

BMO Downtown Dash 5K

Corner Brook, N.L. July 21, 2011

Timing & Results by Atlantic Chip Timing & CB Running Club

=====Age Group Results=====

| Place | No. | Name | City / Town | Prov | CO. | Div | | Time | Pace/ Km |
|-------|------|---------------------|----------------|------|-----|-------|-------|-------|-------------|
| | | | | | | Total | Div | | |
| 1 | 1015 | Nathan Dancher | San Diego | CA | US | 1/17 | M2029 | 16:57 | 3:24 |
| 2 | 1104 | Geordie Summers-Lub | Corner Brook | NL | CA | 1/12 | M119 | 16:58 | 3:24 |
| 3 | 1264 | William Forsey | Kippens | NL | CA | 2/12 | M119 | 17:09 | 3:26 |
| 4 | 1123 | Stephen Adams | Stephenville | NL | CA | 2/17 | M2029 | 17:44 | 3:33 |
| 5 | 1111 | Lee Churchill | Corner Brook | NL | CA | 1/25 | M3039 | 17:54 | 3:35 |
| 6 | 1061 | Shannon Warren | Corner Brook | NL | CA | 3/17 | M2029 | 18:32 | 3:43 |
| 7 | 1195 | Ryan Rose | Massey Dr | NL | CA | 4/17 | M2029 | 18:39 | 3:44 |
| 8 | 1219 | Steve May | Corner Brook | NL | CA | 1/30 | M4049 | 18:50 | 3:46 |
| 9 | 1172 | Trent Burden | Steady Brook | NL | CA | 2/25 | M3039 | 18:53 | 3:47 |
| 10 | 1103 | Mark Rowsell | Corner Brook | NL | CA | 3/12 | M119 | 19:40 | 3:56 |
| 11 | 1244 | Melissa Hardy | Deer Lake | NL | CA | 1/27 | F2029 | 19:54 | 3:59 |
| 12 | 1177 | Johnny Forward | Corner Brook | NL | CA | 5/17 | M2029 | 19:54 | 3:59 |
| 13 | 1194 | Hubert Rose | Massey Dr | NL | CA | 2/30 | M4049 | 20:07 | 4:02 |
| 14 | 1078 | Philip Street | Corner Brook | NL | CA | 6/17 | M2029 | 20:09 | 4:02 |
| 15 | 1237 | Greg Wyers | Sydney | NS | AU | 3/25 | M3039 | 20:14 | 4:03 |
| 16 | 1094 | Birender Wadhwa | Corner Brook | NL | CA | 4/25 | M3039 | 20:15 | 4:03 |
| 17 | 1162 | Steve Howlett | Corner Brook | NL | CA | 1/11 | M5059 | 20:18 | 4:04 |
| 18 | 1130 | Carl Barrett | Corner Brook | NL | CA | 3/30 | M4049 | 20:26 | 4:06 |
| 19 | 1188 | Maria Coleman | Corner Brook | NL | CA | 2/27 | F2029 | 20:34 | 4:07 |
| 20 | 1217 | Cyril Walsh | Corner Brook | NL | CA | 5/25 | M3039 | 20:39 | 4:08 |
| 21 | 1269 | Colin Walsh | Corner Brook | NL | CA | 6/25 | M3039 | 20:43 | 4:09 |
| 22 | 1046 | Conrad Bromley | Massey Drive | NL | CA | 7/25 | M3039 | 20:48 | 4:10 |
| 23 | 1225 | Adam Sparkes | Corner Brook | NL | CA | 8/25 | M3039 | 20:52 | 4:11 |
| 24 | 1083 | Duane Warren | Corner Brook | NL | CA | 9/25 | M3039 | 20:56 | 4:12 |
| 25 | 1200 | Mark Daniel Smallwo | Corner Brook | NL | CA | 10/25 | M3039 | 21:06 | 4:14 |
| 26 | 1144 | Greg Gallant | Pasadena | NL | CA | 4/30 | M4049 | 21:08 | 4:14 |
| 27 | 1004 | Roslynn Decker | Corner Brook | NL | CA | 3/27 | F2029 | 21:09 | 4:14 |
| 28 | 1230 | Matthew Batstone | Brampton | ON | CA | 4/12 | M119 | 21:33 | 4:19 |
| 29 | 1044 | Katheryn Cochrane | Pasadena | NL | CA | 4/27 | F2029 | 21:52 | 4:23 |
