

## Overall Gender Results

## 5K - 3.1 Miles

## Female

192 Competitors

Gender	Name	Bib#	Time	Pace	Div	Cat	O/A	Chip Time
1/192	O'CONNELL, JESSICA	1208	00:18:52.80	03:46	F2029	1/53	5/281	00:18:51.95
2/192	COOK-CLARKE, EMMA	1459	00:20:32.60	04:06	F0119	1/13	11/281	00:20:31.25
3/192	MCLEAN, PAULINE	1183	00:20:38.25	04:07	F3039	1/59	12/281	00:20:38.15
4/192	PYKE, BRIDGET	1231	00:21:08.60	04:13	F2029	2/53	13/281	00:21:08.15
5/192	MACARTHUR, SARAH	1159	00:22:01.90	04:24	F2029	3/53	15/281	00:22:00.35
6/192	SERPICO, MADI	1270	00:23:07.80	04:37	F2029	4/53	19/281	00:23:05.75
7/192	JAMIESON, OLIVIA	1129	00:23:18.45	04:39	F0119	2/13	21/281	00:23:16.65
8/192	CLARK, RHONDA	1051	00:23:31.85	04:42	F4049	1/43	22/281	00:23:30.25
9/192	PRICE, HEATHER	1229	00:23:37.65	04:43	F5059	1/21	23/281	00:23:35.80
10/192	LEES, SEANA	1508	00:23:44.65	04:44	F3039	2/59	25/281	00:23:40.10
11/192	TSIA, STEPHANIE	1509	00:23:48.60	04:45	F0119	3/13	26/281	00:23:47.05
12/192	BEVERIDGE, JILLIAN	1020	00:23:49.05	04:45	F3039	3/59	27/281	00:23:45.35
13/192	VENNER, JULIE	1297	00:23:49.60	04:45	F2029	5/53	28/281	00:23:45.80
14/192	MONCRIEFF, MARLA	1193	00:24:07.10	04:49	F5059	2/21	29/281	00:24:05.55
15/192	OLDRING, RACHEL	1210	00:24:39.15	04:55	F2029	6/53	31/281	00:24:35.75
16/192	MARKO, ARLENE	1173	00:24:52.80	04:58	F3039	4/59	35/281	00:24:42.25
17/192	HNATYSHYN, ELLA	1110	00:25:07.30	05:01	F0119	4/13	36/281	00:25:05.55
18/192	BROLSMA, JESSICA	1031	00:25:21.90	05:04	F0119	5/13	38/281	00:25:21.15
19/192	IANCULESCU, ALEX	1125	00:26:17.20	05:15	F2029	7/53	45/281	00:26:07.00
20/192	CHIN, KWANLING	1045	00:26:59.15	05:23	F4049	2/43	46/281	00:26:54.95
21/192	MATTE, PAULA	1176	00:27:10.30	05:26	F4049	3/43	47/281	00:27:06.95
22/192	DEBAIE, GABRIELLE	1063	00:27:37.00	05:31	F3039	5/59	51/281	00:27:32.00
23/192	SARRASIN, JOCELYN	1251	00:28:14.95	05:38	F2029	8/53	57/281	00:28:08.00
24/192	MILLER-MACPHERSON, JULIANNA	1495	00:28:39.85	05:43	F4049	4/43	60/281	00:28:38.25
25/192	FARHA, LINDA	1453	00:28:50.80	05:46	F4049	5/43	61/281	00:28:27.95
26/192	PALASHNIUK, HANNAH	1449	00:28:53.90	05:46	F0119	6/13	63/281	00:28:47.00
27/192	P, TESSA	1505	00:29:12.10	05:50	F4049	6/43	68/281	00:29:11.70
28/192	REABURN, TARA	1234	00:29:24.60	05:52	F4049	7/43	70/281	00:29:22.85
29/192	CHENG, JENNIFER	1041	00:29:31.35	05:54	F2029	9/53	71/281	00:29:20.10
30/192	TRUBA, LORI	1294	00:29:36.80	05:55	F2029	10/53	73/281	00:29:20.00
31/192	SMITH, LIRIS	1275	00:29:45.80	05:57	F4049	8/43	75/281	00:29:24.60
32/192	SCHNURER, LISA	1260	00:29:50.55	05:58	F2029	11/53	77/281	00:29:43.85
33/192	SOUKUP, MAYA	1278	00:29:51.45	05:58	F0119	7/13	78/281	00:29:49.65
34/192	BROWN, SUSAN	1032	00:29:53.85	05:58	F4049	9/43	79/281	00:29:50.45
35/192	CARLE, TINA	1496	00:29:55.80	05:59	F3039	6/59	80/281	00:29:49.70
36/192	SCHLAUCH, JENNY	1257	00:29:56.25	05:59	F3039	7/59	81/281	00:29:50.15
37/192	WHYTE, KIM	1431	00:30:04.60	06:00	F2029	12/53	82/281	00:29:56.45
38/192	EASTLAND, CHANTAL	1072	00:30:07.05	06:01	F3039	8/59	83/281	00:30:00.40
39/192	TYSOWSKI, ERIN	1295	00:31:00.60	06:12	F3039	9/59	89/281	00:30:57.30
40/192	CARROLL, LESLIE	1455	00:31:08.25	06:13	F3039	10/59	90/281	00:31:03.45
41/192	PALSEN, JAN	1211	00:31:10.65	06:14	F5059	3/21	91/281	00:31:03.75
42/192	SELANDERS, KRYSTAL	1267	00:31:13.90	06:14	F2029	13/53	92/281	00:30:47.40
43/192	ZINK, NATALIE	1446	00:31:16.50	06:15	F2029	14/53	94/281	00:30:58.20
44/192	DOCHSTADER, KATE	1066	00:31:18.35	06:15	F3039	11/59	96/281	00:30:48.30
45/192	PARKER, ALICIA	1213	00:31:19.95	06:15	F2029	15/53	97/281	00:30:56.75
46/192	NOWICKI, BROOKE	1206	00:31:20.60	06:16	F3039	12/59	98/281	00:31:13.95
47/192	SMITH, MARIE	1276	00:31:23.95	06:16	F3039	13/59	99/281	00:31:05.80
48/192	HADWAY, DAYNA	1097	00:31:45.95	06:21	F2029	16/53	100/281	00:31:36.80
49/192	COOK, JULIE	1055	00:31:46.25	06:21	F2029	17/53	101/281	00:31:37.05
50/192	MCKAY, KERRA	1180	00:31:54.75	06:22	F0119	8/13	102/281	00:31:45.30
51/192	WALKER, DENISE	1424	00:31:58.00	06:23	F4049	10/43	104/281	00:31:53.25
52/192	WINARSKI, BROOKE	1440	00:32:00.05	06:24	F0119	9/13	107/281	00:31:59.70
53/192	BEGG, RACHEL	1017	00:32:02.00	06:24	F2029	18/53	108/281	00:31:45.75
54/192	HORVAT, MEL	1118	00:32:06.50	06:25	F2029	19/53	109/281	00:31:44.70
55/192	WHITTAKER, REILLY	1430	00:32:10.25	06:26	F2029	20/53	111/281	00:32:00.45
56/192	MCCONATHY, REBECCA	1178	00:32:10.30	06:26	F3039	14/59	112/281	00:32:01.30

