

## Category Results

## 10K - 6.21 Miles

## 10KF0119 - 6 Competitors

Place	O/A	Bib #	Name	Div	Time	Pace	Chiptime
1/6	201/620	728	MCPHERSON, ALISON	F0119	00:49:22.75	07:56	00:49:15.90
2/6	204/620	422	MILLS, KRISTINA	F0119	00:49:26.80	07:57	00:48:54.45
3/6	339/620	258	MCCAUGHEY, LINDSEY	F0119	00:56:30.10	09:05	00:56:20.25
4/6	364/620	401	MCAVOY, JESSICA	F0119	00:57:21.95	09:14	00:56:37.75
5/6	472/620	282	ING, CARMEN	F0119	01:02:45.35	10:06	01:02:18.25
6/6	580/620	361	LOUIE, LEANNE	F0119	01:13:08.65	11:46	01:12:22.90

## 10KF2029 - 68 Competitors

Place	O/A	Bib #	Name	Div	Time	Pace	Chiptime
1/68	19/620	309	KARY, GRACE	F2029	00:37:20.60	06:00	00:37:20.20
2/68	20/620	315	KENDRICK, MELISSA	F2029	00:37:51.50	06:05	00:37:50.80
3/68	25/620	479	PLESUK, DEVON	F2029	00:38:21.20	06:10	00:38:19.85
4/68	28/620	386	MANNING, LINDSAY	F2029	00:38:36.40	06:12	00:38:34.70
5/68	40/620	561	STENNING, FAYE	F2029	00:39:30.40	06:21	00:39:29.60
6/68	41/620	488	PYKE, BRIDGET	F2029	00:39:33.55	06:22	00:39:33.25
7/68	90/620	706	MARCOTTE, KELLY	F2029	00:43:10.40	06:57	00:43:05.00
8/68	94/620	430	MUELLER, JESSICA	F2029	00:43:35.00	07:01	00:43:34.60
9/68	128/620	375	MACKEY, ALLISON	F2029	00:45:25.70	07:18	00:45:18.75
10/68	149/620	44	STENE, KORI	F2029	00:46:44.20	07:31	00:46:33.40
11/68	155/620	733	BRITTON, REBECCA	F2029	00:47:07.90	07:35	00:47:01.00
12/68	180/620	61	BORTHWICK, DEBORAH	F2029	00:48:18.50	07:46	00:47:48.70
13/68	188/620	658	ZURESKI, ELENA	F2029	00:48:36.80	07:49	00:48:28.50
14/68	198/620	676	LEWIS, AMY	F2029	00:49:02.85	07:53	00:48:50.35
15/68	228/620	546	SMITH, MEREDITH	F2029	00:50:45.90	08:10	00:50:18.35
16/68	233/620	4	ALBRECHT, AMBER	F2029	00:50:54.40	08:11	00:50:44.05
17/68	236/620	136	CUTHBERT, ASHLEY	F2029	00:51:00.30	08:12	00:50:48.80
18/68	250/620	62	BORYLO, STACY	F2029	00:51:45.85	08:20	00:51:34.25
19/68	292/620	531	SEAGRAVE, SONJA	F2029	00:54:41.70	08:48	00:54:36.80
20/68	293/620	684	ZIER-VOGEL, KATE	F2029	00:54:42.70	08:48	00:54:31.45
21/68	306/620	592	TOPPING, CHELSEY	F2029	00:55:05.70	08:52	00:54:51.10
22/68	311/620	377	MACLAUGHLIN, SARAH	F2029	00:55:20.75	08:54	00:55:09.25
23/68	313/620	563	STEWART, JILL	F2029	00:55:23.10	08:55	00:55:05.30
24/68	317/620	691	POIRIER, MICHELE	F2029	00:55:27.90	08:55	00:55:08.45
25/68	318/620	516	RUSTAD, PAULA	F2029	00:55:28.15	08:55	00:55:09.40
26/68	322/620	139	DARES, FRANCES	F2029	00:55:44.55	08:58	00:55:25.35
27/68	326/620	650	YEAMAN, SARAH	F2029	00:55:56.80	09:00	00:55:47.05
28/68	348/620	500	RHEINSTEIN, DEBBIE	F2029	00:56:46.35	09:08	00:56:14.45
29/68	354/620	562	STEW, KELSEY	F2029	00:56:57.65	09:10	00:56:15.55
30/68	363/620	27	BARTLETT, KIRSTEN	F2029	00:57:18.55	09:13	00:56:51.80
31/68	376/620	643	WOLSKA, ANIA	F2029	00:57:44.95	09:17	00:57:33.80
32/68	383/620	619	WALRAVEN, CLAIRE	F2029	00:58:13.40	09:22	00:57:30.40
33/68	390/620	126	COOPER, JENNIFER	F2029	00:58:28.65	09:24	00:58:12.70
34/68	393/620	241	HAMENDE, VAL	F2029	00:58:34.45	09:25	00:58:04.15
35/68	401/620	254	HEFFERNAN, KATHERINE	F2029	00:58:52.70	09:28	00:58:26.25
36/68	408/620	595	TRAN, LILI	F2029	00:59:05.15	09:30	00:58:30.45
37/68	412/620	629	WEIERS, ASHLEY	F2029	00:59:11.80	09:31	00:58:36.50
38/68	413/620	615	VERTZ, NATASHA	F2029	00:59:12.15	09:31	00:58:36.50
39/68	417/620	193	FLETCHER, CHRISTINE	F2029	00:59:24.95	09:34	00:58:57.15
40/68	420/620	677	LAROSE, LAUREN	F2029	00:59:28.85	09:34	00:59:16.40
41/68	423/620	212	GODDARD, MEGAN	F2029	00:59:36.65	09:35	00:58:54.65
42/68	429/620	720	MORGAN, SHANNON	F2029	01:00:01.15	09:39	00:59:44.55
43/68	448/620	549	SNIEGOCKA, KINGA	F2029	01:01:00.70	09:49	01:00:45.60
44/68	453/620	237	HALASZ, JENNIFER	F2029	01:01:12.50	09:51	01:00:45.00
45/68	458/620	143	DEBOER, STACEY	F2029	01:01:38.90	09:55	01:00:50.95
46/68	462/620	109	CHURCHILL, KIM	F2029	01:02:18.75	10:01	01:01:45.20
47/68	469/620	13	ARCHIBALD, BROOKE	F2029	01:02:32.00	10:04	01:02:11.20
48/68	470/620	69	BRADLEY, KATE	F2029	01:02:34.10	10:04	01:02:03.70
49/68	477/620	371	MACINTYRE, ASHLEY	F2029	01:03:25.65	10:12	01:02:52.50
50/68	482/620	682	LEICHT, CANDACE	F2029	01:03:43.25	10:15	01:03:01.95
51/68	484/620	542	SMILSKI, LAURA	F2029	01:03:46.55	10:16	01:03:14.50
52/68	511/620	635	WILCOX, ERICA	F2029	01:05:58.05	10:37	01:05:31.80
53/68	516/620	1	AEBIG, MEGHAN	F2029	01:06:13.00	10:39	01:06:07.90
54/68	525/620	263	HINES, VICTORIA	F2029	01:07:20.25	10:50	01:07:00.10

## Category Results

## 10K - 6.21 Miles

## 10KF2029 - 68 Competitors

Place	O/A	Bib #	Name	Div	Time	Pace	Chiptime
55/68	530/620	351	LERBEKMO, MOLLY	F2029	01:08:06.05	10:57	01:07:13.25
56/68	540/620	213	GOGOL, BRITTANY	F2029	01:09:23.50	11:10	01:08:46.40
57/68	541/620	240	HALLIWELL, KRISTY	F2029	01:09:31.90	11:11	01:09:10.20
58/68	551/620	707	PALMER, STEPHANIE	F2029	01:10:22.30	11:19	01:09:32.40
59/68	552/620	1323	KNIGHT, RACHEL	F2029	01:10:35.75	11:21	01:09:46.75
60/68	559/620	578	TERENTA, SEANA	F2029	01:11:39.70	11:32	01:10:59.05
61/68	566/620	294	JENKINS, JENNIFER	F2029	01:12:04.10	11:36	01:11:36.55
62/68	572/620	111	CLARK, ERIN	F2029	01:12:45.65	11:42	01:12:16.85
63/68	573/620	274	HUNT, ASHLEY	F2029	01:12:45.95	11:43	01:12:16.70
64/68	574/620	599	TRIPP, TARA	F2029	01:12:46.20	11:43	01:12:17.10
65/68	589/620	742	HYLAND, SANDRA	F2029	01:14:14.60	11:57	01:13:41.45
66/68	596/620	435	MYLES, KELSEY	F2029	01:16:03.50	12:14	01:15:24.60
67/68	615/620	23	BANK, DAISY	F2029	01:27:47.05	14:08	01:27:15.25
68/68	616/620	737	RATNAYAKE, IRANGA	F2029	01:27:53.40	14:09	01:27:22.60

