

HEB Cross Country

HEB Smithbridge

A&P Showgrounds, Pukekohe 09 May 2009

Results

Female - 2,000m

| Place | Race No | Name | Team | Time |
|------------|---------|-------------------------|-------------------------|-------|
| G10 | | | | |
| 1 | PK131 | Jessica Croy | Pakuranga | 10:24 |
| 2 | PK113 | Jacqueline Hand | Pakuranga | 11:12 |
| 3 | WS020 | Heidi Robinson | Wesley | 11:43 |
| 4 | PU019 | Caitlin Ward | Pukekohe | 11:52 |
| 5 | PU021 | Hayley Marx | Pukekohe | 12:41 |
| 6 | AC066 | Katherine HORNER | Auckland City Athletics | 12:46 |
| 7 | WS027 | Natalia Sussex | Wesley | 13:42 |
| 8 | LY006 | Abby Baptist | Lynndale | 13:55 |
| 9 | PK017 | Alexa Latham | Pakuranga | 14:09 |
| 10 | PP021 | Te Aotawarirangi PAHINA | Papakura | 14:14 |
| 11 | PP022 | Te Aomihia PAHINA | Papakura | 14:19 |
| 12 | PK047 | Alyssa Whelan | Pakuranga | 14:49 |
| 13 | PK048 | Emma Whelan | Pakuranga | 16:20 |
| 14 | PK018 | Georgia Latham | Pakuranga | 16:53 |

Male - 2,000m

| Place | Race No | Name | Team | Time |
|------------|---------|---------------------|-------------------------|-------|
| B10 | | | | |
| 1 | PU005 | Flynn Barron | Pukekohe | 09:28 |
| 2 | AC120 | Fraser MCKINLAY | Auckland City Athletics | 09:52 |
| 3 | AC031 | James UHLENBERG | Auckland City Athletics | 09:57 |
| 4 | AC006 | Andre MUNRO-WILSON | Auckland City Athletics | 10:08 |
| 5 | AC096 | Tim HESLIN | Auckland City Athletics | 10:29 |
| 6 | AC105 | Calem MORGAN | Auckland City Athletics | 10:32 |
| 7 | BC016 | Fletcher O'Sullivan | North Harbour Bays | 10:43 |
| 8 | LY007 | Joshua Baptist | Lynndale | 10:51 |
| 9 | PK073 | Thomas Hughson | Pakuranga | 10:56 |
| 10 | PU004 | Daniel Barron | Pukekohe | 10:57 |
| 11 | BC012 | Rowan Brown | North Harbour Bays | 10:58 |
| 12 | PU008 | Dylan Petherick | Pukekohe | 11:07 |
| 13 | AC067 | Liam THOMPSON | Auckland City Athletics | 11:13 |
| 14 | AC068 | Josh OLIVER | Auckland City Athletics | 11:15 |
| 15 | PP019 | Izach FLYNN | Papakura | 11:23 |
| 16 | PK141 | Kyle Mendonca | Pakuranga | 11:26 |
| 17 | MS020 | Jake Howard | Massey | 11:28 |
| 18 | AC072 | Connor FITZGERALD | Auckland City Athletics | 11:37 |
| 19 | WS019 | Carl Pearn | Wesley | 11:42 |
| 20 | AC119 | Campbell MCKINLAY | Auckland City Athletics | 11:47 |
| 21 | AC104 | Aidan MORGAN | Auckland City Athletics | 11:59 |
| 22 | LY011 | Aidan Carey | Lynndale | 12:06 |
| 23 | PK020 | Linden Spice | Pakuranga | 12:11 |
| 24 | AC073 | Carlos RUSSELL | Auckland City Athletics | 12:19 |
| 25 | PP042 | Aidan OLLERTON | Papakura | 12:21 |
| 26 | LY010 | Ethan Carey | Lynndale | 12:39 |
| 27 | PK016 | Sheamus Power | Pakuranga | 16:19 |

