

4/14/2007

2007 LCC/Flaman 10/4 Road Race

10 Mile Race Results By Category

10Mile 19&Under Female

Category Total: 2

<u>POS</u>	<u>NAME</u>	<u>NUMBER</u>	<u>TIME</u>	<u>AGE</u>	<u>CITY</u>	<u>PACE/Mile</u>
1/2	KOSTIUK, MELISSA	560	01:41:34.11	16	LETH	10:09
2/2	VAN HIERDEN, BRITTANY	615	01:46:40.71	18	FT. MACLEOD	10:40

10Mile 19&Under Male

Category Total: 3

<u>POS</u>	<u>NAME</u>	<u>NUMBER</u>	<u>TIME</u>	<u>AGE</u>	<u>CITY</u>	<u>PACE/Mile</u>
1/3	DELANEY, PETER	522	01:09:16.60	19	LETH	06:55
2/3	LOCKHART, MORGAN	566	01:16:07.83	15	LETH	07:36
3/3	DOUGLAS, BRANDON	523	01:28:11.58	14	FT. MACLEOD	08:49

10Mile 20-29 Female

Category Total: 13

<u>POS</u>	<u>NAME</u>	<u>NUMBER</u>	<u>TIME</u>	<u>AGE</u>	<u>CITY</u>	<u>PACE/Mile</u>
1/13	HARRIS, ERIN	542	01:14:15.09	26	MONARCH	07:25
2/13	RIOPEL, LOUISE	639	01:14:21.63	28	LETH	07:26
3/13	HUML, CATHERINE	547	01:19:11.05	27	LETH	07:55
4/13	PIERSON, CHRISTINE	591	01:23:25.23	22	LETH	08:20
5/13	LILLEY, ROBYN	564	01:23:26.16	25	LETH	08:20
6/13	WARSHAWSKY, AMANDA	623	01:26:12.10	21	FERNIE	08:37
7/13	FAULKNER, SARAH	527	01:27:22.39	29	LETH	08:44
8/13	NIELSEN, JULIE	584	01:29:24.31	29	LETH	08:56
9/13	GOSSELIN, SUSAN	535	01:29:50.39	28	CALGARY	08:59
10/13	HARMS, JILL	541	01:39:06.60	28	LETH	09:54
11/13	GRODZICKY, TRACEY	537	01:45:14.07	27	LETH	10:31
12/13	FRIESEN, ERIN	531	01:50:11.64	28	LETH	11:01
13/13	VOLK, VICKEY	621	01:57:55.62	24	LETH	11:47

10Mile 20-29 Male

Category Total: 13

<u>POS</u>	<u>NAME</u>	<u>NUMBER</u>	<u>TIME</u>	<u>AGE</u>	<u>CITY</u>	<u>PACE/Mile</u>
1/13	KANGOGO, KIP	554	00:50:25.50	27	LETH	05:02
2/13	BURWASH, GRANT	507	00:55:15.95	21	CALGARY	05:31
3/13	BARR, AL	500	01:05:55.46	21	LETH	06:35
4/13	COURTLIFF, JOHN	518	01:07:31.67	26	CALGARY	06:45
5/13	RIOPEL, DANNY	638	01:19:43.74	28	LETH	07:58
6/13	PATERSON, KYLE	587	01:19:50.38	28	LETH	07:59
7/13	TEIXEIRA, IVAN	610	01:20:11.99		LETH	08:01
8/13	MUELLER, RYAN	582	01:21:32.24	25	LETH	08:09
9/13	STEED, BRIAN	606	01:29:30.01	22	TABER	08:57
10/13	HANSON, NICHOLAS	539	01:29:47.20	29	LETH	08:58
11/13	RADETZKI, JENS	593	01:33:36.22	20	LETH	09:21
12/13	JACZYNSKI, MICHAL	549	01:33:36.50	20	LETH	09:21
13/13	MITTEN, BEN	579	01:42:59.98	24	LETH	10:17

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2007 LCC/Flaman 10/4 Road Race

