

Championnat canadien de cross-country 2005
 2005 Canadian Cross Country Championships
 Vancouver, BC 3 December

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

PLACE	NO.	NAME	YB	CITY	PR	CLUB	TIME	PACE	CLUB/TEAM
1	209	Kate Van Buskirk	87	Brampton	ON	Missi	17:28	5:38	
2	523	Anita Campbell	87	Abbotsford	BC	Valle	17:37	5:41	Valley Royals A
3	455	Tarah McKay	87	St. Clements	ON	Tri C	17:43	5:43	
4	217	Sheila Reid	89	Newmarket	ON	Newma	17:47	5:44	
5	448	Lindsay Carson	89	Cambridge	ON	Tri C	17:49	5:45	
6	433	Mandy McBean	87	Toronto	ON	Toron	17:51	5:45	Toronto Olympic
7	257	Danelle Woods	89	Ottawa	ON	Ottaw	17:54	5:46	Ottawa Lions
8	412	Rachel Cliff	88	Vancouver	BC	Team	18:01	5:48	
BC Athletics Gold									
9	548	Stephanie Smith	90	Aurora	ON	York	18:01	5:48	
10	541	Jacqueline Malette	86	Windsor	ON	Winds	18:05	5:50	
11	246	Jennifer Biewald	88	Ottawa	ON	Ottaw	18:06	5:50	Ottawa Lions
12	349	Kristen Kolstad	86	Surrey	BC	SFU	18:08	5:51	
13	300	Karissa Le Page	91	Regina	SK	Queen	18:10	5:51	
Saskatchewan Athletics Gold									
14	59	Sarah-Anne Brault	89	Winnipeg	MB	Colle	18:12	5:52	
15	411	Angela Shaw	89	Langley	BC	Team	18:13	5:52	Valley Royals A
BC Athletics Gold									
16	311	Jayne Grebinski	88	Regina	SK	Regin	18:20	5:54	Regina Harriers Team A
Saskatchewan Athletics Gold									
17	34	Ciara Kary	92	Calgary	AB	Calga	18:20	5:54	Calgary Spartans TC A
Alberta Gold									
18	480	Justine Johnson	91	Victoria	BC	Unatt	18:24	5:56	
19	13	Kali Burt	87	Elgin	ON	Brock	18:26	5:56	
20	234	Chantelle Groenewoud	89	North Vancouv	BC	NorWe	18:35	5:59	
21	363	Amanda Truelove	90	Barrie	ON	South	18:36	5:59	South Simcoe Dufferin
TFC									
22	226	Kelsie Slater	89	Grimsby	ON	Niaga	18:36	6:00	Niagara Olympic Club A
23	334	Shannon Gribbons	88	Port Elgin	ON	Sauge	18:38	6:00	Saugeen TFC
24	463	Piper Hayes	86	Vancouver	BC	UBC T	18:38	6:00	
25	386	Kirsten Sweetland	88	Victoria	BC	Team	18:40	6:01	
BC Athletics Gold									
26	277	Kate Harrison	89	Toronto	ON	Phoen	18:42	6:01	Phoenix AA ON
27	380	Gina Stewart	87	Antigonish	NS	St. F	18:43	6:02	
Atlantic Region Gold									
28	356	Rachel Hannah	86	Barrie	ON	South	18:44	6:02	South Simcoe Dufferin
TFC									
29	258	Shiyi Zan	88	Ottawa	ON	Ottaw	18:45	6:02	Ottawa Lions
30	423	Charlotte Farquharson	88	Toronto	ON	Toron	18:45	6:02	Toronto Olympic
31	310	Jessica Furlan	90	Regina	SK	Regin	18:45	6:03	Regina Harriers Team A
Saskatchewan Athletics Gold									
32	133	Jillian Wyman	89	Dundas	ON	Hamil	18:46	6:03	
33	396	Jessica Smith	89	North Vancouv	BC	Team	18:46	6:03	
BC Athletics Gold									
34	4	Holly Van Gestel	87	Antigonish	NS	Antig	18:49	6:04	
Atlantic Region Gold									
35	406	Adrienne Attorp	86	Victoria	BC	Team	18:49	6:04	Pacific Athletics A
BC Athletics Gold									
36	340	Heather Stroeder	87	Hanover	ON	Sauge	18:51	6:04	Saugeen TFC
37	131	Caitlin Price	88	Ancaster	ON	Hamil	18:52	6:05	
38	321	Jessica Belliveau	88	Quispamsis	NB	Saint	18:54	6:05	
Atlantic Region Gold									
39	67	Laura Englehutt	89	Dartmouth	NS	Dartm	18:54	6:05	
Atlantic Region Gold									
40	330	Shauna Donaldson	90	Owen Sound	ON	Sauge	18:54	6:05	Saugeen TFC
41	525	Lisa Egami	88	Coquitlam	BC	Valle	18:54	6:05	Valley Royals A
42	205	Johanna Shenstone	89	Aurora	ON	Markh	18:55	6:06	Markham TC A
43	275	Jessica Driscoll	88	Toronto	ON	Phoen	18:56	6:06	Phoenix AA ON
44	197	Madi Wallace	89	London	ON	Londo	18:57	6:06	London Western
45	333	Hayley Green	91	Kincardine	ON	Sauge	18:58	6:07	Saugeen TFC
46	111	Shannon Kennedy	92	Toronto	ON	Etobi	18:58	6:07	Etobicoke
Huskies/Striders									
47	323	Marie-Louise Asselin	88	Sarnia	ON	Sarni	19:00	6:07	
48	295	Alexis Brassard	92	Regina	SK	Queen	19:02	6:08	
49	268	Laurel Draper	91	Victoria	BC	Pacif	19:09	6:10	Pacific Athletics A
50	521	Breanna Chipney	86	Tulsa	OK	Univ.	19:09	6:10	
51	351	Heather Mancell	87	Anmore	BC	SFU	19:10	6:11	
52	442	Geneva Winterink	88	Toronto	ON	Toron	19:14	6:12	Toronto Olympic
53	79	Paula Findlay	89	Edmonton	AB	Edmon	19:14	6:12	Edmonton Thunder A

Alberta Gold						
54	413	Erica Digby	89	Vancouver	BC Team	19:15 6:12 s
BC Athletics Gold						
55	187	Lynn Mockler	88	London	ON Londo	19:16 6:12 London Western
56	278	Sara Leo	88	Scarborough	ON Phoen	19:18 6:13 Phoenix AA ON
57	482	Shawnee Landolt	90	Victoria	BC Unatt	19:18 6:13
58	32	Allene Goehner	88	Calgary	AB Calga	19:18 6:13 Calgary Spartans TC A
Alberta Silver						
59	218	Alanah Drake	90	Gimsby	ON Niaga	19:19 6:13 Niagara Olympic Club A
60	37	Chanda Turner	89	Calgary	AB Calga	19:20 6:14 Calgary Spartans TC A
Alberta Silver						
61	434	Martha McCabe	89	Toronto	ON Toron	19:20 6:14 Toronto Olympic
62	228	Erin Sukkau	90	St. Catharine	ON Niaga	19:20 6:14 Niagara Olympic Club A
63	517	Victoria Siemon	88	Toronto	ON Univ.	19:21 6:14 Univ. of Toronto TFC
64	361	Ellen Ross	89	Wyevale	ON South	19:23 6:15 South Simcoe Dufferin
TFC						
65	355	Ashley Comstock	86	Barrie	ON South	19:24 6:15 South Simcoe Dufferin
TFC						
66	81	Jenny Hockin	86	Sherwood Park	AB Edmon	19:25 6:15 Edmonton Thunder A
Alberta Gold						
67	29	Julie Beveridge	88	Calgary	AB Calga	19:25 6:15 Calgary Spartans TC A
Alberta Silver						
68	313	Aimee Hoffman	90	Regina	SK Regin	19:26 6:16 Regina Harriers Team A
Saskatchewan Athletics Gold						
69	510	Lorelle Convery	88	Toronto	ON Univ.	19:28 6:16 Univ. of Toronto TFC
70	35	Grace Kary	91	Calgary	AB Calga	19:30 6:17 Calgary Spartans TC A
Alberta Gold						
71	527	Samantha Lotnick	89	Langley	BC Valle	19:31 6:17 Valley Royals A
72	105	Keesha Danso-Dapaah	90	Mississauga	ON Etobi	19:32 6:17 Etobicoke
Huskies/Striders						
73	338	Baillie Locke	89	Mar	ON Sauge	19:32 6:18 Saugeen TFC
74	69	Flynn Regan	89	Dartmouth	NS Dartm	19:37 6:19
Atlantic Region Gold						
75	315	Dakota MacQuarrie	88	Regina	SK Regin	19:38 6:20 Regina Harriers Team B
Saskatchewan Athletics Gold						
76	191	Samantha Robbins	91	London	ON Londo	19:38 6:20 London Western
77	354	Marla Bailey	89	Barrie	ON South	19:38 6:20 South Simcoe Dufferin
TFC						
78	588	Casey Berardo	86	North Vancouv	BC SFU	19:39 6:20
79	457	Nicole Akeroyd	87	Vancouver	BC UBC T	19:42 6:21
80	566	Charlotte Paterson	87	Vancouver	BC	19:44 6:21
81	192	Blaire Robertshaw	90	Aylmer	ON Londo	19:46 6:22 London Western
82	177	Kim Chinfatt	88	London	ON Londo	19:47 6:22 London Western
83	271	Sarah Proctor	87	Salt Spring I	BC Pacif	19:47 6:23 Pacific Athletics A
84	43	Breana Langley	89	Calgary	AB Calta	19:48 6:23 Caltaf
85	425	Alyssa Giuliani	88	Toronto	ON Toron	19:50 6:23 Toronto Olympic
86	40	Julie Borstmayer	88	Calgary	AB Calta	19:50 6:23 Caltaf
87	45	Riley McQueen	87	Calgary	AB Calta	19:52 6:24 Caltaf
Alberta Silver						
88	534	Janelle Williamson	86	Grande Prairi	AB Wapit	19:54 6:25
89	71	Dominique Roy	88	Halifax	NS Dartm	19:56 6:25
Atlantic Region Gold						
90	60	Melanie Gregoire	89	Winnipeg	MB Colle	19:56 6:25
91	102	Kim Vos	88	Edmonton	AB Edmon	19:56 6:25 Edmonton Thunder A
Alberta Silver						
92	91	Michelle Moen	90	Edmonton	AB Edmon	20:00 6:26 Edmonton Thunder A
93	512	Tamara Jewett	90	Toronto	ON Univ.	20:00 6:27 Univ. of Toronto TFC
94	306	Rachel Lauzon	87	Red Deer	AB Red D	20:00 6:27
95	204	Madeliene Leznoff	89	Markham	ON Markh	20:01 6:27 Markham TC A
96	528	Jennifer Weslowski	89	Langley	BC Valle	20:01 6:27 Valley Royals A
97	161	Teegan Schoch	90	Kelowna	BC Kelow	20:02 6:27
98	220	Lindsay Mooradian	89	St. Catharine	ON Niaga	20:04 6:28 Niagara Olympic Club A
99	301	Kendra Schaaf	90	Craven	SK Queen	20:06 6:28
Saskatchewan Athletics Silver						
100	272	Alix Thomson	91	Victoria	BC Pacif	20:07 6:29 Pacific Athletics A
101	254	Madeline Martin	90	Ottawa	ON Ottaw	20:11 6:30 Ottawa Lions
102	36	Stevie Laroque	88	Calgary	AB Calga	20:14 6:31 Calgary Spartans TC A
103	107	Brynn Farren	91	Toronto	ON Etobi	20:14 6:31 Etobicoke
Huskies/Striders						
104	506	Beki Roth	90	Cochrane	AB Univ.	20:14 6:31
105	494	Jacqueline Flood	89	East York	ON Phoen	20:17 6:32 Phoenix AA ON
106	256	Elysia Robertson	86	Ottawa	ON Ottaw	20:18 6:32 Ottawa Lions
107	175	Valerie Hurdle	88	Edmonton	AB Lethb	20:18 6:32
108	236	Alison Hudson	87	North Vancouv	BC NorWe	20:20 6:33
109	38	Stephanie Babcock	88	Calgary	AB Calta	20:23 6:34 Caltaf
Alberta Gold						
110	244	Gillian Wright	88	Vancouver	BC NorWe	20:27 6:35
111	276	Carol Graham	89	Scarborough	ON Phoen	20:27 6:35 Phoenix AA ON
112	511	Amber Cushnie	88	Pickering	ON Univ.	20:27 6:35 Univ. of Toronto TFC
113	478	Alexi Foster	90	Fort Langley	BC Unatt	20:32 6:37
114	203	Nicole Laurain	89	Markham	ON Markh	20:33 6:37 Markham TC A

