



# Sulphur Springs Trail Runs

Ancaster, Ontario

May 28, 2005

## 100 miles

	Bib		cat	pl/cat		pace	
1	12	Jeffery Simpkins	M40-49	1/11	18:08:25	10:54	Keswick
2	4	Roger Marques	M40-49	2/11	20:23:10	12:14	Hamilton
3	10	Monica Scholz	F<40	1/5	20:51:25	12:31	Ancaster
4	3	Terry Jarrell	M40-49	3/11	20:52:41	12:32	Stoney Creek
5	28	Jim Newin	M50+	1/11	20:58:22	12:36	Mont Saint Hilaire QC
6	22	Bryan Mason	M50+	2/11	21:39:25	13:00	Toronto
7	15	Luke Hohenadel	M40-49	4/11	21:46:25	13:04	Guelph
8	5	Clayton Smith	M<40	1/5	22:36:44	13:35	Burlington
9	35	Andrei Aroneanu	M50+	3/11	24:11:25	14:31	Ridgewood NJ
10	8	Laurie Mcgrath	F<40	2/5	24:14:25	14:33	Baden
11	9	Ronald Gehl	M50+	4/11	24:23:25	14:39	Kitchener
12	18	Charlotte Vasarhelyi	F<40	3/5	24:26:25	14:40	Guelph
13	26	Nadeem Khan	M<40	2/5	24:51:25	14:55	Toronto
14	25	Jeff Sine	M40-49	5/11	25:22:25	15:14	Erin
15	14	Frederick F Davis III	M50+	5/11	25:36:25	15:22	Bedford OH
16	21	Sharon Zelinski	F40-49	1/2	26:55:03	16:10	Toronto
17	6	Will Danecki	M50+	6/11	27:10:11	16:19	New Milford CT
18	33	Frank Reddon	M40-49	6/11	27:19:49	16:24	Fort Erie
19	17	Jim Glen	M<40	3/5	27:23:55	16:27	Hamilton
20	20	Rolly Portelance	M50+	7/11	27:34:57	16:33	Chelmsford
21	7	John Rennison	M40-49	7/11	28:48:36	17:18	Hamilton
22	16	John Turner	M40-49	8/11	28:51:40	17:19	Burlington
23	32	Donald Clark	M50+	8/11	29:05:01	17:28	St Paul MN
24	29	Jim Mullenix	M40-49	9/11	29:09:55	17:30	London
	23	Cory Delavalle	M<40	4/5	dnf		Albany NY
	11	Sandy Musson	F40-49	2/2	dnf		Trenton
	30	Bonnelle Murphy	F50+	1/1	dnf		Solvang CA
	19	Henri Ragetlie	M40-49	10/11	dnf		St.Catharines
	24	Tom Restoule	M50+	9/11	dnf		Embrun
	31	Stephanie Macdonald	F<40	4/5	dnf		Toronto
	2	Henry Van Gemert	M40-49	11/11	dnf		Oakville
	36	Michael Johnston	M<40	5/5	dnf		Toronto
	34	Christina Laflamme	F<40	5/5	dnf		Toronto
	1	David Hughes	M50+	10/11	dnf		Kokomo IN
	27	Paul Debiasi	M50+	11/11	dnf		Washago

## 50 miles

1	81	Ryne Melcher	M<40	1/9	6:26:20	7:44	Kitchener
2	56	Jeff Christian	M<40	2/9	7:26:02	8:56	Beaverton
3	64	Geoff Linton	M40-49	1/4	7:28:54	8:59	Guelph
4	67	Patrick Campbell	M40-49	2/4	8:01:23	9:38	Kitchener
5	54	Meredith Kennedy	F<40	1/4	8:06:02	9:44	Ancaster
6	55	Donald Stephens	M50+	1/6	8:25:58	10:08	Stratford
7	53	Mark Bomhower	M40-49	3/4	8:26:40	10:08	Kitchener
8	63	Steven Parke	M<40	3/9	8:28:53	10:11	Kitchener
9	60	Mikael Dalimonte	M<40	4/9	8:43:06	10:28	Amherstburg
10	73	Steve Trahey	M<40	5/9	8:45:26	10:31	Romulus MI
11	68	Colum Mckinley	M<40	6/9	8:46:55	10:33	Aurora
12	58	Jim Morrison	M40-49	4/4	9:01:06	10:50	Thornhill
13	61	Patricia Sommers	F50+	1/2	9:17:21	11:09	Kitchener
14	71	Bob Strilchuk	M50+	2/6	9:29:50	11:24	Ajax
15	52	Howard Parker	M50+	3/6	9:41:12	11:38	Scarborough
16	80	Don Pinksen	M50+	4/6	9:49:22	11:48	Guelph
17	65	Shiran Kochavi	M<40	7/9	9:50:40	11:49	Princeton NJ
18	66	Jennifer-Anne Meneray	F<40	2/4	10:39:00	12:47	London

