

## Australian Middle Distance Championships 2018

### M/W10N: Course # 17, 1.8 km, 15m

1	Rohan Braid	15:09
2	Emrys Rogers	15:59
3	Euan Shedden	18:17
4	Matilda Rogers	18:39
	<i>Gold</i>	<b>18:56</b>
5	Olivia Lanigan-O'Keefe	21:03
	<i>Silver</i>	<b>22:44</b>
6	Sam Morris	24:43
7	Ruth Toomey	26:53
8	Logan Seaman	27:09
	<i>Bronze</i>	<b>30:18</b>
9	Layla Dent	30:42
10	Ryder Seaman	30:43
10	Veronika Iskhakova	30:43
12	Nicola McConaghy	32:18
13	Baxter Peel	44:10
14	Angelina Kozma	46:57
15	Neo Kozma	47:01

### M10A: Course # 17, 1.8 km, 15m

1	Miles Bryant	10:34
2	Will Enkelaar	11:17
3	Elye Dent	11:23
4	Alton Freeman	11:49
5	Lachlan Braid	12:24
6	Joshua Feuerherdt	13:06
	<i>Gold</i>	<b>13:13</b>
7	Hayden Dent	14:10
8	Rory Shedden	14:11
9	Ben Marschall	14:12
10	Adrian Garbellini	14:28
11	Connor Dent	15:10
	<i>Silver</i>	<b>15:51</b>
12	Ben McConaghy	16:59
13	Kari Marsh	18:37
	<i>Bronze</i>	<b>21:08</b>
14	Edmund Toomey	24:12
15	Marcus Cazzolato	25:12
16	Callum Bryant	25:51

### M12A: Course # 16, 2.1 km, 15m

1	Eckart Bosman	13:02
2	Alex Woolford	13:11
3	Bodie Terrill	13:16
4	Euan Best	13:21
5	Owen Radajewski	13:45
6	Eddie Stoner	14:20
7	Mitchell Morcom	15:05
8	Makhaya Hogg	15:17
9	Liam Dufty	15:20
10	Charlie Frater	15:37
11	Joseph Coleman	15:45

	<i>Gold</i>	<b>16:18</b>
12	Ashley White	16:59
13	Timothy McConaghy	17:35
14	Jamie Marsh	17:42
	<i>Silver</i>	<b>19:33</b>

**M14A: Course # 14, 2.7 km, 35m**

1	Toby Cazzolato	17:10
2	Torren Arthur	18:51
3	Sam Woolford	19:00
4	Callum White	19:23
5	Riley Kerr	19:35
6	Oscar Johnston	20:07
7	Oliver Freeman	20:36
8	Jett McComb	20:40
9	Niko Stoner	21:10
	<i>Gold</i>	<b>21:28</b>
10	Oskar Mella	22:14
11	Riley McFarlane	22:41
12	Jamie Woolford	22:45
13	Lachlan Feuerherdt	23:33
14	Matthew Greenwood	24:57
15	Remi Afnan	25:16
	<i>Silver</i>	<b>25:45</b>
16	Dylan Bryant	26:09
17	James Love	29:25
18	Aldo Bosman	30:05
19	Charlie Cooper	30:15
	<i>Bronze</i>	<b>34:20</b>
20	Ryan Cates	37:48
21	Chris Nemeth	38:35
22	John Steer	39:46
23	Daniel Morcom	57:31

**M16A: Course # 5, 3.8 km, 85m**

1	Will Tidswell	22:26
2	Alvin Craig	24:17
3	David Stocks	24:40
4	Toby Lang	25:41
5	Ryan Moore	25:52
6	Ewan Shingler	26:08
7	Jensen Key	26:09
8	Ethan Penck	26:11
9	Andrew Kerr	26:52
10	Mason Arthur	26:53
11	Cameron Bonar	27:38
12	Felix Williamson	27:40
	<i>Gold</i>	<b>28:02</b>
13	Clayton Shadbolt	28:12
14	Grant Reinbott	28:27
15	Blake Reinbott	28:54
16	William Davey	29:39
17	Max Grivell	29:54
18	Ryan Gray	30:13

19	Alex Jobbins	31:44
20	Oliver Edwards	31:49
21	Ben Poortenaar	31:55
22	Matthew Harding	32:09
23	Campbell Syme	32:29
24	Jack Marschall	32:36
25	Archie Neylon	32:45
26	Will Whittington	32:48
27	Joseph Wilson	32:54
	<i>Silver</i>	<b>33:39</b>
28	Oscar Woolford	33:59
29	Samuel Garbellini	34:54
30	Leith Soden	36:54
31	Hadyn Tang	39:03
32	Patrick Dufty	42:36
33	Jack Wickham	42:43
	<i>Bronze</i>	<b>44:52</b>
34	Rupert Shepherd	45:04
35	Dexter Canning	45:10
36	William Cox	46:06
37	Moss Pelvin	47:23
38	Shaun Richards	47:24
39	Mason Eves	48:37
40	Cayleb Fidge	48:56
41	Luca Eastwood	60:24

