

15th Annual
Loop the Lake Road Races
August 7, 2010
10 Km Overall Results

Place	Plc/Div	Div	No.	Name	Time	Pace/Km
1	1/19	M2029	539	Jakub SUMBERA	33:28	3:21
2	1/21	M3039	458	Ken MYERS	34:20	3:26
3	1/12	M1519	618	Brad BICKLEY	35:36	3:34
4	1/40	M4049	451	Richard WALKER	40:11	4:02
5	2/21	M3039	772	Ryan BAVIN	40:46	4:05
6	2/12	M1519	825	Cordel EVANS	41:26	4:09
7	2/40	M4049	743	Lyle KORINETZ	41:39	4:10
8	3/40	M4049	552	Richard MCCLEARY	41:47	4:11
9	3/12	M1519	588	Andrew FAWCETT	41:48	4:11
10	3/21	M3039	565	Les GOMBIK	42:03	4:13
11	2/19	M2029	460	Mason RAYMOND	42:06	4:13
12	1/13	F1519	764	Katie MORRIS	42:11	4:14
13	4/40	M4049	809	John SWALLOW	42:35	4:16
14	1/79	F4049	655	Kari GREGORY	42:40	4:16
15	3/19	M2029	786	Andrew WAIAND	42:43	4:17
16	1/26	M5059	574	Herb WELLER	43:09	4:19
17	4/19	M2029	597	Andrew SPURRELL	43:28	4:21
18	5/40	M4049	843	Alan GOURLAY	44:06	4:25
19	1/69	F3039	604	Mirka NAVRATILOVA	44:38	4:28
20	2/26	M5059	459	Terry RAYMOND	45:44	4:35
21	6/40	M4049	799	Russell GARRIES	45:57	4:36
22	4/12	M1519	665	Sebastien SKOKO	46:01	4:37
23	1/40	M0114	723	Cal WESTAWAY	46:04	4:37
24	7/40	M4049	895	Greg DUBOIS	46:12	4:38
25	2/40	M0114	808	Matthew SWALLOW	46:21	4:39
26	8/40	M4049	489	William CIPRICK	46:26	4:39
27	1/11	M60+	719	Reg HOOVER	46:38	4:40
28	2/79	F4049	894	Ellen KELLY	47:38	4:46
29	1/66	F2029	829	Carlie DUKE	47:52	4:48
30	5/12	M1519	587	Trevor CECCANESE	48:04	4:49
31	5/19	M2029	913	Elijah WATCHEL	48:09	4:49
32	2/69	F3039	624	Jo-Anne DUNCAN	48:12	4:50
33	6/19	M2029	477	Jordan VAN BESOUW	48:19	4:50
34	3/79	F4049	509	Wendy HIEBERT	48:23	4:51
35	2/66	F2029	911	Jess LUCAS	49:02	4:55
36	4/79	F4049	439	Patti THYGESEN	49:17	4:56
37	3/40	M0114	873	Rhys KRAMER	49:21	4:57

38	4/40	M0114	586	Curtis CECCANSES	49:31	4:58
39	4/21	M3039	759	Cam GILLIES	49:42	4:59
40	5/40	M0114	482	Connor ARMSTRONG	49:44	4:59
41	3/66	F2029	879	Leanne SHENTON	49:52	5:00
42	5/21	M3039	788	Rob ROCHELEAU	49:59	5:00
43	3/69	F3039	822	Shauna JOHNSON	50:03	5:01
44	3/26	M5059	606	Paul BAUMAN	50:23	5:03
45	6/12	M1519	768	Jaxon THIBAUT	50:26	5:03
46	5/79	F4049	884	Jacqueline PINSONNEAULT	50:27	5:03
47	6/79	F4049	678	Janine GREGOR	50:28	5:03
48	7/79	F4049	844	Kathryn TRIGG	50:33	5:04
49	9/40	M4049	671	Mike BATTISTA	50:53	5:06
50	4/26	M5059	446	Bill MITSCHKE	50:59	5:06

Page

2

15th Annual
 Loop the Lake Road Races
 August 7, 2010
 10 Km Overall Results

Place	Plc/Div	Div	No.	Name	Time	Pace/Km
51	6/21	M3039	557	Dale ORTON	51:10	5:07
52	10/40	M4049	757	Andrew MCBRIDE	51:13	5:08
53	1/37	F5059	691	Deanna LOEPPKY	51:19	5:08
54	7/21	M3039	429	Trevor SLUNT	51:48	5:11
55	4/66	F2029	687	Patricia ZUCZEK	51:49	5:11
56	7/19	M2029	686	Jeff BINDA	51:50	5:11
57	8/21	M3039	554	Frank PERESTA	51:56	5:12
58	8/19	M2029	912	Shayn CURRY	51:59	5:12
59	9/19	M2029	415	Nathan BURGESS	52:07	5:13
60	6/40	M0114	666	Zacharie SKOKO	52:13	5:14
61	4/69	F3039	556	Erin DURAND	52:16	5:14
62	2/37	F5059	517	Ann CECCANESE	52:24	5:15
63	10/19	M2029	569	Matt KUZEK	52:34	5:16
64	11/40	M4049	859	John EDWARDS	52:35	5:16
65	7/40	M0114	526	Jack DOWNEY	52:42	5:17
66	5/69	F3039	748	Lori THOMLINSON	52:44	5:17
67	6/69	F3039	736	Ann BURGESS	52:56	5:18
68	7/69	F3039	581	Raquel CHONDRONIKOLIS	53:04	5:19
69	8/69	F3039	779	Denise HOOKS	53:13	5:20
70	8/40	M0114	677	Chris GREGOR	53:16	5:20
71	9/40	M0114	583	Nat MCGRATH	53:17	5:20
72	9/69	F3039	631	Ilonka SCHMUCH	53:27	5:21

