

Results By Speed River Timing.						
Female 30						
Place	Name	Team	Age	Overall	Chip Time	Gun Time
1	Jessica Sheppard	Muskoka Algonquin Runners	33	131	36:53.4	36:53.4
Male 30						
Place	Name	Team	Age	Overall	Chip Time	Gun Time
1	Travis Cummings	St. Timonhy's Thunder Jr/Sr High School	31	36	29:45.0	29:45.0
2	Benjamin Burr	LONDON RUNNER DISTANCE CLUB	32	53	30:24.3	30:24.3
3	Daniel Bach	Unattached Ontario	31	55	30:34.6	30:34.6
4	Michael MacDonald	Iron Stride	33	88	32:27.7	32:27.7
Female 35						
Place	Name	Team	Age	Overall	Chip Time	Gun Time
1	Genevieve Shurtleff	Kalenjins	39	59	30:54.8	30:54.8
2	Nicki Haugan	UNATTACHED BRITISH COLUMBIA	39	64	31:03.5	31:03.5
3	Mary Unsworth	Muskoka Algonquin Runners	38	76	31:44.8	31:44.8
4	Carrie Byer	NEWMARKET HUSKIES TRACK CLUB	37	92	32:43.9	32:43.9
5	Alana Bonner	Club de coureurs Boréal	36	135	37:08.6	37:08.6
6	Darla Coles	Muskoka Algonquin Runners	37	140	37:39.4	37:39.4
7	Sharon Bennett	Muskoka Algonquin Runners	38	141	37:45.6	37:45.6
Male 35						
Place	Name	Team	Age	Overall	Chip Time	Gun Time
1	Chris Napier	UNATTACHED BRITISH COLUMBIA	38	14	28:28.3	28:28.3
2	Samuel Tousignant	Kalenjins	37	16	28:35.5	28:35.5
3	Matthew Norminton	RUNNING ROOM ATHLETIC CLUB ALBER	39	19	28:43.6	28:43.6
4	Andrew Lockwood	Unattached Ontario	36	21	28:59.1	28:59.1
5	Nick Cosman	ONTARIO MASTERS ATHLETICS	35	24	29:01.7	29:01.7
6	Robin Richard-Campea	Kalenjins	37	25	29:01.7	29:01.7
7	Michael Bianchi	Unattached Ontario	37	26	29:04.3	29:04.3
8	Ross Bain	Unattached Ontario	36	28	29:07.9	29:07.9
9	John Lofranco	McGill Olympic Club	39	31	29:16.9	29:16.9
10	Tim Gillespie	Iron Stride	39	33	29:32.8	29:32.8
11	Sofiane Tayane	A.T.P athlétisme	37	37	29:47.5	29:47.5
12	Sheldon Cooper	Unattached Ontario	35	48	30:18.3	30:18.3
13	Joel Clarke-Ames	Unattached Ontario	35	54	30:30.0	30:30.0
14	Greg King	Unattached Ontario	35	130	36:52.7	36:52.7
Female 40						
Place	Name	Team	Age	Overall	Chip Time	Gun Time
1	Seanna Robinson	MB Performance	41	70	31:24.9	31:24.9
2	Donna Mae Robins	ONTARIO MASTERS ATHLETICS	40	73	31:34.8	31:34.8
3	Michelle Clarke	Longboat Roadrunners	42	84	32:05.9	32:05.9
4	Cora Yin	Unattached Ontario	41	119	35:48.7	35:48.7
5	Annie Riel	ONTARIO MASTERS ATHLETICS	42	132	36:57.4	36:57.4
Male 40						

