

7-9°C, overcast, calm, post-rain wet roads & trails															32 available prizes from Duncan family & Phil SM, snacks from Phil Thies GP & RVH, additional prizes & food generously donated by Christy															
Double lap 10-Mile															overall															
Sign up	Name	Home town	Affiliations	Race Dist.	Assigned Start	Actual Start	Start Pos	Halfway Turn hh : mm : ss	Turn Pos	Clock Finish hh : mm : ss	Finish Pos	notes	per race		overall		overall		overall		overall		overall		overall					
													Running Time	Rank	Penalty Time	Placement Finish	Placing Rank	First Lap	Second Lap	Lap Delta	Running Points	GA	AG%	AG Rank	KM Pace	Mile Pace	10K Equivalent	Half Mara. Equivalent	Prize Taken	
1	Harrison Elliott	Victoria	MRT	10 M	10:34 AM	10:34:00	10	11:10:30	3	11:46:08	7		1:12:08	1		11:46:08	6	36:30	35:38	-0:52	635.4	M34	61.2%	9	4:29	7:13	0:43:23	1:36:21	???	
8	Sean Mitchell	Victoria	PIH, TNLW	10 M	10:34 AM	10:34:00	10	11:10:30	3	11:46:17	9		1:12:17	2		11:46:17	9	36:30	35:47	-0:43	634.1	M50	68.1%	4	4:29	7:14	0:43:28	1:36:33	???	
17	Aengus Bates	Victoria	PIH	10 M	10:33 AM	10:33:00	9	11:10:57	6	11:47:25	12		1:14:25	3		11:47:25	11	37:57	36:28	-1:29	615.9	M39	60.6%	10	4:37	7:26	0:44:46	1:39:24	???	
12	Tim Hatfield	North Saanich	PIH	10 M	10:32 AM	10:32:00	8	11:09:32	2	11:47:44	13		1:15:44	4		11:47:44	13	37:32	38:12	+0:40	605.2	M51	65.6%	7	4:42	7:34	0:45:32	1:41:09	???	
2	Mark Ritchie	Victoria	PIH, TNLW	10 M	10:35 AM	10:35:00	12	11:11:35	7	11:50:51	16		1:15:51	5		11:50:51	16	36:35	39:16	+2:41	604.3	M56	68.4%	3	4:43	7:35	0:45:37	1:41:18	???	
16	Mark Seebaran	Victoria	PIH, TNLW	10 M	10:30 AM	10:30:00	7	11:10:44	5	11:51:33	17		1:21:33	6		11:51:33	17	40:44	40:49	+0:05	562.1	M60	66.1%	6	5:04	8:09	0:49:02	1:48:55	???	
18	Magdalena Carter	Victoria	PIH	10 M	10:17 AM	10:17:00	1	11:01:42	1	11:49:46	15		1:32:46	7		11:49:46	15	44:42	48:04	+3:22	494.1	F44	56.7%	15	5:46	9:17	0:55:47	2:03:54	???	
6	Angela Maclean	Ladysmith	Coevacs	10 M	10:28 AM	SCRATCH																F50								
7	Steve Hallam	Victoria	PIH	10 M	10:28 AM	Single Lap																M46								
Single lap Summit Trail															First ever starters, guessing on actual distance, only gave a 5 minute advance on 10-Mile assigned start, should likely be about 15 for overall placing, or use trail times															
Sign up	Name	Home Town	Affiliations	Assigned Start	Actual Start	Start Pos	Clock Finish hh : mm : ss	Finish Pos	notes	per race		overall		overall		overall		overall		overall		overall		overall						
										Running Time	Rank	Penalty Time	Placement Finish	Placing Rank	Running Points	GA	AG%	AG Rank	KM Pace	Mile Pace	10K Equivalent	Half Mara. Equivalent	Prize Taken							
9	Shane Rutjancich	Victoria	PIH	9:26 M	10:34 AM	10:21:17	4	11:55:22	18	started & ran with Sonja	1:34:05	1		12:08:05	20							448.7	M48	51.5%	18	6:19	10:10	1:01:25	2:16:25	Prize Taken
90	Sonja Yil-Khalil	Victoria	PIH	9:26 M	10:20 AM	10:21:17	4	11:55:37	19	started late	1:34:20	2		11:54:20	18							447.6	F45	56.3%	16	6:20	10:11	1:01:35	2:16:47	???
15	Christy Gain	Victoria	MRT, Pinnacle	9:26 M	10:20 AM	10:20:00	2	11:59:55	20		1:39:55	3		11:59:55	19							422.5	F47	54.2%	17	6:42	10:47	1:05:14	2:24:53	???
