

**Canadian Masters National 5K Champions  
Road2Hope 5K Hamilton ON November 4 2023**

O'all Place	Bib	Name	Gun Time	Class Placing	Gender	Pace Place	Chip /Km	Time	City
1	5487	Porter Lakhanpal	15:28	SM-29	1	1	3:06	15:28	Hamilton
2	5486	Tristan Bouius	16:12	SM-29	2	2	3:15	16:12	Hanover
3	5351	Jeff Gorman	16:22	SM45-49	1	3	3:17	16:22	Dartmouth
4	5074	Steven Killeen	16:52	SM40-44	1	4	3:23	16:52	Oakville
5	5350	Colin Cyr	16:57	SM30-34	1	5	3:24	16:56	Hamilton
6	5602	Robert McGill	17:04	SM45-49	2	6	3:25	17:03	Dundas
7	5348	Jose Fuentes	17:22	SM55-59	1	7	3:28	17:20	Hamilton
8	5260	Jonathan Gray	17:25	SM40-44	2	8	3:29	17:25	Hamilton
9	5582	Brian Murphy	17:50	SM60-64	1	9	3:34	17:50	London
10	5442	Pierre Boulay	18:05	SM55-59	2	10	3:37	18:05	Sainte-Catherin
11	5577	Randy Zabukovec	18:08	SM50-54	1	11	3:38	18:07	Kingston
12	5391	Larry McGregor	18:25	SM55-59	3	12	3:41	18:23	Chatham
13	5592	Les Walc	18:27	SM55-59	4	13	3:41	18:25	Tiny
14	5526	Pete Quevillon	18:39	SM50-54	2	14	3:43	18:34	Chatham
15	5099	Maya Parkin	18:59	SF-29	1	1	3:48	18:58	Port Perry
16	5565	Chris Webb	19:08	SM55-59	5	15	3:48	18:56	Peterborough
17	5628	Patrick Hooey	19:11	SM60-64	2	16	3:50	19:08	Toronto
18	5450	Amy Armstrong	19:14	SF45-49	1	2	3:51	19:12	Evergreen
19	5586	Kaitlin Brydon	19:14	SF-29	2	3	3:50	19:08	St.Thomas
20	5413	Marty Lehto	19:27	SM50-54	3	17	3:53	19:24	Burlington
21	5541	Mark Tamminga	19:28	SM65-69	1	18	3:54	19:28	Dundas
22	5377	Sharon Gallant	19:33	SF45-49	2	4	3:54	19:29	Hamilton
23	5539	Brenton Diaz	19:46	SM45-49	3	19	3:57	19:41	Holland Landing
24	5552	Kelly Mantel	19:59	SF-29	3	5	3:59	19:55	Princeton
25	5578	Tricia Bachman	20:07	SF55-59	1	6	4:01	20:03	whitby
26	5612	Jamie Boisclair	20:21	SF45-49	3	7	4:04	20:19	Oshawa
27	5569	Shellie Siadatan	21:19	SF45-49	4	8	4:16	21:16	Toronto
28	5349	Nancy Catton	21:27	SF55-59	2	9	4:17	21:22	Toronto
29	5600	Dan Moriarity	21:30	SM55-59	6	20	4:18	21:27	Whitby
30	5497	Hilda Den Boer	21:42	SF55-59	3	10	4:19	21:32	Orillia
31	5406	Katherine Kay	21:45	SF50-54	1	11	4:21	21:41	Burlington
32	5491	Ian Carter	22:15	SM65-69	2	21	4:26	22:09	Toronto
33	5574	Wayne Gagne	22:36	SM65-69	3	22	4:31	22:34	Cambridge
34	5378	Leanne Gosse	22:41	SF40-44	1	12	4:32	22:37	Hamilton
35	5547	Susan Stone	22:45	SF60-64	1	13	4:32	22:39	Toronto
36	5584	Yakov Sluchenkov	22:58	SM35-39	1	23	4:34	22:49	Paris
37	5412	Cynthia O'Halloran	22:59	SF60-64	2	14	4:35	22:52	Oakville

