



2009 CANADIAN ROAD RACE RANKINGS
CLASSEMENT CANADIEN DE COURSE SUR ROUTE 2009
MEN / HOMMES

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corrections gratefully received / Les corrections sont toujours bienvenues

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5km (< 16:00)

Rank	Perf	Name	Prov	Meet Name	Location	Date
1	14:37	Scott Simpson	BC	Bazan Bay 5k	Sidney, BC	Mar 08
	14:42	Scott Simpson	BC	St. Patrick's Day 5k	Vancouver, BC	Mar 14
2	14:58.7	Amor Dehbi	QC	Le 5 km Endurance	Montreal, QC	Aug 12
3	14:59.0	Stephane Colle	QC	Le 5 km Endurance	Montreal, QC	Aug 12
4	15:07	Jeremiah Ziak	BC	St. Patrick's Day 5k	Vancouver, BC	Mar 14
	15:07	Scott Simpson	BC	Carlsbad 5000	Carlsbad, CA	Apr 05
5	15:09.5	Matthew McInnes	ON	Le 5 km Endurance	Montreal, QC	Aug 12
6	15:10.3	Francois Menard-Kilrane	QC	Canadian Half Marathon Champs / Banque Scotia 21k de Montreal et 5k	Montreal, QC	Apr 19
7	15:14	Graeme Wells	BC	St. Patrick's Day 5k	Vancouver, BC	Mar 14
8	15:15	Eric Findlay	BC	Bazan Bay 5k	Sidney, BC	Mar 08
	15:16	Eric Finlay	BC	St. Patrick's Day 5k	Vancouver, BC	Mar 14
	15:16.9	Jeremiah Ziak	BC	2009 Dave Reed Spring Classic	Vancouver, BC	Mar 28
9	15:21	Jeff Phillips	BC	Bazan Bay 5k	Sidney, BC	Mar 08
10	15:25.6	Olivier Lavoie	QC	Canadian Half Marathon Champs / Banque Scotia 21k de Montreal et 5k	Montreal, QC	Apr 19
11	15:26	Jay MacDonald	BC	St. Patrick's Day 5k	Vancouver, BC	Mar 14
	15:40.5	Jay MacDonald	BC	2009 Dave Reed Spring Classic	Vancouver, BC	Mar 28
	15:46.7	Olivier Lavoie	QC	Le 5 km Endurance	Montreal, QC	Aug 12
12	15:48	Craig Odermatt	BC	Bazan Bay 5k	Sidney, BC	Mar 08
13	15:50.6	Terry Gehl	QC	Le 5 km Endurance	Montreal, QC	Aug 12
14	15:51.10	Nathan De Witt	ON	Downtown 5k	London, ON	Apr 10
15	15:53.7	Louis-Philip Garnier	QC	Le 5 km Endurance	Montreal, QC	Aug 12
15	15:56.10	Kyle O'Neil	ON	Downtown 5k	London, ON	Apr 10
16	15:59.3	Norm Tinkham	BC	2009 Dave Reed Spring Classic	Vancouver, BC	Mar 28

8km (< 27:00)