## Overall Gender Results

## 5K - 3.1 Miles

## Female

192 Competitors

Gender	Name	Bib#	Time	Pace	Div	Cat	O/A	Chip Time
57/192	BAYDA, KENDAL	1013	00:32:10.50	06:26	F2029	21/53	113/281	00:32:01.35
58/192	REID, LORI	1237	00:32:12.45	06:26	F5059	4/21	114/281	00:32:08.75
59/192	BAZANT, CHELSEA	1014	00:32:29.95	06:29	F3039	15/59	115/281	00:32:08.85
60/192	KURRANT, CJ	1143	00:32:32.30	06:30	F4049	11/43	118/281	00:32:27.20
61/192	POELZER, KYLA	1223	00:32:34.75	06:30	F3039	16/59	119/281	00:32:17.90
62/192	CONDLY, JACKIE	1054	00:32:40.95	06:32	F5059	5/21	122/281	00:32:20.45
63/192	SHEARER, LISA	1456	00:32:50.90	06:34	F3039	17/59	125/281	00:32:38.55
64/192	SCOTT, TANIA	1264	00:33:00.30	06:36	F3039	18/59	126/281	00:32:38.50
65/192	PIAGNO, DAYNA	1500	00:33:01.30	06:36	F3039	19/59	127/281	00:32:31.45
66/192	VISSER, HELLY	1422	00:33:01.55	06:36	F7099	1/1	128/281	00:32:59.55
67/192	PEPPER, CARRIE	1499	00:33:01.60	06:36	F2029	22/53	129/281	00:32:31.50
68/192	CARSS, BETTY	1040	00:33:02.65	06:36	F5059	6/21	130/281	00:32:42.55
69/192	BROADHURST, LOUISE	1030	00:33:04.60	06:36	F3039	20/59	131/281	00:32:51.85
70/192	GREAVES, LISA	1090	00:33:08.00	06:37	F4049	12/43	132/281	00:32:43.55
71/192	PARK, LUCY	1212	00:33:08.25	06:37	F4049	13/43	133/281	00:32:54.05
72/192	NICHOLLS, CORI	1201	00:33:11.15	06:38	F3039	21/59	134/281	00:33:04.90
73/192	TATTERTON, AMY	1284	00:33:11.40	06:38	F2029	23/53	135/281	00:33:01.65
74/192	BRANDSTADT, HEIDI	1470	00:33:13.25	06:38	F3039	22/59	136/281	00:32:52.05
75/192	MEDWID, BARB	1186	00:33:20.70	06:40	F4049	14/43	137/281	00:33:15.90
76/192	MENSINK, JENNIFER	1187	00:33:23.95	06:40	F3039	23/59	138/281	00:33:12.45
77/192	LAUDEL, CAYLEY	1149	00:33:26.60	06:41	F2029	24/53	139/281	00:32:59.00
78/192	REID, AMANDA	1235	00:33:28.50	06:41	F2029	25/53	140/281	00:33:03.25
79/192	POST, COURTNEY	1224	00:33:30.60	06:42	F2029	26/53	141/281	00:33:24.45
80/192	BLACKIE, KIM	1022	00:33:43.65	06:44	F3039	24/59	142/281	00:33:13.55
81/192	PYNN, STEFA	1232	00:33:43.90	06:44	F3039	25/59	143/281	00:33:18.70
82/192	SCHNURER, AIMEE	1259	00:33:49.70	06:45	F3039	26/59	145/281	00:33:42.30
83/192	CAMWELL, JENNIFER	1489	00:33:51.20	06:46	F3039	27/59	146/281	00:33:47.90
84/192	BEATTIE, NICOLE	1016	00:34:10.20	06:50	F3039	28/59	149/281	00:33:45.65
85/192	SPENCER, JANICE	1280	00:34:10.95	06:50	F3039	29/59	151/281	00:33:47.50
86/192	LEAVITT, CASSANDRA	356	00:34:11.90	06:50	F2029	27/53	152/281	00:33:53.40
87/192	SCHWARTZ, GAIL	1263	00:34:12.25	06:50	F3039	30/59	153/281	00:33:47.80
88/192	SANDER, CAROLYNN	1248	00:34:13.70	06:50	F3039	31/59	154/281	00:34:06.00
89/192	DAVIDGE, JENNIFER	1062	00:34:33.70	06:54	F2029	28/53	156/281	00:34:23.15
90/192	BALLENDINE, JANICE	1009	00:34:33.80	06:54	F2029	29/53	157/281	00:34:22.65
91/192	BUSHEY, JENNIFER	1035	00:34:37.30	06:55	F2029	30/53	159/281	00:34:32.00
92/192	DRUMMOND, ROMNEY	1070	00:34:42.65	06:56	F2029	31/53	160/281	00:34:42.65
93/192	KETO, LEANA	1038	00:34:57.80	06:59	F3039	32/59	163/281	00:34:33.95
94/192	PURTILL, COLLEEN	1230	00:35:04.95	07:00	F4049	15/43	164/281	00:34:50.70
95/192	HANSEN, LAURIE	1104	00:35:06.40	07:01	F2029	32/53	165/281	00:34:48.40
96/192	LALONDE-BESTER, JOSEPHINE	1147	00:35:06.45	07:01	F0119	10/13	166/281	00:35:03.90
97/192	LALONDE, LOUISE	1480	00:35:06.75	07:01	F5059	7/21	167/281	00:35:04.20
98/192	ROBINSON, LOUISE	1485	00:35:07.90	07:01	F3039	33/59	168/281	00:35:01.20
99/192	WOIMA, RACHEL	1441	00:35:12.90	07:02	F0119	11/13	169/281	00:35:11.55
100/192	AULICINO, ROMINA	13	00:35:23.50	07:04	F3039	34/59	171/281	00:35:23.30
101/192	KINGSBURY, DANA	1139	00:35:25.05	07:05	F4049	16/43	172/281	00:35:10.15
102/192	MYERS, HEATHER	1200	00:35:25.75	07:05	F3039	35/59	173/281	00:35:17.20
103/192	MCLEOD, MELANIE	1184	00:35:25.90	07:05	F4049	17/43	174/281	00:34:59.80
104/192	SEARLE, SANDY	1266	00:35:33.25	07:06	F4049	18/43	176/281	00:34:49.05
105/192	BANNISTER, ALLIE	1522	00:35:34.20	07:06	F4049	19/43	178/281	00:35:17.30
106/192	MOORE, TRACIE	1196	00:35:37.20	07:07	F2029	33/53	179/281	00:35:14.65
107/192	SANGUINETTI, RACHEL	1250	00:35:37.50	07:07	F2029	34/53	180/281	00:35:14.15
108/192	HOPKINS, NIKAYLA	1117	00:35:40.80	07:08	F0119	12/13	181/281	00:35:26.75
109/192	ZANELLA, KRISTY	1445	00:35:44.85	07:08	F3039	36/59	182/281	00:35:19.65
110/192	FREY, PAM	1079	00:35:48.65	07:09	F5059	8/21	183/281	00:35:20.65
111/192	LAU, JON	1148	00:35:48.85	07:09	F2029	35/53	184/281	00:35:38.85
112/192	NOEL, AMY	1204	00:35:49.15	07:09	F2029	36/53	185/281	00:35:39.05

