

**5K Top 3 Male and Female**

Gender Rank	Overall Rank	Age Rank	Bib	Division	First	Last	Race	Age*	Age Cat	Gender	City	Prov/St	Team	Club	Type	Country
1	6	1	1444	5k	Heidi	Ohrling	00:18:57	21	F 20 -29	F						
2	7	1	1427	5K	Meredith	Langley	00:19:03	32	F 30 -39	F	Kingston					
3	19	2	1396	5K	Heidi	Miller	00:20:52	23	F 20 -29	F	Kingston	Ontario	ultrafast		Team	Canada
Gender Rank	Overall Rank	Age Rank	Bib	Division	First	Last	Race	Age*	Age Cat	Gender	City	Prov/St	Team	Club	Type	Country
1	1	1	1439	5k	Clay	Patterson	00:17:11	30	M 30 - 39	M	Kingston					
2	2	1	1417	5K	Tim	Gillespie	00:18:20	41	M 40 - 49	M	Kingston			KRRA2019		
3	3	2	1285	5K	Owain	Jones	00:18:33	35	M 30 - 39	M	Kingston	Ontario		KRRA2019		Canada

**10K Top 3 Male and Female**

Gender Rank	Overall Rank	Age Rank	Bib	Division	First	Last	Race	Age*	Age Cat	Gender	City	Prov/St	Team	Club	Type	Country
1	12	1	2147	10K	Mairead	Corrigan	00:45:38	21	F 20 -29	F	Kingston	Ontario				Canada
2	17	2	2186	10K	Johanna	Whitehead	00:48:12	21	F 20 -29	F	Kingston	Ontario				Canada
3	18	1	2218	10K	Erin	Carr	00:48:14	36	F 30 -39	F	Colorado Springs	Colorado	Team Carr			United States
Gender Rank	Overall Rank	Age Rank	Bib	Division	First	Last	Race	Age*	Age Cat	Gender	City	Prov/St	Team	Club	Type	Country
1	1	1	2151	10K	Nathan	Dehghan	00:32:56	23	M 20 - 29	M	Ancaster	Ontario				Canada
2	2	1	2156	10K	Yves	Filion	00:37:28	45	M 40 - 49	M	Kingston	Ontario				Canada
3	3	1	2163	10K	Chris	Hague	00:37:28	30	M 30 - 39	M	Kingston	Ontario				Canada