Results

Female - 2,500m

| Place | Race No | Name | Team | Time |
|------------|---------|------------------------|-------------------------|-------|
| G12 | | | | |
| 1 | AC132 | Jaime RODGER | Auckland City Athletics | 10:59 |
| 2 | PK035 | Kenya Kavanagh-Vincent | Pakuranga | 11:11 |
| 3 | PU014 | Kaitlin Petherick | Pukekohe | 11:14 |
| 4 | PK022 | Courtney Martin | Pakuranga | 11:20 |
| 5 | AC008 | Grace WOOD | Auckland City Athletics | 11:34 |
| 6 | PU007 | Sophie Bowman | Pukekohe | 11:48 |
| 7 | VI608 | Elizabeth Lyon | Wesley | 11:50 |
| 8 | TP008 | Jamie Eichmann | Takapuna | 12:07 |
| 9 | PK030 | Daria Faulconbridge | Pakuranga | 12:09 |
| 10 | GE007 | Amy Pitout | Glen Eden | 12:22 |
| 11 | PK015 | Maeve Power | Pakuranga | 12:27 |
| 12 | AC044 | Lucy JOHNSON | Auckland City Athletics | 12:32 |
| 13 | PP018 | Autumn-Belle FLYNN | Papakura | 12:38 |
| 14 | BC017 | Katherine Badham | North Harbour Bays | 12:41 |
| 15 | PP030 | Brianna BEETS | Papakura | 12:45 |
| 16 | PK125 | Brooke Wallwork | Pakuranga | 12:49 |
| 17 | AC062 | Katherine NEWELL | Auckland City Athletics | 12:51 |
| 18 | AC018 | Michelle DEHEER | Auckland City Athletics | 12:57 |
| 19 | PK051 | Lauren Hendricksen | Pakuranga | 13:21 |
| 20 | PK019 | Korrin Spice | Pakuranga | 13:22 |
| 21 | TP001 | Jemma Wasson | Takapuna | 13:23 |
| 22 | AC005 | Daisy ARCHIBALD | Auckland City Athletics | 13:24 |
| 23 | PP011 | Makayla HARVEY | Papakura | 13:26 |
| 24 | PK038 | Xhavinae Samuel | Pakuranga | 13:46 |
| 25 | PP002 | Sarah BRACEWELL | Papakura | 14:11 |
| 26 | PK075 | Isabeau Short-Wilcox | Pakuranga | 14:15 |
| 27 | AC004 | Charlotte HUNTER | Auckland City Athletics | 14:41 |
| 28 | PU017 | Karly Brough | Pukekohe | 14:52 |
| 29 | WS030 | Emma Dunbar | Wesley | 15:12 |
| 30 | WS011 | Alexandra Young | Wesley | 16:19 |

Male - 2,500m

| Place | Race No | Name | Team | Time |
|------------|---------|----------------------|-------------------------|-------|
| B8 | | | | |
| 1 | MS013 | Ethan Thorpe | Massey | 14:04 |
| B12 | | | | |
| 1 | PK061 | Jake Pallister | Pakuranga | 10:38 |
| 2 | WC011 | Jared Free | Waitakere | 10:45 |
| 3 | WS010 | Michael Dawson | Wesley | 10:52 |
| 4 | PK124 | Quinn Wallwork | Pakuranga | 10:54 |
| 5 | AC045 | Alexander MORREAU | Auckland City Athletics | 10:56 |
| 6 | AC095 | Sam HESLIN | Auckland City Athletics | 11:02 |
| 7 | PK100 | Andrew Catley | Pakuranga | 11:13 |
| 8 | AC023 | Liam WARD | Auckland City Athletics | 11:17 |
| 9 | PK095 | Joshua Lee | Pakuranga | 11:18 |
| 10 | WS009 | Nathan McDougall | Wesley | 11:22 |
| 11 | AC091 | Daniel CHAPMAN | Auckland City Athletics | 11:38 |
| 12 | PK025 | Cameron Gleed | Pakuranga | 11:39 |
| 13 | VI603 | George Knowles | Auckland City Athletics | 11:40 |
| 14 | AC032 | Shasa GIMBLETT | Auckland City Athletics | 11:47 |
| 15 | AC146 | Mark LEDGER | Auckland City Athletics | 11:53 |
| 16 | AC009 | Michael WOOD | Auckland City Athletics | 11:54 |
| 17 | TP032 | Nick Waijenberg | Takapuna | 11:55 |
| 18 | PK105 | Daniel Holt-Pedersen | Pakuranga | 11:58 |
| 19 | AC133 | William BACKMAN | Auckland City Athletics | 12:00 |

