

Race Date  
November 25, 2017

# Canadian National XC Championships

## Age Group Results

### Masters 8k

#### Female 30 to 34

<u>Place</u>	<u>Name</u>	<u>Team</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Gina MacInnis	Antigonish	30	313	69	32:03.0	4:00/K
2	Caitlin Foisy	NEWMARKET	33	708	87	33:06.6	4:08/K
3	Jennifer Dumoulin	OTTAWA LIONS T.F.C.	31	766	106	33:46.4	4:13/K
4	Leanna Lee	UNIVERSITY OF	32	1185	109	34:09.1	4:16/K
5	Jessica Sheppard	Muskoka Algonquin	34	687	150	38:28.2	4:49/K

#### Male 30 to 34

<u>Place</u>	<u>Name</u>	<u>Team</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Nick Croker	Black Lungs Toronto	32	324	2	27:32.8	3:27/K
2	Dan Way	Black Lungs Toronto	30	328	4	27:43.5	3:28/K
3	Cameron MacDonald	Black Lungs Toronto	30	327	17	29:10.5	3:39/K
4	Fraser Clift	Black Lungs Toronto	32	323	29	29:44.5	3:43/K
5	Benjamin Burr	LONDON RUNNER	33	616	36	30:07.0	3:46/K
6	Steve Elliott	Black Lungs Toronto	33	325	42	30:26.8	3:48/K
7	Kyle Landry	Black Lungs Toronto	32	326	51	31:07.3	3:53/K
8	Travis Cummings	St. Timothy's Thunder	32	990	55	31:12.6	3:54/K

#### Female 35 to 39

<u>Place</u>	<u>Name</u>	<u>Team</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Mary Unsworth	Muskoka Algonquin	39	689	57	31:16.9	3:55/K
2	Lavinia Carreau	Muskoka Algonquin	39	680	66	31:56.0	4:00/K
3	Kelly Senk	NEWMARKET	36	743	77	32:28.9	4:04/K
4	Krista Allen	NEWMARKET	37	693	89	33:07.3	4:08/K
5	Kasey Walsh	RUNNER'S LIFE	37	905	91	33:11.1	4:09/K
6	Tia Scott	NEWMARKET	35	742	103	33:37.4	4:12/K
7	Tyra Dickson	UNATTACHED	35	1153	142	37:12.0	4:39/K
8	Darla Coles	Muskoka Algonquin	38	681	153	39:05.4	4:53/K

#### Male 35 to 39

<u>Place</u>	<u>Name</u>	<u>Team</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Leo Papail	NEWMARKET	38	730	7	27:57.4	3:30/K
2	Bernie Hogan	RUNNER'S LIFE	36	902	8	28:01.2	3:30/K
3	Marco Li	MB Performance	35	655	10	28:13.8	3:32/K
4	Ross Bain	Black Lungs Toronto	37	320	12	28:47.2	3:36/K
5	Michael Logue	NEWMARKET	35	719	14	29:01.7	3:38/K
6	Scott Wilkes	UNATTACHED	38	1143	30	29:48.5	3:44/K

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<u>Place</u>	<u>Name</u>	<u>Team</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
7	Ben Nelson	Longboat Roadrunners	36	644	34	29:58.7	3:45/K
8	Joel Clarke-Ames	Black Lungs Toronto	36	322	49	30:59.2	3:52/K
9	Robin Richard-Campeau	Kalenjins	38	538	50	31:04.1	3:53/K
10	Steve Jackson	MB Performance	37	654	110	34:21.0	4:18/K

