

| SURNAME 2024 | FIRST NAME | CLUB 2024 | NAT No 2024 | GEN | AGE GROUP 2024 | 2K SHT | 4K MED | 6K LNG | 18-5 MIN 3K4 | 18-5 SEC 3K4 | No 8 PLC 18th MAY Heritage Park CH | No 8 PTS 18th MAY | TOTAL PTS | TOTAL WEEKS | Eric Primrose Resv | Mins/km 2K W1 | Eric Primrose R | Min/Sec 3K8 W2 | Min/km 3K92 UPJOHN P W4 | Mins/km 3K92 Wk4 UPJOHN W | Mins/km 4K0 PROSPECT W5 | Mins/km 4K04 BVFP W6 | Mins/km 4K02 BVFP W7 | Mins/km 3K4 HRTTAGE P W8 |
|-----------------|---------------|--------------|-------------------|-----|-------------------|--------|--------|--------|--------------------|--------------------|--|----------------------|-----------|-------------|--------------------|---------------|-----------------|----------------|----------------------------|------------------------------|----------------------------|-------------------------|-------------------------|-----------------------------|
| DeSILVA | Rajitha | ASW | TBA | M | M40+ | | M | 15 | 14 | 3 | 10 | 37 | 4 | 0.00 | 0.00 | 0.00 | 4.44 | 4.18 | 4.45 | 0.00 | 4.48 | | | |
| HOPLEY | Bill | HIL | TBA | M | M40+ | | M | | | | | 60 | 6 | 0.00 | 4.01 | 4.28 | 4.28 | 4.04 | 4.28 | 4.72 | 0.00 | | | |
| McLENAGHAN | M | UTN | TBA | M | M40+ | | M | | | | | 9 | 2 | 0.00 | 0.00 | 4.46 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | | | |
| M40+ ^ | | | | M | M41+ | S | M | | | | | 0 | 8 | | | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | | | |

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|-----------------|---------------|--------------|-------------------|-----|-------------------|--------|--------|--------|--------------------|--------------------|------------------------------|----------------------|-----------|-------------|--------------------|---------------|----------------|-------------------------|---------------------------|-------------------------|----------------------|----------------------|--------------------------|
| GROGAN | Michael | HIL | TBA | M | M45+ | | M | | 19 | 46 | 10 | 10 | 40 | 4 | 0.00 | 0.00 | 0.00 | 6.15 | 5.45 | 5.93 | 0.00 | 5.81 | |
| HAINES | Michael | ASW | TBA | M | M45+ | | M | | 22 | 15 | 14 | 9 | 47 | 5 | 0.00 | 0.00 | 7.81 | 6.81 | 0.00 | 7.04 | 7.05 | 6.54 | |
| JORDAN | Andrew | CHE | 121845 | M | M45+ | S | | | | | | | 0 | 3 | 0.00 | 0.00 | 4.70 | 4.47 | 0.00 | 0.00 | 4.59 | 0.00 | |
| MATHEWSON | James | NA | TBA | M | M45+ | | M | | | | | | 10 | 1 | 0.00 | 7.25 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | |
| M45+ ^ | | | | | | M | M46+ | S M | | | | | 0 | 8 | | | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | |
| CARR | D | GIR | TBA | M | M50+ | S | | | | | | | 0 | 3 | 0.00 | 0.00 | 5.47 | 0.00 | 5.07 | 5.50 | 0.00 | 0.00 | |
| LUM | Shannar | HIL | | M | M50+ | | M | | | | | | 10 | 1 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 4.19 | 0.00 | 0.00 | |