Results

Male - 2,500m

| Place | Race No | Name | Team | Time |
|------------|---------|-----------------|-------------------------|-------|
| B12 | | | | |
| 20 | VI605 | Edwards Overy | Takapuna | 12:18 |
| 21 | TP040 | Matthew Roets | Takapuna | 12:30 |
| 22 | AC007 | Max THOMSON | Auckland City Athletics | 12:39 |
| 23 | TP013 | Anton Overy | Takapuna | 12:46 |
| 24 | PK109 | Xavier Guy | Pakuranga | 12:58 |
| 25 | PK144 | Rahul Brown | Pakuranga | 13:03 |
| 26 | AC114 | Campbell MILLER | Auckland City Athletics | 13:30 |
| 27 | AC142 | William BRADLEY | Auckland City Athletics | 13:54 |
| 28 | WS012 | Oliver Young | Wesley | 14:13 |
| 29 | AC147 | Richard LEDGER | Auckland City Athletics | 14:32 |

Female - 3,000m

| Place | Race No | Name | Team | Time |
|------------|---------|------------------------|-------------------------|-------|
| G14 | | | | |
| 1 | WS018 | Cherie Walpole | Wesley | 12:40 |
| 2 | WC003 | Renee Wootton | Waitakere | 12:50 |
| 3 | PK103 | Lea Driscoll | Pakuranga | 12:53 |
| 4 | AC020 | Anna DEHEER | Auckland City Athletics | 13:02 |
| 5 | PK029 | Hayley Faulconbridge | Pakuranga | 13:21 |
| 6 | PK102 | Rosie Castle | Pakuranga | 13:26 |
| 7 | PU015 | Laura Cowling | Pukekohe | 13:28 |
| 8 | PK072 | Sarah Hughson | Pakuranga | 13:31 |
| 9 | AC014 | Julia KERR | Auckland City Athletics | 13:32 |
| 10 | PP040 | Sonia HOLLANDS | Papakura | 13:48 |
| 11 | AC140 | Sarah BRADLEY | Auckland City Athletics | 13:54 |
| 12 | AC088 | Madeline EVANS | Auckland City Athletics | 14:09 |
| 13 | PP001 | Amanda BRACEWELL | Papakura | 14:16 |
| 14 | PK071 | Jessica Hughson | Pakuranga | 14:18 |
| 15 | PU07 | Unknown Pukekohe | | 14:19 |
| 16 | PU009 | Jamie Bowman | Pukekohe | 14:22 |
| 17 | TP007 | Jessie Eichmann | Takapuna | 14:55 |
| 18 | PK023 | Rachael Martin | Pakuranga | 15:04 |
| 19 | PU010 | Corrina Weir-Freebairn | Pukekohe | 15:07 |
| 20 | WC006 | Alice Jackson | Waitakere | 15:18 |
| 21 | PU016 | Hanna Brough | Pukekohe | 15:20 |
| 22 | PU025 | Cara Lisa Schloots | Pukekohe | 15:49 |
| 23 | TP031 | Lindy Waijenberg | Takapuna | 16:01 |

