

**MEC VANCOUVER RACE TWO: 5K/10K**

March 13, 2016

Results By TRIO Sport Events [www.trioevents.ca](http://www.trioevents.ca)**MEC****10 k Run**

Female

| Place | Name                 | Bib No | Time    | Total Pace |
|-------|----------------------|--------|---------|------------|
| 1     | Dianne Kaltenegger   | 81936  | 46:39   | 4:40/K     |
| 2     | Alanna MacDonald     | 81972  | 46:47   | 4:41/K     |
| 3     | Claire David         | 81844  | 47:20   | 4:44/K     |
| 4     | Melody Haddow        | 81888  | 48:32   | 4:51/K     |
| 5     | Claire Ewatski       | 81866  | 48:37   | 4:52/K     |
| 6     | Caitlin Cindric      | 81827  | 49:14   | 4:55/K     |
| 7     | Jaime Chong          | 81822  | 49:15   | 4:56/K     |
| 8     | Golnaz Jahesh        | 81928  | 49:34   | 4:57/K     |
| 9     | Suzanne Smith        | 82042  | 50:01   | 5:00/K     |
| 10    | Kyli Shorter         | 82038  | 50:06   | 5:01/K     |
| 11    | Lena Sesardic        | 82034  | 51:28   | 5:09/K     |
| 12    | Jessica Hodge        | 81898  | 51:39   | 5:10/K     |
| 13    | Tierney Schutz       | 82032  | 52:22   | 5:14/K     |
| 14    | Stefanie Grieser     | 81882  | 53:03   | 5:18/K     |
| 15    | ELISE DEBORNE        | 81848  | 53:03   | 5:18/K     |
| 16    | Sandra Franke        | 81893  | 53:07   | 5:19/K     |
| 17    | Iva Cvetic           | 81951  | 53:13   | 5:19/K     |
| 18    | Ceilidh Dunn         | 81858  | 53:46   | 5:23/K     |
| 19    | Paula Brent          | 75238  | 54:21   | 5:26/K     |
| 20    | Julia Brunner        | 81807  | 54:53   | 5:29/K     |
| 21    | Rebecca Irani        | 81926  | 55:22   | 5:32/K     |
| 22    | Katharina Scheu      | 82030  | 55:37   | 5:34/K     |
| 23    | Michelle McGuire     | 82053  | 56:03   | 5:36/K     |
| 24    | Natalie Godfrey      | 75204  | 57:01   | 5:42/K     |
| 25    | Mengjuan Wang        | 75205  | 57:15   | 5:44/K     |
| 26    | Jennifer Derkson     | 82088  | 57:23   | 5:44/K     |
| 27    | Tiffany Tanabe       | 82056  | 57:35   | 5:46/K     |
| 28    | Mariel Palacios      | 82010  | 57:40   | 5:46/K     |
| 29    | Kyla Edejer          | 81861  | 57:54   | 5:47/K     |
| 30    | Elisabeth Lefrancois | 81961  | 58:01   | 5:48/K     |
| 31    | Regina Garan         | 75215  | 58:35   | 5:52/K     |
| 32    | Andrea Hinston       | 75223  | 58:37   | 5:52/K     |
| 33    | Vaida Juodokaite     | 75221  | 58:54   | 5:53/K     |
| 34    | Vanessa Lebrun       | 75222  | 58:54   | 5:53/K     |
| 35    | Cristina Gibbons     | 75211  | 59:05   | 5:55/K     |
| 36    | Jessica Sanchez      | 75243  | 59:52   | 5:59/K     |
| 37    | Meghan Little        | 81965  | 1:00:06 | 6:01/K     |
| 38    | Melissa Schneider    | 82031  | 1:00:22 | 6:02/K     |
| 39    | Adriana Proton       | 81803  | 1:00:29 | 6:03/K     |
| 40    | Catriona Mulholland  | 81998  | 1:00:34 | 6:03/K     |
| 41    | Dana Spittal         | 82045  | 1:00:34 | 6:03/K     |
| 42    | Dana Hough           | 81921  | 1:00:35 | 6:04/K     |
| 43    | Trudy Wong           | 82051  | 1:00:39 | 6:04/K     |
| 44    | 75229 Bib            | 75229  | 1:00:55 | 6:06/K     |
| 45    | Amelia Collison      | 81834  | 1:01:04 | 6:06/K     |
| 46    | Sue Ferguson         | 81871  | 1:01:39 | 6:10/K     |

