



Sunday March 6, 2011



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

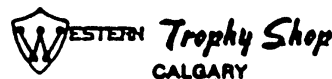
RACE RESULTS

The Lake Louise Loppet, part of the cultural heritage of Lake Louise, is held with the assistance of

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OFFICIAL RESULTS
 39TH ANNUAL LAKE LOUISE LOPPET - CALGARY SKI CLUB
 SUNDAY - MARCH 6, 2011

JURY	TECHNICAL DELEGATE	MARK DUPERREULT	FNSC
	CHIEF OF RACE	ALASDAIR FERGUSSON	CSC
	CHIEF OF COURSE	LARRY TIBBITTS	CSC

AIR TEMP:-10 C SNOW TEMP:-14 C

RANK	BIB	COMPETITOR NAME	CLUB/CITY	FINAL TIME
MEN (20-29)		Distance: 20 KM		
(1)	277	WIDMER, PHILIP	CNSC	1:10:32.0
WOMEN (20-29)		Distance: 20 KM		
(1)	241	PRECHT, KIM	EDMONTON	2:07:09.0
(2)	202	FORDE, TAYA	CSC	2:18:11.0
(3)	271	DA COSTA, LONI	CSC	2:28:44.0
(4)	240	DAVIS, CAROLYN	CALGARY	2:39:08.0
(**)	243	BREEN, SARAH	CALGARY	-- DNS --
(**)	244	EDWARDS, LOUISE	CALGARY	-- DNS --
(**)	269	FISH, JULIANNA	CALGARY	-- DNF --
MEN (30-39)		Distance: 20 KM		
(1)	288	SCOTT, BEV	KOOTENAI	1:23:51.0
(2)	287	GRANDI, THOMAS	CNSC	1:27:08.0
(3)	272	PARENT, CLAYTON	EDMONTON	1:34:42.0
(4)	230	GAUVIN, CHARLES	FNSC	1:37:26.0
(5)	270	TREKSLER, RISTO	CSC	2:08:32.0
(6)	236	SAVIGNON, ULISES	CALGARY	2:24:21.0
(7)	218	BUCHANAN, IAN	BWJR	2:28:21.0
(8)	284	GREEN, JORDIN	CALGARY	2:34:01.0
(**)	214	NORMAN, COLIN	BWJR	-- DNF --
(**)	247	ESTEVEZ, MAURICIO	CALGARY	-- DNF --
WOMEN (30-39)		Distance: 20 KM		
(1)	266	BORUTOVA, KAMILA	BOW VALLEY SKIERS	1:20:41.0
(2)	256	STICHELBOU, JESSICA	KICKING HORSE SC	1:37:57.0
(3)	280	FISH, ROBI	CNSC	1:40:52.0
(4)	263	MOORE, SARA MAE	SWAMP DONKEYS	1:58:49.0
(5)	228	GROBLER, SABRINA	CNSC	1:59:32.0
(6)	286	WELLS, KRISTA	CALGARY	2:09:09.0
(7)	285	WELLS, TARA	CALGARY	2:10:06.0
(8)	211	BRUNELLE, TANYA	CANMORE	2:12:33.0
(**)	206	OPSETH, HEATHER	BWJR	-- DNS --

MEN (40-49)			Distance: 20 KM	
(1)	215	MCCROY, HEATH	CNSC	1:21:13.0
(2)	278	OMDAL, STURLE	FNCS	1:27:10.0
(3)	268	CIEPLAK, ZIBI	CALGARY	1:27:48.0
(4)	262	POJASOK, TARAS	EDMONTON	1:29:56.0
(5)	279	JAEGER, DAVE	EDMONTON	1:42:51.0
(6)	233	BARBER, DARREN	BSR	1:47:46.0
(7)	246	YBEMA, JEROME	CALGARY	2:28:16.0
(**)	251	LETETA, STEVE	CALGARY	-- DNS --

WOMEN (40-49)			Distance: 20 KM	
(1)	252	EDWARDS, NATALIE	CNSC	1:41:18.0
(2)	223	HARVEY, LAURIE	CNSC	1:41:20.0
(3)	274	KEENLISIDE, JULIA	ENSC	1:52:02.0
(4)	253	WILMAN, PAM	MILLCREEK	2:12:23.0
(5)	201	KERR-HALL, JANET	CSC	2:29:20.0

