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| 0.8801 | David Guss | KELOWNA RUNNING CLUB | 57 | 28:50.4 |
| 0.8713 | Geoff Peat | Newmarket M30A | 55 | 28:38.1 |
| 0.8631 | Stuart Galloway | Unattached Ontario | 57 | 29:24.5 |
| 0.8508 | Claude Gilbert | Coureur Nordique | 48 | 27:40.5 |
| 0.8484 | Jose Fuentes | Dundas Valley Track Club | 54 | 29:09.7 |
| 0.8471 | Jim Dyck | OMBP M50A | 53 | 28:57.8 |
| 0.8469 | Bob McGraw | Physi-Kult M50 | 60 | 30:46.2 |
| 0.8467 | Sarah Nagy | Newmarket W30A | 45 | 30:18.5 |
| 0.8457 | Jerry Kooymans | Toronto Olympic Club | 63 | 31:39.6 |
| 0.8424 | Elaine Mota | Newmarket W30B | 53 | 33:17.0 |
| 0.8412 | Dany Galarneau | Indépendant | 60 | 30:58.7 |
| 0.8396 | Liz Maguire | Ottawa Lions | 52 | 33:00.1 |
| 0.8387 | Chris Deighan | Newmarket M30A | 58 | 30:31.5 |
| 0.8352 | Tyler Ginther | COASTAL TRACK CLUB | 52 | 29:07.7 |
| 0.8331 | Bill Krezonoski | Unattached Ontario | 65 | 32:44.0 |
| 0.8293 | Alistair Munro | OMBP M50A | 52 | 29:20.1 |
| 0.8282 | Troy Cox | Muskoka M40B | 50 | 28:53.9 |
| 0.8280 | Stéphane Gagné | Coureur Nordique | 51 | 29:08.4 |
| 0.8275 | Michael Gill | Lions Valley Athletics | 41 | 26:56.4 |
| 0.8269 | Craig Odermatt | PRAIRIE INN HARRIERS RACING TEAM | 48 | 28:28.7 |
| 0.8256 | Chris Watson | Muskoka M40B | 44 | 27:38.1 |
| 0.8252 | Makie *Ohler | University of Toronto T.C. | 56 | 35:14.9 |
| 0.8226 | Christy Barber | OMBP W50 | 50 | 32:54.4 |
| 0.8215 | Tricia Bachman | Unattached Ontario | 50 | 32:57.1 |
| 0.8212 | Lise Meloche | Unattached Ontario | 58 | 36:19.2 |
| 0.8207 | John Clarke | Unattached Ontario | 67 | 33:51.6 |
| 0.8201 | David Moore | OMBP M50A | 50 | 29:10.9 |
| 0.8183 | Charles Bedley | Toronto Olympic Club | 45 | 28:05.9 |
| 0.8163 | David McMahon | Unattached Ontario | 54 | 30:18.4 |
| 0.8161 | Brian Torrance | Fast Trax Run & Ski Club | 42 | 27:31.7 |
| 0.8139 | Clara Northcott | UTTC W50 | 64 | 39:40.1 |
| 0.8119 | Simon Rayner | UTTC M30 | 54 | 30:28.3 |
| 0.8112 | Andrea Smith | OMBP W30 | 35 | 29:49.9 |
| 0.8098 | Kevin Shields | LAKEHEAD RUNNING | 52 | 30:02.4 |
| 0.8085 | Linda MacDonald | Halifax Road Hammers | 51 | 33:52.3 |
| 0.7981 | Leo Papail | Newmarket M30A | 39 | 27:31.1 |
| 0.7981 | Kim Russel Brooks | Muskoka W60 | 61 | 38:51.0 |
| 0.7966 | Mark Sinnige | Muskoka M40B | 48 | 29:33.6 |
| 0.7961 | Rita Botelho | UTTC W50 | 58 | 37:27.9 |
| 0.7952 | Lauren King | OMBP W30 | 36 | 30:31.7 |
| 0.7949 | Warren Ringler | Toronto West Athletics | 42 | 28:15.9 |
| 0.7947 | Roger Wyllie | Unattached Ontario | 59 | 32:30.1 |
| 0.7920 | Alex Hutchinson | Monarch Athletics Club | 42 | 28:22.0 |
