

Michelob Ultra presents 2012 ROCK The ROAD 10k

Sunday August 19 - London ON

08/19/2012 - 08/19/2012

Conditions: sunny, 20°C

Event # 1 MIXED 10K Run

START: 9:30am

#MEN'S RECORD:R.Watson Guelph ON :30:08.40 Aug 2011

%WOMEN'S RECORD:D.Pidhoresky Tecumseh, ON :33:44.40 Aug 20

	Name	Age	Team	Bib	Avg per K	Avg per MI	Time
FEMALE 07 - 19							
1	Victoria James	18 F	Ottawa	22	6:16.50		1:02:45
FEMALE 20 - 29							
1	Bethany McChesnev	27 F	London	311	3:47.30		37:53
2	Katelynd Henderson	26 F	London	265	4:30.00		45:00
3	Emilv Thorpe	24 F	Barrie	306	4:51.60		48:36
4	Katie Hillis	28 F	London	134	5:06.30		51:03
5	Katelyn Norton	25 F	London	54	5:10.80		51:48
6	Arielle Mendel	24 F	London	182	5:16.80		52:48
7	Heather Jonker	25 F	London	57	5:19.80		53:18
8	Ailene Campbell	24 F	London	197	5:21.30		53:33
9	Jennifer Soetemans	28 F	Warwick Township	332	5:27.60		54:36
10	Ashlev Jaffray	28 F	Tillsonburg	115	5:30.40		55:04
11	Jillian Koehler	27 F	Exeter	136	5:32.00		55:20
12	Kristin Braithw	29 F	London	133	5:37.70		56:17
13	Maelvn Perdu	21 F	London	202	5:41.00		56:50
14	Angie Zele	27 F	Corunna	211	5:41.90		56:59
15	Jace Tapp	28 F	London	321	5:45.40		57:34
16	Stasia Kosar	24 F	Ilderton	248	5:48.90		58:09
17	Julianne Kennv	27 F	London	81	5:51.90		58:39
18	Celia Grimblv	21 F	London	225	5:56.40		59:24
19	Sarah Awde	29 F	London	259	5:56.70		59:27
20	Kate Parson	24 F	Ottawa	221	5:58.00		59:40
21	Janelle Van Kessel	24 F	Rodnev	216	6:01.90		1:00:19
22	Brooklynn Gordenier	25 F	London	157	6:04.10		1:00:41
23	Gabrielle Smith	21 F	London	117	6:09.30		1:01:33
24	Stephanie Delaat	26 F	London	66	6:16.10		1:02:41
25	Leah Bontie	25 F	Muirkirk	319	6:19.10		1:03:11
26	Ashlev Lougheed	28 F	London	116	6:19.50		1:03:15
27	Micaela Cherevatv	28 F	London	298	6:20.70		1:03:27
28	Shauna Stewart	28 F	London	194	6:21.00		1:03:30
29	Katelyn Potter	28 F	london	83	6:38.30		1:06:23
30	Martha Rempel	27 F	Parkhill	14	6:40.60		1:06:46
31	Lindsav Modrzvnski	25 F	London	169	6:41.40		1:06:54
32	Stacey Holbrook	24 F	London	71	6:46.40		1:07:44
33	Kristen Gamble	23 F	Strathrov	72	6:51.10		1:08:31
34	Amber Good	24 F	London	38	6:51.10		1:08:31
35	Tamara Bernard	25 F	London	267	7:02.10		1:10:21
36	Kellev Tucker	25 F	London	181	7:03.00		1:10:30
37	Meghan Weaver	26 F	London	323	7:30.10		1:15:01
38	Sarah Lock	24 F	London	322	7:30.20		1:15:02
39	Victoria Williston	21 F	London	353	7:30.40		1:15:04
40	Denise Ritchie	27 F	London	33	7:31.40		1:15:14
41	Lauren Bontie	23 F	Thorndale	308	7:40.30		1:16:43
42	Jen Bennie	26 F	London	59	7:52.20		1:18:42
43	Amv Griffin	28 F	Wallaceburg	231	8:42.70		1:27:07
44	Pranavi Ravichandran	24 F	London	167	9:08.00		1:31:20