MEN (50-59)			Distance: 20 KM	
(1)	259	JOHNSON, KEN	LIFESPORT	1:26:14.0
(2)	238	LONGVAL, GILLES	LIFESPORT	1:28:00.0
(3)	234	MARTIN, GARY	CNSC	1:30:03.0
(4)	273	CISLO, RAY	ENSC	1:33:01.0
(5)	208	YAU, HENRY	CNSC	1:37:52.0
(6)	205	CRAIG, GORDON	CALGARY	1:45:53.0
(7)	258	MAH, BYRON	VANCOUVER SKIERS	1:48:11.0
(8)	248	BEREZOWSKI, LES	LIFESPORT	1:51:43.0
(9)	281	WIEN, DOUG	ENSC	1:54:09.0
(10)	204	VAUGHAN, NORM	RMJR	1:58:37.0
(11)	254	DINWOODIE, GORDON	EDMONTON	1:59:41.0
(12)	221	BASTEDO, JAMIE	YELLOWKNIFE SC	2:05:18.0
(13)	275	MEERES, MICHAEL	RED DEER	2:06:30.0
(14)	276	HAMMER, BRENT	EDMONTON	2:11:01.0
(15)	200	HALL, RANDY	CSC	2:13:38.0
(16)	226	BANKES, NIGEL	FNCS	2:14:06.0
(17)	216	MEERS, SCOTT	CSC	2:14:32.0
(18)	231	COCKETT, ROBIN	BWJR	2:16:40.0
(19)	229	KAMINSKY, JURGEN	CALGARY	2:24:58.0
(20)	207	ROSS, DAVID	CSC	2:47:02.0
(21)	210	LIGUORI, MARK	ST ALBERT	2:48:50.0
(**)	242	LYNCH, GREG	CALGARY	-- DNS --
(**)	245	STIRLING, GREGORY	CSC	-- DNS --

WOMEN (50-59)			Distance: 20 KM	
(1)	232	MURPHY, PATSY	CNSC	1:49:32.0
(2)	235	PERRY, JANICE	FNCS	1:56:17.0
(3)	257	ROMANKO, PATTI	VANCOUVER NORDIC RACERS	2:14:48.0
(4)	224	HORNSBY, DEBRA	CNSC	2:17:47.0
(5)	222	HANS, BRENDA	YELLOWKNIFE SC	2:19:38.0
(6)	219	ALLIS, LINDA	CSC	2:19:53.0
(7)	239	NYBACK, JOANNE	CSC	2:40:35.0
(8)	217	MEERS, CINDY	CSC	2:50:38.0

