

75th Fire Fighters Ten Mile Road Race

Thunder Bay

19/05/2008

Race Scored by Thunder Bay Timing

\*\*\*\*\* FEMALE - COMPLETE AGE-GROUP RESULTS \*\*\*\*\*

(Printed: 14:23:31 19/05/2008)

\*\*\*\*\* 1 - 19 \*\*\*\*\*

Sponsored by - DeeDee Merritt Celebration of Life Awards

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Place	Name	Rank	5 Mile Split Time	5 Mile Split Pace	10 Mile Finish Time	10 Mile Finish Pace
1	Rachael Shaffer	1	35:55	7:11	1:13:08	7:19
2	Sarah Petryna	3	44:39	8:56	1:31:00	9:06
3	Katie Mapledoram	4	44:39	8:56	1:31:00	9:06
4	Amanda Krasniuk	2	43:38	8:44	1:36:05	9:37
5	Megan Upton	6	50:34	10:07	1:43:27	10:21
6	Jody Heerema	5	50:34	10:07	1:43:43	10:23

\*\*\*\*\* 20 - 29 \*\*\*\*\*  
 Sponsored by - Lakehead Athletics Club  
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Place	Name	-- 5 Mile Split --		-- 10 Mile Finish		
		Rank	Time	Pace	Time	Pace
1	Heather Hillsburg	1	31:40	6:20	1:04:45	6:29
2	Jill Stapleton	2	32:28	6:30	1:05:47	6:35
3	Kristen Vidlak	3	34:16	6:52	1:11:05	7:07
4	Melinda Vaillant	4	35:40	7:08	1:12:26	7:15
5	Amanda Campaner	5	37:02	7:25	1:15:38	7:34
6	Lindsay Baraskewic	6	37:13	7:27	1:16:22	7:39
7	Tiffany Nobbs	7	37:39	7:32	1:17:14	7:44
8	Natalie Barriault	8	37:46	7:34	1:17:38	7:46
9	Celeste Pedri	9	39:10	7:50	1:19:46	7:59
10	Laura Bannon	10	39:26	7:54	1:21:32	8:10
11	Amy Leroux	11	39:52	7:59	1:21:56	8:12
12	Jamie Lyn Dicastmir	15	42:22	8:29	1:23:26	8:21
13	Heather Bragnalo	13	40:42	8:09	1:23:29	8:21
14	Sara Craig	12	40:23	8:05	1:23:40	8:22
15	Erin Romick	26	43:37	8:44	1:25:19	8:32
16	Lindsay Tomasevic	16	42:40	8:32	1:26:18	8:38
17	Julie Van Ossenbru	14	41:54	8:23	1:26:26	8:39
18	Katie Murphy	22	43:07	8:38	1:26:29	8:39
19	Robin Clinker	17	42:42	8:33	1:26:30	8:39
20	Janice Garro	21	43:06	8:38	1:27:05	8:43
21	Beth Kuiper	28	43:41	8:45	1:27:40	8:46
22	Stephanie Snelgrov	20	42:56	8:36	1:28:10	8:49
23	Anne Desjardine	30	43:59	8:48	1:28:48	8:53
24	Tiana D'Angelo	19	42:51	8:35	1:29:33	8:58
25	Lesley Moulson	23	43:25	8:41	1:30:28	9:03
26	Eva Schuepbach	25	43:36	8:44	1:30:34	9:04
27	Ashley Basinger	18	42:46	8:34	1:30:41	9:05
28	Nancy Kowalchuk	27	43:40	8:44	1:30:46	9:05
29	Lindsay Bannon	29	43:42	8:45	1:30:48	9:05
30	Carlee Juurakko	24	43:33	8:43	1:30:50	9:05
31	Mary Thibeault	31	44:10	8:50	1:31:30	9:09
32	Sandra Rultan	42	48:11	9:39	1:31:55	9:12
33	Emily Kerton	35	46:26	9:18	1:33:02	9:19
34	Nicole McCart	32	45:23	9:05	1:34:05	9:25
35	Allison Cleland	33	46:10	9:14	1:35:35	9:34
36	Nicole Czackowski	40	48:04	9:37	1:35:36	9:34
37	Jadyn Nosyk	34	46:23	9:17	1:36:14	9:38
38	Natasha Shack	36	47:16	9:28	1:36:34	9:40
39	Rosemarie Bava	38	47:22	9:29	1:37:19	9:44
40	Monica North	37	47:21	9:29	1:37:39	9:46
41	Leigh Potvin	55	51:30	10:18	1:40:08	10:01
42	Krista Graham	54	51:29	10:18	1:40:18	10:02
43	Janelle Syring	44	49:01	9:49	1:40:20	10:02
44	Alanna Augruso	39	47:22	9:29	1:40:39	10:04
45	Laura Davidson	43	48:55	9:47	1:40:45	10:05
46	Anna Rozyc	45	49:23	9:53	1:41:09	10:07
47	Marta Luczak	49	49:50	9:58	1:43:07	10:19
48	Krista Dicastmirro	50	49:51	9:59	1:43:09	10:19
49	Heather Cranston	46	49:38	9:56	1:43:44	10:23
50	Ashley Sandberg	53	50:47	10:10	1:43:47	10:23
51	Jennifer O'Brien	48	49:40	9:56	1:44:49	10:29
52	Leanne Willis	52	50:41	10:09	1:44:58	10:30
53	Vanessa Power	51	50:26	10:06	1:46:52	10:42
54	Suzanne Ventrudo	47	49:39	9:56	1:48:47	10:53
55	Jacqui Czackowski	41	48:05	9:37	1:53:08	11:19
56	Michelle Opaski	58	55:29	11:06	1:53:41	11:23
57	Gabrielle Zawacki	57	55:00	11:00	1:55:02	11:31
58	Heather Sutherland	60	57:07	11:26	1:57:21	11:45
59	Genevieve Riva	56	52:49	10:34	1:57:55	11:48
60	Kayla MacAskill	59	56:45	11:21	2:00:00	12:00
61	Susan Pankuch	61	57:28	11:30	2:01:19	12:08

