

### 5 Km Men 2007-2023

|    |           |               |       |       |             |      |
|----|-----------|---------------|-------|-------|-------------|------|
| 1  | Sam       | Vincent       | 14:36 | 30-34 | Kleefeld    | 2023 |
| 2  | Simon     | Berube        | 15:00 | 25-29 | Riddell-3   | 2023 |
| 3  | Daniel    | Heschuk       | 15:08 | 25-29 | Riddell-3   | 2023 |
| 4  | Abduselam | Yussuf        | 15:23 | 20-24 | Windburn    | 2015 |
| 5  | Jeremy    | Walker        | 15:24 | 20-24 | Puma        | 2007 |
| 6  | Brian     | Walker        | 15:25 | 25-29 | Puma        | 2010 |
| 7  | Mike      | Wood          | 15:26 | 20-24 | Riddell-3   | 2023 |
| 8  | Justin    | Kroeker       | 15:33 | 20-24 | Riddell-3   | 2023 |
| 9  | Matt      | Van Schepdael | 15:40 | 25-29 | Riddell-3   | 2023 |
| 10 | Brendan   | Gemmell       | 15:54 | 20-24 | Headingley  | 2013 |
| 11 | Calvary   | De Jong       | 15:55 | 20-24 | Puma        | 2010 |
| 12 | Brad      | Keefe         | 15:57 | 25-29 | Puma        | 2008 |
| 13 | Darren    | Klassen       | 15:58 | 40-44 | Puma        | 2010 |
| 14 | Alastair  | Brown         | 15:59 | 15-19 | Puma-3      | 2010 |
| 15 | Christian | Marmen        | 16:00 | 30-34 | Puma        | 2008 |
| 16 | Darcy     | Ready         | 16:03 | 40-44 | Puma        | 2007 |
| 17 | Jay       | Ort           | 16:04 | 15-19 | Pure Life-3 | 2014 |
| 18 | Calvin    | Reimer        | 16:05 | 20-24 | Riddell-3   | 2023 |
| 19 | Thomas    | Miller        | 16:06 | 15-19 | Puma-3      | 2010 |
| 20 | Blair     | Peters        | 16:08 | 15-19 | Puma        | 2007 |
| 21 | Patrice   | Lecercq       | 16:11 | 20-24 | Puma        | 2008 |
| 22 | Ignacio   | Fontes        | 16:11 | 15-19 | MEC-5       | 2014 |
| 23 | Steffan   | Reimer        | 16:14 | 30-34 | Kleefeld    | 2021 |
| 24 | Desire    | Budigoma      | 16:15 | 15-19 | Puma        | 2008 |
| 25 | Joel      | Laurier       | 16:17 | 15-19 | Puma        | 2008 |
| 26 | Corey     | Gallagher     | 16:17 | 20-24 | Puma        | 2011 |
| 27 | Jason     | Redpath       | 16:20 | 15-19 | Puma        | 2008 |
| 28 | Colin     | Barnett       | 16:22 | 15-19 | Puma        | 2008 |
| 29 | Steven    | Graupner      | 16:25 | 20-24 | Puma        | 2012 |
| 30 | Tyler     | Mislawchuk    | 16:26 | 15-19 | Puma-2      | 2010 |
| 31 | Nickolas  | Kosmenko      | 16:26 | 25-29 | April Run   | 2016 |
| 32 | Caleb     | De Jong       | 16:28 | 15-19 | Pure Life   | 2014 |
| 33 | Greg      | Penner        | 16:30 | 30-34 | Puma        | 2008 |
| 34 | Paul      | Carr          | 16:30 | 20-24 | Puma        | 2009 |
| 35 | David     | Snider        | 16:35 | 30-34 | Prediction  | 2023 |
| 36 | Ben       | Paterson      | 16:37 | 20-24 | Pure Life   | 2014 |
| 37 | Elliot    | Cooke         | 16:40 | 20-24 | Puma-2      | 2011 |
| 38 | Tyler     | Derksen       | 16:42 | 20-24 | Windburn    | 2015 |
| 39 | Adam      | Naylor        | 16:42 | 15-19 | April Run-3 | 2016 |
| 40 | Les       | Friesen       | 16:43 | 40-44 | Kleefeld    | 2021 |
| 41 | Charles   | Brault        | 16:46 | 15-19 | Puma-3      | 2010 |