MEN (60-69)			Distance: 20 KM	
(1)	265	AMUNDSON, JON	LIFESPORT	1:42:17.0
(2)	255	ANDREWS, GREG	KIMBERLEY	1:52:49.0
(3)	212	STANTON, PETE	CALGARY	1:59:33.0
(4)	282	JUDSON, FRED	EDMONTON	2:01:24.0
(5)	267	ADDICOTT, JOHN	LIFESPORT	2:09:49.0
(6)	283	WOOTERS, JACOB	ENSC	2:20:07.0
(7)	250	ROWE, IAN	GOLDEN SC	2:22:29.0
(8)	203	HORNLAND, GLEN	CLYDESDALES	2:47:48.0
WOMEN (60-69)			Distance: 20 KM	
(1)	249	ROWE, SUE	GOLDEN SC	2:25:31.0
MEN (15-19)			Distance: 20 KM	
(1)	237	BOGLE, GARETT	RED DEER NORDIC	1:35:14.0
(2)	227	BANKES, ROBBIE	FNSC	1:48:03.0
WOODEN MEN (OPEN)			Distance: 20 KM	
(1)	213	JANSEN, GREG	ENSC	1:46:30.0
(2)	225	SLOMAN, KENNETH	SLOMANSKICHUCK	1:55:30.0
(3)	260	ROSS, MIKE	POUCE COUPE PALPATORS	2:08:06.0
(4)	220	CLARK, IAN	BLINDMAN VALLEY	2:13:07.0
(5)	209	MCLEOD, CURTISS	SHERWOOD PARK	2:16:10.0
MEN (20-29)			Distance: 10 KM	
(1)	164	JAEGER, CAMERON	U OF C DINOS	0:43:57.0
WOMEN (20-29)			Distance: 10 KM	
(1)	189	PETERSON, JENNIE	CALGARY	1:05:45.0
(2)	141	PATTON, RHONDA	CSC	1:13:38.0
MEN (30-39)			Distance: 10 KM	
(1)	165	KENYON, DUNCAN	CSC	0:48:46.0
(2)	163	AKSLAND, TOR	FNSC	0:50:47.0
(3)	182	BOGAART, WILLIAM	CALGARY	1:07:23.0
WOMEN (30-39)			Distance: 10 KM	
(1)	167	ROSS, ZOE	POUCE COUPE PALPATORS	1:03:31.0
(2)	188	TAMBURRINI, AME-LIA	CALGARY	1:10:04.0
(3)	187	ORENSTEIN, MARLA	CALGARY	1:27:09.0
(4)	156	HEROLD, DANIELLE	CSC	1:33:37.0
(**)	129	EDWARDS, KRISTY	CANMORE	-- DNS --
MEN (40-49)			Distance: 10 KM	
(1)	143	HUGGINS-CHAN, SEAN	FNSC	0:41:37.0
(2)	157	CUMMINGS, REID	FNSC	0:47:12.0
(3)	162	KUDRYK, MARK	CSC	0:53:39.0
(4)	134	GOULD, LORNE	FNSC	0:56:28.0
(5)	150	BRENNAN, BOB	CALGARY	1:30:12.0
(6)	122	SELBY, JOHN	BWJR	1:30:47.0
(7)	186	SKARSGARD, ANDREW	BWJR	1:37:35.0
(8)	148	CLARKE, SEAN	BWJR	1:46:09.0

WOMEN (40-49) Distance: 10 KM

(1)	142	ROYLANCE, DIANE	FNNSC	1:00:52.0
(2)	105	TAYLOR-GOBEIL, FRANCINE	FNNSC	1:02:52.0
(3)	111	GRANT, MELANIE	ENNSC	1:15:48.0
(4)	116	MCLEAN, DANIELA	FNNSC	1:23:41.0
(5)	151	JOHNSON, SONJA	CALGARY	1:58:50.0
(6)	119	PAGE, STACEY	BWJR	2:02:24.0
(7)	124	BUCHANAN, HELEN	BWJR	2:20:43.0
(8)	147	CLARKE, BARB	BWJR	2:26:15.0
(**)	159	LETETA, BARB	CALGARY	-- DNS --

MEN (50-59) Distance: 10 KM

(1)	135	BADGERY, RICK	CALGARY	0:59:00.0
(2)	127	SCHULZ, RICHARD	EDMONTON	1:05:18.0
(3)	102	ARNES, ODD	JACKRABBITS	1:14:23.0
(4)	174	DAVIS, BILL	CALGARY	1:21:38.0
(5)	125	STEPHENS, AL	CSC	1:39:23.0
(6)	155	HEINZ, HEINRICH	CALGARY	1:50:43.0
(7)	138	WOODLEY, MICHAEL	CSC	1:57:08.0

WOMEN (50-59) Distance: 10 KM

(1)	166	JOHNSON, CONNIE	LIFESPORT	0:51:27.0
(2)	101	LORI CRAIG	CALGARY	1:08:17.0
(3)	126	PETRA SCHULZ	EDMONTON	1:16:04.0
(4)	176	LANGLAIS, SUE	CANMORE	1:17:16.0
(5)	154	HEINZ, URSULA	CALGARY	1:36:06.0
(6)	175	DAVIS, BARB	CALGARY	1:40:18.0
(7)	103	ARNES, FATOS	JACKRABBITS	1:59:31.0

MEN (60-69) Distance: 10 KM

(1)	180	FEE, EVERETT	BSR	0:47:44.0
(2)	139	SLAGORSKY, CHARLES	BSR	0:55:30.0
(3)	133	MURPHY, JIM	CNSC	0:59:38.0

WOMEN (60-69) Distance: 10 KM

(1)	107	MCLEOD, CAROLYNE	SHERWOOD PARK	1:42:36.0
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MEN (70-79) Distance: 10 KM

