



**Winners 2005**  
**National Championship**  
**100K**



**Men's Winner**  
**Jack Cook**  
**Edmonton, AB**  
**7:37.02**

**Toronto, On**  
**May 7 2005**

**Women's Winner**  
**Laurie McGrath**  
**Baden, On**  
**9:30.36**

**\*\*\*CONGRATULATIONS\*\*\***

