

# MONTHLY CHALLENGE - DÉFI DU MOIS

## MASTERS SWIMMING - MAITRES NAGEURS



### 500m Pull - MARCH CHALLENGE

#### DÉFI MARS- ÉPREUVE 500m AVEC PULL BOUY

#### RESULTS - RÉSULTATS

Participation Prize **Rose Wolstenholme - RMM**  
 Prix de participation **Bénédicte Tétreault - CNMM**  
**Mathieu Beaudoin - BRO**  
**Vitalie Cusnir - CNMN**

RANK	NOM, PRÉNOM	ADN (AAAA)	Âge	CLUB	temps (mm:ss.00)
RANG	NAME	YEAR	AGE	CLUB	TIME (mm:ss.00)
<b>WOMEN - FEMMES 18-24</b>					
1	<i>Howie, Sophia</i>	2006	18	WRW	06:59.00
2	<i>Lalonde, Kyra</i>	2003	21	BRO	07:19.00
3	<i>Matthews, Ella</i>	2003	21	GOLD	07:30.00
4	<i>Lefebvre-Gagnon, Sophie</i>	2001	23	BRO	09:05.00
<b>WOMEN - FEMMES 25-29</b>					
1	<i>Siino, Véronique</i>	1998	26	CNMN	07:28.00
2	<i>Baxter, Heather</i>	1997	27	MSM	07:43.69
3	<i>Young, Gillian</i>	1998	26	MSM	07:45.66
4	<i>McAVOY, Sarah</i>	1996	28	MM	07:55.70
5	<i>Spless, Isabelle</i>	1999	25	OMSC	07:57.85
6	<i>Olenikczak, Natalia</i>	1997	27	WRW	08:21.00
7	<i>Grondin-Nadreau, Naomie</i>	1996	28	CNMN	08:28.64
8	<i>Potter, Ivy</i>	1997	27	DSM	09:13.00
9	<i>Lefebvre, Isabelle</i>	1999	25	BRO	09:18.00
10	<i>Carroll, Gwennyth</i>	1998	26	MSM	09:34.52
11	<i>THOMSON, Shelby</i>	1995	29	SQUALL	09:48.00
<b>WOMEN - FEMMES 30-34</b>					
1	<i>Henning, Katrina</i>	1994	30	RMM	06:36.00
2	<i>LUKE, Bret</i>	1992	32	MM	06:55.00
3	<i>MacIsaac, Kelly</i>	1994	30	MSM	07:41.17
4	<i>Dempsey, Carissa</i>	1992	32	AQUA	07:45.23
5	<i>Boudreau, Amélie</i>	1991	33	BRO	08:28.00
6	<i>Graveline, Elisabeth</i>	1994	30	CNMM	08:56.00
7	<i>Coombes, Karli</i>	1993	31	DSM	09:00.00
8	<i>Trudeau, Naomi</i>	1994	30	CNMM	11:05.00
9	<i>Henry, Toini</i>	1994	30	WRW	12:02.00
10	<i>HUDON, Magalie</i>	1992	32	CNSF	12:51.00
<b>WOMEN - FEMMES 35-39</b>					
1	<i>Best, Jillian</i>	1987	37	MSM	06:56.50
2	<i>Kilem, Theresa</i>	1986	38	GOLD	07:02.00
3	<i>MORAN, Nicole</i>	1988	36	SQUALL	08:05.00
4	<i>kuindersma, Sarah</i>	1988	36	OMSC	08:40.56
5	<i>Rich, Kristi</i>	1986	38	MSM	09:02.33
6	<i>Butler, Sarah</i>	1989	35	MSM	09:47.07
7	<i>Flemons, Kristin</i>	1988	36	DSM	10:13.00
8	<i>Martin, Katy</i>	1985	39	WRW	11:52.00
9	<i>Hardy, Madeleine</i>	1987	37	DSM	12:05.00
10	<i>LACASSE, Claudia</i>	1987	37	CNSF	12:12.00
<b>WOMEN - FEMMES 40-44</b>					
1	<i>McKINLEY, Christine</i>	1984	40	MM	07:12.90
2	<i>KITCHEN, Amy</i>	1983	41	SQUALL	07:18.00
3	<i>SILVER, Mel</i>	1981	43	SQUALL	07:23.00
4	<i>Hynes, Heather</i>	1980	44	GOLD	07:25.00

