

OA = Placing Overall

Place = Category Placing

Gender Offset = Time from Gender Winning time

hh:mm:ss

Overall Gender Results

5K - 3.1 Miles

Female

135 Competitors

Place	Name	Bib#	Time	Pace	Div	Gen Offset	Cat	O/A	Chip Time
1/135	MACARTHUR, SARAH	1711	00:19:59.40	03:59	F2029	+00:00:00	1/31	11/214	00:19:56.20
2/135	SANTEMA, JUSTINE	1719	00:20:28.95	04:05	F0119	+00:00:29	1/10	13/214	00:20:25.90
3/135	JAMIESON, OLIVIA	1598	00:21:05.80	04:13	F0119	+00:01:06	2/10	15/214	00:21:04.75
4/135	HNATYSHYN, ELLA	1712	00:22:09.50	04:25	F0119	+00:02:10	3/10	20/214	00:22:06.15
5/135	OLDRING, RACHEL	1741	00:22:22.25	04:28	F3039	+00:02:22	1/48	22/214	00:22:18.45
6/135	SERPICO, MADI	1759	00:22:27.25	04:29	F2029	+00:02:27	2/31	23/214	00:22:25.90
7/135	HILL, KIM	1591	00:22:34.65	04:30	F3039	+00:02:35	2/48	24/214	00:22:32.45
8/135	MOSIER, SHEENA	1636	00:22:57.35	04:35	F2029	+00:02:57	3/31	27/214	00:22:56.10
9/135	GILLIES, BROOKE	481	00:22:57.55	04:35	F3039	+00:02:58	3/48	28/214	00:22:53.15
10/135	KNIGHT, KIM	1607	00:23:22.40	04:40	F3039	+00:03:23	4/48	30/214	00:23:03.45
11/135	GIGNAC, STEFANIE	1763	00:23:33.00	04:42	F4049	+00:03:33	1/29	31/214	00:23:28.45
12/135	STRAUSS, KARLEEN	1678	00:23:48.25	04:45	F3039	+00:03:48	5/48	33/214	00:23:37.40
13/135	GREGOR, JANINE	1575	00:24:28.95	04:53	F4049	+00:04:29	2/29	36/214	00:24:24.65
14/135	LISSEL, SHELLEY	1724	00:24:52.15	04:58	F3039	+00:04:52	6/48	37/214	00:24:45.60
15/135	COOZE, MICHELLE	1541	00:24:54.40	04:58	F3039	+00:04:55	7/48	39/214	00:24:49.70
16/135	PETTIPAS, BRITTANY	1648	00:25:01.95	05:00	F2029	+00:05:02	4/31	40/214	00:24:55.95
17/135	BROLSMA, JESSICA	1524	00:25:06.50	05:01	F0119	+00:05:07	4/10	41/214	00:25:04.70
18/135	STEININGER, NOLA	1675	00:25:12.55	05:02	F4049	+00:05:13	3/29	42/214	00:25:09.65
19/135	CHIN, KWANLING	1539	00:25:14.40	05:02	F4049	+00:05:15	4/29	44/214	00:25:09.90
20/135	MARKO, ARLENE	1738	00:25:16.70	05:03	F3039	+00:05:17	8/48	45/214	00:25:02.25
21/135	VERWEGEN, EMILY	1690	00:25:35.85	05:07	F2029	+00:05:36	5/31	48/214	00:25:17.35
22/135	GREEN, TANYA	1573	00:26:16.40	05:15	F3039	+00:06:17	9/48	53/214	00:25:59.50
23/135	LATIMER-ARNS, ELLEN	1613	00:26:26.65	05:17	F4049	+00:06:27	5/29	54/214	00:26:21.20
24/135	CARLE, TINA	1532	00:26:27.80	05:17	F3039	+00:06:28	10/48	55/214	00:26:20.50
25/135	LALONDE, LOUISE	1713	00:26:31.85	05:18	F5059	+00:06:32	1/13	56/214	00:26:15.55
