



2015 Spring Thaw 5k
Windsor Ontario
Sunday March 29, 2015

5K

| | Entrants | Finishers |
|---------|----------|-----------|
| Total | 375 | 344 |
| Male | 156 | 146 |
| Female | 216 | 196 |
| Unknown | 2 | 1 |

| O'all | | | Gun | Class | Gender | Pace |
|-------|-----|------------------------|-------|---------|--------|---------|
| Place | Bib | Name | Time | Placing | Place | /Km |
| 1 | 23 | Corey Bellemore | 15:16 | SM20-24 | 1/10 | 1 3:04 |
| 2 | 148 | Paul Janikowski | 15:20 | SM20-24 | 2/10 | 2 3:04 |
| 3 | 310 | Matthew Travaglini | 15:34 | SM20-24 | 3/10 | 3 3:07 |
| 4 | 371 | Alex Ullman | 15:41 | SM20-24 | 4/10 | 4 3:09 |
| 5 | 370 | Alex Ralston | 15:58 | SM25-29 | 1/11 | 5 3:12 |
| 6 | 367 | Quinn Cannella | 16:42 | SM15-19 | 1/5 | 6 3:21 |
| 7 | 374 | Robert Demarlo | 16:47 | SM20-24 | 5/10 | 7 3:22 |
| 8 | 286 | Dean Schives | 16:48 | SM30-34 | 1/13 | 8 3:22 |
| 9 | 4 | Ryan Allison | 16:48 | SM30-34 | 2/13 | 9 3:22 |
| 10 | 139 | Jeremy Hick | 16:54 | SM20-24 | 6/10 | 10 3:23 |
| 11 | 228 | Ricky Nepomuceno | 16:55 | SM15-19 | 2/5 | 11 3:23 |
| 12 | 155 | Tyler Jones | 17:24 | SM15-19 | 3/5 | 12 3:29 |
| 13 | 369 | Erin Webster | 18:18 | SF25-29 | 1/19 | 1 3:40 |
| 14 | 368 | Kodie Delisle | 18:34 | SM15-19 | 4/5 | 13 3:43 |
| 15 | 240 | Ivo Oljadic | 18:43 | SM45-49 | 1/19 | 14 3:45 |
| 16 | 36 | Zachary Bolton | 18:48 | SM25-29 | 2/11 | 15 3:46 |
| 17 | 235 | Steve Norman | 18:54 | SM30-34 | 3/13 | 16 3:47 |
| 18 | 123 | Christopher Greig | 19:18 | SM45-49 | 2/19 | 17 3:52 |
| 19 | 296 | Graham Sorenson | 19:21 | SM20-24 | 7/10 | 18 3:53 |
| 20 | 103 | Daryl Flacks | 19:22 | SM40-44 | 1/32 | 19 3:53 |
| 21 | 256 | Nicolas Piccott | 19:32 | SM25-29 | 3/11 | 20 3:55 |
| 22 | 111 | Matt Gervais | 19:36 | SM30-34 | 4/13 | 21 3:56 |
| 23 | 161 | Blaire Kniaziew Gervai | 19:36 | SF35-39 | 1/32 | 2 3:56 |
| 24 | 8 | Tanner Atkinson | 20:01 | SM-10 | 1/4 | 22 4:01 |
| 25 | 3 | Noah Allen | 20:46 | SM15-19 | 5/5 | 23 4:10 |
| 26 | 241 | Natalie Omahen | 21:00 | SF15-19 | 1/11 | 3 4:12 |
| 27 | 119 | Nicholas Goodwin | 21:18 | SM20-24 | 8/10 | 24 4:16 |
| 28 | 18 | Patty Battocchio | 21:24 | SF15-19 | 2/11 | 4 4:17 |
| 29 | 363 | Paul Sebastian | 21:32 | SM45-49 | 3/19 | 25 4:19 |
| 30 | 373 | Bornie Collins | 21:33 | SM65-69 | 1/7 | 26 4:19 |
| 31 | 16 | Juliette Barrette | 21:44 | SF35-39 | 2/32 | 5 4:21 |
| 32 | 378 | Marija Byrne | 21:47 | SF25-29 | 2/19 | 6 4:22 |
| 33 | 315 | Carey Vigneux | 21:58 | SM50-54 | 1/12 | 27 4:24 |
| 34 | 21 | Mike Bechard | 22:11 | SM50-54 | 2/12 | 28 4:27 |

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|----|-----|----------------------|-------|---------|-------|----|------|
| 35 | 210 | Kyle Miller | 22:15 | SM40-44 | 2/32 | 29 | 4:27 |
| 36 | 354 | Jeff Walker | 22:38 | SM35-39 | 1/15 | 30 | 4:32 |
| 37 | 68 | Tracy Crema | 22:46 | SF35-39 | 3/32 | 7 | 4:34 |
| 38 | 249 | Amber Patten | 22:46 | SF11-14 | 1/6 | 8 | 4:34 |
| 39 | 140 | Katie Hicks | 22:48 | SF25-29 | 3/19 | 9 | 4:34 |
