

Name	Team	Age Group Place	Total Time	Age Grade	Province
Geoff Peat	NEWMARKET HUSKIES TRACK CLUB	1/24 M 50-54	28:00.7	0.8758	ON
Graham Cocksedge	UNATTACHED BRITISH COLUMBIA	2/19 M 40-44	26:06.4	0.8672	BC
Liz Maguire	OTTAWA LIONS T.F.C.	1/14 F 50-54	31:20.9	0.8635	ON
Chris Deighan	NEWMARKET HUSKIES TRACK CLUB	1/12 M 55-59	29:19.3	0.8582	ON
Jeremiah Ziak	UNATTACHED BRITISH COLUMBIA	1/19 M 40-44	25:47.2	0.8581	BC
Daniel Fiorini	NEWMARKET HUSKIES TRACK CLUB	4/24 M 50-54	29:00.2	0.8530	ON
Derek Hackshaw	NEWMARKET HUSKIES TRACK CLUB	1/29 M 45-49	27:26.4	0.8513	ON
Elaine Mota	NEWMARKET HUSKIES TRACK CLUB	2/14 F 50-54	32:16.2	0.8486	ON
Predrag Mladenovic	Unattached Ontario	3/19 M 40-44	26:53.9	0.8482	ON
Craig Odermatt	PRAIRIE INN HARRIERS RACING TEAM	2/29 M 45-49	27:35.5	0.8400	BC
Michael Secker	RUNNING ROOM ATHLETIC CLUB ALBERTA	1/5 M 65-69	32:28.8	0.8396	AB
Malcolm Balk	McGill Olympic Club	1/13 M 60-64	31:37.8	0.8387	QC
Troy Cox	Muskoka Algonquin Runners	5/29 M 45-49	28:21.3	0.8372	ON
Tyler Ginther	COASTAL TRACK CLUB	2/24 M 50-54	28:38.3	0.8357	BC
Jim Seeds	LAUREL CREEK TRACK & FIELD CLUB	4/29 M 45-49	27:57.8	0.8354	ON
Alistair Munro	MB Performance	3/24 M 50-54	28:40.5	0.8346	ON
Claude Gilbert	C. A. Université Laval	3/29 M 45-49	27:52.6	0.8314	QC
Bill Krezonoski	Unattached Ontario	2/13 M 60-64	32:19.7	0.8282	ON
Andrew Jones	LONDON PACERS	5/24 M 50-54	29:08.6	0.8212	ON
Lynn Kobayashi	UNIVERSITY OF TORONTO T.C	1/5 F 60-64	37:51.9	0.8189	ON
Richard Charette	OTTAWA LIONS T.F.C.	6/29 M 45-49	28:59.9	0.8186	ON
Brian Torrance	LAKEHEAD RUNNING	4/19 M 40-44	27:06.2	0.8164	AB
Dave Kary	OTTAWA LIONS T.F.C.	3/12 M 55-59	31:06.8	0.8158	ON
Vince Friel	NEWMARKET HUSKIES TRACK CLUB	10/24 M 50-54	30:18.7	0.8094	ON
Kevin Kornelsen	Indépendant	12/24 M 50-54	30:35.3	0.8088	QC
Michael Sherar	UNIVERSITY OF TORONTO T.C	11/24 M 50-54	30:23.4	0.8073	ON
Jean-Francois Fillion	Cirrus de l'Outaouais	4/12 M 55-59	31:10.9	0.8071	QC
Dave McMahon	Cirrus de l'Outaouais	7/24 M 50-54	30:08.9	0.8069	QC
Simon Rayner	UNIVERSITY OF TORONTO T.C	9/24 M 50-54	30:12.6	0.8053	ON
Steven Blostein	PHYSI-KULT KINGSTON	2/12 M 55-59	31:00.1	0.8048	ON
Christine Loch	Longboat Roadrunners	3/14 F 50-54	35:16.5	0.8045	ON
Dave Tepper	NEWMARKET HUSKIES TRACK CLUB	5/19 M 40-44	27:44.3	0.8037	ON
Bill Cunliffe	DURHAM DRAGONS ATHLETICS	5/12 M 55-59	31:39.1	0.8019	ON
