10k Championships

August 2nd, 2022

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| 5km Runners | | |
| 1 | Julie Beke. age 8 | 30:53 |
| 2 | Micah Quinn age 42 | 27:22 |
| 3 | Robin Walker age 49 | 31:38 |

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| 10km Walkers | | |
| 1 | John Storms age 63 | 56:42 |
| 2 | Bonnie Love age 63 | 1:16:01 |

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| 10km Runners | | |
| 1 | Darby McIntyre age 22 | 40:55 |
| 2 | Sue Bogle age 55 | 46:50 |
| 3 | Don White age 72 | 52:26 |
| 4 | Cindy Freeman age 50 | 53:11 |
| 5 | Clarke Laprairie age 60 | 54:12 |
| 6 | Marta Bekeova age 42 | 57:57 |