

Sunday March 4, 2007



901-11th Avenue N.W. Calgary Alberta T2M 0C2

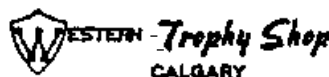
RACE RESULTS

The Lake Louise Loppet is held with the assistance of

Banff National Park Lake Louise Recreation Board



Resorts of the Canadian Rockies



Lifesport



Sanctioned by Cross-Country Canada

OFFICIAL RESULTS

35TH ANNUAL LAKE LOUISE LOPPET

CALGARY SKI CLUB SUNDAY - MARCH 4, 2007

MEN (20-29)	Distance: 20 km	
(1) 277 CARLETON, ERIK	RMR	1:05:55.0
(2) 264 MCGURK, LUKE	RMJR	1:09:42.0
(3) 243 REAIN, ALAN	CALGARY	1:18:54.0
(4) 246 GRAY, OWEN	FNCS	1:21:29.0

WOMEN (20-29)	Distance: 20 km	
(1) 265 BOLIVAR, LINDSEY	RMR	1:32:25.0
(2) 269 STICHELBOU, JESSICA	FIELD SC	1:41:42.0
(3) 284 PARNELL, JILL	FNCS	1:43:44.0
(4) 253 KUNES, MIRA	LIFESPORT	1:46:26.0
(5) 287 WADDINGTON, TERESA	CALGARY	2:23:44.0
(**)257 MOORE, SARA MAE	ELECTRA	-- DNF --

MEN (30-39)	Distance: 20 km	
(1) 206 MCCROY, HEATH	CNSC	1:17:16.0
(2) 278 NORMAN, COLIN	FNCS	1:35:21.0
(3) 258 CULLINGHAM, MIKE	CALGARY	1:44:05.0
(4) 225 HALL, KEVIN	BWJR	2:17:28.0

WOMEN (30-39)	Distance: 20 km	
(1) 252 BORUTOVA, KAMILA	RMR	1:18:15.0
(2) 280 PEARSON, LISA	CNSC	1:54:03.0
(3) 229 CROWE, KIM	FNCS	1:54:31.0
(4) 285 DALTON, CHERIE	CALGARY	2:17:01.0
(5) 254 GAFF, MELANIE	BANFF	2:19:52.0

MEN (40-49)	Distance: 20 km	
(1) 218 MEKECHUK, DARRYL	CALGARY	1:15:46.0
(2) 224 DAIGLE, VICTOR	CSC	1:17:18.0
(3) 221 LIPKOV, YURI	CALGARY	1:20:12.0
(4) 209 JOHNSON, KEN	FNCS	1:20:34.0
(5) 241 THOMAS, MARK	FNCS	1:22:54.0
(6) 238 HERRERO, JACOB	CNSC	1:24:34.0
(7) 260 BOIRAL, ERIC	FNCS	1:29:48.0
(8) 283 TRUYEN, MATHYS	KOLL	1:31:27.0
(9) 263 JAEGER, DAVE	CALGARY	1:31:46.0
(10)271 ASHTON, BOB	FNCS	1:35:43.0
(11)281 DOLINSKY, JEFF	GOLDEN SC	1:36:16.0
(12)270 HENDRY, JIM	CANMORE	1:36:21.0
(13)273 POWER, CHRIS	ENSC	1:37:51.0
(14)288 MALMSTROM, BENGT	CALGARY	1:52:55.0
(15)219 MEERES, MICHAEL	RED DEER	1:55:03.0
(16)236 HAMMER, BRENT	RED DEER	2:06:31.0
(17)216 SCHULZ, RICHARD	ENSC	2:08:02.0
(18)282 NASH, RICK	CALGARY	2:30:14.0

WOMEN (40-49)		Distance: 20 km	
(1)	213 KITCHING, KIM	TOBY CREEK	1:30:35.0
(2)	251 MARTIN, ULRIKE	CNSC	1:33:52.0
(3)	256 YOUNG, MARY	MILL CREEK	1:35:59.0
(4)	266 MAYERHOFER, MARION	GREAT CANADIAN	1:41:50.0
(5)	233 HARVEY, LAURIE	CNSC	1:42:29.0
(6)	276 FERAGEN, SHIRLEY	BANFF	1:52:36.0
(7)	250 WILMAN, PAM	EDMONTON	1:55:33.0
(8)	272 SAMETZ, JOAN	ENSC	1:56:20.0
(9)	208 SCHULZ, PETRA	ENSC	2:12:09.0
(**)	249 THOMPSON, VAL	CNSC	-- DNS --