19	59	Helen Malmberg	F50+	2/2	11:06:03	13:20	Toronto
20	72	Martin Hamelin	M<40	8/9	11:11:05	13:27	Pointe Claire QC
21	70	Sam Litvin	M50+	5/6	11:17:04	13:34	North York
22	62	Diane Chesla	F<40	3/4	11:19:03	13:36	Toronto
23	51	Joseph Van Langen	M50+	6/6	11:26:00	13:44	Ajax
	74	Jeffrey Ruiz	M<40	9/9	dnf		Goodells MI
	69	Fyonna Vanderwerf	F<40	4/4	dnf		Grimsby

**50 kms**

1	111	Robin Hutchinson	M<40	1/11	3:46:26	4:32	Ancaster
2	147	Giles Malet	M40-49	1/14	3:47:38	4:34	Waterloo
3	128	Gary Edwards	M40-49	2/14	4:14:02	5:05	Brantford
4	157	Scott Turner	M40-49	3/14	4:18:31	5:11	London
5	106	Mark Tamminga	M40-49	4/14	4:33:26	5:29	Ancaster
6	163	Laura McIntyre	F<40	1/10	4:42:58	5:40	Toronto
7	140	Clayton Sloss	M<40	2/11	4:47:52	5:46	Paris
8	151	Karin Mcmillan	F<40	2/10	4:48:22	5:47	Kitchener
9	115	Paul Hennick	M50+	1/18	4:49:31	5:48	Toronto
10	131	Doug Barber	M50+	2/18	4:51:58	5:51	Owen Sound
11	122	Wayne Silberman	M<40	3/11	4:55:35	5:55	North York
12	150	David Mcmillan	M40-49	5/14	4:58:50	5:59	Kitchener
13	118	Rick Mcdowell	M50+	3/18	5:01:15	6:02	Ajax
14	155	Gord England	M50+	4/18	5:02:17	6:03	Toronto
15	119	Jeff Cooper	M50+	5/18	5:04:50	6:06	Toronto
16	114	Charlie Upshall	M50+	6/18	5:06:48	6:09	Simcoe
17	134	John Connor	M50+	7/18	5:09:36	6:12	Burlington
18	113	Bruce Smith	M40-49	6/14	5:11:40	6:14	Burlington
19	148	Ian Hill	M50+	8/18	5:13:44	6:17	Osgoode
20	139	Steve Freeman	M40-49	7/14	5:15:24	6:19	Brantford
21	132	Ricky Mcrobert	M50+	9/18	5:15:25	6:19	Whitby
22	142	Roger Parsons	M50+	10/18	5:17:19	6:21	St. Jacobs
23	112	David Kennedy	M<40	4/11	5:20:37	6:25	Washago
24	120	Iris Cooper	F40-49	1/5	5:23:26	6:29	Toronto
25	145	Robert Gryfe	M<40	5/11	5:32:30	6:39	Toronto
26	137	Tammy Sieminowski	F<40	3/10	5:32:37	6:40	Toronto
27	136	Daniel Allaire	M<40	6/11	5:35:49	6:43	Amherstburg
28	161	Trevor Harthun	M<40	7/11	5:37:29	6:45	Hamilton
29	160	Dwayne Harthun	M<40	8/11	5:37:30	6:45	Hamilton
30	125	Terry Barker	M50+	11/18	5:40:20	6:49	Waterdown
31	146	Stephen Beaumont	M40-49	8/14	5:40:26	6:49	Aurora
32	130	Stephen Timmings	M40-49	9/14	5:44:53	6:54	Brampton
33	108	Bill Monken	M40-49	10/14	5:44:53	6:54	Brampton
34	126	Robert Schwarz	M40-49	11/14	5:48:43	6:59	Bradford
35	104	Hans Maier	M50+	12/18	5:49:00	6:59	Burlington
36	162	Robert Mccluskey	M50+	13/18	5:50:54	7:02	Oakville
37	149	Tom Vye	M<40	9/11	5:54:19	7:06	Toronto
38	103	Tomas Dobransky	M40-49	12/14	5:55:58	7:08	London
39	116	Gavin Simpson	M50+	14/18	6:00:03	7:13	Ajax
40	133	Carolyne Siebert	F<40	4/10	6:03:11	7:16	Stoney Creek
41	159	Gordon Harthun	M50+	15/18	6:06:40	7:20	Hamilton
42	129	Marc Hamel	M40-49	13/14	6:10:24	7:25	Burlington
43	123	Alfred Koehn	M50+	16/18	6:10:55	7:26	Ancaster
44	158	Cherie Hathun	F<40	5/10	6:12:42	7:28	Hamilton
45	135	Fawn Hughson	F<40	6/10	6:14:58	7:30	Gravenhurst
46	105	Don Graham	M40-49	14/14	6:18:21	7:35	Cambridge
47	102	Scott Mcbride	M<40	10/11	6:22:26	7:39	Burlington
48	109	Thomas Dufour	M<40	11/11	6:27:20	7:45	Lasalle
49	101	Karen Mcwhirt	F40-49	2/5	6:38:16	7:58	Southbury CT
50	124	Jennifer Johnston	F<40	7/10	6:56:28	8:20	Grimsby
51	127	Alex Cowie	M50+	17/18	6:58:02	8:22	Oshawa
52	141	Leslie Szilagyi	M50+	18/18	6:58:04	8:22	Ladysmith BC
53	143	Lisa Foreman	F40-49	3/5	7:06:13	8:32	Hamilton
54	144	Maria Henderson	F<40	8/10	7:06:14	8:32	Caledonia
55	117	Gailanne Joachim	F<40	9/10	7:25:34	8:55	Mississauga

