

2006 LCC/Flaman 10/4 Road Race

10 Mile Race Results By Category

10Mile 19&Under Female

Category Total: 3

<u>POS</u>	<u>NAME</u>	<u>NUMBER</u>	<u>TIME</u>	<u>AGE</u>	<u>CITY</u>	<u>PACE/Mile</u>
1/3	KOSTIUK, MELISSA	723	01:42:35.08	15	LETH	10:15
2/3	VAN HIERDEN, BRITTANY	779	01:45:02.52	17	FT. MACLEOD	10:30
3/3	FEHR, REBEKAH	685	01:54:18.36	18	LETH	11:25

10Mile 19&Under Male

Category Total: 5

<u>POS</u>	<u>NAME</u>	<u>NUMBER</u>	<u>TIME</u>	<u>AGE</u>	<u>CITY</u>	<u>PACE/Mile</u>
1/5	WILLIAMS, ADAM	786	01:08:46.93	18	MAGRATH	06:52
2/5	VAN GEEST, ALEXANDER	778	01:14:13.92	17	TABER	07:25
3/5	LOCKHART, MORGAN	793	01:18:09.99	15	LETH	07:48
4/5	POYTRESS, JORDAN	753	01:18:12.23	16	FT. MACLEOD	07:49
5/5	MOUNTAIN HORSE, ROSS	795	01:18:28.82	17	CARDSTON	07:50

10Mile 20-29 Female

Category Total: 14

<u>POS</u>	<u>NAME</u>	<u>NUMBER</u>	<u>TIME</u>	<u>AGE</u>	<u>CITY</u>	<u>PACE/Mile</u>
1/14	SKINNER, SHAUNA	763	01:07:48.08	21	CANMORE	06:46
2/14	STRONG, AMIE	772	01:22:54.19	28	LETH	08:17
3/14	SEITZ, DESIRAE	759	01:23:21.52	22	LETH	08:20
4/14	STATHAM, SONYA	769	01:26:35.86		LETH	08:39
5/14	DEWAR, ALANA	676	01:29:27.04	22	LETH	08:56
6/14	LILLEY, ROBYN	730	01:30:21.10	23	LETH	09:02
7/14	PROKOP, MELISSA	755	01:32:47.86	24	LETH	09:16
8/14	MILLS, STEPHANIE	741	01:32:48.25	29	LETH	09:16
9/14	BURENTT, ANN	658	01:37:01.23	22	LETH	09:42
10/14	DEVOS, DANIELLE	675	01:42:52.19	21	LETH	10:17
11/14	GEDDES, JENNIFER	691	01:43:46.13	24	LETH	10:22
12/14	CADIEU, ERIN	662	01:43:55.20	29	LETH	10:23
13/14	TAPP, LESLEY	773	01:48:03.76	27	LETH	10:48
14/14	STASIUK, MANDI	768	01:54:17.45	29	LETH	11:25

10Mile 20-29 Male

Category Total: 11

<u>POS</u>	<u>NAME</u>	<u>NUMBER</u>	<u>TIME</u>	<u>AGE</u>	<u>CITY</u>	<u>PACE/Mile</u>
1/11	JOHNSTON, MATTHEW	721	00:53:41.21	27	SURREY	05:22
2/11	MYERS, KEN	744	00:55:19.78	27	CALGARY	05:31
3/11	SPIGA, PABLO	766	01:07:50.45	29	LETH	06:47
4/11	BEC, CHRISTOPHER	648	01:08:07.27	20	LETH	06:48
5/11	ANDERSON, JAY	640	01:15:51.18	22	LETH	07:35
6/11	CHUBB, KEVIN	667	01:17:33.72	23	LETH	07:45
7/11	BARR, AL	646	01:20:26.48	21	LETH	08:02
8/11	LYNN, PREBEN	731	01:23:27.38	22	LETH	08:20
9/11	MUELLER, RYAN	743	01:30:20.72	24	LETH	09:02
10/11	CLARK, TIM	668	01:37:00.83	20	LETH	09:42
11/11	CRAZYBULL-JR, ADRIAN	672	02:00:20.97	25	CARDSTON	12:02

