

25th 50km Road Running Championship

This was conducted over three events: 10km, 15km and 25km. 14 men and 9 women completed the 50km somewhat down on last year's numbers.

Brett Roach continued his run of success after his wins in 2007, 2008, 2009 and 2010 with a rate of 3:40 min/km with all of these years being almost identical times. Other noteworthy achievements are Mark Rosen and Graham Thornton who completed their tenth championship. Brian Danby currently sits on nine.

Gillian Young won the women's competition with an average of 5:05 min/km, this coming only a few weeks after having competed in the Busselton triathlon. Shirley Bell needs one more to reach her tenth championship.

The figure on the left is the times completed RRC and/or RWC. All who complete receive a medal to be awarded on Presentation Day.

Women RRC			min/km	Men RRC			min/km
8	Gillian Young	W60	5:05	5	Brett Roach	M40	3:40
9	Shirley Bell	W60	5:28	3	Chris Maher	M55	4:18
1	Dee Conibeer	W50	5:37	11	John Allen	M50	4:21
1	Melissa Hynds	W30	5:37	2	Ross Keane	M45	4:29
3	Claire Walkley	W45	5:47	8	Brian Bennett	M60	4:36
2	Sarah Ladwig	W60	6:13	2	Maurice Creagh	M60	4:57
2	Bronwyn Smith	W35	6:27	22	Bob Schickert	M65	5:11
8	Julie Keeley	W40	6:32	10	Graham Thornton	M65	5:12
13	Marg Forden	W65	6:45	9	Brian Danby	M60	5:13
				11	Mike Khan	M65	5:32
				17	John Pellier	M70	6:06
				2	Heiner Huning	M50	6:09
				10	Mark Rosen	M60	6:34
				5	Brian Smith	M70	6:40

30km Road Walking Championships

This was conducted over three events with a total of 30km. Garry Hastie won his first RWC with a rate of 5:31 min/km, while Michelle Mison's win was her sixth. Michele Mison and Margaret Bennett completed their tenth RRC/RWC.

				10	Margaret Bennett	W65	9:29
Women RWC			min/km	Men RWC			min/km
10	Michelle Mison	W60	7:11	1	Garry Hastie	M45	5:31
12	Lynne Schickert	W65	7:47	6	Bob Fergie	M75	8:15
11	Joan Pellier	W70	8:11	11	Jeff Whittam	M75	8:21
4	Lorna Lauchlan	W80	8:29	8	Richard Harris	M70	9:23
2	Jan Jarvis	W65	9:29				