| Age Group | Event | Pl | Name | Age | Club | Time | Pl | Name | Age | Club | Time |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 18-24 | Sweet 12 | | | | | | 1 | Johnson, Tanner | 23 | LOCO | 19:51.59 |
| 25-29 | Sweet 8 | 1 | Winterberger, Bryn | 28 | AKMS | 13:23.68 | 1 | Thomas, Michael | 28 | MVM | 12:05.00 |
| | Sweet 12 | | | | | | 1 | Thomas, Michael | 28 | MVM | 18:32.33 |
| | Sweet 24 | | | | | | 1 | Thomas, Michael | 28 | MVM | 38:00.77 |
| 40-44 | Sweet 8 | 1 | Porter, Amy | 44 | MOST | 12:56.93 | 1 | Porter, Nathan | 44 | MOST | 11:08.53 |
| | | 2 | Old, Catherine | 43 | NCMS | 13:56.90 | 2 | Nguyen, Sonny | 41 | NCMS | 13:27.73 |
| | | 3 | Osterud, Amelia | 43 | WMAC | 18:06.01 | | | | | |
| | Sweet 12 | 1 | Porter, Amy | 44 | MOST | 19:19.42 | 1 | Porter, Nathan | 44 | MOST | 17:25.32 |
| | | | | | | | 2 | Nguyen, Sonny | 41 | NCMS | 27:17.52 |
| | Sweet 24 | | | | | | 1 | Nguyen, Sonny | 41 | NCMS | 40:46.67 |
| 45-49 | Sweet 8 | 1 | Hansen, Angela | 49 | WMAC | 15:42.00 | | | | | |
| 50-54 | Sweet 8 | 1 | Smith, Sandra | 53 | NCMS | 18:32.00 | 1 | Andersen, Morten | 50 | NCMS | 10:47.90 |
| | | 2 | Johnson, Briana | 51 | LOCO | 19:37.76 | | | | | |
| | Sweet 24 | 1 | Rytting, Sissy | 53 | MINN | 40:42.32 | | | | | |
| 55-59 | Sweet 8 | 1 | Cleveland, Marcia | 56 | IM | 12:53.28 | 1 | Johnson, Clyde | 59 | LOCO | 16:21.39 |
| | | 72 | Fagan, Mary | 56 | LOCO | 14:04.34 | | | | | |
| | | 3 | Wilkins, Emily | 57 | NCMS | 18:00.51 | | | | | |
| | Sweet 12 | 1 | Cleveland, Marcia | 56 | IM | 19:48.33 | | | | | |
| 60-64 | Sweet 8 | 1 | Kratz, Peggy | 60 | MINN | 12:15.86 | 1 | Carlson, Eric | 60 | NCMS | 12:48.07 |
| | | 2 | Norton,Judith | 63 | O*H* | 12:48.87 | 2 | Quinn, Michael | 64 | PVMA | 13:58.70 |
| | | 3 | Eakle, Julie | 60 | MOST | 13:04.46 | 3 | Blake, Anthony | 62 | PVMA | 14:37.92 |
| | | 4 | Hyde, Lauren | 61 | BRGH | 16:35.00 | 4 | Definis, Jay | 62 | O*H* | 16:40.81 |
| | | 5 | Tiska, Patty | 60 | NCMS | 16:45.01 | | | | | |
| | Sweet 12 | 1 | Kratz, Peggy | 60 | MINN | 18:43.20 | 1 | Blake, Anthony | 62 | PVMA | 21:52.21 |
| | | 2 | Norton,Judith | 63 | O*H* | 19:48.03 | 2 | Quinn, Michael | 64 | PVMA | 22:34.41 |
| | | 3 | Eakle, Julie | 60 | MOST | 19:51.72 | 3 | Definis, Jay | 62 | O*H* | 26:12.97 |
| | | 4 | Hyde, Lauren | 61 | BRGH | 26:31.00 | | | | | |
| | Sweet 24 | 1 | Norton,Judith | 63 | O*H* | 39:15.15 | 1 | Definis, Jay | 62 | O*H* | 44:09.61 |
| | | | | | | | 2 | Blake, Anthony | 62 | PVMA | 45:02.73 |
| | | | | | | | 3 | Quinn, Michael | 64 | PVMA | 47:32.15 |
| 65-69 | Sweet 8 | 1 | Wainwright, Joanne | 65 | NCMS | 15:19.31 | | | | | |
| | | 2 | Smith, Paula | 66 | AKMS | 15:36.38 | | | | | |
| 75-79 | Sweet 8 | 1 | Hovey, Mary Anna | 77 | NCMS | 26:44.00 | 1 | VanMeeteren, Hans | 76 | NCMS | 18:31.83 |
| | | | New Record | | | | | | | | |