

Inugural AMA 10K Road Championships 2022
10K Blackmore Bridge Run - 18th September 2022
Sydney Running Festival

Men 30 - 39

Place	Name	Net Time
1	Ryan Gregson	30:22s
2	Ken Gibson	33:34s
3	Aleksandr Bolshakou	34:06s

Men 40 - 49

1	Matthew Jack	33:51s
2	James Mason	34:11s
3	Nathan Smith	35:01s

Men 50 - 59

1	Jonathon Heron	38:33s
2	Paul Argall	38:52s
3	Martin Raic	39:10s

Men 60 - 69

1	Brad Sharpe	44:16s
2	Stephen Downey	45:12s
3	Stephen Young	45:48s

Men 70 - 79

1	Ian Tague	47:58s
2	Nick Dragicevic	52:12s
3	John Burroughs	53:11s

Men 80 - 89

1	Paul Maggs	1:05:16s
2	Rodney Vincent	1:21:03s
3	John Maitland	1:46:56s

Men 90 - 99

1	Conrad Wine	1:28:49s
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Women 30 - 39

Place	Name	Net Time
1	Lydia O'Donnell	34:47s
2	Brooke Williams	35:33s
3	Katie Mahoney	36:00s

Women 40 - 49

1	Claire Rayner	36:14s
2	Emma Collyer	36:17s
3	Shiloh Watts	38:32s

Women 50 - 59

1	Karen Blay	40:41s
2	Louise Arnott	42:36s
3	Elizabeth Miller	43:31s

Women 60 - 69

1	Helen Collins	48:52s
2	Loli Reed	49:19s
3	Deborah Drennan	51:13s

Women 70 - 79

1	Lynda Musico	55:26s
2	Sharon Chiong	1:01:13s
3	Margaret Curley	1:04:42s

Women 80 - 89

1	Anne Freer	1:12:41s
2	Erica Raic	1:13:43s
3	Rosemary Bridge	1:51:05s