

Alpha Overall Results

10K - 6.21 Miles

O/A	Name	Bib#	Time	Pace m/m	Category	Cat/PI	Gender	Gen/PI	Chip Time
383/396	AASEN, KIRSTEN	1001	01:17:30.70	12:28	10K30-39F	64/69	F	203/214	01:17:08.30
322/396	ADAMS, FATIN	1400	01:06:19.10	10:40	10K40-49F	38/45	F	155/214	01:05:52.60
363/396	ADAMS, KELLY	1003	01:12:09.35	11:37	10K40-49F	43/45	F	183/214	01:11:43.00
176/396	AIELLO, ROBERT	1005	00:55:21.25	08:54	10K50-59M	14/25	M	114/182	00:54:31.55
35/396	ALINSANGAN, NANCY	1007	00:43:14.10	06:57	10K30-39F	2/69	F	6/214	00:43:08.55
171/396	ALLEN, KRISTAL	1008	00:54:54.35	08:50	10K30-39F	18/69	F	60/214	00:54:37.05
115/396	ANDERSON, BRENT	1372	00:51:18.60	08:15	10K30-39M	31/55	M	82/182	00:51:05.15
94/396	ANDERSON, DARYL	1009	00:50:00.90	08:03	10K40-49M	22/48	M	74/182	00:49:45.25
173/396	APONTE, ADA	1012	00:54:57.75	08:50	10K40-49F	34/48	F	112/182	00:54:45.50
287/396	ARBUTHNOT, LAURA	1013	01:03:13.55	10:10	10K20-29F	44/72	F	133/214	01:02:54.65
44/396	ARGUILE, STUART	1428	00:44:52.35	07:13	10K60+M	1/12	M	37/182	00:44:49.10
230/396	ASHTON, JENNIFER	1445	00:59:05.80	09:30	10K30-39F	34/69	F	95/214	00:58:24.65
196/396	ATAYIU, JAMILLA	1014	00:56:56.50	09:10	10K30-39F	23/69	F	75/214	00:56:49.30
170/396	ATAYIU, MIRIAM	1236	00:54:54.30	08:50	10K20-29F	23/72	F	59/214	00:54:47.05
163/396	AUFFRAY, ROSEMARIE	1015	00:54:27.75	08:46	10K50-59F	2/20	F	53/214	00:54:12.30
121/396	BABINEC, MATT	1016	00:51:48.90	08:20	10K20-29M	18/35	M	88/182	00:51:38.15
221/396	BABINEC, PATRICIA	1017	00:58:27.40	09:24	10K50-59F	7/20	F	89/214	00:58:15.80
85/396	BAGNALL, KEVIN	1018	00:48:57.70	07:52	10K20-29M	14/35	M	70/182	00:48:31.05
37/396	BAIKIE, HILARY	1019	00:43:51.80	07:03	10K30-39F	3/69	F	7/214	00:43:48.80
10/396	BAIN, TREVOR	1373	00:38:21.60	06:10	10K30-39M	4/55	M	10/182	00:38:19.45
327/396	BAKER, HUGH	1020	01:06:43.90	10:44	10K30-39M	54/55	M	171/182	01:05:48.50
216/396	BANDURA, CHRYSTAL	1021	00:57:58.90	09:20	10K30-39F	31/69	F	86/214	00:57:26.10
270/396	BATTERSHILL, JAYME	1022	01:02:07.55	10:00	10K20-29F	40/72	F	122/214	01:01:48.05
92/396	BEETON, CHELSEA	1023	00:49:44.90	08:00	10K20-29F	12/72	F	20/214	00:49:26.95
26/396	BELL, CHRIS	1026	00:41:08.30	06:37	10K40-49M	6/48	M	24/182	00:41:06.30
372/396	BELL, NAOMI	1027	01:14:20.90	11:58	10K20-29F	68/72	F	192/214	01:14:00.35
179/396	BELL, SHEILA	1028	00:55:38.20	08:57	10K40-49F	15/45	F	63/214	00:54:56.55
356/396	BENCSIK, NICK	1426	01:10:44.40	11:23	10K20-29M	35/35	M	179/182	01:09:51.75
90/396	BENJAMIN, ASHILY	1029	00:49:35.60	07:59	10K20-29F	11/72	F	18/214	00:49:32.45
51/396	BENNETT, SHAWN	1030	00:46:02.20	07:24	10K30-39M	18/55	M	42/182	00:45:51.80
27/396	BENZ, LISA	1031	00:41:23.60	06:39	10K20-29F	2/72	F	3/214	00:41:21.80
42/396	BENZ, WAYNE	1032	00:44:30.75	07:09	10K50-59M	3/25	M	35/182	00:44:25.35
122/396	BERKLEY, TROY	1033	00:51:49.25	08:20	10K30-39M	33/55	M	89/182	00:51:37.40
199/396	BIETOLA, KELLY	1374	00:57:12.70	09:12	10K20-29F	28/72	F	77/214	00:57:11.40
206/396	BLACKWELL, TERRA	1034	00:57:29.65	09:15	10K30-39F	28/69	F	82/214	00:56:30.35
343/396	BOUDREAU, JAMES	1423	01:08:21.40	11:00	10K60+M	11/12	M	176/182	01:07:40.45
340/396	BOWEN, MEGAN	1424	01:08:03.75	10:57	10K20-29F	59/72	F	165/214	01:07:53.15
81/396	BOWEN, VAUGHAN	1375	00:48:35.20	07:49	10K60+M	3/12	M	66/182	00:48:28.15
300/396	BRADLEY, JAY	1035	01:04:30.70	10:23	10K60+M	9/12	M	157/182	01:04:00.85
373/396	BRADLEY, MICHELLE	1036	01:15:03.20	12:05	10K50-59F	20/20	F	193/214	01:14:33.25
56/396	BRANDER, JIM	1037	00:46:30.40	07:29	10K50-59M	4/25	M	45/182	00:46:23.35
95/396	BRESCIA, LAURA	1038	00:50:02.05	08:03	10K30-39F	7/69	F	21/214	00:49:53.40
314/396	BROE, JENNIFER	1039	01:05:52.00	10:36	10K30-39F	46/69	F	150/214	01:05:13.75
313/396	BROE, RICHARD	1040	01:05:51.95	10:36	10K30-39M	53/55	M	164/182	01:05:15.40
68/396	BRUCE, MURRAY	1376	00:47:25.40	07:38	10K30-39M	22/55	M	55/182	00:47:06.20
239/396	BRUNTON, COLLEEN	1042	00:59:45.95	09:37	10K40-49F	22/45	F	101/214	00:59:14.15
258/396	BRYGIDYR, CRAIG	1043	01:00:44.55	09:46	10K60+M	7/12	M	146/182	01:00:23.05
249/396	BULLOCK, RYAN	1044	01:00:22.45	09:43	10K20-29M	27/35	M	143/182	00:56:46.45
321/396	BURCHNALL, DEANNA	1045	01:06:18.80	10:40	10K40-49F	37/45	F	154/214	01:05:31.80
348/396	BURDEN, LISA	1046	01:09:19.50	11:09	10K40-49F	41/45	F	172/214	01:08:29.80
284/396	BURGE, KYLA	1047	01:02:59.35	10:08	10K20-29F	43/72	F	132/214	01:02:43.75
285/396	BURGE, SCOTT	1048	01:03:00.75	10:08	10K40-49M	40/48	M	153/182	01:02:45.00
192/396	CAMERON, JULIE	1049	00:56:34.50	09:06	10K20-29F	27/72	F	72/214	00:56:10.20
190/396	CAMPBELL, BRUCE	1050	00:56:33.00	09:06	10K50-59M	17/25	M	120/182	00:56:08.35
76/396	CARLSON, MARK	1051	00:48:05.30	07:44	10K40-49M	17/48	M	63/182	00:48:00.25
161/396	CARR, CHRIS	1052	00:54:26.05	08:45	10K30-39M	40/55	M	109/182	00:54:05.30
276/396	CATHCART, JANICE	1053	01:02:29.35	10:03	10K40-49F	33/45	F	127/214	01:01:42.95