| 40 | 114 | Craig Gillissie | 23:04 | SM35-39 | 2/15 | 31 | 4:37 |
| 41 | 131 | Joe Hamelin | 23:11 | SM45-49 | 4/19 | 32 | 4:39 |
| 42 | 196 | Kristy McBeth | 23:16 | SF30-34 | 1/27 | 10 | 4:40 |
| 43 | 294 | Roy Simone | 23:18 | SM50-54 | 3/12 | 33 | 4:40 |
| 44 | 248 | Chris Patten | 23:23 | SM40-44 | 3/32 | 34 | 4:41 |
| 45 | 70 | Doug Crowe | 23:29 | SM50-54 | 4/12 | 35 | 4:42 |
| 46 | 365 | Ryan Patterson | 23:37 | SM11-14 | 1/5 | 36 | 4:44 |
| 47 | 101 | Aidan Findlater | 23:43 | SM25-29 | 4/11 | 37 | 4:45 |
| 48 | 214 | Mary Minutella | 23:44 | SF40-44 | 1/35 | 11 | 4:45 |
| 49 | 81 | Paul Domney | 23:52 | SM40-44 | 4/32 | 38 | 4:47 |
| 50 | 243 | Rodney O'Neil | 24:00 | SM40-44 | 5/32 | 39 | 4:48 |
| 51 | 27 | Ina Berard | 24:01 | SF45-49 | 1/21 | 12 | 4:49 |
| 52 | 343 | see timer unknown | 24:09 | | / | | 4:50 |
| 53 | 59 | Jeff Coffey | 24:09 | SM45-49 | 5/19 | 40 | 4:50 |
| 54 | 173 | Andre Leonetti | 24:15 | SM40-44 | 6/32 | 41 | 4:51 |
| 55 | 339 | Chris Zelezney | 24:33 | SM40-44 | 7/32 | 42 | 4:55 |
| 56 | 83 | Heather Douglas | 24:33 | SF35-39 | 4/32 | 13 | 4:55 |
| 57 | 106 | Paul Fulton | 24:34 | SM35-39 | 3/15 | 43 | 4:55 |
| 58 | 250 | Rachel Patten | 24:43 | SF-10 | 1/5 | 14 | 4:57 |
| 59 | 172 | Sarah Leonetti | 24:44 | SF40-44 | 2/35 | 15 | 4:57 |
| 60 | 232 | Karol Nickleson | 24:51 | SF35-39 | 5/32 | 16 | 4:59 |
| 61 | 183 | Brett Lumley | 24:54 | SM50-54 | 5/12 | 44 | 4:59 |
| 62 | 376 | Mike Burns | 24:54 | SM45-49 | 6/19 | 45 | 4:59 |
| 63 | 125 | Ava Grundner | 24:57 | SF11-14 | 2/6 | 17 | 5:00 |
| 64 | 94 | Joe Elschner | 24:59 | SM40-44 | 8/32 | 46 | 5:00 |
| 65 | 124 | Brian Grundner | 25:01 | SM35-39 | 4/15 | 47 | 5:01 |
| 66 | 322 | Peter Wiebe | 25:05 | SM50-54 | 6/12 | 48 | 5:01 |
| 67 | 185 | Melanie Malkin | 25:06 | SF40-44 | 3/35 | 18 | 5:02 |
| 68 | 344 | Trevor Bondy | 25:13 | SM35-39 | 5/15 | 49 | 5:03 |
| 69 | 204 | Joshua Meanney | 25:15 | SM25-29 | 5/11 | 50 | 5:03 |
| 70 | 144 | Evan Isenor | 25:22 | SM11-14 | 2/5 | 51 | 5:05 |
| 71 | 220 | Janet Morrice | 25:25 | SF40-44 | 4/35 | 19 | 5:05 |
| 72 | 323 | Kate Wiens | 25:27 | SF20-24 | 1/8 | 20 | 5:06 |
| 73 | 39 | Adam Bouliane | 25:28 | SM20-24 | 9/10 | 52 | 5:06 |
| 74 | 147 | Shawn Jackson | 25:29 | SM40-44 | 9/32 | 53 | 5:06 |
| 75 | 358 | Wilson Ryan | 25:33 | SM25-29 | 6/11 | 54 | 5:07 |
| 76 | 327 | Michael Wilson | 25:34 | SM55-59 | 1/7 | 55 | 5:07 |
| 77 | 242 | Robert O'Neil | 25:34 | SM40-44 | 10/32 | 56 | 5:07 |
| 78 | 62 | Jennifer Colebourn | 25:36 | SF50-54 | 1/14 | 21 | 5:08 |
| 79 | 231 | Darlene Nicholls | 25:40 | SF40-44 | 5/35 | 22 | 5:08 |
| 80 | 74 | Roger Daniher | 25:47 | SM60-64 | 1/5 | 57 | 5:10 |
| 81 | 321 | Liz Wiebe | 25:49 | SF50-54 | 2/14 | 23 | 5:10 |
| 82 | 348 | Rick Tarte | 25:56 | SM40-44 | 11/32 | 58 | 5:12 |
| 83 | 10 | Colleen Baldock | 25:56 | SF40-44 | 6/35 | 24 | 5:12 |
| 84 | 163 | Rene Labreche | 25:58 | SM50-54 | 7/12 | 59 | 5:12 |
| 85 | 30 | Joshua Bergeron | 26:01 | SM11-14 | 3/5 | 60 | 5:13 |
