

OA = Placing Overall

Place = Category Placing

Gender Offset = Time from Gender Winning time

hh:mm:ss

Overall Gender Results

10K - 6.21 Miles

Female

183 Competitors

Place	Name	Bib#	Time	Pace	Div	Gen Offset	Cat	O/A	Chip Time
1/183	O'CONNELL, JESSICA	464	00:35:20.90	03:32	F2029	+00:00:00	1/48	5/403	00:35:20.20
2/183	HANSEN, DANA	157	00:38:47.85	03:52	F3039	+00:03:26	1/58	16/403	00:38:46.10
3/183	KAISER, JESSICA	194	00:40:54.65	04:05	F2029	+00:05:33	2/48	34/403	00:40:54.35
4/183	TURGEON, ASHLEY	392	00:42:05.10	04:12	F2029	+00:06:44	3/48	38/403	00:42:03.35
5/183	LADDS-BOND, DAWN	213	00:42:46.75	04:16	F3039	+00:07:25	2/58	41/403	00:42:42.95
6/183	KENT, SARAH	199	00:42:59.50	04:17	F3039	+00:07:38	3/58	44/403	00:42:57.45
7/183	GILES, LISA	135	00:43:14.60	04:19	F2029	+00:07:53	4/48	46/403	00:43:09.35
8/183	SALT, ADELA	347	00:43:32.30	04:21	F4049	+00:08:11	1/41	47/403	00:43:28.75
9/183	WILD, ADRIANA	472	00:43:33.25	04:21	F3039	+00:08:12	4/58	48/403	00:43:31.75
10/183	YOUNG, CAT	453	00:43:55.35	04:23	F3039	+00:08:34	5/58	52/403	00:43:52.45
11/183	STRUEBY, JILL	374	00:44:25.60	04:26	F3039	+00:09:04	6/58	57/403	00:44:19.45
12/183	WIEBE, HEATHER	411	00:44:35.10	04:27	F4049	+00:09:14	2/41	60/403	00:44:29.30
13/183	ANGEN, MEARA	3	00:44:45.80	04:28	F3039	+00:09:24	7/58	63/403	00:44:41.20
14/183	THURSTON, JACKIE	384	00:45:31.30	04:33	F2029	+00:10:10	5/48	71/403	00:45:28.75
15/183	WILLIAMS, JESSICA	413	00:46:33.50	04:39	F2029	+00:11:12	6/48	79/403	00:46:13.20
16/183	SIT, GRACE	359	00:47:00.60	04:42	F3039	+00:11:39	8/58	86/403	00:46:54.70
17/183	DELMAR, LESLEY	94	00:47:15.85	04:43	F5059	+00:11:54	1/29	93/403	00:47:02.25
18/183	YAWORSKI, SANDRA	419	00:47:31.75	04:45	F5059	+00:12:10	2/29	95/403	00:47:27.05
19/183	STOKLEY, ELYSE	372	00:47:51.50	04:47	F2029	+00:12:30	7/48	101/403	00:47:43.80
20/183	MACKEY, ALLISON	238	00:47:55.10	04:47	F3039	+00:12:34	9/58	103/403	00:47:45.15
21/183	REED, DEBBIE	331	00:47:58.10	04:47	F3039	+00:12:37	10/58	105/403	00:47:35.60
22/183	DUFFIELD, KELSEY	106	00:48:17.05	04:49	F2029	+00:12:56	8/48	109/403	00:48:11.65
23/183	KEIL, KATHY	197	00:48:22.90	04:50	F5059	+00:13:02	3/29	110/403	00:48:13.15
24/183	BRESCIA, LAURA	38	00:48:41.85	04:52	F3039	+00:13:20	11/58	113/403	00:48:36.95
25/183	NEIL, JENNIFER	450	00:48:52.90	04:53	F3039	+00:13:32	12/58	116/403	00:48:43.10
26/183	VILLENEUVE, TRACY	398	00:49:31.05	04:57	F4049	+00:14:10	3/41	121/403	00:49:08.20
27/183	SAWCHYN, DONNA	474	00:49:35.50	04:57	F5059	+00:14:14	4/29	122/403	00:49:32.15
28/183	DUFFIELD, HILDA	105	00:49:42.55	04:58	F5059	+00:14:21	5/29	123/403	00:49:36.85
29/183	SCHMIDT, JOANNE	353	00:50:13.10	05:01	F4049	+00:14:52	4/41	127/403	00:50:03.75
30/183	PETERS, SARAH	309	00:50:37.15	05:03	F3039	+00:15:16	13/58	132/403	00:50:29.10
31/183	HOLLINGSHEAD, LINDSAY	170	00:50:59.70	05:05	F3039	+00:15:38	14/58	137/403	00:50:51.85
32/183	KNIH, DEJANA	207	00:51:06.65	05:06	F2029	+00:15:45	9/48	139/403	00:50:53.40
33/183	WARD, KRISTY	403	00:51:09.85	05:06	F3039	+00:15:48	15/58	141/403	00:51:06.95
34/183	KIRVAN, ALEX	478	00:51:19.05	05:07	F2029	+00:15:58	10/48	143/403	00:50:58.60
35/183	DICKINSON, CHERYL	96	00:51:38.90	05:09	F3039	+00:16:18	16/58	146/403	00:51:23.50
36/183	SHIMONOV, MICHELLA	357	00:51:40.60	05:10	F3039	+00:16:19	17/58	149/403	00:51:33.85
37/183	MACDONALD, ANGELA	235	00:51:45.50	05:10	F4049	+00:16:24	5/41	150/403	00:51:37.45
38/183	MONTGOMERY, RENEE	270	00:51:49.05	05:10	F3039	+00:16:28	18/58	151/403	00:51:04.95
39/183	SLOANE, LINDSAY	476	00:51:52.50	05:11	F2029	+00:16:31	11/48	154/403	00:51:36.25
40/183	BUFFONE-BLAIR, CLAIRE	46	00:52:14.80	05:13	F4049	+00:16:53	6/41	158/403	00:52:03.30
41/183	COWAN, STACY	448	00:52:16.95	05:13	F3039	+00:16:56	19/58	160/403	00:52:02.05
42/183	CHAN, JENNY	60	00:52:23.60	05:14	F4049	+00:17:02	7/41	162/403	00:52:12.75
43/183	FERREIRA, DEBBY	436	00:52:24.65	05:14	F2029	+00:17:03	12/48	163/403	00:52:20.10
44/183	PARSONS, LUCIA	303	00:53:10.95	05:19	F4049	+00:17:50	8/41	170/403	00:52:52.35
45/183	LAW, LACEY	221	00:53:15.85	05:19	F3039	+00:17:54	20/58	171/403	00:53:07.45
46/183	BARBER, NADINE	10	00:53:24.15	05:20	F4049	+00:18:03	9/41	172/403	00:53:15.90
47/183	SMITH, MEREDITH	367	00:53:53.85	05:23	F3039	+00:18:32	21/58	177/403	00:53:27.40
48/183	SAWATZKY, DANA	351	00:53:54.45	05:23	F2029	+00:18:33	13/48	178/403	00:53:14.80
49/183	GRAHAM, TERESA	144	00:53:57.75	05:23	F4049	+00:18:36	10/41	179/403	00:53:53.95
50/183	MACEACHERN, CARLA	236	00:53:57.80	05:23	F4049	+00:18:36	11/41	180/403	00:53:43.35
51/183	JESSEY, MARY	189	00:53:58.00	05:23	F4049	+00:18:37	12/41	181/403	00:53:54.10
52/183	BEHRNS, AIMEE	18	00:54:04.35	05:24	F3039	+00:18:43	22/58	183/403	00:53:56.05
53/183	GRAY, AMANDA	146	00:54:18.40	05:25	F2029	+00:18:57	14/48	189/403	00:54:05.05

