



<http://www.chiptimeresults.com/resultsreader.php?y=2009&r=sulphursprings5.htm>

6 captures
 22 sept. 13 - 12 janv. 17



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**Sulphur Springs Trail Run
 Ancaster Ontario
 Saturday May 23, 2009
 100 Mile**

	Entrants	Finishers
Total	59	39
Male	45	27
Female	14	12

Place	Bib	Name	Class	Place /finishers	Gender	Place	Laps	Comp. &Time	Pace /Mi	City	
1	28	Geoff Linton	5M40-49	1/12	M	1	8	18:40:04	11:13	Guelph	
**** Lap Information ****											
8	18:40:04	1: 1:54:29	1:54:29	2: 2:04:51	3:59:19	3: 2:16:01	6:15:19	4: 2:24:39	8:39:58	5: 2:27:20	11:07:18
		6: 2:23:52	13:31:10	7: 2:31:24	16:02:34	8: 2:37:31	18:40:04				
2	40	Ryan O'Dell	5M-39	1/15	M	2	8	19:09:46	11:30	Liverpool	
**** Lap Information ****											
8	19:09:46	1: 1:52:05	1:52:05	2: 1:59:01	3:51:05	3: 2:11:09	6:02:14	4: 2:25:30	8:27:43	5: 2:47:14	11:14:57
		6: 2:35:18	13:50:15	7: 2:43:24	16:33:38	8: 2:36:08	19:09:46				
3	55	Keith Straw	5M50+	1/17	M	3	8	20:22:19	12:14	Malvern	
**** Lap Information ****											
8	20:22:19	1: 2:17:18	2:17:18	2: 2:12:38	4:29:55	3: 2:20:19	6:50:13	4: 2:23:55	9:14:08	5: 2:38:47	11:52:55
		6: 2:35:40	14:28:34	7: 2:43:20	17:11:53	8: 3:10:26	20:22:19				
4	58	Jerome Wojnicki	5M-39	2/15	M	4	8	21:36:21	12:58	Hamburg	
**** Lap Information ****											
8	21:36:21	1: 2:21:26	2:21:26	2: 2:21:52	4:43:17	3: 2:27:49	7:11:05	4: 2:33:13	9:44:18	5: 2:38:03	12:22:21
		6: 3:06:48	15:29:08	7: 3:05:02	18:34:10	8: 3:02:12	21:36:21				
5	10	Sue Lucas	5F40-49	1/6	F	1	8	21:47:28	13:05	Dauphin	
**** Lap Information ****											
8	21:47:28	1: 2:01:11	2:01:11	2: 2:06:17	4:07:27	3: 2:27:01	6:34:28	4: 2:40:38	9:15:06	5: 2:38:45	11:53:50
		6: 2:44:42	14:38:32	7: 3:33:55	18:12:27	8: 3:35:02	21:47:28				
6	18	Rob Gryfe	5M40-49	2/12	M	5	8	21:54:43	13:09	Toronto	
**** Lap Information ****											
8	21:54:43	1: 2:13:12	2:13:12	2: 2:20:39	4:33:51	3: 2:34:13	7:08:03	4: 2:35:10	9:43:13	5: 2:51:09	12:34:22
		6: 2:53:27	15:27:49	7: 3:10:00	18:37:48	8: 3:16:55	21:54:43				
7	5	David Carroll	5M40-49	3/12	M	6	8	22:10:28	13:19	Toronto	
**** Lap Information ****											
8	22:10:28	1: 2:02:52	2:02:52	2: 2:17:08	4:20:00	3: 2:23:07	6:43:07	4: 2:40:46	9:23:53	5: 2:41:55	12:05:48
		6: 2:57:10	15:02:58	7: 3:25:27	18:28:24	8: 3:42:04	22:10:28				
8	20	Luke Hohenadel	5M50+	2/17	M	7	8	22:42:50	13:38	Guelph	
**** Lap Information ****											
8	22:42:50	1: 1:54:45	1:54:45	2: 2:04:59	3:59:43	3: 2:16:00	6:15:42	4: 2:41:41	8:57:23	5: 2:57:53	11:55:15
		6: 3:04:56	15:00:10	7: 3:40:23	18:40:33	8: 4:02:17	22:42:50				
9	8	Iris Cooper	5F50+	1/2	F	2	8	23:15:37	13:58	Toronto	



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10 56 John Turner 5M50+ 3/17 8 8 23:19:19 14:00 Burlington