**M20E: Course # 2, 5.2 km, 180m**

1	Simeon Burrill	32:10
2	Alastair George	32:52
3	Noah Poland	33:21
4	Kurtis Shuker	34:06
5	Daniel Gray	34:18
6	Patrick Miller	36:20
7	Dante Afnan	36:34
8	Liam Thompson	36:36
9	Patrick Hayes	37:16
10	Jason Bond	37:18
11	Jaiden Fidge	37:54
12	Angus Haines	38:22
13	Ronan Lee	38:53
14	Tom Harding	39:41
	<i>Gold</i>	<b>40:13</b>
15	Isaac Egan	40:49
16	Tristan Miller	41:02
17	Joshua Allen	41:25
18	Liam Stolberger	41:40
19	Brody McCarthy	41:48
20	Andries Swart	42:45
21	Oliver Egan	43:28
22	Duncan Currie	43:43
23	Ryan Stocks	44:32
24	Tom Poortenaar	48:01
	<i>Silver</i>	<b>48:15</b>
25	Nicholas Congedi	48:28

26	Zac Needham	48:32
27	Ayrton Shadbolt	49:22
28	Johann Burgess	49:47
29	Thomas Garbellini	50:03
30	Saxon Charles	51:11
31	Michael Loughnan	51:42
32	Max Dalheim	57:53
33	Dougal Shepherd	58:43
34	Luan Swart	62:56
	<i>Bronze</i>	<b>64:20</b>

**M21A: Course # 5, 3.8 km, 85m**

1	Daniel Del Dot	44:42
2	Io Pan Wong	51:33
	<i>Gold</i>	<b>55:53</b>
3	Jordan Neill	56:00
	<i>Silver</i>	<b>67:03</b>

**M21AS: Course # 5, 3.8 km, 85m**

1	John Nieuwenhoven	31:11
2	Andrew Slattery	31:51
3	Troy Merchant	32:27
4	Conrad Elson	37:22
5	Andrew Kennedy	38:27
6	Peter Fozo	39:19
7	Robert Herkes	44:49
	<i>Silver</i>	<b>46:46</b>
8	William Steel	60:52
	<i>Bronze</i>	<b>62:22</b>

**M21E: Course # 1, 5.9 km, 180m**

1	Matthew Crane	31:28
2	Tommy Hayes	34:29
3	Simon Uppill	34:49
4	Patrick Jaffe	34:51
5	Henry McNulty	35:51
6	Aston Key	35:53
7	Christoph Prunsche	36:34
8	Joe Woodley	36:57
9	Andrew Barnett	37:21
10	Kerrin Rattray	38:03
11	Martin Dent	38:27
12	Toby Wilson	38:48
12	Teemu Karjalainen	38:48
14	Mark Gregson	39:02
	<i>Gold</i>	<b>39:20</b>
15	Bruce Arthur	39:48
16	Robert Bennett	39:55
17	Jonathan McComb	40:35
18	Nathan Lawson	40:53
19	Richard Goonan	42:51
20	Oliver Williams	43:21
21	Warren Key	43:56
22	Fredrik Johansson	43:58

23	Hamish Prosser	45:14
24	Matthew Schepisi	45:58
25	Ben Goonan	46:09
	<i>Silver</i>	<b>47:12</b>
26	Jack Neumann	47:20
27	Brett Merchant	51:13
28	Anatoly Kulikov	52:26
	<i>Bronze</i>	<b>62:56</b>

**M35A: Course # 4, 4.2 km, 120m**

1	Matthew Cohen	33:41
2	Paul Dowling	34:09
3	Tyson Hillyard	40:12
	<i>Gold</i>	<b>42:06</b>
4	Fedor Iskhakov	43:06
	<i>Silver</i>	<b>50:31</b>

**M40A: Course # 4, 4.2 km, 120m**

1	Craig Feuerherdt	26:59
2	Simon Rouse	29:05
3	Ben Rattray	33:11
	<i>Gold</i>	<b>33:44</b>
4	Tate Needham	36:17
5	Angus Shedden	38:44
6	Damien Enderby	39:14
	<i>Silver</i>	<b>40:29</b>
7	Craig Pelvin	43:40
8	Tony Bryant	50:48
	<i>Bronze</i>	<b>53:58</b>
9	Rhys Fogarty	57:20
10	Jorge El-Hage	64:16

