

MEC LOWER MAINLAND: ROAD RACE TEN, 5K/10K

Race Date

November 05, 2017

Overall Finish List

10k Run			Female	
Overall	Name	Bib No	Time	Pace
1	Sara Massie	9621	38:40	3:52/K
2	Claudia Edwards	9517	40:16	4:02/K
3	Samantha Hoft	9564	40:34	4:03/K
4	Lisa Dinh	9506	40:53	4:05/K
5	Kye Fedor	9523	42:16	4:14/K
6	Sarah Wuertz	9753	43:59	4:24/K
7	Misako Braaten	8204	44:04	4:24/K
8	Rhonda Dyce	9514	44:05	4:25/K
9	Laura Di Cicco	9505	45:16	4:32/K
10	Lisa Roberts	9676	46:26	4:39/K
11	Helene Decarie	8250	46:26	4:39/K
12	Breanne Nychuk	9644	46:33	4:39/K
13	Katherine Tochor	9725	46:33	4:39/K
14	Teresa Dlugon	9763	46:38	4:40/K
15	Amy Leyte	9608	47:26	4:45/K
16	Meaghan Taylor	9769	47:40	4:46/K
17	Wendy Krasovec	9599	48:31	4:51/K
18	Alison Nowak	9643	48:49	4:53/K
19	Else Bosman	7900	49:20	4:56/K
20	Brenda Ball	7136	49:37	4:58/K
21	Katherine Tam	9717	50:06	5:01/K
22	Cindy Muller	9635	50:08	5:01/K
23	Megan Scott	9695	50:12	5:01/K
24	Devon Peck	9653	50:19	5:02/K
25	Kari He	9555	50:24	5:02/K
26	Michelle McGuire	9626	50:48	5:05/K
27	Sonja Saqui	9689	50:56	5:06/K
28	Binder Dhaliwal	9503	51:04	5:06/K
29	Bernice Lam	9605	51:07	5:07/K
30	Ivonne Zuniga	9762	51:10	5:07/K
31	Angela Lee	9776	51:17	5:08/K
32	Alexandra Osorio	9647	51:24	5:08/K
33	Kim King	9593	51:25	5:09/K
34	Anne Buchan	8211	51:29	5:09/K
35	Kingkarn Mansilatham	9617	51:30	5:09/K
36	Alice Chernoff	8233	51:37	5:10/K
37	Kim Turik	9730	51:48	5:11/K
38	Jamie Doldersum	9508	51:55	5:12/K
39	Brenie Clamer	8235	52:01	5:12/K
40	Mackenzie Green	9542	52:01	5:12/K
41	Josephine Morgan	9633	52:06	5:13/K
42	Nicole Aleong	4476	52:12	5:13/K
43	Brittaney Boone	7899	52:14	5:13/K
44	Sheena Hoskin	9567	52:16	5:14/K
45	Kristina Obodovskiy	9645	52:28	5:15/K
46	Kim Cockburn	8238	52:52	5:17/K
47	Carla Beston	7895	52:54	5:17/K

