

11th Annual Run/Walk for the General
 St.Catharines, Ontario
 Sunday May 2, 2010
 5K

O'all Place	Bib	Name	Gun Time	Class Placing	Gender Place	Pace /Km	City
1	214	Kevin Moore	15:51	SM20-24	1/8	1 3:11	St. Catharines
2	52	Perry Goodwin	17:00	SM40-44	1/6	2 3:24	St. Catharines
3	121	Jeff Robichaud	18:50	SM35-39	1/4	3 3:46	St. Catharines
4	146	Jagdeep Singh	19:15	SM40-44	2/6	4 3:51	St. Catharines
5	226	Mike Sauer	19:34	SM45-49	1/6	5 3:55	Niagara Falls
6	213	Tom Nolan	19:50	SM40-44	3/6	6 3:58	Beamsville
7	222	Mark Kowgier	20:59	SM25-29	1/6	7 4:12	St. Catharines
8	150	Liz Stanford	21:13	SF20-24	1/4	1 4:15	St. Catharines
9	92	William Marr	21:16	SM30-34	1/7	8 4:16	St. Catharines
10	101	Stephen Murdoch	21:18	SM35-39	2/4	9 4:16	St. Catharines
11	82	Danny Lagrotteria	21:18	SM30-34	2/7	10 4:16	St. Catharines
12	191	Mike Peacock	22:05	SM20-24	2/8	11 4:25	St. Catharines
13	135	Paulina Sergnese	22:05	SF-13	1/12	2 4:25	St. Catharines
14	26	Ty Cooke	22:16	SM30-34	3/7	12 4:28	Niagara Falls
15	44	Keith French	22:21	SM40-44	4/6	13 4:29	St. Catharines
16	163	Matthew VanSickle	22:34	SM14-19	1/4	14 4:31	Simcoe
17	164	Michael VanSickle	22:39	SM14-19	2/4	15 4:32	Simcoe
18	167	Elise Wiley	22:42	SF-13	2/12	3 4:33	St. Catharines
19	192	Manuel Branco	22:46	SM55-59	1/3	16 4:34	Mississauga
20	20	Kurtis Clark	23:11	SM14-19	3/4	17 4:39	Fenwick
21	177	Ellen Maitland	23:29	SF35-39	1/7	4 4:42	Toronto
22	160	Rachel Tittarelli	24:15	SF20-24	2/4	5 4:51	Stoney Creek
23	221	Steve Dollar	24:20	SM25-29	2/6	18 4:52	St. Catharines
24	23	Joshua Connor	24:24	SM25-29	3/6	19 4:53	St. Catharines
25	15	Larry Bundy	24:26	SM55-59	2/3	20 4:54	St. Catharines
26	110	Charles Pretorius	24:28	SM20-24	3/8	21 4:54	NA
27	8	Becky Bergsma	24:34	SF14-19	1/6	6 4:55	St. Catharines
28	61	Matthew Hutcheson	24:37	SM20-24	4/8	22 4:56	Ancaster
29	87	Andrew Lillie	24:38	SM20-24	5/8	23 4:56	Niagara-on-the-
30	56	Ashley Heaslip	24:40	SF25-29	1/8	7 4:56	St. Catharines
31	148	Brock Sipos	24:48	SM35-39	3/4	24 4:58	Jordan
32	179	Rob Hoare	25:03	SM20-24	6/8	25 5:01	St. Catharines
33	86	Robert Lepp	25:09	SM25-29	4/6	26 5:02	Niagara Falls
34	88	Patrick Maguire	25:10	SM50-54	1/5	27 5:02	St. Catharines