|     |                        |       |         |        |
|-----|------------------------|-------|---------|--------|
| 47  | Jennifer Copley        | 81839 | 1:01:43 | 6:10/K |
| 48  | Kim Nguyen             | 82001 | 1:02:10 | 6:13/K |
| 49  | Cathy Rae Hollett      | 75239 | 1:02:16 | 6:14/K |
| 50  | Frances Kwiatkowski    | 81952 | 1:03:09 | 6:19/K |
| 51  | Regiane Garcia         | 81875 | 1:03:10 | 6:19/K |
| 52  | Khanh Nguyen           | 81850 | 1:03:16 | 6:20/K |
| 53  | Saeideh Atoofi         | 82095 | 1:03:24 | 6:20/K |
| 54  | Amanda Chow            | 81823 | 1:03:24 | 6:20/K |
| 55  | Anita Loy              | 81968 | 1:03:25 | 6:21/K |
| 56  | Jennifer Johnston      | 81931 | 1:03:30 | 6:21/K |
| 57  | Heather Fairbrother    | 81867 | 1:03:46 | 6:23/K |
| 58  | Sue Matthews           | 81982 | 1:04:13 | 6:25/K |
| 59  | neha kishore           | 81939 | 1:04:14 | 6:25/K |
| 60  | kyoko horiguchi        | 81900 | 1:04:16 | 6:26/K |
| 61  | Joanna Marsolais       | 81978 | 1:04:16 | 6:26/K |
| 62  | Kim Cernly             | 75216 | 1:04:24 | 6:26/K |
| 63  | Loraine Douville       | 75227 | 1:05:45 | 6:35/K |
| 64  | Jennifer Ho-wang       | 82093 | 1:06:00 | 6:36/K |
| 65  | Barbara Patton         | 82014 | 1:06:10 | 6:37/K |
| 66  | Natalija Ilic          | 81924 | 1:06:13 | 6:37/K |
| 67  | Kelsey Aimar           | 78383 | 1:06:30 | 6:39/K |
| 68  | Kate MacMillan         | 81974 | 1:07:11 | 6:43/K |
| 69  | Lori Ptachyk           | 82019 | 1:07:20 | 6:44/K |
| 70  | Lianne Watt            | 82069 | 1:07:36 | 6:46/K |
| 71  | Kathleen Tapp          | 82003 | 1:07:46 | 6:47/K |
| 72  | Sandra Green           | 81880 | 1:08:08 | 6:49/K |
| 73  | Kelsey Quirion         | 82020 | 1:08:14 | 6:49/K |
| 74  | Jessica Saunders       | 82052 | 1:08:32 | 6:51/K |