| 30 | 1257 | Wilson Goosney | Massey Dr | NL | CA | 5/30 | M4049 | 22:04 | 4:25 |
| 31 | 1265 | Andrew May | Humber Village | NL | CA | 6/30 | M4049 | 22:07 | 4:26 |
| 32 | 1003 | Chan Wiseman | Corner Brook | NL | CA | 11/25 | M3039 | 22:13 | 4:27 |
| 33 | 1069 | Brian Cusack | Corner Brook | NL | CA | 12/25 | M3039 | 22:15 | 4:27 |
| 34 | 1025 | Ryan Burt | St. John's | NL | CA | 5/12 | M119 | 22:17 | 4:28 |
| 35 | 1171 | Tracey Mackey-Nelso | Massey Dr | NL | CA | 1/43 | F3039 | 22:17 | 4:28 |
| 36 | 1042 | Terra Hynes | Benoit's Cove | NL | CA | 2/43 | F3039 | 22:20 | 4:28 |

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| 37 | 1030 | Brad Lambe | Corner Brook | NL | CA | 13/25 | M3039 | 22:22 | 4:29 |
| 38 | 1268 | Mike Russell | Massey Dr | NL | CA | 7/17 | M2029 | 22:27 | 4:30 |
| 39 | 1254 | Kevin Taylor | Corner Brook | NL | CA | 2/11 | M5059 | 22:38 | 4:32 |
| 40 | 1108 | Lorica Russell | Kippens | NL | CA | 3/43 | F3039 | 22:40 | 4:32 |
| 41 | 1185 | Michael White | Port Au Choix | NL | CA | 7/30 | M4049 | 22:40 | 4:32 |
| 42 | 1009 | Maggie Dwyer | Etobicoke | ON | CA | 1/16 | F119 | 22:44 | 4:33 |
| 43 | 1270 | Peter Callahan | Corner Brook | NL | CA | 8/30 | M4049 | 22:44 | 4:33 |
| 44 | 1252 | Tyler F. Rowsell | Corner Brook | NL | CA | 8/17 | M2029 | 22:49 | 4:34 |
| 45 | 1229 | Terry Batstone | Brampton | ON | CA | 9/30 | M4049 | 22:58 | 4:36 |
| 46 | 1260 | Ed Fitchett | Ottawa | ON | CA | 10/30 | M4049 | 22:59 | 4:36 |
| 47 | 1182 | Bruce Hamlyn | Corner Brook | NL | CA | 3/11 | M5059 | 23:01 | 4:37 |
| 48 | 1112 | Kastine Churchill | Corner Brook | NL | CA | 4/43 | F3039 | 23:01 | 4:37 |
| 49 | 1203 | Christine Hann | Corner Brook | NL | CA | 5/27 | F2029 | 23:05 | 4:37 |
| 50 | 1116 | Ryan Chaulk | Deer Lake | NL | CA | 9/17 | M2029 | 23:10 | 4:38 |
| 51 | 1251 | Harold Taylor Moore | Corner Brook | NL | CA | 14/25 | M3039 | 23:11 | 4:39 |
| 52 | 1155 | Richard Allen | Mt. Moriah | NL | CA | 11/30 | M4049 | 23:17 | 4:40 |
| 53 | 1122 | Anthony Hann | Mount Moriah | NL | CA | 15/25 | M3039 | 23:20 | 4:40 |
| 54 | 1096 | Peter Antle | Corner Brook | NL | CA | 12/30 | M4049 | 23:27 | 4:42 |
| 55 | 1099 | Rob Ryan | Corner Brook | NL | CA | 16/25 | M3039 | 23:32 | 4:43 |
| 56 | 1001 | Dave Decker | Corner Brook | NL | CA | 10/17 | M2029 | 23:36 | 4:44 |
| 57 | 1199 | Leah Ash | Massey Dr | NL | CA | 6/27 | F2029 | 23:36 | 4:44 |
| 58 | 1073 | Jeff Thompson | Corner Brook | NL | CA | 13/30 | M4049 | 23:38 | 4:44 |
| 59 | 1146 | Janice Coleman | Corner Brook | NL | CA | 5/43 | F3039 | 23:43 | 4:45 |
| 60 | 1189 | Aneesh Ratnam | Brisbane | | AU | 11/17 | M2029 | 23:53 | 4:47 |
| 61 | 1176 | Tom Targett | Massey Drive | NL | CA | 4/11 | M5059 | 23:54 | 4:47 |
