

TAKE/RUN  
IN/RUN  
STRIDES/RUN

10k Run - Overall

Place	Bib	Name	First name	Last name	Distance	Time	Lap 1	Lap 2	Difference	% Back	% Winning	% Average	% Median
1	55	Peter MacGregor	Peter	MacGregor	10k Run	42:49.6	22:26.0	20:23.6	-	-	100%	43.66%	42.34%
2	38	Nelson Pasciullo	Nelson	Pasciullo	10k Run	43:41.3	22:26.5	21:14.8	+0:51.7	+2.01%	98.03%	42.53%	41.18%
3	13	Cedrick Jeanpierre	Cedrick	Jeanpierre	10k Run	44:39.7	22:28.2	22:11.5	+1:50.1	+4.28%	95.89%	41.25%	39.87%
4	53	Vincent Ng	Vincent	Ng	10k Run	49:07.4	24:28.2	24:39.1	+6:17.8	+14.70%	87.18%	35.38%	33.86%
5	34	Maxime Leblanc	Maxime	Leblanc	10k Run	49:44.5	23:24.2	26:20.2	+6:54.9	+16.15%	86.10%	34.57%	33.03%
6	33	Matthew Dirks	Matthew	Dirks	10k Run	49:53.3	23:46.0	26:07.4	+7:03.7	+16.49%	85.85%	34.37%	32.83%
7	42	Pascal Gagnon	Pascal	Gagnon	10k Run	50:46.5	25:30.7	25:15.8	+7:56.9	+18.56%	84.35%	33.21%	31.64%
8	47	Stéphane Lachance	Stéphane	Lachance	10k Run	50:54.0	25:36.5	25:17.5	+8:04.4	+18.85%	84.14%	33.04%	31.47%
9	26	Justin Friedel	Justin	Friedel	10k Run	51:53.6	26:14.1	25:39.6	+9:04.0	+21.17%	82.53%	31.74%	30.13%
10	23	Jason Gordon	Jason	Gordon	10k Run	53:01.4	25:53.7	27:07.8	+10:11.8	+23.81%	80.77%	30.25%	28.61%
11	3	Andrew Cameron	Andrew	Cameron	10k Run	55:14.8	27:20.6	27:54.2	+12:25.2	+29.00%	77.52%	27.33%	25.62%
12	56	Denise Malette	Denise	Malette	10k Run	57:17.6	27:31.2	29:46.4	+14:28.0	+33.78%	74.75%	24.63%	22.86%
13	6	Brad King	Brad	King	10k Run	1:00:52.8	27:53.5	32:59.4	+18:03.2	+42.15%	70.35%	19.91%	18.03%
14	51	Tiina Heimonen	Tiina	Heimonen	10k Run	1:01:24.0	30:25.2	30:58.8	+18:34.4	+43.37%	69.75%	19.23%	17.33%
15	41	Nyree Kakeeway	Nyree	Kakeeway	10k Run	1:02:15.6	30:20.7	31:54.8	+19:26.0	+45.38%	68.79%	18.10%	16.17%
16	12	Cayla Mantis	Cayla	Mantis	10k Run	1:08:33.2	34:07.3	34:25.9	+25:43.6	+60.07%	62.47%	9.82%	7.70%
17	15	Cheryl D'Angelo	Cheryl	D'Angelo	10k Run	1:08:42.4	22:49.8	45:52.6	+25:52.8	+60.43%	62.33%	9.62%	7.49%
18	28	Kasia Anderson	Kasia	Anderson	10k Run	1:08:47.5	34:06.9	34:40.6	+25:57.9	+60.63%	62.26%	9.51%	7.38%
19	40	Nicole Pocion	Nicole	Pocion	10k Run	1:09:48.9	34:22.8	35:26.1	+26:59.3	+63.02%	61.34%	8.16%	6.00%
20	1	Aimee Jaun	Aimee	Jaun	10k Run	1:09:58.1	1:01:20.4	8:37.7	+27:08.5	+63.38%	61.21%	7.96%	5.80%