## Overall Gender Results

## 5K - 3.1 Miles

## Female

192 Competitors

Gender	Name	Bib#	Time	Pace	Div	Cat	O/A	Chip Time
113/192	HUSTON, ALANA	1123	00:35:51.70	07:10	F3039	37/59	186/281	00:35:51.35
114/192	PELLETIER, LORI	1215	00:35:53.25	07:10	F3039	38/59	187/281	00:35:40.35
115/192	FERRABY, CAROLYN	1074	00:36:01.90	07:12	F3039	39/59	188/281	00:35:45.70
116/192	BLACK, MICHELLE	1021	00:36:02.15	07:12	F4049	20/43	189/281	00:35:46.00
117/192	OLDRING, JANE	1209	00:36:03.20	07:12	F5059	9/21	190/281	00:35:54.65
118/192	JOHNSRUDE, LUCILLE	1132	00:36:20.65	07:16	F5059	10/21	192/281	00:36:00.65
119/192	LAKE, ANNA	1145	00:36:20.75	07:16	F2029	37/53	193/281	00:35:48.25
120/192	THIBAUT, JANINE	1287	00:36:21.80	07:16	F5059	11/21	194/281	00:35:58.15
121/192	CREWS, JENNIFER	1060	00:36:28.10	07:17	F3039	40/59	196/281	00:36:13.50
122/192	DENHOLM, CAROL	1065	00:36:39.40	07:19	F4049	21/43	197/281	00:36:11.40
123/192	GERRITS, CATHERINE	1080	00:36:44.70	07:20	F3039	41/59	198/281	00:36:30.20
124/192	TONG, PATRICIA	1290	00:36:44.80	07:20	F4049	22/43	199/281	00:36:30.75
125/192	MACDONALD, JILLIAN	1162	00:36:49.15	07:21	F2029	38/53	200/281	00:36:49.15
126/192	GRANSON, ERIN	1089	00:36:49.40	07:21	F3039	42/59	201/281	00:36:45.90
127/192	TERENTA, SEANA	1286	00:36:50.45	07:22	F2029	39/53	202/281	00:36:28.25
128/192	OWENS, CATHRYN	1473	00:36:52.60	07:22	F4049	23/43	203/281	00:36:35.90
129/192	CHENG, WENDY	1042	00:37:01.75	07:24	F5059	12/21	204/281	00:36:35.35
130/192	HOLMES, ANGIE	1483	00:37:05.90	07:25	F2029	40/53	205/281	00:37:05.90
131/192	CHISHOLM, SHANNON	1049	00:37:12.90	07:26	F0119	13/13	206/281	00:36:39.60
132/192	NISCAK, TARA	1203	00:37:18.35	07:27	F3039	43/59	208/281	00:36:56.65
133/192	MEYER, KATHLEEN	1189	00:37:21.75	07:28	F4049	24/43	209/281	00:36:53.35
134/192	CRAIG, KRISTINA	1058	00:37:23.60	07:28	F3039	44/59	210/281	00:36:59.90
135/192	SMITH, EMILY	1458	00:37:28.85	07:29	F2029	41/53	211/281	00:37:07.25
136/192	SEPHTON, SHANNON	1268	00:37:30.60	07:30	F3039	45/59	213/281	00:37:02.80
137/192	SAURO, KHARA	1254	00:37:34.95	07:30	F3039	46/59	214/281	00:37:31.20
138/192	SAURO, COURTNEY	1253	00:37:35.05	07:31	F3039	47/59	215/281	00:37:31.15
139/192	LESKOVJAN, SONEDARY	1153	00:37:38.45	07:31	F4049	25/43	216/281	00:37:25.40
