LADIES

5000 METRES

W45	1	Glenda Banaghan	18.17.26
W50	1	Marcy Sheer	19.06.02
	2	Anne Ryan	21.34.85
W55	1	Christine Purcell	25.41.89

5000m TRACK WALK

W55	1	Lyn Woodward	35.30.17
W65	1	Sally Lynch	33.59.30
	2	Noela McKinven	38.23.43
W75	1	Christiane Dauphinet	40.17.61

MEN

5000 METRES

M35	1	Geoffrey Crowther	21.43.83
M40	1	Chris Tagg	17.14.79
	2	Gerrard Gosens	17.15.53
M45	1	Andy Clowes	17.37.78
M50	1	Greg Coulter	18.47.78
M55	1	Ron Peters	17.40.07
	2	Jason Collie	19.28.29
M60	1	John Sheer	19.45.44
	2	Rick Dale	23.23.67
	3	Erkki Ryhanen	24.37.89
M70	1	Alan Bradford	21.18.47
	2	Colin McLeod	21.34.80

5000m TRACK WALK

M40	1	Iggy Jimenez	25.51.46
M45	1	Jody Nash	27.36.66
M50	1	Peter Bennett	25.59.79