Place	Name	Team	Age	Overall	Chip Time	Gun Time
1	Jeremiah Ziak	UNATTACHED BRITISH COLUMBIA	40	1	25:47.2	25:47.2
2	Graham Cocksedge	UNATTACHED BRITISH COLUMBIA	43	2	26:06.4	26:06.4
3	Predrag Mladenovic	Unattached Ontario	44	3	26:53.9	26:53.9
4	Brian Torrance	LAKEHEAD RUNNING	40	4	27:06.2	27:06.2
5	Dave Tepper	NEWMARKET HUSKIES TRACK CLUB	41	7	27:44.3	27:44.3
6	Kevin Beatty	ONTARIO MASTERS ATHLETICS	40	11	28:08.6	28:08.6
7	Pascal Renard	TRACK NORTH ATHLETIC CLUB	41	12	28:13.1	28:13.1
8	Jamie Labrosse	LAUREL CREEK TRACK & FIELD CLUB	44	15	28:34.3	28:34.3
9	Jeramie Carbonaro	Muskoka Algonquin Runners	42	20	28:43.8	28:43.8
10	Michael Tickner	LAUREL CREEK TRACK & FIELD CLUB	43	27	29:04.3	29:04.3
11	Matthew Stanley	Unattached Ontario	41	30	29:12.5	29:12.5
12	Kip Sigsworth	LAKEHEAD RUNNING	42	38	29:52.9	29:52.9
13	Savvas Frantzeskos	Iron Stride	42	41	30:05.4	30:05.4
14	Jeremy Walsh	LONDON RUNNER DISTANCE CLUB	41	43	30:07.8	30:07.8
15	Jonathan MacGavock	LAKEHEAD RUNNING	41	50	30:20.8	30:20.8
16	Jeffery Lapierre	PHYSI-KULT KINGSTON	44	51	30:20.8	30:20.8
17	Paul Felix	Unattached Ontario	41	62	31:02.9	31:02.9
18	Gerardo Reyes	Longboat Roadrunners	41	77	31:46.0	31:46.0
19	Trevor Davies	ONTARIO MASTERS ATHLETICS	43	78	31:48.8	31:48.8

Female 45

Place	Name	Team	Age	Overall	Chip Time	Gun Time
1	Heather Ostic	Unattached Ontario	48	96	33:12.7	33:12.7
2	Carrie Scace	MB Performance	47	107	34:36.1	34:36.1
3	Leanne Shafir	MB Performance	47	110	34:51.1	34:51.1
4	Wendy J Turner	Unattached Ontario	49	118	35:44.7	35:44.7
5	Anke Graenert	NEWMARKET HUSKIES TRACK CLUB	49	144	38:39.3	38:39.3

Male 45

Place	Name	Team	Age	Overall	Chip Time	Gun Time
1	Derek Hackshaw	NEWMARKET HUSKIES TRACK CLUB	47	5	27:26.4	27:26.4
2	Craig Odermatt	PRAIRIE INN HARRIERS RACING TEAM	46	6	27:35.5	27:35.5
3	Claude Gilbert	C. A. Université Laval	46	8	27:52.6	27:52.6
4	Jim Seeds	LAUREL CREEK TRACK & FIELD CLUB	47	9	27:57.8	27:57.8
5	Troy Cox	Muskoka Algonquin Runners	49	13	28:21.3	28:21.3
6	Richard Charette	OTTAWA LIONS T.F.C.	49	22	28:59.9	28:59.9
7	Mark Sinnige	Muskoka Algonquin Runners	47	34	29:33.5	29:33.5
8	David Moore	Unattached Ontario	48	35	29:34.4	29:34.4
9	John Grabher	UNATTACHED BRITISH COLUMBIA	49	40	29:55.7	29:55.7
10	Marc Molgat	Cirrus de l'Outaouais	49	42	30:05.7	30:05.7
11	Jean-Luc Mejane	McGill Olympic Club	45	47	30:17.0	30:17.0
12	Steve Boston	NEWMARKET HUSKIES TRACK CLUB	46	57	30:35.8	30:35.8
13	Corey Turnbull	ONTARIO MASTERS ATHLETICS	45	58	30:42.8	30:42.8
14	Michael Blois	K2J Fitness	45	60	30:58.4	30:58.4
15	Hassan Zaghy	A.T.P athlétisme	47	67	31:16.2	31:16.2
16	Jonathan Cressman	LAUREL CREEK TRACK & FIELD CLUB	45	71	31:30.1	31:30.1
17	Tony Marra	Muskoka Algonquin Runners	48	82	32:03.9	32:03.9
18	Brian Hagemeyer	LONDON RUNNER DISTANCE CLUB	46	83	32:04.1	32:04.1
19	Mirco Graenert	NEWMARKET HUSKIES TRACK CLUB	47	87	32:27.5	32:27.5
20	Bryan Lambert	ONTARIO MASTERS ATHLETICS	45	90	32:34.7	32:34.7
21	Robert Muir	OTTAWA LIONS T.F.C.	48	91	32:39.7	32:39.7
22	Ian Sinclair	TORONTO OLYMPIC CLUB	46	98	33:18.3	33:18.3

