

Chip Times With Five-Mile Splits By Male Age-Class

Males Under 20

Sponsored by - Edward Jones - Don Morrison

Record - 49:13 Bill Britton 1973

| <u>PLACE</u> | <u>NAME</u> | <u>BIB</u> | <u>5 MILE</u> | | <u>10 MILE</u> | |
|--------------|---------------------------|------------|---------------|-------------|----------------|-------------|
| | | <u>NO.</u> | <u>Time</u> | <u>Pace</u> | <u>Time</u> | <u>Pace</u> |
| 1 | Matthew Nordlund | 302 | 34:20.85 | 6:53 | 1:09:17.25 | 6:56 |
| 2 | Adam Walser | 486 | 34:22.65 | 6:53 | 1:09:42.95 | 6:59 |
| 3 | Matt Vis | 543 | 33:42.55 | 6:45 | 1:11:05.05 | 7:07 |
| 4 | Chris Tomlinson, Marathon | 221 | 34:51.10 | 6:59 | 1:11:18.25 | 7:08 |
| 5 | Kai Iwasa | 902 | 39:24.75 | 7:53 | 1:16:21.80 | 7:39 |
| 6 | Chandler Gresch | 372 | 36:50.65 | 7:23 | 1:17:33.60 | 7:46 |
| 7 | Thomas Rusyn | 785 | 41:29.00 | 8:18 | 1:21:46.90 | 8:11 |
| 8 | Nolan Nicholas | 619 | 39:21.70 | 7:53 | 1:22:53.55 | 8:18 |
| 9 | Alex Dzuba | 817 | 42:18.45 | 8:28 | 1:28:30.15 | 8:52 |
| 10 | Jordan Boulay, Geraldton | 177 | 43:50.25 | 8:47 | 1:29:09.90 | 8:55 |
| 11 | Tanner Allen | 789 | 42:43.20 | 8:33 | 1:31:56.25 | 9:12 |

Males 20 to 24

Sponsored by - Confederation College Fitness Centre

Record - 50:23 Mike Ivancic 1986

| <u>PLACE</u> | <u>NAME</u> | <u>BIB</u> | <u>5 MILE</u> | | <u>10 MILE</u> | |
|--------------|------------------------------|------------|---------------|-------------|----------------|-------------|
| | | <u>NO.</u> | <u>Time</u> | <u>Pace</u> | <u>Time</u> | <u>Pace</u> |
| 1 | Corey Gallagher, Winnipeg MB | 676 | 27:29.40 | 5:30 | 55:26.10 | 5:33 |
| 2 | Calvary Dejong, Winnipeg MB | 868 | 29:17.35 | 5:52 | 58:08.70 | 5:49 |
| 3 | Dustin Moore | 629 | 29:21.10 | 5:53 | 1:00:11.35 | 6:02 |
| 4 | Bryan Shanks | 829 | 29:31.80 | 5:55 | 1:00:54.90 | 6:06 |
| 5 | Gus Daniar | 242 | 36:55.80 | 7:24 | 1:13:01.55 | 7:19 |
| 6 | Alexander North | 134 | 37:14.90 | 7:27 | 1:13:26.80 | 7:21 |
| 7 | Jamie Funk | 325 | 37:34.50 | 7:31 | 1:16:40.10 | 7:41 |
| 8 | Roy Belluz Murillo | 201 | 37:25.60 | 7:30 | 1:17:34.50 | 7:46 |
| 9 | Calum Davies | 592 | 38:28.75 | 7:42 | 1:18:10.50 | 7:50 |
| 10 | Ben Kuzmich | 896 | 38:59.15 | 7:48 | 1:18:13.90 | 7:50 |
| 11 | Brad Olsen | 504 | 40:06.70 | 8:02 | 1:18:22.05 | 7:51 |
| 12 | Eric Breukelman | 539 | 40:47.30 | 8:10 | 1:19:20.00 | 7:56 |
| 13 | Matthew Schoales | 815 | 42:09.90 | 8:26 | 1:19:36.35 | 7:58 |
| 14 | Derek Allan | 322 | 40:52.20 | 8:11 | 1:21:31.65 | 8:10 |
| 15 | Kenny Galloway | 183 | 39:55.65 | 8:00 | 1:21:49.65 | 8:11 |
| 16 | Jarrett Hay | 721 | 39:51.90 | 7:59 | 1:22:19.80 | 8:14 |
| 17 | Robert Beck | 880 | 41:19.20 | 8:16 | 1:23:28.55 | 8:21 |
| 18 | Andrew Hamilton | 661 | 42:31.65 | 8:31 | 1:24:36.25 | 8:28 |
| 19 | Joseph Beg | 681 | 44:25.95 | 8:54 | 1:32:43.40 | 9:17 |
| 20 | Dan Blekkenhorst | 111 | 52:25.05 | 10:30 | 1:42:50.00 | 10:17 |
| 21 | Marc Carruthers | 187 | 49:54.75 | 9:59 | 1:45:49.15 | 10:35 |
| 22 | Derek Daniher | 759 | 54:27.60 | 10:54 | 1:57:23.60 | 11:45 |

Males 25 to 29

Sponsored by - Natural Health & Chiropractic
Record - 47:09 Pekka Paivarinta - Finland 1975

