

GP4 - North Harbour Cross Country

Long Bay Regional Park 22 Jun 2019

Results

Female - 2,000m

| Place | Race No | Name | Team | Time |
|-------------|---------|-------------------------|-----------|-------|
| GU8 | | | | |
| 1 | PK224 | Jasmine Wagener | Pakuranga | 9:07 |
| 2 | PK208 | Hailey Liang | Pakuranga | 10:02 |
| 3 | PP165 | Hayley Smith | Papakura | 10:06 |
| 4 | PK116 | Hannah Roberts | Pakuranga | 10:30 |
| 5 | PP133 | Kayla Hansmeyer | Papakura | 10:37 |
| 6 | MS008 | Isla Souster | Massey | 10:43 |
| 7 | PP167 | Jorja Postill | Papakura | 11:04 |
| 8 | MS018 | Courtney Sutherland | Massey | 11:16 |
| 9 | PK215 | Scarlett Leach | Pakuranga | 11:52 |
| 10 | PK209 | Katelyn Liggett | Pakuranga | 12:46 |
| 11 | LY071 | Piper Cooney | Lynndale | 13:36 |
| GU10 | | | | |
| 1 | PP119 | Biahn Pallister | Papakura | 8:12 |
| 2 | BC038 | Sophie Herde | NHB | 8:33 |
| 3 | PK124 | Tia Korewha | Pakuranga | 8:39 |
| 4 | BC032 | Esmee Pikel | NHB | 8:48 |
| 5 | GE023 | Martha Walton | Glen Eden | 8:58 |
| 6 | BC078 | Alani Morse | NHB | 9:10 |
| 7 | GE034 | Amy Domett | Glen Eden | 9:15 |
| 8 | BC055 | Lucia Sanna | NHB | 9:22 |
| 9 | PK146 | Madeleine Jamieson | Pakuranga | 9:24 |
| 10 | PK161 | Tamsyn Mccamish | Pakuranga | 9:29 |
| 11 | PP166 | Alaina Smith | Papakura | 9:31 |
| 12 | LY077 | Ruby Nisbet | Lynndale | 9:42 |
| 13 | OW045 | Mietta Conway | Owairaka | 9:51 |
| 14 | PK117 | Emma Roberts | Pakuranga | 9:55 |
| 15 | PK182 | Caprice Wallwork | Pakuranga | 9:58 |
| 16 | PK121 | Jordin Cassel | Pakuranga | 10:08 |
| 17 | WS044 | Heidi Hale | Wesley | 10:09 |
| 18 | LY001 | Grace Parkinson | Lynndale | 10:17 |
| 19 | PK110 | Chloe Douglas | Pakuranga | 10:22 |
| 20 | PK168 | Giselle Campbell | Pakuranga | 10:38 |
| 21 | LY037 | Annabel Crawford | Lynndale | 10:42 |
| 22 | PK115 | Keisha Daji | Pakuranga | 14:16 |
| GU12 | | | | |
| 1 | BC028 | Amy Hurly | NHB | 7:28 |
| 2 | PK127 | Imogen Barlow | Pakuranga | 7:36 |
| 3 | VI628 | Dorothy Anderson | ACA | 7:49 |
| 4 | LY034 | Amani Farry | Lynndale | 7:59 |
| 5 | GE032 | Scarlett Gwin | Glen Eden | 8:11 |
| 6 | BC084 | Harmony Naeata | NHB | 8:18 |
| 7 | MS026 | Macie Cook | Massey | 8:20 |
| 8 | BC057 | Emi Brasell-Chaudhry | NHB | 8:25 |
| 9 | GE018 | Madison Earley | Glen Eden | 8:29 |
| 10 | BC043 | Sienna Hickling-Crane | NHB | 8:31 |
| 11 | PK118 | Eleanor Young | Pakuranga | 8:31 |
| 12 | OR013 | Sophie Snedden | Oratia | 8:36 |
| 13 | VI624 | Lauren Barrett-Hamilton | Lynndale | 8:42 |
| 14 | OW001 | Nina Chalmers | Owairaka | 8:44 |
| 15 | PK113 | Nevaeh Naeff | Pakuranga | 8:49 |