115	233	Emily Farnan	89	West Vancouve	BC	NorWe	20:33	6:37	
116	462	Justine Clift	87	Vancouver	BC	UBC T	20:34	6:37	
117	308	Morgan Bolen	89	Regina	SK	Regin	20:36	6:38	Regina Harriers Team A
Saskatchewan Athletics Silver									
118	96	Caroline Schlosser	88	Edmonton	AB	Edmon	20:36	6:38	Edmonton Thunder A
Alberta Silver									
119	245	Lindsay Anderson	91	Ottawa	ON	Ottaw	20:40	6:39	Ottawa Lions
120	118	Stevie Poland	88	Toronto	ON	Etobi	20:45	6:41	Etobicoke
Huskies/Striders									
121	219	Carly Drake	88	Grimsby	ON	Niaga	20:48	6:42	Niagara Olympic Club A
122	108	Leanne Genge	90	Toronto	ON	Etobi	20:52	6:43	Etobicoke
Huskies/Striders									
123	201	Kaitlyn Fitzsimmons	88	Unionville	ON	Markh	21:02	6:46	Markham TC A
124	339	Jenn Rae	89	Port Elgin	ON	Sauge	21:09	6:49	
125	362	Jessica Shaw	89	Barrie	ON	South	21:19	6:52	South Simcoe Dufferin
TFC									
126	166	Georgiana Jefferys	89	Calmar	AB	Leduc	21:21	6:53	
127	162	Amanda Hall	88	Langley	BC	Langl	21:34	6:57	
128	87	Kirstie Lithgow	87	Edmonton	AB	Edmon	21:38	6:58	Edmonton Thunder A
129	267	Eliza Christie	92	Victoria	BC	Pacif	21:39	6:58	Pacific Athletics A
130	342	Kyla Vanderzwet	89	Port Elgin	ON	Sauge	21:47	7:01	Saugeen TFC
131	476	Jessica DeMarinis	89	Kelowna	BC	Unatt	21:48	7:01	
132	183	Dylan Lutes	88	London	ON	Londo	21:56	7:04	London Western
133	487	Lauren Patzer	91	Langley	BC	Unatt	21:57	7:04	
134	240	Michelle Rosser	90	Squamish	BC	NorWe	22:02	7:06	
135	312	Lauren Grebinski	90	Regina	SK	Regin	22:12	7:09	Regina Harriers Team A
Saskatchewan Athletics Gold									
136	318	Kaitlin Willner	90	Regina	SK	Regin	22:13	7:09	Regina Harriers Team B
Saskatchewan Athletics Silver									
137	546	Kelsey Hawryluk	89	Headingley	MB	Winni	22:23	7:13	
138	247	Heather Bijman	88	Ottawa	ON	Ottaw	22:40	7:18	
139	98	Alana Soderberg	90	Edmonton	AB	Edmon	22:57	7:24	Edmonton Thunder A
140	314	Marit Johnson	90	Regina	SK	Regin	23:07	7:27	Regina Harriers Team A
Saskatchewan Athletics Silver									
141	169	Erika Oswald	90	Calmar	AB	Leduc	23:28	7:34	
142	164	Breanne Carter	88	Calmar	AB	Leduc	23:52	7:41	
143	239	Amelia Rajala	89	North Vancouv	BC	NorWe	24:17	7:49	
144	237	Mari Mesri	91	West Vancouve	BC	NorWe	24:52	8:01	
145	317	Grier Schmidt	90	Regina	SK	Regin	24:53	8:01	Regina Harriers Team B
Saskatchewan Athletics Silver									
146	309	Whitney Chu	88	Regina	SK	Regin	25:10	8:06	Regina Harriers Team B
Saskatchewan Athletics Silver									

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RESULTS BY CLUB/TEAMS -RESULTATS PAR EQUIPES/CLUBS
Junior Women / Femmes Junior

1. Valley Royals A
2 15 41 71 (96) = 129
Campbell Anita, Shaw Angela, Egami Lisa, Lotnick Samantha,
Weslowski Jennifer
2. Saugeen TFC
23 36 40 45 (73) (130) = 144
Gribbons Shannon, Stroeder Heather, Donaldson Shauna, Green Hayley,
Locke Baillie, Vanderzwet Kyla
3. Ottawa Lions
7 11 29 101 (106) (119) = 148
Woods Danelle, Biewald Jennifer, Zan Shiyi, Martin Madeline,
Robertson Elysia, Anderson Lindsay
4. Toronto Olympic
6 30 52 61 (85) = 149
McBean Mandy, Farquharson Charlotte, Winterink Geneva, McCabe Martha,
Giuliani Alyssa
5. South Simcoe Dufferin TFC
21 28 64 65 (77) (125) = 178
Truelove Amanda, Hannah Rachel, Ross Ellen, Comstock Ashley,
Bailey Marla, Shaw Jessica
6. Calgary Spartans TC A
17 58 60 67 (70) (102) = 202
Kary Ciara, Goehner Allene, Turner Chanda, Beveridge Julie,
Kary Grace, Laroque Stevie
7. Phoenix AA ON
26 43 56 105 (111) = 230
Harrison Kate, Driscoll Jessica, Leo Sara, Flood Jacqueline,
Graham Carol
8. Regina Harriers Team A
16 31 68 117 (135) (140) = 232
Grebinski Jayne, Furlan Jessica, Hoffman Aimee, Bolen Morgan,
Grebinski Lauren, Johnson Marit
9. Niagara Olympic Club A
22 59 62 98 (121) = 241
Slater Kelsie, Drake Alanah, Sukkau Erin, Mooradian Lindsay,
Drake Carly
10. London Western
44 55 76 81 (82) (132) = 256
Wallace Madi, Mockler Lynn, Robbins Samantha, Robertshaw Blaire,
Chinfatt Kim, Lutes Dylan
11. Pacific Athletics A
35 49 83 100 (129) = 267
Attorp Adrienne, Draper Laurel, Proctor Sarah, Thomson Alix,
Christie Eliza
12. Edmonton Thunder A
53 66 91 92 (118) (128) = 302
Findlay Paula, Hockin Jenny, Vos Kim, Moen Michelle,
Schlosser Caroline, Lithgow Kirstie
13. Univ. of Toronto TFC
63 69 93 112 = 337
Siemon Victoria, Convery Lorelle, Jewett Tamara, Cushnie Amber
14. Etobicoke Huskies/Striders
46 72 103 120 (122) = 341
Kennedy Shannon, Danso-Dapaah Keesha, Farren Brynn, Poland Stevie,
Genge Leanne
15. Caltaf
84 86 87 109 = 366
Langley Breana, Borstmayer Julie, McQueen Riley, Babcock Stephanie
16. Markham TC A
42 95 114 123 = 374
Shenstone Johanna, Leznoff Madeliene, Laurain Nicole, Fitzsimmons Kaitlyn
17. Regina Harriers Team B
75 136 145 146 = 502
MacQuarrie Dakota, Willner Kaitlin, Schmidt Grier, Chu Whitney

Championnat canadien de cross-country 2005
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RESULTS BY PROV/TEAMS -RESULTATS PAR EQUIPES/PROV
Junior Women / Femmes Junior

1. BC Athletics Gold
8 15 25 33 (35) (54) = 81
Cliff Rachel, Shaw Angela, Sweetland Kirsten, Smith Jessica,
Attorp Adrienne, Digby Erica
2. Saskatchewan Athletics Gold
13 16 31 68 (75) (135) = 128
Le Page Karissa, Grebinski Jayne, Furlan Jessica, Hoffman Aimee,
MacQuarrie Dakota, Grebinski Lauren
3. Atlantic Region Gold
27 34 38 39 (74) (89) = 138
Stewart Gina, Van Gestel Holly, Belliveau Jessica, Englehutt Laura,
Regan Flynn, Roy Dominique
4. Alberta Gold
17 53 66 70 (109) = 206
Kary Ciara, Findlay Paula, Hockin Jenny, Kary Grace,
Babcock Stephanie
5. Alberta Silver
58 60 67 87 (91) (118) = 272
Goehner Allene, Turner Chanda, Beveridge Julie, McQueen Riley,
Vos Kim, Schlosser Caroline
6. Saskatchewan Athletics Silver
99 117 136 140 (145) (146) = 492
Schaaf Kendra, Bolen Morgan, Willner Kaitlin, Johnson Marit,
Schmidt Grier, Chu Whitney

