

## Women 5k Results

Finish Placing	Team		2000m	3500m	5000m Finish Time
1st	SPTSL	Joyce Wiegiersma	26:16.00	45:54.00	1:05:17.41
2nd	CAPWN	Kirsten Cameron	26:44.45	47:00.23	1:06:44.16
3rd	HPKCO	Julia Wright	26:50.00		1:06:47.87
4th	HPKCO	Emma Lowther	26:48.33	47:04.81	1:06:54.00
5th	HAMWK	Rachel Bird	26:50.16	47:03.79	1:06:59.40
6th	WAQAK	Natasha Simpson	27:03.00	47:05.00	1:07:03.00
7th	NSSAK	Alice Adams	26:48.33	47:04.81	1:07:07.07
8th	GREBP	Carla Van Brommel	26:47.76	47:08.15	1:07:24.84
9th	CCYAK	Samantha Gunther	27:08.64	47:06.13	1:07:27.66
10th	UAATT	Kim Sherwen	27:12.53	47:40.44	1:09:06.34
11th	GREBP	Gabrielle Capp	27:08.00	47:42.00	1:09:08.00
12th	CAPWN	Stephanie Bennington	28:10.56	50:31.34	1:13:31.95
13th	WAQAK	Sarah Matheson	30:41.17	54:55.74	1:18:45.95
DNF	WAQAK	Kylie Salt			

## Men 5k Results

Finish Placing	Team		2000m	3500m	5000m Finish Time
1st	RUSBP	Kane Radford	24:07.00	41:47.00	59:38.18
2nd	WHLAK	Philip Ryan	24:06.78	42:00.02	1:00:36.27
3rd	HPKCO	Cameron Burrows	25:06.00		1:03:11.00
4th	HAMWK	Ryan Swart	25:09.38	44:07.30	1:03:39.28
5th	SCAWN	Casey Glover	25:17.94	45:04.13	1:04:48.59
6th=	WHLAK	Ben Miller	25:58.30	45:50.02	1:05:14.00
6th=	CCYAK	Thomas McEwan	26:06.54	45:52.17	1:05:14.00
8th	HPKCO	Peter Yates	26:46.63	47:03.81	1:06:34.38
9th	FFDWK	Jonathan Pullon		46:58.00	1:06:45.00
10th	HAMWK	Troy Balvert	27:01.72	47:33.72	1:08:04.24
11th	FFDWK	Andrew Pullon	27:06.71	47:38.43	1:08:04.88
12th	CAPWN	Sam Turner	28:06.00	50:21.00	1:13:14.92