

5-9°C, sunny breaks, calm, damp roads; piper Nathaniel; PI pub closed!															19 generous additional prizes from Stan, Christine, Jane, 7 & 8														
Double lap 10-Mile															16.9934 10 10 21.0975														
Sign up	Name	Home town	Affiliations	Race	overall			overall			per race			overall			overall					Prize Taken							
					Assigned Start	Actual Start	Start Pos	Halfway Turn hh : mm : ss	Turn Pos	Finish Time hh : mm : ss	Fin Pos	notes	Running Time	Time Rank	Penalty	Placement Time	Placing Rank	First Lap	Second Lap	Lap Delta	Running Points		GA	AG%	AG Rank	KM Pace	Mile Pace	10K Equivalent	Half Mara. Equivalent
8	Sean Mitchell	Victoria	PIH; TNLW	10 M	10:30 AM	10:30:00	9	11:05:30	6	11:42:35	6	0:38 rest between laps	1:12:35	3		11:42:35	6	35:30	37:05	+1:35	631.5	M49	67.3%	5	4:31	7:15	0:43:39	1:36:57	homemade wooden ornament
4	Andrew Russell	Saanichton	PIH; Bear Hill Bomber	10 M	10:47 AM	10:47:00	15	11:14:52	13	11:43:04	7		0:56:04	1		11:43:04	7	27:52	28:12	+0:20	817.5	M41	81.5%	1	3:29	5:36	0:33:43	1:14:53	mini metal model build bicycle
20	Steve Hallam	Victoria	PIH; TNLW	10 M	10:27 AM	10:27:00	7	11:05:19	5	11:43:18	8		1:16:18	8		11:43:18	8	38:19	37:59	-0:20	600.7	M45	61.9%	12	4:44	7:38	0:45:53	1:41:54	mystery unisex gift
18	Alison Dickson	Victoria	Mercury Rising Tri	10 M	10:03 AM	10:03:00	1	10:54:29	1	11:44:20	9		1:41:20	13		11:44:20	9	51:29	49:51	-1:38	452.3	F61	63.8%	8	6:18	10:08	1:00:56	2:15:21	mystery unisex gift
6	Harrison Elliott	Victoria	Mercury Rising Tri	10 M	10:33 AM	10:33:00	12	11:09:11	11	11:45:02	11		1:12:02	2		11:45:02	11	36:11	35:51	-0:20	636.3	M33	61.2%	15	4:29	7:12	0:43:19	1:36:13	mystery box
23	Mark Seebaran	Victoria	PIH; TNLW	10 M	10:31 AM	10:31:00	10	11:08:15	9	11:45:26	13		1:14:26	6		11:45:26	13	37:15	37:11	-0:04	615.8	M59	71.7%	3	4:38	7:27	0:44:46	1:39:25	Lindor chocolates
13	Angela MacLean	Ladysmith	Coevacs	10 M	10:25 AM	10:25:00	5	11:05:48	7	11:45:50	14		1:20:50	9		11:45:50	14	40:48	40:02	-0:46	567.0	F49	68.6%	4	5:01	8:05	0:48:36	1:47:58	-
10	Tim Hatfield	North Saanich	PIH	10 M	10:32 AM	10:32:00	11	11:08:31	10	11:46:09	16		1:14:09	5		11:46:09	16	36:31	37:38	+1:07	618.1	M50	66.4%	6	4:36	7:25	0:44:35	1:39:02	?
16	Mercury Beaton	Victoria	Mercury Rising Tri	10 M	10:22 AM	10:22:00	4	11:04:19	3	11:46:23	17		1:24:23	10		11:46:23	17	42:19	42:04	-0:15	543.2	F20	58.5%	17	5:15	8:26	0:50:45	1:52:42	book - To Track a Traitor: a Lane Winslow mystery - Jana Whishaw
15	Nathaniel Roberts	Saanichton	Mercury Rising Tri	10 M	10:20 AM	10:20:00	3	11:05:12	4	11:50:16	20		1:30:16	12		11:50:16	20	45:12	45:04	-0:08	507.8	M51	55.0%	19	5:37	9:02	0:54:17	2:00:34	?