MEN (50-59)		Distance: 20 km	
(1)	204 LONGVAL, GILLES	LIFESPORT	1:25:51.0
(2)	242 HAUGHEY, DOUG	CALGARY	1:44:45.0
(3)	268 ALGEO, CHRIS	LIFESPORT	1:45:56.0
(4)	274 KOZUSKA, MICHAEL	CAMROSE SC	1:47:49.0
(5)	279 MOLDENBAUER, GRANT	CANMORE	1:49:02.0
(6)	212 KENNEDY, DERM	KIMBERLEY	1:51:33.0
(7)	232 GEPHART, ROBERT	ENSC	1:51:53.0
(8)	201 BANKES, NIGEL	BWJR	2:01:21.0
(9)	220 HARMAN, ED	HAWKRIDGE	2:04:39.0
(10)	230 KAMINSKY, JURGEN	CALGARY	2:06:08.0
(11)	210 JOHNSON, RICHARD	CALGARY	2:06:16.0
(12)	203 HOOGSTRATEN, JACK	FNCS	2:08:13.0
(13)	247 COCKETT, ROBIN	BWJR	2:17:06.0
(**)	222 MCLINTOCK, DAVE	CANMORE	-- DNS --

WOMEN (50-59)		Distance: 20 km	
(1)	245 JOHNSON, CHRISTINA	FNCS	1:30:34.0
(2)	267 LENES, SHEILA	BSR	1:38:26.0
(3)	240 EUGSTER, SUZANNE	CALGARY	1:45:00.0
(4)	227 OWEN, MARION	FNCS	1:56:45.0
(5)	244 KEITH, NEL	CNSC	1:58:20.0

MEN (60-69)		Distance: 20 km	
(1)	234 SCHOPP, GERHARD	BSR	1:27:14.0
(2)	261 ROBERTS, JOHN	CALGARY	1:32:13.0
(3)	262 AMUNDSON, JON	LIFESPORT	1:33:53.0
(4)	207 REEVES, JOHN	CNSC	1:36:48.0
(5)	239 SETZER, OTTMAR	COCHRANE	1:40:37.0
(6)	202 SLAGORSKY, CHARLES	BSR	1:43:43.0
(7)	205 MCFADYEN, BOB	EDMONTON	1:46:01.0
(8)	255 KEMP, GERRY	KIMBERLEY NSC	1:48:36.0
(9)	231 STANTON, PETE	CALGARY	1:54:59.0
(10)	259 HILL, KEN	LIFESPORT	1:55:01.0
(**)	200 VAN WEES, JOHN	FNCS	-- DNS --

WOMEN (60-69)		Distance: 20 km	
(1)	214 LANE, SIBYLLA	CNSC	1:53:32.0

MEN (70-79)		Distance: 20 km	
(1)	235 HARDY, DENIS	LIFESPORT	1:52:28.0
(2)	211 GIBSON, GARRY	CAMROSE	2:00:37.0
(3)	237 BERG, ARNE	CALGARY	2:05:17.0

