

Ironfeet, Spring 2005

First Nam	Last Nam	age	club	XC	10k	5k	8k	LP
Serai	Abraham	54	TTC	0:30:37	0:54:01	0:23:11	0:39:03	6,941.8
Bonnie Jo	Barron	43	BCRR	0:29:47	0:41:55	0:20:32	0:33:33	7,700.2
Roger	Boak	56	TTC	0:25:49	V	0:19:29	0:32:41	8,111.0
Scott	Bounds	52	BCRR	0:25:43	0:42:04	0:19:15	0:31:36	7,728.2
Tim	Bowler	56	HS	0:34:36	0:54:24	0:24:39	0:40:31	6,525.5
Robert	Brown	46	BCRR	0:25:23	0:39:40	0:18:38	0:31:45	8,188.8
Jackie	Connelly	41	HS	0:26:55	0:42:47	0:19:35	0:34:00	7,714.2
Irma	Conran	52	BCRR	0:39:49	1:05:28	0:29:54	0:50:44	5,208.4
Mark	Conran	45	BCRR	0:25:29	0:39:07	0:18:27	0:30:55	8,621.7
Suzanne	Day	48	HH	V	0:40:49	0:19:40	0:32:20	8,077.3
Charles	Deeds	52	HS	0:40:56	0:58:26	0:27:54	0:46:25	6,019.6
Eric	Faria	46	BCRR	0:33:00	0:51:12	0:24:02	0:41:44	6,686.6
Ann	Ferguson	62	TTC	0:32:35	0:49:27	0:23:39	0:39:04	V
Richard	Ferguson	65	TTC	0:31:37	0:49:27	0:22:43	0:38:38	7,015.9
Mark	Fraser	48	BCRR	0:24:51	0:40:11	0:18:44	0:31:18	8,491.5
Helen	Grant	42	HS	0:25:44	0:40:30	0:19:18	0:31:54	8,159.6
Ben	Harvie	58	TTC	0:25:36	0:40:23	0:19:14	0:32:04	8,312.8
Anna	Helm	39	BCRR	0:28:14	0:44:19	0:20:33	0:34:12	7,690.1
Melissa	Hendersor	30	ALRC	0:26:16	0:40:56	0:19:24	0:32:17	8,279.4
David	Holloway	52	HMSA	0:29:12	0:43:17	0:20:15	0:33:37	8,097.4
Sarah	Husbands	29	ALRC	0:30:03	0:47:09	0:21:56	0:38:37	7,106.0
Alice	Keelin	55	TTC	0:33:19	0:50:43	0:24:13	0:39:53	6,317.6
Jo Ann	Luco	66	HMSA	0:48:55	1:18:16	0:36:08	1:01:09	4,674.4
Kathleen	Mahon	50	BCRR	0:37:55	0:59:59	0:27:17	0:45:18	6,132.9
Mick	Midkiff	59	BCRR	0:27:53	0:45:52	0:21:10	0:35:40	7,686.5
Monica	Montes	40	HH	V	0:46:28	0:22:18	0:37:30	7,223.1
Matthew	Nicol	42	BCRR	0:24:25	0:38:14	0:17:43	0:30:28	8,936.0
John	Polisini	51	ALRC	0:26:37	0:41:38	0:19:20	0:33:21	8,173.3
Eddie	Rodriguez	44	BCRR	0:35:05	0:56:49	0:26:30	0:43:45	6,236.0
Rosemarie	Schmandt	43	BCRR	0:38:41	1:02:34	0:28:30	0:47:36	5,777.6
Joseph	Shannon	79	ALRC	V	1:27:49	0:39:25	1:10:48	4,147.1
Steve	Shepard	50	HS	0:27:40	0:47:29	0:21:25	0:33:57	8,090.1
John	Shepperd	44	TTC	0:26:27	0:42:53	0:19:19	V	8,167.2
Rich	Siemens	65	ALRC	0:29:21	0:43:09	0:20:44	0:34:51	7,859.3
Cindy	Sosa	50	HH	V	0:49:07	0:22:38	0:37:33	7,119.5
Martin	Stupel	40		0:30:47	0:47:28	0:21:58	0:37:48	7,343.8
Todd	Taylor	37		0:40:31	1:06:17	0:28:59	0:49:09	5,814.4
Richard	Verm	51	BCRR	0:25:43	0:41:45	0:19:40	0:33:39	8,109.6
Fred	Ward	61	HMSA	0:30:48	0:47:13	0:22:24	0:37:09	V
Sara	White	62	PTI	0:51:55	1:24:51	0:37:39	1:04:52	4,570.5
Sandy	Wollangk	55	HS	0:46:52	1:12:55	0:30:58	0:52:11	5,441.3
Gary	Wood	63	BCRR	0:29:30	0:44:42	0:20:55	0:35:19	7,606.0
Ken	Yanowski	49	TTC	0:24:00	0:37:25	0:17:22	V	8,978.4
John	Yoder	34	HS	0:22:35	0:35:42	0:16:50	0:27:22	9,504.2