10 Mile Race Results By Category

10Mile 30-39 Female

Category Total: 13

<u>POS</u>	<u>NAME</u>	<u>NUMBER</u>	<u>TIME</u>	<u>AGE</u>	<u>CITY</u>	<u>PACE/Mile</u>
1/13	MCLEOD, AMANDA	573	01:05:15.80	30	CALGARY	06:31
2/13	NYKWIST, SHEILA	585	01:10:28.63	32	LETH	07:02
3/13	VANDERZEE, PAULA	619	01:22:38.45	38	LETH	08:15
4/13	WEBB, KERRI	624	01:23:28.56	32	LETH	08:20
5/13	COPELAND, JENNIFER	516	01:27:39.81	33	LETH	08:45
6/13	MENK, KIRSTEN	575	01:28:18.89	37	CALGARY	08:49
7/13	JONES-HUSCH, KATHY	553	01:28:55.99	32	LETH.	08:53
8/13	STEWART, KARRI	609	01:32:07.41	34	LETH	09:12
9/13	WICHERS, STACEY	626	01:35:39.43	37	LETH	09:33
10/13	DUCE, LISA	524	01:38:45.21	35	CARDSTON	09:52
11/13	LENZ, EMMA	561	01:43:13.51	39	COALHURST	10:19
12/13	JESSOME, DEE	551	01:48:24.67	39	MAGRATH	10:50
13/13	WARREN, MICHELLE	622	01:52:37.90	35	CHAMPION	11:15

10Mile 30-39 Male

Category Total: 17

<u>POS</u>	<u>NAME</u>	<u>NUMBER</u>	<u>TIME</u>	<u>AGE</u>	<u>CITY</u>	<u>PACE/Mile</u>
1/17	MOLNAR, WARREN	580	01:01:24.74	33	COALDALE	06:08
2/17	ARN, ROB	495	01:10:15.81	35	LETH	07:01
3/17	HOBLEY, RICHARD	632	01:10:55.75	38	MED. HAT	07:05
4/17	STEWART, BRUCE	607	01:12:31.93	34	LETH	07:15
5/17	STEWART, DAVID	608	01:12:32.89	37	LETH	07:15
6/17	EVANSON, JAMES	526	01:13:06.54	39	LETH	07:18
7/17	SCHILLING, JASON	600	01:14:12.01	37	LETH	07:25
8/17	NICOL, CREGG	583	01:17:46.45	38	COALHURST	07:46
9/17	ANDREWS, SEAN	494	01:19:09.96	34	LETH	07:54
10/17	ASUCHAK, JIM	496	01:20:48.34	32	LETH	08:04
11/17	STASIUK, CHRIS	604	01:22:22.85	32	LETH	08:14
12/17	SLOMP, WILLIAM	602	01:27:01.14	33	PICTURE BUTTE	08:42
13/17	CARTER, MARTIN	510	01:28:39.40	38	LETH	08:51
14/17	CHAPMAN, DAN	512	01:30:23.96	34	COALHURST	09:02
15/17	FOURNIER, MARK	530	01:40:13.62	34	LETH	10:01
16/17	LETOURNEAU, ADAM	562	01:53:27.75	33	RAYMOND	11:20
17/17	ISFELD, JASON	637	01:54:40.47	37	LETH	11:28

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2007 LCC/Flaman 10/4 Road Race

