

MEC LANGLEY RACE TWO: 5K/10K/21.1K/42

May 15, 2016

Results By TRIO Sport Events www.trioevents.ca**MEC****42.2 k Run**

Overall results

Female Finishers

Place	Name	Bib No	Total Time	Total Pace
1	Tina Connelly	10403	3:07:27	4:27/K
2	Allison Tai	10433	3:21:31	4:47/K
3	Rachel Spinelli	10429	3:55:36	5:35/K
4	Tracy Voorthuyzen	10434	3:57:13	5:37/K
5	Ana Catalina Dã-az Riveros	10405	4:01:19	5:43/K
6	10443 Bib	10443	4:01:26	5:43/K
7	Sabina Tolean	10441	4:02:17	5:44/K
8	Andrea Pastuch	10423	4:11:52	5:58/K
9	Jennifer Spencer	10428	4:43:36	6:43/K
10	Mary MacLellan	10418	4:58:27	7:04/K
11	Aileen Lim	10415	4:59:01	7:05/K
12	Renata Sprencz	10430	4:59:18	7:06/K
13	Judy Bernaschek	10402	5:07:16	7:17/K
14	Linda Webb	10435	5:12:18	7:24/K
15	Carmella De Los Santos	10406	5:52:32	8:21/K

Male Finishers

Place	Name	Bib No	Chip Time	Total Pace
1	Scott Goguen	10410	3:02:46	4:20/K
2	Brian Dickson	10407	3:07:40	4:27/K
3	Dan Stefanson	10432	3:11:25	4:32/K
4	Andy Colton	10439	3:34:00	5:04/K
5	Matt Sessions	10427	3:35:06	5:06/K
6	David Gubbins	10411	3:40:59	5:14/K
7	Alan Raffan	10424	3:45:27	5:21/K
8	Don Wright	10437	3:46:50	5:23/K
9	Robin Wilson	10436	3:47:59	5:24/K
10	Michael Parker	10422	3:48:16	5:25/K
11	Scott McCardle	10420	3:51:19	5:29/K
12	Allan Mock	10421	3:52:47	5:31/K
13	Surinder Bains	10438	3:55:10	5:34/K
14	Drew Toebosch	10440	3:55:53	5:35/K
15	Griffin Staples	10431	4:00:53	5:42/K
16	Ken Richardson	10425	4:04:50	5:48/K
17	Rick Cooney	10404	4:06:37	5:51/K
18	Alonzo Gogag	10409	4:17:08	6:06/K
19	Benjamin Last	10414	4:22:01	6:13/K
20	Harkirat Singh	10442	4:33:23	6:29/K
21	David Appleby	10401	4:38:51	6:36/K
22	Sorin Lupsoiu	10417	5:09:26	7:20/K
23	Bill Lin	10416	5:34:55	7:56/K
24	Rick Scott	10426	5:57:00	8:28/K

