

10k

Men 20-29

<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Michael Ruger	23	331	13	47:49	4:47/K
DNF	Matthew Bowsher	21	302			

Men 30-39

<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Seth Blumerman	30	301	1	40:18	4:02/K
2	Barry Henck	37	317	2	41:15	4:08/K
3	Paul Matson	38	348	3	41:17	4:08/K
4	James Van Ess	33	343	6	44:02	4:24/K
5	Ryan McNulty	32	345	9	45:30	4:33/K
6	Michael Dier	39	311	12	47:48	4:47/K
7	Michael Woytowich	32	335	20	52:04	5:12/K
8	Jeff Wright	31	344	22	54:52	5:29/K
9	Troy Becker	36	336	23	56:27	5:39/K
10	David Neighbour	38	323	26	57:42	5:46/K
DNF	Scott Frogley	37	314			

Men 40-49

<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Gordon Dean	44	309	4	41:37	4:10/K
2	Jim McElroy	45	322	5	41:49	4:11/K
3	Michael Doyle	49	342	10	46:01	4:36/K
4	Richard Soto	42	327	11	46:57	4:42/K
5	Larry Navatka	47	350	14	48:26	4:51/K
6	Stanley Williford	45	330	15	49:40	4:58/K
7	Gary Wilson	44	353	16	50:05	5:01/K
8	Mark Wright	44	356	18	51:18	5:08/K
9	Raymond Mayak	42	321	24	56:45	5:41/K
DNF	Daniel Madden	42	320			

*Overall place among males only

10k

Men 50-59

<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Dan Larson	53	357	7	44:07	4:25/K
2	Andrew Wheeler	56	332	8	44:32	4:27/K
3	Hugh Roberts	57	326	17	50:12	5:01/K
4	DAVID BANNON	54	340	19	51:23	5:08/K
5	Dan Curtin	57	347	21	54:46	5:29/K
6	Rob Sparno	51	329	25	57:21	5:44/K
7	James Beaton	53	333	27	58:59	5:54/K

Men 60-69

<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Paul Clarke	65	306	28	67:09	6:43/K

*Overall place among males only