140/192	WILLIAMS, JODY	1437	00:37:57.90	07:35	F4049	26/43	219/281	00:37:46.80
141/192	KERN, MONICA	1137	00:38:01.90	07:36	F4049	27/43	220/281	00:37:36.65
142/192	MOUCK, ANNE	1198	00:38:07.15	07:37	F4049	28/43	221/281	00:37:54.60
143/192	FISHER, LIZ	1076	00:38:19.30	07:39	F4049	29/43	222/281	00:38:04.95
144/192	CAPJACK, GINA	1466	00:38:19.75	07:39	F4049	30/43	223/281	00:38:19.75
145/192	BROWN, SAMANTHA	1493	00:38:21.05	07:40	F2029	42/53	224/281	00:37:54.70
146/192	LENNOX, JILL	1491	00:38:21.65	07:40	F2029	43/53	225/281	00:37:56.55
147/192	SHARMAN, JENNIFER	1272	00:38:23.90	07:40	F5059	13/21	226/281	00:38:05.15
148/192	GINTER, KIRRIE	1082	00:38:37.55	07:43	F2029	44/53	227/281	00:38:26.00
149/192	CHESTER, PAMELA	1044	00:38:37.95	07:43	F2029	45/53	228/281	00:38:27.20
150/192	MARCHAND, VICKI	1487	00:38:44.50	07:44	F4049	31/43	229/281	00:38:18.35
151/192	BELZILE, JOHANNIE	1469	00:38:46.85	07:45	F2029	46/53	230/281	00:38:33.40
152/192	WETTSTEIN, ANDREA	1526	00:38:55.75	07:47	F2029	47/53	231/281	00:38:29.60
153/192	SPENCER, DANIELLE	1279	00:38:58.60	07:47	F3039	48/59	232/281	00:38:37.85
154/192	ZAHENAIKO, NICOLE	1444	00:39:20.20	07:52	F2029	48/53	233/281	00:39:17.95
155/192	CHERNAK, JUDY	1043	00:39:50.30	07:58	F5059	14/21	235/281	00:39:44.75
156/192	VERBEEK, LINDA	1298	00:39:57.65	07:59	F4049	32/43	236/281	00:39:44.85
157/192	MELE, PAMELA	1450	00:39:59.40	07:59	F4049	33/43	237/281	00:39:26.35
158/192	BREEN, HEATHER	1028	00:40:08.20	08:01	F3039	49/59	239/281	00:39:52.30
159/192	PARKER, DAWN	1214	00:40:08.90	08:01	F5059	15/21	240/281	00:39:41.10
160/192	MOORE, WENDI	1497	00:40:15.70	08:03	F4049	34/43	242/281	00:40:01.65
161/192	RUPARCIC, GABRIELLE	1243	00:40:17.25	08:03	F5059	16/21	243/281	00:40:04.60
162/192	BURT, JENNIFER	1033	00:40:17.35	08:03	F3039	50/59	244/281	00:40:03.75
163/192	WIGHTON, CHRISTINA	1432	00:40:22.10	08:04	F2029	49/53	245/281	00:39:56.90
164/192	MACDONALD, STEPHANIE	1163	00:40:25.10	08:05	F2029	50/53	246/281	00:40:23.05
165/192	HENDERSON, PATRICIA	1107	00:40:45.50	08:09	F6069	1/2	247/281	00:40:17.65
166/192	JUNKIN, SARAH	1134	00:40:52.00	08:10	F5059	17/21	248/281	00:40:33.75
167/192	JAWORSKI, PATRICIA	1506	00:41:02.05	08:12	F3039	51/59	249/281	00:40:39.85
168/192	PENNER, DAWN	1217	00:41:23.80	08:16	F3039	52/59	251/281	00:41:03.05