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Overall Finish List

10k Run			Female	
Overall	Name	Bib No	Time	Pace
48	natalie rycroft	9684	52:55	5:18/K
49	Winnie Timko	9724	53:25	5:21/K
50	Carolyn Anderson	9771	53:27	5:21/K
51	Sarah Harrison	9554	54:11	5:25/K
52	Beth Zapadka	9761	54:31	5:27/K
53	Heidi Harms	9552	54:38	5:28/K
54	Susana Egolf	9519	54:38	5:28/K
55	MEGAN BERKS	7891	54:49	5:29/K
56	Liza Archer	7031	55:00	5:30/K
57	Clare Whelan Sadike	9744	55:06	5:31/K
58	Elisa silvestrini	9703	55:13	5:31/K
59	Katia Plotnikoff	9656	55:14	5:31/K
60	Anna Cho	8234	55:22	5:32/K
61	Sarah McCarthy	9765	55:22	5:32/K
62	Kamalpreet Rai	9667	55:28	5:33/K
63	Helena Bezerra	7897	55:28	5:33/K
64	Heather Garnett	9531	55:46	5:35/K
65	Carolyn Summerfield	9713	56:10	5:37/K
66	Branka Gataric	9532	56:11	5:37/K
67	Kimberly Dyce	9515	56:15	5:38/K
68	Brynna Cawley	8225	56:29	5:39/K
69	Sue Burkholder	8214	56:45	5:41/K
70	Hannah Tonneman	9727	56:48	5:41/K
71	Megan Holm	9566	57:04	5:42/K
72	Caitlyn Dunphy	9513	57:22	5:44/K
73	Gayle Stoodley	9712	57:39	5:46/K
74	May Cheng	8232	58:14	5:49/K
75	Manda Sayers	9691	58:14	5:49/K
76	Ivy Chang	8231	59:57	6:00/K
77	Sherri Guernsey	9543	1:00:32	6:03/K
78	Minako Kikuya	9589	1:00:48	6:05/K
79	Louise Spears	9709	1:01:03	6:06/K
80	Ashley Chang	8229	1:02:25	6:15/K
81	Megan Nash	9639	1:02:29	6:15/K
82	Christine McGuire	9627	1:02:45	6:17/K
83	Lora Smith	9707	1:02:49	6:17/K
84	Amanda Cann	8219	1:03:14	6:19/K
85	DAMARIS MWANGI	9637	1:03:30	6:21/K
86	Susan Miller	9631	1:04:11	6:25/K
87	Chris Johnson	9579	1:04:14	6:25/K
88	Colleen Saimoto	9685	1:04:14	6:25/K
89	Emily Wills	9745	1:04:30	6:27/K
90	Aza Bryson	8210	1:05:54	6:35/K
91	Lori Ptachyk	9663	1:07:28	6:45/K
92	Linda Yang	9755	1:07:40	6:46/K
93	Yudi Soennichsen	9708	1:08:04	6:48/K
94	Lina Saldarriaga	9686	1:08:04	6:48/K

Race Date

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Overall Finish List

10k Run

Female

<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Time</u>	<u>Pace</u>
95	Leanne Fawcett	9522	1:11:36	7:10/K
96	mary munro	9636	1:11:39	7:10/K
97	Theresa Schiewe	9693	1:13:46	7:23/K
98	Teresa Hill	9562	1:14:43	7:28/K

MEC LOWER MAINLAND: ROAD RACE TEN, 5K/10K

Race Date

November 05, 2017

Overall Finish List

10k Run			Male	
Overall	Name	Bib No	Time	Pace
1	Lee Kennett	9586	34:38	3:28/K
2	Stephen Hardy	9549	35:49	3:35/K
3	Trysten Scheidl	9692	36:22	3:38/K
4	Joe Brooker	8207	37:57	3:48/K
5	Graziano Fronteddii	9529	38:07	3:49/K
6	Matthew Hunter	9574	38:51	3:53/K
7	Borys Korobeinikov	9598	39:06	3:55/K
8	Unknown Partic. 23199	23199	39:44	3:58/K
9	Cole Maciber	9783	39:44	3:58/K
10	Daniel Badragan	7112	39:44	3:58/K
11	Adrian Kense	9587	39:45	3:59/K
12	Chris Shier	9764	40:15	4:02/K
13	Alan Thompson	9723	40:26	4:03/K
14	Taylor Sharpe	9700	41:04	4:06/K
15	Jeff Stautz	9711	41:27	4:09/K
16	Ben Mortenson	9634	41:31	4:09/K
17	Eli Kastelein	9583	41:34	4:09/K
18	Mark Germani	9535	41:38	4:10/K
19	Francis Edmilao	9516	41:40	4:10/K
20	Mike Twining	9731	41:41	4:10/K
21	David Hargreaves	9551	41:55	4:12/K
22	Vincent Lo	9611	41:56	4:12/K
23	Camilo Ramirez	9669	42:03	4:12/K
24	Colin Chan	9774	42:15	4:14/K
25	Haig Sutherland	9714	42:30	4:15/K
26	Miller Nicolson	9641	42:48	4:17/K
27	Grant Finnighan	9524	42:58	4:18/K
28	Robson Pontin	9657	43:05	4:19/K
29	Blair Brodie	8206	43:07	4:19/K
30	Kevin de Leon	8249	43:13	4:19/K
31	Steve Tang	9766	43:42	4:22/K
32	Michael Kneesch	9596	43:45	4:23/K
33	Ken Yu	9760	43:48	4:23/K
34	Gregg Ambrosi	6350	43:53	4:23/K
35	Walter Scott	9696	44:22	4:26/K
36	Tyrone Tairu	9716	44:26	4:27/K
37	Jay Park	9651	44:38	4:28/K
38	Jordan Power	9659	44:39	4:28/K
39	Simon Hoang	9770	44:41	4:28/K
40	Daniel Mackay	9614	44:45	4:29/K
41	Maz Laylabadi	9606	45:00	4:30/K
42	Trevor Amundrud	6385	45:15	4:32/K
43	Nick Wheeler-Hughes	9743	45:36	4:34/K
44	Lawrence Bernales	7892	45:40	4:34/K
45	Russell Wolansky	9749	45:44	4:34/K
46	Daryl Handley	9547	45:52	4:35/K
47	Pierre Depralon	9502	45:56	4:36/K