Female - 3,500m

| Place | Race No | Name | Team | Time |
|------------|---------|----------------------|-------------------------|-------|
| W16 | | | | |
| 1 | BC002 | Christina Corbidge | North Harbour Bays | 12:41 |
| 2 | PK050 | Courtney Hendricksen | Pakuranga | 13:07 |
| 3 | PU006 | Francoise Barriball | Pukekohe | 13:15 |
| 4 | AC034 | Rosalie CHANG | Auckland City Athletics | 13:35 |
| 5 | WC002 | Laura Wootton | Waitakere | 13:46 |
| 6 | AC074 | Daria GILLESPIE | Auckland City Athletics | 13:51 |
| 7 | CM001 | Greta Fieldes | Counties Manukau | 13:53 |
| 8 | TP030 | Vicky Waijenberg | Takapuna | 14:10 |
| 9 | WS023 | Juliet Anderson | Wesley | 15:11 |
| 10 | PK065 | Lucy Roper | Pakuranga | 15:17 |
| 11 | AC057 | Molly SWANSON | Auckland City Athletics | 15:31 |

Results

Female - 3,500m

| Place | Race No | Name | Team | Time |
|------------|---------|-----------------|-------------------------|-------|
| W16 | | | | |
| 12 | AC021 | Charlotte YOUNG | Auckland City Athletics | 15:44 |
| 13 | AC015 | Gemma PLANK | Auckland City Athletics | 15:58 |
| 14 | TP042 | Kimberlee Roets | Takapuna | 16:48 |

Male - 3,500m

| Place | Race No | Name | Team | Time |
|------------|---------|------------------------|-------------------------|-------|
| B10 | | | | |
| 1 | PK077 | Edan Pereira | Pakuranga | 18:05 |
| B14 | | | | |
| 1 | PK094 | David Lee | Pakuranga | 11:47 |
| 2 | PK123 | Jay Wallwork | Pakuranga | 11:57 |
| 3 | VI604 | Rasmus Bengtsson | North Harbour Bays | 12:04 |
| 4 | AC046 | Jonty MORREAU | Auckland City Athletics | 12:06 |
| 5 | PP025 | Thomas MONNERY | Papakura | 12:19 |
| 6 | PK097 | Ray Wang | Pakuranga | 12:42 |
| 7 | PU020 | Ethan Vaughan | Pukekohe | 12:54 |
| 8 | AC017 | Asher MELTZER | Auckland City Athletics | 12:55 |
| 9 | GE006 | Dale Pitout | Glen Eden | 13:24 |
| 10 | AC016 | Hamish KERR | Auckland City Athletics | 13:40 |
| 11 | TP016 | Henry Morrison-Jones | Takapuna | 14:20 |
| 12 | AC028 | Max JEFFS | Auckland City Athletics | 15:00 |
| 13 | WS014 | Cameron McKay | Wesley | 15:39 |
| 14 | PP017 | Kulgan FLYNN | Papakura | 16:23 |
| 15 | WC007 | Jayden Nicholas-Wright | Waitakere | 16:24 |
| 16 | AC061 | Daniel ROSS | Auckland City Athletics | 16:40 |
| 17 | GE003 | Robert Gore | Glen Eden | 16:53 |

Female - 5,000m

| Place | Race No | Name | Team | Time |
|------------|---------|----------------------|-------------------------|-------|
| W19 | | | | |
| 1 | AC077 | Breeanna POTTER | Auckland City Athletics | 20:20 |
| 2 | AC082 | Rachael KINGSTONE | Auckland City Athletics | 20:35 |
| 3 | BC001 | Tara La Grange | North Harbour Bays | 22:24 |
| 4 | WC015 | Grace Fursdon | Waitakere | 22:32 |
| 5 | VI607 | Sarah Blyde | Pakuranga | 23:12 |
| 6 | TP017 | Libby Morrison-Jones | Takapuna | 23:37 |
| 7 | TP041 | Jessica Roets | Takapuna | 27:13 |
| 8 | PU013 | Alex Cowling | Pukekohe | 28:11 |
| SW | | | | |
| 1 | PK085 | Sarah Devoy | Pakuranga | 20:13 |
| 2 | AC035 | Elizabeth ORCHARD | Auckland City Athletics | 20:15 |
| 3 | PK089 | Kelly Parlane | Pakuranga | 21:33 |
| 4 | VI610 | Anna Fischer | Auckland City Athletics | 21:54 |
| 5 | PK142 | Rosana Balle | Pakuranga | 22:03 |
| 6 | PK091 | Sara Bradley | Pakuranga | 22:06 |
| 7 | AC117 | Jo CARREL | Auckland City Athletics | 23:05 |
| 8 | VI613 | Belinda Castles | Takapuna | 23:26 |
| 9 | CL015 | Siobhan O'Kane | Calliope | 26:11 |
| 10 | PK001 | Kathleen Payne | Pakuranga | 31:17 |