| <u>PLACE</u> | <u>NAME</u> | <u>BIB NO.</u> | <u>5 MILE</u> | | <u>10 MILE</u> | |
|--------------|-----------------------------|----------------|---------------|-------------|----------------|-------------|
| | | | <u>Time</u> | <u>Pace</u> | <u>Time</u> | <u>Pace</u> |
| 1 | Gilbert Kiptoo Ziwa, Kenya | 1 | 24:43.05 | 4:57 | 50:54.20 | 5:06 |
| 2 | Jhon Quispe Sanchez, Milton | 732 | 25:48.80 | 5:10 | 52:17.90 | 5:14 |
| 3 | Antonio Pucci | 772 | 28:01.15 | 5:37 | 56:01.50 | 5:37 |
| 4 | Trevor Zimak | 613 | 29:18.05 | 5:52 | 59:16.10 | 5:56 |
| 5 | Andrew Koscielniak | 146 | 30:19.15 | 6:04 | 1:01:30.60 | 6:10 |
| 6 | Christopher Morden | 697 | 31:37.55 | 6:20 | 1:04:10.80 | 6:26 |
| 7 | Danny Larose, Geraldton | 165 | 32:04.90 | 6:25 | 1:05:30.45 | 6:34 |
| 8 | Greg Wilson | 632 | 32:08.30 | 6:26 | 1:06:56.65 | 6:42 |
| 9 | Bryan Brown, Duluth MN | 738 | 33:44.90 | 6:45 | 1:08:50.50 | 6:54 |
| 10 | Matthew Agar | 649 | 33:50.60 | 6:47 | 1:09:39.90 | 6:58 |
| 11 | Paul Hemsworth | 851 | 35:32.35 | 7:07 | 1:11:06.35 | 7:07 |
| 12 | Ryan Kelly | 547 | 37:45.65 | 7:34 | 1:16:00.65 | 7:37 |
| 13 | Terry Bortolin | 170 | 37:29.95 | 7:30 | 1:17:54.75 | 7:48 |
| 14 | Benjamin Urbanski | 840 | 40:23.70 | 8:05 | 1:18:09.05 | 7:49 |
| 15 | Robert Jankovic | 808 | 40:05.15 | 8:02 | 1:20:59.55 | 8:06 |
| 16 | Drew Allan | 313 | 40:52.95 | 8:11 | 1:21:18.55 | 8:08 |
| 17 | Rick Ricard, Fort Frances | 865 | 41:33.90 | 8:19 | 1:23:16.35 | 8:20 |
| 18 | Ryan Caron | 331 | 39:24.60 | 7:53 | 1:24:11.75 | 8:26 |
| 19 | Adam Trochimchuk | 274 | 42:30.55 | 8:31 | 1:24:52.25 | 8:30 |
| 20 | James Kennedy, Longlac | 796 | 40:57.05 | 8:12 | 1:27:41.45 | 8:47 |
| 21 | Kieran McCann | 346 | 41:33.00 | 8:19 | 1:28:20.80 | 8:51 |
| 22 | Chad Morrison | 706 | 38:11.05 | 7:39 | 1:28:21.25 | 8:51 |
| 23 | Michael Ferguson | 374 | 43:07.60 | 8:38 | 1:31:18.75 | 9:08 |
| 24 | John Paterson | 210 | 47:23.65 | 9:29 | 1:32:43.30 | 9:17 |
| 25 | Christopher Spina | 714 | 47:58.35 | 9:36 | 1:32:56.55 | 9:18 |
| 26 | Joel Carruthers, Calgary AB | 186 | 48:23.05 | 9:41 | 1:35:05.95 | 9:31 |
| 27 | Jason Rasevych, Longlac | 640 | 48:38.10 | 9:44 | 1:43:20.40 | 10:21 |
| 28 | Neal Thorvaldson | 807 | 49:49.65 | 9:58 | 1:45:47.40 | 10:35 |
| 29 | Trevor Workman | 634 | 54:07.45 | 10:50 | 1:46:58.90 | 10:42 |
| 30 | Chris Koza | 878 | 51:39.05 | 10:20 | 1:47:19.05 | 10:44 |
| 31 | Eric Bron | 652 | 54:27.55 | 10:54 | 1:47:30.75 | 10:46 |
| 32 | Izac Rajkumar | 753 | 54:20.10 | 10:53 | 1:47:47.85 | 10:47 |

Male 30 to 34

Sponsored by - Allard Designs
Record - 50:28 Jukka Vaha Vehe - Finland 1997

| <u>PLACE</u> | <u>NAME</u> | <u>BIB NO.</u> | <u>5 MILE</u> | | <u>10 MILE</u> | |
|--------------|-----------------------------------|----------------|---------------|-------------|----------------|-------------|
| | | | <u>Time</u> | <u>Pace</u> | <u>Time</u> | <u>Pace</u> |
| 1 | Phillip Kipchumba, Eldoret, Kenya | 2 | 25:16.25 | 5:04 | 51:19.65 | 5:08 |
| 2 | Jonathan Balabuck | 3 | 27:41.45 | 5:33 | 55:03.05 | 5:31 |
| 3 | Mark Maronese | 5 | 27:59.65 | 5:36 | 55:37.40 | 5:34 |
| 4 | Doug Thiessen | 133 | 29:18.35 | 5:52 | 59:48.85 | 5:59 |
| 5 | Scott Wiebe | 717 | 30:25.40 | 6:06 | 1:02:29.35 | 6:15 |
| 6 | Ryan Hupka, Plymouth MN | 238 | 32:04.40 | 6:25 | 1:04:11.90 | 6:26 |
| 7 | Michael Maronese | 217 | 32:47.55 | 6:34 | 1:05:09.20 | 6:31 |
| 8 | Jamie Shippam | 491 | 32:36.90 | 6:32 | 1:05:27.00 | 6:33 |
| 9 | Joel Gerry | 812 | 32:26.90 | 6:30 | 1:05:53.10 | 6:36 |
| 10 | Chris Fralick | 583 | 34:00.10 | 6:49 | 1:06:12.45 | 6:38 |
| 11 | John Power | 720 | 33:38.60 | 6:44 | 1:07:26.20 | 6:45 |
| 12 | Phil Brown | 693 | 34:11.00 | 6:51 | 1:07:29.90 | 6:45 |
| 13 | Marko Ahokas | 889 | 34:46.55 | 6:58 | 1:08:47.20 | 6:53 |
| 14 | Brian Black, Hermantown MN | 171 | 34:09.55 | 6:50 | 1:09:09.65 | 6:55 |
| 15 | Greg Lowan | 316 | 32:57.40 | 6:36 | 1:09:24.45 | 6:57 |
| 16 | Rejean Gareau | 699 | 36:49.45 | 7:22 | 1:11:51.40 | 7:12 |

