

Around The Lake Give'r Take 30 - October 17, 2015

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



60k Run

Female

Place	Name	Bib	AG Pos	Age Group	46k Rank	46k Time	46k Pace	Last 14k Time	Last 14k Pace	Total Time
1	Simone Lylack	1092	1	F 40-49	1	6:00:41.4	22:33/K	1:52:45.6	8:03/K	7:53:27.0
	Check points splits:					14k: 01:38:00	28k: 03:35:00	32k: 03:50:00		
2	Sharon McNulty	1093	1	F 50-59	2	7:40:26.1	28:47/K	2:22:12.2	10:09/K	10:02:38.4
	Check points splits:					14k: 02:07:00	28k: 04:39:00	32k: 05:19:00		

Male

Place	Name	Bib	AG Pos	Age Group	46k Rank	46k Time	46k Pace	Last 14k Time	Last 14k Pace	Total Time
1	Ivo Rytir	1096	1	M 40-49	1	4:32:48.2	17:03/K	1:26:04.3	6:09/K	5:58:52.5
	Check points splits:					14k: 01:17:00	28k: 02:40:00	32k: 03:05:00		
2	Brendan Wirtz	1100	2	M 40-49	2	4:57:01.1	18:34/K	1:29:51.8	6:25/K	6:26:52.9
	Check points splits:					14k: 01:24:00	28k: 02:51:00	32k: 03:13:00		
3	Kai Nielsen	1095	1	M 30-39	3	5:00:21.5	18:46/K	1:44:12.2	7:27/K	6:44:33.7
	Check points splits:					14k: 01:19:00	28k: 02:43:00	32k: 03:11:00		
4	Matthieu Schnieder	1090	3	M 40-49	4	5:32:38.5	20:47/K	1:28:47.2	6:21/K	7:01:25.7
	Check points splits:					14k: 01:38:00	28k: 03:20:00	32k: 03:49:00		
5	Rob Morley	1094	2	M 30-39	5	5:47:32.8	21:43/K	1:55:03.8	8:13/K	7:42:36.7
	Check points splits:					14k: 01:34:00	28k: 03:16:00	32k: 03:50:00		
6	Matt Slykhuis	1098	3	M 30-39	7	6:26:36.4	24:10/K	1:45:55.3	7:34/K	8:12:31.8
	Check points splits:					14k: 01:38:00	28k: 03:25:00	32k: 04:00:00		
7	Joey Beltrano	1086	4	M 40-49	6	6:17:07.8	23:34/K	2:10:29.7	9:19/K	8:27:37.5
	Check points splits:					14k: 01:38:00	28k: 03:30:00	32k: 04:05:00		
8	Mike Diotte	1089	4	M 30-39	8	6:56:01.1	26:00/K	2:32:25.6	10:53/K	9:28:26.7
	Check points splits:					14k: 01:45:00	28k: 03:45:00	32k: 04:20:00		
9	Tom Brown	1087		M 60-69	9	8:03:46.3	30:14/K	2:35:52.4	10:49/K	10:39:38
	Check points splits:					14k: 02:07:00	28k: 04:39:00	32k: 05:19:00		
9	Steve Chapman	1088		M 40-49	9	8:03:49.2	30:14/K	2:35:50.5	10:49/K	10:39:38
	Check points splits:					14k: 02:07:00	28k: 04:39:00	32k: 05:19:00		

30k Run

Female

Place	Name	Bib	AG Pos	Age Group	R1 16k Rank	R1 16k Time	R1 16k Pace	R2 14k Rank	R2 14k Time	R2 14k Pace	Total Time
1	Lora Bartel	8	1	F 30-39	1	1:27:25.5	5:28/K	1	1:10:44.3	5:03/K	2:38:09.9
2	Linda Pellicano	89	1	F 40-49	5	1:40:25.2	6:17/K	2	1:21:54.4	5:51/K	3:02:19.7
3	Tara Paterson	88	2	F 30-39	3	1:34:47.7	5:55/K	3	1:28:26.5	6:19/K	3:03:14.3
4	Sheri Knight	65	3	F 30-39	2	1:33:08.8	5:49/K	4	1:31:00.3	6:30/K	3:04:09.2