21.1 k Run

Overall results

Female Finishers

Place	Name	Bib No	Total Time	Total Pace
1	Suzy Slane	23655	1:29:06	4:13/K
2	Amy Doerksen	23537	1:39:33	4:43/K
3	Sherri Todd	23661	1:41:41	4:49/K
4	Samantha Kroeker	23583	1:44:01	4:56/K
5	Sandy Leone	23590	1:45:54	5:01/K
6	Charlene Croteau	23532	1:47:20	5:05/K
7	Candice Philipson	23632	1:47:47	5:06/K
8	Debbie Frose	23550	1:49:40	5:12/K
9	Marissa Jean	23564	1:49:47	5:12/K
10	Nicole Driscoll	23538	1:51:19	5:17/K
11	Chelsie Aichelberger	23502	1:52:48	5:21/K
12	Sandra Olsthoorn	23624	1:52:49	5:21/K
13	Patricia MacDuff	23678	1:52:57	5:21/K
14	Jeanette Dyck	23540	1:52:59	5:21/K
15	Kirsten Ward	23666	1:54:21	5:25/K
16	Marianne Fouchard	23546	1:54:25	5:25/K
17	Sherry Mahoney	23600	1:54:36	5:26/K
18	Allanah Brown	23519	1:55:21	5:28/K
19	Kristina Gicas	23552	1:55:33	5:29/K
20	Nina Neil	23616	1:56:08	5:30/K
21	Patti Schmidt	23645	1:57:09	5:33/K
22	Victoria Ridland	23638	1:58:07	5:36/K
23	Tina Collinson	23529	1:59:12	5:39/K
24	Marie Lashley	23586	2:00:16	5:42/K
25	Janet Bremner	23516	2:00:21	5:42/K
26	Stelle Sepidoza	23651	2:00:32	5:43/K
27	Katharine Wallace	23665	2:04:14	5:53/K
28	Susan Aaph	23501	2:05:42	5:57/K
29	Michele Denny	23536	2:06:53	6:01/K
30	Miranda Holroyd	23560	2:06:55	6:01/K
31	Myriam Lazar	23587	2:06:56	6:01/K
32	Melanie Basso	23507	2:06:59	6:01/K
33	Kara Naish	23615	2:06:59	6:01/K
34	Joscelyn McAulay	23605	2:07:46	6:03/K
35	Sarah Hancock	23557	2:08:16	6:05/K
36	Melanie Van Eyk	23662	2:09:31	6:08/K
37	Kelly Konowalchuk	23580	2:09:38	6:09/K
38	Stephanie Setchell	23652	2:09:43	6:09/K
39	Nancy Pellegrini	23629	2:12:48	6:18/K
40	Boni Lidderdale	23593	2:13:00	6:18/K
41	Vernette Bot	23512	2:13:00	6:18/K
42	Andrea Briggeman	23518	2:13:02	6:18/K
43	Joyce Kim	23576	2:15:04	6:24/K
44	Elizabeth Harris	23558	2:15:13	6:25/K
45	Christina Ydenberg	23675	2:16:02	6:27/K
46	Salma Azmy	23505	2:18:58	6:35/K
47	Shanna Raffan	23637	2:20:21	6:39/K
48	Rita Knapp	23579	2:20:25	6:39/K
49	Diane Mazey	23604	2:22:48	6:46/K
50	Hilda McGrath	23607	2:26:35	6:57/K

51	Heather Currie	23533	2:27:52	7:00/K
52	Terry Frank	23547	2:28:51	7:03/K
53	Dawn Cox	23531	2:28:51	7:03/K
54	Karen Leeking	23589	2:33:56	7:18/K
55	Anja McIntosh	23608	2:33:57	7:18/K
56	Nicole Baker	23506	2:36:39	7:25/K
57	Candice Ridyard	23639	2:41:26	7:39/K
58	Stephanie Bowkett	23514	2:41:26	7:39/K
59	Cherise McNabb	23609	2:44:53	7:49/K
60	Gabrielle Poon Stroud	23634	2:52:42	8:11/K
61	Andrea Mena-Imbriani	23610	2:52:42	8:11/K
62	Christina Jensen	23565	2:53:36	8:14/K
63	Lisa Pruneau	23635	2:53:36	8:14/K
64	Brittney Buss	23521	3:13:45	9:11/K
65	Alison Froese	23549	3:14:42	9:14/K
66	Linsay Buss	23520	3:16:31	9:19/K
67	Julie Fauteux	23543	3:16:32	9:19/K
68	Sherry Lee	23588	3:17:20	9:21/K
69	Ruth Sisson	23654	3:21:39	9:33/K
70	Lisa Semenoff	23650	3:38:04	10:20/K
71	Lesley Semenoff	23648	3:40:22	10:27/K
72	Patty Schuurman	23646	4:14:01	12:02/K
73	Carissa Kennedy	23569	4:14:01	12:02/K

