

Australian Long Champs Badge Splits 2018

M/W10N: Course # 9021, 2.2 km, 75m

1	Euan Shedden	15:42
	<i>Gold</i>	19:37
2	Rohan Braid	19:59
	<i>Silver</i>	23:33
3	Matilda Rogers	23:35
4	Angelina Kozma	23:42
5	Ruth Toomey	27:54
6	Nicola McConaghy	29:15
7	Neo Kozma	29:53
8	Emrys Rogers	29:54
9	Layla Dent	30:43
10	Veronika Iskhakova	30:44
	<i>Bronze</i>	31:24
11	Sam Morris	50:42

M10A: Course # 9021, 2.2 km, 75m

1	Miles Bryant	11:04
2	Elye Dent	11:51
3	Will Enkelaar	12:50
4	Rory Shedden	13:36
	<i>Gold</i>	13:50
5	Adrian Garbellini	14:02
6	Lachlan Braid	15:10
7	Alton Freeman	15:16
8	Joshua Feuerherdt	16:19
	<i>Silver</i>	16:36
9	Marcus Cazzolato	16:51
10	Hayden Dent	17:15
11	Callum Bryant	20:37
	<i>Bronze</i>	22:08
12	Ben McConaghy	30:06
13	Edmund Toomey	33:22
14	Connor Dent	45:00

M12A: Course # 9020, 2.9 km, 100m

1	Euan Best	14:23
2	Owen Radajewski	14:48
3	Bodie Terrill	16:06
4	Eckart Bosman	16:26
5	Mitchell Morcom	16:43
6	Luke Feuerherdt	17:03
	<i>Gold</i>	17:59
7	Eddie Stoner	18:20
8	Makhaya Hogg	18:41
9	Joseph Coleman	19:20
10	Tommi Haipola	20:22
11	Timothy McConaghy	20:34
12	Charlie Frater	20:38
	<i>Silver</i>	21:34
13	Ashley White	22:18
14	Alex Woolford	23:12
15	Liam Dufty	25:43

Bronze

28:46

M14A: Course # 9018, 4.7 km, 135m

1	Toby Cazzolato	28:10
2	Torren Arthur	29:43
3	Aldo Bosman	30:26
4	Sam Woolford	31:18
5	Callum White	31:32
6	Oskar Mella	33:04
7	Riley McFarlane	33:26
8	Oliver Freeman	34:58
	<i>Gold</i>	35:12
9	Riley Kerr	35:17
10	Niko Stoner	36:25
11	Oscar Johnston	36:36
12	Jett McComb	36:42
13	Dylan Bryant	36:43
14	Jamie Woolford	36:54
15	Matthew Greenwood	37:50
16	Lachlan Feuerherdt	37:54
17	James Love	38:41
18	Patrick Shelton Agar	40:07
	<i>Silver</i>	42:15
19	Charlie Cooper	43:50
20	John Steer	44:04
21	Mitchell Stephens	48:47
22	Paul Garbellini	49:09
23	Chris Nemeth	49:24
	<i>Bronze</i>	56:20
24	Daniel Morcom	59:04

M16A: Course # 9008, 6.6 km, 260m

1	Alvin Craig	42:18
2	Grant Reinbott	44:01
3	Ryan Gray	44:10
4	Ethan Penck	44:59
5	Will Tidswell	45:07
6	Blake Reinbott	46:34
7	Andrew Kerr	46:56
8	David Stocks	47:04
9	Toby Lang	50:29
10	Jensen Key	51:29
	<i>Gold</i>	52:52
11	Mason Arthur	53:35
12	Jack Marschall	53:39
13	Cameron Bonar	55:22
14	Max Grivell	56:52
15	Ben Poortenaar	57:56
16	Samuel Garbellini	58:53
17	Leith Soden	58:56
18	Rupert Shepherd	62:11
19	Alex Jobbins	62:56
	<i>Silver</i>	63:27
20	Oliver Edwards	63:53