5	Donna Pinning	90	1	F 20-29	4	1:39:28.5	6:13/K	5	1:30:34.5	6:28/K	3:10:03.0
6	Amy Yeung	134	4	F 30-39	9	1:46:22.3	6:39/K	6	1:23:49.8	5:59/K	3:10:12.2
7	Charlene Bergsma	9	2	F 20-29	6	1:41:01.4	6:19/K	7	1:29:11.2	6:22/K	3:10:12.6
8	Jennie Aikman	1	2	F 40-49	7	1:41:20.2	6:20/K	8	1:32:03.3	6:35/K	3:13:23.5
9	Donna Gorchynski	49	1	F 50-59	8	1:44:28.1	6:32/K	9	1:31:54.7	6:34/K	3:16:22.8
10	Viviana Flores	41	5	F 30-39	13	1:51:35.2	6:58/K	10	1:34:18.9	6:44/K	3:25:54.2
11	Alison See	108	2	F 50-59	16	1:52:54.5	7:03/K	11	1:35:28.2	6:49/K	3:28:22.7
12	Michelle Hatt	52	3	F 20-29	11	1:49:05.4	6:49/K	12	1:39:50.7	7:08/K	3:28:56.1
13	Melodie Yong	135	3	F 40-49	17	1:54:53.3	7:11/K	13	1:35:11.3	6:48/K	3:30:04.7
14	Martha Marks	76	6	F 30-39	12	1:51:02.3	6:56/K	14	1:40:16.6	7:10/K	3:31:19.0
15	Monica Padgham	86	4	F 40-49	14	1:51:50.8	6:59/K	15	1:40:37.6	7:11/K	3:32:28.4
16	Jessica Knight	64	4	F 20-29	10	1:48:28.7	6:47/K	16	1:44:52.9	7:29/K	3:33:21.6
17	Tasha Yakemchuk	131	5	F 40-49	19	1:57:01.1	7:19/K	17	1:37:30.5	6:58/K	3:34:31.6
18	Robyn Schmitt	104	6	F 40-49	30	2:02:44.2	7:40/K	18	1:33:06.2	6:39/K	3:35:50.4
19	Jenna Bowling	11	5	F 20-29	15	1:52:53.2	7:03/K	19	1:45:55.6	7:34/K	3:38:48.8
20	Julie Enos	37	7	F 30-39	23	1:59:53.4	7:30/K	20	1:41:25.5	7:15/K	3:41:18.9
21	Stefanie Flueckiger	42	7	F 40-49	32	2:05:26.4	7:50/K	21	1:36:27.2	6:53/K	3:41:53.6
22	Harp Gill	48	8	F 40-49	20	1:58:42.8	7:25/K	22	1:43:19.8	7:23/K	3:42:02.7
23	Megan Elias	34	6	F 20-29	29	2:02:20.0	7:39/K	23	1:42:19.7	7:19/K	3:44:39.7
24	Kelsy Trigg	123	9	F 40-49	24	2:00:13.7	7:31/K	24	1:44:38.8	7:28/K	3:44:52.6
25	Erica Weight	92	8	F 30-39	21	1:59:09.9	7:27/K	25	1:46:37.4	7:37/K	3:45:47.3
26	Monique Garneau	46	10	F 40-49	18	1:56:10.3	7:16/K	26	1:50:52.4	7:55/K	3:47:02.7
27	Heather Steele	115	3	F 50-59	27	2:00:30.4	7:32/K	27	1:46:50.1	7:38/K	3:47:20.5
28	Carli Ricka	96	9	F 30-39	22	1:59:22.8	7:28/K	28	1:47:59.4	7:43/K	3:47:22.2
29	Nell Schouten	107	4	F 50-59	28	2:01:48.1	7:37/K	29	1:48:32.8	7:45/K	3:50:21.0
30	Sharon Jones	59	5	F 50-59	36	2:10:34.3	8:10/K	30	1:41:44.2	7:16/K	3:52:18.6
31	Pamela Engar	36	10	F 30-39	25	2:00:21.5	7:31/K	31	1:56:36.8	8:20/K	3:56:58.4
32	Liana Laviolette	71	11	F 30-39	31	2:05:11.5	7:49/K	32	1:51:48.3	7:59/K	3:56:59.9
33	Cathy Porter	91	6	F 50-59	34	2:07:38.2	7:59/K	33	1:50:31.3	7:54/K	3:58:09.5
34	Kimberley Dutton	32	12	F 30-39	33	2:06:53.7	7:56/K	34	1:52:21.0	8:02/K	3:59:14.8
35	Melissa Wong	129	13	F 30-39	39	2:12:13.4	8:16/K	35	1:50:42.1	7:54/K	4:02:55.5
36	Avril Alfred	2	14	F 30-39	41	2:12:34.8	8:17/K	36	1:51:53.2	8:00/K	4:04:28.1
37	Andria Harmon	51	15	F 30-39	40	2:12:14.5	8:16/K	37	1:52:52.9	8:04/K	4:05:07.4
38	Daisy Melnyk	82	16	F 30-39	42	2:12:54.2	8:18/K	38	1:54:25.8	8:10/K	4:07:20.0
39	Suzanne Kirchner	62	17	F 30-39	38	2:11:50.0	8:14/K	39	2:02:46.7	8:46/K	4:14:36.7
40	Kathleen Jakubczyk	57	7	F 50-59	35	2:07:58.4	8:00/K	40	2:08:15.6	9:10/K	4:16:14.0
41	Miriam Shimamura	111	18	F 30-39	47	2:20:39.7	8:47/K	41	1:56:33.3	8:20/K	4:17:13.1
42	Ally Kuehn	68	7	F 20-29	44	2:15:31.6	8:28/K	42	2:03:51.6	8:51/K	4:19:23.3
43	Valerie Conroy	24	11	F 40-49	37	2:11:36.8	8:14/K	43	2:08:36.1	9:11/K	4:20:13.0
44	Cheryl Colby	136	12	F 40-49	26	2:00:28.9	7:32/K	44	2:23:15.8	10:14/K	4:23:44.7
45	Sally Duncan	30	8	F 50-59	45	2:18:50.7	8:41/K	45	2:12:08.0	9:26/K	4:30:58.8
46	Caresse Selk	109	13	F 40-49	48	2:20:55.9	8:48/K	46	2:15:01.5	9:39/K	4:35:57.4
47	Kimberly Morais	84	19	F 30-39	52	2:27:35.9	9:13/K	47	2:09:08.7	9:13/K	4:36:44.7
48	Shannon Kessler	61	14	F 40-49	51	2:25:47.8	9:07/K	48	2:10:57.1	9:21/K	4:36:44.9