## Overall Gender Results

## 5K - 3.1 Miles

## Female

192 Competitors

Gender	Name	Bib#	Time	Pace	Div	Cat	O/A	Chip Time
169/192	GUY, JACKIE	1095	00:41:23.80	08:16	F3039	53/59	252/281	00:41:03.20
170/192	CORMIER, MONIQUE	1468	00:41:34.45	08:18	F4049	35/43	255/281	00:41:16.10
171/192	SHADE, LOUISE	1271	00:41:38.65	08:19	F4049	36/43	257/281	00:41:18.55
172/192	CHONG, TERRY	1050	00:41:38.65	08:19	F4049	37/43	256/281	00:41:18.55
173/192	GRIGGS, SARAH	1452	00:41:49.30	08:21	F3039	54/59	258/281	00:41:32.90
174/192	WHYTE, CAROL	1490	00:41:57.25	08:23	F5059	18/21	259/281	00:41:57.25
175/192	WRIGHT, LISA	1442	00:42:07.90	08:25	F4049	38/43	260/281	00:41:57.90
176/192	GILLINGWATER, SUSAN	1081	00:43:19.80	08:39	F4049	39/43	263/281	00:43:01.60
177/192	MARTIN, CAROLYNN	1174	00:43:22.80	08:40	F3039	55/59	264/281	00:43:15.70
178/192	WHITNEY, DANI	1429	00:43:59.90	08:47	F4049	40/43	265/281	00:43:51.30
179/192	GODIN, REBECCA	1083	00:45:44.85	09:08	F4049	41/43	266/281	00:45:14.75
180/192	HEMPHILL, NICOLE	1106	00:46:09.55	09:13	F3039	56/59	267/281	00:45:47.30
181/192	IVANCO, ALEXANDRIA	1127	00:46:50.95	09:22	F2029	51/53	268/281	00:46:45.85
182/192	WALMSLEY, SHIRLEY	1426	00:47:41.55	09:32	F3039	57/59	269/281	00:47:30.05
183/192	STEPHENS, SARAH	1519	00:48:33.85	09:42	F2029	52/53	270/281	00:48:08.65
184/192	DONAHUE, MARLENE	1068	00:48:39.30	09:43	F6069	2/2	272/281	00:48:07.65
185/192	MITCHELL, SHIRLEY	1513	00:51:10.60	10:14	F4049	42/43	274/281	00:50:22.20
186/192	GRODAES, ELAINE	1511	00:51:10.65	10:14	F4049	43/43	275/281	00:50:23.50
187/192	HENRY, DAWN	1108	00:52:56.70	10:35	F5059	19/21	276/281	00:52:40.55
188/192	LOUCKS, TARRA	1156	00:53:18.30	10:39	F3039	58/59	277/281	00:52:57.35
189/192	CARSON, HAYLEY	1039	00:53:27.85	10:41	F2029	53/53	278/281	00:53:10.00
190/192	DRUMMOND, MAUREEN	1069	00:55:41.45	11:08	F5059	20/21	279/281	00:55:41.45
191/192	FINGLER, ERIN	1075	00:56:50.75	11:22	F3039	59/59	280/281	00:56:30.75
192/192	CHISHOLM, ROBIN	1048	01:08:17.10	13:39	F5059	21/21	281/281	01:07:37.90