Kevin Shields	OTTAWA LIONS T.F.C.	6/24 M 50-54	29:53.1	0.8008	ON
Jamie Labrosse	LAUREL CREEK TRACK & FIELD CLUB	8/19 M 40-44	28:34.3	0.7985	ON
Heather Ostic	Unattached Ontario	1/5 F 45-49	33:12.7	0.7967	ON
David Moore	Unattached Ontario	8/29 M 45-49	29:34.4	0.7962	ON
Genevieve Shurtleff	Kalenjins	1/7 F 35-39	30:54.8	0.7955	QC
Clara Northcott	UNIVERSITY OF TORONTO T.C	2/5 F 60-64	39:34.6	0.7939	ON
John Grabher	UNATTACHED BRITISH COLUMBIA	9/29 M 45-49	29:55.7	0.7932	BC
John Blankenship	RUNNING ROOM ATHLETIC CLUB ALBERTA	8/24 M 50-54	30:10.7	0.7930	AB
Seanna Robinson	MB Performance	1/5 F 40-44	31:24.9	0.7919	ON
Nicki Haugan	UNATTACHED BRITISH COLUMBIA	2/7 F 35-39	31:03.5	0.7918	BC
Mark Sinnige	Muskoka Algonquin Runners	7/29 M 45-49	29:33.5	0.7903	ON
Pascal Renard	TRACK NORTH ATHLETIC CLUB	7/19 M 40-44	28:13.1	0.7901	ON
Marc Molgat	Cirrus de l'Outaouais	10/29 M 45-49	30:05.7	0.7888	QC
Kevin Beatty	ONTARIO MASTERS ATHLETICS	6/19 M 40-44	28:08.6	0.7862	
Lise Meloche	Cirrus de l'Outaouais	1/3 F 55-59	37:05.2	0.7843	QC
Donna Mae Robins	ONTARIO MASTERS ATHLETICS	2/5 F 40-44	31:34.8	0.7829	ON
Jeramie Carbonaro	Muskoka Algonquin Runners	9/19 M 40-44	28:43.8	0.7820	ON
Michelle Clarke	Longboat Roadrunners	3/5 F 40-44	32:05.9	0.7803	ON
Corinne Krezonoski	Unattached Ontario	3/5 F 60-64	40:19.6	0.7791	ON
Michael Tickner	LAUREL CREEK TRACK & FIELD CLUB	10/19 M 40-44	29:04.3	0.7787	ON
Michael Day	Unattached Ontario	15/24 M 50-54	31:31.8	0.7781	ON

Rita Botelho	UNIVERSITY OF TORONTO T.C	2/3 F 55-59	37:25.1	0.7773	ON
Jim Fullarton	K2J Fitness	13/24 M 50-54	31:03.2	0.7770	ON
Keijo Taivassalo	UNIVERSITY OF TORONTO T.C	1/4 M 75-79	41:02.0	0.7765	ON
Jim Van Buskirk	Unattached Ontario	3/13 M 60-64	33:35.8	0.7757	ON
Claire Prest	Longboat Roadrunners	1/1 F 70-74	46:48.7	0.7751	ON
Anthony MacIsaac	UNIVERSITY OF TORONTO T.C	14/24 M 50-54	31:23.7	0.7749	ON
Don White	ATHLETICS YUKON	3/5 M 65-69	35:39.6	0.7719	YT
Mary Unsworth	Muskoka Algonquin Runners	3/7 F 35-39	31:44.8	0.7708	ON
Bob Holmes	RUNNING ROOM ATHLETIC CLUB ALBERTA	5/13 M 60-64	34:28.0	0.7697	AB
Ted Paget	NEWMARKET HUSKIES TRACK CLUB	2/5 M 65-69	35:33.7	0.7668	ON
Chris Napier	UNATTACHED BRITISH COLUMBIA	1/14 M 35-39	28:28.3	0.7661	BC
James Freemantle	NEWMARKET HUSKIES TRACK CLUB	6/12 M 55-59	33:25.5	0.7660	ON
Matthew Norminton	RUNNING ROOM ATHLETIC CLUB ALBERTA	3/14 M 35-39	28:43.6	0.7645	AB
