

Around The Lake Give'r Take 30

October 15, 2016

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



30k Relay Mix

Place	Team No	Team/Participant Name	Gender	Event	Rank	Time	Total Time	Pace
1	542	Prairie Lightning 2016				2:55:55.0	5:52/K	
		Chris Falk	M	T1	1	1:30:48.3	1:30:48.3	5:41/K
		Nicole Driscoll	F	T2	1	1:25:06.7	2:55:55.0	5:52/K
2	537	Ninja Nurses				2:58:15.0	5:57/K	
		Mila Leetch	F	T1	9	1:45:31.6	1:45:31.6	6:36/K
		Ben Cases	M	T2	2	1:12:43.4	2:58:15.0	5:57/K
3	575	We Run for Candy				2:58:20.8	5:57/K	
		Cory Hartling	M	T1	2	1:35:20.7	1:35:20.7	5:58/K
		Heather Wakely	F	T2	3	1:23:00.0	2:58:20.8	5:57/K
4	529	Lainchy-Duo				3:08:35.0	6:17/K	
		Helen Lainchbury	F	T1	10	1:48:25.9	1:48:25.9	6:47/K
		Darcy Lainchbury	M	T2	4	1:20:09.0	3:08:35.0	6:17/K
5	507	Better Late Than Never				3:10:21.9	6:21/K	
		Rick Padgham	M	T1	4	1:41:19.6	1:41:19.6	6:20/K
		Monica Padgham	F	T2	5	1:29:02.3	3:10:21.9	6:21/K
6	576	Weekend runaways				3:11:28.0	6:23/K	
		Laura Kampman	F	T1	7	1:44:25.6	1:44:25.6	6:32/K
		John Kampman	M	T2	6	1:27:02.3	3:11:28.0	6:23/K
7	577	Weekend Runaways 2				3:11:29.1	6:23/K	
		Linda Vanderkooi	F	T1	8	1:44:29.3	1:44:29.3	6:32/K
		Kyle Smiens	M	T2	7	1:26:59.7	3:11:29.1	6:23/K
8	566	The Mac Dogs				3:13:27.8	6:27/K	
		Danielle Mackenzie	F	T1	6	1:43:56.2	1:43:56.2	6:30/K
		John Mackenzie	M	T2	8	1:29:31.6	3:13:27.8	6:27/K
9	563	The Chopped Leaf's				3:14:17.9	6:29/K	
		Preston Pandos	M	T1	5	1:41:56.2	1:41:56.2	6:22/K
		Veronica Colnar	F	T2	9	1:32:21.6	3:14:17.9	6:29/K
10	556	Super Sophie				3:16:01.0	6:32/K	
		Andrea Nyhus	F	T1	11	1:50:29.9	1:50:29.9	6:54/K
		Craig Davidson	M	T2	10	1:25:31.1	3:16:01.0	6:32/K
11	526	I got the runs				3:17:23.1	6:35/K	
		Travis Veldhoen	M	T1	3	1:40:50.8	1:40:50.8	6:18/K
		Melissa Carriere	F	T2	11	1:36:32.2	3:17:23.1	6:35/K
12	569	The Sloths				3:21:56.0	6:44/K	
		Leah Fawcett	F	T1	14	1:59:07.0	1:59:07.0	7:27/K
		Lucas Fawcett	M	T2	12	1:22:48.9	3:21:56.0	6:44/K
13	565	The honeybadgers				3:29:19.1	6:59/K	
		Kirsten Macelwain	F	T1	18	2:08:12.2	2:08:12.2	8:01/K
		Graham Dyble	M	T2	13	1:21:06.8	3:29:19.1	6:59/K

