

Overall Gender Results

10K - 6.21 Miles

Female

246 Competitors

Gender	Name	Bib#	Time	Pace	Div	Cat	O/A	Chip Time
1/246	KARY, GRACE	315	00:40:02.65	04:00	F2029	1/63	13/481	00:40:02.25
2/246	GERSPACHER, ROSEMARIE	221	00:41:18.80	04:07	F3039	1/86	17/481	00:41:17.20
3/246	MANNING, LINDSAY	397	00:42:20.80	04:14	F2029	2/63	27/481	00:42:19.70
4/246	MCARTHUR, SUSANNE	410	00:42:30.90	04:15	F3039	2/86	30/481	00:42:29.35
5/246	KENDRICK, MELISSA	693	00:42:39.50	04:15	F2029	3/63	32/481	00:42:39.00
6/246	KAISER, JESSICA	312	00:42:46.55	04:16	F2029	4/63	34/481	00:42:46.30
7/246	WOOLSTENCROFT, GILLIAN	684	00:43:46.20	04:22	F2029	5/63	38/481	00:43:44.40
8/246	CURRIE, MELISSA	141	00:44:16.65	04:25	F2029	6/63	41/481	00:44:16.60
9/246	LANDRY, ANNE MARIE	347	00:44:39.15	04:27	F3039	3/86	47/481	00:44:36.70
10/246	KENT, SARAH	320	00:44:40.40	04:28	F3039	4/86	48/481	00:44:37.40
11/246	YOUNG, KIM	657	00:45:13.05	04:31	F3039	5/86	51/481	00:45:09.95
12/246	D'HONDT, KELLIE	144	00:45:19.45	04:31	F3039	6/86	53/481	00:45:17.95
13/246	MCKENDRICK, KYLIE	696	00:46:40.40	04:40	F3039	7/86	60/481	00:46:34.45
14/246	CURR-MYSCHUK, CHRISTINA	139	00:46:49.55	04:40	F3039	8/86	63/481	00:46:42.50
15/246	CLAYTON, JANICE	116	00:47:14.05	04:43	F4049	1/55	69/481	00:47:07.45
16/246	ROTH, BEKI	526	00:47:15.25	04:43	F2029	7/63	70/481	00:47:11.95
17/246	KISELL, JESSICA	331	00:47:28.85	04:44	F2029	8/63	71/481	00:47:26.85
18/246	THURSTON, JACKIE	601	00:48:32.35	04:51	F2029	9/63	87/481	00:48:30.85
19/246	DELMAR, LESLEY	164	00:48:38.95	04:51	F4049	2/55	91/481	00:48:27.15
20/246	KERWIN, STEPHANIE	322	00:49:01.55	04:54	F3039	9/86	98/481	00:48:57.35
21/246	HASTINGS, ERIN	259	00:49:24.55	04:56	F2029	10/63	99/481	00:48:51.10
22/246	STRUEBY, JILL	589	00:49:27.60	04:56	F3039	10/86	101/481	00:49:22.95
23/246	MACDONALD, MEREDITH	682	00:49:38.00	04:57	F2029	11/63	104/481	00:49:26.20
24/246	WEBBER, TALIA	640	00:49:39.35	04:57	F2029	12/63	106/481	00:49:37.75
25/246	BORTHWICK, DEBORAH	58	00:50:12.60	05:01	F2029	13/63	112/481	00:50:07.70
26/246	BRESCIA, LAURA	73	00:50:58.80	05:05	F3039	11/86	118/481	00:50:55.15
27/246	DORIAN, LISA	177	00:51:06.25	05:06	F4049	3/55	120/481	00:50:57.60
28/246	SAWCHYN, DONNA	539	00:51:25.95	05:08	F5059	1/30	123/481	00:51:22.85
29/246	ZURESKI, ELENA	664	00:52:30.60	05:15	F2029	14/63	133/481	00:52:21.25
30/246	WILKINSON, LAURA	648	00:52:48.35	05:16	F3039	12/86	134/481	00:52:33.70
31/246	MCCARTHY, KATHARINE	411	00:52:57.70	05:17	F2029	15/63	135/481	00:52:51.10
32/246	MCPHERSON, SHEILA	427	00:53:19.65	05:19	F5059	2/30	139/481	00:53:12.00
33/246	MCPHERSON, ALISON	426	00:53:19.85	05:19	F0119	1/6	140/481	00:53:12.45
34/246	TOPPING, CHELSEY	681	00:53:26.65	05:20	F3039	13/86	144/481	00:53:18.70
35/246	RESCHKE, KERRIE	510	00:53:50.00	05:23	F4049	4/55	147/481	00:53:33.15
36/246	MACKAY, ALLISON	391	00:53:57.10	05:23	F3039	14/86	150/481	00:53:38.60
37/246	LINDHOLM, CAROL	368	00:54:07.00	05:24	F5059	3/30	155/481	00:53:52.20
38/246	BANKS, ANKE	19	00:54:14.80	05:25	F3039	15/86	156/481	00:54:04.85
39/246	CHAN, JENNY	103	00:54:32.95	05:27	F4049	5/55	159/481	00:54:21.45
40/246	CROOKS, JACKIE	134	00:54:40.45	05:28	F3039	16/86	162/481	00:54:29.10
41/246	JONES, TERESA	307	00:54:41.15	05:28	F4049	6/55	163/481	00:54:27.60
42/246	CORCORAN, ERIN	128	00:54:45.40	05:28	F2029	16/63	166/481	00:54:38.15
43/246	DINNING, KATE	171	00:54:48.90	05:28	F2029	17/63	167/481	00:54:20.40
44/246	KRUPIN, LYUDA	337	00:54:55.90	05:29	F3039	17/86	169/481	00:54:23.30
45/246	AIELLO, CINDY	2	00:55:04.10	05:30	F3039	18/86	171/481	00:54:34.30
46/246	HOCKING, PHILIPPA	276	00:55:06.25	05:30	F4049	7/55	172/481	00:55:00.20
47/246	PARSONS, LUCIA	478	00:55:08.95	05:30	F4049	8/55	173/481	00:54:38.80
48/246	MIKAL, JANELLE	432	00:55:09.65	05:30	F2029	18/63	174/481	00:55:00.30
49/246	WARNER, SANDY	632	00:55:15.30	05:31	F3039	19/86	176/481	00:54:59.85
50/246	GIASSON, ANNE-MARIE	222	00:55:16.05	05:31	F3039	20/86	177/481	00:54:51.15
51/246	REVITT, CARLY	511	00:55:20.35	05:32	F2029	19/63	179/481	00:54:52.10
52/246	DEPOTTIE, DANI	165	00:55:22.45	05:32	F2029	20/63	180/481	00:55:15.10
53/246	YETTER, JANE	656	00:55:43.25	05:34	F3039	21/86	185/481	00:55:34.60
54/246	POTTER, TRACY	496	00:55:55.50	05:35	F4049	9/55	188/481	00:55:48.25
55/246	WHITEHEAD, AMY	646	00:56:17.85	05:37	F3039	22/86	190/481	00:55:53.95
56/246	MILNE, CAITLIN	433	00:56:18.35	05:37	F2029	21/63	191/481	00:55:56.35