**** Lap Information ****

8 23:19:19 1: 2:28:21 2:28:21 2: 2:39:31 5:07:52 3: 2:34:48 7:42:39 4: 2:50:15 10:32:54 5: 2:49:32 13:22:25
6: 3:13:53 16:36:17 7: 3:35:35 20:11:51 8: 3:07:28 23:19:19

11 27 Robert Lebrun 5M50+ 4/17 9 8 23:35:10 14:10 Callander

**** Lap Information ****

8 23:35:10 1: 2:19:53 2:19:53 2: 2:24:21 4:44:13 3: 2:33:40 7:17:53 4: 2:48:41 10:06:34 5: 2:58:35 13:05:09
6: 3:14:14 16:19:23 7: 3:41:44 20:01:06 8: 3:34:05 23:35:10

12 31 Monica Scholz 5F40-49 2/6 3 8 23:43:39 14:15 Jerseyville

**** Lap Information ****

8 23:43:39 1: 2:18:10 2:18:10 2: 2:34:16 4:52:26 3: 2:47:32 7:39:58 4: 2:53:21 10:33:18 5: 2:55:09 13:28:27
6: 3:10:08 16:38:34 7: 3:38:50 20:17:24 8: 3:26:16 23:43:39

13 36 Alan Murphy 5M-39 3/15 10 8 23:52:39 14:20 Saginaw

**** Lap Information ****

8 23:52:39 1: 2:29:55 2:29:55 2: 2:29:09 4:59:04 3: 2:40:46 7:39:49 4: 2:45:46 10:25:35 5: 2:58:25 13:24:00
6: 3:24:51 16:48:51 7: 3:43:57 20:32:47 8: 3:19:52 23:52:39

14 12 Scott Douglas 5M40-49 4/12 11 8 23:56:31 14:22 Kitchener

**** Lap Information ****

8 23:56:31 1: 2:12:28 2:12:28 2: 2:28:03 4:40:31 3: 2:54:14 7:34:44 4: 2:54:03 10:28:47 5: 2:54:15 13:23:01
6: 3:26:21 16:49:22 7: 3:49:01 20:38:22 8: 3:18:09 23:56:31

15 32 Rick McDowell 5M50+ 5/17 12 8 23:58:22 14:24 Ajax

**** Lap Information ****

8 23:58:22 1: 2:22:25 2:22:25 2: 2:46:50 5:09:15 3: 2:53:21 8:02:35 4: 2:25:30 10:28:05 5: 2:54:53 13:22:57
6: 3:17:50 16:40:46 7: 3:56:31 20:37:17 8: 3:21:06 23:58:22

16 51 Charles Smith 5M40-49 5/12 13 8 24:09:45 14:30 Waterloo

**** Lap Information ****

8 24:09:45 1: 2:13:16 2:13:16 2: 2:27:36 4:40:51 3: 2:39:32 7:20:22 4: 2:50:51 10:11:12 5: 2:52:39 13:03:51
6: 3:09:23 16:13:14 7: 3:49:37 20:02:50 8: 4:06:56 24:09:45

17 48 Tammy Sieminowski 5F40-49 3/6 4 8 24:31:44 14:44 Toronto

**** Lap Information ****

8 24:31:44 1: 2:13:14 2:13:14 2: 2:20:40 4:33:53 3: 2:34:12 7:08:04 4: 3:14:36 10:22:40 5: 3:06:23 13:29:02
6: 3:30:21 16:59:23 7: 3:44:59 20:44:21 8: 3:47:24 24:31:44

18 16 Ron Gehl 5M50+ 6/17 14 8 25:12:38 15:08 Kitchener

**** Lap Information ****

8 25:12:38 1: 1:59:38 1:59:38 2: 2:11:36 4:11:14 3: 2:34:50 6:46:03 4: 2:49:03 9:35:06 5: 3:08:14 12:43:20
6: 3:33:35 16:16:55 7: 4:33:47 20:50:41 8: 4:21:58 25:12:38

19 19 Paul Hennick 5M50+ 7/17 15 8 25:14:39 15:09 Toronto

**** Lap Information ****

8 25:14:39 1: 2:23:29 2:23:29 2: 2:32:49 4:56:17 3: 2:41:17 7:37:33 4: 2:53:15 10:30:48 5: 2:55:09 13:25:57
6: 3:29:38 16:55:34 7: 4:03:13 20:58:47 8: 4:15:52 25:14:39

20 25 Bernadette Kennedy 5F40-49 4/6 5 8 25:14:39 15:09 Toronto

**** Lap Information ****

8 25:14:39 1: 2:23:38 2:23:38 2: 2:33:34 4:57:12 3: 2:40:54 7:38:06 4: 2:52:45 10:30:50 5: 2:55:10 13:26:00
6: 3:29:41 16:55:40 7: 4:03:25 20:59:04 8: 4:15:35 25:14:39