38	5551 Kathy Mantel	23:09	SF55-59	4	15	4:37	23:01	Princeton
39	5518 James Freemantle	23:13	SM65-69	4	24	4:34	22:47	Newmarket
40	5594 Glen Fitchett	23:56	SM70-74	1	25	4:46	23:50	Cobourg
41	5493 Donald McDavid	23:57	SM70-74	2	26	4:46	23:48	Pickering
42	5235 Brent Hutchinson	24:15	SM65-69	5	27	4:48	23:59	Paris
43	5567 Mitchell Kosny	24:45	SM70-74	3	28	4:56	24:39	Toronto
44	5591 Jen Hutton	24:58	SF45-49	5	16	4:59	24:52	Waterloo
45	5371 Ceina Ambler	25:14	SF55-59	5	17	5:01	25:01	oakville
46	5595 Mark Goveia	25:23	SM50-54	4	29	5:04	25:19	St. Catharines
47	5556 Glen Norcliffe	26:15	SM80-84	1	30	5:14	26:09	Kincardine
48	5429 Lynn Keane	26:30	SF65-69	1	18	5:16	26:17	Oakville
49	5426 Tim Payne	26:49	SM70-74	4	31	5:21	26:42	Oro-Medonte
50	5509 Vinita Chitte	27:26	SF55-59	6	19	5:29	27:24	North York
51	5361 Janice Shearer	28:24	SF65-69	2	20	5:38	28:08	Dundas
52	5011 Janice Robinson	28:28	SF65-69	3	21	5:34	27:46	Mississauga
53	5700 Orren Johnson	29:00	SM60-64	3	32	5:39	28:15	brampton
54	5425 Nancy Konyu	31:23	SF65-69	4	22	6:12	31:00	Oro-Medonte
55	5728 Phillip Swift	32:36	SM75-79	1	33	6:30	32:28	Toronto
56	5564 Vern Christensen	34:00	SM80-84	2	34	6:47	33:52	Toronto

**Canadian Masters National 5K Champions  
Road2Hope 5K Hamilton ON November 4 2023**

**Age Group Results**

**MALE 30-34**

O'all	Gun	Class	Gender	Pace	Chip				
Place	Bib	Name	Time	Placing	Place	/Km	Time	City	
1	5350	Colin Cyr	16:57	SM30-34	1/1	5	3:24	16:56	Hamilton

**MALE 35-39**

O'all	Gun	Class	Gender	Pace	Chip				
Place	Bib	Name	Time	Placing	Place	/Km	Time	City	
1	5584	Yakov Sluchenkov	22:58	SM35-39	1/1	23	4:34	22:49	Paris

**FEMALE 40-44**

O'all	Gun	Class	Gender	Pace	Chip				
Place	Bib	Name	Time	Placing	Place	/Km	Time	City	
1	5378	Leanne Gosse	22:41	SF40-44	1/1	12	4:32	22:37	Hamilton

**MALE 40-44**

O'all	Gun	Class	Gender	Pace	Chip				
Place	Bib	Name	Time	Placing	Place	/Km	Time	City	
1	5074	Steven Killeen	16:52	SM40-44	1/2	4	3:23	16:52	Oakville
2	5260	Jonathan Gray	17:25	SM40-44	2/2	8	3:29	17:25	Hamilton

**FEMALE 45-49**

O'all	Gun	Class	Gender	Pace	Chip				
Place	Bib	Name	Time	Placing	Place	/Km	Time	City	
1	5450	Amy Armstrong	19:14	SF45-49	1/5	2	3:51	19:12	Evergreen
2	5377	Sharon Gallant	19:33	SF45-49	2/5	4	3:54	19:29	Hamilton
3	5612	Jamie Boisclair	20:21	SF45-49	3/5	7	4:04	20:19	Oshawa
4	5569	Shellie Siadatan	21:19	SF45-49	4/5	8	4:16	21:16	Toronto
5	5591	Jen Hutton	24:58	SF45-49	5/5	16	4:59	24:52	Waterloo

**MALE 45-49**

O'all	Gun	Class	Gender	Pace	Chip				
Place	Bib	Name	Time	Placing	Place	/Km	Time	City	
1	5351	Jeff Gorman	16:22	SM45-49	1/3	3	3:17	16:22	Dartmouth
2	5602	Robert McGill	17:04	SM45-49	2/3	6	3:25	17:03	Dundas
3	5539	Brenton Diaz	19:46	SM45-49	3/3	19	3:57	19:41	Holland Landing

**FEMALE 50-54**

O'all	Gun	Class	Gender	Pace	Chip				
Place	Bib	Name	Time	Placing	Place	/Km	Time	City	
1	5406	Katherine Kay	21:45	SF50-54	1/1	11	4:21	21:41	Burlington

**MALE 50-54**

O'all	Gun	Class	Gender	Pace	Chip				
Place	Bib	Name	Time	Placing	Place	/Km	Time	City	
1	5577	Randy Zabukovec	18:08	SM50-54	1/4	11	3:38	18:07	Kingston
2	5526	Pete Quevillon	18:39	SM50-54	2/4	14	3:43	18:34	Chatham
3	5413	Marty Lehto	19:27	SM50-54	3/4	17	3:53	19:24	Burlington
4	5595	Mark Goveia	25:23	SM50-54	4/4	29	5:04	25:19	St. Catharines

