

Race the Falls
Overall Finish List
May 27, 2017

10K								
Place	Name	City	Bib No	Gender	Age	Age Group Place	Time	Pace
1	Ben Bolinger	Seaforth	12	M	34	1 Overall	46:30	4:39/K
2	Peter Godwin	Goderich	40	M	40	1 M 40-49	47:15	4:44/K
3	Jeff Thuss	Goderich ON	84	M	36	1 M 30-39	48:37	4:52/K
4	Steve Stracey	Port Elgin	83	M	38	2 M 30-39	48:52	4:53/K
5	Michel Deveau	Oakville	24	M	48	2 M 40-49	50:37	5:04/K
6	Damion Gillard	Goderich	38	M	32	3 M 30-39	51:06	5:07/K
7	Shannon O'Reilly	Varna	66	F	20	1 Overall	51:12	5:07/K
8	Jared Adams	Kincardine	1	M	34	4 M 30-39	51:16	5:08/K
9	Haydn Gibson	Lucknow ON	36	M	18	1 M 15-19	51:37	5:10/K
10	Steve Whitmore	London	90	M	55	1 M 50-59	51:47	5:11/K
11	Cory Day	Goderich	22	M	33	5 M 30-39	52:50	5:17/K
12	Lee Coates	Auburn	17	M	35	6 M 30-39	52:51	5:17/K
13	Stacy Denunzio	Goderich	23	M	38	7 M 30-39	55:17	5:32/K
14	David Butler	Stratford ON	15	M	35	8 M 30-39	55:35	5:34/K
15	Sam Cronin	East York	19	F	30	1 F 30-39	56:44	5:40/K
16	Lori Whitmore	London	91	F	54	1 F 50-59	57:28	5:45/K
17	Jud Beasley		95	M	29	1 M 20-29	57:43	5:46/K
18	Ben MacAdam	Goderich ON	53	M	35	9 M 30-39	57:43	5:46/K
19	Brenda Branderhorst	Hensall ON	14	F	46	1 F 40-49	57:51	5:47/K
20	Brian Jeffray	Goderich	46	M	59	2 M 50-59	58:09	5:49/K
21	Jeff Wilmink	London	92	M	40	3 M 40-49	58:14	5:49/K
22	Candice Shelton	Goderich	78	F	36	2 F 30-39	58:20	5:50/K
23	Kaitie Bogie	Goderich	11	F	26	1 F 20-29	59:00	5:54/K
24	Glen Gibson	Lucknow ON	37	M	50	3 M 50-59	1:00:59	6:06/K
25	Lorraine Dietz	Bayfield	29	F	53	2 F 50-59	1:01:26	6:09/K
26	Clare Day	Goderich	21	F	33	3 F 30-39	1:01:46	6:11/K
27	Steven Bearss	Auburn	6	M	56	4 M 50-59	1:01:56	6:12/K
28	Jared Sidwell	Clinton	79	M	31	10 M 30-39	1:01:58	6:12/K
29	Brian Pickard	Londesborough	68	M	54	5 M 50-59	1:02:21	6:14/K
30	Lori More	London	62	F	50	3 F 50-59	1:02:32	6:15/K
31	Elaine Ritchie	Stratford	73	F	37	4 F 30-39	1:03:07	6:19/K
32	Rob Milligan	Bayfield	60	M	55	6 M 50-59	1:03:27	6:21/K
33	Bev Jeffray	Goderich ON	47	F	54	4 F 50-59	1:03:43	6:22/K
34	John Blanchard	Seaforth ON	9	M	56	7 M 50-59	1:04:07	6:25/K
35	Nancy Mayhew	Clinton ON	54	F	45	2 F 40-49	1:04:24	6:26/K
36	Erin Van Diepenbeek	Goderich	87	F	34	5 F 30-39	1:05:00	6:30/K
37	Nicki Darbyson	Goderich ON	20	F	33	6 F 30-39	1:05:00	6:30/K
38	Tammie Melick	Kitchener	56	F	48	3 F 40-49	1:06:59	6:42/K
39	Luke Smith	Lucknow	81	M	50	8 M 50-59	1:07:15	6:44/K
40	Lisa Pot	Auburn	69	F	47	4 F 40-49	1:07:24	6:44/K

41	Carmen Armstrong	Goderich	5	F	36	7 F 30-39	1:07:31	6:45/K
42	Stacey Glousher	Lucknow	39	F	29	2 F 20-29	1:08:20	6:50/K
43	Lisa Hood	Goderich	42	F	30	8 F 30-39	1:09:18	6:56/K
44	Sandra Bos	Blyth	13	F	38	9 F 30-39	1:10:43	7:04/K