23	Jack Cook	Fast Trax Run & Ski Club	49	111	35:10.3	35:10.3
24	Michael Mandel	UNIVERSITY OF TORONTO T.C	47	113	35:24.1	35:24.1
25	Jon Anderson	Unattached Ontario	49	114	35:29.5	35:29.5
26	Brian Lovshin	TORONTO OLYMPIC CLUB	47	129	36:46.4	36:46.4
27	Wayne Ferron	Longboat Roadrunners	49	138	37:33.4	37:33.4
28	Chris Madsen	UNIVERSITY OF TORONTO T.C	48	139	37:34.5	37:34.5
29	Jon Kryz	LAUREL CREEK TRACK & FIELD CLUB	45	147	39:14.8	39:14.8
Female 50						
Place	Name	Team	Age	Overall	Chip Time	Gun Time
1	Liz Maguire	OTTAWA LIONS T.F.C.	50	68	31:20.9	31:20.9
2	Elaine Mota	NEWMARKET HUSKIES TRACK CLUB	51	85	32:16.2	32:16.2
3	Christine Loch	Longboat Roadrunners	54	112	35:16.5	35:16.5
4	Debbie Bell	Unattached Ontario	50	115	35:30.5	35:30.5
5	Joanne Armstrong	Unattached Ontario	51	120	36:11.7	36:11.7
6	Jean Ferguson	OTTAWA LIONS T.F.C.	52	124	36:17.5	36:17.5
7	Elaine Marchese	Nomads	52	127	36:25.3	36:25.3
8	Jill Delane	VANCOUVER FALCONS ATHLETIC CLUB	51	128	36:39.3	36:39.3
9	Judy Andrew Piel	K2J Fitness	54	136	37:10.0	37:10.0
10	Nathalie Gauthier	K2J Fitness	51	145	38:40.5	38:40.5
11	Zarah Dehnashi	Unattached Ontario	50	146	39:14.2	39:14.2
12	Diane Pomerleau	Kalenjins	52	148	39:20.3	39:20.3
13	Christine Ross	ONTARIO MASTERS ATHLETICS	52	149	39:26.9	39:26.9
14	Liza Parry	Longboat Roadrunners	50	161	42:44.5	42:44.5
Male 50						
Place	Name	Team	Age	Overall	Chip Time	Gun Time
1	Geoff Peat	NEWMARKET HUSKIES TRACK CLUB	53	10	28:00.7	28:00.7
2	Tyler Ginther	COASTAL TRACK CLUB	50	17	28:38.3	28:38.3
3	Alistair Munro	MB Performance	50	18	28:40.5	28:40.5
4	Daniel Fiorini	NEWMARKET HUSKIES TRACK CLUB	54	23	29:00.2	29:00.2
5	Andrew Jones	LONDON PACERS	50	29	29:08.6	29:08.6
6	Kevin Shields	OTTAWA LIONS T.F.C.	50	39	29:53.1	29:53.1
7	Dave McMahon	Cirrus de l'Outaouais	52	44	30:08.9	30:08.9
8	John Blankenship	RUNNING ROOM ATHLETIC CLUB ALBER	50	45	30:10.7	30:10.7
9	Simon Rayner	UNIVERSITY OF TORONTO T.C	52	46	30:12.6	30:12.6
10	Vince Friel	NEWMARKET HUSKIES TRACK CLUB	53	49	30:18.7	30:18.7
11	Michael Sherar	UNIVERSITY OF TORONTO T.C	53	52	30:23.4	30:23.4
12	Kevin Kornelsen	Indépendant	54	56	30:35.3	30:35.3
13	Jim Fullarton	K2J Fitness	51	63	31:03.2	31:03.2
14	Anthony Maclsaac	UNIVERSITY OF TORONTO T.C	52	69	31:23.7	31:23.7
15	Michael Day	Unattached Ontario	53	72	31:31.8	31:31.8
16	Andy Blackwell	MB Performance	51	79	31:52.3	31:52.3
17	Scott Pegrum	ONTARIO MASTERS ATHLETICS	50	80	31:53.2	31:53.2
18	Blair Layng	Unattached Ontario	52	81	32:00.4	32:00.4
19	John Ellis	Central Toronto Athletic Club	51	93	32:48.6	32:48.6
20	Jeff Orchard	LONDON PACERS	51	94	32:49.6	32:49.6
21	Bernard Thebaud	Track East	51	95	33:09.8	33:09.8
22	Robert Blair	NEWMARKET HUSKIES TRACK CLUB	52	97	33:18.0	33:18.0
23	Michael Ferguson	OTTAWA LIONS T.F.C.	52	100	33:33.7	33:33.7
24	Kevin Garlick	LONDON PACERS	54	166	43:49.5	43:49.5
Female 55						