Judy Andrew Piel	K2J Fitness	9/14 F 50-54	37:10.0	0.7636	ON
Jean Ferguson	OTTAWA LIONS T.F.C.	6/14 F 50-54	36:17.5	0.7635	ON
Matthew Stanley	Unattached Ontario	11/19 M 40-44	29:12.5	0.7633	ON
Debbie Bell	Unattached Ontario	4/14 F 50-54	35:30.5	0.7624	ON
Elaine Marchese	Nomads	7/14 F 50-54	36:25.3	0.7608	BC
Paul Carter	Unattached Ontario	4/13 M 60-64	34:16.6	0.7603	ON
Blair Layng	Unattached Ontario	18/24 M 50-54	32:00.4	0.7601	ON
Jean-Luc Mejane	McGill Olympic Club	11/29 M 45-49	30:17.0	0.7592	QC
Samuel Tousignant	Kalenjins	2/14 M 35-39	28:35.5	0.7584	QC
Steve Boston	NEWMARKET HUSKIES TRACK CLUB	12/29 M 45-49	30:35.8	0.7575	ON
Andy Blackwell	MB Performance	16/24 M 50-54	31:52.3	0.7570	ON
Joanne Armstrong	Unattached Ontario	5/14 F 50-54	36:11.7	0.7566	ON
Carrie Scace	MB Performance	2/5 F 45-49	34:36.1	0.7564	ON
Kip Sigsworth	LAKEHEAD RUNNING	12/19 M 40-44	29:52.9	0.7518	ON
Jeffery Lapierre	PHYSI-KULT KINGSTON	16/19 M 40-44	30:20.8	0.7518	ON
Leanne Shafir	MB Performance	3/5 F 45-49	34:51.1	0.7509	ON
Clive Morgan	PHYSI-KULT KINGSTON	7/12 M 55-59	33:48.7	0.7507	ON
Scott Pegrum	ONTARIO MASTERS ATHLETICS	17/24 M 50-54	31:53.2	0.7506	ON
John Lofranco	McGill Olympic Club	9/14 M 35-39	29:16.9	0.7500	QC
Corey Turnbull	ONTARIO MASTERS ATHLETICS	13/29 M 45-49	30:42.8	0.7486	ON
Wendy J Turner	Unattached Ontario	4/5 F 45-49	35:44.7	0.7486	ON
Hassan Zaghry	A.T.P athlétisme	15/29 M 45-49	31:16.2	0.7471	QC
Jill Delane	VANCOUVER FALCONS ATHLETIC CLUB	8/14 F 50-54	36:39.3	0.7471	BC
Robin Richard-Campeau	Kalenjins	6/14 M 35-39	29:01.7	0.7470	QC
Savvas Frantzeskos	Iron Stride	13/19 M 40-44	30:05.4	0.7466	ON
Michael Bianchi	Unattached Ontario	7/14 M 35-39	29:04.3	0.7459	ON
Carrie Byer	NEWMARKET HUSKIES TRACK CLUB	4/7 F 35-39	32:43.9	0.7443	ON
Andrew Lockwood	Unattached Ontario	4/14 M 35-39	28:59.1	0.7441	ON
Tim Gillespie	Iron Stride	10/14 M 35-39	29:32.8	0.7433	ON
Brent Hutchinson	BRANTFORD T.F.C.	11/12 M 55-59	34:45.1	0.7432	ON
Michael Blois	K2J Fitness	14/29 M 45-49	30:58.4	0.7423	ON
Ross Bain	Unattached Ontario	8/14 M 35-39	29:07.9	0.7404	ON
Jeremy Walsh	LONDON RUNNER DISTANCE CLUB	14/19 M 40-44	30:07.8	0.7399	ON
Nick Cosman	ONTARIO MASTERS ATHLETICS	5/14 M 35-39	29:01.7	0.7396	ON
Walter Faion	UNIVERSITY OF TORONTO T.C	8/12 M 55-59	34:03.9	0.7388	ON
Glen Norcliffe	TORONTO OLYMPIC CLUB	2/7 M 70-74	40:20.0	0.7383	ON
