

15th Annual
 Loop the Lake Road Races
 August 7, 2010
 10 Km Overall Male Top Five

Place	Name	City	Div	Time
1	539 Jakub SUMBERA		M2029	33:28
2	458 Ken MYERS		M3039	34:20
3	618 Brad BICKLEY		M1519	35:36
4	451 Richard WALKER		M4049	40:11
5	772 Ryan BAVIN		M3039	40:46

15th Annual
 Loop the Lake Road Races
 August 7, 2010
 10 Km Overall Female Top Five

Place	Name	City	Div	Time
1	764 Katie MORRIS		F1519	42:11
2	655 Kari GREGORY		F4049	42:40
3	604 Mirka NAVRATILOVA		F3039	44:38
4	894 Ellen KELLY		F4049	47:38
5	829 Carlie DUKE		F2029	47:52

10K Female 14 and Under

Div	Bib	Name	City	Div	Time
	1	483 Marlo ARMSTRONG		F0114	53:40
	2	653 Perri MAZURKEWICH		F0114	57:21
	3	654 Terese MAZURKEWICH		F0114	58:14
	4	652 Quinn MAZURKEWICH		F0114	58:15
	5	824 Shaylynn GODDARD		F0114	58:58
	6	647 Skye THOMPSON		F0114	59:02
	7	787 Lauren JOHNSTON		F0114	59:03
	8	592 Isabella HUL		F0114	1:02:52
	9	591 Zoe MCGRATH		F0114	1:02:54
	10	594 Colton HUTCHINSON		F0114	1:04:38
	11	854 Natalie GOURLAY		F0114	1:09:04

12	853	Sofie GOURLAY	F0114	1:09:06
13	855	Olivia GALLOWAY	F0114	1:09:06
14	856	Charlotte GALLOWAY	F0114	1:09:30
15	864	Pavla MUNROE	F0114	1:09:36
16	706	Jaimie SZARKO	F0114	1:12:02
17	898	Catherine VAN HELDEN	F0114	1:17:05
18	867	Kelsea GORZO	F0114	1:17:52
19	648	Jamie THOMPSON	F0114	1:25:01
20	422	Shae-Lynn MENDRYK	F0114	1:29:39
21	765	Bryn CHIASSON	F0114	1:31:08
22	705	Julianne SZARKO	F0114	1:33:09
23	755	Kaylee LAPINSKIE	F0114	1:47:22
24	812	Jasmine FEDDEMA	F0114	1:48:53
25	524	Paige COLLINGS	F0114	1:50:47
26	615	Mikayla RHEBERGEN	F0114	1:51:01
27	623	Sarah HICKLING	F0114	1:51:02
28	612	Brittany RHEBERGEN	F0114	1:55:10
29	718	Allvia COLABELLA	F0114	2:02:16
30	693	Isabella HILLS	F0114	2:12:19

10K Female 15 to 19

Div Place	Bib No	Name	City	Div	Time
=====	=====	=====	=====	=====	=====
1	764	Katie MORRIS		F1519	42:11
2	421	Courtney MENDRYK		F1519	58:48
3	681	Nicole ROY		F1519	58:53
4	637	Jessica GIRLING		F1519	59:42
5	634	Brittany GIRLING		F1519	1:05:18
6	733	Nataya STEPHENS		F1519	1:05:19
7	700	Emilie SEITZ		F1519	1:07:34
8	510	Alexa BURGESS		F1519	1:08:58
9	407	Jessica WURZ		F1519	1:09:35
10	562	Emily FITZOWICH		F1519	1:17:05
11	614	Kindra SHAW		F1519	1:23:29
12	899	Rebecca VAN HELDEN		F1519	1:28:45
13	839	Veronica OSTERMAN		F1519	1:40:47

