**3000m**

Heat 1

|  |  |  |
| --- | --- | --- |
| Place | Name | Time |
| 1 | Bob Lesser | 13:06.52 |
| 2 | Jana Paniccia | 13:07.98 |
| 3 | Rebecca Murrant | 13:29.86 |
|  |  |  |

Heat 2

|  |  |  |
| --- | --- | --- |
| Place | Name | Time |
| 1 | David Levy | 10:58:58 |
| 2 | Robert Hanks | 10:59:55 |
| 3 | David Cooper | 11:11:92 |
| 4 | Cesar Jimenez | 11:20:41 |
| 5 | Kim Osbourn | 13:22:06 |
| 6 | Michael LIberzon | 13:24.05 |

**1600m**

Heat 1

|  |  |  |
| --- | --- | --- |
| Place | Name | Time |
| 1 | Lori Curgenven | 6:45 |
| 2 | Lesley Taylor | 7:55 |
|  |  |  |

Heat 2

|  |  |  |
| --- | --- | --- |
| Place | Name | Time |
| 1 | Tanya Sakarov | 6:04 |
| 2 | Kim Osbourn | 6:08 |
| 3 | Bob Lesser | 6:11 |
| 4 | Tara Postnikoff | 6:25 |

Heat 3

|  |  |  |
| --- | --- | --- |
| Place | Name | Time |
| 1 | David Cooper | 5:20:47 |
| 2 | Tristan Rowe | 5:25:42 |
| 3 | David Levy | 5:27:84 |
| 4 | Michael Liberzon | 5:32.80 |
| 5 | Mark Duff | 5:34.70 |
|  |  |  |

**400m**

Heat 1

|  |  |  |
| --- | --- | --- |
| Place | Name | Time |
| 1 | Marina Schiropoulos | 1:22:26 |
| 2 | Zac Discroll | 1:31:48 |
| 3 | Bob Lesser | 1:31:48 |

Heat 2

|  |  |  |
| --- | --- | --- |
| Place | Name | Time |
| 1 | Kim Osbourn | 1:16:96 |
| 2 | Lori Curgenven | 1:23:66 |
| 3 | Aidan Hamilton | 1:26:11 |
| 4 | Jana Paniccia | 1:26:48 |
| 5 | Maddy Discroll | 1:30:36 |

Heat 3

|  |  |  |
| --- | --- | --- |
| Place | Name | Time |
| 1 | David Cooper | 1:04:76 |
| 2 | Rebecca Murrant | 1:06:60 |
| 3 | Michael Liberzon | 1:07:18 |
| 4 | Miana Griffiths | 1:08:22 |
| 5 | Tanya Sakarov | 1:12:60 |
| 6 | Ethan Rowe | 1:12:95 |
| 7 | Mark Duff | 1:13:18 |