|    |         |            |       |       |             |      |
|----|---------|------------|-------|-------|-------------|------|
| 42 | Conrad  | Drover     | 16:47 | 25-29 | MEC-1       | 2019 |
| 43 | Benji   | Dueck      | 16:47 | 15-19 | Kleefeld    | 2021 |
| 44 | Eric    | Tranquada  | 16:48 | 25-29 | Puma        | 2009 |
| 45 | Adam    | Czuchmicki | 16:54 | 20-24 | Puma-2      | 2011 |
| 46 | Mikhail | Gerylo     | 16:54 | 30-34 | Riddell-1   | 2023 |
| 47 | Kris    | Shaw       | 16:54 | 35-39 | Gimli       | 2023 |
| 48 | Patrick | Naylor     | 16:55 | 15-19 | Pure Life-3 | 2013 |
| 49 | John    | Coffin     | 16:55 | 40-44 | Kleefeld    | 2023 |
| 50 | Dane    | Samuel     | 16:58 | 40-44 | Puma        | 2007 |
| 50 | Patrick | Peacock    | 16:58 | 30-34 | Puma        | 2007 |
| 50 | Ethan   | Clark      | 16:58 | 15-19 | April Run-2 | 2017 |
| 50 | Alex    | Clemis     | 16:58 | 15-19 | April Run-2 | 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  | Haydn   | Lysiuk       | 18:02 | 1-14 | Apr Series-3   | 2018 |
| 5  | Riley   | McCharles    | 18:05 | 1-14 | Puma-3         | 2008 |
| 6  | Levi    | Neufeld      | 18:07 | 1-14 | Puma-2         | 2009 |
| 7  | Carson  | Cortvriendt  | 18:13 | 1-14 | April Series-3 | 2017 |
| 8  | William | Boyle        | 18:18 | 1-14 | East St Paul   | 2016 |
| 9  | Tom     | Sherwin      | 18:22 | 1-14 | Puma           | 2007 |
| 10 | Sylvain | Carriere     | 18:27 | 1-14 | Police         | 2019 |

|    |          |          |       |       |            |      |
|----|----------|----------|-------|-------|------------|------|
| 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 | Mike      | Wood     | 15:26 | 20-24 | Riddell-3  | 2023 |
| 4 | Brian     | Walker   | 15:27 | 20-24 | Puma       | 2007 |
| 5 | Justin    | Kroecker | 15:33 | 20-24 | Riddell-3  | 2023 |
| 6 | Brendan   | Gemmell  | 15:54 | 20-24 | Headingley | 2013 |
| 7 | Calvary   | De jong  | 15:55 | 20-24 | Puma       | 2010 |
| 8 | Calvin    | Reimer   | 16:05 | 20-24 | Riddell-3  | 2023 |
| 9 | Thomas    | Miller   | 16:08 | 20-24 | Pure-3     | 2014 |