10K Female 20 to 29

Div Place	Bib No	Name	City	Div	Time
=====	=====	=====	=====	=====	=====

1	829	Carlie DUKE	F2029	47:52
2	911	Jess LUCAS	F2029	49:02
3	879	Leanne SHENTON	F2029	49:52
4	687	Patricia ZUCZEK	F2029	51:49
5	721	Jennifer FOSTER	F2029	53:37
6	876	Lyndsay MURRAY	F2029	54:00
7	669	Amanda SHARKO	F2029	54:10
8	640	Anne GILBERT	F2029	54:54
9	512	Linda KNOWLES	F2029	55:28
10	746	Lindsay CULBERT	F2029	55:38
11	887	Lindsay WINTERS	F2029	55:53
12	753	Andrea MAINWOOD	F2029	55:56
13	457	Erin SHAW	F2029	56:42
14	595	Tammy MAYSTROWICH	F2029	56:43
15	688	Richelle LOEPPKY	F2029	56:49
16	425	Tara MARQUARDT	F2029	57:17
17	794	Lindsay DOIRON	F2029	57:49
18	797	Tara MCHARDY	F2029	58:03
19	501	Chelsea ST. JEAN	F2029	58:37
20	430	Stacey BUDZIAK	F2029	58:43
21	811	Krista CLELAND	F2029	58:55
22	603	Carla SCHNEIDER	F2029	59:06
23	728	Megan FOREMAN	F2029	59:33
24	897	Mary RODRIGUES	F2029	59:39
25	643	Colleen MALONE	F2029	1:00:01
26	434	Ardith LEWIS	F2029	1:01:13
27	435	Aimee BLASETTI	F2029	1:01:14
28	699	Kamila ZIEMBA	F2029	1:01:43
29	906	Vanessa NELSON	F2029	1:02:00
30	573	Jennifer WARKENTIN	F2029	1:02:16
31	545	Jenna TWOREK	F2029	1:02:17
32	816	Ashley REED	F2029	1:02:28
33	690	Samantha RABATICH	F2029	1:02:55
34	514	Andrea KORSA	F2029	1:03:08
35	890	Robin SCOBIE	F2029	1:03:31
36	905	Crystal KNIGHT	F2029	1:03:50
37	904	Chantry CHERETTE	F2029	1:03:51
38	756	Jacinthe BERNIER	F2029	1:04:16
39	632	Jessica ROSS	F2029	1:04:35
40	917	Narhyn MOISTEVEN	F2029	1:05:14
41	462	Louise VAILE	F2029	1:05:40
42	515	Laura GORDYKO	F2029	1:06:06
43	467	Jennifer JENKINS	F2029	1:06:09
44	548	Jennica HAGUE	F2029	1:06:20
45	513	Jacinda FOULKES	F2029	1:07:05
46	437	Jaelyn BENNY	F2029	1:09:01

47	629	Candace WALL	F2029	1:09:05
48	454	Lisa DUKE	F2029	1:10:01
49	493	Holly GIRLING	F2029	1:10:03
50	431	Agata KOT	F2029	1:10:06
51	907	Kimberly SHAPKIN	F2029	1:11:16
52	401	Rochelle ADCOCK	F2029	1:11:31
53	874	Lauren TANNER	F2029	1:15:19
54	875	Megan LAWTHER	F2029	1:15:20
55	485	Jen WAGAR	F2029	1:15:27
56	427	Katherine RUSCHIENSKY	F2029	1:16:08
57	806	Rebecca WHITNEY	F2029	1:18:09
58	423	Melissa BENNY	F2029	1:19:08
59	578	Lindsay OLBERG	F2029	1:21:15
60	572	Erika GODDARD	F2029	1:21:16
61	713	Aleisha HENDRY	F2029	1:33:19
62	673	Rebecca HALHEAD	F2029	1:37:58
63	675	Sarah HALHEAD	F2029	1:39:36
64	709	Keisha LEWIS	F2029	1:54:42
65	495	Amethyst MEGAFFIN	F2029	1:54:42
66	426	Iris PINDER	F2029	2:01:50
67	819	Cynthia BROUILLETTE	F2029	2:18:36

10K Female 30 to 39

Div	Bib			Div	Time
Place	No	Name	City		
=====	=====	=====	=====	=====	=====
	1	604	Mirka NAVRATILOVA	F3039	44:38
	2	624	Jo-Anne DUNCAN	F3039	48:12
	3	822	Shauna JOHNSON	F3039	50:03
	4	556	Erin DURAND	F3039	52:16
	5	748	Lori THOMLINSON	F3039	52:44
	6	736	Ann BURGESS	F3039	52:56
	7	581	Raquel CHONDRONIKOLIS	F3039	53:04
	8	779	Denise HOOKS	F3039	53:13
	9	631	Ilonka SCHMUCH	F3039	53:27
	10	416	Lisa THIESSEN	F3039	53:58
	11	842	Monica ZYNGER	F3039	54:58
	12	861	Calina OLSEN	F3039	55:39
	13	697	Karen MCCORMICK	F3039	55:51
	14	712	Jackie SILLNER	F3039	55:54
	15	774	Campion SWARTOUT	F3039	56:16
	16	486	Stephanie SCHROEDER	F3039	56:38
	17	727	Nancy SARSONS	F3039	56:41