Results

Female - 2,000m

| Place | Race No | Name | Team | Time |
|-------------|---------|---------------------|--------------|-------|
| GU12 | | | | |
| 16 | VI627 | Petra Craddock | ACA | 9:00 |
| 17 | BC042 | Hope Williams | NHB | 9:07 |
| 18 | MS007 | Tess Souster | Massey | 9:08 |
| 19 | GE037 | Laura Hammond | Glen Eden | 9:12 |
| 20 | AC034 | Madeleine Worrall | ACA | 9:18 |
| 21 | GE021 | Lois Walton | Glen Eden | 9:25 |
| 22 | LY053 | Chantay Robinson | Lynndale | 9:32 |
| 23 | LY003 | Amelia Edlington | Lynndale | 9:41 |
| 24 | LY047 | Isabella Haigh | Lynndale | 9:43 |
| 25 | LY078 | Ada Ward | Lynndale | 9:43 |
| 26 | MS010 | Pippa Macnicol | Massey | 9:44 |
| 27 | BC030 | Kenzie Bowden | NHB | 9:49 |
| 28 | LY064 | Serena Yan | Lynndale | 9:50 |
| 29 | PK109 | Charlotte Douglas | Pakuranga | 10:09 |
| 30 | PK132 | Scarlett Boulton | Pakuranga | 10:18 |
| 31 | LY063 | Cathrine YAN | Lynndale | 10:51 |
| 32 | MS016 | Hayley Sutherland | Massey | 12:05 |
| GU14 | | | | |
| 1 | OR019 | Eryn Westlake | Oratia | 7:05 |
| 2 | PP145 | Sophie Robb | Papakura | 7:06 |
| 3 | GE050 | Maia Lythe | Glen Eden | 7:07 |
| 4 | BC113 | Kate Borton | NHB | 7:24 |
| 5 | GE017 | Ruby Farquhar | Glen Eden | 7:29 |
| 6 | BC006 | Emma-Kaye Schroeder | NHB | 7:31 |
| 7 | OR021 | Abigail Whitehouse | Oratia | 7:35 |
| 8 | PK183 | Kendal Penney | Pakuranga | 7:51 |
| 9 | XR707 | Amelie Kelly | XRun | 7:51 |
| 10 | PK230 | Charlotte Steele | Pakuranga | 8:03 |
| 11 | PK200 | Kiera Borrill | Pakuranga | 8:06 |
| 12 | GE033 | Niva Smith | Glen Eden | 8:06 |
| 13 | OR002 | Aphra Balducci | Oratia | 8:09 |
| 14 | AC244 | Hailey Cossey | ACA | 8:10 |
| 15 | AC025 | Leila Daniels | ACA | 8:12 |
| 16 | GE035 | Emily Domett | Glen Eden | 8:13 |
| 17 | AC027 | Imogen Worrall | ACA | 8:18 |
| 18 | PK204 | Rhianna Burt | Pakuranga | 8:20 |
| 19 | AC261 | Grace Meredith | ACA | 8:22 |
| 20 | AC245 | Aleeya Cossey | ACA | 8:22 |
| 21 | AC094 | Tilly Arasaratnam | ACA | 8:30 |
| 22 | GE041 | Genevieve Stoddard | Glen Eden | 8:38 |
| 23 | GE026 | Maebel Belanger | Glen Eden | 8:51 |
| 24 | GE022 | Hannah Walton | Glen Eden | 8:53 |
| 25 | MS017 | Jade Sutherland | Massey | 9:26 |
| 26 | VI616 | Nethaya Perera | Lynndale | 9:35 |
| 27 | GE038 | Amber Cook | Glen Eden | 9:45 |
| WU16 | | | | |
| 1 | PP035 | Siobhan Balle | Papakura | 6:59 |
| 2 | GE016 | Arlo Farquhar | Glen Eden | 7:02 |
| 3 | OR020 | Isla Westlake | Oratia | 7:02 |
| 4 | GE027 | Maia Bird | Glen Eden | 7:20 |
| 5 | AC081 | Charlotte Greenwood | ACA | 7:21 |
| 6 | PC016 | Elly Mae Lawson | Pt Chevalier | 7:22 |
| 7 | PK153 | Olivia Rooney | Pakuranga | 7:23 |
| 8 | GE039 | Hazel Cook | Glen Eden | 7:37 |
| 9 | OR017 | Hayley Wade | Oratia | 7:38 |
| 10 | PC014 | Lucy Shennan | Pt Chevalier | 7:41 |

