

Latest News

Saturday, November 28 2009 - AGSI Canadian Cross Country Championships Final Individual Results

2009 Canadian National Cross Country Championships

Saturday November 28, 2009 9:45 AM

Masters Championship

Place	Pace	Time	km	#	Name	Club	Categ.	Plc/Tot	Category
1	26:03.2	3:16	490	RAYMER, BRUCE	TORONTO OLYMPIC CLUB	1/27	Masters Men 40-		
2	26:32.3	3:20	439	GILL, MIKE	PHYSI-KULT KINGSTON	1/11	Masters Men 30-		
3	26:41.0	3:21	767	LONERGAN, ROBERT M.	UNATTACHED BRITISH C	1/24	Masters Men 50-		
4	26:45.5	3:21	516	BOUCHER, ALAIN	OTTAWA LIONS T.F.C.	1/31	Masters Men 45-		
5	26:46.5	3:21	479	OROSZ, LASZLO	ONTARIO MASTERS ATHL	2/27	Masters Men 40-		
6	26:56.3	3:23	422	COX, TROY	PHYSI-KULT KINGSTON	3/27	Masters Men 40-		
7	27:01.0	3:23	430	DUBE, IVANN	ONTARIO MASTERS ATHL	2/11	Masters Men 30-		
8	27:05.2	3:24	719	SHIELDS, KEVIN	TRI CITY TRACK CLUB	4/27	Masters Men 40-		
9	27:10.2	3:24	742	MINICHELLO, RICHARD	Unattached	5/27	Masters Men 40-		
10	27:15.1	3:25	328	LOARING, JAMES	Loaring Personal Coa	3/11	Masters Men 30-		
11	27:22.4	3:26	383	HAY, MICHAEL	NICKEL CITY TRIATHLO	6/27	Masters Men 40-		
12	27:30.1	3:27	766	HOLM, NEIL A.	UNATTACHED BRITISH C	7/27	Masters Men 40-		
13	27:32.4	3:27	769	SKUCE, ANTHONY	UNATTACHED BRITISH C	2/31	Masters Men 45-		
14	27:36.1	3:28	460	KOORYMANS, JERRY	TORONTO OLYMPIC CLUB	2/24	Masters Men 50-		
15	27:40.0	3:28	549	LOEPPKY, RODNEY	PHYSI-KULT KINGSTON	8/27	Masters Men 40-		
16	27:41.1	3:28	403	BARRETT, JEFF	SAUGEEN TRACK & FIEL	9/27	Masters Men 40-		
17	27:43.5	3:28	806	MORAN, TIM	UNIVERSITY OF TORONT	10/27	Masters Men 40-		
18	27:47.4	3:29	501	STEVENSON, BEVIN	SAUGEEN TRACK & FIEL	1/10	Masters Men 35-		
19	27:49.5	3:29	483	PEAT, GEOFFREY	NEWMARKET HUSKIES	3/31	Masters Men 45-		
20	27:57.0	3:30	469	MCNAB, GREG	ONTARIO MASTERS ATHL	2/10	Masters Men 35-		
21	28:03.1	3:31	498	SHERAR, MIKE	TORONTO OLYMPIC CLUB	4/31	Masters Men 45-		
22	28:08.5	3:32	467	MCDERMOTT, PAT	PHYSI-KULT KINGSTON	5/31	Masters Men 45-		
23	28:13.0	3:32	435	FRIEL, VINCE	SSD	6/31	Masters Men 45-		
24	28:17.4	3:33	457	JONES, ANDREW	LONDON PACERS	11/27	Masters Men 40-		
25	28:19.1	3:33	405	BEASLEY, STEVE	LONDON PACERS	3/24	Masters Men 50-		
26	28:28.1	3:34	412	BURROWS, JIM	LONDON PACERS	7/31	Masters Men 45-		
27	28:42.5	3:36	536	MCGRAW, BOB	PHYSI-KULT KINGSTON	4/24	Masters Men 50-		
28	28:44.1	3:36	744	WARRINER, LAWRENCE	Unattached	8/31	Masters Men 45-		
29	28:45.1	3:36	420	COUGHLIN, MIKE	ONTARIO MASTERS ATHL	3/10	Masters Men 35-		
30	28:45.3	3:36	768	REIMER, PAUL	UNATTACHED BRITISH C	5/24	Masters Men 50-		
31	28:46.3	3:36	606	COFFIN, ALEX	SAINT JOHN TRACK & F	12/27	Masters Men 40-		
32	28:49.0	3:37	741	MACKENZIE, PATRICK	Unattached	9/31	Masters Men 45-		
33	28:50.0	3:37	426	DEARBORN, WES	ONTARIO MASTERS ATHL	4/11	Masters Men 30-		
34	28:54.3	3:37	518	SHEARMAN, SIMON	OTTAWA LIONS T.F.C.	13/27	Masters Men 40-		
35	28:56.0	3:37	734	FILLION, JEAN-FRANCOIS	Unattached	10/31	Masters Men 45-		

36	28:56.3	3:38	443	GUNDLACK, CHRISTIAN	LONDON PACERS	14/27	Masters Men 40-
37	28:57.0	3:38	440	GONSALVES, HOUSTON	SSD	5/11	Masters Men 30-
38	28:57.1	3:38	449	HAWTHORN, KEN	NEWMARKET HUSKIES	6/24	Masters Men 50-
39	29:00.1	3:38	802	MADSEN, CHRIS	UNIVERSITY OF TORONT	15/27	Masters Men 40-
40	29:05.2	3:39	436	GALLAGHER, DON	SSD	11/31	Masters Men 45-
41	29:07.4	3:39	517	KARY, DAVID	OTTAWA LIONS T.F.C.	7/24	Masters Men 50-
42	29:08.6	3:39	454	HOGG, ANDREW	LONDON PACERS	4/10	Masters Men 35-
43	29:09.0	3:39	466	MCCLELLAND, RICHARD	LONDON PACERS	5/10	Masters Men 35-
44	29:11.3	3:39	866	MEIJER, JOHN	LAKESHORE MASTERS	12/31	Masters Men 45-
45	29:15.4	3:40	472	MOORE, DAVID	UNIVERSITY OF TORONT	16/27	Masters Men 40-
46	29:15.5	3:40	515	BECKLUMB, ADRIAN	OTTAWA LIONS T.F.C.	17/27	Masters Men 40-
47	29:19.0	3:40	261	RICHARD-CAMPEAU, ROBIN	KALENJINS	6/11	Masters Men 30-
48	29:19.3	3:40	451	HENNING, ROD	LONDON PACERS	13/31	Masters Men 45-
49	29:20.4	3:41	707	ARCHIBALD, MIKE	TRI CITY TRACK CLUB	8/24	Masters Men 50-
50	29:21.4	3:41	507	WHEELER, BILL	LONDON PACERS	1/14	Masters Men 55-
51	29:25.0	3:41	329	TRANTER, ROB	Loaring Personal Coa	7/11	Masters Men 30-
52	29:28.3	3:42	474	MOSS, ROGER	LONGBOAT	14/31	Masters Men 45-
53	29:32.5	3:42	190	SECKER, MICHAEL	EDMONTON THUNDER	2/14	Masters Men 55-
54	29:33.5	3:42	473	MORGAN, CLIVE	PHYSI-KULT KINGSTON	9/24	Masters Men 50-
55	29:47.0	3:44	441	GOSLEIGH, KEN	SAUGEEN TRACK & FIEL	18/27	Masters Men 40-
56	29:49.3	3:44	712	FOX, DANA	TRI CITY TRACK CLUB	10/24	Masters Men 50-
57	29:49.5	3:44	187	MULDREW, SHAWN	EDMONTON THUNDER	19/27	Masters Men 40-
58	29:56.0	3:45	427	DEIGHAN, CHRIS	NEWMARKET HUSKIES	15/31	Masters Men 45-
59	29:57.2	3:45	415	CAMPBELL, ROBERT	LONGBOAT	16/31	Masters Men 45-
60	30:03.0	3:46	871	WILLETT, JOHN	UNIVERSITY OF TORONT	17/31	Masters Men 45-
61	30:05.2	3:46	867	MOLONEY, DESMOND	EAST TORONTO STRIDER	18/31	Masters Men 45-
62	30:08.4	3:47	738	KREZONOSKI, BILL	Unattached	3/14	Masters Men 55-
63	30:11.5	3:47	404	BAUMAN, MARVIN	SAUGEEN TRACK & FIEL	6/10	Masters Men 35-
64	30:18.5	3:48	406	BIALKOWSKI, DAVID	SSD	19/31	Masters Men 45-
65	30:20.3	3:48	511	XU, JIANPING	ONTARIO MASTERS ATHL	20/27	Masters Men 40-
66	30:21.3	3:48	487	PRIMROSE, ELIZABETH	TORONTO OLYMPIC CLUB	1/12	Masters Women 4
67	30:23.5	3:48	740	MACDONALD, BILL	Unattached	20/31	Masters Men 45-
68	30:30.3	3:49	481	PATTEN, BECKY	TORONTO OLYMPIC CLUB	1/4	Masters Women 3
69	30:31.4	3:49	455	HOHENADEL, LUKE	GUELPH VICTORS	11/24	Masters Men 50-
70	30:35.2	3:50	778	LEROUX, MIKE	DARTMOUTH ATHLETICS	21/31	Masters Men 45-
71	30:50.5	3:52	496	SHAW, JASON	ONTARIO MASTERS ATHL	22/31	Masters Men 45-
72	30:51.3	3:52	408	BLACK, JONATHAN	ONTARIO MASTERS ATHL	12/24	Masters Men 50-
73	30:51.4	3:52	228	MARTEL, FRANÇOIS	FLEUR DE LYS	4/14	Masters Men 55-
74	30:52.0	3:52	671	RUEL, JOEL	TIMMINS PORCUPINE TR	21/27	Masters Men 40-
75	30:53.2	3:52	735	HOSFORD, STEVE	Unattached	5/14	Masters Men 55-
76	30:59.2	3:53	182	HOLMES, BOB	EDMONTON THUNDER	6/14	Masters Men 55-
77	31:03.3	3:53	661	FORGET, JAMIE	SSD	22/27	Masters Men 40-
78	31:04.4	3:54	123	WYNANDS, JANET	BROCKVILLE LEGION AT	2/12	Masters Women 4
79	31:09.5	3:54	448	HAMILTON, KEN	NEWMARKET HUSKIES	7/14	Masters Men 55-
80	31:12.5	3:55	865	LAPIERRE, JEFF	CORNWALL LEGION COUG	7/10	Masters Men 35-
81	31:16.3	3:55	428	DITCHFIELD, JENNIFER	LONDON PACERS	1/5	Masters Women 5
82	31:17.0	3:55	189	RUSSELL, CLIFFORD	EDMONTON THUNDER	8/14	Masters Men 55-
83	31:22.4	3:56	864	KILGOUR, ART	GUELPH VICTORS	13/24	Masters Men 50-
84	31:28.0	3:56	711	FEENEY, DENNIS	TRI CITY TRACK CLUB	9/14	Masters Men 55-
85	31:35.0	3:57	413	CALLAGHAN, THOMAS	NEWMARKET HUSKIES	23/31	Masters Men 45-
86	31:37.1	3:58	410	BOULTBEE, MELANIE	7 SYSTEMS	2/4	Masters Women 3
87	31:38.0	3:58	491	REID, KIRK	SAUGEEN TRACK & FIEL	8/10	Masters Men 35-
88	31:41.0	3:58	468	MC GEE, GRAHAM	LONDON PACERS	14/24	Masters Men 50-
89	31:42.2	3:58	402	BARBER, CHRISTY	THE RUNWAY	1/9	Masters Women 4
90	31:43.2	3:58	717	PADDOCK, DAVID	TRI CITY TRACK CLUB	15/24	Masters Men 50-
91	31:47.2	3:59	509	WHITMORE, STEVE	LONDON PACERS	24/31	Masters Men 45-
92	31:49.5	3:59	416	CHAPMAN, FRED	LONDON PACERS	10/14	Masters Men 55-
93	31:51.0	3:59	525	AVERY, MARK	OWEN SOUND RUNNERS	8/11	Masters Men 30-
94	31:55.5	4:00	503	STOKES, TONY	LONDON PACERS	25/31	Masters Men 45-
95	32:05.3	4:01	710	CLANCY, IAN	TRI CITY TRACK CLUB	26/31	Masters Men 45-
96	32:06.5	4:01	231	DUKE, CHRIS	GUELPH VICTORS	23/27	Masters Men 40-
97	32:10.1	4:02	561	CHRISTIE, JULIETTE	PRAIRIE INN HARRIERS	3/12	Masters Women 4
98	32:10.3	4:02	142	AITKIN, GEORGE	CAMBRIDGE HARRIERS	11/14	Masters Men 55-
99	32:13.2	4:02	493	ROBERTS, PAUL	LONDON PACERS	16/24	Masters Men 50-
100	32:26.3	4:04	233	LINTON, GEOFF	GUELPH VICTORS	27/31	Masters Men 45-
101	32:29.0	4:04	478	ORCHARD, JEFF	LONDON PACERS	24/27	Masters Men 40-
102	32:30.0	4:04	398	EVERTON, NICOLA	OCEAN ATHLETICS	2/9	Masters Women 4
103	32:35.5	4:05	446	HALLA, JAMIE	SSD	9/11	Masters Men 30-
104	32:44.3	4:06	868	WALTERS, ALEX		9/10	Masters Men 35-
105	32:48.0	4:06	760	BROUGHAM, LISA	UNATTACHED BRITISH C	3/4	Masters Women 3
106	32:49.3	4:07	444	HAASE, PETER	LONDON PACERS	1/4	Masters Men 60-
107	32:56.3	4:08	495	SCHRADER, JOSHUA	NEWMARKET HUSKIES	10/11	Masters Men 30-
108	32:58.1	4:08	421	COWLING, KAREN	LONDON PACERS	3/9	Masters Women 4
109	33:00.6	4:08	539	SVIAJINA, MARGARITA	PHYSI-KULT KINGSTON	4/9	Masters Women 4