## Overall Gender Results

## 5K - 3.1 Miles

## Male

89 Competitors

Gender	Name	Bib#	Time	Pace	Div	Cat	O/A	Chip Time
1/89	ROSKE, TRAVIS	1460	00:18:28.80	03:41	M2029	1/15	1/281	00:18:28.35
2/89	KONDRO, MICHAEL	1462	00:18:37.70	03:43	M0119	1/11	2/281	00:18:37.65
3/89	BENTLEY, COOPER	1019	00:18:41.80	03:44	M0119	2/11	3/281	00:18:41.70
4/89	DOWLING, SHAWN	1467	00:18:47.75	03:45	M3039	1/24	4/281	00:18:46.35
5/89	HANSEN, ALEX	1102	00:18:53.25	03:46	M2029	2/15	6/281	00:18:53.15
6/89	WITTIG, LUC	1463	00:19:30.75	03:54	M2029	3/15	7/281	00:19:30.05
7/89	STREIGHT, JAIRUS	1507	00:19:31.45	03:54	M2029	4/15	8/281	00:19:30.75
8/89	ARMSTRONG, JAKE	1006	00:20:17.60	04:03	M0119	3/11	9/281	00:20:17.25
9/89	CAMPBELL, DEREK	1036	00:20:23.70	04:04	M2029	5/15	10/281	00:20:22.80
10/89	HOGAN, DREW	1115	00:21:21.75	04:16	M2029	6/15	14/281	00:21:21.30
11/89	MACHOWSKI, STEPHEN	1164	00:22:03.20	04:24	M2029	7/15	16/281	00:22:01.80
12/89	MITCHELMORE, PETER	1192	00:22:07.15	04:25	M3039	2/24	17/281	00:22:06.75
13/89	CORMIER, RYAN	1514	00:22:31.10	04:30	M2029	8/15	18/281	00:23:31.10
14/89	WHITEHEAD, KEVIN	1428	00:23:09.20	04:37	M3039	3/24	20/281	00:23:08.20
15/89	HODGSON, SCOTT	1112	00:23:39.55	04:43	M5059	1/18	24/281	00:23:37.25
16/89	MACRAE, BRUCE	1168	00:24:07.95	04:49	M5059	2/18	30/281	00:24:05.90
17/89	MACKAY, MICHAEL	1165	00:24:40.00	04:56	M4049	1/17	32/281	00:24:38.40
18/89	ALBION, DUNCAN	1004	00:24:42.90	04:56	M2029	9/15	33/281	00:24:27.20
19/89	SERPICO, JAKE	1501	00:24:45.50	04:57	M0119	4/11	34/281	00:24:43.90
20/89	KONDRO, GREG	1478	00:25:08.30	05:01	M5059	3/18	37/281	00:25:04.00
21/89	MACKIE, PAT	1166	00:25:23.75	05:04	M4049	2/17	39/281	00:25:12.90
22/89	WILHELM, MIKE	1435	00:25:25.50	05:05	M5059	4/18	40/281	00:25:22.65
23/89	HOFER, TREVOR	1114	00:25:32.25	05:06	M3039	4/24	41/281	00:25:31.60
24/89	JOHNSTONE, ROBB	1133	00:25:56.35	05:11	M4049	3/17	42/281	00:25:32.10
25/89	COOKE, GRAHAM	1454	00:25:58.60	05:11	M3039	5/24	43/281	00:25:51.10
26/89	DUCHARME, SEBASTIEN	1484	00:26:12.35	05:14	M3039	6/24	44/281	00:25:58.15
27/89	THEREVIN, PHILIPPE	598	00:27:25.10	05:29	M4049	4/17	48/281	00:27:09.70