2006 LCC/Flaman 10/4 Road Race

10 Mile Race Results By Category

10Mile 30-39 Female

Category Total: 16

<u>POS</u>	<u>NAME</u>	<u>NUMBER</u>	<u>TIME</u>	<u>AGE</u>	<u>CITY</u>	<u>PACE/Mile</u>
1/16	LACANILAO, LOUISE	726	01:17:43.07	31	LETH	07:46
2/16	METZLER, CATHERINA	739	01:20:24.73	37	LETH	08:02
3/16	JISKOOT, HESTER	719	01:21:44.54	37	LETH	08:10
4/16	HILL, SHERI	713	01:22:53.71	31	LETH	08:17
5/16	COPELAND, JENNIFER	671	01:28:14.30	32	LETH	08:49
6/16	KUTSCH, JULIE	725	01:31:01.15	31	LETH	09:06
7/16	STEWART, KARRI	771	01:31:08.88	34	LETH	09:06
8/16	MARCOTTE, DENISE	733	01:33:12.82		LETH	09:19
9/16	BLACK, JODIE	650	01:34:34.33	30	LETH	09:27
10/16	ALM, SABINA	639	01:46:24.01	37	LETH	10:38
11/16	BABE, NORMA	643	01:46:45.37	35	LETH	10:40
12/16	GRIER, ANGELA	698	01:50:06.74	30	LETH	11:00
13/16	JESSOME, DEE	718	01:53:46.59	38	MAGRATH	11:22
14/16	WOWCHUK, LISA	791	02:00:41.40	37	LETH	12:04
15/16	SHIMOZAWA, LISA	761	02:00:41.86	36	LETH	12:04
16/16	SHIGEHIRO, MAGGIE	760	02:01:10.73	35	LETH	12:07

10Mile 30-39 Male

Category Total: 19

<u>POS</u>	<u>NAME</u>	<u>NUMBER</u>	<u>TIME</u>	<u>AGE</u>	<u>CITY</u>	<u>PACE/Mile</u>
1/19	DEERE, JEREMY	674	00:51:57.01	30	CALGARY	05:11
2/19	STEWART, DAVID	770	01:09:42.36	36	LETH	06:58
3/19	ANDREWS, SEAN	641	01:10:06.94		LETH	07:00
4/19	VANDEN DOOL, GLENN	780	01:12:04.13	39	LETH	07:12
5/19	EVANSON, JAMES	684	01:13:03.66	37	LETH	07:18
6/19	ARN, ROB	642	01:13:41.31	34	LETH	07:22
7/19	HILL, BRETT	712	01:14:26.01	34	LETH	07:26
8/19	GILL, JOHN	692	01:16:12.83	35	LETH	07:37
9/19	ONUSKO, JIM	748	01:18:37.86	34	AIRDRIE	07:51
10/19	STASIUK, CHRIS	767	01:19:47.69	30	LETH	07:58
11/19	BORKO, TERRY	653	01:24:00.69	34	LETH	08:24
12/19	CARTER, MARTIN	664	01:25:54.61	38	COVENTRY	08:35
13/19	SLOMP, BRIAN	799	01:28:17.81	38	LETH	08:49
14/19	AUJESKY, RICHARD	727	01:30:19.56	32	LETH	09:01
15/19	CHAPMAN, DAN	666	01:32:39.01	32	COALHURST	09:15
16/19	BLACK, JIM	649	01:34:33.96	31	LETH	09:27
17/19	FOURNIER, MARK	690	01:34:51.62	33	LETH	09:29
18/19	GRIER, KEITH	699	01:38:04.88	34	FT. MACLEOD	09:48
19/19	GOOD STRIKER, LEON	696	01:38:52.05		CARDSTON	09:53

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2006 LCC/Flaman 10/4 Road Race

10 Mile Race Results By Category

10Mile 40-49 Female

Category Total: 22

<u>POS</u>	<u>NAME</u>	<u>NUMBER</u>	<u>TIME</u>	<u>AGE</u>	<u>CITY</u>	<u>PACE/Mile</u>
1/22	KOENIG, KAREN	722	01:18:16.69	44	LETH	07:49
2/22	HEINO, SHERRY	709	01:18:36.81	40	LETH	07:51
3/22	WILLIAMS, CAROL	787	01:18:53.68	49	LETH	07:53
4/22	MENTANKO-TIEFENBACH, DO	738	01:20:37.11	42	LETH	08:03
5/22	ELLIOTT, BONNIE	682	01:26:08.34	46	LETH	08:36
6/22	HUTTON, FRAN	717	01:29:01.21	42	LETH	08:54
7/22	HANSAEME, SHERRY	700	01:33:25.91	41	LETH	09:20
8/22	POMAHAC, KELLI	751	01:36:17.47	41	LETH	09:37
9/22	CALE, MARCELLE	663	01:36:56.44	41	COALDALE	09:41
10/22	PRICE, MARION	754	01:36:56.90	41	LETH	09:41
11/22	BABIN, CAROLLE	644	01:37:51.82	48	LETH	09:47
12/22	WETHERUP, DAWN	784	01:44:37.10	48	CALGARY	10:27
13/22	MILLER, ELIZABETH	740	01:45:14.56		LETH	10:31
14/22	JOHNSON, DORI	720	01:47:05.65	42	LETH	10:42
15/22	ABBOTT, EILEEN	635	01:47:33.19	48	LETH	10:45
16/22	MORRIS, NANCY	742	01:47:52.48	47	LETH	10:47
17/22	MCCALLUM-CAMPBELL, JAN	734	01:51:21.21	48	VULCAN	11:08
18/22	GILLETT, SHARON	693	01:52:57.03	47	LETH	11:17
19/22	MCKENZIE, DANNI	736	01:54:48.41	44	LETH	11:28
20/22	ABLONCZY, MONICA	636	01:59:10.95	40	LETH	11:55
21/22	BROWN, JANICE	655	02:02:59.98	48	LETH	12:17
22/22	ADAMSON, LORI	638	02:03:52.90	41	LETH	12:23

