



DGRS NIGHT OF 5KM PB'S

Event 1 Mixed 5000 Metre Run Race 1 (21 pace)

Name	Age	Team	Finals
1 Wayne Glover	M38	COM	19:54.93
2 Alex Simmonds	M45	DGRS	20:12.83
3 Samantha Benson-Pope	W33	COM	20:36.48
4 Julie Gillespie	W26	CHAV	20:44.34
5 Lucy Twigg	W25	COM	21:16.40
6 Hannah Alexander	W28	COM	21:16.94
7 Aimee Free	W13	CHAV	21:17.78
8 Nick Rutter	M63	PRHL	21:20.08
9 Chris Flack	M42	COM	21:28.05
10 Rodger Ward	M70	CHAV	22:33.03

Event 2 Mixed 5000 Metre Run Race 2 (19 pace)

Name	Age	Team	Finals
1 Harriet Kingston	W34	DGRS	18:50.64
2 Bridie Restieaux	W17	CANU	18:54.94
3 Luke Bailey	M41	DGRS	19:26.64
4 Nicola Handley	W43	DGRS	19:29.28
5 Ryan Radecki	M45	DGRS	19:30.39
6 Nolan Rhodes	M14	CHAV	19:40.48
7 Sophie Dean	W29	COM	20:04.56
8 Andre Free	M15	CHAV	20:40.87
9 Mike Laird	M45	COM	21:10.76

Event 3 Mixed 5000 Metre Run Race 3 (17 pace)

Name	Age	Team	Finals
1 Jimmy Feathery	M40	DGRS	16:55.77
2 George McNaughton	M21	SELW	16:57.15
3 Nathan Borton	M19	COM	17:05.78
4 Mark Boon	M39	COM	17:17.36
5 Jason Wilcock	M39	PTOC	17:27.51
6 David Sewell	M46	SELW	17:53.49
7 Robert Drage	M30	COM	18:00.69
8 Christopher Andrews	M44	COM	18:06.02
9 Ryan Wood	M40	WRPC	18:16.32
10 Sabina Piras	W34	COM	18:16.91
11 Fiona Crombie	W41	DGRS	18:25.34
12 Hamish Slack	M35	COM	18:36.32

Event 4 Mixed 5000 Metre Run Elite Women

Name	Age	Team	Finals
1 Katherine Camp	W31	CANU	16:39.18
2 Sophie Hicks	W24	WRPC	17:05.63
3 Lahana Reeves	W22	CHAV	17:19.09
4 Hannah Bartram	W22	COM	17:38.46
5 Natalie Dryden	W26	CANU	17:41.53
6 Saskia Cosgrove-Drayton	W20	WRPC	18:04.01



Event 5 Mixed 5000 Metre Run Elite Men

Name	Age	Team	Finals
1 Joshua Gill	M19	NELS	15:14.65
2 Kaya Corporaal	M23	COM	15:44.41
3 Dayle Mclauchlan	M43	SUMN	16:04.03
4 Daniel Stouffer	M43	DGRS	16:27.97
5 Vajin Armstrong	M43	SUMN	16:29.01
6 Craig Oliver	M41	DGRS	16:39.18