

## Category Results

5K - 3.1 Miles  
281 Competitors

## 5KF0119 - 13 Competitors

Place	O/A	Bib #	Name	Div	Time	Pace	Chiptime
1/13	11/281	1459	COOK-CLARKE, EMMA	F0119	00:20:32.60	04:06	00:20:31.25
2/13	21/281	1129	JAMIESON, OLIVIA	F0119	00:23:18.45	04:39	00:23:16.65
3/13	26/281	1509	TSIA, STEPHANIE	F0119	00:23:48.60	04:45	00:23:47.05
4/13	36/281	1110	HNATYSHYN, ELLA	F0119	00:25:07.30	05:01	00:25:05.55
5/13	38/281	1031	BROLSMA, JESSICA	F0119	00:25:21.90	05:04	00:25:21.15
6/13	63/281	1449	PALASHNIUK, HANNAH	F0119	00:28:53.90	05:46	00:28:47.00
7/13	78/281	1278	SOUKUP, MAYA	F0119	00:29:51.45	05:58	00:29:49.65
8/13	102/281	1180	MCKAY, KERRA	F0119	00:31:54.75	06:22	00:31:45.30
9/13	107/281	1440	WINARSKI, BROOKE	F0119	00:32:00.05	06:24	00:31:59.70
10/13	166/281	1147	LALONDE-BESTER, JOSEPHINE	F0119	00:35:06.45	07:01	00:35:03.90
11/13	169/281	1441	WOIMA, RACHEL	F0119	00:35:12.90	07:02	00:35:11.55
12/13	181/281	1117	HOPKINS, NIKAYLA	F0119	00:35:40.80	07:08	00:35:26.75
13/13	206/281	1049	CHISHOLM, SHANNON	F0119	00:37:12.90	07:26	00:36:39.60

