

5 Km Men (2007-2017)

1	Abduselam	Yussuf	15:23	20-24	Windburn	2015
2	Jeremy	Walker	15:24	20-24	Puma	2007
3	Brian	Walker	15:25	25-29	Puma	2010
4	Brendan	Gemmell	15:54	20-24	Headingley	2013
5	Calvary	De Jong	15:55	20-24	Puma	2010
6	Brad	Keefe	15:57	25-29	Puma	2008
7	Darren	Klassen	15:58	40-44	Puma	2010
8	Alastair	Brown	15:59	15-19	Puma-3	2010
9	Christian	Marmen	16:00	30-34	Puma	2008
10	Darcy	Ready	16:03	40-44	Puma	2007
11	Jay	Ort	16:04	15-19	Pure Life-3	2014
12	Thomas	Miller	16:06	15-19	Puma-3	2010
13	Blair	Peters	16:08	15-19	Puma	2007
14	Patrice	Lecercq	16:11	20-24	Puma	2008
15	Ignacio	Fontes	16:11	15-19	MEC-5	2014
16	Desire	Budigoma	16:15	15-19	Puma	2008
17	Joel	Laurier	16:17	15-19	Puma	2008
18	Corey	Gallagher	16:17	20-24	Puma	2011
19	Jason	Redpath	16:20	15-19	Puma	2008
20	Colin	Barnett	16:22	15-19	Puma	2008
21	Steven	Graupner	16:25	20-24	Puma	2012
22	Tyler	Mislawchuk	16:26	15-19	Puma-2	2010
23	Nicholas	Kosmenko	16:26	25-29	April Run	2016
24	Caleb	De Jong	16:28	15-19	Pure Life	2014
25	Greg	Penner	16:30	30-34	Puma	2008
26	Paul	Carr	16:30	20-24	Puma	2009
27	Ben	Paterson	16:37	20-24	Pure Life	2014
28	Elliot	Cooke	16:40	20-24	Puma-2	2011
29	Tyler	Derksen	16:42	20-24	Windburn	2015
30	Adam	Naylor	16:42	15-19	April Run-3	2016
31	Charles	Brault	16:46	15-19	Puma-3	2010
32	Eric	Tranquada	16:48	25-29	Puma	2009
33	Adam	Czuchmicki	16:54	20-24	Puma-2	2011
34	Patrick	Naylor	16:55	15-19	Pure Life-3	2013
35	Dane	Samuel	16:58	40-44	Puma	2007
36	Patrick	Peacock	16:58	30-34	Puma	2007
37	Ethan	Clark	16:58	15-19	April Run-2	2017
38	Alex	Clemis	16:58	15-19	April Run-2	2017
39	Jeff	McMillan	17:00	40-44	Headingley	2013
40	Conor	McGovern	17:00	15-19	April Run	2017
41	Marc	Nicolas	17:03	15-19	Headingley	2012

42	Josh	Dyck	17:03	20-24	Windburn-2	2015
43	Patrique	Bulloch	17:05	20-24	Windburn-2	2015
44	Jean Paul	Degagne	17:07	30-34	Puma	2008
45	Sam	Jerema	17:08	25-29	Puma-3	2011
46	Clyde	Van Caeyzeele	17:09	50-54	Puma	2007
47	Rob	Beinke	17:09	45-49	Haiti Ralay	2015
48	Jean	Ajua Baptist	17:11	15-19	Puma-2	2011
49	Justin	Davey	17:13	25-29	Puma	2010
50	Quinn	Desrochers	17:14	15-19	April Run	2017

1	Unai	Apraiz Zenon	17:36	1-14	April Series-2	2017
2	Andrew	Lawler	17:52	1-14	10 K Champ	2009
3	Jay	Ort	17:56	1-14	Headingley	2011
4	Riley	McCharles	18:05	1-14	Puma-3	2008
5	Levi	Neufeld	18:07	1-14	Puma-2	2009
6	Carson	Cortvriendt	18:13	1-14	April Series-3	2017
7	William	Boyle	18:18	1-14	East St Paul	2016
8	Tom	Sherwin	18:22	1-14	Puma	2007
9	Ben	Paterson	18:42	1-14	Puma-3	2009
10	Hunter	Lewis	18:49	1-14	Headingley	2014

