

2006 Canadian Cross Country Championships
 Championnat Canadien de Cross-Country 2006
 Vancouver, BC - 02 December

Race Headquarters - <http://www.raceheadquarters.com/>
 Sylvan Smyth - sylvan@raceheadquarters.com

Junior Men/Hommes Junior 8,000m
 Results/Resultats

Place	No.	Competitor Name	Year	City, Province	Club	Lap 1 2,000 m	Lap 2 4,000 m	Lap 3 6,000 m	Finish 8,000 m	Gap To Winner	KM Pace
1	368	Justin Marpole-Bird	1988	Vancouver, BC	Vancouver Thunderbirds	2 6:20	2 12:55	1 19:33	1 25:55.2		3:15
2	3	Matt Leeder	1989	Brockville, ON	Brockville Legion	1 6:20	1 12:55	2 19:33	2 25:59.2	0:04.0	3:15
3	288	Matthew Brunsting	1987	Guelph, ON	Speed River	3 6:20	3 12:55	3 19:34	3 26:06.2	0:11.1	3:16
4	317	Mathew Hughes	1989	Toronto, ON	Toronto Olympic Club	7 6:24	6 13:04	4 19:47	4 26:22.2	0:27.1	3:18
5	269	Sean Fleming	1988	Regina, SK	Queen City Striders	10 6:27	8 13:07	6 19:51	5 26:25.9	0:30.7	3:19
6	286	Kyle Boorsma	1988	Guelph, ON	Speed River	5 6:23	5 13:04	7 19:52	6 26:26.3	0:31.1	3:19
7	289	Joseph Brunsting	1987	Guelph, ON	Speed River	8 6:25	7 13:06	8 19:52	7 26:28.9	0:33.7	3:19
8	334	Kyle Dekker	1987	Kitchener, ON	Tri City Track Club	4 6:21	4 13:00	5 19:49	8 26:36.4	0:41.3	3:20
9	475	Greg Miller	1989	Winnipeg, MB	Winnipeg Optimists	13 6:30	10 13:12	9 19:58	9 26:37.5	0:42.3	3:20
10	422	Kevin Friesen	1987	Moscow, ID	UN-BC	11 6:28	9 13:10	10 20:06	10 27:02.2	1:07.1	3:23
11	32	Nyial Majock	1990	Calgary, AB	CALTAF Athletic Association	9 6:25	11 13:12	11 20:15	11 27:06.4	1:11.2	3:24
12	419	Sebastien Flynn	1988	Dartmouth, NS	Dartmouth Athletics	42 6:44	16 13:30	13 20:23	12 27:07.0	1:11.9	3:24
13	314	Matthew Bruce	1989	Toronto, ON	Toronto Olympic Club	6 6:24	12 13:16	12 20:17	13 27:11.2	1:16.0	3:24
14	292	Robert Jackson	1990	Guelph, ON	Speed River	31 6:39	18 13:33	16 20:31	14 27:11.4	1:16.2	3:24
15	321	Alek Kuternin	1990	Toronto, ON	Toronto Olympic Club	47 6:47	26 13:38	18 20:32	15 27:16.9	1:21.8	3:25
16	141	Mark Henshaw	1988	London, ON	London-Western T&F Club	14 6:31	13 13:24	14 20:24	16 27:17.1	1:21.9	3:25
17	244	Jeffrey Phillips	1989	Victoria, BC	Prairie Inn Harriers Racing Team	18 6:32	14 13:27	15 20:30	17 27:24.0	1:28.9	3:26
18	19	Peter Corrigan	1989	Calgary, AB	Calgary Spartans	21 6:35	17 13:33	20 20:39	18 27:26.9	1:31.7	3:26
19	4	Nick McGraw	1990	Kingston, ON	Brockville Legion	16 6:31	15 13:28	17 20:32	19 27:28.7	1:33.5	3:27
20	520	Matt Walters	1989	North Bay, ON	North Bay Legion	25 6:37	19 13:34	19 20:39	20 27:32.5	1:37.3	3:27
21	155	Rob Watson	1987	London, ON	London-Western T&F Club	33 6:40	23 13:37	22 20:42	21 27:36.9	1:41.7	3:28
22	490	Tyler Pettes	1989	Aurora, ON	UN-ON	28 6:39	27 13:40	23 20:45	22 27:39.3	1:44.2	3:28
23	308	Mitchell Culley	1989	Vancouver, BC	Valley Royals	17 6:32	20 13:35	27 20:48	23 27:40.2	1:45.0	3:28
24	34	Ryan Russell	1988	Calgary, AB	CALTAF Athletic Association	32 6:40	25 13:38	24 20:46	24 27:42.6	1:47.4	3:28
25	287	Robert Brown	1987	Guelph, ON	Speed River	29 6:39	21 13:35	21 20:42	25 27:44.2	1:49.1	3:29
26	171	Terence Attema	1989	St. Catharines, ON	Niagara Olympic Club	30 6:39	31 13:43	26 20:47	26 27:48.4	1:53.2	3:29
27	380	Andrew Aguanno	1989	Etobicoke, ON	York University Track Club	23 6:37	30 13:42	29 20:51	27 27:49.1	1:54.0	3:29
28	267	Marlowe Brownlee	1988	Regina, SK	Queen City Striders	19 6:32	22 13:36	25 20:47	28 27:50.5	1:55.3	3:29
29	59	Cody Carver	1988	Edmonton, AB	Edmonton Thunder Track & Field C	38 6:43	36 13:50	35 21:03	29 27:53.9	1:58.7	3:30
30	142	Ryan Huff	1988	London, ON	London-Western T&F Club	15 6:31	24 13:38	32 20:56	30 27:55.3	2:00.1	3:30
31	163	Michael Voumvakis	1989	Markham, ON	Markham Track Club	26 6:38	28 13:41	28 20:50	31 27:56.8	2:01.6	3:30
32	170	Mohammed Ahmed	1991	St. Catharines, ON	Niagara Olympic Club	20 6:35	29 13:41	30 20:55	32 28:03.4	2:08.3	3:31
33	30	Austin Horn	1988	Calgary, AB	CALTAF Athletic Association	55 6:52	37 13:50	31 20:56	33 28:05.5	2:10.4	3:31
34	381	Danny Francis	1989	Orangeville, ON	York University Track Club	24 6:37	34 13:45	33 21:00	34 28:10.0	2:14.8	3:32
35	89	Fraser Kegel	1990	Etobicoke, ON	Etobicoke Huskies/Striders	40 6:43	35 13:49	34 21:01	35 28:11.3	2:16.1	3:32
36	388	Michael Anderson	1988	Ajax, ON	Durham Dragons	12 6:29	32 13:43	36 21:09	36 28:12.2	2:17.0	3:32
37	313	Anthony Berkis	1989	Toronto, ON	Toronto Olympic Club	41 6:44	40 13:51	37 21:09	37 28:14.6	2:19.4	3:32
38	146	Patrick McConnell	1988	London, ON	London-Western T&F Club	27 6:38	33 13:45	38 21:11	38 28:16.2	2:21.0	3:33
39	20	Owen deLange	1988	Calgary, AB	Calgary Spartans	46 6:46	41 13:56	39 21:12	39 28:26.1	2:30.9	3:34
40	144	Will Komer	1988	London, ON	London-Western T&F Club	57 6:54	48 14:08	47 21:31	40 28:32.8	2:37.6	3:35
41	319	Matthew Jurystra	1989	Toronto, ON	Toronto Olympic Club	51 6:50	46 14:02	45 21:26	41 28:33.0	2:37.9	3:35
42	2	Chris Landry	1987	Moncton, NB	Bleu et Or	37 6:43	42 13:56	42 21:19	42 28:35.7	2:40.6	3:35
43	40	Madison Theriault	1988	Calgary, AB	CALTAF Athletic Association	36 6:43	38 13:51	41 21:13	43 28:36.1	2:40.9	3:35
44	318	Scott Innes	1989	Toronto, ON	Toronto Olympic Club	59 6:55	45 14:01	40 21:12	44 28:36.4	2:41.2	3:35
45	81	Jesse Coote	1990	Etobicoke, ON	Etobicoke Huskies/Striders	48 6:48	49 14:10	48 21:33	45 28:42.8	2:47.6	3:36
46	456	Colin Lavigne	1990	Hamilton, ON	Disassociated	44 6:46	47 14:02	44 21:25	46 28:43.2	2:48.0	3:36
47	423	Iain Fyfe	1988	Montreal, QC	McGill Olympic Club	39 6:43	44 14:00	43 21:24	47 28:44.6	2:49.4	3:36
48	143	Scott Knieriem	1988	London, ON	London-Western T&F Club	49 6:49	54 14:14	54 21:41	48 28:44.6	2:49.4	3:36
49	92	Michael Nealon	1990	Etobicoke, ON	Etobicoke Huskies/Striders	70 6:59	50 14:11	50 21:35	49 28:49.3	2:54.2	3:37
50	345	Matt Cloutier	1988	Calgary, AB	Univeristy of Calgary Athletics	90 7:05	65 14:20	53 21:41	50 28:49.4	2:54.2	3:37

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Place	No.	Competitor Name	Year	City, Province	Club	Lap 1 2,000 m	Lap 2 4,000 m	Lap 3 6,000 m	Finish 8,000 m	Gap To Winner	KM Pace
51	459	Cameron Levins	1989	Black Creek, BC	Prairie Inn Harriers Racing Team	22 6:36	39 13:51	46 21:29	51 28:49.9	2:54.8	3:37
52	376	Sean Hawryluk	1987	Grande Prairie, AB	Wapiti Striders	78 7:02	73 14:24	57 21:44	52 28:52.5	2:57.3	3:37
53	309	David Kostelyk	1988	Vancouver, BC	Valley Royals	60 6:55	53 14:12	51 21:40	53 28:53.3	2:58.2	3:37
54	271	Mark McConnell	1988	Regina, SK	Queen City Striders	63 6:56	67 14:21	59 21:46	54 28:55.1	3:00.0	3:37
55	296	James Clark	1990	Vancouver, BC	Golden Ears Athletics	91 7:06	76 14:26	66 21:52	55 28:55.4	3:00.2	3:37
56	69	Jaden Ostapowich	1989	Wetaskiwin, AB	Edmonton Thunder Track & Field C	34 6:42	43 13:59	49 21:34	56 28:59.7	3:04.6	3:38
57	382	Dan Mizzi	1989	Toronto, ON	York University Track Club	45 6:46	52 14:11	62 21:48	57 29:02.9	3:07.8	3:38
58	384	Eduardo Paolini	1990	Richmond Hill, ON	York University Track Club	50 6:50	61 14:19	70 21:53	58 29:03.9	3:08.8	3:38
59	200	Nigel Sharp	1989	Regina, SK	Excel Athletika	68 6:58	55 14:15	56 21:44	59 29:04.9	3:09.8	3:39
60	356	Jon Roth	1988	Calgary, AB	Univeristy of Calgary Athletics	56 6:52	56 14:15	52 21:41	60 29:05.3	3:10.2	3:39
61	427	Inaki Gomez	1988	Vancouver, BC	UN-BC	64 6:57	60 14:16	58 21:46	61 29:05.5	3:10.4	3:39
62	26	Spencer Pootz	1989	Calgary, AB	Calgary Spartans	67 6:57	59 14:16	55 21:43	62 29:06.1	3:10.9	3:39
63	344	Dylan Childs	1987	Calgary, AB	Univeristy of Calgary Athletics	82 7:03	69 14:23	61 21:48	63 29:08.2	3:13.1	3:39
64	63	Joel Lauzon	1988	Edmonton, AB	Edmonton Thunder Track & Field C	77 7:02	71 14:23	65 21:51	64 29:09.0	3:13.8	3:39
65	371	Deneb Carias	1990	Grande Prairie, AB	Wapiti Striders	66 6:57	57 14:16	60 21:47	65 29:09.5	3:14.4	3:39
66	180	Ryan Thomas	1991	St. Catharines, ON	Niagara Olympic Club	75 7:01	64 14:20	63 21:49	66 29:11.4	3:16.2	3:39
67	448	James Kirk	1989	Cambridge, ON	Cambridge Harriers	83 7:03	75 14:25	69 21:53	67 29:11.4	3:16.3	3:39
68	404	Clifford Childs	1989	Kelowna, BC	Kelowna Track & Field Club	62 6:56	62 14:19	64 21:51	68 29:13.8	3:18.6	3:40
69	132	Michael Nishiyama	1989	Edmonton, AB	Leduc Track Club	53 6:51	63 14:19	67 21:52	69 29:14.6	3:19.4	3:40
70	451	Cameron Kuhn	1987	Vancouver, BC	UN-BC	88 7:04	82 14:32	74 22:00	70 29:15.0	3:19.8	3:40
71	76	Jamie Wiekum	1989	Edmonton, AB	Edmonton Thunder Track & Field C	100 7:11	89 14:36	77 22:06	71 29:15.6	3:20.4	3:40
72	112	Michael Pesce	1992	Barrie, ON	South Simcoe Dufferin	86 7:04	74 14:24	68 21:52	72 29:16.2	3:21.0	3:40
73	111	Ryan Moreau	1991	Wyevale, ON	South Simcoe Dufferin	65 6:57	68 14:22	80 22:11	73 29:24.1	3:29.0	3:41
74	290	Cody Murray	1987	Guelph, ON	Speed River	71 6:59	79 14:30	79 22:09	74 29:26.8	3:31.6	3:41
75	178	Spencer Prudhomme	1989	St. Catharines, ON	Niagara Olympic Club	54 6:52	66 14:21	73 22:00	75 29:29.9	3:34.8	3:42
76	29	Alex Duhault	1990	Calgary, AB	CALTAF Athletic Association	94 7:08	86 14:35	82 22:12	76 29:34.1	3:39.0	3:42
77	123	Jordan Mara	1989	Richmond, BC	Kajaks Track & Field Club	61 6:55	81 14:31	85 22:16	77 29:34.8	3:39.7	3:42
78	140	Ryan Ditchfield	1990	London, ON	London-Western T&F Club	81 7:02	77 14:28	71 21:54	78 29:35.9	3:40.7	3:42
79	64	Kris Loshak	1988	Edmonton, AB	Edmonton Thunder Track & Field C	97 7:09	84 14:33	78 22:09	79 29:36.0	3:40.8	3:42
80	150	William Ross	1988	London, ON	London-Western T&F Club	52 6:51	58 14:16	72 21:58	80 29:37.4	3:42.2	3:43
81	338	Drew Jansen	1989	Cambridge, ON	Tri City Track Club	58 6:55	72 14:24	75 22:02	81 29:39.6	3:44.5	3:43
82	297	Brett Wakefield	1989	Vancouver, BC	Golden Ears Athletics	84 7:03	90 14:36	81 22:11	82 29:41.3	3:46.1	3:43
83	136	Sam Dorosz	1990	Lethbridge, AB	Lethbridge Track Club	101 7:12	91 14:37	84 22:15	83 29:41.3	3:46.2	3:43
84	145	Dennis Mazajlo	1988	London, ON	London-Western T&F Club	72 6:59	78 14:29	86 22:20	84 29:44.3	3:49.1	3:44
85	227	Scott Dagnall	1988	Victoria, BC	Prairie Inn Harriers Racing Team	43 6:45	70 14:23	76 22:06	85 29:46.6	3:51.4	3:44
86	432	Yi Han	1988	Vancouver, BC	UN-BC	98 7:10	96 14:47	89 22:31	86 29:53.5	3:58.4	3:45
87	41	Oliver Bernard	1989	Laval, QC	Club d'Athletisme Dynamique de L	73 7:00	83 14:32	92 22:34	87 29:57.0	4:01.8	3:45
88	55	Adam Leroux	1990	Stillwater Lake, NS	Dartmouth Athletics	96 7:09	88 14:35	87 22:21	88 29:58.2	4:03.0	3:45
89	38	Roman Storoshchuk	1988	Calgary, AB	CALTAF Athletic Association	87 7:04	87 14:35	91 22:32	89 30:05.0	4:09.8	3:46
90	467	Jordan Maynard	1988	Vancouver, BC	UN-BC	95 7:09	97 14:47	93 22:34	90 30:05.4	4:10.3	3:46
91	328	Phillip Ribeiro	1991	Toronto, ON	Toronto Olympic Club	85 7:04	92 14:39	94 22:37	91 30:05.8	4:10.6	3:46
92	151	Jeff Skufca	1989	London, ON	London-Western T&F Club	79 7:02	95 14:46	95 22:37	92 30:06.6	4:11.5	3:46
93	153	Ben Vink	1989	London, ON	London-Western T&F Club	80 7:02	93 14:40	90 22:31	93 30:09.2	4:14.1	3:47
94	455	Luc Lapiere	1988	Vancouver, BC	UN-BC	105 7:14	101 14:55	96 22:40	94 30:10.1	4:15.0	3:47
95	147	Nathan Nicholls	1990	London, ON	London-Western T&F Club	89 7:05	111 15:11	104 22:52	95 30:10.7	4:15.5	3:47
96	194	Adam Wasylshyn	1989	Vancouver, BC	NorWesters	74 7:00	85 14:34	88 22:29	96 30:11.3	4:16.1	3:47
97	252	Aaron Thomas	1990	Victoria, BC	Prairie Inn Harriers Racing Team	106 7:14	102 14:56	99 22:42	97 30:13.6	4:18.5	3:47
98	213	Dylan Haight	1991	Victoria, BC	Pacific Athletics	112 7:17	100 14:54	98 22:42	98 30:18.0	4:22.8	3:48
99	173	Doug Easterbrook	1991	St. Catharines, ON	Niagara Olympic Club	108 7:16	107 15:02	107 22:56	99 30:20.2	4:25.1	3:48
100	481	Scott Nicol	1988	Kelowna, BC	Kelowna Track & Field Club	99 7:11	98 14:51	97 22:41	100 30:21.5	4:26.3	3:48

