

# Cross Country - M30 5 km

Performance	Athlete Name	Age-Rated Performance
19:27.52	Yung, Brian	66.8%
16:23.84	Iozzo, Mario	79.2%

## M35 5 km

Performance	Athlete Name	Age-Rated Performance
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	Athlete Name	Age-Rated Performance
27:38.44	Sagun, Celina	55.1%
25:07.98	Black, Kimberly	60.2%
24:30.24	Tam, Sandra	61.5%
19:46.55	Boulton, April	75.9%
19:40.55	Boulton, Melanie	76.3%

## M40 5 km

Performance	Athlete Name	Age-Rated Performance
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	Athlete Name	Age-Rated Performance
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	Athlete Name	Age-Rated Performance
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%

17:33.29	Peat, Geoff	80.7%
17:25.78	Friel, Vince	81.3%
17:08.08	DaSilva-Jardine, Ron	84.0%

W45 5 km

<b>Performance</b>	<b>Athlete Name</b>	<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

<b>Performance</b>	<b>Athlete Name</b>	<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

<b>Performance</b>	<b>Athlete Name</b>	<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%

M55 5 km

<b>Performance</b>	<b>Athlete Name</b>	<b>Age-Rated Performance</b>
27:07.92	Greenshields, Duncan	58.6%
25:02.21	Samulak, Ted	61.9%
24:08.69	Smith, Doug	64.7%

W55 5 km

<b>Performance</b>	<b>Athlete Name</b>	<b>Age-Rated Performance</b>
28:42.09	Jacobs, Mary	62.8%

M60 5 km

<b>Performance</b>	<b>Athlete Name</b>	<b>Age-Rated Performance</b>
23:32.81	Mostyn, Murray	69.3%
22:12.72	McGill, Dave	73.5%
22:12.14	Connolly, Hugh	74.1%
21:44.09	de Vries, Bert	75.1%
21:18.93	Bedley, Mike	75.9%

W60 5 km

<b>Performance</b>	<b>Athlete Name</b>	<b>Age-Rated Performance</b>
35:11.23	De Geus, Tina	58.2%
24:46.42	Wells, Nancy	80.3%

M65 5 km

<b>Performance</b>	<b>Athlete Name</b>	<b>Age-Rated Performance</b>
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26:28.91	Mitchell, Ted	63.9%
22:55.51	Taivassalo, Keijo	76.0%
22:05.79	Moore, Robert	77.3%

M70 5 km

<b>Performance</b>	<b>Athlete Name</b>	<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

<b>Performance</b>	<b>Athlete Name</b>	<b>Age-Rated Performance</b>
38:25.35	Charles, Felix	54.7%
30:28.46	Lang, Ralph	68.9%