

## WOMEN'S OVERALL

Name	Mile	5 km	10 km	Long	Total	Award	Age Group
Kainulainen, Sue	81.81	81.72	81.74	81.06	326.33	gold	40-49
Bannon, Carol	79.69	83.33	82.08	78.09	323.20	gold	50-59
Zanni, Cindy	77.44	79.32	75.82	76.16	308.75	silver	50-59
Frederickson, Deborah	74.29	77.73	77.17	76.73	305.91	silver	50-59
Bernosky, Mary Pat	76.03	75.10	71.68	73.28	296.09	silver	50-59
McGee, Heidi	74.76	74.03	76.24	71.05	296.08	silver	40-49
Turner, Vi	75.24	74.93	71.45	73.11	294.73	silver	70-79
Tropea, Claudia	71.16	73.13	72.69	72.19	289.17	silver	40-49
House, Kim	65.21	72.38	72.43	71.24	281.26	silver	40-49
Long, Jacqueline	72.65	68.53	70.24	68.62	280.04	silver	60-69
Guthrie, Sandra	71.26	73.45	71.57	60.69	276.98	bronze	50-59
Ostrom Donna	67.09	72.73	72.69	73.00	285.52	silver	40-49
Ponka, Beth	67.12	69.29	65.94	65.17	267.52	bronze	40-49
Billard, Helena	69.53	66.91	63.35	62.18	261.96	bronze	40-49
McKinnon, Trudy	64.36	63.73	63.34	62.50	253.93	bronze	40-49
Chase, Marilee	65.15	62.72	59.84	53.25	240.96	bronze	40-49
Baerg, Sherry	58.18	60.67	54.49	54.88	228.22	certificate	50-59
Scott, JoAnn	54.85	57.02	55.31	53.44	220.62	certificate	30-39
Robinson, Joan	54.55	56.84	54.24	51.50	217.13	certificate	40-49
Martinsen, Jodi	54.94	53.01	52.45	51.01	211.42	certificate	30-39
Carlucci, Karen	51.76	50.99	51.00	50.95	204.69	certificate	50-59
Inkster, Jan	66.03	69.71	67.69	65.78	269.20	bronze	60-69
Spivak, Kim	53.63	51.92	49.69	48.17	203.41	certificate	40-49
Daniher, Carol	50.97	51.53	49.54	49.12	201.15	certificate	50-59
Tiboni, Colleen	50.24	50.58	45.71	50.65	197.17	certificate	50-59
Kresack, Wendy	46.56	43.46	46.26	45.91	182.20	certificate	40-49
Gibson, Colleen	-	57.78	59.33	58.19	175.30	NA	50-59
Beaudry, Linda	-	54.47	52.77	48.43	155.66	NA	40-49

## WOMEN'S AGE GROUP

Name	Mile	5 km	10 km	Long	Total	Award	Age Group
Scott, JoAnn	54.85	57.02	55.31	53.44	220.62	certificate	30-39
Martinsen, Jodi	54.94	53.01	52.45	51.01	211.42	certificate	30-39
Kainulainen, Sue	81.81	81.72	81.74	81.06	326.33	gold	40-49
McGee, Heidi	74.76	74.03	76.24	71.05	296.08	silver	40-49
Tropea, Claudia	71.16	73.13	72.69	72.19	289.17	silver	40-49
Ostrom Donna	67.09	72.73	72.69	73.00	285.52	silver	40-49
House, Kim	65.21	72.38	72.43	71.24	281.26	silver	40-49
Ponka, Beth	67.12	69.29	65.94	65.17	267.52	bronze	40-49
Billard, Helena	69.53	66.91	63.35	62.18	261.96	bronze	40-49
McKinnon, Trudy	64.36	63.73	63.34	62.50	253.93	bronze	40-49
Chase, Marilee	65.15	62.72	59.84	53.25	240.96	bronze	40-49
Robinson, Joan	54.55	56.84	54.24	51.50	217.13	certificate	40-49
Spivak, Kim	53.63	51.92	49.69	48.17	203.41	certificate	40-49
Kresack, Wendy	46.56	43.46	46.26	45.91	182.20	certificate	40-49
Beaudry, Linda	-	54.47	52.77	48.43	155.66	NA	40-49
Bannon, Carol	79.69	83.33	82.08	78.09	323.20	gold	50-59
Zanni, Cindy	77.44	79.32	75.82	76.16	308.75	silver	50-59
Frederickson, Deborah	74.29	77.73	77.17	76.73	305.91	silver	50-59
Bernosky, Mary Pat	76.03	75.10	71.68	73.28	296.09	silver	50-59
Guthrie, Sandra	71.26	73.45	71.57	60.69	276.98	bronze	50-59
Baerg, Sherry	58.18	60.67	54.49	54.88	228.22	certificate	50-59
Carlucci, Karen	51.76	50.99	51.00	50.95	204.69	certificate	50-59
Daniher, Carol	50.97	51.53	49.54	49.12	201.15	certificate	50-59
Tiboni, Colleen	50.24	50.58	45.71	50.65	197.17	certificate	50-59
Gibson, Colleen	-	57.78	59.33	58.19	175.30	NA	50-59
Long, Jacqueline	72.65	68.53	70.24	68.62	280.04	silver	60-69
Inkster, Jan	66.03	69.71	67.69	65.78	269.20	bronze	60-69
Turner, Vi	75.24	74.93	71.45	73.11	294.73	silver	70-79