## 10KF3039 - 121 Competitors

Place	O/A	Bib #	Name	Div	Time	Pace	Chiptime
1/121	33/620	412	MCLEAN, PAULINE	F3039	00:38:57.20	06:16	00:38:54.00
2/121	58/620	567	STYLES, SHARON	F3039	00:40:53.00	06:35	00:40:50.65
3/121	65/620	515	RUSSELL, DEB	F3039	00:41:28.55	06:40	00:41:24.80
4/121	73/620	652	YOUNG, CAT	F3039	00:42:03.20	06:46	00:42:01.60
5/121	77/620	698	YOUNG, KIM	F3039	00:42:23.50	06:49	00:42:20.10
6/121	78/620	244	HANSEN, DANA	F3039	00:42:24.65	06:49	00:42:21.20
7/121	80/620	530	SCRIPTURE, STEPHANIE	F3039	00:42:44.20	06:52	00:42:42.15
8/121	84/620	723	MACMILLAN, LARISSA	F3039	00:43:01.40	06:55	00:42:59.60
9/121	107/620	705	MILLS, STEPHANIE	F3039	00:44:32.65	07:10	00:44:30.85
10/121	134/620	234	GUSS, KELLY	F3039	00:46:09.80	07:26	00:46:03.35
11/121	145/620	636	WILKINSON, LAURA	F3039	00:46:30.90	07:29	00:46:11.95
12/121	156/620	469	PENNO, ERIN	F3039	00:47:08.15	07:35	00:46:53.80
13/121	167/620	675	PARNELL, JILL	F3039	00:47:50.55	07:42	00:47:36.15
14/121	171/620	297	JESSEY, MARY	F3039	00:47:58.45	07:43	00:47:53.50
15/121	206/620	281	ILNYCKYJ, VERA	F3039	00:49:32.50	07:58	00:49:28.90
16/121	208/620	397	MAWHINNEY, SHARLA	F3039	00:49:34.80	07:59	00:49:29.45
17/121	216/620	307	KACHUR, COURTNEY	F3039	00:49:55.15	08:02	00:49:46.85
18/121	219/620	357	LINLEY, ERIN	F3039	00:50:17.40	08:05	00:49:50.40
19/121	225/620	318	KILLAM, CAERI	F3039	00:50:43.90	08:10	00:50:38.50
20/121	232/620	679	HAYTER, ALISON	F3039	00:50:54.20	08:11	00:50:33.95
21/121	240/620	225	GREEN, TANYA	F3039	00:51:08.40	08:14	00:50:56.50
22/121	247/620	169	DRYER, BRENDA	F3039	00:51:32.00	08:17	00:51:23.55
23/121	264/620	438	NEAL, KACIE	F3039	00:52:29.40	08:27	00:52:03.70
24/121	265/620	148	DEMERS, KRISTI	F3039	00:52:38.40	08:28	00:52:14.30
25/121	267/620	120	COLEMAN, CYNTHIA	F3039	00:52:40.05	08:28	00:52:15.95
26/121	269/620	388	MANSFIELD, MANDY	F3039	00:52:55.20	08:31	00:52:34.95
27/121	277/620	219	GORHAM, KIRSTEN	F3039	00:53:51.20	08:40	00:53:36.25
28/121	278/620	611	VAN VLIET, AMY	F3039	00:53:51.25	08:40	00:53:36.35
29/121	283/620	674	DAVID, VICTORIA	F3039	00:54:03.55	08:42	00:53:54.20
30/121	284/620	113	CLARK, MELANIE	F3039	00:54:04.55	08:42	00:53:47.40
31/121	287/620	432	MURPHY, AMANDA	F3039	00:54:19.50	08:44	00:53:56.40
32/121	295/620	668	YELLIN, LISA	F3039	00:54:49.10	08:49	00:54:24.55
33/121	299/620	606	VAN, NINA	F3039	00:54:53.70	08:50	00:54:36.60
34/121	301/620	226	GREENALL, GERI	F3039	00:54:58.30	08:51	00:54:31.05
35/121	304/620	280	HUYNH, HOA	F3039	00:55:03.50	08:51	00:54:36.40
36/121	308/620	700	PATERSON, AMY	F3039	00:55:09.80	08:53	00:54:56.60
37/121	315/620	108	CHU, ANNA	F3039	00:55:25.70	08:55	00:54:52.55
38/121	323/620	222	GRAHAM, SUE	F3039	00:55:44.90	08:58	00:55:24.65
39/121	325/620	264	HIROTA, CHRISTINA	F3039	00:55:52.65	08:59	00:55:16.70
40/121	335/620	416	MEGAW, CHANDY	F3039	00:56:22.05	09:04	00:56:04.75
41/121	341/620	88	BURGE, KYLA	F3039	00:56:34.25	09:06	00:56:09.65
42/121	344/620	713	CROWCHILD, PEARL	F3039	00:56:40.00	09:07	00:55:59.55
43/121	347/620	54	BLATTMANN, LISA	F3039	00:56:46.15	09:08	00:56:14.25
44/121	352/620	245	HANSON, TERI	F3039	00:56:56.55	09:10	00:56:39.50
45/121	355/620	43	BERNIER, LAUREEN	F3039	00:56:59.20	09:10	00:56:55.60
46/121	356/620	651	YETTER, JANE	F3039	00:56:59.70	09:10	00:56:37.90

## Category Results

## 10K - 6.21 Miles

## 10KF3039 - 121 Competitors

Place	O/A	Bib #	Name	Div	Time	Pace	Chiptime
47/121	365/620	699	MINORCZYK, SYLVIA	F3039	00:57:22.15	09:14	00:57:11.05
48/121	366/620	486	PUMPHREY, KIM	F3039	00:57:23.65	09:14	00:56:58.20
49/121	367/620	534	SHAND, AMY	F3039	00:57:24.30	09:14	00:56:50.05
50/121	369/620	427	MORGAN, KATIE	F3039	00:57:25.85	09:14	00:57:07.45
51/121	370/620	288	JACKMAN, CARLA	F3039	00:57:26.05	09:14	00:56:48.85
52/121	371/620	590	TOPPAZZINI, CAROLINE	F3039	00:57:26.10	09:14	00:57:08.60
53/121	378/620	162	DORE, KRISTA	F3039	00:57:49.90	09:18	00:56:54.10
54/121	391/620	360	LORDON, JANELLE	F3039	00:58:33.10	09:25	00:58:05.75
55/121	400/620	300	JOHNSON, DEB	F3039	00:58:50.35	09:28	00:58:24.15
56/121	402/620	238	HALL, JACQUI	F3039	00:58:54.10	09:29	00:58:41.20
57/121	404/620	585	THYGESEN, STACY	F3039	00:58:57.30	09:29	00:58:04.35
58/121	406/620	129	CULLINGHAM, CAROL	F3039	00:59:00.95	09:30	00:58:46.75
59/121	410/620	215	GOLDBERG, AMY	F3039	00:59:07.50	09:31	00:58:44.75
60/121	414/620	323	KITCHEN, STEPHANIE	F3039	00:59:15.70	09:32	00:58:26.70
61/121	415/620	119	COLE, AMANDA	F3039	00:59:16.30	09:32	00:58:32.10
62/121	418/620	336	LADD, REBECCA	F3039	00:59:25.80	09:34	00:58:28.80
63/121	419/620	618	WALKLEY, KAREN	F3039	00:59:25.90	09:34	00:58:27.90
64/121	421/620	285	ISAAK, VERA	F3039	00:59:29.75	09:34	00:58:58.40
65/121	426/620	638	WILSON, ELLA	F3039	00:59:57.85	09:39	00:59:13.90
66/121	432/620	208	GAW, JANET	F3039	01:00:06.90	09:40	00:59:51.00
67/121	435/620	74	BROADHURST, LOUISE	F3039	01:00:12.50	09:41	00:59:40.50
68/121	436/620	292	JAQUES, COURTNEY	F3039	01:00:16.55	09:42	00:59:47.75
69/121	443/620	268	HORROCKS, KRISTINE	F3039	01:00:44.70	09:46	00:59:50.35
70/121	444/620	383	MALFAIR, SANDRA	F3039	01:00:49.60	09:47	00:59:54.80
71/121	446/620	286	ISAMAN, HOLLY	F3039	01:00:51.35	09:47	01:00:33.65
72/121	457/620	319	KILLAM, TERESA	F3039	01:01:35.85	09:55	01:01:03.70
73/121	463/620	605	VAILLANCOURT, DALLAS	F3039	01:02:22.80	10:02	01:01:27.10
74/121	467/620	623	WATSON, MANDY	F3039	01:02:25.25	10:03	01:01:34.75
75/121	471/620	352	CARROLL, LESLIE	F3039	01:02:40.45	10:05	01:02:26.40
76/121	475/620	301	JOHNSON, KRISTY	F3039	01:03:21.20	10:12	01:02:37.25
77/121	480/620	631	WHITE, CARRIE	F3039	01:03:35.60	10:14	01:03:27.80
78/121	483/620	101	CEJALVO, KATHRYN	F3039	01:03:46.35	10:16	01:02:47.30
79/121	485/620	331	KVELLESTAD, ALIDA	F3039	01:04:22.15	10:21	01:03:41.75
80/121	486/620	414	MCRUER, FELICITY	F3039	01:04:25.20	10:22	01:03:44.95
81/121	493/620	400	MAZUR, HEATHER	F3039	01:04:57.30	10:27	01:04:30.85
82/121	496/620	270	HOUSSAINE, SOFIA	F3039	01:05:07.05	10:29	01:04:36.30
83/121	499/620	431	MULHERIN-ROSS, JESSICA	F3039	01:05:15.00	10:30	01:04:35.30
84/121	501/620	70	BRAUNBERGER, DANA	F3039	01:05:24.20	10:31	01:04:45.30
85/121	502/620	442	NEWMAN, CANDACE	F3039	01:05:24.35	10:31	01:04:45.80
86/121	509/620	239	HALLIDAY, HEATHER	F3039	01:05:57.20	10:37	01:05:31.70
87/121	512/620	339	LAMB, JENNIFER	F3039	01:06:04.85	10:38	01:05:28.45
88/121	513/620	348	LEE, LAURIE	F3039	01:06:05.05	10:38	01:05:28.85
89/121	518/620	685	THIESSEN, TERESE	F3039	01:06:40.50	10:44	01:06:15.00
90/121	523/620	199	FREEMAN, GENITTA	F3039	01:07:05.90	10:48	01:06:16.80
91/121	526/620	209	GIERUS, BOGUSIA	F3039	01:07:27.75	10:51	01:06:31.25
92/121	531/620	692	WILSON, MAUREEN'	F3039	01:08:07.15	10:58	01:08:07.15
93/121	537/620	1171	MENSINK, JENNIFER	F3039	01:08:52.80	11:05	01:08:23.20
94/121	538/620	152	DESILETS, JENNIFER	F3039	01:09:05.50	11:07	01:08:24.45
95/121	543/620	154	DIAZ, MARRIE	F3039	01:09:38.55	11:12	01:08:39.55
96/121	544/620	472	PICHETTE, ERIN	F3039	01:09:59.50	11:16	01:09:12.05
97/121	546/620	194	FONG, TRACY	F3039	01:10:04.45	11:16	00:55:37.65
98/121	553/620	597	TRCA, LENY	F3039	01:10:36.20	11:22	01:09:45.30
99/121	554/620	291	JANKOWSKA, ANNA	F3039	01:10:39.60	11:22	01:09:42.80
100/121	557/620	52	BLACKIE, KIM	F3039	01:11:05.25	11:26	01:10:47.85
101/121	558/620	640	WILSON, LESLIE	F3039	01:11:09.40	11:27	01:10:13.20
102/121	560/620	529	SCOTT, TANIA	F3039	01:11:39.95	11:32	01:10:59.80
103/121	563/620	503	RINGUETTE, BRANDEE	F3039	01:11:44.40	11:33	01:10:49.90
104/121	564/620	409	MCGURK, AILSA	F3039	01:11:54.50	11:34	01:11:27.10
105/121	568/620	34	BEATTY, JENNIFER	F3039	01:12:25.65	11:39	01:11:46.55
106/121	570/620	507	ROBINSON, LOUISE	F3039	01:12:30.50	11:40	01:12:05.00
107/121	571/620	358	LOEWEN, KIMBERLY	F3039	01:12:44.60	11:42	01:12:27.30
108/121	577/620	680	CURTIS, MICHELE	F3039	01:12:49.55	11:43	01:11:58.05

