

### 5 km Men

1	Cody	Guarino	26:03	5-9	Headingley
2	Connor	Melvic	26:05	5-9	Headingley
3	Landon	Pinette	26:10	5-9	MEC-2
4	Chase	Dlot	29:44	5-9	MEC-2
5	Chase	Sommerfield	29:54	5-9	MEC-2
6	Zander	Jones	32:54	5-9	Headingley
7	Colin	Hurton	33:24	5-9	MEC-2
8	Alden	Clauss	34:57	5-9	MEC-1
9	Carson	Hyman	36:37	5-9	Burn Fund
10	Kayden	Funk	38:12	5-9	MEC-2
1	Haydn	Lysiuk	18:02	10-14	Apr Series 3
2	Blake	Harris	19:16	10-14	Apr Series 3
3	Benjamin	Szwajcer	19:52	10-14	Apr Series 3
4	Lorence	Dela Cruz	20:13	10-14	Headingley
5	Adam	Smith	20:19	10-14	Apr series 2
6	Adam	Stamler	21:01	10-14	RCAF
7	Alejandro	Civetta	21:04	10-14	Headingley
8	Zachary	Einarson	21:05	10-14	Headingley
9	Tavian	Pettitt	22:28	10-14	RCAF
10	Tobi	Haussler	22:32	10-14	Headingley
1	Unai	Apraiz	18:05	15-19	Apr Series 3
2	Max	Speiser	20:39	15-19	MEC-2
3	Jesse	Dudych	21:04	15-19	Headingley
4	Patrick	Wiens	24:21	15-19	RCAF
5	Luke	McMillan	24:25	15-19	Police
6	Estuardo	Escobar	24:48	15-19	MEC-1
7	Erik	Niblock	24:56	15-19	Burn Fund
8	Tristan	Baird	25:03	15-19	Apr Series 3
9	Liam	Drosdowech	25:19	15-19	RCAF
10	Joseph	Noonan	26:41	15-19	RCAF
1	Jose	Neves	21:23	20-24	MEC-2
2	Xavier	Tous	23:07	20-24	RCAF
3	Ian	Wiens	23:56	20-24	RCAF
4	Jeremy	Peabody	24:41	20-24	ESP
5	Tristan	Porteous	25:20	20-24	RCAF
6	Mhel	Mangale	25:34	20-24	Police
7	Denzel	Mailand	26:42	20-24	RCAF
8	Cody	Hayden	27:04	20-24	MEC-1
9	Jerome	Manguba	27:18	20-24	Police

10	Wyatt	Baldwin	28:01	20-24	Police
1	Nickolas	Kosmenko	16:29	25-29	Headingley
2	Tyler	Derksen	17:42	25-29	Headingley
3	Jeff	Van Rosmalen	19:08	25-29	Apr Series
4	Martin	Trendota	19:29	25-29	MEC-2
5	Neff	Guiao	20:40	25-29	MEC-1
6	Greg	Wernham	20:57	25-29	Apr Series
7	Abe	Dueck	20:59	25-29	MEC-2
8	Benjamin	Reiter	21:03	25-29	Apr Series
9	Joshua	Beaupre	21:32	25-29	MEC-1
10	Tristan	Sampson	21:56	25-29	MEC-1
1	Andrew	Pickerl	18:42	30-34	Apr Series 3
2	Zach	Peters	19:36	30-34	MEC-1
3	Thomas	Holmes	19:40	30-34	Headingley
4	Shayne	Holden	20:06	30-34	RCAF
5	Richard	Toews	20:18	30-34	MEC-1
6	Jon	Belanger	20:32	30-34	Burn Fund
7	Daryl	Croft	20:40	30-34	Burn Fund
8	Garry	Nix	20:58	30-34	Headingley
9	Scott	Dennis	21:01	30-34	MEC-2
10	Albert	Dueck	21:10	30-34	MEC-2
1	Thomas	Urish	18:38	35-39	Headingley
2	Vakhid	Nshanov	21:08	35-39	RCAF
3	Kenny	Keating	21:15	35-39	RCAF
4	Ergash	Nshanov	21:38	35-39	RCAF
5	Mark	Gojkovic	21:49	35-39	ESP
6	Joe	Kerlow	22:00	35-39	RCAF
7	Owen	Van Wallegghem	22:08	35-39	Apr Series
8	Sean	Williams	22:27	35-39	MEC-2
9	Ryan	Awang	22:28	35-39	MEC-1
10	Thomas	Reimer	22:44	35-39	MEC-2
1	Blaine	McFarlane	19:21	40-44	Police
2	Shannon	Dueck	19:35	40-44	Police
3	Chris	Kozakowski	19:38	40-44	MEC-2
4	Craig	Erb	20:51	40-44	Headingley
5	Adam	Parkinson	22:02	40-44	Headingley
6	Andrew	Stuart-Edwards	22:14	40-44	Apr Series
7	Cameron	Funk	22:36	40-44	Headingley
8	Michael	Thompson	22:46	40-44	ESP
9	Mike	Choiselat	23:23	40-44	ESP
10	Jack	Bell	23:32	40-44	Headingley

