

# Around The Lake Give'r Take 30

Race Date  
October 19, 2019

## Overall Finish List

30k Run					Female			
Place				----- T1 -----	----- T2 -----		Total	
<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>AG Place</u>	<u>Rnk</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	
1	Jenny Quilty	111	1: 30-39	1	1:39:46.0	1	1:09:44.7	2:49:30.7
2	Lora Bartel	8	1: 40-49	3	1:45:47.0	2	1:14:15.6	3:00:02.7
3	Melanie Kassel	68	2: 40-49	2	1:44:50.3	3	1:19:28.9	3:04:19.3
4	Angela Froese	38	3: 40-49	4	1:49:00.1	4	1:19:48.0	3:08:48.1
5	Kathy Rung	121	4: 40-49	5	1:55:38.4	5	1:24:34.3	3:20:12.8
6	Chloe Onofrychuk	103	2: 30-39	6	1:57:41.3	6	1:28:18.5	3:25:59.8
7	Cynthia McHale	90	3: 30-39	8	2:04:20.0	7	1:30:39.4	3:34:59.5
8	Charlotte Debruyn	22	1: 50-59	9	2:05:35.5	8	1:31:06.4	3:36:42.0
9	Jessica Bryce	16	1: 20-29	7	2:02:54.7	9	1:34:06.6	3:37:01.3
10	Anne Neitzke	98	4: 30-39	10	2:05:46.6	10	1:39:29.6	3:45:16.3
11	Mandy Emery	34	5: 30-39	12	2:12:20.1	11	1:35:50.9	3:48:11.0
12	Nancy Hildebrand	58	5: 40-49	11	2:12:00.7	12	1:36:52.2	3:48:53.0
13	Lisa Almos	3	6: 40-49	19	2:15:44.0	13	1:34:55.9	3:50:39.9
14	Kim Hastie	55	2: 50-59	17	2:15:17.9	14	1:40:31.9	3:55:49.8
15	Tia Osberg	104	6: 30-39	13	2:12:26.5	15	1:43:26.1	3:55:52.6
16	Heidi Buettner	17	7: 40-49	16	2:15:00.8	16	1:43:12.7	3:58:13.5
17	Melodie Yong	155	8: 40-49	20	2:18:18.4	17	1:40:32.7	3:58:51.1
18	Nicole Bartel	100	7: 30-39	15	2:14:13.7	18	1:45:34.1	3:59:47.9
19	Diella Siemens	126	3: 50-59	14	2:13:39.1	19	1:49:07.4	4:02:46.5
20	Kelsy Trigg	135	4: 50-59	23	2:20:38.7	20	1:44:06.5	4:04:45.3
21	Deanna Hannley	52	9: 40-49	18	2:15:42.8	21	1:51:14.7	4:06:57.5
22	Nathalie Keiski	71	10: 40-49	30	2:28:52.1	22	1:39:10.4	4:08:02.5
23	Elan Van Herk	139	11: 40-49	21	2:19:52.5	23	1:48:51.8	4:08:44.3
24	Jennifer Wilson	149	5: 50-59	22	2:20:01.7	24	1:50:53.5	4:10:55.2
25	Sherri Lomax	82	12: 40-49	28	2:26:56.3	25	1:46:43.9	4:13:40.3
26	Richelle Alton	5	13: 40-49	25	2:22:58.8	26	1:51:02.5	4:14:01.3
27	Aretha Westenenk	146	14: 40-49	26	2:22:59.3	27	1:51:20.6	4:14:20.0
28	Fiona Kean	69	15: 40-49	24	2:21:25.8	28	1:53:29.0	4:14:54.8
29	Lydia Paulger	106	8: 30-39	27	2:25:34.5	29	1:51:03.1	4:16:37.7
30	Josie McAulay	87	16: 40-49	32	2:29:45.9	30	1:51:53.6	4:21:39.6
31	Rachel Kiers	73	9: 30-39	29	2:28:12.2	31	1:54:55.1	4:23:07.3
32	BRENDA BAARTS	7	6: 50-59	37	2:36:07.1	32	1:47:24.2	4:23:31.4
33	Kerri Dibski	25	17: 40-49	45	2:42:12.9	33	1:47:11.7	4:29:24.7
34	Debbie Frose	40	18: 40-49	33	2:30:05.9	34	2:01:53.4	4:31:59.3
35	Jessica Williams	147	10: 30-39	34	2:31:51.9	35	2:01:02.3	4:32:54.3
36	Tammy Rozendal	120	11: 30-39	35	2:31:52.9	36	2:01:06.1	4:32:59.0
37	Sarah Brunneski	15	19: 40-49	39	2:37:13.1	37	1:58:30.4	4:35:43.5
38	Leah Efford	32	20: 40-49	40	2:37:24.3	38	1:58:58.6	4:36:22.9
39	Courtney Leiren	81	12: 30-39	56	2:52:28.1	39	1:47:16.2	4:39:44.3
40	Candace Larson	80	21: 40-49	51	2:48:20.9	40	1:54:04.6	4:42:25.6
41	Misty Dowson	27	22: 40-49	41	2:37:26.2	41	2:05:51.2	4:43:17.4
42	Christina Tablan	133	13: 30-39	38	2:37:12.9	42	2:06:13.4	4:43:26.3
43	Lea Jovanovic	67	2: 20-29	31	2:29:04.7	43	2:15:12.3	4:44:17.0
44	Lesley Thornton	134	14: 30-39	44	2:40:38.5	44	2:06:36.5	4:47:15.0
45	Paulina Morrison	96	23: 40-49	50	2:47:59.3	45	1:59:22.9	4:47:22.2
46	Kirsten Wilson	148	24: 40-49	48	2:45:16.4	46	2:04:16.9	4:49:33.4
47	Willa Potter	109	15: 30-39	36	2:35:44.0	47	2:17:25.1	4:53:09.1

