

Chase the Tornado - May 22nd, 2016 - Grand Valley 10K 5K

10K Results

Rank	Bib#	Name	City	Time	Age Place	Gender Place	Pace
1	36	RYAN KRUIZENGA	CAMBRIDGE	37:27.7	1 M 20-29	1	3:44
2	24	FERNANDO CARVALHO	BRADFORD	38:12.5	1 M 30-39	2	3:49
3	6	RYAN RIDLER	CALEDON	38:49.1	2 M 20-29	3	3:52
4	43	HEATHER PADY	MONO	41:32.8	1 F 40-49	1	4:09
5	104	CLAIRE COUPER	ROCKWOOD	42:08.9	2 F 40-49	2	4:12
6	38	JASON MOORE	EAST GARAFRAXA	43:31.9	2 M 30-39	4	4:21
7	52	RYAN SMITH	ARTHUR	45:14.3	3 M 30-39	5	4:31
8	25	TIM DAY	AMARANTH	46:33.1	1 M 50-59	6	4:39
9	37	JEN MAZENAUER	GRAND VALLEY	46:57.9	1 F 30-39	3	4:41
10	7	AMY ROUNDING	ORANGEVILLE	47:33.5	2 F 30-39	4	4:45
11	67	DEREK SHAW		48:22.6	2 M 50-59	7	4:50
12	78	LIONEL POLESATO		48:47.5	3 M 50-59	8	4:52
13	50	ADRIANNE SEIDEL	MULMUR	48:53.2	3 F 30-39	5	4:53
14	61	SHANNON TREICHEL	EAST GARAFRAXA	49:13.8	4 F 30-39	6	4:55
15	71	JUSTIN POPOVICH		49:54.6	4 M 30-39	9	4:59
16	8	AMANDA ARCH	DUNDALK	50:25.9	5 F 30-39	7	5:02
17	2	SHARON CLARK	ORANGEVILLE	50:33.3	3 F 40-49	8	5:03
18	33	JULIE HOUBEN	STRATFORD	50:38.9	6 F 30-39	9	5:03
19	74	BRANDI DRISCOLL	GRAND VALLEY	51:05.7	7 F 30-39	10	5:06
20	73	ZOE RUSSELL	ORANGEVILLE	52:01.7	4 F 40-49	11	5:12
21	90	LUKE CURTIS	GRAND VALLEY	52:10.9	3 M 20-29	10	5:13
22	20	ANTONY BOWERS	ORANGEVILLE	52:43.8	1 M 40-49	11	5:16
23	49	SARAH SAUNDERS	MOUNT FOREST	52:56.1	8 F 30-39	12	5:17
24	92	JULIE DINGMAN	STRATFORD	53:04.2	5 F 40-49	13	5:18
25	59	MARK TENAGLIA	ORANGEVILLE	53:04.5	4 M 50-59	12	5:18
26	75	KAREN KENNEDY	MULMUR	54:18.6	9 F 30-39	14	5:25
27	19	QANI BOURALEH	ORANGEVILLE	54:51.7	6 F 40-49	15	5:29
28	9	KERRI DOMIK	SHELBURNE	55:18.6	10 F 30-39	16	5:31
29	42	CHERLYN O'REILLY	ALMA	55:29.9	1 F 20-29	17	5:32
30	69	KYLE JOHNSTON	MOUNT FOREST	55:48.9	2 M 40-49	13	5:34
31	18	KEN B ANDERSON	KITCHENER	55:58.8	1 M 60+	14	5:35
32	58	BOLESLAW SZRAMEK	GRAND VALLEY	56:33.7	2 M 60+	15	5:39
33	30	MELANIE GRIME	ORANGEVILLE	57:18.6	7 F 40-49	18	5:43
34	28	LINDA FORD	CALEDON	58:00.1	8 F 40-49	19	5:48
35	22	ESTHER BURKE	AMARANTH	58:03.0	1 F 50-59	20	5:48
36	70	SERENA MAYER	MILTON	58:11.3	11 F 30-39	21	5:49
37	63	KYOJI WATANABE	ARTHUR	58:13.3	3 M 40-49	16	5:49