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Overall Finish List

10k Run			Male	
Overall	Name	Bib No	Time	Pace
48	Rick Roberts	9677	46:26	4:39/K
49	Paul Shimizu	9702	46:50	4:41/K
50	Benjamin Milling	9632	46:51	4:41/K
51	Dong Baik Kim	9591	46:52	4:41/K
52	Alberto Ramirez	9670	47:02	4:42/K
53	Sean McKnight	9628	47:06	4:43/K
54	Steven Pearce	9652	47:10	4:43/K
55	Gerald Baier	7126	47:20	4:44/K
56	James Tai	9715	47:42	4:46/K
57	Neil Harrington	9553	48:11	4:49/K
58	Bertrand Roussel	9681	48:25	4:51/K
59	Bill Russell	9683	49:09	4:55/K
60	Tom Sherlock	9701	49:21	4:56/K
61	Masroor Rehan	9673	49:22	4:56/K
62	Humphrey Tam	9718	49:31	4:57/K
63	Martin Glegg	9536	49:37	4:58/K
64	Steven Evans	9521	49:45	4:59/K
65	Lindsay Darling	8246	49:50	4:59/K
66	John Buckley	8213	49:52	4:59/K
67	Daniel McLaughlin	9629	50:00	5:00/K
68	David Kirkpatrick	9594	50:02	5:00/K
69	Boyd Thompson	9775	50:29	5:03/K
70	Polo Cebrero	8226	50:33	5:03/K
71	Marcus Tang	9719	50:34	5:03/K
72	Manav Sekhri	9698	50:35	5:04/K
73	David Kay	9584	50:38	5:04/K
74	Jim Bradley	8205	51:01	5:06/K
75	Alistair Forster	9526	51:11	5:07/K
76	Liam Dawes-Forster	8248	51:11	5:07/K
77	Tim Chan	8228	51:35	5:10/K
78	James Taylor	9720	51:37	5:10/K
79	Hector Huang	9570	51:51	5:11/K
80	Sergio Garcia	9530	52:01	5:12/K
81	Richard Egolf	9518	52:14	5:13/K
82	Andres Volpe	9738	53:04	5:18/K
83	Clayton Boon	7898	53:04	5:18/K
84	Henry Au	9772	53:10	5:19/K
85	Elisah King-Au	9773	53:10	5:19/K
86	Mike Butler	8216	53:16	5:20/K
87	Alexandria Papove	9650	53:28	5:21/K
88	Rafael Villanueva	9736	53:47	5:23/K
89	Johan Doldersum	9507	54:04	5:24/K
90	DIEGO Jamieson	9576	54:25	5:27/K
91	David Kwan	9603	54:27	5:27/K
92	Steven Schmid	9694	54:59	5:30/K
93	Norman Heu	9558	55:22	5:32/K
94	Paulo Bezerra	7896	55:28	5:33/K

Overall Finish List

10k Run

Male

<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Time</u>	<u>Pace</u>
95	Greg Rai	9668	55:44	5:34/K
96	Dashaylan Naidoo	9638	55:53	5:35/K
97	Matthew Gauthier	9534	57:04	5:42/K
98	Rick Doldersum	9509	59:27	5:57/K
99	Draze Gataric	9533	1:00:25	6:03/K
100	Mike Carew	8223	1:00:45	6:05/K
101	Roger Roufousse	9680	1:01:52	6:11/K
102	Allen Chang	8230	1:02:25	6:15/K
103	John Reay	9672	1:02:32	6:15/K
104	Kenneth Ng	9640	1:03:33	6:21/K
105	Ricardo Silva	9777	1:05:21	6:32/K
106	Christopher Blunden	9778	1:07:29	6:45/K
107	Geoffrey Goldman	9539	1:16:36	7:40/K

