



Sulphur Springs Trail Run
Ancaster Ontario
Saturday May 29, 2010
100 Mile

Entrants Finishers

Total	62	36
Male	46	26
Female	16	10
Unknown	0	0

O'all	Gun	Class	Gender	Pace	
Place	Time	Placing	Place	/Km	City
1	63 Harvey Lewis	17:12:37 5M-39	1/6	1 10:20	Cincinnati
	Splits	1) 1:48:34 2) 1:56:07 - 3:44:40 3) 2:02:15 - 5:46:55			
		4) 2:10:43 - 7:57:37 5) 2:07:11 - 10:04:48 6) 2:21:50 - 12:26:37			
		7) 2:23:32 - 14:50:09 8) 2:22:28 - 17:12:37			
2	61 Keith Straw	19:48:40 5M50+	1/9	2 11:54	Malvern
	Splits	1) 2:11:24 2) 2:17:04 - 4:28:28 3) 2:21:57 - 6:50:25			
		4) 2:23:18 - 9:13:43 5) 2:21:40 - 11:35:23 6) 2:26:08 - 14:01:31			
		7) 2:43:18 - 16:44:49 8) 3:03:52 - 19:48:40			
3	59 Jessica Kennedy	19:59:38 5F-39	1/4	1 12:00	Morristown
	Splits	1) 2:07:53 2) 2:14:44 - 4:22:37 3) 2:31:01 - 6:53:37			
		4) 2:32:33 - 9:26:10 5) 2:29:36 - 11:55:45 6) 2:31:05 - 14:26:50			
		7) 2:40:57 - 17:07:46 8) 2:51:52 - 19:59:38			
4	47 Steve Beach	20:22:49 5M50+	2/9	3 12:14	Richmond Hill
	Splits	1) 2:16:36 2) 2:26:57 - 4:43:32 3) 2:34:56 - 7:18:28			
		4) 2:27:26 - 9:45:54 5) 2:33:56 - 12:19:49 6) 2:32:50 - 14:52:38			
		7) 2:44:27 - 17:37:05 8) 2:45:45 - 20:22:49			
5	35 Paul Chenery	20:27:17 5M50+	3/9	4 12:17	Toronto
	Splits	1) 2:02:06 2) 2:13:08 - 4:15:14 3) 2:15:32 - 6:30:45			
		4) 2:20:10 - 8:50:54 5) 2:32:07 - 11:23:01 6) 2:55:50 - 14:18:51			
		7) 3:04:01 - 17:22:51 8) 3:04:26 - 20:27:17			
6	57 Jeff Ashizawa	21:01:51 5M40-49	1/11	5 12:38	Waterloo
	Splits	1) 1:52:32 2) 1:55:34 - 3:48:05 3) 2:19:17 - 6:07:21			
		4) 2:37:17 - 8:44:38 5) 2:36:44 - 11:21:21 6) 3:05:43 - 14:27:04			
		7) 3:02:27 - 17:29:30 8) 3:32:22 - 21:01:51			
7	13 Tracy Thomas	21:33:33 5F40-49	1/5	2 12:57	Champaign
	Splits	1) 1:58:39 2) 2:14:06 - 4:12:44 3) 2:35:06 - 6:47:50			
		4) 2:55:19 - 9:43:08 5) 2:44:19 - 12:27:27 6) 2:45:51 - 15:13:18			
		7) 3:09:03 - 18:22:20 8) 3:11:13 - 21:33:33			
8	21 Iris Cooper	22:15:46 5F50+	1/1	3 13:22	Toronto
	Splits	1) 2:15:43 2) 2:34:02 - 4:49:45 3) 2:45:04 - 7:34:49			
		4) 2:47:49 - 10:22:37 5) 2:45:42 - 13:08:19 6) 3:01:58 - 16:10:16			