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	Name	Age	Team	Bib	Avg per K	Avg per MI	Time
FEMALE 30 - 39							
1	Krista Duchene	35 F	Brantford	287	3:24.80		34:08
2	Anna Jelegat Kibor	37 F	Hamilton	283	3:37.60		36:16
3	Kate Reid	34 F	London	139	3:49.90		38:19
4	Deborah Buhlers	38 F	Simcoe	284	3:52.30		38:43
5	Heather Perlmutter	30 F	Toronto	285	4:01.40		40:14
6	Beth Chaput	32 F	Stratford	53	4:05.80		40:58
7	Sinead Brunet	38 F	Komoka	235	4:18.00		43:00
8	Kari Schneider	39 F	London	299	4:36.50		46:05
9	Julia Johnson	30 F	Strathrov	113	4:44.30		47:23
10	Elizabeth Vincent	38 F	London	238	4:47.30		47:53
11	Heather Gillespie	35 F	London	9	4:53.50		48:55
12	Becky Wilson	33 F	London	355	4:54.30		49:03
13	Sue Safadi	30 F	London	23	4:54.30		49:03
14	Julie Bennett	39 F	London	314	4:56.00		49:20
15	Maire Gonzalez	34 F	London	325	5:02.40		50:24
16	Julie Hillis	31 F	London	144	5:06.30		51:03
17	Erin Horwood	33 F	Petrolia	328	5:14.40		52:24
18	Shellev Murphv	34 F	London	337	5:18.80		53:08
19	Amv White-Sorge	38 F	London	126	5:19.70		53:17
20	Sara Decandido	34 F	London	268	5:23.80		53:58
21	Rochelle Parent	33 F	London	187	5:26.00		54:20
22	Lindsav Martens	30 F	Lucan	97	5:29.40		54:54
23	Cynthia Magill	35 F	Cambridge	208	5:29.50		54:55
24	Jennifer Gooding	35 F	London	333	5:30.70		55:07
25	Sharon O'Grady	39 F	Stratford	161	5:32.00		55:20
26	Shonvn Coward	38 F	EXETER	84	5:32.40		55:24
27	Michelle Everest	36 F	London	120	5:33.80		55:38
28	Alana Finkenzeller	33 F	St. Thomas	172	5:34.80		55:48
29	Diana Tran	31 F	london	19	5:40.90		56:49
30	Nicole Yeo	33 F	St Thomas	330	5:44.60		57:26
31	Nadia McLennan	34 F	London	17	5:50.80		58:28
32	Tracy Noon	34 F	London	242	5:50.80		58:28
33	Shari Mizzen	37 F	London	41	5:53.90		58:59
34	Natalie Swoboda	30 F	London	218	5:56.90		59:29
35	Brandi Lee	39 F	London	7	5:58.40		59:44
36	Leigh Kints	37 F	Exeter	86	6:00.10		1:00:01
37	Lisa Harness	30 F	London	77	6:06.20		1:01:02
38	Emilv Hahn-Trnka	33 F	London	156	6:08.20		1:01:22
39	Tiffanv Bowlev	31 F	Christchurch	359	6:08.90		1:01:29
40	Alison Wedlake	37 F	exeter	317	6:16.70		1:02:47
41	Dana Miller	30 F	London	310	6:21.10		1:03:31
42	Sarah Morden	30 F	London	56	6:28.10		1:04:41
43	Brandv Greenough	34 F	London	125	6:32.70		1:05:27
44	Nancv Chevalier	38 F	Exeter	219	6:33.40		1:05:34
45	Charlene Eagleson	35 F	London	110	6:38.30		1:06:23
46	Vicki Durand	33 F	Exeter	85	6:40.30		1:06:43
47	Stephanie Tessier	35 F	Delaware	312	6:40.70		1:06:47
48	Jennifer Porzecanski	35 F	London	100	6:40.70		1:06:47
49	Evelvn Williamson	31 F	london	258	6:41.40		1:06:54
50	Jennv Baillie	32 F	london	263	6:41.40		1:06:54
51	Dawn McGregor	37 F	London	281	6:42.00		1: 7:00

