

15th Annual
Loop the Lake Road Races
August 7, 2010
Half Marathon Overall Results

Place	Plc/Div	Div	No.	Name	Time	Pace/Km
1	1/4	M2029	1582	Jevin MONDS	1:15:04	3:34
2	1/20	M3039	1500	Emiel PIETERSE	1:17:27	3:41
3	2/20	M3039	1573	Ryan TWA	1:19:35	3:47
4	1/15	M4049	1587	Lonnie MATSUNO	1:20:06	3:48
5	2/15	M4049	1595	Mark MARTENS	1:24:49	4:02
6	1/16	M5059	1593	Ed BICKLEY	1:26:50	4:07
7	3/20	M3039	1549	Jason SCRATCH	1:28:44	4:13
8	2/4	M2029	1577	Kieran JIMENEZ	1:29:05	4:14
9	1/20	F2029	1541	Meghan MOLNAR	1:29:48	4:16
10	4/20	M3039	1509	Scott TKACHUK	1:30:13	4:17
11	5/20	M3039	1586	James JENSEN	1:33:29	4:26
12	6/20	M3039	1600	Jason KRIPS	1:33:39	4:27
13	2/20	F2029	1555	Nadyia FRY	1:33:59	4:28
14	3/15	M4049	1574	Brian HOHM	1:34:50	4:30
15	4/15	M4049	1602	Steve SAUNDERS	1:35:15	4:31
16	1/1	M0119	1570	Jeff ELZINGA	1:36:12	4:34
17	5/15	M4049	1550	John DOWNEY	1:36:26	4:35
18	3/20	F2029	1494	Annika GREEN	1:37:20	4:37
19	6/15	M4049	1554	Peter MCDONALD	1:38:20	4:40
20	7/20	M3039	1565	Dylan WHITNEY	1:38:43	4:41
21	7/15	M4049	1544	Nathan HELVOIGT	1:39:14	4:43
22	1/25	F3039	1533	Carmen THIESSEN	1:40:01	4:45
23	4/20	F2029	1601	Emily RUDOW	1:40:23	4:46
24	2/16	M5059	1608	Alan DIBB	1:40:25	4:46
25	1/18	F4049	1560	Vernonique HUL	1:40:27	4:46
26	2/18	F4049	1515	Carolyn HAWES	1:40:42	4:47
27	3/4	M2029	1580	Ben DUNCAN	1:40:47	4:47
28	5/20	F2029	1497	Vanessa SMITH	1:40:52	4:47
29	3/16	M5059	1540	AL SINGER	1:41:56	4:50
30	8/15	M4049	1534	Michael PARKER	1:42:09	4:51
31	1/7	M60+	1551	Warren ELOFSON	1:42:19	4:51
32	4/16	M5059	1592	Tom RAFA	1:43:24	4:54
33	2/25	F3039	1517	Laura HEFFLER	1:43:32	4:55
34	4/4	M2029	1528	Russell THESE	1:43:45	4:55
35	3/18	F4049	1596	Carolyn LEONARD	1:45:03	4:59
36	8/20	M3039	1532	Steven GILL	1:45:27	5:00
37	3/25	F3039	1571	Danielle BURKI	1:45:29	5:00

38	9/15	M4049	1561	Paul HUL	1:45:58	5:02
39	5/16	M5059	1579	Leslie GARDINER	1:46:46	5:04
40	1/8	F5059	1594	Liz VANDERKRUK	1:48:57	5:10
41	4/25	F3039	1474	Maureen MACSWEEN	1:49:09	5:11
42	6/16	M5059	1612	Jeff DUNNING	1:50:00	5:13
43	2/7	M60+	1504	Rick FERRIER	1:50:00	5:13
44	5/25	F3039	1613	Carrie DUNNING	1:51:50	5:18
45	6/25	F3039	1569	Kristi BARRACLOUGH	1:52:07	5:19
46	10/15	M4049	1477	Darren LEE	1:52:12	5:20
47	7/25	F3039	1542	Lorrie PAYNE	1:52:12	5:20
48	1/3	F0119	1524	Melanie CRAIG	1:52:42	5:21
49	8/25	F3039	1556	Angela WIDENMAIER	1:52:55	5:22
50	9/20	M3039	1609	Steven AITKEN	1:52:59	5:22