21	49	Tara Firth	Tara	Firth	10k Run	1:13:36.7	34:00.5	39:36.2	+30:47.1	+71.88%	58.18%	3.17%	0.89%
22	11	Candice Walker-Reid	Candice	Walker-Reid	10k Run	1:14:56.0	36:20.9	38:35.2	+32:06.4	+74.97%	57.15%	1.43%	-0.89%
23	19	Gillian Whybourne	Gillian	Whybourne	10k Run	1:15:25.1	59:40.3	15:44.8	+32:35.5	+76.10%	56.79%	0.79%	-1.54%
24	44	Preston Mikulasik	Preston	Mikulasik	10k Run	1:22:14.7	39:30.7	42:44.0	+39:25.1	+92.04%	52.07%	-8.19%	-10.73%
25	18	Gillian Arnold	Gillian	Arnold	10k Run	1:23:13.4	40:44.2	42:29.2	+40:23.8	+94.33%	51.46%	-9.48%	-12.05%
26	29	Kesia Walker	Kesia	Walker	10k Run	1:27:47.8	40:44.2	47:03.6	+44:58.2	+105.00%	48.78%	-15.49%	-18.21%
27	16	Daniel Sabbe	Daniel	Sabbe	10k Run	1:38:15.4	1:04:52.6	33:22.8	+55:25.8	+129.43%	43.59%	-29.25%	-32.29%
28	17	Derek Longridge	Derek	Longridge	10k Run	1:38:37.0	57:02.3	41:34.7	+55:47.4	+130.27%	43.43%	-29.73%	-32.78%
29	54	Katie Lockhart	Katie	Lockhart	10k Run	1:38:41.4	58:56.9	39:44.5	+55:51.8	+130.44%	43.40%	-29.82%	-32.88%
30	24	Jeff Burke	Jeff	Burke	10k Run	1:38:43.2	58:03.7	40:39.4	+55:53.6	+130.51%	43.38%	-29.86%	-32.92%
30	31	Lydia Hicks	Lydia	Hicks	10k Run	1:38:43.2	1:06:04.0	32:39.2	+55:53.6	+130.51%	43.38%	-29.86%	-32.92%
32	58	Andrea Stach	Andrea	Stach	10k Run	1:38:44.4	1:08:03.3	30:41.1	+55:54.8	+130.56%	43.37%	-29.89%	-32.94%
33	22	Irene Pugliese	Irene	Pugliese	10k Run	1:38:45.0	1:08:39.7	30:05.3	+55:55.4	+130.58%	43.37%	-29.90%	-32.96%
34	4	Angela MacIsaac	Angela	MacIsaac	10k Run	1:38:45.4	1:04:50.7	33:54.7	+55:55.8	+130.60%	43.37%	-29.91%	-32.97%
34	7	Brandon Pope	Brandon	Pope	10k Run	1:38:45.4	46:40.2	52:05.2	+55:55.8	+130.60%	43.37%	-29.91%	-32.97%
36	57	Sawyer Puumala	Sawyer	Puumala	10k Run	1:38:45.8	1:06:52.9	31:52.9	+55:56.2	+130.61%	43.36%	-29.92%	-32.97%
37	43	Patrick Hamilton	Patrick	Hamilton	10k Run	1:38:46.2	51:36.5	47:09.7	+55:56.6	+130.63%	43.36%	-29.93%	-32.98%
38	36	Meredith Warner	Meredith	Warner	10k Run	1:38:46.4	1:01:10.4	37:36.0	+55:56.8	+130.64%	43.36%	-29.93%	-32.99%
39	20	Holly Maki	Holly	Maki	10k Run	1:38:46.9	1:01:05.3	37:41.6	+55:57.3	+130.65%	43.35%	-29.94%	-33.00%
40	21	Halen Kovacs	Halen	Kovacs	10k Run	1:38:47.0	1:10:09.2	28:37.9	+55:57.4	+130.66%	43.35%	-29.95%	-33.00%
