

Sunday March 1, 2009



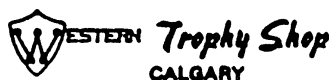
901-11th Avenue N.W. Calgary Alberta T2M 0C2

RACE RESULTS

The Lake Louise Loppet is held with the assistance of
Banff National Park



Resorts of the Canadian Rockies



Sanctioned by Cross-Country Canada

(5)	246	SAMETZ, JOAN	EDMONTON NORDIC	1:53:56.0
(6)	243	WILMAN, PAM	MILLCREEK	1:56:11.0
(7)	271	HARDY, MONICA	CANMORE	1:58:27.0
(8)	244	BOLLI, CLAUDIA	EDMONTON	2:22:13.0

MEN(50-59)
Distance: 20 KM

(1)	224	GUDWER, DOUG	BSR	1:14:06.0
(2)	232	SHIPKA, CLARK	HINTON NORDIC	1:18:49.0
(3)	253	PETTIT, RICH	CNSC	1:22:48.0
(4)	263	LONGVAL, GILLES	LIFESPORT	1:30:43.0
(5)	241	YAU, HENRY	CNSC	1:38:12.0
(6)	276	ROBINSON, NEIL	CNSC	1:40:19.0
(7)	242	KENNEDY, DERM	KIMBERLEY NORDIC	1:42:05.0
(8)	223	CRAIG, GORDON	CALGARY	1:47:36.0
(9)	233	STERN, MIKE	EDMONTON NORDIC	1:48:53.0
(10)	204	LAWSON, DAVID	CALGARY	1:50:19.0
(11)	261	MCISAAC, JOHN	CANMORE	1:53:24.0
(12)	212	GEPHART, ROBERT	ENSC	1:54:39.0
(13)	247	KOZUSKA, MICHAEL	CAMROSE SC	1:54:59.0
(14)	208	KAMINSKY, JURGEN	CALGARY	2:08:45.0
(15)	217	BANKES, NIGEL	BWJR	2:09:21.0
(16)	284	LAMOUREUX, PIERRE	LAKELAND XC	2:18:34.0
(17)	219	COCKETT, ROBIN	BWJR	2:21:25.0
(18)	264	ILIE-HAYNES, RADU	PRINCE ALBERT	2:26:58.0

WOMEN(50-59)
Distance: 20 KM

(1)	205	THOMPSON, VAL	CNSC	1:35:01.0
(2)	258	LENES, SHEILA	BSR	1:40:29.0
(3)	278	DOLINSKY, JOAN	GOLDEN	1:56:12.0
(4)	230	EUGSTER, SUZANNE	CALGARY	1:59:12.0
(5)	262	ZUBOT, BEV	EDMONTON NORDIC	2:15:14.0
(6)	283	HALKIER, KAREN	CANMORE	2:27:30.0

MEN(60-69)
Distance: 20 KM

(1)	287	SCHOPP, GERHARD	BSR	1:33:04.0
(2)	251	WILLIAMS, LORRIS	EDMONTON NORDIC	1:35:56.0
(3)	229	CARLETON, MIKE	RMR	1:36:52.0
(4)	265	REEVES, JOHN	CNSC	1:37:09.0
(5)	275	MCAVITY, ERIC	CNSC	1:41:43.0
(6)	210	MCFADYEN, BOB	EDMONTON	1:44:43.0
(7)	269	WILKINSON, KEN	KIMBERLEY NORDIC	1:49:25.0
(8)	235	JOHNSON, RICHARD	CALGARY	1:52:12.0
(9)	285	ROWE, I	GOLDEN NORDIC	1:53:55.0
(10)	211	STANTON, PETE	CALGARY	2:00:01.0

WOMEN(60-69)
Distance: 20 KM

(1)	274	MAXWELL, JUDITH	CNSC	2:03:41.0
(2)	286	ROWE, SUSAN	GOLDEN NSC	2:12:54.0
(3)	282	KEITH, NEL	CNSC	2:27:36.0

MEN(70-79)
Distance: 20 KM

(1)	279	TAIVASSALO, KEIJO	KICKING HORSE	2:12:45.0
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MEN(15-19)
Distance: 20 KM