MEN (15-19)	Distance: 20 km	
(1) 248 COCKETT, ROWAN	BWJR	1:43:49.0
WOMEN (15-19)	Distance: 20 km	
(1) 226 OWEN, TORI	FNCS	1:50:11.0
(2) 228 HANNA, ARIENNE	CALGARY	1:52:12.0
WOODEN MEN (OPEN)	Distance: 20 KM	
(1) 215 SLOMAN, KENNETH	EDMONTON	1:40:59.0
(2) 223 SERVOLD, IRVIN	DEVON	1:44:44.0
(3) 286 WADDINGTON, ANDREW	CALGARY	1:50:48.0
(4) 217 CLARK, IAN	BLINDMAN VALLEY	2:04:23.0
(4) 275 STEMO, KEN	BLINDMAN VALLEY	2:04:23.0
MEN (20-29)	Distance: 10 km	
(1) 98 CULLINGHAM, NICHOLAS	CALGARY	0:56:48.0
(2) 112 DUNFIELD, STEVE	CALGARY	1:02:01.0
WOMEN (20-29)	Distance: 10 km	
(1) 191 ERASMUS, SONYA	BIATHLON	0:40:55.0
(2) 185 SZABO, EVA	FNCS	0:42:21.0
(3) 125 CHRISTIANSEN, BILLIE	CALGARY	1:02:51.0
(4) 124 CHRISTIANSEN, ROBYN	CALGARY	1:03:11.0
(5) 146 DURDEN, JENNIFER	CSC	1:05:26.0
MEN (30-39)	Distance: 10 km	
(1) 188 HUDSON, TROY	GOLDEN SC	0:48:29.0
(2) 115 AUDETTE, ALEX	CALGARY	1:11:19.0
(3) 123 SANMIGUEL, JAVIER	CALGARY	1:19:17.0
WOMEN (30-39)	Distance: 10 km	
(1) 190 ALLEN, CARRIE	CNSC	0:50:06.0
(2) 181 GIESBRECHT, FLORA	CSC	0:51:58.0
(3) 166 ROWLEY, CATHRYN	CSC	0:57:02.0
(4) 133 LAURENCE, SHELLY	CSC	1:20:18.0
(**)99 MCCALLUM, CHAY	CALGARY	-- DNF --
MEN (40-49)	Distance: 10 km	
(1) 198 DOYON, JEAN	ROCKY MTN HOUSE	0:46:19.0
(2) 162 SMITH, GEORGE D.	CSC	0:50:07.0
(3) 189 FRASER, CRAIG	CSC	0:51:35.0
(4) 157 BADGERY, RICK	BWJR	0:52:04.0
(5) 134 BRENNAN, BOB	RMJR	0:56:06.0
(6) 153 BORTHWICK, TOM	BWJR	1:02:53.0
(7) 126 BAUMGARTNER, MARK	RMJR	1:04:12.0
(8) 142 VAUGHAN, NORM	RMJR	1:10:21.0
(9) 170 POULIN, MARC	CALGARY	1:15:36.0
(10)199 DAHLE, KEN	ROCKY NORDIC	1:18:39.0
(11)149 BUNCE, CHRIS	BWJR	1:19:04.0
(12)178 STEPHEN, STUART	BANFF	1:24:29.0

WOMEN (40-49)	Distance: 10 km	
(1) 184 HICKS, CHRISTINE	CNSC	0:44:54.0
(2) 140 HERRERO, KARIN	CANMORE	1:00:44.0
(3) 171 RAWLING, JEAN	CALGARY	1:03:15.0
(4) 151 PATTERSON, DIANE	BWJR	1:14:58.0
(5) 132 MEERES, MARIE	RED DEER	1:26:08.0
(6) 122 SWARBRICK, DARLENE	LANCASTER PARK	1:34:40.0
(**)135 GIROUARD, LEE	CSC	-- DNS --

MEN (50-59)	Distance: 10 km	
(1) 169 NEUMANN, PETER	CSC	0:45:27.0
(2) 137 HICKIE, JOHN	CSC	0:58:59.0
(3) 147 MAAS, PETER	BWJR	1:03:51.0
(4) 110 HUGHES, KEN	BADGERS	1:29:51.0
(5) 167 MCCLURE, ROBERT	CALGARY	1:42:44.0

WOMEN (50-59)	Distance: 10 km	
(1) 113 JOHNSON, CONNIE	FNCS	0:47:25.0
(2) 176 BERTCH, BARB	LAKE LOUISE	0:48:12.0
(3) 158 MILLAR, JUDY	BWJR	1:04:15.0
(4) 107 LANGLAIS, SUE	CANMORE	1:07:18.0
(5) 182 COOK, JANET	CALGARY	1:09:02.0
(6) 179 CHARLEBOIS, KATE	CALGARY	1:12:19.0
(7) 177 HARRIS, LENORE	BSR	1:13:11.0
(8) 114 JOHNSON, ADE	CALGARY	1:14:23.0
(9) 187 ANDREWS, WENDY	EDMONTON	1:21:35.0
(10)164 EMERY, BONNIE	BLINDMAN VALLEY	1:30:52.0

