



Sulphur Springs Trail Run
Ancaster Ontario
Saturday May 28, 2011
25 K

	Entrants	Finishers
Total	230	201
Male	125	109
Female	105	92
Unknown	0	0

O'all Place	Bib	Name	Gun Time	Class Placing	Gender Place	Pace /Km	City
1	830	Jakob VanDorp	1:41:14	2M-39 1/27	1	4:03	Warton
		Splits 1)	19:08	2) 1:22:06 - 1:41:14			
2	729	Mike Tickner	1:41:46	2M-39 2/27	2	4:05	Kitchener
		Splits 1)	19:09	2) 1:22:38 - 1:41:46			
3	754	Jim Seeds	1:46:32	2M40-49 1/40	3	4:16	Waterford
		Splits 1)	19:36	2) 1:26:56 - 1:46:32			
4	822	Nikolay Ryabkov	1:47:34	2M-39 3/27	4	4:19	Toronto
		Splits 1)	19:38	2) 1:27:57 - 1:47:34			
5	831	Kerry Abols	1:48:58	2M-39 4/27	5	4:22	Greater Sudbury
		Splits 1)	19:46	2) 1:29:12 - 1:48:58			
6	750	William Logie	1:49:16	2M40-49 2/40	6	4:23	Toronto
		Splits 1)	20:08	2) 1:29:09 - 1:49:16			
7	655	Mark Tarnopolsky	1:51:06	2M40-49 3/40	7	4:27	Hamilton
		Splits 1)	20:33	2) 1:30:34 - 1:51:06			
8	704	Bill Wheeler	1:51:58	2M50+ 1/42	8	4:29	London
		Splits 1)	21:35	2) 1:30:24 - 1:51:58			
9	723	Guy Leclerc	1:52:01	2M-39 5/27	9	4:29	Toronto
		Splits 1)	21:12	2) 1:30:49 - 1:52:01			
10	799	Dave Rutherford	1:54:15	2M40-49 4/40	10	4:35	Waterloo
		Splits 1)	22:11	2) 1:32:04 - 1:54:15			
11	817	Kristen Tamburirno	1:55:02	2F-39 1/41	1	4:37	St. Catharines
		Splits 1)	21:37	2) 1:33:26 - 1:55:03			
12	730	Manuel Saumon	1:57:49	2M40-49 5/40	11	4:43	Mississauga
		Splits 1)	22:36	2) 1:35:14 - 1:57:49			
13	802	Jonathan Black	1:58:09	2M50+ 2/42	12	4:44	Willowdale
		Splits 1)	23:06	2) 1:35:04 - 1:58:09			
14	687	Justin Pozin	1:58:37	2M-39 6/27	13	4:45	Toronto
		Splits 1)	21:29	2) 1:37:08 - 1:58:37			
15	753	Kyle Arsenault-mehta	1:59:13	2M-39 7/27	14	4:47	London
		Splits 1)	22:31	2) 1:36:43 - 1:59:13			
16	614	Dan Spears	2:00:03	2M-39 8/27	15	4:49	London
		Splits 1)	23:12	2) 1:36:52 - 2:00:04			
17	631	Brandon Rees	2:00:26	2M-39 9/27	16	4:50	Guelph
		Splits 1)	23:51	2) 1:36:35 - 2:00:26			
18	769	Tahira Dosani	2:00:33	2F-39 2/41	2	4:50	Guelph
		Splits 1)	23:18	2) 1:37:17 - 2:00:34			
19	796	Kent Hunter	2:00:52	2M40-49 6/40	17	4:51	Burlington
		Splits 1)	44:05	2) 1:16:48 - 2:00:52			
20	823	Adrian Makurat	2:03:19	2M-39 10/27	18	4:56	Toronto

		Splits	1)	24:01	2)	1:40:02	-	2:04:03			
23	726	George Aitkin		2:05:09	2M50+			3/42	20	5:01	Cambridge
		Splits	1)	23:57	2)	1:41:12	-	2:05:09			
24	677	Scott Sawyer		2:05:28	2M40-49			8/40	21	5:02	Pickering
		Splits	1)	24:00	2)	1:41:29	-	2:05:29			
25	709	Tanya Porcellato		2:05:50	2F-39			4/41	4	5:02	Guelph
		Splits	1)	24:41	2)	1:41:10	-	2:05:51			