1	Alastair	Brown	15:59	15-19	Puma-3	2010
2	Jay	Ort	16:04	15-19	Pure-3	2014
3	Thomas	Miller	16:06	15-19	Puma-3	2010
4	Blair	Peters	16:08	15-19	Puma	2007
5	Ignacio	Fontes	16:11	15-19	MEC-5	2014
6	Desire	Budigoma	16:15	15-19	Puma	2008
7	Joel	Laurier	16:17	15-19	Puma	2008
8	Jason	Redpath	16:20	15-19	Puma	2008
9	Brendan	Gemmell	16:20	15-19	Headingley	2012
10	Colin	Barnett	16:22	15-19	Puma	2008

1	Abduselam	Yussuf	15:23	20-24	Windburn-1	2015
2	Jeremy	Walker	15:24	20-24	Puma	2007
3	Brian	Walker	15:27	20-24	Puma	2007
4	Brendan	Gemmell	15:54	20-24	Headingley	2013
5	Calvary	De jong	15:55	20-24	Puma	2010
6	Thomas	Miller	16:08	20-24	Pure-3	2014
7	Patrice	Leclercq	16:11	20-24	Puma	2008
8	Corey	Gallagher	16:17	20-24	Puma	2011
9	Steven	Graupner	16:25	20-24	Puma	2012
10	Paul	Carr	16:30	20-24	Puma	2009

1	Brian	Walker	15:25	25-29	Puma	2010
2	Jeremy	Walker	15:31	25-29	Investors	2007
3	Calvary	De Jong	15:55	25-29	Puma	2012
4	Brad	Keefe	15:57	25-29	Puma	2008
6	Nicholas	Kosmenko	16:26	25-29	April Run-1	2016
7	Eric	Tranquada	16:48	25-29	Puma	2009
8	Greg	Penner	16:50	25-29	Puma	2007
9	Samuel	Jerema	17:08	25-29	Puma-3	2011
10	Justin	Davey	17:13	25-29	Puma	2010

1	Christian	Marman	16:00	30-34	Puma	2008
2	Brad	Keefe	16:12	30-34	Headingley	2011
3	Brian	Walker	16:14	30-34	Haiti	2014
4	Greg	Penner	16:30	30-34	Puma	2008
5	Patrick	Peacock	16:58	30-34	Puma	2007
6	Jean Paul	Degagne	17:07	30-34	Puma	2008
7	Mathieu	Rochleau	17:39	30-34	RCAF	2015
8	Jason	Bruce	17:40	30-34	Headingley	2015
9	Dave	Lipchen	17:42	30-34	Puma	2008
10	Murray	Carter	17:51	30-34	Pure Life	2013

1	Darren	Klassen	16:06	35-39	Puma	2008
2	Jeff	McMillan	17:05	35-39	Headingley	2012
3	Sam	Zhou	17:15	35-39	Puma	2007
4	Brad	Keefe	17:18	35-39	April Run-1	2016
5	Corey	LaBerge	17:44	35-39	Headingley	2008
6	Michael	Terepa	18:01	35-39	Supeene	2009
7	Jason	Bruce	18:01	35-39	April Series-1	2017
8	Ross	Meacham	18:06	35-39	Headingley	2011
9	Dave	Lipchen	18:07	35-39	Puma-3	2012
10	Jean Paul	Degagne	18:10	35-39	Pure-1	2014

1	Darren	Klassen	15:58	40-44	Puma	2010
2	Darcy	Ready	16:03	40-44	Puma	2007
3	Dane	Samuel	16:58	40-44	Puma	2007
4	Jeff	McMillan	17:00	40-44	Headingley	2013
5	Robert	Beinke	17:38	40-44	Pure Life	2013
6	Patrick	Peacock	17:43	40-44	Pure Life	2013
7	Dale	Kirk	17:45	40-44	Puma	2011
8	Matthew	Seftel	17:49	40-44	Puma	2012
9	Jon	McGavock	17:54	40-44	R4R	2016
10	Daryl	Somers	18:13	40-44	Headingley	2007

1	Darcy	Ready	16:10	45-49	Puma	2010
2	Darren	Klassen	17:05	45-49	April Series-1	2017

3	Robert	Beinke	17:09	45-49	Haiti Relay	2015
4	Keith	Bilous	17:28	45-49	Headingley	2007
5	Rick	Preston	17:43	45-49	Headingley	2007
6	Dimitry	Melman	17:44	45-49	Puma	2007
7	Daryl	Somers	18:15	45-49	Investors	2007
8	Murray	Rose	18:17	45-49	Headingley	2007
9	Jon	Hunt	18:32	45-49	Headingley	2013
10	James	Slade	18:47	45-49	Headingley	2008

