

## Canada Day 2023 5K and 1K Results

Compiled and posted by your webmaster from the original race record sheets as provided by race director Murray Tait

### Canada Day 5K:

LAST	FIRST	AGE	TIME
<b>FEMALE</b>			
<u>Overall</u>			
Cushing	Claire		18:55
Alkerton	Alysha		19:17
Steenkamer	Jodi		22:54
<u>Age Category</u>			
Jackson	Abigail	U15	27:43
Winters	Morgan	F15-19	25:48
Cushing	Claire	F20	18:55
Akerton	Alysha	F20	19:17
Reid	Lily	F20	23:19
Bradford	Amy	F20	26:43
Kelly	Maddie	F20	26:48
Love	Courtney	F20	39:29
Steenkamer	Jodi	F30	22:54
Sims	Kristina	F30	25:57
Croft	Mariah	F30	29:09
Gill	Vanessa	F30	36:50
Thorne	Emma	F30	50:02
Abbott	Maureen	F40	25:19
Bennett	Kim	F40	26:53
Vivona	Francesca	F40	29:47
Steenwyk	Shelley	F50	24:40
Murray	Christine	F50	25:47
Baker	Katie	F50	27:14
Edwards	Cindy	F50	27:33
Molson	Laura	F50	31:28
Duffy	Shanda	F50	37:15
Kiddell	Dawn	F60	29:46
Laforty	Cynthia	F60	30:15
D.	Sue	F60	31:56
Hay	Kathleen	F60	38:54
Thorne	Marguerite	F60	50:04
Wood	Louise	F70	33:13
Clayton	Mary	F70	33:27
Hodgson	Anne	F70	37:52

**MALE**Overall

Lupenette	Andrew		16:29
Burns	Devin		19:21
Lambert	Bryan		21:24

Age Category

Winters	Ben	U15	22:52
Bennett	Lucas	U15	26:38
Garnett	Jacob	U15	36:17
Lupenette	Andrew	15-19	16:29
Burns	Devin	M20	19:21
Mackey	Kevin	M20	37:16
Mayhew	Dominic	M20	39:30
Pike	Keith	M30	26:15
Kinghorn	Matt	M30	27:09
Duffy	Chris	M30	37:23
Williamas	Matt	M40	23:25
Swann	Rich	M40	27:16
Lambert	Bryan	M50	21:24
Bax	Brian	M50	21:44
Lupenette	Daryl	M50	23:55
Adams	Russ	M50	24:32
Peters	Geoff	M60	23:31
White	Mitch	M60	35:27
Trussell	Mike	M60	39:03
Hodge	Terry	M60	48:48
Walroth	Bob	M70	24:47
Swift	Rick	M70	25:56
Hodgson	Merv	M80	35:29
Wilson	Hugh	M80	45:28

See Below for the 1K Fun Run Results

## Canada Day 2023 1K Fun Run (U13)

LAST NAME	FIRST NAME	AGE	Time
<u>FEMALE (14)</u>			
Casselman	Grace	11	4:14
Casselman	Ruby	9	4:14
Bauder	Khloe	11	4:35
Ferguson	Maddie	11	4:51
Thain-Segu	Ainslie	8	4:56
Armstrong	Audrey	?	4:57
Gray	Londyn	6	5:34
McIlveen	Kinslee	6	6:09
Abbott	Sophia	8	6:45
Skinner	Olivia	8	6:51
Skinner	Lauren	5	6:56
Williams	Winnie	11	7:17
Abbott	Zoey	5	8:11
Bertrand	Elodie	?	12:11
Bertrand	Phoebe	6	14:43
<u>MALE (13)</u>			
Bernard	Gavin	12	3:49
Holmes	Ethan	12	3:50
Armstrong	Austin	12	4:23
Bennett	Zach	9	4:28
Gray	Jax	8	4:57
Williams	Oscar	9	4:57
Evans	Jayden	11	5:08
Ferguson	Brady	7	5:20
Thain-Segu	James	5	5:40
Durant	Wesley	7	6:09
Steenkamer	Gavin	4	9:24
Hare	Chase	5	11:33
Bertrand	Liam	?	12:13
Stephano	Benjamin	10	22:24