Place	Name	-- 5 Mile Split --		-- 10 Mile Finish		
		Rank	Time	Pace	Time	Pace
1	Kirsten Addison	1	33:33	6:43	1:07:56	6:48
2	Karen Rosehart	2	33:57	6:48	1:09:12	6:56
3	Becky Puiras	3	34:05	6:49	1:10:44	7:05
4	Amy Abbink	4	36:44	7:21	1:14:27	7:27
5	Christine Vita	5	37:32	7:31	1:15:07	7:31
6	Stephanie Chow	6	38:25	7:41	1:17:08	7:43
7	Emily Hawkins	8	39:19	7:52	1:18:37	7:52
8	Robbi Weldon	7	39:04	7:49	1:20:48	8:05
9	Tricia Kohanski	10	40:13	8:03	1:22:53	8:18
10	Adrienne Fera	11	40:51	8:11	1:23:29	8:21
11	Julijana Prpic	14	41:19	8:16	1:23:32	8:22
12	Karen Murphy	13	41:06	8:14	1:24:44	8:29
13	Michelle McChristi	12	40:58	8:12	1:24:53	8:30
14	Natalie Brown	16	42:36	8:32	1:25:22	8:33
15	Andrea Rhodenizer	9	39:37	7:56	1:25:46	8:35
16	Rodi-Lynn Kinisky	17	42:42	8:33	1:26:32	8:40
17	Irene Pugliese	21	43:12	8:39	1:27:01	8:43
18	Marika Renelli	20	43:11	8:39	1:27:31	8:46
19	Vicky Carlucci	18	42:45	8:33	1:27:48	8:47
20	Rachel Desrochers	15	42:32	8:31	1:27:54	8:48
21	Carrie Vita	19	43:06	8:38	1:28:11	8:50
22	Meinwen Tsui	22	43:41	8:45	1:28:16	8:50
23	Erin Woodbeck	23	44:45	8:57	1:29:46	8:59
24	Jennifer Bell	24	45:59	9:12	1:32:33	9:16
25	Carmela Magbanua	26	46:54	9:23	1:33:20	9:20
26	Yolanda Wanakamik	27	47:02	9:25	1:33:28	9:21
27	Keli Cristofaro	25	46:00	9:12	1:33:32	9:22
28	Christine Taylor	29	47:21	9:29	1:35:23	9:33
29	Genevieve Knäuff	30	48:07	9:38	1:36:10	9:37
30	Melissa Gernat-Mal	28	47:20	9:28	1:37:00	9:42
31	Jodi Martinsen	31	48:09	9:38	1:38:01	9:49
32	Cynthia Cline	34	49:30	9:54	1:39:13	9:56
33	Jodi-Lynn Steele	33	49:18	9:52	1:39:33	9:58
34	Jennifer Oussoren	32	48:13	9:39	1:41:09	10:07
35	Kirsten Maki	38	50:44	10:09	1:42:16	10:14
36	Carina Desramaux	35	49:39	9:56	1:43:46	10:23
37	Mary Favot	36	50:24	10:05	1:44:47	10:29
38	Jennifer Kresack	37	50:26	10:06	1:46:10	10:37
39	Rosie Page	39	50:46	10:10	1:48:26	10:51
40	Heather McKirdy	40	55:17	11:04	1:49:12	10:56

\*\*\*\*\* 35 - 39 \*\*\*\*\*  
 Sponsored by - Roberta Simpson  
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Place	Name	-- 5 Mile Split --		-- 10 Mile Finish		
		Rank	Time	Pace	Time	Pace
1	Katie Koski	1	29:42	5:57	59:40	5:58
2	Sasha Clearwater	2	35:32	7:07	1:13:47	7:23
3	Beth Shipston	4	37:03	7:25	1:14:36	7:28
4	Maureen Page	3	36:46	7:22	1:15:44	7:35
5	Deb Deknock	5	37:10	7:26	1:17:05	7:43
6	Mi-Sook Kim-Vuorin	6	37:40	7:32	1:17:15	7:44
7	Angie Paul	7	37:48	7:34	1:17:19	7:44
8	Kim June Logie	8	38:02	7:37	1:19:25	7:57
9	Nancy Robertson	10	40:07	8:02	1:19:42	7:59
10	Shelley Cryer	11	40:23	8:05	1:20:47	8:05
11	Heather McLean	9	39:04	7:49	1:20:48	8:05
12	Helena Billard	12	40:46	8:10	1:22:27	8:15
13	Richelle Mabee	13	41:10	8:14	1:23:46	8:23
14	Kate Melchiorre	14	41:50	8:22	1:24:56	8:30
15	Cheryl D'Angelo	16	41:59	8:24	1:25:47	8:35
16	Monique Welbourne	15	41:58	8:24	1:26:06	8:37
17	Janice Melchiorre	18	42:52	8:35	1:27:25	8:45
18	Andrea Stach	17	42:32	8:31	1:27:54	8:48
19	Rose Darosa	20	44:19	8:52	1:28:40	8:52
20	Michelle McKitrick	19	43:52	8:47	1:29:09	8:55
21	Michelle Addison	21	45:04	9:01	1:31:56	9:12
22	Michelle Arnold	23	45:36	9:08	1:32:23	9:15
23	Megan Major	22	45:17	9:04	1:33:10	9:19
24	Colleen Laybourne	29	47:15	9:27	1:33:16	9:20
25	Mary-Jean Cormier	31	47:49	9:34	1:34:33	9:28
26	Sam Smith	27	46:54	9:23	1:35:23	9:33
27	Julie Colbourn	30	47:43	9:33	1:36:15	9:38
28	Vikki Tougas	26	46:52	9:23	1:37:01	9:43
29	Stacy Morton	35	49:51	9:59	1:37:43	9:47
30	Raeanne Faykes	28	47:07	9:26	1:37:55	9:48
31	Kerri Bernardi	25	46:51	9:23	1:38:01	9:49
32	Joann Scott	34	49:48	9:58	1:38:55	9:54
33	Lisa Tabor	33	49:07	9:50	1:38:58	9:54
34	Angel Young	24	46:46	9:22	1:39:50	9:59
35	Robin Gould	32	48:41	9:45	1:41:04	10:07
36	Cynthia Hurd	36	50:10	10:02	1:42:31	10:16
37	Diana Madunic	37	50:20	10:04	1:43:34	10:22
38	Melissa Hardy	38	50:40	10:08	1:47:32	10:46
39	Heather Robertson	39	50:46	10:10	1:48:26	10:51
40	Kate Wood	41	53:13	10:39	1:51:07	11:07
41	Joan Robinson	42	53:39	10:44	1:53:51	11:24
42	Gillian Hamilton	40	53:08	10:38	1:54:47	11:29