## MEN'S OVERALL

Name	Mile	5 km	10 km	Long	Total	Award	Age Group
Krezonoski, Bill	82.79	85.16	86.77	85.71	340.44	gold	50-59
Young, Gary	81.19	75.86	83.35	84.71	325.12	gold	50-59
Hamilton, Henry	78.22	81.33	81.06	81.29	321.90	gold	70-79
Hendrickson, Brian	80.95	80.51	81.04	79.26	321.76	gold	60-69
Wilson, Frank	76.55	79.21	81.92	80.84	318.51	silver	60-69
Maronese, Mark	77.76	79.67	79.24	79.23	315.90	silver	30-39
Keyes, Jim	76.59	79.40	80.33	78.26	314.58	silver	40-49
Pietrobelli, Claudio	79.04	76.54	77.01	74.43	307.02	silver	40-49
Naroski, Shaun	73.52	77.91	74.61	74.99	301.02	silver	40-49
Scott, Doug	71.74	73.62	77.85	75.74	298.94	silver	40-49
Smith, Leigh	75.46	75.02	73.52	74.14	298.14	silver	50-59
Vis, Matt	75.23	73.94	73.68	72.35	295.20	silver	10-19
Anderson, Robb	71.89	73.44	72.63	72.15	290.09	silver	60-69
Ehrler, Josef	69.02	73.38	72.76	72.46	287.62	silver	60-69
Guthrie, John	68.00	72.38	71.18	71.50	283.05	silver	50-59
Wyspianski, Claude	70.28	69.46	69.47	67.39	276.60	bronze	50-59
Ugray, Dan	70.37	70.19	69.83	66.03	276.42	bronze	50-59
Tipple, Dan	70.25	69.85	65.56	68.62	274.28	bronze	40-49
Carlucci, Carmen	65.74	65.62	67.62	68.20	267.18	bronze	60-69
Kushnier, Jack	68.71	67.47	65.73	61.11	263.01	bronze	60-69
Slomke, Dan	65.79	66.94	62.22	62.53	257.48	bronze	60-69
Scott, John	65.22	59.82	57.45	53.76	236.25	certificate	40-49
Young, John	54.80	60.69	59.45	58.31	233.27	certificate	60-69
Smith, Gary	59.94	56.49	55.11	52.61	224.15	certificate	60-69
Ponka, Philip	-	73.47	70.73	70.89	215.09	NA	40-49
Daniher, Herb	53.00	52.00	51.78	47.28	204.06	certificate	50-59
Wedgerfield, Jason	48.91	51.68	48.08	49.66	198.34	certificate	30-39
Pyne, Chris	-	63.03	64.56	65.38	192.97	NA	60-69
Thompson, Trent	-	54.20	56.76	55.48	166.44	NA	30-39

## MENS' AGE GROUP

Name	Mile	5 km	10 km	Long	Total	Award	Age Group
Vis, Matt	75.23	73.94	73.68	72.35	295.20	silver	10-19
Maronese, Mark	77.76	79.67	79.24	79.23	315.90	silver	30-39
Wedgerfield, Jason	48.91	51.68	48.08	49.66	198.34	certificate	30-39
Thompson, Trent	-	54.20	56.76	55.48	166.44	NA	30-39
Keyes, Jim	76.59	79.40	80.33	78.26	314.58	silver	40-49
Pietrobelli, Claudio	79.04	76.54	77.01	74.43	307.02	silver	40-49
Naroski, Shaun	73.52	77.91	74.61	74.99	301.02	silver	40-49
Scott, Doug	71.74	73.62	77.85	75.74	298.94	silver	40-49
Tipple, Dan	70.25	69.85	65.56	68.62	274.28	bronze	40-49
Scott, John	65.22	59.82	57.45	53.76	236.25	certificate	40-49
Ponka, Philip	-	73.47	70.73	70.89	215.09	NA	40-49
Krezonoski, Bill	82.79	85.16	86.77	85.71	340.44	gold	50-59
Young, Gary	81.19	75.86	83.35	84.71	325.12	gold	50-59
Smith, Leigh	75.46	75.02	73.52	74.14	298.14	silver	50-59
Guthrie, John	68.00	72.38	71.18	71.50	283.05	silver	50-59
Wyspianski, Claude	70.28	69.46	69.47	67.39	276.60	bronze	50-59
Ugray, Dan	70.37	70.19	69.83	66.03	276.42	bronze	50-59
Daniher, Herb	53.00	52.00	51.78	47.28	204.06	certificate	50-59
Hendrickson, Brian	80.95	80.51	81.04	79.26	321.76	gold	60-69
Wilson, Frank	76.55	79.21	81.92	80.84	318.51	silver	60-69
Anderson, Robb	71.89	73.44	72.63	72.15	290.09	silver	60-69
Ehrler, Josef	69.02	73.38	72.76	72.46	287.62	silver	60-69
Carlucci, Carmen	65.74	65.62	67.62	68.20	267.18	bronze	60-69
Kushnier, Jack	68.71	67.47	65.73	61.11	263.01	bronze	60-69
Slomke, Dan	65.79	66.94	62.22	62.53	257.48	bronze	60-69
Young, John	54.80	60.69	59.45	58.31	233.27	certificate	60-69
Smith, Gary	59.94	56.49	55.11	52.61	224.15	certificate	60-69
Pyne, Chris	-	63.03	64.56	65.38	192.97	NA	60-69
Hamilton, Henry	78.22	81.33	81.06	81.29	321.90	gold	70-79