**FEMALE 55-59**

O'all	Gun	Class	Gender	Pace	Chip				
Place	Bib	Name	Time	Placing	Place	/Km	Time	City	
1	5578	Tricia Bachman	20:07	SF55-59	1/6	6	4:01	20:03	whitby
2	5349	Nancy Catton	21:27	SF55-59	2/6	9	4:17	21:22	Toronto
3	5497	Hilda Den Boer	21:42	SF55-59	3/6	10	4:19	21:32	Orillia
4	5551	Kathy Mantel	23:09	SF55-59	4/6	15	4:37	23:01	Princeton
5	5371	Ceina Ambler	25:14	SF55-59	5/6	17	5:01	25:01	oakville
6	5509	Vinita Chitte	27:26	SF55-59	6/6	19	5:29	27:24	North York

**MALE 55-59**

O'all	Gun	Class	Gender	Pace	Chip				
Place	Bib	Name	Time	Placing	Place	/Km	Time	City	
1	5348	Jose Fuentes	17:22	SM55-59	1/6	7	3:28	17:20	Hamilton
2	5442	Pierre Boulay	18:05	SM55-59	2/6	10	3:37	18:05	Sainte-Catherin
3	5391	Larry McGregor	18:25	SM55-59	3/6	12	3:41	18:23	Chatham
4	5592	Les Walc	18:27	SM55-59	4/6	13	3:41	18:25	Tiny
5	5565	Chris Webb	19:08	SM55-59	5/6	15	3:48	18:56	Peterborough
6	5600	Dan Moriarity	21:30	SM55-59	6/6	20	4:18	21:27	Whitby

**FEMALE 60-64**

O'all	Gun	Class	Gender	Pace	Chip				
Place	Bib	Name	Time	Placing	Place	/Km	Time	City	
1	5547	Susan Stone	22:45	SF60-64	1/2	13	4:32	22:39	Toronto
2	5412	Cynthia O'Halloran	22:59	SF60-64	2/2	14	4:35	22:52	Oakville

**MALE 60-64**

O'all	Gun	Class	Gender	Pace	Chip				
Place	Bib	Name	Time	Placing	Place	/Km	Time	City	
1	5582	Brian Murphy	17:50	SM60-64	1/3	9	3:34	17:50	London
2	5628	Patrick Hooley	19:11	SM60-64	2/3	16	3:50	19:08	Toronto
3	5700	Orren Johnson	29:00	SM60-64	3/3	32	5:39	28:15	brampton

**FEMALE 65-69**

O'all	Gun	Class	Gender	Pace	Chip				
Place	Bib	Name	Time	Placing	Place	/Km	Time	City	
1	5429	Lynn Keane	26:30	SF65-69	1/4	18	5:16	26:17	Oakville
2	5361	Janice Shearer	28:24	SF65-69	2/4	20	5:38	28:08	Dundas
3	5011	Janice Robinson	28:28	SF65-69	3/4	21	5:34	27:46	Mississauga
4	5425	Nancy Konyu	31:23	SF65-69	4/4	22	6:12	31:00	Oro-Medonte

**MALE 65-69**

O'all	Gun	Class	Gender	Pace	Chip				
Place	Bib	Name	Time	Placing	Place	/Km	Time	City	
1	5541	Mark Tamminga	19:28	SM65-69	1/5	18	3:54	19:28	Dundas
2	5491	Ian Carter	22:15	SM65-69	2/5	21	4:26	22:09	Toronto
3	5574	Wayne Gagne	22:36	SM65-69	3/5	22	4:31	22:34	Cambridge
4	5518	James Freemantle	23:13	SM65-69	4/5	24	4:34	22:47	Newmarket
5	5235	Brent Hutchinson	24:15	SM65-69	5/5	27	4:48	23:59	Paris

**MALE 70-74**

O'all	Gun	Class	Gender	Pace	Chip				
Place	Bib	Name	Time	Placing	Place	/Km	Time	City	

1	5594	Glen Fitchett	23:56	SM70-74	1/4	25	4:46	23:50	Cobourg
2	5493	Donald McDavid	23:57	SM70-74	2/4	26	4:46	23:48	Pickering
3	5567	Mitchell Kosny	24:45	SM70-74	3/4	28	4:56	24:39	Toronto
4	5426	Tim Payne	26:49	SM70-74	4/4	31	5:21	26:42	Oro-Medonte

**MALE 75-79**

O'all	Gun	Class	Gender	Pace	Chip				
Place	Bib	Name	Time	Placing	Place	/Km	Time	City	

1	5728	Phillip Swift	32:36	SM75-79	1/1	33	6:30	32:28	Toronto
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**MALE 80-84**

O'all	Gun	Class	Gender	Pace	Chip				
Place	Bib	Name	Time	Placing	Place	/Km	Time	City	

1	5556	Glen Norcliffe	26:15	SM80-84	1/2	30	5:14	26:09	Kincardine
2	5564	Vern Christensen	34:00	SM80-84	2/2	34	6:47	33:52	Toronto