

## Category Results

## 10K - 6.21 Miles

## 10K19&amp;UF - 6 Competitors

| Place | O/A     | Bib # | Name                | Div      | Time        | Pace  | Chiptime    |
|-------|---------|-------|---------------------|----------|-------------|-------|-------------|
| 1/6   | 55/396  | 1270  | PYKE, BRIDGET       | 10K19&UF | 00:46:28.45 | 07:28 | 00:46:13.30 |
| 2/6   | 167/396 | 1073  | DEAKIN, EMMA        | 10K19&UF | 00:54:37.20 | 08:47 | 00:54:10.55 |
| 3/6   | 298/396 | 1192  | LAROCHELLE, KIRSTEN | 10K19&UF | 01:03:57.45 | 10:17 | 01:03:45.25 |
| 4/6   | 330/396 | 1237  | FEDORCHUK, LISA     | 10K19&UF | 01:07:05.35 | 10:48 | 01:06:17.50 |
| 5/6   | 332/396 | 1143  | HAYNES, SYDNEY      | 10K19&UF | 01:07:20.30 | 10:50 | 01:06:52.40 |
| 6/6   | 388/396 | 1457  | MACKINNON, KALENA   | 10K19&UF | 01:20:51.25 | 13:01 | 01:17:48.00 |

## 10K19&amp;UM - 7 Competitors

| Place | O/A     | Bib # | Name              | Div      | Time        | Pace  | Chiptime    |
|-------|---------|-------|-------------------|----------|-------------|-------|-------------|
| 1/7   | 70/396  | 1181  | KINNIE, NICHOLAS  | 10K19&UM | 00:47:39.30 | 07:40 | 00:47:33.75 |
| 2/7   | 86/396  | 1349  | WYLLIE, JEREMIE   | 10K19&UM | 00:48:57.95 | 07:52 | 00:48:47.50 |
| 3/7   | 182/396 | 1149  | HILL, LUCAS       | 10K19&UM | 00:55:45.60 | 08:58 | 00:55:14.60 |
| 4/7   | 207/396 | 1401  | GEE, AARON        | 10K19&UM | 00:57:30.60 | 09:15 | 00:56:52.35 |
| 5/7   | 234/396 | 1233  | HUMNYCKI, MICHAEL | 10K19&UM | 00:59:21.25 | 09:33 | 00:59:13.10 |
| 6/7   | 308/396 | 1222  | MARCIL, LORENZO   | 10K19&UM | 01:05:02.20 | 10:28 | 01:04:42.10 |
| 7/7   | 316/396 | 1137  | HALWAS, DARIAN    | 10K19&UM | 01:05:59.95 | 10:37 | 01:05:18.70 |

## 10K20-29F - 72 Competitors

| Place | O/A     | Bib # | Name               | Div       | Time        | Pace  | Chiptime    |
|-------|---------|-------|--------------------|-----------|-------------|-------|-------------|
| 1/72  | 23/396  | 1332  | WASLEN, KATHRYN    | 10K20-29F | 00:40:41.05 | 06:33 | 00:40:39.10 |
| 2/72  | 27/396  | 1031  | BENZ, LISA         | 10K20-29F | 00:41:23.60 | 06:39 | 00:41:21.80 |
| 3/72  | 28/396  | 1436  | JOHNSTON, HILARY   | 10K20-29F | 00:41:35.30 | 06:41 | 00:41:33.80 |
| 4/72  | 30/396  | 1154  | HOLMAN, CARLY      | 10K20-29F | 00:42:10.60 | 06:47 | 00:42:06.85 |
| 5/72  | 48/396  | 1408  | WOOLHOUSE, CHERYL  | 10K20-29F | 00:45:47.40 | 07:22 | 00:45:40.25 |
| 6/72  | 63/396  | 1290  | SEITZ, DESIRAE     | 10K20-29F | 00:46:57.00 | 07:33 | 00:46:53.35 |
| 7/72  | 77/396  | 1141  | HASTINGS, ERIN     | 10K20-29F | 00:48:09.90 | 07:45 | 00:48:03.45 |
| 8/72  | 79/396  | 1220  | MARCHUK, ANDREA    | 10K20-29F | 00:48:27.40 | 07:48 | 00:48:16.85 |
| 9/72  | 88/396  | 1147  | HILKEWICH, LESLEE  | 10K20-29F | 00:49:08.85 | 07:54 | 00:48:54.65 |
| 10/72 | 89/396  | 1449  | GRAHAM, AMANDA     | 10K20-29F | 00:49:33.85 | 07:58 | 00:49:21.50 |
| 11/72 | 90/396  | 1029  | BENJAMIN, ASHILY   | 10K20-29F | 00:49:35.60 | 07:59 | 00:49:32.45 |
| 12/72 | 92/396  | 1023  | BEETON, CHELSEA    | 10K20-29F | 00:49:44.90 | 08:00 | 00:49:26.95 |
| 13/72 | 104/396 | 1263  | POCZA, CHELSEA     | 10K20-29F | 00:50:39.65 | 08:09 | 00:50:33.05 |
| 14/72 | 111/396 | 1446  | SALT, MICHELLE     | 10K20-29F | 00:51:05.35 | 08:13 | 00:51:03.55 |
| 15/72 | 130/396 | 1239  | MUELLER, CHRISTIN  | 10K20-29F | 00:52:54.50 | 08:31 | 00:52:51.85 |
| 16/72 | 135/396 | 1407  | WALDERN, JENNIFER  | 10K20-29F | 00:53:03.05 | 08:32 | 00:52:35.05 |
| 17/72 | 145/396 | 1331  | WARD, KRISTY       | 10K20-29F | 00:53:37.30 | 08:38 | 00:53:24.80 |
| 18/72 | 147/396 | 1344  | WOO, AMY           | 10K20-29F | 00:53:43.65 | 08:39 | 00:53:22.60 |
| 19/72 | 151/396 | 1272  | RADOJA, LAUREN     | 10K20-29F | 00:54:12.90 | 08:43 | 00:54:11.45 |
| 20/72 | 154/396 | 1427  | GARVEY, JENNIFER   | 10K20-29F | 00:54:20.65 | 08:44 | 00:54:06.60 |
| 21/72 | 159/396 | 1196  | LEONG, TIA         | 10K20-29F | 00:54:25.80 | 08:45 | 00:53:49.15 |
| 22/72 | 168/396 | 1112  | FUGLER, JOANNA     | 10K20-29F | 00:54:39.75 | 08:48 | 00:54:13.40 |
| 23/72 | 170/396 | 1236  | ATAYIU, MIRIAM     | 10K20-29F | 00:54:54.30 | 08:50 | 00:54:47.05 |
| 24/72 | 172/396 | 1104  | FONG, JENNIFER     | 10K20-29F | 00:54:57.50 | 08:50 | 00:54:43.55 |
| 25/72 | 186/396 | 1096  | EVANS, AMANDA      | 10K20-29F | 00:56:07.80 | 09:02 | 00:55:33.00 |
| 26/72 | 191/396 | 1090  | EDIGER, MANDY      | 10K20-29F | 00:56:34.45 | 09:06 | 00:56:18.70 |
| 27/72 | 192/396 | 1049  | CAMERON, JULIE     | 10K20-29F | 00:56:34.50 | 09:06 | 00:56:10.20 |
| 28/72 | 199/396 | 1374  | BIETOLA, KELLY     | 10K20-29F | 00:57:12.70 | 09:12 | 00:57:11.40 |
| 29/72 | 218/396 | 1378  | COWARD, SANDRA     | 10K20-29F | 00:58:12.35 | 09:22 | 00:57:52.95 |
| 30/72 | 220/396 | 1323  | VERMEULEN, LYNN    | 10K20-29F | 00:58:21.40 | 09:23 | 00:58:03.95 |
| 31/72 | 225/396 | 1076  | DESBARATS, LAURA   | 10K20-29F | 00:58:36.55 | 09:26 | 00:58:04.80 |
| 32/72 | 231/396 | 1077  | DICK, LAURA        | 10K20-29F | 00:59:10.20 | 09:31 | 00:59:04.50 |
| 33/72 | 232/396 | 1072  | DE JONG, TINA      | 10K20-29F | 00:59:13.70 | 09:32 | 00:58:29.30 |
| 34/72 | 240/396 | 1089  | DUERR, CARLY       | 10K20-29F | 00:59:46.60 | 09:37 | 00:59:21.95 |
| 35/72 | 247/396 | 1321  | VECHIRKO, LARISA   | 10K20-29F | 01:00:17.65 | 09:42 | 00:59:24.90 |
| 36/72 | 262/396 | 1433  | HUYNH, SANDIE      | 10K20-29F | 01:01:31.40 | 09:54 | 01:01:23.00 |
| 37/72 | 265/396 | 1194  | LAWRANCE, KAITLYN  | 10K20-29F | 01:01:41.15 | 09:55 | 01:01:21.75 |
| 38/72 | 267/396 | 1325  | WALLACE, JAMIE     | 10K20-29F | 01:01:45.20 | 09:56 | 01:01:07.05 |
| 39/72 | 269/396 | 1238  | MOSSOR, JESSICA    | 10K20-29F | 01:01:58.10 | 09:58 | 01:01:44.85 |
| 40/72 | 270/396 | 1022  | BATTERSHILL, JAYME | 10K20-29F | 01:02:07.55 | 10:00 | 01:01:48.05 |
| 41/72 | 277/396 | 1367  | RUSSELL, VICTORIA  | 10K20-29F | 01:02:29.40 | 10:03 | 01:02:29.40 |
| 42/72 | 280/396 | 1312  | THORBURN, SAMANTHA | 10K20-29F | 01:02:43.35 | 10:05 | 01:02:24.20 |
| 43/72 | 284/396 | 1047  | BURGE, KYLA        | 10K20-29F | 01:02:59.35 | 10:08 | 01:02:43.75 |
| 44/72 | 287/396 | 1013  | ARBUTHNOT, LAURA   | 10K20-29F | 01:03:13.55 | 10:10 | 01:02:54.65 |
| 45/72 | 288/396 | 1335  | WEIERS, ANDREA     | 10K20-29F | 01:03:15.00 | 10:11 | 01:02:38.75 |