\*\*\*\*\* 40 - 44 \*\*\*\*\*  
 Sponsored by -  
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Place	Name	-- 5 Mile Split --		-- 10 Mile Finish		
		Rank	Time	Pace	Time	Pace
1	Nicki Wilberforce	1	31:52	6:23	1:04:27	6:27
2	Sharon Komar	3	34:44	6:57	1:10:06	7:01
3	Kathy Harris	2	34:30	6:54	1:10:47	7:05
4	Kim House	4	36:28	7:18	1:14:49	7:29
5	Claudia Tropea	9	38:23	7:41	1:16:33	7:40
6	Karen Miault	6	37:46	7:34	1:17:33	7:46
7	Linda Evans	8	38:11	7:39	1:17:42	7:47
8	Angelina Power	5	37:29	7:30	1:17:55	7:48
9	Betty Annala	7	38:08	7:38	1:18:07	7:49
10	Judy Barton	11	39:38	7:56	1:19:11	7:56
11	Beth Ponka	12	40:07	8:02	1:21:06	8:07
12	Ginette Roy	13	40:10	8:02	1:21:49	8:11
13	Lori Chambers	10	38:52	7:47	1:22:15	8:14
14	Angela Saunders	14	41:29	8:18	1:25:30	8:33
15	Esme French	15	41:37	8:20	1:26:00	8:36
16	Kelly Green	19	42:47	8:34	1:26:15	8:38
17	Lauren Samas	16	41:38	8:20	1:26:20	8:38
18	Fiona Maclean	18	42:39	8:32	1:26:36	8:40
19	Teresa Veneruz	17	41:54	8:23	1:27:19	8:44
20	Christine Sillen	20	43:00	8:36	1:28:04	8:49
21	Patricia Johnson	24	44:12	8:51	1:29:08	8:55
22	Chris O'Shaughness	21	43:02	8:37	1:29:10	8:55
23	Janine Chiasson	28	44:29	8:54	1:29:38	8:58
24	Sharon Lovis	25	44:28	8:54	1:29:41	8:59
25	Laura Zuliani	22	44:00	8:48	1:30:27	9:03
26	Mona Chiasson	26	44:28	8:54	1:30:29	9:03
27	Maureen Adams	27	44:28	8:54	1:31:18	9:08
28	Barb Tabachak	29	44:55	8:59	1:32:33	9:16
29	Ann Zsakai	23	44:11	8:51	1:33:08	9:19
30	Connie Chouinard	31	45:40	9:08	1:33:53	9:24
31	Jaci Cop-Rasmussen	30	45:05	9:01	1:34:27	9:27
32	Christine Gottardo	32	47:44	9:33	1:35:28	9:33
33	Cyndy MacKenzie	35	48:33	9:43	1:36:41	9:41
34	Jeannie Cooper	34	48:09	9:38	1:38:01	9:49
35	Delene Nelson	33	48:09	9:38	1:38:55	9:54
36	Cathy Michaliuk	39	49:24	9:53	1:39:01	9:55
37	Raegan Rocco	37	49:05	9:49	1:39:14	9:56
38	Lisa Hill	38	49:24	9:53	1:41:27	10:09
39	Bev Cooper	40	50:27	10:06	1:41:36	10:10
40	Kim Spivak	36	48:43	9:45	1:41:51	10:12
41	Laura Szturm	41	53:47	10:46	1:48:54	10:54
42	Linda Kuizenga	42	55:00	11:00	1:55:30	11:33
43	Sheena Albanese	43	59:04	11:49	1:57:55	11:48

\*\*\*\*\* 45 - 49 \*\*\*\*\*  
 Sponsored by - Thunder Bay Professional Fire Fighters Association  
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Place	Name	-- 5 Mile Split --		-- 10 Mile Finish		
		Rank	Time	Pace	Time	Pace
1	Cindy Zanni	1	37:20	7:28	1:17:14	7:44
2	Kathie Chezick	2	38:29	7:42	1:17:41	7:47
3	Lori Green	3	38:58	7:48	1:20:26	8:03
4	Jeannette Veneruz	4	39:29	7:54	1:20:55	8:06
5	Joanne Hallarn	5	40:18	8:04	1:22:34	8:16
6	Lori Fox Rossi	7	41:36	8:20	1:23:36	8:22
7	Susan Petryna	6	40:47	8:10	1:24:24	8:27
8	Maria Flicka-Thoma	8	41:52	8:23	1:24:44	8:29
9	Anne Schan	10	42:13	8:27	1:25:52	8:36
10	Kathleen Lynch	9	41:58	8:24	1:26:57	8:42
11	Trudy Tough	11	42:45	8:33	1:27:21	8:45
12	Heather Hyslop	12	43:29	8:42	1:28:52	8:54
13	Heather Neilson-C1	15	46:11	9:15	1:30:29	9:03
14	Nancy Shine	13	44:44	8:57	1:30:33	9:04
15	Marilee Chase	14	45:17	9:04	1:31:43	9:11
16	Sherri Budner	19	47:43	9:33	1:35:41	9:35
17	Janis Hardick	17	46:50	9:22	1:36:16	9:38
18	Noel Heath	20	47:43	9:33	1:36:32	9:40
19	Sandra Freund	18	46:55	9:23	1:38:04	9:49
20	Tracey Baraniuk	16	46:19	9:16	1:38:48	9:53
21	Antonia Vidjen	22	49:07	9:50	1:38:58	9:54
22	Margaret Cameron	33	50:47	10:10	1:40:19	10:02
23	Doris Colosimo	25	49:49	9:58	1:40:59	10:06
24	Laurie Henderson	23	49:09	9:50	1:41:12	10:08
25	Rosa Maselt	26	49:50	9:58	1:41:14	10:08
26	Joanne Atwood	30	50:27	10:06	1:41:30	10:09
27	Tarja Wataja	21	48:29	9:42	1:41:41	10:11
28	Michelle Roberts	28	50:11	10:03	1:41:58	10:12
29	Jane Mayer	27	50:11	10:03	1:42:31	10:16
30	Catherine Arnold	24	49:39	9:56	1:43:46	10:23
31	Carol Dyce	31	50:40	10:08	1:44:53	10:30
32	Rose Bortolon	29	50:25	10:05	1:44:57	10:30
33	Elaine Zeleny	32	50:43	10:09	1:44:57	10:30
34	Terry Martin	34	51:54	10:23	1:47:21	10:45
35	Cindy Reasbeck	36	53:21	10:41	1:49:50	10:59
36	Tracy Garrioch	38	53:48	10:46	1:50:01	11:01
37	Cleo Wolsiffer	37	53:44	10:45	1:50:16	11:02
38	Johane Joncas	35	52:11	10:27	1:51:53	11:12
39	Wendy Kresack	40	55:09	11:02	1:54:04	11:25
40	Wendy Bell				1:54:35	11:28
41	Cheryl Ritchie	39	53:55	10:47	2:11:17	13:08
42	Tracey Chisholm	41	1:01:42	12:21	2:11:19	13:08

