

## 2010 10/4 Mile Road Race Category Results

### 10 Miles - 16.09K

#### 10M19&UF - 1 Competitors

Cat	Name	Bib #	Time	Pace	O/A	City:
1/1	DALTON, LARISA	129	01:38:10.45	09:49	114/145	LETH, AB, CANADA

#### 10M19&UM - 1 Competitors

Cat	Name	Bib #	Time	Pace	O/A	City:
1/1	MILNER, KOLE	178	01:24:00.30	08:24	62/145	RAYMOND, AB, CANADA

#### 10M20-29F - 23 Competitors

Cat	Name	Bib #	Time	Pace	O/A	City:
1/23	KOCHEI, GLADYS	263	01:07:54.65	06:47	7/145	LETH, AB, CANADA
2/23	HARRIS, ERIN	257	01:14:06.45	07:24	22/145	MONARCH, AB, CANADA
3/23	DEKENS, KENDRA	131	01:17:35.65	07:45	29/145	LETH, AB, CANADA
4/23	MANGONE, MELISSA	166	01:19:10.55	07:55	36/145	LETH, AB, CANADA
5/23	BALAZ, AMANDA	111	01:19:12.80	07:55	37/145	LETH, AB, CANADA
6/23	POMERLEAU, JENNIFER	195	01:19:23.25	07:56	39/145	LETH, AB, CANADA
7/23	HILKEWICH, LESLEE	153	01:20:38.45	08:03	48/145	LETH, AB, CANADA
8/23	SMITH, VANESSA	220	01:21:15.20	08:07	52/145	ELKFORD, BC, CANADA
9/23	BRAUN, LORI	118	01:21:40.25	08:10	54/145	LETH, AB, CANADA
10/23	ASTLEY, TESS	105	01:22:43.15	08:16	57/145	LETH, AB, CANADA
11/23	ZOETEMAN, BRITTANY	247	01:24:34.20	08:27	63/145	FT. MACLEOD, AB, CANADA
12/23	ADAMS, BRITNEY	101	01:27:50.50	08:47	69/145	LETH, AB, CANADA
13/23	HOOPER, JANENE	154	01:30:06.30	09:00	82/145	MED. HAT, AB, CANADA
14/23	COOPER, STEPHANIE	256	01:30:33.65	09:03	85/145	LETH, AB, CANADA
15/23	GROVER, LENA	258	01:30:34.70	09:03	86/145	LETH, AB, CANADA
16/23	BEZOOYEN, ANDREA	115	01:30:44.55	09:04	87/145	LETH, AB, CANADA
17/23	KENNEDY, JENNIFER	159	01:33:29.85	09:20	96/145	LETH, AB, CANADA
18/23	GEARY, STEPHANIE	142	01:35:09.10	09:30	102/145	LETH, AB, CANADA
19/23	NEAL, KACIE	184	01:35:19.85	09:31	105/145	LETH, AB, CANADA
20/23	VOLK, VICKEY	239	01:36:38.20	09:39	108/145	LETH, AB, CANADA
21/23	HERWEYER, MELISSA	152	01:40:51.60	10:05	122/145	FT. MACLEOD, AB, CANADA
22/23	CROSS, NICOLE	127	01:49:01.60	10:54	138/145	LETH, AB, CANADA
23/23	BELIVEAU, RENEE	114	01:50:59.55	11:05	139/145	LETH, AB, CANADA

#### 10M20-29M - 14 Competitors

Cat	Name	Bib #	Time	Pace	O/A	City:
1/14	KANGOGO, ED	158	00:55:43.55	05:34	1/145	LETH, AB, CANADA
2/14	SCHAERZ, SIMON	207	00:56:45.60	05:40	2/145	LETH, AB, CANADA
3/14	OTTO, ANDREW	261	01:06:53.10	06:41	6/145	LETH, AB, CANADA
4/14	ERICKSON, DREW	138	01:09:17.55	06:55	10/145	LETH, AB, CANADA
5/14	WARD, KIERAN	242	01:13:09.15	07:18	20/145	LETH, AB, CANADA
6/14	ROBDRUP, DANNY	201	01:14:34.90	07:27	24/145	LETH, AB, CANADA
7/14	ILNYTSKY, YAROSLAV	157	01:19:24.10	07:56	40/145	LETH, AB, CANADA
8/14	VAN MAANEN, MARCO	235	01:20:29.80	08:02	45/145	COALHURST, AB, CANADA
9/14	LACANILAO, BRIAN	160	01:21:21.50	08:08	53/145	LETH, AB, CANADA
10/14	MUELLER, RYAN	181	01:22:38.20	08:15	56/145	LETH, AB, CANADA
11/14	ABERNATHY, RYAN	255	01:23:59.20	08:23	60/145	LETH, AB, CANADA
12/14	BOYD, PATRICK	116	01:25:40.25	08:34	65/145	MED. HAT, AB, CANADA
13/14	DEKENS, JORDAN	130	01:28:33.35	08:51	71/145	LETH, AB, CANADA
14/14	MILLER, KEITH	176	01:39:41.70	09:58	120/145	LETH, AB, CANADA