Single lap 5-Mile															overall															
Sign up	Name	Home Town	Affiliations	Assigned Start	Actual Start	Start Pos	Clock Finish hh : mm : ss	Finish Pos	notes	per race		overall		overall		overall		overall		overall		overall		overall						
										Running Time	Rank	Penalty Time	Placement Finish	Placing Rank	Running Points	GA	AG%	AG Rank	KM Pace	Mile Pace	10K Equivalent	Half Mara. Equivalent	Prize Taken							
4	Oskar Poynton	Saanichton	PIH	5 M	11:07 AM	11:07:00	19	11:46:15	8		0:39:15	1		11:46:15	8							556.7	M10	65.0%	8	4:53	7:51	0:49:31	1:49:59	Prize Taken
5	Feleisha Reiter	Saanichton	PIH	5 M	11:08 AM	11:07:00	19	11:46:34	10	started early with Oskar	0:39:34	2		11:47:34	12							552.2	F48	67.3%	5	4:55	7:55	0:49:55	1:50:52	???
7	Steve Hallam	Victoria	PIH	5 M	11:06 AM	10:28:00	6	11:08:08	2	dropped from 10 Mile after 1 lap	0:40:08	3		11:46:08	6							544.4	M46	58.1%	13	4:59	8:02	0:50:38	1:52:27	Prize Taken
13	Gary Duncan	Victoria	PIH, TNW, TNLW	5 M	11:05 AM	10:20:01	3	11:00:22	1	early so could record times	0:40:21	4		11:45:21	5							541.5	M67	69.2%	2	5:01	8:04	0:50:54	1:53:03	Prize Taken
14	Naomi Russell	Victoria	PIH	5 M	11:02 AM	11:02:00	15	11:43:10	5		0:41:10	5		11:43:10	3							530.7	F37	59.6%	11	5:07	8:14	0:51:56	1:55:21	Prize Taken
19	Lori Morgan	Saanichton	Pinnacle, TWC	5 M	11:03 AM	11:03:00	16	11:44:48	6		0:41:48	6		11:44:48	4							522.7	F64	77.8%	1	5:12	8:22	0:52:44	1:57:07	???
10	Nathaniel Roberts	Saanichton	MRT	5 M	11:05 AM	11:05:00	18	11:47:10	11		0:42:10	7		11:47:10	10							518.2	M52	58.0%	14	5:14	8:26	0:53:12	1:58:09	???
3	Sean Poynton	Saanichton	PIH	5 M	11:04 AM	11:04:00	17	11:48:44	14		0:44:44	8		11:48:44	14							488.4	M41	50.1%	19	5:34	8:57	0:56:26	2:05:20	???
11	Buddy Bhandar	Victoria	PIH	5 M	10:52 AM	10:52:00	14	11:40:26	3		0:48:26	9		11:40:26	1							451.1	M69	58.8%	12	6:01	9:41	1:01:06	2:15:42	???
91	William Milljour	Kelowna	Park Run	5 M	10:49 AM	10:49:00	13	11:42:35	4	day-of registrant	0:53:35	10		11:42:35	2							407.8	M56	47.2%	20	6:40	10:43	1:07:36	2:30:08	???
Double lap 10-Mile															overall															
min				10	10:17 AM	10:17 AM		11:01:42		11:46:08			1:12:08	1		11:46:08	6	36:30	35:38	-1:29	494.1		56.7%	3	4:29	7:13	0:43:23	1:36:21		
max				10	10:35 AM	10:35 AM		11:11:35		11:51:33			1:32:46	7		11:51:33	17	44:42	48:04	+3:22	635.4		68.4%	15	5:46	9:17	0:55:47	2:03:54		
spread				10	0:18:00	0:18:00		0:09:53		0:05:25			0:20:38			05:25		08:12	12:26	+4:51	141.3		11.7%	12	1:17	2:04	12:24	27:33		
Summit trail 11-Mile equivalent															overall															
min				9.3	10:20 AM	10:20 AM		11:55:22		11:55:22			1:34:05	1		11:54:20	18					422.5		51.5%	16	6:19	10:10	1:01:25	2:16:25	
max				9.3	10:34 AM	10:21 AM		11:59:55		11:59:55			1:39:55	3		12:08:05	20					448.7		56.3%	18	6:42	10:47	1:05:14	2:24:53	
spread				9.3	0:14:00	0:01:17		0:04:33		0:04:33			0:05:50			13:45						26.2		4.8%	2	0:23	0:36	03:48	08:28	
Single lap 5-Mile															overall															
min				5	10:49 AM	10:20 AM		11:00:22		11:00:22			0:39:15	1		11:40:26	1					407.8		47.2%	1	4:53	7:51	0:49:31	1:49:59	
max				5	11:08 AM	11:07 AM		11:48:44		11:48:44			0:53:35	10		11:48:44	14					556.7		77.8%	20	6:40	10:43	1:07:36	2:30:08	
spread				5	0:19:00	0:46:59		0:48:22		0:48:22			0:14:20			08:18						148.9		30.6%	19	1:47	2:52	18:05	40:10	