

### 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	26:14	5-9	MEC-5
5	Chase	Sommerfield	29:54	5-9	MEC-2
6	Seth	Klassen	30:20	5-9	Ted's Run
7	Zander	Jones	32:54	5-9	Headingley
8	Colin	Hurton	33:24	5-9	MEC-2
9	Joud	Hawash	33:28	5-9	Run-Cause
10	Zachary	Dlot	33:38	5-9	MEC-4
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	Kingston	St Mars	22:31	10-14	Ted's Run
1	Unai	Apraiz	18:05	15-19	Apr Series 3
2	Amer	Faysal	20:13	15-19	Ted's Run
3	Max	Speiser	20:39	15-19	MEC-2
4	Jesse	Dudych	21:04	15-19	Headingley
5	Jonah	Dueck	21:07	15-19	MEC-4
6	Jude	Dimond-Bauer	23:15	15-19	Ted's Run
7	Matthew	Beckel	23:34	15-19	Run-Cause
8	Patrick	Wiens	24:21	15-19	RCAF
9	Luke	McMillan	24:25	15-19	Police
10	Estuardo	Escobar	24:48	15-19	MEC-1
1	Gamal	Hussein	20:42	20-24	Ted's Run
2	Jose	Neves	21:23	20-24	MEC-2
3	Sean	Scammell	21:37	20-24	Run-Cause
4	Eugene	Kwak	21:49	20-24	MEC-4
5	Xavier	Tous	23:07	20-24	RCAF
6	Amadeus	Lackmanec	23:13	20-24	Run-Cause
7	Ian	Wiens	23:56	20-24	RCAF
8	Chris	Bartolay	24:36	20-24	MEC-5
9	Jeremy	Peabody	24:41	20-24	ESP

10	Tristan	Porteous	25:20	20-24	RCAF
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	Edzard	Guiao	19:15	25-29	MEC-5
5	Jonas	Eastcott	19:28	25-29	MEC-5
6	Martin	Trendota	19:29	25-29	MEC-2
7	Anthony	Del Vecchio	19:50	25-29	MEC-5
8	Tristan	Sampson	20:03	25-29	MEC-5
9	Daniel	Russell	20:22	25-29	Run-Cause
10	Tyler	Gubb	20:38	25-29	MEC-4
1	Kris	Joy	17:38	30-34	MEC-5
2	Andrew	Pickerl	18:42	30-34	Apr Series 3
3	Roney	Tarden	18:50	30-34	MEC-4
4	Richard	Toews	18:56	30-34	MEC-5
5	Zach	Peters	19:36	30-34	MEC-1
6	Thomas	Holmes	19:40	30-34	Headingley
7	Shayne	Holden	20:06	30-34	RCAF
8	Jon	Belanger	20:32	30-34	Burn Fund
9	Daryl	Croft	20:40	30-34	Burn Fund
10	Brent	Manke	20:53	30-34	MEC-5
1	Jason	Bruce	18:04	35-39	Run-Cause
2	Thomas	Urish	18:38	35-39	Headingley
3	Chris	Buzunis	20:41	35-39	MEC-4
4	Sean	Williams	20:48	35-39	MEC-5
5	Vakhid	Nshanov	21:08	35-39	RCAF
6	Kenny	Keating	21:15	35-39	RCAF
7	Ergash	Nshanov	21:38	35-39	RCAF
8	Mark	Gojkovic	21:49	35-39	ESP
9	Joe	Kerlow	22:00	35-39	RCAF
10	Owen	Van Wallegem	22:08	35-39	Apr Series
1	Blaine	McFarlane	19:21	40-44	Police
2	Josh	Dyck	19:31	40-44	Run-Cause
3	Shannon	Dueck	19:35	40-44	Police
4	Chris	Kozakowski	19:38	40-44	MEC-2
5	Craig	Erb	20:51	40-44	Headingley
6	Adam	Parkinson	22:02	40-44	Headingley
7	Andrew	Stuart-Edwards	22:14	40-44	Apr Series
8	Cameron	Funk	22:36	40-44	Headingley
9	Michael	Thompson	22:43	40-44	Run-Cause
10	Mike	Choiselat	23:23	40-44	ESP

1	Darren	Klassen	17:19	45-49	Apr Series
2	Darcey	Harder	18:36	45-49	Headingley
3	Mario	Fonseca	18:58	45-49	Run-Cause
4	Dan	McCaughan	20:10	45-49	ESP
5	Daniel	Galli	20:43	45-49	Headingley
6	Grant	McMillan	21:13	45-49	Police
7	Gilles	Constant	21:18	45-49	RCAF
8	Glen	Persaud	22:57	45-49	RCAF
9	Jason	Ludke	23:04	45-49	Run-Cause
10	Bryan	Ezako	23:12	45-49	ESP

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	Alex	Anis	21:44	50-54	MEC-5
7	Terry	Ettawacappo	21:49	50-54	Police
8	Tim	Magas	22:10	50-54	ESP
9	Emile	Morrisette	22:13	50-54	ESP
10	Pascal	Gariepy	22:38	50-54	RCAF

1	Bruce	Young	19:49	55-59	ESP
2	Alan	Hopkins	20:35	55-59	Headingley
3	Bob	Cox	20:42	55-59	MEC-5
4	Martin	Krowina	20:48	55-59	Apr Series
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	Jean-Pierre	Grolet	22:41	55-59	RCAF
9	George	Stewart	22:55	55-59	Headingley
10	Rainer	Wosnitza	22:57	55-59	Headingley

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	Bryan	Schwartz	27:59	60-64	Run-Cause
10	Mike	Malyk	28:00	60-64	MEC-1

1	Dennis	Lang	19:57	65-69	ESP
2	Sheldon	Reynolds	22:14	65-69	Run-Cause
3	Richard	Chipman	24:17	65-69	Police
4	Roland	Marion	26:57	65-69	Run-Cause
5	Vern	Bird	29:27	65-69	Headingley
6	Barry	Atkinson	29:59	65-69	ESP
7	Normand	Baumler	30:20	65-69	MEC-2
8	Grant	Tarr	32:08	65-69	Police
9	George	Koch	33:12	65-69	Run-Cause
10	Ram	Munikar	33:20	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	Barry	Atkinson	29:57	70-74	MEC-5
6	Raphael J	Martin	34:17	70-74	RCAF
7	Ray	Hutton	40:13	70-74	Headingley
8	Mike	Irving	44:40	70-74	RCAF
9	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	40:56	80-84	Run-Cause