

OA = Placing Overall

Place = Category Placing

Cat Offset = Time from Category Winning time

hh:mm:ss

Category Results

10K - 6.21 Miles
480 Competitors

10KF0119 - 16 Competitors

Place	O/A	Bib #	Name	Div	Time	Pace	Cat Offset	Chiptime
1/16	124/480	507	THOMAS, ELEANOR	F0119	00:49:32.62	04:57	+00:00:00	00:49:16.45
2/16	225/480	302	MCKAY, KERRA	F0119	00:55:59.20	05:35	+00:06:26	00:55:50.61
3/16	240/480	539	LICHTI, KIAH	F0119	00:57:11.44	05:43	+00:07:38	00:56:57.79
4/16	277/480	328	NIVEN, ALLISON	F0119	00:58:44.97	05:52	+00:09:12	00:58:05.13
5/16	279/480	434	WHITE QUILLS, KAITLYN	F0119	00:58:48.20	05:52	+00:09:15	00:58:08.48
6/16	289/480	395	SPRAGG, CURRA	F0119	00:59:19.47	05:55	+00:09:46	00:58:39.45
7/16	290/480	111	BAKER, ABIGAIL	F0119	00:59:22.24	05:56	+00:09:49	00:58:42.11
8/16	294/480	158	CRISANTI, MELISSA	F0119	00:59:30.60	05:57	+00:09:57	00:58:50.30
9/16	429/480	149	CHRAPKO, CHERYL	F0119	01:11:25.87	07:08	+00:21:53	01:10:45.87
10/16	430/480	258	KOT, MADALINE	F0119	01:11:26.13	07:08	+00:21:53	01:10:46.13
11/16	441/480	287	MANLEY, ALEX	F0119	01:12:57.51	07:17	+00:23:24	01:12:18.78
12/16	442/480	403	STEWART, MEREDITH	F0119	01:12:57.90	07:17	+00:23:25	01:12:18.98
13/16	445/480	128	BRIMACOMBE HILL, EMILEE	F0119	01:13:18.51	07:19	+00:23:45	01:12:38.87
14/16	446/480	351	POOLE, MEGAN	F0119	01:13:20.68	07:20	+00:23:48	01:12:40.78
15/16	469/480	529	FULKER, SYDNEY	F0119	01:27:13.70	08:43	+00:37:41	01:27:13.70
16/16	470/480	527	DEVITT, KENNEDY	F0119	01:28:18.44	08:49	+00:38:45	01:27:37.87

10KF2029 - 44 Competitors

Place	O/A	Bib #	Name	Div	Time	Pace	Cat Offset	Chiptime
1/44	13/480	504	STENNING, FAYE	F2029	00:37:51.49	03:47	+00:00:00	00:37:50.99
2/44	20/480	521	BROHART, COURTNEY	F2029	00:38:46.75	03:52	+00:00:55	00:38:45.58
3/44	40/480	212	GILES, LISA	F2029	00:41:35.37	04:09	+00:03:43	00:41:33.11
4/44	42/480	603	MACDONALD, PAULA	F2029	00:41:43.60	04:10	+00:03:52	00:41:41.99
5/44	49/480	576	BHATLA, JENNIFER	F2029	00:42:20.85	04:14	+00:04:29	00:42:17.91
6/44	58/480	353	POTLOG, IRINA	F2029	00:43:24.97	04:20	+00:05:33	00:42:55.80
7/44	66/480	104	AHEARN, KAITLYN	F2029	00:44:37.16	04:27	+00:06:45	00:44:31.56
8/44	67/480	338	PAPP, ELISSA	F2029	00:44:42.34	04:28	+00:06:50	00:44:35.70
9/44	91/480	392	SORGE, DEVON	F2029	00:46:37.09	04:39	+00:08:45	00:46:26.21
10/44	121/480	431	WELLS, TALIA	F2029	00:49:07.11	04:54	+00:11:15	00:48:56.27
11/44	148/480	547	RIESEBERG, ASHLEY	F2029	00:51:22.87	05:08	+00:13:31	00:50:51.17
12/44	154/480	623	TIMS, LESLEY	F2029	00:51:37.88	05:09	+00:13:46	00:51:03.69
13/44	168/480	316	MOORE, LAURA	F2029	00:52:35.13	05:15	+00:14:43	00:52:24.66
14/44	170/480	178	DELMAR, LINDSAY	F2029	00:52:36.56	05:15	+00:14:45	00:52:20.27
15/44	179/480	220	GREENHOUGH, PAIGE	F2029	00:53:04.48	05:18	+00:15:12	00:52:44.73
16/44	183/480	401	STEEVES, CHARLENE	F2029	00:53:32.13	05:21	+00:15:40	00:53:14.25
17/44	189/480	153	CONTENTI, JUSTINA	F2029	00:53:44.98	05:22	+00:15:53	00:53:13.18
18/44	192/480	480	ANTON, KARLEE	F2029	00:53:56.63	05:23	+00:16:05	00:53:49.20
19/44	197/480	197	FERGUSON, HANNAH	F2029	00:54:34.68	05:27	+00:16:43	00:54:16.80
20/44	231/480	1851	MIKITUK, DARA	F2029	00:56:15.19	05:37	+00:18:23	00:56:03.52
21/44	247/480	269	LEWIS, KAYLA	F2029	00:57:26.15	05:44	+00:19:34	00:57:06.02
22/44	259/480	420	TWOMEY, KAYLA	F2029	00:57:52.74	05:47	+00:20:01	00:57:35.98
23/44	275/480	597	KELLY, KATRINA	F2029	00:58:39.10	05:51	+00:20:47	00:58:31.29
24/44	295/480	114	BATHORY, LAUREN	F2029	00:59:31.44	05:57	+00:21:39	00:59:16.23
25/44	297/480	465	FARRIS, MEGAN	F2029	00:59:33.68	05:57	+00:21:42	00:59:08.72
26/44	298/480	416	TORONCHUK, CHARLENE	F2029	00:59:33.99	05:57	+00:21:42	00:59:19.07
27/44	312/480	157	COOPER-KEY, EMMA	F2029	01:00:17.10	06:01	+00:22:25	00:59:31.29
28/44	331/480	207	FRANKE, REBEKKA	F2029	01:02:06.98	06:12	+00:24:15	01:01:36.73
29/44	332/480	121	BORDEN, DANIELLE	F2029	01:02:07.68	06:12	+00:24:16	01:01:44.27
30/44	340/480	376	SAWATZKY, KENNEDY	F2029	01:03:15.30	06:19	+00:25:23	01:01:23.91
31/44	373/480	246	JOHNSTON, ALANNA	F2029	01:05:32.76	06:33	+00:27:41	01:05:04.00
32/44	378/480	402	STEFFENSEN, DANIELLE	F2029	01:05:43.48	06:34	+00:27:51	01:05:29.63
33/44	383/480	578	DUBOURDIEU, ERIN	F2029	01:06:07.70	06:36	+00:28:16	01:05:55.15
34/44	384/480	230	HAY, ALLISON	F2029	01:06:07.97	06:36	+00:28:16	01:05:54.66
35/44	392/480	186	DUERKSEN, HEATHER	F2029	01:06:31.23	06:39	+00:28:39	01:05:48.65
36/44	395/480	432	WETTSTEIN, LAURA	F2029	01:06:41.66	06:40	+00:28:50	01:06:03.97
37/44	399/480	154	COOK, LYNDY	F2029	01:07:14.25	06:43	+00:29:22	01:07:05.56
38/44	408/480	549	SHERWICK, SHELBY	F2029	01:08:27.99	06:50	+00:30:36	01:07:56.29

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Category Results

10K - 6.21 Miles
480 Competitors

10KF2029 - 44 Competitors

Place	O/A	Bib #	Name	Div	Time	Pace	Cat Offset	Chiptime
39/44	417/480	344	PATE, MELISSA	F2029	01:09:54.09	06:59	+00:32:02	01:09:26.78
40/44	419/480	205	FORD, ASYA	F2029	01:10:02.20	07:00	+00:32:10	01:09:31.06
41/44	428/480	319	MORTENSEN, KRISTEN	F2029	01:11:25.47	07:08	+00:33:33	01:11:07.45
42/44	431/480	616	HESSION, RACHEL	F2029	01:11:28.55	07:08	+00:33:37	01:11:11.02
43/44	432/480	649	WHITE, JALEESA	F2029	01:11:28.63	07:08	+00:33:37	01:11:11.63
44/44	444/480	590	SHELLIAN, BREANNE	F2029	01:13:17.21	07:19	+00:35:25	01:12:55.46

