

Place	Bib No	First Name	Last Name	Age Cat	Affiliation	Finish Time	Cat Pos	VAC Cat Pos	12	11	10	9	8	7	6	5	4	3	2	1	0
Heat 1																					
5000m Race 1																					
1	11	John	Herbert	M45	EMAC	15:59.40	M45-1		00:37	01:53	03:10	04:26	05:43	07:01	08:18	09:36	10:53	12:11	13:28	14:45	15:59
2	18	Justin	Reid	M45	NIMAA	16:55.82	M45-2		00:39	02:02	03:26	04:47	06:07	07:27	08:50	10:09	11:32	12:55	14:19	15:41	16:55
3	12	Ian	Johnston	M50	VAC	17:03.31	M50-1	M50-1	00:39	02:02	03:25	04:47	06:05	07:25	08:47	10:09	11:32	12:55	14:19	15:42	17:03
4	13	Robin	Jones	M45	VAC	17:18.16	M45-3	M45-1	00:39	02:03	03:26	04:46	06:06	07:27	08:50	10:13	11:37	13:02	14:29	15:57	17:18
5	17	Sam	Rahman	M35	VAC	17:20.55	M35-1	M35-1	00:39	02:02	03:25	04:47	06:08	07:31	08:57	10:22	11:47	13:12	14:37	16:02	17:20
6	2	Rich	Berry	M40	VAC	17:20.85	M40-1	M40-1	00:39	02:03	03:26	04:48	06:09	07:32	08:57	10:22	11:47	13:11	14:37	16:03	17:20
7	14	Matt	Kaufman	M35	OPEN	17:22.37	M35-2		00:37	01:57	03:18	04:38	06:00	07:24	08:48	10:14	11:39	13:05	14:33	16:00	17:22
8	7	Alex	Davidson	M55	OPEN	17:26.75	M55-1		00:39	02:03	03:26	04:47	06:09	07:32	08:57	10:21	11:46	13:12	14:38	16:05	17:26
9	1	Jon	Anderson	M50	EMAC	17:44.44	M50-2		00:39	02:02	03:24	04:46	06:07	07:29	08:54	10:21	11:49	13:18	14:48	16:18	17:44
10	10	Jon	Hamblen	M45	VAC	17:51.07	M45-4	M45-2	00:39	02:02	03:25	04:48	06:12	07:38	09:05	10:32	11:59	13:27	14:56	16:24	17:51
11	8	John	Foss	M60	VAC	19:45.24	M60-1	M60-1	00:44	02:18	03:52	05:27	07:01	08:36	10:12	11:48	13:24	15:02	16:38	18:13	19:45
.	6	Andre	Dahlkamp	M45	VAC	DNF			00:39	02:02	03:24	04:47	06:09								
.	3	Alexander	Betts	M35	VAC	DNF															
.	4	Terry	Booth	M50	VAC	DNF															
.	5	Edward	Brooks	M35	VAC	DNF															
.	9	Marco	Gazzelloni	M40	SCVAC	DNF															
.	15	Robert	Laing	M40	VAC	DNF															
.	16	Dan	Madams	M45	VAC	DNF															
.	19	Tony	Tuohy	M55	VAC	DNF															
Heat 2																					
5000m Race 2																					
1	32	Matthew	Munro	M40	VAC	17:44.2	M40-2	M40-2	00:43	02:05	03:29	04:53	06:18	07:43	09:09	10:37	12:03	13:29	14:57	16:23	17:44
2	34	Sebastian	Parris	M35	VAC	17:56.5	M35-3	M35-2	00:44	02:07	03:32	04:58	06:23	07:48	09:17	10:43	12:08	13:36	15:04	16:31	17:56
3	31	David	Moore	M50	VAC	17:57.5	M50-3	M50-2	00:44	02:06	03:32	04:55	06:19	07:45	09:13	10:38	12:06	13:33	15:03	16:33	17:57
4	29	Victor	Maughn	M55	VAC	18:04.7	M55-2	M55-1	00:43	02:06	03:30	04:55	06:19	07:45	09:13	10:42	12:10	13:41	15:11	16:41	18:04
5	37	Jonathan	Ratcliffe	M50	SCVAC	18:15.5	M50-4		00:43	02:05	03:29	04:53	06:19	07:45	09:13	10:41	12:09	13:39	15:12	16:46	18:15
6	33	Thomas	Musson	M35	EMAC	18:30.5	M35-4		00:43	02:06	03:30	04:54	06:19	07:44	09:14	10:47	12:18	13:54	15:28	17:01	18:30
7	25	Ben	Hebblethwaite	M45	VAC	18:37.2	M45-5	M45-3	00:43	02:06	03:30	04:54	06:20	07:45	09:12	10:38	12:08	13:45	15:25	17:05	18:37
8	24	Tim	Grose	M50	VAC	18:39.7	M50-5	M50-3	00:44	02:10	03:37	05:07	06:36	08:05	09:35	11:05	12:36	14:07	15:38	17:09	18:39
