

MAAC No Frills 5K and 10K

10K Run

- 1 (*****) Damian Gold 38:46
- 2 (*****) Izzy Dutranoit 38:52
- 3 (1) Darryl Herrick 39:18
- 4 (1) Jonas Muir Wood 40:22
- 5 (1) Kahzi Sealey 41:17
- 6 (2) James Roberts 42:17
- 7 (2) Adam Somekh 43:39
- 8 (3) Wes Lindo 44:24
- 9 (3) Giles Spurling 44:37
- 10 (1) Vivienne Lochhead 44:52
- 11 (2) Sarah Thompson 45:34
- 12 (3) Bonnie Mills 46:16
- 13 (1) Scott Neil 47:28
- 14 (1) Leana Coetsee 47:46
- 15 (4) Gerhard Coetsee 47:46
- 16 (5) Neal Towlson 48:10
- 17 (4) Katie Qutub 48:20
- 18 (6) Marc Morris 48:28
- 19 (7) Franco Kwan 48:41
- 20 (4) Zac Clammer 49:22
- 21 (2) Gemma McGeever 50:37
- 22 (8) Daniel Mutua 51:08
- 23 (5) Gianina Tescu 51:38
- 24 (6) Jennifer Wilson 52:39
- 25 (7) Elizabeth Harris 52:49
- 26 (9) Allan Van Der Meer 53:28
- 27 (3) Marna Louw 54:33
- 28 (4) Marni Swart 54:43
- 29 (1) Sharon Craig 54:48
- 30 (1) Mairi Redmond 54:48
- 31 (8) Alexandra Wilberz 55:05
- 32 (9) Nicola Hallett 55:38
- 33 (10) Steven Skinner 56:26
- 34 (1) Ian Hind 58:42
- 35 (5) Tom Johansmeyer 59:16
- 36 (2) Lisa Ferrari 1:06:31
- 37 (3) Florence Sharpe 1:08:45
- 38 (5) Suria Burger 1:09:29
- 39 (11) Devano Mowes 1:12:17
- 40 (12) Andre Retief 1:12:18
- 41 (10) Kemda Bean 1:14:44

5K Run

- 1 (*****) Alexander Winfield 18:32
- 2 (1) Chris Parry 18:35

3 (1) Jauza James 18:58
4 (1) Tom Blythe 19:59
5 (2) Timothy Fox 20:31
6 (3) Richard Howells 20:36
7 (2) Jake Smith 21:02
8 (4) Matthew Viney 21:09
9 (5) Micah Franklin 21:12
10 (6) Matthew Dobson 21:20
11 (1) Charlie Withers-Clarke 21:40
12 (7) Ryan Spencer-Arscott 22:01
13 (*****) Rebecca Shepherd 22:13
14 (8) Nurik Eldosov 22:16
15 (1) Melina Turk 22:17
16 (2) Alexandra Mellor 22:21
17 (2) Steven Ortiz 23:15
18 (3) Alison Savill 23:23
19 (9) Anton Rosenbaum 23:36
20 (1) Fenella Wightman 23:50
21 (10) Korin Knights 24:15
22 (2) Gavin O'Connor 24:24
23 (1) Zoe Roberts 24:24
24 (1) Andy McComb 24:45
25 (11) Elijah Simmons 24:49
26 (12) Conor McLaughlin 25:18
27 (2) Zylah Bean 25:27
28 (13) Troy Kennah 25:32
29 (14) Stephen Smith 26:10
30 (15) Khaleb Tota 26:15
31 (4) Jahdayna Samuels 26:16
32 (5) Margot Shane 26:46
33 (16) Owen Palmer 27:06
34 (6) Lauren Kelleher 27:10
35 (2) Romana Ivey 27:33
36 (3) Nathalie Candillon 27:50
37 (17) Christian Chin-Gurret 28:16
38 (2) Tony Riker 28:20
39 (3) Mike Rickards 28:53
40 (1) Zina L. Jones 29:13
41 (3) Craig Scott 29:33
42 (18) Michael Dennis 31:44
43 (3) Olivia Skerlj 32:09
44 (4) Teodora Nan 32:58
45 (7) Kimberly Brewer 33:55
46 (8) Eilidh Franklin 33:55
47 (2) Roberta Alvarez 34:11
48 (4) Peter Skerlj 35:52
49 (9) Belaun Foggo 36:57
50 (1) Donna Mae Arorash 41:24