## Category Results

## 10K - 6.21 Miles

## 10K20-29F - 72 Competitors

| Place | O/A     | Bib # | Name              | Div       | Time        | Pace  | Chiptime    |
|-------|---------|-------|-------------------|-----------|-------------|-------|-------------|
| 46/72 | 291/396 | 1285  | SCOTT, ALTA       | 10K20-29F | 01:03:24.35 | 10:12 | 01:03:03.20 |
| 47/72 | 292/396 | 1152  | HOBDAY, KATIE     | 10K20-29F | 01:03:24.80 | 10:12 | 01:03:03.80 |
| 48/72 | 293/396 | 1276  | ROWLAND, MEGHAN   | 10K20-29F | 01:03:36.70 | 10:14 | 01:03:00.65 |
| 49/72 | 295/396 | 1319  | PUSZTAY, VANESSA  | 10K20-29F | 01:03:39.80 | 10:14 | 01:03:30.80 |
| 50/72 | 297/396 | 1199  | LI, SHUIE         | 10K20-29F | 01:03:54.75 | 10:17 | 01:03:37.10 |
| 51/72 | 299/396 | 1240  | MURPHY, KYLA      | 10K20-29F | 01:04:20.45 | 10:21 | 01:03:35.45 |
| 52/72 | 301/396 | 1453  | SHEFFIELD, KRISTA | 10K20-29F | 01:04:32.05 | 10:23 | 01:04:17.65 |
| 53/72 | 305/396 | 1227  | MCCARTY, ERIN     | 10K20-29F | 01:04:47.15 | 10:25 | 01:04:36.45 |
| 54/72 | 318/396 | 1084  | DOUCETTE, JANICE  | 10K20-29F | 01:06:14.00 | 10:39 | 01:06:14.00 |
| 55/72 | 328/396 | 1203  | LUI, ALICE        | 10K20-29F | 01:06:53.25 | 10:46 | 01:06:23.65 |
| 56/72 | 335/396 | 1287  | SCOTT, ROXANNE    | 10K20-29F | 01:07:57.80 | 10:56 | 01:07:14.60 |
| 57/72 | 337/396 | 1110  | FRY, KRISTEN      | 10K20-29F | 01:07:58.80 | 10:56 | 01:03:26.30 |
| 58/72 | 339/396 | 1241  | MURPHY, REBA      | 10K20-29F | 01:08:02.00 | 10:57 | 01:07:22.25 |
| 59/72 | 340/396 | 1424  | BOWEN, MEGAN      | 10K20-29F | 01:08:03.75 | 10:57 | 01:07:53.15 |
| 60/72 | 341/396 | 1391  | ROBINSON, PATTY   | 10K20-29F | 01:08:09.05 | 10:58 | 01:07:21.00 |
| 61/72 | 342/396 | 1280  | SAIGEON, AMANDA   | 10K20-29F | 01:08:10.45 | 10:58 | 01:07:54.60 |
| 62/72 | 344/396 | 1057  | CHAN, KATHRYN     | 10K20-29F | 01:08:27.35 | 11:01 | 01:08:15.10 |
| 63/72 | 346/396 | 1114  | GAGNON, ALLISON   | 10K20-29F | 01:08:43.00 | 11:03 | 01:08:01.90 |
| 64/72 | 350/396 | 1265  | POWELL, KAYLA     | 10K20-29F | 01:09:46.40 | 11:14 | 01:09:18.45 |
| 65/72 | 353/396 | 1080  | DJAKOVIC, MELISSA | 10K20-29F | 01:10:31.75 | 11:21 | 01:09:46.95 |
| 66/72 | 355/396 | 1425  | OSTER, CAREY      | 10K20-29F | 01:10:43.75 | 11:23 | 01:09:51.15 |
| 67/72 | 360/396 | 1282  | SATO, CORINNE     | 10K20-29F | 01:11:23.40 | 11:29 | 01:10:57.00 |
| 68/72 | 372/396 | 1027  | BELL, NAOMI       | 10K20-29F | 01:14:20.90 | 11:58 | 01:14:00.35 |
| 69/72 | 382/396 | 1125  | GLATZ, ASTA       | 10K20-29F | 01:17:00.40 | 12:23 | 01:16:30.70 |
| 70/72 | 386/396 | 1131  | GREEN, LISA       | 10K20-29F | 01:19:17.95 | 12:46 | 01:19:00.50 |
| 71/72 | 390/396 | 1010  | CORSI, ANDREA     | 10K20-29F | 01:23:00.45 | 13:21 | 01:22:16.10 |
| 72/72 | 392/396 | 1135  | HADDEN, KIMBERLY  | 10K20-29F | 01:25:26.80 | 13:45 | 01:24:45.55 |