35	159	Susann Thiessen	25:14	SF45-49	1/8	8	5:03	Smithville
36	73	Deb Kehoe	25:20	SF55-59	1/1	9	5:04	St. Catharines
37	39	Stacey Di Pietro	25:25	SF35-39	2/7	10	5:05	Welland
38	41	Colin Eles	25:40	SM20-24	7/8	28	5:08	NA
39	126	Cailen Rotz	25:42	SF-13	3/12	11	5:09	St. Catharines
40	55	Whitney Harte	25:45	SF25-29	2/8	12	5:09	St. Catharines
41	30	Alli Crombeen	25:46	SF25-29	3/8	13	5:10	St. Catharines
42	176	Janine Zimmerman	25:47	SF30-34	1/9	14	5:10	St. Catharines
43	43	Cayley Firth	25:53	SF20-24	3/4	15	5:11	Ancaster
44	153	Maddie Stewart	25:56	SF-13	4/12	16	5:12	St. Catharines
45	207	Rob Rotz	25:56	SM30-34	4/7	29	5:12	St. Catharines
46	54	Hafeez Habib	26:05	SM30-34	5/7	30	5:13	NA
47	223	Rose Jesik	26:19	SF50-54	1/2	17	5:16	St. Catharines
48	224	Benny Rekston	26:19	SM45-49	2/6	31	5:16	St. Catharines
49	206	Sydney Watts	26:38		/	1	5:20	St. Catharines
50	236	Tara Carella	27:25	SF30-34	2/9	18	5:29	St. Catharines
51	220	Lucy Nigro-Stefanchuk	27:31	SF45-49	2/8	19	5:31	Thorold
52	12	Peter Bullen	27:33	SM30-34	6/7	32	5:31	NA
53	65	Albert Iwasaki	27:33	SM25-29	5/6	33	5:31	NA
54	190	Michelle Basciano	27:44	SF35-39	3/7	20	5:33	Thorold
55	149	Boris Spiwak	27:52	SM50-54	2/5	34	5:35	Hamilton
56	24	Angelina Cook	28:00	SF35-39	4/7	21	5:36	St. Catharines
57	181	Pamela Nickerson	28:00	SF30-34	3/9	22	5:36	St. Catharines
58	120	Nicole Riganelli	28:11	SF20-24	4/4	23	5:39	NA
59	217	Claudio Riganellie	28:12	SM45-49	3/6	35	5:39	St. Catharines
60	111	Heidi Price	28:15	SF30-34	4/9	24	5:39	St. Catharines
61	151	Elizabeth Staten	28:17	SF35-39	5/7	25	5:40	Welland
62	180	Kylie Campbell	28:22	SF-13	5/12	26	5:41	Brampton
63	116	Marisa Pryszazny	28:22	SF14-19	2/6	27	5:41	Ridgeville
64	145	Summer Shepherd	28:55	SF-13	6/12	28	5:47	Jordan
65	162	Margaret Trias	28:57	SF40-44	1/6	29	5:48	St. Catharines
66	31	Andrea Crosby	28:59	SF14-19	3/6	30	5:48	St. Catharines
67	122	Kevin Rogers	29:03	SM35-39	4/4	36	5:49	Welland
68	37	Megan Dawson	29:04	SF25-29	4/8	31	5:49	Stoney Creek
69	198	Mike Desproser	29:39	SM55-59	3/3	37	5:56	St. Catharines
70	106	Rishi Patel	29:43	SF14-19	4/6	32	5:57	St. Catharines
71	136	Robert Sergnese	29:57	SM40-44	5/6	38	6:00	St. Catharines
72	194	Luke Schrompf	30:08	SM-13	1/6	39	6:02	St. Catharines
73	165	Tracey VanSickle	30:17	SF40-44	2/6	33	6:04	Simcoe
74	131	Jack Samchyk	30:17	SM45-49	4/6	40	6:04	Jordan
75	42	Wesley Fiddy	30:23	SM20-24	8/8	41	6:05	St. Catharines
76	186	Kennedy Bastien	30:32	SF-13	7/12	34	6:07	St. Catharines

