

Men 10000 Metre A Race

2020 ANSW 10,000m Championships

24/10/2020

Splits and lap times report



Name	400m	1200m	2000m	2800m	3600m	4400m	5200m	6000m	6800m	7600m	8400m	9200m	10000m
	800m	1600m	2400m	3200m	4000m	4800m	5600m	6400m	7200m	8000m	8800m	9600m	
Goddard, Edward (E)	1:10.32 (3)	3:28.78 (2) 1:08.90	5:46.58 (2) 1:08.16	8:03.72 (1) 1:08.27	10:22.81 (5) 1:10.40	12:41.75 (4) 1:10.05	15:00.64 (3) 1:09.50	17:19.83 (2) 1:09.90	19:37.78 (1) 1:08.10	21:55.48 (1) 1:09.01	24:12.92 (1) 1:08.62	26:33.36 (1) 1:10.08	28:45.84 (1) 1:03.23
15 UTN		2:19.88 (3) 1:09.56	4:38.42 (2) 1:09.64	6:55.45 (1) 1:08.87	9:12.41 (2) 1:08.69	11:31.70 (5) 1:08.89	13:51.14 (4) 1:09.39	16:09.93 (3) 1:09.29	18:29.68 (1) 1:09.85	20:46.47 (1) 1:08.69	23:04.30 (2) 1:08.82	25:23.28 (1) 1:10.36	27:42.61 (1) 1:09.25
Tall, Kieren	1:10.17 (2)	3:28.61 (1) 1:08.97	5:47.16 (5) 1:08.37	8:04.35 (4) 1:08.29	10:22.34 (3) 1:09.58	12:41.26 (2) 1:10.09	15:00.19 (1) 1:09.48	17:20.08 (3) 1:10.61	19:38.53 (3) 1:08.22	21:55.70 (2) 1:08.40	24:13.24 (2) 1:09.20	26:33.83 (2) 1:10.31	28:47.92 (2) 1:03.98
62 RunCrew		2:19.64 (2) 1:09.47	4:38.79 (5) 1:10.18	6:56.06 (5) 1:08.90	9:12.76 (4) 1:08.41	11:31.17 (2) 1:08.83	13:50.71 (2) 1:09.45	16:09.47 (1) 1:09.28	18:30.31 (3) 1:10.23	20:47.30 (3) 1:08.77	23:04.04 (1) 1:08.34	25:23.52 (2) 1:10.28	27:43.94 (2) 1:10.11
St Lawrence, Ben	1:09.94 (1)	3:29.38 (5) 1:09.91	5:46.92 (4) 1:08.15	8:04.11 (3) 1:08.28	10:22.10 (2) 1:09.56	12:41.04 (1) 1:10.09	15:01.07 (5) 1:10.61	17:20.31 (4) 1:09.74	19:38.24 (2) 1:07.71	21:56.16 (3) 1:09.09	24:16.06 (3) 1:10.34	26:36.50 (3) 1:10.40	28:50.80 (3) 1:04.94
10 RunCrew		2:19.47 (1) 1:09.53	4:38.77 (4) 1:09.39	6:55.83 (3) 1:08.91	9:12.54 (3) 1:08.43	11:30.95 (1) 1:08.85	13:50.46 (1) 1:09.42	16:10.57 (5) 1:09.50	18:30.53 (4) 1:10.22	20:47.07 (2) 1:08.83	23:05.72 (3) 1:09.56	25:26.10 (3) 1:10.04	27:45.86 (3) 1:09.36
Nipperess, James	1:10.53 (4)	3:28.97 (3) 1:08.91	5:46.68 (3) 1:08.09	8:03.90 (2) 1:08.27	10:21.86 (1) 1:09.57	12:41.88 (5) 1:10.67	15:00.85 (4) 1:09.54	17:20.63 (5) 1:10.29	19:47.33 (5) 1:14.18	22:12.99 (5) 1:12.19	24:39.71 (5) 1:13.87	27:07.25 (5) 1:14.47	29:24.04 (4) 1:05.48
