

Pick Your Poison Trail Runs			
Pine Ridge Ski Club, Horseshoe Valley (Orillia, ON)			
May 9, 2009			
50k		Time	Category
1	Corey Smith	05:16:27.17	men 44 and under
2	Ken Arnott	05:40:55.42	men 45 plus
3	Scott Myers	05:47:01.66	men 44 and under
4	Laurie McGrath	06:07:16.11	women 44 and under
5	Rejean Paul Lavoie	06:32:32.14	men 44 and under
6	Steve Burrows	06:33:32.09	men 45 plus
7	Robert LeBrun	06:46:40.83	men 45 plus
8	Rick McDowell	06:48:00.56	men 45 plus
9	Gene Jochen	06:52:28.52	men 45 plus
10	Stephan Miklos	06:52:52.83	men 44 and under
11	Scott Cannata	06:57:17.92	men 44 and under
12	Sharon Zelinski	06:58:41.33	women 44 and under
13	Todd Mickolwin	07:01:41.89	men 44 and under
14	Ronald Gehl	07:01:45.41	men 44 and under
15	Brian Lauzon	07:02:55.39	men 45 plus
16	Scott Garrett	07:08:58.03	men 45 plus
17	Ken Moon	07:11:34.88	men 44 and under
18	Jim Newin	07:11:36.77	men 45 plus
	Pierre Marcoux	DNF	men 45 plus
	David Collins	DNF	men 45 plus
	Rob Gryfe	DNF	men 44 and under
	Mark Fisher	DNF	men 44 and under
	Steve Beach	DNF	men 44 and under
	Justin Mikelenas	DNF	men 44 and under
	Oliver Owens	DNF	men 44 and under
	Scott Douglas	DNF	men 44 and under
	Chris Brokenshire	DNF	men 45 plus
	Maryka Hiladjk	DNF	women 44 and under
	Tammy Sieminowski	DNF	women 44 and under
	Christina Laflamme	DNF	women 44 and under
	Gailanne Joachim	DNF	women 44 and under
	Lee Anne Cohen	DNF	women 45 plus
	Kendra Olsen	DNF	women 45 plus
	Adi Shnall	DNF	women 45 plus
	Mel Platford	DNF	women 45 plus
	Keith Lascelles	DNF	men 45 plus
	Hans Maier	DNF	men 45 plus
	Bruce Smith	DNF	men 45 plus
	Gavin Simpson	DNF	men 45 plus
	Kevin O'niell	DNF	men 45 plus
	Kinga Miklos	DNF	women 44 and under
	Howard Parker	DNF	men 45 plus
	Doug Barber	DNF	men 45 plus

25k			
1	William Logie	02:17:08.97	men 44 and under
2	Mark Tarnopolsky	02:19:22.75	men 45 plus
3	Jan Olson	02:29:04.53	men 44 and under
4	David Romaniuk	02:30:43.16	men 45 plus
5	Allan Magi	02:33:13.94	men 45 plus
6	Ken Hawthorn	02:33:47.22	men 45 plus
7	Dave Hitchon	02:36:41.47	men 44 and under
8	Krista Bolyea	02:41:27.14	women 44 and under
9	Matt Pickard	02:42:40.61	men 44 and under
10	Herve Mallet	02:44:04.91	men 44 and under
11	Shawn Patton	02:44:48.11	men 44 and under
12	Robyn Allen	02:45:56.59	women 44 and under
13	Denise Rispolie	02:47:03.47	women 44 and under
14	Joan Matthews	02:48:32.17	women 44 and under
15	Shannon MacKinnon	02:51:23.42	women 44 and under
16	Sue MacKay	02:53:01.55	women 44 and under
17	Steph Rahilly	02:57:42.17	women 44 and under
18	Treveor Arndt	03:00:29.11	men 44 and under
19	Hellaina Rothenburg	03:04:00.19	women 44 and under
20	Mike Miles	03:08:12.19	men 45 plus
21	Julie Anderson	03:10:43.66	women 44 and under
22	Terry MacFarlane	03:11:58.25	men 45 plus
23	Joany Verschuuren	03:11:59.55	women 45 plus
24	David Bondy	03:15:46.03	men 45 plus
25	Nicole Mace	03:16:52.08	women 44 and under
26	Gerry Arbour	03:17:19.86	men 45 plus
27	Sabrina Benzinger	03:24:09.39	women 44 and under
28	Steve Smith	03:26:49.66	men 44 and under
29	Tim Camick	03:27:08.86	men 45 plus
30	Riley Watson	03:27:46.50	men 44 and under
31	Doug McNeill	03:32:18.11	men 44 and under
32	Nicole McNeill	03:32:20.20	women 44 and under
33	Melinda Bayliss	03:32:20.86	women 44 and under
34	Dave Muir	03:32:21.34	men 45 plus
35	Dan MacDonald	03:34:34.47	men 44 and under
36	Ken Cox	03:38:38.95	men 45 plus
37	Brenda East	03:39:51.80	women 45 plus
38	Heather Forster	03:41:55.67	women 44 and under
39	Neil Jefferson	03:43:21.27	men 45 plus
40	Doug Marshall	03:45:13.75	men 44 and under
41	Richard MacLean	03:45:40.59	men 45 plus
42	Sandra Lalonde	03:45:41.25	women 45 plus
43	Paula Krulicki	03:50:08.12	women 44 and under
44	Carol Williams	03:53:58.22	women 45 plus
45	Shannon Bedard	03:55:20.50	women 45 plus
46	Ruth Moran	04:01:03.11	women 44 and under
47	Pamela Prophet	04:01:03.70	women 45 plus
48	Paul Raymond	04:13:32.94	men 45 plus
49	Matt Moir	04:24:00.16	men 44 and under