49	Rosanne Mackenzie	73	9	F 50-59	50	2:24:01.5	9:00/K	49	2:13:46.2	9:33/K	4:37:47.8
50	Christine Kirk	63	15	F 40-49	54	2:29:14.5	9:20/K	50	2:10:29.3	9:19/K	4:39:43.8
51	Marjorie Taylor	117	1	F 60-69	53	2:27:37.4	9:14/K	51	2:13:25.9	9:32/K	4:41:03.4
52	Lisa Appeldoorn	5	10	F 50-59	43	2:14:48.5	8:26/K	52	2:26:43.2	10:29/K	4:41:31.8
53	Trista Appeldoorn	6	20	F 30-39	46	2:20:34.5	8:47/K	53	2:21:02.7	10:04/K	4:41:37.3
54	Twila Chick	19	11	F 50-59	49	2:23:33.0	8:58/K	54	2:25:15.9	10:23/K	4:48:49.0
55	Nicole Taylor	118	16	F 40-49	55	2:29:48.4	9:22/K	55	2:20:09.6	10:01/K	4:49:58.1
56	Diane Toth	121	12	F 50-59	56	2:29:50.1	9:22/K	56	2:20:08.2	10:01/K	4:49:58.4
57	Aimee Wiebe	127	8	F 20-29	58	2:30:17.8	9:24/K	57	2:44:46.2	11:46/K	5:15:04.0
58	Rachel Campbell	15	17	F 40-49	57	2:30:17.6	9:24/K	58	2:44:46.8	11:46/K	5:15:04.4

Male

Place	Name	Bib	AG Pos	Age Group	R1 16k Rank	R1 16k Time	R1 16k Pace	R2 14k Rank	R2 14k Time	R2 14k Pace	Total Time
1	Jamie Dunnett	31	1	M 30-39	1	1:13:10.4	4:34/K	1	1:00:19.2	4:19/K	2:13:29.7
2	Scott Curry	27	1	M 40-49	2	1:14:43.2	4:40/K	2	1:05:25.2	4:40/K	2:20:08.4
3	Josh Saffold	137	2	M 30-39	4	1:16:37.3	4:47/K	3	1:03:46.4	4:33/K	2:20:23.7
4	Benjamin Schmidt	102	3	M 30-39	3	1:16:36.7	4:47/K	4	1:13:22.8	5:14/K	2:29:59.6
5	Brian Dickson	29	2	M 40-49	5	1:27:37.5	5:29/K	5	1:13:32.4	5:15/K	2:41:10.0
6	Jason Shea	110	3	M 40-49	6	1:30:36.4	5:40/K	6	1:17:18.3	5:31/K	2:47:54.8
7	Matt Ordish	85	4	M 40-49	7	1:32:18.4	5:46/K	7	1:24:03.8	6:00/K	2:56:22.3
8	Rodney Siudut	113	4	M 30-39	9	1:32:53.6	5:48/K	8	1:23:47.6	5:59/K	2:56:41.3
9	Jeff Trigg	122	5	M 40-49	11	1:33:05.7	5:49/K	9	1:23:50.3	5:59/K	2:56:56.0
10	Chris Maurer	79	6	M 40-49	8	1:32:39.3	5:47/K	10	1:24:58.8	6:04/K	2:57:38.1
11	Michael McGee	80	1	M 50-59	12	1:33:49.8	5:52/K	11	1:25:26.5	6:06/K	2:59:16.4
12	Graham Dyble	33	2	M 50-59	13	1:38:02.7	6:08/K	12	1:23:51.3	5:59/K	3:01:54.0
13	Bradley Wright	130	7	M 40-49	14	1:38:04.8	6:08/K	13	1:24:57.5	6:04/K	3:03:02.4
14	Devon Krahn	66	1	M 20-29	23	1:40:10.7	6:16/K	14	1:23:13.4	5:57/K	3:03:24.2
15	Graham Archer	7	8	M 40-49	18	1:38:41.5	6:10/K	15	1:24:50.7	6:04/K	3:03:32.2
16	Chris Falk	40	5	M 30-39	15	1:38:15.6	6:08/K	16	1:25:29.6	6:06/K	3:03:45.2
17	Gord Caulien	16	3	M 50-59	22	1:39:35.3	6:13/K	17	1:27:23.5	6:15/K	3:06:58.8
18	Greg Boothroyd	10	9	M 40-49	26	1:41:43.8	6:21/K	18	1:25:37.5	6:07/K	3:07:21.4
19	Tim Epp	39	6	M 30-39	20	1:39:12.7	6:12/K	19	1:31:50.1	6:34/K	3:11:02.8
20	Joe Cockriel	22	7	M 30-39	25	1:41:21.3	6:20/K	20	1:32:23.6	6:36/K	3:13:44.9
21	Chris Channing	17	10	M 40-49	24	1:40:22.7	6:16/K	21	1:35:19.8	6:49/K	3:15:42.6
22	Jared Lindstrom	72	11	M 40-49	35	1:46:11.4	6:38/K	22	1:29:31.2	6:24/K	3:15:42.6
23	James Massie	78	8	M 30-39	16	1:38:39.5	6:10/K	23	1:37:26.3	6:58/K	3:16:05.8
24	David S Marks	77	9	M 30-39	10	1:32:57.9	5:49/K	24	1:43:09.1	7:22/K	3:16:07.1
25	Kevin Miller	83	12	M 40-49	21	1:39:17.8	6:12/K	25	1:37:46.4	6:59/K	3:17:04.3
26	Adam Rootham	98	10	M 30-39	38	1:47:01.8	6:41/K	26	1:32:02.4	6:34/K	3:19:04.3
27	Peter Roussy	99	4	M 50-59	33	1:45:34.2	6:36/K	27	1:34:09.6	6:44/K	3:19:43.8
28	Adam Sippel	112	2	M 20-29	29	1:41:51.7	6:22/K	28	1:39:03.4	7:05/K	3:20:55.2
29	Brent Purves	93	13	M 40-49	28	1:41:49.7	6:22/K	29	1:39:11.5	7:05/K	3:21:01.2
30	John Coles	23	1	M 60-69	39	1:48:29.1	6:47/K	30	1:33:29.2	6:41/K	3:21:58.3
31	Silverio Diaz	28	5	M 50-59	31	1:44:38.0	6:32/K	31	1:38:14.9	7:01/K	3:22:52.9