## Category Results

## 10K - 6.21 Miles

## 10KF3039 - 121 Competitors

Place	O/A	Bib #	Name	Div	Time	Pace	Chiptime
109/121	583/620	446	NOWLAN, SUSAN	F3039	01:13:13.30	11:47	01:12:24.20
110/121	584/620	378	MACLEAN, GLENDA	F3039	01:13:13.30	11:47	01:12:25.25
111/121	593/620	553	SPENCER, DANIELLE	F3039	01:14:43.15	12:01	01:14:03.30
112/121	595/620	528	SCHOFER, SARAH	F3039	01:15:56.90	12:13	01:15:00.15
113/121	599/620	612	VAN ZWAAIJ, SONJA	F3039	01:16:39.70	12:20	01:15:59.00
114/121	605/620	364	MACAULAY, CHRISTY	F3039	01:18:12.20	12:35	01:17:24.05
115/121	608/620	45	BERUBE, STACEY	F3039	01:24:24.50	13:35	01:23:39.00
116/121	610/620	221	GRADY, BETH	F3039	01:26:35.60	13:56	01:25:48.20
117/121	613/620	505	RIOUX, PAM	F3039	01:27:31.95	14:05	01:26:54.60
118/121	614/620	468	PENNER, PAMELA	F3039	01:27:36.70	14:06	01:26:59.25
119/121	617/620	170	DUBOIS NISHIYAMA, CHANTELE	F3039	01:28:52.80	14:18	01:28:21.85
120/121	618/620	305	JOORISITY, KAREN	F3039	01:28:52.80	14:18	01:28:22.60
121/121	620/620	191	FINGLER, ERIN	F3039	01:35:50.35	15:25	01:35:11.55

## 10KF4049 - 73 Competitors

Place	O/A	Bib #	Name	Div	Time	Pace	Chiptime
1/73	18/620	741	HARVEY, LISA	F4049	00:37:18.40	06:00	00:37:17.95
2/73	101/620	577	TAYLOR, LOUISE	F4049	00:44:27.70	07:09	00:44:17.65
3/73	102/620	669	TAYLOR, MARILYN	F4049	00:44:28.85	07:09	00:44:26.80
4/73	118/620	484	PRITCHARD, KENDALL	F4049	00:45:04.00	07:15	00:44:57.55
5/73	125/620	322	KINNEAR, SUSAN	F4049	00:45:18.50	07:17	00:45:11.60
6/73	163/620	551	SOSICK, SUSAN	F4049	00:47:27.25	07:38	00:47:20.90
7/73	197/620	598	TRIMBLE, PATTI	F4049	00:49:00.10	07:53	00:48:39.60
8/73	203/620	102	CHAN, JENNY	F4049	00:49:25.20	07:57	00:49:20.15
9/73	210/620	369	MACEACHERN, CARLA	F4049	00:49:43.20	08:00	00:49:23.20
10/73	213/620	525	SCHMIDT, JOANNE	F4049	00:49:45.70	08:00	00:49:35.80
11/73	231/620	236	HALAS, JENNIFER	F4049	00:50:49.25	08:10	00:50:30.35
12/73	234/620	107	CHRISTOFFERSEN, MICHELLE	F4049	00:50:58.45	08:12	00:50:50.40
13/73	243/620	594	TOZER, LESLEY	F4049	00:51:16.05	08:15	00:51:01.55
14/73	254/620	103	CHIN, KWANLING	F4049	00:51:52.65	08:21	00:51:44.45
15/73	270/620	704	REIMER, DORIS	F4049	00:53:08.20	08:33	00:52:47.95
16/73	272/620	708	CAPUTO, CONNIE	F4049	00:53:29.65	08:36	00:52:49.90
17/73	281/620	560	STEININGER, NOLA	F4049	00:53:54.35	08:40	00:53:16.55
18/73	289/620	465	PARSONS, LUCIA	F4049	00:54:22.10	08:45	00:53:47.30
19/73	296/620	580	THORNE, JENNIFER	F4049	00:54:50.00	08:49	00:54:26.80
20/73	302/620	586	TKACHUK, COLLEEN	F4049	00:54:59.80	08:51	00:54:36.30
21/73	309/620	159	DONAIS, TANYA	F4049	00:55:11.75	08:53	00:54:57.15
22/73	340/620	417	MENK, KIRSTEN	F4049	00:56:32.35	09:06	00:56:31.10
23/73	361/620	227	GREGOR, JANINE	F4049	00:57:16.10	09:13	00:56:58.55
24/73	373/620	655	ZOSCHKE, GEORGIA	F4049	00:57:32.40	09:15	00:56:56.20
25/73	379/620	583	THORPE, JENNY	F4049	00:57:51.00	09:18	00:57:34.75
26/73	381/620	610	VAN SANT, JANE	F4049	00:58:02.45	09:20	00:57:45.05
27/73	382/620	711	FORESTER, RENIA	F4049	00:58:03.50	09:20	00:57:36.20
28/73	392/620	202	GABRIS, PAM	F4049	00:58:33.20	09:25	00:58:23.15
29/73	395/620	617	WALKER, DENISE	F4049	00:58:36.45	09:26	00:58:08.80
30/73	396/620	232	GUILLEMAUD, MIRIAM	F4049	00:58:36.65	09:26	00:58:07.95
31/73	398/620	12	ARBUTHNOT, DEBBY	F4049	00:58:45.05	09:27	00:57:47.15
32/73	407/620	51	BJORNDALLEN, BRENDA	F4049	00:59:01.10	09:30	00:58:31.95
33/73	409/620	641	WINTER-OAKES, MICHELLE	F4049	00:59:06.45	09:31	00:59:03.00
34/73	425/620	250	HASTIE, HEATHER	F4049	00:59:49.35	09:37	00:59:25.60
35/73	433/620	334	LACEY, BIRGIT	F4049	01:00:07.40	09:40	00:59:32.10
36/73	434/620	198	FOX, KAREN	F4049	01:00:07.60	09:40	00:59:33.25
37/73	441/620	374	MACKENZIE, TAMMY	F4049	01:00:32.70	09:44	01:00:17.30
38/73	450/620	545	SMITH, MARJ	F4049	01:01:06.05	09:50	01:00:31.45
39/73	455/620	65	BOWEN, MAGGIE	F4049	01:01:21.10	09:52	01:01:08.20
40/73	456/620	477	PINZON, MARTHA	F4049	01:01:21.35	09:52	01:01:07.50
41/73	460/620	382	HEATON, KAREN	F4049	01:01:54.10	09:58	01:01:39.70
42/73	461/620	42	BERES, ANDREA	F4049	01:02:13.05	10:01	01:01:48.20
43/73	487/620	459	PANKOSKI, CHRISTI	F4049	01:04:25.25	10:22	01:03:45.05
44/73	489/620	456	OWENS, CATHRYN	F4049	01:04:46.25	10:25	01:04:04.45
45/73	490/620	548	SMITH, SANDRA-LYNN	F4049	01:04:46.30	10:25	01:04:04.95
46/73	491/620	408	MCGEE, CATHY	F4049	01:04:55.35	10:27	01:04:32.45
47/73	497/620	206	GARSTAD, TINA	F4049	01:05:07.80	10:29	01:04:38.80