18	590	Monique VAN IAAR	F3039	57:03
19	704	Erin PRATT	F3039	57:28
20	862	Hayley TOTH	F3039	57:48
21	731	Nicole TONER	F3039	57:55
22	798	Brenda SLAVKO	F3039	58:08
23	863	Jill WENGER	F3039	58:11
24	428	Tina SLUNT	F3039	58:50
25	414	Kathy LEONARD	F3039	59:04
26	452	Gillian SYMINGTON	F3039	59:10
27	480	Jessica GREY	F3039	59:11
28	722	Joy ANDERSON	F3039	59:26
29	508	Jennifer VAN ES	F3039	59:50
30	402	Jan GOSSE	F3039	1:00:32
31	738	Elena AITKEN	F3039	1:00:36
32	520	Kim ZIZAKOVIC	F3039	1:01:16
33	559	Anne HOOPER-JOHNSTON	F3039	1:01:29
34	670	Zephyr RAWBON	F3039	1:03:39
35	403	Jennifer RATHBONE	F3039	1:03:58
36	580	Patricia GOMEZ	F3039	1:04:37
37	438	Katherine HARDY	F3039	1:05:05
38	471	Elizabeth KEHLER	F3039	1:05:06
39	547	Carmen PARENTEAU	F3039	1:05:19
40	724	Jillian GRON	F3039	1:05:53
41	404	Lindsay CRAIG	F3039	1:05:54
42	571	Amber TSOI	F3039	1:06:04
43	908	Kim AVERY	F3039	1:07:26
44	463	Victoria KENNEDY	F3039	1:07:32
45	877	Stacy DOUGLAS	F3039	1:07:37
46	831	Brigitte BEDARD	F3039	1:08:05
47	433	Ally MORBERG	F3039	1:08:06
48	469	Fiona ELLISON	F3039	1:08:49
49	760	Michelle CLEVERLEY	F3039	1:10:06
50	497	Abi BOND	F3039	1:10:13
51	529	Darryl SCHMIDT	F3039	1:10:17
52	725	Melanie HNATIUK	F3039	1:10:35
53	668	Tricia COLES	F3039	1:10:51
54	893	Nicole HALTMAN	F3039	1:11:59
55	417	Tanya JANSSEN	F3039	1:13:36
56	785	Liz KUSLER	F3039	1:13:48
57	784	Stephanie MOONEY	F3039	1:14:10
58	400	Jodie MARTIAN	F3039	1:14:12
59	730	Marcie RUSSELL	F3039	1:14:16
60	642	Marina FLATER	F3039	1:14:41
61	791	Shrri GARRIES	F3039	1:15:56
62	536	Shannon PICHE	F3039	1:23:58
63	490	Emily ANDINO	F3039	1:24:05

64	828	Tracy EVANS	F3039	1:28:05
65	882	Vessica BURTON	F3039	1:28:17
66	506	Rachel COLABELLA	F3039	2:02:16
67	903	Jilene SAUVE'	F3039	2:15:16
68	763	Cielle COWLES	F3039	2:18:41
69	702	Lacey HATT	F3039	2:18:45

10K Female 40 to 49

Div Place	Bib No	Name	City	Div	Time
=====	=====	=====	=====	=====	=====
1	655	Kari GREGORY		F4049	42:40
2	894	Ellen KELLY		F4049	47:38
3	509	Wendy HIEBERT		F4049	48:23
4	439	Patti THYGESSEN		F4049	49:17
5	884	Jacqueline PINSONNEAU		F4049	50:27
6	678	Janine GREGOR		F4049	50:28
7	844	Kathryn TRIGG		F4049	50:33
8	475	Heather CAUL		F4049	54:34
9	872	Liana THORBURN		F4049	54:59
10	577	Michelle TAYLOR		F4049	55:15
11	832	Carol DESABRAIS		F4049	55:51
12	662	Coreen DUNCAN		F4049	55:52
13	916	Brenda DANYLUK		F4049	57:22
14	742	Michelle HUTCHINSON		F4049	57:34
15	771	Cara THIBAULT		F4049	58:24
16	869	Janet MCFARLANE		F4049	59:29
17	449	Shelley SOLES		F4049	59:35
18	474	Eloise BERRY		F4049	1:00:05
19	605	Drina LAZAR		F4049	1:00:05
20	830	Chantal PLOWMAN		F4049	1:00:18
21	644	Leanne NEIGHBOUR		F4049	1:00:58
22	507	Terry SHYDLOWSKI		F4049	1:01:15
23	445	Rita KLOOSTERMAN		F4049	1:01:40
24	464	Colleen MAKAROWSKI		F4049	1:01:44
25	636	Glenda GIRLING		F4049	1:03:07
26	638	Russell GIRLING		F4049	1:03:07
27	780	Carri BUKER		F4049	1:03:33
28	405	Shelley WURZ		F4049	1:03:38
29	834	Cathy HENDERSON		F4049	1:03:52
30	775	Holly BURTON		F4049	1:05:31
31	525	Lauri SEIDITZ		F4049	1:05:42
32	627	Bev JANISCH		F4049	1:06:14