21 45 Jennifer Roxburgh 5F-39 1/6 6 8 26:01:45 15:38 Pickering

**** Lap Information ****

8 26:01:45 1: 2:23:05 2:23:05 2: 2:36:39 4:59:43 3: 2:39:23 7:39:06 4: 3:06:40 10:45:45 5: 3:03:47 13:49:31



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**** Lap Information ****

8 26:15:09 1: 2:14:27 2:14:27 2: 2:44:56 4:59:22 3: 3:12:34 8:11:55 4: 3:26:48 11:38:43 5: 3:35:32 15:14:15
6: 3:16:03 18:30:17 7: 3:44:21 22:14:37 8: 4:00:32 26:15:09

23 9 Lee-Anne Dantzer 5F-39 2/6 7 8 26:16:51 15:47 Hamilton

**** Lap Information ****

8 26:16:51 1: 2:23:03 2:23:03 2: 2:36:40 4:59:43 3: 2:39:23 7:39:05 4: 3:06:41 10:45:45 5: 3:04:35 13:50:19
6: 3:18:02 17:08:21 7: 4:45:03 21:53:23 8: 4:23:28 26:16:51

24 11 Wayne Dean 5M-39 4/15 17 8 26:45:41 16:04 Roanoke

**** Lap Information ****

8 26:45:41 1: 2:23:22 2:23:22 2: 2:47:31 5:10:52 3: 2:52:03 8:02:55 4: 2:59:03 11:01:58 5: 3:03:23 14:05:20
6: 3:39:11 17:44:30 7: 4:23:22 22:07:51 8: 4:37:50 26:45:41

25 35 Stephan Miklos 5M-39 5/15 18 8 26:51:49 16:08 Toronto

**** Lap Information ****

8 26:51:49 1: 2:18:30 2:18:30 2: 2:36:53 4:55:23 3: 2:44:26 7:39:49 4: 3:11:58 10:51:46 5: 3:49:50 14:41:35
6: 4:09:00 18:50:34 7: 4:14:44 23:05:18 8: 3:46:31 26:51:49

26 3 Scott Blakie 5M-39 6/15 19 8 27:06:23 16:16 Airdrie

**** Lap Information ****

8 27:06:23 1: 1:39:49 1:39:49 2: 2:40:48 4:20:36 3: 3:02:41 7:23:16 4: 3:08:42 10:31:58 5: 3:24:13 13:56:10
6: 3:46:56 17:43:06 7: 4:40:19 22:23:25 8: 4:42:59 27:06:23

27 2 Steve Beach 5M50+ 9/17 20 8 27:12:04 16:20 Richmond Hill

**** Lap Information ****

8 27:12:04 1: 2:32:07 2:32:07 2: 2:50:27 5:22:34 3: 2:57:33 8:20:07 4: 3:14:00 11:34:06 5: 3:33:36 15:07:42
6: 3:48:57 18:56:38 7: 4:18:04 23:14:42 8: 3:57:23 27:12:04

28 4 Patrick Campbell 5M40-49 6/12 21 8 27:15:40 16:22 Waterdown

**** Lap Information ****

8 27:15:40 1: 1:45:59 1:45:59 2: 2:06:03 3:52:02 3: 2:42:18 6:34:20 4: 2:47:36 9:21:55 5: 3:08:30 12:30:24
6: 3:37:38 16:08:02 7: 7:00:07 23:08:08 8: 4:07:32 27:15:40

29 47 Adi Shnall 5F40-49 5/6 8 8 27:29:39 16:30 Thornhill

**** Lap Information ****

8 27:29:39 1: 2:32:06 2:32:06 2: 2:51:22 5:23:28 3: 2:57:09 8:20:36 4: 3:13:32 11:34:07 5: 3:33:35 15:07:42
6: 3:48:57 18:56:38 7: 4:18:04 23:14:42 8: 4:14:58 27:29:39

30 33 Heather McNie 5F50+ 2/2 9 8 27:32:40 16:32 Sydenham

**** Lap Information ****

8 27:32:40 1: 2:31:13 2:31:13 2: 2:53:01 5:24:14 3: 3:01:44 8:25:58 4: 3:14:02 11:39:59 5: 3:38:22 15:18:21
6: 4:03:00 19:21:20 7: 4:28:46 23:50:06 8: 3:42:35 27:32:40

