

5 Km Men

1	Luke	Winstone	24:02	5-9	Headingley
2	Jeremiah	Sawbo	25:40	5-9	Headingley
3	Shae	Guarino	26:02	5-9	Headingley
4	Liam	Saunders	26:11	5-9	Headingley
5	Theo	Johnson	26:31	5-9	Police
6	Chase	Holowachuk	27:54	5-9	Police
7	Jack	Walsh	29:05	5-9	Headingley
8	Niko	Desrochers	29:15	5-9	MEC-3
9	Matty	Andrusko	29:19	5-9	Headingley
10	Cole	Warsaba	30:42	5-9	Headingley
1	William	Boyle	18:18	10-14	East St Paul
2	Unai	Apraiz Zenon	18:59	10-14	April Run-3
3	Carson	Cortvriendt	19:00	10-14	April Run-3
4	Calvin	Hicks	19:35	10-14	Police
5	Magnus	Hamlin	20:22	10-14	MEC-5
6	Alex	Sala	20:29	10-14	Headingley
7	Arden	Prouse	20:49	10-14	Headingley
8	Jack	Healey	20:54	10-14	April Run-3
9	Sean	Bennett	20:56	10-14	Police
10	Ashton	Boyle	21:58	10-14	R4R
1	Adam	Naylor	16:42	15-19	April Run-3
2	Quinn	Desrochers	17:14	15-19	April Run-1
3	Lucas	Roy	18:10	15-19	East St Paul
4	Jasper	Roadley	18:51	15-19	MEC-1
5	Keagan	Kantimer	18:57	15-19	April Run-2
6	Bryce	Jenkins	19:04	15-19	East St Paul
7	Peter	Kolodiej	21:15	15-19	East St Paul
8	Jon	Martens	21:31	15-19	East St Paul
9	Deo	Ofiazo	22:07	15-19	MEC-5
10	Miguel	Soriano	22:08	15-19	MEC-5
1	Matt	Harrison	18:01	20-24	April Run-1
2	Nick	Reimer	20:01	20-24	MEC-5
3	Cameron	Krisko	20:18	20-24	April Run-1
4	Justin	Hanlon	20:49	20-24	RCAF
5	Alex	Moodie	22:19	20-24	Police
6	Josh	Beaupra	22:25	20-24	MEC-5
7	Kieran	Cloet	23:02	20-24	RCAF
8	Martin	Matusczak	23:27	20-24	MEC-1
9	Caden	Wallace-Booth	23:32	20-24	East St Paul

10	Jacob	Rioux	23:43	20-24	RCAF
1	Nicholas	Kosmenko	16:26	25-29	April Run-1
2	Drewry	Kroeker	18:35	25-29	April Run-1
3	Jonas	Eastcott	18:45	25-29	Haiti
4	Carl	Bartel	19:49	25-29	MEC-5
5	Matt	Schaubroeck	20:05	25-29	April Run-1
6	Greg	Wernham	20:36	25-29	April Run-1
7	Paulson	Des Brisay	20:50	25-29	MEC-5
8	Christopher	Woods	21:08	25-29	RCAF
9	Matt	Lozynyc	21:41	25-29	MEC-3
10	Brett	Hamilton	22:00	25-29	Headingley
1	Jason	Bruce	17:44	30-34	Headingley
2	Garry	Nix	19:49	30-34	Headingley
3	Taren	Gesell	19:51	30-34	April Run-2
4	Owen	Vanwellegham	20:09	30-34	MEC-1
5	Joel	Dumont	20:28	30-34	MEC-5
6	Phil	Harris	21:36	30-34	East St Paul
7	Andrew	Pullen	21:57	30-34	April Run-1
8	Eric	Hamilton	22:23	30-34	Headingley
9	Todd	Hamilton	22:30	30-34	Headingley
10	Doug	Maruca	22:43	30-34	RCAF
1	Bradley	Keefe	17:18	35-39	April Run-1
2	James	Dueck	19:25	35-39	Haiti
3	Shannon	Dueck	19:35	35-39	Police
4	David	Lamoureux	19:55	35-39	Haitie
5	Gilles	Szikora	20:15	35-39	RCAF
6	Andrew	Single	21:10	35-39	R4R
7	Scott	McMillan	22:35	35-39	Headingley
8	Michael	Bilyk	23:04	35-39	MEC-5
9	Chris	Buzunis	23:11	35-39	MEC-5
10	Chris	MacLean	23:32	35-39	RCAF
1	Jon	McGavock	17:54	40-44	R4R
2	Daryl	Fillion	18:25	40-44	Headingley
3	Christopher	Westdal	18:29	40-44	April Run-3
4	Darcey	Harder	18:56	40-44	MEC-5
5	Michael	Boszko	18:57	40-44	Police
6	Daniel	Baouya	19:08	40-44	RCAF
7	Mark	Alexiuk	19:45	40-44	Haiti
8	Craig	Erb	19:57	40-44	Headingley
9	Paul	Shymko	20:18	40-44	Police
10	Jason	Bilous	21:03	40-44	R4R