33	500	Wendy HOLT	F4049	1:06:27
34	473	Christine FORGRAVE	F4049	1:07:51
35	833	Lisa KERR	F4049	1:08:48
36	817	Patty HUBER	F4049	1:08:51
37	866	Barbara MUNROE	F4049	1:09:37
38	778	Tracy CONNERY	F4049	1:09:48
39	550	Leah POPE	F4049	1:10:02
40	710	Deb ASSMUS	F4049	1:10:36
41	735	Paula RICHARDSON	F4049	1:10:38
42	672	Traci BATTISTA	F4049	1:10:51
43	488	Leona ARNETT	F4049	1:11:08
44	575	Colleen WELLER	F4049	1:11:50
45	641	Nadine MAILLOT	F4049	1:11:51
46	707	Tanya SZARKO	F4049	1:12:02
47	639	Lana RAUCH	F4049	1:12:03
48	584	Rhonda PICKERING	F4049	1:15:29
49	543	Leslie WHITNEY	F4049	1:18:04
50	871	Desiree MAAS	F4049	1:19:21
51	470	Barbara LUBINSKI	F4049	1:19:22
52	589	Cathy MCGRATH	F4049	1:19:42
53	560	Kathy FITZOWICH	F4049	1:21:05
54	645	Lia THOMPSON	F4049	1:25:01
55	432	Shauna ATTWELL	F4049	1:25:28
56	835	Patty DONSELAAR	F4049	1:27:10
57	465	Tracy KENT	F4049	1:27:11
58	737	Allison EWING	F4049	1:28:20
59	420	Kim MENDRYK	F4049	1:29:39
60	708	Lorna ANTONIO	F4049	1:33:11
61	568	Kathy CHASSE	F4049	1:34:35
62	802	Melissa YOST	F4049	1:35:03
63	803	Megan KMETYK	F4049	1:35:03
64	701	Caroline SEITZ	F4049	1:35:05
65	478	Agnes LIVINGSTON	F4049	1:35:05
66	534	Marie LALIBERTE	F4049	1:35:26
67	535	Christine STEWART	F4049	1:35:27
68	752	Teresa LAPINSKIE	F4049	1:36:20
69	758	Doris CORMIER	F4049	1:37:36
70	813	Vivien FEDDEMA	F4049	1:48:53
71	918	Diane POTTER	F4049	1:49:11
72	845	Sue TRIGG	F4049	1:50:34
73	849	Heather TRIGG	F4049	1:50:35
74	522	Dawn COLLINGS	F4049	1:50:47
75	692	Claudia GOMEZ	F4049	1:51:22
76	620	Colleen HICKLING	F4049	1:51:55
77	611	Kathy RHEBERGEN	F4049	1:51:55
78	886	Linda HOHM	F4049	1:57:32