## 10K20-29M - 35 Competitors

| Place | O/A     | Bib # | Name                | Div       | Time        | Pace  | Chiptime    |
|-------|---------|-------|---------------------|-----------|-------------|-------|-------------|
| 1/35  | 1/396   | 1177  | KERSHAW, DEVON      | 10K20-29M | 00:32:27.15 | 05:13 | 00:32:25.90 |
| 2/35  | 2/396   | 1264  | POOTZ, SPENCER      | 10K20-29M | 00:33:27.50 | 05:23 | 00:33:25.90 |
| 3/35  | 4/396   | 1355  | HOPFNER, GEOFF      | 10K20-29M | 00:35:30.90 | 05:43 | 00:35:29.80 |
| 4/35  | 6/396   | 1447  | WASYLYNKA, ANDREW   | 10K20-29M | 00:36:11.80 | 05:49 | 00:36:10.20 |
| 5/35  | 12/396  | 1164  | INHABER, JOSH       | 10K20-29M | 00:38:53.35 | 06:15 | 00:38:49.85 |
| 6/35  | 24/396  | 1082  | DODDS, SHAY         | 10K20-29M | 00:40:49.75 | 06:34 | 00:40:48.45 |
| 7/35  | 32/396  | 1431  | SUFFIELD, BEN       | 10K20-29M | 00:42:20.80 | 06:49 | 00:42:18.95 |
| 8/35  | 43/396  | 1279  | SAETRE, MARTY       | 10K20-29M | 00:44:35.10 | 07:10 | 00:44:22.75 |
| 9/35  | 53/396  | 1452  | ULLYOTT, BRETT      | 10K20-29M | 00:46:22.30 | 07:27 | 00:46:19.80 |
| 10/35 | 59/396  | 1295  | SHEWFELT, KYLE      | 10K20-29M | 00:46:45.95 | 07:31 | 00:46:18.00 |
| 11/35 | 65/396  | 1117  | GALLANT, NEIL       | 10K20-29M | 00:47:00.00 | 07:34 | 00:46:50.65 |
| 12/35 | 72/396  | 1133  | GRIENER, TOM        | 10K20-29M | 00:47:59.50 | 07:43 | 00:47:43.90 |
| 13/35 | 83/396  | 1308  | SUCHAN, BRETT       | 10K20-29M | 00:48:53.20 | 07:52 | 00:48:36.05 |
| 14/35 | 85/396  | 1018  | BAGNALL, KEVIN      | 10K20-29M | 00:48:57.70 | 07:52 | 00:48:31.05 |
| 15/35 | 97/396  | 1129  | GRANT, MATT         | 10K20-29M | 00:50:21.10 | 08:06 | 00:50:12.35 |
| 16/35 | 105/396 | 1111  | FRYER, SEAN         | 10K20-29M | 00:50:39.85 | 08:09 | 00:50:33.70 |
| 17/35 | 116/396 | 1180  | KINNAIRD, DANA      | 10K20-29M | 00:51:18.65 | 08:15 | 00:50:59.20 |
| 18/35 | 121/396 | 1016  | BABINEC, MATT       | 10K20-29M | 00:51:48.90 | 08:20 | 00:51:38.15 |
| 19/35 | 126/396 | 1451  | ROLLETT, JOHN       | 10K20-29M | 00:52:16.85 | 08:25 | 00:52:08.25 |
| 20/35 | 146/396 | 1306  | MACHOWSKI, STEPHEN  | 10K20-29M | 00:53:39.00 | 08:38 | 00:53:29.05 |
| 21/35 | 189/396 | 1071  | DE JONG, BLAIR      | 10K20-29M | 00:56:31.40 | 09:06 | 00:55:58.00 |
| 22/35 | 200/396 | 1309  | SUTHERLAND, ANDREW  | 10K20-29M | 00:57:13.55 | 09:12 | 00:56:33.75 |
| 23/35 | 212/396 | 1165  | JACKSON, CHRIS      | 10K20-29M | 00:57:50.20 | 09:18 | 00:57:27.65 |
| 24/35 | 226/396 | 1195  | LEE, PAUL           | 10K20-29M | 00:58:45.35 | 09:27 | 00:58:20.90 |
| 25/35 | 241/396 | 1216  | MAGGISANO, NICHOLAS | 10K20-29M | 00:59:50.75 | 09:38 | 00:59:35.00 |
| 26/35 | 243/396 | 1357  | FALLS, KENTON       | 10K20-29M | 00:59:59.05 | 09:39 | 00:59:30.60 |
| 27/35 | 249/396 | 1044  | BULLOCK, RYAN       | 10K20-29M | 01:00:22.45 | 09:43 | 00:56:46.45 |
| 28/35 | 264/396 | 1302  | SMITH, MARK         | 10K20-29M | 01:01:34.70 | 09:54 | 01:01:08.30 |
| 29/35 | 281/396 | 1311  | THORBURN, GRAEME    | 10K20-29M | 01:02:43.60 | 10:05 | 01:02:24.95 |
| 30/35 | 282/396 | 1342  | WINTON, IAN         | 10K20-29M | 01:02:52.80 | 10:07 | 01:02:30.10 |
| 31/35 | 294/396 | 1126  | GODZIUK, JUSTIN     | 10K20-29M | 01:03:38.90 | 10:14 | 01:03:30.00 |
| 32/35 | 324/396 | 1402  | GEE, DARREN         | 10K20-29M | 01:06:25.05 | 10:41 | 01:05:47.05 |
| 33/35 | 331/396 | 1091  | ELLACOTT, JAMIE     | 10K20-29M | 01:07:15.30 | 10:49 | 01:01:22.65 |

## Category Results

## 10K - 6.21 Miles

## 10K20-29M - 35 Competitors

| Place | O/A     | Bib # | Name              | Div       | Time        | Pace  | Chiptime    |
|-------|---------|-------|-------------------|-----------|-------------|-------|-------------|
| 34/35 | 349/396 | 1291  | SEQUEIRA, VANDELL | 10K20-29M | 01:09:43.00 | 11:13 | 01:06:05.60 |
| 35/35 | 356/396 | 1426  | BENCSIK, NICK     | 10K20-29M | 01:10:44.40 | 11:23 | 01:09:51.75 |

