

Men's 10km Road

Records

Open	27:48	Rob de Castella	VIC	Phoenix, USA	03.03.1984
U/20	29.09*	Ryan Gregson	NSW	Burnie	19.10.2008
U/18	n.a				
U/16	n.a				

* unofficial - best known time run by an Australian junior.

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Ranking	Performance	Athlete		State	DOB	Position	Venue	Date
1	27:48.0	Rob	de Castella	V	270257	2	Phoenix AZ USA	03.03.1984
2	27:54.0	Craig	Mottram	V	180680	1	Manchester ENG	23.05.2004
3	28:00.0	Andrew	Lloyd	N	140259	2	New Orleans LA USA	15.04.1989
	28:03.0		de Castella			6	New Orleans LA USA	01.04.1984
4	28:11.0	Darren	Wilson	V	090868	1	Burnie	21.09.1997
5	28:11.0	Shaun	Creighton	A	150567	2	Chiba, JPN	23.11.1998
6	28:12.0	Steve	Moneghetti	V	260962	1	Melbourne	13.06.1992
	28:13.0		Mottram			1	New York NY USA	20.05.2006
	28:14.0		Lloyd			3	Boston MA USA	09.04.1989
	28:16.0		de Castella			1	Canberra	07.10.1984
7	28:17.0	Shawn	Forrest	V	100783	6	Cape Elizabeth, USA	07.08.2010
	28:19.0		Moneghetti			1	Sydney	28.05.1988
	28:19.0		Moneghetti			1	Melbourne	15.11.1992
8	28:22.0	Malcolm	Norwood	V	280764	1	Adelaide	17.10.1987
	28:24.6		Mottram			2	New York NY USA	19.05.2007
	28:25.0		Mottram			1	Burnie	12.10.2003
	28:27.3		Mottram			1	New York NY USA	22.05.2005
	28:28.0		de Castella			3	New Orleans LA USA	05.04.1986
		17 performances under 28:30						
9	28:34.0	Patrick	Carroll	Q	170861	2	Melbourne	21.11.1993
=10	28:37.0	Mark	Tucker	V	150879	1	Launceston	22.07.2007
=10	28:37.0	Ben	St.Lawrence	N	71181	7	New York NY USA	15.05.2010
		(10)						
12	28:41.0	Brett	Cartwright	N	250173	2	Launceston	22.07.2007
13	28:45.0	Andrew	Letherby	V	190973	7	Atlanta, USA	04.07.2005
14	28:47.0	Simon	Field	V	110579	1	Springvale	29.05.2004
15	28:50.0	Lee	Troop	V	220373	5	Chiba, JPN	24.11.2006
16	28:52.0	Michael	Shelley	Q	101083	2	Springvale	17.05.2008
17	28:53.0	David	Evans	V	211269	1	Ballarat	02.05.1998
18	28:55.0	Mike	Power	V	90576	2	Melbourne	19.05.2001
-	28:57.0	Mizan	Mehari (ETH)	A	281280	2	Burnie	21.09.1997
		<small>(Mehari was still representing Ethiopia up until 1999, but did go onto represent Australia at the 2000 Olympic Games in the 5000m)</small>						
19	28:58.0	Clinton	Perrett	V	110583	6	Utrecht, BEL	26.09.2010
20	29:00.0	Kim	Gillard	N	180870	3	Burnie	14.10.2001
		(20)						
21	29:02.0	Liam	Adams	V	41286	3	Springvale	17.05.2008
22	29:09.0	Ryan	Gregson	N	260590	1	Burnie	19.10.2008
23	29:12.0	Tim	Rowe	N	10184	5	Springvale	17.05.2008
24	29:13.0	Martin	Dent	N	80279	1	Burnie	21.10.2007
25	29:16.0	Collis	Birmingham	V	271284	14	New York NY USA	15.05.2010
26	29:20.0	David	Ruschena	V	170274	3	Springvale	29.05.2004
27	29:22.0	Toby	Rayner	V	81286	6	Springvale	17.05.2008
28	29:26.0	Scott	Westcott	N	250975	5	Burnie	19.10.2008
29	29:31.0	David	McNeill	V	61086	2	Springvale	26.05.2007
30	29:34.0	Robert	Wallace	V	210651	1	Omaha NE, USA	26.07.1981
		(30)						