

2004 LCC/Flaman 10/4 Road Race

4 Mile Race Results By Top 5 Category

4Mile 11&Under Female

Category Total: 2

<u>POS</u>	<u>NAME</u>	<u>NUMBER</u>	<u>TIME</u>	<u>AGE</u>	<u>CITY</u>	<u>PACE/Mile</u>
1/2	WENINGER, SARAH BREANN	1560	00:48:00.57	10	LETH	12:00
2/2	AHART, CLAIRE	1559	00:57:35.07	10	CHAMPION	14:23

4Mile 11&Under Male

Category Total: 3

<u>POS</u>	<u>NAME</u>	<u>NUMBER</u>	<u>TIME</u>	<u>AGE</u>	<u>CITY</u>	<u>PACE/Mile</u>
1/3	ALEXANDER, TREVOR	1246	00:32:36.08	11	LETH	08:09
2/3	DANIELSON, ERIC	1274	00:36:04.16	11	LETH	09:01
3/3	EVANSON, REGAN	1289	00:59:00.48	11	LETH	14:45

4Mile 12-15 Female

Category Total: 9

<u>POS</u>	<u>NAME</u>	<u>NUMBER</u>	<u>TIME</u>	<u>AGE</u>	<u>CITY</u>	<u>PACE/Mile</u>
1/9	STONE, CAITLYN	1376	00:36:27.83	14	LETH	09:06
2/9	AHART, GENEVIEVE	1244	00:38:21.54	15	CHAMPION	09:35
3/9	WARD, KATHLEEN	1392	00:40:09.26	13	LETH	10:02
4/9	DANIELSON, EVA	1275	00:40:49.60	14	LETH	10:12
5/9	KEITH, ALLISON	1313	00:42:58.81	13	LETH	10:44

4Mile 12-15 Male

Category Total: 12

<u>POS</u>	<u>NAME</u>	<u>NUMBER</u>	<u>TIME</u>	<u>AGE</u>	<u>CITY</u>	<u>PACE/Mile</u>
1/12	HOOPER, SHAWN	1309	00:25:40.68	15	LETH	06:25
2/12	CRAWFORD, BILLY	1272	00:27:11.96	16	TABER	06:47
3/12	DOROSZ, SAM	1279	00:32:32.23	14	LETH	08:08
4/12	WENINGER, EVAN MICHAEL	1394	00:34:33.59	12	LETH	08:38
5/12	ARIK, KYLE	1247	00:34:39.86	15	LETH	08:39

4Mile 16-19 Female

Category Total: 6

<u>POS</u>	<u>NAME</u>	<u>NUMBER</u>	<u>TIME</u>	<u>AGE</u>	<u>CITY</u>	<u>PACE/Mile</u>
1/6	HONESS, FAREN	1308	00:31:52.60	17	LOMOND	07:58
2/6	HUFFMAN, KATIE	1310	00:39:23.92	19	LETH	09:50
3/6	RERON, TAWNY-LEE	1564	00:40:28.21		LETH	10:07
4/6	DUECK, ROBYN	1283	00:44:39.55	19	COALDALE	11:09
5/6	THOMPSON, JACKIE	1291	00:47:36.20	16	LETH	11:54

4Mile 16-19 Male

Category Total: 7

<u>POS</u>	<u>NAME</u>	<u>NUMBER</u>	<u>TIME</u>	<u>AGE</u>	<u>CITY</u>	<u>PACE/Mile</u>
1/7	BURDEN, DAVE	1260	00:23:14.87	19	MED. HAT	05:48
2/7	COWIE, JORDY	1271	00:26:08.34	18	FOREMOST	06:32
3/7	VAN HAREN, ROGER	1387	00:26:37.87	16	LACOMBE	06:39
4/7	MARRIOTT, DEVON	1330	00:30:35.30	17	COALDALE	07:38
5/7	DUECK, TRAVIS	1284	00:35:36.86	16	COALDALE	08:54

