

## 3km Race

1.	Alannah MacLean	MG	LEP	0:13' 55 35
2.	Rebecca VanKempen	JG	MMA	0:14' 30 08
3.	Gabby Esposito	MG	Manitoulin	0:14' 33 95
4.	Chantal Powers	JG	Espanola	0:14' 42 32
5.	Kayla Gallo	JG	CND	0:14' 59 27
6.	Ashley Melnick	JG	BAC	0:15' 12 65
7.	Serena Carter	JG	LEP	0:15' 34 13
8.	Katie Wismer	MG	LSS	0:15' 34 36
9.	Hanna Petingola	MG	LEP	0:15' 44 71
10.	Katie Ellsworth	JG	LEP	0:15' 48 71
11.	Hannah Britton Foster	MG	ELSS	0:15' 50 14
12.	Heide Poenn	MG	Manitoulin	0:15' 52 12
13.	Mei Ni Belzile	JG	LEP	0:15' 53 80
14.	Cara Tiplady	MG	LCS	0:15' 57 25
15.	Chris Hamilton	SG	LCS	0:15' 59 38
16.	Rebecca Ogbamichael	MG	Manitoulin	0:16' 00 33
17.	Michelle Huot	MG	SCC	0:16' 01 16
18.	Sarah Pagnutti	MG	LEP	0:16' 06 48
19.	Erika Kiviano	JG	Lively	0:16' 28 21
20.	Andrea Max	SG	LCS	0:16' 32 76
21.	Katie Borne	MG	LCS	0:16' 33 34
22.	Crianna Cowling	SG	BAC	0:16' 49 45
23.	Alison Aho	SG	LCS	0:16' 57 30
24.	Katie Fenerty	MG	LCS	0:17' 00 24
25.	Jessica McEwan	SG	LEP	0:17' 05 77
26.	Nicole Nevia	JG	ELSS	0:17' 22 17
27.	Deanna Riching	MG	Manitoulin	0:17' 22 67
28.	Melody Fraser	JG	Espanola	0:17' 31 71
29.	Maggie Niro	JG	MMA	0:17' 53 09
30.	Celine Pilon	MG	SSS	0:18' 18 69
31.	Emily Smith	MG	LCS	0:18' 27 09
32.	Carissa Max	MG	LCS	0:18' 43 47
33.	Ruthie Cooper-Simpson	SG	LEP	0:18' 46 90
34.	Marlee Clement	SG	St Bens	0:19' 03 34
35.	Marla Venugopal	MG	LEP	0:19' 03 63
36.	Kiana Rosskothen	MG	LEP	0:19' 09 86
37.	Meghan Ley	SG	LEP	0:19' 15 77
38.	Maxime Trottier	JG	CND	0:19' 17 31
39.	Michelle Hick	MG	LEP	0:19' 25 86
40.	Georgina Rainsford	JG	LEP	0:19' 28 85
41.	Morgan Morrow Oldham	MG	LEP	0:19' 29 06
42.	Merideth Carbonneau	ME	LEP	0:20' 41 81
43.	Robyn Digyer	JG	Espanola	0:20' 41 99
44.	Olivia Ruby	JG	Espanola	0:20' 24 17
45.	Tanya Aelick	JG	Manitoulin	0:20' 24 14
46.	Celeste Lefebvre	JG	ESH	0:20' 16 25
47.	Alexandria Tsimiklis	JG	MMA	0:20' 33 93
48.	Mariah Leduc-Sloboda	JG	MMA	0:20' 37 48
49.	Brittany D'Agostino	JG	MMA	0:20' 50 43
50.	Mercedes Lock	JG	LCS	0:20' 47 65

