

Athletics Canada

2006 Canadian Cross Country Championships

Championnat Canadien de Cross-Country 2006

Jericho Beach, Vancouver, BC, 02 December

- [Event Website](#)

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

2006 Canadian Cross Country Championships - Championnat Canadien de Cross-Country 2006

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
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	3:27	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

2006 Canadian Cross Country Championships - Championnat Canadien de Cross-Country 2006

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
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	Darmouth, NS	Dartmouth Athletics	135	3:53	127	12:55	117	21:42.0	3:33.2	4:21
118	353	Berit 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				

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
-------	-----	-----------------	------	----------------	------	------------------	------------------	-------------------	------------------	------------

Athletics Canada

2006 Canadian Cross Country Championships

Championnat Canadien de Cross-Country 2006

Jericho Beach, Vancouver, BC, 02 December

- [Event Website](#)

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	Moscowa, 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
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 Lapierre	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
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

2006 Canadian Cross Country Championships - Championnat Canadien de Cross-Country 2006

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			
127	521	Nick Walters	1989	North Bay, ON	North Bay Legion	35	6:42	51 14:11				
128	498	Chris Romaniw	1988	Vancouver, BC	UN-ON	102	7:13	110 15:09				
129	522	Jamie Whitfield	1987	Guelph, ON	GC Athletic Club	110	7:17					

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
=====											

Athletics Canada

2006 Canadian Cross Country Championships

Championnat Canadien de Cross-Country 2006

Jericho Beach, Vancouver, BC, 02 December

- [Event Website](#)

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 Arsenault	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 Hinthier	1984	Saskatoon, SK	PR Athletics	32 7:50	33 16:32	35 25:41.1	4:47.1	4:17

2006 Canadian Cross Country Championships - Championnat Canadien de Cross-Country 2006

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

Place	No.	Competitor Name	Year	City, Province	Club	Lap 1	Lap 2	Finish	Gap To	KM
						2,000 m	4,000 m	6,000 m	Winner	Pace

Athletics Canada

2006 Canadian Cross Country Championships

Championnat Canadien de Cross-Country 2006

Jericho Beach, Vancouver, BC, 02 December

- [Event Website](#)

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 Winner	KM Pace
						2,000 m	4,000 m	6,000 m	8,000 m	10,000 m		
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 Arnauld	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 Osaduk	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
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				
69	241	Shawn Nelson	1986	Victoria, BC	Prairie Inn Harriers Racing Team	52	6:46						
70	306	Logan Burke	1985	Vancouver, BC	UN-BC	63	6:54						
71	509	Mike Stone	1974	Bowser, BC	UN-BC	68	7:02						

=====

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
-------	-----	-----------------	------	----------------	------	------------------	------------------	------------------	------------------	--------------------	------------------	------------

=====