

### 10 Km Men 2007-2018

1	Brian	Walker	30:54	25-29	Nationals	2008
2	Abduselam	Yussuf	31:41	20-24	Windburn-2	2015
3	Corey	Gallagher	32:22	25-29	10+10	2013
4	Brendan	Gemmell	32:25	20-24	Nationals	2014
5	Jeremy	Walker	32:42	25-29	Puma	2009
6	Desire	Budigoma	32:47	15-19	Puma	2007
7	Calvary	De Jong	32:47	20-24	Puma	2012
8	Darcy	Ready	32:55	40-44	Puma	2007
9	Sheldon	Kilkullen	32:57	25-29	Physio	2014
10	Darren	Klassen	33:06	40-44	Puma	2010
11	Timothy	Miller	33:10	20-24	Windburn-2	2015
12	Paul	Carr	33:11	20-24	Puma	2009
13	Brad	Keefe	33:11	30-34	Puma	2012
14	Mike	Booth	33:12	30-34	Physio	2010
15	Christian	Marmen	33:20	30-34	Tracks	2008
16	Eric	Tranquada	33:28	25-29	Puma	2009
17	Colin	Barnett	33:28	20-24	Lindenwoods	2012
18	Mitchell	Mann	33:39	20-24	Puma	2012
19	Nicholas	Kosmenko	33:43	20-24	Pure Life	2014
20	Dane	Samuel	33:46	40-44	Puma	2009
21	Les	Friesen	34:15	30-34	Steinbach	2016
22	Chris	Belof	34:16	30-34	Physio	2013
23	Greg	Penner	34:19	30-34	Empower	2010
24	Mikhail	Gerylo	34:25	25-29	Lindenwoods	2018
25	Steven	Graupner	34:26	20-24	MEC-Oct	2012
26	Colin	Shepherd	34:28	20-24	Puma	2009
27	Robert	Beinke	34:35	40-44	Empower	2013
28	Andy	Hein	34:35	20-24	Mb	2018
29	Adam	Penner	34:38	30-34	Ted's Run	2018
30	Justin	Kirouac	34:39	25-29	Physio	2013
31	Jaime	Falk	34:40	35-39	Run for Mom	2013
32	Patrick	Peacock	34:46	30-34	Puma	2007
33	Thomas	Miller	35:04	20-24	Empower	2013
34	Sam	Zhou	35:06	35-39	Puma	2007
35	Dale	Kirk	35:06	40-44	Empower	2010
36	Daniel	Heschuk	35:10	15-19	Neepawa	2013
37	Caleb	De Jong	35:10	15-19	Pure Life	2014
38	Tyler	Derksen	35:10	20-24	Windburn-2	2015
39	Delhonnice	Nicol-Samuel	35:22	15-19	Keeper	2008
40	Clyde	Van Caeyzeele	35:23	50-54	Empower	2010
41	Alan	Hopkins	35:27	40-44	Puma	2007

42	Jacques	Marcoux	35:27	25-29	Puma	2010
43	Brandon	Pinsent-Oxley	35:29	30-34	Lindenwoods	2017
44	Marc	Nicolas	35:30	15-19	Pure Life	2013
45	David	Snider	35:30	25-29	Lindenwoods	2014
46	Davit	Kidane	35:32	35-39	Lindenwoods	2016
47	Jeff	McMillan	35:43	35-39	Empower	2011
48	Joel	Laurier	35:48	25-29	WFPS	2014
49	Jeff	Sacco	35:49	25-29	April Series	2017
50	Steffan	Reimer	35:54	25-29	Steinbach	2016
1	Chris	Whicher	36:55	1-14	Lindenwoods	2015
2	Sylvain	Carriere	38:14	1-14	Ted's Run	2017
3	Carson	Cortvriendt	38:32	1-14	Physio	2015
4	Hunter	Lewis	39:40	1-14	Physio	2014
5	Kris	Concalves	39:46	1-14	Physio	2012
6	Shane	Dillon	40:34	1-14	Lindenwoods	2009
7	Easton	Demeyer	40:34	1-14	MEC-4	2013
8	Levi	Neufeld	40:44	1-14	Physio	2008
9	Ben	Paterson	40:50	1-14	Physio	2008
10	Justin	Chutskoff	40:57	1-14	Physio	2016
1	Desire	Budigoma	32:47	15-19	Puma	2007
2	Daniel	Heschuk	35:10	15-19	Neepawa	2013
3	Caleb	De Jong	35:10	15-19	Pure Life	2014
4	Delhonnice	Nicol-Samuel	35:22	15-19	Keeper	2008
5	Marc	Nicolas	35:30	15-19	Pure Life	2013
6	Bjorn	Kristianson	35:59	15-19	Physio	2010
7	Jay	Ort	36:10	15-19	Pure Life	2013
8	Eric	Thacher	36:14	15-19	Lindenwoods	2009
9	Joel	Laurier	36:21	15-19	Tracks	2007
10	Arthur	Buchanan	36:40	15-19	Tracks	2008
10	Kyle	McCoy	36:40	15-19	10+10	2012
1	Abduselam	Yussuf	31:41	20-24	Windburn-2	2015
2	Brian	Walker	32:15	20-24	Physio	2007
3	Brendan	Gemmell	32:25	20-24	Nationals	2014
4	Jeremy	Walker	32:45	20-24	Physio	2007
5	Calvary	De Jong	32:51	20-24	Puma	2009
6	Corey	Gallagher	32:59	20-24	Puma	2011
7	Paul	Carr	33:11	20-24	Puma	2009
8	Colin	Barnett	33:28	20-24	Lindenwoods	2012
9	Mitchell	Mann	33:39	20-24	Puma	2012
10	Nicholas	Kosmenko	33:43	20-24	Pure Life	2014
1	Brian	Walker	30:54	25-29	Nationals	2008