26	710	Chad Shaver		2:06:26	2M-39			11/27	22	5:04	Mississauga
		Splits	1)	23:39	2)	1:42:47	-	2:06:26			
27	828	Allan Mazur		2:07:05	2M40-49			9/40	23	5:05	St. Marys
		Splits	1)	23:19	2)	1:43:47	-	2:07:05			
28	825	Steve Jones		2:07:23	2M50+			4/42	24	5:06	Toronto
		Splits	1)	24:26	2)	1:42:58	-	2:07:23			
29	708	Mike Aikenhead		2:08:10	2M40-49			10/40	25	5:08	Chatham
		Splits	1)	23:45	2)	1:44:26	-	2:08:10			
30	803	Brendon Greenlay		2:08:49	2M-39			12/27	26	5:10	Kitchener
		Splits	1)	23:54	2)	1:44:56	-	2:08:49			
31	806	Herve Mallet		2:09:13	2M-39			13/27	27	5:11	Peterborough
		Splits	1)	25:31	2)	1:43:43	-	2:09:14			
32	749	Lisa Leskien		2:09:51	2F-39			5/41	5	5:12	Cambridge
		Splits	1)	25:02	2)	1:44:49	-	2:09:51			
33	667	Michael Mcnamara		2:10:02	2M40-49			11/40	28	5:13	Innisfil
		Splits	1)	24:49	2)	1:45:13	-	2:10:02			
34	832	Leanne Mueller		2:11:53	2F-39			6/41	6	5:17	Bolton
		Splits	1)	25:31	2)	1:46:22	-	2:11:53			
35	681	Maggie Kienapple		2:13:56	2F-39			7/41	7	5:22	Kenilworth
		Splits	1)	25:46	2)	1:48:11	-	2:13:56			
36	725	Adrienne Hol		2:14:53	2F-39			8/41	8	5:24	Hamilton
		Splits	1)	26:26	2)	1:48:27	-	2:14:53			
37	757	Anne Mccutcheon		2:16:30	2F-39			9/41	9	5:28	Hanover
		Splits	1)	25:03	2)	1:51:28	-	2:16:30			
38	772	Richard Bird		2:16:40	2M50+			5/42	29	5:28	London
		Splits	1)	27:21	2)	1:49:19	-	2:16:40			
39	824	Nicole Clarkson		2:16:42	2F-39			10/41	10	5:29	Ancaster
		Splits	1)	24:54	2)	1:51:48	-	2:16:42			
40	785	David Bondy		2:17:11	2M40-49			12/40	30	5:30	Scarborough
		Splits	1)	25:58	2)	1:51:13	-	2:17:11			
41	700	Paul Blaschuk		2:17:28	2M50+			6/42	31	5:30	Hamilton
		Splits	1)	25:59	2)	1:51:30	-	2:17:28			
42	665	Rick Raby		2:17:54	2M40-49			13/40	32	5:31	Ancaster
		Splits	1)	27:09	2)	1:50:46	-	2:17:55			
43	770	Meg Thorburn		2:18:34	2F50+			1/23	11	5:33	Guelph
		Splits	1)	26:35	2)	1:52:00	-	2:18:34			
44	680	Ador Estravillo		2:18:48	2M40-49			14/40	33	5:34	Dundas
		Splits	1)	26:10	2)	1:52:39	-	2:18:49			
45	816	Kayla Clark		2:19:28	2F-39			11/41	12	5:35	Oshawa
		Splits	1)	26:12	2)	1:53:17	-	2:19:28			
46	639	Karl Stobbe		2:19:42	2M50+			7/42	34	5:36	Beamsville
		Splits	1)	27:57	2)	1:51:46	-	2:19:43			
47	740	Chris Brokenshire		2:19:53	2M50+			8/42	35	5:36	Etobicoke
		Splits	1)	25:44	2)	1:54:09	-	2:19:53			
48	741	Craig Noble		2:20:32	2M40-49			15/40	36	5:38	Hamilton
		Splits	1)	25:31	2)	1:55:02	-	2:20:32			
49	638	Dave Gossen		2:20:49	2M40-49			16/40	37	5:38	Beamsville
		Splits	1)	27:57	2)	1:52:52	-	2:20:49			