(1)	218	BANKES, ROBBIE	BWJR	2:00:53.0
(2)	216	HALL, ERIC	BWJR	2:08:49.0

WOMEN(15-19)
Distance: 20 KM

(**)	213	CHAMBERS, LARISSA	INNISFAIL	-- DNS --
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WOODEN MEN(OPEN)		Distance: 20 KM		
(1)	250	CLARK, IAN	BLINDMAN VALLEY	2:11:16.0
(2)	221	MCLEOD, CURTISS	SHERWOOD PARK	2:29:45.0
MEN(20-29)		Distance: 10 KM		
(1)	173	LENES, HAAKON	BSR	0:32:26.0
(2)	189	KILLICK, GRAEME	BSR	0:33:22.0
(3)	194	GARNIER, GERARD	BSR	0:34:50.0
(4)	191	KILLICK, ANTHONY	BSR	0:37:56.0
(5)	166	GAMBLE, JM	FAST TRAX	0:42:34.0
(6)	121	GREEN, BRANDON	RED DEER	0:45:52.0
(7)	157	DAVIS, MATT	CALGARY	0:54:25.0
WOMEN(20-29)		Distance: 10 KM		
(1)	196	HERSEY, RUTH	PTARMIGAN	0:46:34.0
(2)	145	TESSIER, ERIN	EDMONTON	1:02:35.0
(3)	120	LEVY, SIMONE	CALGARY	1:11:36.0
(4)	112	MCINTYRE, JESSICA	CALGARY	1:14:49.0
(5)	158	DONAGHY, KRISTIN	CALGARY	1:27:05.0
(6)	73	BIGGS, HEATHER	TEAM LEILA	1:40:09.0
(7)	70	TRUDEL, VALERIE	LAKE LOUISE	1:40:21.0
MEN(30-39)		Distance: 10 KM		
(1)	111	HUGGINS-CHAN, SEAN	FNCS	0:40:11.0
(2)	96	CUMMINGS, REID	FNCS	0:51:45.0
(3)	83	HERLE, NEIL	CALGARY	1:03:03.0
WOMEN(30-39)		Distance: 10 KM		
(1)	80	SABUDA, DEANA	CALGARY	0:59:05.0
(2)	82	LAMOND HERLE, EMELINE	CALGARY	1:17:03.0
(3)	72	HEMPHILL, MELISSA	TEAM LEILA	1:40:08.0
(4)	130	HALL, DEBBIE	BWJR	1:49:05.0
MEN(40-49)		Distance: 10 KM		
(1)	199	THOMAS, MARK	FNCS	0:40:09.0
(2)	150	BERG, JOHN	CALGARY	0:48:18.0
(3)	94	CHRIST, ALBERT	PARKLAND	0:48:55.0
(4)	119	BAUMGARTNER, MARK	RMJR	1:04:52.0
(5)	136	BUNCE, CHRIS	BWJR	1:16:24.0
(6)	185	JOHNSTON, HUGH	BANFF	1:21:52.0
(7)	116	JOHNSON, BRIAN	RED DEER NORDIC	1:22:34.0
WOMEN(40-49)		Distance: 10 KM		
(1)	103	HOGG, SHARON	FNCS	0:46:37.0
(2)	182	DE SPAEY-HALL, CARINNE	CNSC	0:57:18.0
(3)	195	MCALLISTER, SYLVIA	CNSC	1:04:54.0
(4)	114	BOGLE, KELLY	RED DEER NORDIC	1:07:03.0
(5)	147	JONES, TINA	COLDEN NORDIC	1:16:33.0
(6)	143	PAGE, STACEY	BWJR	1:16:37.0
(7)	146	BERG, KAYLYN	CALGARY	1:18:59.0
(8)	127	HENRY, BRONWYN	BWJR	1:23:40.0
(9)	137	JACKLIN, NANCY	BWJR	1:28:27.0
(10)	123	OUELLET, CHRISTINE	BWJR	1:38:45.0
(11)	132	DUSKA, SUSAN	BWJR	1:51:22.0
(12)	91	CRAIG, LORI	CALGARY	1:52:19.0