Place	Name	Team	Age	Overall	Chip Time	Gun Time
1	Lise Meloche	Cirrus de l'Outaouais	56	134	37:05.2	37:05.2
2	Rita Botelho	UNIVERSITY OF TORONTO T.C	56	137	37:25.1	37:25.1
3	Maureen Dow	LONDON PACERS	56	163	43:00.5	43:00.5
Male 55						
Place	Name	Team	Age	Overall	Chip Time	Gun Time
1	Chris Deighan	NEWMARKET HUSKIES TRACK CLUB	56	32	29:19.3	29:19.3
2	Steven Blostein	PHYSI-KULT KINGSTON	55	61	31:00.1	31:00.1
3	Dave Kary	OTTAWA LIONS T.F.C.	57	65	31:06.8	31:06.8
4	Jean-Francois Fillion	Cirrus de l'Outaouais	56	66	31:10.9	31:10.9
5	Bill Cunliffe	DURHAM DRAGONS ATHLETICS	57	75	31:39.1	31:39.1
6	James Freemantle	NEWMARKET HUSKIES TRACK CLUB	58	99	33:25.5	33:25.5
7	Clive Morgan	PHYSI-KULT KINGSTON	57	102	33:48.7	33:48.7
8	Walter Faion	UNIVERSITY OF TORONTO T.C	56	103	34:03.9	34:03.9
9	Peter Gordon	UNIVERSITY OF TORONTO T.C	56	105	34:17.0	34:17.0
10	Trevor Kobe	Longboat Roadrunners	55	108	34:37.7	34:37.7
11	Brent Hutchinson	BRANTFORD T.F.C.	59	109	34:45.1	34:45.1
12	Robert Campbell	LONDON PACERS	57	126	36:24.1	36:24.1
Female 60						
Place	Name	Team	Age	Overall	Chip Time	Gun Time
1	Lynn Kobayashi	UNIVERSITY OF TORONTO T.C	61	142	37:51.9	37:51.9
2	Clara Northcott	UNIVERSITY OF TORONTO T.C	62	151	39:34.6	39:34.6
3	Corinne Krezonoski	Unattached Ontario	62	152	40:19.6	40:19.6
4	Wendy Fraser	LONDON PACERS	62	164	43:01.7	43:01.7
5	Nancy Konyu	NEWMARKET HUSKIES TRACK CLUB	61	171	51:57.9	51:57.9
Male 60						
Place	Name	Team	Age	Overall	Chip Time	Gun Time
1	Malcolm Balk	McGill Olympic Club	62	74	31:37.8	31:37.8
2	Bill Krezonoski	Unattached Ontario	63	86	32:19.7	32:19.7
3	Jim Van Buskirk	Unattached Ontario	60	101	33:35.8	33:35.8
4	Paul Carter	Unattached Ontario	60	104	34:16.6	34:16.6
5	Bob Holmes	RUNNING ROOM ATHLETIC CLUB ALBER	62	106	34:28.0	34:28.0
6	Jim Rawling	Longboat Roadrunners	61	121	36:13.5	36:13.5
7	Boyd Whyte	Unattached Ontario	61	122	36:13.9	36:13.9
8	Dermot Holwell	ONTARIO MASTERS ATHLETICS	62	123	36:15.3	36:15.3
9	Gord Nelson	ONTARIO MASTERS ATHLETICS	60	125	36:20.7	36:20.7
10	Andrew Wilkes	ONTARIO MASTERS ATHLETICS	63	133	37:05.1	37:05.1
11	Keith Rodrigues	Unattached Ontario	63	143	38:28.1	38:28.1
12	James Whipp	Unattached Ontario	64	154	40:25.1	40:25.1
13	Robert Fraser	LONDON PACERS	62	159	42:11.6	42:11.6
Male 65						
Place	Name	Team	Age	Overall	Chip Time	Gun Time
1	Michael Secker	RUNNING ROOM ATHLETIC CLUB ALBER	65	89	32:28.8	32:28.8
2	Ted Paget	NEWMARKET HUSKIES TRACK CLUB	65	116	35:33.7	35:33.7
3	Don White	ATHLETICS YUKON	66	117	35:39.6	35:39.6
4	Tim Payne	NEWMARKET HUSKIES TRACK CLUB	66	158	41:57.2	41:57.2