38	31	MARGORIE GRIME	ORANGEVILLE	58:39.8	1 F 60+	22	5:51

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39	34	KEVIN JACKSON	GRAND VALLEY	58:40.8	5	M 50-59	17	5:52
40	79	JULIANNE RIEITZ	STRATFORD	59:10.9	12	F 30-39	23	5:55
41	14	SUSAN RICHARDSON	MULMUR	59:26.6	2	F 60+	24	5:56
42	62	MARTIN WARD	ORANGEVILLE	59:36.8	6	M 50-59	18	5:57
43	21	CINDY BROWN	MONO MILLS	59:44.1	2	F 50-59	25	5:58
44	13	JODI HUBER	SHELBURNE	01:00:43	2	F 20-29	26	6:04
45	1	TAMMY AXT	ORANGEVILLE	01:01:30	13	F 30-39	27	6:09
46	60	JOANNA THOMSON	MONO	01:02:02	9	F 40-49	28	6:12
47	56	JO-ANNE ST. GODARD	MONO	01:02:41	10	F 40-49	29	6:16
48	65	SEAN CASSIDY	GRAND VALLEY	01:03:00	4	M 40-49	19	6:17
49	17	HEIDI VANDERHORST	MONO	01:03:00	11	F 40-49	30	6:18
50	72	CARLEY GERVAIS		01:03:10	3	F 20-29	31	6:19
51	57	ASHLEY STAGER	ORANGEVILLE	01:03:40	14	F 30-39	32	6:21
52	54	JODIE SONOSKI	ORANGEVILLE	01:03:42	15	F 30-39	33	6:22
53	55	STEVE SONOSKI	ORANGEVILLE	01:03:42	5	M 40-49	20	6:22
54	53	KAETA SMYTH	ORANGEVILLE	01:04:58	16	F 30-39	34	6:29
55	4	LISA HOGBEN	ORANGEVILLE	01:06:02	12	F 40-49	35	6:36
56	39	CATHY MORAN	MONO	01:06:11	13	F 40-49	36	6:37
57	11	ANGELA GALLIE	SHELBURNE	01:06:22	14	F 40-49	37	6:38
58	26	WHITNEY DUNNING	BARRIE	01:08:33	17	F 30-39	38	6:51
59	3	BRETT HILL	SHELBURNE	01:08:37	7	M 50-59	21	6:51
60	68	ALI PETERS	EAST GARY	01:09:38	6	M 40-49	22	6:57
61	66	LORI JONGKIND	AMARANTH	01:09:39	18	F 30-39	39	6:57
62	51	JENNIFER SIMMONDS	SHELBURNE	01:10:52	19	F 30-39	40	7:05
63	29	HEATHER FUERNKRANZ	OAKVILLE	01:12:53	15	F 40-49	41	7:17
64	32	NAYLA HANNA	ORANGEVILLE	01:13:01	16	F 40-49	42	7:18
65	35	SHERI JOHNSTON	ORANGEVILLE	01:14:10	17	F 40-49	43	7:25
66	23	LESLIE BUTTON	ORANGEVILLE	01:14:11	3	F 50-59	44	7:25
67	10	ABBEY FOSTER	SHELBURNE	01:14:54	1	F 0-19	45	7:29
68	76	CONNIE CLARK	ALLISTON	01:15:50	18	F 40-49	46	7:34
69	45	CATHERINE PLASKETT	CALEDON	01:18:08	19	F 40-49	47	7:48
70	46	SCOTT PLASKETT	CALEDON	01:18:10	7	M 40-49	23	7:48
71	16	MEGHAN SMITH	SHELBURNE	01:19:49	20	F 30-39	48	7:58
72	47	MICHELLE POPE	LONDON	01:20:16	20	F 40-49	49	8:01
73	77	KELLY HALL	GRAND VALLEY	01:25:27	4	F 20-29	50	8:32
74	40	CHRIS MORRIS	MONO	01:26:22	5	M 30-39	24	8:38
