

Canadian National Cross Country Championships

Guelph, ON

November 28th, 2009

Masters Championship

Place	Time	km	#	Name	Club	Plc	Category
1	26:03.2	3:16	490	RAYMER, BRUCE	TORONTO OLYMPIC CLUB	1/27	M40-44
2	26:32.3	3:20	439	GILL, MIKE	PHYSI-KULT KINGSTON	1/11	M30-34
3	26:41.0	3:21	767	LONERGAN, ROBERT M.	UNATTACHED BRITISH C	1/23	M50-54
4	26:45.5	3:21	516	BOUCHER, ALAIN	OTTAWA LIONS T.F.C.	1/31	M45-49
5	26:46.5	3:21	479	OROSZ, LASZLO	ONTARIO MASTERS ATHL	2/27	M40-44
6	26:56.3	3:23	422	COX, TROY	PHYSI-KULT KINGSTON	3/27	M40-44
7	27:01.0	3:23	430	DUBE, IVANN	ONTARIO MASTERS ATHL	2/11	M30-34
8	27:05.2	3:24	719	SHIELDS, KEVIN	TRI CITY TRACK CLUB	4/27	M40-44
9	27:10.2	3:24	742	MINICHELLO, RICHARD	Unattached	5/27	M40-44
10	27:15.1	3:25	328	LOARING, JAMES	Loaring Personal Coa	3/11	M30-34
11	27:22.4	3:26	383	HAY, MICHAEL	NICKEL CITY TRIATHLO	6/27	M40-44
12	27:30.1	3:27	766	HOLM, NEIL A.	UNATTACHED BRITISH C	7/27	M40-44
13	27:32.4	3:27	769	SKUCE, ANTHONY	UNATTACHED BRITISH C	2/31	M45-49
14	27:36.1	3:28	460	KOOYMANS, JERRY	TORONTO OLYMPIC CLUB	2/23	M50-54
15	27:40.0	3:28	549	LOEPPKY, RODNEY	PHYSI-KULT KINGSTON	8/27	M40-44
16	27:41.1	3:28	403	BARRETT, JEFF	SAUGEEN TRACK & FIEL	9/27	M40-44
17	27:43.5	3:28	806	MORAN, TIM	UNIVERSITY OF TORONT	10/27	M40-44
18	27:47.4	3:29	501	STEVENSON, BEVIN	SAUGEEN TRACK & FIEL	1/10	M35-39
19	27:49.5	3:29	483	PEAT, GEOFFREY	NEWMARKET HUSKIES	3/31	M45-49
20	27:57.0	3:30	469	MCNAB, GREG	ONTARIO MASTERS ATHL	2/10	M35-39
21	28:03.1	3:31	498	SHERAR, MIKE	TORONTO OLYMPIC CLUB	4/31	M45-49
22	28:08.5	3:32	467	MCDERMOTT, PAT	PHYSI-KULT KINGSTON	5/31	M45-49
23	28:13.0	3:32	435	FRIEL, VINCE	SSD	6/31	M45-49
24	28:17.4	3:33	457	JONES, ANDREW	LONDON PACERS	11/27	M40-44
25	28:19.1	3:33	405	BEASLEY, STEVE	LONDON PACERS	3/23	M50-54
26	28:28.1	3:34	412	BURROWS, JIM	LONDON PACERS	7/31	M45-49
27	28:42.5	3:36	536	MCGRAW, BOB	PHYSI-KULT KINGSTON	4/23	M50-54
28	28:44.1	3:36	744	WARRINER, LAWRENCE	Unattached	8/31	M45-49
29	28:45.1	3:36	420	COUGHLIN, MIKE	ONTARIO MASTERS ATHL	3/10	M35-39
30	28:45.3	3:36	768	REIMER, PAUL	UNATTACHED BRITISH C	5/23	M50-54
31	28:46.3	3:36	606	COFFIN, ALEX	SAINT JOHN TRACK & F	12/27	M40-44