5	Christy Gain	Victoria	MRT; Pinnacle	10 M	10:25 AM	10:25:00	5	11:06:37	8	11:50:17	21		1:25:17	11		11:50:17	21	41:37	43:40	+2:03	537.5	F46	62.9%	10	5:18	8:32	0:51:17	1:53:54	book - The Sleeping and the Dead - Ann Cleaves
26	Harrison Ellis	Saint John NB		10 M	10:38 AM	10:38:00	13	11:14:34	12	11:52:38	22		1:14:38	7		11:52:38	22	36:34	38:04	+1:30	614.1	M31	59.0%	16	4:38	7:28	0:44:53	1:39:41	Lindor chocolates
14	Shaun Humphreys	Victoria	ME AND MY SHADOW	10 M	10:09 AM	10:09:00	2	11:01:46	2	11:54:13	23	0:42 rest between laps	1:45:13	14		11:54:13	23	52:46	52:27	-0:19	435.6	M63	52.7%	20	6:32	10:31	1:03:16	2:20:32	mystery male prize
9	Keith Mills	Victoria	PIH	10 M	10:42 AM	10:42:00	14	11:20:04	14	11:55:59	24		1:13:59	4		11:55:59	24	38:04	35:55	-2:09	619.5	M41	61.8%	13	4:36	7:24	0:44:29	1:38:49	Lindor chocolates
3	Bary Roscoe	Nanaimo		10 M	9:58 AM	SCRATCH																							
7	Gonzalo-Espinosa	Sidney		10 M	10:25 AM	DNS																							
Single lap 5-Mile															8.04672 5 10 21.0975														
Sign up	Name	Home Town	Affiliations	Assigned Start	Actual Start	Start Pos	-	-	Finish Time hh : mm : ss	Fin Pos	notes	Running Time	Time Rank	Penalty	Placement Time	Placing Rank	-	-	-	Running Points	GA	AG%	AG Rank	KM Pace	Mile Pace	10K Equivalent	Half Mara. Equivalent	Prize Taken	
12	Joy Croll	Saanichton	Trail Sisters	5 M	10:54 AM	10:54:00	17		11:35:38	1		0:41:38	1		11:35:38	1				524.8	F59	73.1%	2	5:10	8:20	0:52:31	1:56:39	mustard Thetis Lake 2022 sweatshirt	
22	Nadine Stofer	North Saanich	Trail Sisters	5 M	10:54 AM	10:54:00	17		11:35:38	1		0:41:38	1		11:35:38	1				524.8	F50	65.5%	7	5:10	8:20	0:52:31	1:56:39	pink Nike t-shirt	
11	Kristin Schnurr	Saanichton	Trail Sisters	5 M	10:54 AM	10:54:00	17		11:35:38	1		0:41:38	1		11:35:38	1				524.8	F47	63.3%	9	5:10	8:20	0:52:31	1:56:39	Lindor chocolates	
25	Jeffrey Smith	Vancouver		5 M	11:00 AM	11:00:05	23		11:41:58	4		0:41:53	4		11:41:53	4				521.7	M58	61.5%	14	5:12	8:23	0:52:50	1:57:21	book - Telling Tales - Ann Cleaves	
24	Susan Chambers	Vancouver		5 M	10:50 AM	10:50:00	16		11:41:58	4		0:51:58	9		11:41:58	5				420.4	F56	56.4%	18	6:27	10:24	1:05:33	2:25:36	Lindor chocolates	
21	Stan Budden	Victoria	Victoria Cobra Chicke	5 M	10:58 AM	10:58:00	22		11:44:55	10		0:46:55	6		11:44:55	10				465.7	M50	51.3%	21	5:50	9:23	0:59:11	2:11:27	mystery unisex gift	
27	Yuki Otsubo	Victoria	PIH	5 M	11:02 AM	11:02:00	24		11:45:04	12		0:43:04	5		11:45:04	12				507.3	M63	62.5%	11	5:21	8:37	0:54:20	2:00:40	mystery prize - vegan wine	
19	Christine Thate	Victoria	PIH	5 M	10:29 AM	10:29:00	8		11:46:08	15		1:17:08	10		11:46:08	15				283.3	F64	42.2%	24	9:35	15:26	1:37:18	3:36:07	green Thetis Lake 2022 sweatshirt	
1	Karey Billyard	Victoria	PIH	5 M	10:57 AM	10:57:00	20		11:47:11	18		0:50:11	7		11:47:11	18				435.4	F37	48.9%	22	6:14	10:02	1:03:18	2:20:37	?	
2	Aaron Brody	Victoria	PIH	5 M	10:57 AM	10:57:00	20		11:47:11	18		0:50:11	7		11:47:11	18				435.4	M37	43.4%	23	6:14	10:02	1:03:18	2:20:37	raw elements natural mineral sunscreen	
17	Jane McDonald	Victoria	PIH	5 M	10:46 AM	DNR																							
Double lap 10-Mile																													
min															10 9:59 AM 10:03 AM 10:54:29 11:42:35 0:56:04 1 11:42:35 6 27:52 28:12 -2:09 435.6 52.7% 1 3:29 5:36 0:33:43 1:14:53														
max															10 10:47 AM 10:47 AM 11:20:04 11:55:59 1:45:13 14 11:55:59 24 52:46 52:27 +2:03 817.5 81.5% 20 6:32 10:31 1:03:16 2:20:32														
spread															10 0:48:00 0:44:00 0:25:35 0:13:24 0:49:09 73:24 24:54 24:15 +4:12 381.9 28.9% 19 3:03 4:55 29:33 05:39														
Single lap 5-Mile																													
min															5 10:29 AM 10:29 AM 11:35:38 0:41:38 1 11:35:38 1 283.3 42.2% 2 5:10 8:20 0:52:31 1:56:39														
max															5 11:02 AM 11:02 AM 11:47:11 1:17:08 10 11:47:11 18 524.8 73.1% 24 9:35 15:26 1:37:18 3:36:07														
spread															5 0:33:00 0:33:00 0:11:33 0:35:30 11:33 241.5 30.9% 22 4:25 7:06 44:47 39:28														