5	Wedlake, Julie	1983	41	MSM	07:25.63
6	Eroglu, Biricik	1984	40	WRW	07:52.00
7	Kerkhof, Jennifer	1982	42	MSM	07:54.15
8	CARTER, Haelie	1982	42	SQUALL	07:55.00
9	LENAUSKUS, Carrie	1983	41	SQUALL	08:11.00
10	Ménard, Caroline	1982	42	CNMM	08:13.00
11	Brown, Jennifer	1981	43	WTMSC	08:16.36
12	Gritke, Jennifer	1982	42	MSM	08:26.71
13	Charbonneau, Mélissa	1981	43	CNMM	08:28.00
14	Scott, Carly	1980	44	WRW	08:35.00
15	Furlong, Jennifer	1983	41	GOLD	08:45.00
16	Tougas, Anne-Marie	1980	44	CNMM	08:55.00
17	Bishop, Jamie	1983	41	WTMSC	08:56.21
18	Mcdougall, Megan	1984	40	OMSC	08:57.78
19	Bédard, Aurée	1982	42	CNMM	09:00.00
20	Bejarano, Diana	1982	42	BRO	09:10.00
21	Surtees, Victoria	1983	41	WRW	09:26.00
22	Beaurivage, Sabrina	1982	42	RL	09:34.00
23	Côté, Sarah	1983	41	CNMM	09:45.00
24	PRASHAW, Emily	1982	42	SQUALL	09:47.00
25	LANG, Laurie	1982	42	SQUALL	09:55.00
26	Kelley, Kimberley	1982	42	GOLD	10:02.00
27	Brodie, Connor	1984	40	WRW	10:06.00
28	Karim, Nafeesa	1981	43	WRW	10:17.00
29	Davis, Jamie	1981	43	OMSC	10:18.23
30	Roch, Julie	1982	42	CNMM	10:39.00
31	Brosseau, Ann	1982	42	CNMM	10:43.00
32	Kay, Bonnie	1983	41	CNMM	11:15.00
33	Brakchi, Dalila	1980	44	CNMM	11:30.00
34	Marcoux-Fafard, Maude	1984	40	CNMM	11:31.00
35	Sirois, Lucie	1980	44	AQUA	16:25.00
36	Vicaire, Robyn	1981	43	AQUA	18:29.36

**WOMEN - FEMMES 45-49**

1	Asselin, Julie	1975	49	VELOX	05:15.00
2	LABELLE, Stéphanie	1975	49	CNSF	06:52.67
3	LEIER-BLACHER, Rhiannon	1977	47	MM	06:53.20
4	Thompson, Sacha	1976	48	GOLD	07:06.00
5	Acheson, Lynn	1976	48	FTH	07:14.00
6	Ferguson, Alanaisa	1975	49	WTMSC	07:15.74
7	Desroches, Isabelle	1978	46	BRO	07:17.00
8	Driediger, Molly	1978	46	MSM	07:26.32
9	Tanguay, Véronique	1976	48	CNMN	07:31.44
10	Dumont, Kelly	1975	49	WRW	07:50.00
11	Bayley, Natalie	1978	46	WRW	07:53.00
12	ROSS, Amy	1978	46	SQUALL	08:17.00
13	Fernandez, Rachel	1978	46	BRO	08:17.00
14	Blanchette, Isabelle	1975	49	BRO	08:21.00
15	Gaudreault, Sarah	1978	46	MBC	08:22.00
16	Jean, Maud	1976	48	CNMN	08:31.87
17	PARÉ, Caroline	1979	45	CNSF	08:33.00
18	Hurst, Pamela	1978	46	OMSC	08:34.04
19	Dufour, Julie	1979	45	BRO	08:37.00
20	Sorenson, Rebecca	1976	48	OMSC	08:48.60
21	Levesque, Nancy	1975	49	MBC	08:52.00
22	Fortin, Brigitte	1979	45	CNMM	08:54.00
23	Arnold, Amber	1978	46	OMSC	09:01.00
24	Nguyen-Tri, Marie-Claire	1979	45	BRO	09:05.00
25	Bejarano, Sandra	1979	45	BRO	09:24.00
26	Arishenkoff, Natasha	1978	46	WRW	09:27.00
27	Doyle, Emily	1976	48	OMSC	09:44.72
28	Cole-Klippenstein, Tara	1977	47	OMSC	09:52.00
29	Goode, Miranda	1979	45	MSM	09:58.47
30	Tourangeau, Annick	1978	46	CNMN	10:14.17
31	Lachapelle, Julie	1977	47	NN	10:28.00

32	<i>Stephensen, Suzanne</i>	1977	47	CNMM	10:29.00
33	<i>Tétreault, Bénédicte</i>	1977	47	CNMM	10:31.00
34	<i>Bergeron, Kristin</i>	1979	45	AQUA	10:47.84
35	<i>Benoît, Catherine</i>	1979	45	AQUA	10:48.24
36	<i>Ross, Brandy</i>	1977	47	OMSC	11:31.33
37	<i>LEIS, Kim</i>	1978	46	SQUALL	11:45.00

**WOMEN - FEMMES 50-54**

1	<i>Cassivi, Natasha</i>	1970	54	BRO	07:06.00
2	<i>Khan, Marcy</i>	1971	53	MSM	07:25.87
3	<i>Gray, Sarah</i>	1973	51	WRW	07:50.00
4	<i>MACDOUGALL, Heather</i>	1970	54	SQUALL	07:53.00
5	<i>Sauvé, Marie-France</i>	1974	50	CNMN	07:54.03
6	<i>Irwin, Jackie</i>	1972	52	RMM	08:10.00
7	<i>Rayes, Christine</i>	1971	53	BRO	08:17.00
8	<i>PARKER, Jenn</i>	1971	53	SQUALL	08:33.00
9	<i>Calmettes, Caroline</i>	1973	51	MSM	08:57.34
10	<i>Oickle_PSPI, Ngan</i>	1973	51	OMSC	09:18.33
11	<i>Hyang-Lee, Ki</i>	1973	51	BRO	09:25.00
12	<i>FORTIN, Isabelle</i>	1972	52	CNSF	09:27.00
13	<i>Laul, Sarah</i>	1972	52	WRW	09:40.00
14	<i>AMYOT, Caroline</i>	1974	50	CNSF	09:48.00
15	<i>Coll, Stephanie</i>	1974	50	MBC	09:52.94
16	<i>Ménard, Natacha</i>	1974	50	CNMN	09:59.60
17	<i>Marceau, Marie</i>	1972	52	CNMM	10:05.00
18	<i>Meshi, Rezarta</i>	1974	50	WRW	10:35.00
19	<i>Mcfadyen Brown, Laura</i>	1970	54	MSM	10:47.09
20	<i>POLKINGHORNE, Leigh-Anne</i>	1972	52	SQUALL	10:49.00
21	<i>Kotowich, Julie</i>	1972	52	OMSC	10:49.09
22	<i>Desrosiers, Isabelle</i>	1974	50	BRO	10:52.00
23	<i>Chamberlin, Amy</i>	1974	50	AQUA	11:05.82
24	<i>Mazurek, Verna</i>	1970	54	OMSC	11:25.02
25	<i>Fréchette, Chantal</i>	1970	54	BRO	11:44.00
26	<i>Heerey, Erin</i>	1972	52	MSM	11:49.86
27	<i>Zelez, Debbie</i>	1972	52	OMSC	11:59.19
28	<i>Marsh, Karin</i>	1972	52	OMSC	13:08.13