| 62 | 1241 | Robert Barry | Corner Brook | NL | CA | 12/17 | M2029 | 23:57 | 4:48 |
| 63 | 1040 | Myla Burt | Corner Brook | NL | CA | 2/16 | F119 | 23:58 | 4:48 |
| 64 | 1087 | Glen Dolomount | Corner Brook | NL | CA | 14/30 | M4049 | 23:59 | 4:48 |
| 65 | 1028 | Michael Burt | Corner Brook | NL | CA | 6/12 | M119 | 24:00 | 4:48 |
| 66 | 1164 | Will Benjamin Keati | Corner Brook | NL | CA | 7/12 | M119 | 24:02 | 4:49 |
| 67 | 1101 | Michael Jones | Corner Brook | NL | CA | 17/25 | M3039 | 24:04 | 4:49 |
| 68 | 1193 | Kevin Baldwin | Corner Brook | NL | CA | 15/30 | M4049 | 24:14 | 4:51 |
| 69 | 1207 | Gavin White | Corner Brook | NL | CA | 16/30 | M4049 | 24:23 | 4:53 |
| 70 | 1180 | Josie Swyer | Corner Brook | NL | CA | 1/42 | F4049 | 24:27 | 4:54 |
| 71 | 1178 | Andrew Burden | Corner Brook | NL | CA | 13/17 | M2029 | 24:28 | 4:54 |
| 72 | 1117 | Jo-Ellen Chaulk | Deer Lake | NL | CA | 18/25 | M3039 | 24:28 | 4:54 |
| 73 | 1034 | Nancy Acreman | Corner Brook | NL | CA | 6/43 | F3039 | 24:32 | 4:55 |
| 74 | 1006 | Craig Dwyer | Etobicoke | ON | CA | 17/30 | M4049 | 24:36 | 4:56 |
| 75 | 1082 | Laura Sutton | Pasadena | NL | CA | 7/27 | F2029 | 24:43 | 4:57 |
| 76 | 1085 | Rebecca Warren | Corner Brook | NL | CA | 3/16 | F119 | 24:50 | 4:58 |
| 77 | 1081 | David Grant | St. John's | NL | CA | 19/25 | M3039 | 24:54 | 4:59 |
| 78 | 1187 | Yvette Coleman | Corner Brook | NL | CA | 4/16 | F119 | 25:09 | 5:02 |
| 79 | 1235 | Victoria Weir | Corner Brook | NL | CA | 5/16 | F119 | 25:14 | 5:03 |
| 80 | 1024 | Jeff Burt | St. John's | NL | CA | 18/30 | M4049 | 25:16 | 5:04 |
| 81 | 1234 | Paula O'Quinn | Corner Brook | NL | CA | 2/42 | F4049 | 25:26 | 5:06 |
| 82 | 1184 | Greg Loder | Corner Brook | NL | CA | 19/30 | M4049 | 25:40 | 5:08 |

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| 83 | 1043 | Neil Hynes | Benoit's Cove | NL | CA | 20/30 | M4049 | 25:49 | 5:10 |
| 84 | 1086 | Christopher Warren | The Woodlands | TX | US | 20/25 | M3039 | 25:57 | 5:12 |
| 85 | 1208 | Carolyn Hatch | Grand Rapids | MI | US | 7/43 | F3039 | 26:07 | 5:14 |
| 86 | 1240 | Paul May | Flower's Cove | NL | CA | 5/11 | M5059 | 26:08 | 5:14 |
| 87 | 1060 | Cameron Lafitte | Stephenville | NL | CA | 8/12 | M119 | 26:08 | 5:14 |
| 88 | 1102 | Olivia Allen | Mount Moriah | NL | CA | 6/16 | F119 | 26:12 | 5:15 |
| 89 | 1107 | Susette Farrell | Corner Brook | NL | CA | 3/42 | F4049 | 26:13 | 5:15 |
| 90 | 1183 | Rodger Hunt | Massey Dr | NL | CA | 21/30 | M4049 | 26:16 | 5:16 |
| 91 | 1077 | Melissa O'Brien | Corner Brook | NL | CA | 8/27 | F2029 | 26:32 | 5:19 |
| 92 | 1179 | Angie Elford | Corner Brook | NL | CA | 8/43 | F3039 | 26:33 | 5:19 |
| 93 | 1128 | Jana Walsh | Corner Brook | NL | CA | 9/43 | F3039 | 26:35 | 5:19 |
| 94 | 1118 | Michael Short | Deer Lake | NL | CA | 14/17 | M2029 | 26:35 | 5:19 |