OA = Placing Overall

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hh:mm:ss

Overall Gender Results

10K - 6.21 Miles

Female

183 Competitors

Place	Name	Bib#	Time	Pace	Div	Gen Offset	Cat	O/A	Chip Time
54/183	STERRITT, JILL	371	00:54:19.30	05:25	F3039	+00:18:58	23/58	190/403	00:54:07.00
55/183	LOKANC, SABINA	229	00:54:23.40	05:26	F4049	+00:19:02	13/41	192/403	00:54:16.40
56/183	TUTUNIK, ALINA	393	00:54:25.45	05:26	F2029	+00:19:04	15/48	194/403	00:54:13.90
57/183	BICHEL, BRITTNEY	22	00:54:26.55	05:26	F2029	+00:19:05	16/48	196/403	00:54:21.05
58/183	WESA, BRENDA	407	00:54:35.15	05:27	F5059	+00:19:14	6/29	199/403	00:54:22.70
59/183	ELLIOTT, JUDITH	116	00:54:37.70	05:27	F5059	+00:19:16	7/29	201/403	00:54:30.15
60/183	GRAY, BELINDA	439	00:54:52.25	05:29	F4049	+00:19:31	14/41	204/403	00:54:45.60
61/183	COE, MARJORIE	70	00:54:52.75	05:29	F3039	+00:19:31	24/58	205/403	00:54:25.40
62/183	LECLAIR, EVANGELINE	224	00:54:53.35	05:29	F3039	+00:19:32	25/58	206/403	00:54:25.85
63/183	HOCKING, PHILIPPA	168	00:54:56.30	05:29	F4049	+00:19:35	15/41	208/403	00:54:47.70
64/183	SKOV, BONNIE	360	00:55:21.50	05:32	F6069	+00:20:00	1/6	212/403	00:55:16.50
65/183	OGRODNICK, PAIGE	289	00:55:29.80	05:32	F2029	+00:20:08	17/48	213/403	00:55:16.40
66/183	SWIFT, CAREY	377	00:55:39.90	05:33	F2029	+00:20:19	18/48	215/403	00:55:25.75
67/183	MACCULLOCH, LYNETTE	234	00:56:01.20	05:36	F5059	+00:20:40	8/29	222/403	00:55:57.55
68/183	MERRIMAN, MONICA	263	00:56:04.75	05:36	F5059	+00:20:43	9/29	223/403	00:55:43.45
69/183	GRAY, DONNA	148	00:56:09.15	05:36	F3039	+00:20:48	26/58	227/403	00:55:33.55
70/183	KUJAWA, LUCIA	209	00:56:12.50	05:37	F4049	+00:20:51	16/41	228/403	00:55:55.15
71/183	PRATT, MICHELLE	320	00:56:19.60	05:37	F3039	+00:20:58	27/58	231/403	00:56:02.70
72/183	SHANKS, WENDY	434	00:56:23.90	05:38	F6069	+00:21:03	2/6	232/403	00:56:07.20
73/183	HUTTON, ROBYN	178	00:56:26.45	05:38	F2029	+00:21:05	19/48	234/403	00:56:20.90
74/183	ROGERS, JANET	341	00:56:47.65	05:40	F4049	+00:21:26	17/41	240/403	00:56:32.15
75/183	COLE, AMANDA	72	00:56:52.00	05:41	F3039	+00:21:31	28/58	242/403	00:56:37.70
76/183	MOORE, SARAH	272	00:57:11.80	05:43	F2029	+00:21:50	20/48	243/403	00:56:45.85
77/183	SQUIRE, FALLON	368	00:57:29.40	05:44	F3039	+00:22:08	29/58	245/403	00:56:47.35
78/183	ASHFORD, CAROL	458	00:57:36.50	05:45	F5059	+00:22:15	10/29	247/403	00:57:23.20
79/183	KENDRICK, VICKI	198	00:57:36.65	05:45	F5059	+00:22:15	11/29	248/403	00:57:25.10
80/183	CURTIS, CHARLOTTE	79	00:57:47.55	05:46	F2029	+00:22:26	21/48	251/403	00:57:16.65
81/183	BASSETT, YOSHIE	12	00:57:52.40	05:47	F5059	+00:22:31	12/29	254/403	00:57:36.35
82/183	DE JONG, SASKIA	89	00:58:17.60	05:49	F2029	+00:22:56	22/48	259/403	00:57:58.10
83/183	BOHNET, BRENDA	30	00:58:18.00	05:49	F5059	+00:22:57	13/29	260/403	00:58:03.80
84/183	PETCH, SUE	459	00:58:31.00	05:51	F6069	+00:23:10	3/6	264/403	00:57:47.90
85/183	MCMARTIN, BARB	431	00:58:41.85	05:52	F5059	+00:23:20	14/29	265/403	00:58:28.75
86/183	OSWALD, ALTHEIA	1764	00:58:45.35	05:52	F4049	+00:23:24	18/41	266/403	00:58:35.45
87/183	CLAUSON, SELENA	68	00:58:46.55	05:52	F4049	+00:23:25	19/41	267/403	00:58:22.85
88/183	PALMER, ADELLE	295	00:58:56.80	05:53	F5059	+00:23:35	15/29	268/403	00:58:44.65
89/183	LE, WANDA	223	00:59:00.15	05:54	F3039	+00:23:39	30/58	270/403	00:58:43.75
90/183	WOOD, ALISON	416	00:59:00.50	05:54	F4049	+00:23:39	20/41	271/403	00:58:33.35
91/183	GADSBY, KYLIE	130	00:59:08.90	05:54	F2029	+00:23:48	23/48	272/403	00:58:51.80
92/183	HO, LAI CHING	167	00:59:12.95	05:55	F5059	+00:23:52	16/29	273/403	00:58:59.35
93/183	COLPITTS, KARI	73	00:59:25.60	05:56	F3039	+00:24:04	31/58	276/403	00:59:04.15
94/183	TRAIL, LESLEY	389	00:59:25.65	05:56	F4049	+00:24:04	21/41	277/403	00:59:03.60
95/183	POWER, CHERYL	317	00:59:26.60	05:56	F3039	+00:24:05	32/58	278/403	00:59:09.35
96/183	PEPPER, CARRIE	308	00:59:27.30	05:56	F2029	+00:24:06	24/48	279/403	00:59:01.50
97/183	POWER, LYNDASAY	318	00:59:28.65	05:56	F2029	+00:24:07	25/48	281/403	00:59:11.25
98/183	COATSWORTH, LAURA	69	00:59:30.30	05:57	F2029	+00:24:09	26/48	282/403	00:59:19.25
99/183	ZEHIR, ELIF	421	00:59:51.60	05:59	F2029	+00:24:30	27/48	285/403	00:59:30.40
100/183	SLATER, LINDSAY	361	00:59:54.55	05:59	F2029	+00:24:33	28/48	286/403	00:59:16.65
101/183	FARRIS, MEGAN	120	01:00:08.20	06:00	F2029	+00:24:47	29/48	288/403	00:59:43.20
102/183	KETO, LEANA	202	01:00:15.70	06:01	F3039	+00:24:54	33/58	290/403	00:59:56.55
103/183	DIAMOND, HILARY	95	01:00:18.75	06:01	F2029	+00:24:57	30/48	291/403	01:00:09.85
104/183	BU, ZHE LIN	45	01:00:40.65	06:04	F2029	+00:25:19	31/48	293/403	01:00:25.00
105/183	CHASE, CHRISTINA	477	01:00:55.55	06:05	F2029	+00:25:34	32/48	296/403	01:00:39.55
106/183	CAMERON, LISA	52	01:00:59.80	06:05	F3039	+00:25:38	34/58	297/403	01:00:43.60

