



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

Entrants Finishers

|         |    |    |
|---------|----|----|
| Total   | 68 | 59 |
| Male    | 41 | 35 |
| Female  | 27 | 24 |
| Unknown | 0  | 0  |

| O'all<br>Place | Bib | Name                 | Gun<br>Time  | Class<br>Placing | Gender<br>Place | Pace<br>/Km | City         |
|----------------|-----|----------------------|--|------------------|-----------------|-------------|--------------|
| 1              | 268 | Christina Clark      | 7:42:34  | 4F-39 1/14       | 1               | 9:16        | Guelph       |
|                |     | Splits               | 1) 1:47:50 2) 1:48:33 - 3:36:22 3) 1:57:26 - 5:33:48 |                  |                 |             |              |
|                |     | 4) 2:08:46 - 7:42:34 |  |                  |                 |             |              |
| 2              | 232 | Denis Chenard        | 7:45:07  | 4M50+ 1/14       | 1               | 9:19        | Windsor      |
|                |     | Splits               | 1) 1:40:16 2) 1:48:27 - 3:28:42 3) 2:04:33 - 5:33:14 |                  |                 |             |              |
|                |     | 4) 2:11:53 - 7:45:07 |  |                  |                 |             |              |
| 3              | 234 | Daryl Flacks         | 7:48:48  | 4M40-49 1/14     | 2               | 9:23        | Windsor      |
|                |     | Splits               | 1) 1:40:16 2) 1:48:27 - 3:28:43 3) 2:02:49 - 5:31:31 |                  |                 |             |              |
|                |     | 4) 2:17:17 - 7:48:48 |  |                  |                 |             |              |
| 4              | 252 | April Boulton        | 7:59:14  | 4F-39 2/14       | 2               | 9:36        | Toronto      |
|                |     | Splits               | 1) 1:50:21 2) 1:57:13 - 3:47:34 3) 2:09:50 - 5:57:23 |                  |                 |             |              |
|                |     | 4) 2:01:51 - 7:59:14 |  |                  |                 |             |              |
| 5              | 202 | Keith Wilson         | 7:59:15  | 4M-39 1/7        | 3               | 9:36        | Naknek       |
|                |     | Splits               | 1) 2:00:49 2) 2:01:51 - 4:02:40 3) 1:29:27 - 5:32:06 |                  |                 |             |              |
|                |     | 4) 2:27:09 - 7:59:15 |  |                  |                 |             |              |
| 6              | 223 | Melanie Boulton      | 8:11:12  | 4F-39 3/14       | 3               | 9:50        | Toronto      |
|                |     | Splits               | 1) 1:50:22 2) 1:57:22 - 3:47:43 3) 2:09:41 - 5:57:24 |                  |                 |             |              |
|                |     | 4) 2:13:49 - 8:11:12 |  |                  |                 |             |              |
| 7              | 250 | Carlos Vicens        | 8:15:35  | 4M-39 2/7        | 4               | 9:55        | Mississauga  |
|                |     | Splits               | 1) 1:46:18 2) 1:55:06 - 3:41:24 3) 2:12:50 - 5:54:13 |                  |                 |             |              |
|                |     | 4) 2:21:22 - 8:15:35 |  |                  |                 |             |              |
| 8              | 266 | Geoff Linton         | 8:17:09  | 4M40-49 2/14     | 5               | 9:57        | Guelph       |
|                |     | Splits               | 1) 1:47:37 2) 1:57:28 - 3:45:04 3) 2:09:26 - 5:54:30 |                  |                 |             |              |