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 Results/Resultats

Place	No.	Competitor Name	Year	City, Province	Club	Lap 1	Lap 2	Lap 3	Finish	Gap To	KM
						2,000 m	4,000 m	6,000 m	8,000 m	Winner	Pace
101	174	Brad Jamison	1991	St. Catharines, ON	Niagara Olympic Club	109 7:16	103 14:58	101 22:50	101 30:23.5	4:28.4	3:48
102	248	Lowell Rockcliffe	1989	Victoria, BC	Prairie Inn Harriers Racing Team	104 7:13	108 15:04	102 22:50	102 30:26.6	4:31.5	3:49
103	182	Michael Adair	1987	Vancouver, BC	NorWesters	114 7:19	106 15:01	105 22:52	103 30:28.5	4:33.3	3:49
104	214	Curtis Holt	1990	Victoria, BC	Pacific Athletics	111 7:17	104 14:59	108 22:56	104 30:29.9	4:34.7	3:49
105	357	Manpreet Dhaliwal	1990	Abbotsford, BC	Valley Royals	92 7:07	99 14:52	106 22:53	105 30:34.8	4:39.7	3:50
106	506	Shaun Stephens-Whale	1989	Roberts Creek, BC	UN-BC	103 7:13	105 15:00	103 22:51	106 30:39.4	4:44.3	3:50
107	115	Tyler Shibley	1990	Everett, ON	South Simcoe Dufferin	93 7:07	109 15:06	110 23:18	107 30:39.5	4:44.4	3:50
108	48	Joel Laurier	1989	Winnipeg, MB	College Louis-Riel	76 7:01	80 14:30	83 22:14	108 30:43.3	4:48.1	3:51
109	42	Philippe Soucy	1988	Laval, QC	Club d'Athletisme Dynamique de L	69 6:59	94 14:45	100 22:50	109 30:53.4	4:58.3	3:52
110	133	Karl Robertson	1991	Edmonton, AB	Leduc Track Club	115 7:21	114 15:22	111 23:21	110 31:03.5	5:08.3	3:53
111	161	Matthew Spark	1990	Markham, ON	Markham Track Club	113 7:18	112 15:14	109 23:18	111 31:08.4	5:13.3	3:54
112	335	Derek Amorim	1989	Kitchener, ON	Tri City Track Club	119 7:25	115 15:24	112 23:21	112 31:16.7	5:21.5	3:55
113	134	Adam Ward	1991	Edmonton, AB	Leduc Track Club	116 7:24	116 15:25	113 23:27	113 31:23.5	5:28.4	3:56
114	121	Alex Green	1989	Richmond, BC	Kajaks Track & Field Club	107 7:16	113 15:15	114 23:28	114 31:42.5	5:47.3	3:58
115	135	Donovan Hacking	1992	Edmonton, AB	Leduc Track Club	120 7:29	117 15:30	115 23:43	115 31:42.6	5:47.4	3:58
116	184	Matt Diemer	1990	Vancouver, BC	NorWesters	118 7:25	118 15:33	116 23:56	116 32:01.7	6:06.5	4:01
117	217	Garrett Powell	1991	Victoria, BC	Pacific Athletics	121 7:30	121 15:45	117 24:05	117 32:07.6	6:12.5	4:01
118	237	Ben Kingstone	1990	Victoria, BC	Prairie Inn Harriers Racing Team	123 7:36	120 15:44	118 24:12	118 32:10.8	6:15.7	4:02
119	160	Brendan Mooney	1989	Markham, ON	Markham Track Club	124 7:40	123 15:59	120 24:19	119 32:37.1	6:41.9	4:05
120	405	Creighton Connolly	1988	Vancouver, BC	UN-BC	122 7:35	119 15:43	119 24:14	120 32:57.7	7:02.5	4:08
121	541	Henry Baker	1987	Mishkeegoganag, ON	Keeper Athletics	117 7:24	122 15:50	121 24:23	121 33:04.2	7:09.0	4:09
122	186	David Giroday	1990	Vancouver, BC	NorWesters	126 7:55	124 16:28	122 25:42	122 34:00.6	8:05.4	4:16
123	158	Richard Johnston	1988	Markham, ON	Markham Track Club	128 8:15	126 16:57	123 25:44	123 34:12.0	8:16.9	4:17
124	87	Kyle Grieve	1993	Etobicoke, ON	Etobicoke Huskies/Striders	125 7:44	125 16:50	124 26:16	124 36:25.7	10:30.6	4:34
125	129	Ezra Aleba	1991	Edmonton, AB	Leduc Track Club	129 8:19	127 17:29	125 27:07	125 36:49.7	10:54.5	4:37
126	540	Rupert Bunting	1991	Hudson, ON	Keeper Athletics	127 8:00	128 17:47	126 27:44		357888:01.4	
127	521	Nick Walters	1989	North Bay, ON	North Bay Legion	35 6:42	51 14:11			357888:01.4	
128	498	Chris Romaniw	1988	Vancouver, BC	UN-ON	102 7:13	110 15:09			357888:01.4	
129	522	Jamie Whitfield	1987	Guelph, ON	GC Athletic Club	110 7:17				357888:01.4	

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Junior Men/Hommes Junior 8,000m
Results By Club/Teams - Resultats Par Equipes/Clubs

1.	30	Speed River	(26:34 1:46:15)
=====			
1	3	Matthew Brunsting	26:07
2	6	Kyle Boorsma	26:27
3	7	Joseph Brunsting	26:29
4	14	Robert Jackson	27:12
5	(25)	Robert Brown	27:45
6	(74)	Cody Murray	29:27
2.	69	Toronto Olympic Club	(27:17 1:49:07)
=====			
1	4	Mathew Hughes	26:23
2	13	Matthew Bruce	27:12
3	15	Alek Kuternin	27:17
4	37	Anthony Berkis	28:15
5	(41)	Matthew Jurystra	28:33
6	(44)	Scott Innes	28:37
3.	105	London-Western T&F Club A	(27:47 1:51:08)
=====			
1	16	Mark Henshaw	27:18
2	21	Rob Watson	27:37
3	30	Ryan Huff	27:56
4	38	Patrick McConnell	28:17
5	(40)	Will Komer	28:33
6	(80)	William Ross	29:38
4.	111	CALTAF Athletic Association	(27:54 1:51:33)
=====			
1	11	Nyial Majock	27:07
2	24	Ryan Russell	27:43
3	33	Austin Horn	28:06
4	43	Madison Theriault	28:37
5	(76)	Alex Duhault	29:35
6	(89)	Roman Storoshchuk	30:05
5.	176	York University Track Club	(28:32 1:54:07)
=====			
1	27	Andrew Aguanno	27:50
2	34	Danny Francis	28:10
3	57	Dan Mizzi	29:03
4	58	Eduardo Paolini	29:04
6.	199	Niagara Olympic Club	(28:39 1:54:35)
=====			
1	26	Terence Attema	27:49
2	32	Mohammed Ahmed	28:04
3	66	Ryan Thomas	29:12
4	75	Spencer Prudhomme	29:30
5	(99)	Doug Easterbrook	30:21
6	(101)	Brad Jamison	30:24
7.	220	Edmonton Thunder Track & Field Club	(28:50 1:55:19)
=====			
1	29	Cody Carver	27:54
2	56	Jaden Ostapowich	29:00
3	64	Joel Lauzon	29:09
4	71	Jamie Wiekum	29:16
5	(79)	Kris Loshak	29:36

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Junior Men/Hommes Junior 8,000m
Results By Club/Teams - Resultats Par Equipes/Clubs

8.	253	Etobicoke Huskies/Striders B	(30:33 2:02:11)
=====			
1	35	Fraser Kegel	28:12
2	45	Jesse Coote	28:43
3	49	Michael Nealon	28:50
4	124	Kyle Grieve	36:26
9.	301	PIH Racing Team Junior Men	(29:28 1:57:52)
=====			
1	17	Jeffrey Phillips	27:24
2	85	Scott Dagnall	29:47
3	97	Aaron Thomas	30:14
4	102	Lowell Rockcliffe	30:27
5	(118)	Ben Kingstone	32:11
10.	302	London-Western T&F Club B	(29:34 1:58:13)
=====			
1	48	Scott Knieriem	28:45
2	78	Ryan Ditchfield	29:36
3	84	Dennis Mazajlo	29:45
4	92	Jeff Skufca	30:07
5	(93)	Ben Vink	30:10
6	(95)	Nathan Nicholls	30:11
11.	384	Markham Track Club	(31:29 2:05:56)
=====			
1	31	Michael Voumvakis	27:57
2	111	Matthew Spark	31:09
3	119	Brendan Mooney	32:38
4	123	Richard Johnston	34:12
12.	437	NorWesters	(31:41 2:06:44)
=====			
1	96	Adam Wasylyshyn	30:12
2	103	Michael Adair	30:29
3	116	Matt Diemer	32:02
4	122	David Giroday	34:01

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Junior Men/Hommes Junior 8,000m
Results By Prov/Teams - Resultats Par Equipes/Prov

1.	82	Alberta A	(27:33 1:50:11)
=====			
1	11	Nyial Majock	27:07
2	18	Peter Corrigan	27:27
3	24	Ryan Russell	27:43
4	29	Cody Carver	27:54
5	(39)	Owen deLange	28:27
6	(56)	Jaden Ostapowich	29:00
2.	146	Saskatchewan Athletics	(28:05 1:52:18)
=====			
1	5	Sean Fleming	26:26
2	28	Marlowe Brownlee	27:51
3	54	Mark McConnell	28:56
4	59	Nigel Sharp	29:05
3.	182	BC Junior Men	(28:36 1:54:21)
=====			
1	23	Mitchell Culley	27:41
2	51	Cameron Levins	28:50
3	53	David Kostelyk	28:54
4	55	James Clark	28:56
5	(68)	Clifford Childs	29:14
6	(82)	Brett Wakefield	29:42
4.	215	Alberta B	(28:55 1:55:40)
=====			
1	43	Madison Theriault	28:37
2	50	Matt Cloutier	28:50
3	60	Jon Roth	29:06
4	62	Spencer Pootz	29:07
5	(64)	Joel Lauzon	29:09
6	(71)	Jamie Wiekum	29:16

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Junior Women/Femmes Junior 5,000m
 Results/Resultats

Place	No.	Competitor Name	Year	City, Province	Club	Lap 1 1,000 m	Lap 2 3,000 m	Finish 5,000 m	Gap To Winner	KM Pace
1	201	Danelle Woods	1989	Ottawa, ON	Ottawa Lions	5 3:11	4 10:46	1 18:08.9		3:38
2	272	Kendra Schaaf	1990	Craven, SK	Queen City Striders	2 3:09	1 10:41	2 18:09.7	0:00.9	3:38
3	354	Jessica O'Connell	1989	Calgary, AB	Univeristy of Calgary Athletics	3 3:09	2 10:42	3 18:20.4	0:11.5	3:41
4	1	Genevieve Lalonde	1991	Moncton, NB	Bleu et Or	1 3:08	3 10:46	4 18:22.9	0:14.0	3:41
5	364	Rachel Cliff	1988	Vancouver, BC	Vancouver Thunderbirds	7 3:11	5 10:47	5 18:31.9	0:23.1	3:43
6	24	Ciara Kary	1992	Calgary, AB	Calgary Spartans	14 3:14	7 10:52	6 18:37.0	0:28.2	3:44
7	116	Amanda Truelove	1990	Barrie, ON	South Simcoe Dufferin TFC	10 3:11	9 10:55	7 18:39.7	0:30.9	3:44
8	336	Lindsay Carson	1989	Cambridge, ON	Tri City Track Club	6 3:11	6 10:49	8 18:42.8	0:34.0	3:45
9	389	Marie-Louise Asselin	1987	Camlachie, ON	Sarnia Athletics Southwest TF	13 3:14	11 10:56	9 18:44.3	0:35.4	3:45
10	168	Sheila Reid	1989	Newmarket, ON	Newmarket Huskies Track Club	8 3:11	8 10:55	10 18:44.8	0:35.9	3:45
11	260	Jessica Furlan	1990	Regina, SK	Excel Athletika	15 3:14	12 10:59	11 18:44.9	0:36.0	3:45
12	162	Kelly-Lynne Spettigue	1988	Markham, ON	Markham Track Club	23 3:17	14 11:04	12 18:48.7	0:39.8	3:46
13	181	Esther Vermeer	1990	St. Catharines, ON	Niagara Olympic Club	20 3:16	16 11:10	13 19:05.8	0:56.9	3:50
14	215	Justine Johnson	1991	Victoria, BC	Pacific Athletics	12 3:13	13 11:03	14 19:07.8	0:58.9	3:50
15	365	Katherine Digby	1991	Vancouver, BC	Vancouver Thunderbirds	18 3:15	18 11:11	15 19:08.5	0:59.6	3:50
16	392	Jessica Belliveau	1988	Orono, NB	Saint John Track Club	11 3:13	15 11:10	16 19:09.7	1:00.9	3:50
17	54	Laura Englehutt	1989	Dartmouth, NS	Dartmouth Athletics	45 3:24	20 11:19	17 19:09.9	1:01.1	3:50
18	46	Sarah-Anne Brault	1989	WINNIPEG, MB	College Louis-Riel	4 3:10	10 10:56	18 19:15.9	1:07.1	3:52
19	315	Victoria Hanna	1991	Toronto, ON	Toronto Olympic Club			19 19:19.9	1:11.1	3:52
20	279	Shannon Gribbons	1988	Port Elgin, ON	Saugeen Track & Field Club	17 3:15	19 11:12	20 19:20.0	1:11.1	3:52
21	37	Faye Stenning	1989	Calgary, AB	CALTAF Athletic Association	24 3:17	17 11:11	21 19:21.3	1:12.4	3:53
22	387	Tara Allaire	1989	Red Rock, ON	Lakehead Athletics Club	26 3:17	21 11:21	22 19:22.8	1:13.9	3:53
23	90	Shannon Kennedy	1992	Etobicoke, ON	Etobicoke Huskies/Striders	27 3:18	24 11:25	23 19:29.8	1:21.0	3:54
24	103	Jillian Wyman	1989	Dundas, ON	Hamilton Olympic Club	19 3:15	22 11:23	24 19:30.4	1:21.5	3:55
25	280	Baillie Locke	1989	Port Elgin, ON	Saugeen Track & Field Club	33 3:21	23 11:24	25 19:34.0	1:25.1	3:55
26	301	Jessica Smith	1989	Vancouver, BC	NorWesters	37 3:23	29 11:31	26 19:35.7	1:26.8	3:56
27	300	Chantelle Groenewoud	1989	Vancouver, BC	NorWesters	36 3:23	28 11:30	27 19:36.3	1:27.4	3:56
28	531	Erica Digby	1989	Vancouver, BC	Vancouver Thunderbirds	28 3:18	25 11:26	28 19:36.4	1:27.5	3:56
29	264	Alicia Roske	1988	Regina, SK	Excel Athletika	30 3:19	27 11:28	29 19:40.1	1:31.2	3:57
30	154	Madi Wallace	1989	London, ON	London-Western T&F Club	34 3:22	33 11:32	30 19:40.9	1:32.1	3:57
31	101	Caitlin Price	1988	Ancaster, ON	Hamilton Olympic Club	53 3:26	37 11:37	31 19:42.7	1:33.9	3:57
32	39	Nadia Tatlow	1989	Calgary, AB	CALTAF Athletic Association	80 3:32	45 11:43	32 19:43.8	1:34.9	3:57
33	278	Hayley Green	1991	Port Elgin, ON	Saugeen Track & Field Club	43 3:24	38 11:37	33 19:44.0	1:35.2	3:57
34	179	Kelsie Slater	1989	St. Catharines, ON	Niagara Olympic Club	32 3:20	35 11:34	34 19:44.1	1:35.2	3:57
35	83	Keesha Danso-Dapaah	1990	Etobicoke, ON	Etobicoke Huskies/Striders	31 3:20	32 11:32	35 19:44.1	1:35.3	3:57
36	107	Marla Bailey	1989	Barrie, ON	South Simcoe Dufferin TFC	48 3:25	34 11:33	36 19:44.5	1:35.7	3:57
37	281	Heather Stroeder	1987	Port Elgin, ON	Saugeen Track & Field Club	16 3:14	30 11:31	37 19:48.8	1:39.9	3:58
38	433	Kate Harrison	1989	Toronto, ON	Phoenix Athletics Assoc. Ontario	22 3:17	26 11:27	38 19:49.7	1:40.9	3:58
39	130	Raeleen Hunter	1987	Edmonton, AB	Leduc Track Club	56 3:27	43 11:40	39 19:54.4	1:45.6	3:59
40	108	Juliana Bergin	1990	Baxter, ON	South Simcoe Dufferin TFC	47 3:25	36 11:37	40 19:56.0	1:47.2	4:00
41	386	Jessica Pearo	1989	Richmondhill, ON	York University Track Club	51 3:26	42 11:39	41 19:57.1	1:48.2	4:00
42	110	Rachel Islam	1992	Barrie, ON	South Simcoe Dufferin TFC	64 3:29	52 11:50	42 19:57.5	1:48.7	4:00
43	189	Alison Hudson	1987	Vancouver, BC	NorWesters	39 3:23	40 11:38	43 19:58.1	1:49.3	4:00
44	391	Alex Bell	1989	Lockport, MB	Lord Selkirk	41 3:23	44 11:40	44 19:58.3	1:49.4	4:00
45	310	Angela Shaw	1989	Vancouver, BC	Valley Royals	40 3:23	41 11:39	45 20:00.3	1:51.4	4:01
46	138	Kim Chinfatt	1988	London, ON	London-Western T&F Club	49 3:25	46 11:45	46 20:01.6	1:52.7	4:01
47	166	Tamara Derkowski	1989	Newmarket, ON	Newmarket Huskies Track Club	55 3:27	49 11:50	47 20:02.7	1:53.8	4:01
48	343	Kim Ball	1987	Calgary, AB	Univeristy of Calgary Athletics	84 3:33	60 11:56	48 20:03.0	1:54.1	4:01
49	211	Laurel Draper	1991	Victoria, BC	Pacific Athletics	92 3:35	61 11:57	49 20:04.1	1:55.2	4:01
50	22	Allene Goehner	1988	Calgary, AB	Calgary Spartans	52 3:26	47 11:46	50 20:04.8	1:56.0	4:01

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Place	No.	Competitor Name	Year	City, Province	Club	Lap 1 1,000 m	Lap 2 3,000 m	Finish 5,000 m	Gap To Winner	KM Pace
51	327	Jordyn Radke	1989	Toronto, ON	Toronto Olympic Club	35 3:22	39 11:38	51 20:10.0	2:01.2	4:02
52	501	Teegan Schoch	1990	Kelowna, BC	Kelowna track and field club	68 3:29	57 11:52	52 20:11.1	2:02.3	4:03
53	122	Brittany Imlach	1989	Richmond, BC	Kajaks Track & Field Club	21 3:16	48 11:46	53 20:13.1	2:04.3	4:03
54	99	Rebecca Hallam	1989	Hamilton, ON	Hamilton Olympic Club	69 3:30	54 11:51	54 20:14.0	2:05.1	4:03
55	358	Lisa Egami	1988	Abbotsford, BC	Valley Royals	42 3:23	50 11:50	55 20:14.9	2:06.0	4:03
56	100	Rebecca Masten-Davies	1991	Hamilton, ON	Hamilton Olympic Club	54 3:27	53 11:50	56 20:19.3	2:10.4	4:04
57	302	Gillian Wright	1988	Vancouver, BC	Norwesters	57 3:27	64 11:58	57 20:19.5	2:10.6	4:04
58	324	Martha McCabe	1989	Toronto, ON	Toronto Olympic Club	70 3:30	58 11:52	58 20:20.2	2:11.3	4:05
59	47	Melanie Gregoire	1989	WINNIPEG, MB	College Louis-Riel	67 3:29	56 11:52	59 20:20.4	2:11.5	4:05
60	25	Stevie Larocque	1988	Calgary, AB	Calgary Spartans	50 3:25	68 12:02	60 20:20.8	2:11.9	4:05
61	27	Chanda Turner	1989	Calgary, AB	Calgary Spartans	74 3:31	71 12:04	61 20:22.7	2:13.9	4:05
62	494	Flynn Regan	1989	DSartmouth, NS	Dartmouth Athletics	91 3:35	55 11:51	62 20:22.9	2:14.1	4:05
63	197	Samantha Walkow	1991	Surrey, BC	Ocean Athletics	60 3:28	62 11:58	63 20:24.1	2:15.3	4:05
64	406	Chantelle Deacon	1992	Vernon, BC	Kelowna Track & Field Club	38 3:23	59 11:55	64 20:26.6	2:17.7	4:06
65	362	Sam Aynsley	1987	Vancouver, BC	Vancouver Thunderbirds	44 3:24	67 12:02	65 20:27.5	2:18.7	4:06
66	172	Alanah Drake	1990	St. Catharines, ON	Niagara Olympic Club	65 3:29	65 11:59	66 20:27.8	2:18.9	4:06
67	164	Arielle Beatty	1989	Newmarket, ON	Newmarket Huskies Track Club	78 3:32	66 12:01	67 20:28.3	2:19.5	4:06
68	401	Alycia Butterworth	1992	Parksville, BC	Oceanside	61 3:28	63 11:58	68 20:29.8	2:21.0	4:06
69	210	Brittany Cooper	1990	Victoria, BC	Pacific Athletics	96 3:36	69 12:02	69 20:31.7	2:22.8	4:07
70	31	Breanna Langley	1989	Calgary, AB	CALTAF Athletic Association	89 3:34	70 12:03	70 20:33.8	2:24.9	4:07
71	273	Rachael Edwards	1991	Saskatoon, SK	Riversdale Athletics	25 3:17	51 11:50	71 20:34.4	2:25.5	4:07
72	466	Danielle Mason	1990	Cambridge, ON	Laurel Creek	73 3:31	73 12:08	72 20:42.0	2:33.2	4:09
73	274	Krisinda Alexander	1992	Port Elgin, ON	Saugeen Track & Field Club	59 3:27	75 12:11	73 20:43.9	2:35.0	4:09
74	355	Beki Roth	1990	Calgary, AB	Univeristy of Calgary Athletics		72 12:04	74 20:45.8	2:37.0	4:10
75	106	Jennifer Corrick	1990	Orillia, ON	Orillia Athletic Club	95 3:35	78 12:16	75 20:50.7	2:41.8	4:11
76	185	Emily Farnan	1989	Vancouver, BC	NorWesters	107 3:39	79 12:16	76 20:51.6	2:42.8	4:11
77	202	Alysha Hooper	1989	Meaford, ON	Owen Sound Runners	108 3:39	84 12:20	77 20:53.1	2:44.3	4:11
78	257	Debby Querengesser	1989	Red Deer, AB	Red Deer College	97 3:36	77 12:16	78 20:54.3	2:45.4	4:11
79	528	Deanna Zidar	1990	Brampton, ON	Cardinal Leger Lancers	58 3:27	74 12:10	79 20:54.4	2:45.5	4:11
80	52	Bree Bates	1989	Dartmouth, NS	Dartmouth Athletics	129 3:46	88 12:23	80 20:55.1	2:46.2	4:12
81	342	Katie Anker	1988	Calgary, AB	Univeristy of Calgary Athletics	120 3:42	98 12:25	81 20:58.4	2:49.5	4:12
82	139	Lauren Coutts	1989	London, ON	London-Western T&F Club	93 3:35	89 12:23	82 21:00.0	2:51.2	4:12
83	218	Lauren Searle	1991	Victoria, BC	Pacific Athletics	109 3:39	99 12:26	83 21:00.8	2:51.9	4:13
84	220	Alix Thomson	1991	Victoria, BC	Pacific Athletics	110 3:39	102 12:29	84 21:02.0	2:53.2	4:13
85	472	Laura McIvor	1989	Burnaby, BC	UN-BC	81 3:32	95 12:24	85 21:03.7	2:54.9	4:13
86	262	Aimee Hoffman	1990	Regina, SK	Excel Athletika	72 3:31	85 12:21	86 21:04.0	2:55.1	4:13
87	97	Samantha Beattie	1990	Hamilton, ON	Hamilton Olympic Club	79 3:32	80 12:18	87 21:04.6	2:55.8	4:13
88	350	Grace Kary	1991	Calgary, AB	Univeristy of Calgary Athletics	62 3:28	76 12:13	88 21:05.1	2:56.2	4:14
89	96	Teresa Zasowski	1989	Etobicoke, ON	Etobicoke Huskies/Striders	88 3:34	87 12:22	89 21:05.4	2:56.5	4:14
90	311	Laura Mitic	1989	Vancouver, BC	Victoria Track & Field Club	46 3:24	81 12:18	90 21:08.6	2:59.8	4:14
91	263	Allison Malecha	1991	Regina, SK	Excel Athletika	75 3:31	91 12:24	91 21:09.4	3:00.5	4:14
92	18	Madeline Clough	1988	Calgary, AB	Calgary Spartans	94 3:35	92 12:24	92 21:10.3	3:01.5	4:15
93	113	Ellen Ross	1989	Wyevale, ON	South Simcoe Dufferin TFC	82 3:32	83 12:19	93 21:11.8	3:03.0	4:15
94	276	Shauna Donaldson	1990	Port Elgin, ON	Saugeen Track & Field Club	63 3:28	86 12:22	94 21:12.3	3:03.5	4:15
95	167	Helena Fiore	1989	Newmarket, ON	Newmarket Huskies Track Club	87 3:34	97 12:25	95 21:13.3	3:04.5	4:15
96	484	Joscelyn Noll	1989	Waterloo, ON	Laurel Creek	90 3:35	100 12:26	96 21:13.8	3:05.0	4:15
97	177	Lindsay Mooradian	1989	St. Catharines, ON	Niagara Olympic Club	100 3:36	101 12:26	97 21:15.7	3:06.9	4:16
98	359	Samantha Lotnick	1989	Abbotsford, BC	Valley Royals	66 3:29	93 12:24	98 21:18.3	3:09.5	4:16
99	86	Sara Giovannetti	1990	Etobicoke, ON	Etobicoke Huskies/Striders	98 3:36	90 12:23	99 21:20.6	3:11.7	4:17
100	349	Sarah Hittel	1987	Calgary, AB	Univeristy of Calgary Athletics	114 3:41	105 12:34	100 21:22.7	3:13.9	4:17

