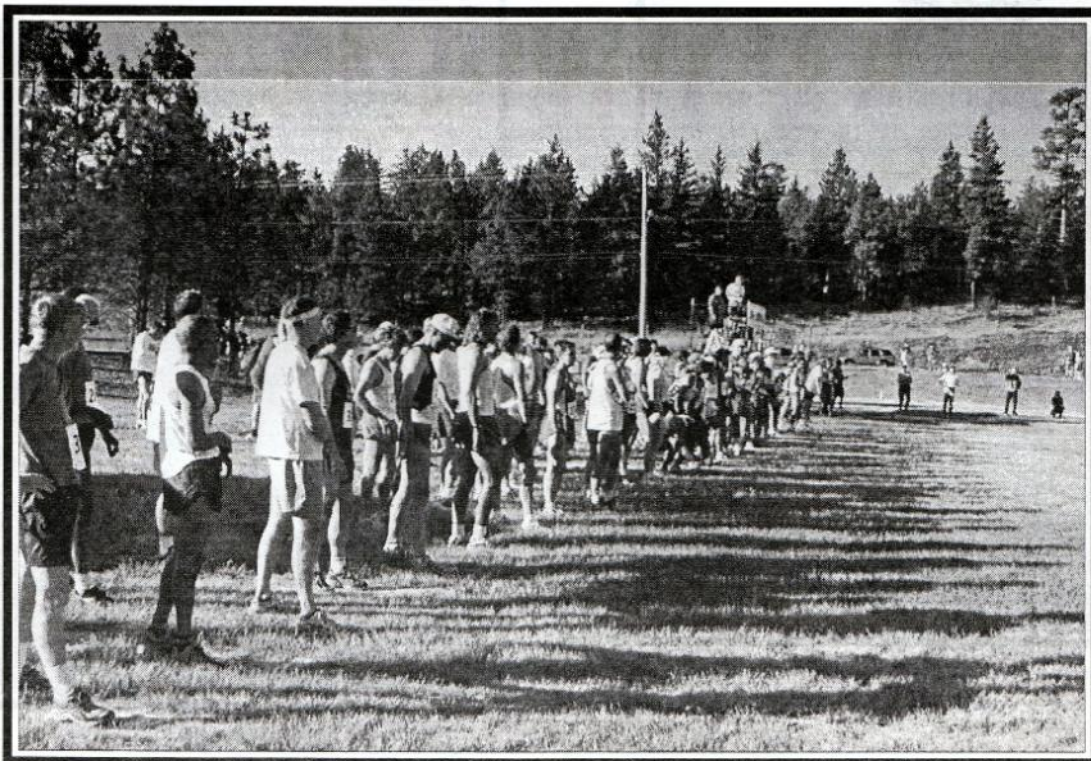


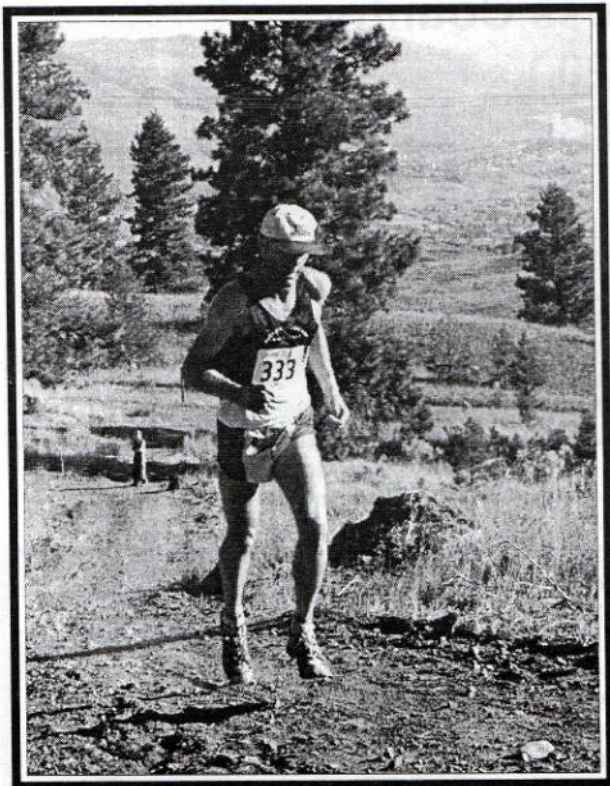
# NCCWAVA 8.4K Cross Country

## August 17, 2000

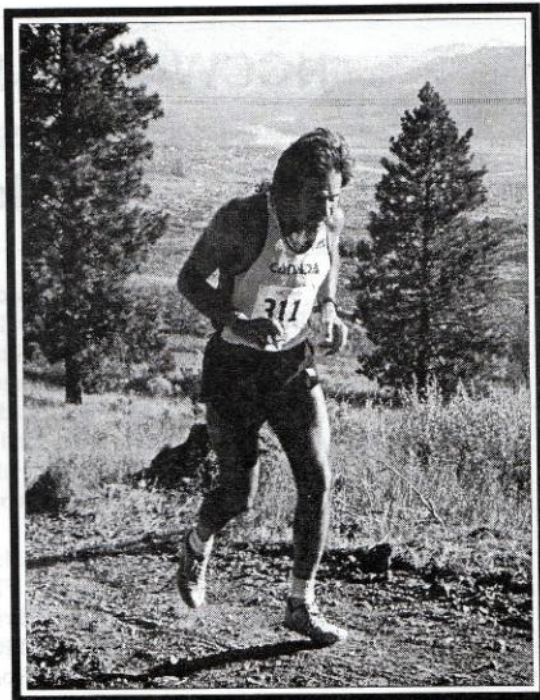
### Kamloops, BC

|                    |       |                   |         |                   |         |
|--------------------|-------|-------------------|---------|-------------------|---------|
| M40                |       | Bruce McNeely     | 43:05   | W40               |         |
| Randy Nelson       | 31:30 | Tony Dufficy      | 43:26   | Bernadette Duffy  | 37:12   |
| Ed Bickley         | 33:27 | David Simms       | 47:02   | Calderone Garcia  | 40:27   |
| Brian Martinson    | 35:08 | Renz Crema        | 47:03   | Nunez Roblez      | 41:17   |
| Murray Oster       | 36:43 | Phil Reader       | 47:44   | Julia Arch        | 48:46   |
| Tony Buckley       | 39:47 | Rob Wall          | 50:33   | W45               |         |
| Phillip Sigalet    | 42:05 | James Fulton      | 55:54   | Gwyn Woodson      | 36:59   |
| Rob Kerr           | 44:37 | Dave Scott        | 1:20:01 | Diane McKelway    | 41:21   |
| Tom Hughes         | 47:59 | M55               |         | Janice McDonald   | 44:27   |
| M45                |       | Jack Miller       | 34:27   | Christine Guy     | 47:06   |
| Normand Drolet     | 33:04 | Neville Flanagan  | 40:26   | Cathy Tedford     | 1:05:51 |
| Gustavo Villagran  | 34:32 | Vern Christensen  | 42:03   | W50               |         |
| Ken Krohman        | 34:48 | Richard Roberts   | 46:30   | Jeanette Groesz   | 43:55   |
| Salvador Martinez  | 34:54 | David Romain      | 57:04   | Carolyn Nash      | 1:14:51 |
| Brendan Matthews   | 41:03 | M60               |         | W55               |         |
| Ron Wichmann       | 41:17 | Fidel Diaz Mendez | 34:21   | MJ Rayson         | 47:33   |
| Grant Spelsberg    | 41:44 | Stephen Odwin     | 39:37   | Rennie Flanagan   | 59:32   |
| Ed Russell         | 41:54 | M65               |         | W60               |         |
| Brad Van Steinburg | 47:41 | Roger Davies      | 40:22   | Frances Steinfeld | 52:01   |
| M50                |       | Gerhard Krolow    | 44:24   | Joyce Hodges-Hite | 54:35   |
| Roger Price        | 33:35 | Bruce Bertolotti  | 47:45   | Jeanne McKeigan   | 1:05:28 |
| Peter Duhig        | 34:15 | Jim Hite          | 48:34   | W65               |         |
| Gaëtan Breton      | 36:37 | Brian Oxley       | 55:14   | Helly Visser      | 49:11   |
| Etelberto Gallegos | 37:43 | M70               |         | Suzi MacLeod      | 50:11   |
| Paul Wood          | 38:04 | Milo Sather       | 53:19   | W70               |         |
| Gerard Gorman      | 40:19 | Jack Castle       | 1:20:18 | Betty McQuarrie   | 1:03:05 |
| Ric Hanna          | 40:20 | W35               |         | Ruth Anderson     | 1:07:26 |
| Sam Neal           | 42:43 | Lyn Helliwell     | 45:26   | W80               |         |
| Jack Penfold       | 42:24 |                   |         | Lenore Marvin     | 1:17:54 |





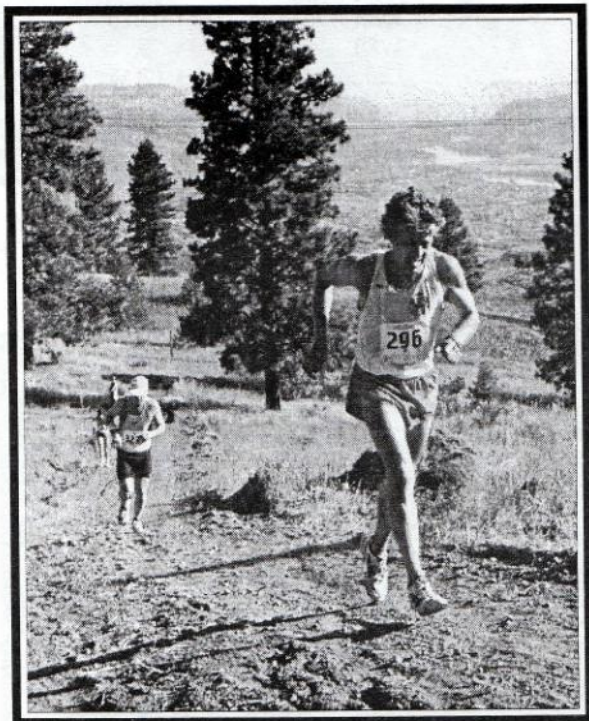
M40 Randy Nelson from Kamloops (seen below in the distance) seemed right at home on the trails - coming in 1st overall.



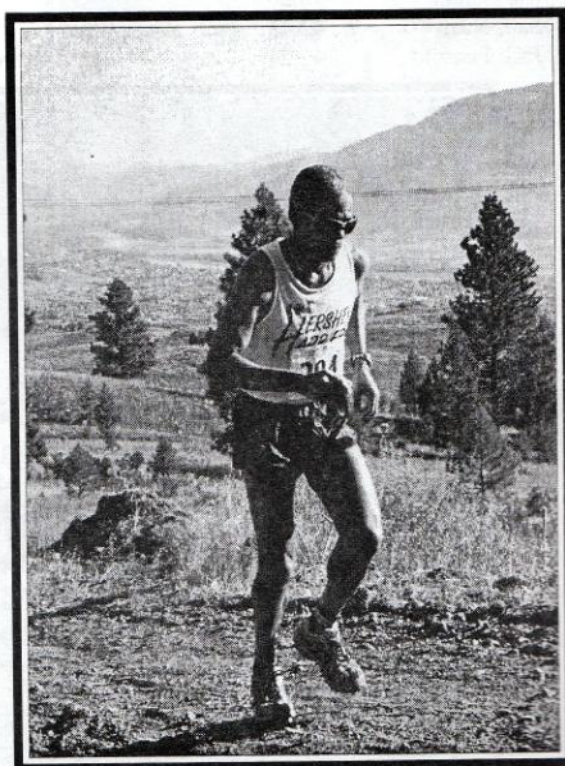
M45 Normand Drolet

## *The Hill*

I ran to the biggest of the hills on the course, after taking pictures at the start. I wanted to get a better background, so I went down a long stretch, which turned to reveal another long stretch, which turned... etc...etc. It was the biggest hill I've ever seen in my 20+ years of running...and I wasn't even running it! - Doug



M50 Gaëtan Breton leads a pack up the hill.



M60 Stephen Odwin

# CMAA Outdoor Track & Field Championships

Incorporating the

## NCCWAVA Regional Championships

(North American, Caribbean, Central American region of the World Association of Veteran Athletes)

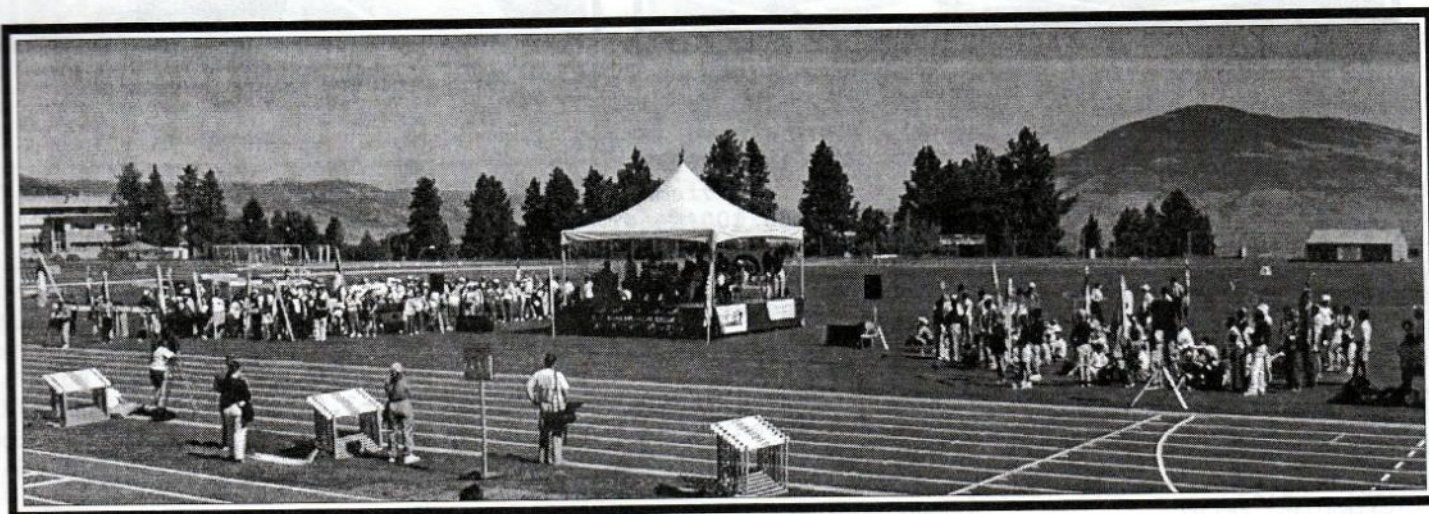
Kamloops, British Columbia

August 17-20, 2000

Clarence Wiseman & Neville Flanagan - Organizing Committee Co-Chairs

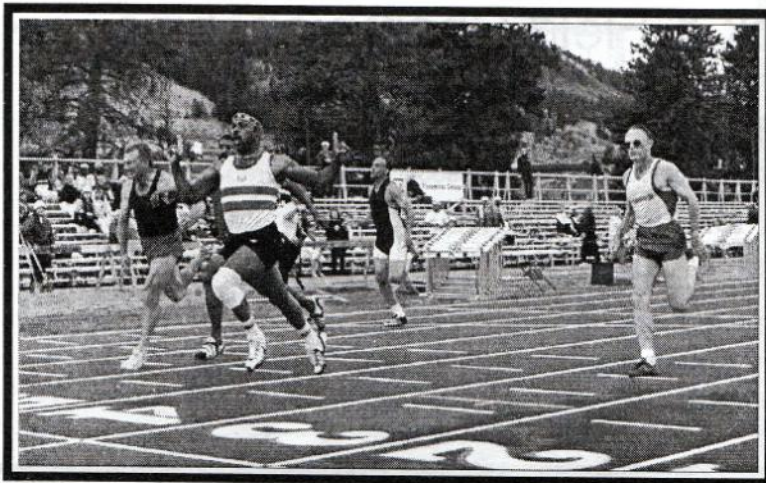
Derek Evely & Judy Armstrong - Meet Directors

Brian Beck - Results



\* Asterisk indicates non-Canadians in the NCCWAVA Championships.