Robert Moore	TORONTO OLYMPIC CLUB	3/4 M 75-79	42:28.9	0.7361	ON
John Ellis	Central Toronto Athletic Club	19/24 M 50-54	32:48.6	0.7354	ON
Jeff Orchard	LONDON PACERS	20/24 M 50-54	32:49.6	0.7350	ON
Jonathan MacGavock	LAKEHEAD RUNNING	15/19 M 40-44	30:20.8	0.7346	ON
Tony Marra	Muskoka Algonquin Runners	17/29 M 45-49	32:03.9	0.7344	ON
Peter Gordon	UNIVERSITY OF TORONTO T.C	9/12 M 55-59	34:17.0	0.7340	ON

Vern Christensen	UNIVERSITY OF TORONTO T.C	2/4 M 75-79	41:52.5	0.7338	ON
Hugh Connolly	Longboat Roadrunners	1/7 M 70-74	39:32.9	0.7329	ON
Dermot Holwell	ONTARIO MASTERS ATHLETICS	8/13 M 60-64	36:15.3	0.7317	ON
Robert Blair	NEWMARKET HUSKIES TRACK CLUB	22/24 M 50-54	33:18.0	0.7306	ON
Wendy Fraser	LONDON PACERS	4/5 F 60-64	43:01.7	0.7302	ON
Jonathan Cressman	LAUREL CREEK TRACK & FIELD CLUB	16/29 M 45-49	31:30.1	0.7299	ON
Sofiane Tayane	A.T.P athlétisme	11/14 M 35-39	29:47.5	0.7278	QC
Bernard Thebaud	Track East	21/24 M 50-54	33:09.8	0.7276	ON
Jim Rawling	Longboat Roadrunners	6/13 M 60-64	36:13.5	0.7258	ON
Boyd Whyte	Unattached Ontario	7/13 M 60-64	36:13.9	0.7257	ON
Michael Ferguson	OTTAWA LIONS T.F.C.	23/24 M 50-54	33:33.7	0.7249	ON
Brian Hagemeyer	LONDON RUNNER DISTANCE CLUB	18/29 M 45-49	32:04.1	0.7227	ON
Andrew Wilkes	ONTARIO MASTERS ATHLETICS	10/13 M 60-64	37:05.1	0.7220	ON
Robert Muir	OTTAWA LIONS T.F.C.	21/29 M 45-49	32:39.7	0.7209	ON
Trevor Kobe	Longboat Roadrunners	10/12 M 55-59	34:37.7	0.7205	ON
Mirco Graenert	NEWMARKET HUSKIES TRACK CLUB	19/29 M 45-49	32:27.5	0.7197	ON
Paul Felix	Unattached Ontario	17/19 M 40-44	31:02.9	0.7180	ON
Gord Nelson	ONTARIO MASTERS ATHLETICS	9/13 M 60-64	36:20.7	0.7170	ON
Travis Cummings	St. Timonhy's Thunder Jr/Sr High School	1/4 M 30-34	29:45.0	0.7136	
Trevor Davies	ONTARIO MASTERS ATHLETICS	19/19 M 40-44	31:48.8	0.7116	ON
Sheldon Cooper	Unattached Ontario	12/14 M 35-39	30:18.3	0.7085	ON
Nathalie Gauthier	K2J Fitness	10/14 F 50-54	38:40.5	0.7081	ON
Bryan Lambert	ONTARIO MASTERS ATHLETICS	20/29 M 45-49	32:34.7	0.7058	ON
Diane Pomerleau	Kalenjins	12/14 F 50-54	39:20.3	0.7044	QC
Joel Clarke-Ames	Unattached Ontario	13/14 M 35-39	30:30.0	0.7039	ON
Christine Ross	ONTARIO MASTERS ATHLETICS	13/14 F 50-54	39:26.9	0.7024	ON
Gerardo Reyes	Longboat Roadrunners	18/19 M 40-44	31:46.0	0.7018	ON
Tony Teddy	Longboat Roadrunners	3/7 M 70-74	40:48.8	0.7018	ON