26/135	SCHLAUCH, JENNY	1665	00:26:50.50	05:22	F3039	+00:06:51	11/48	59/214	00:26:43.05
27/135	SERPICO, ROSE	1737	00:27:06.35	05:25	F4049	+00:07:06	6/29	60/214	00:26:51.95
28/135	MUELLER, LAURA	1638	00:27:08.95	05:25	F2029	+00:07:09	6/31	61/214	00:26:51.45
29/135	L'ABBE, PAMELA	1616	00:27:30.95	05:30	F2029	+00:07:31	7/31	64/214	00:27:23.50
30/135	REABURN, TARA	1656	00:27:37.85	05:31	F4049	+00:07:38	7/29	67/214	00:27:24.00
31/135	REID, AMANDA	1718	00:27:40.20	05:32	F2029	+00:07:40	8/31	68/214	00:27:35.30
32/135	LOVE, RICHELLE	1736	00:27:55.50	05:35	F3039	+00:07:56	12/48	74/214	00:27:24.35
33/135	FORSYTHE, BRIANNE	1560	00:28:16.30	05:39	F2029	+00:08:16	9/31	79/214	00:28:08.85
34/135	DECKER, RACHEL	92	00:28:23.45	05:40	F2029	+00:08:24	10/31	82/214	00:28:11.00
35/135	COWLING, CATHY	1543	00:28:32.90	05:42	F3039	+00:08:33	13/48	84/214	00:28:23.45
36/135	MARINUCCI, JESSICA	1743	00:28:36.90	05:43	F2029	+00:08:37	11/31	85/214	00:28:31.35
37/135	HALL, DEBORAH	1577	00:28:39.40	05:43	F4049	+00:08:40	8/29	86/214	00:28:23.95
38/135	DENROCHE, ANGELA	1548	00:28:41.15	05:44	F3039	+00:08:41	14/48	87/214	00:28:26.75
39/135	HAN, RACHEL	1721	00:28:46.85	05:45	F2029	+00:08:47	12/31	88/214	00:28:36.25
40/135	HOPKINS, NIKAYLA	1594	00:28:54.95	05:46	F0119	+00:08:55	5/10	89/214	00:28:51.45
41/135	MA, CHRISTINA	1617	00:29:09.15	05:49	F3039	+00:09:09	15/48	90/214	00:28:56.50
42/135	MCCARTHY, KAREN	1624	00:29:14.85	05:50	F3039	+00:09:15	16/48	91/214	00:28:59.85
43/135	HOTCHKISS, ANNIE	1751	00:29:22.25	05:52	F0119	+00:09:22	6/10	92/214	00:29:11.05
44/135	FOX, ERIN	1561	00:29:22.90	05:52	F2029	+00:09:23	13/31	93/214	00:29:18.05
45/135	RIDDELL, JENNIFER	1657	00:29:36.85	05:55	F3039	+00:09:37	17/48	95/214	00:29:18.20
46/135	NADON, ANNA-MARIE	1640	00:29:37.55	05:55	F3039	+00:09:38	18/48	97/214	00:29:30.40
47/135	BROWN, SUSAN	1745	00:29:41.65	05:56	F4049	+00:09:42	9/29	98/214	00:29:37.15
48/135	SEPHTON, SHANNON	1668	00:29:44.55	05:56	F3039	+00:09:45	19/48	99/214	00:29:25.30
49/135	BURTON, HOLLY	1526	00:29:53.20	05:58	F4049	+00:09:53	10/29	101/214	00:29:34.70
50/135	MCCLELLAND, CATHERINE	1625	00:29:57.15	05:59	F5059	+00:09:57	2/13	102/214	00:29:53.05
51/135	SPROULE, JEN	1725	00:29:59.55	05:59	F3039	+00:10:00	20/48	103/214	00:29:47.05
52/135	WIGHTON, CHRISTINA	1698	00:30:17.75	06:03	F2029	+00:10:18	14/31	105/214	00:30:12.05
53/135	BAKER, JODI	1507	00:30:25.50	06:05	F3039	+00:10:26	21/48	107/214	00:30:19.20