## Category Results

## 10K - 6.21 Miles

## 10KF4049 - 73 Competitors

Place	O/A	Bib #	Name	Div	Time	Pace	Chiptime
48/73	498/620	205	GALLAGHER, THERESE	F4049	01:05:13.95	10:30	01:04:32.75
49/73	500/620	142	DE PEUTER, NICKI	F4049	01:05:19.45	10:31	01:04:45.75
50/73	503/620	601	TSATSKO, IRINA	F4049	01:05:28.10	10:32	01:05:22.75
51/73	505/620	420	MIHALCHEON, MIMI	F4049	01:05:42.20	10:34	01:05:18.75
52/73	508/620	589	TONGSRINARK, PAM	F4049	01:05:56.80	10:37	01:05:29.55
53/73	517/620	82	BRUNNER, KENDA	F4049	01:06:34.70	10:43	01:05:58.95
54/73	520/620	21	BAKER, CHERYL	F4049	01:06:51.25	10:45	01:06:37.90
55/73	533/620	392	MASTEL, TRACY	F4049	01:08:30.65	11:01	01:07:49.15
56/73	535/620	337	LAING, DEBBIE	F4049	01:08:30.80	11:01	01:07:49.50
57/73	536/620	332	KWASNEY, JENNIFER	F4049	01:08:52.35	11:05	01:07:54.40
58/73	542/620	399	MAXWELL, DAWNA	F4049	01:09:38.50	11:12	01:08:39.20
59/73	555/620	210	GIN, SOPHIA	F4049	01:10:49.40	11:24	01:10:02.35
60/73	556/620	48	BIRCH, ANGIE	F4049	01:10:55.75	11:25	00:56:28.95
61/73	561/620	429	MOUNTFORD, NIKKI	F4049	01:11:40.95	11:32	01:11:09.40
62/73	562/620	249	HARRIS, JANICE	F4049	01:11:43.20	11:32	01:11:04.10
63/73	582/620	343	LASHMORE, SHANNON	F4049	01:13:11.95	11:47	01:12:16.70
64/73	586/620	493	RATHJE, KELLY	F4049	01:13:25.50	11:49	01:12:53.95
65/73	588/620	743	KOPER, TERRY	F4049	01:14:14.60	11:57	01:13:41.05
66/73	591/620	177	EDDY, HEATHER	F4049	01:14:18.60	11:57	01:13:23.00
67/73	592/620	278	HUSKA, JAN	F4049	01:14:19.20	11:58	01:13:41.10
68/73	594/620	283	ING, CARRIE	F4049	01:14:59.15	12:04	01:14:32.10
69/73	598/620	104	CHINNERY, SIOBHAN	F4049	01:16:38.35	12:20	01:16:00.30
70/73	600/620	646	WRIGHT, LISA	F4049	01:16:54.40	12:23	01:16:37.90
71/73	604/620	634	WHITNEY, DANI	F4049	01:17:34.70	12:29	01:17:17.50
72/73	607/620	395	MAURICE, DIANE	F4049	01:20:16.35	12:55	01:19:24.00
73/73	609/620	419	MICK, SHANNON	F4049	01:24:24.60	13:35	01:23:39.25

## 10KF5059 - 34 Competitors

Place	O/A	Bib #	Name	Div	Time	Pace	Chiptime
1/34	124/620	413	MCPHERSON, SHEILA	F5059	00:45:18.50	07:17	00:45:11.35
2/34	141/620	527	SCHNEE, CINDY	F5059	00:46:24.25	07:28	00:46:23.15
3/34	168/620	40	BENZ, CATHY	F5059	00:47:51.70	07:42	00:47:46.50
4/34	215/620	59	BOHNET, BRENDA	F5059	00:49:51.75	08:01	00:49:32.50
5/34	291/620	295	JESSEE, LORRAINE	F5059	00:54:28.80	08:46	00:54:01.55
6/34	298/620	183	ELLIOTT, JUDITH	F5059	00:54:53.10	08:50	00:54:40.10
7/34	320/620	470	PEWAR, KIM	F5059	00:55:35.90	08:57	00:55:14.20
8/34	331/620	8	ANDERSON, SUE	F5059	00:56:14.85	09:03	00:55:56.10
9/34	333/620	60	BOIVIN, SYLVIE	F5059	00:56:15.75	09:03	00:55:56.00
10/34	337/620	509	ROSS, RHONDA	F5059	00:56:25.90	09:05	00:56:03.10
11/34	350/620	444	NG, MAUREEN	F5059	00:56:51.25	09:09	00:56:13.25
12/34	372/620	504	RINNE, LEE	F5059	00:57:30.50	09:15	00:57:03.15
13/34	385/620	582	THORNE, WENDY	F5059	00:58:16.05	09:22	00:57:40.00
14/34	386/620	498	REID, LORI	F5059	00:58:21.70	09:23	00:58:03.25
15/34	397/620	313	KELLER, SUSAN	F5059	00:58:40.00	09:26	00:58:07.55
16/34	399/620	689	REED, BEV	F5059	00:58:46.00	09:27	00:58:01.50
17/34	403/620	124	COOPER, BARBARA	F5059	00:58:56.05	09:29	00:58:40.00
18/34	411/620	55	BLEVINS, NANCY	F5059	00:59:09.60	09:31	00:58:59.50
19/34	428/620	329	KOSIK, WILMA	F5059	00:59:58.50	09:39	00:59:35.40
20/34	445/620	394	MATHEWS, COLLEEN	F5059	01:00:49.90	09:47	01:00:21.10
21/34	474/620	166	DOYLE-FLINTOFT, KATHIE	F5059	01:03:20.80	10:12	01:02:53.35
22/34	476/620	457	PAGE, BRENDA	F5059	01:03:23.35	10:12	01:02:41.90
23/34	481/620	287	ISFELD, AUDREY	F5059	01:03:37.05	10:14	01:03:27.05
24/34	506/620	71	BRENNAN, SANDI	F5059	01:05:50.35	10:36	01:05:15.60
25/34	522/620	625	WEBB, MARIE	F5059	01:06:55.75	10:46	01:06:28.20
26/34	532/620	554	SPICE, LEE	F5059	01:08:24.60	11:00	01:07:58.95
27/34	548/620	716	GREEN, JANE	F5059	01:10:10.85	11:18	01:09:57.10
28/34	549/620	324	KLOWAK, PAMELA	F5059	01:10:16.50	11:18	01:09:34.90
29/34	550/620	365	MACBEATH, DONALDA	F5059	01:10:20.80	11:19	01:10:00.50
30/34	569/620	279	HUTCHINSON, JANET	F5059	01:12:25.75	11:39	01:11:31.15
31/34	576/620	447	NOWOSIAD, BARB	F5059	01:12:46.20	11:43	01:12:21.80
32/34	581/620	539	SINCLAIR, KAREN	F5059	01:13:11.40	11:47	01:12:17.00
33/34	585/620	243	HAMILTON, ELLEN	F5059	01:13:19.55	11:48	01:12:39.10
34/34	612/620	354	LIGUORI, ELLEN	F5059	01:26:59.30	14:00	01:26:14.45

## Category Results

## 10K - 6.21 Miles

## 10KF6099 - 5 Competitors

Place	O/A	Bib #	Name	Div	Time	Pace	Chiptime
1/5	375/620	380	MACQUEEN, JOANE	F6099	00:57:39.45	09:17	00:56:39.05
2/5	510/620	196	FORDE, BRIDIE	F6099	01:05:57.30	10:37	01:05:21.20
3/5	529/620	172	DULLEY, SUE	F6099	01:07:59.10	10:56	01:07:26.15
4/5	601/620	328	KORT, HEATHER	F6099	01:17:05.45	12:24	01:16:40.45
5/5	602/620	38	BENDER, KATHY	F6099	01:17:22.35	12:27	01:16:47.35

