

Around The Lake Give'r Take 30

Age Group Results

October 15, 2016

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



30k

Female 20 to 29

| Place | Overall* Plc | Name | T1 Rnk | T1 Time | T1 Pace | T2 Rnk | T2 Time | T2 Pace | Total Time |
|-------|--------------|-------------------|--------|-----------|---------|--------|-----------|---------|------------|
| 1 | 9 | Michelle Hatt | 1 | 1:48:28.6 | 6:47 | 1 | 1:32:36.8 | 6:42 | 3:21:05.4 |
| 2 | 11 | Jenna Cochrane | 2 | 1:48:43.0 | 6:48 | 2 | 1:35:44.5 | 6:49 | 3:24:27.5 |
| 3 | 18 | Kaylee Eheler | 3 | 1:58:13.1 | 7:23 | 3 | 1:35:53.6 | 7:08 | 3:34:06.7 |
| 4 | 29 | Ally Kuehn | 5 | 2:08:12.6 | 8:01 | 4 | 1:56:13.8 | 8:09 | 4:04:26.4 |
| 5 | 30 | Aimee Wiebe | 4 | 2:04:58.7 | 7:49 | 5 | 2:01:28.6 | 8:13 | 4:06:27.3 |
| 6 | 47 | Katie Vallis | 6 | 2:21:29.5 | 8:51 | 6 | 2:09:21.2 | 9:02 | 4:30:50.7 |
| 7 | 57 | Andrea Mccrea | 8 | 2:37:35.6 | 9:51 | 7 | 2:25:27.9 | 10:06 | 5:03:03.6 |
| 8 | 59 | Christina Francke | 7 | 2:30:59.1 | 9:26 | 8 | 2:39:22.8 | 10:21 | 5:10:21.9 |

Female 30 to 39

| Place | Overall* Plc | Name | T1 Rnk | T1 Time | T1 Pace | T2 Rnk | T2 Time | T2 Pace | Total Time |
|-------|--------------|-------------------|--------|-----------|---------|--------|------------|---------|------------|
| 1 | 1 | Lora Bartel | 1 | 1:32:26.9 | 5:47 | 1 | 1:13:18.7 | 5:32 | 2:45:45.7 |
| 2 | 2 | Rachel Kiers | 2 | 1:44:33.8 | 6:32 | 2 | 1:25:34.3 | 6:20 | 3:10:08.1 |
| 3 | 3 | Valerie Holbech | 3 | 1:44:43.8 | 6:33 | 3 | 1:30:08.7 | 6:30 | 3:14:52.5 |
| 4 | 6 | Michelle Gemmel | 4 | 1:45:07.5 | 6:34 | 4 | 1:35:02.4 | 6:40 | 3:20:10.0 |
| 5 | 8 | Anne Neitzke | 5 | 1:45:07.9 | 6:34 | 5 | 1:35:06.9 | 6:40 | 3:20:14.8 |
| 6 | 10 | Kerri Swartz | 12 | 2:03:39.0 | 7:44 | 6 | 1:18:35.3 | 6:44 | 3:22:14.3 |
| 7 | 12 | Ellen Dyck | 7 | 1:50:11.5 | 6:53 | 7 | 1:35:01.4 | 6:50 | 3:25:13.0 |
| 8 | 14 | Nathalie Keiski | 6 | 1:49:09.0 | 6:49 | 8 | 1:37:11.7 | 6:53 | 3:26:20.8 |
| 9 | 17 | Jackie Perrey | | | | 9 | 3:30:04.5 | 7:00 | 3:30:04.5 |
| 10 | 19 | Pamela Mcclements | 9 | 1:58:34.3 | 7:25 | 10 | 1:43:17.3 | 7:24 | 3:41:51.7 |
| 11 | 21 | Liana Laviolette | 10 | 2:03:23.3 | 7:43 | 11 | 1:40:20.6 | 7:27 | 3:43:43.9 |
| 12 | 22 | Marissa Jean | 11 | 2:03:30.3 | 7:43 | 12 | 1:40:52.8 | 7:29 | 3:44:23.2 |
| 13 | 23 | Megan Elias | 8 | 1:58:16.3 | 7:24 | 13 | 1:47:39.5 | 7:32 | 3:45:55.8 |
| 14 | 25 | Carli Ricka | 14 | 2:06:46.7 | 7:55 | 14 | 1:49:35.8 | 7:53 | 3:56:22.5 |
| 15 | 26 | Mallisa Niezen | 13 | 2:05:44.1 | 7:52 | 15 | 1:53:20.5 | 7:58 | 3:59:04.7 |
| 16 | 28 | Avril Alfred | 15 | 2:10:03.0 | 8:08 | 16 | 1:53:45.0 | 8:08 | 4:03:48.0 |
| 17 | 35 | Shannon Ellemo | 17 | 2:15:10.9 | 8:27 | 17 | 1:57:35.1 | 8:26 | 4:12:46.1 |
| 18 | 36 | Daniela Van Oort | 18 | 2:15:14.8 | 8:27 | 18 | 1:57:32.5 | 8:26 | 4:12:47.3 |
| 19 | 40 | Melissa Nelson | 19 | 2:19:37.2 | 8:44 | 19 | 1:56:11.8 | 8:32 | 4:15:49.0 |
| 20 | 42 | Melissa Dietz | 16 | 2:12:37.1 | 8:17 | 20 | 2:05:50.8 | 8:37 | 4:18:28.0 |
| 21 | 44 | Kristy Krulitski | 21 | 2:19:39.1 | 8:44 | 21 | 2:06:14.2 | 8:52 | 4:25:53.4 |
| 22 | 45 | Courtney Leiren | 20 | 2:19:39.0 | 8:44 | 22 | 2:06:14.5 | 8:52 | 4:25:53.5 |
| 23 | 52 | Shannon Fiddler | 22 | 2:24:36.7 | 9:02 | 23 | 2:27:51.9 | 9:45 | 4:52:28.6 |
| 24 | 55 | Torry Yarych | 23 | 2:25:17.9 | 9:05 | 24 | 2:29:19.5 | 9:49 | 4:54:37.5 |
| 25 | 58 | Michelle Savich | 24 | 2:27:47.5 | 9:14 | 25 | 2:35:16.2 | 10:06 | 5:03:03.7 |
| 26 | 60 | KARINE LASZLO | 26 | 2:41:05.2 | 10:04 | 26 | 2:33:34.9 | 10:29 | 5:14:40.2 |
| 27 | 61 | Michelle Harper | 25 | 2:37:36.1 | 9:51 | 27 | 47:52:23.9 | **: | 50:30:00.0 |