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	Name	Age	Team	Bib	Avg per K	Avg per MI	Time
52	Janis Antonio	34 F	Stratford	51	6:50.60		1:08:26
53	Nadina Fiorilli	32 F	St Marvs	88	6:55.50		1:09:15
54	Denise Pacheco	34 F	London	341	6:59.00		1:09:50
55	Leigh-Ann Brvson	33 F	Wileville	152	7:02.70		1:10:27
56	Tennile Mogk	35 F	Stratford	52	7:02.90		1:10:29
57	Sherrv Rawlings	33 F	St. Thomas	179	7:26.00		1:14:20
58	Rebecca Ruddy	32 F	Thamesford	118	7:35.30		1:15:53
59	Ange Peters	32 F	London	10	7:36.00		1:16:00
60	Allison Vickerd	32 F	London	315	7:36.00		1:16:00
61	Chantale Fieldhouse	31 F	London	293	7:43.70		1:17:17
62	Sarah Mann	35 F	St. Thomas	154	7:54.20		1:19:02
63	Catharina Bezuidenhout	33 F	London	220	8:02.70		1:20:27
64	Sarah Johnstone	35 F	London	339	9:31.70		1:35:17
65	Georgina Barbu	39 F	London	347	9:31.80		1:35:18
FEMALE 40 - 49							
1	Sue Ouenneville	44 F	London	203	4:39.90		46:39
2	Teresa Moran	47 F	Strathrov	171	4:42.50		47:05
3	Lori Pszenicznv Lewkowitz	49 F	London	138	4:44.60		47:26
4	Ali Meuse	46 F	London	109	4:46.90		47:49
5	Cathv Williams	49 F	London	207	4:51.10		48:31
6	Lori Kolodiazny	48 F	Melbourne	58	4:52.60		48:46
7	Donna Lumani	46 F	London	204	4:56.20		49:22
8	Jodie Zimmer	43 F	London	193	4:58.60		49:46
9	Marvlou Albanese	49 F	London	357	5:00.50		50:05
10	Carmen Richter	46 F	London	111	5:08.10		51:21
11	Marv-Elizabeth Jones	41 F	London	195	5:08.90		51:29
12	Lee Cadozan	45 F	london	94	5:13.90		52:19
13	Loreen Holden	48 F	London	250	5:18.80		53:08
14	Janet Koricina	42 F	Zurich	35	5:19.00		53:10
15	Rosemarv Morrissev	44 F	New Hamburg	99	5:20.70		53:27
16	Lisa Murrav	40 F	London	27	5:23.70		53:57
17	Sherilvn Walker	48 F	London	276	5:30.40		55:04
18	Donna O'Ouinn	46 F	London	280	5:30.40		55:04
19	Janee O'Donohue	40 F	Chatham	44	5:34.60		55:46
20	Shellv Pavne	42 F	London	233	5:37.10		56:11
21	Rebecca Liotta	46 F	Stratford	205	5:37.50		56:15
22	Gavle Stuebing	48 F	London	106	5:38.20		56:22
23	Jayne Rollings	45 F	Chatham	45	5:38.30		56:23
24	Shervl Shantz	45 F	London	278	5:41.40		56:54
25	Kate Thompson	41 F	London	61	5:46.90		57:49
26	Jacqueline Sullivan	48 F	Lucan	24	5:47.20		57:52
27	Trinka Psellas	45 F	London	36	5:48.40		58:04
28	Marv Hullev	42 F	Exeter	217	5:55.90		59:19
29	Zoe Cullen	42 F	London	30	6:01.90		1:00:19
30	Tammv Dickins	41 F	Exeter	230	6:02.50		1:00:25
31	Andrea Hern	41 F	Woodham	229	6:02.50		1:00:25
32	Dana Barber	46 F	London	132	6:03.00		1:00:30
33	Jackie Sadi	49 F	London	222	6:16.50		1:02:45
34	Catherine Yanchula	48 F	Tecumseh	121	6:18.40		1:03:04
35	Nancv Davis	45 F	Dorchester	254	6:19.50		1:03:15
36	Tammie Ashton	43 F	London	253	6:19.50		1:03:15
37	Monique Piccin-O'Neill	41 F	london	198	6:20.30		1:03:23