#### Female 40 to 44

<u>Place</u>	<u>Name</u>	<u>Team</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Sarah Nagy	NEWMARKET	44	726	48	30:56.7	3:52/K
2	Jennifer Faraone	MB Performance	43	653	58	31:19.0	3:55/K
3	Donna Mae Robins	UNATTACHED	41	1131	64	31:40.3	3:58/K
4	Genevieve Shurtleff	Kalenjins	40	539	75	32:24.4	4:03/K
5	Julia Thomas	PHYSI-KULT	42	843	79	32:42.9	4:05/K
6	Michelle Clarke	Longboat Roadrunners	43	641	83	32:54.7	4:07/K
7	Catherine Desrosiers	Kalenjins	42	535	95	33:21.9	4:10/K
8	Suzanne Garrett	PHYSI-KULT	42	821	97	33:24.7	4:11/K
9	Seanna Robinson	MB Performance	42	658	108	33:58.7	4:15/K
10	Cora Yin	UNATTACHED	42	1145	139	36:50.7	4:36/K
11	Nicole Jaynes	RUNNER'S LIFE	41	904	160	39:34.1	4:57/K
12	Marcy Adzich	RUNNER'S LIFE	43	895	161	39:34.8	4:57/K

#### Male 40 to 44

<u>Place</u>	<u>Name</u>	<u>Team</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Michael Gill	Lions Valley Athletics	40	602	1	27:12.0	3:24/K
2	Brian Torrance	Fast Trax Run & Ski	41	463	6	27:54.4	3:29/K
3	Dave Tepper	NEWMARKET	42	746	11	28:15.3	3:32/K
4	Selam Yohannes	UNIVERSITY OF	40	1208	13	28:56.8	3:37/K
5	Jeramie Carbonaro	Muskoka Algonquin	43	679	19	29:12.4	3:39/K
6	Andrew Slack	UNATTACHED	40	1088	22	29:16.2	3:40/K
7	Tim Gillespie	UNATTACHED	40	1106	24	29:20.7	3:40/K
8	Bill Petrcich	UNATTACHED	44	1127	25	29:25.5	3:41/K
9	Kip Sigsworth	LAKEHEAD RUNNING	43	551	31	29:51.5	3:44/K
10	Bill Wells	UNIVERSITY OF	43	1206	32	29:56.0	3:45/K
11	Jay Brecher	UNIVERSITY OF	43	1162	33	29:56.0	3:45/K
12	Ian Reid	UNIVERSITY OF	44	1197	38	30:09.4	3:46/K
13	Matthew Stanley	UNATTACHED	42	1135	41	30:21.0	3:48/K
14	Jonathan McGavock	LAKEHEAD RUNNING	42	545	43	30:32.2	3:49/K
15	Paul Felix	Dundas Valley Track	42	420	44	30:35.9	3:49/K
16	Simion Candrea	Black Lungs Toronto	42	321	68	32:01.3	4:00/K

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17	Paul Dunsford	Dundas Valley Track	40	419	71	32:09.0	4:01/K
18	Trevor Davies	UNATTACHED	44	1103	82	32:50.9	4:06/K
19	Daniel Baouya	UNATTACHED	42	1152	98	33:27.4	4:11/K
20	Steve Watson	NEWMARKET	44	748	99	33:30.8	4:11/K
21	Adam Deemert	RUNNER'S LIFE	40	899	134	36:24.3	4:33/K
22	David Dame	RUNNER'S LIFE	44	898	147	37:32.7	4:42/K
23	Jessie James	RUNNER'S LIFE	41	903	163	39:43.0	4:58/K
24	Ben Kong	JAMCAN International	41	526	184	50:42.3	6:20/K

#### Female 45 to 49

<u>Place</u>	<u>Name</u>	<u>Team</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Helen Dempster	Muskoka Algonquin	46	683	70	32:07.1	4:01/K
2	Kuniko Soda	K2J Fitness	48	534	92	33:18.9	4:10/K
3	Leanne Shafir	MB Performance	48	660	100	33:33.5	4:12/K
4	Tricia Bachman	DURHAM DRAGONS	49	427	102	33:36.2	4:12/K
5	Nancy Catton	Toronto West Athletics	49	1036	122	35:30.6	4:26/K
6	Carrie Scace	MB Performance	48	659	138	36:47.6	4:36/K
7	Susan Ibach	K2J Fitness	47	533	141	37:09.5	4:39/K
8	Terri Paradis	LONDON PACERS	47	611	175	43:12.2	5:24/K