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

PLACE	NO.	NAME	YB	CITY	PR	CLUB	TIME	PACE	CLUB/TEAM
1	129	Carmen Douma-Hussar	77	Ardmore	PA	Guelp	20:13	5:26	
2	438	Tara Quinn-Smith	79	Toronto	ON	Toron	20:25	5:29	Toronto
Olympic	3	385 Malindi Elmore	80	Kelowna	BC	Team	20:34	5:31	
BC Athletics Gold	4	593 Courtney Babcock		Missoula, MT	ON	Chath	20:38	5:32	
Thunder A	5	90 Megan Metcalfe	82	Edmonton	AB	Edmon	20:59	5:38	Edmonton
Alberta Gold	6	519 Elizabeth Wightman	81	Toronto	ON	Univ.	21:00	5:38	
Harriers A	7	400 Tina Connelly	70	Port Coquitlam	BC	Team	21:06	5:40	Prairie Inn
BC Athletics Gold	8	389 Cari Kuzyk	76	West Vancouver	BC	Team	21:08	5:41	
BC Athletics Gold	9	132 Rebecca Stallwood	78	Burlington	ON	Hamil	21:09	5:41	
Alberta Gold	10	33 Lisa Harvey	70	Calgary	AB	Calga	21:11	5:41	
	11	369 Hilary Edmondson	81	Guelph	ON	Speed	21:11	5:41	
	12	215 Megan Brown	85	Puslinch	ON	Newma	21:15	5:42	
Prairie Select Gold	13	298 Danette Doetzel	86	Macklin	SK	Queen	21:21	5:44	
	14	383 Heather Hennigar	73	Halifax	NS	Swift	21:36	5:48	
	15	153 Kirsty Smith	83	West Vancouver	BC	Kajak	21:37	5:48	
	16	590 Andrea McDonough	73	Missoula, MT	MB	Mt. W	21:39	5:49	
Harriers A	17	290 Lucy Smith	67	Victoria	BC	Prair	21:42	5:50	Prairie Inn
Harriers A	18	213 Suzanne Binne-Huse	74	Missoula	MT	Mount	21:48	5:51	
	19	465 Meaghan McCollum	79	Vancouver	BC	UBC T	21:51	5:52	
	20	281 Meghan Day	71	Victoria	BC	Prair	21:54	5:53	Prairie Inn
Harriers A	21	289 Cheryl Murphy	69	Victoria	BC	Prair	21:54	5:53	Prairie Inn
Harriers A	22	49 Heather Sim	85	Calgary	AB	Calta	21:58	5:54	
Alberta Gold	23	97 Edyta* Sieminski	81	Edmonton	AB	Edmon	22:00	5:54	Edmonton
Thunder A	24	419 Shari Boyle	73	Toronto	ON	Toron	22:05	5:56	Toronto
Olympic	25	293 Bevin Kennelly	84	Moscow	ID	Princ	22:12	5:58	
	26	9 Darolyn Trembath	82	Winnipeg	MB	Bison	22:12	5:58	
Prairie Select Gold	27	470 Tania Vander Meulen	82	Moscow	ID	UCAC/	22:15	5:58	
Alberta Gold	28	589 Suzanne Evans	72	Coquitlam	BC	Phoen	22:18	5:59	
	29	397 Tiff Evans	74	Victoria	BC	Team	22:22	6:00	
	30	103 Chantell Widney	79	Edmonton	AB	Edmon	22:24	6:01	Edmonton
Thunder A	31	384 Rosie Mullins	72	Halifax	NS	Swift	22:25	6:01	
Harriers A	32	398 Nancy Tinari	59	Coquitlam	BC	Team	22:25	6:01	Prairie Inn
BC Athletics Gold	33	165 Meggan Hodge	83	Calmar	AB	Leduc	22:30	6:02	
Prairie Select Gold	34	56 Lindsay Winter	85	Calgary	AB	Calta	22:31	6:03	
Prairie Select Gold	35	484 Mandy Macalister	85	Burnaby	BC	Unatt	22:36	6:04	
	36	350 Meredith MacGregor	85	Surrey	BC	SFU	22:39	6:05	
	37	437 Beth Primrose	61	Toronto	ON	Toron	22:40	6:05	Toronto
Olympic	38	443 Leila Angrand	84	Sudbury	ON	Track	22:43	6:06	
	39	144 Marilyn Arsenault	68	Victoria	BC	Islan	22:47	6:07	
	40	390 Cindy O'Krane	63	West Vancouver	BC	Team	22:48	6:07	
BC Athletics Gold	41	444 Elizabeth Forbes	82	Sudbury	ON	Track	22:53	6:09	
	42	379 Mandy Vyce	75	Guelph	ON	Speed	22:56	6:10	
	43	279 Nancy Baxendale	61	Shawnigan Lake	BC	Prair	22:59	6:10	Prairie Inn
Harriers A	44	461 Kristen Carpenter	82	Vancouver	BC	UBC T	23:00	6:11	
	45	12 Sharon Gallant	76	Winona	ON	Brock	23:14	6:14	
	46	142 Gill Walker	73	Vancouver	BC	Hersh	23:17	6:15	
	47	435 Allison McKenzie	72	Toronto	ON	Toron	23:17	6:15	Toronto

Olympic								
	48	370	Kate Henderson	83	Guelph	ON	Speed	23:24 6:17
	49	139	Sheila Mullins	68	Vancouver	BC	Hersh	23:27 6:18
	50	426	Kristie Henry	80	Toronto	ON	Toron	23:33 6:19 Toronto
Olympic								
	51	5	Cathy Carroll	83	Winnipeg	MB	Bison	23:38 6:21
Prairie			Select Gold					
	52	93	Megan Olesen	84	Edmonton	AB	Edmon	23:39 6:21 Edmonton
Thunder			A					
	53	450	Erin Fox	85	Waterloo	ON	Tri C	23:41 6:22
	54	88	Terra Manca	84	Edmonton	AB	Edmon	23:48 6:23 Edmonton
Thunder			A					
	55	104	Laura Wilson	82	Edmonton	AB	Edmon	23:53 6:25 Edmonton
Thunder			A					
	56	445	Serena Jennings	81	Sudbury	ON	Track	24:24 6:33
	57	135	Zosia Bornik	80	Vancouver	BC	Hersh	24:42 6:38
	58	472	Elise Menard	84	Lethbridge	AB	Unatt	24:47 6:39
	59	6	Tyra Dickson	82	Morris	MB	Bison	25:34 6:52
	60	503	Melissa Kalyn	84	Calgary	AB	Univ.	26:10 7:02
	61	83	Heather Hurdle	82	Edmonton	AB	Edmon	27:25 7:22 Edmonton
Thunder			A					

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RESULTS BY CLUB/TEAMS -RESULTATS PAR EQUIPES/CLUBS
Senior Women / Femmes Senior

1. Prairie Inn Harriers A
7 17 20 21 (32) (43) = 65
Connelly Tina, Smith Lucy, Day Meghan, Murphy Cheryl,
Tinari Nancy, Baxendale Nancy
2. Toronto Olympic
2 24 37 47 (50) = 110
Quinn-Smith Tara, Boyle Shari, Primrose Beth, McKenzie Allison,
Henry Kristie
2. Edmonton Thunder A
5 23 30 52 (54) (55) = 110
Metcalf Megan, Sieminski Edyta*, Widney Chantell, Olesen Megan,
Manca Terra, Wilson Laura

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RESULTS BY PROV/TEAMS -RESULTATS PAR EQUIPES/PROV
Senior Women / Femmes Senior

1. BC Athletics Gold
3 7 8 32 (40) = 50
Elmore Malindi, Connelly Tina, Kuzyk Cari, Tinari Nancy,
O'Krane Cindy
2. Alberta Gold
5 10 22 23 (27) (30) = 60
Metcalfe Megan, Harvey Lisa, Sim Heather, Sieminski Edyta*,
Vander Meulen Tania, Widney Chantell
3. Prairie Select Gold
13 26 33 34 (51) (52) = 106
Doetzel Danette, Trembath Darolyn, Hodge Meggan, Winter Lindsay,
Carroll Cathy, Olesen Megan

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

* = Sub-Masters

PLACE	NO.	NAME	TIME	PACE	YB	CATEGORY	CITY	PR CLUB
1	25	Lindsay McLaren *	29:21	5:55	73	Female 30 to 34	Calgary	AB Calga
2	26	Janice Patterson	31:41	6:23	64	Female 40 to 44	Calgary	AB Calga
3	106	Lynda Deboer	31:45	6:24	59	Female 45 to 49	Toronto	ON Etobi
4	146	Maureen de St. Croix	31:52	6:25	53	Female 50 to 54	Surrey	BC Kajak
5	427	Coleen Hopkins	32:09	6:28	64	Female 40 to 44	Toronto	ON Toron
6	18	Rhonda Clark	32:40	6:35	66	Female 35 to 39	Calgary	AB Calga
7	200	Sharlene Cobain *	32:50	6:37	75	Female 30 to 34	Toronto	ON Marat
8	381	Teresa Nightingale	32:58	6:38	65	Female 40 to 44	Halfmoon Bay	BC Sunsh
9	359	Lori Mitchinson-Bailey	33:10	6:41	57	Female 45 to 49	Barrie	ON South
10	63	Kathy Rung *	33:12	6:41	75	Female 30 to 34	Campbell River	BC Comox
11	388	Jackie Holloway	33:16	6:42	57	Female 45 to 49	West Vancouver	BC Team
12	136	Liz Jones	33:32	6:45	65	Female 40 to 44	Vancouver	BC Hersh
13	1	Kim House	33:41	6:47	66	Female 35 to 39	Thunder Bay	ON Achil
14	199	Annie Bunting	33:41	6:47	64	Female 40 to 44	Toronto	ON Marat
15	474	Sonya Billiard *	33:55	6:50	71	Female 30 to 34	Comox	BC Unatt
16	20	Donna Dixon	34:00	6:51	62	Female 40 to 44	Calgary	AB Calga
17	21	Jenny Godley	34:17	6:54	68	Female 35 to 39	Calgary	AB Calga
18	481	Doreen Klause	34:51	7:01	54	Female 50 to 54	Surrey	BC Unatt
19	145	Jane de Lemos	35:02	7:03	65	Female 40 to 44	Richmond	BC Kajak
20	140	Jill Plouvier	35:26	7:08	64	Female 40 to 44	Vancouver	BC Hersh
21	114	Clara Northcott	36:02	7:15	54	Female 50 to 54	Mississauga	ON Etobi
22	577	Marcia Stromsmoe	37:31	7:33	49	Female 55 to 59	Victoria	BC Prair
23	123	Katherine Willis	37:47	7:36	58	Female 45 to 49	Cambridge	ON Etobi
24	116	Nanci Patten Sweazey	38:43	7:48	55	Female 50 to 54	Mississauga	ON Etobi
25	121	Louise Soucy Fraser	40:27	8:09	61	Female 40 to 44	Mississauga	ON Etobi
26	28	Helly Visser	45:12	9:06	34	Female 70 to 74	Millarville	AB Calga
27	343	Joan Christensen	45:36	9:11	40	Female 65 to 69	Toronto	ON Scarb
28	488	Barbara Saunders	46:13	9:18	39	Female 65 to 69	Nelson	BC Unatt

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Masters/Sub-Masters Women 30-99 8,000m