|                                                          |                      |                            |                | Age Graded |        |
|----------------------------------------------------------|----------------------|----------------------------|----------------|------------|--------|
|                                                          |                      | Time                       | Wind           | Time       | AG%    |
| <b>100m</b>                                              |                      |                            |                |            |        |
| ----- Men 30 -----                                       |                      |                            |                |            |        |
| 1                                                        | *Garces, Raul        | M34 MEX Mexico             | 12.87 -4.2     | 12.78      | 77.16% |
| ----- Men 35 -----                                       |                      |                            |                |            |        |
| 1                                                        | Olivierre, John      | M36 CAN Mississauga, ON    | 12.29 -4.2     | 12.05      | 81.86% |
| 2                                                        | *Johnson, Winchester | M39 CAN Wetaskiwin, AB     | 12.34 -4.2     | 11.86      | 83.14% |
| 3                                                        | Bolstad, Gordon      | M39 CAN Edmonton, AB       | 12.35 -4.2     | 11.87      | 83.08% |
| 4                                                        | Wiseman, Todd        | M35 CAN Kamloops, BC       | 12.56 -4.2     | 12.39      | 79.62% |
| 5                                                        | Lewin, Wayne         | M38 CAN Kitscoty, AB       | 12.93 -4.2     | 12.51      | 78.89% |
| ----- Men 40 -----                                       |                      |                            |                |            |        |
| 1                                                        | *Tissenbaun, Allan   | M40 CAN Pittsburgh, PA     | 11.22 -0.9 CAN | 10.71      | 92.07% |
| (old CAN 11.1 Harold Morioka '85...eq 11.34 photo timed) |                      |                            |                |            |        |
| 2                                                        | Bissenden, Jim       | M42 CAN Duncan, BC         | 12.08 -0.9     | 11.38      | 86.67% |
| 3                                                        | *Alvarez, Aurelio    | M42 MEX Libanes            | 12.52 -0.9     | 11.80      | 83.63% |
| 4                                                        | Roblin, Blair        | M42 CAN Oakville, ON       | 12.88 -0.9     | 12.14      | 81.29% |
| 5                                                        | *Meneses, Rogelio    | M43 MEX Pachula            | 13.01 -0.9     | 12.18      | 81.01% |
| ----- M45 -----                                          |                      |                            |                |            |        |
| 1                                                        | *Franklyn, Walwyn    | M48 GBR Reading, Berks     | 12.04 -3.9     | 10.90      | 90.53% |
| 2                                                        | Linder, Walter       | M49 CAN Morrin, AB         | 12.17 -3.9     | 10.95      | 90.14% |
| 3                                                        | *Regales, Siefried   | M47 CUR Willemstad         | 12.18 -3.9     | 11.10      | 88.83% |
| 4                                                        | Dickson, Tom         | M47 CAN Burnaby, BC        | 12.34 -3.9     | 11.25      | 87.68% |
| 5                                                        | Killas, Kostie       | M46 CAN West Vancouver, BC | 12.72 -3.9     | 11.67      | 84.51% |



Walwyn Franklin, a guest from Britain, takes the M45 100m



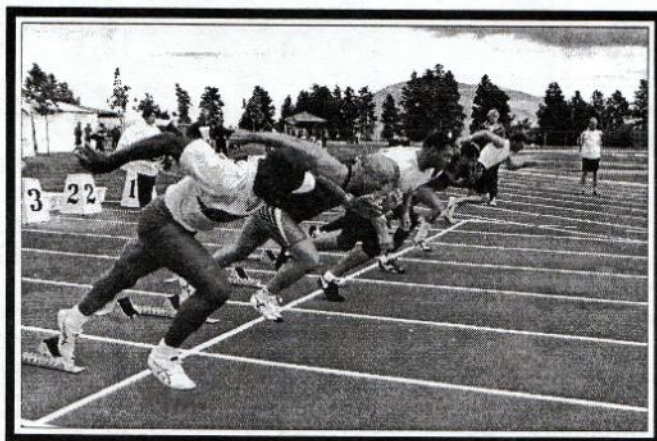
M45's Tom Dickson &amp; Kostie Killas

- Burton, Dave

M45 CAN Calgary, AB

DNF NWI

|   |                    | M50 100 Meter |                     |            |              |
|---|--------------------|---------------|---------------------|------------|--------------|
| 1 | *Prime, Kenrick    | M50 TRI       | Sangre Grande, TR   | 12.70 -3.6 | 11.35 86.93% |
| 2 | *Steinmetz, Mike   | M53 USA       | Tulsa, OK           | 12.94 -3.6 | 11.33 87.02% |
| 3 | Mayer, Jean-Pierre | M52 CAN       | Sudbury, ON         | 12.98 -3.6 | 11.45 86.21% |
| 4 | *Schaller, Jeff    | M52 USA       | Pullman, WA         | 13.24 -3.6 | 11.67 84.52% |
| 5 | Lang, Dennis       | M52 CAN       | Kelowna, BC         | 13.82 -3.6 | 12.19 80.97% |
| 6 | Sullivan, Jim      | M52 CAN       | North Vancouver, BC | 14.01 -3.6 | 12.35 79.87% |
| 7 | *Posey, James      | M53 USA       | Phoenix, AZ         | 14.02 -3.6 | 12.28 80.31% |
| 8 | Dolson, David      | M51 CAN       | Vancouver, BC       | 14.59 -3.6 | 12.95 76.15% |
|   |                    | M55           |                     |            |              |
| 1 | *Crombie, Peter    | M55 AUS       | Manly 2095 N.S.W.   | 12.37 -3.0 | 10.69 92.24% |
| 2 | Morioka, Harold    | M57 CAN       | Surrey, BC          | 12.56 -3.0 | 10.71 92.12% |
| 3 | Gee, Herb          | M59 CAN       | Maple Ridge, BC     | 13.33 -3.0 | 11.21 88.00% |
| 4 | Badowski, Tony     | M57 CAN       | Port Coquitlam, BC  | 13.36 -3.0 | 11.39 86.60% |
| 5 | Hickie, Erv        | M57 CAN       | Calgary, AB         | 14.60 -3.0 | 12.45 79.25% |
| 6 | Malo, Gary G       | M57 CAN       | Vancouver, BC       | 15.02 -3.0 | 12.81 77.03% |
| 7 | *Karbens, Jack     | M58 USA       | Honolulu, HI        | 15.14 -3.0 | 12.82 76.95% |
| 8 | *Argueta, Lopez    | M55 GUA       | Quetzaltenango      | 15.40 -3.0 | 13.31 74.09% |
|   |                    | M60           |                     |            |              |
| 1 | *Sims, Gary        | M62 USA       | Escondido, CA       | 13.48 -4.7 | 11.09 88.87% |
| 2 | *Byrne, Phil       | M60 USA       | Charlestown, MA     | 13.84 -4.7 | 11.56 85.33% |
| 3 | Fraser, Douglas    | M62 CAN       | Ladysmith, BC       | 13.88 -4.7 | 11.42 86.31% |



M35 Start



M50 100m

|                            |                              |            |       |        |
|----------------------------|------------------------------|------------|-------|--------|
| 4 Forseille, Larry         | M63 CAN Port Coquitlam, BC   | 14.42 -4.7 | 11.78 | 83.77% |
| 5 Friesen, Les             | M63 CAN Abbotsford, BC       | 14.48 -4.7 | 11.83 | 83.43% |
| 6 Armstrong, Merv          | M61 CAN Red Deer, AB         | 14.77 -4.7 | 12.25 | 80.57% |
| ----- M65 -----            |                              |            |       |        |
| 1 *Johnson, Paul           | M65 USA Lubbock, TX          | 13.50 -5.1 | 10.86 | 90.89% |
| 2 *Williams, Paul          | M65 USA Richmond, OH         | 14.40 -5.1 | 11.58 | 85.21% |
| 3 Smith, Bernie            | M68 CAN Calgary, AB          | 14.48 -5.1 | 11.34 | 87.02% |
| 4 *Ponce, Oscar            | M66 GUA Guatemala            | 14.63 -5.1 | 11.66 | 84.55% |
| 5 *Ford, Benson            | M69 JAM Berkeley, CA         | 15.13 -5.1 | 11.74 | 84.01% |
| 6 Poonia, Kesar Singh      | M66 CAN Brampton, ON         | 15.38 -5.1 | 12.26 | 80.43% |
| 7 Bass, Willis             | M66 CAN Spruce Grove, AB     | 18.10 -5.1 | 14.43 | 68.34% |
| - Agnoo, Charles           | M65 CAN Toronto, ON          | DNF NWI    |       |        |
| ----- M70 -----            |                              |            |       |        |
| 1 *Stookey, James          | M70 USA Dickerson, MD        | 14.50 -4.9 | 11.15 | 88.48% |
| 2 *Alexander, Bob          | M70 USA Memphis, TN          | 15.38 -4.9 | 11.83 | 83.42% |
| 3 Thompson, Bill           | M70 CAN Hamilton, ON         | 15.70 -4.9 | 12.07 | 81.72% |
| 4 Thiessen, Isaac          | M71 CAN Langley, BC          | 16.17 -4.9 | 12.31 | 80.15% |
| 5 Lesage, Norm             | M70 CAN Coquitlam, BC        | 16.41 -4.9 | 12.62 | 78.18% |
| 6 Daniels, Danny           | M71 CAN Sidney, BC           | 16.77 -4.9 | 12.77 | 77.28% |
| 7 Flowers, Jim             | M72 CAN Willowdale, ON       | 16.91 -4.9 | 12.74 | 77.41% |
| ----- M75 -----            |                              |            |       |        |
| 1 Palidwor, Harry          | M75 CAN Coquitlam, BC        | 16.17 -2.8 | 11.80 | 83.55% |
| 2 Thompson, Harry          | M77 CAN Powell River, BC     | 17.24 -2.8 | 12.29 | 80.28% |
| ----- Men 80 -----         |                              |            |       |        |
| 1 *Silverstein, Milton     | M80 USA Tucson, AZ           | 15.83 -2.4 | 10.87 | 90.71% |
| 2 *Higuera Gil, Roberto    | M80 MEX Guadalajara, JA      | 16.90 -2.4 | 11.61 | 84.97% |
| 3 *Ricciardi, Armando      | M80 USA Reno, NV             | 20.70 -2.4 | 14.21 | 69.37% |
| ----- Men 85 -----         |                              |            |       |        |
| 1 West, Howard             | M87 CAN Saskatoon, SK        | 25.00 -2.4 | 15.46 | 63.80% |
| ----- Women 30 -----       |                              |            |       |        |
| 1 Kuczalska, Agnes         | W32 CAN Toronto, ON          | 14.09 -2.4 | 14.09 | 76.37% |
| ----- Women 35 -----       |                              |            |       |        |
| 1 *Amarasekara, Veronica B | W39 USA Rancho Cucamonga, CA | 13.76 -2.4 | 13.12 | 82.05% |
| 2 *Villalon, Lucia         | W36 MEX Mexico               | 14.63 -2.4 | 14.27 | 75.46% |
| ----- W40 -----            |                              |            |       |        |
| 1 Lord, Betsy              | W44 CAN North Vancouver, BC  | 13.87 -1.8 | 12.73 | 84.50% |
| 2 Smith, Hillerie          | W42 CAN Victoria, BC         | 15.31 -1.8 | 14.27 | 75.44% |
| 3 Jolicoeur, Jovette       | W40 CAN Calgary, AB          | 16.01 -1.8 | 15.15 | 71.08% |
| ----- W45 -----            |                              |            |       |        |
| 1 Coward, Selina           | W45 CAN Regina, SK           | 14.47 -0.6 | 13.18 | 81.69% |
| 2 Fossberg, Mette          | W48 CAN Edmonton, AB         | 15.19 -0.6 | 13.53 | 79.59% |
| 3 *Aguilar, Laura          | W46 MEX Leon, Guanajuato     | 15.51 -0.6 | 14.02 | 76.79% |



**W55 Carol LaFayette-Boyd**  
(R) breaks her own CAN  
100m record into a  
4.4 m/sec wind.

**W50 Avril Douglas** was close  
behind at the finish.

|                                     |                            |                |       |        |
|-------------------------------------|----------------------------|----------------|-------|--------|
| 4 O'Sullivan, Daphne                | W48 CAN Naramata, BC       | 15.51 -0.6     | 13.81 | 77.95% |
|                                     | ----- Women 50 -----       |                |       |        |
| 1 Douglas, Avril                    | W54 CAN Richmond, BC       | 15.15 -4.4     | 12.88 | 83.56% |
|                                     | ----- Women 55 -----       |                |       |        |
| 1 LaFayette-Boyd, Carol             | W58 CAN Regina, SK         | 14.88 -4.4 CAN | 12.26 | 87.84% |
| (old CAN 14.92 Carol Saskatoon '98) |                            |                |       |        |
| 2 Vogel, Joan                       | W59 CAN Regina, SK         | 15.34 -4.4     | 12.54 | 85.85% |
| 3 *Robinson, Mary                   | W58 USA Gahanna,, OH       | 15.74 -4.4     | 12.97 | 83.04% |
| 4 Radcliffe, Marg                   | W58 CAN Lake Cowichan, BC  | 16.70 -4.4     | 13.76 | 78.26% |
|                                     | ----- Women 60 -----       |                |       |        |
| 1 *Williams, Evaun                  | W62 GBR London             | 16.10 -2.9     | 12.82 | 83.98% |
| 2 *Tang Wing, Monica                | W64 TRI Trincity, TR       | 16.62 -2.9     | 13.00 | 82.79% |
| 3 McCarron-Egner, Mary              | W63 CAN Rigina, SK         | 16.73 -2.9     | 13.21 | 81.53% |
| 4 *Roman, Mary B                    | W64 USA Norwalk, CT        | 17.78 -2.9     | 13.91 | 77.39% |
| 5 *Brooks-Smith, Sylvia             | W62 USA Richardson, TX     | 19.13 -2.9     | 15.23 | 70.67% |
| 6 Watson, Eileen                    | W63 CAN Calgary, AB        | 20.70 -2.9     | 16.34 | 65.89% |
|                                     | ----- Women 65 -----       |                |       |        |
| 1 Webb, Coral                       | W69 CAN Priddis, AB        | 18.67 -2.9     | 13.88 | 77.50% |
| 2 Boivin, Gwen                      | W66 CAN Moose Jaw, SK      | 19.49 -2.9     | 14.95 | 71.99% |
|                                     | ----- Women 70 -----       |                |       |        |
| 1 *Peterson, Patricia               | W74 USA Albany, NY         | 18.21 -6.0 2   | 12.77 | 84.29% |
| 2 *McDaniels, Leonore               | W72 USA Virginia Beach, VA | 20.16 -6.0 2   | 14.48 | 74.31% |
| 3 McQuarrie, Betty                  | W72 CAN Edmonton, AB       | 21.96 -6.0 2   | 15.78 | 68.21% |
|                                     | ----- Women 75 -----       |                |       |        |
| 1 *Valien, Johnnye                  | W75 USA Los Angeles, CA    | 19.81 -6.0 2   | 13.72 | 78.45% |
| 2 *Friedman, Diane                  | W79 USA Cleveland, OH      | 23.02 -6.0 2   | 15.07 | 71.42% |
| 3 *Hinton, Margaret                 | W79 USA Camfort, TX        | 23.05 -6.0 2   | 15.09 | 71.32% |
|                                     | ----- Women 80 -----       |                |       |        |
| 1 Kotelko, Olga                     | W81 CAN West Vancouver, BC | 22.00 -4.5 1   | 13.97 | 77.05% |
| 2 Fleming, Annie                    | W81 CAN Coquitlam, BC      | 27.34 -4.5 1   | 17.36 | 62.00% |
|                                     | ----- Women 85 -----       |                |       |        |
| 1 Granstrom, Ivy                    | W88 CAN Vancouver, BC      | 35.06 -4.5 1   | 19.64 | 54.82% |

## 200m

|                   |                         |            |       |        |
|-------------------|-------------------------|------------|-------|--------|
|                   | ----- Men 30 -----      |            |       |        |
| 1 *Garces, Raul   | M34 MEX Mexico          | 26.93 -2.2 | 26.66 | 73.97% |
|                   | ----- Men 35 -----      |            |       |        |
| 1 Lee, Jimson     | M37 USA San Mateo, CA   | 24.48 -2.2 | 23.73 | 83.13% |
| 2 Bolstad, Gordon | M39 CAN Edmonton, AB    | 25.39 -2.2 | 24.27 | 81.29% |
| 3 Olivierre, John | M36 CAN Mississauga, ON | 25.45 -2.2 | 24.84 | 79.37% |
| 4 Wiseman, Todd   | M35 CAN Kamloops, BC    | 25.69 -2.2 | 25.25 | 78.12% |
| 5 Lewin, Wayne    | M38 CAN Kitscoty, AB    | 26.22 -2.2 | 25.24 | 78.15% |
| 6 Gerke, Garnett  | M35 CAN Edmonton, AB    | 26.86 -2.2 | 26.40 | 74.72% |



M30&35 200m



M50

## ----- Men 40 -----

|                      |                        |       |     |       |        |
|----------------------|------------------------|-------|-----|-------|--------|
| 1 *Tissenbaun, Allan | M40 CAN Pittsburgh, PA | 23.27 | NWI | 22.08 | 89.30% |
| 2 Monteith, Brian    | M42 CAN Vernon, BC     | 25.44 | NWI | 23.81 | 82.86% |
| 3 *Alvarez, Aurelio  | M42 MEX Libanes        | 25.53 | NWI | 23.89 | 82.57% |
| 4 Roblin, Blair      | M42 CAN Oakville, ON   | 26.37 | NWI | 24.68 | 79.94% |
| 5 *Meneses, Rogelio  | M43 MEX Pachula        | 26.86 | NWI | 24.96 | 79.00% |
| - Bissenden, Jim     | M42 CAN Duncan, BC     | DQ    | NWI |       |        |