2004 LCC/Flaman 10/4 Road Race

4 Mile Race Results By Top 5 Category

4Mile 20-29 Female

Category Total: 10

<u>POS</u>	<u>NAME</u>	<u>NUMBER</u>	<u>TIME</u>	<u>AGE</u>	<u>CITY</u>	<u>PACE/Mile</u>
1/10	BURKE, TARA	1261	00:28:37.59	22	LETH	07:09
2/10	HURDLE, HEATHER	1311	00:29:35.36	21	LETH	07:23
3/10	MILLS, LAURIE	1339	00:30:54.77	22	LETH	07:43
4/10	COOK, KIMBERLY	1268	00:34:17.05	28	LETH	08:34
5/10	FORSYTH, ALEXA	1293	00:35:10.97	23	LETH	08:47

4Mile 20-29 Male

Category Total: 6

<u>POS</u>	<u>NAME</u>	<u>NUMBER</u>	<u>TIME</u>	<u>AGE</u>	<u>CITY</u>	<u>PACE/Mile</u>
1/6	MUTAI, THOMAS	1343	00:25:09.26	28	LETH	06:17
2/6	NJOROGE, STEPHEN	1346	00:25:54.13	25	LETH	06:28
3/6	CRAZYBULL-JR, ADRIAN	1074	00:29:37.99	23	CARDSTON	07:24
4/6	CHUBB, AARON	1266	00:32:38.93	23	LETH	08:09
5/6	WIGAND, PETER	1397	00:35:32.08	27	LETH	08:53

4Mile 30-39 Female

Category Total: 15

<u>POS</u>	<u>NAME</u>	<u>NUMBER</u>	<u>TIME</u>	<u>AGE</u>	<u>CITY</u>	<u>PACE/Mile</u>
1/15	ROMANS, TRACY	1400	00:27:28.92	35	ST. ALBERT	06:52
2/15	KLASSEN, KAREN	1569	00:35:56.53	36	TABER	08:59
3/15	MARCOTTE, DENISE	1328	00:36:28.17	36	LETH	09:07
4/15	LEE, SUSAN	1323	00:37:27.52	39	LETH	09:21
5/15	LITTLE, SHANNON	1325	00:38:03.18	37	LETH	09:30

4Mile 30-39 Male

Category Total: 8

<u>POS</u>	<u>NAME</u>	<u>NUMBER</u>	<u>TIME</u>	<u>AGE</u>	<u>CITY</u>	<u>PACE/Mile</u>
1/8	ROBERT, BRAD	1356	00:28:30.60	32	LETH	07:07
2/8	SCHOLTEN, SIPKE	1359	00:29:03.71	33	LETH	07:15
3/8	ARN, ROB	1250	00:29:43.29	32	LETH	07:25
4/8	STEWART, BRUCE	1374	00:29:53.23	31	LETH	07:28
5/8	GILL, JOHN	1296	00:32:25.96	33	LETH	08:06

4Mile 40-49 Female

Category Total: 23

<u>POS</u>	<u>NAME</u>	<u>NUMBER</u>	<u>TIME</u>	<u>AGE</u>	<u>CITY</u>	<u>PACE/Mile</u>
1/23	KOENIG, KAREN	1318	00:35:02.56	42	LETH	08:45
2/23	BALDREY, SUE	1251	00:36:30.75	44	CALGARY	09:07
3/23	SCOTT, JANE	1362	00:37:17.58	48	LETH	09:19
4/23	VAN HAREN, JUDY	1386	00:38:36.12	43	LACOMBE	09:39
5/23	VANDERVEEN, SHIRLEY	1389	00:42:35.87	46	LETH	10:38

2004 LCC/Flaman 10/4 Road Race

4 Mile Race Results By Top 5 Category

4Mile 40-49 Male

Category Total: 16

<u>POS</u>	<u>NAME</u>	<u>NUMBER</u>	<u>TIME</u>	<u>AGE</u>	<u>CITY</u>	<u>PACE/Mile</u>
1/16	MYERS, DOUG	1344	00:28:39.85	42	LETH	07:09
2/16	TRAVIS, GREG	1383	00:31:50.53	48	LETH	07:57
3/16	MCINTOSH, RON	1563	00:32:32.98	43	HIGH RIVER	08:08
4/16	PARR, LYLE	1351	00:32:43.09	41	LETH	08:10
5/16	HAWKINS, RON	1302	00:33:38.21	44	LETH	08:24

