

4/17/04

## 2004 LCC/Flaman 10/4 Road Race

### 10 Mile Race Results By Category

#### 10Mile 19&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	DUECK, ALEXIS	1083	01:26:50.08	12	COALDALE	08:41
2/2	READY, CARLEEN	1164	01:36:44.92	17	LETH	09:40

#### 10Mile 19&Under Male

Category Total: 4

<u>POS</u>	<u>NAME</u>	<u>NUMBER</u>	<u>TIME</u>	<u>AGE</u>	<u>CITY</u>	<u>PACE/Mile</u>
1/4	GARDNER, JEFF	1097	01:26:06.23	17	TABER	08:36
2/4	DUECK, NOLAN	1085	01:26:09.90	17	COALDALE	08:36
3/4	BLAIR, CHARLIE	1209	01:30:15.67		LETH	09:01
4/4	BULLOCK, KYLE	1061	01:36:22.88	18	BARNWELL	09:38

#### 10Mile 20-24 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	PAYNE, LYNDSAY	1158	01:08:58.64	21	LETH	06:53
2/9	HARRIS, ERIN	1112	01:13:55.49	23	MONARCH	07:23
3/9	DIXSON, NEILA	1079	01:18:24.87	24	FOREMOST	07:50
4/9	VIOLA, JULIE	1196	01:18:30.21	23	LETH	07:51
5/9	DUDAS, GINA	1082	01:19:01.56	24	LETH	07:54
6/9	CONROY, ALLISON	1071	01:24:37.01	21	EDMONTON	08:27
7/9	PROKOP, MELISSA	1162	01:29:48.09	22	LETH	08:58
8/9	BRANDFORD, LESLEY	1059	01:29:53.94	23	LETH	08:59
9/9	MOLZAN, CANDICE	1150	01:41:19.85	23	LETH	10:07

#### 10Mile 20-24 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	CROCKER, JOHN	1075	01:06:51.73	22	MED. HAT	06:41
2/2	GREER, JASON	1107	01:07:11.69	24	LETH	06:43

#### 10Mile 25-29 Female

Category Total: 6

<u>POS</u>	<u>NAME</u>	<u>NUMBER</u>	<u>TIME</u>	<u>AGE</u>	<u>CITY</u>	<u>PACE/Mile</u>
1/6	KALISCHUK, ANDREA	1125	01:28:00.03	29	LETH	08:48
2/6	COLEBY, FAY	1070	01:29:20.86	27	LETH	08:56
3/6	JONES, KATHY	1124	01:34:45.35	29	LETH	09:28
4/6	ENGLT, ERIN	1089	01:38:09.86	27	LETH	09:48
5/6	HUNT, AMY	1121	01:41:45.07	28	LETH	10:10
6/6	SEMENIUK, CORAL	1178	01:42:14.80	28	LETH	10:13

## 2004 LCC/Flaman 10/4 Road Race

### 10 Mile Race Results By Category

#### 10Mile 25-29 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	SEXTON, BRIAN	1180	01:17:50.37	28	LETH	07:47
2/3	GIFFEN, CHRIS	1100	01:22:50.89	27	LETH	08:17
3/3	ROSENEGGER, STEPHEN	1173	01:54:19.99	29	CALGARY	11:25

#### 10Mile 30-34 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	LONDEAU, CHERYL	1133	01:18:57.07	33	LETH	07:53
2/7	MACMILLAN, KERI	1135	01:32:09.99	31	MED. HAT	09:12
3/7	GIFFEN, REBECCA	1101	01:35:00.59	30	CALGARY	09:30
4/7	ROSZELL, KATHY	1175	01:35:03.57	34	MED. HAT	09:30
5/7	VISSER, SABINA	1197	01:44:07.03	33	LETH	10:24
6/7	HANNAY, LISA	1110	01:55:10.88	34	BROOKS	11:31
7/7	CAPUTO, KAAREEN	1067	02:06:31.96	34	LETH	12:39