73	9/21	M3039	836	Dylan DAINARD	53:31	5:22
74	5/66	F2029	721	Jennifer FOSTER	53:37	5:22
75	1/31	F0114	483	Marlo ARMSTRONG	53:40	5:22
76	10/21	M3039	442	Lary NERON	53:46	5:23
77	3/37	F5059	749	Pat ANDRUSCHUK	53:50	5:23
78	12/40	M4049	481	Fraser ARMSTRONG	53:52	5:24
79	11/21	M3039	761	Kevin WIDENMAIER	53:55	5:24
80	13/40	M4049	711	Cory GREEN	53:57	5:24
81	10/69	F3039	416	Lisa THIESSEN	53:58	5:24
82	6/66	F2029	876	Lyndsay MURRAY	54:00	5:24
83	5/26	M5059	450	William SOLES	54:01	5:25
84	7/66	F2029	669	Amanda SHARKO	54:10	5:25
85	4/37	F5059	491	Leslie SHERLOCK	54:18	5:26
86	5/37	F5059	527	Debbie FENSKE	54:18	5:26
87	6/26	M5059	528	Henry GOTKOWSKI	54:19	5:26
88	14/40	M4049	789	Chris POLLARD	54:27	5:27
89	8/79	F4049	475	Heather CAUL	54:34	5:28
90	8/66	F2029	640	Anne GILBERT	54:54	5:30
91	11/69	F3039	842	Monica ZYNGER	54:58	5:30
92	9/79	F4049	872	Liana THORBURN	54:59	5:30
93	6/37	F5059	659	Grace HUGHES	55:10	5:31
94	7/26	M5059	499	Roger ST. JEAN	55:11	5:32
95	15/40	M4049	579	Brent TAYLOR	55:15	5:32
96	10/79	F4049	577	Michelle TAYLOR	55:15	5:32
97	8/26	M5059	781	Marvin WAIAND	55:17	5:32
98	16/40	M4049	625	Grant DUNCAN	55:27	5:33
99	9/66	F2029	512	Linda KNOWLES	55:28	5:33
100	9/26	M5059	776	Bob BOYCHUK	55:31	5:34

Page

3

15th Annual
 Loop the Lake Road Races
 August 7, 2010
 10 Km Overall Results

Place	Plc/Div	Div	No.	Name	Time	Pace/Km
=====	=====	=====	=====	=====	=====	=====
101	10/66	F2029	746	Lindsay CULBERT	55:38	5:34
102	12/69	F3039	861	Calina OLSEN	55:39	5:34
103	11/79	F4049	832	Carol DESABRAIS	55:51	5:36
104	13/69	F3039	697	Karen MCCORMICK	55:51	5:36
105	12/79	F4049	662	Coreen DUNCAN	55:52	5:36
106	11/66	F2029	887	Lindsay WINTERS	55:53	5:36
107	14/69	F3039	712	Jackie SILLNER	55:54	5:36

