

| Place | Name | Age Grp. | Graded Time | Graded % | Bib # | Club | Prov. | Age | Race Time |
|-------|-------------------|----------|-------------|----------|-------|------------------------------|-------|-----|-----------|
| 1 | Jerry Kooymans | M55-59 | 25:06:00 | 84.48 | 577 | Toronto Olympic Club | ON | 59 | 30:56.1 |
| 2 | Mark Bennett | M50-54 | 25:41:00 | 82.54 | 584 | | BC | 54 | 30:05.2 |
| 3 | James Finlayson | M40-44 | 25:42:00 | 82.5 | 555 | Prarie Inn Harriers Racing | BC | 42 | 27:35.7 |
| 4 | Michael Secker | M60-64 | 26:07:00 | 81.22 | 569 | Running Room Athletic Club | AB | 63 | 33:19.6 |
| 5 | Geoff Peat | M50-54 | 26:12:00 | 80.95 | 537 | Newmarket Huskies Track Club | ON | 51 | 30:11.1 |
| 6 | Derek Hackshaw | M45-49 | 26:14:00 | 80.85 | 535 | Newmarket Huskies Track Club | ON | 45 | 28:49.2 |
| 7 | Thelma Wright | F60-64 | 29:59:00 | 80.33 | 606 | | BC | 63 | 40:27.4 |
| 8 | Craig Odermatt | M40-44 | 26:29:00 | 80.07 | 558 | Prarie Inn Harriers Racing | BC | 44 | 28:52.3 |
| 9 | Troy Cox | M45-49 | 26:32:00 | 79.93 | 528 | Muskoka Algonquin Runners | ON | 47 | 29:36.5 |
| 10 | Graeme Wilson | M40-44 | 26:35:00 | 79.82 | 605 | | BC | 43 | 28:45.2 |
| 11 | Bruce Deacon | M45-49 | 26:35:00 | 79.76 | 552 | Prarie Inn Harriers Racing | BC | 48 | 29:54.2 |
| 12 | Chris Deighan | M50-54 | 26:39:00 | 79.57 | 533 | Newmarket Huskies Track Club | ON | 54 | 31:28.9 |
| 13 | Oliver Utting | M40-44 | 26:42:00 | 79.42 | 601 | | BC | 41 | 28:27.3 |
| 14 | Daniel Fiorini | M50-54 | 26:43:00 | 79.35 | 534 | Newmarket Huskies Track Club | ON | 52 | 31:02.6 |
| 15 | Michael Lax | M55-59 | 26:46:00 | 79.24 | 556 | Prarie Inn Harriers Racing | BC | 58 | 32:24.7 |
| 16 | Andrew Tuovinen | M50-54 | 26:50:00 | 79.01 | 600 | | BC | 51 | 30:55.4 |
| 17 | Brian Nemethy | M50-54 | 26:51:00 | 78.97 | 559 | Prince George Road Runner | BC | 53 | 31:26.8 |
| 18 | Darrin Deforge | M45-49 | 26:56:00 | 78.76 | 562 | Running Room Athletic Club | AB | 49 | 30:32.1 |
| 19 | Mike Murphy | M40-44 | 26:58:00 | 78.66 | 593 | | BC | 43 | 29:10.5 |
| 20 | Claude Gilbert | M40-44 | 26:59:00 | 78.58 | 502 | C. A. Universite Laval | QC | 44 | 29:25.0 |
| 21 | Nathan Kendrick | M35-39 | 27:00:00 | 78.55 | 578 | U of C Athletics Club | AB | 35 | 27:34.9 |
| 22 | Bill Krezonoski | M60-64 | 27:01:00 | 78.53 | 579 | | ON | 61 | 33:52.5 |
| 23 | Tina Connelly | F40-44 | 30:42:00 | 78.49 | 587 | Prarie Inn Harriers Racing | BC | 44 | 32:38.3 |
| 24 | Gary Duncan | M55-59 | 27:05:00 | 78.28 | 554 | Prarie Inn Harriers Racing | BC | 57 | 32:48.7 |
