

Overall Gender Results

10 Miles - 16.09K

Female

Gender	Name	Bib#	Time	Pace	Category	Cat	O/A	City
1/73	KOCHEI, GLADYS	263	01:07:54.65	06:47	10M20-29F	1/23	7/145	LETH, AB, CANADA
2/73	NYKWIST, SHEILA	185	01:07:57.30	06:47	10M30-39F	1/15	9/145	LETH, AB, CANADA
3/73	RIOPEL, LOUISE	200	01:12:11.90	07:13	10M30-39F	2/15	16/145	LETH, AB, CANADA
4/73	HARRIS, ERIN	257	01:14:06.45	07:24	10M20-29F	2/23	22/145	MONARCH, AB, CANADA
5/73	SMITHIES, KAYLA	221	01:15:47.15	07:34	10M30-39F	3/15	26/145	ELKFORD, BC, CANADA
6/73	DEKENS, KENDRA	131	01:17:35.65	07:45	10M20-29F	3/23	29/145	LETH, AB, CANADA
7/73	METZLER, CATHY	172	01:19:02.90	07:54	10M40-49F	1/18	34/145	LETH, AB, CANADA
8/73	KEITH, PATRICIA	259	01:19:03.70	07:54	10M50-59F	1/14	35/145	LETH, AB, CANADA
9/73	MANGONE, MELISSA	166	01:19:10.55	07:55	10M20-29F	4/23	36/145	LETH, AB, CANADA
10/73	BALAZ, AMANDA	111	01:19:12.80	07:55	10M20-29F	5/23	37/145	LETH, AB, CANADA
11/73	POMERLEAU, JENNIFER	195	01:19:23.25	07:56	10M20-29F	6/23	39/145	LETH, AB, CANADA
12/73	ROEMMELE, TRACEY	203	01:19:35.70	07:57	10M30-39F	4/15	41/145	LETH, AB, CANADA
13/73	BARTON, LEEANNE	112	01:20:01.05	08:00	10M40-49F	2/18	43/145	MED. HAT, AB, CANADA
14/73	METZLER, MEGAN	173	01:20:13.00	08:01	10M30-39F	5/15	44/145	LETH, AB, CANADA
15/73	VANDERZEE, PAULA	238	01:20:33.45	08:03	10M40-49F	3/18	47/145	LETH, AB, CANADA
16/73	HILKEWICH, LESLEE	153	01:20:38.45	08:03	10M20-29F	7/23	48/145	LETH, AB, CANADA
17/73	GEMER, TARA	124	01:20:59.70	08:05	10M30-39F	6/15	50/145	LETH, AB, CANADA
18/73	SMITH, VANESSA	220	01:21:15.20	08:07	10M20-29F	8/23	52/145	ELKFORD, BC, CANADA
19/73	BRAUN, LORI	118	01:21:40.25	08:10	10M20-29F	9/23	54/145	LETH, AB, CANADA
20/73	ASTLEY, TESS	105	01:22:43.15	08:16	10M20-29F	10/23	57/145	LETH, AB, CANADA
21/73	MENTANKO-TIEFENBACH, DONNA	171	01:23:08.95	08:18	10M40-49F	4/18	59/145	LETH, AB, CANADA
22/73	HUMENNY, NAOMI	156	01:23:59.45	08:23	10M30-39F	7/15	61/145	LETH, AB, CANADA
23/73	ZOETEMAN, BRITTANY	247	01:24:34.20	08:27	10M20-29F	11/23	63/145	FT. MACLEOD, AB, CANADA
24/73	HARMS, JILL	147	01:24:46.50	08:28	10M30-39F	8/15	64/145	LETH, AB, CANADA
25/73	GALLAGHER, DIANE	140	01:26:20.10	08:38	10M30-39F	9/15	66/145	COALDALE, AB, CANADA
26/73	OLFERT, DOREEN	186	01:27:49.45	08:46	10M50-59F	2/14	68/145	HAYS, AB, CANADA
27/73	ADAMS, BRITNEY	101	01:27:50.50	08:47	10M20-29F	12/23	69/145	LETH, AB, CANADA
