

Cross Country - M30 5 km

Performance	Athlete Name	Age-Rated Performance
25:43	Doug Kay	51.01
24:35	Jamie Halla	53.09
23:24	Peter Van Driel	55.30
22:58	Houston Gonsalves	56.48
22:30	Ivann Dube	57.64
22:10	Sylvain Gauthier	59.19
21:56	Hugo Orozco Reyes	59.54
21:32	Jason Matthews	60.94
20:57	Jeff Enfield	61.75
20:48	Bevin Stevenson	63.08
20:27	Jason Weppler	63.58

W30 5 km

Performance	Athlete Name	Age-Rated Performance
28:58	Wendy Lee	51.21
27:31	Julie Gagnon	53.88
26:22	Shelly Price	56.51

M35 5 km

Performance	Athlete Name	Age-Rated Performance
29:37	John Feasby	44.53
27:54	Derek Hackshaw	48.59
27:35	Laurent Saugrin	48.78
24:49	Brian Lovshin	54.61
24:27	Louis Byrne	54.64
24:11	Alain Deschamps	55.66
24:00	Rob Tolman	56.07
23:22	Kevin Farr	57.60
22:50	Marvin Bauman	58.91
22:47	Joel Picard	58.60
22:36	Greg McNab	59.11
22:04	Ian Sinclair	60.97
21:42	Jeff Barrett	62.49

W35 5 km

Performance	Athlete Name	Age-Rated Performance
27:36	Julie Maisonneuve	55.22
25:27	Margarita Sviajina	59.86
24:41	Melanie Boulton	61.12
23:59	April Boulton	62.92

M40 5 km

Performance	Athlete Name	Age-Rated Performance
27:56	Troy McLauchlin	48.89
27:16	Rob Blair	51.60
25:09	John Gonos	55.56

24:30	John Hinnen	56.55
23:45	Jamie Forget	57.50
23:32	Craig McLaughlin	58.01
23:31	Zacharia Gatitu	58.91
22:46	Greg Jackson	60.00
22:38	Chris Madsen	60.34
22:26	Ken Gosleigh	61.33
21:26	Adrian Becklumb	65.20
21:00	Kevin Shields	65.97

W40 5 km

Performance	Athlete Name	Age-Rated Performance
30:21	Jane Sherar	52.12
30:15	Sheryl Potter	51.05
29:53	Anna Gauthier	51.65
29:21	Sharon McCready	52.26
27:50	Kathryn Sullivan	55.90
27:34	Tracey Snarr	57.41
27:03	Kim House	57.49
25:47	Colleen Hopkins	61.36
25:21	Christy Barber	60.51

M45 5 km

Performance	Athlete Name	Age-Rated Performance
31:49	Fred Jordan	44.58
29:04	Russell Doxtator	49.15
28:58	Glenn Darras	50.54
26:31	Jan Henning	55.19
25:49	James Chin Yut	55.36
25:47	Scott Cameron	56.78
25:20	Geoff Linton	56.88
25:20	Bruce Grierson	56.86
25:12	James Wallace	56.69
25:06	Jean Pierre Nadon	56.51
24:13	Clive Morgan	60.43
24:07	Tom Callaghan	60.19
23:55	Bill Cunliffe	61.20
23:40	John Cappelletti	61.87
23:27	Don Gallagher	61.43
23:24	Rob Campbell	62.08
23:09	Desmond Moloney	62.71
22:56	Roger Moss	61.87
22:51	Jamie Black	62.11
22:23	James Earl	65.42
22:19	Chris Deighan	65.07
22:16	Ken Hawthorne	65.76
22:04	Mike Sherar	64.31
21:54	Dan Fiorini	65.22
21:39	Vince Friel	65.53

21:29	Geoff Peat	66.06
21:28	Dave Kary	68.20
21:21	Ron Da Silva	67.48
	Jardine	
20:21	Alain Boucher	69.73