OA = Placing Overall

Place = Category Placing

Gender Offset = Time from Gender Winning time

hh:mm:ss

Overall Gender Results

5K - 3.1 Miles

Female

135 Competitors

Place	Name	Bib#	Time	Pace	Div	Gen Offset	Cat	O/A	Chip Time
54/135	PELLETIER, LORI	1646	00:30:26.55	06:05	F3039	+00:10:27	22/48	109/214	00:30:06.60
55/135	SPENCER, DANIELLE	1674	00:30:54.05	06:10	F3039	+00:10:54	23/48	110/214	00:30:30.50
56/135	DIGGENS, JENNIFER	1552	00:30:55.20	06:11	F2029	+00:10:55	15/31	112/214	00:30:32.45
57/135	DEERE, JEANETTE	1747	00:31:10.25	06:14	F3039	+00:11:10	24/48	114/214	00:30:51.90
58/135	NEWITT, JODI	1730	00:31:10.45	06:14	F4049	+00:11:11	11/29	115/214	00:30:53.50
59/135	LALONDE-BESTER, JOSEPHINE	1714	00:31:35.70	06:19	F0119	+00:11:36	7/10	118/214	00:31:33.15
60/135	LITTLE, SHANNON	1615	00:31:47.40	06:21	F4049	+00:11:48	12/29	120/214	00:31:25.90
61/135	CHAREST, STEPHANIE	1537	00:32:01.55	06:24	F4049	+00:12:02	13/29	122/214	00:31:49.25
62/135	BOCK, JACLYN	29	00:32:02.95	06:24	F3039	+00:12:03	25/48	123/214	00:31:52.35
63/135	CUTHBERTSON, KYLA	1545	00:32:07.85	06:25	F3039	+00:12:08	26/48	124/214	00:31:48.50
64/135	MOUCK, ANNE	1637	00:32:11.85	06:26	F4049	+00:12:12	14/29	126/214	00:31:51.30
65/135	CHAMBERLAIN, ROBYN	59	00:32:32.80	06:30	F3039	+00:12:33	27/48	128/214	00:32:21.70
66/135	MOORE, TRACIE	1635	00:32:34.50	06:30	F3039	+00:12:35	28/48	129/214	00:32:25.15
67/135	SOWERS, GLADYS	1673	00:32:36.95	06:31	F3039	+00:12:37	29/48	130/214	00:32:22.05
68/135	WOIMA, RACHEL	1704	00:32:37.15	06:31	F0119	+00:12:37	8/10	131/214	00:32:19.65
69/135	BERES, SYDNEY	1510	00:32:41.70	06:32	F0119	+00:12:42	9/10	132/214	00:32:25.45
70/135	JAMIESON, ERIN	1597	00:32:42.45	06:32	F2029	+00:12:43	16/31	133/214	00:32:39.55
71/135	BERES, ANDREA	1509	00:32:43.30	06:32	F4049	+00:12:43	15/29	134/214	00:32:27.00
72/135	KORDI, MAYE	1720	00:32:49.05	06:33	F2029	+00:12:49	17/31	135/214	00:32:34.90
73/135	ZANELLA, KRISTY	1753	00:33:37.70	06:43	F3039	+00:13:38	30/48	137/214	00:33:22.25
74/135	CARLSON, LORI	1752	00:33:37.75	06:43	F3039	+00:13:38	31/48	138/214	00:33:23.20
75/135	TREMBLAY, MALINDA	1684	00:33:48.25	06:45	F2029	+00:13:48	18/31	139/214	00:33:42.90
76/135	VAN DER MEY, DAISY	1685	00:33:48.90	06:45	F5059	+00:13:49	3/13	140/214	00:33:32.90
77/135	NEMETH, TRACEY	1641	00:33:48.90	06:45	F4049	+00:13:49	16/29	141/214	00:33:33.55
78/135	LADARAN, CATHLEEN	1610	00:33:55.20	06:47	F2029	+00:13:55	19/31	143/214	00:33:40.75