21	Oscar Woolford	64:43
22	William Davey	65:02
23	Felix Williamson	68:02
24	Dexter Canning	69:41
25	Joseph Wilson	69:47
26	William Cox	72:07
27	Luca Eastwood	72:48
28	Oliver Schubert	73:07
29	Patrick Dufty	73:33
30	Moss Pelvin	74:23
31	Mason Eves	75:52
32	Clayton Shadbolt	76:52
33	Will Whittington	76:58
34	Michael Guthrie	78:27
35	Matthew Harding	80:12
	<i>Bronze</i>	84:36
36	Jack Wickham	86:17
37	Cayleb Fidge	87:50
38	Bayley Fisher	95:13

M20A: Course # 9007, 6.8 km, 285m

1	Max Dalheim	70:48
	<i>Gold</i>	88:30

M20E: Course # 9002, 11.2 km, 455m

1	Patrick Jaffe	64:52
2	Aston Key	65:33
3	Oak Jones	68:08
4	Simeon Burrill	69:11
5	Jason Bond	70:53
6	Kurtis Shuker	71:28
7	Ronan Lee	71:38
8	Liam Stolberger	73:16
9	Isaac Egan	73:46
10	Ayrton Shadbolt	74:11
11	Tom Harding	74:50
12	Ryan Stocks	75:27
13	Thomas Garbellini	76:09
14	Oliver Egan	76:31
15	Jed Fleming	78:23
	<i>Gold</i>	81:05
16	Daniel Gray	83:43
17	Brody McCarthy	85:13
18	Dante Afnan	86:28
19	Joshua Allen	87:29
20	Liam Thompson	88:29
21	Jaiden Fidge	90:20
22	Patrick Hayes	91:44
23	Tom Poortenaar	93:45
24	Rohan Jackson	94:57
25	Johann Burgess	95:27
26	Nicholas Congedi	97:04
	<i>Silver</i>	97:18
27	Dougal Shepherd	97:19

28	Saxon Charles	105:13
29	Luan Swart	110:28
30	Zac Needham	122:17
	<i>Bronze</i>	129:44

M21A: Course # 9005, 9.5 km, 355m

1	Christoph Prunsche	67:19
2	Will Kennedy	83:08
	<i>Gold</i>	84:09
	<i>Silver</i>	100:58
3	Io Pan Wong	107:03
	<i>Bronze</i>	134:38

M21AS: Course # 9008, 6.6 km, 260m

1	Troy Merchant	55:48
2	John Nieuwenhoven	56:30
3	Andrew Slattery	60:28
4	Paul Dowling	60:42
5	Tyson Hillyard	63:56
6	Robert Herkes	76:23
7	Conrad Elson	76:41
	<i>Silver</i>	83:42
8	Daniel Del Dot	106:26
	<i>Bronze</i>	111:36
9	William Steel	123:48

M21E: Course # 9001, 15.7 km, 565m

1	Henry McNulty	86:44
2	Matthew Crane	94:01
3	Martin Dent	95:54
4	Andrew Barnett	96:45
5	Nathan Lawson	96:51
6	Joe Woodley	103:59
7	Matthew Schepisi	105:55
	<i>Gold</i>	108:25
8	Karl Bicevskis	109:55
9	Peter Hobbs	112:42
10	Brett Merchant	120:55
11	Jack Neumann	123:23
12	Richard Goonan	124:13
13	James Sheldon	125:12
14	Ben Goonan	126:38
	<i>Silver</i>	130:06
15	Oliver Williams	135:17
	<i>Bronze</i>	173:28
16	Jonathan Sutcliffe	177:34

M35A: Course # 9005, 9.5 km, 355m

1	Matthew Cohen	81:32
	<i>Gold</i>	101:55
2	Fedor Iskhakov	105:01
	<i>Silver</i>	122:18

M35AS: Course # 9011, 5.5 km, 165m

1	Tony Bryant	56:42
	<i>Silver</i>	85:03
2	Dan Martin	94:35
	<i>Bronze</i>	113:24

M40A: Course # 9005, 9.5 km, 355m

1	Bruce Arthur	65:47
2	Craig Feuerherdt	70:10
3	Teemu Karjalainen	71:05
4	Simon Rouse	73:15
	<i>Gold</i>	82:14
5	Craig Pelvin	86:31
6	Angus Shedden	90:09
7	Michael Adams	91:33
	<i>Silver</i>	98:40
8	Damien Enderby	105:46
9	Tate Needham	109:03
	<i>Bronze</i>	131:34

