

	AG DIV	Name	AG%	Guntime	AG Time	PROV	CLUB
1	M55-59	Jerry Kooymans	84.48	30:56.1	25:06:00	ON	TORONTO OLYMPIC CLUB
2	M50-54	Mark Bennett	82.54	30:05.2	25:41:00	BC	
3	M40-44	James Finlayson	82.5	27:35.7	25:42:00	BC	PRAIRIE INN HARRIERS RACING
4	M60-64	Michael Secker	81.22	33:19.6	26:07:00	AB	RUNNING ROOM ATHLETIC CLUB
5	M50-54	Geoff Peat	80.95	30:11.1	26:12:00	ON	NEWMARKET HUSKIES TRACK CLUB
6	M45-49	Derek Hackshaw	80.85	28:49.2	26:14:00	ON	NEWMARKET HUSKIES TRACK CLUB
7	F60-64	Thelma Wright	80.33	40:27.4	29:59:00	BC	
8	M40-44	Craig Odermatt	80.07	28:52.3	26:29:00	BC	PRAIRIE INN HARRIERS RACING
9	M45-49	Troy Cox	79.93	29:36.5	26:32:00	ON	MUSKOKA ALGONQUIN RUNNERS
10	M40-44	Graeme Wilson	79.82	28:45.2	26:35:00	BC	
11	M45-49	Bruce Deacon	79.76	29:54.2	26:35:00	BC	PRAIRIE INN HARRIERS RACING
12	M50-54	Chris Deighan	79.57	31:28.9	26:39:00	ON	NEWMARKET HUSKIES TRACK CLUB
13	M40-44	Oliver Utting	79.42	28:27.3	26:42:00	BC	
14	M50-54	Daniel Fiorini	79.35	31:02.6	26:43:00	ON	NEWMARKET HUSKIES TRACK CLUB
15	M55-59	Michael Lax	79.24	32:24.7	26:46:00	BC	PRAIRIE INN HARRIERS RACING
16	M50-54	Andrew Tuovinen	79.01	30:55.4	26:50:00	BC	
17	M50-54	Brian Nemethy	78.97	31:26.8	26:51:00	BC	PRINCE GEORGE ROAD RUNNER
18	M45-49	Darrin Deforge	78.76	30:32.1	26:56:00	AB	RUNNING ROOM ATHLETIC CLUB
19	M40-44	Mike Murphy	78.66	29:10.5	26:58:00	BC	
20	M40-44	Claude Gilbert	78.58	29:25.0	26:59:00	QC	C. A. UNIVERSITE LAVAL
21	M35-39	Nathan Kendrick	78.55	27:34.9	27:00:00	AB	U OF C ATHLETICS CLUB
22	M60-64	Bill Krezonoski	78.53	33:52.5	27:01:00	ON	
23	F40-44	Tina Connelly	78.49	32:38.3	30:42:00	BC	PRAIRIE INN HARRIERS RACING
24	M55-59	Gary Duncan	78.28	32:48.7	27:05:00	BC	PRAIRIE INN HARRIERS RACING
25	M45-49	Shawn Muldrew	77.92	30:51.9	27:13:00	AB	RUNNING ROOM ATHLETIC CLUB
26	M40-44	Marty Robertson	77.8	29:30.0	27:16:00	AB	RUNNING ROOM ATHLETIC CLUB
27	F50-54	Juliette Christie	77.65	36:00.9	31:01:00	BC	
28	M65-69	Grant Towns	77.32	36:19.2	27:26:00	MB	YELLOW SNOW ATHLETIC CLUB
29	M55-59	Bob McGraw	77.2	32:59.2	27:28:00	ON	PHYSI-KULT KINGSTON
30	M45-49	Alex Coffin	77.05	30:28.6	27:31:00	NB	SAINT JOHN TRACK & FIELD
31	M55-59	Paul Reimer	76.93	33:58.3	27:34:00	BC	
32	M55-59	Dave Kary	76.58	32:58.3	27:41:00	ON	OTTAWA LIONS T.F.C.
33	M60-64	Reidar Zapf-Gilje	76.46	35:24.0	27:44:00	BC	GREYHOUNDS TRACK & FIELD
34	M50-54	Norman Tinkham	76.41	31:58.6	27:45:00	BC	GOLDEN EARS ATHLETICS
35	M45-49	Frank Ackermann	76.36	30:30.7	27:46:00	ON	MUSKOKA ALGONQUIN RUNNERS
36	F70-74	Helen Sabourin	76.21	49:59.7	31:37:00	BC	SUNSHINE COAST ATHLETICS
37	M45-49	Bertrand Plouvier	76.08	31:36.8	27:53:00	BC	
38	F40-44	Lisa Harvey	76.07	33:40.6	31:40:00	AB	CALGARY SPARTANS
39	M60-64	Rick Woods	75.94	35:58.2	27:55:00	BC	SEMAIHMUO SUNRUNNERS
40	M50-54	Tom Sawyer	75.81	32:29.7	27:58:00	ON	LAUREL CREEK TRACK & FIELD
41	M60-64	Bruce Wark	75.8	35:24.0	27:59:00	BC	
42	F50-54	Zita Mulligan	75.79	37:52.0	31:47:00	AB	CALGARY PHOENIX STRIDERS
43	M45-49	Hicham Elamiri	75.74	31:00.3	28:00:00	BC	
44	M60-64	Clifford Russell	75.58	35:11.6	28:04:00	AB	RUNNING ROOM ATHLETIC CLUB
45	F50-54	Claudette Augert	75.41	36:10.9	31:57:00	AB	RUNNING ROOM ATHLETIC CLUB

