

Cross Country - M30 8 km

Performance	Athlete Name	Age-Rated Performance
31:50.3	Steve Metzger	67.10%
30:56.3	Houston Gonsalves	68.80%
28:20.1	Hugo Orozco Reyes	75.70%
27:53.8	Bevin Stevenson	77.20%
27:19.3	Jason Weppler	78.20%
27:18.6	Dave Tepper	78.50%

W30 8 km

Performance	Athlete Name	Age-Rated Performance
37:39.7	Wendy Lee	64.10%
36:54.7	Karen Gleeson	65.40%

M35 8 km

Performance	Athlete Name	Age-Rated Performance
37:26.0	Laurent Saugrin	59.00%
37:11.7	Scott McCready	58.20%
35:43.7	Jason Boyd	61.80%
33:35.6	Louis Byrne	64.80%
33:25.0	Brian Lovshin	66.60%
31:26.2	Craig McLaughlin	70.80%
31:13.4	Rob Tolman	70.70%
30:36.2	Christopher Graham	72.70%
30:31.4	Marvin Bauman	72.40%
30:19.4	Gord Henderson	72.30%
29:51.2	Derek Hackshaw	74.50%
29:38.1	Martin Rydlo	74.00%
29:22.1	Lemi Dadi	73.70%
29:00.8	Sean Cross	76.10%
28:59.7	Stefan Timms	75.10%
28:36.8	Ian Sinclair	77.20%
28:29.3	Jeff Barrett	78.10%
28:12.3	Brendan Matthias	78.90%
27:58.0	Darren Weldrick	77.80%

W35 8 km

Performance	Athlete Name	Age-Rated Performance
40:35.8	Sandra Tam	60.40%
37:38.3	Hellaina Rothenburg	65.40%
32:39.6	Melanie Boulton	74.80%

M40 8 km

Performance	Athlete Name	Age-Rated Performance
37:01.3	Troy McLaughlin	60.50%
36:38.3	Rob Blair	63.10%
33:39.6	Ted Hellingman	67.60%

33:10.7	Jeff Orchard	69.10%
32:20.6	John Hinnen	70.30%
32:05.8	Jamie Forget	69.80%
31:49.1	Eric Deemer	71.50%
31:19.4	Joerg Dietz	73.20%
30:24.7	Brian Hilbers	74.30%
30:22.5	Paul Ernst	76.10%
30:20.1	Fraser Roy	76.20%
30:13.3	David Moore	74.20%
29:54.8	Ken Gosleigh	75.50%
29:22.8	Rod Henning	78.60%
28:57.6	Andrew Jones	78.60%
28:55.7	Christian Gundlack	78.10%
28:09.4	John Loney	82.10%
27:42.9	Nelson Ndereva	81.50%
27:34.5	Troy Cox	81.30%

W40 8 km

Performance	Athlete Name	Age-Rated Performance
40:24.3	Sheryl Potter	62.10%
40:15.6	Annalisa Percy	62.30%
38:10.7	Sharon McCready	65.30%
37:36.2	Kathryn Sullivan	67.30%
35:13.5	Cee Cee Robertson	71.80%
32:55.7	Christy Barber	75.70%

M45 8 km

Performance	Athlete Name	Age-Rated Performance
36:56.8	Geoff Amer	64.50%
36:40.0	Jan Henning	65.50%
35:03.0	Jim Rodgers	68.00%
32:53.1	Graham McGee	73.10%
32:22.5	Tom Callaghan	73.60%
31:47.9	Rob Campbell	75.00%
30:50.6	Nick Meloche	76.70%
30:42.9	John Cappelletti	78.30%
30:29.1	Jamie Black	76.40%
30:17.5	Ken Hawthorn	79.40%
29:56.4	James Earl	80.30%
29:45.7	John Meijer	79.50%
29:29.5	Mike Sherar	79.00%
29:18.7	Chris Deighan	81.30%
29:16.6	Dan Fiorini	80.20%
28:53.1	Jim Burrows	81.90%
28:30.2	Geoff Peat	81.70%
28:05.1	Vince Friel	82.90%
28:01.9	Ron Da Silva Jardin	84.40%

W45 8 km

Performance	Athlete Name	Age-Rated Performance
34:12.2	Nancy Chong	76.70%

M50 8 km

Performance	Athlete Name	Age-Rated Performance
38:17.8	Denny Creighton	64.80%
37:15.2	Mike Sellon	67.20%
35:27.8	Jim Rawling	70.00%
35:15.3	David Spielvogel	69.30%
35:05.4	Brian Hillis	70.70%
32:19.0	Jonathan Black	74.90%
32:13.2	Anthony Farr	77.00%
32:04.7	Joe Allegretti	75.50%
30:04.9	Peter Wallace	80.50%
27:17.1	Jerry Kooymans	91.00%

W50 8 km

Performance	Athlete Name	Age-Rated Performance
42:12.5	Chris Marino	67.70%
40:11.9	Louise Moriarity	72.10%
39:35.1	Adrienne Stewart	69.50%
38:23.0	Katherine Willis	71.70%
37:29.2	Clara Northcott	77.30%
34:31.6	Dawn Hamel	82.80%

M55 8 km

Performance	Athlete Name	Age-Rated Performance
38:46.2	Doug Smith	66.20%
33:07.1	Fred Chapman	77.50%
31:22.1	Brad Morley	80.40%

W55 8 km

Performance	Athlete Name	Age-Rated Performance
43:18.0	Jeri Brown	67.80%

M60 8 km

Performance	Athlete Name	Age-Rated Performance
43:24.3	Doug Piercey	61.20%
43:04.5	Peter Kain	61.20%
40:17.4	Chuck Edwards	66.60%
39:21.7	Bryan Mason	69.40%
35:07.1	Bert de Vries	76.40%
34:02.1	Richard Bailey	77.40%

W60 8 km

Performance	Athlete Name	Age-Rated Performance
52:40.3	Tina De Geus	63.30%
46:17.8	Kerry Anne Markle	67.90%
44:13.6	Claire Prest	74.20%

M65 8 km

Performance	Athlete Name	Age-Rated Performance
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44:15.9	Ted Mitchell	62.80%
37:48.8	Keijo Taivassalo	75.70%
37:46.9	Glen Norcliffe	72.90%
36:46.1	Nick D Ascanio	77.10%
35:10.1	Robert Moore	79.80%

W65 8 km

Performance	Athlete Name	Age-Rated Performance
52:58.1	Dianne Van Leeuwen	65.90%

M70 8 km

Performance	Athlete Name	Age-Rated Performance
47:07.6	Bob Nagle	61.40%
40:40.7	Lloyd Kehoe	71.20%
38:45.7	Jack Geddes	75.60%

M80 8 km

Performance	Athlete Name	Age-Rated Performance
52:33.7	Felix Charles	65.70%
50:38.6	Ralph Lang	68.10%