

OA/PI = Overall Placing

Cat/PI = Category Placing

Gen/PI = Overall Gender Placing

## Category Results

5K Run/3.1 Miles  
306 Competitors Total

## 5K14&amp;UF - 17 Competitors

Cat/PI	Name	Bib #	Time	Pace	Category	OA/PI	Gen/PI	Chiptime
1/17	MERCER, SARAH	2198	00:25:16.90	05:03	5K14&UF	45/306	13/198	00:25:11.60
2/17	FORMAN, SARAH	2088	00:27:10.55	05:26	5K14&UF	60/306	20/198	00:25:58.65
3/17	DAFOE, ALYSSA	2044	00:28:27.30	05:41	5K14&UF	75/306	31/198	00:27:51.60
4/17	PIAMONTE, ANDREA	2225	00:29:42.70	05:56	5K14&UF	91/306	38/198	00:29:23.90
5/17	BOLES, NICOLE	2017	00:30:31.60	06:06	5K14&UF	109/306	48/198	00:30:26.00
6/17	WHITE, CORINA	2292	00:31:29.15	06:17	5K14&UF	126/306	57/198	00:31:01.95
7/17	DALTON, MACKENZIE	2048	00:32:47.45	06:33	5K14&UF	153/306	76/198	00:32:01.30
8/17	KERN, NAOMI	2148	00:33:13.10	06:38	5K14&UF	159/306	79/198	00:32:14.95
9/17	WOOD, JORDAN	2302	00:34:54.40	06:58	5K14&UF	177/306	94/198	00:34:07.60
10/17	KASER, ALANNA	2142	00:39:58.50	07:59	5K14&UF	234/306	139/198	00:39:23.05
11/17	TUFTS, SARAH	2320	00:41:12.15	08:14	5K14&UF	241/306	146/198	00:39:14.75
12/17	RODGERS, WYNNE	2303	00:43:52.00	08:46	5K14&UF	264/306	163/198	00:41:54.00
13/17	TUFTS, EMMA	2269	00:49:38.85	09:55	5K14&UF	285/306	183/198	00:47:41.90
14/17	WALKER, MARIE	2283	00:54:32.95	10:54	5K14&UF	292/306	188/198	00:52:26.05
15/17	WALKER, STEPHANIE	2285	00:54:44.60	10:56	5K14&UF	293/306	189/198	00:52:35.90
16/17	TWA, GABRIELLE	2271	00:55:48.20	11:09	5K14&UF	298/306	193/198	00:54:22.00
17/17	VERCUIEL, JODENE	2279	00:59:06.45	11:49	5K14&UF	300/306	195/198	00:58:21.70

## 5K14&amp;UM - 23 Competitors

Cat/PI	Name	Bib #	Time	Pace	Category	OA/PI	Gen/PI	Chiptime
1/23	BROVKIN, MARK	2317	00:23:06.85	04:37	5K14&UM	30/306	23/108	00:22:48.25
2/23	BOULTER, DANIEL	2019	00:23:13.15	04:38	5K14&UM	31/306	24/108	00:23:07.85
3/23	EAST, IAN	2361	00:23:43.10	04:44	5K14&UM	35/306	28/108	00:23:41.90
4/23	KOEPKE, JACKSON	2152	00:25:27.65	05:05	5K14&UM	48/306	34/108	00:24:44.75
5/23	FORMAN, MATTHEW	2087	00:26:44.05	05:20	5K14&UM	54/306	36/108	00:25:32.05
6/23	LOUIS, ADAM	2169	00:26:44.80	05:20	5K14&UM	55/306	37/108	00:26:09.95
7/23	PARK, DEREK	2220	00:26:49.40	05:21	5K14&UM	58/306	40/108	00:26:47.85
8/23	MOLITOR, GREG	2205	00:29:49.00	05:57	5K14&UM	94/306	56/108	00:28:50.40
9/23	HOOKER, JAY	2123	00:30:38.40	06:07	5K14&UM	111/306	63/108	00:30:08.50
10/23	DAFOE, PAUL	2045	00:30:54.00	06:10	5K14&UM	118/306	67/108	00:30:19.10
11/23	SKRYNYK, NOAH	2328	00:31:37.90	06:19	5K14&UM	130/306	70/108	00:30:58.95
12/23	OISHI, SEIJI	2362	00:31:52.90	06:22	5K14&UM	133/306	72/108	00:31:43.80
13/23	MEHRA, AASHISH	2196	00:32:22.75	06:28	5K14&UM	142/306	73/108	00:30:59.35
14/23	KERN, JONAH	2147	00:32:24.15	06:28	5K14&UM	143/306	74/108	00:31:25.40
15/23	ERSKINE, TAIYO	2352	00:32:25.20	06:29	5K14&UM	144/306	75/108	00:31:02.20
16/23	MEHRA, AADESH	2195	00:32:30.10	06:30	5K14&UM	146/306	76/108	00:31:05.15
17/23	GUREVITCH, JACOB	2109	00:33:58.65	06:47	5K14&UM	168/306	82/108	00:32:50.15
18/23	WELLS, CARTIE	2290	00:35:27.65	07:05	5K14&UM	189/306	85/108	00:33:51.10
19/23	TOM, KEATON	2326	00:37:32.95	07:30	5K14&UM	215/306	92/108	00:35:46.90
20/23	LADHANNI, ARMAAN	2158	00:53:42.15	10:44	5K14&UM	291/306	104/108	00:52:01.45
21/23	VERCUIEL, REUBEN	2281	01:01:05.95	12:13	5K14&UM	302/306	106/108	01:00:21.55
22/23	MCCARTNEY, BEAU	2182	01:01:43.95	12:20	5K14&UM	304/306	107/108	00:59:39.55
23/23	MCCARTNEY, TATE	2183	01:03:58.15	12:47	5K14&UM	305/306	108/108	01:01:53.85

