

<i>Results by Racedaytiming.ca</i>							
Place	Div/Tot	Div	Guntime	N	Name	Club	Prov
1	1/8	M35-39	27:34.9		Nathan Kendrick	U OF C ATHLETICS CLUB	AB
2	1/9	M40-44	27:35.7		James Finlayson	PRAIRIE INN HARRIERS RACING	BC
3	2/9	M40-44	28:27.3		Oliver Utting		BC
4	3/9	M40-44	28:45.2		Graeme Wilson		BC
5	1/13	M45-49	28:49.2		Derek Hackshaw	NEWMARKET HUSKIES TRACK CLUB	ON
6	4/9	M40-44	28:52.3		Craig Odermatt	PRAIRIE INN HARRIERS RACING	BC
7	5/9	M40-44	29:10.5		Mike Murphy		BC
8	6/9	M40-44	29:25.0		Claude Gilbert	C. A. UNIVERSITE LAVAL	QC
9	7/9	M40-44	29:30.0		Marty Robertson	RUNNING ROOM ATHLETIC CLUB	AB
10	2/13	M45-49	29:36.5		Troy Cox	MUSKOKA ALGONQUIN RUNNERS	ON
11	3/13	M45-49	29:54.2		Bruce Deacon	PRAIRIE INN HARRIERS RACING	BC
12	1/15	M50-54	30:05.2		Mark Bennett		BC
13	2/15	M50-54	30:11.1		Geoff Peat	NEWMARKET HUSKIES TRACK CLUB	ON
14	4/13	M45-49	30:28.6		Alex Coffin	SAINT JOHN TRACK & FIELD	NB
15	5/13	M45-49	30:30.7		Frank Ackermann	MUSKOKA ALGONQUIN RUNNERS	ON
16	6/13	M45-49	30:32.1		Darrin Deforge	RUNNING ROOM ATHLETIC CLUB	AB
17	8/9	M40-44	30:50.4		Cormac Hikisch	BULKLEY VALLEY ATHLETICS	BC
18	7/13	M45-49	30:51.9		Shawn Muldrew	RUNNING ROOM ATHLETIC CLUB	AB
19	2/8	M35-39	30:52.0		Joseph Boland	RUNNING ROOM ATHLETIC CLUB	AB
20	3/15	M50-54	30:55.4		Andrew Tuovinen		BC
21	1/13	M55-59	30:56.1		Jerry Kooymans	TORONTO OLYMPIC CLUB	ON
22	8/13	M45-49	31:00.3		Hicham Elamiri		BC
23	4/15	M50-54	31:02.6		Daniel Fiorini	NEWMARKET HUSKIES TRACK CLUB	ON
24	3/8	M35-39	31:04.0		David Lam		BC
25	4/8	M35-39	31:07.9		Ian Sharp	OKANAGAN RUNNING CLUB	BC
26	5/15	M50-54	31:26.8		Brian Nemethy	PRINCE GEORGE ROAD RUNNERS	BC
27	6/15	M50-54	31:28.9		Chris Deighan	NEWMARKET HUSKIES TRACK CLUB	ON
28	5/8	M35-39	31:31.9		Matthew Norminton	RUNNING ROOM ATHLETIC CLUB	AB
29	9/13	M45-49	31:36.8		Bertrand Plouvier		BC
30	10/13	M45-49	31:50.7		Pierre Mikhail	MUSKOKA ALGONQUIN RUNNERS	ON
31	7/15	M50-54	31:58.6		Norman Tinkham	GOLDEN EARS ATHLETICS	BC
32	9/9	M40-44	32:00.3		John Markell		BC
33	11/13	M45-49	32:11.7		Will McKechnie	VANCOUVER FALCONS ATHLETIC	BC
34	2/13	M55-59	32:24.7		Michael Lax	PRAIRIE INN HARRIERS RACING	BC
35	8/15	M50-54	32:29.7		Tom Sawyer	LAUREL CREEK TRACK & FIELD	ON
36	6/8	M35-39	32:30.6		John Machuga	OKANAGAN RUNNING CLUB	BC
37	1/2	F40-44	32:38.3		Tina Connelly	PRAIRIE INN HARRIERS RACING	BC
38	3/13	M55-59	32:48.7		Gary Duncan	PRAIRIE INN HARRIERS RACING	BC
39	12/13	M45-49	32:54.8		Mikhail Titov	ELITE TRACK & FIELD ACADE	BC
40	4/13	M55-59	32:58.3		Dave Kary	OTTAWA LIONS T.F.C.	ON
41	5/13	M55-59	32:59.2		Bob McGraw	PHYSI-KULT KINGSTON	ON
42	9/15	M50-54	33:13.6		Steven Blostein	PHYSI-KULT KINGSTON	ON
43	10/15	M50-54	33:16.8		Michael Moon	PRAIRIE INN HARRIERS RACING	BC

