

VHS Run4Kids 5K
 Overall Finish List
 September 28, 2013

Place	Name	City	Gender	Age	Age Group Place	Time	Pace
1	Derek Lincoln	London	M	29	1 Overall	16:27	3:17/K
2	ryan crawford	clinton	M	36	1 M 30-39	20:47	4:09/K
3	Robert Campbell	Mt. Brydges	M	54	1 M 50-59	21:14	4:15/K
4	claire flaming	londesborough	F	17	1 Overall	21:41	4:20/K
5	John Smallwood	Goderich	M	68	1 M 60-69	21:48	4:22/K
6	Neil Puska	Goderich	M	36	2 M 30-39	21:55	4:23/K
7	Scott Homan	Goderich	M	43	1 M 40-49	21:58	4:24/K
8	Bridget Jeffray	Goderich	F	24	1 F 20-29	22:13	4:27/K
9	Sam Dupuis	bayfield	M	12	1 M 0-12	22:17	4:27/K
10	Brian Jeffray	Goderich	M	55	2 M 50-59	22:50	4:34/K
11	David Thuss	London	M	31	3 M 30-39	23:11	4:38/K
12	Josh Cumber	Cambridge	M	14	1 M 13-19	23:13	4:39/K
13	Mike Graham	Bayfield	M	26	1 M 20-29	23:18	4:40/K
14	Lance Bedard	Zurich	M	29	2 M 20-29	23:24	4:41/K
15	Cindy Carter	Blyth	F	36	1 F 30-39	23:32	4:42/K
16	Todd Dutchyn	Niagara Falls	M	27	3 M 20-29	23:39	4:44/K
17	Stacy Denunzio	Goderich	M	34	4 M 30-39	23:44	4:45/K
18	Diana Teal	Goderich	F	38	2 F 30-39	23:45	4:45/K
19	mike gondsworthy	clinton	M	27	4 M 20-29	23:53	4:47/K
20	Toni De Jong-Thomas	Goderich	F	35	3 F 30-39	24:03	4:49/K
21	elizabeth ibrahim	bayfield	F	18	1 F 13-19	24:05	4:49/K
22	Elise Feltrin	Bayfield	F	51	1 F 50-59	24:16	4:51/K
23	Linda Jones	London	F	64	1 F 60-69	24:18	4:52/K
24	Laurie Hayden	Goderich	F	42	1 F 40-49	24:55	4:59/K
25	Ben Lobb	Goderich	M	37	5 M 30-39	25:26	5:05/K
26	Heidi Martin	London	F	38	4 F 30-39	25:50	5:10/K
27	Matthew Recoskie	Goderich	M	12	2 M 0-12	26:04	5:13/K
28	Andrea Smallwood	Guelph	F	38	5 F 30-39	26:07	5:13/K
29	Bill Spackman	London	M	63	2 M 60-69	26:14	5:15/K
30	Shannon LaHay	Bayfield	F	36	6 F 30-39	26:15	5:15/K
31	John Baker	Kitchener	M	37	6 M 30-39	26:21	5:16/K
32	Nicole Johnston	Goderich	F	27	2 F 20-29	26:21	5:16/K
33	Jennifer Fleming	Londesborough	F	46	2 F 40-49	26:30	5:18/K
34	Jessica Witherspoon	Goderich	F	29	3 F 20-29	26:32	5:18/K
35	Ian Murray	London	M	10	3 M 0-12	26:41	5:20/K
36	Lisa Murray	London	F	41	3 F 40-49	26:47	5:21/K
37	Austin Sjaarda	Clinton	M	20	5 M 20-29	27:02	5:24/K
38	Sean Thomas	Goderich	M	34	7 M 30-39	27:05	5:25/K
39	Ben MacAdam	Goderich	M	31	8 M 30-39	27:05	5:25/K
40	Bert Verhagen	Grand Bend	M	70	1 M 70-98	27:13	5:27/K
41	Dave Eccles	Hanover	M	47	2 M 40-49	27:38	5:32/K
42	simon meades	bayfield	M	9	4 M 0-12	27:44	5:33/K

43	Todd Craig	Guelph	M	44	3 M 40-49	27:51	5:34/K
44	Emma Eccles	Hanover	F	15	2 F 13-19	27:58	5:36/K
45	Shelley King	Clinton	F	51	2 F 50-59	27:58	5:36/K