Male Finishers

Place	Name	Bib No	Chip Time	Total Pace
1	Jacques Du Toit	23539	1:32:55	4:24/K
2	Ian Penney	23631	1:33:24	4:26/K
3	Gary Loosemore	23596	1:33:59	4:27/K
4	Garth Kennedy	23570	1:35:28	4:31/K
5	Trevor Kielman	23571	1:36:08	4:33/K
6	David Yakashiro	23674	1:36:54	4:36/K
7	Dan Lett	23592	1:39:11	4:42/K
8	Geoff Hughes-Games	23562	1:39:38	4:43/K
9	Matthew Pilon	23633	1:40:36	4:46/K
10	David Carich	23522	1:40:47	4:47/K
11	Jeremy Papp	23627	1:41:23	4:48/K
12	Ketan Chawda	23526	1:42:15	4:51/K
13	Marc Bremner	23517	1:42:57	4:53/K
14	Niel Johnson	23566	1:43:14	4:54/K
15	Paul Leppy	23591	1:43:27	4:54/K
16	Adrainus Olsthoorn	23625	1:43:32	4:54/K
17	Stephen Forde	23545	1:44:29	4:57/K
18	Josh MacKnee	23598	1:44:50	4:58/K
19	Norm Angell	23680	1:47:21	5:05/K
20	Blair Staples	23659	1:49:25	5:11/K
21	Lawrence Bernales	23509	1:49:37	5:12/K
22	Greg Anslow	23503	1:49:55	5:13/K
23	Mark Pain	23626	1:50:56	5:15/K
24	Derek Johnston	23567	1:51:01	5:16/K
25	Patrick J Whalen	23670	1:51:37	5:17/K
26	Christopher Kuschel	23584	1:51:43	5:18/K
27	Trevor Friesen	23548	1:52:08	5:19/K
28	Joel MacDuff	23679	1:52:17	5:19/K

29	Paul Whitham	23671	1:54:12	5:25/K
30	Gary Jones	23677	1:56:41	5:32/K
31	Brandon Furyk	23551	1:57:01	5:33/K
32	Myron A Penner	23630	1:57:05	5:33/K
33	Ryan Carignan	23676	1:58:37	5:37/K
34	Roy Kim	23575	1:59:07	5:39/K
35	Doug Nolin	23618	1:59:13	5:39/K
36	Matt Williams	23672	1:59:13	5:39/K
37	Kenneth Mugisha	23614	1:59:13	5:39/K
38	Vittorino Dal Cengio	23534	1:59:55	5:41/K
39	James Caspersen	23525	2:00:19	5:42/K
40	Zacharias Ohlin	23621	2:00:39	5:43/K
41	Jake Hwang	23563	2:01:43	5:46/K
42	Sasha Obad	23620	2:02:00	5:47/K
43	Eunsoo Kim	23574	2:04:07	5:53/K
44	Carlos Arredondo	23504	2:04:24	5:54/K
45	Dave Bikadi	23510	2:05:39	5:57/K
46	David Streat	23660	2:05:40	5:57/K
47	Jon Mahoney	23599	2:05:49	5:58/K
48	Joshua Choi	23528	2:06:18	5:59/K
49	Josh Carriss	23523	2:06:38	6:00/K
50	Peter Denny	23535	2:06:53	6:01/K
51	Julien Quay	23636	2:06:56	6:01/K
52	Cameron Gillis	23553	2:06:59	6:01/K
53	Chace Romanoff	23641	2:07:01	6:01/K
54	Richard MacHlachlan	23681	2:08:50	6:06/K
55	Thomas Wehde	23667	2:09:32	6:08/K
56	Mike Jones	23568	2:09:41	6:09/K
57	Paul Kirkham	23578	2:09:53	6:09/K
58	Carter Smith	23656	2:18:36	6:34/K
59	Taeksung Kim	23572	2:19:20	6:36/K
60	Rich Sobel	23658	2:19:28	6:37/K
61	Joseph Choi	23527	2:21:26	6:42/K
62	Neil Schasny	23644	2:21:33	6:43/K
63	Serge Brault	23515	2:23:33	6:48/K
64	Ayktah Grover	23556	2:27:58	7:01/K
65	Viktor Volodarets	23663	2:55:54	8:20/K
66	Austin Smoroden	23657	3:48:48	10:51/K

