

OA = Placing Overall

Place = Category Placing

Gender Offset = Time from Gender Winning time

hh:mm:ss

## Overall Gender Results

## 10K - 6.21 Miles

## Female

261 Competitors

Place	Name	Bib#	Time	Pace	Div	Gen Offset	Cat	O/A	Chip Time
1/261	STENNING, FAYE	504	00:37:51.49	03:47	F2029	+00:00:00	1/44	13/480	00:37:50.99
2/261	BROHART, COURTNEY	521	00:38:46.75	03:52	F2029	+00:00:55	2/44	20/480	00:38:45.58
3/261	MCARTHUR, SUSANNE	294	00:40:08.02	04:00	F3039	+00:02:16	1/92	28/480	00:40:06.55
4/261	YOUNG, CAT	447	00:40:16.24	04:01	F3039	+00:02:24	2/92	29/480	00:40:15.47
5/261	YOUNG, KIM	448	00:41:10.84	04:07	F4049	+00:03:19	1/66	32/480	00:41:07.09
6/261	GILES, LISA	212	00:41:35.37	04:09	F2029	+00:03:43	3/44	40/480	00:41:33.11
7/261	MACDONALD, PAULA	603	00:41:43.60	04:10	F2029	+00:03:52	4/44	42/480	00:41:41.99
8/261	LANDRY, ANNE MARIE	262	00:41:57.31	04:11	F3039	+00:04:05	3/92	43/480	00:41:54.66
9/261	COWIE, CAROL	577	00:42:06.68	04:12	F3039	+00:04:15	4/92	47/480	00:42:03.55
10/261	BHATLA, JENNIFER	576	00:42:20.85	04:14	F2029	+00:04:29	5/44	49/480	00:42:17.91
11/261	WILD, ADRIANA	438	00:42:25.64	04:14	F3039	+00:04:34	5/92	51/480	00:42:23.38
12/261	REED, DEBBIE	363	00:42:36.89	04:15	F4049	+00:04:45	2/66	53/480	00:47:50.69
13/261	POTLOG, IRINA	353	00:43:24.97	04:20	F2029	+00:05:33	6/44	58/480	00:42:55.80
14/261	FARRELL, HEATHER	630	00:43:41.03	04:22	F4049	+00:05:49	3/66	61/480	00:35:46.98
15/261	LAYCOCK, KENDRA	481	00:44:23.70	04:26	F5059	+00:06:32	1/39	64/480	00:44:20.35
16/261	AHEARN, KAITLYN	104	00:44:37.16	04:27	F2029	+00:06:45	7/44	66/480	00:44:31.56
17/261	PAPP, ELISSA	338	00:44:42.34	04:28	F2029	+00:06:50	8/44	67/480	00:44:35.70
18/261	TYMRICK-PURVIS, DARCI	624	00:45:28.38	04:32	F3039	+00:07:36	6/92	77/480	00:45:20.85
19/261	NEIL, JENNIFER	1850	00:46:12.00	04:37	F3039	+00:08:20	7/92	85/480	00:46:00.33
20/261	STRUEBY, JILL	405	00:46:22.85	04:38	F3039	+00:08:31	8/92	87/480	00:46:17.65
21/261	SORGE, DEVON	392	00:46:37.09	04:39	F2029	+00:08:45	9/44	91/480	00:46:26.21
22/261	MACDONALD, MEREDITH	602	00:46:44.04	04:40	F3039	+00:08:52	9/92	92/480	00:46:41.89
23/261	FLYNN, SHANNON	202	00:47:44.14	04:46	F3039	+00:09:52	10/92	99/480	00:47:32.75
24/261	CHATENAY, HEATHER	524	00:47:54.96	04:47	F4049	+00:10:03	4/66	101/480	00:47:51.04
25/261	BURGER, HANNA	132	00:48:06.05	04:48	F3039	+00:10:14	11/92	104/480	00:47:56.56
26/261	LYNCH, NANCY	277	00:48:08.81	04:48	F4049	+00:10:17	5/66	105/480	00:47:55.50
27/261	ANDERSON, ANGELA	520	00:48:23.82	04:50	F4049	+00:10:32	6/66	109/480	00:48:18.74
28/261	CARTER, RACHEL	144	00:48:32.74	04:51	F3039	+00:10:41	12/92	112/480	00:48:23.18
29/261	JESSEY, MARY	244	00:48:41.82	04:52	F4049	+00:10:50	7/66	115/480	00:48:35.74
30/261	WILKINSON, LAURA	439	00:48:54.99	04:53	F4049	+00:11:03	8/66	116/480	00:48:39.84
31/261	GRAY, DONNA	218	00:48:56.17	04:53	F3039	+00:11:04	13/92	119/480	00:48:55.00
32/261	WELLS, TALIA	431	00:49:07.11	04:54	F2029	+00:11:15	10/44	121/480	00:48:56.27
33/261	LAWSON, NATALIE	266	00:49:08.74	04:54	F4049	+00:11:17	9/66	122/480	00:48:57.47
34/261	THOMAS, ELEANOR	507	00:49:32.62	04:57	F0119	+00:11:41	1/16	124/480	00:49:16.45
35/261	SMITH, AIMEE	636	00:49:41.70	04:58	F3039	+00:11:50	14/92	128/480	00:49:24.94
36/261	HOLLINGSHEAD, LINDSAY	239	00:49:51.44	04:59	F3039	+00:11:59	15/92	130/480	00:49:37.59
37/261	BRESCIA, LAURA	125	00:49:52.55	04:59	F4049	+00:12:01	10/66	131/480	00:49:48.33
38/261	NYE, LINDSAY	544	00:50:09.94	05:00	F3039	+00:12:18	16/92	133/480	00:50:05.99
39/261	TOPPING, CHELSEY	415	00:50:16.63	05:01	F3039	+00:12:25	17/92	135/480	00:50:05.76
40/261	MOFFATT, DIANE	606	00:50:30.09	05:03	F4049	+00:12:38	11/66	136/480	00:50:23.92
41/261	BROOKS, SUZANNE	130	00:50:36.01	05:03	F5059	+00:12:44	2/39	137/480	00:50:31.56
42/261	MADSEN, HELEN	541	00:50:52.89	05:05	F4049	+00:13:01	12/66	141/480	00:50:49.76
43/261	WARD, SARAH MICHELLE	428	00:51:15.47	05:07	F3039	+00:13:23	18/92	145/480	00:50:49.42
44/261	RIESEBERG, ASHLEY	547	00:51:22.87	05:08	F2029	+00:13:31	11/44	148/480	00:50:51.17
45/261	MURTA, VIKTORIA	322	00:51:32.44	05:09	F3039	+00:13:40	19/92	151/480	00:51:14.20
46/261	MACKAY, SANDRA	280	00:51:33.61	05:09	F5059	+00:13:42	3/39	152/480	00:51:13.16
47/261	WHITE, CAITLIN	433	00:51:35.92	05:09	F3039	+00:13:44	20/92	153/480	00:51:17.28
48/261	TIMS, LESLEY	623	00:51:37.88	05:09	F2029	+00:13:46	12/44	154/480	00:51:03.69
49/261	GOTTSCHLING, MONICA	470	00:51:59.66	05:11	F4049	+00:14:08	13/66	157/480	00:51:52.77
50/261	SCHMIDT, JOANNE	380	00:52:01.82	05:12	F4049	+00:14:10	14/66	158/480	00:51:43.90
51/261	CLAGUE, HEATHER	460	00:52:02.61	05:12	F3039	+00:14:11	21/92	159/480	00:51:37.85
52/261	UKRAINETZ, SANDRA	510	00:52:13.36	05:13	F4049	+00:14:21	15/66	163/480	00:52:05.05
53/261	MOORE, LAURA	316	00:52:35.13	05:15	F2029	+00:14:43	13/44	168/480	00:52:24.66