| 0.7911 | Teresa Novick | London Runner Distance Club | 59 | 38:11.1 |
| 0.7889 | Seanna Robinson | Monarch W35 | 43 | 31:59.2 |
| 0.7887 | Michael Secker | RRAC M60 | 67 | 35:13.9 |
| 0.7871 | Judie Thom | OMBP W50 | 56 | 36:57.1 |
| 0.7857 | Gillian McCabe | OMBP W30 | 37 | 31:00.5 |
| 0.7851 | Marc Molgat | Ottawa Lions | 51 | 30:43.9 |
| 0.7849 | Robert Cattana | OMBP M50A | 52 | 30:59.8 |
| 0.7840 | Jeramie Carbonaro | Muskoka M40B | 44 | 29:06.1 |
| 0.7839 | Tracy Tory | OMBP W50 | 52 | 35:21.0 |

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| 0.7838 | Derek Hackshaw | Newmarket M30A | 49 | 30:17.3 |
| 0.7836 | Lavinia Carreau | Muskoka W40 | 40 | 31:33.1 |
| 0.7830 | Andrew Jones | London Pacers M50 | 52 | 31:04.2 |
| 0.7825 | Genevieve Shurtleff | Kalenjins | 41 | 31:47.5 |
| 0.7822 | Kevin Kornelsen | Indépendant | 56 | 32:10.4 |
| 0.7804 | Kip Sigsworth | LAKEHEAD RUNNING | 44 | 29:14.1 |
| 0.7792 | Robert Muir | Ottawa Lions | 50 | 30:42.8 |
| 0.7778 | Alexandra Hynes | Unattached Ontario | 33 | 30:58.4 |
| 0.7774 | Dave Kary | Ottawa Lions | 59 | 33:13.4 |
| 0.7768 | Donna Mae Robins | Muskoka W40 | 42 | 32:14.7 |
| 0.7746 | Dawn Hamel | Newmarket M60 | 63 | 41:07.1 |
| 0.7724 | Adam Hammond | UTTC M30 | 37 | 28:04.3 |
| 0.7710 | Randy Zabukovec | Ironstride M40 | 48 | 30:32.5 |
| 0.7691 | Michael Blois | K2J M40 | 47 | 30:22.4 |
| 0.7685 | Marie Elliot | Unattached Ontario | 45 | 33:23.6 |
| 0.7681 | Ian Reid | UTTC M30 | 45 | 29:56.0 |
| 0.7679 | Mary Ross | Dundas Valley Track Club | 33 | 31:22.4 |
| 0.7669 | Kelly Senk | Newmarket W30A | 37 | 31:46.3 |
| 0.7666 | Krista Allen | Newmarket W30A | 38 | 31:55.4 |
| 0.7647 | Vince Friel | Newmarket M40 | 55 | 32:37.6 |
| 0.7631 | Thérèse Hérard | Lanaudière-Olympique | 61 | 40:37.9 |
| 0.7622 | Wayne Rice | Physi-Kult M50 | 56 | 33:01.1 |
| 0.7616 | Corey Turnbull | Unattached Ontario | 47 | 30:40.3 |
| 0.7607 | Bernie Hogan | Runner's Life | 37 | 28:30.2 |
| 0.7606 | Kate Cochrane-Brink | UTTC W50 | 51 | 36:00.1 |
| 0.7596 | Jim Van Buskirk | Nomads M60 | 62 | 34:55.4 |
| 0.7593 | Ron Leyenhorst | Ironstride M35 | 56 | 33:08.5 |
| 0.7585 | Jill Delane | LIONS GATE ROAD RUNNERS | 53 | 36:58.1 |
| 0.7568 | Alex Coffin | SAINT JOHN TRACK & FIELD | 50 | 31:37.3 |
| 0.7568 | Paul Felix | Dundas Valley Track Club | 43 | 29:54.9 |
| 0.7568 | Corinne Krezonoski | Unattached Ontario | 64 | 42:39.6 |
| 0.7555 | Kevin Dunbar | Unattached Ontario | 43 | 29:57.9 |
| 0.7552 | Jeff Orchard | London Pacers M50 | 53 | 32:29.2 |
| 0.7551 | Judy Andrew Piel | K2J W40 | 56 | 38:31.1 |
| 0.7547 | Jean-Luc Mejane | McGill Olympic Club | 47 | 30:57.3 |
| 0.7544 | Scott Wilkes | Unattached Ontario | 39 | 29:06.8 |
