

Paradise Lake Trail Race
Saturday September 01, 2007

25K

O'all Place	Bib	Name	Gun Time	Class Placing	Gender Place	Pace /Km	City
1	255	Jim Seeds	1:35:21	HM 1/44	1	3:49	Waterford
2	260	Mike Tickner	1:35:22	HM 2/44	2	3:49	Kitchener
3	272	Brenda Dolderman	1:39:35	HF 1/20	1	3:59	Fergus
4	205	Alec Braithwaite	1:40:11	HM 3/44	3	4:01	Brantford
5	202	George Aitkin	1:40:55	HM 4/44	4	4:03	Cambridge
6	204	Jeff Ashizawa	1:44:05	HM 5/44	5	4:10	Waterloo
7	233	Keith Lascelles	1:45:13	HM 6/44	6	4:13	Barrie
8	206	paul braun	1:47:48	HM 7/44	7	4:19	Kitchener
9	211	Darrell Cooney	1:48:57	HM 8/44	8	4:22	Guelph
10	253	Phil Schmidt	1:48:59	HM 9/44	9	4:22	Waterloo
11	209	Dave Champion	1:50:01	HM 10/44	10	4:24	Kitchener
12	203	Trevor Arndt	1:51:06	HM 11/44	11	4:27	Brampton
13	213	Angela Cummings	1:51:08	HF 2/20	2	4:27	Acton
14	259	Matt Swinkels	1:51:14	HM 12/44	12	4:27	Waterloo
15	270	Steve Wolfe	1:52:26	HM 13/44	13	4:30	Hamilton
16	244	Cindy O'Reilly	1:52:30	HF 3/20	3	4:30	Tecumseh
17	215	Don DeMarco	1:54:02	HM 14/44	14	4:34	Kitchener
18	214	Rich Darke	1:56:17	HM 15/44	15	4:40	Ancaster
19	243	Shelley O'Bright	1:57:25	HF 4/20	4	4:42	Waterloo
20	256	Bruce Smith	1:57:51	HM 16/44	16	4:43	Burlington
21	254	James Scrimgeour	1:58:12	HM 17/44	17	4:44	Nobel
22	238	Todd Mickolwin	1:58:27	HM 18/44	18	4:45	richmond hill
23	222	Dexter Geddes	2:02:10	HM 19/44	19	4:54	Kitchener
24	264	Brian Verspagen	2:04:08	HM 20/44	20	4:58	Waterloo
25	228	Hiroki Kawanishi	2:04:11	HM 21/44	21	4:59	Toronto
26	208	Patrick Campbell	2:06:05	HM 22/44	22	5:03	Waterdown
27	237	Tony Martin	2:06:21	HM 23/44	23	5:04	Kitchener
28	248	damian pope	2:06:51	HM 24/44	24	5:05	Waterloo
29	249	Paul Ramos	2:08:29	HM 25/44	25	5:09	Whitby
30	242	Janice Morton	2:09:21	HF 5/20	5	5:11	Hamilton
31	227	Ronald Irwin	2:10:39	HM 26/44	26	5:14	Durham
32	223	dan green	2:12:11	HM 27/44	27	5:18	Kitchener
33	252	Hellaina Rothenburg	2:12:36	HF 6/20	6	5:19	Barrie
34	241	PAUL MILLER	2:12:57	HM 28/44	28	5:20	Toronto
35	266	Tammy Whitehead	2:14:08	HF 7/20	7	5:22	London
36	120	Derek Hergott	2:14:20	HM 29/44	29	5:23	Waterloo
37	226	Greg Hines	2:14:24	HM 30/44	30	5:23	Waterloo
38	246	Laura Paprocki	2:17:26	HF 8/20	8	5:30	Kitchener
39	207	John M. Campbell	2:18:05	HM 31/44	31	5:32	DUNDAS
40	201	Mark Adler	2:18:25	HM 32/44	32	5:33	Thornhill
41	240	Stephan Miklos	2:18:43	HM 33/44	33	5:33	Toronto
42	245	David Pankhurst	2:19:49	HM 34/44	34	5:36	Toronto
43	247	Mitzi Paquette	2:20:09	HF 9/20	9	5:37	Oshawa
44	231	Katherine Kontio	2:20:27	HF 10/20	10	5:38	Richmond Hill
45	219	Kim Dwyer	2:22:27	HF 11/20	11	5:42	Kitchener
46	210	Julie Cook	2:23:44	HF 12/20	12	5:45	Kitchener
47	225	Steve Hall	2:23:56	HM 35/44	35	5:46	Waterloo
48	262	John Turner	2:25:25	HM 36/44	36	5:49	Burlington
49	269	Cheryl Wilson	2:28:14	HF 13/20	13	5:56	Waterloo
50	251	John Rennison	2:28:14	HM 37/44	37	5:56	Hamilton
51	220	Steve Fay-Cosman	2:29:57	HM 38/44	38	6:00	Kitchener
52	232	Mike Lahn	2:29:58	HM 39/44	39	6:00	Waterloo
53	267	Shelley Wickenheiser	2:29:58	HF 14/20	14	6:00	Bright
54	235	Larry Lichty	2:30:17	HM 40/44	40	6:01	Acton
55	268	Brian Williams	2:31:22	HM 41/44	41	6:04	Guelph
56	257	Scott Smith	2:33:05	HM 42/44	42	6:08	Guelph
57	234	Michelle Lewis	2:34:04	HF 15/20	15	6:10	Kitchener
58	250	kacy rees	2:34:04	HF 16/20	16	6:10	waterloo
59	239	Kinga Miklos	2:41:22	HF 17/20	17	6:28	Toronto
60	263	Marg Verbeek	2:44:35	HF 18/20	18	6:35	Kitchener
61	221	Peter Flanjak	2:46:18	HM 43/44	43	6:40	Kitchener
62	212	Alex Cowie	2:47:28	HM 44/44	44	6:42	Oshawa
63	230	Lisa Kessig	2:51:28	HF 19/20	19	6:52	Waterloo
64	265	Margaret Westlake	4:02:48	HF 20/20	20	9:43	Louisville
DQ	261	Patrick Timmons	2:02:10	DQ		4:54	London