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Overall Gender Results

10K - 6.21 Miles

Female

183 Competitors

Place	Name	Bib#	Time	Pace	Div	Gen Offset	Cat	O/A	Chip Time
107/183	PHILPOTT, VANESSA	313	01:01:03.10	06:06	F3039	+00:25:42	35/58	298/403	01:00:28.10
108/183	NORRIS, ALEX	285	01:01:30.80	06:09	F2029	+00:26:09	33/48	299/403	01:01:10.35
109/183	KIRK, KIMBERLY	204	01:01:34.00	06:09	F4049	+00:26:13	22/41	300/403	01:01:23.80
110/183	REID, LORI	333	01:01:52.55	06:11	F5059	+00:26:31	17/29	302/403	01:01:43.95
111/183	REID, ASHLEY	332	01:01:53.00	06:11	F2029	+00:26:32	34/48	303/403	01:01:44.15
112/183	JOHNSON, STACY	191	01:02:06.85	06:12	F3039	+00:26:45	36/58	304/403	01:01:52.55
113/183	CAMPBELL, JANE	53	01:02:15.10	06:13	F4049	+00:26:54	23/41	306/403	01:01:57.80
114/183	ROBERTSON, AMANDA	337	01:02:18.55	06:13	F3039	+00:26:57	37/58	307/403	01:02:01.85
115/183	TAYLOR, KIM	380	01:02:42.75	06:16	F3039	+00:27:21	38/58	308/403	01:01:57.95
116/183	NELSON, KATIE	281	01:03:01.55	06:18	F2029	+00:27:40	35/48	309/403	01:02:30.35
117/183	ZEHIR, DANA	420	01:03:03.25	06:18	F5059	+00:27:42	18/29	310/403	01:02:41.05
118/183	PAGE, BRENDA	294	01:03:14.40	06:19	F5059	+00:27:53	19/29	311/403	01:03:02.30
119/183	MANUBENS, SUZETTE	244	01:03:24.00	06:20	F4049	+00:28:03	24/41	313/403	01:03:02.25
120/183	BRILLINGER, HEATHER	40	01:03:31.00	06:21	F2029	+00:28:10	36/48	314/403	01:02:56.10
121/183	FEATHERSTONE, KATHARINE	455	01:03:47.60	06:22	F4049	+00:28:26	25/41	315/403	01:03:22.00
122/183	DE PEUTER, NICKI	91	01:03:47.95	06:22	F4049	+00:28:27	26/41	316/403	01:03:25.75
123/183	YANG, JOCELYN	475	01:03:48.10	06:22	F3039	+00:28:27	39/58	317/403	01:03:26.85
124/183	WOODHOUSE, NATHALIE	417	01:03:52.20	06:23	F3039	+00:28:31	40/58	319/403	01:03:31.55
125/183	ROCK, LUCY	340	01:03:58.95	06:23	F4049	+00:28:38	27/41	320/403	01:03:26.25
126/183	HAWKINGS, AMY	159	01:04:02.60	06:24	F2029	+00:28:41	37/48	322/403	01:03:34.30
127/183	FONG, LAURA	125	01:04:05.10	06:24	F2029	+00:28:44	38/48	323/403	01:03:54.60
128/183	AULICINO, ROMINA	4	01:04:08.00	06:24	F4049	+00:28:47	28/41	324/403	01:04:01.15
129/183	KISELL, GINA	205	01:04:14.60	06:25	F2029	+00:28:53	39/48	325/403	01:03:56.90
130/183	BOYES, ANGELA	35	01:04:15.65	06:25	F5059	+00:28:54	20/29	328/403	01:04:06.05
131/183	PHAM, CHI	311	01:04:16.10	06:25	F3039	+00:28:55	41/58	329/403	01:03:49.60
132/183	PHILLIPS, JESSICA	312	01:04:35.40	06:27	F2029	+00:29:14	40/48	331/403	01:04:01.15
133/183	FRASER, CHRISTINA	127	01:04:55.60	06:29	F6069	+00:29:34	4/6	334/403	01:04:50.05
134/183	CONDLY, JACKIE	74	01:05:01.70	06:30	F5059	+00:29:40	21/29	335/403	01:04:36.90
135/183	WHITING, EMMA	410	01:05:08.10	06:30	F3039	+00:29:47	42/58	338/403	01:04:37.70
136/183	SCHMIDT, ERIN	352	01:05:08.30	06:30	F4049	+00:29:47	29/41	339/403	01:04:37.90
137/183	GAMBLE, DEVON	131	01:05:21.35	06:32	F3039	+00:30:00	43/58	341/403	01:05:02.10
138/183	HUOT, PATRICIA	176	01:05:26.55	06:32	F4049	+00:30:05	30/41	342/403	01:05:00.10
139/183	WALKER, NICOLE	400	01:05:27.05	06:32	F3039	+00:30:06	44/58	343/403	01:05:20.35
140/183	PARSONS, RHONDA	304	01:06:02.40	06:36	F4049	+00:30:41	31/41	344/403	01:05:35.05
141/183	TESSIER, MELANIE	382	01:06:28.45	06:38	F3039	+00:31:07	45/58	345/403	01:06:10.75
142/183	LUCAS, KRISTINA	231	01:06:29.50	06:38	F4049	+00:31:08	32/41	347/403	01:06:07.60
143/183	LANG, SYLVIE	216	01:06:41.70	06:40	F3039	+00:31:20	46/58	350/403	01:06:12.30
144/183	BLOXHAM, HEATHER	27	01:06:42.15	06:40	F3039	+00:31:21	47/58	351/403	01:06:12.55
145/183	MOUNTFORD, NIKKI	276	01:06:48.10	06:40	F4049	+00:31:27	33/41	352/403	01:06:14.00
146/183	LAING, DEBBIE	214	01:06:51.70	06:41	F5059	+00:31:30	22/29	353/403	01:06:26.20
147/183	FOLDESSY, CLAUDIA	124	01:06:54.40	06:41	F5059	+00:31:33	23/29	354/403	01:06:30.60
148/183	GUREVITCH, ALLISON	151	01:06:56.85	06:41	F3039	+00:31:35	48/58	355/403	01:06:34.65
149/183	MOSKAL, DANIELLE	274	01:07:17.95	06:43	F2029	+00:31:57	41/48	356/403	01:06:33.35
150/183	DICKINSON, MICHELLE	97	01:07:48.85	06:46	F3039	+00:32:27	49/58	357/403	01:07:31.75
151/183	HUGHES, SARAH	175	01:08:43.35	06:52	F3039	+00:33:22	50/58	359/403	01:08:19.70
152/183	BRADLEY, KATE	36	01:08:46.55	06:52	F2029	+00:33:25	42/48	360/403	01:08:09.70
153/183	DUBORD, CAROLYN	103	01:09:00.90	06:54	F4049	+00:33:40	34/41	361/403	01:08:40.85
154/183	HOLDIS, KRISTY	428	01:09:10.15	06:55	F3039	+00:33:49	51/58	362/403	01:08:28.35
155/183	FLYNN, SHANNON	123	01:09:10.15	06:55	F3039	+00:33:49	52/58	363/403	01:08:28.40
156/183	BIETZ, JOCELYN	25	01:09:10.20	06:55	F3039	+00:33:49	53/58	364/403	01:08:28.45
157/183	ROY-HANKINSON, SHEILA	345	01:09:10.90	06:55	F5059	+00:33:50	24/29	365/403	01:08:36.15
158/183	FARRIS, MARG	119	01:09:11.00	06:55	F5059	+00:33:50	25/29	366/403	01:08:45.30
159/183	IRONSIDE, CHARMAINE	182	01:09:39.15	06:57	F2029	+00:34:18	43/48	367/403	01:09:20.20

