

**Race the Falls  
Overall Finish List  
May 25, 2019**

<b>10K</b>								
<b>Place</b>	<b>Name</b>	<b>City</b>	<b>Bib No</b>	<b>Gender</b>	<b>Age</b>	<b>Age Group Place</b>	<b>Time</b>	<b>Pace</b>
1	Dana Riederer	La Grange IL	311	M	37	1 Overall	40:27	4:03/K
2	Ryan Power	Komoka ON	309	M	30	2 Overall	40:46	4:05/K
3	Paul Kroll	Goderich ON	288	M	46	3 Overall	49:02	4:54/K
4	Jim Peever	London ON	307	M	42	1 M 40-49	50:47	5:05/K
5	Brandon Murray	Lucknow ON	304	M	20	1 M 20-29	53:30	5:21/K
6	Ryan Clubbe	Port Elgin ON	266	M	38	1 M 30-39	55:58	5:36/K
7	Luke Shephard	Goderich ON	314	M	47	2 M 40-49	56:46	5:41/K
8	Denise Brady	Southampton ON	263	F	36	1 Overall	56:59	5:42/K
9	Julian Bolinger	Goderich ON	261	M	36	2 M 30-39	57:20	5:44/K
10	Philip Paquette	Goderich ON	305	M	64	1 M 60-99	57:24	5:44/K
11	William Armstrong	Goderich ON	252	M	10	1 M 10-12	57:25	5:45/K
12	Diana Teal	Goderich ON	319	F	43	2 Overall	57:27	5:45/K
13	Stephen Regier	Zurich ON	310	M	30	3 M 30-39	57:38	5:46/K
14	Karen Collingwood	Cambridge ON	268	F	48	3 Overall	57:53	5:47/K
15	Kristy Goss	Cambridge ON	280	F	39	1 F 30-39	57:53	5:47/K
16	Matthew Bender	Hanover ON	259	M	34	4 M 30-39	57:56	5:48/K
17	Shane Webster	London ON	322	M	41	3 M 40-49	58:09	5:49/K
18	Amanda Switzer	London ON	318	F	31	2 F 30-39	58:12	5:49/K
19	Tom MacNaughton	Adrian MI	297	M	67	2 M 60-99	58:15	5:50/K
20	Curtis Meyers	Clinton ON	301	M	35	5 M 30-39	58:34	5:51/K
21	Candice Shelton	Goderich ON	313	F	38	3 F 30-39	59:49	5:59/K
22	Kent Moffett	Waterloo ON	303	M	36	6 M 30-39	1:00:33	6:03/K
23	Jeff Wilmink	London ON	324	M	42	4 M 40-49	1:01:16	6:08/K
24	Damion Gillard	Goderich ON	279	M	34	7 M 30-39	1:02:20	6:14/K
25	Gilbert Vandenheuvel	Goderich ON	320	M	57	1 M 50-59	1:02:26	6:15/K
26	Luke Elliott	Goderich ON	273	M	32	8 M 30-39	1:02:30	6:15/K
27	Brad Lowery	Kingsville ON	293	M	49	5 M 40-49	1:03:15	6:20/K



5K								
Place	Name	City	Bib No	Gender	Age	Age Group Place	Time	Pace
1	Clint Murray	Lucknow ON	106	M	44	1 Overall	20:49	4:10/K
2	Spencer Summerfield	London ON	132	M	32	2 Overall	20:57	4:11/K
3	Sean Ludwig	Newmarket ON	79	M	39	3 Overall	21:52	4:22/K
4	Jeff Thuss	Goderich ON	133	M	38	1 M 30-39	22:06	4:25/K
5	Peter Godwin	Goderich ON	44	M	42	1 M 40-49	22:39	4:32/K
6	Steve Beasley	Goderich ON	7	M	63	1 M 60-99	22:48	4:34/K
7	Boyd Cowan	Blyth ON	22	M	16	1 M 16-19	23:08	4:38/K
8	Steve McRae	Goderich ON	94	M	44	2 M 40-49	24:06	4:49/K
9	Ryan McGee	Goderich ON	89	M	11	1 M 10-12	24:17	4:51/K
10	Brody Moir	Clinton ON	99	M	10	2 M 10-12	24:22	4:52/K
11	Lukas Bolinger	Londesborough ON	10	M	38	2 M 30-39	24:44	4:57/K
12	Mark Moore	Goderich ON	103	M	34	3 M 30-39	25:19	5:04/K
13	Julie Riederer	La Grange IL	119	F	37	1 Overall	25:19	5:04/K
14	Scott Miller	Wingham ON	95	M	40	3 M 40-49	25:20	5:04/K
15	Ryan Wilkie	Goderich ON	136	M	43	4 M 40-49	25:26	5:05/K
16	Luke Evans	Goderich ON	34	M	14	1 M 13-15	25:41	5:08/K
17	Tim Prentice	Bluevale ON	116	M	40	5 M 40-49	25:42	5:08/K
18	Mark Olson	Wingham ON	110	M	42	6 M 40-49	25:44	5:09/K
19	Tara Regier	Zurich ON	118	F	30	2 Overall	25:52	5:10/K
20	Darcie Brohman	Clinton ON	14	F	14	3 Overall	26:36	5:19/K
21	Paul Cook	Goderich ON	21	M	47	7 M 40-49	27:01	5:24/K
22	Neil Rittenhouse	Goderich ON	120	M	34	4 M 30-39	27:10	5:26/K
23	Joshua McClinchey	Bayfield ON	86	M	44	8 M 40-49	27:15	5:27/K
24	Mike O'Brien	Goderich ON	109	M	29	1 M 20-29	27:17	5:27/K
25	Brian Jeffray	Goderich ON	61	M	61	2 M 60-99	27:19	5:28/K
26	Adele Burton	Kincardine ON	18	F	37	1 F 30-39	27:22	5:28/K
27	Nicki Darbyson	Goderich ON	27	F	35	2 F 30-39	27:26	5:29/K
28	Eric Shelley	Goderich ON	126	M	31	5 M 30-39	27:28	5:30/K
29	Mark Barton	Embro ON	6	M	13	2 M 13-15	27:30	5:30/K
30	Kateyn Moore	Goderich ON	101	F	30	3 F 30-39	27:32	5:30/K
31	Cole Wilmink	London ON	138	M	12	3 M 10-12	27:38	5:32/K