W45 5 km

Performance	Athlete Name	Age-Rated Performance
30:12	Christine Boose	54.71
28:41	Bernadette	55.68
	Quemerais	
27:28	Averil Wiley	58.16
27:08	Linda Wilson	60.89
	Joanne	
26:49	McKinley-	60.86
	Molodynia	
26:35	Sharon	60.72
	MacKinnon	
26:26	Nancy Chong	61.05

M50 5 km

Performance	Athlete Name	Age-Rated Performance
32:16	Alex Keeting	46.09
30:05	Gary Hutchinson	49.05
28:51	Denton Creighton	52.40
28:32	Ken Cormack	52.53
27:09	Wayne Chee	56.13
25:14	Dave Penney	59.41
24:39	Tom Marshall	61.36
24:33	Brent Hutchinson	60.59
24:25	Anthony Farr	61.93
23:41	Peter Wallace	62.29
23:02	Michael	64.58
	Archibald	
22:42	Dana Fox	65.01
21:51	Steve Beasley	68.58
21:14	Jerry Kooymans	71.21

W50 5 km

Performance	Athlete Name	Age-Rated Performance
30:28	Chris Marino	57.73
29:48	Adrienne Stewart	57.51
28:25	Clara Northcott	62.66
27:45	Lynn Kobayashi	63.40
26:13	Dawn Hamel	67.11

M55 5 km

Performance	Athlete Name	Age-Rated Performance
29:08	Doug Smith	53.67
27:31	Roger De Plancke	57.31
25:34	Murray Hale	62.22
25:06	Denis Feeney	61.26

24:24	Fred Chapman	64.10
24:18	George Aitkin	63.82

W55 5 km

Performance	Athlete Name	Age-Rated Performance
32:34	Jeri Brown	55.43
29:36	Christine McLean	62.62

M60 5 km

Performance	Athlete Name	Age-Rated Performance
41:52	John Powell	39.70
29:40	Bryan Mason	56.04
28:09	Hugh Connolly	58.51
26:55	Bert De Vries	60.69
26:23	Mike Bedley	61.36
25:35	Richard Bailey	62.68
25:10	Bill Horwich	64.34

W60 5 km

Performance	Athlete Name	Age-Rated Performance
39:46	Tina De Geus	51.55
37:39	Kerry Ann Markle	51.37
33:38	Claire Prest	60.96
30:24	Nancy Wells	65.47
28:47	Linda Findley	67.20

M65 5 km

Performance	Athlete Name	Age-Rated Performance
27:18	Robert Moore	63.22
27:05	Tom Tushingham	63.11

M70 5 km

Performance	Athlete Name	Age-Rated Performance
36:32	Gerhard Krolow	50.23
35:53	Robert Nagle	49.15
34:54	Jim Pascoe	50.54
28:38	Jack Geddes	62.37

W70 5 km

Performance	Athlete Name	Age-Rated Performance
46:57	Wendi Hanger	48.81
41:41	Jean Doench	54.07

M80 5 km

Performance	Athlete Name	Age-Rated Performance
41:54	Felix Charles	50.16

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24:00	Rob Tolman	56.07
23:22	Kevin Farr	57.60
22:50	Marvin Bauman	58.91
22:47	Joel Picard	58.60
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27:56	Troy McLaughlin	48.89
27:16	Rob Blair	51.60
25:09	John Gonos	55.56
24:30	John Hinnen	56.55
23:45	Jamie Forget	57.50
23:32	Craig McLaughlin	58.01
23:31	Zacharia Gatitu	58.91
22:46	Greg Jackson	60.00
22:38	Chris Madsen	60.34
22:26	Ken Gosleigh	61.33
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	Joanne	
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28:32	Ken Cormack	52.53
27:09	Wayne Chee	56.13
25:14	Dave Penney	59.41
24:39	Tom Marshall	61.36
24:33	Brent Hutchinson	60.59
24:25	Anthony Farr	61.93
23:41	Peter Wallace	62.29
23:02	Michael Archibald	64.58
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