Name	Age Team	Finals	Age-Grading
W30 Results			
1 McLaren, Lindsay	W32 Calgary Roadrunners	29:21.00	29:21.01 80.58%
2 Cobain, Sharlene	W30 Marathon Dynamics	32:50.00	32:50.01 72.03%
3 Rung, Kathy	W30 Comox Valley Roa	33:12.00	33:12.01 71.23%
4 Billiard, Sonya	W34 Unattached	33:55.00	33:55.01 69.73%
W35 Results			
1 Clarke, Rhona	W39 Calgary Roadrunners	32:40.00	31:30.03 75.08%
2 House, Kim	W39 Achilles Running	33:41.00	32:28.86 72.81%
3 Godley, Jenny	W37 Calgary Roadrunners	34:17.00	33:35.45 70.41%
-- Shockey, Monica Kim	W36 Cowichan Valley	NT	
W40 Results			
1 Patterson, Janice	W41 Calgary Roadrunners	31:41.00	30:03.29 78.69%
2 Hopkins, Colleen	W41 Toronto Olym	32:09.00	30:29.85 77.55%
3 Nightingale, Teresa	W40 Sunshine Coast A	32:58.00	31:31.96 75.00%
4 Jones, Liz	W40 Kajaks Tfc	33:32.00	32:04.48 73.73%
5 Bunting, Annie	W41 Marathon Dynamics	33:41.00	31:57.13 74.02%
6 Dixon, Donna	W43 Calgary Roadrunners	34:00.00	31:43.12 74.56%
7 de Lomos, Jane	W40 Kajaks Tfc	35:02.00	33:30.57 70.58%
8 Plouvier, Jill	W41 Hershey Harriers	35:26.00	33:36.73 70.36%
9 Soucy-Fraser, Louise	W44 Etobicoke H	40:27.00	37:25.22 63.20%
-- Bezdan, Jeanie	W41 Hershey Harriers	NT	
W45 Results			
1 DeBoer, Lynda	W46 Etobicoke H	31:45.00	28:52.03 81.93%
2 Mitchinson-Bailey, Lori	W48 South Simco	33:10.00	29:37.47 79.83%
3 Holloway, Jackie	W48 Hershey Harriers	33:16.00	29:42.83 79.59%
4 Willis, Katherine	W47 Etobicoke H	37:47.00	34:03.03 69.46%
W50 Results			
1 de St Croix, Maureen	W52 Kajaks Tfc	31:52.00	27:25.85 86.22%
2 Klause, Doreen	W51 Unattached	34:51.00	30:17.08 78.09%
3 Northcott, Clara	W51 Etobicoke H	36:02.00	31:18.78 75.53%
4 Sweazey, Nanci Patten	W50 Etobicoke H	38:43.00	33:57.74 69.64%
W55 Results			
1 Stromsmoe, Marcia	W55 Prairie Inn Harr	37:31.00	31:22.07 75.40%
W65 Results			
1 Christensen, Joan	W65 Scarborough Masters	45:36.00	34:07.90 69.29%
2 Saunders, Barbara	W66 Unattached	46:13.00	34:08.97 69.25%
W70 Results			
1 Visser, Helly	W71 Calgary Roadrunners	45:12.00	31:15.14 75.80%

Place	Name	PR	Club	cat.	Time	Age	agerating	Bluenose Results		
36	Herb Phillips	BC	Team BC	M65	31:19	65	0.87	First	Herb Phillips	0.87
43	Maureen de St. Croix	BC	Kajak	F50	31:52	52	0.862	BC	Maureen de St. Croix	0.862
2	Rob Lonergan	BC	Hersh	M45	26:55	46	0.856		Rob Lonergan	0.856
18	Mike Secker	AB	Calga	M50	29:21	54	0.837		Paul Reimer	0.832
9	Paul Reimer	BC	Deerf	M50	28:34	50	0.832			
1	Paul McCloy	AB	Calga	M40	26:55	42	0.832		avg =	0.855
33	Jim Swadling	BC	Team BC	M55	30:48	58	0.826			
5	John Holliday	ON	Newma	M45	27:46	45	0.824	Second	Mike Secker	0.837
41	Lynda Deboer	ON	Etobi	F45	31:45	46	0.819	Alberta	Paul McCloy	0.832
3	Steve Bachop	BC	Team BC	M40	26:59	40	0.818		Cliff Russell	0.8
10	Art Boileau	BC	Team BC	M45	28:42	48	0.816		Janice Patterson	0.787
6	Richard Lee	BC	Prair	M40	28:02	44	0.81			
19	Lindsay McLaren	AB	Calga	F30	29:21	32	0.806		avg =	0.814
4	Todd Healy	BC	Prair	M40	27:28	40	0.803			
17	Tim Wood	ON	Owen	M45	29:10	48	0.803	Third	John Holliday	0.824
26	Cliff Russell	AB	Edmon	M50	30:13	52	0.8	Ontario	Lynda Deboer	0.819
53	Lori Mitchinson-Bailey	ON	South	F45	33:10	48	0.798		Tim Wood	0.803
55	Jackie Holloway	BC	Team BC	F45	33:16	48	0.796		Lori Mitchinson-Bailey	0.798
11	Michael Moon	BC	Roads	M40	28:45	44	0.79			
39	Janice Patterson	AB	Calga	F40	31:41	41	0.787		avg =	0.811
14	Gord Christie	BC	Prair	M40	28:52	44	0.787			
22	Brian Martinson	BC	Princ	M45	29:33	47	0.786			
77	Roger Davies	AB	Calga	M70	36:45	70	0.785			
28	Joe Lehmann	ON	Owen	M50	30:22	50	0.783			
13	Kevin** Olson	WA	Fairh	M40	28:48	43	0.783			
68	Doreen Klause	BC	Unatt	F50	34:51	51	0.781			
30	Bob Holmes	AB	Edmon	M50	30:43	51	0.78			
44	Murray Hale	ON	Etobi	M55	32:06	56	0.779			
20	J.Phillip Sigalet	BC	Kamlo	M45	29:25	45	0.778			
15	John Kaandorp	ON	Sauge	M40	29:04	43	0.776			
45	Coleen Hopkins	ON	Toron	F40	32:09	41	0.775			
8	Adrian Becklumb	AB	Calga	M40	28:30	40	0.774			
27	Max Findlay	AB	Unatt	M45	30:18	48	0.773			
12	Bruce Pardy	ON	Unatt	M40	28:46	41	0.772			
80	Marcia Stromsmoe	BC	Prair	F55	37:31	56	0.762			
7	Jeff Barrett	ON	Sauge	M35	28:16	36	0.759			
78	Gunther Bauer	BC	Phoen	M65	36:46	67	0.758			
90	Helly Visser	AB	Calga	F70	45:12	71	0.758			
81	Hans Fenz	BC	Lions	M65	37:44	69	0.755			
75	Clara Northcott	ON	Etobi	F50	36:02	51	0.755			
35	Chuck** Dooley	WA	Fairh	M45	31:19	49	0.753			
88	Frank Kurucz	BC	Nomad	M75	41:31	76	0.753			
34	Larry Longo	ON	Toron	M45	30:52	47	0.753			
29	David Guss	AB	Calga	M45	30:25	45	0.752			
46	Rhonda Clark	AB	Calga	F35	32:40	39	0.751			
37	Robert Lang	BC	Unatt	M45	31:26	49	0.751			
51	Teresa Nightingale	BC	Sunsh	F40	32:58	40	0.75			
23	Arturo Huerta	BC	Prair	M40	29:40	41	0.749			
32	Bob Wade	BC	Hersh	M45	30:47	46	0.749			
21	Robert Durrant	BC	Unatt	M40	29:30	40	0.748			
61	Donna Dixon	AB	Calga	F40	34:00	43	0.746			
38	Tony Lambert	AB	Edmon	M45	31:40	49	0.745			
76	Vern Christensen	ON	Scarb	M60	36:21	64	0.742			
59	Annie Bunting	ON	Marat	F40	33:41	41	0.74			
31	Michael Gill	BC	Unatt	M40	30:44	44	0.739			
57	Liz Jones	BC	Hersh	F40	33:32	40	0.737			
72	Jake Madderom	BC	Kajak	M60	35:31	61	0.737			
67	Fred Pawluk	BC	Kajak	M55	34:40	58	0.734			
16	Marvin Bauman	ON	Sauge	M35	29:07	35	0.732			

24	Keith Freeland	ON	Tri-C	M35	29:44	38	0.732				
58	Kim House	ON	Achil	F35	33:41	39	0.728				
25	Brian Hilbers	ON	Sauge	M35	29:53	38	0.728				
73	Alex Jamieson	BC	Kajak	M60	35:40	60	0.727				
79	Edward Kavanagh	BC	Hersh	M65	37:30	65	0.727				
49	Sharlene Cobain	ON	Marat	F30	32:50	30	0.72				
52	Ron Wichmann	BC	Chill	M50	33:07	50	0.718				
40	Scott Vining	ON	Owen	M40	31:42	44	0.716				
87	Tom Chisholm	BC	Unatt	M70	40:47	71	0.716				
54	Kathy Rung	BC	Comox	F30	33:12	30	0.712				
83	Michael Goodstadt	ON	Scarb	M65	38:35	65	0.706				
69	Jane de Lemos	BC	Kajak	F40	35:02	40	0.706				
63	Jenny Godley	AB	Calga	F35	34:17	37	0.704				
42	Fraser Roy	ON	Owen	M40	31:49	41	0.698				
71	Jill Plouvier	BC	Hersh	F40	35:26	40	0.698				
60	Sonya Billiard	BC	Unatt	F30	33:55	34	0.697				
84	Nanci Patten Sweazey	ON	Etobi	F50	38:43	50	0.696				
82	Katherine Willis	ON	Etobi	F45	37:47	47	0.695				
91	Joan Christensen	ON	Scarb	F65	45:36	65	0.693				
92	Barbara Saunders	BC	Unatt	F65	46:13	66	0.693				
48	Bill Corcoran	AB	Wapit	M40	32:48	44	0.692				
62	Dave Theriault	AB	Calta	M45	34:09	49	0.691				
50	Nick Meloche	ON	Owen	M40	32:53	44	0.691				
85	Reginald Wilson	ON	Scarb	M60	39:14	62	0.674				
47	Robert Corson	AB	Calga	M40	32:48	40	0.673				
64	Geoff Amer	ON	Owen	M45	34:21	45	0.666				
70	Peter Watson	ON	Unatt	M45	35:15	48	0.664				
65	Eric Hopkins	AB	Calga	M45	34:29	45	0.664				
56	Mark Nemethy	BC	Unatt	M40	33:31	41	0.663				
74	Alex Keeting	ON	Etobi	M45	35:56	48	0.651				
86	Louise Soucy Fraser	ON	Etobi	F40	40:27	44	0.632				
66	Doug Kay	ON	Ottaw	M30	34:33	31	0.617				

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RESULTS BY CLUB/TEAMS -RESULTATS PAR EQUIPES/CLUBS
Women's Masters /Maitres Femmes F30

1. Calgary Roadrunners
29:21 31:41 32:40 34:00 (34:17) = 2:07:42
McLaren Lindsay, Patterson Janice, Clark Rhonda, Dixon Donna,
Godley Jenny

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RESULTS BY CLUB/TEAMS -RESULTATS PAR EQUIPES/CLUBS
Masters /Maitres F40

1. Etobicoke Huskies Striders
31:45 36:02 38:43 40:27 = 2:26:57
Deboer Lynda, Northcott Clara, Patten Sweazey Nanci, Soucy Fraser Louise

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Official Results/Resultats Officiels
 Junior Men - Hommes Junior 8,000m