32	28:49.0	3:37	741	MACKENZIE, PATRICK	Unattached	9/31	M45-49
33	28:50.0	3:37	426	DEARBORN, WES	ONTARIO MASTERS ATHL	4/11	M30-34
34	28:54.3	3:37	518	SHEARMAN, SIMON	OTTAWA LIONS T.F.C.	13/27	M40-44
35	28:56.0	3:37	734	FILLION, JEAN-FRANCOIS	Unattached	10/31	M45-49
36	28:56.3	3:38	443	GUNDLACK, CHRISTIAN	LONDON PACERS	14/27	M40-44
37	28:57.0	3:38	440	GONSALVES, HOUSTON	SSD	5/11	M30-34
38	28:57.1	3:38	449	HAWTHORN, KEN	NEWMARKET HUSKIES	6/23	M50-54
39	29:00.1	3:38	802	MADSEN, CHRIS	UNIVERSITY OF TORONT	15/27	M40-44
40	29:05.2	3:39	436	GALLAGHER, DON	SSD	11/31	M45-49
41	29:07.4	3:39	517	KARY, DAVID	OTTAWA LIONS T.F.C.	7/23	M50-54
42	29:08.6	3:39	454	HOGG, ANDREW	LONDON PACERS	4/10	M35-39
43	29:09.0	3:39	466	MCCLELLAND, RICHARD	LONDON PACERS	5/10	M35-39
44	29:11.3	3:39	866	MEIJER, JOHN	LAKE SHORE MASTERS	12/31	M45-49
45	29:15.4	3:40	472	MOORE, DAVID	UNIVERSITY OF TORONT	16/27	M40-44
46	29:15.5	3:40	515	BECKLUMB, ADRIAN	OTTAWA LIONS T.F.C.	17/27	M40-44
47	29:19.0	3:40	261	RICHARD-CAMPEAU, ROBIN	KALENJINS	6/11	M30-34
48	29:19.3	3:40	451	HENNING, ROD	LONDON PACERS	13/31	M45-49
49	29:20.4	3:41	707	ARCHIBALD, MIKE	TRI CITY TRACK CLUB	8/23	M50-54
50	29:21.4	3:41	507	WHEELER, BILL	LONDON PACERS	1/14	M55-59
51	29:25.0	3:41	329	TRANTER, ROB	Loaring Personal Coa	7/11	M30-34
52	29:28.3	3:42	474	MOSS, ROGER	LONGBOAT	14/31	M45-49

53	29:32.5	3:42	190	SECKER, MICHAEL	EDMONTON THUNDER	2/14	M55-59
54	29:47.0	3:44	441	GOSLEIGH, KEN	SAUGEEN TRACK & FIEL	18/27	M40-44
55	29:49.3	3:44	712	FOX, DANA	TRI CITY TRACK CLUB	9/23	M50-54
56	29:49.5	3:44	187	MULDREW, SHAWN	EDMONTON THUNDER	19/27	M40-44
57	29:56.0	3:45	427	DEIGHAN, CHRIS	NEWMARKET HUSKIES	15/31	M45-49
58	29:57.2	3:45	415	CAMPBELL, ROBERT	LONGBOAT	16/31	M45-49
59	30:03.0	3:46	871	WILLETT, JOHN	UNIVERSITY OF TORONT	17/31	M45-49
60	30:05.2	3:46	867	MOLONEY, DESMOND	EAST TORONTO STRIDER	18/31	M45-49
61	30:08.4	3:47	738	KREZONOSKI, BILL	Unattached	3/14	M55-59
62	30:11.5	3:47	404	BAUMAN, MARVIN	SAUGEEN TRACK & FIEL	6/10	M35-39
63	30:18.5	3:48	406	BIALKOWSKI, DAVID	SSD	19/31	M45-49
64	30:20.3	3:48	511	XU, JIANPING	ONTARIO MASTERS ATHL	20/27	M40-44
65	30:21.3	3:48	487	PRIMROSE, ELIZABETH	TORONTO OLYMPIC CLUB	1/12	W45-49
