

Ganaraska Trail Runs
Saturday, May 12, 2007

50 km Trail Run

Place	Name	Bib#	Category	Time
1	Paul Trebilcock	88	male 40-49	4:34:14
2	Manuel Saumon	71	male 40-49	4:43:11
3	Marianne Prez	156	female 30-39	4:44:55
4	Laurie Mcgrath	55	female 30-39	4:51:49
5	Ronald Gehl	30	male 50-59	4:56:41
6	Wayne Spahr	82	male 40-49	5:04:48
7	Rejean Paul-Lavoie	171	male 30-39	5:13:32
8	Brian Robertson	69	male 40-49	5:15:48
9	Audrey Kelly	183	female 30-39	5:17:30
10	Denise Rispolie	180	female 30-39	5:17:30
11	Steve Burrows	7	male 50-59	5:19:21
12	Paul Chenery	12	male 50-59	5:20:17
13	Steven Parke	64	male 40-49	5:28:00
14	George Biondic	4	male 50-59	5:31:38
15	Trish Fraser	29	female 30-39	5:32:21
16	Dawn Hamel	33	female 50-59	5:36:36
17	Rick Mcdowell	54	male 50-59	5:41:05
18	Roger Parsons	150	male 50-59	5:43:46
19	Wanda Ferguson	26	female 40-49	5:47:50
20	Martin Kuhn	45	male 30-39	5:55:20
21	Doug Barber	139	male 60+	5:56:16
22	Sharon Zelinski	96	female 40-49	5:56:16
23	Helen Scissons	75	female 50-59	5:57:25
24	Theresa Mcgrath	56	female 30-39	5:57:42
25	Jamie Forget	27	male 30-39	6:00:53
26	Soroya Heggie	36	female 40-49	6:14:37
27	Howard Parker	65	male 50-59	6:16:43
28	Hans Maier	34	male 60+	6:18:16
29	Jim Glen	31	male 40-49	6:19:21
30	Adi Shnall	77	female 40-49	6:21:05
31	Lee Anne Cohen	15	female 50-59	6:29:02
32	Christopher Tarrant	86	male 40-49	6:43:19
33	Gavin Simpson	78	male 50-59	6:48:04
34	Paul DeBiasi	90	male 60+	7:21:17
35	Helen Malmberg	51	female 60+	7:27:24

25 km Trail Run

Place	Name	Bib#	Category	Time
1	Mark Tarnopolsky	85	male 40-49	1:49:49
2	Allan Magi	50	male 40-49	1:51:00
3	Tom Lobsinger	147	male 40-49	1:54:56
4	Derrick Stafford	167	male 40-49	1:59:48
5	Eric Jackson	40	male 40-49	2:00:31
6	Nick Roberts	67	male 40-49	2:03:03
7	Anthony Davey	18	male 40-49	2:03:43
8	Jason Shaw	76	male <30	2:07:02
9	Dave Champion	11	male 50-59	2:07:23

10	Nancy Chong	13	female 40-49	2:10:46
11	Christian Belair	3	male 30-39	2:11:35
12	Danny Lagace	47	male 30-39	2:14:24
13	Ted Hellingham	37	male 40-49	2:16:10
14	Todd Mickolwin	59	male 40-49	2:17:52
15	Jerry Bakker	1	male 40-49	2:18:09
16	Kevin Kelly	41	male 40-49	2:21:39
17	Gordon Evans	179	male 30-39	2:22:03
18	Glenn Fenning	25	male 40-49	2:22:48
19	Bert Geyer	173	male 30-39	2:24:43
20	Patrick Timmons	87	male 50-59	2:24:44
21	Karen Roberts	68	female 30-39	2:25:18
22	Tim O'Hagen	62	male 60+	2:25:50
23	Karen Beaulieu	170	female 40-49	2:25:54
24	Georgina Stones	83	female 30-39	2:26:37
25	Tom East	22	male 40-49	2:26:57
26	David Storey	84	male 40-49	2:27:20
27	Herb Broome	6	male 50-59	2:27:21
28	Jill Huntley	39	female 50-59	2:27:59
29	Mark Burrows	155	male 40-49	2:29:14
30	Janice Morton	61	female 30-39	2:30:36
31	Neil Philips	151	male 40-49	2:30:52
32	Sara Montgomery	166	female 30-39	2:31:17
33	David Bondy	5	male 40-49	2:31:25
34	Sandy Schaefer	73	female 30-39	2:34:13
35	David Collins	16	male 50-59	2:34:14
36	John Campbell	10	male 40-49	2:34:24
37	Jeff Ainscough	169	male 30-39	2:35:06
38	Jim Schaefer	72	male 30-39	2:36:00
39	Teresa Bendo	152	female 30-39	2:36:08
40	Jennifer Mchallam	58	female <30	2:36:19
41	Brenda East	23	female 40-49	2:36:21
42	Ed Wilson	94	male 50-59	2:38:34
43	Kent Oda	63	male 50-59	2:38:43
44	Helga Rinneard	144	female 60+	2:38:59
45	Pascal Dugas	20	male 30-39	2:39:35
46	Michael Rigato	165	male 50-59	2:39:53
47	Gary Cambridge	8	male 50-59	2:40:26
48	Tina Morgan	60	female 40-49	2:40:32
49	Katherine Kontio	44	female 30-39	2:41:37
50	Lea-ann Dugate	21	female 40-49	2:42:00
51	Monique Fournier	168	female 40-49	2:43:15
52	Robert Schwarz	74	male 40-49	2:44:29
53	Dave Harrison	35	male 30-39	2:46:33
54	Jody Levene	48	female 30-39	2:47:47
55	Kim Sutherland	142	female 40-49	2:50:24
56	Sandra Mcarther	53	female 40-49	2:52:01
57	Scott Smith	81	male 40-49	2:52:19
58	Aimee Runge	158	female 40-49	2:58:01
59	Judy Wilson	95	female 50-59	3:01:32