10KF3039 - 92 Competitors

Place	O/A	Bib #	Name	Div	Time	Pace	Cat Offset	Chiptime
1/92	28/480	294	MCARTHUR, SUSANNE	F3039	00:40:08.02	04:00	+00:00:00	00:40:06.55
2/92	29/480	447	YOUNG, CAT	F3039	00:40:16.24	04:01	+00:00:08	00:40:15.47
3/92	43/480	262	LANDRY, ANNE MARIE	F3039	00:41:57.31	04:11	+00:01:49	00:41:54.66
4/92	47/480	577	COWIE, CAROL	F3039	00:42:06.68	04:12	+00:01:58	00:42:03.55
5/92	51/480	438	WILD, ADRIANA	F3039	00:42:25.64	04:14	+00:02:17	00:42:23.38
6/92	77/480	624	TYMRICK-PURVIS, DARCIÉ	F3039	00:45:28.38	04:32	+00:05:20	00:45:20.85
7/92	85/480	1850	NEIL, JENNIFER	F3039	00:46:12.00	04:37	+00:06:03	00:46:00.33
8/92	87/480	405	STRUEBY, JILL	F3039	00:46:22.85	04:38	+00:06:14	00:46:17.65
9/92	92/480	602	MACDONALD, MEREDITH	F3039	00:46:44.04	04:40	+00:06:36	00:46:41.89
10/92	99/480	202	FLYNN, SHANNON	F3039	00:47:44.14	04:46	+00:07:36	00:47:32.75
11/92	104/480	132	BURGER, HANNA	F3039	00:48:06.05	04:48	+00:07:58	00:47:56.56
12/92	112/480	144	CARTER, RACHEL	F3039	00:48:32.74	04:51	+00:08:24	00:48:23.18
13/92	119/480	218	GRAY, DONNA	F3039	00:48:56.17	04:53	+00:08:48	00:48:55.00
14/92	128/480	636	SMITH, AIMEE	F3039	00:49:41.70	04:58	+00:09:33	00:49:24.94
15/92	130/480	239	HOLLINGSHEAD, LINDSAY	F3039	00:49:51.44	04:59	+00:09:43	00:49:37.59
16/92	133/480	544	NYE, LINDSAY	F3039	00:50:09.94	05:00	+00:10:01	00:50:05.99
17/92	135/480	415	TOPPING, CHELSEY	F3039	00:50:16.63	05:01	+00:10:08	00:50:05.76
18/92	145/480	428	WARD, SARAH MICHELLE	F3039	00:51:15.47	05:07	+00:11:07	00:50:49.42
19/92	151/480	322	MURTA, VIKTORIA	F3039	00:51:32.44	05:09	+00:11:24	00:51:14.20
20/92	153/480	433	WHITE, CAITLIN	F3039	00:51:35.92	05:09	+00:11:27	00:51:17.28
21/92	159/480	460	CLAGUE, HEATHER	F3039	00:52:02.61	05:12	+00:11:54	00:51:37.85
22/92	171/480	538	LANG, SYLVIE	F3039	00:52:39.71	05:15	+00:12:31	00:52:05.12
23/92	177/480	151	COLE, AMANDA	F3039	00:52:56.16	05:17	+00:12:48	00:52:37.86
24/92	187/480	175	DEAN, GILL	F3039	00:53:39.85	05:21	+00:13:31	00:53:23.79
25/92	193/480	397	SPRUYT, LAURA	F3039	00:54:04.09	05:24	+00:13:56	00:53:45.85
26/92	195/480	193	ERFLE, SHANNON	F3039	00:54:29.62	05:26	+00:14:21	00:54:26.09
27/92	204/480	203	FOLTINEK, MELISSA	F3039	00:54:55.13	05:29	+00:14:47	00:54:36.13
28/92	211/480	530	GARRATT, LINDA	F3039	00:55:04.64	05:30	+00:14:56	00:54:51.39
29/92	212/480	500	ACKERMAN, LINDSEY	F3039	00:55:17.21	05:31	+00:15:09	00:54:30.18
30/92	214/480	216	GRAY, BELINDA	F3039	00:55:18.71	05:31	+00:15:10	00:55:03.50
31/92	217/480	558	SPARKS, LESLEY	F3039	00:55:30.87	05:33	+00:15:22	00:55:21.38
32/92	228/480	122	BORIDY, LORRAINE	F3039	00:56:06.33	05:36	+00:15:58	00:55:56.77
33/92	236/480	531	HAMILTON, BLAIRE	F3039	00:56:46.63	05:40	+00:16:38	00:56:19.14
34/92	237/480	633	LE, WANDA	F3039	00:56:54.05	05:41	+00:16:46	00:56:23.36
35/92	238/480	628	CARRIER-ROBB, DOMINIQUE	F3039	00:56:59.54	05:41	+00:16:51	00:56:50.17
36/92	241/480	189	DUNCOMBE, JENNIFER	F3039	00:57:11.64	05:43	+00:17:03	00:56:48.54
37/92	246/480	1849	MCDONALD, CARLA	F3039	00:57:26.02	05:44	+00:17:18	00:57:13.61
38/92	255/480	591	THERRIEN, MOLLY	F3039	00:57:45.59	05:46	+00:17:37	00:57:22.79
39/92	258/480	101	ABBOTT, JENNIFER	F3039	00:57:52.62	05:47	+00:17:44	00:57:37.32
40/92	260/480	275	LINTOTT, CASSANDRA	F3039	00:57:56.20	05:47	+00:17:48	00:57:20.90
41/92	266/480	563	DRYSDALE, CARMEN	F3039	00:58:12.64	05:49	+00:18:04	00:58:00.97
42/92	269/480	242	JACOBS, CHER	F3039	00:58:20.17	05:50	+00:18:12	00:57:57.37
43/92	272/480	478	KIM, ALICE	F3039	00:58:27.30	05:50	+00:18:19	00:57:49.19
44/92	276/480	485	PHILLIPS, JESSICA	F3039	00:58:40.75	05:52	+00:18:32	00:58:06.72
45/92	281/480	183	DRYER, BRENDA	F3039	00:58:59.89	05:53	+00:18:51	00:58:33.88
46/92	284/480	129	BROADHURST, LOUISE	F3039	00:59:06.43	05:54	+00:18:58	00:58:38.57
47/92	288/480	382	SEMENZINI, JENNIFER	F3039	00:59:17.80	05:55	+00:19:09	00:59:00.68
48/92	291/480	225	HANSON, TERI	F3039	00:59:22.70	05:56	+00:19:14	00:58:56.49

