



Sulphur Springs Trail Run
Ancaster Ontario
Saturday May 28, 2011
50 Km

	Entrants	Finishers
Total	84	71
Male	48	42
Female	36	29
Unknown	0	0

O'all Place	Bib	Name	Gun Time	Class Placing	Gender	Pace /Km	City
1	441	Scott Myers	4:10:58	3M-39	1/14	1 5:02	Burlington
		Splits	1) 46:48	2) 1:40:06	3) 2:26:54	1:44:05 - 4:10:58	
2	473	Corey Smith	4:12:57	3M-39	2/14	2 5:04	Amherstburg
		Splits	1) 47:08	2) 1:40:54	3) 2:28:02	1:44:56 - 4:12:57	
3	474	Michael Fallaise	4:15:46	3M-39	3/14	3 5:07	Cornwall
		Splits	1) 46:53	2) 1:41:17	3) 2:28:10	1:47:37 - 4:15:46	
4	419	Ben Compton	4:16:17	3M40-49	1/13	4 5:08	Toronto
		Splits	1) 47:26	2) 1:40:59	3) 2:28:25	1:47:52 - 4:16:17	
5	455	Terry Jarrell	4:19:18	3M50+	1/15	5 5:12	Stoney Creek
		Splits	1) 45:26	2) 1:43:46	3) 2:29:12	1:50:07 - 4:19:18	
6	457	Luke Hohenadel	4:28:19	3M50+	2/15	6 5:22	Guelph
		Splits	1) 45:18	2) 1:44:57	3) 2:30:14	1:58:05 - 4:28:19	
7	433	Brad Arndt	4:29:21	3M40-49	2/13	7 5:24	London
		Splits	1) 46:59	2) 1:42:35	3) 2:29:34	1:59:48 - 4:29:21	
8	454	Dave Champion	4:30:54	3M50+	3/15	8 5:26	Kitchener
		Splits	1) 46:45	2) 1:48:00	3) 2:34:45	1:56:10 - 4:30:54	
9	478	Adam Burnett	4:32:23	3M-39	4/14	9 5:27	Thornhill
		Splits	1) 45:34	2) 1:45:03	3) 2:30:36	2:01:47 - 4:32:23	
10	443	Ryan Smith	4:35:51	3M-39	5/14	10 5:32	Innerkip
		Splits	1) 46:57	2) 1:38:34	3) 2:25:31	2:10:21 - 4:35:51	
11	471	Richard Bowry	4:43:38	3M40-49	3/13	11 5:41	Toronto
		Splits	1) 44:31	2) 1:38:54	3) 2:23:24	2:20:15 - 4:43:38	
12	431	Tim Westaway	4:48:35	3M50+	4/15	12 5:47	Sarnia
		Splits	1) 52:31	2) 1:56:44	3) 2:49:14	1:59:21 - 4:48:35	
13	449	Woody Stallings	4:53:30	3M-39	6/14	13 5:53	Ancaster
		Splits	1) 50:26	2) 1:52:54	3) 2:43:19	2:10:11 - 4:53:30	
14	485	Kat Clewley	4:53:56	3F-39	1/12	1 5:53	Burlington
		Splits	1) 53:51	2) 1:59:01	3) 2:52:52	2:01:05 - 4:53:56	
15	435	Dawn Hamel	4:57:16	3F50+	1/8	2 5:57	Coldwater
		Splits	1) 50:09	2) 1:55:31	3) 2:45:39	2:11:37 - 4:57:16	
16	401	Gabriele Settimi	5:07:32	3M-39	7/14	14 6:10	Hamilton On
		Splits	1) 53:10	2) 1:56:49	3) 2:49:59	2:17:33 - 5:07:32	
17	428	Matthew Pickard	5:10:30	3M-39	8/14	15 6:13	Brantford
		Splits	1) 52:24	2) 1:57:34	3) 2:49:57	2:20:34 - 5:10:30	
18	484	Elise Maguire	5:14:38	3F-39	2/12	3 6:18	Kitchener
		Splits	1) 55:27	2) 2:04:34	3) 3:00:00	2:14:38 - 5:14:38	
19	423	Martin Daniels	5:15:16	3M50+	5/15	16 6:19	Oakville
		Splits	1) 54:43	2) 1:58:39	3) 2:53:21	2:21:56 - 5:15:16	
20	438	Karrie Gregson	5:16:39	3F-39	3/12	4 6:20	Kitchener