41	35	Megan Van Kannel	Megan	Van Kannel	10k Run	1:39:13.8	44:34.6	54:39.2	+56:24.2	+131.70%	43.16%	-30.53%	-33.60%
42	32	Mackenzie Leger	Mackenzie	Leger	10k Run	1:45:01.4	1:23:18.1	21:43.3	+1:02:11.8	+145.23%	40.78%	-38.15%	-41.40%
43	8	Brooke General	Brooke	General	10k Run	-1 lap	1:00:19.4	-	-	-	-	-	-
44	52	Tom Langen	Tom	Langen	10k Run	-1 lap	1:09:15.0	-	-	-	-	-	-

45	5	Athena Hau	Athena	Hau	10k Run	-1 lap	1:29:49.9	-	-	-	-	-	-
46	10	Cameron Coats	Cameron	Coats	10k Run	-1 lap	1:38:44.7	-	-	-	-	-	-
47	2	Allison Brough	Allison	Brough	10k Run	-1 lap	1:38:46.0	-	-	-	-	-	-
48	45	Sabrina Gatt	Sabrina	Gatt	10k Run	-1 lap	1:39:11.4	-	-	-	-	-	-
49	25	Jennifer Sile	Jennifer	Sile	10k Run	-1 lap	1:39:11.7	-	-	-	-	-	-
50	9	Caitlin Peuramaki-Brown	Caitlin	Peuramaki-Brown	10k Run	-1 lap	1:39:15.5	-	-	-	-	-	-
51	14	Chantal Denis	Chantal	Denis	10k Run	-1 lap	1:39:16.7	-	-	-	-	-	-
52	39	Nicholas Soulias	Nicholas	Soulias	10k Run	-1 lap	1:39:16.9	-	-	-	-	-	-
53	27	Karyne Valiquette	Karyne	Valiquette	10k Run	-1 lap	1:39:17.0	-	-	-	-	-	-
54	30	Lindsey Wachter	Lindsey	wachter	10k Run	-1 lap	1:39:19.7	-	-	-	-	-	-
55	37	Midori Barker	Midori	Barker	10k Run	-2 laps	-	-	-	-	-	-	-
55	48	Stephanie Davidson	Stephanie	Davidson	10k Run	-2 laps	-	-	-	-	-	-	-

### 5k Run - Overall

Place	Bib	Name	First name	Last name	Distance	Time	Difference	% Back	% Winning	% Average	% Median
1	102	Adam Walsler	Adam	Walsler	5k Run	21:26.3	-	-	100%	62.23%	55.43%
2	46	Scott McBean	Scott	McBean	5k Run	21:48.7	+0:22.4	+1.74%	98.29%	61.57%	54.65%
3	155	Lukas Kajiwara	Lukas	Kajiwara	5k Run	22:18.6	+0:52.3	+4.07%	96.09%	60.69%	53.62%
4	173	Sarah Law	Sarah	Law	5k Run	24:34.2	+3:07.9	+14.61%	87.25%	56.71%	48.92%
5	101	Abby Wood	Abby	Wood	5k Run	25:07.5	+3:41.2	+17.20%	85.33%	55.73%	47.77%
6	115	Trevor Kobe	Trevor	Kobe	5k Run	25:26.6	+4:00.3	+18.68%	84.26%	55.17%	47.10%
7	139	Kate Nicol	Kate	Nicol	5k Run	26:29.2	+5:02.9	+23.55%	80.94%	53.33%	44.94%
8	167	Molly Morse	Molly	Morse	5k Run	27:42.0	+6:15.7	+29.21%	77.39%	51.20%	42.41%
9	107	Brady Irving	Brady	Irving	5k Run	28:40.0	+7:13.7	+33.72%	74.78%	49.49%	40.40%
10	153	Lisa Green	Lisa	green	5k Run	29:01.7	+7:35.4	+35.40%	73.85%	48.86%	39.65%
11	187	Nicholas Harold Ek	Nicholas Harold	Ek	5k Run	29:52.4	+8:26.1	+39.35%	71.76%	47.37%	37.89%