110	33:14.4	4:10	484	PENNEY, DAVE	QUINTE LEGION TRACK	17/24	Masters Men 50-
111	33:16.3	4:10	342	BYER, CARRIE	NEWMARKET HUSKIES	1/1	Masters Women 3
112	33:18.1	4:10	488	PURKIS, GREG	TORONTO OLYMPIC CLUB	10/10	Masters Men 35-
113	33:20.0	4:10	234	RUPOLI, KELLY	GUELPH VICTORS	4/12	Masters Women 4
114	33:22.2	4:11	445	HALE, MURRAY	NEWMARKET HUSKIES	2/4	Masters Men 60-
115	33:25.3	4:11	409	BLAKE, RYAN	SSD	11/11	Masters Men 30-
116	33:28.1	4:12	665	ROSS, CHRISTINE	THE RUNWAY	5/12	Masters Women 4
117	33:31.0	4:12	153	BERNARD, ALPHONSE	COLLEGE LOUIS RIEL	12/14	Masters Men 55-
118	33:33.1	4:12	465	MACDONALD, MYRA	PHYSI-KULT KINGSTON	2/5	Masters Women 5
119	33:36.2	4:13	747	KUCHMAK, LYLE	EDMONTON THUNDER	18/24	Masters Men 50-
120	33:40.5	4:13	418	CHIN YUT, JAMES	SAUGEEN TRACK & FIEL	28/31	Masters Men 45-
121	33:44.1	4:14	538	ROYCE, RICK	PHYSI-KULT KINGSTON	19/24	Masters Men 50-
122	33:45.2	4:14	512	ZONRUITER, GERDA	LONDON PACERS	6/12	Masters Women 4
123	33:46.5	4:14	414	CAMERON, SCOTT	GUELPH VICTORS	20/24	Masters Men 50-
124	33:50.4	4:14	733	CHEE, WAYNE	Unattached	13/14	Masters Men 55-
125	33:56.5	4:15	447	HAMEL, DAWN	SSD	3/5	Masters Women 5
126	34:11.0	4:17	500	SNARR, TRACEY	NEWMARKET HUSKIES	7/12	Masters Women 4
127	34:28.3	4:19	477	O'HAGAN, HEATHER	NEWMARKET HUSKIES	8/12	Masters Women 4
128	34:30.1	4:19	504	SULLIVAN, KATHRYN	NEWMARKET HUSKIES	5/9	Masters Women 4
129	34:42.2	4:21	116	MCLAUCHLIN, TROY	BRANTFORD TRACK & FI	25/27	Masters Men 40-
130	34:52.2	4:22	432	EMILIO, DAVE	ONTARIO MASTERS ATHL	26/27	Masters Men 40-
131	35:00.5	4:23	232	GRAYSON, NICK	GUELPH VICTORS	29/31	Masters Men 45-
132	35:04.1	4:24	411	BOURQUE, LYNN	LONGBOAT	9/12	Masters Women 4
133	35:09.1	4:24	429	DOXTATOR, RUSSELL	ONTARIO MASTERS ATHL	30/31	Masters Men 45-
134	35:10.6	4:24	122	WYNANDS, ED	BROCKVILLE LEGION AT	14/14	Masters Men 55-
135	35:14.0	4:25	452	HILLIS, BRIAN	LONDON PACERS	21/24	Masters Men 50-
136	35:37.3	4:28	471	MOORE, BOB	TORONTO OLYMPIC CLUB	1/5	Masters Men 65-
137	35:40.2	4:28	743	TAIVASSALO, KEIJO	SCARBOROUGH MASTERS	1/4	Masters Men 70-
138	35:41.5	4:28	506	WESSEL, MARK	SSD	22/24	Masters Men 50-
139	36:00.0	4:30	475	NORCLIFFE, GLEN	TORONTO OLYMPIC CLUB	2/5	Masters Men 65-
140	36:04.0	4:31	737	KLASEN, BERNARD	Unattached	27/27	Masters Men 40-
141	36:12.5	4:32	399	JORDAN, DEBBIE M.	OCEAN ATHLETICS	4/5	Masters Women 5
142	36:21.6	4:33	660	DENBOER, HILDA	SSD	6/9	Masters Women 4
143	36:57.4	4:38	485	POTTER, SHERYL	NEWMARKET HUSKIES	7/9	Masters Women 4
144	37:05.3	4:39	508	WHITMORE, LORI	LONDON PACERS	10/12	Masters Women 4
145	37:10.4	4:39	458	KEETING, ALEX	ETOBICOKE TRACK & FI	23/24	Masters Men 50-
146	37:12.2	4:40	462	KUDO, NICOLE	ONTARIO MASTERS ATHL	8/9	Masters Women 4
147	37:17.0	4:40	736	KEWLEY, HERB	Unattached	31/31	Masters Men 45-
148	37:19.0	4:40	860	CHRISTENSEN, VERN	SCARBOROUGH MASTERS	3/5	Masters Men 65-
149	37:20.1	4:41	425	DARRAS, GLENN	ONTARIO MASTERS ATHL	24/24	Masters Men 50-
150	37:25.4	4:41	423	D'ASCANIO, NICK	LONDON PACERS	4/5	Masters Men 65-
151	37:26.3	4:41	476	NORTHCOTT, CLARA	ETOBICOKE TRACK & FI	1/4	Masters Women 5
152	37:40.4	4:43	489	QUEMERAIS, BERNADETTE	ONTARIO MASTERS ATHL	11/12	Masters Women 4
153	37:49.3	4:44	327	MANCUSO, MAUREEN	LONGBOAT	2/4	Masters Women 5
154	37:50.3	4:44	438	GEDDES, JACK	SCARBOROUGH MASTERS	2/4	Masters Men 70-
155	38:49.3	4:52	859	BRETON, GAËTAN	SHERBROOKE	3/4	Masters Men 60-
156	39:13.1	4:55	463	LITTELL, FRANK	LONDON PACERS	4/4	Masters Men 60-
157	40:50.5	5:07	459	KEHOE, LLOYD	LONDON PACERS	3/4	Masters Men 70-
158	41:05.5	5:09	505	WATSON, CHRISTINA	LONDON PACERS	4/4	Masters Women 3
159	41:55.5	5:15	453	HILLMAN, TRACY	LONDON PACERS	9/9	Masters Women 4
160	42:06.4	5:16	869	WATSON, PAULINE	JOSHUA CREEK RUNNERS	3/4	Masters Women 5
161	42:18.2	5:18	502	STEWART, ADRIENNE	TORONTO OLYMPIC CLUB	12/12	Masters Women 4
162	43:28.3	5:27	456	JACOBS, MARY	UNIVERSITY OF TORONT	4/4	Masters Women 5
163	43:33.2	5:27	256	MARINO, CHRISTINA	JOSHUA CREEK RUNNERS	5/5	Masters Women 5
164	43:53.2	5:30	862	GOODSTADT, MICHAEL	SCARBOROUGH MASTERS	5/5	Masters Men 65-
165	46:36.2	5:50	442	GRAVES, RICHARD	ONTARIO MASTERS ATHL	1/1	Masters Men 75-
166	47:35.1	5:57	331	LANG, RALPH	METRO TORONTO FITNES	1/2	Masters Men 80+
167	54:36.7	6:50	424	DARLING, RICHARD	LONDON PACERS	4/4	Masters Men 70-
168	61:29.0	7:42	417	CHARLES, FELIX	ETOBICOKE TRACK & FI	2/2	Masters Men 80+