## 5K15-19F - 4 Competitors

Cat/PI	Name	Bib #	Time	Pace	Category	OA/PI	Gen/PI	Chiptime
1/4	GIRGULIS, KATIE	2101	00:21:13.25	04:14	5K15-19F	20/306	3/198	00:21:13.25
2/4	GIRGULIS, JILL	2100	00:25:47.10	05:09	5K15-19F	51/306	17/198	00:25:37.10
3/4	SKILLEN, KYLEIGH	2253	00:31:54.65	06:22	5K15-19F	134/306	62/198	00:30:43.30
4/4	HANSEN, JENNA	2111	00:32:36.70	06:31	5K15-19F	150/306	73/198	00:32:28.65

## 5K15-19M - 3 Competitors

Cat/PI	Name	Bib #	Time	Pace	Category	OA/PI	Gen/PI	Chiptime
1/3	LAFONTANT, FELIX	2313	00:17:30.25	03:30	5K15-19M	2/306	2/108	00:17:29.95
2/3	KING, QUENTIN	2149	00:23:06.60	04:37	5K15-19M	29/306	22/108	00:22:31.70
3/3	MCLAREN, CONNOR	2188	00:35:40.35	07:08	5K15-19M	193/306	86/108	00:34:04.20

## 5K20-29F - 43 Competitors

Cat/PI	Name	Bib #	Time	Pace	Category	OA/PI	Gen/PI	Chiptime
1/43	LONG, COURTNEY	2166	00:20:53.15	04:10	5K20-29F	16/306	2/198	00:20:51.30
2/43	NEUFELD, LINDSAY	2322	00:22:04.45	04:24	5K20-29F	22/306	5/198	00:22:03.00
3/43	HICKS, KATIE	2119	00:22:41.85	04:32	5K20-29F	24/306	6/198	00:22:18.40
4/43	SCHILLER, ASHLEY	2247	00:24:14.00	04:50	5K20-29F	38/306	9/198	00:23:51.05
5/43	FOURNIER, SARAH	2089	00:24:56.60	04:59	5K20-29F	42/306	11/198	00:24:26.30
6/43	KOSOWAN, RENEE	2153	00:27:06.05	05:25	5K20-29F	59/306	19/198	00:26:38.00

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## Category Results

5K Run/3.1 Miles  
306 Competitors Total

## 5K20-29F - 43 Competitors

Cat/PI	Name	Bib #	Time	Pace	Category	OA/PI	Gen/PI	Chiptime
7/43	MULDOON, KELSEY	2351	00:27:14.35	05:26	5K20-29F	61/306	21/198	00:26:08.15
8/43	WALKER, TENNILLE	2286	00:28:02.85	05:36	5K20-29F	67/306	26/198	00:27:27.70
9/43	HEREYGERS, LESLEY	2360	00:28:11.45	05:38	5K20-29F	69/306	27/198	00:27:56.75
10/43	ZANEWICH, JESSICA	2309	00:29:20.75	05:52	5K20-29F	85/306	35/198	00:28:46.55
11/43	MCINTOSH, ERIN	2187	00:30:18.70	06:03	5K20-29F	102/306	42/198	00:29:58.65
12/43	BOURQUE, JENNIFER	2021	00:30:18.95	06:03	5K20-29F	103/306	43/198	00:29:57.85
13/43	COLLIER-JARVIS, SHAUNA	2037	00:30:25.70	06:05	5K20-29F	104/306	44/198	00:30:07.90
14/43	HEINRICHS, KATHERINE	2118	00:30:45.45	06:09	5K20-29F	114/306	49/198	00:29:27.75
15/43	FAFARD, MICHELLE	2072	00:31:30.05	06:18	5K20-29F	127/306	58/198	00:31:01.40
16/43	WIRSTA, ROBIN	2297	00:31:31.55	06:18	5K20-29F	128/306	59/198	00:31:12.85
17/43	WILLIAMS, MORGAN	2296	00:31:34.95	06:18	5K20-29F	129/306	60/198	00:30:21.70
18/43	LONGWORTH, STEPHANIE	2168	00:31:41.25	06:20	5K20-29F	131/306	61/198	00:29:25.05
19/43	SANGUINETTI, RACHEL	2242	00:32:08.60	06:25	5K20-29F	138/306	66/198	00:31:03.20
20/43	O'DONOGHUE, MARIE-CLAIRE	2216	00:32:10.15	06:26	5K20-29F	139/306	67/198	00:31:33.90
21/43	COCKBAIN, TERRI-LYNN	2035	00:32:32.10	06:30	5K20-29F	148/306	72/198	00:31:54.15
22/43	MURPHY, NICOLE	2211	00:32:47.20	06:33	5K20-29F	151/306	74/198	00:31:44.40
23/43	PEARSON, VANESSA	2224	00:33:39.60	06:43	5K20-29F	163/306	83/198	00:32:09.20
24/43	SLEIMAN, LYNE	2254	00:33:52.55	06:46	5K20-29F	166/306	85/198	00:31:58.30
25/43	BULLIS, KATIE	2026	00:33:57.50	06:47	5K20-29F	167/306	86/198	00:33:19.05
26/43	VAN GRONINGEN, BRITT	2343	00:33:58.95	06:47	5K20-29F	169/306	87/198	00:32:29.75
27/43	GAISER, CAITLIN	2094	00:34:16.95	06:51	5K20-29F	173/306	90/198	00:33:03.20
28/43	CHO, MICHELLE	2355	00:35:15.25	07:03	5K20-29F	183/306	100/198	00:33:49.35
29/43	BENOIT, NICOLE	2011	00:35:24.90	07:04	5K20-29F	186/306	103/198	00:33:35.60
30/43	DAY, ADRIENNE	2053	00:35:27.10	07:05	5K20-29F	187/306	104/198	00:34:14.60
31/43	OSANYINTOLA, VICKI	2219	00:35:31.80	07:06	5K20-29F	190/306	105/198	00:33:49.20
32/43	HERSCHE, NADJA	1275	00:35:32.35	07:06	5K20-29F	191/306	106/198	00:34:17.30
33/43	GETZ, JENNIFER	2095	00:36:41.05	07:20	5K20-29F	208/306	119/198	00:35:36.60
34/43	DOORBOS, DANIELLE	2347	00:36:54.35	07:22	5K20-29F	211/306	121/198	00:35:37.35
35/43	MORLOCK, CARA	2209	00:38:30.35	07:42	5K20-29F	224/306	131/198	00:36:35.85
36/43	WITHERS, ANITA	2298	00:39:31.40	07:54	5K20-29F	231/306	136/198	00:37:56.85
37/43	UNRUH, NIKKI	2273	00:40:53.75	08:10	5K20-29F	239/306	144/198	00:39:42.95
38/43	ALEX, GILLIAN	2321	00:41:44.85	08:20	5K20-29F	249/306	152/198	00:40:09.00
39/43	TAM, AMANDA	1602	00:43:43.40	08:44	5K20-29F	261/306	161/198	00:42:04.20
40/43	CAVANAGH, KATRINA	2029	00:43:44.10	08:44	5K20-29F	262/306	162/198	00:43:00.80
41/43	MCLEAN, JENNA	2191	00:44:25.55	08:53	5K20-29F	267/306	165/198	00:34:38.55
42/43	HANSEN, JENNIFER	2112	00:46:20.45	09:16	5K20-29F	275/306	173/198	00:44:23.80
43/43	WONG, AMY	2300	00:46:20.55	09:16	5K20-29F	276/306	174/198	00:44:23.90