1	Sam	Zhou	19:03	45-49	Headingley
2	Dennis	Cunningham	20:01	45-49	MEC-1
3	Chris	Dick	20:10	45-49	Headingley
4	Dan	McCaughan	20:13	45-49	April Run-1
5	Dale	Kirk	21:24	45-49	April Run-1
6	Gary	Gervais	22:40	45-49	April Run-3
7	Gregg	Vermeulen	22:48	45-49	Headingley
8	Kevin	Wolk	23:20	45-49	April Run-1
9	Kevin	Read	23:22	45-49	April Run-2
10	Andrew	Swan	23:44	45-49	Headingley

1	Stephen	Terichow Parrott	19:59	50-54	Headingley
2	Alan	Hopkins	20:15	50-54	MEC-3
3	Glen	Nivet	21:28	50-54	RCAF
4	Ed	Willmott	21:35	50-54	Headingley
5	Troy	Mawle	22:24	50-54	April Run-1
6	Roy	Balacano	23:00	50-54	Police
7	Pascal	Gariepy	23:26	50-54	MEC-1
8	Raul	Paragas	23:31	50-54	Police
9	Michael	Scarcella	23:35	50-54	April Run-2
10	Eric	Martinat	23:54	50-54	April Run-1

1	Neil	Ferguson	20:23	55-59	Headingley
2	Bob	Cox	20:28	55-59	Headingley
4	Darren	Rebillard	21:22	55-59	RCAF
5	Gordan	Flett	21:29	55-59	Headingley
6	Bruce	Young	21:31	55-59	April Run-1
7	Pete	Gagne	21:45	55-59	Haiti
8	George	Stewart	22:07	55-59	MEC-5
9	Colin	Reimer	22:48	55-59	MEC-5
10	Dennis	Pickerl	22:54	55-59	MEC-1

1	Dennis	Lang	19:39	60-64	Headingley
2	Karl	Sproll	19:59	60-64	R4R
3	David	Lawler	22:18	60-64	Headingley
4	Bruce	Bain	22:28	60-64	Headingley
5	Stig	Hansen	23:13	60-64	MEC-1
6	Al	Stewart	23:47	60-64	East St Paul
7	Bob	Dawson	24:22	60-64	Headingley
8	Ken	White	27:02	60-64	MEC-1
9	Jim	Thiessen	28:13	60-64	Headingley
10	Florent	Gaudry	28:29	60-64	Police

1	Grant	Towns	20:42	65-69	Headingley
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2	Leon	Clegg	20:54	65-69	Headingley
3	Larry	Konotopetz	22:26	65-69	East St Paul
4	Al	Stewart	22:48	65-69	MEC-5
5	Jeff	Vince	28:59	65-69	Haiti
6	Vern	Bird	29:56	65-69	Haiti
7	Al	Yakimchuk	33:30	65-69	MEC-5
8	Terry	Williams	35:39	65-69	Police
9	Lance	Brown	42:46	65-69	Police
10	Peter	Lemon	46:43	65-69	Police
1	Colin	Reed	26:50	70-74	Headingley
2	Jim	Beckstead	32:15	70-74	Police
3	Gary	Davis	34:38	70-74	R4R
4	Ray	Hutton	37:24	70-74	Headingley
5	Robert	Paulet	1:03:44	70-74	Police
1	Jim	Anderson	30:50	75-79	Headingley
2	Jack	Dubnicoff	43:44	75-79	Haiti
1	George	Chapman	1:20:35	80-84	R4R