2009 Canadian National Cross Country Championships

Saturday November 28, 2009 9:45 AM

Junior Women

Pace							
Place	Time	km	#	Name	Club	Year of Birth	

1	17:17.1	3:28	625	PFISTER, CAROLINE	SHERBROOKE	92	
2	17:26.3	3:30	180	GRAHAM, CHELSEA	EDMONTON THUNDER	92	
3	17:28.7	3:30	393	LALONDE, GENEVIÈVE	O2	91	
4	17:52.4	3:35	722	KARY, CIARA	U OF C ATHLETICS	92	

5	18:02.1	3:37	204 GIOVANNETTI, SARA	ETOBICOKE TRACK & FI 90
6	18:10.1	3:39	636 TRUELOVE, AMANDA	SOUTH SIMCOE DUFFERI 90
7	18:15.7	3:40	795 DAVIDSON, MADDIE	UNIVERSITY OF TORONT 92
8	18:19.1	3:40	127 BROWN, JOANNA	BYTOWN STORM 92
9	18:21.0	3:41	400 WALKOW, SAMANTHA	OCEAN ATHLETICS 91
10	18:21.9	3:41	178 DEGAUST, HAYLEY	EDMONTON THUNDER 90
11	18:22.3	3:41	376 REMPEL, KARLEY	NIAGARA OLYMPIC CLUB 93
12	18:29.7	3:42	263 LEBLANC, ANNIE	LANAUDIERE-OLYMPIQUE 92
13	18:36.5	3:44	267 PHELAN, JAMIE	LAUREL CREEK TRACK & 95
14	18:37.0	3:44	356 HAWTHORN, NATALIA	NEWMARKET HUSKIES TR 95
15	18:39.4	3:44	777 FRATCZAK, VICTORIA	UNATTACHED NOVA SCOT 90
16	18:44.4	3:45	366 BRASZ, DEANNA	NIAGARA OLYMPIC CLUB 93
17	18:48.0	3:46	340 HUGHES, MELANIE	MONTREAL OLYMPIQUE 90
18	18:49.5	3:46	362 STEWART, KIRSTEN	NEWMARKET HUSKIES TR 92
19	18:51.5	3:47	355 HALIBURTON, SARAH	NEWMARKET HUSKIES TR 90
20	18:51.8	3:47	662 PIETERSON, REBECCA	ST THOMAS LEGION TRA 90
21	18:53.3	3:47	804 MCDONALD, MADELINE	UNIVERSITY OF TORONT 94
22	18:53.5	3:47	114 ROLLINS, JACLYN	BRANTFORD T.F.C. 91
23	18:54.4	3:47	870 * PETTIT, ALLISON	WEST VIRGINIA 90
24	18:55.3	3:48	597 ROY, JOANNIE	ROUGE ET OR DE L'UNI 91
25	18:56.3	3:48	723 KARY, GRACE	U OF C ATHLETICS CLU 91
26	18:57.3	3:48	675 HANNA, VICTORIA	TORONTO OLYMPIC CLUB 91
27	18:58.0	3:48	251 PORFILIO, JESSICA	HERITAGE HUSKIES 91
28	19:00.7	3:49	191 SODERBERG, ALANA	EDMONTON THUNDER 90
29	19:01.3	3:49	645 DRIEDGER, EMILY	SPEED RIVER TRACK & 92
30	19:04.4	3:49	247 THOMPSON, CERISE	HAMILTON HAMMERHEADS 92
31	19:06.3	3:50	631 ISLAM, RACHEL	SOUTH SIMCOE DUFFERI 92
32	19:07.7	3:50	270 PLANTE-DUBÉ, MARGUERITE	LAVIRONDE 92
33	19:08.0	3:50	277 JONES, MELISSA	LES COUREURS DE BOIS 92
34	19:10.1	3:51	521 GALBRAITH, EMMA	OTTAWA LIONS T.F.C. 94
35	19:10.7	3:51	590 EDWARDS, GABRIELLE	RIVERSDALE ATHLETICS 94
36	19:10.8	3:51	375 MOLODYNIA, MICHELLE	NIAGARA OLYMPIC CLUB 93
37	19:14.4	3:51	324 WHITE, JACLYN	LONDON WESTERN T.F.C 94
38	19:16.1	3:52	855 SMITH, STEPHANIE	YORK UNIVERSITY TRAC 90
39	19:16.5	3:52	721 GOULD, REBECCA	U OF C ATHLETICS CLU 93
40	19:16.6	3:52	644 DOHERTY, LAUREN	SPEED RIVER TRACK & 91
41	19:18.2	3:52	729 VAN VLIET, JENNA	U OF C ATHLETICS CLU 92
42	19:19.9	3:52	128 JAMNICKY, DOMINIKA	BYTOWN STORM 92
43	19:22.7	3:53	609 FLEISCHER, KATIE	SARNIA ATHLETICS SOU 93
44	19:23.3	3:53	798 HENNESSY, COLLEEN	UNIVERSITY OF TORONT 92
45	19:23.3	3:53	401 BUTTERWORTH, ALCYIA	OCEANSIDE TRACK & FI 92
46	19:23.9	3:53	530 WOODWARD, MAGGIE	PACIFIC ATHLETICS 91
47	19:24.5	3:53	252 TSE, CORALINA	HERITAGE HUSKIES 91
48	19:26.9	3:54	315 FORAN, GABRIELLE	LONDON WESTERN T.F.C 90
49	19:27.0	3:54	666 ALLARD, BRITNEY	TIMMINS PORCUPINE TR 92
50	19:27.1	3:54	699 WOOLLEY, ALI	TORONTO OLYMPIC CLUB 94
51	19:27.3	3:54	350 DEIGHAN, KAYLA	NEWMARKET HUSKIES TR 93
52	19:27.8	3:54	223 THIEL, DANIELLE	EXCEL ATHLETIKA 92
53	19:27.8	3:54	524 SLINN, HEATHER	OTTAWA LIONS T.F.C. 92
54	19:28.5	3:54	727 O'CONNELL, ELIZABETH	U OF C ATHLETICS CLU 92
55	19:29.6	3:54	830 BAYDOUN, ZEINAB	WINDSOR LEGION TRACK 92
56	19:30.4	3:55	584 RAINVILLE-BARZEY, ALEXANDRA	QUINTE LEGION TRACK 95
57	19:30.5	3:55	265 DOWLING-MEDLEY, JENN	LAUREL CREEK TRACK & 91
58	19:31.5	3:55	374 MACDONALD, ALANNAH	NIAGARA OLYMPIC CLUB 94
59	19:31.5	3:55	246 PATTERSON, COURTNEY	HAMILTON HAMMERHEADS 91
60	19:32.7	3:55	311 ALLEN, KIRSTEN	LONDON WESTERN T.F.C 92
61	19:32.8	3:55	523 KANZ, ISABELLE	OTTAWA LIONS T.F.C. 93
62	19:33.1	3:55	620 BARKER, MADELEINE	SHERBROOKE 92
63	19:34.6	3:55	628 CORRICK, JENNIFER	SOUTH SIMCOE DUFFERI 90
64	19:36.2	3:56	336 KNOX, ALICIA	MISSISSAUGA T.F.C. 91
65	19:36.3	3:56	844 PETRIE, SADIE	YHZ 94
66	19:38.5	3:56	652 MILDREN, ROBYN	SPEED RIVER TRACK & 90
67	19:39.2	3:56	192 SODERBERG, NICOLE	EDMONTON THUNDER 92
68	19:39.6	3:56	522 GILES, LISA	OTTAWA LIONS T.F.C. 91
69	19:39.6	3:56	593 MILLER, ABBY	RIVERSDALE ATHLETICS 92
70	19:40.6	3:57	558 SILLS, TAYLOR	PHYSI-KULT KINGSTON 92
71	19:40.6	3:57	346 CALLAGHAN, BRIGID	NEWMARKET HUSKIES TR 93
72	19:40.7	3:57	347 COATES, VICTORIA	NEWMARKET HUSKIES TR 91
73	19:41.0	3:57	725 MACDONALD, MADELINE	U OF C ATHLETICS CLU 90
74	19:42.0	3:57	805 MCINTYRE, SALLY	UNIVERSITY OF TORONT 93
75	19:42.7	3:57	632 KELSALL, DEBRA	SOUTH SIMCOE DUFFERI 93
76	19:43.2	3:57	535 VERGARA, KIRSTEN	PHOENIX ATHLETICS AS 97
77	19:43.2	3:57	320 LAMB, RACHEL	LONDON WESTERN T.F.C 90
78	19:43.4	3:57	377 REMPEL, MEGAN	NIAGARA OLYMPIC CLUB 96