1089 Sydney University		2:20.06 (4) 1:09.53	4:38.59 (3) 1:09.62	6:55.63 (2) 1:08.95	9:12.29 (1) 1:08.39	11:31.21 (3) 1:09.35	13:51.31 (5) 1:09.43	16:10.34 (4) 1:09.49	18:33.15 (5) 1:12.52	21:00.80 (5) 1:13.47	23:25.84 (5) 1:12.85	25:52.78 (5) 1:13.07	28:18.56 (4) 1:11.31
Batt, Kevin	1:10.81 (5)	3:29.14 (4) 1:08.84	5:46.34 (1) 1:08.15	8:04.62 (5) 1:08.59	10:22.59 (4) 1:09.59	12:41.52 (3) 1:10.07	15:00.42 (2) 1:09.46	17:19.60 (1) 1:09.91	19:41.29 (4) 1:11.22	22:07.32 (4) 1:12.99	24:36.01 (4) 1:14.19	27:05.17 (4) 1:14.64	29:27.87 (5) 1:08.64
2316 SUT		2:20.30 (5) 1:09.49	4:38.19 (1) 1:09.05	6:56.03 (4) 1:09.69	9:13.00 (5) 1:08.38	11:31.45 (4) 1:08.86	13:50.96 (3) 1:09.44	16:09.69 (2) 1:09.27	18:30.07 (2) 1:10.47	20:54.33 (4) 1:13.04	23:21.82 (4) 1:14.50	25:50.53 (4) 1:14.52	28:19.23 (5) 1:14.06
Phillips, Joshua	1:13.87 (12)	3:36.23 (12) 1:11.22	6:00.11 (12) 1:12.55	8:26.04 (12) 1:13.13	10:51.11 (11) 1:12.62	13:16.88 (12) 1:13.19	15:41.91 (11) 1:11.65	18:04.47 (11) 1:11.38	20:26.74 (10) 1:10.81	22:49.44 (7) 1:10.44	25:09.91 (7) 1:10.49	27:28.89 (7) 1:09.08	29:42.50 (6) 1:05.27
2024 SSR		2:25.01 (12) 1:11.14	4:47.56 (12) 1:11.33	7:12.91 (12) 1:12.80	9:38.49 (11) 1:12.45	12:03.69 (11) 1:12.58	14:30.26 (11) 1:13.38	16:53.09 (11) 1:11.18	19:15.93 (11) 1:11.46	21:39.00 (7) 1:12.26	23:59.42 (7) 1:09.98	26:19.81 (7) 1:09.90	28:37.23 (6) 1:08.34
Hudson, Matthew	1:11.35 (7)	3:29.82 (7) 1:08.99	5:47.66 (7) 1:08.38	8:06.26 (7) 1:09.33	10:28.21 (7) 1:11.61	12:51.74 (7) 1:11.65	15:15.54 (6) 1:12.07	17:39.39 (6) 1:11.96	20:05.75 (6) 1:13.19	22:32.06 (6) 1:12.92	24:56.88 (6) 1:12.14	27:24.40 (6) 1:14.45	29:47.89 (7) 1:10.48
1938 RunCrew		2:20.83 (7) 1:09.48	4:39.28 (7) 1:09.46	6:56.93 (7) 1:09.27	9:16.60 (7) 1:10.34	11:40.09 (7) 1:11.88	14:03.47 (6) 1:11.73	16:27.43 (6) 1:11.89	18:52.56 (6) 1:13.17	21:19.14 (6) 1:13.39	23:44.74 (6) 1:12.68	26:09.95 (6) 1:13.07	28:37.41 (7) 1:13.01