## 5K20-29M - 14 Competitors

Cat/PI	Name	Bib #	Time	Pace	Category	OA/PI	Gen/PI	Chiptime
1/14	BROWN, TRAVIS	2025	00:17:19.85	03:27	5K20-29M	1/306	1/108	00:17:19.10
2/14	WITTIG, LUC	2299	00:17:40.75	03:32	5K20-29M	3/306	3/108	00:17:39.85
3/14	KELLY, DANIEL	2144	00:19:18.55	03:51	5K20-29M	6/306	5/108	00:19:11.80
4/14	MACHOWSKI, STEPHEN	2173	00:19:26.65	03:53	5K20-29M	7/306	6/108	00:19:22.15
5/14	CORMIER, RYAN	2040	00:19:46.00	03:57	5K20-29M	11/306	10/108	00:19:44.15
6/14	OLAR, EVAN	2217	00:22:45.80	04:33	5K20-29M	25/306	19/108	00:22:26.20
7/14	HEINRICHS, JUSTIN	2117	00:30:45.45	06:09	5K20-29M	113/306	65/108	00:29:26.85
8/14	FURNESS, JORDAN	2093	00:30:52.90	06:10	5K20-29M	117/306	66/108	00:29:41.35
9/14	FERGUSON, CARL	2312	00:31:10.70	06:14	5K20-29M	120/306	68/108	00:29:58.60
10/14	KAMALPOUR-ANSARI, MOHAMMAD HADJ	2141	00:33:51.70	06:46	5K20-29M	165/306	81/108	00:32:45.60
11/14	HUME, JEREMY	2128	00:35:42.15	07:08	5K20-29M	194/306	87/108	00:33:54.15
12/14	SMITH, REG	2316	00:36:04.25	07:12	5K20-29M	199/306	89/108	00:34:50.70
13/14	GALE, CAMERON	2348	00:36:58.65	07:23	5K20-29M	212/306	91/108	00:35:39.75
14/14	CHO, WILLIAM	2031	00:38:40.55	07:44	5K20-29M	226/306	94/108	00:36:41.00

## 5K30-39F - 72 Competitors

Cat/PI	Name	Bib #	Time	Pace	Category	OA/PI	Gen/PI	Chiptime
1/72	MCCOLLUM, MEAGHAN	2184	00:18:24.25	03:40	5K30-39F	4/306	1/198	00:18:23.60
2/72	HIRD, AYANO	2121	00:21:46.10	04:21	5K30-39F	21/306	4/198	00:21:40.15
3/72	STAPLETON, MELANIE	2258	00:23:43.85	04:44	5K30-39F	36/306	8/198	00:23:32.70
4/72	ZIPSE, TAUNYA	2310	00:24:43.40	04:56	5K30-39F	40/306	10/198	00:24:43.40
5/72	WILKIE, SARAH	2295	00:25:03.50	05:00	5K30-39F	43/306	12/198	00:24:57.25
6/72	ROSENFELD, SARAH	2240	00:25:27.35	05:05	5K30-39F	47/306	14/198	00:25:02.15
7/72	MAHONEY, CAROLYN	2178	00:25:32.05	05:06	5K30-39F	49/306	15/198	