| | | | | | | |
|----|------------------|-----|----------|-------|------------|-------|
| 17 | Jason Wyspianski | 898 | 36:26.60 | 7:18 | 1:14:31.55 | 7:28 |
| 18 | Jason Dewar | 542 | 39:35.70 | 7:56 | 1:17:11.80 | 7:44 |
| 19 | Ken Ritson | 624 | 38:13.20 | 7:39 | 1:17:23.45 | 7:45 |
| 20 | Colin Sangster | 908 | 37:36.35 | 7:32 | 1:18:11.65 | 7:50 |
| 21 | Rupert Klein | 223 | 38:34.85 | 7:43 | 1:18:40.05 | 7:53 |
| 22 | Tyler Pucci | 318 | 40:48.40 | 8:10 | 1:18:44.10 | 7:53 |
| 23 | Matthew Morden | 663 | 37:38.50 | 7:32 | 1:18:56.45 | 7:54 |
| 24 | Rob Towell | 729 | 39:36.85 | 7:56 | 1:19:05.80 | 7:55 |
| 25 | Michael Shafirka | 154 | 40:54.55 | 8:11 | 1:20:00.25 | 8:01 |
| 26 | Patrick Shewchuk | 835 | 41:40.00 | 8:20 | 1:20:49.00 | 8:05 |
| 27 | Greg Larizza | 847 | 41:11.90 | 8:15 | 1:21:08.50 | 8:07 |
| 28 | Tyler Williamson | 598 | 41:45.35 | 8:22 | 1:22:01.55 | 8:13 |
| 29 | Michael Christie | 879 | 43:40.60 | 8:45 | 1:22:10.30 | 8:14 |
| 30 | Daniel Kaukinen | 736 | 40:34.50 | 8:07 | 1:22:12.05 | 8:14 |
| 31 | Joel Biesenthal | 779 | 42:07.50 | 8:26 | 1:22:50.20 | 8:18 |
| 32 | Paul Miksic | 399 | 40:01.20 | 8:01 | 1:23:21.40 | 8:21 |
| 33 | Gavin Nelson | 673 | 40:24.40 | 8:05 | 1:24:02.00 | 8:25 |
| 34 | Ryan Arthur | 856 | 42:42.75 | 8:33 | 1:24:41.15 | 8:29 |
| 35 | Tyler Dennis | 312 | 42:12.40 | 8:27 | 1:26:07.90 | 8:37 |
| 36 | Nick Nisula | 884 | 42:53.30 | 8:35 | 1:26:09.90 | 8:37 |
| 37 | Derek Anttila | 844 | 42:39.40 | 8:32 | 1:26:20.10 | 8:39 |
| 38 | Derek Hayden | 387 | 43:06.25 | 8:38 | 1:27:23.05 | 8:45 |
| 39 | Frank Lombardo | 193 | 45:15.55 | 9:04 | 1:31:26.75 | 9:09 |
| 40 | John Paterson | 617 | 45:52.60 | 9:11 | 1:33:25.15 | 9:21 |
| 41 | James Davis | 230 | 49:57.70 | 10:00 | 1:40:21.60 | 10:03 |
| 42 | Ryan Love | 801 | 49:22.15 | 9:53 | 1:44:13.15 | 10:26 |
| 43 | Kris Sandberg | 594 | 52:34.85 | 10:31 | 1:49:20.10 | 10:57 |

Male 35 to 39

Sponsored by - Rick Stempein

Record - 50:59 Bill Krezonoski 1989

| <u>PLACE</u> | <u>NAME</u> | <u>BIB NO.</u> | <u>5 MILE</u> | | <u>10 MILE</u> | |
|--------------|-----------------------------|----------------|---------------|-------------|----------------|-------------|
| | | | <u>Time</u> | <u>Pace</u> | <u>Time</u> | <u>Pace</u> |
| 1 | Ryan McDonald | 205 | 28:51.35 | 5:47 | 58:53.35 | 5:54 |
| 2 | Daniel Horihan, Timmins | 715 | 30:17.35 | 6:04 | 1:00:58.25 | 6:06 |
| 3 | Mehmet Danis, Toronto | 228 | 30:41.55 | 6:09 | 1:01:25.20 | 6:09 |
| 4 | David Koivuranta, Toronto | 167 | 30:22.95 | 6:05 | 1:01:43.00 | 6:11 |
| 5 | Ramon Verardo | 612 | 30:30.15 | 6:07 | 1:01:55.85 | 6:12 |
| 6 | Tony Rupnik, St. Catharines | 262 | 33:28.60 | 6:42 | 1:07:26.25 | 6:45 |
| 7 | Stephen Cameron | 299 | 34:05.40 | 6:50 | 1:09:02.35 | 6:55 |
| 8 | Larry Baxter | 883 | 34:15.85 | 6:52 | 1:09:13.80 | 6:56 |
| 9 | Tony Donato | 816 | 34:29.70 | 6:54 | 1:11:08.35 | 7:07 |
| 10 | Jay Wright | 751 | 35:15.70 | 7:04 | 1:11:36.65 | 7:10 |
| 11 | Robert Wilson | 469 | 36:01.85 | 7:13 | 1:12:44.70 | 7:17 |
| 12 | Jason Dulude | 265 | 35:32.40 | 7:07 | 1:12:50.50 | 7:18 |
| 13 | Rob Morris | 112 | 37:04.30 | 7:25 | 1:13:30.55 | 7:22 |
| 14 | Anthony Rizzo | 323 | 38:18.70 | 7:40 | 1:15:22.35 | 7:33 |
| 15 | Neil McCartney | 770 | 37:41.85 | 7:33 | 1:16:24.00 | 7:39 |
| 16 | Erik Hongisto | 502 | 39:53.70 | 7:59 | 1:18:05.75 | 7:49 |
| 17 | Denis Charlebois | 541 | 39:14.45 | 7:51 | 1:18:17.30 | 7:50 |
| 18 | John Hayes | 110 | 40:47.65 | 8:10 | 1:18:31.55 | 7:52 |
| 19 | Mike Carlucci | 412 | 39:15.30 | 7:52 | 1:21:00.70 | 8:07 |
| 20 | Andrew Johnstone | 826 | 39:17.60 | 7:52 | 1:21:21.05 | 8:09 |
| 21 | Blair Alton | 577 | 40:59.30 | 8:12 | 1:21:45.00 | 8:11 |
| 22 | Ty Alderdice | 163 | 40:51.90 | 8:11 | 1:22:42.60 | 8:17 |
| 23 | Jarret Anderson | 899 | 41:34.95 | 8:19 | 1:23:33.55 | 8:22 |
| 24 | Jody Loos | 881 | 42:53.35 | 8:35 | 1:23:55.60 | 8:24 |
| 25 | Philip Major | 403 | 41:59.20 | 8:24 | 1:24:21.60 | 8:27 |
| 26 | Brock Lambert | 516 | 42:12.95 | 8:27 | 1:25:38.55 | 8:34 |