PLACE	NO.	NAME	YB CITY	PR CLUB	TIME	PACE	CLUB/TEAM
=====	=====	=====	=====	=====	=====	=====	=====
1	299	Sean Flemming	88 Regina	SK Queen	25:31	5:08	Queen City
Striders Team A Saskatchewan Athletics Gold							
2	539	John Black	87 Bloomfield Hills	ON Winds	25:32	5:09	
3	248	Allan Brett	88 Ottawa	ON Ottaw	25:32	5:09	
4	10	Cory Currie	87 Brandtord	ON Brant	25:33	5:09	
5	304	Matthew Brunsting	87 Stirling	ON Quint	25:33	5:09	
6	422	Marcus Dillon	87 Toronto	ON Toron	25:39	5:10	Toronto
Olympic							
7	366	Kyle Boorsma	88 Guelph	ON Speed	25:43	5:11	
8	303	Joseph Brunsting	87 Stirling	ON Quint	25:51	5:12	
9	44	Nyial Majock	90 Calgary	AB Calta	25:55	5:13	Caltaf
Alberta Gold							
10	74	Michael Anderson	88 Ajax	ON Durha	25:58	5:14	
11	420	Matthew Bruce	89 Toronto	ON Toron	26:01	5:14	Toronto
Olympic							
12	296	Marlowe Brownlee	88 Regina	SK Queen	26:03	5:15	Queen City
Striders Team A Saskatchewan Athletics Gold							
13	428	Matthew Hughes	89 Toronto	ON Toron	26:10	5:16	Toronto
Olympic							
14	253	Adam Lewandowski	87 Ottawa	ON Ottaw	26:14	5:17	
15	508	Kevin Friesen	87 Moscow	ID Univ.	26:14	5:17	
16	579	Peter Doroshuk	87 Stillwater, OK	MB Oklah	26:19	5:18	
17	3	Lee McCarron	88 Antigonish	NS Antig	26:20	5:18	
Atlantic Region Gold							
18	50	Matt Sinclair	87 Calgary	AB Calta	26:21	5:18	Caltaf
Alberta Gold							
19	68	Sebastien Flynn	88 Dartmouth	NS Dartm	26:21	5:19	
Atlantic Region Gold							
20	348	Dylan Gant	86 Burnaby	BC SFU	26:23	5:19	
21	274	Mark Davidson	88 Scarborough	ON Phoen	26:23	5:19	
22	368	Seumas Doherty	87 Guelph	ON Speed	26:26	5:19	
23	186	Patrick McConnell	88 London	ON Londo	26:32	5:21	London Western
24	14	Matthew Leeder	89 Brockville	ON Brock	26:33	5:21	
25	72	Robert Winslow	88 Dartmouth	NS Dartm	26:35	5:21	
Atlantic Region Gold							
26	449	Kyle Dekker	87 Kitchener	ON Tri C	26:38	5:22	Tri City TC
27	70	James Ritchie	87 Halifax	NS Dartm	26:38	5:22	
Atlantic Region Gold							
28	251	Travis Holmes	87 Ottawa	ON Ottaw	26:42	5:23	
29	115	John Parrott	86 Newmarket	ON Etobi	26:44	5:23	Etobicoke
Huskies/Striders							
30	407	Daniel Maillie	87 Delta	BC Team	26:45	5:23	
BC Athletics Gold							
31	198	Robbie Watson	87 London	ON Londo	26:45	5:23	London Western
32	179	Mark Henshaw	88 London	On Londo	26:47	5:24	London Western
33	409	Mitchell Culley	89 Coquitlam	BC Team	26:51	5:25	
BC Athletics Gold							
34	117	Tyler Pettes	89 Aurora	ON Etobi	26:53	5:25	
35	48	Ryan Russell	88 Calgary	AB Calta	26:54	5:25	Caltaf
Alberta Silver							
36	78	Cody Carver	88 Edmonton	AB Edmon	26:54	5:25	Edmonton
Thunder A Alberta Gold							
37	193	Will Ross	88 Thorndale	ON Londo	26:54	5:25	London Western
38	47	Brad Orchard	86 Calgary	AB Calta	26:55	5:25	Caltaf
Alberta Gold							
39	185	Dennis Mazajlo	88 London	ON Londo	26:57	5:26	London Western
40	302	Nigel Sharp	89 Regina	SK Queen	26:58	5:26	Queen City
Striders Team A Saskatchewan Athletics Gold							
41	119	Stefan Ristic	88 Newmarket	ON Etobi	27:00	5:26	Etobicoke
Huskies/Striders							
42	249	Ian Donald	91 Ottawa	ON Ottaw	27:06	5:28	
43	223	James Paul	89 Queenston	ON Niaga	27:06	5:28	Niagara
Olympic Club A							
44	128	Cameron Levins	89 Black Creek	BC GP Va	27:07	5:28	
45	11	John Mason	87 Drumbo	ON Brant	27:08	5:28	
46	509	Etienne Bredin	86 Milton	ON Univ.	27:13	5:29	
47	324	David Moore	88 Sarnia	ON Sarni	27:18	5:30	
48	439	Chris Rengifo	86 Toronto	ON Toron	27:26	5:32	Toronto
Olympic							

49	126	James Clark	90	Maple Ridge	BC Golde	27:27	5:32	
50	208	Robert Koziarski	88	Mississauga	ON Missi	27:29	5:32	
51	30	Owen deLange	88	Calgary	AB Calga	27:30	5:32	
Alberta Gold								
52	495	Andrew Heaney	88	Scarborough	ON Phoen	27:33	5:33	
53	429	Scott Innes	89	Toronto	ON Toron	27:33	5:33	Toronto
Olympic								
54	507	Jon Roth	88	Cochrane	AB Univ.	27:34	5:33	
55	196	Matt Suda	86	London	ON Londo	27:34	5:33	London Western
B								
56	297	Calvary deJong	86	Saskatoon	SK Queen	27:35	5:33	Queen City
Striders Team A Saskatchewan Athletics Gold								
57	206	Mike Voumvakis	89	Markham	ON Markh	27:36	5:34	
58	405	Seth Fraser	87	Surrey	BC Team	27:39	5:34	
BC Athletics Gold								
59	122	Alexey Strokach	88	Toronto	ON Etobi	27:39	5:34	Etobicoke
Huskies/Striders								
60	514	Tommy Mosher	88	Toronto	ON Univ.	27:40	5:34	
61	127	Brett Wakefield	89	Maple Ridge	BC Golde	27:42	5:35	
62	451	Jordan Fox	88	Waterloo	ON Tri C	27:42	5:35	Tri City TC
63	614	Jaden Ostapowich	89	Wetaskiwin	AB Wetask	27:44	5:35	Wetaskiwin TFC
Alberta Silver								
64	53	Madison Theriault	88	Calgary	AB Calta	27:45	5:35	Caltaf
Alberta Gold								
65	42	Austin Horn	88	Calgary	AB Calta	27:45	5:35	
Alberta Silver								
66	452	Drew Jansen	89	Cambridge	ON Tri C	27:46	5:36	
67	222	Kevin Moore	89	St. Catharines	ON Niaga	27:46	5:36	Niagara
Olympic Club A								
68	347	Chad Fraser	87	Surrey	BC SFU	27:47	5:36	
69	149	John Kruzeniski	88	Richmond	BC Kajak	27:47	5:36	
70	181	Scott Knieriem	88	Strathroy	ON Londo	27:49	5:36	London Western
B								
71	221	Derek Moore	89	St. Catharines	ON Niaga	27:51	5:36	Niagara
Olympic Club A								
72	533	Sean Hawryluk	87	Grande Prairie	AB Wapit	27:51	5:37	
73	195	Jeff Skufca	89	London	ON Londo	27:53	5:37	London Western
B								
74	55	Trevor Walmsley	88	Calgary	AB Calta	27:54	5:37	
Alberta Silver								
75	207	Justin Duncan	88	Brampton	ON Missi	27:56	5:38	
76	424	Wesley George	86	Toronto	ON Toron	27:56	5:38	Toronto
Olympic								
77	357	Scott Johnson	88	Barrie	ON South	28:00	5:38	South Simcoe
Dufferin TFC								
78	113	Michael Nealon	90	Aurora	ON Etobi	28:07	5:40	Etobicoke
Huskies/Striders								
79	182	Will Komer	88	London	ON Londo	28:09	5:40	London Western
B								
80	85	Joel Lauzon	88	Edmonton	AB Edmon	28:11	5:41	Edmonton
Thunder A								
81	202	Ben Lane	87	Toronto	ON Markh	28:12	5:41	
82	255	Mike Pierce	87	Ottawa	ON Ottaw	28:18	5:42	Ottawa Lions
83	232	Kyle Clegg	87	North Vancouver	BC NorWe	28:23	5:43	
84	305	Dylan Hackenbrook	86	Red Deer	AB Red D	28:23	5:43	
Alberta Silver								
85	15	Will McFall	90	Lyn	ON Brock	28:28	5:44	
86	440	Mark Silvestre	88	Toronto	ON Toron	28:30	5:44	Toronto
Olympic								
87	586	Trent Ratzlaff	86	Calgary	AB Calta	28:30	5:44	Caltaf
Alberta Silver								
88	364	Andrew White	88	Midland	ON South	28:34	5:45	South Simcoe
Dufferin TFC								
89	464	Cameron Kuhn	86	Vancouver	BC UBC T	28:34	5:45	
90	61	Joel Laurier	89	Winnipeg	MB Colle	28:40	5:46	
91	168	Michael Nishiyama	89	Calmar	AB Leduc	28:41	5:47	Leduc Track A
92	453	Stephen Jones	88	St. Jacobs	ON Tri C	28:45	5:47	Tri City TC
93	94	Mackenzie Page	88	Edmonton	AB Edmon	28:45	5:47	Edmonton
Thunder A								
94	190	Dan Perna	89	Lucan	ON Londo	28:46	5:48	London
Western C								
95	524	Manpreet Dhaliwal	90	Abbotsford	BC Valle	28:48	5:48	
96	224	Spencer Prudhomme	89	St. Catharines	ON Niaga	28:59	5:50	Niagara
Olympic Club A								
97	360	Paul Robitaille	90	Midland	ON South	29:14	5:53	South Simcoe
Dufferin TFC								
98	180	Ryan Huff	88	London	ON Londo	29:14	5:53	London Western
99	57	Kyle Wisnoski	87	Calgary	AB Calta	29:20	5:54	
100	112	Cameron Lynch	87	Aurora	ON Etobi	29:27	5:56	Etobicoke
Huskies/Striders								
101	188	Nathan Nicholls	90	St. Thomas	ON Londo	29:30	5:56	London Western

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RESULTS BY CLUB/TEAMS -RESULTATS PAR EQUIPES/CLUBS
Junior Men / Hommes Junior

1. Toronto Olympic
6 11 13 47 (52) (75) = 77
Dillon Marcus, Bruce Matthew, Hughes Matthew, Rengifo Chris,
Innes Scott, George Wesley
2. Ottawa Lions
3 14 28 42 (81) = 87
Brett Allan, Lewandowski Adam, Holmes Travis, Donald Ian,
Pierce Mike
3. Caltaf
9 18 35 38 (63) (86) = 100
Majock Nyial, Sinclair Matt, Russell Ryan, Orchard Brad,
Theriault Madison, Ratzlaff Trent
4. Queen City Striders Team A
1 12 40 55 = 108
Flemming Sean, Brownlee Marlowe, Sharp Nigel, deJong Calvary
5. London Western
23 31 32 37 (39) (97) = 123
McConnell Patrick, Watson Robbie, Henshaw Mark, Ross Will,
Mazajlo Dennis, Huff Ryan
6. Etobicoke Huskies/Striders
29 34 41 58 (77) (99) = 162
Parrott John, Pettes Tyler, Ristic Stefan, Strokach Alexey,
Nealon Michael, Lynch Cameron
7. London Western B
54 69 72 78 = 273
Suda Matt, Knieriem Scott, Skufca Jeff, Komer Will
8. Niagara Olympic Club A
43 66 70 95 = 274
Paul James, Moore Kevin, Moore Derek, Prudhomme Spencer
9. Tri City TC
26 61 91 102 (114) = 280
Dekker Kyle, Fox Jordan, Jones Stephen, Blackport Russell,
Amorim Derek
10. Edmonton Thunder A
36 79 92 105 (116) = 312
Carver Cody, Lauzon Joel, Page Mackenzie, Li Leonard,
Carroll Rory
11. South Simcoe Dufferin TFC
76 87 96 106 (108) = 365
Johnson Scott, White Andrew, Robitaille Paul, Winfield Jon,
Knuff Kyle
12. Wetaskiwin TFC
62 117 121 122 = 422
Ostapowich Jaden, Laliberte Jonathan, Casillas Carlos*, Parker Michael
13. London Western C
93 100 110 123 = 426
Perna Dan, Nicholls Nathan, Sanderson Derek, Ditchfield Ryan
14. Leduc Track A
90 112 113 118 (119) = 433
Nishiyama Michael, Robertson Karl, Ward Adam, Nishiyama Kurtis,
Robertson Brendan

