

MEC Race SEVEN

10k

Category Results

Male Ages 11 + Under

Pos	Bib#	Name	Time	Overall Position	Time Behind Categ	Time Behind Winner
1	17697	Nathaniel Leclerc	00:48:50	81	00:00:15	00:17:04

Female Ages 12 -17

Pos	Bib#	Name	Time	Overall Position	Time Behind Categ	Time Behind Winner
1	17665	Emmilyn Kooperberg	01:02:49	299	00:00:46	00:20:55

Male Ages 12 -17

Pos	Bib#	Name	Time	Overall Position	Time Behind Categ	Time Behind Winner
1	16020	Benjamin Doig	00:43:09	19	00:00:01	00:11:09
2	19431	Allen Malvar	00:44:03	30	00:01:00	00:12:07
3	17686	Michael MacKenzie	00:46:22	54	00:03:26	00:14:34
4	19417	Matt Bruce	00:50:09	98	00:07:17	00:18:24
5	19530	Nicolas Nielsen	00:52:06	119	00:09:23	00:20:30
6	19506	Orrin Gill	00:57:29	218	00:15:17	00:26:24
7	17890	Tyler Antonishyn	01:14:52	375	00:31:55	00:43:02

MEC Race SEVEN

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Category Results

Female Ages 18-29

Pos	Bib#	Name	Time	Overall Position	Time Behind Categ	Time Behind Winner
1	19334	Shevaun Eeles	00:43:34	23	00:00:32	00:01:26
2	19613	Rayven Snodgrass	00:44:33	33	00:01:13	00:02:07
3	19556	Haley Boldt	00:45:09	38	00:01:39	00:02:33
4	19624	Dana Stewart	00:45:44	44	00:02:23	00:03:17
5	19516	Lindsay Kopf	00:46:18	52	00:02:50	00:03:44
6	19512	Natasha Hul	00:46:22	53	00:02:54	00:03:48
7	19698	Emily Ford	00:46:42	58	00:03:13	00:04:07
8	45592	Abby Grieve	00:49:58	95	00:07:01	00:07:55
9	17610	Lauren Adamson	00:50:23	100	00:06:57	00:07:51
10	19457	Jocelyn Proudfoot	00:52:18	126	00:09:15	00:10:09
11	17694	Kelsie Lenters	00:52:22	129	00:09:17	00:10:11
12	17691	Richelle Loeppky	00:52:52	137	00:09:25	00:10:19
13	16191	Karolina Danda	00:53:05	138	00:09:30	00:10:24
14	19571	Christina Lam	00:53:19	143	00:09:51	00:10:45
15	35788	Alice Hendrie	00:53:21	145	00:10:27	00:11:21
16	19582	Shaila Zaver	00:53:39	150	00:10:33	00:11:26
17	45540	Alexis Jonas	00:53:53	153	00:11:03	00:11:57
18	19474	Emily Russell	00:54:15	159	00:11:23	00:12:17
19	19495	Rita Michaud	00:54:32	168	00:11:11	00:12:05
20	16573	Madison Olyniuk	00:54:34	170	00:11:23	00:12:17
21	19514	Shawna Koch	00:54:50	172	00:11:42	00:12:36
22	19521	Laura MacIver	00:55:16	182	00:12:14	00:13:08
23	19532	Julie Payne	00:55:22	186	00:11:57	00:12:51
24	16115	Rosalind Coben	00:55:28	188	00:12:00	00:12:54
25	19561	Krista Clark	00:55:33	189	00:12:27	00:13:21
26	17695	Rachel Lee	00:55:38	190	00:12:40	00:13:34
27	16583	Elizabeth Patterson	00:55:51	193	00:12:47	00:13:40
28	19472	Louise Rush	00:56:05	195	00:12:57	00:13:51
29	16566	Teresa Neetz	00:56:36	205	00:13:53	00:14:47
30	19488	Tanis Munro	00:56:37	207	00:13:51	00:14:45
31	19634	Ashleigh Toby	00:56:45	209	00:13:35	00:14:29
32	19437	Sophie Maria	00:56:48	210	00:13:17	00:14:11
33	5727	Jovana Guzovic	00:56:52	212	00:14:05	00:14:58
34	19678	Jennifer Amyotte	00:57:35	221	00:14:27	00:15:21
35	19626	Alison Sutherland	00:58:00	228	00:14:56	00:15:50
36	17606	Meagan Adamson	00:58:01	230	00:14:55	00:15:49
37	19395	Anais Greer	00:58:07	232	00:14:50	00:15:44
38	19501	Kiley Gallagher	00:58:14	233	00:15:06	00:16:00
39	16271	Bonnie Cheung	00:58:21	235	00:15:11	00:16:05
40	19608	Kristin Slana	00:58:26	236	00:15:20	00:16:14
41	17802	Elena Bergougrou	00:59:04	250	00:16:07	00:17:01
42	19304	Helene Faucher	00:59:24	253	00:16:32	00:17:26
43	19545	Brook Weber	00:59:46	261	00:16:42	00:17:36
44	19607	Jaimie Slana	00:59:48	263	00:16:43	00:17:37
45	19686	Laura Connolly	00:59:57	264	00:17:09	00:18:03
46	19567	Rebecca Keeler	01:00:05	269	00:17:06	00:18:00
47	19366	Katherine Harder	01:00:07	270	00:17:19	00:18:13
48	19691	Kaite Doyle	01:00:09	272	00:16:47	00:17:41
49	17662	Ashley MacMillan	01:01:12	279	00:18:09	00:19:03
50	19616	Regan Speyer	01:02:06	288	00:19:17	00:20:10
51	19552	Elaine Zapata	01:02:24	289	00:19:18	00:20:12