Overall Gender Results

10K - 6.21 Miles

Female

246 Competitors

Gender	Name	Bib#	Time	Pace	Div	Cat	O/A	Chip Time
57/246	CAPUTO, CONNIE	95	00:56:31.10	05:39	F4049	10/55	192/481	00:55:53.25
58/246	BENSON, LORRAINE	37	00:56:50.05	05:41	F5059	4/30	195/481	00:56:31.40
59/246	MACEACHERN, CARLA	390	00:57:09.25	05:42	F4049	11/55	198/481	00:56:57.10
60/246	CHUBB-WAY, AMANDA	111	00:57:12.95	05:43	F0119	2/6	200/481	00:56:53.45
61/246	TOEWS, ELIZABETH	667	00:57:20.65	05:44	F2029	22/63	201/481	00:57:15.60
62/246	PANTERMOLLER, LAURA	474	00:57:32.05	05:45	F2029	23/63	203/481	00:57:17.85
63/246	MACDONALD, ANGELA	384	00:57:45.10	05:46	F4049	12/55	206/481	00:57:11.65
64/246	SKOV, BONNIE	560	00:57:57.85	05:47	F6069	1/5	207/481	00:57:49.05
65/246	CRAIG, MELANIE	133	00:57:58.10	05:47	F2029	24/63	208/481	00:57:46.60
66/246	PARAI, BRENDA	476	00:57:59.80	05:47	F3039	23/86	210/481	00:57:29.70
67/246	NAWALKOWSKI, NANCY	453	00:57:59.95	05:48	F4049	13/55	211/481	00:57:29.75
68/246	FLYNN, SHANNON	208	00:58:06.60	05:48	F3039	24/86	213/481	00:57:22.05
69/246	KERR, SHAUNA	321	00:58:09.25	05:48	F4049	14/55	215/481	00:57:50.60
70/246	SAKUNDIAK, JUDY	535	00:58:10.00	05:49	F4049	15/55	216/481	00:57:49.75
71/246	BASSETT, YOSHIE	27	00:58:12.70	05:49	F5059	5/30	217/481	00:57:57.30
72/246	JENSEN, DONNA	301	00:58:13.00	05:49	F5059	6/30	218/481	00:57:55.45
73/246	SMITH, MEREDITH	565	00:58:23.95	05:50	F2029	25/63	221/481	00:57:52.90
74/246	DUHAULT, KAELA	185	00:58:25.20	05:50	F2029	26/63	222/481	00:58:09.15
75/246	LAMERS, ZABRINA	346	00:58:44.30	05:52	F2029	27/63	225/481	00:58:28.95
76/246	BOHNET, BRENDA	53	00:58:47.95	05:52	F5059	7/30	226/481	00:58:18.30
77/246	SINEGLAZOVA, OLGA	558	00:58:59.75	05:53	F2029	28/63	231/481	00:58:50.10
78/246	BICHEL, BRITTNEY	45	00:59:00.05	05:54	F2029	29/63	232/481	00:58:49.90
79/246	TEJANI, DESIREE	594	00:59:09.10	05:54	F3039	25/86	235/481	00:58:27.25
80/246	FERGUSON, CORRINE	203	00:59:10.70	05:55	F4049	16/55	236/481	00:58:43.80
81/246	ELLIOTT, MARIANNE	195	00:59:13.75	05:55	F2029	30/63	239/481	00:59:00.30
82/246	TURNER, COLLEEN	612	00:59:18.95	05:55	F4049	17/55	240/481	00:58:57.90
83/246	GRENIER, VICKY	238	00:59:20.00	05:56	F3039	26/86	241/481	00:58:55.05
84/246	CECCANESE, ANN	101	00:59:23.20	05:56	F5059	8/30	242/481	00:59:05.40
85/246	CRAIG, JULIE	132	00:59:31.00	05:57	F2029	31/63	243/481	00:58:53.55
86/246	SNELL, SHANA	567	00:59:32.35	05:57	F3039	27/86	244/481	00:59:23.35
87/246	VAN, NINA	618	00:59:38.15	05:57	F3039	28/86	246/481	00:59:23.25
88/246	DEWIT, JEN	169	00:59:40.75	05:58	F3039	29/86	247/481	00:59:17.80
89/246	ROBINSON, MEGAN	522	00:59:46.85	05:58	F2029	32/63	250/481	00:59:30.00
90/246	BOOTH, PAULA	56	00:59:48.35	05:58	F4049	18/55	251/481	00:59:27.65
91/246	CANTLAY, MELISSA	94	00:59:49.50	05:58	F2029	33/63	252/481	00:59:36.75
92/246	SUNADA, JOYCE	591	00:59:55.90	05:59	F5059	9/30	255/481	00:59:27.70
93/246	STEW, KELSEY	582	00:59:59.45	05:59	F2029	34/63	259/481	00:58:22.10
94/246	BERES, ANDREA	41	01:00:19.40	06:01	F4049	19/55	262/481	01:00:09.30
95/246	HYATT, JAMIE	706	01:00:23.45	06:02	F2029	35/63	265/481	01:00:09.90
96/246	DERRAUGH, TANIA	167	01:00:25.30	06:02	F3039	30/86	267/481	01:00:11.35
97/246	GRANSON, CLAIRE	235	01:00:26.05	06:02	F2029	36/63	268/481	01:00:17.25
98/246	GLACKIN, MONICA	224	01:00:28.65	06:02	F5059	10/30	271/481	01:00:05.90
99/246	WATERS, KATHY	634	01:00:28.65	06:02	F5059	11/30	272/481	01:00:06.20
100/246	SCHAFFLAND, UTE	540	01:00:29.70	06:02	F5059	12/30	273/481	01:00:08.10
101/246	LUPUL, SHERI	377	01:00:36.85	06:03	F3039	31/86	276/481	00:59:50.50
102/246	KELLER, SUSAN	318	01:00:38.70	06:03	F5059	13/30	277/481	01:00:11.05
103/246	MUIR, KATHLEEN	443	01:00:40.90	06:04	F0119	3/6	278/481	01:00:20.80
104/246	RICHARDSON, KAYLA	514	01:00:44.65	06:04	F2029	37/63	279/481	01:00:00.40
105/246	JAMIESON, RENEE	299	01:00:49.10	06:04	F2029	38/63	282/481	01:00:12.90
106/246	PETURSSON, TANNIS	487	01:00:49.65	06:04	F5059	14/30	283/481	01:00:19.00
107/246	GRAHAM, TERESA	233	01:00:49.65	06:04	F4049	20/55	284/481	01:00:32.10
108/246	JESSEY, MARY	302	01:00:50.10	06:05	F4049	21/55	285/481	01:00:32.75
109/246	PETURSSON, CHRISTINE	486	01:00:50.15	06:05	F2029	39/63	286/481	01:00:19.65
110/246	HUTTON, ROBYN	287	01:00:50.15	06:05	F2029	40/63	287/481	01:00:40.00
111/246	MCKENZIE, PENNIE	423	01:00:51.10	06:05	F5059	15/30	288/481	01:00:45.05
112/246	LATIMER, BRENDA	350	01:00:54.40	06:05	F4049	22/55	289/481	01:00:15.85

