

Cross Country - M30 5 km

Performance	Athlete Name	Age-Rated Performance
20:11.05	Josh Schrader	64.9%
15:34.89	Mario Iozzo	83.7%

W30 5 km

Performance	Athlete Name	Age-Rated Performance
20:16.08	Carrie Byer	73.0%

M35 5 km

Performance	Athlete Name	Age-Rated Performance
20:06.31	Alex Walters	66.9%
18:55.82	Brian Lovshin	71.5%

W35 5 km

Performance	Athlete Name	Age-Rated Performance
21:50.35	Rebecca Ghent	69.3%

M40 5 km

Performance	Athlete Name	Age-Rated Performance
22:03.01	Chris McPeake	62.8%
19:15.60	Jamie Forget	71.3%
18:14.56	Michael Connolly	76.5%
17:17.50	David Moore	79.5%
17:10.38	Curtis Desroche	80.0%

W40 5 km

Performance	Athlete Name	Age-Rated Performance
31:20.70	Kim Diamond	49.6%
22:48.39	Sheryl Potter	68.1%
21:40.47	Ginette Jones	72.3%
21:03.66	Diane Pothast	73.2%
20:28.09	Kathryn Sullivan	76.6%
19:40.78	Anne Byrne	79.6%
19:34.46	Christy Barber	78.8%
19:03.70	Penelope Radley	80.4%

M45 5 km

Performance	Athlete Name	Age-Rated Performance
20:02.35	Craig Steley	72.4%
18:47.51	Simon Rayner	75.4%
18:46.40	Eric Jackson	76.7%
18:40.93	Jamie Black	76.4%
18:24.18	Jason Shaw	78.2%
18:19.09	Desmond Moloney	79.2%
18:00.39	Robert Campbell	81.2%
17:53.94	Roger Moss	79.8%
17:44.59	Chris Deighan	82.4%
17:42.60	John Meijer	81.9%
17:39.25	Don Gallagher	82.2%
17:37.70	Paul Osland	80.4%

17:08.33	Mike Sherar	82.7%
16:41.09	Geoff Peat	85.6%
16:39.93	Vince Friel	85.7%

W45 5 km

Performance	Athlete Name	Age-Rated Performance
26:03.21	Brigitte Luzar	63.4%
22:21.66	Bernadette Quemerais	72.1%
20:41.99	Tracey Snarr	77.1%
20:12.42	Nancy Chong	80.7%
18:31.16	Elizabeth Primrose	89.1%

M50 5 km

Performance	Athlete Name	Age-Rated Performance
22:25.15	Glenn Darras	65.7%
21:54.75	Robb Langridge	67.3%
20:37.64	Jim Rawling	73.8%
18:53.22	Rob Earl	78.1%
18:46.09	Paul Huyer	79.2%
18:29.73	Joseph Allegretti	80.3%
18:28.54	Jonathan Black	80.4%
18:10.33	James Earl	81.1%
16:47.62	Jerry Kooymans	90.7%

W50 5 km

Performance	Athlete Name	Age-Rated Performance
20:38.88	Dawn Hamel	86.2%
20:18.40	Rita Quibell	87.6%

M55 5 km

Performance	Athlete Name	Age-Rated Performance
21:06.39	Henry Cirocki	73.4%
20:32.87	Murray Hale	77.3%
18:49.92	Ken Hamilton	84.4%

W55 5 km

Performance	Athlete Name	Age-Rated Performance
36:10.32	Cathy Tedford	50.5%
27:34.40	Mary Jacobs	66.3%
25:26.95	Karla Del Grande	71.8%
22:18.93	Clara Northcott	80.8%

M60 5 km

Performance	Athlete Name	Age-Rated Performance
25:54.61	Bill Prest	61.8%
25:33.66	Duncan Greenshields	62.7%
22:15.42	Hugh Connolly	74.6%
21:18.44	Bert de Vries	77.2%

W60 5 km

Performance	Athlete Name	Age-Rated Performance
25:52.69	Claire Prest	79.2%
M65 5 km		

Performance	Athlete Name	Age-Rated Performance
31:15.97	John Powell	53.6%
25:31.23	Bruce Mitchell	66.3%
22:10.60	Robert Moore	77.7%
M70 5 km		

Performance	Athlete Name	Age-Rated Performance
27:19.10	Jim Pascoe	65.3%
22:05.53	Keijo Taivassalo	79.8%
M80 5 km		

Performance	Athlete Name	Age-Rated Performance
36:08.40	Felix Charles	59.6%
29:40.28	Ralph Lang	72.6%