Threfall, Brady	1:11.58 (8)	3:30.16 (8) 1:09.04	5:48.60 (8) 1:09.02	8:11.29 (9) 1:11.58	10:37.60 (10) 1:12.91	13:04.32 (10) 1:13.56	15:31.41 (10) 1:13.31	17:59.03 (8) 1:12.35	20:26.55 (9) 1:13.62	22:56.44 (9) 1:15.34	25:26.04 (9) 1:14.44	27:52.84 (8) 1:12.27	30:14.91 (8) 1:09.91
19433 Victoria Athletics		2:21.12 (8) 1:09.54	4:39.58 (8) 1:09.42	6:59.71 (9) 1:11.11	9:24.69 (10) 1:13.40	11:50.76 (10) 1:13.16	14:18.10 (10) 1:13.78	16:46.68 (10) 1:15.27	19:12.93 (8) 1:13.90	21:41.10 (9) 1:14.55	24:11.60 (9) 1:15.16	26:40.57 (8) 1:14.53	29:05.00 (8) 1:12.16

Name	400m	1200m	2000m	2800m	3600m	4400m	5200m	6000m	6800m	7600m	8400m	9200m	10000m
	800m	1600m	2400m	3200m	4000m	4800m	5600m	6400m	7200m	8000m	8800m	9600m	
Spießberger-Parker	1:11.82 (9)	3:30.39 (9)	5:48.88 (9)	8:11.03 (8)	10:37.36 (9)	13:03.83 (8)	15:31.22 (9)	17:59.29 (9)	20:26.13 (7)	22:56.27 (8)	25:25.84 (8)	27:55.49 (9)	30:23.41 (9)
2100 Bankstown Sports	2:21.38 (9) 1:09.56	4:39.87 (9) 1:09.48	6:59.48 (8) 1:10.60	9:24.43 (9) 1:13.40	11:50.66 (9) 1:13.30	14:17.86 (9) 1:14.03	16:46.24 (8) 1:15.02	19:13.21 (9) 1:13.92	21:40.86 (8) 1:14.73	24:11.44 (8) 1:15.17	26:40.95 (9) 1:15.11	29:09.77 (9) 1:14.28	
Reid, Archie	1:11.11 (6)	3:29.57 (6)	5:47.39 (6)	8:05.05 (6)	10:25.11 (6)	12:50.30 (6)	15:20.64 (7)	17:52.01 (7)	20:26.34 (8)	22:56.73 (10)	25:26.23 (10)	28:02.09 (10)	30:26.35 (10)
19431 Tas Athletics	2:20.55 (6) 1:09.44	4:39.04 (6) 1:09.47	6:56.55 (6) 1:09.16	9:14.06 (6) 1:09.01	11:37.21 (6) 1:12.10	14:05.52 (7) 1:15.22	16:36.05 (7) 1:15.41	19:09.57 (7) 1:17.56	21:41.32 (10) 1:14.98	24:11.98 (10) 1:15.25	26:42.33 (10) 1:16.10	29:19.93 (10) 1:17.84	
Wallis, Daniel	1:14.48 (15)	3:35.92 (11)	5:59.80 (11)	8:25.81 (11)	10:51.40 (12)	13:17.18 (13)	15:42.71 (13)	18:11.09 (13)	20:40.94 (13)	23:10.48 (13)	25:39.98 (11)	28:09.35 (11)	30:27.45 (11)
19432 Act Athletics	2:24.61 (11) 1:10.13	4:47.26 (11) 1:11.34	7:12.65 (11) 1:12.85	9:38.78 (12) 1:12.97	12:03.96 (13) 1:12.56	14:30.54 (13) 1:13.36	16:56.05 (13) 1:13.34	19:25.77 (13) 1:14.68	21:55.43 (13) 1:14.49	24:25.61 (13) 1:15.13	26:54.91 (11) 1:14.93	29:22.04 (11) 1:12.69	