Overall Gender Results

10K - 6.21 Miles

Female

246 Competitors

Gender	Name	Bib#	Time	Pace	Div	Cat	O/A	Chip Time
113/246	KISELL, GINA	330	01:01:10.75	06:07	F2029	41/63	292/481	01:01:08.50
114/246	WASHINGTON-HART, STEPHANIE	633	01:01:12.85	06:07	F3039	32/86	293/481	01:01:03.60
115/246	GUILLEMAUD, MIRIAM	709	01:01:18.70	06:07	F4049	23/55	294/481	01:00:51.05
116/246	PEWAR, KIM	488	01:01:22.65	06:08	F5059	16/30	295/481	01:00:48.60
117/246	GRABURN, JENNY	230	01:01:24.30	06:08	F3039	33/86	296/481	01:00:44.35
118/246	NEU, CARRIE	456	01:01:24.75	06:08	F3039	34/86	297/481	01:00:43.80
119/246	HEREYGERS, LESLEY	267	01:01:25.05	06:08	F3039	35/86	298/481	01:00:46.15
120/246	GORMAN, ARLENE	227	01:01:33.05	06:09	F5059	17/30	299/481	01:00:55.95
121/246	MEYER, JULIE	429	01:01:36.80	06:09	F3039	36/86	300/481	01:00:52.05
122/246	CURTIS, CHARLOTTE	142	01:01:49.20	06:10	F2029	42/63	301/481	01:01:18.05
123/246	IVANCO, KATRINA	294	01:01:52.95	06:11	F2029	43/63	302/481	01:01:47.50
124/246	DRAPER, REBECCA	179	01:01:57.15	06:11	F3039	37/86	303/481	01:01:13.20
125/246	THOMPSON, AMANDA	599	01:01:57.15	06:11	F3039	38/86	304/481	01:01:14.15
126/246	STERRITT, JILL	580	01:02:00.10	06:12	F3039	39/86	305/481	01:01:38.75
127/246	DEERHAWKE, PHOENIX	162	01:02:03.50	06:12	F3039	40/86	306/481	01:01:50.30
128/246	SHORT, LORI	551	01:02:07.10	06:12	F3039	41/86	307/481	01:01:47.65
129/246	MCLEOD, ANDREA	679	01:02:08.05	06:12	F3039	42/86	309/481	01:01:54.70
130/246	RUGGINS, LINDA	531	01:02:12.15	06:13	F3039	43/86	310/481	01:01:31.10
131/246	VERGOUWEN, PATRICIA	624	01:02:30.40	06:15	F4049	24/55	313/481	01:02:08.85
132/246	COOPER, BARBARA	127	01:02:38.25	06:15	F6069	2/5	314/481	01:02:31.65
133/246	HAMENDE, VALERIE	250	01:03:02.60	06:18	F2029	44/63	318/481	01:02:31.10
134/246	MASTERMAN, JENNIFER	405	01:03:13.90	06:19	F3039	44/86	319/481	01:03:04.75
135/246	JOHNSON, DEB	304	01:03:18.15	06:19	F3039	45/86	320/481	01:02:59.10
136/246	SHANKS, WENDY	547	01:03:31.85	06:21	F5059	18/30	323/481	01:03:18.30
137/246	WATKINS, SARAH	637	01:03:37.55	06:21	F3039	46/86	324/481	01:02:55.55
138/246	HAY, NATALIE	676	01:03:37.70	06:21	F3039	47/86	325/481	01:02:55.85
139/246	STEWART, LAUREN	687	01:03:41.60	06:22	F3039	48/86	326/481	01:03:14.65
140/246	CONRAD, VERITY	122	01:03:42.45	06:22	F2029	45/63	327/481	01:03:15.00
141/246	LOVE, JENNIFER	372	01:03:56.00	06:23	F3039	49/86	330/481	01:03:33.05
142/246	LONGMORE, HEATHER	369	01:03:56.20	06:23	F4049	25/55	331/481	01:03:43.65
143/246	KWAN, RITA	340	01:04:02.25	06:24	F3039	50/86	333/481	01:03:24.00
144/246	FRASER, CHRISTINA	212	01:04:20.65	06:26	F6069	3/5	335/481	01:04:02.05
145/246	MCCLELLAND, ELIZABETH	412	01:04:25.95	06:26	F3039	51/86	338/481	01:04:04.85
146/246	TESSIER, MELANIE	596	01:04:29.60	06:26	F3039	52/86	339/481	01:04:06.00
147/246	OUELLETTE, SHANNON	470	01:04:41.55	06:28	F4049	26/55	340/481	01:04:07.60
148/246	HIDER, CHRIS	271	01:04:47.95	06:28	F5059	19/30	343/481	01:04:24.20
149/246	ROKOSH, EMMA	524	01:04:49.00	06:28	F2029	46/63	344/481	01:04:21.75
150/246	JACKMAN, CARLA	295	01:04:59.90	06:29	F3039	53/86	346/481	01:04:40.85
151/246	RYAN, SHEILA	534	01:05:02.60	06:30	F3039	54/86	348/481	01:04:22.65
152/246	TIGHE, DIANE	603	01:05:05.25	06:30	F5059	20/30	349/481	01:04:35.45
153/246	KILLAM, TERESA	325	01:05:16.20	06:31	F3039	55/86	352/481	01:04:45.65
154/246	SPOONER, TRACEY	571	01:05:23.80	06:32	F4049	27/55	354/481	01:04:48.25
155/246	PALOMBO, VICKY	473	01:05:28.65	06:32	F3039	56/86	355/481	01:05:02.80
156/246	LEE, CHERYL	358	01:05:29.95	06:32	F4049	28/55	356/481	01:05:06.95
157/246	KELLY, DANIKA	319	01:05:30.30	06:33	F2029	47/63	357/481	01:04:56.25
158/246	DOYLE-FLINTOFT, KATHLEEN	677	01:05:36.35	06:33	F5059	21/30	358/481	01:05:19.00
159/246	COLE, AMANDA	121	01:05:52.65	06:35	F3039	57/86	361/481	01:05:35.45
160/246	KLASSEN, CHRISTINE	333	01:05:52.65	06:35	F3039	58/86	362/481	01:05:39.55
161/246	NEUFELD, CARMEN	457	01:05:52.95	06:35	F3039	59/86	363/481	01:05:39.00
162/246	LEUNG, JANET	366	01:05:55.35	06:35	F3039	60/86	364/481	01:05:35.70
163/246	SIMPSON, SARA	557	01:05:55.60	06:35	F2029	48/63	365/481	01:05:20.50
164/246	VERTZ, NATASHA	627	01:05:59.25	06:35	F2029	49/63	368/481	01:05:31.05
165/246	WEIERS, ASHLEY	642	01:05:59.35	06:35	F2029	50/63	369/481	01:05:31.15
166/246	THOMPSON, JANICE	600	01:06:00.30	06:36	F4049	29/55	370/481	01:05:21.50
167/246	FAIR, EMILY	202	01:06:01.40	06:36	F0119	4/6	371/481	01:05:23.25
168/246	CAPUTO, EMMA	96	01:06:01.45	06:36	F0119	5/6	372/481	01:05:22.50