#### 10Mile 30-34 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	MOLNAR, WARREN	1148	01:00:58.47	30	COALDALE	06:05
2/9	WASYLISHEN, CLINTON	1200	01:08:06.05	30	EDMONTON	06:48
3/9	SCHILLING, JASON	1177	01:17:43.50	34	LETH	07:46
4/9	PASQUOTTI, MARIO	1157	01:23:45.36	33	LETH	08:22
5/9	ETO, HIROHIDE	1090	01:24:56.54	33	LETH	08:29
6/9	DECILLIA, RYAN	1078	01:26:38.88	30	LETH	08:39
7/9	BABE, DEREK	1054	01:30:20.92	34	LETH	09:02
8/9	NICOL, CREGG	1155	01:30:24.35	34	COALHURST	09:02
9/9	CAPUTO, DINO	1066	01:49:08.63	30	LETH	10:54

#### 10Mile 35-39 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	JACOBSON, SANDY	1123	01:05:25.16	38	EDMONTON	06:32
2/5	LAMB, MARGO	1131	01:19:18.51	39	LETH	07:55
3/5	ROGERS, COLLEEN	1171	01:24:31.24	35	SPRINGBROOK	08:27
4/5	HANSAEME, SHERRY	1109	01:38:01.30	39	LETH	09:48
5/5	GIN, SUSAN	1104	01:38:22.95	36	LETH	09:50

## 2004 LCC/Flaman 10/4 Road Race

### 10 Mile Race Results By Category

#### 10Mile 35-39 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	ELDER, KEVIN	1088	01:07:10.62	39	LETH	06:43
2/10	HOVELING, MARK	1119	01:13:24.80	38	LETH	07:20
3/10	HAYWARD, TYLER	1114	01:14:56.62	38	LETH	07:29
4/10	KRUSHEL, ROBERT	1129	01:16:04.35	36	LETH	07:36
5/10	EVANSON, JAMES	1091	01:17:48.11	36	LETH	07:46
6/10	MCCRAY, GLENN	1141	01:22:00.14	38	LETH	08:12
7/10	DONALDSON, BARRY	1080	01:25:16.74	38	LETH	08:31
8/10	MAATJE, JOHAN	1134	01:27:27.54	37	LETH	08:44
9/10	WORT HANNAM, JOHN	1063	01:35:37.59	36	FT. MACLEOD	09:33
10/10	HUSCH, JEFF	1122	01:41:49.31	35	LETH	10:10

#### 10Mile 40-44 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	MENTANKO-TIEFENBACH, DO	1145	01:22:19.81	40	LETH	08:13
2/10	MANTELLLO, BARB	1137	01:23:06.10	41	LETH	08:18
3/10	MOLTZ, JODY	1149	01:25:00.70	40	LETH	08:30
4/10	SENNEKER, ROMINA	1179	01:31:16.48	41	TABER	09:07
5/10	BOURDON-HARRIS, MARQUI	1211	01:33:04.77		MONARCH	09:18
6/10	WILLIAMS, JUDY	1203	01:40:24.88	44	LETH	10:02
7/10	PENICH, CATHY	1159	01:40:31.46	41	LETH	10:03
8/10	CHARLEBOIS, ROBIN	1068	01:40:31.92	41	LETH	10:03
9/10	MORRIS, NANCY	1151	01:45:11.74	44	LETH	10:31
10/10	ABBOTT, EILEEN	1051	01:46:46.73	44	LETH	10:40

#### 10Mile 40-44 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	MCCLOY, PAUL	1208	00:57:53.94	41	CALGARY	05:47
2/10	HAYWARD, MARC	1113	01:04:07.84	43	LETH	06:24
3/10	FOSTER, FRANK	1093	01:08:40.80	42	LETH	06:52
4/10	HAEHLEN, SIMON	1108	01:15:46.02	44	LETH	07:34
5/10	BALDREY, ROD	1055	01:16:06.29	44	CALGARY	07:36
6/10	LAMB, BRUCE	1130	01:16:38.29	44	LETH	07:39
7/10	HORON, KELLY	1118	01:18:46.85	44	LETH	07:52
8/10	SWITZER, JOHN	1186	01:20:05.15	44	LETH	08:00
9/10	KAWCHUK, LARRY	1126	01:25:01.72	41	LETH	08:30
10/10	SAUTER, GRANT	1176	01:29:59.60	44	LETH	08:59