OA = Placing Overall  
Place = Category Placing

## Overall Gender Results

Gender Offset = Time from Gender Winning time  
hh:mm:ss

## 10K - 6.21 Miles

## Female

261 Competitors

Place	Name	Bib#	Time	Pace	Div	Gen Offset	Cat	O/A	Chip Time
54/261	DELMAR, LESLEY	177	00:52:36.06	05:15	F5059	+00:14:44	4/39	169/480	00:52:19.90
55/261	DELMAR, LINDSAY	178	00:52:36.56	05:15	F2029	+00:14:45	14/44	170/480	00:52:20.27
56/261	LANG, SYLVIE	538	00:52:39.71	05:15	F3039	+00:14:48	22/92	171/480	00:52:05.12
57/261	COLE, AMANDA	151	00:52:56.16	05:17	F3039	+00:15:04	23/92	177/480	00:52:37.86
58/261	GREENHOUGH, PAIGE	220	00:53:04.48	05:18	F2029	+00:15:12	15/44	179/480	00:52:44.73
59/261	PETERSEN, KELLY	347	00:53:17.32	05:19	F4049	+00:15:25	16/66	180/480	00:52:54.82
60/261	WALL, JOANNE	513	00:53:27.01	05:20	F5059	+00:15:35	5/39	182/480	00:53:16.89
61/261	STEEVES, CHARLENE	401	00:53:32.13	05:21	F2029	+00:15:40	16/44	183/480	00:53:14.25
62/261	ARKLEY, LEAH	109	00:53:39.63	05:21	F4049	+00:15:48	17/66	186/480	00:53:23.34
63/261	DEAN, GILL	175	00:53:39.85	05:21	F3039	+00:15:48	24/92	187/480	00:53:23.79
64/261	LATIMER, BRENDA	601	00:53:42.17	05:22	F5059	+00:15:50	6/39	188/480	00:53:26.68
65/261	CONTENTI, JUSTINA	153	00:53:44.98	05:22	F2029	+00:15:53	17/44	189/480	00:53:13.18
66/261	DORIAN, LISA	463	00:53:54.64	05:23	F4049	+00:16:03	18/66	191/480	00:53:49.76
67/261	ANTON, KARLEE	480	00:53:56.63	05:23	F2029	+00:16:05	18/44	192/480	00:53:49.20
68/261	SPRUYT, LAURA	397	00:54:04.09	05:24	F3039	+00:16:12	25/92	193/480	00:53:45.85
69/261	KITSON, JUDITH	534	00:54:21.12	05:26	F5059	+00:16:29	7/39	194/480	00:54:00.05
70/261	ERFLE, SHANNON	193	00:54:29.62	05:26	F3039	+00:16:38	26/92	195/480	00:54:26.09
71/261	FERGUSON, HANNAH	197	00:54:34.68	05:27	F2029	+00:16:43	19/44	197/480	00:54:16.80
72/261	FOLTINEK, MELISSA	203	00:54:55.13	05:29	F3039	+00:17:03	27/92	204/480	00:54:36.13
73/261	MERRIMAN, MONICA	311	00:54:57.29	05:29	F5059	+00:17:05	8/39	206/480	00:54:50.73
74/261	SIMPSON, SUSAN	551	00:54:59.72	05:29	F5059	+00:17:08	9/39	210/480	00:54:57.93
75/261	GARRATT, LINDA	530	00:55:04.64	05:30	F3039	+00:17:13	28/92	211/480	00:54:51.39
76/261	ACKERMAN, LINDSEY	500	00:55:17.21	05:31	F3039	+00:17:25	29/92	212/480	00:54:30.18
77/261	FREUND, JENNIFER	209	00:55:18.06	05:31	F4049	+00:17:26	19/66	213/480	00:55:14.01
78/261	GRAY, BELINDA	216	00:55:18.71	05:31	F3039	+00:17:27	30/92	214/480	00:55:03.50
79/261	MANITOPYES, CARRIE	286	00:55:20.10	05:32	F5059	+00:17:28	10/39	215/480	00:55:08.55
80/261	KUJAWA, LUCIA	536	00:55:26.37	05:32	F5059	+00:17:34	11/39	216/480	00:55:14.30
81/261	SPARKS, LESLEY	558	00:55:30.87	05:33	F3039	+00:17:39	31/92	217/480	00:55:21.38
82/261	SEMENZIN, DANEEN	381	00:55:32.97	05:33	F4049	+00:17:41	20/66	218/480	00:55:16.72
83/261	MANUEL, GAIL	288	00:55:46.39	05:34	F5059	+00:17:54	12/39	220/480	00:55:33.90
84/261	ALLEN, GINA	518	00:55:57.94	05:35	F4049	+00:18:06	21/66	222/480	00:55:49.35
85/261	GRAHAM, TERESA	1862	00:55:58.60	05:35	F4049	+00:18:07	22/66	224/480	00:55:49.32
86/261	MCKAY, KERRA	302	00:55:59.20	05:35	F0119	+00:18:07	2/16	225/480	00:55:50.61
87/261	RODGER, ANNE	498	00:56:03.78	05:36	F5059	+00:18:12	13/39	226/480	00:55:57.61
88/261	ELLIOTT, JUDITH	192	00:56:04.56	05:36	F5059	+00:18:13	14/39	227/480	00:55:53.07
89/261	BORIDY, LORRAINE	122	00:56:06.33	05:36	F3039	+00:18:14	32/92	228/480	00:55:56.77
90/261	MACEACHERN, CARLA	279	00:56:11.08	05:37	F4049	+00:18:19	23/66	229/480	00:55:54.32
91/261	MIKITUK, DARA	1851	00:56:15.19	05:37	F2029	+00:18:23	20/44	231/480	00:56:03.52
92/261	WILSON, PENNI	441	00:56:15.43	05:37	F4049	+00:18:23	24/66	232/480	00:55:53.62
93/261	LEDENE, LANA	583	00:56:38.81	05:39	F4049	+00:18:47	25/66	235/480	00:56:16.80
94/261	HAMILTON, BLAIRE	531	00:56:46.63	05:40	F3039	+00:18:55	33/92	236/480	00:56:19.14
95/261	LE, WANDA	633	00:56:54.05	05:41	F3039	+00:19:02	34/92	237/480	00:56:23.36
96/261	CARRIER-ROBB, DOMINIQUE	628	00:56:59.54	05:41	F3039	+00:19:08	35/92	238/480	00:56:50.17
97/261	LICHTI, KIAH	539	00:57:11.44	05:43	F0119	+00:19:19	3/16	240/480	00:56:57.79
98/261	DUNCOMBE, JENNIFER	189	00:57:11.64	05:43	F3039	+00:19:20	36/92	241/480	00:56:48.54
99/261	ANDERSON, SUSAN	106	00:57:15.36	05:43	F6069	+00:19:23	1/4	242/480	00:56:53.44
100/261	SLATER, SHAUNA	503	00:57:20.41	05:44	F4049	+00:19:28	26/66	244/480	00:56:46.32
101/261	MCDONALD, CARLA	1849	00:57:26.02	05:44	F3039	+00:19:34	37/92	246/480	00:57:13.61
102/261	LEWIS, KAYLA	269	00:57:26.15	05:44	F2029	+00:19:34	21/44	247/480	00:57:06.02
103/261	HOCKING, PHILIPPA	238	00:57:33.95	05:45	F4049	+00:19:42	27/66	251/480	00:57:18.16
104/261	SMITH, KIMBERLY	390	00:57:41.21	05:46	F4049	+00:19:49	28/66	253/480	00:57:27.56
105/261	THERRIEN, MOLLY	591	00:57:45.59	05:46	F3039	+00:19:54	38/92	255/480	00:57:22.79
106/261	CAPUTO, CONNIE	138	00:57:48.62	05:46	F4049	+00:19:57	29/66	256/480	00:57:12.30