**M45A: Course # 5, 3.8 km, 85m**

1	Carsten Joergensen	23:16
2	Eric Morris	25:44
3	Craig Dufty	26:37
4	Dion Keech	28:15
	<i>Gold</i>	<b>29:05</b>
5	Greg Morcom	29:14
6	Anthony Stoner	29:53
7	Blair Trewin	30:35
8	Scott Simson	30:45
9	John Toomey	31:39
10	Graham Braid	32:08
11	Paul Enkelaar	33:20
12	Brenton Gray	33:54
	<i>Silver</i>	<b>34:54</b>
13	Ben Cazzolato	35:14
14	Jason Munday	36:53
15	Michael Dufty	37:38
16	Matthew Stocks	40:29
17	Peter Miller	45:27
18	Greg Wilson	45:42
	<i>Bronze</i>	<b>46:32</b>

19	Joseph Garbellini	50:43
20	Peter McConaghy	52:57
21	Edward Plummer	58:29
22	Glen White	62:36

**M45AS: Course # 9, 2.9 km, 60m**

1	Andrew Hobson	33:13
2	Darren Eenjes	33:36
3	Greg Cates	37:13
4	Paul Jarrett	40:52
5	Robert Kriesl	43:16
	<i>Silver</i>	<b>49:50</b>
6	Aylwin Lim	58:26
7	Geoff Adams	59:24
8	Marcus Cooling	61:22
9	Ron Pallas	63:28
	<i>Bronze</i>	<b>66:26</b>

**M45B: Course # 15, 2.4 km, 40m**

1	Alister Ryan	31:06
2	James Lloyd	35:17
3	Jaco Bosman	36:00
	<i>Bronze</i>	<b>62:12</b>
4	Mark Lanigan-O'Keeffe	69:05

**M50A: Course # 6, 3.6 km, 85m**

1	Alistair Cory-Wright	27:14
2	Shane Doyle	27:19
3	Martin Steer	27:47
4	Mark Freeman	29:16
5	Paul Marsh	32:27
	<i>Gold</i>	<b>34:02</b>
6	Neil Simson	35:51
7	Ruhi Afnan	36:07
8	Tony Hill	37:01
9	Andy Simpson	37:49
10	Lance Read	38:10
11	Jamie Kennedy	38:14
12	John Shelton Agar	38:56
13	Mark Frater	39:49
	<i>Silver</i>	<b>40:51</b>
14	Bruce Barnett	42:22
15	David Beldjilali	43:11
16	Kenneth McLean	43:23
17	Peter Annetts	43:42
18	Hugh Fitzgerald	43:46
19	Steve Oram	43:56
20	Simon Allen	44:07
21	Bruce Paterson	50:21
22	Nick Dale	53:42
	<i>Bronze</i>	<b>54:28</b>
23	Eric Louw	71:34

**M55A: Course # 6, 3.6 km, 85m**

1	Geoff Lawford	27:45
2	Bjorn Mella	27:51
3	Jim Russell	28:10
4	Tony Woolford	28:12
5	Tim Hatley	28:23
6	Jemery Day	29:26
7	Mark Nemeth	29:34
8	Jeff Greenwood	29:50
8	Martin Crosby	29:50
10	Greg Barbour	30:14
11	Mark Baxter	31:22
12	Steve Cooper	31:55
13	Simon George	31:59
14	Mark Shingler	32:30
15	Tim McIntyre	32:59
	<i>Gold</i>	<b>34:41</b>
16	Cormac McCarthy	34:49
17	Stephen Bird	36:04
18	Russell Blatchford	37:04
19	David Poland	38:15
19	Greg Terrill	38:15
21	Nigel Dobson-Keefe	39:50
22	Carl Dalheim	39:58
	<i>Silver</i>	<b>41:37</b>
23	Stephen Goggs	41:49
24	Julian Hayes	42:06
25	Mike Harding	42:43
26	Maurice Patten	45:26
27	Trevor Diment	45:42
28	Nick Melhuish	45:48
29	Mark Overton	45:59
30	David Jaffe	47:07
31	Sebastian Burgess	51:50
32	Mick Cooper	51:55
33	Martin Kozma	52:11
34	Tom de Jongh	52:24
35	David George	54:00
	<i>Bronze</i>	<b>55:30</b>
36	Dave Nicolson	55:54
37	Jim Mackay	56:49
38	Peter Hopper	64:49