50	733	Karen Lemieux		2:20:51	2F40-49			1/28	13	5:38	Kitchener
		Splits	1)	28:15	2)	1:52:36	-	2:20:51			
51	632	Shannon Carpenter		2:21:34	2F-39			12/41	14	5:40	Burlinton

		Splits	1)	35:06	2)	1:46:38	-	2:21:44				
54	724	Nadia Verbanac		2:22:21	2F-39	14/41			16	5:42	Toronto	
		Splits	1)	27:38	2)	1:54:43	-	2:22:21				
55	734	Mayling Chung-robinson		2:22:22	2F-39	15/41			17	5:42	Oakville	
		Splits	1)	28:22	2)	1:54:00	-	2:22:22				
56	706	Kirill Kozlov		2:23:18	2M-39	14/27			39	5:44	Toronto	
		Splits	1)	26:18	2)	1:57:01	-	2:23:18				
57	790	Fabio Papa		2:25:11	2M-39	15/27			40	5:49	Toronto	
		Splits	1)	28:05	2)	1:57:07	-	2:25:11				
58	835	David Blakey		2:25:22	2M40-49	18/40			41	5:49	Burlington	
		Splits	1)	27:29	2)	1:57:54	-	2:25:22				
59	827	Heather Forster		2:26:43	2F40-49	2/28			18	5:53	Everett	
		Splits	1)	27:19	2)	1:59:25	-	2:26:44				
60	731	Richard Godsmark		2:26:48	2M-39	16/27			42	5:53	Waterdown	
		Splits	1)	26:59	2)	1:59:49	-	2:26:48				
61	791	Timmy Youldon		2:26:48	2M-39	17/27			43	5:53	Burlington	
		Splits	1)	31:11	2)	1:55:38	-	2:26:48				
62	792	Shannon Kelsey		2:26:48	2F-39	16/41			19	5:53	Burlington	
		Splits	1)	31:12	2)	1:55:37	-	2:26:48				
63	623	Chris Jantz		2:26:50	2M-39	18/27			44	5:53	Welland	
		Splits	1)	27:11	2)	1:59:40	-	2:26:50				
64	826	Glen Patterson		2:27:14	2M50+	9/42			45	5:54	Hamilton	
		Splits	1)	26:53	2)	2:00:22	-	2:27:14				
65	672	Andrew Patton		2:27:27	2M40-49	19/40			46	5:54	Cambridge	
		Splits	1)	27:57	2)	1:59:31	-	2:27:27				
66	688	Dana Brooker		2:28:23	2F40-49	3/28			20	5:57	Oakville	
		Splits	1)	29:37	2)	1:58:46	-	2:28:23				
67	646	Paul Hallinan		2:28:47	2M40-49	20/40			47	5:58	Toronto	
		Splits	1)	32:31	2)	1:56:16	-	2:28:47				
68	714	Craig Cassar		2:29:15	2M-39	19/27			48	5:59	Ancaster	
		Splits	1)	28:45	2)	2:00:31	-	2:29:16				
69	751	Brian Robertson		2:29:19	2M50+	10/42			49	5:59	Port Hope	
		Splits	1)	27:14	2)	2:02:05	-	2:29:19				
70	712	Sandra Lagler		2:29:32	2F40-49	4/28			21	5:59	Tottenham	
		Splits	1)	30:12	2)	1:59:20	-	2:29:32				
71	683	Brian Mcphee		2:30:13	2M40-49	21/40			50	6:01	Grimsby	
		Splits	1)	30:43	2)	1:59:31	-	2:30:13				
72	763	Ed Wilson		2:30:22	2M50+	11/42			51	6:01	London	
		Splits	1)	31:28	2)	1:58:55	-	2:30:23				
73	829	Wanda Prochazka		2:30:42	2F-39	17/41			22	6:02	Toronto	
		Splits	1)	27:53	2)	2:02:50	-	2:30:42				
74	782	David Craig		2:31:49	2M50+	12/42			52	6:05	Milton	
		Splits	1)	29:08	2)	2:02:41	-	2:31:49				
75	693	Shirley Walsh		2:32:19	2F40-49	5/28			23	6:06	Dundas	
		Splits	1)	29:05	2)	2:03:15	-	2:32:19				
