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|------------|-----------------|---------------------|-----|-----|---------|----------|----------|
| 4-Sep-2019 | | | | | | | |
| 2.2K | | | | | | | |
| Position | Name | Club | M/F | Cat | Vest No | Distance | Run Time |
| 1 | Sam Bourne | SMAC | M | 9 | 792 | 2.2K | 11:21 |
| 2 | Joey Courchene | Special Olympics NS | M | 40 | 616 | 2.2K | 13:02 |
| 3 | Julie Bourne | | F | 40 | 822 | 2.2K | 16:38 |
| | | | | | | | |
| 5K | | | | | | | |
| Position | Name | Club | M/F | Cat | Vest No | Distance | Run Time |
| 1 | Karl Birch | | M | 45 | 191 | 5K | 25:23 |
| 2 | Stephen Billing | | M | 60 | 795 | 5K | 27:51 |
| 3 | Richard Dodd | | M | 55 | 169 | 5K | 28:15 |