MEC Race SEVEN

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Category Results

Female Ages 18-29

Pos	Bib#	Name	Time	Overall Position	Time Behind Categ	Time Behind Winner
52	19524	Laura McKenzie	01:02:29	292	00:19:10	00:20:04
53	19518	Brittany LaRiviere	01:02:35	293	00:19:03	00:19:57
54	19481	Katie Schiavon	01:02:36	294	00:19:13	00:20:06
55	19515	Christina Kontalis	01:02:37	295	00:19:13	00:20:07
56	17663	Chloe MacKenzie-Pigeon	01:02:54	301	00:19:52	00:20:46
57	19589	Inez O'Meara	01:02:57	302	00:19:34	00:20:28
58	17690	Carolyn Long	01:02:59	303	00:19:45	00:20:38
59	5730	Indiana Best	01:03:01	304	00:20:13	00:21:07
60	19592	Ashley Tymko	01:03:41	309	00:20:35	00:21:29
61	17643	D'arcy Hutcheson	01:04:14	313	00:20:53	00:21:47
62	17781	Shaylee Buehler	01:04:15	314	00:20:59	00:21:53
63	45752	Chrstie Warnock	01:04:25	315	00:21:01	00:21:54
64	35450	Zoe King	01:05:23	318	00:21:57	00:22:51
65	17719	Heather Baniulis	01:05:59	321	00:22:40	00:23:34
66	17720	Heather Baniulis	01:06:00	322	00:22:41	00:23:35
67	19525	Lauren Miller	01:06:06	323	00:22:36	00:23:30
68	17838	Jordyn Billesberger	01:06:11	325	00:23:02	00:23:56
69	46825	Julie Stockdale	01:07:05	329	00:23:40	00:24:34
70	19347	Alicia Gabilondo	01:07:05	330	00:24:08	00:25:02
71	19513	Shelly Kirkland	01:07:19	333	00:24:15	00:25:09
72	19665	Shannon Wilson	01:07:40	334	00:24:36	00:25:30
73	17659	Nicole Hawkins	01:08:06	338	00:24:47	00:25:41
74	19468	Erica Roest	01:08:29	341	00:25:00	00:25:53
75	17657	Erin Hayzelden	01:08:32	342	00:25:27	00:26:21
76	19408	Jocelyn Grant	01:09:39	351	00:26:20	00:27:13
77	19675	Maria Zahorakova	01:10:31	355	00:26:56	00:27:50
78	60110	Ayesha Looysen	01:11:23	358	00:28:29	00:29:23
79	16570	Meagan Obrien	01:12:09	362	00:28:44	00:29:38
80	17644	Amanda Howard	01:13:16	364	00:30:28	00:31:21
81	19664	Tyla Wills	01:14:11	368	00:30:57	00:31:51
82	19461	Sarah Ratchford	01:14:29	370	00:31:12	00:32:06
83	60115	Jayne Heggie	01:15:05	377	00:31:58	00:32:52
84	16032	Stephanie Frazer	01:19:41	382	00:36:30	00:37:24