79 531 Linda SPENCE

F4049 1:57:38

10K Female 50 to 59

Div Place	Bib No	Name	City	Div	Time
1	691	Deanna LOEPPKY		F5059	51:19
2	517	Ann CECCANESE		F5059	52:24
3	749	Pat ANDRUSCHUK		F5059	53:50
4	491	Leslie SHERLOCK		F5059	54:18
5	527	Debbie FENSKE		F5059	54:18
6	659	Grace HUGHES		F5059	55:10
7	544	Debbie ROTHWELL		F5059	56:12
8	684	Marlene BINDA		F5059	56:57
9	412	Jean ADDINGTON		F5059	57:20
10	633	Joanne KERSEY		F5059	59:04
11	664	Joylyn FAVREAU-SKOKO		F5059	59:49
12	660	Diana VICIC		F5059	1:00:45
13	518	Jody RABY		F5059	1:01:15
14	541	Bev REED		F5059	1:01:30
15	424	Lucille BLUNDEN		F5059	1:04:49
16	915	Krische RFG		F5059	1:05:32
17	498	Jennette ST. JEAN		F5059	1:06:26
18	479	Miriam JUNIPER		F5059	1:06:31
19	447	Hazel MITSCHKE		F5059	1:11:24
20	516	Pat LOEWEN		F5059	1:14:15
21	540	Susan TUCKER		F5059	1:20:38
22	456	Laurie DUKE		F5059	1:21:07
23	613	Kathi SHAW		F5059	1:23:29
24	726	Ruth DUNBAR		F5059	1:29:14
25	602	Sue RIDWOOD		F5059	1:31:25
26	857	Darcel LUYENDYK		F5059	1:31:31
27	566	Deborah FRY		F5059	1:34:36
28	790	Kathy SCHOFIELD		F5059	1:35:25
29	868	Marion LABRIE		F5059	1:35:27
30	714	JoAnne SILGAILIS		F5059	1:35:29
31	576	Heather GRAMLICH		F5059	1:37:36
32	674	Crystal HALHEAD		F5059	1:39:37
33	838	Donna GATEMAN		F5059	1:41:15
34	656	Theresa COLE-SMITH		F5059	1:50:21
35	658	Debbie LECLAIR		F5059	1:50:24
36	889	Beth OLVER		F5059	1:59:13
37	567	Marilyn GUINN		F5059	2:01:51

10K Female Over 60

Div Place	Bib No	Name	City	Div	Time
1	695	Eliana GOMEZ		F60+	1:01:03
2	538	Wendy CARSON		F60+	1:03:09
3	608	Ingrid SANDS		F60+	1:03:55
4	777	Sheila HEMUS		F60+	1:05:50
5	444	Corrine HOLDEN		F60+	1:24:40
6	807	Wendy SAUNDERS		F60+	1:28:17
7	503	Joyce HENNING		F60+	1:29:05
8	555	Shirley WEIS		F60+	1:32:41
9	607	Ann BURNETT		F60+	1:37:35
10	841	Marcia OLSON		F60+	1:41:15
11	750	Fran LAPINSKIE		F60+	1:47:21
12	745	Linda HATT		F60+	2:15:22

10K Male 14 and Under

Div Place	Bib No	Name	City	Div	Time
1	723	Cal WESTAWAY		M0114	46:04
2	808	Matthew SWALLOW		M0114	46:21
3	873	Rhys KRAMER		M0114	49:21
4	586	Curtis CECCANSES		M0114	49:31
5	482	Connor ARMSTRONG		M0114	49:44
6	666	Zacharie SKOKO		M0114	52:13
7	526	Jack DOWNEY		M0114	52:42
8	677	Chris GREGOR		M0114	53:16
9	583	Nat MCGRATH		M0114	53:17
10	769	Carter THIBAUT		M0114	57:59
11	667	Jonathon SKOKO		M0114	58:01
12	770	Bennett THIBAUT		M0114	58:23
13	880	Kristopher STRINGER		M0114	1:01:07
14	883	Jesse BAKER		M0114	1:02:43
15	564	Mark FITZOWICH		M0114	1:05:34
16	521	Mathew COLLINGS		M0114	1:06:04
17	847	Jonah GOURLAY		M0114	1:09:05
18	848	Andrew BRIGHT		M0114	1:09:08

19	585	Mack PICKERING	M0114	1:12:15
20	801	Bjorn LEVERKUS	M0114	1:21:39
21	800	Barend LEVERKUS	M0114	1:21:43
22	729	Mitchell BRACKEN	M0114	1:22:51
23	766	Garrick BRACKEN	M0114	1:22:52
24	823	Ryan JOHNSON	M0114	1:25:29
25	537	Brendon SPENCE	M0114	1:27:50
26	532	Daniel SPENCE	M0114	1:27:51
27	837	ric GATEMAN	M0114	1:32:27
28	840	Marcelo OLSON	M0114	1:32:27
29	804	Oliver PARSONS	M0114	1:35:03
30	754	Hayden LAPINSKIE	M0114	1:36:19
31	814	Nash FEDDEMA	M0114	1:48:53
32	621	Sam HICKLING	M0114	1:51:02
33	694	Owen HILLS	M0114	1:51:23
34	609	Christopher RHEBERGEN	M0114	1:55:13
35	616	Ethan RHEBERG	M0114	1:55:42
36	885	Billy HOHM	M0114	1:57:16
37	533	Nicolis SPENCE	M0114	1:57:38
38	716	Luke COLABELLA	M0114	2:02:17
39	717	James COLABELLA	M0114	2:02:18
40	902	Marcus SAUVE'	M0114	2:14:08

