



Athletics New Zealand  
10,000m Championships  
**RESULTS**

> The Domain, Tauranga >> 5 January 2010

**Men 19**

1	Aaron Pulford	Hamilton City Hawks Athletics Inc	30.02.14
2	Jonathan Jackson	Auckland City Athletics Club	30.53.31
3	Alex Parlane	Pakuranga Athletic Club Inc	31.54.85
4	Ben Barry	Wellington Scottish Athletics Club	33.15.02
5	Cory Whiting	Hamilton City Hawks Athletics Inc	33.58.74
6	Michael Sutton	Athletics Tauranga	34.24.24

**Senior Men**

1	Rees Buck	Wellington Scottish Athletics Club	30.01.93	
2	Kim Hogarth	Athletics Nelson	30.21.76	
3	Stephen Lett	Takapuna Athletic & HC	30.57.09	
4	Stefan Smith	Wellington Scottish Athletics Club	31.10.40	
5	Ben Ruthe	Athletics Tauranga	31.18.80	
	Dylan Grant	North Shore Athletics Club, Canada	31.27.91	<i>Visitor</i>
6	Wayne Guest	Matamata Harrier Club	32.59.91	
7	Stephen Day	Wellington Scottish Athletics Club	33.31.16	
8	Jason Steyn-Ross	Lake City Athletics Club	35.07.51	
9	Mark Gray	Onehunga AA & HC	48.26.42	

**Senior Women**

	Andrea Woodvine	Aldershot Farnham & Districts Athletic Club, UK	33.29.94	<i>Visitor</i>
1	Rachel Kingsford	Athletics Otago	35.11.45	
2	Michelle Hopkins	Pakuranga Athletic Club Inc	36.13.75	
3	Tina Harris	Wellington Scottish Athletics Club	37.02.27	
4	Tara La Grange	North Harbour Bays Athletics	37.48.51	
5	Gabrielle O'Rourke	Wellington Harrier Athletic Club	37.51.94	
6	Bernie Portenski	Wellington Scottish Athletics Club	39.47.43	
7	Nicola McKay	Athletics Tauranga	40.09.95	
	Erin Whitla	Wellington Harrier Athletic Club	DNF	