76	690	Kathleen Macewen		2:32:44	2F-39	18/41			24	6:07	Etobicoke	
		Splits	1)	33:27	2)	1:59:18	-	2:32:44				
77	755	Heather Brown		2:33:27	2F-39	19/41			25	6:09	Toronto	
		Splits	1)	30:01	2)	2:03:26	-	2:33:27				
78	696	Wanda Ferguson		2:34:08	2F40-49	6/28			26	6:10	Mississauga	
		Splits	1)	29:37	2)	2:04:32	-	2:34:08				
79	642	Carolyn Siebert		2:34:12	2F-39	20/41			27	6:11	Stoney Creek	
		Splits	1)	29:19	2)	2:04:54	-	2:34:12				
80	660	Brian Donaldson		2:34:12	2M50+	13/42			53	6:11	Burlington	
		Splits	1)	29:11	2)	2:05:02	-	2:34:13				
81	625	Candice Hall		2:35:05	2F-39	21/41			28	6:13	Hamilton	
		Splits	1)	29:43	2)	2:05:23	-	2:35:05				
82	626	Carolyn Bonta		2:35:05	2F-39	22/41			29	6:13	Kingston	

		Splits	1)	28:47	2)	2:06:35	-	2:35:21			
85	711	Chuck Edwards		2:36:07	2M50+	15/42			55	6:15	London
		Splits	1)	32:58	2)	2:03:10	-	2:36:07			
86	752	Kiriam Thompson		2:36:29	2F-39	24/41			31	6:16	Barrie
		Splits	1)	29:19	2)	2:07:10	-	2:36:29			
87	746	David Rahn		2:38:01	2M50+	16/42			56	6:20	Guelph
		Splits	1)	32:33	2)	2:05:28	-	2:38:01			
88	697	Paul Mora		2:38:39	2M40-49	22/40			57	6:21	Toronto
		Splits	1)	30:02	2)	2:08:37	-	2:38:39			
89	686	Henri Ragetlie		2:38:57	2M50+	17/42			58	6:22	St. Catharines
		Splits	1)	27:29	2)	2:11:29	-	2:38:57			
90	779	Doris Benson		2:39:14	2F50+	2/23			32	6:23	Delaware
		Splits	1)	31:13	2)	2:08:02	-	2:39:14			
91	727	Sheldon Gragg		2:40:02	2M50+	18/42			59	6:25	Georgetown
		Splits	1)	30:39	2)	2:09:23	-	2:40:02			
92	780	Francesco Riccadonna		2:40:46	2M-39	20/27			60	6:26	Keswick
		Splits	1)	29:21	2)	2:11:25	-	2:40:46			
93	719	Rani Jolly		2:41:32	2F40-49	7/28			33	6:28	Burlington
		Splits	1)	37:34	2)	2:03:58	-	2:41:32			
94	644	Edward Widlake		2:42:22	2M50+	19/42			61	6:30	Grimsby
		Splits	1)	32:27	2)	2:09:56	-	2:42:22			
95	778	Ray Bisson		2:42:25	2M50+	20/42			62	6:30	Toronto
		Splits	1)	30:26	2)	2:11:59	-	2:42:25			
96	606	Sue Keller		2:43:04	2F40-49	8/28			34	6:32	Hamilton
		Splits	1)	28:44	2)	2:14:21	-	2:43:04			
97	758	Eric Magni		2:43:20	2M50+	21/42			63	6:32	London
		Splits	1)	31:13	2)	2:12:08	-	2:43:20			
98	737	Kiersten Moore		2:43:56	2F-39	25/41			35	6:34	North York
		Splits	1)	32:33	2)	2:11:24	-	2:43:56			
99	812	Andrew Kennedy		2:43:57	2M-39	21/27			64	6:34	London
		Splits	1)	32:19	2)	2:11:38	-	2:43:57			
100	604	Michael Riley		2:44:44	2M50+	22/42			65	6:36	Oakville
		Splits	1)	25:29	2)	2:19:16	-	2:44:45			
101	608	Mark Heavens		2:45:13	2M40-49	23/40			66	6:37	Chatham
		Splits	1)	26:57	2)	2:18:17	-	2:45:13			
