

1	MF30-34	Caitlin Foisy	20:00	Newmarket HUSKEYS
2	MF30-34	Kirsten Jewell	21:46	Muskoka Algonquin Runners
3	MF30-34	Jessica Sheppard	23:18	Muskoka Algonquin Runners
4	MF30-34	Martina Morton	24:51	Muskoka Algonquin Runners
1	MF35-39	Lavinia Carreau	19:13	Muskoka Algonquin Runners
2	MF35-39	Tiia Scott	19:55	Newmarket HUSKEYS
3	MF35-39	Kelly Senk	20:10	Newmarket HUSKEYS
4	MF35-39	Krista Allen	20:39	Newmarket HUSKEYS
5	MF35-39	Darla Coles	23:00	Muskoka Algonquin Runners
1	MF40-44	Sarah Nagy	18:40	Newmarket HUSKEYS
2	MF40-44	Donna Mae Robins	19:49	Mast - Ontar
3	MF40-44	Jennifer Nicholson	21:41	Muskoka Algonquin Runners
4	MF40-44	Cora Yin	22:16	
5	MF40-44	Marija Radivojevic	24:11	Toronto Olympic Club
6	MF40-44	Kirstin Thomas	26:22	Muskoka Algonquin Runners
1	MF45-49	Helen Dempster	19:43	Muskoka Algonquin Runners
2	MF45-49	Tricia Bachman	20:16	Durham Dragons
3	MF45-49	Sue Pribaz	21:23	Central Toronto Athletic Club
4	MF45-49	Nancy Catton	21:41	Toronto West
5	MF45-49	Erin Smyth	22:43	Blue Devils
6	MF45-49	Lucy Libera Raymond	23:41	Toronto West
7	MF45-49	Joanna Kotsopoulos	24:54	Boardwalk RC
8	MF45-49	Tracy Marshall	25:58	Muskoka Algonquin Runners
1	MF50-54	Elaine Mota	20:20	Newmarket HUSKEYS
2	MF50-54	Anne Byrne	20:55	Black Lungs
3	MF50-54	Jill Cameron	23:12	Toronto West
4	MF50-54	Ginette Jones	24:01	Newmarket HUSKEYS
5	MF50-54	Anke Graenert	24:15	Newmarket HUSKEYS
6	MF50-54	Lynn Bourque	24:58	Longboat Roadrunners
7	MF50-54	Catherine Smith	26:17	Muskoka Algonquin Runners
8	MF50-54	Liza Parry	30:14	Longboat Roadrunners
1	MF55-59	Christine Loch	22:44	Longboat Roadrunners
2	MF55-59	Susan Stone	22:44	Longboat Roadrunners
3	MF55-59	Anne Francis	24:32	Central Toronto Athletic Club
4	MF55-59	Nancy Edson	26:08	Muskoka Algonquin Runners
5	MF55-59	Maureen Dolan	26:28	London Pacers
6	MF55-59	Cindy Burt	40:19	Durham Dragons
1	MF60-64	Clara Northcott	24:27	University of Toronto Track Club
2	MF60-64	Kim Russel Brooks	24:49	Muskoka Algonquin Runners
3	MF60-64	Pauline Watson	31:23	University of Toronto Track Club
4	MF60-64	Nancy Konyu	35:12	Newmarket HUSKEYS
1	MF70-74	Claire Prest	29:56	Longboat Roadrunners
1	MM30-34	Nick Croker	16:55	Black Lungs
2	MM30-34	Dan Way	17:23	Black Lungs
3	MM30-34	Cameron MacDonald	17:45	Black Lungs
4	MM30-34	Fraser Clift	18:16	Black Lungs
5	MM30-34	Steve Elliott	18:36	Black Lungs

