

| Grade | Rank | Name | Town | Time |
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| | | | | |
| M Run 9k | 1 | Ben Bidois | Putaruru | 0:30:20 |
| | 2 | Jonathan Mckee | Cambridge | 0:30:30 |
| | 3 | Michael Sutton | Papamoa | 0:30:37 |
| | 4 | Iain Macdonald | Rotorua | 0:32:00 |
| | 5 | Daniel Sinclair | Hamilton | 0:33:44 |
| | 6 | Michael O'Sullivan | Stratford | 0:34:30 |
| | 7 | Chris Smith | Hamilton | 0:35:00 |
| | 8 | Mathijs Wetzels | Hamilton | 0:35:04 |
| | 9 | Glenn Sexton | Hamilton | 0:35:13 |
| | 10 | John Crane | Hamilton | 0:35:28 |
| | 11 | Mike Harris | Hamilton | 0:35:39 |
| | 12 | Allen Brears | Te Awamutu | 0:36:12 |
| | 13 | Lewis Butler | Hamilton | 0:36:21 |
| | 14 | Dave Gunn | Hamilton | 0:36:40 |
| | 15 | Joe Mace | Hamilton | 0:37:15 |
| | 16 | Chris Atkinson | Cambridge | 0:37:17 |
| | 17 | Chris Keith | | 0:37:26 |
| | 18 | Paul Stinton | Te Awamutu | 0:37:53 |
| | 19 | Kevin Knowles | Hamilton | 0:38:17 |
| | 20 | Darryn Koppens | Morrinsville | 0:40:00 |
| | 21 | Gavin Smith | Tauranga | 0:41:22 |
| | 22 | Dale Fairbrother | Cambridge | 0:42:40 |
| | 23 | Zeke Fiske | Te Awamutu | 0:44:18 |
| | 24 | Rolf Boswell | Cambridge | 0:45:27 |
| | 25 | Robert Fisher | | 0:46:23 |
| | 26 | Grahame Clarkin | Hamilton | 0:48:49 |
| | 27 | Ashley Pennington | Te Awamutu | 0:49:31 |
| | 28 | Vaughan Kestle | Gordonton | 0:49:46 |
| | 29 | Devon Ormsby | Te Awamutu | 0:56:56 |
| | | | | |
| F Run 9k | 1 | Kerry White | Te Aroha | 0:35:22 |
| | 2 | Arianna Lord | Cambridge | 0:39:04 |
| | 3 | Wendy Mills | Te Awamutu | 0:44:38 |
| | | | | |
| M Run 6k | 1 | Zach Bellamy | Hamilton | 0:20:03 |
| | 2 | Christiaan Cumming | Taumarunui | 0:20:27 |
| | 3 | Matthew Sinclair | Hamilton | 0:25:43 |
| | 4 | Paul Signal | Cambridge | 0:26:19 |
| | 5 | Ryan Nelson | Leamington, Cambridge | 0:27:03 |
| | 6 | Ross Butler | Hamilton | 0:27:08 |
| | 7 | Scott Nelson | Leamington, Cambridge | 0:27:22 |
| | 8 | Craig Wilson | Hamilton | 0:28:28 |
| | 9 | Dave Clark | Hamilton | 0:28:49 |

