



10K Race Results

Men 55+

Gold- Charlie Lefort (Nova Scotia)
Silver - Paul Sands (New Brunswick)
Bronze- Antonio Samson (Quebec)

Men 65+

Gold - Ruby Ferguson (British Columbia)
Silver- Donna Jones (Yukon)
Bronze- Coline McEachern (Nova Scotia)

Women 55+

Gold- John Buyks (Alberta)
Silver- Roger Hanberg (Yukon)
Bronze - Frank Kelly (New Brunswick)

Women 65+

Gold - Georgie Gillis (Nova Scotia)
Silver- Wendy McLaughlin (Alberta)
Bronze- Shirley Moklar (Nova Scotia)