108	12/66	F2029	753	Andrea MAINWOOD	55:56	5:36
109	17/40	M4049	626	Mark JANISCH	55:58	5:36
110	11/19	M2029	436	Chris JACKSON	55:58	5:36
111	7/37	F5059	544	Debbie ROTHWELL	56:12	5:38
112	15/69	F3039	774	Campion SWARTOUT	56:16	5:38
113	12/21	M3039	413	Ellery IRVIN	56:24	5:39
114	10/26	M5059	793	Gerry HILDEBRANDT	56:35	5:40
115	16/69	F3039	486	Stephanie SCHROEDER	56:38	5:40
116	17/69	F3039	727	Nancy SARSONS	56:41	5:41
117	13/66	F2029	457	Erin SHAW	56:42	5:41
118	14/66	F2029	595	Tammy MAYSTROWICH	56:43	5:41
119	15/66	F2029	688	Richelle LOEPPKY	56:49	5:41
120	8/37	F5059	684	Marlene BINDA	56:57	5:42
121	11/26	M5059	685	Jim BOLOKOSKI	56:58	5:42
122	18/69	F3039	590	Monique VAN IAAR	57:03	5:43
123	7/12	M1519	826	Napoleon EVANS	57:03	5:43
124	12/19	M2029	505	Brian MCGRATTAN	57:16	5:44
125	16/66	F2029	425	Tara MARQUARDT	57:17	5:44
126	9/37	F5059	412	Jean ADDINGTON	57:20	5:44
127	2/31	F0114	653	Perri MAZURKEWICH	57:21	5:45
128	13/79	F4049	916	Brenda DANYLUK	57:22	5:45
129	19/69	F3039	704	Erin PRATT	57:28	5:45
130	14/79	F4049	742	Michelle HUTCHINSON	57:34	5:46
131	20/69	F3039	862	Hayley TOTH	57:48	5:47
132	17/66	F2029	794	Lindsay DOIRON	57:49	5:47
133	13/21	M3039	796	Chris RALPH	57:49	5:47
134	18/40	M4049	504	Dallas SMITH	57:54	5:48
135	21/69	F3039	731	Nicole TONER	57:55	5:48
136	10/40	M0114	769	Carter THIBAUT	57:59	5:48
137	11/40	M0114	667	Jonathon SKOKO	58:01	5:49
138	18/66	F2029	797	Tara MCHARDY	58:03	5:49
139	8/12	M1519	635	Jordan SMIT	58:05	5:49
140	22/69	F3039	798	Brenda SLAVKO	58:08	5:49
141	23/69	F3039	863	Jill WENGER	58:11	5:49
142	3/31	F0114	654	Terese MAZURKEWICH	58:14	5:50
143	4/31	F0114	652	Quinn MAZURKEWICH	58:15	5:50
144	12/40	M0114	770	Bennett THIBAUT	58:23	5:51
145	15/79	F4049	771	Cara THIBAUT	58:24	5:51
146	19/40	M4049	468	Michael BUKER	58:33	5:52
147	13/19	M2029	502	David MASKWA	58:37	5:52
148	19/66	F2029	501	Chelsea ST. JEAN	58:37	5:52
149	20/40	M4049	870	Geoff MCFARLANE	58:39	5:52
150	20/66	F2029	430	Stacey BUDZIAK	58:43	5:53

15th Annual
Loop the Lake Road Races
August 7, 2010
10 Km Overall Results

Place	Plc/Div	Div	No.	Name	Time	Pace/Km
151	2/13	F1519	421	Courtney MENDRYK	58:48	5:53
152	24/69	F3039	428	Tina SLUNT	58:50	5:53
153	3/13	F1519	681	Nicole ROY	58:53	5:54
154	21/66	F2029	811	Krista CLELAND	58:55	5:54
155	5/31	F0114	824	Shaylynn GODDARD	58:58	5:54
156	14/21	M3039	496	Ben WALLACE	59:00	5:54
157	12/26	M5059	519	Gerard RABY	59:01	5:55
158	6/31	F0114	647	Skye THOMPSON	59:02	5:55
159	7/31	F0114	787	Laureen JOHNSTON	59:03	5:55
160	10/37	F5059	633	Joanne KERSEY	59:04	5:55
161	25/69	F3039	414	Kathy LEONARD	59:04	5:55
162	22/66	F2029	603	Carla SCHNEIDER	59:06	5:55
163	26/69	F3039	452	Gillian SYMINGTON	59:10	5:55
164	27/69	F3039	480	Jessica GREY	59:11	5:56
165	28/69	F3039	722	Joy ANDERSON	59:26	5:57
166	16/79	F4049	869	Janet MCFARLANE	59:29	5:57
167	23/66	F2029	728	Megan FOREMAN	59:33	5:58
168	17/79	F4049	449	Shelley SOLES	59:35	5:58
169	24/66	F2029	897	Mary RODRIGUES	59:39	5:58
170	4/13	F1519	637	Jessica GIRLING	59:42	5:59
171	11/37	F5059	664	Joylyn FAVREAU-SKOKO	59:49	5:59
172	29/69	F3039	508	Jennifer VAN ES	59:50	5:59
173	25/66	F2029	643	Colleen MALONE	1:00:01	6:01
174	18/79	F4049	474	Eloise BERRY	1:00:05	6:01
175	19/79	F4049	605	Drina LAZAR	1:00:05	6:01
176	20/79	F4049	830	Chantal PLOWMAN	1:00:18	6:02
177	30/69	F3039	402	Jan GOSSE	1:00:32	6:04
178	31/69	F3039	738	Elena AITKEN	1:00:36	6:04
179	12/37	F5059	660	Diana VICIC	1:00:45	6:05
180	21/79	F4049	644	Leanne NEIGHBOUR	1:00:58	6:06
181	1/12	F60+	695	Eliana GOMEZ	1:01:03	6:07
182	13/40	M0114	880	Kristopher STRINGER	1:01:07	6:07
183	21/40	M4049	720	Jeff PIERCY	1:01:11	6:08
184	22/40	M4049	881	Don CLUTTERHAM	1:01:12	6:08
185	26/66	F2029	434	Ardith LEWIS	1:01:13	6:08
186	27/66	F2029	435	Aimee BLASETTI	1:01:14	6:08
187	13/37	F5059	518	Jody RABY	1:01:15	6:08
188	22/79	F4049	507	Terry SHYDLOWSKI	1:01:15	6:08