M45A: Course # 9006, 8 km, 290m

1	Carsten Joergensen	54:06
2	Craig Dufty	58:41
3	Matthew Stocks	63:54
4	John Toomey	64:41
5	Scott Simson	64:49
6	Eric Morris	65:41
7	Fredrik Johansson	65:53
	<i>Gold</i>	67:38
8	Blair Trewin	70:15
9	Graham Braid	71:32
10	Greg Morcom	75:58
11	Glen White	77:03
12	Brett Weihart	79:11
13	Brenton Gray	79:45
	<i>Silver</i>	81:09
14	Paul Enkelaar	87:25
15	Ben Cazzolato	91:55
16	Peter McConaghy	98:28
17	Anthony Stoner	99:42
18	Peter Miller	100:06
19	Greg Wilson	106:47
	<i>Bronze</i>	108:12
20	David Beldjilali	111:12
21	Joseph Garbellini	116:22
22	Edward Plummer	121:53

M45AS: Course # 9015, 3.7 km, 125m

1	Darren Eenjes	34:29
2	Brendan Henry	38:39
3	Robert Kriesl	40:45
4	Paul Jarrett	40:50
5	Wayne Love	45:06
	<i>Silver</i>	51:44
6	Andrew Hobson	63:09

Bronze **68:58**

M45B: Course # 9018, 4.7 km, 135m

1 Jaco Bosman 48:43

Bronze **97:26**

M50A: Course # 9007, 6.8 km, 285m

1 Alistair Cory-Wright 52:34

2 Ruhi Afnan 54:39

3 Mark Freeman 55:04

4 Kenneth McLean 55:51

5 Andy Simpson 60:05

6 Tony Hill 62:48

7 Bruce Barnett 63:20

Gold **65:43**

8 Shane Doyle 65:47

9 Lance Read 70:16

10 Hugh Fitzgerald 70:40

11 Neil Simson 71:23

12 Simon Allen 72:18

13 John Shelton Agar 76:11

14 Bruce Paterson 76:35

15 Nick Dale 77:56

Silver **78:51**

16 Mark Frater 79:42

17 Jamie Kennedy 83:59

18 Eric Louw 84:53

19 Peter Annetts 87:13

Bronze **105:08**

M55A: Course # 9009, 6.3 km, 255m

1 Warren Key 42:35

2 Mark Nemeth 46:03

3 Tony Woolford 48:03

4 Jim Russell 49:32

5 Jemery Day 50:31

6 Greg Barbour 50:54

Gold **53:14**

7 Jeff Greenwood 54:57

8 Sebastian Burgess 55:54

9 Tim McIntyre 56:58

10 John Whittington 57:00

11 Mark Shingler 57:19

12 Simon George 59:05

13 Stephen Bird 59:32

14 Julian Hayes 59:53

15 David Poland 63:28

Silver **63:53**

16 Cormac McCarthy 64:40

17 Russell Blatchford 65:50

18 Tim Hatley 67:57

19 Martin Crosby 70:05

20 Mike Harding 70:32

21 Stephen Goggs 71:00

22	Glenn Burgess	71:54
23	Nigel Dobson-Keeffe	74:13
24	Mick Cooper	75:14
25	Trevor Diment	76:01
26	Martin Kozma	82:08
27	Dave Nicolson	84:38
	<i>Bronze</i>	85:10
28	David George	86:02
29	Greg Terrill	86:32
30	Mark Overton	87:11
31	Peter Hopper	89:41
32	Maurice Patten	109:43
33	Colin Currie	110:12

M55AS: Course # 9015, 3.7 km, 125m

1	Bill Vandendool	35:45
2	Tom de Jongh	39:49
3	Kevin Williams	43:58
4	Ron Pallas	51:09
5	Geoff Adams	51:22
	<i>Silver</i>	53:38
6	Aylwin Lim	59:48
7	Iain Duncan	63:40
	<i>Bronze</i>	71:30