| 86 | 95 | Julie Everett Batten | 26:02 | SF40-44 | 7/35 | 25 | 5:13 |

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|-----|----------------------------|-------|---------|-------|----|------|
| 87 | 177 Giovanni Ligotino | 26:03 | SM40-44 | 12/32 | 61 | 5:13 |
| 88 | 118 Jordan Goodwin | 26:08 | SM25-29 | 7/11 | 62 | 5:14 |
| 89 | 333 Alan Wright | 26:14 | SM65-69 | 2/7 | 63 | 5:15 |
| 90 | 138 Norbert Heredi | 26:16 | SM35-39 | 6/15 | 64 | 5:16 |
| 91 | 84 Bryson Driedger | 26:16 | SM-10 | 2/4 | 65 | 5:16 |
| 92 | 254 Joe Petrimoulx | 26:22 | SM35-39 | 7/15 | 66 | 5:17 |
| 93 | 331 Sean Wilson | 26:28 | SM30-34 | 5/13 | 67 | 5:18 |
| 94 | 143 Karen Renee Hutt | 26:32 | SF30-34 | 2/27 | 26 | 5:19 |
| 95 | 158 John Kehoe | 26:33 | SM55-59 | 2/7 | 68 | 5:19 |
| 96 | 58 Erik Chovan | 26:35 | SM30-34 | 6/13 | 69 | 5:19 |
| 97 | 122 Claudia Grant-Neveu | 26:36 | SF45-49 | 2/21 | 27 | 5:20 |
| 98 | 189 Chris Manley | 26:37 | SM30-34 | 7/13 | 70 | 5:20 |
| 99 | 178 Maria Maomao Liu | 26:37 | SF30-34 | 3/27 | 28 | 5:20 |
| 100 | 31 Morgan Bergeron | 26:46 | SF-10 | 2/5 | 29 | 5:22 |
| 101 | 351 Darlene Mayo | 26:50 | SF45-49 | 3/21 | 30 | 5:22 |
| 102 | 225 Sarah Nantais | 26:50 | SF25-29 | 4/19 | 31 | 5:22 |
| 103 | 352 Justin Pare | 26:53 | SM35-39 | 8/15 | 71 | 5:23 |
| 104 | 151 Lisa Joinville | 27:08 | SF50-54 | 3/14 | 32 | 5:26 |
| 105 | 273 Ron Robinet | 27:09 | SM45-49 | 7/19 | 72 | 5:26 |
| 106 | 258 Amy Poole | 27:14 | SF25-29 | 5/19 | 33 | 5:27 |
| 107 | 308 Michael Taylor | 27:15 | SM-10 | 3/4 | 73 | 5:27 |
| 108 | 222 Lou Mullins | 27:22 | SF60-64 | 1/5 | 34 | 5:29 |
| 109 | 167 Michel Larocque | 27:26 | SM40-44 | 13/32 | 74 | 5:30 |
| 110 | 279 Laura Ryan | 27:29 | SF35-39 | 6/32 | 35 | 5:30 |
| 111 | 282 Jena Rose Sarakinis-Ca | 27:34 | SF30-34 | 4/27 | 36 | 5:31 |
| 112 | 175 Angelo Ligori | 27:37 | SM60-64 | 2/5 | 75 | 5:32 |
| 113 | 65 Renee Coughlin | 27:38 | SF45-49 | 4/21 | 37 | 5:32 |
| 114 | 71 Phillip Cyrenne | 27:39 | SM25-29 | 8/11 | 76 | 5:32 |
| 115 | 78 Heidi Dimitrijevic | 27:39 | SF45-49 | 5/21 | 38 | 5:32 |
| 116 | 108 Katelynn Garvin | 27:43 | SF25-29 | 6/19 | 39 | 5:33 |
| 117 | 281 Dilena Santos | 27:44 | SF40-44 | 8/35 | 40 | 5:33 |
| 118 | 350 Olivia Hadjissarris | 27:45 | SF11-14 | 3/6 | 41 | 5:33 |
| 119 | 42 Greg Bright | 27:54 | SM50-54 | 8/12 | 77 | 5:35 |
| 120 | 34 Kathy Blonde-Pluck | 27:54 | SF45-49 | 6/21 | 42 | 5:35 |
| 121 | 239 Krista Oliver | 28:00 | SF35-39 | 7/32 | 43 | 5:36 |
| 122 | 372 David Campbell | 28:05 | SM65-69 | 3/7 | 78 | 5:37 |
| 123 | 270 Beth Regnier | 28:07 | SF35-39 | 8/32 | 44 | 5:38 |
| 124 | 295 Sonya Skillings | 28:08 | SF35-39 | 9/32 | 45 | 5:38 |
| 125 | 88 Melissa Dunne | 28:13 | SF35-39 | 10/32 | 46 | 5:39 |
| 126 | 92 Melissa Eagen | 28:16 | SF30-34 | 5/27 | 47 | 5:40 |
| 127 | 60 Janice Cohoe | 28:16 | SF50-54 | 4/14 | 48 | 5:40 |
| 128 | 266 Marc Prevost | 28:18 | SM40-44 | 14/32 | 79 | 5:40 |
| 129 | 212 Meaghan Minello | 28:19 | SF35-39 | 11/32 | 49 | 5:40 |
| 130 | 213 Craig Minello | 28:20 | SM35-39 | 9/15 | 80 | 5:40 |
