

Cross Country - M30 8 km

Performance	Athlete Name	Age-Rated Performance
35:00	Doug Kay	61.58
33:33	Joe Chappell	63.72
32:59	Jamie Halla	65.03
32:36	Mark Avery	65.82
31:23	Houston Gonsalves	67.90
29:41	Ivann Dube	71.76
28:16	Jason Weppler	75.61
28:11	Jason Matthews	76.47
27:33	Bevin Stevenson	78.24
27:29	Jeff Enfield	77.34

W30 8 km

Performance	Athlete Name	Age-Rated Performance
35:49	Shelly Price	67.71

M35 8 km

Performance	Athlete Name	Age-Rated Performance
37:51	Laurent Saugrin	58.40
33:35	Brian Lovshin	66.31
32:57	Scott Vining	67.10
32:45	Alain Deschamps	67.51
31:03	Kevin Farr	71.20
30:58	Marvin Bauman	71.38
30:57	Rob Tolman	71.44
30:43	Jean-Francois Bayouk	70.95
30:02	Greg McNab	72.55
29:46	Ian Sinclair	74.28
29:19	Sean Cross	75.42
28:37	Jeff Barrett	77.82

W35 8 km

Performance	Athlete Name	Age-Rated Performance
33:48	Margarita Svajina	73.39
32:55	Marcia Baker	73.93
32:54	Melanie Boulton	74.60
32:30	April Boulton	75.52

M40 8 km

Performance	Athlete Name	Age-Rated Performance
36:14	Troy McLaughlin	61.92
34:26	Eric Deemer	66.12
33:58	Ted Hellingman	67.04
32:51	John Hinnen	69.31
32:48	Greg Jackson	68.41
32:31	Craig McLaughlin	69.01
32:01	Stephen Morley	70.61

31:30	Jamie Forget	71.24
31:18	Joerg Dietz	73.35
30:39	Fraser G. Roy	75.46
30:35	Brian Hilbers	73.93
30:09	Chris Madsen	74.44
29:56	Ken Gosleigh	75.54
29:50	Andrew Jones	76.34
29:38	Rod Henning	78.01
28:48	Jeffrey Brison	80.29
28:32	Nelson Ndereva Njeru	79.23
28:25	Kevin Shields	80.14
28:24	John Loney	81.40
28:23	Pete Quinn	80.90
27:47	Troy Cox	81.37

W40 8 km

Performance	Athlete Name	Age-Rated Performance
39:25	Sharon McCready	63.30
36:36	Kathryn Sullivan	69.17
36:33	Tracey Snarr	63.27
35:24	Robin Todd	72.76
34:44	Karen Cowling	72.90
34:04	Kelly L. Rupoli	75.60
33:46	Jodie Karrow	75.01
33:37	Christy Barber	74.24

M45 8 km

Performance	Athlete Name	Age-Rated Performance
38:39	Russell Doxator	60.78
37:24	Brian Tartt	63.78
35:45	Nick Grayson	66.72
35:30	Jan Henning	67.75
35:18	Mark Lealos	66.01
35:01	Geoffrey Amer	68.12
34:11	Scott Cameron	70.36
34:03	James Chin Yut	68.98
33:57	Graham McGee	70.87
33:02	Thomas Callaghan	72.20
32:37	Geoff Linton	72.01
32:21	Clive Morgan	74.38
32:03	Luke Hohenadel	75.05
31:59	Paul Thibodeau	72.85
31:59	Tim Andrew	74.59
31:24	Robert Campbell	76.00
30:57	Nick Meloche	76.49
30:53	Don Gallagher	76.65
30:38	Rob Earl	78.54
30:32	Desmond Moloney	78.13

30:22	Jamie Black	76.74
29:58	James Earl	80.28
29:53	Ken Hawthorne	80.52
29:51	Chris Deighan	79.90
29:49	Kevin Kornelsen	78.77
29:42	John Meijer	79.69
29:27	Pat McDermott	79.74
29:15	Jim Burrows	80.93
29:14	Lawrence Warriner	79.73
28:53	Daniel Fiorini	81.33
28:52	Ron Da Silva	81.99
	Jardine	
28:45	Geoff Peat	81.09
28:43	Vince Friel	81.15
27:12	Norman Tinkham	85.68
26:48	Alain Boucher	86.97
26:01	Steve Boyd	89.57

