Heat 1

Names	Heat	Gender	Place	Time
Matthew Gray	1	M	1	7:04
Bob James	1	M	2	7:27
Tamsyn Down	1	F	3	7:47
Jude Wheeler	1	F	4	7:48
Nadya Hilliar	1	F	5	7:58
Rico Andrews	1	M	6	8:12
William McClintock	1	M	7	8:17
Elaine Reid	1	F	8	8:25
Alex Legge	1	F	9	8:26
Louise Andrews	1	F	10	8:27
Emily McClintock	1	F	11	8:42
Sarah Tindley	1	F	12	8:49
Eileen Leonard	1	F	13	9:10
Ellaine Bedford	1	F	14	9:37
Melvin Trundley	1	M	15	9:38
Tim Gray	1	M	16	10:13
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Heat 2

Names	Heat	Gender	Place	Time
Ben James	2	M	1	5:10
Aaron Morrell	2	M	2	5:24
Richard Steeples	2	M	3	5:37
James McClintock	2	M	4	5:38
Glen Smith	2	M	5	5:41
Lisa Rooney	2	F	6	5:47
Tony Trundley	2	M	7	5:50
Sean De Prazer	2	M	8	5:52
Robyn Falck	2	F	9	6:08
Maia Morrell	2	F	10	6:10
Shun-Lai Chan	2	F	11	6:37
Jenny Sinfield	2	F	12	6:44
Mark Edwards	2	M	13	6:56
Jenny MacDonnell	2	F	14	7:16

4 x 400m Relay

Names	Place	Time
Bob, Tony, Nadya, Glen	1	5:21
Jenny S, Emily, William, Ben	2	5:50
Louise, Rico, Robyn, Aaron	3	6:10
Ellaine, James, Tamsyn, Sean	4	6:13
Sarah, Shun-Lai, Jude, Richard	5	6:24

Overall

Place	Names	Heat	Gender	Heat Place	Time
1	Ben James	2	M	1	5:10
2	Aaron Morrell	2	M	2	5:24
3	Richard Steeples	2	M	3	5:37
4	James McClintock	2	M	4	5:38
5	Glen Smith	2	M	5	5:41
6	Lisa Rooney	2	F	6	5:47
7	Tony Trundley	2	M	7	5:50
8	Sean De Prazer	2	M	8	5:52
9	Robyn Falck	2	F	9	6:08
10	Maia Morrell	2	F	10	6:10
11	Shun-Lai Chan	2	F	11	6:37
12	Jenny Sinfield	2	F	12	6:44
13	Mark Edwards	2	M	13	6:56
14	Matthew Gray	1	M	1	7:04
15	Jenny MacDonnell	2	F	14	7:16
16	Bob James	1	M	2	7:27
17	Tamsyn Down	1	F	3	7:47
18	Jude Wheeler	1	F	4	7:48
19	Nadya Hilliar	1	F	5	7:58
20	Rico Andrews	1	M	6	8:12
21	William McClintock	1	M	7	8:17
22	Elaine Reid	1	F	8	8:25
23	Alex Legge	1	F	9	8:26
24	Louise Andrews	1	F	10	8:27
25	Emily McClintock	1	F	11	8:42
26	Sarah Tindley	1	F	12	8:49
27	Eileen Leonard	1	F	13	9:10
28	Ellaine Bedford	1	F	14	9:37
29	Melvin Trundley	1	M	15	9:38
30	Tim Gray	1	M	16	10:13