77	185	Michelle Macintosh	31:13	SF40-44	3/6	35	6:15	St. Catharines
78	188	John Dunn	31:14	SM45-49	5/6	42	6:15	St. Catharines
79	199	Mike Zapurozay	31:19	SM60-64	1/1	43	6:16	St. Catharines
80	127	Lisa Rotz	31:19	SF30-34	5/9	36	6:16	St. Catharines
81	219	Cooper Blais	31:59	SM50-54	3/5	44	6:24	St. Catharines
82	202	Sarah Phillips	31:59	SF40-44	4/6	37	6:24	St. Catharines
83	183	Jessica Thorne	32:25	SF14-19	5/6	38	6:29	Dunnville
84	108	Melanie Persia	32:25	SF45-49	3/8	39	6:29	Vineland
85	76	Robert Kim	32:30	SM-13	2/6	45	6:30	St. Catharines
86	84	Sylvie Leblanc	32:31	SF35-39	6/7	40	6:31	St. Catharines
87	184	Shannon Moore	32:31	SF30-34	6/9	41	6:31	Niagara Falls
88	123	Sara Rogers	32:45	SF30-34	7/9	42	6:33	Welland
89	113	Sharlene Price	32:53	SF25-29	5/8	43	6:35	St. Catharines
90	112	Nigel Price	32:54	SM25-29	6/6	46	6:35	St. Catharines
91	144	Rob Shepherd	32:57	SM50-54	4/5	47	6:36	Jordan
92	40	Kristen Donovan	33:14	SF25-29	6/8	44	6:39	Stoney Creek
93	147	Jaswinder Singh	33:43	SF40-44	5/6	45	6:45	St. Catharines
94	98	Lisa Morabito	34:17	SF45-49	4/8	46	6:52	St. Catharines
95	182	Kiana Nichols	34:19	SF-13	8/12	47	6:52	Beamsville
96	1	Sharon Addison	34:20	SF45-49	5/8	48	6:52	St. Catharines
97	209	Jordan Zadorozny	34:50	SM-13	3/6	48	6:58	St. Catharines
98	172	Cherisse Zadorozny	34:53	SF30-34	8/9	49	6:59	NA
99	132	Ruth Anne Samchyk	34:54	SF45-49	6/8	50	6:59	Jordan
100	85	Carol LePage	35:00	SF50-54	2/2	51	7:00	Wainfleet
101	158	Vivian Tang	35:55	SF25-29	7/8	52	7:11	NA
102	4	Nicole Andres	36:00	SF-13	9/12	53	7:12	St. Catharines
103	129	Jennifer Rycroft	36:13	SF25-29	8/8	54	7:15	St. Catharines
104	203	Jenna Watts	37:01	SF-13	10/12	55	7:25	St. Catharines
105	173	Dan Zadorozny	37:50	SM30-34	7/7	49	7:34	NA
106	211	Matthew Schrompf	40:04	SM-13	4/6	50	8:01	St. Catharines
107	134	Tonia Schrompf	40:07	SF30-34	9/9	56	8:02	NA
108	74	Evan Kenney	43:08	SM40-44	6/6	51	8:38	Welland
109	212	Chris Chiesa	43:46	SM14-19	4/4	52	8:46	Thorold
110	216	Jake Steele	43:48	SM-13	5/6	53	8:46	Thorold
111	195	Sandy Schrompf	44:34	SF35-39	7/7	57	8:55	St. Catharines
112	6	Annette Bate	46:15	SF45-49	7/8	58	9:15	St. Catharines
113	18	Nicole Chiesa	46:20	SF-13	11/12	59	9:16	Thorold
114	170	Dietlind Winter	48:28	SF70+	1/1	60	9:42	St. Davids
115	178	Nina Krkljus	48:30	SF14-19	6/6	61	9:42	Niagara Falls
116	83	Fiona Lamb	48:46	SF40-44	6/6	62	9:46	St. Catharines
117	231	Unknown See Timer	50:39	/	/		10:08	
118	227	Lucas Pilch	50:41	SM-13	6/6	54	10:09	St. Catharines

119	138	Glenn Sevenpifer	51:46	SM45-49	6/6	55	10:22	Fenwick
120	137	Debbie Sevenpifer	51:47	SF45-49	8/8	63	10:22	Fenwick
121	229	Brianna Pilch	58:04	SF-13	12/12	64	11:37	St. Catharines
122	125	Mike Rotundo	1:00:00	SM50-54	5/5	56	12:00	NA