#### Male 45 to 49

<u>Place</u>	<u>Name</u>	<u>Team</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Predrag Mladenovic	UNATTACHED	45	1123	3	27:40.5	3:28/K
2	Craig Odermatt	PRAIRIE INN	47	857	9	28:12.9	3:32/K
3	David Moore	UNATTACHED	49	1124	28	29:42.3	3:43/K
4	Mark Sinnige	Muskoka Algonquin	48	688	39	30:12.9	3:47/K
5	Michael Blois	K2J Fitness	46	528	45	30:36.8	3:50/K
6	Corey Turnbull	UNATTACHED	46	1138	46	30:45.9	3:51/K
7	Jeff Lapierre	PHYSI-KULT	45	830	52	31:07.5	3:53/K
8	Hugo Champagne	Les Vainqueurs	45	594	53	31:07.5	3:53/K
9	Jean-Luc Mejane	McGill Olympic Club	46	670	56	31:16.3	3:55/K
10	Steve Boston	NEWMARKET	47	699	62	31:30.9	3:56/K
11	Ian Sinclair	TORONTO OLYMPIC	47	1023	65	31:52.5	3:59/K
12	Tony Marra	Muskoka Algonquin	49	686	73	32:19.7	4:02/K
13	Patrick MacDonell	MB Performance	48	656	74	32:19.8	4:02/K
14	Brian Hagemeyer	LONDON RUNNER	46	618	76	32:24.6	4:03/K
15	Mirco Graenert	NEWMARKET	48	714	78	32:33.5	4:04/K
16	Randy Cocek	K2J Fitness	46	530	80	32:44.4	4:06/K

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17	Bryan Lambert	UNATTACHED	46	1114	93	33:19.4	4:10/K
18	Glen Caradus	RUNNER'S LIFE	48	896	113	34:36.3	4:20/K
19	Pat McLean	NEWMARKET	47	721	117	35:04.7	4:23/K
20	Akeel Ghaib	Lions Valley Athletics	48	601	129	36:00.1	4:30/K
21	Giorgio Raso	NEWMARKET	47	735	130	36:02.8	4:30/K
22	Bryon McConnell	UNATTACHED	47	1121	146	37:32.1	4:42/K
23	Shane Grimm	RUNNER'S LIFE	46	900	166	40:48.8	5:06/K

#### Female 50 to 54

<u>Place</u>	<u>Name</u>	<u>Team</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Paula Wiltse	PHYSI-KULT	50	845	60	31:26.8	3:56/K
2	Elaine Mota	NEWMARKET	52	724	88	33:07.0	4:08/K
3	Leslie Sanderson	UNATTACHED	50	1133	96	33:23.9	4:10/K
4	Tracy Tory	MB Performance	51	662	120	35:20.7	4:25/K
5	Cynthia O'Halloran	TORONTO OLYMPIC	54	1019	135	36:37.9	4:35/K
6	Jean Ferguson	OTTAWA LIONS T.F.C.	53	768	143	37:15.9	4:39/K
7	Gwen Bailey-Mason	UNIVERSITY OF	51	1161	145	37:31.1	4:41/K
8	Nathalie Gauthier	K2J Fitness	52	532	149	38:13.2	4:47/K
9	Beth Lebedyk	UNATTACHED	50	1115	154	39:12.3	4:54/K
10	Diane Pomerleau	Kalenjins	53	537	155	39:13.7	4:54/K
11	Christine Ross	UNATTACHED	53	1132	156	39:23.7	4:55/K
12	Jill Delane	LIONS GATE ROAD	52	600	158	39:32.7	4:57/K
13	Joanne Armstrong	UNATTACHED	52	1096	167	40:53.5	5:07/K
14	Aura Reynoso	NEWMARKET	51	737	174	43:08.3	5:24/K