(1)	100	EIKUM, ERIK	NORSEMAN	1:00:45.0
(2)	130	BUTLER, PETER	SKIERS OF THE PURPLE SAGE	1:13:05.0

WOMEN (70-79) Distance: 10 KM

(1)	190	FISH, JEANETTE	BSR	1:02:53.0
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MEN (15-19) Distance: 10 KM

(1)	177	MCCLEAN, ZACHARY	GOLDEN NSC	0:43:53.0
(2)	136	BADGERY, KIP	CALGARY	0:58:21.0
(**)	137	LYNCH, WILLIAM	CALGARY	-- DNS --

WOMEN (15-19) Distance: 10 KM

(1)	181	HOOGSTRATEN, LAURA	FNNSC	0:50:50.0
(2)	183	OMDAL, HELENE	FNNSC	1:00:04.0

BOYS (11-14)			Distance: 10 KM	
(1)	140	REMPEL, JAKE	BWJR	1:06:25.0
(2)	104	ARNES, DANIEL	JACKRABBITS	1:16:03.0
(3)	184	SKARSGARD, ERIK	BWJR	1:37:34.0
(4)	179	CISLO, ERIK	ENSC	1:40:49.0
(5)	146	CLARKE, STEPHEN	BWJR	1:46:08.0
(6)	145	CLARKE, RYAN	BWJR	2:25:30.0
(**)	113	LEGG, JACKSON	CSC	-- DNS --
(**)	158	LETETA, JAMIE	CALGARY	-- DNS --
(**)	153	YBEMA, TRISTAN	BWJR	-- DNF --

GIRLS (11-14)			Distance: 10 KM	
(1)	131	BANKES, MEGAN	FNCS	0:53:50.0
(2)	115	MCLEAN, SARA	FNCS	0:54:29.0
(3)	106	GOBEIL, SOPHIE	FNCS	1:02:40.0
(4)	178	CISLO, MARIN	ENSC	1:08:37.0
(5)	110	LEMA, ELIZABETH	ENSC	1:11:21.0
(6)	132	GOULD, ELISABETH	FNCS	1:18:29.0
(7)	117	HALL, SARA	BWJR	1:24:21.0
(8)	149	BRENNAN, LAURA	CALGARY	1:30:11.0
(9)	121	SELBY, ELLA	BWJR	1:30:40.0
(10)	185	SKARSGARD, SARAH	BWJR	1:33:00.0
(11)	120	SELBY, MYA	BWJR	1:38:28.0
(12)	152	YBEMA, KAIA	BWJR	1:58:48.0
(13)	118	HUSTON, HAYLEY	BWJR	2:02:23.0
(14)	123	BUCHANAN, GRACE	BWJR	2:20:42.0
(15)	144	CLARKE, EMMA	BWJR	2:26:13.0
(**)	114	MCCROY, LEA	CNSC	-- DNS --

WOODEN MEN (OPEN)			Distance: 10 KM	
(1)	161	CROSS, DON	EDMONTON	0:58:20.0
(2)	112	HERTWIG-JAKSCH, MICHAEL	CFB EDMONTON	1:04:29.0
(3)	191	KERNAN, PAUL	KOOTENAY HAGGIS SPANKERS	1:06:24.0
(4)	173	BEMBRIDGE, BRUCE	KICKING HORSE	1:10:25.0
(5)	109	REID, BOB	YKSC	1:12:51.0
(6)	171	DYCK, JASON	EDMONTON	1:40:45.0
(7)	170	KIRCHNER, PERRY	FREE RANGE	1:40:54.0

WOODEN WOMEN (OPEN)			Distance: 10 KM	
(1)	108	CARRIERE, SUZANNE	YKSC	1:15:37.0
(2)	168	KERNAN, JANNA	KOOTENAY HAGGIS SPANKERS	1:16:10.0
(3)	169	HEERSCHOP, MICHELLE	COCHRANE	1:19:51.0
(4)	128	FREEMAN, CARRIE	BLINDMAN VALLEY	1:26:36.0
(5)	172	WERNER, JENNIFER	EDMONTON	1:40:59.0
(6)	160	LAVALLEY, KAREN	CALGARY	1:44:28.0