189	32/69	F3039	520	Kim ZIZAKOVIC	1:01:16	6:08
190	23/40	M4049	792	David SHEEDY	1:01:26	6:09
191	33/69	F3039	559	Anne HOOPER-JOHNSTON	1:01:29	6:09
192	14/37	F5059	541	Bev REED	1:01:30	6:09
193	23/79	F4049	445	Rita KLOOSTERMAN	1:01:40	6:10
194	24/40	M4049	408	Michael MACKINNON	1:01:42	6:11
195	13/26	M5059	698	Warren BARKER	1:01:43	6:11
196	28/66	F2029	699	Kamila ZIEMBA	1:01:43	6:11
197	24/79	F4049	464	Colleen MAKAROWSKI	1:01:44	6:11
198	29/66	F2029	906	Vanessa NELSON	1:02:00	6:12
199	14/19	M2029	910	Mike DEBOLT	1:02:03	6:13
200	15/19	M2029	909	Shane REINHARDT	1:02:04	6:13

Page

5

15th Annual
 Loop the Lake Road Races
 August 7, 2010
 10 Km Overall Results

Place	Plc/Div	Div	No.	Name	Time	Pace/Km
=====	=====	=====	=====	=====	=====	=====
201	30/66	F2029	573	Jennifer WARKENTIN	1:02:16	6:14
202	31/66	F2029	545	Jenna TWOREK	1:02:17	6:14
203	32/66	F2029	816	Ashley REED	1:02:28	6:15
204	14/40	M0114	883	Jesse BAKER	1:02:43	6:17
205	8/31	F0114	592	Isabella HUL	1:02:52	6:18
206	9/31	F0114	591	Zoe MCGRATH	1:02:54	6:18
207	33/66	F2029	690	Samantha RABATICH	1:02:55	6:18
208	2/11	M60+	551	Dave HURLBURT	1:02:58	6:18
209	25/79	F4049	636	Glenda GIRLING	1:03:07	6:19
210	26/79	F4049	638	Russell GIRLING	1:03:07	6:19
211	34/66	F2029	514	Andrea KORSA	1:03:08	6:19
212	2/12	F60+	538	Wendy CARSON	1:03:09	6:19
213	35/66	F2029	890	Robin SCOBIE	1:03:31	6:22
214	27/79	F4049	780	Carri BUKER	1:03:33	6:22
215	28/79	F4049	405	Shelley WURZ	1:03:38	6:22
216	34/69	F3039	670	Zephyr RAWBON	1:03:39	6:22
217	36/66	F2029	905	Crystal KNIGHT	1:03:50	6:23
218	37/66	F2029	904	Chantry CHERETTE	1:03:51	6:24
219	29/79	F4049	834	Cathy HENDERSON	1:03:52	6:24
220	3/12	F60+	608	Ingrid SANDS	1:03:55	6:24
221	25/40	M4049	419	Dale MENDRYK	1:03:58	6:24
222	35/69	F3039	403	Jennifer RATHBONE	1:03:58	6:24
223	38/66	F2029	756	Jacinthe BERNIER	1:04:16	6:26

224	9/12	M1519	782	Travis SMIT	1:04:24	6:27
225	15/21	M3039	487	Timothy ARNETT	1:04:25	6:27
226	26/40	M4049	596	Jim COVERNTON	1:04:29	6:27
227	39/66	F2029	632	Jessica ROSS	1:04:35	6:28
228	36/69	F3039	580	Patricia GOMEZ	1:04:37	6:28
229	10/31	F0114	594	Colton HUTCHINSON	1:04:38	6:28
230	27/40	M4049	593	Scott HUTCHINSON	1:04:38	6:28
231	15/37	F5059	424	Lucille BLUNDEN	1:04:49	6:29
232	37/69	F3039	438	Katherine HARDY	1:05:05	6:31
233	38/69	F3039	471	Elizabeth KEHLER	1:05:06	6:31
234	11/31	F0114	917	Marhyn MACSTEVEN	1:05:14	6:32
235	5/13	F1519	634	Brittany GIRLING	1:05:18	6:32
236	6/13	F1519	733	Nataya STEPHENS	1:05:19	6:32
237	39/69	F3039	547	Carmen PARENTEAU	1:05:19	6:32
238	28/40	M4049	549	Sean PARENTEAU	1:05:20	6:32
239	14/26	M5059	646	Dave THOMPSON	1:05:30	6:33
240	30/79	F4049	775	Holly BURTON	1:05:31	6:34
241	16/37	F5059	915	Krische RFG	1:05:32	6:34
242	15/40	M0114	564	Mark FITZOWICH	1:05:34	6:34
243	40/66	F2029	462	Louise VAILE	1:05:40	6:34
244	31/79	F4049	525	Lauri SEIDITZ	1:05:42	6:35
245	10/12	M1519	683	Alex SINCLAIR	1:05:43	6:35
246	4/12	F60+	777	Sheila HEMUS	1:05:50	6:35
247	40/69	F3039	724	Jillian GRON	1:05:53	6:36
248	41/69	F3039	404	Lindsay CRAIG	1:05:54	6:36
249	15/26	M5059	682	Bill RABATICH	1:06:01	6:37
250	16/21	M3039	663	Simon SAUVE	1:06:02	6:37