4Mile 50-59 Female

Category Total: 7

<u>POS</u>	<u>NAME</u>	<u>NUMBER</u>	<u>TIME</u>	<u>AGE</u>	<u>CITY</u>	<u>PACE/Mile</u>
1/7	STEWART, RAMONA	1375	00:34:02.43	57	LETH	08:30
2/7	CARRIGAN, SHIRLEY	1265	00:35:37.90	53	GREAT FALLS, MON.	08:54
3/7	PENNINGTON, BRENDA	1352	00:43:59.02	51	LETH	10:59
4/7	HENDERSON, JUDY	1306	00:54:55.46	59	LETH	13:43
5/7	BROWN, ROSE MARIE	1259	01:03:11.83	53	GRAVELBOURG	15:47

4Mile 50-59 Male

Category Total: 13

<u>POS</u>	<u>NAME</u>	<u>NUMBER</u>	<u>TIME</u>	<u>AGE</u>	<u>CITY</u>	<u>PACE/Mile</u>
1/13	HEPHER, IAN LAWSON	1307	00:32:45.50	56	LETH	08:11
2/13	MACNAUGHTON, LLOYD	1327	00:34:45.52	58	COCHRANE	08:41
3/13	BROWN, KEITH	1258	00:36:06.18	54	GRAVELBOURG	09:01
4/13	VAN DAMME, JAKE	1385	00:36:51.67	57	TABER	09:12
5/13	KALVI, JOE	1312	00:37:52.77	55	LETH	09:28

4Mile 60-64 Female

Category Total: 4

<u>POS</u>	<u>NAME</u>	<u>NUMBER</u>	<u>TIME</u>	<u>AGE</u>	<u>CITY</u>	<u>PACE/Mile</u>
1/4	SIMS, DONNA	1366	00:39:52.51	61	GREAT FALLS, MON.	09:58
2/4	SCHOW, JOAN	1361	00:41:42.31	60	LETH	10:25
3/4	LEWIS, MARGARET	1324	00:43:32.58	62	COALDALE	10:53
4/4	EVANS, CAROLYN	1287	00:48:56.79	61	COALDALE	12:14

4Mile 60-64 Male

Category Total: 5

<u>POS</u>	<u>NAME</u>	<u>NUMBER</u>	<u>TIME</u>	<u>AGE</u>	<u>CITY</u>	<u>PACE/Mile</u>
1/5	SMART, CLIVE	1369	00:36:07.07	62	LETH	09:01
2/5	NIELSON, LAMONT	1345	00:36:24.81	60	FT. MACLEOD	09:06
3/5	SCHOW, DOUG	1360	00:37:54.46	62	LETH	09:28
4/5	WARD, SHAUN	1393	00:38:27.22	60	LETH	09:36
5/5	PETERSEN, KNUD	1353	00:39:02.76	60	LETH	09:45

2004 LCC/Flaman 10/4 Road Race

4 Mile Race Results By Top 5 Category

4Mile 65&Over Female

Category Total: 3

<u>POS</u>	<u>NAME</u>	<u>NUMBER</u>	<u>TIME</u>	<u>AGE</u>	<u>CITY</u>	<u>PACE/Mile</u>
1/3	ARMSTRONG, MARILYN	1249	00:43:15.35	65	TWIN BUTTE	10:48
2/3	AINSCOUGH, MARY	1245	00:46:53.10	67	LETH	11:43
3/3	SUTPHIN, VIRGINIA	1377	00:49:12.05	73	GREAT FALLS, MON.	12:18

4Mile 65&Over Male

Category Total: 2

<u>POS</u>	<u>NAME</u>	<u>NUMBER</u>	<u>TIME</u>	<u>AGE</u>	<u>CITY</u>	<u>PACE/Mile</u>
1/2	ARMSTRONG, GAYLEN	1561	00:43:00.03	65	TWIN BUTTE	10:45
2/2	HOLMES, OWEN	1562	00:46:24.43	75	LETH	11:36