| 131 | 209 James Miller | 28:21 | SM65-69 | 4/7 | 81 | 5:41 |
| 132 | 153 Karen Jones | 28:23 | SF45-49 | 7/21 | 50 | 5:41 |
| 133 | 272 Steven Richer | 28:33 | SM45-49 | 8/19 | 82 | 5:43 |
| 134 | 121 Phil Graniero | 28:35 | SM40-44 | 15/32 | 83 | 5:43 |
| 135 | 275 Ruth Rose | 28:35 | SF40-44 | 9/35 | 51 | 5:43 |
| 136 | 181 Kelly Lorway | 28:36 | SF40-44 | 10/35 | 52 | 5:44 |
| 137 | 100 Daina Fields | 28:37 | SF30-34 | 6/27 | 53 | 5:44 |
| 138 | 99 Jillian Field-Lazarus | 28:41 | SF35-39 | 12/32 | 54 | 5:45 |

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|-----|-----|-----------------------|-------|---------|-------|-----|------|
| 139 | 287 | Natasia Seguin | 28:45 | SF30-34 | 7/27 | 55 | 5:45 |
| 140 | 149 | Patricia Jarvis | 28:45 | SF50-54 | 5/14 | 56 | 5:45 |
| 141 | 334 | Laura Wright | 28:48 | SF25-29 | 7/19 | 57 | 5:46 |
| 142 | 307 | Shawn Taylor | 28:50 | SM40-44 | 16/32 | 84 | 5:46 |
| 143 | 238 | John Oldridge | 28:51 | SM25-29 | 9/11 | 85 | 5:47 |
| 144 | 160 | Amy Klundert-Driedger | 28:52 | SF35-39 | 13/32 | 58 | 5:47 |
| 145 | 93 | Alanna Elam | 28:54 | SF25-29 | 8/19 | 59 | 5:47 |
| 146 | 357 | Christine Drew | 28:58 | SF45-49 | 8/21 | 60 | 5:48 |
| 147 | 360 | George Drew | 28:58 | SM50-54 | 9/12 | 86 | 5:48 |
| 148 | 69 | Debbie Crosby | 28:58 | SF50-54 | 6/14 | 61 | 5:48 |
| 149 | 43 | Abby Bright | 29:07 | SF11-14 | 4/6 | 62 | 5:50 |
| 150 | 44 | Grace Bright | 29:07 | SF11-14 | 5/6 | 63 | 5:50 |
| 151 | 267 | Monica Pulleyblank | 29:07 | SF11-14 | 6/6 | 64 | 5:50 |
| 152 | 375 | Andrew Julyok | 29:08 | SM30-34 | 8/13 | 87 | 5:50 |
| 153 | 49 | Stacy Burton | 29:15 | SF30-34 | 8/27 | 65 | 5:51 |
| 154 | 325 | Anne Wilkinson | 29:16 | SF35-39 | 14/32 | 66 | 5:52 |
| 155 | 328 | Katie Wilson | 29:27 | SF20-24 | 2/8 | 67 | 5:54 |
| 156 | 190 | Dino Mardegan | 29:28 | SM45-49 | 9/19 | 88 | 5:54 |
| 157 | 129 | Jason Guthrie | 29:28 | SM40-44 | 17/32 | 89 | 5:54 |
| 158 | 154 | Brennan Jones | 29:29 | SM40-44 | 18/32 | 90 | 5:54 |
| 159 | 280 | Alison Samson | 29:31 | SF55-59 | 1/7 | 68 | 5:55 |
| 160 | 288 | Jamie Shaw | 29:34 | SM45-49 | 10/19 | 91 | 5:55 |
| 161 | 182 | Jordan Lucas | 29:34 | SF20-24 | 3/8 | 69 | 5:55 |
| 162 | 166 | Stephanie Lamarche | 29:36 | SF30-34 | 9/27 | 70 | 5:56 |
| 163 | 337 | Michael Yim | 29:36 | SM45-49 | 11/19 | 92 | 5:56 |
| 164 | 353 | Troy Robinson | 29:40 | SM45-49 | 12/19 | 93 | 5:56 |
| 165 | 24 | Mike Benard | 29:41 | SM40-44 | 19/32 | 94 | 5:57 |
| 166 | 33 | Adam Black | 29:43 | SM40-44 | 20/32 | 95 | 5:57 |
| 167 | 73 | Vanessa Dakin Marin | 29:44 | SF35-39 | 15/32 | 71 | 5:57 |
| 168 | 7 | Ana Atkinson | 29:50 | SF40-44 | 11/35 | 72 | 5:58 |
| 169 | 113 | Chet Gibula | 29:54 | SM70+ | 1/1 | 96 | 5:59 |
| 170 | 227 | Marie Negre-Collas | 29:59 | SF25-29 | 9/19 | 73 | 6:00 |
| 171 | 82 | Bob Donnelly | 29:59 | SM60-64 | 3/5 | 97 | 6:00 |
| 172 | 28 | Valerie Berecz | 30:00 | SF60-64 | 2/5 | 74 | 6:00 |
| 173 | 366 | Jeff Patterson | 30:01 | SM50-54 | 10/12 | 98 | 6:01 |