1	Clyde	Van Caeyzeele	17:09	50-54	Puma	2007
2	Keith	Bilous	18:23	50-54	Supeene	2009
3	Alan	Hopkins	18:58	50-54	Headingley	2013
4	Murray	Rose	19:07	50-54	Supeene	2009
5	Bruce	Young	19:12	50-54	Headingley	2012
6	James	Slade	19:14	50-54	Headingley	2013
7	Scott	Gibbons	19:14	50-54	Pure-1	2014
8	Richard	Kish	19:32	50-54	Headingley	2013
9	Joe	Heaver	19:40	50-54	Puma	2008
10	Martin	Krowina	19:55	50-54	Puma	2012
10	Stephen	Terichow Parrott	19:55	50-54	MEC-5	2015

1	Dennis	Lang	17:45	55-59	Puma	2008
2	Neil	Ferguson	19:58	55-59	History	2013
3	Bob	Cox	20:06	55-59	Headingley	2017
4	Wes	Robinson	20:08	55-59	Puma	2007
5	Jim	Simm	20:33	55-59	Pure Life-3	2013
6	Bruce	Young	20:35	55-59	ESP	2017
7	Alan	Stewart	20:55	55-59	Inverstors	2007
8	David	Lawler	20:56	55-59	Headingley	2011
9	Wayne	Ford	21:06	55-59	Puma	2010
10	David	Holder	21:09	55-59	Haiti	2014

1	Dennis	Lang	18:25	60-64	Puma	2012
2	Leon	Clegg	19:05	60-64	Headingley	2007
3	Karl	Sproll	19:57	60-64	Headingley	2017
4	Tibor	Bodi	20:27	60-64	Puma	2008
5	Alphonse	Bernard	21:01	60-64	Puma	2010
6	Larry	Konotopetz	21:14	60-64	Headingley	2013
7	Bob	Doolan	21:39	60-64	Headingley	2008
8	David	Lawler	21:42	60-64	Headingley	2014
9	Al	Stewart	22:19	60-64	MEC-Oct	2012
10	Duncan	Ritchie	22:21	60-64	RCAF	2015

1	Dennis	Lang	19:21	65-69	Headingley	2017
2	Grant	Town	19:25	65-69	Headingley	2009

3	Leon	Clegg	20:21	65-69	Headingley	2012
4	Jim	Cooke	20:55	65-69	Puma	2008
5	Alphonse	Bernard	21:23	65-69	Headingley	2015
6	Larry	Konotopetz	22:20	65-69	Headingley	2015
7	John	Nelson	22:39	65-69	Puma	2011
8	Al	Stewart	22:48	65-69	MEC-5	2016
9	Ron	Menzies	23:43	65-69	Puma-2	2011
10	Richard	Chipman	23:57	65-69	Police	2017
1	Grant	Town	20:18	70-74	Headingley	2017
2	Ed	Klassen	20:24	70-74	Headingley	2007
3	Leon	Clegg	21:09	70-74	Headingley	2017
4	Jim	Cooke	23:37	70-74	Haiti	2014
5	Sean	Drain	23:42	70-74	Haiti	2014
6	Colin	Reed	25:04	70-74	ESP	2017
7	Jim	Anderson	25:25	70-74	Headingley	2012
8	James	King	26:56	70-74	Supeene	2009
9	Jim	Smith	28:25	70-74	Gr Beach	2008
10	Chad	Friesen	28:26	70-74	Headingley	2013
1	Ed	Klassen	22:06	75-79	Headingley	2011
2	Sean	Drain	25:00	75-79	ESP	2017
3	George	Chapman	26:47	75-79	Investors	2007
4	Jim	Anderson	28:10	75-79	Headingley	2014
5	James	King	29:30	75-79	History	2013
6	Ray	Garrity	29:32	75-79	Headingley	2010
7	Vincenzo	Marinelli	32:06	75-79	Puma	2007
8	Al	Myska	32:53	75-79	Headingley	2015
9	Jack	Dubnicoff	34:46	75-79	RCAF	2014
10	John	Frater	37:49	75-79	Pure Life-1	2013
1	Ray	Garrity	36:11	80-84	Haiti	2014
2	Bruce	Beatson	50:50	80-84	Headingley	2008
3	Jack	Dubnicoff	53:17	80-84	Police	2017
4	George	Chapman	1:20:35	80-84	R4R	2016