

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

Timing by Results Canada Race Management - www.moderntimingsolutions.com

4.50km Overall Finish Results

Over All Place	Place In Total AgeGroup	Age Group	Bib Num	Name	Finish Time	Pace Min/km	LAP
1	1/7	M2029	894	Robert CHOUVET	15:47	3:31	
2	1/9	M3039	881	Kirk SUNDT	16:01	3:34	
3	2/7	M2029	800	Curtis THOMPSON	16:23	3:39	
4	2/9	M3039	888	Conor FUREY	16:53	3:46	
5	1/10	M4049	897	Sean CONWAY	17:00	3:47	
6	2/10	M4049	781	Brian TORRANCE	17:08	3:49	
7	1/5	M1619	690	Nikolas KRUSEKOPF	17:23	3:52	
8	3/9	M3039	774	Andrew SNOOK	17:32	3:54	
9	1/7	M6069	759	Dirk AUGER	17:51	3:58	
10	3/7	M2029	776	Jordan VAN DEN BRUEL	18:22	4:05	
11	4/9	M3039	768	Andrew WALLACE	18:35	4:08	
12	2/5	M1619	913	Declan MCCALLION	18:37	4:09	
13	1/5	M1115	903	Lola LOLACHIER	18:50	4:12	
14	5/9	M3039	741	Derek SCHUTZ	18:52	4:12	
15	4/7	M2029	876	Aidan COOPER	19:01	4:14	
16	3/5	M1619	697	Matthew DICK	19:02	4:14	
17	1/5	F2029	907	Shaylene BULLEE	19:05	4:15	
18	1/6	M5059	809	Neil SADOWNIK	19:28	4:20	
19	1/6	F3039	740	Jen ELLIOTT	19:32	4:21	
20	5/7	M2029	896	Ben FREEMAN	19:41	4:23	
21	6/9	M3039	721	Michael MILNER	19:42	4:23	
22	2/6	F3039	880	Sara SZABO	19:43	4:23	
23	6/7	M2029	521	Karim VALII	20:46	4:37	
24	2/5	M1115	783	Sean SCHREIBER	20:46	4:37	
25	3/10	M4049	904	Gareth ROUGHLEY	20:48	4:38	

26	4/10	M4049	868 Bryan VAN BOOM	20:50	4:38
27	7/7	M2029	692 Pearce TOAL	21:00	4:40
28	2/7	M6069	703 Scott ROGERS	21:11	4:43
29	2/5	F2029	720 Sarah MEISTER	21:20	4:45
30	5/10	M4049	777 Jacob JAREMKO	21:43	4:50
31	3/5	M1115	696 Jason LABOUCANE	21:45	4:50
32	3/7	M6069	803 Mike WALKER	22:03	4:54
33	7/9	M3039	816 Vincent SAUER	22:14	4:57
34	2/6	M5059	806 Gerald ZUREK	22:22	4:59
35	3/6	M5059	691 Stephen TOAL	22:23	4:59
36	4/6	M5059	694 Michael KENNEDY	22:34	5:01
37	3/5	F2029	734 Riley MEISTER	22:47	5:04
38	3/6	F3039	756 Shelby SUNDT	22:47	5:04
39	4/5	M1619	869 Preston BRUENS	22:58	5:07
40	1/3	F5059	744 Kristi WILLIAMS	23:17	5:11
41	1/8	F1115	818 Akari MCLEOD	23:18	5:11
42	8/9	M3039	850 Joao HENRIQUE	23:47	5:18
43	4/7	M6069	760 Gerry BELANGER	23:58	5:20
44	1/9	F4049	883 Jennifer BECKER	24:09	5:22
45	4/6	F3039	813 Amy HOOPER	24:18	5:24
46	1/2	F1619	698 Allyse BORST	24:19	5:25
47	5/7	M6069	711 Bob LARGE	24:49	5:31
48	2/9	F4049	905 Jessica LACOURSIERE	24:52	5:32
49	5/6	F3039	841 Samantha KARPYSHIN	25:07	5:35
50	5/6	M5059	705 Sarb KHATRA	25:18	5:38
51	6/10	M4049	753 Marc DOWDELL	25:23	5:39
52	7/10	M4049	729 Jeff TARADSON	25:26	5:39
53	3/9	F4049	512 Michelle ANDERSON	25:27	5:40
54	1/2	M70+	702 Stefan FEKNER	25:33	5:41
55	2/2	F1619	910 Mirella STIMAC	25:35	5:41
56	8/10	M4049	887 Michael STIMAC	25:36	5:42
57	9/10	M4049	847 James ROBBINS	25:48	5:44
58	9/9	M3039	906 Pandreau WHITE	26:26	5:53
59	5/5	M1619	821 Rio JOHNSEN-SOLLOS	26:37	5:55
60	6/6	M5059	820 Arne JOHNSEN-SOLLOS	26:37	5:55
61	2/8	F1115	714 Brechan KENNEDY	26:49	5:58
62	1/1	M0110	742 Jack PRIMROSE	26:52	5:59
63	4/5	M1115	807 David WAIT	27:03	6:01
64	5/5	M1115	908 Alex ZOMBOR	27:05	6:02

65	3/8	F1115	902 Makayla WOOD	27:13	6:03
66	4/8	F1115	901 Alexis CLARK	27:31	6:07
67	4/9	F4049	911 Lita MCDONALD	27:40	6:09
68	4/5	F2029	875 Taylor WALKER	27:51	6:12
69	5/9	F4049	808 Laura WAIT	27:52	6:12
70	6/9	F4049	779 Miriam PAYNE	28:00	6:14
71	5/5	F2029	912 Sophie GIESE	28:05	6:15
72	1/4	F6069	717 Wendy DRYSDALE	28:07	6:15
73	6/6	F3039	801 Sofi NICOLESCU	28:07	6:15
74	10/10	M4049	878 Bernard ASQUIN	29:28	6:33
75	2/3	F5059	723 Kathy HILL	29:37	6:35
76	6/7	M6069	704 Alan SHAW	29:43	6:37
77	5/8	F1115	699 Zoe MCLEAN	30:10	6:43
78	6/8	F1115	700 Noami ROTTTIER	30:12	6:43
79	2/4	F6069	695 Diane O'NEILL	30:31	6:47
80	7/7	M6069	719 David ROBIN	30:45	6:50
81	2/2	M70+	812 neil FARRELL	31:30	7:00
82	3/4	F6069	909 Anita MYERS	31:48	7:04
83	7/9	F4049	763 Deb KERSHAW	32:20	7:12
84	8/9	F4049	530 Victoria TATE	32:41	7:16
85	4/4	F6069	837 Christine KUPILIK	32:50	7:18
86	9/9	F4049	775 Lori DUKE	39:59	8:54
87	3/3	F5059	709 Carol DAVIDSON	41:07	9:09
88	7/8	F1115	893 Sophie RICHMOND	42:15	9:24
89	8/8	F1115	693 Taylor WOOD	42:15	9:24