| 25 | Shawn Muldrew | M45-49 | 27:13:00 | 77.92 | 565 | Running Room Athletic Club | AB | 49 | 30:51.9 |
| 26 | Marty Robertson | M40-44 | 27:16:00 | 77.8 | 567 | Running Room Athletic Club | AB | 43 | 29:30.0 |
| 27 | Juliette Christie | F50-54 | 31:01:00 | 77.65 | 586 | | BC | 52 | 36:00.9 |
| 28 | Grant Towns | M65-69 | 27:26:00 | 77.32 | 615 | Yellow Snow Athletic Club | MB | 67 | 36:19.2 |
| 29 | Bob McGraw | M55-59 | 27:28:00 | 77.2 | 550 | Physi-Kult Kingston | ON | 56 | 32:59.2 |
| 30 | Alex Coffin | M45-49 | 27:31:00 | 77.05 | 570 | Saint John Track & Field | NB | 46 | 30:28.6 |

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| 31 Paul Reimer | M55-59 | 27:34:00 | 76.93 | 598 | | BC | 59 | 33:58.3 |
| 32 Dave Kary | M55-59 | 27:41:00 | 76.58 | 546 Ottawa Lions T.F.C. | | ON | 55 | 32:58.3 |
| 33 Reidar Zapf-Gilje | M60-64 | 27:44:00 | 76.46 | 516 Greyhounds Track & Field | | BC | 63 | 35:24.0 |
| 34 Norman Tinkham | M50-54 | 27:45:00 | 76.41 | 514 Golden Ears Athletics | | BC | 51 | 31:58.6 |
| 35 Frank Ackermann | M45-49 | 27:46:00 | 76.36 | 527 Muskoka Algonquin Runners | | ON | 45 | 30:30.7 |
| 36 Helen Sabourin | F70-74 | 31:37:00 | 76.21 | 576 Sunshine Coast Athletics | | BC | 73 | 49:59.7 |
| 37 Bertrand Plouvier | M45-49 | 27:53:00 | 76.08 | 595 | | BC | 49 | 31:36.8 |
| 38 Lisa Harvey | F40-44 | 31:40:00 | 76.07 | 509 Calgary Spartans | | AB | 44 | 33:40.6 |
| 39 Rick Woods | M60-64 | 27:55:00 | 75.94 | 574 Semiahmoo Sunrunners | | BC | 64 | 35:58.2 |
| 40 Tom Sawyer | M50-54 | 27:58:00 | 75.81 | 525 Laurel Creek Track & Field Club | | ON | 53 | 32:29.7 |
| 41 Bruce Wark | M60-64 | 27:59:00 | 75.8 | 603 | | BC | 63 | 35:24.0 |
| 42 Zita Mulligan | F50-54 | 31:47:00 | 75.79 | 507 Calgary Phoenix Striders | | AB | 54 | 37:52.0 |
| 43 Hicham Elamiri | M45-49 | 28:00:00 | 75.74 | 588 | | BC | 46 | 31:00.3 |
| 44 Clifford Russell | M60-64 | 28:04:00 | 75.58 | 568 Running Room Athletic Club | | AB | 61 | 35:11.6 |
| 45 Claudette Augert | F50-54 | 31:57:00 | 75.41 | 560 Running Room Athletic Club | | AB | 51 | 36:10.9 |
| 46 Michele Harvey-Blankenshi | F45-49 | 31:56:00 | 75.4 | 563 Running Room Athletic Club | | AB | 48 | 35:19.4 |
| 47 Arthur Boileau | M55-59 | 28:14:00 | 75.1 | 612 West Vancouver Track & Field Club | | BC | 57 | 34:12.0 |
| 48 Donna Dixon | F50-54 | 32:11:00 | 74.85 | 505 Calgary Phoenix Striders | | AB | 52 | 37:21.9 |
| 49 Steven Blostein | M50-54 | 28:22:00 | 74.74 | 548 Physi-Kult Kingston | | ON | 53 | 33:13.6 |