32	Ryan Yastremsky	133	11	M 30-39	30	1:43:35.5	6:28/K	32	1:39:31.3	7:07/K	3:23:06.9
33	Rhys Walter	124	3	M 20-29	17	1:38:40.4	6:10/K	33	1:44:50.6	7:29/K	3:23:31.0
34	Dick Schouten	106	6	M 50-59	19	1:38:42.8	6:10/K	34	1:46:11.6	7:35/K	3:24:54.4
35	Chet Whittingham	126	14	M 40-49	27	1:41:45.2	6:22/K	35	1:46:06.8	7:35/K	3:27:52.0
36	Kristopher Schmidt	103	12	M 30-39	32	1:44:47.1	6:33/K	36	1:45:06.1	7:30/K	3:29:53.2
37	Jon Heron	53	7	M 50-59	41	1:51:32.3	6:58/K	37	1:38:34.8	7:02/K	3:30:07.2
38	Marc-Andre Choquette	20	13	M 30-39	37	1:46:58.4	6:41/K	38	1:43:08.8	7:22/K	3:30:07.2
39	Brad Enos	38	14	M 30-39	36	1:46:58.3	6:41/K	39	1:43:14.5	7:22/K	3:30:12.8
40	Dave Schierling	101	15	M 30-39	42	1:52:19.3	7:01/K	40	1:42:09.4	7:18/K	3:34:28.7
41	Tom Schmitt	105	8	M 50-59	51	2:02:44.2	7:40/K	41	1:33:05.7	6:39/K	3:35:50.0
42	Chris Cochran	21	4	M 20-29	43	1:52:52.6	7:03/K	42	1:45:56.0	7:34/K	3:38:48.6
43	Kevin Craig	26	16	M 30-39	34	1:45:41.5	6:36/K	43	1:55:19.0	8:14/K	3:41:00.6
44	Alex Marks	75	1	M 70-99	47	1:56:12.8	7:16/K	44	1:47:08.7	7:39/K	3:43:21.5
45	Bryce Holbech	54	15	M 40-49	40	1:48:32.5	6:47/K	45	1:55:35.4	8:15/K	3:44:07.9
46	Mark Reimer	95	16	M 40-49	45	1:55:27.7	7:13/K	46	1:50:33.4	7:54/K	3:46:01.1
47	Greg Andres	4	9	M 50-59	49	1:56:34.4	7:17/K	47	1:49:46.8	7:50/K	3:46:21.2
48	Gerry Slykhuis	114	10	M 50-59	52	2:02:59.1	7:41/K	48	1:45:54.6	7:34/K	3:48:53.7
49	Grober George	47	2	M 60-69	53	2:03:31.9	7:43/K	49	1:49:05.8	7:48/K	3:52:37.7
50	Peter Chick	18	11	M 50-59	59	2:10:33.4	8:10/K	50	1:42:51.6	7:21/K	3:53:25.1
51	Riley Krenz	67	5	M 20-29	48	1:56:31.8	7:17/K	51	1:59:17.3	8:31/K	3:55:49.1
52	Leonard Wiens	128	3	M 60-69	44	1:54:44.1	7:10/K	52	2:01:31.8	8:41/K	3:56:15.9
53	Kevin Tjart	120	17	M 30-39	55	2:04:39.6	7:47/K	53	1:52:12.8	8:01/K	3:56:52.5
54	Michael Brown	13	18	M 30-39	46	1:56:06.8	7:15/K	54	2:01:14.6	8:40/K	3:57:21.4
55	Arlend Engar	35	19	M 30-39	50	2:00:41.9	7:33/K	55	2:07:36.7	9:07/K	4:08:18.7
56	Morgan Kearl	60	17	M 40-49	56	2:05:21.6	7:50/K	56	2:07:50.0	9:08/K	4:13:11.7
57	Reg Hornsby	55	12	M 50-59	54	2:04:38.1	7:47/K	57	2:08:47.5	9:12/K	4:13:25.6
58	Patrick Ramsden	94	4	M 60-69	60	2:12:41.5	8:18/K	58	2:14:38.7	9:37/K	4:27:20.2
59	Aaron Ladd	69	20	M 30-39	57	2:06:27.7	7:54/K	59	2:33:15.5	10:57/K	4:39:43.3
60	Edward Jakubczyk	56	13	M 50-59	58	2:08:13.1	8:01/K	60	2:35:30.5	11:06/K	4:43:43.7

