

Name	Bib #	Time	Sex	Age	2010 Time	2009 Time
				Category		
Jonathan Balabuck	471	0:35:10	M	30 - 39		
Mark Maronese	470	0:35:59	M	30 - 39	0:33:58	0:35:36
Antonio Pucci	349	0:36:59	M	20 - 29		
Dustin Moore	581	0:38:50	M	20 - 29	0:35:26	
Bill Krezonoski	240	0:39:04	M	50 - 59	0:00:00	0:36:42
Claudio Pietrobelli	233	0:39:19	M	40 - 49		
Andrew Koscielnia	672	0:39:35	M	20 - 29		
Doug Thiessen	464	0:39:41	M	30 - 39	0:38:48	0:37:28
Peter Louis	232	0:39:43	M	40 - 49		
Jim Keyes	231	0:39:46	M	40 - 49		0:37:21
Stewart Schmidt	221	0:40:02	M	40 - 49	0:38:52	0:38:23
Hilary Quirion	892	0:40:33	F	20 - 29		
Scott Wieber	857	0:40:56	M	30 - 39		
John Martinsen	217	0:41:40	M	40 - 49	0:37:49	0:47:05
Christopher Morden	582	0:41:41	M	20 - 29		
Phil Ponka	234	0:41:54	M	40 - 49	0:40:46	
Ramon Verardo	859	0:42:00	M	30 - 39		
Nicki Wilberforce	973	0:42:00	F	40 - 49		0:38:19
Chris Fralick	213	0:42:20	M	30 - 39		
Phil Brown	472	0:43:19	M	30 - 39		
Dave Lammers	423	0:43:37	M	40 - 49	0:43:51	
Peter Clark	229	0:43:45	M	40 - 49	0:41:08	0:41:01
Kevin Wilberforce	260	0:43:45	M	50 - 59		0:37:11
Fergus Beattie	215	0:43:51	M	40 - 49		0:43:55
Frank Wilson	280	0:43:53	M	60 - 69	0:42:34	
Rob Roussel	220	0:44:20	M	40 - 49	0:44:34	
John Garland	282	0:44:25	M	60 - 69	0:42:15	
Leigh Smith	256	0:44:44	M	50 - 59	0:42:06	0:44:51
Adam Walser	186	0:44:56	M	0 - 20	0:42:54	0:46:50
Ron Rost	261	0:44:57	M	50 - 59	0:43:19	0:46:08
Sue Kainulainen	962	0:44:58	F	40 - 49	0:40:55	
Michel Aulagnon	236	0:45:10	M	50 - 59		
Scott McBean	293	0:45:13	M	20 - 29		
Kristen Vidlak	545	0:45:16	F	20 - 29		0:42:21
Tim Wintoniw	589	0:45:27	M	20 - 29		
Carole Cameron	924	0:45:37	F	30 - 39	0:45:23	
Michel Bedard	262	0:45:38	M	50 - 59		
Alisha Mills	541	0:45:48	F	20 - 29	0:46:38	
Carol Bannon	846	0:45:49	F	50 - 59	0:43:54	0:43:08
Ian Hamilton	779	0:46:02	M	40 - 49	0:41:25	
Lindsay Hupka	917	0:46:05	F	30 - 39	0:45:17	
Brenton Button	583	0:46:13	M	20 - 29		
Scott Polts	263	0:46:37	M	50 - 59		
Miranda Bolt	884	0:46:53	F	20 - 29		
Tony Donato	211	0:46:58	M	30 - 39		
Larry Baxter	860	0:46:59	M	30 - 39		
Jim McCart	243	0:47:00	M	50 - 59		0:41:59
Heidi McGee	984	0:47:03	F	40 - 49	0:44:49	
Brady Harkonen	194	0:47:05	M	0 - 20		
Stephanie Chow	944	0:47:06	F	30 - 39	0:45:29	
Berit Dool	184	0:47:08	F	20 - 29		
Jim Bailey	251	0:47:20	M	50 - 59		
Dan Tipple	225	0:47:30	M	40 - 49		0:41:02
Roy Nisula	247	0:47:35	M	50 - 59	0:45:14	0:44:51

Tere McDonald	244	0:47:40	M	50 - 59		
Ralph Hibbert	254	0:47:47	M	50 - 59		
Russell Lee	585	0:47:50	M	20 - 29		
Carmine Felice	238	0:48:06	M	50 - 59	0:43:24	0:43:57
