

### 10K Results

Rank	Bib	First	Last	Race Time	Chip Time	Race	Gender	City	Pace
1	1866	Dustin	Gavin	00:40:02	00:40:01	10K	M	OTTAWA	00:04:00
2	1878	Erwin	Jaeger	00:46:30	00:46:08	10K	M	Ottawa	00:04:39
3	1837	Andrew	Broadbent	00:47:01	00:46:41	10K	M	Gatineau	00:04:42
4	1931	Pierre	Tremblay	00:48:17	00:48:12	10K	M	Gatineau	00:04:50
5	1580	Tessa	Forsey	00:49:28	00:49:26	10k	F	Belleville	00:04:57
6	1900	Joey	McGuire	00:49:32	00:49:17	10K	M	ottawa	00:04:57
7	1827	Chris	Ballman	00:51:10	00:50:55	10K	F	Pembroke	00:05:07
8	1880	Dan	Kirkness	00:51:10	00:50:53	10K	M	Cobden	00:05:07
9	1911	Suzanne	Prud'homme	00:51:42	00:51:28	10K	F	Casselman	00:05:10
10	1842	Lucie	Cayer	00:51:42	00:51:28	10K	F	St-Albert	00:05:10
11	1836	Maggie	Brennan	00:51:47	00:51:41	10K	F	Ottawa	00:05:11
12	1887	camil	Lapointe	00:51:52	00:51:23	10K	M	cornwall	00:05:11
13	1942	Richard	Lanouette	00:52:10	00:51:38	10K	M	Kanata	00:05:13
14	1916	Simon	Roussin	00:52:24	00:52:06	10K	M	Orleans	00:05:14
15	1938	Connie	Weber	00:52:59	00:52:43	10K	F	Cobden	00:05:18
16	1869	CARL	HABEL	00:53:03	00:52:55	10K	M	Nepean	00:05:18
17	1939	Jacob	Wilson-Hajdu	00:53:05	00:52:55	10K	M	Ottawa	00:05:18
18	1935	Doug	Vidal-Hernandez	00:53:05	00:52:55	10K	M	Ottawa	00:05:19
19	1865	Laurence	Gaspard	00:53:20	00:52:59	10K	M	Quebec	00:05:20
20	1906	Kailee	Morrison	00:53:27	00:53:00	10K	F	Port Hope	00:05:21
21	1945	KALARE	GALLANT	00:53:28	00:52:57	10K	F	PAKENHAM	00:05:21
22	1652	Helene	Lamothe	00:53:40	00:53:23	10k	F	St-Basile-Le-Grand	00:05:22
23	1947	Paul	Mellon	00:54:25	00:53:45	10K	M	Cumberland	00:05:26
24	1923	Amanda	Starr	00:54:37	00:54:24	10K	F	Ottawa	00:05:28
25	1898	Tracy	McBride	00:54:39	00:54:22	10K	F	Pembroke	00:05:28
26	1919	LYNN	SCOTT	00:54:46	00:54:38	10K	F	Ottawa	00:05:29
27	1848	Edith	da Costa	00:54:55	00:54:44	10K	F	Gatineau	00:05:30
28	1933	Matt	Verjans	00:55:00	00:54:28	10K	M	SARFIELD	00:05:30
29	1849	Susan	Dallin O'Grady	00:55:21	00:55:10	10K	F	Ottawa	00:05:32
30	1912	Heather	Richardson	00:55:45	00:55:18	10K	F	Kanata	00:05:35
31	1831	Suzette	Bernard	00:56:20	00:55:44	10K	F	Gatineau	00:05:38
32	1871	JASON	HARRIS	00:56:24	00:55:19	10K	M	ORLEANS	00:05:38
33	1828	NICKY	BELL	00:57:33	00:56:43	10K	F	YARKER	00:05:45
34	1879	Annette	Janke	00:58:24	00:58:06	10K	F	Pembroke	00:05:50
35	4831	BERNIE	HASSELMAN	00:58:34	00:58:19	10K	M	KINGSTON	00:05:51
36	4827	Michelle	Hay	00:59:03	00:58:50	10K	F		00:05:54
37	1889	Guy	Lavergne	00:59:13	00:58:30	10K	M	Gloucester	00:05:55
38	1830	Mike	Belland	00:59:15	00:58:48	10K	m		00:05:56
