

Napanee Heritage 1 Mile/5Km Races

Napanee, Ontario

19/06/2016

6/18/16 - 6/18/16

Results by www.runningbydesign.com**Event # 2 MIXED 5K Run**

	Name	Age	Bib	Team	Avg per K	Avg per MI	Time
FEMALE 1 - 19							
1	Leah Oster	F 15	2685	NAPANEE	2:54.4	4:40.6	23:23.46
2	Emma Granger	F 12	2604	NAPANEE	3:10.5	5:06.7	25:33.69
3	Grace Fisher	F 10	2580	DESERONTO	3:19.4	5:20.9	26:44.65
4	Hannah Rooney	F 12	2711	DESERONTO	3:19.4	5:21.0	26:45.18
5	Rachel Galt	F 10	2592	DESERONTO	3:20.3	5:22.4	26:52.34
6	Hanna Gregory	F 14	2607	NAPANEE	3:28.0	5:34.8	27:54.06
7	Maddy Oster	F 12	2686	NAPANEE	3:34.0	5:44.5	28:42.52
8	Ella Pringle	F 12	2698	NAPANEE	3:34.9	5:46.0	28:50.00
9	Karley Ford	F 15	2584	NAPANEE	3:36.4	5:48.3	29:01.69
10	Morgan Arscott	F 11	2505	OSHAWA	3:40.0	5:54.1	29:30.91
11	Abby Lloyd	F 9	2656	DESERONTO	3:47.1	6:05.6	30:28.15
12	Macy Gibson	F 10	2599	DESERONTO	3:51.6	6:12.7	31:03.65
13	Lola French	F 10	2589	DESERONTO	3:52.4	6:14.0	31:10.09
14	Lila Pringle	F 10	2699	NAPANEE	3:59.6	6:25.6	32:08.25
15	Elizabeth Casemore	F 10	2534	NAPANEE	4:05.0	6:34.3	32:51.84
16	Alyssa Kelsey	F 13	2632	DESERONTO	4:22.5	7:02.6	35:13.03
17	Athena Cellini	F 10	2535	KINGSTON	5:11.0	8:20.6	41:43.25
18	Hayley Maracle	F 10	2664	DESERONTO	5:40.5	9:08.0	45:40.38
19	Emma Wales	F 11	2751	DESERONTO	6:16.0	10:05.1	50:25.60
20	Reanna File	F 11	2578	DESERONTO	6:16.0	10:05.1	50:25.70
FEMALE 20 - 29							