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	Name	Age	Team	Bib	Avg per K	Avg per MI	Time
38	Brenda Hutton	40 F	Parkhill	255	6:21.50		1:03:35
39	Nancy Mifflin	45 F	merlin	177	6:21.60		1:03:36
40	Michelle Taylor	47 F	London	15	6:26.30		1:04:23
41	Margie Denomme	46 F	london	240	6:27.90		1:04:39
42	Jodie Marshall	47 F	London	164	6:33.70		1:05:37
43	Kelly Serodio	47 F	London	340	6:37.10		1:06:11
44	Lianne Armstrong	40 F	London	103	6:48.70		1:08:07
45	Megan MacLeod	45 F	London	166	6:57.50		1:09:35
46	Helen Gregory	41 F	London	101	7:00.50		1:10:05
47	Kimberly Williston	46 F	london	297	7:06.30		1:11:03
48	Beth Agro	47 F	Toronto	178	7:16.10		1:12:41
49	Fatima Leal	43 F	Komoka	351	7:37.20		1:16:12
50	Jennifer Covey	41 F	London	363	8:18.20		1:23:02
51	Pam Mitic	45 F	London	335	9:28.60		1:34:46
FEMALE 50 - 59							
1	Marv Nash	53 F	london	223	4:14.30		42:23
2	Deb Morrissey	50 F	London	98	4:47.40		47:54
3	Kathryn Myers	52 F	Denfield	331	4:58.60		49:46
4	Nancy Fulton	52 F	London	4	4:58.90		49:49
5	Dianne Morley	53 F	London	122	5:05.90		50:59
6	Janice Strickland	56 F	London	32	5:06.40		51:04
7	Janice Chedore	56 F	London	50	5:09.80		51:38
8	Jan Shillington	58 F	London	269	5:52.40		58:44
9	Emilv Logan	55 F	London	62	5:54.70		59:07
10	Cheryl Harding	55 F	London	37	6:19.00		1:03:10
11	Debbie Pangborn	55 F	London	142	6:36.40		1:06:04
12	Sandy Pinney	55 F	London	130	6:36.50		1:06:05
13	Kathy Gilday	52 F	LONDON	236	6:37.60		1:06:16
14	Laurie Tichbourne	51 F	London	192	8:18.10		1:23:01
15	Debbie Garlick	50 F	London	191	8:18.10		1:23:01
16	Maureen Potter	56 F	london	80	9:27.00		1:34:30
FEMALE 60 - 69							
1	Elizabeth Johnston	60 F	london	129	5:06.70		51:07
2	Jennifer Barnes	63 F	Brockville	43	6:58.20		1:09:42
MALE 07 - 19							
1	Phillippe Parrot-Migas	19 M	Mississauga	290	3:23.90		33:59
2	Lewis Kent	18 M	Mississauga	234	3:34.80		35:48
3	Liam Wilson	17 M	Southwold	95	3:44.00		37:20
4	Avin Chanderdar	15 M	London	246	4:03.00		40:30
5	Jacob Harris	11 M	London	228	4:12.40		42:04
6	Owen Harris	13 M	London	227	4:12.50		42:05
7	Mitchell Garlick	16 M	London	190	4:15.10		42:31
8	Conor Wilkinson	19 M	London	20	4:38.20		46:22
9	Unknown Athlete1	19 M		371	4:52.00		48:40
10	Unknown Athlete2	19 M		370	5:05.60		50:56
11	Unknown Athlete3	19 M		369	5:14.80		52:28
12	Unknown Athlete4	19 M		372	5:17.00		52:50
13	Unknown Athlete6	19 M		367	5:55.90		59:19
14	Unknown Athlete5	19 M		365	5:55.90		59:19
15	Zoltan Richter-Bisson	14 M	London	112	6:08.20		1:01:22
16	Unknown Athlete7	19 M		368	6:40.30		1:06:43
MALE 20 - 29							

