

Name	Actual Time
<b>Short Track dst</b> 1500	
1 G Gielissen	5:23
2 C Breen	5:27
3 Imogen Gribble	5:43
4 C Daley	5:45
5 P Daley	5:46
6 K Milonis	5:57
7 Mathew Simpson	7:16
8 D Bradley	8:05
9 Reef McNally	8:46
10 C Plummer	9:39
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Name	Actual Time
<b>Road Race dst</b> 7.5K	
29 M Tye	30:43
30 Magda Poulos	30:50
31 B Darby	36:57
32 J Shaw	37:24
33 G Gorick	38:58
34 B Fickel	42:36
35 Connor Mulholland	44:09
36 M Roberts	50:04
37 L Markham	51:18
38 D Burns	53:39
39 12	
40 13	

1500m  
 ID:38  
 BLOCK:6  
 2019 1 7  
 START 17:58  
 SPLIT  
 /S/0:00:02 60  
 ID:38  
 BLOCK:7  
 2019 1 7  
 START 18:11  
 SPLIT  
 1-0:05:23  
 2-0:05:27  
 3-0:05:43  
 4-0:05:45  
 5-0:05:46  
 6-0:05:57  
 7-0:07:16  
 8-0:08:05  
 9-0:08:46  
 10-0:09:39

Name	Long Track dst
<b>3K</b>	
1 C Breen	10:43
2 G Gielissen	11:32
3 P Daley	12:10
4 Richard McNally	12:38
5 Kate Marshall	13:09
6 T Yates	14:44
7 G Hudson	14:49
8 D Allen	15:04
9 Jan Marshall	15:42
10 O Lund	15:58
11 R Morris	16:03
12 R Lee	16:30
13 A O'Toole	17:12
14 Tablia McNally	18:03
15 Kevin Taylor	18:14
16 D Bradley	18:21
17 Gypsy McNally	19:55
18	
19	
20	
21	
22	
23 B Simpson	
24 A Argall	
25 R Toole	
26 J Irvine	
27	
28	
29	
30	
31	

Name	Walker dst
<b>3K</b>	
18 32 1 C Stratford	20:58
19 33 2 L Farley	21:27
20 34 3 Gail Stratford	23:40
21 35 4 C Russ	24:45
22 36 5 G Cosatto	25:00
23 37 6 K Knox	25:30
24 38 7 Carol Wakefield	25:51
25 39 8 Anna Argall	27:20
26 40 9 Tricia Simpson	28:00

3K  
 /S/0:10:48 22  
 ID:38  
 BLOCK:8  
 2019 1 7  
 START 18:26  
 SPLIT  
 1-0:10:43 10 43  
 2-0:11:32  
 3-0:12:10  
 4-0:12:38  
 5-0:13:09  
 6-0:14:44  
 7-0:14:49  
 8-0:15:04  
 9-0:15:42  
 10-0:15:58  
 11-0:16:03  
 12-0:16:30  
 13-0:17:12  
 14-0:18:03  
 15-0:18:14  
 16-0:18:21  
 17-0:19:55

3K Walk  
 8-0:20:58  
 19-0:21:27  
 20-0:23:40  
 21-0:24:45  
 22-0:25:00  
 23-0:25:30  
 24-0:25:51  
 25-0:27:20  
 26-0:29:05  
 27-0:29:15

7.5K Road  
 28-0:30:43  
 29-0:30:56  
 30-0:36:57  
 31-0:37:24  
 32-0:38:58  
 33-0:42:36  
 34-0:44:09  
 35-0:50:04