| 50 Michael Moon | M50-54 | 28:25:00 | 74.62 | 557 Prarie Inn Harriers Racing | | BC | 53 | 33:16.8 |
| 51 Tim Smith | M50-54 | 28:26:00 | 74.62 | 599 | | BC | 54 | 33:34.3 |
| 52 Barbara Mercier | F50-54 | 32:18:00 | 74.59 | 506 Calgary Phoenix Striders | | AB | 50 | 36:34.6 |
| 53 Fran Ois Martel | M60-64 | 28:29:00 | 74.49 | 513 Fleur de Lys | | QC | 60 | 35:23.7 |
| 54 Becky Bates | F50-54 | 32:20:00 | 74.49 | 520 Kootenay Chaos Track Club | | BC | 52 | 37:32.7 |
| 55 Mark Pinckard | M50-54 | 28:35:00 | 74.2 | 594 | | BC | 54 | 33:45.5 |
| 56 Amy Anderson | F50-54 | 32:28:00 | 74.19 | 503 Calgary Phoenix Striders | | AB | 52 | 37:41.8 |
| 57 Corinne Krezonoski | F60-64 | 32:31:00 | 74.05 | 580 | | ON | 60 | 42:01.2 |
| 58 Pierre Mikhail | M45-49 | 28:45:00 | 73.75 | 529 Muskoka Algonquin Runners | | ON | 46 | 31:50.7 |
| 59 Bob Holmes | M60-64 | 28:50:00 | 73.58 | 564 Running Room Athletic Club | | AB | 60 | 35:50.2 |
| 60 Clive Morgan | M55-59 | 28:54:00 | 73.38 | 551 Physi-Kult Kingston | | ON | 55 | 34:24.7 |
| 61 Karl Sproll | M60-64 | 29:04:00 | 72.98 | 614 Yellow Snow Athletic Club | | MB | 60 | 36:07.6 |

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| 62 | Will McKechnie | M45-49 | 29:04:00 | 72.94 | 610 Vancouver Falcons Athletics | BC | 46 | 32:11.7 |
| 63 | Nicola Everton | F45-49 | 33:04:00 | 72.85 | 522 Kootenay Chaos Track Club | BC | 49 | 36:59.7 |
| 64 | Cormac Hikisch | M40-44 | 29:09:00 | 72.74 | 501 Bulkley Valley Athletics | BC | 40 | 30:50.4 |
| 65 | Paul Roberts | M55-59 | 29:29:00 | 71.9 | 526 London Runner Distance Club | ON | 56 | 35:25.1 |
| 66 | Sharisse Kyle | F55-59 | 33:32:00 | 71.84 | 523 Kootenay Chaos Track Club | BC | 57 | 41:34.5 |
| 67 | Rhonda Clark | F45-49 | 33:36:00 | 71.66 | 504 Calgary Phoenix Striders | AB | 48 | 37:09.9 |
| 68 | Darren Lazaruk | M50-54 | 29:41:00 | 71.45 | 582 | AB | 53 | 34:45.5 |
| 69 | Mikhail Titov | M45-49 | 29:43:00 | 71.35 | 511 Elite Track & Field Academy | BC | 46 | 32:54.8 |
| 70 | Alma McMurtry | F35-39 | 33:56:00 | 70.98 | 540 | | 35 | 34:15.4 |
| 71 | John Markell | M40-44 | 30:02:00 | 70.61 | 592 | BC | 41 | 32:00.3 |
| 72 | Joseph Boland | M35-39 | 30:02:00 | 70.57 | 561 Running Room Athletic Club | AB | 36 | 30:52.0 |
| 73 | Christensen Vern | M70-74 | 30:09:00 | 70.31 | 617 Running Room Athletic Club | ON | 74 | 42:52.7 |
| 74 | Robert Muir | M45-49 | 30:10:00 | 70.3 | 547 Ottawa Lions T.F.C. | ON | 46 | 33:24.3 |
| 75 | Sheldon Reynolds | M60-64 | 30:11:00 | 70.29 | 613 Yellow Snow Athletic Club | MB | 61 | 37:50.5 |