39	4832	Adam	Mccaffery	00:59:35	00:58:27	10K	m		00:05:57
40	1926	mary	sweetlove	00:59:37	00:59:28	10k	F	russell	00:05:58
41	1844	Thomas	Charlton	00:59:57	00:59:26	10K	M	Ottawa	00:06:00
42	4834	Mitch	Carriere	01:00:42	01:00:06	10K	m		00:06:04
43	1846	LUC	CHOUINARD	01:00:45	01:00:15	10K	M	KANATA	00:06:04
44	1940	Jeff	Wong	01:01:30	01:00:32	10K	M	Nepean	00:06:09
45	1925	Leanne	Stoppa	01:02:06	01:01:28	10K	F	Cobden	00:06:13
46	1839	Ivan	Burton	01:03:12	01:02:34	10K	M	Cobden	00:06:19
47	1870	Elyse	Hamp	01:03:15	01:02:35	10K	F	Ottawa	00:06:20
48	1920	Leah	Seabrook	01:03:19	01:02:31	10K	F	Ottawa	00:06:20
49	1943	Lynne	Blimkie	01:03:28	01:02:55	10K	F	Chalk River	00:06:21
50	1852	Gayle	Devaney	01:03:48	01:03:19	10K	F	CARP	00:06:23
51	1913	Tricia	Robinson	01:04:40	01:04:04	10K	F	Pembroke	00:06:28
52	1928	Blanche	Thomas	01:04:41	01:04:04	10K	F	Pembroke	00:06:28
53	1856	Stephanie	Earle	01:05:00	01:04:20	10K	F	Ottawa	00:06:30
54	4829	Jennifer	Tuthill	01:05:14	01:04:20	10K	F	Ottawa	00:06:31
55	1915	Breagh	Ross	01:06:00	01:05:32	10K	F	Kanata	00:06:36
56	4828	Nadine	Jodoin	01:06:20	01:05:22	10K	F	Ottawa	00:06:38
57	4833	Mary france	Lafleur	01:06:21	01:05:33	10K	f		00:06:38
58	1857	John	Farrell	01:06:33	01:06:10	10K	M	Nepean	00:06:39
59	4836	Kristen	Oliver	01:06:54	01:05:58	10K	f		00:06:41
60	1875	Kelly	Hudson	01:07:31	01:07:05	10K	F	Orleans	00:06:45
61	1677	Kristina	Marsh	01:07:33	01:06:49	10k	F	Dunrobin	00:06:45
62	1884	Pat	Laberge	01:07:37	01:06:56	10K	F	Ottawa	00:06:46
63	1882	lesrr	Kom	01:08:00	01:07:13	10K	F	Ottawa	00:06:48
64	1930	Katy	Traplin	01:08:03	01:07:51	10K	F	Ottawa	00:06:48
65	1845	Raymond	Chauvet	01:08:12	01:07:25	10K	M	Gatineau	00:06:49
66	1903	Natasha	McRae	01:08:31	01:08:10	10K	F	Ottawa	00:06:51

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Rank	Bib	First	Last	Race Time	Chip Time	Race	Gender	City	Pace
67	1833	Anastasiya	Boika	01:08:32	01:08:10	10K	F	Ottawa	00:06:51
68	1904	Leslie	Meerburg	01:08:56	01:08:00	10K	F	Kanata	00:06:54
69	1944	Andrew	Oakes	01:09:16	01:08:50	10K	M	Ottawa	00:06:56
70	1867	Nicole	Germain	01:09:18	01:08:28	10K	F	Gatineau	00:06:56
71	1825	Chris	Arnold	01:09:20	01:09:14	10K	M	Ottawa	00:06:56
72	1686	Sandra	McGillis	01:09:21	01:09:10	10k	F	Renfrew	00:06:56
73	1914	Suzanne	Rondeau	01:09:30	01:09:00	10K	F	Stittsville	00:06:57
74	1834	Diana	Bourke	01:09:43	01:09:34	10K	F	Ottawa	00:06:58
75	1851	Marie-Josée	Desroches	01:10:15	01:09:44	10K	F	Gatineau	00:07:02
76	1908	Denise	Paquette	01:10:29	01:10:21	10K	F	Ottawa	00:07:03
77	1877	Andrea	Ives	01:10:42	01:09:40	10K	F	Ottawa	00:07:04