#### Male 50 to 54

<u>Place</u>	<u>Name</u>	<u>Team</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Kevin O'Connor	VANCOUVER	50	1226	5	27:44.9	3:28/K
2	Alistair Munro	MB Performance	51	657	15	29:03.3	3:38/K
3	Geoff Peat	NEWMARKET	54	732	16	29:08.4	3:39/K
4	Troy Cox	Muskoka Algonquin	50	682	18	29:11.7	3:39/K
5	Michel Cusson	Fleur de Lys	50	464	21	29:15.8	3:39/K
6	Jim Dyck	MB Performance	52	652	23	29:17.8	3:40/K
7	Colin Dignum	HERSHEY HARRIERS	51	509	26	29:31.4	3:41/K
8	Neil Holm	UNATTACHED	51	1084	27	29:38.4	3:42/K
9	Marc Molgat	Indépendant	50	521	37	30:08.3	3:46/K
10	Simon Rayner	UNIVERSITY OF	53	1196	40	30:14.7	3:47/K
11	Kevin Shields	LAKEHEAD RUNNING	51	550	47	30:47.1	3:51/K

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<u>Place</u>	<u>Name</u>	<u>Team</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
12	Andrew Jones	LONDON PACERS	51	609	54	31:09.6	3:54/K
13	Jim Fullarton	K2J Fitness	52	531	63	31:36.5	3:57/K
14	Scott Pegrum	UNATTACHED	51	1126	67	31:58.3	4:00/K
15	Jeff Orchard	LONDON PACERS	52	610	84	32:57.0	4:07/K
16	Jianping Xu	HARBOUR TRACK	52	506	86	33:03.8	4:08/K
17	Robert Blair	NEWMARKET	53	695	90	33:09.5	4:09/K
18	Trevor Thom	MB Performance	50	661	94	33:20.4	4:10/K
19	Damian Dupuy	UNIVERSITY OF	53	1174	105	33:42.7	4:13/K
20	Andy Blackwell	MB Performance	52	651	107	33:52.0	4:14/K
21	Darryl Rowan	Lions Valley Athletics	51	603	111	34:28.6	4:19/K
22	Michael Ferguson	OTTAWA LIONS T.F.C.	53	770	112	34:33.8	4:19/K
23	John Ellis	Central Toronto Athletic	52	380	118	35:14.7	4:24/K
24	Brent Armstrong	UNATTACHED	50	1095	126	35:49.1	4:29/K
25	Richard Daley	RUNNER'S LIFE	51	897	127	35:53.5	4:29/K
26	David Bialkowski	Muskoka Algonquin	53	678	128	35:57.2	4:30/K
27	Jack Cook	Fast Trax Run & Ski	50	462	180	46:43.9	5:50/K

#### Female 55 to 59

<u>Place</u>	<u>Name</u>	<u>Team</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Judy Andrew Piel	K2J Fitness	55	527	133	36:20.6	4:33/K
2	Teresa Novick	LONDON RUNNER	58	619	144	37:20.9	4:40/K
3	Cheryl La Force	PHYSI-KULT	58	827	164	40:02.6	5:00/K
4	Janet Smith	LONDON PACERS	59	614	176	43:24.6	5:26/K

#### Male 55 to 59

<u>Place</u>	<u>Name</u>	<u>Team</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Daniel Fiorini	NEWMARKET	55	707	20	29:14.2	3:39/K
2	Chris Deighan	NEWMARKET	57	703	35	29:59.3	3:45/K
3	Don Gallagher	Muskoka Algonquin	56	684	59	31:25.1	3:56/K
4	Steven Blostein	PHYSI-KULT	56	816	61	31:27.8	3:56/K
5	Kevin Kornelsen	Indépendant	55	520	72	32:11.3	4:01/K
6	Roger Wyllie	UNATTACHED	58	1144	81	32:47.7	4:06/K
7	Wayne Rice	PHYSI-KULT	55	838	104	33:38.0	4:12/K
8	Grant Williams	MB Performance	58	665	114	34:44.9	4:21/K
9	Trevor Kobe	Longboat Roadrunners	56	643	116	34:50.3	4:21/K
10	James Freemantle	NEWMARKET	59	709	119	35:15.9	4:24/K
11	Peter Gordon	UNIVERSITY OF	57	1181	121	35:24.4	4:26/K
12	Paul Roberts	LONDON PACERS	59	612	123	35:31.4	4:26/K