MEN(50-59)		Distance: 10 KM		
(1)	110	GAMBLE, JOHN	EDMONTON NORDIC	0:50:53.0
(2)	155	BADGERY, RICK	CALGARY	0:54:20.0
(3)	193	GARNIER, BRIAN	BSR	0:57:02.0
(4)	178	JOHNSON, TERRY	RMJR	1:00:22.0
(5)	78	DIELEMAN, LEO	ST ALBERT	1:09:15.0
(6)	125	ELLIOTT, ROB	BWJR	1:10:28.0
(7)	144	AFFOLTER, ANDRE	CALGARY	1:16:45.0
(8)	161	POWER, CHRIS	EDMONTON NORDIC	1:25:24.0
WOMEN(50-59)		Distance: 10 KM		
(1)	109	LAWSON, SUSAN	CALGARY	1:11:16.0
(2)	106	LANGLAIS, SUE	CANMORE	1:12:46.0
(3)	75	BRADLEY, ANNE	ST ALBERT	1:12:50.0
(4)	177	CAMERON, TRISH	RMJR	1:21:58.0
(5)	171	THOMPSON, SHEILA	LAKELAND	1:30:26.0
MEN(60-69)		Distance: 10 KM		
(1)	163	ALSTERLUND, MIKE	ROCKY LANE	0:57:41.0
(2)	170	HAWKINS, JIM	LAKELAND	1:01:29.0
(3)	84	VAN WEES, JOHN	FNCS	1:02:13.0
(4)	113	MCINTYRE, PETER	CALGARY	1:03:21.0
(5)	169	PIMM, LARRY	RED DEER	1:09:43.0
WOMEN(60-69)		Distance: 10 KM		
(1)	140	MCLEOD, CAROLYNE	SHERWOOD PARK	2:01:16.0
MEN(70-79)		Distance: 10 KM		
(1)	102	EIKUM, ERIK	NORSEMAN	0:55:28.0
(2)	93	WATERREUS, HENK	CNSC	0:56:48.0
(3)	179	BERG, ARNE	CALGARY	1:07:35.0
WOMEN(70-79)		Distance: 10 KM		
(1)	85	TAIVASSALO, ELKE	KICKING HORSE	1:47:22.0
MEN(15-19)		Distance: 10 KM		
(1)	99	HOLLAND, ZACH	BSR	0:33:46.0
(2)	172	LENES, MARTIN	BSR	0:35:54.0
(3)	180	WENZEL, KURTIS	RMR	0:35:57.0
(4)	98	DUPUIS, PAUL	BSR	0:36:21.0
(5)	190	KILLICK, MICAH	BSR	0:39:05.0
(6)	184	CARERE, MITCH	KIMBERLEY NORDIC	0:39:10.0
(7)	197	HERSEY, DAVID	PTARMIGAN	0:43:52.0
(8)	115	BOGLE, GARETT	RED DEER NORDIC	0:46:43.0
(9)	148	HARRIS, MITCHELL	GOLDEN NORDIC	0:46:48.0
(10)	95	CHRIST, ADRIAN	RED DER NORDIC	0:47:32.0
(11)	89	STEWART, COLE	GOLDEN	0:47:59.0
(12)	76	DIELEMAN, ALEXANDER	ST ALBERT	0:59:50.0
(13)	153	MCCLEAN, ZACHARY	GOLDEN NORDIC	1:00:03.0
(14)	77	DIELEMAN, MARTIJN	ST ALBERT	1:20:16.0
WOMEN(15-19)		Distance: 10 KM		
(1)	86	HOWIE, MICHAELA	BSR	0:40:10.0
(2)	149	JONES, SIOBHAN	GOLDEN NORDIC	0:47:05.0
(3)	188	HERSEY, RACHEL	PTARMIGAN	0:50:58.0
(4)	104	SEVIGNY, ANNICK	FNCS	0:55:15.0
(5)	154	BADGERY, EMMA	FNCS	0:57:43.0
(6)	71	LAMB, SARAH	RED DEER NORDIC	0:58:42.0
(7)	107	SAUNDERS, ALLYSON	RED DEER NORDIC	0:59:16.0
(8)	152	DEBOER, KAY	GOLDEN NORDIC	0:59:43.0

(**) 192 KILLICK, ADRIENNE BSR -- DNF --

BOYS(11-14)