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Category Results

Male Ages 18-29

Pos	Bib#	Name	Time	Overall Position	Time Behind Categ	Time Behind Winner
1	19642	Darryl Vanderwoude	00:35:44	2	00:00:01	00:03:44
2	19486	Warren Muir	00:36:51	5	00:01:07	00:04:50
3	19475	Ryan Russell	00:37:22	6	00:01:40	00:05:23
4	5725	Ryan Cormier	00:38:39	8	00:02:58	00:06:41
5	19330	Derrick Finney	00:40:13	10	00:04:34	00:08:17
6	19332	Digney Eisner	00:42:41	17	00:07:20	00:11:03
7	60119	Matt MacDermott	00:43:48	25	00:08:06	00:11:48
8	19596	Jander Talen	00:43:59	27	00:08:20	00:12:03
9	19683	Bryce Bowman	00:44:06	31	00:08:47	00:12:30
10	17689	Peco Lustucru	00:44:44	36	00:09:01	00:12:44
11	19479	Ryan Schafer	00:45:41	43	00:10:02	00:13:45
12	19662	Mike Whitehouse	00:48:07	69	00:12:45	00:16:27
13	19594	Parker Mathieson	00:48:12	71	00:12:34	00:16:16
14	19679	Mateo Arias	00:48:27	75	00:13:08	00:16:51
15	19534	Taylor Perkins	00:48:35	78	00:12:52	00:16:35
16	16592	Travis Postnekoff	00:48:37	79	00:13:05	00:16:48
17	19635	Cameron Tunstall	00:48:58	84	00:13:41	00:17:23
18	19663	Kurt Williams	00:49:50	92	00:14:27	00:18:10
19	19697	Federico Fontana	00:49:54	94	00:14:49	00:18:31
20	19321	Adam Gaunt	00:50:28	101	00:15:00	00:18:43
21	16030	Alexandre Gendron	00:51:05	109	00:15:24	00:19:07
22	19389	Nirbir Grewal	00:51:48	115	00:16:17	00:20:00
23	19477	Matthew Sauer	00:51:55	116	00:16:29	00:20:12
24	19469	Callum Ross	00:52:19	127	00:16:39	00:20:22
25	19492	Owen Montpellier	00:52:20	128	00:17:05	00:20:47
26	19494	Chris Minvielle	00:52:45	134	00:17:31	00:21:14
27	19519	Eric Liong	00:52:48	135	00:17:09	00:20:52
28	19471	Vitaliy Rudenko	00:53:29	149	00:18:00	00:21:43
29	19434	Gary Manocha	00:54:14	158	00:18:38	00:22:21
30	17687	Jonathan MacKenzie	00:54:32	166	00:19:03	00:22:46
31	19412	Zach Brooker	00:54:32	169	00:19:00	00:22:43
32	17673	Grant Kanigan	00:55:01	176	00:19:30	00:23:13
33	19344	Brandon Goods	00:55:02	178	00:19:41	00:23:24
34	19533	Jackson Payne	00:55:22	185	00:19:46	00:23:29
35	19645	Martin Vlcek	00:56:24	201	00:20:39	00:24:22
36	16562	Reid Munro	00:56:36	206	00:21:40	00:25:23
37	17677	Guillaume Joseph	00:56:48	211	00:21:06	00:24:49
38	19700	Geoffrey Gagne	00:57:15	217	00:21:59	00:25:41
39	19540	Colin Scott	01:03:56	311	00:28:16	00:31:59
40	17660	Kody Haugli	01:08:03	337	00:32:37	00:36:20
41	19350	Tim Froese	01:19:03	380	00:43:43	00:47:26