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13	Walter Faion	UNIVERSITY OF	57	1175	124	35:37.0	4:27/K
14	Steve Bafia	UNATTACHED	55	1098	125	35:37.2	4:27/K
15	William Woods	MB Performance	56	666	131	36:06.8	4:31/K
16	Brian Gray	Muskoka Algonquin	55	685	132	36:12.3	4:32/K
17	Mike Gwilliam	RUNNER'S LIFE	57	901	151	38:40.1	4:50/K

#### Female 60 to 64

<u>Place</u>	<u>Name</u>	<u>Team</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Thérèse Hérard	Lanaudière-Olympique	60	557	162	39:42.7	4:58/K
2	Clara Northcott	UNIVERSITY OF	63	1191	165	40:10.1	5:01/K
3	Pauline Watson	UNIVERSITY OF	63	1205	183	48:22.3	6:03/K

#### Male 60 to 64

<u>Place</u>	<u>Name</u>	<u>Team</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Bill Krezonoski	UNATTACHED	64	1112	85	33:00.8	4:08/K
2	Jim Carter	K2J Fitness	62	529	136	36:41.4	4:35/K
3	Jim Rawling	Longboat Roadrunners	62	645	137	36:45.7	4:36/K
4	Larry Carter	NEWMARKET	60	701	140	36:56.2	4:37/K
5	Andrew Wilkes	MB Performance	64	664	148	37:42.5	4:43/K
6	Wayne Chee	UNIVERSITY OF	63	1164	152	38:59.6	4:52/K
7	Calvin Little	UNATTACHED	62	1116	171	41:38.2	5:12/K

#### Female 65 to 69

<u>Place</u>	<u>Name</u>	<u>Team</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Kathryn Martin	UNATTACHED	66	1119	115	34:48.8	4:21/K
2	Deborah Holtom	UNATTACHED	67	1109	172	41:48.4	5:14/K

#### Male 65 to 69

<u>Place</u>	<u>Name</u>	<u>Team</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	John Clarke	UNATTACHED	66	1101	101	33:35.9	4:12/K
2	Ted Paget	NEWMARKET	66	729	157	39:24.7	4:56/K
3	James Whipp	UNATTACHED	65	1141	159	39:33.2	4:57/K
4	Ian Perowne	Les Godasses du Nord	65	591	168	41:01.7	5:08/K
5	Tim Payne	NEWMARKET	67	731	170	41:17.2	5:10/K

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6	Robert Slee	LONDON PACERS	65	613	173	42:11.7	5:16/K
7	Gaétan Breton	Sherbrooke	69	933	179	46:41.6	5:50/K

#### Male 70 to 74

<u>Place</u>	<u>Name</u>	<u>Team</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Hugh Connolly	Longboat Roadrunners	72	642	169	41:03.1	5:08/K
2	Tony Teddy	Longboat Roadrunners	71	646	177	44:05.6	5:31/K
3	Leo Young	LONDON PACERS	74	1146	181	46:56.2	5:52/K
4	Chuck Edwards	LONDON PACERS	72	1105	182	47:58.2	6:00/K

#### Male 75 to 79

<u>Place</u>	<u>Name</u>	<u>Team</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Vern Christensen	UNIVERSITY OF	76	1165	178	45:59.6	5:45/K
2	Michael Goodstadt	UNIVERSITY OF	77	1180	185	1:01:31.4	7:41/K

#### Male 85 to 89

<u>Place</u>	<u>Name</u>	<u>Team</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Bob Wild	UNATTACHED	85	1142	186	1:08:22.4	8:33/K