Distance: 10 KM

(1)	181	COUEFFIN, STEVEN	KIMBERLEY NORDIC	0:41:08.0
(2)	164	MARK, LUKAS	MUSKEG FLYERS	0:43:25.0
(3)	198	HICKS, PETER	CNSC	0:45:18.0
(4)	176	ALLAN, NELSON	CNSC	0:49:59.0
(5)	81	THOMPSON, BEN	CNSC	0:50:58.0
(6)	165	MARK, TOMAS	MUSKEG FLYERS	1:04:08.0
(7)	138	BUNCE, OWEN	BWJR	1:16:25.0
(8)	162	MCCLURE, KYLE	CALGARY	1:27:17.0
(9)	124	SEMENIUK, SAMUEL	BWJR	1:38:44.0
(**)	122	CHAMBERS, DEVIN	INNISFAIL	-- DNS --

GIRLS(11-14)

Distance: 10 KM

(1)	87	KELLER, SERAINA	BSR	0:44:49.0
(2)	79	HARVEY, NATASHA	CNSC	0:53:34.0
(3)	105	SEVIGNY, JOELLE	FNCS	0:53:35.0
(4)	88	LLOYD, CARLY	GOLDEN NORDIC	0:57:43.0
(5)	151	DEBOER, CLAIRE	GOLDEN NORDIC	0:58:03.0
(6)	117	JOHNSON, ALEXANDRA	RED DEER NORDIC	1:02:15.0
(7)	186	POIDEVIN, SARA	CANMORE	1:02:58.0
(8)	141	STRUM, MOLLY-JANE	FNCS	1:04:41.0
(8)	142	MCLEAN, SARA	FNCS	1:04:41.0
(10)	135	BANKES, MEGAN	BWJR	1:06:54.0
(11)	139	BUNCE, LOUISE	BWJR	1:13:38.0
(12)	187	COYNE, SAIDY	CNSC	1:16:25.0
(13)	126	ELLIOTT, NICOLE	BWJR	1:17:39.0
(14)	118	JOHNSON, MEGAN	RED DEER NORDIC	1:22:32.0
(15)	128	LAIRD, CAOIMHE	BWJR	1:23:33.0
(16)	183	MCCROY, LEA	CANMORE	1:23:42.0
(17)	160	POWER, SARAH	EDMONTON NORDIC	1:25:23.0
(18)	156	MCCLURE, CAITLIN	CALGARY	1:28:27.0
(19)	129	LEMA, ELIZABETH	BWJR	1:34:14.0
(20)	134	DUSKA, NAOMI	BWJR	1:42:21.0
(21)	131	HALL, SARA	BWJR	1:49:04.0
(22)	133	DUSKA, ELAINA	BWJR	1:51:14.0
(23)	90	BAUMGARTNER, JENNA	CALGARY	1:52:11.0
(24)	92	BRENNAN, LAURA	CALGARY	1:52:17.0

WOODEN MEN(OPEN)

Distance: 10 KM

(1)	159	CROSS, DON	EDMONTON	0:54:51.0
(2)	108	HERTWIG-JAKSCH, MIKE	EDMONTON	1:06:37.0
(3)	174	BEMBRIDGE, BRUCE	FIELD XC	1:08:20.0
(4)	100	REID, BOB	YKSC	1:11:53.0
(5)	97	HARDY, JAMES	ST ALBERT	1:33:14.0

WOODEN WOMEN(OPEN)

Distance: 10 KM

(1)	101	CARRIERE, SUZANNE	YKSC	1:17:34.0
(2)	74	SANDFORD, VI	CANMORE	1:20:01.0
(3)	175	BARRY, HELEN	YOHO XC	1:21:06.0
(4)	167	FREEMAN, CARRIE	BLINDMAN VALLEY	1:28:12.0
(4)	168	CLARK, DEB	BLINDMAN VALLEY	1:28:12.0