\*\*\*\*\* 50 - 54 \*\*\*\*\*  
 Sponsored by - Kim Karioja  
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Place	Name	-- 5 Mile Split --		-- 10 Mile Finish		
		Rank	Time	Pace	Time	Pace
1	Carol Bannon	1	35:17	7:04	1:13:41	7:23
2	Cathy McGuire	2	38:10	7:38	1:17:12	7:44
3	Alison McMullen	4	40:21	8:05	1:22:34	8:16
4	Christine Smith	3	40:17	8:04	1:23:17	8:20
5	Barb McGill	5	40:51	8:11	1:23:30	8:21
6	Deborah Fredericks	6	41:06	8:14	1:24:59	8:30
7	Norine Oda	7	42:03	8:25	1:26:00	8:36
8	Susan McDonald	9	44:06	8:50	1:29:17	8:56
9	Trudi Enstrom	8	43:41	8:45	1:29:20	8:56
10	Rosemary Hartley	11	45:37	9:08	1:31:02	9:07
11	Barb Flegel	12	47:29	9:30	1:33:33	9:22
12	Linda Belleau	10	44:30	8:54	1:34:34	9:28
13	Kate Fraser	13	47:43	9:33	1:36:13	9:38
14	Laurie Barabash	15	48:26	9:42	1:38:50	9:53
15	Colleen Snelgrove	14	48:17	9:40	1:38:53	9:54
16	Janet Chiupka	16	49:08	9:50	1:40:13	10:02
17	Tricia Taylor	17	49:08	9:50	1:41:50	10:11
18	Denise Taylor	19	50:32	10:07	1:44:54	10:30
19	Karen Dahl	18	49:45	9:57	1:46:10	10:37
20	Deb Rosnow	20	52:21	10:29	1:47:33	10:46
21	Cheryl Nisula	22	53:48	10:46	1:49:25	10:57
22	Lavette Woodbeck	23	53:48	10:46	1:50:10	11:01
23	Andrea North	21	52:51	10:35	1:50:31	11:04
24	Janis Nixon	26	54:42	10:57	1:52:43	11:17
25	Jan Polgar	25	54:30	10:54	1:58:15	11:50
26	Sandra Guthrie	24	53:48	10:46	2:03:31	12:22

\*\*\*\*\* 55 - 59 \*\*\*\*\*  
 Sponsored by - Wanson Lumber Co Ltd.  
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Place	Name	-- 5 Mile Split --		-- 10 Mile Finish		
		Rank	Time	Pace	Time	Pace
1	Bev Chambers Franc	1	43:41	8:45	1:29:24	8:57
2	Jackie Otway	2	44:09	8:50	1:29:57	9:00
3	Maureen Ahokas	3	44:42	8:57	1:31:20	9:08
4	Nancy Pye	4	47:02	9:25	1:35:17	9:32
5	Mary Pat Bernoski	5	47:05	9:25	1:36:10	9:37
6	Armagail North-Lin	6	48:10	9:38	1:37:53	9:48
7	Betty Oldale	7	48:15	9:39	1:38:20	9:50
8	Ritva Restall	8	48:42	9:45	1:38:47	9:53
9	Janice Harding	10	51:30	10:18	1:44:39	10:28
10	Mim Budworth	9	49:57	10:00	1:45:46	10:35
11	Nancy Fleming	11	56:54	11:23	1:56:13	11:38
12	Karen Carlucci	12	59:04	11:49	2:03:30	12:21
13	Colleen Tiboni	13	1:01:42	12:21	2:11:16	13:08

\*\*\*\*\* 60 - 69 \*\*\*\*\*  
 Sponsored by - Stride Orthopaedics & Footware  
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Place	Name	-- 5 Mile Split --		-- 10 Mile Finish		
		Rank	Time	Pace	Time	Pace
1	Marlene Pawluk	1	47:47	9:34	1:41:31	10:10
2	Jacqueline Long	2	48:51	9:47	1:41:44	10:11
3	Dee Tuyl	3	50:12	10:03	1:42:57	10:18
4	Jan Inkster	5	52:50	10:34	1:47:46	10:47
5	Margaret Davey	4	52:22	10:29	1:49:50	10:59

\*\*\*\*\* 70 - 99 \*\*\*\*\*  
Sponsored by - Atwood Shaw Labine  
\*\*\*\*\*

Place	Name	Rank	Time	Pace	Time	Pace
1	Jean Lyon	1	56:49	11:22	1:59:16	11:56



75th Fire Fighters Ten Mile Road Race

Thunder Bay  
19/05/2008

Race Scored by Thunder Bay Timing

\*\*\*\*\* MALE - COMPLETE AGE-GROUP RESULTS \*\*\*\*\*  
(Printed: 14:23:31 19/05/2008)

