

Plate	Name	Race	Time
88	Koen Manchulenko	Low Sodium - 10km	0:37:33
74	Tate Lawson	Low Sodium - 10km	0:43:21
75	Ryan Pietrzakowski	Low Sodium - 10km	0:43:38
7	Harper Coulter	Low Sodium - 10km	0:43:41
89	Erin Mallinger	Low Sodium - 10km	0:43:46
38	Stephan Barter	Low Sodium - 10km	0:43:54
13	Paul Burritt	Low Sodium - 10km	0:45:16
154	Ethan Parr	Low Sodium - 10km	0:45:44
71	kyle beaulieu	Low Sodium - 10km	0:45:53
34	Liam Watson	Low Sodium - 10km	0:46:10
145	James Elgie	Low Sodium - 10km	0:46:11
9	Quin Foster	Low Sodium - 10km	0:46:12
	Brad's Son	Low Sodium - 10km	0:46:13
97	steph lambert	Low Sodium - 10km	0:46:57
176	Terrence Gomes	Low Sodium - 10km	0:47:40
157	Kyle Diotte	Low Sodium - 10km	0:48:19
150	Michael Shields	Low Sodium - 10km	0:48:21
42	Lucas Fabbricino	Low Sodium - 10km	0:48:36
167	Aurora Aho	Low Sodium - 10km	0:50:17
29	Rob Pellizzari	Low Sodium - 10km	0:51:31
108	Amanda Pietrzakowski	Low Sodium - 10km	0:51:31
43	Deanna Plath	Low Sodium - 10km	0:53:42
78	Cameron Wilson	Low Sodium - 10km	0:53:47
83	Brody Wilson	Low Sodium - 10km	0:53:48
58	Keon Shatie	Low Sodium - 10km	0:54:32
102	Tarmo Aho	Low Sodium - 10km	0:56:01
166	Ivor Anstess	Low Sodium - 10km	0:56:05
25	Rena McLean	Low Sodium - 10km	0:56:16
73	SHAWN BEAULIEU	Low Sodium - 10km	0:58:13
32	Maija Irvine	Low Sodium - 10km	1:00:06
76	Ty Mesley	Low Sodium - 10km	1:03:13
41	Caleb Ratelle	Low Sodium - 10km	1:04:03
125	Karla Mills	Low Sodium - 10km	1:04:27
6	Deane Greenwood	Low Sodium - 10km	1:12:33
16	Wyatt Greenwood	Low Sodium - 10km	1:12:34
116	Danielle Anstess	Low Sodium - 10km	1:12:34
106	Chuck Mesley	Low Sodium - 10km	1:13:39
62	Simrit Gill	Low Sodium - 10km	1:13:40
98	Matthew Kreuzweiser	Low Sodium - 10km	1:15:33
61	Ria Sanger	Low Sodium - 10km	1:15:57

82	Stella Pavelich	Low Sodium - 10km	1:15:59
106	Victoria Pavelich	Low Sodium - 10km	1:15:59
96	Melanie Pavelich	Low Sodium - 10km	1:16:00
117	Amanda Kreuzweiser	Low Sodium - 10km	1:18:34
162	Paisley Zanatta	Low Sodium - 10km	1:19:07
164	Ryan Zanatta	Low Sodium - 10km	1:19:08
152	Josh Rogers	Low Sodium - 10km	1:22:54
153	Liz MacKay	Low Sodium - 10km	1:29:32
155	Kai Romani	Low Sodium - 10km	1:29:33
70	Alister Hachey	Low Sodium - 10km	1:30:46
94	Jen Elliott	Low Sodium - 10km	1:31:16
63	Jim Elliott	Low Sodium - 10km	1:31:17
64	Daniel Nigris	Low Sodium - 10km	1:31:17
123	Joey Kirkwood	Low Sodium - 10km	1:34:11
36	Isaac Hway	Low Sodium - 10km	1:42:46
5	Brittany Bernatchez	Low Sodium - 10km	1:42:51
174	Sadie Anstess	Low Sodium - 10km	DNF
51	Nicholas Apostle-Anderson	Low Sodium - 10km	DNS
67	Kieran Rosso	Low Sodium - 10km	DNS
57	Alex Mclean	Low Sodium - 10km	DNS
85	Grayson Mitchell	Low Sodium - 10km	DNS