| 174 | 314 | Zuzana Van Haverbeke | 30:01 | SFNOAGE | 1/1 | 75 | 6:01 |
| 175 | 211 | Nicole Miller | 30:02 | SF40-44 | 12/35 | 76 | 6:01 |
| 176 | 6 | Ernest Ankamah | 30:03 | SM55-59 | 3/7 | 99 | 6:01 |
| 177 | 330 | Rob Wilson | 30:03 | SM40-44 | 21/32 | 100 | 6:01 |
| 178 | 329 | Ann Wilson | 30:03 | SF35-39 | 16/32 | 77 | 6:01 |
| 179 | 264 | Nicole Preston | 30:05 | SF15-19 | 3/11 | 78 | 6:01 |
| 180 | 104 | Jamie Foster | 30:05 | SM35-39 | 10/15 | 101 | 6:01 |
| 181 | 66 | Denise Couvillon | 30:07 | SF30-34 | 10/27 | 79 | 6:02 |
| 182 | 377 | Andrea Hadjissarris | 30:08 | SF40-44 | 13/35 | 80 | 6:02 |
| 183 | 51 | Sophie Campbell | 30:08 | SF15-19 | 4/11 | 81 | 6:02 |
| 184 | 171 | Stephanie Lee | 30:11 | SF30-34 | 11/27 | 82 | 6:03 |
| 185 | 362 | Holly Pavlovic | 30:18 | SF15-19 | 5/11 | 83 | 6:04 |
| 186 | 47 | Christine Brown | 30:21 | SF40-44 | 14/35 | 84 | 6:05 |
| 187 | 5 | Angela Anber | 30:27 | SF30-34 | 12/27 | 85 | 6:06 |
| 188 | 184 | Dawn Lussier | 30:27 | SF30-34 | 13/27 | 86 | 6:06 |
| 189 | 251 | Linda Penner | 30:29 | SF65-69 | 1/4 | 87 | 6:06 |
| 190 | 157 | Rachel Kalyn | 30:30 | SF35-39 | 17/32 | 88 | 6:06 |

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|-----|-----|-----------------------|-------|---------|-------|-----|------|
| 191 | 361 | Nicole Pavlovic | 30:35 | SF35-39 | 18/32 | 89 | 6:07 |
| 192 | 25 | Glenda Beneteau | 30:53 | SF55-59 | 2/7 | 90 | 6:11 |
| 193 | 130 | Scott Hamel | 30:55 | SM40-44 | 22/32 | 102 | 6:11 |
| 194 | 216 | Michele Modestino | 30:57 | SF45-49 | 9/21 | 91 | 6:12 |
| 195 | 206 | Karen Metcalfe | 31:01 | SF40-44 | 15/35 | 92 | 6:13 |
| 196 | 309 | Jack Telfer | 31:03 | SM55-59 | 4/7 | 103 | 6:13 |
| 197 | 162 | Linda Krysiak | 31:17 | SF55-59 | 3/7 | 93 | 6:16 |
| 198 | 263 | Victoria Preston | 31:18 | SF15-19 | 6/11 | 94 | 6:16 |
| 199 | 276 | Phil Rosenfeld | 31:25 | SM55-59 | 5/7 | 104 | 6:17 |
| 200 | 63 | Lance Cosgrove | 31:27 | SM40-44 | 23/32 | 105 | 6:18 |
| 201 | 246 | Lucy Palomba | 31:27 | SF55-59 | 4/7 | 95 | 6:18 |
| 202 | 293 | Jody Simone | 31:29 | SF40-44 | 16/35 | 96 | 6:18 |
| 203 | 48 | William Bryant | 31:36 | SM45-49 | 13/19 | 106 | 6:20 |
| 204 | 137 | Rachel Heredi | 31:39 | SF35-39 | 19/32 | 97 | 6:20 |
| 205 | 14 | Russell Banfill | 31:40 | SM65-69 | 5/7 | 107 | 6:20 |
| 206 | 297 | Carla Soulliere | 31:40 | SF55-59 | 5/7 | 98 | 6:20 |
| 207 | 191 | Claudia Marin Alvarez | 31:43 | SF40-44 | 17/35 | 99 | 6:21 |
| 208 | 341 | Robert Singleton | 31:51 | SM30-34 | 9/13 | 108 | 6:23 |
| 209 | 19 | Benjamin Bauer | 31:56 | SM40-44 | 24/32 | 109 | 6:24 |
| 210 | 202 | Alea McLellan | 31:58 | SF15-19 | 7/11 | 100 | 6:24 |
| 211 | 201 | Mary-Anne McLellan | 31:58 | SF50-54 | 7/14 | 101 | 6:24 |
| 212 | 11 | Darrell Baldock | 31:58 | SM50-54 | 11/12 | 110 | 6:24 |
| 213 | 35 | Ashley Boa | 32:21 | SF25-29 | 10/19 | 102 | 6:29 |
| 214 | 29 | Brad Bergeron | 32:23 | SM35-39 | 11/15 | 111 | 6:29 |
| 215 | 133 | Michelle Hawkes | 32:34 | SF40-44 | 18/35 | 103 | 6:31 |