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Category Results

10K - 6.21 Miles
480 Competitors

10KF3039 - 92 Competitors

Place	O/A	Bib #	Name	Div	Time	Pace	Cat Offset	Chiptime
49/92	292/480	648	BELL, AMY	F3039	00:59:28.08	05:56	+00:19:20	00:58:58.74
50/92	300/480	255	KLASSEN, KRISTEN	F3039	00:59:35.09	05:57	+00:19:27	00:59:09.64
51/92	303/480	511	VO, FRANCINE	F3039	00:59:42.94	05:58	+00:19:34	00:59:05.55
52/92	315/480	535	KOUPAL, IVONA	F3039	01:00:41.48	06:04	+00:20:33	01:00:07.82
53/92	318/480	642	HOBDAV, KATIE	F3039	01:00:58.92	06:05	+00:20:50	01:00:22.31
54/92	320/480	200	FITZGERALD, STEPHANIE	F3039	01:01:17.26	06:07	+00:21:09	01:00:47.61
55/92	326/480	422	VAIVADA, RACHELLE	F3039	01:01:36.92	06:09	+00:21:28	01:01:06.01
56/92	329/480	283	MACLEOD, SHELLY	F3039	01:01:57.31	06:11	+00:21:49	01:01:28.19
57/92	344/480	292	MASTERMAN, JENNIFER	F3039	01:03:19.55	06:19	+00:23:11	01:02:41.32
58/92	347/480	582	KETCHEN, COURTNEY	F3039	01:03:24.35	06:20	+00:23:16	01:03:02.26
59/92	350/480	301	MCINTYRE, DIANE	F3039	01:03:51.34	06:23	+00:23:43	01:03:07.80
60/92	351/480	522	CAIE, SHARI	F3039	01:03:56.98	06:23	+00:23:48	01:03:10.51
61/92	352/480	515	WOODWARD, SHANNON	F3039	01:03:57.58	06:23	+00:23:49	01:00:47.52
62/92	353/480	641	PERREAULT, JENNIFER	F3039	01:04:11.35	06:25	+00:24:03	01:03:41.21
63/92	355/480	211	GERDEL, NANCY	F3039	01:04:36.71	06:27	+00:24:28	01:04:13.02
64/92	362/480	314	MITRAN, STEFANIA	F3039	01:04:56.61	06:29	+00:24:48	01:04:22.20
65/92	364/480	103	AGNEW, JULIE-ANNE	F3039	01:05:01.57	06:30	+00:24:53	01:04:35.56
66/92	365/480	306	MCMANUS, LAUREN	F3039	01:05:02.07	06:30	+00:24:54	01:04:42.01
67/92	372/480	168	DAVID, JACKIE	F3039	01:05:20.72	06:32	+00:25:12	01:04:33.53
68/92	374/480	435	WICKHAM, MICHELLE	F3039	01:05:32.83	06:33	+00:25:24	01:05:03.59
69/92	375/480	261	LAHD, CRYSTAL	F3039	01:05:36.59	06:33	+00:25:28	01:05:08.04
70/92	377/480	461	CLAGUE, TARA	F3039	01:05:43.40	06:34	+00:25:35	01:05:18.44
71/92	381/480	226	HARSHAN, PRUTHVI	F3039	01:05:57.92	06:35	+00:25:49	01:05:32.77
72/92	386/480	517	YOO, SARAH	F3039	01:06:21.98	06:38	+00:26:13	01:05:43.35
73/92	394/480	427	WALDEN, ASHLYN	F3039	01:06:39.67	06:39	+00:26:31	01:06:02.04
74/92	405/480	374	RUNDLE, KATHLEEN	F3039	01:07:31.39	06:45	+00:27:23	01:06:57.65
75/92	409/480	493	OWENS, SHEENA	F3039	01:08:31.59	06:51	+00:28:23	01:07:44.54
76/92	411/480	164	CURTIS, CHARLOTTE	F3039	01:08:38.48	06:51	+00:28:30	01:07:50.37
77/92	412/480	223	HA, SONG	F3039	01:08:58.56	06:53	+00:28:50	01:08:10.01
78/92	415/480	141	CARRIERE, RANDI	F3039	01:09:38.44	06:57	+00:29:30	01:09:20.57
79/92	435/480	512	WALL, DAWN	F3039	01:11:43.02	07:10	+00:31:35	01:10:56.83
80/92	436/480	473	HEFFERNAN, KATHERINE	F3039	01:11:44.79	07:10	+00:31:36	01:10:58.86
81/92	437/480	159	CROOK, ELIZABETH	F3039	01:11:50.04	07:11	+00:31:42	01:11:31.12
82/92	438/480	160	CROOK, INGRID	F3039	01:11:50.29	07:11	+00:31:42	01:11:31.37
83/92	443/480	452	ZYDESTOCK, KATERS	F3039	01:13:06.87	07:18	+00:32:58	01:12:23.65
84/92	447/480	394	SPENCER, PAMELA	F3039	01:13:43.74	07:22	+00:33:35	01:12:48.33
85/92	449/480	368	RINALDI, RANDI LYNN	F3039	01:14:46.93	07:28	+00:34:38	01:14:12.91
86/92	450/480	367	RINALDI, JULIE	F3039	01:14:47.29	07:28	+00:34:39	01:14:13.21
87/92	451/480	446	YIP, TIFFINY	F3039	01:14:47.55	07:28	+00:34:39	01:14:12.66
88/92	453/480	611	BLACK, LESLEY	F3039	01:16:09.09	07:36	+00:36:01	01:15:48.25
89/92	459/480	213	GOERLITZ, TARA-LEE	F3039	01:18:04.32	07:48	+00:37:56	01:17:33.21
90/92	461/480	409	TESSIER, MELANIE	F3039	01:18:21.32	07:50	+00:38:13	01:17:47.58
91/92	463/480	548	SCHAFF, LESLIE	F3039	01:19:20.49	07:56	+00:39:12	01:18:52.43
92/92	477/480	545	RAWLYK, KATHY	F3039	01:40:29.37	10:02	+01:00:21	01:40:00.04

10KF4049 - 66 Competitors

Place	O/A	Bib #	Name	Div	Time	Pace	Cat Offset	Chiptime
1/66	32/480	448	YOUNG, KIM	F4049	00:41:10.84	04:07	+00:00:00	00:41:07.09
2/66	53/480	363	REED, DEBBIE	F4049	00:42:36.89	04:15	+00:01:26	00:47:50.69
3/66	61/480	630	FARRELL, HEATHER	F4049	00:43:41.03	04:22	+00:02:30	00:35:46.98
4/66	101/480	524	CHATENAY, HEATHER	F4049	00:47:54.96	04:47	+00:06:44	00:47:51.04
5/66	105/480	277	LYNCH, NANCY	F4049	00:48:08.81	04:48	+00:06:57	00:47:55.50
6/66	109/480	520	ANDERSON, ANGELA	F4049	00:48:23.82	04:50	+00:07:12	00:48:18.74
7/66	115/480	244	JESSEY, MARY	F4049	00:48:41.82	04:52	+00:07:30	00:48:35.74
8/66	116/480	439	WILKINSON, LAURA	F4049	00:48:54.99	04:53	+00:07:44	00:48:39.84
9/66	122/480	266	LAWSON, NATALIE	F4049	00:49:08.74	04:54	+00:07:57	00:48:57.47
10/66	131/480	125	BRESCIA, LAURA	F4049	00:49:52.55	04:59	+00:08:41	00:49:48.33