## 10K30-39F - 69 Competitors

| Place | O/A     | Bib # | Name                  | Div       | Time        | Pace  | Chiptime    |
|-------|---------|-------|-----------------------|-----------|-------------|-------|-------------|
| 1/69  | 21/396  | 1229  | MCLEOD, CANDICE       | 10K30-39F | 00:40:36.25 | 06:32 | 00:40:34.40 |
| 2/69  | 35/396  | 1007  | ALINSANGAN, NANCY     | 10K30-39F | 00:43:14.10 | 06:57 | 00:43:08.55 |
| 3/69  | 37/396  | 1019  | BAIKIE, HILARY        | 10K30-39F | 00:43:51.80 | 07:03 | 00:43:48.80 |
| 4/69  | 49/396  | 1440  | SIM, MANDI            | 10K30-39F | 00:45:47.50 | 07:22 | 00:45:40.25 |
| 5/69  | 52/396  | 1354  | SOLOMCHUK, LISA       | 10K30-39F | 00:46:14.70 | 07:26 | 00:46:05.75 |
| 6/69  | 91/396  | 1281  | SARNA, MAGDALENA      | 10K30-39F | 00:49:40.15 | 07:59 | 00:49:34.95 |
| 7/69  | 95/396  | 1038  | BRESCIA, LAURA        | 10K30-39F | 00:50:02.05 | 08:03 | 00:49:53.40 |
| 8/69  | 100/396 | 1393  | SWERTZ, JENNIFER      | 10K30-39F | 00:50:31.85 | 08:08 | 00:49:42.30 |
| 9/69  | 107/396 | 1330  | WARD, KIM             | 10K30-39F | 00:50:44.75 | 08:10 | 00:50:32.60 |
| 10/69 | 109/396 | 1231  | MEIER, JULIE          | 10K30-39F | 00:50:54.05 | 08:11 | 00:50:47.65 |
| 11/69 | 110/396 | 1217  | MAGNAN, MICHELLE      | 10K30-39F | 00:51:05.05 | 08:13 | 00:50:39.75 |
| 12/69 | 114/396 | 1338  | WIGGINTON, STEPHANIE  | 10K30-39F | 00:51:08.10 | 08:14 | 00:50:30.30 |
| 13/69 | 128/396 | 1188  | KRZYWICKI, SHANNON    | 10K30-39F | 00:52:44.05 | 08:29 | 00:52:26.45 |
| 14/69 | 136/396 | 1429  | KISS, ALLISON         | 10K30-39F | 00:53:07.60 | 08:33 | 00:50:04.85 |
| 15/69 | 152/396 | 1254  | OOSTERBAAN, JENNIFER  | 10K30-39F | 00:54:17.50 | 08:44 | 00:54:09.20 |
| 16/69 | 160/396 | 1417  | GILLESPIE, MOLLY      | 10K30-39F | 00:54:26.00 | 08:45 | 00:54:05.15 |
| 17/69 | 166/396 | 1346  | WOODARD, ALYSON F     | 10K30-39F | 00:54:34.80 | 08:47 | 00:54:25.75 |
| 18/69 | 171/396 | 1008  | ALLEN, KRISTAL        | 10K30-39F | 00:54:54.35 | 08:50 | 00:54:37.05 |
| 19/69 | 175/396 | 1259  | PATERSON, AMY         | 10K30-39F | 00:55:03.60 | 08:51 | 00:54:42.75 |
| 20/69 | 183/396 | 1406  | RENNIE, JENNIFER      | 10K30-39F | 00:55:50.70 | 08:59 | 00:55:34.70 |
| 21/69 | 185/396 | 1293  | SHELDON, KIRSTY       | 10K30-39F | 00:56:01.45 | 09:01 | 00:55:41.95 |
| 22/69 | 188/396 | 1206  | LUKINUK, ELIZABETH    | 10K30-39F | 00:56:09.80 | 09:02 | 00:55:49.05 |
| 23/69 | 196/396 | 1014  | ATAYIU, JAMILLA       | 10K30-39F | 00:56:56.50 | 09:10 | 00:56:49.30 |
| 24/69 | 197/396 | 1139  | HANSMA, NICOLE        | 10K30-39F | 00:57:08.90 | 09:12 | 00:56:42.70 |
| 25/69 | 202/396 | 1167  | JAMES, JESSICA        | 10K30-39F | 00:57:18.75 | 09:13 | 00:56:21.40 |
| 26/69 | 203/396 | 1058  | CHANG, CYNTHIA        | 10K30-39F | 00:57:23.60 | 09:14 | 00:56:52.35 |
| 27/69 | 204/396 | 1156  | HOLUNGA, JULIE        | 10K30-39F | 00:57:25.20 | 09:14 | 00:56:59.30 |
| 28/69 | 206/396 | 1034  | BLACKWELL, TERRA      | 10K30-39F | 00:57:29.65 | 09:15 | 00:56:30.35 |
| 29/69 | 208/396 | 1094  | EPP, KIMIKO           | 10K30-39F | 00:57:32.65 | 09:15 | 00:57:11.55 |
| 30/69 | 214/396 | 1300  | SKROVE, TAMMIE        | 10K30-39F | 00:57:51.80 | 09:18 | 00:57:23.65 |
| 31/69 | 216/396 | 1021  | BANDURA, CRYSTAL      | 10K30-39F | 00:57:58.90 | 09:20 | 00:57:26.10 |
| 32/69 | 223/396 | 1202  | LOW, CHANTAL          | 10K30-39F | 00:58:29.35 | 09:25 | 00:58:06.35 |
| 33/69 | 227/396 | 1063  | COULTER, KATRINA      | 10K30-39F | 00:58:48.40 | 09:28 | 00:54:30.90 |
| 34/69 | 230/396 | 1445  | ASHTON, JENNIFER      | 10K30-39F | 00:59:05.80 | 09:30 | 00:58:24.65 |
| 35/69 | 238/396 | 1253  | OOI, JAN              | 10K30-39F | 00:59:35.05 | 09:35 | 00:59:01.95 |
| 36/69 | 242/396 | 1218  | MAKOWECKI, SERENA     | 10K30-39F | 00:59:57.45 | 09:39 | 00:59:22.55 |
| 37/69 | 245/396 | 1178  | KERTH, KRISTA         | 10K30-39F | 01:00:05.50 | 09:40 | 00:59:56.75 |
| 38/69 | 251/396 | 1193  | LAW, JODIE            | 10K30-39F | 01:00:31.45 | 09:44 | 01:00:03.00 |
| 39/69 | 252/396 | 1095  | ETIENNE, MONIQUE      | 10K30-39F | 01:00:32.10 | 09:44 | 00:59:48.95 |
| 40/69 | 261/396 | 1435  | CHALMERS-NIXON, TARA  | 10K30-39F | 01:01:08.10 | 09:50 | 01:00:45.10 |
| 41/69 | 266/396 | 1380  | GALLAGHER, KELLY      | 10K30-39F | 01:01:42.85 | 09:56 | 01:01:29.20 |
| 42/69 | 268/396 | 1159  | HOWELL, CHRISTYN      | 10K30-39F | 01:01:45.45 | 09:56 | 01:01:34.70 |
| 43/69 | 278/396 | 1153  | HODGSON, KRISTIE      | 10K30-39F | 01:02:31.20 | 10:04 | 01:02:13.45 |
| 44/69 | 290/396 | 1327  | WALYUCHOW, STACEY     | 10K30-39F | 01:03:21.55 | 10:12 | 01:03:07.90 |
| 45/69 | 309/396 | 1069  | CULLINGHAM, CAROL     | 10K30-39F | 01:05:08.40 | 10:29 | 01:04:22.25 |
| 46/69 | 314/396 | 1039  | BROE, JENNIFER        | 10K30-39F | 01:05:52.00 | 10:36 | 01:05:13.75 |
| 47/69 | 326/396 | 1122  | GIANI, SARAH          | 10K30-39F | 01:06:31.55 | 10:42 | 01:05:56.80 |
| 48/69 | 329/396 | 1186  | KRESOWATY, JENNIFER   | 10K30-39F | 01:06:55.00 | 10:46 | 01:06:25.45 |
| 49/69 | 351/396 | 1173  | KEELER, MELANIE       | 10K30-39F | 01:10:23.95 | 11:20 | 01:10:10.00 |
| 50/69 | 354/396 | 1443  | MOORE, HILARY         | 10K30-39F | 01:10:38.35 | 11:22 | 01:09:53.50 |
| 51/69 | 357/396 | 1248  | NICHOLLS, CORI        | 10K30-39F | 01:11:12.65 | 11:27 | 01:10:44.20 |
| 52/69 | 364/396 | 1243  | NAF, MELISSA          | 10K30-39F | 01:12:24.85 | 11:39 | 01:11:30.50 |
| 53/69 | 367/396 | 1368  | TALDORF, KRISTA       | 10K30-39F | 01:12:39.10 | 11:41 | 01:12:07.70 |
| 54/69 | 368/396 | 1208  | MACDONALD, JACQUELINE | 10K30-39F | 01:12:46.35 | 11:43 | 01:12:04.65 |
| 55/69 | 370/396 | 1098  | EWART, CHRISTINE      | 10K30-39F | 01:12:53.25 | 11:44 | 01:12:21.95 |
| 56/69 | 371/396 | 1304  | STADNYK, THERESA      | 10K30-39F | 01:12:59.05 | 11:45 | 01:12:06.25 |
| 57/69 | 374/396 | 1127  | GOSELIN, CHARLA       | 10K30-39F | 01:15:03.65 | 12:05 | 01:14:46.50 |
| 58/69 | 375/396 | 1269  | PROUDFOOT, CATE       | 10K30-39F | 01:15:06.60 | 12:05 | 01:14:17.05 |

## Category Results

## 10K - 6.21 Miles

## 10K30-39F - 69 Competitors

| Place | O/A     | Bib # | Name                | Div       | Time        | Pace  | Chiptime    |
|-------|---------|-------|---------------------|-----------|-------------|-------|-------------|
| 59/69 | 376/396 | 1362  | HOOD, CHRISTY       | 10K30-39F | 01:15:44.15 | 12:11 | 01:14:56.10 |
| 60/69 | 377/396 | 1395  | WELDA, JANTIEN      | 10K30-39F | 01:15:44.30 | 12:11 | 01:14:56.40 |
| 61/69 | 378/396 | 1257  | PANKIW, AMANDA      | 10K30-39F | 01:16:00.00 | 12:14 | 01:15:26.60 |
| 62/69 | 379/396 | 1252  | OLLEN, COLLEEN      | 10K30-39F | 01:16:01.00 | 12:14 | 01:15:27.70 |
| 63/69 | 380/396 | 1140  | HARPER, DEBRA       | 10K30-39F | 01:16:43.60 | 12:21 | 01:16:13.55 |
| 64/69 | 383/396 | 1001  | AASEN, KIRSTEN      | 10K30-39F | 01:17:30.70 | 12:28 | 01:17:08.30 |
| 65/69 | 385/396 | 1169  | JOHNSON, MEGHAN     | 10K30-39F | 01:18:52.65 | 12:42 | 01:12:14.50 |
| 66/69 | 387/396 | 1113  | FURGASON, TAMMY     | 10K30-39F | 01:19:54.95 | 12:51 | 01:18:56.50 |
| 67/69 | 389/396 | 1213  | MACKINNON, CHARLENE | 10K30-39F | 01:20:56.75 | 13:01 | 01:17:57.20 |
| 68/69 | 393/396 | 1314  | TRUONG, HUONG       | 10K30-39F | 01:25:31.50 | 13:46 | 01:24:54.85 |
| 69/69 | 394/396 | 1283  | SCHATZ, ANGELA      | 10K30-39F | 01:46:21.35 | 17:07 | 01:45:24.30 |