## 10KM0119 - 6 Competitors

Place	O/A	Bib #	Name	Div	Time	Pace	Chiptime
1/6	13/620	298	JIANG, DAVID	M0119	00:35:57.80	05:47	00:35:52.60
2/6	121/620	649	WYLLIE, JEREMIE	M0119	00:45:11.80	07:16	00:45:04.95
3/6	132/620	229	GRIFFITHS, RYAN	M0119	00:45:56.15	07:23	00:45:10.25
4/6	193/620	211	GIUFFRE, ANTHONY	M0119	00:48:52.95	07:52	00:48:37.15
5/6	226/620	335	LACEY, SEBASTIAN	M0119	00:50:45.20	08:10	00:50:10.60
6/6	279/620	235	GUTIERREZ, FRANCISCO	M0119	00:53:53.15	08:40	00:53:44.70

## 10KM2029 - 43 Competitors

Place	O/A	Bib #	Name	Div	Time	Pace	Chiptime
1/43	1/620	130	CUMMIINGS, TRAVIS	M2029	00:33:26.80	05:23	00:33:26.80
2/43	2/620	664	RUSSELL, RYAN	M2029	00:33:33.45	05:24	00:33:33.45
3/43	6/620	128	CRITCHLEY, GREG	M2029	00:34:42.20	05:35	00:34:42.00
4/43	7/620	156	DIEHL, GRAHAM	M2029	00:34:58.35	05:37	00:34:58.05
5/43	10/620	510	ROTH, JONATHAN	M2029	00:35:38.90	05:44	00:35:38.40
6/43	11/620	97	CAMPBELL, DEREK	M2029	00:35:44.30	05:45	00:35:42.95
7/43	12/620	37	BELL, DARCY	M2029	00:35:49.50	05:46	00:35:48.95
8/43	14/620	133	CURRAN, JAMES	M2029	00:36:02.35	05:48	00:36:02.05
9/43	16/620	251	HASTINGS, STEPHEN	M2029	00:36:26.10	05:52	00:36:23.85
10/43	17/620	702	MILNE, BLAIR	M2029	00:37:12.80	05:59	00:37:12.30
11/43	37/620	608	VAN GILST, DARREN	M2029	00:39:20.70	06:20	00:39:17.55
12/43	45/620	607	VAN BESOUW, JORDAN	M2029	00:39:54.85	06:25	00:39:49.45
13/43	56/620	302	JOHNSTON, ALEKS	M2029	00:40:49.25	06:34	00:40:43.75
14/43	60/620	729	UNIAT, MARK	M2029	00:41:00.50	06:36	00:40:52.50
15/43	83/620	114	CLARK, PATRICK	M2029	00:43:01.00	06:55	00:42:46.35
16/43	85/620	667	BOYLE, WARREN	M2029	00:43:01.50	06:55	00:42:47.85
17/43	87/620	732	MCGREGOR, MICHAEL	M2029	00:43:03.50	06:55	00:42:55.45
18/43	89/620	703	LOPEZ, RAFAEL	M2029	00:43:10.05	06:57	00:43:06.65
19/43	91/620	714	MCDERMOTT, ZACK	M2029	00:43:27.40	06:59	00:43:25.25
20/43	93/620	425	MOORE, KYLE	M2029	00:43:30.90	07:00	00:43:28.20
21/43	103/620	6	ALLEN, ADAM	M2029	00:44:29.15	07:09	00:43:23.60
22/43	115/620	584	THUILLIER, JOHN	M2029	00:44:58.95	07:14	00:44:56.15
23/43	131/620	330	KREMER, KEVIN	M2029	00:45:50.80	07:22	00:45:39.15
24/43	137/620	276	HUNT, CHRIS	M2029	00:46:15.35	07:26	00:46:03.45
25/43	143/620	121	COLL, EOIN	M2029	00:46:27.45	07:28	00:46:05.75
26/43	161/620	576	TAYLOR, CRAIG	M2029	00:47:24.55	07:37	00:47:20.00
27/43	172/620	670	ONG, SIMON	M2029	00:47:59.05	07:43	00:47:55.45
28/43	174/620	180	EKELUND, TRAVIS	M2029	00:48:00.80	07:43	00:47:44.70
29/43	194/620	526	SCHMIDT, TYLER	M2029	00:48:56.95	07:52	00:48:05.95
30/43	196/620	744	CHUI, MICHAEL	M2029	00:48:58.15	07:53	00:48:31.45
31/43	230/620	266	HOGAN, DREW	M2029	00:50:49.20	08:10	00:50:31.70
32/43	238/620	218	GORDON, KEN	M2029	00:51:03.15	08:13	00:50:31.25
33/43	245/620	367	MACDONALD, KURTIS	M2029	00:51:29.70	08:17	00:51:19.80
34/43	256/620	521	SANDER, MIKE	M2029	00:52:03.95	08:23	00:51:33.80
35/43	257/620	110	CLARK, DAN	M2029	00:52:04.45	08:23	00:51:35.00
36/43	273/620	443	NG, MATT	M2029	00:53:38.80	08:38	00:53:26.70
37/43	294/620	223	GRANT, ALASTAIR	M2029	00:54:43.10	08:48	00:54:30.05
38/43	312/620	179	EISCH, JEREMY	M2029	00:55:21.20	08:54	00:54:59.00
39/43	353/620	688	SPROULE, JARED	M2029	00:56:57.60	09:10	00:56:16.25
40/43	442/620	434	MYLES, ANDREW	M2029	01:00:39.00	09:45	01:00:04.30
41/43	492/620	627	WEBSTER, JIM	M2029	01:04:56.30	10:27	01:04:26.05
42/43	507/620	570	SZOJKA, MATT	M2029	01:05:51.15	10:36	01:04:59.50
43/43	578/620	303	JOHNSTON, ROB	M2029	01:12:53.55	11:44	01:12:09.00

## 10KM3039 - 93 Competitors

Place	O/A	Bib #	Name	Div	Time	Pace	Chiptime
1/93	3/620	267	HOPFNER, GEOFF	M3039	00:34:12.80	05:30	00:34:12.70