BOYS (7-10)			Distance: 2 KM	
(1)	33	CUMMINGS, JOHN	FNCS	0:08:25.0
(2)	35	AKSLAND, JONAS	FNCS	0:08:27.0
(3)	10	GAUTHIER, SIMON	BWJR	0:10:37.0
(4)	26	GOULD, ERIC	FNCS	0:11:46.0
(5)	32	EYRE, GARETH	FNCS	0:12:03.0
(6)	19	NORMAN, SASHA	BWJR	0:12:30.0
(7)	31	EYRE, FINDLAY	FNCS	0:13:14.0

(8)	27	GAUVIN, MARC	FNNSC	0:13:32.0
(9)	4	ERESHEFSKY, JACOB	BWJR	0:14:29.0
(10)	23	WINKLER, KURT	BWJR	0:15:15.0
(11)	22	WINKLER, KARL	BWJR	0:15:42.0
(12)	47	SKARSGARD, MARCUS	BWJR	0:16:58.0
(13)	13	CHOW, WILLIAM	BWJR	0:17:05.0
(**)	2	OPSETH, ERIC	BWJR	-- DNS --
(**)	16	LEGG, ISAAC	CSC	-- DNS --

GIRLS (7-10)

Distance: 2 KM

(1)	30	REMPEL, AMANDA	BWJR	0:10:17.0
(2)	11	LEMA, STEPHANIE	FNNSC	0:10:42.0
(3)	48	FISH, MAYA	CNSC	0:10:46.0
(4)	54	CHARLES, ADELINE	FNNSC	0:11:55.0
(5)	51	DE NYS, KINDREY	CNSC	0:12:31.0
(6)	46	OMDAL, INGRID	FNNSC	0:12:39.0
(7)	53	SOWINSKI, BEATA	BWJR	0:12:53.0
(8)	37	KERNAN, MAREN	KOOTENAY HAGGIS SPANKERS	0:13:27.0
(9)	3	CRAIG, MOLLY	CALGARY	0:13:41.0
(10)	29	GAUVIN, CLAIRE	FNNSC	0:14:00.0
(11)	21	SELBY, QUINN	BWJR	0:24:42.0
(12)	20	BUCHANAN, RUTH	BWJR	0:26:24.0
(**)	6	IRWIN, MEGAN	FNNSC	-- DNS --
(**)	25	PETROVA, SASHA	ALTIUS	-- DNS --

BOYS (4-6)

Distance: 1 KM

(1)	9	GAUTHIER, FRANCOIS	BWJR	0:06:59.0
(2)	50	DE NYS, RYDER	CNSC	0:08:31.0
(3)	39	REPP, ALEC	BWJR	0:10:29.0
(4)	24	HUSTON, JAMIE	BWJR	0:10:56.0
(5)	34	EDWARDS, EVAN	CNSC	0:11:27.0
(6)	14	PETERSON, ANDREW	BWJR	0:11:30.0
(7)	28	GAUVIN, MAXIME	FNNSC	0:13:47.0
(8)	43	GOSSE, PETER	CANMORE	0:15:32.0
(9)	38	KERNAN, AIDAN	KOOTENAY HAGGIS SPANKERS	0:15:41.0
(10)	36	ROSS, DECLAN	BEAR MOUNTAIN	0:15:43.0
(11)	40	REPP, KOSE	BWJR	0:17:36.0
(12)	8	JANSEN, ROBIN	FNNSC	0:17:58.0
(13)	41	BORUTA, THOMAS	BOW VALLEY SKIERS	0:21:33.0
(14)	42	BORUTA, LUKAS	BOW VALLEY SKIERS	0:35:21.0
(**)	1	OPSETH, ETHAN	BWJR	-- DNS --
(**)	17	LEGG, CADE	CSC	-- DNS --

GIRLS (4-6)

Distance: 1 KM

(1)	49	FISH, NADIA	CNSC	0:07:42.0
(2)	18	NORMAN, ZOE	BWJR	0:12:19.0
(3)	15	PETERSON, ABBY	BWJR	0:14:25.0
(4)	5	IRWIN, CAITLIN	FNNSC	0:15:36.0
(5)	7	JANSEN, ANNEKE	FNNSC	0:16:10.0
(6)	52	GRANDI, ARIA	CNSC	0:16:29.0
(7)	45	PIETZ, THEA	BWJR	0:18:26.0
(8)	44	GOSSE, LOUISE	CANMORE	0:23:08.0
(9)	12	CHOW, SOPHIE	BWJR	0:24:11.0

Two records were broken in 2011. Congratulations to grandmother and granddaughter Jeannette Fish and Nadia Fish! Jeannette broke the record for women 70-79 in the 10 km and Nadia for girls 4-6 1 km.