OA = Placing Overall

Place = Category Placing

Cat Offset = Time from Category Winning time

hh:mm:ss

Category Results

10K - 6.21 Miles

480 Competitors

10KF4049 - 66 Competitors

Place	O/A	Bib #	Name	Div	Time	Pace	Cat Offset	Chiptime
11/66	136/480	606	MOFFATT, DIANE	F4049	00:50:30.09	05:03	+00:09:19	00:50:23.92
12/66	141/480	541	MADSEN, HELEN	F4049	00:50:52.89	05:05	+00:09:42	00:50:49.76
13/66	157/480	470	GOTTSCHLING, MONICA	F4049	00:51:59.66	05:11	+00:10:48	00:51:52.77
14/66	158/480	380	SCHMIDT, JOANNE	F4049	00:52:01.82	05:12	+00:10:50	00:51:43.90
15/66	163/480	510	UKRAINETZ, SANDRA	F4049	00:52:13.36	05:13	+00:11:02	00:52:05.05
16/66	180/480	347	PETERSEN, KELLY	F4049	00:53:17.32	05:19	+00:12:06	00:52:54.82
17/66	186/480	109	ARKLEY, LEAH	F4049	00:53:39.63	05:21	+00:12:28	00:53:23.34
18/66	191/480	463	DORIAN, LISA	F4049	00:53:54.64	05:23	+00:12:43	00:53:49.76
19/66	213/480	209	FREUND, JENNIFER	F4049	00:55:18.06	05:31	+00:14:07	00:55:14.01
20/66	218/480	381	SEMENZIN, DANEEN	F4049	00:55:32.97	05:33	+00:14:22	00:55:16.72
21/66	222/480	518	ALLEN, GINA	F4049	00:55:57.94	05:35	+00:14:47	00:55:49.35
22/66	224/480	1862	GRAHAM, TERESA	F4049	00:55:58.60	05:35	+00:14:47	00:55:49.32
23/66	229/480	279	MACEACHERN, CARLA	F4049	00:56:11.08	05:37	+00:15:00	00:55:54.32
24/66	232/480	441	WILSON, PENNI	F4049	00:56:15.43	05:37	+00:15:04	00:55:53.62
25/66	235/480	583	LEDENE, LANA	F4049	00:56:38.81	05:39	+00:15:27	00:56:16.80
26/66	244/480	503	SLATER, SHAUNA	F4049	00:57:20.41	05:44	+00:16:09	00:56:46.32
27/66	251/480	238	HOCKING, PHILIPPA	F4049	00:57:33.95	05:45	+00:16:23	00:57:18.16
28/66	253/480	390	SMITH, KIMBERLY	F4049	00:57:41.21	05:46	+00:16:30	00:57:27.56
29/66	256/480	138	CAPUTO, CONNIE	F4049	00:57:48.62	05:46	+00:16:37	00:57:12.30
30/66	261/480	456	BERGFELDT, JENNIFER	F4049	00:57:56.44	05:47	+00:16:45	00:57:21.24
31/66	263/480	387	SMILAR, SHERRY	F4049	00:58:07.46	05:48	+00:16:56	00:57:45.15
32/66	278/480	273	LIMA, LIDIA	F4049	00:58:45.51	05:52	+00:17:34	00:58:29.54
33/66	282/480	342	PARK, LUCY	F4049	00:59:04.11	05:54	+00:17:53	00:58:36.33
34/66	286/480	574	PONECH, LEANNE	F4049	00:59:17.01	05:55	+00:18:06	00:58:54.89
35/66	287/480	179	DIBSKI, PAULA	F4049	00:59:17.76	05:55	+00:18:06	00:58:59.87
36/66	302/480	253	KIM, CLARA	F4049	00:59:39.64	05:57	+00:18:28	00:59:09.33
37/66	304/480	516	WORTHINGTON, SHERI	F4049	00:59:44.82	05:58	+00:18:33	00:59:23.66
38/66	306/480	115	BATHORY, TRACY	F4049	00:59:55.49	05:59	+00:18:44	00:59:40.48
39/66	309/480	352	POOLE, VICKI	F4049	00:59:59.80	05:59	+00:18:48	00:59:21.83
40/66	325/480	295	MCCORMICK, DEANNA	F4049	01:01:32.96	06:09	+00:20:22	01:00:59.30
41/66	333/480	361	RATHJE, JILL	F4049	01:02:08.66	06:12	+00:20:57	01:01:48.60
42/66	338/480	124	BRAUNBERGER, DANA	F4049	01:03:12.99	06:19	+00:22:02	01:03:02.00
43/66	339/480	326	NEWMAN, CANDACE	F4049	01:03:13.05	06:19	+00:22:02	01:03:02.12
44/66	346/480	155	COOKE, SHARON	F4049	01:03:20.60	06:20	+00:22:09	01:02:51.78
45/66	356/480	372	ROTHENMUND, SONIA	F4049	01:04:36.83	06:27	+00:23:25	01:04:13.14
46/66	360/480	1858	DECHANT, WANDA	F4049	01:04:55.22	06:29	+00:23:44	01:01:18.89
47/66	366/480	184	DUBORD, CAROLYN	F4049	01:05:05.46	06:30	+00:23:54	01:04:33.52
48/66	367/480	229	HAY, ALLISON	F4049	01:05:06.38	06:30	+00:23:55	01:04:40.75
49/66	368/480	180	DOKTOR, WANDA	F4049	01:05:09.63	06:30	+00:23:58	01:04:41.38
50/66	396/480	201	FITZPATRICK, DENI	F4049	01:06:44.95	06:40	+00:25:34	01:06:09.31
51/66	401/480	142	CARROLL, THERESA	F4049	01:07:27.68	06:44	+00:26:16	01:06:49.05
52/66	406/480	118	BENOIT, CARRIE	F4049	01:08:04.20	06:48	+00:26:53	01:07:17.73
53/66	426/480	182	DOYLE, HEIDI	F4049	01:11:17.44	07:07	+00:30:06	01:10:35.64
54/66	433/480	334	ONISHI-GILCHRIST, ANNA	F4049	01:11:31.53	07:09	+00:30:20	01:10:49.42
55/66	439/480	170	DAVIDSON, TERRA	F4049	01:12:44.92	07:16	+00:31:34	01:12:27.87
56/66	452/480	525	CRANE, VERONICA	F4049	01:15:20.42	07:32	+00:34:09	01:14:57.71
57/66	454/480	580	GREEN, STACEY	F4049	01:16:13.37	07:37	+00:35:02	01:15:29.61
58/66	456/480	468	GARSTAD, TINA	F4049	01:16:49.61	07:40	+00:35:38	01:16:13.41
59/66	457/480	335	OWENS, CLAIRE	F4049	01:16:51.97	07:41	+00:35:41	01:16:14.46
60/66	458/480	254	KING, REGAN	F4049	01:16:52.79	07:41	+00:35:41	01:16:31.49
61/66	466/480	307	MCNAUGHTON, SANDRA	F4049	01:21:29.77	08:08	+00:40:18	01:21:09.13
62/66	467/480	336	OYSTRECK, TERESA	F4049	01:22:00.47	08:12	+00:40:49	01:22:00.47
63/66	468/480	514	WALLACE, JENNIFER	F4049	01:23:01.29	08:18	+00:41:50	01:22:43.97
64/66	473/480	533	KABATOFF, SHEILA	F4049	01:36:54.29	09:41	+00:55:43	01:36:10.23
65/66	478/480	107	ANTONISHYN, JANET	F4049	01:40:30.31	10:03	+00:59:19	01:40:02.82
66/66	480/480	214	GOLD, STACY	F4049	01:40:31.75	10:03	+00:59:20	01:40:02.59

OA = Placing Overall

Place = Category Placing

Cat Offset = Time from Category Winning time

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Category Results

10K - 6.21 Miles

480 Competitors

10KF5059 - 39 Competitors

Place	O/A	Bib #	Name	Div	Time	Pace	Cat Offset	Chiptime
1/39	64/480	481	LAYCOCK, KENDRA	F5059	00:44:23.70	04:26	+00:00:00	00:44:20.35
2/39	137/480	130	BROOKS, SUZANNE	F5059	00:50:36.01	05:03	+00:06:12	00:50:31.56
3/39	152/480	280	MACKAY, SANDRA	F5059	00:51:33.61	05:09	+00:07:09	00:51:13.16
4/39	169/480	177	DELMAR, LESLEY	F5059	00:52:36.06	05:15	+00:08:12	00:52:19.90
5/39	182/480	513	WALL, JOANNE	F5059	00:53:27.01	05:20	+00:09:03	00:53:16.89
6/39	188/480	601	LATIMER, BRENDA	F5059	00:53:42.17	05:22	+00:09:18	00:53:26.68
7/39	194/480	534	KITSON, JUDITH	F5059	00:54:21.12	05:26	+00:09:57	00:54:00.05
8/39	206/480	311	MERRIMAN, MONICA	F5059	00:54:57.29	05:29	+00:10:33	00:54:50.73
9/39	210/480	551	SIMPSON, SUSAN	F5059	00:54:59.72	05:29	+00:10:36	00:54:57.93
10/39	215/480	286	MANITOPYES, CARRIE	F5059	00:55:20.10	05:32	+00:10:56	00:55:08.55
11/39	216/480	536	KUJAWA, LUCIA	F5059	00:55:26.37	05:32	+00:11:02	00:55:14.30
12/39	220/480	288	MANUEL, GAIL	F5059	00:55:46.39	05:34	+00:11:22	00:55:33.90
13/39	226/480	498	RODGER, ANNE	F5059	00:56:03.78	05:36	+00:11:40	00:55:57.61
14/39	227/480	192	ELLIOTT, JUDITH	F5059	00:56:04.56	05:36	+00:11:40	00:55:53.07
15/39	271/480	120	BOHNET, BRENDA	F5059	00:58:24.71	05:50	+00:14:01	00:57:59.75
16/39	280/480	400	STAVELEY, PATRICIA	F5059	00:58:51.98	05:53	+00:14:28	00:58:30.74
17/39	283/480	161	CROWCHILD, PEARL	F5059	00:59:04.79	05:54	+00:14:41	00:58:27.37
18/39	285/480	136	BUTLER-GRETTON, MARY	F5059	00:59:07.98	05:54	+00:14:44	00:58:38.90
19/39	305/480	181	DOLEN, EVELYN	F5059	00:59:49.35	05:58	+00:15:25	00:59:29.99
20/39	314/480	501	SAFRUK, PAM	F5059	01:00:41.48	06:04	+00:16:17	01:00:06.61
21/39	322/480	421	UMPHERVILLE, SANDY	F5059	01:01:25.02	06:08	+00:17:01	01:00:53.25
22/39	334/480	581	HARASYM, PATRICIA	F5059	01:02:17.93	06:13	+00:17:54	01:01:45.91
23/39	336/480	404	STRETCH, BETTI	F5059	01:02:39.34	06:15	+00:18:15	01:02:03.66
24/39	341/480	377	SAWATZKY, LESLIE	F5059	01:03:15.54	06:19	+00:18:51	01:01:23.49
25/39	388/480	267	LEE, CHERYL	F5059	01:06:25.81	06:38	+00:22:02	01:05:52.05
26/39	391/480	187	DUERKSEN, JOCELYNE	F5059	01:06:31.20	06:39	+00:22:07	01:05:48.78
27/39	403/480	325	NEMETH, TRACEY	F5059	01:07:29.69	06:44	+00:23:05	01:07:04.93
28/39	404/480	423	VAN DER MEY, DAISY	F5059	01:07:29.80	06:44	+00:23:06	01:07:05.05
29/39	410/480	147	CHOATE, DEIRDRE	F5059	01:08:32.62	06:51	+00:24:08	01:08:10.69
30/39	418/480	340	PARENT, PAM	F5059	01:10:01.31	07:00	+00:25:37	01:09:44.73
31/39	420/480	620	MOIR, DIANE	F5059	01:10:02.79	07:00	+00:25:39	01:09:30.99
32/39	421/480	221	GRENWICH, DARCY	F5059	01:10:07.28	07:00	+00:25:43	01:09:28.06
33/39	423/480	612	CRAIG, DAWN	F5059	01:10:16.80	07:01	+00:25:53	01:09:41.52
34/39	424/480	454	KOSIK, WILMA	F5059	01:10:19.79	07:01	+00:25:56	01:09:45.67
35/39	425/480	152	COLLIN, JOCELYNE	F5059	01:10:25.97	07:02	+00:26:02	01:09:59.96
36/39	455/480	208	FREEMAN, CATHERINE	F5059	01:16:14.65	07:37	+00:31:50	01:15:40.96
37/39	460/480	464	FARRIS, MARG.	F5059	01:18:18.15	07:49	+00:33:54	01:17:53.40
38/39	472/480	627	AFSETH, EDNA	F5059	01:36:54.11	09:41	+00:52:30	01:36:09.67
39/39	476/480	444	WRAY, HAZEL	F5059	01:38:25.50	09:50	+00:54:01	01:37:40.37