56	156	Jane Jontz	F40-49	4/5	8:00:53	9:38	Snyder
57	110	Nanci Virginillo	F50+	1/1	8:12:44	9:52	Rockton
	138	Mitzi Paquette	F<40	10/10	dnf		Oshawa
	107	Joany Verschuuren	F40-49	5/5	dnf		Ancaster

**25 kms**

1	268	Alistair Munro	M<40	1/27	1:41:48	4:05	Toronto
2	204	Mark Tarnopolsky	M40-49	1/43	1:42:19	4:06	Hamilton
3	332	Dale Reicheneder	M<40	2/27	1:43:56	4:10	Malibu CA
4	228	Oswin Hall	M<40	3/27	1:44:38	4:12	Unionville
5	260	Allan Magi	M40-49	2/43	1:45:00	4:12	Dundas
6	290	Daryl Wood	M<40	4/27	1:46:42	4:17	Burlington
7	364	Bill Schnurr	M40-49	3/43	1:46:46	4:17	Burlington
8	236	Blair Layng	M40-49	4/43	1:47:25	4:18	Tillsonburg
9	336	John Dalton	M40-49	5/43	1:48:43	4:21	Toronto
10	999	George Aitkin	M50+	1/29	1:49:25	4:23	Cambridge
11	216	Jason Mcgrath	M<40	5/27	1:50:53	4:27	Buffalo NY
12	335	Bill James	M40-49	6/43	1:52:09	4:30	Toronto
13	251	George Dunwoody	M40-49	7/43	1:52:27	4:30	Burlington
14	342	Andy Blackwell	M40-49	8/43	1:52:32	4:31	Toronto
15	240	Manuel Saumon	M<40	6/27	1:55:03	4:37	Ottawa
16	276	Mary Ross	F<40	1/31	1:55:52	4:39	Burlington
17	284	Richard Bowry	M<40	7/27	1:56:41	4:41	Toronto
18	350	Steve Jones	M40-49	9/43	1:58:20	4:44	Toronto
19	266	Gerry Besworth	M40-49	10/43	1:59:03	4:46	Toronto
20	337	Jerry Degroot	M50+	2/29	1:59:53	4:48	Rockwood
21	261	Michael Riley	M50+	3/29	2:00:32	4:50	Oakville
22	229	Cindy Ramsay	F<40	2/31	2:00:42	4:50	Markham
23	330	Terry Bonnett	M40-49	11/43	2:00:55	4:51	Waterford
24	262	Scott Simpson	M<40	8/27	2:01:21	4:52	Toronto
25	279	Keith Mercer	M40-49	12/43	2:01:38	4:52	Orillia
26	227	Tracy Greig	F<40	3/31	2:02:40	4:55	Owen Sound
27	207	Nick Garside	M<40	9/27	2:03:43	4:57	Fergus
28	255	David Gillis	M40-49	13/43	2:04:04	4:58	Toronto
29	258	Remo Camillo	M40-49	14/43	2:04:59	5:00	Burlington
30	297	Tim Michael	M50+	4/29	2:05:50	5:02	Burlington
31	264	David Rahn	M40-49	15/43	2:06:13	5:03	Guelph
32	362	Ana Dennier	F<40	4/31	2:07:24	5:06	Toronto
33	363	David Dennier	M<40	10/27	2:07:24	5:06	Toronto
34	280	Leah Burgan	F40-49	1/25	2:07:35	5:07	Orillia
35	299	Michael Latham	M40-49	16/43	2:08:54	5:10	Komoka
36	249	Lisa Leskien	F<40	5/31	2:08:57	5:10	Cambridge
37	275	Trevor Olson	M<40	11/27	2:09:58	5:12	Binbrook
38	257	Matt Ljungberg	M<40	12/27	2:10:14	5:13	Burlington
39	302	Mark Walton	M40-49	17/43	2:10:18	5:13	Ancaster
40	205	Matt Tatham	M40-49	18/43	2:10:52	5:15	Toronto
41	206	Wayne Arnold	M40-49	19/43	2:11:54	5:17	Burlington
42	201	Tom Carolan	M40-49	20/43	2:11:55	5:17	Burlington
43	374	Mark Parsons	M40-49	21/43	2:11:59	5:17	Oakville
44	359	Jeff Ruigrok	M40-49	22/43	2:13:03	5:20	Cambridge
45	300	Brian Goldthorp	M40-49	23/43	2:13:35	5:21	Toronto
46	224	Michael Rigato	M50+	5/29	2:13:41	5:21	Brampton
47	325	Tim O'shea	M<40	13/27	2:13:43	5:21	Hamilton
48	241	Susan Hutchinson	F<40	6/31	2:13:50	5:22	Ancaster
49	248	Todd Mickolwin	M<40	14/27	2:14:37	5:24	Toronto
50	246	Steve Welton	M40-49	24/43	2:16:58	5:29	Hamilton
51	271	Jane De Zoete	F50+	1/7	2:17:24	5:30	Ancaster
52	306	Baris Simav	M<40	15/27	2:18:20	5:32	Toronto
53	305	Pamela London	F<40	7/31	2:19:02	5:34	Buffalo NY
54	269	Lewis Matthew	M<40	16/27	2:19:29	5:35	Hamilton
55	210	Ed Wilson	M50+	6/29	2:19:42	5:36	Kitchener
56	352	Rachel Varghese	F40-49	2/25	2:19:55	5:36	Kitchener
57	369	Carmel Smyth	F40-49	3/25	2:20:23	5:37	Toronto
58	313	Krista Beisel	F<40	8/31	2:20:48	5:38	Paris