12	116	Donna Jeanpierre	Donna	Jeanpierre	5k Run	30:01.5	+8:35.2	+40.05%	71.40%	47.10%	37.58%
13	156	Manon Richer	Manon	Richer	5k Run	30:09.8	+8:43.5	+40.70%	71.07%	46.86%	37.29%
14	135	Jim Hansen	Jim	Hansen	5k Run	30:52.2	+9:25.9	+43.99%	69.45%	45.61%	35.82%
15	113	Dan Campbell	Dan	Campbell	5k Run	30:59.0	+9:32.7	+44.52%	69.19%	45.41%	35.59%
16	134	Jillian Childs	Jillian	Childs	5k Run	31:17.8	+9:51.5	+45.98%	68.50%	44.86%	34.94%
17	117	Drew Childs	Drew	Childs	5k Run	31:20.1	+9:53.8	+46.16%	68.42%	44.79%	34.86%
18	193	Sarah Munsch	Sarah	Munsch	5k Run	31:25.5	+9:59.2	+46.58%	68.22%	44.63%	34.67%
19	181	Sara Paul	Sara	Paul	5k Run	31:52.5	+10:26.2	+48.68%	67.26%	43.84%	33.73%
20	125	Hallie Prescott	Hallie	Prescott	5k Run	32:36.5	+11:10.2	+52.10%	65.74%	42.55%	32.21%
21	130	Jaiden Smith	Jaiden	Smith	5k Run	34:07.6	+12:41.3	+59.19%	62.82%	39.87%	29.05%
22	176	Sharleen Lewis	Sharleen	Lewis	5k Run	34:59.3	+13:33.0	+63.20%	61.27%	38.36%	27.26%
23	299	Nathalie Bedard	Nathalie	Bedard	5k Run	35:32.2	+14:05.9	+65.76%	60.33%	37.39%	26.12%
24	169	Payton Day	Payton	Day	5k Run	35:34.8	+14:08.5	+65.96%	60.25%	37.31%	26.03%
25	205	Alissa Silen	Alissa	Silen	5k Run	35:38.9	+14:12.6	+66.28%	60.14%	37.19%	25.89%
26	151	Leslie Hill	Leslie	Hill	5k Run	35:46.1	+14:19.8	+66.84%	59.94%	36.98%	25.64%
27	199	Jenna Davidson	Jenna	Davidson	5k Run	36:01.1	+14:34.8	+68.01%	59.52%	36.54%	25.12%
28	122	Erin Couture	Erin	Couture	5k Run	36:24.3	+14:58.0	+69.81%	58.89%	35.86%	24.32%
29	180	Vu Nguyen	Vu	Nguyen	5k Run	37:02.4	+15:36.1	+72.77%	57.88%	34.74%	23.00%
30	108	Carla Kuhn	Carla	Kuhn	5k Run	37:55.1	+16:28.8	+76.87%	56.54%	33.19%	21.17%
31	111	Corrina Whybourne	Corrina	Whybourne	5k Run	37:55.3	+16:29.0	+76.89%	56.53%	33.19%	21.16%
32	204	Naomi Silen	Naomi	Silen	5k Run	38:36.5	+17:10.2	+80.09%	55.53%	31.98%	19.73%
33	110	Chelsey Watson	Chelsey	Watson	5k Run	39:14.6	+17:48.3	+83.05%	54.63%	30.86%	18.41%
34	142	Kerri Andrychuk	Kerri	Andrychuk	5k Run	40:02.8	+18:36.5	+86.80%	53.53%	29.44%	16.74%
35	194	Adam Arcon	Adam	Arcon	5k Run	40:04.4	+18:38.1	+86.92%	53.50%	29.40%	16.69%
36	178	Sherri Amy	Sherri	Amy	5k Run	40:49.7	+19:23.4	+90.45%	52.51%	28.07%	15.12%
37	106	Austin Love	Austin	Love	5k Run	41:08.8	+19:42.5	+91.93%	52.10%	27.51%	14.46%