Louis Bortolon	237	0:48:16	M	50 - 59		
Keli Cristafaro	921	0:48:20	F	30 - 39		
Kim House	981	0:48:22	F	40 - 49	0:44:22	0:42:55
Thomas Rusyn	196	0:48:34	M	0 - 20		
Joe McGill	245	0:48:36	M	50 - 59		
Beth Ponka	985	0:49:00	F	40 - 49	0:48:44	0:46:41
Lori Chambers	995	0:49:01	F	40 - 49		
Robert Wilson	468	0:49:10	M	30 - 39		
Deb Deknock	954	0:49:12	F	40 - 49		
Jarrett Hay	587	0:49:32	M	20 - 29		
Darrell Wright	469	0:49:38	M	30 - 39		
Michael Shafrika	210	0:49:45	M	30 - 39		
Robbi Weldon	912	0:49:48	F	30 - 39	0:48:33	
Brian Berry	283	0:49:48	M	60 - 69	0:48:34	0:45:20
Kim Moor	983	0:49:49	F	40 - 49		
Anne Elkie	785	0:49:50	F	50 - 59	0:49:55	
Phil Major	212	0:49:52	M	30 - 39		
Derek Tessier	467	0:50:04	M	30 - 39	0:48:58	0:48:47
Maureen Page	967	0:50:16	F	40 - 49		0:45:57
Anthony Rizzo	863	0:50:19	M	30 - 39		
James Martin	242	0:50:28	M	50 - 59		0:43:35
Diane Mellerup	982	0:50:34	F	40 - 49		
Don Nixon	218	0:50:46	M	40 - 49	1:01:00	
Colin Sangsten	850	0:50:48	M	30 - 39		
Betty Annala	947	0:50:54	F	40 - 49		0:48:26
John Scott	294	0:50:59	M	40 - 49	0:52:36	
Sabrina Clavet	535	0:51:08	F	20 - 29	0:50:47	
Ty Alderdice	465	0:51:09	M	30 - 39		
Shelley Cryer	940	0:51:11	F	30 - 39		
Josef Ehrler	278	0:51:18	M	60 - 69		0:44:16
Mike Carter	277	0:51:27	M	60 - 69		
Dieter Kreps	671	0:51:35	M	20 - 29		
John Guthrie	259	0:51:37	M	50 - 59	0:46:05	0:50:00
Kevin Kortez Miller	424	0:51:41	M	40 - 49		
Kyle Breselle	348	0:51:44	M	20 - 29		
Joel Biesenthal	297	0:51:49	M	30 - 39		
Judy Barton	978	0:51:51	F	40 - 49	0:59:05	
Gino Cacciatore	257	0:51:56	M	50 - 59		0:49:20
Shawn Donohue	216	0:52:00	M	40 - 49		0:50:40
Mike Carlucci	214	0:52:01	M	30 - 39		
Sherry Lynn Hill	865	0:52:03	F	50 - 59	0:51:23	
Carman Carlucci	276	0:52:04	M	60 - 69		
David Vester	224	0:52:06	M	40 - 49		
Caterina Valente	544	0:52:10	F	20 - 29		
Daniel Kaukanen	475	0:52:15	M	30 - 39		
Henry Hamilton	1297	0:52:26	M	70 - 79	0:48:39	
Claudia Tropea	996	0:52:44	F	40 - 49		
Alexandra Brazeau	368	0:52:45	F	20 - 29		
Helena Billard	977	0:52:46	F	40 - 49	0:49:56	0:48:42
Jay Henderson	289	0:52:55	M	60 - 69		
Ryan Caron	578	0:53:11	M	20 - 29	0:50:11	
Marla Keene	916	0:53:15	F	30 - 39		
Belinda Beres	976	0:53:19	F	40 - 49	0:57:53	0:58:50

Darryl Fawcett	466	0:53:39	M	30 - 39	0:47:21	
David Medhurst	580	0:53:41	M	20 - 29	0:49:28	
Jodi Scott	992	0:53:53	F	40 - 49		1:03:00
Helen Bolt	949	0:53:57	F	40 - 49		
Paul Miksic	208	0:54:02	M	30 - 39		
Melinda Norhaugen	761	0:54:04	F	30 - 39	0:53:46	
Mary Pat Bernoski	684	0:54:06	F	60 - 69	0:54:30	
Rob Glena	230	0:54:07	M	40 - 49		