|                |     | 4) 2:22:40 - 8:17:09 |  |                  |                 |             |              |
| 9              | 246 | Lisa Van Wolde       | 8:21:25  | 4F-39 4/14       | 4               | 10:02       | Innisfil     |
|                |     | Splits               | 1) 1:50:22 2) 1:57:14 - 3:47:36 3) 2:09:46 - 5:57:22 |                  |                 |             |              |
|                |     | 4) 2:24:04 - 8:21:25 |  |                  |                 |             |              |
| 10             | 231 | David Bohn           | 8:22:15  | 4M50+ 2/14       | 6               | 10:03       | Kanata       |
|                |     | Splits               | 1) 1:52:59 2) 2:02:44 - 3:55:42 3) 2:12:22 - 6:08:04 |                  |                 |             |              |
|                |     | 4) 2:14:12 - 8:22:15 |  |                  |                 |             |              |
| 11             | 244 | Brian Lauzon         | 8:41:32  | 4M50+ 3/14       | 7               | 10:26       | Peterborough |
|                |     | Splits               | 1) 1:56:43 2) 2:03:16 - 3:59:59 3) 2:16:41 - 6:16:39 |                  |                 |             |              |
|                |     | 4) 2:24:54 - 8:41:33 |  |                  |                 |             |              |
| 12             | 233 | Jack Kilislian       | 8:50:37  | 4M40-49 3/14     | 8               | 10:37       | East York    |
|                |     | Splits               | 1) 2:00:49 2) 2:05:06 - 4:05:54 3) 2:19:44 - 6:25:38 |                  |                 |             |              |
|                |     | 4) 2:25:00 - 8:50:38 |  |                  |                 |             |              |
| 13             | 235 | Chris Stephens       | 8:58:02  | 4M40-49 4/14     | 9               | 10:46       | Burlington   |
|                |     | Splits               | 1) 1:54:12 2) 2:05:06 - 3:59:17 3) 2:25:58 - 6:25:14 |                  |                 |             |              |
|                |     | 4) 2:32:49 - 8:58:02 |  |                  |                 |             |              |

|    |     |                     |            |            |           |            |           |            |
|----|-----|---------------------|------------|------------|-----------|------------|-----------|------------|
|    |     | Splits              | 1) 2:12:50 | 2) 2:14:55 | - 4:27:45 | 3) 2:25:21 | - 6:53:05 |            |
|    |     |                     | 4) 2:26:46 | - 9:19:50  |           |            |           |            |
| 16 | 247 | Kathie Zeman        | 9:21:39    | 4F-39      | 5/14      | 5          | 11:14     | Toronto    |
|    |     | Splits              | 1) 2:24:38 | 2) 2:19:20 | - 4:43:58 | 3) 2:19:57 | - 7:03:54 |            |
|    |     |                     | 4) 2:17:46 | - 9:21:40  |           |            |           |            |
| 17 | 267 | Gerhard Freundorfer | 9:27:04    | 4M-39      | 3/7       | 12         | 11:21     | Toronto    |
|    |     | Splits              | 1) 1:50:27 | 2) 1:44:50 | - 3:35:16 | 3) 2:07:09 | - 5:42:24 |            |
|    |     |                     | 4) 3:44:40 | - 9:27:04  |           |            |           |            |
| 18 | 220 | Keith Lascelles     | 9:29:49    | 4M50+      | 6/14      | 13         | 11:24     | Barrie     |
|    |     | Splits              | 1) 2:05:39 | 2) 2:20:32 | - 4:26:10 | 3) 2:34:22 | - 7:00:31 |            |
|    |     |                     | 4) 2:29:19 | - 9:29:49  |           |            |           |            |
| 19 | 229 | MaryLou Corino      | 9:30:01    | 4F-39      | 6/14      | 6          | 11:25     | Georgetown |
