

RUN FOR ROWAN

5K Women Results

Place	Bib #	Runner Name	Time
1	210	Harper MacDonald	0:23:15
2	211	Karen Messenger	0:25:27
3	208	Kylie Howison	0:26:33
4	216	Ashlyn Barrett	0:27:20
5	207	Amelie Grawbarger	0:28:53
6	209	Allison Kerr	0:28:56
7	214	Lisa Lockhart	0:29:02
8	206	Beth Brown	0:29:58
9	213	France Venne	0:30:20

5K Men Results

Place	Bib #	Runner Name	Time
1	193	Zander Cassol-Snyman	0:18:59
2	202	Jonathan Maycock	0:19:58
3	200	Elliot Leonard	0:20:41
4	196	Alexander Kerr	0:20:51
5	199	Braeson Last	0:21:17
6	292	Ashton Lalonde	0:21:36
7	191	Cole Brown	0:22:29
8	198	Skyler Knudson	0:23:08
9	195	William Grawbarger	0:23:49
10	215	Logan Lockhart	0:25:45
11	194	Justin Grawbarger	0:27:13
12	197	Ian Kerr	0:27:21
13	217	Andrew Barrett	0:27:22
14	204	Colin Raines	0:28:33
15	205	Craig Stevenson	0:28:58
16	192	Declan Brown	0:30:08
17	213	Brent Munroe	0:31:02