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RESULTS BY PROV/TEAMS -RESULTATS PAR EQUIPES/PROV
Junior Men / Hommes Junior

1. Atlantic Region Gold
17 19 24 26 = 86
McCarron Lee, Flynn Sebastien, Winslow Robert, Ritchie James
2. Alberta Gold
9 18 35 37 (49) (62) = 99
Majock Nyial, Sinclair Matt, Carver Cody, Orchard Brad,
deLange Owen, Theriault Madison
3. Saskatchewan Athletics Gold
1 12 39 54 (100) (119) = 106
Flemming Sean, Brownlee Marlowe, Sharp Nigel, deJong Calvary,
McConnell Mark, Bear Kevin
4. Alberta Silver
34 61 63 72 (82) (85) = 230
Russell Ryan, Ostapowich Jaden, Horn Austin, Walmsley Trevor,
Hackenbrook Dylan, Ratzlaff Trent

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

PLACE	NO.	NAME	YB	CITY	PR	CLUB	TIME	PACE	CLUB/TEAM
	1	294 Simon Bairu	83	Regina	SK	Queen	30:04	4:51	
Prairie Select Gold	2	353 Paul Morrison	80	Montreal	QC	Sherb	30:06	4:51	
	3	328 Kurt Benninger	85	Chepstow	ON	Sauge	30:29	4:55	Saugeen TFC
	4	542 Ryan McKenzie	78	Windsor	ON	Winds	30:34	4:56	
	5	367 Reid Coolsaet	79	Guelph	ON	Speed	30:43	4:57	Speed River
TFC	6	454 Matthew Kerr	76	Winston Salem	NC	Tri C	30:44	4:57	
	7	403 Steve Osaduik	79	Nanaimo	BC	Team	30:49	4:58	Prairie Inn
Harriers A	8	410 Richard Mosley	82	Coquitlam	BC	Team	30:57	4:59	
BC Athletics Gold	9	376 Taylor Murphy	79	Guelph	ON	Speed	31:07	5:01	Speed River
TFC	10	441 Andrew Smith	79	Toronto	ON	Toron	31:09	5:01	Toronto
Olympic	11	540 Mauricio Cristiano	80	Leamington	ON	Winds	31:12	5:02	
	12	436 James Nielsen	79	Toronto	ON	Toron	31:14	5:02	Toronto
Olympic	13	225 Jeff Scull	85	Jordan Station	ON	Niaga	31:14	5:02	
	14	496 Taylor Milne	82	Guelph	ON	Unatt	31:21	5:03	
	15	543 Kevin Sullivan	74	Champaign	ON	Winds	31:22	5:03	
	16	147 Ryan Hayden	82	Richmond	BC	Kajak	31:25	5:04	Kajaks A
	17	416 Scott Arnald	82	Toronto	ON	Toron	31:28	5:04	Toronto
Olympic	18	2 Eric Gillis	80	Antigonish	NS	Antig	31:29	5:04	
	19	156 Jerry Ziak	76	Coquitlam	BC	Kajak	31:31	5:05	Kajaks A
	20	287 Eric Kiauka	79	Victoria	BC	Prair	31:32	5:05	Prairie Inn
Harriers A	21	401 Jim Finlayson	72	Victoria	BC	Team	31:42	5:06	Prairie Inn
Harriers A	22	501 Andrew Alley	81	Calgary	AB	Univ.	31:48	5:07	
Alberta Gold	23	391 Mark Bomba	69	Coquitlam	BC	Team	31:57	5:09	Kajaks A
BC Athletics Gold	24	498 Calvin Staples	76	Guelph	ON	Unatt	31:58	5:09	
	25	92 Robbie Nissen	83	Sherwood Park	AB	Edmon	31:59	5:09	Edmonton
Thunder A	26	545 Michael Booth	80	Winnipeg	MB	Winni	32:02	5:10	
Prairie Select Gold	27	341 Mike Thorson	81	Port Elgin	ON	Sauge	32:02	5:10	Saugeen TFC
	28	460 Shane Carlos	82	Whitehorse	YT	UBC T	32:03	5:10	
	29	418 Steve Bohan	77	Toronto	ON	Toron	32:06	5:10	Toronto
Olympic	30	430 Saheed Khan	84	Toronto	ON	Toron	32:07	5:11	Toronto
Olympic	31	84 Adrian Lambert	85	Edmonton	AB	Edmon	32:11	5:11	Edmonton
Thunder A	32	421 Joe Campanelli	84	Toronto	ON	Toron	32:12	5:11	Toronto
Olympic	33	250 Stephen Drew	77	Ottawa	ON	Ottaw	32:17	5:12	
	34	616 Kristjan Hunter	84	Winnipeg	MB	Bison	32:19	5:12	
Prairie Select Gold	35	89 Ian Manyfingers	80	Edmonton	AB	Edmon	32:22	5:13	Edmonton
Thunder A	36	371 Brendan Hunt	82	Guelph	ON	Speed	32:23	5:13	Speed River
TFC	37	155 Graeme Wells	83	Surrey	BC	Kajak	32:27	5:14	Kajaks A
	38	130 Eric Morrison	83	Ancaster	ON	Hamil	32:27	5:14	
	39	408 Kris Swanson	81	Victoria	BC	Team	32:28	5:14	Pacific
Athletics A	40	154 Mike Tighe	80	Vancouver	BC	Kajak	32:29	5:14	Kajaks A
	41	415 Paul Chafe	82	Halifax	NS	Tiger	32:33	5:15	
	42	95 Dallas Raudebaugh	81	Edmonton	AB	Edmon	32:33	5:15	Edmonton
Thunder A	43	530 Patrick Marion	84	Toronto	ON	Virgi	32:37	5:15	
	44	269 Steve Murenbeeld	82	Victoria	BC	Pacif	32:46	5:17	Pacific
Athletics A	45	505 Geoff Kerr	84	Calgary	AB	Univ.	32:51	5:18	

Alberta Gold	46	504 Nathan Kendrick	79	Calgary	AB Univ.	32:56	5:18	
Alberta Gold	47	286 Kyle Jones	84	Victoria	BC Prair	32:58	5:19	Prairie Inn
Harriers A	48	402 Dave Milne	79	Victoria	BC Team	33:00	5:19	Prairie Inn
Harriers A	49	31 Mark Furlong	83	Calgary	AB Calga	33:01	5:19	
	50	372 Greg Hutchinson	82	Guelph	ON Speed	33:04	5:20	Speed River
TFC	51	378 Zeljko Sabol	66	Guelph	ON Speed	33:09	5:20	Speed River
TFC	52	392 Aaron Heidt	76	Vancouver	BC Team	33:11	5:21	Kajaks A
BC Athletics Gold	53	282 Bruce Deacon	66	Victoria	BC Prair	33:17	5:22	Prairie Inn
Harriers A	54	373 Steve Koziarski	85	Guelph	ON Speed	33:28	5:24	Speed River
TFC	55	374 Chris Moulton	81	Guelph	ON Speed	33:35	5:25	Speed River
TFC	56	485 Scott McClelland	77	Mountain View	CA Unatt	33:38	5:25	
	57	520 Selam Yohannes	77	Toronto	ON Univ.	33:42	5:26	
	58	291 Nick Walker	83	Victoria	BC Pacif	33:46	5:26	Pacific
Athletics A	59	531 Russell Neff	85	Moose Jaw	SK Virgi	33:47	5:27	
Prairie Select Gold	60	468 Jeff Symonds	85	Vancouver	BC UBC T	33:49	5:27	
	61	335 Chris Hendershot	80	Mildmay	ON Sauge	33:51	5:27	Saugeen TFC
	62	489 Norman Tinkham	63	Maple Ridge	BC Unatt	33:53	5:28	
	63	62 Neil Holm	66	Courtenay	BC Comox	33:55	5:28	
	64	516 Badih Schoueri	75	Toronto	ON Univ.	34:01	5:29	
	65	469 Derek Vinge	82	Vancouver	BC UBC T	34:02	5:29	
	66	270 Craig Odermatt	70	Victoria	BC Pacif	34:03	5:29	Pacific
Athletics A	67	417 Michael Bianchi	79	Toronto	ON Toron	34:08	5:30	Toronto
Olympic	68	120 Tim Shannon	79	Georgetown	ON Etobi	34:08	5:30	
	69	210 Peter Cardle	70	Mont-Tremblant	QC Montr	34:15	5:31	
	70	492 Christopher Algar	79	Halifax	NS Unatt	34:18	5:32	
	71	101 Brian Torrance	76	Edmonton	AB Edmon	34:26	5:33	Edmonton
Thunder A	72	467 Will Stewart	85	Vancouver	BC UBC T	34:30	5:33	
	73	382 Will Gibbons	80	Halifax	NS Swift	34:30	5:33	
	74	377 Maxime Paquette	84	Guelph	ON Speed	34:30	5:34	
	75	473 Jonathan* Withey	77	Edmonton	AB Prair	34:35	5:34	Prairie Inn
Harriers A	76	283 Eric Findlay	82	Victoria	BC Pacif	34:49	5:37	Pacific
Athletics A	77	529 Patrice* Le Bihan	76	Vancouver	BC Vanco	34:52	5:37	
	78	502 Darcy Bell	82	Calgary	AB Univ.	34:53	5:37	
	79	500 Jonathan** Ide-Don	83	Vancouver	BC Unatt	34:55	5:38	
	80	46 Wol Ngor	85	Calgary	AB Calta	35:07	5:39	
	81	80 Yves Gagnon	74	Edmonton	AB Edmon	35:08	5:40	Edmonton
Thunder A	82	285 Josh Henderson	79	Victoria	BC Pacif	35:26	5:43	Pacific
Athletics A	83	266 Logan Burke	85	Victoria	BC Pacif	35:34	5:44	Pacific
Athletics A	84	331 Steve Fischer	84	Chesley	ON Sauge	35:37	5:44	Saugeen TFC
	85	54 Sean van der Lee	83	Calgary	AB Calta	35:44	5:45	
	86	329 Phil Dalton	87	Goderich	ON Sauge	35:53	5:47	Saugeen TFC
	87	143 Nate* Wood	80	Vancouver	BC Hersh	36:10	5:50	
	88	491 Jonathan McGavock	75	Winnipeg	MB Unatt	36:15	5:50	
Prairie Select Gold	89	99 John Soltice	70	Edmonton	AB Edmon	36:19	5:51	Edmonton
Thunder A	90	459 Luke Carlos	79	Whitehorse	YT UBC T	36:23	5:52	
	91	211 Stephen Debaridi	78	Montreal	QC Montr	36:41	5:55	
	92	515 Colin Murray-Lawson	85	Toronto	ON Univ.	37:31	6:03	
	93	513 Chris Madsen	68	Toronto	ON Univ.	38:43	6:14	