# 2004 LCC/Flaman 10/4 Road Race

## 10 Mile Race Results By Category

### 10Mile 45-49 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	WILLIAMS, CAROL	1202	01:17:28.45	47	LETH	07:44
2/16	KEITH, PATRICIA	1127	01:21:14.29	47	LETH	08:07
3/16	VAN DORLAND, ANNETTE	1192	01:24:20.49	45	LETH	08:26
4/16	VAN DAMME, ANN	1191	01:24:30.58	49	TABER	08:27
5/16	HRANAC, BEVERLEY	1120	01:26:21.43	48	LETH	08:38
6/16	ORR, JULIE	1156	01:29:33.90	45	LETH	08:57
7/16	KENNES, MARY	1212	01:30:37.63		LETH	09:03
8/16	REID, KAREN	1166	01:31:28.98	48	LETH	09:08
9/16	ANTONINI, SANDY	1052	01:33:40.34	46	LETH	09:22
10/16	MATTHEWS, JULIE	1139	01:35:22.97	47	LETH	09:32
11/16	MASSE, BRENDA	1138	01:36:33.53	48	LETH	09:39
12/16	FOSS, PIA	1213	01:43:08.48	46	COCHRANE	10:18
13/16	MILLER, LIZ	1147	01:44:55.37	46	LETH	10:29
14/16	GILLETT, SHARON	1103	01:44:55.79	45	LETH	10:29
15/16	ROBERTSON, WANDA	1170	01:49:57.52	47	LETH	10:59
16/16	MYCK, SHARON	1153	01:55:52.53	48	LETH	11:35

### 10Mile 45-49 Male

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	RENTERIA, LUIS	1167	00:59:29.54	45	LETH	05:56
2/20	ROMAO, GEORGE	1172	01:13:52.04	45	BROOKS	07:23
3/20	DUECK, MARVIN	1084	01:16:38.96	47	COALDALE	07:39
4/20	FROESE, DON	1096	01:16:40.39	47	LETH	07:40
5/20	KENNES, LEON	1210	01:19:51.70		LETH	07:59
6/20	BIEMANS, KEN	1057	01:20:13.48	49	SEVEN PERSONS	08:01
7/20	TSCHRITTER, RALPH	1188	01:22:09.02	45	MEDICINE HAT	08:12
8/20	TSCHRITTER, RUDI	1189	01:23:28.45	49	MED. HAT	08:20
9/20	YOUNG PINE, DALLAS	1214	01:24:16.93	46	STANDOFF	08:25
10/20	VANDERGOUWE, JIM	1195	01:25:19.37	46	COALDALE	08:31
11/20	DUECK, ROD	1086	01:27:01.44	45	COALDALE	08:42
12/20	WAKELEN, ROSS	1199	01:28:56.05	49	LETH	08:53
13/20	MYLES, CHARLIE	1146	01:29:05.12	47	LETH	08:54
14/20	BYAM, BARRY	1065	01:29:34.28	48	LETH	08:57
15/20	RIDEOUT, TONY	1168	01:30:22.37	46	LETH	09:02
16/20	GRANSON, ERNEST	1106	01:30:56.69	49	CALGARY	09:05
17/20	ROSS, MIKE	1174	01:32:32.43	48	LETH	09:15
18/20	GARNETT, RON	1098	01:33:41.29	47	LETH	09:22
19/20	POYTRESS, ALAN	1160	01:34:47.17	49	FT. MACLEOD	09:28
20/20	READY, KIRK	1165	01:45:58.96	46	LETH	10:35

## 2004 LCC/Flaman 10/4 Road Race

### 10 Mile Race Results By Category

#### 10Mile 50-54 Female

Category Total: 6

<u>POS</u>	<u>NAME</u>	<u>NUMBER</u>	<u>TIME</u>	<u>AGE</u>	<u>CITY</u>	<u>PACE/Mile</u>
1/6	FOSTER, LIZ	1094	01:29:12.17	50	LETH	08:55
2/6	MCLAUGHLIN, PEGGY	1144	01:36:29.28	52	LETH	09:38
3/6	SMITH, BEV	1183	01:38:19.80	51	LETH	09:49
4/6	DOW, JUNE	1081	01:38:25.23	50	LETH	09:50
5/6	MUTCH, LAVONN	1152	01:52:54.16	51	LETH	11:17
6/6	DUECK, RUTH	1087	01:53:06.56	53	COALDALE	11:18