Doherty, Charlie	1:12.01 (10)	3:30.59 (10)	5:49.13 (10)	8:11.53 (10)	10:37.07 (8)	13:04.07 (9)	15:31.04 (8)	17:59.74 (10)	20:31.02 (11)	23:05.82 (11)	25:40.34 (12)	28:10.24 (12)	30:36.67 (12)
2227 UTN	2:21.61 (10) 1:09.60	4:40.09 (10) 1:09.50	6:59.97 (10) 1:10.84	9:24.21 (8) 1:12.68	11:50.43 (8) 1:13.36	14:17.83 (8) 1:13.76	16:46.46 (9) 1:15.42	19:14.92 (10) 1:15.18	21:48.25 (11) 1:17.23	24:23.63 (12) 1:17.81	26:55.44 (12) 1:15.10	29:25.72 (12) 1:15.48	
Fryer, Drew	1:15.15 (20)	3:36.94 (14)	6:01.51 (13)	8:26.40 (13)	10:51.62 (13)	13:16.64 (11)	15:42.17 (12)	18:07.30 (12)	20:36.05 (12)	23:07.20 (12)	25:40.60 (13)	28:13.05 (13)	30:39.58 (13)
2016 RBH	2:26.54 (17) 1:11.39	4:49.47 (14) 1:12.53	7:14.41 (13) 1:12.90	9:39.04 (13) 1:12.64	12:03.74 (12) 1:12.12	14:30.29 (12) 1:13.65	16:53.88 (12) 1:11.71	19:20.92 (12) 1:13.62	21:51.24 (12) 1:15.19	24:23.42 (11) 1:16.22	26:56.65 (13) 1:16.05	29:29.74 (13) 1:16.69	
Peterson, Leo	1:14.73 (17)	3:36.71 (13)	6:01.75 (14)	8:28.16 (14)	10:56.61 (14)	13:25.40 (14)	15:55.93 (14)	18:27.51 (14)	20:57.42 (14)	23:28.40 (14)	25:59.77 (14)	28:31.25 (14)	30:50.96 (14)
58 UTN	2:25.88 (13) 1:11.15	4:49.24 (13) 1:12.53	7:14.94 (14) 1:13.19	9:42.25 (14) 1:14.09	12:10.91 (14) 1:14.30	14:40.54 (14) 1:15.14	17:11.87 (14) 1:15.94	19:41.87 (14) 1:14.36	22:13.71 (14) 1:16.29	24:44.07 (14) 1:15.67	27:15.81 (14) 1:16.04	29:44.80 (14) 1:13.55	
cox, matthew	1:14.20 (13)	3:38.14 (16)	6:04.31 (16)	8:36.64 (16)	11:06.78 (17)	13:37.16 (16)	16:09.27 (21)	18:41.01 (21)	21:09.87 (19)	23:41.53 (19)	26:11.92 (19)	28:38.05 (17)	30:55.44 (15)
32 Bankstown Sports	2:25.93 (14) 1:11.73	4:50.75 (16) 1:12.61	7:21.76 (16) 1:17.45	9:52.16 (17) 1:15.52	12:21.27 (16) 1:14.49	14:51.84 (16) 1:14.68	17:25.43 (21) 1:16.16	19:56.16 (20) 1:15.15	22:26.29 (19) 1:16.42	24:57.40 (19) 1:15.87	27:24.89 (17) 1:12.97	29:49.67 (15) 1:11.62	
Liddy, Ben	1:14.88 (18)	3:39.92 (21)	6:05.43 (19)	8:35.43 (15)	11:03.29 (15)	13:31.54 (15)	16:00.03 (15)	18:29.39 (15)	20:59.40 (15)	23:30.95 (15)	26:02.15 (15)	28:35.87 (15)	30:57.86 (16)