10K Male 15 to 19

Div	Bib			Div	Time
Place	No	Name	City		
=====	=====	=====	=====	=====	=====
	1	618 Brad BICKLEY		M1519	35:36
	2	825 Cordel EVANS		M1519	41:26
	3	588 Andrew FAWCETT		M1519	41:48
	4	665 Sebastien SKOKO		M1519	46:01
	5	587 Trevor CECCANESE		M1519	48:04
	6	768 Jaxon THIBAULT		M1519	50:26
	7	826 Napoleon EVANS		M1519	57:03
	8	635 Jordan SMIT		M1519	58:05
	9	782 Travis SMIT		M1519	1:04:24
	10	683 Alex SINCLAIR		M1519	1:05:43
	11	600 Graham RIDWOOD		M1519	1:29:57
	12	601 Ian RIDWOOD		M1519	1:31:23

10K Male 20 to 29

Div Bib

Place	No	Name	City	Div	Time
=====	=====	=====	=====	=====	=====
1	539	Jakub SUMBERA		M2029	33:28
2	460	Mason RAYMOND		M2029	42:06
3	786	Andrew WAIAND		M2029	42:43
4	597	Andrew SPURRELL		M2029	43:28
5	913	Elijah WATCHEL		M2029	48:09
6	477	Jordan VAN BESOUW		M2029	48:19
7	686	Jeff BINDA		M2029	51:50
8	912	Shanyn CURRY		M2029	51:59
9	415	Nathan BURGESS		M2029	52:07
10	569	Matt KUZEK		M2029	52:34
11	436	Chris JACKSON		M2029	55:58
12	505	Brian MCGRATTAN		M2029	57:16
13	502	David MASKWA		M2029	58:37
14	910	Mike DEBOLT		M2029	1:02:03
15	909	Shane REINHARDT		M2029	1:02:04
16	466	John JENKINS		M2029	1:06:10
17	679	Michael MACKEIGAN		M2029	1:23:47
18	676	David MACFARLANE		M2029	1:24:41
19	818	Jonathan MARTEL		M2029	2:18:40

10K Male 30 to 39

Div	Bib				
Place	No	Name	City	Div	Time
=====	=====	=====	=====	=====	=====
	1	458	Ken MYERS	M3039	34:20
	2	772	Ryan BAVIN	M3039	40:46
	3	565	Les GOMBIK	M3039	42:03
	4	759	Cam GILLIES	M3039	49:42
	5	788	Rob ROCHELEAU	M3039	49:59
	6	557	Dale ORTON	M3039	51:10
	7	429	Trevor SLUNT	M3039	51:48
	8	554	Frank PERESTA	M3039	51:56
	9	836	Dylan DAINARD	M3039	53:31
	10	442	Lary NERON	M3039	53:46
	11	761	Kevin WIDENMAIER	M3039	53:55
	12	413	Ellery IRVIN	M3039	56:24
	13	796	Chris RALPH	M3039	57:49
	14	496	Ben WALLACE	M3039	59:00
	15	487	Timothy ARNETT	M3039	1:04:25
	16	663	Simon SAUVE	M3039	1:06:02
	17	680	Jeff COLES	M3039	1:06:45

18	878	Thorsten GAUL	M3039	1:07:38
19	494	Curtis GIRLING	M3039	1:10:04
20	418	Corey JANSSEN	M3039	1:13:36
21	827	Randy FERENGE	M3039	1:28:06