| 76 | Veronica Biggar | F45-49 | 34:24:00 | 70.04 | 531 Newmarket Huskies Track Club | ON | 45 | 36:54.3 |
| 77 | David Lam | M35-39 | 30:25:00 | 69.74 | 590 | BC | 35 | 31:04.0 |
| 78 | Matthew Norminton | M35-39 | 30:28:00 | 69.61 | 566 Running Room Athletic Club | AB | 37 | 31:31.9 |
| 79 | Ian Sharp | M35-39 | 30:29:00 | 69.6 | 544 Okanagan Running Club | BC | 35 | 31:07.9 |
| 80 | Ron Wichmann | M55-59 | 30:30:00 | 69.54 | 510 Chilliwack Track & Field | BC | 59 | 37:34.8 |
| 81 | Carrie Byer | F35-39 | 34:50:00 | 69.15 | 532 Newmarket Huskies Track Club | ON | 36 | 35:10.0 |
| 82 | Fred Pawluk | M65-69 | 30:56:00 | 68.55 | 518 Kajaks Track & Field Club | BC | 67 | 40:57.9 |
| 83 | Craig Premack | M55-59 | 31:18:00 | 67.73 | 596 | BC | 55 | 37:16.7 |
| 84 | Mike McGrath | M55-59 | 31:23:00 | 67.56 | 543 Okanagan Running Club | BC | 57 | 38:00.9 |
| 85 | Paul Wood | M65-69 | 31:24:00 | 67.51 | 573 Semiahmoo Sunrunners | BC | 66 | 41:12.1 |
| 86 | Jane De Lemos | F45-49 | 35:50:00 | 67.23 | 609 Vancouver Falcons Athletics | BC | 49 | 40:05.2 |
| 87 | Doug Henderson | M55-59 | 31:34:00 | 67.17 | 538 Norwesters Track & Field | BC | 58 | 38:33.5 |
| 88 | Janice Mackinnon | F45-49 | 36:05:00 | 66.75 | 591 | BC | 49 | 40:22.4 |
| 89 | John Machuga | M35-39 | 31:50:00 | 66.65 | 542 Okanagan Running Club | BC | 35 | 32:30.6 |
| 90 | Murray Hale | M65-69 | 31:51:00 | 66.58 | 536 Newmarket Huskies Track Club | ON | 65 | 41:24.2 |
| 91 | Corinne Issel | F35-39 | 36:18:00 | 66.38 | 541 Ocean Athletics | BC | 38 | 37:05.2 |
| 92 | Joshua Weiss | M35-39 | 32:11:00 | 65.89 | 604 | BC | 38 | 33:32.3 |

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| 93 Gordon Flett | M50-54 | 32:19:00 | 65.65 | 571 Semiahmoo Sunrunners | BC | 54 | 38:09.4 |
| 94 David Hetherington | M60-64 | 33:10:00 | 63.94 | 524 Langley Mustangs | BC | 62 | 41:58.1 |
| 95 Gaetan Breton | M65-69 | 33:27:00 | 63.41 | 575 Sherbrooke | QC | 67 | 44:17.3 |
| 96 Myndi Quirion | F35-39 | 38:31:00 | 62.55 | 508 Calgary Phoenix Striders | AB | 35 | 38:52.6 |
| 97 Delilah Topic | F35-39 | 39:00:00 | 61.75 | 545 Okanagan Running Club | BC | 35 | 39:22.6 |
| 98 Cliff Jewell | M50-54 | 34:23:00 | 61.66 | 572 Semiahmoo Sunrunners | BC | 50 | 39:18.3 |
| 99 Doug Smith | M60-64 | 34:37:00 | 61.24 | 608 University of Toronto T.C | ON | 63 | 44:11.7 |
| 100 Diane Pomerleau | F50-54 | 39:22:00 | 61.19 | 519 Kalenjins | QC | 50 | 44:35.1 |
| 101 Gwendal Castellan | M35-39 | 37:10:00 | 57.05 | 585 | BC | 38 | 38:44.3 |