## Category Results

## 10K - 6.21 Miles

## 10KM3039 - 93 Competitors

Place	O/A	Bib #	Name	Div	Time	Pace	Chiptime
2/93	5/620	593	TORRANCE, BRIAN	M3039	00:34:38.40	05:34	00:34:38.25
3/93	8/620	663	PENNY, BLAINE	M3039	00:35:05.40	05:38	00:35:04.40
4/93	9/620	433	MURRAY, RYAN	M3039	00:35:24.60	05:42	00:35:24.35
5/93	15/620	389	MARCOTTE, KYLE	M3039	00:36:15.40	05:50	00:36:15.15
6/93	21/620	165	DOWLING, SHAWN	M3039	00:37:59.75	06:07	00:37:57.65
7/93	22/620	475	PIEGRASS, AMMON	M3039	00:38:07.80	06:08	00:38:06.10
8/93	23/620	391	MARSHALL, CRAIG	M3039	00:38:09.00	06:08	00:38:05.65
9/93	24/620	175	DWYER, MARK	M3039	00:38:13.60	06:09	00:38:11.85
10/93	26/620	735	POWELL, MARK	M3039	00:38:34.10	06:12	00:38:27.90
11/93	27/620	579	THORKELSON, DONOVAN	M3039	00:38:35.40	06:12	00:38:28.30
12/93	31/620	524	SHELLENBERG, RYAN	M3039	00:38:41.30	06:13	00:38:38.30
13/93	32/620	564	STORCK, ARIC	M3039	00:38:49.45	06:15	00:38:47.90
14/93	35/620	308	KAHTAVA, ADAM	M3039	00:39:09.00	06:18	00:39:02.55
15/93	36/620	406	MCDONALD, MIKE	M3039	00:39:14.35	06:19	00:39:10.95
16/93	38/620	697	KROLL, DANNY	M3039	00:39:24.00	06:20	00:39:22.15
17/93	39/620	738	SCRATCH, JASON	M3039	00:39:28.05	06:21	00:39:26.15
18/93	43/620	376	MACLACHLAN, SEAN	M3039	00:39:40.50	06:23	00:39:37.80
19/93	44/620	344	LAUGHTON, JOHN	M3039	00:39:49.50	06:24	00:39:46.20
20/93	47/620	671	GONZALEZ, WILLY	M3039	00:40:17.20	06:29	00:40:15.80
21/93	48/620	93	BUSTAMANTE, GIOVANNI	M3039	00:40:18.75	06:29	00:40:17.20
22/93	49/620	506	ROBBINS, ROBIN	M3039	00:40:22.60	06:30	00:40:20.70
23/93	50/620	415	MEDWID, GREG	M3039	00:40:25.50	06:30	00:40:18.55
24/93	53/620	176	DYMENT, GEOFF	M3039	00:40:36.75	06:32	00:40:36.35
25/93	54/620	463	PARR, CHAD	M3039	00:40:39.30	06:32	00:40:36.10
26/93	57/620	79	BROUMANDAN, ALI	M3039	00:40:52.40	06:34	00:40:52.25
27/93	67/620	602	TSOI, DAVID	M3039	00:41:36.60	06:41	00:41:32.70
28/93	68/620	403	MCCALL, CURTIS	M3039	00:41:41.10	06:42	00:41:37.50
29/93	69/620	734	STRINGER, DAVID	M3039	00:41:41.75	06:42	00:41:38.45
30/93	71/620	22	BAKER, NATHAN	M3039	00:41:52.15	06:44	00:41:48.45
31/93	74/620	451	OLSON, JOE	M3039	00:42:09.60	06:47	00:42:03.50
32/93	81/620	350	LENNOX, BRENT	M3039	00:42:52.85	06:54	00:42:47.85
33/93	86/620	269	HORSLEY, DEON	M3039	00:43:02.15	06:55	00:42:56.85
34/93	92/620	63	BOSNICK, SANDOR	M3039	00:43:28.95	07:00	00:43:27.60
35/93	98/620	662	FISHER, MICHAEL	M3039	00:44:11.60	07:06	00:44:05.40
36/93	104/620	188	FERRON, J. SEBASTIEN	M3039	00:44:31.55	07:10	00:44:21.85
37/93	108/620	418	METCALF, MARK	M3039	00:44:36.55	07:10	00:44:25.25
38/93	110/620	277	HUNTER, BRIAN	M3039	00:44:37.65	07:11	00:44:29.65
39/93	111/620	536	SHOEMAKER, MICHAEL	M3039	00:44:41.80	07:11	00:44:25.80
40/93	113/620	660	KIERSTEAD, MIKE	M3039	00:44:43.70	07:12	00:44:40.00
41/93	122/620	523	SHELLENBERG, DEVAN	M3039	00:45:13.25	07:16	00:45:05.05
42/93	126/620	665	DEL MAR, MARKUS	M3039	00:45:21.20	07:18	00:45:20.90
43/93	129/620	719	JACKSON, TRENT	M3039	00:45:47.35	07:22	00:45:36.10
44/93	136/620	722	GIUFFRIE, ANTHONY	M3039	00:46:13.40	07:26	00:45:58.50
45/93	140/620	255	HEGGE, CHAD	M3039	00:46:20.00	07:27	00:46:10.25
46/93	152/620	533	SHABANOV, SERGEY	M3039	00:46:54.70	07:33	00:46:34.40
47/93	166/620	271	HUFFMAN, JAMES	M3039	00:47:44.85	07:41	00:47:37.95
48/93	169/620	591	TOPPAZZINI, STEFANO	M3039	00:47:53.50	07:42	00:47:36.35
49/93	173/620	321	KING, SHANE	M3039	00:47:59.25	07:43	00:47:44.80
50/93	175/620	94	BUTLER, LEE	M3039	00:48:01.70	07:43	00:47:54.30
51/93	177/620	464	PARSONS, BRUCE	M3039	00:48:12.80	07:45	00:47:38.40
52/93	181/620	164	DOUPOVEC, DAN	M3039	00:48:22.05	07:47	00:48:15.00
53/93	183/620	387	STARK, CHRIS	M3039	00:48:25.90	07:47	00:47:56.95
54/93	184/620	538	SIMS, STEPHEN	M3039	00:48:26.30	07:47	00:47:57.30
55/93	185/620	115	CLARK, TERRY	M3039	00:48:30.25	07:48	00:48:15.50
56/93	189/620	17	AUGER, PIERRE	M3039	00:48:39.05	07:50	00:48:31.00
57/93	190/620	736	JAMAN, CURTIS	M3039	00:48:44.65	07:50	00:48:34.20
58/93	192/620	87	BUNTING, AARON	M3039	00:48:47.15	07:51	00:48:19.60
59/93	199/620	709	RAZON, RON	M3039	00:49:10.60	07:55	00:48:49.05
60/93	205/620	77	BROOKSON, TRAVIS	M3039	00:49:29.60	07:58	00:48:38.40
61/93	212/620	76	BROOKES, JAMES	M3039	00:49:44.90	08:00	00:49:29.40
62/93	217/620	260	HIBBERT, WILLIAM	M3039	00:50:05.60	08:03	00:50:00.55
63/93	221/620	181	ELFORD, LUKE	M3039	00:50:26.60	08:07	00:50:07.80

## Category Results

## 10K - 6.21 Miles

## 10KM3039 - 93 Competitors

Place	O/A	Bib #	Name	Div	Time	Pace	Chiptime
64/93	222/620	127	COUSINEAU, CHRIS	M3039	00:50:38.60	08:09	00:50:31.85
65/93	227/620	502	RINGROSE, PAUL	M3039	00:50:45.20	08:10	00:50:35.35
66/93	251/620	659	O'MALLEY, DARRAGH	M3039	00:51:46.45	08:20	00:51:34.95
67/93	252/620	149	DEMPSEY, LIAM	M3039	00:51:48.30	08:20	00:51:38.55
68/93	253/620	565	STOTTS, GARTH	M3039	00:51:51.80	08:21	00:51:43.55
69/93	255/620	349	LEE, PAUL	M3039	00:51:57.05	08:21	00:51:42.05
70/93	268/620	657	ZUK, SCOTT	M3039	00:52:44.30	08:29	00:52:10.05
71/93	276/620	532	SEGARRA, MARK	M3039	00:53:42.95	08:39	00:52:49.45
72/93	286/620	547	SMITH, NATHAN	M3039	00:54:16.50	08:44	00:53:44.40
73/93	297/620	30	BAST, GENO	M3039	00:54:50.15	08:49	00:54:28.15
74/93	303/620	512	RUDOLF, JEFF	M3039	00:55:03.10	08:51	00:54:31.20
75/93	324/620	730	PEDERSON, DAVE	M3039	00:55:52.15	08:59	00:55:25.70
76/93	329/620	499	RENAUD, SYLVAIN	M3039	00:56:02.80	09:01	00:55:33.95
77/93	342/620	72	BREUER, MICHAEL C	M3039	00:56:37.05	09:07	00:56:30.15
78/93	345/620	163	DOROBANTU, MATEI	M3039	00:56:42.75	09:07	00:56:30.50
79/93	362/620	604	UYENO, KEITH	M3039	00:57:17.60	09:13	00:56:36.25
80/93	368/620	487	PUMPHREY, MATT	M3039	00:57:24.40	09:14	00:56:58.40
81/93	380/620	725	GRANT, SCOTT	M3039	00:58:01.55	09:20	00:57:48.30
82/93	384/620	653	YURICEK, LUCAS	M3039	00:58:13.45	09:22	00:57:30.65
83/93	394/620	207	GAUDET, CHRIS	M3039	00:58:35.10	09:26	00:57:37.10
84/93	405/620	683	LEICHT, JONATHAN	M3039	00:58:58.70	09:29	00:58:14.95
85/93	422/620	568	SUDDABY, CHRIS	M3039	00:59:33.15	09:35	00:58:41.30
86/93	427/620	201	FUCHS, SHELDON	M3039	00:59:57.95	09:39	00:59:24.60
87/93	459/620	86	BULMER, TODD	M3039	01:01:39.25	09:55	01:00:51.15
88/93	465/620	588	TOMALTY, IAN	M3039	01:02:24.30	10:02	01:01:38.80
89/93	504/620	574	TAGGART, DANIEL	M3039	01:05:31.95	10:33	01:05:11.75
90/93	519/620	686	SHERIDAN, COLM	M3039	01:06:40.65	10:44	01:06:14.65
91/93	528/620	58	BLUHM, EMIT	M3039	01:07:32.45	10:52	01:06:35.85
92/93	534/620	326	KOIZUMI, JAMES	M3039	01:08:30.70	11:01	01:08:07.20
93/93	545/620	471	PICHETTE, DAN	M3039	01:09:59.80	11:16	01:09:11.90

