

### 5 Km Men Age Groups

1	Karson	Perche	25:55	5-9	Headingley
2	Shae	Guarino	27:53	5-9	Headingley
3	Evan	Wansabe	29:18	5-9	Headingley
4	Cole	Wansabe	29:18	5-9	Headingley
5	Sam	Shearer	30:59	5-9	Headingley
6	Jeremiah	Sawbo	34:49	5-9	Headingley
7	Nicodem	Cintide	37:34	5-9	Headingley
8	Carson	Reidy	41:37	5-9	Headingley
9	Noah	Ford	41:52	5-9	Headingley
10	Luke	Vanmassenhoven	41:57	5-9	Headingley

1	Carson	Cortvriendt	18:47	10-14	Pure Life-1
2	Keagan	Kantimer	19:33	10-14	Pure Life-3
3	Aiden	Erickson	20:15	10-14	Pure Life-3
4	Ryan	Lotocki	21:02	10-14	Headingley
5	Jack	Healey	21:04	10-14	Pure Life-2
6	Kade	Wells	21:17	10-14	RCAF
7	Nathan	Dupuis	21:19	10-14	Pure Life-2
8	Tristan	Wiebe	21:20	10-14	Pure Life-1
9	Jake	Hruska	21:20	10-14	Headingley
10	Michael	Resler	21:36	10-14	Haiti Relay

1	Darian	Hole	17:15	15-19	Pure Life-2
2	Quinn	Desrochers	17:20	15-19	Windburn-1
3	Conor	McGovern	17:53	15-19	Windburn-1
4	Adam	Naylor	17:53	15-19	Windburn-2
5	Noah	Wiens	17:56	15-19	Headingley
6	Lucas	Roy	18:52	15-19	Windburn-1
7	Bryce	Jenkins	19:02	15-19	Windburn-2
8	Colton	Peters	19:05	15-19	MEC-5
9	Ryan	Tran	19:09	15-19	MEC-2
10	Jasper	Roadley	19:55	15-19	Pure Life-1

1	Abduselam	Yussuf	15:23	20-24	Windburn-1
2	Tyler	Derksen	16:42	20-24	Windburn-1
3	Josh	Dyck	17:03	20-24	Windburn-2
4	Patrique	Bulloch	17:05	20-24	Windburn-2
5	Josh	Guenther	17:28	20-24	RCAF
6	Patrick	Naylor	17:51	20-24	Windburn-2
7	Kipanga	Kissu	17:53	20-24	Headingley
8	Alex	Mielke	18:42	20-24	Pure Life-1
9	Matt	Harrison	18:48	20-24	MEC-3

10	Jonas	Eastcott	19:27	20-24	Windburn-1
1	Calvary	De Jong	16:51	25-29	Pure Life-1
2	John	Lawler	18:36	25-29	Windburn-1
3	Cory	Smith	18:37	25-29	Pure Life-1
4	Derek	Page	18:45	25-29	Pure Life-1
5	Drewry	Kroeker	18:55	25-29	Windburn-1
6	Nathan	Anderson	19:58	25-29	Pure Life-1
7	Brenden	Cade	20:02	25-29	MEC-1
8	Trevor	Pilgrim	20:05	25-29	Police
9	Evan	Orlikow	20:50	25-29	MEC-3
10	Carl	Bartel	20:51	25-29	Pure Life-1
1	Bradley	Keefe	16:32	30-34	Windburn-1
2	Mathieu	Rocheleau	17:39	30-34	RCAF
3	Jason	Bruce	17:40	30-34	Headingley
4	Murray	Carter	18:03	30-34	Pure Life-1
5	Graeme	Young	18:49	30-34	Pure Life-1
6	Rich	Dreger	19:11	30-34	Pure Life-3
7	Guillermo	Bonilla	20:26	30-34	RCAF
8	Nicolas	Harvey	21:28	30-34	RCAF
9	Allan	Scott	21:49	30-34	Windburn-1
10	Alexandre	Cadieux	22:37	30-34	RCAF
1	John	Power	18:13	35-39	Pure Life-1
2	David	Watt	18:15	35-39	Windburn-1
3	Derek	Eidse	18:24	35-39	Pure Life-1
4	Fraser	Cameron	20:05	35-39	RCAF
5	Colin	Sibilleau	21:11	35-39	Pure Life-1
6	Chris	Schroeder	21:26	35-39	Haiti Relay
7	Mark	Hildahl	22:06	35-39	Windburn-1
8	Scott	McMillan	22:30	35-39	Headingley
9	Chris	Kozakowski	22:38	35-39	Pure Life-1
10	Cameron	Lundgren	22:47	35-39	Police
1	Patrick	Peacock	17:48	40-44	Windburn-1
2	Michael	Boszko	18:39	40-44	MEC-1
3	Jon	McGavock	18:52	40-44	MEC-1
4	Paul	Shymko	19:06	40-44	Pure Life-1
5	James	Dueck	19:15	40-44	Haiti Relay
6	Craig	Erb	20:25	40-44	MEC-5
7	Grant	McMillan	20:29	40-44	Pure Life-3
8	Dan	McCaughan	20:37	40-44	Headingley
9	Jonathan	Stapinsky	20:40	40-44	Haiti Relay
10	Chris	Schrader	20:41	40-44	Headingley