| | | | | | | |
|----|--------------------------|-----|----------|-------|------------|-------|
| 27 | Aaron MacDonell | 712 | 42:48.40 | 8:34 | 1:26:01.55 | 8:37 |
| 28 | Kurt Breitsprecher | 623 | 43:42.45 | 8:45 | 1:27:03.05 | 8:43 |
| 29 | Dave Sacino | 518 | 44:14.60 | 8:51 | 1:28:05.90 | 8:49 |
| 30 | Keith Arvelin | 873 | 42:15.60 | 8:28 | 1:29:19.70 | 8:56 |
| 31 | Darryl Fawcett | 599 | 41:05.40 | 8:14 | 1:30:31.95 | 9:04 |
| 32 | Chris Sokoloski | 845 | 46:55.35 | 9:24 | 1:31:58.45 | 9:12 |
| 33 | Brian Newman | 718 | 42:37.65 | 8:32 | 1:32:31.00 | 9:16 |
| 34 | Andrew Hotrum | 866 | 43:25.15 | 8:42 | 1:32:35.10 | 9:16 |
| 35 | Gary Weiss | 665 | 49:56.65 | 10:00 | 1:34:42.00 | 9:29 |
| 36 | Richard MacKenzie | 587 | 49:05.05 | 9:50 | 1:37:49.60 | 9:47 |
| 37 | Jason Michano, Pic River | 343 | 56:33.30 | 11:19 | 2:01:46.75 | 12:11 |

Male 40 to 44

Sponsored by - Fresh Air Experience

Record - 52:40 Jess Koski - Duluth 1995

| <u>PLACE</u> | <u>NAME</u> | <u>BIB NO.</u> | <u>5 MILE</u> | | <u>10 MILE</u> | |
|--------------|--------------------------------|----------------|---------------|-------------|----------------|-------------|
| | | | <u>Time</u> | <u>Pace</u> | <u>Time</u> | <u>Pace</u> |
| 1 | Claudio Pietrobelli | 888 | 30:30.35 | 6:07 | 1:01:48.65 | 6:11 |
| 2 | Werner Schwar | 586 | 30:37.05 | 6:08 | 1:02:07.55 | 6:13 |
| 3 | John Martinsen | 500 | 30:13.05 | 6:03 | 1:03:03.40 | 6:19 |
| 4 | Philip Ponka | 628 | 32:16.00 | 6:28 | 1:05:15.95 | 6:32 |
| 5 | Kevin Paradis, Kakabeka Falls | 674 | 33:26.30 | 6:42 | 1:07:24.10 | 6:45 |
| 6 | Russell Pete Clark | 303 | 32:55.25 | 6:36 | 1:07:56.10 | 6:48 |
| 7 | Darryl Blazino | 689 | 34:30.95 | 6:55 | 1:08:19.65 | 6:50 |
| 8 | John Hawkins | 654 | 33:56.25 | 6:48 | 1:08:38.05 | 6:52 |
| 9 | Fergus Beattie, Kakabeka Falls | 256 | 33:30.70 | 6:43 | 1:09:00.80 | 6:55 |
| 10 | Angelo Melchiorre | 595 | 34:29.40 | 6:54 | 1:09:10.20 | 6:56 |
| 11 | Ian Hamilton | 501 | 34:25.70 | 6:54 | 1:09:25.70 | 6:57 |
| 12 | Rodney Puumala | 514 | 34:25.60 | 6:54 | 1:10:42.05 | 7:05 |
| 13 | Franco Donato | 596 | 34:12.10 | 6:51 | 1:11:03.60 | 7:07 |
| 14 | David Smith | 860 | 36:14.25 | 7:15 | 1:11:28.40 | 7:09 |
| 15 | Todd Randall | 645 | 36:29.60 | 7:18 | 1:11:32.50 | 7:10 |
| 16 | Ashkan Mokhtari | 293 | 35:54.45 | 7:11 | 1:13:02.90 | 7:19 |
| 17 | Bill Poulter | 280 | 37:02.45 | 7:25 | 1:13:24.25 | 7:21 |
| 18 | Carlo Sunila | 647 | 38:07.75 | 7:38 | 1:14:25.75 | 7:27 |
| 19 | Darren Smallwood | 497 | 38:05.65 | 7:38 | 1:15:25.60 | 7:33 |
| 20 | Tim Lampi | 104 | 39:36.10 | 7:56 | 1:16:27.20 | 7:39 |
| 21 | Murray Walberg | 707 | 38:45.15 | 7:46 | 1:16:36.55 | 7:40 |
| 22 | Don Grant | 556 | 36:56.15 | 7:24 | 1:16:40.40 | 7:41 |
| 23 | Kevin Kortez-Miller | 319 | 37:59.05 | 7:36 | 1:16:54.00 | 7:42 |
| 24 | Stephen Adams | 308 | 38:43.75 | 7:45 | 1:18:20.85 | 7:51 |
| 25 | David Pineau | 294 | 40:25.10 | 8:06 | 1:18:42.45 | 7:53 |
| 26 | Darrin Nicholas | 618 | 38:25.75 | 7:42 | 1:19:05.00 | 7:55 |
| 27 | Chris Hynnes | 886 | 39:37.00 | 7:56 | 1:19:36.85 | 7:58 |
| 28 | Tony Ruberto | 546 | 40:07.85 | 8:02 | 1:19:55.90 | 8:00 |
| 29 | Sid Lem | 533 | 39:51.55 | 7:59 | 1:20:06.95 | 8:01 |
| 30 | Rob Hicklin | 159 | 40:05.80 | 8:02 | 1:20:54.95 | 8:06 |
| 31 | Scott Pound | 258 | 43:41.45 | 8:45 | 1:22:05.45 | 8:13 |
| 32 | Milos Sepa | 882 | 39:35.90 | 7:56 | 1:22:14.30 | 8:14 |
| 33 | Michael Gilmour, Winnipeg MB | 268 | 40:27.20 | 8:06 | 1:22:33.10 | 8:16 |
| 34 | George Wilson | 858 | 43:41.25 | 8:45 | 1:23:12.75 | 8:20 |
| 35 | Robert Poulter | 278 | 40:56.75 | 8:12 | 1:23:41.20 | 8:23 |
| 36 | Ray Foster | 636 | 43:04.80 | 8:37 | 1:23:43.40 | 8:23 |
| 37 | Jim Puhalski | 540 | 40:43.15 | 8:09 | 1:23:43.85 | 8:23 |
| 38 | Malcolm Sutherland | 667 | 42:04.80 | 8:25 | 1:24:01.35 | 8:25 |
| 39 | Patrick Morash | 695 | 41:51.90 | 8:23 | 1:24:13.95 | 8:26 |
| 40 | Brian White | 199 | 39:20.00 | 7:52 | 1:24:22.20 | 8:27 |
| 41 | Peter Rasevych | 203 | 41:24.35 | 8:17 | 1:25:07.45 | 8:31 |
| 42 | David Vester | 382 | 43:17.95 | 8:40 | 1:25:24.60 | 8:33 |