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Place	Plc/Div	Div	No.	Name	Time	Pace/Km
=====	=====	=====	=====	=====	=====	=====
51	4/18	F4049	1583	Sharon MELESHKO	1:53:08	5:22
52	2/8	F5059	1548	Carol PERIZZOLO	1:53:47	5:24
53	6/20	F2029	1591	Daniel DUNBAR	1:53:56	5:24
54	3/8	F5059	1562	Judith COBB	1:55:00	5:27
55	9/25	F3039	1590	Tegan BOVA	1:55:06	5:28
56	10/20	M3039	1606	Rob PROSLOSKI	1:55:17	5:28
57	11/20	M3039	1585	Dave HILLS	1:55:56	5:30
58	5/18	F4049	1581	Susan WITWICKI	1:56:23	5:31
59	10/25	F3039	1539	Louise RAUTENBACH	1:57:02	5:33
60	11/15	M4049	1538	Derick RAUTENBACH	1:57:03	5:33
61	7/16	M5059	1491	Geoff BLUNDEN	1:57:39	5:35
62	11/25	F3039	1522	Tara JONES	1:57:47	5:35
63	8/16	M5059	1557	Jon MAHONEY	1:58:19	5:37
64	12/15	M4049	1476	Kyle ZYNGER	1:58:20	5:37
65	9/16	M5059	1605	Les ALLEN	1:58:27	5:37
66	10/16	M5059	1479	JP CHASSE	1:58:29	5:37
67	12/25	F3039	1526	Jennifer DOLL	1:58:42	5:38
68	3/7	M60+	1614	Ian WHITNEY	1:58:43	5:38
69	13/25	F3039	1475	NaTasha JOHNSON	1:58:44	5:38
70	11/16	M5059	1559	David TOWNSEND	1:58:45	5:38
71	12/20	M3039	1481	Ryan YOUNG	1:58:51	5:38
72	7/20	F2029	1572	Megan GLOVER	1:58:55	5:39

73	13/20	M3039	1607	Mike PURCELL	1:59:46	5:41
74	14/25	F3039	1521	Leanne ALLEN	2:00:21	5:43
75	8/20	F2029	1478	Melissa SOLES	2:00:33	5:43
76	6/18	F4049	1514	Angela AUGER	2:01:35	5:46
77	9/20	F2029	1485	Tanis DINGLE	2:01:36	5:46
78	4/7	M60+	1537	Mike MCADAM	2:01:38	5:46
79	5/7	M60+	1511	Werner PAULS	2:01:49	5:47
80	10/20	F2029	1523	Christie DEANS	2:02:22	5:48
81	11/20	F2029	1480	Amy HAMPTON	2:02:53	5:50
82	15/25	F3039	1545	Uli HELVOIGT	2:03:06	5:51
83	4/8	F5059	1568	June TAKEDA	2:03:25	5:51
84	13/15	M4049	1512	Dennis LEMON	2:03:51	5:53
85	16/25	F3039	1611	Jackie ANTONIO	2:04:07	5:53
86	12/20	F2029	1492	Leah HOLDEN	2:04:25	5:54
87	7/18	F4049	1472	Janine WOODS	2:04:37	5:55
88	13/20	F2029	1469	Alicia TROPAK	2:05:28	5:57
89	17/25	F3039	1468	Sarah BROCHU	2:05:28	5:57
90	2/3	F0119	1490	Caitlyn PEDERSEN	2:05:30	5:57
91	8/18	F4049	1489	Lana PEDERSEN	2:05:31	5:57
92	14/20	F2029	1507	Jennifer HABART	2:05:32	5:57
93	18/25	F3039	1588	Catherine KEATLEY	2:05:53	5:58
94	14/20	M3039	1496	Dallas MULLANEY	2:06:10	5:59
95	12/16	M5059	1510	Bryon KNIGHT	2:07:26	6:03
96	15/20	F2029	1525	Dawn MCKIM	2:07:49	6:04
97	19/25	F3039	1599	Mary-Kay KNAUS	2:08:01	6:05
98	15/20	M3039	1589	Josh KEATLEY	2:08:13	6:05
99	9/18	F4049	1536	Marla PEARCE	2:08:13	6:05
100	14/15	M4049	1543	John WOZNIOWICZ	2:08:40	6:06