## 5KF2029 - 53 Competitors

Place	O/A	Bib #	Name	Div	Time	Pace	Chiptime
1/53	5/281	1208	O'CONNELL, JESSICA	F2029	00:18:52.80	03:46	00:18:51.95
2/53	13/281	1231	PYKE, BRIDGET	F2029	00:21:08.60	04:13	00:21:08.15
3/53	15/281	1159	MACARTHUR, SARAH	F2029	00:22:01.90	04:24	00:22:00.35
4/53	19/281	1270	SERPICO, MADI	F2029	00:23:07.80	04:37	00:23:05.75
5/53	28/281	1297	VENNER, JULIE	F2029	00:23:49.60	04:45	00:23:45.80
6/53	31/281	1210	OLDRING, RACHEL	F2029	00:24:39.15	04:55	00:24:35.75
7/53	45/281	1125	IANCULESCU, ALEX	F2029	00:26:17.20	05:15	00:26:07.00
8/53	57/281	1251	SARRASIN, JOCELYN	F2029	00:28:14.95	05:38	00:28:08.00
9/53	71/281	1041	CHENG, JENNIFER	F2029	00:29:31.35	05:54	00:29:20.10
10/53	73/281	1294	TRUBA, LORI	F2029	00:29:36.80	05:55	00:29:20.00
11/53	77/281	1260	SCHNURER, LISA	F2029	00:29:50.55	05:58	00:29:43.85
12/53	82/281	1431	WHYTE, KIM	F2029	00:30:04.60	06:00	00:29:56.45
13/53	92/281	1267	SELANDERS, KRISTAL	F2029	00:31:13.90	06:14	00:30:47.40
14/53	94/281	1446	ZINK, NATALIE	F2029	00:31:16.50	06:15	00:30:58.20
15/53	97/281	1213	PARKER, ALICIA	F2029	00:31:19.95	06:15	00:30:56.75
16/53	100/281	1097	HADWAY, DAYNA	F2029	00:31:45.95	06:21	00:31:36.80
17/53	101/281	1055	COOK, JULIE	F2029	00:31:46.25	06:21	00:31:37.05
18/53	108/281	1017	BEGG, RACHEL	F2029	00:32:02.00	06:24	00:31:45.75
19/53	109/281	1118	HORVAT, MEL	F2029	00:32:06.50	06:25	00:31:44.70
20/53	111/281	1430	WHITTAKER, REILLY	F2029	00:32:10.25	06:26	00:32:00.45
21/53	113/281	1013	BAYDA, KENDAL	F2029	00:32:10.50	06:26	00:32:01.35
22/53	129/281	1499	PEPPER, CARRIE	F2029	00:33:01.60	06:36	00:32:31.50
23/53	135/281	1284	TATTERTON, AMY	F2029	00:33:11.40	06:38	00:33:01.65
24/53	139/281	1149	LAUDEL, CAYLEY	F2029	00:33:26.60	06:41	00:32:59.00
25/53	140/281	1235	REID, AMANDA	F2029	00:33:28.50	06:41	00:33:03.25
26/53	141/281	1224	POST, COURTNEY	F2029	00:33:30.60	06:42	00:33:24.45
27/53	152/281	356	LEAVITT, CASSANDRA	F2029	00:34:11.90	06:50	00:33:53.40
28/53	156/281	1062	DAVIDGE, JENNIFER	F2029	00:34:33.70	06:54	00:34:23.15
29/53	157/281	1009	BALLENDINE, JANICE	F2029	00:34:33.80	06:54	00:34:22.65
30/53	159/281	1035	BUSHEY, JENNIFER	F2029	00:34:37.30	06:55	00:34:32.00
31/53	160/281	1070	DRUMMOND, ROMNEY	F2029	00:34:42.65	06:56	00:34:42.65
32/53	165/281	1104	HANSEN, LAURIE	F2029	00:35:06.40	07:01	00:34:48.40
33/53	179/281	1196	MOORE, TRACIE	F2029	00:35:37.20	07:07	00:35:14.65
34/53	180/281	1250	SANGUINETTI, RACHEL	F2029	00:35:37.50	07:07	00:35:14.15
35/53	184/281	1148	LAU, JON	F2029	00:35:48.85	07:09	00:35:38.85
36/53	185/281	1204	NOEL, AMY	F2029	00:35:49.15	07:09	00:35:39.05
37/53	193/281	1145	LAKE, ANNA	F2029	00:36:20.75	07:16	00:35:48.25
38/53	200/281	1162	MACDONALD, JILLIAN	F2029	00:36:49.15	07:21	00:36:49.15
39/53	202/281	1286	TERENTA, SEANA	F2029	00:36:50.45	07:22	00:36:28.25
40/53	205/281	1483	HOLMES, ANGIE	F2029	00:37:05.90	07:25	00:37:05.90
41/53	211/281	1458	SMITH, EMILY	F2029	00:37:28.85	07:29	00:37:07.25
42/53	224/281	1493	BROWN, SAMANTHA	F2029	00:38:21.05	07:40	00:37:54.70
43/53	225/281	1491	LENNOX, JILL	F2029	00:38:21.65	07:40	00:37:56.55
44/53	227/281	1082	GINTER, KIRRIE	F2029	00:38:37.55	07:43	00:38:26.00
45/53	228/281	1044	CHESTER, PAMELA	F2029	00:38:37.95	07:43	00:38:27.20
46/53	230/281	1469	BELZILE, JOHANNIE	F2029	00:38:46.85	07:45	00:38:33.40
47/53	231/281	1526	WETTSTEIN, ANDREA	F2029	00:38:55.75	07:47	00:38:29.60

## Category Results

5K - 3.1 Miles

281 Competitors

## 5KF2029 - 53 Competitors

Place	O/A	Bib #	Name	Div	Time	Pace	Chiptime
48/53	233/281	1444	ZAHENAIKO, NICOLE	F2029	00:39:20.20	07:52	00:39:17.95
49/53	245/281	1432	WIGHTON, CHRISTINA	F2029	00:40:22.10	08:04	00:39:56.90
50/53	246/281	1163	MACDONALD, STEPHANIE	F2029	00:40:25.10	08:05	00:40:23.05
51/53	268/281	1127	IVANCO, ALEXANDRIA	F2029	00:46:50.95	09:22	00:46:45.85
52/53	270/281	1519	STEPHENS, SARAH	F2029	00:48:33.85	09:42	00:48:08.65
53/53	278/281	1039	CARSON, HAYLEY	F2029	00:53:27.85	10:41	00:53:10.00