OA/PI = Overall Placing

Cat/PI = Category Placing

Gen/PI = Overall Gender Placing

## Category Results

5K Run/3.1 Miles  
306 Competitors Total

## 5K30-39F - 72 Competitors

Cat/PI	Name	Bib #	Time	Pace	Category	OA/PI	Gen/PI	Chiptime
								00:24:55.00
8/72	DIPIANO, JANENE	2060	00:27:54.60	05:34	5K30-39F	65/306	24/198	00:27:36.30
9/72	DELISLE, TINA	2058	00:27:54.90	05:34	5K30-39F	66/306	25/198	00:27:36.35
10/72	BALIC, SANDRA	2005	00:28:16.85	05:39	5K30-39F	72/306	29/198	00:27:48.75
11/72	MARE, RULENE	2353	00:28:20.45	05:40	5K30-39F	74/306	30/198	00:28:14.95
12/72	MACDONALD, LORNA	2172	00:28:39.40	05:43	5K30-39F	78/306	33/198	00:28:33.85
13/72	CAPPELLO, LAURA	2027	00:29:12.80	05:50	5K30-39F	82/306	34/198	00:29:02.30
14/72	RICCIARDI, VANESSA	2233	00:29:57.55	05:59	5K30-39F	97/306	39/198	00:29:33.95
15/72	BETHELL, ANNETTE	2012	00:29:59.85	05:59	5K30-39F	99/306	40/198	00:29:02.70
16/72	FORD, MELISSA	2086	00:30:11.15	06:02	5K30-39F	100/306	41/198	00:29:18.85
17/72	FURNESS, AMY	2092	00:30:52.70	06:10	5K30-39F	116/306	51/198	00:29:40.35
18/72	TAYLOR, SHERRI	2265	00:30:58.25	06:11	5K30-39F	119/306	52/198	00:30:29.15
19/72	JONES, KELLY	2138	00:31:12.25	06:14	5K30-39F	121/306	53/198	00:30:32.65
20/72	FABBRI, ROBERTA	2071	00:31:25.85	06:17	5K30-39F	124/306	55/198	00:30:13.85
21/72	MACLELLAN, STEPHANIE	2176	00:31:26.10	06:17	5K30-39F	125/306	56/198	00:30:45.70
22/72	BEEHARRY, NEENA	2008	00:31:56.25	06:23	5K30-39F	136/306	64/198	00:31:17.85
23/72	PONGO, CARMEN	2227	00:32:17.10	06:27	5K30-39F	141/306	69/198	00:31:01.75
24/72	MACKAN, KRISTINA	2174	00:32:47.25	06:33	5K30-39F	152/306	75/198	00:31:45.60
25/72	RINGROSE, ALYSSA	2236	00:33:44.75	06:44	5K30-39F	164/306	84/198	00:32:55.30
26/72	CHARRETT, CINDY	2030	00:34:04.35	06:48	5K30-39F	170/306	88/198	00:33:25.30
27/72	JOHANSEN, HEATHER	2136	00:34:21.85	06:52	5K30-39F	174/306	91/198	00:33:14.45
28/72	GOLDBERG, AMY	2102	00:34:54.10	06:58	5K30-39F	176/306	93/198	00:34:08.20
29/72	COULTER, ANDRA	2041	00:35:08.65	07:01	5K30-39F	180/306	97/198	00:33:52.50
30/72	VERCUIEL, PATRICIA	2280	00:35:10.00	07:02	5K30-39F	181/306	98/198	00:34:26.55
31/72	CARD, CHRISTINE	2028	00:35:13.80	07:02	5K30-39F	182/306	99/198	00:33:26.45
32/72	VILLANUEVA, ANNE	2334	00:35:16.25	07:03	5K30-39F	184/306	101/198	00:34:43.35
33/72	SHARIF, AMANDA	2252	00:35:23.00	07:04	5K30-39F	185/306	102/198	00:33:33.50
34/72	SEE, DANI	2251	00:35:43.00	07:08	5K30-39F	196/306	108/198	00:33:55.10
35/72	YOUNGBERG, KAREN	2305	00:35:54.70	07:10	5K30-39F	197/306	109/198	00:35:33.50
36/72	JANSSEN, MELANIE	2134	00:36:00.60	07:12	5K30-39F	198/306	110/198	00:35:42.90
37/72	MULDER, TRISH	2324	00:36:35.00	07:19	5K30-39F	202/306	113/198	00:34:46.15
38/72	GIBSON, COLLETTE	2341	00:36:37.30	07:19	5K30-39F	203/306	114/198	00:34:55.30
39/72	VOREL, NICHOLE	2340	00:36:37.65	07:19	5K30-39F	204/306	115/198	00:34:55.40
40/72	CZUCZMAN, JEANNIE	2338	00:36:38.35	07:19	5K30-39F	206/306	117/198	00:34:56.25
41/72	MORIN, ANIK	2208	00:36:41.00	07:20	5K30-39F	207/306	118/198	00:35:32.90
42/72	SCREPNEK, NICOLE	2250	00:37:18.65	07:27	5K30-39F	213/306	122/198	00:36:17.50
43/72	REIMER, KARA	2232	00:37:20.10	07:28	5K30-39F	214/306	123/198	00:35:19.55
44/72	ALDIE, TARA	2000	00:37:49.80	07:33	5K30-39F	219/306	126/198	00:36:32.20
45/72	GEE, RISHMA	2358	00:37:51.45	07:34	5K30-39F	220/306	127/198	00:35:52.20
46/72	TALDORF, KRISTA	2263	00:38:21.45	07:40	5K30-39F	222/306	129/198	00:37:30.70
47/72	VALLIERES, LINA	2275	00:38:52.05	07:46	5K30-39F	228/306	133/198	00:37:07.05
48/72	NADEAU, MELISSA	2212	00:39:18.25	07:51	5K30-39F	229/306	134/198	00:37:59.55
49/72	FRIZZELL, CARIE	2091	00:39:18.35	07:51	5K30-39F	230/306	135/198	00:37:58.90
50/72	MACLACHLAN, KYLA	2175	00:39:47.75	07:57	5K30-39F	232/306	137/198	00:38:03.95
51/72	DE PAOLI, CINDY	2055	00:40:13.05	08:02	5K30-39F	236/306	141/198	00:38:12.80
52/72	HENRY, MARLENE	2179	00:40:21.55	08:04	5K30-39F	237/306	142/198	00:39:54.05
53/72	LEPPS, KYLA	2164	00:40:37.55	08:07	5K30-39F	238/306	143/198	00:38:35.75
54/72	CRAMER, DAYLE	2042	00:41:21.85	08:16	5K30-39F	243/306	148/198	00:39:47.90
55/72	BLADES, KELLY	2015	00:41:21.95	08:16	5K30-39F	244/306	149/198	00:39:48.65
56/72	BEVERIDGE, JILLIAN	2013	00:41:22.70	08:16	5K30-39F	245/306	150/198	00:39:48.70
57/72	CHIN-LENN, LAURA	2329	00:42:04.95	08:24	5K30-39F	253/306	154/198	00:40:28.55
58/72	KRYGIER, NICKI	2156	00:42:20.00	08:28	5K30-39F	257/306	157/198	00:40:43.50
59/72	MCRAE, KATHRYN	1428	00:42:40.20	08:32	5K30-39F	258/306	158/198	00:41:55.45
60/72	GIROUX, KATHERINE	1227	00:42:46.60	08:33	5K30-39F	259/306	159/198	00:41:11.60
61/72	BAUER, TERESA	2006	00:42:47.95	08:33	5K30-39F	260/306	160/198	00:42:02.75
62/72	RIMNEY, BRANDY	2235	00:44:19.75	08:51	5K30-39F	266/306	164/198	00:42:22.65
63/72	OMAN, TRACY	2218	00:45:17.30	09:03	5K30-39F	269/306	167/198	00:43:48.95
64/72	THIESSEN, JOSILYNN	2268	00:45:22.50	09:04	5K30-39F	270/306	168/198	00:43:22.90
65/72	DAVISON, BRANDI	2052	00:45:22.60	09:04	5K30-39F	271/306	169/198	00:43:23.75
66/72	THIESSEN, AMANDA	2267	00:45:26.75	09:05	5K30-39F	272/306	170/198	00:43:27.35
67/72	ROBERTS, AMANDA	2365	00:45:55.95	09:11	5K30-39F	273/306	171/198	00:44:02.30
68/72	RISDON, KELIE	2237	00:45:56.55	09:11	5K30-39F	274/306	172/198	00:44:02.75

