

Male	Female	Time	Pace	Bib	Name	City	Category	Posn
		1	0:38:24	3:50	117 Adam McGreager	Renfrew	M 15-19	1 of 6
		2	0:38:25	3:51	46 Dan Dominie	Canton	M 40-49	1 of 26
		3	0:39:00	3:54	97 Paul Turner	Ottawa	M 50-59	1 of 29
		4	0:40:15	4:02	80 Graham Ross	Merrickville	M 40-49	2 of 26
		5	0:41:00	4:06	5 Jay Yakabowich	Orleans	M 40-49	3 of 26
		6	0:41:28	4:09	187 Al Cantlay	Kingston	M 50-59	2 of 29
		7	0:41:31	4:09	86 Shawn Heij	Ottawa	M 30-39	1 of 10
		8	0:41:32	4:09	129 Brian O'higgins	Nepean	M 50-59	3 of 29
		9	0:41:43	4:10	135 Thomas Keller	Renfrew	M 15-19	2 of 6
		10	0:41:49	4:11	143 Richard Bellefeuille	Kanata	M 40-49	4 of 26
		11	0:42:44	4:16	171 Liam Ohuiginn	Nepean	M 20-29	1 of 3
		12	0:43:12	4:19	155 Vincent Scattolon	Perth	M 15-19	3 of 6
		13	0:43:19	4:20	168 Jim Carter	Nepean	M 50-59	4 of 29
	1	0:43:39	4:22	100 Jenn Bon	Smiths Falls	F 30-39	1 of 20	
		14	0:43:57	4:24	169 Spencer Eady	Renfrew	M 15-19	4 of 6
	2	0:44:16	4:26	114 Judy Andrew Piel	Nepean	F 40-49	1 of 25	
		15	0:44:32	4:27	124 Joe Noonan	Prescott	M 30-39	2 of 10
		16	0:44:35	4:27	72 Chris Jermyn	Ottawa	M 60-69	1 of 14
		17	0:44:37	4:28	172 Bert Von Rosen	Lanark	M 40-49	5 of 26
		18	0:45:22	4:32	141 Pierre Lavictoire	Aylmer	M 50-59	5 of 29
		19	0:45:33	4:33	140 Ben-Zion Caspi	Ottawa	M 60-69	2 of 14
		20	0:46:14	4:37	132 Rene Gilbert	Orleans	M 40-49	6 of 26
		21	0:46:15	4:38	152 Mark Hooper	Kanata	M 30-39	3 of 10
		22	0:46:21	4:38	70 Ian Boyle	Ottawa	M 30-39	4 of 10
		23	0:46:52	4:41	174 Robin Waller	Lancaster	M 40-49	7 of 26
		24	0:47:08	4:43	6 Corey Turnbull	Jasper	M 30-39	5 of 10
		25	0:47:14	4:43	1 Ralph Richardson	Stittsville	M 40-49	8 of 26
		26	0:47:46	4:47	116 Roger Poirier	Renfrew	M 40-49	9 of 26
		27	0:47:51	4:47	15 Francois Deleseleuc	Orleans	M 50-59	6 of 29
		28	0:47:56	4:48	177 Charles Ebbs	Carleton Place	M 40-49	10 of 26
		29	0:48:03	4:48	107 Charles Pryce	Ottawa	M 50-59	7 of 29
		30	0:48:04	4:48	148 Richard Bowes	Kanata	M 50-59	8 of 29
		31	0:48:17	4:50	75 Tom Seniuk	Ottawa	M 40-49	11 of 26

32		0:49:00	4:54	103 Wendall Hughes	Ottawa	M 40-49	12 of 26
	3	0:49:14	4:55	31 Alison Jones	Ottawa	F 40-49	2 of 25
33		0:49:22	4:56	165 Peter R. Smith	Orleans	M 40-49	13 of 26
34		0:49:28	4:57	164 Dan Ziniuk	Ottawa	M 40-49	14 of 26
35		0:49:47	4:59	136 Stewart Keller	Renfrew	M 15-19	5 of 6
	4	0:49:49	4:59	49 Louise Hamelin	Orleans	F 40-49	3 of 25