10KF6069 - 4 Competitors

Place	O/A	Bib #	Name	Div	Time	Pace	Cat Offset	Chiptime
1/4	242/480	106	ANDERSON, SUSAN	F6069	00:57:15.36	05:43	+00:00:00	00:56:53.44
2/4	407/480	553	SMITH, LINDA	F6069	01:08:27.46	06:50	+00:11:12	01:07:53.80
3/4	448/480	204	FOLTINEK, SUSAN	F6069	01:14:21.79	07:26	+00:17:06	01:14:02.31
4/4	474/480	562	WRIGHT, RAEHEL	F6069	01:38:09.89	09:48	+00:40:54	01:37:25.63

10KM0119 - 6 Competitors

Place	O/A	Bib #	Name	Div	Time	Pace	Cat Offset	Chiptime
1/6	21/480	281	MACKAY, SCOTT	M0119	00:39:04.06	03:54	+00:00:00	00:39:01.20
2/6	138/480	585	MCKINNON, CHRISTIAN	M0119	00:50:37.13	05:03	+00:11:33	00:50:32.40
3/6	139/480	587	PERALTA, COLE	M0119	00:50:37.71	05:03	+00:11:33	00:50:32.97
4/6	234/480	126	BRESCIA, SHAWN	M0119	00:56:38.70	05:39	+00:17:34	00:56:16.32
5/6	382/480	566	AMAN, CHASE	M0119	01:06:04.85	06:36	+00:27:00	01:05:47.90
6/6	434/480	1864	FREDRICH-DUNNE, BEN	M0119	01:11:35.44	07:09	+00:32:31	01:11:23.04

10KM2029 - 23 Competitors

Place	O/A	Bib #	Name	Div	Time	Pace	Cat Offset	Chiptime
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OA = Placing Overall

Place = Category Placing

Cat Offset = Time from Category Winning time

hh:mm:ss

Category Results

10K - 6.21 Miles
480 Competitors

10KM2029 - 23 Competitors

Place	O/A	Bib #	Name	Div	Time	Pace	Cat Offset	Chiptime
1/23	1/480	271	HOFBAUER, TREVOR	M2029	00:31:28.69	03:08	+00:00:00	00:31:28.19
2/23	2/480	594	BRETT, ALLAN	M2029	00:34:03.55	03:24	+00:02:34	00:34:03.01
3/23	5/480	610	VANDERWOUDE, DARRYL	M2029	00:34:58.25	03:29	+00:03:29	00:34:57.65
4/23	7/480	618	KONDRO, MICHAEL	M2029	00:36:24.19	03:38	+00:04:55	00:36:23.20
5/23	8/480	593	WANG, LIYANG	M2029	00:36:52.76	03:41	+00:05:24	00:36:50.88
6/23	18/480	333	ONG, SIMON	M2029	00:38:37.78	03:51	+00:07:09	00:38:35.99
7/23	19/480	632	HOPPE, WILLIAM	M2029	00:38:43.03	03:52	+00:07:14	00:38:41.94
8/23	34/480	467	FRANTZ, JACKSON	M2029	00:41:17.74	04:07	+00:09:49	00:41:13.04
9/23	75/480	450	ZONDERVAN, NATHAN	M2029	00:45:25.65	04:32	+00:13:56	00:45:20.15
10/23	84/480	194	EVENS, ROSS	M2029	00:46:08.61	04:36	+00:14:39	00:46:02.74
11/23	120/480	626	WALSH, MAC	M2029	00:48:59.84	04:53	+00:17:31	00:48:55.52
12/23	134/480	167	DASTMALCHI, MEHRAN	M2029	00:50:14.73	05:01	+00:18:46	00:50:10.59
13/23	143/480	1857	EISCH, JEREMY	M2029	00:51:00.21	05:06	+00:19:31	00:50:45.59
14/23	165/480	476	HYDE, TRISTAN	M2029	00:52:26.17	05:14	+00:20:57	00:51:59.38
15/23	172/480	426	VERTZ, JOHN	M2029	00:52:42.83	05:16	+00:21:14	00:52:24.81
16/23	173/480	249	KEATING, JOHN	M2029	00:52:43.23	05:16	+00:21:14	00:52:25.32
17/23	175/480	1854	PENFIELD, RICHARD	M2029	00:52:53.27	05:17	+00:21:24	00:52:34.27
18/23	203/480	231	HEALY, RILEY	M2029	00:54:53.45	05:29	+00:23:24	00:54:39.05
19/23	257/480	263	LANGLOIS, PAUL	M2029	00:57:52.36	05:47	+00:26:23	00:57:32.42
20/23	308/480	228	HAWKINGS, MARK	M2029	00:59:56.63	05:59	+00:28:27	00:59:46.37
21/23	321/480	573	O'GORMAN, LIAM	M2029	01:01:18.55	06:07	+00:29:49	01:00:55.54
22/23	400/480	1856	FONG, CURTIS	M2029	01:07:19.95	06:43	+00:35:51	01:06:40.63
23/23	416/480	343	PATE, BRADFORD	M2029	01:09:53.70	06:59	+00:38:25	01:09:26.47

