Performance	Athlete Name	Age-Rated Performance
20:06	Jamie Halla	64.9%
18:12	Jimmy Semes	71.0%
17:42	Houston Gonsalves	73.2%
M40 5 km		
Performance	Athlete Name	Age-Rated Performance
25:16	Tareq Hawwa	54.0%
W40 5 km		
Performance	Athlete Name	Age-Rated Performance
23:14	Jane Henderson	68.0%
22:20	Ginette Jones	70.2%
M45 5 km		
Performance	Athlete Name	Age-Rated Performance
19:29	Mark Duff	73.9%
17:11	Bruce Pardy	82.5%
16:56	Ron Da Silva	85.0%
	Jardin	03.070
W45 5 km		
Performance	Athlete Name	Age-Rated Performance
27:07	Julianne Burton	59.5%
M50 5 km		
Performance	Athlete Name	Age-Rated Performance
17:12	James Earl	85.7%
17:12 M55 5 km	James Earl	85.7%
	James Earl Athlete Name	85.7% Age-Rated Performance
M55 5 km		
M55 5 km Performance	Athlete Name	Age-Rated Performance
M55 5 km Performance 21:15	Athlete Name Murray Hale	Age-Rated Performance 74.8%
M55 5 km Performance 21:15 20:35	Athlete Name Murray Hale	Age-Rated Performance 74.8%
M55 5 km Performance 21:15 20:35 W55 5 km	Athlete Name Murray Hale Wayne Chee	Age-Rated Performance 74.8% 74.6%
M55 5 km Performance 21:15 20:35 W55 5 km Performance	Athlete Name Murray Hale Wayne Chee Athlete Name Cathy Tedford Maureen	Age-Rated Performance 74.8% 74.6% Age-Rated Performance
M55 5 km Performance 21:15 20:35 W55 5 km Performance 34:52	Athlete Name Murray Hale Wayne Chee Athlete Name Cathy Tedford	Age-Rated Performance 74.8% 74.6% Age-Rated Performance 51.7%
M55 5 km Performance 21:15 20:35 W55 5 km Performance 34:52 24:11	Athlete Name Murray Hale Wayne Chee Athlete Name Cathy Tedford Maureen Mancuso	Age-Rated Performance 74.8% 74.6% Age-Rated Performance 51.7% 74.6%
M55 5 km Performance 21:15 20:35 W55 5 km Performance 34:52 24:11 M60 5 km Performance	Athlete Name Murray Hale Wayne Chee Athlete Name Cathy Tedford Maureen Mancuso Athlete Name	Age-Rated Performance 74.8% 74.6% Age-Rated Performance 51.7% 74.6% Age-Rated Performance
M55 5 km Performance 21:15 20:35 W55 5 km Performance 34:52 24:11 M60 5 km	Athlete Name Murray Hale Wayne Chee Athlete Name Cathy Tedford Maureen Mancuso	Age-Rated Performance 74.8% 74.6% Age-Rated Performance 51.7% 74.6%
M55 5 km Performance 21:15 20:35 W55 5 km Performance 34:52 24:11 M60 5 km Performance 22:28 M65 5 km	Athlete Name Murray Hale Wayne Chee Athlete Name Cathy Tedford Maureen Mancuso Athlete Name Bryan Mason	Age-Rated Performance 74.8% 74.6% Age-Rated Performance 51.7% 74.6% Age-Rated Performance 73.9%
M55 5 km Performance 21:15 20:35 W55 5 km Performance 34:52 24:11 M60 5 km Performance 22:28 M65 5 km Performance	Athlete Name Murray Hale Wayne Chee Athlete Name Cathy Tedford Maureen Mancuso Athlete Name Bryan Mason Athlete Name	Age-Rated Performance 74.8% 74.6% Age-Rated Performance 51.7% 74.6% Age-Rated Performance 73.9% Age-Rated Performance
M55 5 km Performance 21:15 20:35 W55 5 km Performance 34:52 24:11 M60 5 km Performance 22:28 M65 5 km Performance 21:22	Athlete Name Murray Hale Wayne Chee Athlete Name Cathy Tedford Maureen Mancuso Athlete Name Bryan Mason	Age-Rated Performance 74.8% 74.6% Age-Rated Performance 51.7% 74.6% Age-Rated Performance 73.9%
M55 5 km Performance 21:15 20:35 W55 5 km Performance 34:52 24:11 M60 5 km Performance 22:28 M65 5 km Performance 21:22 M70 5 km	Athlete Name Murray Hale Wayne Chee Athlete Name Cathy Tedford Maureen Mancuso Athlete Name Bryan Mason Athlete Name Tom Tushingham	Age-Rated Performance 74.8% 74.6% Age-Rated Performance 51.7% 74.6% Age-Rated Performance 73.9% Age-Rated Performance 79.9%
M55 5 km Performance 21:15 20:35 W55 5 km Performance 34:52 24:11 M60 5 km Performance 22:28 M65 5 km Performance 21:22 M70 5 km Performance	Athlete Name Murray Hale Wayne Chee Athlete Name Cathy Tedford Maureen Mancuso Athlete Name Bryan Mason Athlete Name Tom Tushingham	Age-Rated Performance 74.8% 74.6% Age-Rated Performance 51.7% 74.6% Age-Rated Performance 73.9% Age-Rated Performance 79.9% Age-Rated Performance
M55 5 km Performance 21:15 20:35 W55 5 km Performance 34:52 24:11 M60 5 km Performance 22:28 M65 5 km Performance 21:22 M70 5 km Performance 27:06	Athlete Name Murray Hale Wayne Chee Athlete Name Cathy Tedford Maureen Mancuso Athlete Name Bryan Mason Athlete Name Tom Tushingham Athlete Name Gerhard Krolow	Age-Rated Performance 74.8% 74.6% Age-Rated Performance 51.7% 74.6% Age-Rated Performance 73.9% Age-Rated Performance 79.9% Age-Rated Performance 67.7%
M55 5 km Performance 21:15 20:35 W55 5 km Performance 34:52 24:11 M60 5 km Performance 22:28 M65 5 km Performance 21:22 M70 5 km Performance	Athlete Name Murray Hale Wayne Chee Athlete Name Cathy Tedford Maureen Mancuso Athlete Name Bryan Mason Athlete Name Tom Tushingham	Age-Rated Performance 74.8% 74.6% Age-Rated Performance 51.7% 74.6% Age-Rated Performance 73.9% Age-Rated Performance 79.9% Age-Rated Performance