## ----- M45 -----

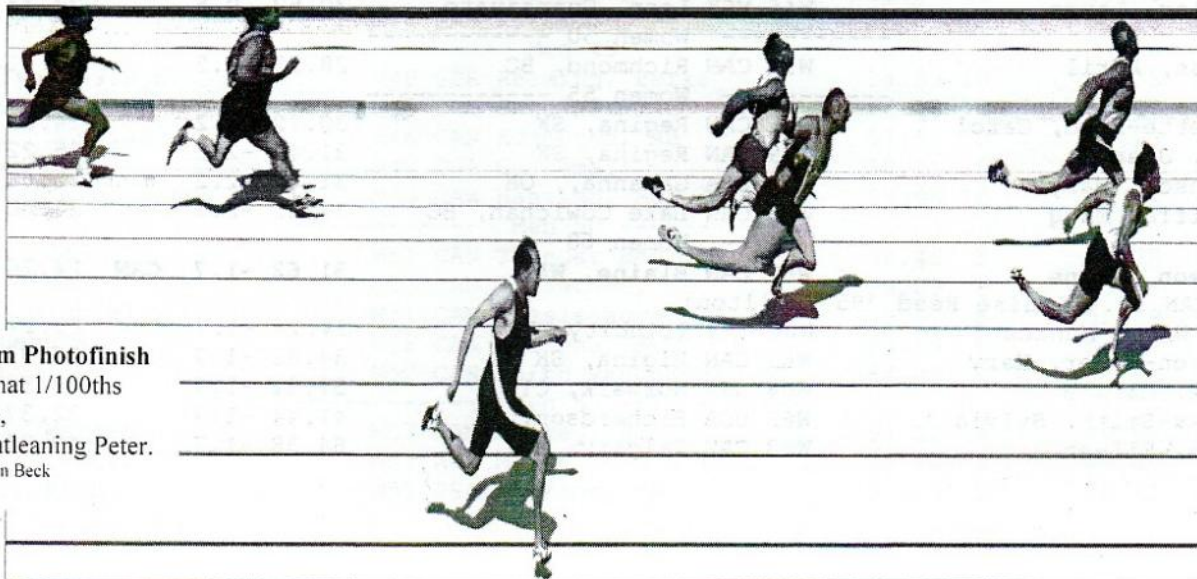
|                      |                            |       |     |       |        |
|----------------------|----------------------------|-------|-----|-------|--------|
| 1 *Franklyn, Walwyn  | M48 GBR Reading, Berks     | 24.25 | 0.6 | 21.75 | 90.68% |
| 2 Linder, Walter     | M49 CAN Morrin, AB         | 24.59 | 0.6 | 21.90 | 90.08% |
| 3 *Regales, Siefried | M47 CUR Willemstad         | 24.68 | 0.6 | 22.29 | 88.49% |
| 4 Dickson, Tom       | M47 CAN Burnaby, BC        | 25.25 | 0.6 | 22.81 | 86.50% |
| 5 Davy, Brent        | M45 CAN Coquitlam, BC      | 25.57 | 0.6 | 23.42 | 84.20% |
| 6 Killas, Kostie     | M46 CAN West Vancouver, BC | 25.60 | 0.6 | 23.29 | 84.69% |
| 7 Freeman, Peter     | M48 CAN Victoria, BC       | 26.81 | 0.6 | 24.05 | 82.02% |
| 8 Sutherland, Bill   | M49 CAN Edmonton, AB       | 26.87 | 0.6 | 23.93 | 82.43% |

## ----- M50 -----

|                          |                              |       |      |       |        |
|--------------------------|------------------------------|-------|------|-------|--------|
| 1 Garland, John          | M51 CAN Thunder Bay, ON      | 27.17 | -0.2 | 23.85 | 82.70% |
| 2 Carter, Michael        | M51 CAN Mississauga, ON      | 27.60 | -0.2 | 24.23 | 81.41% |
| 3 Brewer, Jess H         | M54 CAN Vancouver, BC        | 28.25 | -0.2 | 24.28 | 81.24% |
| 4 Lang, Dennis           | M52 CAN Kelowna, BC          | 28.40 | -0.2 | 24.76 | 79.68% |
| 5 *Posey, James          | M53 USA Phoenix, AZ          | 28.67 | -0.2 | 24.82 | 79.46% |
| 6 Sullivan, Jim          | M52 CAN North Vancouver, BC  | 28.82 | -0.2 | 25.12 | 78.52% |
| 7 *Trejo Almaguer, Pedro | M50 MEX Atizapan De Zaragoza | 30.12 | -0.2 | 26.63 | 74.07% |
| - *Prime, Kenrick        | M50 TRI Sangre Grande, TR    | DQ    | NWI  |       |        |

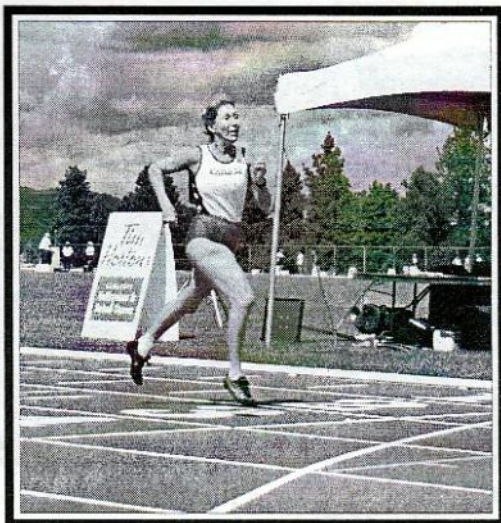
## ----- M55 -----

|                    |                            |       |      |       |        |
|--------------------|----------------------------|-------|------|-------|--------|
| 1 Morioka, Harold  | M57 CAN Surrey, BC         | 25.06 | -1.7 | 21.08 | 93.58% |
| 2 *Crombie, Peter  | M55 AUS Manly 2095 N.S.W.  | 25.07 | -1.7 | 21.39 | 92.22% |
| 3 *Hamner, Richard | M55 USA New York, NY       | 27.23 | -1.7 | 23.23 | 84.91% |
| 4 Badowski, Tony   | M57 CAN Port Coquitlam, BC | 27.28 | -1.7 | 22.94 | 85.96% |
| 5 Gee, Herb        | M59 CAN Maple Ridge, BC    | 27.61 | -1.7 | 22.89 | 86.20% |
| 6 *Karbens, Jack   | M58 USA Honolulu, HI       | 30.65 | -1.7 | 25.59 | 77.06% |
| 7 *Argueta, Lopez  | M55 GUA Quetzaltenango     | 31.87 | -1.7 | 27.19 | 72.54% |

**M55 200m Photofinish**

This is what 1/100ths  
looks like,  
Harold outleaning Peter.  
Courtesy Brian Beck

| ----- M60 -----                                              |         |                     |       |      |                  |
|--------------------------------------------------------------|---------|---------------------|-------|------|------------------|
| 1 *Sims, Gary                                                | M62 USA | Escondido, CA       | 28.06 | -1.4 | 22.72 86.81%     |
| 2 *Byrne, Phil                                               | M60 USA | Charlestown, MA     | 29.40 | -1.4 | 24.19 81.53%     |
| 3 Friesen, Les                                               | M63 CAN | Abbotsford, BC      | 30.07 | -1.4 | 24.14 81.71%     |
| 4 Forseille, Larry                                           | M63 CAN | Port Coquitlam, BC  | 30.80 | -1.4 | 24.73 79.77%     |
| 5 Pascoe, James                                              | M62 CAN | Pickering, ON       | 33.14 | -1.4 | 26.83 73.51%     |
| 6 Wisneth, Eric                                              | M61 CAN | Edmonton, AB        | 33.33 | -1.4 | 27.20 72.52%     |
| ----- M65 -----                                              |         |                     |       |      |                  |
| 1 *Johnson, Paul                                             | M65 USA | Lubbock, TX         | 27.53 | -1.8 | 21.74 90.74%     |
| 2 *Romain, Ralph                                             | M68 TRI | Curepe              | 28.07 | -1.8 | 21.54 91.56%     |
| 3 Smith, Bernie                                              | M68 CAN | Calgary, AB         | 30.44 | -1.8 | 23.36 84.43%     |
| 4 *Ponce, Oscar                                              | M66 GUA | Guatemala           | 30.86 | -1.8 | 24.14 81.69%     |
| 5 Poonia, Kesar Singh                                        | M66 CAN | Brampton, ON        | 32.29 | -1.8 | 25.26 78.07%     |
| 6 *Heredia Lozano, Enrique                                   | M65 MEX | Tlanepantla         | 32.94 | -1.8 | 26.01 75.83%     |
| 7 *Coy, Jack                                                 | M69 USA | Tillamook, OR       | 33.05 | -1.8 | 25.12 78.52%     |
| 8 *Hernandez, Carlos                                         | M69 MEX | Mexico, DF          | 35.09 | -1.8 | 26.67 73.95%     |
| ----- M70 -----                                              |         |                     |       |      |                  |
| 1 *Alexander, Bob                                            | M70 USA | Memphis, TN         | 31.32 | -2.0 | 23.57 83.68%     |
| 2 Thiessen, Isaac                                            | M71 CAN | Langley, BC         | 33.34 | -2.0 | 24.82 79.45%     |
| 3 Thompson, Bill                                             | M70 CAN | Hamilton, ON        | 33.66 | -2.0 | 25.33 77.87%     |
| 4 *Sather, Milo                                              | M73 USA | Los Angeles, CA     | 34.71 | -2.0 | 25.27 78.05%     |
| 5 Flowers, Jim                                               | M72 CAN | Willowdale, ON      | 35.82 | -2.0 | 26.37 74.79%     |
| ----- Men 75 -----                                           |         |                     |       |      |                  |
| 1 Palidwor, Harry                                            | M75 CAN | Coquitlam, BC       | 33.16 | 1.6  | 23.60 83.56%     |
| ----- Men 80 -----                                           |         |                     |       |      |                  |
| 1 *Silverstein, Milton                                       | M80 USA | Tucson, AZ          | 32.71 | 1.6  | 21.81 90.43%     |
| 2 *Higuera Gil, Roberto                                      | M80 MEX | Guadalajara, JA     | 36.99 | 1.6  | 24.66 79.97%     |
| ----- Men 85 -----                                           |         |                     |       |      |                  |
| 1 West, Howard                                               | M87 CAN | Saskatoon, SK       | 59.27 | 1.6  | 35.32 55.85%     |
| ----- Women 30 -----                                         |         |                     |       |      |                  |
| 1 Kuczalska, Agnes                                           | W32 CAN | Toronto, ON         | 28.64 | -3.4 | 28.64 75.56%     |
| ----- Women 35 -----                                         |         |                     |       |      |                  |
| 1 Cranton, Anna                                              | W37 CAN | Thunder Bay, ON     | 28.20 | -3.4 | 27.16 79.68%     |
| 2 *Villalon, Lucia                                           | W36 MEX | Mexico              | 29.51 | -3.4 | 28.65 75.53%     |
| 3 Killeen, Vanda                                             | W38 CAN | Kamloops, BC        | 32.94 | -3.4 | 31.47 68.76%     |
| ----- Women 40 -----                                         |         |                     |       |      |                  |
| 1 Lord, Betsy                                                | W44 CAN | North Vancouver, BC | 28.10 | -2.4 | 25.58 84.63%     |
| 2 Skinner, Anne                                              | W42 CAN | Cranbrook, BC       | 29.18 | -2.4 | 27.00 80.16%     |
| 3 Smith, Hillerie                                            | W42 CAN | Victoria, BC        | 30.89 | -2.4 | 28.58 75.72%     |
| 4 Jolicoeur, Jovette                                         | W40 CAN | Calgary, AB         | 32.93 | -2.4 | 30.96 69.91%     |
| ----- Women 45 -----                                         |         |                     |       |      |                  |
| 1 Coward, Selina                                             | W45 CAN | Regina, SK          | 28.65 | 0.5  | 25.86 83.70%     |
| 2 Fossberg, Mette                                            | W48 CAN | Edmonton, AB        | 30.35 | 0.5  | 26.74 80.96%     |
| 3 O'Sullivan, Daphne                                         | W48 CAN | Naramata, BC        | 30.42 | 0.5  | 26.80 80.77%     |
| 4 *Aguilar, Laura                                            | W46 MEX | Leon, Guanajuato    | 30.52 | 0.5  | 27.33 79.19%     |
| ----- Women 50 -----                                         |         |                     |       |      |                  |
| 1 Douglas, Avril                                             | W54 CAN | Richmond, BC        | 28.53 | 0.5  | 23.91 90.50%     |
| ----- Women 55 -----                                         |         |                     |       |      |                  |
| 1 LaFayette-Boyd, Carol                                      | W58 CAN | Regina, SK          | 30.72 | -2.2 | 24.89 86.98%     |
| 2 Vogel, Joan                                                | W59 CAN | Regina, SK          | 31.41 | -2.2 | 25.22 85.80%     |
| 3 *Robinson, Mary                                            | W58 USA | Gahanna, OH         | 31.65 | -2.2 | 25.64 84.42%     |
| 4 Radcliffe, Marg                                            | W58 CAN | Lake Cowichan, BC   | 34.32 | -2.2 | 27.80 77.86%     |
| ----- Women 60 -----                                         |         |                     |       |      |                  |
| 1 Palmason, Diane<br>(old CAN 33.4 Louise Reed '95 Hamilton) | W62 CAN | Blaine, WA          | 31.62 | -1.7 | CAN 24.70 87.63% |
| 2 *Tang Wing, Monica                                         | W64 TRI | Trincity, TR        | 34.16 | -1.7 | 26.17 82.70%     |
| 3 McCarron-Egner, Mary                                       | W63 CAN | Rigina, SK          | 34.81 | -1.7 | 26.93 80.38%     |
| 4 *Roman, Mary B                                             | W64 USA | Norwalk, CT         | 37.31 | -1.7 | 28.58 75.72%     |
| 5 *Brooks-Smith, Sylvia                                      | W62 USA | Richardson, TX      | 41.44 | -1.7 | 32.37 66.87%     |
| 6 Watson, Eileen                                             | W63 CAN | Calgary, AB         | 64.58 | -1.7 | 49.95 43.33%     |



W55 Marg Radcliffe

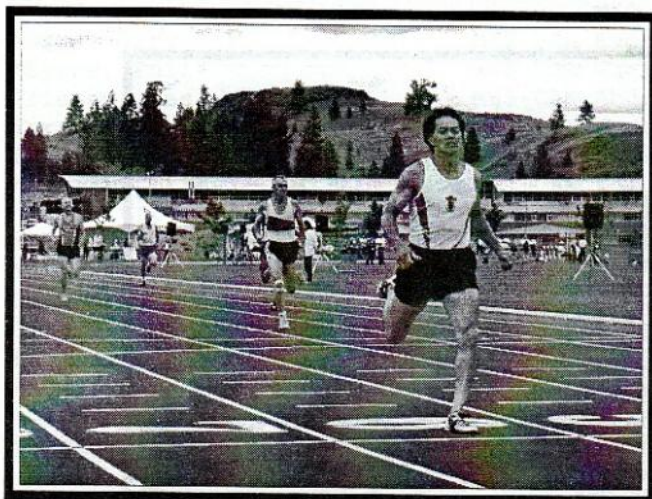


M40 200m

| ----- Women 65 -----  |         |                    |       |     |              |
|-----------------------|---------|--------------------|-------|-----|--------------|
| 1 Webb, Coral         | W69 CAN | Priddis, AB        | 38.44 | 1.9 | 27.88 77.63% |
| 2 Hollicky, Nessie    | W69 CAN | Calgary, AB        | 38.48 | 1.9 | 27.91 77.55% |
| ----- Women 70 -----  |         |                    |       |     |              |
| 1 *Peterson, Patricia | W74 USA | Albany, NY         | 35.71 | 1.9 | 24.31 89.02% |
| ----- Women 75 -----  |         |                    |       |     |              |
| 1 *Valien, Johnnye    | W75 USA | Los Angeles, CA    | 39.58 | 1.9 | 26.59 81.40% |
| 2 *Friedman, Diane    | W79 USA | Cleveland, OH      | 49.42 | 1.9 | 31.24 69.28% |
| 3 *Hinton, Margaret   | W79 USA | Camfort, TX        | 55.75 | 1.9 | 35.24 61.42% |
| ----- Women 80 -----  |         |                    |       |     |              |
| 1 Kotelko, Olga       | W81 CAN | West Vancouver, BC | 46.95 | 0.3 | 28.71 75.38% |
| 2 Fleming, Annie      | W81 CAN | Coquitlam, BC      | 47.53 | 0.3 | 29.06 74.46% |
| ----- Women 85 -----  |         |                    |       |     |              |
| 1 Granstrom, Ivy      | W88 CAN | Vancouver, BC      | 71.05 | 0.3 | 37.91 57.09% |
| 2 *Iglesias, Rosario  | W89 MEX | Mexico, DF         | 76.22 | 0.3 | 39.78 54.41% |

