



**Sulphur Springs Trail Run**  
**Ancaster Ontario**  
**Saturday May 28, 2011**  
**100 Mile**

**Entrants Finishers**

Total	66	39
Male	51	26
Female	15	13
Unknown	0	0

O'all	Gun	Class	Gender	Pace	
Place	Bib	Name	Time	Placing	Place /Km City
1	65	Ken Niemimaa	17:49:16	5M-39 1/9	1 10:42 Pickering
		Splits	1) 1:55:33 2) 1:58:18 - 3:53:51 3) 2:07:53 - 6:01:43		
			4) 2:10:43 - 8:12:26 5) 2:14:25 - 10:26:50 6) 2:21:04 - 12:47:53		
			7) 2:31:59 - 15:19:52 8) 2:29:25 - 17:49:16		
2	25	Dale Draaistra	19:17:25	5M-39 2/9	2 11:35 Brantford
		Splits	1) 2:13:34 2) 2:19:48 - 4:33:21 3) 2:20:12 - 6:53:32		
			4) 2:20:52 - 9:14:24 5) 2:21:27 - 11:35:50 6) 2:30:00 - 14:05:50		
			7) 2:37:17 - 16:43:07 8) 2:34:19 - 19:17:25		
3	54	Ken Moon	19:47:20	5M40-49 1/12	3 11:53 Lisle
		Splits	1) 1:56:29 2) 2:05:11 - 4:01:40 3) 2:20:33 - 6:22:13		
			4) 2:18:57 - 8:41:09 5) 2:33:40 - 11:14:49 6) 2:29:31 - 13:44:20		
			7) 2:54:44 - 16:39:03 8) 3:08:18 - 19:47:20		
4	24	Iris Cooper	20:55:45	5F50+ 1/1	1 12:34 Toronto
		Splits	1) 2:19:46 2) 2:22:24 - 4:42:09 3) 2:36:07 - 7:18:16		
			4) 2:38:42 - 9:56:57 5) 2:40:50 - 12:37:47 6) 2:34:02 - 15:11:48		
			7) 2:49:21 - 18:01:09 8) 2:54:37 - 20:55:46		
5	11	Keith Straw	21:32:25	5M50+ 1/5	4 12:56 Malvern
		Splits	1) 2:17:42 2) 2:17:43 - 4:35:25 3) 2:21:12 - 6:56:36		
			4) 2:29:33 - 9:26:08 5) 2:37:36 - 12:03:44 6) 2:45:04 - 14:48:48		
			7) 3:02:16 - 17:51:03 8) 3:41:23 - 21:32:26		
6	16	Theresa McGrath	21:54:00	5F40-49 1/7	2 13:09 Kitchener
		Splits	1) 2:09:37 2) 2:15:14 - 4:24:50 3) 2:29:14 - 6:54:04		
			4) 2:31:28 - 9:25:32 5) 2:44:08 - 12:09:39 6) 2:49:12 - 14:58:51		
			7) 3:18:27 - 18:17:18 8) 3:36:43 - 21:54:00		
7	39	Chris Miller	22:02:28	5M-39 3/9	5 13:14 Ajax
		Splits	1) 2:11:54 2) 2:14:19 - 4:26:12 3) 2:29:26 - 6:55:37		
			4) 2:52:07 - 9:47:44 5) 2:56:14 - 12:43:57 6) 3:03:18 - 15:47:14		
			7) 3:01:11 - 18:48:25 8) 3:14:03 - 22:02:28		
8	3	Rich Darke	22:03:54	5M40-49 2/12	6 13:15 Ancaster
		Splits	1) 1:54:26 2) 2:13:00 - 4:07:26 3) 2:38:56 - 6:46:22		
			4) 2:38:30 - 9:24:51 5) 2:53:32 - 12:18:22 6) 3:02:39 - 15:21:00		

