

2004 LCC/Flaman 10/4 Road Race

4 Mile Race Results By 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
6/9	GRANSON, OLIVIA	1298	00:44:08.91	13	CALGARY	11:02
7/9	AHART, ANNA	1243	00:46:40.48	12	CHAMPION	11:40
8/9	CROSSCHILD, CHLOE	1273	00:52:12.50	12	LETH	13:03
9/9	MCCANN, BRITTANY	1334	01:09:10.25	14	COALDALE	17:17

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
6/12	MORRIS, CHRISTIAN	1341	00:40:01.84	13	LETH	10:00
7/12	KVEDER, RILEY	1320	00:40:19.34	14	LETH	10:04
8/12	SINE, D.CODI	1367	00:41:09.16	13	LETH	10:17
9/12	WENINGER, MATTHEW	1395	00:43:26.83	15	LETH	10:51
10/12	BROWER, CLAY	1257	00:44:15.36	15	WARNER	11:03
11/12	SKIRROW, CONNOR	1368	00:54:27.97	13	CANMORE	13:36
12/12	EVANSON, JADEN	1288	01:02:16.38	14	LETH	15:34

2004 LCC/Flaman 10/4 Road Race

4 Mile Race Results By Category

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
6/6	FLEMING, ERIN	1292	00:47:37.19	19	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
6/7	BIEMANS, ALEX	1253	00:40:00.81	16	SEVEN PERSONS	10:00
7/7	BIEMANS, CURTIS	1254	00:47:08.10	18	SEVEN PERSONS	11:47

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
6/10	HEAVY RUNNER, AMANDA	1304	00:36:16.60	29	LETH	09:04
7/10	BUSZ, HILMA	1262	00:36:48.07	28	LETH	09:12
8/10	VAN DAMME, ASHLEY	1384	00:37:02.45	20	TABER	09:15
9/10	LAKENMAN, KATRINA	1321	00:41:04.40	28	LETH	10:16
10/10	WARWARUK, DENISE	1565	00:43:50.21		LETH	10:57

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
6/6	KING, MIKE	1316	01:09:11.39	29	LETH	17:17

2004 LCC/Flaman 10/4 Road Race

4 Mile Race Results By Category

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
6/15	BRAUN, ANGELA	1255	00:40:58.69	30	LETH	10:14
7/15	KRUSHEL, ANDREA	1319	00:44:07.05	34	LETH	11:01
8/15	GUZOWSKI, THERESA	1300	00:44:54.60	39	LETH	11:13
9/15	ZALASKI, NADINE	1399	00:44:57.52	35	LETH	11:14
10/15	MATSON, BONNIE	1333	00:45:48.10	38	WARNER	11:27
11/15	TAIT, DEBORAH	1378	00:51:01.78	37	TABER	12:45
12/15	CAMERON-THURBER, HONOR	1264	00:51:05.22	35	LETH	12:46
13/15	SARICH, JULIE	1566	00:51:55.24		LETH	12:58
14/15	VOLK, TRACEY	1391	00:54:24.19	38	LETH	13:36
15/15	DUFF, TRACY	1285	00:56:57.78		LETH	14:14

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
6/8	MARCOTTE, MICHAEL	1329	00:43:34.56	40	LETH	10:53
7/8	WHITTINGTON, STEVE	1396	00:47:54.47	32	LETH	11:58
8/8	SARICH, JEFF	1567	00:57:16.09	37	LETH	14:19

2004 LCC/Flaman 10/4 Road Race

4 Mile Race Results By Category

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
6/23	SENSTAD, OLGA	1364	00:43:32.98	45	TABER	10:53
7/23	DUECK, MONA	1281	00:43:34.09	47	COALDALE	10:53
8/23	ADKINS, BETTY	1242	00:43:49.26	47	TABER	10:57
9/23	HALLADAY, BARB	1301	00:43:59.43	45	LETH	10:59
10/23	FRANK, JUDY	1294	00:44:10.97	47	LETH	11:02
11/23	BROWER, APRIL	1256	00:44:16.92	42	WARNER	11:04
12/23	STANG, CAROLYN	1372	00:44:32.78	44	LETH	11:08
13/23	VANDERGOUWE, LISA	1388	00:44:47.22	44	COALDALE	11:11
14/23	PACE, TINA	1349	00:45:35.44		CARDSTON	11:23
15/23	COPPS, DONNA	1269	00:45:56.79	45	LETH	11:29
16/23	SORENSEN, DONNA	1371	00:46:20.83	40	BROOKS	11:35
17/23	DUECK, LINDA	1280	00:46:46.63	45	LETH	11:41
18/23	GARNETT, BEV	1295	00:49:09.39	45	LETH	12:17
19/23	TIMMERMANS, CONNIE	1382	00:52:41.17	48	TABER	13:10
20/23	PACE, CELIA	1348	00:52:43.12	48	PICTURE BUTTE	13:10
21/23	GOERZEN-SINE, EMMA	1570	00:56:58.10		LETH	14:14
22/23	SAILER, SHELLY	1358	01:04:22.97	44	LETH	16:05
23/23	MCCANN, MICHELLE	1336	01:09:09.33		COALDALE	17:17

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
6/16	SHIMBASHI, ROBERT J	1365	00:35:26.63	45	COALDALE	08:51
7/16	HAYNES, TED	1303	00:36:59.02	46	FOREMOST	09:14
8/16	SINE, DAVID	1571	00:38:53.43	49	LETH	09:43
9/16	PICKARD, TONY	1354	00:39:56.35	42	PICTURE BUTTE	09:59
10/16	DOERKSEN, DAN	1276	00:40:36.94	48	PICTURE BUTTE	10:09
11/16	DOEVE, HENRY	1277	00:42:06.99	48	COALDALE	10:31
12/16	CALLAHAN, LEWIE	1263	00:42:27.85	44	LETH	10:36
13/16	STANG, FRANK	1373	00:42:57.16	49	LETH	10:44
14/16	KEITH, KEVIN	1314	00:43:01.05	48	LETH	10:45
15/16	KINNELL, GREG	1568	00:57:15.72	46	LETH	14:18
16/16	SAILER, MONTY	1357	01:03:51.82	46	LETH	15:57

2004 LCC/Flaman 10/4 Road Race

4 Mile Race Results By Category

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
6/7	TEMPLIN, SUSAN	1381	01:03:12.20	54	LETH	15:48
7/7	PALMARCHUK, BETTE	1350	01:04:23.29	55	LETH	16:05

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
6/13	CLARK, STEPHEN	1267	00:37:57.02	55	LETH	09:29
7/13	HEGGIE, MARC	1305	00:38:44.90	54	MAGRATH	09:41
8/13	FLAIG, DON	1290	00:40:34.05	51	LETH	10:08
9/13	LYCKMAN, WARREN	1326	00:41:15.09	51	STIRLING	10:18
10/13	OLIVIER, ARTHUR	1347	00:43:37.55	59	TABER	10:54
11/13	SECRETAN, GLENN	1363	00:44:32.31	55	LETH	11:08
12/13	BARTON, ROSS	1252	00:52:47.96	58	LETH	13:11
13/13	TEMPLIN, RICHARD	1380	01:03:50.45	57	LETH	15:57

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

4/17/04

2004 LCC/Flaman 10/4 Road Race

4 Mile Race Results By 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