

Around The Lake Give'r Take 30

Relay Results

October 15, 2016

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



30k Relay Mix

Place	Team No	Team/Participant Name	Gender	Event	Rank	Time	Total Time	Pace
1	542	Prairie Lightning 2016				2:55:55.0	5:52/K	
		Chris Falk	M	T1	1	1:30:48.3	1:30:48.3	5:41/K
		Nicole Driscoll	F	T2	1	1:25:06.7	2:55:55.0	5:52/K
2	537	Ninja Nurses				2:58:15.0	5:57/K	
		Mila Leetch	F	T1	9	1:45:31.6	1:45:31.6	6:36/K
		Ben Cases	M	T2	2	1:12:43.4	2:58:15.0	5:57/K
3	575	We Run for Candy				2:58:20.8	5:57/K	
		Cory Hartling	M	T1	2	1:35:20.7	1:35:20.7	5:58/K
		Heather Wakely	F	T2	3	1:23:00.0	2:58:20.8	5:57/K
4	529	Lainchy-Duo				3:08:35.0	6:17/K	
		Helen Lainchbury	F	T1	10	1:48:25.9	1:48:25.9	6:47/K
		Darcy Lainchbury	M	T2	4	1:20:09.0	3:08:35.0	6:17/K
5	507	Better Late Than Never				3:10:21.9	6:21/K	
		Rick Padgham	M	T1	4	1:41:19.6	1:41:19.6	6:20/K
		Monica Padgham	F	T2	5	1:29:02.3	3:10:21.9	6:21/K
6	576	Weekend runaways				3:11:28.0	6:23/K	
		Laura Kampman	F	T1	7	1:44:25.6	1:44:25.6	6:32/K
		John Kampman	M	T2	6	1:27:02.3	3:11:28.0	6:23/K
7	577	Weekend Runaways 2				3:11:29.1	6:23/K	
		Linda Vanderkooi	F	T1	8	1:44:29.3	1:44:29.3	6:32/K
		Kyle Smiens	M	T2	7	1:26:59.7	3:11:29.1	6:23/K
8	566	The Mac Dogs				3:13:27.8	6:27/K	
		Danielle Mackenzie	F	T1	6	1:43:56.2	1:43:56.2	6:30/K
		John Mackenzie	M	T2	8	1:29:31.6	3:13:27.8	6:27/K
9	563	The Chopped Leaf's				3:14:17.9	6:29/K	
		Preston Pandos	M	T1	5	1:41:56.2	1:41:56.2	6:22/K
		Veronica Colnar	F	T2	9	1:32:21.6	3:14:17.9	6:29/K
10	556	Super Sophie				3:16:01.0	6:32/K	
		Andrea Nyhus	F	T1	11	1:50:29.9	1:50:29.9	6:54/K
		Craig Davidson	M	T2	10	1:25:31.1	3:16:01.0	6:32/K
11	526	I got the runs				3:17:23.1	6:35/K	
		Travis Veldhoen	M	T1	3	1:40:50.8	1:40:50.8	6:18/K
		Melissa Carriere	F	T2	11	1:36:32.2	3:17:23.1	6:35/K
12	569	The Sloths				3:21:56.0	6:44/K	
		Leah Fawcett	F	T1	14	1:59:07.0	1:59:07.0	7:27/K
		Lucas Fawcett	M	T2	12	1:22:48.9	3:21:56.0	6:44/K

