

### 10 Km Men 2007-2024

1	Samuel	Vincent	30:05	25-29	Nationals	2021
2	Simon	Berube	30:27	25-29	10+10	2023
3	Brian	Walker	30:54	25-29	Nationals	2008
4	Daniel	Heschuk	30:55	25-29	Physio	2023
5	Abduselam	Yussuf	31:41	20-24	Windburn-2	2015
6	Corey	Gallagher	32:22	25-29	10+10	2013
7	Brendan	Gemmell	32:25	20-24	Nationals	2014
8	Matt	Van Schepdael	32:37	25-29	Ted's Run	2024
9	Tristan	Da Silva	32:41	25-29	Lindenwoods	2024
10	Jeremy	Walker	32:42	25-29	Puma	2009
11	Desire	Budigoma	32:47	15-19	Puma	2007
12	Calvary	De Jong	32:47	20-24	Puma	2012
13	Darcy	Ready	32:55	40-44	Puma	2007
14	Sheldon	Kilcullen	32:57	25-29	Physio	2014
15	Darren	Klassen	33:06	40-44	Puma	2010
16	Timothy	Miller	33:10	20-24	Windburn-2	2015
17	Paul	Carr	33:11	20-24	Puma	2009
18	Brad	Keefe	33:11	30-34	Puma	2012
19	Mike	Booth	33:12	30-34	Physio	2010
20	Mike	Wood	33:13	25-29	Ted's Run	2024
21	Steffan	Reimer	33:14	30-34	Riddell-2	2023
22	Christian	Marmen	33:20	30-34	Tracks	2008
23	Eric	Tranquada	33:28	25-29	Puma	2009
24	Colin	Barnett	33:28	20-24	Lindenwoods	2012
25	Mitchell	Mann	33:39	20-24	Puma	2012
26	Nicholas	Kosmenko	33:43	20-24	Pure Life	2014
27	Dane	Samuel	33:46	40-44	Puma	2009
28	David	Snider	34:10	35-39	Lindenwoods	2024
29	Les	Friesen	34:15	30-34	Steinbach	2016
30	Chris	Belof	34:16	30-34	Physio	2013
31	Greg	Penner	34:19	30-34	Empower	2010
32	Mikhail	Gerylo	34:19	30-34	Riddell-2	2023
33	Steven	Graupner	34:26	20-24	MEC-Oct	2012
34	Colin	Shepherd	34:28	20-24	Puma	2009
35	Robert	Beinke	34:35	40-44	Empower	2013
36	Adam	Penner	34:38	30-34	Ted's Run	2018
37	Justin	Kirouac	34:39	25-29	Physio	2013
38	Jaime	Falk	34:40	35-39	Run for Mom	2013
39	Patrick	Peacock	34:46	30-34	Puma	2007
40	Giuseppe	D'Amico	34:49	20-24	WFPS	2024
41	Carson	Cortvriendt	35:01	15-19	Physio	2019
42	Thomas	Miller	35:04	20-24	Empower	2013

43	Sam	Zhou	35:06	35-39	Puma	2007
44	Dale	Kirk	35:06	40-44	Empower	2010
45	Caleb	De Jong	35:10	15-19	Pure Life	2014
46	Tyler	Derksen	35:10	20-24	Windburn-2	2015
47	Delhonnie	Nicol-Samuel	35:22	15-19	Keeper	2008
48	Clyde	Van Caeyzeele	35:23	50-54	Empower	2010
49	Eduard	Bojo Gallart	35:25	30-34	Physio	2024
50	Alan	Hopkins	35:27	40-44	Puma	2007
50	Jacques	Marcoux	35:27	25-29	Puma	2010

Age Group

1	Chris	Whicher	36:55	1-14	Lindenwoods	2015
2	Sylvain	Carriere	37:11	1-14	Mb	2019
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	Chase	Bueckert	40:03	1-14	ESP	2019
7	Shane	Dillon	40:34	1-14	Lindenwoods	2009
8	Easton	Demeyer	40:34	1-14	MEC-4	2013
9	Levi	Neufeld	40:44	1-14	Physio	2008
10	Ben	Paterson	40:50	1-14	Physio	2008

