

	Total		
	Place		TOTAL TIME
<b>M35</b>			
1	9	RUNNING ROOM ATHLETIC CLUB	1:37:43.27
1	1	Joseph Boland	30:51.95
2	3	Matthew Norminton	31:31.95
3	5	Michele Harvey-Blankenship	35:19.37
2	12	OKANAGAN RUNNING CLUB	1:41:39.42
1	2	Ian Sharp	31:07.93
2	4	John Machuga	32:30.60
3	6	Mike McGrath	38:00.89
4	-7	Delilah Topic	39:22.65
<b>M40</b>			
1	10	PRAIRIE INN HARRIERS RACING	1:26:22.19
1	1	James Finlayson	27:35.74
2	3	Craig Odermatt	28:52.25
3	6	Bruce Deacon	29:54.20
4	-11	Tina Connelly	32:38.29
2	21	RUNNING ROOM ATHLETIC CLUB	1:30:54.03
1	4	Marty Robertson	29:30.00
2	8	Darrin Deforge	30:32.11
3	9	Shawn Muldrew	30:51.92
4	-13	Claudette Augert	36:10.95
3	22	MUSKOKA ALGONQUIN RUNNERS	1:31:57.90
1	5	Troy Cox	29:36.53
2	7	Frank Ackermann	30:30.72
3	10	Pierre Mikhail	31:50.65
4	28	NEWMARKET HUSKIES TRACK CLU	1:45:23.39
1	2	Derek Hackshaw	28:49.17
2	12	Carrie Byer	35:09.99
3	14	Murray Hale	41:24.23
<b>M50</b>			
1	6	NEWMARKET HUSKIES TRACK CLUB	1:32:42.57
1	1	Geoff Peat	30:11.06
2	2	Daniel Fiorini	31:02.58
3	3	Chris Deighan	31:28.93
4	-11	Veronica Biggar	36:54.31
2	17	PRAIRIE INN HARRIERS RACING	1:38:30.21
1	4	Michael Lax	32:24.74
2	5	Gary Duncan	32:48.67

3	8	Michael Moon	33:16.80
3	22	PHYSI-KULT KINGSTON	1:40:37.47
1	6	Bob McGraw	32:59.18
2	7	Steven Blostein	33:13.58
3	9	Clive Morgan	34:24.71
4	35	SEMIAHMOO SUNRUNNERS	1:53:25.86
1	10	Rick Woods	35:58.16
2	12	Gordon Flett	38:09.44
3	13	Cliff Jewell	39:18.26
4	-14	Paul Wood	41:12.15
<b>M60</b>			
1	6	RUNNING ROOM ATHLETIC CLUB	1:44:21.31
1	1	Michael Secker	33:19.56
2	2	Clifford Russell	35:11.58
3	3	Bob Holmes	35:50.17
2	15	YELLOW SNOW ATHLETIC CLUB	1:50:17.40
1	4	Karl Sproll	36:07.65
2	5	Grant Towns	36:19.24
3	6	Sheldon Reynolds	37:50.51
<b>W35</b>			
1	6	CALGARY PHOENIX STRIDERS	1:53:24.34
1	1	Rhonda Clark	37:09.89
2	2	Donna Dixon	37:21.88
3	3	Myndi Quirion	38:52.57
<b>W40</b>			
1	6	KOOTENAY CHAOS TRACK CLUB	1:56:06.87
1	1	Nicola Everton	36:59.75
2	2	Becky Bates	37:32.66
3	3	Sharisse Kyle	41:34.46
<b>W50</b>			
1	6	CALGARY PHOENIX STRIDERS	1:52:08.44
1	1	Barbara Mercier	36:34.61
2	2	Amy Anderson	37:41.83
3	3	Zita Mulligan	37:52.00