

| 5 Km Results | | | | 10 Km Results | | | |
|--------------|-------------|------|---------|---------------|------------|------|---------|
| First Name | Last Name | Bib | Time | First Name | Last Name | Bib | Time |
| Rob | Vogt | 1234 | 0:22:55 | Patrick | Mcllroy | 693 | 0:39:53 |
| Scott | Fast | 1230 | 0:23:35 | Breanne | Austin | 1241 | 0:45:45 |
| Dale | Huzar | 1 | 0:24:17 | Barry | Nakahara | 696 | 0:46:00 |
| Daniel | Plourde | 1222 | 0:25:20 | Mich | Ochieng | 1245 | 0:48:33 |
| Chris | Bennett | 1243 | 0:27:47 | Steven | Knowles | 1219 | 0:50:19 |
| Callie | Peterson | 1228 | 0:27:55 | Philippa | Roots | 1221 | 0:50:25 |
| Michelle | Cyr-Whiting | 1244 | 0:28:05 | Brad | Bieganski | 668 | 0:50:45 |
| Julie | Creaser | 709 | 0:28:15 | Larry | Malmgren | 688 | 0:51:27 |
| Sarah | Hallett | 1227 | 0:29:08 | Jamie | Massicotte | 690 | 0:52:33 |
| Sarah | Champagne | 1220 | 0:29:13 | Kirby | Hodson | 1240 | 0:53:47 |
| James | Lobermayer | 724 | 0:29:23 | Jason | Laurie | 684 | 0:54:00 |
| Jen | Nelson | 699 | 0:29:49 | Kaitlin | Earl | 673 | 0:54:14 |
| Samantha | King | 720 | 0:29:55 | Cynthia | McHale | 692 | 0:54:16 |
| Kelly | Sharp | 1238 | 0:30:05 | Eldon | Toombs | 1237 | 0:55:10 |
| Kristina | Nelles | 698 | 0:30:58 | Scott | Forrest | 674 | 0:55:55 |
| Melissa | Grisedale | 717 | 0:31:43 | Mike | Penner | 701 | 0:56:44 |
| Umesh | Parshotam | 733 | 0:33:03 | Buddy | Bruintjes | 670 | 1:00:09 |
| Ashley | Saunders | 736 | 0:33:20 | Emily | Cooke | 671 | 1:00:34 |
| Natalie | Vogt | 1235 | 0:33:50 | Byaombe | Ndela | 697 | 1:00:37 |
| Suzanne | Sharp | 1239 | 0:34:59 | Curtis | Mayes | 691 | 1:01:14 |
| Alia | Hamieh | 718 | 0:35:16 | Terry | Thiara | 706 | 1:02:34 |
| Adam | Lobermayer | 722 | 0:35:22 | Mitchell | Guitard | 676 | 1:02:51 |
| Eric | Lobermayer | 723 | 0:35:22 | Richard | Mansfield | 689 | 1:03:51 |
| Travis | Aucoin | 1229 | 0:35:48 | Robin | Levant | 685 | 1:03:52 |
| Nicole | Ross | 735 | 0:36:22 | Frederixk | Hachkevich | 677 | 1:04:04 |
| Alana | Oikonen | 732 | 0:36:25 | Sara | Pyke | 703 | 1:04:04 |
| Jennifer | Schulz | 737 | 0:37:58 | Faye | Black | 1225 | 1:05:11 |
| Barb | Kane | 719 | 0:38:30 | John | Black | 1226 | 1:05:11 |
| Gemma | Dodd | 710 | 0:39:00 | Michael | Duck | 672 | 1:08:04 |
| Max | Dodd | 711 | 0:39:00 | Sonya | Lally | 682 | 1:12:24 |
| Melissa | Bloodoff | 708 | 0:40:46 | Sharon | Toombs | 1236 | 1:13:23 |
| Senga | Frisken | 713 | 0:40:55 | Jennifer | Little | 686 | 1:14:15 |
| Marie | Geddes | 713 | 0:40:55 | Meredith | Kaknevicus | 680 | 1:14:43 |
| Sheena | McArthur | 728 | 0:41:46 | Cori | Blyth | 669 | 1:16:37 |
| Sarah | Giese | 715 | 0:42:16 | Meg | Myers | 695 | 1:22:31 |
| kerri | Nolli | 731 | 0:42:16 | | | | |
| Juliet | Goveia | 716 | 0:53:09 | | | | |
| Layne | Labby | 721 | 0:53:09 | | | | |
| Caitlyn | McWhirter | 729 | 0:53:09 | | | | |