

## 2006 LCC/Flaman 10/4 Road Race

### 4 Mile Race Results By Category

#### 4Mile 10&Under Female

Category Total: 2

<u>POS</u>	<u>NAME</u>	<u>NUMBER</u>	<u>TIME</u>	<u>AGE</u>	<u>CITY</u>	<u>PACE/Mile</u>
1/2	COPPS, SARA	339	00:43:29.17	10	LETH	10:52
2/2	RUSSELL, MCKENLEY	445	01:03:13.13	8	CARDSTON	15:48

#### 4Mile 10&Under Male

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	STEWART, MATTHEW	463	00:39:18.02	9	LETH	09:49
2/3	EVANSON, DAVIN	358	00:53:48.12	8	LETH	13:27
3/3	DEMKIW, RYAN	350	00:58:55.79	9	LETH	14:43

#### 4Mile 11-15 Female

Category Total: 15

<u>POS</u>	<u>NAME</u>	<u>NUMBER</u>	<u>TIME</u>	<u>AGE</u>	<u>CITY</u>	<u>PACE/Mile</u>
1/15	DUECK, ALEXIS	354	00:34:25.08	14	COALDALE	08:36
2/15	GRANSON, OLIVIA	378	00:36:19.27	15	CALGARY	09:04
3/15	DUVAL, MARIAH	355	00:38:57.80	15	LETH	09:44
4/15	FRENCH, BROOKE	486	00:39:25.25	11	LETH	09:51
5/15	HARMATIUK, CARLEY	384	00:40:31.68	15	LETH	10:07
6/15	WEIR, DAKOTA	480	00:44:23.01	13	FT. MACLEOD	11:05
7/15	JENSEN, MICHELLE	397	00:44:37.30	12	LETH	11:09
8/15	COPPS, SHANNON	340	00:44:50.66	12	LETH	11:12
9/15	SHOUTING, NICOLE	454	00:45:25.47	14	STANDOFF	11:21
10/15	SPOTTED BULL, BRITTANY	459	00:45:44.63	11	STANDOFF	11:26
11/15	HARTUNG, LEAH	386	00:54:41.84	28.00	VULCAN	13:40
12/15	HEAVY SHIELDS, MEGAN	387	01:10:02.25	11	CARDSTON	17:30
13/15	BIG SWALLOW, JESSICA	317	01:11:50.04	11	CARDSTON	17:57
14/15	POTTS, CARLENE	437	01:15:48.56		BROCKET	18:57
15/15	CHIEF MOON, SOMMER	334	01:20:20.75	12	CARDSTON	20:05

#### 4Mile 11-15 Male

Category Total: 10

<u>POS</u>	<u>NAME</u>	<u>NUMBER</u>	<u>TIME</u>	<u>AGE</u>	<u>CITY</u>	<u>PACE/Mile</u>
1/10	MIDDEL, MICHAEL	419	00:33:10.77	13	LETH	08:17
2/10	MIDDEL, ANTHONY	417	00:37:11.06	15	LETH	09:17
3/10	RUSSELL, BLAISE	444	00:38:44.22	11	CARDSTON	09:41
4/10	STEWART, PARKER	464	00:39:17.69	11	LETH	09:49
5/10	BLOOD, JOEY	319	00:43:43.49	15	CARDSTON	10:55
6/10	BLACK PLUME, JAPHETH	318	00:50:05.05	11	STANDOFF	12:31
7/10	EVANSON, REGAN	359	00:53:47.62	12	LETH	13:26
8/10	CHIEF MOON, BRYTON	333	01:01:28.34	11	CARDSTON	15:22
9/10	MANY FINGERS, BRYCE	411	01:09:09.92	12	STANDOFF	17:17
10/10	BULL SHIELDS, BRANDON	323	01:10:01.90	11	STANDOFF	17:30