OA = Placing Overall

Place = Category Placing

Gender Offset = Time from Gender Winning time

hh:mm:ss

Overall Gender Results

10K - 6.21 Miles

Female

183 Competitors

Place	Name	Bib#	Time	Pace	Div	Gen Offset	Cat	O/A	Chip Time
160/183	TKACHUK, SHANNON	388	01:10:00.05	07:00	F0119	+00:34:39	1/1	369/403	01:09:30.45
161/183	FREY, PAM	128	01:10:03.80	07:00	F5059	+00:34:42	26/29	370/403	01:09:29.10
162/183	CSIKOS, JULIE	77	01:10:09.30	07:00	F2029	+00:34:48	44/48	371/403	01:09:43.95
163/183	GRAY, CHERI	147	01:10:10.70	07:01	F4049	+00:34:49	35/41	372/403	01:09:47.90
164/183	TAWIAH, ROSANNA	379	01:10:28.90	07:02	F3039	+00:35:08	54/58	375/403	01:09:44.80
165/183	TKACHUK, COLLEEN	386	01:10:36.85	07:03	F4049	+00:35:15	36/41	377/403	01:10:08.70
166/183	HA, SONG	152	01:10:51.20	07:05	F2029	+00:35:30	45/48	380/403	01:10:20.35
167/183	BANNISTER, ALLIE	9	01:10:52.90	07:05	F4049	+00:35:32	37/41	381/403	01:10:33.05
168/183	CHENG, JESSICA	61	01:11:37.00	07:09	F2029	+00:36:16	46/48	383/403	01:11:09.00
169/183	ROWELL, MEGAN	344	01:12:39.00	07:15	F2029	+00:37:18	47/48	384/403	01:12:12.40
170/183	NOONAN, WENDY	284	01:13:41.20	07:22	F6069	+00:38:20	5/6	386/403	01:13:03.80
171/183	RINGUETTE, BRANDEE	336	01:13:45.25	07:22	F3039	+00:38:24	55/58	387/403	01:13:07.05
172/183	HUTCHINSON, JANET	177	01:14:05.45	07:24	F5059	+00:38:44	27/29	388/403	01:13:28.15
173/183	B., CHERYL	5	01:14:26.60	07:26	F4049	+00:39:05	38/41	389/403	01:14:07.35
174/183	RUNDLE, KATHLEEN	346	01:15:42.10	07:34	F3039	+00:40:21	56/58	392/403	01:15:07.80
175/183	CHENG, WENDY	62	01:16:17.80	07:37	F5059	+00:40:56	28/29	393/403	01:15:45.50
176/183	WISNIEWSKI, AMANDA	414	01:16:19.10	07:37	F4049	+00:40:58	39/41	394/403	01:15:45.80
177/183	GARSTAD, TINA	133	01:16:31.40	07:39	F4049	+00:41:10	40/41	395/403	01:16:11.35
178/183	CHAPPLE, LACY	425	01:16:56.55	07:41	F2029	+00:41:35	48/48	396/403	01:16:44.90
179/183	RATHJE, KELLY	328	01:17:33.50	07:45	F4049	+00:42:12	41/41	398/403	01:17:08.90
180/183	PETERS, LEIGH	449	01:22:18.15	08:13	F3039	+00:46:57	57/58	399/403	01:22:02.75
181/183	MILLER, KAREN	267	01:26:46.80	08:40	F3039	+00:51:25	58/58	400/403	01:26:28.50
182/183	LAQUA, HELEN	218	01:37:57.75	09:47	F6069	+01:02:36	6/6	402/403	01:37:23.35
183/183	HOPKINS, DAWN	172	01:55:41.15	11:34	F5059	+01:20:20	29/29	403/403	01:55:15.95