MW35

Results

Female - 5,000m

| Place | Race No | Name | Team | Time |
|--------------|---------|-----------------------|-------------------------|-------|
| MW35 | | | | |
| 1 | PK115 | Kristine Reid | Pakuranga | 21:04 |
| 2 | TP010 | Melissa Norris | Takapuna | 21:36 |
| 3 | PK042 | Natalie Seay | Pakuranga | 25:50 |
| 4 | YM044 | Carol Bielby | YMCA | 27:53 |
| 5 | CL025 | Sara Arnold | Calliope | 28:17 |
| 6 | PK122 | Donna Wallwork | Pakuranga | 28:21 |
| 7 | CL007 | Kirsteen McDonald | Calliope | 30:52 |
| 8 | CL028 | Gabrielle Domett | Calliope | 33:04 |
| MW40 | | | | |
| 1 | PK137 | Melanie Cossar | Pakuranga | 22:37 |
| 2 | CL002 | Sandra Haynes | Calliope | 25:16 |
| 3 | PP012 | Tammy HARVEY | Papakura | 25:26 |
| 4 | YM045 | Kiri Price | YMCA | 25:28 |
| 5 | TP023 | Sue Parcell | Takapuna | 25:40 |
| 6 | YM006 | Ingrid Frost | YMCA | 26:07 |
| 7 | CL023 | Daniella Clark | Calliope | 26:29 |
| MW45 | | | | |
| 1 | BC006 | Carolyn Smith | North Harbour Bays | 22:49 |
| 2 | YM014 | Theresa (Terri) Jones | YMCA | 25:29 |
| 3 | YM027 | Eve Stanley | YMCA | 25:45 |
| 4 | AC049 | Mndy BIRD | Auckland City Athletics | 26:15 |
| 5 | WS013 | Leanne Young | Wesley | 26:48 |
| 6 | AC141 | Annie BRADLEY | Auckland City Athletics | 26:49 |
| 7 | YM043 | Michele Garrett | YMCA | 28:06 |
| 8 | AC056 | Vicki EARL | Auckland City Athletics | 29:52 |
| 9 | VI609 | Shona Myers | Calliope | 31:51 |
| 10 | AC145 | Susan LEDGER | Auckland City Athletics | 32:59 |
| 11 | CL026 | Sarah Fairley | Calliope | 34:56 |
| 12 | VI611 | Olwyn Hickmer | Calliope | 34:57 |
| MW50 | | | | |
| 1 | AC092 | Margie PEAT | Auckland City Athletics | 23:54 |
| 2 | YM021 | Karen Espin | YMCA | 24:38 |
| 3 | TE001 | Liz Hardley | Technical | 27:56 |
| 4 | YM023 | Philippa Robson | YMCA | 28:14 |
| MW55+ | | | | |
| 1 | YM001 | Isla Nixon | YMCA | 26:09 |
| 2 | YM002 | Christine Munro | YMCA | 26:17 |
| 3 | YM019 | Barbara Scarfe | YMCA | 27:44 |
| 4 | CL010 | Verna Cook-Jackson | Calliope | 28:34 |
| 5 | YM012 | Colleen Falloon | YMCA | 29:24 |
| 6 | CL020 | Raewyn Legge | Calliope | 31:26 |

