

Canada Day 4k

All men under 50'

1	47:20	Sandy Lockhart	W	2005
2	47:42	Tom Rushton	W	2007
3	48:30	Luke Reilly		2011 1
4	48:39	Evan Broderick	W	2011
5	48:50	Jonathon Kraft		2011 2
6	48:52	Kent Milsom	W	2010
7	48:53	Tim Peterson	W	2003
8	49:15	Mark Johnston		2005 3
9	49:22	Evan Broderick		2010 4
10	49:28	Serge Score	W	2010
11	49:30	Serge Score	W	2011
12	49:31	Tom Rushton		2004 5
13	49:33	Serge Score	W	2004
14	49:36	Ian Young	W	2010
15	49:38	Jonathon Kraft		2010 6
16	49:46	Luke Reilly		2010 7
17	49:50	Serge Score	W	2005
18	49:50	Tom Rushton		2005 8

Top Performers

Serge Score	4
Tom Rushton	3
Luke Reilly	2
Evan Broderick	2
Jonathon Kraft	2

Canada Day 4k

All women under 57'

1	52:28	Karyn Jewell		2009 1
2	53:09	Samantha Gill	W	2009
3	53:26	Shannon Garrett		2006 2
4	53:28	Breanne Poland		2007 3
5	53:56	Karyn Jewell		2008 4
6	54:43	Pam Kalas	W	2008
7	55:11	Nicole Kolstad		2005 5
8	55:23	Petra Hostinska	W	2009
9	55:50	Stephanie Kieffer	W	2007
10	55:51	Alison Moore		2006 6
11	55:51	Susie Ernsting	W	2009
12	55:56	Pam Kalas	W	2006
13	55:57	Mette Friis-Olsen	W	2010
14	56:04	Elaine van Oosten	W	2006
15	56:15	Annelle Harmer	W	2011
16	56:29	Annelle Harmer	W	2008
17	56:35	Nicole Kolstad		2004 7
18	56:47	Nina Waller	W	2006
19	56:51	Lindsay Burg		2005 8

Top Performers

Karyn Jewell	2
Pam Kalas	2
Annelle Harmer	2
Nicole Kolstad	2