#### 10M30-39F - 15 Competitors

Cat	Name	Bib #	Time	Pace	O/A	City:
1/15	NYKWIST, SHEILA	185	01:07:57.30	06:47	9/145	LETH, AB, CANADA
2/15	RIOPEL, LOUISE	200	01:12:11.90	07:13	16/145	LETH, AB, CANADA
3/15	SMITHIES, KAYLA	221	01:15:47.15	07:34	26/145	ELKFORD, BC, CANADA
4/15	ROEMMELE, TRACEY	203	01:19:35.70	07:57	41/145	LETH, AB, CANADA
5/15	METZLER, MEGAN	173	01:20:13.00	08:01	44/145	LETH, AB, CANADA
6/15	GEMER, TARA	124	01:20:59.70	08:05	50/145	LETH, AB, CANADA
7/15	HUMENNY, NAOMI	156	01:23:59.45	08:23	61/145	LETH, AB, CANADA
8/15	HARMS, JILL	147	01:24:46.50	08:28	64/145	LETH, AB, CANADA
9/15	GALLAGHER, DIANE	140	01:26:20.10	08:38	66/145	COALDALE, AB, CANADA
10/15	VAN HERK, KATHLEEN	250	01:30:05.35	09:00	81/145	FT. MACLEOD, AB, CANADA
11/15	BAINBRIDGE, YVONNE	110	01:33:15.65	09:19	95/145	LETH, AB, CANADA
12/15	BACH, NICOLE	108	01:37:33.65	09:45	112/145	LETH, AB, CANADA
13/15	MIDDLETON, JESSICA	175	01:44:42.10	10:28	129/145	VULCAN, AB, CANADA
14/15	SMITH, DEBBIE	218	01:45:02.45	10:30	131/145	CHAMPION, AB, CANADA
15/15	BRADLEY, BOBBI	117	01:55:28.15	11:32	144/145	LETH, AB, CANADA

## 2010 10/4 Mile Road Race Category Results

### 10 Miles - 16.09K

#### 10M30-39M - 17 Competitors

Cat	Name	Bib #	Time	Pace	O/A	City:
1/17	SELLERS, CORY	209	01:05:36.90	06:33	5/145	LETH, AB, CANADA
2/17	WOLDEN, PAUL	253	01:07:54.95	06:47	8/145	LETH, AB, CANADA
3/17	DEMAERE, PAUL	132	01:09:44.00	06:58	11/145	LETH, AB, CANADA
4/17	SHRINER, JASON	215	01:10:55.90	07:05	14/145	LETH, AB, CANADA
5/17	MUNDELL, MARK	182	01:11:58.75	07:11	15/145	LETH, AB, CANADA
6/17	PASQUOTTI, RINO	190	01:12:17.05	07:13	17/145	LETH, AB, CANADA
7/17	RIOPEL, DANNY	199	01:12:44.50	07:16	18/145	LETH, AB, CANADA
8/17	SHARP, ROB	210	01:14:24.00	07:26	23/145	LETH, AB, CANADA
9/17	HEGGIE, SHAWN	248	01:15:24.15	07:32	25/145	LETH, AB, Canada
10/17	SLOMP, WILLIAM	216	01:17:46.40	07:46	30/145	PICTURE BUTTE, AB, CANADA
11/17	SMITH, NATHAN	219	01:17:47.75	07:46	31/145	CARDSTON, AB, CANADA
12/17	ENGLISH, JASON	137	01:18:33.85	07:51	33/145	CALGARY, AB, CANADA
13/17	VUCUREVICH, JEFF	240	01:19:14.60	07:55	38/145	LETH, AB, CANADA
14/17	PASQUOTTI, MARIO	189	01:19:51.60	07:59	42/145	LETH, AB, CANADA
15/17	HARMS, SCOTT	148	01:29:09.95	08:54	73/145	LETH, AB, CANADA
16/17	FEHR, CAMERON	252	01:32:56.75	09:17	93/145	LETH, AB, CANADA
17/17	SMALLBONES, MARK	262	01:43:57.15	10:23	128/145	LETH, AB, CANADA