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O/A	Name	Bib#	Time	Pace m/m	Category	Cat/PI	Gender	Gen/PI	Chip Time
57/396	CAUSTON, ASHLEY	1054	00:46:33.35	07:29	10K40-49M	13/48	M	46/182	00:46:28.10
117/396	CEVRAINI, BRUCE	1055	00:51:27.35	08:17	10K40-49M	24/48	M	84/182	00:51:16.05
244/396	CHALMERS, KIM	1413	01:00:05.30	09:40	10K40-49F	23/45	F	104/214	00:59:47.35
261/396	CHALMERS-NIXON, TARA	1435	01:01:08.10	09:50	10K30-39F	40/69	F	115/214	01:00:45.10
123/396	CHAN, JENNY	1056	00:51:50.20	08:20	10K40-49F	7/45	F	34/214	00:51:50.20
344/396	CHAN, KATHRYN	1057	01:08:27.35	11:01	10K20-29F	62/72	F	168/214	01:08:15.10
203/396	CHANG, CYNTHIA	1058	00:57:23.60	09:14	10K30-39F	26/69	F	80/214	00:56:52.35
101/396	CHARBONNEAU, HEATHER	1059	00:50:33.35	08:08	10K40-49F	4/45	F	25/214	00:49:55.20
75/396	CLAEYS, CORY	1060	00:48:00.80	07:43	10K30-39M	25/55	M	62/182	00:47:28.30
3/396	COLLIE, MARC	1377	00:34:38.40	05:34	10K30-39M	1/55	M	3/182	00:34:37.45
263/396	COLLIVER, RAY	1410	01:01:33.35	09:54	10K60+M	8/12	M	147/182	01:01:23.10
61/396	CONEYBEARE, STEVE	1061	00:46:50.20	07:32	10K50-59M	6/25	M	50/182	00:46:43.20
158/396	COOK, KEN	1062	00:54:24.70	08:45	10K40-49M	32/48	M	108/182	00:53:46.55
390/396	CORSI, ANDREA	1010	01:23:00.45	13:21	10K20-29F	71/72	F	209/214	01:22:16.10
227/396	COULTER, KATRINA	1063	00:58:48.40	09:28	10K30-39F	33/69	F	93/214	00:54:30.90
113/396	COULTER, SIMON	1296	00:51:06.30	08:13	10K30-39M	30/55	M	81/182	00:46:48.05
218/396	COWARD, SANDRA	1378	00:58:12.35	09:22	10K20-29F	29/72	F	87/214	00:57:52.95
365/396	CRAWFORD, SUSAN	1064	01:12:25.05	11:39	10K40-49F	44/45	F	185/214	01:11:31.00
8/396	CROMBIE, JAMIE	1379	00:36:56.85	05:56	10K40-49M	2/48	M	8/182	00:36:54.80
210/396	CRUXTON, BOB	1067	00:57:42.55	09:17	10K50-59M	18/25	M	127/182	00:57:09.65
347/396	CRUXTON, DIANE	1068	01:08:54.50	11:05	10K50-59F	15/20	F	171/214	01:08:21.65
309/396	CULLINGHAM, CAROL	1069	01:05:08.40	10:29	10K30-39F	45/69	F	149/214	01:04:22.25
189/396	DE JONG, BLAIR	1071	00:56:31.40	09:06	10K20-29M	21/35	M	119/182	00:55:58.00
232/396	DE JONG, TINA	1072	00:59:13.70	09:32	10K20-29F	33/72	F	97/214	00:58:29.30
167/396	DEAKIN, EMMA	1073	00:54:37.20	08:47	10K19&UF	2/6	F	57/214	00:54:10.55
311/396	DEAKIN, JOHN	1074	01:05:37.75	10:33	10K50-59M	22/25	M	162/182	01:05:10.15
47/396	DEFOREST, SHAWN	1075	00:45:25.85	07:18	10K30-39M	17/55	M	40/182	00:45:23.00
225/396	DESBARATS, LAURA	1076	00:58:36.55	09:26	10K20-29F	31/72	F	92/214	00:58:04.80
231/396	DICK, LAURA	1077	00:59:10.20	09:31	10K20-29F	32/72	F	96/214	00:59:04.50
187/396	DIFRANCESCO, LISA	1079	00:56:08.80	09:02	10K40-49F	17/45	F	69/214	00:55:50.95
353/396	DJAKOVIC, MELISSA	1080	01:10:31.75	11:21	10K20-29F	65/72	F	175/214	01:09:46.95
352/396	DJAKOVIC, MIKE	1081	01:10:31.60	11:21	10K30-39M	55/55	M	178/182	01:09:45.95
310/396	DOBSON, STEVE	1455	01:05:13.05	10:30	10K40-49M	43/48	M	161/182	01:04:33.35
24/396	DODDS, SHAY	1082	00:40:49.75	06:34	10K20-29M	6/35	M	22/182	00:40:48.45
60/396	DOUCETTE, GREG	1083	00:46:47.55	07:32	10K30-39M	20/55	M	49/182	00:46:37.60
318/396	DOUCETTE, JANICE	1084	01:06:14.00	10:39	10K20-29F	54/72	F	152/214	01:06:14.00
39/396	DRAPER, SEAN	1086	00:44:29.50	07:09	10K30-39M	16/55	M	32/182	00:44:24.15
273/396	DRIEDGER, VALERIE	1360	01:02:14.00	10:01	10K40-49F	31/45	F	126/214	01:01:27.60
240/396	DUERR, CARLY	1089	00:59:46.60	09:37	10K20-29F	34/72	F	102/214	00:59:21.95
191/396	EDIGER, MANDY	1090	00:56:34.45	09:06	10K20-29F	26/72	F	71/214	00:56:18.70
331/396	ELLACOTT, JAMIE	1091	01:07:15.30	10:49	10K20-29M	33/35	M	172/182	01:01:22.65
180/396	ELLIOTT, ALBERT	1092	00:55:41.25	08:58	10K50-59M	16/25	M	117/182	00:55:15.35
148/396	ELLIOTT, JUDITH	1093	00:54:04.10	08:42	10K50-59F	1/20	F	46/214	00:53:39.50
208/396	EPP, KIMIKO	1094	00:57:32.65	09:15	10K30-39F	29/69	F	83/214	00:57:11.55
252/396	ETIENNE, MONIQUE	1095	01:00:32.10	09:44	10K30-39F	39/69	F	109/214	00:59:48.95
186/396	EVANS, AMANDA	1096	00:56:07.80	09:02	10K20-29F	25/72	F	68/214	00:55:33.00
370/396	EWART, CHRISTINE	1098	01:12:53.25	11:44	10K30-39F	55/69	F	190/214	01:12:21.95
102/396	EWASIUK, CHRISTOPHER	1099	00:50:33.80	08:08	10K40-49M	23/48	M	77/182	00:50:14.70
36/396	FAJARDO, DAVE	1100	00:43:31.45	07:00	10K30-39M	15/55	M	30/182	00:43:26.65
243/396	FALLS, KENTON	1357	00:59:59.05	09:39	10K20-29M	26/35	M	140/182	00:59:30.60
17/396	FEASBY, COLIN	1361	00:40:00.15	06:26	10K30-39M	8/55	M	17/182	00:39:58.10
330/396	FEDORCHUK, LISA	1237	01:07:05.35	10:48	10K19&UF	4/6	F	159/214	01:06:17.50
80/396	FILLIP, TODD	1432	00:48:33.65	07:49	10K40-49M	19/48	M	65/182	00:47:59.05
172/396	FONG, JENNIFER	1104	00:54:57.50	08:50	10K20-29F	24/72	F	61/214	00:54:43.55
178/396	FORD, TOM	1106	00:55:25.90	08:55	10K50-59M	15/25	M	116/182	00:55:15.45
169/396	FOURNIER, CHAD	1107	00:54:52.60	08:50	10K30-39M	41/55	M	111/182	00:54:21.30
138/396	FRIESEN, JUSTIN	1109	00:53:17.00	08:34	10K30-39M	36/55	M	100/182	00:52:52.35