OA = Placing Overall

Place = Category Placing

Gender Offset = Time from Gender Winning time

hh:mm:ss

## Overall Gender Results

## 10K - 6.21 Miles

## Female

261 Competitors

Place	Name	Bib#	Time	Pace	Div	Gen Offset	Cat	O/A	Chip Time
107/261	ABBOTT, JENNIFER	101	00:57:52.62	05:47	F3039	+00:20:01	39/92	258/480	00:57:37.32
108/261	TWOMEY, KAYLA	420	00:57:52.74	05:47	F2029	+00:20:01	22/44	259/480	00:57:35.98
109/261	LINTOTT, CASSANDRA	275	00:57:56.20	05:47	F3039	+00:20:04	40/92	260/480	00:57:20.90
110/261	BERGFELDT, JENNIFER	456	00:57:56.44	05:47	F4049	+00:20:04	30/66	261/480	00:57:21.24
111/261	SMILAR, SHERRY	387	00:58:07.46	05:48	F4049	+00:20:15	31/66	263/480	00:57:45.15
112/261	DRYSDALE, CARMEN	563	00:58:12.64	05:49	F3039	+00:20:21	41/92	266/480	00:58:00.97
113/261	JACOBS, CHER	242	00:58:20.17	05:50	F3039	+00:20:28	42/92	269/480	00:57:57.37
114/261	BOHNET, BRENDA	120	00:58:24.71	05:50	F5059	+00:20:33	15/39	271/480	00:57:59.75
115/261	KIM, ALICE	478	00:58:27.30	05:50	F3039	+00:20:35	43/92	272/480	00:57:49.19
116/261	KELLY, KATRINA	597	00:58:39.10	05:51	F2029	+00:20:47	23/44	275/480	00:58:31.29
117/261	PHILLIPS, JESSICA	485	00:58:40.75	05:52	F3039	+00:20:49	44/92	276/480	00:58:06.72
118/261	NIVEN, ALLISON	328	00:58:44.97	05:52	F0119	+00:20:53	4/16	277/480	00:58:05.13
119/261	LIMA, LIDIA	273	00:58:45.51	05:52	F4049	+00:20:54	32/66	278/480	00:58:29.54
120/261	WHITE QUILLS, KAITLYN	434	00:58:48.20	05:52	F0119	+00:20:56	5/16	279/480	00:58:08.48
121/261	STAVELEY, PATRICIA	400	00:58:51.98	05:53	F5059	+00:21:00	16/39	280/480	00:58:30.74
122/261	DRYER, BRENDA	183	00:58:59.89	05:53	F3039	+00:21:08	45/92	281/480	00:58:33.88
123/261	PARK, LUCY	342	00:59:04.11	05:54	F4049	+00:21:12	33/66	282/480	00:58:36.33
124/261	CROWCHILD, PEARL	161	00:59:04.79	05:54	F5059	+00:21:13	17/39	283/480	00:58:27.37
125/261	BROADHURST, LOUISE	129	00:59:06.43	05:54	F3039	+00:21:14	46/92	284/480	00:58:38.57
126/261	BUTLER-GRETTON, MARY	136	00:59:07.98	05:54	F5059	+00:21:16	18/39	285/480	00:58:38.90
127/261	PONECH, LEANNE	574	00:59:17.01	05:55	F4049	+00:21:25	34/66	286/480	00:58:54.89
128/261	DIBSKI, PAULA	179	00:59:17.76	05:55	F4049	+00:21:26	35/66	287/480	00:58:59.87
129/261	SEMENZIN, JENNIFER	382	00:59:17.80	05:55	F3039	+00:21:26	47/92	288/480	00:59:00.68
130/261	SPRAGG, CURRA	395	00:59:19.47	05:55	F0119	+00:21:27	6/16	289/480	00:58:39.45
131/261	BAKER, ABIGAIL	111	00:59:22.24	05:56	F0119	+00:21:30	7/16	290/480	00:58:42.11
132/261	HANSON, TERI	225	00:59:22.70	05:56	F3039	+00:21:31	48/92	291/480	00:58:56.49
133/261	BELL, AMY	648	00:59:28.08	05:56	F3039	+00:21:36	49/92	292/480	00:58:58.74
134/261	CRISANTI, MELISSA	158	00:59:30.60	05:57	F0119	+00:21:39	8/16	294/480	00:58:50.30
135/261	BATHORY, LAUREN	114	00:59:31.44	05:57	F2029	+00:21:39	24/44	295/480	00:59:16.23
136/261	FARRIS, MEGAN	465	00:59:33.68	05:57	F2029	+00:21:42	25/44	297/480	00:59:08.72
137/261	TORONCHUK, CHARLENE	416	00:59:33.99	05:57	F2029	+00:21:42	26/44	298/480	00:59:19.07
138/261	KLASSEN, KRISTEN	255	00:59:35.09	05:57	F3039	+00:21:43	50/92	300/480	00:59:09.64
139/261	KIM, CLARA	253	00:59:39.64	05:57	F4049	+00:21:48	36/66	302/480	00:59:09.33
140/261	VO, FRANCINE	511	00:59:42.94	05:58	F3039	+00:21:51	51/92	303/480	00:59:05.55
141/261	WORTHINGTON, SHERI	516	00:59:44.82	05:58	F4049	+00:21:53	37/66	304/480	00:59:23.66
142/261	DOLEN, EVELYN	181	00:59:49.35	05:58	F5059	+00:21:57	19/39	305/480	00:59:29.99
143/261	BATHORY, TRACY	115	00:59:55.49	05:59	F4049	+00:22:04	38/66	306/480	00:59:40.48
144/261	POOLE, VICKI	352	00:59:59.80	05:59	F4049	+00:22:08	39/66	309/480	00:59:21.83
145/261	COOPER-KEY, EMMA	157	01:00:17.10	06:01	F2029	+00:22:25	27/44	312/480	00:59:31.29
146/261	SAFRUK, PAM	501	01:00:41.48	06:04	F5059	+00:22:49	20/39	314/480	01:00:06.61
147/261	KOUPAL, IVONA	535	01:00:41.48	06:04	F3039	+00:22:49	52/92	315/480	01:00:07.82
148/261	HOBDAV, KATIE	642	01:00:58.92	06:05	F3039	+00:23:07	53/92	318/480	01:00:22.31
149/261	FITZGERALD, STEPHANIE	200	01:01:17.26	06:07	F3039	+00:23:25	54/92	320/480	01:00:47.61
150/261	UMPHERVILLE, SANDY	421	01:01:25.02	06:08	F5059	+00:23:33	21/39	322/480	01:00:53.25
151/261	MCCORMICK, DEANNA	295	01:01:32.96	06:09	F4049	+00:23:41	40/66	325/480	01:00:59.30
152/261	VAIVADA, RACHELLE	422	01:01:36.92	06:09	F3039	+00:23:45	55/92	326/480	01:01:06.01
153/261	MACLEOD, SHELLY	283	01:01:57.31	06:11	F3039	+00:24:05	56/92	329/480	01:01:28.19
154/261	FRANKE, REBEKKA	207	01:02:06.98	06:12	F2029	+00:24:15	28/44	331/480	01:01:36.73
155/261	BORDEN, DANIELLE	121	01:02:07.68	06:12	F2029	+00:24:16	29/44	332/480	01:01:44.27
156/261	RATHJE, JILL	361	01:02:08.66	06:12	F4049	+00:24:17	41/66	333/480	01:01:48.60
157/261	HARASYM, PATRICIA	581	01:02:17.93	06:13	F5059	+00:24:26	22/39	334/480	01:01:45.91
158/261	STRETCH, BETTI	404	01:02:39.34	06:15	F5059	+00:24:47	23/39	336/480	01:02:03.66
159/261	BRAUNBERGER, DANA	124	01:03:12.99	06:19	F4049	+00:25:21	42/66	338/480	01:03:02.00