| | | | | | | |
|----|-------------------|-----|----------|-------|------------|-------|
| 43 | Roger Gagne | 123 | 42:37.80 | 8:32 | 1:25:31.90 | 8:34 |
| 44 | Tony Dasilva | 537 | 42:10.95 | 8:27 | 1:25:57.15 | 8:36 |
| 45 | Dennis Molnar | 130 | 37:22.45 | 7:29 | 1:25:57.85 | 8:36 |
| 46 | Bob Jesperson | 756 | 43:05.35 | 8:38 | 1:27:13.10 | 8:44 |
| 47 | Gary Tabor | 419 | 43:55.35 | 8:48 | 1:27:41.25 | 8:47 |
| 48 | Blaine Hill | 698 | 43:05.35 | 8:38 | 1:28:23.80 | 8:51 |
| 49 | Warren Giertuga | 764 | 46:45.35 | 9:22 | 1:30:04.20 | 9:01 |
| 50 | Grey Cooke | 874 | 47:22.00 | 9:29 | 1:30:56.45 | 9:06 |
| 51 | Jerry Nardi | 107 | 46:04.15 | 9:13 | 1:36:23.75 | 9:39 |
| 52 | Tony Gallo | 252 | 49:38.05 | 9:56 | 1:37:00.25 | 9:43 |
| 53 | Brian Lawson | 181 | 51:25.25 | 10:18 | 1:37:54.50 | 9:48 |
| 54 | Wayne Robinson | 558 | 47:46.80 | 9:34 | 1:38:16.40 | 9:50 |
| 55 | Steve Tanguay | 328 | 49:39.40 | 9:56 | 1:39:42.55 | 9:59 |
| 56 | Charlton Thompson | 627 | 51:12.25 | 10:15 | 1:46:11.75 | 10:38 |
| 57 | Don Gresch | 425 | 56:19.90 | 11:16 | 1:51:14.25 | 11:08 |