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Overall Finish List

		5k Run	Female	
<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Time</u>	<u>Pace</u>
1	Kaitlyn Munn	6996	21:33	4:19/K
2	Stephanie Kieffer	1997	23:12	4:38/K
3	Tara Rosenberg	23174	23:24	4:41/K
4	Megan Reid	23169	23:43	4:45/K
5	Carla Sweeney	70872	24:07	4:49/K
6	Chantelle Murnaghan	6998	24:29	4:54/K
7	Tracy-kim Campbell	1926	24:34	4:55/K
8	Bracken Hanke	1982	24:35	4:55/K
9	Chiara Zoller	6419	24:49	4:58/K
10	Winifred Hill	1988	25:02	5:00/K
11	Sarah Beall	1916	25:02	5:00/K
12	Carolyn Hubbard	6447	25:11	5:02/K
13	Olivia Faetz	1967	26:02	5:12/K
14	Naomi Fota	1971	26:32	5:18/K
15	Valerie Persoly	6429	26:46	5:21/K
16	Cheralyn Frizzell	1972	26:56	5:23/K
17	Eliana Krupa	2906	27:02	5:24/K
18	Makiko Kosaka	2121	27:15	5:27/K
19	Kate Sheardown	23187	27:26	5:29/K
20	Sarah Hitner	1989	27:43	5:33/K
21	Jenn Cline	6437	27:58	5:36/K
22	Hilary Thomson	70879	28:09	5:38/K
23	chelsea siler	23189	28:30	5:42/K
24	ERIN ECCLES	1961	28:33	5:43/K
25	Robin Poirier	23161	28:34	5:43/K
26	Lily Volk	70937	28:40	5:44/K
27	Laura D'alva	6453	28:45	5:45/K
28	Shannon Eeckhout	1962	28:48	5:46/K
29	Lina Arias	1913	28:55	5:47/K
30	Anita Tiernan	70880	28:58	5:48/K
31	Audrey OConnor	23154	28:58	5:48/K
32	Lula Jones	1994	29:02	5:48/K
33	Anastasia Jones	1995	29:03	5:49/K
34	Colleen Lee	3013	29:06	5:49/K
35	Cathy Vigneron	70928	29:16	5:51/K
36	Tina Dawes	1955	29:18	5:52/K
37	Lucy Mclean	6990	29:30	5:54/K
38	Paola murillo	6997	29:50	5:58/K
39	Maxine Giannelli	1975	29:59	6:00/K
40	Jade Hopkins	1991	30:05	6:01/K
41	Dalia Alvarez	6428	30:05	6:01/K
42	Tracy Park	23159	30:08	6:02/K
43	Janelle Zhao	6418	31:18	6:16/K
44	Ariane Ariane Chavez	1912	31:28	6:18/K
45	Katie Scheerer	23181	31:30	6:18/K
46	Angela Wong	6411	31:31	6:18/K
47	Luca Annets	6450	31:38	6:20/K

