

## 2005 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	WEIR, DAKOTA	295	00:47:20.33	12	FT. MACLEOD	11:50
2/2	MIDDLETON, JODI	218	00:55:08.61	10	CHAMPION	13:47

#### 4Mile 10&Under Male

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	RUPP, DAVID	247	00:48:52.79	10	CHAMPION	12:13
2/2	TAIL FEATHERS, DARNEL	267	01:00:07.29	10	STANDOFF	15:01

#### 4Mile 11-15 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	DUECK, ALEXIS	137	00:34:55.84	13	COALDALE	08:43
2/10	HARMATIUK, CARLEY	308	00:42:12.51	14	LETH	10:33
3/10	LAMB, SHANNON	199	00:43:06.24	15	LETH	10:46
4/10	GRANSON, OLIVIA	163	00:44:42.39	14	CALGARY	11:10
5/10	HAYWARD, JESSIKA	305	00:46:18.03	14	LETH	11:34
6/10	RUPP, KENNEDY	248	00:48:49.89	14	CHAMPION	12:12
7/10	MIDDLETON, LISA	219	00:48:50.53	13	CHAMPION	12:12
8/10	BENZIE, ALEXA	110	00:55:33.10	11	LETH	13:53
9/10	GARDNER, LINDSY	156	00:59:38.34	14	MED. HAT	14:54
10/10	CHISHOLM, LAURA-BETH	126	01:00:43.25	14	MED. HAT	15:10

#### 4Mile 11-15 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	LAARMAN, TIM	198	00:27:14.00	15	LETH	06:48
2/12	SOOP, COBIE	259	00:30:20.68	15	CARDSTON	07:35
3/12	PROVOST, ELIJAH	304	00:30:37.26	14	BROCKET	07:39
4/12	OLD SHOES, DWIGHT	300	00:30:51.75	15	FT. MACLEOD	07:42
5/12	ALEXANDER, TREVOR	104	00:33:57.35	12	LETH	08:29
6/12	DANIELSON, ERIC	130	00:35:12.57	12	LETH	08:48
7/12	SCOTT, WESLEY MICHELL	298	00:39:03.56	14	BROCKET	09:45
8/12	TROCKSTAD, CAMERON	272	00:41:23.53	14	LETH	10:20
9/12	WOODS, BRENDAN	289	00:48:27.53	12	LETH	12:06
10/12	EVANSON, JADEN	145	00:52:19.12	15	LETH	13:04
11/12	BAD EAGLE, JERRY	297	00:54:15.63	13	BROCKET	13:33
12/12	SKIRROW, CONNOR	257	00:54:24.24	14	CANMORE	13:36

## 2005 LCC/Flaman 10/4 Road Race

### 4 Mile Race Results By Category

#### 4Mile 16-19 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	HONESS, FAREN	178	00:31:54.20	18	LOMOND	07:58
2/14	DEGROOT, HEIDI	134	00:33:46.01	17	LACOMBE	08:26
3/14	BROOKS, SAMANTHA	116	00:34:31.66	19	LETH	08:37
4/14	NOWAK, MARTINA	228	00:40:45.31	19	RED DEER	10:11
5/14	TAIL FEATHERS, CHELSEA	266	00:41:27.40	16	STANDOFF	10:21
6/14	GRANSON, CLAIRE	161	00:44:45.06	19	CALGARY	11:11
7/14	LAARMAN, RUTH	197	00:44:45.41	16	LETH	11:11
8/14	DE WALLE, ALYSON	133	00:46:39.69	16	LETH	11:39
9/14	LASTUKA, STEPH	203	00:53:53.38	16	WRENTHAM	13:28
10/14	RUPP, ALEXANDRA	246	00:55:08.94	16	CHAMPION	13:47
11/14	BACH, MEGAN	107	00:55:09.32	16	CHAMPION	13:47
12/14	IVAN, KIMBERLY	184	00:55:32.67	17	HAYS	13:53
13/14	ENGLISH, CRYSTAL	296	00:55:52.71	16	FT. MACLEOD	13:58
14/14	IVAN, AMBER	182	01:00:45.04	19	HAYS	15:11