Paradise Lake Trail Race
10K

O'all Place	Bib	Name	Gun Time	Class Placing	Gender Place	Pace /Km	City
1	147	Jonathan Pratt	42:23	LM	1/22	1 4:15	North Bay
2	102	Matt Carr	46:54	LM	2/22	2 4:42	Burlington
3	129	Chris Langford	49:08	LM	3/22	3 4:55	Cambridge
4	146	Richard Powell	51:01	LM	4/22	4 5:07	Paris
5	124	Jeff Huff	51:24	LM	5/22	5 5:09	Owen Sound
6	139	Judy Meades	51:39	LF	1/36	1 5:10	Waterloo
7	132	Wayne MacGregor	51:46	LM	6/22	6 5:11	Burlington
8	141	Justin Nesbitt	53:20	LM	7/22	7 5:20	Waterloo
9	144	Rich Peers	53:26	LM	8/22	8 5:21	Kitchener
10	115	Jennifer Gilmore	53:45	LF	2/36	2 5:23	Kitchener
11	150	Carla Schuldes	54:32	LF	3/36	3 5:28	Waterloo
12	151	Melissa Schyff	55:01	LF	4/36	4 5:31	New Hamburg
13	135	Davor Maletic	57:51	LM	9/22	9 5:48	Kitchener
14	131	Tom MacDonald	58:11	LM	10/22	10 5:50	Waterloo
15	119	Sally Heath	58:19	LF	5/36	5 5:50	Waterloo
16	108	Sheldon Dyck	58:47	LM	11/22	11 5:53	London
17	166	Andrea Heron	1:01:11	LF	6/36	6 6:08	Waterloo
18	167	Rodney Burke	1:01:11	LM	12/22	12 6:08	Waterloo
19	133	Jackie Mack	1:01:19	LF	7/36	7 6:08	Waterloo
20	156	Paula Stilwell-Gallant	1:01:33	LF	8/36	8 6:10	St. Jacobs
21	118	Judy Halpern	1:01:33	LF	9/36	9 6:10	Kitchener
22	126	Peter Keller	1:02:02	LM	13/22	13 6:13	Waterloo
23	125	Irene Keller	1:02:04	LF	10/36	10 6:13	Waterloo
24	134	Katherine MacLean	1:02:42	LF	11/36	11 6:17	Kitchener
25	116	Carolyn Gingerich	1:03:36	LF	12/36	12 6:22	Kitchener
26	160	Terri Truscello	1:03:44	LF	13/36	13 6:23	Kitchener
27	145	JoAnn Portelance	1:03:44	LF	14/36	14 6:23	Kitchener
28	110	Nadine Feser	1:04:29	LF	15/36	15 6:27	Kitchener
29	138	Gordon Maxwell	1:05:33	LM	14/22	14 6:34	Waterloo
30	143	Sue Palmer	1:07:55	LF	16/36	16 6:48	Waterloo
31	142	Heather Osier	1:08:06	LF	17/36	17 6:49	Waterloo
32	105	Laura Clements	1:08:47	LF	18/36	18 6:53	Waterloo
33	112	Marv Funk	1:08:48	LM	15/22	15 6:53	Waterloo
34	159	Vicky Truemner	1:09:06	LF	19/36	19 6:55	Waterloo
35	128	Natalie Kontakos	1:09:49	LF	20/36	20 6:59	Kitchener
36	164	James Young	1:09:59	LM	16/22	16 7:00	Waterloo
37	101	Sara Blanchett	1:11:04	LF	21/36	21 7:07	Kitchener
38	216	Lisa Dinh	1:11:28	LF	22/36	22 7:09	Waterloo
39	148	Will Raeside	1:11:31	LM	17/22	17 7:10	Kitchener
40	168	Allan Coyne	1:12:48	LM	18/22	18 7:17	Kitchener
41	121	Michael Hetherington	1:13:01	LM	19/22	19 7:19	Waterloo
42	217	Kyle Dunlop	1:13:23	LM	20/22	20 7:21	Kitchener
43	155	Elizabeth Stevens	1:13:34	LF	23/36	23 7:22	Kitchener
44	153	Sandra Smith	1:13:38	LF	24/36	24 7:22	Burlington
45	104	Wendy Chandler	1:14:31	LF	25/36	25 7:28	Waterloo
46	218	Lois Dunlop	1:18:14	LF	26/36	26 7:50	Kitchener
47	154	Donna Stechey	1:19:12	LF	27/36	27 7:56	Hamilton
48	162	Roxanne Warford	1:19:19	LF	28/36	28 7:56	Waterloo
49	136	Laura Manning	1:19:22	LF	29/36	29 7:57	Cambridge
50	122	Cynthia Hiebert	1:19:23	LF	30/36	30 7:57	Waterloo
51	157	Tamara Tataryn	1:24:09	LF	31/36	31 8:25	Mississauga
52	158	Maria Truchan-Tataryn	1:24:09	LF	32/36	32 8:25	Waterloo
53	111	Linda Flohr	1:26:09	LF	33/36	33 8:37	Waterloo
54	130	Lynn MacAdam	1:28:04	LF	34/36	34 8:49	Fergus
55	113	Hunter Geddes	1:36:29	LM	21/22	21 9:39	Kitchener
56	106	Bill Davis	1:36:31	LM	22/22	22 9:40	Kitchener
57	114	Karen Geddes	1:36:31	LF	35/36	35 9:40	Kitchener
58	107	Mae Davis	1:41:20	LF	36/36	36 10:08	Kitchener