1	Melissa McNichols	F 26	2673	NAPANEE	2:51.7	4:36.3	23:01.97
2	Matteke Mary Hutzler	F 28	2624	NAPANEE	2:53.4	4:39.1	23:15.94
3	Amelia Powell	F 22	2697	NAPANEE	3:21.7	5:24.7	27:03.66
4	Madison Oskamp	F 24	2683	BELLEVILLE	3:22.2	5:25.5	27:07.53
5	Danielle Mills	F 28	2676	NEWBURGH	3:36.8	5:49.0	29:05.22
6	Jessica Brown	F 28	2528	NAPANEE	3:37.2	5:49.5	29:07.88
7	Harley Cunningham	F 26	2549	NAPANEE	3:37.6	5:50.2	29:11.28
8	Holly Porter	F 24	2692	NAPANEE	3:38.1	5:51.0	29:15.18
9	Raeanne McGuinness	F 23	2671	MARYSVILLE	3:44.5	6:01.3	30:06.56
10	Jennifer Albertson	F 29	2781	KINGSTON	3:47.0	6:05.4	30:27.12
11	Nikki Salvisburg	F 26	2716	NAPANEE	3:58.2	6:23.4	31:57.06
12	Meighen Hodgen	F 24	2617	NAPANEE	4:17.6	6:54.6	34:33.31
13	Mallory McAuley	F 24	2666	LLOYDMINSTER	4:30.2	7:14.8	36:14.38
14	Rachel Kennelly	F 23	2634	MARYSVILLE	4:31.3	7:16.6	36:23.22
15	Jessica Ferrill	F 29	2576	HAVELOCK	4:52.5	7:50.8	39:14.18
16	Brittany Schmeler	F 29	2719	DESERONTO	4:54.9	7:54.6	39:33.46
17	Maggie Whalen	F 26	2760	NAPANEE	5:06.1	8:12.6	41:03.28
18	Laura Dawe	F 29	2557	CAMDEN EAST	5:24.6	8:42.5	43:32.59
19	Mollie Whalen	F 20	2759	CENTREVILLE	5:25.3	8:43.5	43:37.75
20	Rita Mallory	F 26	2660	ROBLIN	5:46.7	9:18.0	46:30.38
21	Rachelle Domanski	F 28	2562	NAPANEE	6:08.2	9:52.5	49:22.97
22	Kaitlyn Benn	F 21	2514	NAPANEE	6:15.8	10:04.8	50:24.00
23	Simone Courtney	F 25	2544	ODESSA	8:29.5	13:40.0	1:08:20.00