32	Angela Gervase	Stayner ON	42	F	43	1 F 40-49	27:49	5:34/K
33	Sonya Dykstra	Blyth ON	30	F	34	4 F 30-39	27:51	5:34/K
34	Niki Kovats	Goderich ON	68	F	44	2 F 40-49	28:01	5:36/K
35	Hudson Gole	Goderich ON	46	M	10	4 M 10-12	28:17	5:39/K
36	Archer Lobb	Goderich ON	77	M	10	5 M 10-12	28:38	5:44/K
37	Ben MacAdam	Goderich ON	82	M	37	6 M 30-39	28:39	5:44/K
38	Jeff Gole	Goderich ON	45	M	44	9 M 40-49	28:52	5:46/K
39	Bethany McRae	Goderich ON	93	F	37	5 F 30-39	29:29	5:54/K
40	Bev Jeffray	Goderich ON	62	F	56	1 F 50-59	29:49	5:58/K
41	Jason Lehouillier	London ON	75	M	42	10 M 40-49	29:55	5:59/K
42	Jayne Daer	Goderich ON	26	F	46	3 F 40-49	30:20	6:04/K
43	Rachel Kernighan	Lucknow ON	67	F	31	6 F 30-39	30:54	6:11/K
44	Darren Brunjes	Clinton ON	16	M	42	11 M 40-49	31:09	6:14/K
45	Hayden Brujnes	Clinton ON	142	M	19	2 M 16-19	31:09	6:14/K
46	David Prang	Brantford ON	115	M	41	12 M 40-49	31:49	6:22/K
47	Nicole Bade	Kincardine ON	4	F	32	7 F 30-39	31:56	6:23/K
48	Mike Moody	Goderich ON	100	M	33	7 M 30-39	31:58	6:24/K
49	Stacey Gloucher	Lucknow ON	43	F	31	8 F 30-39	32:05	6:25/K
50	Jane Barton	Embro ON	5	F	42	4 F 40-49	32:13	6:27/K
51	Lauren Marshall	Tiverton ON	84	F	34	9 F 30-39	32:23	6:29/K
52	Robyn McClinchey	Bayfield ON	85	F	38	10 F 30-39	32:38	6:32/K
53	Amanda Mitchell	Bayfield ON	96	F	31	11 F 30-39	32:39	6:32/K
54	Carson Langtry	Goderich ON	72	M	10	6 M 10-12	32:43	6:33/K
55	Alanna Scully	Goderich ON	125	F	22	1 F 20-29	32:48	6:34/K
56	Myra Stecca	Goderich ON	131	F	42	5 F 40-49	33:08	6:38/K
57	Shawn McFadden	Kincardine ON	87	M	44	13 M 40-49	33:18	6:40/K
58	Candace Connolly	Port Elgin ON	20	F	33	12 F 30-39	33:45	6:45/K
59	Jennifer Fleming	Londesborough ON	39	F	52	2 F 50-59	33:53	6:47/K
60	Katrina Greidanus	Londesborough ON	50	F	34	13 F 30-39	34:07	6:49/K
61	Bob Langendoen	Clinton ON	70	M	65	3 M 60-99	34:21	6:52/K
62	Kristy Pokrywka-Driver	Goderich ON	112	F	37	14 F 30-39	34:42	6:56/K
63	Paige Sommer	Goderich ON	128	F	11	1 F 10-12	34:44	6:57/K
64	Olivia Allen	Goderich ON	1	F	13	1 F 13-15	35:28	7:06/K

