 59:28
8 Sharon Burgess 63:45
9 Vanessa Freeman 69:24
10 Anne Arthur 70:09
11 Jane Calder 76:27
Bronze **77:22**
12 Debbie Dodd 106:04

W45B: Course # 15, 2.4 km, 80m

1 Marlice Bosman 45:07
2 Sue Bament 60:00
3 Hind Needham 62:59
4 Carol Such 67:53
5 Jane Barnett 72:29
6 Alison Campbell 85:57
Bronze **90:14**

W50A: Course # 9, 3 km, 95m

1 Jennifer Enderby 23:47
2 Nicola Dalheim 28:40
3 Alison Inglis 29:39
Gold **29:44**
4 Sue Hancock 30:28

5	Su Yan Tay	33:26
6	Wendy Read	35:32
	<i>Silver</i>	35:41
7	Thorlene Egerton	35:49
8	Barbara Hill	36:09
9	Lyn Stanton	40:11
10	Margaret Peel	40:21
11	Kirsten Wehner	40:43
12	Karen Wild-Allen	41:02
13	Cryn Russell	41:49
14	Kay Knightbridge	43:47
15	Zara Soden	43:55
16	Liz Canning	45:34
	<i>Bronze</i>	47:34
17	Sue Garr	47:45
18	Donelda Niles	49:07
19	Tania Kennedy	54:38
20	Alison Comer	56:59
21	Libby McLeay	61:50
22	Anne Cooling	68:59
23	Jill Congedi	77:34
24	Bronwyn Rosie	94:07

W55A: Course # 10, 2.8 km, 80m

1	Gayle Quantock	30:55
2	Joanna Parr	31:14
3	Anthea Feaver	31:35
4	Ana Herceg	32:07
5	Carolyn Matthews	33:49
6	Paula Shingler	33:53
7	Chris Brown	34:06
8	Toni Brown	37:20
9	Sally Wayte	37:28
	<i>Gold</i>	38:39
10	Erica Diment	40:51
11	Juliana de Nooy	42:34
12	Andrea Schiwy	43:28
	<i>Silver</i>	46:23
13	Jane Saye	48:25
14	Phillippa Poole	48:54
15	Rosalie McCauley	49:19
16	Marion Burrill	54:55
17	Liz Bourne	59:23
	<i>Bronze</i>	61:50
18	Suzanne O'Callaghan	78:02
19	Fiona McIntyre	85:08

W60A: Course # 10, 2.8 km, 80m

1	Jenny Bourne	26:49
2	Carolyn Jackson	28:19
3	Jean Cory-Wright	30:58
	<i>Gold</i>	33:31
4	Sue Key	33:53
5	Hilary Wood	34:23

6	Debbie Davey	37:48
	<i>Silver</i>	40:13
7	Diana Cossar-Burgess	40:45
8	Margi Freemantle	43:03
9	Robin Uppill	44:05
10	Meredith Rasch	45:50
11	Kathy Petrie	51:24
12	Rosie Rutledge	52:09
	<i>Bronze</i>	53:38
13	Evelyn Colwell	56:27
14	Mary McDonald	59:25
15	Margaret Wilmott	68:43
16	Judy Prendergast	78:22
17	Julie Shepherd	87:20
18	Anne Garvey	91:02
19	Elizabeth Hatley	104:59

W65+AS: Course # 13, 1.9 km, 50m

1	Zita Sankauskas	37:53
2	Jenelle Templeton	40:03
3	Jenny Komysan	40:40
4	Joanna Stewart	47:03
5	Elizabeth Bicevskis	47:34
6	Barbara Junghans	49:53
	<i>Silver</i>	56:50
	<i>Bronze</i>	75:46
7	Cheryl Bluett	118:06

W65A: Course # 11, 2.5 km, 65m

1	Jan Hardy	35:51
2	Carol Brownlie	36:10
3	Ann Scown	38:42
4	Judy Allison	39:45
5	Jacquie Rand	42:35
	<i>Gold</i>	44:49
6	Lynn Dabbs	45:51
7	Kerryne Jones	47:17
8	Alison Radford	48:44
9	Robyn Chapman	49:17
10	Helen Post	51:09
11	Valerie Barker	52:16
	<i>Silver</i>	53:47
12	Pamela King	58:26
13	Barbara Martin	60:40
14	Barbara Tassell	63:04
15	Lois West	64:18
16	Leila Henderson	67:20
	<i>Bronze</i>	71:42

W70A: Course # 12, 2 km, 50m

1	Val Hodsdon	32:45
2	Dorothy Kane	36:00
3	Royce Mills	37:15
4	Libby Meeking	39:00

5	Pat Miethke	39:08
	<i>Gold</i>	40:56
6	Helena Griggs	41:45
7	Jill Dalton	42:22
8	Joan Sheldon	44:28
9	Janet Fletcher	44:49
10	Janet Bush	46:20
11	Rose Campbell	46:31
12	Ruth Goddard	47:44
13	Penny Dufty	48:44
	<i>Silver</i>	49:07
14	Kathy Liley	49:16
15	Judi Herkes	52:08
16	Janet King	52:33
17	Jenny Hawkins	53:01
18	Mary Jane Mahony	59:00
	<i>Bronze</i>	65:30
19	Pauline Moore	75:20
20	Robin Spriggs	80:24
21	Heather Bice	92:19

W75A: Course # 12, 2 km, 50m

1	Dale Ann Gordon	37:14
2	Ann Ingwersen	41:55
	<i>Gold</i>	46:33
3	Valerie Brammall	51:32
4	Jean Baldwin	53:03
	<i>Silver</i>	55:51
	<i>Bronze</i>	74:28
5	Hilary Simpson	81:28

W80A: Course # 13, 1.9 km, 50m

1	Barbara George	68:00
	<i>Gold</i>	85:00
2	Helen Alexander	91:38
	<i>Silver</i>	102:00

W85A: Course # 13, 1.9 km, 50m

1	Maureen Ogilvie	83:49
	<i>Gold</i>	104:46

WEasy: Course # 16, 2.3 km, 80m

1	Rebecca Campbell	28:39
2	Lan Kelly	29:00
	<i>Gold</i>	35:49
	<i>Silver</i>	42:58
3	Juliette Jarrett	45:14
	<i>Bronze</i>	57:18
4	Robyn Cutten	69:56

WOpenB: Course # 15, 2.4 km, 80m

1	Rachael Upton	30:52
2	Jacqueline Stephens	34:48
3	Tamara Needham	37:20

4	Wendy McConaghy	45:35
5	Annette Rogers	50:31
6	Wendy Taverna	50:37
7	Josephine Garbellini	52:56
8	Sabrina Sonntag	54:40
9	Susan Hallissy	59:45
	<i>Bronze</i>	61:44
10	Elise Kennedy	66:01
11	Jocelyn Watts	70:04
12	Ulla Heikkila	81:36
13	Andrea Merchant	81:38