13	565	The honeybadgers Kirsten Macelwain Graham Dyle	F M	T1 T2	18 13	3:29:19.1 2:08:12.2 1:21:06.8	6:59/K 2:08:12.2 3:29:19.1	8:01/K 8:01/K 6:59/K
14	557	T.K Katrina Ovens Tom Ovens	F M	T1 T2	16 14	3:32:04.8 2:04:02.0 1:28:02.7	7:04/K 2:04:02.0 3:32:04.8	7:45/K 7:45/K 7:04/K
15	514	CJ & CL Josh Currie Jen Johnston	M F	T1 T2	13 15	3:33:47.8 1:57:49.2 1:35:58.6	7:08/K 1:57:49.2 3:33:47.8	7:22/K 7:22/K 7:08/K
16	536	NEXTLEVEL Kirk Dzaman Andrea Schierling	M F	T1 T2	12 16	3:40:14.5 1:56:01.4 1:44:13.1	7:20/K 1:56:01.4 3:40:14.5	7:15/K 7:15/K 7:20/K
17	511	Chaos Joscelyn Mcaulay Daniel James	F M	T1 T2	17 17	3:50:31.0 2:07:09.7 1:43:21.2	7:41/K 2:07:09.7 3:50:31.0	7:57/K 7:57/K 7:41/K
18	570	The Tortoise and the Hair Lynn Long Jeff Long	F M	T1 T2	20 18	3:52:19.9 2:18:00.5 1:34:19.4	7:45/K 2:18:00.5 3:52:19.9	8:38/K 8:38/K 7:45/K
19	567	The Mental Lentils Timothy Harris Erin Barisoff-Harris	M F	T1 T2	15 19	4:01:53.5 2:02:36.9 1:59:16.6	8:04/K 2:02:36.9 4:01:53.5	7:40/K 7:40/K 8:04/K
20	546	Running Rebels Brooklyn Jensen Thorin Rampton	F M	T1 T2	22 20	4:12:11.0 2:27:58.5 1:44:12.5	8:24/K 2:27:58.5 4:12:11.0	9:15/K 9:15/K 8:24/K
21	508	Bjorndal Jana Bjorndal Isaac Bjorndal	F M	T1 T2	21 21	4:15:58.5 2:18:57.1 1:57:01.4	8:32/K 2:18:57.1 4:15:58.5	8:41/K 8:41/K 8:32/K
22	503	Are We There Yet Mike Larson Emma Larson	M F	T1 T2	23 22	4:21:35.7 2:39:11.2 1:42:24.4	8:43/K 2:39:11.2 4:21:35.7	9:57/K 9:57/K 8:43/K
23	549	Sisters with Wings Kelly Maddalozzo Jason Maddalozzo	F M	T1 T2	24 23	4:46:28.1 2:47:34.0 1:58:54.1	9:33/K 2:47:34.0 4:46:28.1	10:28/K 10:28/K 9:33/K

30k Relay Female

Place	Team No	Team/Participant Name	Gender	Event	Rank	Time	Total Time	Pace
1	541	Peach Tea Cindy Lapointe Heather Gale	F F	T1 T2	2 1	3:02:40.1 1:40:20.2 1:22:19.8	6:05/K 1:40:20.2 3:02:40.1	6:16/K 6:16/K 6:05/K
2	500	Abby Mudders Kara Bennett Nikki Atsma	F F	T1 T2	1 2	3:04:35.4 1:39:57.8 1:24:37.6	6:09/K 1:39:57.8 3:04:35.4	6:15/K 6:15/K 6:09/K

3	509	Blondes have more run!! Julie Perry Faryn Brown	F F	T1 T2	4 3	3:07:05.4 1:48:52.2 1:18:13.2	6:14/K 1:48:52.2 3:07:05.4	6:48/K 6:14/K
4	547	See Them Go Alison See Courtenay See	F F	T1 T2	8 4	3:16:07.0 1:54:57.0 1:21:09.9	6:32/K 1:54:57.0 3:16:07.0	7:11/K 6:32/K
5	510	Capes & Aprons Jessica Friesen Katrina Abram	F F	T1 T2	21 5	3:16:39.0 2:01:14.0 1:15:25.0	6:33/K 2:01:14.0 3:16:39.0	7:35/K 6:33/K
6	558	Teach this Jessica Smith Tammy Rozendal	F F	T1 T2	7 6	3:19:33.3 1:53:50.1 1:25:43.2	6:39/K 1:53:50.1 3:19:33.3	7:07/K 6:39/K
7	534	Mt Waddingtons Angela Dehaan Emily Van Brederode	F F	T1 T2	13 7	3:25:11.5 1:58:13.6 1:26:57.8	6:50/K 1:58:13.6 3:25:11.5	7:23/K 6:50/K
8	532	MC Hammer Charlotte Tegtmeier Melissa Geddert	F F	T1 T2	5 8	3:25:43.7 1:52:16.3 1:33:27.4	6:51/K 1:52:16.3 3:25:43.7	7:01/K 6:51/K
9	525	Hold my wine and watch this ?? Bonnie Cameron Kelly Beltrano	F F	T1 T2	12 9	3:25:49.2 1:57:57.4 1:27:51.7	6:52/K 1:57:57.4 3:25:49.2	7:22/K 6:52/K
10	506	BESTIES Melanie Moore Kristen Meindertsma	F F	T1 T2	3 10	3:30:52.8 1:42:57.8 1:47:55.0	7:02/K 1:42:57.8 3:30:52.8	6:26/K 7:02/K
11	520	Garrison Running Co. Janet Vink Kobie Hildebrand	F F	T1 T2	29 11	3:31:27.5 2:12:00.1 1:19:27.4	7:03/K 2:12:00.1 3:31:27.5	8:15/K 7:03/K
12	554	Soul Sisters Patti Schmidt Marie Lashley	F F	T1 T2	14 12	3:31:52.1 1:58:43.4 1:33:08.7	7:04/K 1:58:43.4 3:31:52.1	7:25/K 7:04/K
13	539	Nuclear Tumbleweeds Erin Lucier Robin Mcdonald	F F	T1 T2	9 13	3:32:15.1 1:56:23.0 1:35:52.1	7:05/K 1:56:23.0 3:32:15.1	7:16/K 7:05/K
14	515	CL & CJ Melissa Currie Cheryl Lightle	F F	T1 T2	11 14	3:33:44.6 1:57:48.8 1:35:55.7	7:07/K 1:57:48.8 3:33:44.6	7:22/K 7:07/K
15	518	Em & L Lindsey Slykhuis Emily Shantz	F F	T1 T2	23 15	3:35:08.4 2:06:34.0 1:28:34.4	7:10/K 2:06:34.0 3:35:08.4	7:55/K 7:10/K
16	579	Woodsy Gals Leona Roseborsky Jaime Hamm	F F	T1 T2	6 16	3:36:55.7 1:53:35.8 1:43:19.8	7:14/K 1:53:35.8 3:36:55.7	7:06/K 7:14/K