OA = Placing Overall

Place = Category Placing

Gender Offset = Time from Gender Winning time

hh:mm:ss

## Overall Gender Results

## 10K - 6.21 Miles

## Female

## 261 Competitors

Place	Name	Bib#	Time	Pace	Div	Gen Offset	Cat	O/A	Chip Time
160/261	NEWMAN, CANDACE	326	01:03:13.05	06:19	F4049	+00:25:21	43/66	339/480	01:03:02.12
161/261	SAWATZKY, KENNEDY	376	01:03:15.30	06:19	F2029	+00:25:23	30/44	340/480	01:01:23.91
162/261	SAWATZKY, LESLIE	377	01:03:15.54	06:19	F5059	+00:25:24	24/39	341/480	01:01:23.49
163/261	MASTERMAN, JENNIFER	292	01:03:19.55	06:19	F3039	+00:25:28	57/92	344/480	01:02:41.32
164/261	COOKE, SHARON	155	01:03:20.60	06:20	F4049	+00:25:29	44/66	346/480	01:02:51.78
165/261	KETCHEN, COURTNEY	582	01:03:24.35	06:20	F3039	+00:25:32	58/92	347/480	01:03:02.26
166/261	MCINTYRE, DIANE	301	01:03:51.34	06:23	F3039	+00:25:59	59/92	350/480	01:03:07.80
167/261	CAIE, SHARI	522	01:03:56.98	06:23	F3039	+00:26:05	60/92	351/480	01:03:10.51
168/261	WOODWARD, SHANNON	515	01:03:57.58	06:23	F3039	+00:26:06	61/92	352/480	01:00:47.52
169/261	PERREAULT, JENNIFER	641	01:04:11.35	06:25	F3039	+00:26:19	62/92	353/480	01:03:41.21
170/261	GERDEL, NANCY	211	01:04:36.71	06:27	F3039	+00:26:45	63/92	355/480	01:04:13.02
171/261	ROTHENMUND, SONIA	372	01:04:36.83	06:27	F4049	+00:26:45	45/66	356/480	01:04:13.14
172/261	DECHANT, WANDA	1858	01:04:55.22	06:29	F4049	+00:27:03	46/66	360/480	01:01:18.89
173/261	MITRAN, STEFANIA	314	01:04:56.61	06:29	F3039	+00:27:05	64/92	362/480	01:04:22.20
174/261	AGNEW, JULIE-ANNE	103	01:05:01.57	06:30	F3039	+00:27:10	65/92	364/480	01:04:35.56
175/261	MCMANUS, LAUREN	306	01:05:02.07	06:30	F3039	+00:27:10	66/92	365/480	01:04:42.01
176/261	DUBORD, CAROLYN	184	01:05:05.46	06:30	F4049	+00:27:13	47/66	366/480	01:04:33.52
177/261	HAY, ALLISON	229	01:05:06.38	06:30	F4049	+00:27:14	48/66	367/480	01:04:40.75
178/261	DOKTOR, WANDA	180	01:05:09.63	06:30	F4049	+00:27:18	49/66	368/480	01:04:41.38
179/261	DAVID, JACKIE	168	01:05:20.72	06:32	F3039	+00:27:29	67/92	372/480	01:04:33.53
180/261	JOHNSTON, ALANNA	246	01:05:32.76	06:33	F2029	+00:27:41	31/44	373/480	01:05:04.00
181/261	WICKHAM, MICHELLE	435	01:05:32.83	06:33	F3039	+00:27:41	68/92	374/480	01:05:03.59
182/261	LAHD, CRYSTAL	261	01:05:36.59	06:33	F3039	+00:27:45	69/92	375/480	01:05:08.04
183/261	CLAGUE, TARA	461	01:05:43.40	06:34	F3039	+00:27:51	70/92	377/480	01:05:18.44
184/261	STEFFENSEN, DANIELLE	402	01:05:43.48	06:34	F2029	+00:27:51	32/44	378/480	01:05:29.63
185/261	HARSHAN, PRUTHVI	226	01:05:57.92	06:35	F3039	+00:28:06	71/92	381/480	01:05:32.77
186/261	DUBOURDIEU, ERIN	578	01:06:07.70	06:36	F2029	+00:28:16	33/44	383/480	01:05:55.15
187/261	HAY, ALLISON	230	01:06:07.97	06:36	F2029	+00:28:16	34/44	384/480	01:05:54.66
188/261	YOO, SARAH	517	01:06:21.98	06:38	F3039	+00:28:30	72/92	386/480	01:05:43.35
189/261	LEE, CHERYL	267	01:06:25.81	06:38	F5059	+00:28:34	25/39	388/480	01:05:52.05
190/261	DUERKSEN, JOCELYNE	187	01:06:31.20	06:39	F5059	+00:28:39	26/39	391/480	01:05:48.78
191/261	DUERKSEN, HEATHER	186	01:06:31.23	06:39	F2029	+00:28:39	35/44	392/480	01:05:48.65
192/261	WALDEN, ASHLYN	427	01:06:39.67	06:39	F3039	+00:28:48	73/92	394/480	01:06:02.04
193/261	WETTSTEIN, LAURA	432	01:06:41.66	06:40	F2029	+00:28:50	36/44	395/480	01:06:03.97
194/261	FITZPATRICK, DENI	201	01:06:44.95	06:40	F4049	+00:28:53	50/66	396/480	01:06:09.31
195/261	COOK, LYNDY	154	01:07:14.25	06:43	F2029	+00:29:22	37/44	399/480	01:07:05.56
196/261	CARROLL, THERESA	142	01:07:27.68	06:44	F4049	+00:29:36	51/66	401/480	01:06:49.05
197/261	NEMETH, TRACEY	325	01:07:29.69	06:44	F5059	+00:29:38	27/39	403/480	01:07:04.93
198/261	VAN DER MEY, DAISY	423	01:07:29.80	06:44	F5059	+00:29:38	28/39	404/480	01:07:05.05
199/261	RUNDLE, KATHLEEN	374	01:07:31.39	06:45	F3039	+00:29:39	74/92	405/480	01:06:57.65
200/261	BENOIT, CARRIE	118	01:08:04.20	06:48	F4049	+00:30:12	52/66	406/480	01:07:17.73
201/261	SMITH, LINDA	553	01:08:27.46	06:50	F6069	+00:30:35	2/4	407/480	01:07:53.80
202/261	SHERWICK, SHELBY	549	01:08:27.99	06:50	F2029	+00:30:36	38/44	408/480	01:07:56.29
203/261	OWENS, SHEENA	493	01:08:31.59	06:51	F3039	+00:30:40	75/92	409/480	01:07:44.54
204/261	CHOATE, DEIRDRE	147	01:08:32.62	06:51	F5059	+00:30:41	29/39	410/480	01:08:10.69
205/261	CURTIS, CHARLOTTE	164	01:08:38.48	06:51	F3039	+00:30:46	76/92	411/480	01:07:50.37
206/261	HA, SONG	223	01:08:58.56	06:53	F3039	+00:31:07	77/92	412/480	01:08:10.01
207/261	CARRIERE, RANDI	141	01:09:38.44	06:57	F3039	+00:31:46	78/92	415/480	01:09:20.57
208/261	PATE, MELISSA	344	01:09:54.09	06:59	F2029	+00:32:02	39/44	417/480	01:09:26.78
209/261	PARENT, PAM	340	01:10:01.31	07:00	F5059	+00:32:09	30/39	418/480	01:09:44.73
210/261	FORD, ASYA	205	01:10:02.20	07:00	F2029	+00:32:10	40/44	419/480	01:09:31.06
211/261	MOIR, DIANE	620	01:10:02.79	07:00	F5059	+00:32:11	31/39	420/480	01:09:30.99
212/261	GRENWICH, DARCY	221	01:10:07.28	07:00	F5059	+00:32:15	32/39	421/480	01:09:28.06

OA = Placing Overall

Place = Category Placing

Gender Offset = Time from Gender Winning time

hh:mm:ss

## Overall Gender Results

## 10K - 6.21 Miles

## Female

## 261 Competitors

Place	Name	Bib#	Time	Pace	Div	Gen Offset	Cat	O/A	Chip Time
213/261	CRAIG, DAWN	612	01:10:16.80	07:01	F5059	+00:32:25	33/39	423/480	01:09:41.52
214/261	KOSIK, WILMA	454	01:10:19.79	07:01	F5059	+00:32:28	34/39	424/480	01:09:45.67
215/261	COLLIN, JOCELYNE	152	01:10:25.97	07:02	F5059	+00:32:34	35/39	425/480	01:09:59.96
216/261	DOYLE, HEIDI	182	01:11:17.44	07:07	F4049	+00:33:25	53/66	426/480	01:10:35.64
217/261	MORTENSEN, KRISTEN	319	01:11:25.47	07:08	F2029	+00:33:33	41/44	428/480	01:11:07.45
218/261	CHRAPKO, CHERYL	149	01:11:25.87	07:08	F0119	+00:33:34	9/16	429/480	01:10:45.87
219/261	KOT, MADALINE	258	01:11:26.13	07:08	F0119	+00:33:34	10/16	430/480	01:10:46.13
220/261	HESSION, RACHEL	616	01:11:28.55	07:08	F2029	+00:33:37	42/44	431/480	01:11:11.02
221/261	WHITE, JALEESA	649	01:11:28.63	07:08	F2029	+00:33:37	43/44	432/480	01:11:11.63
222/261	ONISHI-GILCHRIST, ANNA	334	01:11:31.53	07:09	F4049	+00:33:40	54/66	433/480	01:10:49.42
223/261	WALL, DAWN	512	01:11:43.02	07:10	F3039	+00:33:51	79/92	435/480	01:10:56.83
224/261	HEFFERNAN, KATHERINE	473	01:11:44.79	07:10	F3039	+00:33:53	80/92	436/480	01:10:58.86
225/261	CROOK, ELIZABETH	159	01:11:50.04	07:11	F3039	+00:33:58	81/92	437/480	01:11:31.12
226/261	CROOK, INGRID	160	01:11:50.29	07:11	F3039	+00:33:58	82/92	438/480	01:11:31.37
227/261	DAVIDSON, TERRA	170	01:12:44.92	07:16	F4049	+00:34:53	55/66	439/480	01:12:27.87
228/261	MANLEY, ALEX	287	01:12:57.51	07:17	F0119	+00:35:06	11/16	441/480	01:12:18.78
229/261	STEWART, MEREDITH	403	01:12:57.90	07:17	F0119	+00:35:06	12/16	442/480	01:12:18.98
230/261	ZYDESTOCK, KATERS	452	01:13:06.87	07:18	F3039	+00:35:15	83/92	443/480	01:12:23.65
231/261	SHELLIAN, BREANNE	590	01:13:17.21	07:19	F2029	+00:35:25	44/44	444/480	01:12:55.46
232/261	BRIMACOMBE HILL, EMILEE	128	01:13:18.51	07:19	F0119	+00:35:27	13/16	445/480	01:12:38.87
233/261	POOLE, MEGAN	351	01:13:20.68	07:20	F0119	+00:35:29	14/16	446/480	01:12:40.78
234/261	SPENCER, PAMELA	394	01:13:43.74	07:22	F3039	+00:35:52	84/92	447/480	01:12:48.33
235/261	FOLTINEK, SUSAN	204	01:14:21.79	07:26	F6069	+00:36:30	3/4	448/480	01:14:02.31
236/261	RINALDI, RANDI LYNN	368	01:14:46.93	07:28	F3039	+00:36:55	85/92	449/480	01:14:12.91
237/261	RINALDI, JULIE	367	01:14:47.29	07:28	F3039	+00:36:55	86/92	450/480	01:14:13.21
238/261	YIP, TIFFINY	446	01:14:47.55	07:28	F3039	+00:36:56	87/92	451/480	01:14:12.66
239/261	CRANE, VERONICA	525	01:15:20.42	07:32	F4049	+00:37:28	56/66	452/480	01:14:57.71
240/261	BLACK, LESLEY	611	01:16:09.09	07:36	F3039	+00:38:17	88/92	453/480	01:15:48.25
241/261	GREEN, STACEY	580	01:16:13.37	07:37	F4049	+00:38:21	57/66	454/480	01:15:29.61
242/261	FREEMAN, CATHERINE	208	01:16:14.65	07:37	F5059	+00:38:23	36/39	455/480	01:15:40.96
243/261	GARSTAD, TINA	468	01:16:49.61	07:40	F4049	+00:38:58	58/66	456/480	01:16:13.41
244/261	OWENS, CLAIRE	335	01:16:51.97	07:41	F4049	+00:39:00	59/66	457/480	01:16:14.46
245/261	KING, REGAN	254	01:16:52.79	07:41	F4049	+00:39:01	60/66	458/480	01:16:31.49
246/261	GOERLITZ, TARA-LEE	213	01:18:04.32	07:48	F3039	+00:40:12	89/92	459/480	01:17:33.21
247/261	FARRIS, MARG.	464	01:18:18.15	07:49	F5059	+00:40:26	37/39	460/480	01:17:53.40
248/261	TESSIER, MELANIE	409	01:18:21.32	07:50	F3039	+00:40:29	90/92	461/480	01:17:47.58
249/261	SCHAFF, LESLIE	548	01:19:20.49	07:56	F3039	+00:41:29	91/92	463/480	01:18:52.43
250/261	MCNAUGHTON, SANDRA	307	01:21:29.77	08:08	F4049	+00:43:38	61/66	466/480	01:21:09.13
251/261	OYSTRECK, TERESA	336	01:22:00.47	08:12	F4049	+00:44:08	62/66	467/480	01:22:00.47
252/261	WALLACE, JENNIFER	514	01:23:01.29	08:18	F4049	+00:45:09	63/66	468/480	01:22:43.97
253/261	FULKER, SYDNEY	529	01:27:13.70	08:43	F0119	+00:49:22	15/16	469/480	01:27:13.70
254/261	DEVITT, KENNEDY	527	01:28:18.44	08:49	F0119	+00:50:26	16/16	470/480	01:27:37.87
255/261	AFSETH, EDNA	627	01:36:54.11	09:41	F5059	+00:59:02	38/39	472/480	01:36:09.67
256/261	KABATOFF, SHEILA	533	01:36:54.29	09:41	F4049	+00:59:02	64/66	473/480	01:36:10.23
257/261	WRIGHT, RAEHEL	562	01:38:09.89	09:48	F6069	+01:00:18	4/4	474/480	01:37:25.63
258/261	WRAY, HAZEL	444	01:38:25.50	09:50	F5059	+01:00:34	39/39	476/480	01:37:40.37
259/261	RAWLYK, KATHY	545	01:40:29.37	10:02	F3039	+01:02:37	92/92	477/480	01:40:00.04
260/261	ANTONISHYN, JANET	107	01:40:30.31	10:03	F4049	+01:02:38	65/66	478/480	01:40:02.82
261/261	GOLD, STACY	214	01:40:31.75	10:03	F4049	+01:02:40	66/66	480/480	01:40:02.59

