Totals are the average of the best results of the first three races along with the Provincials and Nationals.

Note: Must have a minimum of one person from each sex in top 5 scorers. Must score in two of the Prep races.

Don Farguharson 4K Sep	29=8	•	ı	•	•	Age Grade	
University of Toronto TC	Makie	Ohler	lF	F60-64	18:02.7	84.30%	
University of Toronto TC	Anne	Koch	F	F60-64	18:39.5	81.50%	
University of Toronto TC	Charles	Bedley	М	M50-54	14:19.8	79.50%	
University of Toronto TC	Rita	Botelho	F	F65-69	20:59.1	78.20%	
University of Toronto TC	John	Thomas	M	M55-59	15:57.4	74.40%	79.58
Newmarket Huskies Track Club	Laurie-Anne	Penner	F	F60-64	18:38.7	81.60%	
Newmarket Huskies Track Club	Geoffrey	Peat	М	M60-64	15:37.0	79.40%	
Newmarket Huskies Track Club	David	Tepper	М	M50-54	15:19.5	74.40%	
Newmarket Huskies Track Club	Daniel	Fiorini	М	M60-64	16:49.0	73.70%	
Newmarket Huskies Track Club	Mirco	Graenert	M	M55-59	16:07.4	73.60%	76.54
AO XC Milne Park - 5K O AO XC Sunnybrook - 6K C							
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AO XC Championship - W	hitby - Nov 15		•	•	•		
AC XC National Champio	nships - London - I	Nov 30			_		
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