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 Results/Resultats

Place	No.	Competitor Name	Year	City, Province	Club	Lap 1 1,000 m	Lap 2 3,000 m	Finish 5,000 m	Gap To Winner	KM Pace
101	259	Morgan Bolen	1989	Regina, SK	Excel Athletika	29 3:19	82 12:19	101 21:23.2	3:14.3	4:17
102	114	Jessica Shaw	1989	Barrie, ON	South Simcoe Dufferin TFC	71 3:30	94 12:24	102 21:24.1	3:15.2	4:17
103	148	Michelle Nicholson	1988	London, ON	London-Western T&F Club	121 3:43	103 12:32	103 21:26.1	3:17.3	4:18
104	43	Kyla Coates	1990	Calgary, AB	UN-AB	102 3:37	96 12:24	104 21:27.0	3:18.1	4:18
105	256	Rachel Lauzon	1987	Red Deer, AB	Red Deer College	125 3:44	111 12:38	105 21:29.0	3:20.2	4:18
106	192	Sydney Rothdram	1989	Vancouver, BC	NorWesters	112 3:41	110 12:37	106 21:29.5	3:20.7	4:18
107	74	Alexandra Venner	1990	Edmonton, AB	Edmonton Thunder	104 3:37	106 12:36	107 21:29.9	3:21.1	4:18
108	58	Erin MacNeil	1989	Dartmouth, NS	Dartmouth Athletics	132 3:52	117 12:47	108 21:31.3	3:22.5	4:19
109	169	Paris Adams	1991	St. Catharines, ON	Niagara Olympic Club	105 3:37	109 12:37	109 21:32.1	3:23.3	4:19
110	390	Jennifer Barrow	1990	Brampton, ON	Cardinal Leger Lancers	77 3:31	104 12:33	110 21:34.2	3:25.3	4:19
111	45	Chantal Auger	1990	WINNIPEG, MB	College Louis-Riel	119 3:42	112 12:44	111 21:34.5	3:25.6	4:19
112	175	Heather Kurpe	1990	St. Catharines, ON	Niagara Olympic Club	99 3:36	107 12:36	112 21:35.5	3:26.7	4:20
113	537	Margaux Beauchemin	1990	Winnipeg, MB	College Louis-Riel	124 3:44	119 12:49	113 21:37.1	3:28.2	4:20
114	56	Emilia Leroux	1990	Stillwater Lake, NS	Dartmouth Athletics	134 3:52	123 12:52	114 21:37.3	3:28.4	4:20
115	176	Amanda McMurtrie	1988	St. Catharines, ON	Niagara Olympic Club	83 3:33	108 12:36	115 21:39.1	3:30.3	4:20
116	61	Amy Hudson	1991	Edmonton, AB	Edmonton Thunder	115 3:41	115 12:46	116 21:41.2	3:32.4	4:21
117	53	Lauren Clarke	1987	Dartmouth, NS	Dartmouth Athletics	135 3:53	127 12:55	117 21:42.0	3:33.2	4:21
118	353	Berrit Larsen	1987	Calgary, AB	Univeristy of Calgary Athletics	122 3:43	114 12:45	118 21:48.8	3:40.0	4:22
119	495	Taylor Regan	1991	Dartmouth, NS	Dartmouth Athletics	137 3:53	128 12:57	119 21:52.3	3:43.4	4:23
120	159	Nicole Laurain	1989	Markham, ON	Markham Track Club	127 3:46	125 12:52	120 21:58.6	3:49.8	4:24
121	157	Sarah Haliburton	1990	Markham, ON	Markham Track Club	126 3:45	121 12:50	121 22:00.3	3:51.5	4:25
122	66	Michelle Moen	1990	Edmonton, AB	Edmonton Thunder	123 3:44	116 12:47	122 22:00.8	3:51.9	4:25
123	322	Julia Kuternina	1988	Toronto, ON	Toronto Olympic Club	111 3:40	124 12:52	123 22:01.0	3:52.2	4:25
124	98	Chelsea Buck	1988	Hamilton, ON	Hamilton Olympic Club	101 3:36	120 12:50	124 22:01.1	3:52.2	4:25
125	109	Laura Ellen Devries	1991	Barrie, ON	South Simcoe Dufferin	86 3:34	113 12:45	125 22:04.5	3:55.7	4:25
126	149	Blair Robertshaw	1990	London, ON	London-Western T&F Club	106 3:38	122 12:52	126 22:07.0	3:58.1	4:26
127	152	Mariko Takahashi	1990	London, ON	London-Western T&F Club	76 3:31	118 12:48	127 22:15.9	4:07.1	4:28
128	361	Jennifer Weslowski	1989	Abbotsford, BC	Valley Royals	85 3:33	126 12:53	128 22:20.3	4:11.4	4:29
129	85	Brynn Farren	1991	Etobicoke, ON	Etobicoke Huskies/Striders	103 3:37	130 13:02	129 22:25.0	4:16.1	4:29
130	530	Jessica DeMarinis	1989	Kelowna, BC	Kelowna Track & Field Club	113 3:41	129 13:01	130 22:25.4	4:16.6	4:30
131	527	Emma Young	1989	Pickering, ON	UN-ON	140 3:54	135 13:19	131 22:31.7	4:22.9	4:31
132	369	Erin Potter	1992	Vancouver, BC	Vancouver Thunderbirds	118 3:42	133 13:08	132 22:34.4	4:25.6	4:31
133	219	Brittany Therrien	1990	Victoria, BC	Pacific Athletics	116 3:41	132 13:07	133 22:36.0	4:27.1	4:32
134	156	Jennifer Baker	1990	Markham, ON	Markham Track Club	128 3:46	131 13:06	134 22:38.8	4:29.9	4:32
135	366	Paige Harrison	1991	Vancouver, BC	Vancouver Thunderbirds	117 3:42	134 13:11	135 22:40.4	4:31.5	4:33
136	193	Rebecca Staynor	1991	Vancouver, BC	NorWesters	131 3:52	140 13:28	136 22:41.9	4:33.0	4:33
137	51	Janelle Remillard	1991	WINNIPEG, MB	College Louis-Riel	133 3:52	139 13:27	137 22:56.6	4:47.8	4:36
138	429	Kaitlyn Gray	1988	Vancouver, BC	UN-BC	130 3:49	138 13:27	138 22:58.7	4:49.9	4:36
139	126	Linda Stutz	1989	Richmond, BC	Kajaks Track & Field Club	141 3:56	136 13:25	139 23:00.9	4:52.0	4:37
140	190	Mari Mesri	1989	Vancouver, BC	NorWesters	138 3:54	137 13:27	140 23:13.8	5:05.0	4:39
141	50	Sylvie Michaud	1991	WINNIPEG, MB	College Louis-Riel	136 3:53	141 13:31	141 23:29.0	5:20.2	4:42
142	49	Myriam Leclercq	1990	WINNIPEG, MB	College Louis-Riel	142 3:57	143 13:56	142 23:31.2	5:22.3	4:43
143	188	Jocelyn Hardy-Poirier	1992	Vancouver, BC	NorWesters	139 3:54	142 13:39	143 23:57.3	5:48.5	4:48
144	191	Amelia Rajala	1989	Vancouver, BC	NorWesters	143 3:58	144 14:21	144 24:38.5	6:29.6	4:56
145	198	Jenni Biewald	1988	Ottawa, ON	Ottawa Lions	9 3:11	31 11:32		357895:47.7	

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Junior Women/Femmes Junior 5,000m
Results By Club/Teams - Resultats Par Equipes/Clubs

1.	113	Vancouver Thunderbirds	(19:27 1:17:46)
=====			
1	5	Rachel Cliff	18:32
2	15	Katherine Digby	19:09
3	28	Erica Digby	19:37
4	65	Sam Aynsley	20:28
5	(132)	Erin Potter	22:35
6	(135)	Paige Harrison	22:41
2.	115	Saugeen Track & Field Club	(19:37 1:18:27)
=====			
1	20	Shannon Gribbons	19:20
2	25	Baillie Locke	19:34
3	33	Hayley Green	19:44
4	37	Heather Stroeder	19:49
5	(73)	Krisinda Alexander	20:44
6	(94)	Shauna Donaldson	21:13
3.	125	South Simcoe Dufferin TFC	(19:35 1:18:19)
=====			
1	7	Amanda Truelove	18:40
2	36	Marla Bailey	19:45
3	40	Juliana Bergin	19:56
4	42	Rachel Islam	19:58
5	(93)	Ellen Ross	21:12
6	(102)	Jessica Shaw	21:25
4.	153	NorWesters "Red"	(19:53 1:19:32)
=====			
1	26	Jessica Smith	19:36
2	27	Chantelle Groenewoud	19:37
3	43	Alison Hudson	19:59
4	57	Gillian Wright	20:20
5	(106)	Sydney Rothdram	21:30
5.	165	Hamilton Olympic Club	(19:57 1:19:48)
=====			
1	24	Jillian Wyman	19:31
2	31	Caitlin Price	19:43
3	54	Rebecca Hallam	20:14
4	56	Rebecca Masten-Davies	20:20
5	(87)	Samantha Beattie	21:05
6	(124)	Chelsea Buck	22:02
6.	177	Calgary Spartans	(19:52 1:19:26)
=====			
1	6	Ciara Kary	18:37
2	50	Allene Goehner	20:05
3	60	Stevie Larocque	20:21
4	61	Chanda Turner	20:23
5	(92)	Madeline Clough	21:11
7.	206	Univeristy of Calgary Athletics Club	(20:03 1:20:09)
=====			
1	3	Jessica O'Connell	18:21
2	48	Kim Ball	20:03
3	74	Beki Roth	20:46
4	81	Katie Anker	20:59
5	(88)	Grace Kary	21:06
6	(100)	Sarah Hittel	21:23

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Junior Women/Femmes Junior 5,000m
Results By Club/Teams - Resultats Par Equipes/Clubs

8.	216	Pacific Athletics	(20:12 1:20:47)
=====			
1	14	Justine Johnson	19:08
2	49	Laurel Draper	20:05
3	69	Brittany Cooper	20:32
4	84	Alix Thomson	21:02
5	(133)	Brittany Therrien	22:36
9.	217	Excel Athletika	(20:10 1:20:40)
=====			
1	11	Jessica Furlan	18:45
2	29	Alicia Roske	19:41
3	86	Aimee Hoffman	21:04
4	91	Allison Malecha	21:10
5	(101)	Morgan Bolen	21:24
10.	219	Newmarket Huskies Track Club	(20:08 1:20:31)
=====			
1	10	Sheila Reid	18:45
2	47	Tamara Derkowski	20:03
3	67	Arielle Beatty	20:29
4	95	Helena Fiore	21:14
11.	222	Niagara Olympic Club	(20:13 1:20:52)
=====			
1	13	Esther Vermeer	19:06
2	34	Kelsie Slater	19:45
3	66	Alanah Drake	20:28
4	109	Paris Adams	21:33
5	(112)	Heather Kurpe	21:36
6	(115)	Amanda McMurtrie	21:40
12.	246	Etobicoke Huskies/Striders	(20:26 1:21:42)
=====			
1	23	Shannon Kennedy	19:30
2	35	Keesha Danso-Dapaah	19:45
3	89	Teresa Zasowski	21:06
4	99	Sara Giovannetti	21:21
5	(129)	Brynn Farren	22:25
13.	251	Toronto Olympic Club	(20:28 1:21:52)
=====			
1	19	Victoria Hanna	19:20
2	51	Jordyn Radke	20:10
3	58	Martha McCabe	20:21
4	123	Julia Kuternina	22:01
14.	261	London-Western T&F Club	(20:33 1:22:10)
=====			
1	30	Madi Wallace	19:41
2	46	Kim Chinfatt	20:02
3	82	Lauren Coutts	21:00
4	103	Michelle Nicholson	21:27
5	(126)	Blair Robertshaw	22:07
6	(127)	Mariko Takahashi	22:16

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Junior Women/Femmes Junior 5,000m
Results By Club/Teams - Resultats Par Equipes/Clubs

15.	267	Dartmouth Athletics	(20:31 1:22:01)
=====			
1	17	Laura Englehutt	19:10
2	62	Flynn Regan	20:23
3	80	Bree Bates	20:56
4	108	Erin MacNeil	21:32
5	(114)	Emilia Leroux	21:38
6	(117)	Lauren Clarke	21:42
16.	301	College Louis-Riel	(20:43 1:22:50)
=====			
1	18	Sarah-Anne Brault	19:16
2	59	Melanie Gregoire	20:21
3	111	Chantal Auger	21:35
4	113	Margaux Beauchemin	21:38
5	(137)	Janelle Remillard	22:57
6	(141)	Sylvie Michaud	23:29
17.	326	Valley Royals	(20:59 1:23:56)
=====			
1	45	Angela Shaw	20:01
2	55	Lisa Egami	20:15
3	98	Samantha Lotnick	21:19
4	128	Jennifer Weslowski	22:21
18.	387	Markham Track Club	(21:22 1:25:28)
=====			
1	12	Kelly-Lynne Spettigue	18:49
2	120	Nicole Laurain	21:59
3	121	Sarah Haliburton	22:01
4	134	Jennifer Baker	22:39
19.	495	NorWesters "White"	(22:42 1:30:46)
=====			
1	76	Emily Farnan	20:52
2	136	Rebecca Staynor	22:42
3	140	Mari Mesri	23:14
4	143	Jocelyn Hardy-Poirier	23:58
5	(144)	Amelia Rajala	24:39

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Junior Women/Femmes Junior 5,000m
Results By Prov/Teams - Resultats Par Equipes/Prov

1.	104	Alberta A	(19:17 1:17:06)
=====			
1	3	Jessica O'Connell	18:21
2	6	Ciara Kary	18:37
3	21	Faye Stenning	19:22
4	74	Beki Roth	20:46
5	(78)	Debby Querengesser	20:55
6	(92)	Madeline Clough	21:11
2.	113	Saskatchewan Athletics - GOLD	(19:18 1:17:11)
=====			
1	2	Kendra Schaaf	18:10
2	11	Jessica Furlan	18:45
3	29	Alicia Roske	19:41
4	71	Rachael Edwards	20:35
5	(86)	Aimee Hoffman	21:04
6	(101)	Morgan Bolen	21:24
3.	126	BC Junior Women	(19:43 1:18:51)
=====			
1	26	Jessica Smith	19:36
2	27	Chantelle Groenewoud	19:37
3	28	Erica Digby	19:37
4	45	Angela Shaw	20:01
5	(57)	Gillian Wright	20:20
6	(90)	Laura Mitic	21:09
4.	285	Alberta B	(20:40 1:22:40)
=====			
1	32	Nadia Tatlow	19:44
2	61	Chanda Turner	20:23
3	88	Grace Kary	21:06
4	104	Kyla Coates	21:27
5	(122)	Michelle Moen	22:01

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Senior Men - Hommes Senior 10,000m
 Results/Resultats

