

Road Race - M30 5 km

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 Jardin	85.0%

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%

M55 5 km

Performance	Athlete Name	Age-Rated Performance
21:15	Murray Hale	74.8%
20:35	Wayne Chee	74.6%

W55 5 km

Performance	Athlete Name	Age-Rated Performance
34:52	Cathy Tedford	51.7%
24:11	Maureen Mancuso	74.6%

M60 5 km

Performance	Athlete Name	Age-Rated Performance
22:28	Bryan Mason	73.9%

M65 5 km

Performance	Athlete Name	Age-Rated Performance
21:22	Tom Tushingham	79.9%

M70 5 km

Performance	Athlete Name	Age-Rated Performance
27:06	Gerhard Krolow	67.7%
26:52	Jim Pascoe	66.4%
21:33	Jack Geddes	82.8%