1	Bob	Beinke	17:09	45-49	Haiti Relay
2	Jon	Hunt	18:56	45-49	Headingley
3	Dale	Kirk	19:08	45-49	Windburn-2
4	Dennis	Cunningham	19:28	45-49	MEC-5
5	Michael	Angers	19:50	45-49	MEC-5
6	Dwayne	Wheeler	20:05	45-49	Windburn-1
7	Mark	Lawall	20:05	45-49	Headingley
8	Don	Bevington	20:10	45-49	Headingley
9	Joe	Healey	20:51	45-49	Pure Life-1
10	Chris	Dick	21:01	45-49	Haiti Relay

1	Alan	Hopkins	19:29	50-54	Headingley
2	Scott	Gibbons	19:43	50-54	Pure Life-3
3	Stephen	Terichow-Parrott	19:55	50-54	MEC-5
4	Bob	Cox	20:46	50-54	Haiti Relay
5	Greg W	Penner	20:55	50-54	MEC-5
6	Darren	Rebillard	20:47	50-54	RCAF
7	Michael	McGovern	21:28	50-54	Headingley
8	Aldo	Furlan	21:39	50-54	Headingley
9	Glen	Nivet	22:02	50-54	MEC-5
10	Edward	Willmott	22:08	50-54	Headingley

1	Gordon	Flett	21:13	55-59	MEC-5
2	Terry	Fehr	21:33	55-59	Haiti Relay
3	Paul	Brault	22:16	55-59	Headingley
4	Christian	Ritchot	23:08	55-59	Haiti Relay
5	William	Kastner	24:40	55-59	MEC-1
6	Daniel	Chauvin	25:05	55-59	RCAF
7	David	Wheeler	25:26	55-59	RCAF
8	Randal	Bodner	25:36	55-59	Headingley
9	Craig	Isenor	25:49	55-59	RCAF
10	Neil	Kinney	25:49	55-59	RCAF

1	David	Lawler	21:56	60-64	Headingley
2	Duncan	Ritchie	22:21	60-64	RCAF
3	Bob	Steinberg	23:05	60-64	Haiti Relay
4	Al	Stewart	23:41	60-64	MEC-5
5	Bob	Dawson	25:13	60-64	Headingley
6	Ian	McKeown	25:55	60-64	MEC-5
7	Tim	Durnin-Richards	26:00	60-64	Headingley
8	Ken	White	26:37	60-64	Windburn-1
9	Donald	Webb	27:25	60-64	Pure Life-1
10	Grant	Mitchell	28:07	60-64	Windburn-1

1	Alphonse	Bernard	21:23	65-69	Headingley
2	Leon	Clegg	21:27	65-69	Windburn-1
3	Larry	Konotopetz	22:20	65-69	Headingley
4	Bill	Degagne	24:19	65-69	Pure Life-2
5	Patrick	Moore	27:04	65-69	Headingley
6	Jeff	Vince	27:39	65-69	MEC-5
7	Albert	Buors	28:56	65-69	Headingley
8	Peter	Lemon	46:34	65-69	RCAF
1	Colin	Reed	25:33	70-74	Headingley
2	Jim	Beckstead	31:15	70-74	Police
3	Gary	Davis	31:17	70-74	RCAF
4	Ray	Hutton	39:34	70-74	Headingley
5	Rob	Schlingerman	43:54	70-74	Police
6	Martin	Gerrard	45:15	70-74	Police
7	Joseph	Korponay	51:38	70-74	RCAF
8	Robert	Paulet	51:40	70-74	Police
9	Robert	Frederickson	52:17	70-74	RCAF
1	Jim	Anderson	29:59	75-79	Headingley
2	James	King	32:48	75-79	Headingley
3	Al	Myska	32:53	75-70	Headingley
4	Jack	Dubnicoff	35:53	75-79	RCAF
1	Ray	Garrity	43:48	80-84	Haiti Relay