Results

Female - 2,000m

| Place | Race No | Name | Team | Time |
|-------------|---------|-------------------|------------------------|-------|
| WU16 | | | | |
| 11 | VI606 | Abbi Edwards | Oratia | 7:41 |
| 12 | AT005 | Charlotte Brown | Auckland City Tri Club | 7:51 |
| 13 | PC011 | Maddie Kelso-Heap | Pt Chevalier | 7:51 |
| 14 | PK007 | Caitlyn Pokorny | Pakuranga | 7:59 |
| 15 | GE036 | Stella Hammond | Glen Eden | 8:13 |
| 16 | LY052 | Ella Whitcombe | Lynndale | 8:15 |
| 17 | PK120 | Sophia Urlich | Pakuranga | 8:19 |
| 18 | LY075 | Mia Powell | Lynndale | 8:31 |
| 19 | LY016 | Sarka Ludvigova | Lynndale | 8:47 |
| 20 | PT005 | Jayde Parsons | Papatoetoe | 8:56 |
| 21 | MS006 | Bree Souster | Massey | 9:03 |
| 22 | GE003 | Amelie Dodds | Glen Eden | 9:50 |
| 23 | LY045 | Caroline Wackrow | Lynndale | 11:12 |
| WU18 | | | | |
| 1 | AC091 | Chloe Browne | ACA | 6:53 |
| 2 | PK033 | Arabella White | Pakuranga | 6:56 |
| 3 | AC088 | Bella Browne | ACA | 7:10 |
| 4 | VI631 | Imogen Foley | ACA | 7:24 |
| 5 | AT020 | Georgia Hair | Auckland City Tri Club | 7:35 |
| 6 | PK040 | Maddi Hohnneck | Pakuranga | 7:43 |
| 7 | BC010 | Bianca Fourie | NHB | 8:03 |
| 8 | OW028 | Winona Li | Owairaka | 8:09 |
| 9 | VI605 | Antonia Martin | NHB | 8:40 |
| 10 | XR715 | Eva Chemleva | XRun | 8:40 |

Male - 2,000m

| Place | Race No | Name | Team | Time |
|-------------|---------|------------------------|------------|-------|
| BU8 | | | | |
| 1 | PP138 | John Malins | Papakura | 9:10 |
| 2 | XR711 | Isaac Blundell | XRun | 9:31 |
| 3 | MS029 | Connor Flood | Massey | 10:36 |
| 4 | MS021 | Rhys Sutherland | Massey | 10:43 |
| 5 | GE052 | Fionn Fortune-Harris | Glen Eden | 10:53 |
| 6 | LY004 | Carter Black | Lynndale | 10:59 |
| 7 | MS022 | Nathan Dallow | Massey | 11:28 |
| 8 | PK203 | Omar Tinawi | Pakuranga | 12:16 |
| BU10 | | | | |
| 1 | PU013 | Kyle Johnston | Pukekohe | 7:42 |
| 2 | AC078 | Louay Benaoum | ACA | 7:49 |
| 3 | PP103 | Tighe Healy | Papakura | 7:53 |
| 4 | LY005 | Benjamin Brown | Lynndale | 7:59 |
| 5 | VI613 | Jonny Ford | Takapuna | 8:17 |
| 6 | PK169 | Liam Winter | Pakuranga | 8:27 |
| 7 | VI622 | Dempsey Dales | Pukekohe | 8:33 |
| 8 | VI623 | Aidan Barrett-Hamilton | Lynndale | 8:36 |
| 9 | BC004 | Noah Hunt | NHB | 8:38 |
| 10 | MS027 | Max Cook | Massey | 8:45 |
| 11 | VI620 | Huw Robinson | Visitor | 8:45 |
| 12 | PK214 | Nathan Leach | Pakuranga | 8:49 |
| 13 | PU028 | Luke Reymer | Pukekohe | 8:50 |
| 14 | PT006 | Kobe Parsons | Papatoetoe | 8:51 |
| 15 | OR024 | Kona Kelly | Oratia | 8:51 |
| 16 | PK202 | Amir Tinawi | Pakuranga | 8:57 |
| 17 | VI625 | Adam De Souza | NHB | 9:02 |

