

	Seeding	Race Run
Women		
1 Christa Capel	3:56	3:54
2 Jill Brady	4:04	3:58
Hard Tail		
1 Tom Riley	3:14	3:08
2 Dylan Clark	3:21	3:22
2 David Crisp	3:31	3:22
4 Nick Booker	3:30	3:26
U15		
1 Ben Hill	2:50	2:55
2 Allistair Wood	3:19	3:24
3 Dan Booker	3:20	3:14
4 Paddy Nolan	4:08	3:44
U17		
1 Andrew Weatherhead	2:48	2:49
2 Remy Adderton	2:53	2:50
3 Brent Capel	2:53	2:51
4 Jarrod Saville	3:06	3:07
5 James Crofton	3:13	3:10
6 Aaron King	4:02	3:17
7 Clancy Bowman	3:10	3:35
U19		
1 Selby Press	2:41	2:40
2 Flinders Johnston	2:46	2:45
3 Adam Flower	2:52	2:51
4 Stephen Matthews	3:04	3:06
5 John Van Munster	3:24	3:24
6 Ben Nolan	3:35	3:30
Sport		
1 Josh Lycett	2:48	2:50
2 Alex Thompson	3:12	3:09
3 Oscar Bedford	3:13	3:10
4 Joel Brady	3:32	3:20
5 Marjun Peisker	3:50	3:44
Veteren Men		
1 Rob Stone	3:04	2:56
2 Carl Parr	3:12	3:05
Matt Wood	DNS	DNS
Mark Blake	DNS	DNS
Elite		
1 Kaine Cannan	2:29	2:27
2 Harry Armstrong	2:39	2:33
3 Rowan Saunders	3:00	2:41
4 Josh Johnston	2:47	2:44
5 Elliot Turner	2:52	2:49
6 Max Janes	2:56	2:50
7 Paul Douglas	3:00	2:53
8 Byron Wallace	3:10	3:03
8 Sam Ralph	3:10	3:03
10 James Holstrom	3:15	3:11
Ben Sullivan	DNS	DNS