2	Corey	Gallagher	32:22	25-29	10+10	2013
3	Jeremy	Walker	32:42	25-29	Puma	2009
4	Calvary	De Jong	32:47	25-29	Puma	2012
5	Sheldon	Killkullen	33:25	25-29	Lindenwoods	2013
6	Eric	Tranquada	33:28	25-29	Puma	2009
7	Brad	Keefe	33:35	25-29	Empower	2010
8	Mike	Booth	33:42	25-29	Lindenwoods	2009
9	Mikhail	Gerylo	34:25	25-29	Lindenwoods	2018
10	Paul	Carr	34:27	25-29	HBC	2008

1	Brian	Walker	32:34	30-34	Pure Life	2013
2	Bradley	Keefe	33:11	30-34	Puma	2012
3	Mike	Booth	33:12	30-34	Physio	2010
4	Christian	Marman	33:20	30-34	Tracks	2008
5	Sheldon	Kilkullen	33:28	30-34	Windburn-2	2015
6	Jeremy	Walker	33:32	30-34	Empower	2013
7	Les	Friesen	34:15	30-34	Steinbach	2016
8	Chris	Belof	34:16	30-34	Physio	2013
9	Paul	Carr	34:16	30-34	Ted's Run	2018
10	Corey	Gallagher	34:18	30-34	Physio	2018

1	Darren	Klassen	33:36	35-39	Tracks	2008
2	Jaime	Falk	34:40	35-39	Run for Mom	2013
3	Bradley	Keefe	34:46	35-39	Lindenwoods	2016
4	Sam	Zhou	35:06	35-39	Puma	2007
5	Greg	Penner	35:16	35-39	April Run	2016
6	Davit	Kidane	35:32	35-39	Lindenwoods	2016
7	Jeff	McMillan	35:43	35-39	Empower	2011
8	Stephen	Tapajna	36:35	35-39	Diabetes	2010
9	Jared	Slobozian	36:38	35-39	WFPS	2016
10	Michael	Terepa	36:39	35-39	Tracks	2008

1	Darcy	Ready	32:55	40-44	Puma	2007
2	Darren	Klassen	33:06	40-44	Puma	2010
3	Dane	Samuel	33:46	40-44	Puma	2009
4	Robert	Beinke	34:35	40-44	Empower	2013
5	Dale	Kirk	35:06	40-44	Empower	2010
6	Alan	Hopkins	35:27	40-44	Puma	2007
7	Jamie	Falk	35:28	40-44	Steinbach	2016
8	Patrick	Peacock	36:15	40-44	Pure Life	2013
9	Matthew	Seftel	36:26	40-44	Diabetes	2010
10	Corey	Laberge	36:58	40-44	Physio	2011

1	Darcy	Ready	33:12	45-49	Nationals	2008
2	Darren	Klassen	33:38	45-49	Physio	2014

3	Robert	Beinke	35:47	45-49	Physio	2015
4	Rauno	Ruus	36:05	45-49	Champ	2009
5	Keith	Bilous	36:54	45-49	Puma	2007
6	Rick	Preston	37:01	45-49	Physio	2007
7	Dimitry	Melman	37:13	45-49	Champ	2009
8	Chris	Frank	37:19	45-49	Apr Series	2018
9	Alan	Hopkins	37:30	45-49	Champ	2009
10	Greg	Athayde	37:49	45-49	Physio	2008
10	Daryl	Somers	37:49	45-49	Tracks	2008