## 10K30-39M - 55 Competitors

| Place | O/A     | Bib # | Name                | Div       | Time        | Pace  | Chiptime    |
|-------|---------|-------|---------------------|-----------|-------------|-------|-------------|
| 1/55  | 3/396   | 1377  | COLLIE, MARC        | 10K30-39M | 00:34:38.40 | 05:34 | 00:34:37.45 |
| 2/55  | 5/396   | 1382  | GREENWOOD, BRYCE    | 10K30-39M | 00:36:06.40 | 05:48 | 00:36:05.00 |
| 3/55  | 9/396   | 1383  | HUSSEN, BURHAN      | 10K30-39M | 00:37:48.80 | 06:05 | 00:37:48.45 |
| 4/55  | 10/396  | 1373  | BAINE, TREVOR       | 10K30-39M | 00:38:21.60 | 06:10 | 00:38:19.45 |
| 5/55  | 13/396  | 1398  | PEARSON, DARYL      | 10K30-39M | 00:39:10.60 | 06:18 | 00:39:06.70 |
| 6/55  | 15/396  | 1359  | THORKELSON, DONOVAN | 10K30-39M | 00:39:46.50 | 06:24 | 00:39:42.55 |
| 7/55  | 16/396  | 1204  | LUINSTRA, DAVID     | 10K30-39M | 00:39:50.90 | 06:24 | 00:39:49.00 |
| 8/55  | 17/396  | 1361  | FEASBY, COLIN       | 10K30-39M | 00:40:00.15 | 06:26 | 00:39:58.10 |
| 9/55  | 18/396  | 1430  | PALASCHUK, ANDREW   | 10K30-39M | 00:40:15.85 | 06:28 | 00:40:13.00 |
| 10/55 | 19/396  | 1403  | GOBBI, DAVID        | 10K30-39M | 00:40:19.35 | 06:29 | 00:40:09.15 |
| 11/55 | 20/396  | 1205  | LUKINUK, BRENDT     | 10K30-39M | 00:40:34.10 | 06:31 | 00:40:30.85 |
| 12/55 | 29/396  | 1224  | MARTIN, JEAN-LUC    | 10K30-39M | 00:42:06.55 | 06:46 | 00:42:01.60 |
| 13/55 | 31/396  | 1419  | SMITH, COLIN        | 10K30-39M | 00:42:12.35 | 06:47 | 00:42:08.90 |
| 14/55 | 34/396  | 1439  | ZAHARA, RYAN        | 10K30-39M | 00:43:06.30 | 06:56 | 00:43:02.65 |
| 15/55 | 36/396  | 1100  | FAJARDO, DAVE       | 10K30-39M | 00:43:31.45 | 07:00 | 00:43:26.65 |
| 16/55 | 39/396  | 1086  | DRAPER, SEAN        | 10K30-39M | 00:44:29.50 | 07:09 | 00:44:24.15 |
| 17/55 | 47/396  | 1075  | DEFOREST, SHAWN     | 10K30-39M | 00:45:25.85 | 07:18 | 00:45:23.00 |
| 18/55 | 51/396  | 1030  | BENNETT, SHAWN      | 10K30-39M | 00:46:02.20 | 07:24 | 00:45:51.80 |
| 19/55 | 54/396  | 1116  | GALESKI, MATTHEW    | 10K30-39M | 00:46:23.20 | 07:28 | 00:46:05.75 |
| 20/55 | 60/396  | 1083  | DOUCETTE, GREG      | 10K30-39M | 00:46:47.55 | 07:32 | 00:46:37.60 |
| 21/55 | 66/396  | 1228  | MCDONOUGH, STEWART  | 10K30-39M | 00:47:05.85 | 07:34 | 00:46:49.85 |
| 22/55 | 68/396  | 1376  | BRUCE, MURRAY       | 10K30-39M | 00:47:25.40 | 07:38 | 00:47:06.20 |
| 23/55 | 71/396  | 1405  | LADOUCEUR, MIKE     | 10K30-39M | 00:47:54.60 | 07:42 | 00:47:47.35 |
| 24/55 | 73/396  | 1187  | KRZYWICKI, JACEK    | 10K30-39M | 00:47:59.65 | 07:43 | 00:47:41.90 |
| 25/55 | 75/396  | 1060  | CLAEYS, CORY        | 10K30-39M | 00:48:00.80 | 07:43 | 00:47:28.30 |
| 26/55 | 82/396  | 1390  | RENNIE, SCOTT       | 10K30-39M | 00:48:48.55 | 07:51 | 00:48:31.40 |
| 27/55 | 96/396  | 1146  | HERON, IAN          | 10K30-39M | 00:50:20.65 | 08:06 | 00:50:01.15 |
| 28/55 | 103/396 | 1381  | GEE, TIM            | 10K30-39M | 00:50:35.20 | 08:08 | 00:49:58.65 |
| 29/55 | 108/396 | 1329  | WARD, GLENN         | 10K30-39M | 00:50:45.00 | 08:10 | 00:50:33.15 |
| 30/55 | 113/396 | 1296  | COLTLER, SIMON      | 10K30-39M | 00:51:06.30 | 08:13 | 00:46:48.05 |
| 31/55 | 115/396 | 1372  | ANDERSON, BRENT     | 10K30-39M | 00:51:18.60 | 08:15 | 00:51:05.15 |
| 32/55 | 118/396 | 1307  | STEWART, JEFF       | 10K30-39M | 00:51:29.95 | 08:17 | 00:51:05.70 |
| 33/55 | 122/396 | 1033  | BERKLEY, TROY       | 10K30-39M | 00:51:49.25 | 08:20 | 00:51:37.40 |
| 34/55 | 124/396 | 1415  | MACGOWAN, DAN       | 10K30-39M | 00:51:50.55 | 08:20 | 00:51:21.30 |
| 35/55 | 125/396 | 1384  | WEARE, KENT         | 10K30-39M | 00:52:12.35 | 08:24 | 00:51:58.60 |
| 36/55 | 138/396 | 1109  | FRIESEN, JUSTIN     | 10K30-39M | 00:53:17.00 | 08:34 | 00:52:52.35 |
| 37/55 | 150/396 | 1337  | WIGGINTON, KEVIN    | 10K30-39M | 00:54:12.15 | 08:43 | 00:53:35.55 |
| 38/55 | 153/396 | 1275  | REMMERT, TREVOR     | 10K30-39M | 00:54:19.65 | 08:44 | 00:53:38.00 |
| 39/55 | 157/396 | 1183  | KOKOTT, RYAN        | 10K30-39M | 00:54:24.65 | 08:45 | 00:53:33.75 |
| 40/55 | 161/396 | 1052  | CARR, CHRIS         | 10K30-39M | 00:54:26.05 | 08:45 | 00:54:05.30 |
| 41/55 | 169/396 | 1107  | FOURNIER, CHAD      | 10K30-39M | 00:54:52.60 | 08:50 | 00:54:21.30 |
| 42/55 | 177/396 | 1175  | KELLER, ERIC        | 10K30-39M | 00:55:22.35 | 08:54 | 00:54:47.55 |
| 43/55 | 205/396 | 1157  | HOLUNGA, SHANE      | 10K30-39M | 00:57:25.40 | 09:14 | 00:57:00.70 |
| 44/55 | 209/396 | 1160  | HOWG, KYLE          | 10K30-39M | 00:57:34.20 | 09:16 | 00:57:02.70 |
| 45/55 | 211/396 | 1115  | GAGNON, ERIC        | 10K30-39M | 00:57:48.60 | 09:18 | 00:57:01.35 |
| 46/55 | 219/396 | 1172  | KEATLEY, JOSH       | 10K30-39M | 00:58:16.95 | 09:22 | 00:57:43.95 |
| 47/55 | 229/396 | 1168  | KEELER, JEREMY      | 10K30-39M | 00:59:04.25 | 09:30 | 00:58:49.95 |
| 48/55 | 237/396 | 1273  | RAMESSAR, RANDY     | 10K30-39M | 00:59:34.05 | 09:35 | 00:59:31.10 |
| 49/55 | 275/396 | 1441  | HORNE, DREW         | 10K30-39M | 01:02:23.60 | 10:02 | 01:02:11.10 |

## Category Results

## 10K - 6.21 Miles

## 10K30-39M - 55 Competitors

| Place | O/A     | Bib # | Name           | Div       | Time        | Pace  | Chiptime    |
|-------|---------|-------|----------------|-----------|-------------|-------|-------------|
| 50/55 | 296/396 | 1347  | WOODMAN, CHRIS | 10K30-39M | 01:03:48.90 | 10:16 | 01:03:31.85 |
| 51/55 | 307/396 | 1118  | GAULD, DAN     | 10K30-39M | 01:04:54.35 | 10:27 | 01:04:39.10 |
| 52/55 | 312/396 | 1121  | GEE, STEVEN    | 10K30-39M | 01:05:47.55 | 10:35 | 01:05:10.05 |
| 53/55 | 313/396 | 1040  | BROE, RICHARD  | 10K30-39M | 01:05:51.95 | 10:36 | 01:05:15.40 |
| 54/55 | 327/396 | 1020  | BAKER, HUGH    | 10K30-39M | 01:06:43.90 | 10:44 | 01:05:48.50 |
| 55/55 | 352/396 | 1081  | DJAKOVIC, MIKE | 10K30-39M | 01:10:31.60 | 11:21 | 01:09:45.95 |