#### 10M40-49F - 18 Competitors

Cat	Name	Bib #	Time	Pace	O/A	City:
1/18	METZLER, CATHY	172	01:19:02.90	07:54	34/145	LETH, AB, CANADA
2/18	BARTON, LEEANNE	112	01:20:01.05	08:00	43/145	MED. HAT, AB, CANADA
3/18	VANDERZEE, PAULA	238	01:20:33.45	08:03	47/145	LETH, AB, CANADA
4/18	MENTANKO-TIEFENBACH, DONNA	171	01:23:08.95	08:18	59/145	LETH, AB, CANADA
5/18	ELLIOT, BONNIE	136	01:29:15.50	08:55	75/145	LETH, AB, CANADA
6/18	TAKEYASU, CARRIE	229	01:34:42.15	09:28	100/145	LETH, AB, CANADA
7/18	PENNER, CAROLYN	192	01:34:50.80	09:29	101/145	COALDALE, AB, CANADA
8/18	LENZ, EMMA	161	01:35:14.15	09:31	104/145	COALHURST, AB, CANADA
9/18	COOMBES, JUDI	125	01:35:22.85	09:32	106/145	MED. HAT, AB, CANADA
10/18	WOLFE, HELEN	246	01:36:40.75	09:40	109/145	LETH, AB, CANADA
11/18	HANSAEME, SHERRY	145	01:36:47.80	09:40	110/145	LETH, AB, CANADA
12/18	RUPP, ANN	205	01:38:35.60	09:51	116/145	CHAMPION, AB, CANADA
13/18	MAZE, HELEN	168	01:39:03.75	09:54	117/145	LETH, AB, CANADA
14/18	HEIM, TRACY	151	01:39:32.80	09:57	118/145	CALGARY, AB, CANADA
15/18	SPRIDDLER, JENNIFER	224	01:41:03.60	10:06	124/145	LETH, AB, CANADA
16/18	MIDDLETON, CINDY	174	01:45:01.20	10:30	130/145	CHAMPION, AB,
17/18	YAWNEY, DEB	251	01:48:25.40	10:50	136/145	LETH, AB, CANADA
18/18	MILNER, KIMBERLIE	177	01:55:24.60	11:32	143/145	RAYMOND, AB, CANADA

#### 10M40-49M - 15 Competitors

Cat	Name	Bib #	Time	Pace	O/A	City:
1/15	PEARSON, TIM	191	01:03:20.05	06:20	3/145	LETH, AB, CANADA
2/15	HAYWARD, MARC	149	01:04:58.85	06:29	4/145	LETH, AB, CANADA
3/15	VANDEN DOOL, GLENN	236	01:10:30.30	07:03	12/145	LETH, AB, CANADA
4/15	ELDER, KEVIN	135	01:10:45.20	07:04	13/145	LETH, AB, CANADA
5/15	CURLY RIDER JR., MARTIN	128	01:12:59.90	07:17	19/145	STANDOFF, AB, CANADA
6/15	STENSURUD, WAYNE	225	01:14:04.30	07:24	21/145	LETH, AB, CANADA
7/15	THIESSEN, ERNIE	230	01:20:33.10	08:03	46/145	LETH, AB, CANADA
8/15	HORON, KELLY	155	01:20:43.75	08:04	49/145	LETH, AB, CANADA
9/15	MURRAY, CHRIS	183	01:22:25.00	08:14	55/145	LETH, AB, CANADA
10/15	ALSTON, JONATHAN	102	01:23:08.20	08:18	58/145	LETH, AB, CANADA
11/15	SHERIFF, JOHN	212	01:27:17.45	08:43	67/145	LETH, AB, CANADA
12/15	SOUTHALL, NORM	222	01:30:13.80	09:01	83/145	LETH, AB, CANADA
13/15	HANSON, WES	146	01:31:09.30	09:06	88/145	LETH, AB, CANADA
14/15	LOWE, MARK	162	01:31:47.25	09:10	89/145	LETH, AB, CANADA
15/15	PICKARD, TONY	194	01:46:08.90	10:36	133/145	PICTURE BUTTE, AB, CANADA

#### 10M50-59F - 14 Competitors

Cat	Name	Bib #	Time	Pace	O/A	City:
1/14	KEITH, PATRICIA	259	01:19:03.70	07:54	35/145	LETH, AB, CANADA
2/14	OLFERT, DOREEN	186	01:27:49.45	08:46	68/145	HAYS, AB, CANADA
3/14	MACDONALD, MARI	164	01:32:38.50	09:15	92/145	LETH, AB, CANADA
4/14	TAKEDA, JUNE	228	01:33:04.20	09:18	94/145	LETH, AB, CANADA
5/14	MATTHEWS, JULIE	167	01:35:56.45	09:35	107/145	LETH, AB, CANADA
6/14	WALDNER, MAGDA	241	01:38:04.50	09:48	113/145	LETH, AB, CANADA

