

Cook Islands Event Long Bay 10 July 2004
RESULTS

	Club	Time	Place
Master Womens W6 10k			
Tamaki Cruzers Maru	Tamaki	58.08.75	1st
Open Womens W6 10k			
Waka Mamas	Waitakere	50.48.41	1st
Team Fury	Pineula	53.05.93	2nd
Vairua o te Onu	Orakei	57.22.10	3rd
Tamaki Cruzers Haere	Tamaki	59.12.09	4th
Master Mens W1 5k			
	Club	Time	Place
Mike Hickson	Waitakere	27.13	1st
Martin Fox	Taniwha	28.33	2nd
Tom Nathan	Manukau	28.37	3rd
Tame Tane	Manukau	28.48	4th
Tim Tapsell	Pakuranga	29.23	5th
Danny Kaiawe	Manukau	31.05	6th
Mike Paki	Pupuke Moana	33.15	7th
Steve Harris	Waitakere	34.44	8th
Ken Gilbert	Taniwha	34.49	9th
Pete Wainui	Pupuke Moana	34.53	10th
Open Mens W1 5k			
Gavin Clarke	Pupuke Moana	24.16	1st
Lee Poimafiti	Manukau	25.39	2nd
John Papali'i	Pineula	26.21	3rd
Brent Whitcombe	Waitakere	27.36	4th
Cherokee Dolan	Waitakere	27.38	5th
Nga Tiputoa	Cook Islands	27.41	6th
Darryl Wetere	Hauraki	27.46	7th
Martin Helleur	Waitakere	28.42	8th
Jean Tetohu	Waitakere	28.52	9th
Leon Collision	Manukau	31.42	10th
Brian Roche	Orakei	32.18	11th
Owen Pauu	Hauraki	35.05	12th
Mario Mausio	Waitakere	35.48	13th
Tukutahi Happy	Waitakere	35.52	14th
Open Mens W2 5k			
Vaka Manu	Manukau	25.45	1st
Andrew & Peter	Waitakere	26.24	2nd
Simon & Kane	Pupuke Moana	26.32	3rd
John Lafaele & Taupuru Brig	Pineula	28.24	4th
Robert & Francis	Pineula	30.31	5th
Vance & Stan	Orakei	32.30	6th
Master Mens W6 10k			
Grizzlies White	Taniwha	43.52.91	1st
Vaka Manu	Manukau	45.01.14	2nd
MIB	Taniwha	45.11.07	3rd
Te Toki	Te Toki	46.25.78	OT
Gringos	Waitakere	49.25.37	4th

Open Mens W6 10k			
Team West	Waitakere	42.08.27	1st
Team Ameron	Manukau	45.20.84	2nd
Young Guns	Pupuke Moana	46.13.02	3rd
Tupaoro-oro	Cook Islands	46.31.42	4th
Lightning	Hauraki	47.08.46	5th
Samania	Pineula	47.47.12	DQ
Big Easy	Waitakere	48.58.74	6th
Mana Va'a	Pakuranga	50.20.58	7th
Waikato University	Waikato	51.31.13	OT
Open Womens W1 5k			
Bernie Murch	Manukau	33.35	1st
Jaroz Adams	Cookies	-	DNF
Open Womens W2 5k			
Maire & Tania	Pineula	43.20	1st
Orange Ruffy	Tamaki	44.50	2nd
J19 Girls 5k			
Gapt It	Waitakere	29.42.27	1st
Novice Women 5k			
Wahine Toa	Waitakere	30.11.27	1st
Taniwha	Taniwha	33.55.66	2nd
Kotahi Tatou	Portage	34.15.22	3rd