45	Amie Hoogenboom	Goderich	44	F	37	10 F 30-39	1:10:53	7:05/K
46	Barbara Steele	Wasaga Beach	82	F	52	5 F 50-59	1:10:53	7:05/K
47	Dennis Schneider	Hensall	77	M	51	9 M 50-59	1:11:14	7:07/K
48	Laura Hood	Conestogo	43	F	33	11 F 30-39	1:11:55	7:12/K
49	Shelley Saunders	Clinton	75	F	44	5 F 40-49	1:12:36	7:16/K
50	Andrew Kaastra	Clinton	48	M	49	4 M 40-49	1:12:36	7:16/K
51	Courtney Mulligan	Clinton	64	F	37	12 F 30-39	1:13:18	7:20/K
52	Danielle Smith	Goderich	80	F	32	13 F 30-39	1:13:27	7:21/K
53	Jacqueline Aguilar	Inglewood	2	M	36	11 M 30-39	1:14:18	7:26/K
54	Chris Regier	Zurich	72	M	45	5 M 40-49	1:14:19	7:26/K
55	Melissa Lassaline	London	50	F	37	14 F 30-39	1:14:49	7:29/K
56	Jillian Bender	Clinton	8	F	39	15 F 30-39	1:15:08	7:31/K
57	Jenny Langendoen	Clinton	49	F	62	1 F 60-99	1:15:46	7:35/K
58	Sara Beasley	Toronto ON	7	F	32	16 F 30-39	1:16:00	7:36/K
59	James Ly	Toronto	52	M	32	12 M 30-39	1:16:00	7:36/K
60	Kirsten Allan	Clinton	4	F	26	3 F 20-29	1:17:01	7:42/K
61	Andrea Hern	Woodham	41	F	46	6 F 40-49	1:18:56	7:54/K
62	Tammy Dickins	Exeter ON	28	F	45	7 F 40-49	1:18:56	7:54/K
63	Sandra Regier	Zurich	71	F	42	8 F 40-49	1:20:20	8:02/K
64	Katherine Wellman	Toronto	88	F	31	17 F 30-39	1:22:39	8:16/K
65	Jennifer Duchesne	Stratford	30	F	35	18 F 30-39	1:23:04	8:18/K
66	Deb Zondervan	Goderich	94	F	46	9 F 40-49	1:28:37	8:52/K
67	Angela Lawrence	Varna	51	F	48	10 F 40-49	1:29:43	8:58/K
68	Sherry Miller	Goderich	57	F	43	11 F 40-49	1:31:44	9:10/K
69	Angela Milley	Goderich	58	F	34	19 F 30-39	1:31:44	9:10/K
5K								
Place	Name	City	Bib No	Gender	Age	Age Group Place	Time	Pace
1	Clint Murray	Lucknow	214	M	42	1 Overall	21:09	4:14/K
2	Paul Cook	Goderich	141	M	45	1 M 40-49	23:27	4:41/K
3	Jeff Gole	Goderich ON	164	M	42	2 M 40-49	26:42	5:20/K
4	Zach Westbrook	Clinton	245	M	30	1 M 30-39	27:31	5:30/K
5	Jennelle Smeltzer	Ripley	230	F	16	1 Overall	27:59	5:36/K
6	Sandra Harp	Goderich	173	F	37	1 F 30-39	28:56	5:47/K
7	Peggy Morley	Goderich	212	F	37	2 F 30-39	28:59	5:48/K
8	Celeste Mitchell	Stratford	207	F	39	3 F 30-39	29:16	5:51/K
9	Alanna Scully	Varna	226	F	20	1 F 20-29	29:23	5:53/K
10	Anna McLaughlin	Kincardine	202	F	35	4 F 30-39	29:25	5:53/K
11	Jeff Wormington	Goderich	253	M	40	3 M 40-49	29:36	5:55/K
12	Rachel Goulet	Goderich	169	F	29	2 F 20-29	29:49	5:58/K
13	Shawn McFadden	Kincardine	198	M	42	4 M 40-49	30:23	6:05/K
14	Jennifer Fleming	Londesborough	156	F	50	1 F 50-59	30:37	6:07/K

15	Kelly Mann	Uxbridge	194	F	42	1 F 40-49	30:39	6:08/K
16	Lori Sagers	Bayfield	223	F	35	5 F 30-39	31:20	6:16/K
17	Mike Moody	Goderich	209	M	31	2 M 30-39	31:28	6:18/K
18	Brenda Eagleson	Grand Bend	152	F	41	2 F 40-49	31:30	6:18/K