10K Male 40 to 49

Div Place	Bib No	Name	City	Div	Time
1	451	Richard WALKER		M4049	40:11
2	743	Lyle KORINETZ		M4049	41:39
3	552	Richard MCCLEARY		M4049	41:47
4	809	John SWALLOW		M4049	42:35
5	843	Alan GOURLAY		M4049	44:06
6	799	Russell GARRIES		M4049	45:57
7	895	Greg DUBAS		M4049	46:12
8	489	William CIPRICK		M4049	46:26
9	671	Mike BATTISTA		M4049	50:53
10	757	Andrew MCBRIDE		M4049	51:13
11	859	John EDWARDS		M4049	52:35
12	481	Fraser ARMSTRONG		M4049	53:52
13	711	Cory GREEN		M4049	53:57
14	789	Chris POLLARD		M4049	54:27
15	579	Brent TAYLOR		M4049	55:15
16	625	Grant DUNCAN		M4049	55:27
17	626	Mark JANISCH		M4049	55:58
18	504	Dallas SMITH		M4049	57:54
19	468	Michael BUKER		M4049	58:33
20	870	Geoff MCFARLANE		M4049	58:39
21	720	Jeff PIERCY		M4049	1:01:11
22	881	Don CLUTTERHAM		M4049	1:01:12
23	792	David SHEEDY		M4049	1:01:26
24	408	Michael MACKINNON		M4049	1:01:42
25	419	Dale MENDRYK		M4049	1:03:58
26	596	Jim COVERNTON		M4049	1:04:29
27	593	Scott HUTCHINSON		M4049	1:04:38
28	549	Sean PARENTEAU		M4049	1:05:20
29	523	Darcy COLLINGS		M4049	1:06:05
30	850	Lyle GALLOWAY		M4049	1:09:13
31	734	Andrew RICHARDSON		M4049	1:10:38
32	598	Marc CHIASSON		M4049	1:18:29
33	619	Brent BRACKEN		M4049	1:22:54
34	821	Greg JOHNSON		M4049	1:25:31

35	901	Doug VAN HELDEN	M4049	1:29:16
36	751	Chris LAPINSKIE	M4049	1:47:31
37	815	Rob FEDDEMA	M4049	1:48:54
38	622	Scott HICKLING	M4049	1:52:40
39	610	Richard RHEBERGEN	M4049	1:55:14
40	530	Dwayne SPENCE	M4049	1:57:32

10K Male 50 to 59

Div Place	Bib No	Name	City	Div	Time
=====	=====	=====	=====	=====	=====
1	574	Herb WELLER		M5059	43:09
2	459	Terry RAYMOND		M5059	45:44
3	606	Paul BAUMAN		M5059	50:23
4	446	Bill MITSCHKE		M5059	50:59
5	450	William SOLES		M5059	54:01
6	528	Henry GOTKOWSKI		M5059	54:19
7	499	Roger ST. JEAN		M5059	55:11
8	781	Marvin WAIAND		M5059	55:17
9	776	Bob BOYCHUK		M5059	55:31
10	793	Gerry HILDEBRANDT		M5059	56:35
11	685	Jim BOLOKOSKI		M5059	56:58
12	519	Gerard RABY		M5059	59:01
13	698	Warren BARKER		M5059	1:01:43
14	646	Dave THOMPSON		M5059	1:05:30
15	682	Bill RABATICH		M5059	1:06:01
16	739	Richard HOPWOOD		M5059	1:06:46
17	546	Greg KUHL		M5059	1:07:15
18	472	Darrell KEHLER		M5059	1:15:35
19	453	Rick LUCHAK		M5059	1:17:09
20	649	Roger WAGAR		M5059	1:21:40
21	599	Mike RIDWOOD		M5059	1:29:59
22	858	Rick LUYENDYK		M5059	1:31:32
23	914	Kirk LIVINGSTON		M5059	1:32:47
24	860	Marcel CHASSE'		M5059	1:48:54
25	846	Gary TRIGG		M5059	1:50:42
26	715	Tony COLABELLA		M5059	2:02:20

10K male Over 60

Div Place	Bib No	Name	City	Div	Time
=====	=====	=====	=====	=====	=====

1	719	Reg HOOVER	M60+	46:38
2	551	Dave HURLBURT	M60+	1:02:58
3	511	Dave CLEMENTS	M60+	1:06:33
4	732	Ted EDWARDS	M60+	1:07:43
5	767	Mike HALTMAN	M60+	1:07:48
6	558	David GIBSON	M60+	1:08:48
7	455	Gavin DUKE	M60+	1:09:48
8	747	Barry PRATT	M60+	1:18:40
9	696	Jose GOMEZ	M60+	1:35:00
10	888	Dick OLVER	M60+	1:59:14
11	744	Ken HATT SR	M60+	2:15:21