Results

Male - 2,000m

| Place | Race No | Name | Team | Time |
|-------------|---------|----------------------|--------------|-------|
| BU10 | | | | |
| 18 | PU030 | Benjamin Michie | Pukekohe | 9:07 |
| 19 | BC036 | Blake Hundley | NHB | 9:07 |
| 20 | MS012 | Ryan Flood | Massey | 9:27 |
| 21 | LY070 | Laken Cooney | Lynndale | 9:46 |
| 22 | PK166 | Isaiah Grant | Pakuranga | 9:59 |
| 23 | PK164 | Callum Watt | Pakuranga | 10:05 |
| 24 | LY083 | Blake Smithwood | Lynndale | 10:18 |
| 25 | PK207 | Nicholas Liang | Pakuranga | 10:21 |
| 26 | LY086 | Nathan Box | Lynndale | 10:29 |
| 27 | LY022 | Isaac Bennett | Lynndale | 10:30 |
| 28 | PK205 | Luke Mclaughlin | Pakuranga | 10:32 |
| 29 | PK222 | Daniel Pokorny | Pakuranga | 10:33 |
| 30 | PK162 | Noah Hillerby | Pakuranga | 11:08 |
| 31 | PK221 | Charlie Kay | Pakuranga | 11:20 |
| 32 | GE042 | Fynn Earley | Glen Eden | 11:23 |
| 33 | PP170 | Caleb Needham | Papakura | 12:52 |
| 34 | OR026 | Gregory Webb | Oratia | 13:43 |
| BU12 | | | | |
| 1 | PK154 | Ben Oxford | Pakuranga | 7:17 |
| 2 | PK111 | Samuel Rickerby | Pakuranga | 7:19 |
| 3 | BC037 | Troy Hundley | NHB | 7:21 |
| 4 | PP105 | Flynn Healy | Papakura | 7:32 |
| 5 | AC079 | Ivor Martin | ACA | 7:33 |
| 6 | AC029 | Ben Worrall | ACA | 7:36 |
| 7 | LY019 | Nikko Kelly | Lynndale | 7:39 |
| 8 | OR016 | Kalais Sorby | Oratia | 7:47 |
| 9 | GE019 | Liam Brady | Glen Eden | 7:52 |
| 10 | PK105 | Christian Geldenhuys | Pakuranga | 7:52 |
| 11 | AC012 | Luca Henderson | ACA | 7:53 |
| 12 | PK106 | James Whiteley | Pakuranga | 7:58 |
| 13 | OR014 | Lachlan Snook | Oratia | 7:59 |
| 14 | GE028 | Cohen Hewitt | Glen Eden | 8:03 |
| 15 | LY007 | Jackson Smithwood | Lynndale | 8:04 |
| 16 | PK134 | Sam O'Dwyer | Pakuranga | 8:06 |
| 17 | AC040 | Miki Cronin | ACA | 8:13 |
| 18 | OW052 | Ben Aspden | Owairaka | 8:18 |
| 19 | PK122 | Alex Lister | Pakuranga | 8:22 |
| 20 | PK213 | Levi Powell | Pakuranga | 8:24 |
| 21 | PK167 | Benjamin Ellis | Pakuranga | 8:34 |
| 22 | PP150 | Elisha Hall | Papakura | 8:34 |
| 23 | BC121 | Liam Moodie | NHB | 8:35 |
| 24 | PK199 | Ashton Borrill | Pakuranga | 8:36 |
| 25 | PU012 | Eduan Viviers | Pukekohe | 8:49 |
| 26 | PP030 | Theo Needham | Papakura | 8:54 |
| 27 | PK165 | Everest Grant | Pakuranga | 8:57 |
| 28 | GE043 | Jethro Stephenson | Glen Eden | 9:00 |
| 29 | LY017 | Adam Ludvig | Lynndale | 9:03 |
| 30 | PK129 | Ayan Shah | Pakuranga | 9:04 |
| 31 | LY036 | Will Crawford | Lynndale | 9:15 |
| 32 | PK229 | Lachlan Steele | Pakuranga | 9:17 |
| 33 | PK125 | Ricco Korewha | Pakuranga | 9:40 |
| 34 | LY072 | Illinois Cooney | Lynndale | 9:55 |
| 35 | PK206 | Marcus Liang | Pakuranga | 9:58 |
| 36 | LY021 | Owen Bennett | Lynndale | 11:37 |
| BU14 | | | | |
| 1 | PC010 | Jack Erikson | Pt Chevalier | 6:43 |

