

Around The Lake Give'r Take 30

October 15, 2016

Results By TRIO Sport Events Ltd. TRIO Sport Events www.trioevents.ca



30k

Female 20 to 29

Place	Overall* Plc	Name	T1 Rnk	T1 Time	T1 Pace	T2 Rnk	T2 Time	T2 Pace	Total Time
1	9	Michelle Hatt	1	1:48:28.6	6:47	1	1:32:36.8	6:42	3:21:05.4
2	11	Jenna Cochrane	2	1:48:43.0	6:48	2	1:35:44.5	6:49	3:24:27.5
3	18	Kaylee Eheler	3	1:58:13.1	7:23	3	1:35:53.6	7:08	3:34:06.7
4	29	Ally Kuehn	5	2:08:12.6	8:01	4	1:56:13.8	8:09	4:04:26.4
5	30	Aimee Wiebe	4	2:04:58.7	7:49	5	2:01:28.6	8:13	4:06:27.3
6	46	Katie Vallis	6	2:21:29.5	8:51	6	2:09:21.2	9:02	4:30:50.7
7	56	Andrea Mccrea	8	2:37:35.6	9:51	7	2:25:27.9	10:06	5:03:03.6
8	58	Christina Francke	7	2:30:59.1	9:26	8	2:39:22.8	10:21	5:10:21.9

Female 30 to 39

Place	Overall* Plc	Name	T1 Rnk	T1 Time	T1 Pace	T2 Rnk	T2 Time	T2 Pace	Total Time
1	1	Lora Bartel	1	1:32:26.9	5:47	1	1:13:18.7	5:32	2:45:45.7
2	2	Rachel Kiers	2	1:44:33.8	6:32	2	1:25:34.3	6:20	3:10:08.1
3	3	Valerie Holbech	3	1:44:43.8	6:33	3	1:30:08.7	6:30	3:14:52.5
4	6	Michelle Gemmel	4	1:45:07.5	6:34	4	1:35:02.4	6:40	3:20:10.0
5	8	Anne Neitzke	5	1:45:07.9	6:34	5	1:35:06.9	6:40	3:20:14.8
6	10	Kerri Swartz	12	2:03:39.0	7:44	6	1:18:35.3	6:44	3:22:14.3
7	12	Ellen Dyck	7	1:50:11.5	6:53	7	1:35:01.4	6:50	3:25:13.0
8	14	Nathalie Keiski	6	1:49:09.0	6:49	8	1:37:11.7	6:53	3:26:20.8
9	17	Jackie Perrey				9	3:30:04.5	7:00	3:30:04.5
10	19	Pamela McClements	9	1:58:34.3	7:25	10	1:43:17.3	7:24	3:41:51.7
11	21	Liana Laviolette	10	2:03:23.3	7:43	11	1:40:20.6	7:27	3:43:43.9
12	22	Marissa Jean	11	2:03:30.3	7:43	12	1:40:52.8	7:29	3:44:23.2
13	23	Megan Elias	8	1:58:16.3	7:24	13	1:47:39.5	7:32	3:45:55.8
14	25	Carli Ricka	14	2:06:46.7	7:55	14	1:49:35.8	7:53	3:56:22.5
15	26	Mallisa Niezen	13	2:05:44.1	7:52	15	1:53:20.5	7:58	3:59:04.7
16	28	Avril Alfred	15	2:10:03.0	8:08	16	1:53:45.0	8:08	4:03:48.0
17	35	Shannon Ellemo	17	2:15:10.9	8:27	17	1:57:35.1	8:26	4:12:46.1
18	36	Daniela Van Oort	18	2:15:14.8	8:27	18	1:57:32.5	8:26	4:12:47.3
19	39	Melissa Nelson	19	2:19:37.2	8:44	19	1:56:11.8	8:32	4:15:49.0
20	41	Melissa Dietz	16	2:12:37.1	8:17	20	2:05:50.8	8:37	4:18:28.0
21	43	Kristy Krulitski	21	2:19:39.1	8:44	21	2:06:14.2	8:52	4:25:53.4
22	44	Courtney Leiren	20	2:19:39.0	8:44	22	2:06:14.5	8:52	4:25:53.5
23	51	Shannon Fiddler	22	2:24:36.7	9:02	23	2:27:51.9	9:45	4:52:28.6
24	54	Torry Yarych	23	2:25:17.9	9:05	24	2:29:19.5	9:49	4:54:37.5
25	57	Michelle Savich	24	2:27:47.5	9:14	25	2:35:16.2	10:06	5:03:03.7
26	59	KARINE LASZLO	26	2:41:05.2	10:04	26	2:33:34.9	10:29	5:14:40.2
27	60	Michelle Harper	25	2:37:36.1	9:51	27	47:52:23.9	** :00	50:30:00.0