## 2010 10/4 Mile Road Race Category Results

### 10 Miles - 16.09K

#### 10M50-59F - 14 Competitors

Cat	Name	Bib #	Time	Pace	O/A	City:
7/14	REID, KAREN	198	01:38:14.85	09:49	115/145	LETH, AB, CANADA
8/14	APPELT, SHARON	103	01:39:35.50	09:57	119/145	LETH, AB, CANADA
9/14	CLELAND, CYNTHIA	123	01:39:53.45	09:59	121/145	BOW ISLAND, AB, CANADA
10/14	SHAW, LYNN	211	01:41:03.80	10:06	125/145	LETH, AB, CANADA
11/14	PETERSON, SUSAN	193	01:47:18.35	10:43	135/145	RAYMOND, AB, CANADA
12/14	MEGAW, CAROL	260	01:48:52.10	10:53	137/145	LETH, AB, CANADA
13/14	MORRIS, NANCY	180	01:55:13.05	11:31	142/145	LETH, AB, CANADA
14/14	MCLAUGHLIN, PEGGY	170	01:55:45.15	11:34	145/145	LETH, AB., CANADA

#### 10M50-59M - 19 Competitors

Cat	Name	Bib #	Time	Pace	O/A	City:
1/19	DYCK, WALTER	134	01:16:24.15	07:38	27/145	LETH, AB, CANADA
2/19	WILSON, PAT	243	01:16:49.05	07:40	28/145	LETH, AB, CANADA
3/19	WISMATH, STEPHEN	244	01:18:10.00	07:49	32/145	LETH, AB, CANADA
4/19	CHUBB, RICH	122	01:21:07.40	08:06	51/145	LETH, AB, CANADA
5/19	TSCHRITTER, RALPH	232	01:28:25.10	08:50	70/145	MED. HAT, AB, CANADA
6/19	TILLMANN, FELIX	231	01:29:06.60	08:54	72/145	LETH, AB, CANADA
7/19	ARGYLE, GRAHAM	104	01:29:11.20	08:55	74/145	LETH, AB, CANADA
8/19	TSCHRITTER, RUDI	233	01:29:16.90	08:55	76/145	MED. HAT, AB, CANADA
9/19	CHABAY, BOB	121	01:30:00.05	09:00	78/145	LETH, AB, CANADA
10/19	VANDERVEEN, KLAAS	237	01:30:00.60	09:00	79/145	PICTURE BUTTE, AB, CANADA
11/19	FLAIG, DON	139	01:30:01.30	09:00	80/145	LETH, AB, CANADA
12/19	GRANSON, ERNEST	143	01:32:38.45	09:15	91/145	CALGARY, AB, CANADA
13/19	GARNETT, RON	141	01:34:11.60	09:25	98/145	LETH, AB, CANADA
14/19	BAIN, RON	254	01:34:19.40	09:25	99/145	LETH, AB, CANADA
15/19	MORRIS, GARNET	179	01:37:12.40	09:43	111/145	SASKATOON, SASK, CANADA
16/19	BROWN, MITCHEL	120	01:41:00.60	10:06	123/145	FT. MACLEOD, AB, CANADA
17/19	POYTRESS, ALAN	197	01:45:35.10	10:33	132/145	FT. MACLEOD, AB, CANADA
18/19	PASOLLI, ALAN	187	01:47:04.15	10:42	134/145	CHAMPION, AB, CANADA
19/19	BASKERVILLE, FRED	113	01:54:50.60	11:29	141/145	LETH, AB, CANADA

#### 10M60+F - 2 Competitors

Cat	Name	Bib #	Time	Pace	O/A	City:
1/2	STEWART, RAMONA	226	01:29:28.85	08:56	77/145	LETH, AB, CANADA
2/2	DULLEY, SUE	133	01:50:59.85	11:05	140/145	CALGARY, AB, CANADA

#### 10M60+M - 6 Competitors

Cat	Name	Bib #	Time	Pace	O/A	City:
1/6	ROELOFS, GLEN	202	01:30:13.80	09:01	84/145	COALDALE, AB, CANADA
2/6	MCDONALD, BILL	169	01:32:17.40	09:13	90/145	LETH, AB, CANADA
3/6	HEGGIE, MARC	150	01:33:50.85	09:23	97/145	LETH, AB, CANADA
4/6	VAN DAMME, JAKE	234	01:35:10.55	09:31	103/145	TABER, AB, CANADA
5/6	SCOTT, JIM	208	01:42:34.40	10:15	126/145	LETH, AB, CANADA
6/6	BROWN, JERRY	119	01:43:51.55	10:23	127/145	LETH, AB, CANADA