## 10KM4049 - 84 Competitors

Place	O/A	Bib #	Name	Div	Time	Pace	Chiptime
1/84	4/620	168	DRAUDE, JODY	M4049	00:34:35.65	05:34	00:34:35.25
2/84	29/620	571	TABELEV, OLEG	M4049	00:38:39.45	06:13	00:38:37.50
3/84	30/620	64	BOURGEAULT, PAUL	M4049	00:38:40.35	06:13	00:38:38.25
4/84	34/620	483	PRITCHARD, IAN	M4049	00:39:07.30	06:17	00:39:05.50
5/84	51/620	157	DODDS, RICH	M4049	00:40:25.80	06:30	00:40:24.20
6/84	52/620	645	WOOD, STEPHEN	M4049	00:40:32.65	06:31	00:40:30.85
7/84	62/620	185	EVANS, DOUG	M4049	00:41:01.80	06:36	00:41:00.10
8/84	63/620	428	MOTT, ROB	M4049	00:41:09.35	06:37	00:41:00.90
9/84	64/620	461	PARKER, MICHAEL	M4049	00:41:27.20	06:40	00:41:20.80
10/84	70/620	411	MCLEAN, MICHAEL	M4049	00:41:43.90	06:43	00:41:40.15
11/84	72/620	522	SAUNDERS, STEVE	M4049	00:41:54.00	06:44	00:41:45.75
12/84	75/620	696	PIETERSMA, IAN	M4049	00:42:14.50	06:48	00:42:10.80
13/84	82/620	454	OSTER, ADAM	M4049	00:42:55.20	06:54	00:42:43.70
14/84	88/620	726	SMITH, ADAM	M4049	00:43:06.10	06:56	00:42:54.15
15/84	96/620	379	MACQUEEN, ANDREW	M4049	00:43:52.90	07:03	00:42:52.20
16/84	109/620	340	LAQUA, GORDON	M4049	00:44:37.25	07:11	00:44:27.85
17/84	112/620	346	LECOCQ, VANCE	M4049	00:44:43.35	07:12	00:44:33.75
18/84	117/620	145	DEFORREST, SHAWN	M4049	00:45:02.25	07:15	00:44:50.65
19/84	119/620	10	ANDRUKO, DARREN	M4049	00:45:07.90	07:16	00:44:56.65
20/84	120/620	192	FINVERS, IVARS	M4049	00:45:10.90	07:16	00:45:03.85
21/84	123/620	600	TROFIMUK, MIKE	M4049	00:45:17.90	07:17	00:45:11.60
22/84	127/620	460	PARENT, JIM	M4049	00:45:25.30	07:18	00:45:16.70
23/84	133/620	587	TKACHUK, SCOTT	M4049	00:45:58.70	07:24	00:45:48.80
24/84	138/620	46	BETZNER, MICHAEL	M4049	00:46:16.15	07:27	00:46:09.85
25/84	142/620	450	OLIPHANT, CHRIS	M4049	00:46:24.40	07:28	00:46:07.80
26/84	144/620	535	SHERRITT, ERIC	M4049	00:46:28.25	07:28	00:46:16.30
27/84	146/620	480	PLETT, STEVE	M4049	00:46:36.60	07:30	00:46:28.30
28/84	147/620	672	LEE, MORLEY	M4049	00:46:38.05	07:30	00:46:15.05
29/84	148/620	372	MACKAY, MICHAEL	M4049	00:46:43.75	07:31	00:46:00.90
30/84	150/620	647	WYATT, DAVID	M4049	00:46:44.55	07:31	00:46:31.95



## Category Results

## 10K - 6.21 Miles

## 10KM4049 - 84 Competitors

Place	O/A	Bib #	Name	Div	Time	Pace	Chiptime
31/84	153/620	717	SHERVEN, GORD	M4049	00:47:02.05	07:34	00:46:54.95
32/84	158/620	296	JESSEY, BOB	M4049	00:47:17.05	07:36	00:47:11.70
33/84	159/620	490	RAMSEY, JASON	M4049	00:47:17.60	07:36	00:46:58.20
34/84	162/620	256	HENDERSON, COLIN	M4049	00:47:25.20	07:38	00:47:21.20
35/84	165/620	436	MYSYK, JEFF	M4049	00:47:41.30	07:40	00:47:22.35
36/84	176/620	299	JOHNSON, ALAN	M4049	00:48:03.50	07:44	00:47:17.75
37/84	178/620	100	CAUSTON, ASHLEY	M4049	00:48:15.25	07:46	00:48:11.55
38/84	179/620	73	BRIETZKE, DAVE	M4049	00:48:16.10	07:46	00:48:00.85
39/84	182/620	231	GUILLEMAUD, JAI	M4049	00:48:22.10	07:47	00:47:56.35
40/84	187/620	228	GRIFFITHS, MARK	M4049	00:48:33.85	07:49	00:47:46.95
41/84	191/620	724	ULMER, LYNDON	M4049	00:48:45.50	07:51	00:48:37.40
42/84	207/620	398	MAWHINNEY, TOM	M4049	00:49:34.75	07:58	00:49:29.75
43/84	220/620	396	MAWHINNEY, GORD	M4049	00:50:20.80	08:06	00:50:15.45
44/84	223/620	381	MACTAVISH, SCOTT	M4049	00:50:40.45	08:09	00:50:16.30
45/84	224/620	473	PICKERING, CURT	M4049	00:50:41.50	08:09	00:50:28.50
46/84	242/620	151	DENSCOMBE, KEVIN	M4049	00:51:15.00	08:15	00:51:02.45
47/84	248/620	731	MCLELLAN, LOCHLIN	M4049	00:51:32.10	08:17	00:51:10.65
48/84	249/620	710	FORESTER, CRAIG	M4049	00:51:45.40	08:20	00:51:17.95
49/84	258/620	632	WHITE, DAVE	M4049	00:52:09.25	08:23	00:52:01.95
50/84	259/620	712	REWEKI, DAN	M4049	00:52:15.20	08:24	00:52:06.60
51/84	260/620	693	RYDMAN, WAYNE	M4049	00:52:23.05	08:26	00:52:05.50
52/84	263/620	99	CASTLE, GEOFF	M4049	00:52:26.80	08:26	00:52:12.45
53/84	274/620	373	MACKENZIE, COMPTON	M4049	00:53:38.95	08:38	00:53:24.20
54/84	316/620	67	BOWLING, JEFF	M4049	00:55:25.75	08:55	00:54:58.20
55/84	321/620	167	DRAKE, BRIAN	M4049	00:55:40.45	08:57	00:55:27.40
56/84	330/620	39	BENVIN, ALLAN	M4049	00:56:07.00	09:02	00:55:42.80
57/84	332/620	721	MORYS, STEPHEN	M4049	00:56:15.50	09:03	00:55:56.20
58/84	336/620	690	AMANTEA, MARIO	M4049	00:56:23.40	09:04	00:56:13.80
59/84	338/620	489	QUINN, IAN	M4049	00:56:26.95	09:05	00:56:00.50
60/84	343/620	642	WIPFLI, MARKUS	M4049	00:56:38.80	09:07	00:56:23.70
61/84	351/620	687	WEATHERALL, ROB	M4049	00:56:52.50	09:09	00:56:43.10
62/84	359/620	89	BURGE, SCOTT	M4049	00:57:08.15	09:12	00:56:42.50
63/84	388/620	452	ONO, AKINBO	M4049	00:58:25.25	09:24	00:57:56.25
64/84	416/620	29	BASSO, TONY	M4049	00:59:16.40	09:32	00:58:31.50
65/84	424/620	437	NASON, GREG	M4049	00:59:40.20	09:36	00:59:05.95
66/84	437/620	20	BAHL, NITISH	M4049	01:00:22.25	09:43	00:59:53.30
67/84	439/620	353	LEVEQUE, PETER	M4049	01:00:24.30	09:43	00:59:53.75
68/84	440/620	494	RATHJE, MITCH	M4049	01:00:32.05	09:44	00:59:59.25
69/84	449/620	265	HNATIUK, ROGER	M4049	01:01:03.25	09:49	01:00:19.55
70/84	451/620	19	BABLITZ, RICHARD	M4049	01:01:10.50	09:50	01:00:46.30
71/84	452/620	508	RODGERS, DAVE	M4049	01:01:10.50	09:50	01:00:46.30
72/84	454/620	621	WARD, LAYNE	M4049	01:01:19.70	09:52	01:00:25.55
73/84	466/620	423	MIRSHAHI, OMID	M4049	01:02:24.30	10:02	01:01:58.50
74/84	473/620	284	ING, JOHN	M4049	01:02:45.55	10:06	01:02:18.05
75/84	479/620	50	BISHOP, BUZZ	M4049	01:03:32.40	10:13	01:02:30.80
76/84	488/620	150	DENGIS, TERRY	M4049	01:04:42.35	10:25	01:04:08.80
77/84	495/620	153	DESILETS, JEREMY	M4049	01:05:04.95	10:28	01:04:23.60
78/84	515/620	453	ORR, ROB	M4049	01:06:09.00	10:39	01:05:27.65
79/84	521/620	715	PAULSEN, ANDREW	M4049	01:06:55.60	10:46	01:06:47.05
80/84	567/620	496	REDEKOP, COLIN	M4049	01:12:20.50	11:38	01:11:47.35
81/84	575/620	482	PREDHAM, BRUCE	M4049	01:12:46.20	11:43	01:12:21.30
82/84	579/620	481	POWELL, LEE	M4049	01:12:53.80	11:44	01:12:46.85
83/84	603/620	666	FORMAN, SIMON	M4049	01:17:23.55	12:27	01:16:48.65
84/84	611/620	384	MALINOWSKI, JEFF	M4049	01:26:57.75	14:00	01:25:59.75

## 10KM5059 - 61 Competitors

Place	O/A	Bib #	Name	Div	Time	Pace	Chiptime
1/61	42/620	626	WEBB, RICHARD	M5059	00:39:38.95	06:23	00:39:36.95
2/61	55/620	648	WYLLIE, DOUG	M5059	00:40:47.15	06:34	00:40:44.20
3/61	59/620	47	BICKLEY, ED	M5059	00:41:00.25	06:36	00:40:58.70
4/61	61/620	81	BRUCH, PHIL	M5059	00:41:00.65	06:36	00:40:57.20
5/61	66/620	439	NELSON, CHRIS	M5059	00:41:36.10	06:41	00:41:33.05
6/61	76/620	32	BEAMAN, DANNY	M5059	00:42:14.55	06:48	00:42:12.85