## 10K40-49F - 45 Competitors

| Place | O/A     | Bib # | Name                    | Div       | Time        | Pace  | Chiptime    |
|-------|---------|-------|-------------------------|-----------|-------------|-------|-------------|
| 1/45  | 64/396  | 1444  | MEALEY, JENEE           | 10K40-49F | 00:46:58.10 | 07:33 | 00:46:54.85 |
| 2/45  | 98/396  | 1166  | JACKSHAW, KAREN         | 10K40-49F | 00:50:29.20 | 08:07 | 00:50:20.55 |
| 3/45  | 99/396  | 1363  | JAKOVAC, NANCY          | 10K40-49F | 00:50:30.25 | 08:07 | 00:50:23.50 |
| 4/45  | 101/396 | 1059  | CHARBONNEAU, HEATHER    | 10K40-49F | 00:50:33.35 | 08:08 | 00:49:55.20 |
| 5/45  | 106/396 | 1211  | MACEACHERN, CARLA       | 10K40-49F | 00:50:44.60 | 08:10 | 00:50:26.85 |
| 6/45  | 112/396 | 1142  | HATHERLY, HOPE          | 10K40-49F | 00:51:05.70 | 08:13 | 00:50:49.80 |
| 7/45  | 123/396 | 1056  | CHAN, JENNY             | 10K40-49F | 00:51:50.20 | 08:20 | 00:51:50.20 |
| 8/45  | 139/396 | 1230  | MCTAGGART COWAN, PENNEY | 10K40-49F | 00:53:22.90 | 08:35 | 00:53:00.80 |
| 9/45  | 141/396 | 1266  | PRAKASH, LORENA         | 10K40-49F | 00:53:29.40 | 08:36 | 00:53:15.50 |
| 10/45 | 142/396 | 1310  | THOMPSON, ROBIN         | 10K40-49F | 00:53:31.30 | 08:37 | 00:53:21.20 |
| 11/45 | 143/396 | 1404  | KINNIE, SUSAN           | 10K40-49F | 00:53:32.30 | 08:37 | 00:53:18.10 |
| 12/45 | 144/396 | 1394  | VAN TONDER, JANNA       | 10K40-49F | 00:53:32.40 | 08:37 | 00:53:26.90 |
| 13/45 | 156/396 | 1225  | MCBEAN, HEATHER         | 10K40-49F | 00:54:24.55 | 08:45 | 00:54:03.50 |
| 14/45 | 164/396 | 1294  | SHEPHERD, ALISON        | 10K40-49F | 00:54:31.05 | 08:46 | 00:54:04.65 |
| 34/48 | 173/396 | 1012  | APONTE, ADA             | 10K40-49F | 00:54:57.75 | 08:50 | 00:54:45.50 |
| 15/45 | 179/396 | 1028  | BELL, SHEILA            | 10K40-49F | 00:55:38.20 | 08:57 | 00:54:56.55 |
| 16/45 | 184/396 | 1320  | VAREY, JENNIFER         | 10K40-49F | 00:55:52.45 | 08:59 | 00:55:25.75 |
| 17/45 | 187/396 | 1079  | DIFRANCESCO, LISA       | 10K40-49F | 00:56:08.80 | 09:02 | 00:55:50.95 |
| 18/45 | 195/396 | 1322  | VERBONAC, MARIA         | 10K40-49F | 00:56:54.85 | 09:09 | 00:56:35.60 |
| 19/45 | 215/396 | 1190  | LALIBERTE, TRACI        | 10K40-49F | 00:57:53.30 | 09:19 | 00:57:30.05 |
| 20/45 | 224/396 | 1267  | PREMDAS, MAUREEN        | 10K40-49F | 00:58:35.75 | 09:26 | 00:56:54.10 |
| 21/45 | 235/396 | 1161  | HUMNYCKI, SELINA        | 10K40-49F | 00:59:21.25 | 09:33 | 00:59:13.10 |
| 22/45 | 239/396 | 1042  | BRUNTON, COLLEEN        | 10K40-49F | 00:59:45.95 | 09:37 | 00:59:14.15 |
| 23/45 | 244/396 | 1413  | CHALMERS, KIM           | 10K40-49F | 01:00:05.30 | 09:40 | 00:59:47.35 |
| 24/45 | 250/396 | 1341  | WILSON, SUZANNE         | 10K40-49F | 01:00:23.90 | 09:43 | 00:59:54.15 |
| 25/45 | 255/396 | 1260  | PATON, GILLIAN          | 10K40-49F | 01:00:37.55 | 09:45 | 01:00:11.35 |
| 26/45 | 256/396 | 1369  | TALDORF, SYLVIA         | 10K40-49F | 01:00:39.75 | 09:46 | 01:00:08.40 |
| 27/45 | 259/396 | 1317  | VAN DER MERWE, LAMINDA  | 10K40-49F | 01:00:54.15 | 09:48 | 01:00:42.00 |
| 28/45 | 260/396 | 1148  | HILL, KELLY             | 10K40-49F | 01:01:05.20 | 09:50 | 01:00:31.90 |
| 29/45 | 271/396 | 1388  | OLSEN, LINDA            | 10K40-49F | 01:02:12.55 | 10:00 | 01:01:42.85 |
| 30/45 | 272/396 | 1371  | VON DER WEID, LILIANE   | 10K40-49F | 01:02:13.90 | 10:01 | 01:01:35.45 |
| 31/45 | 273/396 | 1360  | DRIEDGER, VALERIE       | 10K40-49F | 01:02:14.00 | 10:01 | 01:01:27.60 |
| 32/45 | 274/396 | 1256  | PACAUD, DANIELE         | 10K40-49F | 01:02:14.00 | 10:01 | 01:01:34.35 |
| 33/45 | 276/396 | 1053  | CATHCART, JANICE        | 10K40-49F | 01:02:29.35 | 10:03 | 01:01:42.95 |
| 34/45 | 302/396 | 1130  | GREEN, CATHY            | 10K40-49F | 01:04:35.25 | 10:23 | 01:02:14.85 |
| 35/45 | 303/396 | 1132  | GREWAL, KIMBERLY        | 10K40-49F | 01:04:35.45 | 10:24 | 01:02:14.75 |
| 36/45 | 320/396 | 1136  | HALWAS, COLLEEN         | 10K40-49F | 01:06:18.60 | 10:40 | 01:05:37.40 |
| 37/45 | 321/396 | 1045  | BURCHNALL, DEANNA       | 10K40-49F | 01:06:18.80 | 10:40 | 01:05:31.80 |
| 38/45 | 322/396 | 1400  | ADAMS, FATIN            | 10K40-49F | 01:06:19.10 | 10:40 | 01:05:52.60 |
| 39/45 | 336/396 | 1184  | KOMAR, ANNE MARIE       | 10K40-49F | 01:07:58.00 | 10:56 | 01:07:14.65 |
| 40/45 | 345/396 | 1223  | WILSON, MARIA           | 10K40-49F | 01:08:34.20 | 11:02 | 01:07:54.95 |
| 41/45 | 348/396 | 1046  | BURDEN, LISA            | 10K40-49F | 01:09:19.50 | 11:09 | 01:08:29.80 |
| 42/45 | 361/396 | 1315  | TURCHET, CINZIA         | 10K40-49F | 01:11:54.85 | 11:34 | 01:11:28.35 |
| 43/45 | 363/396 | 1003  | ADAMS, KELLY            | 10K40-49F | 01:12:09.35 | 11:37 | 01:11:43.00 |
| 44/45 | 365/396 | 1064  | CRAWFORD, SUSAN         | 10K40-49F | 01:12:25.05 | 11:39 | 01:11:31.00 |
| 45/45 | 381/396 | 1345  | WOOD, WENDY             | 10K40-49F | 01:16:43.80 | 12:21 | 01:16:14.40 |

## 10K40-49M - 48 Competitors

| Place | O/A    | Bib # | Name            | Div       | Time        | Pace  | Chiptime    |
|-------|--------|-------|-----------------|-----------|-------------|-------|-------------|
| 1/48  | 7/396  | 1437  | PEARSON, TIM    | 10K40-49M | 00:36:36.95 | 05:53 | 00:36:34.15 |
| 2/48  | 8/396  | 1379  | CROMBIE, JAMIE  | 10K40-49M | 00:36:56.85 | 05:56 | 00:36:54.80 |
| 3/48  | 11/396 | 1200  | LINDLAND, KEVIN | 10K40-49M | 00:38:31.60 | 06:12 | 00:38:29.70 |
| 4/48  | 14/396 | 1387  | NEL, ANTON      | 10K40-49M | 00:39:27.80 | 06:21 | 00:39:24.40 |
| 5/48  | 25/396 | 1176  | KELLY, STEVEN   | 10K40-49M | 00:41:03.25 | 06:36 | 00:41:00.05 |
| 6/48  | 26/396 | 1026  | BELL, CHRIS     | 10K40-49M | 00:41:08.30 | 06:37 | 00:41:06.30 |