#### 4Mile 16-19 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	EPP, TRAVIS	293	00:26:26.64	17	LETH	06:36
2/7	VAN HAREN, ROGER	276	00:27:04.97	17	LACOMBE	06:46
3/7	STAMP, MATTHEW	261	00:29:47.05	17	ENCHANT	07:26
4/7	VERBERG, GARY	279	00:30:59.05	16	LACOMBE	07:44
5/7	TROCKSTAD, CHAD	274	00:37:20.89	17	LETH	09:20
6/7	SMALL LEGS, BLAIR	299	00:44:58.50	17	BROCKET	11:14
7/7	BIEMANS, ALEX	111	00:47:27.85	17	SEVEN PERSONS	11:51

4/17/05

## 2005 LCC/Flaman 10/4 Road Race

### 4 Mile Race Results By Category

#### 4Mile 20-29 Female

Category Total: 24

<u>POS</u>	<u>NAME</u>	<u>NUMBER</u>	<u>TIME</u>	<u>AGE</u>	<u>CITY</u>	<u>PACE/Mile</u>
1/24	BURKE, TARA	120	00:29:56.65	23	LETH	07:29
2/24	MENARD, LIZ	217	00:31:40.33	21	SHERWOOD PARK	07:55
3/24	MILLS, LAURIE	221	00:32:25.79	23	LETH	08:06
4/24	GILBERT, BRITTANY	159	00:34:08.16	20	LETH	08:32
5/24	VIOLA, JULIE	280	00:34:29.89	23	LETH	08:37
6/24	MIDDLETON, MANNA	220	00:38:37.14	28	PICTURE BUTTE	09:39
7/24	WOOD-PEARSON, CAROLYN	288	00:38:42.53	27	LETH	09:40
8/24	JOSEPH, IRIS	190	00:39:40.45	29	LETH	09:55
9/24	FRIESEN, CHRYSLYN	153	00:39:58.32	22	LETH	09:59
10/24	REES, STACEY	240	00:40:10.41	21	LETH	10:02
11/24	RUDELICH, CARMEN	245	00:40:50.51	29	PICTURE BUTTE	10:12
12/24	MEHEDEN, BRI	216	00:42:54.09	26	LETH	10:43
13/24	HUFFMAN, KATIE	180	00:43:38.94	20	LETH	10:54
14/24	CRATER, ANNIE	129	00:45:34.28	23	LETH	11:23
15/24	EPP, KIMIKO	144	00:47:16.34	26	LETH	11:49
16/24	FORDHAM, DAWN	150	00:47:55.16	28	LETH	11:58
17/24	DAVIS, JENNIFER	131	00:48:38.97	27	LETH	12:09
18/24	HEINS, DENISE	172	00:48:41.84	25	DIAMOND CITY	12:10
19/24	HUNTER, COREENA	181	00:49:09.57	28	LETH	12:17
20/24	EAGLE TAIL FEATHERS, AMAN	141	00:53:00.58	22	CARDSTON	13:15
21/24	DWORNIK, BRITTANY	125	00:53:51.44	21	LETH	13:27
22/24	HOPKINS, LEAH	179	00:54:22.76	26	CARDSTON	13:35
23/24	FISHER, KAREN	147	00:57:56.41	30	PICTURE BUTTE	14:29
24/24	NOSS, BRIANNE	227	01:00:44.21	25	LETH	15:11

#### 4Mile 20-29 Male

Category Total: 9

<u>POS</u>	<u>NAME</u>	<u>NUMBER</u>	<u>TIME</u>	<u>AGE</u>	<u>CITY</u>	<u>PACE/Mile</u>
1/9	BURDEN, DAVE	119	00:25:25.76	20	MED. HAT	06:21
2/9	COWIE, JORDY	128	00:28:11.44	20	LETH	07:02
3/9	GANNON, PATRICK	155	00:28:30.97	22	LETH	07:07
4/9	KANYO, DREW	193	00:30:38.10	24	RAYMOND	07:39
5/9	MACNIVEN, JARED	226	00:30:38.37	23	LETH	07:39
6/9	BLADES, ADAM	115	00:31:22.70	25	LETH	07:50
7/9	HARAGUCHI, TOMO	168	00:34:59.77	27	LETH	08:44
8/9	REMPPEL, LYNDON	242	00:50:59.67	26	LETH	12:44
9/9	PATEY, IAN	233	00:54:16.81	29	CARDSTON	13:34