Overall Gender Results

10K - 6.21 Miles

Female

246 Competitors

Gender	Name	Bib#	Time	Pace	Div	Cat	O/A	Chip Time
169/246	KARVINEN, TRISHA	314	01:06:02.75	06:36	F3039	61/86	373/481	01:05:43.35
170/246	KOSAKA, SHARON	695	01:06:08.85	06:36	F4049	30/55	374/481	01:05:50.35
171/246	KINGSEP, PATRICIA	328	01:06:09.40	06:36	F7099	1/1	375/481	01:06:01.50
172/246	HAYNES, SARAH	261	01:06:15.15	06:37	F3039	62/86	376/481	01:05:40.40
173/246	BOWEN, MAGGIE	61	01:06:33.15	06:39	F4049	31/55	378/481	01:05:57.05
174/246	HOCKING, JENNIFER	275	01:06:39.85	06:39	F4049	32/55	381/481	01:06:13.00
175/246	FORTIER, BREANNE	210	01:06:42.05	06:40	F2029	51/63	382/481	01:05:59.40
176/246	MACDONNELL, JENNIFER	389	01:06:43.05	06:40	F3039	63/86	383/481	01:06:22.25
177/246	STANICK, CANDACE	577	01:06:54.30	06:41	F3039	64/86	385/481	01:06:15.35
178/246	EL HAGE, CHRISTY	194	01:06:54.35	06:41	F3039	65/86	386/481	01:06:15.50
179/246	BLACK, ALYSSA	50	01:06:55.85	06:41	F2029	52/63	387/481	01:06:07.60
180/246	NORDHOLT, KRISTY	461	01:06:55.95	06:41	F2029	53/63	388/481	01:06:08.20
181/246	STEININGER, NOLA	578	01:06:58.00	06:41	F4049	33/55	390/481	01:06:31.75
182/246	OSINSKI, KELLY	469	01:07:00.75	06:42	F3039	66/86	391/481	01:06:16.00
183/246	LUCAS, KRISTINA	374	01:07:14.80	06:43	F4049	34/55	392/481	01:06:42.70
184/246	DAFFERN, TERESA	712	01:07:15.75	06:43	F4049	35/55	393/481	01:06:43.30
185/246	RIENDEAU, MARNEY	515	01:07:24.40	06:44	F5059	22/30	394/481	01:07:00.95
186/246	MANZ, TAMMY	399	01:07:25.40	06:44	F3039	67/86	397/481	01:06:47.45
187/246	CLARKE, REBECCA	115	01:07:27.50	06:44	F2029	54/63	398/481	01:06:50.15
188/246	LOUIE, LEANNE	370	01:07:30.75	06:45	F0119	6/6	400/481	01:06:45.55
189/246	BOIVIN, SYLVIE	54	01:07:45.10	06:46	F5059	23/30	402/481	01:07:22.70
190/246	LAWSON, DONNALEE	352	01:07:54.20	06:47	F4049	36/55	403/481	01:07:36.55
191/246	KOSIK, WILMA	336	01:08:10.00	06:49	F5059	24/30	405/481	01:07:49.05
192/246	LEE, CHARISSA	357	01:08:16.85	06:49	F3039	68/86	406/481	01:07:38.70
193/246	HOWELL, COLLEEN	281	01:08:19.60	06:49	F3039	69/86	407/481	01:05:04.95
194/246	BRADLEY, MICHELLE	66	01:08:30.00	06:51	F6069	4/5	408/481	01:08:07.05
195/246	BIETZ, JOCELYN	47	01:08:34.20	06:51	F3039	70/86	409/481	01:07:47.75
196/246	GRANSON, KATE	236	01:08:51.85	06:53	F5059	25/30	412/481	01:08:43.35
197/246	TSANG, JOSEPHINE	610	01:08:53.20	06:53	F3039	71/86	413/481	01:08:18.35
198/246	MICHAEL, CARRIE	430	01:09:11.05	06:55	F4049	37/55	414/481	01:08:45.55
199/246	HICKS, MEGHANNE	270	01:09:12.90	06:55	F2029	55/63	415/481	01:08:40.75
200/246	ROBERTSON, CLAIRE	518	01:09:12.90	06:55	F3039	72/86	416/481	01:08:40.80
201/246	BRADLEY, KATE	65	01:09:20.65	06:56	F2029	56/63	417/481	01:08:52.10
202/246	COOKSLEY, KAREN	125	01:09:29.15	06:56	F4049	38/55	418/481	01:09:14.05
203/246	ZIMOLA, KIRSTEN	661	01:09:53.40	06:59	F4049	39/55	421/481	01:09:27.05
204/246	LEMAY-MOORE, DENISE	362	01:10:04.20	07:00	F5059	26/30	423/481	01:09:43.45
205/246	EWERT, CHRISTINA	200	01:10:04.45	07:00	F2029	57/63	424/481	01:09:34.05
206/246	POVASCHUK, SHIZUKA	497	01:10:08.55	07:00	F2029	58/63	425/481	01:09:39.20
207/246	FOX, KAREN	211	01:10:23.35	07:02	F4049	40/55	426/481	01:09:56.85
208/246	LACEY, BIRGIT	342	01:10:23.40	07:02	F4049	41/55	427/481	01:09:57.90
209/246	BERNARD-DIXON, MELISSA	42	01:10:23.65	07:02	F4049	42/55	428/481	01:09:58.15
210/246	LAING, DEBBIE	344	01:10:43.20	07:04	F5059	27/30	430/481	01:10:21.20
211/246	DE PEUTER, NICKI	161	01:10:58.90	07:05	F4049	43/55	431/481	01:10:24.05
212/246	BRENNAN, SANDI	70	01:11:07.10	07:06	F5059	28/30	432/481	01:10:30.40
213/246	SPRUYT, LAURA	573	01:11:11.75	07:07	F3039	73/86	433/481	01:10:50.95
214/246	ILNYCKYJ, MARIA	290	01:11:49.95	07:10	F5059	29/30	435/481	01:11:18.90
215/246	MANUBENS, SUZETTE	398	01:12:09.20	07:12	F4049	44/55	436/481	01:11:20.05
216/246	TURNER, SARA	613	01:13:39.20	07:21	F2029	59/63	439/481	01:13:22.20
217/246	STIEN, JENNIFER	584	01:13:57.15	07:23	F3039	74/86	441/481	01:13:15.25
218/246	AITKEN, ANNE	4	01:13:58.05	07:23	F3039	75/86	442/481	01:13:15.65
219/246	JAMIESON, KELTIE	297	01:14:52.05	07:29	F3039	76/86	444/481	01:14:29.35
220/246	HALPIN, BETH	249	01:14:54.80	07:29	F4049	45/55	445/481	01:14:12.80
221/246	FETHERSTONHAUGH, MELISSA	204	01:14:54.85	07:29	F4049	46/55	446/481	01:14:13.50
222/246	GUY, CARMEN	243	01:15:04.55	07:30	F3039	77/86	447/481	01:14:49.30
223/246	CANNON, JENNIFER	93	01:15:43.90	07:34	F2029	60/63	448/481	01:15:22.60
224/246	MOHARIB, NADIA	435	01:15:44.65	07:34	F4049	47/55	449/481	01:15:05.25

Overall Gender Results

10K - 6.21 Miles

Female

246 Competitors

Gender	Name	Bib#	Time	Pace	Div	Cat	O/A	Chip Time
225/246	MACLEAN, GLENDA	392	01:16:08.60	07:36	F3039	78/86	450/481	01:15:34.35
226/246	BONERTZ, YVONNE	55	01:16:09.15	07:36	F3039	79/86	451/481	01:15:36.60
227/246	WILLIS, ELIZABETH	650	01:16:09.70	07:36	F2029	61/63	452/481	01:15:56.20
228/246	PIRIE, KATHARINE	492	01:16:17.65	07:37	F2029	62/63	453/481	01:15:55.40
229/246	RINGUETTE, BRANDEE	516	01:16:45.90	07:40	F3039	80/86	454/481	01:16:02.70
230/246	HUTCHINSON, JANET	705	01:16:47.20	07:40	F5059	30/30	455/481	01:16:04.00
231/246	HAPIN, MARIA	252	01:16:54.80	07:41	F3039	81/86	456/481	01:16:43.60
232/246	NOVASAT, ADINA	462	01:17:04.50	07:42	F4049	48/55	457/481	01:16:15.95
233/246	ROGERS, NOELLE	523	01:17:04.65	07:42	F4049	49/55	458/481	01:16:15.35
234/246	GAUTHIER, HEATHER	219	01:17:16.00	07:43	F3039	82/86	459/481	01:16:41.80
235/246	HELMAN, CHARITY	265	01:17:21.40	07:44	F3039	83/86	460/481	01:16:34.50
236/246	CYRE, DORIS	708	01:17:25.35	07:44	F6069	5/5	461/481	01:17:13.00
237/246	ASPLUND, LORI	10	01:17:25.50	07:44	F4049	50/55	462/481	01:17:13.45
238/246	DUBORD, CAROLYN	180	01:18:43.75	07:52	F4049	51/55	464/481	01:17:06.15
239/246	GAW, JANET	220	01:20:11.65	08:01	F3039	84/86	467/481	01:19:27.35
240/246	RATHJE, JILL	672	01:21:03.60	08:06	F4049	52/55	468/481	01:20:29.35
241/246	RATHJE, KELLY	502	01:21:03.75	08:06	F4049	53/55	469/481	01:20:29.50
242/246	ESPOSITO, SARAH	199	01:21:56.15	08:11	F3039	85/86	472/481	01:21:31.80
243/246	HYSERT, MELANY	289	01:22:36.50	08:15	F3039	86/86	473/481	01:22:36.50
244/246	LYONS, CHRISTINE	378	01:25:08.90	08:30	F2029	63/63	475/481	01:24:22.80
245/246	GAGNON, TINA	214	01:26:31.75	08:39	F4049	54/55	477/481	01:25:44.80
246/246	WATERS, KRISTEN	635	01:36:13.00	09:37	F4049	55/55	481/481	01:35:29.45