46	Bill Trick	Waterloo	M	37	9 M 30-39	28:09	5:38/K
47	Holly Culbert	Goderich	F	28	4 F 20-29	28:10	5:38/K
48	Bill Whetstone	Bayfield	M	43	4 M 40-49	28:15	5:39/K
49	Jenna Gibbings	Walton	F	26	5 F 20-29	28:17	5:39/K
50	Tyler Clarke	London	M	29	6 M 20-29	28:17	5:39/K
51	Patricia Smith	Belgrave	F	44	4 F 40-49	28:20	5:40/K
52	alicia dalton	goderich	F	31	7 F 30-39	28:38	5:44/K
53	meredith fraser	london	F	37	8 F 30-39	28:40	5:44/K
54	Fraser King	CLinton	M	20	7 M 20-29	28:45	5:45/K
55	Melissa Atkinson	Wingham	F	23	6 F 20-29	28:52	5:46/K
56	Craig Overholt	Bayfield	M	30	10 M 30-39	28:59	5:48/K
57	Kelly Vader	Bayfield	F	48	5 F 40-49	29:04	5:49/K
58	Jennifer Reaburn	Bayfield	F	35	9 F 30-39	29:12	5:50/K
59	julia mcdonald	london	F	64	2 F 60-69	29:27	5:53/K
60	Irene Gotz	Toronto	F	45	6 F 40-49	29:29	5:54/K
61	Paulette Rothbauer	Toronto	F	44	7 F 40-49	29:30	5:54/K
62	Amanda Dekker	Goderich	F	33	10 F 30-39	29:43	5:57/K
63	Dave Jewitt	Clinton	M	49	5 M 40-49	29:43	5:57/K
64	Kelly Clark	Mitchell	F	45	8 F 40-49	30:02	6:00/K
65	Michael Strickland	Goderich	M	42	6 M 40-49	30:06	6:01/K
66	Murray Bechtel	Kitchener	M	42	7 M 40-49	30:06	6:01/K
67	Bill Rowan	Zurich	M	60	3 M 60-69	30:25	6:05/K
68	Moira Gillies	Clinton	F	57	3 F 50-59	30:36	6:07/K
69	Charlotte Worsell	Auburn	F	26	7 F 20-29	30:40	6:08/K
70	Deb McCarthy	Dublin	F	41	9 F 40-49	31:04	6:13/K
71	Sandi Baker	Waterloo	F	32	11 F 30-39	31:15	6:15/K
72	Jan Vanden Hengel	Seaforth	F	38	12 F 30-39	31:15	6:15/K
73	Angela Leffler	Cambridge	F	28	8 F 20-29	31:16	6:15/K
74	kelly gerger	bayfield	F	29	9 F 20-29	31:20	6:16/K
75	Heather Dietz	Blyth	F	27	10 F 20-29	31:22	6:16/K
76	T'Miika McMichael	Clinton	F	20	11 F 20-29	31:34	6:19/K
77	Erica Clark	Clinton	F	35	13 F 30-39	31:35	6:19/K
78	Monica Walker-Bolton	Goderich	F	36	14 F 30-39	32:06	6:25/K
79	Amber Walker-Bolton	Toronto	F	33	15 F 30-39	32:07	6:25/K
80	Allison Segeren	Goderich	F	29	12 F 20-29	32:25	6:29/K
81	Lynne Griffith-Jones	London	F	51	4 F 50-59	32:48	6:34/K
82	Roberta Stemp	Bayfield	F	63	3 F 60-69	32:50	6:34/K
83	Gabrielle Tyndall	Orangeville	F	33	16 F 30-39	33:34	6:43/K
84	Kim Hogan	Goderich	F	34	17 F 30-39	33:35	6:43/K
85	Steve Coleman	Goderich	M	35	11 M 30-39	33:47	6:45/K
86	Natasha Fritzley	Goderich	F	26	13 F 20-29	34:55	6:59/K
87	Donna Fritzley	Goderich	F	69	4 F 60-69	34:58	7:00/K
88	Brenda Teichert	Goderich	F	58	5 F 50-59	35:00	7:00/K
89	Margie Herlufsen	Goderich	F	32	18 F 30-39	35:34	7:07/K

90	Katie Bendig	Goderich	F	29	14 F 20-29	35:38	7:08/K