## 5KF3039 - 59 Competitors

Place	O/A	Bib #	Name	Div	Time	Pace	Chiptime
1/59	12/281	1183	MCLEAN, PAULINE	F3039	00:20:38.25	04:07	00:20:38.15
2/59	25/281	1508	LEES, SEANA	F3039	00:23:44.65	04:44	00:23:40.10
3/59	27/281	1020	BEVERIDGE, JILLIAN	F3039	00:23:49.05	04:45	00:23:45.35
4/59	35/281	1173	MARKO, ARLENE	F3039	00:24:52.80	04:58	00:24:42.25
5/59	51/281	1063	DEBAIE, GABRIELLE	F3039	00:27:37.00	05:31	00:27:32.00
6/59	80/281	1496	CARLE, TINA	F3039	00:29:55.80	05:59	00:29:49.70
7/59	81/281	1257	SCHLAUCH, JENNY	F3039	00:29:56.25	05:59	00:29:50.15
8/59	83/281	1072	EASTLAND, CHANTAL	F3039	00:30:07.05	06:01	00:30:00.40
9/59	89/281	1295	TYSOWSKI, ERIN	F3039	00:31:00.60	06:12	00:30:57.30
10/59	90/281	1455	CARROLL, LESLIE	F3039	00:31:08.25	06:13	00:31:03.45
11/59	96/281	1066	DOCHSTADER, KATE	F3039	00:31:18.35	06:15	00:30:48.30
12/59	98/281	1206	NOWICKI, BROOKE	F3039	00:31:20.60	06:16	00:31:13.95
13/59	99/281	1276	SMITH, MARIE	F3039	00:31:23.95	06:16	00:31:05.80
14/59	112/281	1178	MCCONATHY, REBECCA	F3039	00:32:10.30	06:26	00:32:01.30
15/59	115/281	1014	BAZANT, CHELSEA	F3039	00:32:29.95	06:29	00:32:08.85
16/59	119/281	1223	POELZER, KYLA	F3039	00:32:34.75	06:30	00:32:17.90
17/59	125/281	1456	SHEARER, LISA	F3039	00:32:50.90	06:34	00:32:38.55
18/59	126/281	1264	SCOTT, TANIA	F3039	00:33:00.30	06:36	00:32:38.50
19/59	127/281	1500	PIAGNO, DAYNA	F3039	00:33:01.30	06:36	00:32:31.45
20/59	131/281	1030	BROADHURST, LOUISE	F3039	00:33:04.60	06:36	00:32:51.85
21/59	134/281	1201	NICHOLLS, CORI	F3039	00:33:11.15	06:38	00:33:04.90
22/59	136/281	1470	BRANDSTADT, HEIDI	F3039	00:33:13.25	06:38	00:32:52.05
23/59	138/281	1187	MENSINK, JENNIFER	F3039	00:33:23.95	06:40	00:33:12.45
24/59	142/281	1022	BLACKIE, KIM	F3039	00:33:43.65	06:44	00:33:13.55
25/59	143/281	1232	PYNN, STEFA	F3039	00:33:43.90	06:44	00:33:18.70
26/59	145/281	1259	SCHNURER, AIMEE	F3039	00:33:49.70	06:45	00:33:42.30
27/59	146/281	1489	CAMWELL, JENNIFER	F3039	00:33:51.20	06:46	00:33:47.90
28/59	149/281	1016	BEATTIE, NICOLE	F3039	00:34:10.20	06:50	00:33:45.65
29/59	151/281	1280	SPENCER, JANICE	F3039	00:34:10.95	06:50	00:33:47.50
30/59	153/281	1263	SCHWARTZ, GAIL	F3039	00:34:12.25	06:50	00:33:47.80
31/59	154/281	1248	SANDER, CAROLYNN	F3039	00:34:13.70	06:50	00:34:06.00
32/59	163/281	1038	KETO, LEANA	F3039	00:34:57.80	06:59	00:34:33.95
33/59	168/281	1485	ROBINSON, LOUISE	F3039	00:35:07.90	07:01	00:35:01.20
34/59	171/281	13	AULICINO, ROMINA	F3039	00:35:23.50	07:04	00:35:23.30
35/59	173/281	1200	MYERS, HEATHER	F3039	00:35:25.75	07:05	00:35:17.20
36/59	182/281	1445	ZANELLA, KRISTY	F3039	00:35:44.85	07:08	00:35:19.65
37/59	186/281	1123	HUSTON, ALANA	F3039	00:35:51.70	07:10	00:35:51.35
38/59	187/281	1215	PELLETIER, LORI	F3039	00:35:53.25	07:10	00:35:40.35
39/59	188/281	1074	FERRABY, CAROLYN	F3039	00:36:01.90	07:12	00:35:45.70
40/59	196/281	1060	CREWS, JENNIFER	F3039	00:36:28.10	07:17	00:36:13.50
41/59	198/281	1080	GERRITS, CATHERINE	F3039	00:36:44.70	07:20	00:36:30.20
42/59	201/281	1089	GRANSON, ERIN	F3039	00:36:49.40	07:21	00:36:45.90
43/59	208/281	1203	NISCAK, TARA	F3039	00:37:18.35	07:27	00:36:56.65
44/59	210/281	1058	CRAIG, KRISTINA	F3039	00:37:23.60	07:28	00:36:59.90
45/59	213/281	1268	SEPHTON, SHANNON	F3039	00:37:30.60	07:30	00:37:02.80
46/59	214/281	1254	SAURO, KHARA	F3039	00:37:34.95	07:30	00:37:31.20
47/59	215/281	1253	SAURO, COURTNEY	F3039	00:37:35.05	07:31	00:37:31.15
48/59	232/281	1279	SPENCER, DANIELLE	F3039	00:38:58.60	07:47	00:38:37.85
49/59	239/281	1028	BREEN, HEATHER	F3039	00:40:08.20	08:01	00:39:52.30
50/59	244/281	1033	BURT, JENNIFER	F3039	00:40:17.35	08:03	00:40:03.75
51/59	249/281	1506	JAWORSKI, PATRICIA	F3039	00:41:02.05	08:12	00:40:39.85
52/59	251/281	1217	PENNER, DAWN	F3039	00:41:23.80	08:16	00:41:03.05
53/59	252/281	1095	GUY, JACKIE	F3039	00:41:23.80	08:16	00:41:03.20
54/59	258/281	1452	GRIGGS, SARAH	F3039	00:41:49.30	08:21	00:41:32.90