M60A: Course # 9010, 5.7 km, 200m

1	Ted van Geldermalsen	43:59
2	Robert Vincent	44:36
3	Melvyn Cox	45:03
4	Eoin Rothery	45:16
5	Jeff Dunn	46:19
6	Paul Pacque	46:51
7	Warwick Davis	48:01
8	Malcolm Roberts	49:44
9	Geoff Todkill	50:25
10	Grant McDonald	51:46
11	Bruce Peat	52:41
12	Alex Davey	54:16
13	Geoff Mead	54:28
14	Nicholas Wilmott	54:38
	<i>Gold</i>	54:59
15	Rod Gray	55:35
16	Rudi Landsiedel	56:54
17	Craig Colwell	58:12
18	Mark Petrie	58:37
19	Roch Prendergast	58:38
20	Stephen Collins	59:09
21	Andrew Lumsden	59:47
22	Noel Schoknecht	61:39
23	Tony Garr	62:26
24	Tony Roberts	63:34
	<i>Silver</i>	65:59
25	Geoff Peel	66:44
26	David McCauley	67:14

27	Desmond Norman	68:18
28	Lewis Carter	69:11
29	Michael Burt	69:28
30	David Knight	70:32
31	Neil Barr	71:48
32	Charles Dragar	84:15
33	Mark Besley	85:40
	<i>Bronze</i>	87:58
34	Philip Burrill	90:09

M65+AS: Course # 9016, 3.3 km, 110m

1	Phil Davill	34:11
2	Clive Arthur	39:55
3	Jeffrey Dinning	41:09
4	Al Sankauskas	43:08
5	Renny Duckett	46:06
6	Tom Schults	47:05
	<i>Silver</i>	51:16
7	Michael D'Ascenzo	60:08
8	Tony Tavner-Corner	62:39
9	Dennis Sparling	64:38
	<i>Bronze</i>	68:22
10	Colin Morgans	69:53

M65A: Course # 9011, 5.5 km, 165m

1	Tim Ashman	46:19
2	Adrian Uppill	47:49
3	Paul Hoopmann	48:13
4	Vic Sedunary	49:17
5	Robert Preston	51:43
6	Nick Dent	54:42
7	Peter Shepherd	54:58
8	Gordon Wilson	55:22
9	Richard Matthews	55:27
10	Robert Tucker	55:42
11	Rob West	56:23
12	Alistair Stewart	57:26
	<i>Gold</i>	57:54
13	John Scown	59:05
14	Paul Prudhoe	59:11
15	Bert Elson	59:29
16	Peter Komyschan	61:42
17	Greg Hawthorne	62:41
18	Bill Jones	62:56
19	Greg Rowberry	64:52
20	Keith Jay	65:24
21	Warwick Selby	67:17
	<i>Silver</i>	69:29
22	Ian McKenzie	69:33
23	Ken Post	70:38
24	Mike Calder	77:52
25	John Harding	79:31
26	Matthew King	81:17
	<i>Bronze</i>	92:38

27	Lindsay Pender	95:43
28	Robin English	103:04

M70A: Course # 9012, 4.9 km, 155m

1	Dave Middleton	42:41
2	Steve Flick	43:22
3	Tony Radford	43:42
4	Leigh Privett	46:08
5	Greg Chatfield	46:21
6	Ross Barr	47:42
7	Neil Kane	48:08
8	Terry Bluett	48:11
9	Hugh Moore	48:15
10	Bob Hawkins	49:38
11	Dennis Mews	50:18
12	Phil Dufty	50:21
13	Dan Greig	51:46
14	Jim Merchant	53:07
	<i>Gold</i>	53:21
15	Tony Simpkins	53:44
16	Andrew Campbell	53:46
17	Rob Simmons	53:53
18	Robert Allison	55:05
19	Ron Frederick	56:13
20	Frank Burden	57:06
21	James Laver	57:56
22	Ken Brownlie	58:02
23	Paul Elam	58:14
24	Murray Hanna	59:16
25	Peter Dalwood	60:30
26	Ralph Koch	62:34
27	Eric Wainwright	63:34
28	Ian Fletcher	63:55
	<i>Silver</i>	64:02
29	Keith Fifield	65:12
30	Reid Moran	66:00
31	David Pass	66:22
32	Ewen Templeton	67:57
33	David Tilbrook	68:51
34	Peter Yeates	74:32
35	David Goddard	76:11
	<i>Bronze</i>	85:22
36	Robert Moore	91:03