19	Dan Brindley	Goderich	132	M	39	3 M 30-39	31:41	6:20/K
20	Myra Stecca	Picton St. West	232	F	40	3 F 40-49	32:01	6:24/K
21	Julie Gole	Goderich	163	F	37	6 F 30-39	32:04	6:25/K
22	Elizabeth Conerly	Tiverton	140	F	37	7 F 30-39	32:11	6:26/K
23	Megan Adams	Kincardine	126	F	33	8 F 30-39	32:14	6:27/K
24	Katey Kneider	Stratford	189	F	35	9 F 30-39	32:35	6:31/K
25	Chris Hackett	Lucknow ON	170	F	56	2 F 50-59	32:40	6:32/K
26	Mike Hinchberger	Kincardine	177	M	51	1 M 50-59	32:41	6:32/K
27	Mike Smith		254	M	34	4 M 30-39	33:02	6:36/K
28	Kelly Lush	Ripley	192	F	42	4 F 40-49	33:17	6:39/K
29	Michael McGee	Goderich	200	M	21	1 M 20-29	33:19	6:40/K
30	Karen Vollmer	Ripley ON	243	F	50	3 F 50-59	34:05	6:49/K
31	MacKenzie Harp	Goderich	172	M	34	5 M 30-39	34:18	6:52/K
32	Anne Moriarty	Kincardine	211	F	41	5 F 40-49	34:25	6:53/K
33	Katherine Godwin	Goderich	162	F	38	10 F 30-39	34:44	6:57/K
34	Stacey Johnston	Goderich	184	F	29	3 F 20-29	35:03	7:01/K
35	Pamela Powell	Goderich	217	F	34	11 F 30-39	35:04	7:01/K
36	Autumn Baldwin	Clinton	130	F	35	12 F 30-39	35:08	7:02/K
37	Renee Devereaux	Oakville, On	27	F	42	6 F 40-49	35:15	7:03/K
38	Elizabeth Utley	London	234	F	32	13 F 30-39	35:21	7:04/K
39	Jesse Mann	Uxbridge	196	M	44	5 M 40-49	35:30	7:06/K
40	Don Cronin	East York	146	M	29	2 M 20-29	35:35	7:07/K
41	Kristy Pokrywka-Driver	Goderich	216	F	35	14 F 30-39	35:40	7:08/K
42	Alicia Roberts	Kincardine	221	F	37	15 F 30-39	35:58	7:12/K
43	Cathy Marlowe	Goderich	195	F	49	7 F 40-49	36:04	7:13/K
44	Bev Andrews	Goderich	129	F	37	16 F 30-39	36:04	7:13/K
45	Bruce Dietrich	Goderich	149	M	47	6 M 40-49	36:20	7:16/K
46	Sarah Regier	Zurich	219	F	26	4 F 20-29	36:20	7:16/K
47	Shelby Lovett	Clinton	191	F	26	5 F 20-29	36:28	7:18/K
48	Dionne Smith	Lucknow	231	F	47	8 F 40-49	36:30	7:18/K
49	Hannah Moore	Goderich	210	F	23	6 F 20-29	36:31	7:18/K
50	Nadine Vandenheuvel	Goderich	237	F	31	17 F 30-39	36:38	7:20/K
51	Joanna Collings	Ripley	139	F	43	9 F 40-49	36:56	7:23/K
52	Sonya Watson	Ripley	244	F	42	10 F 40-49	36:57	7:23/K
53	Leila Buchanan	Goderich	135	F	44	11 F 40-49	37:09	7:26/K
54	Marybeth Vanveen	Bluevale	241	F	27	7 F 20-29	37:12	7:26/K
55	Natalie Miltenburg	Auburn	206	F	31	18 F 30-39	37:16	7:27/K
56	Jackie Gould	Ingersoll	168	F	46	12 F 40-49	37:20	7:28/K
57	Bob Langendoen	Clinton	190	M	63	1 M 60-99	37:30	7:30/K
58	Sandra Hessels	London	175	F	45	13 F 40-49	37:43	7:33/K
59	Marian Vanveen	Bluevale	240	F	54	4 F 50-59	38:19	7:40/K
60	Karen McKee	Stratford	201	F	38	19 F 30-39	38:32	7:42/K
61	Jenette Vanveen	Orillia, On	239	F	24	8 F 20-29	38:38	7:44/K

62	Ian Gould	Clinton	167	M	34	6 M 30-39	38:49	7:46/K