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O/A	Name	Bib#	Time	Pace m/m	Category	Cat/PI	Gender	Gen/PI	Chip Time
337/396	FRY, KRISTEN	1110	01:07:58.80	10:56	10K20-29F	57/72	F	163/214	01:03:26.30
105/396	FRYER, SEAN	1111	00:50:39.85	08:09	10K20-29M	16/35	M	79/182	00:50:33.70
168/396	FUGLER, JOANNA	1112	00:54:39.75	08:48	10K20-29F	22/72	F	58/214	00:54:13.40
387/396	FURGASON, TAMMY	1113	01:19:54.95	12:51	10K30-39F	66/69	F	206/214	01:18:56.50
346/396	GAGNON, ALLISON	1114	01:08:43.00	11:03	10K20-29F	63/72	F	170/214	01:08:01.90
211/396	GAGNON, ERIC	1115	00:57:48.60	09:18	10K30-39M	45/55	M	128/182	00:57:01.35
54/396	GALESKI, MATTHEW	1116	00:46:23.20	07:28	10K30-39M	19/55	M	44/182	00:46:05.75
266/396	GALLAGHER, KELLY	1380	01:01:42.85	09:56	10K30-39F	41/69	F	118/214	01:01:29.20
65/396	GALLANT, NEIL	1117	00:47:00.00	07:34	10K20-29M	11/35	M	52/182	00:46:50.65
154/396	GARVEY, JENNIFER	1427	00:54:20.65	08:44	10K20-29F	20/72	F	49/214	00:54:06.60
307/396	GAULD, DAN	1118	01:04:54.35	10:27	10K30-39M	51/55	M	159/182	01:04:39.10
207/396	GEE, AARON	1401	00:57:30.60	09:15	10K19&UM	4/7	M	125/182	00:56:52.35
324/396	GEE, DARREN	1402	01:06:25.05	10:41	10K20-29M	32/35	M	169/182	01:05:47.05
384/396	GEE, GARRY	1119	01:17:42.15	12:30	10K40-49M	48/48	M	181/182	01:17:02.45
396/396	GEE, SAM	1120	02:29:06.95	24:00	10K60+M	12/12	M	182/182	02:28:29.20
312/396	GEE, STEVEN	1121	01:05:47.55	10:35	10K30-39M	52/55	M	163/182	01:05:10.05
103/396	GEE, TIM	1381	00:50:35.20	08:08	10K30-39M	28/55	M	78/182	00:49:58.65
326/396	GIANI, SARAH	1122	01:06:31.55	10:42	10K30-39F	47/69	F	156/214	01:05:56.80
160/396	GILLESPIE, MOLLY	1417	00:54:26.00	08:45	10K30-39F	16/69	F	52/214	00:54:05.15
382/396	GLATZ, ASTA	1125	01:17:00.40	12:23	10K20-29F	69/72	F	202/214	01:16:30.70
19/396	GOBBI, DAVID	1403	00:40:19.35	06:29	10K30-39M	10/55	M	19/182	00:40:09.15
294/396	GODZIUK, JUSTIN	1126	01:03:38.90	10:14	10K20-29M	31/35	M	155/182	01:03:30.00
374/396	GOSSELIN, CHARLA	1127	01:15:03.65	12:05	10K30-39F	57/69	F	194/214	01:14:46.50
89/396	GRAHAM, AMANDA	1449	00:49:33.85	07:58	10K20-29F	10/72	F	17/214	00:49:21.50
97/396	GRANT, MATT	1129	00:50:21.10	08:06	10K20-29M	15/35	M	76/182	00:50:12.35
302/396	GREEN, CATHY	1130	01:04:35.25	10:23	10K40-49F	34/45	F	145/214	01:02:14.85
386/396	GREEN, LISA	1131	01:19:17.95	12:46	10K20-29F	70/72	F	205/214	01:19:00.50
5/396	GREENWOOD, BRYCE	1382	00:36:06.40	05:48	10K30-39M	2/55	M	5/182	00:36:05.00
303/396	GREWAL, KIMBERLY	1132	01:04:35.45	10:24	10K40-49F	35/45	F	146/214	01:02:14.75
72/396	GRIENER, TOM	1133	00:47:59.50	07:43	10K20-29M	12/35	M	59/182	00:47:43.90
155/396	GROMACK, STEVE	1134	00:54:22.20	08:45	10K40-49M	31/48	M	106/182	00:53:53.70
392/396	HADDEN, KIMBERLY	1135	01:25:26.80	13:45	10K20-29F	72/72	F	211/214	01:24:45.55
320/396	HALWAS, COLLEEN	1136	01:06:18.60	10:40	10K40-49F	36/45	F	153/214	01:05:37.40
316/396	HALWAS, DARIAN	1137	01:05:59.95	10:37	10K19&UM	7/7	M	166/182	01:05:18.70
323/396	HALWAS, DAVID	1138	01:06:20.50	10:40	10K40-49M	45/48	M	168/182	01:05:37.15
197/396	HANSMAN, NICOLE	1139	00:57:08.90	09:12	10K30-39F	24/69	F	76/214	00:56:42.70
194/396	HARASYM, MICHAEL	1414	00:56:41.20	09:07	10K40-49M	35/48	M	121/182	00:56:28.60
380/396	HARPER, DEBRA	1140	01:16:43.60	12:21	10K30-39F	63/69	F	200/214	01:16:13.55
77/396	HASTINGS, ERIN	1141	00:48:09.90	07:45	10K20-29F	7/72	F	14/214	00:48:03.45
112/396	HATHERLY, HOPE	1142	00:51:05.70	08:13	10K40-49F	6/45	F	32/214	00:50:49.80
332/396	HAYNES, SYDNEY	1143	01:07:20.30	10:50	10K19&UF	5/6	F	160/214	01:06:52.40
213/396	HENDERSON, JIM	1145	00:57:51.45	09:18	10K50-59M	19/25	M	130/182	00:57:32.50
96/396	HERON, IAN	1146	00:50:20.65	08:06	10K30-39M	27/55	M	75/182	00:50:01.15
253/396	HERZOG, KARL	1356	01:00:33.20	09:45	10K50-59M	21/25	M	144/182	00:59:43.80
88/396	HILKEWICH, LESLEE	1147	00:49:08.85	07:54	10K20-29F	9/72	F	16/214	00:48:54.65
260/396	HILL, KELLY	1148	01:01:05.20	09:50	10K40-49F	28/45	F	114/214	01:00:31.90
74/396	HILL, KEN	1438	00:48:00.55	07:43	10K60+M	2/12	M	61/182	00:47:43.50
182/396	HILL, LUCAS	1149	00:55:45.60	08:58	10K19&UM	3/7	M	118/182	00:55:14.60
84/396	HINTON, DAREN	1150	00:48:53.35	07:52	10K40-49M	20/48	M	69/182	00:48:29.20
292/396	HOBDAY, KATIE	1152	01:03:24.80	10:12	10K20-29F	47/72	F	138/214	01:03:03.80
278/396	HODGSON, KRISTIE	1153	01:02:31.20	10:04	10K30-39F	43/69	F	129/214	01:02:13.45
30/396	HOLMAN, CARLY	1154	00:42:10.60	06:47	10K20-29F	4/72	F	5/214	00:42:06.85
204/396	HOLUNGA, JULIE	1156	00:57:25.20	09:14	10K30-39F	27/69	F	81/214	00:56:59.30
205/396	HOLUNGA, SHANE	1157	00:57:25.40	09:14	10K30-39M	43/55	M	124/182	00:57:00.70
376/396	HOOD, CHRISTY	1362	01:15:44.15	12:11	10K30-39F	59/69	F	196/214	01:14:56.10
4/396	HOPFNER, GEOFF	1355	00:35:30.90	05:43	10K20-29M	3/35	M	4/182	00:35:29.80
275/396	HORNE, DREW	1441	01:02:23.60	10:02	10K30-39M	49/55	M	149/182	01:02:11.10