1	Clyde	Van Caeyzeele	35:23	50-54	Empower	2010
2	Murray	Rose	38:47	50-54	Puma	2009
3	Scott	Gibbons	38:47	50-54	RCAF	2016
4	Alan	Hopkins	38:54	50-54	Empower	2013
5	Grant	Hughes	39:00	50-54	MEC-1	2016
6	Keith	Bilous	39:02	50-64	10+10	2012
7	Rick	Lecuyer	39:43	50-54	Physio	2011
8	Bruce	Young	39:44	50-54	Empower	2013
9	David	Ranta	39:57	50-54	Empower	2011
10	Sean	Boyle	39:57	50-54	RCAF	2017

1	Dennis	Lang	36:31	55-59	Empower	2010
2	Bruce	Young	40:35	55-59	Physio	2014
3	Sheldon	Reynolds	41:07	55-59	Champ	2009
4	Bob	Cox	41:07	55-59	MEC-5	2016
5	Ken	Friesen	41:41	55-59	Empower	2012
6	Neil	Ferguson	41:54	55-59	Lindenwoods	2013
7	Martial	Hebert	41:58	55-59	Physio	2015
8	Rick	Lecuyer	42:31	55-59	Physio	2014
9	Martin	Krowina	42:44	55-59	Apr Series	2018
10	Arthur	Harris	42:46	55-59	Lindenwoods	2016

1	Dennis	Lang	38:05	60-64	Empower	2012
2	Leon	Clegg	39:11	60-64	Tracks	2008
3	Karl	Sproll	40:52	60-64	Lindenwoods	2014
4	George	Roy	41:32	60-64	HBC	2008
5	Sheldon	Reynolds	43:16	60-64	Empower	2013
6	Alvin	Ranger	43:43	60-64	Com-Fit	2008
7	Brent	Willows	43:48	60-64	Diabetes	2017
8	Larry	Konotopetz	43:57	60-64	Empower	2013
9	Ken	Friesen	43:57	60-64	Physio	2017
10	Alphonse	Bernard	44:25	60-64	Physio	2014

1	Dennis	Lang	40:24	65-69	Empower	2016
2	Grant	Towns	40:36	65-69	Empower	2013

3	Leon	Clegg	41:25	65-69	10+10	2012
4	Jim	Cooke	42:16	65-69	Tracks	2008
5	Sheldon	Reynolds	45:13	65-69	WFPS	2018
6	Alphonse	Bernard	45:17	65-69	Ted's Run	2015
7	John	Nelson	45:38	65-69	Empower	2011
8	Larry	Konotopetz	45:41	65-69	Physio	2014
9	Sean	Drain	47:37	65-69	G Beach	2008
10	Michel	McDonald	47:56	65-69	10+10	2013
1	Ed	Klassen	43:20	70-74	Puma	2007
2	Grant	Towns	43:41	70-74	Ted's Run	2017
3	Leon	Clegg	44:15	70-74	Com-Fit	2017
4	Jim	Cooke	44:58	70-74	Physio	2012
5	Sean	Drain	49:06	70-74	G Beach	2014
6	Eric	Ellis	50:06	70-74	MEC-5	2017
7	Colin	Reed	52:12	70-74	Physio	2015
8	Al	Matheson	52:30	70-74	Tracks	2008
9	Jim	Anderson	53:12	70-74	Physio	2009
10	Harold	Bagan	53:15	70-74	Com-Fit	2015
1	Ed	Klassen	45:59	75-79	Physio	2011
2	Sean	Drain	50:22	75-79	Physio	2017
3	Jason	Guy	55:35	75-79	Physio	2008
4	James	King	57:35	75-79	Empower	2013
5	Jim	Anderson	59:04	75-79	Physio	2014
6	George	Chapman	59:10	75-79	Physio	2007
7	Ray	Garrity	59:46	75-79	10+10	2010
8	Frank	Derksen	1:02:07	75-79	HBC	2008
9	Barry	Abbott	1:04:10	75-79	10+10	2013
10	Jack	Dubnicoff	1:07:15	75-79	Physio	2017
1	Barry	Abbott	1:11:09	80-84	Mb	2017
2	Vince	Marinelli	1:23:21	80-84	Diabetes	2010
3	Bruce	Beatson	1:23:45	80-84	Physio	2008
4	Jack	Dubnicoff	1:31:02	80-84	Ted's Run	2018