Male 45 to 49

Sponsored by - John W. McDonald Law Office

Record - 55:34 Jim Pelarske - Two Harbours 1997

| <u>PLACE</u> | <u>NAME</u> | <u>BIB NO.</u> | <u>5 MILE</u> | | <u>10 MILE</u> | |
|--------------|------------------------------|----------------|---------------|-------------|----------------|-------------|
| | | | <u>Time</u> | <u>Pace</u> | <u>Time</u> | <u>Pace</u> |
| 1 | Douglas Scott | 283 | 31:16.40 | 6:16 | 1:02:13.00 | 6:14 |
| 2 | Stuart Brimmell | 701 | 31:30.95 | 6:19 | 1:03:43.20 | 6:23 |
| 3 | Stewart Schmidt | 526 | 31:54.20 | 6:23 | 1:05:20.30 | 6:33 |
| 4 | Darryl Gannon, Atikokan | 148 | 32:18.85 | 6:28 | 1:05:50.25 | 6:36 |
| 5 | Bart Guthrie, Southington CT | 202 | 33:30.80 | 6:43 | 1:07:45.15 | 6:47 |
| 6 | Jim Keyes | 275 | 35:37.15 | 7:08 | 1:08:11.35 | 6:50 |
| 7 | Peter Lovis | 602 | 35:36.55 | 7:08 | 1:08:16.85 | 6:50 |
| 8 | Darren Sneve | 710 | 34:47.90 | 6:58 | 1:09:26.50 | 6:57 |
| 9 | Michael O'Connor | 837 | 34:14.45 | 6:51 | 1:09:37.10 | 6:58 |
| 10 | Rob Roussel | 521 | 34:20.85 | 6:53 | 1:10:16.30 | 7:02 |
| 11 | Dan Tipple | 144 | 34:46.35 | 6:58 | 1:10:17.05 | 7:02 |
| 12 | Rob Shubat | 616 | 34:46.45 | 6:58 | 1:11:44.45 | 7:11 |
| 13 | Sean Albanese | 270 | 36:18.75 | 7:16 | 1:12:32.35 | 7:16 |
| 14 | David Anthes | 775 | 35:56.35 | 7:12 | 1:14:04.60 | 7:25 |
| 15 | Ron Dove | 917 | 36:11.65 | 7:15 | 1:14:36.75 | 7:28 |
| 16 | Daniel Ek | 842 | 37:33.40 | 7:31 | 1:14:57.55 | 7:30 |
| 17 | Doug Woods | 124 | 38:13.20 | 7:39 | 1:16:44.90 | 7:41 |
| 18 | Claudio Tesolin | 606 | 37:50.00 | 7:34 | 1:17:03.25 | 7:43 |
| 19 | Peter Himanen | 793 | 39:17.70 | 7:52 | 1:19:04.45 | 7:55 |
| 20 | Gregory Stroud, Nipigon | 802 | 40:46.70 | 8:10 | 1:19:59.10 | 8:00 |
| 21 | Patrick Fenlon | 169 | 40:25.05 | 8:06 | 1:20:05.50 | 8:01 |
| 22 | Hans Schulz | 918 | 41:26.70 | 8:18 | 1:21:23.20 | 8:09 |
| 23 | Shawn Donohue | 560 | 41:22.20 | 8:17 | 1:22:28.45 | 8:15 |
| 24 | Don Nixon | 465 | 41:52.10 | 8:23 | 1:23:21.95 | 8:21 |
| 25 | Robert Garneau, Schreiber | 821 | 40:12.50 | 8:03 | 1:24:19.25 | 8:26 |
| 26 | Kenneth Wilson | 642 | 41:47.50 | 8:22 | 1:24:52.25 | 8:30 |
| 27 | Rob Glena | 691 | 41:06.00 | 8:14 | 1:25:12.20 | 8:32 |
| 28 | Ron Michaliuk | 232 | 42:47.15 | 8:34 | 1:26:00.25 | 8:37 |
| 29 | Charles Major | 580 | 42:43.10 | 8:33 | 1:26:15.40 | 8:38 |
| 30 | Bernie Pechiwa | 287 | 45:42.85 | 9:09 | 1:27:12.25 | 8:44 |
| 31 | Philip Dzuba | 818 | 42:18.45 | 8:28 | 1:28:44.85 | 8:53 |
| 32 | Timothy Warkentin | 626 | 44:58.55 | 9:00 | 1:29:05.20 | 8:55 |
| 33 | John Viitanen | 610 | 38:00.45 | 7:37 | 1:29:53.80 | 9:00 |
| 34 | Grant Turner | 439 | 44:59.15 | 9:00 | 1:30:16.55 | 9:02 |
| 35 | John Rosa Alliston | 261 | 43:43.85 | 8:45 | 1:31:21.15 | 9:09 |
| 36 | Michael Wilson | 811 | 47:32.90 | 9:31 | 1:33:21.50 | 9:21 |
| 37 | Larry Lovis | 509 | 44:43.85 | 8:57 | 1:36:08.20 | 9:37 |
| 38 | Ken MacIntosh | 621 | 49:08.40 | 9:50 | 1:37:30.35 | 9:46 |

| | | | | | | |
|----|-----------------|-----|----------|-------|------------|-------|
| 39 | James Panikulam | 450 | 49:48.70 | 9:58 | 1:37:33.95 | 9:46 |
| 40 | John Scott | 383 | 49:50.85 | 9:59 | 1:38:24.75 | 9:51 |
| 41 | Mark Ambrose | 204 | 49:02.00 | 9:49 | 1:45:02.70 | 10:31 |
| 42 | Scott Henderson | 458 | 52:39.90 | 10:32 | 1:46:34.10 | 10:40 |