Alpha Overall Results

10K - 6.21 Miles

O/A	Name	Bib#	Time	Pace m/m	Category	Cat/PI	Gender	Gen/PI	Chip Time
359/396	HOWARD, MICHAEL	1158	01:11:21.60	11:29	10K40-49M	47/48	M	180/182	01:10:38.55
268/396	HOWELL, CHRISTYN	1159	01:01:45.45	09:56	10K30-39F	42/69	F	120/214	01:01:34.70
209/396	HOWG, KYLE	1160	00:57:34.20	09:16	10K30-39M	44/55	M	126/182	00:57:02.70
234/396	HUMNYCKI, MICHAEL	1233	00:59:21.25	09:33	10K19&UM	5/7	M	136/182	00:59:13.10
235/396	HUMNYCKI, SELINA	1161	00:59:21.25	09:33	10K40-49F	21/45	F	99/214	00:59:13.10
165/396	HURDAL, LAURA	1162	00:54:32.40	08:46	10K50-59F	3/20	F	55/214	00:54:15.10
9/396	HUSSEN, BURHAN	1383	00:37:48.80	06:05	10K30-39M	3/55	M	9/182	00:37:48.45
262/396	HUYNH, SANDIE	1433	01:01:31.40	09:54	10K20-29F	36/72	F	116/214	01:01:23.00
12/396	INHABER, JOSH	1164	00:38:53.35	06:15	10K20-29M	5/35	M	12/182	00:38:49.85
201/396	IRELAND, COLEENE	1411	00:57:15.70	09:13	10K50-59F	6/20	F	78/214	00:56:49.80
98/396	JACKSHAW, KAREN	1166	00:50:29.20	08:07	10K40-49F	2/45	F	22/214	00:50:20.55
212/396	JACKSON, CHRIS	1165	00:57:50.20	09:18	10K20-29M	23/35	M	129/182	00:57:27.65
99/396	JAKOVAC, NANCY	1363	00:50:30.25	08:07	10K40-49F	3/45	F	23/214	00:50:23.50
202/396	JAMES, JESSICA	1167	00:57:18.75	09:13	10K30-39F	25/69	F	79/214	00:56:21.40
385/396	JOHNSON, MEGHAN	1169	01:18:52.65	12:42	10K30-39F	65/69	F	204/214	01:12:14.50
28/396	JOHNSTON, HILARY	1436	00:41:35.30	06:41	10K20-29F	3/72	F	4/214	00:41:33.80
33/396	KAY, JEFF	1170	00:43:03.20	06:55	10K40-49M	7/48	M	28/182	00:42:59.45
358/396	KEATING, MARILYN	1171	01:11:20.15	11:29	10K50-59F	16/20	F	179/214	01:10:37.25
219/396	KEATLEY, JOSH	1172	00:58:16.95	09:22	10K30-39M	46/55	M	132/182	00:57:43.95
229/396	KEELER, JEREMY	1168	00:59:04.25	09:30	10K30-39M	47/55	M	135/182	00:58:49.95
351/396	KEELER, MELANIE	1173	01:10:23.95	11:20	10K30-39F	49/69	F	174/214	01:10:10.00
134/396	KEELING, JAMES	1174	00:53:01.20	08:32	10K50-59M	12/25	M	98/182	00:52:10.30
177/396	KELLER, ERIC	1175	00:55:22.35	08:54	10K30-39M	42/55	M	115/182	00:54:47.55
25/396	KELLY, STEVEN	1176	00:41:03.25	06:36	10K40-49M	5/48	M	23/182	00:41:00.05
1/396	KERSHAW, DEVON	1177	00:32:27.15	05:13	10K20-29M	1/35	M	1/182	00:32:25.90
245/396	KERTH, KRISTA	1178	01:00:05.50	09:40	10K30-39F	37/69	F	105/214	00:59:56.75
116/396	KINNAIRD, DANA	1180	00:51:18.65	08:15	10K20-29M	17/35	M	83/182	00:50:59.20
70/396	KINNIE, NICHOLAS	1181	00:47:39.30	07:40	10K19&UM	1/7	M	57/182	00:47:33.75
143/396	KINNIE, SUSAN	1404	00:53:32.30	08:37	10K40-49F	11/45	F	42/214	00:53:18.10
136/396	KISS, ALLISON	1429	00:53:07.60	08:33	10K30-39F	14/69	F	38/214	00:50:04.85
149/396	KLINGBEIL, NORBERT	1182	00:54:08.35	08:43	10K40-49M	30/48	M	103/182	00:53:17.50
157/396	KOKOTT, RYAN	1183	00:54:24.65	08:45	10K30-39M	39/55	M	107/182	00:53:33.75
336/396	KOMAR, ANNE MARIE	1184	01:07:58.00	10:56	10K40-49F	39/45	F	162/214	01:07:14.65
133/396	KRAMER, PATRICK	1185	00:52:58.00	08:31	10K50-59M	11/25	M	97/182	00:52:35.65
329/396	KRESOWATY, JENNIFER	1186	01:06:55.00	10:46	10K30-39F	48/69	F	158/214	01:06:25.45
73/396	KRZYWICKI, JACEK	1187	00:47:59.65	07:43	10K30-39M	24/55	M	60/182	00:47:41.90
128/396	KRZYWICKI, SHANNON	1188	00:52:44.05	08:29	10K30-39F	13/69	F	35/214	00:52:26.45
315/396	KUHL, GREG	153	01:05:56.65	10:37	10K50-59M	23/25	M	165/182	01:05:46.10
395/396	KWOK, JOANNA	1189	02:29:00.80	23:59	10K60+F	2/2	F	214/214	02:28:24.50
71/396	LADOUCEUR, MIKE	1405	00:47:54.60	07:42	10K30-39M	23/55	M	58/182	00:47:47.35
215/396	LALIBERTE, TRACI	1190	00:57:53.30	09:19	10K40-49F	19/45	F	85/214	00:57:30.05
50/396	LARMER, PAUL	1191	00:45:57.00	07:23	10K40-49M	12/48	M	41/182	00:45:48.10
298/396	LAROCHELLE, KIRSTEN	1192	01:03:57.45	10:17	10K19&UF	3/6	F	142/214	01:03:45.25
325/396	LAROCHELLE, YVES	1364	01:06:26.50	10:41	10K40-49M	46/48	M	170/182	01:06:15.75
251/396	LAW, JODIE	1193	01:00:31.45	09:44	10K30-39F	38/69	F	108/214	01:00:03.00
265/396	LAWRANCE, KAITLYN	1194	01:01:41.15	09:55	10K20-29F	37/72	F	117/214	01:01:21.75
226/396	LEE, PAUL	1195	00:58:45.35	09:27	10K20-29M	24/35	M	134/182	00:58:20.90
159/396	LEONG, TIA	1196	00:54:25.80	08:45	10K20-29F	21/72	F	51/214	00:53:49.15
193/396	LEPAGE, LISE	1197	00:56:34.60	09:06	10K50-59F	5/20	F	73/214	00:56:11.70
248/396	LEVEQUE, PETER	1198	01:00:19.10	09:42	10K40-49M	37/48	M	142/182	00:59:41.55
297/396	LI, SHUIE	1199	01:03:54.75	10:17	10K20-29F	50/72	F	141/214	01:03:37.10
11/396	LINDLAND, KEVIN	1200	00:38:31.60	06:12	10K40-49M	3/48	M	11/182	00:38:29.70
223/396	LOW, CHANTAL	1202	00:58:29.35	09:25	10K30-39F	32/69	F	90/214	00:58:06.35
328/396	LUI, ALICE	1203	01:06:53.25	10:46	10K20-29F	55/72	F	157/214	01:06:23.65
16/396	LUIINSTR, DAVID	1204	00:39:50.90	06:24	10K30-39M	7/55	M	16/182	00:39:49.00
20/396	LUKINUK, BRENDT	1205	00:40:34.10	06:31	10K30-39M	11/55	M	20/182	00:40:30.85
188/396	LUKINUK, ELIZABETH	1206	00:56:09.80	09:02	10K30-39F	22/69	F	70/214	00:55:49.05