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Category Results

Female Ages 30-39

Pos	Bib#	Name	Time	Overall Position	Time Behind Categ	Time Behind Winner
1	19528	Hayley Nhan	00:44:12	32	00:00:05	00:01:37
2	19546	Heather Weberg	00:44:43	35	00:00:38	00:02:10
3	19606	Alicia Slade	00:46:00	48	00:01:52	00:03:24
4	19482	Laura Schmitt	00:46:11	50	00:02:09	00:03:41
5	17884	Meara Angen	00:46:15	51	00:02:41	00:04:13
6	17652	Melanie Hnatyshyn	00:47:55	66	00:04:24	00:05:56
7	19435	Sarah Manske	00:48:30	76	00:04:35	00:06:07
8	19490	Laura Moore	00:49:22	89	00:05:18	00:06:50
9	17818	Joelle Barrette	00:50:44	103	00:06:54	00:08:26
10	16079	Kathryn Chase	00:50:53	105	00:07:32	00:09:04
11	19641	Janet Vande Glind	00:50:54	106	00:06:58	00:08:30
12	19652	Kristy Ward	00:50:58	107	00:07:19	00:08:51
13	19689	Lesia Derochie	00:51:00	108	00:07:12	00:08:44
14	19510	Anita Hopson	00:51:12	110	00:07:04	00:08:36
15	16588	Ashley Penrose	00:51:31	113	00:07:31	00:09:03
16	60106	Jennifer Patterson	00:52:05	118	00:08:11	00:09:43
17	19696	Becca Finlay	00:52:34	132	00:08:56	00:10:28
18	16148	Tamara Champagne	00:52:41	133	00:08:54	00:10:26
19	19370	Blaire Hamilton	00:53:43	151	00:09:39	00:11:11
20	16582	Amy Paterson	00:53:53	154	00:10:21	00:11:53
21	19682	Laura Boudens	00:53:57	155	00:09:50	00:11:22
22	16584	Natalie Pauls	00:54:10	156	00:10:49	00:12:21
23	17678	Jennifer Joo	00:54:20	161	00:10:42	00:12:14
24	19447	Cynthia McClain	00:54:26	163	00:10:45	00:12:17
25	16579	Jenn Packer	00:54:30	164	00:10:38	00:12:10
26	16153	Amanda Cole	00:54:31	165	00:10:55	00:12:27
27	19669	Robyn Wytinck	00:55:00	174	00:11:29	00:13:01
28	19587	Victoria Lukasik	00:55:01	175	00:11:36	00:13:08
29	19440	Michelle Marsz	00:55:03	179	00:10:54	00:12:26
30	46642	Jana Miceli	00:55:09	180	00:11:38	00:13:10
31	46645	Julie Meyer	00:55:43	191	00:12:18	00:13:50
32	17823	Jocelyn Bolduc	00:56:13	196	00:12:31	00:14:03
33	16594	Keann Potter	00:56:25	202	00:13:04	00:14:36
34	19452	Sarah McKillop	00:56:26	203	00:12:20	00:13:52
35	19429	Jennifer Kot	00:57:12	215	00:13:45	00:15:17
36	17683	Linda Imanse	00:57:29	219	00:13:49	00:15:21
37	46852	Lauren Wong	00:58:05	231	00:14:11	00:15:43
38	19497	Jonna McQuade	00:58:34	239	00:14:39	00:16:11
39	19637	Annegret Ulke-Lemee	00:58:38	241	00:14:49	00:16:21
40	19465	Isabelle Rioux	00:58:46	244	00:15:16	00:16:48
41	19449	Jen McDonald	00:58:54	246	00:14:56	00:16:28
42	17877	Kim Alkalay	00:59:14	251	00:15:49	00:17:21
43	19648	Ashley Wall	00:59:22	252	00:15:42	00:17:14
44	19541	Stacey Seymour	00:59:33	257	00:15:47	00:17:19
45	19499	Shannon McNeill	00:59:45	259	00:15:55	00:17:27
46	17894	Marizen Acosta	00:59:57	265	00:15:47	00:17:19
47	16151	Sara Cormier	01:00:30	274	00:16:56	00:18:28
48	16072	Cindy Chalmers	01:00:37	275	00:17:04	00:18:36
49	19632	Callie Tetz	01:01:06	278	00:17:26	00:18:58
50	19373	Amy Gunderson	01:01:29	280	00:17:54	00:19:26
51	19623	Jennifer Stevens	01:01:53	285	00:18:04	00:19:36

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Category Results

Female Ages 30-39

Pos	Bib#	Name	Time	Overall Position	Time Behind Categ	Time Behind Winner
52	17671	Caroline Keats	01:02:26	290	00:19:00	00:20:32
53	45774	Rachelle Vaivada	01:02:54	300	00:19:14	00:20:46
54	19415	Genevieve Gendron-Meek	01:04:56	317	00:21:25	00:22:57
55	60116	Bonnie Brecka	01:06:22	326	00:22:40	00:24:12
56	19638	Meghan Vallance-Morin	01:06:56	328	00:23:22	00:24:54
57	17744	Melissa Callaway	01:07:19	332	00:23:11	00:24:43
58	16078	Jenn Chernishenko	01:11:27	359	00:27:23	00:28:55
59	45797	Cathy Price	01:11:39	360	00:28:12	00:29:44
60	19346	Tara-Lee Goerlitz	01:14:38	371	00:30:56	00:32:28
61	16586	Karla Pearson	01:14:40	372	00:30:43	00:32:15
62	19442	Lea Marty	01:14:41	374	00:30:40	00:32:11
63	19401	Michelle Greene	01:14:52	376	00:31:18	00:32:50
64	19590	Samantha Oliphant	01:17:09	379	00:33:23	00:34:55
65	19352	Amber Froese	01:19:03	381	00:35:16	00:36:48
66	17682	Sara Jaremko	01:23:02	384	00:39:38	00:41:10
67	17680	Juliette Johnson	01:29:40	388	00:45:45	00:47:17