60	Heather Waterman	91	female 30-39	3:04:15
61	Paul Raymond	149	male 50-59	3:04:39
62	Tracey Kelly	42	female 40-49	3:07:30
63	Grace Franko-Lloyd	28	female 30-39	3:08:52
64	Spence Dickson	146	male 60+	3:14:34
65	sandy Stiel	164	female 40-49	3:14:35
66	Michael Samerelli	70	male 50-59	3:16:19
67	Richard Urbanski	89	male 60+	3:19:55
66	Larry Gooder	32	male 50-59	3:19:55
68	Patrice Clarkson	14	female 60+	3:27:53
69	Jane Kurchak	46	female 50-59	3:44:01
70	Glenis McLaren	154	female 40-49	3:51:58
71	Janis Jarvis	153	female 50-59	3:51:59
72	Barbara MacRae	49	female 40-49	4:14:06
73	Sara Lalonde	177	female <30	4:19:17
74	Herb Connell	178	male 60+	4:19:18
73	David Lalonde	176	male 50-59	4:19:18
74	Margaret Westlake	92	female 50-59	5:11:11

12.5 km Trail Run

Place	Name	Bib#	Category	Time
1	Ken MacAlpine	163	male 30-39	0:49:55
2	Jeff Cole	104	male 30-39	0:53:37
3	Tim Payne	114	male 50-59	0:58:52
4	Roger Deplanke	105	male 50-59	1:02:56
5	Katie Cain	159	female <30	1:02:56
6	Laura David	148	female <30	1:07:43
7	Sarah Reistetter	66	female 30-39	1:09:49
8	Kim Moore	145	female 30-39	1:10:08
9	Cathy Levine	112	female 50-59	1:10:36
10	Jeff Ruigrok	115	male 40-49	1:12:55
11	Ken Gilmer	172	male 40-49	1:13:31
12	Jennifer Wagner	141	female 50-59	1:15:04
13	Danita Hellingham	108	female 40-49	1:15:08
14	Megan Bazuk	102	female 30-39	1:18:44
15	Elaine Klienikkink	175	female 40-49	1:19:09
16	Sue Dusome	97	female 40-49	1:19:56
17	Stephen Dawson	174	male 40-49	1:21:33
18	Jeff Shnall	116	male 40-49	1:23:49
19	Louise McGonigal	157	female 60+	1:28:01
20	Nancy Konyu	111	female 50-59	1:28:21
21	Josh Waugh	120	male 30-39	1:34:39
22	Barry Dobson	106	male 60+	1:35:31
23	Joanna Verkerke	98	female 30-39	1:37:23
24	Jody Vietra	119	female 30-39	1:47:45
25	Rachel Smith	117	female <30	1:47:50
26	Crystal King	110	female <30	1:57:16
27	Richard Lynch	113	male 60+	2:09:28
28	B. Dalrymple	181	female 60+	2:09:30
29	Jean Brennan	103	female 50-59	2:12:18

12.5 km Nordic Walk (all open category)

Place	Name	Bib#	Category	Time
1	Christine Manners	130		1:27:33
2	Maurice Gauthier	125		1:27:33
3	Mary Verch-Campbell	118		1:28:20
4	Sandy Austin	99		1:43:11
5	Katie Manners	131		1:51:28
6	Dave Watts	160		1:53:32
7	Marcie Flindall	124		1:53:32
8	Susan Wood	137		2:04:38
9	Gilda Kerr	109		2:09:19
10	Susan Gilchrist	129		2:09:45
11	Guy Taylor	135		2:09:46
12	Teresa Barey	121		2:11:40
13	Kathie Parkes	133		2:12:09
14	Kathy Manners	127		2:18:17
15	Andrew Manners	128		2:18:17
16	Sarah Vurma	136		2:21:04
17	Melanie Rolston	134		2:21:38
18	Eaton Carey	122		2:21:39
19	J. Dalrymple	182		2:32:34
20	Pat Smith	161		2:33:33