OA = Placing Overall

Place = Category Placing

Gender Offset = Time from Gender Winning time

hh:mm:ss

Overall Gender Results

10K - 6.21 Miles

Male

220 Competitors

Place	Name	Bib#	Time	Pace	Div	Gen Offset	Cat	O/A	Chip Time
1/220	BICKLEY, BRAD	24	00:34:26.50	03:26	M2029	+00:00:00	1/30	1/403	00:34:26.20
2/220	MARSDEN, DUNCAN	245	00:34:37.65	03:27	M4049	+00:00:11	1/65	2/403	00:34:37.25
3/220	ONSARE, BENARD	471	00:34:50.75	03:29	M3039	+00:00:24	1/63	3/403	00:34:50.70
4/220	JENSEN, SCOTT	188	00:35:14.15	03:31	M4049	+00:00:47	2/65	4/403	00:35:13.25
5/220	HOPFNER, GEOFF	171	00:35:22.30	03:32	M3039	+00:00:55	2/63	6/403	00:35:21.85
6/220	BELL, DARCY	466	00:35:31.85	03:33	M3039	+00:01:05	3/63	7/403	00:35:31.50
7/220	QUICK, MICHAEL	325	00:35:33.10	03:33	M0119	+00:01:06	1/7	8/403	00:35:31.80
8/220	PENNY, BLAINE	446	00:35:48.20	03:34	M3039	+00:01:21	4/63	9/403	00:35:47.85
9/220	CUMMINGS, TRAVIS	78	00:36:57.40	03:41	M2029	+00:02:30	2/30	10/403	00:36:57.10
10/220	MCBETH, MICHAEL	469	00:38:10.10	03:49	M5059	+00:03:43	1/38	11/403	00:38:08.55
11/220	BAMBURY, DON	8	00:38:16.05	03:49	M5059	+00:03:49	2/38	12/403	00:38:13.70
12/220	JANUSC, TRISTAN	186	00:38:17.70	03:49	M3039	+00:03:51	5/63	13/403	00:38:15.95
13/220	THORKELSON, DONOVAN	383	00:38:33.50	03:51	M3039	+00:04:07	6/63	14/403	00:38:31.45
14/220	HOGAN, MARK	169	00:38:44.55	03:52	M3039	+00:04:18	7/63	15/403	00:38:42.15
15/220	TABELEV, OLEG	378	00:39:13.90	03:55	M4049	+00:04:47	3/65	17/403	00:39:11.95
16/220	LINDLAND, KEVIN	228	00:39:19.70	03:55	M4049	+00:04:53	4/65	18/403	00:39:19.35
17/220	REID, SCOTT	334	00:39:27.45	03:56	M2029	+00:05:00	3/30	19/403	00:39:26.20
18/220	DWYER, MARK	110	00:39:32.15	03:57	M3039	+00:05:05	8/63	20/403	00:39:30.90
19/220	BOURGEAULT, PAUL	33	00:39:40.15	03:58	M4049	+00:05:13	5/65	21/403	00:39:38.70
20/220	ARENDS, CURTIS	442	00:39:43.15	03:58	M2029	+00:05:16	4/30	22/403	00:39:42.75
21/220	DOUGLAS, LEE	443	00:39:45.65	03:58	M4049	+00:05:19	6/65	23/403	00:39:45.55
22/220	O'NEILL, EAMONN	463	00:39:50.85	03:59	M2029	+00:05:24	5/30	24/403	00:39:43.10
23/220	FALKE, GUNNAR	118	00:40:05.50	04:00	M3039	+00:05:39	9/63	25/403	00:40:05.30
24/220	DYMENT, GEOFF	111	00:40:07.60	04:00	M3039	+00:05:41	10/63	26/403	00:40:06.05
25/220	DUFFY, MIKE	468	00:40:12.30	04:01	M4049	+00:05:45	7/65	27/403	00:40:02.35
26/220	MOTT, ROB	275	00:40:23.65	04:02	M4049	+00:05:57	8/65	28/403	00:40:20.65
27/220	WHYTE, ALEX	433	00:40:28.95	04:02	M2029	+00:06:02	6/30	29/403	00:40:26.60
28/220	KWOK, EAGLE	212	00:40:30.00	04:03	M4049	+00:06:03	9/65	30/403	00:40:27.35
29/220	INMAN, KEITH	429	00:40:32.55	04:03	M3039	+00:06:06	11/63	31/403	00:40:32.40
30/220	DARCY, NOEL	85	00:40:39.30	04:03	M2029	+00:06:12	7/30	32/403	00:40:37.75
31/220	SAUNDERS, STEVE	350	00:40:42.50	04:04	M4049	+00:06:16	10/65	33/403	00:40:40.40
32/220	MALCOLM, TODD	240	00:41:01.45	04:06	M4049	+00:06:34	11/65	35/403	00:40:59.85
33/220	GEE, DON	460	00:41:50.15	04:11	M4049	+00:07:23	12/65	36/403	00:41:48.10
34/220	HOUSTON, CHAD	173	00:41:51.70	04:11	M3039	+00:07:25	12/63	37/403	00:41:44.40
35/220	BRUCH, PHIL	43	00:42:05.45	04:12	M5059	+00:07:38	3/38	39/403	00:42:01.15
36/220	MOORE, ADRIAN	271	00:42:31.95	04:15	M4049	+00:08:05	13/65	40/403	00:42:30.05
37/220	MEAGHER, CONNOR	259	00:42:50.30	04:17	M2029	+00:08:23	8/30	42/403	00:42:42.75
38/220	DOUPOVEC, DANIEL	100	00:42:57.75	04:17	M3039	+00:08:31	13/63	43/403	00:42:53.85
39/220	VANDERVEEN, DWAYNE	437	00:43:11.40	04:19	M3039	+00:08:44	14/63	45/403	00:43:07.55
40/220	GOLDIE, JON	140	00:43:38.55	04:21	M3039	+00:09:12	15/63	49/403	00:43:33.25
41/220	KERNICK, KELLY	200	00:43:46.20	04:22	M4049	+00:09:19	14/65	50/403	00:43:38.60
42/220	LAQUA, GORDON	217	00:43:52.85	04:23	M5059	+00:09:26	4/38	51/403	00:43:49.55
43/220	HERLE, NEIL	163	00:44:03.95	04:24	M4049	+00:09:37	15/65	53/403	00:43:58.25
44/220	STARKEY, ROBERT	370	00:44:06.50	04:24	M2029	+00:09:40	9/30	54/403	00:43:58.45
45/220	CLARK, PATRICK	66	00:44:13.10	04:25	M2029	+00:09:46	10/30	55/403	00:44:08.55
46/220	BAST, GENO	14	00:44:19.85	04:25	M3039	+00:09:53	16/63	56/403	00:43:48.25
47/220	SMIT, THEO	362	00:44:27.95	04:26	M4049	+00:10:01	16/65	58/403	00:44:27.65
48/220	EKELUND, TRAVIS	114	00:44:33.25	04:27	M3039	+00:10:06	17/63	59/403	00:44:26.25
49/220	PRYOR, ROB	323	00:44:39.50	04:27	M4049	+00:10:13	17/65	61/403	00:44:37.30
50/220	HYLAND, DEREK	179	00:44:44.10	04:28	M3039	+00:10:17	18/63	62/403	00:44:14.85
51/220	GIUFFRE, ANTHONY	138	00:44:55.20	04:29	M0119	+00:10:28	2/7	64/403	00:44:50.90
52/220	PARKER, GILES	300	00:45:04.55	04:30	M6069	+00:10:38	1/17	65/403	00:44:57.40
53/220	KNOX, IAN	208	00:45:08.35	04:30	M3039	+00:10:41	19/63	66/403	00:45:04.35