5	Gaétan Breton	Sherbrooke	68	168	44:34.4	44:34.4
Female 70						
Place	Name	Team	Age	Overall	Chip Time	Gun Time
1	Claire Prest	Longboat Roadrunners	72	169	46:48.7	46:48.7
Male 70						
Place	Name	Team	Age	Overall	Chip Time	Gun Time
1	Hugh Connolly	Longboat Roadrunners	71	150	39:32.9	39:32.9
2	Glen Norcliffe	TORONTO OLYMPIC CLUB	73	153	40:20.0	40:20.0
3	Tony Teddy	Longboat Roadrunners	70	155	40:48.8	40:48.8
4	Bert De Vries	Longboat Roadrunners	70	162	42:49.2	42:49.2
5	Chuck Edwards	LONDON PACERS	71	165	43:20.7	43:20.7
6	Eric Magni	LONDON PACERS	70	167	44:31.0	44:31.0
7	P. J. Marshall	ONTARIO MASTERS ATHLETICS	74	170	51:09.7	51:09.7
Male 75						
Place	Name	Team	Age	Overall	Chip Time	Gun Time
1	Keijo Taivassalo	UNIVERSITY OF TORONTO T.C	77	156	41:02.0	41:02.0
2	Vern Christensen	UNIVERSITY OF TORONTO T.C	75	157	41:52.5	41:52.5
3	Robert Moore	TORONTO OLYMPIC CLUB	76	160	42:28.9	42:28.9
4	Michael Goodstadt	Unattached Ontario	76	173	1:01:13.8	1:01:13.8
Male 80						
Place	Name	Team	Age	Overall	Chip Time	Gun Time
1	Bob Wild	Unattached Ontario	84	172	1:00:40.1	1:00:40.1