Overall Gender Results

10K - 6.21 Miles

Male

235 Competitors

Gender	Name	Bib#	Time	Pace	Div	Cat	O/A	Chip Time
1/235	MARSDEN, DUNCAN	402	00:36:52.00	03:41	M3039	1/81	1/481	00:36:51.55
2/235	KENDRICK, NATHAN	692	00:36:56.80	03:41	M3039	2/81	2/481	00:36:56.35
3/235	JUSTINEN, ROMAN	309	00:37:35.05	03:45	M0119	1/5	3/481	00:37:34.30
4/235	CUMMINGS, TRAVIS	138	00:37:57.40	03:47	M2029	1/29	4/481	00:37:56.80
5/235	TWA, RYAN	666	00:37:58.50	03:47	M3039	3/81	5/481	00:37:55.75
6/235	PENNY, BLAINE	703	00:38:01.85	03:48	M3039	4/81	6/481	00:38:01.40
7/235	BELL, DARCY	683	00:38:28.05	03:50	M3039	5/81	7/481	00:38:26.65
8/235	KAHTAVA, ADAM	310	00:38:35.75	03:51	M3039	6/81	8/481	00:38:33.50
9/235	DRAUDE, JODY	707	00:38:43.60	03:52	M4049	1/57	9/481	00:38:43.40
10/235	HOPFNER, GEOFF	277	00:38:49.45	03:52	M3039	7/81	10/481	00:38:49.00
11/235	STEUDLER, CARL	581	00:39:27.15	03:56	M2029	2/29	11/481	00:39:25.80
12/235	MURRAY, RYAN	448	00:39:41.50	03:58	M3039	8/81	12/481	00:39:39.55
13/235	HASTINGS, STEPHEN	260	00:40:22.45	04:02	M2029	3/29	14/481	00:40:21.80
14/235	MOROZ, MARK	441	00:40:56.15	04:05	M3039	9/81	15/481	00:40:53.00
15/235	CRUTTENDEN, PETER	135	00:41:16.60	04:07	M5059	1/47	16/481	00:41:15.75
16/235	DWYER, MARK	191	00:41:21.75	04:08	M3039	10/81	18/481	00:41:20.60
17/235	DESROCHERS, DARREN	168	00:41:25.50	04:08	M3039	11/81	19/481	00:41:22.20
18/235	TABELEV, OLEG	593	00:41:30.70	04:09	M4049	2/57	20/481	00:41:29.00
19/235	ROBBINS, ROBIN	517	00:41:31.20	04:09	M3039	12/81	21/481	00:41:28.65
20/235	DARCY, NOEL	151	00:41:54.45	04:11	M2029	4/29	22/481	00:41:53.05
21/235	ZAHYNACZ, RYAN	660	00:42:05.30	04:12	M3039	13/81	23/481	00:42:02.00
22/235	MEDWID, GREG	428	00:42:05.45	04:12	M3039	14/81	24/481	00:42:03.30
23/235	SAUNDERS, STEVE	538	00:42:16.55	04:13	M4049	3/57	25/481	00:42:14.40
24/235	SPANOS, GEORGE	570	00:42:17.45	04:13	M4049	4/57	26/481	00:42:13.80
25/235	WOOD, STEPHEN	654	00:42:23.75	04:14	M4049	5/57	28/481	00:42:23.30
26/235	BRUCH, PHIL	77	00:42:29.55	04:14	M5059	2/47	29/481	00:42:27.05
27/235	VAN BESOUW, JORDAN	619	00:42:37.90	04:15	M2029	5/29	31/481	00:42:34.85
28/235	SCHELLENBERG, RYAN	542	00:42:41.75	04:16	M3039	15/81	33/481	00:42:40.25
29/235	KILLICK, DAN	326	00:42:50.80	04:17	M3039	16/81	35/481	00:42:49.30
30/235	MOORE, KYLE	439	00:42:56.90	04:17	M2029	6/29	36/481	00:42:55.40
31/235	BICKLEY, ED	46	00:43:39.35	04:21	M5059	3/47	37/481	00:43:36.40
32/235	JONES, KIM	306	00:44:13.70	04:25	M4049	6/57	39/481	00:44:10.85
33/235	KWOK, EAGLE	341	00:44:15.90	04:25	M4049	7/57	40/481	00:44:10.95
34/235	DYMENT, GEOFF	192	00:44:25.90	04:26	M3039	17/81	42/481	00:44:22.90
35/235	DODDS, RICH	173	00:44:26.15	04:26	M4049	8/57	43/481	00:44:19.25
36/235	RICHARDSON, JERRY	513	00:44:31.55	04:27	M5059	4/47	44/481	00:44:26.70
37/235	ROTH, JONATHAN	527	00:44:33.10	04:27	M2029	7/29	45/481	00:44:30.00
38/235	ROTH, DANIEL	671	00:44:33.15	04:27	M2029	8/29	46/481	00:44:28.75
39/235	DUHAULT, ALEX	183	00:44:51.25	04:29	M2029	9/29	49/481	00:44:51.20
40/235	MOORE, ADRIAN	438	00:45:07.70	04:30	M4049	9/57	50/481	00:45:02.85
41/235	SALDANA, ALEX	536	00:45:14.25	04:31	M4049	10/57	52/481	00:45:05.65
42/235	PRITCHARD, BOB	702	00:45:53.60	04:35	M5059	5/47	54/481	00:45:49.15
43/235	EKELUND, TRAVIS	193	00:45:54.35	04:35	M2029	10/29	55/481	00:45:45.20
44/235	BURGESS, NEAL	81	00:45:59.10	04:35	M3039	18/81	56/481	00:45:56.75
45/235	HOUSTON, CHAD	280	00:46:12.75	04:37	M3039	19/81	57/481	00:46:09.10
46/235	SCHELLENBERG, DEVAN	541	00:46:16.60	04:37	M3039	20/81	58/481	00:46:09.70
47/235	VAN HEMERT, JOHN	620	00:46:25.90	04:38	M3039	21/81	59/481	00:46:21.80
48/235	CULLINGHAM, MIKE	137	00:46:43.90	04:40	M3039	22/81	61/481	00:46:40.45
49/235	MOHR, KEVIN	436	00:46:47.20	04:40	M2029	11/29	62/481	00:46:45.45
50/235	BETZNER, MICHAEL	44	00:46:50.90	04:41	M4049	11/57	64/481	00:46:50.55
51/235	ALBORNOZ, ALFREDO	6	00:46:55.45	04:41	M4049	12/57	65/481	00:46:46.20
52/235	GROMACK, STEVE	240	00:46:56.00	04:41	M4049	13/57	66/481	00:46:45.65
53/235	NELSON, BRAD	454	00:47:07.20	04:42	M2029	12/29	67/481	00:47:04.25
54/235	SMIT, THEO	561	00:47:10.60	04:43	M4049	14/57	68/481	00:47:10.00
55/235	GIUFFRE, ANTHONY	690	00:47:30.15	04:45	M3039	23/81	72/481	00:47:23.80
56/235	DUERKSEN, JOHN	182	00:47:40.00	04:46	M5059	6/47	73/481	00:47:34.45