79/135	PARKER, ALICIA	1645	00:33:55.20	06:47	F2029	+00:13:55	20/31	144/214	00:33:41.15
80/135	FIRMAN, SARAH	1559	00:33:56.05	06:47	F4049	+00:13:56	17/29	145/214	00:33:42.95
81/135	POWELL, REBECCA	1653	00:33:58.10	06:47	F2029	+00:13:58	21/31	146/214	00:33:38.75
82/135	NIJJAR, PEARL	1642	00:34:09.95	06:49	F3039	+00:14:10	32/48	147/214	00:34:00.10
83/135	SCHIFFKE, KATHRYN	1663	00:34:10.75	06:50	F3039	+00:14:11	33/48	148/214	00:33:53.70
84/135	NOVASAT, ADINA	1586	00:34:56.90	06:59	F4049	+00:14:57	18/29	150/214	00:34:48.40
85/135	MELE, PAMELA	1632	00:34:59.30	06:59	F5059	+00:14:59	4/13	151/214	00:34:46.95
86/135	SANTOS, MONICA	1733	00:35:11.70	07:02	F4049	+00:15:12	19/29	152/214	00:34:54.85
87/135	HALPIN, BETH	1735	00:35:25.75	07:05	F4049	+00:15:26	20/29	153/214	00:35:10.30
88/135	FETHERSTONHAUGH, MELISSA	1734	00:35:25.80	07:05	F4049	+00:15:26	21/29	154/214	00:35:08.10
89/135	HARNOS, AMANDA	1579	00:35:32.95	07:06	F2029	+00:15:33	22/31	157/214	00:21:24.85
90/135	ALLARD, JENINE	1500	00:35:50.30	07:10	F2029	+00:15:50	23/31	158/214	00:35:33.20
91/135	KEMP, JENNIFER	1605	00:36:10.75	07:14	F3039	+00:16:11	34/48	161/214	00:36:07.35
92/135	GILLINGWATER, SUSAN	1566	00:36:15.10	07:15	F4049	+00:16:15	22/29	162/214	00:36:05.05
93/135	WONG, CATHY	1705	00:36:26.75	07:17	F6069	+00:16:27	1/3	165/214	00:36:21.75
94/135	BREEN, HEATHER	1523	00:36:30.00	07:18	F3039	+00:16:30	35/48	166/214	00:35:57.30
95/135	WHITE, MARY MADELINE	1696	00:36:31.65	07:18	F7099	+00:16:32	1/1	167/214	00:36:25.75
96/135	MCASKIE, JESSICA	1623	00:37:21.85	07:28	F2029	+00:17:22	24/31	168/214	00:37:06.75
97/135	CHERNIAK, JUDY	1538	00:37:35.95	07:31	F5059	+00:17:36	5/13	169/214	00:37:21.30
98/135	MYLES, KELSEY	280	00:37:46.25	07:33	F2029	+00:17:46	25/31	170/214	00:37:34.40
99/135	LAVERY, SHONNA	1614	00:37:52.20	07:34	F3039	+00:17:52	36/48	171/214	00:37:39.05
100/135	LARSSON, KAREN	1612	00:37:59.10	07:35	F3039	+00:17:59	37/48	172/214	00:37:45.50
101/135	FERRABY, CAROLYN	1557	00:38:23.20	07:40	F3039	+00:18:23	38/48	175/214	00:38:16.40
102/135	BLACK, MICHELLE	1516	00:38:23.25	07:40	F4049	+00:18:23	23/29	176/214	00:38:17.50
103/135	BLACK, KATHERINE	1515	00:38:23.30	07:40	F3039	+00:18:23	39/48	177/214	00:38:16.60
104/135	ROMARD, ROZIE	1658	00:38:44.40	07:44	F2029	+00:18:45	26/31	178/214	00:24:36.30
105/135	HAMILTON, ELLEN	156	00:38:49.50	07:45	F5059	+00:18:50	6/13	179/214	00:38:39.70
106/135	VERBEEK, LINDA	1689	00:38:52.80	07:46	F4049	+00:18:53	24/29	180/214	00:38:35.40