91	lynne haves	komoka	F	44	10 F 40-49	35:50	7:10/K
92	amelia haves	komoka	F	13	3 F 13-19	35:50	7:10/K
93	Mitch Merner	Bayfield	M	18	2 M 13-19	35:51	7:10/K
94	Jeff Merner	Bayfield	M	49	8 M 40-49	35:53	7:11/K
95	Rebecca Merner	Bayfield	F	20	15 F 20-29	35:53	7:11/K
96	Marje Overholt	Zurich	F	63	5 F 60-69	35:56	7:11/K
97	Callie Berry	Goderich	F	20	16 F 20-29	37:09	7:26/K
98	Joanne Miklos den iseg	London	F	67	6 F 60-69	37:31	7:30/K
99	sierra whetstone	bayfield	F	12	1 F 0-12	38:21	7:40/K
100	jody whetstone	bayfield	F	41	11 F 40-49	38:21	7:40/K
101	Dawn Crook	Bayfield	F	45	12 F 40-49	39:08	7:50/K
102	Julie Dowler	St.thomas	F	37	19 F 30-39	39:09	7:50/K
103	Barb Martin	London	F	35	20 F 30-39	39:10	7:50/K
104	Sionainn Pryce-Hynes	London	F	44	13 F 40-49	39:10	7:50/K
105	brenda bennett	tecumseh	F	45	14 F 40-49	39:20	7:52/K
106	Suzanne Kislasko	St Catharines	F	60	7 F 60-69	48:21	9:40/K
107	Cathy Waud	St Catharines	F	58	6 F 50-59	48:21	9:40/K
108	Della Vanderhaar	Bayfield	F	32	21 F 30-39	49:56	9:59/K
109	angie fisher	bayfield	F	38	22 F 30-39	49:57	9:59/K
110	Joanne Denomme	Goderich	F	47	15 F 40-49	50:57	10:11/K
111	Lisa Fritzley	Goderich	F	49	16 F 40-49	50:57	10:11/K
112	Lynne Tigert	Goderich	F	50	7 F 50-59	50:58	10:12/K
113	Kim Neziol	Cambridge	F	46	17 F 40-49	51:55	10:23/K
114	Bill Fritzley	Goderich	M	73	2 M 70-98	51:57	10:23/K
115	Whitney Hulley	Parkhill	F	20	17 F 20-29	53:08	10:38/K
116	Ruth Hulley	Londesborough	F	50	8 F 50-59	53:09	10:38/K
117	Wayne Hulley	Londesborough	M	52	3 M 50-59	53:10	10:38/K
118	carol fraser	niagara-on-the-lake	F	63	8 F 60-69	54:06	10:49/K
119	Cumber Nathan	Cambridge	M	18	3 M 13-19	54:18	10:52/K
120	Hannah Frassinelli	London	F	17	4 F 13-19	54:18	10:52/K
121	Janet Gardner	London	F	51	9 F 50-59	54:18	10:52/K
122	robin fraser	niagara-on-the-lake	M	69	4 M 60-69	54:47	10:57/K
123	Pam Frassinelli	London	F	42	18 F 40-49	55:12	11:02/K
124	Erica Fitzsimmons	London	F	43	19 F 40-49	55:12	11:02/K
125	myra stecca	goderich	F	36	23 F 30-39	55:18	11:04/K
126	Diana Trzok	Bayfield	F	32	24 F 30-39	59:26	11:53/K
127	heather steenstra	clinton	F	31	25 F 30-39	1:00:01	12:00/K
128	helen steenstra	clinton	F	60	9 F 60-69	1:00:01	12:00/K
129	andrea vanderloo	clinton	F	29	18 F 20-29	1:00:02	12:00/K
130	Tony Stecca	Goderich	M	35	12 M 30-39	1:00:25	12:05/K
131	Brenda Vandersluys	Niagara Falls	F	61	10 F 60-69	1:01:14	12:15/K
132	Lynn Dutchyn	Niagara Falls	F	57	10 F 50-59	1:01:16	12:15/K
133	Bruce Vandersluys	Niagara Falls	M	59	4 M 50-59	1:01:16	12:15/K