36		0:49:51	4:59	146 Terry Quenneville	Cornwall	M 50-59	9 of 29
37		0:49:53	4:59	79 Douglas Macaulay	Kanata	M 50-59	10 of 29
38		0:49:57	5:00	81 Bob Putzlocher	Inverary	M 50-59	11 of 29
39		0:49:59	5:00	50 Frits Klein	Nepean	M 50-59	12 of 29
40		0:50:01	5:00	13 Reg Francoeur	Edwards	M 50-59	13 of 29
41		0:50:03	5:00	159 Michael Garwood	Kanata	M 40-49	15 of 26
	5	0:50:08	5:01	89 Michele Herley-Tremb	Ottawa	F 40-49	4 of 25
42		0:50:19	5:02	2 Patrick Owens	Ottawa	M 40-49	16 of 26
	6	0:50:22	5:02	153 Elizabeth Farmer	Ottawa	F 30-39	2 of 20
43		0:50:25	5:03	22 David Gladwin	Kanata	M 40-49	17 of 26
44		0:50:27	5:03	38 Bill Horne		M 60-69	3 of 14
45		0:50:38	5:04	16 Adam Mowrey	Ottawa	M 15-19	6 of 6
46		0:50:57	5:06	68 Ian Govan	Kanata	M 50-59	14 of 29
47		0:51:01	5:06	139 Tosh Hayashi	Perth	M 60-69	4 of 14
48		0:51:16	5:08	154 Franz Ferraris	Ashton	M 50-59	15 of 29
49		0:51:21	5:08	82 Cameron Passmore	Nepean	M 40-49	18 of 26
50		0:51:43	5:10	87 James Johnston	Nepean	M 60-69	5 of 14
51		0:51:59	5:12	181 Michael Boekhoven	Ottawa	M 50-59	16 of 29
	7	0:52:00	5:12	184 Ginette Lavigne	Ottawa	F 40-49	5 of 25
	8	0:52:02	5:12	73 Eliza Murphy	Sydenham	F 40-49	6 of 25
52		0:52:05	5:13	67 Alex Cullen	Ottawa	M 50-59	17 of 29
	9	0:52:16	5:14	66 Theresa Kavanagh	Ottawa	F 50-59	1 of 20
53		0:52:42	5:16	134 Joe Raetsen	Nepean	M 60-69	6 of 14
54		0:52:45	5:17	105 Russell Wilkins	Nepean	M 60-69	7 of 14
55		0:53:24	5:20	32 Scott Guyan	Smiths Falls	M 30-39	6 of 10
56		0:53:46	5:23	21 Mark Pawlikowski	Stittsville	M 40-49	19 of 26
57		0:54:01	5:24	30 Malcolm Wood	Ottawa	M 50-59	18 of 29
58		0:54:04	5:24	149 Jonathan Hache	Ottawa	M 30-39	7 of 10

	10	0:54:06	5:25	77 Jenn Ross		F 30-39	3 of 20
59		0:54:08	5:25	99 Greg Earl	Smiths Falls	M 30-39	8 of 10
	11	0:54:25	5:27	35 Sylvie Lapointe	Gatineau	F 40-49	7 of 25
	12	0:54:30	5:27	78 Alexandra Gruca-Mac	Kanata	F 50-59	2 of 20
	13	0:54:51	5:29	120 Angela Schenkers	Ottawa	F 40-49	8 of 25
	14	0:54:53	5:29	12 Jan Cameron	Edwards	F 50-59	3 of 20
60		0:55:06	5:31	102 Mac Graham	Carleton Place	M 40-49	20 of 26
61		0:55:13	5:31	163 Douglas McGinn	Ottawa	M 60-69	8 of 14
62		0:55:14	5:31	123 Shawn Ettinger	Orleans	M 20-29	2 of 3
	15	0:55:18	5:32	4 Adriana Zeleney	Ottawa	F 30-39	4 of 20
	16	0:55:39	5:34	128 Karen Von Jagow	Stittsville	F 40-49	9 of 25
	17	0:55:41	5:34	48 Brenda Tirrell	Stittsville	F 50-59	4 of 20
63		0:55:43	5:34	63 Hans Buser	Carp	M 60-69	9 of 14