78	1896	Shirley	Masson	01:10:51	01:10:15	10K	F	Russell	00:07:05
79	4826	Phil	Gregory	01:12:09	01:11:41	10K	M	Kanata	00:07:13
80	1862	JOANNA	FRIZELL	01:12:09	01:12:03	10K	F	OTTAWA	00:07:13
81	1872	Jane	Hext	01:12:11	01:12:06	10K	F	Nepean	00:07:13
82	1881	Shelley	Kirkparick	01:12:28	01:11:34	10K	F	Ottawa	00:07:15
83	1883	JENNIFER	LABELLE	01:12:51	01:12:30	10K	F	Ottawa	00:07:17
84	1863	MICHELLE	FROST	01:12:56	01:12:50	10K	F	BALDERSON	00:07:18
85	1874	Peggy	Hickman	01:13:03	01:11:59	10K	F	Ottawa	00:07:18
86	1886	Jerome	Lambourne	01:13:47	01:13:17	10K	M	Kanata	00:07:23
87	1922	Jennifer	Smith	01:13:48	01:13:17	10K	F	Carleton Place	00:07:23
88	1890	Jean-Francois	Legault	01:13:52	01:13:15	10K	M	Ottawa	00:07:23
89	1581	Sabrina	Foster	01:15:13	01:14:30	10K	F	Ottawa	00:07:31
90	1838	LEE	BROWN	01:16:01	01:14:58	10K	F	METCALFE	00:07:36
91	1832	Karen	Beutel	01:16:02	01:14:59	10K	F	Nepean	00:07:36
92	1873	Christine	Hickey	01:16:34	01:16:03	10K	F	Cornwall	00:07:39
93	1850	Christine	Derouin	01:16:58	01:16:07	10K	F	OTTAWA	00:07:42
94	1868	Kim	Gladue	01:16:59	01:16:09	10K	F	Gatineau	00:07:42
95	1895	Lou	Martin-Gerhards	01:17:04	01:16:20	10K	F	OTTAWA	00:07:42
96	1860	Sharon	Flack	01:17:26	01:16:27	10K	F	Ottawa	00:07:45
97	1917	Jane	Schofield	01:18:20	01:17:28	10K	F	Stittsville	00:07:50
98	1905	Nathalie	Morin	01:18:40	01:18:16	10K	F	Gatineau	00:07:52
99	4835	Deborah	Wolfe	01:19:14	01:18:22	10K	f		00:07:55
100	1924	Julie	Stephens	01:19:20	01:18:20	10K	F	Ottawa	00:07:56
101	1907	Michelle	Nicholson	01:19:55	01:18:54	10K	F	Ottawa	00:07:59
102	1941	Laurence	Wright	01:20:15	01:19:13	10K	M	Gatineau	00:08:01
103	1894	JENNIFER	MARTIN	01:21:18	01:21:10	10K	F	OTTAWA	00:08:08
104	1892	Kathy	Lewis	01:21:19	01:21:13	10K	F	NEPEAN	00:08:08
105	1909	Brittany	Patry	01:21:19	01:21:09	10K	F	Nepean	00:08:08
106	1929	Francine	Tisdelle	01:22:13	01:21:22	10K	F	Orleans	00:08:13
107	1918	Roxanna	Schonberg	01:24:07	01:23:48	10K	F	ottawa	00:08:25
108	1946	Mike	Bellefeuille	01:24:07	01:23:48	10K	M	ottawa	00:08:25
109	1932	Colette	Verjans	01:25:41	01:24:50	10K	F	Sarsfield	00:08:34
110	1854	Arlene	Dupuis	01:25:44	01:24:53	10K	F	Vars	00:08:34
111	1876	Denise	Hyde	01:27:07	01:26:30	10K	F	Ottawa	00:08:43
112	1720	Anastasia	Pantelimon	01:28:06	01:27:23	10k	F	Ottawa	00:08:49
113	1688	Elizabeth	McHugh	01:29:02	01:28:50	10k	F	STITTSVILLE	00:08:54
114	1861	Joanna	Forbes	01:30:22	01:29:18	10K	F	Gatineau	00:09:02
115	1934	Hannah	Vervoort	01:34:04	01:33:07	10K	F	ottawa	00:09:24
116	1859	Sylvie	Filion	01:34:49	01:33:42	10K	F	Nepean	00:09:29