## Cross Country - M30 5 km

Performance	<b>Athlete Name</b>	<b>Age-Rated Performance</b>
19:27.52	Yung, Brian	66.8%
16:23.84	Iozzo, Mario	79.2%
M35 5 km		
Performance	<b>Athlete Name</b>	<b>Age-Rated Performance</b>
22:08.82	Boyd, Jason	60.7%
22:02.22	Saugrin, Laurent	61.0%
20:11.60	Hackshaw, Derek	67.1%
18:25.92	McLaughlin, Craig	73.5%
17:12.23	Oreopoulos, Phil	77.1%
W35 5 km		
Performance	<b>Athlete Name</b>	<b>Age-Rated Performance</b>
27:38.44	Sagun, Celina	55.1%
25:07.98	Black, Kimberly	60.2%
24:30.24	Tam, Sandra	61.5%
19:46.55	Boultbee, April	75.9%
19:40.55	Boultbee, Melanie	76.3%
M40 5 km		
Performance	<b>Athlete Name</b>	<b>Age-Rated Performance</b>
24:14.78	McPeake, Chris	56.7%
20:29.80	Gonos, John	67.5%
20:19.49	Hellingman, Ted	68.1%
19:51.76	Forget, Jamie	68.7%
19:30.29	Hinnen, John	71.0%
18:18.92	Connolly, Michael	75.6%
18:05.28	Moore, David	75.4%
W40 5 km		
Performance	<b>Athlete Name</b>	<b>Age-Rated Performance</b>
24:38.47	McCready, Sharon	62.2%
22:04.75	Robertson, Cee Cee	70.4%
20:36.25	Hopkins, Colleen	76.1%
20:21.33	Barber, Christy	75.3%
M45 5 km		
Performance	<b>Athlete Name</b>	<b>Age-Rated Performance</b>
19:28.85	Callaghan, Tom	74.5%
18:51.68	Gallagher, Don	76.3%
18:23.83	Black, Jamie	77.1%
18:10.53	Earl, James	80.5%
18:01.04	Deighan, Chris	80.5%
17:41.45	Earl, Rob	82.7%