Rank	Perf	Name	Prov	Meet Name	Location	Date
1	23:34.2	Richard Mosley	BC	Prairie Inn Pioneer 8K	Saanichton, BC	Jan 11
2	23:37.4	Jon Brown	BC	Prairie Inn Pioneer 8K	Saanichton, BC	Jan 11
	23:58.5	Jon Brown	BC	Harry's 8k Spring Run-Off Vancouver	Vancouver, BC	Mar 08
3	24:10.3	Steve Osaduik	BC	Harry's 8k Spring Run-Off Vancouver	Vancouver, BC	Mar 08
	24:11.3	Jon Brown	BC	Harry's 8k Spring Run-Off Toronto	Toronto, ON	Apr 05
4	24:12	Ryan McKenzie	BC	Running Room Shaughnessy	Vancouver, BC	May 31
	24:16.1	Steve Osaduik	BC	Prairie Inn Pioneer 8K	Saanichton, BC	Jan 11
5	24:25.4	Taylor Milne	ON	Harry's 8k Spring Run-Off Toronto	Toronto, ON	Apr 05
	24:26.2	Ryan McKenzie	BC	Prairie Inn Pioneer 8K	Saanichton, BC	Jan 11
6	24:33.8	Scott Simpson	BC	Prairie Inn Pioneer 8K	Saanichton, BC	Jan 11
	24:37.7	Ryan McKenzie	BC	Harry's 8k Spring Run-Off Toronto	Toronto, ON	Apr 05
7	24:52.8	Jeremiah Ziak	BC	Harry's 8k Spring Run-Off Vancouver	Vancouver, BC	Mar 08
8	24:53.2	Todd Howard	BC	Prairie Inn Pioneer 8K	Saanichton, BC	Jan 11
9	25:06	Graeme Wells	BC	2009 Steveston Ice-Breaker	Steveston, BC	Feb 01
10	25:11.4	Kristopher Swanson	BC	Harry's 8k Spring Run-Off Vancouver	Vancouver, BC	Mar 08
11	25:12	David Jackson	BC	Running Room Shaughnessy	Vancouver, BC	May 31
12	25:13	Jay MacDonald	BC	2009 Steveston Ice-Breaker	Steveston, BC	Feb 01
13	25:19.6	Steve Koziarski	ON	Harry's 8k Spring Run-Off Toronto	Toronto, ON	Apr 05
	25:19.9	Jay MacDonald	BC	Prairie Inn Pioneer 8K	Saanichton, BC	Jan 11
	25:30.0	Jay MacDonald	BC	Harry's 8k Spring Run-Off Vancouver	Vancouver, BC	Mar 08
14	25:41.1	Mark Bomba	BC	Prairie Inn Pioneer 8K	Saanichton, BC	Jan 11
15	25:46.7	Jeff Phillips	BC	Prairie Inn Pioneer 8K	Saanichton, BC	Jan 11
16	25:49.5	Craig Odermatt	BC	Prairie Inn Pioneer 8K	Saanichton, BC	Jan 11
17	25:50	Paul Krochak	BC	2009 Steveston Ice-Breaker	Steveston, BC	Feb 01
	25:50	Jay MacDonald	BC	Running Room Shaughnessy	Vancouver, BC	May 31
17	25:56.0	Nick Best	BC	Prairie Inn Pioneer 8K	Saanichton, BC	Jan 11
	26:00.3	Mark Bomba	BC	Harry's 8k Spring Run-Off Vancouver	Vancouver, BC	Mar 08
19	26:05.6	Eric Findlay	BC	Prairie Inn Pioneer 8K	Saanichton, BC	Jan 11
20	26:06.2	Neil Holm	BC	Prairie Inn Pioneer 8K	Saanichton, BC	Jan 11
21	26:15.8	Norman Tinkham	BC	Prairie Inn Pioneer 8K	Saanichton, BC	Jan 11
22	26:21	Benjamin Thistlewood	BC	2009 Steveston Ice-Breaker	Steveston, BC	Feb 01
	26:27.3	Norman Tinkham	BC	Harry's 8k Spring Run-Off Vancouver	Vancouver, BC	Mar 08
23	26:28.7	Kevin O'Connor	BC	Prairie Inn Pioneer 8K	Saanichton, BC	Jan 11
24	26:38.2	Steve Boyd	ON	Harry's 8k Spring Run-Off Toronto	Toronto, ON	Apr 05
25	26:47.0	Ian Druce	BC	Prairie Inn Pioneer 8K	Saanichton, BC	Jan 11
	26:47	Ian Druce	BC	2009 Steveston Ice-Breaker	Steveston, BC	Feb 01

10 km (< 33:00)