14	557	T.K Katrina Ovens Tom Ovens	F M	T1 T2	16 14	3:32:04.8 2:04:02.0 1:28:02.7	7:04/K 2:04:02.0 3:32:04.8	7:45/K 7:04/K
15	514	CJ & CL Josh Currie Jen Johnston	M F	T1 T2	13 15	3:33:47.8 1:57:49.2 1:35:58.6	7:08/K 1:57:49.2 3:33:47.8	7:22/K 7:08/K
16	536	NEXTLEVEL Kirk Dzaman Andrea Schierling	M F	T1 T2	12 16	3:40:14.5 1:56:01.4 1:44:13.1	7:20/K 1:56:01.4 3:40:14.5	7:15/K 7:20/K
17	511	Chaos Joscelyn Mcaulay Daniel James	F M	T1 T2	17 17	3:50:31.0 2:07:09.7 1:43:21.2	7:41/K 2:07:09.7 3:50:31.0	7:57/K 7:41/K
18	570	The Tortoise and the Hair Lynn Long Jeff Long	F M	T1 T2	21 18	3:52:19.9 2:18:00.5 1:34:19.4	7:45/K 2:18:00.5 3:52:19.9	8:38/K 7:45/K
19	567	The Mental Lentils Timothy Harris Erin Barisoff-Harris	M F	T1 T2	15 19	4:01:53.5 2:02:36.9 1:59:16.6	8:04/K 2:02:36.9 4:01:53.5	7:40/K 8:04/K
20	546	Running Rebels Brooklyn Jensen Thorin Rampton	F M	T1 T2	23 20	4:12:11.0 2:27:58.5 1:44:12.5	8:24/K 2:27:58.5 4:12:11.0	9:15/K 8:24/K
21	84	Plus & Minus 50 Scott Markey Terri Martens	M F	T1 T2	19 21	4:13:44.7 2:15:07.3 1:58:37.4	8:27/K 2:15:07.3 4:13:44.7	8:27/K 8:27/K
22	508	Bjorndal Jana Bjorndal Isaac Bjorndal	F M	T1 T2	22 22	4:15:58.5 2:18:57.1 1:57:01.4	8:32/K 2:18:57.1 4:15:58.5	8:41/K 8:32/K
23	503	Are We There Yet Mike Larson Emma Larson	M F	T1 T2	24 23	4:21:35.7 2:39:11.2 1:42:24.4	8:43/K 2:39:11.2 4:21:35.7	9:57/K 8:43/K
24	549	Sisters with Wings Kelly Maddalozzo Jason Maddalozzo	F M	T1 T2	25 24	4:46:28.1 2:47:34.0 1:58:54.1	9:33/K 2:47:34.0 4:46:28.1	10:28/K 9:33/K

30k Relay Female

Place	Team No	Team/Participant Name	Gender	Event	Rank	Time	Total Time	Pace
1	541	Peach Tea Cindy Lapointe Heather Gale	F F	T1 T2	2 1	3:02:40.1 1:40:20.2 1:22:19.8	6:05/K 1:40:20.2 3:02:40.1	6:16/K 6:05/K
2	500	Abby Mudders Kara Bennett Nikki Atsma	F F	T1 T2	1 2	3:04:35.4 1:39:57.8 1:24:37.6	6:09/K 1:39:57.8 3:04:35.4	6:15/K 6:09/K
3	509	Blondes have more run!! Julie Perry Faryn Brown	F F	T1 T2	4 3	3:07:05.4 1:48:52.2 1:18:13.2	6:14/K 1:48:52.2 3:07:05.4	6:48/K 6:14/K

4	547	See Them Go					3:16:07.0	6:32/K	
		Alison See	F	T1	8		1:54:57.0	1:54:57.0	7:11/K
		Courtenay See	F	T2	4		1:21:09.9	3:16:07.0	6:32/K
5	510	Capes & Aprons					3:16:39.0	6:33/K	
		Jessica Friesen	F	T1	21		2:01:14.0	2:01:14.0	7:35/K
		Katrina Abram	F	T2	5		1:15:25.0	3:16:39.0	6:33/K
6	558	Teach this					3:19:33.3	6:39/K	
		Jessica Smith	F	T1	7		1:53:50.1	1:53:50.1	7:07/K
		Tammy Rozendal	F	T2	6		1:25:43.2	3:19:33.3	6:39/K
7	534	Mt Waddingtons					3:25:11.5	6:50/K	
		Angela Dehaan	F	T1	13		1:58:13.6	1:58:13.6	7:23/K
		Emily Van Brederode	F	T2	7		1:26:57.8	3:25:11.5	6:50/K
8	532	MC Hammer					3:25:43.7	6:51/K	
		Charlotte Tegtmeier	F	T1	5		1:52:16.3	1:52:16.3	7:01/K
		Melissa Geddert	F	T2	8		1:33:27.4	3:25:43.7	6:51/K
9	525	Hold my wine and watch this ??					3:25:49.2	6:52/K	
		Bonnie Cameron	F	T1	12		1:57:57.4	1:57:57.4	7:22/K
		Kelly Beltrano	F	T2	9		1:27:51.7	3:25:49.2	6:52/K
10	506	BESTIES					3:30:52.8	7:02/K	
		Melanie Moore	F	T1	3		1:42:57.8	1:42:57.8	6:26/K
		Kristen Meindertsma	F	T2	10		1:47:55.0	3:30:52.8	7:02/K
11	520	Garrison Running Co.					3:31:27.5	7:03/K	
		Janet Vink	F	T1	29		2:12:00.1	2:12:00.1	8:15/K
		Kobie Hildebrand	F	T2	11		1:19:27.4	3:31:27.5	7:03/K
12	554	Soul Sisters					3:31:52.1	7:04/K	
		Patti Schmidt	F	T1	14		1:58:43.4	1:58:43.4	7:25/K
		Marie Lashley	F	T2	12		1:33:08.7	3:31:52.1	7:04/K
13	539	Nuclear Tumbleweeds					3:32:15.1	7:05/K	
		Erin Lucier	F	T1	9		1:56:23.0	1:56:23.0	7:16/K
		Robin Mcdonald	F	T2	13		1:35:52.1	3:32:15.1	7:05/K
14	515	CL & CJ					3:33:44.6	7:07/K	
		Melissa Currie	F	T1	11		1:57:48.8	1:57:48.8	7:22/K
		Cheryl Lightle	F	T2	14		1:35:55.7	3:33:44.6	7:07/K
15	518	Em & L					3:35:08.4	7:10/K	
		Lindsey Slykhuis	F	T1	23		2:06:34.0	2:06:34.0	7:55/K
		Emily Shantz	F	T2	15		1:28:34.4	3:35:08.4	7:10/K
16	579	Woodsy Gals					3:36:55.7	7:14/K	
		Leona Roseborsky	F	T1	6		1:53:35.8	1:53:35.8	7:06/K
		Jaime Hamm	F	T2	16		1:43:19.8	3:36:55.7	7:14/K
17	513	Chicks with Cool Kicks					3:37:09.7	7:14/K	
		Kelly Toews	F	T1	15		2:00:23.4	2:00:23.4	7:31/K
		Carmen Koop	F	T2	17		1:36:46.2	3:37:09.7	7:14/K
18	568	The Muffin Tops					3:39:12.9	7:18/K	
		Nicola Laurillard	F	T1	32		2:18:01.0	2:18:01.0	8:38/K
		Kelly Laurillard	F	T2	18		1:21:11.8	3:39:12.9	7:18/K