OA/PI = Overall Placing

Cat/PI = Category Placing

Gen/PI = Overall Gender Placing

## Category Results

5K Run/3.1 Miles  
306 Competitors Total

## 5K30-39F - 72 Competitors

Cat/PI	Name	Bib #	Time	Pace	Category	OA/PI	Gen/PI	Chiptime
69/72	ANDERSON, SYNTHIA	2002	00:46:29.95	09:17	5K30-39F	279/306	177/198	00:44:53.80
70/72	CHRISTENSEN, RUBY	2032	00:52:41.90	10:32	5K30-39F	289/306	186/198	00:50:35.70
71/72	DZIWOGO, AMIE	2068	00:54:53.40	10:58	5K30-39F	294/306	190/198	00:53:01.20
72/72	TWA, LISA	2272	00:55:49.45	11:09	5K30-39F	299/306	194/198	00:54:24.15

## 5K30-39M - 23 Competitors

Cat/PI	Name	Bib #	Time	Pace	Category	OA/PI	Gen/PI	Chiptime
1/23	WANG, NICOLAS	2288	00:18:37.30	03:43	5K30-39M	5/306	4/108	00:18:35.50
2/23	HAYES, JASON	2115	00:19:30.20	03:54	5K30-39M	8/306	7/108	00:19:25.05
3/23	FAJARDO, DAVE	2073	00:19:41.85	03:56	5K30-39M	10/306	9/108	00:19:33.70
4/23	MITCHELMORE, PETER	2204	00:19:47.15	03:57	5K30-39M	12/306	11/108	00:19:46.70
5/23	FOX, JAMI	2090	00:23:06.25	04:37	5K30-39M	28/306	21/108	00:22:40.40
6/23	TURNBULL, BLAKE	2270	00:25:15.05	05:03	5K30-39M	44/306	32/108	00:24:15.35
7/23	THEVENIN, FLORENT	2266	00:25:25.15	05:05	5K30-39M	46/306	33/108	00:24:28.95
8/23	ANABO, MAX	2001	00:28:06.50	05:37	5K30-39M	68/306	42/108	00:26:44.60
9/23	MARE, DANIEL	2354	00:28:16.70	05:39	5K30-39M	71/306	43/108	00:28:11.95
10/23	FONG, JOHNSON	2083	00:29:03.30	05:48	5K30-39M	81/306	48/108	00:28:24.35
11/23	CHALMERS, TYLER	2363	00:29:13.00	05:50	5K30-39M	83/306	49/108	00:29:03.50
12/23	COHEN, ROBERT	2036	00:29:34.20	05:54	5K30-39M	88/306	53/108	00:27:57.00
13/23	JOHANSEN, GREG	2135	00:29:50.35	05:58	5K30-39M	95/306	57/108	00:28:42.75
14/23	HARTLEY, MICHAEL	2114	00:29:57.65	05:59	5K30-39M	98/306	59/108	00:28:12.10
15/23	FRY, JAMIE	2333	00:30:35.85	06:07	5K30-39M	110/306	62/108	00:30:02.65
16/23	MASCARIN, ROB	2345	00:30:44.85	06:08	5K30-39M	112/306	64/108	00:29:43.95
17/23	KAZMI, MUSTAPHA	2143	00:31:17.05	06:15	5K30-39M	122/306	69/108	00:29:23.05
18/23	NICKERSON, JON	2215	00:32:35.60	06:31	5K30-39M	149/306	77/108	00:31:00.30
19/23	MCMILLAN, THOMAS	2193	00:35:27.10	07:05	5K30-39M	188/306	84/108	00:34:15.25
20/23	CRAMER, SCOTT	2043	00:41:23.05	08:16	5K30-39M	246/306	96/108	00:39:49.50
21/23	BISHOP, ANDREW	2014	00:41:48.05	08:21	5K30-39M	250/306	98/108	00:41:13.95
22/23	YOSHIMURA, WESTON	2304	00:41:55.60	08:23	5K30-39M	252/306	99/108	00:40:04.20
23/23	DZIWOGO, CORY	2069	00:54:54.20	10:58	5K30-39M	295/306	105/108	00:53:01.30