| 75  | Louise Webb            | 78388 | 1:08:48 | 6:53/K |
| 76  | marni charlesworth     | 81818 | 1:08:51 | 6:53/K |
| 77  | Cassie Wright          | 82079 | 1:08:52 | 6:53/K |
| 78  | Julie Berry            | 81958 | 1:09:05 | 6:55/K |
| 79  | Magdalena Blasiak      | 78397 | 1:09:22 | 6:56/K |
| 80  | Alexandra Hoctin       | 75203 | 1:09:54 | 6:59/K |
| 81  | Elaine Haakstad        | 81887 | 1:10:36 | 7:04/K |
| 82  | Jessica Lu             | 78387 | 1:10:43 | 7:04/K |
| 83  | Christine McGuire      | 75207 | 1:10:59 | 7:06/K |
| 84  | Zoe Capps              | 81959 | 1:10:59 | 7:06/K |
| 85  | Pamela Leminski        | 82025 | 1:10:59 | 7:06/K |
| 86  | Lily Tourond           | 75246 | 1:11:21 | 7:08/K |
| 87  | Megan Lizée            | 81967 | 1:11:25 | 7:09/K |
| 88  | Cathy Wu               | 82080 | 1:11:31 | 7:09/K |
| 89  | Bitá Joudaki           | 81932 | 1:11:48 | 7:11/K |
| 90  | Elena Krsteva          | 81943 | 1:12:32 | 7:15/K |
| 91  | Shakhnaza Nishankulova | 82002 | 1:13:01 | 7:18/K |
| 92  | Sarah Fougere          | 81873 | 1:13:02 | 7:18/K |
| 93  | Brittani Hislop        | 81896 | 1:13:06 | 7:19/K |
| 94  | Julianne Wiebe         | 82073 | 1:13:07 | 7:19/K |
| 95  | Isobel Willard         | 82075 | 1:15:43 | 7:34/K |
| 96  | Mango Mangonon         | 81977 | 1:16:28 | 7:39/K |
| 97  | Bhapinder Sandhu       | 82028 | 1:17:06 | 7:43/K |
| 98  | Aimee Illescas         | 81971 | 1:17:32 | 7:45/K |
| 99  | Susan Gibbons          | 75212 | 1:18:01 | 7:48/K |
| 100 | Julie Meyers           | 81995 | 1:19:10 | 7:55/K |
| 101 | Jenny Gloor            | 81878 | 1:19:42 | 7:58/K |
| 102 | Neha Kishore           | 75244 | 1:20:31 | 8:03/K |
| DQ  | Akiko Imada            | 81925 |         |        |
| DQ  | Ursula Ellis           | 81863 |         |        |