## 400m

| ----- Men 30 -----          |         |                     |       |    |              |
|-----------------------------|---------|---------------------|-------|----|--------------|
| 1 *Magana, Miguel           | M33 MEX | Morelia, Michoacan  | 53.39 | 11 | 52.41 82.60% |
| ----- Men 35 -----          |         |                     |       |    |              |
| 1 Lee, Jimson               | M37 USA | San Mateo, CA       | 52.99 | 11 | 50.71 85.37% |
| 2 Frauenfeld, Barton        | M36 CAN | Edmonton, AB        | 55.37 | 11 | 53.33 81.18% |
| 3 Lewin, Wayne              | M38 CAN | Kitscoty, AB        | 59.09 | 11 | 56.19 77.05% |
| ----- Men 45 -----          |         |                     |       |    |              |
| 1 *Franklyn, Walwyn         | M48 GBR | Reading, Berks      | 54.93 | 10 | 48.78 88.77% |
| 2 Davy, Brent               | M45 CAN | Coquitlam, BC       | 56.18 | 10 | 50.97 84.94% |
| 3 Cameron, Douglas          | M48 CAN | Edmonton, AB        | 57.69 | 10 | 51.23 84.52% |
| 4 *Paredes Sanchez, Byron R | M47 GUA | Guatemala           | 58.11 | 10 | 51.97 83.31% |
| 5 ParharSantokh, Sandy      | M48 CAN | Nanaimo, BC         | 59.96 | 10 | 53.24 81.32% |
| ----- Men 50 -----          |         |                     |       |    |              |
| 1 Garland, John             | M51 CAN | Thunder Bay, ON     | 58.46 | 8  | 50.78 85.25% |
| 2 Smith, Rick               | M53 CAN | Saskatoon, SK       | 59.09 | 8  | 50.54 85.67% |
| 3 Carter, Michael           | M51 CAN | Mississauga, ON     | 59.97 | 8  | 52.09 83.11% |
| 4 Lang, Dennis              | M52 CAN | Kelowna, BC         | 63.19 | 8  | 54.47 79.49% |
| 5 Sullivan, Jim             | M52 CAN | North Vancouver, BC | 64.76 | 8  | 55.82 77.56% |
| ----- Men 55 -----          |         |                     |       |    |              |
| 1 Morioka, Harold           | M57 CAN | Surrey, BC          | 54.30 | 6  | 44.97 96.28% |
| 2 *Crombie, Peter           | M55 AUS | Manly 2095 N.S.W.   | 56.40 | 6  | 47.49 91.15% |
| 3 *Tucker, Rich             | M55 USA | Spokane, WA         | 57.49 | 6  | 48.41 89.42% |

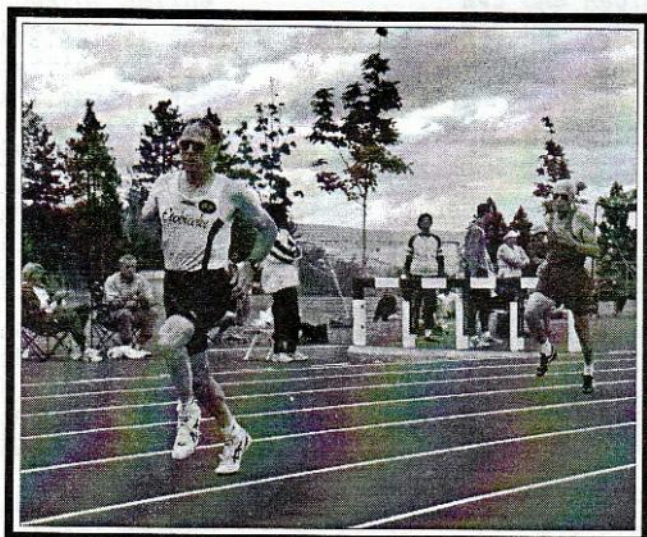


M55 400m - Harold Morioka leads Peter Crombie

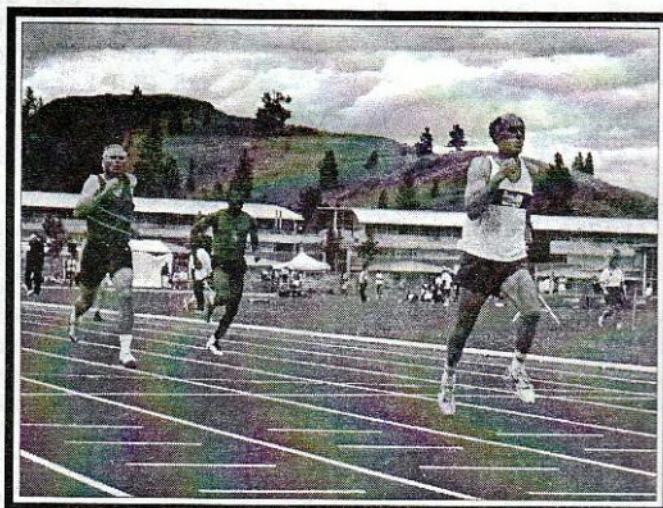


M55 - John, Jack, Tony, Richard T., Peter, Harold, Richard H., George

|                     |                            |         |   |       |        |
|---------------------|----------------------------|---------|---|-------|--------|
| 4 *Hamner, Richard  | M55 USA New York, NY       | 59.40   | 6 | 50.02 | 86.55% |
| 5 Badowski, Tony    | M57 CAN Port Coquitlam, BC | 60.57   | 6 | 50.16 | 86.31% |
| 6 *Karbens, Jack    | M58 USA Honolulu, HI       | 67.30   | 6 | 55.27 | 78.34% |
| 7 Smith, George     | M56 CAN Edmonton, AB       | 69.66   | 6 | 58.18 | 74.42% |
| 8 Powell, John      | M56 CAN Bramalea, ON       | 69.81   | 6 | 58.30 | 74.26% |
| ----- Men 60 -----  |                            |         |   |       |        |
| 1 McIlwaine, Bill H | M61 CAN Toronto, ON        | 61.23   | 5 | 48.98 | 88.39% |
| 2 Forseille, Larry  | M63 CAN Port Coquitlam, BC | 65.20   | 5 | 51.20 | 84.56% |
| 3 Friesen, Les      | M63 CAN Abbotsford, BC     | 65.64   | 5 | 51.55 | 83.99% |
| 4 Pascoe, James     | M62 CAN Pickering, ON      | 68.39   | 5 | 54.20 | 79.87% |
| 5 Hashem, Salam     | M60 CAN Charlottetown, PE  | 72.09   | 5 | 58.20 | 74.38% |
| ----- Men 65 -----  |                            |         |   |       |        |
| 1 *Johnson, Paul    | M65 USA Lubbock, TX        | 59.14   | 3 | 45.57 | 95.01% |
| 2 *Romain, Ralph    | M68 TRI Curepe             | 59.85   | 3 | 44.68 | 96.89% |
| 3 *Ponce, Oscar     | M66 GUA Guatemala          | 69.29   | 3 | 52.83 | 81.95% |
| 4 Krolow, Gerhard   | M65 CAN King City, ON      | 76.45   | 3 | 58.90 | 73.50% |
| 5 Oxley, Brian      | M67 CAN Parry Sound, ON    | 77.81   | 3 | 58.71 | 73.74% |
| 6 Gluppe, George    | M67 CAN Mission, BC        | 79.18   | 3 | 59.75 | 72.47% |
| 7 Ladoucer, George  | M65 CAN Salmon Arm, BC     | 1:28.40 | 3 | 68.11 | 63.56% |



Bill McIlwaine leads the M60 400m

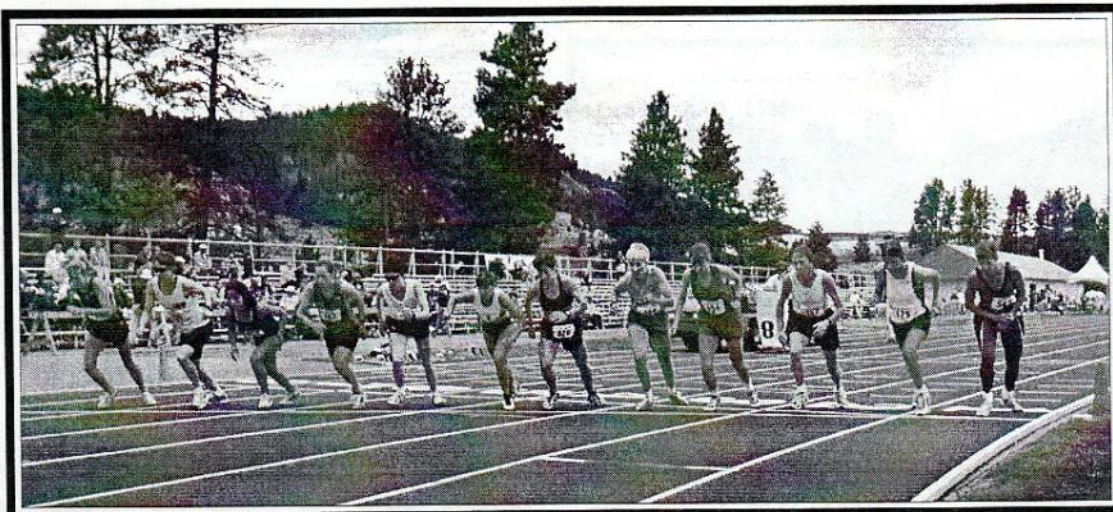


M50 400m - John Garland leads Rick Smith and Michael Carter

| ----- Men 70 -----   |                                                                      |         |                     |         |   |           |        |  |
|----------------------|----------------------------------------------------------------------|---------|---------------------|---------|---|-----------|--------|--|
| 1                    | Fee, Earl                                                            | M71 CAN | Mississauga, ON     | 63.71   | 2 | 46.00     | 94.13% |  |
| 2                    | *Beall, James                                                        | M71 USA | Waterford, MI       | 69.24   | 2 | 49.99     | 86.61% |  |
| 3                    | *Alexander, Bob                                                      | M70 USA | Memphis, TN         | 70.76   | 2 | 51.70     | 83.73% |  |
| 4                    | Thiessen, Isaac                                                      | M71 CAN | Langley, BC         | 76.92   | 2 | 55.53     | 77.96% |  |
| 5                    | Thompson, Bill                                                       | M70 CAN | Hamilton, ON        | 78.94   | 2 | 57.68     | 75.06% |  |
| 6                    | Oracheski, Stan                                                      | M72 CAN | Edmonton, AB        | 1:24.07 | 2 | 59.96     | 72.20% |  |
| ----- Men 75 -----   |                                                                      |         |                     |         |   |           |        |  |
| 1                    | Palidwor, Harry                                                      | M75 CAN | Coquitlam, BC       | 75.91   | 1 | 52.16     | 82.99% |  |
| ----- Men 85 -----   |                                                                      |         |                     |         |   |           |        |  |
| 1                    | *Springer, Maxwell                                                   | M86 USA | Knoxville, TN       | 1:43.02 | 1 | 58.77     | 73.67% |  |
| ----- Women 35 ----- |                                                                      |         |                     |         |   |           |        |  |
| 1                    | Cranton, Anna                                                        | W37 CAN | Thunder Bay, ON     | 60.96   | 4 | 57.93     | 82.69% |  |
| 2                    | *Villalon, Lucia                                                     | W36 MEX | Mexico              | 65.49   | 4 | 62.71     | 76.39% |  |
| ----- Women 40 ----- |                                                                      |         |                     |         |   |           |        |  |
| 1                    | Lord, Betsy                                                          | W44 CAN | North Vancouver, BC | 61.79   | 4 | 55.61     | 86.15% |  |
| 2                    | Skinner, Anne                                                        | W42 CAN | Cranbrook, BC       | 64.26   | 4 | 58.76     | 81.51% |  |
| ----- Women 45 ----- |                                                                      |         |                     |         |   |           |        |  |
| 1                    | *Aguilar, Laura                                                      | W46 MEX | Leon, Guanajuato    | 68.32   | 4 | 60.49     | 79.20% |  |
| 2                    | Cochrane, Nancy                                                      | W48 CAN | Victoria, BC        | 1:31.10 | 4 | 79.32     | 60.40% |  |
| ----- Women 50 ----- |                                                                      |         |                     |         |   |           |        |  |
| 1                    | Douglas, Avril<br>(tied CAN 1:02.95 Avril '96 Eugene)                | W54 CAN | Richmond, BC        | 62.95   | 3 | CAN 51.98 | 92.17% |  |
| 2                    | *Hartzler, Mary                                                      | W51 USA | Gahanna, OH         | 73.77   | 3 | 62.58     | 76.55% |  |
| ----- Women 55 ----- |                                                                      |         |                     |         |   |           |        |  |
| 1                    | *Robinson, Mary                                                      | W58 USA | Gahanna, OH         | 72.09   | 3 | 57.27     | 83.65% |  |
| 2                    | Radcliffe, Marg                                                      | W58 CAN | Lake Cowichan, BC   | 79.10   | 3 | 62.83     | 76.23% |  |
| ----- Women 60 ----- |                                                                      |         |                     |         |   |           |        |  |
| 1                    | *Tang Wing, Monica                                                   | W64 TRI | Trincity, TR        | 78.66   | 2 | 58.61     | 81.73% |  |
| 2                    | McCarron-Egner, Mary                                                 | W63 CAN | Rigina, SK          | 1:22.89 | 2 | 62.46     | 76.69% |  |
| 3                    | *Vasquez Bajardo, Maria C                                            | W63 GUA | Guatemala           | 1:44.82 | 2 | 78.99     | 60.65% |  |
| 4                    | Watson, Eileen                                                       | W63 CAN | Calgary, AB         | 2:53.83 | 2 | 2:10.99   | 36.57% |  |
| ----- Women 65 ----- |                                                                      |         |                     |         |   |           |        |  |
| 1                    | *Butcher, Grace                                                      | W66 USA | Chardon, OH         | 1:25.04 | 2 | 61.91     | 77.39% |  |
| 2                    | Hollicky, Nessie                                                     | W69 CAN | Calgary, AB         | 1:30.22 | 2 | 63.26     | 75.73% |  |
| ----- Women 70 ----- |                                                                      |         |                     |         |   |           |        |  |
| 1                    | *Peterson, Patricia                                                  | W74 USA | Albany, NY          | 1:34.06 | 1 | 61.48     | 77.92% |  |
| ----- Women 75 ----- |                                                                      |         |                     |         |   |           |        |  |
| 1                    | Cameron, Hazel<br>(old CAN record 1:44.34 Isabel Saumier Eugene '89) | W76 CAN | Vancouver, BC       | 1:40.64 | 1 | CAN 63.74 | 75.16% |  |
| ----- Women 80 ----- |                                                                      |         |                     |         |   |           |        |  |
| 1                    | Fleming, Annie                                                       | W81 CAN | Coquitlam, BC       | 1:59.83 | 1 | 69.36     | 69.06% |  |
| ----- Women 85 ----- |                                                                      |         |                     |         |   |           |        |  |
| 1                    | *Iglesias, Rosario                                                   | W89 MEX | Mexico, DF          | 2:46.16 | 1 | 78.73     | 60.84% |  |
| -                    | Granstrom, Ivy                                                       | W88 CAN | Vancouver, BC       | DQ      | 1 |           |        |  |

**800m**

| ----- Women 35 ----- |                   |         |                 |         |   |         |        |  |
|----------------------|-------------------|---------|-----------------|---------|---|---------|--------|--|
| 1                    | Cranton, Anna     | W37 CAN | Thunder Bay, ON | 2:25.07 | 3 | 2:18.05 | 81.77% |  |
| 2                    | Dixon, Donna      | W37 CAN | Calgary, AB     | 2:25.48 | 3 | 2:18.44 | 81.54% |  |
| 3                    | *Pidgeon, Jane    | W36 GBR | Nottingham      | 2:26.36 | 3 | 2:20.39 | 80.40% |  |
| 4                    | *Zavala, Brenda L | W39 GUA | Guatemala       | 2:30.53 | 3 | 2:20.98 | 80.07% |  |
| 5                    | Hislop, Ann       | W35 CAN | Cranbrook, BC   | 2:30.58 | 3 | 2:25.59 | 77.54% |  |
| 6                    | Jones, Dauna C    | W35 CAN | Calgary, AB     | 2:31.34 | 3 | 2:26.32 | 77.15% |  |
| 7                    | Robinson, Kelly   | W36 CAN | Summerland, BC  | 2:40.47 | 3 | 2:33.93 | 73.33% |  |
| ----- Women 40 ----- |                   |         |                 |         |   |         |        |  |
| 1                    | Northey, Kathleen | W41 CAN | Waterloo, ON    | 2:31.86 | 3 | 2:19.90 | 80.69% |  |
| 2                    | Smith, Hillerie   | W42 CAN | Victoria, BC    | 2:39.74 | 3 | 2:25.94 | 77.35% |  |
| 3                    | Skinner, Anne     | W42 CAN | Cranbrook, BC   | 2:40.22 | 3 | 2:26.38 | 77.12% |  |
| 4                    | *Grigsby, Sue     | W43 USA | Everett, WA     | 2:43.30 | 3 | 2:27.94 | 76.31% |  |