## Category Results

## 10K - 6.21 Miles

## 10K40-49M - 48 Competitors

| Place | O/A     | Bib # | Name                 | Div       | Time        | Pace  | Chiptime    |
|-------|---------|-------|----------------------|-----------|-------------|-------|-------------|
| 7/48  | 33/396  | 1170  | KAY, JEFF            | 10K40-49M | 00:43:03.20 | 06:55 | 00:42:59.45 |
| 8/48  | 38/396  | 1448  | SAVOIE, JOHN         | 10K40-49M | 00:44:10.60 | 07:06 | 00:44:06.80 |
| 9/48  | 41/396  | 1352  | ZORNIK, MIKE         | 10K40-49M | 00:44:30.70 | 07:09 | 00:44:25.50 |
| 10/48 | 45/396  | 1219  | MANN, DEREK          | 10K40-49M | 00:44:57.80 | 07:14 | 00:44:45.65 |
| 11/48 | 46/396  | 1370  | THEROUX, MIKE        | 10K40-49M | 00:45:18.15 | 07:17 | 00:45:00.70 |
| 12/48 | 50/396  | 1191  | LARMER, PAUL         | 10K40-49M | 00:45:57.00 | 07:23 | 00:45:48.10 |
| 13/48 | 57/396  | 1054  | CAUSTON, ASHLEY      | 10K40-49M | 00:46:33.35 | 07:29 | 00:46:28.10 |
| 14/48 | 62/396  | 1358  | VETTER, MARTIN       | 10K40-49M | 00:46:52.05 | 07:32 | 00:46:46.85 |
| 15/48 | 67/396  | 1421  | WIEBE, RANDY         | 10K40-49M | 00:47:17.20 | 07:36 | 00:47:12.25 |
| 16/48 | 69/396  | 1261  | MOLAND, PATRICK      | 10K40-49M | 00:47:37.85 | 07:40 | 00:47:34.35 |
| 17/48 | 76/396  | 1051  | CARLSON, MARK        | 10K40-49M | 00:48:05.30 | 07:44 | 00:48:00.25 |
| 18/48 | 78/396  | 1385  | MACLEOD, SHANE       | 10K40-49M | 00:48:21.80 | 07:47 | 00:48:07.45 |
| 19/48 | 80/396  | 1432  | FILLIP, TODD         | 10K40-49M | 00:48:33.65 | 07:49 | 00:47:59.05 |
| 20/48 | 84/396  | 1150  | HINTON, DAREN        | 10K40-49M | 00:48:53.35 | 07:52 | 00:48:29.20 |
| 21/48 | 93/396  | 1249  | NORTON, NICK         | 10K40-49M | 00:49:51.20 | 08:01 | 00:49:40.55 |
| 22/48 | 94/396  | 1009  | ANDERSON, DARYL      | 10K40-49M | 00:50:00.90 | 08:03 | 00:49:45.25 |
| 23/48 | 102/396 | 1099  | EWASIUK, CHRISTOPHER | 10K40-49M | 00:50:33.80 | 08:08 | 00:50:14.70 |
| 24/48 | 117/396 | 1055  | CEVRANI, BRUCE       | 10K40-49M | 00:51:27.35 | 08:17 | 00:51:16.05 |
| 25/48 | 127/396 | 1258  | PANNETT, STEPHEN     | 10K40-49M | 00:52:43.45 | 08:29 | 00:51:40.20 |
| 26/48 | 129/396 | 1251  | O'DONOVAN, KEVIN     | 10K40-49M | 00:52:44.95 | 08:29 | 00:52:20.30 |
| 27/48 | 131/396 | 1340  | WILLS, ROBERT        | 10K40-49M | 00:52:54.70 | 08:31 | 00:52:31.75 |
| 28/48 | 137/396 | 1434  | NIXON, TROY          | 10K40-49M | 00:53:09.05 | 08:33 | 00:52:46.65 |
| 29/48 | 140/396 | 1288  | SCOTT, STEPHEN       | 10K40-49M | 00:53:25.05 | 08:36 | 00:52:40.20 |
| 30/48 | 149/396 | 1182  | KLINGBEIL, NORBERT   | 10K40-49M | 00:54:08.35 | 08:43 | 00:53:17.50 |
| 31/48 | 155/396 | 1134  | GROMACK, STEVE       | 10K40-49M | 00:54:22.20 | 08:45 | 00:53:53.70 |
| 32/48 | 158/396 | 1062  | COOK, KEN            | 10K40-49M | 00:54:24.70 | 08:45 | 00:53:46.55 |
| 33/48 | 162/396 | 1399  | REDHEAD, DONALD      | 10K40-49M | 00:54:27.30 | 08:46 | 00:54:04.15 |
| 35/48 | 194/396 | 1414  | HARASYM, MICHAEL     | 10K40-49M | 00:56:41.20 | 09:07 | 00:56:28.60 |
| 36/48 | 217/396 | 1232  | MELENKA, GERRY       | 10K40-49M | 00:58:11.85 | 09:22 | 00:57:57.95 |
| 37/48 | 248/396 | 1198  | LEVEQUE, PETER       | 10K40-49M | 01:00:19.10 | 09:42 | 00:59:41.55 |
| 38/48 | 257/396 | 1350  | YOUNGER, BRIAN       | 10K40-49M | 01:00:42.65 | 09:46 | 00:59:51.80 |
| 39/48 | 279/396 | 1418  | ROBINSON, JORDAN     | 10K40-49M | 01:02:43.10 | 10:05 | 01:02:24.25 |
| 40/48 | 285/396 | 1048  | BURGE, SCOTT         | 10K40-49M | 01:03:00.75 | 10:08 | 01:02:45.00 |
| 41/48 | 286/396 | 1303  | SMITH, RICHARD       | 10K40-49M | 01:03:11.90 | 10:10 | 01:02:48.85 |
| 42/48 | 304/396 | 1221  | MARCIL, DEAN         | 10K40-49M | 01:04:46.30 | 10:25 | 01:04:25.30 |
| 43/48 | 310/396 | 1455  | DOBSON, STEVE        | 10K40-49M | 01:05:13.05 | 10:30 | 01:04:33.35 |
| 44/48 | 319/396 | 1209  | MACDONALD, JAMES     | 10K40-49M | 01:06:15.45 | 10:40 | 01:05:45.45 |
| 45/48 | 323/396 | 1138  | HALWAS, DAVID        | 10K40-49M | 01:06:20.50 | 10:40 | 01:05:37.15 |
| 46/48 | 325/396 | 1364  | LAROCHELLE, YVES     | 10K40-49M | 01:06:26.50 | 10:41 | 01:06:15.75 |
| 47/48 | 359/396 | 1158  | HOWARD, MICHAEL      | 10K40-49M | 01:11:21.60 | 11:29 | 01:10:38.55 |
| 48/48 | 384/396 | 1119  | GEE, GARRY           | 10K40-49M | 01:17:42.15 | 12:30 | 01:17:02.45 |

## 10K50-59F - 20 Competitors

| Place | O/A     | Bib # | Name               | Div       | Time        | Pace  | Chiptime    |
|-------|---------|-------|--------------------|-----------|-------------|-------|-------------|
| 1/20  | 148/396 | 1093  | ELLIOTT, JUDITH    | 10K50-59F | 00:54:04.10 | 08:42 | 00:53:39.50 |
| 2/20  | 163/396 | 1015  | AUFFRAY, ROSEMARIE | 10K50-59F | 00:54:27.75 | 08:46 | 00:54:12.30 |
| 3/20  | 165/396 | 1162  | HURDAL, LAURA      | 10K50-59F | 00:54:32.40 | 08:46 | 00:54:15.10 |
| 4/20  | 181/396 | 1210  | MACDONALD, LEISA   | 10K50-59F | 00:55:41.60 | 08:58 | 00:55:22.20 |
| 5/20  | 193/396 | 1197  | LEPAGE, LISE       | 10K50-59F | 00:56:34.60 | 09:06 | 00:56:11.70 |
| 6/20  | 201/396 | 1411  | IRELAND, COLEENE   | 10K50-59F | 00:57:15.70 | 09:13 | 00:56:49.80 |
| 7/20  | 221/396 | 1017  | BABINEC, PATRICIA  | 10K50-59F | 00:58:27.40 | 09:24 | 00:58:15.80 |
| 8/20  | 228/396 | 1226  | MCCAFFREY, PAT     | 10K50-59F | 00:58:56.00 | 09:29 | 00:58:47.10 |
| 9/20  | 233/396 | 1215  | MACLEAN, MARTINA   | 10K50-59F | 00:59:15.15 | 09:32 | 00:58:50.75 |
| 10/20 | 254/396 | 1214  | MACLEAN, ALICE     | 10K50-59F | 01:00:35.10 | 09:45 | 01:00:11.00 |
| 11/20 | 283/396 | 1245  | NEUMANN, JANET     | 10K50-59F | 01:02:54.85 | 10:07 | 01:02:16.80 |
| 12/20 | 289/396 | 1336  | WEIERS, VIOLA      | 10K50-59F | 01:03:15.20 | 10:11 | 01:02:39.10 |
| 13/20 | 306/396 | 1333  | WATSON, LAUREL     | 10K50-59F | 01:04:52.65 | 10:26 | 01:03:59.10 |
| 14/20 | 317/396 | 1313  | TORN, BELLANNE     | 10K50-59F | 01:06:00.05 | 10:37 | 01:05:40.60 |
| 15/20 | 347/396 | 1068  | CRUXTON, DIANE     | 10K50-59F | 01:08:54.50 | 11:05 | 01:08:21.65 |
| 16/20 | 358/396 | 1171  | KEATING, MARILYN   | 10K50-59F | 01:11:20.15 | 11:29 | 01:10:37.25 |
| 17/20 | 362/396 | 1456  | SHEPPY, BOBBIE     | 10K50-59F | 01:12:07.05 | 11:36 | 01:11:40.95 |
| 18/20 | 366/396 | 1339  | WILLIAMS, JANET    | 10K50-59F | 01:12:27.50 | 11:40 | 01:12:01.05 |
| 19/20 | 369/396 | 1301  | SMITH, LINDA       | 10K50-59F | 01:12:49.70 | 11:43 | 01:12:03.15 |