75	44	CAROL PARSONS-PAZDER	BRAMPTON	01:33:19	21	F 40-49	51	9:19
76	41	ANNE NEESON	BRAMPTON	01:45:43	4	F 50-59	52	10:34
77	48	GRACE PRIOLO BARAN	CALEDON	01:45:43	5	F 50-59	52	10:34

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5K Results

Rank	Bib #	Name	City	Time	Age Place	Gender Place	Pace
1	7	NICK HANN	ORANGEVILLE	20:17.8	1 M 20-29	1	4:03
2	145	KEN DE JONG	EAST GARAFRAXA	20:43.5	1 M 50-59	2	4:08
3	124	DAKOTA POULTER	ERIN	21:09.3	1 F 1-19	1	4:13
4	184	JACK GILLIES	MONO	21:39.5	1 M 1-19	3	4:19
5	100	ELLA VANBRUINESSEN	TORONTO	22:56.1	1 F 20-29	2	4:35
6	181	TRINITY ALLEN	MONO	23:00.1	2 F 1-19	3	4:36
7	122	TARA IMERSON	ORANGEVILLE	23:13.0	1 F 50-59	4	4:38
8	101	DARRYL MCCLURE	TORONTO	23:30.0	2 M 20-29	4	4:42
9	109	CAIDEN TAYLOR	GRAND VALLEY	23:50.3	2 M 1-19	5	4:46
10	117	BILL WILSON	ORANGEVILLE	24:16.3	1 M 40-49	6	4:51
11	178	CAYDEN CASSIDY	GRAND VALLEY	24:42.1	3 M 1-19	7	4:56
12	182	LINCOLN GEAR	MONO	24:50.2	4 M 1-19	8	4:58
13	183	PRESTON GEAR	MONO	24:50.5	5 M 1-19	9	4:58
14	160	PATRICK MEEHAN	OAKVILLE	24:54.4	6 M 1-19	10	4:58
15	177	SHANNON CASSIDY	GRAND VALLEY	24:56.0	3 F 1-19	5	4:59
16	116	VANESSA WHITE	EAST GARAFRAXA	25:11.8	1 F 30-39	6	5:02
17	175	DUSTIN BELL	GRAND VALLEY	26:01.9	7 M 1-19	11	5:12
18	115	DAVID KERR	ORANGEVILLE	26:15.3	2 M 50-59	12	5:15
19	130	LINDSAY MILLER	SHELBURNE	26:32.1	2 F 30-39	7	5:18
20	106	JONATHAN STEWART	ORANGEVILLE	26:46.4	2 M 40-49	13	5:21
21	149	TRACEY GEAR	MONO	27:15.0	3 F 30-39	8	5:27
22	188	NOLAN LONG	MONO	27:48.1	8 M 1-19	14	5:33
23	176	CARTER BELL	GRAND VALLEY	28:06.1	9 M 1-19	15	5:37
24	91	LIAM MACDONALD	GRAND VALLEY	28:06.0	10 M 1-19	16	5:37
25	15	TRAVIS RUSSELL	SHELBURNE	28:28.0	3 M 20-29	17	5:41
26	171	ASHLEY THURSTON	DUNDALK	28:48.4	4 F 1-19	9	5:45
27	197	GRIFFIN WHITEMAN	ORANGEVILLE	28:49.5	11 M 1-19	18	5:45
28	191	SHAELYNN COMEAU	ORANGEVILLE	29:04.6	5 F 1-19	10	5:48
29	187	ZARINA LEO	MONO	29:14.6	6 F 1-19	11	5:50
30	161	ANDREA NAPIER	ORANGEVILLE	29:24.6	4 F 30-39	12	5:52
31	64	BRENDA ZENG	ORANGEVILLE	29:33.3	1 F 60+	13	5:54
32	141	KRISTA CLINCH	ORANGEVILLE	29:49.9	5 F 30-39	14	5:57
33	169	LEAH SZE	INGLEWOOD	29:56.4	7 F 1-19	15	5:59
34	140	LISA BLUNDELL	INGLEWOOD	29:57.2	1 F 40-49	16	5:59