79	19:45.3	3:58	726	MCAVOY, SHANNON	U OF C ATHLETICS CLU 93
80	19:46.6	3:58	285	HARTMAN, GRACE	LONDON RUNNER DISTAN 92
81	19:47.4	3:58	633	LESAGE, KRISTIE	SOUTH SIMCOE DUFFERI 93
82	19:48.1	3:58	202	DE FENOYL, AMELIE	ETOBICOKE TRACK & FI 93
83	19:49.4	3:58	216	TIER, ALIX	ETOBICOKE TRACK & FI 94
84	19:50.2	3:59	175	SAMYN, VICTORIA	DURHAM DRAGONS ATHLE 92
85	19:51.5	3:59	615	SJODIN, COURTNEY	SASKATOON TF CLUB 91
86	19:53.6	3:59	826	BAILEY, SARAH	VERNON AMATEUR ATHLE 93
87	19:54.5	3:59	843	LAUSCH, SARA	YHZ 94
88	19:56.9	4:00	604	ANNEAR, GRACE	SAINT JOHN TRACK & F 92
89	19:58.6	4:00	140	KANUKA, GLORIA	CALTAF ATHLETIC ASSO 91
90	19:59.1	4:00	641	BOWMAN, SARA	SPEED RIVER TRACK & 92
91	19:59.5	4:00	363	TAIT, MEGHAN	NEWMARKET HUSKIES TR 92
92	19:59.7	4:00	259	NADEAU, CHLOÉ	KALENJINS 92
93	20:00.1	4:01	838	MOORE, MELISSA	WINDSOR LEGION TRACK 92
94	20:01.7	4:01	230	REGAN, LEAH	GOLDEN EARS ATHLETIC 93
95	20:02.3	4:01	333	DULHANTY, EMILY	MISSISSAUGA T.F.C. 93
96	20:02.7	4:01	166	CODYRE, KATEY	DURHAM DRAGONS ATHLE 94
97	20:03.1	4:01	825	RICARD, KAREN	VAUDREUIL-DORION 91
98	20:06.2	4:02	794	CUMMINGS, HAILEY	UNIVERSITY OF TORONT 91
99	20:09.3	4:02	835	MARCOTTE-TOALE, CHARLOTTE	WINDSOR LEGION TRACK 92
100	20:09.6	4:02	570	BROCHU, SARAH-MICHELLE	QUÉBEC ENDURANCE 92
101	20:11.6	4:03	145	MARTIN, TAYLOR	CAMBRIDGE HARRIERS 94
102	20:11.6	4:03	130	SKOWRON, PAULINE	C3 - CANADIAN CROSS 92
103	20:11.7	4:03	248	WITT, JESSICA	HAMILTON HAMMERHEADS 93
104	20:15.0	4:03	170	HOUDE-PEARCE, ERIKA	DURHAM DRAGONS ATHLE 91
105	20:16.2	4:04	161	KENNEDY, SHANNON	DISASSOCIATED 92
106	20:16.5	4:04	121	WINDSOR, RACHEL	BRIGHTON LEGION TRAC 91
107	20:16.9	4:04	619	SAUNDERS, NORA-BETH	SAULT ATHLETICS CLUB 90
108	20:17.1	4:04	268	TOMASOVIC, SIMONNE	LAUREL CREEK TRACK & 92
109	20:18.5	4:04	823	MONETTE, CAROLE-ANNE	VAUDREUIL-DORION 92
110	20:19.0	4:04	157	CURRIE, SARAH	DARTMOUTH ATHLETICS 91
111	20:19.1	4:04	845	WATTS, SOPHIE	YHZ 94
112	20:19.4	4:04	651	MARTIN, LYNSEY	SPEED RIVER TRACK & 91
113	20:20.5	4:05	817	POSTHUMUS, KIYA	VALLEY ROYALS TRACK 92
114	20:21.3	4:05	305	WALKER, LAURA	LONDON RUNNER DISTAN 91
115	20:21.3	4:05	358	O'HAGAN, KAITLIN	NEWMARKET HUSKIES TR 92
116	20:23.3	4:05	290	KOMARNICKY, KAITLYN	LONDON RUNNER DISTAN 93
117	20:24.4	4:05	686	MARTIN, HILARY	TORONTO OLYMPIC CLUB 93
118	20:26.2	4:06	323	ROBBINS, SAMANTHA	LONDON WESTERN T.F.C 91
119	20:27.8	4:06	260	PROULX, KARIANNE	KALENJINS 93
120	20:29.1	4:06	827	SCHOCH, SASHA D.	VERNON AMATEUR ATHLE 93
121	20:30.1	4:07	291	KRUGER, EMILY	LONDON RUNNER DISTAN 93
122	20:31.3	4:07	691	RAMMO, MORGAN	TORONTO OLYMPIC CLUB 92
123	20:31.7	4:07	650	MACDONALD, MAGGIE	SPEED RIVER TRACK & 94
124	20:32.7	4:07	618	LOBERT, LYNNEA	SAULT ATHLETICS CLUB 93
125	20:33.8	4:07	627	BLACKLAWS, EMILY	SOUTH SIMCOE DUFFERI 92
126	20:36.0	4:08	361	PETTES, KATELYN	NEWMARKET HUSKIES TR 92
127	20:36.6	4:08	272	GREENFIELD, MATILDA	LES COUREURS DE BOIS 94
128	20:37.5	4:08	373	KORSMIT, LAURA	NIAGARA OLYMPIC CLUB 96
129	20:39.5	4:08	258	LEFEBVRE-CASTILLO, WINONA	KALENJINS 93
130	20:39.5	4:08	858	WESTBERG, AVERY	YORKTON LEGION TRACK 93
131	20:41.1	4:09	206	JARVIS, ALEXANDRA	ETOBICOKE TRACK & FI 93
132	20:43.7	4:09	199	BENJAMIN, MADELEINE	ETOBICOKE TRACK & FI 94
133	20:48.5	4:10	279	SERVISS, KELSEY	LES COUREURS DE BOIS 93
134	20:52.1	4:11	173	LESPERANCE, SARAH	DURHAM DRAGONS ATHLE 93
135	20:53.9	4:11	669	MAISONNEUVE, RENEE	TIMMINS PORCUPINE TR 95
136	20:55.7	4:12	299	ROBERTS, JENNIFER	LONDON RUNNER DISTAN 93
137	20:58.4	4:12	135	CHAPPELL, ELLEN	CALTAF ATHLETIC ASSO 93
138	20:58.8	4:12	148	LANGLEY, TRISTAN	CENTRAL NOVA LEGION 93
139	20:59.4	4:12	288	HILL, CYNTHIA	LONDON RUNNER DISTAN 93
140	20:59.7	4:12	637	WESSEL, MEAGHAN	SOUTH SIMCOE DUFFERI 93
141	21:01.2	4:13	134	SERPICO, MADISON	CALGARY SPARTANS 92
142	21:06.0	4:14	224	TURMEL, NICOLE	EXCEL ATHLETIKA 92
143	21:09.2	4:14	617	FLYNN, JULLIEN	SAULT ATHLETICS CLUB 93
144	21:12.0	4:15	325	WHITE, JESSICA	LONDON WESTERN T.F.C 92
145	21:14.6	4:15	310	YUNGBLUT, ERIN	LONDON RUNNER DISTAN 93
146	21:15.7	4:16	312	BEHARRIELL, TIANNA	LONDON WESTERN T.F.C 94
147	21:18.8	4:16	698	WILLIAMS, HAILY	TORONTO OLYMPIC CLUB 93
148	21:20.4	4:17	833	MALETTE, GABRIELLE	WINDSOR LEGION TRACK 93
149	21:23.0	4:17	682	KINSEY, HEATHER	TORONTO OLYMPIC CLUB 93
150	21:27.2	4:18	1250	CHARLES, ELECKTRA	RIVERSDALE ATHLETICS 92
151	21:33.8	4:19	857	LUDZKI, NICOLE	YORK UNIVERSITY TRAC 93
152	21:38.9	4:20	550	MCGRAW, LEAH	PHYSI-KULT KINGSTON 93

153	21:49.5	4:22	354	GLENN, CAILEIGH	NEWMARKET HUSKIES TR 92
154	21:51.6	4:23	630	GALLAGHER, ALEXANDRA	SOUTH SIMCOE DUFFERI 93
155	21:54.7	4:23	273	HAGBERG, INGRID	LES COUREURS DE BOIS 91
156	21:57.2	4:24	210	LEON, REBECCA	ETOBICOKE TRACK & FI 93
157	22:04.9	4:25	367	CAHILL, RACHAEL	NIAGARA OLYMPIC CLUB 94
158	22:09.5	4:26	382	WILEY, ELISE	NIAGARA OLYMPIC CLUB 96
159	22:11.5	4:27	390	VANDERMEER, NEL	NORTH BAY LEGION 90
160	22:22.9	4:29	309	YUNGBLUT, EMILY	LONDON RUNNER DISTAN 91
161	22:29.1	4:30	306	WALKER, LESLIE	LONDON RUNNER DISTAN 91
162	22:37.6	4:32	773	WONG, ELIZABETH	UNATTACHED BRITISH C 92
163	22:45.2	4:34	591	GROAT, RACHAEL	RIVERSDALE ATHLETICS 92
164	22:55.0	4:35	117	LAFONTAINE, EMMA	BRIGHTON LEGION TRAC 92
165	23:33.4	4:43	616	DICK, RACHEL	SAULT ATHLETICS CLUB 93