BOYS(7-10)		Distance: 2 KM		
(1)	14	HENDRY, SAM	CNSC	0:11:50.0
(1)	48	HARVEY, ALEXANDER	CNSC	0:11:50.0
(3)	5	BAUMGARTNER, KYLE	RMJR	0:13:08.0
(4)	17	MCLEAN, SEAN	FNCS	0:13:16.0
(5)	31	INNES, JAMES	CALGARY	0:13:28.0
(6)	21	BERG, LEIF	CALGARY	0:13:45.0
(7)	25	GREEN, MATTHEW	CSC	0:15:09.0
(8)	43	HUGGILL, ANDREW	CNSC	0:15:59.0
(9)	38	HUDSON, JULIAN	GOLDEN NORDIC	0:16:04.0
(10)	39	CUMMINGS, JOHN	FNCS	0:16:19.0
(11)	2	GAUTHIER, SIMON	BWCC	0:17:00.0
(12)	29	MULLER, MICHAEL	CSC	0:23:56.0
(**)	23	ALTWASSER, NICHOLAS	CSC	-- DNS --

GIRLS(7-10)		Distance: 2 KM		
(1)	44	MARTIN, ANITA	CNSC	0:11:51.0
(2)	4	JOHNSON, BAILEY	RED DEER JR	0:13:35.0
(3)	30	INNES, MARY	CALGARY	0:15:35.0
(4)	34	POIDEVIN, EVA	CANMORE	0:15:39.0
(5)	15	HENDRY, ISOBEL	CNSC	0:15:54.0
(6)	36	COYNE, KARLY	CNSC	0:16:30.0
(7)	33	JOHNSON, NICOLE	RMJR	0:16:42.0
(8)	1	BRENNAN, JAYMIE	RMJR	0:16:57.0
(9)	32	JOHNSON, KAELA	RMJR	0:16:58.0
(10)	9	SELBY, MYA	BWJR	0:17:01.0
(11)	7	LEMA, STEPHANIE	BWJR	0:18:46.0
(12)	10	SELBY, ELLA	BWJR	0:18:50.0
(13)	13	YBEMA, KAIA	BWJR	0:19:58.0
(14)	18	HUSTON, HAYLEY	BWJR	0:20:36.0
(15)	8	DUSKA, TITANIA	BWJR	0:20:39.0
(16)	26	ALTWASSER, KAITLYN	CSC	0:23:26.0
(17)	46	LAHACHE, DANI	CNTG	0:25:39.0
(18)	47	SCHILLER, KEIRA	CNTG	0:25:41.0
(19)	45	LAHACHE, RANDI	CNTG	0:26:18.0
(20)	28	MULLER, JENNIE	CSC	0:35:06.0
(**)	24	GREEN, JENNA	CSC	-- DNS --
(**)	27	GIESBRECHT, MILIANA	CSC	-- DNF --

BOYS(4-6)		Distance: 1 KM		
(1)	22	BERG, FINN	CALGARY	0:08:48.0
(2)	41	FRANCEY, ZEPHYR	CNSC	0:09:47.0
(3)	49	DOLL, FRANCIS	CSC	0:12:26.0
(4)	12	YBEMA, TRISTAN	BWJR	0:13:55.0
(5)	6	LAIRD, FIONN	BWJR	0:14:09.0
(6)	19	HUSTON, JAMIE	BWJR	0:19:20.0
(7)	11	CHOW, WILLIAM	BWJR	0:22:29.0
(8)	3	GAUTHIER, FRANCOIS	BWCC	0:24:02.0

GIRLS(4-6)		Distance: 1 KM		
(1)	20	IRWIN, MEGAN	BWJR	0:10:47.0
(2)	37	HUDSON, AMELIA	GOLDEN	0:12:50.0
(3)	40	CRAIG, MOLLY	CALGARY	0:14:22.0
(4)	35	SOWINSKI, BEATA	BWJR	0:18:16.0
(5)	16	HENDRY, EMMA	CNSC	0:18:48.0
(6)	42	HUGGILL, LILY	CANMORE	0:22:32.0

Congratulations to our 2009 record breakers: Erik Carleton, Jon Enevoldsen and Gerhard Schopp, who, at 71, won the 60-69 age category in the Men's 20 km event.