30k Relay

Place	Team Name	Bib No	Event	Rank	Time	Total Time	Pace
1	Road Runners					2:42:55.1	5:26/K
	Jim Lomax	390	R1 16k	3	1:28:54.4	1:28:54.4	5:33/K
	Robin Wilson	390	R2 14 k	1	1:14:00.6	2:42:55.1	5:17/K
2	Phil Smith					2:43:50.1	5:28/K
	Phil Smith	386	R1 16k	1	1:24:19.8	1:24:19.8	5:16/K
	Phil Smith	386	R2 14 k	2	1:19:30.3	2:43:50.1	5:41/K

3	Beast & Little Beast				2:49:51.8	5:40/K
	Tawny Barin	345	R1 16k	6	1:38:30.9	1:38:30.9 6:09/K
	Drew Howlett	345	R2 14 k	3	1:11:20.9	2:49:51.8 5:06/K
4	The Bayside Stragglers Team 2				2:50:38.6	5:41/K
	Leslie Vernier	403	R1 16k	4	1:34:36.4	1:34:36.4 5:55/K
	Annette Sundin	403	R2 14 k	4	1:16:02.2	2:50:38.6 5:26/K
5	Blondes have more run				2:53:52.5	5:48/K
	Julie Perry	347	R1 16k	5	1:38:18.8	1:38:18.8 6:09/K
	Faryn Brown	347	R2 14 k	5	1:15:33.7	2:53:52.5 5:24/K
6	Team Parker				2:55:22.5	5:51/K
	Aaron Parker	402	R1 16k	2	1:27:16.5	1:27:16.5 5:27/K
	Jill Parker	402	R2 14 k	6	1:28:05.9	2:55:22.5 6:18/K
7	Miller Time				2:57:32.6	5:55/K
	Trisha Miller	383	R1 16k	24	1:48:48.5	1:48:48.5 6:48/K
	Tyson Miller	383	R2 14 k	7	1:08:44.1	2:57:32.6 4:55/K
8	Bayside Stragglers				2:58:23.2	5:57/K
	Jim Enns	344	R1 16k	12	1:40:54.9	1:40:54.9 6:18/K
	Ron Miller	344	R2 14 k	8	1:17:28.3	2:58:23.2 5:32/K
9	Run Ragged				2:59:19.9	5:59/K
	Leona Roseborsky	392	R1 16k	9	1:39:31.2	1:39:31.2 6:13/K
	Christine Limpright	392	R2 14 k	9	1:19:48.6	2:59:19.9 5:42/K
10	Dirt Monkeys				3:00:30.9	6:01/K
	Walt Bliault	361	R1 16k	11	1:40:02.3	1:40:02.3 6:15/K
	Rick Padgham	361	R2 14 k	10	1:20:28.6	3:00:30.9 5:45/K
11	The Cougars				3:06:04.2	6:12/K
	Ileana Graham	404	R1 16k	13	1:41:10.0	1:41:10.0 6:19/K
	Kyla Lounsbury	404	R2 14 k	11	1:24:54.2	3:06:04.2 6:04/K
12	Weekend runaways				3:06:20.2	6:13/K
	Laura Kampman	419	R1 16k	21	1:45:20.6	1:45:20.6 6:35/K
	Linda Vanderkooi	419	R2 14 k	12	1:20:59.6	3:06:20.2 5:47/K
13	112				3:09:04.9	6:18/K
	Greg Nielsen	339	R1 16k	10	1:39:42.4	1:39:42.4 6:14/K
	Monica Murphy	339	R2 14 k	13	1:29:22.5	3:09:04.9 6:23/K

