

| Road Race Rankings | | | | | |
|----------------------|-------------|-----------------|-------|---------|---------|
| Mens 10 Km to May 25 | | | | | |
| # | First | Last | Time | Race | Cat |
| 1 | Levi | Neufeld | 40:44 | Physio | M 0-14 |
| 2 | Ben | Paterson | 40:50 | Physio | M 0-14 |
| 3 | Darris | Hardern | 43:23 | Brandon | M 0-14 |
| 4 | Evan | Pfimmer | 44:25 | Physio | M 0-14 |
| 5 | Ryan | Leech | 46:34 | Brandon | M 0-14 |
| 6 | Andrew | Kort | 46:41 | Physio | M 0-14 |
| 7 | Eric | Ballard | 47:18 | HBC | M 0-14 |
| 8 | Justin | Kasper | 47:21 | HBC | M 0-14 |
| 9 | Thomas | Chartrand | 48:40 | Brandon | M 0-14 |
| 10 | Brennan | Burfoot | 55:33 | G.Beach | M 0-14 |
| 1 | Desire | Budigoma | 33:15 | HBC | M 15-19 |
| 2 | Bjorn | Kristjansen | 37:06 | HBC | M 15-19 |
| 3 | John | Amy | 38:28 | Puma | M 15-19 |
| 4 | John | Lawler | 40:16 | Physio | M 15-19 |
| 5 | Colton | Devos | 40:46 | Puma | M 15-19 |
| 6 | Cody | Magas | 41:01 | Com-Fit | M 15-19 |
| 7 | Paul | Athayde | 41:24 | HBC | M 15-19 |
| 8 | Andrew | Kliment | 41:39 | Physio | M 15-19 |
| 9 | Scotty | Dueck | 43:16 | Puma | M 15-19 |
| 10 | Clarence | Alfaro | 43:42 | Com-Fit | M 15-19 |
| 1 | Calvary | Dejong | 34:36 | HBC | M 20-24 |
| 2 | Adam | Penner | 35:09 | HBC | M 20-24 |
| 3 | Brendon | Klos | 37:01 | Puma | M 20-24 |
| 4 | Corey | Gallagher | 37:19 | Puma | M 20-24 |
| 5 | Graham | Hnatiuk | 39:30 | G.Beach | M 20-24 |
| 6 | Luis | Jaramillo | 40:07 | G.Beach | M 20-24 |
| 7 | Matthew | Harder | 42:28 | Puma | M 20-24 |
| 8 | Jordan | Cook | 44:24 | Physio | M 20-24 |
| 9 | Troy | Elliot | 45:00 | Brandon | M 20-24 |
| 10 | Ryan | Giesbrecht | 46:42 | HBC | M 20-24 |
| 1 | Brian | Walker | 33:20 | Puma | M 25-29 |
| 2 | Brad | Keefe | 33:41 | Puma | M 25-29 |
| 3 | Jeremy | Walker | 33:44 | HBC | M 25-29 |
| 4 | Paul | Carr | 34:27 | HBC | M 25-29 |
| 5 | Christopher | James | 38:33 | HBC | M 25-29 |
| 6 | Darryl | Porter | 39:14 | HBC | M 25-29 |
| 7 | Barret | Hildebrandt | 39:26 | HBC | M 25-29 |
| 8 | Brendon | Mitchell | 39:56 | HBC | M 25-29 |
| 9 | Mathieu | Rocheleau | 40:07 | HBC | M 25-29 |
| 10 | Mike | Riddell | 42:51 | Physio | M 25-29 |
| 1 | Greg | Penner | 34:26 | Puma | M 30-34 |
| 2 | Eric | Vaive | 36:56 | Physio | M 30-34 |
| 3 | Ross | Meacham | 37:42 | G.Beach | M 30-34 |
| 4 | Jeffrey | Booth | 38:43 | HBC | M 30-34 |
| 5 | Jason | Brescacin | 40:39 | HBC | M 30-34 |
| 6 | Edgar | Rosales | 41:25 | HBC | M 30-34 |
| 7 | Evan | Macdonald | 41:26 | HBC | M 30-34 |
| 8 | Matthew | Stacey | 41:48 | Puma | M 30-34 |
| 9 | Patrick | Grouette | 41:54 | HBC | M 30-34 |
| 10 | Sean | Springer | 43:48 | Physio | M 30-34 |
| 1 | Darren | Klassen | 33:54 | Puma | M 35-39 |
| 2 | Sam | Zhou | 36:12 | HBC | M 35-39 |
| 3 | Corey | LaBerge | 37:06 | Physio | M 35-39 |
| 4 | Michael | Terepa | 38:43 | HBC | M 35-39 |
| 5 | Owen | Bowkett-Douglas | 39:53 | Physio | M 35-39 |
| 6 | Mario | Fonseca | 38:57 | HBC | M 35-39 |
| 7 | Jeff | Morier | 40:35 | Puma | M 35-39 |
| 8 | Brian | Gareau | 41:42 | Puma | M 35-39 |
| 9 | Fred | Meier | 43:43 | Com-Fit | M 35-39 |
| 10 | Chris | Torrance | 43:48 | Puma | M 35-39 |
| 1 | Darcy | Ready | 33:34 | Puma | M 40-44 |
| 2 | Dane | Samuel | 33:47 | Puma | M 40-44 |
| 3 | Aldo | Furlan | 37:55 | Physio | M 40-44 |
| 4 | Sean | Cheop | 39:46 | Puma | M 40-44 |
| 5 | Syl | Lemelin | 39:50 | HBC | M 40-44 |
