

<b>8K Loops</b>					
Aaron Holmgren	28:55.0	M35-39	74.24	BC	Peninsula Track & Field Club
Jean-Pierre Poulin	29:39.0	M50-54	80.72	QC	Independant
Hajin Tola	29:41.0	M35-39	72.32	ON	Toronto Olympic Club
Brian Torrance	29:49.0	M45-49	77.14	AB	Fast Trax Run & Ski Club
Matthew McInnes	29:56.0	M45-49	76.84	ON	Mile2Marathon (ON)
Oliver Utting	30:04.0	M45-49	76.50	BC	Unattached British Columbia
Marcel Blom	30:27.0	M35-39	70.50	ON	Dundas Valley Track Club
Nick Croker	30:36.0	M35-39	70.15	ON	Unattached Ontario
Michael Logue	30:41.0	M35-39	69.96	ON	Newmarket Huskies Track Club
Derek Hackshaw	30:47.0	M50-54	77.75	ON	Newmarket Huskies Track Club
Bernie Hogan	30:51.0	M40-44	71.75	ON	Unattached Ontario
Miles Anderson	31:03.0	M30-34	68.33	ON	Physi-Kult
Michael Bianchi	31:05.0	M40-44	71.21	ON	Dundas Valley Track Club
Dallas Raudebaugh	31:09.0	M40-44	71.05	AB	UNATTACHED ALBERTA
Conor McGuinness	31:10.0	M30-34	68.07	ON	Toronto Olympic Club
Robert Van Den Heuvel	31:10.0	M45-49	73.80	ON	Unattached Ontario
Kyle Desormeaux	31:11.0	M40-44	70.98	ON	Mile2Marathon (ON)
David Tepper	31:27.0	M45-49	73.13	ON	Newmarket Huskies Track Club
Kip Sigsworth	31:32.0	M45-49	72.94	ON	Unattached Ontario
Charles Bedley	31:33.0	M45-49	72.90	ON	Toronto Olympic Club
Craig McAllister	31:33.0	M50-54	75.86	ON	Unattached Ontario
Brent Workman	31:40.0	M50-54	75.58	ON	Unattached Ontario
Warren Ringler	31:46.0	M45-49	72.40	ON	Toronto West Athletics
Michael O'Farrell	31:47.0	M35-39	67.54	ON	Mile2Marathon (ON)
David Guss	31:48.0	M60-64	81.97	BC	Kelowna Running Club
Antony Orth	31:49.0	M35-39	67.47	ON	Mile2Marathon (ON)
Dan Fiorini	31:49.0	M55-59	78.42	ON	Newmarket Huskies Track Club
Jeff Gorman	31:50.0	M40-44	69.53	NS	UNATTACHED NOVA SCOTIA
Chris Shaw	31:51.0	M30-34	66.61	ON	Dundas Valley Track Club
Jonathan Gray	31:55.0	M35-39	67.26	ON	Dundas Valley Track Club
Stephan De Wit	31:58.0	M40-44	69.24	ON	Physi-Kult
Matthew Feltham	32:14.0	M40-44	68.6767.82	ON	Stratford Sabrecats Track Club
Geoffrey Peat	32:18.0	M55-59	77.24	ON	Newmarket Huskies Track Club
David Moore	32:22.0	M50-54	73.94	ON	Toronto Harriers
Marc Lennox	32:23.0	M50-54	73.91	ON	Mile2Marathon (ON)
Justin Pfefferle	32:32.0	M35-39	65.98	QC	Ville-Marie
Simon Gareau	32:38.0	M40-44	67.82	ON	Unattached Ontario
Paul Felix	32:40.0	M45-49	70.41	ON	Dundas Valley Track Club
Terry Rushworth	32:43.0	M45-49	70.30	ON	Ottawa Lions T.F.C.
Liam Walke	32:45.0	M30-34	64.78	ON	Mile2Marathon (ON)
Jen Millar	32:47.0	F40-44	75.44	BC	Unattached British Columbia

