

2023 KRRAm Anniversary Run 10K Results

Position	Bib #	Name	Race Time	Pace	Division	Gender	Age
DIVISION: 10KM							
1	411	Kevin Coffey	31:45.25	3:10	10km	M	36
2	422	Tristan Duffy	34:47.63	3:29	10km	M	29
3	441	Linden Head	34:47.97	3:29	10km	M	36
4	454	Sasha Kheyson	36:10.21	3:37	10km	M	28
5	418	Stephan De Wit	36:41.80	3:40	10km	M	45
6	492	Cole Vezina	36:45.65	3:40	10km	M	26
7	449	Owain Jones	36:53.16	3:41	10km	M	38
8	308	Robert Almas	37:02.42	3:42	10km	M	44
9	416	Scott Day	37:10.56	3:43	10km	M	26
10	496	Brent Workman	37:39.09	3:46	10km	M	52
11	485	Molly Steer	38:15.80	3:50	10km	F	27
12	440	Graham Hawkes	38:16.54	3:50	10km	M	46
13	435	Tim Gillespie	38:31.20	3:51	10km	M	45
14	321	Tom Brackenbury	39:01.33	3:54	10km	M	52
15	487	Tiberius Trifu	39:18.91	3:56	10km	M	38
16	455	Megan Kiley	39:31.91	3:57	10km	F	29
17	404	Christine Cash	39:53.43	3:59	10km	F	24
18	406	Adam Chambers	40:09.37	4:01	10km	M	51
19	445	Stephen Hughes	40:18.21	4:02	10km	M	55
20	446	Arsalan Ijaz	40:53.82	4:05	10km	M	26
21	450	Michael Kennedy	40:54.11	4:05	10km	M	42
22	322	Saki Braun	41:01.08	4:06	10km	M	14
23	448	Amin Jaber	41:07.90	4:07	10km	M	33
24	472	Heather Ostic	42:58.95	4:18	10km	F	54
25	420	Jacquie DeWolfe	43:11.88	4:19	10km	F	40
26	470	Scott Nichol	43:15.05	4:20	10km	M	41
27	473	Luis Paico-Avilez	44:10.80	4:25	10km	M	39
28	317	Julie Bates	44:12.17	4:25	10km	F	27
29	325	Nancy Burge	44:17.66	4:26	10km	F	62
30	313	Samuel Appleton	44:24.96	4:26	10km	M	17
31	462	Raye McAvooy	44:38.08	4:28	10km	F	31
32	320	Amelia Boughn	45:17.53	4:32	10km	F	26
33	1290	Jacob Pollard	45:17.85	4:32	10km	M	24
34	324	Chris Bright	45:31.57	4:33	10km	M	56
35	451	Tara Kennedy	46:19.84	4:38	10km	F	15
36	315	Kate Archibald-Cross	46:38.22	4:40	10km	F	49
37	466	Gregory Millican	46:42.09	4:40	10km	M	38
38	478	Richard Prinsen	46:50.32	4:41	10km	M	58
39	498	Alisa Zhang	46:53.95	4:41	10km	F	26
40	323	Che Breadner	47:07.55	4:43	10km	M	19
41	310	Tim Andrew	47:15.48	4:43	10km	M	62
42	426	Kevin Dupuis	47:51.45	4:47	10km	M	30
43	484	Heather Smith	48:01.18	4:48	10km	F	39
44	1272	Ellen White	48:45.35	4:52	10km	F	42
45	474	Leslie Paterson	49:06.86	4:55	10km	F	38
46	479	Annie Riel	49:08.77	4:55	10km	F	48
47	489	Luke Veenstra	49:47.82	4:59	10km	M	25
48	414	Matt Dacosta	49:52.93	4:59	10km	M	40
49	494	Melissa West	49:59.05	4:59	10km	F	33
50	305	Ahamed Ashiq Abdul Rahiman	50:20.28	5:02	10km	M	32
51	405	Noa Caspi	50:29.76	5:03	10km	F	22
52	475	Diane Pennell	50:30.73	5:03	10km	F	43
53	401	Karen Burns	51:20.44	5:08	10km	F	59
54	314	Jennifer Archibald	51:31.23	5:09	10km	F	32
55	476	Tammy Pigion	51:54.82	5:11	10km	F	49