Rank	Perf	Name	Prov	Meet Name	Location	Date
1	29:04	Willy Kimosop	AB	Vancouver Sun Run	Vancouver, BC	Apr 19
2	29:12	Dylan Wykes	ON	Vancouver Sun Run	Vancouver, BC	Apr 19
3	29:23.1	Andrew Smith	ON	MDS Nordion 10k	Ottawa, ON	May 23
	29:29	Willy Kimosop	AB	Times-Colonist 10k	Victoria, BC	Apr 26
4	29:41	Richard Mosley	BC	Vancouver Sun Run	Vancouver, BC	Apr 19
	29:48.9	Dylan Wykes	ON	MDS Nordion 10k	Ottawa, ON	May 23
5	29:56	Jon Brown	BC	Bupa Great Edinburgh Run	Edinburgh, SCT	May 03
5	30:08	Scott Simpson	BC	Vancouver Sun Run	Vancouver, BC	Apr 19
6	30:13	Kip Kangogo	AB	Times-Colonist 10k	Victoria, BC	Apr 26
7	30:21	Ryan McKenzie	BC	Times-Colonist 10k	Victoria, BC	Apr 26
	30:24.0	Willy Kimosop	AB	MDS Nordion 10k	Ottawa, ON	May 23
8	30:33.8	Amor Dehbi	QC	MDS Nordion 10k	Ottawa, ON	May 23
	30:38	Scott Simpson	BC	Times-Colonist 10k	Victoria, BC	Apr 26
9	30:39	Mark Bomba	BC	Vancouver Sun Run	Vancouver, BC	Apr 19
10	30:49	Jamie Epp	SK	Vancouver Sun Run	Vancouver, BC	Apr 19
11	30:51.6	Matthew Pieterston	ON	MDS Nordion 10k	Ottawa, ON	May 23
12	30:58	Jay MacDonald	BC	Vancouver Sun Run	Vancouver, BC	Apr 19
13	30:58	Ryan Day	BC	Vancouver Sun Run	Vancouver, BC	Apr 19
14	30:59	Mike Booth	MB	Vancouver Sun Run	Vancouver, BC	Apr 19
15	31:03.6	Colin Fewer	NL	MDS Nordion 10k	Ottawa, ON	May 23
16	31:09	Steve Boyd	ON	Vancouver Sun Run	Vancouver, BC	Apr 19
16	31:09	Kristopher Swanson	BC	Times-Colonist 10k	Victoria, BC	Apr 26
17	31:17	Jason Warick	SK	Vancouver Sun Run	Vancouver, BC	Apr 19
18	31:19	Saheed Khan	ON	Vancouver Sun Run	Vancouver, BC	Apr 19
	31:26	Mike Booth	MB	Times-Colonist 10k	Victoria, BC	Apr 26
19	31:27	Matthew Norminton	AB	Vancouver Sun Run	Vancouver, BC	Apr 19
20	31:35.3	Francois Menard-Kilrane	QC	MDS Nordion 10k	Ottawa, ON	May 23
21	31:47.5	Mark Bomba	BC	MDS Nordion 10k	Ottawa, ON	May 23
22	31:52.8	Brandon Laan	ON	MDS Nordion 10k	Ottawa, ON	May 23
23	31:53	Eric Findlay	BC	Vancouver Sun Run	Vancouver, BC	Apr 19
	32:04	Mike Booth	MB	Times-Colonist 10k	Victoria, BC	Apr 26
24	32:06	Travis Cummings	AB	Vancouver Sun Run	Vancouver, BC	Apr 19
	32:12	Eric Findlay	BC	Times-Colonist 10k	Victoria, BC	Apr 26
	32:20.9	Matthew Norminton	AB	MDS Nordion 10k	Ottawa, ON	May 23
25	32:26	Craig Odermatt	BC	Vancouver Sun Run	Vancouver, BC	Apr 19
26	32:26.8	Chris Nagle	ON	MDS Nordion 10k	Ottawa, ON	May 23
27	32:29.1	Graydon Snider	QC	MDS Nordion 10k	Ottawa, ON	May 23
28	32:31	Norman Tinkham	BC	Vancouver Sun Run	Vancouver, BC	Apr 19
	32:31	Craig Odermatt	BC	Times-Colonist 10k	Victoria, BC	Apr 26
29	32:32	Dallas Raudebaugh	AB	Vancouver Sun Run	Vancouver, BC	Apr 19
30	32:39	Nick Best	BC	Times-Colonist 10k	Victoria, BC	Apr 26
31	32:51	Dylan Haight	BC	Times-Colonist 10k	Victoria, BC	Apr 26
	32:54	Norman Tinkham	BC	Times-Colonist 10k	Victoria, BC	Apr 26
32	32:54.0	Ian Reid	ON	MDS Nordion 10k	Ottawa, ON	May 23
33	32:57.3	Amor Dehbi	QC	Defi Hivernal de l'Île-Bizard	Montreal, QC	Feb 15