10KM3039 - 80 Competitors

Place	O/A	Bib #	Name	Div	Time	Pace	Cat Offset	Chiptime
1/80	4/480	595	CÔTÉ, PATRICK	M3039	00:34:40.14	03:28	+00:00:00	00:34:39.05
2/80	9/480	608	ROBB, JAIME	M3039	00:36:59.53	03:41	+00:02:19	00:36:58.07
3/80	10/480	622	PROCTOR, DAVE	M3039	00:37:17.07	03:43	+00:02:36	00:37:16.57
4/80	11/480	617	JANUSC, TRISTAN	M3039	00:37:17.21	03:43	+00:02:37	00:37:16.71
5/80	14/480	523	CAMPBELL, DEREK	M3039	00:37:54.99	03:47	+00:03:14	00:37:53.44
6/80	15/480	542	MARTIN, JEAN-LUC	M3039	00:38:06.69	03:48	+00:03:26	00:38:05.09
7/80	16/480	614	DWYER, MARK	M3039	00:38:09.19	03:48	+00:03:29	00:38:08.63
8/80	17/480	490	MURRAY, RYAN	M3039	00:38:22.49	03:50	+00:03:42	00:38:21.12
9/80	26/480	482	LEARMONTH, DAVID	M3039	00:39:56.47	03:59	+00:05:16	00:39:54.14
10/80	30/480	607	MURPHY, MIKE	M3039	00:40:38.10	04:03	+00:05:57	00:40:30.11
11/80	35/480	647	OHLSON, ROB	M3039	00:41:21.88	04:08	+00:06:41	00:41:13.89
12/80	36/480	195	FALKE, GUNNAR	M3039	00:41:26.10	04:08	+00:06:45	00:41:24.22
13/80	39/480	634	MULLEN, GARY	M3039	00:41:33.59	04:09	+00:06:53	00:41:32.12
14/80	41/480	592	VANDERVEEN, DWAYNE	M3039	00:41:40.00	04:10	+00:06:59	00:41:37.42
15/80	45/480	474	HINKS, DARREN	M3039	00:42:02.42	04:12	+00:07:22	00:41:57.62
16/80	46/480	166	DARCY, NOEL	M3039	00:42:05.05	04:12	+00:07:24	00:41:54.16
17/80	48/480	528	DOLL, JUSTIN	M3039	00:42:17.24	04:13	+00:07:37	00:42:15.35
18/80	57/480	349	PLAMONDON, DOMINIC	M3039	00:43:08.48	04:18	+00:08:28	00:43:05.84
19/80	70/480	379	SCHMIDT, DARREN	M3039	00:45:12.03	04:31	+00:10:31	00:45:05.95
20/80	73/480	637	VIERNEZA, MARK	M3039	00:45:16.02	04:31	+00:10:35	00:45:07.46
21/80	79/480	488	MCLEOD, JAMIE	M3039	00:45:33.20	04:33	+00:10:53	00:45:25.93
22/80	80/480	133	BURGESS, NEAL	M3039	00:45:39.44	04:33	+00:10:59	00:45:38.24
23/80	81/480	429	WARK, SCOTT	M3039	00:45:43.65	04:34	+00:11:03	00:45:31.49
24/80	83/480	418	TRESISE, RYAN	M3039	00:45:58.09	04:35	+00:11:17	00:45:50.28
25/80	86/480	285	MAGNAYON, BRYAN	M3039	00:46:19.12	04:37	+00:11:38	00:46:01.79
26/80	93/480	489	MILLER, DAVE	M3039	00:47:04.35	04:42	+00:12:24	00:46:44.41
27/80	94/480	487	MCDONALD, DALLON	M3039	00:47:07.30	04:42	+00:12:27	00:46:52.37
28/80	98/480	621	PATERSON, SHANE	M3039	00:47:41.66	04:46	+00:13:01	00:47:20.92
29/80	100/480	1853	ARMSTRONG, MARK	M3039	00:47:54.09	04:47	+00:13:13	00:47:35.05
30/80	107/480	609	STANG, RYAN	M3039	00:48:20.22	04:50	+00:13:40	00:48:09.75
31/80	111/480	356	PUMBIEN, ANDY	M3039	00:48:31.96	04:51	+00:13:51	00:48:15.20

OA = Placing Overall

Place = Category Placing

Cat Offset = Time from Category Winning time

hh:mm:ss

Category Results

10K - 6.21 Miles
480 Competitors

10KM3039 - 80 Competitors

Place	O/A	Bib #	Name	Div	Time	Pace	Cat Offset	Chiptime
32/80	113/480	143	CARTER, ALLAN	M3039	00:48:32.83	04:51	+00:13:52	00:48:23.94
33/80	114/480	215	GORELIK, ALEX	M3039	00:48:35.53	04:51	+00:13:55	00:48:28.88
34/80	123/480	419	TURNER, RYAN	M3039	00:49:11.19	04:55	+00:14:31	00:48:57.40
35/80	125/480	348	PIERCE, GREG	M3039	00:49:34.74	04:57	+00:14:54	00:49:15.07
36/80	126/480	625	TYMRICK-PURVIS, GERARD	M3039	00:49:35.09	04:57	+00:14:54	00:49:27.36
37/80	142/480	240	HOUSTON, CHAD	M3039	00:50:54.19	05:05	+00:16:14	00:50:12.09
38/80	146/480	646	MCLEAN, MARK	M3039	00:51:17.77	05:07	+00:16:37	00:51:09.28
39/80	147/480	185	DUCEY, MARK	M3039	00:51:21.31	05:08	+00:16:41	00:51:09.42
40/80	150/480	639	WONG, BERNARD	M3039	00:51:29.49	05:08	+00:16:49	00:50:41.47
41/80	155/480	247	JOHNSTON, ROB	M3039	00:51:47.19	05:10	+00:17:07	00:51:13.17
42/80	156/480	268	LESLIE, BEN	M3039	00:51:47.27	05:10	+00:17:07	00:51:20.74
43/80	160/480	1852	TUCKER, PAUL	M3039	00:52:03.07	05:12	+00:17:22	00:51:44.61
44/80	162/480	509	TURNER, CHRIS	M3039	00:52:12.33	05:13	+00:17:32	00:51:58.61
45/80	166/480	492	NICOL, ADAM	M3039	00:52:30.58	05:15	+00:17:50	00:52:16.25
46/80	167/480	557	SPARKS, GRAEME	M3039	00:52:31.86	05:15	+00:17:51	00:52:22.65
47/80	174/480	560	SUTHERLAND, JAMES	M3039	00:52:51.49	05:17	+00:18:11	00:52:23.24
48/80	181/480	615	FRANKLIN, DAN	M3039	00:53:18.14	05:19	+00:18:38	00:52:50.95
49/80	199/480	236	HINTON, THOM	M3039	00:54:43.89	05:28	+00:20:03	00:54:11.35
50/80	208/480	598	KILBURN, EDDIE	M3039	00:54:58.37	05:29	+00:20:18	00:54:40.45
51/80	233/480	110	ARSENAULT, ROB	M3039	00:56:24.49	05:38	+00:21:44	00:56:19.41
52/80	239/480	475	HOY, DAVID	M3039	00:57:10.78	05:43	+00:22:30	00:56:30.65
53/80	243/480	472	HARDCASTLE, MICHAEL	M3039	00:57:17.74	05:43	+00:22:37	00:57:04.43
54/80	252/480	619	MCDONALD, SEAN	M3039	00:57:40.95	05:46	+00:23:00	00:57:20.21
55/80	254/480	116	BAXTER, RYAN	M3039	00:57:42.32	05:46	+00:23:02	00:57:19.33
56/80	265/480	305	MCMANUS, KEN	M3039	00:58:09.10	05:48	+00:23:28	00:57:48.65
57/80	268/480	134	BURYLO, CHRIS	M3039	00:58:18.08	05:49	+00:23:37	00:58:06.99
58/80	270/480	496	QURESHI, AHMER	M3039	00:58:21.29	05:50	+00:23:41	00:57:31.72
59/80	301/480	588	RAVLICH, MATT	M3039	00:59:36.25	05:57	+00:24:56	00:59:32.78
60/80	311/480	543	MOSTAFAVI, VAHID	M3039	01:00:01.06	06:00	+00:25:20	00:59:49.60
61/80	313/480	644	RYGUS, TYLER	M3039	01:00:38.06	06:03	+00:25:57	01:00:07.33
62/80	316/480	540	MACLACHLAN, SEAN	M3039	01:00:42.12	06:04	+00:26:01	01:00:08.46
63/80	327/480	399	STAVELEY, JEREMY	M3039	01:01:40.39	06:10	+00:27:00	01:01:19.49
64/80	335/480	278	MACDONALD, ROB	M3039	01:02:31.81	06:15	+00:27:51	01:01:49.69
65/80	343/480	389	SMITH, ADAM	M3039	01:03:18.31	06:19	+00:28:38	01:02:41.85
66/80	345/480	291	MASTERMAN, DREW	M3039	01:03:20.17	06:20	+00:28:40	01:02:41.50
67/80	349/480	139	CARD, BARRY	M3039	01:03:36.48	06:21	+00:28:56	01:03:05.79
68/80	363/480	571	KUEHLER, ANDREW	M3039	01:04:59.39	06:29	+00:30:19	01:04:31.64
69/80	371/480	332	OBRIGEWITSCH, CAMERON	M3039	01:05:20.55	06:32	+00:30:40	01:04:32.68
70/80	379/480	568	COLBERT, PETER	M3039	01:05:52.76	06:35	+00:31:12	01:05:25.57
71/80	380/480	358	RAMADASS, HARSHAN	M3039	01:05:57.59	06:35	+00:31:17	01:05:31.58
72/80	387/480	483	LEE, PAUL	M3039	01:06:22.94	06:38	+00:31:42	01:05:42.25
73/80	389/480	443	WOODMAN, CHRISTOPHER	M3039	01:06:26.68	06:38	+00:31:46	01:05:54.91
74/80	390/480	373	ROZON, KRISTOPHER	M3039	01:06:27.16	06:38	+00:31:47	01:05:55.43
75/80	393/480	477	KARIMPOUR, HAMID	M3039	01:06:37.88	06:39	+00:31:57	01:06:25.09
76/80	398/480	323	MYLES, ANDREW	M3039	01:07:13.85	06:43	+00:32:33	01:06:41.55
77/80	422/480	222	GRIFFITH, BLAKE	M3039	01:10:07.55	07:00	+00:35:27	01:09:27.97
78/80	427/480	256	KOIZUMI, JAMES	M3039	01:11:19.39	07:07	+00:36:39	01:10:34.95
79/80	462/480	613	DARGIE, ROBERT	M3039	01:18:40.96	07:52	+00:44:00	01:18:12.52
80/80	479/480	354	PRASAD, PETER	M3039	01:40:30.43	10:03	+01:05:50	01:40:01.27