|    |           |               |       |       |                |      |
|----|-----------|---------------|-------|-------|----------------|------|
| 10 | Patrice   | Leclercq      | 16:11 | 20-24 | Puma           | 2008 |
| 1  | Simon     | Berube        | 15:00 | 25-29 | Riddell-3      | 2023 |
| 2  | Daniel    | Heschuk       | 15:08 | 25-29 | Riddell-3      | 2023 |
| 3  | Brian     | Walker        | 15:25 | 25-29 | Puma           | 2010 |
| 4  | Jeremy    | Walker        | 15:31 | 25-29 | Investors      | 2007 |
| 5  | Matt      | Van Schepdael | 15:40 | 25-29 | Riddell-3      | 2023 |
| 6  | Calvary   | De Jong       | 15:55 | 25-29 | Puma           | 2012 |
| 7  | Brad      | Keefe         | 15:57 | 25-29 | Puma           | 2008 |
| 8  | Nicholas  | Kosmenko      | 16:26 | 25-29 | April Run-1    | 2016 |
| 9  | Conrad    | Drover        | 16:47 | 25-29 | MEC-1          | 2019 |
| 10 | Eric      | Tranquada     | 16:48 | 25-29 | Puma           | 2009 |
| 1  | Sam       | Vincent       | 14:36 | 30-34 | Kleefeld       | 2023 |
| 2  | Christian | Marman        | 16:00 | 30-34 | Puma           | 2008 |
| 3  | Brad      | Keefe         | 16:12 | 30-34 | Headingley     | 2011 |
| 4  | Brian     | Walker        | 16:14 | 30-34 | Haiti          | 2014 |
| 5  | Steffan   | Reimer        | 16:14 | 30-34 | Kleefeld       | 2021 |
| 6  | Greg      | Penner        | 16:30 | 30-34 | Puma           | 2008 |
| 7  | David     | Snider        | 16:35 | 30-34 | Prediction     | 2023 |
| 8  | Mikhail   | Gerylo        | 16:53 | 30-34 | Riddell-1      | 2023 |
| 9  | Patrick   | Peacock       | 16:58 | 30-34 | Puma           | 2007 |
| 10 | Colin     | Barnett       | 16:59 | 30-34 | MEC-3          | 2019 |
| 1  | Darren    | Klassen       | 16:06 | 35-39 | Puma           | 2008 |
| 2  | Kris      | Shaw          | 16:54 | 35-39 | Gimli          | 2023 |
| 3  | Jeff      | McMillan      | 17:05 | 35-39 | Headingley     | 2012 |
| 4  | Sam       | Zhou          | 17:15 | 35-39 | Puma           | 2007 |
| 5  | Brad      | Keefe         | 17:18 | 35-39 | April Run-1    | 2016 |
| 6  | Joshua    | Markham       | 17:19 | 35-39 | Riddell-1      | 2023 |
| 7  | Corey     | LaBerge       | 17:44 | 35-39 | Headingley     | 2008 |
| 8  | Michael   | Terepa        | 18:01 | 35-39 | Supeene        | 2009 |
| 9  | Jason     | Bruce         | 18:01 | 35-39 | April Series-1 | 2017 |
| 10 | Ross      | Meacham       | 18:06 | 35-39 | Headingley     | 2011 |
| 1  | Darren    | Klassen       | 15:58 | 40-44 | Puma           | 2010 |
| 2  | Brian     | Walker        | 15:59 | 40-44 | Lindenwoods    | 2023 |
| 3  | Darcy     | Ready         | 16:03 | 40-44 | Puma           | 2007 |
| 4  | Les       | Friesen       | 16:43 | 40-44 | Kleefeld       | 2021 |
| 5  | Greg      | Penner        | 16:51 | 40-44 | Kleefeld       | 2021 |
| 6  | John      | Coffin        | 16:55 | 40-44 | Kleefeld       | 2023 |
| 7  | Dane      | Samuel        | 16:58 | 40-44 | Puma           | 2007 |
| 8  | Jeff      | McMillan      | 17:00 | 40-44 | Headingley     | 2013 |
| 9  | Robert    | Beinke        | 17:38 | 40-44 | Pure Life      | 2013 |
| 10 | Patrick   | Peacock       | 17:43 | 40-44 | Pure Life      | 2013 |