102	775	Pieter Dejonge		2:45:14	2M40-49	24/40			67	6:37	Hamilton
		Splits	1)	29:04	2)	2:16:11	-	2:45:14			
103	676	Hank Peelle		2:45:24	2M50+	23/42			68	6:37	Brampton
		Splits	1)	33:49	2)	2:11:36	-	2:45:24			
104	801	Jeff Sine		2:45:50	2M40-49	25/40			69	6:38	Erin
		Splits	1)	28:45	2)	2:17:05	-	2:45:50			
105	664	Michael Tate		2:45:55	2M50+	24/42			70	6:39	Caledon
		Splits	1)	33:29	2)	2:12:27	-	2:45:55			
106	747	Reed Nelson		2:46:09	2M50+	25/42			71	6:39	Toronto
		Splits	1)	33:02	2)	2:13:08	-	2:46:09			
107	645	Paul Kravis		2:46:15	2M40-49	26/40			72	6:39	Toronto
		Splits	1)	31:19	2)	2:14:57	-	2:46:15			
108	617	Kate Thomas		2:47:17	2F-39	26/41			36	6:42	Newmarket
		Splits	1)	29:26	2)	2:17:51	-	2:47:17			
109	715	Danny Murphy		2:48:01	2M40-49	27/40			73	6:44	Ingersoll
		Splits	1)	30:50	2)	2:17:11	-	2:48:01			
110	692	Steve Wolfe		2:48:04	2M40-49	28/40			74	6:44	Oakville
		Splits	1)	33:04	2)	2:15:01	-	2:48:04			
111	781	Doug Barber		2:48:06	2M50+	26/42			75	6:44	Owen Sound
		Splits	1)	31:12	2)	2:16:54	-	2:48:06			
112	685	Shawn Mckinstry		2:49:04	2M40-49	29/40			76	6:46	Elginburg
		Splits	1)	30:24	2)	2:18:40	-	2:49:04			
113	756	Mark Beasy		2:49:32	2M40-49	30/40			77	6:47	Toronto

		Splits	1)	33:30	2)	2:16:18	-	2:49:48			
116	736	Tim Nelson		2:51:16	2M40-49	31/40			79	6:52	Burlington
		Splits	1)	32:22	2)	2:18:55	-	2:51:16			
117	774	Debbie Vanderwal		2:51:21	2F50+	4/23			38	6:52	Mount Albert
		Splits	1)	31:11	2)	2:20:11	-	2:51:21			
118	650	Lisa Maxwell		2:51:33	2F40-49	9/28			39	6:52	Toronto
		Splits	1)	33:18	2)	2:18:16	-	2:51:33			
119	647	Gabriela Trujillo		2:51:33	2F-39	27/41			40	6:52	Toronto
		Splits	1)	33:18	2)	2:18:16	-	2:51:33			
120	814	Robert Forest		2:51:43	2M50+	28/42			80	6:53	Mississauga
		Splits	1)	34:18	2)	2:17:26	-	2:51:44			
121	720	Sandra Schoupe		2:52:32	2F40-49	10/28			41	6:55	Stoney Creek
		Splits	1)	34:34	2)	2:17:59	-	2:52:32			
122	671	Elizabeth Flenniken		2:52:51	2F40-49	11/28			42	6:55	Burlington
		Splits	1)	31:47	2)	2:21:04	-	2:52:51			
123	818	Kathy Melanson		2:53:34	2F50+	5/23			43	6:57	Alliston
		Splits	1)	31:51	2)	2:21:43	-	2:53:34			
124	837	Gicheru Mirie		2:54:08	2M-39	22/27			81	6:58	Burlington
		Splits	1)	27:28	2)	2:26:40	-	2:54:08			
125	613	Robbie Obelnycki		2:55:06	2F50+	6/23			44	7:01	Burlington
		Splits	1)	42:16	2)	2:12:50	-	2:55:06			
126	624	Lotte Jensen		2:55:07	2F40-49	12/28			45	7:01	Burlington
		Splits	1)	41:32	2)	2:13:35	-	2:55:07			
127	760	Graham Noble		2:55:11	2M50+	29/42			82	7:01	Welland