31 34 Kinga Miklos 5F-39 3/6 10 8 28:06:39 16:52 Toronto

**** Lap Information ****

8 28:06:39 1: 2:31:38 2:31:38 2: 2:51:48 5:23:26 3: 3:13:24 8:36:50 4: 3:12:48 11:49:37 5: 3:47:50 15:37:27
6: 4:24:54 20:02:20 7: 4:20:15 24:22:34 8: 3:44:06 28:06:39

32 46 Philip McColl 5M50+ 10/17 22 8 28:06:41 16:53 Jerseyville

**** Lap Information ****

8 28:06:41 1: 2:27:17 2:27:17 2: 2:52:30 5:19:47 3: 3:24:16 8:44:02 4: 3:27:33 12:11:34 5: 3:56:51 16:08:25
6: 4:29:58 20:38:23 7: 4:15:40 24:54:02 8: 3:12:40 28:06:41

33 13 Gunnar Faehn 5M50+ 11/17 23 8 28:08:01 16:53 Algarheim

**** Lap Information ****

8 28:08:01 1: 2:46:16 2:46:16 2: 2:48:17 5:34:32 3: 2:50:54 8:25:25 4: 3:18:30 11:43:55 5: 3:29:24 15:13:18
6: 4:08:16 19:21:34 7: 4:24:01 23:45:35 8: 4:22:27 28:08:01



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6: 4:36:01 19:27:07 7: 4:55:36 24:22:42 8: 3:48:56 28:11:37

35 44 John Rennison 5M40-49 7/12 24 8 28:12:09 16:56 Hamilton

**** Lap Information ****

8 28:12:09 1: 2:27:20 2:27:20 2: 2:51:26 5:18:45 3: 3:25:23 8:44:08 4: 3:23:24 12:07:31 5: 3:58:30 16:06:01
6: 4:32:34 20:38:34 7: 4:15:37 24:54:11 8: 3:17:59 28:12:09

36 43 Frank Reddon 5M40-49 8/12 25 8 28:12:10 16:56 Fort Erie

**** Lap Information ****

8 28:12:10 1: 2:09:52 2:09:52 2: 3:38:19 5:48:11 3: 3:01:09 8:49:19 4: 3:22:15 12:11:34 5: 3:58:44 16:10:17
6: 4:22:52 20:33:09 7: 4:03:22 24:36:30 8: 3:35:40 28:12:10

37 42 Philip Pierce 5M50+ 12/17 26 8 28:15:34 16:58 Falmouth

**** Lap Information ****

8 28:15:34 1: 2:18:55 2:18:55 2: 2:31:56 4:50:50 3: 3:01:26 7:52:16 4: 3:19:46 11:12:01 5: 3:42:18 14:54:19
6: 4:39:24 19:33:42 7: 4:31:19 24:05:00 8: 4:10:34 28:15:34

38 24 Denise Kelly 5F-39 5/6 12 8 28:21:09 17:01 Mount Hope

**** Lap Information ****

8 28:21:09 1: 2:27:22 2:27:22 2: 2:46:52 5:14:13 3: 3:04:27 8:18:39 4: 3:33:36 11:52:15 5: 3:40:27 15:32:42
6: 4:02:50 19:35:31 7: 4:13:47 23:49:18 8: 4:31:52 28:21:09

39 50 Gavin Simpson 5M50+ 13/17 27 8 28:53:20 17:20 Ajax

**** Lap Information ****

8 28:53:20 1: 2:22:32 2:22:32 2: 2:47:03 5:09:35 3: 3:13:59 8:23:34 4: 3:25:11 11:48:44 5: 4:27:51 16:16:35
6: 4:25:27 20:42:02 7: 4:29:21 25:11:22 8: 3:41:59 28:53:20

40 15 Edd Ferguson 5M50+ 14/17 28 7 24:43:29 Bath

**** Lap Information ****

7 24:43:29 1: 2:28:17 2:28:17 2: 2:42:10 5:10:27 3: 2:59:22 8:09:49 4: 3:10:48 11:20:36 5: 3:55:30 15:16:06
6: 4:50:31 20:06:36 7: 4:36:54 24:43:29

41 22 Sawaki Ishii 5F-39 6/6 13 7 28:16:53 Vimont Laval

**** Lap Information ****

7 28:16:53 1: 2:22:55 2:22:55 2: 2:49:04 5:11:59 3: 4:12:21 9:24:19 4: 3:57:46 13:22:04 5: 4:58:45 18:20:49
6: 4:54:17 23:15:06 7: 5:01:48 28:16:53