## Category Results

## 10K - 6.21 Miles

## 10KM5059 - 61 Competitors

Place	O/A	Bib #	Name	Div	Time	Pace	Chiptime
7/61	79/620	404	MCCOSH, ROBERT	M5059	00:42:38.25	06:51	00:42:36.10
8/61	95/620	424	MOLITOR, RANDY	M5059	00:43:47.60	07:03	00:43:43.75
9/61	97/620	41	BENZ, WAYNE	M5059	00:44:04.70	07:05	00:43:54.85
10/61	100/620	511	ROWE, PHILIP	M5059	00:44:24.05	07:08	00:44:11.05
11/61	105/620	171	DUERKSEN, JOHN	M5059	00:44:32.40	07:10	00:44:23.00
12/61	114/620	644	WONG, TED	M5059	00:44:45.30	07:12	00:44:31.95
13/61	130/620	654	ZORNIK, MIKE	M5059	00:45:50.15	07:22	00:45:40.05
14/61	135/620	462	PARNELL, MARTIN	M5059	00:46:12.55	07:26	00:46:01.30
15/61	139/620	144	DEFINA, FRED	M5059	00:46:19.75	07:27	00:46:14.55
16/61	151/620	123	COOPER, ALAN	M5059	00:46:47.15	07:32	00:46:38.90
17/61	154/620	24	BARHAM, FRED	M5059	00:47:06.85	07:35	00:46:55.60
18/61	157/620	174	DUVAL, NORM	M5059	00:47:11.10	07:35	00:47:01.90
19/61	160/620	368	MACDONALD, ROBERT	M5059	00:47:24.40	07:37	00:47:13.85
20/61	164/620	253	HECHT, JOHN	M5059	00:47:33.55	07:39	00:47:28.30
21/61	170/620	517	EK, GRAHAM	M5059	00:47:55.90	07:43	00:47:49.50
22/61	186/620	363	LUTES, BARRY	M5059	00:48:32.45	07:48	00:48:28.95
23/61	195/620	204	GAISFORD, JIM	M5059	00:48:57.80	07:53	00:48:46.15
24/61	200/620	347	LEE, DON	M5059	00:49:10.75	07:55	00:48:51.45
25/61	209/620	311	KELL, GREG	M5059	00:49:42.60	08:00	00:49:23.05
26/61	211/620	216	GOODFELLOW, RAY	M5059	00:49:43.55	08:00	00:49:23.00
27/61	214/620	146	DEHEKKER, GLENN	M5059	00:49:49.95	08:01	00:49:41.40
28/61	218/620	26	BARRON, BRAD	M5059	00:50:14.75	08:05	00:49:57.55
29/61	229/620	385	MANN, DON	M5059	00:50:47.10	08:10	00:50:28.55
30/61	237/620	555	SPICE, RON	M5059	00:51:02.45	08:13	00:50:51.00
31/61	239/620	609	VAN SANT, BEN	M5059	00:51:05.70	08:13	00:50:48.05
32/61	241/620	95	CAMERON, BILL	M5059	00:51:12.85	08:14	00:51:01.85
33/61	244/620	272	HUGHES, DALE	M5059	00:51:17.95	08:15	00:51:12.70
34/61	246/620	304	JONES, DAVID	M5059	00:51:31.30	08:17	00:51:24.95
35/61	261/620	514	RULLER, KEN	M5059	00:52:25.05	08:26	00:52:03.20
36/61	266/620	581	THORNE, JIM	M5059	00:52:40.00	08:28	00:52:02.55
37/61	271/620	84	BUGAUD, GARY	M5059	00:53:24.00	08:35	00:53:01.70
38/61	280/620	312	KELLER, LAWRENCE	M5059	00:53:54.00	08:40	00:53:23.00
39/61	282/620	155	DICKHOFF, PETER	M5059	00:53:56.40	08:41	00:53:27.60
40/61	288/620	622	WATSON, ROBERT	M5059	00:54:20.15	08:44	00:53:56.95
41/61	290/620	310	KEELING, JAMES	M5059	00:54:23.55	08:45	00:53:41.55
42/61	300/620	495	REDDEKOPP, JAY	M5059	00:54:55.75	08:50	00:54:33.95
43/61	305/620	540	SINCLAIR, PAUL	M5059	00:55:05.50	08:52	00:54:50.00
44/61	307/620	261	HILDEBRANDT, DALE	M5059	00:55:09.80	08:53	00:54:46.60
45/61	310/620	137	DALY, LORNE	M5059	00:55:13.70	08:53	00:55:13.05
46/61	314/620	106	CHOATE, GORDON	M5059	00:55:23.70	08:55	00:55:23.05
47/61	327/620	182	ELLIOTT, ALBERT	M5059	00:55:59.50	09:00	00:55:46.20
48/61	357/620	57	BLOCK, RANDALL	M5059	00:57:02.90	09:11	00:56:25.10
49/61	358/620	616	VERTZ, RON	M5059	00:57:03.15	09:11	00:56:25.60
50/61	360/620	694	CAMERON, DAVID	M5059	00:57:13.50	09:12	00:57:10.30
51/61	430/620	140	DAVIES, IAN	M5059	01:00:02.80	09:40	00:59:27.35
52/61	447/620	718	BRANT, KEN	M5059	01:00:56.50	09:48	01:00:37.65
53/61	464/620	325	KOCH, BILL	M5059	01:02:24.15	10:02	01:01:38.75
54/61	494/620	624	WATSON, BOB	M5059	01:05:01.90	10:28	01:04:36.40
55/61	514/620	138	DANCE, TOM	M5059	01:06:08.95	10:39	01:05:58.00
56/61	524/620	16	AUGER, GERARD	M5059	01:07:17.85	10:50	01:06:41.70
57/61	527/620	402	MCAVOY, TIM	M5059	01:07:30.10	10:52	01:06:44.30
58/61	539/620	214	GOGOL, FRANKLIN	M5059	01:09:23.40	11:10	01:07:25.50
59/61	547/620	656	ZUK, KEN	M5059	01:10:04.75	11:16	01:09:31.50
60/61	565/620	445	NIXON, GORDON	M5059	01:11:56.65	11:35	01:11:25.65
61/61	590/620	186	EVOY, DEREK	M5059	01:14:18.20	11:57	01:13:24.10

## 10KM6099 - 26 Competitors

Place	O/A	Bib #	Name	Div	Time	Pace	Chiptime
1/26	46/620	678	STRAND, DAVID	M6099	00:40:08.00	06:27	00:40:06.25
2/26	99/620	112	CLARK, JOHN	M6099	00:44:13.45	07:07	00:44:00.35
3/26	106/620	740	ARGUILE, STUART	M6099	00:44:32.40	07:10	00:44:30.35
4/26	116/620	355	LIM, SU-CHONG	M6099	00:45:01.40	07:14	00:44:57.95
5/26	202/620	544	SMITH, ERNIE	M6099	00:49:24.35	07:57	00:49:19.10

**St. Pats Day Run Mar.17/2012 - 10K/5K**  
**Category Results**

**10K - 6.21 Miles**

**10KM6099 - 26 Competitors**

Place	O/A	Bib #	Name	Div	Time	Pace	Chiptime
6/26	235/620	56	BLINN, LOUIS	M6099	00:51:00.10	08:12	00:50:45.75
7/26	262/620	141	DAVIES, ROGER	M6099	00:52:25.80	08:26	00:52:19.00
8/26	275/620	116	CLARKE, DAVID	M6099	00:53:39.95	08:38	00:53:09.65
9/26	285/620	661	FISHER, JOHN	M6099	00:54:13.95	08:43	00:54:07.30
10/26	319/620	485	PROST, GARY	M6099	00:55:29.85	08:56	00:55:01.40
11/26	328/620	173	DUNNE, JAMES	M6099	00:56:01.50	09:01	00:55:51.70
12/26	334/620	327	KORT, BRIAN	M6099	00:56:19.25	09:04	00:55:54.65
13/26	346/620	362	LUHNING, RICHARD	M6099	00:56:44.40	09:08	00:56:12.10
14/26	349/620	66	BOWEN, RICK	M6099	00:56:47.90	09:08	00:56:36.55
15/26	374/620	537	SHUTT, STEVE	M6099	00:57:37.90	09:16	00:57:20.05
16/26	377/620	405	MCCREANOR, JOHN	M6099	00:57:49.30	09:18	00:57:30.70
17/26	387/620	257	HENDERSON, JIM	M6099	00:58:24.90	09:24	00:57:55.95
18/26	389/620	317	KIELAU, DOUG	M6099	00:58:27.60	09:24	00:58:05.40
19/26	431/620	68	BRADLEY, JAY	M6099	01:00:06.35	09:40	00:59:41.80
20/26	438/620	513	ZUK, WALTER	M6099	01:00:23.25	09:43	00:59:41.75
21/26	468/620	501	RICKARD, STEVE	M6099	01:02:29.00	10:03	01:02:03.00
22/26	478/620	242	HAMILL, TREVOR	M6099	01:03:28.85	10:13	01:02:49.90
23/26	587/620	739	LOUIE, BILL	M6099	01:14:12.10	11:56	01:13:25.50
24/26	597/620	158	DONAHUE, STEPHEN	M6099	01:16:22.70	12:17	01:15:46.85
25/26	606/620	96	CAMPBELL, DALE	M6099	01:20:13.15	12:55	01:19:26.95
26/26	619/620	36	BELECKI, GARY	M6099	01:34:45.40	15:15	01:34:00.80