Page

6

15th Annual
 Loop the Lake Road Races
 August 7, 2010
 10 Km Overall Results

Place	Plc/Div	Div	No.	Name	Time	Pace/Km
=====	=====	=====	=====	=====	=====	=====
251	42/69	F3039	571	Amber TSOI	1:06:04	6:37
252	16/40	M0114	521	Mathew COLLINGS	1:06:04	6:37
253	29/40	M4049	523	Darcy COLLINGS	1:06:05	6:37
254	41/66	F2029	515	Laura GORDYKO	1:06:06	6:37
255	42/66	F2029	467	Jennifer JENKINS	1:06:09	6:37
256	16/19	M2029	466	John JENKINS	1:06:10	6:37
257	32/79	F4049	627	Bev JANISCH	1:06:14	6:38
258	43/66	F2029	548	Jennica HAGUE	1:06:20	6:38

259	17/37	F5059	498	Jennette ST. JEAN	1:06:26	6:39
260	33/79	F4049	500	Wendy HOLT	1:06:27	6:39
261	18/37	F5059	479	Miriam JUNIPER	1:06:31	6:40
262	3/11	M60+	511	Dave CLEMENTS	1:06:33	6:40
263	17/21	M3039	680	Jeff COLES	1:06:45	6:41
264	16/26	M5059	739	Richard HOPWOOD	1:06:46	6:41
265	44/66	F2029	513	Jacinda FOULKES	1:07:05	6:43
266	17/26	M5059	546	Greg KUHL	1:07:15	6:44
267	43/69	F3039	908	Kim AVERY	1:07:26	6:45
268	44/69	F3039	463	Victoria KENNEDY	1:07:32	6:46
269	7/13	F1519	700	Emilie SEITZ	1:07:34	6:46
270	45/69	F3039	877	Stacy DOUGLAS	1:07:37	6:46
271	18/21	M3039	878	Thorsten GAUL	1:07:38	6:46
272	4/11	M60+	732	Ted EDWARDS	1:07:43	6:47
273	5/11	M60+	767	Mike HALTMAN	1:07:48	6:47
274	34/79	F4049	473	Christine FORGRAVE	1:07:51	6:47
275	46/69	F3039	831	Brigitte BEDARD	1:08:05	6:49
276	47/69	F3039	433	Ally MORBERG	1:08:06	6:49
277	6/11	M60+	558	David GIBSON	1:08:48	6:53
278	35/79	F4049	833	Lisa KERR	1:08:48	6:53
279	48/69	F3039	469	Fiona ELLISON	1:08:49	6:53
280	36/79	F4049	817	Patty HUBER	1:08:51	6:54
281	8/13	F1519	510	Alexa BURGESS	1:08:58	6:54
282	45/66	F2029	437	Jaelyn BENNY	1:09:01	6:55
283	12/31	F0114	854	Natalie GOURLAY	1:09:04	6:55
284	17/40	M0114	847	Jonah GOURLAY	1:09:05	6:55
285	46/66	F2029	629	Candace WALL	1:09:05	6:55
286	13/31	F0114	853	Sofie GOURLAY	1:09:06	6:55
287	14/31	F0114	855	Olivia GALLOWAY	1:09:06	6:55
288	18/40	M0114	848	Andrew BRIGHT	1:09:08	6:55
289	30/40	M4049	850	Lyle GALLOWAY	1:09:13	6:56
290	15/31	F0114	856	Charlotte GALLOWAY	1:09:30	6:57
291	9/13	F1519	407	Jessica WURZ	1:09:35	6:58
292	16/31	F0114	864	Pavla MUNROE	1:09:36	6:58
293	37/79	F4049	866	Barbara MUNROE	1:09:37	6:58
294	38/79	F4049	778	Tracy CONNERY	1:09:48	6:59
295	7/11	M60+	455	Gavin DUKE	1:09:48	6:59
296	47/66	F2029	454	Lisa DUKE	1:10:01	7:01
297	39/79	F4049	550	Leah POPE	1:10:02	7:01
298	48/66	F2029	493	Holly GIRLING	1:10:03	7:01
299	19/21	M3039	494	Curtis GIRLING	1:10:04	7:01
300	49/66	F2029	431	Agata KOT	1:10:06	7:01