OA = Placing Overall  
Place = Category Placing

## Overall Gender Results

Gender Offset = Time from Gender Winning time  
hh:mm:ss

## 10K - 6.21 Miles

## Male

219 Competitors

Place	Name	Bib#	Time	Pace	Div	Gen Offset	Cat	O/A	Chip Time
1/219	HOFBAUER, TREVOR	271	00:31:28.69	03:08	M2029	+00:00:00	1/23	1/480	00:31:28.19
2/219	BRETT, ALLAN	594	00:34:03.55	03:24	M2029	+00:02:34	2/23	2/480	00:34:03.01
3/219	MARSDEN, DUNCAN	584	00:34:25.92	03:26	M4049	+00:02:57	1/56	3/480	00:34:25.37
4/219	CÔTÉ, PATRICK	595	00:34:40.14	03:28	M3039	+00:03:11	1/80	4/480	00:34:39.05
5/219	VANDERWOUDE, DARRYL	610	00:34:58.25	03:29	M2029	+00:03:29	3/23	5/480	00:34:57.65
6/219	DRAUDE, JODY	640	00:35:04.21	03:30	M4049	+00:03:35	2/56	6/480	00:35:04.01
7/219	KONDRO, MICHAEL	618	00:36:24.19	03:38	M2029	+00:04:55	4/23	7/480	00:36:23.20
8/219	WANG, LIYANG	593	00:36:52.76	03:41	M2029	+00:05:24	5/23	8/480	00:36:50.88
9/219	ROBB, JAIME	608	00:36:59.53	03:41	M3039	+00:05:30	2/80	9/480	00:36:58.07
10/219	PROCTOR, DAVE	622	00:37:17.07	03:43	M3039	+00:05:48	3/80	10/480	00:37:16.57
11/219	JANUSC, TRISTAN	617	00:37:17.21	03:43	M3039	+00:05:48	4/80	11/480	00:37:16.71
12/219	REED, JASON	546	00:37:50.89	03:47	M4049	+00:06:22	3/56	12/480	00:37:50.12
13/219	CAMPBELL, DEREK	523	00:37:54.99	03:47	M3039	+00:06:26	5/80	14/480	00:37:53.44
14/219	MARTIN, JEAN-LUC	542	00:38:06.69	03:48	M3039	+00:06:38	6/80	15/480	00:38:05.09
15/219	DWYER, MARK	614	00:38:09.19	03:48	M3039	+00:06:40	7/80	16/480	00:38:08.63
16/219	MURRAY, RYAN	490	00:38:22.49	03:50	M3039	+00:06:53	8/80	17/480	00:38:21.12
17/219	ONG, SIMON	333	00:38:37.78	03:51	M2029	+00:07:09	6/23	18/480	00:38:35.99
18/219	HOPPE, WILLIAM	632	00:38:43.03	03:52	M2029	+00:07:14	7/23	19/480	00:38:41.94
19/219	MACKAY, SCOTT	281	00:39:04.06	03:54	M0119	+00:07:35	1/6	21/480	00:39:01.20
20/219	DYMENT, GEOFF	191	00:39:07.80	03:54	M4049	+00:07:39	4/56	22/480	00:39:05.82
21/219	MCBETH, MICHAEL	486	00:39:11.19	03:55	M5059	+00:07:42	1/36	23/480	00:39:08.73
22/219	KWOK, EAGLE	260	00:39:40.62	03:58	M4049	+00:08:11	5/56	24/480	00:39:38.56
23/219	TABELEV, OLEG	408	00:39:43.37	03:58	M5059	+00:08:14	2/36	25/480	00:39:41.82
24/219	LEARMONTH, DAVID	482	00:39:56.47	03:59	M3039	+00:08:27	9/80	26/480	00:39:54.14
25/219	SPANOS, GEORGE	556	00:40:07.05	04:00	M4049	+00:08:38	6/56	27/480	00:40:02.83
26/219	MURPHY, MIKE	607	00:40:38.10	04:03	M3039	+00:09:09	10/80	30/480	00:40:30.11
27/219	WILSON, PAUL	638	00:41:04.57	04:06	M4049	+00:09:35	7/56	31/480	00:40:57.52
28/219	PIETERSMA, IAN	495	00:41:17.60	04:07	M4049	+00:09:48	8/56	33/480	00:41:12.86
29/219	FRANTZ, JACKSON	467	00:41:17.74	04:07	M2029	+00:09:49	8/23	34/480	00:41:13.04
30/219	OHLSON, ROB	647	00:41:21.88	04:08	M3039	+00:09:53	11/80	35/480	00:41:13.89
31/219	FALKE, GUNNAR	195	00:41:26.10	04:08	M3039	+00:09:57	12/80	36/480	00:41:24.22
32/219	AMAN, IAN	105	00:41:32.57	04:09	M4049	+00:10:03	9/56	37/480	00:41:30.24
33/219	BEATTIE, SEAN	575	00:41:33.27	04:09	M4049	+00:10:04	10/56	38/480	00:41:29.70
34/219	MULLEN, GARY	634	00:41:33.59	04:09	M3039	+00:10:04	13/80	39/480	00:41:32.12
35/219	VANDERVEEN, DWAYNE	592	00:41:40.00	04:10	M3039	+00:10:11	14/80	41/480	00:41:37.42
36/219	SINEX, BRAD	552	00:42:00.98	04:12	M4049	+00:10:32	11/56	44/480	00:41:57.94
37/219	HINKS, DARREN	474	00:42:02.42	04:12	M3039	+00:10:33	15/80	45/480	00:41:57.62
38/219	DARCY, NOEL	166	00:42:05.05	04:12	M3039	+00:10:36	16/80	46/480	00:41:54.16
39/219	DOLL, JUSTIN	528	00:42:17.24	04:13	M3039	+00:10:48	17/80	48/480	00:42:15.35
40/219	THOMAS, DAVID	506	00:42:24.64	04:14	M4049	+00:10:55	12/56	50/480	00:42:20.19
41/219	RICHARDSON, JERRY	589	00:42:31.70	04:15	M5059	+00:11:03	3/36	52/480	00:42:27.56
42/219	MCNUTT, TODD	605	00:42:38.10	04:15	M5059	+00:11:09	4/36	54/480	00:42:33.58
43/219	DEAN, ANDY	174	00:42:43.40	04:16	M4049	+00:11:14	13/56	55/480	00:42:41.52
44/219	SMIT, THEO	388	00:42:59.41	04:17	M5059	+00:11:30	5/36	56/480	00:42:58.32
45/219	PLAMONDON, DOMINIC	349	00:43:08.48	04:18	M3039	+00:11:39	18/80	57/480	00:43:05.84
46/219	CWYNAR, DAVE	629	00:43:25.01	04:20	M4049	+00:11:56	14/56	59/480	00:43:23.64
47/219	DAVIS, TODD	171	00:43:32.54	04:21	M4049	+00:12:03	15/56	60/480	00:43:27.66
48/219	TKACHUK, SCOTT	413	00:43:57.04	04:23	M4049	+00:12:28	16/56	62/480	00:43:49.99
49/219	NADEAU, JASON	635	00:44:02.21	04:24	M4049	+00:12:33	17/56	63/480	00:43:59.35
50/219	CALVER, SCOTT	137	00:44:26.47	04:26	M4049	+00:12:57	18/56	65/480	00:44:23.12
51/219	HEGGE, CHAD	233	00:44:54.17	04:29	M4049	+00:13:25	19/56	68/480	00:44:45.00
52/219	MACKIE, PAT	282	00:44:54.31	04:29	M4049	+00:13:25	20/56	69/480	00:44:47.08
53/219	SCHMIDT, DARREN	379	00:45:12.03	04:31	M3039	+00:13:43	19/80	70/480	00:45:05.95