2009 Canadian National Cross Country Championships

Saturday November 28, 2009 9:45 AM

Junior Men

Place	Time	Pace km	#	Name	Club	Year of Birth
1	24:09.0	3:02	364	AHMED, MOHAMMED	NIAGARA OLYMPIC CLUB 91	
2	24:33.1	3:05	526	HAIGHT, DYLAN T	PACIFIC ATHLETICS 91	
3	24:33.5	3:05	785	LEAKOS, JAMES	UNATTACHED-SASKATCHE 92	
4	24:40.2	3:06	840	SMITH, DARYL	WINDSOR LEGION TRACK 91	
5	24:45.0	3:06	220	BAITON, WYATT	EXCEL ATHLETIKA 91	
6	24:46.6	3:06	397	BRUCHET, LUCAS	OCEAN ATHLETICS 91	
7	24:51.1	3:07	313	DE VRIES, THOMAS	LONDON WESTERN T.F.C 92	
8	24:51.4	3:07	112	WOLTER, MATTIAS	BLUENOSE ATHLETICS T 91	
9	24:51.5	3:07	683	KUTERNIN, ALEKSANDR	TORONTO OLYMPIC CLUB 90	
10	24:53.2	3:07	262	NIXON, ANDREW	LAKEHEAD ATHLETICS C 91	
11	24:56.4	3:08	349	DEGROOT, ANDREW	NEWMARKET HUSKIES TR 91	
12	25:00.2	3:08	834	MALETTE, JOHN PAUL	WINDSOR LEGION TRACK 91	
13	25:00.4	3:08	831	JANIKOWSKI, PAUL	WINDSOR LEGION TRACK 92	
14	25:00.5	3:08	706	PROUDFOOT, ROSS	TRACK NORTH ATHLETIC 92	
15	25:11.4	3:09	169	HOSIER, STEPHEN	DURHAM DRAGONS ATHLE 92	
16	25:15.4	3:10	634	PESCE, MICHAEL	SOUTH SIMCOE DUFFERI 92	
17	25:18.7	3:10	546	HINTON, ALEXANDER	PHYSI-KULT KINGSTON 91	
18	25:20.2	3:11	139	HADFIELD, GARETH	CALTAF ATHLETIC ASSO 92	
19	25:24.4	3:11	352	DENAULT, ROBERT	NEWMARKET HUSKIES TR 93	
20	25:24.5	3:11	832	KOWALSKY, ANDREW	WINDSOR LEGION TRACK 92	
21	25:25.0	3:11	218	WANUCH, NATHAN	ETOBICOKE TRACK & FI 90	
22	25:28.0	3:11	569	BOISVERT, EMMANUEL	QUÉBEC ENDURANCE 91	
23	25:31.2	3:12	339	STONE, JEFF	MISSISSAUGA T.F.C. 92	
24	25:33.5	3:12	551	MCGRAW, NICK	PHYSI-KULT KINGSTON 90	
25	25:39.4	3:13	164	BOYCHUK, JAY	DURHAM DRAGONS ATHLE 92	
26	25:42.5	3:13	574	LAPOINTE, JEAN-SAMUEL	QUÉBEC ENDURANCE 91	
27	25:48.2	3:14	542	ARCHER, JEFF	PHYSI-KULT KINGSTON 92	
28	25:48.5	3:14	702	CARGILL, CHANTRY	TRACK NORTH ATHLETIC 90	
29	25:49.1	3:14	836	MELOCHE, DAVID	WINDSOR LEGION TRACK 91	
30	25:52.1	3:15	168	ESSELINK, EVAN	DURHAM DRAGONS ATHLE 92	
31	25:53.0	3:15	129	RIED, TAYLOR	C3 - CANADIAN CROSS 91	
32	25:56.1	3:15	124	SMITH, JACOB	BROCKVILLE LEGION TR 90	
33	25:57.4	3:15	555	O'SULLIVAN, DYLAN	PHYSI-KULT KINGSTON 92	
34	26:00.6	3:16	332	DULHANTY, CHRISTOPHER	MISSISSAUGA T.F.C. 92	
35	26:01.5	3:16	696	SHIBLEY, TYLER	TORONTO OLYMPIC CLUB 90	
36	26:02.5	3:16	172	KING, XAVIER	DURHAM DRAGONS ATHLE 93	
37	26:03.2	3:16	668	BOURGET, JEREMIE	TIMMINS PORCUPINE TR 93	
38	26:03.2	3:16	781	REDPATH, JASON	UNATTACHED-MANITOBA 91	
39	26:04.3	3:16	540	ALLAN, CHARLY	PHYSI-KULT KINGSTON 91	
40	26:08.5	3:17	573	LABRANCHE, JEAN-DANIEL	QUÉBEC ENDURANCE 91	
41	26:11.5	3:17	629	DRUKEN, MATTHEW	SOUTH SIMCOE DUFFERI 94	
42	26:14.1	3:17	700	YEMANE, BIEMNET	TORONTO OLYMPIC CLUB 91	
43	26:14.4	3:17	623	MAVROVIC, ALEX	SHERBROOKE 91	
44	26:17.6	3:18	152	RAYMOND, BENJAMIN	CLUB D'ATHLÉTISME DY 92	
45	26:18.6	3:18	872	ZAGHLOL, ABDUL	TRI CITY TRACK CLUB 92	
46	26:20.3	3:18	605	BRITT, BARRY	SAINT JOHN TRACK & F 90	
47	26:21.2	3:18	708	BELANGER, ANDREW	TRI CITY TRACK CLUB 91	
48	26:21.4	3:18	345	BROWN, DYLAN	NEWMARKET HUSKIES TR 93	
49	26:22.0	3:18	111	HATHEWAY, OLIVER	BLUENOSE ATHLETICS T 90	
50	26:24.0	3:18	720	WILSON, MCKAY	TRI CITY TRACK CLUB 93	