10 k Run

Overall results

Female Finishers

Place	Name	Bib No	Total Time	Total Pace
1	Paulina Backiel	82107	44:52	4:29/K
2	Claire Burns	83837	46:42	4:40/K
3	Catherine Giles	82164	46:43	4:40/K
4	Katie Turney	82284	47:15	4:44/K
5	Jodi Leppky	82212	50:03	5:00/K
6	Erica Bouchard	83821	50:30	5:03/K
7	Becky Kiselbach	82201	52:25	5:15/K
8	Oana Nistor	82239	53:05	5:19/K
9	Heather Wakely	82293	53:18	5:20/K
10	Janice Keller	82195	53:21	5:20/K
11	Erin Steunenber	82275	53:25	5:21/K

12	Christen Rumbles	82260	53:35	5:22/K
13	Corina Champ	82130	53:57	5:24/K
14	Annika Lofstrand	82219	54:17	5:26/K
15	Tracie Fawcett	83823	54:57	5:30/K
16	Mandy Crichton	82141	55:09	5:31/K
17	Kelly Ens	82152	55:09	5:31/K
18	Sophie Levesque	82214	56:02	5:36/K
19	Wendy Gerbrandt	82162	56:33	5:39/K
20	Brenda Pasichyle	83827	56:44	5:40/K
21	Rachel Bitz	83825	56:46	5:41/K
22	Sherisse Hartley	82177	56:46	5:41/K
23	Vanessa Hanberg	82175	56:51	5:41/K
24	Leanne Jenkins-Bushey	82189	57:13	5:43/K
25	Love Lee	82208	57:33	5:45/K
26	Mary Miller	82228	57:38	5:46/K
27	Jennifer Browning	82125	57:58	5:48/K
28	Katia Stano	82271	58:03	5:48/K
29	Jinyoung Soul	82268	58:07	5:49/K
30	Hayley McGiveron	82226	59:08	5:55/K
31	Cheryl Butler	82127	59:28	5:57/K
32	Coralie Robitaille	82257	59:40	5:58/K
33	Nicole Teller	83831	59:42	5:58/K
34	Kelly Purves	82249	1:00:04	6:00/K
35	Krista Hilge	82178	1:00:09	6:01/K
36	Patricia Hospedales	83819	1:00:16	6:02/K
37	Cloye Strong	83833	1:00:17	6:02/K
38	Sue Pegios	82245	1:00:18	6:02/K
39	Preetpal Bhamra	82114	1:01:21	6:08/K
40	Amy Diehl	82146	1:01:23	6:08/K
41	Leaerin Veldhoen	83829	1:01:50	6:11/K
42	Nicole Colbert	82138	1:01:51	6:11/K
43	Estelle Greb	82171	1:02:01	6:12/K
44	Brittany Trenkel	82283	1:02:04	6:12/K
45	Jana Tamm	82277	1:02:14	6:13/K
46	Lyanna Le	82207	1:02:18	6:14/K
47	Andrea Welsiink	82295	1:02:47	6:17/K
48	Cori Kay	82194	1:02:52	6:17/K
49	Jennifer Holt	82181	1:03:00	6:18/K
50	Jacqueline Montgomery	82230	1:03:03	6:18/K
51	Jen Veasey	82288	1:03:04	6:18/K
52	Kathy Starko	82272	1:03:05	6:19/K
53	Connie Coflin	82137	1:03:05	6:19/K
54	Madalen Faber	83826	1:03:06	6:19/K
55	Heidi Rampfl	82250	1:03:48	6:23/K
56	Jamie Mattson	82225	1:03:50	6:23/K
57	Keely Speton Harvey	82269	1:04:29	6:27/K
58	Shelley Rempel	82253	1:04:56	6:30/K
59	Sarah Mara	82223	1:05:04	6:30/K
60	Kim Vaneyk	82286	1:05:11	6:31/K
61	Pauline Batenburg	82110	1:05:30	6:33/K
62	Linda Metcalfe	82227	1:05:38	6:34/K
63	Miriam Sobrino	82265	1:05:41	6:34/K
64	Vivian Thompson	82280	1:06:06	6:37/K
65	Dorothy Neufeld	83835	1:06:12	6:37/K
66	Belle Neufeld	83836	1:06:13	6:37/K