1	Desire	Budigoma	32:47	15-19	Puma	2007
2	Carson	Cortvriendt	35:03	15-19	Physio	2019
3	Daniel	Heschuk	35:10	15-19	Neepawa	2013
4	Caleb	De Jong	35:10	15-19	Pure Life	2014
5	Delhonnie	Nicol-Samuel	35:22	15-19	Keeper	2008
6	Marc	Nicolas	35:30	15-19	Pure Life	2013
7	Benji	Dueck	35:41	15-19	Riddell-2	2022
8	Bjorn	Kristianson	35:59	15-19	Physio	2010
9	Jay	Ort	36:10	15-19	Pure Life	2013
10	Eric	Thacher	36:14	15-19	Lindenwoods	2009

1	Abduselam	Yussuf	31:41	20-24	Windburn-2	2015
2	Daniel	Heschuk	31:54	20-24	Physio	2019
3	Brian	Walker	32:15	20-24	Physio	2007
4	Brendan	Gemmell	32:25	20-24	Nationals	2014
5	Jeremy	Walker	32:45	20-24	Physio	2007
6	Calvary	De Jong	32:51	20-24	Puma	2009
7	Corey	Gallagher	32:59	20-24	Puma	2011
8	Tristan	Da Silva	32:59	20-24	Lindenwoods	2023
9	Paul	Carr	33:11	20-24	Puma	2009
10	Colin	Barnett	33:28	20-24	Lindenwoods	2012