19	551	son of a bitch! Sondra Gorchynski Carly Esau	F F	T1 T2	17 19	3:40:18.7 2:00:49.0 1:39:29.7	7:21/K 2:00:49.0 3:40:18.7	7:33/K 7:21/K
20	548	Shay-Zee Shayla Dool Isabel Taylor	F F	T1 T2	19 20	3:40:20.3 2:00:52.7 1:39:27.5	7:21/K 2:00:52.7 3:40:20.3	7:33/K 7:21/K
21	524	Hangry Children Danika Dool Anya Flueckiger	F F	T1 T2	18 21	3:40:23.9 2:00:51.9 1:39:32.0	7:21/K 2:00:51.9 3:40:23.9	7:33/K 7:21/K
22	504	Attention Sneakers Patti Leboe Brenna Kalmar	F F	T1 T2	31 22	3:42:21.9 2:15:55.6 1:26:26.2	7:25/K 2:15:55.6 3:42:21.9	8:30/K 7:25/K
23	516	Dooligers Kimberlei Dool Stefanie Flueckiger	F F	T1 T2	20 23	3:42:29.1 2:00:52.8 1:41:36.2	7:25/K 2:00:52.8 3:42:29.1	7:33/K 7:25/K
24	571	Thing 1 & Thing 2 Cherie Heaps Kim Cox	F F	T1 T2	22 24	3:43:13.4 2:04:32.0 1:38:41.4	7:26/K 2:04:32.0 3:43:13.4	7:47/K 7:26/K
25	574	Trail Blazers Karen Bentley Nicky Quinn	F F	T1 T2	27 25	3:44:20.6 2:11:19.0 1:33:01.6	7:29/K 2:11:19.0 3:44:20.6	8:12/K 7:29/K
26	560	Team Physiostation Patty Jadis Kim Lawlor	F F	T1 T2	28 26	3:46:52.3 2:11:21.6 1:35:30.6	7:34/K 2:11:21.6 3:46:52.3	8:13/K 7:34/K
27	581	Your Pace or Mine Jody Sperling Donna Sperling	F F	T1 T2	16 27	3:48:51.2 2:00:26.3 1:48:24.9	7:38/K 2:00:26.3 3:48:51.2	7:32/K 7:38/K
28	528	Jade Joggers Krystal Martens Karla Tunncliffe	F F	T1 T2	30 28	3:53:02.4 2:14:53.1 1:38:09.3	7:46/K 2:14:53.1 3:53:02.4	8:26/K 7:46/K
29	533	Mean Mommas Get'r Done Tatsinda Field Ashley Foster	F F	T1 T2	34 29	3:55:28.0 2:22:35.1 1:32:52.9	7:51/K 2:22:35.1 3:55:28.0	8:55/K 7:51/K
30	555	Sue and Sharon Sue Flom Sharon Jones	F F	T1 T2	26 30	3:55:29.3 2:08:17.3 1:47:12.0	7:51/K 2:08:17.3 3:55:29.3	8:01/K 7:51/K
31	578	Wonder Women Jeanie Calver Amy Herfst	F F	T1 T2	24 31	3:57:16.6 2:08:13.2 1:49:03.3	7:55/K 2:08:13.2 3:57:16.6	8:01/K 7:55/K
32	573	Tortoise and the Hare Carmen Langbroek Aretha Westenenk	F F	T1 T2	25 32	3:57:32.5 2:08:13.6 1:49:18.8	7:55/K 2:08:13.6 3:57:32.5	8:01/K 7:55/K
33	552	Sotet Sisters Jennifer Stanley	F	T1	33	4:10:50.4 2:19:00.1	8:22/K 2:19:00.1	8:41/K