		4) 2:57:01 - 10:06:06	5) 2:59:07 - 13:05:12	6) 3:05:41 - 16:10:53	
		7) 4:00:56 - 20:11:48	8) 2:37:34 - 22:49:22		
10	27 Jeff Ashizawa	22:49:54	5M40-49	3/12	8 13:42 Waterloo
	Splits	1) 1:55:09	2) 2:02:12 - 3:57:20	3) 2:30:22 - 6:27:41	
		4) 2:47:29 - 9:15:09	5) 2:55:28 - 12:10:37	6) 2:56:48 - 15:07:24	
		7) 3:38:44 - 18:46:08	8) 4:03:46 - 22:49:54		
11	18 Laurie McGrath	22:56:21	5F40-49	2/7	3 13:46 Baden
	Splits	1) 1:50:00	2) 1:57:38 - 3:47:38	3) 2:02:35 - 5:50:12	
		4) 2:16:17 - 8:06:29	5) 3:16:13 - 11:22:41	6) 3:23:28 - 14:46:09	
		7) 3:54:43 - 18:40:51	8) 4:15:30 - 22:56:21		
12	35 Kinga Miklos	22:59:13	5F-39	1/5	4 13:48 Toronto
	Splits	1) 2:18:19	2) 2:27:39 - 4:45:57	3) 2:31:39 - 7:17:36	
		4) 2:32:55 - 9:50:30	5) 3:03:10 - 12:53:40	6) 3:24:53 - 16:18:32	
		7) 3:09:28 - 19:27:59	8) 3:31:15 - 22:59:13		
13	7 Ed George	23:21:38	5M-39	5/9	9 14:01 Wilmington
	Splits	1) 2:18:38	2) 2:32:57 - 4:51:35	3) 2:44:59 - 7:36:33	
		4) 2:52:38 - 10:29:10	5) 2:57:51 - 13:27:00	6) 3:22:07 - 16:49:07	
		7) 3:30:49 - 20:19:55	8) 3:01:44 - 23:21:39		
14	43 Paul Hennick	23:27:09	5M50+	2/5	10 14:05 Toronto
	Splits	1) 2:19:51	2) 2:26:08 - 4:45:58	3) 2:37:44 - 7:23:42	
		4) 2:53:12 - 10:16:53	5) 3:03:33 - 13:20:25	6) 3:01:34 - 16:21:59	
		7) 3:32:11 - 19:54:09	8) 3:33:01 - 23:27:09		
15	34 Adam Peruta	23:36:17	5M-39	6/9	11 14:10 Syracuse
	Splits	1) 2:21:01	2) 2:35:24 - 4:56:25	3) 2:38:18 - 7:34:43	
		4) 2:38:25 - 10:13:07	5) 2:55:26 - 13:08:33	6) 3:07:32 - 16:16:05	
		7) 3:44:09 - 20:00:13	8) 3:36:04 - 23:36:17		
16	61 Scott Garrett	23:37:43	5M40-49	4/12	12 14:11 Barrie
	Splits	1) 2:05:21	2) 2:16:26 - 4:21:47	3) 2:34:25 - 6:56:11	
		4) 2:43:05 - 9:39:16	5) 3:03:44 - 12:42:59	6) 3:26:13 - 16:09:11	
		7) 3:53:36 - 20:02:46	8) 3:34:57 - 23:37:43		
17	47 Todd Mickolwin	23:39:51	5M40-49	5/12	13 14:12 Richmond Hill
	Splits	1) 2:12:21	2) 2:20:58 - 4:33:18	3) 2:30:06 - 7:03:24	
		4) 2:45:53 - 9:49:16	5) 2:56:50 - 12:46:06	6) 2:54:37 - 15:40:43	
		7) 4:00:51 - 19:41:34	8) 3:58:17 - 23:39:51		
18	36 Stephan Miklos	23:42:33	5M40-49	6/12	14 14:14 Toronto
	Splits	1) 2:18:28	2) 2:28:48 - 4:47:16	3) 2:29:22 - 7:16:37	
		4) 2:32:29 - 9:49:06	5) 2:50:55 - 12:40:00	6) 2:57:01 - 15:37:01	
		7) 4:25:56 - 20:02:57	8) 3:39:37 - 23:42:33		
19	53 Jocelyn Briggs	24:17:22	5F-39	2/5	5 14:35 Brooklin
	Splits	1) 2:26:32	2) 2:33:02 - 4:59:33	3) 2:45:26 - 7:44:59	
		4) 2:50:55 - 10:35:53	5) 2:51:36 - 13:27:28	6) 3:03:57 - 16:31:25	
		7) 3:49:07 - 20:20:32	8) 3:56:51 - 24:17:23		
20	66 Ryan Barrett	24:18:31	5M-39	7/9	15 14:36 Toronto
	Splits	1) 2:18:24	2) 2:28:43 - 4:47:06	3) 2:47:03 - 7:34:09	
		4) 2:52:45 - 10:26:53	5) 3:06:07 - 13:33:00	6) 3:20:14 - 16:53:13	
		7) 3:34:42 - 20:27:54	8) 3:50:37 - 24:18:31		
21	37 Keegan Mackenzie	24:39:40	5F-39	3/5	6 14:48 Toronto
	Splits	1) 2:26:35	2) 2:33:01 - 4:59:35	3) 2:45:26 - 7:45:00	
		4) 3:06:44 - 10:51:44	5) 3:17:08 - 14:08:52	6) 3:21:58 - 17:30:50	