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Category Results

Male Ages 30-39

Pos	Bib#	Name	Time	Overall Position	Time Behind Categ	Time Behind Winner
1	19527	Ryan Murray	00:36:15	3	00:00:02	00:04:16
2	19454	Jared Bone	00:37:41	7	00:01:30	00:05:44
3	19560	Paul Chiswell	00:41:44	11	00:05:32	00:09:45
4	19480	Adam Schell	00:41:47	12	00:05:33	00:09:47
5	5726	Darren Bisnell	00:42:04	13	00:05:57	00:10:10
6	19520	Michel Luhnau	00:42:13	15	00:06:00	00:10:14
7	19611	Ben Smith	00:43:20	21	00:07:13	00:11:27
8	19591	Brent Robinson	00:43:25	22	00:07:21	00:11:35
9	17653	Ferdinand Hingerl	00:45:04	37	00:08:57	00:13:11
10	19511	Greg Hopson	00:45:19	40	00:09:07	00:13:21
11	19459	Andy Pumbien	00:45:58	46	00:09:49	00:14:02
12	16025	Franck Camurac-Penisson	00:46:10	49	00:09:58	00:14:11
13	19647	Brett Walker	00:46:47	59	00:10:50	00:15:03
14	17763	Neal Burgess	00:47:27	64	00:11:33	00:15:47
15	46769	Alex Pletnyov	00:47:29	65	00:11:29	00:15:42
16	19455	Matthew Powell	00:48:09	70	00:12:42	00:16:56
17	46760	Shane Paterson	00:48:43	80	00:12:41	00:16:55
18	16555	Garret Claxton	00:49:14	87	00:13:11	00:17:25
19	19439	Lewis Marshall	00:49:21	88	00:13:12	00:17:26
20	19460	Wesley Quintin	00:49:49	90	00:13:41	00:17:55
21	16575	Chris Ostapovitch	00:49:50	91	00:13:44	00:17:58
22	19329	Michael Fisher	00:49:51	93	00:14:25	00:18:39
23	19680	Phillip Baird	00:51:12	111	00:15:07	00:19:21
24	46730	Justin Eyford	00:51:17	112	00:15:08	00:19:22
25	17851	David Berge	00:52:13	122	00:16:02	00:20:15
26	19693	Brendan Duong	00:52:16	124	00:16:25	00:20:39
27	19372	Doug Hafichuk	00:52:17	125	00:16:27	00:20:41
28	19557	Tyler Boldt	00:52:28	130	00:16:18	00:20:32
29	46788	Jeff Rudolf	00:52:29	131	00:16:29	00:20:42
30	46810	Daniel Schiffner	00:52:48	136	00:17:51	00:22:04
31	19673	Marc Yuzwak	00:53:21	146	00:17:15	00:21:28
32	19507	Stephen Giustini	00:53:22	147	00:17:46	00:22:00
33	19566	David Jobin	00:53:46	152	00:18:19	00:22:33
34	19551	Jason Yue	00:54:54	173	00:18:55	00:23:08
35	19610	Matthew Smart	00:55:02	177	00:19:22	00:23:36
36	17848	Robert Bergeron	00:55:17	183	00:19:12	00:23:26
37	17667	Braden Klein	00:55:43	192	00:19:39	00:23:53
38	19603	Eric shorten	00:55:59	194	00:20:31	00:24:45
39	19573	Logan Marsh	00:56:23	200	00:20:59	00:25:13
40	46705	Tyler Fric	00:56:59	213	00:21:32	00:25:46
41	19572	Adrian Lobello	00:57:08	214	00:21:32	00:25:46
42	17723	Joel Austin	00:57:50	224	00:21:40	00:25:53
43	19441	Eugene Marte	00:58:00	229	00:22:13	00:26:27
44	19588	Luqzan Mustafa Kamal	00:58:37	240	00:23:14	00:27:28
45	19450	Sean McDonald	00:58:55	247	00:22:52	00:27:06
46	17622	Aleem Gilani	00:59:28	255	00:23:40	00:27:54
47	19625	Jordan Stewart	00:59:29	256	00:23:33	00:27:47
48	19548	Jason Wellman	01:02:47	297	00:26:58	00:31:11
49	60107	Corey Thomson	01:03:20	307	00:27:44	00:31:57
50	19578	Nelson Siu	01:12:28	363	00:36:53	00:41:07