56	410	Andrew Clausen	52:12.19	5:13	10km	M	18
57	464	Mike McKale	52:37.02	5:16	10km	M	53
58	456	Monica Labarge	52:37.18	5:16	10km	F	47
59	437	Tory Gowland-Wood	52:55.89	5:18	10km	F	24
60	457	William Lenouvel	52:56.52	5:18	10km	M	19
61	490	Paco Vera Badillo	53:01.73	5:18	10km	M	44
62	425	Fiona Dunbar	53:35.22	5:22	10km	F	44
63	429	Chris Fehr	53:36.92	5:22	10km	M	47
64	444	Sheri Hogeboom	53:51.34	5:23	10km	F	60
65	428	Scott Farmer	54:02.87	5:24	10km	M	47
66	419	Aaron Delph	54:04.23	5:24	10km	M	28
67	438	Naomi Greer-Ballance	54:31.57	5:27	10km	F	54
68	481	Cal Schram	54:44.90	5:28	10km	M	70
69	403	Ania Campbell	55:35.20	5:34	10km	F	19
70	488	Arda Ulku	55:38.29	5:34	10km	M	18
71	311	Timm Andrews	56:04.43	5:36	10km	M	29
72	460	Angela Macdonald	56:16.75	5:38	10km	F	50
73	491	Ana Maria Vera Rodriguez	56:37.67	5:40	10km	F	18
74	408	Amy Chesney	56:42.30	5:40	10km	F	37
75	482	Lindsay Shaddock	56:42.35	5:40	10km	F	37
76	434	Scott Gemmell	57:37.40	5:46	10km	M	25
77	417	Megan De Sasio	57:40.90	5:46	10km	F	26
78	483	Erin Sheldon	58:01.03	5:48	10km	F	48
79	427	Leana Farlam	58:56.69	5:54	10km	F	32
80	409	Muhammed Chowdhury	59:02.20	5:54	10km	M	49
81	432	Peter Gagolewicz	59:41.40	5:58	10km	M	44
82	465	Nathalie Melzer	59:42.20	5:58	10km	F	38
83	453	Soheil Kheirparast	59:53.24	5:59	10km	M	25
84	309	Beatriz Alvarado	59:54.51	5:59	10km	F	51
85	312	Maddi Andrews	1:02:02.33	6:12	10km	F	26
86	477	Justina Poisson	1:02:09.14	6:13	10km	F	38
87	493	Maki Watterson	1:02:45.14	6:17	10km	F	59
88	319	Stacey Berdan	1:02:51.63	6:17	10km	F	55
89	421	Daniel Dousek	1:02:53.28	6:17	10km	M	18
90	442	Casey Held	1:03:34.74	6:21	10km	F	45
91	436	Katherine Gormley	1:03:39.69	6:22	10km	F	21
92	439	Aileen Dunbar	1:04:01.10	6:24	10km	F	39
93	486	Samantha Timmins	1:04:42.75	6:28	10km	F	34
94	480	Sean Robinson	1:04:49.69	6:29	10km	M	38
95	424	Eithne Dunbar	1:04:59.76	6:30	10km	F	74
96	431	Margie File	1:05:09.47	6:31	10km	F	69
97	447	Caroline Instrum	1:05:22.97	6:32	10km	F	22
98	443	Tracey Hoekstra	1:05:29.16	6:33	10km	F	29
99	468	Alanna Murphy	1:06:21.19	6:38	10km	F	37
100	423	Tony Dunbar	1:06:42.79	6:40	10km	M	78
101	467	Alexander Moszczynski	1:07:06.60	6:43	10km	M	33
102	415	Elisa Dalessandro	1:07:54.34	6:47	10km	F	41
103	307	Kathleen Abeles	1:09:00.59	6:54	10km	F	31
104	306	Cindy Abeles	1:09:00.87	6:54	10km	F	65
105	430	Lenna Field	1:10:28.28	7:03	10km	F	31
106	412	Margaret Coughlin	1:13:50.14	7:23	10km	F	68
107	469	Nick Murphy	1:14:05.01	7:24	10km	M	37
108	459	Courtney Lowe	1:15:53.83	7:35	10km	F	27
109	461	Dominic Mayhew	1:15:55.46	7:36	10km	M	28