Female 40 to 49

| Place | Overall* Plc | Name | T1 Rnk | T1 Time | T1 Pace | T2 Rnk | T2 Time | T2 Pace | Total Time |
|-------|--------------|-----------------|--------|-----------|---------|--------|-----------|---------|------------|
| 1 | 4 | Sheila Klassen | 1 | 1:46:47.6 | 6:40 | 1 | 1:31:15.6 | 6:36 | 3:18:03.3 |
| 2 | 15 | Kelsy Trigg | 2 | 1:51:18.4 | 6:57 | 2 | 1:35:56.5 | 6:54 | 3:27:14.9 |
| 3 | 16 | Melodie Yong | 3 | 1:54:52.1 | 7:11 | 3 | 1:34:29.7 | 6:59 | 3:29:21.8 |
| 4 | 24 | Kim Langford | 4 | 2:00:05.1 | 7:30 | 4 | 1:54:48.2 | 7:50 | 3:54:53.3 |
| 5 | 27 | Valerie Conroy | 6 | 2:08:15.2 | 8:01 | 5 | 1:55:32.6 | 8:08 | 4:03:47.9 |
| 6 | 31 | Rachel Campbell | 5 | 2:04:59.0 | 7:49 | 6 | 2:01:28.4 | 8:13 | 4:06:27.4 |
| 7 | 34 | Candace Larson | 7 | 2:12:45.9 | 8:18 | 7 | 1:58:53.3 | 8:23 | 4:11:39.2 |
| 8 | 37 | Brandee Schutz | 9 | 2:16:21.6 | 8:31 | 8 | 1:56:54.9 | 8:27 | 4:13:16.5 |
| 9 | 41 | Caresse Selk | 10 | 2:19:46.4 | 8:44 | 9 | 1:56:03.3 | 8:32 | 4:15:49.7 |
| 10 | 43 | Shannon Kessler | 11 | 2:22:39.2 | 8:55 | 10 | 1:57:53.6 | 8:41 | 4:20:32.8 |

| | | | | | | | | | |
|----|----|-------------------|----|-----------|------|----|-----------|------|-----------|
| 11 | 46 | Laurie Carstensen | 14 | 2:25:51.5 | 9:07 | 11 | 2:00:59.4 | 8:54 | 4:26:51.0 |
| 12 | 49 | Fawn Marchuk | 8 | 2:16:09.8 | 8:31 | 12 | 2:27:45.9 | 9:28 | 4:43:55.7 |
| 13 | 50 | Wanda Cole | 12 | 2:22:56.4 | 8:56 | 13 | 2:21:19.7 | 9:29 | 4:44:16.2 |
| 14 | 53 | Christine Kirk | 17 | 2:31:47.5 | 9:29 | 14 | 2:21:10.0 | 9:46 | 4:52:57.6 |
| 15 | 54 | Danette Haar | 13 | 2:25:15.5 | 9:05 | 15 | 2:29:21.7 | 9:49 | 4:54:37.2 |
| 16 | 56 | Stephanie Healy | 16 | 2:29:05.3 | 9:19 | 16 | 2:29:50.2 | 9:58 | 4:58:55.6 |