Warren Isfan	32:49.0	M45-49	70.09	ON	Mile2Marathon (ON)
Cameron Douglas	32:51.0	M55-59	75.95	ON	Unattached Ontario
Robert Renman	32:53.0	M50-54	72.78	AB	UNATTACHED ALBERTA
Adam Yurkiw	32:56.0	M50-54	72.67	ON	Unattached Ontario
Tristan Garcia	32:58.0	M30-34	64.36	ON	Unattached Ontario
Jeffrey Strachan	33:14.0	M45-49	69.21	ON	Unattached Ontario
Tiffany Newell	33:18.0	F45-49	77.08	ON	Unattached Ontario
Robyn Poulin	33:20.0	F35-39	72.60	BC	Vernon Amateur Athletics Association
Gillian McCabe	33:22.0	F40-44	74.13	ON	Monarch Athletics Club
Steve Boston	33:31.0	M50-54	71.41	ON	Newmarket Huskies Track Club
Kerri Labrecque	33:39.0	F35-39	71.92	ON	Unattached Ontario
Katheryn Cochrane	33:43.0	F30-34	71.28	ON	Mile2Marathon (ON)
Kevin Shields	33:43.0	M55-59	74.00	ON	Unattached Ontario
Erin Gregory	33:49.0	F45-49	75.90	ON	Quinte Frontenac Track Club
Jonathan McGavock	33:55.0	M45-49	67.81	MB	Unattached-Manitoba
Michael Blois	34:12.0	M50-54	69.98	ON	Unattached Ontario
Jessica Shaw	34:14.0	F30-34	70.20	ON	Newmarket Huskies Track Club
Andrea Hill	34:15.0	F30-34	70.17	ON	Mile2Marathon (ON)
Joan Chung	34:26.0	F35-39	70.28	ON	Dundas Valley Track Club
Leah Larocque	34:33.0	F30-34	69.56	ON	Mile2Marathon (ON)
Gerald Guenther	34:34.0	M40-44	64.03	ON	Mile2Marathon (ON)
Lavinia Carreau	34:53.0	F40-44	70.90	NS	UNATTACHED NOVA SCOTIA
Marc Molgat	34:55.0	M50-54	68.54	QC	Gatineau
Steven Blostein	34:59.0	M60-64	74.51	ON	Physi-Kult
Gilles Frenette	35:02.0	M45-49	65.65	ON	Ottawa Lions T.F.C.
Robert Muir	35:10.0	M50-54	68.06	ON	Ottawa Lions T.F.C.
Michael Day	35:27.0	M55-59	70.38	ON	Ottawa Lions T.F.C.
Rebecca Wheeler	35:29.0	F30-34	67.63	ON	Greater Uxbridge Road Runners
Ian McDougall	35:29.0	M45-49	64.82	ON	Unattached Ontario
Aimee Jessop	35:30.0	F40-44	69.67	ON	Monarch Athletics Club
Pierre Quevillon	35:37.0	M50-54	67.20	ON	Physi-Kult
Clive Morgan	35:37.0	M60-64	73.19	ON	Unattached Ontario
Camilo Muzard	35:41.0	M45-49	64.46	QC	Club de coureurs Boreal
Rachel Deline	35:44.0	F30-34	67.26	ON	Quinte Frontenac Track Club
Mirco Graenert	35:44.0	M50-54	66.98	ON	Newmarket Huskies Track Club
Thomas Alan Miller	35:46.0	M60-64	72.88	QC	Club de coureurs Phoenix
John Soltice	36:02.0	M50-54	66.42	AB	UNATTACHED ALBERTA
Heather Pady	36:12.0	F45-49	70.90	ON	Unattached Ontario
David Nagy	36:23.0	M45-49	63.22	ON	Newmarket Huskies Track Club
Robert Blair	36:24.0	M55-59	68.54	ON	Newmarket Huskies Track Club
Colleen Coxson	36:29.0	F45-49	70.35	ON	Dundas Valley Track Club
Seanna Robinson	36:35.0	F45-49	70.16	ON	Monarch Athletics Club

Alita Dommann	36:50.0	F50-54	73.48	BC	West Vancouver Track & Field club
Steven Jensen	36:55.0	M45-49	62.30	ON	Newmarket Huskies Track Club
Mary Thompson	36:59.0	F30-34	64.98	ON	Unattached Ontario
Michael Sherar	37:03.0	M55-59	67.34	ON	University of Toronto TC
Scott Pegrum	37:05.0	M55-59	67.28	ON	Unattached Ontario
Christin Sadler	37:06.0	F30-34	64.78	ON	Mile2Marathon (ON)
Richard Sevigny	37:08.0	M60-64	70.20	QC	Independant
Liz Maguire	37:10.0	F55-59	77.31	ON	Ottawa Lions T.F.C.
Heather Ostic	37:32.0	F50-54	72.11	ON	Unattached Ontario
Rachel Burdick	37:41.0	F35-39	64.22	ON	Mile2Marathon (ON)
Ed Bickley	37:43.0	M60-64	69.11	AB	UNATTACHED ALBERTA
Jianping Xu	37:46.0	M55-59	66.06	ON	Dundas Valley Track Club
Sue Pribaz	37:51.0	F50-54	71.51	ON	Central Toronto Athletic Club
Bill Krezonoski	37:53.0	M65-69	71.98	ON	Unattached Ontario
Michael McInerney	37:56.0	M55-59	65.77	ON	Ottawa Lions T.F.C.
Elizabeth Mokrusa	38:00.0	F40-44	65.09	QC	Ville-Marie
Stephanie Gordon	38:05.0	F40-44	64.95	ON	Unattached Ontario
Matthew Poirier	38:08.0	M45-49	60.31	ON	Unattached Ontario
Kevin Butterfield	38:29.0	M45-49	59.77	ON	Ottawa Lions T.F.C.
Julie Basiliadis	38:44.0	F35-39	62.48	ON	Unattached Ontario
Leslie Landsberger	38:51.0	M60-64	67.10	QC	Ville-Marie
Kimberley Stiff	39:33.0	F40-44	62.54	ON	Unattached Ontario
Kate Cochrane-Brink	39:44.0	F50-54	68.12	ON	University of Toronto TC
Genevieve Shurtleff	39:53.0	F40-44	62.01	QC	Club Citius
Dan Roy	39:54.0	M40-44	55.47	ON	Unattached Ontario
Joanne Wedlock	40:00.0	F30-34	60.08	QC	Ville-Marie
Roger Wyllie	40:03.0	M60-64	65.09	ON	Unattached Ontario
Andre Funke	40:59.0	M55-59	60.88	QC	Club de coureurs Phoenix
Martin Guyon	41:02.0	M55-59	60.80	ON	Unattached Ontario
Dan Moriarity	41:16.0	M50-54	58.00	ON	Unattached Ontario
Wayne Gagne	41:21.0	M65-69	65.94	ON	Unattached Ontario
James Freemantle	41:33.0	M60-64	62.74	ON	Newmarket Huskies Track Club
Yvonne Mery	41:40.0	F50-54	64.96	ON	Unattached Ontario
Lisa Hallman	41:49.0	F50-54	64.73	QC	Independant
Jim Carter	41:52.0	M65-69	65.13	AB	UNATTACHED ALBERTA
Maria Marchese	41:54.0	F30-34	57.36	ON	Unattached Ontario
Jean Ferguson (suk)	42:00.0	F55-59	68.41	ON	Unattached Ontario
Walter Faion	42:09.0	M60-64	61.84	ON	University of Toronto TC
Rita Botelho	42:13.0	F60-64	72.48	ON	University of Toronto TC
Chris Madsen	42:20.0	M50-54	56.54	ON	University of Toronto TC
Anne Koch	42:33.0	F55-59	67.53	ON	University of Toronto TC
Patrick McLean	42:52.0	M50-54	55.83	ON	Newmarket Huskies Track Club