Men 20-29				20 km		Men 60-69				20 km	
2010	Pate Neumann	CNSC	0:59:57	2010	Ken Sidney	Canmore	1:14:16	2001	Vic Emery	BSR	1:26:18
2001	Robin McKeever	Lifesport	1:01:36	1995	Alfons Gedig	Germany	1:28:38	1994	Dick Lofthouse	CNSC	1:43:31
1998	Robin McKeever	Lifesport	1:02:26	1989	Franz Vaclavek	FNSC	1:43:35				
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		Women 60-69				20 km	
1998	Milaine Thériault	NB	1:10:04	2008	Nel Keith	CNSC	1:48:10	2007	Sibylla Lane	CNSC	1:53:32
1988	Kelly Bruce	BSR	1:17:50	1997	Theresa Dobler	FNSC	2:10:23	1990	Olwyn Ringheim	BC	2:29:42
Men 30-39				20 km		Men 70-79				20 km	
2010	Ian Murray	N.Hland	0:59:45	2009	Gerhard Schopp	BSR	1:33:04				
2009	Erik Carleton	RMR	1:07:27		(skied in 60-69 category)						
1998	John Groeneveld	CNSC	1:12:20	2001	Henk Waterreus	CNSC	1:39:54				
1991	John Groeneveld	CNSC	1:14:44	1998	Herb Kariel	FNSC	2:01:00				
1989	Pat McLellan	FNSC	1:15:04	1997	Ward Neale	SOCC	2:24:50				
1988	Karl Schneider	ENSC	1:15:43	1995	Ward Neale	SOCC	2:34:50				
Women 30-39				20 km		Women 70-79				20 km	
2007	Kamila Borutova	RMR	1:18:15	1999	Laine Sastok	ENSC	2:38:49				
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		Men 15-19				20 km	
2010	Jon Enevoldsen	ENV Sp	1:02:16	2001	Drew Goldsack	RMR	1:04:19				
2009	Jon Enevoldsen	CNSC	1:08:51	1994	Forrest Campbell	BSR	1:09:57				
2001	James Bannon	BSR	1:11:07	1993	Andre Renner	CNSC	1:18:06				
1995	Valda Krunberg	Estonia	1:12:35	1992	Maarten Voordouw	FNSC	1:28:19				
1994	Bill Brooks	CNSC	1:15:56	1989	Jaime Trento	BRS	1:32:46				
1993	Tom Holland	CNSC	1:18:03	1988	Jan Triska	Calgary	1:51:29				
1990	Larry Mason	FNSC	1:19:20								
1988	Ottmar Setzer	CNSC	1:22:31								
Women 40-49				20 km		Women 15-19				20 km	
2008	Kathy Davies	CNSC	1:18:21	1998	Amanda Fortier	ENSC	1:18:35				
2001	Monique Chamberfort		1:25:24	1994	Sara Renner	CNSC	1:20:51				
1998	Marion Schafer	CNSC	1:27:21	1992	Kate Zidek	CNSC	1:31:41				
1997	Judy Buchanan-Mappin	CNSC	1:32:58	1990	Susan Storsberg	FNSC	2:02:49				
1994	Silvia Stettler	CNSC	1:32:58	1989	Susan Storsberg	FNSC	2:42:35				
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		Wooden Men				20 km	
2001	Bill Brooks	CNSC	1:15:42	2010	Greg Jansen	Calgary	1:29:51				
1993	Gerry Kemp	KNSC	1:20:03	2007	Ken Sloman	Edmntn	1:40:59				
1989	Ottmar Setzer	CNSC	1:21:37								
1988	Eric Luoma	FNSC	1:27:21								
Women 50-59				20 km		Wooden Women				20 km	
2007	Christina Johnson	FNSC	1:30:34	2010	Karen Messenger	FNSC	1:58:36				
2004	Silvia Stettler	CNSC	1:32:44	2010	Jessica Stichelbout	Field	1:58:36				
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 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			
				2010	Chandra Crawford	CNSC	0:34:12				
				2008	Magi Scallion	BSR	0:35:34				
				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				