67	Yuri Kim	82198	1:06:20	6:38/K
68	Bailey Hubscher	82183	1:07:14	6:43/K
69	Suki Gill	82165	1:07:35	6:46/K
70	Jody Lewis	82215	1:07:42	6:46/K
71	Amy Kristoffersson	82203	1:08:03	6:48/K
72	Robin Brown	82124	1:08:07	6:49/K
73	Rhianne Duke	82151	1:08:07	6:49/K
74	Jilian Munro-Metheral	82235	1:08:15	6:50/K
75	Celina Austin	82103	1:08:15	6:50/K
76	Brittany Chalmers	82129	1:09:03	6:54/K
77	Tiziana Gloanec	82168	1:09:03	6:54/K
78	Summer Lee	82210	1:09:05	6:55/K
79	Catherine Zhang	83805	1:09:20	6:56/K
80	Grace Hyun	82185	1:10:05	7:01/K
81	Simi Boyal	83816	1:10:22	7:02/K
82	Cheri Mulligan	82233	1:10:30	7:03/K
83	Charlene Fanstone	82154	1:10:32	7:03/K
84	Jenelle Glass	82167	1:10:43	7:04/K
85	Reanne Brown	82123	1:10:56	7:06/K
86	Leanne Fawcett	83822	1:10:56	7:06/K
87	Tara Schriefer	83810	1:11:06	7:07/K
88	Kelly Wilson	82297	1:11:32	7:09/K
89	Bryn Lavers	83808	1:11:32	7:09/K
90	Tara Williams	83834	1:11:33	7:09/K
91	Michelle Stephen	82274	1:12:05	7:13/K
92	Candace Vettese	82292	1:12:10	7:13/K
93	Lee-Anne Beskau	82113	1:12:20	7:14/K
94	Naivy Rochabrun	82258	1:12:23	7:14/K
95	Laurie Beeman	82112	1:13:02	7:18/K
96	Keely Johnston	82191	1:13:07	7:19/K
97	Ana Galindo	82159	1:13:11	7:19/K
98	Alexis Johnston	82192	1:13:22	7:20/K
99	Hannah Yang	82298	1:13:51	7:23/K
100	Donna Jepsen	82190	1:14:14	7:25/K
101	Lucy Yu	82300	1:14:46	7:29/K
102	Michelle Park	82241	1:14:46	7:29/K
103	Manizheh Azarmandi	82105	1:15:29	7:33/K
104	Yunha Baek	82108	1:15:34	7:33/K
105	Hailee Kim	82199	1:15:43	7:34/K
106	Monique Brown	82122	1:16:03	7:36/K
107	Michelle Tyliakos	82285	1:16:16	7:38/K
108	Mary Munro	83824	1:16:25	7:39/K
109	Yesol Kim	82197	1:17:46	7:47/K
110	Genny Avila	82104	1:18:01	7:48/K
111	Jan Roscovich	82259	1:19:29	7:57/K
112	Emily Roberts	82256	1:19:32	7:57/K
113	Dawn Paul	83815	1:20:54	8:05/K
114	Christine Leung	82213	1:21:08	8:07/K
115	Innie Hwang	82184	1:22:12	8:13/K
116	Kristin Batstone	82111	1:22:30	8:15/K
117	Deanna Stelling	82273	1:24:09	8:25/K
118	Hyemin Mun	82234	1:24:34	8:27/K
119	Minji Park	82242	1:26:32	8:39/K
120	Shannon Field	82156	1:27:39	8:46/K
121	Jennifer Kim	82200	1:29:22	8:56/K