Alpha Overall Results

10K - 6.21 Miles

O/A	Name	Bib#	Time	Pace m/m	Category	Cat/PI	Gender	Gen/PI	Chip Time
368/396	MACDONALD, JACQUELINE	1208	01:12:46.35	11:43	10K30-39F	54/69	F	188/214	01:12:04.65
319/396	MACDONALD, JAMES	1209	01:06:15.45	10:40	10K40-49M	44/48	M	167/182	01:05:45.45
181/396	MACDONALD, LEISA	1210	00:55:41.60	08:58	10K50-59F	4/20	F	64/214	00:55:22.20
106/396	MACEACHERN, CARLA	1211	00:50:44.60	08:10	10K40-49F	5/45	F	27/214	00:50:26.85
124/396	MACGOWAN, DAN	1415	00:51:50.55	08:20	10K30-39M	34/55	M	90/182	00:51:21.30
198/396	MACGOWAN, PAUL	1416	00:57:10.70	09:12	10K60+M	4/12	M	122/182	00:56:42.50
146/396	MACHOWSKI, STEPHEN	1306	00:53:39.00	08:38	10K20-29M	20/35	M	102/182	00:53:29.05
389/396	MACKINNON, CHARLENE	1213	01:20:56.75	13:01	10K30-39F	67/69	F	208/214	01:17:57.20
388/396	MACKINNON, KALENA	1457	01:20:51.25	13:01	10K19&UF	6/6	F	207/214	01:17:48.00
254/396	MACLEAN, ALICE	1214	01:00:35.10	09:45	10K50-59F	10/20	F	110/214	01:00:11.00
233/396	MACLEAN, MARTINA	1215	00:59:15.15	09:32	10K50-59F	9/20	F	98/214	00:58:50.75
78/396	MACLEOD, SHANE	1385	00:48:21.80	07:47	10K40-49M	18/48	M	64/182	00:48:07.45
241/396	MAGGISANO, NICHOLAS	1216	00:59:50.75	09:38	10K20-29M	25/35	M	139/182	00:59:35.00
110/396	MAGNAN, MICHELLE	1217	00:51:05.05	08:13	10K30-39F	11/69	F	30/214	00:50:39.75
242/396	MAKOWECKI, SERENA	1218	00:59:57.45	09:39	10K30-39F	36/69	F	103/214	00:59:22.55
45/396	MANNS, DEREK	1219	00:44:57.80	07:14	10K40-49M	10/48	M	38/182	00:44:45.65
79/396	MARCHUK, ANDREA	1220	00:48:27.40	07:48	10K20-29F	8/72	F	15/214	00:48:16.85
304/396	MARCIL, DEAN	1221	01:04:46.30	10:25	10K40-49M	42/48	M	158/182	01:04:25.30
308/396	MARCIL, LORENZO	1222	01:05:02.20	10:28	10K19&UM	6/7	M	160/182	01:04:42.10
29/396	MARTIN, JEAN-LUC	1224	00:42:06.55	06:46	10K30-39M	12/55	M	25/182	00:42:01.60
156/396	MCCBEAN, HEATHER	1225	00:54:24.55	08:45	10K40-49F	13/45	F	50/214	00:54:03.50
228/396	MCCAFFREY, PAT	1226	00:58:56.00	09:29	10K50-59F	8/20	F	94/214	00:58:47.10
305/396	MCCARTY, ERIN	1227	01:04:47.15	10:25	10K20-29F	53/72	F	147/214	01:04:36.45
66/396	MCDONOUGH, STEWART	1228	00:47:05.85	07:34	10K30-39M	21/55	M	53/182	00:46:49.85
21/396	MCLEOD, CANDICE	1229	00:40:36.25	06:32	10K30-39F	1/69	F	1/214	00:40:34.40
333/396	MCMILLIAN, DUNCAN BROWN	1442	01:07:35.40	10:52	10K60+M	10/12	M	173/182	01:06:39.30
139/396	MCTAGGART COWAN, PENNEY	1230	00:53:22.90	08:35	10K40-49F	8/45	F	39/214	00:53:00.80
64/396	MEALEY, JENEE	1444	00:46:58.10	07:33	10K40-49F	1/45	F	13/214	00:46:54.85