63	Chelsey Merkt	Goderich	204	F	33	20 F 30-39	39:00	7:48/K
64	Cathie Simpson	Goderich	228	F	49	14 F 40-49	39:12	7:50/K
65	Melissa Wormington	Goderich	265	F	37	21 F 30-39	39:14	7:51/K
66	Rachel Lynn	Goderich	193	F	36	22 F 30-39	39:35	7:55/K
67	Meagan Thompson	Ingersoll	233	F	40	15 F 40-49	39:45	7:57/K
68	Graham Meulendyks	Varna	205	M	21	3 M 20-29	40:10	8:02/K
69	Aleisha Wiendels	Varna	249	F	21	9 F 20-29	40:11	8:02/K
70	Joanne Johnston	Goderich	183	F	49	16 F 40-49	40:13	8:03/K
71	Calvin Kerr	Londesboro	186	M	50	2 M 50-59	40:20	8:04/K
72	Ran Hinchberger	Kincardine	179	F	12	1 F 12-14	40:22	8:04/K
73	Maia Hinchberger	Kincardine	178	F	14	2 F 12-14	40:31	8:06/K
74	Tracey Hinchberger	Kincardine	176	F	50	5 F 50-59	40:45	8:09/K
75	Rob Gole	Owen Sound	165	M	50	3 M 50-59	41:06	8:13/K
76	Kim Hogan	Goderich	180	F	37	23 F 30-39	41:11	8:14/K
77	Owen Utley	London	235	M	39	7 M 30-39	41:43	8:21/K
78	Amanda Moody	Goderich	208	F	33	24 F 30-39	41:52	8:22/K
79	Mary E Hansen	Clinton	171	F	53	6 F 50-59	41:55	8:23/K
80	Coralie Dykstra	Clinton ON	151	F	39	25 F 30-39	41:55	8:23/K
81	Wendy Crittenden	Goderich	145	F	59	7 F 50-59	42:38	8:32/K
82	Kim Gole	Owen Sound	166	F	43	17 F 40-49	43:25	8:41/K
83	Erica Simpson	Goderich	229	F	21	10 F 20-29	44:03	8:49/K
84	Laura Roberts	Goderich	220	F	38	26 F 30-39	44:18	8:52/K
85	Liz Chamas	Goderich	138	F	47	18 F 40-49	45:27	9:05/K
86	Anne Ferguson	Goderich	154	F	41	19 F 40-49	46:06	9:13/K
87	Haley Ferguson	Goderich	155	F	20	11 F 20-29	46:17	9:15/K
88	Joanne Salverda	Londesborough	224	F	53	8 F 50-59	46:37	9:19/K
89	Ian Dekker	Goderich	148	M	33	8 M 30-39	47:20	9:28/K
90	Tracy Westbrook	Goderich	246	F	45	20 F 40-49	48:05	9:37/K
91	Sarah Hubbard	Mitchell	181	F	41	21 F 40-49	48:53	9:47/K
92	Julie Begeman	St Thomas ON	131	F	54	9 F 50-59	50:40	10:08/K
93	Janelle Dykstra	Clinton	32	F	34	27 F 30-39	54:03	10:49/K
94	Jennifer Garrick	Goderich	159	F	37	28 F 30-39	56:56	11:23/K
95	Courtney Wiendels	Varna	250	F	23	12 F 20-29	57:40	11:32/K
96	Joe Schraeer		126	M	29	4 M 20-29	57:40	11:32/K
97	Lisa Blumhagen	Goderich ON	10	F	41	22 F 40-49	1:00:34	12:07/K
98	Allison Plumsteel	Clinton	215	F	38	29 F 30-39	1:03:50	12:46/K
99	Laura Mulder	Bayfield ON	213	F	42	23 F 40-49	1:03:50	12:46/K
100	Lori Brooks	Blyth	134	F	47	24 F 40-49	1:03:51	12:46/K
101	John Wiendels	Varna	248	M	54	4 M 50-59	1:07:54	13:35/K
102	Brenda Wiendels	Varna	247	F	52	10 F 50-59	1:07:55	13:35/K
103	Jared Cox	Goderich	144	M	17	1 M 15-19	1:09:41	13:56/K
104	Angela Cox	Goderich	143	F	47	25 F 40-49	1:09:45	13:57/K
105	Carolyn Anderson	Goderich	127	F	56	11 F 50-59	1:09:48	13:58/K
106	Patricia Costello	Goderich	142	F	56	12 F 50-59	1:09:48	13:58/K