

## Canada Day 2024 Results

### 5K Men:

#### Overall:

Shane Curless 17:34

Ben Winters 19:15

Lucas Bennett 20:31

#### Age Category\*

U10		40-49	
Tyson Mercier	23:54	Matt Williams	22:09
Harry Jordan	25:08	Phil Durand	24:18
Lincoln Haley	26:30	Neal Condron	31:52
Jack Irvine	29:01		
		50-59	
U15		Paul Flanagan	24:03
Ben Winters	19:15	Tom Fournier	24:27
Lucas Bennett	20:31	Greg Mercier	26:14
Zachary Tyler	25:42	Mike Crawford	27:49
		Brian Gartley	27:27
20-29		John MacMillan	29:17
Edward Roy	23:14	Brock Davis	29:17
Ben Heuthorst,	24:15		
Cole Cathcart	28:11	60-69	
		Brian Bax	21:02
30-39		Greg Peters	24:20
Shane Curless	17:34	Drew Disney	26:56
Keith Pike	22:19		
Tyson Wilson	25:36	70-79	
Kent Williams	26:41	Bob Walroth	24:22
Mike Jonker	26:53	Henry de Souza	24:51
Orlando Spicer	27:35	Ed Eby	32:39
		80+	
		Bill Poole	34:50
		Merv Hodgson	38:01

## Canada Day 2024 Results

### 5K Women:

#### Overall:

Alyse Gilliver 17:31

Alyshia Alkerton 17:56

Emily Reid 20:14

#### Age Category\*

U15		40-49	
Maple Neave	32:25	Kim Bennett	23:43
		Mary Hungerford	26:08
15-19		Leslie Spicer	27:49
Mercedes Covey	20:54	Meera Ruparelia	28:40
Summer Covey	22:29	Melissa Tyler	28:41
Abigail Jackson	24:33	Natalie Aitken	32:27
		Bree Trower	33:56
20-29		Tamara Chapman	33:59
Alyshia Alkerton	17:56		
Audrey Guyonnet	23:43	50-59	
Mallory Gilson	26:19	Christine Murray	25:16
Elise Plaschua	27:26	Frances Jonker	26:44
Maggie Crawford	27:48	Sarah Crawford	27:48
		Laura Oliver	27:53
30-39		Jayne Flanagan	28:08
Alyse Gilliver	17:31	Katie Baker	28:11
Emily Reid	20:14	Alison Wall	33:57
Jodi Steenkamer	20:57	Shannon Wilson	33:58
Sarah Jarvis	22:54	Alison Baynham	36:46
Brenda Mott	24:00		
Jenna Merpaw	24:38	60-69	
Amanda Peach	26:05	Cynthia Laforty	27:28
Amber Harris	26:11		
Madelyn Mensen	26:11	70-79	
Jennifer O'Reilly	27:12	Louise Wood	33:50
Rianne de Castro	27:23	Anne Hodgson	38:00
Kristen Hill	32:06		
Jacqueline Spicer	33:56		

\*: Age as of Dec 31, 2024