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	Name	Age	Bib	Team	Avg per K	Avg per MI	Time
24	Tammy Reid	F 24	2703	NAPANEE	8:52.8	14:17.6	1:11:28.00
FEMALE 30 - 39							
1	Jenn Davey	F 35	2554	NAPANEE	2:56.1	4:43.4	23:37.15
2	Karen Walsh	F 39	2753	BELLEVILLE	2:57.5	4:45.7	23:48.59
3	Ann Kupecz	F 37	2642	NAPANEE	2:59.4	4:48.7	24:03.66
4	Megan Van Order	F 32	2745	NAPANEE	3:02.8	4:54.2	24:31.06
5	monica Huyck	F 33	2625	NAPANEE	3:07.6	5:01.9	25:09.72
6	Erin Fretts	F 37	2590	NAPANEE	3:09.0	5:04.2	25:21.22
7	Kate Geenevasen	F 31	2597	NEWBURGH	3:09.5	5:05.1	25:25.59
8	Mallory Wionzek	F 31	2769	MARLBANK	3:12.4	5:09.6	25:48.34
9	Michelle Way	F 35	2757	NAPANEE	3:20.5	5:22.7	26:53.81
10	Rachel Thiessen	F 39	2739	NAPANEE	3:23.1	5:26.9	27:14.53
11	Crystal Barkley	F 35	2511	NAPANEE	3:26.9	5:33.0	27:45.06
12	Tiffany Donnan	F 36	2564	NAPANEE	3:30.0	5:37.9	28:09.97
13	Tracy Bridgen	F 36	2527	YARKER	3:35.7	5:47.2	28:56.22
14	Julie Maxwell	F 39	2665	NEWBURGH	3:38.9	5:52.4	29:22.06
15	Nicole Lacosse	F 31	2644	BATH	3:44.9	6:02.0	30:10.47
16	Jillian Asselstine	F 33	2507	NAPANEE	3:46.2	6:04.0	30:20.31
17	Kristen Yeomans	F 33	2771	NEWBURGH	3:51.0	6:11.8	30:59.09
18	Moriah Borg	F 31	2521	NAPANEE	3:51.2	6:12.1	31:00.78
19	Darlene Turnbull	F 34	2744	NAPANEE	3:51.4	6:12.5	31:02.52
20	Jennifer Pinarski	F 38	2691	CENTREVILLE	3:53.5	6:15.8	31:19.44
21	Julie Spence	F 34	2731	DESERONTO	3:56.7	6:21.0	31:45.12
22	Becky Lloyd-Peter	F 39	2657	NAPANEE	4:07.8	6:38.9	33:14.72
23	Elizabeth LaBlance	F 36	2643	CORBYVILLE	4:09.3	6:41.2	33:26.44
24	Anna Dickson	F 35	2561	KINGSTON	4:11.9	6:45.4	33:47.09
25	Jamie Brash	F 30	2526	KINGSTON	4:17.7	6:54.7	34:33.78
26	Tracey Clancy	F 36	2538	NAPANEE	4:23.3	7:03.8	35:19.31
27	Sara Sutcliffe	F 39	2735	SELBY	4:23.7	7:04.5	35:22.72
28	Danielle Murdoch	F 30	2679	NAPANEE	4:27.4	7:10.3	35:51.97
29	Amanda vanorder	F 33	2746	NAPANEE	4:28.7	7:12.5	36:02.78
30	Lindsay Benjamin	F 32	2513	NAPANEE	4:43.3	7:35.9	37:59.87
31	Nikki Hussey	F 32	2622	SHANNONVILLE	4:45.9	7:40.1	38:20.94
32	Stacey McDonald	F 37	2668	ROBLIN	4:47.6	7:42.9	38:34.59
33	Colleen York	F 38	2772	MARLBANK	4:47.8	7:43.1	38:35.94
34	Erin Wales	F 37	2752	NAPANEE	4:52.1	7:50.2	39:11.00
35	Mandy Wilson	F 32	2767	NAPANEE	4:52.4	7:50.6	39:13.49
36	Carrie Kish	F 38	2640	NAPANEE	4:52.4	7:50.7	39:13.50
37	Justine Feeny	F 31	2574	NAPANEE	5:01.9	8:05.9	40:29.97
38	Esther Howes	F 37	2621	YARKER	5:02.4	8:06.6	40:33.34
39	Kate Myers	F 37	2681	NAPANEE	5:07.8	8:15.4	41:17.44
40	Alicia Cantwell	F 34	2530	NAPANEE	5:09.5	8:18.1	41:30.88
41	Becky Claus	F 35	2539	DESERONTO	5:18.2	8:32.2	42:41.18
42	Pam Reynolds	F 33	2704	NAPANEE	5:19.0	8:33.5	42:47.62
43	Kylie Scaife	F 34	2718	CANNIFTON	6:15.9	10:05.0	50:25.00
44	Marcy Wannamaker	F 36	2756	NAPANEE	6:16.3	10:05.6	50:28.00