Adam Caccamo	584	0:54:13	M	20 - 29		
Laura McNabb	893	0:54:14	F	20 - 29		
Rosemary McNabb	387	0:54:14	F	50 - 59		
Calum Davies	586	0:54:16	M	20 - 29		0:47:39
Lisa Verardo	417	0:54:17	F	30 - 39		
Derek Hayden	474	0:54:25	M	30 - 39		
Adena Hicklin	991	0:54:25	F	40 - 49		
Rob Hicklin	767	0:54:25	M	40 - 49		
Sara Chow	534	0:54:27	F	20 - 29		
Sally Kukko	683	0:54:29	F	60 - 69	0:51:51	0:51:27
Cody Fraser	195	0:54:35	M	0 - 20		
Barb McGill	867	0:54:35	F	50 - 59		
Colin Dzjacky	197	0:54:39	M	0 - 20		
Souley Mane Sane	299	0:54:40	M	30 - 39		
William Fduconnier	285	0:54:46	M	60 - 69	0:51:06	
Hilary Lockyer	753	0:54:53	F	30 - 39		
John Twigg	290	0:55:00	M	60 - 69		
Cordie Stark	971	0:55:09	F	40 - 49	0:52:57	
Carla Wiersema	910	0:55:13	F	30 - 39	0:53:49	
Jessica Kantymir	890	0:55:19	F	20 - 29	0:52:56	
Sherrri Johnson	960	0:55:24	F	40 - 49		
Jonelle Armitage	882	0:55:27	F	20 - 29		
Erin Woodbeck	911	0:55:27	F	30 - 39		
Claudio Morson	246	0:55:36	M	50 - 59	0:57:11	
Barb Tabachak	979	0:55:50	F	40 - 49		
Susan Whatley-Halvers	972	0:55:52	F	40 - 49	1:02:43	
Chantal Kompon	889	0:55:56	F	20 - 29		
Angela Harju	895	0:56:21	F	20 - 29		
Alexandra Eisner	868	0:56:21	F	20 - 29		
Rosemdrie Bava	633	0:56:28	F	20 - 29		
Ken Wilson	227	0:56:29	M	40 - 49	0:52:41	
Madelaine Lay	540	0:56:30	F	20 - 29		
Dawn Francis	740	0:56:30	F	30 - 39		
Dominique Veneruz	8	0:56:33	F	0 - 20		
Dan Slomke	287	0:56:42	M	60 - 69	0:55:06	0:53:41
Maureen Kershaw	897	0:56:47	F	50 - 59	0:55:45	
Carrie Gibbons	747	0:56:57	F	30 - 39		
Siobhan Farrell	396	0:57:12	F	50 - 59	0:59:05	
Colleen Kennedy	783	0:57:15	F	50 - 59		
Cathy Mathews	388	0:57:16	F	50 - 59		
Robb Anderson	286	0:57:34	M	60 - 69	0:45:58	0:47:24
Meagan Doyle	635	0:57:45	F	20 - 29		
Dave Sacino	298	0:58:17	M	30 - 39		
Robert Martinie	241	0:58:19	M	50 - 59	0:52:10	0:53:16
Michelle Luu	754	0:58:36	F	30 - 39		
Elena Soulias	10	0:58:37	F	0 - 20		
Jennifer Kreczmer	751	0:58:41	F	30 - 39	0:54:17	
Sue Hoffman	750	0:58:42	F	30 - 39		
Karen Maki	964	0:58:45	F	40 - 49		

Steve Tanguay	223	0:58:50	M	40 - 49	0:52:28	
Katie Ostrom	763	0:58:55	F	30 - 39	0:55:35	
Ellen MacKenzie	988	0:58:56	F	40 - 49		
Maria Marchese	9	0:59:04	F	0 - 20		
Leah Payne	894	0:59:17	F	20 - 29	0:58:59	0:58:16
Mary-Jean Cormier	997	0:59:28	F	40 - 49		
Christy McCracken-Man	926	0:59:29	F	30 - 39		
Betty-Jane Mercier	965	0:59:30	F	40 - 49		
Lauren Ischkin	888	0:59:31	F	20 - 29		
Luigi Sala	248	0:59:31	M	50 - 59		
Morris Tarnawsky	284	0:59:41	M	60 - 69	0:59:11	0:55:42
Melanie Biesenthal	941	0:59:43	F	30 - 39		
Grant Turner	226	0:59:47	M	40 - 49	0:56:37	0:58:08