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Overall Finish List

5k Run			Female	
Overall	Name	Bib No	Time	Pace
48	Megan Mckay Hall	6986	31:39	6:20/K
49	Patrick Weeks	6406	31:52	6:22/K
50	Molly Brayford	1922	31:55	6:23/K
51	Julie Selby	23184	32:02	6:24/K
52	Jenny Weeks	6405	32:03	6:25/K
53	maia gibb	1976	32:05	6:25/K
54	Irlanda De La Fuente	1957	32:07	6:25/K
55	Lee Ann Ahrens	1906	32:09	6:26/K
56	Jennifer Pratt	23162	32:11	6:26/K
57	Jamie Ahrens	1907	32:11	6:26/K
58	Krista Hilge	6435	32:16	6:27/K
59	Shannon Strachan	70844	32:25	6:29/K
60	Sally Ringdahl	23173	32:51	6:34/K
61	Ashley McIntosh	6985	32:56	6:35/K
62	Tyler McIntosh	6984	32:59	6:36/K
63	Nancy McLachlan	6988	33:10	6:38/K
64	Cedar McLachlan	6987	33:12	6:38/K
65	Nicole Stetz	23197	33:16	6:39/K
66	Ana Meades	6991	33:21	6:40/K
67	Meghan Bowles	1921	33:34	6:43/K
68	Harper Stoelting	70840	33:37	6:43/K
69	Tia Helten	1984	33:38	6:44/K
70	Benita Huggins	6433	34:02	6:48/K
71	Taya McInnes	6434	34:03	6:49/K
72	Erin Obsniuk	6439	34:24	6:53/K
73	Heather Beatty	6438	34:24	6:53/K
74	Snezana Minic	6993	34:25	6:53/K
75	Gabrielle Eschner	1966	34:46	6:57/K
76	Shiren Van Cooten	70927	35:18	7:04/K
77	Aubrey Wong	6412	35:18	7:04/K
78	Lisa Mah	3090	35:48	7:10/K
79	Lynn Ngo	6999	35:55	7:11/K
80	Susan Stephenson	23196	36:34	7:19/K
81	Mahlia Swanson	70870	36:41	7:20/K
82	Tess Koehle	6454	37:01	7:24/K
83	Sophia Koehle	6455	37:01	7:24/K
84	Vivian McCormick	3098	37:07	7:25/K
85	Jane Adams	1905	37:26	7:29/K
86	Lauren Walton	6404	37:26	7:29/K
87	Elaine Tindall	70898	37:28	7:30/K
88	Pamela Findling	1968	37:50	7:34/K
89	Sienna Helten	1986	38:04	7:37/K
90	Emma Smith	23192	38:05	7:37/K
91	Jessie Wilkes	6409	38:26	7:41/K
92	Solenda Cooper	1951	38:52	7:46/K
93	Lena Baber	1914	38:52	7:46/K
94	Michaela Yeo,	1977	39:37	7:55/K

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Overall Finish List

			5k Run	Female	
<u>Overall</u>	<u>Name</u>	<u>Bib No</u>		<u>Time</u>	<u>Pace</u>
95	Kathleen Schulte	23170		39:39	7:56/K
96	Natalie Swanson	70857		39:54	7:59/K
97	Amanda Salway	23176		40:32	8:06/K
98	Larissa Celiberto	1928		40:37	8:07/K
99	Kaitlyn Stephenson	23195		40:42	8:08/K
100	Elise Wellstood	6407		40:43	8:09/K
101	Caroline de Vos	1958		40:46	8:09/K
102	Katrina Carlucci	6456		41:22	8:16/K
103	Alex Smolinski	23193		41:22	8:16/K
104	Olivia Nyssey	6458		41:23	8:17/K
105	Anyia Ali Mulzet	1908		41:23	8:17/K
106	Aisha Ali Mulzet	1909		41:24	8:17/K
107	Jenni Clark	1940		41:52	8:22/K
108	Iris Clark	1939		41:54	8:23/K
109	Emelina Cooper	1950		42:16	8:27/K
110	Karen Cooper	1949		42:22	8:28/K
111	Deyanira Chavez	1934		42:37	8:31/K
112	Bel Shuster	6443		43:38	8:44/K
113	Freya Adams	1903		44:26	8:53/K
114	Katherine Annets	6451		44:28	8:54/K
115	Wendy Adams	1904		44:29	8:54/K
116	Berkeley Sutherland	70848		44:34	8:55/K
117	Hilary Balfour	1915		46:57	9:23/K
118	Wai Yuk Cheung	1935		50:31	10:06/K
119	Wai Lin Renee Cheung	1936		50:55	10:11/K
DQ	Hailey Stevenson	6441		---	---
DQ	Katie Stevenson	23198		---	---
DQ	Rachel Santoro	23180		---	---
DQ	Jenna Jones	1993		---	---
DQ	Christina Tse Wong	70904		---	---
DQ	Katie Chahal	1931		---	---
DQ	Veronica Grocott	1978		---	---
DQ	Jodi Regts	23168		---	---
DQ	Gemma Bocska	1919		---	---
DQ	Denise MacDonald	3074		---	---
DQ	Anina MacDonald-Skala	3076		---	---
DQ	Lilah Santoro	23179		---	---
DQ	Angela Santoro	23177		---	---