2006 LCC/Flaman 10/4 Road Race

10 Mile Race Results By Category

10Mile 40-49 Male

Category Total: 25

<u>POS</u>	<u>NAME</u>	<u>NUMBER</u>	<u>TIME</u>	<u>AGE</u>	<u>CITY</u>	<u>PACE/Mile</u>
1/25	HAYWARD, MARC	705	01:02:31.51	45	LETH	06:15
2/25	BARKER, MURRAY	645	01:04:09.84	44	MEDICINE HAT	06:24
3/25	FOSTER, FRANK	688	01:06:21.50	44	LETH	06:38
4/25	ELDER, KEVIN	681	01:07:22.53	41	LETH	06:44
5/25	DUECK, CARL	797	01:09:23.16	43	COALDALE	06:56
6/25	ADAMS, DAVE	637	01:12:43.03	48	LETH	07:16
7/25	VORNBROCK, RICK	783	01:13:36.73	44	LETH	07:21
8/25	TIMOSHENKO, PAUL	774	01:14:10.69	48	CALGARY	07:25
9/25	HORON, KELLY	716	01:14:43.44	46	LETH	07:28
10/25	HARRIS, FRANK	703	01:16:54.75	45	VULCAN	07:41
11/25	HAYWARD, TYLER	706	01:17:05.49	40	LETH	07:42
12/25	WILLIAMS, RON	788	01:18:46.80	45	MAGRATH	07:52
13/25	REURINK, DOUG	757	01:18:52.53	42	COALDALE	07:53
14/25	DUECK, MARVIN	679	01:19:27.35	49	COALDALE	07:56
15/25	GLAISTER, BILL	694	01:21:10.83	48	LETH	08:07
16/25	OLSON, BARRY	747	01:21:51.24	48	LETH	08:11
17/25	TSCHITTER, RALPH	776	01:23:24.01	47	MED. HAT	08:20
18/25	DUECK, ROD	680	01:26:05.11	47	COALDALE	08:36
19/25	LOCKHART, KIRBY	794	01:29:26.72	43	LETH	08:56
20/25	CAZAL, RAY	665	01:29:56.21	45	LETH	08:59
21/25	MYLES, CHARLIE	745	01:30:06.31	49	LETH	09:00
22/25	GOLDIE, DUANE	695	01:33:04.20	46	COALHURST	09:18
23/25	DOEVE, HENRY	678	01:42:22.26	50	COALDALE	10:14
24/25	HANSON, WES	702	01:47:03.91	45	LETH	10:42
25/25	SMITH, LLOYD	765	01:56:00.45	41	HIGH RIVER	11:36

10Mile 50-59 Female

Category Total: 7

<u>POS</u>	<u>NAME</u>	<u>NUMBER</u>	<u>TIME</u>	<u>AGE</u>	<u>CITY</u>	<u>PACE/Mile</u>
1/7	HANSMA, SANDY	701	01:19:21.18	51	GRANUM	07:56
2/7	FOSTER, LIZ	689	01:19:30.67	52	LETH	07:57
3/7	PIECHARKA, GAYLE	750	01:23:22.89	50	LETH	08:20
4/7	OLFERT, DOREEN	901	01:28:40.65	55	HAYS	08:52
5/7	SMITH, BEV	764	01:32:44.63	53	LETH	09:16
6/7	CLELAND, CYNTHIA	669	01:34:04.81	52	BOW ISLAND	09:24
7/7	REID, KAREN	756	01:34:10.27	50	LETH	09:25

