

Spring 2008 HARRA Ironfeet

| fname | lname | sex | age | cat | club | xc | 5mi | 10k | 8k | 5k | LP |
|-----------|------------|-----|-----|-----|------|---------|---------|---------|---------|---------|---------|
| Lara | Allen | F | 39 | | BCRR | | 0:44:36 | 1:06:39 | 0:46:48 | 0:27:08 | 5,870.5 |
| Roger | Boak | M | 59 | V | TTC | 0:25:42 | 0:33:08 | vol. | 0:33:08 | 0:19:50 | 7,744.1 |
| Robert | Brown | M | 49 | M | BCRR | 0:25:45 | 0:32:33 | 0:41:03 | | 0:21:07 | 8,053.5 |
| David | Chester | M | 62 | V | HH | vol. | 0:37:34 | 0:46:27 | 0:37:48 | 0:22:17 | |
| Katie | Decker | F | 39 | | BCRR | 0:40:24 | 0:51:37 | 1:19:57 | 0:54:22 | 0:31:45 | 5,063.3 |
| Anne | Ekern | F | 39 | | HH | 0:25:53 | | 0:42:02 | 0:33:55 | 0:19:56 | 7,576.1 |
| Lisa | Foronda | F | 38 | | ALRC | | 0:43:59 | 0:52:14 | 0:43:44 | 0:24:47 | 6,274.4 |
| Mark | Fraser | M | 51 | V | BCRR | 0:25:29 | 0:32:20 | 0:40:56 | 0:33:03 | 0:19:45 | 7,952.3 |
| Richard | Fredrich | M | 50 | V | TTC | 0:23:25 | 0:29:18 | 0:36:45 | 0:29:43 | 0:17:47 | 8,822.3 |
| Catherine | Fulford | F | 49 | M | BARC | 0:34:01 | 0:42:12 | 0:55:40 | 0:44:06 | 0:25:58 | 6,073.3 |
| Cornelio | Garibay | M | 39 | | ALRC | 0:20:39 | 0:27:13 | 0:34:16 | 0:27:31 | | 9,456.0 |
| Jeff | Gilbert | M | 60 | V | BARC | | 0:34:37 | 0:43:54 | 0:35:37 | 0:21:09 | 7,351.8 |
| mark | Girouard | M | 52 | V | TTC | 0:24:35 | 0:31:42 | 0:39:32 | 0:32:14 | 0:19:19 | |
| Helen | Grant | F | 45 | M | HS | 0:25:32 | | 0:41:15 | 0:33:33 | 0:19:48 | 7,842.2 |
| Annie | Hadow | F | 43 | M | ALRC | 0:30:19 | 0:37:20 | 0:47:15 | 0:38:30 | 0:23:09 | 6,794.8 |
| Anna | Helm | F | 42 | M | BCRR | 0:27:54 | 0:33:31 | 0:42:18 | 0:34:17 | 0:20:16 | 7,798.3 |
| Jamal | Jamalyaria | M | 56 | V | TOR | 0:23:46 | 0:30:58 | 0:39:31 | 0:31:55 | 0:18:57 | |
| Alice | Keelin | F | 58 | V | TTC | 0:31:15 | 0:38:12 | 0:47:54 | 0:39:36 | 0:23:24 | vol. |
| Laurie | King | F | 42 | M | HMSA | | 0:38:08 | 0:49:44 | 0:39:14 | 0:23:17 | 6,643.3 |
| Jack | Lippincott | M | 61 | V | TTC | 0:26:53 | 0:34:41 | 0:44:04 | 0:35:15 | 0:20:55 | 7,296.0 |
| Miguel | Lopez | M | 56 | V | TOR | 0:23:43 | 0:30:09 | 0:38:01 | 0:30:35 | 0:18:25 | |
| Jo Ann | Luco | F | 69 | V | HMSA | 0:43:40 | 0:55:36 | 1:29:03 | 0:55:56 | | 4,674.7 |
| Kathleen | Mahon | F | 53 | V | BCRR | 0:32:55 | 0:40:41 | 1:06:38 | 0:42:47 | 0:25:06 | 6,268.8 |
