

<b>500 Meter</b>		
<b>Male 43 - 50</b>	<b>Name</b>	<b>Time</b>
<b>GOLD</b>	Adam Hazlegrove	1:28
<b>SILVER</b>	Duncan McKenzie	1:34
<b>BRONZE</b>	John Camplin	1:40



<b>500 Meter</b>		
<b>Male 51 - 55</b>	<b>Name</b>	<b>Time</b>
<b>GOLD</b>	Richard Norris	1:38
<b>SILVER</b>	Tony Shephard	1:48
<b>BRONZE</b>		



<b>500 Meter</b>		
<b>Male 56 - 60</b>	<b>Name</b>	<b>Time</b>
<b>GOLD</b>	Glen Henriksen	1:37
<b>SILVER</b>	Paul Squire	1:40
<b>BRONZE</b>	Mark McCrossin	1:43

<b>500 Meter</b>		
<b>Male 61 - 70</b>	<b>Name</b>	<b>Time</b>
<b>GOLD</b>	Shane Hegarty	1:37
<b>SILVER</b>	Peter Wrzuszczak	1:43
<b>BRONZE</b>		

<b>500 Meter</b>		
<b>Male 71+</b>	<b>Name</b>	<b>Time</b>
<b>GOLD</b>	Dennis Bashford	1:53
<b>SILVER</b>		
<b>BRONZE</b>		

<b>500 Meter</b>		
<b>Female 51 - 55</b>	<b>Name</b>	<b>Time</b>
<b>GOLD</b>	Tamara Riddell	1:49
<b>SILVER</b>		
<b>BRONZE</b>		

<b>500 Meter</b>		
<b>Female 61 - 70</b>	<b>Name</b>	<b>Time</b>
<b>GOLD</b>	Jan Primmer	2:05
<b>SILVER</b>		
<b>BRONZE</b>		
<b>2000 Meter</b>		
<b>Male 43 - 50</b>	<b>Name</b>	<b>Time</b>
<b>GOLD</b>	Duncan McKenzie	7:33
<b>SILVER</b>		
<b>BRONZE</b>		

<b>2000 Meter</b>		
<b>Male 51 - 55</b>	<b>Name</b>	<b>Time</b>
<b>GOLD</b>	Rodney Lloyd	7:40
<b>SILVER</b>	Tony Shephard	8:36
<b>BRONZE</b>		

<b>2000 Meter</b>		
<b>Male 56 - 60</b>	<b>Name</b>	<b>Time</b>
<b>GOLD</b>	Glen Henriksen	7:36
<b>SILVER</b>	Paul Squire	8:00
<b>BRONZE</b>	Mark McCrossin	8:15

<b>2000 Meter</b>		
<b>Male 61 - 70</b>	<b>Name</b>	<b>Time</b>
<b>GOLD</b>	Andrew Greenwood	7:45
<b>SILVER</b>	Robert Ross	7:48
<b>BRONZE</b>	Shane Hegarty	7:51

<b>2000 Meter</b>		
<b>Female 51 - 55</b>	<b>Name</b>	<b>Time</b>
<b>GOLD</b>	Tamara Riddell	8:00
<b>SILVER</b>		
<b>BRONZE</b>		

<b>2000 Meter</b>		
<b>Female 61 - 70</b>	<b>Name</b>	<b>Time</b>
<b>GOLD</b>	Jan Primmer	9:04
<b>SILVER</b>		
<b>BRONZE</b>		
<b>5000 Meter</b>		
<b>Male 51 - 55</b>	<b>Name</b>	<b>Time</b>
<b>GOLD</b>	Rodney Lloyd	20:23
<b>SILVER</b>		
<b>BRONZE</b>		

<b>5000 Meter</b>		
<b>Male 56 - 60</b>	<b>Name</b>	<b>Time</b>
<b>GOLD</b>	Glen Henriksen	19:39
<b>SILVER</b>	Mark McCrossin	22:22
<b>BRONZE</b>		

<b>5000 Meter</b>		
<b>Male 61 - 70</b>	<b>Name</b>	<b>Time</b>
<b>GOLD</b>	Andrew Greenwood	20:27
<b>SILVER</b>	Robert Ross	20:40
<b>BRONZE</b>	Martin Doyle	21:55

<b>5000 Meter</b>		
<b>Female 51 - 55</b>	<b>Name</b>	<b>Time</b>
<b>GOLD</b>	Tamara Riddell	20:37
<b>SILVER</b>	Simone Dipple	23:07
<b>BRONZE</b>		



<b>5000 Meter</b>		
<b>Female 61 - 70</b>	<b>Name</b>	<b>Time</b>
<b>GOLD</b>	Jan Primmer	23:57
<b>SILVER</b>		
<b>BRONZE</b>		



<b>5 Minutes / distance</b>		
<b>Male 43 - 50</b>	<b>Name</b>	<b>Distance</b>
<b>GOLD</b>	Adam Hazlegrove	1429 meters
<b>SILVER</b>	John Camplin	1290 meters
<b>BRONZE</b>		

<b>5 Minutes / distance</b>		
<b>Male 51 - 55</b>	<b>Name</b>	<b>Distance</b>
<b>GOLD</b>	Rodney Llyod	1340 meters
<b>SILVER</b>	Tony Shephard	1213 meters
<b>BRONZE</b>		

<b>5 Minutes / distance</b>		
<b>Male 56 - 60</b>	<b>Name</b>	<b>Distance</b>
<b>GOLD</b>	Paul Squire	1359 meters
<b>SILVER</b>		
<b>BRONZE</b>		



<b>5 Minutes / distance</b>		
<b>Male 61 - 70</b>	<b>Name</b>	<b>Distance</b>
<b>GOLD</b>	Shane Hegarty	1359 meters
<b>SILVER</b>	Robert Ross	1303 meters
<b>BRONZE</b>	Peter Wrzuszcak	1266 meters



<b>5 Minutes / distance</b>		
<b>Female 51 - 55</b>	<b>Name</b>	<b>Distance</b>
<b>GOLD</b>		
<b>SILVER</b>		
<b>BRONZE</b>		