## Category Results

5K - 3.1 Miles  
281 Competitors

## 5KF3039 - 59 Competitors

Place	O/A	Bib #	Name	Div	Time	Pace	Chiptime
55/59	264/281	1174	MARTIN, CAROLYNN	F3039	00:43:22.80	08:40	00:43:15.70
56/59	267/281	1106	HEMPHILL, NICOLE	F3039	00:46:09.55	09:13	00:45:47.30
57/59	269/281	1426	WALMSLEY, SHIRLEY	F3039	00:47:41.55	09:32	00:47:30.05
58/59	277/281	1156	LOUCKS, TARRA	F3039	00:53:18.30	10:39	00:52:57.35
59/59	280/281	1075	FINGLER, ERIN	F3039	00:56:50.75	11:22	00:56:30.75

## 5KF4049 - 43 Competitors

Place	O/A	Bib #	Name	Div	Time	Pace	Chiptime
1/43	22/281	1051	CLARK, RHONDA	F4049	00:23:31.85	04:42	00:23:30.25
2/43	46/281	1045	CHIN, KWANLING	F4049	00:26:59.15	05:23	00:26:54.95
3/43	47/281	1176	MATTE, PAULA	F4049	00:27:10.30	05:26	00:27:06.95
4/43	60/281	1495	MILLER-MACPHERSON, JULIANNA	F4049	00:28:39.85	05:43	00:28:38.25
5/43	61/281	1453	FARHA, LINDA	F4049	00:28:50.80	05:46	00:28:27.95
6/43	68/281	1505	P, TESSA	F4049	00:29:12.10	05:50	00:29:11.70
7/43	70/281	1234	REABURN, TARA	F4049	00:29:24.60	05:52	00:29:22.85
8/43	75/281	1275	SMITH, LIRIS	F4049	00:29:45.80	05:57	00:29:24.60
9/43	79/281	1032	BROWN, SUSAN	F4049	00:29:53.85	05:58	00:29:50.45
10/43	104/281	1424	WALKER, DENISE	F4049	00:31:58.00	06:23	00:31:53.25
11/43	118/281	1143	KURRANT, CJ	F4049	00:32:32.30	06:30	00:32:27.20
12/43	132/281	1090	GREAVES, LISA	F4049	00:33:08.00	06:37	00:32:43.55
13/43	133/281	1212	PARK, LUCY	F4049	00:33:08.25	06:37	00:32:54.05
14/43	137/281	1186	MEDWID, BARB	F4049	00:33:20.70	06:40	00:33:15.90
15/43	164/281	1230	PURTILL, COLLEEN	F4049	00:35:04.95	07:00	00:34:50.70
16/43	172/281	1139	KINGSBURY, DANA	F4049	00:35:25.05	07:05	00:35:10.15
17/43	174/281	1184	MCLEOD, MELANIE	F4049	00:35:25.90	07:05	00:34:59.80
18/43	176/281	1266	SEARLE, SANDY	F4049	00:35:33.25	07:06	00:34:49.05
19/43	178/281	1522	BANNISTER, ALLIE	F4049	00:35:34.20	07:06	00:35:17.30
20/43	189/281	1021	BLACK, MICHELLE	F4049	00:36:02.15	07:12	00:35:46.00
21/43	197/281	1065	DENHOLM, CAROL	F4049	00:36:39.40	07:19	00:36:11.40
22/43	199/281	1290	TONG, PATRICIA	F4049	00:36:44.80	07:20	00:36:30.75
23/43	203/281	1473	OWENS, CATHRYN	F4049	00:36:52.60	07:22	00:36:35.90