Male 50 to 54

Sponsored by - One Stop Auto Centre

Record - 58:14 Bill Krezonoski 2004

| <u>PLACE</u> | <u>NAME</u> | <u>BIB</u> <u>NO.</u> | <u>5 MILE</u> | | <u>10 MILE</u> | |
|--------------|-----------------------------------|--------------------------|---------------|-------------|----------------|-------------|
| | | | <u>Time</u> | <u>Pace</u> | <u>Time</u> | <u>Pace</u> |
| 1 | Leigh Smith | 143 | 33:26.80 | 6:42 | 1:08:20.05 | 6:51 |
| 2 | Bob Shine | 525 | 34:19.15 | 6:52 | 1:09:54.45 | 7:00 |
| 3 | Ron Rost | 591 | 35:09.05 | 7:02 | 1:10:00.95 | 7:01 |
| 4 | Frank Luckai | 708 | 34:17.95 | 6:52 | 1:10:19.60 | 7:02 |
| 5 | Michel Aulagnon | 370 | 34:27.80 | 6:54 | 1:10:33.50 | 7:04 |
| 6 | Mark Thomas | 677 | 34:54.70 | 6:59 | 1:10:38.70 | 7:04 |
| 7 | Joe McGill, Marathon | 127 | 36:00.10 | 7:13 | 1:11:50.15 | 7:12 |
| 8 | Roy Nisula | 151 | 36:06.95 | 7:14 | 1:12:03.80 | 7:13 |
| 9 | Allan Harris | 863 | 35:15.30 | 7:04 | 1:12:18.35 | 7:14 |
| 10 | Scott Potts | 822 | 36:33.75 | 7:19 | 1:12:19.25 | 7:14 |
| 11 | Ralph Hibbert | 490 | 37:03.05 | 7:25 | 1:12:59.60 | 7:18 |
| 12 | Warren Philp | 582 | 35:53.70 | 7:11 | 1:13:51.50 | 7:24 |
| 13 | Tom Methot | 658 | 36:19.95 | 7:16 | 1:14:03.80 | 7:25 |
| 14 | Don Morrison | 145 | 36:55.40 | 7:24 | 1:15:16.75 | 7:32 |
| 15 | Michael Iwachewski | 585 | 38:02.15 | 7:37 | 1:15:26.70 | 7:33 |
| 16 | Michael Kowalchuk | 687 | 37:16.40 | 7:28 | 1:15:47.40 | 7:35 |
| 17 | Jim Vaillant | 570 | 37:12.80 | 7:27 | 1:16:02.40 | 7:37 |
| 18 | Wayne Junttola | 787 | 38:16.60 | 7:40 | 1:16:38.60 | 7:40 |
| 19 | James Goertzen | 234 | 38:32.15 | 7:43 | 1:17:51.60 | 7:48 |
| 20 | Scott Coutts, Atikokan | 545 | 37:59.90 | 7:36 | 1:18:12.60 | 7:50 |
| 21 | Murray Becotte | 273 | 38:01.95 | 7:37 | 1:18:51.25 | 7:54 |
| 22 | Lou Kok | 644 | 40:24.05 | 8:05 | 1:19:00.05 | 7:55 |
| 23 | Bruce Bode | 723 | 41:11.70 | 8:15 | 1:22:33.80 | 8:16 |
| 24 | Bruce Slater | 566 | 40:35.85 | 8:08 | 1:22:51.70 | 8:18 |
| 25 | Terry O'Shea | 894 | 40:31.85 | 8:07 | 1:23:00.95 | 8:19 |
| 26 | Doug Wright | 544 | 41:20.25 | 8:17 | 1:25:22.95 | 8:33 |
| 27 | Mark Thibert | 855 | 41:54.70 | 8:23 | 1:26:17.10 | 8:38 |
| 28 | Frank Pollari | 530 | 43:28.85 | 8:42 | 1:26:51.40 | 8:42 |
| 29 | Richard Morden | 716 | 42:42.05 | 8:33 | 1:28:40.25 | 8:53 |
| 30 | Les Perrault | 839 | 43:54.45 | 8:47 | 1:28:58.80 | 8:54 |
| 31 | Bruce Iwasa | 901 | 44:09.75 | 8:50 | 1:29:16.80 | 8:56 |
| 32 | Joe Grzelewski | 289 | 45:01.15 | 9:01 | 1:29:17.40 | 8:56 |
| 33 | Claude Fournier, Geraldton | 207 | 45:16.75 | 9:04 | 1:30:07.35 | 9:01 |
| 34 | Claudio Morson | 910 | 46:08.15 | 9:14 | 1:30:25.75 | 9:03 |
| 35 | Christopher Salmon, Robertsbridge | 162 | 45:56.95 | 9:12 | 1:32:01.75 | 9:13 |
| 36 | David Hardick | 327 | 46:08.70 | 9:14 | 1:34:49.95 | 9:29 |
| 37 | Georges Nadeau | 557 | 47:25.70 | 9:30 | 1:36:41.30 | 9:41 |
| 38 | Lance Deschamps | 719 | 46:55.35 | 9:24 | 1:36:46.55 | 9:41 |
| 39 | Luigi Sala | 355 | 49:30.30 | 9:55 | 1:37:39.30 | 9:46 |
| 40 | Patrick O'Connor | 819 | 49:55.45 | 10:00 | 1:38:45.75 | 9:53 |
| 41 | Greg Arnold | 605 | 50:29.05 | 10:06 | 1:43:16.10 | 10:20 |
| 42 | Chris Beaucage | 833 | 49:05.95 | 9:50 | 1:43:47.35 | 10:23 |
| 43 | Peter Smith, Dryden | 237 | 52:45.05 | 10:34 | 1:46:17.80 | 10:38 |
| 44 | Richard Stempein | 129 | 57:21.35 | 11:29 | 1:54:33.25 | 11:28 |
| 45 | Larry Kamo | 726 | 62:53.95 | 12:35 | 2:07:06.40 | 12:43 |

Male 55 to 59

Sponsored by - Stride Othopaedics & Footware

Record - 58:56 Dan Conway - Chetek WS 1998

| <u>PLACE</u> | <u>NAME</u> | <u>BIB NO.</u> | <u>5 MILE</u> | | <u>10 MILE</u> | |
|--------------|----------------------------|----------------|---------------|-------------|----------------|-------------|
| | | | <u>Time</u> | <u>Pace</u> | <u>Time</u> | <u>Pace</u> |
| 1 | Bill Krezonoski | 194 | 30:11.25 | 6:03 | 1:01:05.25 | 6:07 |
| 2 | Lorne Ricard, Fort Frances | 792 | 34:33.10 | 6:55 | 1:08:25.50 | 6:51 |
| 3 | Tom McCulloch | 549 | 34:13.65 | 6:51 | 1:09:21.15 | 6:57 |
| 4 | Gary Young | 136 | 34:28.10 | 6:54 | 1:09:56.35 | 7:00 |
| 5 | Carmine Felice | 800 | 34:50.90 | 6:59 | 1:11:21.40 | 7:09 |
| 6 | Louis Bortolon | 132 | 36:07.70 | 7:14 | 1:11:39.15 | 7:10 |
| 7 | Gordon Ryan | 870 | 35:54.75 | 7:11 | 1:12:25.30 | 7:15 |
| 8 | Tere McDonald | 150 | 36:21.10 | 7:17 | 1:13:22.00 | 7:21 |
| 9 | James Martin, Neebing | 292 | 36:32.90 | 7:19 | 1:14:38.05 | 7:28 |
| 10 | Jim McCart | 222 | 35:27.15 | 7:06 | 1:14:42.95 | 7:29 |
| 11 | Dan Ugray | 725 | 37:47.25 | 7:34 | 1:16:33.45 | 7:40 |
| 12 | Claude Wyspianski | 121 | 38:49.20 | 7:46 | 1:19:07.65 | 7:55 |
| 13 | Jim Bailey | 746 | 40:33.30 | 8:07 | 1:19:21.15 | 7:57 |
| 14 | Peter Navratil | 590 | 39:28.20 | 7:54 | 1:19:39.90 | 7:58 |
| 15 | Pierre Lemoine, Winnipeg | 745 | 39:02.65 | 7:49 | 1:20:38.55 | 8:04 |
| 16 | Allan Snelgrove | 414 | 40:52.70 | 8:11 | 1:22:32.45 | 8:16 |
| 17 | David Henderson | 131 | 40:54.40 | 8:11 | 1:22:57.85 | 8:18 |
| 18 | Robert Keeper | 156 | 42:17.75 | 8:28 | 1:25:17.10 | 8:32 |
| 19 | Edward Giertuga | 872 | 42:20.25 | 8:29 | 1:26:14.40 | 8:38 |
| 20 | John Humphrey, Kapuskasing | 296 | 42:35.00 | 8:31 | 1:26:52.75 | 8:42 |
| 21 | Craig Sandberg | 684 | 44:08.25 | 8:50 | 1:28:30.70 | 8:52 |
| 22 | John Guthrie | 404 | 43:55.45 | 8:48 | 1:29:57.75 | 9:00 |
| 23 | David Farrell | 250 | 45:31.15 | 9:07 | 1:32:33.95 | 9:16 |
| 24 | Craig Bullock, Dryden | 307 | 44:44.45 | 8:57 | 1:32:58.40 | 9:18 |
| 25 | James Kennedy, Geraldton | 763 | 46:19.40 | 9:16 | 1:35:51.85 | 9:36 |
| 26 | Dave St. Amand | 916 | 47:17.95 | 9:28 | 1:37:39.70 | 9:46 |
| 27 | Barry Chezick | 443 | 49:37.40 | 9:56 | 1:40:58.40 | 10:06 |
| 28 | Tim Surcess | 703 | 54:15.70 | 10:52 | 1:48:53.20 | 10:54 |
| 29 | Paul Hessey | 444 | 54:19.55 | 10:52 | 1:49:21.65 | 10:57 |
| 30 | Tom Golden | 400 | 54:25.90 | 10:54 | 1:51:24.95 | 11:09 |

