

M35				
1	Nathan Kendrick	U OF C ATHLETICS CLUB	AB	27:34.9
2	Joseph Boland	RUNNING ROOM ATHLETIC CLUB	AB	30:52.0
3	David Lam		BC	31:04.0
4	Ian Sharp	OKANAGAN RUNNING CLUB	BC	31:07.9
5	Matthew Norminton	RUNNING ROOM ATHLETIC CLUB	AB	31:31.9
6	John Machuga	OKANAGAN RUNNING CLUB	BC	32:30.6
7	Joshua Weiss		BC	33:32.3
8	Gwendal Castellan		BC	38:44.3
W35				
1	Carrie Byer	NEWMARKET HUSKIES TRACK CLUB	ON	35:10.0
2	Corinne Issel	OCEAN ATHLETICS	BC	37:05.2
3	Myndi Quirion	CALGARY PHOENIX STRIDERS	AB	38:52.6
4	Delilah Topic	OKANAGAN RUNNING CLUB	BC	39:22.6
M40				
1	James Finlayson	PRAIRIE INN HARRIERS RACING	BC	27:35.7
2	Oliver Utting		BC	28:27.3
3	Graeme Wilson		BC	28:45.2
4	Craig Odermatt	PRAIRIE INN HARRIERS RACING	BC	28:52.3
5	Mike Murphy		BC	29:10.5
6	Claude Gilbert	C. A. UNIVERSITE LAVAL	QC	29:25.0
7	Marty Robertson	RUNNING ROOM ATHLETIC CLUB	AB	29:30.0
8	Cormac Hikisch	BULKLEY VALLEY ATHLETICS	BC	30:50.4
9	John Markell		BC	32:00.3
W40				
1	Tina Connelly	PRAIRIE INN HARRIERS RACING	BC	32:38.3
2	Lisa Harvey	CALGARY SPARTANS	AB	33:40.6
M45				
1	Derek Hackshaw	NEWMARKET HUSKIES TRACK CLUB	ON	28:49.2
2	Troy Cox	MUSKOKA ALGONQUIN RUNNERS	ON	29:36.5
3	Bruce Deacon	PRAIRIE INN HARRIERS RACING	BC	29:54.2
4	Alex Coffin	SAINT JOHN TRACK & FIELD	NB	30:28.6
5	Frank Ackermann	MUSKOKA ALGONQUIN RUNNERS	ON	30:30.7
6	Darrin Deforge	RUNNING ROOM ATHLETIC CLUB	AB	30:32.1
7	Shawn Muldrew	RUNNING ROOM ATHLETIC CLUB	AB	30:51.9
8	Hicham Elamiri		BC	31:00.3
9	Bertrand Plouvier		BC	31:36.8
10	Pierre Mikhail	MUSKOKA ALGONQUIN RUNNERS	ON	31:50.7
11	Will McKechnie	VANCOUVER FALCONS ATHLETICS	BC	32:11.7
12	Mikhail Titov	ELITE TRACK & FIELD ACADE	BC	32:54.8
13	Robert Muir	OTTAWA LIONS T.F.C.	ON	33:24.3
W45				
1	Michele Harvey-Blankenshi	RUNNING ROOM ATHLETIC CLUB	AB	35:19.4
2	Veronica Biggar	NEWMARKET HUSKIES TRACK CLUB	ON	36:54.3
3	Nicola Everton	KOOTENAY CHAOS TRACK CLUB	BC	36:59.7
4	Rhonda Clark	CALGARY PHOENIX STRIDERS	AB	37:09.9
5	Jane De Lemos	VANCOUVER FALCONS ATHLETICS	BC	40:05.2