24/43	209/281	1189	MEYER, KATHLEEN	F4049	00:37:21.75	07:28	00:36:53.35
25/43	216/281	1153	LESKOVJAN, SONEDARY	F4049	00:37:38.45	07:31	00:37:25.40
26/43	219/281	1437	WILLIAMS, JODY	F4049	00:37:57.90	07:35	00:37:46.80
27/43	220/281	1137	KERN, MONICA	F4049	00:38:01.90	07:36	00:37:36.65
28/43	221/281	1198	MOUCK, ANNE	F4049	00:38:07.15	07:37	00:37:54.60
29/43	222/281	1076	FISHER, LIZ	F4049	00:38:19.30	07:39	00:38:04.95
30/43	223/281	1466	CAPJACK, GINA	F4049	00:38:19.75	07:39	00:38:19.75
31/43	229/281	1487	MARCHAND, VICKI	F4049	00:38:44.50	07:44	00:38:18.35
32/43	236/281	1298	VERBEEK, LINDA	F4049	00:39:57.65	07:59	00:39:44.85
33/43	237/281	1450	MELE, PAMELA	F4049	00:39:59.40	07:59	00:39:26.35
34/43	242/281	1497	MOORE, WENDI	F4049	00:40:15.70	08:03	00:40:01.65
35/43	255/281	1468	CORMIER, MONIQUE	F4049	00:41:34.45	08:18	00:41:16.10
36/43	257/281	1271	SHADE, LOUISE	F4049	00:41:38.65	08:19	00:41:18.55
37/43	256/281	1050	CHONG, TERRY	F4049	00:41:38.65	08:19	00:41:18.55
38/43	260/281	1442	WRIGHT, LISA	F4049	00:42:07.90	08:25	00:41:57.90
39/43	263/281	1081	GILLINGWATER, SUSAN	F4049	00:43:19.80	08:39	00:43:01.60
40/43	265/281	1429	WHITNEY, DANI	F4049	00:43:59.90	08:47	00:43:51.30
41/43	266/281	1083	GODIN, REBECCA	F4049	00:45:44.85	09:08	00:45:14.75
42/43	274/281	1513	MITCHELL, SHIRLEY	F4049	00:51:10.60	10:14	00:50:22.20
43/43	275/281	1511	GRODAES, ELAINE	F4049	00:51:10.65	10:14	00:50:23.50

## 5KF5059 - 21 Competitors

Place	O/A	Bib #	Name	Div	Time	Pace	Chiptime
1/21	23/281	1229	PRICE, HEATHER	F5059	00:23:37.65	04:43	00:23:35.80
2/21	29/281	1193	MONCRIEFF, MARLA	F5059	00:24:07.10	04:49	00:24:05.55
3/21	91/281	1211	PALSEN, JAN	F5059	00:31:10.65	06:14	00:31:03.75
4/21	114/281	1237	REID, LORI	F5059	00:32:12.45	06:26	00:32:08.75
5/21	122/281	1054	CONDLY, JACKIE	F5059	00:32:40.95	06:32	00:32:20.45
6/21	130/281	1040	CARSS, BETTY	F5059	00:33:02.65	06:36	00:32:42.55
7/21	167/281	1480	LALONDE, LOUISE	F5059	00:35:06.75	07:01	00:35:04.20
8/21	183/281	1079	FREY, PAM	F5059	00:35:48.65	07:09	00:35:20.65
9/21	190/281	1209	OLDRING, JANE	F5059	00:36:03.20	07:12	00:35:54.65
10/21	192/281	1132	JOHNSRUDE, LUCILLE	F5059	00:36:20.65	07:16	

