

3 in 1 Results

| Place | Name | City | Age | Total time | Mile | 5k | 3k |
|-------|-------------------------|----------------|-----|------------|------|----------|-----------------------|
| 1 | Liam Stiles | Guelph | 22 | 26:11.4 | 1 | 4:57.64 | 1 16:33.4 1 09:38.1 |
| 2 | Jeff Rowthorn | Hamilton | 40 | 31:03.2 | 4 | 6:35.06 | 2 19:28.7 3 11:34.5 |
| 3 | Mark Nicholson | Guelph | 40 | 33:08.4 | 10 | 8:42.40 | 6 22:25.1 2 10:43.3 |
| 4 | Nick Hann | Orangeville ON | 25 | 33:09.8 | 2 | 6:01.41 | 3 21:05.6 4 12:04.2 |
| 5 | Jennifer-Lynn Schneider | Guelph | 32 | 33:38.9 | 3 | 6:14.41 | 4 21:28.1 5 12:10.8 |
| 6 | Mylene Ward | Guelph ON | 46 | 35:44.2 | 8 | 6:53.18 | 5 22:12.5 7 13:31.7 |
| 7 | Sarah Black | Brampton | 28 | 35:45.6 | 6 | 6:39.26 | 7 22:32.2 6 13:13.4 |
| 8 | Jenny Gusba | Guelph | 41 | 37:17.6 | 11 | 8:43.62 | 8 22:34.9 9 14:42.7 |
| 9 | Fiona Stewart | Tiverton | 33 | 37:34.9 | 7 | 6:49.02 | 9 23:41.8 8 13:53.1 |
| 10 | Scott Andrews | Guelph | 40 | 42:02.8 | 5 | 6:37.79 | 11 25:54.7 10 16:08.1 |
| 11 | Tom Wilson | Scarborough | 65 | 47:10.2 | 14 | 9:53.51 | 14 29:30.8 11 17:39.4 |
| 12 | Sanju Gupta | Toronto | 50 | 48:37.2 | 13 | 9:20.89 | 16 30:37.5 12 17:59.7 |
| 13 | Lisa Paananen | Hamilton | 47 | 49:51.5 | 12 | 9:12.01 | 15 30:30.8 14 19:20.7 |
| 14 | Valerie White | Ajax | 48 | 49:55.6 | 9 | 8:32.26 | 17 31:08.3 13 18:47.3 |
| 15 | Scott Lang | Cambridge | 42 | 52:33.1 | 17 | 14:59.29 | 12 27:17.2 16 25:15.9 |