**M60A: Course # 7, 3.2 km, 90m**

1	Jeff Dunn	29:55
2	Robert Vincent	30:05
3	Rod Gray	30:19
4	Ted van Geldermalsen	30:35
5	Melvyn Cox	31:30
6	Roch Prendergast	31:53
7	James Lithgow	32:21
8	Paul Pacque	33:02
9	Eoin Rothery	34:03
10	Warwick Davis	36:26
	<i>Gold</i>	<b>37:24</b>

11	Alex Davey	37:29
12	Mark Petrie	37:42
13	Nicholas Wilmott	38:18
14	Rudi Landsiedel	38:24
15	Grant McDonald	38:32
16	Geoff Mead	39:03
17	Craig Colwell	39:20
18	Andrew Lumsden	39:57
19	David McCauley	40:31
20	Neil Barr	40:45
21	Geoff Peel	43:21
	<i>Silver</i>	<b>44:52</b>
22	Malcolm Roberts	45:21
23	Michael Burt	46:28
24	Lewis Carter	48:23
25	Tony Garr	48:41
26	Philip Burrill	49:01
27	Charles Dragar	57:38
	<i>Bronze</i>	<b>59:50</b>
28	Mark Besley	87:39

**M65+AS: Course # 11, 2.4 km, 65m**

1	Renny Duckett	34:57
2	Jeffrey Dinning	39:38
3	Phil Davill	40:03
4	Al Sankauskas	43:00
5	Tony Tavner-Corner	49:52
	<i>Silver</i>	<b>52:26</b>
6	Michael D'Ascenzo	58:24
7	Dennis Sparling	63:49
8	John Paterson	64:35
9	Harry Waterhouse	67:09
	<i>Bronze</i>	<b>69:54</b>
10	Colin Morgans	74:50

**M65A: Course # 8, 2.9 km, 75m**

1	Tim Ashman	27:53
2	Nick Dent	27:58
3	Bruce Bowen	28:53
4	John Scown	30:54
5	Robert Preston	31:38
6	Paul Prudhoe	32:43
7	Richard Matthews	32:51
8	Paul Hoopmann	33:38
9	Ken Post	34:25
10	Rob West	34:47
	<i>Gold</i>	<b>34:51</b>
11	Gordon Wilson	35:01
12	Bert Elson	36:06
13	Peter Shepherd	36:40
14	Alistair Stewart	37:01
15	Adrian Uppill	40:03
16	Robert Tucker	40:28
17	Peter Komyschan	41:49



	<i>Silver</i>	<b>41:50</b>
18	Geoff Armstrong	42:51
19	Tom Schults	44:30
20	Bill Jones	45:03
21	Warwick Selby	45:57
22	Matthew King	45:59
23	Robert Spry	48:20
24	Lindsay Pender	49:33
25	Vincent Loye	49:47
26	Ian McKenzie	54:36
27	John Harding	55:41
	<i>Bronze</i>	<b>55:46</b>
28	Martin Bicevskis	60:37

**M70A: Course # 10, 2.7 km, 60m**

1	Dave Middleton	25:06
2	Ross Barr	26:45
3	Wayne Gregson	27:38
4	Tony Radford	28:07
5	Jim Merchant	29:25
6	Ken Brownlie	29:29
7	Robert Allison	30:34
	<i>Gold</i>	<b>31:23</b>
8	Greg Chatfield	31:40
9	Phil Dufty	31:59
10	Tony Simpkins	32:14
11	Neil Kane	32:50
12	Dan Greig	32:53
13	Terry Bluett	35:05
14	Ian Fletcher	35:33
15	Ron Frederick	35:47
16	Dick Ogilvie	35:55
17	Dennis Mews	36:32
	<i>Silver</i>	<b>37:39</b>
18	Eric Wainwright	37:47
19	Kevin Williams	38:22
20	Reid Moran	39:32
21	Clive Arthur	40:02
22	Dennis Trewin	40:12
23	Andrew Campbell	40:50
24	James Laver	41:18
25	Murray Hanna	42:55
26	Ewen Templeton	42:56
27	Bob Hawkins	45:46
	<i>Bronze</i>	<b>50:12</b>
28	Peter Dalwood	50:14
29	Keith Fifield	51:51
30	David Goddard	52:44
31	Doug McMurray	53:35
32	David Pass	58:46
33	David Tilbrook	59:59
34	Robert Moore	60:18
35	Alan Thompson	60:40
36	Bob Healey	63:40