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RESULTS BY CLUB/TEAMS -RESULTATS PAR EQUIPES/CLUBS
Senior Men / Hommes Senior

1. Toronto Olympic
10 12 17 29 30 (32) (67) = 98
Smith Andrew, Nielsen James, Arnald Scott, Bohan Steve,
Khan Saheed, Campanelli Joe, Bianchi Michael
2. Kajaks A
16 19 23 37 40 (52) = 135
Hayden Ryan, Ziak Jerry, Bomba Mark, Wells Graeme,
Tighe Mike, Heidt Aaron
3. Prairie Inn Harriers A
7 20 21 47 48 (53) (75) = 143
Osaduik Steve, Kiauka Eric, Finlayson Jim, Jones Kyle,
Milne Dave, Deacon Bruce, Withey Jonathan*
4. Speed River TFC
5 9 36 50 51 (54) (55) = 151
Coolsaet Reid, Murphy Taylor, Hunt Brendan, Hutchinson Greg,
Sabol Zeljko, Koziarski Steve, Moulton Chris
5. Edmonton Thunder A
25 31 35 42 71 (81) (89) = 204
Nissen Robbie, Lambert Adrian, Manyfingers Ian, Raudebaugh Dallas,
Torrance Brian, Gagnon Yves, Soltice John
6. Saugeen TFC
3 27 61 84 86 = 261
Benninger Kurt, Thorson Mike, Hendershot Chris, Fischer Steve,
Dalton Phil
7. Pacific Athletics A
39 44 58 66 76 (82) (83) = 283
Swanson Kris, Murenbeeld Steve, Walker Nick, Odermatt Craig,
Findlay Eric, Henderson Josh, Burke Logan

Championnat canadien de cross-country 2005
2005 Canadian Cross Country Championships
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RESULTS BY PROV/TEAMS -RESULTATS PAR EQUIPES/PROV
Senior Men / Hommes Senior

1. BC Athletics Gold
7 8 21 23 39 (48) (52) = 98
Osaduik Steve, Mosley Richard, Finlayson Jim, Bomba Mark,
Swanson Kris, Milne Dave, Heidt Aaron
2. Prairie Select Gold
1 26 34 35 59 (88) = 155
Bairu Simon, Booth Michael, Hunter Kristjan, Manyfingers Ian,
Neff Russell, McGavock Jonathan
3. Alberta Gold
22 25 31 42 45 (46) = 165
Alley Andrew, Nissen Robbie, Lambert Adrian, Raudebaugh Dallas,
Kerr Geoff, Kendrick Nathan

Championnat canadien de cross-country 2005
 2005 Canadian Cross Country Championships
 Vancouver, BC 3 December

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

* = Sub-Masters

PLACE	NO.	NAME	TIME	PACE	YB	CATEGORY	CITY	PR	CLUB
1	24	Paul McCloy	26:55	5:25	63	Male 40 to 44	Calgary	AB	Calga
2	138	Rob Lonergan	26:55	5:25	59	Male 45 to 49	North Vancouver	BC	Hersh
3	399	Steve Bachop	26:59	5:26	65	Male 40 to 44	Victoria	BC	Team
4	284	Todd Healy	27:28	5:32	65	Male 40 to 44	Victoria	BC	Prair
5	216	John Holliday	27:46	5:36	60	Male 45 to 49	Newmarket	ON	Newma
6	288	Richard Lee	28:02	5:39	61	Male 40 to 44	Port Coquitlam	BC	Prair
7	326	Jeff Barrett	28:16	5:42	69	Male 35 to 39	Owen Sound	ON	Sauge
8	17	Adrian Becklumb	28:30	5:44	64	Male 40 to 44	Calgary	AB	Calga
9	73	Paul Reimer	28:34	5:45	55	Male 50 to 54	Abbotsford	BC	Deerf
10	387	Art Boileau	28:42	5:47	57	Male 45 to 49	Vancouver	BC	Team
11	319	Michael Moon	28:45	5:47	61	Male 40 to 44	Vancouver	BC	Roads
12	497	Bruce Parady	28:46	5:48	64	Male 40 to 44	Kingston	ON	Unatt
13	125	Kevin** Olson	28:48	5:48	62	Male 40 to 44	Bellingham	WA	Fairh
14	280	Gord Christie	28:52	5:49	61	Male 40 to 44	Victoria	BC	Prair
15	337	John Kaandorp	29:04	5:51	62	Male 40 to 44	Allenford	ON	Sauge
16	327	Marvin Bauman	29:07	5:52	70	Male 35 to 39	Guelph	ON	Sauge
17	265	Tim Wood	29:10	5:52	57	Male 45 to 49	Owen Sound	ON	Owen
18	27	Mike Secker	29:21	5:55	51	Male 50 to 54	Calgary	AB	Calga
19	157	J.Phillip Sigalet	29:25	5:55	60	Male 45 to 49	Kamloops	BC	Kamlo
20	477	Robert Durrant	29:30	5:56	65	Male 40 to 44	Langley	BC	Unatt
21	292	Brian Martinson	29:33	5:57	58	Male 45 to 49	Prince George	BC	Princ
22	214	Arturo Huerta	29:40	5:59	64	Male 40 to 44	Victoria	BC	Prair
23	456	Keith Freeland	29:44	5:59	67	Male 35 to 39	Waterloo	ON	Tri-C
24	336	Brian Hilbers	29:53	6:01	67	Male 35 to 39	Port Elgin	ON	Sauge
25	76	Cliff Russell	30:13	6:05	53	Male 50 to 54	Edmonton	AB	Edmon
26	471	Max Findlay	30:18	6:06	57	Male 45 to 49	Edmonton	AB	Unatt
27	260	Joe Lehmann	30:22	6:07	54	Male 50 to 54	Owen Sound	ON	Owen
28	22	David Guss	30:25	6:07	60	Male 45 to 49	Calgary	AB	Calga
29	82	Bob Holmes	30:43	6:11	54	Male 50 to 54	Edmonton	AB	Edmon
30	479	Michael Gill	30:44	6:11	61	Male 40 to 44	Nanaimo	BC	Unatt
31	141	Bob Wade	30:47	6:12	59	Male 45 to 49	Vancouver	BC	Hersh
32	393	Jim Swadling	30:48	6:12	47	Male 55 to 59	North Vancouver	BC	Team
33	432	Larry Longo	30:52	6:13	58	Male 45 to 49	Toronto	ON	Toron
34	124	Chuck** Dooley	31:19	6:18	56	Male 45 to 49	Bellingham	WA	Fairh
35	404	Herb Phillips	31:19	6:18	40	Male 65 to 69	Burnaby	BC	Team
36	483	Robert Lang	31:26	6:20	56	Male 45 to 49	Surrey	BC	Unatt
37	75	Tony Lambert	31:40	6:23	56	Male 45 to 49	Edmonton	AB	Edmon
38	264	Scott Vining	31:42	6:23	61	Male 40 to 44	Owen Sound	ON	Owen
39	263	Fraser Roy	31:49	6:24	64	Male 40 to 44	Owen Sound	ON	Owen
40	109	Murray Hale	32:06	6:28	49	Male 55 to 59	North Bay	ON	Etobi
41	16	Robert Corson	32:48	6:36	65	Male 40 to 44	Calgary	AB	Calga
42	532	Bill Corcoran	32:48	6:36	61	Male 40 to 44	Grande Prairie	AB	Wapit
43	261	Nick Meloche	32:53	6:37	60	Male 40 to 44	Owen Sound	ON	Owen
44	576	Ron Wichmann	33:07	6:40	55	Male 50 to 54	Chilliwack	BC	Chill
45	486	Mark Nemethy	33:31	6:45	64	Male 40 to 44	Abbotsford	BC	Unatt
46	52	Dave Theriault	34:09	6:53	56	Male 45 to 49	Calgary	AB	Calta
47	259	Geoff Amer	34:21	6:55	60	Male 45 to 49	Owen Sound	ON	Owen
48	23	Eric Hopkins	34:29	6:57	60	Male 45 to 49	Calgary	AB	Calga
49	252	Doug Kay *	34:33	6:57	74	Male 30 to 34	Ottawa	ON	Ottaw
50	152	Fred Pawluk	34:40	6:59	47	Male 55 to 59	Richmond	BC	Kajak
51	499	Peter Watson	35:15	7:06	57	Male 45 to 49	Thunder Bay	ON	Unatt
52	150	Jake Madderom	35:31	7:09	44	Male 60 to 64	Burnaby	BC	Kajak
53	148	Alex Jamieson	35:40	7:11	45	Male 60 to 64	Vancouver	BC	Kajak
54	110	Alex Keeting	35:56	7:14	57	Male 45 to 49	Richmond Hill	ON	Etobi
55	344	Vern Christensen	36:21	7:19	40	Male 60 to 64	Toronto	ON	Scarb
56	19	Roger Davies	36:45	7:24	35	Male 70 to 74	Calgary	AB	Calga
57	273	Gunther Bauer	36:46	7:24	38	Male 65 to 69	Port Coquitlam	BC	Phoen
58	585	Edward Kavanagh	37:30	7:33	40	Male 65 to 69	Vancouver	BC	Hersh
59	605	Hans Fenz	37:44	7:36	35	Male 65 to 69			Lions
60	345	Michael Goodstadt	38:35	7:46	40	Male 65 to 69	Toronto	ON	Scarb
61	346	Reginald Wilson	39:14	7:54	43	Male 60 to 64	Pickering	ON	Scarb
62	475	Tom Chisholm	40:47	8:13	34	Male 70 to 74	Vancouver	BC	Unatt
63	230	Frank Kurucz	41:31	8:21	29	Male 75 to 79	West Vancouver	BC	Nomad
64	606	Rob Daniel			39	No age	Vancouver	BC	

Canadian Cross Country Championship Dec 3, 2005 Vancouver BC
Masters/Sub-Masters Men 30-99 8,000m