## 2006 LCC/Flaman 10/4 Road Race

### 4 Mile Race Results By Category

#### 4Mile 16-19 Female

Category Total: 13

<u>POS</u>	<u>NAME</u>	<u>NUMBER</u>	<u>TIME</u>	<u>AGE</u>	<u>CITY</u>	<u>PACE/Mile</u>
1/13	HONESS, FAREN	392	00:31:30.84	19	LETH	07:52
2/13	VOUTEDREK, JOE-ANNA	477	00:34:24.62	19	LETH	08:36
3/13	SCHAERZ, LIVIA	446	00:34:45.47	18	SUNDRE	08:41
4/13	LAARMAN, LOTTE	406	00:36:34.20	17	LETH	09:08
5/13	STONE, CAITLYN	465	00:37:10.23	16	LETH	09:17
6/13	MERRILL, BRITTANY	416	00:37:56.23	20	LETH	09:29
7/13	LAARMAN, RUTH	407	00:38:13.32	17	LETH	09:33
8/13	LAMB, SHANNON	408	00:38:15.30	16	LETH	09:33
9/13	BESHARAH, VANESSA	314	00:40:23.66	18	LETH	10:05
10/13	BEVANS, KENNEDY	315	00:41:13.63	19	LETH	10:18
11/13	ALLRED, KATE	310	00:43:49.60	19	LETH	10:57
12/13	PEIRSON, YVONNE	431	00:48:17.23	19	LETH	12:04
13/13	PLAIN EAGLE, CHARMAINE	434	01:01:20.63		BROCKET	15:20

#### 4Mile 16-19 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	SCHAERZ, SIMON	447	00:26:37.50	19	SUNDRE	06:39
2/11	HOUNSOME, ZACHARY	394	00:27:06.77	18	MILK RIVER	06:46
3/11	DE WAAL, CHRISJAN	348	00:27:46.58	16	LETH	06:56
4/11	DOROSZ, SAM	353	00:27:59.75	16	LETH	06:59
5/11	STAMP, NATHAN	460	00:29:13.85	16	ENCHANT	07:18
6/11	DAY RIDER, DUSTIN	346	00:30:09.27	19	CARDSTON	07:32
7/11	CRYING HEAD, BARRY	344	00:33:44.73	18	CARDSTON	08:26
8/11	KVEDER, RILEY	405	00:36:13.44	16	LETH	09:03
9/11	MORRIS, CHRISTIAN	423	00:36:14.37	16	LETHBRIDGE	09:03
10/11	TROCKSTAD, CHAD	469	00:36:59.34	18	LETH	09:14
11/11	CAMPBELL, CHASE	328	00:48:25.72	16	VULCAN	12:06

## 2006 LCC/Flaman 10/4 Road Race

### 4 Mile Race Results By Category

#### 4Mile 20-29 Female

Category Total: 21

<u>POS</u>	<u>NAME</u>	<u>NUMBER</u>	<u>TIME</u>	<u>AGE</u>	<u>CITY</u>	<u>PACE/Mile</u>
1/21	GIBB, TONYA	370	00:29:41.91	29	LETH	07:25
2/21	BROOKES, SAMANTHA	321	00:31:52.85	20	LETH	07:58
3/21	SHELLENBERG, NIKKI	448	00:32:28.23	21	LETH	08:07
4/21	WARSHAWSKY, AMANDA	479	00:33:30.14	20	LETH	08:22
5/21	GILBERT, BRITTANY	371	00:33:55.85	21	LETH	08:28
6/21	MILLS, LAURIE	421	00:35:26.40	24	LETH	08:51
7/21	HENDRICKSON, MEGAN	388	00:37:48.32	21	LETH	09:27
8/21	FRIESEN, CHRYSLYN	364	00:38:44.49	24	LETH.	09:41
9/21	PROCYK, AIMEE	439	00:39:02.23	20	LETH	09:45
10/21	TUCKER, MICHELLE	471	00:40:06.95	29	LETH	10:01
11/21	GAST, SENTA	369	00:41:37.89	28	MAGRATH	10:24
12/21	GRANSON, CLAIRE	376	00:42:52.24	20	CALGARY	10:43
13/21	FROHLICK, KIM	366	00:44:13.52	24	LETH	11:03
14/21	VERCILLO, CANDICE	475	00:45:02.47	23	LETH	11:15
15/21	KENNEDY, CHANTELE	401	00:45:23.06	26	LETH	11:20
16/21	HOOPER, JANENE	393	00:46:28.87	21	LETH	11:37
17/21	GUCHERT, KIM	380	00:46:29.30	21	MED. HAT	11:37
18/21	MCDONALD, JENNIFER	414	00:51:41.50	21	LETH	12:55
19/21	MCNAB, NIKI	415	00:52:28.39	20	PINCHER CREEK	13:07
20/21	DYPOLT, DEANA	487	00:54:42.79	22	LETH	13:40
21/21	GOOD RIDER, KENDALL	374	01:02:55.21	24	BROCKET	15:43

