

| FIRST | LAST | | TIMES | | | | | | POINTS | | |
|-------|------------|--------|----------|---------|----------|-------|----------|---------|----------|---------|----------|
| NAME | NAME | GENDER | CISCO 5K | MSD 10K | YORK4on4 | YD 5K | SAUNDERS | GI 5K | CISCO 5K | MSD 10K | YORK4on4 |
| Kerry | Norton | F | 42:27.9 | | | 36:20 | | | 3 | | |
| Diana | Somers | F | 57:30.1 | | | | | | 5 | | |
| Chris | Webb | F | | 1:23:20 | 51:51 | | | 0:41:34 | | 1 | 1 |
| Anita | Bailey | F | 41:31.4 | 1:27:58 | 53:00 | | | 0:41:15 | 1 | 2 | 2 |
| Beth | Barnhorst | F | 41:33.9 | 1:30:00 | | | 1:31:16 | 0:41:03 | 2 | 3 | |
| Blake | Young | F | | | | | 0:51:14 | 0:45:34 | | | |
| Jay | Diener | M | 34:39.9 | 1:12:14 | | | | | 1 | 1 | |
| Henri | Robitaille | M | | | 57:39 | | 1:36:56 | | | | 2 |
| Peter | Bresciano | M | 41:50.0 | 1:28:44 | 52:05 | 41:08 | 1:36:45 | 0:42:00 | 2 | 2 | 1 |
| Sean | Greenlaw | M | | | 57:56 | 45:38 | 1:34:46 | 0:46:29 | | | 41 |

| YD 5K | SAUNDERS | GI 5K | TOTAL POINTS |
|-------|----------|-------|--------------|
| 1 | | | 4 |
| | | | 5 |
| | | 3 | 5 |
| | | 2 | 7 |
| | 1 | 1 | 7 |
| | 5 | 4 | 9 |
| | | | 2 |
| | 3 | | 5 |
| 1 | 2 | 1 | 8 |
| 37 | 1 | 2 | 81 |