Place	No.	Competitor Name	Year	City, Province	Club	Lap 1 2,000 m	Lap 2 4,000 m	Lap 3 6,000 m	Lap 4 8,000 m	Finish 10,000 m	Gap To Winner	KM Pace
1	266	Simon Bairu	1983	Regina, SK	Queen City Striders	2 6:12	1 12:36	1 18:52	1 25:17	1 31:37.7		3:10
2	291	Reid Coolsaet	1979	Guelph, ON	Speed River	5 6:14	3 12:37	2 18:56	2 25:25	2 31:52.0	0:14.4	3:12
3	128	Jerry Ziak	1976	Richmond, BC	Kajaks Track & Field Club	6 6:14	5 12:37	3 18:59	3 25:32	3 31:55.6	0:18.0	3:12
4	379	Cristiano Mauricio	1980	Leamington, ON	Windsor Legion TFC	4 6:13	4 12:37	5 19:04	5 25:38	4 32:04.4	0:26.7	3:13
5	396	Joel Bourgeois	1971	Grand-Digue, NB	UN-NB	1 6:12	6 12:38	4 19:01	4 25:37	5 32:11.2	0:33.5	3:14
6	502	Jeff Scull	1985	Jordan Station, ON	Niagara Olympic Club	16 6:24	9 12:49	7 19:18	7 25:51	6 32:13.7	0:36.1	3:14
7	436	Marcel Hewamudalige	1983	Vancouver, BC	UN-BC	3 6:12	2 12:37	6 19:06	6 25:48	7 32:15.5	0:37.8	3:14
8	352	Geoff Kerr	1984	Calgary, AB	Univeristy of Calgary Athletics	12 6:21	8 12:46	8 19:19	8 25:54	8 32:18.4	0:40.8	3:14
9	254	Simon Whitfield	1975	Victoria, BC	Prairie Inn Harriers Racing Team	10 6:20	11 12:50	11 19:22	9 25:55	9 32:23.4	0:45.7	3:15
10	408	Stephen Drew	1977	Waterloo, ON	UN-ON	11 6:21	10 12:49	10 19:21	10 25:55	10 32:24.2	0:46.5	3:15
11	282	Mike Thorson	1981	Port Elgin, ON	Saugeen Track & Field Club	8 6:17	7 12:46	9 19:20	11 25:56	11 32:29.7	0:52.1	3:15
12	312	Scott Arnald	1985	Toronto, ON	Toronto Olympic Club	13 6:23	14 12:57	12 19:30	12 26:07	12 32:42.3	1:04.6	3:17
13	329	Colin Sullivan	1982	Toronto, ON	Toronto Olympic Club	20 6:25	15 12:59	14 19:34	14 26:16	13 32:53.6	1:15.9	3:18
14	526	Dylan Wykes	1983	Providence, RI	Physi-Kult	7 6:15	13 12:55	13 19:31	13 26:15	14 32:58.8	1:21.1	3:18
15	403	Shane Carlos	1982	Whitehorse, YK	Athletics Yukon	9 6:19	12 12:53	15 19:35	15 26:19	15 33:02.6	1:24.9	3:19
16	395	Mike Booth	1980	Winnipeg, MB	Winnipeg Optimists	19 6:25	16 12:59	16 19:38	16 26:27	16 33:08.7	1:31.0	3:19
17	216	Trevor O'Brien	1978	Victoria, BC	Pacific Athletics	15 6:23	17 13:01	17 19:43	17 26:33	17 33:10.7	1:33.0	3:20
18	414	Colin Fewer	1977	Harbour Main, NL	Athletics North East	22 6:26	20 13:03	19 19:46	19 26:34	18 33:11.3	1:33.6	3:20
19	326	Derek Nakiuski	1982	Toronto, ON	Toronto Olympic Club	44 6:39	33 13:18	22 19:55	20 26:37	19 33:12.7	1:35.0	3:20
20	127	Mike Tighe	1980	Richmond, BC	Kajaks Track & Field Club	31 6:33	24 13:11	21 19:52	21 26:38	20 33:12.8	1:35.1	3:20
21	660	Kyle Jones	1984	Victoria, BC	Prairie Inn Harriers Racing Team	21 6:25	19 13:02	18 19:44	18 26:33	21 33:15.6	1:37.9	3:20
22	524	Geoff Williamson	1977	Boulder, CO	UN-BC	27 6:31	28 13:13	29 20:01	24 26:45	22 33:18.6	1:40.9	3:20
23	62	Adrian Lambert	1985	Edmonton, AB	Edmonton Thunder Track & Field C	26 6:30	22 13:10	23 19:56	23 26:43	23 33:24.6	1:46.9	3:21
24	323	Henok Lechebo	1985	Toronto, ON	Toronto Olympic Club	51 6:46	36 13:21	25 19:58	22 26:42	24 33:26.8	1:49.2	3:21
25	243	Steve Osaduik	1979	Victoria, BC	Prairie Inn Harriers Racing Team	34 6:35	32 13:17	33 20:09	27 26:52	25 33:30.0	1:52.4	3:21
26	68	Robbie Nissen	1983	Edmonton, AB	Edmonton Thunder Track & Field C	17 6:24	18 13:02	20 19:52	25 26:47	26 33:33.3	1:55.7	3:22
27	299	Bruno Mazzotta	1980	Vancouver, BC	Kamloops Track & Field Club	45 6:41	31 13:17	26 19:58	26 26:48	27 33:35.1	1:57.5	3:22
28	118	Mark Bomba	1969	Richmond, BC	Kajaks Track & Field Club	29 6:32	25 13:12	28 20:00	29 26:54	28 33:37.1	1:59.4	3:22
29	294	Chris Moulton	1981	Guelph, ON	Speed River	18 6:24	21 13:04	24 19:58	28 26:53	29 33:39.1	2:01.4	3:22
30	351	Nathan Kendrick	1979	Calgary, AB	Univeristy of Calgary Athletics	39 6:37	39 13:25	34 20:10	31 27:01	30 33:41.8	2:04.1	3:23
31	513	Morgan Titus	1983	Whistler, BC	UN-BC	28 6:32	26 13:12	27 19:59	30 26:55	31 33:45.0	2:07.3	3:23
32	469	Carmin Mazzotta	1982	Vancouver, BC	UN-BC	25 6:29	29 13:14	30 20:02	32 27:03	32 33:45.7	2:08.1	3:23
33	478	Spencer Morrison	1983	Vancouver, BC	Hershey Harriers	32 6:34	35 13:20	36 20:12	34 27:08	33 33:56.0	2:18.4	3:24
34	325	Jeff McCabe	1983	Toronto, ON	Toronto Olympic Club	40 6:37	43 13:30	40 20:23	37 27:16	34 33:58.5	2:20.8	3:24
35	125	Fred Setterington	1980	Richmond, BC	Kajaks Track & Field Club	38 6:36	34 13:18	35 20:10	33 27:06	35 34:02.2	2:24.5	3:25
36	21	Mark Furlong	1983	Calgary, AB	Calgary Spartans	24 6:28	27 13:13	31 20:05	35 27:10	36 34:02.9	2:25.3	3:25
37	518	Peter Vail	1974	-, NS	UN-NS	23 6:27	23 13:10	32 20:08	36 27:12	37 34:03.9	2:26.2	3:25
38	360	Richard Mosley	1982	Abbotsford, BC	Valley Royals	46 6:42	41 13:29	43 20:29	38 27:17	38 34:07.3	2:29.7	3:25
39	131	Travis McKay	1985	Edmonton, AB	Leduc Track Club	14 6:23	30 13:16	37 20:17	39 27:19	39 34:11.0	2:33.3	3:26
40	120	Jamie Epp	1980	Richmond, BC	Kajaks Track & Field Club	41 6:38	42 13:30	39 20:22	40 27:21	40 34:17.1	2:39.5	3:26
41	510	Jeff Symonds	1985	Vancouver, BC	UN-BC	30 6:32	38 13:25	38 20:21	41 27:22	41 34:28.6	2:50.9	3:27
42	70	Dallas Raudebaugh	1981	Edmonton, AB	Edmonton Thunder Track & Field C	36 6:36	40 13:27	42 20:29	42 27:30	42 34:30.5	2:52.8	3:28
43	480	Calum Neff	1984	The Woodlands, AB	UN-AB	42 6:38	45 13:32	44 20:30	44 27:35	43 34:34.3	2:56.7	3:28
44	462	Rob Lonergan	1959	North Vancouver, BC	Hershey Harriers	49 6:45	48 13:36	46 20:32	43 27:33	44 34:34.5	2:56.8	3:28
45	440	Aaron Holmgren	1982	Nanaimo, BC	Prairie Inn Harriers Racing Team	53 6:46	44 13:31	41 20:28	45 27:40	45 34:38.7	3:01.1	3:28
46	331	Stephen Eles	1979	Sudbury, ON	Track North Athletic Club	62 6:53	57 13:54	49 20:48	47 27:52	46 34:40.0	3:02.3	3:28
47	65	Ian Manyfingers	1980	Edmonton, AB	Edmonton Thunder Track & Field C	33 6:34	37 13:22	45 20:31	46 27:49	47 34:52.0	3:14.3	3:30
48	439	Neil Holm	1966	Courtenay, BC	UN-BC	55 6:48	55 13:49	53 20:51	48 27:57	48 34:53.0	3:15.4	3:30
49	499	David Roulston	1982	Vancouver, BC	UN-BC	50 6:45	53 13:44	52 20:50	49 27:57	49 34:54.0	3:16.4	3:30
50	258	Sandy Bain	1983	Regina, SK	Excel Athletika	54 6:47	51 13:41	50 20:49	50 28:02	50 35:10.5	3:32.8	3:32

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Senior Men - Hommes Senior 10,000m
 Results/Resultats

Place	No.	Competitor Name	Year	City, Province	Club	Lap 1	Lap 2	Lap 3	Lap 4	Finish	Gap To	KM
						2,000 m	4,000 m	6,000 m	8,000 m	10,000 m	Winner	Pace
51	33	Wol Ngor	1985	Calgary, AB	CALTAF Athletic Association	43 6:39	46 13:34	47 20:42	52 28:13	51 35:14.9	3:37.3	3:32
52	221	Adam Campbell	1979	Victoria, BC	Prairie Inn Harriers Racing Team	60 6:50	54 13:49	55 21:02	53 28:14	52 35:19.0	3:41.4	3:32
53	486	Craig Odermatt	1970	Victoria, BC	Pacific Athletics	47 6:43	52 13:43	51 20:50	51 28:08	53 35:19.5	3:41.8	3:32
54	77	Kurt Woytiuk	1981	Edmonton, AB	Edmonton Thunder Track & Field C	59 6:50	60 13:58	57 21:11	55 28:24	54 35:26.4	3:48.7	3:33
55	73	Brian Torrance	1976	Edmonton, AB	Edmonton Thunder Track & Field C	48 6:44	50 13:41	59 21:15	54 28:23	55 35:36.9	3:59.3	3:34
56	236	Stephen Kilshaw	1984	Victoria, BC	Prairie Inn Harriers Racing Team	58 6:50	56 13:50	56 21:10	56 28:24	56 35:39.9	4:02.2	3:34
57	508	Will Stewart	1985	Vancouver, BC	UN-BC	35 6:35	49 13:40	54 20:59	57 28:28	57 35:51.8	4:14.1	3:36
58	640	Patrice Le Bihan	1976	Vancouver, BC	Vancouver Thunderbirds	57 6:49	58 13:57	58 21:13	58 28:37	58 36:11.0	4:33.4	3:38
59	233	Colin Jenkins	1983	Victoria, BC	Prairie Inn Harriers Racing Team	61 6:51	59 13:58	60 21:19	59 28:50	59 36:14.1	4:36.5	3:38
60	78	Joe Boland	1978	Edmonton, AB	Edmonton Thunder Track & Field C	56 6:49	61 14:09	61 21:43	60 29:13	60 36:38.6	5:00.9	3:40
61	505	Adam Stacey	1981	Moncton, NB	UN-NB	64 6:57	67 14:28	63 21:53	61 29:20	61 36:47.9	5:10.3	3:41
62	402	Luke Carlos	1979	Whitehorse, YT	Athletics Yukon	65 6:58	62 14:17	62 21:48	62 29:25	62 36:49.4	5:11.7	3:41
63	504	John Soltice	1970	Edmonton, AB	University of Alberta Athletics	70 7:04	64 14:26	65 21:57	63 29:31	63 36:54.8	5:17.2	3:42
64	261	David Herbison	1985	Regina, SK	Excel Athletika	69 7:02	63 14:23	64 21:57	64 29:39	64 37:12.0	5:34.3	3:44
65	493	Bryan Portman	1972	Calgary, AB	UN-AB	66 6:59	65 14:27	66 22:04	66 29:47	65 37:26.9	5:49.2	3:45
66	457	Jean-Philipp Lebeau	1979	Joliette, QC	UN-QC	67 7:01	66 14:27	67 22:04	65 29:46	66 37:32.6	5:54.9	3:46
67	340	Trevor Feeney	1981	Kitchener, ON	Tri-City Track Club	71 7:07	68 14:54	68 22:45	67 30:43	67 38:21.1	6:43.5	3:51
68	231	Eric Findlay	1982	Victoria, BC	Prairie Inn Harriers Racing Team	37 6:36	47 13:35	48 20:47				357882:18.9
69	241	Shawn Nelson	1986	Victoria, BC	Prairie Inn Harriers Racing Team	52 6:46						357882:18.9
70	306	Logan Burke	1985	Vancouver, BC	UN-BC	63 6:54						357882:18.9
71	509	Mike Stone	1974	Bowser, BC	UN-BC	68 7:02						357882:18.9

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Senior Men/Hommes Senior 10,000m
Results By Club/Teams - Resultats Par Equipes/Clubs

1.	102	Toronto Olympic Club	(33:16 2:46:16)
=====			
1	12	Scott Arnald	32:43
2	13	Colin Sullivan	32:54
3	19	Derek Nakiuski	33:13
4	24	Henok Lechebo	33:27
5	34	Jeff McCabe	33:59
2.	126	Kajaks Senior Men	(33:26 2:47:08)
=====			
1	3	Jerry Ziak	31:56
2	20	Mike Tighe	33:13
3	28	Mark Bomba	33:38
4	35	Fred Setterington	34:03
5	40	Jamie Epp	34:18
3.	152	PIH Racing Team Senior Men	(33:50 2:49:08)
=====			
1	9	Simon Whitfield	32:24
2	21	Kyle Jones	33:16
3	25	Steve Osaduik	33:30
4	45	Aaron Holmgren	34:39
5	52	Adam Campbell	35:19
6	(59)	Colin Jenkins	36:15
4.	192	Edmonton Thunder Track & Field Club	(34:22 2:51:49)
=====			
1	23	Adrian Lambert	33:25
2	26	Robbie Nissen	33:34
3	42	Dallas Raudebaugh	34:31
4	47	Ian Manyfingers	34:52
5	54	Kurt Woytiuk	35:27
6	(55)	Brian Torrance	35:37
7	(60)	Joe Boland	36:39

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Senior Men/Hommes Senior 10,000m
Results By Prov/Teams - Resultats Par Equipes/Prov

1. 126 Alberta (33:27 2:47:11)

=====

1	8	Geoff Kerr	32:19
2	23	Adrian Lambert	33:25
3	26	Robbie Nissen	33:34
4	30	Nathan Kendrick	33:42
5	39	Travis McKay	34:11
6	(47)	Ian Manyfingers	34:52
7	(55)	Brian Torrance	35:37

2. 132 BC Senior Men (33:33 2:47:43)

=====

1	20	Mike Tighe	33:13
2	25	Steve Osaduik	33:30
3	27	Bruno Mazzotta	33:36
4	28	Mark Bomba	33:38
5	32	Carmin Mazzotta	33:46

3. 145 Prairies (33:43 2:48:32)

=====

1	1	Simon Bairu	31:38
2	16	Mike Booth	33:09
3	36	Mark Furlong	34:03
4	42	Dallas Raudebaugh	34:31
5	50	Sandy Bain	35:11
6	(51)	Wol Ngor	35:15
7	(60)	Joe Boland	36:39

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Senior Women/Femmes Senior 6,000m
 Results/Resultats

Place	No.	Competitor Name	Year	City, Province	Club	Lap 1 2,000 m	Lap 2 4,000 m	Finish 6,000 m	Gap To Winner	KM Pace
1	346	Malindi Elmore	1980	Calgary, AB	Univeristy of Calgary Athletics	1 6:58	1 13:53	1 20:54.0		3:29
2	165	Megan Brown	1985	Newmarket, ON	Newmarket Huskies Track Club	2 7:02	2 14:12	2 21:18.6	0:24.6	3:34
3	523	Elizabeth Wightman	1981	Toronto, ON	University of Toronto	5 7:12	4 14:34	3 21:48.9	0:54.9	3:39
4	23	Lisa Harvey	1970	Calgary, AB	Calgary Spartans	8 7:18	5 14:40	4 22:00.2	1:06.2	3:41
5	102	Rebecca Stallwood	1978	Burlington, ON	Hamilton Olympic Club	3 7:04	3 14:28	5 22:01.4	1:07.4	3:41
6	511	Emily Tallen	1980	Kingston, ON	Physi Kult	6 7:13	6 14:43	6 22:15.8	1:21.8	3:43
7	240	Carolyn Murray	1976	Victoria, BC	Prairie Inn Harriers Racing Team	4 7:11	7 14:49	7 22:26.3	1:32.3	3:45
8	378	Jackie Malette	1986	Windsor, ON	Windsor Legion TFC	11 7:22	11 15:02	8 22:29.2	1:35.2	3:45
9	14	Lindsay McLaren	1973	Calgary, AB	Calgary Roadrunners	7 7:17	9 14:56	9 22:30.8	1:36.8	3:46
10	249	Lucy Smith	1967	Victoria, BC	Prairie Inn Harriers Racing Team	10 7:19	8 14:55	10 22:32.2	1:38.2	3:46
11	239	Cheryl Murphy	1969	Victoria, BC	Prairie Inn Harriers Racing Team	18 7:29	12 15:05	11 22:34.8	1:40.8	3:46
12	470	Meaghan McCollum	1979	Vancouver, BC	Hershey Harriers	9 7:18	10 14:58	12 22:38.5	1:44.5	3:47
13	224	Tina Connelly	1970	Victoria, BC	Prairie Inn Harriers Racing Team	13 7:27	13 15:09	13 22:43.2	1:49.2	3:48
14	305	Marilyn Arsenaault	1968	Victoria, BC	UN-BC	20 7:31	14 15:14	14 22:52.5	1:58.5	3:49
15	450	Kristen Kolstad	1986	Surrey, BC	South Fraser Track & Field	21 7:31	15 15:15	15 22:53.9	1:59.9	3:49
16	75	Chantell Widney	1979	Edmonton, AB	Edmonton Thunder	16 7:29	18 15:18	16 23:00.9	2:06.9	3:51
17	295	Laura Moulton	1984	Guelph, ON	Speed River	15 7:29	16 15:16	17 23:08.9	2:14.9	3:52
18	330	Leila Angrand	1984	Sudbury, ON	Track North Athletic Club	12 7:27	17 15:16	18 23:11.9	2:17.9	3:52
19	458	Heather Lee	1980	Calgary, AB	UN-AB	14 7:28	20 15:26	19 23:14.5	2:20.5	3:53
20	341	Tarah McKay	1987	St. Clements, ON	Tri-City Track Club	17 7:29	19 15:24	20 23:19.4	2:25.4	3:54
21	71	Edyta Sieminski	1981	Edmonton, AB	Edmonton Thunder	22 7:31	23 15:33	21 23:23.5	2:29.5	3:54
22	333	Kathleen Scott	1986	Mitchell, ON	Track North Athletic Club	23 7:32	21 15:29	22 23:24.7	2:30.7	3:55
23	479	Rosie Mullins	1972	Halifax, NS	Tiger Track Club	25 7:35	24 15:34	23 23:32.3	2:38.3	3:56
24	442	Julia Howard	1983	Coquitlam, BC	Mercury Athletics	19 7:31	22 15:31	24 23:33.5	2:39.5	3:56
25	35	Heather Sim	1985	Calgary, AB	CALTAF Athletic Association			25 23:44.0	2:50.0	3:58
26	332	Lindsay McNicoll	1985	Capreol, ON	Track North Athletic Club	24 7:32	25 15:43	26 23:57.6	3:03.6	4:00
27	532	Jane Cullis	1984	Vancouver, BC	Hershey Harriers	26 7:42	26 15:51	27 24:14.7	3:20.7	4:03
28	337	Erin Fox	1985	Waterloo, ON	Tri City Track Club	28 7:43	27 15:58	28 24:15.6	3:21.6	4:03
29	516	Darolyn Trembath	1982	Winnipeg, MB	Bison Track Club	27 7:42	28 16:01	29 24:17.3	3:23.3	4:03
30	435	Piper Hayes	1986	Toronto, ON	University of Toronto	29 7:46	31 16:15	30 24:33.0	3:39.0	4:06
31	230	Natasha Filliol	1980	Victoria, BC	Prairie Inn Harriers Racing Team	30 7:48	29 16:14	31 24:33.3	3:39.3	4:06
32	304	Nancy Fedoruk	1982	Vancouver, BC	Pacific Athletics	33 7:59	32 16:21	32 24:37.2	3:43.2	4:07
33	28	Tara Dressler	1984	Calgary, AB	CALTAF Athletic Association	31 7:49	30 16:14	33 24:37.3	3:43.3	4:07
34	443	Megan Huzzey	1985	Vancouver, BC	UN-BC	34 8:00	34 16:33	34 24:57.9	4:03.9	4:10
35	265	Ashley Hinthner	1984	Saskatoon, SK	PR Athletics	32 7:50	33 16:32	35 25:41.1	4:47.1	4:17
36	399	Erica Brown	1983	Vancouver, BC	UN-BC	35 8:10	35 17:08	36 26:01.6	5:07.6	4:21
37	411	Charlene Einarson	1967	Minneapolis, MN	UN-MB	36 8:22	36 17:14	37 26:13.2	5:19.2	4:23
38	421	Karen Forsman	1986	Burnaby, BC	UN-BC		38 17:44	38 26:40.0	5:46.0	4:27
39	447	Erin Kennedy	1981	Vancouver, BC	Hershey Harriers	37 8:24	37 17:37	39 26:48.9	5:54.9	4:29
40	407	Jill Delane	1964	Vancouver, BC	Hershey Harriers	38 8:43	39 17:51	40 26:57.7	6:03.7	4:30
41	232	Sandi Heal	1973	Victoria, BC	Prairie Inn Harriers Racing Team	39 9:03	40 18:37	41 28:02.9	7:08.9	4:41