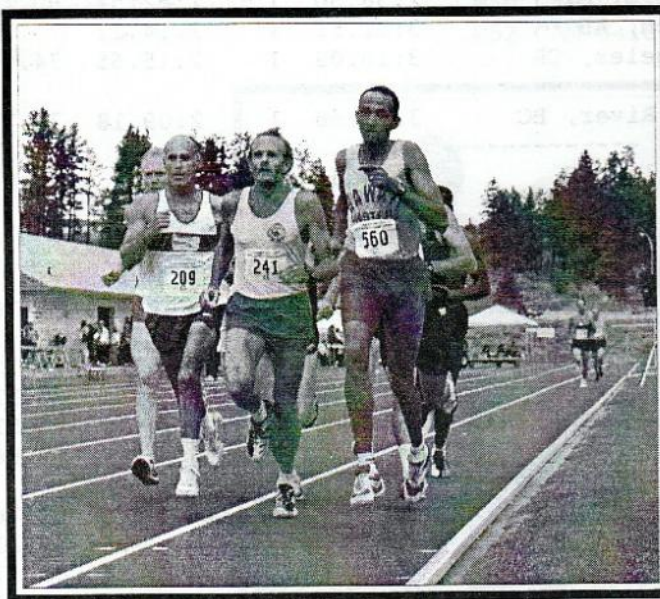
## W35 &amp; W40 800m

|                                                    |         |                      |         |     |         |        |
|----------------------------------------------------|---------|----------------------|---------|-----|---------|--------|
|                                                    |         | ----- Women 45 ----- |         |     |         |        |
| 1 *Aguilar, Laura                                  | W46 MEX | Leon, Guanajuato     | 2:48.24 | 3   | 2:28.53 | 76.00% |
|                                                    |         | ----- Women 50 ----- |         |     |         |        |
| 1 Douglas, Avril                                   | W54 CAN | Richmond, BC         | 2:35.29 | 2   | 2:07.27 | 88.70% |
| 2 *Groesz, Jeanette                                | W50 USA | Terrebonne, OR       | 2:45.10 | 2   | 2:20.60 | 80.28% |
| 3 *Hartzler, Mary                                  | W51 USA | Gahanna, OH          | 2:54.74 | 2   | 2:27.42 | 76.58% |
|                                                    |         | ----- Women 60 ----- |         |     |         |        |
| 1 Palmason, Diane                                  | W62 CAN | Blaine, WA           | 2:40.58 | CAN | 2:00.79 | 93.45% |
| (old CAN record 2:45.67 Jean Horne '93 Sudbury ON) |         |                      |         |     |         |        |
| 2 *Daprano, Jeanne                                 | W63 USA | Riverdale, GA        | 2:56.58 | 2   | 2:11.29 | 85.98% |
| 3 *Bost, Madeline                                  | W61 USA | Ironia, NJ           | 3:13.11 | 2   | 2:26.96 | 76.81% |
| 4 Saunder, Barbara                                 | W60 CAN | Nelson, BC           | 3:19.13 | 2   | 2:33.30 | 73.64% |
| 5 *Vasquez Bajardo, Maria C                        | W63 GUA | Guatemala            | 4:03.66 | 2   | 3:01.17 | 62.31% |
| 6 Watson, Eileen                                   | W63 CAN | Calgary, AB          | 4:24.57 | 2   | 3:16.71 | 57.38% |
|                                                    |         | ----- Women 65 ----- |         |     |         |        |
| 1 Horne, Jean                                      | W67 CAN | Kitchener, ON        | 3:00.60 | 1   | 2:07.73 | 88.38% |
| 2 *MacLeod, Suzi                                   | W66 USA | Bend, OR             | 3:14.13 | 1   | 2:19.10 | 81.15% |

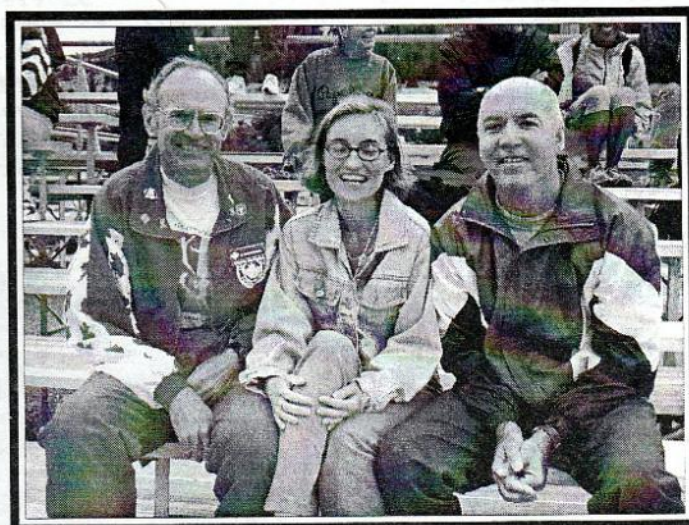


W35's  
Anna Cranton  
edges  
Donna Dixon  
in the final sprint

|                                                    |                           |                             |                |            |                |               |
|----------------------------------------------------|---------------------------|-----------------------------|----------------|------------|----------------|---------------|
| 3                                                  | *Butcher, Grace           | W66 USA Chardon, OH         | 3:17.99        | 1          | 2:21.86        | 79.57%        |
| 4                                                  | *Harada, Mary             | W65 USA West Newbury, MA    | 3:28.64        | 1          | 2:31.46        | 74.53%        |
| 5                                                  | Hollicky, Nessie          | W69 CAN Calgary, AB         | 3:33.94        | 1          | 2:27.30        | 76.63%        |
| ----- Women 75 -----                               |                           |                             |                |            |                |               |
| 1                                                  | Cameron, Hazel            | W76 CAN Vancouver, BC       | 4:00.43        | 1          | 2:28.47        | 76.03%        |
| 2                                                  | *Adams, Louise            | W78 USA Boulder, CO         | 4:14.58        | 1          | 2:31.58        | 74.47%        |
| ----- Women 80 -----                               |                           |                             |                |            |                |               |
| 1                                                  | <b>Marvin, Lenore</b>     | <b>W80 CAN Surrey, BC</b>   | <b>4:10.29</b> | <b>CAN</b> | <b>2:23.50</b> | <b>78.67%</b> |
| (old CAN record 4:34.65 Ivy Granstrom Burnaby '92) |                           |                             |                |            |                |               |
| ----- Women 85 -----                               |                           |                             |                |            |                |               |
| 1                                                  | Granstrom, Ivy            | W88 CAN Vancouver, BC       | 6:30.00        | 1          | 3:02.13        | 61.98%        |
| 2                                                  | *Iglesias, Rosario        | W89 MEX Mexico, DF          | 8:00.31        | 1          | 3:37.25        | 51.96%        |
| ----- Men 30 -----                                 |                           |                             |                |            |                |               |
| 1                                                  | *Magana, Miguel           | M33 MEX Morelia, Michoacan  | 2:01.64        | 7          | 1:59.81        | 84.91%        |
| ----- Men 35 -----                                 |                           |                             |                |            |                |               |
| 1                                                  | Frauenfeld, Barton        | M36 CAN Edmonton, AB        | 2:16.21        | 7          | 2:11.47        | 77.38%        |
| 2                                                  | Lewin, Wayne              | M38 CAN Kitscoty, AB        | 2:21.74        | 7          | 2:14.96        | 75.38%        |
| 3                                                  | Vandale, Ray              | M39 CAN Kamloops, BC        | 2:22.26        | 7          | 2:14.51        | 75.63%        |
| ----- Men 40 -----                                 |                           |                             |                |            |                |               |
| 1                                                  | Faget, Iuliu              | M40 CAN Salmon Arm, BC      | 2:05.96        | 6          | 1:58.27        | 86.02%        |
| 2                                                  | Smillie, Malcolm          | M40 CAN Vancouver, BC       | 2:06.55        | 6          | 1:58.82        | 85.62%        |
| 3                                                  | Kennedy, Doug             | M41 CAN Portland, ON        | 2:07.20        | 6          | 1:58.58        | 85.79%        |
| 4                                                  | *Santillan, Miguel        | M42 MEX Pachula             | 2:08.59        | 6          | 1:59.03        | 85.47%        |
| 5                                                  | Carscadden, Gordon        | M44 CAN Vancouver, BC       | 2:09.35        | 6          | 1:58.01        | 86.21%        |
| 6                                                  | Mayr, John                | M41 CAN New Westminster, BC | 2:10.53        | 6          | 2:01.69        | 83.61%        |
| 7                                                  | Robinson, Keith           | M43 CAN Summerland, BC      | 2:13.64        | 6          | 2:02.81        | 82.84%        |
| 8                                                  | Wilson, Steve             | M40 CAN Saskatoon, SK       | 2:18.10        | 6          | 2:09.67        | 78.46%        |
| 9                                                  | Brownlie, Len             | M42 CAN West Vancouver, BC  | 2:22.72        | 6          | 2:12.11        | 77.01%        |
| 10                                                 | Munro, Neil J             | M43 CAN St. Albert, AB      | 2:27.23        | 6          | 2:15.29        | 75.20%        |
| ----- Men 45 -----                                 |                           |                             |                |            |                |               |
| 1                                                  | *Kelly, Martin            | M45 IRL Dalkey, IR          | 2:08.14        | 5          | 1:56.05        | 87.66%        |
| 2                                                  | *Pidgen, Frederick        | M46 GBR Nottingham          | 2:11.32        | 5          | 1:58.04        | 86.19%        |
| 3                                                  | Van Meer, Jim             | M46 CAN Abbotsford, BC      | 2:13.26        | 5          | 1:59.78        | 84.93%        |
| 4                                                  | Secker, Michael           | M49 CAN Edmonton, AB        | 2:15.11        | 5          | 1:58.69        | 85.72%        |
| 5                                                  | *Paredes Sanchez, Byron R | M47 GUA Guatemala           | 2:16.36        | 5          | 2:01.64        | 83.64%        |
| 6                                                  | Harrington, Dallas        | M45 CAN Coquitlam, BC       | 2:19.59        | 5          | 2:06.42        | 80.47%        |
| 7                                                  | Krohman, Ken              | M45 CAN West Vancouver, BC  | 2:21.53        | 5          | 2:08.17        | 79.37%        |
| 8                                                  | Delecki, Andrew           | M49 CAN Richmond, BC        | 2:21.75        | 5          | 2:04.52        | 81.70%        |
| 9                                                  | Carson, Ernie             | M45 CAN Kamloops, BC        | 2:22.27        | 5          | 2:08.84        | 78.96%        |
| 10                                                 | Puttick, Hal              | M45 CAN Saskatoon, SK       | 2:22.72        | 5          | 2:09.25        | 78.71%        |



M50 800m - John Garland, Fred Judson, Ron Pate

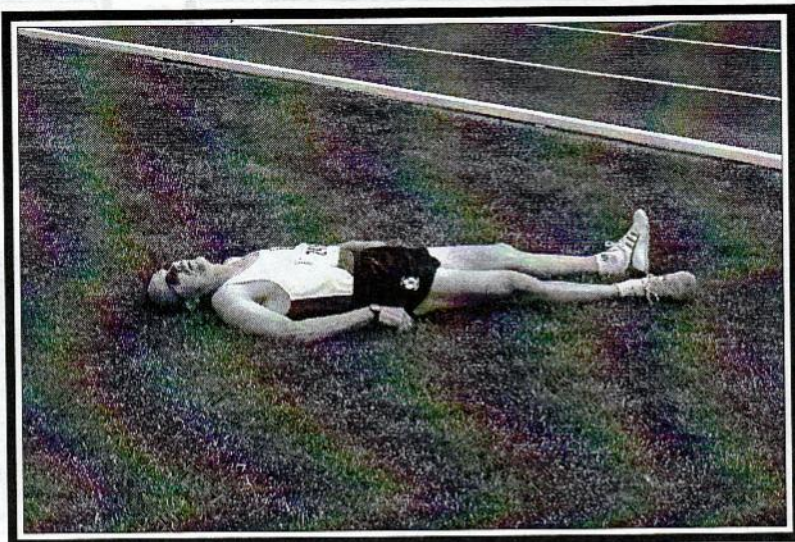
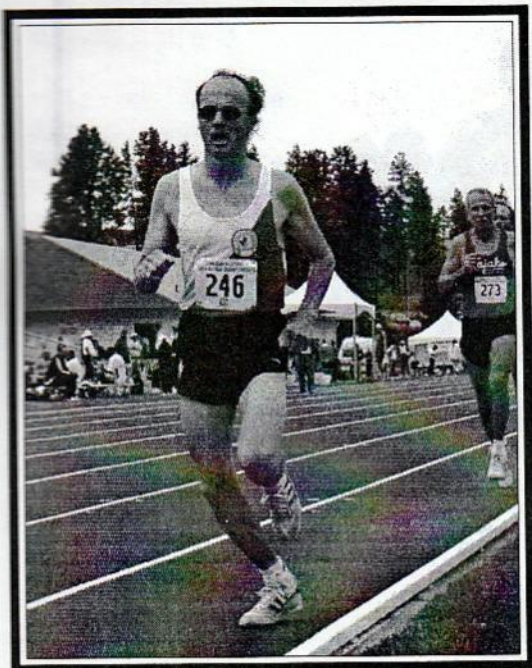


M55 Vern Christensen, W30 Agnes Kuczalska, M50 Roy Chubb

| ----- Men 50 ----- |                           |         |                      |         |                  |
|--------------------|---------------------------|---------|----------------------|---------|------------------|
| 1                  | Judson, Fred              | M54 CAN | Edmonton, AB         | 2:15.41 | 4 1:54.22 89.06% |
| 2                  | Garland, John             | M51 CAN | Thunder Bay, ON      | 2:16.46 | 4 1:57.99 86.22% |
| 3                  | Carter, Michael           | M51 CAN | Mississauga, ON      | 2:17.68 | 4 1:59.04 85.46% |
| 4                  | Smith, Rick               | M53 CAN | Saskatoon, SK        | 2:19.23 | 4 1:58.42 85.91% |
| 5                  | *Duhig, Peter             | M50 GBR | Norfolk              | 2:19.92 | 4 2:01.96 83.42% |
| 6                  | Payne, Tim                | M50 CAN | Orillia, ON          | 2:22.55 | 4 2:04.25 81.88% |
| 7                  | *Pate, Ron                | M54 USA | Honolulu, HI         | 2:24.29 | 4 2:01.71 83.58% |
| 8                  | *McKenzie, Don            | M51 CAN | Houston, TX          | 2:26.11 | 4 2:06.33 80.53% |
| 9                  | Lang, Dennis              | M52 CAN | Kelowna, BC          | 2:38.63 | 4 2:16.05 74.78% |
| 10                 | *Meyers, Steve            | M52 USA | Boulder, CO          | 2:40.59 | 4 2:17.73 73.87% |
| ----- Men 55 ----- |                           |         |                      |         |                  |
| 1                  | Morioka, Harold           | M57 CAN | Surrey, BC           | 2:13.97 | 3 1:50.10 92.40% |
| 2                  | *Tucker, Rich             | M55 USA | Spokane, WA          | 2:14.26 | 3 1:52.31 90.58% |
| 3                  | *McMillan, Don            | M59 USA | Portland, OR         | 2:17.21 | 3 1:50.75 91.86% |
| 4                  | *Lopez, Paulino           | M55 MEX | Corre Caminos Colima | 2:18.95 | 3 1:56.24 87.52% |
| 5                  | Madderom, Jake            | M55 CAN | Burnaby, BC          | 2:21.42 | 3 1:58.30 85.99% |
| 6                  | *Tadeo Palomares, Alfredo | M59 MEX | Puerto Mazatlan, MZ  | 2:21.57 | 3 1:54.27 89.03% |
| 7                  | Mullaley, Michael P       | M56 CAN | Nanaimo, BC          | 2:24.12 | 3 1:59.51 85.12% |
| 8                  | Adams, Barry              | M58 CAN | Vancouver, BC        | 2:25.55 | 3 1:58.56 85.81% |
| 9                  | McNamara, Bill            | M59 CAN | Surrey, BC           | 2:46.79 | 3 2:14.62 75.57% |
| 10                 | Powell, John              | M56 CAN | Bramalea, ON         | 2:49.59 | 3 2:20.63 72.34% |
| 11                 | *Ordaz, Nicolas           | M58 MEX | Pachuca              | 2:54.85 | 3 2:22.42 71.43% |
| 12                 | Smith, George             | M56 CAN | Edmonton, AB         | 3:00.85 | 3 2:29.97 67.84% |
| ----- Men 60 ----- |                           |         |                      |         |                  |
| 1                  | McIlwaine, Bill H         | M61 CAN | Toronto, ON          | 2:27.51 | 2 1:56.83 87.08% |
| 2                  | *Diaz, Federico           | M60 MEX | Tetalpan, DF         | 2:27.73 | 2 1:58.16 86.10% |
| 3                  | *Miller, Jack A           | M63 USA | Lewis Center, OH     | 2:32.99 | 2 1:58.80 85.63% |
| 4                  | *Salazar, Mario           | M64 GUA | Guatemala            | 2:39.71 | 2 2:02.77 82.86% |
| 5                  | Pascoe, James             | M62 CAN | Pickering, ON        | 2:42.73 | 2 2:07.62 79.71% |
| 6                  | Hashem, Salam             | M60 CAN | Charlottetown, PE    | 2:44.99 | 2 2:11.96 77.09% |
| 7                  | *Van der Wal, Hylke       | M62 CAN | Dalmeny, SK          | 2:48.85 | 2 2:12.42 76.83% |
| -                  | *Bedell, Clifford         | M62 USA | Eugene, OR           | DNF     | 2                |
| ----- Men 65 ----- |                           |         |                      |         |                  |
| 1                  | *Aneshansley, James       | M65 USA | Brooklyn, NY         | 2:35.81 | 2 1:58.56 85.81% |
| 2                  | Krolow, Gerhard           | M65 CAN | King City, ON        | 2:59.37 | 2 2:16.49 74.54% |
| -                  | Giegerich, Joe            | M68 CAN | Nonoose Bay, BC      | DNF     | 2                |
| ----- Men 70 ----- |                           |         |                      |         |                  |
| 1                  | Fee, Earl                 | M71 CAN | Mississauga, ON      | 2:31.68 | 1 1:47.70 94.46% |
| 2                  | *Ramirez, Francisco       | M71 MEX | Mexico, DF           | 2:37.17 | 1 1:51.60 91.16% |
| 3                  | *Beall, James             | M71 USA | Waterford, MI        | 2:38.50 | 1 1:52.54 90.40% |
| 4                  | Oracheski, Stan           | M72 CAN | Edmonton, AB         | 3:11.51 | 1 2:14.23 75.79% |
| 5                  | *Sather, Milo             | M73 USA | Los Angeles, CA      | 3:16.08 | 1 2:15.65 74.99% |
| ----- Men 75 ----- |                           |         |                      |         |                  |
| 1                  | Thompson, Harry           | M77 CAN | Powell River, BC     | 3:17.66 | 1 2:09.18 78.76% |
| ----- Men 85 ----- |                           |         |                      |         |                  |
| 1                  | *Springer, Maxwell        | M86 USA | Knoxville, TN        | 4:12.54 | 1 2:19.53 72.91% |