17	513	Chicks with Cool Kicks Kelly Toews Carmen Koop	F F	T1 T2	15 17	3:37:09.7 2:00:23.4 1:36:46.2	7:14/K 2:00:23.4 3:37:09.7	7:31/K 7:14/K
18	568	The Muffin Tops Nicola Laurillard Kelly Laurillard	F F	T1 T2	32 18	3:39:12.9 2:18:01.0 1:21:11.8	7:18/K 2:18:01.0 3:39:12.9	8:38/K 7:18/K
19	551	son of a bitch! Sondra Gorchynski Carly Esau	F F	T1 T2	17 19	3:40:18.7 2:00:49.0 1:39:29.7	7:21/K 2:00:49.0 3:40:18.7	7:33/K 7:21/K
20	548	Shay-Zee Shayla Dool Isabel Taylor	F F	T1 T2	19 20	3:40:20.3 2:00:52.7 1:39:27.5	7:21/K 2:00:52.7 3:40:20.3	7:33/K 7:21/K
21	524	Hangry Children Danika Dool Anya Flueckiger	F F	T1 T2	18 21	3:40:23.9 2:00:51.9 1:39:32.0	7:21/K 2:00:51.9 3:40:23.9	7:33/K 7:21/K
22	504	Attention Sneakers Patti Leboe Brenna Kalmar	F F	T1 T2	31 22	3:42:21.9 2:15:55.6 1:26:26.2	7:25/K 2:15:55.6 3:42:21.9	8:30/K 7:25/K
23	516	Dooligers Kimberlei Dool Stefanie Flueckiger	F F	T1 T2	20 23	3:42:29.1 2:00:52.8 1:41:36.2	7:25/K 2:00:52.8 3:42:29.1	7:33/K 7:25/K
24	571	Thing 1 & Thing 2 Cherie Heaps Kim Cox	F F	T1 T2	22 24	3:43:13.4 2:04:32.0 1:38:41.4	7:26/K 2:04:32.0 3:43:13.4	7:47/K 7:26/K
25	574	Trail Blazers Karen Bentley Nicky Quinn	F F	T1 T2	27 25	3:44:20.6 2:11:19.0 1:33:01.6	7:29/K 2:11:19.0 3:44:20.6	8:12/K 7:29/K
26	560	Team Physiostation Patty Jadis Kim Lawlor	F F	T1 T2	28 26	3:46:52.3 2:11:21.6 1:35:30.6	7:34/K 2:11:21.6 3:46:52.3	8:13/K 7:34/K
27	581	Your Pace or Mine Jody Sperling Donna Sperling	F F	T1 T2	16 27	3:48:51.2 2:00:26.3 1:48:24.9	7:38/K 2:00:26.3 3:48:51.2	7:32/K 7:38/K
28	528	Jade Joggers Krystal Martens Karla Tunnicliffe	F F	T1 T2	30 28	3:53:02.4 2:14:53.1 1:38:09.3	7:46/K 2:14:53.1 3:53:02.4	8:26/K 7:46/K
29	533	Mean Mommas Get'r Done Tatsinda Field Ashley Foster	F F	T1 T2	34 29	3:55:28.0 2:22:35.1 1:32:52.9	7:51/K 2:22:35.1 3:55:28.0	8:55/K 7:51/K
30	555	Sue and Sharon Sue Flom Sharon Jones	F F	T1 T2	26 30	3:55:29.3 2:08:17.3 1:47:12.0	7:51/K 2:08:17.3 3:55:29.3	8:01/K 7:51/K