17.22.20		
17:33.29	Peat, Geoff	80.7%
17:25.78	Friel, Vince	81.3%
17:08.08	DaSilva-Jardine,	84.0%
W45 5 km	Ron	
Performance	Athlete Name	<b>Age-Rated Performance</b>
27:07.44	Novak, Alemka	59.4%
23:42.47	Quemerais, Bernadette	68.0%
22:51.48	Botelho, Rita	72.2%
M50 5 km		
Performance	Athlete Name	<b>Age-Rated Performance</b>
22:49.44	Keeting, Alex	65.1%
21:17.09	Rawling, Jim	71.0%
20:15.44	Allegretti, Joe	72.8%
18:21.95	Wallace, Peter	80.3%
16:54.33	Kooymans, Jerry	89.4%
W50 5 km	Kooymans, serry	07.470
Performance	Athlete Name	<b>Age-Rated Performance</b>
24:08.69	Stewart, Adrienne	70.0%
22:58.36	Northcott, Clara	77.4%
21:06.07	Hamel, Dawn	83.3%
20:42.78	Quibell, Rita	84.8%
3.555.51		
M55 5 km		
M55 5 km <b>Performance</b>	Athlete Name	<b>Age-Rated Performance</b>
	Greenshields,	<b>Age-Rated Performance</b> 58.6%
Performance 27:07.92	Greenshields, Duncan	58.6%
Performance 27:07.92 25:02.21	Greenshields, Duncan Samulak, Ted	
Performance 27:07.92	Greenshields, Duncan	58.6% 61.9%
Performance 27:07.92 25:02.21 24:08.69	Greenshields, Duncan Samulak, Ted	58.6% 61.9%
Performance 27:07.92 25:02.21 24:08.69 W55 5 km	Greenshields, Duncan Samulak, Ted Smith, Doug	58.6% 61.9% 64.7%
Performance 27:07.92 25:02.21 24:08.69 W55 5 km Performance	Greenshields, Duncan Samulak, Ted Smith, Doug  Athlete Name	58.6% 61.9% 64.7% <b>Age-Rated Performance</b>
Performance 27:07.92 25:02.21 24:08.69 W55 5 km Performance 28:42.09	Greenshields, Duncan Samulak, Ted Smith, Doug  Athlete Name	58.6% 61.9% 64.7% <b>Age-Rated Performance</b>
Performance 27:07.92 25:02.21 24:08.69 W55 5 km Performance 28:42.09 M60 5 km Performance	Greenshields, Duncan Samulak, Ted Smith, Doug  Athlete Name Jacobs, Mary  Athlete Name	58.6% 61.9% 64.7%  Age-Rated Performance 62.8%  Age-Rated Performance
Performance 27:07.92 25:02.21 24:08.69 W55 5 km Performance 28:42.09 M60 5 km Performance 23:32.81	Greenshields, Duncan Samulak, Ted Smith, Doug  Athlete Name Jacobs, Mary  Athlete Name Mostyn, Murray	58.6% 61.9% 64.7%  Age-Rated Performance 62.8%  Age-Rated Performance 69.3%
Performance 27:07.92 25:02.21 24:08.69 W55 5 km Performance 28:42.09 M60 5 km Performance 23:32.81 22:12.72	Greenshields, Duncan Samulak, Ted Smith, Doug  Athlete Name Jacobs, Mary  Athlete Name Mostyn, Murray McGill, Dave	58.6% 61.9% 64.7%  Age-Rated Performance 62.8%  Age-Rated Performance 69.3% 73.5%
Performance 27:07.92 25:02.21 24:08.69 W55 5 km Performance 28:42.09 M60 5 km Performance 23:32.81 22:12.72 22:12.14	Greenshields, Duncan Samulak, Ted Smith, Doug  Athlete Name Jacobs, Mary  Athlete Name Mostyn, Murray McGill, Dave Connolly, Hugh	58.6% 61.9% 64.7%  Age-Rated Performance 62.8%  Age-Rated Performance 69.3% 73.5% 74.1%
Performance 27:07.92 25:02.21 24:08.69 W55 5 km Performance 28:42.09 M60 5 km Performance 23:32.81 22:12.72 22:12.14 21:44.09	Greenshields, Duncan Samulak, Ted Smith, Doug  Athlete Name Jacobs, Mary  Athlete Name Mostyn, Murray McGill, Dave Connolly, Hugh de Vries, Bert	58.6% 61.9% 64.7%  Age-Rated Performance 62.8%  Age-Rated Performance 69.3% 73.5% 74.1% 75.1%
Performance 27:07.92 25:02.21 24:08.69 W55 5 km Performance 28:42.09 M60 5 km Performance 23:32.81 22:12.72 22:12.14	Greenshields, Duncan Samulak, Ted Smith, Doug  Athlete Name Jacobs, Mary  Athlete Name Mostyn, Murray McGill, Dave Connolly, Hugh	58.6% 61.9% 64.7%  Age-Rated Performance 62.8%  Age-Rated Performance 69.3% 73.5% 74.1%
Performance 27:07.92 25:02.21 24:08.69 W55 5 km Performance 28:42.09 M60 5 km Performance 23:32.81 22:12.72 22:12.14 21:44.09 21:18.93	Greenshields, Duncan Samulak, Ted Smith, Doug  Athlete Name Jacobs, Mary  Athlete Name Mostyn, Murray McGill, Dave Connolly, Hugh de Vries, Bert	58.6% 61.9% 64.7%  Age-Rated Performance 62.8%  Age-Rated Performance 69.3% 73.5% 74.1% 75.1% 75.9%
Performance 27:07.92 25:02.21 24:08.69 W55 5 km Performance 28:42.09 M60 5 km Performance 23:32.81 22:12.72 22:12.14 21:44.09 21:18.93 W60 5 km Performance	Greenshields, Duncan Samulak, Ted Smith, Doug  Athlete Name Jacobs, Mary  Athlete Name Mostyn, Murray McGill, Dave Connolly, Hugh de Vries, Bert Bedley, Mike  Athlete Name	58.6% 61.9% 64.7%  Age-Rated Performance 62.8%  Age-Rated Performance 69.3% 73.5% 74.1% 75.1% 75.9%  Age-Rated Performance
Performance 27:07.92 25:02.21 24:08.69 W55 5 km Performance 28:42.09 M60 5 km Performance 23:32.81 22:12.72 22:12.14 21:44.09 21:18.93 W60 5 km Performance 35:11.23	Greenshields, Duncan Samulak, Ted Smith, Doug  Athlete Name Jacobs, Mary  Athlete Name Mostyn, Murray McGill, Dave Connolly, Hugh de Vries, Bert Bedley, Mike  Athlete Name De Geus, Tina	58.6% 61.9% 64.7%  Age-Rated Performance 62.8%  Age-Rated Performance 69.3% 73.5% 74.1% 75.1% 75.9%  Age-Rated Performance 58.2%
Performance 27:07.92 25:02.21 24:08.69 W55 5 km Performance 28:42.09 M60 5 km Performance 23:32.81 22:12.72 22:12.14 21:44.09 21:18.93 W60 5 km Performance 35:11.23 24:46.42	Greenshields, Duncan Samulak, Ted Smith, Doug  Athlete Name Jacobs, Mary  Athlete Name Mostyn, Murray McGill, Dave Connolly, Hugh de Vries, Bert Bedley, Mike  Athlete Name	58.6% 61.9% 64.7%  Age-Rated Performance 62.8%  Age-Rated Performance 69.3% 73.5% 74.1% 75.1% 75.9%  Age-Rated Performance
Performance 27:07.92 25:02.21 24:08.69 W55 5 km Performance 28:42.09 M60 5 km Performance 23:32.81 22:12.72 22:12.14 21:44.09 21:18.93 W60 5 km Performance 35:11.23	Greenshields, Duncan Samulak, Ted Smith, Doug  Athlete Name Jacobs, Mary  Athlete Name Mostyn, Murray McGill, Dave Connolly, Hugh de Vries, Bert Bedley, Mike  Athlete Name De Geus, Tina	58.6% 61.9% 64.7%  Age-Rated Performance 62.8%  Age-Rated Performance 69.3% 73.5% 74.1% 75.1% 75.9%  Age-Rated Performance 58.2%

26:28.91	Mitchell, Ted	63.9%
22:55.51	Taivassalo, Keijo	76.0%
22:05.79	Moore, Robert	77.3%
M70 5 km		
Performance	Athlete Name	<b>Age-Rated Performance</b>
35:00.50	Waller, Gary	53.2%
23:21.00	Geddes, Jack	76.4%
23:00.14	Glazier, Bob	76.6%
M80 5 km		
Performance	<b>Athlete Name</b>	<b>Age-Rated Performance</b>
38:25.35	Charles, Felix	54.7%
30:28.46	Lang, Ralph	68.9%