| 95 | 1119 | Sarah Short | Deer Lake | NL | CA | 9/27 | F2029 | 26:35 | 5:19 |
| 96 | 1175 | Liette Sweetapple | Humber Valley | NL | CA | 10/43 | F3039 | 26:36 | 5:20 |
| 97 | 1181 | Renee Fowlow | Corner Brook | NL | CA | 4/42 | F4049 | 26:39 | 5:20 |
| 98 | 1091 | Aaron Caines | Conception Bay | NL | CA | 15/17 | M2029 | 26:49 | 5:22 |
| 99 | 1033 | Allison Furlong | Baie Verte | NL | CA | 10/27 | F2029 | 26:51 | 5:23 |
| 100 | 1223 | Nathan King | Corner Brook | NL | CA | 9/12 | M119 | 26:52 | 5:23 |
| 101 | 1014 | Barry Dancher | San Diego | CA | US | 1/1 | M6069 | 26:53 | 5:23 |
| 102 | 1212 | Ed Flynn | Quispamsis | NL | CA | 21/25 | M3039 | 26:55 | 5:23 |
| 103 | 1192 | Kathlyn Sheppard | Mt Moriah | NL | CA | 7/16 | F119 | 26:57 | 5:24 |
| 104 | 1157 | Alexia Barnable | Corner Brook | NL | CA | 5/42 | F4049 | 27:04 | 5:25 |
| 105 | 1174 | Paula Didham | Corner Brook | NL | CA | 1/23 | F5059 | 27:05 | 5:25 |
| 106 | 1051 | Melanie Samson | Cape St. George | NL | CA | 11/43 | F3039 | 27:07 | 5:26 |
| 107 | 1214 | Christine Young | Corner Brook | NL | CA | 2/23 | F5059 | 27:07 | 5:26 |
| 108 | 1222 | Brian King | Corner Brook | NL | CA | 22/30 | M4049 | 27:13 | 5:27 |
| 109 | 1127 | Mike Dolter | Corner Brook | NL | CA | 23/30 | M4049 | 27:14 | 5:27 |
| 110 | 1263 | Brenda Duffy | Corner Brook | NL | CA | 24/30 | M4049 | 27:14 | 5:27 |
| 111 | 1224 | Sarah Rousseau | Corner Brook | NL | CA | 12/43 | F3039 | 27:16 | 5:28 |
| 112 | 1211 | Bill Allan | Corner Brook | NL | CA | 6/11 | M5059 | 27:24 | 5:29 |
| 113 | 1114 | Jennifer Maddigan | Corner Brook | NL | CA | 8/16 | F119 | 27:31 | 5:31 |
| 114 | 1271 | Angela Millett | Corner Brook | NL | CA | 13/43 | F3039 | 27:32 | 5:31 |
| 115 | 1084 | Trina Warren | Corner Brook | NL | CA | 14/43 | F3039 | 27:34 | 5:31 |
| 116 | 1089 | Barbara Ann Dunphy | Corner Brook | NL | CA | 6/42 | F4049 | 27:40 | 5:32 |
| 117 | 1169 | Paul Barnable | Corner Brook | NL | CA | 25/30 | M4049 | 27:43 | 5:33 |
| 118 | 1148 | Joy Lee | Deer Lake | NL | CA | 7/42 | F4049 | 27:45 | 5:33 |
| 119 | 1023 | Christopher Murphy | Corner Brook | NL | CA | 16/17 | M2029 | 27:50 | 5:34 |
| 120 | 1098 | Charlotte Alexander | Stephenville | NL | CA | 11/27 | F2029 | 27:53 | 5:35 |
| 121 | 1018 | Melinda Boone | Deer Lake | NL | CA | 15/43 | F3039 | 27:54 | 5:35 |
| 122 | 1201 | Susan Daniels | Corner Brook | NL | CA | 16/43 | F3039 | 27:57 | 5:36 |
| 123 | 1143 | Ashley Bromley | Massey Drive | NL | CA | 9/16 | F119 | 28:00 | 5:36 |
| 124 | 1008 | Mark Dwyer | Etobicoke | ON | CA | 10/12 | M119 | 28:03 | 5:37 |
| 125 | 1066 | Connie O' Keefe | Massey Drive | NL | CA | 3/23 | F5059 | 28:04 | 5:37 |
| 126 | 1121 | Brent Anderson | Vancouver | BC | CA | 26/30 | M4049 | 28:04 | 5:37 |