## Category Results

## 10K - 6.21 Miles

## 10K50-59F - 20 Competitors

| Place | O/A     | Bib # | Name              | Div       | Time        | Pace  | Chiptime    |
|-------|---------|-------|-------------------|-----------|-------------|-------|-------------|
| 20/20 | 373/396 | 1036  | BRADLEY, MICHELLE | 10K50-59F | 01:15:03.20 | 12:05 | 01:14:33.25 |

## 10K50-59M - 25 Competitors

| Place | O/A     | Bib # | Name              | Div       | Time        | Pace  | Chiptime    |
|-------|---------|-------|-------------------|-----------|-------------|-------|-------------|
| 1/25  | 22/396  | 1244  | NELSON, CHRIS     | 10K50-59M | 00:40:37.10 | 06:32 | 00:40:34.20 |
| 2/25  | 40/396  | 1298  | SKEA, KENNETH T.  | 10K50-59M | 00:44:30.65 | 07:09 | 00:44:25.40 |
| 3/25  | 42/396  | 1032  | BENZ, WAYNE       | 10K50-59M | 00:44:30.75 | 07:09 | 00:44:25.35 |
| 4/25  | 56/396  | 1037  | BRANDER, JIM      | 10K50-59M | 00:46:30.40 | 07:29 | 00:46:23.35 |
| 5/25  | 58/396  | 1271  | PYKE, DAVID       | 10K50-59M | 00:46:34.40 | 07:29 | 00:46:18.80 |
| 6/25  | 61/396  | 1061  | CONEYBEARE, STEVE | 10K50-59M | 00:46:50.20 | 07:32 | 00:46:43.20 |
| 7/25  | 87/396  | 1348  | WYLLIE, DOUG      | 10K50-59M | 00:48:58.00 | 07:53 | 00:48:47.35 |
| 8/25  | 119/396 | 1297  | SINCLAIR, PAUL    | 10K50-59M | 00:51:39.85 | 08:19 | 00:51:24.15 |
| 9/25  | 120/396 | 1286  | SCOTT, JIM        | 10K50-59M | 00:51:45.85 | 08:20 | 00:51:21.25 |
| 10/25 | 132/396 | 1278  | SADLER, JONATHAN  | 10K50-59M | 00:52:55.95 | 08:31 | 00:52:37.05 |
| 11/25 | 133/396 | 1185  | KRAMER, PATRICK   | 10K50-59M | 00:52:58.00 | 08:31 | 00:52:35.65 |
| 12/25 | 134/396 | 1174  | KEELING, JAMES    | 10K50-59M | 00:53:01.20 | 08:32 | 00:52:10.30 |
| 13/25 | 174/396 | 1274  | REDDEKOPP, JAY    | 10K50-59M | 00:54:58.95 | 08:51 | 00:54:34.60 |
| 14/25 | 176/396 | 1005  | AIELLO, ROBERT    | 10K50-59M | 00:55:21.25 | 08:54 | 00:54:31.55 |
| 15/25 | 178/396 | 1106  | FORD, TOM         | 10K50-59M | 00:55:25.90 | 08:55 | 00:55:15.45 |
| 16/25 | 180/396 | 1092  | ELLIOTT, ALBERT   | 10K50-59M | 00:55:41.25 | 08:58 | 00:55:15.35 |
| 17/25 | 190/396 | 1050  | CAMPBELL, BRUCE   | 10K50-59M | 00:56:33.00 | 09:06 | 00:56:08.35 |
| 18/25 | 210/396 | 1067  | CRUXTON, BOB      | 10K50-59M | 00:57:42.55 | 09:17 | 00:57:09.65 |
| 19/25 | 213/396 | 1145  | HENDERSON, JIM    | 10K50-59M | 00:57:51.45 | 09:18 | 00:57:32.50 |
| 20/25 | 222/396 | 1235  | MILBURY, DAWSON   | 10K50-59M | 00:58:29.00 | 09:25 | 00:57:54.65 |
| 21/25 | 253/396 | 1356  | HERZOG, KARL      | 10K50-59M | 01:00:33.20 | 09:45 | 00:59:43.80 |
| 22/25 | 311/396 | 1074  | DEAKIN, JOHN      | 10K50-59M | 01:05:37.75 | 10:33 | 01:05:10.15 |
| 23/25 | 315/396 | 153   | KUHL, GREG        | 10K50-59M | 01:05:56.65 | 10:37 | 01:05:46.10 |
| 24/25 | 334/396 | 1305  | STANLEIGH, LARRY  | 10K50-59M | 01:07:54.75 | 10:56 | 01:07:06.70 |
| 25/25 | 338/396 | 1242  | MURPHY, WAYNE     | 10K50-59M | 01:08:01.75 | 10:57 | 01:07:21.90 |

## 10K60+F - 2 Competitors

| Place | O/A     | Bib # | Name           | Div     | Time        | Pace  | Chiptime    |
|-------|---------|-------|----------------|---------|-------------|-------|-------------|
| 1/2   | 391/396 | 1343  | WOLLMAN, JANNA | 10K60+F | 01:23:55.90 | 13:30 | 01:23:09.95 |
| 2/2   | 395/396 | 1189  | KWOK, JOANNA   | 10K60+F | 02:29:00.80 | 23:59 | 02:28:24.50 |

## 10K60+M - 12 Competitors

| Place | O/A     | Bib # | Name                    | Div     | Time        | Pace  | Chiptime    |
|-------|---------|-------|-------------------------|---------|-------------|-------|-------------|
| 1/12  | 44/396  | 1428  | ARGUILE, STUART         | 10K60+M | 00:44:52.35 | 07:13 | 00:44:49.10 |
| 2/12  | 74/396  | 1438  | HILL, KEN               | 10K60+M | 00:48:00.55 | 07:43 | 00:47:43.50 |
| 3/12  | 81/396  | 1375  | BOWEN, VAUGHAN          | 10K60+M | 00:48:35.20 | 07:49 | 00:48:28.15 |
| 4/12  | 198/396 | 1416  | MACGOWAN, PAUL          | 10K60+M | 00:57:10.70 | 09:12 | 00:56:42.50 |
| 5/12  | 236/396 | 1284  | SCHMAL, BOB             | 10K60+M | 00:59:24.60 | 09:33 | 00:58:48.35 |
| 6/12  | 246/396 | 1353  | RICKARD, STEVE          | 10K60+M | 01:00:10.35 | 09:41 | 01:00:10.35 |
| 7/12  | 258/396 | 1043  | BRYGIDYR, CRAIG         | 10K60+M | 01:00:44.55 | 09:46 | 01:00:23.05 |
| 8/12  | 263/396 | 1410  | COLLIVER, RAY           | 10K60+M | 01:01:33.35 | 09:54 | 01:01:23.10 |
| 9/12  | 300/396 | 1035  | BRADLEY, JAY            | 10K60+M | 01:04:30.70 | 10:23 | 01:04:00.85 |
| 10/12 | 333/396 | 1442  | MCMILLIAN, DUNCAN BROWN | 10K60+M | 01:07:35.40 | 10:52 | 01:06:39.30 |
| 11/12 | 343/396 | 1423  | BOUDREAU, JAMES         | 10K60+M | 01:08:21.40 | 11:00 | 01:07:40.45 |
| 12/12 | 396/396 | 1120  | GEE, SAM                | 10K60+M | 02:29:06.95 | 24:00 | 02:28:29.20 |