M75A: Course # 9014, 4.1 km, 130m

1	John Le Carpentier	39:38
2	Alex Tarr	40:17
3	Trevor Sauer	44:21
4	Blake Gordon	45:52
5	David Hogg	47:03
6	Mike Howe	47:04
7	Basil Baldwin	47:42
	<i>Gold</i>	49:33
8	Ron Junghans	50:13

9	Christopher Spriggs	56:23
10	John Hodsdon	57:06
	<i>Silver</i>	59:27
11	Frank Tomas	59:52
12	Jim Bowling	60:49
13	Peter Meyer	61:24
14	Peter Kreminski	62:38
15	Trevor Simpson	71:08
16	John Such	75:56
	<i>Bronze</i>	79:16
17	Frank Ingwersen	95:28
18	Wayne Griggs	98:40

M80A: Course # 9017, 2.5 km, 60m

1	George Reeves	33:36
2	Peter Cutten	35:41
3	Brian Cleland	35:49
	<i>Gold</i>	42:00
	<i>Silver</i>	50:24
4	John Lyon	52:15
	<i>Bronze</i>	67:12

M85A: Course # 9017, 2.5 km, 60m

1	Kevin Paine	56:33
	<i>Gold</i>	70:41

M90A: Course # 9017, 2.5 km, 60m

1	Hermann Wehner	85:35
	<i>Gold</i>	106:59

MEasy: Course # 9020, 2.9 km, 100m

1	Mike Burrell	35:41
	<i>Gold</i>	44:36

MJunior: Course # 9018, 4.7 km, 135m

1	Jordan Neill	40:43
	<i>Gold</i>	50:54

MOpenB: Course # 9018, 4.7 km, 135m

1	Jordi Canadell	42:48
2	Michael Westover	49:21
3	Peter Thorpe	52:58
4	Michael Hanratty	72:32
	<i>Bronze</i>	85:36

W10A: Course # 9021, 2.2 km, 75m

1	Luca Hogg	12:53
2	Amy Dufty	14:06
3	Torun Joergensen	15:46
	<i>Gold</i>	16:06
4	Nikki Weihart	17:05
5	Ariadna Iskhakova	17:37
	<i>Silver</i>	19:19
6	Annabel Lloyd	20:33

7	Cate Nemeth	20:44
8	Kiana Batters	23:08
	<i>Bronze</i>	25:46
9	Clara Merchant	52:13

W12A: Course # 9020, 2.9 km, 100m

1	Sophie Arthur	15:06
2	Milla Key	16:26
3	Erika Enderby	16:40
	<i>Gold</i>	18:52
4	Lyra Simpson	20:28
5	Kate Braid	20:36
	<i>Silver</i>	22:39
6	Sammy Love	28:06
7	Ingrid Shelton Agar	28:16
8	Hannah Adams	29:12
	<i>Bronze</i>	30:12
9	Gemma York	30:59
10	Jessica Jarvis	59:47

W14A: Course # 9019, 3.6 km, 105m

1	Isabella Zinzan-Dickie	24:38
2	Ella Rogers	26:14
3	Daisy York	26:27
4	Iida Lehtonen	27:04
5	Ana Penck	27:13
6	Emily Hayes	27:18
7	Zali McComb	28:23
8	Zara Stewart	29:12
8	Mikayla Enderby	29:12
10	Amber Louw	29:19
11	Julia Powell-Davies	30:47
	<i>Gold</i>	30:48
12	Juliet Frater	31:41
13	Sophie Taverna	32:03
14	Zali Dale	32:09
15	Sophie Ryan	32:49
16	Julia Barbour	32:56
17	Sara Garbellini	33:12
18	Zoe Terrill	34:14
19	Louise Barbour	34:43
20	Abbie Faulkner	34:58
21	Jemima Lloyd	36:02
22	Nea Shingler	36:38
	<i>Silver</i>	36:57
23	Grace Pickering	37:10
24	Sophie Best	41:55
25	Claire Adams	46:40
26	Lucy Burley	48:31
	<i>Bronze</i>	49:16
27	Harriet Burrell	49:43