15th Annual
 Loop the Lake Road Races
 August 7, 2010
 10 Km Overall Results

Place	Plc/Div	Div	No.	Name	Time	Pace/Km
301	49/69	F3039	760	Michelle CLEVERLEY	1:10:06	7:01
302	50/69	F3039	497	Abi BOND	1:10:13	7:02
303	51/69	F3039	529	Darryl SCHMIDT	1:10:17	7:02
304	52/69	F3039	725	Melanie HNATIUK	1:10:35	7:04
305	40/79	F4049	710	Deb ASSMUS	1:10:36	7:04
306	41/79	F4049	735	Paula RICHARDSON	1:10:38	7:04
307	31/40	M4049	734	Andrew RICHARDSON	1:10:38	7:04
308	42/79	F4049	672	Traci BATTISTA	1:10:51	7:05
309	53/69	F3039	668	Tricia COLES	1:10:51	7:06
310	43/79	F4049	488	Leona ARNETT	1:11:08	7:07
311	50/66	F2029	907	Kimberly SHAPKIN	1:11:16	7:08
312	19/37	F5059	447	Hazel MITSCHKE	1:11:24	7:09
313	51/66	F2029	401	Rochelle ADCOCK	1:11:31	7:10
314	44/79	F4049	575	Colleen WELLER	1:11:50	7:11
315	45/79	F4049	641	Nadine MAILLOT	1:11:51	7:12
316	54/69	F3039	893	Nicole HALTMAN	1:11:59	7:12
317	17/31	F0114	706	Jaimie SZARKO	1:12:02	7:13
318	46/79	F4049	707	Tanya SZARKO	1:12:02	7:13
319	47/79	F4049	639	Lana RAUCH	1:12:03	7:13
320	19/40	M0114	585	Mack PICKERING	1:12:15	7:14
321	55/69	F3039	417	Tanya JANSSEN	1:13:36	7:22
322	20/21	M3039	418	Corey JANSSEN	1:13:36	7:22
323	56/69	F3039	785	Liz KUSLER	1:13:48	7:23
324	57/69	F3039	784	Stephanie MOONEY	1:14:10	7:25
325	58/69	F3039	400	Jodie MARTIAN	1:14:12	7:26
326	20/37	F5059	516	Pat LOEWEN	1:14:15	7:26
327	59/69	F3039	730	Marcie RUSSELL	1:14:16	7:26
328	60/69	F3039	642	Marina FLATER	1:14:41	7:29
329	52/66	F2029	874	Lauren TANNER	1:15:19	7:32
330	53/66	F2029	875	Megan LAWTHER	1:15:20	7:32
331	54/66	F2029	485	Jen WAGAR	1:15:27	7:33
332	48/79	F4049	584	Rhonda PICKERING	1:15:29	7:33
333	18/26	M5059	472	Darrell KEHLER	1:15:35	7:34
334	61/69	F3039	791	Shrri GARRIES	1:15:56	7:36
335	55/66	F2029	427	Katherine RUSCHIENSKY	1:16:08	7:37
336	18/31	F0114	898	Catherine VAN HELDEN	1:17:05	7:43
337	10/13	F1519	562	Emily FITZOWICH	1:17:05	7:43
338	19/26	M5059	453	Rick LUCHAK	1:17:09	7:43
339	19/31	F0114	867	Kelsea GORZO	1:17:52	7:48

340	49/79	F4049	543	Leslie WHITNEY	1:18:04	7:49
341	56/66	F2029	806	Rebecca WHITNEY	1:18:09	7:49
342	32/40	M4049	598	Marc CHIASSON	1:18:29	7:51
343	8/11	M60+	747	Barry PRATT	1:18:40	7:52
344	57/66	F2029	423	Melissa BENNY	1:19:08	7:55
345	50/79	F4049	871	Desiree MAAS	1:19:21	7:57
346	51/79	F4049	470	Barbara LUBINSKI	1:19:22	7:57
347	52/79	F4049	589	Cathy MCGRATH	1:19:42	7:59
348	21/37	F5059	540	Susan TUCKER	1:20:38	8:04
349	53/79	F4049	560	Kathy FITZOWICH	1:21:05	8:07
350	22/37	F5059	456	Laurie DUKE	1:21:07	8:07