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	Name	Age	Bib	Team	Avg per K	Avg per MI	Time
45	Leslie Lloyd	F 38	2654	MARYSVILLE	7:46.6	12:31.0	1:02:35.00
46	Christle McCullough	F 38	2667	NAPANEE	8:25.5	13:33.6	1:07:48.00
47	Amy Lee	F 36	2648	NAPANEE	8:29.8	13:40.6	1:08:23.00
FEMALE 40 - 49							
1	Maya Milne	F 40	2677	BELLEVILLE	2:52.4	4:37.5	23:07.59
2	Rachelle Googe	F 40	2600	NAPANEE	2:55.2	4:41.9	23:29.91
3	Jody Bonsall	F 46	2520	NAPANEE	2:59.8	4:49.4	24:07.25
4	Karen Shane	F 46	2722	KINGSTON	3:00.2	4:50.0	24:10.09
5	Tricia Sagriff	F 40	2715	CORBYSVILLE	3:02.3	4:53.4	24:27.09
6	Patty MacDermaid	F 40	2658	NEWBURGH	3:11.4	5:08.1	25:40.88
7	Angela Murphy	F 45	2784	NAPANEE	3:19.2	5:20.7	26:43.66
8	Dawn Harry	F 44	2612	NAPANEE	3:22.0	5:25.1	27:05.56
9	Tammy Pigion	F 43	2690	KINGSTON	3:25.4	5:30.7	27:33.56
10	France Maltais	F 48	2662	BELLEVILLE	3:27.5	5:34.0	27:50.12
11	Tanya Szuch	F 41	2736	NAPANEE	3:34.1	5:44.7	28:43.52
12	Sandra Rose	F 46	2712	NAPANEE	3:38.0	5:50.9	29:14.56
13	Andrea Whinney	F 42	2764	NEWBURGH	3:50.9	6:11.6	30:58.06
14	Karen Callery	F 42	2529	AJAX	3:51.3	6:12.3	31:01.56
15	Debbie Hawes	F 45	2613	KINGSTON	3:55.5	6:19.0	31:35.44
16	Misty Ventura	F 49	2747	NAPANEE	3:58.1	6:23.3	31:56.53
17	Sophie Curran	F 40	2550	YARKER	3:59.2	6:25.0	32:05.24
18	Trina Bartolo	F 41	2512	DESERONTO	4:00.2	6:26.6	32:13.34
19	Tania Granger	F 43	2603	NAPANEE	4:01.8	6:29.2	32:26.31
20	Kari Miller	F 41	2674	YARKER	4:06.9	6:37.3	33:06.75
21	Lisa King	F 43	2638	NAPANEE	4:08.1	6:39.4	33:17.09
22	Stephanie Casemore	F 45	2533	NAPANEE	4:11.6	6:44.9	33:44.84
23	Heather Smith	F 46	2727	DESERONTO	4:12.3	6:46.1	33:50.94
24	Orla Sinnott	F 48	2726	COURTICE	4:33.3	7:19.8	36:39.47
25	Ketlyn Santana	F 41	2717	WHITBY	4:34.9	7:22.5	36:52.72
26	Karen Muncey	F 45	2678	NAPANEE	4:35.3	7:23.1	36:55.59
27	Heather Ramshaw	F 45	2701	NAPANEE	4:38.5	7:28.2	37:21.47
28	Michelle Edgar	F 41	2572	ENTERPRISE	4:52.3	7:50.4	39:12.18
29	Lana Jaeger	F 47	2629	ENTERPRISE	4:54.8	7:54.5	39:32.62
30	Amy Dickson	F 41	2560	NAPANEE	4:59.5	8:02.0	40:10.25
31	Teira Ferris	F 41	2577	YARKER	5:03.5	8:08.4	40:42.34
32	Krysta Littlefield	F 46	2652	NAPANEE	5:03.5	8:08.5	40:42.75
33	Shani Doucet	F 46	2569	CARRYING PLACE	5:05.3	8:11.4	40:57.28
34	Jill Storey	F 44	2783	NAPANEE	5:05.5	8:11.7	40:58.84
35	Katie Amell	F 41	2503	ODESSA	5:15.7	8:28.1	42:20.53
36	Zabrina Hannah	F 42	2611	YARKER	5:15.7	8:28.2	42:21.06
37	Pamela Miller	F 41	2675	NAPANEE	5:19.1	8:33.6	42:48.09
38	Tracy Gavel	F 41	2596	AMHERSTVIEW	5:25.3	8:43.6	43:38.24
39	Pam Kent	F 48	2636	NAPANEE	5:26.4	8:45.3	43:46.66
40	Sue Carey	F 49	2532	NAPANEE	6:15.9	10:05.1	50:25.50
FEMALE 50 - 59							
1	Claire McKinney	F 50	2672	NAPANEE	3:24.7	5:29.4	27:27.18