59	329	Karen Rothfels	F<40	9/31	2:21:54	5:41	Toronto
60	212	David Basford	M50+	7/29	2:22:11	5:42	Dundas
61	225	Mark Mullally	M40-49	25/43	2:22:36	5:43	St. Catharines
62	270	Svend Christensen	M50+	8/29	2:22:47	5:43	Brantford
63	316	Duncan Ritchie	M50+	9/29	2:22:48	5:43	Burlington
64	250	Charlene Kroeze	F<40	10/31	2:23:33	5:45	Ancaster
65	244	Merle Tubman	M50+	10/29	2:23:43	5:45	Scarborough
66	200	John Hennessy	M40-49	26/43	2:23:44	5:45	Peterborough
67	215	Ionut Stefan	M<40	17/27	2:23:47	5:46	Burlington
68	235	Lou Coppola	M<40	18/27	2:23:47	5:46	St. Catharines
69	360	Mel Head	M50+	11/29	2:23:53	5:46	Ancaster
70	267	Christopher Julian	M50+	12/29	2:24:25	5:47	Grimsby
71	237	Beverley De Beer	F40-49	4/25	2:24:53	5:48	Ancaster
72	370	Tom Schopf	M40-49	27/43	2:25:19	5:49	Stoney Creek
73	232	Grant Andrew Dzuba	M<40	19/27	2:25:48	5:50	Ottawa
74	253	Lisa Simpson	F<40	11/31	2:25:53	5:51	Paris
75	368	Dennis Christopher	M50+	13/29	2:26:21	5:52	Burlington
76	242	Mairead Pratschke	F<40	12/31	2:26:37	5:52	Guelph
77	281	Ricardo Santa	M40-49	28/43	2:26:49	5:53	Ajax
78	273	Stanley Assing	M<40	20/27	2:28:35	5:57	Toronto
79	265	Michelle Medland	F<40	13/31	2:28:51	5:58	Stouffville
80	203	Jonathan Korodetz	M40-49	29/43	2:29:14	5:59	Thornhill
81	318	Ian Ross	M50+	14/29	2:29:28	5:59	Toronto
82	274	Kent Oda	M50+	15/29	2:29:29	5:59	Etobicoke
83	340	Ross Plant	M50+	16/29	2:29:50	6:00	Hamilton
84	293	Suzanne Sutcliffe	F40-49	5/25	2:29:57	6:00	Etobicoke
85	223	Michael Clifford	M<40	21/27	2:30:35	6:02	Hamilton
86	307	Ador Estravillo	M40-49	30/43	2:30:45	6:02	Dundas
87	373	Niki-B Muller	F40-49	6/25	2:31:28	6:04	Toronto
88	272	Oliver Brunke	M40-49	31/43	2:33:09	6:08	Burlington
89	286	Ron Jenkins	M40-49	32/43	2:34:08	6:10	Oshawa
90	334	David Malcolm	M40-49	33/43	2:34:08	6:10	Paris