|    |     | Splits              | 1) 2:06:53 | 2) 2:15:36 | - 4:22:29 | 3) 2:33:52 | - 6:56:20 |            |
|    |     |                     | 4) 2:33:41 | - 9:30:01  |           |            |           |            |
| 20 | 249 | Brent Card          | 9:35:54    | 4M-39      | 4/7       | 14         | 11:32     | Dundas     |
|    |     | Splits              | 1) 2:05:22 | 2) 2:12:45 | - 4:18:07 | 3) 2:28:57 | - 6:47:04 |            |
|    |     |                     | 4) 2:48:51 | - 9:35:54  |           |            |           |            |
| 21 | 210 | Rod Simpson         | 9:43:19    | 4M40-49    | 5/14      | 15         | 11:40     | Cobourg    |
|    |     | Splits              | 1) 2:01:03 | 2) 2:15:28 | - 4:16:30 | 3) 2:42:08 | - 6:58:37 |            |
|    |     |                     | 4) 2:44:43 | - 9:43:19  |           |            |           |            |
| 22 | 245 | David Collins       | 9:48:58    | 4M50+      | 7/14      | 16         | 11:47     | Burlington |
|    |     | Splits              | 1) 2:18:40 | 2) 2:27:39 | - 4:46:19 | 3) 2:32:06 | - 7:18:25 |            |
|    |     |                     | 4) 2:30:34 | - 9:48:59  |           |            |           |            |
| 23 | 237 | Jeff Cooper         | 9:48:59    | 4M50+      | 8/14      | 17         | 11:47     | Toronto    |
|    |     | Splits              | 1) 2:12:20 | 2) 2:21:00 | - 4:33:20 | 3) 2:34:35 | - 7:07:54 |            |
|    |     |                     | 4) 2:41:05 | - 9:48:59  |           |            |           |            |
| 24 | 224 | Suzanne Weightman   | 10:11:08   | 4F40-49    | 1/7       | 7          | 12:14     | Greensburg |
|    |     | Splits              | 1) 2:18:38 | 2) 2:31:56 | - 4:50:34 | 3) 2:43:35 | - 7:34:09 |            |
|    |     |                     | 4) 2:37:00 | - 10:11:09 |           |            |           |            |
| 25 | 217 | Robert Leaker       | 10:11:53   | 4M40-49    | 6/14      | 18         | 12:15     | Hamilton   |
|    |     | Splits              | 1) 2:13:28 | 2) 2:24:26 | - 4:37:54 | 3) 2:46:56 | - 7:24:50 |            |
|    |     |                     | 4) 2:47:04 | - 10:11:53 |           |            |           |            |
| 26 | 213 | Bruce Smith         | 10:16:40   | 4M50+      | 9/14      | 19         | 12:20     | Burlington |
|    |     | Splits              | 1) 2:18:09 | 2) 2:27:50 | - 4:45:58 | 3) 2:36:04 | - 7:22:02 |            |
|    |     |                     | 4) 2:54:39 | - 10:16:40 |           |            |           |            |
| 27 | 263 | Rich Humber         | 10:20:48   | 4M40-49    | 7/14      | 20         | 12:25     | Carlisle   |
|    |     | Splits              | 1) 2:18:21 | 2) 2:26:10 | - 4:44:30 | 3) 2:48:09 | - 7:32:39 |            |
|    |     |                     | 4) 2:48:10 | - 10:20:48 |           |            |           |            |
| 28 | 262 | Rob Reed            | 10:20:48   | 4M40-49    | 8/14      | 21         | 12:25     | Ancaster   |
|    |     | Splits              | 1) 2:18:19 | 2) 2:27:11 | - 4:45:30 | 3) 2:47:46 | - 7:33:15 |            |
|    |     |                     | 4) 2:47:33 | - 10:20:48 |           |            |           |            |
| 29 | 259 | Lee Anne Cohen      | 10:35:27   | 4F50+      | 1/3       | 8          | 12:43     | Creemore   |
|    |     | Splits              | 1) 2:23:40 | 2) 2:33:35 | - 4:57:14 | 3) 2:41:57 | - 7:39:10 |            |
|    |     |                     | 4) 2:56:17 | - 10:35:27 |           |            |           |            |
| 30 | 261 | Jason Elson         | 10:38:37   | 4M-39      | 5/7       | 22         | 12:47     | Sudbury    |
|    |     | Splits              | 1) 2:35:38 | 2) 2:35:30 | - 5:11:08 | 3) 2:43:20 | - 7:54:28 |            |
|    |     |                     | 4) 2:44:09 | - 10:38:37 |           |            |           |            |
| 31 | 204 | Trigg Hall          | 10:38:44   | 4M40-49    | 9/14      | 23         | 12:47     | Milton     |
|    |     | Splits              | 1) 2:19:21 | 2) 2:31:34 | - 4:50:54 | 3) 2:52:35 | - 7:43:29 |            |
|    |     |                     | 4) 2:55:15 | - 10:38:44 |           |            |           |            |
| 32 | 243 | Alastair Taylor     | 10:45:02   | 4M50+      | 10/14     | 24         | 12:55     | Pickering  |
|    |     | Splits              | 1) 2:19:12 | 2) 2:35:53 | - 4:55:05 | 3) 2:53:50 | - 7:48:54 |            |
|    |     |                     | 4) 2:56:08 | - 10:45:02 |           |            |           |            |
| 33 | 248 | Susie Sue           | 10:57:41   | 4F40-49    | 2/7       | 9          | 13:10     | North York |
|    |     | Splits              | 1) 2:18:35 | 2) 2:39:14 | - 4:57:48 | 3) 2:55:23 | - 7:53:11 |            |
|    |     |                     | 4) 3:04:31 | - 10:57:41 |           |            |           |            |
| 34 | 254 | Patricia Clune      | 11:03:44   | 4M50+      | 11/14     | 25         | 13:17     | Toronto    |
|    |     | Splits              | 1) 2:25:10 | 2) 2:49:51 | - 5:15:01 | 3) 3:01:34 | - 8:16:34 |            |

|    |     |                        |            |            |           |            |            |                 |
|----|-----|------------------------|------------|------------|-----------|------------|------------|-----------------|
| 36 | 265 | Gailanne Joachim       | 11:06:37   | 4F-39      | 7/14      | 10         | 13:20      | Mississauga     |
|    |     | Splits                 | 1) 2:25:45 | 2) 2:47:30 | - 5:13:14 | 3) 2:56:05 | - 8:09:19  |                 |
|    |     |                        | 4) 2:57:18 | - 11:06:37 |           |            |            |                 |
| 37 | 253 | Edgar Viret            | 11:10:49   | 4M50+      | 12/14     | 27         | 13:25      | Pickering       |
|    |     | Splits                 | 1) 2:19:12 | 2) 2:35:54 | - 4:55:06 | 3) 2:54:02 | - 7:49:07  |                 |
|    |     |                        | 4) 3:21:43 | - 11:10:49 |           |            |            |                 |
| 38 | 215 | Jodi Langley           | 11:21:07   | 4F-39      | 8/14      | 11         | 13:38      | Holland Landing |
|    |     | Splits                 | 1) 2:38:57 | 2) 2:41:40 | - 5:20:36 | 3) 2:56:01 | - 8:16:36  |                 |
|    |     |                        | 4) 3:04:31 | - 11:21:07 |           |            |            |                 |
| 39 | 256 | Sean Scarisbrick       | 11:31:20   | 4M-39      | 6/7       | 28         | 13:50      | Youngstown      |
|    |     | Splits                 | 1) 2:25:59 | 2) 2:44:08 | - 5:10:07 | 3) 3:10:18 | - 8:20:24  |                 |
|    |     |                        | 4) 3:10:56 | - 11:31:20 |           |            |            |                 |
| 40 | 236 | Leigh-anne Polkinghorn | 11:32:29   | 4F-39      | 9/14      | 12         | 13:51      | Hamilton        |
|    |     | Splits                 | 1) 2:17:11 | 2) 2:43:19 | - 5:00:30 | 3) 3:05:44 | - 8:06:13  |                 |
|    |     |                        | 4) 3:26:16 | - 11:32:29 |           |            |            |                 |
| 41 | 205 | Ron Westenhafer        | 11:32:29   | 4M-39      | 7/7       | 29         | 13:51      | Hamilton        |