MEN (60-69)	Distance: 10 km	
(1) 120 COONEY, NICHOLAS	CSC	0:56:37.0
(2) 163 EMERY, CHESTER	BLINDMAN VALLEY	1:33:00.0

MEN (70-79)	Distance: 10 km	
(1) 100 EIKUM, ERIK	NORSEMAN	0:50:25.0
(2) 139 BADGERY, ALAN	ONTARIO	1:26:56.0

WOMEN (70-79)	Distance: 10 km	
(1) 119 NIELSEN, ELLA	SOCC	1:10:19.0

MEN (80+)	Distance: 10 km	
(1) 104 NEALE, WARD	SOCC	1:45:34.0
(**)106 STROEMPL, GEORGE	CALGARY	-- DNS --

WOMEN (80+)	Distance: 10 km	
(1) 105 NEALE, ROXIE	SOCC	1:59:53.0

MEN (15-19)	Distance: 10 km	
(1) 129 ARMSTRONG, EVAN	CNSC	0:41:11.0
(2) 117 JENKINS, BRYCE	CNSC	0:44:57.0
(3) 109 HOOGSTRATEN, PAUL	FNCS	0:49:50.0
(4) 144 HARRIS, CAMERON	GOLDEN	0:59:32.0

WOMEN (15-19)		Distance: 10 km	
(1)	128 WIENS, LAUREN	HAWKRIDGE	0:51:23.0
(2)	108 HOOGSTRATEN, LAURA	FNCS	0:56:02.0
(3)	186 CEKLIC, JOVANNA	CSC	1:04:07.0
(4)	159 BADGERY, EMMA	BWJR	1:09:53.0
(5)	172 STREIBL, BARBORI	CSC	1:16:08.0
(6)	131 MEERES, RACHELLE	RED DEER	1:26:29.0
(**)	130 MEERES, DANIELLE	RED DEER	-- DNS --

BOYS (11-14)		Distance: 10 km	
(1)	183 HICKS, PETER	CNSC	0:52:14.0
(2)	145 HARRIS, MITCHELL	GOLDEN	0:59:34.0
(3)	101 BANKES, ROBBIE	BWJR	1:07:25.0
(4)	180 ILES, JACK	CNSC	1:09:10.0
(5)	141 VAUGHAN, ERIC	RMJR	1:10:20.0
(6)	194 MAYNES, EVAN	CSC	1:12:15.0
(7)	160 BADGERY, KIP	BWJR	1:30:02.0
(8)	154 BORTHWICK, MYLES	BWJR	1:30:03.0
(9)	111 HUGHES, AIDAN	BADGERS	1:30:42.0
(10)	152 DUSANG, MCALUM	BWJR	1:34:09.0
(11)	121 LOGAN, BRANDON	LANCASTER PARK	1:34:13.0

GIRLS (11-14)		Distance: 10 km	
(1)	136 HICKIE, CLARE	CSC	0:58:53.0
(2)	138 HARVEY, NATASHA	CNSC	1:00:22.0
(3)	116 JENKINS, RHEA	CNSC	1:07:08.0
(4)	197 DAHLE, KATE	ROCKY NORDIC	1:08:36.0
(5)	155 BORTHWICK, REBECCA	BWJR	1:09:50.0
(6)	175 POIDEVIN, SARA	CANMORE	1:11:52.0
(7)	156 EDWARDS, ARRIELLE	BWJR	1:11:54.0
(8)	173 BOIRAL, CHARLOTTE	FNCS	1:13:23.0
(9)	196 DAHLE, JILL	ROCKY NORDIC	1:18:09.0
(10)	150 BUNCE, LOUISE	BWJR	1:19:17.0
(11)	161 COYNE, SAIDY	CNSC	1:21:16.0
(12)	148 MAAS, KIRSTIN	BWJR	1:21:56.0
(13)	174 BOIRAL, CLOTILDE	FNCS	1:23:32.0
(14)	195 MAYNES, ELIZABETH	CSC	1:23:40.0
(15)	168 MCCLURE, CAITLIN	CALGARY	1:42:45.0

WOODEN MEN (OPEN)		Distance: 10 km	
(1)	165 CROSS, DON	EDMONTON	0:52:05.0
(2)	193 BEMBRIDGE, BRUCE	FIELD KICKING HORSE	1:05:57.0
(3)	102 REID, BOB	YKSC	1:10:15.0
(4)	118 JENKINS, GARTH	CNSC	1:28:57.0

WOODEN WOMEN (OPEN)		Distance: 10 km	
(1)	103 CARRIERE, SUZANNE	YKSC	1:11:56.0
(2)	143 SANDFORD, VI	CANMORE	1:12:11.0
(3)	192 TOULOUSE, MARILYN	FIELD KICKING HORSE	1:13:16.0
(4)	127 CLARK, DEB	BLINDMAN VALLEY	1:33:59.0