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Senior Women/Femmes Senior 6,000m
Results By Club/Teams - Resultats Par Equipes/Clubs

1.	41	PIH Racing Team Senior Women	(22:35 1:30:19)
=====			
1	7	Carolyn Murray	22:27
2	10	Lucy Smith	22:33
3	11	Cheryl Murphy	22:35
4	13	Tina Connelly	22:44
5	(31)	Natasha Filliol	24:34
2.	118	Hershey Harriers	(25:11 1:40:41)
=====			
1	12	Meaghan McCollum	22:39
2	27	Jane Cullis	24:15
3	39	Erin Kennedy	26:49
4	40	Jill Delane	26:58

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Senior Women/Femmes Senior 6,000m
Results By Prov/Teams - Resultats Par Equipes/Prov

1. 30 Alberta (22:07 1:28:27)

=====

1	1	Malindi Elmore	20:54
2	4	Lisa Harvey	22:01
3	9	Lindsay McLaren	22:31
4	16	Chantell Widney	23:01
5	(21)	Edyta Sieminski	23:24
6	(25)	Heather Sim	23:44

2. 116 Prairies (24:29 1:37:53)

=====

1	19	Heather Lee	23:15
2	29	Darolyn Trembath	24:18
3	33	Tara Dressler	24:38
4	35	Ashley Hinthier	25:42
5	(37)	Charlene Einarson	26:14

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Masters and Sub-Masters Men/Hommes 8,000m
 Results/Resultats

Place	Place In Category	No.	Competitor Name	Birthdate	City, Province	Club	Lap 1 2,000 m	Lap 2 4,000 m	Lap 3 6,000 m	Finish 8,000 m	Gap To Winner	KM Pace
1	1/20 Men	40-44	397 Steve Boyd	1963-09-17	Kingston, ON	Physi-Kult	1 6:31	1 13:19	1 20:09	1 27:00.2		3:23
2	1/7 Men	35-39	533 Philip Rist	1971-3 -4	Vancouver, BC	UN-BC	2 6:42	2 13:34	2 20:25	2 27:19.7	0:19.5	3:25
3	2/20 Men	40-44	67 Shawn Muldrew	1965-02-8	Edmonton, AB	Edmonton Thunder	3 6:49	3 13:59	3 21:13	3 28:15.2	1:15.0	3:32
4	3/20 Men	40-44	13 Paul McCloy	1963-11-6	Calgary, AB	Calgary Roadrunners	4 6:58	4 14:06	4 21:15	4 28:17.4	1:17.3	3:33
5	4/20 Men	40-44	512 Norman Tinkham	1963-09-26	Maple Ridge, BC	Prairie Inn Harriers Racing Team	5 7:02	6 14:20	5 21:43	5 29:00.9	2:00.8	3:38
6	5/20 Men	40-44	416 Daniel Fiorini	1962-04-13	Schomberg, ON	Newmarket Huskies Track Club	6 7:02	5 14:19	7 21:50	6 29:03.5	2:03.3	3:38
7	2/7 Men	35-39	275 Jeff Barrett	1969-03-30	Port Elgin, ON	Saugeen Track & Field Club	9 7:05	7 14:23	6 21:49	7 29:04.4	2:04.2	3:39
8	6/20 Men	40-44	7 Adrian Becklumb	1964-12-14	Calgary, AB	Calgary Roadrunners	7 7:03	8 14:27	8 21:59	8 29:21.5	2:21.3	3:41
9	7/20 Men	40-44	492 Bertrand Plouvier	1965-02-28	Vancouver, BC	UN-BC	10 7:08	9 14:35	9 22:08	9 29:39.1	2:38.9	3:43
10	1/15 Men	45-49	209 Tim Wood	1957-10-17	Owen Sound, ON	Owen Sound Runners	12 7:19	11 14:49	10 22:23	10 29:52.0	2:51.8	3:44
11	3/7 Men	35-39	485 Kevin O'Connor	1967-04-20	Vancouver, BC	Hershey Harriers				11 30:02.2	3:02.1	3:46
12	8/20 Men	40-44	393 Jamie Black	1963-05-20	Toronto, ON	Ontario Masters T&F Assoc.	14 7:20	14 14:59	14 22:45	12 30:11.4	3:11.3	3:47
13	1/11 Men	50-54	536 Paul Reimer	1955-02-18	Abbotsford, BC	Deerfoot Athletic Club	13 7:20	13 14:58	12 22:39	13 30:13.2	3:13.0	3:47
14	4/7 Men	35-39	277 Ken Gosleigh	1967-09-26	Port Elgin, ON	Saugeen Track & Field Club	15 7:20	12 14:52	13 22:40	14 30:16.4	3:16.3	3:48
15	2/15 Men	45-49	400 Beto Bustos	1957-10-22	Edmonton, AB	UN-AB	8 7:03	10 14:38	11 22:36	15 30:18.2	3:18.1	3:48
16	9/20 Men	40-44	10 Beto Dalton	1964-05-5	Calgary, AB	Calgary Roadrunners	16 7:22	16 15:10	15 23:00	16 30:39.4	3:39.2	3:50
17	3/15 Men	45-49	534 Phillip Sigalet	1960-8 -8	Kamloops, BC	Kamloops Ridge Runners	24 7:28	21 15:14	16 23:02	17 30:40.0	3:39.8	3:50
18	10/20 Men	40-44	8 Kevin Bowles	1965-04-15	Calgary, AB	Calgary Roadrunners	18 7:25	18 15:12	18 23:04	18 30:41.8	3:41.6	3:51
19	4/15 Men	45-49	12 Darren Lazaruk	1961-03-10	Calgary, AB	Calgary Roadrunners	23 7:28	23 15:14	17 23:03	19 30:42.7	3:42.6	3:51
20	5/7 Men	35-39	449 Mark Knoop	1967-06-2	Victoria, BC	UN-BC	20 7:26	19 15:13	21 23:06	20 30:44.2	3:44.1	3:51
21	11/20 Men	40-44	517 Andrew Tuovinen	1963-03-7	Belcarra, BC	Hershey Harriers	11 7:18	15 15:04	20 23:06	21 30:54.5	3:54.3	3:52
22	12/20 Men	40-44	203 Kevin Hooper	1963-02-24	Meaford, ON	Owen Sound Runners	17 7:23	20 15:14	19 23:05	22 30:54.7	3:54.5	3:52
23	1/8 Men	55-59	79 Michael Secker	1951-06-29	South Edmonton, AB	Edmonton Thunder	22 7:28	22 15:14	22 23:08	23 30:54.8	3:54.6	3:52
24	5/15 Men	45-49	6 Ed Bickley	1958-07-3	Calgary, AB	Calgary Roadrunners	25 7:30	24 15:23	24 23:24	24 31:07.2	4:07.0	3:54
25	2/11 Men	50-54	247 Dave Reed	1954-09-3	Victoria, BC	Prairie Inn Harriers Racing Team	19 7:26	17 15:12	23 23:18	25 31:09.5	4:09.3	3:54
26	6/15 Men	45-49	298 Art Boileau	1957-10-9	Vancouver, BC	Hershey Harriers	28 7:36	25 15:29	25 23:30	26 31:18.9	4:18.8	3:55
27	7/15 Men	45-49	57 Mike Leroux	1961-08-23	Stillwater Lake, NS	Dartmouth Athletics	33 7:44	28 15:37	27 23:33	27 31:20.0	4:19.8	3:55
28	8/15 Men	45-49	446 Darrell Kary	1958-09-2	Calgary, AB	UN-AB	26 7:33	26 15:30	26 23:31	28 31:28.3	4:28.2	3:57
29	13/20 Men	40-44	434 Ernest Hawker	1962-10-5	Surrey, BC	UN-BC	29 7:37	27 15:34	28 23:38	29 31:30.8	4:30.7	3:57
30	9/15 Men	45-49	195 Ted de St. Croix	1957-08-30	Surrey, BC	Ocean Athletics	34 7:45	33 15:45	31 23:52	30 31:45.7	4:45.5	3:59
31	10/15 Men	45-49	208 Scott Vining	1961-03-16	Owen Sound, ON	Owen Sound Runners	31 7:38	31 15:39	30 23:47	31 31:46.3	4:46.1	3:59
32	11/15 Men	45-49	229 Gary Duncan	1957-10-23	Victoria, BC	Prairie Inn Harriers Racing Team	30 7:38	29 15:37	29 23:43	32 31:47.3	4:47.2	3:59
33	14/20 Men	40-44	206 Fraser Roy	1964-01-17	Owen Sound, ON	Owen Sound Runners	32 7:39	34 15:45	33 24:04	33 32:08.9	5:08.7	4:02
34	3/11 Men	50-54	542 Cliff Russell	1953-07-20	Edmonton, AB	UN-AB	21 7:27	30 15:38	32 23:59	34 32:12.4	5:12.2	4:02
35	15/20 Men	40-44	410 Robert Durrant	1965-02-7	Langley, BC	UN-BC	27 7:33	32 15:41	34 24:06	35 32:14.5	5:14.4	4:02
36	16/20 Men	40-44	105 Max Waibler	1964-06-13	Vancouver, BC	Hershey Harriers	37 7:48	35 15:58	35 24:16	36 32:35.1	5:35.0	4:05
37	4/11 Men	50-54	453 Rob Lang	1956-06-14	Surrey, BC	UN-BC	38 7:49	38 16:05	36 24:29	37 32:44.6	5:44.4	4:06
38	17/20 Men	40-44	207 Derek Smith	1964-08-9	Owen Sound, ON	Owen Sound Runners	35 7:46	36 16:04	37 24:30	38 32:49.8	5:49.7	4:07
39	12/15 Men	45-49	415 Max Findlay	1957-03-30	Edmonton, AB	UN-AB	40 8:01	39 16:12	39 24:33	39 32:55.5	5:55.3	4:07
40	13/15 Men	45-49	204 Nick Meloche	1960-12-7	Owen Sound, ON	Owen Sound Runners	36 7:46	37 16:05	38 24:33	40 33:00.9	6:00.7	4:08
41	1/3 Men	30-34	431 Jamie Halla	1975-05-15	Toronto, ON	South Simcoe Dufferin	44 8:17	43 16:42	43 25:08	41 33:11.3	6:11.1	4:09
42	5/11 Men	50-54	205 Brad Morley	1953-10-10	Owen Sound, ON	Owen Sound Runners	42 8:08	41 16:25	40 24:52	42 33:21.9	6:21.7	4:11
43	6/11 Men	50-54	452 Tony Lambert	1956-02-10	Edmonton, AB	Edmonton Masters	41 8:02	40 16:17	41 24:58	43 33:29.4	6:29.2	4:12
44	18/20 Men	40-44	418 John Fitzgerald	1965-08-28	West Vancouver, BC	Hershey Harriers	47 8:20	45 16:53	45 25:24	44 33:31.4	6:31.2	4:12
45	14/15 Men	45-49	374 Bill Corcoran	1961-11-27	Grande Prairie, AB	Wapiti Striders	39 7:56	42 16:29	42 25:07	45 33:32.2	6:32.1	4:12
46	2/8 Men	55-59	409 Robert Dunbrack	1949-04-6	Nanaimo, BC	UN-BC	49 8:22	44 16:43	44 25:13	46 33:38.2	6:38.0	4:13
47	1/4 Men	60-64	225 Brian Connon	1946-11-23	Victoria, BC	Prairie Inn Harriers Racing Team	50 8:24	48 16:56	46 25:36	47 34:09.1	7:09.0	4:17
48	1/5 Men	65-69	245 Herb Phillips	1940-07-13	Victoria, BC	Prairie Inn Harriers Racing Team	52 8:27	50 17:09	49 25:51	48 34:17.1	7:17.0	4:18
49	6/7 Men	35-39	104 Scott Andruschak	1970-01-10	West Vancouver, BC	Hershey Harriers	43 8:17	46 16:53	47 25:42	49 34:20.1	7:20.0	4:18
50	3/8 Men	55-59	441 Steve Hosford	1950-11-29	Richmond, BC	Kajaks Track & Field Club	48 8:20	47 16:55	48 25:48	50 34:30.2	7:30.0	4:19

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Masters and Sub-Masters Men/Hommes 8,000m
 Results/Resultats

Place	Place In Category	No.	Competitor Name	Birthdate	City, Province	Club	Lap 1 2,000 m	Lap 2 4,000 m	Lap 3 6,000 m	Finish 8,000 m	Gap To Winner	KM Pace
51	7/11 Men	50-54	497 Keith Robinson	1956-11-5	Kelowna, BC	UN-BC	46 8:19	49 17:03	50 25:54	51 34:45.0	7:44.8	4:21
52	8/11 Men	50-54	428 Rae Gordon	1954-03-20	Burnaby, BC	Lions Gate Road Runners	53 8:29	53 17:20	51 26:13	52 35:02.8	8:02.6	4:23
53	7/7 Men	35-39	420 Jamie Forget	1968-08-6	Shanty Bay, ON	South Simcoe Dufferin	45 8:17	51 17:19	53 26:36	53 35:22.5	8:22.3	4:26
54	4/8 Men	55-59	507 Scott Stewart	1950-11-2	Langley, BC	UN-BC	51 8:25	52 17:20	52 26:30	54 35:30.5	8:30.3	4:27
55	19/20 Men	40-44	539 Christopher Kelsall	1966-01-19	Victoria, BC	Prairie Inn Harriers Racing Team	71 10:01	63 18:50	59 27:42	55 36:13.9	9:13.7	4:32
56	5/8 Men	55-59	474 Larry McMahon	1947-05-2	Victoria, BC	Lions Gate Road Runners	60 9:02	57 18:10	55 27:24	56 36:24.3	9:24.1	4:34
57	2/5 Men	65-69	437 Bill Hollingshead	1941-10-13	Nanaimo, BC	Prairie Inn Harriers Racing Team	56 8:47	55 17:58	54 27:23	57 36:33.2	9:33.0	4:35
58	2/4 Men	60-64	463 Jake Madderom	1944-10-10	Burnaby, BC	Kajaks Track & Field Club	62 9:06	61 18:19	57 27:37	58 36:44.7	9:44.5	4:36
59	9/11 Men	50-54	15 James Neff	1956-02-24	Okotoks, AB	Calgary Roadrunners	57 8:53	59 18:18	60 27:44	59 36:45.2	9:45.1	4:36
60	10/11 Men	50-54	496 Willi Ribl	1952-09-19	Richmond, BC	Kajaks Track & Field Club	61 9:04	58 18:17	56 27:35	60 36:51.2	9:51.0	4:37
61	3/5 Men	65-69	284 Vern Christensen	1940-12-12	Toronto, ON	Scarborough Masters	59 9:01	62 18:27	61 27:54	61 37:00.0	9:59.8	4:38
62	11/11 Men	50-54	473 Robert McKinnon	1954-08-24	Denwood, AB	Denwood Outdoor Athletics Club	55 8:44	56 18:08	58 27:39	62 37:03.3	10:03.1	4:38
63	2/3 Men	30-34	199 Doug Kay	1974-10-14	Ottawa, ON	Ottawa Lions	58 8:55	60 18:19	63 28:00	63 37:36.0	10:35.8	4:42
64	20/20 Men	40-44	347 Darrell Fenning	1963-04-24	Calgary, AB	Univeristy of Calgary Athletics	54 8:41	54 17:57	62 28:00	64 38:17.6	11:17.5	4:48
65	6/8 Men	55-59	503 Doug Smith	1951-09-30	Toronto, ON	UN-ON	64 9:26	65 19:10	65 29:05	65 38:50.0	11:49.8	4:52
66	7/8 Men	55-59	398 Gaetan Breton	1947-11-27	Sherbrooke, QC	Sherbrooke Athletics Club	63 9:23	64 19:10	64 29:04	66 39:01.2	12:01.0	4:53
67	4/5 Men	65-69	285 Jack Geddes	1937-07-5	Toronto, ON	Scarborough Masters	67 9:32	66 19:26	66 29:38	67 39:25.7	12:25.6	4:56
68	8/8 Men	55-59	548 Teddy Boyko	1951-01-01	Prince Albert, SK	Prince Albert Road Runners	65 9:30	67 19:31	67 29:39	68 39:38.0	12:37.8	4:58
69	3/3 Men	30-34	80 Alex Agnoluzzi	1973-03-5	Etobicoke, ON	Etobicoke Huskies/Striders	68 9:33	68 19:35	68 29:48	69 39:41.9	12:41.8	4:58
70	1/1 Men	70-74	82 Ron Crichton	1936-06-24	Etobicoke, ON	Etobicoke Huskies/Striders	69 9:55	70 20:06	70 30:22	70 40:28.7	13:28.6	5:04
71	15/15 Men	45-49	88 Alex Keeting	1957-05-17	Etobicoke, ON	Etobicoke Huskies/Striders	66 9:31	69 19:39	69 30:07	71 40:33.3	13:33.1	5:05
72	1/1 Men	75-79	251 Maurice Tarrant	1930-01-9	Victoria, BC	Prairie Inn Harriers Racing Team	70 9:57	71 20:13	71 30:37	72 41:15.2	14:15.0	5:10
73	3/4 Men	60-64	476 Ted Mitchell	1942-05-11	London, ON	UN-ON	72 10:17	72 21:35	72 33:06	73 44:31.3	17:31.2	5:34
74	5/5 Men	65-69	488 Jim Pascoe	1937-12-16	Pickering, ON	UN-ON	73 10:52	73 22:16	73 34:01	74 45:39.9	18:39.7	5:43
75	4/4 Men	60-64	94 John Powell	1944-04-15	Etobicoke, ON	Etobicoke Huskies/Striders	74 11:51	74 24:48	74 38:16	75 51:32.4	24:32.2	6:27

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Master Men/Hommes 8,000m
Results By Club/Teams - Resultats Par Equipes/Clubs
Men/Hommes M40

1. 1:59:17 Calgary Roadrunners Team A (29:50)

=====

1	28:18	Paul McCloy
2	29:22	Adrian Becklumb
3	30:42	Kevin Bowles
4	30:55	Michael Secker

2. 2:04:43 Owen Sound Runners (31:11)

=====

1	29:52	Tim Wood
2	30:55	Kevin Hooper
3	31:47	Scott Vining
4	32:09	Fraser Roy
5 (33:01)	Nick Meloche
6 (33:22)	Brad Morley

3. 2:08:13 PIH Racing Team Masters Men 40 (32:04)

=====

1	29:01	Norman Tinkham
2	31:10	Dave Reed
3	31:48	Gary Duncan
4	36:14	Christopher Kelsall

4. 2:09:17 Calgary Roadrunners Team B (32:20)

=====

1	30:40	Bruce Dalton
2	30:43	Darren Lazaruk
3	31:08	Ed Bickley
4	36:46	James Neff

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Master Men/Hommes 8,000m
Results By Club/Teams - Resultats Par Equipes/Clubs
Men/Hommes M60

1. 1:45:02 PIH Racing Team Masters Men 60 (35:01)

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- 1 34:10 Brian Connon
- 2 34:18 Herb Phillips
- 3 36:34 Bill Hollingshead
- 4 (41:16) Maurice Tarrant

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Master Men/Hommes 8,000m
Results By Club/Teams - Resultats Par Equipes/Clubs
Men/Hommes M30

1. 2:52:18 Etobicoke Huskies/Striders D (43:05)

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1	39:42	Alex Agnoluzzi
2	40:29	Ron Crichton
3	40:34	Alex Keeting
4	51:33	John Powell