Female 50 to 59

| Place | Overall* Plc | Name | T1 Rnk | T1 Time | T1 Pace | T2 Rnk | T2 Time | T2 Pace | Total Time |
|-------|--------------|-------------------|--------|-----------|---------|--------|-----------|---------|------------|
| 1 | 5 | Lana Bloom | 2 | 1:50:14.3 | 6:53 | 1 | 1:28:02.5 | 6:37 | 3:18:16.8 |
| 2 | 7 | Donna Gorchynski | 1 | 1:49:14.6 | 6:50 | 2 | 1:30:56.3 | 6:40 | 3:20:11.0 |
| 3 | 20 | Denise Craig | 3 | 2:01:13.7 | 7:35 | 3 | 1:41:50.4 | 7:26 | 3:43:04.1 |
| 4 | 32 | Rosanne Mackenzie | 4 | 2:09:32.4 | 8:06 | 4 | 1:57:40.9 | 8:14 | 4:07:13.3 |
| 5 | 33 | Sara G Dixon | 5 | 2:10:03.0 | 8:08 | 5 | 2:00:14.5 | 8:21 | 4:10:17.5 |
| 6 | 38 | Terri Martens | 7 | 2:15:07.3 | 8:27 | 6 | 1:58:37.4 | 8:27 | 4:13:44.7 |
| 7 | 39 | Sharon David | 6 | 2:13:55.0 | 8:22 | 7 | 2:00:42.5 | 8:29 | 4:14:37.5 |
| 8 | 48 | Caron Telkamp | 8 | 2:19:48.9 | 8:44 | 8 | 2:15:15.8 | 9:10 | 4:35:04.8 |
| 9 | 51 | Twila Chick | 9 | 2:23:45.6 | 8:59 | 9 | 2:22:33.2 | 9:33 | 4:46:18.8 |

Female 60 to 69

| Place | Overall* Plc | Name | T1 Rnk | T1 Time | T1 Pace | T2 Rnk | T2 Time | T2 Pace | Total Time |
|-------|--------------|-------------|--------|-----------|---------|--------|-----------|---------|------------|
| 1 | 13 | Val Cottier | 1 | 1:51:04.8 | 6:57 | 1 | 1:35:04.6 | 6:52 | 3:26:09.4 |

Male 14 to 19

| Place | Overall* Plc | Name | T1 Rnk | T1 Time | T1 Pace | T2 Rnk | T2 Time | T2 Pace | Total Time |
|-------|--------------|---------------|--------|-----------|---------|--------|-----------|---------|------------|
| 1 | 35 | Dylan Marchuk | 1 | 1:48:28.8 | 6:47 | 1 | 1:53:55.8 | 7:25 | 3:42:24.6 |

Male 20 to 29

| Place | Overall* Plc | Name | T1 Rnk | T1 Time | T1 Pace | T2 Rnk | T2 Time | T2 Pace | Total Time |
|-------|--------------|-----------------|--------|-----------|---------|--------|-----------|---------|------------|
| 1 | 5 | Chris Chocrane | 1 | 1:30:52.0 | 5:41 | 1 | 1:14:15.9 | 5:30 | 2:45:08.0 |
| 2 | 24 | Graham Mcdonald | 3 | 1:53:37.7 | 7:06 | 2 | 1:33:45.5 | 6:55 | 3:27:23.3 |
| 3 | 31 | Riley Krenz | 5 | 1:57:55.6 | 7:22 | 3 | 1:37:45.3 | 7:11 | 3:35:41.0 |
| 4 | 38 | Steve Bowling | 4 | 1:54:15.4 | 7:08 | 4 | 1:53:54.1 | 7:36 | 3:48:09.5 |
| 5 | 39 | Derek Niezen | 2 | 1:38:07.6 | 6:08 | 5 | 2:10:43.1 | 7:38 | 3:48:50.8 |