BOYS (7-10)		Distance: 2 km	
(1)	35 MARTIN, STEFAN	CNSC	0:10:35.0
(2)	19 HAYNES, STEFAN	RMJR	0:12:33.0
(3)	13 HARVEY, ALEXANDER	CNSC	0:13:09.0
(4)	26 HENDRY, SAM	CNSC	0:13:17.0

(5) 15	BUNCE, OWEN	BWJR	0:13:21.0
(6) 42	DIXON, DONNIE	COCHRANE JFW	0:15:54.0
(7) 22	BOIRAL, CLEMENT	FNCS	0:16:07.0
(8) 18	MCCLURE, KYLE	CALGARY	0:16:16.0
(9) 33	MCLEAN, SEAN	FNCS	0:16:55.0
(10)40	SMITH, NOAH	CALGARY	0:17:55.0
(11)17	EDWARDS, ATHANIEL	BWJR	0:19:53.0
(12)14	MAAS, CAELAN	BWJR	0:20:11.0
(13)25	HALL, ANDREW	BWJR	0:20:41.0
(14)4	LEGG, JACKSON	CSC	0:20:53.0
(15)16	ABRAMOWICZ, TAZMAN	BWJR	0:21:12.0
(16)12	GREEN, ZACHARY	CSC	0:24:07.0
(17)6	HUGHES, EAMON	BADGERS	0:35:18.0

GIRLS (7-10)

Distance: 2 km

(1) 3	BANKES, MEGAN	BWJR	0:12:36.0
(2) 34	MCLEAN, SARA	FNCS	0:13:01.0
(3) 36	MARTIN, ANITA	CNSC	0:13:32.0
(4) 37	TROUILLOT, SANCIA	CNSC	0:14:32.0
5) 28	ELLIOTT, NICOLE	BWJR	0:14:33.0
6) 24	MCCROY, LEA	CANMORE	0:16:41.0
(7) 2	DUSKA, ELAINA	BWJR	0:17:41.0
(8) 9	BAUMGARTNER, JENNA	RMJR	0:17:48.0
(9) 39	SMITH, SABRINA	CALGARY	0:18:40.0
(10)29	DUSKA, NAOMI	BWJR	0:19:31.0
(11)7	HUGHES, CARLAN	BADGERS	0:19:43.0
(12)30	DUSKA, TITANIA	BWJR	0:22:54.0
(13)41	SCHILLER, KEIRA	CSC	0:28:24.0
(14)10	BRENNAN, LAURA	RMJR	0:29:36.0
(15)8	DUFOUR, RITA	LANCASTER PARK	1:14:12.0

BOYS (4-6)

Distance: 1 km

(1) 5	BAUMGARTNER, KYLE	RMJR	0:10:41.0
(2) 32	HUDSON, JULIAN	GOLDEN SC	0:14:06.0
(3) 20	STEPHENSON, CONNOR	CALGARY	0:16:39.0
(4) 21	STEPHENSON, CADEN	CALGARY	0:24:11.0

GIRLS (4-6)

Distance: 1 km

(1) 38	TROUILLOT, ORANNE	CNSC	0:12:22.0
(2) 11	BRENNAN, JAYMIE	RMJR	0:13:07.0
(3) 27	HENDRY, ISOBEL	CNSC	0:18:45.0
(4) 1	COYNE, KARLY	CNSC	0:20:45.0
(5) 31	HUDSON, AMELIA	GOLDEN SC	0:22:03.0
(6) 23	JENSEN, ANIKA	LAKE LOUISE	0:35:13.0

Congratulations to our four new record holders in 2007: Kamila Borutova, Christina Johnson, Sibylla Lane and Ella Nielsen.

Men 20-20 20 km

2001	Robin McKeever	Lifespt	1:01:36
1998	Robin McKeever	Lifespt	1:02:26
1994	Robin McKeever	FNSC	1:04:13
1990	Nic Christofferson	FNSC	1:08:57
1989	Peter Findlay	LacLeJ	1:10:39
1988	John Groeneveld	BSR	1:15:33

Women 20-29 20 km

1998	Milaine Thériault	NB	1:10:04
1988	Kelly Bruce	BSR	1:17:50

Men 30-39 20 km

1998	John Groeneveld	CNSC	1:12:20
1991	John Groeneveld	CNSC	1:14:44
1989	Pat McLellan	FNSC	1:15:04
1988	Karl Schneider	ENSC	1:15:43