6	MM30-34	Francois Girard	18:42	Toronto Olympic Club
1	MM35-39	Leo Papail	17:14	Newmarket HUSKEYS
2	MM35-39	Bernie Hogan	17:27	
3	MM35-39	Ben Nelson	17:34	Longboat Roadrunners
4	MM35-39	Michael Logue	17:43	Newmarket HUSKEYS
5	MM35-39	Andrew Lockwood	17:47	Black Lungs
6	MM35-39	Joel Clarke-Ames	19:16	Black Lungs
7	MM35-39	Jimmy Semes	19:56	Boardwalk RC
8	MM35-39	Steve Jackson	21:15	MB Performance
9	MM35-39	Jérôme Louvel	22:08	Lions Valley
10	MM35-39	Greg King	24:38	Mast - Ontar
1	MM40-44	Chris Watson	17:00	Muskoka Algonquin Runners
2	MM40-44	Dave Tepper	17:25	Newmarket HUSKEYS
3	MM40-44	Jeramie Carbonaro	17:48	Muskoka Algonquin Runners
4	MM40-44	Mika Muinonen	18:02	Track North
5	MM40-44	Paul Felix	18:24	Dundas Valley
6	MM40-44	Paul Dunsford	18:53	Dundas Valley
7	MM40-44	Paul Felton	18:58	
8	MM40-44	Simion Candrea	19:05	Black Lungs
9	MM40-44	Robert Carreau	19:13	Muskoka Algonquin Runners
10	MM40-44	Gerardo Reyes	20:13	Longboat Roadrunners
11	MM40-44	Steve Watson	20:28	Newmarket HUSKEYS
12	MM40-44	Justin Caranci	20:32	
13	MM40-44	Ben Kong	33:44	Jamcan Inter
1	MM45-49	Predrag Mladenovic	16:44	
2	MM45-49	Troy Cox	18:01	Muskoka Algonquin Runners
3	MM45-49	David Moore	18:08	
4	MM45-49	Rodney Loeppky	18:12	Physi-Kult K
5	MM45-49	Mark Sinnige	18:13	Muskoka Algonquin Runners
6	MM45-49	Steve Boston	18:40	Newmarket HUSKEYS
7	MM45-49	Mirco Graenert	19:24	Newmarket HUSKEYS
8	MM45-49	Tony Marra	19:34	Muskoka Algonquin Runners
9	MM45-49	Patrick Macdonell	19:48	MB Performance
10	MM45-49	Gary Plum	20:24	Mast - Ontar
11	MM45-49	Pat McLean	20:28	Newmarket HUSKEYS
12	MM45-49	Brian McGrath	21:27	
13	MM45-49	Pierre Mikhail	21:37	Muskoka Algonquin Runners
14	MM45-49	Akeel Ghaib	21:51	Lions Valley
15	MM45-49	Giorgio Raso	21:57	Newmarket HUSKEYS
16	MM45-49	Dave Johnstone	22:06	Muskoka Algonquin Runners
17	MM45-49	Seth Rudin	22:21	Central Toronto Athletic Club
18	MM45-49	David Hopkins	22:24	Central Toronto Athletic Club
19	MM45-49	Greg Purkis	22:35	Toronto Olympic Club
20	MM45-49	Jeff Macphail	23:47	
1	MM50-54	Jim Dyck	17:31	MB Performance
2	MM50-54	Alistair Munro	17:35	MB Performance
3	MM50-54	Geoff Peat	17:42	Newmarket HUSKEYS

4	MM50-54	Simon Rayner	17:52	University of Toronto Track Club
5	MM50-54	Vince Friel	18:38	Newmarket HUSKEYS
6	MM50-54	Andrew Jones	19:10	London Pacers
7	MM50-54	Robert Blair	20:05	Newmarket HUSKEYS
8	MM50-54	Jeff Orchard	20:14	London Pacers
9	MM50-54	Darryl Rowan	20:35	Lions Valley
10	MM50-54	John Ellis	20:46	Central Toronto Athletic Club
11	MM50-54	Andre Boudreault	21:59	Muskoka Algonquin Runners
12	MM50-54	Brent Armstrong	22:16	
13	MM50-54	Roger Moss	22:32	Longboat Roadrunners
14	MM50-54	David Bialkowski	22:52	Muskoka Algonquin Runners
1	MM55-59	Daniel Fiorini	17:45	Newmarket HUSKEYS
2	MM55-59	Chris Deighan	18:03	Newmarket HUSKEYS
3	MM55-59	Don Gallagher	19:01	Muskoka Algonquin Runners
4	MM55-59	Steven Blostein	19:03	Physi-Kult K
5	MM55-59	Bill Cunliffe	19:46	Durham Dragons
6	MM55-59	Trevor Kobe	21:42	Longboat Roadrunners
7	MM55-59	Steve Bafia	21:45	
8	MM55-59	Brian Gray	21:46	Muskoka Algonquin Runners
9	MM55-59	Paul Roberts	21:47	London Pacers
10	MM55-59	James Freemantle	21:50	Newmarket HUSKEYS
11	MM55-59	Walter Faion	22:39	University of Toronto Track Club
12	MM55-59	William Woods	22:40	MB Performance
13	MM55-59	Robert Campbell	23:09	London Pacers
14	MM55-59	Graham Anderson	24:14	Central Toronto Athletic Club
15	MM55-59	Jeffery Eshkawko	25:53	
1	MM60-64	Brent Hutchinson	21:44	Brantford T.F.C.
2	MM60-64	Larry Carter	21:59	Newmarket HUSKEYS
3	MM60-64	Jim Rawling	23:19	Longboat Roadrunners
4	MM60-64	Wayne Chee	24:02	University of Toronto Track Club
5	MM60-64	Calvin Little	24:49	Windsor Legion
1	MM65-69	John Clarke	21:09	
2	MM65-69	Eric Goddard	23:07	Central Toronto Athletic Club
3	MM65-69	Ted Paget	24:46	Newmarket HUSKEYS
4	MM65-69	Tim Payne	25:28	Newmarket HUSKEYS
1	MM70-74	Hugh Connolly	24:00	Longboat Roadrunners
2	MM70-74	Mike Bedley	25:00	Longboat Roadrunners
3	MM70-74	Gord Ripley	27:47	
4	MM70-74	Chuck Edwards	28:41	London Pacers
5	MM70-74	Bert De Vries	28:48	Longboat Roadrunners
1	MM75-79	Vern Christensen	27:11	University of Toronto Track Club
2	MM75-79	Robert Moore	27:41	Toronto Olympic Club
3	MM75-79	Michael Goodstadt	33:14	University of Toronto Track Club
4	MM75-79	Gary McColeman	33:34	University of Toronto Track Club
1	MM85-89	Bob Wild	44:13	