38	105	Andrea Louvelle	Andrea	Louvelle	5k Run	41:17.0	+19:50.7	+92.57%	51.93%	27.27%	14.17%
39	195	Elliott De Benetti	Elliott	De Benetti	5k Run	41:28.3	+20:02.0	+93.45%	51.69%	26.93%	13.78%
40	140	Kayleigh Blake	Kayleigh	Blake	5k Run	42:05.4	+20:39.1	+96.33%	50.93%	25.84%	12.50%
41	191	Xander Keller	Xander	Keller	5k Run	42:07.0	+20:40.7	+96.45%	50.90%	25.80%	12.44%
42	182	Logan Blake	Logan	Blake	5k Run	42:08.3	+20:42.0	+96.56%	50.88%	25.76%	12.40%

43	197	Jessica Lachance	Jessica	Lachance	5k Run	42:14.3	+20:48.0	+97.02%	50.76%	25.58%	12.19%
44	123	Evie Sitch	Evie	Sitch	5k Run	42:30.4	+21:04.1	+98.27%	50.44%	25.11%	11.63%
45	192	Martha Hunter	Martha	Hunter	5k Run	43:27.6	+22:01.3	+102.72%	49.33%	23.43%	9.65%
46	159	Meagan Jung	Meagan	Jung	5k Run	43:45.5	+22:19.2	+104.11%	48.99%	22.90%	9.03%
47	157	Maria Walser	Maria	Walser	5k Run	46:15.4	+24:49.1	+115.77%	46.35%	18.50%	3.83%
48	148	Laurel Pirrie	Laurel	Pirrie	5k Run	46:24.2	+24:57.9	+116.45%	46.20%	18.24%	3.53%
49	179	Taylyn Thomas	Taylyn	Thomas	5k Run	47:27.9	+26:01.6	+121.40%	45.17%	16.37%	1.32%
50	168	Natasha Lyons	Natasha	Lyons	5k Run	48:44.2	+27:17.9	+127.33%	43.99%	14.13%	-1.32%
51	196	Liane Malette	Liane	Malette	5k Run	49:31.2	+28:04.9	+130.99%	43.29%	12.75%	-2.95%
52	128	Jacqueline Taylor	Jacqueline	Taylor	5k Run	51:13.2	+29:46.9	+138.92%	41.86%	9.76%	-6.48%
53	255	Thomas Christian	Thomas	Christian	5k Run	51:14.0	+29:47.7	+138.98%	41.84%	9.73%	-6.51%
54	256	Ceci Steyn	Ceci	Steyn	5k Run	51:15.0	+29:48.7	+139.06%	41.83%	9.71%	-6.55%
55	120	Emily Pynn	Emily	Pynn	5k Run	55:09.5	+33:43.2	+157.29%	38.87%	2.82%	-14.67%
56	103	Alesha Bishop	Alesha	Bishop	5k Run	55:10.8	+33:44.5	+157.39%	38.85%	2.78%	-14.72%
57	186	Adam Poulin	Adam	Poulin	5k Run	57:01.1	+35:34.8	+165.96%	37.60%	-0.46%	-18.54%
58	141	Kelvi Toskovich	Kelvi	Toskovich	5k Run	57:48.2	+36:21.9	+169.63%	37.09%	-1.84%	-20.17%
59	161	Michaela Coccimiglio	Michaela	Coccimiglio	5k Run	57:50.2	+36:23.9	+169.78%	37.07%	-1.90%	-20.24%
60	250	Lucas Belcamino	Lucas	Belcamino	5k Run	58:01.7	+36:35.4	+170.68%	36.94%	-2.24%	-20.64%
61	163	Michelle Denton	Michelle	Denton	5k Run	1:01:14.5	+39:48.2	+185.66%	35.01%	-7.90%	-27.32%
62	200	Justin Cancellier	Justin	Cancellier	5k Run	1:01:31.3	+40:05.0	+186.97%	34.85%	-8.39%	-27.90%