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101	16/20	F2029	1553	Kelby WARTERS	2:08:50	6:07
102	5/8	F5059	1575	Cindy TOLLEY	2:08:57	6:07
103	20/25	F3039	1503	Trish MCFARLANE	2:09:38	6:09
104	10/18	F4049	1513	Teresa LEMON	2:10:25	6:11
105	11/18	F4049	1603	Suzanne DUFFY	2:10:30	6:12
106	21/25	F3039	1519	Jolene HEINRICHS	2:10:33	6:12
107	16/20	M3039	1518	Benj HEINRICHS	2:10:34	6:12

108	22/25	F3039	1467	Kari DONOVAN	2:13:13	6:19
109	17/20	M3039	1604	Sheldon KYLE	2:13:48	6:21
110	17/20	F2029	1529	Melanie HARACK	2:13:57	6:21
111	13/16	M5059	1563	Howard COBB	2:14:14	6:22
112	12/18	F4049	1527	Natasha RICHARDSON	2:14:22	6:23
113	6/8	F5059	1487	Betsy DOCKING	2:15:39	6:26
114	23/25	F3039	1564	Jodi OLSON	2:16:51	6:30
115	13/18	F4049	1508	Barbara KOSTERSKI	2:18:00	6:33
116	18/20	M3039	1552	Ross PICHE	2:18:40	6:35
117	14/16	M5059	1516	Rod SMITH	2:19:32	6:37
118	14/18	F4049	1576	Lisa VINCENT	2:19:44	6:38
119	1/2	F60+	1566	Susan MARSHALL	2:20:41	6:41
120	18/20	F2029	1520	Jenn DUNWOODY	2:22:03	6:44
121	24/25	F3039	1535	Shauna HUEBERT	2:23:35	6:49
122	19/20	F2029	1488	Tanya ROBERTS	2:24:30	6:51
123	25/25	F3039	1530	Diana WOLLF	2:24:38	6:52
124	15/18	F4049	1558	Sherry MAHONEY	2:29:34	7:06
125	15/16	M5059	1495	Mike CARDELL	2:29:35	7:06
126	16/18	F4049	1578	Vera-Lynn GARTSIDE	2:29:40	7:06
127	7/8	F5059	1486	Cynthia ULLMARK	2:30:22	7:08
128	8/8	F5059	1483	Kimberley DITTRICH	2:35:01	7:21
129	3/3	F0119	1502	Annelise KMETYK	2:36:02	7:24
130	15/15	M4049	1501	Andy KMETYK	2:36:04	7:24
131	19/20	M3039	1462	Chuck SAUNDERS	2:44:48	7:49
132	16/16	M5059	1464	Tom SAUNDERS	2:50:57	8:07
133	20/20	M3039	1463	Dave SAUNDERS	2:50:57	8:07
134	6/7	M60+	1499	Tom HOWARD	2:51:30	8:08
135	20/20	F2029	1584	Jana MELESHKO	2:51:57	8:09
136	2/2	F60+	1498	Verna HOWARD	3:03:55	8:43
137	17/18	F4049	1567	Connie LYON	3:06:55	8:52
138	7/7	M60+	1598	Ray NERATKO	4:00:01	11:23
139	18/18	F4049	1597	Tammie DENDY	4:00:07	11:23