| 0.7531 | Patricia Kearney | UNATTACHED BRITISH COLUMBIA | 60 | 40:38.0 |
| 0.7531 | Kathryn Sullivan | Unattached Ontario | 52 | 36:47.8 |
| 0.7528 | Wayne Gagne | Muskoka M60 | 64 | 35:53.6 |
| 0.7520 | Tim Gillespie | Unattached Ontario | 41 | 29:38.8 |
| 0.7490 | Jean Ferguson | Ottawa Lions T.F.C. | 54 | 37:53.5 |
| 0.7489 | Les Landsberger | Athlétisme Ville-Marie | 60 | 34:48.0 |
| 0.7487 | Keijo Taivassalo | UTTC M70 | 79 | 44:22.9 |
| 0.7481 | Scott Pegrum | Unattached Ontario | 52 | 32:31.1 |
| 0.7462 | Benoit Hogue | Corsaire-Chaparral | 53 | 32:52.7 |
| 0.7449 | Robert Blair | Newmarket M30B | 54 | 33:12.6 |
| 0.7448 | Andre Boudreault | Muskoka M50 | 53 | 32:56.3 |
| 0.7443 | Mirco Graenert | Newmarket M40 | 49 | 31:53.6 |
| 0.7434 | Sylvia Cashmore | Runner's Life | 67 | 45:18.1 |
| 0.7428 | Gwyneth Bailey-Mason | UTTC W50 | 52 | 37:18.2 |
| 0.7421 | Luka Senk | Newmarket M30B | 37 | 29:13.2 |
| 0.7400 | Jacque Dewolfe | Monarch W35 | 36 | 32:48.3 |

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| 0.7391 | Jeff Lapierre | Physi-Kult Kingston | 46 | 31:21.5 |
| 0.7388 | Stephen Miller | Unattached Ontario | 44 | 30:52.8 |
| 0.7382 | Tony Marra | Muskoka M50 | 50 | 32:25.3 |
| 0.7380 | Catherine Desrosiers | Kalenjins | 43 | 34:11.7 |
| 0.7376 | Rachel Maika | KAJAKS TRACK & FIELD CLUB | 44 | 34:29.4 |
| 0.7375 | Richard Bailey | Longboat M70 | 70 | 38:50.5 |
| 0.7373 | Jeff Walsh | Unattached Ontario | 47 | 31:41.0 |
| 0.7371 | Stephan De Wit | Unattached Ontario | 41 | 30:14.6 |
| 0.7365 | Robert Julian | Unattached Ontario | 59 | 35:04.1 |
| 0.7356 | Boyd Whyte | Quinte Frontenac M50 | 63 | 36:23.8 |
| 0.7348 | Suzanne Garrett | Monarch W35 | 43 | 34:20.5 |
| 0.7341 | Sarah Katz | Monarch W35 | 39 | 33:30.0 |
| 0.7303 | Trevor Thom | OMBP M50B | 51 | 33:02.3 |
| 0.7302 | Randy Cocek | K2J M40 | 47 | 31:59.5 |
| 0.7300 | Clifford Russell | RRAC M60 | 65 | 37:21.5 |
| 0.7299 | Jim O'Meara | Unattached Ontario | 61 | 36:01.4 |
| 0.7298 | Jonathan McGavock | LAKEHEAD RUNNING | 42 | 30:47.0 |
| 0.7296 | Rita Petrocco | K2J W40 | 53 | 38:25.8 |
| 0.7294 | Doris Benson | London Pacers M60 | 64 | 44:15.8 |
| 0.7293 | Dermot Holwell | Nomads M60 | 64 | 37:03.0 |
| 0.7286 | Chantal Warriner | Newmarket W30A | 39 | 33:44.9 |
| 0.7285 | Jeff Seaby | Ironstride M40 | 46 | 31:49.0 |
| 0.7281 | Bob Holmes | RRAC M60 | 64 | 37:06.7 |
| 0.7275 | Diane Pomerleau | Kalenjins | 54 | 39:00.5 |
| 0.7260 | Kevin Smith | Nomads M40 | 48 | 32:25.9 |
| 0.7256 | Erwin Baertschi | Muskoka M60 | 64 | 37:14.2 |
| 0.7252 | Trevor Kobe | Longboat M50 | 57 | 35:00.2 |
