

2019 OTTAWA 10K START LIST - WOMEN

First Name	Last Name	Gender	Age	Citizenship	PB	Year
Gete	Alemayehu	F	20	ETH	31:12	2018
Becca	Brennan	F	23	CAN	39:50	2018
Edith	Chelime	F	32	KEN	31:07	2016
Joyce	Chepkemoi	F	24	KEN	31:38	2019
Susanne	Darling	F	50	CAN	40:48	2018
Laura	Desjardins	F	30	CAN	35:29	2017
Charlotte	Dunlap	F	24	CAN	38:00	2017
Malindi	Elmore	F	39	CAN	33:06	2010
Mengistu	Emebet	F	26	ETH	33:35	2018
Lynda	Gingras	F	39	CAN	38:02	2018
Sasha	Gollish	F	37	CAN	33:03	2018
Karoline	Hoy	F	30	CAN	37:57	2017
Valary	Jemeli	F	27	KEN	31:42*	2018
Peres	Jepchirchir	F	25	KEN	30:55	2015
Tamara	Jewett	F	29	CAN	33:04	2018
Lindsay	Kary	F	24	CAN	37:19	2017
Lindsay	Khan	F	32	CAN	37:54	2016
Dorcas	Kimeli	F	21	KEN	31:37	2018
Paskalia	Kipkoech	F	30	KEN	30:57	2012
Clara	Langley	F	24	CAN	36:47*	2019
Annie	Laperle	F	41	CAN	38:35	2018
Zerfie	Limeneh	F	22	ETH	32:07	2015
Christy	Lovig	F	42	CAN	35:04	2017
Gillian	McCabe	F	38	CAN	35:36	2014
Kinsey	Middleton	F	26	CAN	32:34	2018
Robyn	Mildren	F	28	CAN	34:14	2019
Jen	Moroz	F	33	CAN	35:53	2017
Jennifer	Murrin	F	37	CAN	34:41	2017
Stacy	Ndiwa	F	26	KEN	31:00	2018
Jessica	O'Connell	F	30	CAN	32:22	2018
Erin	O'Higgins	F	25	CAN	Debut	
Katie	Phillips	F	24	CAN	Debut	
Lauren	Prufer	F	29	CAN	36:25	2014
Arianne	Raby	F	30	CAN	34:56	2019
Erin	Rivers	F	29	CAN	39:14	2018

First Name	Last Name	Gender	Age	Citizenship	PB	Year
Catherine	Royer	F	35	CAN	Debut	
Emily	Setlack	F	38	CAN	33:44*	2017
Taylor	Sills	F	27	CAN	Debut	
Sabrina	St-Gelais	F	27	CAN	36:30	2017
Molly	Steer	F	23	CAN	37:26	2019
Amy	Stephenson	F	23	CAN	34:14	2018
Claire	Sumner	F	24	CAN	34:13*	2018
Meghan	Tait	F	26	CAN	39:44	2016
Gladys	Jepkechei (Tarus)	F		KEN	34:38	2014
Lyndsay	Tessier	F	41	CAN	34:04	2018
Amanda	Wilkins	F	27	CAN	37:58	2018
Natasha	Wodak	F	37	CAN	31:59	2015

Bold = Invited to attend the May 24 news conference

Last update: May 24

2019 OTTAWA 10K START LIST - MEN

First Name	Last Name	Gender	Age	Citizenship	PB	Year
Wendimu	Adamu	M	30	ETH	29:37	2018
Andre	Alie-Lamarche	M	19	CAN	Debut	
Jeffrey	Archer	M	27	CAN	30:24	2014
Chris	Balestrini	M	27	CAN	29:25	2018
Eric	Bang	M	29	CAN	30:48	2018
Keven	Bedard	M	26	CAN	31:20	2018
Pierre-Lou	Billerot	M	25	FRA	30:39	2019
Paddy	Birch	M	31	IRL	31:22	2018
Conor	Black	M	23	CAN	30:06	2017
Steve	Boyd	M	55	CAN	28:41	Before 2000
Rejean	Chiasson	M	35	CAN	29:38*	2012
Kevin	Coffey	M	32	CAN	30:15	2017
Jeff	Costen	M	27	CAN	30:33*	2014
Mohamed Reda	El Aaraby	M	29	MOR	27:58	2019
Evan	Esselink	M	27	CAN	30:20	2018
Colin	Fewer	M	41	CAN	30:36	2012
Ben	Flanagan	M	24	CAN	28:34	2018
Daniel	Fournier	M	25	CAN	32:04	2018
Jimmy	Gobeil	M	41	CAN	31:14	2001
Bonsa	Gonfa	M	28	ETH	30:07	2017
Fikadu	Haftu	M	25	ETH	28:17	2012
Abderrahmane	Kachir	M	26	MOR	27:50	2018
Justin	Kent	M	27	CAN	29:54	2019
Moses	Kibet	M	22	KEN	28:26	2018
Wilfred	Kimitei	M	34	KEN	28:02	2016
Emmanuel	Kipsang	M	22	KEN	27:47	2016
Taylor	Kraayenbrink	M	29	CAN	Debut	
Pier-Olivier	Laflamme	M	31	CAN	29:54	2014
Josh	Lumani	M	28	CAN	32:00	2018
Patrick	MacKinnon	M	29	CAN	32:09	2018
Otmane	Nait Hammou	M	23	SWE	30:27	2019
Craig	Odermatt	M	49	CAN	31:42	2011
Phillippe	Parrot-Migas	M	26	CAN	30:34*	2019
Charles	Philibert-Thiboutot	M	28	CAN	32:26	2010
Samuel	Poher	M	24	CAN	31:52	2018



OTTAWA ♦ 10K



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Simon	Poulin	M	36	CAN	32:57	2017
Baghdad	Rachem	M	42	CAN	29:21	2012
Nicholas	Roberts	M	21	CAN	32:38	2018
Paul	Rochus	M	25	CAN	30:34	2016
Brayden	Seneca	M	25	CAN	30:00	2016
Jean-Philippe	Thibodeau	M	28	CAN	32:00	2013
Philippe	Viau-Dupuis	M	36	CAN	30:34	2014
Brendan	Wong	M	25	CAN	30:34	2019
Tristan	Woodfine	M	25	CAN	28:56	2014
Benjamin	Workman	M	21	CAN	30:57	2017
Kyle	Wyatt	M	37	CAN	30:24	2018
Dylan	Wykes	M	35	CAN	28:12	2011
Mohammed	Ziani	M	26	MOR	27:28	2016

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