65	Clare Sutherland	Clinton ON	140	F	35	15 F 30-39	35:38	7:08/K
66	Cohen Gubelmann-Kenney	Dashwood ON	53	M	10	7 M 10-12	35:46	7:09/K
67	Linda McIntosh	Guelph ON	90	F	39	16 F 30-39	35:53	7:11/K
68	Dana Croteau	Goderich ON	25	F	12	2 F 10-12	35:58	7:12/K
69	Ella Stanbury	Goderich ON	130	F	11	3 F 10-12	36:00	7:12/K
70	Scott Allen	Goderich ON	2	M	46	14 M 40-49	36:13	7:15/K
71	Ian Gould	Clinton ON	48	M	36	8 M 30-39	36:27	7:17/K
72	Madison Wilmlink	London ON	139	F	10	4 F 10-12	36:44	7:21/K
73	Julie Gole	Goderich ON	47	F	39	17 F 30-39	37:05	7:25/K
74	Alicia Beland	Teeswater ON	8	F	30	18 F 30-39	37:18	7:28/K
75	Lisa Ambeau	Kincardine ON	3	F	48	6 F 40-49	37:52	7:34/K
76	Betty Ireland	Teeswater ON	60	F	63	1 F 60-99	37:59	7:36/K
77	Lisa Hood	Conestogo ON	58	F	32	19 F 30-39	38:06	7:37/K
78	Sarah Regier	Zurich ON	117	F	28	2 F 20-29	38:07	7:37/K
79	Mark Edwards	Conestogo ON	31	M	48	15 M 40-49	38:09	7:38/K
80	Laura Hood	Conestogo ON	57	F	35	20 F 30-39	38:09	7:38/K
81	Shelby Lovett	Clinton ON	78	F	28	3 F 20-29	38:20	7:40/K
82	Crystal Moir	Clinton ON	98	F	38	21 F 30-39	38:56	7:47/K
83	Becky Bosma	Blyth ON	12	F	35	22 F 30-39	39:22	7:52/K
84	Hannah Moore	Goderich ON	102	F	25	4 F 20-29	39:25	7:53/K
85	Kim Wilmlink	London ON	137	F	44	7 F 40-49	39:44	7:57/K
86	Sarah Bolinger	Londesborough ON	11	F	34	23 F 30-39	40:03	8:01/K
87	Megan Biasin	Clinton ON	9	F	21	5 F 20-29	40:04	8:01/K
88	Barbara Postl	Brucefield ON	114	F	45	8 F 40-49	40:08	8:02/K
89	Kristen Estabrooks	Arthur ON	32	F	34	24 F 30-39	40:17	8:03/K
90	Brent Estabrooks	Arthur ON	33	M	33	9 M 30-39	40:18	8:04/K
91	Mike McGee	Goderich ON	88	M	23	2 M 20-29	41:04	8:13/K
92	Sarah Langtry	Goderich ON	71	F	41	9 F 40-49	41:07	8:13/K
93	Karen Kan	Goderich ON	66	F	34	25 F 30-39	41:37	8:19/K
94	Charmila Ireland	Teeswater ON	59	F	29	6 F 20-29	41:37	8:19/K
95	Lisa Farrell	Kincardine ON	36	F	48	10 F 40-49	42:31	8:30/K
96	Grace Short	Kitchener ON	127	F	48	11 F 40-49	42:46	8:33/K
97	Unknown						42:46	8:33/K

98	Rowan Grandmaison	Goderich ON	49	M	11	8 M 10-12	42:47	8:33/K
99	Ethan Sommer	Goderich ON	129	M	13	3 M 13-15	43:03	8:37/K
100	Melissa Laki	Kincardine ON	69	F	37	26 F 30-39	43:19	8:40/K
101	Sienna Gubelmann-Kenney	Dashwood ON	52	F	13	2 F 13-15	44:01	8:48/K
102	Kristen Dykeman	Woodstock ON	29	F	43	12 F 40-49	44:04	8:49/K
103	Andrea Gubelmann-Kenney	Dashwood ON	51	F	41	13 F 40-49	44:06	8:49/K
104	Mercedes Noda	Goderich ON	108	F	50	3 F 50-59	45:19	9:04/K
105	Sarah Rylaarsdam	Goderich ON	121	F	31	27 F 30-39	45:39	9:08/K
106	Tanya Mabon	Goderich ON	81	F	46	14 F 40-49	45:59	9:12/K
107	Kirsten Allan	Clinton ON	141	F	28	7 F 20-29	46:12	9:14/K
108	Jordan Nairn	Lucknow ON	107	F	28	8 F 20-29	46:56	9:23/K
109	Rebecca Buchanan	Bluevale ON	17	F	29	9 F 20-29	47:04	9:25/K
110	Megan Foxtan	Wingham ON	40	F	33	28 F 30-39	47:04	9:25/K
111	Angela Lawrence	Varna ON	73	F	50	4 F 50-59	47:30	9:30/K
112	Erinn Lawrie	Goderich ON	74	F	32	29 F 30-39	48:19	9:40/K
113	Michelle Fenton	Wingham ON	37	F	38	30 F 30-39	48:48	9:46/K
114	Cathy Lunn	Kincardine ON	80	F	43	15 F 40-49	49:27	9:53/K
115	Jennifer Garrick	Goderich ON	41	F	39	31 F 30-39	1:04:11	12:50/K