		Splits	1)	38:03	2)	2:17:08	-	2:55:11			
128	761	Rebecca Read		2:55:11	2F40-49	13/28			46	7:01	St Catherines
		Splits	1)	38:03	2)	2:17:08	-	2:55:11			
129	707	George Cole		2:56:14	2M40-49	32/40			83	7:03	Niagara Falls
		Splits	1)	31:54	2)	2:24:21	-	2:56:15			
130	663	Mary Cousineau		2:56:23	2F50+	7/23			47	7:04	Burlington
		Splits	1)	33:18	2)	2:23:05	-	2:56:23			
131	703	Carey Arnott		2:57:20	2M-39	23/27			84	7:06	Whitby
		Splits	1)	26:11	2)	2:31:10	-	2:57:20			
132	669	Victoria Keegan		2:57:22	2F-39	28/41			48	7:06	Dundas
		Splits	1)	34:52	2)	2:22:31	-	2:57:23			
133	651	Michelle Boutin		2:57:27	2F-39	29/41			49	7:06	Burlington
		Splits	1)	34:17	2)	2:23:11	-	2:57:27			
134	661	Rob Gaynor		2:57:38	2M40-49	33/40			85	7:07	London
		Splits	1)	35:29	2)	2:22:10	-	2:57:39			
135	628	Sylvie Malloy		2:57:53	2F50+	8/23			50	7:07	Waterdown
		Splits	1)	43:49	2)	2:14:04	-	2:57:53			
136	689	Cynthia Coulis		2:58:11	2F40-49	14/28			51	7:08	Kitchener
		Splits	1)	34:34	2)	2:23:38	-	2:58:11			
137	716	Don Ramsden		2:58:34	2M50+	30/42			86	7:09	London
		Splits	1)	33:36	2)	2:24:59	-	2:58:34			
138	722	Michele Lalonde		3:01:02	2F40-49	15/28			52	7:15	Frankford
		Splits	1)	34:24	2)	2:26:38	-	3:01:02			
139	728	Diane Harper		3:01:13	2F40-49	16/28			53	7:15	Brighton
		Splits	1)	34:24	2)	2:26:49	-	3:01:13			
140	748	Colleen Thompson		3:01:50	2F-39	30/41			54	7:17	Trenton
		Splits	1)	32:58	2)	2:28:53	-	3:01:51			
141	800	Hannah Sine		3:01:55	2M40-49	34/40			87	7:17	Erin
		Splits	1)	30:56	2)	2:31:00	-	3:01:55			
142	738	Raymond Ng		3:02:34	2M50+	31/42			88	7:19	Markham
		Splits	1)	36:43	2)	2:25:51	-	3:02:34			
143	735	Tom Genest		3:02:35	2M-39	24/27			89	7:19	Hamilton
		Splits	1)	29:27	2)	2:33:08	-	3:02:35			
144	745	Raymond Lobo		3:03:09	2M50+	32/42			90	7:20	Hamilton

		Splits	1)	35:03	2)	2:28:31	-	3:03:34			
147	805	Constantin Staicu		3:03:35	2M40-49	35/40			91	7:21	Toronto
		Splits	1)	26:00	2)	2:37:36	-	3:03:35			
148	678	Ada Naguit		3:03:48	2F40-49	18/28			57	7:22	Hamilton
		Splits	1)	34:12	2)	2:29:36	-	3:03:48			
149	820	Vicky Burnett		3:06:25	2F-39	32/41			58	7:28	Thornhill
		Splits	1)	36:15	2)	2:30:10	-	3:06:25			
150	795	Greg Vulture		3:07:57	2M40-49	36/40			92	7:32	Guelph
		Splits	1)	55:39	2)	2:12:19	-	3:07:57			
151	695	Michael Rigato		3:08:00	2M50+	33/42			93	7:32	Brampton
		Splits	1)	32:52	2)	2:35:08	-	3:08:00			
152	815	Melodee Zimmerman		3:08:02	2F-39	33/41			59	7:32	Waterloo
		Splits	1)	38:20	2)	2:29:43	-	3:08:02			
153	698	Lisa Brown		3:08:04	2F-39	34/41			60	7:32	London
		Splits	1)	34:34	2)	2:33:31	-	3:08:04			
154	794	Steve Mcguffin		3:08:12	2M50+	34/42			94	7:32	Guelph
		Splits	1)	55:39	2)	2:12:34	-	3:08:13			
155	759	Michael Donkers		3:08:29	2M-39	25/27			95	7:33	Arva
		Splits	1)	31:11	2)	2:37:19	-	3:08:29			
156	798	Jim Ratcliffe		3:08:46	2M50+	35/42			96	7:34	Georgetown
		Splits	1)	37:49	2)	2:30:58	-	3:08:46			
157	675	Peter Douglas		3:09:00	2M40-49	37/40			97	7:34	London
		Splits	1)	34:30	2)	2:34:31	-	3:09:00			
158	809	Jan Shillington		3:09:49	2F50+	9/23			61	7:36	London
		Splits	1)	35:34	2)	2:34:15	-	3:09:49			
159	668	Lydia Ripke		3:10:00	2F-39	35/41			62	7:36	Liverpool
		Splits	1)	35:46	2)	2:34:14	-	3:10:00			
160	804	Mary Whitfield		3:10:21	2F50+	10/23			63	7:37	Hamilton
		Splits	1)	51:43	2)	2:18:39	-	3:10:22			
161	732	Lynn Bommarito		3:10:35	2F50+	11/23			64	7:38	Ancaster
		Splits	1)	33:53	2)	2:36:43	-	3:10:35			
162	786	Ruby Pajares		3:10:51	2F-39	36/41			65	7:39	Toronto
		Splits	1)	36:03	2)	2:34:48	-	3:10:51			
163	607	Lesley Eccles		3:10:51	2F-39	37/41			66	7:39	Mount Albert
		Splits	1)	35:44	2)	2:35:07	-	3:10:51			
164	682	Petra Austin		3:11:02	2F50+	12/23			67	7:39	Trenton
		Splits	1)	35:46	2)	2:35:16	-	3:11:02			
165	777	Albert Costa		3:11:15	2M50+	36/42			98	7:39	Mississauga
		Splits	1)	34:19	2)	2:36:57	-	3:11:15			
166	784	Rachel Zumpe		3:13:44	2F-39	38/41			68	7:45	Grimsby
		Splits	1)	35:06	2)	2:38:39	-	3:13:44			
167	718	Sandy Smith		3:15:45	2F50+	13/23			69	7:50	Innerkip
		Splits	1)	37:34	2)	2:38:12	-	3:15:46			
168	764	Judy Wilson		3:17:47	2F50+	14/23			70	7:55	London
		Splits	1)	37:00	2)	2:40:48	-	3:17:47			
169	834	Robert Boyle		3:19:39	2M40-49	38/40			99	8:00	Kitchener
		Splits	1)	31:38	2)	2:48:01	-	3:19:39			
170	699	Jennifer Dunlop		3:19:45	2F40-49	19/28			71	8:00	Ancaster
		Splits	1)	37:22	2)	2:42:23	-	3:19:45			
171	721	Tara Hamilton		3:20:58	2F-39	39/41			72	8:03	Ancaster
		Splits	1)	37:22	2)	2:43:36	-	3:20:58			
172	773	Cathy Lindsay		3:22:10	2F50+	15/23			73	8:06	Holland Landing
		Splits	1)	35:50	2)	2:46:20	-	3:22:10			
173	612	Ann Garber		3:22:52	2F50+	16/23			75	8:07	Vanier
		Splits	1)	39:10	2)	2:43:42	-	3:22:52			
174	611	Helen Kalra		3:22:52	2F40-49	20/28			74	8:07	Acton
		Splits	1)	39:09	2)	2:43:43	-	3:22:52			
175	705	Maureen Pecknold		3:26:03	2F40-49	21/28			76	8:15	Toronto

		Splits	1)	38:51	2)	2:48:09	-	3:26:59			
178	654	Sue Dunlop		3:28:15	2F40-49	23/28			79	8:20	Hamilton
		Splits	1)	38:48	2)	2:49:28	-	3:28:16			
179	662	John Hryczynski		3:28:33	2M50+	37/42			100	8:21	Hamilton