| 6 | Paul | Brodie | 42:29 | Physio | M 40-44 |
| 7 | Dwayne | Sandall | 43:15 | HBC | M 40-44 |
| 8 | Leonard | Brisbois | 43:20 | Physio | M 40-44 |

| Road Race Rankings | | | | | |
|----------------------|----------|------------|----------|----------|---------|
| Mens 10 Km to May 25 | | | | | |
| 9 | Tim | Magas | 43:21 | Physio | M 40-44 |
| 10 | Gordon | Sims | 43:29 | Puma | M 40-44 |
| 1 | Dimitry | Melman | 37:47 | Puma | M 45-49 |
| 2 | Greg | Athayde | 37:49 | Physio | M 45-49 |
| 3 | Daryl | Somers | 38:21 | G.Beach | M 45-49 |
| 4 | Keith | Bilous | 39:44 | Com-Fit | M 45-49 |
| 5 | Byron | Speidel | 40:12 | Physio | M 45-49 |
| 6 | Murray | Rose | 40:16 | G. Beach | M 45-49 |
| 7 | James | Slade | 40:27 | HBC | M 45-49 |
| 8 | Edward | Willmott | 41:09 | G.Beach | M 45-49 |
| 9 | Robert | Klassen | 41:11 | Physio | M 45-49 |
| 10 | Michael | McGovern | 41:50 | Puma | M 45-49 |
| 1 | Keith | Bilous | 39:44 | G. Beach | M 50-54 |
| 2 | Gustaw | Zmitrowics | 40:03 | HBC | M 50-54 |
| 3 | Patrick | Hastings | 41:28 | HBC | M 50-54 |
| 4 | Raymond | Jones | 41:58 | HBC | M 50-54 |
| 5 | Don | Gill | 42:04 | Physio | M 50-54 |
| 6 | Tim | Turenne | 42:06 | G. Beach | M 50-54 |
| 7 | Joe | Heaver | 42:37 | Puma | M 50-54 |
| 8 | James | Cimm | 43:18 | Puma | M 50-54 |
| 9 | David | Lawler | 43:24 | Puma | M 50-54 |
| 10 | Ross | Wilkinson | 43:32 | Brandon | M 50-54 |
| 1 | Dennis | Lang | 37:22 | Puma | M 55-59 |
| 2 | Larry | Konotopetz | 44:56 | Puma | M 55-59 |
| 3 | Wes | Robinson | 46:03 | Puma | M 55-59 |
| 4 | Henry | Marie | 46:19 | Com-Fit | M 55-59 |
| 5 | James | Logie | 48:04 | HBC | M 55-59 |
| 6 | Philip | Veness | 49:43 | Com-Fit | M 55-59 |
| 7 | Frank | Matheson | 49:58 | Physio | M 55-59 |
| 8 | Grant | Tarr | 50:07 | HBC | M 55-59 |
| 9 | Ray | Hanslip | 51:09 | Physio | M 55-59 |
| 10 | John | Combs | 51:36 | Brandon | M 55-59 |
| 1 | Leon | Clegg | 39:56 | G. Beach | M 60-64 |
| 2 | George | Roy | 41:32 | HBC | M 60-64 |
| 3 | Alvin | Ranger | 43:43 | Com-Fit | M 60-64 |
| 4 | Bob | Doolan | 46:11 | Physio | M 60-64 |
| 5 | Jeff | Vince | 49:21 | HBC | M 60-64 |
| 6 | Harold | Bagan | 49:54 | Com-Fit | M 60-64 |
| 7 | Albert | Beal | 50:00 | Com-Fit | M 60-64 |
| 8 | John | Klassen | 52:19 | Physio | M 60-64 |
| 9 | John | Murphy | 52:43 | HBC | M 60-64 |
| 10 | Eric | Fast | 53:53 | Physio | M 60-64 |
| 1 | Jim | Cooke | 43:28 | Puma | M 65-69 |
| 2 | Sean | Drain | 47:37 | G. Beach | M 65-69 |
| 3 | Patrick | Riddell | 51:28 | Com-Fit | M 65-69 |
| 4 | Jim | Glasier | 53:45 | Puma | M 65-69 |
| 5 | Eric | Fast | 54:25 | G. Beach | M 65-69 |
| 6 | Jim | Anderson | 57:16 | G. Beach | M 65-69 |
| 7 | Gray | Davis | 01:01:06 | Physio | M 65-69 |
| 8 | Chico | Santiago | 01:11:20 | Com-Fit | M 65-69 |
| 1 | Ed | Klassen | 44:00 | Physio | M 70-74 |
| 2 | Ray | Garrity | 57:35 | Com-Fit | M 70-74 |
| 3 | Barry | Abbott | 59:28 | HBC | M 75-79 |
| 4 | James | King | 59:41 | G. Beach | M 75-79 |
| 5 | Al | Myska | 01:03:16 | Physio | M 70-74 |
| 6 | Lyle | Redman | 01:06:00 | Brandon | M 70-74 |
| 7 | Jack | Dubnicoff | 01:09:13 | Com-Fit | M 70-74 |
| 8 | Alan | Lesperance | 01:22:19 | HBC | M 75-79 |
| 1 | Jason | Guy | 55:35 | Physio | M 75-79 |
| 2 | Frank | Derksen | 01:02:07 | HBC | M 75-79 |
| 3 | George | Chapman | 01:04:25 | Physio | M 75-79 |
| 4 | Venanzio | Marinelli | 01:09:38 | HBC | M 75-79 |
| 1 | Bruce | Beatson | 01:23:45 | Physio | M 80-84 |