

# 2019 Cowichan Autumn Classic - 5K

Cowichan, BC, CANADA | October 20, 2019

 **RACEDAY**  
TIMING SERVICES certifies that

# Emily Clements

has completed the **2019 Cowichan Autumn Classic - 5K** with an official time of

# 37:46.00

---

**57th of 137**  
Overall Place

**18th of 34**  
Division Place

**68th of 102**  
Gender Place

---

Brenda Nizioł

**Race Director**

  
**CEEVACS**  
Roadrunners