OA = Placing Overall

Place = Category Placing

Gender Offset = Time from Gender Winning time

hh:mm:ss

Overall Gender Results

5K - 3.1 Miles

Female

135 Competitors

Place	Name	Bib#	Time	Pace	Div	Gen Offset	Cat	O/A	Chip Time
107/135	BERZE, BRYNA	1512	00:39:01.25	07:48	F3039	+00:19:01	40/48	181/214	00:38:39.75
108/135	ELLIS, LORI	1760	00:39:12.50	07:50	F3039	+00:19:13	41/48	182/214	00:38:57.05
109/135	MCINTYRE, KRISTA	1626	00:39:47.95	07:57	F3039	+00:19:48	42/48	184/214	00:39:37.15
110/135	DEIGHAN, MEGAN	1547	00:39:48.25	07:57	F3039	+00:19:48	43/48	185/214	00:39:37.70
111/135	CHARD, ANGELA	1536	00:40:02.90	08:00	F4049	+00:20:03	25/29	186/214	00:39:58.80
112/135	ARTHURS-THOMPSON, ALEXA	1503	00:40:37.60	08:07	F0119	+00:20:38	10/10	187/214	00:40:10.90
113/135	GHAHARI, GOLNAZ	1565	00:40:49.15	08:09	F3039	+00:20:49	44/48	188/214	00:40:42.00
114/135	HAWKINGS, JANET	1583	00:41:10.70	08:14	F5059	+00:21:11	7/13	189/214	00:40:44.00
115/135	COLES, CHERYL	1540	00:41:27.95	08:17	F3039	+00:21:28	45/48	190/214	00:41:25.25
116/135	CARTER, KERRYNN	1534	00:41:42.10	08:20	F4049	+00:21:42	26/29	191/214	00:41:14.05
117/135	ROSS, DEBORAH	1659	00:42:53.15	08:34	F5059	+00:22:53	8/13	193/214	00:42:31.55
118/135	MCDONALD, CHERYL	1749	00:43:39.90	08:43	F5059	+00:23:40	9/13	194/214	00:43:35.60
119/135	WALDREN, FAYE	1692	00:43:54.75	08:46	F4049	+00:23:55	27/29	196/214	00:43:46.25
120/135	GRAVELINE, TERESA	1571	00:44:11.05	08:50	F2029	+00:24:11	27/31	197/214	00:44:04.80
121/135	ROTHZEN, RENEE	1660	00:44:11.40	08:50	F3039	+00:24:12	46/48	198/214	00:44:05.75
122/135	BATEMAN, REBECCA	1723	00:46:30.25	09:18	F2029	+00:26:30	28/31	199/214	00:46:25.25
123/135	MACKIN, BETTY	1620	00:46:50.50	09:22	F5059	+00:26:51	10/13	200/214	00:46:26.00
124/135	BOURGEOIS, HEATHER	1519	00:46:58.50	09:23	F3039	+00:26:59	47/48	201/214	00:46:33.50
125/135	BLAZEVIC, BRIANE	1518	00:49:19.15	09:51	F2029	+00:29:19	29/31	202/214	00:49:05.90
126/135	VAN IDERSTINE, BROOKLYN	1686	00:49:19.25	09:51	F2029	+00:29:19	30/31	203/214	00:49:05.75
127/135	WILLIAMS, MADELINE	1700	00:49:19.50	09:51	F2029	+00:29:20	31/31	204/214	00:49:06.85
128/135	JAMIESON, WILHELMINA	1726	00:50:13.55	10:02	F5059	+00:30:14	11/13	205/214	00:49:41.40
129/135	BOYER, TARA	1520	00:52:36.45	10:31	F4049	+00:32:37	28/29	207/214	00:52:27.80
130/135	SUMMERS, SANDY	1679	00:52:49.70	10:33	F5059	+00:32:50	12/13	208/214	00:52:40.70
131/135	FINGLER, ERIN	1558	00:54:09.40	10:49	F3039	+00:34:10	48/48	210/214	00:53:44.25
132/135	BERRY, MARGERY	1511	00:54:17.90	10:51	F6069	+00:34:18	2/3	211/214	00:53:47.50
133/135	DRUMMOND, MAUREEN	1739	01:05:35.50	13:07	F6069	+00:45:36	3/3	212/214	01:05:08.35
134/135	GODIN, REBECCA	1567	01:05:41.20	13:08	F4049	+00:45:41	29/29	213/214	01:05:14.20
135/135	O'BRIEN, SHELAGH	1644	01:05:41.45	13:08	F5059	+00:45:42	13/13	214/214	01:05:14.50