28/73	ELLIOT, BONNIE	136	01:29:15.50	08:55	10M40-49F	5/18	75/145	LETH, AB, CANADA
29/73	STEWART, RAMONA	226	01:29:28.85	08:56	10M60+F	1/2	77/145	LETH, AB, CANADA
30/73	VAN HERK, KATHLEEN	250	01:30:05.35	09:00	10M30-39F	10/15	81/145	FT. MACLEOD, AB, CANADA
31/73	HOOPER, JANENE	154	01:30:06.30	09:00	10M20-29F	13/23	82/145	MED. HAT, AB, CANADA
32/73	COOPER, STEPHANIE	256	01:30:33.65	09:03	10M20-29F	14/23	85/145	LETH, AB, CANADA
33/73	GROVER, LENA	258	01:30:34.70	09:03	10M20-29F	15/23	86/145	LETH, AB, CANADA
34/73	BEZOOYEN, ANDREA	115	01:30:44.55	09:04	10M20-29F	16/23	87/145	LETH, AB, CANADA
35/73	MACDONALD, MARI	164	01:32:38.50	09:15	10M50-59F	3/14	92/145	LETH, AB, CANADA
36/73	TAKEDA, JUNE	228	01:33:04.20	09:18	10M50-59F	4/14	94/145	LETH, AB, CANADA
37/73	BAINBRIDGE, YVONNE	110	01:33:15.65	09:19	10M30-39F	11/15	95/145	LETH, AB, CANADA
38/73	KENNEDY, JENNIFER	159	01:33:29.85	09:20	10M20-29F	17/23	96/145	LETH, AB, CANADA
39/73	TAKEYASU, CARRIE	229	01:34:42.15	09:28	10M40-49F	6/18	100/145	LETH, AB, CANADA
40/73	PENNER, CAROLYN	192	01:34:50.80	09:29	10M40-49F	7/18	101/145	COALDALE, AB, CANADA
41/73	GEARY, STEPHANIE	142	01:35:09.10	09:30	10M20-29F	18/23	102/145	LETH, AB, CANADA
42/73	LENZ, EMMA	161	01:35:14.15	09:31	10M40-49F	8/18	104/145	COALHURST, AB, CANADA
43/73	NEAL, KACIE	184	01:35:19.85	09:31	10M20-29F	19/23	105/145	LETH, AB, CANADA
44/73	COOMBES, JUDI	125	01:35:22.85	09:32	10M40-49F	9/18	106/145	MED. HAT, AB, CANADA
45/73	MATTHEWS, JULIE	167	01:35:56.45	09:35	10M50-59F	5/14	107/145	LETH, AB, CANADA
46/73	VOLK, VICKEY	239	01:36:38.20	09:39	10M20-29F	20/23	108/145	LETH, AB, CANADA
47/73	WOLFE, HELEN	246	01:36:40.75	09:40	10M40-49F	10/18	109/145	LETH, AB, CANADA
48/73	HANSAEME, SHERRY	145	01:36:47.80	09:40	10M40-49F	11/18	110/145	LETH, AB, CANADA
49/73	BACH, NICOLE	108	01:37:33.65	09:45	10M30-39F	12/15	112/145	LETH, AB, CANADA
50/73	WALDNER, MAGDA	241	01:38:04.50	09:48	10M50-59F	6/14	113/145	LETH, AB, CANADA
51/73	DALTON, LARISA	129	01:38:10.45	09:49	10M19&UF	1/1	114/145	LETH, AB, CANADA
52/73	REID, KAREN	198	01:38:14.85	09:49	10M50-59F	7/14	115/145	LETH, AB, CANADA
53/73	RUPP, ANN	205	01:38:35.60	09:51	10M40-49F	12/18	116/145	CHAMPION, AB, CANADA
54/73	MAZE, HELEN	168	01:39:03.75	09:54	10M40-49F	13/18	117/145	LETH, AB, CANADA
55/73	HEIM, TRACY	151	01:39:32.80	09:57	10M40-49F	14/18	118/145	CALGARY, AB, CANADA