		4) 2:56:44 - 10:30:19	5) 3:07:29 - 13:37:47	6) 3:19:39 - 16:57:26	
		7) 3:39:04 - 20:36:30	8) 4:15:17 - 24:51:46		
23	56 Ross Wilson	25:00:40	5M40-49	8/12	17 15:01 Arva
	Splits	1) 2:41:57	2) 2:54:08 - 5:36:04	3) 3:09:19 - 8:45:22	
		4) 3:10:13 - 11:55:35	5) 3:25:30 - 15:21:05	6) 3:38:40 - 18:59:44	
		7) 4:02:59 - 23:02:42	8) 1:57:58 - 25:00:40		
24	52 Martin Mack	25:29:29	5M-39	8/9	18 15:18 Amherstview
	Splits	1) 2:18:29	2) 2:32:24 - 4:50:53	3) 2:45:41 - 7:36:33	
		4) 2:52:37 - 10:29:10	5) 2:58:27 - 13:27:36	6) 3:22:31 - 16:50:07	
		7) 4:03:21 - 20:53:28	8) 4:36:02 - 25:29:29		
25	46 Jim Morrison	25:44:06	5M50+	3/5	19 15:27 Thornhill
	Splits	1) 2:26:46	2) 2:27:46 - 4:54:32	3) 2:38:18 - 7:32:49	
		4) 2:42:11 - 10:15:00	5) 3:00:39 - 13:15:39	6) 3:22:56 - 16:38:34	
		7) 4:35:15 - 21:13:48	8) 4:30:19 - 25:44:07		
26	6 Vikki Baylis	25:49:40	5F-39	4/5	7 15:30 Burlington
	Splits	1) 2:20:59	2) 2:32:20 - 4:53:18	3) 2:31:20 - 7:24:38	
		4) 2:41:00 - 10:05:37	5) 3:14:39 - 13:20:15	6) 3:44:46 - 17:05:00	
		7) 4:27:00 - 21:32:00	8) 4:17:41 - 25:49:41		
27	29 Deborah Sheppard-lanci	26:13:54	5F40-49	3/7	8 15:45 Barrie
	Splits	1) 2:17:46	2) 2:34:44 - 4:52:29	3) 2:51:08 - 7:43:37	
		4) 2:56:51 - 10:40:28	5) 3:11:04 - 13:51:31	6) 4:02:58 - 17:54:29	
		7) 4:19:13 - 22:13:41	8) 4:00:14 - 26:13:54		
28	48 Andrew Heij	26:15:03	5M-39	9/9	20 15:46 Kitchener
	Splits	1) 2:07:41	2) 2:24:34 - 4:32:14	3) 2:26:57 - 6:59:11	
		4) 2:57:46 - 9:56:57	5) 3:27:50 - 13:24:46	6) 3:41:10 - 17:05:56	