| McINTOSH | Jason | SSR | TBA | M | M50+ | S | | | | | | | 0 | 4 | 0.00 | 4.27 | 4.45 | 4.01 | 3.87 | 0.00 | 4.47 | 0.00 | |
| ROGERSON | Peter | | TBA | M | M50+ | | M | | | | | | 20 | 2 | 4.22 | 0.00 | 0.00 | 0.00 | 3.81 | 0.00 | 0.00 | 0.00 | |
| ZAMMIT | Rodney | GIR | TBA | M | M50+ | | M | | | | | | 48 | 5 | 4.54 | 4.62 | 5.04 | 4.90 | 4.48 | 0.00 | 0.00 | 0.00 | |
| M50+ ^ | | | | | | M | M51+ | S M | | | | | 0 | 8 | | | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | |
| McLUCAS | David | HIL | | M | M55+ | | M | | 15 | 45 | 6 | 10 | 20 | 2 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 4.63 | 0.00 | 4.63 | |
| BYLEVELD | Paul | HIL | TBA | M | M55+ | | M | | 23 | 55 | 15 | 9 | 38 | 4 | 0.00 | 0.00 | 0.00 | 5.08 | 4.58 | 5.11 | 0.00 | 7.03 | |
| TAYLOR | Joal | HIL | 19989 | M | M55+ | | | 6 | | | | | 0 | 0 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | |
| THURLOW | Wayne | GIR | TBA | M | M55+ | S | | | | | | | 0 | 2 | 5.04 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | |
| M55+ ^ | | | | | | M | M56+ | S M | | | | | 0 | 8 | | | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | |
| SARGEANT | Greg | GIR | 30888 | M | M60+ | | M | | 20 | 21 | 13 | 10 | 78 | 8 | 5.53 | 5.75 | 5.99 | 5.94 | 5.66 | 6.07 | 6.38 | 5.99 | |
| O'DONNELL | Stephen | GIR | 25729 | M | M60+ | | M | | | | | | 54 | 6 | 6.19 | 5.91 | 0.00 | 6.99 | 6.21 | 6.55 | 6.24 | 0.00 | |
| PERRY | David | GIR | TBA | M | M60+ | | M | | | | | | 10 | 1 | 0.00 | 0.00 | 0.00 | 0.00 | 5.64 | 0.00 | 0.00 | 0.00 | |
| M60+ ^ | | | | | | M | M61+ | S M | | | | | 0 | 8 | | | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | |
| GONYE | Leslie | UNS | 31938 | M | M65+ | | M | | | | | | 9 | 1 | 0.00 | 8.63 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | |
| MILLISS | Mark | GIR | 49673 | M | M65+ | | M | | | | | | 19 | 2 | 0.00 | 0.00 | 8.30 | 7.79 | 0.00 | 0.00 | 0.00 | 0.00 | |
| SHEARGOLD | Graham | GIR | 38094 | M | M65+ | | M | | | | | | 50 | 5 | 5.10 | 4.98 | 0.00 | 5.51 | 5.23 | 6.16 | 0.00 | 0.00 | |
| TERRANOVA | Nicolas | HIL | TBA | M | M65+ | S | | | | | | | 0 | 2 | 0.00 | 0.00 | 0.00 | 0.00 | 7.56 | 5.91 | 0.00 | 0.00 | |
| M65+ ^ | | | | | | M | M66+ | S M | | | | | 0 | 8 | | | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | |
| BALL | Stephen | UTN | 20926 | M | M70+ | | M | | 18 | 45 | 8 | 10 | 70 | 7 | 4.97 | 4.94 | 5.41 | 5.16 | 0.00 | 5.35 | 5.68 | 5.51 | |
| M TEAM 70+ ^ | | | | | | M | M71+ | S M | | | | | 0 | 8 | | | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | |
| ALLOMES | Graham | SYP | 20555 | M | M80+ | | M | | | | | 5 | 48 | 7 | 8.30 | 8.39 | 8.69 | 10.37 | 10.17 | 0.00 | 10.12 | 11.96 | |
| MATHEWSON | Donald | HIL | TBA | M | M80+ | | M | | | | | | 30 | 3 | 5.06 | 0.00 | 6.92 | 0.00 | 0.00 | 5.25 | 0.00 | 0.00 | |
| M TEAM 75+ ^ | | | | | | M | M81+ | S M | | | | | 0 | 8 | | | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | |

