

5 Km Time Trial

Overall	First Name	Last Name	Place	Time	% Slower	Speed
---------	------------	-----------	-------	------	----------	-------

Womens 50-54

10	Janice	Williams	1	0:10:18	27%	18.6
----	--------	----------	---	---------	-----	------

Womens 55-59

4	Jane	Fyffe	1	0:08:28	5%	22.7
---	------	-------	---	---------	----	------

8	Caroline	Rasmussen	2	0:09:41	20%	19.8
---	----------	-----------	---	---------	-----	------

13	Judy	Raabe	3	0:10:41	32%	18.0
----	------	-------	---	---------	-----	------

Mens 50-54

2	Mark	Williams	1	0:08:14	2%	23.3
---	------	----------	---	---------	----	------

Mens 55-59

1	David	Grieves	1	0:08:06	0%	23.7
---	-------	---------	---	---------	----	------

5	Kent	Goben	2	0:08:37	6%	22.3
---	------	-------	---	---------	----	------

12	Robert	Light	3	0:10:29	29%	18.3
----	--------	-------	---	---------	-----	------

Mens 60-64

3	Eric	Rich	1	0:08:26	4%	22.8
---	------	------	---	---------	----	------

6	Jeremy	Melville	2	0:09:02	12%	21.3
---	--------	----------	---	---------	-----	------

15	Greg	Clark	3	0:11:04	37%	17.3
----	------	-------	---	---------	-----	------

Mens 65-69

7	Keith	Lyndaker	1	0:09:14	14%	20.8
---	-------	----------	---	---------	-----	------

9	Greg	MacConnell	2	0:09:47	21%	19.6
---	------	------------	---	---------	-----	------

18	Roy	Tocha	3	0:11:55	47%	16.1
----	-----	-------	---	---------	-----	------

Mens 70-74

11	Thomas	Harkness	1	0:10:20	28%	18.6
----	--------	----------	---	---------	-----	------

14	Kevin	Walsh	2	0:11:03	36%	17.4
----	-------	-------	---	---------	-----	------

19	William	Gagnier	3	0:12:02	49%	16.0
----	---------	---------	---	---------	-----	------

Mens 75-79

16	Paul	Kocher	1	0:11:11	38%	17.2
----	------	--------	---	---------	-----	------

17	Gary H	Prince	2	0:11:44	45%	16.4
----	--------	--------	---	---------	-----	------

20	David	Hellmann	3	0:12:13	51%	15.7
----	-------	----------	---	---------	-----	------

21	John	Zachman	4	0:14:03	73%	13.7
----	------	---------	---	---------	-----	------

10 Km Time Trial

Overall	First Name	Last Name	Place	Time	% Slower	Speed
---------	------------	-----------	-------	------	----------	-------

Womens 50-54

10	Janice	Williams	1	0:18:50	25%	19.8
----	--------	----------	---	---------	-----	------

Womens 55-59

3	Jane	Fyffe	1	0:15:40	4%	23.7
9	Caroline	Rasmussen	2	0:18:40	24%	19.9
13	Judy	Raabe	3	0:20:15	35%	18.4

Mens 50-54

1	Mark	Williams	1	0:15:02	0%	24.7
---	------	----------	---	---------	----	------

Mens 55-59

2	David	Grieves	1	0:15:20	2%	24.3
4	Kent	Goben	2	0:16:09	7%	23.0
11	Robert	Light	3	0:19:13	28%	19.4

Mens 60-64

5	Eric	Rich	1	0:16:38	11%	22.4
6	Jeremy	Melville	2	0:17:11	14%	21.6
15	Greg	Clark	3	0:21:09	41%	17.6

Mens 65-69

7	Keith	Lyndaker	1	0:17:47	18%	20.9
8	Greg	MacConnell	2	0:18:16	22%	20.4
18	Roy	Tocha	3	0:22:47	52%	16.3

Mens 70-74

12	Thomas	Harkness	1	0:19:32	30%	19.0
14	Kevin	Walsh	2	0:20:55	39%	17.8
20	William	Gagnier	3	0:23:37	57%	15.8

Mens 75-79

16	Paul	Kocher	1	0:21:27	43%	17.3
17	Gary H	Prince	2	0:22:37	50%	16.4
19	David	Hellmann	3	0:23:22	55%	15.9
21	John	Zachman	4	0:27:34	83%	13.5

20 Km Road Race

Overall	First Name	Last Name	Place	Time	% Slower	Speed
Womens 50-54						
7	Janice	Williams	1	0:38:20	10%	19.4
Womens 55-59						
14	Judy	Raabe	1	0:42:19	21%	17.6
16	Kim	Williams	2	0:48:00	38%	15.5
22	Caroline	Rasmussen	3	1:01:00	75%	12.2
Womens 70-74						
20	Barbara	Baker	1	0:57:37	65%	12.9
Mens 50-54						
2	Mark	Williams	1	0:15:02	0%	24.7
11	Brian	Dodge	2	0:41:29	19%	17.9
Mens 55-59						
1	Jim	Van Leer	1	0:34:50	0%	21.4
4	David	Grieves	2	0:34:53	0%	21.3
5	Brian	Staiger	3	0:36:24	4%	20.4
10	Robert	Light	4	0:39:32	13%	18.8
Mens 60-64						
6	Eric	Rich	1	0:36:50	6%	20.2
12	Greg	Clark	2	0:41:30	19%	17.9
Mens 65-69						
3	Tim	Riley	1	0:34:52	0%	21.3
8	Keith	Lyndaker	2	0:38:41	11%	19.2
9	Greg	MacConnell	3	0:38:43	11%	19.2
Mens 70-74						
13	Kevin	Walsh	1	0:42:03	21%	17.7
15	Thomas	Harkness	2	0:42:28	22%	17.5
18	William	Gagnier	3	0:50:45	46%	14.7
Mens 75-79						
16	Paul	Kocher	1	0:49:10	41%	15.1
19	David	Hellmann	3	0:54:34	57%	13.6
21	John	Zachman	4	1:00:08	73%	12.4