63	143	Kieran Hogg	Kieran	Hogg	5k Run	1:01:43.4	+40:17.1	+187.91%	34.73%	-8.75%	-28.32%
64	127	Hope Grootenboer	Hope	Grootenboer	5k Run	1:02:42.0	+41:15.7	+192.47%	34.19%	-10.47%	-30.35%
65	132	Janice Taylor	Janice	Taylor	5k Run	1:03:36.1	+42:09.8	+196.67%	33.71%	-12.06%	-32.23%
66	129	Jacqui Hill	Jacqui	Hill	5k Run	1:04:21.9	+42:55.6	+200.23%	33.31%	-13.40%	-33.81%
67	257	Tanner Hatari	Tanner	Hatari	5k Run	1:08:40.7	+47:14.4	+220.35%	31.22%	-21.00%	-42.78%
68	150	Lenore Bonk	Lenore	Bonk	5k Run	1:09:26.2	+47:59.9	+223.89%	30.87%	-22.34%	-44.36%
69	171	Reid Kennel	Reid	Kennel	5k Run	1:29:44.5	+1:08:18.2	+318.60%	23.89%	-58.11%	-86.57%
70	50	Taylor Marshall	Taylor	Marshall	5k Run	1:30:03.9	+1:08:37.6	+320.11%	23.80%	-58.68%	-87.24%
71	112	Curtis Mill	Curtis	Mill	5k Run	1:30:05.5	+1:08:39.2	+320.24%	23.80%	-58.73%	-87.30%
72	203	Liz Woodside	Liz	Woodside	5k Run	1:30:05.6	+1:08:39.3	+320.24%	23.80%	-58.73%	-87.30%
73	152	Lisa Bowes	Lisa	Bowes	5k Run	1:30:05.9	+1:08:39.6	+320.27%	23.79%	-58.74%	-87.31%
74	188	Shae-Lynne Willianen	Shae-Lynne	Willianen	5k Run	1:30:06.0	+1:08:39.7	+320.28%	23.79%	-58.74%	-87.31%
75	170	Rebecca Savoy	Rebecca	Savoy	5k Run	1:30:06.2	+1:08:39.9	+320.29%	23.79%	-58.75%	-87.32%
76	298	Lisa Pucci	Lisa	Pucci	5k Run	1:30:06.6	+1:08:40.3	+320.32%	23.79%	-58.76%	-87.34%
76	198	Joyce Melnychuk	Joyce	Melnychuk	5k Run	1:30:06.6	+1:08:40.3	+320.32%	23.79%	-58.76%	-87.34%
78	136	Jyrah Silen	Jyrah	Silen	5k Run	1:30:06.7	+1:08:40.4	+320.33%	23.79%	-58.76%	-87.34%
79	183	Elizabeth Arif	Elizabeth	Arif	5k Run	1:30:06.9	+1:08:40.6	+320.35%	23.79%	-58.77%	-87.35%
80	166	Miranda Prout	Miranda	Prout	5k Run	1:30:07.0	+1:08:40.7	+320.35%	23.79%	-58.77%	-87.35%
80	160	Megan Keogh	Megan	Keogh	5k Run	1:30:07.0	+1:08:40.7	+320.35%	23.79%	-58.77%	-87.35%
82	158	Marissa Wegher	Marissa	Wegher	5k Run	1:30:07.6	+1:08:41.3	+320.40%	23.79%	-58.79%	-87.37%
83	251	Jeff Jones	Jeff	Jones	5k Run	1:30:31.6	+1:09:05.3	+322.27%	23.68%	-59.49%	-88.20%
84	190	Jenne Keller	Jenne	Keller	5k Run	1:30:32.1	+1:09:05.8	+322.30%	23.68%	-59.51%	-88.22%
85	206	Kristian Van Der Horde	Kristian	van der Horden	5k Run	1:30:32.5	+1:09:06.2	+322.34%	23.68%	-59.52%	-88.23%
86	149	Lauren Conti	Lauren	Conti	5k Run	1:30:33.1	+1:09:06.8	+322.38%	23.68%	-59.54%	-88.25%