10 Mile Race Results By Category

10Mile 40-49 Female

Category Total: 20

<u>POS</u>	<u>NAME</u>	<u>NUMBER</u>	<u>TIME</u>	<u>AGE</u>	<u>CITY</u>	<u>PACE/Mile</u>
1/20	MENTANKO-TIEFENBACH, DO	576	01:20:27.97	43	LETH	08:02
2/20	KOENIG, KAREN	559	01:20:54.65	45	LETH	08:05
3/20	ELLIOT, BONNIE	525	01:26:54.01	47	LETHBRIDGE	08:41
4/20	JOHNSTON, BERNADETTE	552	01:31:27.92	49	LETH	09:08
5/20	HILDEBRAND, DEIDRE	544	01:32:34.24	46	LETH	09:15
6/20	RAMSEY, TASMA	594	01:33:04.29	46	LETH	09:18
7/20	HUTTON, FRAN	548	01:33:07.80	43	LETH	09:18
8/20	WITHERS, SUSAN	629	01:33:53.38	45	MED. HAT	09:23
9/20	HANDESAEME, SHERRY	538	01:37:21.45	42	LETH	09:44
10/20	LEWIS, CHERYL	563	01:38:45.58	40	CARDSTON	09:52
11/20	GIBB, MARLENE	532	01:43:13.10	40	LETH	10:19
12/20	POMAHAC, KELLI	592	01:43:15.19	42	LETH	10:19
13/20	BABIN, CAROLLE	498	01:44:28.08	49	LETH	10:26
14/20	CHRISTENSEN, SHERRY	513	01:44:34.25	48	COALHURST	10:27
15/20	GILLETT, SHARON	533	01:46:23.76	48	LETH	10:38
16/20	MORRIS, NANCY	581	01:46:28.38	48	LETH	10:38
17/20	MIDDEL, FREDA	577	01:51:12.10	44	LETH	11:07
18/20	RUPP, ANN	597	01:52:32.58	45	CHAMPION	11:15
19/20	RUSSELL, NANCY	598	02:00:04.77	47	LETH	12:00
20/20	JESS, CAROLYN	550	02:01:48.15	48	LETH	12:10

10Mile 40-49 Male

Category Total: 18

<u>POS</u>	<u>NAME</u>	<u>NUMBER</u>	<u>TIME</u>	<u>AGE</u>	<u>CITY</u>	<u>PACE/Mile</u>
1/18	DALTON, BRUCE	520	01:02:10.15	43	CALGARY	06:13
2/18	BARKER, MURRAY	499	01:06:30.43	45	MEDICINE HAT	06:39
3/18	VANDEN DOOL, GLENN	616	01:08:40.47	40	LETH	06:52
4/18	HUGHES, TOM	635	01:13:57.04	48	OKOTOKS	07:23
5/18	HORON, KELLY	546	01:17:52.76	46	LETH	07:47
6/18	PENNER, KEN	588	01:21:24.14	43	LETH	08:08
7/18	AULENBACK, BRIAN	497	01:21:59.35	48	LETH	08:11
8/18	CAHOON, DARREN	509	01:22:30.11	40	CARDSTON	08:15
9/18	MCCRAY, GLENN	570	01:24:15.54	41	LETH	08:25
10/18	LOCKHART, KIRBEY	565	01:24:40.47	44	LETH	08:28
11/18	CROOKS, IAN	519	01:27:13.05	46	LETH	08:43
12/18	BURLEY, RICK	506	01:32:33.84	43	LETH	09:15
13/18	TSCHRITTER, RALPH	636	01:34:00.55	48	MED. HAT	09:24
14/18	ROBERTSON, IAIN	596	01:35:21.08	49	LETH	09:32
15/18	GOLDIE, DUANE	534	01:38:05.32	46	COALHURST	09:48
16/18	ZAPPONE, FRANK	630	01:42:36.05		LETH	10:15
17/18	PICKARD, TONY	590	01:43:07.46		PICTURE BUTTE	10:18
18/18	HANSON, WES	540	01:44:33.62	45	LETH	10:27

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2007 LCC/Flaman 10/4 Road Race