51	26:25.0	3:19	764	FORSETH, ROWAN J.	UNATTACHED BRITISH C 91
52	26:26.2	3:19	814	IRVINE, KYLE	UNIVERSITY OF VICTOR 90
53	26:28.1	3:19	796	FOSTER, OLIVER	UNIVERSITY OF TORONT 92
54	26:28.5	3:19	839	PITICARIU, DANIEL	WINDSOR LEGION TRACK 92
55	26:29.3	3:19	534	HOLMES, STEPHEN	PHOENIX ATHLETICS AS 90
56	26:30.1	3:19	334	GEISER, LUCA	MISSISSAUGA T.F.C. 92
57	26:31.1	3:19	703	COOPER, JEREMY	TRACK NORTH ATHLETIC 93
58	26:34.1	3:20	144	MARTIN, JONATHAN	CAMBRIDGE HARRIERS 92
59	26:34.6	3:20	610	HALL, MATTHEW	SARNIA ATHLETICS SOU 93
60	26:36.4	3:20	394	PELLERIN, JÉRÉMIE	O2 93
61	26:38.3	3:20	241	FORBES, AUSTEN	HAMILTON HAMMERHEADS 93
62	26:38.4	3:20	287	HENDRIKX, AARON	LONDON RUNNER DISTAN 93
63	26:42.3	3:21	786	AMHED, ZAIN	UNIVERSITY OF TORONT 91
64	26:44.5	3:21	348	DAVENPORT, ETHAN	NEWMARKET HUSKIES TR 90
65	26:45.0	3:21	792	CRUICKSHANK, ANDREW	UNIVERSITY OF TORONT 90
66	26:46.3	3:21	679	HODGE, SIMON	TORONTO OLYMPIC CLUB 90
67	26:47.6	3:21	543	ASSELSTINE, ROBERT	PHYSI-KULT KINGSTON 92
68	26:51.5	3:22	626	KENT, JUSTIN	SOUTH FRASER TRACK & 92
69	26:52.3	3:22	583	PARKER, KAELAN	QUINTE LEGION TRACK 93
70	26:53.5	3:22	147	THORNTON, JASON	CAMBRIDGE HARRIERS 92
71	26:55.4	3:22	215	SLOAN, HARRISON	ETOBICOKE TRACK & FI 94
72	26:57.4	3:23	782	VINCENT, SAMUEL	UNATTACHED-MANITOBA 92
73	26:58.0	3:23	307	WALSH, JEREMY	LONDON RUNNER DISTAN 90
74	26:58.3	3:23	222	MIDDLEMISS, MICHAEL	EXCEL ATHLETIKA 92
75	27:00.2	3:23	120	RHEBERGEN, JULIAN	BRIGHTON LEGION TRAC 91
76	27:01.2	3:23	289	HOLDEN, MAX	LONDON RUNNER DISTAN 92
77	27:02.2	3:23	392	CASSIDY, RYAN	O2 93
78	27:02.5	3:23	608	BISSON, SHAUN	SARNIA ATHLETICS SOU 91
79	27:03.2	3:23	174	MOYER, CHRIS	DURHAM DRAGONS ATHLE 94
80	27:04.0	3:23	337	PARROT-MIGAS, PHILIPPE	MISSISSAUGA T.F.C. 93
81	27:04.2	3:24	379	SCOTLAND, ANDREW	NIAGARA OLYMPIC CLUB 92
82	27:04.3	3:24	384	BOULAY, BENOIT	NORTH BAY LEGION 91
83	27:04.3	3:24	576	THIBODEAU, JEAN-PHILIPPE	QUÉBEC ENDURANCE 90
84	27:04.6	3:24	819	CHATUR, AZAR	VANCOUVER THUNDERBIR 92
85	27:05.3	3:24	816	LEBLANC, ÉTIENNE	VAINQUEURS (LES) 92
86	27:06.1	3:24	846	WING, JACOB	YHZ 93
87	27:06.4	3:24	611	MASTER, SHAWN	SARNIA ATHLETICS SOU 94
88	27:07.5	3:24	579	DENNY, JAMES	QUINTE LEGION TRACK 92
89	27:08.1	3:24	820	CLIFF, WILLIAM	VANCOUVER THUNDERBIR 93
90	27:08.5	3:24	225	FORBES, IAN	FAST TRACKS 92
91	27:09.0	3:24	680	HOLT, JAMIE	TORONTO OLYMPIC CLUB 93
92	27:12.1	3:25	131	BROWN, TRAVIS	CALGARY SPARTANS 90
93	27:12.1	3:25	587	MILLER, THOMAS	RIVER CITY ATHLETICS 92
94	27:14.1	3:25	582	MAHONEY-ASHBERRY, CONNOR	QUINTE LEGION TRACK 92
95	27:14.5	3:25	176	WHITE, ANDREW	DURHAM DRAGONS ATHLE 93
96	27:16.3	3:25	714	IKRAM, SHOAI B	TRI CITY TRACK CLUB 90
97	27:16.4	3:25	541	ANDRIN, EVAN	PHYSI-KULT KINGSTON 91
98	27:17.0	3:25	149	WOOD, NICHOLAS	CENTRAL NOVA LEGION 92
99	27:18.2	3:25	154	BRAULT, CHARLES	COLLEGE LOUIS RIEL 93
100	27:18.3	3:25	205	GRIEVE, KYLE	ETOBICOKE TRACK & FI 93
101	27:19.0	3:25	338	SANDHU, TRISTAN	MISSISSAUGA T.F.C. 90
102	27:20.1	3:26	548	LEVAC, CAMERON	PHYSI-KULT KINGSTON 93
103	27:20.3	3:26	207	JONES, CHANCE	ETOBICOKE TRACK & FI 94
104	27:22.6	3:26	837	MITCHELL, REID	WINDSOR LEGION TRACK 93
105	27:24.4	3:26	797	GREEN, NATHANIEL	UNIVERSITY OF TORONT 91
106	27:25.3	3:26	607	MCNEIL, MATTHEW	SAINT JOHN TRACK & F 93
107	27:27.2	3:26	351	DENAULT, ALEX	NEWMARKET HUSKIES TR 91
108	27:27.3	3:26	531	DESHAIES, NICOLAS	PHENIX 92
109	27:27.4	3:26	594	STOTT, MASON	RIVERSDALE ATHLETICS 92
110	27:28.1	3:27	762	CLERKE, CONNOR	UNATTACHED BRITISH C 92
111	27:29.4	3:27	677	HILL, GEORGE	TORONTO OLYMPIC CLUB 92
112	27:30.0	3:27	286	HARTMAN, PATRICK	LONDON RUNNER DISTAN 93
113	27:30.2	3:27	718	SHIELDS, GAVIN	TRI CITY TRACK CLUB 94
114	27:31.0	3:27	158	DOUCETTE, JONAH	DARTMOUTH ATHLETICS 92
115	27:33.0	3:27	746	BROWN, BUDDY	UNATTACHED ALBERTA 93
116	27:34.2	3:27	592	GUENTHER, DAVIS	RIVERSDALE ATHLETICS 93
117	27:36.4	3:28	658	WATERS, DANIEL	SPEED RIVER TRACK & 91
118	27:37.0	3:28	143	MARTIN, ANDREW	CAMBRIDGE HARRIERS 92
119	27:37.3	3:28	664	THACHER, ERIC	STRIDE AHEAD TOUGH T 92
120	27:37.5	3:28	344	BOURGEOIS, MICHAEL	NEWMARKET HUSKIES TR 93
121	27:38.5	3:28	784	JOHNSON, MATTHEW	YORKTON LEGION TRACK 92
122	27:39.4	3:28	318	HICK, JEREMY	LONDON WESTERN T.F.C 93
123	27:40.0	3:28	676	HENRY, ETHAN	TORONTO OLYMPIC CLUB 92
124	27:40.4	3:28	281	BARRY, ERIC	LONDON RUNNER DISTAN 92

125 27:42.5	3:28	275 JONES, BEN	LES COUREURS DE BOIS 92
126 27:45.2	3:29	810 WOLOSHYN, JAKE	UNIVERSITY OF TORONT 91
127 27:45.4	3:29	163 BIEREMA, JORDAN	DURHAM DRAGONS ATHLE 92
128 27:45.4	3:29	249 BOWEN, SEAN	HARBOUR TRACK 90
129 27:46.4	3:29	612 SAWATZKY, ADAM	SARNIA ATHLETICS SOU 92
130 27:49.1	3:29	580 DOXTATOR, ADAM	QUINTE LEGION TRACK 95
131 27:49.1	3:29	624 MÉNARD, GUILLAUME	SHERBROOKE 91
132 27:49.2	3:29	353 FREEMANTLE, ALEXANDER	NEWMARKET HUSKIES TR 95
133 27:50.4	3:29	842 KRISTJANSON, BJORN	WINNIPEG OPTIMIST AT 93
134 27:51.0	3:29	300 ROELEN, JOCHEM	LONDON RUNNER DISTAN 92
135 27:51.1	3:29	670 RAYMOND, PAUL	TIMMINS PORCUPINE TR 93
136 27:52.4	3:30	821 BLAIS MIKO, NICOLAS	VAUDREUIL-DORION 91
137 27:53.2	3:30	293 MARQUEZ, DAVID	LONDON RUNNER DISTAN 93
138 27:53.4	3:30	692 REAY, NICHOLAS	TORONTO OLYMPIC CLUB 93
139 27:56.3	3:30	572 DUFOUR-SIMARD, ANTOINE	QUÉBEC ENDURANCE 90
140 27:56.4	3:30	150 BOUILLON, NICOLAS	CLUB D'ATHLÉTISME DY 93
141 27:57.3	3:30	554 MORGAN, BLAIR	PHYSI-KULT KINGSTON 93
142 27:57.3	3:30	687 MASIL-MITRO, LIAM	TORONTO OLYMPIC CLUB 93
143 27:58.1	3:30	552 MCGREGOR, ADAM	PHYSI-KULT KINGSTON 91
144 27:59.1	3:30	602 BOILY, DAVE	SAGUENAY LAC ST-JEAN 93
145 27:59.3	3:30	672 SEGUIN, MARTIN	TIMMINS PORCUPINE TR 93
146 28:00.1	3:31	532 BATES, DYLAN	PHOENIX ATHLETICS AS 93
147 28:01.3	3:31	365 ALBERS, JOHN	NIAGARA OLYMPIC CLUB 93
148 28:02.4	3:31	775 DELANEY, LIAM	UNATTACHED NEWFOUNDL 93
149 28:03.0	3:31	575 LÉGARÉ, SAMUEL	QUÉBEC ENDURANCE 91
150 28:05.5	3:31	304 TURNBULL, IAN	LONDON RUNNER DISTAN 93
151 28:06.0	3:31	386 PERRY, KEVIN	NORTH BAY LEGION 90
152 28:07.6	3:31	663 GEMMELL, BRENDAN	STRIDE AHEAD TOUGH T 93
153 28:09.4	3:32	101 DEANE, PATRICK	AGSI FLYERS 94
154 28:10.6	3:32	244 LLOYD, DUKE	HAMILTON HAMMERHEADS 92
155 28:15.3	3:32	155 CAMERON, JACOB	CORNWALL LEGION COUG 93
156 28:16.3	3:33	243 HAMBLY, DEREK	HAMILTON HAMMERHEADS 93
157 28:17.3	3:33	639 ANDERSON, DREW	SPEED RIVER TRACK & 93
158 28:19.3	3:33	701 BURKE, JOSEPH	TRACK NORTH ATHLETIC 92
159 28:19.5	3:33	298 PROCTER, BEN	LONDON RUNNER DISTAN 90
160 28:23.2	3:33	357 MACPHERSON, ERIC	NEWMARKET HUSKIES TR 93
161 28:24.0	3:33	371 JANSSEN, TREVOR	NIAGARA OLYMPIC CLUB 93
162 28:28.4	3:34	370 GODIN, ZACHARY	NIAGARA OLYMPIC CLUB 95
163 28:31.3	3:34	396 BROWN, DENNIS	OCEAN ATHLETICS 93
164 28:34.1	3:35	621 BEAUDETTE, KENNY	SHERBROOKE 90
165 28:36.2	3:35	294 MAWJI, ANEEL	LONDON RUNNER DISTAN 94
166 28:36.5	3:35	221 LIPP, JADEN	EXCEL ATHLETIKA 92
167 28:38.0	3:35	319 KADLECIC, JORDAN	LONDON WESTERN T.F.C 93
168 28:39.0	3:35	266 KARLEY, CHRISTOPHER	LAUREL CREEK TRACK & 91
169 28:39.3	3:35	125 WYNANDS, JOHN	BROCKVILLE LEGION TR 92
170 28:41.0	3:36	274 JOHNSTON, RILEY	LES COUREURS DE BOIS 93
171 28:45.3	3:36	678 HILL, SCOTT	TORONTO OLYMPIC CLUB 94
172 28:51.0	3:37	146 QUICK, DEREK	CAMBRIDGE HARRIERS 92
173 28:51.0	3:37	716 MORGAN, CHRIS	TRI CITY TRACK CLUB 93
174 28:59.0	3:38	752 HAYES, REID	UNATTACHED ATHLETES 94
175 29:01.4	3:38	276 MACPHERSON, STUART	LES COUREURS DE BOIS 94
176 29:03.2	3:38	278 QUENNEVILLE, GABRIEL	LES COUREURS DE BOIS 92
177 29:07.5	3:39	326 WUNDER, PAUL	LONDON WESTERN T.F.C 94
178 29:10.6	3:39	118 LEMMERMEYER, JOE	BRIGHTON LEGION TRAC 91
179 29:11.5	3:39	829 POLAND, JASON	WEST TORONTO TRACK & 93
180 29:15.2	3:40	271 CRAIG, EWAN	LES COUREURS DE BOIS 93
181 29:15.4	3:40	360 PENNEY, KYLE	NEWMARKET HUSKIES TR 94
182 29:16.2	3:40	316 FORAN, SAMI	LONDON WESTERN T.F.C 94
183 29:18.3	3:40	264 BRYDGES, SCOTT	LAUREL CREEK TRACK & 91
184 29:22.2	3:41	667 BOUDREAU, ERIC	TIMMINS PORCUPINE TR 92
185 29:25.3	3:41	389 SCOTT, JORDAN	NORTH BAY LEGION 90
186 29:25.4	3:41	854 SMITH, NICHOLAS	YORK UNIVERSITY TRAC 93
187 29:29.1	3:42	745 BISSETT, TYLER	UNATTACHED ALBERTA 91
188 29:33.3	3:42	588 BALEZANTIS, REID	RIVERSDALE ATHLETICS 94
189 29:37.3	3:43	689 PALADINO, MATTHEW	TORONTO OLYMPIC CLUB 91
190 29:44.3	3:44	162 AHMED, RAZA	DURHAM DRAGONS ATHLE 92
191 29:51.3	3:44	201 CARROLL, JAKE	ETOBICOKE TRACK & FI 96
192 29:54.2	3:45	772 WONG, BILLY	UNATTACHED BRITISH C 94
193 29:57.5	3:45	690 PATTERSON, SEAN	TORONTO OLYMPIC CLUB 92
194 29:59.0	3:45	849 BROWN, SPENCER	YORK UNIVERSITY TRAC 90
195 30:00.0	3:45	856 WYATT, SPENCER	YORK UNIVERSITY TRAC 94
196 30:15.4	3:47	704 DIEBEL, SEBASTIAN	TRACK NORTH ATHLETIC 93
197 30:42.4	3:51	381 WIGNALL, GRANT	NIAGARA OLYMPIC CLUB 94
198 31:13.2	3:55	254 VAN DYL, RYAN	IRONSTRIDE 90