**1,500m**

| ----- Men 30 ----- |                    |         |                     |         |                  |
|--------------------|--------------------|---------|---------------------|---------|------------------|
| 1                  | *Magana, Miguel    | M33 MEX | Morelia, Michoacan  | 4:18.65 | 7 4:17.39 80.70% |
| ----- Men 35 ----- |                    |         |                     |         |                  |
| 1                  | *Almazan, Roberto  | M37 MEX | Cuantitlan Izcalli  | 4:39.60 | 7 4:30.71 76.72% |
| 2                  | Barwise, Jim       | M36 CAN | Armstrong, BC       | 4:42.09 | 7 4:35.01 75.53% |
| 3                  | Lewin, Wayne       | M38 CAN | Kitscoty, AB        | 5:06.40 | 7 4:54.58 70.51% |
| 4                  | Vandale, Ray       | M39 CAN | Kamloops, BC        | 5:07.04 | 7 4:53.14 70.86% |
| ----- Men 40 ----- |                    |         |                     |         |                  |
| 1                  | Faget, Iuliu       | M40 CAN | Salmon Arm, BC      | 4:28.00 | 6 4:14.04 81.76% |
| 2                  | Kennedy, Doug      | M41 CAN | Portland, ON        | 4:28.77 | 6 4:12.94 82.11% |
| 3                  | *Santillan, Miguel | M42 MEX | Pachula             | 4:29.93 | 6 4:12.17 82.37% |
| 4                  | Carscadden, Gordon | M44 CAN | Vancouver, BC       | 4:30.18 | 6 4:08.71 83.51% |
| 5                  | Mayr, John         | M41 CAN | New Westminster, BC | 4:30.74 | 6 4:14.80 81.52% |



**Bonked...** Alberta Provincial Director Rick Larush gave it his all in the 1500m. Breathe Rick breathe !

6 Robinson, Keith  
7 Munro, Neil J

|                        |         |   |         |        |
|------------------------|---------|---|---------|--------|
| M43 CAN Summerland, BC | 4:32.58 | 6 | 4:12.80 | 82.16% |
| M43 CAN St. Albert, AB | 5:09.67 | 6 | 4:47.19 | 72.32% |

----- Men 45 -----

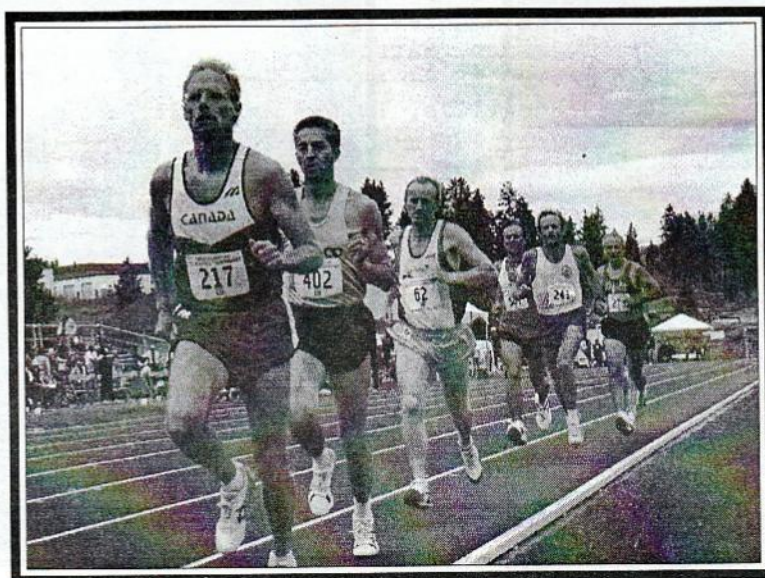
1 \*Kelly, Martin  
2 \*Pidgen, Frederick  
3 Secker, Michael  
4 Van Meer, Jim  
5 Carson, Ernie  
6 Harrington, Dallas  
7 Crowder, Derek

|                        |         |   |         |        |
|------------------------|---------|---|---------|--------|
| M45 IRL Dalkey, IR     | 4:18.22 | 5 | 3:55.94 | 88.03% |
| M46 GBR Nottingham     | 4:32.27 | 5 | 4:06.87 | 84.13% |
| M49 CAN Edmonton, AB   | 4:33.41 | 5 | 4:02.19 | 85.76% |
| M46 CAN Abbotsford, BC | 4:36.91 | 5 | 4:11.08 | 82.72% |
| M45 CAN Kamloops, BC   | 4:52.93 | 5 | 4:27.66 | 77.60% |
| M45 CAN Coquitlam, BC  | 4:54.80 | 5 | 4:29.36 | 77.11% |
| M47 CAN Chilliwack, BC | 4:58.33 | 5 | 4:28.41 | 77.38% |

----- Men 50 -----

1 \*Duhig, Peter  
2 \*Chavez, Hector  
3 Payne, Tim  
4 Judson, Fred  
5 Runyan, Craig  
6 Larush, Rick  
7 Haines, Robert D  
8 Lang, Dennis

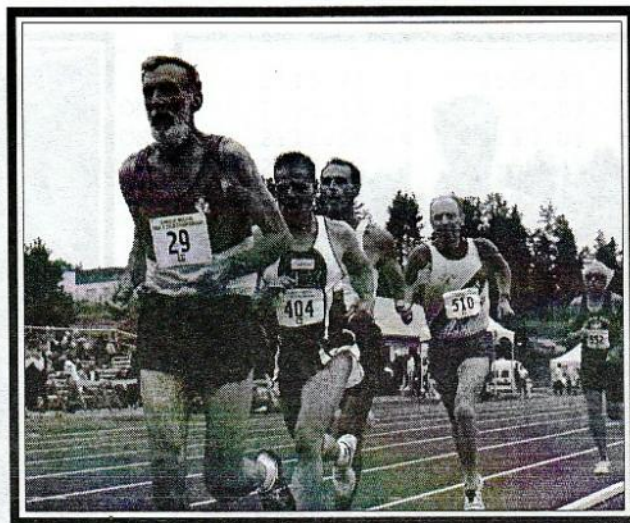
|                       |         |   |         |        |
|-----------------------|---------|---|---------|--------|
| M50 GBR Norfolk       | 4:39.33 | 4 | 4:05.48 | 84.61% |
| M53 MEX Lomas Verdes  | 4:41.32 | 4 | 4:01.15 | 86.13% |
| M50 CAN Orillia, ON   | 4:45.10 | 4 | 4:10.55 | 82.90% |
| M54 CAN Edmonton, AB  | 4:47.53 | 4 | 4:04.41 | 84.98% |
| M52 CAN Delta, BC     | 4:49.31 | 4 | 4:10.08 | 83.05% |
| M53 CAN Calgary, AB   | 4:51.21 | 4 | 4:09.63 | 83.20% |
| M50 CAN Vancouver, BC | 5:03.09 | 4 | 4:26.36 | 77.98% |
| M52 CAN Kelowna, BC   | 5:47.02 | 4 | 4:59.97 | 69.24% |



Tim Payne leads the M50 1500m. Closely following is Hector Chavez the NCCWAVA Vice-President and eventual winner Peter Duhig from England.



**M55 Jake Madderom and Jack Mikker**  
Jake is the BC Provincial Director



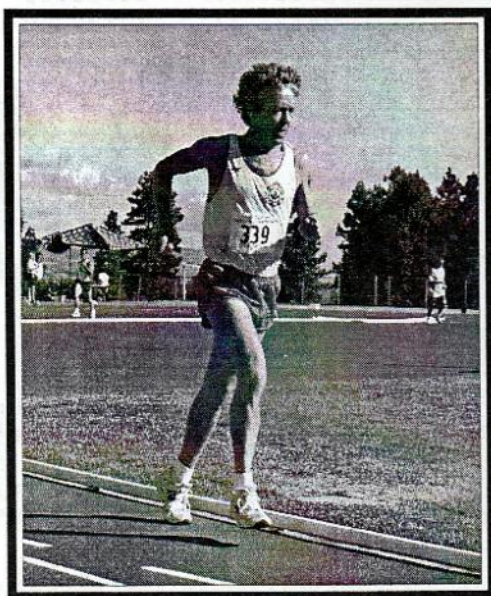
**Calgary's Roger Davies leads the M65 1500m**

| ----- Men 55 -----          |         |                      |         |   |         |        |
|-----------------------------|---------|----------------------|---------|---|---------|--------|
| 1 *Lopez, Paulino           | M55 MEX | Corre Caminos Colima | 4:49.34 | 3 | 4:03.86 | 85.17% |
| 2 *Tadeo Palomares, Alfredo | M59 MEX | Puerto Mazatlan, MZ  | 4:52.42 | 3 | 3:57.65 | 87.40% |
| 3 Madderom, Jake            | M55 CAN | Burnaby, BC          | 4:53.12 | 3 | 4:07.05 | 84.07% |
| 4 Miller, Jack              | M55 CAN | Cache Creek, BC      | 4:54.29 | 3 | 4:08.03 | 83.74% |
| 5 Mullaley, Michael P       | M56 CAN | Nanaimo, BC          | 5:14.50 | 3 | 4:22.71 | 79.06% |
| 6 Suffield, Bruce           | M55 CAN | Lamont, AB           | 5:25.76 | 3 | 4:34.56 | 75.65% |
| 7 *Ordaz, Nicolas           | M58 MEX | Pachuca              | 6:08.85 | 3 | 5:02.54 | 68.65% |
| ----- Men 60 -----          |         |                      |         |   |         |        |
| 1 *Diaz, Federico           | M60 MEX | Tetalpan, DF         | 5:04.98 | 2 | 4:05.57 | 84.58% |
| 2 *Miller, Jack A           | M63 USA | Lewis Center, OH     | 5:08.74 | 2 | 4:01.22 | 86.10% |
| 3 *Salazar, Mario           | M64 GUA | Guatemala            | 5:26.06 | 2 | 4:12.18 | 82.36% |
| 4 *Sinkovec, Hans           | M63 USA | Evergreen, CO        | 5:42.11 | 2 | 4:27.30 | 77.71% |
| 5 Anderson, Lornel          | M60 CAN | Vancouver, BC        | 6:37.71 | 2 | 5:20.24 | 64.86% |
| ----- Men 65 -----          |         |                      |         |   |         |        |
| 1 Davies, Roger             | M65 CAN | Calgary, AB          | 5:09.44 | 2 | 3:56.85 | 87.69% |
| 2 *Aneshansley, James       | M65 USA | Brooklyn, NY         | 5:35.05 | 2 | 4:16.45 | 80.99% |
| 3 Krolow, Gerhard           | M65 CAN | King City, ON        | 6:08.50 | 2 | 4:42.05 | 73.64% |
| ----- Men 70 -----          |         |                      |         |   |         |        |
| 1 *Ramirez, Francisco       | M71 MEX | Mexico, DF           | 5:23.47 | 1 | 3:50.77 | 90.01% |
| 2 *Beall, James             | M71 USA | Waterford, MI        | 5:33.65 | 1 | 3:58.03 | 87.26% |
| 3 Oracheski, Stan           | M72 CAN | Edmonton, AB         | 6:28.45 | 1 | 4:33.51 | 75.94% |
| 4 *Sather, Milo             | M73 USA | Los Angeles, CA      | 6:50.40 | 1 | 4:45.19 | 72.83% |
| - *Romain, Alfred           | M70 TRI | Kenton, Harrow       | DNF     | 1 |         |        |
| ----- Men 85 -----          |         |                      |         |   |         |        |
| 1 *Springer, Maxwell        | M86 USA | Knoxville, TN        | 9:21.18 | 1 | 5:10.45 | 66.90% |
| ----- Women 35 -----        |         |                      |         |   |         |        |
| 1 *Pidgeon, Jane            | W36 GBR | Nottingham           | 4:50.03 | 3 | 4:41.07 | 81.99% |
| 2 Dixon, Donna              | W37 CAN | Calgary, AB          | 4:58.37 | 3 | 4:46.83 | 80.35% |
| 3 *Zavala, Brenda L         | W39 GUA | Guatemala            | 5:02.14 | 3 | 4:45.77 | 80.65% |
| 4 Hislop, Ann               | W35 CAN | Cranbrook, BC        | 5:09.99 | 3 | 5:02.80 | 76.11% |
| 5 Robinson, Kelly           | W36 CAN | Summerland, BC       | 5:39.89 | 3 | 5:29.39 | 69.97% |
| ----- Women 40 -----        |         |                      |         |   |         |        |
| 1 Northey, Kathleen         | W41 CAN | Waterloo, ON         | 5:18.04 | 3 | 4:55.88 | 77.89% |
| 2 *Grigsby, Sue             | W43 USA | Everett, WA          | 5:30.73 | 3 | 5:02.49 | 76.19% |
| 3 Jolicoeur, Jovette        | W40 CAN | Calgary, AB          | 6:11.17 | 3 | 5:48.20 | 66.19% |
| ----- Women 45 -----        |         |                      |         |   |         |        |
| 1 Guy, Christine            | W47 CAN | Toronto, ON          | 6:02.21 | 2 | 5:19.87 | 72.05% |
| ----- Women 50 -----        |         |                      |         |   |         |        |
| 1 Douglas, Avril            | W54 CAN | Richmond, BC         | 5:25.95 | 2 | 4:29.40 | 85.55% |
| 2 *Groesz, Jeanette         | W50 USA | Terrebonne, OR       | 5:31.96 | 2 | 4:45.23 | 80.80% |

|                                                   |                          |         |     |         |        |
|---------------------------------------------------|--------------------------|---------|-----|---------|--------|
| 3 *Hartzler, Mary                                 | W51 USA Gahanna, OH      | 5:58.78 | 2   | 5:05.33 | 75.48% |
|                                                   | ----- Women 55 -----     |         |     |         |        |
| 1 Rayson, Min J                                   | W58 CAN Kelowna, BC      | 6:47.34 | 2   | 5:22.94 | 71.36% |
|                                                   | ----- Women 60 -----     |         |     |         |        |
| 1 *Daprano, Jeanne                                | W63 USA Riverdale, GA    | 6:04.08 | 2   | 4:32.70 | 84.51% |
| 2 *Bost, Madeline                                 | W61 USA Ironia, NJ       | 6:18.33 | 2   | 4:50.15 | 79.43% |
| 3 Saunder, Barbara                                | W60 CAN Nelson, BC       | 6:43.74 | 2   | 5:13.23 | 73.58% |
| 4 *Hodges-Hite, Joyce                             | W63 USA Millen, GA       | 7:22.15 | 2   | 5:31.18 | 69.59% |
| 5 *Vasquez Bajardo, Maria C                       | W63 GUA Guatemala        | 7:55.20 | 2   | 5:55.93 | 64.75% |
| 6 Watson, Eileen                                  | W63 CAN Calgary, AB      | 9:20.27 | 2   | 6:59.65 | 54.92% |
|                                                   | ----- Women 65 -----     |         |     |         |        |
| 1 Horne, Jean                                     | W67 CAN Kitchener, ON    | 6:14.11 | 1   | 4:26.41 | 86.51% |
| 2 Visser, Helly                                   | W66 CAN Millarville, AB  | 6:19.25 | 1   | 4:33.67 | 84.21% |
| 3 *MacLeod, Suzi                                  | W66 USA Bend, OR         | 6:19.45 | 1   | 4:33.82 | 84.17% |
| 4 *Harada, Mary                                   | W65 USA West Newbury, MA | 6:55.31 | 1   | 5:03.64 | 75.90% |
|                                                   | ----- Women 75 -----     |         |     |         |        |
| 1 *Adams, Louise                                  | W78 USA Boulder, CO      | 8:32.73 | 1   | 5:06.87 | 75.10% |
|                                                   | ----- Women 80 -----     |         |     |         |        |
| 1 Marvin, Lenore                                  | W80 CAN Surrey, BC       | 8:14.48 | CAN | 4:44.87 | 80.90% |
| (old CAN record 9:04.4 Ivy Granstrom '92 Burnaby) |                          |         |     |         |        |