**WOMEN - FEMMES 55-59**

1	<i>Long, Jani</i>	1967	57	FTH	07:25.00
2	<i>Herrick, Tiffany</i>	1967	57	OMSC	07:37.95
3	<i>Beer, Heike</i>	1968	56	WRW	07:40.00
4	<i>Knox, Abby</i>	1968	56	OMSC	07:45.76
5	<i>Chapelaine, Josée</i>	1967	57	CNMN	07:48.14
6	<i>Tremblay, Suzanne</i>	1966	58	BRO	07:58.00
7	<i>Strang, Ginny</i>	1968	56	WRW	08:10.00
8	<i>Vallee, Louise</i>	1965	59	BRO	08:10.00
9	<i>Mills, Christine</i>	1968	56	BRO	08:22.00
10	<i>Leduc, Nathalie</i>	1968	56	CNMM	08:24.00
11	<i>Smart, Diane</i>	1966	58	FTH	08:26.00
12	<i>VAILLANCOURT, Julie</i>	1965	59	SQUALL	08:37.00
13	<i>Sauriol, Josée</i>	1965	59	CNMM	08:50.00
14	<i>Zaidan, Charlene</i>	1968	56	GOLD	09:00.00
15	<i>GARDINER, Heather</i>	1965	59	SQUALL	09:10.00
16	<i>Gramlich, Claire</i>	1966	58	WTMSC	09:12.87
17	<i>Gaviria-Velez, Claude</i>	1965	59	BRO	09:21.30
18	<i>Ryan, Susan</i>	1967	57	GOLD	09:29.00
19	<i>Nevin, Ann</i>	1969	55	OMSC	10:07.21
20	<i>Reyes, Ileana</i>	1967	57	WTMSC	10:17.44
21	<i>Lang, Alisa</i>	1969	55	WRW	10:45.00
22	<i>Bell, Amanda</i>	1966	58	MSM	11:01.35
23	<i>Ferreira, Jennifer</i>	1969	55	MSM	11:04.48
24	<i>Middleton, Corinne</i>	1965	59	OMSC	11:17.66
25	<i>Callaghan, Tonya</i>	1968	56	DSM	11:40.00
26	<i>Proulx, Nathalie</i>	1967	57	CNMM	12:01.00
27	<i>Tandan, Tara</i>	1967	57	WRW	12:06.00
28	<i>Janice Adams</i>	1965	59	CNMN	12:17.55
29	<i>FOY, Donna</i>	1966	58	SQUALL	12:21.00

30	<i>McCormack, Elaine</i>	1966	58	WRW	12:34.00
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**WOMEN - FEMMES 60-64**

1	<i>Dixon-Wells, Lisa</i>	1961	63	CLIP	06:55.00
2	<i>Pozniak, Gail</i>	1960	64	WRW	07:58.00
3	<i>Finley, Lori</i>	1961	63	FTH	08:00.00
4	<i>Gilewicz, Denise</i>	1963	61	GOLD	08:20.00
5	<i>Goldhawk, Cheryl</i>	1963	61	MMAC	08:20.00
6	<i>KRIZMANICH, Denyse</i>	1962	62	SQUALL	08:36.00
7	<i>Shirtliff, Nadene</i>	1963	61	WTMSC	08:43.60
8	<i>Arkle, Louise</i>	1960	64	WTMSC	08:51.73
9	<i>Robinson, Diane</i>	1962	62	WRW	09:01.00
10	<i>Benoit, Diane</i>	1964	60	BRO	09:06.00
11	<i>Christopherson, Joanne</i>	1962	62	WRW	09:18.00
12	<i>Furby, Susie</i>	1962	62	WRW	09:30.00
13	<i>WARING, Caroline</i>	1964	60	SQUALL	09:50.00
14	<i>Sterenberg, Carolyn</i>	1961	63	OMSC	09:55.08
15	<i>Solyom, Margaret</i>	1963	61	RMM	10:04.00
16	<i>MEYRICK, Murn</i>	1961	63	SQUALL	10:20.00
17	<i>Hunter, Gina</i>	1961	63	CNMM	10:32.00
18	<i>Chapman, Mary</i>	1960	64	BRO	10:47.00
19	<i>Caldwell, Jayni</i>	1960	64	OMSC	11:19.73
20	<i>Jackson, Iris</i>	1964	60	OMSC	11:24.50
21	<i>Biron, Guylaine</i>	1962	62	CNMM	11:35.00
22	<i>Bernard, Sandra</i>	1962	62	MBC	11:39.00
23	<i>Dougherty, Louise</i>	1962	62	OMSC	11:40.15
24	<i>PELLETIER, Lisa</i>	1960	64	SQUALL	11:45.00
25	<i>Verbeek, Phyllis</i>	1961	63	OMSC	11:53.61
26	<i>McCutcheon, Jennifer</i>	1962	62	WRW	11:59.00
27	<i>Martinson, Caroline</i>	1960	64	WTMSC	11:59.08
28	<i>Boule, Danielle</i>	1963	61	BRO	13:13.65
29	<i>O'REILLY, Andrea</i>	1961	63	SQUALL	13:20.00
30	<i>Milton, Nancy</i>	1961	63	WTMSC	14:10.84
31	<i>Scott-langille, Nancy</i>	1960	64	AQUA	14:12.58