66	30:23.5	3:48	740	MACDONALD, BILL	Unattached	20/31	M45-49
67	30:30.3	3:49	481	PATTEN, BECKY	TORONTO OLYMPIC CLUB	1/4	W35-39
68	30:31.4	3:49	455	HOHENADEL, LUKE	GUELPH VICTORS	10/23	M50-54
69	30:35.2	3:50	778	LEROUX, MIKE	DARTMOUTH ATHLETICS	21/31	M45-49
70	30:50.5	3:52	496	SHAW, JASON	ONTARIO MASTERS ATHL	22/31	M45-49
71	30:51.3	3:52	408	BLACK, JONATHAN	ONTARIO MASTERS ATHL	11/23	M50-54
72	30:51.4	3:52	228	MARTEL, FRANCOIS	FLEUR DE LYS	4/14	M55-59
73	30:52.0	3:52	671	RUEL, JOEL	TIMMINS PORCUPINE TR	21/27	M40-44
74	30:53.2	3:52	735	HOSFORD, STEVE	Unattached	5/14	M55-59
75	30:59.2	3:53	182	HOLMES, BOB	EDMONTON THUNDER	6/14	M55-59
76	31:03.3	3:53	661	FORGET, JAMIE	SSD	22/27	M40-44
77	31:04.4	3:54	123	WYNANDS, JANET	BROCKVILLE LEGION AT	2/12	W45-49
78	31:09.5	3:54	448	HAMILTON, KEN	NEWMARKET HUSKIES	7/14	M55-59
79	31:12.5	3:55	865	LAPIERRE, JEFF	CORNWALL LEGION COUG	7/10	M35-39
80	31:16.3	3:55	428	DITCHFIELD, JENNIFER	LONDON PACERS	1/5	W50-54
81	31:17.0	3:55	189	RUSSELL, CLIFFORD	EDMONTON THUNDER	8/14	M55-59
82	31:22.4	3:56	864	KILGOUR, ART	GUELPH VICTORS	12/23	M50-54
83	31:28.0	3:56	711	FEENEY, DENNIS	TRI CITY TRACK CLUB	9/14	M55-59
84	31:35.0	3:57	413	CALLAGHAN, THOMAS	NEWMARKET HUSKIES	23/31	M45-49
85	31:37.1	3:58	410	BOULTBEE, MELANIE	7 SYSTEMS	2/4	W35-39
86	31:38.0	3:58	491	REID, KIRK	SAUGEEN TRACK & FIEL	8/10	M35-39
87	31:41.0	3:58	468	MCGEE, GRAHAM	LONDON PACERS	13/23	M50-54
88	31:42.2	3:58	402	BARBER, CHRISTY	THE RUNWAY	1/9	W44-44
89	31:43.2	3:58	717	PADDOCK, DAVID	TRI CITY TRACK CLUB	14/23	M50-54
90	31:47.2	3:59	509	WHITMORE, STEVE	LONDON PACERS	24/31	M45-49
91	31:49.5	3:59	416	CHAPMAN, FRED	LONDON PACERS	10/14	M55-59
92	31:51.0	3:59	525	AVERY, MARK	OWEN SOUND RUNNERS	8/11	M30-34
93	31:55.5	4:00	503	STOKES, TONY	LONDON PACERS	25/31	M45-49
94	32:05.3	4:01	710	CLANCY, IAN	TRI CITY TRACK CLUB	26/31	M45-49
95	32:06.5	4:01	231	DUKE, CHRIS	GUELPH VICTORS	23/27	M40-44
96	32:10.1	4:02	561	CHRISTIE, JULIETTE	PRAIRIE INN HARRIERS	3/12	W45-49
97	32:10.3	4:02	142	AITKIN, GEORGE	CAMBRIDGE HARRIERS	11/14	M55-59
98	32:13.2	4:02	493	ROBERTS, PAUL	LONDON PACERS	15/23	M50-54
99	32:26.3	4:04	233	LINTON, GEOFF	GUELPH VICTORS	27/31	M45-49