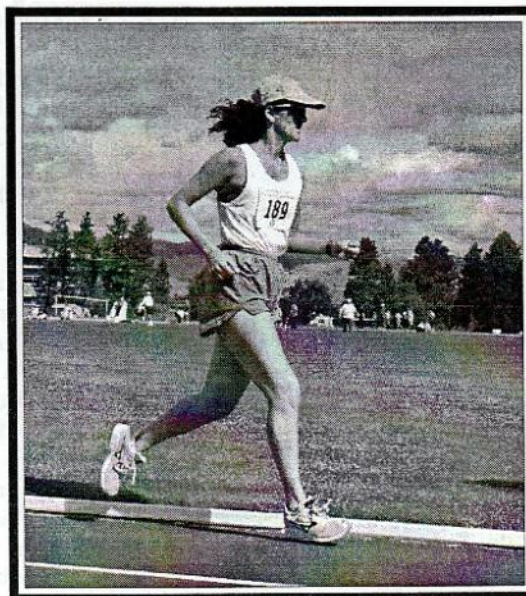
### 5,000m

|                               |                              |          |     |          |        |
|-------------------------------|------------------------------|----------|-----|----------|--------|
|                               | ----- Men 40 -----           |          |     |          |        |
| 1 *Alfaro Guevara, Manuel     | M41 MEX Martinez de la Torre | 16:24.68 |     | 15:40.87 | 82.73% |
|                               | ----- Men 45 -----           |          |     |          |        |
| 1 Moe, John                   | M46 CAN                      | 18:00.30 |     | 16:35.07 | 78.23% |
| 2 *Villagran Cifue, Gustavo A | M46 GUA Quetzaltenango       | 18:13.66 |     | 16:47.38 | 77.27% |
| 3 *Martinez, Jose             | M45 MEX Mexico, DF           | 18:34.58 |     | 17:14.45 | 75.25% |
| 4 Crowder, Derek              | M47 CAN Chilliwack, BC       | 19:25.61 |     | 17:45.49 | 73.06% |
| 5 Puttick, Hal                | M45 CAN Saskatoon, SK        | 19:56.71 |     | 18:30.67 | 70.08% |
| 6 Smith, Doug                 | M48 CAN Toronto, ON          | 20:58.62 |     | 19:01.70 | 68.18% |
|                               | ----- Men 50 -----           |          |     |          |        |
| 1 *Price, Roger               | M51 USA Piscataway, NJ       | 17:30.45 |     | 15:30.60 | 83.64% |
| 2 *Chavez, Hector             | M53 MEX Lomas Verdes         | 17:34.96 |     | 15:19.30 | 84.67% |
| 3 Larush, Rick                | M53 CAN Calgary, AB          | 18:29.74 |     | 16:07.03 | 80.49% |
| 4 Haines, Robert D            | M50 CAN Vancouver, BC        | 19:06.49 |     | 17:03.94 | 76.02% |
| 5 *Gallegos, Etelberto        | M53 MEX Mexico, DF           | 19:33.35 |     | 17:02.46 | 76.13% |
| 6 Breton, Gaetan              | M52 CAN Rock Forest, PQ      | 20:32.38 |     | 18:02.90 | 71.88% |
| 7 *Meyers, Steve              | M52 USA Boulder, CO          | 20:36.68 |     | 18:06.68 | 71.63% |
| 8 *Neal, Samuel               | M50 USA Buffalo, NY          | 21:08.41 |     | 18:52.82 | 68.71% |
| - Warick, Randy B             | M50 CAN Saskatoon, SK        |          | DNF |          |        |

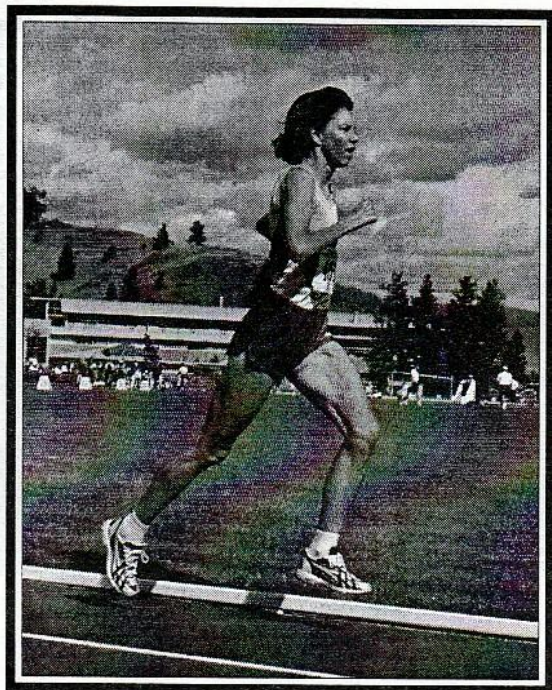


M50 Gaëtan Breton

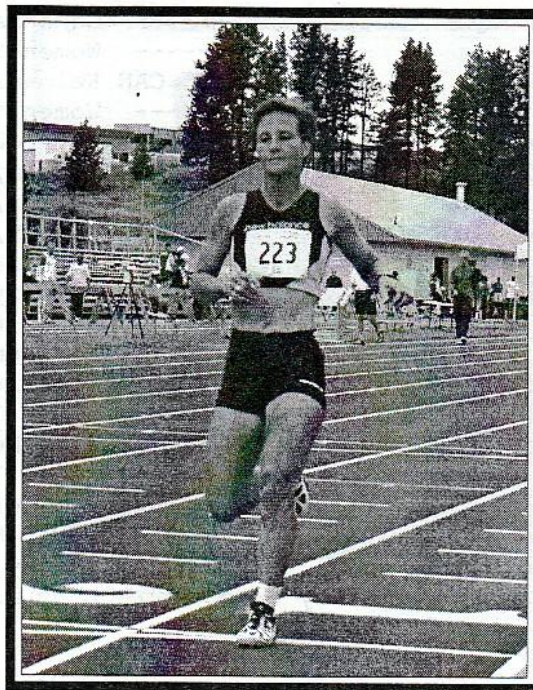
*Quebec's Finest*



W40 Jocelyne Dumais

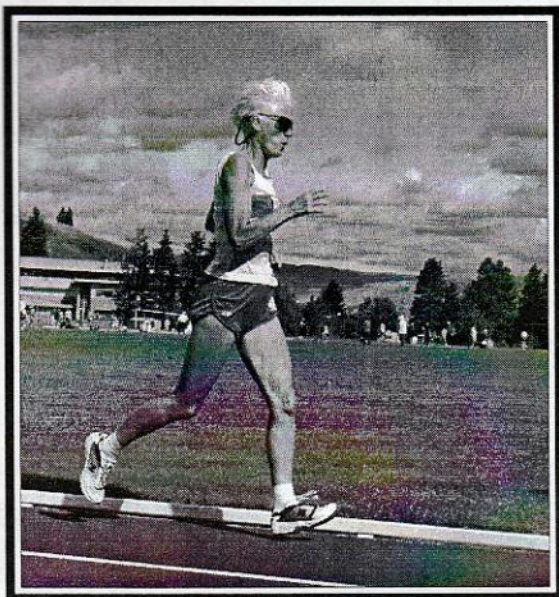


W45 Glyn Woodson

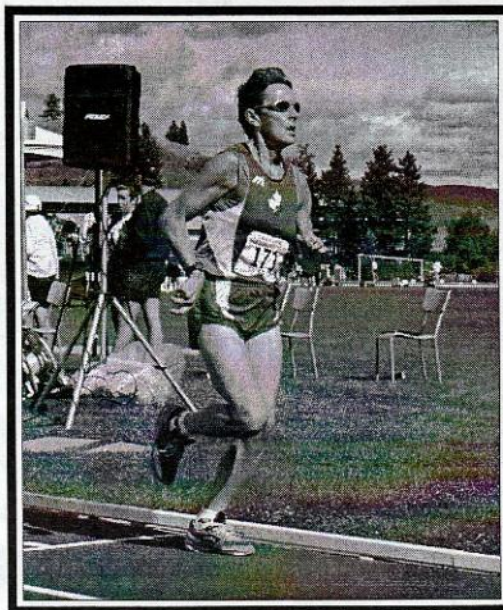


W35 Sandra Yaworski wins the Gold.

|   |                              | Men 55   |                    |          |                   |
|---|------------------------------|----------|--------------------|----------|-------------------|
| 1 | Miller, Jack                 | M55 CAN  | Cache Creek, BC    | 17:58.83 | 15:24.56 84.19%   |
| 2 | Christensen, Vern            | M59 CAN  | Toronto, ON        | 20:22.46 | 16:50.73 77.01%   |
|   |                              | Men 60   |                    |          |                   |
| 1 | *Diaz Mendez, Fidel          | M62 MEX  | Toluca             | 17:48.88 | 14:18.64 90.65%   |
| 2 | Phillips, Herb               | M60 CAN  | Burnaby, BC        | 17:53.77 | 14:39.74 88.48%   |
| 3 | *Sinkovec, Hans              | M63 USA  | Evergreen, CO      | 19:45.43 | 15:42.90 82.55%   |
| 4 | *Salazar, Mario              | M64 GUA  | Guatemala          | 20:29.17 | 16:07.85 80.43%   |
| 5 | *Castaneda Corte, Jose Mauro | M62 MEX  | Zapopan, JA        | 20:33.77 | 16:31.09 78.54%   |
| 6 | Hashem, Salam                | M60 CAN  | Charlottetown, PE  | 21:12.56 | 17:22.61 74.66%   |
| 7 | Anderson, Lornel             | M60 CAN  | Vancouver, BC      | 23:40.77 | 19:24.04 66.87%   |
| 8 | *Desjardins, Charles R       | M63 USA  | Carson City, NA    | 29:38.64 | 23:34.74 55.02%   |
|   |                              | Men 65   |                    |          |                   |
| 1 | *Chares Ramirez, Alberto     | M66 MEX  | Morelia, MX        | 21:27.09 | 16:32.09 78.46%   |
| 2 | Krolow, Gerhard              | M65 CAN  | King City, ON      | 22:27.41 | 17:30.18 74.12%   |
| 3 | *Hite, Jim                   | M66 USA  | Millen, GA         | 25:07.62 | 19:22.08 66.98%   |
|   |                              | Men 70   |                    |          |                   |
| 1 | *Ramirez, Francisco          | M71 MEX  | Mexico, DF         | 20:36.59 | 14:59.38 86.55%   |
| 2 | Oracheski, Stan              | M72 CAN  | Edmonton, AB       | 24:22.51 | 17:30.09 74.13%   |
|   |                              | Men 75   |                    |          |                   |
| 1 | *Johnston, James             | M77 GBR  | Northumberland, EN | 30:54.72 | 20:41.93 62.68%   |
|   |                              | Men 80   |                    |          |                   |
| 1 | Leyland, Les                 | M83 CAN  | Trail, BC          | 31:22.85 | 18:57.06 68.46%   |
|   |                              | Men 85   |                    |          |                   |
| 1 | *Healy, Dudley               | M86 USA  | Chatham, NJ        | 36:15.69 | 20:33.19 63.12%   |
|   |                              | Women 35 |                    |          |                   |
| 1 | Yaworski, Sandra             | W38 CAN  | Edmonton, AB       | 18:18.68 | 9 17:43.53 81.21% |
| 2 | *Zavala, Brenda L            | W39 GUA  | Guatemala          | 18:32.71 | 9 17:48.54 80.83% |
| 3 | Hislop, Ann                  | W35 CAN  | Cranbrook, BC      | 20:01.79 | 9 19:51.34 72.50% |
|   |                              | Women 40 |                    |          |                   |
| 1 | Duffy, Bernadette            | W41 CAN  | Vancouver, BC      | 19:20.06 | 8 18:15.91 78.81% |
| 2 | Dumais, Jocelyne             | W41 CAN  | Rock Forest, PQ    | 24:03.07 | 8 22:43.27 63.35% |
|   |                              | Women 45 |                    |          |                   |
| 1 | Woodson, Glyn                | W49 CAN  | Victoria, BC       | 19:25.45 | 7 17:07.23 84.08% |
| 2 | Tedford, Catherine           | W47 CAN  | Willowdale, ON     | 31:01.06 | 7 27:49.93 51.72% |
|   |                              | Women 50 |                    |          |                   |
| 1 | *Groesz, Jeanette            | W50 USA  | Terrebonne, OR     | 20:31.14 | 6 17:55.28 80.32% |

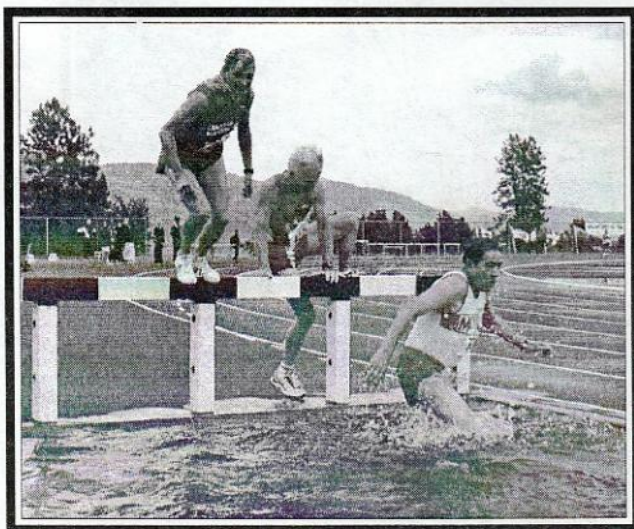


W65 Helly Visser

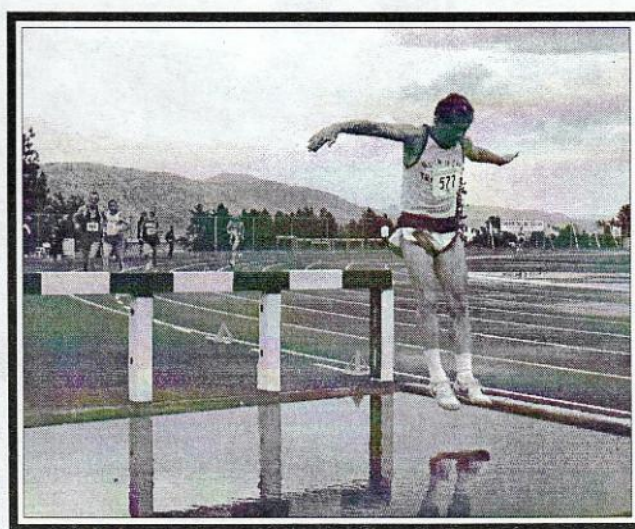


W40 Bernadette Duffy

|                                               |                               |         |                  |          |     |          |        |  |
|-----------------------------------------------|-------------------------------|---------|------------------|----------|-----|----------|--------|--|
|                                               |                               | -----   | Women 55         | -----    |     |          |        |  |
| 1                                             | Rayson, Min J                 | W58 CAN | Kelowna, BC      | 23:00.94 | 5   | 18:34.15 | 77.52% |  |
|                                               |                               | -----   | Women 60         | -----    |     |          |        |  |
| 1                                             | *Mendiburo Areva, Martha Judi | W62 MEX | Tetalpan, DF     | 22:33.66 | 4   | 17:24.90 | 82.66% |  |
| 2                                             | *Nitz, Ellen                  | W60 USA | Milford, MI      | 23:00.94 | 4   | 18:10.67 | 79.19% |  |
| 3                                             | *Hodges-Hite, Joyce           | W63 USA | Millen, GA       | 26:03.07 | 4   | 19:52.47 | 72.43% |  |
| 4                                             | Watson, Eileen                | W63 CAN | Calgary, AB      | 33:28.89 | 4   | 25:32.59 | 56.36% |  |
|                                               |                               | -----   | Women 65         | -----    |     |          |        |  |
| 1                                             | Visser, Helly                 | W66 CAN | Millarville, AB  | 23:28.28 | 3   | 17:15.79 | 83.38% |  |
| 2                                             | *Harada, Mary                 | W65 USA | West Newbury, MA | 24:46.74 | 3   | 18:27.63 | 77.98% |  |
|                                               |                               | -----   | Women 75         | -----    |     |          |        |  |
| 1                                             | *Adams, Louise                | W78 USA | Boulder, CO      | 28:14.29 | 2   | 17:17.25 | 83.27% |  |
|                                               |                               | -----   | Women 80         | -----    |     |          |        |  |
| 1                                             | Marvin, Lenore                | W80 CAN | Surrey, BC       | 31:28.11 | CAN | 18:33.42 | 77.57% |  |
| (old CAN 32:56.74 Ivy Granstrom '94 Edmonton) |                               |         |                  |          |     |          |        |  |



W50 Judy Warick and M65 Jim Hite follow  
M65 Carlos Hernandez of Mexico over the water barrier.