Male 30 to 39

| Place | Overall* Plc | Name | T1 Rnk | T1 Time | T1 Pace | T2 Rnk | T2 Time | T2 Pace | Total Time |
|-------|--------------|----------------------|--------|-----------|---------|--------|-----------|---------|------------|
| 1 | 1 | Benjamin Schmidt | 1 | 1:15:57.6 | 4:45 | 1 | 1:06:23.3 | 4:45 | 2:22:21.0 |
| 2 | 2 | Ricky Federau | 2 | 1:15:58.2 | 4:45 | 2 | 1:07:54.4 | 4:48 | 2:23:52.7 |
| 3 | 4 | Doug Giles | 3 | 1:28:11.7 | 5:31 | 3 | 1:14:44.4 | 5:26 | 2:42:56.1 |
| 4 | 9 | Amine Testouri | 4 | 1:35:01.8 | 5:56 | 4 | 1:19:02.8 | 5:48 | 2:54:04.7 |
| 5 | 13 | Rhys Walter | 5 | 1:35:41.4 | 5:59 | 5 | 1:22:52.2 | 5:57 | 2:58:33.6 |
| 6 | 15 | Jeremy Papp | 7 | 1:40:08.0 | 6:16 | 6 | 1:24:15.6 | 6:09 | 3:04:23.6 |
| 7 | 17 | Curtis Tebrinke | 9 | 1:44:31.1 | 6:32 | 7 | 1:27:53.7 | 6:25 | 3:12:24.8 |
| 8 | 20 | Dave Schierling | 10 | 1:44:32.2 | 6:32 | 8 | 1:30:42.7 | 6:30 | 3:15:14.9 |
| 9 | 23 | Jeff Berger | 11 | 1:45:12.0 | 6:35 | 9 | 1:40:38.7 | 6:52 | 3:25:50.8 |
| 10 | 28 | Adam Rootham | 12 | 1:47:20.8 | 6:43 | 10 | 1:44:48.6 | 7:04 | 3:32:09.4 |
| 11 | 29 | Rodney Siudut | 6 | 1:36:45.2 | 6:03 | 11 | 1:58:13.0 | 7:10 | 3:34:58.3 |
| 12 | 32 | Devon Krahn | 8 | 1:42:27.8 | 6:24 | 12 | 1:53:31.2 | 7:12 | 3:35:59.1 |
| 13 | 44 | Rick David | 13 | 2:08:21.9 | 8:01 | 13 | 1:55:23.1 | 8:08 | 4:03:45.1 |
| 14 | 48 | Marc-Andre Choquette | 14 | 2:13:55.7 | 8:22 | 14 | 2:00:42.1 | 8:29 | 4:14:37.9 |
| 15 | 49 | Michael Brown | 15 | 2:25:53.0 | 9:07 | 15 | 2:00:59.9 | 8:54 | 4:26:52.9 |

Male 40 to 49

| Place | Overall* Plc | Name | T1 Rnk | T1 Time | T1 Pace | T2 Rnk | T2 Time | T2 Pace | Total Time |
|-------|--------------|---------------|--------|-----------|---------|--------|-----------|---------|------------|
| 1 | 6 | Brian Bell | 5 | 1:34:51.9 | 5:56 | 1 | 1:15:57.9 | 5:42 | 2:50:49.8 |
| 2 | 7 | Jason Shea | 1 | 1:30:47.4 | 5:40 | 2 | 1:22:11.4 | 5:46 | 2:52:58.8 |
| 3 | 8 | Carlos Zamora | 3 | 1:34:01.4 | 5:53 | 3 | 1:19:32.4 | 5:47 | 2:53:33.8 |
| 4 | 11 | Jeff Trigg | 4 | 1:34:01.6 | 5:53 | 4 | 1:21:49.3 | 5:52 | 2:55:50.9 |