100	32:29.0	4:04	478	ORCHARD, JEFF	LONDON PACERS	24/27	M40-44
101	32:30.0	4:04	398	EVERTON, NICOLA	OCEAN ATHLETICS	2/9	W44-44
102	32:35.5	4:05	446	HALLA, JAMIE	SSD	9/11	M30-34
103	32:44.3	4:06	868	WALTERS, ALEX		9/10	M35-39
104	32:48.0	4:06	760	BROUGHAM, LISA	UNATTACHED BRITISH C	3/4	W35-39
105	32:49.3	4:07	444	HAASE, PETER	LONDON PACERS	1/4	M60-64
106	32:56.3	4:08	495	SCHRADER, JOSHUA	NEWMARKET HUSKIES	10/11	M30-34
107	32:58.1	4:08	421	COWLING, KAREN	LONDON PACERS	3/9	W44-44
108	33:00.6	4:08	539	SVIAJINA, MARGARITA	PHYSI-KULT KINGSTON	4/9	W44-44
109	33:14.4	4:10	484	PENNEY, DAVE	QUINTE LEGION TRACK	16/23	M50-54
110	33:16.3	4:10	342	BYER, CARRIE	NEWMARKET HUSKIES	1/1	W30-34
111	33:18.1	4:10	488	PURKIS, GREG	TORONTO OLYMPIC CLUB	10/10	M35-39
112	33:20.0	4:10	234	RUPOLI, KELLY	GUELPH VICTORS	4/12	W45-49
113	33:22.2	4:11	445	HALE, MURRAY	NEWMARKET HUSKIES	2/4	M60-64
114	33:25.3	4:11	409	BLAKE, RYAN	SSD	11/11	M30-34

115	33:28.1	4:12	665	ROSS, CHRISTINE	THE RUNWAY	5/12	W45-49
116	33:31.0	4:12	153	BERNARD, ALPHONSE	COLLEGE LOUIS RIEL	12/14	M55-59
117	33:33.1	4:12	465	MACDONALD, MYRA	PHYSI-KULT KINGSTON	2/5	W50-54
118	33:36.2	4:13	747	KUCHMAK, LYLE	EDMONTON THUNDER	17/23	M50-54
119	33:40.5	4:13	418	CHIN YUT, JAMES	SAUGEEN TRACK & FIEL	28/31	M45-49
120	33:44.1	4:14	538	ROYCE, RICK	PHYSI-KULT KINGSTON	18/23	M50-54
121	33:45.2	4:14	512	ZONRUITER, GERDA	LONDON PACERS	6/12	W45-49
122	33:46.5	4:14	414	CAMERON, SCOTT	GUELPH VICTORS	19/23	M50-54
123	33:50.4	4:14	733	CHEE, WAYNE	Unattached	13/14	M55-59
124	33:56.5	4:15	447	HAMEL, DAWN	SSD	3/5	W50-54
125	34:11.0	4:17	500	SNARR, TRACEY	NEWMARKET HUSKIES	7/12	W45-49
126	34:28.3	4:19	477	O'HAGAN, HEATHER	NEWMARKET HUSKIES	8/12	W45-49
127	34:30.1	4:19	504	SULLIVAN, KATHRYN	NEWMARKET HUSKIES	5/9	W44-44
128	34:42.2	4:21	116	MCLAUCHLIN, TROY	BRANTFORD TRACK & FI	25/27	M40-44
129	34:52.2	4:22	432	EMILIO, DAVE	ONTARIO MASTERS ATHL	26/27	M40-44
130	35:00.5	4:23	232	GRAYSON, NICK	GUELPH VICTORS	29/31	M45-49
131	35:04.1	4:24	411	BOURQUE, LYNN	LONGBOAT	9/12	W45-49
132	35:09.1	4:24	429	DOXTATOR, RUSSELL	ONTARIO MASTERS ATHL	30/31	M45-49
133	35:10.6	4:24	122	WYNANDS, ED	BROCKVILLE LEGION AT	14/14	M55-59