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| | 10 | Mark Searle | Cambridge | 0:28:52 |
| | 11 | Rob Kear | Hamilton | 0:29:56 |
| | 12 | Gilbert Macdonald | Hamilton | 0:32:22 |
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| F Run 6k | 1 | Renee Carey | Tauranga | 0:23:15 |
| | 2 | Samantha Corbett | Te Kuiti | 0:24:41 |
| | 3 | Katy Dawson | Cambridge | 0:25:01 |
| | 4 | Aimee Elliott | Cambridge | 0:27:20 |
| | 5 | Vicki Rees-Jones | Cambridge | 0:27:40 |
| | 6 | Vicki Fleming | Cambridge | 0:28:03 |
| | 7 | Ruby Sinclair | Hamilton | 0:29:39 |
| | 8 | Andrea Neal | Tauranga | 0:29:44 |
| | 9 | Sophie Harris | Hamilton | 0:30:13 |
| | 10 | Rachel Keown-Dixon | Hamilton | 0:34:24 |
| | 11 | Haidee Pennington | Te Awamutu | 0:34:50 |
| | 12 | Shona Dewson | Hamilton | 0:35:44 |
| | 13 | Karen Mumme | | 0:36:00 |
| | 14 | Pippa Dixon | Hamilton | 0:36:51 |
| | 15 | Sue Bethell | Te Awamutu | 0:38:26 |
| | 16 | Tracy O'Sullivan | Taranaki | 0:42:05 |
| | 17 | Paula Maxwell | Te Awamutu | 1:01:58 |
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| M Run 3k | 1 | Dale Jones | Whakatane | 0:13:31 |
| | 2 | Graeme Raill | Hamilton | 0:19:34 |
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| F Run 3k | 1 | Veronica Maree | Tirau | 0:21:45 |
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| Walk 6k | 1 | Raewyn Easton | Te Awamutu | 0:31:01 |
| | 2 | Christine Ball | Te Awamutu | 0:52:59 |
| | 3 | Malcolm Taylor | Tauranga | 1:00:21 |
| | 4 | Tracey Daysh | Te Awamutu | 1:01:58 |
| | 5 | Norman Middleton | Te Awamutu | 1:02:50 |
| | 6 | Colleen Middleton | Te Awamutu | 1:02:50 |
| | 7 | Sandra Meacheam | Te Awamutu | 1:02:50 |
| | | | | |
| Walk 3k | 1 | Dustin Mills | Te Awamutu | 0:22:40 |
| | 2 | Megan Blackwell | Te Awamutu | 0:23:23 |
| | 3 | Cath McCartney | Te Awamutu | 0:31:00 |
| | 4 | Colleen Williamson | Pirongia | 0:31:58 |
| | 5 | Bev Hill | Te Awamutu | 0:31:59 |
| | 6 | Niki Ormsby | Te Awamutu | 0:36:49 |
| | 7 | Mary Brewer | Te Awamutu | 0:38:00 |
| | 8 | Phyl Jones | Te Awamutu | 0:38:00 |
| | 9 | Ronnie Stevenson | Te Awamutu | 0:38:21 |
| | 10 | Rebecca Brears | Te Awamutu | 0:38:47 |
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| M Student 3k | 1 | George Wyllie | Tauranga | 0:10:48 |
| | 2 | Casey Atkinson | Cambridge | 0:11:25 |
| | 3 | Joshua Rowe | Cambridge | 0:11:27 |

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| | 4 | Sean Jones | Whakatane | 0:11:46 |
| | 5 | David Sinclair | Hamilton | 0:13:36 |
| | 6 | Quin King-Pora | Te Awamutu | 0:16:04 |
| | 7 | Coby Murrell | Te Awamutu | 0:16:30 |
| | 8 | Brody James | Te Awamutu | 0:19:18 |
| | 9 | Ben Reid | Taumarunui | 0:21:25 |
| | 10 | Nathan Mills | Te Awamutu | 0:22:41 |
| | 11 | Benjamin Brears | Te Awamutu | 0:38:48 |
| | | | | |
| F Student 3k | 1 | Lulu Johnson | Tauranga | 0:10:58 |
| | 2 | Bronwen Rees-Jones | Cambridge | 0:13:56 |
| | 3 | Lily James | Te Awamutu | 0:14:25 |
| | 4 | Sinead O'Sullivan | Stratford | 0:14:58 |
| | 5 | Caitlin O'Sullivan | Stratford | 0:15:00 |
| | 6 | Mia Donovan | Hamilton | 0:15:16 |
| | 7 | Erin Mckee | Cambridge | 0:15:25 |
| | 8 | Lillie Harris | Hamilton | 0:16:04 |
| | 9 | Rachel Sinclair | Hamilton | 0:16:17 |
| | 10 | Teyani Fairgray | Te Awamutu | 0:17:02 |
| | 11 | Laura Sinclair | Hamilton | 0:17:10 |
| | 12 | Pyper King-Pora | Te Awamutu | 0:18:52 |
| | 13 | Lucy Dawson | Cambridge | 0:18:54 |
| | 14 | Phoebe Jones | Whakatane | 0:19:11 |
| | 15 | Matilda James | Te Awamutu | 0:19:51 |
| | 16 | Ellie Maree | Tirau | 0:19:52 |
| | 17 | Olive-Rose Gofton | Cambridge | 0:20:22 |
| | 18 | Khloe Maree | Tirau | 0:21:45 |
| | 19 | Isla Brears | Te Awamutu | 0:24:26 |
| | 20 | Kaydence Meredith | Cambridge | 0:26:53 |
| | 21 | Brooke Meredith | Cambridge | 0:26:54 |
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