

<b>Male-Under 19 (3)</b>			<b>3.8 km</b>	<b>12 C</b>	
PI	Stno	Name	Club	Time	

1	17	Aidan Durant	EMPO	44:21	
2	14	Andrew Glukhov	None	51:18	
3	7	Tyler Koziol	EMPO	1:42:55	

<b>Female-19-34 (4)</b>			<b>5.0 km</b>	<b>18 C</b>	
PI	Stno	Name	Club	Time	

1	9	Milla Tarnopolski	Ramblers	47:11	
2	15	Elaine Glen	Ramblers	1:36:12	
3	6	Caroline Bouchard	Ramblers	1:39:11	
	25	Janet Findlay	EMPO	mp	

<b>Female-35-49 (1)</b>			<b>3.8 km</b>	<b>12 C</b>	
PI	Stno	Name	Club	Time	

1	13	Yekaterina Dvinyaninova	None	39:52	

<b>Male-35-49 (6)</b>			<b>5.0 km</b>	<b>18 C</b>	
PI	Stno	Name	Club	Time	

1	10	Mark Tarnapolski	Ramblers	39:03	
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2	5	Philippe Cote Jacques	Ramblers	51:47
3	18	Anton Sakovich	Ottawa	52:10
4	16	Bruce Glen	Ramblers	56:44
5	21	Mitch Collinsworth	ROC	57:38
	11	Aims Coney	NEOC	disq

<b>Female-50-64 (1)</b>		<b>3.8 km</b>	<b>12 C</b>	
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PI	Stno	Name	Club	Time
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1	2	Candice Raines	EMPO	1:21:25

<b>Male-50-64 (2)</b>		<b>3.8 km</b>	<b>12 C</b>	
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PI	Stno	Name	Club	Time
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1	8	Doug Swank	EMPO	39:30
2	4	David Harnett	EMPO	1:08:10

<b>Female-65+ (3)</b>		<b>2.4 km</b>	<b>10 C</b>	
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PI	Stno	Name	Club	Time
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1	19	Nadezhda Popova	HVO	48:24
2	12	Terry Myers Coney	NEOC	49:14
3	20	Susan Hawkes-Teeter	EMPO	1:03:55

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<b>Male-65+ (3)</b>			<b>2.4 km</b>	<b>10 C</b>
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<b>PI</b>	<b>Stno</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
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1	1	Philp Hawkes-Teeter	EMPO	47:20
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2	3	Thayer Raines	EMPO	47:33
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3	22	Vladimir Gavrilov	Ramblers	1:10:47
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<b>Recreational (2)</b>			<b>1.4 km</b>	<b>5 C</b>
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<b>PI</b>	<b>Stno</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
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1	26	Lina Gavrilova	Ramblers	57:28
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2	27	Anthony Glukhov	None	57:37
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<b>Long Rec (1)</b>			<b>5.0 km</b>	<b>18 C</b>
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<b>PI</b>	<b>Stno</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
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1	24	Stina Bridgemna	ROC	1:01:42
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<b>Middle Rec (1)</b>			<b>3.8 km</b>	<b>12 C</b>
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<b>PI</b>	<b>Stno</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
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1	23	Gary Maslanka	ROC	52:22
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