134	35:14.0	4:25	452	HILLIS, BRIAN	LONDON PACERS	20/23	M50-54
135	35:37.3	4:28	471	MOORE, BOB	TORONTO OLYMPIC CLUB	1/5	M65-69
136	35:40.2	4:28	743	TAIVASSALO, KEIJO	SCARBOROUGH MASTERS	1/4	M70-74
137	35:41.5	4:28	506	WESSEL, MARK	SSD	21/23	M50-54
138	36:00.0	4:30	475	NORCLIFFE, GLEN	TORONTO OLYMPIC CLUB	2/5	M65-69
139	36:04.0	4:31	737	KLASEN, BERNARD	Unattached	27/27	M40-44
140	36:12.5	4:32	399	JORDAN, DEBBIE M.	OCEAN ATHLETICS	4/5	W50-54
141	36:21.6	4:33	660	DENBOER, HILDA	SSD	6/9	W44-44
142	36:57.4	4:38	485	POTTER, SHERYL	NEWMARKET HUSKIES	7/9	W44-44
143	37:05.3	4:39	508	WHITMORE, LORI	LONDON PACERS	10/12	W45-49
144	37:10.4	4:39	458	KEETING, ALEX	ETOBICOKE TRACK & FI	22/23	M50-54
145	37:12.2	4:40	462	KUDO, NICOLE	ONTARIO MASTERS ATHL	8/9	W44-44
146	37:17.0	4:40	736	KEWLEY, HERB	Unattached	31/31	M45-49
147	37:19.0	4:40	860	CHRISTENSEN, VERN	SCARBOROUGH MASTERS	3/5	M65-69
148	37:20.1	4:41	425	DARRAS, GLENN	ONTARIO MASTERS ATHL	23/23	M50-54
149	37:25.4	4:41	423	D'ASCANIO, NICK	LONDON PACERS	4/5	M65-69
150	37:26.3	4:41	476	NORTHCOTT, CLARA	ETOBICOKE TRACK & FI	1/4	W55-59
151	37:40.4	4:43	489	QUEMERAIS, BERNADETTE	ONTARIO MASTERS ATHL	11/12	W45-49
152	37:49.3	4:44	327	MANCUSO, MAUREEN	LONGBOAT	2/4	W55-59
153	37:50.3	4:44	438	GEDDES, JACK	SCARBOROUGH MASTERS	2/4	M70-74
154	38:49.3	4:52	859	BRETON, GAËTAN	SHERBROOKE	3/4	M60-64
155	39:13.1	4:55	463	LITTELL, FRANK	LONDON PACERS	4/4	M60-64
156	40:50.5	5:07	459	KEHOE, LLOYD	LONDON PACERS	3/4	M70-74
157	41:05.5	5:09	505	WATSON, CHRISTINA	LONDON PACERS	4/4	W35-39
158	41:55.5	5:15	453	HILLMAN, TRACY	LONDON PACERS	9/9	W44-44
159	42:06.4	5:16	869	WATSON, PAULINE	JOSHUA CREEK RUNNERS	3/4	W55-59
160	42:18.2	5:18	502	STEWART, ADRIENNE	TORONTO OLYMPIC CLUB	12/12	W45-49
161	43:28.3	5:27	456	JACOBS, MARY	UNIVERSITY OF TORONT	4/4	W55-59
162	43:33.2	5:27	256	MARINO, CHRISTINA	JOSHUA CREEK RUNNERS	5/5	W50-54
163	43:53.2	5:30	862	GOODSTADT, MICHAEL	SCARBOROUGH MASTERS	5/5	M65-69
164	46:36.2	5:50	442	GRAVES, RICHARD	ONTARIO MASTERS ATHL	1/1	M75-79
165	47:35.1	5:57	331	LANG, RALPH	METRO TORONTO FITNES	1/2	M80+
166	54:36.7	6:50	424	DARLING, RICHARD	LONDON PACERS	4/4	M70-74
167	61:29.0	7:42	417	CHARLES, FELIX	ETOBICOKE TRACK & FI	2/2	M80+