

Position	Last Name	First Name	Team	Time
1	Parbery	Mathew	Male30 - 39 Years	07:52.7
2	Ison	Jamie	Male30 - 39 Years	08:25.1
3	Tierney	Sam	Male30 - 39 Years	08:36.9
4	Scholtes	Daniel	Male30 - 39 Years	09:12.7
5	Connelly	Shane	Male30 - 39 Years	09:16.4
6	Mitchell	Rhys	Male30 - 39 Years	09:36.7
7	Smith	Phil	Male30 - 39 Years	10:17.6
8	Miles	Shannon	Male30 - 39 Years	10:46.9
9	Hogan	Tom	Male30 - 39 Years	10:58.2
10	Say	Mark	Male30 - 39 Years	11:20.8
11	Cooper	Shaun	Male30 - 39 Years	11:25.6