| 0.7252 | William Schnurr | Burlington Track & Field Club | 56 | 34:42.2 |
| 0.7240 | Tiia Scott | Newmarket W30B | 36 | 33:31.9 |
| 0.7233 | Jeff Irwin | Muskoka M40 | 43 | 31:18.1 |
| 0.7216 | Vern Christensen | UTTC M70 | 77 | 44:09.4 |
| 0.7214 | Katharine O'Hearn | Ottawa Lions T.F.C. | 37 | 33:46.5 |
| 0.7207 | Mike Kawam | Quinte Frontenac M50 | 51 | 33:28.6 |
| 0.7205 | Jim Lanciault | Runner's Life M50 | 50 | 33:13.0 |
| 0.7204 | Jude Aiken | Unattached Ontario | 43 | 31:25.5 |
| 0.7202 | Doug Neudorf | Muskoka M50 | 54 | 34:21.0 |
| 0.7201 | Paul Roberts | London Pacers M50 | 60 | 36:11.4 |
| 0.7199 | Walter Faion | UTTC M50 | 58 | 35:33.9 |
| 0.7188 | Jennifer Nicholson | Muskoka W40 | 44 | 35:23.6 |
| 0.7184 | Wendy J Turner | Nomads M60 | 51 | 38:07.1 |
| 0.7173 | Lorne Singer | Quinte Frontenac M50 | 52 | 33:54.9 |
| 0.7170 | James Freemantle | Newmarket M60 | 60 | 36:20.6 |
| 0.7158 | Melanie Clement | UNATTACHED BRITISH COLUMBIA | 42 | 34:59.6 |
| 0.7154 | Paul Thibodeau | UNATTACHED-NEW BRUNSWICK | 55 | 34:52.6 |
| 0.7152 | Brent Hutchinson | Brantford T.F.C. | 61 | 36:45.6 |
| 0.7131 | Michael Ferguson | Unattached Ontario | 54 | 34:41.6 |
| 0.7121 | Nancy Edson | Muskoka W60 | 60 | 42:58.2 |
| 0.7119 | Damian Dupuy | UTTC M50 | 54 | 34:45.0 |
| 0.7107 | Trevor Davies | Ironstride M40 | 45 | 32:21.2 |
| 0.7102 | Jim Rawling | Longboat M50 | 63 | 37:41.9 |
| 0.7097 | Caitlin Foisy | Newmarket W30B | 34 | 34:00.8 |
| 0.7066 | Peter Millican | Longboat M50 | 53 | 34:43.1 |

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| 0.7065 | Mike Bedley | Longboat M70 | 71 | 41:01.5 |
| 0.7039 | Mike Yates | K2J M40 | 44 | 32:24.6 |
| 0.7030 | Glen Fitchett | Unattached Ontario | 65 | 38:47.3 |
| 0.7027 | Hugh Connolly | Longboat M70 | 73 | 42:22.5 |
| 0.7025 | David Nagy | Newmarket M40 | 43 | 32:13.5 |
| 0.6997 | Anke *Graenert | Newmarket W30B | 51 | 39:08.2 |
| 0.6992 | Andrew Forbes | Quinte Frontenac M50 | 56 | 35:59.5 |
| 0.6981 | Jessamyn Flynn | Runner's Life W30 | 36 | 34:46.4 |
| 0.6976 | Andy Blackwell | OMBP M50B | 53 | 35:10.2 |
| 0.6961 | Brian Gray | Muskoka M50 | 56 | 36:09.2 |
| 0.6943 | Darla Coles | Muskoka M40 | 39 | 35:25.1 |
| 0.6938 | Alan Baggoo | UNATTACHED BRITISH COLUMBIA | 50 | 34:29.7 |
| 0.6928 | Steve Boston | Newmarket M40 | 48 | 33:59.4 |
| 0.6920 | Corina Zechel | Muskoka W40 | 48 | 38:14.1 |
| 0.6898 | Kimberley Stiff | K2J Fitness | 38 | 35:28.6 |
| 0.6895 | Bill Allan | Unattached Ontario | 61 | 38:08.1 |
| 0.6884 | James Whipp | Unattached Ontario | 66 | 39:58.9 |
| 0.6881 | Stephanie Gordon | K2J W40 | 40 | 35:55.9 |
| 0.6880 | Lee Shooter | Unattached Ontario | 44 | 33:09.6 |