Female 40 to 49

Place	Overall* Plc	Name	T1 Rnk	T1 Time	T1 Pace	T2 Rnk	T2 Time	T2 Pace	Total Time
1	4	Sheila Klassen	1	1:46:47.6	6:40	1	1:31:15.6	6:36	3:18:03.3
2	15	Kelsy Trigg	2	1:51:18.4	6:57	2	1:35:56.5	6:54	3:27:14.9
3	16	Melodie Yong	3	1:54:52.1	7:11	3	1:34:29.7	6:59	3:29:21.8
4	24	Kim Langford	4	2:00:05.1	7:30	4	1:54:48.2	7:50	3:54:53.3
5	27	Valerie Conroy	6	2:08:15.2	8:01	5	1:55:32.6	8:08	4:03:47.9
6	31	Rachel Campbell	5	2:04:59.0	7:49	6	2:01:28.4	8:13	4:06:27.4
7	34	Candace Larson	7	2:12:45.9	8:18	7	1:58:53.3	8:23	4:11:39.2
8	37	Brandee Schutz	9	2:16:21.6	8:31	8	1:56:54.9	8:27	4:13:16.5
9	40	Caresse Selk	10	2:19:46.4	8:44	9	1:56:03.3	8:32	4:15:49.7
10	42	Shannon Kessler	11	2:22:39.2	8:55	10	1:57:53.6	8:41	4:20:32.8
11	45	Laurie Carstensen	14	2:25:51.5	9:07	11	2:00:59.4	8:54	4:26:51.0

12	48	Fawn Marchuk	8	2:16:09.8	8:31	12	2:27:45.9	9:28	4:43:55.7
13	49	Wanda Cole	12	2:22:56.4	8:56	13	2:21:19.7	9:29	4:44:16.2
14	52	Christine Kirk	17	2:31:47.5	9:29	14	2:21:10.0	9:46	4:52:57.6
15	53	Danette Haar	13	2:25:15.5	9:05	15	2:29:21.7	9:49	4:54:37.2
16	55	Stephanie Healy	16	2:29:05.3	9:19	16	2:29:50.2	9:58	4:58:55.6

#### Female 50 to 59

Place	Overall* Plc	Name	T1 Rnk	T1 Time	T1 Pace	T2 Rnk	T2 Time	T2 Pace	Total Time
1	5	Lana Bloom	2	1:50:14.3	6:53	1	1:28:02.5	6:37	3:18:16.8
2	7	Donna Gorchynski	1	1:49:14.6	6:50	2	1:30:56.3	6:40	3:20:11.0
3	20	Denise Craig	3	2:01:13.7	7:35	3	1:41:50.4	7:26	3:43:04.1
4	32	Rosanne Mackenzie	4	2:09:32.4	8:06	4	1:57:40.9	8:14	4:07:13.3
5	33	Sara G Dixon	5	2:10:03.0	8:08	5	2:00:14.5	8:21	4:10:17.5
6	38	Sharon David	6	2:13:55.0	8:22	6	2:00:42.5	8:29	4:14:37.5
7	47	Caron Telkamp	7	2:19:48.9	8:44	7	2:15:15.8	9:10	4:35:04.8
8	50	Twila Chick	8	2:23:45.6	8:59	8	2:22:33.2	9:33	4:46:18.8