109/396	MEIER, JULIE	1231	00:50:54.05	08:11	10K30-39F	10/69	F	29/214	00:50:47.65
217/396	MELENKA, GERRY	1232	00:58:11.85	09:22	10K40-49M	36/48	M	131/182	00:57:57.95
222/396	MILBURY, DAWSON	1235	00:58:29.00	09:25	10K50-59M	20/25	M	133/182	00:57:54.65
69/396	MOLAND, PATRICK	1261	00:47:37.85	07:40	10K40-49M	16/48	M	56/182	00:47:34.35
354/396	MOORE, HILARY	1443	01:10:38.35	11:22	10K30-39F	50/69	F	176/214	01:09:53.50
269/396	MOSSOR, JESSICA	1238	01:01:58.10	09:58	10K20-29F	39/72	F	121/214	01:01:44.85
130/396	MUELLER, CHRISTIN	1239	00:52:54.50	08:31	10K20-29F	15/72	F	36/214	00:52:51.85
299/396	MURPHY, KYLA	1240	01:04:20.45	10:21	10K20-29F	51/72	F	143/214	01:03:35.45
339/396	MURPHY, REBA	1241	01:08:02.00	10:57	10K20-29F	58/72	F	164/214	01:07:22.25
338/396	MURPHY, WAYNE	1242	01:08:01.75	10:57	10K50-59M	25/25	M	175/182	01:07:21.90
364/396	NAF, MELISSA	1243	01:12:24.85	11:39	10K30-39F	52/69	F	184/214	01:11:30.50
14/396	NEL, ANTON	1387	00:39:27.80	06:21	10K40-49M	4/48	M	14/182	00:39:24.40
22/396	NELSON, CHRIS	1244	00:40:37.10	06:32	10K50-59M	1/25	M	21/182	00:40:34.20
283/396	NEUMANN, JANET	1245	01:02:54.85	10:07	10K50-59F	11/20	F	131/214	01:02:16.80
357/396	NICHOLLS, CORI	1248	01:11:12.65	11:27	10K30-39F	51/69	F	178/214	01:10:44.20
137/396	NIXON, TROY	1434	00:53:09.05	08:33	10K40-49M	28/48	M	99/182	00:52:46.65
93/396	NORTON, NICK	1249	00:49:51.20	08:01	10K40-49M	21/48	M	73/182	00:49:40.55
129/396	O'DONOVAN, KEVIN	1251	00:52:44.95	08:29	10K40-49M	26/48	M	94/182	00:52:20.30
379/396	OLLEN, COLLEEN	1252	01:16:01.00	12:14	10K30-39F	62/69	F	199/214	01:15:27.70
271/396	OLSEN, LINDA	1388	01:02:12.55	10:00	10K40-49F	29/45	F	123/214	01:01:42.85
238/396	OOI, JAN	1253	00:59:35.05	09:35	10K30-39F	35/69	F	100/214	00:59:01.95
152/396	OOSTERBAAN, JENNIFER	1254	00:54:17.50	08:44	10K30-39F	15/69	F	48/214	00:54:09.20
355/396	OSTER, CAREY	1425	01:10:43.75	11:23	10K20-29F	66/72	F	177/214	01:09:51.15
274/396	PACAUD, DANIELE	1256	01:02:14.00	10:01	10K40-49F	32/45	F	125/214	01:01:34.35
18/396	PALASCHUK, ANDREW	1430	00:40:15.85	06:28	10K30-39M	9/55	M	18/182	00:40:13.00
378/396	PANKIW, AMANDA	1257	01:16:00.00	12:14	10K30-39F	61/69	F	198/214	01:15:26.60
127/396	PANNETT, STEPHEN	1258	00:52:43.45	08:29	10K40-49M	25/48	M	93/182	00:51:40.20
175/396	PATERSON, AMY	1259	00:55:03.60	08:51	10K30-39F	19/69	F	62/214	00:54:42.75
255/396	PATON, GILLIAN	1260	01:00:37.55	09:45	10K40-49F	25/45	F	111/214	01:00:11.35