Women 30-39 20 km

2007	Kamila Borutova	RMR	1:18:15
1994	Lorna Sasseville	CNSC	1:21:09
1991	Lorna Sasseville	CNSC	1:21:53
1989	Lori Wakely	FNSC	1:47:34
1988	Wendy Edge	CNSC	1:56:44

Men 40-49 20 km

2001	James Bannon	BSR	1:11:07
1995	Valda Krunberg	Estonia	1:12:35
1994	Bill Brooks	CNSC	1:15:56
1993	Tom Holland	CNSC	1:18:03
1990	Larry Mason	FNSC	1:19:20
1988	Ottmar Setzer	CNSC	1:22:31

Women 40-49 20 km

2001	Monique Chamberfort		1:25:24
1998	Marion Schafer	CNSC	1:27:21
1997	Judy Buchanan-Mappin	CNSC	1:32:58
1994	Silvia Stettler	CNSC	1:32:58
1992	Barbara Bertch	CNSC	1:36:53
1990	Jan Phillips		2:00:47
1989	Dianne Kent	Calgary	2:10:08
1988	Dianne Kent	Calgary	2:18:21

Men 50-59 20 km

2001	Bill Brooks	CNSC	1:15:42
1993	Gerry Kemp	KNSC	1:20:03
1989	Ottmar Setzer	CNSC	1:21:37
1988	Eric Luoma	FNSC	1:27:21

Women 50-59 20 km

2007	Christina Johnson	FNSC	1:30:34
2004	Silvia Stettler	CNSC	1:32:44
1999	Laurie Murray	MillCr	1:32:52
1997	Laurie Murray	ENSC	1:37:54
1994	Jeannette Fish	BSR	1:49:25
1989	Sheena Thomas	Jasper	1:53:43

Men 60-69 20 km

2001	Vic Emery	BSR	1:26:18
1995	Alfons Gedig	Grmny	1:28:38
1994	Dick Lofthouse	CNSC	1:43:31
1989	Franz Vaclavek	FNSC	1:43:35

Women 60-69 20 km

2007	Sibylla Lane	CNSC	1:53:32
1997	Theresa Dobler	FNSC	2:10:23
1990	Olwyn Ringheim	BC	2:29:42

Men 70-79 20 km

2001	Henk Waterreus	CNSC	1:39:54
1998	Herb Kariel	FNSC	2:01:00
1997	Ward Neale	SOCC	2:24:50
1995	Ward Neale	SOCC	2:34:50

Women 70-79 20 km

1999	Laine Sastok	ENSC	2:38:49
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Men 15-19 20 km

2001	Drew Goldsack	RMR	1:04:19
1994	Forrest Campbell	BSR	1:09:57
1993	Andre Renner	CNSC	1:18:06
1992	Maarten Voordouw	FNSC	1:28:19
1989	Jaime Trento	BRS	1:32:46
1988	Jan Triska	Calgary	1:51:29

Women 15-19 20 km

1998	Amanda Fortier	ENSC	1:18:35
1994	Sara Renner	CNSC	1:20:51
1992	Kate Zidek	CNSC	1:31:41
1990	Susan Storsberg	FNSC	2:02:49
1989	Susan Storsberg	FNSC	2:42:35

Men 20-29 10 km

1994	Paul Klann	ENSC	0:36:03
1988	Dave Steinhoff	Banff	0:38:01

Women 20-29 10 km

2001	Tara Whitten	ENSC	0:38:49
1994	Kristin Berg	FNSC	0:40:09
1993	Margaret Holden	Calgary	0:44:13
1991	Sandra Paintin	NZ	0:46:47
1989	Charlene Dunn	FNSC	0:48:12
1988	Kathy Rangen	Pkland	0:49:19

Men 30-39 10 km

1998	Ken Johnson	FNSC	0:39:08
1988	Dieter Kuhn	CNSC	0:39:30

Women 30-39 10 km

1990	Sharon Gosnell	CNSC	0:44:48
1989	Elaine Birkigt	Northn	0:58:25
1988	Maurita Salmon	ENSC	1:33:16

Men 40-49 10 km

1990	Dieter Kuhn	CNSC	0:37:36
1998	Chris Chenh	Banff	0:48:14

Women 40-49 10 km

2005	Maria Hawkins	CNSC	0:42:06
2001	Sharon Hogg	FNSC	0:42:19
1996	Marion Schafer	CNSC	0:49:44
1994	Mary Jane Barnes	Canmr	0:52:19
1991	Jan Phillips	Calgary	0:57:59
1990	Sylvia Carleton	FNSC	1:00:30
1989	Sylvia Carleton	FNSC	1:03:03
1988	Norma Berg	FNSC	1:06:37