Results

Male - 2,000m

| Place | Race No | Name | Team | Time |
|-------------|---------|-------------------------|------------------------|-------|
| BU14 | | | | |
| 2 | LY030 | Wiremu Ngamotu | Lynndale | 6:44 |
| 3 | OR012 | Jack Snedden | Oratia | 6:45 |
| 4 | PK179 | Finlay Smith | Pakuranga | 6:47 |
| 5 | PK175 | Oscar Monro | Pakuranga | 6:48 |
| 6 | PK133 | Zach O'Dwyer | Pakuranga | 6:52 |
| 7 | VI629 | Coen Anderson | ACA | 6:52 |
| 8 | PK131 | Connor Boulton | Pakuranga | 6:54 |
| 9 | PP025 | Robert Fitzpatrick | Papakura | 6:54 |
| 10 | PK140 | Elijah McMillan | Pakuranga | 6:58 |
| 11 | PK102 | Jared Faulkner | Pakuranga | 6:58 |
| 12 | PK101 | James Trathen | Pakuranga | 7:02 |
| 13 | HA001 | Isaac Kirkpatrick | Hibiscus Coast AC | 7:04 |
| 14 | PK158 | Tyron Newell | Pakuranga | 7:08 |
| 15 | LY032 | Ethan Hardy | Lynndale | 7:09 |
| 16 | TP097 | Koby Clarkson | Takapuna | 7:15 |
| 17 | LY051 | Jack Whitcombe | Lynndale | 7:15 |
| 18 | BC021 | Theo Morse | NHB | 7:22 |
| 19 | TP070 | Cooper Hulme | Takapuna | 7:24 |
| 20 | GE030 | Jacob Hewitt | Glen Eden | 7:24 |
| 21 | AC015 | Alex Wilkins | ACA | 7:26 |
| 22 | BC137 | Martin Chemlev | NHB | 7:26 |
| 23 | PK225 | Caleb Wagener | Pakuranga | 7:35 |
| 24 | AT003 | Daniel Hoeglinger | Auckland City Tri Club | 7:38 |
| 25 | LY011 | Maksis Maulvurfs | Lynndale | 7:40 |
| 26 | LY033 | Alex Hardy | Lynndale | 7:42 |
| 27 | LY035 | Marvellous Osas Michael | Lynndale | 7:47 |
| 28 | PP070 | Alexander de Lautour | Papakura | 7:48 |
| 29 | PK100 | Richie Trathen | Pakuranga | 7:49 |
| 30 | BC029 | Zhan Bowden | NHB | 7:50 |
| 31 | VI608 | Xavier Balle | Papakura | 7:55 |
| 32 | PK145 | Connor Jamieson | Pakuranga | 7:56 |
| 33 | BC056 | Oisin Sanna | NHB | 8:00 |
| 34 | VI630 | Carter Penney | Pakuranga | 8:02 |
| 35 | MS014 | Bayden Nancarrow | Massey | 8:03 |
| 36 | LY015 | Oskar Ludvig | Lynndale | 8:11 |
| 37 | BC071 | Jaxon Woolley | NHB | 8:39 |
| 38 | LY085 | Brook Yu | Lynndale | 8:47 |
| 39 | PP169 | Jack Pallister | Papakura | 8:53 |
| 40 | GE053 | Reilly Fortune-Harris | Glen Eden | 8:56 |
| 41 | MS011 | Liam Flood | Massey | 9:03 |
| 42 | VI626 | Leo Wicks | Papakura | 9:18 |
| 43 | PK137 | Ben Ward | Pakuranga | 9:50 |
| 44 | LY020 | Joshua Bennett | Lynndale | 10:30 |
| 45 | LY044 | Daniel Wackrow | Lynndale | 12:58 |
| MU16 | | | | |
| 1 | XR710 | Ayub Sadikaa | XRun | 6:19 |
| 2 | TP081 | James Ford | Takapuna | 6:20 |
| 3 | LY014 | Addison Stewart | Lynndale | 6:20 |
| 4 | BC072 | Luke Farrand | NHB | 6:24 |
| 5 | AC198 | Jack Mitchell | ACA | 6:30 |
| 6 | AC038 | Tomas Barry | ACA | 6:31 |
| 7 | OR022 | Sam Williams | Oratia | 6:33 |
| 8 | PK006 | Logan Marshall | Pakuranga | 6:34 |
| 9 | PK005 | Benjamin Rickerby | Pakuranga | 6:41 |
| 10 | AT011 | Rubin Whiteley | Auckland City Tri Club | 6:51 |
| 11 | AC153 | Toby Tasker | ACA | 7:04 |
| 12 | OR015 | Devereaux Sorby | Oratia | 7:04 |