		4) 2:49:55 - 10:50:51	5) 2:59:03 - 13:49:54	6) 2:49:46 - 16:39:40
		7) 2:59:58 - 19:39:37	8) 3:09:13 - 22:48:50	
10	44 Rob Gryfe	22:48:50 5M40-49	2/11	6 13:42 Toronto
	Splits	1) 2:16:53	2) 2:34:32 - 4:51:24	3) 2:49:52 - 7:41:16
		4) 2:46:25 - 10:27:40	5) 2:58:01 - 13:25:41	6) 3:04:05 - 16:29:45
		7) 3:19:57 - 19:49:42	8) 2:59:09 - 22:48:50	
11	54 Daryl Hultquist	22:50:41 5M40-49	3/11	7 13:43 Gaithersburg
	Splits	1) 2:02:38	2) 2:13:03 - 4:15:40	3) 2:17:41 - 6:33:21
		4) 2:36:20 - 9:09:40	5) 2:48:33 - 11:58:13	6) 3:05:15 - 15:03:27
		7) 3:40:30 - 18:43:56	8) 4:06:45 - 22:50:41	
12	2 Rich Darke	23:00:11 5M40-49	4/11	8 13:49 Ancaster
	Splits	1) 1:57:23	2) 2:11:21 - 4:08:43	3) 2:27:54 - 6:36:36
		4) 2:50:37 - 9:27:13	5) 3:08:16 - 12:35:29	6) 3:14:06 - 15:49:34
		7) 3:26:46 - 19:16:20	8) 3:43:52 - 23:00:11	
13	29 Ryan Barrett	23:13:37 5M-39	2/6	9 13:57 Toronto
	Splits	1) 2:16:04	2) 2:35:41 - 4:51:45	3) 2:42:47 - 7:34:31
		4) 2:44:59 - 10:19:30	5) 2:50:23 - 13:09:52	6) 3:00:46 - 16:10:38
		7) 3:44:05 - 19:54:43	8) 3:18:55 - 23:13:37	
14	27 Kinga Miklos	23:53:23 5F-39	2/4	5 14:21 Toronto
	Splits	1) 2:09:57	2) 2:29:09 - 4:39:05	3) 2:33:15 - 7:12:20
		4) 2:56:17 - 10:08:36	5) 3:27:42 - 13:36:18	6) 3:19:58 - 16:56:16
		7) 3:45:58 - 20:42:14	8) 3:11:09 - 23:53:23	
15	25 Denis Chenard	24:39:28 5M50+	4/9	10 14:48 Windsor
	Splits	1) 1:58:58	2) 2:06:44 - 4:05:42	3) 2:29:41 - 6:35:22
		4) 2:40:06 - 9:15:28	5) 2:58:33 - 12:14:01	6) 3:07:41 - 15:21:41
		7) 4:14:56 - 19:36:36	8) 5:02:52 - 24:39:28	
16	31 Tammy Sieminowski	25:04:00 5F40-49	3/5	6 15:03 Toronto
	Splits	1) 2:16:54	2) 2:34:32 - 4:51:26	3) 2:49:52 - 7:41:17
		4) 2:46:24 - 10:27:41	5) 3:19:00 - 13:46:40	6) 3:34:33 - 17:21:13
		7) 3:58:35 - 21:19:48	8) 3:44:12 - 25:04:00	
17	8 Kat Clewley	25:14:13 5F-39	3/4	7 15:09 Burlington
	Splits	1) 2:16:23	2) 2:28:02 - 4:44:24	3) 2:39:09 - 7:23:32
		4) 2:56:04 - 10:19:36	5) 2:56:48 - 13:16:24	6) 3:47:26 - 17:03:49
		7) 3:51:11 - 20:54:59	8) 4:19:14 - 25:14:13	
18	30 Jim Morrison	25:33:45 5M50+	5/9	11 15:21 Thornhill
	Splits	1) 2:15:41	2) 2:22:54 - 4:38:35	3) 2:38:29 - 7:17:03
		4) 3:14:55 - 10:31:57	5) 3:20:20 - 13:52:16	6) 3:30:29 - 17:22:45
		7) 4:32:42 - 21:55:26	8) 3:38:19 - 25:33:45	
19	28 Stephan Miklos	26:00:03 5M40-49	5/11	12 15:37 Toronto
	Splits	1) 2:16:15	2) 2:25:48 - 4:42:02	3) 2:32:20 - 7:14:21
		4) 2:57:07 - 10:11:27	5) 3:08:31 - 13:19:58	6) 3:36:41 - 16:56:38
		7) 4:41:18 - 21:37:55	8) 4:22:08 - 26:00:03	
20	55 Martin Mack	26:16:49 5M-39	3/6	13 15:47 Amherstview
	Splits	1) 2:20:50	2) 2:47:33 - 5:08:22	3) 2:52:28 - 8:00:50
		4) 3:01:03 - 11:01:52	5) 3:08:50 - 14:10:42	6) 3:38:46 - 17:49:27
		7) 4:25:20 - 22:14:47	8) 4:02:03 - 26:16:49	
21	33 Steph Rahilly	26:17:28 5F40-49	4/5	8 15:47 Whitby
	Splits	1) 2:19:07	2) 2:32:38 - 4:51:45	3) 2:48:36 - 7:40:20
		4) 2:50:37 - 10:30:57	5) 3:15:23 - 13:46:19	6) 3:43:50 - 17:30:09