Overall Gender Results

10K - 6.21 Miles

Male

235 Competitors

Gender	Name	Bib#	Time	Pace	Div	Cat	O/A	Chip Time
57/235	SARETSKY, TOM	537	00:47:46.30	04:46	M5059	7/47	74/481	00:47:38.00
58/235	ROWE, PHILIP	528	00:47:47.85	04:46	M5059	8/47	75/481	00:47:43.15
59/235	STRONG, EVAN	588	00:47:49.70	04:46	M4049	15/57	76/481	00:47:36.95
60/235	HORSLEY, DEON	279	00:47:54.50	04:47	M3039	24/81	77/481	00:47:51.10
61/235	CARMICHAEL, SCOTT	98	00:47:58.60	04:47	M3039	25/81	78/481	00:47:39.90
62/235	BEATTIE, JIM	31	00:48:00.30	04:48	M4049	16/57	79/481	00:47:48.95
63/235	MACDERMOTT, ZACK	383	00:48:07.25	04:48	M2029	13/29	80/481	00:48:01.00
64/235	MACDERMOTT, MATT	382	00:48:07.40	04:48	M2029	14/29	81/481	00:48:01.35
65/235	BARANIECKI, CEZARY	689	00:48:24.90	04:50	M2029	15/29	82/481	00:48:17.25
66/235	LAQUA, GORDON	348	00:48:26.95	04:50	M4049	17/57	83/481	00:47:54.70
67/235	VIERNEZA, MARK	629	00:48:29.10	04:50	M3039	26/81	84/481	00:48:18.40
68/235	HEGGE, CHAD	263	00:48:29.85	04:50	M3039	27/81	85/481	00:48:03.35
69/235	STADER, RAY	574	00:48:31.20	04:51	M4049	18/57	86/481	00:48:27.25
70/235	COOPER, ALAN	126	00:48:32.40	04:51	M5059	9/47	88/481	00:48:27.25
71/235	CARSON, ANDY	99	00:48:34.35	04:51	M3039	28/81	89/481	00:48:10.25
72/235	SEGARRA, MARK	546	00:48:38.15	04:51	M3039	29/81	90/481	00:48:27.80
73/235	VANGILST, JIM	622	00:48:40.50	04:52	M5059	10/47	92/481	00:48:32.80
74/235	ONG, SIMON	466	00:48:42.85	04:52	M2029	16/29	93/481	00:48:40.00
75/235	HUNTER, BRIAN	284	00:48:49.45	04:52	M3039	30/81	94/481	00:48:29.60
76/235	MONCRIEFF, SHANNON	437	00:48:54.65	04:53	M5059	11/47	95/481	00:48:44.70
77/235	BROWN, SEAN	691	00:48:59.80	04:53	M3039	31/81	96/481	00:48:53.75
78/235	JACKMAN, DAVID	296	00:49:01.25	04:54	M4049	19/57	97/481	00:48:44.50
79/235	MCINNIS, GERARD	422	00:49:27.60	04:56	M4049	20/57	100/481	00:49:22.40
80/235	VALLEE, DAVID	617	00:49:29.30	04:56	M4049	21/57	102/481	00:49:17.60
81/235	KIERSTEAD, MIKE	324	00:49:31.65	04:57	M3039	32/81	103/481	00:49:07.30
82/235	FUCHS, SHELDON	213	00:49:38.80	04:57	M3039	33/81	105/481	00:49:24.45
83/235	SHERRITT, ERIC	550	00:49:40.30	04:58	M4049	22/57	107/481	00:49:27.55
84/235	LEE, PAUL	361	00:49:43.95	04:58	M3039	34/81	108/481	00:49:37.95
85/235	GRIECO, JOHN	239	00:49:45.95	04:58	M4049	23/57	109/481	00:49:16.60
86/235	DUCKWORTH, RYAN	181	00:49:48.50	04:58	M3039	35/81	110/481	00:49:29.75
87/235	DEWIT, MATT	170	00:49:53.60	04:59	M2029	17/29	111/481	00:49:36.90
88/235	PLAMONDON, DOMINIC	493	00:50:23.30	05:02	M3039	36/81	113/481	00:50:21.25
89/235	DA SILVA, JEFFREY	146	00:50:52.50	05:05	M2029	18/29	114/481	00:50:48.30
90/235	GUTIERREZ, FRANCISCO A.	242	00:50:55.65	05:05	M2029	19/29	115/481	00:50:45.70
91/235	YELA, FERNANDO	655	00:50:55.80	05:05	M2029	20/29	116/481	00:50:45.55
92/235	BAKER, STUART	16	00:50:57.55	05:05	M5059	12/47	117/481	00:50:55.95
93/235	BARKER, DYLAN	23	00:50:59.95	05:05	M3039	37/81	119/481	00:50:22.00
94/235	CONSTABLE, BRUCE	123	00:51:18.55	05:07	M5059	13/47	121/481	00:51:00.70
95/235	BROWN, ERIC	75	00:51:20.55	05:08	M5059	14/47	122/481	00:50:59.75
96/235	SMITH, LINDSEY	564	00:51:27.00	05:08	M3039	38/81	124/481	00:51:22.20
97/235	PAQUET, MARC	475	00:51:30.45	05:09	M4049	24/57	125/481	00:51:24.70
98/235	GIUFFRE, ANTHONY	223	00:51:35.50	05:09	M0119	2/5	126/481	00:51:29.45
99/235	DE LUCA, MICHAEL	160	00:51:44.70	05:10	M4049	25/57	127/481	00:51:34.00
100/235	SMITH, NATHAN	566	00:51:46.45	05:10	M3039	39/81	128/481	00:51:32.30
101/235	MAGUIRE, JIM	393	00:51:50.20	05:11	M5059	15/47	129/481	00:51:47.25
102/235	BARHAM, FRED	22	00:51:55.35	05:11	M5059	16/47	130/481	00:51:48.65
103/235	BAIRD, PHILLIP	15	00:51:57.75	05:11	M3039	40/81	131/481	00:51:42.05
104/235	BALDWIN, AARON	17	00:52:13.65	05:13	M3039	41/81	132/481	00:51:34.25
105/235	PARSONS, BRUCE	477	00:53:00.75	05:18	M4049	26/57	136/481	00:52:34.15
106/235	PATERSON, SHANE	485	00:53:09.20	05:18	M3039	42/81	137/481	00:52:52.20
107/235	HICKS, GARY	269	00:53:16.70	05:19	M5059	17/47	138/481	00:53:01.05
108/235	DONG, MANSON	176	00:53:25.15	05:20	M3039	43/81	141/481	00:52:44.65
109/235	JHANDIR, FAISAL	303	00:53:26.05	05:20	M3039	44/81	142/481	00:53:24.50
110/235	PLETT, STEVE	494	00:53:26.55	05:20	M4049	27/57	143/481	00:53:21.30
111/235	REYES, CARLOS	512	00:53:41.75	05:22	M4049	28/57	145/481	00:53:24.80
112/235	GAISFORD, JIM	215	00:53:48.40	05:22	M5059	18/47	146/481	00:53:42.05