46	F45-49	Michele Harvey-Blanke	75.4	p 35:19.3	31:56:00	AB	RUNNING ROOM ATHLETIC CLUB
47	M55-59	Arthur Boileau	75.1	34:12.0	28:14:00	BC	WEST VANCOUVER TRACK & FIELD
48	F50-54	Donna Dixon	74.85	37:21.9	32:11:00	AB	CALGARY PHOENIX STRIDERS
49	M50-54	Steven Blostein	74.74	33:13.6	28:22:00	ON	PHYSI-KULT KINGSTON
50	M50-54	Michael Moon	74.62	33:16.8	28:25:00	BC	PRAIRIE INN HARRIERS RACING
51	M50-54	Tim Smith	74.62	33:34.3	28:26:00	BC	
52	F50-54	Barbara Mercier	74.59	36:34.6	32:18:00	AB	CALGARY PHOENIX STRIDERS
53	M60-64	Francois Martel	74.49	35:23.7	28:29:00	QC	FLEUR DE LYS
54	F50-54	Becky Bates	74.49	37:32.7	32:20:00	BC	KOOTENAY CHAOS TRACK CLUB
55	M50-54	Mark Pinckard	74.2	33:45.5	28:35:00	BC	
56	F50-54	Amy Anderson	74.19	37:41.8	32:28:00	AB	CALGARY PHOENIX STRIDERS
57	F60-64	Corinne Krezonoski	74.05	42:01.2	32:31:00	ON	
58	M45-49	Pierre Mikhail	73.75	31:50.7	28:45:00	ON	MUSKOKA ALGONQUIN RUNNERS
59	M60-64	Bob Holmes	73.58	35:50.2	28:50:00	AB	RUNNING ROOM ATHLETIC CLUB
60	M55-59	Clive Morgan	73.38	34:24.7	28:54:00	ON	PHYSI-KULT KINGSTON
61	M60-64	Karl Sproll	72.98	36:07.6	29:04:00	MB	YELLOW SNOW ATHLETIC CLUB
62	M45-49	Will McKechnie	72.94	32:11.7	29:04:00	BC	VANCOUVER FALCONS ATHLETI
63	F45-49	Nicola Everton	72.85	36:59.7	33:04:00	BC	KOOTENAY CHAOS TRACK CLUB
64	M40-44	Cormac Hikisch	72.74	30:50.4	29:09:00	BC	BULKLEY VALLEY ATHLETICS
65	M55-59	Paul Roberts	71.9	35:25.1	29:29:00	ON	LONDON RUNNER DISTANCE CLUB
66	F55-59	Sharisse Kyle	71.84	41:34.5	33:32:00	BC	KOOTENAY CHAOS TRACK CLUB
67	F45-49	Rhonda Clark	71.66	37:09.9	33:36:00	AB	CALGARY PHOENIX STRIDERS
68	M50-54	Darren Lazaruk	71.45	34:45.5	29:41:00	AB	
69	M45-49	Mikhail Titov	71.35	32:54.8	29:43:00	BC	ELITE TRACK & FIELD ACADE
70	F35-39	Alma McMurtry	70.98	34:15.4	33:56:00		
71	M40-44	John Markell	70.61	32:00.3	30:02:00	BC	
72	M35-39	Joseph Boland	70.57	30:52.0	30:02:00	AB	RUNNING ROOM ATHLETIC CLUB
73	M70-74	Vern Christensen	70.31	42:52.7	30:09:00	ON	UNIVERSITY OF TORONTO T.C