Alpha Overall Results

10K - 6.21 Miles

O/A	Name	Bib#	Time	Pace m/m	Category	Cat/PI	Gender	Gen/PI	Chip Time
13/396	PEARSON, DARYL	1398	00:39:10.60	06:18	10K30-39M	5/55	M	13/182	00:39:06.70
7/396	PEARSON, TIM	1437	00:36:36.95	05:53	10K40-49M	1/48	M	7/182	00:36:34.15
104/396	POCZA, CHELSEA	1263	00:50:39.65	08:09	10K20-29F	13/72	F	26/214	00:50:33.05
2/396	POOTZ, SPENCER	1264	00:33:27.50	05:23	10K20-29M	2/35	M	2/182	00:33:25.90
350/396	POWELL, KAYLA	1265	01:09:46.40	11:14	10K20-29F	64/72	F	173/214	01:09:18.45
141/396	PRAKASH, LORENA	1266	00:53:29.40	08:36	10K40-49F	9/45	F	40/214	00:53:15.50
224/396	PREMDAS, MAUREEN	1267	00:58:35.75	09:26	10K40-49F	20/45	F	91/214	00:56:54.10
375/396	PROUDFOOT, CATE	1269	01:15:06.60	12:05	10K30-39F	58/69	F	195/214	01:14:17.05
295/396	PUSZTAY, VANESSA	1319	01:03:39.80	10:14	10K20-29F	49/72	F	140/214	01:03:30.80
55/396	PYKE, BRIDGET	1270	00:46:28.45	07:28	10K19&UF	1/6	F	11/214	00:46:13.30
58/396	PYKE, DAVID	1271	00:46:34.40	07:29	10K50-59M	5/25	M	47/182	00:46:18.80
151/396	RADOJA, LAUREN	1272	00:54:12.90	08:43	10K20-29F	19/72	F	47/214	00:54:11.45
237/396	RAMESSAR, RANDY	1273	00:59:34.05	09:35	10K30-39M	48/55	M	138/182	00:59:31.10
174/396	REDDEKOPP, JAY	1274	00:54:58.95	08:51	10K50-59M	13/25	M	113/182	00:54:34.60
162/396	REDHEAD, DONALD	1399	00:54:27.30	08:46	10K40-49M	33/48	M	110/182	00:54:04.15
153/396	REMMERT, TREVOR	1275	00:54:19.65	08:44	10K30-39M	38/55	M	105/182	00:53:38.00
183/396	RENNIE, JENNIFER	1406	00:55:50.70	08:59	10K30-39F	20/69	F	65/214	00:55:34.70
82/396	RENNIE, SCOTT	1390	00:48:48.55	07:51	10K30-39M	26/55	M	67/182	00:48:31.40
246/396	RICKARD, STEVE	1353	01:00:10.35	09:41	10K60+M	6/12	M	141/182	01:00:10.35
279/396	ROBINSON, JORDAN	1418	01:02:43.10	10:05	10K40-49M	39/48	M	150/182	01:02:24.25
341/396	ROBINSON, PATTY	1391	01:08:09.05	10:58	10K20-29F	60/72	F	166/214	01:07:21.00
126/396	ROLLETT, JOHN	1451	00:52:16.85	08:25	10K20-29M	19/35	M	92/182	00:52:08.25
293/396	ROWLAND, MEGHAN	1276	01:03:36.70	10:14	10K20-29F	48/72	F	139/214	01:03:00.65
277/396	RUSSELL, VICTORIA	1367	01:02:29.40	10:03	10K20-29F	41/72	F	128/214	01:02:29.40
132/396	SADLER, JONATHAN	1278	00:52:55.95	08:31	10K50-59M	10/25	M	96/182	00:52:37.05
43/396	SAETRE, MARTY	1279	00:44:35.10	07:10	10K20-29M	8/35	M	36/182	00:44:22.75
342/396	SAIGEON, AMANDA	1280	01:08:10.45	10:58	10K20-29F	61/72	F	167/214	01:07:54.60
111/396	SALT, MICHELLE	1446	00:51:05.35	08:13	10K20-29F	14/72	F	31/214	00:51:03.55
91/396	SARNA, MAGDALENA	1281	00:49:40.15	07:59	10K30-39F	6/69	F	19/214	00:49:34.95
360/396	SATO, CORINNE	1282	01:11:23.40	11:29	10K20-29F	67/72	F	180/214	01:10:57.00
38/396	SAVOIE, JOHN	1448	00:44:10.60	07:06	10K40-49M	8/48	M	31/182	00:44:06.80
394/396	SCHATZ, ANGELA	1283	01:46:21.35	17:07	10K30-39F	69/69	F	213/214	01:45:24.30
236/396	SCHMAL, BOB	1284	00:59:24.60	09:33	10K60+M	5/12	M	137/182	00:58:48.35
291/396	SCOTT, ALTA	1285	01:03:24.35	10:12	10K20-29F	46/72	F	137/214	01:03:03.20
120/396	SCOTT, JIM	1286	00:51:45.85	08:20	10K50-59M	9/25	M	87/182	00:51:21.25
335/396	SCOTT, ROXANNE	1287	01:07:57.80	10:56	10K20-29F	56/72	F	161/214	01:07:14.60
140/396	SCOTT, STEPHEN	1288	00:53:25.05	08:36	10K40-49M	29/48	M	101/182	00:52:40.20
63/396	SEITZ, DESIRAE	1290	00:46:57.00	07:33	10K20-29F	6/72	F	12/214	00:46:53.35
349/396	SEQUEIRA, VANDELL	1291	01:09:43.00	11:13	10K20-29M	34/35	M	177/182	01:06:05.60
301/396	SHEFFIELD, KRISTA	1453	01:04:32.05	10:23	10K20-29F	52/72	F	144/214	01:04:17.65
185/396	SHELDON, KIRSTY	1293	00:56:01.45	09:01	10K30-39F	21/69	F	67/214	00:55:41.95
164/396	SHEPHERD, ALISON	1294	00:54:31.05	08:46	10K40-49F	14/45	F	54/214	00:54:04.65
362/396	SHEPPY, BOBBIE	1456	01:12:07.05	11:36	10K50-59F	17/20	F	182/214	01:11:40.95
59/396	SHEWFELT, KYLE	1295	00:46:45.95	07:31	10K20-29M	10/35	M	48/182	00:46:18.00
49/396	SIM, MANDI	1440	00:45:47.50	07:22	10K30-39F	4/69	F	9/214	00:45:40.25
119/396	SINCLAIR, PAUL	1297	00:51:39.85	08:19	10K50-59M	8/25	M	86/182	00:51:24.15
40/396	SKEA, KENNETH T.	1298	00:44:30.65	07:09	10K50-59M	2/25	M	33/182	00:44:25.40
214/396	SKROVE, TAMMIE	1300	00:57:51.80	09:18	10K30-39F	30/69	F	84/214	00:57:23.65
31/396	SMITH, COLIN	1419	00:42:12.35	06:47	10K30-39M	13/55	M	26/182	00:42:08.90
369/396	SMITH, LINDA	1301	01:12:49.70	11:43	10K50-59F	19/20	F	189/214	01:12:03.15
264/396	SMITH, MARK	1302	01:01:34.70	09:54	10K20-29M	28/35	M	148/182	01:01:08.30
286/396	SMITH, RICHARD	1303	01:03:11.90	10:10	10K40-49M	41/48	M	154/182	01:02:48.85
52/396	SOLOMCHUK, LISA	1354	00:46:14.70	07:26	10K30-39F	5/69	F	10/214	00:46:05.75
371/396	STADNYK, THERESA	1304	01:12:59.05	11:45	10K30-39F	56/69	F	191/214	01:12:06.25
334/396	STANLEIGH, LARRY	1305	01:07:54.75	10:56	10K50-59M	24/25	M	174/182	01:07:06.70
118/396	STEWART, JEFF	1307	00:51:29.95	08:17	10K30-39M	32/55	M	85/182	00:51:05.70
83/396	SUCHAN, BRETT	1308	00:48:53.20	07:52	10K20-29M	13/35	M	68/182	00:48:36.05