		Splits	1)	49:34	2)	1:55:39	-	2:45:13	3)	2:34:06	-	5:19:18
23	463	Louie Wu		5:19:39		3M50+		7/15		19	6:24	Hamilton
		Splits	1)	53:29	2)	1:56:46	-	2:50:14	3)	2:29:25	-	5:19:39
24	461	Shawn Schryer		5:23:29		3M40-49		5/13		20	6:29	Sudbury
		Splits	1)	52:05	2)	2:05:58	-	2:58:02	3)	2:25:28	-	5:23:30
25	460	Andrew Kingston		5:23:59		3M-39		9/14		21	6:29	Hamilton
		Splits	1)	1:00:07	2)	2:10:20	-	3:10:26	3)	2:13:33	-	5:23:59
26	446	Bert Geyer		5:24:42		3M-39		10/14		22	6:30	Newmarket
		Splits	1)	56:52	2)	2:07:31	-	3:04:23	3)	2:20:20	-	5:24:42
27	458	Sanjay Mehta		5:27:25		3M40-49		6/13		23	6:33	London
		Splits	1)	55:37	2)	2:12:21	-	3:07:57	3)	2:19:29	-	5:27:25
28	445	Jodi Combe		5:27:25		3F-39		4/12		5	6:33	Southampton
		Splits	1)	56:05	2)	2:11:49	-	3:07:53	3)	2:19:33	-	5:27:25
29	451	Wayne Silberman		5:31:31		3M40-49		7/13		24	6:38	North York
		Splits	1)	54:33	2)	2:09:03	-	3:03:36	3)	2:27:56	-	5:31:31
30	479	Dean Palmer		5:32:18		3M40-49		8/13		25	6:39	Guelph
		Splits	1)	1:33:58	2)	1:54:09	-	3:28:07	3)	2:04:11	-	5:32:18
31	475	Ingrid Rodas		5:32:27		3F-39		5/12		6	6:39	Toronto
		Splits	1)	56:42	2)	2:16:47	-	3:13:28	3)	2:18:59	-	5:32:27
32	416	Jessica Wilson		5:34:42		3F-39		6/12		7	6:42	Toronto
		Splits	1)	1:00:57	2)	2:13:59	-	3:14:56	3)	2:19:47	-	5:34:43
33	400	Stephen Bradshaw		5:37:09		3M40-49		9/13		26	6:45	Brampton
		Splits	1)	57:11	2)	2:05:01	-	3:02:11	3)	2:34:58	-	5:37:09
34	448	Vincent Charbonneau		5:37:44		3M40-49		10/13		27	6:46	Burlington
		Splits	1)	55:17	2)	2:13:12	-	3:08:28	3)	2:29:17	-	5:37:44
35	480	Steve Flynn		5:45:13		3M-39		11/14		28	6:55	Toronto
		Splits	1)	1:00:58	2)	2:14:42	-	3:15:39	3)	2:29:35	-	5:45:13
36	450	David Tucker		5:45:13		3M40-49		11/13		29	6:55	Toronto
		Splits	1)	1:00:58	2)	2:14:42	-	3:15:39	3)	2:29:34	-	5:45:13
37	453	Marj Pouliot		5:47:43		3F50+		2/8		8	6:58	Toronto
		Splits	1)	59:36	2)	2:22:01	-	3:21:36	3)	2:26:07	-	5:47:43
38	477	Patricia Sommers		5:52:18		3F50+		3/8		9	7:03	Kitchener
		Splits	1)	55:48	2)	2:19:30	-	3:15:18	3)	2:37:01	-	5:52:18
39	452	Bernadette Quemerais		5:52:49		3F40-49		1/9		10	7:04	Milton
		Splits	1)	1:03:54	2)	2:24:58	-	3:28:51	3)	2:23:59	-	5:52:49
40	414	Sally Heath		5:53:52		3F-39		7/12		11	7:05	Waterloo
		Splits	1)	1:00:56	2)	2:23:06	-	3:24:01	3)	2:29:51	-	5:53:52
41	422	Christopher Phillips		5:54:47		3M-39		12/14		30	7:06	Milton
		Splits	1)	51:54	2)	2:03:06	-	2:55:00	3)	2:59:48	-	5:54:47
42	481	Wesley Skoczen		6:01:16		3M50+		8/15		31	7:14	Burlington
		Splits	1)	1:00:20	2)	2:15:17	-	3:15:36	3)	2:45:41	-	6:01:16
43	465	Shannon Brown		6:04:03		3F40-49		2/9		12	7:17	Whitby
		Splits	1)	1:01:22	2)	2:25:36	-	3:26:57	3)	2:37:07	-	6:04:03
44	456	Jodi Dawson		6:04:51		3F40-49		3/9		13	7:18	Owen Sound
		Splits	1)	1:01:17	2)	2:24:27	-	3:25:43	3)	2:39:08	-	6:04:51
45	408	Chris Battaglia		6:05:10		3M50+		9/15		32	7:19	Barrie
		Splits	1)	1:04:45	2)	2:24:02	-	3:28:47	3)	2:36:24	-	6:05:10
46	432	Donna McBride		6:06:38		3F50+		4/8		14	7:20	Claremont
		Splits	1)	1:06:14	2)	2:32:57	-	3:39:11	3)	2:27:28	-	6:06:38
47	434	Anne Hinks		6:06:38		3F50+		5/8		15	7:20	Oshawa
		Splits	1)	1:06:14	2)	2:32:57	-	3:39:11	3)	2:27:28	-	6:06:38
48	440	Maria Pizzacalla		6:17:18		3F40-49		4/9		16	7:33	Niagara Falls
		Splits	1)	59:53	2)	2:26:51	-	3:26:44	3)	2:50:34	-	6:17:18
49	447	Amie Chong		6:23:19		3F50+		6/8		17	7:40	Oakville
		Splits	1)	1:06:30	2)	2:29:53	-	3:36:22	3)	2:46:57	-	6:23:19
50	420	Judy Compton		6:24:36		3F40-49		5/9		18	7:42	Suite 3602
		Splits	1)	1:06:33	2)	2:31:05	-	3:37:38	3)	2:46:59	-	6:24:36
51	469	Donny Keller		6:29:42		3M50+		10/15		33	7:48	Penn