## Male

| Place | Name              | Bib No | Total Time | Total Pace |
|-------|-------------------|--------|------------|------------|
| 1     | David Adams       | 78382  | 38:23      | 3:50/K     |
| 2     | Ben Hanke         | 78381  | 38:53      | 3:53/K     |
| 3     | Blan Zimmerman    | 75214  | 39:35      | 3:58/K     |
| 4     | Connell O'Reilly  | 82006  | 40:16      | 4:02/K     |
| 5     | Mark Dawson       | 75240  | 40:32      | 4:03/K     |
| 6     | Conrad Cormier    | 81843  | 40:34      | 4:03/K     |
| 7     | Gavin Bong        | 81801  | 41:02      | 4:06/K     |
| 8     | Terry Straus      | 82048  | 41:20      | 4:08/K     |
| 9     | Brandon Mewhort   | 82092  | 41:54      | 4:11/K     |
| 10    | Malcolm Sucrez    | 81954  | 41:55      | 4:12/K     |
| 11    | Milan Benaka      | 82037  | 42:46      | 4:17/K     |
| 12    | Adrian De Lisle   | 81847  | 42:47      | 4:17/K     |
| 13    | Chris Farrell     | 81950  | 43:06      | 4:19/K     |
| 14    | Anders Mjos       | 82091  | 44:00      | 4:24/K     |
| 15    | Robert Bonas      | 78400  | 44:34      | 4:27/K     |
| 16    | Daniel Camporese  | 81812  | 44:46      | 4:29/K     |
| 17    | Kevin O'Reilly    | 82007  | 45:20      | 4:32/K     |
| 18    | Nick Penner       | 82015  | 46:38      | 4:40/K     |
| 19    | Charlie Hunter    | 81922  | 46:38      | 4:40/K     |
| 20    | James Dunnigan    | 81859  | 47:47      | 4:47/K     |
| 21    | stephen scott     | 82033  | 48:08      | 4:49/K     |
| 22    | Mike Deines       | 81849  | 48:44      | 4:52/K     |
| 23    | Ricooh Talento    | 75242  | 48:53      | 4:53/K     |
| 24    | Lawrence Bernales | 78390  | 49:26      | 4:57/K     |
| 25    | Nader Atoofi      | 82094  | 49:59      | 5:00/K     |
| 26    | Joseph Chai       | 75234  | 50:34      | 5:03/K     |
| 27    | Willi Ribl        | 82022  | 50:44      | 5:04/K     |
| 28    | Mark West         | 82071  | 50:48      | 5:05/K     |
| 29    | Richard Johnson   | 75209  | 51:05      | 5:07/K     |
| 30    | Tyrone Tairu      | 82055  | 51:13      | 5:07/K     |
| 31    | andrew ettinger   | 81865  | 51:22      | 5:08/K     |
| 32    | Fiel Edejer       | 81862  | 51:27      | 5:09/K     |
| 33    | Jamie Leigh       | 81819  | 51:35      | 5:10/K     |
| 34    | Andow Sixsmith    | 75236  | 51:50      | 5:11/K     |
| 35    | Martin Coles      | 75226  | 52:03      | 5:12/K     |
| 36    | Kurt Laird        | 75218  | 52:21      | 5:14/K     |
| 37    | Zeen Liu          | 75201  | 52:22      | 5:14/K     |
| 38    | Alasdair George   | 81876  | 52:27      | 5:15/K     |
| 39    | Andrew Kwan       | 82096  | 52:50      | 5:17/K     |
| 40    | Mike Hawco        | 75237  | 53:14      | 5:19/K     |
| 41    | Marty Geusebroek  | 81877  | 53:33      | 5:21/K     |
| 42    | Marc Gibson       | 75232  | 54:02      | 5:24/K     |
| 43    | milan pocuca      | 82016  | 54:19      | 5:26/K     |
| 44    | Joseph Cacal      | 82054  | 54:19      | 5:26/K     |
| 45    | Zach Saunders     | 82029  | 54:40      | 5:28/K     |
| 46    | Jim Rupert        | 75233  | 54:41      | 5:28/K     |
| 47    | Brendan Kelly     | 81996  | 55:07      | 5:31/K     |
| 48    | Thomas Miller     | 75228  | 55:48      | 5:35/K     |
| 49    | Benjamin Milling  | 78393  | 56:07      | 5:37/K     |
| 50    | Jason Lindstrom   | 81962  | 56:11      | 5:37/K     |
| 51    | David Little      | 81964  | 56:18      | 5:38/K     |
| 52    | Will Turner       | 82064  | 56:21      | 5:38/K     |
| 53    | charles krzysik   | 81944  | 56:23      | 5:38/K     |
| 54    | Asha Kydd         | 82090  | 56:38      | 5:40/K     |
| 55    | Eric Poersch      | 82017  | 56:48      | 5:41/K     |