OA = Placing Overall

Place = Category Placing

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hh:mm:ss

Overall Gender Results

5K - 3.1 Miles

Male

79 Competitors

Place	Name	Bib#	Time	Pace	Div	Gen Offset	Cat	O/A	Chip Time
1/79	JUSTINEN, ROMAN	1602	00:16:40.45	03:20	M0119	+00:00:00	1/9	1/214	00:16:39.15
2/79	WITTIG, LUC	1703	00:16:51.00	03:22	M2029	+00:00:10	1/13	2/214	00:16:50.20
3/79	BRYDEN, JORDAN	1630	00:16:58.35	03:23	M2029	+00:00:17	2/13	3/214	00:16:57.35
4/79	EBELING, KURT	1728	00:17:33.05	03:30	M2029	+00:00:52	3/13	4/214	00:17:32.40
5/79	PEXMAN, JOHN	1649	00:18:21.40	03:40	M0119	+00:01:40	2/9	5/214	00:18:19.85
6/79	ONG, SIMON	1742	00:19:10.45	03:50	M2029	+00:02:30	4/13	6/214	00:19:09.20
7/79	HOPPE, WILLIAM	1595	00:19:22.10	03:52	M2029	+00:02:41	5/13	7/214	00:19:22.00
8/79	EVANS, DOUG	1556	00:19:23.70	03:52	M5059	+00:02:43	1/12	8/214	00:19:22.55
9/79	KING, TODD	1606	00:19:49.75	03:57	M3039	+00:03:09	1/30	9/214	00:19:49.70
10/79	LECRIVDIN, EDWARD	1765	00:19:58.25	03:59	M0119	+00:03:17	3/9	10/214	00:19:55.95
11/79	BRANAGAN, STUART	1746	00:20:07.05	04:01	M3039	+00:03:26	2/30	12/214	00:20:04.30
12/79	CORMIER, RYAN	1542	00:21:02.65	04:12	M2029	+00:04:22	6/13	14/214	00:21:01.35
13/79	WHEELER, BARRY	1750	00:21:12.15	04:14	M5059	+00:04:31	2/12	16/214	00:21:10.40
14/79	GREGOR, CHRIS	1574	00:21:30.15	04:18	M0119	+00:04:49	4/9	17/214	00:21:26.80
15/79	BRUNET, CHRIS	1525	00:21:58.25	04:23	M3039	+00:05:17	3/30	18/214	00:21:55.60
16/79	MACHOWSKI, STEPHEN	1619	00:22:01.40	04:24	M2029	+00:05:20	7/13	19/214	00:22:00.25
17/79	CARRIERE, BRIAN	1533	00:22:15.30	04:27	M2029	+00:05:34	8/13	21/214	00:22:12.60
18/79	HOFER, TREVOR	1593	00:22:49.60	04:33	M3039	+00:06:09	4/30	25/214	00:22:46.40
19/79	GOODMAN, LINDEN	1744	00:22:53.00	04:34	M2029	+00:06:12	9/13	26/214	00:22:48.70
20/79	KARPIAK, DAVID	1603	00:23:03.95	04:36	M5059	+00:06:23	3/12	29/214	00:23:01.30
21/79	LANTHIER, JASON	1762	00:23:47.30	04:45	M4049	+00:07:06	1/12	32/214	00:23:40.30
22/79	MOORE, MATTHEW	1634	00:24:12.40	04:50	M3039	+00:07:31	5/30	34/214	00:24:04.35
23/79	BISHOP, BEN	1513	00:24:23.20	04:52	M3039	+00:07:42	6/30	35/214	00:24:20.80
24/79	BURWASH, ADAM	1527	00:24:53.40	04:58	M3039	+00:08:12	7/30	38/214	00:24:33.95
25/79	NADON, ANDRE	1639	00:25:14.40	05:02	M3039	+00:08:33	8/30	43/214	00:25:07.40