## 2005 LCC/Flaman 10/4 Road Race

### 4 Mile Race Results By Category

#### 4Mile 30-39 Female

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	ROMANS, TRACY	243	00:28:36.69	36	ST. ALBERT	07:09
2/19	KALISCHUK, MELANIE	191	00:41:18.04	33	LETH	10:19
3/19	DYER, FIONA	140	00:43:51.73	38	LETH	10:57
4/19	BIG HEAD, RAMONA	113	00:44:26.36	38	LETH	11:06
5/19	STROEVE, GISELE	263	00:44:42.90	30	PICTURE BUTTE	11:10
6/19	BUTEAU, CANDICE	121	00:45:16.97	30	BROOKS	11:19
7/19	MANY FINGERS, SUSAN	211	00:47:14.36	31	LETH	11:48
8/19	BENJAMIN, JACQUELINE	109	00:47:36.27	34	LETH	11:54
9/19	FAY, DIANA	146	00:48:01.79	39	LETH	12:00
10/19	WOLSEY, KELLI	287	00:48:15.31	32	LETH	12:03
11/19	CABANE, MATALIA	303	00:48:24.65	31	LETH	12:06
12/19	TAIL FEATHERS, RACHEL	268	00:50:49.46	33	STANDOFF	12:42
13/19	WOJTOWICZ, KAREN	286	00:50:58.03	34	LETH	12:44
14/19	MATSON, BONNIE	213	00:54:04.49	39	MILK RIVER	13:31
15/19	RED CROW, MIRANDA	239	00:54:23.81	33	STANDOFF	13:35
16/19	WEIR, ERIN	294	00:56:13.98	30	FT. MACLEOD	14:03
17/19	JONES, MONELLE	189	00:56:28.08	35	LETH	14:07
18/19	ROMBOUGH, NANCY	244	00:57:38.81	31	PICTURE BUTTE	14:24
19/19	LEWIS, VICKEY	206	01:00:46.40	35	LETH	15:11

#### 4Mile 30-39 Male

Category Total: 8

<u>POS</u>	<u>NAME</u>	<u>NUMBER</u>	<u>TIME</u>	<u>AGE</u>	<u>CITY</u>	<u>PACE/Mile</u>
1/8	SCHOLTEN, SIPKE	250	00:30:25.22	33	LETH	07:36
2/8	ARN, ROB	105	00:30:33.61	33	LETH	07:38
3/8	SUTHERLAND, JOHN	264	00:30:40.77	30	LETH	07:40
4/8	AUJESKY, RICHARD	106	00:39:41.05	31	LETH	09:55
5/8	EVANS, MICHAEL	307	00:41:44.46		LETH	10:26
6/8	HOLTMAN, SCOTT	177	00:42:54.39	33	TABER	10:43
7/8	HARDING, SHAWN	169	00:45:05.10	33	RAYMOND	11:16
8/8	WHITTINGTON, STEVE	284	00:48:15.71	32	LETH	12:03