		4) 2:46:07 - 10:02:28	5) 3:28:55 - 13:31:22	6) 3:33:53 - 17:05:15	
		7) 5:50:07 - 22:55:21	8) 3:23:43 - 26:19:04		
23	9 John Mcalister	26:37:38	5M-39	4/6	15 15:59 East York
	Splits	1) 2:16:02	2) 2:59:11 - 5:15:13	3) 3:40:17 - 8:55:29	
		4) 3:34:02 - 12:29:31	5) 3:03:01 - 15:32:31	6) 3:06:24 - 18:38:55	
		7) 3:42:32 - 22:21:27	8) 4:16:11 - 26:37:37		
24	22 Nick Reynolds	26:48:15	5M-39	5/6	16 16:05 Tantallon
	Splits	1) 2:17:30	2) 2:25:13 - 4:42:42	3) 2:45:34 - 7:28:16	
		4) 3:36:28 - 11:04:43	5) 3:23:59 - 14:28:41	6) 3:29:15 - 17:57:56	
		7) 4:21:47 - 22:19:42	8) 4:28:34 - 26:48:15		
25	50 Mark Ishikawa	26:57:24	5M40-49	6/11	17 16:11 Brantford
	Splits	1) 2:21:31	2) 2:32:41 - 4:54:11	3) 2:57:09 - 7:51:20	
		4) 3:14:44 - 11:06:04	5) 3:31:30 - 14:37:33	6) 3:54:33 - 18:32:05	
		7) 4:15:34 - 22:47:39	8) 4:09:45 - 26:57:24		
26	20 Oliver Fischer	27:07:59	5M40-49	7/11	18 16:17 Eagle Lake
	Splits	1) 2:06:01	2) 2:32:41 - 4:38:42	3) 2:56:53 - 7:35:35	
		4) 3:04:35 - 10:40:09	5) 3:28:58 - 14:09:07	6) 3:35:05 - 17:44:11	
		7) 4:17:38 - 22:01:48	8) 5:06:12 - 27:07:59		
27	12 Peter Mcquillan	27:16:58	5M40-49	8/11	19 16:23 Stouffville
	Splits	1) 2:04:59	2) 2:08:56 - 4:13:55	3) 2:42:22 - 6:56:17	
		4) 3:03:50 - 10:00:06	5) 3:17:44 - 13:17:50	6) 3:48:30 - 17:06:19	
		7) 6:08:53 - 23:15:11	8) 4:01:47 - 27:16:58		
28	49 Jim Mullenix	27:21:05	5M50+	7/9	20 16:25 London
	Splits	1) 1:59:20	2) 2:14:37 - 4:13:56	3) 2:38:44 - 6:52:40	
		4) 3:04:18 - 9:56:57	5) 3:19:35 - 13:16:32	6) 3:46:51 - 17:03:22	
		7) 4:52:18 - 21:55:40	8) 5:25:26 - 27:21:05		
29	16 Michael Boyes	28:14:13	5M-39	6/6	21 16:57 Barrie
	Splits	1) 2:24:37	2) 2:40:21 - 5:04:58	3) 3:23:16 - 8:28:13	
		4) 3:38:16 - 12:06:28	5) 3:49:18 - 15:55:46	6) 4:27:41 - 20:23:27	
		7) 4:28:07 - 24:51:33	8) 3:22:40 - 28:14:13		
30	26 Chris Mcpeake	28:21:07	5M40-49	9/11	22 17:01 Toronto
	Splits	1) 2:05:48	2) 2:15:22 - 4:21:10	3) 2:30:28 - 6:51:37	
		4) 3:02:53 - 9:54:30	5) 3:39:45 - 13:34:15	6) 4:08:54 - 17:43:08	
		7) 4:53:35 - 22:36:43	8) 5:44:24 - 28:21:07		
31	7 Philip Mccoll	28:37:29	5M50+	8/9	23 17:11 Jerseyville
	Splits	1) 2:42:37	2) 3:13:53 - 5:56:30	3) 3:33:01 - 9:29:30	
		4) 3:43:02 - 13:12:31	5) 3:53:57 - 17:06:28	6) 3:53:49 - 21:00:17	
		7) 3:56:11 - 24:56:28	8) 3:41:00 - 28:37:28		
32	11 Jim Kerse	28:41:37	5M50+	9/9	24 17:13 Dunedin
	Splits	1) 2:26:47	2) 2:47:19 - 5:14:05	3) 3:14:31 - 8:28:36	
		4) 3:21:46 - 11:50:21	5) 3:54:23 - 15:44:44	6) 4:52:34 - 20:37:18	
		7) 4:22:09 - 24:59:26	8) 3:42:11 - 28:41:37		
33	32 Frank Reddon	28:48:54	5M40-49	10/11	25 17:18 Fort Erie
	Splits	1) 2:58:13	2) 3:11:48 - 6:10:01	3) 3:25:58 - 9:35:59	
		4) 3:29:07 - 13:05:05	5) 3:51:37 - 16:56:42	6) 4:04:32 - 21:01:14	
		7) 3:50:37 - 24:51:50	8) 3:57:04 - 28:48:54		
34	18 Katie Hogg	28:51:20	5F-39	4/4	9 17:19 Toronto
	Splits	1) 2:42:49	2) 3:11:28 - 5:54:17	3) 3:19:39 - 9:13:55	
		4) 3:18:57 - 12:32:51	5) 3:59:05 - 16:31:56	6) 4:28:58 - 21:00:54	

