

"Take the Plunge" 5km Spring Opener

Massey Drive, NL 01/05/2011

Athletics Canada # NL-2009-039-BDC
Time 1100hrs

Please report any errors or omissions to: Dave Decker

Place	Sex/Tot	Div/Tot	Bib N Div	Time	Pace	Name	City	Pr
1	1/34	1/10	515 M3039	17:34	3:31	Dean Alyward	Deer Lake	NL
2	2/34	2/10	550 M3039	17:37	3:32	Lee Churchill	Corner Brook	NL
3	3/34	1/4	516 M2029	17:56	3:36	Stephen Adams	Stephenville	NL
4	4/34	3/10	559 M3039	18:15	3:39	Aubrey Sanders	Corner Brook	NL
5	5/34	2/4	554 M2029	18:47	3:46	Shannon As Warren	Corner Brook	NL
6	6/34	4/10	581 M3039	19:08	3:50	Trent Burden	Steady Brook	NL
7	7/34	3/4	518 M2029	19:18	3:52	Ryan Rose	Massey Drive	NL
8	8/34	1/7	571 M5099	19:42	3:57	Michael Coyne	St. Stephen	NB
9	9/34	1/2	543 M0119	19:53	3:59	Geordie Summers-Lubar	Corner Brook	NL
10	10/34	1/11	564 M4049	20:11	4:03	Steve May	Corner Brook	NL
11	1/42	1/8	524 F2029	20:20	4:04	Melissa Hardy	Deer Lake	NL
12	11/34	2/7	540 M5099	20:36	4:08	Steve Howlett	Corner Brook	NL
13	12/34	5/10	583 M3039	20:43	4:09	Peter Ledrew	Corner Brook	NL
14	13/34	2/11	529 M4049	20:57	4:12	Dean Simon	Flat Bay	NL
15	14/34	6/10	522 M3039	21:04	4:13	Birender Wadhwa	Corner Brook	NL
16	15/34	3/11	526 M4049	21:07	4:14	Tom Knight	Corner Brook	NL
17	16/34	4/11	569 M4049	21:11	4:15	Carl Barrett	Corner Brook	NL
18	17/34	5/11	580 M4049	21:17	4:16	Bruce Rodrigues	Corner Brook	NL
19	18/34	6/11	579 M4049	21:25	4:17	Ian Stuart Crane	Massey Drive	NL

20	19/34	7/10	517 M3039	21:58	4:24	Jon Patten	Corner Brook	NL
21	20/34	4/4	566 M2029	21:58	4:24	Stephen Wheeler	Port Au Port	NL
22	21/34	3/7	514 M5099	21:59	4:24	Tony Cadigan	Corner Brook	NL
23	22/34	8/10	536 M3039	22:30	4:30	Duane Warren	Corner Brook	NL
24	2/42	1/15	523 F3039	22:50	4:34	Anne Wadhwa	Corner Brook	NL
25	3/42	2/15	555 F3039	23:32	4:43	Trina Bursey	Corner Brook	NL
26	4/42	2/8	509 F2029	23:33	4:43	Roslynn Decker	Corner Brook	NL
27	5/42	3/15	549 F3039	23:33	4:43	Kastine Churchill	Corner Brook	NL
28	23/34	7/11	548 M4049	23:38	4:44	Gord Doman	Corner Brook	NL
29	24/34	4/7	510 M5099	24:01	4:49	Mervyn Dean	Corner Brook	NL
30	25/34	5/7	541 M5099	24:02	4:49	John Lubar	Corner Brook	NL
31	26/34	8/11	563 M4049	24:08	4:50	John French	Massey Drive	NL
32	27/34	9/11	585 M4049	24:28	4:54	Glen Dolomount	Corner Brook	NL
33	28/34	10/11	561 M4049	24:38	4:56	Michael White	Port Au Choix	NL
34	6/42	3/8	562 F2029	24:42	4:57	Leah Ash	Massey Drive	NL
35	7/42	1/14	558 F4049	25:04	5:01	Jennifer Oxford	Corner Brook	NL
36	8/42	2/14	512 F4049	25:43	5:09	Josephine Swyer	Corner Brook	NL
37	9/42	4/15	513 F3039	25:43	5:09	Angie Elford	Corner Brook	NL
38	10/42	4/8	560 F2029	25:51	5:11	Lori St. Croix	Corner Brook	NL
39	29/34	6/7	525 M5099	26:01	5:13	Donald Martin	Corner Brook	NL
40	11/42	5/15	538 F3039	26:11	5:15	Nancy Acreman	Corner Brook	NL
41	12/42	3/14	535 F4049	26:20	5:16	Denise Allain	Corner Brook	NL
42	13/42	1/5	519 F5099	26:32	5:19	Annette Thibeau	Stephenville	NL
43	14/42	5/8	542 F2029	26:39	5:20	Tansey Summers-Lubar	Corner Brook	NL
44	15/42	6/15	532 F3039	26:40	5:20	Janna Walsh	Corner Brook	NL
45	16/42	4/14	545 F4049	26:58	5:24	Annette Rowsell	Corner Brook	NL

