

Around The Lake Give'r Take 30

October 13, 2018

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



30k Run

Female Finishers

Place	Name	Bib	AG Pos	Age Group	T1 Time	T2 Time	Total Time
1	Karen Thibodeau	124	1	F:30-39	1:31:57.3	1:06:01.8	2:37:59.1
2	Lora Bartel	8	1	F:40-49	1:45:24.8	1:14:20.0	2:59:44.9
3	Angela Froese	45	2	F:40-49	1:46:37.8	1:19:33.3	3:06:11.2
4	Tara Paterson	97	3	F:40-49	1:46:22.0	1:21:10.6	3:07:32.7
5	Sara Elias	38	4	F:40-49	1:51:17.2	1:19:40.0	3:10:57.2
6	Jenna Cochrane	21	1	F:20-29	1:53:45.5	1:25:29.9	3:19:15.4
7	Jennifer Hockney	57	2	F:30-39	1:56:36.1	1:28:31.6	3:25:07.7
8	Marina Striker	121	5	F:40-49	2:07:38.2	1:21:07.5	3:28:45.7
9	Diella Siemens	116	6	F:40-49	2:04:45.2	1:37:02.6	3:41:47.8
10	Vernette Bot	12	7	F:40-49	2:11:11.1	1:32:28.7	3:43:39.8
11	Ileana Graham	51	8	F:40-49	2:03:41.8	1:40:20.6	3:44:02.4
12	Cyntha Mchale	89	3	F:30-39	2:10:42.4	1:33:42.1	3:44:24.6
13	Christine Limpricht	79	4	F:30-39	2:10:43.7	1:36:42.1	3:47:25.8
14	Anne Neitzke	94	5	F:30-39	2:06:52.8	1:40:59.4	3:47:52.2
15	Megan Mcastocker	85	9	F:40-49	2:05:46.9	1:45:43.4	3:51:30.4
16	Rachel Kiers	70	6	F:30-39	2:14:44.6	1:39:19.7	3:54:04.3
17	Deanna Hannley	53	10	F:40-49	2:14:48.9	1:39:40.5	3:54:29.4
18	Nicole Driscoll	31	11	F:40-49	2:17:20.1	1:38:13.0	3:55:33.2
19	Melodie Yong	140	12	F:40-49	2:15:13.6	1:40:48.1	3:56:01.7
20	Julia Dennis	26	13	F:40-49	2:17:42.8	1:40:50.2	3:58:33.1
21	Linda Wiebe	136	1	F:50-59	2:11:11.5	1:49:12.1	4:00:23.7
22	Fiona Kean	67	7	F:30-39	2:16:31.3	1:47:25.3	4:03:56.6
23	Mary Anne McLennan	90	14	F:40-49	2:16:31.2	1:47:25.4	4:03:56.7
24	Cathy Terepocki	123	15	F:40-49	2:13:41.9	1:51:16.9	4:04:58.9
25	Candace Larson	76	16	F:40-49	2:21:23.0	1:47:06.9	4:08:30.0
26	Jessica Williams	139	8	F:30-39	2:11:00.9	1:59:21.1	4:10:22.0
27	Ellen Dyck	34	9	F:30-39	2:21:41.1	1:48:42.0	4:10:23.2
28	Natalie Barratt	7	10	F:30-39	2:07:50.6	2:03:27.5	4:11:18.1
29	Shannon Ellemo	39	11	F:30-39	2:29:19.0	1:42:14.6	4:11:33.6
30	Katie Dick	28	2	F:20-29	2:17:48.3	1:53:48.4	4:11:36.7
31	Colleen Burrows	17	17	F:40-49	2:16:51.5	1:55:19.2	4:12:10.8
32	Adelle Schwab	112	12	F:30-39	2:26:47.8	1:47:34.8	4:14:22.6
33	Nell Schouten	110	1	F:60-69	2:27:50.5	1:47:24.4	4:15:14.9
34	Kristine Roney	106	2	F:50-59	2:22:14.0	1:53:03.5	4:15:17.6
35	Alison See	113	3	F:50-59	2:29:43.5	1:47:27.0	4:17:10.5
36	Michelle Smith	117	13	F:30-39	2:21:30.5	1:56:21.1	4:17:51.6
37	Kadi-Lea Lamothe	74	14	F:30-39	2:18:32.8	1:59:59.4	4:18:32.2
38	Terri Gillis	50	4	F:50-59	2:28:31.6	1:50:15.6	4:18:47.3
39	Ashleigh Chapman	20	15	F:30-39	2:29:46.7	1:51:17.1	4:21:03.9
40	Kelly Jones	65	16	F:30-39	2:29:47.3	1:51:16.9	4:21:04.2
41	Sharon Jones	64	2	F:60-69	2:30:47.6	1:57:48.5	4:28:36.1
42	Sarah Dixon	30	5	F:50-59	2:35:23.8	1:56:09.8	4:31:33.6
43	Aretha Westenenk	135	18	F:40-49	2:33:10.7	2:01:16.9	4:34:27.7
44	Donna Heine	55	6	F:50-59	2:30:18.0	2:04:41.6	4:34:59.6
45	Jennifer Berg	9	17	F:30-39	2:37:52.5	2:01:43.8	4:39:36.4
46	Janice Kennedy	69	3	F:60-69			4:41:55.5
47	Lesley Thornton	128	18	F:30-39	2:36:25.8	2:07:40.6	4:44:06.5
48	Leah Efford	36	19	F:40-49	2:38:02.1	2:07:37.3	4:45:39.5
49	Rachel Campbell	19	20	F:40-49	2:36:09.3	2:14:30.2	4:50:39.6
50	Elizabeth Harris	54	21	F:40-49	2:39:07.6	2:12:49.4	4:51:57.1
51	Kristy Krulitski	72	19	F:30-39			4:54:36.2