122	Justina Whipple	82296	1:29:46	8:59/K
123	Soleda Linders	82217	1:30:57	9:06/K
124	Kathleen Paddington	82240	1:33:59	9:24/K
125	Sherrie Frasser	82158	1:34:01	9:24/K
126	Kathy Civitareale	82135	1:34:02	9:24/K
127	Diane Lee	82211	1:34:03	9:24/K
128	Nina Marlow	82224	1:34:13	9:25/K
129	Olivia Go	82169	1:36:13	9:37/K
130	Anne Deitch	82145	1:36:35	9:40/K
131	Kathy Potter	82247	1:36:35	9:40/K
132	Sheila Bugar	82126	1:38:05	9:49/K
133	Diane Isaac	82187	1:38:07	9:49/K
134	Minjeong Shin	82262	1:38:57	9:54/K
135	Assata Holmes-Hewitt	82180	1:40:31	10:03/K
136	Linda Midgley	83809	1:42:35	10:16/K
137	Jackie Lewis	82216	1:43:11	10:19/K
138	Jihyun Sohn	82266	1:43:49	10:23/K
139	Dianne Townsend	82282	1:56:25	11:39/K

Male Finishers

Place	Name	Bib No	Chip Time	Total Pace
1	Mike Sidic	83807	35:04	3:30/K
2	Sean Conway	82139	37:50	3:47/K
3	Dave Clarke	83830	39:10	3:55/K
4	Adam Slater	82264	42:05	4:13/K
5	Jason Fluckiger	82157	42:08	4:13/K
6	Kyle Kennedy	82196	43:25	4:21/K
7	Chris Brodie	83839	44:42	4:28/K
8	Stephen Wall	82294	44:53	4:29/K
9	Gary Philipson	82246	45:12	4:31/K
10	Alvin Magadia	82222	45:24	4:32/K
11	Lance Turner	83813	46:50	4:41/K
12	Joakim Nilsson	82238	47:32	4:45/K
13	Tom Barichello	82109	48:52	4:53/K
14	Kelvin Iwerinwa	82188	49:09	4:55/K
15	Clayton Hall	83832	49:34	4:57/K
16	Roger Antoniazzi	82101	49:39	4:58/K
17	Chromilo Amin	83818	49:44	4:58/K
18	Tenny Yu	83801	50:06	5:01/K
19	Russell Hoffmann	82179	50:11	5:01/K
20	Jeffrey Lau	82206	51:12	5:07/K
21	Matt Dimma	82147	52:06	5:13/K
22	Scott Draper	82149	52:35	5:16/K
23	Darryl Greenough	82172	53:07	5:19/K
24	Patrick Lau	82205	53:18	5:20/K
25	Mark Semeniuk	82261	53:25	5:21/K
26	Bruce Young	82299	53:26	5:21/K
27	George Patton	82243	53:36	5:22/K
28	Kevin Tjart	82281	54:03	5:24/K
29	Ron Richardson	82254	54:21	5:26/K
30	Graeme Bray	82120	54:25	5:27/K
31	Ryan Bogusinski	82116	54:55	5:30/K
32	Amrit Birring	83820	56:11	5:37/K
33	Steve Gerbrandt	82161	56:34	5:39/K