Results

Male - 2,000m

| Place | Race No | Name | Team | Time |
|-------------|---------|-----------------------|-----------|------|
| MU16 | | | | |
| 13 | VI632 | Harrison Cochrane | ACA | 7:26 |
| 14 | PK108 | Kyle Low | Pakuranga | 7:28 |
| 15 | LY059 | Connor Mongston | Lynndale | 8:06 |
| 16 | MS015 | Benjamin Marriott | Massey | 8:08 |
| 17 | LY054 | Benjamin Hammond | Lynndale | 8:36 |
| 18 | LY023 | Thomas Forrest-Dawson | Lynndale | 8:57 |
| 19 | PK043 | Jordan Liggett | Pakuranga | 9:17 |
| 20 | OR025 | Xavier Roberts | Oratia | 9:23 |

Female - 4,000m

| Place | Race No | Name | Team | Time |
|-------------|---------|------------------------|--------------------|-------|
| WU20 | | | | |
| 1 | PP144 | Amelia Green | Papakura | 15:53 |
| 2 | BC109 | Emily Hacket Pain | NHB | 17:01 |
| 3 | CL065 | Natasha Gordon | Calliope | 18:03 |
| 4 | PK004 | Anna Faulkner | Pakuranga | 18:21 |
| SW | | | | |
| 1 | PP141 | Lisa Cross | Papakura | 13:57 |
| 2 | VI607 | Katrina Andrew | NHB | 14:06 |
| 3 | GE048 | Alana Lythe | Glen Eden | 15:15 |
| 4 | BC145 | Amanda Holyer | NHB | 15:23 |
| 5 | AC008 | Grace Wood | ACA | 16:23 |
| 6 | XR713 | Katie Lloyd | XRun | 17:20 |
| 7 | VI618 | Eryn Lovell | NHB | 17:26 |
| 8 | BC063 | Steffi Burrows | NHB | 18:38 |
| 9 | PT004 | Sammy-Joe Parsons | Papatoetoe | 31:27 |
| MW35 | | | | |
| 1 | XR704 | Anwen Robinson | XRun | 15:21 |
| 2 | PP143 | Shamiso Sisimayi | Papakura | 16:35 |
| 3 | PP006 | Rachel Eade | Papakura | 17:58 |
| MW40 | | | | |
| 1 | XR705 | Penny Ford | XRun | 17:54 |
| 2 | OW033 | Kate Doherty | Owairaka | 19:52 |
| 3 | PK041 | Kirstin Burt | Pakuranga | 19:53 |
| MW45 | | | | |
| 1 | VI601 | Judith May | Athletics Tauranga | 16:55 |
| 2 | OR007 | Namiko Kelly | Oratia | 17:42 |
| 3 | PP102 | Sarah Healy | Papakura | 17:56 |
| 4 | OW046 | Kerry Conway | Owairaka | 18:07 |
| 5 | OR018 | Natasha Wade | Oratia | 19:07 |
| 6 | PP118 | Angela Bimler | Papakura | 20:14 |
| 7 | PP153 | Michelle Loughton-Hill | Papakura | 20:41 |
| 8 | YM044 | Carol Bielby | YMCA | 23:24 |
| MW50 | | | | |
| 1 | AU080 | Sian Dawson | University | 17:59 |
| 2 | PP053 | Lisa Townsend | Papakura | 19:32 |
| 3 | YM045 | Kiri Price | YMCA | 19:41 |
| 4 | OW027 | Julie Collard | Owairaka | 20:36 |
| 5 | GE040 | Julie Mercer | Glen Eden | 21:06 |
| 6 | YM006 | Ingrid Frost | YMCA | 22:28 |