91	285	Bonnie Kuskoff	F40-49	7/25	2:34:17	6:11	Kitchener
92	324	Sandi Stiel	F40-49	8/25	2:34:51	6:12	Toronto
93	298	Sandra Lam	F40-49	9/25	2:35:16	6:13	Oakville
94	309	Meredith Hagan	F<40	14/31	2:35:30	6:14	Burlington
95	217	Laureen Carr	F40-49	10/25	2:35:31	6:14	Burlington
96	301	Jemma Stapleford	F<40	15/31	2:35:42	6:14	Burlington
97	341	Lionel Henry	M50+	17/29	2:35:58	6:15	Stouffville
98	256	Ken Parsons	M40-49	34/43	2:36:28	6:16	Toronto
99	351	Carole Tracey	F50+	2/7	2:36:29	6:16	Toronto
100	308	Helene Caron	F<40	16/31	2:36:59	6:17	Dundas
101	209	Robert Carleton	M50+	18/29	2:38:20	6:20	Oakville
102	287	Byron Sonberg	M40-49	35/43	2:38:28	6:21	Oakville
103	278	Keevil Carl	M50+	19/29	2:38:36	6:21	London
104	283	Carolyn Taylor	F40-49	11/25	2:38:46	6:22	Oakville
105	247	Mike Medland	M<40	22/27	2:38:47	6:22	Stouffville
106	295	Christine Grant	F40-49	12/25	2:39:02	6:22	Mississauga
107	317	Sheri Fletcher	F<40	17/31	2:39:20	6:23	Caledonia
108	277	Grant Campbell	M40-49	36/43	2:39:29	6:23	Guelph
109	357	Alex Whelan	F<40	18/31	2:40:22	6:25	Ancaster
110	326	Stacy Bell	M40-49	37/43	2:41:13	6:27	Toronto
111	353	Liz Mcmanus	F<40	19/31	2:43:05	6:32	Markham
112	366	Spence Dickson	M50+	20/29	2:43:19	6:32	Mississauga
113	288	Brian Prousky	M40-49	38/43	2:43:21	6:33	Thornhill
114	214	Douglas Cameron	M40-49	39/43	2:43:29	6:33	Mississauga
115	365	Michelle Black	F<40	20/31	2:43:29	6:33	Wilsonville
116	355	Ashly Lewis	F<40	21/31	2:43:43	6:33	Stoney Creek
117	320	Karen Gooder	F40-49	13/25	2:43:57	6:34	London
118	344	Kelly Bailey	F<40	22/31	2:43:59	6:34	St. George
119	282	Lori Bennett	F40-49	14/25	2:44:35	6:35	Oakville
120	343	Crystal Smith	F<40	23/31	2:44:38	6:36	Brantford
121	202	Glenn Brown	M40-49	40/43	2:44:39	6:36	Ajax
122	319	Joanne Brohman	F40-49	15/25	2:45:40	6:38	Caledonia