10 km Race Walk / Marche - Junior

Rank	Perf	Name	Prov	Meet Name	Location	Date
1	41:55.0h npcr	Evan Dunfee	BC	Canadian National Champs	Toronto, ON	Jun 28
	44:16	Evan Dunfee	BC	America's Race Walk Champs	San Salvador, ELS	May 02
	44:24	Evan Dunfee	BC	Can-USA Dual Walks	Minneapolis, MN	Aug 16
	44:28	Evan Dunfee	BC	Encuentro International de Marcha	Chihuahua, MX	Mar 14
2	50:30.0h	Bruno Carriere	QC	Canadian National Champs	Toronto, ON	Jun 28
3	50:56	Julien Voyer	QC	Can-USA Dual Walks	Minneapolis, MN	Aug 16
	52:50	Bruno Carriere	QC	Can-USA Dual Walks	Minneapolis, MN	Aug 16
	53:05	Julien Voyer	QC	2009 Art Keay Memorial RaceWalk	Toronto, ON	May 31
	53:46.0h	Julien Voyer	QC	Canadian National Champs	Toronto, ON	Jun 28
	56:50	Bruno Carriere	QC	2009 Art Keay Memorial RaceWalk	Toronto, ON	May 31

20 km Race Walk / Marche

Rank	Perf	Name	Prov	Meet Name	Location	Date
1	1:28:39	Inaki Gomez	BC	2009 Art Keay Memorial Race Walks	Toronto, ON	May 31
2	1:29.13	Evan Dunfee	BC	AB RW Championships	Edmonton, AB	Sep 12
	1:29:55	Inaki Gomez	BC	Universiade	Belgrade, SER	Jul 10
	1:31:19	Inaki Gomez	BC	America's Race Walk Champs	San Salvador, ELS	May 02
	1:32:34.0h	Inaki Gomez	BC	Canadian National Champs	Toronto, ON	Jun 28
3	1:35:43.0h	Jocelyn Ruest	NB	Canadian National Champs	Toronto, ON	Jun 28
4	1:36:30.0h	Creighton Connolly	BC	Canadian National Champs	Toronto, ON	Jun 28
	1:36:37	Jocelyn Ruest	NB	2009 Art Keay Memorial Race Walks	Toronto, ON	May 31
5	1:36:37	Alexandre Gagne	QC	2009 Art Keay Memorial Race Walks	Toronto, ON	May 31
	1:38:35	Inaki Gomez	BC	Encuentro Int. De Marcha Chihuahua 2009	Chihuahua, MX	Mar 14
6	1:38:42	Creighton Connolly	BC	USA Master 20k Champ	Huntington Beach, CA	Mar 15
	1:42:46	Creighton Connolly	BC	America's Race Walk Champs	San Salvador, ELS	May 02
7	1:50:49.0h	James Kenney	AB	Canadian National Champs	Toronto, ON	Jun 28

Half-Marathon (< 1:15:00)

Rank	Perf	Name	Prov	Meet Name	Location	Date
1	1:03:35	Kip Kangogo	AB	Vancouver Half-Marathon	Vancouver, BC	Jun 28
2	1:04:09.2	Matt Loiselle	ON	Canadian Half Marathon Champs / Banque Scotia 21k de Montreal et 5k	Montreal, QC	Apr 19
3	1:05:03	Willy Kimosop	AB	BMO Vancouver Marathon	Vancouver, BC	May 03
4	1:05:07.1	Andrew Smith	ON	Canadian Half Marathon Champs / Banque Scotia 21k de Montreal et 5k	Montreal, QC	Apr 19
	1:05:12	Kip Kangogo	AB	BMO Vancouver Marathon	Vancouver, BC	May 03
	1:05:35	Giitah Macharia	ON	Vancouver Half-Marathon	Vancouver, BC	Jun 28
5	1:05:42.2	Richard Mosley	BC	Pacific Road Runners "First Half" Half Marathon	Vancouver, BC	Feb 15
6	1:05:52.3	Steve Osaduik	BC	Canadian Half Marathon Champs / Banque Scotia 21k de Montreal et 5k	Montreal, QC	Apr 19
	1:06:02	Willy Kimosop	AB	Vancouver Half-Marathon	Vancouver, BC	Jun 28
7	1:06:43.4	Jon Brown	BC	Canadian Half Marathon Champs / Banque Scotia 21k de Montreal et 5k	Montreal, QC	Apr 19
	1:07:31.6	Steve Osaduik	BC	Pacific Road Runners "First Half" Half Marathon	Vancouver, BC	Feb 15
8	1:08:13	David Jackson	BC	Vancouver Half-Marathon	Vancouver, BC	Jun 28
9	1:08:34.8	Jeremiah Ziak	BC	Pacific Road Runners "First Half" Half Marathon	Vancouver, BC	Feb 15
10	1:09:05	Jay MacDonald	BC	Vancouver Half-Marathon	Vancouver, BC	Jun 28
11	1:09:12.6	Matthew McInnes	ON	Canadian Half Marathon Champs / Banque Scotia 21k de Montreal et 5k	Montreal, QC	Apr 19
12	1:09:36.3	Charles Bedley	ON	Canadian Half Marathon Champs / Banque Scotia 21k de Montreal et 5k	Montreal, QC	Apr 19
13	1:09:42.2	Colin Fewer	ON	Canadian Half Marathon Champs / Banque Scotia 21k de Montreal et 5k	Montreal, QC	Apr 19
14	1:10:06	Graeme Wilson	BC	BMO Vancouver Marathon	Vancouver, BC	May 03
15	1:10.08	Matthew Norminton	AB	BMO Vancouver Marathon	Vancouver, BC	May 03
	1:10.08	Graeme Wilson	BC	Vancouver Half-Marathon	Vancouver, BC	Jun 28
16	1:10:27.3	Graydon Snider	QC	Canadian Half Marathon Champs / Banque Scotia 21k de Montreal et 5k	Montreal, QC	Apr 19
17	1:10:39.3	Mark Bomba	BC	Pacific Road Runners "First Half" Half Marathon	Vancouver, BC	Feb 15
	1:10:40.3	Jay MacDonald	BC	Pacific Road Runners "First Half" Half Marathon	Vancouver, BC	Feb 15
18	1:10:50.3	Paul Krochak	BC	Pacific Road Runners "First Half" Half Marathon	Vancouver, BC	Feb 15
19	1:10:52	Graham Diehl	AB	Vancouver Half-Marathon	Vancouver, BC	Jun 28
20	1:11:21	Terry Gehl	QC	Vancouver Half-Marathon	Vancouver, BC	Jun 28
21	1:11:52.4	Norm Tinkham	BC	Pacific Road Runners "First Half" Half Marathon	Vancouver, BC	Feb 15
22	1:12:15.0	Craig Odermatt	BC	Pacific Road Runners "First Half" Half Marathon	Vancouver, BC	Feb 15
23	1:12:47.8	Neil Holm	BC	Pacific Road Runners "First Half" Half Marathon	Vancouver, BC	Feb 15
24	1:12:52.7	Stan Jang	BC	Pacific Road Runners "First Half" Half Marathon	Vancouver, BC	Feb 15
25	1:13:06.4	Ian Druce	BC	Pacific Road Runners "First Half" Half Marathon	Vancouver, BC	Feb 15
26	1:13:13.0	Kevin O'Connor	BC	Pacific Road Runners "First Half" Half Marathon	Vancouver, BC	Feb 15
	1:13:13	Mark Bomba	BC	BMO Vancouver Marathon	Vancouver, BC	May 03

Rank	Perf	Name	Prov	Meet Name	Location	Date
27	1:13:47	Kevin O'Connor	BC	BMO Vancouver Marathon	Vancouver, BC	May 03
28	1:13:55	Phil Dickens	BC	Vancouver Half-Marathon	Vancouver, BC	Jun 28
	1:14:18.1	Phil Dickens	BC	Pacific Road Runners "First Half" Half Marathon	Vancouver, BC	Feb 15
29	1:14:40	Mike Wood	BC	Vancouver Half-Marathon	Vancouver, BC	Jun 28
	1:14:45	Ian Druce	BC	Vancouver Half-Marathon	Vancouver, BC	Jun 28

Marathon (< 2:45:00)

Rank	Perf	Name	Prov	Meet Name	Location	Date
1	2:16:14	Andrew Smith	ON	Chevron Houston Marathon	Houston, TX	Jan 18
2	2:16:53	Reid Coolsaet	ON	World Championships	Berlin, GER	Aug 22
	2:17:08.5	Reid Coolsaet	ON	Canadian Marathon Championships	Ottawa, ON	May 24
3	2:18:00	Dylan Wykes	ON	World Championships	Berlin, GER	Aug 22
4	2:22:15	Stephen Drew	ON	113 th Boston Marathon	Boston, MA	Apr 20
5	2:24:01	David Jackson	BC	Toronto Waterfront Marathon	Toronto, ON	Sep 26
6	2:24:22.3	Jason Warick	SK	Canadian Marathon Championships	Ottawa, ON	May 24
7	2:24:37	Jason Loutitt	BC	Rock N Roll Marathon	Seattle, WA	Jun 27
	2:24:48	Andrew Smith	ON	World Championships	Berlin, GER	Aug 22
8	2:25:40	Giitah Macharia	ON	World Championships	Berlin, GER	Aug 22
9	2:31:19.6	Christian Mercier	QC	Canadian Marathon Championships	Ottawa, ON	May 24
10	2:31:25	Ian Druce	BC	Eugene Marathon	Eugene, OR	May 03
11	2:32.:44.2	Terry Gehl	QC	Toronto Waterfront Marathon	Toronto, ON	Sep 26
12	2:34:38.9	Louis-Philippe Garnier	QC	Canadian Marathon Championships	Ottawa, ON	May 24
13	2:40:22	Kevin Searle	BC	BMO Vancouver Marathon	Vancouver, BC	May 03
14	2:40:39.2	Terry Gehl	QC	Canadian Marathon Championships	Ottawa, ON	May 24
15	2:42:04	Bryan Portman	BC	Rock N Roll Marathon	Seattle, WA	Jun 27
16	2:43:03.4	Troy Cox	ON	Canadian Marathon Championships	Ottawa, ON	May 24
17	2:44:21	Dave Stephens	BC		Barcelona, ESP	Mar 01
18	2:44:28.1	Oliver Utting	BC	Canadian Marathon Championships	Ottawa, ON	May 24