

## 5K Run - OVERALL

Female:

- 1 Vanessa Cotter - 22:06
- 2 Chantelle Maryuen - 22:15
- 3 Jagvir Dhaliwal - 23:34

Male:

- 1 Caleb Beland - 15:58
- 2 Patrick Dean - 17:43
- 3 Arthur Chow - 23:44

## 5K Run - 14 & UNDER

Female:

- 1 Katrina Kottoor - 27:15
- 2 Valentina Kottoor - 41:11
- 3 N/A

Male:

- 1 Darius Ramsay - 23:45
- 2 Wyatt Wang - 32:09
- 3 N/A

## 5K Run - 15-19

Female:

- 1 Michaela Wilson - 26:25
- 2 N/A
- 3 N/A

Male:

- 1 Patrick Dean - 17:43
- 2 N/A
- 3 N/A

## 5K Run - 20-29

Female:

- 1 Vanessa Cotter - 22:06
- 2 Jagvir Dhaliwal - 23:34
- 3 Erin Cecchetto - 24:03

Male:

- 1 Caleb Beland - 15:58
- 2 Jacob R McDonald - 25:55
- 3 Joshua Carless-Jones - 26:27

## 5K Run - 30-39

Female:

- 1 Chantelle Maryuen - 22:15
- 2 Jessica Onstad - 27:10
- 3 Nicole Powankumar - 29:52

Male:

- 1 Alan Chan - 24:50
- 2 N/A
- 3 N/A

## 5K Run - 40-49

Female:

- 1 Suzanne Romanowitch - 26:36
- 2 Marcia Foley - 27:02
- 3 Lisa Kottoor - 27:15

Male:

- 1 Kevyn Kristmanson - 30:54
- 2 Simon Wang - 32:21
- 3 Joseph Kottoor - 41:12

## 5K Run - 50-59

Female:

- 1 Margaret Mahoney - 28:25
- 2 N/A
- 3 N/A

Male:

- 1 Arthur Chow - 23:44
- 2 Marc-André Charette - 30:47
- 3 N/A

## 5K Run - 60+

Female:

- 1 Marjorie McLimont - 40:05
- 2 N/A
- 3 N/A

Male:

- 1 John Petrosoniak - 24:33
- 2 Brian McFarlane - 29:24
- 3 Tony Sobczak - 30:08

### 10K Run - OVERALL

Female:

- 1 Elyse Black - 48:53
- 2 Marsha Black - 51:52
- 3 Karen Vaughan - 54:14

Male:

- 1 Tate Simpson - 42:08
- 2 Jonathan Navarro - 43:58
- 3 Myles Dalton - 46:47

### 10K Run - 14 & UNDER; 15-19 - N/A

### 10K Run - 20-29

Female:

- 1 Elyse Black - 48:53
- 2 Karen Vaughan - 54:14
- 3 Catherine Wilson - 54:15

Male:

- 1 Tate Simpson - 42:08
- 2 Jonathan Navarro - 43:58
- 3 Nicholas Vaillant - 48:55

### 10K Run - 30-39

Female:

- 1 Annie Chang - 55:04
- 2 N/A
- 3 N/A

Male:

- 1 Myles Dalton - 46:47
- 2 N/A
- 3 N/A

### 10K Run - 40-49

Female: N/A

Male:

- 1 Cameron Borody - 47:10
- 2 Geoffrey Smith - 50:10
- 3 Mark Perrett - 53:26

### 10K Run - 50-59

Female:

- 1 Marsha Black - 51:52
- 2 Joanne Lundie - 57:24
- 3 N/A

Male:

- 1 Chris Sharpe - 47:50
- 2 David Smith - 53:05
- 3 Simon Browning - 57:37

### 10K Run - 60+

Female: N/A

Male:

- 1 Lawrence Quinlan - 1:04:44
- 2 N/A
- 3 N/A