2247 Sydney University	2:27.37 (20) 1:12.49	4:52.78 (20) 1:12.86	7:21.45 (15) 1:16.02	9:49.50 (15) 1:14.07	12:17.33 (15) 1:14.04	14:45.82 (15) 1:14.28	17:14.64 (15) 1:14.61	19:44.26 (15) 1:14.87	22:15.07 (15) 1:15.67	24:47.04 (15) 1:16.09	27:18.91 (15) 1:16.76	29:51.39 (16) 1:15.52	
Gough, Myles	1:14.64 (16)	3:39.20 (18)	6:06.59 (21)	8:37.69 (21)	11:07.73 (21)	13:38.50 (21)	16:08.99 (20)	18:40.04 (17)	21:09.00 (16)	23:41.06 (17)	26:11.43 (17)	28:38.64 (18)	31:00.99 (17)
1952 KEJ	2:26.87 (18) 1:12.23	4:52.72 (19) 1:13.52	7:22.93 (21) 1:16.34	9:53.38 (21) 1:15.69	12:22.49 (21) 1:14.76	14:53.09 (21) 1:14.59	17:25.15 (20) 1:16.16	19:55.09 (17) 1:15.05	22:25.69 (16) 1:16.69	24:56.51 (16) 1:15.45	27:25.57 (18) 1:14.14	29:52.01 (18) 1:13.37	
Middleton, Tom	1:15.68 (24)	3:39.73 (20)	6:05.71 (20)	8:37.24 (20)	11:07.23 (19)	13:38.08 (20)	16:08.85 (19)	18:39.72 (16)	21:09.30 (17)	23:40.76 (16)	26:11.72 (18)	28:39.69 (19)	31:03.47 (18)
2059 RunCrew	2:27.69 (22) 1:12.01	4:52.97 (21) 1:13.24	7:22.55 (20) 1:16.84	9:52.67 (19) 1:15.43	12:22.06 (19) 1:14.83	14:52.80 (20) 1:14.72	17:24.28 (16) 1:15.43	19:54.72 (16) 1:15.00	22:25.94 (17) 1:16.64	24:57.15 (18) 1:16.39	27:25.87 (19) 1:14.15	29:54.16 (19) 1:14.47	

Name	400m	1200m	2000m	2800m	3600m	4400m	5200m	6000m	6800m	7600m	8400m	9200m	10000m
	800m	1600m	2400m	3200m	4000m	4800m	5600m	6400m	7200m	8000m	8800m	9600m	
Wallace, Hamish	1:15.41 (22)	3:39.37 (19) 1:12.30	6:04.85 (18) 1:12.35	8:36.99 (19) 1:14.74	11:07.33 (20) 1:14.41	13:37.78 (19) 1:15.55	16:08.58 (18) 1:16.08	18:40.74 (20) 1:15.81	21:09.59 (18) 1:13.60	23:41.29 (18) 1:15.24	26:11.12 (16) 1:14.38	28:37.78 (16) 1:13.56	31:05.87 (19) 1:14.14
2253 Bankstown Sports		2:27.07 (19) 1:11.66	4:52.50 (18) 1:13.13	7:22.25 (19) 1:17.40	9:52.92 (20) 1:15.93	12:22.23 (20) 1:14.90	14:52.50 (19) 1:14.72	17:24.93 (19) 1:16.35	19:55.99 (19) 1:15.25	22:26.05 (18) 1:16.46	24:56.74 (17) 1:15.45	27:24.22 (16) 1:13.10	29:51.73 (17) 1:13.95