**WOMEN - FEMMES 65-69**

1	<i>Stanley Wilson, Linda</i>	1958	66	WRW	07:40.00
2	<i>Miller, Robyn</i>	1957	67	WRW	07:45.00
3	<i>Stothers, Joanne</i>	1959	65	MMAC	08:10.00
4	<i>Watson, Judy</i>	1958	66	RMM	08:10.00
5	<i>Kempthorne, Pam</i>	1956	68	CLIP	08:31.00
6	<i>Gaudreault, Marie</i>	1956	68	BRO	08:52.30
7	<i>Kennedy, Janice</i>	1959	65	RMM	09:08.00
8	<i>Besant, Joan</i>	1959	65	DSM	09:20.00
9	<i>BRADFIELD, Jane</i>	1957	67	SQUALL	09:50.00
10	<i>WISE, Sue</i>	1955	69	SQUALL	09:50.00
11	<i>Desroches, Francine</i>	1956	68	CNMM	09:58.42
12	<i>LemayLemay, Michele</i>	1955	69	BRO	10:09.00
13	<i>Lethiecq, Monique</i>	1955	69	BRO	10:30.00
14	<i>Allan, Moira</i>	1958	66	OMSC	10:31.22
15	<i>Wolstenholme, Rose</i>	1956	68	RMM	11:00.00
16	<i>Russell, Karen</i>	1956	68	RMM	12:10.20
17	<i>Fisher, Connie</i>	1958	66	CNMM	14:10.00

**WOMEN - FEMMES 70-74**

1	<i>Grondin, Celine</i>	1954	70	BRO	09:54.00
2	<i>Hider, Chris</i>	1954	70	OMSC	10:00.36
3	<i>Southière, Angèle</i>	1950	74	CNMM	10:53.00
4	<i>Gould, Ingrid</i>	1953	71	WRW	11:05.00
5	<i>Rinfret, Monique</i>	1950	74	BRO	11:20.00
6	<i>Moreau, Nicole</i>	1954	70	BRO	11:28.00
7	<i>Reynolds, Barbara</i>	1953	71	SQUALL	11:45.00
8	<i>Clarkson, Rita</i>	1954	70	WRW	13:55.00

**WOMEN - FEMMES 75-79**

1	<i>Poulton, Sue</i>	1949	75	WRW	10:47.00
2	<i>de Gonzague, Michele</i>	1945	79	BRO	13:02.06