\*\*\*\*\* 1 - 19 \*\*\*\*\*

Sponsored by - Edward Jones - Don Morrison

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Place	Name	Rank	-- 5 Mile Split --		-- 10 Mile Finish	
			Time	Pace	Time	Pace
1	Desire Budigoma	1	26:35	5:19	55:16	5:32
2	Cole Anderson	2	29:33	5:55	1:00:14	6:02
3	Connor MacKenzie	3	31:39	6:20	1:06:42	6:41
4	Jordan Baraniuk	4	33:57	6:48	1:11:02	7:07
5	Neil McCart	5	34:49	6:58	1:12:59	7:18
6	Tyler Fortin	6	38:04	7:37	1:18:42	7:53
7	Joshua Himanen	9	38:42	7:45	1:19:16	7:56
8	Andrew Todd	10	40:49	8:10	1:20:25	8:03
9	Stephen Staikowski	11	40:49	8:10	1:20:26	8:03
10	Collin McMillan	7	38:27	7:42	1:23:14	8:20
11	Aaron Snyder	8	38:41	7:45	1:24:05	8:25
12	Nelson Pasciullo	12	42:52	8:35	1:25:38	8:34
13	Justin McGinnis	13	42:52	8:35	1:25:38	8:34
14	Casey Howard	16	45:06	9:02	1:26:41	8:41
15	James Howells	14	43:39	8:44	1:28:32	8:52
16	Derek Daniher	15	43:43	8:45	1:29:53	9:00
17	Alexander North	18	47:21	9:29	1:32:58	9:18
18	Luke Freund	19	47:24	9:29	1:34:57	9:30
19	Steven Anselmo	17	45:43	9:09	1:40:32	10:04

\*\*\*\*\* 20 - 29 \*\*\*\*\*

Sponsored by - Confederation College Fitness Centre

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Place	Name	Rank	-- 5 Mile Split --		-- 10 Mile Finish	
			Time	Pace	Time	Pace
1	Paul Carr	1	26:15	5:15	54:24	5:27
2	Jonathan Balabuck	2	26:53	5:23	56:54	5:42
3	Antonio Pucci	3	28:10	5:38	57:21	5:45
4	Bryan Brown	6	33:22	6:41	1:06:41	6:41
5	Doug Thiessen	5	33:22	6:41	1:06:58	6:42
6	Jason Wyspianski	10	35:00	7:00	1:09:13	6:56
7	Hilling Ezack	4	33:21	6:41	1:09:39	6:58
8	Bradley Vis	8	34:05	6:49	1:10:57	7:06
9	Matt Hoogsteen	9	34:22	6:53	1:11:30	7:09
10	James McMahan	12	35:34	7:07	1:11:32	7:10
11	Jamie Shippam	13	35:34	7:07	1:11:32	7:10
12	Jeff Martin				1:12:39	7:16
13	Antonio Stefanile	14	35:36	7:08	1:12:56	7:18
14	Kyle McMullen	17	36:12	7:15	1:12:58	7:18
15	Kyle Mathers	11	35:15	7:03	1:13:05	7:19
16	Robert Monchka	15	36:01	7:13	1:13:12	7:20
17	Danny Larose	7	33:35	6:43	1:13:15	7:20
18	Trevor Workman	18	36:35	7:19	1:13:30	7:21
19	Steven Brindley	20	37:24	7:29	1:13:46	7:23
20	Jeff O'Brien	19	36:51	7:23	1:15:27	7:33
21	Jarrett Hay	16	36:11	7:15	1:16:56	7:42
22	Mitchell Green	22	38:48	7:46	1:17:39	7:46
23	Matt Steele	24	39:11	7:51	1:18:30	7:51
24	David Pierce	23	38:49	7:46	1:18:31	7:52
25	Matthew Morden	25	39:21	7:53	1:19:33	7:58
26	Patrick Shewchuk	28	42:06	8:26	1:24:32	8:28
27	Greg Noyes	27	41:30	8:18	1:25:07	8:31
28	Trevor Clinker	26	40:24	8:05	1:25:36	8:34
29	Chris Vanderwees	32	43:37	8:44	1:26:21	8:39
30	Dave George	34	44:56	9:00	1:26:54	8:42
31	Dino Larizza	21	38:16	7:40	1:26:56	8:42
32	Justin Nucci	33	44:48	8:58	1:27:49	8:47
33	Daniel Scocchia	31	43:34	8:43	1:28:37	8:52
34	Matthew Lamarche	30	42:59	8:36	1:31:24	9:09
35	Tyler Gvora	29	42:21	8:29	1:33:52	9:24

\*\*\*\*\* 30 - 34 \*\*\*\*\*  
 Sponsored by - Allard Designs  
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Place	Name	Rank	-- 5 Mile Split --		-- 10 Mile Finish	
			Time	Pace	Time	Pace
1	Eric Hartmark	1	25:24	5:05	51:42	5:11
2	Ryan McDonald	2	30:04	6:01	1:01:40	6:10
3	Sam Shippam	3	31:15	6:15	1:05:14	6:32
4	Steve Leroux	4	34:44	6:57	1:10:19	7:02
5	Dave Pero	6	35:23	7:05	1:11:14	7:08
6	Marcus Good	5	35:15	7:03	1:13:40	7:22
7	Neil McCartney	7	35:30	7:06	1:15:00	7:30
8	Mike Filipowitsch	9	36:48	7:22	1:15:03	7:31
9	Jason Gerry	8	36:43	7:21	1:17:00	7:42
10	Regan Bolduc	15	38:55	7:47	1:17:34	7:46
11	Jeremy Ezack	11	37:41	7:33	1:17:53	7:48
12	John Nackle	10	37:08	7:26	1:18:37	7:52
13	Phil Patterson	12	38:26	7:42	1:19:11	7:56
14	Michael Shafirka	13	38:31	7:43	1:19:50	7:59
15	Jason Pilot	17	40:00	8:00	1:20:41	8:05
16	Rob Towell	16	39:31	7:55	1:20:45	8:05
17	Drew Nissley	20	42:03	8:25	1:23:16	8:20
18	Dan Arvelin	19	41:34	8:19	1:24:26	8:27
19	Darrell Wright	14	38:49	7:46	1:24:30	8:27
20	Philip Major	18	40:24	8:05	1:25:36	8:34
21	Casey Horan	21	43:39	8:44	1:28:16	8:50
22	Joel Biesenthal	23	44:45	8:57	1:28:48	8:53
23	Michael Tracz	22	44:45	8:57	1:29:46	8:59
24	Tony Puddephatt	24	44:47	8:58	1:31:23	9:09
25	Gary Weiss	25	46:01	9:13	1:33:32	9:22
26	Kris Sandberg	26	46:59	9:24	1:36:04	9:37
27	Sylvain Beaulieu	27	50:00	10:00	1:38:07	9:49
28	Terry Copenace	28	52:13	10:27	1:46:27	10:39