MEC Race SEVEN

10k

Category Results

Female Ages 40-49

Pos	Bib#	Name	Time	Overall Position	Time Behind Categ	Time Behind Winner
1	17873	Laura Brescia	00:46:49	60	00:00:07	00:04:16
2	19502	Marisa Gerard	00:46:53	62	00:00:09	00:04:18
3	19559	Carolyn Carey	00:48:04	68	00:01:51	00:06:00
4	19639	Connie Van der Byl	00:48:20	73	00:01:42	00:05:51
5	19585	Keiko Fisher	00:48:21	74	00:01:46	00:05:55
6	19574	Catharina Mendonca	00:52:15	123	00:05:49	00:09:58
7	17797	Kate Budden	00:56:13	197	00:09:43	00:13:52
8	35523	Lilliana Chalifoux	00:57:14	216	00:11:15	00:15:25
9	17800	Natasha Barrie	00:57:58	227	00:11:28	00:15:37
10	17650	Michelle Hoddinott	00:58:33	238	00:12:05	00:16:14
11	19554	Maria Barabas	00:59:01	249	00:12:56	00:17:05
12	17658	Natalie Hay	00:59:33	258	00:13:10	00:17:19
13	19543	Nichole Spelman-Porter	01:00:00	266	00:13:57	00:18:06
14	19569	Luciana Kuamoto	01:00:08	271	00:13:55	00:18:04
15	19619	Renee Spuler	01:01:42	282	00:15:16	00:19:26
16	17676	Julia Joyce	01:01:43	283	00:15:04	00:19:13
17	17664	Ronaye Kooperberg	01:02:49	298	00:16:46	00:20:56
18	17834	Roslynn Boake	01:03:08	305	00:17:03	00:21:13
19	17866	Julie Ahlstrom	01:03:18	306	00:17:02	00:21:12
20	19579	Rosemary Stewart	01:08:42	345	00:22:37	00:26:46
21	19695	Sonia Ficaccio-Scarcelli	01:09:36	349	00:23:30	00:27:39
22	19692	Leanne Karen Duke	01:09:36	350	00:23:30	00:27:39
23	19677	Trish Zorn	01:09:54	352	00:23:12	00:27:22
24	19629	Candy Taylor	01:10:03	353	00:23:22	00:27:31
25	19565	Ellen Gleave	01:10:47	356	00:24:36	00:28:45
26	19504	Brandi Gill	01:11:19	357	00:25:25	00:29:35
27	16558	Kathleen Morrison	01:13:34	365	00:26:55	00:31:04
28	16577	Claire Owens	01:13:36	366	00:27:30	00:31:39
29	60114	Sue Rathford	01:14:29	369	00:27:57	00:32:06
30	19681	Marieta Balatbat	01:23:13	385	00:36:39	00:40:49
31	17886	Janet Antonishyn	01:38:43	390	00:52:16	00:56:25

MEC Race SEVEN

10k

Category Results

Male Ages 40-49

Pos	Bib#	Name	Time	Overall Position	Time Behind Categ	Time Behind Winner
1	19688	Dave Cwynar	00:39:49	9	00:00:02	00:07:49
2	19570	Alan lam	00:42:11	14	00:02:26	00:10:13
3	19317	Shaun Fox	00:42:53	18	00:03:20	00:11:07
4	19631	Serge Tessier	00:43:11	20	00:03:25	00:11:12
5	19535	Jason Politylo	00:44:01	28	00:04:18	00:12:05
6	19650	Brent Ward	00:45:19	39	00:06:00	00:13:47
7	19568	James Kendal	00:45:22	41	00:05:37	00:13:24
8	19500	Graham McLennan	00:45:53	45	00:06:11	00:13:58
9	17710	Mike Bara	00:46:29	55	00:06:44	00:14:31
10	19597	Matthew Pearson	00:47:12	63	00:07:32	00:15:19
11	19509	Lee Hanson	00:48:01	67	00:08:35	00:16:22
12	17696	Yanick Leclerc	00:48:55	83	00:09:23	00:17:10
13	45492	Dan Hopfner	00:52:08	120	00:12:54	00:20:41
14	17655	Ian Hetherington	00:53:20	144	00:14:08	00:21:55
15	60104	Richard Snyders-Blok	00:53:23	148	00:13:45	00:21:32
16	19538	Cecil Purcell	00:54:15	160	00:14:47	00:22:34
17	46341	Drew Chalifoux	00:56:43	208	00:17:45	00:25:32
18	19505	Jeff Gill	00:57:36	222	00:18:44	00:26:31
19	19529	Karsten Nielsen	00:57:51	226	00:18:28	00:26:15
20	16590	Mark Pollon	01:03:32	308	00:24:21	00:32:08
21	19609	Dean Smales	01:04:02	312	00:24:35	00:32:22
22	16557	Todd Moroz	01:07:54	336	00:30:11	00:37:58
23	19656	Dean Weber	01:08:36	343	00:29:18	00:37:05
24	19657	Dean Weber	01:08:36	344	00:29:18	00:37:05
25	17887	Kevin Antonishyn	01:38:43	389	00:59:17	01:07:04