14	B & L Bushwackers				3:09:22.0	6:19/K
	Lisa Klatt	342	R1 16k	25	1:49:24.5	1:49:24.5 6:50/K
	Brad Klatt	342	R2 14 k	14	1:19:57.5	3:09:22.0 5:43/K
15	Running Impaired				3:10:01.5	6:20/K
	Melissa Neizen	394	R1 16k	39	1:55:52.4	1:55:52.4 7:15/K
	Derek Niezen	394	R2 14 k	15	1:14:09.0	3:10:01.5 5:18/K
16	Hammertime				3:14:26.8	6:29/K
	Paul deKoning	370	R1 16k	18	1:45:03.8	1:45:03.8 6:34/K
	Jeff Boychuk	370	R2 14 k	16	1:29:23.0	3:14:26.8 6:23/K
17	Les Ananas!				3:16:09.3	6:32/K
	Julie Gagnon	378	R1 16k	28	1:50:38.6	1:50:38.6 6:55/K
	Melissa Dick	378	R2 14 k	17	1:25:30.7	3:16:09.3 6:06/K
18	Rockers Duo				3:17:04.0	6:34/K
	Coreen Lunt	391	R1 16k	37	1:53:21.6	1:53:21.6 7:05/K
	Heather Friesen	391	R2 14 k	18	1:23:42.4	3:17:04.0 5:59/K
19	The Mud Puppies				3:17:20.7	6:35/K
	Tessa Hart	410	R1 16k	34	1:52:33.0	1:52:33.0 7:02/K
	Ken Longfellow	410	R2 14 k	19	1:24:47.6	3:17:20.7 6:03/K
20	Light and John				3:17:33.0	6:35/K
	Jennifer Johnston	379	R1 16k	8	1:39:25.7	1:39:25.7 6:13/K
	Keegan Lightle	379	R2 14 k	20	1:38:07.3	3:17:33.0 7:01/K
21	Clive & Juliana				3:17:43.1	6:35/K
	Cheryl Lightle	352	R1 16k	15	1:42:36.2	1:42:36.2 6:25/K
	Sean Lightle	352	R2 14 k	21	1:35:06.9	3:17:43.1 6:48/K
22	Hold My Wine And Watch This Shit				3:18:31.7	6:37/K
	Kelly Beltrano	371	R1 16k	22	1:48:10.9	1:48:10.9 6:46/K
	Bonnie Cameron	371	R2 14 k	22	1:30:20.8	3:18:31.7 6:27/K
23	Get'R done!				3:19:04.5	6:38/K
	Lauralee Campbell	368	R1 16k	27	1:50:20.4	1:50:20.4 6:54/K
	Paul Allanson	368	R2 14 k	23	1:28:44.0	3:19:04.5 6:20/K
24	BnB				3:19:43.3	6:39/K
	Melissa Currie	348	R1 16k	29	1:50:46.7	1:50:46.7 6:55/K
	Josh Currie	348	R2 14 k	24	1:28:56.5	3:19:43.3 6:21/K

25	Faster than Chet and Gary				3:19:48.3	6:40/K
	Terry Gessey	364	R1 16k	17	1:44:21.5	1:44:21.5 6:31/K
	Randy Burdett	364	R2 14 k	25	1:35:26.8	3:19:48.3 6:49/K
26	Dumb and Dumber				3:20:14.3	6:40/K
	Melissa Carriere	362	R1 16k	45	2:00:23.3	2:00:23.3 7:31/K
	Travis Veldhoen	362	R2 14 k	26	1:19:50.9	3:20:14.3 5:42/K
27	BESTIES				3:21:11.4	6:42/K
	Kristen Meindersma	346	R1 16k	16	1:42:47.2	1:42:47.2 6:25/K
	Melanie Moore	346	R2 14 k	27	1:38:24.1	3:21:11.4 7:02/K
28	McMadness				3:22:56.5	6:46/K
	Pamela McClements	138	R1 16k	32	1:52:03.5	1:52:03.5 7:00/K
	Gavin McDonald	138	R2 14 k	28	1:30:53.0	3:22:56.5 6:30/K
29	Laurie & Lisa				3:22:56.6	6:46/K
	Lisa Younie	376	R1 16k	23	1:48:42.8	1:48:42.8 6:48/K
	Laurie Carstensen	376	R2 14 k	29	1:34:13.8	3:22:56.6 6:44/K
30	The dropouts				3:23:31.0	6:47/K
	Fortin Fortin	405	R1 16k	30	1:50:52.6	1:50:52.6 6:56/K
	Sheena Sheena Mista	405	R2 14 k	30	1:32:38.3	3:23:31.0 6:37/K
31	Fast Cougars				3:24:08.0	6:48/K
	Stephanie Buttazzoni	363	R1 16k	36	1:53:19.8	1:53:19.8 7:05/K
	Cher Rampton	363	R2 14 k	31	1:30:48.1	3:24:08.0 6:29/K
32	The Hooper's				3:24:49.3	6:50/K
	Douglas Mirphy	406	R1 16k	43	1:57:17.2	1:57:17.2 7:20/K
	Pete Johnstone	406	R2 14 k	32	1:27:32.1	3:24:49.3 6:15/K
33	Sponsors				3:25:39.2	6:51/K
	Terry Crosby	420	R1 16k	46	2:00:26.5	2:00:26.5 7:32/K
	Corey Christen	420	R2 14 k	33	1:25:12.6	3:25:39.2 6:05/K
34	Cathy & Shannon				3:26:12.1	6:52/K
	Shannon Ellemo	351	R1 16k	31	1:50:54.9	1:50:54.9 6:56/K
	Cathy Griffen	351	R2 14 k	34	1:35:17.2	3:26:12.1 6:48/K
35	Team Gazelle				3:26:38.7	6:53/K
	Garrison Hodgins	401	R1 16k	44	1:59:36.0	1:59:36.0 7:29/K
	Daryl Hodgins	401	R2 14 k	35	1:27:02.6	3:26:38.7 6:13/K