#### 4Mile 20-29 Male

Category Total: 15

<u>POS</u>	<u>NAME</u>	<u>NUMBER</u>	<u>TIME</u>	<u>AGE</u>	<u>CITY</u>	<u>PACE/Mile</u>
1/15	KERR, GEOFF	402	00:23:01.45	22	CALGARY	05:45
2/15	SERGO, ROGERS	453	00:23:29.02	25		05:52
3/15	BELL, DARCY	493	00:24:26.39	24	CALGARY	06:06
4/15	BURDEN, DAVE	325	00:25:25.23	22	MED. HAT	06:21
5/15	OSADETZ, PETER	428	00:27:36.46	24	CALGARY	06:54
6/15	COWIE, JORDY	342	00:28:15.01	21	LETH	07:03
7/15	CRYING HEAD, BRIAN	345	00:28:35.51	21	CARDSTON	07:08
8/15	GLOVER, AARON	372	00:30:23.42	21	LETH	07:35
9/15	DE GROOT, JARED	347	00:32:54.76	23	LETH	08:13
10/15	DIAKOW, ADAM	352	00:33:45.89			08:26
11/15	KRAMPS, JESSE	404	00:33:50.49	24	LETH	08:27
12/15	ARCHIBALD, AARON	312	00:39:44.25	23	LETH	09:56
13/15	PROVOST, KELLY	440	00:41:23.50	28	FT. MACLEOD	10:20
14/15	REMPPEL, LYNDON	442	00:46:24.43	28	LETH	11:36
15/15	STEFAN, SEAN	461	01:14:32.79	29	LETH	18:38

## 2006 LCC/Flaman 10/4 Road Race

### 4 Mile Race Results By Category

#### 4Mile 30-39 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	OKUMA, SHIRLEY	425	00:37:15.22	31	VAUXHALL	09:18
2/14	COOK, KIMBERLY	337	00:37:25.57	30	LETH	09:21
3/14	KLASSEN, KAREN	403	00:38:14.50	38	TABER	09:33
4/14	WALL, CARMEN	478	00:39:03.41	31	LETH	09:45
5/14	CAZAL, TAMMI	330	00:40:22.73	38	LETH	10:05
6/14	VAYRO, ANGIE	474	00:42:54.66	36	MAGRATH	10:43
7/14	CLELAND, KIRSTEN	336	00:42:56.99	31	MAGRATH	10:44
8/14	CHAPMAN, MELANIE	331	00:44:24.45		MILK RIVER	11:06
9/14	VAN ROON, ANNE	473	00:45:36.61	30	LETH	11:24
10/14	HENDRY, TIFFANY	390	00:47:40.01	37	LETH	11:55
11/14	BIG HEAD-MILLS, RAMONA	316	00:48:18.33	39	STANDOFF	12:04
12/14	WEIR, ERIN	481	00:51:42.49	31	FT. MACLEOD	12:55
13/14	FOURNIER, HEIDI	361	00:51:55.69	34	LETH	12:58
14/14	MATSON, BONNIE	412	00:53:29.29		MILK RIVER	13:22