Green, Jack	1:15.12 (19)	3:40.16 (22) 1:12.54	6:06.92 (22) 1:13.70	8:37.99 (22) 1:14.80	11:08.03 (22) 1:14.30	13:38.87 (22) 1:15.88	16:09.54 (22) 1:16.12	18:41.37 (22) 1:15.69	21:10.16 (20) 1:13.46	23:41.90 (20) 1:15.34	26:12.09 (20) 1:14.39	28:41.59 (20) 1:15.01	31:08.24 (20) 1:11.55
2123 RunCrew		2:27.62 (21) 1:12.50	4:53.22 (22) 1:13.06	7:23.19 (22) 1:16.27	9:53.73 (22) 1:15.74	12:22.99 (22) 1:14.96	14:53.42 (22) 1:14.55	17:25.68 (22) 1:16.14	19:56.70 (22) 1:15.33	22:26.56 (20) 1:16.40	24:57.70 (20) 1:15.80	27:26.58 (20) 1:14.49	29:56.69 (20) 1:15.10
Ho, Matthew	1:16.78 (28)	3:41.90 (27) 1:12.66	6:10.76 (27) 1:15.11	8:43.54 (26) 1:16.69	11:15.90 (25) 1:14.72	13:49.59 (25) 1:16.94	16:23.94 (25) 1:17.57	18:58.12 (24) 1:17.39	21:35.41 (26) 1:18.50	24:10.11 (26) 1:16.84	26:42.61 (24) 1:14.42	29:13.48 (22) 1:14.78	31:35.65 (21) 1:08.13
31 Delta Running Proje		2:29.24 (27) 1:12.46	4:55.65 (27) 1:13.75	7:26.85 (27) 1:16.09	10:01.18 (24) 1:17.64	12:32.65 (25) 1:16.75	15:06.37 (24) 1:16.78	17:40.73 (25) 1:16.79	20:16.91 (25) 1:18.79	22:53.27 (26) 1:17.86	25:28.19 (26) 1:18.08	27:58.70 (24) 1:16.09	30:27.52 (21) 1:14.04
Hopper, Sam	1:16.36 (27)	3:43.44 (28) 1:13.85	6:12.44 (28) 1:15.14	8:43.81 (28) 1:16.73	11:15.57 (24) 1:13.87	13:49.25 (24) 1:16.91	16:23.32 (24) 1:16.71	18:58.38 (25) 1:18.16	21:34.23 (23) 1:17.83	24:09.57 (24) 1:16.97	26:42.04 (23) 1:14.48	29:15.55 (24) 1:17.11	31:37.37 (22) 1:07.33
2138 RunCrew		2:29.59 (28) 1:13.23	4:57.30 (28) 1:13.86	7:27.08 (28) 1:14.64	10:01.70 (26) 1:17.89	12:32.34 (24) 1:16.77	15:06.61 (25) 1:17.36	17:40.22 (24) 1:16.90	20:16.40 (24) 1:18.02	22:52.60 (24) 1:18.37	25:27.56 (23) 1:17.99	27:58.44 (23) 1:16.40	30:30.04 (22) 1:14.49
Fryer, Kurt	1:15.38 (21)	3:40.40 (23) 1:12.53	6:07.18 (23) 1:13.77	8:38.23 (23) 1:14.88	11:08.31 (23) 1:14.30	13:39.12 (23) 1:15.85	16:09.85 (23) 1:16.11	18:41.81 (23) 1:15.80	21:17.67 (22) 1:18.75	23:55.87 (22) 1:19.48	26:35.16 (22) 1:19.66	29:13.01 (21) 1:18.57	31:42.61 (23) 1:11.78
2374 RBH		2:27.87 (23) 1:12.49	4:53.41 (23) 1:13.01	7:23.35 (23) 1:16.17	9:54.01 (23) 1:15.78	12:23.27 (23) 1:14.96	14:53.74 (23) 1:14.62	17:26.01 (23) 1:16.16	19:58.92 (23) 1:17.11	22:36.39 (22) 1:18.72	25:15.50 (22) 1:19.63	27:54.44 (22) 1:19.28	30:30.83 (23) 1:17.82
