

NCRA Cross Country 2009 11K Results

Male	Female	Time	Pace	Bib	Name	Category	Posn
1		0:37:56	3:27	239	Josh Roundell	M 20-29	1 of 2
2		0:40:38	3:42	329	Dick McMaster	M 20-29	2 of 2
3		0:41:58	3:49	305	Glenn Cheney	M 40-49	1 of 11
4		0:42:15	3:50	306	Jean-François Fillion	M 40-49	2 of 11
5		0:42:26	3:51	325	Paul Turner	M 50-59	1 of 3
6		0:43:03	3:55	237	Peter Niedre	M 30-39	1 of 6
7		0:45:20	4:07	302	Richard Bellefeuille	M 40-49	3 of 11
8		0:45:27	4:08	261	Brent Jarvis	M 40-49	4 of 11
9		0:46:48	4:15	309	Brad Jones	M 50-59	2 of 3
	1	0:46:56	4:16	321	Manon Salicco	F 40-49	1 of 9
	2	0:46:59	4:16	319	Lee-Anne Quenneville	F 20-29	1 of 1
10		0:47:42	4:20	323	Errol Thomson	M 30-39	2 of 6
11		0:47:53	4:21	249	Bowman Wilker	M 30-39	3 of 6
12		0:48:26	4:24	315	Chris Piercey	M 30-39	4 of 6
13		0:49:21	4:29	310	Terry Lauzon	M 40-49	5 of 11
14		0:49:56	4:32	300	Robert Allen	M 40-49	6 of 11
15		0:50:05	4:33	320	David Robertson	M 30-39	5 of 6
16		0:52:49	4:48	303	Andrew Bouchier	M 40-49	7 of 11
	3	0:52:53	4:48	312	Elizabeth Nurse	F 40-49	2 of 9
	4	0:53:03	4:49	322	Jennifer Suggars	F 40-49	3 of 9
	5	0:54:54	4:59	301	Valery Allen	F 30-39	1 of 2
17		0:56:10	5:06	235	Andrew Torrance	M 30-39	6 of 6
18		0:57:05	5:11	241	Patrick Clarke	M 40-49	8 of 11
	6	0:58:35	5:20	247	Karen Jardine	F 50-59	1 of 2
	7	0:59:08	5:23	263	Christine Sum	F 40-49	4 of 9
	8	1:03:03	5:44	308	Wendy Henry	F 40-49	5 of 9
	9	1:04:06	5:50	324	Annie Tremblay	F 30-39	2 of 2
19		1:04:14	5:50	242	Bill Lister	M 40-49	9 of 11
20		1:05:07	5:55	318	Stuart Pursey	M 50-59	3 of 3
21		1:05:38	5:58	307	Craig Henry	M 40-49	10 of 11
	10	1:06:48	6:04	304	Greta Chase	F 50-59	2 of 2
	11	1:08:21	6:13	326	Lynne Waytowich	F 40-49	6 of 9
	12	1:08:24	6:13	313	Peggy O'Meara	F 40-49	7 of 9
	13	1:08:49	6:15	311	Karen McDonald	F 40-49	8 of 9
	14	1:14:21	6:46	327	Corinna Wong	F 60-69	1 of 1
22		1:16:03	6:55	316	Blaine Pinch	M 40-49	11 of 11
	15	1:19:06	7:11	234	Jan Bentham	F 40-49	9 of 9
23		1:22:06	7:28	314	David Pedley	M 60-69	1 of 1