31	578	Wonder Women					3:57:16.6	7:55/K	
		Jeanie Calver	F	T1	24		2:08:13.2	2:08:13.2	8:01/K
		Amy Herfst	F	T2	31		1:49:03.3	3:57:16.6	7:55/K
32	573	Tortoise and the Hare					3:57:32.5	7:55/K	
		Carmen Langbroek	F	T1	25		2:08:13.6	2:08:13.6	8:01/K
		Aretha Westenenk	F	T2	32		1:49:18.8	3:57:32.5	7:55/K
33	552	Sotet Sisters					4:10:50.4	8:22/K	
		Jennifer Stanley	F	T1	33		2:19:00.1	2:19:00.1	8:41/K
		Jackeline Smit	F	T2	33		1:51:50.3	4:10:50.4	8:22/K
34	543	Racing Momma's					4:12:17.2	8:25/K	
		Lindsey Jensen	F	T1	36		2:29:22.4	2:29:22.4	9:20/K
		Cher Rampton	F	T2	34		1:42:54.8	4:12:17.2	8:25/K
35	512	Chicks That Kick					4:18:47.9	8:38/K	
		Michelle Mceachern	F	T1	37		2:33:17.8	2:33:17.8	9:35/K
		Tara Anglehart	F	T2	35		1:45:30.0	4:18:47.9	8:38/K
36	527	In it for the downhill					4:22:01.8	8:44/K	
		Samantha Larson	F	T1	38		2:38:43.3	2:38:43.3	9:55/K
		Marie Larson	F	T2	36		1:43:18.4	4:22:01.8	8:44/K
37	580	YAK-NAT					4:38:18.6	9:17/K	
		Lenora Yakemchuk	F	T1	35		2:23:55.0	2:23:55.0	9:00/K
		Natalie Breg	F	T2	37		2:14:23.6	4:38:18.6	9:17/K

30k Relay Male

Place	Team No	Team/Participant Name	Gender	Event	Rank	Time	Total Time	Pace
1	584	Plus or Minus 50				2:30:54.3	5:02/K	
		Paul Graham	M	T1	1	1:19:41.5	1:19:41.5	4:59/K
		Scott Markey	M	T2	1	1:11:12.8	2:30:54.3	5:02/K
2	564	The Fern Gliders				2:40:54.2	5:22/K	
		Alexander Smith	M	T1	3	1:30:33.6	1:30:33.6	5:40/K
		Colin Braun	M	T2	2	1:10:20.6	2:40:54.2	5:22/K
3	501	Acker				2:45:32.8	5:31/K	
		Jeremy Acker	M	T1	2	1:28:31.0	1:28:31.0	5:32/K
		Chris Acker	M	T2	3	1:17:01.7	2:45:32.8	5:31/K
4	540	Old Skinny Fat Guys				2:51:16.0	5:43/K	
		Steve Higginbottom	M	T1	4	1:35:40.1	1:35:40.1	5:59/K
		Ken Klassen	M	T2	4	1:15:35.8	2:51:16.0	5:43/K
5	502	Angry Beavers				2:53:24.4	5:47/K	
		Cam Mcquarrie	M	T1	5	1:38:48.0	1:38:48.0	6:11/K
		Paul Weirich	M	T2	5	1:14:36.3	2:53:24.4	5:47/K
6	544	Ravioli and a Nap!				3:03:27.4	6:07/K	
		Garrett Walter	M	T1	7	1:40:47.0	1:40:47.0	6:18/K
		Chase Walter	M	T2	6	1:22:40.3	3:03:27.4	6:07/K
7	572	Those Guys				3:07:13.3	6:14/K	

		Dylan Laviolette	M	T1	8	1:43:01.7	1:43:01.7	6:26/K
		Lucas Laviolette	M	T2	7	1:24:11.5	3:07:13.3	6:14/K
8	523	Hab Nots				3:11:19.1	6:23/K	
		TAYLOR GEMMEL	M	T1	6	1:39:41.7	1:39:41.7	6:14/K
		Wyatt Tunncliffe	M	T2	8	1:31:37.4	3:11:19.1	6:23/K
9	519	Garrison Running Co#2				4:08:10.9	8:16/K	
		Peter Vink	M	T1	11	2:11:02.4	2:11:02.4	8:11/K
		Aaron Boyes	M	T2	9	1:57:08.5	4:08:10.9	8:16/K
10	521	Ginger Beef				4:38:28.4	9:17/K	
		Bruce Tetrault	M	T1	10	2:09:31.8	2:09:31.8	8:06/K
		Ian Deichen	M	T2	10	2:28:56.6	4:38:28.4	9:17/K