

MAAC No Frills 5K and 10K

10K Run

- 1 Trey Simons 33:31
- 2 Matthew Twilley 38:28
- 3 John Carreiro 40:10
- 4 Shawn Simons 40:36
- 5 Carl Cao 41:04
- 6 Tom Neill 42:01
- 7 Zack Burrows 42:14
- 8 Oliver Thompson 42:21
- 9 John Thompson 42:30
- 10 Teresa Ruiz 42:41
- 11 Craig Rothwell 43:21
- 12 Marielle Beaulieu 44:43
- 13 Laurie Orchard 45:05
- 14 Lionel Quintin 45:23
- 15 Miles Smith 45:34
- 16 Dave Courcy 46:00
- 17 Florin Teleman 46:24
- 18 Ricardo Sousa 46:43
- 19 Alex McManus 46:43
- 20 Richard Howells 46:47
- 21 Dm Salter 47:06
- 22 Romeo . 47:42
- 23 Nicole Mitchell 47:57
- 24 Richard Bruton 49:16
- 25 Louie Cuarentas 51:31
- 26 Timothy Fox 52:01
- 27 Katriona Blomberg 52:05
- 28 Peter Topham 52:46
- 29 Mei Li 53:58
- 30 Ivy Manio 54:15
- 31 Darren Street 54:22
- 32 David Friston 54:27
- 33 Allan Van Der Meer 54:51
- 34 Graziela Rodrigues 55:11
- 35 Luke Templeman 55:29
- 36 Marni Swart 55:36
- 37 Jose Andrade 56:05
- 38 Maria Lucey 56:22
- 39 Handsome Williams 56:35
- 40 Charlotte Toogood 57:41
- 41 Chase Toogood 57:41
- 42 Silverio Apostol 58:33
- 43 Justin Edmunds 58:43
- 44 Craig Munden 1:00:33
- 45 Vanessa Stott 1:00:39
- 46 Alexsei Nielsen 1:01:09

47 Nicolas Daoust 1:01:28
48 Vanja Vukota 1:03:25
49 Jenny Farrer 1:04:27
50 Tayla Edmunds 1:04:59
51 Brendon Fourie 1:06:40
52 Alan Gilbertson 1:06:45
53 Jenifer Bielby 1:07:00
54 Jessica Mapstone 1:07:52
55 Jennifer Garofalini 1:18:57
56 Aisling Cusack 1:28:53

5K Run

1 Philip Woollins 18:11
2 Juma Mouchette 19:01
3 David Lunn 19:03
4 Eugene Simmons 19:26
5 Jonas Muir Wood 21:25
6 Kevin Topple 21:28
7 Michael Schindel 21:57
8 Gavin O'Connor 22:05
9 Sarah Ryan 22:23
10 Daniel Byron 22:44
11 Vivian Curtis 24:02
12 Simba Chigwande 24:26
13 Patrick Alido 24:28
14 Gerhard Boonstra 25:47
15 Jill Brewer 25:54
16 Mark Riihiluoma 27:28
17 Madison Hughes 27:43
18 Ceri Riihiluoma 28:15
19 Lucy Sowerby 28:39
20 Lara Rogers 28:40
21 Nina Cuarentas 29:07
22 Zylah Bean 29:28
23 Abjel Colis 29:42
24 Kiera Fujimoto 30:25
25 Daniel Ritchie 30:26
26 Emma Palmer 31:02
27 Carol Dixon 31:37
28 Katherine Moore 36:05
29 Erika Althea Arcan 36:36
30 Olivia Norris 36:38
31 Margaret Naval 38:33
32 Donna Mae Arorash 42:43

5K Competitive Walk

1 Gilda Cann 41:05

5K Non-Competitive Walk/Run

- 1 Carolyn Toogood 27:43
- 2 Sophia Norton 29:25
- 3 Emma Bedard 29:30
- 4 Maximillian Norton 45:57
- 5 Claire Van Overdijk 46:01
- 6 Eugene Arorash 47:29