Rachel Carter	952	1:00:04	F	40 - 49		
Heather Hyslop	959	1:00:06	F	40 - 49	0:53:43	
Kristy Posselwhite	891	1:00:10	F	20 - 29		
Jodi Martinson	755	1:00:10	F	30 - 39	0:58:26	
Karling Zaporzam	881	1:00:12	F	20 - 29		
Carrie Breitsprecher	920	1:00:20	F	30 - 39	1:01:20	
Maureen Ahokas	682	1:00:39	F	60 - 69	0:54:49	0:55:13
Mary Deschatlettes	994	1:00:50	F	40 - 49		
Manon Richer	906	1:00:52	F	30 - 39		
Tyler Pyle	588	1:00:55	M	20 - 29		
Elizabeth Furtado	537	1:00:57	F	20 - 29		
Sabrina Crowley	885	1:01:01	F	20 - 29		
Bill Boswell	275	1:01:02	M	60 - 69	0:57:08	
Nancy Dow	739	1:01:05	F	30 - 39		
Lynn Hurrell	958	1:01:13	F	40 - 49		
Dana Deschênes	886	1:01:55	F	20 - 29		
Caitlin Potter	543	1:01:56	F	20 - 29		
Shannon Reynolds	766	1:02:00	F	30 - 39		
Vicki Tougas	989	1:02:21	F	40 - 49		
Erin Puhalski	968	1:02:22	F	40 - 49		
Tamara Coffey	943	1:02:26	F	30 - 39		
Monique Gouthro	931	1:02:31	F	30 - 39		
Cynthia Cline	730	1:02:36	F	30 - 39		
Janice Cross	953	1:02:52	F	40 - 49		
Marilee Chase	951	1:02:54	F	40 - 49	0:55:52	0:55:22
Lainey Bannon	367	1:03:00	F	20 - 29	1:05:25	1:01:28
Raili Dillon	887	1:03:00	F	20 - 29		
Grace Baxter	448	1:03:13	F	30 - 39		
Therese Déchené	864	1:03:48	F	50 - 59	1:01:26	
Dawn Kukko	963	1:03:52	F	40 - 49		
Bev Cooper	986	1:03:59	F	40 - 49		
Mike Johnson	673	1:04:14	M	20 - 29		
John Young	281	1:04:25	M	60 - 69	0:56:29	0:52:45
Bianca Garofalo	928	1:04:28	F	30 - 39		1:07:15
Jerry Nardi	451	1:04:40	M	40 - 49		
Ashleigh Heckley	538	1:04:48	F	20 - 29		
Lisa Hodges	942	1:05:15	F	30 - 39	1:00:21	
Joanne Atwood	975	1:05:20	F	40 - 49		
Laureen Cordeiro	391	1:05:22	F	50 - 59	1:00:08	
Gina Sutton	873	1:05:25	F	50 - 59	1:03:25	
Charla Robinson	907	1:06:12	F	30 - 39		
Colleen Veneruzzo	909	1:06:17	F	30 - 39		
Emma Loud	533	1:06:18	F	20 - 29		
Seija Grant	532	1:06:19	F	20 - 29		

Susan DiFranco	957	1:06:22	F	40 - 49		
Erin Couture	919	1:06:27	F	30 - 39		
Kim Spivak	970	1:06:40	F	40 - 49	1:04:10	1:00:58
Jacqueline Long	674	1:06:57	F	60 - 69	0:58:55	0:59:27
Christine Battle	883	1:07:25	F	20 - 29		
Suzanne Ventrudo	922	1:07:28	F	30 - 39	0:00:00	1:01:23
Kim Strickland	908	1:07:39	F	30 - 39		
Gary Smith	279	1:08:00	M	60 - 69	1:02:37	1:06:25
Karen O'Connor	386	1:08:13	F	50 - 59		
Kathy Ball	948	1:08:15	F	40 - 49		
Donna Popowich	987	1:08:18	F	40 - 49		
Mari-Lou Jorgenson	961	1:08:19	F	40 - 49		
Lisa Brisson	369	1:08:41	F	20 - 29		
Shawn Patterson	219	1:08:41	M	40 - 49		
Kerri Bernardi	915	1:09:24	F	30 - 39	0:59:08	1:00:05
Jessica MacRae	923	1:09:25	F	30 - 39	1:05:32	1:03:09
Nicole Deschamps	955	1:09:39	F	40 - 49		