**WOMEN - FEMMES 80-84**

1	MAYNE, Gillian	1944	80	SQUALL	09:24.00
2	Brichon, Alida	1941	83	WRW	11:09.00
<b>MEN - HOMMES 18-24</b>					
1	Lobo, Alex	2004	20	MSM	06:16.39
2	Vincent, Frederic	2004	20	BRO	06:22.00
3	Little, Jonathan	2001	23	OMSC	06:47.88
4	Wong, Andrew	2004	20	MSM	08:56.47
<b>MEN - HOMMES 25-29</b>					
1	Burési, Rémi	1999	25	CNMM	07:02.00
2	Hogan, Jonathan	1996	28	GOLD	08:00.00
3	Rakic, Filip	1997	27	DSM	09:48.00
4	Rodriguez, Andres	1996	28	DSM	09:52.00
5	Yekta, Hassan	1996	28	WTMSC	10:59.31
<b>MEN - HOMMES 30-34</b>					
1	Salmon, Mackenzie	1992	32	MSM	05:47.90
2	Salmon, Dayton	1990	34	MSM	06:03.75
3	Crevier, Jean-Francois	1991	33	BRO	06:10.00
4	Salmon, Brayden	1993	31	MSM	06:12.73
5	Finzch Sportello, Vini	1994	30	MSM	06:12.78
6	Dalpe-Turcotte, Philippe	1990	34	CNMM	06:37.31
7	Liska Guzman, Josef	1994	30	MSM	06:55.25
8	Ramirez-Romo, Sergio	1992	32	CNMM	07:29.35
9	Traves, Graham	1992	32	GOLD	08:55.00
10	JUTRAS, Justin	1994	30	CNSF	09:19.00
<b>MEN - HOMMES 35-39</b>					
1	Charlton, Brent	1986	38	MSM	06:52.20
2	Arkle, Johnathan	1988	36	WTMSC	06:59.89
3	Migneault, Carol	1986	38	BRO	07:13.00
4	Joe, Richard	1985	39	DSM	07:18.00
5	Traves, Thomas	1989	35	GOLD	07:19.00
6	Tasli, Mert	1987	37	WTMSC	08:01.19
7	Spector, Jacob	1985	39	OMSC	08:07.57
8	Norwood, David	1985	39	MSM	08:09.27
9	Tittley, Adam	1985	39	DSM	08:50.00
10	Fortin, Claude	1986	38	BRO	09:46.22
11	Spady, Dani	1988	36	DSM	10:25.00
12	Carter, Christopher	1987	37	WTMSC	11:28.88
<b>MEN - HOMMES 40-44</b>					
1	Le Siege, Jerome	1983	41	BRO	06:08.00
2	Raymond, Benoit	1982	42	BRO	06:59.00
3	Veldhoen, Nate	1980	44	WRW	06:59.00
4	Buckley, Kevin	1982	42	BRO	07:00.00
5	Squire-Smith, Tristan	1981	43	MSM	07:01.24
6	Gauvin, Eric	1980	44	CNMM	07:07.00
7	Tobon, Luis	1984	40	BRO	08:12.00
8	Proulx, Sébastien	1983	41	CNMM	08:12.00
9	Melendy, Stephen	1983	41	WRW	08:23.00
10	Fernandes, Flavio	1983	41	BRO	08:23.00
11	Aubert, Sébastien	1981	43	CNMM	08:24.00
12	Soon, Allan	1981	43	DSM	08:42.00
13	Nixon, Chad	1983	41	RMM	08:55.00
14	GUAY, Sébastien	1980	44	CNSF	09:02.00
15	Pothier, Maxime	1980	44	CNMM	09:07.00
<b>MEN - HOMMES 45-49</b>					
1	Pawlik, Darcy	1979	45	GOLD	06:15.00
2	Vandendungen, Daniel	1979	45	DST	06:40.46
3	Schaufele, Brandon	1979	45	MSM	06:43.90
4	Else, Trevor	1978	46	CLIP	06:51.00
5	Sutherland, Pascal	1976	48	WTMSC	06:59.49
6	Vargas, Jesus	1978	46	BRO	07:00.00
7	MYERS, Peter	1977	47	MM	07:01.00
8	Roy, Jerome	1975	49	BRO	07:01.00
9	Ferland, Frédéric	1976	48	CNMM	07:03.00
10	Belanger, François	1979	45	CNMM	07:04.00

11	<i>Beaudoin, Mathieu</i>	1977	47	<i>BRO</i>	07:21.00
12	<i>Scheidegger, Siegfried</i>	1978	46	<i>DSM</i>	07:22.00
13	<i>Biss, Marc</i>	1979	45	<i>CNMN</i>	07:23.14
14	<i>Beaudry, David</i>	1977	47	<i>CNMM</i>	07:39.00
15	<i>CRESPY, Derek</i>	1976	48	<i>SQUALL</i>	07:50.00
16	<i>Caisse, Simon</i>	1977	47	<i>BRO</i>	07:58.00
17	<i>Carignan, Hugo</i>	1978	46	<i>CNMM</i>	08:12.00
18	<i>Lindenback, Krystof</i>	1975	49	<i>OMSC</i>	08:21.61
19	<i>Lyle, Bruce</i>	1978	46	<i>GOLD</i>	08:39.00
20	<i>Volsteedt, Charl</i>	1977	47	<i>OMSC</i>	08:40.56
21	<i>Lamont, Ryan</i>	1979	45	<i>DSM</i>	08:44.00
22	<i>Guillen, Roberto</i>	1976	48	<i>DSM</i>	09:32.00
23	<i>WOODCOCK, James</i>	1976	48	<i>SQUALL</i>	09:50.00
24	<i>Labelle, Dominick</i>	1978	46	<i>CNMN</i>	09:53.52
25	<i>GARNEAU, Dave</i>	1976	48	<i>CNSF</i>	10:06.00
26	<i>Cusnir, Vitalie</i>	1978	46	<i>CNMN</i>	11:16.49