#### 4Mile 30-39 Male

Category Total: 10

<u>POS</u>	<u>NAME</u>	<u>NUMBER</u>	<u>TIME</u>	<u>AGE</u>	<u>CITY</u>	<u>PACE/Mile</u>
1/10	MOLNAR, WARREN	422	00:29:34.84	32	COALDALE	07:23
2/10	SCHOLTEN, SIPKE	450	00:30:38.46	35	LETH	07:39
3/10	HENINGER, GREG	391	00:36:01.90	32	COLEMAN	09:00
4/10	EVANS, MICHAEL	357	00:36:41.24	34	LETH	09:10
5/10	NAGY, JAMES	410	00:37:27.42	37	LETH	09:21
6/10	JEFFERY, ANTHONY	396	00:38:32.38	35	LETH	09:38
7/10	PASOWISTY, DEAN	430	00:39:05.07	31	LETH	09:46
8/10	PARISEAU, VINCENT	429	00:41:39.12	36	LETH	10:24
9/10	BARLOTT, KEN	491	00:46:20.49	30	LETH	11:35
10/10	LEITH, GEORGE	490	00:54:43.25	37	LETH	13:40

## 2006 LCC/Flaman 10/4 Road Race

### 4 Mile Race Results By Category

#### 4Mile 40-49 Female

Category Total: 20

<u>POS</u>	<u>NAME</u>	<u>NUMBER</u>	<u>TIME</u>	<u>AGE</u>	<u>CITY</u>	<u>PACE/Mile</u>
1/20	SCOTT, JANE	451	00:39:10.89	49	LETH	09:47
2/20	VANDERGOUWE, LISA	485	00:43:51.84	46	COALDALE	10:57
3/20	EMERSON, PATRICIA	356	00:43:52.72	48	LETH	10:58
4/20	FRY, PAM	367	00:44:08.02	45	LETH	11:02
5/20	FAY, DIANA	360	00:44:09.02	40	LETH	11:02
6/20	GUKERT, KAREN	381	00:44:24.95	45	LETH	11:06
7/20	GRANSON, KATE	377	00:45:37.14	49	CALGARY	11:24
8/20	STEPHEN, HEATHER	462	00:46:02.65	43	LETH	11:30
9/20	GUZOWSKI, THERESA	382	00:46:19.80	42	LETH	11:34
10/20	MIDDEL, FRED A	418	00:46:21.92	43	LETH	11:35
11/20	GRUCHY, DAWN	379	00:50:12.06	41	LETH	12:33
12/20	MOUNTAIN HORSE, ALVINE	424	00:51:47.86		CARDSTON	12:56
13/20	RAPUANO, JANE	441	00:52:57.25	46	COALDALE	13:14
14/20	BROWER, APRIL	322	00:53:03.32	44	WARNER	13:15
15/20	GOERZEN-SINE, EMMA	373	00:53:12.40		LETH	13:18
16/20	COPPS, DONNA	338	00:53:58.84	47	LETH	13:29
17/20	LUND, VAL	409	00:54:25.91	44	BARNWELL	13:36
18/20	TROCKSTAD, CARMEN	468	00:56:23.74	44	LETH	14:05
19/20	BOWEN, ANNE	320	01:08:23.20	40	MAGRATH	17:05
20/20	GOOD STRIKER, VICTORIA	375	01:20:23.34	47	CARDSTON	20:05

#### 4Mile 40-49 Male

Category Total: 12

<u>POS</u>	<u>NAME</u>	<u>NUMBER</u>	<u>TIME</u>	<u>AGE</u>	<u>CITY</u>	<u>PACE/Mile</u>
1/12	KAWCHUK, LARRY	492	00:33:20.40	42	LETH	08:20
2/12	TROCKSTAD, WAYNE	470	00:37:00.55	47	LETH	09:15
3/12	FRIESEN, ARTHUR	363	00:40:36.05	49	LETH.	10:09
4/12	GAST, CLAYTON	368	00:41:38.37	41	MAGRATH	10:24
5/12	HARMATIUK, BRIAN	383	00:42:12.69	49	LETH	10:33
6/12	FRIESEN, GLEN	365	00:44:16.62	42	COALDALE	11:04
7/12	HENDRY, MIKE	389	00:44:51.70	43	LETH	11:12
8/12	SCHIBBELHUTE, NEIL	449	00:46:11.58	43	LETH	11:32
9/12	SINNOTT, KARL	457	00:46:12.04	49	LETH	11:33
10/12	HARTUNG, DEAN	385	00:54:42.31	43	VULCAN	13:40
11/12	DEMKIW, STEVE	351	00:58:56.38	49	LETH	14:44
12/12	ANDERSON, SIMON	311	01:01:11.81	45	LETH	15:17