## 7km Race

1.	Ross Proudfoot	JB	LEP	0:25' 55 13
2.	Chantry Cargill	SB	LCS	0:26' 05 50
3.	Jeremy Brown	SB	ELSS	0:26' 48 47
4.	Anas Aouni	SB	Sacre-Coeur	0:27' 07 40
5.	Wes Killen	SB	ELSS	0:27' 17 89
6.	Benoit Bizier	SB	CND	0:27' 20 68
7.	Andrew Clark	SB	CSS	0:27' 48 44
8.	Justin Ouellette	SB	CND	0:27' 50 95
9.	Chris Hey	SB	LEP	0:28' 14 74
10.	Mark Bamberger	SB	LEP	0:29' 26 05
11.	Brian Still	SB	Manitoulin	0:29' 32 36
12.	Ian Ross	JB	LEP	0:29' 34 59
13.	Tomi Pollard	SB	LEP	0:29' 37 25
14.	Jared Dumond	SB	Manitoulin	0:29' 50 26
15.	Justin Brown	SB	ELSS	0:30' 03 07
16.	Joshua Dickey	JB	ELSS	0:30' 97 51
17.	Josh Endanawas	SB	Manitoulin	0:30' 20 20
18.	John Colwell	n/a	Lively	0:30' 50 30
19.	Pete Barbeau	JB	LEP	0:31' 03 46
20.	Carson Wilcox	SB	ELSS	0:31' 29 92
21.	Scott Cooper	SB	Manitoulin	0:31' 33 25
22.	Dan Young	SB	Espanola	0:31' 35 37
23.	Phillip Quesnel	SB	Sacre-Coeur	0:31' 44 12
24.	Mohamed Bouhedda	SB	LSS	0:32' 04 80
25.	Dexton Abresch	SB	CSS	0:32' 05 22
26.	Jason Gordon	SB	Espanola	0:32' 18 35
27.	Sean Staples	SB	LSS	0:33' 00 87
28.	Ian MacLeod	SB	LSS	0:33' 32 88
29.	Sam Merrifield	SB	LEP	0:34' 19 37
30.	Emile Alarie	SB	CND	0:34' 22 81
31.	David Callejas	SB	LSS	0:35' 56 01
32.	Marc-Andre Simard	SB	ESMC	0:35' 23 51
33.	Murray Wilson	SB	LCS	0:36' 48 64
34.	Joel Brunet	JB	Sacre-Coeur	0:36' 50 12
35.	Julian Mirabelli	SB	SCC	0:36' 54 23
36.	Amy Stewart	SG	SCC	0:36' 56 68
37.	Doug Strasser	JB	LEP	0:37' 05 75
38.	Manny Winter	SB	SSS	0:37' 26 30
39.	Michel Tibeault	SB	Sacre-Coeur	0:37' 35 21
40.	Mitchel Vatcher	SB	LCS	0:38' 23 37
41.	Tyler Welch	SB	LSS	0:38' 24 86
42.	Aaron Gibouleau	SB	ELSS	0:39' 19 51
43.	Justin Roy	SB	LCS	0:39' 40 11
44.	Forrest Cargill	SB	St Bens	0:41' 13 27
45.	Owen Paxton	SB	St Bens	0:41' 28 42
46.	Guy Desmarais	SB	CND	0:41' 44 23
47.	Christian Larsen	JB	LEP	0:41' 58 11
48.	Matt Burlay	SB	Espanola	0:42' 03 81
	Sean Aubin	JB	CND - DNF	
	Daniel Tremblay	SB	CND - DNF	

## 5km Race

1.	Sebastian Diebel	MB	St Bens	0:18' 53 26
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2.	Stephane Houle	MB	ESMC	0:19' 42 85
3.	Andrew Monahan	SB	Manitoulin	0:19' 52 91
4.	Randy Boucher	SB	Horizon	0:20' 01 39
5.	Patrick Lepage	MB	Lively	0:20' 03 94
6.	Curtis Sarmatiuk	JB	St Bens	0:20' 18 98
7.	Sammy Trimmer	JB	Manitoulin	0:20' 20 03
8.	Zach Corrigan	MB	Manitoulin	0:20' 22 22
9.	Connor Boyce	MB	LCS	0:20' 28 43
10.	Andrew Kendall	JB	St Bens	0:20' 28 90
11.	Emma Tallman	SG	Manitoulin	0:20' 30 91
12.	Jon Wesley McGraw	SB	LCS	0:20' 47 18
13.	Caroline Ehrhardt	JG	Espanola	0:20' 52 32
14.	Joel Bond	JB	Espanola	0:20' 53 77
15.	Catlin Cargill	MB	St Bens	0:20' 58 23
16.	Neil Castonguay	JB	CHP	0:21' 04 76
17.	Jean-Louis roberge	JB	ESMC	0:21' 14 32
18.	Donald Beaton	MB	CSS	0:21' 15 91
19.	Katie Maziarski	SG	LEP	0:21' 21 91
20.	Michael Bujold	MB	Espanola	0:21' 24 49
21.	Benoit Lafleur	JB	CND	0:21' 25 61
22.	Steven Lahtl	MB	LCS	0:21' 28 07
23.	Alex Boissoneault	MB	LCS	0:21' 29 83
24.	Lucas Proulx	MB	Manitoulin	0:21' 30 05
25.	Craig Bentley	JB	Espanola	0:21' 57 39
26.	Parker Bondi	MB	Manitoulin	0:21' 58 81
27.	Justin Corbin	JB	Espanola	0:22' 02 62
28.	Stephen Benoit	SB	Horizon	0:22' 03 99
29.	Josee Belanger	SG	CND	0:22' 04 43
30.	Joshua Wieker	SB	Horizon	0:22' 05 02
31.	Antoine Alarie	MB	CND	0:22' 18 68
32.	Simon Jongsma	JB	LCS	0:22' 33 70
33.	Robert Carriere	SB	RDF	0:22' 34 24
34.	Kurtis McMahon	JB	Sacre-Coeur	0:22' 34 73
35.	Matthew McGregor	MB	Manitoulin	0:22' 35 66
36.	Eric Lapensee	JB	Sacre-Coeur	0:22' 51 31
37.	Bilel Aouni	JB	Sacre-Coeur	0:22' 53 99
38.	Julie Caverson	JG	LCS	0:23' 01 42
39.	James Paquin	MB	St Bens	0:23' 02 43
40.	Simon Diebel	MB	St Bens	0:23' 10 28
41.	Martin Bedard	SB	ESMC	0:23' 16 63
42.	Neil Conlon	MB	SSS	0:23' 17 64
43.	Wilfred Taibossigai	SB	Manitoulin	0:23' 18 14
44.	Andrew Hirvi	MB	LCS	0:23' 28 29
45.	Tyler Gammie	MB	Manitoulin	0:23' 33 23