Male 60 to 64

Sponsored by - Thunder Bay Metre Eaters

Record - 59:21 Dan Conway - Superior 1999

| <u>PLACE</u> | <u>NAME</u> | <u>BIB NO.</u> | <u>5 MILE</u> | | <u>10 MILE</u> | |
|--------------|--------------------------|----------------|---------------|-------------|----------------|-------------|
| | | | <u>Time</u> | <u>Pace</u> | <u>Time</u> | <u>Pace</u> |
| 1 | John Garland | 100 | 34:18.00 | 6:52 | 1:08:12.70 | 6:50 |
| 2 | Frank Wilson | 494 | 33:43.10 | 6:45 | 1:08:26.50 | 6:51 |
| 3 | Michael Carter | 492 | 39:20.15 | 7:53 | 1:18:22.60 | 7:51 |
| 4 | Rod Fuchihara | 782 | 38:54.15 | 7:47 | 1:18:49.65 | 7:53 |
| 5 | David Mesner, Duluth MN | 147 | 38:47.70 | 7:46 | 1:19:11.95 | 7:56 |
| 6 | Robb Anderson | 206 | 38:21.90 | 7:41 | 1:19:15.35 | 7:56 |
| 7 | Carman Carlucci | 337 | 39:01.00 | 7:49 | 1:20:08.90 | 8:01 |
| 8 | Vaughn Dahl | 508 | 41:26.10 | 8:18 | 1:20:41.50 | 8:05 |
| 9 | Josef Ehrler | 535 | 40:18.15 | 8:04 | 1:22:13.45 | 8:14 |
| 10 | Richard Lewandowski | 615 | 44:15.45 | 8:52 | 1:27:12.40 | 8:44 |
| 11 | Walter Davies, Longlac | 269 | 43:41.05 | 8:45 | 1:27:33.55 | 8:46 |
| 12 | Dan Slomke | 512 | 43:36.25 | 8:44 | 1:27:43.45 | 8:47 |
| 13 | Bob Greer, South Gillies | 493 | 45:00.45 | 9:01 | 1:29:16.50 | 8:56 |
| 14 | Herb Bax, London | 638 | 45:57.45 | 9:12 | 1:34:23.55 | 9:27 |
| 15 | Clyde Tuyl | 139 | 49:40.30 | 9:57 | 1:39:47.00 | 9:59 |
| 16 | Jim Loppacher | 650 | 49:25.15 | 9:54 | 1:41:00.10 | 10:07 |
| 17 | John Young | 523 | 47:36.60 | 9:32 | 1:41:57.10 | 10:12 |
| 18 | Jamie Macready | 531 | 52:15.25 | 10:28 | 1:42:59.20 | 10:18 |

| | | | | | | |
|----|----------------|-----|----------|-------|------------|-------|
| 19 | Bill Boswell | 562 | 49:46.10 | 9:58 | 1:44:19.20 | 10:26 |
| 20 | Gary Smith | 416 | 52:45.45 | 10:34 | 1:46:31.85 | 10:40 |
| 21 | Lorne Skogberg | 152 | 54:55.15 | 11:00 | 1:57:46.05 | 11:47 |

Male 65 to 69

Sponsored by - Running For Life

Record - 83:38 Henry Hamilton - Thunder Bay 2004

| <u>PLACE</u> | <u>NAME</u> | <u>BIB</u> <u>NO.</u> | <u>5 MILE</u> | | <u>10 MILE</u> | |
|--------------|----------------|--------------------------|---------------|-------------|----------------|-------------|
| | | | <u>Time</u> | <u>Pace</u> | <u>Time</u> | <u>Pace</u> |
| 1 | Bill Bragg | 517 | 43:42.90 | 8:45 | 1:27:50.10 | 8:48 |
| 2 | Chris Pyne | 116 | 45:56.45 | 9:12 | 1:31:59.70 | 9:12 |
| 3 | Peter Wanson | 503 | 45:28.00 | 9:06 | 1:32:12.25 | 9:14 |
| 4 | Alex Diner | 495 | 47:26.35 | 9:30 | 1:36:07.50 | 9:37 |
| 5 | Mike St. James | 828 | 53:00.05 | 10:37 | 1:47:35.90 | 10:46 |

Male 70 to 79

Sponsored by - Daniar's Automatic Transmission

Record - 73:50 Nick Rogers - Edina MN 2009

| <u>PLACE</u> | <u>NAME</u> | <u>BIB</u> <u>NO.</u> | <u>5 MILE</u> | | <u>10 MILE</u> | |
|--------------|-------------------------|--------------------------|---------------|-------------|----------------|-------------|
| | | | <u>Time</u> | <u>Pace</u> | <u>Time</u> | <u>Pace</u> |
| 1 | Henry Hamilton, Neebing | 76 | 39:48.20 | 7:58 | 1:20:35.55 | 8:04 |
| 2 | Eric Imperius | 79 | 53:21.50 | 10:41 | 1:52:22.70 | 11:15 |