Jan Inkster	192	1:10:10	F	70 - 79		1:05:37
Paul Hessey	239	1:10:25	M	50 - 59	1:01:41	1:04:10
Sherry Baerg	845	1:10:26	F	50 - 59	1:09:44	1:06:33
Gary Woodbeck	249	1:10:34	M	50 - 59		
Eric Imperius	1298	1:11:37	M	70 - 79	1:05:12	0:57:39
Cheryl Ready	969	1:11:38	F	40 - 49	1:07:45	
Krista Bates	717	1:11:44	F	30 - 39	1:10:11	
Janis Nixon	872	1:11:54	F	50 - 59	1:04:32	1:05:13
Heather McKirdy	759	1:12:12	F	30 - 39	1:06:46	1:06:00
Debbie Tychynski-Miga	927	1:12:13	F	30 - 39		
Juanita Lawson	993	1:14:02	F	40 - 49		
Vi Turner	191	1:14:30	F	70 - 79	1:13:09	1:06:53
Maria Walser	877	1:14:36	F	50 - 59	1:11:48	1:10:24
Sheena Albanese	945	1:15:05	F	40 - 49	1:07:45	1:09:25
Colleen Tiboni	681	1:15:19	F	60 - 69	1:25:28	1:21:04
Carol Daniher	862	1:15:24	F	50 - 59	1:15:40	
Isabelle Fortin	925	1:16:22	F	30 - 39		
Jacqui Soulias	397	1:16:22	F	50 - 59		
Debbie Popien	765	1:16:25	F	30 - 39		
Kim Kresack-Wilson	539	1:18:25	F	20 - 29		
Maureen Parkes	784	1:19:39	F	50 - 59	0:00:00	
Jacqueline Carroll	980	1:19:40	F	40 - 49		
Johanna Peters	185	1:55:14	F	20 - 29		
Larry Peters	255	1:55:17	M	50 - 59		
Vera Peters	871	DNF	F	50 - 59		
Matthew Ponka	193	DNS	M	0 - 20	0:00:00	
Valerie Davies	536	DNS	F	20 - 29	1:13:26	
Michelle O'Brien-Bonha	542	DNS	F	20 - 29		
Katheen Fleming	634	DNS	F	20 - 29		
Danny Larose	579	DNS	M	20 - 29	0:41:05	0:41:22
Chantal Bohimier	718	DNS	F	30 - 39		
Taryn Boswell	720	DNS	F	30 - 39		
Robin Clinker	735	DNS	F	30 - 39		
Julie Van Osserbruggin	913	DNS	F	30 - 39		
Samantha Smith	914	DNS	F	30 - 39	0:59:50	0:58:04
Lisa Nyman	918	DNS	F	30 - 39		
Janelle Rabachuk	938	DNS	F	30 - 39		
Donna Smith	939	DNS	F	30 - 39		
Stacey Roberts	449	DNS	F	30 - 39		
Sal Crisofaro	473	DNS	M	30 - 39		

Alex Stuart	209	DNS	M	30 - 39		
Gavin Nelson	858	DNS	M	30 - 39		
Stephan Robert	861	DNS	M	30 - 39		
Lucie Allaire	946	DNS	F	40 - 49	1:16:40	
Rose Bortolon	950	DNS	F	40 - 49		
Mary Deschatleis?	956	DNS	F	40 - 49		
Quincy Munday	966	DNS	F	40 - 49		
Terri Zeleny	974	DNS	F	40 - 49	0:00:00	
Sharon Komar	990	DNS	F	40 - 49	0:42:35	
Rodger Spivak	222	DNS	M	40 - 49		
Roberto Bucci	228	DNS	M	40 - 49	0:42:28	0:43:31
Frank Donato	235	DNS	M	40 - 49		
Greg Stroud	472	DNS	M	40 - 49		
Mark Smith	721	DNS	M	40 - 49		
Andre Kriekman	778	DNS	M	40 - 49		
Tarja Wataja	384	DNS	F	50 - 59	1:04:46	1:02:11
Karen Carlucci	847	DNS	F	50 - 59		
Karen Dahl	849	DNS	F	50 - 59	0:57:24	0:58:32
Wendy Kresack	866	DNS	F	50 - 59	1:14:02	
Denise Taylor	875	DNS	F	50 - 59		1:03:11
Gary Young	250	DNS	M	50 - 59		
Phil Elkie	252	DNS	M	50 - 59	0:46:04	0:45:49
John Ylimaki	288	DNS	M	60 - 69		