**2010 10/4 Mile Road Race
Overall Gender Results**

10 Miles - 16.09K**Female**

Gender	Name	Bib#	Time	Pace	Category	Cat	O/A	City
56/73	APPELT, SHARON	103	01:39:35.50	09:57	10M50-59F	8/14	119/145	LETH, AB, CANADA
57/73	CLELAND, CYNTHIA	123	01:39:53.45	09:59	10M50-59F	9/14	121/145	BOW ISLAND, AB, CANADA
58/73	HERWEYER, MELISSA	152	01:40:51.60	10:05	10M20-29F	21/23	122/145	FT. MACLEOD, AB, CANADA
59/73	SPRIDDLER, JENNIFER	224	01:41:03.60	10:06	10M40-49F	15/18	124/145	LETH, AB, CANADA
60/73	SHAW, LYNN	211	01:41:03.80	10:06	10M50-59F	10/14	125/145	LETH, AB, CANADA
61/73	MIDDLETON, JESSICA	175	01:44:42.10	10:28	10M30-39F	13/15	129/145	VULCAN, AB, CANADA
62/73	MIDDLETON, CINDY	174	01:45:01.20	10:30	10M40-49F	16/18	130/145	CHAMPION, AB,
63/73	SMITH, DEBBIE	218	01:45:02.45	10:30	10M30-39F	14/15	131/145	CHAMPION, AB, CANADA
64/73	PETERSON, SUSAN	193	01:47:18.35	10:43	10M50-59F	11/14	135/145	RAYMOND, AB, CANADA
65/73	YAWNEY, DEB	251	01:48:25.40	10:50	10M40-49F	17/18	136/145	LETH, AB, CANADA
66/73	MEGAW, CAROL	260	01:48:52.10	10:53	10M50-59F	12/14	137/145	LETH, AB, CANADA
67/73	CROSS, NICOLE	127	01:49:01.60	10:54	10M20-29F	22/23	138/145	LETH, AB, CANADA
68/73	BELIVEAU, RENEE	114	01:50:59.55	11:05	10M20-29F	23/23	139/145	LETH, AB, CANADA
69/73	DULLEY, SUE	133	01:50:59.85	11:05	10M60+F	2/2	140/145	CALGARY, AB, CANADA
70/73	MORRIS, NANCY	180	01:55:13.05	11:31	10M50-59F	13/14	142/145	LETH, AB, CANADA
71/73	MILNER, KIMBERLIE	177	01:55:24.60	11:32	10M40-49F	18/18	143/145	RAYMOND, AB, CANADA
72/73	BRADLEY, BOBBI	117	01:55:28.15	11:32	10M30-39F	15/15	144/145	LETH, AB, CANADA
73/73	MCLAUGHLIN, PEGGY	170	01:55:45.15	11:34	10M50-59F	14/14	145/145	LETH, AB., CANADA