| | | | | | | | | | |
|----|----|-----------------|----|-----------|------|----|-----------|------|-----------|
| 5 | 12 | John De Martin | 2 | 1:31:51.0 | 5:44 | 5 | 1:24:04.4 | 5:52 | 2:55:55.5 |
| 6 | 16 | Jay Porter | 7 | 1:37:43.6 | 6:06 | 6 | 1:28:20.9 | 6:12 | 3:06:04.5 |
| 7 | 18 | Grant Davies | 6 | 1:36:26.6 | 6:02 | 7 | 1:36:17.1 | 6:25 | 3:12:43.8 |
| 8 | 21 | Darren Koop | 8 | 1:40:25.7 | 6:17 | 8 | 1:37:11.8 | 6:35 | 3:17:37.6 |
| 9 | 25 | Robert Keiski | 9 | 1:49:08.7 | 6:49 | 9 | 1:38:45.1 | 6:56 | 3:27:53.9 |
| 10 | 27 | Myron Penner | 13 | 1:58:43.8 | 7:25 | 10 | 1:33:08.4 | 7:04 | 3:31:52.3 |
| 11 | 33 | Bryce Holbech | 10 | 1:49:29.1 | 6:51 | 11 | 1:50:26.8 | 7:20 | 3:39:55.9 |
| 12 | 37 | Bryan Wilkinson | 12 | 1:55:37.2 | 7:14 | 12 | 1:50:47.2 | 7:33 | 3:46:24.5 |
| 13 | 40 | Mark Reimer | 14 | 1:59:14.8 | 7:27 | 13 | 1:52:50.3 | 7:44 | 3:52:05.2 |
| 14 | 41 | Ron Richardson | 11 | 1:53:17.7 | 7:05 | 14 | 2:00:02.4 | 7:47 | 3:53:20.2 |
| 15 | 45 | Brad Trigg | 17 | 2:18:08.1 | 8:38 | 15 | 1:46:42.0 | 8:10 | 4:04:50.2 |
| 16 | 50 | Adam Balfour | 16 | 2:15:24.0 | 8:28 | 16 | 2:11:58.5 | 8:55 | 4:27:22.5 |
| 17 | 51 | Jeremy Loewen | 15 | 2:07:08.8 | 7:57 | 17 | 2:27:39.3 | 9:10 | 4:34:48.2 |

Male 50 to 59

| Place | Overall* Plc | Name | T1 Rnk | T1 Time | T1 Pace | T2 Rnk | T2 Time | T2 Pace | Total Time |
|-------|--------------|-----------------------|--------|-----------|---------|--------|-----------|---------|------------|
| 1 | 3 | Michel Richard | 1 | 1:28:23.2 | 5:31 | 1 | 1:12:05.0 | 5:21 | 2:40:28.2 |
| 2 | 14 | Michael Mcgee | 2 | 1:34:47.2 | 5:55 | 2 | 1:26:26.8 | 6:02 | 3:01:14.0 |
| 3 | 22 | Geoff Hughes-Games | 3 | 1:40:18.2 | 6:16 | 3 | 1:39:29.6 | 6:40 | 3:19:47.9 |
| 4 | 30 | Jon Heron | 4 | 1:53:22.2 | 7:05 | 4 | 1:42:18.7 | 7:11 | 3:35:41.0 |
| 5 | 36 | Gerry Slykhuis | 7 | 2:06:31.6 | 7:54 | 5 | 1:37:06.8 | 7:27 | 3:43:38.5 |
| 6 | 42 | Peter Chick | 6 | 2:03:46.3 | 7:44 | 6 | 1:51:43.0 | 7:51 | 3:55:29.3 |
| 7 | 46 | Reg Hornsby | 5 | 2:00:04.5 | 7:30 | 7 | 2:08:06.6 | 8:16 | 4:08:11.1 |
| 8 | 47 | Michael David | 8 | 2:13:56.2 | 8:22 | 8 | 2:00:41.4 | 8:29 | 4:14:37.6 |
| 9 | 52 | Detmar Schwichtenberg | 10 | 2:19:05.3 | 8:42 | 9 | 2:38:55.7 | 9:56 | 4:58:01.1 |
| 10 | 53 | Francois Fortin | 9 | 2:14:29.2 | 8:24 | 10 | 2:49:53.0 | 10:09 | 5:04:22.3 |

Male 60 to 69

| Place | Overall* Plc | Name | T1 Rnk | T1 Time | T1 Pace | T2 Rnk | T2 Time | T2 Pace | Total Time |
|-------|--------------|---------------|--------|-----------|---------|--------|-----------|---------|------------|
| 1 | 10 | Mikey Ross | 1 | 1:36:40.6 | 6:03 | 1 | 1:18:36.9 | 5:51 | 2:55:17.5 |
| 2 | 19 | John Coles | 2 | 1:41:42.8 | 6:21 | 2 | 1:32:52.8 | 6:29 | 3:14:35.6 |
| 3 | 26 | George Grober | 3 | 1:49:27.7 | 6:50 | 3 | 1:41:39.4 | 7:02 | 3:31:07.2 |
| 4 | 43 | Gary McGregor | 4 | 2:03:36.4 | 7:44 | 4 | 1:53:46.7 | 7:55 | 3:57:23.2 |

Male 70 and Over

| Place | Overall* Plc | Name | T1 Rnk | T1 Time | T1 Pace | T2 Rnk | T2 Time | T2 Pace | Total Time |
|-------|--------------|------------|--------|-----------|---------|--------|-----------|---------|------------|
| 1 | 34 | Alex Marks | 1 | 1:59:28.9 | 7:28 | 1 | 1:42:30.7 | 7:24 | 3:41:59.6 |