OA = Placing Overall

Place = Category Placing

Overall Gender Results

Gender Offset = Time from Gender Winning time

hh:mm:ss

10K - 6.21 Miles

Male

220 Competitors

Place	Name	Bib#	Time	Pace	Div	Gen Offset	Cat	O/A	Chip Time
54/220	AMAN, IAN	1	00:45:19.40	04:31	M3039	+00:10:52	20/63	67/403	00:45:18.45
55/220	MOHALLY, JOHN	269	00:45:23.40	04:32	M3039	+00:10:56	21/63	68/403	00:45:20.60
56/220	DEFOREST, SHAWN	93	00:45:27.00	04:32	M4049	+00:11:00	18/65	69/403	00:45:22.45
57/220	SPRAGG, RON	457	00:45:27.35	04:32	M4049	+00:11:00	19/65	70/403	00:45:23.85
58/220	SHEIL, NEVIN	356	00:45:34.80	04:33	M4049	+00:11:08	20/65	72/403	00:45:16.90
59/220	MURRAY, TRAVIS	278	00:45:37.35	04:33	M3039	+00:11:10	22/63	73/403	00:45:30.10
60/220	PAQUET, MARC	299	00:45:37.85	04:33	M4049	+00:11:11	21/65	74/403	00:45:29.70
61/220	BAIRD, PHILLIP	7	00:45:44.90	04:34	M3039	+00:11:18	23/63	75/403	00:45:38.55
62/220	MCINNIS, GERARD	253	00:45:47.00	04:34	M5059	+00:11:20	5/38	76/403	00:45:40.65
63/220	WHEELER, ANDREW	409	00:45:49.55	04:34	M3039	+00:11:23	24/63	77/403	00:45:43.20
64/220	DALEBOZIK, NICHOLAS	82	00:46:14.30	04:37	M3039	+00:11:47	25/63	78/403	00:46:03.80
65/220	EVANS, MATTHEW	482	00:46:36.20	04:39	M2029	+00:12:09	11/30	80/403	00:46:29.60
66/220	BEAMAN, DANNY	16	00:46:37.25	04:39	M5059	+00:12:10	6/38	81/403	00:46:22.20
67/220	CHEUNG, PHIL	63	00:46:40.00	04:40	M4049	+00:12:13	22/65	82/403	00:46:34.75
68/220	VALLEE, DAVID	394	00:46:40.40	04:40	M4049	+00:12:13	23/65	83/403	00:46:26.55
69/220	EDWARDS, KEN	113	00:46:55.70	04:41	M4049	+00:12:29	24/65	84/403	00:46:31.75
70/220	HOTCHKISS, JEFFREY	470	00:46:57.00	04:41	M5059	+00:12:30	7/38	85/403	00:46:55.70
71/220	MCKIBBON, CHUCK	298	00:47:01.85	04:42	M4049	+00:12:35	25/65	87/403	00:46:56.95
72/220	COOPER, ALAN	75	00:47:05.65	04:42	M6069	+00:12:39	2/17	88/403	00:46:52.95
73/220	VANGILST, JIM	395	00:47:07.20	04:42	M6069	+00:12:40	3/17	89/403	00:47:01.30
74/220	GREASLEY, JAMES	149	00:47:07.30	04:42	M2029	+00:12:40	12/30	90/403	00:46:59.75
75/220	DAWSON, BOB	88	00:47:09.65	04:42	M4049	+00:12:43	26/65	91/403	00:46:46.80
76/220	GRYZKO, SHANE	150	00:47:15.80	04:43	M2029	+00:12:49	13/30	92/403	00:47:00.95
77/220	DUERKSEN, JOHN	104	00:47:19.90	04:43	M5059	+00:12:53	8/38	94/403	00:47:07.10
78/220	MEUNIER, PATRICK	264	00:47:33.75	04:45	M2029	+00:13:07	14/30	96/403	00:47:15.75
79/220	CANTWELL, MARK	56	00:47:37.95	04:45	M3039	+00:13:11	26/63	97/403	00:47:17.90
80/220	WARD, BRENT	402	00:47:39.95	04:46	M4049	+00:13:13	27/65	98/403	00:47:37.30
81/220	BARKER, DYLAN	424	00:47:41.60	04:46	M3039	+00:13:15	27/63	99/403	00:47:38.40
82/220	WONG, TED	415	00:47:50.95	04:47	M5059	+00:13:24	9/38	100/403	00:47:37.95
83/220	MACKIE, PAT	239	00:47:54.30	04:47	M4049	+00:13:27	28/65	102/403	00:47:38.55
84/220	PATERSON, SHANE	310	00:47:55.65	04:47	M3039	+00:13:29	28/63	104/403	00:47:46.10
85/220	HAWKINGS, JACK	160	00:48:02.40	04:48	M6069	+00:13:35	4/17	106/403	00:47:57.40
86/220	JONES, KIM	193	00:48:03.60	04:48	M4049	+00:13:37	29/65	107/403	00:47:56.50
87/220	DE LUCA, MICHAEL	90	00:48:08.25	04:48	M4049	+00:13:41	30/65	108/403	00:48:03.95
88/220	BERINGER, CHRIS	461	00:48:24.30	04:50	M3039	+00:13:57	29/63	111/403	00:47:52.95
89/220	BURGESS, NEAL	48	00:48:28.45	04:50	M3039	+00:14:01	30/63	112/403	00:48:23.25
90/220	PARSONS, BRUCE	302	00:48:50.40	04:53	M4049	+00:14:23	31/65	114/403	00:48:32.45
91/220	WYATT, DAVID	418	00:48:52.25	04:53	M4049	+00:14:25	32/65	115/403	00:48:29.45
92/220	PEARSON, MATTHEW	305	00:48:55.90	04:53	M3039	+00:14:29	31/63	117/403	00:48:44.75
93/220	COLBERT, GEORGE	71	00:49:01.30	04:54	M3039	+00:14:34	32/63	118/403	00:48:39.55
94/220	STRONG, EVAN	373	00:49:05.65	04:54	M4049	+00:14:39	33/65	119/403	00:49:00.95
95/220	PUSHELBERG, LOUIS	324	00:49:27.20	04:56	M2029	+00:15:00	15/30	120/403	00:49:15.90
96/220	JANSEN, RICHARD	185	00:49:44.35	04:58	M4049	+00:15:17	34/65	124/403	00:49:34.35
97/220	MERRIMAN, JOHN	262	00:49:45.05	04:58	M4049	+00:15:18	35/65	125/403	00:49:33.90
98/220	GARCIA, DENNIS	132	00:50:11.65	05:01	M3039	+00:15:45	33/63	126/403	00:49:35.55
99/220	PENA, LUIS	432	00:50:18.40	05:01	M5059	+00:15:51	10/38	128/403	00:50:09.70
100/220	ROBERTS, NATHAN	447	00:50:23.30	05:02	M4049	+00:15:56	36/65	129/403	00:50:17.80
101/220	CHUDLEIGH, STEPHAN	64	00:50:30.10	05:03	M3039	+00:16:03	34/63	130/403	00:50:14.25
102/220	LAM, ALAN	99	00:50:32.65	05:03	M4049	+00:16:06	37/65	131/403	00:50:30.75
103/220	ALLSOPP, ALEX	483	00:50:40.95	05:04	M0119	+00:16:14	3/7	133/403	00:50:34.55
104/220	MCLEOD, SEAN	435	00:50:48.65	05:04	M3039	+00:16:22	35/63	134/403	00:50:19.05
105/220	O'CONNELL, KEITH	288	00:50:51.05	05:05	M3039	+00:16:24	36/63	135/403	00:50:49.50
106/220	O'MAHONEY, DIARUID	287	00:50:52.65	05:05	M3039	+00:16:26	37/63	136/403	00:50:28.20