Overall Gender Results

10 Miles - 16.09K

Male

Gender	Name	Bib#	Time	Pace	Category	Cat	O/A	City
1/72	KANGOGO, ED	158	00:55:43.55	05:34	10M20-29M	1/14	1/145	LETH, AB, CANADA
2/72	SCHAERZ, SIMON	207	00:56:45.60	05:40	10M20-29M	2/14	2/145	LETH, AB, CANADA
3/72	PEARSON, TIM	191	01:03:20.05	06:20	10M40-49M	1/15	3/145	LETH, AB, CANADA
4/72	HAYWARD, MARC	149	01:04:58.85	06:29	10M40-49M	2/15	4/145	LETH, AB, CANADA
5/72	SELLERS, CORY	209	01:05:36.90	06:33	10M30-39M	1/17	5/145	LETH, AB, CANADA
6/72	OTTO, ANDREW	261	01:06:53.10	06:41	10M20-29M	3/14	6/145	LETH, AB, CANADA
7/72	WOLDEN, PAUL	253	01:07:54.95	06:47	10M30-39M	2/17	8/145	LETH, AB, CANADA
8/72	ERICKSON, DREW	138	01:09:17.55	06:55	10M20-29M	4/14	10/145	LETH, AB, CANADA
9/72	DEMAERE, PAUL	132	01:09:44.00	06:58	10M30-39M	3/17	11/145	LETH, AB, CANADA
10/72	VANDEN DOOL, GLENN	236	01:10:30.30	07:03	10M40-49M	3/15	12/145	LETH, AB, CANADA
11/72	ELDER, KEVIN	135	01:10:45.20	07:04	10M40-49M	4/15	13/145	LETH, AB, CANADA
12/72	SHRINER, JASON	215	01:10:55.90	07:05	10M30-39M	4/17	14/145	LETH, AB, CANADA
13/72	MUNDELL, MARK	182	01:11:58.75	07:11	10M30-39M	5/17	15/145	LETH, AB, CANADA
14/72	PASQUOTTI, RINO	190	01:12:17.05	07:13	10M30-39M	6/17	17/145	LETH, AB, CANADA
15/72	RIOPEL, DANNY	199	01:12:44.50	07:16	10M30-39M	7/17	18/145	LETH, AB, CANADA
16/72	CURLY RIDER JR., MARTIN	128	01:12:59.90	07:17	10M40-49M	5/15	19/145	STANDOFF, AB, CANADA
17/72	WARD, KIERAN	242	01:13:09.15	07:18	10M20-29M	5/14	20/145	LETH, AB, CANADA
18/72	STENSRUD, WAYNE	225	01:14:04.30	07:24	10M40-49M	6/15	21/145	LETH, AB, CANADA
19/72	SHARP, ROB	210	01:14:24.00	07:26	10M30-39M	8/17	23/145	LETH, AB, CANADA
20/72	ROBDRUP, DANNY	201	01:14:34.90	07:27	10M20-29M	6/14	24/145	LETH, AB, CANADA
21/72	HEGGIE, SHAWN	248	01:15:24.15	07:32	10M30-39M	9/17	25/145	LETH, AB, Canada
22/72	DYCK, WALTER	134	01:16:24.15	07:38	10M50-59M	1/19	27/145	LETH, AB, CANADA
23/72	WILSON, PAT	243	01:16:49.05	07:40	10M50-59M	2/19	28/145	LETH, AB, CANADA
24/72	SLOMP, WILLIAM	216	01:17:46.40	07:46	10M30-39M	10/17	30/145	PICTURE BUTTE, AB, CANADA
25/72	SMITH, NATHAN	219	01:17:47.75	07:46	10M30-39M	11/17	31/145	CARDSTON, AB, CANADA
26/72	WISMATH, STEPHEN	244	01:18:10.00	07:49	10M50-59M	3/19	32/145	LETH, AB, CANADA
27/72	ENGLISH, JASON	137	01:18:33.85	07:51	10M30-39M	12/17	33/145	CALGARY, AB, CANADA
28/72	VUCUREVICH, JEFF	240	01:19:14.60	07:55	10M30-39M	13/17	38/145	LETH, AB, CANADA
29/72	ILNYTSKYY, YAROSLAV	157	01:19:24.10	07:56	10M20-29M	7/14	40/145	LETH, AB, CANADA
30/72	PASQUOTTI, MARIO	189	01:19:51.60	07:59	10M30-39M	14/17	42/145	LETH, AB, CANADA
31/72	VAN MAANEN, MARCO	235	01:20:29.80	08:02	10M20-29M	8/14	45/145	COALHURST, AB, CANADA
32/72	THIESSEN, ERNIE	230	01:20:33.10	08:03	10M40-49M	7/15	46/145	LETH, AB, CANADA
33/72	HORON, KELLY	155	01:20:43.75	08:04	10M40-49M	8/15	49/145	LETH, AB, CANADA
34/72	CHUBB, RICH	122	01:21:07.40	08:06	10M50-59M	4/19	51/145	LETH, AB, CANADA
35/72	LACANILAO, BRIAN	160	01:21:21.50	08:08	10M20-29M	9/14	53/145	LETH, AB, CANADA
36/72	MURRAY, CHRIS	183	01:22:25.00	08:14	10M40-49M	9/15	55/145	LETH, AB, CANADA
37/72	MUELLER, RYAN	181	01:22:38.20	08:15	10M20-29M	10/14	56/145	LETH, AB, CANADA
38/72	ALSTON, JONATHAN	102	01:23:08.20	08:18	10M40-49M	10/15	58/145	LETH, AB, CANADA
39/72	ABERNATHY, RYAN	255	01:23:59.20	08:23	10M20-29M	11/14	60/145	LETH, AB, CANADA
40/72	MILNER, KOLE	178	01:24:00.30	08:24	10M19&UM	1/1	62/145	RAYMOND, AB, CANADA
41/72	BOYD, PATRICK	116	01:25:40.25	08:34	10M20-29M	12/14	65/145	MED. HAT, AB, CANADA
42/72	SHERIFF, JOHN	212	01:27:17.45	08:43	10M40-49M	11/15	67/145	LETH, AB, CANADA
43/72	TSCHRITTER, RALPH	232	01:28:25.10	08:50	10M50-59M	5/19	70/145	MED. HAT, AB, CANADA
44/72	DEKENS, JORDAN	130	01:28:33.35	08:51	10M20-29M	13/14	71/145	LETH, AB, CANADA
45/72	TILLMANN, FELIX	231	01:29:06.60	08:54	10M50-59M	6/19	72/145	LETH, AB, CANADA
46/72	HARMS, SCOTT	148	01:29:09.95	08:54	10M30-39M	15/17	73/145	LETH, AB, CANADA
47/72	ARGYLE, GRAHAM	104	01:29:11.20	08:55	10M50-59M	7/19	74/145	LETH, AB, CANADA
48/72	TSCHRITTER, RUDI	233	01:29:16.90	08:55	10M50-59M	8/19	76/145	MED. HAT, AB, CANADA
49/72	CHABAY, BOB	121	01:30:00.05	09:00	10M50-59M	9/19	78/145	LETH, AB, CANADA
50/72	VANDERVEEN, KLAAS	237	01:30:00.60	09:00	10M50-59M	10/19	79/145	PICTURE BUTTE, AB, CANADA
51/72	FLAIG, DON	139	01:30:01.30	09:00	10M50-59M	11/19	80/145	LETH, AB, CANADA
52/72	ROELOFS, GLEN	202	01:30:13.80	09:01	10M60+M	1/6	84/145	COALDALE, AB, CANADA
53/72	SOUTHALL, NORM	222	01:30:13.80	09:01	10M40-49M	12/15	83/145	LETH, AB, CANADA
54/72	HANSON, WES	146	01:31:09.30	09:06	10M40-49M	13/15	88/145	LETH, AB, CANADA
55/72	LOWE, MARK	162	01:31:47.25	09:10	10M40-49M	14/15	89/145	LETH, AB, CANADA