9	21	Malcolm	Davies	M50	VAC	19:04.9	M50-6	M50-4	00:45	02:14	03:44	05:16	06:49	08:22	09:56	11:31	13:06	14:43	16:15	17:45	19:04
10	26	Tony	Killilea	M55	VAC	19:20.9	M55-3	M55-2	00:44	02:11	03:39	05:09	06:42	08:15	09:50	11:25	13:00	14:37	16:13	17:46	19:20
11	27	Gregg	Lemos-Stein	M50	VAC	19:27.3	M50-7	M50-5	00:45	02:12	03:43	05:13	06:45	08:18	09:51	11:27	13:02	14:39	16:16	17:52	19:27
12	30	Paul	Mccrone	M50	VAC	19:30.7	M50-8	M50-6	00:46	02:15	03:44	05:16	06:50	08:25	10:01	11:35	13:10	14:48	16:22	17:58	19:30
13	23	Jaran	Finn	M45	OPEN	19:37.0	M45-6		00:44	02:09	03:35	05:03	06:36	08:10	09:45	11:23	13:03	14:45	16:26	18:02	19:37
.	22	Graeme	Drysdale	M50	VAC	DNF															
.	28	Elio	Lepore	M65	WMAA	DNF															
.	35	David	Pitt	M60	VAC	DNF															
.	36	Vaughan	Ramsay	M45	VAC	DNF															
.	38	Kieran	Santry	M40	OPEN	DNF															

Place	Bib No	First Name	Last Name	Age Cat	Affiliation	Finish Time	Cat Pos	VAC Cat Pos	12	11	10	9	8	7	6	5	4	3	2	1	0
Heat 3																					
5000m Race 3																					
1	54	David	Robinson	M40	OPEN	19:22.43	M40-3		00:41	02:10	03:39	05:12	06:48	08:24	10:01	11:38	13:15	14:53	16:31	18:04	19:22
2	42	Martin	Daoud	M55	VAC	19:26.92	M55-4	M55-3	00:47	02:21	03:54	05:28	07:02	08:36	10:09	11:42	13:15	14:49	16:26	18:00	19:26
3	58	Lucy	Woolhouse	W55	VAC	20:06.73	W55-1	W55-1	00:46	02:22	03:57	05:33	07:09	08:45	10:20	11:58	13:36	15:14	16:52	18:32	20:06
4	55	Andrew	Simms	M50	VAC	20:14.21	M50-9	M50-7	00:46	02:22	03:57	05:33	07:10	08:48	10:28	12:07	13:48	15:28	17:10	18:49	20:14
5	56	Helen	Taranowski	W45	VAC	20:19.72	W45-1	W45-1	00:46	02:22	03:57	05:33	07:10	08:48	10:28	12:06	13:46	15:25	17:06	18:46	20:19
6	46	Peter	Hall	M60	VAC	20:23.81	M60-2	M60-2	00:46	02:22	03:57	05:32	07:09	08:47	10:26	12:06	13:46	15:26	17:08	18:50	20:23
7	41	Anri	Cohen	W35	VAC	20:33.31	W35-1	W35-1	00:47	02:23	03:58	05:35	07:13	08:51	10:31	12:10	13:50	15:31	17:13	18:55	20:33
8	53	Terry	O'Neill	M65	VAC	20:42.75	M65-1	M65-1	00:47	02:24	04:00	05:36	07:14	08:52	10:32	12:14	13:57	15:40	17:23	19:07	20:42
9	44	Peter	Giles	M75	VAC	20:59.16	M75-1	M75-1	00:49	02:31	04:09	05:47	07:25	09:04	10:44	12:25	14:06	15:48	17:37	19:23	20:59
10	43	Helen	Davies	W45	VAC	21:30.72	W45-2	W45-2	00:50	02:32	04:16	06:02	07:46	09:30	11:13	12:57	14:43	16:30	18:15	20:01	21:30
11	52	Robert	Nagorski	M55	VAC	21:41.31	M55-5	M55-4	00:51	02:32	04:16	06:02	07:46	09:30	11:13	12:56	14:42	16:30	18:15	20:01	21:31
12	49	Stuart	Leigh	M55	OPEN	21:49.45	M55-6		00:49	02:32	04:16	05:58	07:42	09:27	11:11	12:55	14:41	16:30	18:21	20:11	21:49
13	45	Carey	Gray	M60	VAC	21:59.06	M60-3	M60-3	00:49	02:31	04:10	05:55	07:40	09:27	11:15	13:01	14:51	16:41	18:30	20:17	21:59
14	59	Anthony	Young	M50	VAC	23:07.73	M50-10	M50-8	00:47	02:31	04:18	06:10	08:03	09:59	11:54	13:49	15:42	17:37	19:29	21:22	23:07
15	51	Tom	Morris	M60	VAC	23:10.60	M60-5	M60-5	00:53	02:40	04:28	06:19	08:10	10:03	11:55	13:48	15:42	17:36	19:31	21:24	23:10