OA = Placing Overall

Place = Category Placing

Gender Offset = Time from Gender Winning time

hh:mm:ss

## Overall Gender Results

## 10K - 6.21 Miles

## Male

219 Competitors

Place	Name	Bib#	Time	Pace	Div	Gen Offset	Cat	O/A	Chip Time
54/219	LAQUA, GORDON	264	00:45:15.98	04:31	M5059	+00:13:47	6/36	71/480	00:45:08.13
55/219	BERMUDEZ, JORGE	457	00:45:16.01	04:31	M5059	+00:13:47	7/36	72/480	00:45:10.73
56/219	VIERNEZA, MARK	637	00:45:16.02	04:31	M3039	+00:13:47	20/80	73/480	00:45:07.46
57/219	BAYLY, KEITH	117	00:45:22.78	04:32	M4049	+00:13:54	21/56	74/480	00:45:20.13
58/219	ZONDERVAN, NATHAN	450	00:45:25.65	04:32	M2029	+00:13:56	9/23	75/480	00:45:20.15
59/219	DUERKSEN, JOHN	188	00:45:28.38	04:32	M5059	+00:13:59	8/36	76/480	00:45:14.33
60/219	HANLON, PATRICK	224	00:45:29.93	04:32	M4049	+00:14:01	22/56	78/480	00:45:23.12
61/219	MCLEOD, JAMIE	488	00:45:33.20	04:33	M3039	+00:14:04	21/80	79/480	00:45:25.93
62/219	BURGESS, NEAL	133	00:45:39.44	04:33	M3039	+00:14:10	22/80	80/480	00:45:38.24
63/219	WARK, SCOTT	429	00:45:43.65	04:34	M3039	+00:14:14	23/80	81/480	00:45:31.49
64/219	SHEIL, NEVIN	384	00:45:45.33	04:34	M4049	+00:14:16	23/56	82/480	00:45:39.83
65/219	TRESISE, RYAN	418	00:45:58.09	04:35	M3039	+00:14:29	24/80	83/480	00:45:50.28
66/219	EVENS, ROSS	194	00:46:08.61	04:36	M2029	+00:14:39	10/23	84/480	00:46:02.74
67/219	MAGNAYON, BRYAN	285	00:46:19.12	04:37	M3039	+00:14:50	25/80	86/480	00:46:01.79
68/219	COOPER, ALAN	156	00:46:24.34	04:38	M6069	+00:14:55	1/17	88/480	00:46:13.47
69/219	NICHOLAS, STEVE	491	00:46:31.59	04:39	M4049	+00:15:02	24/56	89/480	00:46:26.90
70/219	THIESSEN, RON	410	00:46:31.69	04:39	M4049	+00:15:03	25/56	90/480	00:45:39.21
71/219	MILLER, DAVE	489	00:47:04.35	04:42	M3039	+00:15:35	26/80	93/480	00:46:44.41
72/219	MCDONALD, DALLON	487	00:47:07.30	04:42	M3039	+00:15:38	27/80	94/480	00:46:52.37
73/219	HECHT, JOHN	232	00:47:14.29	04:43	M6069	+00:15:45	2/17	95/480	00:47:10.76
74/219	WILHELM, MICHAEL	561	00:47:16.51	04:43	M5059	+00:15:47	9/36	96/480	00:47:10.63
75/219	MORIYAMA, EDUARDO	318	00:47:40.50	04:46	M4049	+00:16:11	26/56	97/480	00:47:38.23
76/219	PATERSON, SHANE	621	00:47:41.66	04:46	M3039	+00:16:12	28/80	98/480	00:47:20.92
77/219	ARMSTRONG, MARK	1853	00:47:54.09	04:47	M3039	+00:16:25	29/80	100/480	00:47:35.05
78/219	KORT, CLARENCE	599	00:47:58.74	04:47	M6069	+00:16:30	3/17	102/480	00:47:49.13
79/219	PEARSON, MATTHEW	345	00:48:01.53	04:48	M4049	+00:16:32	27/56	103/480	00:47:48.45
80/219	MCINNIS, GERARD	300	00:48:16.38	04:49	M5059	+00:16:47	10/36	106/480	00:48:03.13
81/219	STANG, RYAN	609	00:48:20.22	04:50	M3039	+00:16:51	30/80	107/480	00:48:09.75
82/219	RAMSEY, JASON	359	00:48:22.00	04:50	M4049	+00:16:53	28/56	108/480	00:48:05.93
83/219	MORATINOS, JESUS	317	00:48:28.35	04:50	M4049	+00:16:59	29/56	110/480	00:48:22.37
84/219	PUMBIEN, ANDY	356	00:48:31.96	04:51	M3039	+00:17:03	31/80	111/480	00:48:15.20
85/219	CARTER, ALLAN	143	00:48:32.83	04:51	M3039	+00:17:04	32/80	113/480	00:48:23.94
86/219	GORELIK, ALEX	215	00:48:35.53	04:51	M3039	+00:17:06	33/80	114/480	00:48:28.88
87/219	VANGILST, JIM	424	00:48:55.44	04:53	M6069	+00:17:26	4/17	117/480	00:48:42.86
88/219	ROSETE, ROB	371	00:48:55.64	04:53	M4049	+00:17:26	30/56	118/480	00:48:43.69
89/219	WALSH, MAC	626	00:48:59.84	04:53	M2029	+00:17:31	11/23	120/480	00:48:55.52
90/219	TURNER, RYAN	419	00:49:11.19	04:55	M3039	+00:17:42	34/80	123/480	00:48:57.40
91/219	PIERCE, GREG	348	00:49:34.74	04:57	M3039	+00:18:06	35/80	125/480	00:49:15.07
92/219	TYMRICK-PURVIS, GERARD	625	00:49:35.09	04:57	M3039	+00:18:06	36/80	126/480	00:49:27.36
93/219	HUMENIUK, LANCE	569	00:49:35.79	04:57	M4049	+00:18:07	31/56	127/480	00:49:12.92
94/219	MERRIMAN, JOHN	310	00:49:42.25	04:58	M5059	+00:18:13	11/36	129/480	00:49:35.11
95/219	MONCRIEFF, SHANNON	315	00:50:07.60	05:00	M5059	+00:18:38	12/36	132/480	00:49:53.95
96/219	DASTMALCHI, MEHRAN	167	00:50:14.73	05:01	M2029	+00:18:46	12/23	134/480	00:50:10.59
97/219	MCKINNON, CHRISTIAN	585	00:50:37.13	05:03	M0119	+00:19:08	2/6	138/480	00:50:32.40
98/219	PERALTA, COLE	587	00:50:37.71	05:03	M0119	+00:19:09	3/6	139/480	00:50:32.97
99/219	BARHAM, FRED	112	00:50:44.86	05:04	M5059	+00:19:16	13/36	140/480	00:50:31.21
100/219	HOUSTON, CHAD	240	00:50:54.19	05:05	M3039	+00:19:25	37/80	142/480	00:50:12.09
101/219	EISCH, JEREMY	1857	00:51:00.21	05:06	M2029	+00:19:31	13/23	143/480	00:50:45.59
102/219	DALY, LORNE	165	00:51:05.29	05:06	M5059	+00:19:36	14/36	144/480	00:51:01.13
103/219	MCLEAN, MARK	646	00:51:17.77	05:07	M3039	+00:19:49	38/80	146/480	00:51:09.28
104/219	DUCEY, MARK	185	00:51:21.31	05:08	M3039	+00:19:52	39/80	147/480	00:51:09.42
105/219	CRUZ, OSCAR	162	00:51:25.42	05:08	M4049	+00:19:56	32/56	149/480	00:51:11.51
106/219	WONG, BERNARD	639	00:51:29.49	05:08	M3039	+00:20:00	40/80	150/480	00:50:41.47