| 127 | 1075 | Gladys Whelan | Corner Brook | NL | CA | 4/23 | F5059 | 28:06 | 5:38 |
| 128 | 1076 | Janna Whelan | Corner Brook | NL | CA | 12/27 | F2029 | 28:06 | 5:38 |

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| 129 | 1074 | Pat Whelan | Corner Brook | NL | CA | 7/11 | M5059 | 28:06 | 5:38 |
| 130 | 1166 | Bonnie Schwartz | Corner Brook | NL | CA | 5/23 | F5059 | 28:07 | 5:38 |
| 131 | 1138 | Paul Jacobs | Corner Brook | NL | CA | 27/30 | M4049 | 28:09 | 5:38 |
| 132 | 1213 | Mary Flynn | Quispamsis | NB | CA | 17/43 | F3039 | 28:10 | 5:38 |
| 133 | 1218 | Denise May | Corner Brook | NL | CA | 8/42 | F4049 | 28:11 | 5:39 |
| 134 | 1167 | Joan Gaudette | Corner Brook | NL | CA | 9/42 | F4049 | 28:13 | 5:39 |
| 135 | 1165 | Sandra Joan Vokey | Corner Brook | NL | CA | 10/42 | F4049 | 28:14 | 5:39 |
| 136 | 1136 | Paula Welshman | Mt. Moriah | NL | CA | 18/43 | F3039 | 28:42 | 5:45 |
| 137 | 1149 | Sharon McLennon | Stephenville | NL | CA | 6/23 | F5059 | 28:42 | 5:45 |
| 138 | 1068 | Elizabeth Diamond | Massey Drive | NL | CA | 11/42 | F4049 | 28:43 | 5:45 |
| 139 | 1231 | Theresa McCarthy | Benoit's Cove | NL | CA | | | 28:46 | 5:46 |
| 140 | 1221 | Natalie Thomas | Massey Dr | NL | CA | 13/27 | F2029 | 28:49 | 5:46 |
| 141 | 1242 | M. Alison McHugh | Corner Brook | NL | CA | 12/42 | F4049 | 28:53 | 5:47 |
| 142 | 1067 | Tara Noseworthy | Corner Brook | NL | CA | 19/43 | F3039 | 28:54 | 5:47 |
| 143 | 1151 | Bernice Winsor | Corner Brook | NL | CA | 13/42 | F4049 | 28:56 | 5:48 |
| 144 | 1053 | Cindy Andrews | Corner Brook | NL | CA | 20/43 | F3039 | 28:57 | 5:48 |
| 145 | 1145 | Janine Gillis | Corner Brook | NL | CA | 21/43 | F3039 | 29:01 | 5:49 |
| 146 | 1233 | Brandy O'Brien | Churchill Falls | NL | CA | 14/27 | F2029 | 29:02 | 5:49 |
| 147 | 1267 | Tina Newbury | Corner Brook | NL | CA | | | 29:03 | 5:49 |
| 148 | 1115 | Cathy Wheeler-Walsh | Corner Brook | NL | CA | 15/27 | F2029 | 29:07 | 5:50 |
| 149 | 1071 | Heather MacInnis | Corner Brook | NL | CA | 22/43 | F3039 | 29:15 | 5:51 |
| 150 | 1026 | Jonathan Burt | St. John's | NL | CA | 11/12 | M119 | 29:18 | 5:52 |
| 151 | 1248 | Megan Dunphy | Stephenville | NL | CA | 16/27 | F2029 | 29:19 | 5:52 |
| 152 | 1245 | Bennett D'Eon | Corner Brook | NL | CA | 8/11 | M5059 | 29:19 | 5:52 |
| 153 | 1027 | Matthew Burt | Corner Brook | NL | CA | 12/12 | M119 | 29:22 | 5:53 |
| 154 | 1132 | Theresa Greene | Halfway Point | NL | CA | 7/23 | F5059 | 29:31 | 5:55 |
| 155 | 1134 | Paul Quigley | Corner Brook | NL | CA | 9/11 | M5059 | 29:32 | 5:55 |
| 156 | 1131 | Vivian Callahan | Corner Brook | NL | CA | 14/42 | F4049 | 29:32 | 5:55 |
| 157 | 1202 | Angel Faith McCarth | Corner Brook | NL | CA | 17/27 | F2029 | 29:45 | 5:57 |
| 158 | 1012 | Jodene Hopkins | Corner Brook | NL | CA | 18/27 | F2029 | 29:58 | 6:00 |