M60 Hyke van der Wal sails into the water.  
Hyke's 9:37 is still the CAN record after 21 years!

**2,000m Steeplechase** 30" barriers/no water pit insert

|                      |                       |          |          |        |  |
|----------------------|-----------------------|----------|----------|--------|--|
| ----- Men 60 -----   |                       |          |          |        |  |
| 1 Van der Wal, Hyke  | M62 CAN Dalmeny, SK   | 9:17.76  | 10:32.62 | 76.20% |  |
| 2 Anderson, Lornel   | M60 CAN Vancouver, BC | 10:18.04 | 11:59.65 | 66.99% |  |
| ----- Men 65 -----   |                       |          |          |        |  |
| 1 *Hite, Jim         | M66 USA Millen, GA    | 10:00.48 | 10:44.32 | 74.82% |  |
| 2 *Hernandez, Carlos | M69 MEX Mexico, DF    | 10:27.57 | 10:43.39 | 74.93% |  |
| ----- Women 50 ----- |                       |          |          |        |  |
| 1 Warick, Judy J     | W51 CAN Saskatoon, SK | 9:08.41  | 7:28.00  | 80.36% |  |

**3,000m Steeplechase** 36" barriers

|                     |                            |          |          |        |  |
|---------------------|----------------------------|----------|----------|--------|--|
| ----- Men 35 -----  |                            |          |          |        |  |
| 1 *Almazan, Roberto | M37 MEX Cuantitlan Izcalli | 11:18.28 | 10:47.56 | 74.45% |  |
| ----- Men 40 -----  |                            |          |          |        |  |
| 1 Roberts, Paul     | M41 CAN London, ON         | 10:28.17 | 9:38.24  | 83.37% |  |
| - Keating, Steven   | M40 CAN Streetsville, ON   | DNF      |          |        |  |
| ----- Men 45 -----  |                            |          |          |        |  |
| 1 Smith, Doug       | M48 CAN Toronto, ON        | 12:40.54 | 10:53.99 | 73.71% |  |
| 2 Spelsberg, Grant  | M46 CAN Fort St. John, BC  | 13:56.66 | 12:14.09 | 65.67% |  |
| ----- Men 50 -----  |                            |          |          |        |  |
| 1 *Duhig, Peter     | M50 GBR Norfolk            | 11:27.94 | 9:39.53  | 83.19% |  |
| 2 *Pate, Ron        | M54 USA Honolulu, HI       | 12:34.17 | 10:08.32 | 79.25% |  |
| ----- Men 55 -----  |                            |          |          |        |  |
| 1 *Pfueller, Gale   | M57 USA Bellingham, WA     | 12:46.86 | 9:57.39  | 80.70% |  |
| 2 Suffield, Bruce   | M55 CAN Lamont, AB         | 13:14.67 | 10:33.83 | 76.06% |  |
| 3 Christensen, Vern | M59 CAN Toronto, ON        | 13:15.10 | 10:04.68 | 79.73% |  |
| 4 McNamara, Bill    | M59 CAN Surrey, BC         | 14:44.77 | 11:12.87 | 71.65% |  |

**Steeplechase Class Of 2000**

(front) Bruce, Vern, Doug, Ron, Hyke, Grant, Paul (back) Gale, Jim, Steven, Bill  
 (Judy was already off throwing the javelin)

## 80m Hurdles

43

|                       |                         |            |       |        |
|-----------------------|-------------------------|------------|-------|--------|
| ----- Women 40 -----  |                         |            |       |        |
| 1 *Harrell, Kimberley | W41 USA Kingsport, TN   | 14.54 -2.7 | 16.30 | 74.90% |
| ----- Women 45 -----  |                         |            |       |        |
| 1 Cochrane, Nancy     | W48 CAN Victoria, BC    | 19.26 -2.7 | 19.87 | 61.47% |
| ----- Women 75 -----  |                         |            |       |        |
| 1 *Valien, Johnnye    | W75 USA Los Angeles, CA | 21.11 -2.7 | 14.86 | 82.19% |
| ----- Men 70 -----    |                         |            |       |        |
| 1 *Stookey, James     | M70 USA Dickerson, MD   | 13.41 -1.2 | 13.49 | 95.75% |
| 2 *Propst, Ray        | M71 USA Astoria, OR     | 19.64 -1.2 | 19.44 | 66.45% |
| 3 Daniels, Danny      | M71 CAN Sidney, BC      | 21.06 -1.2 | 20.84 | 61.97% |
| - Flowers, Jim        | M72 CAN Willowdale, ON  | DNF NWI    |       |        |

## 100m Hurdles

|                      |                         |            |       |        |
|----------------------|-------------------------|------------|-------|--------|
| ----- Men 60 -----   |                         |            |       |        |
| 1 *Byrne, Phil       | M60 USA Charlestown, MA | 18.14 -1.8 | 16.20 | 79.71% |
| 2 Armstrong, Merv    | M61 CAN Red Deer, AB    | 20.73 -1.8 | 18.28 | 70.62% |
| ----- Men 65 -----   |                         |            |       |        |
| 1 Grady, Udo         | M66 CAN Cranbrook, BC   | 24.63 -1.8 | 20.34 | 63.50% |
| ----- Women 35 ----- |                         |            |       |        |
| 1 Estwick, Leslie    | W39 CAN Gloucester, ON  | 14.55 -4.1 | 13.24 | 92.23% |

## 110 Meter Hurdles

|                                                                                            |                         |           |       |        |
|--------------------------------------------------------------------------------------------|-------------------------|-----------|-------|--------|
| ----- Men 35 -----                                                                         |                         |           |       |        |
| 1 Johnson, Winchester<br>(legal wind is 2m/sec. CAN record 16.66 Andrew Yap '98 London ON) | M39 CAN Wetaskiwin, AB  | 15.8h 3.0 | 15.10 | 85.54% |
| ----- Men 40 -----                                                                         |                         |           |       |        |
| 1 *Schneebeck, Douglas                                                                     | M40 USA Albuquerque, NM | 16.2h 3.0 | 15.34 | 84.18% |
| ----- Men 45 -----                                                                         |                         |           |       |        |
| 1 *Zahn, Robert                                                                            | M46 USA Grafton, WI     | 16.2h 3.0 | 14.51 | 88.99% |
| 2 *Nelson, Dennis                                                                          | M45 USA Fargo, ND       | 17.9h 3.0 | 16.17 | 79.88% |
| 3 *Jacquet-Acea, Russell                                                                   | M47 USA Seattle, WA     | 18.1h 3.0 | 16.04 | 80.53% |
| 4 *Iwen, Gene                                                                              | M49 USA Littleton, CO   | 19.7h 3.0 | 17.10 | 75.53% |

## 300m Hurdles

|                       |                         |       |         |        |
|-----------------------|-------------------------|-------|---------|--------|
| ----- Men 60 -----    |                         |       |         |        |
| 1 *Byrne, Phil        | M60 USA Charlestown, MA | 51.24 | 57.18   | 81.83% |
| 2 *Van der Wal, Hylke | M62 CAN Dalmeny, SK     | 52.20 | 56.89   | 82.24% |
| 3 Armstrong, Merv     | M61 CAN Red Deer, AB    | 58.20 | 64.19   | 72.89% |
| 4 Anderson, Lornel    | M60 CAN Vancouver, BC   | 70.91 | 79.13   | 59.13% |
| ----- Men 70 -----    |                         |       |         |        |
| 1 *Stookey, James     | M70 USA Dickerson, MD   | 50.53 | 49.59   | 94.34% |
| 2 Fee, Earl           | M71 CAN Mississauga, ON | 52.06 | 50.31   | 92.99% |
| 3 Flowers, Jim        | M72 CAN Willowdale, ON  | 75.29 | 71.64   | 65.31% |
| ----- Women 50 -----  |                         |       |         |        |
| 1 McBlain, Liz        | W52 CAN Edmonton, AB    | 70.41 | 1:22.93 | 63.60% |

## 400 Meter Hurdles

|                                                                                      |                         |           |       |        |
|--------------------------------------------------------------------------------------|-------------------------|-----------|-------|--------|
| ----- Men 40 -----                                                                   |                         |           |       |        |
| 1 *Schneebeck, Douglas                                                               | M40 USA Albuquerque, NM | 60.39     | 55.71 | 83.99% |
| ----- Men 45 -----                                                                   |                         |           |       |        |
| 1 *Jacquet-Acea, Russell                                                             | M47 USA Seattle, WA     | 64.52     | 55.61 | 84.13% |
| 2 *Nelson, Dennis                                                                    | M45 USA Fargo, ND       | 65.52     | 57.62 | 81.20% |
| 3 *Iwen, Gene                                                                        | M49 USA Littleton, CO   | 66.01     | 55.74 | 83.93% |
| 4 Berquist, Brian                                                                    | M47 CAN Saskatoon, SK   | 66.98     | 57.74 | 81.04% |
| 5 Delecki, Andrew                                                                    | M49 CAN Richmond, BC    | 78.01     | 65.88 | 71.02% |
| ----- Men 50 -----                                                                   |                         |           |       |        |
| 1 Judson, Fred                                                                       | M54 CAN Edmonton, AB    | 65.19     | 52.82 | 88.59% |
| 2 *Duhig, Peter                                                                      | M50 GBR Norfolk         | 70.75     | 59.89 | 78.12% |
| - Chubb, Roy                                                                         | M50 CAN Scarborough, ON | DQ        |       |        |
| ----- Men 55 -----                                                                   |                         |           |       |        |
| 1 Morioka, Harold                                                                    | M57 CAN Surrey, BC      | 63.03 CAN | 49.31 | 94.89% |
| (old CAN record 1:08.3 Jack Rowe '81 Christchurch NZ - Harold ran 1:03.73 in Eugene) |                         |           |       |        |

----- Women 45 -----  
 1 Cochrane, Nancy W48 CAN Victoria, BC 1:49.5h 1:31.70 57.52%

### 5,000 Meter Race Walk

|                              |                              |          |          |        |
|------------------------------|------------------------------|----------|----------|--------|
| ----- Men 35 -----           |                              |          |          |        |
| 1 *Vidales, Paulo            | M36 MEX Mexico, DF           | 23:16.03 | 22:28.15 | 81.22% |
| ----- Men 40 -----           |                              |          |          |        |
| 1 *Mendez, Adan              | M42 MEX Mexico, DF           | 24:25.91 | 22:39.64 | 80.54% |
| 2 *Kale, Barton              | M44 USA Seattle, WA          | 29:15.90 | 26:45.60 | 68.20% |
| ----- Men 45 -----           |                              |          |          |        |
| 1 Dragomir, Gerald           | M48 CAN Vancouver, BC        | 24:30.81 | 21:45.05 | 83.90% |
| 2 *Vazquez, Xerman           | M48 MEX Celsys, Sanusjusto   | 25:39.77 | 22:46.24 | 80.15% |
| ----- Men 50 -----           |                              |          |          |        |
| 1 *Pineda, Gildardo          | M53 MEX Irapuato, GU         | 24:25.86 | 20:49.21 | 87.66% |
| 2 *Salas Martinez, Hector R  | M51 MEX Saltillo, CO         | 26:51.23 | 23:16.14 | 78.43% |
| 3 *Novak, Robert             | M51 USA Seattle, WA          | 27:45.29 | 24:02.98 | 75.88% |
| 4 Ramsden, Don               | M53 CAN London, ON           | 28:01.67 | 23:53.12 | 76.41% |
| ----- Men 55 -----           |                              |          |          |        |
| 1 *Carmines, James           | M57 USA Etters, PA           | 25:21.87 | 20:52.81 | 87.40% |
| 2 Roberts, Richard           | M57 CAN St. Albert           |          |          |        |
| ----- Men 60 -----           |                              |          |          |        |
| 1 *Gore, Brian               | M63 GBR Trowbridge           | 26:48.45 | 20:51.38 | 87.50% |
| 2 *Thorne, Wesley            | M62 TRI San Juan, TR         | 34:18.19 | 26:56.92 | 67.72% |
| ----- Men 65 -----           |                              |          |          |        |
| 1 *Bray, Jack                | M67 USA Greenbrae, CA        | 27:16.34 | 20:21.86 | 89.62% |
| 2 Summerhayes, Stuart        | M66 CAN Cambridge, ON        | 29:13.15 | 22:02.93 | 82.77% |
| 3 *Fine, Robert              | M69 USA Delray Beach, FL     | 30:45.22 | 22:28.49 | 81.20% |
| 4 *Donaldson, Presley        | M66 USA Irving, TX           | 31:19.46 | 23:38.25 | 77.21% |
| 5 *Galfetti, Peppo           | M68 SUI Killwangen           | 31:28.34 | 23:14.92 | 78.50% |
| 6 Bass, Willis               | M66 CAN Spruce Grove, AB     | 32:51.14 | 24:47.43 | 73.62% |
| 7 *Elkins, Cliff             | M69 USA Surprise, AZ         | 33:55.68 | 24:47.68 | 73.60% |
| - *Heredia Lozano, Enrique   | M65 MEX Tlanepantla          | DQ       |          |        |
| ----- Men 70 -----           |                              |          |          |        |
| 1 *Munnell, Jack             | M70 USA Athens, GA           | 35:17.89 | 25:30.82 | 71.53% |
| ----- Men 80 -----           |                              |          |          |        |
| 1 *Geyer, Paul               | M80 USA Rochert, MN          | 38:47.92 | 24:45.68 | 73.70% |
| - *PeralesDeLaGarz, Gregorio | M82 CAN Cd.Victoria,Tamaulio | DQ       |          |        |
| ----- Women 35 -----         |                              |          |          |        |
| 1 McNeely, Margie            | W38 CAN Edmonton, AB         | 27:58.17 | 26:36.95 | 76.21% |
| ----- Women 40 -----         |                              |          |          |        |
| 1 *Herazo, Victoria          | W41 USA Carson City, CA      | 24:53.29 | 23:10.11 | 87.55% |
| 2 *Chamberlain, Donna        | W43 USA Etters, PA           | 26:04.64 | 23:54.47 | 84.84% |
| 3 *Benton, Debbie            | W43 USA Dearborn, MI         | 26:17.70 | 24:06.44 | 84.14% |
| 4 Keatley-Campbel, Linda     | W44 CAN Victoria, BC         | 29:23.47 | 26:44.23 | 75.86% |
| 5 Floer, Jo Ellen            | W41 CAN Cranbrook, BC        | 33:01.27 | 30:44.37 | 65.98% |
| 6 Gill, Jacqueline A         | W42 CAN Burnaby, BC          | 33:41.51 | 31:07.48 | 65.17% |
| 7 Atchison, Catherine        | W42 CAN North Vancouver, BC  | 34:51.75 | 32:12.36 | 62.98% |
| ----- Women 45 -----         |                              |          |          |        |
| 1 *Reader, Cath              | W45 GBR Downham Market       | 28:45.78 | 25:57.69 | 78.13% |
| 2 Watts, Sherry              | W47 CAN Ilerton, ON          | 29:39.47 | 26:20.00 | 77.03% |
| 3 *Leiker, Lorrie            | W46 USA San Francisco, CA    | 36:30.09 | 32:40.57 | 62.07% |
| ----- Women 50 -----         |                              |          |          |        |
| 1 Okamura, Katherine         | W50 CAN Edmonton, AB         | 31:39.59 | 27:24.67 | 74.00% |
| 2 Leo, Nancy                 | W50 CAN Willowdale, ON       | 32:58.64 | 28:33.11 | 71.04% |
| 3 Ramsden, Agnes             | W51 CAN London, ON           | 33:24.38 | 28:40.16 | 70.75% |
| 4 Laman, Rimka               | W53 NED Burnaby, BC          | 33:41.98 | 28:24.33 | 71.41% |
| 5 *Alexander, Rosemarie      | W53 GBR Poole Dorset         | 34:22.95 | 28:58.87 | 69.99% |
| 6 Bass, Barbara              | W52 CAN Edmonton, AB         | 34:28.84 | 29:19.55 | 69.17% |
| 7 Johnson, Faune             | W52 CAN Vancouver, BC        | 34:52.41 | 29:39.60 | 68.39% |
| 8 *Nash, Carolyn             | W53 USA San Francisco, US    | 38:25.30 | 32:23.14 | 62.63% |
| - Fox, Gay                   | W53 CAN Burnaby, BC          | DNF      |          |        |
| ----- Women 55 -----         |                              |          |          |        |
| 1 Naylor, Shirley            | W55 CAN Ladysmith, BC        | 33:24.47 | 27:38.90 | 73.36% |
| 2 Rosenitsch, Ann Marie      | W59 CAN Toronto, ON          | 35:16.00 | 28:04.13 | 72.26% |