Men 20-29 20 km

2001	Robin McKeever	Lifesprt	1:01:36
1998	Robin McKeever	Lifesprt	1:02:26
1994	Robin McKeever	FNCS	1:04:13
1990	Nic Christofferson	FNCS	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

2009	Erik Carleton	RMR	1:07:27
1998	John Groeneveld	CNSC	1:12:20
1991	John Groeneveld	CNSC	1:14:44
1989	Pat McLellan	FNCS	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	FNCS	1:47:34
1988	Wendy Edge	CNSC	1:56:44

Men 40-49 20 km

2009	Jon Enevoldsen	CNSC	1:08:51
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	FNCS	1:19:20
1988	Ottmar Setzer	CNSC	1:22:31

Women 40-49 20 km

2008	Kathy Davies	CNSC	1:18:21
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	KNCS	1:20:03
1989	Ottmar Setzer	CNSC	1:21:37
1988	Eric Luoma	FNCS	1:27:21

Women 50-59 20 km

2007	Christina Johnson	FNCS	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	FNCS	1:43:35

Women 60-69 20 km

2008	Nel Keith	CNSC	1:48:10
2007	Sibylla Lane	CNSC	1:53:32
1997	Theresa Dobler	FNCS	2:10:23
1990	Olwyn Ringheim	BC	2:29:42

Men 70-79 20 km

2009	Gerhard Schopp	BSR	1:33:04
	(skied in 60-69 category)		
2001	Henk Waterreus	CNSC	1:39:54
1998	Herb Kariel	FNCS	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	FNCS	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	FNCS	2:02:49
1989	Susan Storsberg	FNCS	2:42:35

Wooden Men 20 km

2007	Ken Sloman	Edmtn	1:40:59
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Men 20-29 10 km

2008	Haakon Lenes	BSR	0:31:21
1994	Paul Klann	ENSC	0:36:03
1988	Dave Steinhoff	Banff	0:38:01

Women 20-29 10 km

2008	Magi Scallion	BSR	0:35:34
2001	Tara Whitten	ENSC	0:38:49
1994	Kristin Berg	FNCS	0:40:09
1993	Margaret Holden	Calgary	0:44:13
1991	Sandra Paintin	NZ	0:46:47
1989	Charlene Dunn	FNCS	0:48:12
1988	Kathy Rangen	Pkland	0:49:19

Men 30-39 10 km

2008	Sean Huggins-Chan	FNCS	0:37:30
1998	Ken Johnson	FNCS	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 FNCS 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 FNCS 1:00:30
 1989 Sylvia Carleton FNCS 1:03:03
 1988 Norma Berg FNCS 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 FNCS 1:06:42
 1988 Nel Van Prooyen Nethl 1:32:24

Men 60-69 10 km

2008 Don Gardner Lifesprt 0:45:15
 1999 Erik Eikum Nrsmn 0:48:10
 1997 Erik Eikum Nrsmn 0:49:13
 1995 Otmar Huber Tolz 0:51:16
 1991 Gunnar Berg FNCS 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 FNCS 0:59:27
 1997 Ella Nielson FNCS 1:02:17
 1996 Ella Nielson FNCS 1:10:56
 1988 Mayay Scott Ont 1:16:53

Men 70-79 10 km

2008 Erik Eikum Nrsmn 0:49:16
 2005 Erik Eikum Nrsmn 0:49:45
 1998 Jurij Borys Calgary 0:57:55
 1997 Bernard Mason FNCS 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 FNCS 1:39:32
 1996 Marian Wooden FNCS 1:44:57

Men 80+ 10 km

2003 Ward Neale SOCC 1:26:43

Women 80+ 10 km

2003 Roxie Neale SOCC 1:45:29

Men 15-19 10 km

2008 Martin Lenes BSR 0:31:27
 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 FNCS 0:38:13
 1991 Jeff Bahal FNCS 0:40:51
 1988 Jeremy White Calgary 0:45:03

Women 15-19 10 km

2008 Hilary Schrama BSR 0:37:29
 2001 Sarah Daitch FtSmith 0:38:48
 1993 Sara Renner CNSC 0:40:50
 1988 Robyn Williams FNCS 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

Wooden Men 10 km

2006 Idan Wolach FNCS 0:43:17
 2005 Bruce Bembridge LkLou 1:06:13

Wooden Women 10 km

2006 Ronena Wolach FNCS 0:45:55
 2005 Judy Millar BWJR 1:18:42

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 FNCS 0:15:08

Girls 7-10 2 km

1993 Rayna Swanson FNCS 0:07:53
 1991 Christy Taylor FNCS 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 FNCS 0:08:45
 1990 Sarah Prescott BCJR 0:15:03