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			30k Run				Female		
Place				T1		T2		Total	
<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>AG Place</u>	<u>Rnk</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Time</u>	
48	Lois Woolley	153	1: 60-69	52	2:49:01.7	48	2:08:48.4	4:57:50.1	
49	Jodie McCormick	88	25: 40-49	43	2:39:44.7	49	2:21:11.0	5:00:55.8	
50	Shannon Hopfner	60	16: 30-39	46	2:42:25.4	50	2:20:03.5	5:02:29.0	
51	Alesha Meinen	93	17: 30-39	42	2:38:26.6	51	2:25:59.7	5:04:26.4	
52	Stephanie Jonk	66	3: 20-29	49	2:46:57.0	52	2:20:40.1	5:07:37.2	
53	Carli Ricka	116	18: 30-39	47	2:42:25.7	53	2:25:52.5	5:08:18.3	
54	Sharon Jones	65	2: 60-69	54	2:49:45.7	54	2:18:55.7	5:08:41.5	
55	Carly LaFave	72	26: 40-49	53	2:49:02.5	55	2:25:18.1	5:14:20.7	
56	Mercedes Schneider	123	4: 20-29	55	2:52:26.0	56	2:37:32.3	5:29:58.3	

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<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>AG Place</u>	<u>Rnk</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	
1	Mike Hanninen	51	1: 30-39	1	1:38:57.4	1	1:13:13.1	2:52:10.6
2	Duane Foley	36	1: 40-49	2	1:39:22.8	2	1:14:11.3	2:53:34.2
3	Jeremy Acker	1	2: 30-39	4	1:40:29.4	3	1:13:52.4	2:54:21.9
4	Chris Hum	61	3: 30-39	5	1:42:15.5	4	1:15:03.0	2:57:18.5
5	Jonathan Biemond	12	1: 20-29	6	1:42:30.7	5	1:15:38.6	2:58:09.3
6	Derek Niezen	102	2: 20-29	3	1:40:02.9	6	1:18:48.9	2:58:51.9
7	Tom Froese	39	4: 30-39	7	1:45:53.7	7	1:19:24.0	3:05:17.8
8	Mikey Ross	119	1: 60-69	9	1:49:50.1	8	1:20:36.0	3:10:26.2
9	Matt Slykhuis	129	5: 30-39	8	1:48:19.1	9	1:24:23.7	3:12:42.8
10	Chris Osberg	105	6: 30-39	11	1:51:36.8	10	1:24:02.5	3:15:39.3
11	David Simington	127	7: 30-39	12	1:51:42.4	11	1:26:46.4	3:18:28.9
12	Colin Braun	14	8: 30-39	13	1:51:42.5	12	1:26:46.4	3:18:28.9
13	Peg Peters	108	2: 40-49	16	1:54:11.3	13	1:25:44.9	3:19:56.3
14	Sam Waddinton	142	9: 30-39	14	1:52:47.5	14	1:27:53.4	3:20:40.9
15	Simon Adams	2	3: 40-49	15	1:53:33.4	15	1:29:03.5	3:22:37.0
16	Ryan Bos	13	4: 40-49	17	1:54:27.3	16	1:29:21.4	3:23:48.8
17	Jeff Trigg	136	1: 50-59	20	1:58:46.2	17	1:25:12.0	3:23:58.2
18	Jason Shea	125	5: 40-49	10	1:51:21.9	18	1:39:28.0	3:30:50.0
19	Doug Giles	44	10: 30-39	19	1:57:04.2	19	1:35:12.9	3:32:17.2
