

Ganaraska Trail

Horseshoe Valley Cross-Country Ski Centre - Saturday, May 10, 2008

Pos.	First Name	Last Name	M/F	Cat	Time	Comment
12.5km run						
1	Mike	Reid	M	<40	0:52:56	CR First male
2	James	Clark	M	<40	0:59:22	1st
3	Kevin	McGregor	M	<40	1:04:57	2nd
4	Melanie	Edwards	F	<40	1:05:21	First female
5	Caroline	Samson	F	<40	1:07:47	1st
6	Cathy	Levine	F	>49	1:08:52	1st
7	Frances	Cormier	F	40s	1:12:55	1st
8	Stephen	Longhurst	M	40s	1:14:36	1st
9	Jennifer	Wagner	F	>49	1:15:16	2nd
10	Teresa	Bendo	F	<40	1:17:13	2nd
11	Neil T Bastard	Phillips	M	40s	1:17:21	2nd
12	Krista	Hope	F	40s	1:26:57	2nd
13	Lynn	Dowswell	F	<40	1:27:28	3rd
14	Heather	Waterman	F	<40	1:36:18	
15	Beth	Rennison	F	40s	1:42:12	3rd
16	Sandi	Austin	F	40s	1:43:22	
17	Louise	Calvert-dale	F		1:46:47	
18	Barry	Dobson	M	>49	1:47:17	3rd
19	Shawn	Patton	M	40s	2:25:20	3rd
12.5km walk						
1	Kevin	Ireland	M	>49	2:01:33	
2	Brad	Barton	M	<40	2:01:37	
3	Mary	Borsten	F	40s	2:10:16	
4	Janet	Duffus	F	>49	2:30:25	
5	Carey	Frantz	F	<40	2:34:29	
6	Lisa	Mitton	F	<40	2:34:35	
7	Jean	Brennan	F	>49	2:35:10	
8	Sarah	Verma	F		3:00:34	
	Steph	Miller	F		DNS	

25km run						
1	Alistair	Munro	M	40s	1:47:34	CR First male
2	Bill	Logie	M	40s	1:51:36	1st
3	Daryl	Wood	M	<40	1:52:14	1st
4	Allan	Magi	M	40s	1:52:30	2nd
5	Ken	Hawthorn	M	40s	1:53:28	3rd
6	Ken	Arnott	M	40s	1:57:35	
7	Christian	Belair	M	<40	1:58:26	2nd
8	Jonathan	Black	M	>49	2:01:07	1st
9	Mark	Tarnopolsky	M	40s	2:05:37	
10	Richard	Bowry	M	<40	2:06:38	3rd
11	Dominick	Celentano	M	40s	2:06:56	
12	Dominic	Celentaro	M	40s	2:08:01	
13	Laura	McIntyre	F	<40	2:16:06	First female
14	Michael	Miles	M	40s	2:21:21	
15	David	Bondy	M	40s	2:22:25	
16	Dave	Reid	M	>49	2:24:37	2nd
17	Matt	Tatham	M	>49	2:25:48	3rd
18	Brian	Goldthorp	M	40s	2:25:58	
19	Bert	Geyer	M	<40	2:28:15	
20	David	Collins	M	>49	2:28:28	
21	Jim	Schaefer	M	<40	2:29:11	
22	Sandy	Schaefer	F	<40	2:29:15	1st
23	Marianne	Perz	F	<40	2:35:52	2nd
24	Sarah	Lalonde	F	<40	2:36:10	3rd
25	Andre	Morin	M	<40	2:36:26	
26	Mitzi	Paquette	F	<40	2:36:56	
27	Brenda	East	F	40s	2:45:36	1st
28	Lee-ann	Dungate	F	40s	2:46:20	2nd
29	Neil	Jefferson	M	>49	2:47:25	
30	Bob	Schwarz	M	40s	2:48:34	
31	Bruce	Hogg	M		2:48:55	
32	Scott	Smith	M	40s	2:49:36	
33	Kim	Sutherland	F	40s	2:52:02	3rd
34	Katherine	Kontio	F	<40	2:55:23	
35	Michael	Rigato	M	>49	3:04:32	
36	Mary	Verch-campbell	F	40s	3:07:11	
37	Aimee	Runge	F	40s	3:08:22	
38	Phil	Bound	M	>49	3:14:14	
39	Sue	Dunlop	F	40s	3:25:46	
40	Richard	Lynch	M	>49	3:28:08	
41	Barbara	Mac Rae	F	40s	3:41:22	
42	Gary	Johnson	M	>49	3:44:31	
43	Herb	Connell	M	>49	4:15:03	

44	David	Lalonde	M	>49	4:15:16	
	George	Aitkin	M	>49	DNS	
	James	Pitt	M	>49	DNS	
	Caroline	Ross	F	<40	DNS	
	Ralph	Wagner	M	40s	DNS	
25km walk						
1	Glenis	Mclaren	F	40s	5:54:20	
2	Janis	Jarvis	F	>49	5:54:32	
3	Harry	Vanderluct	M	>49	5:54:33	
4	Phil	Jarvis	M	>49	5:54:44	
50km run						
1	Kevin	O'neill	M	40s	4:30:22	First male
2	Laurie	McGrath	F	40s	4:38:33	CR, First female
3	Ian	Hobler	M	<40	4:51:36	1st
4	Wayne	Cassidy	M	<40	4:52:57	2nd
5	Dave	Champion	M	40s	4:57:17	1st
6	Benoit	Guerard	M	<40	4:58:32	3rd
7	Howie	Beattie	M	40s	5:02:22	2nd
8	Cameron	Lutley	M	<40	5:11:38	
9	Ron	Gehl	M	>49	5:15:45	1st
10	Wayne	Spahr	M	40s	5:17:54	3rd
11	Jill	Sparks	F	<40	5:26:48	1st
12	Jim	Newin	M	>49	5:26:56	2nd
13	Teressa	McGrath	F	<40	5:28:48	2nd
14	Debbie	Guerard	F	<40	5:37:09	3rd
15	Rick	Mcdowell	M	>49	5:50:31	3rd
16	Helen	Sciccons	F	>49	5:56:52	1st
17	Pierre	Marcoux	M	40s	6:00:46	
18	Scott	Douglas	M	40s	6:18:04	
19	Jim	Glen	M	40s	6:20:54	
20	Howard	Parker	M	>49	6:33:13	
21	Lee Anne	Cohen	F	>49	6:34:21	2nd
22	Gavin	Simpson	M	>49	6:45:42	
23	Gailane	Joachim	F	<40	7:03:18	
24	Helen	Malmberg	F	>49	7:17:52	3rd
25	Hans	Maier	M	>49	7:24:34	
	Paul	DeBlass	M	>49	DNF	
	Rejean	Lavoie	M	<40	DNF	
	Rich	Urbanski	M	>49	DNF	