#### 10Mile 50-54 Male

Category Total: 17

<u>POS</u>	<u>NAME</u>	<u>NUMBER</u>	<u>TIME</u>	<u>AGE</u>	<u>CITY</u>	<u>PACE/Mile</u>
1/17	WELCH, MICHAEL	1201	01:06:20.52	51	CALGARY	06:38
2/17	MAGILL, HUGH	1136	01:09:52.05	51	CALGARY	06:59
3/17	COPPS, TOM	1217	01:11:42.40	50	LETH	07:10
4/17	THOMAS, NOEL	1187	01:13:29.12	50	COALDALE	07:20
5/17	WISMATH, STEPHEN	1205	01:16:01.73	52	LETH	07:36
6/17	CHUBB, RICH	1069	01:23:33.49	54	LETH	08:21
7/17	BYRNE, JOHN	1218	01:28:34.29	54	LETHBRIDGE	08:51
8/17	MCLAUGHLIN, DOUG	1143	01:30:04.95	53	LETH	09:00
9/17	WILSON, TOM	1204	01:31:17.46	54	LETH	09:07
10/17	NASH, GEOFF	1154	01:31:41.80	50	LETH	09:10
11/17	HEATON, JOE	1115	01:32:26.96	50	MED. HAT	09:14
12/17	RASLASK, RUSSELL	1163	01:35:10.22	52	LETH	09:31
13/17	BASKERVILLE, FRED	1056	01:35:39.65	54	LETH	09:33
14/17	GERHART, PAUL	1099	01:36:30.83	54	LETH	09:39
15/17	VOLK, STAN	1198	01:38:57.10	51	LETH	09:53
16/17	BLAIR, GORDON	1058	01:40:06.90	50	LETH	10:00
17/17	MCGEE, DAN	1142	01:44:07.77	50	LETH	10:24

#### 10Mile 55-59 Female

Category Total: 4

<u>POS</u>	<u>NAME</u>	<u>NUMBER</u>	<u>TIME</u>	<u>AGE</u>	<u>CITY</u>	<u>PACE/Mile</u>
1/4	HORII, HILDA	1117	01:37:44.84	55	LETH	09:46
2/4	AARSEN, MARIAN	1216	01:45:22.15		LETH	10:32
3/4	VAN DYK, JANNIE	1193	01:54:50.84	59	LETH	11:29
4/4	GIFFEN, SUSAN	1102	02:04:50.27	56	LETH	12:29

**2004 LCC/Flaman 10/4 Road Race****10 Mile Race Results By Category****10Mile 55-59 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	LEE, DON	1132	01:18:45.94	58	LETH	07:52
2/7	BROWN, JERRY	1060	01:32:06.93	55	LETH	09:12
3/7	MCCORMACK, JAMES	1140	01:34:08.40	58	LETH	09:24
4/7	FRITZ, KEN	1095	01:34:35.29	59	TABER	09:27
5/7	HOOD, ROBIN	1116	01:37:03.27	57	LETH	09:42
6/7	NIGHTINGALE, JOHN	1219	01:37:45.39	55	LETH	09:46
7/7	ARVIDSON, ROBERT	1053	01:38:57.40	56	LETH	09:53

**10Mile 60-64 Female**

Category Total: 1

<u>POS</u>	<u>NAME</u>	<u>NUMBER</u>	<u>TIME</u>	<u>AGE</u>	<u>CITY</u>	<u>PACE/Mile</u>
1/1	FORDE, BRIDIE	1092	01:46:02.18	60	STETTLER	10:36

**10Mile 60-64 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	SHAW, BOB	1181	01:18:05.80	61	CALGARY	07:48
2/5	BUTLER, PETER	1064	01:24:13.02	63	ELKWATER	08:25
3/5	PILKEY, DOUGLAS	1355	01:27:21.03	62	MEDICINE HAT	08:44
4/5	HARDIE, RON	1111	01:38:20.75	61	LETH	09:50
5/5	RIRIE, ED	1169	01:57:51.52	60	MAGRATH	11:47

**10Mile 65&Over 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	VAN RAAY, COR	1194	01:30:47.80	68	IRON SPRINGS	09:04
2/2	BURKE, BUSTER	1062	01:35:38.42	65	COALDALE	09:33