| 216 | 319 | Lois Wares | 32:36 | SF60-64 | 3/5 | 104 | 6:32 |
| 217 | 134 | Kelly Henley | 32:48 | SF35-39 | 20/32 | 105 | 6:34 |
| 218 | 237 | Janette Ohler | 32:52 | SF40-44 | 19/35 | 106 | 6:35 |
| 219 | 152 | Matt Jones | 32:53 | SM45-49 | 14/19 | 112 | 6:35 |
| 220 | 195 | Sera Mazzali | 33:00 | SF20-24 | 4/8 | 107 | 6:36 |
| 221 | 200 | Heather McKane-Fisher | 33:02 | SF35-39 | 21/32 | 108 | 6:37 |
| 222 | 53 | Leanne Cecillon | 33:16 | SF50-54 | 8/14 | 109 | 6:39 |
| 223 | 40 | Tracey Bratt | 33:36 | SF35-39 | 22/32 | 110 | 6:44 |
| 224 | 41 | Kerrie Bray | 33:37 | SF45-49 | 10/21 | 111 | 6:44 |
| 225 | 262 | Barb Preston | 33:44 | SF40-44 | 20/35 | 112 | 6:45 |
| 226 | 198 | Karen McClellan | 33:47 | SF45-49 | 11/21 | 113 | 6:46 |
| 227 | 1 | Anastasia Adams | 33:48 | SF40-44 | 21/35 | 114 | 6:46 |
| 228 | 364 | Andrea Vespa | 33:56 | SF30-34 | 14/27 | 115 | 6:48 |
| 229 | 91 | Stephanie Dzik | 34:04 | SF40-44 | 22/35 | 116 | 6:49 |
| 230 | 226 | Saso Nastovski | 34:04 | SM45-49 | 15/19 | 113 | 6:49 |
| 231 | 311 | Todd Tregenza | 34:09 | SM35-39 | 12/15 | 114 | 6:50 |
| 232 | 116 | Emilie Gloor | 34:12 | SF15-19 | 8/11 | 117 | 6:51 |
| 233 | 277 | Miriam Roth | 34:15 | SF40-44 | 23/35 | 118 | 6:51 |
| 234 | 67 | Jason Cowgill | 34:23 | SM40-44 | 25/32 | 115 | 6:53 |
| 235 | 345 | Trisha Allsop | 34:30 | SF30-34 | 15/27 | 119 | 6:54 |
| 236 | 97 | Nataly Ferro | 34:31 | SF40-44 | 24/35 | 120 | 6:55 |
| 237 | 313 | Mary Turton | 34:32 | SF70+ | 1/1 | 121 | 6:55 |
| 238 | 20 | Brad Bauer | 34:43 | SM40-44 | 26/32 | 116 | 6:57 |
| 239 | 359 | Lauren Cecillon | 34:43 | SF15-19 | 9/11 | 122 | 6:57 |
| 240 | 278 | Stephanie Rutherford | 34:57 | SF30-34 | 16/27 | 123 | 7:00 |
| 241 | 72 | Emile Daaboul | 34:58 | SM40-44 | 27/32 | 117 | 7:00 |
| 242 | 165 | Rollinda Laframboise | 34:59 | SF45-49 | 12/21 | 124 | 7:00 |

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|-----|----------------------------|-------|---------|-------|-----|------|
| 243 | 245 Bailey Palomba | 35:01 | SF20-24 | 5/8 | 125 | 7:01 |
| 244 | 168 Jason Lazarus | 35:03 | SM35-39 | 13/15 | 118 | 7:01 |
| 245 | 194 Yara Mazhar | 35:14 | SF20-24 | 6/8 | 126 | 7:03 |
| 246 | 146 Wendy Ives | 35:26 | SF35-39 | 23/32 | 127 | 7:06 |
| 247 | 356 Chris Mattiuz | 35:31 | SM40-44 | 28/32 | 119 | 7:07 |
| 248 | 50 Alexander Cameron | 35:32 | SM40-44 | 29/32 | 120 | 7:07 |
| 249 | 208 Kate Milenkovski | 35:32 | SF15-19 | 10/11 | 128 | 7:07 |
| 250 | 55 Heather Chauvin | 35:32 | SF25-29 | 11/19 | 129 | 7:07 |
| 251 | 303 Paul Susko | 35:33 | SM50-54 | 12/12 | 121 | 7:07 |
| 252 | 56 Bryan Chauvin | 35:34 | SM30-34 | 10/13 | 122 | 7:07 |
| 253 | 170 Laura Leaf | 35:40 | SF50-54 | 9/14 | 130 | 7:08 |
| 254 | 61 Katherine Cohoe | 35:41 | SF20-24 | 7/8 | 131 | 7:09 |
| 255 | 156 Vlada Jovanovic | 35:42 | SM35-39 | 14/15 | 123 | 7:09 |
| 256 | 145 Jugo Isoovski | 35:42 | SM30-34 | 11/13 | 124 | 7:09 |
| 257 | 102 Jodi Fischer | 35:53 | SF35-39 | 24/32 | 132 | 7:11 |