87	172	Sam Rogowski	Sam	Rogowski	5k Run	1:30:33.5	+1:09:07.2	+322.41%	23.67%	-59.55%	-88.27%
88	174	Seija Grant	Seija	Grant	5k Run	1:30:33.7	+1:09:07.4	+322.43%	23.67%	-59.56%	-88.27%
89	154	Lorisa Walter	Lorisa	Walter	5k Run	1:30:35.2	+1:09:08.9	+322.55%	23.67%	-59.60%	-88.33%
90	253	Charlotte Etheridge	Charlotte	Etheridge	5k Run	1:30:35.5	+1:09:09.2	+322.57%	23.66%	-59.61%	-88.34%
90	252	Kayla Wilson	Kayla	Wilson	5k Run	1:30:35.5	+1:09:09.2	+322.57%	23.66%	-59.61%	-88.34%
92	114	Dara Rosdobutko	Dara	Rosdobutko	5k Run	1:30:36.4	+1:09:10.1	+322.64%	23.66%	-59.64%	-88.37%
93	201	Jonathan Green	Jonathan	Green	5k Run	1:30:36.6	+1:09:10.3	+322.65%	23.66%	-59.64%	-88.38%
94	146	Kylee Maunula	Kylee	Maunula	5k Run	1:30:36.8	+1:09:10.5	+322.67%	23.66%	-59.65%	-88.38%
95	131	Jana Coats	Jana	Coats	5k Run	1:30:36.9	+1:09:10.6	+322.68%	23.66%	-59.65%	-88.39%
95	124	Genevieve Desmoulin	Genevieve	Desmoulin	5k Run	1:30:36.9	+1:09:10.6	+322.68%	23.66%	-59.65%	-88.39%
95	138	Karlee Lefebvre	KarLee	Lefebvre	5k Run	1:30:36.9	+1:09:10.6	+322.68%	23.66%	-59.65%	-88.39%
98	147	Lakshani Perera	Lakshani	Perera	5k Run	1:30:38.8	+1:09:12.5	+322.83%	23.65%	-59.71%	-88.45%
99	165	Miranda Campbell	Miranda	Campbell	5k Run	1:35:15.5	+1:13:49.2	+344.34%	22.51%	-67.83%	-98.04%
-	104	Alexander Russell	Alexander	Russell	5k Run	-	-	-	-	-	-

-	109	Carolyn Whatley	Carolyn	Whatley	5k Run	-	-	-	-	-	
-	118	Dylan Stewart	Dylan	Stewart	5k Run	-	-	-	-	-	
-	119	Emily Brooks	Emily	Brooks	5k Run	-	-	-	-	-	
-	121	Eric Davenport	Eric	Davenport	5k Run	-	-	-	-	-	
-	133	Jason Vaillancourt	Jason	Vaillancourt	5k Run	-	-	-	-	-	
-	137	Kalista Reid	Kalista	Reid	5k Run	-	-	-	-	-	
-	144	Kirstin Hicks	Kirstin	Hicks	5k Run	-	-	-	-	-	
-	162	Michelle Allan	Michelle	Allan	5k Run	-	-	-	-	-	
-	164	Michelle Probizanski	Michelle	Probizanski	5k Run	-	-	-	-	-	
-	175	Shannon Mutch	Shannon	Mutch	5k Run	-	-	-	-	-	
-	177	Shelley Cryer	Shelley	Cryer	5k Run	-	-	-	-	-	
-	184	Stephanie Lachance	Stephanie	Lachance	5k Run	-	-	-	-	-	
-	185	Amy MacFarlane	Amy	MacFarlane	5k Run	-	-	-	-	-	
-	189	Paige Stevenson	Paige	Stevenson	5k Run	-	-	-	-	-	
-	258	Marshall Wiebe	Marshall	Wiebe	5k Run	-	-	-	-	-	
116	126	Heather Gardiner	Heather	Gardiner	5k Run	42:45.5	+21:19.2	+99.45%	50.14%	24.67%	11.11%