

### 10 Km Men

1	Zimraan	Ahmad	1:10:48	5-9	MEC-5
1	Sylvain	Carriere	39:58	10-14	Ted's Run
2	Tomas	Zaburdyayev	41:55	10-14	RCAF
3	Chase	Bueckert	44:52	10-14	ESP
4	Tanner	Sanders	46:00	10-14	10+10
5	Nik	Zaburdyayev	46:57	10-14	RCAF
6	Mekhi	Gunter	47:02	10-14	Physio
7	Bohdan	Rotoff	48:43	10-14	Physio
8	Benjamin	Gigolyk	49:22	10-14	ESP
9	Zack	Meadows	53:31	10-14	ESP
10	Michah	Arpin-Ricci	54:55	10-14	Physio
1	Sebastian	Klassen	40:07	15-19	Mb
2	Cole	Buxton	40:33	15-19	Mb
3	Jemreal	Alcaraz	40:56	15-19	WFPS
4	Mattias	Klassen	42:04	15-19	Mb
5	Jase	Herie	42:25	15-19	Mb
6	Kale	Grehan	43:17	15-19	Mb
7	Jordan	Wong	43:53	15-19	Mb
8	Michael	Ladell	44:24	15-19	Mb
9	Graeme	Taylor	44:44	15-19	Mb
10	Luke	Janus	44:52	15-19	Mb
10	Owen	Lourenco	44:52	15-19	Mb
1	Andy	Hein	34:35	20-24	Mb
2	Sebastian	Klassen	38:53	20-24	WFPS
3	Kyle	McCoy	40:27	20-24	10+10
4	Zach	Long	42:13	20-24	MEC-4
5	Blayne	Berard	44:23	20-24	MEC-4
6	Dominik	Klassen	45:31	20-24	WFPS
7	Ariel	Lisogorsky	45:34	20-24	MEC-2
8	Patrick	D'Amico	45:44	20-24	Mb
9	Jonathan	Froese	46:01	20-24	MEC-5
10	Charles	Kimball	46:12	20-24	MEC-1
1	Mikhail	Gerylo	34:25	25-29	Lindenwoods
2	David	Snider	35:48	25-29	MEC-1
3	Alexandre	Palardy	36:15	25-29	MEC-2
4	Elliott	Cooke	36:20	25-29	Physio
5	Steffan	Reimer	36:26	25-29	MEC-1
6	Tyler	Derksen	36:26	25-29	Physio

7	Jeff	Van Rosemalen	38:38	25-29	MEC-1
8	Brady	Hillis	39:26	25-29	MEC-1
9	Corey	Lee	40:00	25-29	Lindenwoods
10	Jonas	Eastcott	40:53	25-29	Burn Fund

1	Paul	Carr	34:16	30-34	Ted's Run
2	Corey	Gallagher	34:18	30-34	Physio
3	Adam	Penner	34:38	30-34	Ted's Run
4	Graeme	Young	37:49	30-34	MEC-4
5	Jean-Charles	Brau	38:58	30-34	RCAF
6	Thomas	Holmes	39:12	30-34	MEC-4
7	Lee	Siemens	39:45	30-34	Burn Fund
8	Richard	Toews	39:53	30-34	MEC-4
9	Zach	Peters	39:53	30-34	MEC-4
10	Hyojin	Lee	40:28	30-34	MEC-5

1	Adam	Aleshka	37:53	35-39	MEC-5
2	Dwayne	Grantham	39:17	35-39	Apr Series
3	Thomas	Urish	39:59	35-39	Burn Fund
4	David	McDermott	40:54	35-39	MEC-5
5	Mike	Booth	41:50	35-39	Apr Series
6	Paul	Allan	42:36	35-39	RCAF
7	Anthony	Densmore	42:52	35-39	MEC-5
8	Denni	Neufeld	43:15	35-39	Mb
9	Jonathan	Claassen	44:36	35-39	WFPS
10	Cam	Taylor	44:54	35-39	Mb

1	Jonathan	McGavock	39:39	40-44	Diabetes
2	Allen	Gilleshammer	41:57	40-44	MEC-1
3	Bruce	Kent	42:10	40-44	WFPS
4	Craig	Erb	42:18	40-44	Ted's Run
5	Gilles	Szikora	42:22	40-44	RCAF
6	Scott	Hartnell	43:52	40-44	MEC-2
7	Luigi	Occhino	44:43	40-44	Mb
8	Joe	Chammortin	44:54	40-44	MEC-4
9	Romel	Marquez	46:50	40-44	MEC-5
10	John	Grivell	46:53	40-44	RCAF