|    |                       |       |         |        |
|----|-----------------------|-------|---------|--------|
| 56 | max krzysik-horiguchi | 81945 | 56:55   | 5:42/K |
| 57 | Jeff Lun              | 81969 | 57:04   | 5:42/K |
| 58 | Justin Mak            | 82099 | 57:15   | 5:44/K |
| 59 | Kyle Kwan             | 78394 | 57:48   | 5:47/K |
| 60 | Denys Ng              | 82000 | 58:21   | 5:50/K |
| 61 | Daniel Mangonon       | 82026 | 58:23   | 5:50/K |
| 62 | Paul Verlaan          | 81817 | 58:41   | 5:52/K |
| 63 | Vladimir Ilic         | 81923 | 59:09   | 5:55/K |
| 64 | Adrian Hinston        | 75224 | 59:13   | 5:55/K |
| 65 | Russ Zapothichny      | 75235 | 59:22   | 5:56/K |
| 66 | stuart richardson     | 82023 | 59:26   | 5:57/K |
| 67 | Euan Bowman           | 81984 | 1:00:04 | 6:00/K |
| 68 | Jesse Collison        | 81833 | 1:00:48 | 6:05/K |
| 69 | Tom Sherlock          | 75219 | 1:00:52 | 6:05/K |
| 70 | Kevin Park            | 75213 | 1:00:55 | 6:06/K |
| 71 | Matthew Hislop        | 81897 | 1:01:35 | 6:10/K |
| 72 | Mark Pattern          | 82013 | 1:01:35 | 6:10/K |
| 73 | Simon Shum            | 82039 | 1:01:47 | 6:11/K |
| 74 | David Kwan            | 75206 | 1:02:12 | 6:13/K |
| 75 | Marcus Stusek         | 75225 | 1:03:06 | 6:19/K |
| 76 | Amrit Birring         | 78395 | 1:03:10 | 6:19/K |
| 77 | Josh Sobil            | 82044 | 1:03:33 | 6:21/K |
| 78 | Lee Kucera            | 81947 | 1:03:46 | 6:23/K |
| 79 | Paymon Ahsaei         | 75210 | 1:04:10 | 6:25/K |
| 80 | Maulen Kalau          | 81935 | 1:05:24 | 6:32/K |
| 81 | Chris Tin Wai Chan    | 81814 | 1:07:09 | 6:43/K |
| 82 | Eric Rashce           | 75230 | 1:07:36 | 6:46/K |
| 83 | christopher blunden   | 78398 | 1:07:42 | 6:46/K |
| 84 | Brendan Cindric       | 81826 | 1:07:45 | 6:47/K |
| 85 | Gary Diman            | 75220 | 1:07:47 | 6:47/K |
| 86 | Brendan Cooke         | 81835 | 1:08:14 | 6:49/K |
| 87 | Michael Nuchoff       | 82100 | 1:11:38 | 7:10/K |
| 88 | Mario Busse           | 81966 | 1:11:39 | 7:10/K |
| 89 | Zane Dopson           | 81855 | 1:11:55 | 7:12/K |
| 90 | Christopher Lawetz    | 81957 | 1:16:28 | 7:39/K |
| 91 | PETER GOEL            | 81879 | 1:24:30 | 8:27/K |
| 92 | Haroon Rashid         | 82021 | 1:25:33 | 8:33/K |