44	1/12	M60-64	33:19.6	Michael Secker	RUNNING ROOM ATHLETIC CLUB	AB
45	13/13	M45-49	33:24.3	Robert Muir	OTTAWA LIONS T.F.C.	ON
46	7/8	M35-39	33:32.3	Joshua Weiss		BC
47	11/15	M50-54	33:34.3	Tim Smith		BC
48	2/2	F40-44	33:40.6	Lisa Harvey	CALGARY SPARTANS	AB
49	12/15	M50-54	33:45.5	Mark Pinckard		BC
50	2/12	M60-64	33:52.5	Bill Krezonoski		ON
51	6/13	M55-59	33:58.3	Paul Reimer		BC
52	7/13	M55-59	34:12.0	Arthur Boileau	WEST VANCOUVER TRACK & FIELD	BC
53	1/5	F35-39	34:15.4	Alma McMurtry		
54	8/13	M55-59	34:24.7	Clive Morgan	PHYSI-KULT KINGSTON	ON
55	13/15	M50-54	34:45.5	Darren Lazaruk		AB
56	2/5	F35-39	35:10.0	Carrie Byer	NEWMARKET HUSKIES TRACK CLUB	ON
57	3/12	M60-64	35:11.6	Clifford Russell	RUNNING ROOM ATHLETIC CLUB	AB
58	1/6	F45-49	35:19.4	Michele Harvey-Blankens	RUNNING ROOM ATHLETIC CLUB	AB
59	4/12	M60-64	35:23.7	Francois Martel	FLEUR DE LYS	QC
60	5/12	M60-64	35:24.0	Bruce Wark		BC
61	6/12	M60-64	35:24.0	Reidar Zapf-Gilje	GREYHOUNDS TRACK & FIELD	BC
62	9/13	M55-59	35:25.1	Paul Roberts	LONDON RUNNER DISTANCE CLUB	ON
63	7/12	M60-64	35:50.2	Bob Holmes	RUNNING ROOM ATHLETIC CLUB	AB
64	8/12	M60-64	35:58.2	Rick Woods	SEMAHMOO SUNRUNNERS	BC
65	1/8	F50-54	36:00.9	Juliette Christie		BC
66	9/12	M60-64	36:07.6	Karl Sproll	YELLOW SNOW ATHLETIC CLUB	MB
67	2/8	F50-54	36:10.9	Claudette Augert	RUNNING ROOM ATHLETIC CLUB	AB
68	1/5	M65-69	36:19.2	Grant Towns	YELLOW SNOW ATHLETIC CLUB	MB
69	3/8	F50-54	36:34.6	Barbara Mercier	CALGARY PHOENIX STRIDERS	AB
70	2/6	F45-49	36:54.3	Veronica Biggar	NEWMARKET HUSKIES TRACK CLUB	ON
71	3/6	F45-49	36:59.7	Nicola Everton	KOOTENAY CHAOS TRACK CLUB	BC
72	3/5	F35-39	37:05.2	Corinne Issel	OCEAN ATHLETICS	BC
73	4/6	F45-49	37:09.9	Rhonda Clark	CALGARY PHOENIX STRIDERS	AB
74	10/13	M55-59	37:16.7	Craig Premack		BC
75	4/8	F50-54	37:21.9	Donna Dixon	CALGARY PHOENIX STRIDERS	AB
76	5/8	F50-54	37:32.7	Becky Bates	KOOTENAY CHAOS TRACK CLUB	BC
77	11/13	M55-59	37:34.8	Ron Wichmann	CHILLIWACK TRACK & FIELD	BC
78	6/8	F50-54	37:41.8	Amy Anderson	CALGARY PHOENIX STRIDERS	AB
79	10/12	M60-64	37:50.5	Sheldon Reynolds	YELLOW SNOW ATHLETIC CLUB	MB
80	7/8	F50-54	37:52.0	Zita Mulligan	CALGARY PHOENIX STRIDERS	AB
81	12/13	M55-59	38:00.9	Mike McGrath	OKANAGAN RUNNING CLUB	BC
82	14/15	M50-54	38:09.4	Gordon Flett	SEMAHMOO SUNRUNNERS	BC
83	13/13	M55-59	38:33.5	Doug Henderson	NORWESTERS TRACK & FIELD	BC
84	8/8	M35-39	38:44.3	Gwendal Castellan		BC
85	4/5	F35-39	38:52.6	Myndi Quirion	CALGARY PHOENIX STRIDERS	AB
86	15/15	M50-54	39:18.3	Cliff Jewell	SEMAHMOO SUNRUNNERS	BC
87	5/5	F35-39	39:22.6	Delilah Topic	OKANAGAN RUNNING CLUB	BC
88	5/6	F45-49	40:05.2	Jane De Lemos	VANCOUVER FALCONS ATHLETI	BC
89	6/6	F45-49	40:22.4	Janice Mackinnon		BC
90	1/2	F60-64	40:27.4	Thelma Wright		BC

91	2/5	M65-69	40:57.9	Fred Pawluk	KAJAKS TRACK & FIELD CLUB	BC
92	3/5	M65-69	41:12.1	Paul Wood	SEMAHMOO SUNRUNNERS	BC
93	4/5	M65-69	41:24.2	Murray Hale	NEWMARKET HUSKIES TRACK CLUB	ON
94	1/1	F55-59	41:34.5	Sharisse Kyle	KOOTENAY CHAOS TRACK CLUB	BC
95	11/12	M60-64	41:58.1	David Hetherington	LANGLEY MUSTANGS	BC
96	2/2	F60-64	42:01.2	Corinne Krezonoski		ON
97	1/1	M70-74	42:52.7	Vern Christensen	UNIVERSITY OF TORONTO T.C	ON
98	12/12	M60-64	44:11.7	Doug Smith	UNIVERSITY OF TORONTO T.C	ON
99	5/5	M65-69	44:17.3	Gaetan Breton	SHERBROOKE	QC
100	8/8	F50-54	44:35.1	Diane Pomerleau	KALENJINS	QC
101	1/1	F70-74	49:59.7	Helen Sabourin	SUNSHINE COAST ATHLETICS	BC