W45 8 km

Performance	Athlete Name	Age-Rated Performance
40:32	Christine Boose	66.29
38:45	Lori Whitmore	67.08
	Joanne	
36:58	McKinley-Molodynia	72.70
36:06	Gerda Zonruiter	72.76
36:00	Kim Boulton	72.19
35:50	Jennifer Umphrey	73.33
35:06	Nancy Chong	74.85
32:05	Rita Ivanauskas	80.99
31:11	Nancy Tinari	87.24

M50 8 km

Performance	Athlete Name	Age-Rated Performance
42:07	Jim Estill	58.03
37:13	Wayne Chee	67.31
36:29	Alex Keeting	66.98
35:52	Brian Hillis	69.25
35:20	Faron Rollins	68.61
33:53	Dave Penney	72.73
33:40	Thomas Marshall	73.78
33:07	Brent Hutchinson	73.80
32:58	Art Kilgour	73.52
32:18	Paul Roberts	75.05
31:40	Jacques Bourgeois	76.54
30:58	Ed Bickley	78.29
30:54	Bob Holmes	81.08
30:52	Bill Wheeler	81.16
30:51	Peter Wallace	78.57

30:28	Dana Fox	79.56
30:24	Michael Archibald	80.40
30:21	Bob McGraw	79.85
29:16	Steve Beasley	84.19
29:14	Tim Wood	83.59
28:56	Paul Reimer	85.84
28:42	Arthur Boileau	85.16

W50 8 km

Performance	Athlete Name	Age-Rated Performance
41:50	Louise Moriarity	69.30
41:31	Christina Marino	68.91
40:38	Adrienne Stewart	68.65
38:17	Clara Northcott	75.73
35:47	Wayne Waywell	76.96
34:35	Dawn Hamel	82.73

M55 8 km

Performance	Athlete Name	Age-Rated Performance
38:51	Doug Smith	66.13
34:57	Alphonse Bernard	74.13
33:34	Denis Feeney	75.25
32:15	George Aitkin	79.00
32:12	Fred Chapman	79.78
32:07	Steve Hosford	80.66
32:06	John DeFinney	80.71
32:03	Cliff Russell	78.78
31:42	Stefan Fekner	80.34
31:33	Brad Morley	80.06
31:07	Bill Krezonoski	81.15
30:48	Michael Secker	83.43

W55 8 km

Performance	Athlete Name	Age-Rated Performance
40:30	Debbie Obokata	72.53
40:13	Nancy Cole	73.02

M60 8 km

Performance	Athlete Name	Age-Rated Performance
43:37	Gaetan Breton	61.00
43:04	Frank Littell	61.78
41:27	Chuck Edwards	65.31
39:42	Raymond M. Wilkinson	67.61
38:03	Hugh Connolly	71.15
36:22	Dave McGill	73.80
35:41	Bert de Vries	75.20
35:17	Mike Bedley	75.39
34:52	Bob Knickey	75.64
34:04	Richard Bailey	77.42
33:20	Gerry Carrigan	79.14

W60 8 km

Performance	Athlete Name	Age-Rated Performance
46:30	Claire Prest	71.73

M65 8 km

Performance	Athlete Name	Age-Rated Performance
49:27	Dick Freeland	56.26
38:12	Nick D'Ascanio	74.23
37:40	Glen Norcliffe	73.22
35:37	Robert Moore	79.60

M70 8 km

Performance	Athlete Name	Age-Rated Performance
55:57	Richard Darling	52.41
47:12	Gerhard Krolow	63.90
40:20	Lloyd Kehoe	71.83
39:01	Jack Geddes	75.17

M75 8 km

Performance	Athlete Name	Age-Rated Performance
51:03	Richard Graves	61.00

W75 8 km

Performance	Athlete Name	Age-Rated Performance
1:00:37	Violet Darling	67.22

M80 8 km

Performance	Athlete Name	Age-Rated Performance
1:04:15	Felix Charles	53.76
53:06	Ralph Lang	65.05