Paradise Lake Trail Race
5.9K

O'all Place	Bib	Name	Gun Time	Class Placing	Gender Place	Pace /Km	City
1	16	Chris McPhee	22:10	SM	1/11	3:46	Wellesley
2	33	Sam Vu	26:28	SM	2/11	4:30	St. Thomas
3	26	Laura Walker	26:33	SF	1/22	4:30	Goderich
4	27	Leslie Walker	27:46	SF	2/22	4:43	Goderich
5	7	Greg deVos	27:49	SM	3/11	4:43	Guelph
6	18	Kyle Melcher	30:02	SM	4/11	5:06	Waterloo
7	32	Janet Wickes	30:21	SF	3/22	5:09	Waterloo
8	8	Heather Dixon	31:26	SF	4/22	5:20	Kitchener
9	10	Brent Hatcher	35:54	SM	5/11	6:06	Waterloo
10	5	Leonard Cornelisse	35:59	SM	6/11	6:06	Waterloo
11	25	Vanessa Snyder-Penner	36:23	SF	5/22	6:10	Waterloo
12	24	Julie Snyder-Penner	36:27	SF	6/22	6:11	Waterloo
13	28	john yee	37:54	SM	7/11	6:26	Kitchener
14	4	Melissa Chandler	38:08	SF	7/22	6:28	Waterloo
15	13	Nadia Landry	38:21	SF	8/22	6:30	Kitchener
16	1	Nicole Bardeau	38:24	SF	9/22	6:31	Waterloo
17	140	Jack Nahrang	38:32	SM	8/11	6:32	Kitchener
18	9	Veronica Ghazarian	41:39	SF	10/22	7:04	Cambridge
19	161	David Velikov	44:13	SM	9/11	7:30	Waterloo
20	165	Merzi Datsoor	44:17	SM	10/11	7:31	Waterloo
21	14	Jennifer Martin	45:05	SF	11/22	7:39	Elmira
22	11	Andrea Hillerby	45:17	SF	12/22	7:41	Kitchener
23	31	Colleen Stewart	46:49	SF	13/22	7:56	Welland
24	15	Anne McHugh	46:56	SF	14/22	7:58	waterloo
25	23	Nancy Smith	46:56	SF	15/22	7:58	Waterloo
26	3	Julia Cardiff	47:51	SF	16/22	8:07	Kitchener
27	12	Dragana Iovanov	48:06	SF	17/22	8:10	Kitchener
28	2	Lori Beechey	48:49	SF	18/22	8:17	Cambridge
29	30	Jennifer Kennedy	49:14	SF	19/22	8:21	Cambridge
30	22	Deb Moskal	50:25	SF	20/22	8:33	Kitchener
31	6	Elaine Cunningham	52:43	SF	21/22	8:57	Kitchener
32	21	Marlena Morrison	1:00:58	SF	22/22	10:20	Thornhill
33	20	Jim Morrison	1:00:58	SM	11/11	10:20	Thornhill