\*\*\*\*\* 35 - 39 \*\*\*\*\*  
 Sponsored by - Thunder Bay Testing & Engineering  
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Place	Name	Rank	-- 5 Mile Split --		-- 10 Mile Finish	
			Time	Pace	Time	Pace
1	Claudio Pietrobella	1	30:38	6:08	1:02:28	6:15
2	Frank Carobelli	2	31:18	6:16	1:03:46	6:23
3	Kevin Paradis	3	31:51	6:23	1:03:49	6:23
4	Jamie Knutson	4	32:11	6:27	1:05:45	6:35
5	John Martinsen	5	33:04	6:37	1:08:37	6:52
6	Rodney Puumala	6	33:16	6:40	1:09:23	6:57
7	Dwayne Radbourne	7	34:32	6:55	1:09:54	7:00
8	Angelo Melchiorre	8	35:01	7:01	1:11:07	7:07
9	Russ Johnson	11	35:33	7:07	1:12:11	7:14
10	Tony Donato	10	35:31	7:07	1:12:57	7:18
11	Cliff Paul	9	35:30	7:06	1:13:15	7:20
12	Ian Hamilton	12	35:45	7:09	1:13:26	7:21
13	Michael Maronese	14	37:22	7:29	1:13:31	7:22
14	George Wilson	13	37:10	7:26	1:17:05	7:43
15	Bruce Turk	16	38:06	7:38	1:17:38	7:46
16	Tim Lampi	19	39:13	7:51	1:18:10	7:49
17	Paolo Sanzo	18	38:23	7:41	1:18:25	7:51
18	Andy Meisner	15	37:53	7:35	1:19:06	7:55
19	Eddie Alfieri	20	39:14	7:51	1:19:28	7:57
20	David Bott	17	38:07	7:38	1:19:57	8:00
21	Erik Howells	21	40:58	8:12	1:21:11	8:08
22	James Nyitrai	22	41:47	8:22	1:23:25	8:21
23	Jeff Leduc	24	43:41	8:45	1:25:12	8:32
24	Scott Pound	23	43:37	8:44	1:26:45	8:41
25	Darren Leishman	26	45:29	9:06	1:35:37	9:34
26	Shawn Moughtin	29	47:24	9:29	1:36:07	9:37
27	Bert Hennessey	30	48:07	9:38	1:36:13	9:38
28	Greg Mosa	25	44:21	8:53	1:36:44	9:41
29	Mike Kenney	27	45:30	9:06	1:37:49	9:47
30	Nello Vacchiano	28	46:22	9:17	1:37:57	9:48
31	Chris Ziegler	32	53:46	10:46	1:48:52	10:54
32	Brock Lambert	31	53:07	10:38	1:53:05	11:19

\*\*\*\*\* 40 - 44 \*\*\*\*\*  
 Sponsored by - Fresh Air Experience  
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Place	Name	-- 5 Mile Split --		-- 10 Mile Finish		
		Rank	Time	Pace	Time	Pace
1	Werner Schwar	1	29:28	5:54	1:00:19	6:02
2	Doug Scott	2	30:11	6:03	1:01:42	6:11
3	Ron Maylen	6	33:49	6:46	1:08:07	6:49
4	Stuart Brimmell	5	33:47	6:46	1:08:23	6:51
5	Michael O'Connor	7	33:53	6:47	1:08:26	6:51
6	Byron Maggrah	9	34:10	6:50	1:09:49	6:59
7	Philip Ponka	3	33:32	6:43	1:10:04	7:01
8	Peter Lovis	8	34:03	6:49	1:10:13	7:02
9	John Viitanen	4	33:46	6:46	1:10:15	7:02
10	Darren Smallwood	11	35:14	7:03	1:10:43	7:05
11	Mikel Would	12	35:53	7:11	1:13:25	7:21
12	Ron Dove	10	34:52	6:59	1:13:53	7:24
13	Roberto Bucci	13	36:06	7:14	1:13:59	7:24
14	John Phyllis	14	37:02	7:25	1:14:58	7:30
15	David Villella	15	37:32	7:31	1:15:17	7:32
16	Gary Tabor	18	38:21	7:41	1:17:37	7:46
17	Gregory Stroud	19	38:33	7:43	1:17:51	7:48
18	Marshall Erickson	16	37:45	7:33	1:18:21	7:51
19	Colin McOrmond	26	39:56	8:00	1:18:50	7:53
20	Martin Baryluk	20	38:53	7:47	1:18:54	7:54
21	Michael Mozell	17	37:52	7:35	1:18:59	7:54
22	Stephen Adams	22	39:17	7:52	1:19:08	7:55
23	Peter Himanen	25	39:39	7:56	1:20:21	8:03
24	George Fleming	23	39:21	7:53	1:20:31	8:04
25	Philip Dzuba	24	39:31	7:55	1:21:15	8:08
26	Paul Penna	27	40:30	8:06	1:23:08	8:19
27	Murray Walberg	29	42:23	8:29	1:23:47	8:23
28	David Anthes	21	39:16	7:52	1:24:42	8:29
29	David McCallum	35	45:07	9:02	1:28:15	8:50
30	Rob D'Angelo	31	43:40	8:44	1:28:16	8:50
31	Steve Tanguay	30	43:38	8:44	1:28:20	8:50
32	Shawn Donohue	34	44:58	9:00	1:28:22	8:51
33	Alvin Fiddler	28	41:46	8:22	1:29:02	8:55
34	Allan McKitrick	32	43:52	8:47	1:29:09	8:55
35	Scott Giertuga	37	46:01	9:13	1:31:15	9:08
36	Alan Auld	36	45:59	9:12	1:31:42	9:11
37	Tony Dasilva	33	44:22	8:53	1:32:30	9:15
38	Gord Crawford	38	46:05	9:13	1:40:05	10:01
39	Gary Nicholls	39	49:24	9:53	1:40:06	10:01
40	Domenic Sgueglia	42	53:38	10:44	1:42:36	10:16
41	Pat Szturm	40	49:38	9:56	1:48:54	10:54
42	Martin Griffith	41	51:54	10:23	1:50:53	11:06