## 2006 LCC/Flaman 10/4 Road Race

### 4 Mile Race Results By Category

#### 4Mile 50-59 Female

Category Total: 10

<u>POS</u>	<u>NAME</u>	<u>NUMBER</u>	<u>TIME</u>	<u>AGE</u>	<u>CITY</u>	<u>PACE/Mile</u>
1/10	CARRIGAN, SHIRLEY	329	00:37:38.26	55	GREAT FALLS, MON.	09:24
2/10	TEMPLIN, SUSAN	489	00:39:28.33	56	LETH	09:52
3/10	FRASER, JOANNA	362	00:41:13.21	56	LETH	10:18
4/10	BUZIK, HELEN	327	00:42:41.04	52	WAINWRIGHT	10:40
5/10	BARRY, DONNA	313	00:57:06.87	54	LETH	14:16
6/10	CROWSHOE, ROSEMARY	343	00:59:02.90	56	FT. MACLEOD	14:45
7/10	WHITNACK, LESLIE	482	01:05:29.51	56	LETH	16:22
8/10	PETERSON, CISKA	432	01:08:23.50	57	LETH	17:05
9/10	YOSHIHARA, DIANA	484	01:14:32.38	58	LETH	18:38
10/10	PLAIN EAGLE, MARY	435	01:15:06.57		BROCKET	18:46

#### 4Mile 50-59 Male

Category Total: 10

<u>POS</u>	<u>NAME</u>	<u>NUMBER</u>	<u>TIME</u>	<u>AGE</u>	<u>CITY</u>	<u>PACE/Mile</u>
1/10	COPPS, TOM	341	00:30:26.31	52	LETH	07:36
2/10	BUSCH, MURRAY	326	00:37:58.95	53	LETH	09:29
3/10	SINE, DAVID	456	00:38:06.89		LETH	09:31
4/10	WAKELEN, ROSS	443	00:39:59.72	51	LETH	09:59
5/10	KALVI, JOE	399	00:42:50.16	57	LETH	10:42
6/10	WILSON, ED	483	00:43:18.90	52	LETH	10:49
7/10	MCDERMID, NIEL	413	00:43:19.49	53	FERNIE	10:49
8/10	POMAHAC, GUY	436	00:43:22.16	50	LETH	10:50
9/10	SECRETAN, GLENN	452	00:46:13.96	56	LETH	11:33
10/10	TEMPLIN, RICHARD	488	00:48:03.87	59	LETH	12:00

#### 4Mile 60&Over Female

Category Total: 2

<u>POS</u>	<u>NAME</u>	<u>NUMBER</u>	<u>TIME</u>	<u>AGE</u>	<u>CITY</u>	<u>PACE/Mile</u>
1/2	SIMS, DONNA	455	00:40:50.59	63	GREAT FALLS, MON.	10:12
2/2	SUTPHIN, VIRGINIA	466	00:50:36.62	75	GREAT FALLS, MON.	12:39

#### 4Mile 60&Over 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	TURNBULL, KEN	472	00:39:16.85	62	LETH	09:49
2/5	PETERSON, KNUD	433	00:42:46.35	61	LETH	10:41
3/5	OLIVIER, ARTHUR	427	00:45:55.47		TABER	11:28
4/5	PRATT, MIKE	438	00:50:07.87	69	LETH	12:31
5/5	JOHNSON, TERRY	398	01:00:39.22	60	LETH	15:09