## 5 k Run

Female

| Place | Name                | Bib No | Total Time | Total Pace |
|-------|---------------------|--------|------------|------------|
| 1     | Olivia Willett      | 20651  | 20:07      | 4:01/K     |
| 2     | Baneet Bains        | 20645  | 22:16      | 4:27/K     |
| 3     | Laura Gale          | 20639  | 24:11      | 4:50/K     |
| 4     | Janice Palmer       | 20627  | 24:12      | 4:50/K     |
| 5     | Stephanie Mar       | 20641  | 24:14      | 4:51/K     |
| 6     | Alexandra Smolinski | 20613  | 25:04      | 5:01/K     |
| 7     | 20642 Bib           | 20642  | 25:06      | 5:01/K     |
| 8     | Carolyn Hubbard     | 20462  | 25:54      | 5:11/K     |
| 9     | Jasmeen Dhdkliwal   | 20567  | 26:18      | 5:16/K     |
| 10    | Liana Elsbernel     | 20551  | 26:26      | 5:17/K     |
| 11    | Lindsay Sheperd     | 20652  | 26:26      | 5:17/K     |
| 12    | Marlee Bathe        | 20423  | 26:28      | 5:18/K     |
| 13    | Lauran Robinson     | 20640  | 27:01      | 5:24/K     |
| 14    | Doneen Swart        | 20411  | 27:29      | 5:30/K     |
| 15    | Nicole Sue          | 20561  | 28:06      | 5:37/K     |
| 16    | Katiana Shanbahrami | 20569  | 28:10      | 5:38/K     |
| 17    | Yasmin Parker       | 20509  | 28:27      | 5:41/K     |
| 18    | Bracken Hanke       | 20450  | 29:05      | 5:49/K     |
| 19    | Edel Kirke          | 20609  | 29:24      | 5:53/K     |
| 20    | Maureen Cooper      | 20435  | 29:29      | 5:54/K     |
| 21    | Rachel Vallance     | 20474  | 29:34      | 5:55/K     |
| 22    | Liza Navarro        | 20644  | 30:09      | 6:02/K     |
| 23    | Tracy Harvey-Chan   | 20441  | 30:26      | 6:05/K     |
| 24    | Yuri Artibise       | 20402  | 30:27      | 6:05/K     |
| 25    | Jena Church         | 20624  | 30:37      | 6:07/K     |
| 26    | Shelby Martin       | 20623  | 30:38      | 6:08/K     |
| 27    | Catherine Chew      | 20605  | 30:48      | 6:10/K     |
| 28    | Heidi Harms         | 20545  | 30:49      | 6:10/K     |
| 29    | Alex Franco         | 20438  | 31:13      | 6:15/K     |
| 30    | Beverley ONeil      | 20506  | 31:16      | 6:15/K     |
| 31    | Dalila Jovanovic    | 20610  | 31:16      | 6:15/K     |
| 32    | Altynay Trofimchuk  | 20616  | 31:16      | 6:15/K     |
| 33    | Janelle Saccucci    | 20593  | 31:40      | 6:20/K     |
| 34    | Akane Wada          | 20591  | 31:49      | 6:22/K     |
| 35    | Jennifer Jantzen    | 20614  | 31:50      | 6:22/K     |
| 36    | Laura Zerr          | 20637  | 31:59      | 6:24/K     |
| 37    | Laura Gair          | 20601  | 32:10      | 6:26/K     |
| 38    | Karen Choi          | 20482  | 32:14      | 6:27/K     |
| 39    | Hyunwook Shin       | 20500  | 32:15      | 6:27/K     |
| 40    | Terry Lynn Massey   | 20604  | 32:29      | 6:30/K     |
| 41    | Maira Campbell      | 20620  | 33:06      | 6:37/K     |
| 42    | Morgaine Jennings   | 20611  | 33:13      | 6:39/K     |
| 43    | Alisa Lazear        | 20404  | 33:51      | 6:46/K     |
| 44    | Joyce Beveridge     | 20475  | 33:58      | 6:48/K     |
| 45    | Alona Ben-Yacov     | 20626  | 34:04      | 6:49/K     |
| 46    | Kim Dohms           | 20635  | 34:08      | 6:50/K     |
| 47    | Michelle von Loessl | 20531  | 34:10      | 6:50/K     |
| 48    | Stacey Kus          | 20582  | 34:43      | 6:57/K     |
| 49    | Suman Lalari        | 20598  | 34:49      | 6:58/K     |
| 50    | Amy Chand           | 20538  | 35:22      | 7:04/K     |
| 51    | Lin Sue             | 20560  | 35:31      | 7:06/K     |
| 52    | Julie Farynuik      | 20447  | 35:43      | 7:09/K     |
| 53    | Elaine Campbell     | 20622  | 35:44      | 7:09/K     |
| 54    | Emily Ostapovich    | 20535  | 35:48      | 7:10/K     |
| 55    | Tiffany Ku          | 20570  | 35:53      | 7:11/K     |

