Group	First name	Last name	Minutes	Seconds	Distance
Terrigal	Diedre	Moran	13	58	3km
Budgewoi	Simone	Steele	15	33	3km
	Scott	Godfrey	11	3	3km
	Marcus	Sharpe	11	44	3km
	Joyce	Oxley			DNS (Injured)
Young Guns T	Bethany	Finlayson	5	48	1500
	Oliver	Dalzell	6	20	1500
	Emmerson	Powell	7	54	1500
	Boston	West	9	25	1500
	Darcy	Powell	12	13	3km
	Molly	Salvador	12	23	3km
	Ella	Mounter	15	2	3km
	Chloe	West	16	2	3km
	Byron	Bellamy	16	5	3km
	Indianna	West	16	5	3km
Maitland	Matt	Bradley	14	57	3km
	Matt	Duff	11	47	3km
	Neil	Stirrat	14	5	3km
	Rachel	Howard	13	4	3km
	Shayne	Pilgrim	11	45	3km
	Clint	Phillip	11	52	3km
	Dave	Piggington	13	43	3km
	Jack	Robinson	10	27	3km
	Jason	Paix	15	8	3km
	Robert	Langham	12	45	3km
	Sarahann	Collins	15	20	3km
	Justine	Stanbury	14	21	3km
	Rebecca	Raschke	16	23	3km
	Kylie	MCQueen	18	51	3km
	Kim	Hammond	15	11	3km
	Adam	Lancey			DNF
	Kristin	Lancey	18	34	3km
	Harriet	Greentree	14	1	3km
	Amy	Summerville	14	57	3km
Sutherland	George	Ziogas	13	28	3km
	Brett	Morris	15	14	3km
	Kathy	Thomas	18	6	3km
	Eileen	King	21	47	3km
Merewether	Kim	Rackemann	11	7	3km
	Rachael	Turnbull	12	39	3km tempo
	Jason	Ryden	11	39	3km

	Linda	Mende	14	43	3km	
	Deb	Alterator	13	56	3km	
	Jamie	Waddell	12	52	3km	
	Byron	Waddell	12	49	3km	
	Simon	Abson	15	0	3km	
	Damian	Welbourne	12	43	3km	
	Kylie	Burnley	12	35	3km	
	Sienna	Kinder	11	48	3km	
	Scott	Watson	12	15	3km	
	Sarah	Knights	11	34	3km	
	Henry	Knights	11	33	3km	
	Jenny	Hynes	11	54	3km	
Domain CBD						
	Ruchir (Richie	Patel	15	23	3km	
	Michael	Bremner	12	43	3km	
	Isa	Andres	15	43	3km	
	Guy	Templeton	14	43	3km	
	Jenene	Marks	12	2	3km	
	Ben	Croft	12	20	3km	
	Jo	Franklin	12	48	3km	
	Sandra	Heriot	13	55	(pb) 3km	
Alexandria CBD						
	Jeremy	Brown	13	3	3km	
	Joyce	Xiang	12	56	3km	
	Kathryn	Higgs	13	59	3km	
	Victoria	Brownrigg	13	59	3km	
	Janine	Tennille	17	41	3km	
Lambton	Jeanette	Hayward	14	39	3km	
	Kim	Hammond	15	0	3km	
	Megan	Hattingh	14	48	3km	
	Nicole	Doyle	14	41	3km	
	Maree	Abson	-	-	3km	
	Clare	Paff	14	39	3km	
	Lucinda	Paff	14	40	3km	
	Tim	Wilson	12	33	3km	
	Neil	Stirrat	13	43	3km	
Myrungroup L	Jason	Becker	11	30	3km	
	Danielle	Hart	11	59	3km	
	Peter	Adams	11	52	3km	
	Samuel	O'Hearn	11	56	3km	
	Dean	McHardie	17	32	3km	
	Harry		14	35	3km	
	Jarvis		6	58		1500
	Asha		6	48		1500

Mitchell	18	47	3km
Evie	7	13	1500
Zane Emmerson	7	44	1500
Noah Nicholas	7	22	1500
Rosie	9	36	1500
Josh	10	35	1500
Elodie	7	29	1500