		Splits	1) 1:01:13	2) 2:31:31	- 3:32:44	3) 3:01:13	- 6:33:56	
54	436	Hans Maier	6:38:06	3M50+	11/15	35	7:58	Stouffville
		Splits	1) 1:08:43	2) 2:40:17	- 3:48:59	3) 2:49:07	- 6:38:06	
55	410	Janet Milne	6:49:30	3F50+	7/8	20	8:12	Hamilton
		Splits	1) 1:35:27	2) 2:31:48	- 4:07:15	3) 2:42:16	- 6:49:30	
56	405	Charlene Pratt	6:50:22	3F50+	8/8	21	8:13	Strathroy
		Splits	1) 1:07:10	2) 1:57:37	- 3:04:46	3) 3:45:36	- 6:50:22	
57	429	Heather Lightfoot	7:00:00	3F-39	9/12	22	8:24	Toronto
		Splits	1) 1:08:55	2) 2:37:41	- 3:46:36	3) 3:13:25	- 7:00:00	
58	430	Dan Lightfoot	7:01:24	3M-39	13/14	36	8:26	Toronto
		Splits	1) 1:08:55	2) 2:37:41	- 3:46:35	3) 3:14:50	- 7:01:24	
59	437	Ed Keith	7:01:25	3M50+	12/15	37	8:26	Stouffville
		Splits	1) 1:13:40	2) 2:43:42	- 3:57:22	3) 3:04:03	- 7:01:25	
60	483	Patty Pino	7:12:31	3F40-49	6/9	23	8:40	Grimsby
		Splits	1) 1:12:13	2) 2:49:39	- 4:01:51	3) 3:10:41	- 7:12:32	
61	426	Jennifer Johnston	7:12:32	3F40-49	7/9	24	8:40	Grimsby
		Splits	1) 1:12:13	2) 2:49:39	- 4:01:51	3) 3:10:41	- 7:12:32	
62	487	Jennifer Averink	7:29:58	3F40-49	8/9	25	9:00	Burlington
		Splits	1) 1:12:11	2) 2:55:16	- 4:07:26	3) 3:22:32	- 7:29:58	
63	467	Jackie Chalmers	7:29:59	3F-39	10/12	26	9:00	Burlington
		Splits	1) 1:12:10	2) 2:55:16	- 4:07:26	3) 3:22:34	- 7:29:59	
64	406	Heather Canali	7:40:56	3F-39	11/12	27	9:14	Acton
		Splits	1) 1:18:49	2) 2:59:41	- 4:18:29	3) 3:22:27	- 7:40:56	
65	404	Charles Hayward	7:40:56	3M50+	13/15	38	9:14	Georgetown
		Splits	1) 1:18:48	2) 2:59:41	- 4:18:29	3) 3:22:28	- 7:40:56	
66	425	Melanie Wijeratna	7:57:44	3F-39	12/12	28	9:34	Mississauga
		Splits	1) 1:11:40	2) 2:47:11	- 3:58:51	3) 3:58:53	- 7:57:44	
67	466	Stephanie Macdonald	7:57:44	3F40-49	9/9	29	9:34	Scarborough
		Splits	1) 1:06:11	2) 2:52:45	- 3:58:55	3) 3:58:49	- 7:57:44	
68	444	Howard Parker	8:11:07	3M50+	14/15	39	9:50	Scarborough
		Splits	1) 1:19:39	2) 3:25:44	- 4:45:23	3) 3:25:45	- 8:11:08	
69	482	Bill Lovett	8:38:07	3M-39	14/14	40	10:22	Barrie
		Splits	1) 48:15	2) 3:48:02	- 4:36:17	3) 4:01:51	- 8:38:07	
70	462	Martin Donkers	8:51:44	3M40-49	13/13	41	10:39	Arva
		Splits	1) 1:16:37	2) 3:20:21	- 4:36:58	3) 4:14:47	- 8:51:44	
71	464	Arthur Moore	9:01:41	3M50+	15/15	42	10:51	Strongsville
		Splits	1) 1:36:50	2) 3:40:47	- 5:17:36	3) 3:44:05	- 9:01:41	
72	459	Nancy Mungall	3F50+	/				Greenwood
		Splits	1) 1:11:39	2) 2:47:16	- 3:58:55	3) -		
73	470	Audrey Brklacich	3F-39	/				Toronto
		Splits	1) 1:11:43	2) 2:53:31	- 4:05:13	3) -		
74	417	Roger Parsons	3M50+	/				St Jacobs
		Splits	1) 1:22:46	2) -		3) -		