	18	0:55:45	5:35	74 Anne Menard	Ottawa	F 40-49	10 of 25
	19	0:55:51	5:35	109 Nada Milosevic	Ottawa	F 40-49	11 of 25
	20	0:55:54	5:35	10 Penny Foxwell	Metcalfe	F 50-59	5 of 20
	21	0:55:57	5:36	190 Ann Timmermans	Carp	F 30-39	5 of 20
64		0:56:07	5:37	59 John Cooke	Nepean	M 50-59	19 of 29
	22	0:56:14	5:37	182 Emilie Tyson	Ottawa	F 30-39	6 of 20
65		0:56:20	5:38	133 Philip Tughan		M 50-59	20 of 29
	23	0:56:36	5:40	157 Dawn Juneau	Orleans	F 40-49	12 of 25
66		0:56:37	5:40	122 Ab Ettinger	Orleans	M 50-59	21 of 29
67		0:56:46	5:41	51 Jim Paquette		M 50-59	22 of 29
	24	0:57:02	5:42	189 Jackie Pichette	Stittesville	F 15-19	1 of 2
68		0:57:16	5:44	145 David Stevens	Rideau Ferry	M 50-59	23 of 29
	25	0:57:22	5:44	188 Mary Pichette	Stittesville	F 40-49	13 of 25
	26	0:57:24	5:44	55 Brenda Kennedy	Stittsville	F 40-49	14 of 25
	27	0:57:26	5:45	151 Claire Samson	Ottawa	F 40-49	15 of 25
69		0:57:36	5:46	119 Fred Saikaly		M 50-59	24 of 29
70		0:57:49	5:47	27 Doug Arnold	Richmond	M 60-69	10 of 14
	28	0:57:54	5:47	156 Patty Sheahan	Orleans	F 50-59	6 of 20
71		0:58:12	5:49	34 Andrew McPhedran	Ottawa	M 40-49	21 of 26
	29	0:58:20	5:50	85 Valerie Haveman	Ottawa	F 50-59	7 of 20
72		0:58:46	5:53	144 Kelly Doig	Ottawa	M 40-49	22 of 26

73	0:58:47	5:53	167 Mike Watford		M 40-49	23 of 26
	30 0:58:51	5:53	183 Anne-Marie Carter-McAlmonte		F 50-59	8 of 20
74	0:58:53	5:53	3 Brian McClean	Stittsville	M 50-59	25 of 29
75	0:59:26	5:57	150 Keith Aguinaga	Kanata	M 30-39	9 of 10
	31 0:59:32	5:57	29 Elizabeth Burn	Ottawa	F 50-59	9 of 20
	32 0:59:49	5:59	104 Julie Gourlay	Ottawa	F 30-39	7 of 20
	33 0:59:53	5:59	138 Traci Leblanc	Nepean	F 30-39	8 of 20
76	1:00:21	6:02	25 Jeff Knott	Ottawa	M 20-29	3 of 3
	34 1:00:46	6:05	162 Martina McGinn	Ottawa	F 60+Over	1 of 3
	35 1:00:52	6:05	96 Alison Hill	Nepean	F 30-39	9 of 20
77	1:00:54	6:05	84 Frank Haveman	Ottawa	M 60-69	11 of 14
	36 1:00:55	6:05	53 Jackie Stadnyk	Carp Kinburn	F 50-59	10 of 20
78	1:00:57	6:06	54 Ron Stadnyk	Carp Kinburn	M 40-49	24 of 26
	37 1:01:00	6:06	45 Cheryl Gillies	Richmond	F 40-49	16 of 25
	38 1:01:02	6:06	131 Daphne Germain	Orleans	F 40-49	17 of 25
79	1:01:26	6:09	56 Ramon Lashley	Nepean	M 50-59	26 of 29
	39 1:01:34	6:09	137 Julie Fossitt	Kingston	F 15-19	2 of 2
80	1:01:35	6:09	142 Jonas Fossitt	Winchester	M 50-59	27 of 29
81	1:01:52	6:11	91 George Matheson	Ottawa	M 50-59	28 of 29