		4) 3:51:17 - 13:16:58	5) 3:42:41 - 16:59:38	6) 4:02:59 - 21:02:37	
		7) 3:58:49 - 25:01:26	8) 3:55:34 - 28:56:59		
36	60 Ross Wilson	29:49:12	5M40-49	11/11	26 17:54 Arva
	Splits	1) 2:31:36	2) 3:03:05 - 5:34:41	3) 3:41:46 - 9:16:26	
		4) 3:51:43 - 13:08:08	5) 3:52:14 - 17:00:22	6) 4:05:08 - 21:05:29	
		7) 4:42:10 - 25:47:39	8) 4:01:33 - 29:49:12		
37	1 Vikki Baylis	5F-39	/		Burlington
	Splits	1) 2:09:56	2) 2:20:29 - 4:30:25	3) 2:32:08 - 7:02:32	
		4) 2:59:37 - 10:02:09	5) 3:20:31 - 13:22:40	6) 3:56:24 - 17:19:03	
		7) -	8) -		
38	23 Ron Gehl	5M50+	/		Kitchener
	Splits	1) 2:05:28	2) 2:14:55 - 4:20:22	3) 2:31:00 - 6:51:21	
		4) 2:57:53 - 9:49:13	5) 3:39:32 - 13:28:44	6) 4:32:55 - 18:01:39	
		7) -	8) -		
39	48 Alex Lalonde	5M-39	/		Kitchener
	Splits	1) 2:11:25	2) 2:21:30 - 4:32:54	3) 2:36:55 - 7:09:49	
		4) 3:21:09 - 10:30:57	5) 3:15:42 - 13:46:39	6) 5:06:51 - 18:53:29	
		7) -	8) -		
40	15 Stanley Assing	5M-39	/		North York
	Splits	1) 2:24:17	2) 2:34:01 - 4:58:18	3) 3:00:23 - 7:58:41	
		4) 3:31:56 - 11:30:36	5) 3:37:31 - 15:08:07	6) 4:14:40 - 19:22:46	
		7) -	8) -		
41	40 Adi Shnall	5F40-49	/		Thornhill
	Splits	1) 2:36:22	2) 2:46:31 - 5:22:52	3) 2:55:19 - 8:18:11	
		4) 3:11:13 - 11:29:23	5) 3:44:53 - 15:14:16	6) 14:49:21 - 30:03:36	
		7) -	8) -		
42	19 Laurie Mcgrath	5F40-49	/		Baden
	Splits	1) 1:52:12	2) 2:02:25 - 3:54:37	3) 2:17:19 - 6:11:55	
		4) 2:27:56 - 8:39:51	5) 4:05:47 - 12:45:37	6) -	
		7) -	8) -		
43	51 Jen Smith	5F-39	/		Burlington
	Splits	1) 2:05:26	2) 2:14:56 - 4:20:22	3) 2:30:48 - 6:51:09	
		4) 2:56:14 - 9:47:23	5) 3:40:50 - 13:28:13	6) -	
		7) -	8) -		
44	58 Colum Mckinley	5M40-49	/		Aurora
	Splits	1) 2:18:24	2) 2:34:52 - 4:53:15	3) 2:59:02 - 7:52:17	
		4) 3:30:31 - 11:22:47	5) 2:35:29 - 13:58:16	6) -	
		7) -	8) -		
45	3 Steven Parke	5M40-49	/		Kitchener
	Splits	1) 2:10:38	2) 2:24:00 - 4:34:38	3) 3:05:44 - 7:40:22	
		4) 3:33:53 - 11:14:14	5) 2:46:15 - 14:00:28	6) -	
		7) -	8) -		
46	34 Wouter Van Essen	5M50+	/		Mississauga
	Splits	1) 2:02:19	2) 2:13:32 - 4:15:50	3) 2:37:36 - 6:53:25	
		4) 3:16:37 - 10:10:02	5) 3:57:33 - 14:07:35	6) -	
		7) -	8) -		
47	52 Scott Douglas	5M40-49	/		Kitchener
	Splits	1) 2:04:25	2) 2:23:29 - 4:27:53	3) 2:42:01 - 7:09:53	
		4) 3:17:58 - 10:27:51	5) 4:13:34 - 14:41:25	6) -	