#### Female 60 to 69

Place	Overall* Plc	Name	T1 Rnk	T1 Time	T1 Pace	T2 Rnk	T2 Time	T2 Pace	Total Time
1	13	Val Cottier	1	1:51:04.8	6:57	1	1:35:04.6	6:52	3:26:09.4

#### Male 14 to 19

Place	Overall* Plc	Name	T1 Rnk	T1 Time	T1 Pace	T2 Rnk	T2 Time	T2 Pace	Total Time
1	35	Dylan Marchuk	1	1:48:28.8	6:47	1	1:53:55.8	7:25	3:42:24.6

#### Male 20 to 29

Place	Overall* Plc	Name	T1 Rnk	T1 Time	T1 Pace	T2 Rnk	T2 Time	T2 Pace	Total Time
1	5	Chris Chocrane	1	1:30:52.0	5:41	1	1:14:15.9	5:30	2:45:08.0
2	24	Graham Mcdonald	3	1:53:37.7	7:06	2	1:33:45.5	6:55	3:27:23.3
3	31	Riley Krenz	5	1:57:55.6	7:22	3	1:37:45.3	7:11	3:35:41.0
4	38	Steve Bowling	4	1:54:15.4	7:08	4	1:53:54.1	7:36	3:48:09.5
5	39	Derek Niezen	2	1:38:07.6	6:08	5	2:10:43.1	7:38	3:48:50.8

#### Male 30 to 39

Place	Overall* Plc	Name	T1 Rnk	T1 Time	T1 Pace	T2 Rnk	T2 Time	T2 Pace	Total Time
1	1	Benjamin Schmidt	1	1:15:57.6	4:45	1	1:06:23.3	4:45	2:22:21.0
2	2	Ricky Federau	2	1:15:58.2	4:45	2	1:07:54.4	4:48	2:23:52.7
3	4	Doug Giles	3	1:28:11.7	5:31	3	1:14:44.4	5:26	2:42:56.1
4	9	Amine Testouri	4	1:35:01.8	5:56	4	1:19:02.8	5:48	2:54:04.7
5	13	Rhys Walter	5	1:35:41.4	5:59	5	1:22:52.2	5:57	2:58:33.6
6	15	Jeremy Papp	7	1:40:08.0	6:16	6	1:24:15.6	6:09	3:04:23.6
7	17	Curtis Tebrinke	9	1:44:31.1	6:32	7	1:27:53.7	6:25	3:12:24.8
8	20	Dave Schierling	10	1:44:32.2	6:32	8	1:30:42.7	6:30	3:15:14.9
9	23	Jeff Berger	11	1:45:12.0	6:35	9	1:40:38.7	6:52	3:25:50.8
10	28	Adam Rootham	12	1:47:20.8	6:43	10	1:44:48.6	7:04	3:32:09.4
11	29	Rodney Siudut	6	1:36:45.2	6:03	11	1:58:13.0	7:10	3:34:58.3
12	32	Devon Krahn	8	1:42:27.8	6:24	12	1:53:31.2	7:12	3:35:59.1
13	44	Rick David	13	2:08:21.9	8:01	13	1:55:23.1	8:08	4:03:45.1
14	48	Marc-Andre Choquette	14	2:13:55.7	8:22	14	2:00:42.1	8:29	4:14:37.9
15	49	Michael Brown	15	2:25:53.0	9:07	15	2:00:59.9	8:54	4:26:52.9

#### Male 40 to 49

Place	Overall* Plc	Name	T1 Rnk	T1 Time	T1 Pace	T2 Rnk	T2 Time	T2 Pace	Total Time
1	6	Brian Bell	5	1:34:51.9	5:56	1	1:15:57.9	5:42	2:50:49.8
2	7	Jason Shea	1	1:30:47.4	5:40	2	1:22:11.4	5:46	2:52:58.8
3	8	Carlos Zamora	3	1:34:01.4	5:53	3	1:19:32.4	5:47	2:53:33.8
4	11	Jeff Trigg	4	1:34:01.6	5:53	4	1:21:49.3	5:52	2:55:50.9
5	12	John De Martin	2	1:31:51.0	5:44	5	1:24:04.4	5:52	2:55:55.5
6	16	Jay Porter	7	1:37:43.6	6:06	6	1:28:20.9	6:12	3:06:04.5