Page

8

15th Annual
 Loop the Lake Road Races
 August 7, 2010
 10 Km Overall Results

Place	Plc/Div	Div	No.	Name	Time	Pace/Km
=====	=====	=====	=====	=====	=====	=====
351	58/66	F2029	578	Lindsay OLBERG	1:21:15	8:08
352	59/66	F2029	572	Erika GODDARD	1:21:16	8:08
353	20/40	M0114	801	Bjorn LEVERKUS	1:21:39	8:10
354	20/26	M5059	649	Roger WAGAR	1:21:40	8:10
355	21/40	M0114	800	Barend LEVERKUS	1:21:43	8:11
356	22/40	M0114	729	Mitchell BRACKEN	1:22:51	8:18
357	23/40	M0114	766	Garrick BRACKEN	1:22:52	8:18
358	33/40	M4049	619	Brent BRACKEN	1:22:54	8:18
359	11/13	F1519	614	Kindra SHAW	1:23:29	8:21
360	23/37	F5059	613	Kathi SHAW	1:23:29	8:21
361	17/19	M2029	679	Michael MACKEIGAN	1:23:47	8:23
362	62/69	F3039	536	Shannon PICHE	1:23:58	8:24
363	63/69	F3039	490	Emily ANDINO	1:24:05	8:25
364	5/12	F60+	444	Corrine HOLDEN	1:24:40	8:28
365	18/19	M2029	676	David MACFARLANE	1:24:41	8:29
366	20/31	F0114	648	Jamie THOMPSON	1:25:01	8:30
367	54/79	F4049	645	Lia THOMPSON	1:25:01	8:31
368	55/79	F4049	432	Shauna ATTWELL	1:25:28	8:33
369	24/40	M0114	823	Ryan JOHNSON	1:25:29	8:33
370	34/40	M4049	821	Greg JOHNSON	1:25:31	8:34
371	56/79	F4049	835	Patty DONSELAAR	1:27:10	8:43
372	57/79	F4049	465	Tracy KENT	1:27:11	8:44
373	25/40	M0114	537	Brendon SPENCE	1:27:50	8:47
374	26/40	M0114	532	Daniel SPENCE	1:27:51	8:48

375	64/69	F3039	828	Tracy EVANS	1:28:05	8:49
376	21/21	M3039	827	Randy FERENCE	1:28:06	8:49
377	65/69	F3039	882	Vessica BURTON	1:28:17	8:50
378	6/12	F60+	807	Wendy SAUNDERS	1:28:17	8:50
379	58/79	F4049	737	Allison EWING	1:28:20	8:50
380	12/13	F1519	899	Rebecca VAN HELDEN	1:28:45	8:53
381	7/12	F60+	503	Joyce HENNING	1:29:05	8:55
382	24/37	F5059	726	Ruth DUNBAR	1:29:14	8:56
383	35/40	M4049	901	Doug VAN HELDEN	1:29:16	8:56
384	21/31	F0114	422	Shae-Lynn MENDRYK	1:29:39	8:58
385	59/79	F4049	420	Kim MENDRYK	1:29:39	8:58
386	11/12	M1519	600	Graham RIDEWOOD	1:29:57	9:00
387	21/26	M5059	599	Mike RIDEWOOD	1:29:59	9:00
388	22/31	F0114	765	Bryn CHIASSON	1:31:08	9:07
389	12/12	M1519	601	Ian RIDEWOOD	1:31:23	9:09
390	25/37	F5059	602	Sue RIDEWOOD	1:31:25	9:09
391	26/37	F5059	857	Darcel LUYENDYK	1:31:31	9:10
392	22/26	M5059	858	Rick LUYENDYK	1:31:32	9:10
393	27/40	M0114	837	ric GATEMAN	1:32:27	9:15
394	28/40	M0114	840	Marcelo OLSON	1:32:27	9:15
395	8/12	F60+	555	Shirley WEIS	1:32:41	9:17
396	23/26	M5059	914	Kirk LIVINGSTON	1:32:47	9:17
397	23/31	F0114	705	Julianne SZARKO	1:33:09	9:19
398	60/79	F4049	708	Lorna ANTONIO	1:33:11	9:20
399	60/66	F2029	713	Aleisha HENDRY	1:33:19	9:20
400	61/79	F4049	568	Kathy CHASSE	1:34:35	9:28

Page

9

15th Annual
 Loop the Lake Road Races
 August 7, 2010
 10 Km Overall Results

Place	Plc/Div	Div	No.	Name	Time	Pace/Km
=====	=====	=====	=====	=====	=====	=====
401	27/37	F5059	566	Deborah FRY	1:34:36	9:28
402	9/11	M60+	696	Jose GOMEZ	1:35:00	9:30
403	62/79	F4049	802	Melissa YOST	1:35:03	9:31
404	29/40	M0114	804	Oliver PARSONS	1:35:03	9:31
405	63/79	F4049	803	Megan KMETYK	1:35:03	9:31
406	64/79	F4049	701	Caroline SEITZ	1:35:05	9:31
407	65/79	F4049	478	Agnes LIVINGSTON	1:35:05	9:31
408	28/37	F5059	790	Kathy SCHOFIELD	1:35:25	9:33
409	66/79	F4049	534	Marie LALIBERTE	1:35:26	9:33