|    |     | Splits                 | 1) 2:17:11 | 2) 2:43:20 | - 5:00:31 | 3) 3:05:44 | - 8:06:15  |                 |
|    |     |                        | 4) 3:26:15 | - 11:32:29 |           |            |            |                 |
| 42 | 241 | Jim Richards           | 11:32:29   | 4M40-49    | 11/14     | 30         | 13:51      | Hamilton        |
|    |     | Splits                 | 1) 2:17:11 | 2) 2:43:19 | - 5:00:30 | 3) 3:05:43 | - 8:06:12  |                 |
|    |     |                        | 4) 3:26:17 | - 11:32:29 |           |            |            |                 |
| 43 | 218 | Mette Aarlev           | 11:34:37   | 4F50+      | 2/3       | 13         | 13:54      | Cobourg         |
|    |     | Splits                 | 1) 2:43:38 | 2) 2:50:14 | - 5:33:51 | 3) 2:55:58 | - 8:29:49  |                 |
|    |     |                        | 4) 3:04:49 | - 11:34:37 |           |            |            |                 |
| 44 | 219 | Sam Litvin             | 11:37:21   | 4M50+      | 13/14     | 31         | 13:57      | Don Mills       |
|    |     | Splits                 | 1) 2:18:40 | 2) 2:30:57 | - 4:49:36 | 3) 3:19:47 | - 8:09:23  |                 |
|    |     |                        | 4) 3:27:59 | - 11:37:21 |           |            |            |                 |
| 45 | 260 | Kristin Zazelenchuk    | 11:37:40   | 4F-39      | 10/14     | 14         | 13:58      | Sudbury         |
|    |     | Splits                 | 1) 2:29:05 | 2) 3:01:07 | - 5:30:12 | 3) 3:04:56 | - 8:35:08  |                 |
|    |     |                        | 4) 3:02:33 | - 11:37:40 |           |            |            |                 |
| 46 | 230 | Dirty Di Chesla        | 11:46:30   | 4F40-49    | 3/7       | 15         | 14:08      | St. Catharines  |
|    |     | Splits                 | 1) 2:29:46 | 2) 2:47:50 | - 5:17:35 | 3) 3:20:10 | - 8:37:45  |                 |
|    |     |                        | 4) 3:08:46 | - 11:46:30 |           |            |            |                 |
| 47 | 225 | Peter Kalra            | 11:51:49   | 4M40-49    | 12/14     | 32         | 14:15      | Acton           |
|    |     | Splits                 | 1) 2:17:57 | 2) 2:33:51 | - 4:51:47 | 3) 3:10:08 | - 8:01:54  |                 |
|    |     |                        | 4) 3:49:56 | - 11:51:49 |           |            |            |                 |
| 48 | 222 | Jim Glen               | 12:31:07   | 4M40-49    | 13/14     | 33         | 15:02      | Hamilton        |
|    |     | Splits                 | 1) 2:19:15 | 2) 2:43:45 | - 5:02:59 | 3) 3:29:43 | - 8:32:41  |                 |
|    |     |                        | 4) 3:58:27 | - 12:31:07 |           |            |            |                 |
| 49 | 200 | Eva Basehart           | 12:37:05   | 4F40-49    | 4/7       | 16         | 15:09      | Amherst         |
|    |     | Splits                 | 1) 2:35:58 | 2) 3:07:01 | - 5:42:59 | 3) 3:35:06 | - 9:18:04  |                 |
|    |     |                        | 4) 3:19:01 | - 12:37:05 |           |            |            |                 |
| 50 | 227 | Andrea Lynn Sloan      | 12:41:06   | 4F40-49    | 5/7       | 17         | 15:14      | Grimsby         |
|    |     | Splits                 | 1) 2:45:37 | 2) 3:04:42 | - 5:50:19 | 3) 3:23:56 | - 9:14:14  |                 |
|    |     |                        | 4) 3:26:52 | - 12:41:06 |           |            |            |                 |
| 51 | 208 | Eric Ambrosimov        | 12:43:50   | 4M40-49    | 14/14     | 34         | 15:17      | Toronto         |
|    |     | Splits                 | 1) 2:14:35 | 2) 3:00:17 | - 5:14:51 | 3) 3:26:40 | - 8:41:31  |                 |