42 6 Denis Chenard 5M50+ 15/17 29 6 16:22:36 Windsor

**** Lap Information ****

6 16:22:36 1: 1:52:04 1:52:04 2: 1:56:02 3:48:06 3: 2:14:48 6:02:54 4: 2:41:04 8:43:58 5: 3:05:38 11:49:35
6: 4:33:01 16:22:36

43 14 Connie Fellman 5F40-49 6/6 14 6 21:26:57 Farmington Hill

**** Lap Information ****

6 21:26:57 1: 2:52:47 2:52:47 2: 3:13:28 6:06:14 3: 2:38:37 8:44:51 4: 2:48:02 11:32:52 5: 3:11:05 14:43:57
6: 6:43:01 21:26:57

44 54 Wayne Spahr 5M40-49 9/12 30 5 11:22:48 Owen Sound

**** Lap Information ****

5 11:22:48 1: 2:07:50 2:07:50 2: 2:18:29 4:26:18 3: 2:24:12 6:50:30 4: 2:28:42 9:19:11 5: 2:03:37 11:22:48

45 49 Jeff Simpkins 5M40-49 10/12 31 5 12:25:38 Keswick

**** Lap Information ****

5 12:25:38 1: 1:51:05 1:51:05 2: 2:02:13 3:53:17 3: 2:19:40 6:12:57 4: 2:53:14 9:06:10 5: 3:19:29 12:25:38

46 30 Martin Mack 5M-39 7/15 32 5 15:16:52 Amherstview

**** Lap Information ****

5 15:16:52 1: 2:28:27 2:28:27 2: 2:42:12 5:10:38 3: 2:59:16 8:09:54 4: 3:16:21 11:26:14 5: 3:50:39 15:16:52



6 captures
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 2012 2013 2015

48	26 Alex Lalonde	5M-39	9/15	34	5	15:57:13	Kitchener
**** Lap Information ****							
5	15:57:13	1:	2:20:03	2:20:03	2:	2:34:02	4:54:04
3:	2:45:02	7:39:06	4:	3:29:21	11:08:27	5:	4:48:47 15:57:13
49	7 Jeff Christian	5M-39	10/15	35	4	9:27:23	Beaverton
**** Lap Information ****							
4	9:27:23	1:	1:48:36	1:48:36	2:	2:07:18	3:55:53
3:	2:28:51	6:24:44	4:	3:02:40	9:27:23		
50	38 Jim Newin	5M50+	16/17	36	4	10:13:16	Mont Saint Hila
**** Lap Information ****							
4	10:13:16	1:	2:07:17	2:07:17	2:	2:21:11	4:28:27
3:	2:58:00	7:26:27	4:	2:46:50	10:13:16		
51	17 Marc Griffin	5M-39	11/15	37	4	11:24:54	Verona
**** Lap Information ****							
4	11:24:54	1:	2:23:06	2:23:06	2:	2:47:46	5:10:51
3:	3:00:04	8:10:55	4:	3:14:00	11:24:54		
52	29 Mike Lipton	5M40-49	11/12	38	4	11:26:55	Rockville
**** Lap Information ****							
4	11:26:55	1:	2:23:26	2:23:26	2:	2:47:27	5:10:53
3:	2:53:14	8:04:07	4:	3:22:48	11:26:55		
53	1 Charles Barkowski	5M-39	12/15	39	4	11:32:01	Rochester
**** Lap Information ****							
4	11:32:01	1:	2:22:43	2:22:43	2:	2:29:55	4:52:38
3:	3:03:07	7:55:45	4:	3:36:16	11:32:01		
54	53 Derrick Spafford	5M40-49	12/12	40	3	5:47:56	Yarker
**** Lap Information ****							
3	5:47:56	1:	1:47:06	1:47:06	2:	1:50:38	3:37:43
3:	2:10:13	5:47:56					
55	52 Corey Smith	5M-39	13/15	41	3	7:08:53	Amherstburg
**** Lap Information ****							
3	7:08:53	1:	1:57:37	1:57:37	2:	2:12:56	4:10:32
3:	2:58:21	7:08:53					
56	21 David Hughes	5M50+	17/17	42	3	10:24:12	Kokomo
**** Lap Information ****							
3	10:24:12	1:	3:03:31	3:03:31	2:	3:07:02	6:10:32
3:	4:13:40	10:24:12					
57	39 Mitchel Newth	5M-39	14/15	43	2	5:03:34	Ajax
**** Lap Information ****							
2	5:03:34	1:	1:51:48	1:51:48	2:	3:11:46	5:03:34
58	41 Dominic Paradis	5M-39	15/15	44	2	6:13:57	Angus
**** Lap Information ****							
2	6:13:57	1:	2:45:43	2:45:43	2:	3:28:15	

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