| 0.6880 | Pierre Mikhail | Muskoka M40 | 50 | 34:47.1 |
| 0.6875 | Susan Ibach | K2J W40 | 48 | 38:29.1 |
| 0.6855 | Justin Caranci | North Bay Legion | 41 | 32:31.2 |
| 0.6841 | Janet Smith | London Runner Distance Club | 60 | 44:43.7 |
| 0.6841 | Robert Campbell | London Pacers M50 | 59 | 37:45.4 |
| 0.6832 | Walter Spoja | Nomads M40 | 48 | 34:27.9 |
| 0.6733 | Akeel Ghaib | Lions Valley Athletics | 49 | 35:15.6 |
| 0.6731 | Michael MacDonald | Ironstride M35 | 35 | 31:53.9 |
| 0.6689 | Brent Armstrong | Unattached Ontario | 51 | 36:04.4 |
| 0.6680 | Rudi Asseer | K2J M40 | 40 | 33:07.4 |
| 0.6678 | Greg Luchuk | Ironstride M40 | 49 | 35:33.1 |
| 0.6676 | Martin Guyon | Unattached Ontario | 52 | 36:26.4 |
| 0.6674 | Cora Yin | Unattached Ontario | 43 | 37:48.4 |
| 0.6672 | Kim Haagmans-Hawke | Unattached Ontario | 53 | 42:01.6 |
| 0.6658 | Joanne Armstrong | Unattached Ontario | 53 | 42:07.0 |
| 0.6631 | Richard Bird | London Pacers M60 | 64 | 40:44.7 |
| 0.6620 | Tyra Dickson | UNATTACHED-SASKATCHEWAN | 36 | 36:40.3 |
| 0.6620 | Anne Corkery | Runner's Life W30 | 30 | 36:18.0 |
| 0.6608 | Kerstin *De Wit | Unattached Ontario | 46 | 39:12.4 |
| 0.6597 | Andrew Wilkes | OMBP M50B | 65 | 41:20.1 |
| 0.6596 | Trevor Hains | K2J Fitness | 52 | 36:53.1 |
| 0.6573 | Chris Madsen | UTTC M50 | 50 | 36:24.7 |
| 0.6561 | Brian Nemethy | PRINCE GEORGE ROAD RUNNERS | 57 | 38:41.2 |
| 0.6504 | David Gale | London Pacers M60 | 60 | 40:04.0 |
| 0.6456 | Tommy Cookson | Runner's Life M40 | 41 | 34:31.9 |
| 0.6342 | Adam Deemert | Runner's Life M40 | 41 | 35:09.0 |
| 0.6331 | Moe Renaud | Ironstride M35 | 57 | 40:05.6 |
| 0.6305 | Rick Kenney | Nomads M40 | 50 | 37:57.6 |
| 0.6302 | David Dame | Runner's Life M40 | 45 | 36:29.0 |
| 0.6195 | Tim Payne | Newmarket M60 | 68 | 45:17.2 |
| 0.6170 | John McLean | Newmarket M40 | 48 | 38:09.9 |
| 0.6158 | Mark Muschett | Runner's Life M50 | 53 | 39:50.4 |
| 0.6151 | Mike Gwilliam | Runner's Life M50 | 58 | 41:37.6 |

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| 0.6131 | Ray Love | Muskoka M60 | 65 | 44:28.8 |
| 0.6128 | John Ferren | Runner's Life M50 | 58 | 41:46.9 |
| 0.6114 | Nicole Jaynes | Runner's Life | 42 | 40:57.9 |
| 0.6027 | Jessie James | Runner's Life M40 | 42 | 37:16.5 |
| 0.5755 | Brad Griffiths | Runner's Life | 61 | 45:41.2 |
| 0.5626 | Savio Desouza | Newmarket M30B | 47 | 41:31.3 |
| 0.5590 | Gaétan Breton | Sherbrooke | 70 | 51:14.8 |
| 0.5506 | Michael Goodstadt | UTTC M70 | 78 | 59:03.5 |
| 0.5437 | Aziel McKenna | Runner's Life W30 | 38 | 45:00.7 |
| 0.5435 | Tom Lam | Unattached Ontario | 59 | 47:31.1 |
| 0.4543 | Ben Kong | JAMCAN International Athletics Club | 42 | 49:27.5 |