**M75A: Course # 11, 2.4 km, 65m**

1	Trevor Sauer	28:25
2	Ron Junghans	31:10
3	Peter Searle	33:04
4	Bryan Hardy	33:27
5	Mike Howe	34:11
6	John Hodsdon	34:41
	<i>Gold</i>	<b>35:31</b>
7	John Le Carpentier	37:25
8	Jim Bowling	39:48
9	Christopher Spriggs	41:28
	<i>Silver</i>	<b>42:38</b>
10	David Hogg	43:00
11	Frank Tomas	44:32
12	Peter Meyer	46:33
13	Peter Kreminski	50:11
14	Trevor Simpson	55:36
	<i>Bronze</i>	<b>56:50</b>
15	Wayne Griggs	60:21
16	Frank Ingwersen	60:29
17	Robert Mouatt	64:48
18	John Such	66:30
19	Stuart Lane	75:06

**M80A: Course # 12, 1.9 km, 35m**

1	Peter Cutten	33:34
2	George Reeves	34:53
	<i>Gold</i>	<b>41:58</b>
3	John Lyon	45:39
	<i>Silver</i>	<b>50:21</b>
	<i>Bronze</i>	<b>67:08</b>
4	Brian Cleland	74:26

**M85A: Course # 13, 1.6 km, 20m**

1	Kevin Paine	67:52
	<i>Gold</i>	<b>84:50</b>

**M90A: Course # 13, 1.6 km, 20m**

1	Hermann Wehner	75:56
	<i>Gold</i>	<b>94:55</b>

**MOpenB: Course # 14, 2.7 km, 35m**

1	John Sincovich	27:00
2	Finn Fogarty	37:38
3	Peter Thorpe	41:34
4	Michael Westover	43:03
5	Iain Duncan	50:30
	<i>Bronze</i>	<b>54:00</b>
6	Margaret Bourne	62:16

**W10A: Course # 17, 1.8 km, 15m**

1	Luca Hogg	12:37
2	Amy Dufty	13:42

	<i>Gold</i>	<b>15:46</b>
3	Torun Joergensen	16:22
4	Lucinda Fogarty	17:13
5	Alicia Robertson	17:32
6	Ariadna Iskhakova	17:41
7	Cate Nemeth	17:57
	<i>Silver</i>	<b>18:56</b>
8	Annabel Lloyd	24:54
	<i>Bronze</i>	<b>25:14</b>
9	Kiana Batters	26:22

**W12A: Course # 16, 2.1 km, 15m**

1	Milla Key	12:52
2	Erika Enderby	13:04
3	Sophie Arthur	14:20
	<i>Gold</i>	<b>16:05</b>
4	Aoife Rothery	16:25
5	Kate Braid	16:36
6	Lyra Simpson	17:12
7	Maggie Mackay	17:16
8	Gemma York	17:32
	<i>Silver</i>	<b>19:18</b>
9	Yannika Bertram	19:44
10	Matilda Fogarty	22:19
11	Hannah Adams	22:25
	<i>Bronze</i>	<b>25:44</b>
12	Ingrid Shelton Agar	28:01

**W14A: Course # 15, 2.4 km, 40m**

1	Iida Lehtonen	18:25
2	Zali McComb	21:45
3	Natalie Miller	22:05
4	Zali Dale	22:49
5	Zoe Terrill	22:56
	<i>Gold</i>	<b>23:01</b>
6	Louise Barbour	24:13
7	Isabella Zinzan-Dickie	24:16
8	Ella Rogers	24:22
9	Daisy York	24:40
10	Sophie Taverna	24:48
11	Zara Stewart	25:06
12	Nea Shingler	26:06
13	Abbie Faulkner	26:13
14	Julia Powell-Davies	26:53
15	Justine Hobson	26:55
	<i>Silver</i>	<b>27:38</b>
16	Sara Garbellini	27:40
17	Mikayla Enderby	29:04
18	Emily Hayes	30:23
19	Zoe Carter	32:22
20	Jemima Lloyd	34:19
21	Amber Louw	34:34
22	Emma Cates	34:35
23	Lucy Burley	34:44

24	Sophie Ryan	35:31
	<i>Bronze</i>	<b>36:50</b>
25	Claire Adams	45:13
26	Sophie Best	62:44

**W16A: Course # 8, 2.9 km, 75m**

1	Kaia Joergensen	24:52
2	Mikaela Gray	26:18
	<i>Gold</i>	<b>31:05</b>
3	Anna Cory-Wright	31:22
4	Venla-Linnea Karjalainen	31:50
5	Rani Brennan	32:21
6	Tessa Burns	33:03
7	Serena Doyle	34:54
8	Amy Culham	35:26
9	Anna Duston	36:05
10	Niamh Cassar	36:53
11	Rebecca Greenwood	36:56
	<i>Silver</i>	<b>37:18</b>
12	Olivia Collins	38:29
13	Eleanor McLean	39:24
14	Sylvie Frater	40:08
15	Caitlyn Steer	40:25
16	Ellen Currie	41:04
17	Nina Gannon	41:15
18	Mena McLeod	41:23
19	Maxine Lovell	42:20
20	Serryn Eenjes	42:45
21	Theane van Zyl	44:29
22	Lucy Jarrett	44:34
23	Sarah Richards	47:32
24	Lucy Burrell	48:25
25	Jemima Bradfield Smith	49:34
	<i>Bronze</i>	<b>49:44</b>
26	Ellen Johnson	49:59
27	Tiia Marsh	60:31