Results

Female - 4,000m

| Place | Race No | Name | Team | Time |
|--------------|---------|------------------|------|-------|
| MW55 | | | | |
| 1 | YM076 | Liz Harding | YMCA | 20:14 |
| 2 | BC101 | Shona Fraser | NHB | 20:37 |
| 3 | YM014 | Terri Jones | YMCA | 21:02 |
| 4 | AC105 | Judith Uhlenberg | ACA | 21:37 |
| MW60+ | | | | |
| 1 | AC092 | Margie Peat | ACA | 17:11 |
| 2 | YM021 | Karen Crossan | YMCA | 19:58 |
| 3 | YM019 | Barbara Scarfe | YMCA | 21:25 |

Male - 4,000m

| Place | Race No | Name | Team | Time |
|-------------|---------|---------------------|------------------------|-------|
| MU18 | | | | |
| 1 | PK019 | Zane Powell | Pakuranga | 12:39 |
| 2 | VI621 | Jude Darby | NHB | 12:41 |
| 3 | PP066 | Luke Clements | Papakura | 12:49 |
| 4 | BC052 | Michael Padrutt | NHB | 13:12 |
| 5 | PP074 | Jahko Tohaia | Papakura | 13:13 |
| 6 | AT014 | Cody Dalton | Auckland City Tri Club | 13:24 |
| 7 | PK049 | Logan Cowie | Pakuranga | 13:24 |
| 8 | AC226 | Sebastian Wharton | ACA | 13:25 |
| 9 | AC039 | James Harding | ACA | 13:41 |
| 10 | BC066 | Callum de Moor | NHB | 13:44 |
| 11 | PK130 | Christian De Vaal | Pakuranga | 14:07 |
| 12 | PK010 | Joe Shiozawa | Pakuranga | 14:18 |
| 13 | PK017 | Jake Hellawell | Pakuranga | 15:32 |
| MU20 | | | | |
| 1 | VI617 | Samuel Cadwallader | NHB | 12:58 |
| 2 | PK015 | Ethan Verner | Pakuranga | 13:06 |
| 3 | BC041 | Harrison Porritt | NHB | 13:10 |
| 4 | AC238 | Samuel Waldin | ACA | 13:17 |
| 5 | PK047 | Sam White | Pakuranga | 13:41 |
| 6 | BC069 | Austin Carter | NHB | 13:45 |
| 7 | OW047 | James Donovan | Owairaka | 17:11 |
| SM | | | | |
| 1 | AC042 | Jonathan Jackson | ACA | 12:17 |
| 2 | PK034 | David Lee | Pakuranga | 12:28 |
| 3 | AC285 | Max Thomson | ACA | 12:39 |
| 4 | BC039 | Louis Young | NHB | 12:48 |
| 5 | AC132 | Hayden Rodger | ACA | 12:54 |
| 6 | GE055 | Liam Bird | Glen Eden | 13:04 |
| 7 | WC016 | James Reid | Waitakere | 13:57 |
| 8 | OW048 | Oscar Mahy | Owairaka | 14:08 |
| 9 | OW044 | Nicholas Somerville | Owairaka | 14:18 |
| 10 | WS049 | Ben Green | Wesley | 14:35 |
| 11 | PK044 | Ben Jackson | Pakuranga | 14:48 |
| 12 | AU053 | Daniel Chai | University | 15:18 |
| 13 | AC173 | Lindsay Wilson | ACA | 15:34 |
| 14 | XR709 | Anthony Hester | XRun | 16:34 |
| 15 | VI619 | Michael Early | Owairaka | 17:39 |
| MM35 | | | | |
| 1 | OW054 | Adam Gallagher | Owairaka | 13:24 |
| 2 | PK035 | Mark Toplis | Pakuranga | 13:56 |

