

10 K Top Females Overall based on Gun Elapsed time

Position	Bib #	Name	Race Time	Pace	Division	Gender	Age
1	112	Heather Ostic	44:49.80	4:29	10 K	F	54
2	13	Kate Archibald-Cross	47:22.72	4:44	10 K	F	49
3	174	Lana Saunders	47:56.63	4:48	10 k	F	47

10 K Top Males Overall based on Gun Elapsed time

Position	Bib #	Name	Race Time	Pace	Division	Gender	Age
1	55	Linden Head	35:03.24	3:30	10 K	M	37
2	115	Clay Patterson	35:52.30	3:35	10 K	M	34
3	31	Cameron Bruce	36:22.48	3:38	10 K	M	22

10 K Age Group Results for F 1 - 14 based on Gun Elapsed time

Position	Bib #	Name	Race Time	Pace	Division	Gender	Age
1	108	Meredith Newell	56:40.82	5:40	10 K	F	14

10 K Age Group Results for F 15 - 19 based on Gun Elapsed time

Position	Bib #	Name	Race Time	Pace	Division	Gender	Age
1	38	Elizabeth Creighton	50:59.71	5:06	10 K	F	15
2	107	Celia Newell	56:46.32	5:41	10 K	F	17
3	139	Ana Maria Vera Rodriguez	1:04:54.19	6:29	10 K	F	18

10 K Age Group Results for F 20 - 29 based on Gun Elapsed time

Position	Bib #	Name	Race Time	Pace	Division	Gender	Age
1	37	Mairead Corrigan	58:40.52	5:52	10 K	F	25
2	75	Jayne Kang	59:01.72	5:54	10 K	F	20
3	136	Lauren Varey	1:01:55.08	6:11	10 K	F	20

10 K Age Group Results for F 30 - 39 based on Gun Elapsed time

Position	Bib #	Name	Race Time	Pace	Division	Gender	Age
1	12	Jennifer Archibald	52:39.46	5:16	10 K	F	32
2	82	Sarah Lemelin-Bellerose	53:31.18	5:21	10 K	F	30
3	131	Lindsay Shaddock	59:32.58	5:57	10 K	F	38

10 K Age Group Results for F 40 - 49 based on Gun Elapsed time

Position	Bib #	Name	Race Time	Pace	Division	Gender	Age
1	58	Aaron Hoekstra	59:31.51	5:57	10 K	F	43
2	57	Casey Held	1:06:00.44	6:36	10 K	F	46
3	64	Sylva Ilchyna	1:24:54.37	8:29	10 K	F	48

10 K Age Group Results for F 50 -59 based on Gun Elapsed time

Position	Bib #	Name	Race Time	Pace	Division	Gender	Age
1	47	Naomi Greer-Ballance	54:42.39	5:28	10 K	F	54
2	140	Marianne Walker	57:13.25	5:43	10 K	F	54
3	95	Jennifer McKaig	58:51.87	5:53	10 K	F	58

10 K Age Group Results for F 60 - 69 based on Gun Elapsed time

Position	Bib #	Name	Race Time	Pace	Division	Gender	Age
1	159	Heather Lewis	50:36.10	5:04	10 k	F	61
2	132	Audethy Tallack	54:45.44	5:28	10 K	F	62
3	160	Sheri Hogeboom	55:55.42	5:36	10 k	F	61

10 K Age Group Results for F 70 + based on Gun Elapsed time

Position	Bib #	Name	Race Time	Pace	Division	Gender	Age
1	60	Deborah Holtom	51:59.15	5:12	10 K	F	72
2	42	Margie File	1:06:53.85	6:41	10 K	F	70
3	111	Linda O'Mara	1:31:29.85		10 K	F	71

10 K Age Group Results for M 1 - 14 based on Gun Elapsed time

Position	Bib #	Name	Race Time	Pace	Division	Gender	Age
1	27	Saki Braun	45:35.11	4:34	10 K	M	14
2	62	Jarrett Ilchyna	1:24:35.86	8:28	10 K	M	13

10 K Age Group Results for M 15 - 19 based on Gun Elapsed time

Position	Bib #	Name	Race Time	Pace	Division	Gender	Age
1	77	Brady Kyle	37:12.61	3:43	10 K	M	17
2	15	Ignacio Arroyo-Lopez	56:45.56	5:40	10 K	M	19

10 K Age Group Results for M 20 - 29 based on Gun Elapsed time

Position	Bib #	Name	Race Time	Pace	Division	Gender	Age
1	98	Pierre Monharoul	36:56.23	3:42	10 K	M	20
2	178	Jacob clancy	41:49.56	4:11	10 k	m	23
3	79	Thomas Lee	43:21.55	4:20	10 K	M	24

10 K Age Group Results for MF 30 - 39 based on Gun Elapsed time

Position	Bib #	Name	Race Time	Pace	Division	Gender	Age
1	69	Owain Jones	37:45.63	3:46	10 K	M	39
2	52	Kyle Harding	38:22.34	3:50	10 K	M	35
3	170	Amin Jaber	43:49.40	4:23	10 k	M	34

10 K Age Group Results for MF 40 -49 based on Gun Elapsed time

Position	Bib #	Name	Race Time	Pace	Division	Gender	Age
1	9	Robert Almas	38:54.14	3:53	10 K	M	45
2	54	Graham Hawkes	40:12.21	4:01	10 K	M	47
3	156	Michael Kennedy	41:52.05	4:11	10 k	M	43

10 K Age Group Results for M 50 - 59 based on Gun Elapsed time

Position	Bib #	Name	Race Time	Pace	Division	Gender	Age
1	144	Brent Workman	39:04.30	3:54	10 K	M	53
2	28	Robby Breadner	41:17.65	4:08	10 K	M	57
3	65	Gary Irwin	47:12.70	4:43	10 K	M	52

10 K Age Group Results for M 60 - 69 based on Gun Elapsed time

Position	Bib #	Name	Race Time	Pace	Division	Gender	Age
1	164	Steven Blostin	42:43.74	4:16	10 k	M	62
2	124	Wayne Rice	47:02.12	4:42	10 k	m	60
3	51	Andrew Hall	48:39.13	4:52	10 K	M	62

10 K Age Group Results for M 70 + based on Gun Elapsed time

Position	Bib #	Name	Race Time	Pace	Division	Gender	Age
1	33	Larry Charteris	54:34.24	5:27	10 K	M	70
2	25	Ed Brand	59:03.37	5:54	10 K	M	75
3	48	Allen Groome	1:14:59.27	7:30	10 K	M	74