

# Hold the Fort Virtual 5K

	Name	Gender	Time
1	Nick Cosman	M	15:49
2	Savvas Frantzeskos	M	16:58
3	Kevin Dunbar	M	17:03
4	Paul Bates	M	17:17
5	Jason Basaur	M	17:33
6	Dougal Bale	M	17:48
7	Zach Comber	M	18:06
8	Owain Jones	M	18:09
9	Tim Gillespie	M	18:31
10	Jeffrey Shepperd	M	18:54
11	Dalton	M	19:08
12	Mike Kennedy	M	19:44
13	Suzanne Kerr	F	21:00
14	Robert Almas	M	21:07
15	Lana Saunders	F	21:29
16	Emile Ndorimana	M	21:32
17	Mackenzie Bowman	F	21:45
18	Jackie DeWolfe	F	21:45
19	Aaron Siller	M	21:45
20	Andrew Hall	M	21:46
21	Greg Siemens	M	21:05
22	Sophie Saunders-Lambert	F	22:07
23	Matt Simpson	M	22:30
24	Julie Bates	F	23:12
25	Al Cantlay	M	23:21
26	Tristan Siemens	M	23:54
27	Deb Holtom	F	23:56
28	Brynn Bowman	F	24:07
29	Jonathan Rose	M	24:15
30	Amber Upton	F	24:18
31	Janet Shepperd	F	24:37
32	Richard Ascough	M	24:37
33	Francoise Gilbert	F	24:40
34	Scott Allen	M	25:07
35	Philippe Lacoursier	M	25:08
36	Trevor Burns	M	25:15
37	Blake Roach	M	25:55
38	Kate Bradley	F	26:07
39	Stefanie von Hlatky	F	26:35
40	Gerald Lapratte	M	26:52
41	Will Kerr	M	27:21
42	Louise Hunter	F	27:51

43	Martine Thivierge-Bournival	F	29:21
44	Louise Guerin	F	29:44
45	Julie Renwick	F	29:50
46	Jennifer Spence	F	29:50
47	Margie File	F	29:52
48	Robby Breadner	M	30:12
49	Christina Cantlay	F	30:34
50	Ewan Sealy	M	31:32
51	Andrea Sealy	F	31:33
52	Leana Farlam	F	31:47
53	Phil Bates	M	33:27
54	Luis Paico-Avilez	M	34:54
55	Leisha Hawes	F	35:37
56	Charlene Burns	F	36:34
57	Peter Stokes	M	36:50
58	Paula Sullivan	F	41:02
59	PJ Marshall	M	41:50
60	Liz Steward Shaver	F	44:43
61	Ruth Bernardi	F	46:37
62	Jennifer Pinarski	F	54:57
63	Samantha Allen	F	1:07:24
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Notes: For the middle of the pack prize, times had to be submitted by midnight on October 2, 2020. There were 55 times submitted. Number 28 was Brynn Bowan. I am going to keep adding times after Oct 2, 2020 since it is virtual race.