MEC Race SEVEN

10k

Category Results

Female Ages 50-59

Pos	Bib#	Name	Time	Overall Position	Time Behind Categ	Time Behind Winner
1	19576	Zita Mulligan	00:42:40	16	00:00:06	00:00:06
2	19581	Willa Wanke	00:48:12	72	00:06:22	00:06:22
3	19661	Liz Whitehouse	00:50:30	102	00:08:12	00:08:12
4	17685	Nancy Mackenzie	00:51:39	114	00:09:14	00:09:14
5	19654	Penny Watt	00:56:29	204	00:14:00	00:14:00
6	45449	Kimmy Chung	00:58:14	234	00:15:56	00:15:56
7	16188	Joanne Chevrette	00:58:32	237	00:16:24	00:16:24
8	19668	Lorenia Wozney	00:59:27	254	00:17:20	00:17:20
9	19553	Rhonda Zygocki	00:59:45	260	00:17:50	00:17:50
10	19311	Sharon Fawcett	01:00:01	267	00:17:55	00:17:55
11	19312	Suzanne Derbecker	01:00:03	268	00:17:56	00:17:56
12	19324	Lucia Fowler	01:00:22	273	00:18:27	00:18:27
13	19436	Pam Manzara	01:01:50	284	00:19:45	00:19:45
14	19316	Kathi Dawson	01:03:56	310	00:21:36	00:21:36
15	19549	Patricia Wells	01:05:25	319	00:23:29	00:23:29
16	19583	Carole Brownlees	01:06:07	324	00:23:54	00:23:54
17	30382	Cathy MacNaughton	01:08:12	340	00:26:12	00:26:12
18	19600	Sharon V	01:08:48	346	00:26:36	00:26:36
19	16578	Jennifer Owens	01:08:59	347	00:27:02	00:27:02
20	16118	Pacita Caponpon	01:13:40	367	00:31:07	00:31:07
21	60085	Shauna Layton	01:15:05	378	00:32:52	00:32:52
22	19699	Jocelyn Frazer	01:19:42	383	00:37:24	00:37:24

Male Ages 50-59

Pos	Bib#	Name	Time	Overall Position	Time Behind Categ	Time Behind Winner
1	19508	David Guss	00:36:19	4	00:00:01	00:04:19
2	19586	David Keough	00:44:03	29	00:07:49	00:12:06
3	19667	Donald Workman	00:46:30	56	00:10:15	00:14:32
4	19445	Pete McBreen	00:46:30	57	00:10:16	00:14:33
5	19685	Hamish Clark	00:48:31	77	00:12:28	00:16:46
6	19687	Randy Cormier	00:50:02	96	00:13:46	00:18:04
7	19537	George Porter	00:50:04	97	00:14:03	00:18:20
8	19690	Christopher Doig	00:52:02	117	00:15:50	00:20:08
9	19550	Dennis Wong	00:53:13	140	00:17:27	00:21:45
10	19684	Tom Chin	00:53:18	142	00:17:32	00:21:50
11	19536	Barry Poon	00:54:40	171	00:18:55	00:23:13
12	17709	David Barber	00:55:19	184	00:19:40	00:23:58
13	19618	Oscar Spuler	00:56:14	198	00:20:19	00:24:36
14	19562	Neil Collins	00:56:16	199	00:20:16	00:24:34
15	45472	Willie Chung	00:58:39	242	00:22:41	00:26:59
16	16076	Guy Gendron	00:58:40	243	00:22:41	00:26:59
17	19462	Mark Raymond	00:58:58	248	00:23:00	00:27:18
18	17859	John Braun	01:01:55	287	00:25:55	00:30:13
19	19466	Paul Ritchie	01:02:28	291	00:26:42	00:30:59
20	31580	David King	01:05:26	320	00:29:15	00:33:33
21	30321	Wally MacNaughton	01:08:12	339	00:32:33	00:36:51

