

Frank McNamara Fall Cross Country Series  
Forest Heights Parks - #5  
Edmonton, AB  
October 4th, 2023

Timing by Results Canada Race Management - [www.moderntimingsolutions.com](http://www.moderntimingsolutions.com)

-----  
Category: Boys 10 & under

Place	Numb	Name	Time	Pace
1	742	Jack PRIMROSE	26:52	5:59

-----  
Category: Boys 11-15

Place	Numb	Name	Time	Pace
1	903	Lola LOLACHIER	18:50	4:12
2	783	Sean SCHREIBER	20:46	4:37
3	696	Jason LABOUCANE	21:45	4:50
4	807	David WAIT	27:03	6:01
5	908	Alex ZOMBOR	27:05	6:02

-----  
Category: Boys 16-19

Place	Numb	Name	Time	Pace
1	690	Nikolas KRUSEKOPF	17:23	3:52
2	913	Declan MCCALLION	18:37	4:09
3	697	Matthew DICK	19:02	4:14
4	869	Preston BRUENS	22:58	5:07
5	821	Rio JOHNSEN-SOLLLOS	26:37	5:55

-----  
Category: Men 20-29

Place	Numb	Name	Time	Pace
1	894	Robert CHOUVET	15:47	3:31
2	800	Curtis THOMPSON	16:23	3:39
3	776	Jordan VAN DEN BRUEL	18:22	4:05
4	876	Aidan COOPER	19:01	4:14
5	896	Ben FREEMAN	19:41	4:23
6	521	Karim VALII	20:46	4:37
7	692	Pearce TOAL	21:00	4:40

-----  
Category: Men 30-39

Place	Numb	Name	Time	Pace
1	881	Kirk SUNDT	16:01	3:34
2	888	Conor FUREY	16:53	3:46
3	774	Andrew SNOOK	17:32	3:54
4	768	Andrew WALLACE	18:35	4:08
5	741	Derek SCHUTZ	18:52	4:12
6	721	Michael MILNER	19:42	4:23
7	816	Vincent SAUER	22:14	4:57
8	850	Joao HENRIQUE	23:47	5:18
9	906	Pandreau WHITE	26:26	5:53

-----  
Category: Men 40-49

Place	Numb	Name	Time	Pace
1	897	Sean CONWAY	17:00	3:47
2	781	Brian TORRANCE	17:08	3:49
3	904	Gareth ROUGHLEY	20:48	4:38
4	868	Bryan VAN BOOM	20:50	4:38
5	777	Jacob JAREMKO	21:43	4:50
6	753	Marc DOWDELL	25:23	5:39
7	729	Jeff TARADSON	25:26	5:39
8	887	Michael STIMAC	25:36	5:42

9 847 James ROBBINS 25:48 5:44  
10 878 Bernard ASQUIN 29:28 6:33

-----  
Category: Men 50-59

Place	Numb	Name	Time	Pace
=====	=====	=====	=====	=====
1	809	Neil SADOWNIK	19:28	4:20
2	806	Gerald ZUREK	22:22	4:59
3	691	Stephen TOAL	22:23	4:59
4	694	Michael KENNEDY	22:34	5:01
5	705	Sarb KHATRA	25:18	5:38
6	820	Arne JOHNSEN-SOLLOS	26:37	5:55

-----  
Category: Men 60-69

Place	Numb	Name	Time	Pace
=====	=====	=====	=====	=====
1	759	Dirk AUGER	17:51	3:58
2	703	Scott ROGERS	21:11	4:43
3	803	Mike WALKER	22:03	4:54
4	760	Gerry BELANGER	23:58	5:20
5	711	Bob LARGE	24:49	5:31
6	704	Alan SHAW	29:43	6:37
7	719	David ROBIN	30:45	6:50

-----  
Category: Men 70 & over

Place	Numb	Name	Time	Pace
=====	=====	=====	=====	=====
1	702	Stefan FEKNER	25:33	5:41
2	812	neil FARRELL	31:30	7:00

-----  
Category: Women 10 & under

Place	Numb	Name	Time	Pace
-------	------	------	------	------

-----  
Category: Women 11-15

Place	Numb	Name	Time	Pace
1	818	Akari MCLEOD	23:18	5:11
2	714	Brechan KENNEDY	26:49	5:58
3	902	Makayla WOOD	27:13	6:03
4	901	Alexis CLARK	27:31	6:07
5	699	Zoe MCLEAN	30:10	6:43
6	700	Noami ROTTTIER	30:12	6:43
7	893	Sophie RICHMOND	42:15	9:24
8	693	Taylor WOOD	42:15	9:24

-----  
Category: Women 16-19

Place	Numb	Name	Time	Pace
1	698	Allyse BORST	24:19	5:25
2	910	Mirella STIMAC	25:35	5:41

-----  
Category: Women 20-29

Place	Numb	Name	Time	Pace
1	907	Shaylene BULLEE	19:05	4:15
2	720	Sarah MEISTER	21:20	4:45
3	734	Riley MEISTER	22:47	5:04
4	875	Taylor WALKER	27:51	6:12
5	912	Sophie GIESE	28:05	6:15

-----  
Category: Women 30-39

Place	Numb	Name	Time	Pace
1	740	Jen ELLIOTT	19:32	4:21
2	880	Sara SZABO	19:43	4:23
3	756	Shelby SUNDT	22:47	5:04
4	813	Amy HOOPER	24:18	5:24
5	841	Samantha KARPYSHIN	25:07	5:35
6	801	Sofi NICOLESCU	28:07	6:15

-----  
Category: Women 40-49

Place	Numb	Name	Time	Pace
1	883	Jennifer BECKER	24:09	5:22
2	905	Jessica LACOURSIERE	24:52	5:32
3	512	Michelle ANDERSON	25:27	5:40
4	911	Lita MCDONALD	27:40	6:09
5	808	Laura WAIT	27:52	6:12
6	779	Miriam PAYNE	28:00	6:14
7	763	Deb KERSHAW	32:20	7:12
8	530	Victoria TATE	32:41	7:16
9	775	Lori DUKE	39:59	8:54

-----  
Category: Women 50-59

Place	Numb	Name	Time	Pace
1	744	Kristi WILLIAMS	23:17	5:11
2	723	Kathy HILL	29:37	6:35
3	709	Carol DAVIDSON	41:07	9:09

-----  
Category: Women 60-69

Place	Numb	Name	Time	Pace
1	717	Wendy DRYSDALE	28:07	6:15

2	695	Diane O'NEILL	30:31	6:47
3	909	Anita MYERS	31:48	7:04
4	837	Christine KUPILIK	32:50	7:18

-----  
Category: Women 70 & over

Place	Numb	Name	Time	Pace
=====	=====	=====	=====	=====

↑