Cashman, Oliver	1:15.67 (23)	3:40.82 (24) 1:12.68	6:09.76 (24) 1:15.10	8:43.07 (24) 1:17.06	11:16.57 (27) 1:15.05	13:50.27 (27) 1:17.04	16:24.57 (27) 1:17.07	18:58.93 (27) 1:17.47	21:35.10 (25) 1:17.56	24:09.82 (25) 1:16.91	26:42.93 (25) 1:15.03	29:18.42 (25) 1:18.61	31:47.38 (24) 1:11.90
2105 Delta Running Proje		2:28.14 (24) 1:12.47	4:54.66 (24) 1:13.84	7:26.01 (24) 1:16.25	10:01.52 (25) 1:18.45	12:33.23 (27) 1:16.66	15:07.50 (27) 1:17.23	17:41.46 (27) 1:16.89	20:17.54 (27) 1:18.61	22:52.91 (25) 1:17.81	25:27.90 (25) 1:18.08	27:59.81 (25) 1:16.88	30:35.48 (25) 1:17.06
Francken, Daniel	1:13.52 (11)	3:38.39 (17) 1:12.00	6:04.58 (17) 1:13.60	8:36.91 (18) 1:14.70	11:07.02 (18) 1:14.62	13:37.51 (18) 1:15.80	16:08.30 (17) 1:16.04	18:40.63 (19) 1:15.86	21:13.61 (21) 1:17.20	23:52.77 (21) 1:19.83	26:33.40 (21) 1:20.13	29:13.80 (23) 1:20.28	31:52.64 (25) 1:18.33
2027 Bankstown Sports		2:26.39 (16) 1:12.87	4:50.98 (17) 1:12.59	7:22.21 (18) 1:17.63	9:52.40 (18) 1:15.49	12:21.71 (18) 1:14.69	14:52.26 (18) 1:14.75	17:24.77 (18) 1:16.47	19:56.41 (21) 1:15.78	22:32.94 (21) 1:19.33	25:13.27 (21) 1:20.50	27:53.52 (21) 1:20.12	30:34.31 (24) 1:20.51
Maxwell, Jack	1:16.01 (25)	3:41.07 (25) 1:12.66	6:10.03 (25) 1:15.08	8:43.39 (25) 1:17.16	11:16.21 (26) 1:14.37	13:50.04 (26) 1:17.08	16:24.27 (26) 1:17.06	18:58.67 (26) 1:17.57	21:34.90 (24) 1:17.72	24:09.35 (23) 1:16.94	26:43.54 (26) 1:15.97	29:21.96 (26) 1:21.43	31:55.66 (26) 1:16.24
1944 Delta Running Proje		2:28.41 (25) 1:12.40	4:54.95 (25) 1:13.88	7:26.23 (25) 1:16.20	10:01.84 (27) 1:18.45	12:32.96 (26) 1:16.75	15:07.21 (26) 1:17.17	17:41.10 (26) 1:16.83	20:17.18 (26) 1:18.51	22:52.41 (23) 1:17.51	25:27.57 (24) 1:18.22	28:00.53 (26) 1:16.99	30:39.42 (26) 1:17.46
Toomey, Benjamin	1:16.08 (26)	3:41.41 (26) 1:12.70	6:10.27 (26) 1:15.05	8:43.64 (27) 1:17.19	11:18.94 (28) 1:16.85	13:57.46 (28) 1:19.15	16:37.56 (28) 1:20.03	19:17.61 (28) 1:19.87	21:57.53 (27) 1:20.30	24:38.89 (27) 1:20.23	27:22.57 (27) 1:22.29	30:06.53 (27) 1:22.39	32:43.12 (27) 1:15.67