| 159 | 1113 | Sharon Lahey | Corner Brook | NL | CA | 15/42 | F4049 | 29:58 | 6:00 |
| 160 | 1120 | Janice Anderson | Vancouver | BC | CA | 16/42 | F4049 | 29:58 | 6:00 |
| 161 | 1080 | Amelia Fillier | St. John's | NL | CA | 19/27 | F2029 | 30:06 | 6:02 |
| 162 | 1168 | Finton Gaudette | Corner Brook | NL | CA | 17/42 | F4049 | 30:07 | 6:02 |
| 163 | 1198 | Alicia Ayers | Corner Brook | NL | CA | 20/27 | F2029 | 30:17 | 6:04 |
| 164 | 1019 | Shelley Butler | Deer Lake | NL | CA | 23/43 | F3039 | 30:18 | 6:04 |
| 165 | 1139 | Lynn Andrews | Windsor | ON | CA | 18/42 | F4049 | 30:19 | 6:04 |
| 166 | 1062 | Janice Manuel | Corner Brook | NL | CA | 19/42 | F4049 | 30:28 | 6:06 |
| 167 | 1129 | Andrea Barrett | Corner Brook | NL | CA | 20/42 | F4049 | 30:29 | 6:06 |
| 168 | 1092 | Edna Curlew | Corner Brook | NL | CA | 8/23 | F5059 | 30:39 | 6:08 |
| 169 | 1054 | Betty Tilley | Corner Brook | NL | CA | 21/42 | F4049 | 30:40 | 6:08 |
| 170 | 1035 | Valda Wheeler | Frenchman's Cov | NL | CA | 9/23 | F5059 | 30:42 | 6:09 |
| 171 | 1159 | Olivia Barnable | Corner Brook | NL | CA | 10/16 | F119 | 30:46 | 6:10 |
| 172 | 1210 | Lee Miles | Corner Brook | NL | CA | 28/30 | M4049 | 30:54 | 6:11 |
| 173 | 1017 | Tonya Childs | Little Rapids | NL | CA | 24/43 | F3039 | 31:01 | 6:13 |
| 174 | 1253 | Krista Smith | Stephenville | NL | CA | 25/43 | F3039 | 31:02 | 6:13 |

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| 175 | 1232 | Robyn Park | Corner Brook | NL | CA | 21/27 | F2029 | 31:07 | 6:14 |
| 176 | 1239 | Gord Andrews | Corner Brook | NL | CA | 22/25 | M3039 | 31:08 | 6:14 |
| 177 | 1204 | Wayne Hann | Corner Brook | NL | CA | 10/11 | M5059 | 31:09 | 6:14 |
| 178 | 1126 | Beverly Dolter | Corner Brook | NL | CA | 22/42 | F4049 | 31:12 | 6:15 |
| 179 | 1255 | Eleanor Reynolds | Corner Brook | NL | CA | 23/42 | F4049 | 31:26 | 6:18 |
| 180 | 1079 | Sheila Leroux | St Judes | NL | CA | 24/42 | F4049 | 31:27 | 6:18 |
| 181 | 1090 | Deann Vincent | Corner Brook | NL | CA | 25/42 | F4049 | 31:44 | 6:21 |
| 182 | 1142 | Christy House | Port Saunders | NL | CA | 22/27 | F2029 | 31:55 | 6:23 |
| 183 | 1010 | Martine Dwyer | Etobicoke | ON | CA | 11/16 | F119 | 32:02 | 6:25 |
| 184 | 1065 | Ed O' Keefe | Massey Drive | NL | CA | 29/30 | M4049 | 32:04 | 6:25 |
| 185 | 1246 | Arlene D'Eon | Corner Brook | NL | CA | 26/42 | F4049 | 32:09 | 6:26 |
| 186 | 1124 | Tina Pitcher | Corner Brook | NL | CA | 27/42 | F4049 | 32:13 | 6:27 |
| 187 | 1156 | Danica Allen | Mt. Moriah | NL | CA | 12/16 | F119 | 32:15 | 6:27 |
| 188 | 1158 | Robyn Barnable | Corner Brook | NL | CA | 13/16 | F119 | 32:17 | 6:28 |
| 189 | 1258 | Joanne Goosney | Massey Dr | NL | CA | 28/42 | F4049 | 32:22 | 6:29 |