W16A: Course # 9013, 4.4 km, 145m

1	Tessa Burns	28:32
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2	Kaia Joergensen	28:42
3	Mikaela Gray	33:01
4	Julia Gannon	33:32
5	Venla-Linnea Karjalainen	34:14
6	Sylvie Frater	34:31
7	Amy Culham	34:55
8	Penelope Salmon	35:00
9	Serryn Eenjes	35:09
	<i>Gold</i>	35:40
10	Olivia Collins	36:08
11	Lucy Burrell	36:59
12	Anna Duston	37:08
13	Lucy Jarrett	37:10
14	Alice Egan	37:22
15	Rani Brennan	38:07
16	Mena McLeod	38:43
17	Phoebe Davis	39:32
18	Rebecca Greenwood	40:23
19	Anna Cory-Wright	41:48
20	Eleanor McLean	42:01
	<i>Silver</i>	42:48
21	Jemima Bradfield Smith	45:01
22	Niamh Cassar	45:05
23	Nina Gannon	47:02
24	Theane van Zyl	47:47
25	Maxine Lovell	48:59
26	Sarah Richards	53:54
	<i>Bronze</i>	57:04
27	Caitlyn Steer	63:57

W20E: Course # 9004, 7.2 km, 235m

1	Tara Melhuish	48:15
2	Briana Steven	49:28
3	Katie Cory-Wright	51:23
4	Zoe Melhuish	52:47
5	Joanna George	53:40
6	Mikayla Cooper	54:44
7	Carolyn Nel	56:01
8	Abigail George	56:19
9	Jessica Sewell	56:36
10	Caitlin Young	56:56
11	Aleisha Neary	57:20
12	Georgia Skelton	58:30
13	Amber Riddle	58:56
14	Winnie Oakhill	59:09
15	Bella Fraser	59:49
16	Tegan Knightbridge	60:06
17	India James	60:09
	<i>Gold</i>	60:19
18	Arabella Phillips	63:56
19	Rebecca George	65:41
20	Sarah Davies	66:21
21	Meredith Norman	69:25
22	Amy Enkelaar	69:38

23	Tshintia Hopper	69:44
24	Ivy Prosser	70:37
25	Anastasia Heikkila	71:48
26	Ella Cuthbert	72:07
	<i>Silver</i>	72:23
27	Sarah Lim	73:57
28	Miho Yamazaki	75:33
29	Jess Rogers	75:36
30	Claire Burgess	87:22
	<i>Bronze</i>	96:30

W21AS: Course # 9012, 4.9 km, 155m

1	Fern Hillyard	46:28
2	Kate Marschall	46:50
3	Daisy McCauley	48:24
4	Lexie Ashforth	49:57
5	Alice Martin	52:54
	<i>Silver</i>	69:42

W21E: Course # 9003, 11 km, 360m

1	Natasha Key	74:33
2	Krystal Neumann	76:07
3	Grace Molloy	80:21
4	Belinda Lawford	82:06
5	Lanita Steer	83:26
6	Aislinn Prendergast	83:40
7	Olivia Sprod	86:34
8	Grace Crane	86:46
9	Anna Sheldon	89:41
	<i>Gold</i>	93:11
10	Rachel West	103:14
11	Thorlene Egerton	109:53
	<i>Silver</i>	111:49
12	Anna Fitzgerald	126:42
	<i>Bronze</i>	149:06

W35A: Course # 9007, 6.8 km, 285m

1	Samantha Howe	77:22
2	Kathie Dent	86:55
	<i>Gold</i>	96:42

W35AS: Course # 9015, 3.7 km, 125m

1	Heather O'Donnell	41:35
2	Kim Enkelaar	53:52
	<i>Silver</i>	62:23

W40A: Course # 9007, 6.8 km, 285m

1	Marina Iskhakova	58:34
2	Cathy Hogg	65:11
3	Jen Graham-Taylor	68:08
4	Ceri Pass	70:25
	<i>Gold</i>	73:13
5	Sussan Best	74:19
	<i>Silver</i>	87:51