123	211	Judy Wilson	F40-49	16/25	2:47:24	6:42	Kitchener
124	259	Rob Lalla	M40-49	41/43	2:48:30	6:45	Hamilton
125	289	Patrick O'neill	M50+	21/29	2:48:56	6:46	Niagara On The
126	208	Michael Zachmeyer	M<40	23/27	2:49:01	6:46	Niagara On The
127	322	Amie Chong	F40-49	17/25	2:49:51	6:48	Oakville
128	220	Martin Jones	M50+	22/29	2:50:09	6:49	Pembroke
129	304	Jessica Bassil	F<40	24/31	2:50:59	6:51	North York
130	218	Christine Lundvall	F40-49	18/25	2:51:57	6:53	Toronto
131	291	Fortunato Papalia	M50+	23/29	2:53:51	6:58	Kincardine
132	338	Victoria Keegan	F<40	25/31	2:54:30	6:59	Dundas
133	323	Catherine Craig	F50+	3/7	2:54:36	6:59	Hamilton
134	294	Gary Johnson	M50+	24/29	2:54:37	7:00	Oakville
135	339	Doug Sinclair	M50+	25/29	2:55:01	7:01	Paris
136	252	Debbie Jones	F50+	4/7	2:55:03	7:01	Paris
137	321	Larry Gooder	M50+	26/29	2:57:05	7:05	London
138	245	Gerry Gabon	M40-49	42/43	2:57:38	7:07	Burlington
139	263	Darlene Rahn	F40-49	19/25	2:57:52	7:07	Guelph
140	296	Cathy Quinlan	F40-49	20/25	3:00:19	7:13	London
141	333	Sherry Manduca	F<40	26/31	3:01:44	7:17	Bradford
142	331	Larissa Nogalo	F<40	27/31	3:02:25	7:18	Bradford
143	231	Lindsay Price	F<40	28/31	3:02:46	7:19	Toronto
144	371	John Levasseur	M40-49	43/43	3:02:56	7:20	Oakville
145	230	Craig Mason	M<40	24/27	3:02:57	7:20	Toronto
146	254	Peggy Brown	F50+	5/7	3:06:17	7:28	Dundas
147	358	Adam Kulakowsky	M<40	25/27	3:07:19	7:30	Waterdown
148	310	Barb Hill	F40-49	21/25	3:07:44	7:31	Caledonia
149	315	Rod Runacres	M50+	27/29	3:07:45	7:31	Burlington
150	354	Gerry Sheerin	M50+	28/29	3:08:17	7:32	Toronto
151	292	Mark Berry	M<40	26/27	3:08:30	7:33	Orangeville
152	356	Birgit Traenkman	F50+	6/7	3:08:36	7:33	Toronto
153	311	Cheryl Stepan	F<40	29/31	3:09:58	7:36	Grimsby
154	314	Sandra Mihalides	F<40	30/31	3:09:59	7:36	Smithville
155	222	Heather Monken	F40-49	22/25	3:12:40	7:43	Brampton
156	234	Thomas Wilson	M<40	27/27	3:15:19	7:49	Ancaster
157	233	Abbie Hastings	F<40	31/31	3:15:19	7:49	Ancaster
158	303	Nancy Coakley	F40-49	23/25	3:17:29	7:54	Trenton
159	367	Michael Kemeny	M50+	29/29	3:23:22	8:09	Ancaster
160	221	Louise Jeffery	F40-49	24/25	3:24:35	8:11	Burlington
161	361	Martine Head	F40-49	25/25	3:25:01	8:13	Ancaster
162	219	Maggie Wakeling	F50+	7/7	3:30:33	8:26	Pembroke

results: from [Burlington Runners Club](#) website  
see same for lap times and 10 km results

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