| 190 | 1196 | Jackie Chow | Corner Brook | NL | CA | 29/42 | F4049 | 32:31 | 6:31 |
| 191 | 1105 | Patrick Bryan | Corner Brook | NL | CA | 11/11 | M5059 | 32:43 | 6:33 |
| 192 | 1059 | Janine Abbott | Corner Brook | NL | CA | 26/43 | F3039 | 32:53 | 6:35 |
| 193 | 1022 | Heather Murphy | Corner Brook | NL | CA | 23/27 | F2029 | 32:53 | 6:35 |
| 194 | 1007 | Mary Dwyer | Etobicoke | ON | CA | 30/42 | F4049 | 33:28 | 6:42 |
| 195 | 1173 | Alexander Dolter | Corner Brook | NL | CA | 17/17 | M2029 | 33:31 | 6:43 |
| 196 | 1045 | Deidre Bromley | Massey Drive | NL | CA | 27/43 | F3039 | 33:37 | 6:44 |
| 197 | 1021 | Kayla Warren | Corner Brook | NL | CA | 14/16 | F119 | 33:55 | 6:47 |
| 198 | 1236 | Sally Cambourn | North Parramatt | SD | | 24/27 | F2029 | 33:58 | 6:48 |
| 199 | 1247 | Natalie Beckett | Corner Brook | NL | CA | 31/42 | F4049 | 34:18 | 6:52 |
| 200 | 1249 | Jana Vokey | Pasadena | NL | CA | 28/43 | F3039 | 34:25 | 6:53 |
| 201 | 1137 | Jackie White | Corner Brook | NL | CA | 29/43 | F3039 | 34:32 | 6:55 |
| 202 | 1147 | Sandy Cole | Corner Brook | NL | CA | 30/43 | F3039 | 34:32 | 6:55 |
| 203 | 1063 | Alison Power | Corner Brook | NL | CA | 32/42 | F4049 | 34:36 | 6:56 |
| 204 | 1016 | Monica Dancher | San Diego | CA | US | 10/23 | F5059 | 34:50 | 6:58 |
| 205 | 1031 | Mellissa Oates | Corner Brook | NL | CA | 31/43 | F3039 | 35:09 | 7:02 |
| 206 | 1032 | Heather Oates | Corner Brook | NL | CA | 32/43 | F3039 | 35:09 | 7:02 |
| 207 | 1037 | Mary Easton | Corner Brook | NL | CA | 11/23 | F5059 | 35:23 | 7:05 |
| 208 | 1048 | Lillian Hann | Corner Brook | NL | CA | 12/23 | F5059 | 35:33 | 7:07 |
| 209 | 1050 | Joanne Martin | Corner Brook | NL | CA | 33/43 | F3039 | 35:34 | 7:07 |
| 210 | 1228 | Margie Batstone | Brampton | ON | CA | 33/42 | F4049 | 35:34 | 7:07 |
| 211 | 1160 | Helen Warren | Corner Brook | NL | CA | | | 35:38 | 7:08 |
| 212 | 1161 | John Warren | Corner Brook | NL | CA | | | 35:49 | 7:10 |
| 213 | 1110 | Tracey Walters | Kippens | NL | CA | 34/43 | F3039 | 36:07 | 7:14 |
| 214 | 1109 | Joanne Matthews | Stephenville | NL | CA | 35/43 | F3039 | 36:07 | 7:14 |
| 215 | 1153 | Sheri Brake-Muyomba | Calgary | AB | CA | 36/43 | F3039 | 36:16 | 7:16 |
| 216 | 1154 | Martin Muyomba | Calgary | AB | CA | 23/25 | M3039 | 36:16 | 7:16 |
| 217 | 1152 | Robert Brake | Corner Brook | NL | CA | 1/1 | M7099 | 36:17 | 7:16 |
| 218 | 1125 | Melanie Connolly | Corner Brook | NL | CA | 37/43 | F3039 | 36:33 | 7:19 |
| 219 | 1106 | Trina Burden | Corner Brook | NL | CA | 34/42 | F4049 | 36:39 | 7:20 |
| 220 | 1141 | Vanessa Garnier | Pasadena | NL | CA | 38/43 | F3039 | 37:16 | 7:28 |

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| 221 | 1140 | Kevin Garnier | Pasadena | NL | CA | 24/25 | M3039 | 37:17 | 7:28 |