## Category Results

5K - 3.1 Miles

281 Competitors

## 5KF5059 - 21 Competitors

Place	O/A	Bib #	Name	Div	Time	Pace	Chiptime
							00:36:00.65
11/21	194/281	1287	THIBAULT, JANINE	F5059	00:36:21.80	07:16	00:35:58.15
12/21	204/281	1042	CHENG, WENDY	F5059	00:37:01.75	07:24	00:36:35.35
13/21	226/281	1272	SHARMAN, JENNIFER	F5059	00:38:23.90	07:40	00:38:05.15
14/21	235/281	1043	CHERNAK, JUDY	F5059	00:39:50.30	07:58	00:39:44.75
15/21	240/281	1214	PARKER, DAWN	F5059	00:40:08.90	08:01	00:39:41.10
16/21	243/281	1243	RUPARCIC, GABRIELLE	F5059	00:40:17.25	08:03	00:40:04.60
17/21	248/281	1134	JUNKIN, SARAH	F5059	00:40:52.00	08:10	00:40:33.75
18/21	259/281	1490	WHYTE, CAROL	F5059	00:41:57.25	08:23	00:41:57.25
19/21	276/281	1108	HENRY, DAWN	F5059	00:52:56.70	10:35	00:52:40.55
20/21	279/281	1069	DRUMMOND, MAUREEN	F5059	00:55:41.45	11:08	00:55:41.45
21/21	281/281	1048	CHISHOLM, ROBIN	F5059	01:08:17.10	13:39	01:07:37.90

## 5KF6069 - 2 Competitors

Place	O/A	Bib #	Name	Div	Time	Pace	Chiptime
1/2	247/281	1107	HENDERSON, PATRICIA	F6069	00:40:45.50	08:09	00:40:17.65
2/2	272/281	1068	DONAHUE, MARLENE	F6069	00:48:39.30	09:43	00:48:07.65

## 5KF7099 - 1 Competitors

Place	O/A	Bib #	Name	Div	Time	Pace	Chiptime
1/1	128/281	1422	VISSER, HELLY	F7099	00:33:01.55	06:36	00:32:59.55

## 5KM0119 - 11 Competitors

Place	O/A	Bib #	Name	Div	Time	Pace	Chiptime
1/11	2/281	1462	KONDRO, MICHAEL	M0119	00:18:37.70	03:43	00:18:37.65
2/11	3/281	1019	BENTLEY, COOPER	M0119	00:18:41.80	03:44	00:18:41.70
3/11	9/281	1006	ARMSTRONG, JAKE	M0119	00:20:17.60	04:03	00:20:17.25
4/11	34/281	1501	SERPICO, JAKE	M0119	00:24:45.50	04:57	00:24:43.90
5/11	55/281	1010	BARKER, CAMERON	M0119	00:28:03.40	05:36	00:27:59.90
6/11	62/281	1011	BARKER, COLLIN	M0119	00:28:50.90	05:46	00:28:49.35
7/11	74/281	1252	SAUNDERS, JACK	M0119	00:29:37.45	05:55	00:29:34.80
8/11	85/281	1464	MELE, REID	M0119	00:30:30.25	06:06	00:29:57.25
9/11	105/281	1425	WALKER, SEFTON	M0119	00:31:58.25	06:23	00:31:53.55
10/11	106/281	1285	TEMPLE, PATRICK	M0119	00:31:59.10	06:23	00:31:56.80
11/11	120/281	1241	RIENDEAU, IAN	M0119	00:32:36.80	06:31	00:32:34.80

## 5KM2029 - 15 Competitors

Place	O/A	Bib #	Name	Div	Time	Pace	Chiptime
1/15	1/281	1460	ROSKE, TRAVIS	M2029	00:18:28.80	03:41	00:18:28.35
2/15	6/281	1102	HANSEN, ALEX	M2029	00:18:53.25	03:46	00:18:53.15
3/15	7/281	1463	WITTIG, LUC	M2029	00:19:30.75	03:54	00:19:30.05
4/15	8/281	1507	STREIGHT, JAIRUS	M2029	00:19:31.45	03:54	00:19:30.75
5/15	10/281	1036	CAMPBELL, DEREK	M2029	00:20:23.70	04:04	00:20:22.80
6/15	14/281	1115	HOGAN, DREW	M2029	00:21:21.75	04:16	00:21:21.30
7/15	16/281	1164	MACHOWSKI, STEPHEN	M2029	00:22:03.20	04:24	00:22:01.80
8/15	18/281	1514	CORMIER, RYAN	M2029	00:22:31.10	04:30	00:23:31.10
9/15	33/281	1004	ALBION, DUNCAN	M2029	00:24:42.90	04:56	00:24:27.20
10/15	49/281	1160	MACDONALD, DAVID	M2029	00:27:30.30	05:30	00:27:30.30
11/15	66/281	1086	GOODWIN, DORIAN	M2029	00:29:01.80	05:48	00:28:42.70
12/15	72/281	1113	HODGSON, TYLER	M2029	00:29:35.95	05:55	00:29:19.75
13/15	87/281	1225	POSTNEKOFF, TRAVIS	M2029	00:30:36.15	06:07	00:30:18.80
14/15	95/281	1439	WILSON, TRAVIS	M2029	00:31:17.00	06:15	00:30:58.75
15/15	207/281	1046	CHISHOLM, ALEC	M2029	00:37:13.10	07:26	00:36:39.80