36	Inspired by Nature					3:27:30.4	6:55/K
	Valerie Holbech	374	R1 16k	55	2:07:26.1	2:07:26.1	7:58/K
	Mark Holbech	374	R2 14 k	36	1:20:04.3	3:27:30.4	5:43/K
37	Trail Blazers					3:28:29.0	6:57/K
	Laura Eaton	415	R1 16k	38	1:53:23.2	1:53:23.2	7:05/K
	Tom Eaton	415	R2 14 k	37	1:35:05.8	3:28:29.0	6:48/K
38	Sole Mates					3:28:51.5	6:58/K
	Jeff Holliday	398	R1 16k	20	1:45:17.2	1:45:17.2	6:35/K
	Kristy Ekland	398	R2 14 k	38	1:43:34.3	3:28:51.5	7:24/K
39	Gary n Jon					3:31:52.4	7:04/K
	Gary Toews	367	R1 16k	26	1:49:29.5	1:49:29.5	6:51/K
	John Bower	367	R2 14 k	39	1:42:22.9	3:31:52.4	7:19/K
40	Mental lentils					3:33:58.1	7:08/K
	Tim Harris	382	R1 16k	7	1:38:42.3	1:38:42.3	6:10/K
	Erin Barisoff-Harris	382	R2 14 k	40	1:55:15.8	3:33:58.1	8:14/K
41	The Muffin Tops					3:33:58.5	7:08/K
	Kelly Laurillard	411	R1 16k	14	1:41:16.7	1:41:16.7	6:20/K
	Nicola Laurillard	411	R2 14 k	41	1:52:41.7	3:33:58.5	8:03/K
42	The M&M's					3:36:43.2	7:13/K
	Megan Hess	409	R1 16k	47	2:00:29.2	2:00:29.2	7:32/K
	Misty Wagner	409	R2 14 k	42	1:36:13.9	3:36:43.2	6:52/K
43	Band On The Run					3:37:39.4	7:15/K
	Tracy Sullivan	343	R1 16k	48	2:02:09.8	2:02:09.8	7:38/K
	Aaron Melnychuk	343	R2 14 k	43	1:35:29.5	3:37:39.4	6:49/K
44	Moms gone wild!					3:38:37.0	7:17/K
	Lorelei Jeffery	384	R1 16k	35	1:52:43.0	1:52:43.0	7:03/K
	Christy Richards	384	R2 14 k	44	1:45:54.0	3:38:37.0	7:34/K
45	Designer Closet Guys					3:39:17.9	7:19/K
	Chris Isfeld	360	R1 16k	49	2:02:33.4	2:02:33.4	7:40/K
	Cory Danelisky	360	R2 14 k	45	1:36:44.5	3:39:17.9	6:55/K
46	Give'r take 40					3:39:27.0	7:19/K
	Brian Clearwater	369	R1 16k	33	1:52:21.6	1:52:21.6	7:01/K
	Kim Perens	369	R2 14 k	46	1:47:05.3	3:39:27.0	7:39/K

47	McAulay				3:39:34.5	7:19/K
	Joscelyn McAulay	380	R1 16k	42	1:57:05.5	1:57:05.5 7:19/K
	Daniel James	380	R2 14 k	47	1:42:29.0	3:39:34.5 7:19/K
48	Dar & Marj				3:40:43.2	7:21/K
	Darlene Davis	357	R1 16k	59	2:14:02.5	2:14:02.5 8:23/K
	Marj Lofstrom	357	R2 14 k	48	1:26:40.6	3:40:43.2 6:11/K
49	Relay Rocket Queens				3:41:06.1	7:22/K
	Sarah McLean	389	R1 16k	54	2:07:23.4	2:07:23.4 7:58/K
	Melissa Bukta	389	R2 14 k	49	1:33:42.7	3:41:06.1 6:42/K
50	R.I.O.T				3:41:16.3	7:23/K
	Michelle Gemmel	387	R1 16k	19	1:45:14.7	1:45:14.7 6:35/K
	Krystal Martens	387	R2 14 k	50	1:56:01.6	3:41:16.3 8:17/K
51	French Muffins				3:41:37.0	7:23/K
	Brooklyn Jensen	366	R1 16k	51	2:05:24.8	2:05:24.8 7:50/K
	Isabel Taylor	366	R2 14 k	51	1:36:12.2	3:41:37.0 6:52/K
52	Bush Wackers				3:46:12.3	7:32/K
	Laura van den Brink	350	R1 16k	53	2:07:20.1	2:07:20.1 7:58/K
	Jack Kaila	350	R2 14 k	52	1:38:52.1	3:46:12.3 7:04/K
53	Running for Coffee				3:46:41.0	7:33/K
	Tara Wilson	393	R1 16k	52	2:07:09.3	2:07:09.3 7:57/K
	Tracy Dodds	393	R2 14 k	53	1:39:31.7	3:46:41.0 7:07/K
54	Crushers				3:46:42.3	7:33/K
	Amber Pynn	354	R1 16k	56	2:07:33.4	2:07:33.4 7:58/K
	Jeff Long	354	R2 14 k	54	1:39:08.8	3:46:42.3 7:05/K
55	Innovative Fitness				3:47:52.4	7:36/K
	Paul Weirich	373	R1 16k	60	2:14:35.4	2:14:35.4 8:25/K
	Cindy Marcotte	373	R2 14 k	55	1:33:16.9	3:47:52.4 6:40/K
56	The Rockets				3:49:10.2	7:38/K
	Nyree Priest	412	R1 16k	40	1:56:20.3	1:56:20.3 7:16/K
	Lindsey Jensen	412	R2 14 k	56	1:52:49.9	3:49:10.2 8:04/K
57	Faster than TnT!				3:49:45.5	7:40/K
	Fran Turell	365	R1 16k	62	2:15:26.3	2:15:26.3 8:28/K
	Marla Weinheimer	365	R2 14 k	57	1:34:19.2	3:49:45.5 6:44/K