	40 1:02:09	6:13	186 Sue Dewar	Richmond	F 50-59	11 of 20
82	1:02:22	6:14	37 Henry Dore	Green Valley	M 60-69	12 of 14
83	1:02:44	6:16	176 Phil Gregory	Kanata	M 60-69	13 of 14
	41 1:02:51	6:17	14 Yvette Boudreau	Richmond	F 30-39	10 of 20
84	1:03:02	6:18	28 Greg Brockmann	Ottawa	M 40-49	25 of 26
	42 1:03:32	6:21	160 Elaine Petrie	Nepean	F 50-59	12 of 20
	43 1:04:18	6:26	61 Wendy Gamache	Haley Station	F 30-39	11 of 20
85	1:04:20	6:26	52 Garry Mellan	Ottawa	M 40-49	26 of 26
86	1:04:25	6:27	39 Peter Salfi	Kanata	M 50-59	29 of 29
	44 1:04:28	6:27	71 Carrol Robb	Ottawa	F 60+Over	2 of 3
	45 1:04:43	6:28	62 Margeurite Massey	Munster Hamlet	F 60+Over	3 of 3
	46 1:05:04	6:30	24 Suzanne Lawson	Ottawa	F 20-29	1 of 1
	47 1:05:11	6:31	58 Brenda Kennedy	Stittsville	F 40-49	18 of 25
87	1:06:09	6:37	9 Will Starr	Metcalf	M 60-69	14 of 14
	48 1:06:15	6:37	92 Carmen Davidson	Kanata	F 40-49	19 of 25

	49	1:06:24	6:38	90 Karen Ramsay	Kanata	F 40-49	20 of 25
	50	1:06:27	6:39	185 Treena Grevatt	Ottawa	F 30-39	12 of 20
	51	1:06:30	6:39	101 Karen Rintoul	Stittsville	F 30-39	13 of 20
	52	1:06:55	6:41	93 Barbara Provost	Kanata	F 50-59	13 of 20
	53	1:06:57	6:42	11 Karen Beutel	Ottawa	F 30-39	14 of 20
	54	1:06:59	6:42	41 Leslie Dods	Ashton	F 50-59	14 of 20
88		1:08:03	6:48	166 Sacha Charbonneau-L	Stittsville	M 30-39	10 of 10
	55	1:09:24	6:56	126 Monica Richard		F 30-39	15 of 20
	56	1:09:26	6:57	127 Janice Richard	Ottawa	F 30-39	16 of 20
	57	1:10:27	7:03	170 Ellen Carter	Nepean	F 50-59	15 of 20
89		1:11:49	7:11	175 Alan Rushforth	Nepean	M 70-79	1 of 1
	58	1:12:20	7:14	65 Evelyn Turcotte	Cobden	F 40-49	21 of 25
	59	1:13:22	7:20	23 Danielle Lawson	Ottawa	F 50-59	16 of 20
	60	1:16:07	7:37	110 Nancy Connors	Fitzroy Harbor	F 40-49	22 of 25
	61	1:17:33	7:45	161 Glenda O'Rourke	Fitzroy Harbour	F 50-59	17 of 20
	62	1:17:35	7:45	115 Brenda Cleary	Ottawa	F 50-59	18 of 20
	63	1:17:39	7:46	173 Anne Blimkie	Arnprior	F 40-49	23 of 25
	64	1:18:28	7:51	118 Jennifer Lyon	Kanata	F 30-39	17 of 20
	65	1:18:29	7:51	112 Candace Derickx	Navan	F 30-39	18 of 20
	66	1:19:22	7:56	42 Nancy Henry	Ottawa	F 50-59	19 of 20
	67	1:19:23	7:56	43 Erin Bisson	Ottawa	F 30-39	19 of 20
	68	1:21:10	8:07	17 Cathy Takahashi	Ottawa	F 40-49	24 of 25
	69	1:22:09	8:13	47 Bonnie Maclean	Carleton Place	F 40-49	25 of 25
	70	1:22:10	8:13	44 Carol Maclean	Carleton Place	F 50-59	20 of 20
	71	1:22:12	8:13	18 Nancy Mackay	Kanata	F 30-39	20 of 20