46	17/42	5/14	547 F4049	27:09	5:26	Jacqueline Neville	Corner Brook	NL
47	18/42	6/14	544 F4049	27:27	5:30	Bonnie King	Corner Brook	NL
48	19/42	7/14	528 F4049	27:34	5:31	Michelle Skinner	Kippens	NL
49	20/42	7/15	570 F3039	27:57	5:36	Angela Millett	Corner Brook	NL
50	30/34	9/10	553 M3039	28:10	5:38	Liette Sweetapple	Humber Valley R	NL
51	21/42	8/14	546 F4049	28:10	5:38	Lisa Park	Corner Brook	NL
52	22/42	9/14	537 F4049	28:14	5:39	Anna Madore	Corner Brook	NL
53	23/42	6/8	575 F2029	28:41	5:45	Natalie Thomas	Massey Drive	NL
54	24/42	8/15	573 F3039	28:43	5:45	Rebecca Hel Newton	Corner Brook	NL
55	25/42	7/8	567 F2029	29:00	5:48	Heather Whalen	Norris Point	NL
56	26/42	10/14	584 F4049	29:10	5:50	Sherry George	Corner Brook	NL
57	27/42	2/5	511 F5099	29:11	5:51	Sharren Rumbolt	Corner Brook	NL
58	31/34	10/10	565 M3039	29:17	5:52	Kenneth B Wheeler	Corner Brook	NL
59	28/42	11/14	533 F4049	30:30	6:06	Madonna Warren	Stephenville	NL
60	29/42	3/5	534 F5099	30:30	6:06	Lori-Ann Leamon	Kippens	NL
61	30/42	9/15	531 F3039	30:30	6:06	Elizabeth L Appleby	Corner Brook	NL
62	32/34	11/11	551 M4049	30:31	6:07	Lee Miles	Corner Brook	NL
63	33/34	2/2	576 M0119	30:32	6:07	Davin French	Massey Drive	NL
64	31/42	4/5	520 F5099	30:32	6:07	Avril McIsaac	Stephenville	NL
65	32/42	5/5	552 F5099	30:33	6:07	Steph Buckle	Corner Brook	NL
66	33/42	12/14	557 F4049	31:31	6:19	Margaret Hepditch	Corner Brook	NL
67	34/42	10/15	521 F3039	31:43	6:21	Tera McDonald	Kippemns	NL
68	35/42	11/15	539 F3039	32:24	6:29	Kristy Hoddinott	Corner Brook	NL
69	36/42	12/15	574 F3039	33:12	6:39	Kris Smith	Stephenville	NL
70	37/42	13/15	527 F3039	33:30	6:42	Tracey Walters	Kippens	NL
71	38/42	14/15	578 F3039	35:01	7:01	Shawna Peddle	Mount Moriah	NL

72	34/34	7/7	530 M5099	37:37	7:32	Derek Jackman	Corner Brook	NL
73	39/42	8/8	556 F2029	38:51	7:47	Katheryn Cochrane	Pasadena	NL
74	40/42	15/15	582 F3039	38:52	7:47	Arlene Randell	Corner Brook	NL
75	41/42	13/14	577 F4049	40:14	8:03	Lesley French	Massey Drive	NL
76	42/42	14/14	568 F4049			Andrea Barrett	Corner Brook	NL