

EMCC AGE STANDARD COMPETITION		PERSONAL BEST PLUS @ 20 km	+/- 2010 YTD
Name			
Johnson	Maurice	+11:26	
Copeland	Bruce	+8:28	+8:05
Heppleston	Peter	+8:12	+7:19
Harries	Bruce	+7:28	+7:00
Von zur Gathen	Heinz	+7:53	+6:20
Szymanski	Zibi	+6:16	+5:57
LaRone	Lloyd	+5:45	+5:45
Henderson	Richard	+5:47	+5:31
Claassens	Matt	+7:16	+5:27
Moses	Richard	+5:13	+5:13
McAllister	Allan	+5:02	+5:02
Schroder	Erich	+7:30	+4:58
Watson	Dave	+6:01	+4:52
Countryman	Brian	+6:27	+4:50
Doyle	Bill	+4:49	+4:49
McKinney	Sid	+5:29	+4:45
Embury	Dave	+4:44	+4:44
Wheatley	Matt	+4:45	+4:34
Berg	Len	+5:10	+4:32
McNally	Bev	+4:56	+4:28
Morrison	Gord	+4:25	+4:25
Forbes	Fraser	+4:05	+4:05
Yeske	Jim	+3:51	+3:42
Dawson-Edwards	John	+3:45	+3:29
Fox	Don	+5:35	+3:24
Walden	Dan	+3:22	+3:22
McIntosh	Allan	+3:07	+3:07
Burton	Mike	+3:00	+3:00
Sustrik	Gordon	+3:27	+2:58
Maser	Peter	+3:55	+2:20
Roberts	Susan	+2:18	+2:18
Coghlan	Kevin	+2:14	+2:14
Belair	Karen	+2:46	+2:13
Preston	Daniel	+3:14	+2:09
Lam	Laurence	+1:37	+1:37
Dmitruk	Lorne	+2:56	+1:29
Davidson	Mitch	+2:09	+1:03
Braun	Bogdan	+1:23	+0:53
McCalder	Allan	+2:58	+0:47
McNally	Bob	+1:52	+0:40
Liden	Robert	+0:25	+0:25
Litke	Joseph		-0:03
Gobeil	Pat		-0:14
Oran	Scott		-0:30
Mash	Greg		-1:06
Tetz	Darryl		-1:55
Coupal	Jean-Claude		-1:58
Trainer	Val		-2:35
Cebuliak	Dennis	+2:23	-2:48
Lechasseur	Leon		-3:23

AGE STANDARD MEDAL WINNER