

Paul Reed	41:42.8						41:42.8
Phillip Gillespie		44:13.7	42:12.1	45:43.7		44:12.1	42:12.1
Rebecca Garside	52:28.7	52:04.9					52:04.9
Rebecca Shenton		49:36.1					49:36.1
Robyn McDonald	41:50.9	40:13.6					40:13.6
Roy Hamilton						47:40.3	47:40.3
Sara Cha	40:12.6	38:04.8					38:04.8
Scott Henderson					40:30.0	37:41.3	37:41.3
Shannon Polson		46:32.2	40:48.1				40:48.1
Sharon Russell		47:06.4	47:16.1				47:06.4
Shona Barry			56:39.6				56:39.6
Shona Candlish	49:23.2	47:23.6	46:59.8				46:59.8
Stephen McGowan	42:42.5	39:20.9	38:01.0	39:17.9	37:59.3		37:59.3
Steven Gale		38:28.0	37:32.4				37:32.4
Susan Smith	47:33.2						47:33.2
Uchechukwu Okoro	40:36.0		39:44.0				39:44.0