## 5K40-49F - 35 Competitors

Cat/PI	Name	Bib #	Time	Pace	Category	OA/PI	Gen/PI	Chiptime
1/35	OLDRIDGE, LISA	2318	00:22:46.20	04:33	5K40-49F	26/306	7/198	00:22:29.65
2/35	BELL, PAM	2009	00:27:32.00	05:30	5K40-49F	63/306	22/198	00:26:54.35
3/35	LAUF, KARIN	2162	00:27:48.75	05:33	5K40-49F	64/306	23/198	00:26:45.30
4/35	FLANAGAN, JOCELYN	2082	00:28:14.15	05:38	5K40-49F	70/306	28/198	00:27:57.10
5/35	BOULTER, LEAH	2020	00:28:37.00	05:43	5K40-49F	77/306	32/198	00:28:13.65
6/35	SAVOIE, CATHY	2244	00:30:48.95	06:09	5K40-49F	115/306	50/198	00:29:52.50
7/35	KURRANT, CJ	2157	00:31:25.35	06:17	5K40-49F	123/306	54/198	00:30:28.60
8/35	PILI, NINI	2226	00:31:55.05	06:23	5K40-49F	135/306	63/198	00:30:16.75
9/35	TALDORF, SYLVIA	2264	00:31:58.40	06:23	5K40-49F	137/306	65/198	00:31:06.85
10/35	DAFOE, SHERI	2046	00:32:27.95	06:29	5K40-49F	145/306	70/198	00:31:50.35
11/35	MILLICH, KATHY	2202	00:32:52.80	06:34	5K40-49F	155/306	77/198	00:32:07.20
12/35	DALTON, TAMMY	2049	00:32:54.20	06:34	5K40-49F	156/306	78/198	00:32:07.75
13/35	KERN, BRENDA	2146	00:33:13.45	06:38	5K40-49F	160/306	80/198	00:32:14.95
14/35	TAKENAGA, MAYRA	2357	00:33:25.10	06:41	5K40-49F	161/306	81/198	00:32:18.30
15/35	GUREVITCH, CHERYL	2107	00:34:13.55	06:50	5K40-49F	172/306	89/198	00:33:05.95
16/35	TURNER, SHEILA	2337	00:35:02.15	07:00	5K40-49F	178/306	95/198	00:33:36.25
17/35	OWEN-WHITE, JB	2332	00:35:38.85	07:07	5K40-49F	192/306	107/198	00:34:39.05
18/35	WELLS, KAREN	2291	00:36:38.05	07:19	5K40-49F	205/306	116/198	00:35:01.05
19/35	LUHOWY, PAMELA	2356	00:37:42.80	07:32	5K40-49F	218/306	125/198	00:35:44.45
20/35	HOUGH, AMBER	2125	00:38:18.05	07:39	5K40-49F	221/306	128/198	00:36:50.40
21/35	GIN, SOPHIA	2099	00:38:25.80	07:41	5K40-49F	223/306	130/198	00:36:54.55
22/35	GRIEBEL, CLAUDIA	2105	00:39:50.20	07:58	5K40-49F	233/306	138/198	00:38:15.60
23/35	HEATHERINGTON, CATHY	2116	00:40:00.55	08:00	5K40-49F	235/306	140/198	00:39:23.35
24/35	HOLMES, KIM	2122	00:41:14.15	08:14	5K40-49F	242/306	147/198	00:39:34.20
25/35	BROST, MAUREEN	2346	00:41:29.90	08:17	5K40-49F	247/306	151/198	00:39:42.80
26/35	JAMES, DEBRA	2133	00:41:55.55	08:23	5K40-49F	251/306	153/198	00:40:04.85
27/35	GRAVES, TRACY	2104	00:42:10.75	08:26	5K40-49F	255/306	156/198	00:40:44.45
28/35	JUDGE, TRACEY	2139	00:46:25.70	09:17	5K40-49F	277/306	175/198	00:45:39.35
29/35	LASSALINE, JILL	2161	00:46:25.90	09:17	5K40-49F	278/306	176/198	00:46:01.20
30/35	SCHROEDER, DALE	2248	00:46:39.65	09:19	5K40-49F	281/306	179/198	00:45:12.80
31/35	TUFTS, GILLIAN	2319	00:49:38.55	09:55	5K40-49F	284/306	182/198	

OA/PI = Overall Placing

Cat/PI = Category Placing

Gen/PI = Overall Gender Placing

## Category Results

5K Run/3.1 Miles  
306 Competitors Total

## 5K40-49F - 35 Competitors

Cat/PI	Name	Bib #	Time	Pace	Category	OA/PI	Gen/PI	Chiptime
								00:47:41.45
32/35	BOLGER, ERIN	2018	00:50:08.90	10:01	5K40-49F	287/306	185/198	00:48:13.75
33/35	HOPKINS, NEVENA	2124	00:52:44.45	10:32	5K40-49F	290/306	187/198	00:50:31.95
34/35	O'BRIEN, LEANN	2163	00:54:56.80	10:59	5K40-49F	296/306	191/198	00:53:04.00
35/35	DOR, PASCALE	2061	01:01:42.65	12:20	5K40-49F	303/306	197/198	01:01:31.75