		7) 4:24:34 - 21:30:29	8) 4:44:35 - 26:15:03		
29	19 Chris Lowery	27:00:30	5M40-49	9/12	21 16:13 Milledgeville
	Splits	1) 2:29:00	2) 2:46:09 - 5:15:09	3) 2:59:16 - 8:14:24	
		4) 3:08:34 - 11:22:57	5) 3:27:14 - 14:50:11	6) 3:48:25 - 18:38:36	
		7) 4:13:56 - 22:52:31	8) 4:08:00 - 27:00:30		
30	30 Tammy Sieminowski	27:05:22	5F40-49	4/7	9 16:16 Toronto
	Splits	1) 2:26:21	2) 2:41:52 - 5:08:13	3) 2:52:26 - 8:00:38	
		4) 3:09:24 - 11:10:02	5) 3:28:03 - 14:38:05	6) 4:05:03 - 18:43:07	
		7) 4:14:45 - 22:57:52	8) 4:07:31 - 27:05:22		
31	55 Rob Gryfe	27:05:22	5M40-49	10/12	22 16:16 Toronto
	Splits	1) 2:25:43	2) 2:42:21 - 5:08:03	3) 2:52:35 - 8:00:38	
		4) 3:08:58 - 11:09:35	5) 3:27:46 - 14:37:21	6) 4:04:41 - 18:42:01	
		7) 4:15:44 - 22:57:45	8) 4:07:38 - 27:05:22		
32	22 Veronique Boucher	27:34:40	5F40-49	5/7	10 16:33 Toronto
	Splits	1) 2:25:44	2) 2:36:16 - 5:01:59	3) 2:57:09 - 7:59:07	
		4) 3:16:15 - 11:15:22	5) 3:22:54 - 14:38:15	6) 3:55:39 - 18:33:53	
		7) 4:39:23 - 23:13:16	8) 4:21:25 - 27:34:40		
33	41 Ronald Irwin	27:50:05	5M40-49	11/12	23 16:43 Durham
	Splits	1) 2:37:57	2) 2:42:40 - 5:20:37	3) 2:48:20 - 8:08:57	
		4) 2:59:01 - 11:07:57	5) 3:13:32 - 14:21:29	6) 4:25:30 - 18:46:58	
		7) 4:42:39 - 23:29:36	8) 4:20:29 - 27:50:05		
34	45 Russell Bilodeau	27:50:59	5M50+	4/5	24 16:43 Oakville
	Splits	1) 2:37:30	2) 2:48:38 - 5:26:07	3) 2:52:36 - 8:18:42	
		4) 3:16:40 - 11:35:21	5) 3:40:59 - 15:16:20	6) 3:56:39 - 19:12:59	