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Overall Finish List

5k Run			Male	
Overall	Name	Bib No	Time	Pace
1	Daniel Marrett	3092	18:12	3:38/K
2	Doug Weibe	6424	18:31	3:42/K
3	Martin Stodola	23200	18:42	3:44/K
4	LEI GUO	1979	18:51	3:46/K
5	David Gedge	1973	18:57	3:47/K
6	Michael Taylor	70875	18:59	3:48/K
7	Max Waibler	6420	19:49	3:58/K
8	Wai Teng Chow	1937	19:56	3:59/K
9	James Brown	6452	20:08	4:02/K
10	Pierre Chan	1932	20:21	4:04/K
11	Troy Knowlan	1999	20:32	4:06/K
12	Xavier Krupa	3004	20:58	4:12/K
13	Ian Chagunda	1929	21:00	4:12/K
14	James Griffin	6444	21:10	4:14/K
15	Spencer Schulte	23182	21:13	4:15/K
16	Carmen Esau	1965	21:16	4:15/K
17	Roland Knight	6423	21:50	4:22/K
18	Sean Mortenson	6995	22:19	4:28/K
19	Canon Wong	6413	22:26	4:29/K
20	Nick Wilson	6410	22:32	4:30/K
21	Marlon Danilewitz	1954	22:34	4:31/K
22	Tristen Brown	1925	22:55	4:35/K
23	Damian Coutier	1952	22:58	4:36/K
24	Mike Butterfield	6445	23:23	4:41/K
25	Aiden Bremner	1923	23:38	4:44/K
26	Dickson Choy	1938	23:56	4:47/K
27	Lucas Thorne-Humphrey	6446	24:01	4:48/K
28	Peregrin Rea	23167	24:07	4:49/K
29	Christopher Rea	23166	24:14	4:51/K
30	Alberto Escobedo	6427	24:29	4:54/K
31	Zach Bilash	1918	25:06	5:01/K
32	Philip Wu	6416	25:19	5:04/K
33	Jonathan Dawes-Forster	1956	25:21	5:04/K
34	Amir Hosseinifar	9568	25:34	5:07/K
35	Remi Dunaigre	1960	26:24	5:17/K
36	Anderson Nguyen	7000	26:33	5:19/K
37	Michael Hewitt	6448	26:44	5:21/K
38	SAMEER GUPTA	1980	27:00	5:24/K
39	Jason Krupa	3005	27:03	5:25/K
40	Roger Swetnam	6422	27:10	5:26/K
41	Conrad Helten	1983	27:16	5:27/K
42	Sawyer Helten	1985	27:17	5:27/K
43	Andrew Abel	1901	27:39	5:32/K
44	myles repta	23171	28:26	5:41/K
45	dom repta	23172	28:26	5:41/K
46	Casey Jones	1996	29:03	5:49/K
47	Pascal Dubé	1959	29:29	5:54/K

Overall Finish List

5k Run			Male	
Overall	Name	Bib No	Time	Pace
48	Ben Bilash	1917	29:30	5:54/K
49	Ben Sinclair	23190	29:42	5:56/K
50	Andy Leclair	3011	29:42	5:56/K
51	Tom Giannelli	1974	29:58	6:00/K
52	Josh Abel	1902	30:05	6:01/K
53	Guan Lim	6436	30:13	6:03/K
54	Patrick Perraton	23160	30:36	6:07/K
55	Fergus McLachlan	6989	33:09	6:38/K
56	Tiago Santos	6421	33:20	6:40/K
57	Tina Chahal	1930	36:26	7:17/K
58	Jaxon Findling	1970	36:53	7:23/K
59	David McCormick	6016	37:06	7:25/K
60	Chuck Oliver	23155	37:27	7:29/K
61	Gerry Findling	1969	37:49	7:34/K
62	Viggo MacDonald-Skala	3078	39:44	7:57/K
63	Levi Swanson	6425	39:53	7:59/K
64	Dominic Carlucci	6457	41:22	8:16/K
DQ	Steve Pratt	23163	---	---
DQ	Sam Pratt	23165	---	---
DQ	Michael Santoro	23178	---	---