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Masters and Sub-Masters Women/Femmes 8,000m
 Results/Resultats

Place	Place In Category	No.	Competitor Name	Birthdate	City, Province	Club	Lap 1 2,000 m	Lap 2 4,000 m	Lap 3 6,000 m	Finish 8,000 m	Gap To Winner	KM Pace
1	1/10 Women 40-44	238	Joan McGrath	1961-12-13	Victoria, BC	Prairie Inn Harriers Racing Team	1 7:53	1 15:53	1 23:57	1 31:51.1		3:59
2	1/2 Women 35-39	377	Penny Thompson	1971-02-15	Grande Prairie, AB	Wapiti Striders	2 7:57	2 16:30	2 25:08	2 33:37.3	1:46.2	4:13
3	1/9 Women 45-49	538	Jennifer Ditchfield	1959-08-16	London, ON	UN-ON	3 8:08	3 16:40	3 25:14	3 33:40.8	1:49.7	4:13
4	2/10 Women 40-44	316	Colleen Hopkins	1964-10-10	Toronto, ON	Toronto Olympic Club	4 8:09	4 16:52	4 25:36	4 34:15.4	2:24.4	4:17
5	1/3 Women 50-54	196	Maureen de St. Croix	1953-06-26	Surrey, BC	Ocean Athletics	5 8:28	5 17:08	5 25:50	5 34:23.6	2:32.5	4:18
6	3/10 Women 40-44	9	Rhonda Clark	1966-10-19	Calgary, AB	Calgary Roadrunners	6 8:28	6 17:21	6 26:24	6 35:25.8	3:34.8	4:26
7	1/1 Women 55-59	255	Gwyn Woodson	1951-04-22	Victoria, BC	Prairie Inn Harriers Racing Team	9 8:39	7 17:28	7 26:31	7 35:33.0	3:41.9	4:27
8	4/10 Women 40-44	11	Donna Dixon	1962-08-22	Calgary, AB	Calgary Roadrunners	12 8:41	10 17:45	8 26:47	8 35:54.2	4:03.2	4:30
9	2/9 Women 45-49	84	Lynda deBoer	1959-08-2	Etobicoke, ON	Etobicoke Huskies/Striders	14 8:46	12 17:53	10 27:05	9 36:09.3	4:18.3	4:32
10	3/9 Women 45-49	17	Sandra Yaworski	1961-10-30	Calgary, AB	Calgary Roadrunners	8 8:38	8 17:40	9 27:04	10 36:28.8	4:37.7	4:34
11	5/10 Women 40-44	412	Nicola Everton	1965-04-14	Garibaldi Highlan, B	Ocean Athletics	11 8:40	13 17:55	11 27:11	11 36:30.4	4:39.3	4:34
12	6/10 Women 40-44	482	Teresa Nightingale	1965-11-26	Halfmoon Bay, BC	Sunshine Coast Athletics	13 8:42	11 17:52	12 27:20	12 36:33.0	4:42.0	4:35
13	4/9 Women 45-49	477	Lori Mitchinson-Bailey	1957-11-20	Barrie, ON	South Simcoe Dufferin	15 8:46	16 18:02	14 27:22	13 36:35.9	4:44.8	4:35
14	7/10 Women 40-44	445	Liz Jones	1965-09-13	Vancouver, BC	Hershey Harriers	16 8:49	15 17:58	15 27:27	14 36:37.2	4:46.2	4:35
15	1/1 Women 30-34	372	Jen Cochran	1976-02-15	Grande Prairie, AB	Wapiti Striders	10 8:39	14 17:56	13 27:21	15 36:43.0	4:52.0	4:36
16	5/9 Women 45-49	535	Sharisse Kyle	1957-11-27	Calgary, AB	Calgary Roadrunners	18 9:04	17 18:12	16 27:30	16 36:46.0	4:54.9	4:36
17	6/9 Women 45-49	228	Wendy Davies	1958-08-16	Victoria, BC	Prairie Inn Harriers Racing Team	17 8:57	18 18:14	17 27:40	17 37:00.6	5:09.5	4:38
18	7/9 Women 45-49	438	Jackie Holloway	1957-05-14	West Vancouver, BC	Hershey Harriers	19 9:05	19 18:33	18 28:09	18 37:45.8	5:54.7	4:44
19	8/10 Women 40-44	373	Marlene Corcoran	1963-08-3	Grande Prairie, AB	Wapiti Striders	20 9:16	20 18:54	19 28:37	19 38:29.3	6:38.2	4:49
20	8/9 Women 45-49	16	Isabel Ostrom	1961-07-7	Calgary, AB	Calgary Roadrunners	23 9:24	21 19:13	20 29:09	20 38:58.3	7:07.2	4:53
21	9/10 Women 40-44	394	Christine Blanchette	1966-06-5	Richmond, BC	Kajaks Track & Field Club	21 9:20	22 19:22	21 29:27	21 39:20.6	7:29.6	4:56
22	2/3 Women 50-54	93	Clara Northcott	1954-09-27	Etobicoke, ON	Etobicoke Huskies/Striders	22 9:22	23 19:24	22 29:32	22 39:29.7	7:38.7	4:57
23	9/9 Women 45-49	95	Katherine Willis	1958-10-19	Etobicoke, BC	Etobicoke Huskies/Striders	25 9:33	24 19:35	23 29:49	23 39:53.6	8:02.5	5:00
24	2/2 Women 35-39	91	Sharon McCready	1968-04-9	Etobicoke, ON	Etobicoke Huskies/Striders	24 9:26	25 19:38	24 30:06	24 40:30.4	8:39.3	5:04
25	3/3 Women 50-54	525	Lilian Wong	1952-02-16	Vancouver, BC	Vancouver Falcons Athletic Club	26 10:57	26 22:44	25 34:23	25 46:14.4	14:23.3	5:47
26	1/1 Women 65-69	283	Joan Christensen	1940-02-19	Toronto, ON	Scarborough Masters	27 11:28	27 23:31	26 35:52	26 48:29.7	16:38.7	6:04
27	10/10 Women 40-44	303	Jeanie Bezdán	1964-08-17	Vancouver, BC	Ocean Athletics	7 8:38	9 17:41			357882:05.5	

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Master Women/Femmes 8,000m
Results By Club/Teams - Resultats Par Equipes/Clubs
Women/Femmes W30

1. 2:36:05 Etobicoke Huskies/Striders C (39:02)

=====

1	36:10	Lynda deBoer
2	39:30	Clara Northcott
3	39:54	Katherine Willis
4	40:31	Sharon McCready

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Master Women/Femmes 8,000m
Results By Club/Teams - Resultats Par Equipes/Clubs
Women/Femmes W40

1. 2:24:36 Calgary Roadrunners (36:09)

=====

- 1 35:26 Rhonda Clark
- 2 35:55 Donna Dixon
- 3 36:29 Sandra Yaworski
- 4 36:46 Sharisse Kyle
- 5 (38:59) Isabel Ostrom

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Masters and Sub-Masters Men/Hommes 8,000m
Age Graded Results/Resultats

Place	Place In Category	No.	Competitor Name	Birthdate	Lap 1 2,000 m	Lap 2 4,000 m	Lap 3 6,000 m	Finish 8,000 m	KM Pace	Age Graded	City, Province	Club
1	1/20 Men 40-44	397	Steve Boyd	1963-09-17	6:31	13:19	20:09	27:00.2	3:23	83.45%	Kingston, ON	Physi-Kult
2	1/3 Women 50-54	196	Maureen de St. Croix	1953-06-26	8:28	17:08	25:50	34:23.6	4:18	80.69%	Surrey, BC	Ocean Athletics
3	1/5 Men 65-69	245	Herb Phillips	1940-07-13	8:27	17:09	25:51	34:17.1	4:18	80.31%	Victoria, BC	Prairie Inn Harriers Racing Team
4	1/9 Women 40-44	238	Joan McGrath	1961-12-13	7:53	15:53	23:57	31:51.1	3:59	80.27%	Victoria, BC	Prairie Inn Harriers Racing Team
5	1/8 Men 55-59	79	Michael Secker	1951-06-29	7:28	15:14	23:08	30:54.8	3:52	80.12%	South Edmonton, AB	Edmonton Thunder
6	2/20 Men 40-44	13	Paul McCloy	1963-11-6	6:58	14:06	21:15	28:17.4	3:33	79.65%	Calgary, AB	Calgary Roadrunners
7	1/1 Women 55-59	255	Gwyn Woodson	1951-04-22	8:39	17:28	26:31	35:33.0	4:27	79.56%	Victoria, BC	Prairie Inn Harriers Racing Team
8	1/11 Men 50-54	536	Paul Reimer	1955-02-18	7:20	14:58	22:39	30:13.2	3:47	79.25%	Abbotsford, BC	Deerfoot Athletic Club
9	1/15 Men 45-49	209	Tim Wood	1957-10-17	7:19	14:49	22:23	29:52.0	3:44	78.96%	Owen Sound, ON	Owen Sound Runners
10	3/20 Men 40-44	67	Shawn Muldrew	1965-02-8	6:49	13:59	21:13	28:15.2	3:32	78.58%	Edmonton, AB	Edmonton Thunder
11	4/20 Men 40-44	416	Daniel Fiorini	1962-04-13	7:02	14:19	21:50	29:03.5	3:38	78.12%	Schomberg, ON	Newmarket Huskies Track Club
12	1/7 Men 35-39	533	Philip Rist	1971-3 -4	6:42	13:34	20:25	27:19.7	3:25	77.94%	Vancouver, BC	UN-BC
13	1/9 Women 45-49	538	Jennifer Ditchfield	1959-08-16	8:08	16:40	25:14	33:40.8	4:13	77.94%	London, ON	UN-ON
14	2/15 Men 45-49	400	Beto Bustos	1957-10-22	7:03	14:38	22:36	30:18.2	3:48	77.82%	Edmonton, AB	UN-AB
15	5/20 Men 40-44	512	Norman Tinkham	1963-09-26	7:02	14:20	21:43	29:00.9	3:38	77.66%	Maple Ridge, BC	Prairie Inn Harriers Racing Team
16	2/11 Men 50-54	247	Dave Reed	1954-09-3	7:26	15:12	23:18	31:09.5	3:54	77.51%	Victoria, BC	Prairie Inn Harriers Racing Team
17	1/4 Men 60-64	225	Brian Connon	1946-11-23	8:24	16:56	25:36	34:09.1	4:17	75.84%	Victoria, BC	Prairie Inn Harriers Racing Team
18	1/1 Men 75-79	251	Maurice Tarrant	1930-01-9	9:57	20:13	30:37	41:15.2	5:10	75.71%	Victoria, BC	Prairie Inn Harriers Racing Team
19	6/20 Men 40-44	7	Adrian Becklumb	1964-12-14	7:03	14:27	21:59	29:21.5	3:41	75.62%	Calgary, AB	Calgary Roadrunners
20	3/11 Men 50-54	542	Cliff Russell	1953-07-20	7:27	15:38	23:59	32:12.4	4:02	75.61%	Edmonton, AB	UN-AB
21	3/15 Men 45-49	298	Art Boileau	1957-10-9	7:36	15:29	23:30	31:18.9	3:55	75.31%	Vancouver, BC	Hershey Harriers
22	4/15 Men 45-49	6	Ed Bickley	1958-07-3	7:30	15:23	23:24	31:07.2	3:54	75.20%	Calgary, AB	Calgary Roadrunners
23	5/15 Men 45-49	534	Phillip Sigalet	1960-8 -8	7:28	15:14	23:02	30:40.0	3:50	75.11%	Kamloops, BC	Kamloops Ridge Runners
24	2/8 Men 55-59	409	Robert Dunbrack	1949-04-6	8:22	16:43	25:13	33:38.2	4:13	74.97%	Nanaimo, BC	UN-BC
25	7/20 Men 40-44	492	Bertrand Plouvier	1965-02-28	7:08	14:35	22:08	29:39.1	3:43	74.87%	Vancouver, BC	UN-BC
26	8/20 Men 40-44	393	Jamie Black	1963-05-20	7:20	14:59	22:45	30:11.4	3:47	74.64%	Toronto, ON	Ontario Masters T&F Assoc.
27	2/5 Men 65-69	437	Bill Hollingshead	1941-10-13	8:47	17:58	27:23	36:33.2	4:35	74.50%	Nanaimo, BC	Prairie Inn Harriers Racing Team
28	6/15 Men 45-49	12	Darren Lazaruk	1961-03-10	7:28	15:14	23:03	30:42.7	3:51	74.46%	Calgary, AB	Calgary Roadrunners
29	7/15 Men 45-49	446	Darrell Kary	1958-09-2	7:33	15:30	23:31	31:28.3	3:57	74.35%	Calgary, AB	UN-AB
30	8/15 Men 45-49	195	Ted de St. Croix	1957-08-30	7:45	15:45	23:52	31:45.7	3:59	74.25%	Surrey, BC	Ocean Athletics
31	2/7 Men 35-39	275	Jeff Barrett	1969-03-30	7:05	14:23	21:49	29:04.4	3:39	74.24%	Port Elgin, ON	Saugeen Track & Field Club
32	9/15 Men 45-49	229	Gary Duncan	1957-10-23	7:38	15:37	23:43	31:47.3	3:59	74.19%	Victoria, BC	Prairie Inn Harriers Racing Team
33	3/5 Men 65-69	284	Vern Christensen	1940-12-12	9:01	18:27	27:54	37:00.0	4:38	73.60%	Toronto, ON	Scarborough Masters
34	2/9 Women 40-44	316	Colleen Hopkins	1964-10-10	8:09	16:52	25:36	34:15.4	4:17	73.37%	Toronto, ON	Toronto Olympic Club
35	2/9 Women 45-49	477	Lori Mitchinson-Bailey	1957-11-20	8:46	18:02	27:22	36:35.9	4:35	73.00%	Barrie, ON	South Simcoe Dufferin
36	4/11 Men 50-54	205	Brad Morley	1953-10-10	8:08	16:25	24:52	32:21.9	4:11	72.98%	Owen Sound, ON	Owen Sound Runners
37	10/15 Men 45-49	57	Mike Leroux	1961-08-23	7:44	15:37	23:33	31:20.0	3:55	72.98%	Stillwater Lake, NS	Dartmouth Athletics
38	9/20 Men 40-44	10	Bruce Dalton	1964-05-5	7:22	15:10	23:00	30:39.4	3:50	72.96%	Calgary, AB	Calgary Roadrunners
39	3/7 Men 35-39	485	Kevin O'Connor	1967-04-20				30:02.2	3:46	72.91%	Vancouver, BC	Hershey Harriers
40	10/20 Men 40-44	517	Andrew Tuovinen	1963-03-7	7:18	15:04	23:06	30:54.5	3:52	72.91%	Belcarra, BC	Hershey Harriers
41	11/20 Men 40-44	203	Kevin Hooper	1963-02-24	7:23	15:14	23:05	30:54.7	3:52	72.90%	Meaford, ON	Owen Sound Runners
42	3/9 Women 45-49	535	Sharisse Kyle	1957-11-27	9:04	18:12	27:30	36:46.0	4:36	72.67%	Calgary, AB	Calgary Roadrunners
43	4/9 Women 45-49	84	Lynda deBoer	1959-08-2	8:46	17:53	27:05	36:09.3	4:32	72.60%	Etobicoke, ON	Etobicoke Huskies/Striders
44	5/11 Men 50-54	453	Rob Lang	1956-06-14	7:49	16:05	24:29	32:44.6	4:06	72.59%	Surrey, BC	UN-BC
45	3/8 Men 55-59	441	Steve Hosford	1950-11-29	8:20	16:55	25:48	34:30.2	4:19	72.41%	Richmond, BC	Kajaks Track & Field Club
46	4/7 Men 35-39	277	Ken Gosleigh	1967-09-26	7:20	14:52	22:40	30:16.4	3:48	72.34%	Port Elgin, ON	Saugeen Track & Field Club
47	12/20 Men 40-44	8	Kevin Bowles	1965-04-15	7:25	15:12	23:04	30:41.8	3:51	72.32%	Calgary, AB	Calgary Roadrunners
48	4/5 Men 65-69	285	Jack Geddes	1937-07-5	9:32	19:26	29:38	39:25.7	4:56	72.24%	Toronto, ON	Scarborough Masters
49	13/20 Men 40-44	434	Ernest Hawker	1962-10-5	7:37	15:34	23:38	31:30.8	3:57	72.03%	Surrey, BC	UN-BC
50	11/15 Men 45-49	208	Scott Vining	1961-03-16	7:38	15:39	23:47	31:46.3	3:59	71.97%	Owen Sound, ON	Owen Sound Runners

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Masters and Sub-Masters Men/Hommes 8,000m
Age Graded Results/Resultats