## 5K40-49M - 26 Competitors

Cat/PI	Name	Bib #	Time	Pace	Category	OA/PI	Gen/PI	Chiptime
1/26	GUREVITCH, JASON	2110	00:19:36.50	03:55	5K40-49M	9/306	8/108	00:19:33.85
2/26	WALL, SHELDON	2287	00:20:55.20	04:11	5K40-49M	17/306	15/108	00:20:48.55
3/26	SAVOIE, JOHN	2245	00:20:58.25	04:11	5K40-49M	18/306	16/108	00:20:54.05
4/26	MOORE, ADRIAN	2206	00:21:04.35	04:12	5K40-49M	19/306	17/108	00:20:58.55
5/26	MILLICH, CHRIS	2201	00:23:04.00	04:36	5K40-49M	27/306	20/108	00:22:19.25
6/26	MERCER, TROY	2199	00:23:22.00	04:40	5K40-49M	32/306	25/108	00:23:16.20
7/26	FILLIP, TODD	2080	00:23:55.60	04:47	5K40-49M	37/306	29/108	00:23:46.95
8/26	DEVOLIN, BARRY	2059	00:24:52.05	04:58	5K40-49M	41/306	31/108	00:24:48.00
9/26	LOUIS, TERRY	2170	00:26:44.85	05:20	5K40-49M	56/306	38/108	00:26:09.65
10/26	GRANT, DANIEL	2103	00:26:47.75	05:21	5K40-49M	57/306	39/108	00:26:29.05
11/26	ROGERS, RODNEY	2239	00:28:33.40	05:42	5K40-49M	76/306	45/108	00:27:35.30
12/26	SIMMONS, DARRIN	2323	00:28:45.10	05:45	5K40-49M	79/306	46/108	00:27:12.80
13/26	DAFOE, JOHN	2350	00:28:54.50	05:46	5K40-49M	80/306	47/108	00:28:20.95
14/26	GUREVITCH, DARRYL	2108	00:29:33.65	05:54	5K40-49M	87/306	52/108	00:27:56.40
15/26	HYNDS, JOHN	2129	00:29:47.00	05:57	5K40-49M	92/306	54/108	00:28:08.90
16/26	WHITE, JAMES	2331	00:29:48.15	05:57	5K40-49M	93/306	55/108	00:28:48.45
17/26	DALTON, JAMES	2047	00:32:47.55	06:33	5K40-49M	154/306	78/108	00:32:00.15
18/26	PYE, TOM	2228	00:32:55.65	06:35	5K40-49M	157/306	79/108	00:31:18.00
19/26	ERSKINE, GRAEME	2070	00:33:10.95	06:38	5K40-49M	158/306	80/108	00:31:47.30
20/26	REDEKOP, COLIN	2231	00:35:42.20	07:08	5K40-49M	195/306	88/108	00:34:02.45
21/26	DONLEVY, JAY	2327	00:37:33.45	07:30	5K40-49M	216/306	93/108	00:35:46.15
22/26	JONES, JEREMY	2137	00:38:51.85	07:46	5K40-49M	227/306	95/108	00:37:06.65
23/26	MEHRA, TARUN	2197	00:41:38.15	08:19	5K40-49M	248/306	97/108	00:40:13.55
24/26	KRYGIER, CORY	2155	00:42:19.75	08:27	5K40-49M	256/306	100/108	00:40:43.75
25/26	RODGERS, DAVE	2238	00:43:51.35	08:46	5K40-49M	263/306	101/108	00:41:53.30
26/26	JUDGE, VINCE	2140	00:43:56.90	08:47	5K40-49M	265/306	102/108	00:43:10.75

## 5K50-59F - 20 Competitors

Cat/PI	Name	Bib #	Time	Pace	Category	OA/PI	Gen/PI	Chiptime
1/20	DURING, SALLY	2065	00:25:46.75	05:09	5K50-59F	50/306	16/198	00:25:35.90
2/20	RICHARDSON, BARB	1532	00:26:09.15	05:13	5K50-59F	53/306	18/198	00:25:58.60
3/20	BROWN, SANDY	2024	00:29:37.50	05:55	5K50-59F	90/306	37/198	00:29:23.10
4/20	BOLES, BARBARA	1030	00:30:30.00	06:06	5K50-59F	107/306	46/198	00:30:24.10
5/20	MURPHY, SUSAN	2314	00:30:30.45	06:06	5K50-59F	108/306	47/198	00:29:57.15
6/20	BOIVIN, SYLVIE	2016	00:32:12.55	06:26	5K50-59F	140/306	68/198	00:31:35.65
7/20	METCALF, LYNN	2200	00:32:30.45	06:30	5K50-59F	147/306	71/198	00:31:39.25
8/20	PEARSON, KAREN	2223	00:33:39.25	06:43	5K50-59F	162/306	82/198	00:32:08.60
9/20	ILNYCKYJ, MARIA	2130	00:34:45.05	06:57	5K50-59F	175/306	92/198	00:33:14.85
10/20	JAKUBOWYCH, BEV	2132	00:35:02.35	07:00	5K50-59F	179/306	96/198	00:33:36.15
11/20	BROWN, JOAN	2023	00:36:23.35	07:16	5K50-59F	200/306	111/198	00:35:13.40
12/20	LAROCHELLE, MARIE	2160	00:36:47.75	07:21	5K50-59F	209/306	120/198	00:36:04.25
13/20	AZPIAZU, MARIA CRISTI	2003	00:37:37.55	07:31	5K50-59F	217/306	124/198	00:36:32.35
14/20	DAVIES, RHEA	2050	00:40:53.80	08:10	5K50-59F	240/306	145/198	00:39:42.25
15/20	HUCK, LISA	2127	00:42:10.70	08:26	5K50-59F	254/306	155/198	00:40:44.05
16/20	FORAN, DIANA	2084	00:45:17.10	09:03	5K50-59F	268/306	166/198	00:43:48.10
17/20	MAFRICA, SYLVIE	2177	00:46:30.10	09:18	5K50-59F	280/306	178/198	00:44:53.90
18/20	VISSER, SANDY	2282	00:46:39.70	09:19	5K50-59F	282/306	180/198	00:45:12.85
19/20	GREENWOOD, LYNN	2344	00:54:57.35	10:59	5K50-59F	297/306	192/198	00:53:04.25
20/20	LIGUORI, ELLEN	2165	01:03:59.60	12:47	5K50-59F	306/306	198/198	01:01:55.60