MEC Race SEVEN

10k

Category Results

Female Ages 60-69

Pos	Bib#	Name	Time	Overall Position	Time Behind Categ	Time Behind Winner
1	16561	Julie Muller	00:54:32	167	00:00:45	00:12:37
2	16038	Gudrun Fraser	01:01:02	277	00:06:49	00:18:41
3	19487	Yvonne Morrison	01:04:37	316	00:10:37	00:22:29
4	19577	Hilary Ross	01:07:12	331	00:12:51	00:24:42
5	19604	Kathleen shorten	01:07:54	335	00:14:09	00:26:01
6	19598	Linda Sulton	01:10:19	354	00:16:15	00:28:07

Male Ages 60-69

Pos	Bib#	Name	Time	Overall Position	Time Behind Categ	Time Behind Winner
1	17651	Clyde Hoddinott	00:48:51	82	00:00:13	00:17:02
2	17649	Devon Vig	00:49:10	86	00:00:33	00:17:22
3	19547	Michael Welch	00:50:46	104	00:02:01	00:18:51
4	19584	Ben Czelenski	01:01:40	281	00:13:17	00:30:07
5	19599	Niel Sutherland	01:01:55	286	00:13:41	00:30:30
6	46855	Lee Woolery	01:09:29	348	00:21:09	00:37:59
7	19427	Greg Kuhl	01:24:38	386	00:36:04	00:52:53

Male Ages 70+

Pos	Bib#	Name	Time	Overall Position	Time Behind Categ	Time Behind Winner
1	19544	Vartan Sultanian	01:25:19	387	00:00:21	00:53:38

Female No Age Specified

Pos	Bib#	Name	Time	Overall Position	Time Behind Categ	Time Behind Winner
1	16574	Chantal Orr	00:43:46	24	00:00:07	00:01:13
2	19636	Kayla Twomey	00:49:05	85	00:05:24	00:06:31
3	19564	Renie Dill	00:53:06	139	00:09:47	00:10:53
4	17727	Meghan Beale	00:54:11	157	00:10:37	00:11:43
5	60117	Jodi Phaywood	00:54:21	162	00:10:46	00:11:52
6	5728	Kara Leinweber	00:55:10	181	00:12:08	00:13:14
7	19522	Lizzie MacNeill	00:55:23	187	00:11:49	00:12:55
8	19628	Kelcie Swartout	00:57:48	223	00:14:19	00:15:25
9	19674	Andrea Zabloski	00:57:51	225	00:14:21	00:15:27
10	16571	Olena Olenchuk	00:58:50	245	00:15:19	00:16:26
11	17899	Laila Adam	00:59:46	262	00:16:21	00:17:27
12	19367	Leslie Hamilton	01:00:45	276	00:17:40	00:18:47
13	19605	Harpreet Singh	01:02:37	296	00:19:01	00:20:07
14	5731	Lisa Hardie	01:11:53	361	00:29:00	00:30:06
15	19425	Fanny Laitem	01:14:41	373	00:31:05	00:32:11

MEC Race SEVEN

10k

Category Results

Male No Age Specified

Pos	Bib#	Name	Time	Overall Position	Time Behind Categ	Time Behind Winner
1	19580	Matthew Travaglini	00:32:02	1	00:00:01	00:00:01
2	19517	Igor Kusljic	00:43:53	26	00:12:04	00:12:04
3	19563	Ryan Collins	00:44:34	34	00:12:36	00:12:36
4	19421	Ian Graham	00:45:23	42	00:13:28	00:13:28
5	19542	Sunil Shah	00:45:59	47	00:13:59	00:13:59
6	19555	Suchaet Bhardwaj	00:46:50	61	00:14:55	00:14:55
7	19651	Earl Ward	00:50:23	99	00:18:30	00:18:30
8	5729	Al Gress	00:52:10	121	00:20:44	00:20:44
9	17742	Dan Clark	00:53:15	141	00:21:53	00:21:53
10	19496	Jermain Menon	00:57:33	220	00:26:07	00:26:07
11	17688	Kendall MacDonald	01:06:32	327	00:34:30	00:34:30