28/89	MACDONALD, DAVID	1160	00:27:30.30	05:30	M2029	10/15	49/281	00:27:30.30
29/89	SERPICO, MARIANO	1502	00:27:32.10	05:30	M5059	5/18	50/281	00:26:57.60
30/89	BUENTING, MIKE	1520	00:27:45.80	05:33	M3039	7/24	52/281	00:27:43.75
31/89	MCMANUS, DANIEL	1185	00:27:55.70	05:35	M4049	5/17	53/281	00:27:29.55
32/89	ABILDGAARD, ERIK	1000	00:28:01.25	05:36	M5059	6/18	54/281	00:27:27.50
33/89	BARKER, CAMERON	1010	00:28:03.40	05:36	M0119	5/11	55/281	00:27:59.90
34/89	STYCZEN, MIKE	1283	00:28:11.45	05:38	M4049	6/17	56/281	00:27:56.30
35/89	IRELAND, MARK	1126	00:28:23.75	05:40	M5059	7/18	58/281	00:28:20.45
36/89	PALASHNIUK, JOSEPH	1448	00:28:36.10	05:43	M4049	7/17	59/281	00:28:29.50
37/89	BARKER, COLLIN	1011	00:28:50.90	05:46	M0119	6/11	62/281	00:28:49.35
38/89	HANSEN, BRAD	1103	00:29:00.95	05:48	M5059	8/18	64/281	00:28:48.30
39/89	BARKER, PAUL	1012	00:29:01.10	05:48	M4049	8/17	65/281	00:29:01.10
40/89	GOODWIN, DORIAN	1086	00:29:01.80	05:48	M2029	11/15	66/281	00:28:42.70
41/89	BAGNALL, STEPHEN	1008	00:29:11.60	05:50	M3039	8/24	67/281	00:29:00.50
42/89	HILDEBRANDT, DALE	1109	00:29:20.80	05:52	M5059	9/18	69/281	00:29:13.35
43/89	HODGSON, TYLER	1113	00:29:35.95	05:55	M2029	12/15	72/281	00:29:19.75
44/89	SAUNDERS, JACK	1252	00:29:37.45	05:55	M0119	7/11	74/281	00:29:34.80
45/89	BOYCHUK, BOB	1026	00:29:46.05	05:57	M5059	10/18	76/281	00:29:22.10
46/89	HUANG, SAMUEL	1121	00:30:12.05	06:02	M3039	9/24	84/281	00:30:06.50
47/89	MELE, REID	1464	00:30:30.25	06:06	M0119	8/11	85/281	00:29:57.25
48/89	MACDONALD, COLIN	1461	00:30:32.80	06:06	M6069	1/4	86/281	00:30:26.35
49/89	POSTNEKOFF, TRAVIS	1225	00:30:36.15	06:07	M2029	13/15	87/281	00:30:18.80
50/89	BAGNALL, PATRICK	1007	00:30:42.80	06:08	M5059	11/18	88/281	00:30:32.25
51/89	MICHAEL, TREVOR	1190	00:31:14.10	06:14	M4049	9/17	93/281	00:31:02.30
52/89	WILSON, TRAVIS	1439	00:31:17.00	06:15	M2029	14/15	95/281	00:30:58.75
53/89	MCKAY, KEVIN	1181	00:31:54.80	06:22	M4049	10/17	103/281	00:31:44.50
54/89	WALKER, SEFTON	1425	00:31:58.25	06:23	M0119	9/11	105/281	00:31:53.55
55/89	TEMPLE, PATRICK	1285	00:31:59.10	06:23	M0119	10/11	106/281	00:31:56.80
56/89	MOORE, MATTHEW	1195	00:32:08.40	06:25	M3039	10/24	110/281	00:31:48.85