2346 SGD		2:28.71 (26) 1:12.63	4:55.22 (26) 1:13.81	7:26.45 (26) 1:16.18	10:02.09 (28) 1:18.45	12:38.31 (28) 1:19.37	15:17.53 (28) 1:20.07	17:57.74 (28) 1:20.18	20:37.23 (28) 1:19.62	23:18.66 (27) 1:21.13	26:00.28 (27) 1:21.39	28:44.14 (27) 1:21.57	31:27.45 (27) 1:20.92
Foster, Jacob	1:17.31 (30)	3:45.96 (30) 1:14.95	6:20.68 (30) 1:18.11	8:58.11 (30) 1:18.63	11:35.46 (30) 1:18.44	14:11.99 (30) 1:18.58	16:52.26 (30) 1:19.65	19:32.24 (30) 1:20.50	22:11.70 (29) 1:20.31	24:51.62 (29) 1:20.84	27:30.48 (28) 1:19.06	30:10.77 (28) 1:19.68	32:46.16 (28) 1:15.53
1463 SUT		2:31.01 (30) 1:13.70	5:02.57 (30) 1:16.61	7:39.48 (30) 1:18.80	10:17.02 (30) 1:18.91	12:53.41 (30) 1:17.95	15:32.61 (30) 1:20.62	18:11.74 (30) 1:19.48	20:51.39 (30) 1:19.15	23:30.78 (29) 1:19.08	26:11.42 (29) 1:19.80	28:51.09 (28) 1:20.61	31:30.63 (28) 1:19.86

Name	400m	1200m	2000m	2800m	3600m	4400m	5200m	6000m	6800m	7600m	8400m	9200m	10000m
	800m	1600m	2400m	3200m	4000m	4800m	5600m	6400m	7200m	8000m	8800m	9600m	
Shiell, Samuel	1:16.98 ⁽²⁹⁾	3:45.52 ⁽²⁹⁾	6:20.07 ⁽²⁹⁾	8:57.19 ⁽²⁹⁾	11:34.62 ⁽²⁹⁾	14:10.25 ⁽²⁹⁾	16:49.38 ⁽²⁹⁾	19:28.27 ⁽²⁹⁾	22:09.12 ⁽²⁸⁾	24:49.54 ⁽²⁸⁾	27:33.32 ⁽²⁹⁾	30:17.06 ⁽²⁹⁾	32:55.10 ⁽²⁹⁾
	1:14.86	1:17.99	1:18.44	1:18.72	1:17.84	1:18.65	1:19.45	1:20.28	1:20.92	1:22.86	1:23.15	1:16.20	
1983 RunCrew	2:30.66 ⁽²⁹⁾	5:02.08 ⁽²⁹⁾	7:38.75 ⁽²⁹⁾	10:15.90 ⁽²⁹⁾	12:52.41 ⁽²⁹⁾	15:30.73 ⁽²⁹⁾	18:08.82 ⁽²⁹⁾	20:48.84 ⁽²⁹⁾	23:28.62 ⁽²⁸⁾	26:10.46 ⁽²⁸⁾	28:53.91 ⁽²⁹⁾	31:38.90 ⁽²⁹⁾	
	1:13.68	1:16.56	1:18.68	1:18.71	1:17.79	1:20.48	1:19.44	1:20.57	1:19.50	1:20.92	1:20.59	1:21.84	
Shaw, Jake	1:14.33 ⁽¹⁴⁾	3:37.88 ⁽¹⁵⁾	6:04.06 ⁽¹⁵⁾	8:36.72 ⁽¹⁷⁾	11:06.52 ⁽¹⁶⁾	13:37.37 ⁽¹⁷⁾	16:08.07 ⁽¹⁶⁾	18:40.35 ⁽¹⁸⁾					DNF
	1:11.70	1:13.55	1:14.74	1:14.61	1:16.05	1:15.98	1:15.80						
2045 RunCrew	2:26.18 ⁽¹⁵⁾	4:50.51 ⁽¹⁵⁾	7:21.98 ⁽¹⁷⁾	9:51.91 ⁽¹⁶⁾	12:21.32 ⁽¹⁷⁾	14:52.09 ⁽¹⁷⁾	17:24.55 ⁽¹⁷⁾	19:55.82 ⁽¹⁸⁾					
	1:11.85	1:12.63	1:17.92	1:15.19	1:14.80	1:14.72	1:16.48	1:15.47					