		4) 3:09:51 - 10:38:52	5) 3:34:37 - 14:13:28	6) 4:43:32 - 18:57:00	
		7) 4:54:07 - 23:51:06	8) 4:23:47 - 28:14:53		
36	28 Maryka Hladki	28:19:06	5F-39	5/5	11 17:00 Newmarket
	Splits	1) 2:37:41	2) 2:43:06 - 5:20:46	3) 2:56:09 - 8:16:55	
		4) 3:28:06 - 11:45:00	5) 3:29:46 - 15:14:45	6) 3:58:56 - 19:13:41	
		7) 5:03:29 - 24:17:10	8) 4:01:57 - 28:19:06		
37	49 Valentina Chumak	28:44:44	5F40-49	6/7	12 17:15 Brampton
	Splits	1) 2:38:03	2) 2:47:34 - 5:25:36	3) 2:54:59 - 8:20:34	
		4) 3:15:51 - 11:36:25	5) 3:21:51 - 14:58:16	6) 4:25:21 - 19:23:36	
		7) 4:52:37 - 24:16:12	8) 4:28:33 - 28:44:44		
38	21 Gerry Arbour	29:13:39	5M50+	5/5	26 17:33 Mississauga
	Splits	1) 2:26:47	2) 2:45:02 - 5:11:49	3) 2:57:29 - 8:09:17	
		4) 3:15:18 - 11:24:34	5) 3:36:08 - 15:00:42	6) 3:55:57 - 18:56:38	
		7) 2:55:24 - 21:52:02	8) 7:21:38 - 29:13:39		
39	44 Tomoko Tamaoki	29:28:46	5F40-49	7/7	13 17:42 Burlington
	Splits	1) 2:39:01	2) 2:47:35 - 5:26:35	3) 2:52:08 - 8:18:43	
		4) 3:16:42 - 11:35:24	5) 4:29:37 - 16:05:00	6) 4:23:43 - 20:28:43	
		7) 4:42:28 - 25:11:10	8) 4:17:36 - 29:28:46		
40	26 Helen Malmborg		5F50+	/	Toronto
	Splits	1) 2:59:13	2) 3:26:52 - 6:26:05	3) 3:45:36 - 10:11:40	
		4) 4:13:40 - 14:25:19	5) 5:21:27 - 19:46:45	6) 5:45:06 - 25:31:51	
		7) 21:09 - 25:52:59	8) -		
41	14 Steve Hilmy		5M40-49	/	Bethesda
	Splits	1) 2:35:36	2) 2:50:54 - 5:26:30	3) 3:20:55 - 8:47:24	
		4) 3:34:44 - 12:22:07	5) 3:45:29 - 16:07:36	6) 4:35:40 - 20:43:15	
		7) 6:20:19 - 27:03:34	8) -		
42	33 Wes Stephenson		5M-39	/	St. Catharines
	Splits	1) 1:54:27	2) 2:04:22 - 3:58:49	3) 2:12:40 - 6:11:28	
		4) 2:46:38 - 8:58:05	5) 3:05:05 - 12:03:10	6) 3:45:25 - 15:48:34	
		7) -	8) -		
43	12 Steve Beach		5M50+	/	Richmond Hill
	Splits	1) 2:18:12	2) 2:25:45 - 4:43:57	3) 2:30:09 - 7:14:05	
		4) 2:38:10 - 9:52:14	5) 3:16:24 - 13:08:38	6) 3:21:46 - 16:30:24	
		7) -	8) -		
44	60 Patrick Campbell		5M50+	/	Waterdown
	Splits	1) 1:48:53	2) 2:02:10 - 3:51:02	3) 2:42:24 - 6:33:26	
		4) 3:13:33 - 9:46:58	5) 3:54:01 - 13:40:58	6) 3:23:08 - 17:04:06	
		7) -	8) -		
45	23 Garth Boucher		5M40-49	/	Toronto
	Splits	1) 2:24:46	2) 2:34:12 - 4:58:58	3) 2:54:17 - 7:53:14	
		4) 2:55:37 - 10:48:51	5) 3:01:17 - 13:50:07	6) 4:03:56 - 17:54:02	
		7) -	8) -		
46	64 Tom Wronecki		5M-39	/	Toronto
	Splits	1) 2:21:57	2) 2:38:46 - 5:00:42	3) 2:56:10 - 7:56:52	
		4) 3:21:40 - 11:18:31	5) 2:58:06 - 14:16:37	6) 3:52:53 - 18:09:29	
		7) -	8) -		
47	17 Charles Smith		5M50+	/	Waterloo
	Splits	1) 2:21:14	2) 2:30:49 - 4:52:02	3) 2:51:45 - 7:43:46	
		4) 3:10:21 - 10:54:07	5) 3:49:20 - 14:43:27	6) 3:39:45 - 18:23:11	

