

Group	Name	Time	Year
F119	Abby Lewis	18:54	2018
F2029	Jocelyn Scannell	19:42	2014
F3039	Lavinia Carreau	18:46	2015
F4049	Paula James	18:36	2019
F5059	Debbie MacDonald	21:30	2016
F6069	Sandy Boonstra	25:37	2022
F7079	Inna Harrison	29:20	2019
F8089	June Marsden	47:25	2019
M119	Matthew Lawton	16:35	2022
M2029	Jake Wing	15:26	2016
M3039	Jake Wing	17:13	2023
M4049	Troy Bond	18:12	2015
M5059	Robin Browne	18:28	2013
M6069	Robin Meister	20:49	2015
M7079	Terry Mosher	22:43	2019
M8089	Malcolm Pain	27:42	2019

Group	Name	Time	Year
F119	Breanna Sandluck	42:19	2017
F2029	Elise Brennan	38:53	2022
F3039	Colleen Wilson	36:19	2022
F4049	Paula James	38:47	2018
F5059	Linda MacDonald	41:56	2021
F6069	Judy Phelps	48:58	2016
F7079	Louise Leduc	56:54	2024
F8089	June Marsden	1:42:07	2018
M119	Robert Lavers	37:44	2007
M2029	Brendan Gemmell	32:48	2016
M3039	Rob Carreau	35:00	2007
M4049	Ian Holdway	34:56	2022
M5059	Wade Were	37:25	2022
M6069	Brent MacDonald	39:40	2007
M7079	Chris Anderson	51:30	2018
M8089	Gower Thompson	1:08:40	2017

Group	Name	Time	Year
F119	Clareta Livingstone	1:41:45	2022
F2029	Paige Kobe	1:28:18	2024
F3039	Erin MacLean	1:20:23	2015
F4049	Denise Robson	1:22:35	2015
F5059	Rayleen Hill	1:28:55	2024
F6069	Christie Hammel	1:42:17	2017
F7079	Deborah Blois	2:49:20	2024
F8089	Maryse Jacob	2:39:36	2023
M119	Ryan Hatchard	1:19:04	2012
M2029	Alex Neuffer	1:07:45	2024
M3039	Kieran McDonald	1:08:16	2024
M4049	Ian Holdway	1:17:14	2024
M5059	David MacLennan	1:17:28	2016
M6069	Ethan Michaels	1:27:50	2023
M7079	Sandy Rutledge	1:35:22	2023
M8089			

Male

Event	Name	Time	Year
5K	Jake Wing	15:26	2016
10K	Brendan Gemmell	32:48	2016
21.1K	Alex Neuffer	1:07:45	2024

Female

5K	Paula James	18:36	2019
10K	Colleen Wilson	36:19	2022
21.1K	Erin MacLean	1:20:23	2015