

Date: Friday, February 13

Helidon - Helidon

Distance: 23.1 km

Result

1.	2 Katrin GARFOOT (AUS)	AUS19811008	32:55.27	
2.	7 Lauren KITCHEN (AUS)	AUS19901121	33:44.34	+49.0
3.	4 Rebecca MACKEY (AUS)	AUS19930708	34:06.33	+1:11.0
4.	10 Tessa FABRY (AUS)	AUS19880726	34:23.70	+1:28.4
5.	8 Alexandra MANLY (AUS)	AUS19960228	34:47.45	+1:52.1
6.	3 Taryn HEATHER (AUS)	AUS19820831	35:00.23	+2:04.9
7.	5 Allison RICE (AUS)	AUS19940324	35:05.81	+2:10.5
8.	12 Lucy BARKER (GBR)	GBR19790831	35:58.27	+3:02.9
9.	6 Ellen SKERRITT (AUS)	AUS19941220	36:38.63	+3:43.3

- Average speed of the winner: 42.1 km/h
- Number of starters: 9