199	31:47.2	3:59	255	WITHERS, RICHARD	IRONSTRIDE	90
200	32:28.2	4:04	848	BINER, MARK	YORK UNIVERSITY TRAC	92
201	32:33.1	4:05	100	CADDEY, CHRIS	AGSI FLYERS	94
202	32:38.4	4:05	380	TURNER, JOSH	NIAGARA OLYMPIC CLUB	96

2009 Canadian National Cross Country Championships

Saturday November 28, 2009 9:45 AM

Senior Women

Place	Time	Pace km	#	Name	Club	Year of Birth
1	23:21.0	3:21	578	SCHAAF, KENDRA	QUEEN CITY STRIDERS	90
2	23:28.0	3:22	787	BROWN, MEGAN	UNIVERSITY OF TORONT	85
3	24:02.3	3:27	186	METCALFE, MEGAN	EDMONTON THUNDER	82
4	24:08.4	3:27	761	CAMPBELL, ANITA Y.	UNATTACHED BRITISH C	87
5	24:20.3	3:29	133	HARVEY, LISA	CALGARY SPARTANS	70
6	24:21.7	3:29	196	WIDNEY, CHANTELL	EDMONTON THUNDER	79
7	24:26.1	3:30	771	WODAK, NATASHA	UNATTACHED BRITISH C	81
8	24:49.0	3:33	596	CORMIER, CATHERINE	ROUGE ET OR DE L'UNI	87
9	24:52.8	3:34	732	SOUTER, JODI	U OF S HUSKIES	88
10	24:54.3	3:34	780	BINNE-HUSE, SUZANNE	FLEUR DE LYS	74
11	24:56.3	3:34	567	SMITH, LUCY	PRAIRIE INN HARRIERS	67
12	24:57.6	3:34	159	BUCHANAN, DANA	DISASSOCIATED	84
13	25:00.1	3:35	818	RODY, KRISTINA	VANCOUVER FALCONS AT	77
14	25:04.1	3:35	648	LAURIE, COURTNEY	SPEED RIVER TRACK &	88
15	25:08.5	3:36	179	FINDLAY, PAULA	EDMONTON THUNDER	89
16	25:13.8	3:37	603	BÉLANGER, VALÉRIE	SAGUENAY LAC ST-JEAN	89
17	25:14.7	3:37	105	BRUCKSCHWAIGER, KATRINA	BISON TRACK AND FIEL	82
18	25:32.4	3:39	875	VAUGHAN, KATE	NAUTILUS RUNNING CLU	84
19	25:33.7	3:40	815	BELLEAU-BÉLIVEAU, KARINE	VAINQUEURS (LES)	83
20	25:34.5	3:40	141	SIM, HEATHER	CALTAF ATHLETIC ASSO	85
21	25:45.6	3:41	527	MALUDZINSKI, LAURA	PACIFIC ATHLETICS	83
22	25:48.1	3:42	514	RIENDEAU, DANIELE	OTTAWA ATHLETIC CLUB	84
23	25:49.0	3:42	812	ZELAZO, SUZANNE	UNIVERSITY OF TORONT	76
24	25:50.0	3:42	257	RUUS, RACHEL	KAJAKS TRACK & FIELD	74
25	25:57.9	3:43	758	WYMAN, JILLIAN	UNATTACHED ATHLETES	89
26	26:06.9	3:44	728	O'CONNELL, JESSICA	U OF C ATHLETICS CLU	89
27	26:23.8	3:47	109	GREGOIRE, MELANIE	BISON TRACK AND FIEL	89
28	26:23.9	3:47	236	GOODFELLOW, HEATHER	HALIFAX TIGERS	73
29	26:24.2	3:47	388	ROBINS, DONNA MAE	NORTH BAY LEGION	76
30	26:25.3	3:47	713	FOX, ERIN	TRI CITY TRACK CLUB	85
31	26:46.3	3:50	137	DRESSLER, TARA	CALTAF ATHLETIC ASSO	84
32	26:47.7	3:50	731	SOUTER, JENNIFER	U OF S HUSKIES	84
33	26:49.5	3:50	793	CULLIS, JANE	UNIVERSITY OF TORONT	84
34	26:50.5	3:51	240	WATTERS, KAITLYN	HALIFAX TIGERS	86
35	26:50.8	3:51	799	JACOBS, ERIKA	UNIVERSITY OF TORONT	85
36	26:52.6	3:51	108	GINTER, LACEY	BISON TRACK AND FIEL	87
37	26:58.7	3:52	239	MCINNES, CAROLINE	HALIFAX TIGERS	81
38	27:15.2	3:54	102	STEWART, GINA	ANTIGONISH TRACK CLU	87
39	27:29.1	3:56	853	PISTOR, KATHRYN	YORK UNIVERSITY TRAC	87
40	27:30.6	3:56	828	BARIBEAU, SARAH	VERT ET OR UNVIERSIT	84
41	27:38.6	3:57	235	ERICKSON, ROBYN	HALIFAX TIGERS	86
42	27:42.9	3:58	547	HINTON, DORELLE	PHYSI-KULT KINGSTON	89
43	27:53.6	4:00	321	LEMON, KIMBER	LONDON WESTERN T.F.C	86
44	27:56.7	4:00	513	LYNCH, DAUN	OTTAWA ATHLETIC CLUB	81
45	28:06.5	4:01	850	COOPMAN, KAITLIN	YORK UNIVERSITY TRAC	84
46	28:08.0	4:02	283	DOUGLAS, BRONWEN	LONDON RUNNER DISTAN	87
47	28:27.7	4:04	595	BOIVIN, MARIANNE	ROUGE ET OR DE L'UNI	84
48	28:29.1	4:05	685	LAU, MONICA	TORONTO OLYMPIC CLUB	86
49	28:51.9	4:08	177	BOWERMAN, KIM	EDMONTON THUNDER	81
50	29:04.9	4:10	852	MARYUEN, CHANTELLE	YORK UNIVERSITY TRAC	89
51	29:54.7	4:17	808	SARDONE, LAURA	UNIVERSITY OF TORONT	84
52	30:00.7	4:18	851	HERNANDEZ, HANNA	YORK UNIVERSITY TRAC	89
53	30:34.1	4:22	385	FARLOW, ALI	NORTH BAY LEGION	86