1	Samuel	Vincent	30:05	25-29	Nationals	2021
2	Simon	Berube	30:27	25-29	10+10	2023
3	Brian	Walker	30:54	25-29	Nationals	2008
4	Daniel	Heschuk	30:55	25-29	Physio	2023
5	Corey	Gallagher	32:22	25-29	10+10	2013
6	Matt	Van Schepdael	32:37	25-29	Ted's Run	2024
7	Tristan	Da Silva	32:41	25-29	Lindenwoods	2024
8	Jeremy	Walker	32:42	25-29	Puma	2009
9	Calvary	De Jong	32:47	25-29	Puma	2012
10	Mike	Wood	33:13	25-29	Ted's Run	2024
1	Sam	Vincent	31:14	30-34	Physio	2024
2	Brian	Walker	32:34	30-34	Pure Life	2013
3	Bradley	Keefe	33:11	30-34	Puma	2012
4	Mike	Booth	33:12	30-34	Physio	2010
5	Steffan	Reimer	33:14	30-34	Riddell	2023
6	Christian	Marman	33:20	30-34	Tracks	2008
7	Sheldon	Kilcullen	33:28	30-34	Windburn-2	2015
8	Jeremy	Walker	33:32	30-34	Empower	2013
9	Nickolas	Kosmenko	33:55	30-34	Physio	2023
10	Les	Friesen	34:15	30-34	Steinbach	2016
1	Darren	Klassen	33:36	35-39	Tracks	2008
2	Jeremy	Walker	34:02	35-39	Riddell-2	2022
3	David	Snider	34:10	35-39	Lindenwoods	2024
4	Jaime	Falk	34:40	35-39	Run for Mom	2013
5	Bradley	Keefe	34:46	35-39	Lindenwoods	2016
6	Sam	Zhou	35:06	35-39	Puma	2007
7	Greg	Penner	35:16	35-39	April Run	2016
8	Davit	Kidane	35:32	35-39	Lindenwoods	2016
9	Jeff	McMillan	35:43	35-39	Empower	2011
10	Kris	Shaw	36:14	35-39	WFPS	2022
1	Brian	Walker	32:51	40-44	WFPS	2024
2	Darcy	Ready	32:55	40-44	Puma	2007
3	Darren	Klassen	33:06	40-44	Puma	2010
4	Jeremy	Walker	33:17	40-44	Lindenwoods	2023
5	Dane	Samuel	33:46	40-44	Puma	2009
6	Robert	Beinke	34:35	40-44	Empower	2013
7	Dale	Kirk	35:06	40-44	Empower	2010
8	Alan	Hopkins	35:27	40-44	Puma	2007
9	Jamie	Falk	35:28	40-44	Steinbach	2016
10	John	Coffin	35:31	40-44	Physio	2024
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	Robert	Beinke	38:56	50-54	10+10	2022
6	Grant	Hughes	39:00	50-54	MEC-1	2016
7	Keith	Bilous	39:02	50-54	10+10	2012
8	Rick	Lecuyer	39:43	50-54	Physio	2011
9	Bruce	Young	39:44	50-54	Empower	2013
10	Yonaton	Geberegiabhbr	39:50	50-54	10+10	2023
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	Michael	Mi	42:14	55-59	Ted's	2023
9	Sam	Zhou	42:14	55-59	Physio	2024
10	Rick	Lecuyer	42:31	55-59	Physio	2014
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	Bob	Cox	42:08	60-64	Lindenwoods	2024
6	Bruce	Young	42:12	60-64	10+10	2019
7	Greg	Athayde	42:52	60-64	Physio	2022
8	Sheldon	Reynolds	43:16	60-64	Empower	2013
9	Shawn	Watters	43:19	60-64	Ted's	2023
10	Ken	Friesen	43:20	60-64	Physio	2019
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	Ken	Friesen	41:58	65-69	World Mas	2022
5	Jim	Cooke	42:16	65-69	Tracks	2008
6	Sheldon	Reynolds	45:13	65-69	WFPS	2018
7	Alphonse	Bernard	45:17	65-69	Ted's Run	2015
8	John	Nelson	45:38	65-69	Empower	2011
9	Larry	Konotopetz	45:41	65-69	Physio	2014
10	Sean	Drain	47:37	65-69	G Beach	2008
1	Dennis	Lang	41:39	70-74	Physio	2022
2	Ed	Klassen	43:20	70-74	Puma	2007
3	Grant	Towns	43:41	70-74	Ted's Run	2017
4	Leon	Clegg	44:15	70-74	Com-Fit	2017
5	Jim	Cooke	44:58	70-74	Physio	2012
6	Sean	Drain	49:06	70-74	G Beach	2014
7	Al	Stewart	49:20	70-74	WFPS	2023
8	Sheldon	Reynolds	49:57	70-74	Ted's Run	2024
9	Eric	Ellis	50:06	70-74	MEC-5	2017
10	Colin	Reed	52:12	70-74	Physio	2015
1	Ed	Klassen	45:59	75-79	Physio	2011
2	Leonard	Clegg	49:22	75-79	Riddell-2	2022
3	Sean	Drain	50:22	75-79	Physio	2017
4	Jason	Guy	55:35	75-79	Physio	2008
5	James	King	57:35	75-79	Empower	2013
6	James	Goho	58:55	75-79	Riddell-2	2024
7	Jim	Anderson	59:04	75-79	Physio	2014
8	George	Chapman	59:10	75-79	Physio	2007
9	Ray	Garrity	59:46	75-79	10+10	2010
10	Michael	Bigelow	1:00:35	75-79	Mb	2023
1	Jim	Anderson	1:09:37	80-84	Riddell	2019
2	Barry	Abbott	1:11:09	80-84	Mb	2017
3	John	Janzen	1:21:04	80-84	Mb	2023
4	Vince	Marinelli	1:23:21	80-84	Diabetes	2010
5	Bruce	Beatson	1:23:45	80-84	Physio	2008
6	Nazir	Ahmad	1:28:08	80-84	Mb	2022
7	Jack	Dubnicoff	1:31:02	80-84	Ted's Run	2018
8	Jim	Magnan	1:52:22	80-84	Mb	2024
9	Tom	Creighton	2:34:45	80-84	Mb	2024
1	Jim	Anderson	1:21:33	85-89	Riddell	2024
2	Jack	Carroll	1:28:03	85-89	Mb	2024
3	Art	Chow	1:39:23	85-89	Mb	2024

4	Reese	Eidse	1:42:18	85-89	Mb	2024
5	George	Steciuk	1:53:35	85-89	Mb	2024