Benjamin Burr	LONDON RUNNER DISTANCE CLUB	2/4 M 30-34	30:24.3	0.6995	ON
Robert Campbell	LONDON PACERS	12/12 M 55-59	36:24.1	0.6973	ON
Keith Rodrigues	Unattached Ontario	11/13 M 60-64	38:28.1	0.6960	ON
Ian Sinclair	TORONTO OLYMPIC CLUB	22/29 M 45-49	33:18.3	0.6959	ON
Cora Yin	Unattached Ontario	4/5 F 40-44	35:48.7	0.6947	ON
Daniel Bach	Unattached Ontario	3/4 M 30-34	30:34.6	0.6943	ON
Anke Graenert	NEWMARKET HUSKIES TRACK CLUB	5/5 F 45-49	38:39.3	0.6923	ON
Zarah Dehnashi	Unattached Ontario	11/14 F 50-54	39:14.2	0.6899	ON
Annie Riel	ONTARIO MASTERS ATHLETICS	5/5 F 40-44	36:57.4	0.6778	ON
Maureen Dow	LONDON PACERS	3/3 F 55-59	43:00.5	0.6763	ON
Jack Cook	Fast Trax Run & Ski Club	23/29 M 45-49	35:10.3	0.6750	AB
Bert De Vries	Longboat Roadrunners	4/7 M 70-74	42:49.2	0.6690	ON
Jon Anderson	Unattached Ontario	25/29 M 45-49	35:29.5	0.6689	ON
Chuck Edwards	LONDON PACERS	5/7 M 70-74	43:20.7	0.6687	ON
James Whipp	Unattached Ontario	12/13 M 60-64	40:25.1	0.6685	ON
Michael Mandel	UNIVERSITY OF TORONTO T.C	24/29 M 45-49	35:24.1	0.6599	ON
Michael MacDonald	Iron Stride	4/4 M 30-34	32:27.7	0.6567	ON
Tim Payne	NEWMARKET HUSKIES TRACK CLUB	4/5 M 65-69	41:57.2	0.6561	ON
Alana Bonner	Club de coureurs Boréal	5/7 F 35-39	37:08.6	0.6536	QC
Jessica Sheppard	Muskoka Algonquin Runners	1/1 F 30-34	36:53.4	0.6530	ON
Sharon Bennett	Muskoka Algonquin Runners	7/7 F 35-39	37:45.6	0.6481	ON
Darla Coles	Muskoka Algonquin Runners	6/7 F 35-39	37:39.4	0.6470	ON
Eric Magni	LONDON PACERS	6/7 M 70-74	44:31.0	0.6434	ON
Brian Lovshin	TORONTO OLYMPIC CLUB	26/29 M 45-49	36:46.4	0.6353	ON
Liza Parry	Longboat Roadrunners	14/14 F 50-54	42:44.5	0.6333	
Wayne Ferron	Longboat Roadrunners	27/29 M 45-49	37:33.4	0.6321	ON
Gaétan Breton	Sherbrooke	5/5 M 65-69	44:34.4	0.6294	QC

Robert Fraser	LONDON PACERS	13/13 M 60-64	42:11.6	0.6288	ON
Chris Madsen	UNIVERSITY OF TORONTO T.C	28/29 M 45-49	37:34.5	0.6267	ON
Bob Wild	Unattached Ontario	1/1 M 80-84	1:00:40.1	0.6256	ON
Nancy Konyu	NEWMARKET HUSKIES TRACK CLUB	5/5 F 60-64	51:57.9	0.5967	ON
P. J. Marshall	ONTARIO MASTERS ATHLETICS	7/7 M 70-74	51:09.7	0.5909	ON
Jon Kryz	LAUREL CREEK TRACK & FIELD CLUB	29/29 M 45-49	39:14.8	0.5859	ON
Greg King	Unattached Ontario	14/14 M 35-39	36:52.7	0.5822	ON
Kevin Garlick	LONDON PACERS	24/24 M 50-54	43:49.5	0.5645	ON
Michael Goodstadt	Unattached Ontario	4/4 M 75-79	1:01:13.8	0.5107	ON