



John Gilmour State 10km Championships Presented by Go for 2 & 5



OPEN MEN		
1	Nic Harman	30:12.00*
2	Robert Busi	30:21.00*
3	Dean Menzies	31:28.00*
4	Matt Smith	31:38.00*
5	Daniel Rubick	32:13.00*
6	Gerard Hill	33:58.00*
7	David Guest	35:34.00*
8	Tony Spicer	37:18.00*
9	Kim Wishaw	38:49.60*
OPEN WOMEN		
1	Rochelle Rodgers	37:16.00*
2	Amanda Sobey	41:50.00*
UNDER 20 MEN		
1	Markus Deakin	34:29.00*

*All hand times