Place	Place In Category	No.	Competitor Name	Birthdate	Lap 1 2,000 m	Lap 2 4,000 m	Lap 3 6,000 m	Finish 8,000 m	KM Pace	Age Graded	City, Province	Club
51	2/4 Men	60-64	463 Jake Madderom	1944-10-10	9:06	18:19	27:37	36:44.7	4:36	71.89%	Burnaby, BC	Kajaks Track & Field Club
52	12/15 Men	45-49	415 Max Findlay	1957-03-30	8:01	16:12	24:33	32:55.5	4:07	71.63%	Edmonton, AB	UN-AB
53	5/9 Women	45-49	228 Wendy Davies	1958-08-16	8:57	18:14	27:40	37:00.6	4:38	71.56%	Victoria, BC	Prairie Inn Harriers Racing Team
54	5/7 Men	35-39	449 Mark Knoop	1967-06-2	7:26	15:13	23:06	30:44.2	3:51	71.25%	Victoria, BC	UN-BC
55	3/9 Women	40-44	11 Donna Dixon	1962-08-22	8:41	17:45	26:47	35:54.2	4:30	71.21%	Calgary, AB	Calgary Roadrunners
56	1/1 Men	70-74	82 Ron Crichton	1936-06-24	9:55	20:06	30:22	40:28.7	5:04	71.19%	Etobicoke, ON	Etobicoke Huskies/Striders
57	6/11 Men	50-54	452 Tony Lambert	1956-02-10	8:02	16:17	24:58	33:29.4	4:12	70.97%	Edmonton, AB	Edmonton Masters
58	6/9 Women	45-49	438 Jackie Holloway	1957-05-14	9:05	18:33	28:09	37:45.8	4:44	70.75%	West Vancouver, BC	Hershey Harriers
59	1/2 Women	35-39	377 Penny Thompson	1971-02-15	7:57	16:30	25:08	33:37.3	4:13	70.69%	Grande Prairie, AB	Wapiti Striders
60	7/9 Women	45-49	17 Sandra Yaworski	1961-10-30	8:38	17:40	27:04	36:28.8	4:34	70.68%	Calgary, AB	Calgary Roadrunners
61	4/8 Men	55-59	474 Larry McMahon	1947-05-2	9:02	18:10	27:24	36:24.3	4:34	70.50%	Victoria, BC	Lions Gate Road Runners
62	5/8 Men	55-59	507 Scott Stewart	1950-11-2	8:25	17:20	26:30	35:30.5	4:27	70.36%	Langley, BC	UN-BC
63	4/9 Women	40-44	9 Rhonda Clark	1966-10-19	8:28	17:21	26:24	35:25.8	4:26	69.81%	Calgary, AB	Calgary Roadrunners
64	14/20 Men	40-44	206 Fraser Roy	1964-01-17	7:39	15:45	24:04	32:08.9	4:02	69.58%	Owen Sound, ON	Owen Sound Runners
65	2/3 Women	50-54	93 Clara Northcott	1954-09-27	9:22	19:24	29:32	39:29.7	4:57	69.54%	Etobicoke, ON	Etobicoke Huskies/Striders
66	13/15 Men	45-49	204 Nick Meloche	1960-12-7	7:46	16:05	24:33	33:00.9	4:08	69.26%	Owen Sound, ON	Owen Sound Runners
67	7/11 Men	50-54	428 Rae Gordon	1954-03-20	8:29	17:20	26:13	35:02.8	4:23	68.91%	Burnaby, BC	Lions Gate Road Runners
68	15/20 Men	40-44	410 Robert Durrant	1965-02-7	7:33	15:41	24:06	32:14.5	4:02	68.86%	Langley, BC	UN-BC
69	16/20 Men	40-44	105 Max Waibler	1964-06-13	7:48	15:58	24:16	32:35.1	4:05	68.64%	Vancouver, BC	Hershey Harriers
70	8/11 Men	50-54	497 Keith Robinson	1956-11-5	8:19	17:03	25:54	34:45.0	4:21	68.40%	Kelowna, BC	UN-BC
71	5/9 Women	40-44	412 Nicola Everton	1965-04-14	8:40	17:55	27:11	36:30.4	4:34	68.30%	Garibaldi Highlan, B	Ocean Athletics
72	6/9 Women	40-44	482 Teresa Nightingale	1965-11-26	8:42	17:52	27:20	36:33.0	4:35	68.22%	Halfmoon Bay, BC	Sunshine Coast Athletics
73	14/15 Men	45-49	374 Bill Corcoran	1961-11-27	7:56	16:29	25:07	33:32.2	4:12	68.18%	Grande Prairie, AB	Wapiti Striders
74	17/20 Men	40-44	207 Derek Smith	1964-08-9	7:46	16:04	24:30	32:49.8	4:07	68.13%	Owen Sound, ON	Owen Sound Runners
75	7/9 Women	40-44	445 Liz Jones	1965-09-13	8:49	17:58	27:27	36:37.2	4:35	68.09%	Vancouver, BC	Hershey Harriers
76	9/11 Men	50-54	496 Willi Ribi	1952-09-19	9:04	18:17	27:35	36:51.2	4:37	66.62%	Richmond, BC	Kajaks Track & Field Club
77	8/9 Women	45-49	95 Katherine Willis	1958-10-19	9:33	19:35	29:49	39:53.6	5:00	66.39%	Etobicoke, BC	Etobicoke Huskies/Striders
78	18/20 Men	40-44	418 John Fitzgerald	1965-08-28	8:20	16:53	25:24	33:31.4	4:12	66.22%	West Vancouver, BC	Hershey Harriers
79	9/9 Women	45-49	16 Isabel Ostrom	1961-07-7	9:24	19:13	29:09	38:58.3	4:53	66.16%	Calgary, AB	Calgary Roadrunners
80	1/1 Women	65-69	283 Joan Christensen	1940-02-19	11:28	23:31	35:52	48:29.7	6:04	65.99%	Toronto, ON	Scarborough Masters
81	8/9 Women	40-44	373 Marlene Corcoran	1963-08-3	9:16	18:54	28:37	38:29.3	4:49	65.87%	Grande Prairie, AB	Wapiti Striders
82	6/8 Men	55-59	398 Gaetan Breton	1947-11-27	9:23	19:10	29:04	39:01.2	4:53	65.78%	Sherbrooke, QC	Sherbrooke Athletics Club
83	10/11 Men	50-54	473 Robert McKinnon	1954-08-24	8:44	18:08	27:39	37:03.3	4:38	65.18%	Denwood, AB	Denwood Outdoor Athletics Club
84	11/11 Men	50-54	15 James Neff	1956-02-24	8:53	18:18	27:44	36:45.2	4:36	64.67%	Okotoks, AB	Calgary Roadrunners
85	1/1 Women	30-34	372 Jen Cochran	1976-02-15	8:39	17:56	27:21	36:43.0	4:36	64.41%	Grande Prairie, AB	Wapiti Striders
86	1/3 Men	30-34	431 Jamie Halla	1975-05-15	8:17	16:42	25:08	33:11.3	4:09	64.18%	Toronto, ON	South Simcoe Dufferin
87	7/8 Men	55-59	503 Doug Smith	1951-09-30	9:26	19:10	29:05	38:50.0	4:52	63.78%	Toronto, ON	UN-ON
88	9/9 Women	40-44	394 Christine Blanchette	1966-06-5	9:20	19:22	29:27	39:20.6	4:56	62.86%	Richmond, BC	Kajaks Track & Field Club
89	8/8 Men	55-59	548 Teddy Boyko	1951-01-01	9:30	19:31	29:39	39:38.0	4:58	62.49%	Prince Albert, SK	Prince Albert Road Runners
90	6/7 Men	35-39	104 Scott Andruschak	1970-01-10	8:17	16:53	25:42	34:20.1	4:18	62.42%	West Vancouver, BC	Hershey Harriers
91	5/5 Men	65-69	488 Jim Pascoe	1937-12-16	10:52	22:16	34:01	45:39.9	5:43	61.68%	Pickering, ON	UN-ON
92	7/7 Men	35-39	420 Jamie Forget	1968-08-6	8:17	17:19	26:36	35:22.5	4:26	61.44%	Shanty Bay, ON	South Simcoe Dufferin
93	19/20 Men	40-44	539 Christopher Kelsall	1966-01-19	10:01	18:50	27:42	36:13.9	4:32	60.86%	Victoria, BC	Prairie Inn Harriers Racing Team
94	3/3 Women	50-54	525 Lillian Wong	1952-02-16	10:57	22:44	34:23	46:14.4	5:47	60.59%	Vancouver, BC	Vancouver Falcons Athletic Club
95	3/4 Men	60-64	476 Ted Mitchell	1942-05-11	10:17	21:35	33:06	44:31.3	5:34	60.57%	London, ON	UN-ON
96	2/2 Women	35-39	91 Sharon McCreedy	1968-04-9	9:26	19:38	30:06	40:30.4	5:04	60.07%	Etobicoke, ON	Etobicoke Huskies/Striders
97	20/20 Men	40-44	347 Darrell Fenning	1963-04-24	8:41	17:57	28:00	38:17.6	4:48	58.84%	Calgary, AB	Univeristy of Calgary Athletics Club
98	15/15 Men	45-49	88 Alex Keeting	1957-05-17	9:31	19:39	30:07	40:33.3	5:05	58.15%	Etobicoke, ON	Etobicoke Huskies/Striders
99	2/3 Men	30-34	199 Doug Kay	1974-10-14	8:55	18:19	28:00	37:36.0	4:42	56.65%	Ottawa, ON	Ottawa Lions
100	3/3 Men	30-34	80 Alex Agnoluzzi	1973-03-5	9:33	19:35	29:48	39:41.9	4:58	53.66%	Etobicoke, ON	Etobicoke Huskies/Striders

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Race Headquarters - <http://www.raceheadquarters.com/>
Sylvan Smyth - sylvan@raceheadquarters.com

Masters and Sub-Masters Men/Hommes 8,000m
Age Graded Results/Resultats

Place	Place In Category	No.	Competitor Name	Birthdate	Lap 1 2,000 m	Lap 2 4,000 m	Lap 3 6,000 m	Finish 8,000 m	KM Pace	Age Graded	City, Province	Club
101	4/4 Men	60-64	94 John Powell	1944-04-15	11:51	24:48	38:16	51:32.4	6:27	51.26%	Etobicoke, ON	Etobicoke Huskies/Striders

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Masters and Sub-Masters Men/Hommes 8,000m
 Results/Resultats
 Age Group: M 30 - 34

Place	Place In Category	No.	Competitor Name	Age	Birthdate	City, Province	Club	Lap 1 2,000 m	Lap 2 4,000 m	Lap 3 6,000 m	Finish 8,000 m	Gap	KM Pace	Age Grade
1	1/3 Men 30-34	431	Jamie Halla	31	1975-05-15	Toronto, ON	South Simcoe Dufferin	1 8:17	1 16:42	1 25:08	1 33:12		4:09	64.18%
2	2/3 Men 30-34	199	Doug Kay	32	1974-10-14	Ottawa, ON	Ottawa Lions	2 8:55	2 18:19	2 28:00	2 37:36	4:25	4:42	56.65%
3	3/3 Men 30-34	80	Alex Agnoluzzi	33	1973-03-5	Etobicoke, ON	Etobicoke Huskies/Striders	3 9:33	3 19:35	3 29:48	3 39:42	6:31	4:58	53.66%

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Masters and Sub-Masters Women/Femmes 8,000m
 Results/Resultats
 Age Group: F 30 - 34

Place	Place In Category	No.	Competitor Name	Age	Birthdate	City, Province	Club	Lap 1 2,000 m	Lap 2 4,000 m	Lap 3 6,000 m	Finish 8,000 m	Gap	KM Pace	Age Grade
1	1/1	Women 30-34	372	Jen Cochran	30	1976-02-15	Grande Prairie, AB	Wapiti Striders	1 8:39	1 17:56	1 27:21	1 36:43	4:36	64.41%

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Masters and Sub-Masters Men/Hommes 8,000m
 Results/Resultats
 Age Group: M 35 - 39

Place	Place In Category	No.	Competitor Name	Age	Birthdate	City, Province	Club	Lap 1	Lap 2	Lap 3	Finish	KM	Age	
								2,000 m	4,000 m	6,000 m	8,000 m			Gap
1	1/7 Men 35-39	533	Philip Rist	35	1971-3 -4	Vancouver, BC	UN-BC	1 6:42	1 13:34	1 20:25	1 27:20	3:25	77.94%	
2	2/7 Men 35-39	275	Jeff Barrett	37	1969-03-30	Port Elgin, ON	Saugeen Track & Field Club	2 7:05	2 14:23	2 21:49	2 29:05	1:45	3:39	74.24%
3	3/7 Men 35-39	485	Kevin O'Connor	39	1967-04-20	Vancouver, BC	Hershey Harriers				3 30:03	2:43	3:46	72.91%
4	4/7 Men 35-39	277	Ken Gosleigh	39	1967-09-26	Port Elgin, ON	Saugeen Track & Field Club	3 7:20	3 14:52	3 22:40	4 30:17	2:57	3:48	72.34%
5	5/7 Men 35-39	449	Mark Knoop	39	1967-06-2	Victoria, BC	UN-BC	4 7:26	4 15:13	4 23:06	5 30:45	3:25	3:51	71.25%
6	6/7 Men 35-39	104	Scott Andruschak	36	1970-01-10	West Vancouver, BC	Hershey Harriers	5 8:17	5 16:53	5 25:42	6 34:21	7:01	4:18	62.42%
7	7/7 Men 35-39	420	Jamie Forget	38	1968-08-6	Shanty Bay, ON	South Simcoe Dufferin	6 8:17	6 17:19	6 26:36	7 35:23	8:03	4:26	61.44%

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Masters and Sub-Masters Women/Femmes 8,000m
 Results/Resultats
 Age Group: F 35 - 39

Place	Place In Category	No.	Competitor Name	Age	Birthdate	City, Province	Club	Lap 1 2,000 m	Lap 2 4,000 m	Lap 3 6,000 m	Finish 8,000 m	Gap	KM Pace	Age Grade
1	1/2 Women 35-39	377	Penny Thompson	35	1971-02-15	Grande Prairie, AB	Wapiti Striders	1 7:57	1 16:30	1 25:08	1 33:38		4:13	70.69%
2	2/2 Women 35-39	91	Sharon McCready	38	1968-04-9	Etobicoke, ON	Etobicoke Huskies/Striders	2 9:26	2 19:38	2 30:06	2 40:31	6:54	5:04	60.07%

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Masters and Sub-Masters Men/Hommes 8,000m
 Results/Resultats
 Age Group: M 40 - 44

Place	Place In Category	No.	Competitor Name	Age	Birthdate	City, Province	Club	Lap 1 2,000 m	Lap 2 4,000 m	Lap 3 6,000 m	Finish 8,000 m	Gap	KM Pace	Age Grade
1	1/20 Men	40-44	397 Steve Boyd	43	1963-09-17	Kingston, ON	Physi-Kult	1 6:31	1 13:19	1 20:09	1 27:01		3:23	83.45%
2	2/20 Men	40-44	67 Shawn Muldrew	41	1965-02-8	Edmonton, AB	Edmonton Thunder	2 6:49	2 13:59	2 21:13	2 28:16	1:15	3:32	78.58%
3	3/20 Men	40-44	13 Paul McCloy	43	1963-11-6	Calgary, AB	Calgary Roadrunners	3 6:58	3 14:06	3 21:15	3 28:18	1:18	3:33	79.65%
4	4/20 Men	40-44	512 Norman Tinkham	43	1963-09-26	Maple Ridge, BC	Prairie Inn Harriers Racing Te	4 7:02	5 14:20	4 21:43	4 29:01	2:01	3:38	77.66%
5	5/20 Men	40-44	416 Daniel Fiorini	44	1962-04-13	Schomberg, ON	Newmarket Huskies Track Club	5 7:02	4 14:19	5 21:50	5 29:04	2:04	3:38	78.12%
6	6/20 Men	40-44	7 Adrian Becklumb	41	1964-12-14	Calgary, AB	Calgary Roadrunners	6 7:03	6 14:27	6 21:59	6 29:22	2:22	3:41	75.62%
7	7/20 Men	40-44	492 Bertrand Plouvier	41	1965-02-28	Vancouver, BC	UN-BC	7 7:08	7 14:35	7 22:08	7 29:40	2:39	3:43	74.87%
8	8/20 Men	40-44	393 Jamie Black	43	1963-05-20	Toronto, ON	Ontario Masters T&F Assoc.	9 7:20	8 14:59	8 22:45	8 30:12	3:12	3:47	74.64%
9	9/20 Men	40-44	10 Bruce Dalton	42	1964-05-5	Calgary, AB	Calgary Roadrunners	10 7:22	10 15:10	9 23:00	9 30:40	3:40	3:50	72.96%
10	10/20 Men	40-44	8 Kevin Bowles	41	1965-04-15	Calgary, AB	Calgary Roadrunners	12 7:25	11 15:12	10 23:04	10 30:42	3:42	3:51	72.32%
11	11/20 Men	40-44	517 Andrew Tuovinen	43	1963-03-7	Belcarra, BC	Hershey Harriers	8 7:18	9 15:04	12 23:06	11 30:55	3:55	3:52	72.91%
12	12/20 Men	40-44	203 Kevin Hooper	43	1963-02-24	Meaford, ON	Owen Sound Runners	11 7:23	12 15:14	11 23:05	12 30:55	3:55	3:52	72.90%
13	13/20 Men	40-44	434 Ernest Hawker	44	1962-10-5	Surrey, BC	UN-BC	14 7:37	13 15:34	13 23:38	13 31:31	4:31	3:57	72.03%
14	14/20 Men	40-44	206 Fraser Roy	42	1964-01-17	Owen Sound, ON	Owen Sound Runners	15 7:39	15 15:45	14 24:04	14 32:09	5:09	4:02	69.58%
15	15/20 Men	40-44	410 Robert Durrant	41	1965-02-7	Langley, BC	UN-BC	13 7:33	14 15:41	15 24:06	15 32:15	5:15	4:02	68.86%
16	16/20 Men	40-44	105 Max Waibler	42	1964-06-13	Vancouver, BC	Hershey Harriers	17 7:48	16 15:58	16 24:16	16 32:36	5:35	4:05	68.64%
17	17/20 Men	40-44	207 Derek Smith	42	1964-08-9	Owen Sound, ON	Owen Sound Runners	16 7:46	17 16:04	17 24:30	17 32:50	5:50	4:07	68.13%
18	18/20 Men	40-44	418 John Fitzgerald	41	1965-08-28	West Vancouver, BC	Hershey Harriers	18 8:20	18 16:53	18 25:24	18 33:32	6:32	4:12	66.22%
19	19/20 Men	40-44	539 Christopher Kelsall	40	1966-01-19	Victoria, BC	Prairie Inn Harriers Racing Te	20 10:01	20 18:50	19 27:42	19 36:14	9:14	4:32	60.86%
20	20/20 Men	40-44	347 Darrell Fenning	43	1963-04-24	Calgary, AB	Univeristy of Calgary Athletic	19 8:41	19 17:57	20 28:00	20 38:18	11:18	4:48	58.84%

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Masters and Sub-Masters Women/Femmes 8,000m
 Results/Resultats
 Age Group: F 40 - 44

Place	Place In Category	No.	Competitor Name	Age	Birthdate	City, Province	Club	Lap 1 2,000 m	Lap 2 4,000 m	Lap 3 6,000 m	Finish 8,000 m	Gap	KM Pace	Age Grade
1	1/10 Women 40-44	238	Joan McGrath	44	1961-12-13	Victoria, BC	Prairie Inn Harriers Racing Te	1 7:53	1 15:53	1 23:57	1 31:52		3:59	80.27%
2	2/10 Women 40-44	316	Colleen Hopkins	42	1964-10-10	Toronto, ON	Toronto Olympic Club	2 8:09	2 16:52	2 25:36	2 34:16	2:25	4:17	73.37%
3	3/10 Women 40-44	9	Rhonda Clark	40	1966-10-19	Calgary, AB	Calgary Roadrunners	3 8:28	3 17:21	3 26:24	3 35:26	3:35	4:26	69.81%
4	4/10 Women 40-44	11	Donna Dixon	44	1962-08-22	Calgary, AB	Calgary Roadrunners	6 8:41	5 17:45	4 26:47	4 35:55	4:04	4:30	71.21%
5	5/10 Women 40-44	412	Nicola Everton	41	1965-04-14	Garibaldi Highlan, B	Ocean Athletics	5 8:40	7 17:55	5 27:11	5 36:31	4:40	4:34	68.30%
6	6/10 Women 40-44	482	Teresa Nightingale	41	1965-11-26	Halfmoon Bay, BC	Sunshine Coast Athletics	7 8:42	6 17:52	6 27:20	6 36:33	4:42	4:35	68.22%
7	7/10 Women 40-44	445	Liz Jones	41	1965-09-13	Vancouver, BC	Hershey Harriers	8 8:49	8 17:58	7 27:27	7 36:38	4:47	4:35	68.09%
8	8/10 Women 40-44	373	Marlene Corcoran	43	1963-08-3	Grande Prairie, AB	Wapiti Striders	9 9:16	9 18:54	8 28:37	8 38:30	6:39	4:49	65.87%
9	9/10 Women 40-44	394	Christine Blanchette	40	1966-06-5	Richmond, BC	Kajaks Track & Field Club	10 9:20	10 19:22	9 29:27	9 39:21	7:30	4:56	62.86%
10	10/10 Women 40-44	303	Jeanie Bezdán	42	1964-08-17	Vancouver, BC	Ocean Athletics	4 8:38	4 17:41				357882:06	

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Masters and Sub-Masters Men/Hommes 8,000m
 Results/Resultats
 Age Group: M 45 - 49

Place	Place In Category	No.	Competitor Name	Age	Birthdate	City, Province	Club	Lap 1 2,000 m	Lap 2 4,000 m	Lap 3 6,000 m	Finish 8,000 m	Gap	KM Pace	Age Grade	
1	1/15 Men	45-49	209	Tim Wood	49	1957-10-17	Owen Sound, ON	Owen Sound Runners	2 7:19	2 14:49	1 22:23	1 29:52	3:44	78.96%	
2	2/15 Men	45-49	400	Beto Bustos	49	1957-10-22	Edmonton, AB	UN-AB	1 7:03	1 14:38	2 22:36	2 30:19	0:27	3:48	77.82%
3	3/15 Men	45-49	534	Phillip Sigalet	46	1960-8-8	Kamloops, BC	Kamloops Ridge Runners	4 7:28	3 15:14	3 23:02	3 30:40	0:48	3:50	75.11%
4	4/15 Men	45-49	12	Darren Lazaruk	45	1961-03-10	Calgary, AB	Calgary Roadrunners	3 7:28	4 15:14	4 23:03	4 30:43	0:51	3:51	74.46%
5	5/15 Men	45-49	6	Ed Bickley	48	1958-07-3	Calgary, AB	Calgary Roadrunners	5 7:30	5 15:23	5 23:24	5 31:08	1:16	3:54	75.20%
6	6/15 Men	45-49	298	Art Boileau	49	1957-10-9	Vancouver, BC	Hershey Harriers	7 7:36	6 15:29	6 23:30	6 31:19	1:27	3:55	75.31%
7	7/15 Men	45-49	57	Mike Leroux	45	1961-08-23	Stillwater Lake, NS	Dartmouth Athletics	10 7:44	8 15:37	8 23:33	7 31:20	1:28	3:55	72.98%
8	8/15 Men	45-49	446	Darrell Kary	48	1958-09-2	Calgary, AB	UN-AB	6 7:33	7 15:30	7 23:31	8 31:29	1:37	3:57	74.35%
9	9/15 Men	45-49	195	Ted de St. Croix	49	1957-08-30	Surrey, BC	Ocean Athletics	11 7:45	11 15:45	11 23:52	9 31:46	1:54	3:59	74.25%
10	10/15 Men	45-49	208	Scott Vining	45	1961-03-16	Owen Sound, ON	Owen Sound Runners	9 7:38	10 15:39	10 23:47	10 31:47	1:55	3:59	71.97%
11	11/15 Men	45-49	229	Gary Duncan	49	1957-10-23	Victoria, BC	Prairie Inn Harriers Racing Te	8 7:38	9 15:37	9 23:43	11 31:48	1:56	3:59	74.19%
12	12/15 Men	45-49	415	Max Findlay	49	1957-03-30	Edmonton, AB	UN-AB	14 8:01	13 16:12	13 24:33	12 32:56	3:04	4:07	71.63%
13	13/15 Men	45-49	204	Nick Meloche	45	1960-12-7	Owen Sound, ON	Owen Sound Runners	12 7:46	12 16:05	12 24:33	13 33:01	3:09	4:08	69.26%
14	14/15 Men	45-49	374	Bill Corcoran	45	1961-11-27	Grande Prairie, AB	Wapiti Striders	13 7:56	14 16:29	14 25:07	14 33:33	3:41	4:12	68.18%
15	15/15 Men	45-49	88	Alex Keeting	49	1957-05-17	Etobicoke, ON	Etobicoke Huskies/Striders	15 9:31	15 19:39	15 30:07	15 40:34	10:42	5:05	58.15%