OA = Placing Overall  
Place = Category Placing

## Overall Gender Results

Gender Offset = Time from Gender Winning time  
hh:mm:ss

## 10K - 6.21 Miles

## Male

219 Competitors

Place	Name	Bib#	Time	Pace	Div	Gen Offset	Cat	O/A	Chip Time
107/219	JOHNSTON, ROB	247	00:51:47.19	05:10	M3039	+00:20:18	41/80	155/480	00:51:13.17
108/219	LESLIE, BEN	268	00:51:47.27	05:10	M3039	+00:20:18	42/80	156/480	00:51:20.74
109/219	TUCKER, PAUL	1852	00:52:03.07	05:12	M3039	+00:20:34	43/80	160/480	00:51:44.61
110/219	THORNE, JIM	645	00:52:03.57	05:12	M5059	+00:20:34	15/36	161/480	00:51:56.10
111/219	TURNER, CHRIS	509	00:52:12.33	05:13	M3039	+00:20:43	44/80	162/480	00:51:58.61
112/219	RICHY, JEAN-FRANCOIS	497	00:52:22.87	05:14	M6069	+00:20:54	5/17	164/480	00:52:03.31
113/219	HYDE, TRISTAN	476	00:52:26.17	05:14	M2029	+00:20:57	14/23	165/480	00:51:59.38
114/219	NICOL, ADAM	492	00:52:30.58	05:15	M3039	+00:21:01	45/80	166/480	00:52:16.25
115/219	SPARKS, GRAEME	557	00:52:31.86	05:15	M3039	+00:21:03	46/80	167/480	00:52:22.65
116/219	VERTZ, JOHN	426	00:52:42.83	05:16	M2029	+00:21:14	15/23	172/480	00:52:24.81
117/219	KEATING, JOHN	249	00:52:43.23	05:16	M2029	+00:21:14	16/23	173/480	00:52:25.32
118/219	SUTHERLAND, JAMES	560	00:52:51.49	05:17	M3039	+00:21:22	47/80	174/480	00:52:23.24
119/219	PENFIELD, RICHARD	1854	00:52:53.27	05:17	M2029	+00:21:24	17/23	175/480	00:52:34.27
120/219	SINCLAIR, PAUL	502	00:52:55.27	05:17	M6069	+00:21:26	6/17	176/480	00:52:44.39
121/219	JANSEN, RICHARD	243	00:52:59.82	05:17	M4049	+00:21:31	33/56	178/480	00:52:41.36
122/219	FRANKLIN, DAN	615	00:53:18.14	05:19	M3039	+00:21:49	48/80	181/480	00:52:50.95
123/219	BOULTON, MARK	123	00:53:34.25	05:21	M4049	+00:22:05	34/56	184/480	00:53:21.32
124/219	KUJAWA, TOM	537	00:53:35.30	05:21	M5059	+00:22:06	16/36	185/480	00:53:23.23
125/219	SULLIVAN, MARTY	505	00:53:45.25	05:22	M5059	+00:22:16	17/36	190/480	00:53:38.44
126/219	BASSO, TONY	113	00:54:29.98	05:26	M5059	+00:23:01	18/36	196/480	00:54:11.96
127/219	AGNEW, JAMIE	102	00:54:39.19	05:27	M4049	+00:23:10	35/56	198/480	00:54:13.18
128/219	HINTON, THOM	236	00:54:43.89	05:28	M3039	+00:23:15	49/80	199/480	00:54:11.35
129/219	SEROOL, TREVOR	383	00:54:44.09	05:28	M4049	+00:23:15	36/56	200/480	00:54:37.20
130/219	PREDHAM, BRUCE	355	00:54:46.72	05:28	M5059	+00:23:18	19/36	201/480	00:54:39.29
131/219	ZDRILL, RON	449	00:54:49.38	05:28	M5059	+00:23:20	20/36	202/480	00:54:05.40
132/219	HEALY, RILEY	231	00:54:53.45	05:29	M2029	+00:23:24	18/23	203/480	00:54:39.05
133/219	SMITH, STEVE	554	00:54:57.07	05:29	M6069	+00:23:28	7/17	205/480	00:54:23.36
134/219	GRAHAM, DAVIAD	1861	00:54:57.53	05:29	M4049	+00:23:28	37/56	207/480	00:54:48.56
135/219	KILBURN, EDDIE	598	00:54:58.37	05:29	M3039	+00:23:29	50/80	208/480	00:54:40.45
136/219	HARASYM, MICHAEL	471	00:54:59.50	05:29	M5059	+00:23:30	21/36	209/480	00:54:27.00
137/219	KURRANT, DEREK	600	00:55:34.33	05:33	M5059	+00:24:05	22/36	219/480	00:55:03.90
138/219	PARK, BRENDAN	341	00:55:57.34	05:35	M4049	+00:24:28	38/56	221/480	00:55:28.96
139/219	PETTAPIECE, AARON	494	00:55:58.05	05:35	M4049	+00:24:29	39/56	223/480	00:55:37.76
140/219	POOLE, JASON	350	00:56:15.16	05:37	M4049	+00:24:46	40/56	230/480	00:55:38.43
141/219	ARSENAULT, ROB	110	00:56:24.49	05:38	M3039	+00:24:55	51/80	233/480	00:56:19.41
142/219	BRESCIA, SHAWN	126	00:56:38.70	05:39	M0119	+00:25:10	4/6	234/480	00:56:16.32
143/219	HOY, DAVID	475	00:57:10.78	05:43	M3039	+00:25:42	52/80	239/480	00:56:30.65
144/219	HARDCASTLE, MICHAEL	472	00:57:17.74	05:43	M3039	+00:25:49	53/80	243/480	00:57:04.43
145/219	MCLELLAN, LOCHLIN	304	00:57:20.99	05:44	M5059	+00:25:52	23/36	245/480	00:52:06.99
146/219	MCKAY, KEVIN	303	00:57:29.30	05:44	M4049	+00:26:00	41/56	248/480	00:57:19.63
147/219	MARDESIC, MIKE	289	00:57:33.02	05:45	M4049	+00:26:04	42/56	249/480	00:57:14.86
148/219	RADZICHOWSKY, IAN	357	00:57:33.78	05:45	M4049	+00:26:05	43/56	250/480	00:57:19.45
149/219	MCDONALD, SEAN	619	00:57:40.95	05:46	M3039	+00:26:12	54/80	252/480	00:57:20.21
150/219	BAXTER, RYAN	116	00:57:42.32	05:46	M3039	+00:26:13	55/80	254/480	00:57:19.33
151/219	LANGLOIS, PAUL	263	00:57:52.36	05:47	M2029	+00:26:23	19/23	257/480	00:57:32.42
152/219	DECHANT, NELSON	1859	00:57:56.70	05:47	M4049	+00:26:28	44/56	262/480	00:54:20.43
153/219	BRADLEY, JAY	567	00:58:08.68	05:48	M6069	+00:26:39	8/17	264/480	00:57:52.79
154/219	MCMANUS, KEN	305	00:58:09.10	05:48	M3039	+00:26:40	56/80	265/480	00:57:48.65
155/219	MCARTHUR, SCOTT	293	00:58:16.55	05:49	M5059	+00:26:47	24/36	267/480	00:57:50.72
156/219	BURYLO, CHRIS	134	00:58:18.08	05:49	M3039	+00:26:49	57/80	268/480	00:58:06.99
157/219	QURESHI, AHMER	496	00:58:21.29	05:50	M3039	+00:26:52	58/80	270/480	00:57:31.72
158/219	MARCHAND, BRENT	484	00:58:33.53	05:51	M5059	+00:27:04	25/36	273/480	00:58:10.05
159/219	MILLER, KURT	312	00:58:36.20	05:51	M5059	+00:27:07	26/36	274/480	00:58:16.32

