



| 5K Female Overall | Bib | Name | Time |
|--------------------------|-----|------------------|---------|
| 1 | 271 | Melina Frei | 0:18:53 |
| 2 | 247 | Gillian Clayton | 0:19:22 |
| 3 | 248 | Sue Safadi | 0:20:45 |
| 4 | 246 | Natalie Zinetti | 0:21:49 |
| 5 | 262 | Kelsey Mulvihill | 0:22:23 |

| 5K Male Overall | Bib | Name | Time |
|------------------------|-----|-----------------|---------|
| 1 | 304 | Jeremiah Ziak | 0:15:32 |
| 2 | 251 | Mark Wilkie | 0:15:59 |
| 3 | 120 | Man Kong Chan | 0:17:50 |
| 4 | 273 | Paul Reimer | 0:17:51 |
| 5 | 231 | Gordon Christie | 0:17:53 |

** category updated

| 10K Female Overall | Bib | Name | Time |
|---------------------------|------|-----------------|---------|
| 1 | 1611 | Sabrina Wilkie | 0:38:39 |
| 2 | 1806 | Helen Ritchie | 0:40:05 |
| 3 | 1898 | Rebecca Reid | 0:40:05 |
| 4 | 1123 | Claudia Edwards | 0:40:56 |
| 5 | 1132 | Tara Finnegan | 0:40:59 |

| 10K Male Overall | Bib | Name | Time |
|-------------------------|------|----------------------|---------|
| 1 | 1577 | Eddie Smith | 0:33:19 |
| 2 | 1917 | Shawn Stephens-Whale | 0:33:39 |
| 3 | 1390 | Matt Reeve | 0:37:00 |
| 4 | 1091 | Alex Copping | 0:37:14 |
| 5 | 1918 | Rob Barber | 0:37:17 |

| 21K Female Overall | Bib | Name | Time |
|---------------------------|------|---------------------|---------|
| 1 | 5881 | Keddi-Anne Sherbino | 1:22:57 |
| 2 | 5892 | Rachel McBride | 1:25:34 |
| 3 | 5942 | Amy Kirkham | 1:26:26 |
| 4 | 5336 | Stephanie Kurz | 1:27:33 |
| 5 | 5963 | Kristin Smart | 1:29:24 |

| 21K Male Overall | Bib | Name | Time |
|-------------------------|------|----------------|---------|
| 1 | 5922 | David Palermo | 1:12:40 |
| 2 | 5885 | Drew Nicholson | 1:13:00 |
| 3 | 5979 | Craig McMillan | 1:17:14 |
| 4 | 5981 | Colin Kerr | 1:18:18 |
| 5 | 5819 | Chris Barth | 1:18:55 |