\*\*\*\*\* 45 - 49 \*\*\*\*\*  
 Sponsored by - John W. MacDonald Law Office  
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Place	Name	-- 5 Mile Split --		-- 10 Mile Finish		
		Rank	Time	Pace	Time	Pace
1	Jarrow Wahman	1	28:14	5:39	58:08	5:49
2	Jim Keyes	2	30:41	6:09	1:02:28	6:15
3	Bob Shine	3	31:40	6:20	1:05:06	6:31
4	David House	4	31:43	6:21	1:06:04	6:37
5	Stewart Schmidt	5	32:02	6:25	1:06:20	6:38
6	Rory Cava	6	33:52	6:47	1:09:51	7:00
7	Darren Sneve	7	34:38	6:56	1:10:09	7:01
8	Michel Bedard	11	35:27	7:06	1:10:41	7:05
9	Leslie Tabachak	9	34:54	6:59	1:11:10	7:07
10	Franklin Thompson	8	34:53	6:59	1:11:10	7:07
11	Leigh Smith	10	35:01	7:01	1:12:29	7:15
12	Dan Evans	12	35:46	7:10	1:12:54	7:18
13	Tim Gillies	13	36:20	7:16	1:16:39	7:40
14	Jim Vaillant	14	36:53	7:23	1:16:57	7:42
15	Brian Dysievick	16	38:22	7:41	1:16:58	7:42
16	Warren Philp	15	36:58	7:24	1:17:03	7:43
17	Bruce Slater	20	39:29	7:54	1:20:14	8:02
18	Marty Patterson	18	39:23	7:53	1:20:43	8:05
19	Doug Wright	19	39:26	7:54	1:20:54	8:06
20	Rob Roussel	21	39:58	8:00	1:21:37	8:10
21	Toby Start	17	38:24	7:41	1:21:41	8:11
22	Murray Butler	22	40:11	8:03	1:22:45	8:17
23	Edan Corcoran	23	41:01	8:13	1:23:37	8:22
24	Normand Giroux	27	42:15	8:27	1:25:37	8:34
25	Ted Ward	24	41:06	8:14	1:26:43	8:41
26	Bruce Bode	29	42:59	8:36	1:27:34	8:46
27	Kevin Knudson	30	43:08	8:38	1:27:55	8:48
28	Julian Falconer	25	41:46	8:22	1:28:01	8:49
29	Blake Cameron	26	42:14	8:27	1:28:06	8:49
30	Doug Wood	31	43:29	8:42	1:28:09	8:49
31	Les Perrault	28	42:18	8:28	1:28:12	8:50
32	Terry Hill	32	45:15	9:03	1:28:26	8:51
33	Lance McKillop	34	46:40	9:20	1:32:23	9:15
34	Chris Beaucage	33	45:30	9:06	1:35:36	9:34
35	Eric Todd	38	50:24	10:05	1:41:54	10:12
36	James Coady	35	47:59	9:36	1:42:08	10:13
37	Mike Dahlquist	37	49:35	9:55	1:42:20	10:14
38	Ric Stempein	39	51:03	10:13	1:46:16	10:38
39	Jim Gilbert	40	53:28	10:42	1:49:34	10:58
40	Frank Pollari	36	48:15	9:39	2:11:22	13:09

\*\*\*\*\* 50 - 54 \*\*\*\*\*  
 Sponsored by -  
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Place	Name	-- 5 Mile Split --		-- 10 Mile Finish		
		Rank	Time	Pace	Time	Pace
1	Bill Krezonoski	1	30:44	6:09	1:03:05	6:19
2	Jess Koski	2	31:14	6:15	1:03:32	6:22
3	Tom McCulloch	3	31:37	6:20	1:05:41	6:35
4	Brian Boyle	4	32:27	6:30	1:08:21	6:51
5	Stephen Rutledge	6	34:10	6:50	1:10:19	7:02
6	Gordon Ryan	7	34:13	6:51	1:10:50	7:05
7	Bill Mauro	8	35:03	7:01	1:10:52	7:06
8	Ralph Hibbert	11	35:20	7:04	1:12:11	7:14
9	Tom Methot	13	35:30	7:06	1:12:22	7:15
10	Terry O'Shea	12	35:24	7:05	1:13:08	7:19
11	Carmine Felice	9	35:13	7:03	1:13:15	7:20
12	Mark Thibert	16	36:22	7:17	1:13:18	7:20
13	Roy Nisula	17	36:28	7:18	1:14:18	7:26
14	Allan Snelgrove	20	37:09	7:26	1:14:49	7:29
15	Tim Surcess	15	36:21	7:17	1:14:53	7:30
16	Peter Watson	18	36:33	7:19	1:15:03	7:31
17	Dan Ugray	22	37:34	7:31	1:15:18	7:32
18	Paul Portelance	14	36:14	7:15	1:15:26	7:33
19	Henry Panizza	21	37:17	7:28	1:15:36	7:34
20	Peter Navratil	24	38:07	7:38	1:16:00	7:36
21	Michel Aulagnon	19	37:04	7:25	1:16:02	7:37
22	Jim McCart	10	35:14	7:03	1:16:20	7:38
23	Joe McGill	23	38:06	7:38	1:16:41	7:41
24	Mark Campbell	27	38:43	7:45	1:17:59	7:48
25	Louis Bortolon	26	38:33	7:43	1:18:33	7:52
26	Barrie Daigle	25	38:19	7:40	1:20:13	8:02
27	Randy Berg	29	40:06	8:02	1:21:12	8:08
28	Richard Morden	28	39:34	7:55	1:23:48	8:23
29	David Hardick	30	42:39	8:32	1:26:44	8:41
30	Tony Stapley	38	46:01	9:13	1:29:22	8:57
31	Patrick Barabash	32	43:00	8:36	1:29:25	8:57
32	Dave St. Amand	34	43:43	8:45	1:30:06	9:01
33	Jerome Bannon	33	43:42	8:45	1:30:52	9:06
34	Brian Matson	31	42:44	8:33	1:31:24	9:09
35	Harry Meech	36	45:46	9:10	1:32:54	9:18
36	Herbert Daniher	35	44:27	8:54	1:33:26	9:21
37	Gary McDougall	39	46:06	9:14	1:34:26	9:27
38	Ken Allan	37	45:51	9:11	1:35:18	9:32
39	Laurie Pudas	40	46:55	9:23	1:38:04	9:49
40	James Martin	5	34:07	6:50		