20	Gerry Slykhuis	130	2: 60-69	23	2:03:33.4	20	1:33:19.6	3:36:53.1
21	Conrad Easby	31	6: 40-49	25	2:06:06.5	21	1:30:52.3	3:36:58.9
22	Darren Koop	76	7: 40-49	18	1:55:40.8	22	1:41:37.5	3:37:18.3
23	Chuck McLellan	91	11: 30-39	21	1:59:19.5	23	1:41:34.8	3:40:54.3
24	Joey Beltrano	158	8: 40-49	28	2:09:50.9	24	1:35:17.6	3:45:08.5
25	Jon Mader	84	2: 50-59	24	2:04:13.5	25	1:41:35.8	3:45:49.4
26	Rob Mitchell	95	9: 40-49	22	2:02:56.4	26	1:44:06.4	3:47:02.8
27	Rick David	21	12: 30-39	26	2:06:37.2	27	1:43:38.4	3:50:15.7
28	Mark Reimer	114	3: 50-59	30	2:12:01.7	28	1:39:57.7	3:51:59.5
29	Matt Neufeld	99	13: 30-39	29	2:11:37.7	29	1:45:24.0	3:57:01.7
30	Dan Cook	19	4: 50-59	34	2:14:59.5	30	1:43:13.8	3:58:13.4
31	Ron Woolley	154	5: 50-59	33	2:14:22.1	31	1:46:59.8	4:01:21.9
32	Mike Potyka	110	10: 40-49	37	2:16:28.8	32	1:47:01.0	4:03:29.9
33	George Grober	157	3: 60-69	35	2:15:38.5	33	1:48:06.5	4:03:45.0
34	Darren Hailes	49	14: 30-39	27	2:09:39.8	34	1:56:07.8	4:05:47.7
35	Phil Vass	140	15: 30-39	32	2:14:11.4	35	1:51:59.4	4:06:10.8
36	Myron Penner	107	11: 40-49	31	2:13:36.6	36	1:54:25.9	4:08:02.6
37	Alex Musselman	97	3: 20-29	36	2:16:21.1	37	1:52:01.0	4:08:22.2
38	Attila Almos	4	12: 40-49	38	2:17:02.2	38	1:55:17.8	4:12:20.1
39	Nathanael Meyerhoff	94	4: 20-29	41	2:23:56.7	39	1:54:52.8	4:18:49.5
40	Eric Gronau	48	16: 30-39	40	2:22:06.0	40	1:58:28.9	4:20:34.9
41	Richard Meinen	92	13: 40-49	44	2:32:25.1	41	1:48:18.1	4:20:43.2
42	Bruce Hendren	57	6: 50-59	39	2:17:18.6	42	2:05:32.3	4:22:50.9
43	Curtis McHale	89	17: 30-39	42	2:26:46.3	43	1:57:48.3	4:24:34.6
44	Robert Keiski	159	14: 40-49	43	2:28:52.0	44	2:02:02.9	4:30:54.9
45	Duke Lampen	79	7: 50-59	45	2:34:54.5	45	1:58:31.1	4:33:25.6
46	Peter Vink	141	8: 50-59	46	2:34:55.5	46	1:58:30.1	4:33:25.7
47	Brad Trigg	137	9: 50-59	47	2:39:52.7	47	1:55:52.0	4:35:44.8

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			<b>30k Run</b>				<b>Male</b>		
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<b>Overall</b>	<b>Name</b>	<b>Bib No</b>	<b>AG Place</b>	<b>Rnk</b>	<b>Time</b>	<b>Rnk</b>	<b>Time</b>	<b>Time</b>	
48	Alex Marks	74	1: 70-99	48	2:40:38.4	48	2:02:38.7	4:43:17.1	
49	Robert Eldridge	33	15: 40-49	49	2:49:03.1	49	2:25:17.8	5:14:21.0	