**2010 10/4 Mile Road Race
Overall Gender Results**

10 Miles - 16.09K**Male**

Gender	Name	Bib#	Time	Pace	Category	Cat	O/A	City
56/72	MCDONALD, BILL	169	01:32:17.40	09:13	10M60+M	2/6	90/145	LETH, AB, CANADA
57/72	GRANSON, ERNEST	143	01:32:38.45	09:15	10M50-59M	12/19	91/145	CALGARY, AB, CANADA
58/72	FEHR, CAMERON	252	01:32:56.75	09:17	10M30-39M	16/17	93/145	LETH, AB, CANADA
59/72	HEGGIE, MARC	150	01:33:50.85	09:23	10M60+M	3/6	97/145	LETH, AB, CANADA
60/72	GARNETT, RON	141	01:34:11.60	09:25	10M50-59M	13/19	98/145	LETH, AB, CANADA
61/72	BAIN, RON	254	01:34:19.40	09:25	10M50-59M	14/19	99/145	LETH, AB, CANADA
62/72	VAN DAMME, JAKE	234	01:35:10.55	09:31	10M60+M	4/6	103/145	TABER, AB, CANADA
63/72	MORRIS, GARNET	179	01:37:12.40	09:43	10M50-59M	15/19	111/145	SASKATOON, SASK, CANADA
64/72	MILLER, KEITH	176	01:39:41.70	09:58	10M20-29M	14/14	120/145	LETH, AB, CANADA
65/72	BROWN, MITCHEL	120	01:41:00.60	10:06	10M50-59M	16/19	123/145	FT. MACLEOD, AB, CANADA
66/72	SCOTT, JIM	208	01:42:34.40	10:15	10M60+M	5/6	126/145	LETH, AB, CANADA
67/72	BROWN, JERRY	119	01:43:51.55	10:23	10M60+M	6/6	127/145	LETH, AB, CANADA
68/72	SMALLBONES, MARK	262	01:43:57.15	10:23	10M30-39M	17/17	128/145	LETH, AB, CANADA
69/72	POYTRESS, ALAN	197	01:45:35.10	10:33	10M50-59M	17/19	132/145	FT. MACLEOD, AB, CANADA
70/72	PICKARD, TONY	194	01:46:08.90	10:36	10M40-49M	15/15	133/145	PICTURE BUTTE, AB, CANADA
71/72	PASOLLI, ALAN	187	01:47:04.15	10:42	10M50-59M	18/19	134/145	CHAMPION, AB, CANADA
72/72	BASKERVILLE, FRED	113	01:54:50.60	11:29	10M50-59M	19/19	141/145	LETH, AB, CANADA