Judy Andrew Piel	43:10.0	F55-59	66.56	ON	Unattached Ontario
Jennifer Dumoulin	43:12.0	F35-39	56.02	ON	Ottawa Lions T.F.C.
Clara Northcott	43:17.0	F65-69	75.63	ON	University of Toronto TC
Makie Ohler	43:32.0	F55-59	66.00	ON	University of Toronto TC
Gillian Salter	43:58.0	F60-64	69.60	ON	Unattached Ontario
Pamela Moores	44:14.0	F50-54	61.19	AB	UNATTACHED ALBERTA
Vicki MacDonald	45:00.0	F55-59	63.85	ON	Unattached Ontario
Cynthia O'Halloran	46:05.0	F55-59	62.35	ON	Toronto Olympic Track & Field Club
James Whipp	46:15.0	M65-69	58.95	ON	Unattached Ontario
Nestor Lewyckj	46:19.0	M55-59	53.87	QC	Club de coureurs Phoenix
William Ludlow	47:44.0	M65-69	57.12	QC	Club de coureurs Phoenix
Wayne Chee	47:59.0	M65-69	56.83	ON	University of Toronto TC
Colleen Fraser	48:22.0	F35-39	50.03	ON	Unattached Ontario
Robert Fraser	50:31.0	M65-69	53.98	ON	Thames Athletics Club
Wendy Fraser	52:21.0	F65-69	62.53	ON	Thames Athletics Club
Nancy Konyu	59:25.0	F65-69	55.09	ON	Newmarket Huskies Track Club
Pauline Watson	1:00:43	F65-69	53.91	ON	Unattached Ontario

<b>6K Loops (70+)</b>					
John Clarke	27:25.0	M70-74	77.20	ON	Unattached Ontario
Michael Secker	30:59.0	M70-74	68.32	AB	RUNNING ROOM ATHLETIC CLUB ALBERTA
Ray Tucker	31:05.0	M70-74	68.10	ON	Brantford T.F.C.
Ken Hamilton	33:17.0	M70-74	63.60	ON	Newmarket Huskies Track Club
Hugh Connolly	35:12.0	M75-79	64.49	ON	Longboat Roadrunners
Tim Payne	35:43.0	M70-74	59.26	ON	Newmarket Huskies Track Club
Ted Paget	35:59.0	M70-74	58.82	ON	Newmarket Huskies Track Club
Maurice Bonneville	36:52.0	M70-74	57.41	ON	Unattached Ontario
Avril Douglas	37:01.0	F75-79	74.92	BC	Kajaks Track & Field Club
Michel Gingras	40:09.0	M75-79	56.54	QC	Saint-Jean Olympique
Vern Christensen	43:54.0	M80-85	57.21	ON	University of Toronto TC
Doug Smith	44:07.0	M70-74	47.98	ON	University of Toronto TC
Gaetan Breton	51:44.0	M70-74	40.91	QC	Sherbrooke
Hylke Van Der Wal	56:10.0	M80-85	44.72	SK	UNATTACHED-SASKATCHEWAN

AG% calculations by Dan Fiorini and Doug Smith