1	Darren	Klassen	35:16	45-49	Apr Series
2	Christopher	Frank	37:19	45-49	Apr Series
3	Darcey	Harder	38:22	45-49	MEC-5
4	Chris	Breneman	39:52	45-49	WFPS
5	Mario	Fonseca	41:20	45-49	Diabetes
6	Dan	McCaughan	41:57	45-49	Lindenwoods
7	Jonathan	Claussen	43:38	45-49	Diabetes

8	Keith	Dort	43:39	45-49	RCAF
9	Eric	Kenny	44:14	45-49	RCAF
10	Chris	Hewitt	44:41	45-49	Lindenwoods
1	Don	Bevington	41:50	50-54	Ted's Run
2	Grant	Johnston	42:53	50-54	Physio
3	Gerald	Mclvor	43:14	50-54	WFPS
4	Chris	Dick	43:46	50-54	Ted's Run
5	Andrew	Loughead	43:48	50-54	MEC-4
6	Dennis	Cunningham	44:01	50-54	10+10
7	Andrew	Bommersbach	44:18	50-54	WFPS
8	Troy	Mawle	44:57	50-54	Ted's Run
9	Gary	Tydings	45:08	50-54	Lindenwoods
10	Alex	Anis	45:15	50-54	MEC-4
1	Bruce	Young	41:39	55-59	Lindenwoods
2	Bob	Cox	42:07	55-59	Lindenwoods
3	Martin	Krowina	42:44	55-59	Apr Series
4	Arthur	Harris	42:52	55-59	Lindenwoods
5	Martial	Hebert	43:53	55-59	MEC-2
6	Scott	Hartnell	44:50	55-59	MEC-5
7	David	Hooper	44:56	55-59	Diabetes
8	Gordon	Flett	44:57	55-59	Lindenwoods
9	Edward	Willmott	46:20	55-59	Burn Fund
10	Michael	McGovern	46:39	55-59	Apr Series
10	Khalid	Ahmad	46:39	55-59	Burn Fund
1	Neil	Ferguson	45:09	60-64	Ted's Run
2	Erich	Klassen	46:13	60-64	10+10
3	Pete	Gagne	47:45	60-64	Apr Series
4	Kevin	Miller	47:52	60-64	MEC-2
5	David	Lawler	49:32	60-64	Apr Series
6	Bruce	Bain	51:03	60-64	Burn Fund
7	Rick	Lecuyer	51:04	60-64	Physio
8	Brian	Ross	51:45	60-64	Lindenwoods
9	Dave	Reede	51:50	60-64	RCAF
10	Paul	Brandt	53:37	60-64	Lindenwoods
1	Dennis	Lang	40:39	65-69	10+10
2	Sheldon	Reynolds	45:13	65-69	WFPS
3	Glenn	Campbell	50:34	65-69	MEC-1
4	Michael	Gwynne	53:04	65-69	Lindenwoods
5	Scott	McChesney	54:24	65-69	Burn Fund
6	Robert	Elgar	55:02	65-69	Physio
7	Don	Webb	57:00	65-69	MEC-4

8	James	Carson	1:01:05	65-69	Lindenwoods
9	Vern	Bird	1:01:46	65-69	Physio
10	John	Perry	1:01:53	65-69	WFPS
1	Leon	Clegg	45:40	70-74	Lindenwoods
2	George	Roy	54:30	70-74	MEC-4
3	Dave	Densmore	54:35	70-74	Physio
4	Colin	Reed	54:39	70-74	Physio
5	Jeff	Vince	57:24	70-74	Physio
6	Barry	Atkinson	59:22	70-74	10+10
7	Murray	Cameron	1:21:03	70-74	Mb
8	John	Zacharias	1:27:13	70-74	WFPS
9	John	Murphy	1:28:15	70-74	Mb
10	Bernie	Moore	1:28:45	70-74	Mb
1	Jim	Anderson	1:10:42	75-79	Apr Series
2	Lucien	Debreuil	1:12:21	75-79	MEC-1
3	Ray	Harris	1:13:21	75-79	Physio
4	Jim	Magnan	1:19:02	75-79	Mb
5	Albert	Hochbaum	1:44:13	75-79	Mb
1	Barry	Abbott	1:13:31	80-83	WFPS
2	Jack	Dubnicoff	1:31:02	80-84	Ted's Run