Name	Age	Team	Finals	Age-Grading	
M30 Results					
1 Kay, Doug	M31	Ottawa Track	34:33.00	34:33.01	61.69%
M35 Results					
1 Barrett, Jeff	M36	Saugeen Track &	28:16.00	28:04.81	75.91%
2 Bauman, Margin	M35	Saugeen Track &	29:07.00	29:07.01	73.20%
3 Freeland, Keith	M38	Tri-City Track Club	29:44.00	29:07.79	73.17%
4 Hibers, Brian	M38	Saugeen Track &	29:53.00	29:16.61	72.80%
M40 Results					
1 McCloy, Paul	M42	Calgary Roadrunners	26:55.00	25:37.97	83.15%
2 Bachop, Steve	M40	Prairie Inn Harr	26:59.00	26:04.12	81.76%
3 Healy, Todd	M40	Prairie Inn Harr	27:28.00	26:32.14	80.32%
4 Lee, Richard	M44	Prairie Inn Harr	28:02.00	26:18.56	81.01%
5 Becklumb, Adrian	M40	Calgary Roadrunners	28:30.00	27:32.04	77.41%
6 Moon, Michael	M44	Road and Runners	28:45.00	26:58.92	79.00%
7 Parady, Bruce	M41	Unattached	28:46.00	27:35.58	77.25%
8 Olson, Kevin	M43	Unattached	28:48.00	27:13.66	78.28%
9 Christie, Gord	M44	Prairie Inn Harr	28:52.00	27:05.49	78.68%
10 Kaandorp, John	M43	Saugeen Track &	29:04.00	27:28.78	77.56%
11 Durrant, Robert	M40	Unattached	29:30.00	28:30.00	74.79%
12 Huerta, Arturo	M41	Nanaimo & Distri	29:40.00	28:27.38	74.90%
13 Gill, Michael	M44	Unattached	30:44.00	28:50.60	73.90%
14 Vining, Scott	M44	Owen Sound Runners	31:42.00	29:45.03	71.64%
15 Roy, Fraser	M41	Owen Sound Runners	31:49.00	30:31.12	69.84%
16 Corson, Robert	M40	Calgary Roadrunners	32:48.00	31:41.29	67.26%
16 Corcoran, Bill	M44	Wapiti Striders	32:48.00	30:46.97	69.24%
18 Meloche, Nick	M44	Owen Sound Runners	32:53.00	30:51.67	69.07%
19 Nemethy, Mark	M41	Unattached	33:31.00	32:08.96	66.30%
-- Black, Jamie	M42	Unattached	NT		
M45 Results					
1 Longergan, Rob	M46	Hershey Harriers	26:55.00	24:53.23	85.64%
2 Holliday, John	M45	Newmarket Huskies	27:46.00	25:52.05	82.40%
3 Boileau, Art	M48	Hershey Harriers	28:42.00	26:07.89	81.57%
4 Wood, Tim	M48	Owen Sound Runners	29:10.00	26:33.38	80.26%
5 Sigalet, Philllip, J	M45	Kamloops Ridge R	29:25.00	27:24.28	77.78%
6 Martinson, Brian	M47	Prince George Ro	29:33.00	27:06.73	78.62%
7 Findlay, Max	M48	Unattached	30:18.00	27:35.29	77.26%
8 Gus, David	M45	Calgary Roadrunners	30:25.00	28:20.18	75.22%
9 Wade, Bob	M46	Hershey Harriers	30:47.00	28:27.74	74.89%
10 Longo, Larry	M47	Toronto Olym	30:52.00	28:19.22	75.26%
11 Dooley, Chuck	M49	Unattached	31:19.00	28:17.49	75.34%
12 Lang, Robert	M49	Unattached	31:26.00	28:23.82	75.06%
13 Lambert, Tony	M49	Unattached	31:40.00	28:36.47	74.51%
14 Theriault, Dave	M49	Caltaf	34:09.00	30:51.07	69.09%
15 Amer, Jeff	M45	Owen Sound Runners	34:21.00	32:00.03	66.61%
16 Hopkins, Eric	M45	Calgary Roadrunners	34:29.00	32:07.49	66.35%
17 Watson, Peter	M48	Unattached	35:15.00	32:05.71	66.41%
18 Keeting, Alex	M48	Etobicoke H	35:56.00	32:43.04	65.15%
-- Tkach, Rick	M45	Unattached	NT		
M50 Results					
1 Reimer, Paul	M50	Deerfoot Athleti	28:34.00	25:36.43	83.24%
2 Secker, Mike	M54	Calgary Roadrunners	29:21.00	25:27.50	83.72%
3 Russell, Cliff	M52	Edmonton Masters	30:13.00	26:38.89	79.99%
4 Lehmann, Joe	M50	Owen Sound Runners	30:22.00	27:13.25	78.30%
5 Holmes, Bob	M51	Edmonton Thunder	30:43.00	27:18.62	78.05%
6 Wichmann, Ron	M50	Chilliwack Track	33:07.00	29:41.15	71.80%
-- Morley, Brad	M52	Owen Sound Runners	NT		
-- Drolet, Normond	M53	Vainquerurs	NT		
M55 Results					
1 Swalding, Jim	M58	Lions Gare Road	30:48.00	25:47.52	82.64%
2 Hale, Murray	M56	Etobicoke H	32:06.00	27:21.92	77.89%
3 Pauluk, Fred	M58	Kajaks Tfc	34:40.00	29:01.80	73.42%
-- Breton, Gaetan	M58	Sherbrooke Athle	NT		
-- Brownsey, Roger	M55	Lions Gare Road	NT		
M60 Results					
1 Madderom, Jake	M61	Kajaks Tfc	35:31.00	28:55.07	73.71%
2 Jamieson, Alex	M60	Kajaks Tfc	35:40.00	29:19.51	72.68%
3 Christensen, Vern	M64	Scarborough Masters	36:21.00	28:43.21	74.21%
4 Wilston, Reginald	M62	Scarborough Masters	39:14.00	31:37.80	67.39%

M65 Results					
1	Phillips, Herb	M65	Prairie Inn Harr	31:19.00	24:29.57 87.02%
2	Bauer, Gunther	M67	Phoenix AA	36:46.00	28:07.37 75.79%
3	Kavanaugh, Ed	M65	Hershey Harriers	37:30.00	29:19.73 72.67%
4	Fenz, Hanz	M67	Unattached	37:44.00	28:51.74 73.85%
5	Goodstadt, Michael	M65	Scarborough Masters	38:35.00	30:10.57 70.63%
--	Pascoe, James	M67	Rouge River RR		NT
M70 Results					
1	Davies, Roger	M70	Calgary Roadrunners	36:45.00	27:09.72 78.47%
2	Chisholm, Tom	M71	Unattached	40:47.00	29:45.83 71.61%
M75 Results					
1	Kurucz, Frank	M76	Nomads	41:31.00	28:19.12 75.27%

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RESULTS BY CLUB/TEAMS -RESULTATS PAR EQUIPES/CLUBS
Men's Masters /Maitres Hommes M30

1. Saugeen Track and Field Club
28:16 29:04 29:07 29:53 = 1:56:20
Barrett Jeff, Kaandorp John, Bauman Marvin, Hilbers Brian

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RESULTS BY CLUB/TEAMS -RESULTATS PAR EQUIPES/CLUBS
Masters /Maitres M40

1. Prairie Inn Harriers
26:59 27:28 28:02 28:52 (29:40) (31:19) = 1:51:21
Bachop Steve, Healy Todd, Lee Richard, Christie Gord,
Huerta Arturo, Phillips Herb
2. Calgary Roadrunners
26:55 28:30 29:21 30:25 (32:48) (34:29) = 1:55:11
McCloy Paul, Becklumb Adrian, Secker Mike, Guss David,
Corson Robert, Hopkins Eric
3. Owen Sound Runners
29:10 30:22 31:42 31:49 (32:53) (34:21) = 2:03:03
Wood Tim, Lehmann Joe, Vining Scott, Roy Fraser,
Meloche Nick, Amer Geoff

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RESULTS BY CLUB/TEAMS -RESULTATS PAR EQUIPES/CLUBS
Masters Men /Maitres M50

1. Kajaks TFC
31:52 34:40 35:31 35:40 = 2:17:43
de St. Croix Maureen, Pawluk Fred, Madderom Jake, Jamieson Alex

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RESULTS BY CLUB/TEAMS -RESULTATS PAR EQUIPES/CLUBS
Masters Men /Maitres M60

1. Scarborough Masters
36:21 38:35 39:14 (45:36) = 1:54:10
Christensen Vern, Goodstadt Michael, Wilson Reginald, Christensen Joan

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RESULTS BY CLUB/TEAMS -RESULTATS PAR EQUIPES/CLUBS
Masters /Maitres M70

1. Calgary Roadrunners
36:45 45:12 = 1:21:57
Davies Roger, Visser Helly

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

PLACE	NO.	NAME	AG TOWN	PR	TIME	PACE
1	561	Sean MacDougall	Vancouver	BC	3:55	6:19
2	565	Emily Nicol	Kelowna	BC	3:59	6:25
3	581	Cyrena Timmins	Nanaimo	BC	4:05	6:35
4	574	Karl Visser	Abbotsford	BC	4:06	6:36
5	549	Caleigh Bachop	Victoria	BC	4:15	6:51
6	604	Daniel Guardado	Vancouver	BC	4:36	7:25
7	607	Adam McKeown	Vancouver	BC	4:38	7:28
8	601	Luzzara Mazariegos	Burnaby	BC	4:53	7:52
9	550	Cindy Bachop	Victoria	BC	4:53	7:52
10	573	Anna Marie Visser	Abbotsford	BC	4:55	7:55
11	602	Marlene Mazariegos	Burnaby	BC	5:25	8:44
12	603	Christian Guardado	Vancouver	BC	5:57	9:35
13	568	John-Paul Radelet	Vancouver	BC	6:13	10:01
14	569	Luc Radelet	Vancouver	BC	6:13	10:01

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Official Results/Resultats Officiels
 Community/Open Race 5,000m

PLACE	NO.	NAME	AG TOWN	PR	TIME	PACE
1	552	Bertrand Bozek	Victoria	BC	17:05	5:30
2	608	Julian Cooper	Vancouver	BC	17:11	5:32
3	571	Sylvan Smyth	Victoria	BC	18:46	6:03
4	558	Andrew Hall	Langley	BC	18:52	6:05
5	575	Codie Ward	Nanaimo	BC	19:51	6:24
6	572	Johanna Symes	Burnaby	BC	19:59	6:26
7	555	Roland Esposito	Grande Prairie	AB	20:07	6:29
8	591	Develyn Baker	Vancouver	BC	20:12	6:31
9	610	Brad Potentier	Shawnigan Lake	BC	20:37	6:38
10	159	Lewis Childs	Kelowna	BC	20:49	6:42
11	563	Lauren McLaughlin	Vancouver	BC	21:06	6:48
12	553	Krysta Cochran	Vancouver	BC	21:09	6:49
13	560	Sandi Heal	Victoria	BC	21:27	6:55
14	594	Claire Haddock	Vancouver	BC	21:29	6:55
15	567	Marie-Claude Poirier	Victoria	BC	21:37	6:58
16	559	Page Harrison	Vancouver	BC	21:54	7:03
17	587	Catherine Poole	Vancouver	BC	21:57	7:04
18	611	Kristine Chambers		BC	22:04	7:07
19	557	Sam Gilsig	Vancouver	BC	22:31	7:15
20	609	Marissa Theriault	Calgary	AB	22:31	7:15
21	550	Cindy Bachop	Victoria	BC	22:48	7:21
22	595	Stephanie Markovich	Vancouver	BC	22:58	7:24
23	619	Alix Gauthier			23:21	7:31
24	570	Jennifer Shaw	Barrie	ON	24:05	7:45
25	562	Wayne MacDougall	Vancouver	BC	24:22	7:51
26	606	Rob Daniel	Vancouver	BC	28:10	9:04
27	564	Lenore Montgomery	North Vancouver	BC	28:31	9:11