# 2005 LCC/Flaman 10/4 Road Race

## 4 Mile Race Results By Category

### 4Mile 40-49 Female

Category Total: 29

<u>POS</u>	<u>NAME</u>	<u>NUMBER</u>	<u>TIME</u>	<u>AGE</u>	<u>CITY</u>	<u>PACE/Mile</u>
1/29	PHILPOTT, KAREN	236	00:38:19.86	48	LETH	09:34
2/29	LEE, SUSAN	204	00:39:06.26	40	LETH	09:46
3/29	SCOTT, JANE	252	00:39:47.10	48	LETH	09:56
4/29	PONJAVIC-VORNBROCK, DAR	309	00:42:17.04	45	LETH	10:34
5/29	STANG, CAROLYN	262	00:45:08.68	45	LETH	11:17
6/29	GRANSON, KATE	162	00:46:07.31	48	CALGARY	11:31
7/29	MACLEAN, PADDY	209	00:46:28.51	44	LETH	11:37
8/29	WOGSBERG, MARILYN	285	00:46:39.97	42	LOMOND	11:39
9/29	PACE, TINA	231	00:46:42.19		CARDSTON	11:40
10/29	GRUCHY, DAWN	166	00:46:49.10	40	LETH	11:42
11/29	BROWER, APRIL	117	00:47:38.45	43	WARNER	11:54
12/29	DYCK, ANNIE	139	00:47:52.93	44	LETH	11:58
13/29	GUKERT, KAREN	167	00:48:02.11	43	LETH	12:00
14/29	WOODS, MARIAN	290	00:48:27.96	42	LETH	12:06
15/29	NEUFELD, BRENDA	223	00:48:44.24	42	LETH	12:11
16/29	REES, VERA	241	00:49:24.85	47	ELKFORD	12:21
17/29	DUECK, MONA	138	00:49:28.51	48	COALDALE	12:22
18/29	FRY, PAM	154	00:49:31.14	44	LETH	12:22
19/29	SPENCER, THERESA	260	00:50:03.21	47	LETH	12:30
20/29	MCLEAN, NATALIE	215	00:50:13.88	43	LETH	12:33
21/29	LAMB, WENDY	201	00:52:28.07	46	LETH	13:07
22/29	LASTUKA, DAWN	202	00:53:53.98	41	WRENTHAM	13:28
23/29	SINE, EMMA	256	00:54:30.85	46	LETH	13:37
24/29	GARNETT, BEV	157	00:57:23.08	46	LETH	14:20
25/29	TIMMERMANS, CONNIE	271	00:58:21.20	49	TABER	14:35
26/29	LUND, VALERIE	207	01:02:24.70	43	BARNWELL	15:36
27/29	SAILER, SHELLY	249	01:04:09.76	45	LETH	16:02
28/29	IVAN, KAREN	183	01:06:48.05	41	HAYS	16:42
29/29	JONES, JOAN	188	01:11:58.36	44	MED. HAT	17:59

## 2005 LCC/Flaman 10/4 Road Race

### 4 Mile Race Results By Category

#### 4Mile 40-49 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	TROSKOT, DRAGAN	302	00:25:46.11	41	LETH	06:26
2/19	ELDER, KEVIN	142	00:29:31.78	40	LETH	07:22
3/19	MCINTOSH, RON	214	00:33:30.24	44	HIGH RIVER	08:22
4/19	OLSON, BARRY	230	00:34:04.39	48	LETH	08:31
5/19	HOLTHE, LEROY	176	00:34:22.60	49	TABER	08:35
6/19	KEITH, KEVIN	195	00:35:38.04	49	LETH	08:54
7/19	MOLYNEUX, RALPH	292	00:36:03.41	43	LETH	09:00
8/19	TROCKSTAD, WAYNE	275	00:40:02.06	46	LETH	10:00
9/19	GARNETT, RON	158	00:40:21.26	48	LETH	10:05
10/19	HAYNES, TED	170	00:40:29.66	46	FOREMOST	10:07
11/19	ALEXANDER, DARRELL	103	00:40:43.80	45	LETH	10:10
12/19	LEBARON, RICK	306	00:41:10.12	44	LETH	10:17
13/19	PICKARD, TONY	291	00:41:45.88		PICTURE BUTTE	10:26
14/19	VARGA, BRIAN	278	00:42:01.45	43	MED. HAT	10:30
15/19	MOHL, JEFF	222	00:46:17.05	42	TABER	11:34
16/19	PENICH, SCOTT	234	00:46:53.56		LETH	11:43
17/19	HOFFMAN, ROBIN	174	00:50:05.72	41	LETH	12:31
18/19	FOWLER, STU	151	00:50:57.64	49	RAYMOND	12:44
19/19	JONES, BRIAN	187	01:11:59.99	45	MED. HAT	17:59