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2	Judy Leroux	F 55	2649	ODESSA	3:33.9	5:44.3	28:41.50
3	Karen Davey	F 58	2555	ROBLIN	3:40.1	5:54.3	29:31.68
4	Kim MacGregor	F 53	2659	NAPANEE	3:51.1	6:11.9	30:59.90
5	Denise Lewis	F 56	2650	NAPANEE	3:52.9	6:14.8	31:14.25
6	Nicole McFarland	F 54	2669	ODESSA	4:02.8	6:30.8	32:34.18
7	Lorraine Ross	F 54	2713	NAPANEE	4:11.2	6:44.2	33:41.44
8	Jane Haaksman	F 52	2608	NAPANEE	4:12.5	6:46.5	33:52.59
9	Donna Cowle	F 52	2545	NAPANEE	4:16.8	6:53.3	34:26.84
10	Pam Hodgen	F 52	2616	NAPANEE	4:16.9	6:53.4	34:27.28
11	Kelly Roantree	F 57	2706	NAPANEE	4:20.5	6:59.2	34:56.25
12	Cindy Roantree	F 56	2708	ERINSVILLE	4:24.4	7:05.5	35:27.94
13	Colleen King	F 52	2637	NAPANEE	4:24.9	7:06.3	35:31.59
14	Teresa Czulo	F 57	2551	BRIGHTON	4:27.7	7:10.9	35:54.91
15	Darla Forbes	F 51	2583	BELLEVILLE	4:35.0	7:22.6	36:53.31
16	Debbie Wheeler	F 51	2762	NAPANEE	4:40.6	7:31.5	37:37.97
17	Susan LeBlanc	F 50	2645	ODESSA	4:41.1	7:32.4	37:42.31
18	Gina Alexander	F 55	2502	ODESSA	4:43.2	7:35.7	37:58.84
19	Colette Wales	F 50	2750	NAPANEE	4:46.0	7:40.3	38:21.50
20	Connie Mallory	F 59	2661	DESERONTO	5:50.4	9:23.9	46:59.75
21	Deb LeBlancq	F 57	2646	BRIGHTON	5:56.1	9:33.2	47:46.09
22	Vicki Ferrante	F 50	2575	BELLEVILLE	6:07.1	9:50.9	49:14.56
23	Nancy Asselstine	F 58	2508	NEWBURGH	6:16.2	10:05.4	50:27.41
24	Sharon Freeman	F 57	2587	NAPANEE	8:29.6	13:40.2	1:08:21.00
25	Michele Whalen	F 53	2761	CENTREVILLE	8:29.7	13:40.4	1:08:22.00
FEMALE 60 - 69							
1	Anne Pearce-Clapp	F 62	2688	NAPANEE	3:37.3	5:49.8	29:09.00
2	Carol Lewis	F 62	2651	SHANNONVILLE	4:47.9	7:43.4	38:37.34
3	Inger-Lise Jensen	F 65	2630	KINGSTON	4:52.3	7:50.5	39:12.78
4	Liz Bos	F 69	2523	WILTON	4:55.6	7:55.7	39:38.87
5	Sharon Green	F 60	2605	DESERONTO	5:07.9	8:15.6	41:18.00
6	Betty Hunt	F 69	2778	PORT HOPE	6:15.3	10:04.0	50:20.09
7	Dorothy Davidson	F 60	2556	NAPANEE	8:32.0	13:44.0	1:08:40.00
8	Marilyn Chant	F 60	2536	NAPANEE	8:50.2	14:13.4	1:11:07.00
9	Sheila Fitzpatrick	F 63	2581	NEWBURGH	8:50.5	14:13.8	1:11:09.00
FEMALE 70 - 99							
1	Gerda Potter	F 71	2693	ODESSA	5:53.2	9:28.4	47:22.34
2	Bev Hutcheson	F 70	2623	SANDHURST	8:45.6	14:06.0	1:10:30.00
MALE 1 - 19							
1	Liam Walsh	M 14	2755	BELLEVILLE	2:25.8	3:54.7	19:33.69
2	Mike Smith	M 17	2728	DESERONTO	2:35.0	4:09.5	20:47.66
3	Noah Rooney	M 13	2710	DESERONTO	2:44.5	4:24.8	22:04.31
4	Owen Googe	M 12	2602	NAPANEE	2:45.6	4:26.6	22:13.00
5	Spencer Haennel	M 12	2609	AMELIASBURG	2:55.6	4:42.6	23:33.12
6	Lei Scott	M 13	2720	DESERONTO	2:56.4	4:43.9	23:39.69
7	Connor Smith	M 11	2729	NAPANEE	3:01.1	4:51.5	24:17.91
8	Ian Isbester	M 10	2626	NAPANEE	3:03.5	4:55.3	24:36.75
9	Ryan Delong	M 9	2558	DESERONTO	3:15.8	5:15.2	26:16.31