58	Are we done...				3:52:46.4	7:46/K
	Jaime Corfe	340	R1 16k	57	2:08:20.1	8:01/K
	Kim Kaila	340	R2 14 k	58	1:44:26.3	7:28/K
59	Two Blondes				3:57:12.7	7:54/K
	Amy Herfst	416	R1 16k	68	2:22:31.6	8:54/K
	Cindy Manning	416	R2 14 k	59	1:34:41.0	6:46/K
60	Britco1				3:58:42.5	7:57/K
	Mark Woolgar	349	R1 16k	41	1:56:24.8	7:17/K
	Derek Crowder	349	R2 14 k	60	2:02:17.6	8:44/K
61	Costanadian's				3:59:35.4	7:59/K
	Dylan Marchuk	353	R1 16k	69	2:22:33.6	8:55/K
	Kenneth Chacon	353	R2 14 k	61	1:37:01.8	6:56/K
62	D 'n' A				4:01:36.5	8:03/K
	Derek Enos	355	R1 16k	61	2:14:54.8	8:26/K
	Amy Mazzone	355	R2 14 k	62	1:46:41.6	7:37/K
63	Sask hill runners				4:02:12.5	8:04/K
	Aretha Westenenk	395	R1 16k	70	2:22:33.6	8:55/K
	Fawn Marchuk	395	R2 14 k	63	1:39:38.9	7:07/K
64	Soul Sistas				4:05:45.1	8:12/K
	Tatsinda Field	399	R1 16k	71	2:27:23.7	9:13/K
	Melissa Dietz	399	R2 14 k	64	1:38:21.4	7:02/K
65	Sean Made Us Do It				4:10:05.7	8:20/K
	Lisa Fugger	396	R1 16k	65	2:18:33.0	8:40/K
	Bob Fugger	396	R2 14 k	65	1:51:32.7	7:58/K
66	Sisters with Wings				4:17:55.3	8:36/K
	Kelli Harman	397	R1 16k	72	2:27:27.4	9:13/K
	Kelly Maddalozzo	397	R2 14 k	66	1:50:27.9	7:53/K
67	Murphyaker Forever				4:25:20.8	8:51/K
	Michelle Murphy	385	R1 16k	50	2:05:24.4	7:50/K
	Lenora Yakemchuk	385	R2 14 k	67	2:19:56.3	10:00/K
68	How much more to go?				4:28:31.4	8:57/K
	Rob Neufeld	372	R1 16k	58	2:08:38.0	8:02/K
	Rosie Guzyk	372	R2 14 k	68	2:19:53.3	10:00/K

69	Wagners					4:30:04.1	9:00/K
	Tracy Wagner	418	R1 16k	74	2:28:26.6	2:28:26.6	9:17/K
	Steve Wagner	418	R2 14 k	69	2:01:37.5	4:30:04.1	8:41/K
70	Decoenes					4:30:04.3	9:00/K
	Carrie De Coene	359	R1 16k	73	2:28:26.3	2:28:26.3	9:17/K
	Chad De Coene	359	R2 14 k	70	2:01:37.9	4:30:04.3	8:41/K
71	Lazy Monkey's					4:34:52.5	9:10/K
	Marie Larson	377	R1 16k	75	2:31:14.6	2:31:14.6	9:27/K
	Samantha Larson	377	R2 14 k	71	2:03:37.9	4:34:52.5	8:50/K
72	Are We There Yet					4:34:52.6	9:10/K
	Mike Larson	341	R1 16k	76	2:31:15.1	2:31:15.1	9:27/K
	Emma Larson	341	R2 14 k	72	2:03:37.4	4:34:52.6	8:50/K
73	Dana and Maegan					4:35:23.3	9:11/K
	Dana Emmons	356	R1 16k	66	2:19:45.3	2:19:45.3	8:44/K
	Maegan Emmons	356	R2 14 k	73	2:15:37.9	4:35:23.3	9:41/K
74	Dayna and Tracie					5:02:59.0	10:06/K
	Dayna Fredericks	358	R1 16k	67	2:22:08.5	2:22:08.5	8:53/K
	Tracie Peter	358	R2 14 k	74	2:40:50.4	5:02:59.0	11:29/K
75	Two the Macs					5:16:11.0	10:32/K
	Melanie van Leeuwen	417	R1 16k	77	2:32:41.5	2:32:41.5	9:33/K
	Patti Leboe	417	R2 14 k	75	1:49:40.3	5:16:11.0	11:41/K