		Jackeline Smit	F	T2	33	1:51:50.3	4:10:50.4	8:22/K
34	543	Racing Momma's				4:12:17.2	8:25/K	
		Lindsey Jensen	F	T1	36	2:29:22.4	2:29:22.4	9:20/K
		Cher Rampton	F	T2	34	1:42:54.8	4:12:17.2	8:25/K
35	512	Chicks That Kick				4:18:47.9	8:38/K	
		Michelle Mceachern	F	T1	37	2:33:17.8	2:33:17.8	9:35/K
		Tara Anglehart	F	T2	35	1:45:30.0	4:18:47.9	8:38/K
36	527	In it for the downhill				4:22:01.8	8:44/K	
		Samantha Larson	F	T1	38	2:38:43.3	2:38:43.3	9:55/K
		Marie Larson	F	T2	36	1:43:18.4	4:22:01.8	8:44/K
37	580	YAK-NAT				4:38:18.6	9:17/K	
		Lenora Yakemchuk	F	T1	35	2:23:55.0	2:23:55.0	9:00/K
		Natalie Breg	F	T2	37	2:14:23.6	4:38:18.6	9:17/K

30k Relay Male

Place	Team No	Team/Participant Name	Gender	Event	Rank	Time	Total Time	Pace
1	564	The Fern Gliders				2:40:54.2	5:22/K	
		Alexander Smith	M	T1	2	1:30:33.6	1:30:33.6	5:40/K
		Colin Braun	M	T2	1	1:10:20.6	2:40:54.2	5:22/K
2	501	Acker				2:45:32.8	5:31/K	
		Jeremy Acker	M	T1	1	1:28:31.0	1:28:31.0	5:32/K
		Chris Acker	M	T2	2	1:17:01.7	2:45:32.8	5:31/K
3	540	Old Skinny Fat Guys				2:51:16.0	5:43/K	
		Steve Higginbottom	M	T1	3	1:35:40.1	1:35:40.1	5:59/K
		Ken Klassen	M	T2	3	1:15:35.8	2:51:16.0	5:43/K
4	502	Angry Beavers				2:53:24.4	5:47/K	
		Cam Mcquarrie	M	T1	4	1:38:48.0	1:38:48.0	6:11/K
		Paul Weirich	M	T2	4	1:14:36.3	2:53:24.4	5:47/K
5	544	Ravioli and a Nap!				3:03:27.4	6:07/K	
		Garrett Walter	M	T1	6	1:40:47.0	1:40:47.0	6:18/K
		Chase Walter	M	T2	5	1:22:40.3	3:03:27.4	6:07/K
6	572	Those Guys				3:07:13.3	6:14/K	
		Dylan Laviolette	M	T1	7	1:43:01.7	1:43:01.7	6:26/K
		Lucas Laviolette	M	T2	6	1:24:11.5	3:07:13.3	6:14/K
7	523	Hab Nots				3:11:19.1	6:23/K	
		TAYLOR GEMMEL	M	T1	5	1:39:41.7	1:39:41.7	6:14/K
		Wyatt Tunnicliffe	M	T2	7	1:31:37.4	3:11:19.1	6:23/K
8	519	Garrison Running Co#2				4:08:10.9	8:16/K	
		Peter Vink	M	T1	10	2:11:02.4	2:11:02.4	8:11/K
		Aaron Boyes	M	T2	8	1:57:08.5	4:08:10.9	8:16/K
9	521	Ginger Beef				4:38:28.4	9:17/K	
		Bruce Tetrault	M	T1	9	2:09:31.8	2:09:31.8	8:06/K
		Ian Deichen	M	T2	9	2:28:56.6	4:38:28.4	9:17/K

30k Re

Place	Team No	Team/Participant Name	Gender	Event	Rank	Time	Total Time	Pace
1	584	Single 3				2:30:54.3	5:02/K	
		Paul Graham	M	T1	1	1:19:41.5	1:19:41.5	4:59/K
		Paul Graham	M	T2	1	1:11:12.8	2:30:54.3	5:02/K