		4) 3:10:25 - 11:25:13	5) 3:49:02 - 15:14:14	6) -
		7) -	8) -	
49	24 Moe White	5M50+	/	Burlington
	Splits	1) 2:21:16	2) 2:46:39 - 5:07:54	3) 3:31:52 - 8:39:46
		4) 3:27:55 - 12:07:40	5) 3:47:27 - 15:55:07	6) -
		7) -	8) -	
50	14 Jim Glen	5M40-49	/	Hamilton
	Splits	1) 2:42:52	2) 3:11:30 - 5:54:22	3) 3:11:34 - 9:05:55
		4) 3:36:55 - 12:42:50	5) 3:55:30 - 16:38:20	6) -
		7) -	8) -	
51	5 David Hughes	5M50+	/	Kokomo
	Splits	1) 2:56:25	2) 3:05:40 - 6:02:04	3) 3:19:17 - 9:21:21
		4) 3:33:27 - 12:54:47	5) 4:08:06 - 17:02:52	6) -
		7) -	8) -	
52	17 Tomas Dobransky	5M40-49	/	London
	Splits	1) 2:22:06	2) 3:10:06 - 5:32:11	3) 3:35:59 - 9:08:10
		4) 4:05:15 - 13:13:24	5) 4:09:40 - 17:23:04	6) -
		7) -	8) -	
53	43 Paul Trebilcock	5M40-49	/	Hamilton
	Splits	1) 1:43:26	2) 1:43:15 - 3:26:41	3) 1:57:27 - 5:24:08
		4) 2:08:04 - 7:32:12	5) -	6) -
		7) -	8) -	
54	42 Corey Smith	5M-39	/	Amherstburg
	Splits	1) 1:49:04	2) 1:55:51 - 3:44:55	3) 2:04:36 - 5:49:30
		4) 2:37:55 - 8:27:25	5) -	6) -
		7) -	8) -	
55	62 Jeff Simpkins	5M40-49	/	Orillia
	Splits	1) 1:53:38	2) 2:16:45 - 4:10:23	3) 2:51:44 - 7:02:06
		4) 3:18:35 - 10:20:41	5) -	6) -
		7) -	8) -	
56	41 Paul Hennick	5M50+	/	Toronto
	Splits	1) 2:16:34	2) 2:26:54 - 4:43:28	3) 2:39:26 - 7:22:54
		4) 3:15:16 - 10:38:10	5) -	6) -
		7) -	8) -	
57	53 Vincent Charbonneau	5M-39	/	Burlington
	Splits	1) 2:22:09	2) 2:45:39 - 5:07:47	3) 3:00:56 - 8:08:42
		4) 3:45:30 - 11:54:12	5) -	6) -
		7) -	8) -	
58	37 Grant Sutherland	5M40-49	/	Sydenham
	Splits	1) 2:22:19	2) 2:54:09 - 5:16:27	3) 3:11:02 - 8:27:28
		4) 3:45:27 - 12:12:55	5) -	6) -
		7) -	8) -	
59	38 Heather McNie	5F50+	/	Sydenham
	Splits	1) 2:22:18	2) 2:54:08 - 5:16:26	3) 3:10:59 - 8:27:25
		4) 3:45:32 - 12:12:56	5) -	6) -
		7) -	8) -	
60	36 Mark Coates	5M-39	/	Ottawa
	Splits	1) 2:22:01	2) 3:00:48 - 5:22:48	3) 3:36:10 - 8:58:58
		4) 5:15:29 - 14:14:26	5) -	6) -



4 captures

22 sept. 13 - 9 avr. 16

<http://www.chiptimeresults.com/resultsreader.php?y=2010&r=sulphursprings5.htm>

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7)	-	8)	-		

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