7	18	Grant Davies	6	1:36:26.6	6:02	7	1:36:17.1	6:25	3:12:43.8
8	21	Darren Koop	8	1:40:25.7	6:17	8	1:37:11.8	6:35	3:17:37.6
9	25	Robert Keiski	9	1:49:08.7	6:49	9	1:38:45.1	6:56	3:27:53.9
10	27	Myron Penner	13	1:58:43.8	7:25	10	1:33:08.4	7:04	3:31:52.3
11	33	Bryce Holbech	10	1:49:29.1	6:51	11	1:50:26.8	7:20	3:39:55.9
12	37	Bryan Wilkinson	12	1:55:37.2	7:14	12	1:50:47.2	7:33	3:46:24.5
13	40	Mark Reimer	14	1:59:14.8	7:27	13	1:52:50.3	7:44	3:52:05.2
14	41	Ron Richardson	11	1:53:17.7	7:05	14	2:00:02.4	7:47	3:53:20.2
15	45	Brad Trigg	17	2:18:08.1	8:38	15	1:46:42.0	8:10	4:04:50.2
16	50	Adam Balfour	16	2:15:24.0	8:28	16	2:11:58.5	8:55	4:27:22.5
17	51	Jeremy Loewen	15	2:07:08.8	7:57	17	2:27:39.3	9:10	4:34:48.2

#### Male 50 to 59

Place	Overall* Plc	Name	T1 Rnk	T1 Time	T1 Pace	T2 Rnk	T2 Time	T2 Pace	Total Time
1	3	Michel Richard	1	1:28:23.2	5:31	1	1:12:05.0	5:21	2:40:28.2
2	14	Michael Mcgee	2	1:34:47.2	5:55	2	1:26:26.8	6:02	3:01:14.0
3	22	Geoff Hughes-Games	3	1:40:18.2	6:16	3	1:39:29.6	6:40	3:19:47.9
4	30	Jon Heron	4	1:53:22.2	7:05	4	1:42:18.7	7:11	3:35:41.0
5	36	Gerry Slykhuis	7	2:06:31.6	7:54	5	1:37:06.8	7:27	3:43:38.5
6	42	Peter Chick	6	2:03:46.3	7:44	6	1:51:43.0	7:51	3:55:29.3
7	46	Reg Hornsby	5	2:00:04.5	7:30	7	2:08:06.6	8:16	4:08:11.1
8	47	Michael David	8	2:13:56.2	8:22	8	2:00:41.4	8:29	4:14:37.6
9	52	Detmar Schwichtenberg	10	2:19:05.3	8:42	9	2:38:55.7	9:56	4:58:01.1
10	53	Francois Fortin	9	2:14:29.2	8:24	10	2:49:53.0	10:09	5:04:22.3

#### Male 60 to 69

Place	Overall* Plc	Name	T1 Rnk	T1 Time	T1 Pace	T2 Rnk	T2 Time	T2 Pace	Total Time
1	10	Mikey Ross	1	1:36:40.6	6:03	1	1:18:36.9	5:51	2:55:17.5
2	19	John Coles	2	1:41:42.8	6:21	2	1:32:52.8	6:29	3:14:35.6
3	26	George Grober	3	1:49:27.7	6:50	3	1:41:39.4	7:02	3:31:07.2
4	43	Gary Mcgregor	4	2:03:36.4	7:44	4	1:53:46.7	7:55	3:57:23.2

#### Male 70 and Over

Place	Overall* Plc	Name	T1 Rnk	T1 Time	T1 Pace	T2 Rnk	T2 Time	T2 Pace	Total Time
1	34	Alex Marks	1	1:59:28.9	7:28	1	1:42:30.7	7:24	3:41:59.6