| 258 | 244 Kristina Osborne | 35:55 | SF35-39 | 25/32 | 133 | 7:11 |
| 259 | 332 Jennifer Wieme | 35:58 | SF30-34 | 17/27 | 134 | 7:12 |
| 260 | 320 Samantha Westlake | 36:00 | SF15-19 | 11/11 | 135 | 7:12 |
| 261 | 87 Amanda Dunmore | 36:06 | SF25-29 | 12/19 | 136 | 7:14 |
| 262 | 86 Katie Dunmore | 36:06 | SF25-29 | 13/19 | 137 | 7:14 |
| 263 | 96 Sam Fawal | 36:13 | SM35-39 | 15/15 | 125 | 7:15 |
| 264 | 54 Sukhbinder Chahal | 36:18 | SF40-44 | 25/35 | 138 | 7:16 |
| 265 | 207 Julie Milenkovski | 36:39 | SF50-54 | 10/14 | 139 | 7:20 |
| 266 | 300 Bob Stewart | 36:51 | SM40-44 | 30/32 | 126 | 7:23 |
| 267 | 301 Nathanael Stewart | 36:51 | SM11-14 | 4/5 | 127 | 7:23 |
| 268 | 15 Iris Barr | 36:54 | SF35-39 | 26/32 | 140 | 7:23 |
| 269 | 150 BRIAN JEAN | 36:55 | SM45-49 | 16/19 | 128 | 7:23 |
| 270 | 271 Lisa Reia | 36:56 | SF40-44 | 26/35 | 141 | 7:24 |
| 271 | 186 Harvey Malovich | 36:56 | SM45-49 | 17/19 | 129 | 7:24 |
| 272 | 110 Brenda Gervais | 36:58 | SF40-44 | 27/35 | 142 | 7:24 |
| 273 | 205 Gina Mephram | 36:59 | SF40-44 | 28/35 | 143 | 7:24 |
| 274 | 316 Jennifer Voros | 37:00 | SF30-34 | 18/27 | 144 | 7:24 |
| 275 | 355 Bethany Mattiuz-King | 37:14 | SF40-44 | 29/35 | 145 | 7:27 |
| 276 | 265 Yola Pretli | 37:28 | SF60-64 | 4/5 | 146 | 7:30 |
| 277 | 299 Erin Stephens | 37:31 | SF35-39 | 27/32 | 147 | 7:31 |
| 278 | 217 Angela Momotiuk | 37:33 | SF35-39 | 28/32 | 148 | 7:31 |
| 279 | 159 Kimberly J Kirt | 37:36 | SF25-29 | 14/19 | 149 | 7:32 |
| 280 | 37 Jack Bortolin | 37:52 | SM11-14 | 5/5 | 130 | 7:35 |
| 281 | 197 Debby McBride DeCaroli | 38:00 | SF50-54 | 11/14 | 150 | 7:36 |
| 282 | 38 Rino Bortolin | 38:04 | SM40-44 | 31/32 | 131 | 7:37 |
| 283 | 221 Ashleigh Moulder | 38:15 | SF30-34 | 19/27 | 151 | 7:39 |
| 284 | 326 Kevin Wilkinson | 38:16 | SM45-49 | 18/19 | 132 | 7:40 |
| 285 | 285 Kim Schiller | 38:18 | SF45-49 | 13/21 | 152 | 7:40 |
| 286 | 192 Colleen Marshall | 38:28 | SF25-29 | 15/19 | 153 | 7:42 |
| 287 | 215 Dina Misur | 38:55 | SF40-44 | 30/35 | 154 | 7:47 |
| 288 | 169 Lisa Leaf | 38:55 | SF30-34 | 20/27 | 155 | 7:47 |
| 289 | 229 Susie Neufeld | 39:06 | SF25-29 | 16/19 | 156 | 7:50 |
| 290 | 230 George Neufeld | 39:09 | SM30-34 | 12/13 | 133 | 7:50 |
| 291 | 257 Pam Pinard | 39:26 | | / | 157 | 7:54 |
| 292 | 199 Lorna McCormack | 39:28 | SF55-59 | 6/7 | 158 | 7:54 |
| 293 | 188 Ava Mammarella | 40:03 | SF-10 | 3/5 | 159 | 8:01 |
| 294 | 22 Don Beger | 40:05 | SM55-59 | 6/7 | 134 | 8:01 |

| | | | | | | | |
|-----|-----|------------------------|-------|---------|-------|-----|-------|
| 295 | 164 | Tammy Lafontaine | 40:34 | SF30-34 | 21/27 | 160 | 8:07 |
| 296 | 290 | Tana Shpak | 40:37 | SF35-39 | 29/32 | 161 | 8:08 |
| 297 | 291 | Jennifer Shpak | 40:38 | SF25-29 | 17/19 | 162 | 8:08 |
| 298 | 187 | Domenic Mammarella | 40:39 | SM45-49 | 19/19 | 135 | 8:08 |
| 299 | 142 | Marty Hunt | 40:54 | SM65-69 | 6/7 | 136 | 8:11 |
| 300 | 289 | Jody Shields | 41:12 | SF30-34 | 22/27 | 163 | 8:15 |
| 301 | 298 | Serafina St.Denis | 41:30 | SF30-34 | 23/27 | 164 | 8:18 |