Alpha Overall Results

10K - 6.21 Miles

O/A	Name	Bib#	Time	Pace m/m	Category	Cat/PI	Gender	Gen/PI	Chip Time
32/396	SUFFIELD, BEN	1431	00:42:20.80	06:49	10K20-29M	7/35	M	27/182	00:42:18.95
200/396	SUTHERLAND, ANDREW	1309	00:57:13.55	09:12	10K20-29M	22/35	M	123/182	00:56:33.75
100/396	SWERTZ, JENNIFER	1393	00:50:31.85	08:08	10K30-39F	8/69	F	24/214	00:49:42.30
367/396	TALDORF, KRISTA	1368	01:12:39.10	11:41	10K30-39F	53/69	F	187/214	01:12:07.70
256/396	TALDORF, SYLVIA	1369	01:00:39.75	09:46	10K40-49F	26/45	F	112/214	01:00:08.40
46/396	THEROUX, MIKE	1370	00:45:18.15	07:17	10K40-49M	11/48	M	39/182	00:45:00.70
142/396	THOMPSON, ROBIN	1310	00:53:31.30	08:37	10K40-49F	10/45	F	41/214	00:53:21.20
281/396	THORBURN, GRAEME	1311	01:02:43.60	10:05	10K20-29M	29/35	M	151/182	01:02:24.95
280/396	THORBURN, SAMANTHA	1312	01:02:43.35	10:05	10K20-29F	42/72	F	130/214	01:02:24.20
15/396	THORKELSON, DONOVAN	1359	00:39:46.50	06:24	10K30-39M	6/55	M	15/182	00:39:42.55
317/396	TOREN, BELLANNE	1313	01:06:00.05	10:37	10K50-59F	14/20	F	151/214	01:05:40.60
393/396	TRUONG, HUONG	1314	01:25:31.50	13:46	10K30-39F	68/69	F	212/214	01:24:54.85
361/396	TURCHET, CINZIA	1315	01:11:54.85	11:34	10K40-49F	42/45	F	181/214	01:11:28.35
53/396	ULLYOTT, BRETT	1452	00:46:22.30	07:27	10K20-29M	9/35	M	43/182	00:46:19.80
259/396	VAN DER MERWE, LAMINDA	1317	01:00:54.15	09:48	10K40-49F	27/45	F	113/214	01:00:42.00
144/396	VAN TONDER, JANNA	1394	00:53:32.40	08:37	10K40-49F	12/45	F	43/214	00:53:26.90
184/396	VAREY, JENNIFER	1320	00:55:52.45	08:59	10K40-49F	16/45	F	66/214	00:55:25.75
247/396	VECHIRKO, LARISA	1321	01:00:17.65	09:42	10K20-29F	35/72	F	106/214	00:59:24.90
195/396	VERBONAC, MARIA	1322	00:56:54.85	09:09	10K40-49F	18/45	F	74/214	00:56:35.60
220/396	VERMEULEN, LYNN	1323	00:58:21.40	09:23	10K20-29F	30/72	F	88/214	00:58:03.95
62/396	VETTER, MARTIN	1358	00:46:52.05	07:32	10K40-49M	14/48	M	51/182	00:46:46.85
272/396	VON DER WEID, LILIANE	1371	01:02:13.90	10:01	10K40-49F	30/45	F	124/214	01:01:35.45
135/396	WALDERN, JENNIFER	1407	00:53:03.05	08:32	10K20-29F	16/72	F	37/214	00:52:35.05
267/396	WALLACE, JAMIE	1325	01:01:45.20	09:56	10K20-29F	38/72	F	119/214	01:01:07.05
290/396	WALYUCHOW, STACEY	1327	01:03:21.55	10:12	10K30-39F	44/69	F	136/214	01:03:07.90
108/396	WARD, GLENN	1329	00:50:45.00	08:10	10K30-39M	29/55	M	80/182	00:50:33.15
107/396	WARD, KIM	1330	00:50:44.75	08:10	10K30-39F	9/69	F	28/214	00:50:32.60
145/396	WARD, KRISTY	1331	00:53:37.30	08:38	10K20-29F	17/72	F	44/214	00:53:24.80
23/396	WASLEN, KATHRYN	1332	00:40:41.05	06:33	10K20-29F	1/72	F	2/214	00:40:39.10
6/396	WASYLYNKA, ANDREW	1447	00:36:11.80	05:49	10K20-29M	4/35	M	6/182	00:36:10.20
306/396	WATSON, LAUREL	1333	01:04:52.65	10:26	10K50-59F	13/20	F	148/214	01:03:59.10
125/396	WEARE, KENT	1384	00:52:12.35	08:24	10K30-39M	35/55	M	91/182	00:51:58.60
288/396	WEIERS, ANDREA	1335	01:03:15.00	10:11	10K20-29F	45/72	F	134/214	01:02:38.75
289/396	WEIERS, VIOLA	1336	01:03:15.20	10:11	10K50-59F	12/20	F	135/214	01:02:39.10
377/396	WELDA, JANTIEN	1395	01:15:44.30	12:11	10K30-39F	60/69	F	197/214	01:14:56.40
67/396	WIEBE, RANDY	1421	00:47:17.20	07:36	10K40-49M	15/48	M	54/182	00:47:12.25
150/396	WIGGINTON, KEVIN	1337	00:54:12.15	08:43	10K30-39M	37/55	M	104/182	00:53:35.55
114/396	WIGGINTON, STEPHANIE	1338	00:51:08.10	08:14	10K30-39F	12/69	F	33/214	00:50:30.30
366/396	WILLIAMS, JANET	1339	01:12:27.50	11:40	10K50-59F	18/20	F	186/214	01:12:01.05
131/396	WILLS, ROBERT	1340	00:52:54.70	08:31	10K40-49M	27/48	M	95/182	00:52:31.75
345/396	WILSON, MARIA	1223	01:08:34.20	11:02	10K40-49F	40/45	F	169/214	01:07:54.95
250/396	WILSON, SUZANNE	1341	01:00:23.90	09:43	10K40-49F	24/45	F	107/214	00:59:54.15
282/396	WINTON, IAN	1342	01:02:52.80	10:07	10K20-29M	30/35	M	152/182	01:02:30.10
391/396	WOLLMAN, JANNA	1343	01:23:55.90	13:30	10K60+F	1/2	F	210/214	01:23:09.95
147/396	WOO, AMY	1344	00:53:43.65	08:39	10K20-29F	18/72	F	45/214	00:53:22.60
381/396	WOOD, WENDY	1345	01:16:43.80	12:21	10K40-49F	45/45	F	201/214	01:16:14.40
166/396	WOODARD, ALYSON F	1346	00:54:34.80	08:47	10K30-39F	17/69	F	56/214	00:54:25.75
296/396	WOODMAN, CHRIS	1347	01:03:48.90	10:16	10K30-39M	50/55	M	156/182	01:03:31.85
48/396	WOOLHOUSE, CHERYL	1408	00:45:47.40	07:22	10K20-29F	5/72	F	8/214	00:45:40.25
87/396	WYLLIE, DOUG	1348	00:48:58.00	07:53	10K50-59M	7/25	M	72/182	00:48:47.35
86/396	WYLLIE, JEREMIE	1349	00:48:57.95	07:52	10K19&UM	2/7	M	71/182	00:48:47.50
257/396	YOUNGER, BRIAN	1350	01:00:42.65	09:46	10K40-49M	38/48	M	145/182	00:59:51.80
34/396	ZAHARA, RYAN	1439	00:43:06.30	06:56	10K30-39M	14/55	M	29/182	00:43:02.65
41/396	ZORNIK, MIKE	1352	00:44:30.70	07:09	10K40-49M	9/48	M	34/182	00:44:25.50