OA = Placing Overall

Place = Category Placing

Gender Offset = Time from Gender Winning time

hh:mm:ss

Overall Gender Results

10K - 6.21 Miles

Male

220 Competitors

Place	Name	Bib#	Time	Pace	Div	Gen Offset	Cat	O/A	Chip Time
107/220	DIODATI, KEVIN	98	00:51:01.40	05:06	M3039	+00:16:34	38/63	138/403	00:50:36.60
108/220	RAMSEY, JASON	327	00:51:08.25	05:06	M4049	+00:16:41	38/65	140/403	00:50:52.75
109/220	WARLEY, THOMAS	404	00:51:10.40	05:07	M2029	+00:16:43	16/30	142/403	00:50:54.90
110/220	BASTIAN, JONATHAN	452	00:51:19.40	05:07	M2029	+00:16:52	17/30	144/403	00:50:58.95
111/220	LESLIE, JEFF	226	00:51:29.85	05:08	M4049	+00:17:03	39/65	145/403	00:50:58.65
112/220	SULLIVAN, MARTY	375	00:51:39.60	05:09	M5059	+00:17:13	11/38	147/403	00:51:23.25
113/220	WALKER, BRETT	399	00:51:40.30	05:10	M3039	+00:17:13	39/63	148/403	00:51:33.05
114/220	PEDERSON, DAVE	306	00:51:50.40	05:11	M3039	+00:17:23	40/63	152/403	00:51:45.90
115/220	GANLEY, BRENDAN	427	00:51:50.60	05:11	M5059	+00:17:24	12/38	153/403	00:51:37.35
116/220	SKEITH, RICK	473	00:51:59.75	05:11	M6069	+00:17:33	5/17	155/403	00:51:56.10
117/220	TAPPERT, STEPHAN	451	00:52:07.70	05:12	M4049	+00:17:41	40/65	156/403	00:51:49.00
118/220	CHUI, MICHAEL	456	00:52:13.25	05:13	M3039	+00:17:46	41/63	157/403	00:51:51.75
119/220	YARDLEY, PAUL	381	00:52:15.00	05:13	M4049	+00:17:48	41/65	159/403	00:52:06.00
120/220	LIN, ENOCH	227	00:52:20.50	05:14	M2029	+00:17:54	18/30	161/403	00:52:02.25
121/220	MCINTYRE, PETER	254	00:52:24.95	05:14	M3039	+00:17:58	42/63	164/403	00:51:55.70
122/220	MCLEOD, RICK	256	00:52:27.80	05:14	M5059	+00:18:01	13/38	165/403	00:51:58.30
123/220	KELLI, JORDAN	430	00:52:32.70	05:15	M2029	+00:18:06	19/30	166/403	00:52:00.85
124/220	BICHEL, TYLER	23	00:52:48.00	05:16	M2029	+00:18:21	20/30	167/403	00:52:42.80
125/220	BARHAM, FRED	11	00:53:03.75	05:18	M5059	+00:18:37	14/38	168/403	00:52:51.80
126/220	JOHNSTON, ROB	192	00:53:03.80	05:18	M2029	+00:18:37	21/30	169/403	00:52:32.35
127/220	BOWLING, JEFF	34	00:53:33.65	05:21	M4049	+00:19:07	42/65	173/403	00:53:20.65
128/220	MEAGHER, TIM	260	00:53:48.00	05:22	M5059	+00:19:21	15/38	174/403	00:53:36.45
129/220	GILLS, SEAN	137	00:53:49.45	05:22	M2029	+00:19:22	22/30	175/403	00:53:38.35
130/220	MANN, DON	241	00:53:53.00	05:23	M6069	+00:19:26	6/17	176/403	00:53:39.70
131/220	WACHOWICH, DAVID	467	00:54:03.95	05:24	M5059	+00:19:37	16/38	182/403	00:53:47.90
132/220	SMITH, ADAM	363	00:54:08.30	05:24	M3039	+00:19:41	43/63	184/403	00:53:35.40
133/220	IRELAND, MARK	181	00:54:11.70	05:25	M5059	+00:19:45	17/38	185/403	00:53:57.95
134/220	COLBERT, PETER	426	00:54:16.90	05:25	M2029	+00:19:50	23/30	186/403	00:53:45.35
135/220	OMOBOMIDURO, AKINBO	290	00:54:17.60	05:25	M3039	+00:19:51	44/63	187/403	00:53:50.95
136/220	SMITH, MARK	366	00:54:17.65	05:25	M5059	+00:19:51	18/38	188/403	00:53:54.30
137/220	CLARKE, DAVID	67	00:54:19.95	05:26	M6069	+00:19:53	7/17	191/403	00:53:59.65
138/220	MENDOZA, JOSEPH	261	00:54:25.20	05:26	M4049	+00:19:58	43/65	193/403	00:54:11.15
139/220	WESA, KEVIN	408	00:54:26.45	05:26	M5059	+00:19:59	19/38	195/403	00:54:13.75
140/220	LAVERY, PAUL	220	00:54:32.85	05:27	M4049	+00:20:06	44/65	197/403	00:54:13.50
141/220	GRAY, BRIAN	438	00:54:34.15	05:27	M5059	+00:20:07	20/38	198/403	00:54:28.00
142/220	DA COSTA GOMEZ, FELIX	81	00:54:37.10	05:27	M4049	+00:20:10	45/65	200/403	00:54:27.65
143/220	BASSO, TONY	13	00:54:47.80	05:28	M5059	+00:20:21	21/38	202/403	00:54:34.55
144/220	BOSE, ROBERT	32	00:54:50.50	05:29	M4049	+00:20:24	46/65	203/403	00:54:31.65
145/220	BRIX, BRIAN	41	00:54:55.55	05:29	M3039	+00:20:29	45/63	207/403	00:54:49.45
146/220	MCFADDEN, ALAN	252	00:55:08.80	05:30	M3039	+00:20:42	46/63	209/403	00:54:32.55
147/220	MACKENZIE, ANDREW	237	00:55:15.80	05:31	M2029	+00:20:49	24/30	210/403	00:54:48.50
148/220	CZECHOWSKYJ, TERRY	80	00:55:18.10	05:31	M5059	+00:20:51	22/38	211/403	00:54:58.20
149/220	HARRISON, RYAN	158	00:55:34.85	05:33	M3039	+00:21:08	47/63	214/403	00:55:04.25
150/220	BOHNET, KYLE	31	00:55:42.60	05:34	M2029	+00:21:16	25/30	216/403	00:55:28.15
151/220	PICKERING, PAUL	454	00:55:44.90	05:34	M4049	+00:21:18	47/65	217/403	00:55:19.10
152/220	KUJAWA, THOMAS	210	00:55:55.50	05:35	M5059	+00:21:29	23/38	218/403	00:55:37.60
153/220	PROST, GARY	322	00:55:56.10	05:35	M6069	+00:21:29	8/17	219/403	00:55:44.45
154/220	PALMER, RICK	296	00:55:59.60	05:35	M5059	+00:21:33	24/38	220/403	00:55:47.80
155/220	REDDEKOPP, JAY	330	00:56:00.55	05:36	M5059	+00:21:34	25/38	221/403	00:55:33.70
156/220	PEDROTTI, MATT	307	00:56:05.85	05:36	M2029	+00:21:39	26/30	224/403	00:55:58.65
157/220	PEREZ, RENEE	444	00:56:06.80	05:36	M4049	+00:21:40	48/65	225/403	00:55:52.05
158/220	SMITH, DOUG	364	00:56:08.60	05:36	M5059	+00:21:42	26/38	226/403	00:55:50.05
159/220	HUGHES, DALE	174	00:56:19.25	05:37	M5059	+00:21:52	27/38	229/403	00:56:07.00