W45A: Course # 9009, 6.3 km, 255m

1	Cath Chalmers	60:42
2	Cathy McComb	63:37
3	Jenni Adams	68:26
4	Miriam Whittington	74:54
	<i>Gold</i>	75:53
5	Clare Hawthorne	76:12
6	Silke Speier	77:54
7	Nic Plunkett-Cole	81:25
8	Alexa Troedson	82:49
	<i>Silver</i>	91:03
9	Helen O'Callaghan	93:55
10	Jeni Pelvin	96:07
11	Chris Stocks	97:51
	<i>Bronze</i>	121:24

W45AS: Course # 9016, 3.3 km, 110m

1	Salme Fuller	36:04
2	Stephanie Beldjilali	40:16
3	Edith Gray	40:57
4	Susan Cooke	42:15
4	Sharon Burgess	42:15
6	Sarah Stewart	42:34
7	Vanessa Freeman	43:13
8	Andrea Eves	46:57
9	Johanna Tavner-Corner	48:45
10	Sandra Afnan	51:47
	<i>Silver</i>	54:06
11	Anne Arthur	58:50
12	Nicole Davis	61:06
13	Suzanne O'Callaghan	65:56
14	Jo Hobson	67:24
	<i>Bronze</i>	72:08
15	Sarah Steel	82:16

W45B: Course # 9019, 3.6 km, 105m

1	Marlize Bosman	47:30
2	Raelee Eenjes	48:23
3	Sue Bament	57:59
4	Janet Harding	77:59
	<i>Bronze</i>	95:00
5	Carol Such	101:31
6	Hind Needham	102:02

W50A: Course # 9010, 5.7 km, 200m

1	Barbara Hill	46:35
2	Wendy Read	49:30
3	Jennifer Enderby	52:24
4	Alison Inglis	52:35
5	Sue Hancock	53:48
6	Karen Wild-Allen	55:07
7	Nicola Dalheim	55:19
8	Su Yan Tay	56:08

9	Lyn Stanton	56:31
	<i>Gold</i>	58:14
10	Susan George	62:59
11	Kay Knightbridge	64:54
12	Liz Canning	64:55
13	Sue Garr	65:11
14	Zara Soden	66:24
	<i>Silver</i>	69:52
15	Sharon Lambert	70:26
16	Tania Kennedy	70:58
17	Margaret Peel	74:06
18	Cryn Russell	74:17
19	Genevieve Webb	76:34
20	Alison Comer	80:20
21	Kirsten Wehner	80:24
22	Donelda Niles	81:46
23	Bronwyn Rosie	82:49
	<i>Bronze</i>	93:10
24	Jill Congedi	106:54

W55A: Course # 9012, 4.9 km, 155m

1	Paula Shingler	37:53
2	Ana Herceg	39:34
3	Toni Brown	39:50
4	Anthea Feaver	40:51
5	Carolyn Matthews	41:23
6	Gayle Quantock	41:41
7	Chris Brown	42:38
8	Joanna Parr	46:49
	<i>Gold</i>	47:21
9	Sally Wayte	53:13
10	Juliana de Nooy	53:36
11	Andrea Schiwy	54:00
	<i>Silver</i>	56:50
12	Marion Burrill	58:05
13	Erica Diment	62:07
14	Jane Saye	65:00
14	Rosalie McCauley	65:00
	<i>Bronze</i>	75:46
16	Liz Bourne	89:10
17	Jane Harding	90:09

W55AS: Course # 9017, 2.5 km, 60m

1	Elizabeth Hatley	29:07
2	Philippa Lohmeyer-Collins	31:37
3	Robyn D'Ascenzo	36:26
4	Gayle Shepherd	38:07
5	Ruth Nicolson	41:48
6	Jane Barnett	43:19
7	Fiona McIntyre	43:40
	<i>Silver</i>	43:41
8	Debbie Dodd	45:37
9	Judy Prendergast	47:56
10	Wendy Andrewartha	49:26

11	Julie Shepherd	49:35
	<i>Bronze</i>	58:14
12	Jane Calder	59:21

W60A: Course # 9013, 4.4 km, 145m

1	Jenny Bourne	33:43
2	Carolyn Jackson	36:41
3	Debbie Davey	39:22
4	Jean Cory-Wright	40:35
5	Hilary Wood	41:56
	<i>Gold</i>	42:09
6	Phillippa Poole	42:40
7	Sue Key	45:04
8	Robin Uppill	46:36
9	Mary McDonald	48:34
10	Kathy Petrie	49:10
	<i>Silver</i>	50:35
11	Julia Prudhoe	54:57
12	Evelyn Colwell	56:36
13	Prue Dobbin	57:00
14	Rosie Rutledge	58:21
15	Margi Freemantle	58:43
16	Meredith Rasch	60:35
	<i>Bronze</i>	67:26
17	Diana Cossar-Burgess	72:19
18	Margaret Wilmott	78:13
19	Anne Garvey	79:57