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10	Zach Maracle	M 12	2663	DESERONTO	3:21.4	5:24.2	27:01.06
11	Spencer Arscott	M 13	2506	OSHAWA	3:26.2	5:31.9	27:39.72
12	Isaiah Daniels	M 13	2553	DESERONTO	3:40.9	5:55.5	29:37.97
13	Corbin Holmes	M 11	2619	DESERONTO	3:46.9	6:05.2	30:26.00
14	Tyson Spence	M 11	2732	DESERONTO	3:56.7	6:20.9	31:44.72
15	Colton French	M 13	2588	DESERONTO	3:59.1	6:24.8	32:04.18
16	Masen Holmes	M 13	2618	DESERONTO	4:00.0	6:26.3	32:11.78
17	Hayden Lloyd	M 7	2655	MARYSVILLE	4:28.6	7:12.3	36:01.62
18	Nolan Fingland	M 10	2579	DESERONTO	4:43.1	7:35.6	37:58.06
19	Owen Kelsey	M 10	2633	DESERONTO	4:55.0	7:54.8	39:34.12
20	Ethan Bond	M 12	2518	DESERONTO	4:55.5	7:55.6	39:38.34
21	Jamie Baptiste	M 13	2510	DESERONTO	5:40.6	9:08.1	45:40.84
22	Noah Trentleman	M 10	2743	DESERONTO	6:16.0	10:05.2	50:26.00
MALE 20 - 29							
1	Nathan Thompson	M 23	2773	NAPANEE	2:31.9	4:04.5	20:22.94
2	Brad Paterson	M 27	2687	CALGARY	2:50.3	4:34.1	22:50.84
3	Nathan Mutch	M 29	2680	NEWBURGH	3:00.7	4:50.8	24:14.41
4	Peter Newman	M 28	2682	CALGARY	3:05.8	4:59.1	24:55.78
5	Alex Cowle	M 23	2774	NAPANEE	3:06.1	4:59.6	24:58.06
6	Jackson Ryan	M 25	2714	ROBLIN	3:09.4	5:04.9	25:24.78
7	Cal McGarvey	M 26	2670	ODESSA	3:17.6	5:18.1	26:30.75
8	Trevor Farley	M 28	2573	NAPANEE	3:38.4	5:51.4	29:17.47
9	Tommy Heigh	M 23	2614	PETERBOROUGH	3:44.7	6:01.7	30:08.78
10	John Kirkman	M 27	2639	NAPANEE	4:11.7	6:45.2	33:46.06
11	Kyle Read	M 23	2702	HASTINGS	4:36.0	7:24.2	37:01.41
MALE 30 - 39							
1	Matthew Stacey	M 34	2733	CAMDEN EAST	2:20.2	3:45.6	18:48.25
2	Shane Gale	M 33	2591	TRENTON	2:28.4	3:58.8	19:54.28
3	Peter Wionzek	M 31	2770	MARLBANK	2:43.1	4:22.5	21:52.84
4	Kevin Thiessen	M 39	2738	NAPANEE	3:03.2	4:54.8	24:34.43
5	Greg Boyles	M 39	2525	NAPANEE	3:08.6	5:03.5	25:17.69
6	Justin Donnan	M 36	2565	NAPANEE	3:25.0	5:30.0	27:30.25
7	Sebastian Dance	M 30	2782	KINGSTON	3:26.4	5:32.2	27:41.12
8	Kris Cork	M 38	2543	NAPANEE	3:26.7	5:32.6	27:43.28
9	Kevin Dick	M 36	2559	MILTON	3:33.7	5:44.0	28:40.12
10	Josh Peter	M 35	2689	NAPANEE	4:08.5	6:39.9	33:19.69
MALE 40 - 49							
1	Kevin Dunbar	M 41	2570	KINGSTON	2:20.0	3:45.3	18:46.66
2	Jeff Walsh	M 44	2754	BELLEVILLE	2:23.0	3:50.1	19:10.84
3	David Isbester	M 42	2627	NAPANEE	2:42.8	4:22.0	21:50.44
4	Shawn Birney	M 41	2516	ROBLIN	2:45.4	4:26.2	22:11.09
5	Jason Gregory	M 43	2606	NAPANEE	2:45.7	4:26.7	22:13.62
6	Toby Whinney	M 40	2765	NEWBURGH	2:46.9	4:28.6	22:23.38
7	Adam Bonsall	M 45	2519	NAPANEE	2:48.5	4:31.2	22:36.25
8	Sean Gargaro	M 43	2594	KINGSTON	2:54.1	4:40.3	23:21.62
9	Jeremy Sibley	M 41	2780	CHILLIWACK	2:54.3	4:40.5	23:22.56
10	Glen Oster	M 46	2684	NAPANEE	2:54.7	4:41.3	23:26.50