Male - 5,000m

| Place | Race No | Name | Team | Time |
|------------|---------|-----------------------|-------------------------|-------|
| M16 | | | | |
| 1 | AC047 | Sam MORREAU | Auckland City Athletics | 18:52 |
| 2 | AC127 | James WATT | Auckland City Athletics | 18:53 |
| 3 | AC148 | Chris BOSWELL | Auckland City Athletics | 19:06 |
| 4 | WC013 | Matthew Vercoe-Curtis | Waitakere | 19:24 |
| 5 | AC107 | Josh MAISEY | Auckland City Athletics | 19:34 |
| 6 | AC152 | Daniel JOSEPHS | Auckland City Athletics | 20:06 |
| 7 | PK086 | Peter Wheeler | Pakuranga | 20:20 |

Results

Male - 5,000m

| Place | Race No | Name | Team | Time |
|------------|---------|-----------------------|-------------------------|-------|
| M16 | | | | |
| 8 | AC052 | Joachim NOBLE | Auckland City Athletics | 20:22 |
| 9 | PP004 | Nathan DALLY | Papakura | 20:52 |
| 10 | VI606 | Cooper Rand | Pakuranga | 20:53 |
| 11 | AC128 | Henry WATT | Auckland City Athletics | 21:19 |
| 12 | PP044 | Ethan WARD | Papakura | 23:35 |
| M19 | | | | |
| 1 | AC042 | Jonathan JACKSON | Auckland City Athletics | 17:18 |
| 2 | AC001 | Michael BANKS | Auckland City Athletics | 17:24 |
| 3 | PK090 | Alex Parlane | Pakuranga | 17:33 |
| 4 | AC058 | Charles STEWART | Auckland City Athletics | 17:38 |
| 5 | BC018 | John Schreduer | North Harbour Bays | 17:49 |
| 6 | PK112 | James Hand | Pakuranga | 17:57 |
| 7 | VI612 | Daniel Smith | Auckland City Athletics | 18:00 |
| 8 | WC001 | Luke Longdill | Waitakere | 18:06 |
| 9 | VI615 | Michael Poole | Auckland City Athletics | 18:11 |
| 10 | WC018 | Zak Hawkins | Waitakere | 18:16 |
| 11 | WC012 | Michael Vercoe-Curtis | Waitakere | 18:29 |
| 12 | WC016 | Shane Hazelden | Waitakere | 18:33 |
| 13 | PK101 | Fabian Castle | Pakuranga | 18:41 |
| 14 | PU018 | Michael Whitehead | Pukekohe | 18:42 |
| 15 | AC143 | Julian HARRIS | Auckland City Athletics | 18:58 |
| 16 | WC017 | Hamish McIntosh | Waitakere | 19:08 |
| 17 | PK093 | Lachlan McNie | Pakuranga | 19:18 |
| 18 | AC048 | Mathew MORREAU | Auckland City Athletics | 19:33 |
| 19 | AC033 | Brendan CHANG | Auckland City Athletics | 19:40 |
| 20 | AC137 | James GORDON | Auckland City Athletics | 19:41 |
| 21 | AC093 | Michael DICK | Auckland City Athletics | 20:42 |
| 22 | VI617 | Toby Scott | Auckland City Athletics | 21:00 |