| 302 | 312 | Lesia Truppe | 41:42 | SF45-49 | 14/21 | 165 | 8:21 |
| 303 | 90 | Heather Durand | 42:21 | SF30-34 | 24/27 | 166 | 8:29 |
| 304 | 255 | Deanna Piazza | 42:24 | SF25-29 | 18/19 | 167 | 8:29 |
| 305 | 203 | Cassandra McNiece | 42:25 | SF30-34 | 25/27 | 168 | 8:29 |
| 306 | 107 | Willow Fyn | 42:48 | SF65-69 | 2/4 | 169 | 8:34 |
| 307 | 324 | Ben Wiens | 43:00 | SM20-24 | 10/10 | 137 | 8:36 |
| 308 | 132 | Janet Hart | 43:17 | SF45-49 | 15/21 | 170 | 8:40 |
| 309 | 64 | Tirra Cosgrove | 43:17 | SF40-44 | 31/35 | 171 | 8:40 |
| 310 | 292 | Eve Sigfrid | 43:19 | SF50-54 | 12/14 | 172 | 8:40 |
| 311 | 305 | Tracy Sweet | 43:31 | SF45-49 | 16/21 | 173 | 8:43 |
| 312 | 268 | Svetlana Ratkov | 43:41 | SF35-39 | 30/32 | 174 | 8:45 |
| 313 | 32 | Jennifer Biggs | 43:44 | SF30-34 | 26/27 | 175 | 8:45 |
| 314 | 57 | Isabel Chouinard | 44:00 | SF30-34 | 27/27 | 176 | 8:48 |
| 315 | 269 | Kelly Reeb | 44:00 | SF35-39 | 31/32 | 177 | 8:48 |
| 316 | 127 | MIA-VICTORIA GUGLIETTA | 45:20 | SF-10 | 4/5 | 178 | 9:04 |
| 317 | 126 | Maurizio Guglietta | 45:22 | SM30-34 | 13/13 | 138 | 9:05 |
| 318 | 176 | Christine Ligotino | 45:23 | SF45-49 | 17/21 | 179 | 9:05 |
| 319 | 174 | Di Letarte | 46:32 | SF55-59 | 7/7 | 180 | 9:19 |
| 320 | 109 | Mark Gauthier | 46:55 | SM65-69 | 7/7 | 139 | 9:23 |
| 321 | 120 | Kimberly Gordon | 47:23 | SF35-39 | 32/32 | 181 | 9:29 |
| 322 | 45 | Priscilla Brough | 48:22 | SF40-44 | 32/35 | 182 | 9:41 |
| 323 | 26 | Raymond Beneteau | 48:23 | SM55-59 | 7/7 | 140 | 9:41 |
| 324 | 85 | Karen Dudics | 48:35 | SF40-44 | 33/35 | 183 | 9:43 |
| 325 | 338 | Denise Zanier | 48:37 | SF65-69 | 3/4 | 184 | 9:44 |
| 326 | 335 | Andy Wu | 48:45 | SM-10 | 4/4 | 141 | 9:45 |
| 327 | 340 | Joy Zhou | 48:45 | SF40-44 | 34/35 | 185 | 9:45 |
| 328 | 12 | Beth Ballentine | 48:52 | SF50-54 | 13/14 | 186 | 9:47 |
| 329 | 80 | Kim Doddridge | 48:52 | SF45-49 | 18/21 | 187 | 9:47 |
| 330 | 2 | Judy Allen | 49:05 | SF65-69 | 4/4 | 188 | 9:49 |
| 331 | 261 | Peter Preston | 50:01 | SM40-44 | 32/32 | 142 | 10:01 |
| 332 | 304 | Terri-Lynn Sweet | 50:59 | SF45-49 | 19/21 | 189 | 10:12 |
| 333 | 283 | Rich Schertzer | 51:06 | SM60-64 | 4/5 | 143 | 10:14 |
| 334 | 284 | Diane Schertzer | 51:07 | SF60-64 | 5/5 | 190 | 10:14 |
| 335 | 260 | Natalie Powell | 51:32 | SF-10 | 5/5 | 191 | 10:19 |
| 336 | 259 | Sonja Powell | 51:33 | SF45-49 | 20/21 | 192 | 10:19 |
| 337 | 236 | Heather O'Brien | 53:03 | SF45-49 | 21/21 | 193 | 10:37 |
| 338 | 128 | Amber Guilbeault | 53:03 | SF20-24 | 8/8 | 194 | 10:37 |
| 339 | 115 | Amy Girard | 54:00 | SF40-44 | 35/35 | 195 | 10:48 |
| 340 | 98 | Linda Fick | 54:01 | SF50-54 | 14/14 | 196 | 10:49 |
| 341 | 13 | Heather Ballentine | 54:01 | SF25-29 | 19/19 | 197 | 10:49 |
| 342 | 223 | Kyle Munro | 54:04 | SM25-29 | 10/11 | 144 | 10:49 |
| 343 | 75 | Carlo De Domenicis | 54:04 | SM60-64 | 5/5 | 145 | 10:49 |
| 344 | 336 | Eric Wynn | 54:05 | SM25-29 | 11/11 | 146 | 10:49 |

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