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	Name	Age	Team	Bib	Avg per K	Avg per MI	Time	
1	Terence Attema	22 M	Smithville	291	3:07.70		31:17	%
2	Alex Garriock	22 M	Auburn	241	3:17.60		32:56	%
3	Jeff Dill	23 M	St.Davids	262	3:18.20		33:02	%
4	Josh Lumani	22 M	London	237	3:19.90		33:19	%
5	Adam Cornwall	20 M	St. Marvs	210	3:37.70		36:17	
6	Jon Life	25 M	Peterborough	149	3:48.20		38:02	
7	Bradv Hillis	23 M	London	78	4:14.60		42:26	
8	Brvan Lucier	27 M	Windsor	165	4:16.30		42:43	
9	Matt Bvl	29 M	London	82	4:20.70		43:27	
10	Rvan Frostad	29 M	London	348	4:40.30		46:43	
11	Timothy Collins	26 M	london	247	4:47.00		47:50	
12	Tanner Tessier	21 M	sarnia	213	5:03.00		50:30	
13	Damien Pike	21 M	London	257	5:05.80		50:58	
14	Sam Stewart	20 M	Exeter	239	5:16.40		52:44	
15	Sean Sinclair	26 M	London	143	5:18.00		53:00	
16	Andrew Innes	22 M	London	273	5:56.80		59:28	
17	Josh Bridgman	29 M	London	274	5:56.80		59:28	
18	Sean Snider	28 M	London	352	6:09.10		1:01:31	
19	Adam Hogg	26 M	London	362	6:15.20		1:02:32	
20	Chris Vermeltfoort	26 M	London	67	6:16.10		1:02:41	
21	Paul Napier	28 M	London	60	6:36.80		1:06:08	
22	Andrew Dunning	25 M	London	266	7:02.00		1:10:20	
23	Aaron Gibbines	29 M	London	175	7:03.00		1:10:30	
24	Ali Al-Saadv	25 M	London	75	7:29.10		1:14:51	
MALE 30 - 39								
1	Josephat Ongeri	33 M	Hamilton	286	3:01.00		30:10	%
2	Thomas Omwenga	32 M	Hamilton	292	3:07.10		31:11	%
3	Brad Entwistle	31 M	London	364	3:36.60		36:06	
4	Jeremv Walsh	37 M	London	189	3:44.60		37:26	
5	Ian Hillis	32 M	London	87	3:52.70		38:47	
6	Shane Young	36 M	London	245	3:56.30		39:23	
7	Greg Pierce	33 M	London	301	4:00.10		40:01	
8	Dan McDonald	38 M	Thorndale	302	4:07.60		41:16	
9	Javslen Cole	39 M	London	358	4:11.20		41:52	
10	Paul Duerden	37 M	London	305	4:16.80		42:48	
11	Brian Kilburn	36 M	Ontario	158	4:18.80		43:08	
12	Shane Webster	35 M	London	49	4:20.20		43:22	
13	Jeff Morden	33 M	London	55	4:26.70		44:27	
14	Kent Cherevatv	32 M	London	300	4:38.70		46:27	
15	Junior Van Geffen	35 M	Strathrov	232	4:53.10		48:51	
16	Craig Mazur	32 M	London	170	4:53.10		48:51	
17	Carlos Flesch	37 M	Curitiba	215	4:57.10		49:31	
18	Robert J Slegers	39 M	London	11	4:57.40		49:34	
19	Paul Magill	37 M	Woodstock	209	5:00.10		50:01	
20	Andre Kaniuk	36 M	London	173	5:04.10		50:41	
21	John Lewis	34 M	London	295	5:07.40		51:14	
22	Chris Capangvarihan	37 M	London	199	5:09.70		51:37	
23	Jon Mickle	32 M	London	184	5:10.90		51:49	
24	Kwame Aidoo	32 M	London	366	5:20.00		53:20	
25	Shaun Trahan	30 M	Komoka	309	5:20.40		53:24	
26	Richard Helmer	31 M	London	350	5:25.50		54:15	
27	Dennis Park	37 M	London	320	5:25.70		54:17	