## 5KM3039 - 24 Competitors

Place	O/A	Bib #	Name	Div	Time	Pace	Chiptime
1/24	4/281	1467	DOWLING, SHAWN	M3039	00:18:47.75	03:45	00:18:46.35
2/24	17/281	1192	MITCHELMORE, PETER	M3039	00:22:07.15	04:25	00:22:06.75
3/24	20/281	1428	WHITEHEAD, KEVIN	M3039	00:23:09.20	04:37	00:23:08.20
4/24	41/281	1114	HOFER, TREVOR	M3039	00:25:32.25	05:06	00:25:31.60
5/24	43/281	1454	COOKE, GRAHAM	M3039	00:25:58.60	05:11	00:25:51.10
6/24	44/281	1484	DUCHARME, SEBASTIEN	M3039	00:26:12.35	05:14	00:25:58.15
7/24	52/281	1520	BUENTING, MIKE	M3039	00:27:45.80	05:33	00:27:43.75
8/24	67/281	1008	BAGNALL, STEPHEN	M3039	00:29:11.60	05:50	00:29:00.50
9/24	84/281	1121	HUANG, SAMUEL	M3039	00:30:12.05	06:02	00:30:06.50

## Category Results

5K - 3.1 Miles

281 Competitors

## 5KM3039 - 24 Competitors

Place	O/A	Bib #	Name	Div	Time	Pace	Chiptime
10/24	110/281	1195	MOORE, MATTHEW	M3039	00:32:08.40	06:25	00:31:48.85
11/24	116/281	1481	CZEPURYSK, PETER	M3039	00:32:30.00	06:30	00:32:13.15
12/24	117/281	1015	BAZANT, RYAN	M3039	00:32:30.25	06:30	00:32:13.20
13/24	121/281	1282	STEWART, NEIL	M3039	00:32:38.30	06:31	00:32:15.75
14/24	124/281	1175	MASCARIN, ROBERT	M3039	00:32:42.65	06:32	00:32:13.90
15/24	144/281	1141	KOIZUMI, JAMES	M3039	00:33:44.10	06:44	00:33:15.00
16/24	147/281	1492	BASHA, JUSTIN	M3039	00:33:52.10	06:46	00:33:27.10
17/24	150/281	52	BLONDIN, TRAVIS	M3039	00:34:10.50	06:50	00:33:50.85
18/24	155/281	1071	DUCKWORTH, RENEE	M3039	00:34:25.40	06:53	00:34:15.90
19/24	161/281	1067	DOHERTY, TONY	M3039	00:34:49.55	06:57	00:34:39.65
20/24	212/281	1269	SEPHTON, SHELDON	M3039	00:37:30.45	07:30	00:37:02.15
21/24	217/281	1098	HAMLIN, JORDAN	M3039	00:37:39.10	07:31	00:37:33.50
22/24	238/281	1427	WARREN, MATT	M3039	00:40:07.95	08:01	00:39:51.55
23/24	262/281	1498	ISHII, HIROSHI	M3039	00:42:51.10	08:34	00:42:29.05
24/24	273/281	1249	SANDER, MICHAEL W	M3039	00:48:43.25	09:44	00:48:35.40