6	Janice Mackinnon		BC	40:22.4
M50				
1	Mark Bennett		BC	30:05.2
2	Geoff Peat	NEWMARKET HUSKIES TRACK CLUB	ON	30:11.1
3	Andrew Tuovinen		BC	30:55.4
4	Daniel Fiorini	NEWMARKET HUSKIES TRACK CLUB	ON	31:02.6
5	Brian Nemethy	PRINCE GEORGE ROAD RUNNER	BC	31:26.8
6	Chris Deighan	NEWMARKET HUSKIES TRACK CLUB	ON	31:28.9
7	Norman Tinkham	GOLDEN EARS ATHLETICS	BC	31:58.6
8	Tom Sawyer	LAUREL CREEK TRACK & FIELD	ON	32:29.7
9	Steven Blostein	PHYSI-KULT KINGSTON	ON	33:13.6
10	Michael Moon	PRAIRIE INN HARRIERS RACING	BC	33:16.8
11	Tim Smith		BC	33:34.3
12	Mark Pinckard		BC	33:45.5
13	Darren Lazaruk		AB	34:45.5
14	Gordon Flett	SEMAHMOO SUNRUNNERS	BC	38:09.4
15	Cliff Jewell	SEMAHMOO SUNRUNNERS	BC	39:18.3
W50				
1	Juliette Christie		BC	36:00.9
2	Claudette Augert	RUNNING ROOM ATHLETIC CLUB	AB	36:10.9
3	Barbara Mercier	CALGARY PHOENIX STRIDERS	AB	36:34.6
4	Donna Dixon	CALGARY PHOENIX STRIDERS	AB	37:21.9
5	Becky Bates	KOOTENAY CHAOS TRACK CLUB	BC	37:32.7
6	Amy Anderson	CALGARY PHOENIX STRIDERS	AB	37:41.8
7	Zita Mulligan	CALGARY PHOENIX STRIDERS	AB	37:52.0
8	Diane Pomerleau	KALENJINS	QC	44:35.1
M55				
1	Jerry Kooymans	TORONTO OLYMPIC CLUB	ON	30:56.1
2	Michael Lax	PRAIRIE INN HARRIERS RACING	BC	32:24.7
3	Gary Duncan	PRAIRIE INN HARRIERS RACING	BC	32:48.7
4	Dave Kary	OTTAWA LIONS T.F.C.	ON	32:58.3
5	Bob McGraw	PHYSI-KULT KINGSTON	ON	32:59.2
6	Paul Reimer		BC	33:58.3
7	Arthur Boileau	WEST VANCOUVER TRACK & FIELD	BC	34:12.0
8	Clive Morgan	PHYSI-KULT KINGSTON	ON	34:24.7
9	Paul Roberts	LONDON RUNNER DISTANCE CLUB	ON	35:25.1
10	Craig Premack		BC	37:16.7
11	Ron Wichmann	CHILLIWACK TRACK & FIELD	BC	37:34.8
12	Mike McGrath	OKANAGAN RUNNING CLUB	BC	38:00.9
13	Doug Henderson	NORWESTERS TRACK & FIELD	BC	38:33.5
W55				
1	Sharisse Kyle	KOOTENAY CHAOS TRACK CLUB	BC	41:34.5
M60				
1	Michael Secker	RUNNING ROOM ATHLETIC CLUB	AB	33:19.6
2	Bill Krezonoski		ON	33:52.5
3	Clifford Russell	RUNNING ROOM ATHLETIC CLUB	AB	35:11.6
4	Francois Martel	FLEUR DE LYS	QC	35:23.7

5	Bruce Wark		BC	35:24.0
6	Reidar Zapf-Gilje	GREYHOUNDS TRACK & FIELD	BC	35:24.0
7	Bob Holmes	RUNNING ROOM ATHLETIC CLUB	AB	35:50.2
8	Rick Woods	SEMIAHMOO SUNRUNNERS	BC	35:58.2
9	Karl Sproll	YELLOW SNOW ATHLETIC CLUB	MB	36:07.6
10	Sheldon Reynolds	YELLOW SNOW ATHLETIC CLUB	MB	37:50.5
11	David Hetherington	LANGLEY MUSTANGS	BC	41:58.1
12	Doug Smith	UNIVERSITY OF TORONTO T.C	ON	44:11.7
W60				
1	Thelma Wright		BC	40:27.4
2	Corinne Krezonoski		ON	42:01.2
M65				
1	Grant Towns	YELLOW SNOW ATHLETIC CLUB	MB	36:19.2
2	Fred Pawluk	KAJAKS TRACK & FIELD CLUB	BC	40:57.9
3	Paul Wood	SEMIAHMOO SUNRUNNERS	BC	41:12.1
4	Murray Hale	NEWMARKET HUSKIES TRACK CLUB	ON	41:24.2
5	Gaetan Breton	SHERBROOKE	QC	44:17.3
M70				
1	Vern Christensen	UNIVERSITY OF TORONTO T.C	ON	42:52.7
W70				
1	Helen Sabourin	SUNSHINE COAST ATHLETICS	BC	49:59.7