| Stephen | Mayor | M | 34 | | HH | 0:23:33 | 0:29:55 | 0:37:53 | 0:30:38 | 0:18:22 | 8,462.9 |
| Gerardo | Mora | M | 41 | M | HMSA | 0:22:12 | 0:27:43 | 0:35:06 | 0:27:50 | 0:16:29 | 9,281.7 |
| Matthew | Nicol | M | 45 | M | BCRR | 0:22:41 | 0:29:13 | 0:37:13 | 0:29:53 | 0:17:39 | |
| John | Phillips | M | 58 | V | BCRR | 0:35:44 | | vol. | 0:48:16 | 0:26:20 | 5,513.6 |
| John | Polisini | M | 54 | V | ALRC | 0:25:52 | 0:34:38 | 0:44:18 | 0:35:21 | 0:20:05 | |
| Thamos | Radosevich | M | 55 | V | BCRR | 0:27:39 | 0:33:50 | 0:42:49 | 0:35:28 | 0:20:36 | |
| Roger | Redding | M | 49 | M | BARC | 0:27:58 | 0:35:56 | 0:45:12 | 0:38:06 | 0:21:57 | |
| Kevin | Regis | M | 48 | M | TOR | 0:23:45 | 0:30:12 | 0:37:53 | 0:31:12 | 0:17:59 | |
| Mary | Savino | F | 60 | V | BCRR | 0:35:44 | 0:45:35 | 0:57:44 | 0:49:35 | 0:28:25 | 5,474.5 |
| Rosemarie | Schmandt | F | 46 | M | BCRR | 0:41:24 | 0:51:45 | 1:06:38 | 0:49:41 | 0:29:14 | 5,460.5 |
| Ronnie | Schreiber | M | 58 | V | BARC | 0:29:19 | 0:37:00 | 0:46:42 | 0:39:14 | 0:22:51 | 6,427.0 |
| Steve | Schroeder | M | 42 | M | HS | | 0:30:07 | 0:40:45 | 0:31:16 | 0:17:57 | 8,433.9 |
| Lana | Shadwick | F | 50 | V | HS | 0:40:12 | 0:54:24 | 1:07:41 | 0:56:34 | | 5,000.2 |
| Alison | Stewart | F | 49 | M | HS | 0:28:09 | 0:35:40 | 0:44:54 | 0:36:54 | 0:20:59 | 7,375.5 |
| Geoffrey | Streit | M | 28 | | KW | 0:21:23 | 0:28:29 | 0:35:55 | 0:29:36 | 0:16:37 | |
| Janet | Sutton | F | 52 | V | BCRR | 0:37:57 | 0:46:49 | 1:39:07 | 0:50:52 | 0:28:35 | 5,599.2 |
| Lou | Thrash | F | 39 | | HS | 0:29:16 | 0:37:37 | 0:46:46 | 0:37:13 | 0:22:22 | 7,016.7 |
| Rich | Vega | M | 61 | V | TTC | | 0:35:34 | 0:43:51 | 0:35:06 | 0:21:08 | 7,432.0 |
| Richard | Verm | M | 54 | V | BCRR | 0:25:35 | 0:34:04 | 0:42:40 | 0:34:56 | 0:20:02 | 7,666.7 |
| Robert | Walters | M | 47 | M | BCRR | 0:23:59 | 0:30:22 | 0:38:04 | | 0:18:33 | 8,174.2 |
| Pamela | Willmon | F | 68 | V | HS | 0:40:15 | 0:49:11 | 1:01:16 | 0:49:02 | 0:29:53 | 5,389.8 |
| Steve | Wisner | M | 50 | V | TTC | | 0:35:29 | 0:43:46 | 0:37:02 | 0:20:52 | vol. |
| Scott | Wonderly | M | 41 | M | BCRR | 0:24:51 | 0:30:58 | 0:38:42 | 0:31:07 | 0:18:15 | 8,251.3 |
| Gary | Wood | M | 66 | V | BCRR | 0:29:39 | 0:37:40 | | 0:38:18 | 0:22:53 | 6,923.2 |
| Ken | Yanowski | M | 52 | V | TTC | | 0:32:06 | 0:40:41 | 0:32:39 | 0:18:54 | vol. |