## 5KM4049 - 17 Competitors

Place	O/A	Bib #	Name	Div	Time	Pace	Chiptime
1/17	32/281	1165	MACKAY, MICHAEL	M4049	00:24:40.00	04:56	00:24:38.40
2/17	39/281	1166	MACKIE, PAT	M4049	00:25:23.75	05:04	00:25:12.90
3/17	42/281	1133	JOHNSTONE, ROBB	M4049	00:25:56.35	05:11	00:25:32.10
4/17	48/281	598	THEREVIN, PHILIPPE	M4049	00:27:25.10	05:29	00:27:09.70
5/17	53/281	1185	MCMANUS, DANIEL	M4049	00:27:55.70	05:35	00:27:29.55
6/17	56/281	1283	STYCZEN, MIKE	M4049	00:28:11.45	05:38	00:27:56.30
7/17	59/281	1448	PALASHNIUK, JOSEPH	M4049	00:28:36.10	05:43	00:28:29.50
8/17	65/281	1012	BARKER, PAUL	M4049	00:29:01.10	05:48	00:29:01.10
9/17	93/281	1190	MICHAEL, TREVOR	M4049	00:31:14.10	06:14	00:31:02.30
10/17	103/281	1181	MCKAY, KEVIN	M4049	00:31:54.80	06:22	00:31:44.50
11/17	123/281	1073	FELT, RODNEY	M4049	00:32:42.40	06:32	00:32:13.75
12/17	158/281	1094	BALDWIN, DAVID	M4049	00:34:35.40	06:55	00:34:27.35
13/17	175/281	1078	FISHER, RON	M4049	00:35:27.20	07:05	00:35:11.60
14/17	177/281	1523	BANNISTER, DAN	M4049	00:35:33.85	07:06	00:35:15.20
15/17	218/281	1199	MOUCK, TROY	M4049	00:37:42.55	07:32	00:37:30.95
16/17	241/281	1177	MCCOMISKEY, RYAN	M4049	00:40:10.50	08:02	00:39:57.35
17/17	253/281	1171	MANUBENS, RODRIGO	M4049	00:41:24.15	08:16	00:41:01.60

## 5KM5059 - 18 Competitors

Place	O/A	Bib #	Name	Div	Time	Pace	Chiptime
1/18	24/281	1112	HODGSON, SCOTT	M5059	00:23:39.55	04:43	00:23:37.25
2/18	30/281	1168	MACRAE, BRUCE	M5059	00:24:07.95	04:49	00:24:05.90
3/18	37/281	1478	KONDRO, GREG	M5059	00:25:08.30	05:01	00:25:04.00
4/18	40/281	1435	WILHELM, MIKE	M5059	00:25:25.50	05:05	00:25:22.65
5/18	50/281	1502	SERPICO, MARIANO	M5059	00:27:32.10	05:30	00:26:57.60
6/18	54/281	1000	ABILDGAARD, ERIK	M5059	00:28:01.25	05:36	00:27:27.50
7/18	58/281	1126	IRELAND, MARK	M5059	00:28:23.75	05:40	00:28:20.45
8/18	64/281	1103	HANSEN, BRAD	M5059	00:29:00.95	05:48	00:28:48.30
9/18	69/281	1109	HILDEBRANDT, DALE	M5059	00:29:20.80	05:52	00:29:13.35
10/18	76/281	1026	BOYCHUK, BOB	M5059	00:29:46.05	05:57	00:29:22.10
11/18	88/281	1007	BAGNALL, PATRICK	M5059	00:30:42.80	06:08	00:30:32.25
12/18	148/281	1146	LAKE, MARK	M5059	00:34:04.35	06:48	00:33:30.65
13/18	162/281	1447	PARKER, MIKE	M5059	00:34:57.50	06:59	00:34:34.30
14/18	191/281	1194	MOORE, JOE	M5059	00:36:09.20	07:13	00:35:52.10
15/18	195/281	1093	QUON, DENNIS	M5059	00:36:25.55	07:17	00:36:16.65
16/18	234/281	1465	PETURSSON, MARK	M5059	00:39:24.85	07:52	00:39:09.20
17/18	250/281	1100	HAND, JOHN	M5059	00:41:05.70	08:13	00:40:42.90
18/18	254/281	1451	MELE, BIAGIO	M5059	00:41:27.10	08:17	00:40:53.60

## 5KM6069 - 4 Competitors

Place	O/A	Bib #	Name	Div	Time	Pace	Chiptime
1/4	86/281	1461	MACDONALD, COLIN	M6069	00:30:32.80	06:06	00:30:26.35
2/4	170/281	1005	ALMON, AL	M6069	00:35:17.50	07:03	00:35:13.35
3/4	261/281	1289	THORPE, JOHN	M6069	00:42:08.00	08:25	00:41:58.30
4/4	271/281	175	DONAHUE, STEPHEN	M6069	00:48:39.20	09:43	00:48:08.60