

Start Lists for NZ 10,000m championships 2025

Senior Women

| First name | Last name | Club | Centre |
|------------|-----------|----------------------------------|------------|
| Lisa | Cross | TTT Runners | Auckland |
| Emily | Roughan | Egmont Athletics | Taranaki |
| Eva | Pringle | Whippets Running Project | Canterbury |
| Sally | Gibbs | Wanganui Athletic & Harrier Club | Manawatu |
| Martina | Conner | Port Hills Athletic Club | Canterbury |
| Rachel | O'Brien | TTT Runners | Auckland |

Senior Men

| First name | Last name | Club | Centre |
|------------|----------------|---|-----------------------|
| Eric | Speakman | Victoria University of Wellington Athletic Club | Wellington |
| Liam | Chesney | Wellington Harrier Athletic Club | Wellington |
| Julian | Oakley | Athletics Tauranga | Waikato Bay of Plenty |
| Matt | Croxford | Victoria University of Wellington Athletic Club | Wellington |
| Toby | Gualter | Olympic Harrier & Athletic Club | Wellington |
| Michael | Sutton | Athletics Tauranga | Waikato Bay of Plenty |
| Nathan | Tse | Wellington Harrier Athletic Club | Wellington |
| Oska | Inkster-Baynes | University of Canterbury Athletics Club | Canterbury |

Junior Under 20 Men

| First name | Last name | Club | Centre |
|------------|-----------|--------------------|-----------------------|
| Lachie | Parsons | Athletics Tauranga | Waikato Bay of Plenty |
| Daniel | Barback | Athletics Tauranga | Waikato Bay of Plenty |
| Thomas | Hooks | Egmont Athletics | Taranaki |