2006 LCC/Flaman 10/4 Road Race

10 Mile Race Results By Category

10Mile 50-59 Male

Category Total: 30

<u>POS</u>	<u>NAME</u>	<u>NUMBER</u>	<u>TIME</u>	<u>AGE</u>	<u>CITY</u>	<u>PACE/Mile</u>
1/30	MAGILL, HUGH	732	01:08:27.85	53	CALGARY	06:50
2/30	EMERSON, BARRY	683	01:08:55.50	50	LETH	06:53
3/30	MCKINNON, ROBERT	737	01:13:50.22	51	DENWOOD	07:23
4/30	HOLGATE, STEVEN	714	01:16:30.37	54	LETH	07:39
5/30	WISMATH, STEPHEN	790	01:16:39.52	54	LETHBRIDGE	07:39
6/30	TOWNLEY, MIKE	775	01:17:04.20	50	LETH	07:42
7/30	WYLIE, MICHAEL	792	01:17:51.42	55	CALGARY	07:47
8/30	HEPHER, IAN	711	01:21:43.04	58	LETH	08:10
9/30	TSCHRITTER, RUDI	777	01:23:48.53	51	MED. HAT	08:22
10/30	SHUNK, BLAIR	762	01:23:52.12	51	CALGARY	08:23
11/30	HEATON, JOE	707	01:25:57.53	52	MED. HAT	08:35
12/30	MCDONALD, BILL	735	01:26:16.53	57	LETH	08:37
13/30	HEGGIE, MARC	708	01:28:42.12	56	MAGRATH	08:52
14/30	BOORSME, DICK	652	01:29:21.25	50	LETH	08:56
15/30	VANDERVEEN, KLASS	781	01:31:10.10	55	PICTURE BUTTE	09:07
16/30	GRANSON, ERNEST	697	01:31:44.06	51	CALGARY	09:10
17/30	BYRNE, JOHN	661	01:31:52.16	56	LETHBRIDGE	09:11
18/30	WILSON, TOM	789	01:33:36.51	56	LETHBRIDGE	09:21
19/30	NASH, GEOFF	746	01:34:48.81	53	LETH	09:28
20/30	BRAITHWAITE, PHILIP	654	01:35:31.37	50	LETH	09:33
21/30	FLAIG, DON	687	01:35:39.38	53	LETH	09:33
22/30	BROWN, JERRY	656	01:35:39.73	57	LETH	09:33
23/30	BASKERVILLE, FRED	647	01:36:35.26	56	LETH	09:39
24/30	PERLOW, RICHARD	749	01:37:10.52		LETH	09:43
25/30	HOOD, ROBIN	715	01:37:20.61	59	LETH	09:44
26/30	HASTINGS, MICHAEL	704	01:37:40.88	54	LETHBRIDGE	09:46
27/30	KUHL, GREG	724	01:38:18.41	52	CALGARY	09:49
28/30	POYTRESS, ALAN	752	01:41:32.20	51	FT. MACLEOD	10:09
29/30	LEBLANC, CHUCK	728	01:47:07.71	52	LETH	10:42
30/30	BLAIR, GORDON	651	01:57:43.29	51	LETH	11:46

10Mile 60&Over Female

Category Total: 3

<u>POS</u>	<u>NAME</u>	<u>NUMBER</u>	<u>TIME</u>	<u>AGE</u>	<u>CITY</u>	<u>PACE/Mile</u>
1/3	NORRIS, JOAN	798	01:36:03.45	60	LETH	09:36
2/3	FORDE, BRIDIE	796	01:42:24.76	62	STETTLER	10:14
3/3	VISSER, HELLY	782	01:43:02.12	72	MILLARVILLE	10:18

4/8/06

2006 LCC/Flaman 10/4 Road Race

10 Mile Race Results By Category

10Mile 60&Over Male

Category Total: 7

<u>POS</u>	<u>NAME</u>	<u>NUMBER</u>	<u>TIME</u>	<u>AGE</u>	<u>CITY</u>	<u>PACE/Mile</u>
1/7	COOKE, JOHN	670	01:20:43.98	64	LETH	08:04
2/7	WHITE, STUART	785	01:21:33.51	60	GREAT FALLS, MON	08:09
3/7	LEE, DON	729	01:22:32.43	60	LETH	08:15
4/7	DAVIES, ROGER	673	01:28:20.31	71	CALGARY	08:50
5/7	FINLEY, JACKSON	686	01:31:25.38	63	FT. SASKATCHEWA	09:08
6/7	BUTLER, PETER	660	01:33:00.43	65	ELKWATER	09:18
7/7	BURKE, BUSTER	659	01:39:21.73	67	COALDALE	09:56