

| | | | | | | |
|-------------------------|------------------|---------------|-------------|-------------|-------------------|--------------------|
| 13 November 2016 | | | | | | |
| 5k | | | | | | |
| Female | | | | | | |
| Place | Name | Bib No | Laps | Time | Total Time | Chip Number |
| 1 | Kate Riethmuller | 1678 | 1 | | 22:25.9 | 285 |
| | | 1678 | 5k | 22:25.9 | 22:25.9 | |
| 2 | Jenny Deag | 2797 | 1 | | 22:50 | 275 |
| | | | 5k | 22:50 | 22:50 | |
| 3 | Crystal Mahony | 3035 | 1 | | 22:51.0 | 28 |
| | | 3035 | 5k | 22:51.0 | 22:51.0 | |
| 4 | Anita Breed | 3009 | 1 | | 23:50.5 | 470 |
| | | 3009 | 5k | 23:50.5 | 23:50.5 | |
| 5 | Liz McCracken | 1791 | 1 | | 25:56.8 | 360 |
| | | 1791 | 5k | 25:56.8 | 25:56.8 | |
| 6 | Amy Riethmuller | 1679 | 1 | | 27:25.5 | 283 |
| | | 1679 | 5k | 27:25.5 | 27:25.5 | |
| 7 | Alicia Skinner | 4009 | 1 | | 27:49.8 | 510 |
| | | 4009 | 5k | 27:49.8 | 27:49.8 | |
| 8 | Anita Jarvis | 2111 | 1 | | 28:21.2 | 416 |
| | | 2111 | 5k | 28:21.2 | 28:21.2 | |
| 9 | Virginia Neil | 1970 | 1 | | 29:04.4 | 246 |
| | | 1970 | 5k | 29:04.4 | 29:04.4 | |
| 10 | Melanie Girvan | 4033 | 1 | | 29:53.5 | 544 |
| | | 4033 | 5k | 29:53.5 | 29:53.5 | |
| 11 | Irene Davey | 430 | 1 | | 30:25.7 | 94 |
| | | 430 | 5k | 30:25.7 | 30:25.7 | |
| 12 | Karen Walsh | 4040 | 1 | | 32:06.3 | 540 |
| | | 4040 | 5k | 32:06.3 | 32:06.3 | |
| 13 | Nicola O'Brien | 2776 | 1 | | 32:23.1 | 497 |
| | | 2776 | 5k | 32:23.1 | 32:23.1 | |
| 14 | Diana Southern | 3 | 1 | | 1:06:27.3 | 325 |
| | | 3 | 5k | 1:06:27.3 | 1:06:27.3 | |
| Male | | | | | | |
| 1 | JeeMing Leung | 4012 | 1 | | 17:25 | 515 |
| | | | 5k | 17:25 | 17:25 | |
| 2 | Aaron Breed | 3038 | 1 | | 19:00 | 684 |
| | | | 5k | 19:00 | 19:00 | |
| 3 | Harvey Cramb | 3053 | 1 | | 21:27 | 187 |
| | | | 5k | 21:27 | 21:27 | |

| | | | | | | |
|---|-------------------|------|----|--|---------|-----|
| 4 | Luca Asmonti | 2768 | 1 | | 22:16.0 | 681 |
| | | 2768 | 5k | | 22:16.0 | |
| | | | | | | |
| 5 | Lee Horobin | 2567 | 1 | | 22:33.9 | 62 |
| | | 2567 | 5k | | 22:33.9 | |
| | | | | | | |
| 6 | Charles Millstead | 4002 | 1 | | 23:42.1 | 504 |
| | | 4002 | 5k | | 23:42.1 | |
| | | | | | | |
| 7 | Bruce Smerdon | 671 | 1 | | 25:49.1 | 320 |
| | | 671 | 5k | | 25:49.1 | |
| | | | | | | |
| 8 | Liam McCracken | 1821 | 1 | | 27:48.1 | 222 |
| | | 1821 | 5k | | 27:48.1 | |
| | | | | | | |
| 9 | Robert Lofthouse | 182 | 1 | | 28:27.9 | 198 |
| | | 182 | 5k | | 28:27.9 | |
| | | | | | | |
| 10 | David Bond | 2899 | 1 | | 28:46.9 | 668 |
| | | 2899 | 5k | | 28:46.9 | |
| | | | | | | |
| 11 | Sean Robb | 4032 | 1 | | 29:53.5 | 543 |
| | | 4032 | 5k | | 29:53.5 | |
| | | | | | | |
| 12 | Geoff Neil | 1969 | 1 | | 30:37.4 | 247 |
| | | 1969 | 5k | | 30:37.4 | |
| | | | | | | |
| 13 | John Dempster | 1507 | 1 | | 31:29.2 | 100 |
| | | 1507 | 5k | | 31:29.2 | |
| | | | | | | |
| 14 | Sean Greenup | 4029 | 1 | | 32:08.5 | 539 |
| | | 4029 | 5k | | 32:08.5 | |
| Any queries re results, please email jcad76@hotmail.com | | | | | | |