10 Mile Race Results By Category

10Mile 50-59 Female

Category Total: 12

<u>POS</u>	<u>NAME</u>	<u>NUMBER</u>	<u>TIME</u>	<u>AGE</u>	<u>CITY</u>	<u>PACE/Mile</u>
1/12	KEITH, PATRICIA	555	01:17:16.52	50	LETH	07:43
2/12	WILLIAMS, CAROL	627	01:18:17.87	50	LETH	07:49
3/12	TEMPLIN, SUSAN	634	01:32:16.19	56	SPRUCE GROVE	09:13
4/12	PHILPOTT, KAREN	589	01:35:30.41	50	LETH	09:33
5/12	KENNES, MARY	557	01:35:41.10	52	LETH	09:34
6/12	REID, KAREN	595	01:38:16.37		LETH	09:49
7/12	MILLER, LIZ	578	01:38:17.13	50	LETH	09:49
8/12	MEGAW, CAROL	574	01:41:31.04	56	LETH	10:09
9/12	VANDERVEEN, SHIRLEY	618	01:43:17.00	50	LETH	10:19
10/12	COSLOVI, DAWNA	517	01:50:16.81	51	LETH	11:01
11/12	DE KREEK, YOLANDA	521	01:57:03.25	51	PICTURE BUTTE	11:42
12/12	CAUGHELL, DEBRA	511	01:58:22.03	50	LETH	11:50

10Mile 50-59 Male

Category Total: 21

<u>POS</u>	<u>NAME</u>	<u>NUMBER</u>	<u>TIME</u>	<u>AGE</u>	<u>CITY</u>	<u>PACE/Mile</u>
1/21	VAIL, PETER	614	01:08:02.99	50	CALGARY	06:48
2/21	KENNES, LEON	556	01:16:49.11	50	LETH	07:40
3/21	DAHL, ALLAN EDWARD	633	01:16:59.23	53	MAGRATH	07:41
4/21	TIMOSHENKO, PAUL	611	01:17:15.72	50	CALGARY	07:43
5/21	OLSON, BARRY	586	01:21:26.85	50	LETH	08:08
6/21	TOWNLEY, MIKE	612	01:23:36.94	51	LETH	08:21
7/21	BIEMANS, KEN	502	01:24:09.01	52	SEVEN PERSONS	08:24
8/21	WISMATH, STEVEN	628	01:24:51.79	55	LETHBRIDGE	08:29
9/21	GRANSON, ERNEST	536	01:25:55.36	52	CALGARY	08:35
10/21	MATTHEWS, ASHLEY	568	01:29:10.99	53	LETHBRIDGE	08:55
11/21	MCDONALD, BILL	571	01:29:48.64	58	LETH	08:58
12/21	VANDERVEEN, KLAAS	617	01:30:17.68	56	PICTURE BUTTE	09:01
13/21	HEGGIE, MARC	543	01:30:30.67	57	MAGRATH	09:03
14/21	SHELSON, RICHARD	601	01:32:59.93	55	LETH	09:17
15/21	BYRNE, JOHN	508	01:36:34.61	57	LETHBRIDGE	09:39
16/21	TSCHRITTER, RUDI	613	01:36:51.15	52	MED. HAT	09:41
17/21	BROWN, JERRY	504	01:41:36.04	58	LETH	10:09
18/21	VOLK, STAN	620	01:43:15.83	54	LETH	10:19
19/21	NASH, GEOFF	631	01:43:51.49	54	LETH	10:23
20/21	BASKERVILLE, FRED	501	01:44:52.47	57	LETH	10:29
21/21	BLAIR, GORDON	503	02:00:58.92	53	LETH	12:05

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2007 LCC/Flaman 10/4 Road Race

10 Mile Race Results By Category

10Mile 60&Over Male

Category Total: 5

<u>POS</u>	<u>NAME</u>	<u>NUMBER</u>	<u>TIME</u>	<u>AGE</u>	<u>CITY</u>	<u>PACE/Mile</u>
1/5	MACLEOD, ROY	567	01:17:41.54	60	LETH	07:46
2/5	WHITE, STUART	625	01:21:07.28	61	GREAT FALLS, MON	08:06
3/5	COOKE, JOHN	515	01:21:30.82	65	LETH	08:09
4/5	BURKE, BUSTER	505	01:38:14.94	68	COALDALE	09:49
5/5	HOOD, ROBIN	545	01:38:57.10	60	LETH	09:53