**W20E: Course # 4, 4.2 km, 120m**

1	Katie Cory-Wright	31:30
2	Zoe Melhuish	31:44
3	Briana Steven	34:38
4	Asha Steer	35:55
4	Ella Cuthbert	35:55
6	Zoe Dowling	36:06
7	Winnie Oakhill	36:17
8	Tegan Knightbridge	36:53
9	Georgia Skelton	37:22
10	Rebecca George	37:49
11	Emily Sorensen	38:10
12	Carolyne Nel	38:57
13	Bella Fraser	39:14
14	Caitlin Young	39:18
	<i>Gold</i>	<b>39:22</b>
15	Mikayla Cooper	39:49

15	Jessica Sewell	39:49
17	India James	41:12
18	Tara Melhuish	41:48
19	Rachel Allen	41:50
20	Joanna George	42:42
21	Jo Anna Maynard	43:06
22	Amber Riddle	45:07
23	Abigail George	45:42
24	Aleisha Neary	46:57
25	Amy Enkelaar	47:01
26	Miho Yamazaki	47:14
	<i>Silver</i>	<b>47:15</b>
27	Jess Rogers	47:47
28	Melissa Annetts	49:02
29	Meredith Norman	49:21
30	Arabella Phillips	49:54
31	Sarah Davies	50:08
32	Sarah Lim	50:22
33	Lily McFarlane	51:07
34	Anastasia Heikkila	62:05
	<i>Bronze</i>	<b>63:00</b>
35	Ivy Prosser	63:45
36	Tshintia Hopper	67:44

**W21AS: Course # 7, 3.2 km, 90m**

1	Daisy McCauley	38:56
2	Shannon Nicolson	47:27
3	Lexie Ashforth	50:21
	<i>Silver</i>	<b>58:24</b>
4	Kim Enkelaar	63:26
	<i>Bronze</i>	<b>77:52</b>

**W21E: Course # 3, 5 km, 120m**

1	Natasha Key	34:09
2	Krystal Neumann	35:47
3	Belinda Lawford	36:38
4	Bridget Anderson	37:22
5	Grace Molloy	37:30
6	Anna Sheldon	38:49
7	Lanita Steer	38:51
8	Grace Crane	39:49
9	Liis Johanson	40:07
10	Aislinn Prendergast	40:55
11	Olivia Sprod	42:33
	<i>Gold</i>	<b>42:41</b>
12	Briohny Seaman	44:50
13	Rachel West	46:14
14	Aniko Fozo-Kertesz	47:19
15	Jenny Casanova	47:38
16	Anna Fitzgerald	48:53
17	Mace Neve	50:53
	<i>Silver</i>	<b>51:14</b>
18	Clare Brownridge	60:47
	<i>Bronze</i>	<b>68:18</b>

19 Rosie Dalheim 70:44

**W35A: Course # 6, 3.6 km, 85m**

1 Samantha Howe 38:02  
2 Fern Hillyard 42:02  
3 Kathie Dent 45:47  
    *Gold* **47:32**  
    *Silver* **57:03**  
4 Judy Rathjen 67:14  
    *Bronze* **76:04**

**W40A: Course # 7, 3.2 km, 90m**

1 Marina Iskhakova 30:41  
2 Tracy Marsh 32:22  
3 Ceri Pass 34:23  
    *Gold* **38:21**  
4 Jen Graham-Taylor 38:26  
5 Cathy Hogg 38:38  
    *Silver* **46:01**  
6 Kate Marschall 47:21  
7 Sussan Best 48:30  
    *Bronze* **61:22**  
8 Heather O'Donnell 74:26

