

<b>3 in 1</b>								
Place	Name	City	Bib No	Age	3k	Mile	5k	Total
<b>1</b>	<b>David Sharratt</b>	Guelph	765	37	10:48.64	5:25	18:34	<b>34:47</b>
<b>2</b>	<b>Jeff Rowthorn</b>	Mount Hope	763	41	11:48.69	6:00	20:47	<b>38:37</b>
<b>3</b>	<b>Jennifer-Lynn Schneider</b>	Guelph	764	33	13:13.64	6:40	22:35	<b>42:28</b>
<b>4</b>	<b>David Lawrance</b>	Guelph	758	37	13:36.79	6:07	23:04	<b>42:47</b>
<b>5</b>	<b>Sara Lawrance</b>	Guelph	759	35	15:04.84	7:05	25:18	<b>47:27</b>
<b>6</b>	<b>Sarah-Ann Black</b>	Brampton	754	29	15:02.48	7:23	25:27	<b>47:52</b>
<b>7</b>	<b>Ross Millson</b>	Guelph	760	65	16:22.12	10:11	27:31	<b>54:02</b>
<b>8</b>	<b>Gary Solomon</b>	Toronto ON	766	64	18:48.44	8:11	30:46	<b>57:45</b>
<b>9</b>	<b>Asia Murphy</b>	Guelph	762	23	18:59.28	9:44	31:27	<b>1:00:10</b>
<b>10</b>	<b>Suzanne Swanton</b>	Guelph ON	767	56	20:42.04	10:24	34:14	<b>1:05:21</b>
<b>11</b>	<b>Lynne Mitchell</b>	Guelph ON	761	55	20:42.35	10:26	34:47	<b>1:05:55</b>
<b>12</b>	<b>Sanju Gupta</b>	Toronto ON	756	51	19:44.00	12:18	35:42	<b>1:07:44</b>
<b>13</b>	<b>Karen Brake</b>	Bridgenorth	755	33	25:17.29	11:19	41:37	<b>1:18:25</b>