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	Name	Age	Team	Bib	Avg per K	Avg per MI	Time
28	Charles Tallon	39 M	London	296	5:27.20		54:32
29	John Farrugia	36 M	mount brvdges	119	5:29.80		54:58
30	Jason Parent	34 M	London	326	5:31.20		55:12
31	Olivier Dvason	31 M	Toronto	289	5:32.00		55:20
32	Matt Thompson	39 M	London	264	5:46.90		57:49
33	Hari Mann	37 M	London	346	5:55.90		59:19
34	Marcus Ruddy	35 M	Thamesford	102	5:56.30		59:23
35	Anita Cramb	34 M	London	260	5:56.70		59:27
36	Scott Walsh	34 M	St Marvs	89	6:10.60		1:01:46
37	Craig Brown	39 M	London	48	6:38.40		1:06:24
38	Steve Kurzbock	31 M	London	303	6:57.10		1:09:31
39	Mark Evans	37 M	London	105	7:00.50		1:10:05
40	Jean-Paul Mouton	32 M	London	34	7:31.50		1:15:15
MALE 40 - 49							
1	Richard McClelland	42 M	London	28	3:31.00		35:10
2	Paul Marotta	45 M	London	354	3:53.10		38:51
3	Derek Hallman	40 M	Thorndale	252	3:56.40		39:24
4	Albano Castanha	44 M	london	64	4:07.10		41:11
5	John McCracken	47 M	London	26	4:10.60		41:46
6	Jeremv Harris	40 M	London	226	4:12.50		42:05
7	Paul Mavrs	47 M	London	324	4:13.70		42:17
8	Robert Lewkowitz	48 M	London	137	4:28.60		44:46
9	Chris Helwig	40 M	London	186	4:47.30		47:53
10	Dan Gallo	47 M	Ilderton	316	4:54.90		49:09
11	Richard Slegers	43 M	London	107	4:57.40		49:34
12	Barron Mertens	45 M	London	183	4:58.00		49:40
13	Clare Shantz	41 M	London	279	5:29.40		54:54
14	Brad Builder	41 M	London	336	5:44.00		57:20
15	Keith Mah	44 M	London	162	5:51.70		58:37
16	Joe Oswald	47 M	oakville	76	6:18.40		1:03:04
17	Lance Trowhill	42 M	London	124	6:32.70		1:05:27
18	Steve MacGillivarv	49 M	London	272	7:16.10		1:12:41
19	John Pacheco	43 M	London	342	8:13.50		1:22:15
20	Shawn Bawden	46 M	London	338	9:05.70		1:30:57
21	Richard Mitic	47 M	London	344	9:29.10		1:34:51
22	Blair Deieet	43 M	svdnev	251	55:05.20		9:10:52
MALE 50 - 59							
1	Bill Morrell	54 M	Ingersoll	39	4:25.00		44:10
2	Marc Lebreche	50 M	London	360	4:27.50		44:35
3	Kevin Garlick	50 M	London	176	4:27.80		44:38
4	Kevin Hodgins	53 M	London	206	4:32.60		45:26
5	Jerry Colwell	54 M	London	104	4:34.60		45:46
6	Cliff Cadogan	53 M	London	93	4:35.10		45:51
7	John Buchanan	57 M	London	3	4:38.00		46:20
8	Brian Arnold	52 M	London	29	4:41.10		46:51
9	Jeff Rowell	52 M	London	135	4:42.70		47:07
10	Gordon Thompson	51 M	London	327	4:47.80		47:58
11	Keith Ferguson	53 M	London	356	4:53.90		48:59
12	Jonathan McKinnon	59 M	London	318	4:56.00		49:20
13	Graham Morlev	55 M	London	127	4:58.60		49:46
14	Andrew Parker	54 M	London	244	5:00.60		50:06
15	John MacHado	55 M	London	31	5:04.20		50:42

Michelob Ultra presents 2012 ROCK The ROAD 10k

Sunday August 19 - London ON

08/19/2012 - 08/19/2012

Conditions: sunny, 20°C

	Name	Age	Team	Bib	Avg per K	Avg per MI	Time
16	Stephen Priamo	50 M	Lodon	304	5:09.40		51:34
17	Ted Ponma	57 M	London	79	5:11.60		51:56
18	Vernon Taylor	50 M	London	16	5:14.90		52:29
19	Dan Littleton	59 M	Tillsonburg	13	5:21.90		53:39
20	John Haasen	56 M	London	114	5:27.40		54:34
21	Brian Cripps	53 M	London	155	5:28.90		54:49
22	Tom Moy	59 M	North York	200	5:30.70		55:07
23	Joseph Chin	56 M	London	271	5:33.70		55:37
24	Richard Life	59 M	Peterborough	148	5:35.10		55:51
25	John Walsh	59 M	London	256	5:37.10		56:11
26	Joe Pace	50 M	London	146	5:39.30		56:33
27	Chris Harding	59 M	London	307	5:39.40		56:34
28	Derrick Tessier	52 M	sarnia	212	5:57.20		59:32
29	Paul Walker	52 M	London	277	5:57.30		59:33
30	Darcy Lambkin	50 M	London	153	5:58.50		59:45
31	Gord Fulton	52 M	London	5	6:05.10		1:00:51
32	Gerald Gagnier	55 M	Wallaceburg	6	6:58.70		1:09:47
33	David K McMullen	55 M	London	329	8:50.40		1:28:24
MALE 60 - 69							
1	Leo Young	68 M	London	334	5:05.80		50:58
2	Frank Littell	65 M	London	68	5:18.50		53:05
3	William Tofflemire	67 M	London	25	5:26.40		54:24
4	Gord Melville	63 M	London	270	5:27.40		54:34
5	Gordon Saunders	61 M	Lucan	261	6:05.00		1:00:50
6	Robert McLennan	64 M	St. Thomas	18	6:08.70		1:01:27
7	Tony Barnes	61 M	Brockville	42	6:58.20		1:09:42
MALE 70 - 79							
1	Steffen Kampe	75 M	St. Thomas	185	5:20.60		53:26
2	Pete Cunningham	72 M	Ingersoll	65	5:39.30		56:33