410	67/79	F4049	535	Christine STEWART	1:35:27	9:33
411	29/37	F5059	868	Marion LABRIE	1:35:27	9:33
412	30/37	F5059	714	JoAnne SILGAILIS	1:35:29	9:33
413	30/40	M0114	754	Hayden LAPINSKIE	1:36:19	9:38
414	68/79	F4049	752	Teresa LAPINSKIE	1:36:20	9:38
415	9/12	F60+	607	Ann BURNETT	1:37:35	9:46
416	69/79	F4049	758	Doris CORMIER	1:37:36	9:46
417	31/37	F5059	576	Heather GRAMLICH	1:37:36	9:46
418	61/66	F2029	673	Rebecca HALHEAD	1:37:58	9:48
419	62/66	F2029	675	Sarah HALHEAD	1:39:36	9:58
420	32/37	F5059	674	Crystal HALHEAD	1:39:37	9:58
421	13/13	F1519	839	Veronica OSTERMAN	1:40:47	10:05
422	33/37	F5059	838	Donna GATEMAN	1:41:15	10:08
423	10/12	F60+	841	Marcia OLSON	1:41:15	10:08
424	11/12	F60+	750	Fran LAPINSKIE	1:47:21	10:45
425	24/31	F0114	755	Kaylee LAPINSKIE	1:47:22	10:45
426	36/40	M4049	751	Chris LAPINSKIE	1:47:31	10:46
427	70/79	F4049	813	Vivien FEDDEMA	1:48:53	10:54
428	25/31	F0114	812	Jasmine FEDDEMA	1:48:53	10:54
429	31/40	M0114	814	Nash FEDDEMA	1:48:53	10:54
430	37/40	M4049	815	Rob FEDDEMA	1:48:54	10:54
431	24/26	M5059	860	Marcel CHASSE'	1:48:54	10:54
432	71/79	F4049	918	Diane POTTER	1:49:11	10:56
433	34/37	F5059	656	Theresa COLE-SMITH	1:50:21	11:03
434	35/37	F5059	658	Debbie LECLAIR	1:50:24	11:03
435	72/79	F4049	845	Sue TRIGG	1:50:34	11:04
436	73/79	F4049	849	Heather TRIGG	1:50:35	11:04
437	25/26	M5059	846	Gary TRIGG	1:50:42	11:05
438	26/31	F0114	524	Paige COLLINGS	1:50:47	11:05
439	74/79	F4049	522	Dawn COLLINGS	1:50:47	11:05
440	27/31	F0114	615	Mikayla RHEBERGEN	1:51:01	11:07
441	32/40	M0114	621	Sam HICKLING	1:51:02	11:07
442	28/31	F0114	623	Sarah HICKLING	1:51:02	11:07
443	75/79	F4049	692	Claudia GOMEZ	1:51:22	11:09
444	33/40	M0114	694	Owen HILLS	1:51:23	11:09
445	76/79	F4049	620	Colleen HICKLING	1:51:55	11:12
446	77/79	F4049	611	Kathy RHEBERGEN	1:51:55	11:12
447	38/40	M4049	622	Scott HICKLING	1:52:40	11:16
448	63/66	F2029	709	Keisha LEWIS	1:54:42	11:29
449	64/66	F2029	495	Amethyst MEGAFFIN	1:54:42	11:29
450	29/31	F0114	612	Brittany RHEBERGEN	1:55:10	11:31

Loop the Lake Road Races
 August 7, 2010
 10 Km Overall Results

Place	Plc/Div	Div	No.	Name	Time	Pace/Km
451	34/40	M0114	609	Christopher RHEBERGEN	1:55:13	11:32
452	39/40	M4049	610	Richard RHEBERGEN	1:55:14	11:32
453	35/40	M0114	616	Ethan RHEBERG	1:55:42	11:35
454	36/40	M0114	885	Billy HOHM	1:57:16	11:44
455	78/79	F4049	886	Linda HOHM	1:57:32	11:46
456	40/40	M4049	530	Dwayne SPENCE	1:57:32	11:46
457	37/40	M0114	533	Nicolis SPENCE	1:57:38	11:46
458	79/79	F4049	531	Linda SPENCE	1:57:38	11:46
459	36/37	F5059	889	Beth OLVER	1:59:13	11:56
460	10/11	M60+	888	Dick OLVER	1:59:14	11:56
461	65/66	F2029	426	Iris PINDER	2:01:50	12:11
462	37/37	F5059	567	Marilyn GUINN	2:01:51	12:12
463	66/69	F3039	506	Rachel COLABELLA	2:02:16	12:14
464	30/31	F0114	718	Allvia COLABELLA	2:02:16	12:14
465	38/40	M0114	716	Luke COLABELLA	2:02:17	12:14
466	39/40	M0114	717	James COLABELLA	2:02:18	12:14
467	26/26	M5059	715	Tony COLABELLA	2:02:20	12:14
468	31/31	F0114	693	Isabella HILLS	2:12:19	13:14
469	40/40	M0114	902	Marcus SAUVE'	2:14:08	13:25
470	67/69	F3039	903	Jilene SAUVE'	2:15:16	13:32
471	11/11	M60+	744	Ken HATT SR	2:15:21	13:33
472	12/12	F60+	745	Linda HATT	2:15:22	13:33
473	66/66	F2029	819	Cynthia BROUILLETTE	2:18:36	13:52
474	19/19	M2029	818	Jonathan MARTEL	2:18:40	13:52
475	68/69	F3039	763	Cielle COWLES	2:18:41	13:53
476	69/69	F3039	702	Lacey HATT	2:18:45	13:53
477			542	UNKNOWN C		