\*\*\*\*\* 55 - 59 \*\*\*\*\*

Sponsored by - Stride Othopaedics & Footware

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Place	Name	Rank	-- 5 Mile Split --		-- 10 Mile Finish	
			Time	Pace	Time	Pace
1	Gary Young	1	33:14	6:39	1:09:42	6:59
2	Josef Ehrler	2	35:25	7:05	1:11:32	7:10
3	Eraldo Panizza	6	37:56	7:36	1:16:18	7:38
4	Murray Crane	3	36:55	7:23	1:17:56	7:48
5	Bob Greer	8	38:51	7:47	1:17:57	7:48
6	Carman Carlucci	7	38:08	7:38	1:18:07	7:49
7	Robb Anderson	5	37:44	7:33	1:18:49	7:53
8	Grant Gibson	4	37:26	7:30	1:19:21	7:57
9	Norman Haywood	15	40:11	8:03	1:20:05	8:01
10	Jim Restall	10	39:02	7:49	1:20:36	8:04
11	Jay Woilford	12	39:20	7:52	1:21:25	8:09
12	Claude Wypianski	9	38:53	7:47	1:21:34	8:10
13	Dean McDonald	13	39:25	7:53	1:21:46	8:11
14	David Henderson	14	39:57	8:00	1:22:50	8:17
15	Jay Henderson	11	39:05	7:49	1:23:09	8:19
16	Craig Bullock	17	41:11	8:15	1:25:15	8:32
17	John Young	18	41:28	8:18	1:26:11	8:38
18	Kevin Pates	19	42:51	8:35	1:26:36	8:40
19	Walter Davies	16	40:41	8:09	1:27:46	8:47
20	Gerald Graham	22	43:42	8:45	1:29:41	8:59
21	John Guthrie	23	43:39	8:44	1:29:44	8:59
22	Paul Jasiura	21	43:38	8:44	1:30:05	9:01
23	Gerry Goulet	20	43:24	8:41	1:32:05	9:13
24	Jim Loppacher	24	45:44	9:09	1:32:30	9:15
25	Bill Boswell	25	46:13	9:15	1:33:25	9:21
26	Clyde Tuyl	26	48:31	9:43	1:35:47	9:35
27	Alan Skene	27	49:10	9:50	1:41:35	10:10
28	Noel Smith	28	53:12	10:39	1:51:07	11:07

\*\*\*\*\* 60 - 69 \*\*\*\*\*

Sponsored by - Thunder Bay Metre Eaters

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Place	Name	Rank	-- 5 Mile Split --		-- 10 Mile Finish	
			Time	Pace	Time	Pace
1	Frank Wilson	1	32:14	6:27	1:07:19	6:44
2	Brian Hendrickson	2	33:25	6:41	1:09:05	6:55
3	Brian Berry	3	37:27	7:30	1:15:31	7:34
4	Arnie Nurmi	6	38:50	7:46	1:17:45	7:47
5	John Twigg	5	38:44	7:45	1:18:04	7:49
6	Michael Carter	7	39:16	7:52	1:18:44	7:53
7	Neil Ashton	4	37:54	7:35	1:18:51	7:54
8	Jack Kushnier	10	42:20	8:28	1:24:07	8:25
9	Chris Pyne	9	42:16	8:28	1:25:42	8:35
10	Dan Hatton	8	41:53	8:23	1:26:34	8:40
11	Alex Mintenko	11	42:22	8:29	1:28:24	8:51
12	Herb Bax	12	45:21	9:05	1:32:56	9:18
13	Leo Gregoire	14	46:49	9:22	1:33:17	9:20
14	Don Burton	13	46:43	9:21	1:35:01	9:31
15	Bill Bragg	15	47:25	9:29	1:35:01	9:31
16	David J. Graba	16	47:32	9:31	1:37:13	9:44
17	David Sparks	17	49:06	9:50	1:41:04	10:07
18	Mike St. James	18	51:01	10:13	1:47:35	10:46
19	Roger Lambert	19	53:06	10:38	1:53:05	11:19

\*\*\*\*\* 70 - 99 \*\*\*\*\*

Sponsored by - Daniar's Automatic Transmission

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Place	Name	Rank	-- 5 Mile Split --		-- 10 Mile Finish	
			Time	Pace	Time	Pace
1	Henry Hamilton	1	39:02	7:49	1:20:16	8:02
2	Eric Imperius	2	46:47	9:22	1:35:51	9:36
3	Jim Colosimo	3	49:11	9:51	1:44:48	10:29
4	Ken Moffatt	4	55:56	11:12	1:59:16	11:56