34	Michael Milillo	83828	57:07	5:43/K
35	Paradise Lee	82209	57:26	5:45/K
36	Alan Pearse	82244	57:55	5:48/K
37	Steve Bogusinski	82117	58:17	5:50/K
38	Jongkook Choi	82132	58:40	5:52/K
39	Mark Nichols	82237	59:04	5:54/K
40	Craig Holt	82182	59:25	5:57/K
41	Michael Gibbons	82163	1:01:06	6:07/K
42	June-Young Kwon	82204	1:01:39	6:10/K
43	Peter Rempel	82252	1:01:48	6:11/K
44	Daniel Colberton	83814	1:01:58	6:12/K
45	Trevor Boudreau	82118	1:01:59	6:12/K
46	Raj (k) Verma	82290	1:02:27	6:15/K
47	Alban Desouza	83838	1:02:54	6:17/K
48	Mohamed Azmy	82106	1:03:08	6:19/K
49	Kevin Liu	82218	1:05:20	6:32/K
50	William George	82160	1:06:34	6:39/K
51	Brad Dueck	82150	1:07:14	6:43/K
52	Anoop Aulakh	82102	1:07:36	6:46/K
53	Daryl Sturdy	82276	1:08:09	6:49/K
54	Arvinder Kang	82193	1:08:28	6:51/K
55	Henry Soul	82267	1:08:50	6:53/K
56	Juhyun Yu	83802	1:09:56	7:00/K
57	Scott Thompson	82279	1:10:00	7:00/K
58	Adam Schriefer	83811	1:11:04	7:06/K
59	Yuneseung Choi	82133	1:12:16	7:14/K
60	Iktae Cheon	82131	1:12:21	7:14/K
61	Randall Brown	82121	1:16:01	7:36/K
62	Dongkyun Im	82186	1:17:34	7:45/K
63	Minhyun Yu	83803	1:24:07	8:25/K
64	William Pringle	82248	1:29:46	8:59/K
65	Ayden Ham	82174	1:31:40	9:10/K
66	Barrie Mills	82229	1:42:34	10:15/K

5 k Run

Overall results

Female Finishers

Place	Name	Bib No	Total Time	Total Pace
1	Brittany Dunbar	41534	20:05	4:01/K
2	Rebecca Brousson	41514	23:57	4:47/K
3	Hannah Maw	41564	23:57	4:47/K
4	Jolene Rodrigues	41582	25:14	5:03/K
5	Vanessa Turnbull	41599	25:14	5:03/K
6	Teija Pirhonen	41579	25:19	5:04/K
7	Natisha Mathews	41561	25:27	5:05/K
8	Kate Strachan	41594	25:27	5:05/K
9	Heidi Luongo	41557	26:48	5:22/K
10	Nicole De Giusti	41524	26:51	5:22/K
11	Shannon Cook	43215	27:13	5:27/K
12	Alexis Smith	41590	27:18	5:28/K
13	Oscean Smith	41589	27:19	5:28/K
14	Julie Janes	43209	27:30	5:30/K
15	Denyse Laing	41553	27:37	5:31/K
16	Jennifer Tessler	41596	27:42	5:32/K
17	Shannon Fiddler	41537	28:18	5:40/K
18	Jamie Haaf	43208	28:19	5:40/K
19	Lara Anderson	41503	28:21	5:40/K
20	Elissa Coe	41523	28:32	5:42/K
21	Cassidy Penney	41575	28:35	5:43/K
22	Sarah Douglas	41533	28:36	5:43/K
23	Dionne Archer-Smith	41504	28:36	5:43/K
24	Brenda Philip	41578	28:48	5:46/K
25	Navneet Kaur Nanan	41570	29:10	5:50/K
26	Louise Chapman	41518	29:23	5:53/K
27	Diane Kitazaki	41552	29:29	5:54/K
28	Mariann Hill	43212	29:44	5:57/K
29	Tracy Hanusiak	41546	30:04	6:01/K
30	Gina Settle	41587	30:27	6:05/K
31	Christina Garson	41538	30:32	6:06/K
32	Ashley MacDonald	41558	31:10	6:14/K
33	Mona Baarschers	41505	31:11	6:14/K
34	Elke Groening	41545	31:12	6:14/K
35	Christina Williams	43203	31:14	6:15/K
36	Sofia Pharand	41577	32:01	6:24/K
37	Dina Bukowski	41515	32:04	6:25/K
38	Coralee Coe	41521	32:10	6:26/K
39	Christine Ames	41502	32:12	6:26/K
40	Brenda Weibelzahl	43202	32:28	6:30/K
41	Lee-Ann Douglas	41532	32:44	6:33/K
42	Irene Mauro	41563	32:54	6:35/K
43	Maria Mauro	41562	32:54	6:35/K
44	Amanda Slater	41588	33:16	6:39/K
45	Alyson Fel	41536	35:24	7:05/K
46	Alicia Psajd	41580	35:27	7:05/K
47	Kathleen Biberdorf	41510	35:47	7:09/K
48	Heather Beckley	41508	36:07	7:13/K
49	Nathalie Lavoie	41555	36:16	7:15/K
50	Valerie Smith	43213	36:25	7:17/K