Results

Male - 4,000m

| Place | Race No | Name | Team | Time |
|-------------|---------|--------------------|---------------------|-------|
| MM35 | | | | |
| 3 | TP048 | Michael Wanden | Takapuna | 14:01 |
| 4 | WS011 | Michael Hale | Wesley | 14:19 |
| 5 | GE059 | Andrew Mai | Glen Eden | 14:40 |
| 6 | VI611 | Andrew Cave | University | 14:55 |
| 7 | PP159 | Ben Wicks | Papakura | 17:01 |
| 8 | PK050 | Scott Dean | Pakuranga | 21:31 |
| MM40 | | | | |
| 1 | VI602 | Ben Winder | Wellington Scottish | 13:36 |
| 2 | OW063 | Keith Burrows | Owairaka | 14:21 |
| 3 | XR712 | Dion Blundell | XRun | 14:34 |
| 4 | YM088 | Dion Peters | YMCA | 15:35 |
| 5 | XR706 | Robbie Ford | XRun | 15:53 |
| 6 | PK054 | Nicholas Chidley | Pakuranga | 16:07 |
| 7 | XR708 | Ryan Nickelchok | XRun | 16:32 |
| 8 | YM074 | Conrad Langridge | YMCA | 16:44 |
| 9 | XR700 | Paul Borton | XRun | 17:12 |
| 10 | GE029 | Jason Hewitt | Glen Eden | 17:17 |
| 11 | LY079 | Janaka Perera | Lynndale | 17:29 |
| MM45 | | | | |
| 1 | OW003 | Nick Moore | Owairaka | 13:19 |
| 2 | AC273 | Sasha Daniels | ACA | 13:35 |
| 3 | VI609 | Chris Ro bb | ACA | 14:00 |
| 4 | WS027 | Ronald King | Wesley | 14:08 |
| 5 | OW008 | Bazyl Piotrowski | Owairaka | 14:37 |
| 6 | OW038 | Tim Morrison | Owairaka | 14:46 |
| 7 | VI600 | Stephen Blair | Athletics Tauranga | 15:34 |
| 8 | LY055 | Kristaps Maulvurfs | Lynndale | 15:35 |
| 9 | PK037 | Tyron Wallwork | Pakuranga | 17:10 |
| 10 | LY031 | Bryce Hall | Lynndale | 17:58 |
| 11 | LY025 | Tony Coughlan | Lynndale | 18:06 |
| 12 | OW053 | Rob Murphy | Owairaka | 19:00 |
| MM50 | | | | |
| 1 | AC264 | Blair Cossey | ACA | 14:03 |
| 2 | AU031 | Gavin Butler | University | 14:57 |
| 3 | BC020 | Michael Craig | NHB | 15:20 |
| 4 | LY010 | Gavin Hipkins | Lynndale | 15:44 |
| 5 | AC076 | David Kung | ACA | 16:06 |
| 6 | WS060 | Jonathan Drake | Wesley | 16:13 |
| 7 | GE010 | Adam Biffin | Glen Eden | 16:20 |
| 8 | PP147 | Stephen Robb | Papakura | 16:50 |
| 9 | TP068 | Oscar Jacobsohn | Takapuna | 16:54 |
| 10 | CL047 | Martin Fey | Calliope | 17:05 |
| 11 | XR702 | Marty Hill | XRun | 18:00 |
| 12 | PK024 | Pat Hales | Pakuranga | 18:59 |
| 13 | YM082 | Ironmike Stowers | YMCA | 25:01 |
| MM55 | | | | |
| 1 | AC062 | Ken Walker | ACA | 14:37 |
| 2 | LY029 | Rudy Baptist | Lynndale | 15:12 |
| MM60 | | | | |
| 1 | LY002 | Shane Connolly | Lynndale | 15:28 |
| 2 | VI614 | Gavin Stevens | University | 16:09 |
| 3 | PK014 | David Harper | Pakuranga | 17:32 |
| 4 | VI615 | Steve Duxfield | University | 17:51 |
| 5 | AU015 | Bryan Bates | University | 18:15 |

Results

Male - 4,000m

| Place | Race No | Name | Team | Time |
|--------------|---------|------------------|--------------------|-------|
| MM60 | | | | |
| 6 | AU002 | Keith Procter | University | 22:14 |
| MM65+ | | | | |
| 1 | AU012 | Graham Macky | University | 16:14 |
| 2 | PP140 | Kenneth Hare | Papakura | 18:48 |
| 3 | YM003 | Andy Harper | YMCA | 18:54 |
| 4 | GE012 | Colin Fearon | Glen Eden | 20:45 |
| 5 | OW014 | Donald Blackburn | Owairaka | 21:10 |
| 6 | BC068 | David Anstiss | NHB | 22:23 |
| 7 | PK018 | Richard Thomson | Pakuranga | 23:37 |
| 8 | VI612 | Gareth Jess | Race Walk Auckland | 23:55 |
| 9 | AU007 | Lee Whiley | University | 28:23 |
| 10 | AU013 | Robin Shaw | University | 39:58 |