|    |                    |       |       |         |
|----|--------------------|-------|-------|---------|
| 56 | Jenny MacKay       | 20597 | 35:59 | 7:12/K  |
| 57 | Laurel McLaughlin  | 20596 | 36:01 | 7:12/K  |
| 58 | Adeline Wong       | 20575 | 36:38 | 7:20/K  |
| 59 | Sally Young        | 20541 | 36:43 | 7:21/K  |
| 60 | Laura McPheeters   | 20495 | 36:57 | 7:23/K  |
| 61 | Karen Noel-Bentley | 20504 | 36:58 | 7:24/K  |
| 62 | Joanne Denny       | 20478 | 37:20 | 7:28/K  |
| 63 | Sandy Dang         | 20583 | 37:22 | 7:28/K  |
| 64 | Barb Griffin       | 20491 | 37:30 | 7:30/K  |
| 65 | lisa yeoman        | 82082 | 38:06 | 7:37/K  |
| 66 | Wendy Sinclair     | 82040 | 38:08 | 7:38/K  |
| 67 | Bethany Mayne      | 20606 | 38:16 | 7:39/K  |
| 68 | Sonia Milbradt     | 20403 | 38:16 | 7:39/K  |
| 69 | Lauren Bailey      | 20429 | 38:23 | 7:41/K  |
| 70 | Stacey Vestad      | 20530 | 38:35 | 7:43/K  |
| 71 | Rita Tung          | 20528 | 39:54 | 7:59/K  |
| 72 | Pei Wen Polly Tsao | 20527 | 39:54 | 7:59/K  |
| 73 | Sonia Erichsen     | 20466 | 39:56 | 7:59/K  |
| 74 | Jennifer Raworth   | 20533 | 39:58 | 8:00/K  |
| 75 | Ruth Beardsley     | 20600 | 40:55 | 8:11/K  |
| 76 | Alex Holmes        | 20599 | 40:59 | 8:12/K  |
| 77 | Gwen Doran         | 20649 | 41:33 | 8:19/K  |
| 78 | Rebekah Makepeace  | 20650 | 41:35 | 8:19/K  |
| 79 | Narveen Grewal     | 20617 | 42:10 | 8:26/K  |
| 80 | Marina Langland    | 20633 | 43:01 | 8:36/K  |
| 81 | Wendy Brelsford    | 20589 | 43:26 | 8:41/K  |
| 82 | Jessica Lam        | 20646 | 43:48 | 8:46/K  |
| 83 | Rachelle McCallum  | 20460 | 44:35 | 8:55/K  |
| 84 | Megan Bartley      | 20585 | 46:56 | 9:23/K  |
| 85 | Spoorthy Seenappa  | 75241 | 49:50 | 9:58/K  |
| 86 | Anuria Dhiman      | 20602 | 50:57 | 10:11/K |
| 87 | Jessie Corey       | 75245 | 57:33 | 11:31/K |

Male

| Place | Name              | Bib No | Total Time | Total Pace |
|-------|-------------------|--------|------------|------------|
| 1     | Michael Harris    | 20451  | 19:42      | 3:56/K     |
| 2     | Stephen Davis     | 20498  | 22:25      | 4:29/K     |
| 3     | Zeus Lang         | 20629  | 22:43      | 4:33/K     |
| 4     | Jamie Daton       | 20638  | 22:55      | 4:35/K     |
| 5     | Derek Niziol      | 20503  | 23:22      | 4:40/K     |
| 6     | Antonio Atte      | 20558  | 23:48      | 4:46/K     |
| 7     | David Bickerton   | 20594  | 24:42      | 4:56/K     |
| 8     | Marlon Danilewitz | 20425  | 24:56      | 4:59/K     |
| 9     | Jason Classon     | 20472  | 25:03      | 5:01/K     |