16	57	Paul	Woodyatt	M55	EMAC	24:07.25	M55-7		00:53	02:45	04:36	06:28	08:23	10:21	12:21	14:21	16:21	18:21	20:19	22:17	24:07
17	47	Michael	Johnson	M75	VAC	26:22.53	M75-2	M75-2	00:54	02:49	04:50	06:51	08:53	10:57	13:03	15:12	17:24	19:37	21:54	24:11	26:22
.	48	Glen	Keegan	M55	VAC	DNF			00:48	02:31	04:15	06:03	07:53	09:44	11:36	13:33	15:28	17:24	19:18	21:04	
.	50	Pippa	Major	W50	VAC	DNS															
Heat 4																					
5000m Race 4																					
1	66	Jim	Brown	M70	VAC	22:14.01	M70-1	M70-1	00:47	02:34	04:22	06:10	07:56	09:43	11:30	13:19	15:08	16:54	18:42	20:31	22:14
2	69	Michael	Mann	M70	VAC	22:37.66	M70-2	M70-2	00:47	02:29	04:14	05:59	07:46	09:32	11:22	13:14	15:06	16:58	18:51	20:45	22:38
3	70	Ian	McCarthy	M60	VAC	22:40.29	M60-4	M60-4	00:50	02:35	04:22	06:08	07:54	09:42	11:31	13:22	15:14	17:06	18:57	20:54	22:41
4	79	Patricia	Thomas	W50	VAC	22:48.72	W50-1	W50-1	00:49	02:30	04:15	06:03	07:50	09:39	11:29	13:21	15:15	17:11	19:10	21:04	22:49
5	74	Liam	O'Hare	M70	VAC	23:06.71	M70-3	M70-3	00:52	02:41	04:28	06:19	08:08	09:59	11:51	13:44	15:37	17:31	19:28	21:21	23:07
6	63	Nichola	Atkins	W55	VAC	24:12.28	W55-2	W55-2	00:55	02:49	04:45	06:44	08:43	10:45	12:46	14:48	16:47	18:40	20:34	22:27	24:13
7	72	Rhiannon	Needham	W35	VAC	24:52.10	W35-2	W35-2	00:49	02:36	04:28	06:24	08:23	10:26	12:31	14:35	16:40	18:46	20:52	22:55	24:52
8	68	William	Fordham	M65	VAC	25:21.78	M65-2	M65-2	00:58	03:02	05:05	07:08	09:07	11:06	13:08	15:11	17:14	19:19	21:23	23:24	25:22
9	77	Robert	Sargent	M65	VAC	26:19.88	M65-3	M65-3	00:54	02:54	05:00	07:06	09:11	11:19	13:24	15:33	17:44	19:53	22:08	24:17	26:20
10	71	Doug	Milsom	M80	VAC	26:56.01	M80-1	M80-1	01:01	03:07	05:12	07:18	09:24	11:32	13:37	15:49	18:01	20:13	22:26	24:41	26:56
11	76	Karen	Samuel	W55	SCVAC	27:13.65	W55-3		01:06	03:18	05:25	07:36	09:46	11:56	14:08	16:14	18:33	20:41	22:54	25:09	27:14
12	61	Camilla	Allwood	M60	VAC	27:29.85	M60-1	W60-1	00:59	03:04	05:11	07:19	09:32	11:43	13:56	16:11	18:27	20:43	23:00	25:22	27:30
13	78	Ian	Strong	M55	VAC	27:47.19	M55-8	M55-5	00:59	03:06	05:24	07:38	09:52	12:09	14:23	16:40	18:56	21:14	23:31	25:45	27:48
14	67	Alan	Davidson	M70	VAC	28:45.65	M70-4	M70-4	01:04	03:18	05:32	07:50	10:08	12:29	14:50	17:10	19:33	21:56	24:24	26:45	28:46
15	73	Bill	O'Connor	M70	VAC	29:00.68	M70-5	M70-5	01:00	03:11	05:27	07:45	10:05	12:25	14:43	17:04	19:28	21:53	24:22	26:44	29:01
16	62	Joe	Aspinall	M80	VAC	30:24.21	M80-2	M80-2	01:08	03:28	05:50	08:12	10:37	13:02	15:29	17:57	20:26	22:55	25:24	27:56	30:25
17	80	Peter	Torre	M75	VAC	31:31.59	M75-3	M75-3	01:01	03:21	05:46	08:15	10:48	13:20	15:52	18:29	21:10	23:49	26:27	29:07	31:32
18	64	Edwin	Bartlett	M70	VAC	33:23.11	M70-6	M70-6	01:13	03:51	06:31	09:14	11:56	14:39	17:23	20:05	22:48	25:29	28:12	30:52	33:23
19	75	Richard	Pitcairn-Knowles	M85	VAC	38:19.54	M85-1	M85-1	01:20	04:19	07:15	10:11	13:08	16:11	19:15	22:23	25:38	28:54	32:08	35:21	38:20
.	65	Ann	Bath	W70	VAC	DNS															