10KM4049 - 56 Competitors

Place	O/A	Bib #	Name	Div	Time	Pace	Cat Offset	Chiptime
1/56	3/480	584	MARSDEN, DUNCAN	M4049	00:34:25.92	03:26	+00:00:00	00:34:25.37
2/56	6/480	640	DRAUDE, JODY	M4049	00:35:04.21	03:30	+00:00:38	00:35:04.01
3/56	12/480	546	REED, JASON	M4049	00:37:50.89	03:47	+00:03:24	00:37:50.12
4/56	22/480	191	DYMENT, GEOFF	M4049	00:39:07.80	03:54	+00:04:41	00:39:05.82
5/56	24/480	260	KWOK, EAGLE	M4049	00:39:40.62	03:58	+00:05:14	00:39:38.56

OA = Placing Overall

Place = Category Placing

Cat Offset = Time from Category Winning time
hh:mm:ss

Category Results

10K - 6.21 Miles
480 Competitors

10KM4049 - 56 Competitors

Place	O/A	Bib #	Name	Div	Time	Pace	Cat Offset	Chiptime
6/56	27/480	556	SPANOS, GEORGE	M4049	00:40:07.05	04:00	+00:05:41	00:40:02.83
7/56	31/480	638	WILSON, PAUL	M4049	00:41:04.57	04:06	+00:06:38	00:40:57.52
8/56	33/480	495	PIETERSMA, IAN	M4049	00:41:17.60	04:07	+00:06:51	00:41:12.86
9/56	37/480	105	AMAN, IAN	M4049	00:41:32.57	04:09	+00:07:06	00:41:30.24
10/56	38/480	575	BEATTIE, SEAN	M4049	00:41:33.27	04:09	+00:07:07	00:41:29.70
11/56	44/480	552	SINEX, BRAD	M4049	00:42:00.98	04:12	+00:07:35	00:41:57.94
12/56	50/480	506	THOMAS, DAVID	M4049	00:42:24.64	04:14	+00:07:58	00:42:20.19
13/56	55/480	174	DEAN, ANDY	M4049	00:42:43.40	04:16	+00:08:17	00:42:41.52
14/56	59/480	629	CWYNAR, DAVE	M4049	00:43:25.01	04:20	+00:08:59	00:43:23.64
15/56	60/480	171	DAVIS, TODD	M4049	00:43:32.54	04:21	+00:09:06	00:43:27.66
16/56	62/480	413	TKACHUK, SCOTT	M4049	00:43:57.04	04:23	+00:09:31	00:43:49.99
17/56	63/480	635	NADEAU, JASON	M4049	00:44:02.21	04:24	+00:09:36	00:43:59.35
18/56	65/480	137	CALVER, SCOTT	M4049	00:44:26.47	04:26	+00:10:00	00:44:23.12
19/56	68/480	233	HEGGE, CHAD	M4049	00:44:54.17	04:29	+00:10:28	00:44:45.00
20/56	69/480	282	MACKIE, PAT	M4049	00:44:54.31	04:29	+00:10:28	00:44:47.08
21/56	74/480	117	BAYLY, KEITH	M4049	00:45:22.78	04:32	+00:10:56	00:45:20.13
22/56	78/480	224	HANLON, PATRICK	M4049	00:45:29.93	04:32	+00:11:04	00:45:23.12
23/56	82/480	384	SHEIL, NEVIN	M4049	00:45:45.33	04:34	+00:11:19	00:45:39.83
24/56	89/480	491	NICHOLAS, STEVE	M4049	00:46:31.59	04:39	+00:12:05	00:46:26.90
25/56	90/480	410	THIESSEN, RON	M4049	00:46:31.69	04:39	+00:12:05	00:45:39.21
26/56	97/480	318	MORIYAMA, EDUARDO	M4049	00:47:40.50	04:46	+00:13:14	00:47:38.23
27/56	103/480	345	PEARSON, MATTHEW	M4049	00:48:01.53	04:48	+00:13:35	00:47:48.45
28/56	108/480	359	RAMSEY, JASON	M4049	00:48:22.00	04:50	+00:13:56	00:48:05.93
29/56	110/480	317	MORATINOS, JESUS	M4049	00:48:28.35	04:50	+00:14:02	00:48:22.37
30/56	118/480	371	ROSETE, ROB	M4049	00:48:55.64	04:53	+00:14:29	00:48:43.69
31/56	127/480	569	HUMENIUK, LANCE	M4049	00:49:35.79	04:57	+00:15:09	00:49:12.92
32/56	149/480	162	CRUZ, OSCAR	M4049	00:51:25.42	05:08	+00:16:59	00:51:11.51
33/56	178/480	243	JANSEN, RICHARD	M4049	00:52:59.82	05:17	+00:18:33	00:52:41.36
34/56	184/480	123	BOULTON, MARK	M4049	00:53:34.25	05:21	+00:19:08	00:53:21.32
35/56	198/480	102	AGNEW, JAMIE	M4049	00:54:39.19	05:27	+00:20:13	00:54:13.18
36/56	200/480	383	SEROOL, TREVOR	M4049	00:54:44.09	05:28	+00:20:18	00:54:37.20
37/56	207/480	1861	GRAHAM, DAVIAD	M4049	00:54:57.53	05:29	+00:20:31	00:54:48.56
38/56	221/480	341	PARK, BRENDAN	M4049	00:55:57.34	05:35	+00:21:31	00:55:28.96
39/56	223/480	494	PETTAPIECE, AARON	M4049	00:55:58.05	05:35	+00:21:32	00:55:37.76
40/56	230/480	350	POOLE, JASON	M4049	00:56:15.16	05:37	+00:21:49	00:55:38.43
41/56	248/480	303	MCKAY, KEVIN	M4049	00:57:29.30	05:44	+00:23:03	00:57:19.63
42/56	249/480	289	MARDESIC, MIKE	M4049	00:57:33.02	05:45	+00:23:07	00:57:14.86
43/56	250/480	357	RADZICHOWSKY, IAN	M4049	00:57:33.78	05:45	+00:23:07	00:57:19.45
44/56	262/480	1859	DECHANT, NELSON	M4049	00:57:56.70	05:47	+00:23:30	00:54:20.43
45/56	293/480	396	SPRAGG, RON	M4049	00:59:29.51	05:56	+00:25:03	00:58:50.29
46/56	319/480	532	HAY, BRAD	M4049	01:00:59.08	06:05	+00:26:33	01:00:24.09
47/56	323/480	479	KOKOTT, RYAN	M4049	01:01:29.91	06:08	+00:27:03	01:00:56.20
48/56	348/480	499	ROMANO, ALBERTO	M4049	01:03:30.38	06:21	+00:29:04	01:03:26.85
49/56	354/480	366	RENAUD, SYLVAIN	M4049	01:04:17.70	06:25	+00:29:51	01:03:47.22
50/56	359/480	272	LIMA, ALEX	M4049	01:04:53.45	06:29	+00:30:27	01:04:39.16
51/56	361/480	339	PARENT, KEVIN	M4049	01:04:56.45	06:29	+00:30:30	01:04:21.92
52/56	369/480	313	MINCHIN, MICHAEL	M4049	01:05:10.07	06:31	+00:30:44	01:05:10.07
53/56	370/480	650	BISHOP, BUZZ	M4049	01:05:19.11	06:31	+00:30:53	01:04:47.43
54/56	402/480	1855	CRONIN, MICHAEL	M4049	01:07:28.27	06:44	+00:33:02	01:06:48.83
55/56	413/480	135	BUTLER, GORDON	M4049	01:09:20.64	06:56	+00:34:54	01:08:55.41
56/56	471/480	526	DEVITT, CHAD	M4049	01:28:18.67	08:49	+00:53:52	01:27:37.86