**MEN - HOMMES 50-54**

1	<i>Scofield, Trevor</i>	1974	50	<i>WRW</i>	06:15.00
2	<i>Cropo, Steve</i>	1972	52	<i>WRW</i>	06:19.00
3	<i>Nadeau, Eric</i>	1971	53	<i>VELOX</i>	06:19.00
4	<i>Duchesne, Steeve</i>	1970	54	<i>CNMM</i>	07:19.00
5	<i>STOWE, Jason</i>	1972	52	<i>MM</i>	07:25.90
6	<i>Fichter, Keith</i>	1972	52	<i>DST</i>	07:31.46
7	<i>PEACOCK, Patrick</i>	1973	51	<i>MM</i>	07:34.10
8	<i>Audet, Erick</i>	1970	54	<i>CMNQ</i>	07:50.01
9	<i>Montreuil, Thierry</i>	1972	52	<i>BRO</i>	07:54.00
10	<i>Rangel Ruis, Richardo</i>	1972	52	<i>DSM</i>	07:58.00
11	<i>Bourret, Sylvain</i>	1972	52	<i>BRO</i>	08:11.00
12	<i>Greenwood, Rob</i>	1972	52	<i>WRW</i>	08:34.00
13	<i>Diedrichsen, Jorn</i>	1972	52	<i>MSM</i>	08:44.10
14	<i>DANN, Cliff</i>	1972	52	<i>MM</i>	09:02.30
15	<i>Bathgate, Jonathan</i>	1972	52	<i>OMSC</i>	09:24.68
16	<i>Gunn, Steven</i>	1970	54	<i>BRO</i>	09:32.00
17	<i>Edmondson, Jonathan</i>	1973	51	<i>WRW</i>	09:44.00
18	<i>SOPINKA, Steve</i>	1973	51	<i>SQUALL</i>	09:59.90
19	<i>Lalama, Alfredo</i>	1970	54	<i>BRO</i>	10:25.00
20	<i>Côté, Robert</i>	1974	50	<i>CNMM</i>	16:37.00

**MEN - HOMMES 55-59**

1	<i>Ansell, James</i>	1966	58	<i>DSM</i>	06:56.00
2	<i>Delpech, Benoît</i>	1966	58	<i>BRO</i>	07:14.00
3	<i>Sanchez, Marcelo</i>	1966	58	<i>BRO</i>	07:26.00
4	<i>Scarth, Brian</i>	1968	56	<i>WRW</i>	07:33.00
5	<i>Briggs, Sandy</i>	1966	58	<i>WRW</i>	07:56.00
6	<i>Gagnon, Sylvain</i>	1967	57	<i>BRO</i>	08:46.00
7	<i>Kribs, Stewart</i>	1965	59	<i>MSM</i>	08:55.48
8	<i>Kennon, Curtis</i>	1966	58	<i>DSM</i>	09:07.00
9	<i>MCLEAN, Lachlan</i>	1968	56	<i>SQUALL</i>	09:17.00
10	<i>George, Rob</i>	1969	55	<i>MSM</i>	09:29.28
11	<i>Albert, David</i>	1967	57	<i>WRW</i>	09:55.00
12	<i>GAGNON, Rémi</i>	1965	59	<i>CNSF</i>	10:05.00

**MEN - HOMMES 60-64**

1	<i>WARING, John</i>	1963	61	<i>SQUALL</i>	06:53.00
2	<i>Slater, Craig</i>	1960	64	<i>WRW</i>	07:05.00
3	<i>Severns, Chris</i>	1961	63	<i>WRW</i>	07:12.00
4	<i>Gagne, Rene</i>	1962	62	<i>BRO</i>	07:13.00
5	<i>Moreau, André</i>	1961	63	<i>CNMN</i>	08:00.39
6	<i>NEWSOME, Criag</i>	1963	61	<i>SQUALL</i>	08:06.00
7	<i>Campbell, Dean</i>	1964	60	<i>DSM</i>	08:22.00
8	<i>Salmon, Brock</i>	1962	62	<i>MSM</i>	08:25.88
9	<i>Warren, Sheldon</i>	1964	60	<i>DSM</i>	08:31.00
10	<i>Brassard, Eric</i>	1964	60	<i>CNMN</i>	08:38.64
11	<i>Jo, Chris</i>	1962	62	<i>WRW</i>	08:39.00
12	<i>Beaulieu, Jean-Yves</i>	1962	62	<i>CNMN</i>	09:01.85
13	<i>Bosse, Claude</i>	1960	64	<i>MBC</i>	09:17.56

