**10000m Track Championship at Sandy on 7 July 2016**

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| --- | --- | --- | --- | --- |
| VM40 | Mark | Vaughan | NHRR | 34:41.7 |
|  | Grant | Ramsay | FVS | 36:08.2 |
| VM60 | John | Hope | SAS | 50:48.1 |
|  | Jim | Brown | FVS | 51:53.7 |
| VW45 | Penelope | Schenkel | FVS | 51:54.9 |