|    |                      |       |         |         |
|----|----------------------|-------|---------|---------|
| 10 | Campbell McCallum    | 20473 | 25:07   | 5:01/K  |
| 11 | Chris Seppelt        | 20522 | 25:38   | 5:08/K  |
| 12 | Raymond Lam          | 20587 | 25:43   | 5:09/K  |
| 13 | Linton Su Sing Chan  | 20421 | 25:46   | 5:09/K  |
| 14 | Eric Sue             | 20562 | 25:55   | 5:11/K  |
| 15 | John Ferber          | 20407 | 26:13   | 5:15/K  |
| 16 | Phil Haines          | 20607 | 26:20   | 5:16/K  |
| 17 | Kevin O'Connor       | 20588 | 26:26   | 5:17/K  |
| 18 | Daylan Robertson     | 20519 | 26:27   | 5:17/K  |
| 19 | Ian Ang              | 20576 | 26:29   | 5:18/K  |
| 20 | Mathew Lee           | 20612 | 26:31   | 5:18/K  |
| 21 | Mardin Varela Flores | 20584 | 26:36   | 5:19/K  |
| 22 | Oscar Hanke          | 20449 | 27:08   | 5:26/K  |
| 23 | Layne Hellrung       | 20595 | 27:11   | 5:26/K  |
| 24 | Jim Hodgson          | 20559 | 27:17   | 5:27/K  |
| 25 | Vsili Trofimchuk     | 20615 | 27:26   | 5:29/K  |
| 26 | Conner Zemlak        | 20543 | 28:23   | 5:41/K  |
| 27 | Lindsay Masters      | 20647 | 28:50   | 5:46/K  |
| 28 | Dauglas Campbell     | 20621 | 29:07   | 5:49/K  |
| 29 | Paul Clapham         | 20631 | 29:35   | 5:55/K  |
| 30 | Cole Crocker         | 20634 | 30:27   | 6:05/K  |
| 31 | Trevor Kouyomjian    | 20618 | 30:48   | 6:10/K  |
| 32 | Lowell McPhail       | 20619 | 31:07   | 6:13/K  |
| 33 | Daniel Weinshenker   | 20628 | 31:07   | 6:13/K  |
| 34 | Linden Ruecker       | 20592 | 31:11   | 6:14/K  |
| 35 | Max McDiarmid        | 20486 | 31:22   | 6:16/K  |
| 36 | Steve Micolino       | 20439 | 32:03   | 6:25/K  |
| 37 | Brandon Chesler      | 20496 | 32:22   | 6:28/K  |
| 38 | Marshall Derksen     | 20430 | 33:13   | 6:39/K  |
| 39 | Grant Derksen        | 20431 | 33:13   | 6:39/K  |
| 40 | Raymond Tsow         | 20636 | 33:19   | 6:40/K  |
| 41 | Dennis Cooper        | 20625 | 34:02   | 6:48/K  |
| 42 | Peter Brodman        | 20537 | 34:20   | 6:52/K  |
| 43 | Gary Rollins         | 20517 | 34:36   | 6:55/K  |
| 44 | Mike Kus             | 20581 | 35:00   | 7:00/K  |
| 45 | Magnus Lu            | 20586 | 35:15   | 7:03/K  |
| 46 | Otis Sandhu          | 20546 | 35:19   | 7:04/K  |
| 47 | Mehtab Riar          | 20547 | 35:23   | 7:05/K  |
| 48 | Veerin Dhiman        | 20603 | 35:31   | 7:06/K  |
| 49 | Collin Brown         | 20480 | 35:48   | 7:10/K  |
| 50 | Keith Cerny          | 20608 | 35:48   | 7:10/K  |
| 51 | 20643 Bib            | 20643 | 36:25   | 7:17/K  |
| 52 | Alan Chan            | 20418 | 36:40   | 7:20/K  |
| 53 | Ben Sinclair         | 20648 | 37:10   | 7:26/K  |
| 54 | Campbell MacArthur   | 20590 | 38:30   | 7:42/K  |
| 55 | Tara McGuire         | 20490 | 38:50   | 7:46/K  |
| 56 | Noah Morris          | 20630 | 46:44   | 9:21/K  |
| 57 | Sean Stewart         | 20632 | 1:19:49 | 15:58/K |