## Overall Gender Results

## 5K - 3.1 Miles

## Male

89 Competitors

Gender	Name	Bib#	Time	Pace	Div	Cat	O/A	Chip Time
57/89	CZEPURYK, PETER	1481	00:32:30.00	06:30	M3039	11/24	116/281	00:32:13.15
58/89	BAZANT, RYAN	1015	00:32:30.25	06:30	M3039	12/24	117/281	00:32:13.20
59/89	RIENDEAU, IAN	1241	00:32:36.80	06:31	M0119	11/11	120/281	00:32:34.80
60/89	STEWART, NEIL	1282	00:32:38.30	06:31	M3039	13/24	121/281	00:32:15.75
61/89	FELT, RODNEY	1073	00:32:42.40	06:32	M4049	11/17	123/281	00:32:13.75
62/89	MASCARIN, ROBERT	1175	00:32:42.65	06:32	M3039	14/24	124/281	00:32:13.90
63/89	KOIZUMI, JAMES	1141	00:33:44.10	06:44	M3039	15/24	144/281	00:33:15.00
64/89	BASHA, JUSTIN	1492	00:33:52.10	06:46	M3039	16/24	147/281	00:33:27.10
65/89	LAKE, MARK	1146	00:34:04.35	06:48	M5059	12/18	148/281	00:33:30.65
66/89	BLONDIN, TRAVIS	52	00:34:10.50	06:50	M3039	17/24	150/281	00:33:50.85
67/89	DUCKWORTH, RENEE	1071	00:34:25.40	06:53	M3039	18/24	155/281	00:34:15.90
68/89	BALDWIN, DAVID	1094	00:34:35.40	06:55	M4049	12/17	158/281	00:34:27.35
69/89	DOHERTY, TONY	1067	00:34:49.55	06:57	M3039	19/24	161/281	00:34:39.65
70/89	PARKER, MIKE	1447	00:34:57.50	06:59	M5059	13/18	162/281	00:34:34.30
71/89	ALMON, AL	1005	00:35:17.50	07:03	M6069	2/4	170/281	00:35:13.35
72/89	FISHER, RON	1078	00:35:27.20	07:05	M4049	13/17	175/281	00:35:11.60
73/89	BANNISTER, DAN	1523	00:35:33.85	07:06	M4049	14/17	177/281	00:35:15.20
74/89	MOORE, JOE	1194	00:36:09.20	07:13	M5059	14/18	191/281	00:35:52.10
75/89	QUON, DENNIS	1093	00:36:25.55	07:17	M5059	15/18	195/281	00:36:16.65
76/89	CHISHOLM, ALEC	1046	00:37:13.10	07:26	M2029	15/15	207/281	00:36:39.80
77/89	SEPHTON, SHELDON	1269	00:37:30.45	07:30	M3039	20/24	212/281	00:37:02.15
78/89	HAMLIN, JORDAN	1098	00:37:39.10	07:31	M3039	21/24	217/281	00:37:33.50
79/89	MOUCK, TROY	1199	00:37:42.55	07:32	M4049	15/17	218/281	00:37:30.95
80/89	PETURSSON, MARK	1465	00:39:24.85	07:52	M5059	16/18	234/281	00:39:09.20
81/89	WARREN, MATT	1427	00:40:07.95	08:01	M3039	22/24	238/281	00:39:51.55
82/89	MCCOMISKEY, RYAN	1177	00:40:10.50	08:02	M4049	16/17	241/281	00:39:57.35
83/89	HAND, JOHN	1100	00:41:05.70	08:13	M5059	17/18	250/281	00:40:42.90
84/89	MANUBENS, RODRIGO	1171	00:41:24.15	08:16	M4049	17/17	253/281	00:41:01.60
85/89	MELE, BIAGIO	1451	00:41:27.10	08:17	M5059	18/18	254/281	00:40:53.60
86/89	THORPE, JOHN	1289	00:42:08.00	08:25	M6069	3/4	261/281	00:41:58.30
87/89	ISHII, HIROSHI	1498	00:42:51.10	08:34	M3039	23/24	262/281	00:42:29.05
88/89	DONAHUE, STEPHEN	175	00:48:39.20	09:43	M6069	4/4	271/281	00:48:08.60
89/89	SANDER, MICHAEL W	1249	00:48:43.25	09:44	M3039	24/24	273/281	00:48:35.40