## 5K50-59M - 12 Competitors

Cat/PI	Name	Bib #	Time	Pace	Category	OA/PI	Gen/PI	Chiptime
1/12	KELLY, STEVE	2145	00:20:17.30	04:03	5K50-59M	13/306	12/108	00:20:11.45
2/12	WHEELER, BARRY	2325	00:20:33.15	04:06	5K50-59M	14/306	13/108	00:20:29.05
3/12	VAN GRONINGEN, JOHN	2277	00:20:45.85	04:09	5K50-59M	15/306	14/108	00:20:42.20
4/12	DALY, LORNE	2339	00:22:28.80	04:29	5K50-59M	23/306	18/108	00:22:26.65

OA/PI = Overall Placing

Cat/PI = Category Placing

Gen/PI = Overall Gender Placing

## Category Results

5K Run/3.1 Miles  
306 Competitors Total

## 5K50-59M - 12 Competitors

Cat/PI	Name	Bib #	Time	Pace	Category	OA/PI	Gen/PI	Chiptime
5/12	CONSTANTINE, DALE	2039	00:23:27.25	04:41	5K50-59M	33/306	26/108	00:23:07.65
6/12	PARKER, JIM	2221	00:23:31.60	04:42	5K50-59M	34/306	27/108	00:23:22.20
7/12	MILLS, STEVEN	2203	00:24:42.45	04:56	5K50-59M	39/306	30/108	00:24:00.95
8/12	WARREN, BRENT	2289	00:25:53.30	05:10	5K50-59M	52/306	35/108	00:25:11.90
9/12	UYS, CLOETE	2274	00:27:14.35	05:26	5K50-59M	62/306	41/108	00:26:37.50
10/12	LONGWORTH, HERB	2167	00:29:20.15	05:52	5K50-59M	84/306	50/108	00:27:04.15
11/12	INHABER, DAVID	2131	00:34:06.65	06:49	5K50-59M	171/306	83/108	00:33:28.55
12/12	CALLAGHAN, SEAN	2364	00:36:50.75	07:22	5K50-59M	210/306	90/108	00:35:00.75

## 5K60-69F - 5 Competitors

Cat/PI	Name	Bib #	Time	Pace	Category	OA/PI	Gen/PI	Chiptime
1/5	KING, SANDRA	2150	00:29:37.25	05:55	5K60-69F	89/306	36/198	00:29:31.10
2/5	STAPLETON, PATRICIA	2259	00:30:26.55	06:05	5K60-69F	105/306	45/198	00:30:15.85
3/5	NESTERENKO, LOUISE	2213	00:36:32.45	07:18	5K60-69F	201/306	112/198	00:36:30.55
4/5	VAN ALLEN, BARBIE	2330	00:48:00.95	09:36	5K60-69F	283/306	181/198	00:46:03.05
5/5	BECKER, CAROL	2007	00:59:29.15	11:53	5K60-69F	301/306	196/198	00:57:20.55

## 5K60-69M - 5 Competitors

Cat/PI	Name	Bib #	Time	Pace	Category	OA/PI	Gen/PI	Chiptime
1/5	KIRKBY, ROBERT	2151	00:29:23.75	05:52	5K60-69M	86/306	51/108	00:29:21.70
2/5	SAWDON, TOM	2246	00:30:17.75	06:03	5K60-69M	101/306	60/108	00:29:58.85
3/5	STEVENSON, BOB	2260	00:30:27.80	06:05	5K60-69M	106/306	61/108	00:29:45.10
4/5	LUPART, MICHAEL	2171	00:31:47.75	06:21	5K60-69M	132/306	71/108	00:31:23.60
5/5	CORBETT, PETER	2335	00:51:04.25	10:12	5K60-69M	288/306	103/108	00:50:37.15

## 5K70+F - 2 Competitors

Cat/PI	Name	Bib #	Time	Pace	Category	OA/PI	Gen/PI	Chiptime
1/2	WHITE, MARY MADELIN	2294	00:38:38.85	07:43	5K70+F	225/306	132/198	00:38:00.75
2/2	SACKNEY, LORNA	2241	00:50:05.25	10:01	5K70+F	286/306	184/198	00:48:09.85

## 5K70+M - 2 Competitors

Cat/PI	Name	Bib #	Time	Pace	Category	OA/PI	Gen/PI	Chiptime
1/2	ZADAN, NICK	2307	00:28:17.75	05:39	5K70+M	73/306	44/108	00:28:16.70
2/2	FISHER, DALE	2081	00:29:57.45	05:59	5K70+M	96/306	58/108	00:29:37.05