|    |         |         |       |       |                |      |
|----|---------|---------|-------|-------|----------------|------|
| 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  | Gordon  | Funk    | 17:59 | 45-49 | Kleefeld       | 2021 |
| 8  | Daryl   | Somers  | 18:15 | 45-49 | Investors      | 2007 |
| 9  | Murray  | Rose    | 18:17 | 45-49 | Headingley     | 2007 |
| 10 | Jon     | Hunt    | 18:32 | 45-49 | Headingley     | 2013 |

|    |        |               |       |       |            |      |
|----|--------|---------------|-------|-------|------------|------|
| 1  | Clyde  | Van Caeyzeele | 17:09 | 50-54 | Puma       | 2007 |
| 2  | Keith  | Bilous        | 18:23 | 50-54 | Supeene    | 2009 |
| 3  | Darren | Klassen       | 18:46 | 50-54 | ESP        | 2022 |
| 4  | Alan   | Hopkins       | 18:58 | 50-54 | Headingley | 2013 |
| 5  | Murray | Rose          | 19:07 | 50-54 | Supeene    | 2009 |
| 6  | Marc   | Fournier      | 19:09 | 50-54 | Police     | 2018 |
| 7  | Bruce  | Young         | 19:12 | 50-54 | Headingley | 2012 |
| 8  | James  | Slade         | 19:14 | 50-54 | Headingley | 2013 |
| 9  | Scott  | Gibbons       | 19:14 | 50-54 | Pure-1     | 2014 |
| 10 | Darcey | Harder        | 19:15 | 50-54 | Riddell-1  | 2023 |

|    |        |          |       |       |             |      |
|----|--------|----------|-------|-------|-------------|------|
| 1  | Dennis | Lang     | 17:45 | 55-59 | Puma        | 2008 |
| 2  | Bruce  | Young    | 19:49 | 55-59 | ESP         | 2018 |
| 3  | Bo     | Huang    | 19:54 | 55-59 | Kleefeld    | 2023 |
| 4  | Neil   | Ferguson | 19:58 | 55-59 | History     | 2013 |
| 5  | Bob    | Cox      | 20:06 | 55-59 | Headingley  | 2017 |
| 6  | Wes    | Robinson | 20:08 | 55-59 | Puma        | 2007 |
| 7  | Jim    | Simm     | 20:33 | 55-59 | Pure Life-3 | 2013 |
| 8  | Alan   | Hopkins  | 20:35 | 55-59 | Headingley  | 2018 |
| 9  | Martin | Krowina  | 20:48 | 55-59 | Apr Series  | 2018 |
| 10 | Al     | Stewart  | 20:55 | 55-59 | Inverstors  | 2007 |

|    |          |            |       |       |            |      |
|----|----------|------------|-------|-------|------------|------|
| 1  | Dennis   | Lang       | 18:25 | 60-64 | Puma       | 2012 |
| 2  | Leon     | Clegg      | 19:05 | 60-64 | Headingley | 2007 |
| 3  | Karl     | Sproll     | 19:38 | 60-64 | ESP        | 2018 |
| 4  | Bruce    | Young      | 19:50 | 60-64 | ESP        | 2019 |
| 5  | Tibor    | Bodi       | 20:27 | 60-64 | Puma       | 2008 |
| 6  | Shawn    | Watters    | 20:32 | 60-64 | Kleefeld   | 2023 |
| 7  | Alphonse | Bernard    | 21:01 | 60-64 | Puma       | 2010 |
| 8  | Neil     | Ferguson   | 21:08 | 60-64 | Apr Series | 2018 |
| 9  | Larry    | Konotopetz | 21:14 | 60-64 | Headingley | 2013 |
| 10 | Brent    | Willows    | 21:19 | 60-64 | Ted's Run  | 2019 |
| 10 | Sheldon  | Pohl       | 21:19 | 60-64 | Kleefeld   | 2023 |