46.	Troy McDonald	JB	Manitoulin	0:23' 34 23
47.	Caleb McNeil	MB	ESMC	0:23' 36 25
48.	Clinton Burnett	MB	Manitoulin	0:23' 37 21
49.	Eric Beaudry	JB	ESH	0:23' 38 56
50.	Dan Tremblay	JB	ELSS	0:23' 38 78

51.	Whitney Faiella	n/a	MMA	0:23' 43 65
52.	Katlin Pilatzke	MB	SCC	0:23' 46 86
53.	Heather Jeeves	JG	Manitoulin	0:23' 47 41
54.	Cassie Bedard	JG	Manitoulin	0:23' 52 44
55.	Pat Levasseur	JG	Manitoulin	0:23' 56 44
56.	Rebecca Foreshaw	SG	MMA	0:24' 06 30
57.	Athina Nelson	SG	ELSS	0:24' 16 63
58.	Brian St Louis	n/a	Sacre-Coeur	0:24' 21 30
59.	Max Arboar	JB	ESMC	0:24' 26 01
60.	Mason Morningstar	JB	Sacre-Coeur	0:24' 27 75
61.	Bradley Dubois	MB	Sacre-Coeur	0:24' 47 03
62.	Cameron Hart	MB	Manitoulin	0:25' 03 09
63.	Scott Denniston	MB	LEP	0:25' 21 60
64.	Carson Collins	JB	St Bens	0:25' 27 56
65.	Matt McGregor	JB	ELSS	0:25' 27 81
66.	Jacob Smith	MB	LCS	0:25' 44 38
67.	Lindsey Campaigne	SG	ESMC	0:25' 45 04
68.	Sean Fairgrieve	MB	LEP	0:26' 17 14
69.	Roberto Muscolino	JB	LCS	0:26' 28 25
70.	Eric Schryer	MB	LEP	0:26' 33 79
71.	Jacob Punkari	MB	Lively	0:26' 35 24
72.	Nick Crabtree	MB	LEP	0:26' 37 97
73.	Matthew Bedard	MB	Manitoulin	0:26' 42 62
74.	Devon Boyne	SB	LCS	0:26' 43 67
75.	Jenna Dupuis	SG	RDF	0:27' 00 55
76.	DJ Webb	JB	Manitoulin	0:27' 12 95
77.	Jon Poenn	SB	n/a 7km race	0:27' 29 85
78.	Ben Eckert	JB	LSS	0:27' 36 34
79.	Jessica Menary	SG	Manitoulin	0:27' 38 27
80.	Hailey Sanderson	SG	LCS	0:27' 42 28
81.	Corey O'Brien	JB	ESH	0:27' 52 39
82.	Veronique Doucet	SG	ESMC	0:27' 53 58
83.	Gabriel Grenier	MB	ESMC	0:27' 55 92
84.	Carl Bruce	MB	SCC	0:28' 00 98
85.	Eric Marcotte	MB	Sacre-Coeur	0:28' 23 20
86.	Matt Goulet	JB	ESMC	0:28' 38 12
87.	Hilary Hart	SG	Manitoulin	0:28' 44 26
88.	Laura Bell	SG	Manitoulin	0:28' 48 77
89.	Josee Oliphant	SG	ESMC	0:29' 07 76
90.	Samantha McLarty	SG	ESH	0:30' 38 20
91.	Sherri-Lee McFadden-Houle	SG	ESMC	0:30' 38 46
92.	Tanner Currie	MB	CSS	0:30' 57 37
93.	Krista MacDonald	SG	SG	0:31' 47 13
94.	Michelle Dumont	JG	CHP	0:31' 48 50
95.	Anais Masbou	JG	Manitoulin	0:35' 11 00
96.	Brigitte Levasseur	SG	ESMC	0:35' 11 57