52	Courtney Leiren	78	20	F:30-39			4:54:36.5
53	Sue Flom	42	7	F:50-59	2:39:27.6	2:33:52.0	5:13:19.6
54	Kara Biersteker	10	22	F:40-49			5:26:56.2

Male Finishers

Place	Name	Bib	AG Pos	Age Group	T1 Time	T2 Time	Total Time
1	Mike Hanninen	52	1	M:30-39	1:37:32.9	1:13:24.3	2:50:57.2
2	Duane Foley	43	1	M:40-49	1:38:30.7	1:18:29.6	2:57:00.3
3	Chris Hum	61	2	M:30-39	1:39:01.0	1:18:48.3	2:57:49.3
4	Jeremy Acker	1	3	M:30-39	1:40:50.0	1:19:22.0	3:00:12.1
5	Jordan Rempel	105	4	M:30-39	1:42:44.2	1:20:16.9	3:03:01.2
6	Mikey Ross	107	1	M:60-69	1:46:38.1	1:17:29.1	3:04:07.2
7	Scott Curry	24	2	M:40-49	1:43:57.4	1:21:15.5	3:05:13.0
8	Derek Niezen	96	1	M:20-29	1:42:51.1	1:22:33.7	3:05:24.8
9	Brad Driscoll	32	3	M:40-49	1:46:39.1	1:24:04.4	3:10:43.6
10	Mark Alexander	3	4	M:40-49	1:54:11.3	1:22:17.6	3:16:28.9
11	Chris Cochrane	22	2	M:20-29	1:53:43.7	1:25:31.7	3:19:15.4
12	Doug Giles	49	5	M:30-39	1:50:10.2	1:29:26.8	3:19:37.1
13	Ryan Bos	11	5	M:40-49	1:49:06.9	1:31:04.1	3:20:11.1
14	Kevin Zilcosky	141	6	M:30-39	1:56:00.6	1:33:01.2	3:29:01.8
15	Colin Braun	15	7	M:30-39	1:52:25.1	1:37:14.6	3:29:39.7
16	Mike Nicholson	95	8	M:30-39	1:52:35.6	1:37:42.9	3:30:18.5
17	Darren Koop	71	6	M:40-49	2:01:03.4	1:33:13.5	3:34:16.9
18	Rob Dhanu	27	7	M:40-49	2:10:09.1	1:34:18.5	3:44:27.6
19	Daniel Maiden	82	8	M:40-49	2:08:40.8	1:36:01.4	3:44:42.2
20	Simon Adams	2	9	M:40-49	2:10:08.3	1:36:51.0	3:46:59.4
21	Kevin Narlin	93	1	M:50-59	2:08:19.3	1:39:06.4	3:47:25.7
22	Rylan Laurillard	77	1	M:14-19	1:58:52.5	1:48:39.4	3:47:32.0
23	Jonathan Froese	44	10	M:40-49	2:05:09.0	1:46:59.2	3:52:08.2
24	Clarence Wiens	137	2	M:60-69	2:12:36.5	1:40:19.0	3:52:55.6
25	Steve Bowling	13	9	M:30-39	2:06:58.8	1:45:58.5	3:52:57.4
26	Matt Sessions	114	2	M:50-59	2:09:55.8	1:43:48.6	3:53:44.5
27	Mark Reimer	104	3	M:50-59	2:13:26.2	1:40:58.2	3:54:24.5
28	Rick David	25	10	M:30-39	2:11:06.5	1:46:24.7	3:57:31.3
29	John Stockman	120	11	M:40-49	2:11:36.3	1:46:38.8	3:58:15.1
30	Bradey Strong	122	11	M:30-39	2:09:56.4	1:48:43.5	3:58:40.0
31	Morgan Kearl	68	12	M:40-49			3:58:40.1
32	Kevin Morrow	92	13	M:40-49	2:15:37.2	1:46:52.9	4:02:30.2
33	Mike Potyka	100	14	M:40-49	2:14:23.9	1:53:11.2	4:07:35.2
34	Joe Truesdell	131	15	M:40-49	2:19:09.2	1:52:46.7	4:11:55.9
35	Seth Cairns	18	12	M:30-39	2:14:11.4	1:58:42.3	4:12:53.8
36	Randy Burdett	16	3	M:60-69	2:17:50.3	1:55:13.2	4:13:03.6
37	Justin Ternullo	142	3	M:20-29	2:18:54.8	1:54:15.9	4:13:10.7
38	Alex Marks	83	1	M:70-99	2:24:07.1	1:51:08.2	4:15:15.4
39	Michael Bozic	14	16	M:40-49	2:08:55.4	2:07:15.0	4:16:10.4
40	Duke Lampen	75	4	M:50-59	2:11:27.2	2:05:13.9	4:16:41.2
41	Curtis Mchale	88	13	M:30-39	2:23:20.3	1:57:38.3	4:20:58.7
42	Jon Lambert	73	4	M:60-69	2:21:14.2	2:05:26.3	4:26:40.5
43	Ian Mackenzie	80	5	M:50-59	2:29:01.7	2:07:22.8	4:36:24.6
44	Myron Penner	98	17	M:40-49	2:40:52.5	2:00:46.2	4:41:38.8
45	Bryan Wilkinson	138	18	M:40-49	2:27:05.7	2:18:55.2	4:46:00.9
46	Reg Hornsby	59	6	M:50-59	2:24:17.8	2:23:26.6	4:47:44.5
47	Clinton Marks	84	19	M:40-49			4:51:05.7
48	Mark Mccracken	87	7	M:50-59	2:42:46.1	2:43:22.1	5:26:08.2