2009 Canadian National Cross Country Championships

Saturday November 28, 2009 9:45 AM

Senior Men

Place	Time	Pace km	#	Name	Club	Year of Birth
1	28:49.8	2:53	577	BAIRU, SIMON	QUEEN CITY STRIDERS	83
2	30:00.5	3:01	646	GILLIS, ERIC	SPEED RIVER TRACK &	80
3	30:11.4	3:02	642	BRUNSTING, MATTHEW	SPEED RIVER TRACK &	87
4	30:28.0	3:03	730	WIEBE, KELLY	U OF R COUGARS	89
5	30:32.5	3:04	622	GENEST, ALEX	SHERBROOKE	86
6	30:37.5	3:04	560	WYKES, DYLAN	PHYSI-KULT KINGSTON	83
7	30:38.4	3:04	601	SCULL, JEFF	RUNNERS EDGE TRACK C	85
8	30:45.0	3:05	653	MILNE, TAYLOR	SPEED RIVER TRACK &	81
9	30:46.1	3:05	565	MOSLEY, RICHARD	PRAIRIE INN HARRIERS	82
10	30:55.0	3:06	568	WHITFIELD, SIMON	PRAIRIE INN HARRIERS	75
11	30:56.1	3:06	724	KERR, GEOFF	U OF C ATHLETICS CLU	84
12	31:00.0	3:06	770	WINTER, CHRIS	UNATTACHED BRITISH C	86
13	31:02.0	3:07	295	NAGLE, CHRIS	LONDON RUNNER DISTAN	82
14	31:05.0	3:07	688	NAKLUSKI, DEREK	TORONTO OLYMPIC CLUB	82
15	31:09.3	3:07	103	FEWER, COLIN M.	ATHLETICS NORTH-EAST	77
16	31:14.8	3:08	813	BURKE, LOGAN	UNIVERSITY OF VICTOR	85
17	31:15.0	3:08	562	FINLAYSON, JAMES G.	PRAIRIE INN HARRIERS	72
18	31:15.5	3:08	566	OSADUIK, STEVEN J.	PRAIRIE INN HARRIERS	79
19	31:17.3	3:08	126	GOSSELIN, JAMES	BROOKS CANADA MARATH	77
20	31:19.9	3:08	807	MORRISON, SPENCER	UNIVERSITY OF TORONT	83
21	31:24.1	3:09	195	WEIKUM, JAMIE	EDMONTON THUNDER	89
22	31:25.2	3:09	681	HORTIAN, ADAM	TORONTO OLYMPIC CLUB	84
23	31:25.6	3:09	296	O'NEILL, KYLE	LONDON RUNNER DISTAN	89
24	31:26.1	3:09	801	KITZ, ROBERT	UNIVERSITY OF TORONT	85
25	31:27.0	3:09	556	PIETERSON, MATTHEW	PHYSI-KULT KINGSTON	82
26	31:28.4	3:09	657	THORSON, CLEVE	SPEED RIVER TRACK &	81
27	31:28.8	3:09	763	CLOUT, MATTHEW	UNATTACHED BRITISH C	81
28	31:29.7	3:09	563	GANT, DYLAN	PRAIRIE INN HARRIERS	86
29	31:31.9	3:10	564	JONES, KYLE	PRAIRIE INN HARRIERS	84
30	31:38.0	3:10	194	VOLLMER, MARK	EDMONTON THUNDER	80
31	31:50.8	3:12	656	SNIDER, DEREK	SPEED RIVER TRACK &	85
32	31:56.7	3:12	755	TETLEY, DUSTIN	UNATTACHED ATHLETES	87
33	32:00.5	3:13	783	KELLAR, ADAM	UNATTACHED-NEW BRUNS	84
34	32:01.7	3:13	765	FRIESEN, KEVIN A.	UNATTACHED BRITISH C	87
35	32:06.5	3:13	647	KOZIARSKI, STEPHEN	SPEED RIVER TRACK &	85
36	32:07.0	3:13	529	SWANSON, KRIS	PRAIRIE INN HARRIERS	81
37	32:08.0	3:13	613	EPP, JAMIE	SASKATOON TF CLUB	80
38	32:12.5	3:14	237	HENNIGAR, TOBY	HALIFAX TIGERS	84
39	32:13.8	3:14	533	FINN, RYAN	PHOENIX ATHLETICS AS	87
40	32:14.4	3:14	753	KASSAP, DANNY	UNATTACHED ATHLETES	82
41	32:15.9	3:14	654	PAQUETTE, MAXIME	SPEED RIVER TRACK &	84
42	32:18.2	3:14	841	BOOTH, MIKE	WINNIPEG OPTIMIST AT	80
43	32:20.2	3:15	160	HUFF, RYAN	DISASSOCIATED	88
44	32:21.3	3:15	308	WALTON, ADRIAN	LONDON RUNNER DISTAN	84
45	32:24.9	3:15	788	CALDWELL, TREVOR	UNIVERSITY OF TORONT	79
46	32:27.0	3:15	292	LAAN, BRANDON	LONDON RUNNER DISTAN	83
47	32:28.3	3:15	544	BOYD, STEVE	PHYSI-KULT KINGSTON	93
48	32:29.0	3:15	106	CARR, PAUL	BISON TRACK AND FIEL	86
49	32:30.9	3:16	822	COLLIN, OLIVIER	VAUDREUIL-DORION	89
50	32:31.0	3:16	184	LAMBERT, ADRIAN	EDMONTON THUNDER	85
51	32:31.8	3:16	803	MCCABE, JEFFREY	UNIVERSITY OF TORONT	83
52	32:36.8	3:16	598	SYLVESTRE, PHILIPPE	ROUGE ET OR DE L'UNI	82
53	32:41.7	3:17	391	BOURGEOIS, JOËL	O2	71
54	32:46.2	3:17	113	MASON, JOHN	BRANTFORD T.F.C.	87
55	32:46.3	3:17	197	WOYTIUK, KURT	EDMONTON THUNDER	81
56	32:50.4	3:18	301	SMITH, BRENT	LONDON RUNNER DISTAN	87
57	32:53.1	3:18	107	DEJONG, CALVARY	BISON TRACK AND FIEL	86
58	32:54.9	3:18	335	JIBRIL, SAMI	MISSISSAUGA T.F.C.	89
59	32:56.0	3:18	599	ANDERSEN, JORDAN	RUNNERS EDGE TRACK C	87
60	32:56.2	3:18	754	SUNSERI, NICHOLAS	UNATTACHED ATHLETES	86
61	32:59.5	3:18	229	MCELLIGOTT, STEVEN	FLEUR DE LYS	83
62	33:00.8	3:19	811	YOHANNES, SELAM	UNIVERSITY OF TORONT	77
63	33:02.0	3:19	136	DIB, ABDELKADER	CALTAF ATHLETIC ASSO	89
64	33:02.5	3:19	110	TRANQUADA, ERIC	BISON TRACK AND FIEL	84
65	33:07.6	3:19	185	MCKAY, TRAVIS	EDMONTON THUNDER	85
66	33:08.9	3:19	705	ELES, STEPHEN	TRACK NORTH ATHLETIC	79
67	33:09.6	3:19	519	DESORMEAUX, KYLE	OTTAWA LIONS T.F.C.	80
68	33:14.9	3:20	776	HANDRIGAN, GRANT A.	UNATTACHED NEWFOUNDL	82
69	33:19.5	3:20	193	TORRANCE, BRIAN	EDMONTON THUNDER	76

70	33:22.5	3:21	861	EMAMAULLEE, FAIZAL	74
71	33:23.0	3:21	697	SMITH, KEVIN	TORONTO OLYMPIC CLUB 81
72	33:29.6	3:21	824	MONETTE, SEBASTIEN	VAUDREUIL-DORION 88
73	33:32.6	3:22	282	DE WITT, NATHAN	LONDON RUNNER DISTAN 85
74	33:36.3	3:22	528	ODERMATT, CRAIG	PACIFIC ATHLETICS 70
75	33:40.1	3:23	673	BANK, DARRYL	TORONTO OLYMPIC CLUB 83
76	34:03.4	3:25	302	STROKACH, ALEXEY	LONDON RUNNER DISTAN 88
77	34:06.8	3:25	151	CHADI, NICOLAS	CLUB D'ATHLÉTISME DY 87
78	34:09.3	3:25	188	RAUDEBAUGH, DALLAS	EDMONTON THUNDER 81
79	34:23.2	3:27	303	SUDA, MATT	LONDON RUNNER DISTAN 86
80	34:38.0	3:28	433	ENFIELD, JEFF	ONTARIO MASTERS ATHL 78
81	34:47.4	3:29	132	BRYDEN, JORDAN	CALGARY SPARTANS 86
82	34:50.1	3:30	559	STACEY, MATTHEW	PHYSI-KULT KINGSTON 81
83	34:51.5	3:30	774	BAZELEY, PETER	UNATTACHED NEWFOUNDL 84
84	34:54.6	3:30	297	PERKS, BEN	LONDON RUNNER DISTAN 79
85	35:00.9	3:31	250	KLAUS, ANDERS	HARBOUR TRACK 87
86	35:02.5	3:31	655	ROUNDELL, JOSH	SPEED RIVER TRACK & 86
87	35:12.1	3:32	227	LOFRANCO, JOHN	FLEUR DE LYS 77
88	35:20.6	3:33	751	ARCAND, ANTOINE	UNATTACHED ATHLETES 79
89	35:29.2	3:33	635	SPALVIERI, JUSTIN	SOUTH SIMCOE DUFFERI 89
90	36:14.6	3:38	387	PRATT, JONATHAN	NORTH BAY LEGION 84
91	36:49.2	3:41	756	WAKNINE, RAPHAEL	UNATTACHED ATHLETES 88
92	36:54.5	3:42	520	DUNKERLEY, JASON	OTTAWA LIONS T.F.C. 77

Recent News Headlines

[Tuesday, April 13 2010 - "Steeple-stock" Steeplechase Clinic; April 24, 2010](#)

[Monday, April 5 2010 - Gillis Has Golden Return At Harry's Spring Run-Off](#)

[Sunday, March 28 2010 - Milne Has Record Setting Run In Hamilton](#)

[Monday, February 15 2010 - Speed River Youngsters Excel At Ontario Relay Championships](#)

[Wednesday, February 10 2010 - Speed River Announces Partnership With CEP and Entrix Sports](#)

News by Month

<u>March 2010</u>	<u>February 2010</u>	<u>January 2010</u>
<u>December 2009</u>	<u>November 2009</u>	<u>October 2009</u>
<u>September 2009</u>	<u>August 2009</u>	<u>July 2009</u>
<u>June 2009</u>	<u>May 2009</u>	<u>April 2009</u>
<u>March 2009</u>	<u>February 2009</u>	<u>January 2009</u>
<u>December 2008</u>	<u>November 2008</u>	<u>October 2008</u>
<u>September 2008</u>	<u>August 2008</u>	<u>July 2008</u>
<u>June 2008</u>	<u>May 2008</u>	<u>April 2008</u>
<u>March 2008</u>	<u>February 2008</u>	<u>January 2008</u>
<u>December 2007</u>	<u>November 2007</u>	<u>October 2007</u>
<u>August 2007</u>	<u>July 2007</u>	<u>June 2007</u>