74	M45-49	Robert Muir	70.3	33:24.3	30:10:00	ON	OTTAWA LIONS T.F.C.
75	M60-64	Sheldon Reynolds	70.29	37:50.5	30:11:00	MB	YELLOW SNOW ATHLETIC CLUB
76	F45-49	Veronica Biggar	70.04	36:54.3	34:24:00	ON	NEWMARKET HUSKIES TRACK CLUB
77	M35-39	David Lam	69.74	31:04.0	30:25:00	BC	
78	M35-39	Matthew Norminton	69.61	31:31.9	30:28:00	AB	RUNNING ROOM ATHLETIC CLUB
79	M35-39	Ian Sharp	69.6	31:07.9	30:29:00	BC	OKANAGAN RUNNING CLUB
80	M55-59	Ron Wichmann	69.54	37:34.8	30:30:00	BC	CHILLIWACK TRACK & FIELD
81	F35-39	Carrie Byer	69.15	35:10.0	34:50:00	ON	NEWMARKET HUSKIES TRACK CLUB
82	M65-69	Fred Pawluk	68.55	40:57.9	30:56:00	BC	KAJAKS TRACK & FIELD CLUB
83	M55-59	Craig Premack	67.73	37:16.7	31:18:00	BC	
84	M55-59	Mike McGrath	67.56	38:00.9	31:23:00	BC	OKANAGAN RUNNING CLUB
85	M65-69	Paul Wood	67.51	41:12.1	31:24:00	BC	SEMAIHMUO SUNRUNNERS
86	F45-49	Jane De Lemos	67.23	40:05.2	35:50:00	BC	VANCOUVER FALCONS ATHLETICS
87	M55-59	Doug Henderson	67.17	38:33.5	31:34:00	BC	NORWESTERS TRACK & FIELD
88	F45-49	Janice Mackinnon	66.75	40:22.4	36:05:00	BC	
89	M35-39	John Machuga	66.65	32:30.6	31:50:00	BC	OKANAGAN RUNNING CLUB
90	M65-69	Murray Hale	66.58	41:24.2	31:51:00	ON	NEWMARKET HUSKIES TRACK CLUB
91	F35-39	Corinne Issel	66.38	37:05.2	36:18:00	BC	OCEAN ATHLETICS
92	M35-39	Joshua Weiss	65.89	33:32.3	32:11:00	BC	

93	M50-54	Gordon Flett	65.65	38:09.4	32:19:00	BC	SEMAIHM00 SUNRUNNERS
94	M60-64	David Hetherington	63.94	41:58.1	33:10:00	BC	LANGLEY MUSTANGS
95	M65-69	Gaetan Breton	63.41	44:17.3	33:27:00	QC	SHERBROOKE
96	F35-39	Myndi Quirion	62.55	38:52.6	38:31:00	AB	CALGARY PHOENIX STRIDERS
97	F35-39	Delilah Topic	61.75	39:22.6	39:00:00	BC	OKANAGAN RUNNING CLUB
98	M50-54	Cliff Jewell	61.66	39:18.3	34:23:00	BC	SEMAIHM00 SUNRUNNERS
99	M60-64	Doug Smith	61.24	44:11.7	34:37:00	ON	UNIVERSITY OF TORONTO T.C
100	F50-54	Diane Pomerleau	61.19	44:35.1	39:22:00	QC	KALENJINS
101	M35-39	Gwendal Castellan	57.05	38:44.3	37:10:00	BC	