Overall Gender Results

10K - 6.21 Miles

Male

235 Competitors

Gender	Name	Bib#	Time	Pace	Div	Cat	O/A	Chip Time
113/235	ZUK, SCOTT	663	00:53:51.55	05:23	M3039	45/81	148/481	00:53:16.55
114/235	MUMMERY, CHRIS	444	00:53:54.70	05:23	M3039	46/81	149/481	00:53:41.00
115/235	CAUSTON, ASHLEY	100	00:54:01.05	05:24	M4049	29/57	151/481	00:53:43.70
116/235	KUIPERS, MARK	339	00:54:03.45	05:24	M3039	47/81	152/481	00:53:55.75
117/235	DOMBROVA, DUANE	174	00:54:04.75	05:24	M4049	30/57	153/481	00:53:37.20
118/235	SINCLAIR, PAUL	670	00:54:06.75	05:24	M6069	1/14	154/481	00:53:58.85
119/235	PINTO, RAFAEL	491	00:54:22.50	05:26	M4049	31/57	157/481	00:54:11.80
120/235	BEAUDOIN, BEN	32	00:54:27.35	05:26	M4049	32/57	158/481	00:54:02.90
121/235	RAMSEY, JASON	501	00:54:33.60	05:27	M4049	33/57	160/481	00:54:21.75
122/235	MCLELLAN, LOCHLIN	424	00:54:36.45	05:27	M4049	34/57	161/481	00:54:18.85
123/235	BELL, JEFF	35	00:54:41.45	05:28	M3039	48/81	164/481	00:54:14.35
124/235	WATKINS, NEIL	636	00:54:43.35	05:28	M3039	49/81	165/481	00:54:01.80
125/235	BURNS, DAVID	83	00:54:54.90	05:29	M3039	50/81	168/481	00:54:48.15
126/235	WILKINSON, RAY	649	00:54:56.70	05:29	M3039	51/81	170/481	00:54:50.85
127/235	CLARKE, DAVID	114	00:55:09.90	05:30	M6069	2/14	175/481	00:54:56.10
128/235	STOUT, MARK	714	00:55:19.95	05:31	M0119	3/5	178/481	00:55:10.50
129/235	CHEUNG, PHIL	108	00:55:24.50	05:32	M3039	52/81	181/481	00:55:06.35
130/235	MCCORKINDALE, IAIN	413	00:55:26.95	05:32	M3039	53/81	182/481	00:55:10.35
131/235	WEBSTER, NATHANIEL	641	00:55:36.85	05:33	M3039	54/81	183/481	00:54:59.30
132/235	REID, GRAEME	508	00:55:38.25	05:33	M3039	55/81	184/481	00:55:00.90
133/235	JANSEN, RICHARD	300	00:55:46.10	05:34	M4049	35/57	186/481	00:55:26.85
134/235	GRAF, KEVIN	232	00:55:50.40	05:35	M4049	36/57	187/481	00:55:22.65
135/235	COCHRAN, TREVOR	118	00:55:59.95	05:36	M3039	56/81	189/481	00:55:45.80
136/235	MCDONNELL, MIKE	419	00:56:37.10	05:39	M5059	19/47	193/481	00:56:27.65
137/235	SULLIVAN, MARTY	590	00:56:42.65	05:40	M5059	20/47	194/481	00:56:14.70
138/235	JOHNSTON, ROB	305	00:56:52.30	05:41	M2029	21/29	196/481	00:56:30.75
139/235	PEPLINSKI, STEVEN	481	00:57:07.15	05:42	M3039	57/81	197/481	00:56:38.30
140/235	GRADY, MATT	231	00:57:09.40	05:42	M3039	58/81	199/481	00:56:53.75
141/235	MANN, DON	396	00:57:26.90	05:44	M6069	3/14	202/481	00:57:12.45
142/235	LESLIE, JEFF	365	00:57:32.55	05:45	M4049	37/57	204/481	00:57:13.90
143/235	BAST, GENO	29	00:57:44.20	05:46	M3039	59/81	205/481	00:57:36.55
144/235	DUMSKY, ALEX	187	00:57:59.65	05:47	M3039	60/81	209/481	00:57:27.55
145/235	BRUNSKILL, BILL	78	00:58:04.45	05:48	M5059	21/47	212/481	00:57:39.70
146/235	REDDEKOPP, JAY	505	00:58:07.40	05:48	M5059	22/47	214/481	00:57:43.90
147/235	HARRISON, RYAN	258	00:58:18.15	05:49	M3039	61/81	219/481	00:57:46.85
148/235	PEREZ, RENEE	483	00:58:23.15	05:50	M4049	38/57	220/481	00:58:10.75
149/235	GOURLAY, DEREK	229	00:58:28.65	05:50	M3039	62/81	223/481	00:57:44.70
150/235	ESCHBAUMER, MICHAEL	198	00:58:43.30	05:52	M3039	63/81	224/481	00:58:18.90
151/235	BAYDA, DEAN	30	00:58:58.45	05:53	M3039	64/81	227/481	00:58:13.95
152/235	OMOBOMIDURO, AKINBO	465	00:58:58.55	05:53	M3039	65/81	228/481	00:58:25.50
153/235	DAVIES, ROGER	155	00:58:59.25	05:53	M7099	1/2	229/481	00:58:51.05
154/235	QUINN, IAN	500	00:58:59.50	05:53	M4049	39/57	230/481	00:58:20.85
155/235	EMERY, ROBERT	197	00:59:01.05	05:54	M4049	40/57	233/481	00:58:20.05
156/235	HENDERSON, JIM	266	00:59:01.65	05:54	M6069	4/14	234/481	00:58:30.05
157/235	WEINERT, MIKE	713	00:59:11.00	05:55	M4049	41/57	237/481	00:58:46.15
158/235	CAICEDO, GERARDO J.	87	00:59:12.40	05:55	M2029	22/29	238/481	00:58:54.85
159/235	DALY, LORNE	148	00:59:34.40	05:57	M5059	23/47	245/481	00:59:31.10
160/235	MCDONALD, SEAN	418	00:59:41.20	05:58	M2029	23/29	248/481	00:59:18.85
161/235	SMITH, ADAM	562	00:59:43.85	05:58	M3039	66/81	249/481	00:59:10.95
162/235	LEVEQUE, PETER	367	00:59:54.80	05:59	M4049	42/57	253/481	00:59:44.10
163/235	DUNNE, JAMES	189	00:59:55.35	05:59	M6069	5/14	254/481	00:59:26.05
164/235	MACDONALD, THOMAS	288	00:59:57.55	05:59	M2029	24/29	256/481	00:59:21.20
165/235	UYS, CLOETE	616	00:59:58.60	05:59	M5059	24/47	257/481	00:59:36.70
166/235	SPROULE, JARED	572	00:59:59.25	05:59	M2029	25/29	258/481	00:58:22.20
167/235	BROWNSON, JORDAN	76	01:00:03.45	06:00	M2029	26/29	260/481	00:59:24.80
168/235	STIEN, ANDREW	583	01:00:12.05	06:01	M3039	67/81	261/481	00:59:32.55