**W45A: Course # 7, 3.2 km, 90m**

1 Cath Chalmers 28:55  
2 Clare Hawthorne 30:10  
3 Cathy McComb 30:48  
4 Jenni Adams 32:17  
    *Gold* **36:09**  
5 Miriam Whittington 38:36  
6 Nic Plunkett-Cole 43:02  
7 Andrea Eves 43:19  
    *Silver* **43:22**  
8 Helen O'Callaghan 49:21  
9 Alexa Troedson 50:16  
10 Silke Speier 50:22  
11 Chris Stocks 53:51  
12 Jeni Pelvin 54:18  
    *Bronze* **57:50**  
13 Jane Stewart 63:23  
14 Edith Gray 70:38

**W45AS: Course # 11, 2.4 km, 65m**

1 Salme Fuller 32:52  
2 Philippa Lohmeyer-Collins 39:57  
3 Stephanie Beldjilali 40:43  
4 Sarah Stewart 42:00  
5 Kathryn Tarr 47:30  
6 Vanessa Freeman 48:26  
    *Silver* **49:18**  
7 Johanna Tavner-Corner 51:16  
8 Susan Cooke 52:00  
9 Sandra Afnan 58:09

10	Jo Hobson	64:06
	<i>Bronze</i>	<b>65:44</b>
11	Robyn D'Ascenzo	70:16
12	Nicole Davis	71:24
13	Sarah Steel	76:57
14	Adrienne Shadbolt	77:33

**W45B: Course # 15, 2.4 km, 40m**

1	Raelee Eenjes	34:13
2	Jane Barnett	45:04
3	Marlize Bosman	45:15
4	Hind Needham	45:35
5	Janet Harding	47:23
6	Jane Hardy	51:26
7	Carol Such	53:52
8	Natalia Beliakova	58:57
9	Sue Bament	62:48
	<i>Bronze</i>	<b>68:26</b>

**W50A: Course # 9, 2.9 km, 60m**

1	Jennifer Enderby	25:10
2	Sue Hancock	29:54
	<i>Gold</i>	<b>31:28</b>
3	Wendy Read	31:58
4	Alison Inglis	32:05
5	Lyn Stanton	35:39
6	Liz Canning	35:52
	<i>Silver</i>	<b>37:45</b>
7	Karen Wild-Allen	39:21
8	Su Yan Tay	39:31
9	Tania Kennedy	40:31
10	Kirsten Wehner	41:17
11	Kay Knightbridge	42:01
12	Alison Comer	42:31
13	Margaret Peel	43:58
14	Barbara Hill	47:21
	<i>Bronze</i>	<b>50:20</b>
15	Genevieve Webb	50:56
16	Donelda Niles	52:00
17	Anne Cooling	54:07
18	Sue Garr	55:13
19	Bronwyn Rosie	58:20
20	Janine Steer	59:09
21	Nicola Dalheim	62:21
22	Libby McLeay	70:26
23	Cryn Russell	78:28
24	Jill Congedi	84:22
25	Sharon Lambert	90:05
26	Susan George	103:28

**W55A: Course # 10, 2.7 km, 60m**

1	Phillippa Poole	25:38
2	Gayle Quantock	26:00
3	Chris Brown	26:24

4	Ana Herceg	27:27
5	Toni Brown	29:13
6	Joanna Parr	30:50
	<i>Gold</i>	<b>32:02</b>
7	Paula Shingler	32:42
8	Anthea Feaver	33:17
9	Sally Wayte	34:06
10	Carolyn Matthews	36:35
11	Andrea Schiwy	37:31
12	Juliana de Nooy	38:13
	<i>Silver</i>	<b>38:27</b>
13	Erica Diment	40:38
14	Liz Bourne	44:47
15	Jane Harding	46:21
16	Rosalie McCauley	48:08
17	Suzanne O'Callaghan	50:33
	<i>Bronze</i>	<b>51:16</b>
18	Marion Burrill	51:55
19	Jane Saye	56:07
20	Fiona McIntyre	76:19

**W60A: Course # 10, 2.7 km, 60m**

1	Jenny Bourne	23:33
2	Carolyn Jackson	24:43
3	Mary McDonald	28:53
	<i>Gold</i>	<b>29:26</b>
4	Sue Key	30:18
5	Debbie Davey	30:21
6	Julia Prudhoe	32:19
7	Jean Cory-Wright	32:37
8	Hilary Wood	33:43
9	Liz Abbott	34:48
	<i>Silver</i>	<b>35:19</b>
10	Prue Dobbin	36:54
11	Margi Freemantle	37:03
12	Debbie Byers	39:27
13	Julie Flynn	39:44
14	Kathy Petrie	44:02
15	Meredith Rasch	44:56
	<i>Bronze</i>	<b>47:06</b>
16	Elizabeth Hatley	47:40
17	Evelyn Colwell	55:16
18	Rosie Rutledge	57:03
18	Diana Cossar-Burgess	57:03
20	Wendy Andrewartha	59:35
21	Gayle Shepherd	61:11
22	Ruth Nicolson	61:20
23	Judy Prendergast	65:07
24	Julie Shepherd	69:09