26/79	SWAFFIELD, IAN	1680	00:25:28.45	05:05	M3039	+00:08:48	9/30	46/214	00:25:21.65
27/79	KOLADICH, ANDRE	1609	00:25:30.40	05:06	M3039	+00:08:49	10/30	47/214	00:25:21.35
28/79	REYNOLDS, DARCY	1587	00:25:47.65	05:09	M4049	+00:09:07	2/12	49/214	00:25:39.50
29/79	KELLETT, CHRISTOPHER	1604	00:25:54.90	05:10	M3039	+00:09:14	11/30	50/214	00:25:50.75
30/79	ALLARD, MARC	1501	00:26:15.40	05:15	M3039	+00:09:34	12/30	51/214	00:25:58.95
31/79	GILLIES, CLAY	480	00:26:15.60	05:15	M4049	+00:09:35	3/12	52/214	00:25:41.10
32/79	POSTNEKOFF, TRAVIS	1652	00:26:40.35	05:20	M2029	+00:09:59	10/13	57/214	00:26:29.80
33/79	STRAUSS, DEAN	1676	00:26:42.35	05:20	M3039	+00:10:01	13/30	58/214	00:26:32.35
34/79	SELINGER, STEPHEN	1666	00:27:19.95	05:27	M2029	+00:10:39	11/13	62/214	00:27:00.25
35/79	RUSSELL, DOUGLAS	1661	00:27:25.70	05:29	M3039	+00:10:45	14/30	63/214	00:27:05.90
36/79	MELE, REID	1633	00:27:31.70	05:30	M0119	+00:10:51	5/9	65/214	00:27:30.20
37/79	MELE, BIAGIO	1631	00:27:32.00	05:30	M5059	+00:10:51	4/12	66/214	00:27:30.25
38/79	POLSON, ALEX	1650	00:27:41.50	05:32	M2029	+00:11:01	12/13	69/214	00:27:17.85
39/79	POLSON, RORY	1651	00:27:41.55	05:32	M5059	+00:11:01	5/12	70/214	00:27:16.80
40/79	BARKER, COLLIN	1757	00:27:51.25	05:34	M0119	+00:11:10	6/9	71/214	00:27:48.20
41/79	BARKER, PAUL	1756	00:27:53.55	05:34	M4049	+00:11:13	4/12	72/214	00:27:47.20
42/79	MACDONALD, COLIN	1716	00:27:54.80	05:34	M6069	+00:11:14	1/3	73/214	00:27:51.90
43/79	GREEN, JOEL	1572	00:27:57.00	05:35	M3039	+00:11:16	15/30	75/214	00:27:40.30
44/79	MICHAEL, TREVOR	1766	00:27:57.20	05:35	M4049	+00:11:16	5/12	76/214	00:27:52.05
45/79	SAUNDERS, JACK	1662	00:28:03.50	05:36	M0119	+00:11:23	7/9	77/214	00:28:01.65
46/79	CALLAGHAN, DAVID	1754	00:28:10.15	05:38	M6069	+00:11:29	2/3	78/214	00:28:06.40
47/79	SCHIFFKE, MIKE	1664	00:28:19.95	05:39	M3039	+00:11:39	16/30	80/214	00:28:03.60
48/79	MATHEWS, JEROLD	1622	00:28:21.95	05:40	M3039	+00:11:41	17/30	81/214	00:27:51.70
49/79	JOHNSTONE, ROBB	1600	00:28:27.65	05:41	M5059	+00:11:47	6/12	83/214	00:28:08.05
50/79	STRAUSS, DEREK	1677	00:29:30.30	05:54	M4049	+00:12:49	6/12	94/214	00:29:18.55
51/79	BOYCHUK, BOB	1521	00:29:37.00	05:55	M5059	+00:12:56	7/12	96/214	00:29:17.05
52/79	SEPHTON, SHELDON	1669	00:29:44.55	05:56	M3039	+00:13:04	18/30	100/214	00:29:25.45
53/79	IANNELLI, VINCE	1596	00:30:17.40	06:03	M3039	+00:13:36	19/30	104/214	00:30:03.00