| 222 | 1262 | Deanne Pittman | Massey Dr | NL | CA | 35/42 | F4049 | 37:27 | 7:30 |
| 223 | 1097 | Maureen Hughes | Corner Brook | NL | CA | 36/42 | F4049 | 37:29 | 7:30 |
| 224 | 1100 | Deanne Penney | Corner Brook | NL | CA | 37/42 | F4049 | 37:29 | 7:30 |
| 225 | 1206 | Justin Preece | Corner Brook | NL | CA | 25/25 | M3039 | 37:40 | 7:32 |
| 226 | 1205 | Carrie Melbourne | Corner Brook | NL | CA | 39/43 | F3039 | 37:40 | 7:32 |
| 227 | 1020 | Katrina Warren | Corner Brook | NL | CA | 40/43 | F3039 | 38:01 | 7:37 |
| 228 | 1135 | Elizabeth Smith | Corner Brook | NL | CA | 38/42 | F4049 | 38:31 | 7:43 |
| 229 | 1133 | Sonya Mauger | Corner Brook | NL | CA | 25/27 | F2029 | 38:31 | 7:43 |
| 230 | 1047 | Nicole Wassing | Corner Brook | NL | CA | 26/27 | F2029 | 39:12 | 7:51 |
| 231 | 1088 | Joanne Hulan | Corner Brook | NL | CA | 39/42 | F4049 | 39:24 | 7:53 |
| 232 | 1052 | Debbie McWhirter-Ro | Corner Brook | NL | CA | 13/23 | F5059 | 39:38 | 7:56 |
| 233 | 1261 | Elizabeth Rowe | Corner Brook | NL | CA | 15/16 | F119 | 39:38 | 7:56 |
| 234 | 1095 | Denise Gibbons | Corner Brook | NL | CA | 40/42 | F4049 | 39:47 | 7:58 |
| 235 | 1238 | Sharla Callahn | Red Deer | AB | CA | 41/43 | F3039 | 40:15 | 8:03 |
| 236 | 1064 | Jade Mahoney | Corner Brook | NL | CA | 42/43 | F3039 | 40:47 | 8:10 |
| 237 | 1002 | Pauline Hutchinson | Corner Brook | NL | CA | 14/23 | F5059 | 41:25 | 8:17 |
| 238 | 1191 | Vicky Joyce | Corner Brook | NL | CA | 41/42 | F4049 | 41:32 | 8:19 |
| 239 | 1190 | Bernice Marie King | Stephenville | NL | CA | 42/42 | F4049 | 41:32 | 8:19 |
| 240 | 1058 | Paula Allen | Corner Brook | NL | CA | 16/16 | F119 | 41:48 | 8:22 |
| 241 | 1170 | Ashley Neary | Corner Brook | NL | CA | 27/27 | F2029 | 42:01 | 8:25 |
| 242 | 1011 | Joan Parsons | Corner Brook | NL | CA | 15/23 | F5059 | 42:28 | 8:30 |
| 243 | 1227 | Donna Batstone | Corner Brook | NL | CA | 16/23 | F5059 | 43:10 | 8:38 |
| 244 | 1039 | Donna Kelly | Corner Brook | NL | CA | 17/23 | F5059 | 44:22 | 8:53 |
| 245 | 1038 | Marion Hutchings | Corner Brook | NL | CA | 18/23 | F5059 | 45:02 | 9:01 |
| 246 | 1036 | Deborah Diamond | Corner Brook | NL | CA | 19/23 | F5059 | 46:01 | 9:13 |
| 247 | 1049 | Glenda Rodway | Corner Brook | NL | CA | 20/23 | F5059 | 46:01 | 9:13 |
| 248 | 1215 | Rowena Visagie | Corner Brook | NL | CA | 43/43 | F3039 | 46:40 | 9:20 |
| 249 | 1055 | Terry Janes | Corner Brook | NL | CA | 30/30 | M4049 | 46:57 | 9:24 |
| 250 | 1057 | Debbie Allen | Corner Brook | NL | CA | 21/23 | F5059 | 52:46 | 10:34 |
| 251 | 1056 | Marian Ezekiel | Corner Brook | NL | CA | 22/23 | F5059 | 52:47 | 10:34 |
| 252 | 1093 | D Allen | Corner Brook | NL | CA | 23/23 | F5059 | 52:47 | 10:34 |
| 253 | 1186 | Linda Dennis | Corner Brook | NL | CA | 1/1 | F6069 | 52:47 | 10:34 |