OA = Placing Overall

Place = Category Placing

Overall Gender Results

Gender Offset = Time from Gender Winning time

hh:mm:ss

10K - 6.21 Miles

Male

220 Competitors

Place	Name	Bib#	Time	Pace	Div	Gen Offset	Cat	O/A	Chip Time
160/220	PRATT, DOUG	319	00:56:19.50	05:37	M4049	+00:21:53	49/65	230/403	00:56:01.60
161/220	GOMEZ, EDUARDO	141	00:56:24.30	05:38	M3039	+00:21:57	48/63	233/403	00:56:01.65
162/220	MCLELLAN, LOCHLIN	255	00:56:28.50	05:38	M4049	+00:22:02	50/65	235/403	00:56:03.95
163/220	ISAS, LEANDRO	183	00:56:31.00	05:39	M3039	+00:22:04	49/63	236/403	00:56:09.75
164/220	DRAKE, BRIAN	102	00:56:35.70	05:39	M4049	+00:22:09	51/65	237/403	00:56:19.80
165/220	GRAF, KEVIN	142	00:56:38.40	05:39	M4049	+00:22:11	52/65	238/403	00:56:26.75
166/220	AMPOFO-SAVAGE, KWASI	2	00:56:40.60	05:40	M3039	+00:22:14	50/63	239/403	00:55:56.15
167/220	BRYDLE, GRANT	44	00:56:48.70	05:40	M6069	+00:22:22	9/17	241/403	00:56:13.10
168/220	SCHNELL, ROBERT	354	00:57:28.60	05:44	M3039	+00:23:02	51/63	244/403	00:56:57.30
169/220	FORSYTH, LANE	126	00:57:30.35	05:45	M2029	+00:23:03	27/30	246/403	00:57:21.35
170/220	VANOVER, JASE	396	00:57:38.30	05:45	M4049	+00:23:11	53/65	249/403	00:57:18.00
171/220	CALVERO, JUNEER	51	00:57:47.05	05:46	M4049	+00:23:20	54/65	250/403	00:57:31.80
172/220	SMITH, ERNIE	365	00:57:48.20	05:46	M6069	+00:23:21	10/17	252/403	00:57:36.10
173/220	MCDONALD, JOHN	251	00:57:51.25	05:47	M5059	+00:23:24	28/38	253/403	00:57:17.60
174/220	MODARELLI, ANDRES	268	00:57:53.10	05:47	M3039	+00:23:26	52/63	255/403	00:57:43.75
175/220	ROGERS, JASON	342	00:58:04.20	05:48	M4049	+00:23:37	55/65	256/403	00:57:45.90
176/220	ELLIOTT, ALBERT	115	00:58:05.20	05:48	M5059	+00:23:38	29/38	257/403	00:57:56.50
177/220	GRAHAM, DAVID	143	00:58:15.70	05:49	M4049	+00:23:49	56/65	258/403	00:58:05.90
178/220	GRAHAM, TIMOTHY	145	00:58:20.60	05:50	M3039	+00:23:54	53/63	261/403	00:58:10.55
179/220	DUNNE, JAMES	109	00:58:21.35	05:50	M6069	+00:23:54	11/17	262/403	00:58:17.20
180/220	SHUTT, STEVE	358	00:58:23.35	05:50	M6069	+00:23:56	12/17	263/403	00:58:01.60
181/220	BUGAUD, GARY	47	00:58:57.10	05:53	M5059	+00:24:30	30/38	269/403	00:58:45.55
182/220	BURNS, CHUCK	49	00:59:20.80	05:56	M4049	+00:24:54	57/65	274/403	00:59:00.50
183/220	LOWRY, BRUCE	230	00:59:22.85	05:56	M4049	+00:24:56	58/65	275/403	00:59:10.15
184/220	GILLRIE, STEVE	136	00:59:27.60	05:56	M2029	+00:25:01	28/30	280/403	00:59:01.60
185/220	MCCREANOR, JOHN	250	00:59:32.65	05:57	M6069	+00:25:06	13/17	283/403	00:59:11.15
186/220	DALY, LORNE	83	00:59:50.50	05:59	M5059	+00:25:24	31/38	284/403	00:59:50.00
187/220	FUCHS, SHELDON	129	00:59:56.35	05:59	M3039	+00:25:29	54/63	287/403	00:59:45.30
188/220	HNATIUK, ROGER	166	01:00:12.50	06:01	M5059	+00:25:46	32/38	289/403	00:59:27.30
189/220	TRUDEAU, MARC	391	01:00:38.85	06:03	M5059	+00:26:12	33/38	292/403	01:00:29.40
190/220	CHAMBERLAIN, DARRELL	423	01:00:49.40	06:04	M3039	+00:26:22	55/63	294/403	01:00:20.20
191/220	LUBIN, JON	479	01:00:55.40	06:05	M3039	+00:26:28	56/63	295/403	01:00:34.65
192/220	JOHNSON, KEVIN	190	01:01:49.10	06:10	M4049	+00:27:22	59/65	301/403	01:01:35.40
193/220	RENAUD, SYLVAIN	335	01:02:10.65	06:13	M4049	+00:27:44	60/65	305/403	01:01:43.30
194/220	MYLES, ANDREW	279	01:03:22.60	06:20	M3039	+00:28:56	57/63	312/403	01:02:51.90
195/220	ZEHIR, TAYFUN	422	01:03:51.80	06:23	M6069	+00:29:25	14/17	318/403	01:03:29.50
196/220	HAWKINGS, MARK	161	01:04:02.25	06:24	M0119	+00:29:35	4/7	321/403	01:03:33.15
197/220	EDWARDS, JACK	112	01:04:14.85	06:25	M0119	+00:29:48	5/7	326/403	01:03:48.95
198/220	KISELL, TRACY	206	01:04:15.60	06:25	M5059	+00:29:49	34/38	327/403	01:03:58.20
199/220	FITTON, RICHARD	122	01:04:16.55	06:25	M3039	+00:29:50	58/63	330/403	01:03:49.90
200/220	BRESCIA, SHAWN	39	01:04:43.40	06:28	M0119	+00:30:16	6/7	332/403	01:04:32.55
201/220	BRESCIA, DAVE	37	01:04:43.60	06:28	M4049	+00:30:17	61/65	333/403	01:04:32.85
202/220	BEBLOW, VANCE	17	01:05:06.75	06:30	M3039	+00:30:40	59/63	336/403	01:02:57.90
203/220	LAU, PO TO BENEDICT	219	01:05:08.00	06:30	M3039	+00:30:41	60/63	337/403	01:04:40.10
204/220	ORR, ROB	292	01:05:11.05	06:31	M4049	+00:30:44	62/65	340/403	01:04:45.05
205/220	LUCAS, SULLIVAN	232	01:06:29.35	06:38	M0119	+00:32:02	7/7	346/403	01:06:07.55
206/220	HAMILL, TREVOR	154	01:06:31.35	06:39	M6069	+00:32:04	15/17	348/403	01:06:12.40
207/220	MANTAI, DARCY	242	01:06:35.60	06:39	M4049	+00:32:09	63/65	349/403	01:06:02.25
208/220	MCCLELLAN, SHAYNE	248	01:08:42.90	06:52	M3039	+00:34:16	61/63	358/403	01:08:18.10
209/220	RATHJE, MITCH	329	01:09:44.90	06:58	M4049	+00:35:18	64/65	368/403	01:09:19.80
210/220	HAMILTON, CHRIS	155	01:10:13.70	07:01	M2029	+00:35:47	29/30	373/403	01:10:03.10
211/220	NIXON, GORD	283	01:10:16.40	07:01	M5059	+00:35:49	35/38	374/403	01:10:01.65
212/220	CIMINO, DOMENIC	65	01:10:35.20	07:03	M5059	+00:36:08	36/38	376/403	01:10:11.85

OA = Placing Overall

Place = Category Placing

Gender Offset = Time from Gender Winning time

hh:mm:ss

Overall Gender Results

10K - 6.21 Miles

Male

220 Competitors

Place	Name	Bib#	Time	Pace	Div	Gen Offset	Cat	O/A	Chip Time
213/220	TKACHUK, ROBERT	387	01:10:37.10	07:03	M4049	+00:36:10	65/65	378/403	01:10:08.80
214/220	WATSON, ROBERT	405	01:10:41.00	07:04	M5059	+00:36:14	37/38	379/403	01:10:05.75
215/220	LENEHAN, TREVOR	225	01:11:36.95	07:09	M3039	+00:37:10	62/63	382/403	01:11:10.65
216/220	KARIMPOUR, HAMID	195	01:13:31.25	07:21	M3039	+00:39:04	63/63	385/403	01:13:23.70
217/220	BERKOW, JAMESON	21	01:15:27.20	07:32	M2029	+00:41:00	30/30	390/403	01:14:56.30
218/220	DONAHUE, STEPHEN	465	01:15:35.25	07:33	M6069	+00:41:08	16/17	391/403	01:15:08.30
219/220	BATHGATE, DWIGHT	15	01:17:12.65	07:43	M6069	+00:42:46	17/17	397/403	01:16:35.30
220/220	MEYER, RUSSELL	265	01:34:13.95	09:25	M5059	+00:59:47	38/38	401/403	01:33:54.25