

Frank McNamara Spring Cross Country Series
 MillCreek Ravine - Race #4
 Edmonton, AB
 May 7th, 2025

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

 Category: Boys 10 & under

Place	Numb	Name	Time	Pace
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 Category: Boys 11-15

Place	Numb	Name	Time	Pace
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1	431	Teddy KUNITZ	29:46	5:44

 Category: Boys 16-19

Place	Numb	Name	Time	Pace
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 Category: Men 20-29

Place	Numb	Name	Time	Pace
=====	=====	=====	=====	=====
1	406	Ethan SADOWNIK	17:34	3:23
2	822	Genesis K-M.	21:43	4:11
3	440	Aidan COOPER	22:05	4:15
4	811	Jack MCLAY	22:43	4:23
5	436	Dennis POLANSKY	28:03	5:24
6	377	Preston BRUENS	29:47	5:44
7	839	Sam REHLAN	34:15	6:36

 Category: Men 30-39

Place	Numb	Name	Time	Pace
=====	=====	=====	=====	=====
1	808	Jan FREIHAMMER	19:58	3:51
2	425	Friedrich CHICKENLEGS	21:08	4:04
3	810	Phil TINKA	21:14	4:05
4	424	Serhii NAUMETS	23:23	4:30
5	845	Ian SCOTT	29:33	5:41
6	833	Emmott KELSEY	36:43	7:04

 Category: Men 40-49

Place	Numb	Name	Time	Pace
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Place	Numb	Name	Time	Pace
1	806	Scott ATKINSON	21:37	4:10
2	448	Matthew GUTSCHER	21:46	4:12
3	419	Joao FALK	24:39	4:45
4	404	Ken RISTAU	25:01	4:49
5	842	Daniel TRISKA	25:53	4:59
6	846	Marc DOWDELL	30:03	5:47
7	829	Michel LAFRAMBOISE	32:00	6:10
8	809	Mike BRUENS	38:03	7:19
9	430	Rowan KUNITZ	38:16	7:22
10	855	Mike HUYBRECHT	40:09	7:44
11	416	Bernard ASQUIN	44:19	8:32

Category: Men 50-59

Place	Numb	Name	Time	Pace
1	444	Dan VAN SLOTEN	20:16	3:54
2	375	Shane ANDERSEN	20:23	3:56
3	834	Sean BARR	21:44	4:11
4	815	Mark HASSALL	21:55	4:13
5	407	Neil SADOWNIK	22:18	4:18
6	814	Ian MANN	23:23	4:30
7	857	Michael KENNEDY	26:09	5:02

Category: Men 60-69

Place	Numb	Name	Time	Pace
1	445	Dirk AUGER	20:12	3:53
2	805	David PERCY	22:55	4:25
3	837	Scott the Slim ROGERS	24:24	4:42
4	812	Gerald ZUREK	27:35	5:19
5	858	Brian NELSON	33:11	6:23

Category: Men 70 & over

Place	Numb	Name	Time	Pace
1	801	Mitch DAVIDSON	26:56	5:11
2	860	neil FARRELL	36:16	6:59
3	418	Peter MILNE	38:55	7:29

Category: Women 10 & under

Place	Numb	Name	Time	Pace
1	429	Ollie KUNITZ	38:15	7:22

Category: Women 11-15

Place Numb Name Time Pace
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Category: Women 16-19

Place Numb Name Time Pace
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1	818	Sophie MIREAU	25:46	4:58
2	817	Alexi ERICKSON	32:28	6:15

Category: Women 20-29

Place Numb Name Time Pace
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1	804	Paige HARDY	23:42	4:34
2	816	Lyndsay MCCLELLAND WILLIAMS	31:57	6:09
3	828	Hannah JAMIESON	35:18	6:48

Category: Women 30-39

Place Numb Name Time Pace
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1	401	Christie HACKENBROOK	22:49	4:24
2	807	Alyssa DREBIT	25:03	4:49
3	819	Sarah CLARK	25:51	4:59
4	813	Tamari SHALAMBERIDZE	30:19	5:50

Category: Women 40-49

Place Numb Name Time Pace
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1	802	Kathryn DURRELL	22:27	4:19
2	856	Michelle LACK	30:37	5:54
3	835	Anita DIZON	32:50	6:19
4	438	Amina BABAR	33:29	6:27
5	426	Angela MOORE	35:38	6:52
6	844	Rachel MOLL	35:39	6:52
7	854	Deb KERSHAW	40:15	7:45

Category: Women 50-59

Place Numb Name Time Pace
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1	403	Michelle KOSKA	28:53	5:34
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Category: Women 60-69

Place Numb Name Time Pace
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1	376	Claudette AUGERT	24:40	4:45
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Category: Women 70 & over

Place	Numb	Name	Time	Pace
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