		Splits	1)	34:03	2)	2:54:30	-	3:28:33			
180	788	James Culp		3:29:15	2M50+	38/42			101	8:23	Port Perry
		Splits	1)	37:04	2)	2:52:12	-	3:29:15			
181	836	Ironmike Schiff		3:29:48	2M40-49	39/40			102	8:24	Meulo Park
		Splits	1)	39:02	2)	2:50:47	-	3:29:48			
182	810	Shawna Watson		3:32:43	2F40-49	24/28			80	8:31	Toronto
		Splits	1)	39:24	2)	2:53:19	-	3:32:43			
183	808	Patricia Reed		3:32:58	2F50+	17/23			81	8:32	London
		Splits	1)	38:16	2)	2:54:43	-	3:32:58			
184	603	Jane Papenhuyzen		3:33:34	2F40-49	25/28			82	8:33	Calgary
		Splits	1)	36:43	2)	2:56:52	-	3:33:35			
185	768	Cathy Jeske		3:34:24	2F40-49	26/28			83	8:35	Port Credit
		Splits	1)	38:30	2)	2:55:55	-	3:34:24			
186	649	Raymond Chung		3:36:29	2M40-49	40/40			103	8:40	Toronto
		Splits	1)	1:00:15	2)	2:36:14	-	3:36:29			
187	652	Paul Hart		3:37:52	2M50+	39/42			104	8:43	Toronto
		Splits	1)	40:46	2)	2:57:06	-	3:37:52			
188	744	Larry Gooder		3:38:14	2M50+	40/42			105	8:44	London
		Splits	1)	35:04	2)	3:03:10	-	3:38:14			
189	641	Allison Stoneburgh		3:40:10	2F40-49	27/28			84	8:49	Burlington
		Splits	1)	41:32	2)	2:58:39	-	3:40:10			
190	684	Sandy Turner		3:40:45	2F-39	41/41			85	8:50	Harriston
		Splits	1)	39:00	2)	3:01:45	-	3:40:45			
191	659	Spence Dickson		3:47:11	2M50+	41/42			106	9:06	Ancaster
		Splits	1)	37:37	2)	3:09:35	-	3:47:11			
192	776	Kim Mcpeake		3:53:07	2F40-49	28/28			86	9:20	Toronto
		Splits	1)	42:36	2)	3:10:32	-	3:53:07			
193	787	Trevor Parker		3:56:31	2M-39	26/27			107	9:28	North York
		Splits	1)	38:02	2)	3:18:30	-	3:56:31			
194	797	Princess Tmac Maclean		4:01:08	2F50+	18/23			87	9:39	Orillia
		Splits	1)	43:39	2)	3:17:29	-	4:01:08			
195	635	Frank Job		4:05:08	2M50+	42/42			108	9:49	Etobicoke
		Splits	1)	43:44	2)	3:21:25	-	4:05:09			
196	657	Debbie Macdonald		4:12:12	2F50+	19/23			88	10:06	Hamilton
		Splits	1)	50:45	2)	3:21:28	-	4:12:12			
197	819	Lorna Avery-cooper		4:24:42	2F50+	20/23			89	10:36	Barrie
		Splits	1)	43:39	2)	3:41:04	-	4:24:42			
198	616	Janet Villani		4:44:56	2F50+	21/23			90	11:24	Dundas
		Splits	1)	52:07	2)	3:52:50	-	4:44:56			
199	821	Lennard Donkers		4:55:35	2M-39	27/27			109	11:50	Strathroy
		Splits	1)	49:41	2)	4:05:55	-	4:55:35			
200	622	Mary Louise Duncan		4:58:02	2F50+	22/23			91	11:56	Ancaster
		Splits	1)	50:44	2)	4:07:18	-	4:58:02			
201	615	Brenda Davis		4:59:24	2F50+	23/23			92	11:59	Hamilton
		Splits	1)	52:31	2)	4:06:53	-	4:59:24			
202	618	Susan Atkinson			2F50+	/					Oakville
		Splits	1)	31:02	2)	-					
203	813	Heather Kennedy			2F-39	/					London
		Splits	1)	32:20	2)	-					