|    |          |            |       |       |            |      |
|----|----------|------------|-------|-------|------------|------|
| 1  | Dennis   | Lang       | 19:21 | 65-69 | Headingley | 2017 |
| 2  | Grant    | Towns      | 19:25 | 65-69 | Headingley | 2012 |
| 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  | Brent    | Willows    | 21:32 | 65-69 | Ted's      | 2023 |
| 7  | Sheldon  | Reynolds   | 22:14 | 65-69 | Run-Cause  | 2018 |
| 8  | Larry    | Konotopetz | 22:20 | 65-69 | Headingley | 2015 |
| 9  | John     | Nelson     | 22:39 | 65-69 | Puma       | 2011 |
| 10 | Al       | Stewart    | 22:48 | 65-69 | MEC-5      | 2016 |

|    |          |          |       |       |            |      |
|----|----------|----------|-------|-------|------------|------|
| 1  | Grant    | Towns    | 20:18 | 70-74 | Headingley | 2017 |
| 2  | Dennis   | Lang     | 20:19 | 70-74 | ESP        | 2022 |
| 3  | Ed       | Klassen  | 20:24 | 70-74 | Headingley | 2007 |
| 4  | Leon     | Clegg    | 21:09 | 70-74 | Headingley | 2017 |
| 5  | Alphonse | Bernard  | 23:05 | 70-74 | Kleefeld   | 2023 |
| 6  | Jim      | Cooke    | 23:37 | 70-74 | Haiti      | 2014 |
| 7  | Al       | Stewart  | 23:39 | 70-74 | Ted's      | 2022 |
| 8  | Sean     | Drain    | 23:42 | 70-74 | Haiti      | 2014 |
| 9  | Colin    | Reed     | 25:04 | 70-74 | ESP        | 2017 |
| 10 | Jim      | Anderson | 25:25 | 70-74 | Headingley | 2012 |

|    |          |           |       |       |            |      |
|----|----------|-----------|-------|-------|------------|------|
| 1  | Ed       | Klassen   | 22:06 | 75-79 | Headingley | 2011 |
| 2  | Leonard  | Clegg     | 22:59 | 75-79 | Headingley | 2022 |
| 3  | Sean     | Drain     | 25:00 | 75-79 | ESP        | 2017 |
| 4  | George   | Chapman   | 26:47 | 75-79 | Investors  | 2007 |
| 5  | Jim      | Anderson  | 28:10 | 75-79 | Headingley | 2014 |
| 6  | James    | King      | 29:30 | 75-79 | History    | 2013 |
| 7  | Ray      | Garrity   | 29:32 | 75-79 | Headingley | 2010 |
| 8  | Robert   | Doolan    | 31:08 | 75-79 | Headingley | 2023 |
| 9  | Vincenzo | Marinelli | 32:06 | 75-79 | Puma       | 2007 |
| 10 | Al       | Myska     | 32:53 | 75-79 | Headingley | 2015 |

|    |         |              |         |       |            |      |
|----|---------|--------------|---------|-------|------------|------|
| 1  | Zachary | Kaspersion   | 32:20   | 80-84 | Ted's      | 2023 |
| 2  | Jim     | Anderson     | 33:30   | 80-84 | Headingley | 2019 |
| 3  | Ray     | Garrity      | 36:11   | 80-84 | Haiti      | 2014 |
| 4  | Jack    | Dubnicoff    | 39:22   | 80-84 | RCAF       | 2019 |
| 5  | Declan  | Hickman-shaw | 48:42   | 80-84 | Police     |      |
| 6  | Bruce   | Beatson      | 50:50   | 80-84 | Headingley | 2008 |
| 7  | Dick    | Tunny        | 54:16   | 80-84 | Kleefeld   | 2022 |
| 8  | Gary    | Davis        | 55:44   | 80-84 | Police     | 2023 |
| 9  | Robert  | Paulet       | 1:11:20 | 80-84 | Police     | 2023 |
| 10 | George  | Chapman      | 1:20:35 | 80-84 | R4R        | 2016 |

1 Jack Dubnicoff 43:34 85-89 Police 2023