#### 4Mile 50-59 Female

Category Total: 9

<u>POS</u>	<u>NAME</u>	<u>NUMBER</u>	<u>TIME</u>	<u>AGE</u>	<u>CITY</u>	<u>PACE/Mile</u>
1/9	CARRIGAN, SHIRLEY	124	00:37:25.78	54	GREAT FALLS, MONT	09:21
2/9	TEMPLIN, SUSAN	270	00:47:30.59	55	SPRUCE GROVE	11:52
3/9	BROWN, ROSE MARIE	118	00:50:32.27	53	GRAVELBOURG	12:38
4/9	BARRY, DONNA	301	00:54:16.01		LETH	13:34
5/9	VAN RIJN, RAYLENE	277	00:54:22.34	51	COALDALE	13:35
6/9	NIELSEN, CATHY	224	01:02:22.89	55	BARNWELL	15:35
7/9	PALMARCHUK, BETTE	232	01:04:09.45	56	LETH	16:02
8/9	FLAWS, LUCY	149	01:07:15.79	52	HAYS	16:48
9/9	GROSSMAN, SHELLEY	165	01:11:58.72	53	MED. HAT	17:59

## 2005 LCC/Flaman 10/4 Road Race

### 4 Mile Race Results By Category

#### 4Mile 50-59 Male

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	HEPHER, IAN	173	00:35:08.41	57	LETH	08:47
2/16	WARREN, JEFF	282	00:36:53.65	50	LETH	09:13
3/16	MACNAUGHTON, LLOYD	210	00:37:03.13	59	COCHRANE	09:15
4/16	WAKELEN, ROSS	281	00:38:19.04	50	LETH	09:34
5/16	SINE, DAVID	255	00:39:02.01	50	LETH	09:45
6/16	LAMB, WAYNE	200	00:39:12.11	53	LETH	09:48
7/16	DOERKSEN, DAN	136	00:41:43.52	50	PICTURE BUTTE	10:25
8/16	KALVI, JOE	192	00:42:11.28	56	LETH	10:32
9/16	LYCKMAN, WARREN	208	00:42:38.60	52	STIRLING	10:39
10/16	GILLIS, RICK	160	00:45:18.06	57	LETH	11:19
11/16	BARTON, ROSS	108	00:45:31.27	59	LETH	11:22
12/16	ENGBRECHT, ERNIE	143	00:47:39.73	54	LETH	11:54
13/16	SCHWARTZ, TERRY	251	00:48:12.61	54	LETH	12:03
14/16	JANSEN, ZANE	185	00:49:19.56	53	SUNBURST, MONT.	12:19
15/16	GROSSMAN, JIM	164	01:12:00.37	52	MED. HAT	18:00
16/16	TEMPLIN, RICHARD	269	01:14:06.69	58	SPRUCE GROVE	18:31

#### 4Mile 60&Over Female

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	SIMS, DONNA	253	00:41:46.61	63	GREAT FALLS, MONT	10:26
2/5	SUTPHIN, VIRGINIA	265	00:48:30.30	74	GREAT FALLS, MONT	12:07
3/5	AINSCOUGH, MARY	102	00:50:04.31	68	LETH	12:31
4/5	JAUERNECK, ELLA	186	00:51:37.99	62	LETH	12:54
5/5	LEWIS, MARGARET	205	00:54:31.98	63	COALDALE	13:37

#### 4Mile 60&Over Male

Category Total: 8

<u>POS</u>	<u>NAME</u>	<u>NUMBER</u>	<u>TIME</u>	<u>AGE</u>	<u>CITY</u>	<u>PACE/Mile</u>
1/8	SIMS, ROBERT	254	00:37:15.77	64	GREAT FALLS, MONT	09:18
2/8	SMART, CLIVE	258	00:37:27.47	63	LETH	09:21
3/8	BYERS, BOB	122	00:37:47.83	68	LETH	09:26
4/8	NIELSON, LAMONT	225	00:39:13.63	61	FT. MACLEOD	09:48
5/8	PETERSON, KNUD	235	00:43:14.43	61	LETH	10:48
6/8	PRATT, MIKE	237	00:46:49.43	68	LETH	11:42
7/8	HOLMES, OWEN	175	00:47:36.91	76	LETH	11:54
8/8	FLAMAN, FRANK	148	01:14:01.91	72	NISKU	18:30