OA = Placing Overall

Place = Category Placing

Gender Offset = Time from Gender Winning time

hh:mm:ss

## Overall Gender Results

## 10K - 6.21 Miles

## Male

219 Competitors

Place	Name	Bib#	Time	Pace	Div	Gen Offset	Cat	O/A	Chip Time
160/219	SPRAGG, RON	396	00:59:29.51	05:56	M4049	+00:28:00	45/56	293/480	00:58:50.29
161/219	MCDONALD, JOHN	298	00:59:33.20	05:57	M5059	+00:28:04	27/36	296/480	00:58:55.17
162/219	HNATIUK, ROGER	237	00:59:34.11	05:57	M5059	+00:28:05	28/36	299/480	00:59:18.43
163/219	RAVLICH, MATT	588	00:59:36.25	05:57	M3039	+00:28:07	59/80	301/480	00:59:32.78
164/219	HAWKINGS, JACK	227	00:59:56.39	05:59	M6069	+00:28:27	9/17	307/480	00:59:46.13
165/219	HAWKINGS, MARK	228	00:59:56.63	05:59	M2029	+00:28:27	20/23	308/480	00:59:46.37
166/219	SPICE, RON	559	00:59:59.87	05:59	M5059	+00:28:31	29/36	310/480	00:59:46.82
167/219	MOSTAFAVI, VAHID	543	01:00:01.06	06:00	M3039	+00:28:32	60/80	311/480	00:59:49.60
168/219	RYGUS, TYLER	644	01:00:38.06	06:03	M3039	+00:29:09	61/80	313/480	01:00:07.33
169/219	MACLACHLAN, SEAN	540	01:00:42.12	06:04	M3039	+00:29:13	62/80	316/480	01:00:08.46
170/219	CHOATE, GORDON	148	01:00:51.87	06:05	M5059	+00:29:23	30/36	317/480	01:00:41.95
171/219	HAY, BRAD	532	01:00:59.08	06:05	M4049	+00:29:30	46/56	319/480	01:00:24.09
172/219	O'GORMAN, LIAM	573	01:01:18.55	06:07	M2029	+00:29:49	21/23	321/480	01:00:55.54
173/219	KOKOTT, RYAN	479	01:01:29.91	06:08	M4049	+00:30:01	47/56	323/480	01:00:56.20
174/219	MCCORMICK, DUNCAN	296	01:01:31.80	06:09	M5059	+00:30:03	31/36	324/480	01:00:57.37
175/219	STAVELEY, JEREMY	399	01:01:40.39	06:10	M3039	+00:30:11	63/80	327/480	01:01:19.49
176/219	FIELD, STEVE	198	01:01:50.54	06:11	M5059	+00:30:21	32/36	328/480	01:01:42.33
177/219	DUNNE, JAMES	190	01:01:59.87	06:11	M6069	+00:30:31	10/17	330/480	01:01:45.01
178/219	MACDONALD, ROB	278	01:02:31.81	06:15	M3039	+00:31:03	64/80	335/480	01:01:49.69
179/219	CIMINO, DOMENIC	150	01:03:04.47	06:18	M5059	+00:31:35	33/36	337/480	01:02:57.97
180/219	HENDERSON, JIM	234	01:03:17.37	06:19	M6069	+00:31:48	11/17	342/480	01:02:41.69
181/219	SMITH, ADAM	389	01:03:18.31	06:19	M3039	+00:31:49	65/80	343/480	01:02:41.85
182/219	MASTERMAN, DREW	291	01:03:20.17	06:20	M3039	+00:31:51	66/80	345/480	01:02:41.50
183/219	ROMANO, ALBERTO	499	01:03:30.38	06:21	M4049	+00:32:01	48/56	348/480	01:03:26.85
184/219	CARD, BARRY	139	01:03:36.48	06:21	M3039	+00:32:07	67/80	349/480	01:03:05.79
185/219	RENAUD, SYLVAIN	366	01:04:17.70	06:25	M4049	+00:32:49	49/56	354/480	01:03:47.22
186/219	SHUTT, STEVE	385	01:04:40.36	06:28	M6069	+00:33:11	12/17	357/480	01:04:14.95
187/219	MCCREANOR, JOHN	297	01:04:43.84	06:28	M6069	+00:33:15	13/17	358/480	01:04:19.09
188/219	LIMA, ALEX	272	01:04:53.45	06:29	M4049	+00:33:24	50/56	359/480	01:04:39.16
189/219	PARENT, KEVIN	339	01:04:56.45	06:29	M4049	+00:33:27	51/56	361/480	01:04:21.92
190/219	KUEHLER, ANDREW	571	01:04:59.39	06:29	M3039	+00:33:30	68/80	363/480	01:04:31.64
191/219	MINCHIN, MICHAEL	313	01:05:10.07	06:31	M4049	+00:33:41	52/56	369/480	01:05:10.07
192/219	BISHOP, BUZZ	650	01:05:19.11	06:31	M4049	+00:33:50	53/56	370/480	01:04:47.43
193/219	OBRIGEWITSCH, CAMERON	332	01:05:20.55	06:32	M3039	+00:33:51	69/80	371/480	01:04:32.68
194/219	SHURROCK, GEOFF	550	01:05:38.34	06:33	M5059	+00:34:09	34/36	376/480	01:05:36.37
195/219	COLBERT, PETER	568	01:05:52.76	06:35	M3039	+00:34:24	70/80	379/480	01:05:25.57
196/219	RAMADASS, HARSHAN	358	01:05:57.59	06:35	M3039	+00:34:28	71/80	380/480	01:05:31.58
197/219	AMAN, CHASE	566	01:06:04.85	06:36	M0119	+00:34:36	5/6	382/480	01:05:47.90
198/219	LEVEQUE, PETER	572	01:06:15.54	06:37	M5059	+00:34:46	35/36	385/480	01:05:39.70
199/219	LEE, PAUL	483	01:06:22.94	06:38	M3039	+00:34:54	72/80	387/480	01:05:42.25
200/219	WOODMAN, CHRISTOPHER	443	01:06:26.68	06:38	M3039	+00:34:57	73/80	389/480	01:05:54.91
201/219	ROZON, KRISTOPHER	373	01:06:27.16	06:38	M3039	+00:34:58	74/80	390/480	01:05:55.43
202/219	KARIMPOUR, HAMID	477	01:06:37.88	06:39	M3039	+00:35:09	75/80	393/480	01:06:25.09
203/219	STAVELEY, IAN	398	01:07:11.25	06:43	M6069	+00:35:42	14/17	397/480	01:06:49.36
204/219	MYLES, ANDREW	323	01:07:13.85	06:43	M3039	+00:35:45	76/80	398/480	01:06:41.55
205/219	FONG, CURTIS	1856	01:07:19.95	06:43	M2029	+00:35:51	22/23	400/480	01:06:40.63
206/219	CRONIN, MICHAEL	1855	01:07:28.27	06:44	M4049	+00:35:59	54/56	402/480	01:06:48.83
207/219	BUTLER, GORDON	135	01:09:20.64	06:56	M4049	+00:37:51	55/56	413/480	01:08:55.41
208/219	RULLER, KEN	453	01:09:36.45	06:57	M6069	+00:38:07	15/17	414/480	01:09:21.75
209/219	PATE, BRADFORD	343	01:09:53.70	06:59	M2029	+00:38:25	23/23	416/480	01:09:26.47
210/219	GRIFFITH, BLAKE	222	01:10:07.55	07:00	M3039	+00:38:38	77/80	422/480	01:09:27.97
211/219	KOIZUMI, JAMES	256	01:11:19.39	07:07	M3039	+00:39:50	78/80	427/480	01:10:34.95
212/219	FREDRICH-DUNNE, BEN	1864	01:11:35.44	07:09	M0119	+00:40:06	6/6	434/480	01:11:23.04

OA = Placing Overall

Place = Category Placing

Gender Offset = Time from Gender Winning time

hh:mm:ss

## Overall Gender Results

## 10K - 6.21 Miles

## Male

219 Competitors

Place	Name	Bib#	Time	Pace	Div	Gen Offset	Cat	O/A	Chip Time
213/219	WILLIAMS, STANLEY	440	01:12:55.83	07:17	M6069	+00:41:27	16/17	440/480	01:12:19.22
214/219	DARGIE, ROBERT	613	01:18:40.96	07:52	M3039	+00:47:12	79/80	462/480	01:18:12.52
215/219	DAVID, WAYNE	169	01:19:31.57	07:57	M6069	+00:48:02	17/17	464/480	01:18:43.70
216/219	LOUIE, WILLIAM	276	01:20:20.72	08:02	M7099	+00:48:52	1/1	465/480	01:19:34.44
217/219	DEVITT, CHAD	526	01:28:18.67	08:49	M4049	+00:56:49	56/56	471/480	01:27:37.86
218/219	MANN, THOMAS	604	01:38:25.35	09:50	M5059	+01:06:56	36/36	475/480	01:37:40.12
219/219	PRASAD, PETER	354	01:40:30.43	10:03	M3039	+01:09:01	80/80	479/480	01:40:01.27