W65+AS: Course # 9017, 2.5 km, 60m

1	Alison Radford	32:09
2	Marian Arthur	33:12
3	Zita Sankauskas	33:24
4	Helen Post	34:42
5	Jenelle Templeton	35:21
6	Elizabeth Bicevskis	38:14
7	Joanna Stewart	42:10
8	Barbara Junghans	45:42
9	Jenny Komyshan	47:27
	<i>Silver</i>	48:14
10	Cheryl Bluett	58:02
	<i>Bronze</i>	64:18

W65A: Course # 9014, 4.1 km, 130m

1	Lynn Dabbs	42:09
2	Carol Brownlie	43:15
3	Jacquie Rand	47:26
4	Robyn Chapman	51:48
5	Jan Hardy	52:26
	<i>Gold</i>	52:41
6	Ann Scown	53:48
7	Valerie Barker	58:09
8	Barbara Tassell	59:32
9	Kerryne Jones	59:36
10	Barbara Martin	61:57

	<i>Silver</i>	63:13
11	Pamela King	76:57
12	Leila Henderson	80:01
	<i>Bronze</i>	84:18

W70A: Course # 9015, 3.7 km, 125m

1	Libby Meeking	45:44
2	Jenny Hawkins	45:49
3	Robin Spriggs	45:51
4	Ruth Goddard	46:21
5	Judy Allison	47:32
6	Royce Mills	50:00
7	Jill Dalton	51:05
8	Dorothy Kane	54:18
8	Val Hodsdon	54:18
10	Penny Dufty	54:32
11	Heather Bice	54:51
	<i>Gold</i>	57:10
12	Helena Griggs	58:35
13	Pauline Moore	58:56
14	Pat Miethke	59:53
15	Joan Sheldon	60:39
16	Janet King	60:55
17	Kathy Liley	60:58
18	Janet Fletcher	62:05
19	Judi Herkes	63:08
20	Janet Bush	64:34
	<i>Silver</i>	68:36
21	Mary Jane Mahony	73:52
22	Sandra Hogg	80:23
	<i>Bronze</i>	91:28

W75A: Course # 9016, 3.3 km, 110m

1	Jean Baldwin	41:46
2	Ann Ingwersen	44:35
3	Dale Ann Gordon	48:04
4	Valerie Brammall	48:56
	<i>Gold</i>	52:13
5	Hilary Simpson	55:35
	<i>Silver</i>	62:39

W80A: Course # 9017, 2.5 km, 60m

1	Helen Alexander	38:59
2	Barbara George	41:04
	<i>Gold</i>	48:44

W85A: Course # 9017, 2.5 km, 60m

1	Maureen Ogilvie	56:57
	<i>Gold</i>	71:11

WEasy: Course # 9020, 2.9 km, 100m

1	Sasha Eves	29:56
2	Lan Kelly	34:10
	<i>Gold</i>	37:25

	<i>Silver</i>	44:54
3	Carol Morgans	56:43
	<i>Bronze</i>	59:52
4	Robyn Cutten	69:19

WOpenB: Course # 9018, 4.7 km, 135m

1	Wendy Taverna	47:14
2	Rachael Upton	49:38
3	Alison Bryant	50:56
4	Wendy McConaghy	53:35
5	Tamara Needham	53:39
6	Annette Rogers	54:15
7	Esta Birdahic	57:41
8	Jacqueline Stephens	57:42
9	Ulla Heikkila	60:01
10	Sabrina Sonntag	62:49
11	Margaret Bourne	68:00
12	Meisha Austin	68:51
13	Susan Hallissy	71:14
14	Jocelyn Watts	82:59
15	Josephine Garbellini	89:20
16	Elise Kennedy	93:26
	<i>Bronze</i>	94:28