

2023 KRRA 10K Race Results

Position	Bib #	Name	Race Time	Pace	Division	Gender	Age
DIVISION: 10 K							
1	55	Linden Head	35:03.24	3:30	10 K	M	37
2	115	Clay Patterson	35:52.30	3:35	10 K	M	34
3	31	Cameron Bruce	36:22.48	3:38	10 K	M	22
4	98	Pierre Monharoul	36:56.23	3:42	10 K	M	20
5	77	Brady Kyle	37:12.61	3:43	10 K	M	17
6	69	Owain Jones	37:45.63	3:46	10 K	M	39
7	52	Kyle Harding	38:22.34	3:50	10 K	M	35
8	9	Robert Almas	38:54.14	3:53	10 K	M	45
9	144	Brent Workman	39:04.30	3:54	10 K	M	53
10	54	Graham Hawkes	40:12.21	4:01	10 K	M	47
11	28	Robby Breadner	41:17.65	4:08	10 K	M	57
12	178	Jacob clancy	41:49.56	4:11	10 k	m	23
13	156	Michael Kennedy	41:52.05	4:11	10 k	M	43
14	164	Steven Blostin	42:43.74	4:16	10 k	M	62
15	79	Thomas Lee	43:21.55	4:20	10 K	M	24
16	170	Amin Jaber	43:49.40	4:23	10 k	M	34
17	112	Heather Ostic	44:49.80	4:29	10 K	F	54
18	27	Saki Braun	45:35.11	4:34	10 K	M	14
19	113	Luis Paico-Aviles	46:16.99	4:38	10 K	M	39
20	87	Kevin McCauley	46:23.62	4:38	10 K	M	43
21	124	Wayne Rice	47:02.12	4:42	10 k	m	60
22	65	Gary Irwin	47:12.70	4:43	10 K	M	52
23	13	Kate Archibald-Cross	47:22.72	4:44	10 K	F	49
24	174	Lana Saunders	47:56.63	4:48	10 k	F	47
25	24	Gregory Borschneck	48:23.79	4:50	10 K	M	26
26	51	Andrew Hall	48:39.13	4:52	10 K	M	62
27	46	James Grant	49:17.08	4:56	10 K	M	60
28	148	David Zahrabelny	50:05.56	5:01	10 K	M	30
29	162	Chuck Douglas	50:07.02	5:01	10 k	M	57
30	81	David Lee	50:24.29	5:02	10 k	M	59
31	159	Heather Lewis	50:36.10	5:04	10 k	F	61
32	38	Elizabeth Creighton	50:59.71	5:06	10 K	F	15
33	36	Neil Corcoran	51:08.46	5:07	10 K	M	34
34	60	Deborah Holtom	51:59.15	5:12	10 K	F	72
35	12	Jennifer Archibald	52:39.46	5:16	10 K	F	32
36	14	Ignacio Arroyo	53:17.97	5:20	10 K	M	49
37	82	Sarah Lemelin-Bellerose	53:31.18	5:21	10 K	F	30
38	102	Alexander Moszczynski	53:40.81	5:22	10 K	M	33
39	39	Aaron Delph	54:23.17	5:26	10 K	M	29
40	177	Frank Chen	54:26.91	5:27	10 k	m	21
41	33	Larry Charteris	54:34.24	5:27	10 K	M	70
42	47	Naomi Greer-Ballance	54:42.39	5:28	10 K	F	54
43	132	Audethy Tallack	54:45.44	5:28	10 K	F	62
44	114	Kyle Panglinan	55:15.68	5:32	10 K	M	25
45	32	Al Cantlay	55:20.89	5:32	10 K	M	68
46	160	Sheri Hogeboom	55:55.42	5:36	10 k	F	61
47	147	Morgan Zahrabelny	56:18.05	5:38	10 K	M	31
48	108	Meredith Newell	56:40.82	5:40	10 K	F	14
49	15	Ignacio Arroyo-Lopez	56:45.56	5:40	10 K	M	19
50	107	Celia Newell	56:46.32	5:41	10 K	F	17
51	140	Marianne Walker	57:13.25	5:43	10 K	F	54
52	141	Lucas Walters	57:53.78	5:47	10 K	M	35
53	37	Mairead Corrigan	58:40.52	5:52	10 K	F	25
54	138	Paco Vera Badillo	58:43.10	5:52	10 K	M	44
55	95	Jennifer McKaig	58:51.87	5:53	10 K	F	58
56	75	Jayne Kang	59:01.72	5:54	10 K	F	20
57	25	Ed Brand	59:03.37	5:54	10 K	M	75
58	58	Aaron Hoekstra	59:31.51	5:57	10 K	F	43
59	131	Lindsay Shaddock	59:32.58	5:57	10 K	F	38
60	11	Andrew Andrychuk	1:00:27.97	6:03	10 K	M	27
61	143	Margaret Webb	1:01:12.54	6:07	10 K	F	61
62	40	Alexandra Draper	1:01:21.47	6:08	10 K	F	32
63	136	Lauren Varey	1:01:55.08	6:11	10 K	F	20
64	172	Scott Farmer	1:03:11.70	6:19	10 k	M	44
65	134	Ryan Truong	1:03:45.64	6:22	10 K	M	21
66	45	Greg Giokas	1:03:54.76	6:23	10 K	M	68
67	122	Christopher Reimer	1:04:16.98	6:26	10 K	M	51
68	10	Beatriz Alvarado	1:04:18.25	6:26	10 K	F	51
69	139	Ana Maria Vera Rodriguez	1:04:54.19	6:29	10 K	F	18
70	104	Alanna Murphy	1:05:16.73	6:32	10 K	F	38
71	57	Casey Held	1:06:00.44	6:36	10 K	F	46
72	149	Sara Zahrabelny	1:06:08.59	6:37	10 K	F	30
73	4	Cindy Abeles	1:06:13.34	6:37	10 K	F	66
74	5	Kathleen Abeles	1:06:13.54	6:37	10 K	F	31
75	42	Margie File	1:06:53.85	6:41	10 K	F	70
76	171	Ryan Zhou	1:07:46.17	6:47	10 k	M	35
77	18	Stacey Berdan	1:08:50.71	6:53	10 K	F	54
78	99	Hannah Morgan	1:08:53.57	6:53	10 K	F	22
79	120	Justina Poisson	1:09:05.26	6:54	10 K	F	39
80	135	Marguerite Van Schie	1:10:02.50	7:00	10 K	F	37
81	101	Jacob Morgan	1:10:37.49	7:04	10 K	M	52
82	100	Ella Morgan	1:10:38.04	7:04	10 K	F	24
83	48	Allen Groome	1:14:59.27	7:30	10 K	M	74
84	106	Vikash Nanthakumar	1:15:01.40	7:30	10 K	M	24
85	169	Diane Babor	1:15:05.62	7:31	10 k	F	59
86	62	Jarrett Ilchyna	1:24:35.86	8:28	10 K	M	13
87	64	Sylva Ilchyna	1:24:54.37	8:29	10 K	F	48
88	110	Leah Nord	1:29:53.92	8:59	10 K	F	50
89	111	Linda O'Mara	1:31:29.66	9:09	10 K	F	73