

Results - Age Grading: 1 Yr Indiv &amp; 5 yr Multi

## WOMEN

Name	Age Team	Finals	Age-Grading
1 Jade Alexander	Invitation	45:41.12	45:40.30 66.43%
2 Natalie Black	Invitation	55:17.29	55:16.30 54.89%

## W35 10000 Metre Run

Name	Age Team	Finals	Age-Grading
1 Yvonne Webster	W36 Aberfeldie	44:54.16	44:16.18 68.52%
2 Nina Field	W36 Collingwood	51:43.36	50:59.61 59.48%
3 Kylie Doyle	W38 Collingwood	53:11.46	51:57.42 58.37%

## W40 10000 Metre Run

Name	Age Team	Finals	Age-Grading
1 Carmel Pardy	W41 Collingwood	48:05.39	46:06.23 65.78%
2 Sofie Fabre	W40 Collingwood	50:25.74	48:40.75 62.30%
3 Miranda Stewart	W41 Collingwood	57:10.57	54:48.89 55.33%

## W45 10000 Metre Run

Name	Age Team	Finals	Age-Grading
1 Pauline Allan	W47 Cauflield	45:51.41	41:35.81 72.91%

## W50 10000 Metre Run

Name	Age Team	Finals	Age-Grading
1 Jenny Alexander	W51 Aberfeldie	45:47.06	39:32.92 76.70%
2 Sharon Higgins	W50 Cauflield	49:40.83	43:27.34 69.81%

## W60 10000 Metre Run

Name	Age Team	Finals	Age-Grading
1 Petrina Trowbridge	W62 Collingwood	50:47.25	37:46.85 80.30%

## W65 10000 Metre Run

Name	Age Team	Finals	Age-Grading
1 Lavinia Petrie	W65 Knox	47:49.30	34:00.65 89.19%
2 Diane Brimacombe	W65 Coburg	1:03:37.33	45:14.89 67.04%

**MEN****M45 10000 Metre Run**

Name	Age Team	Finals	Age-Grading
1 Tony Dell	M46 Croydon	40:21.80	36:26.41 73.66%

**M50 10000 Metre Run**

Name	Age Team	Finals	Age-Grading
1 Steven Barker	M50 SPR	39:29.60	34:32.69 77.73%
2 Rod Neal	M52 Croydon	39:48.06	34:15.17 78.39%
3 Peter Black	M54 Aberfeldie	41:36.89	35:13.62 76.21%
4 Tony Keeghan	M51 Doncaster	44:43.08	38:47.85 69.21%
5 Paul Ban	M54 Collingwood	44:59.64	38:05.25 70.49%
6 Andrew Tunne	M50 Croydon	54:08.54	47:21.50 56.70%

**M55 10000 Metre Run**

Name	Age Team	Finals	Age-Grading
1 Paul Twining	M59 Knox	40:14.85	32:39.17 82.24%
2 Andrew Edwards	M55 Caufield	40:50.80	34:17.45 78.30%
3 Peter Bence	M59 Caufield	42:49.27	34:44.45 77.30%
4 Ron Scholes	M56 Collingwood	44:49.48	37:18.73 71.95%
5 Michael Richards	M57 East Burwood	45:12.44	37:18.85 71.96%
6 Ian U'Ren	M58 Knox	45:55.06	37:34.75 71.43%
7 Jim Hopkins	M59 Collingwood	46:16.28	37:32.40 71.53%
8 Glenn Claiden	M55 Knox	48:28.56	40:41.74 65.98%
9 Frank Prowse	M57 East Burwood	49:14.82	40:38.91 66.06%
10 Graeme Paul	M55 Collingwood	49:29.23	41:32.67 64.63%
11 Alfred Lendvai	M55 Aberfeldie	51:14.44	43:01.00 62.42%
12 Tom Richardson	M56 Knox	55:09.55	45:54.87 58.47%
13 Len Hallett	M59 Collingwood	58:19.22	47:18.92 56.76%
14 Ken Carter	M56 Coburg	1:16:10.24	1:03:24.27 42.34%

**M60 10000 Metre Run**

Name	Age Team	Finals	Age-Grading
1 Gary Stewart	M63 Knox	43:46.94	34:17.42 78.30%
2 Rob Waters	M63 Aberfeldie	49:56.00	39:06.47 68.66%
3 John Dean	M64 Aberfeldie	53:37.66	41:37.23 64.52%

**M65 10000 Metre Run**

Name	Age Team	Finals	Age-Grading
1 Norm Franzi	M65 no venue	45:34.42	35:03.05 76.62%
2 Alan Irwin	M67 no venue	48:49.64	36:51.88 72.84%
3 Stephen Barker	M66 Aberfeldie	52:11.69	39:46.35 67.50%
4 Ashley Page	M68 Mentone	52:35.45	39:19.97 68.26%

M70 10000 Metre Run

Name	Age Team	Finals	Age-Grading
1 Barry Murley	M70 Croydon	56:52.58	41:37.67 64.50%
2 Bernie Goggin	M72 Coburg	1:04:21.65	45:54.91 58.47%

M75 10000 Metre Run

Name	Age Team	Finals	Age-Grading
1 John Markham	M79 Mentone	59:38.22	37:28.92 71.63%
2 Roy Jennings	M76 no venue	1:03:21.89	42:22.33 63.36%
3 Kevin Onley	M75 SPR	1:03:56.26	43:31.73 61.67%
4 Colin Silcock-Delaney	M76 Geelong	1:12:56.47	48:46.55 55.04%

M80 10000 Metre Run

Name	Age Team	Finals	Age-Grading
1 Bob Lewis	M81 East Burwood	1:02:21.91	37:19.54 71.94%