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Masters and Sub-Masters Women/Femmes 8,000m
 Results/Resultats
 Age Group: F 45 - 49

Place	Place In Category	No.	Competitor Name	Age	Birthdate	City, Province	Club	Lap 1 2,000 m	Lap 2 4,000 m	Lap 3 6,000 m	Finish 8,000 m	Gap	KM Pace	Age Grade	
1	1/9	Women 45-49	538	Jennifer Ditchfield	47	1959-08-16	London, ON	UN-ON	1 8:08	1 16:40	1 25:14	1 33:41		4:13	77.94%
2	2/9	Women 45-49	84	Lynda deBoer	47	1959-08-2	Etobicoke, ON	Etobicoke Huskies/Striders	3 8:46	3 17:53	3 27:05	2 36:10	2:29	4:32	72.60%
3	3/9	Women 45-49	17	Sandra Yaworski	45	1961-10-30	Calgary, AB	Calgary Roadrunners	2 8:38	2 17:40	2 27:04	3 36:29	2:48	4:34	70.68%
4	4/9	Women 45-49	477	Lori Mitchinson-Bailey	49	1957-11-20	Barrie, ON	South Simcoe Dufferin	4 8:46	4 18:02	4 27:22	4 36:36	2:56	4:35	73.00%
5	5/9	Women 45-49	535	Sharisse Kyle	49	1957-11-27	Calgary, AB	Calgary Roadrunners	6 9:04	5 18:12	5 27:30	5 36:46	3:06	4:36	72.67%
6	6/9	Women 45-49	228	Wendy Davies	48	1958-08-16	Victoria, BC	Prairie Inn Harriers Racing Te	5 8:57	6 18:14	6 27:40	6 37:01	3:20	4:38	71.56%
7	7/9	Women 45-49	438	Jackie Holloway	49	1957-05-14	West Vancouver, BC	Hershey Harriers	7 9:05	7 18:33	7 28:09	7 37:46	4:05	4:44	70.75%
8	8/9	Women 45-49	16	Isabel Ostrom	45	1961-07-7	Calgary, AB	Calgary Roadrunners	8 9:24	8 19:13	8 29:09	8 38:59	5:18	4:53	66.16%
9	9/9	Women 45-49	95	Katherine Willis	48	1958-10-19	Etobicoke, BC	Etobicoke Huskies/Striders	9 9:33	9 19:35	9 29:49	9 39:54	6:13	5:00	66.39%

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Masters and Sub-Masters Men/Hommes 8,000m
 Results/Resultats
 Age Group: M 50 - 54

Place	Place In Category	No.	Competitor Name	Age	Birthdate	City, Province	Club	Lap 1 2,000 m	Lap 2 4,000 m	Lap 3 6,000 m	Finish 8,000 m	Gap	KM Pace	Age Grade
1	1/11 Men	50-54	536 Paul Reimer	51	1955-02-18	Abbotsford, BC	Deerfoot Athletic Club	1 7:20	1 14:58	1 22:39	1 30:14		3:47	79.25%
2	2/11 Men	50-54	247 Dave Reed	52	1954-09-3	Victoria, BC	Prairie Inn Harriers Racing Te	2 7:26	2 15:12	2 23:18	2 31:10	0:57	3:54	77.51%
3	3/11 Men	50-54	542 Cliff Russell	53	1953-07-20	Edmonton, AB	UN-AB	3 7:27	3 15:38	3 23:59	3 32:13	2:00	4:02	75.61%
4	4/11 Men	50-54	453 Rob Lang	50	1956-06-14	Surrey, BC	UN-BC	4 7:49	4 16:05	4 24:29	4 32:45	2:32	4:06	72.59%
5	5/11 Men	50-54	205 Brad Morley	53	1953-10-10	Owen Sound, ON	Owen Sound Runners	6 8:08	6 16:25	5 24:52	5 33:22	3:09	4:11	72.98%
6	6/11 Men	50-54	452 Tony Lambert	50	1956-02-10	Edmonton, AB	Edmonton Masters	5 8:02	5 16:17	6 24:58	6 33:30	3:17	4:12	70.97%
7	7/11 Men	50-54	497 Keith Robinson	50	1956-11-5	Kelowna, BC	UN-BC	7 8:19	7 17:03	7 25:54	7 34:45	4:32	4:21	68.40%
8	8/11 Men	50-54	428 Rae Gordon	52	1954-03-20	Burnaby, BC	Lions Gate Road Runners	8 8:29	8 17:20	8 26:13	8 35:03	4:50	4:23	68.91%
9	9/11 Men	50-54	15 James Neff	50	1956-02-24	Okotoks, AB	Calgary Roadrunners	10 8:53	11 18:18	11 27:44	9 36:46	6:33	4:36	64.67%
10	10/11 Men	50-54	496 Willi Ribl	54	1952-09-19	Richmond, BC	Kajaks Track & Field Club	11 9:04	10 18:17	9 27:35	10 36:52	6:38	4:37	66.62%
11	11/11 Men	50-54	473 Robert McKinnon	52	1954-08-24	Denwood, AB	Denwood Outdoor Athletics Club	9 8:44	9 18:08	10 27:39	11 37:04	6:51	4:38	65.18%

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Masters and Sub-Masters Women/Femmes 8,000m
 Results/Resultats
 Age Group: F 50 - 54

Place	Place In Category	No.	Competitor Name	Age	Birthdate	City, Province	Club	Lap 1 2,000 m	Lap 2 4,000 m	Lap 3 6,000 m	Finish 8,000 m	Gap	KM Pace	Age Grade
1	1/3 Women 50-54	196	Maureen de St. Croix	53	1953-06-26	Surrey, BC	Ocean Athletics	1 8:28	1 17:08	1 25:50	1 34:24		4:18	80.69%
2	2/3 Women 50-54	93	Clara Northcott	52	1954-09-27	Etobicoke, ON	Etobicoke Huskies/Striders	2 9:22	2 19:24	2 29:32	2 39:30	5:07	4:57	69.54%
3	3/3 Women 50-54	525	Lilian Wong	54	1952-02-16	Vancouver, BC	Vancouver Falcons Athletic Clu	3 10:57	3 22:44	3 34:23	3 46:15	11:51	5:47	60.59%

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Masters and Sub-Masters Men/Hommes 8,000m
 Results/Resultats
 Age Group: M 55 - 59

Place	Place In Category	No.	Competitor Name	Age	Birthdate	City, Province	Club	Lap 1	Lap 2	Lap 3	Finish	KM	Age							
								2,000 m	4,000 m	6,000 m	8,000 m			Gap	Pace	Grade				
1	1/8	Men	55-59	79	Michael Secker	55	1951-06-29	South Edmonton, AB	Edmonton Thunder	1	7:28	1	15:14	1	23:08	1	30:55		3:52	80.12%
2	2/8	Men	55-59	409	Robert Dunbrack	57	1949-04-6	Nanaimo, BC	UN-BC	3	8:22	2	16:43	2	25:13	2	33:39	2:44	4:13	74.97%
3	3/8	Men	55-59	441	Steve Hosford	56	1950-11-29	Richmond, BC	Kajaks Track & Field Club	2	8:20	3	16:55	3	25:48	3	34:31	3:36	4:19	72.41%
4	4/8	Men	55-59	507	Scott Stewart	56	1950-11-2	Langley, BC	UN-BC	4	8:25	4	17:20	4	26:30	4	35:31	4:36	4:27	70.36%
5	5/8	Men	55-59	474	Larry McMahon	59	1947-05-2	Victoria, BC	Lions Gate Road Runners	5	9:02	5	18:10	5	27:24	5	36:25	5:30	4:34	70.50%
6	6/8	Men	55-59	503	Doug Smith	55	1951-09-30	Toronto, ON	UN-ON	7	9:26	7	19:10	7	29:05	6	38:50	7:56	4:52	63.78%
7	7/8	Men	55-59	398	Gaetan Breton	59	1947-11-27	Sherbrooke, QC	Sherbrooke Athletics Club	6	9:23	6	19:10	6	29:04	7	39:02	8:07	4:53	65.78%
8	8/8	Men	55-59	548	Teddy Boyko	55	1951-01-01	Prince Albert, SK	Prince Albert Road Runners	8	9:30	8	19:31	8	29:39	8	39:38	8:44	4:58	62.49%

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Masters and Sub-Masters Women/Femmes 8,000m
 Results/Resultats
 Age Group: F 55 - 59

Place	Place In Category	No.	Competitor Name	Age	Birthdate	City, Province	Club	Lap 1 2,000 m	Lap 2 4,000 m	Lap 3 6,000 m	Finish 8,000 m	Gap	KM Pace	Age Grade
1	1/1	Women 55-59	255	Gwyn Woodson	55	1951-04-22	Victoria, BC	Prairie Inn Harriers Racing Te	1 8:39	1 17:28	1 26:31	1 35:33	4:27	79.56%

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Masters and Sub-Masters Men/Hommes 8,000m
 Results/Resultats
 Age Group: M 60 - 64

Place	Place In Category	No.	Competitor Name	Age	Birthdate	City, Province	Club	Lap 1	Lap 2	Lap 3	Finish	KM	Age							
								2,000 m	4,000 m	6,000 m	8,000 m			Gap	Pace	Grade				
1	1/4	Men	60-64	225	Brian Connon	60	1946-11-23	Victoria, BC	Prairie Inn Harriers Racing Te	1	8:24	1	16:56	1	25:36	1	34:10		4:17	75.84%
2	2/4	Men	60-64	463	Jake Madderom	62	1944-10-10	Burnaby, BC	Kajaks Track & Field Club	2	9:06	2	18:19	2	27:37	2	36:45	2:36	4:36	71.89%
3	3/4	Men	60-64	476	Ted Mitchell	64	1942-05-11	London, ON	UN-ON	3	10:17	3	21:35	3	33:06	3	44:32	10:23	5:34	60.57%
4	4/4	Men	60-64	94	John Powell	62	1944-04-15	Etobicoke, ON	Etobicoke Huskies/Striders	4	11:51	4	24:48	4	38:16	4	51:33	17:24	6:27	51.26%

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Masters and Sub-Masters Women/Femmes 8,000m
Results/Resultats
Age Group: F 60 - 64

Place	Place In Category	No.	Competitor Name	Age	Birthdate	City, Province	Club	Lap 1	Lap 2	Lap 3	Finish	KM		Age
								2,000 m	4,000 m	6,000 m	8,000 m	Gap	Pace	Grade

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Masters and Sub-Masters Men/Hommes 8,000m
 Results/Resultats
 Age Group: M 65 - 69

Place	Place In Category	No.	Competitor Name	Age	Birthdate	City, Province	Club	Lap 1 2,000 m	Lap 2 4,000 m	Lap 3 6,000 m	Finish 8,000 m	Gap	KM Pace	Age Grade
1	1/5 Men 65-69	245	Herb Phillips	66	1940-07-13	Victoria, BC	Prairie Inn Harriers Racing Te	1 8:27	1 17:09	1 25:51	1 34:18		4:18	80.31%
2	2/5 Men 65-69	437	Bill Hollingshead	65	1941-10-13	Nanaimo, BC	Prairie Inn Harriers Racing Te	2 8:47	2 17:58	2 27:23	2 36:34	2:17	4:35	74.50%
3	3/5 Men 65-69	284	Vern Christensen	65	1940-12-12	Toronto, ON	Scarborough Masters	3 9:01	3 18:27	3 27:54	3 37:00	2:43	4:38	73.60%
4	4/5 Men 65-69	285	Jack Geddes	69	1937-07-5	Toronto, ON	Scarborough Masters	4 9:32	4 19:26	4 29:38	4 39:26	5:09	4:56	72.24%
5	5/5 Men 65-69	488	Jim Pascoe	68	1937-12-16	Pickering, ON	UN-ON	5 10:52	5 22:16	5 34:01	5 45:40	11:23	5:43	61.68%

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Masters and Sub-Masters Women/Femmes 8,000m
 Results/Resultats
 Age Group: F 65 - 69

Place	Place In Category	No.	Competitor Name	Age	Birthdate	City, Province	Club	Lap 1 2,000 m	Lap 2 4,000 m	Lap 3 6,000 m	Finish 8,000 m	Gap	KM Pace	Age Grade
1	1/1	Women 65-69	283	Joan Christensen	66	1940-02-19	Toronto, ON	Scarborough Masters	1 11:28	1 23:31	1 35:52	1 48:30	6:04	65.99%

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Masters and Sub-Masters Men/Hommes 8,000m
 Results/Resultats
 Age Group: M 70 - 74

Place	Place In Category	No.	Competitor Name	Age	Birthdate	City, Province	Club	Lap 1 2,000 m	Lap 2 4,000 m	Lap 3 6,000 m	Finish 8,000 m	Gap	KM Pace	Age Grade
1	1/1 Men	70-74	82 Ron Crichton	70	1936-06-24	Etobicoke, ON	Etobicoke Huskies/Striders	1 9:55	1 20:06	1 30:22	1 40:29		5:04	71.19%

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Masters and Sub-Masters Women/Femmes 8,000m
Results/Resultats
Age Group: F 70 - 74

Place	Place In Category	No.	Competitor Name	Age	Birthdate	City, Province	Club	Lap 1	Lap 2	Lap 3	Finish	KM		Age
								2,000 m	4,000 m	6,000 m	8,000 m	Gap	Pace	Grade

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Masters and Sub-Masters Men/Hommes 8,000m
 Results/Resultats
 Age Group: M 75 - 79

Place	Place In Category	No.	Competitor Name	Age	Birthdate	City, Province	Club	Lap 1 2,000 m	Lap 2 4,000 m	Lap 3 6,000 m	Finish 8,000 m	Gap	KM Pace	Age Grade
1	1/1 Men	75-79	251 Maurice Tarrant	76	1930-01-9	Victoria, BC	Prairie Inn Harriers Racing Te	1 9:57	1 20:13	1 30:37	1 41:16		5:10	75.71%

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Masters and Sub-Masters Women/Femmes 8,000m
Results/Resultats
Age Group: F 75 - 79

Place	Place In Category	No.	Competitor Name	Age	Birthdate	City, Province	Club	Lap 1	Lap 2	Lap 3	Finish	KM		Age
								2,000 m	4,000 m	6,000 m	8,000 m	Gap	Pace	Grade

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Masters and Sub-Masters Men/Hommes 8,000m
Results/Resultats
Age Group: M 80 - 99

Place	Place In Category	No.	Competitor Name	Age	Birthdate	City, Province	Club	Lap 1	Lap 2	Lap 3	Finish	KM		Age
								2,000 m	4,000 m	6,000 m	8,000 m	Gap	Pace	Grade

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Masters and Sub-Masters Women/Femmes 8,000m
Results/Resultats
Age Group: F 80 - 99

Place	Place In Category	No.	Competitor Name	Age	Birthdate	City, Province	Club	Lap 1	Lap 2	Lap 3	Finish	KM		Age
								2,000 m	4,000 m	6,000 m	8,000 m	Gap	Pace	Grade

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Race Headquarters - <http://www.raceheadquarters.com/>
 Sylvan Smyth - sylvan@raceheadquarters.com

Community/Open 5,000m
 Results/Resultats

Place	Place In	Place In	No.	Competitor Name	Year	City, Province	Club	Lap 2 3,000 m	Finish 5,000 m	Gap To Winner	KM Pace
1	1/9	M 1/1 Men 16-19	363	James Barnes	1989	Vancouver, BC	Vancouver Thunderbirds	1 10:52	1 18:53.3		3:47
2	2/9	M 1/7 Men 01-15	426	Sam Gilsig	1991	Vancouver, BC	UN-BC	2 11:34	2 19:40.2	0:46.9	3:57
3	3/9	M 1/1 Men 20-24	375	Roland Esposito	1983	Grande Prairie, AB	Wapiti Striders	3 12:10	3 20:59.2	2:05.9	4:12
4	1/6	F 1/2 Women 20-24	543	Justine Clift	1986	Vancouver, BC		5 12:36	4 21:22.4	2:29.1	4:17
5	4/9	M 2/7 Men 01-15	117	Gurjet Bal	1992	Richmond, BC	Kajaks Track & Field Club	6 12:43	5 21:25.1	2:31.8	4:18
6	5/9	M 3/7 Men 01-15	5	Brad Bickley	1991	Calgary, AB	UN-ON	4 12:32	6 21:25.7	2:32.4	4:18
7	6/9	M 4/7 Men 01-15	124	Daniel Ribí	1992	Richmond, BC	Kajaks Track & Field Club	7 12:44	7 21:27.0	2:33.7	4:18
8	2/6	F 2/2 Women 20-24	546	Crystal Spence	1986	Sechelt, BC		8 12:57	8 22:08.2	3:14.9	4:26
9	7/9	M 5/7 Men 01-15	544	Devin Rajala	1993	- , -		9 13:10	9 22:47.5	3:54.2	4:34
10	3/6	F 1/1 Women 01-15	430	Erin Haight	1993	Victoria, BC	UN-BC	10 13:10	10 22:55.7	4:02.4	4:36
11	8/9	M 6/7 Men 01-15	549	Nathan Wadhvani	1996	Maple Ridge, BC	UN-BC	11 13:30	11 23:08.6	4:15.3	4:38
12	4/6	F 1/1 Women 25-29	246	Marie-Claude Poirier	1979	Victoria, BC	Prairie Inn Harriers Racing Team	12 13:31	12 23:13.7	4:20.4	4:39
13	5/6	F 1/1 Women 16-19	461	Grace Ling	1990	Vancouver, BC	UN-BC	13 14:07	13 24:03.5	5:10.2	4:49
14	6/6	F 1/1 Women No Age	545	Peggy Noel	1900	- , -		14 14:08	14 24:18.5	5:25.2	4:52
15	9/9	M 7/7 Men 01-15	483	James Noel	1991	Delta, BC		15 14:38	15 25:49.8	6:56.5	5:10

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Race Headquarters - <http://www.raceheadquarters.com/>
Sylvan Smyth - sylvan@raceheadquarters.com

Children's Fun Run 1,000m
Results/Resultats

Place	No.	Competitor Name	Year	City, Province	Club	Finish 1,000 m	Gap To Winner	KM Pace
1	489	Manuela Pemienta	1994	Burnaby, BC	UN-BC	5:01.4		5:02
2	468	Marlene Mazariegos	1997	Burnaby, BC	UN-BC	5:29.1	0:27.7	5:30
3	491	Camilo Pimienta	1996	Burnaby, BC	UN-BC	5:50.8	0:49.4	5:51
4	413	Julia Fazl	1997	Port Coquitlam, BC	UN-BC	6:10.3	1:08.9	6:11
5	464	Angelica Malagon	1996	Burnaby, BC	UN-BC	7:56.9	2:55.5	7:57