51	Kelly Dickson	41529	36:50	7:22/K
52	Lori Dixon	41530	36:51	7:22/K
53	Lindsey Long	41556	37:08	7:26/K
54	Lisa Deguchi	41526	37:24	7:29/K
55	Alexandra Falconer	41535	38:24	7:41/K
56	Shogo Kamasaki	41551	38:24	7:41/K
57	Tania Ainsworth	41501	39:56	7:59/K
58	Jodie Olsen	41574	39:57	7:59/K
59	Susan Estrada	43211	40:02	8:00/K
60	Sonja Mohrsen	41569	40:04	8:01/K
61	Sienna Jones	41550	40:05	8:01/K
62	Jenny Dey	41528	40:05	8:01/K
63	Manj Bunwait	41516	40:30	8:06/K
64	Tara Helfer	41547	40:31	8:06/K
65	Beth Glover	41540	42:03	8:25/K
66	Gabrielle Minnes	43217	42:41	8:32/K
67	Chantal Tracy	41598	43:33	8:43/K
68	Li Chen	41519	45:03	9:01/K
69	Lynn Augustine	43207	45:03	9:01/K
70	Judy McKinnon	41567	47:42	9:32/K
71	Tamara Goyette	41541	51:46	10:21/K

Male Finishers

Place	Name	Bib No	Chip Time	Total Pace
1	Morse Stonecypher	41593	20:04	4:01/K
2	Mark Schurch	41586	20:05	4:01/K
3	Ward Bertram	41509	22:02	4:25/K
4	William Chivers	41520	22:10	4:26/K
5	Jeremy Sprugeon	43218	22:20	4:28/K
6	David Vanderbyl	41600	22:57	4:35/K
7	Michael Maw	41565	23:06	4:37/K
8	Mario Luongo	43219	24:33	4:55/K
9	Ryan Perverseff	41576	24:54	4:59/K
10	Grant Strachan	41595	25:28	5:06/K
11	Darren Warren	43201	26:06	5:13/K
12	Justin Singh Nanan	41572	27:07	5:25/K
13	Brian Laing	41554	28:05	5:37/K
14	Alan Coe	41522	28:32	5:42/K
15	Norman Garson	41539	29:10	5:50/K
16	Balvinder Singh Nanan	41571	29:21	5:52/K
17	Vince MacDonald	41559	29:23	5:53/K
18	John Zulak	43206	30:40	6:08/K
19	Brendan Sallis	41584	31:38	6:20/K
20	Tyrese Hill	41549	31:52	6:22/K
21	John Nichols	41573	33:19	6:40/K
22	Matthew Boulton	41513	35:08	7:02/K
23	James Groening	41544	35:42	7:08/K

24	Neil McKinnon	41566	36:09	7:14/K
25	Xavier Boudreau	41512	36:14	7:15/K
26	Jamie Campbell	43214	36:24	7:17/K
27	David Stewart	41592	37:08	7:26/K
28	Yoram Minnes	43216	37:41	7:32/K
29	Robert Moser	43210	40:05	8:01/K
30	Ranj Bunwait	41517	40:41	8:08/K