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35	142	ASHLEY CLINCH	BARRIE	30:12.1	6	F	30-39	17	6:02
36	131	DAVID MORAN	SHELBURNE	30:25.6	1	M	30-39	19	6:05
37	128	ELEANOR HARRIS	SHELBURNE	30:26.4	7	F	30-39	18	6:05
38	86	AIDEN LONG	MONO	30:50.3	12	M	1-19	20	6:10
39	179	HUDSON CASSIDY	GRAND VALLEY	30:50.4	13	M	1-19	21	6:10
40	94	PHILIP RENTSCH	GRAND VALLEY	30:53.8	2	M	30-39	22	6:10
41	136	THERESA SAUREN	SHELBURNE	30:55.4	2	F	40-49	19	6:11
42	113	BARB MASON	ORANGEVILLE	31:00.6	3	F	40-49	20	6:12
43	167	SKYLAR PLASKETT	CALEDON	31:13.2	8	F	1-19	21	6:14
44	166	DEVON PLASKETT	CALEDON	31:13.8	9	F	1-19	22	6:14
45	154	DEBBIE IWANYZKI	WILSONVILLE	31:25.0	4	F	40-49	23	6:17
46	190	JACOB SOPER	MONO	31:43.3	14	M	1-19	23	6:20
47	162	ANDREA NICHOLLS	AMARANTH	31:53.4	8	F	30-39	24	6:22
48	111	KELSEY HALL	ARTHUR	32:02.3	2	F	20-29	25	6:24
49	105	THOMOAS POPOVICH		32:07.0	15	M	1-19	24	6:25
50	87	RUTH HOULE	MILTON	32:18.3	2	F	60+	26	6:27
51	186	RYAN HANN	MONO	32:21.3	16	M	1-19	25	6:28
52	150	RACLELLE HEEREMANS	GRAND VALLEY	32:25.4	5	F	40-49	27	6:29
53	84	GAVIN BROW	ORANGEVILLE	32:39.8	17	M	1-19	26	6:31
54	139	COLLEEN BAILEY	MONO	32:47.4	6	F	40-49	28	6:33
55	85	CARRIE LONG	MONO	32:54.3	9	F	30-39	29	6:34
56	125	JON RUELAS	MONO	32:58.1	3	M	30-39	27	6:35
57	80	TOM FENN	MULMUR	32:58.3	3	M	40-49	28	6:35
58	88	RICK HOULE	MILTON	33:01.8	1	M	60+	29	6:36
59	164	LAURA O'BRIEN	SHELBURNE	33:05.0	10	F	30-39	30	6:37
60	133	SARAH RICCI	SHELBURNE	33:08.4	7	F	40-49	31	6:37
61	137	TRACY SMITH	SHELBURNE	33:11.7	2	F	50-59	32	6:38
62	134	STACEY ROOYAKKERS	SHELBURNE	33:17.7	11	F	30-39	33	6:39
63	123	TARYN LLOYD	ALTON	33:22.5	12	F	30-39	34	6:40
64	185	LARA HANN	MONO	33:31.0	10	F	1-19	35	6:42
65	110	AMANDA HEATHCOLE	SHELBURNE	33:38.1	13	F	30-39	36	6:43
66	148	CYNTHIA NICHOLLS	ORANGEVILLE	34:01.8	14	F	30-39	37	6:48
67	180	COLTON MCCOMB	GRAND VALLEY	34:08.6	18	M	1-19	30	6:49
68	112	CAITLIN SINCLAIR	ORANGEVILLE	34:29.3	3	F	20-29	38	6:53
69	194	JORDAN GORMAN	ORANGEVILLE	34:52.0	19	M	1-19	31	6:58
70	153	STEPHANIE HOSKIN	OSHAWA	34:53.7	4	F	20-29	39	6:58
71	152	JOSH HOSKIN	GRAND VALLEY	34:54.4	4	M	30-39	32	6:58
72	143	LIZ CORRIVEAU	ORANGEVILLE	35:27.9	8	F	40-49	40	7:05