1	Darren	Klassen	17:19	45-49	Apr Series
2	Darcey	Harder	18:36	45-49	Headingley
3	Dan	McCaughan	20:10	45-49	ESP
4	Daniel	Galli	20:43	45-49	Headingley
5	Grant	McMillan	21:13	45-49	Police
6	Gilles	Constant	21:18	45-49	RCAF
7	Glen	Persaud	22:57	45-49	RCAF
8	Bryan	Ezako	23:12	45-49	ESP
9	Andrew	Swan	23:50	45-49	Headingley
10	Kevin	Wolk	24:02	45-49	Apr Series

1	Marc	Fournier	19:09	50-54	Police
2	Dennis	Cunningham	19:54	50-54	Headingley
3	Don	Bevington	20:40	50-54	ESP
4	Chris	Dick	21:08	50-54	Headingley
5	Troy	Mawle	21:24	50-54	ESP
6	Terry	Ettawacappo	21:49	50-54	Police
7	Tim	Magas	22:10	50-54	ESP
8	Pascal	Gariepy	22:38	50-54	RCAF
9	Gerald	Mclvor	22:45	50-54	Headingley
10	Emile	Morrisette	22:13	50-54	ESP

1	Bruce	Young	19:49	55-59	ESP
2	Alan	Hopkins	20:35	55-59	Headingley
3	Martin	Krowina	20:48	55-59	Apr Series
4	Bob	Cox	20:52	55-59	ESP
5	Gordon	Flett	21:18	55-59	ESP
6	Martial	Hebert	21:34	55-59	Apr Series
7	Aime	Lafreniere	22:41	55-59	RCAF
8	George	Stewart	22:55	55-59	Headingley
9	Rainer	Wosnitza	22:57	55-59	Headingley
10	Jean-Pierre	Grolet	23:05	55-59	ESP

1	Karl	Sproll	19:38	60-64	ESP
2	Neil	Ferguson	21:08	60-64	Apr Series
3	Pete	Gagne	22:23	60-64	Headingley
4	David	Lawler	23:10	60-64	Headingley
5	Bruce	Bain	23:38	60-64	Headingley
6	Kevin	Edwards	24:11	60-64	Headingley
7	Randal	Bodner	27:20	60-64	Headingley
8	Bruce	Kucey	27:47	60-64	MEC-1
9	Mike	Malyk	28:00	60-64	MEC-1
10	Jeffrey	Harris	28:26	60-64	Apr Series

1	Dennis	Lang	19:57	65-69	ESP
2	Richard	Chipman	24:17	65-69	Police
3	Vern	Bird	29:27	65-69	Headingley
4	Barry	Atkinson	29:59	65-69	ESP
5	Normand	Baumler	30:20	65-69	MEC-2
6	Grant	Tarr	32:08	65-69	Police
7	Ram	Munikar	33:20	65-69	Police
8	George	Koch	33:28	65-69	ESP
9	Lyle	Gallant	33:39	65-69	Burn Fund
10	Julian	Bernas	33:52	65-69	Police
1	Leon	Clegg	21:36	70-74	ESP
2	Colin	Reed	26:07	70-74	Headingley
3	Matthew	Hawker	28:51	70-74	RCAF
4	Jeff	Vince	29:41	70-74	ESP
5	Raphael J	Martin	34:17	70-74	RCAF
6	Ray	Hutton	40:13	70-74	Headingley
7	Mike	Irving	44:40	70-74	RCAF
8	Joseph	Korponay	52:26	70-74	RCAF
1	Jim	Anderson	33:59	75-79	Headingley
2	Lorne	Stark	58:56	75-79	Police
3	Robert	Paulet	1:11:45	75-79	Police
1	Jack	Dubnicoff	41:28	80-84	Headingley