Male - 7,500m

| Place | Race No | Name | Team | Time |
|-------------|---------|------------------|-------------------------|-------|
| SM | | | | |
| 1 | TP047 | Stephen Lett | Takapuna | 26:28 |
| 2 | AC010 | Aaron JACKSON | Auckland City Athletics | 26:51 |
| 3 | WS026 | Aniel Smith | Wesley | 27:04 |
| 4 | TP048 | TAMA CHRISTENSEN | Takapuna | 27:22 |
| 5 | TP026 | Jon Healey | Takapuna | 27:50 |
| 6 | VI614 | Bruce Hunter | Pakuranga | 28:07 |
| 7 | VI620 | Richard Swan | Pakuranga | 28:11 |
| 8 | AC081 | Michael ADAMS | Auckland City Athletics | 28:12 |
| 9 | VI618 | Karl Shearman | Auckland City Athletics | 29:15 |
| 10 | PP048 | Hamish LOVEDAY | Papakura | 30:59 |
| 11 | AC121 | Andrew MORRISON | Auckland City Athletics | 33:24 |
| 12 | AC059 | Tom STEWART | Auckland City Athletics | 33:37 |
| 13 | TP044 | Spencer Vickers | Takapuna | 33:41 |
| 14 | YM009 | Michael Ing | YMCA | 38:15 |
| 15 | PK052 | Scott Dean | Pakuranga | 44:11 |
| MM35 | | | | |
| 1 | AC123 | Christopher ROBB | Auckland City Athletics | 27:17 |
| 2 | TP034 | Joel Martin | Takapuna | 28:40 |
| 3 | PP013 | Patrick HARVEY | Papakura | 29:03 |
| 4 | VI619 | Rodney Hellyer | Auckland City Athletics | 29:38 |
| 5 | TP012 | Paul Norris | Takapuna | 29:57 |

Results

Male - 7,500m

| Place | Race No | Name | Team | Time |
|-------------|---------|--------------------|-------------------------|-------|
| MM35 | | | | |
| 6 | AC155 | Jason BENNIMAN | Auckland City Athletics | 30:11 |
| 7 | PK121 | Brett Wallwork | Pakuranga | 30:58 |
| 8 | AC053 | Scott WHITLEY | Auckland City Athletics | 33:08 |
| 9 | PK120 | Shannon Sivewright | Pakuranga | 37:44 |
| 10 | CL008 | Danny Farnham | Calliope | 38:28 |
| 11 | CL004 | Grant Simmonds | Calliope | 39:05 |
| MM40 | | | | |
| 1 | AC156 | Guy ROBSON | Auckland City Athletics | 29:24 |
| 2 | PK043 | David Drummond | Pakuranga | 30:00 |
| 3 | TP036 | Alan Clinton | Takapuna | 30:34 |
| 4 | AU009 | Bruce Duncan | University | 31:00 |
| 5 | MN003 | John Thompson | Manurewa | 31:13 |
| 6 | AC090 | Tony O'HAGAN | Auckland City Athletics | 32:00 |
| 7 | VI616 | Alwyn Poole | Auckland City Athletics | 32:06 |
| 8 | PU003 | Neil Kraakman | Pukekohe | 33:22 |
| 9 | YM026 | Simon Clendon | YMCA | 34:12 |
| 10 | CM002 | Richard Kee | Counties Manukau | 34:25 |
| 11 | PP034 | Robert WARD | Papakura | 34:51 |
| 12 | CL024 | Greg Arnold | Calliope | 35:11 |
| 13 | AC054 | Jim SWANSON | Auckland City Athletics | 44:06 |
| MM45 | | | | |
| 1 | YM034 | David Lear | YMCA | 29:51 |
| 2 | AC050 | Phil MORREAU | Auckland City Athletics | 30:50 |
| 3 | YM010 | Tony Warren | YMCA | 31:06 |
| 4 | PK139 | Peter Blair | Pakuranga | 31:48 |
| 5 | LY008 | Rudy Baptist | Lynndale | 31:58 |
| 6 | CL012 | Paul Rourke | Calliope | 33:00 |
| 7 | AC108 | Malcolm MAISEY | Auckland City Athletics | 34:17 |
| 8 | WS032 | Eugene Kowk | Wesley | 35:21 |
| 9 | CL003 | Roger Bengtsson | Calliope | 35:36 |
| 10 | AC144 | David LEDGER | Auckland City Athletics | 37:00 |
| 11 | CL027 | Don McPike | Calliope | 37:25 |
| 12 | CL013 | Alan Moore | Calliope | 39:10 |
| 13 | AC126 | Brian WATT | Auckland City Athletics | 42:01 |
| 14 | VI623 | Philip Williams | Papakura | 46:44 |
| 15 | GE005 | Alan Gore | Glen Eden | 52:14 |
| MM50 | | | | |
| 1 | AU008 | Gavin Stevens | University | 28:27 |
| 2 | AC002 | Greg BANKS | Auckland City Athletics | 30:40 |
| 3 | PK041 | David Harper | Pakuranga | 32:41 |
| 4 | AC118 | Bernard HANLEY | Auckland City Athletics | 32:55 |
| 5 | AC041 | Brett LAURENT | Auckland City Athletics | 33:16 |
| 6 | AU005 | Dave Harkness | University | 34:22 |
| 7 | PK005 | Robert Smith | Pakuranga | 34:30 |
| 8 | YM024 | Peter Ruygrok | YMCA | 34:48 |
| 9 | PP047 | Ross GARNER | Papakura | 34:50 |
| 10 | CL021 | Steve Fairley | Calliope | 34:55 |
| 11 | YM025 | Trevor Ashe | YMCA | 35:03 |
| 12 | PK006 | Steve Williamson | Pakuranga | 35:08 |
| 13 | PP003 | Neville BRACEWELL | Papakura | 35:12 |
| 14 | YM018 | John Lacey | YMCA | 36:45 |
| 15 | CL022 | Gary Carmichael | Calliope | 37:10 |
| MM55 | | | | |
| 1 | VI621 | Graham Maky | University | 29:23 |