73	192	ALYSON CSEPE	ORANGEVILLE	35:32.5	11	F	1-19	41	7:06
74	114	SHELLY HARNDEN		35:41.5	3	F	50-59	42	7:08
75	146	GILLIAN DEJONG	EAST GARAFRAXA	35:48.8	4	F	50-59	43	7:09

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76	198	ELLA ZETTLE	ORANGEVILLE	35:52.3	12	F	1-19	44	7:10
77	195	NATASHA KURTESI	ORANGEVILLE	35:52.5	13	F	1-19	45	7:10
78	173	KIMBERLY ZETTLE	ORANGEVILLE	35:55.3	15	F	30-39	46	7:11
79	163	RHONDA NIX	ORANGEVILLE	36:02.2	9	F	40-49	47	7:12
80	120	CHRISTINE HANN	MONO	36:20.0	16	F	30-39	48	7:16
81	108	NICOLE LYONS	GRAND VALLEY	36:33.4	14	F	1-19	49	7:18
82	132	SCOTT POYNTER	SHELBURNE	36:35.2	4	M	40-49	33	7:19
83	126	JENNIFER CREWSON	SHELBURNE	36:35.6	5	F	20-29	50	7:19
84	121	DIANE HALL	CALEDON	37:02.9	5	F	50-59	51	7:24
85	155	JAMIE JACKSON	GRAND VALLEY	37:10.0	20	M	1-19	34	7:26
86	193	NATHAN CSEPE	ORANGEVILLE	37:13.3	21	M	1-19	35	7:26
87	144	ABBY CSEPE	ORANGEVILLE	37:13.8	17	F	30-39	52	7:26
88	199	TYRUS ZETTLE	ORANGEVILLE	37:22.6	22	M	1-19	36	7:28
89	174	IAN ZETTLE	ORANGEVILLE	37:23.1	5	M	30-39	37	7:28
90	159	WENDY MEDWID	ORANGEVILLE	37:42.9	6	F	50-59	53	7:32
91	103	MELANIE HORTON	ORANGEVILLE	38:03.6	18	F	30-39	54	7:36
92	102	ANNELIESE BELDER	ORANGEVILLE	38:04.3	6	F	20-29	55	7:36
93	81	ALNNAH KRUIZENGA	CAMBRIDGE	39:26.2	7	F	20-29	56	7:53
94	156	SAMANTHA JACKSON	GRAND VALLEY	40:10.7	15	F	1-19	57	8:02
95	5	STEPHANIE MAGGS	MONO	40:12.6	10	F	40-49	58	8:02
96	147	ALANA FUERNKRANZ	GRAND VALLEY	40:17.9	11	F	40-49	59	8:03
97	129	JACLYN MCANENEY	SHELBURNE	42:19.2	8	F	20-29	60	8:27
98	151	CYNDIE HORNER	ANCASTER	43:03.0	19	F	30-39	61	8:36
99	157	LORNA MCLEAN	MONO	43:41.8	7	F	50-59	62	8:44
100	165	PATRICIA PEREIRA	GRAND VALLEY	44:42.5	20	F	30-39	63	8:56
101	127	GLEN GOSS	SHELBURNE	45:56.0	4	M	20-29	38	9:11
102	189	HARMOHIT MATTU	MONO	46:39.4	23	M	1-19	39	9:19
103	172	LYNDA WHITTERON	GRAND VALLEY	47:29.9	8	F	50-59	64	9:29
104	158	RIA MCNICHOLLS- RAMRATTAN	GRAND VALLEY	47:30.6	12	F	40-49	65	9:30
105	93	MARY DINGMAN	STRATFORD	52:42.5	3	F	60+	66	10:32
106	89	BARB CKIM-LANDMAN	GRAND VALLEY	52:43.5	4	F	60+	67	10:32
107	138	BONNIE ANDERSON	KITCHENER	04:09.8	5	F	60+	68	12:49
108	170	SUZETTE THOMPSON	MONO	26:41.8	21	F	30-39	69	17:20