Napane Heritage 1 Mile/5Km Races

Napane, Ontario

19/06/2016

6/18/16 - 6/18/16

Results by www.runningbydesign.com

	Name	Age	Bib	Team	Avg per K	Avg per MI	Time
11	Shawn Tokonitz	M 40	2776	ROBLIN	2:57.2	4:45.3	23:46.59
12	Aaron Googe	M 41	2601	NAPANEE	3:02.9	4:54.4	24:32.44
13	Michael Sheppard	M 46	2723	BELLEVILLE	3:25.6	5:30.8	27:34.46
14	Derek Potts	M 46	2694	TWEED	3:26.1	5:31.7	27:38.53
15	Dan Szuch	M 43	2737	NAPANEE	3:34.8	5:45.7	28:48.94
16	Blake Arcsot	M 44	2504	OSHAWA	3:40.1	5:54.2	29:31.31
17	Mike Gibson	M 40	2598	NAPANEE	3:52.4	6:14.1	31:10.50
18	Matthew Richardson	M 43	2705	BELLEVILLE	4:53.9	7:53.0	39:25.25
19	Marshall Wilson	M 41	2768	NAPANEE	8:23.9	13:31.0	1:07:35.00
MALE 50 - 59							
1	Lorne Singer	M 50	2725	BELLEVILLE	2:20.8	3:46.6	18:53.44
2	Boyd Kalnay	M 57	2631	BELLEVILLE	2:28.2	3:58.5	19:52.97
3	Andrew Forbes	M 53	2582	BELLEVILLE	2:35.9	4:11.0	20:55.28
4	Dan Dwyer	M 51	2571	ENTERPRISE	2:36.2	4:11.4	20:57.38
5	Neil Spaulding	M 55	2730	TORONTO	3:03.1	4:54.6	24:33.40
6	Stephen Roantree	M 55	2707	NAPANEE	3:13.2	5:11.0	25:55.18
7	Tim Craig	M 50	2548	NAPANEE	3:17.6	5:18.0	26:30.28
8	Shawn Whelen	M 51	2763	NAPANEE	3:18.0	5:18.7	26:33.59
9	Duane Ford	M 54	2585	NAPANEE	3:23.8	5:28.1	27:20.53
10	Douglas Weese	M 52	2758	NAPANEE	3:30.1	5:38.2	28:11.18
11	Tim Alexander	M 56	2501	ODESSA	3:30.3	5:38.5	28:12.75
12	Terry Bennett	M 58	2515	TORONTO	4:11.3	6:44.5	33:42.94
13	Bruce Cowle	M 53	2546	NAPANEE	4:32.6	7:18.8	36:34.09
14	Mike Domanski	M 54	2563	NAPANEE	6:08.4	9:53.0	49:25.15
15	Dale Asselstine	M 57	2509	NEWBURGH	6:16.1	10:05.4	50:27.00
16	Ken Wager	M 51	2749	NAPANEE	8:50.4	14:13.6	1:11:08.00
MALE 60 - 69							
1	Paul Kenny	M 63	2635	CHERRY VALLEY	2:40.3	4:18.0	21:30.00
2	Ken Hook	M 60	2620	CLOYNE	2:45.5	4:26.4	22:12.15
3	John Donnan	M 65	2566	NAPANEE	3:25.1	5:30.1	27:30.68
4	Gary Tranmer	M 64	2742	KINGSTON	3:28.4	5:35.4	27:57.18
5	Marven Thompson	M 64	2741	NAPANEE	3:32.1	5:41.3	28:26.78
6	Jan Bos	M 67	2522	ODESSA	3:32.2	5:41.5	28:27.62
7	James Hunt	M 67	2777	PORT HOPE	6:35.1	10:35.9	52:59.62
MALE 70 - 99							
1	Ted Williams	M 74	2766	NAPANEE	6:08.8	9:53.6	49:28.03