

EMCC AGE STANDARD COMPETITION		PERSONAL BEST PLUS @ 20 km	2010
Name			
Johnson	Maurice	+11:26	
Copeland	Bruce	+8:57	+8:57
Von zur Gathen	Heinz	+8:39	+8:39
Heppleston	Peter	+8:12	+7:19
Harries	Bruce	+7:28	+7:06
Henderson	Richard	+6:31	+6:31
Moses	Richard	+6:27	+6:27
Watson	Dave	+6:17	+6:17
Berg	Len	+6:08	+6:08
Szymanski	Zibi	+6:16	+5:57
LaRone	Lloyd	+5:45	+5:45
Burden	Nancy	+6:05	+5:30
Claassens	Matt	+7:16	+5:27
Countryman	Brian	+6:27	+5:19
Fox	Don	+5:35	+5:13
Hargreaves	Jason	+5:06	+5:06
McAllister	Allan	+5:02	+5:02
Embury	Dave	+5:00	+5:00
Schroder	Erich	+7:30	+4:58
Doyle	Bill	+4:49	+4:49
McKinney	Sid	+5:29	+4:45
Wheatley	Matt	+4:45	+4:34
McNally	Bev	+4:56	+4:28
Morrison	Gord	+4:25	+4:25
Maser	Peter	+4:21	+4:21
Forbes	Fraser	+4:05	+4:05
McCalder	Allan	+3:55	+3:55
Burtnik	Bill	+3:54	+3:54
Sustrik	Gordon	+3:48	+3:48
Yeske	Jim	+3:51	+3:45
Dawson-Edwards	John	+3:45	+3:29
Preston	Daniel	+3:28	+3:28
Walden	Dan	+3:22	+3:22
Burke	Clive	+3:12	+3:12
Wozny	Gail	+5:36	+3:12
McIntosh	Allan	+3:07	+3:07
Burton	Mike	+3:00	+3:00
Liden	Robert	+2:59	+2:59
Roberts	Susan	+2:18	+2:18
Coghlan	Kevin	+2:14	+2:14
Belair	Karen	+2:46	+2:13
Mekechuk	Joy	+5:19	+1:54
Edmunds	John	+8:40	+1:39
Braun	Bogdan	+1:38	+1:38
Lam	Laurence	+1:37	+1:37
Dmitruk	Lorne	+2:56	+1:29
Davidson	Mitch	+2:09	+1:03
Mash	Greg	+0:41	+0:41
McNally	Bob	+1:52	+0:40
Zijlmans	Henk	+0:20	+0:20
Litke	Joseph		-0:03
Gobeil	Pat		-0:14
Coupal	Jean-Claude		-0:15
Oran	Scott		-0:30
Lerch	Kristy		-1:33
Walt	Noah		-1:46
Tetz	Darryl		-1:55
Trainer	Val		-2:35
Cebuliak	Dennis	+2:23	-2:48
Chang	John	+0:20	-3:02
Lechasseur	Leon		-3:23

Age Standard Medal Winner