Results

Male - 7,500m

| Place | Race No | Name | Team | Time |
|--------------|---------|------------------|-------------------------|-------|
| MM55 | | | | |
| 2 | AU006 | Geoff Glass | University | 31:54 |
| 3 | YM003 | Andy Harper | YMCA | 34:39 |
| 4 | AC079 | Gerald DUNCAN | Auckland City Athletics | 34:46 |
| 5 | AC103 | Paul WILLIAMS | Auckland City Athletics | 36:07 |
| 6 | PK083 | John Baty | Pakuranga | 36:15 |
| 7 | MN001 | Peter Connon | Manurewa | 36:40 |
| 8 | VI622 | Harvey Dixon | Auckland City Athletics | 38:20 |
| 9 | TP006 | Wren Bracegirdle | Takapuna | 39:33 |
| 10 | VI600 | Gareth Jess | Manurewa | 39:52 |
| 11 | PP016 | Rex ALLEN | Papakura | 43:40 |
| 12 | PK009 | Richard Thomson | Pakuranga | 43:51 |
| 13 | AU007 | Lee Whiley | University | 56:00 |
| MM60 | | | | |
| 1 | LY004 | Paul Elliot | Lynndale | 33:06 |
| 2 | PK119 | John Robinson | Pakuranga | 35:26 |
| 3 | AC116 | Richard BRIGHT | Auckland City Athletics | 35:58 |
| 4 | PP032 | Ross MATHESON | Papakura | 37:11 |
| 5 | YM042 | Ken Butterworth | YMCA | 39:17 |
| 6 | PK002 | Brian Payne | Pakuranga | 41:04 |
| 7 | PU026 | Peter Schloots | Pukekohe | 46:42 |
| MM65+ | | | | |
| 1 | AU001 | Clive Henderson | University | 33:29 |
| 2 | PP033 | Kelvin FITNESS | Papakura | 40:35 |
| 3 | PK040 | David Hamilton | Pakuranga | 41:06 |
| 4 | CL016 | Tyrell Jaggard | Calliope | 41:12 |
| 5 | CL005 | John Dwyer | Calliope | 42:30 |
| 6 | CL011 | Tony Jackson | Calliope | 45:34 |
| 7 | CL001 | Bruce McLean | Calliope | 52:08 |