Overall Gender Results

10K - 6.21 Miles

Male

235 Competitors

Gender	Name	Bib#	Time	Pace	Div	Cat	O/A	Chip Time
169/235	TURNBULL, BLAKE	611	01:00:22.05	06:02	M3039	68/81	263/481	00:59:42.35
170/235	WAYRYNEN, AL	639	01:00:22.05	06:02	M4049	43/57	264/481	00:59:43.35
171/235	ANHOLT, LANDON	7	01:00:23.65	06:02	M2029	27/29	266/481	01:00:09.60
172/235	LOWE, JEAN-PAUL	685	01:00:27.00	06:02	M2029	28/29	269/481	00:59:56.25
173/235	MARCHAND, BRENT	400	01:00:28.40	06:02	M5059	25/47	270/481	00:59:57.25
174/235	SHARESKI, MIKE	549	01:00:30.40	06:03	M3039	69/81	274/481	01:00:08.30
175/235	BENTLEY, CHRIS	38	01:00:36.75	06:03	M3039	70/81	275/481	00:59:51.50
176/235	TEJANI, RAHIM	595	01:00:47.05	06:04	M3039	71/81	280/481	01:00:05.60
177/235	NISCAK, DAVID	458	01:00:47.25	06:04	M3039	72/81	281/481	01:00:06.30
178/235	HNATIUK, ROGER	274	01:01:01.00	06:06	M4049	44/57	290/481	01:00:51.75
179/235	MURPHY, IAN	445	01:01:09.25	06:06	M4049	45/57	291/481	01:00:57.70
180/235	ISAS, LEANDRO	292	01:02:07.55	06:12	M3039	73/81	308/481	01:01:39.00
181/235	MASTERMAN, ANDREW	404	01:02:24.25	06:14	M3039	74/81	311/481	01:02:14.70
182/235	SMITH, ERNIE	563	01:02:26.65	06:14	M6069	6/14	312/481	01:02:13.60
183/235	GRAHAM, TIMOTHY	234	01:02:45.35	06:16	M3039	75/81	315/481	01:02:22.90
184/235	MIN, JASON	434	01:02:48.55	06:16	M4049	46/57	316/481	01:02:20.30
185/235	LAZOR, ANTHONY	675	01:02:58.15	06:17	M5059	26/47	317/481	01:02:19.90
186/235	DUHAULT, JOHN	184	01:03:27.95	06:20	M5059	27/47	321/481	01:03:11.45
187/235	RUDOLPH, JAMES	530	01:03:29.25	06:20	M4049	47/57	322/481	01:03:05.15
188/235	RULLER, KEN	532	01:03:52.05	06:23	M5059	28/47	328/481	01:03:32.25
189/235	BRADLEY, JAY	64	01:03:54.85	06:23	M6069	7/14	329/481	01:03:32.85
190/235	RATHJE, MITCH	503	01:03:59.65	06:23	M4049	48/57	332/481	01:03:24.80
191/235	WEIR, BRYAN	643	01:04:03.15	06:24	M4049	49/57	334/481	01:03:25.85
192/235	SHUTT, STEVE	553	01:04:21.50	06:26	M6069	8/14	336/481	01:04:05.85
193/235	MCCREANOR, JOHN	415	01:04:23.00	06:26	M6069	9/14	337/481	01:04:07.60
194/235	KIELAU, DOUG	323	01:04:45.85	06:28	M6069	10/14	341/481	01:04:21.55
195/235	RENAUD, SYLVAIN	509	01:04:46.70	06:28	M4049	50/57	342/481	01:04:13.75
196/235	HIDER, JON	272	01:04:51.20	06:29	M6069	11/14	345/481	01:04:27.10
197/235	SHUNK, BLAIR	552	01:05:00.05	06:30	M5059	29/47	347/481	01:04:45.15
198/235	BRESCIA, SHAWN	74	01:05:14.10	06:31	M0119	4/5	350/481	01:04:48.05
199/235	BRESCIA, DAVE	71	01:05:14.55	06:31	M3039	76/81	351/481	01:04:47.80
200/235	HARDING, PETER	254	01:05:19.75	06:31	M6069	12/14	353/481	01:04:33.70
201/235	HUNTER, TREVOR	285	01:05:46.75	06:34	M3039	77/81	359/481	01:05:35.15
202/235	BASSO, TONY	28	01:05:52.45	06:35	M4049	51/57	360/481	01:05:35.20
203/235	VERTZ, JOHN	626	01:05:58.20	06:35	M2029	29/29	366/481	01:05:31.10
204/235	VERTZ, RON	628	01:05:59.25	06:35	M5059	30/47	367/481	01:05:31.05
205/235	MYTOPHER, TERRY	451	01:06:25.00	06:38	M4049	52/57	377/481	01:06:14.95
206/235	BOWEN, RICK	62	01:06:33.35	06:39	M6069	13/14	379/481	01:05:56.85
207/235	DARGIE, THOMAS	152	01:06:35.85	06:39	M3039	78/81	380/481	01:06:00.65
208/235	UYS, RUAN	548	01:06:54.15	06:41	M3039	79/81	384/481	01:06:34.20
209/235	SKELLEY, KEVIN	559	01:06:56.55	06:41	M4049	53/57	389/481	01:06:29.80
210/235	GAUDET, GREG	218	01:07:24.55	06:44	M5059	31/47	395/481	01:07:00.45
211/235	JAMIESON, MICHEAL	298	01:07:24.75	06:44	M3039	80/81	396/481	01:06:47.20
212/235	MORGAN, PETER	440	01:07:30.25	06:45	M5059	32/47	399/481	01:07:14.90
213/235	MCDONALD, JOHN	417	01:07:39.15	06:45	M5059	33/47	401/481	01:07:34.95
214/235	LAWSON, ANDREW	351	01:07:55.35	06:47	M4049	54/57	404/481	01:07:38.15
215/235	HAMILL, TREVOR	680	01:08:35.70	06:51	M6069	14/14	410/481	01:08:18.85
216/235	WATSON, ROBERT	638	01:08:45.55	06:52	M5059	34/47	411/481	01:08:12.20
217/235	BRANT, KEN	68	01:09:30.10	06:57	M5059	35/47	419/481	01:09:15.80
218/235	BEAMAN, DANNY	678	01:09:39.60	06:57	M5059	36/47	420/481	01:09:24.95
219/235	MACDONALD, JOSEPH	286	01:10:00.00	07:00	M5059	37/47	422/481	01:10:00.00
220/235	HARDING, MATTHEW	253	01:10:34.60	07:03	M3039	81/81	429/481	01:09:48.55
221/235	BRAUN, JOHN	69	01:11:38.95	07:09	M5059	38/47	434/481	01:11:03.50
222/235	CIMINO, DOMENIC	112	01:12:13.05	07:13	M5059	39/47	437/481	01:11:50.25
223/235	CAICEDO, GERARDO A.	86	01:12:20.95	07:14	M5059	40/47	438/481	01:12:04.65
224/235	ZUK, KEN	662	01:13:46.45	07:22	M5059	41/47	440/481	01:13:10.75

Overall Gender Results

10K - 6.21 Miles

Male

235 Competitors

Gender	Name	Bib#	Time	Pace	Div	Cat	O/A	Chip Time
225/235	NIXON, GORD	459	01:14:43.25	07:28	M5059	42/47	443/481	01:14:17.55
226/235	PREDHAM, BRUCE	498	01:18:25.95	07:50	M4049	55/57	463/481	01:18:13.35
227/235	ORR, ROB	468	01:18:44.65	07:52	M4049	56/57	465/481	01:18:19.70
228/235	LEAL, TIM MAURICE	355	01:18:56.45	07:53	M5059	43/47	466/481	01:18:16.70
229/235	COCKLIN, BRUCE	119	01:21:30.45	08:09	M5059	44/47	470/481	01:21:06.30
230/235	ELLIS, WILLIAM	196	01:21:31.05	08:09	M5059	45/47	471/481	01:21:08.00
231/235	LOUIE, WILLIAM	371	01:23:21.45	08:20	M7099	2/2	474/481	01:22:34.40
232/235	LYONS, MICHAEL	379	01:25:08.90	08:30	M5059	46/47	476/481	01:24:23.55
233/235	MOTT, ROB	442	01:26:42.50	08:40	M4049	57/57	478/481	01:26:10.05
234/235	DAVIES, IAN	154	01:29:27.30	08:56	M5059	47/47	479/481	01:28:51.05
235/235	DAVIES, CAMERON	153	01:29:27.50	08:56	M0119	5/5	480/481	01:28:51.35