

Must-Dash 5K

Male 0-19

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	2344	Fong, Connor	22:36.506	-	R		7:14	8.296	8	15	

Male 20-29

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	2339	Abbass, Devin	21:00.973	-	R		6:43	8.929	5	25	
2.	2335	Campbell, Hennessy	21:40.536	-	R		6:56	8.654	6	26	
3.	2333	Forrest, Brian	24:07.240	-	R		7:43	7.775	15	24	
4.	2340	Dwyer, Michael	25:08.270	-	R		8:03	7.460	20	28	
5.	2352	Campbell, Strvan	31:04.443	-	R		9:56	6.035	36	27	

Male 30-39

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	2315	Lalanne, Justin	17:10.986	-	R		5:30	10.922	1	31	
2.	2328	Murray, Daniel	17:51.863	-	R		5:43	10.504	2	39	
3.	2324	Marshall, Brodie	18:24.910	-	R		5:53	10.190	3	30	
4.	2320	Mackenzie, Allan	22:40.036	-	R		7:15	8.272	10	33	
5.	2327	Mullins, Garret	24:54.366	-	R		7:58	7.530	19	31	
6.	2345	Mugford, Paul	31:00.896	-	R		9:55	6.048	35	37	

Male 40-49

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	2306	Dejeet, Blair	23:01.083	-	R		7:22	8.146	11	47	
2.	2326	Morrison, Mike	24:20.613	-	R		7:47	7.705	16	40	
3.	2350	Baglole, Troy	28:55.583	-	R		9:15	6.484	29	43	

Male 50-59

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	2301	Abbass, Dean	19:15.990	-	R		6:10	9.740	4	54	
2.	2316	Lanoe, Denis	21:54.863	-	R		7:00	8.562	7	51	
3.	2341	Ross, Gary	23:42.833	-	R		7:35	7.911	13	58	
4.	2302	Arseneau, Andre	24:46.070	-	R		7:56	7.571	17	53	
5.	2342	Mackenzie, Paul	25:51.943	-	R		8:16	7.253	23	53	

Male 60-69

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	2325	Mcdonald, Archie	25:45.520	-	R		8:14	7.282	22	66	

Female 20-29

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	2334	Harrison, Paige	23:47.646	-	R		7:37	7.884	14	24	
2.	2314	Jessome, Yvonne	24:50.896	-	R		7:57	7.550	18	28	
3.	2309	Finney, Meghan	25:20.520	-	R		8:06	7.401	21	28	
4.	2351	Mcneil, Nicole	31:04.663	-	R		9:56	6.035	37	29	

Must-Dash 5K

Female 30-39

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	2353	Forsey, Erin	22:39.270	-	R		7:15	8.278	9	31	
2.	2332	Spencer, Sonya	26:44.990	-	R		8:33	7.014	25	35	
3.	2348	Chaisson, Amy	28:19.333	-	R		9:04	6.622	27	34	
4.	2346	Mugford, Erin	31:00.180	-	R		9:55	6.048	34	35	
5.	2349	Musgrave, Jackie	31:10.523	-	R		9:58	6.016	38	34	

Female 40-49

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	2305	Burke, Wavey	23:10.100	-	R		7:25	8.094	12	45	
2.	2311	Hodder, Allison	28:07.740	-	R		9:00	6.669	26	49	
3.	2347	Carlin, Susanne	28:27.256	-	R		9:06	6.591	28	47	
4.	2322	Macleane, Jody	30:19.663	-	R		9:42	6.185	31	40	
5.	2338	Borden, Peggy	30:32.176	-	R		9:46	6.141	33	44	
6.	2321	Mackinnon, Kim	31:13.976	-	R		9:59	6.006	39	42	
7.	2308	Fifield, Nicole	31:14.303	-	R		10:00	6.003	40	42	
8.	2337	Delhantey, Valerie	32:00.913	-	R		10:14	5.859	41	45	
9.	2317	Macdonald, Kathleen	32:48.976	-	R		10:30	5.716	42	43	
10.	2343	Fong, Cherri	34:31.240	-	R		11:03	5.432	43	43	
11.	2336	Horechuk, Cathy	39:51.676	-	R		12:45	4.705	44	47	
12.	2318	Macintyre, Lois	39:51.833	-	R		12:45	4.705	45	47	

Female 50-59

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	2323	Maclellan, Bernadette	26:29.396	-	R		8:28	7.080	24	58	
2.	2331	Walsh, Trish	29:02.913	-	R		9:17	6.458	30	58	

Female 60-69

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	2307	Doyle, Anne	30:30.740	-	R		9:46	6.148	32	61	