10KM5059 - 36 Competitors

Place	O/A	Bib #	Name	Div	Time	Pace	Cat Offset	Chiptime
1/36	23/480	486	MCBETH, MICHAEL	M5059	00:39:11.19	03:55	+00:00:00	00:39:08.73
2/36	25/480	408	TABELEV, OLEG	M5059	00:39:43.37	03:58	+00:00:32	00:39:41.82
3/36	52/480	589	RICHARDSON, JERRY	M5059	00:42:31.70	04:15	+00:03:20	00:42:27.56

OA = Placing Overall

Place = Category Placing

Cat Offset = Time from Category Winning time

hh:mm:ss

Category Results

10K - 6.21 Miles
480 Competitors

10KM5059 - 36 Competitors

Place	O/A	Bib #	Name	Div	Time	Pace	Cat Offset	Chiptime
4/36	54/480	605	MCNUTT, TODD	M5059	00:42:38.10	04:15	+00:03:26	00:42:33.58
5/36	56/480	388	SMIT, THEO	M5059	00:42:59.41	04:17	+00:03:48	00:42:58.32
6/36	71/480	264	LAQUA, GORDON	M5059	00:45:15.98	04:31	+00:06:04	00:45:08.13
7/36	72/480	457	BERMUDEZ, JORGE	M5059	00:45:16.01	04:31	+00:06:04	00:45:10.73
8/36	76/480	188	DUERKSEN, JOHN	M5059	00:45:28.38	04:32	+00:06:17	00:45:14.33
9/36	96/480	561	WILHELM, MICHAEL	M5059	00:47:16.51	04:43	+00:08:05	00:47:10.63
10/36	106/480	300	MCINNIS, GERARD	M5059	00:48:16.38	04:49	+00:09:05	00:48:03.13
11/36	129/480	310	MERRIMAN, JOHN	M5059	00:49:42.25	04:58	+00:10:31	00:49:35.11
12/36	132/480	315	MONCRIEFF, SHANNON	M5059	00:50:07.60	05:00	+00:10:56	00:49:53.95
13/36	140/480	112	BARHAM, FRED	M5059	00:50:44.86	05:04	+00:11:33	00:50:31.21
14/36	144/480	165	DALY, LORNE	M5059	00:51:05.29	05:06	+00:11:54	00:51:01.13
15/36	161/480	645	THORNE, JIM	M5059	00:52:03.57	05:12	+00:12:52	00:51:56.10
16/36	185/480	537	KUJAWA, TOM	M5059	00:53:35.30	05:21	+00:14:24	00:53:23.23
17/36	190/480	505	SULLIVAN, MARTY	M5059	00:53:45.25	05:22	+00:14:34	00:53:38.44
18/36	196/480	113	BASSO, TONY	M5059	00:54:29.98	05:26	+00:15:18	00:54:11.96
19/36	201/480	355	PREDHAM, BRUCE	M5059	00:54:46.72	05:28	+00:15:35	00:54:39.29
20/36	202/480	449	ZDRILL, RON	M5059	00:54:49.38	05:28	+00:15:38	00:54:05.40
21/36	209/480	471	HARASYM, MICHAEL	M5059	00:54:59.50	05:29	+00:15:48	00:54:27.00
22/36	219/480	600	KURRANT, DEREK	M5059	00:55:34.33	05:33	+00:16:23	00:55:03.90
23/36	245/480	304	MCLELLAN, LOCHLIN	M5059	00:57:20.99	05:44	+00:18:09	00:52:06.99
24/36	267/480	293	MARTHUR, SCOTT	M5059	00:58:16.55	05:49	+00:19:05	00:57:50.72
25/36	273/480	484	MARCHAND, BRENT	M5059	00:58:33.53	05:51	+00:19:22	00:58:10.05
26/36	274/480	312	MILLER, KURT	M5059	00:58:36.20	05:51	+00:19:25	00:58:16.32
27/36	296/480	298	MCDONALD, JOHN	M5059	00:59:33.20	05:57	+00:20:22	00:58:55.17
28/36	299/480	237	HNATIUK, ROGER	M5059	00:59:34.11	05:57	+00:20:22	00:59:18.43
29/36	310/480	559	SPICE, RON	M5059	00:59:59.87	05:59	+00:20:48	00:59:46.82
30/36	317/480	148	CHOATE, GORDON	M5059	01:00:51.87	06:05	+00:21:40	01:00:41.95
31/36	324/480	296	MCCORMICK, DUNCAN	M5059	01:01:31.80	06:09	+00:22:20	01:00:57.37
32/36	328/480	198	FIELD, STEVE	M5059	01:01:50.54	06:11	+00:22:39	01:01:42.33
33/36	337/480	150	CIMINO, DOMENIC	M5059	01:03:04.47	06:18	+00:23:53	01:02:57.97
34/36	376/480	550	SHURROCK, GEOFF	M5059	01:05:38.34	06:33	+00:26:27	01:05:36.37
35/36	385/480	572	LEVEQUE, PETER	M5059	01:06:15.54	06:37	+00:27:04	01:05:39.70
36/36	475/480	604	MANN, THOMAS	M5059	01:38:25.35	09:50	+00:59:14	01:37:40.12

10KM6069 - 17 Competitors

Place	O/A	Bib #	Name	Div	Time	Pace	Cat Offset	Chiptime
1/17	88/480	156	COOPER, ALAN	M6069	00:46:24.34	04:38	+00:00:00	00:46:13.47
2/17	95/480	232	HECHT, JOHN	M6069	00:47:14.29	04:43	+00:00:49	00:47:10.76
3/17	102/480	599	KORT, CLARENCE	M6069	00:47:58.74	04:47	+00:01:34	00:47:49.13
4/17	117/480	424	VANGILST, JIM	M6069	00:48:55.44	04:53	+00:02:31	00:48:42.86
5/17	164/480	497	RICHY, JEAN-FRANCOIS	M6069	00:52:22.87	05:14	+00:05:58	00:52:03.31
6/17	176/480	502	SINCLAIR, PAUL	M6069	00:52:55.27	05:17	+00:06:30	00:52:44.39
7/17	205/480	554	SMITH, STEVE	M6069	00:54:57.07	05:29	+00:08:32	00:54:23.36
8/17	264/480	567	BRADLEY, JAY	M6069	00:58:08.68	05:48	+00:11:44	00:57:52.79
9/17	307/480	227	HAWKINGS, JACK	M6069	00:59:56.39	05:59	+00:13:32	00:59:46.13
10/17	330/480	190	DUNNE, JAMES	M6069	01:01:59.87	06:11	+00:15:35	01:01:45.01
11/17	342/480	234	HENDERSON, JIM	M6069	01:03:17.37	06:19	+00:16:53	01:02:41.69
12/17	357/480	385	SHUTT, STEVE	M6069	01:04:40.36	06:28	+00:18:16	01:04:14.95
13/17	358/480	297	MCCREANOR, JOHN	M6069	01:04:43.84	06:28	+00:18:19	01:04:19.09
14/17	397/480	398	STAVELEY, IAN	M6069	01:07:11.25	06:43	+00:20:46	01:06:49.36
15/17	414/480	453	RULLER, KEN	M6069	01:09:36.45	06:57	+00:23:12	01:09:21.75
16/17	440/480	440	WILLIAMS, STANLEY	M6069	01:12:55.83	07:17	+00:26:31	01:12:19.22
17/17	464/480	169	DAVID, WAYNE	M6069	01:19:31.57	07:57	+00:33:07	01:18:43.70

10KM7099 - 1 Competitors

Place	O/A	Bib #	Name	Div	Time	Pace	Cat Offset	Chiptime
1/1	465/480	276	LOUIE, WILLIAM	M7099	01:20:20.72	08:02	+00:00:00	01:19:34.44