14	<i>Plum, Roland</i>	<i>1960</i>	<i>64</i>	<i>MSM</i>	<i>09:27.11</i>
15	<i>Hunter, James</i>	<i>1963</i>	<i>61</i>	<i>WRW</i>	<i>09:36.00</i>
16	<i>EGAN, Mark</i>	<i>1963</i>	<i>61</i>	<i>SQUALL</i>	<i>10:05.00</i>
17	<i>Agresti, Pierre</i>	<i>1961</i>	<i>63</i>	<i>BRO</i>	<i>10:20.00</i>
18	<i>Prior, Trevor</i>	<i>1963</i>	<i>61</i>	<i>RMM</i>	<i>10:30.00</i>
19	<i>Beaulieu, Jean-marc</i>	<i>1963</i>	<i>61</i>	<i>AQUA</i>	<i>14:44.82</i>

**MEN - HOMMES 65-69**

1	<i>FLYNN, Billie</i>	<i>1958</i>	<i>66</i>	<i>SQUALL</i>	<i>08:02.00</i>
2	<i>Woodman, David</i>	<i>1958</i>	<i>66</i>	<i>FTH</i>	<i>08:14.00</i>
3	<i>Arnholz, Tim</i>	<i>1959</i>	<i>65</i>	<i>OMSC</i>	<i>08:22.44</i>
4	<i>Sterenberg, Greg</i>	<i>1958</i>	<i>66</i>	<i>OMSC</i>	<i>08:26.97</i>
5	<i>Brinkhof, Jos</i>	<i>1955</i>	<i>69</i>	<i>OMSC</i>	<i>10:42.78</i>
6	<i>Fullerton, Steve</i>	<i>1957</i>	<i>67</i>	<i>WTMSC</i>	<i>13:40.24</i>

**MEN - HOMMES 70-74**

1	<i>Churchill, Freeman</i>	<i>1953</i>	<i>71</i>	<i>HALT</i>	<i>06:54.00</i>
2	<i>Uncles, Paul</i>	<i>1953</i>	<i>71</i>	<i>WRW</i>	<i>08:03.00</i>
3	<i>MacKinnon, John</i>	<i>1952</i>	<i>72</i>	<i>CLIP</i>	<i>09:11.00</i>
4	<i>Delisle, Richard</i>	<i>1953</i>	<i>71</i>	<i>BRO</i>	<i>09:18.00</i>
5	<i>Bouchard, Michel</i>	<i>1951</i>	<i>73</i>	<i>BRO</i>	<i>09:20.70</i>
6	<i>Scanlon, Paul</i>	<i>1952</i>	<i>72</i>	<i>WRW</i>	<i>09:24.00</i>
7	<i>Turcot, Claude</i>	<i>1954</i>	<i>70</i>	<i>BRO</i>	<i>09:52.00</i>
8	<i>BANNON, Larry</i>	<i>1951</i>	<i>73</i>	<i>SQUALL</i>	<i>09:59.00</i>
9	<i>Lacombe, Jean</i>	<i>1954</i>	<i>70</i>	<i>BRO</i>	<i>11:03.00</i>

**MEN - HOMMES 75-79**

1	<i>Dussault, Pierre</i>	<i>1945</i>	<i>79</i>	<i>BRO</i>	<i>09:13.00</i>
2	<i>Spence, David</i>	<i>1949</i>	<i>75</i>	<i>MSM</i>	<i>11:22.65</i>

**MEN - HOMMES 80-84**

1	<i>Berger, Christian</i>	<i>1944</i>	<i>80</i>	<i>BRO</i>	<i>13:30.00</i>
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