



## **10K Race Results**

### **Men 55+**

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

### **Women 55+**

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

### **Men 65+**

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)