|    |     |                        | 4) 4:02:20 | - 12:43:50 |           |            |            |                 |
| 52 | 242 | Aimee Runge            | 13:28:06   | 4F40-49    | 6/7       | 18         | 16:10      | Milton          |
|    |     | Splits                 | 1) 2:43:14 | 2) 3:17:49 | - 6:01:03 | 3) 3:35:23 | - 9:36:25  |                 |
|    |     |                        | 4) 3:51:41 | - 13:28:06 |           |            |            |                 |
| 53 | 201 | Brooke Rosenfeld       | 14:23:54   | 4F-39      | 11/14     | 19         | 17:17      | Toronto         |
|    |     | Splits                 | 1) 3:03:08 | 2) 3:23:03 | - 6:26:11 | 3) 3:40:58 | - 10:07:08 |                 |
|    |     |                        | 4) 4:16:47 | - 14:23:54 |           |            |            |                 |
| 54 | 203 | Cathy Hall             | 14:47:32   | 4F40-49    | 7/7       | 20         | 17:46      | Milton          |
|    |     | Splits                 | 1) 2:59:13 | 2) 3:26:54 | - 6:26:07 | 3) 3:56:43 | - 10:22:49 |                 |
|    |     |                        | 4) 4:24:43 | - 14:47:32 |           |            |            |                 |
| 55 | 251 | Wendy Cormier          | 14:47:32   | 4F50+      | 3/3       | 21         | 17:46      | Brantford       |

|    |                        |   |       |          |            |
|----|------------------------|---|-------|----------|------------|
|    |                        | 4) 5:13:49 - 17:04:12                                 |       |          |            |
| 57 | 240 Heather Heij       | 17:04:12 4F-39  | 13/14 | 23 20:30 | Kitchener  |
|    | Splits                 | 1) 3:20:35 2) 3:59:18 - 7:19:53 3) 4:31:16 - 11:51:08 |       |          |            |
|    |                        | 4) 5:13:05 - 17:04:12                                 |       |          |            |
| 58 | 212 Maria Mancarella   | 17:04:55 4F-39  | 14/14 | 24 20:30 | Syracuse   |
|    | Splits                 | 1) 3:20:51 2) 4:00:37 - 7:21:28 3) 4:43:38 - 12:05:06 |       |          |            |
|    |                        | 4) 4:59:50 - 17:04:55                                 |       |          |            |
| 59 | 211 Gary Gudlin        | 17:04:56 4M50+  | 14/14 | 35 20:30 | Jamesville |
|    | Splits                 | 1) 3:20:52 2) 4:00:38 - 7:21:29 3) 4:43:38 - 12:05:07 |       |          |            |
|    |                        | 4) 4:59:49 - 17:04:56                                 |       |          |            |
| 60 | 255 Christine Lundvall | 4F40-49 /   |       |          | Toronto    |
|    | Splits                 | 1) 2:25:10 2) 2:49:53 - 5:15:02 3) 3:01:33 - 8:16:34  |       |          |            |
|    |                        | 4) -  |       |          |            |
| 61 | 216 Sandy Musson       | 4F40-49 /   |       |          | Trenton    |
|    | Splits                 | 1) 2:43:39 2) 2:51:28 - 5:35:07 3) 3:18:26 - 8:53:32  |       |          |            |
|    |                        | 4) -  |       |          |            |
| 62 | 264 Catherine Harding  | 4F-39 /   |       |          | Barrie     |
|    | Splits                 | 1) 2:48:56 2) 3:17:21 - 6:06:17 3) 4:01:52 - 10:08:08 |       |          |            |
|    |                        | 4) -  |       |          |            |
| 63 | 257 Adam Hill          | 4M-39 /   |       |          | Orillia    |
|    | Splits                 | 1) 1:31:39 2) - 3) -                                  |       |          |            |
|    |                        | 4) -  |       |          |            |