

## 2019 OTTAWA 10K START LIST - WOMEN

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



OTTAWA ♦ 10K



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Catherine	<a href="#">Royer</a>	F	35	CAN	Debut	
Emily	<a href="#">Setlack</a>	F	38	CAN	33:44*	2017
Taylor	<a href="#">Sills</a>	F	27	CAN	Debut	
Sabrina	<a href="#">St-Gelais</a>	F	27	CAN	36:30	2017
Molly	Steer	F	23	CAN	37:26	2019
Amy	<a href="#">Stephenson</a>	F	23	CAN	34:14	2018
Claire	<a href="#">Sumner</a>	F	24	CAN	34:13*	2018
Meghan	<a href="#">Tait</a>	F	26	CAN	39:44	2016
Gladys	Jepkechei (Tarus)	F		KEN	34:38	2014
Lyndsay	<del><a href="#">Tessier</a></del>	F	41	CAN	34:04	2018
Amanda	<a href="#">Wilkins</a>	F	27	CAN	37:58	2018
Natasha	<a href="#">Wodak</a>	F	37	CAN	31:59	2015

**Bold** = Invited to attend the May 24 news conference

Last update: May 22

## 2019 OTTAWA 10K START LIST - MEN

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



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

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