M30 5000 Metre Run

	Name	Age	Team	Finals	Age-Grading
1	Carter, Paul	M33	SC & Nthn	18:26.11	18:13.40 69.23%

W30 5000 Metre Run

	Name	Age	Team	Finals	Age-Grading
1	Kohncke, Erika	W34	Brisbane	19:33.40	19:23.90 74.29%

M45 5000 Metre Run

	Name	Age	Team	Finals	Age-Grading
1	Claydon, Shawn	M46	North Queensland	17:20.93	15:39.76 80.55%
2	Comber, Dean	M48	Brisbane	18:52.57	16:46.63 75.20%
3	Burns, Norman	M48	Brisbane	19:38.64	17:27.58 72.26%

M50 5000 Metre Run

	Name	Age	Team	Finals	Age-Grading
1	Wenger, Urs	M50	Brisbane	21:12.20	18:32.80 68.03%

W50 5000 Metre Run

	Name	Age	Team	Finals	Age-Grading
1	Hermitage, Marion	W51	Brisbane	19:59.04	17:00.63 84.72%

M55 5000 Metre Run

	Name	Age	Team	Finals	Age-Grading
1	Dimauro, Con	M56	Brisbane	18:06.60	15:04.49 83.69%
2	Davies, Phil	M57	Brisbane	18:56.83	15:38.34 80.67%

W55 5000 Metre Run

	Name	Age	Team	Finals	Age-Grading
1	Ryan, Anne	W59	Brisbane	20:28.95	15:37.82 92.20%

M60 5000 Metre Run

	Name	Age	Team	Finals	Age-Grading
1	Cameron, Ian	M61	Brisbane	17:34.23	14:00.44 90.07%

W60 5000 Metre Run

	Name	Age	Team	Finals	Age-Grading
1	Moore, Katherine	W60	Brisbane	23:33.87	17:43.38 81.32%

M65 5000 Metre Run

	Name	Age	Team	Finals	Age-Grading
1	Woodriff, Jim	M68	SC & Nthn	19:56.54	14:54.90 84.59%
2	Sheer, John	M67	Brisbane	24:19.18	18:21.69 68.71%
3	Ryhanen, Erkki	M69	SC & Nthn	25:55.00	19:11.02 65.77%
4	Harris, John	M66	Brisbane	26:36.71	20:16.70 62.22%