50	Gary Johnson	04:24:09.03	men 45 plus
51	Kristine Raymond	04:28:13.41	women 45 plus
52	Cheryl D'souza	04:29:01.42	women 44 and under
53	Dean Gillies	04:30:00.78	men 45 plus
54	Ramona Marston	04:30:03.64	women 45 plus
55	David Palmer	04:36:50.12	men 45 plus
56	Glenis McLaren	05:00:01.17	women 45 plus
57	Janis Jarvis	05:00:01.78	women 45 plus
58	Louise Smith	05:14:58.02	women 45 plus
59	Phil Jarvis	06:44:19.39	men 45 plus
	Wanda Ferguson	DNF	women 45 plus
	Shelly Willemse	DNF	women 44 and under
	Larry Gooder	DNF	men 45 plus
	Gail Smith	DNF	women 44 and under
	Mark Tamminga	DNF	men 45 plus
	Robert Schwarz	DNF	men 45 plus
	Helen Malmberg	DNF	women 45 plus
12.5k			
1	Manuel Saumon	01:07:18.88	men 44 and under
2	Ian Mercer	01:08:34.83	men 44 and under
3	Matthew Druken	01:13:01.09	men 44 and under
4	Christine Boose	01:20:07.56	women 45 plus
5	Katie Rosenthal	01:29:31.20	women 44 and under
6	Jennifer Wagner	01:33:41.74	women 45 plus
7	Gary Arsenault	01:34:33.59	men 44 and under
8	Theresa O'reilly	01:35:17.06	women 45 plus
9	Ricky Derin	01:37:18.61	men 45 plus
10	Jane Brokenshire	01:39:24.25	women 45 plus
11	Kim Getty	01:44:19.50	women 44 and under
12	Sarah Marshall	01:46:23.49	women 44 and under
13	Bethany Moir	01:47:35.88	women 44 and under
14	Cathy Quinlan	01:57:23.39	women 45 plus
15	Karen Gooder	01:57:24.33	women 45 plus
16	Clare Mitchell	02:07:27.92	women 44 and under
17	Nerina Black	02:08:05.34	women 44 and under
18	Michelle Gordon	02:08:23.70	women 44 and under
19	Megan Bell	02:09:23.58	women 44 and under
20	Rebecca Kilby	02:10:28.41	women 44 and under
21	josh Buchan	02:11:15.38	men 44 and under
22	Mike St. Amant	02:11:49.91	men 44 and under
23	Danielle Coutts	02:11:50.39	women 44 and under
24	Sandy Austin	02:13:38.75	women 45 plus
25	Barry Dobson	02:23:10.36	men 45 plus
26	Krissie Jileson	02:34:24.39	women 44 and under
27	Gerri Martin	02:56:36.67	women 45 plus
28	Susan Wood	02:56:37.72	women 45 plus
	Elaine Klienikkink	DNF	women 44 and under
	Lisa Jalbert	DNF	women 44 and under