		4) 3:18:28 - 10:57:35	5) 3:39:36 - 14:37:11	6) 5:12:17 - 19:49:27	
		7) -	8) -		
49	15 Howard Choi		5M40-49	/	Glen Cove
	Splits	1) 2:37:42	2) 2:52:37 - 5:30:19	3) 3:14:57 - 8:45:15	
		4) 3:13:11 - 11:58:25	5) 3:51:13 - 15:49:37	6) 4:43:11 - 20:32:47	
		7) -	8) -		
50	57 Paul Botros		5M-39	/	Petersburg
	Splits	1) 2:35:36	2) 2:41:26 - 5:17:01	3) 2:52:00 - 8:09:01	
		4) 3:34:16 - 11:43:16	5) 4:09:13 - 15:52:28	6) 5:33:13 - 21:25:41	
		7) -	8) -		
51	32 Paul Chenery		5M50+	/	Toronto
	Splits	1) 2:05:06	2) 2:14:57 - 4:20:03	3) 2:30:12 - 6:50:14	
		4) 2:50:34 - 9:40:47	5) 3:00:18 - 12:41:04	6) -	
		7) -	8) -		
52	31 Jerome Wojnicki		5M40-49	/	Hamburg
	Splits	1) 2:19:50	2) 2:37:37 - 4:57:26	3) 2:46:17 - 7:43:43	
		4) 2:55:17 - 10:39:00	5) 3:24:04 - 14:03:03	6) -	
		7) -	8) -		
53	42 Steven Parke		5M40-49	/	Kitchener
	Splits	1) 2:10:46	2) 2:32:02 - 4:42:47	3) 2:40:59 - 7:23:46	
		4) 3:10:39 - 10:34:24	5) 3:44:11 - 14:18:34	6) -	
		7) -	8) -		
54	10 Ronald Gehl		5M50+	/	Kitchener
	Splits	1) 2:11:19	2) 2:35:52 - 4:47:10	3) 3:03:37 - 7:50:47	
		4) 3:39:53 - 11:30:39	5) 4:09:47 - 15:40:26	6) -	
		7) -	8) -		
55	58 Joe Cleary		5M50+	/	Georgetown
	Splits	1) 3:02:05	2) 3:15:36 - 6:17:41	3) 3:36:49 - 9:54:30	
		4) 3:49:44 - 13:44:13	5) 4:09:36 - 17:53:49	6) -	
		7) -	8) -		
56	20 Alan Murphy		5M-39	/	Saginaw
	Splits	1) 2:20:22	2) 2:33:25 - 4:53:47	3) 2:34:05 - 7:27:51	
		4) 2:52:23 - 10:20:13	5) 13:14:00 - 23:34:12	6) -	
		7) -	8) -		
57	9 Mitchel Newth		5M-39	/	Ajax
	Splits	1) 1:56:51	2) 2:51:12 - 4:48:03	3) 3:12:30 - 8:00:33	
		4) 3:31:58 - 11:32:30	5) -	6) -	
		7) -	8) -		
58	1 David Hughes		5M50+	/	Kokomo
	Splits	1) 3:02:17	2) 3:28:18 - 6:30:35	3) 3:22:51 - 9:53:26	
		4) 3:49:49 - 13:43:14	5) -	6) -	
		7) -	8) -		
59	38 Vladimir Droppa		5M40-49	/	Toronto
	Splits	1) 2:18:03	2) 2:34:33 - 4:52:35	3) 3:35:46 - 8:28:20	
		4) -	5) -	6) -	
		7) -	8) -		
60	2 Kimberley Van Delst		5F40-49	/	Kitchener
	Splits	1) 2:53:07	2) 3:24:39 - 6:17:46	3) 3:23:48 - 9:41:33	
		4) -	5) -	6) -	



5 captures

23 oct. 11 - 9 avr. 16

http://www.chiptimeresults.com/resultsreader.php?y=2011&r=sulphursprings5.htm

Go

Oct 20

	4)	-	5)	-	6)	-
	7)	-	8)	-		
62	8	Michael Boyes	5M-39	/		Barrie
	Splits	1) 2:27:19	2)	-	3)	-
	4)	-	5)	-	6)	-
	7)	-	8)	-		

Copyright 2008-2012 Chip Time Results. All rights reserved.

Website design and web-based technology by adamWARE inc, 2008

No unauthorized reproduction of any images or content without permission.