Men 50-59 10 km

1999	Bill Brooks	CNSC	0:42:27
1991	Peter Donitz	CNSC	0:42:51
1990	Erik Eikum	Nrsmn	0:49:04
1989	Erik Eikum	Nrsmn	0:50:03
1988	Erik Eikum	Nrsmn	0:50:31

Women 50-59 10 km

2005	Judy Buchanan-Mappin	CNSC	0:46:24
1998	Jeannette Fish	BSR	0:48:42
1997	Ursula Grady	KNSC	0:56:28
1994	Jill Hunt	CNSC	1:00:42
1994	Jill Hunt	CNSC	1:00:53
1989	Theresa Dobler	FNSC	1:06:42
1988	Nel Van Prooyen	Nethl	1:32:24

Men 60-69 10 km

1999	Erik Eikum	Nrsmn	0:48:10
1997	Erik Eikum	Nrsmn	0:49:13
1995	Otmar Huber	Tolz	0:51:16
1991	Gunnar Berg	FNSC	0:52:03
1990	Ken Dalen	WNSC	0:52:28
1988	Jurij Borys	Calgary	0:57:13

Women 60-69 10 km

2003	Jeanette Fish	BSR	0:51:43
1998	Ella Nielson	FNSC	0:59:27
1997	Ella Nielson	FNSC	1:02:17
1996	Ella Nielson	FNSC	1:10:56
1988	Mayay Scott	Ont	1:16:53

Men 70-79 10 km

2005	Erik Eikum	Nrsmn	0:49:45
1998	Jurij Borys	Calgary	0:57:55
1997	Bernard Mason	FNSC	1:14:36

Women 70-79 10 km

2007	Ella Nielsen	SOCC	1:10:19
1998	Shirley Dahlie	BCNR	1:29:07
1997	Willie Mason	FNSC	1:39:32
1996	Marian Wooden	FNSC	1:44:57

Men 80+ 10 km

2003	Ward Neale	SOCC	1:26:43
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Women 80+ 10 km

2003	Roxie Neale	SOCC	1:45:29
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Men 15-19 10 km

2001	Connal Robertson-More	BSR	0:32:36
1998	Carl Skinstad	Hawkr	0:34:24
1994	Brian Salzgeber	CNSC	0:38:09
1993	Dave Climie	FNSC	0:38:13
1991	Jeff Bahal	FNSC	0:40:51
1988	Jeremy White	Calgary	0:45:03

Women 15-19 10 km

2001	Sarah Daitch	FtSmith	0:38:48
1993	Sara Renner	CNSC	0:40:50
1988	Robyn Williams	FNSC	0:54:36

Boys 11-14 10 km

1994	Stefan Kuhn	CNSC	0:39:08
1989	Paul Watson	BSR	0:39:59
1988	Paul Watson	BSR	0:48:38

Girls 11-14 10 km

2001	Cathy Jaques	CNSC	0:39:40
1997	Madeleine Williams	ENSC	0:44:54
1990	Sara Renner	CNSC	0:49:39
1989	Marika Lamb	BSR	0:52:21
1988	Marika Lamb	BSR	0:56:07

Boys 7-10 2 km

1998	Jon Skinstad	Hawkr	0:06:33
1993	David Leoni	Camrse	0:08:02
1991	Thomas Kuhn	CNSC	0:09:34
1990	Patrick Carleton	FNSC	0:15:08

Girls 7-10 2 km

1993	Rayna Swanson	FNSC	0:07:53
1991	Christy Taylor	FNSC	0:10:15
1990	Sara Salzgeber	CNSC	0:16:01

Boys 4-6 1 km

1998	Roger Walder	Priddis	0:06:32
1997	Sheldon Pickering	BSR	0:08:15
1996	Simon MacDonald	Banff	0:09:05
1991	Michael Kantar	USA	0:14:13
1990	Stewart Thompson		0:15:10

Girls 4-6 1 km

1998	Danielle Meeres	R&G	0:07:53
1991	Robyn Dyer	FNSC	0:08:45
1990	Sarah Prescott	BCJR	0:15:03