**W65+AS: Course # 13, 1.6 km, 20m**

1	Jenny Komysan	30:17
2	Barbara Junghans	30:18
3	Jenelle Templeton	33:56



4	Marian Arthur	37:22
5	Cheryl Bluett	45:12
6	Elizabeth Bicevskis	45:14
	<i>Silver</i>	<b>45:26</b>
7	Zita Sankauskas	48:45
8	Janet Hillyard	50:18
	<i>Bronze</i>	<b>60:34</b>
9	Fiorella Pahor	62:00

**W65A: Course # 11, 2.4 km, 65m**

1	Carol Brownlie	27:27
2	Judy Allison	28:31
3	Lynn Dabbs	28:40
4	Ann Scown	31:02
5	Jacquie Rand	33:54
	<i>Gold</i>	<b>34:19</b>
6	Alison Radford	36:22
7	Helen Post	37:23
8	Robyn Chapman	39:16
9	Pamela King	40:16
	<i>Silver</i>	<b>41:11</b>
10	Barbara Tassell	41:29
11	Joanna Stewart	43:19
12	Lois West	46:26
13	Jan Hardy	46:56
14	Barbara Martin	47:29
15	Valerie Barker	53:13
	<i>Bronze</i>	<b>54:54</b>
16	Jennifer Binns	59:03
17	Rhonda Bowling	64:29
18	Kerryne Jones	73:13
19	Wendy Hobley	89:33
20	Leila Henderson	99:46

**W70A: Course # 12, 1.9 km, 35m**

1	Jenny Hawkins	27:37
2	Royce Mills	29:20
3	Jill Dalton	29:27
3	Libby Meeking	29:27
5	Kathy Liley	30:51
6	Judi Herkes	31:19
7	Val Hodsdon	32:21
8	Robin Spriggs	33:19
9	Ann Baylis	34:24
10	Pat Miethke	34:30
	<i>Gold</i>	<b>34:31</b>
11	Janet Bush	35:04
12	Pauline Moore	37:01
13	Joan Sheldon	40:29
14	Kate Fortune	40:46
15	Penny Dufty	40:54
16	Rose Campbell	41:20
	<i>Silver</i>	<b>41:26</b>
17	Helena Griggs	42:13

18	Ruth Goddard	45:13
19	Dianne Searle	47:03
20	Janet Fletcher	47:45
21	Janet King	53:23
22	Mary Jane Mahony	54:18
	<i>Bronze</i>	<b>55:14</b>
23	Dorothy Kane	56:17
24	Sandra Hogg	90:29

**W75A: Course # 12, 1.9 km, 35m**

1	Ann Ingwersen	30:17
2	Hilary Simpson	33:42
	<i>Gold</i>	<b>37:51</b>
	<i>Silver</i>	<b>45:26</b>
3	Helen Smith	49:53
4	Carolyn Chalmers	56:55
	<i>Bronze</i>	<b>60:34</b>

**W80A: Course # 13, 1.6 km, 20m**

1	Barbara George	34:38
2	Helen Alexander	42:05
	<i>Gold</i>	<b>43:17</b>

**W85A: Course # 13, 1.6 km, 20m**

1	Maureen Ogilvie	40:34
	<i>Gold</i>	<b>50:43</b>

**WEasy: Course # 16, 2.1 km, 15m**

1	Sasha Eves	21:06
	<i>Gold</i>	<b>26:22</b>
2	Lan Kelly	29:16
	<i>Silver</i>	<b>31:39</b>
3	Julia Lloyd	41:05
	<i>Bronze</i>	<b>42:12</b>
4	Carol Morgans	48:12

**WOpenB: Course # 15, 2.4 km, 40m**

1	Zara Soden	25:25
2	Rachael Upton	31:14
3	Annette Rogers	33:55
4	Wendy McConaghy	34:26
5	Alison Bryant	34:36
6	Tamara Needham	36:01
7	Sarah Lithgow	36:32
8	Sandra McKean	40:35
9	Wendy Taverna	42:43
10	Maree Doyle	43:30
11	Jacqueline Stephens	43:45
12	Jocelyn Watts	46:26
13	Ulla Heikkila	48:23
	<i>Bronze</i>	<b>50:50</b>
14	Meisha Austin	53:00
15	Elise Kennedy	58:44
16	Andrea Merchant	60:05

- 17** Josephine Garbellini 66:24
- 18** Susan Hallissy 74:12