OA = Placing Overall

Place = Category Placing

Gender Offset = Time from Gender Winning time

hh:mm:ss

Overall Gender Results

5K - 3.1 Miles

Male

79 Competitors

Place	Name	Bib#	Time	Pace	Div	Gen Offset	Cat	O/A	Chip Time
54/79	WIGHTON, CALUM	1697	00:30:18.20	06:03	M3039	+00:13:37	20/30	106/214	00:30:12.65
55/79	GRAVEL, MARC	1570	00:30:25.75	06:05	M3039	+00:13:45	21/30	108/214	00:30:19.55
56/79	MASON, STUART	1621	00:30:54.60	06:10	M2029	+00:14:14	13/13	111/214	00:30:31.55
57/79	DEERE, MATTHEW	1748	00:31:01.45	06:12	M0119	+00:14:21	8/9	113/214	00:30:42.50
58/79	NALLY, JUSTIN	1717	00:31:29.60	06:17	M3039	+00:14:49	22/30	116/214	00:31:01.50
59/79	HAYDEN, MICHAEL	1584	00:31:29.60	06:17	M4049	+00:14:49	7/12	117/214	00:31:01.80
60/79	CHAREST, GREGORY	1722	00:31:38.25	06:19	M4049	+00:14:57	8/12	119/214	00:31:25.65
61/79	ROSS, RICHARD	1758	00:31:56.80	06:23	M5059	+00:15:16	8/12	121/214	00:31:35.80
62/79	WINKLER, DYLAN	1702	00:32:07.90	06:25	M3039	+00:15:27	23/30	125/214	00:31:48.55
63/79	MOORE, JOE	1729	00:32:15.00	06:27	M5059	+00:15:34	9/12	127/214	00:31:56.45
64/79	BEITEL, GERRY	1508	00:33:35.30	06:43	M4049	+00:16:54	9/12	136/214	00:33:21.05
65/79	HICKEY, PHILLIP	1590	00:33:50.00	06:46	M3039	+00:17:09	24/30	142/214	00:33:31.15
66/79	VAN MAARION, WRAYNE	1687	00:34:20.10	06:52	M3039	+00:17:39	25/30	149/214	00:33:52.30
67/79	BUTLER, GORDON	1529	00:35:26.90	07:05	M4049	+00:18:46	10/12	155/214	00:34:58.45
68/79	SKELLEY, KEVIN	1670	00:35:32.25	07:06	M4049	+00:18:51	11/12	156/214	00:35:09.40
69/79	TALBOT, TALEN	1681	00:35:59.55	07:11	M0119	+00:19:19	9/9	159/214	00:35:50.20
70/79	DYRGAS, MICHAEL	1555	00:36:05.60	07:13	M3039	+00:19:25	26/30	160/214	00:35:44.05
71/79	KOIZUMI, JAMES	1608	00:36:20.25	07:16	M3039	+00:19:39	27/30	163/214	00:35:54.90
72/79	TAYLOR, JOHN	1682	00:36:25.55	07:17	M3039	+00:19:45	28/30	164/214	00:35:57.80
73/79	PROSSER, TREVOR	1655	00:38:20.75	07:40	M3039	+00:21:40	29/30	173/214	00:37:58.45
74/79	PROSSER, MICHAEL	1654	00:38:21.20	07:40	M5059	+00:21:40	10/12	174/214	00:37:59.05
75/79	GODFRAY, KEN	1761	00:39:12.55	07:50	M4049	+00:22:32	12/12	183/214	00:38:57.10
76/79	WARREN, MATT	1694	00:42:25.65	08:29	M3039	+00:25:45	30/30	192/214	00:41:51.90
77/79	WALDREN, LYLE	1693	00:43:54.70	08:46	M5059	+00:27:14	11/12	195/214	00:43:46.75
78/79	JAMIESON, ANDREW	1727	00:50:13.60	10:02	M5059	+00:33:33	12/12	206/214	00:49:40.45
79/79	NOONAN, RITCHARD	1643	00:53:58.90	10:47	M6069	+00:37:18	3/3	209/214	00:53:35.95