

2009 Nautical Days 4 Miler RESULTS

Place Overall	Division	Name	Time	
1	M20-29 -1st	Cameron Levins	19:59	1st Male
2	M30-39 - 1st	Craig Odermatt	20:41	2nd Male
3	M30-39 - 2nd	Mark Cryderman	20:45	3rd Male
4	M20-29 - 2nd	Robin Poirier	21:48	
5	M20-29 - 3rd	Owen Kendall	22:24	
6	M20-29 - 4th	Brad Crowe	23:01	
7	M40-49 - 1st	Terry Neilson	23:31	
8	M20-29 - 5th	Andrew Howard	23:47	
9	M40-49 - 2nd	Steve Royer	24:01	
10	M50-59 - 1st	Keith Wakelin	24:34	
11	M50-59 - 2nd	Duncan Stewart	24:46	
12	M50-59 - 3rd	Tony Vande Meek	25:04	
13	M30-39 - 3rd	James Warren	25:10	
14	M20-29 - 6th	Will Scott	25:18	
15	M13-19 - 1st	Adam Commandeur	25:59	
16	M30-39 - 4th	Steve Blacklock	25:59	
17	M40-49 - 3rd	Eric Sherritt	26:01	
18	F20-29 - 1st	Annie Gornall	26:04	1st Female
19	M40-49 - 4th	Brian Allert	26:05	
20	M40-49 - 5th	Gerry Trodd	26:10	
21	M40-49 -6th	Gerry Van	26:12	
22	F13-19 - 1st	Grace Howard	26:21	2nd Female
23	M30-39 - 5th	Chris Winkler	26:32	
24	M13-19 - 2nd	Scott Commandeur	26:34	
25	M40-49 - 7th	Jaime Kantor	26:35	
26	M40-49 - 8th	Martin Weldon	26:54	
27	F30-39 - 1st	Kathy Rung	27:11	3rd Female
28	M60-69 - 1st	Tom Howard	27:13	
29	M60-69 - 2nd	Robert Deane	27:26	
30	M60-69 - 3rd	Barney Feenstra	27:27	
31	M40-49 - 9th	Gord Delaval	27:37	
32	F30-39 - 2nd	Sandi Heal	27:39	
33	M50-59 - 4th	Brian Fardoe	27:58	
34	M40-49 - 10th	Alex Kennedy	28:15	
35	M40-49 - 11th	John Wall	28:19	
36	F20-29 - 2nd	Becky Sulek	28:23	
37	M30-39 - 6th	Chris Lamothe	28:24	
38	M30-39 - 7th	Kevin Bergquist	28:26	
39	F30-39 - 3rd	Fiona McQuillan	28:29	
40	M40-49 - 12th	Joe Geneau	28:30	
41	F60-69 - 1st	Roz Smith	28:31	
42	M30-39 - 8th	Allan White	28:37	
43	F40-49 - 1st	Dee Ogden	29:03	
44	M50-59 - 5th	Darrell Hillier	29:10	

45	F20-29 -3rd	Danielle Mason	29:11
46	M50-59 - 6th	Tim Cowan	29:17
47	M13-19 - 3rd	Daniel Geneau	29:24
48	F13-19 - 2nd	Mary Clair Geneau	29:29
49	F50-59 - 1st	Lynn Bromilow	29:29
50	F40-49 - 2nd	Karen Sibley	29:42
51	M40-49 - 13th	Andrew Spezowka	29:46
52	F40-49 - 3rd	Patti McMullen	29:54
53	M50-59 - 7th	Hugh MacKinnon	30:14
54	M40-49 -14th	Chris Gytenbeek	30:20
55	F40-49 - 4th	Laura Hyatt	30:29
56	M40-49 - 15th	Mark Arseneault	30:31
57	F13-19 - 3rd	Delaney Carr	30:59
58	F40-49 - 5th	Leslie Currie	31:06
59	M50-59 - 8th	David Kenny	31:26
60	F13-19 - 4th	Kara Blair	31:37
61	F50-59 - 2nd	Karen MacDonald	31:46
62	M50-59 - 9th	Glen Currie	31:51
63	F20-29 - 4th	Myra Wilson	31:55
64	M30-39 - 9th	Trevor Shoesmith	32:00
65	F20-29 - 5th	Karen Demandt	32:05
66	M40-49 - 16th	Russ Green	32:14
67	M50-59 - 10th	Belshaw	32:24
68	F13-19 - 5th	Mackenzie Mcleod	32:35
69	M20-29 - 7th	Al Craig	32:44
70	M60-69 - 4th	Bill Curry	32:45
71	M50-59 - 11th	Bruce Muir	32:47
72	M30-39 - 10th	Don McRae	32:49
73	F20-29 - 6th	Chystal Dargie	33:06
74	F40-49 - 5th	Rose Sarkany	33:16
75	M60-69 - 5th	Chris Morrison	33:16
76	F30-39 - 9th	Shannon Le Beut	33:36
77	F13-19 - 6th	Madison Donney	33:37
78	F30-39 - 10th	Tara Bertrand	33:58
79	F40-49 - 6th	Julie Sobchuk	34:28
80	M40-49 - 17th	Brent Bain	34:33
81	M30-39 - 11th	Scott Morse	34:42
82	F40-49 - 7th	Gloria Grieve	34:44
83	M13-19 - 4th	Sean Fox	34:58
84	M60-69 - 6th	Lynn Fox	35:10
85	M60-69 - 7th	Don Blacklock	35:14
86	F12&under 1st	Megan Nutall	35:18
87	M50-59 - 12th	Doug Warren	35:20
88	M50-59- 13th	Bob Vanderzwaag	35:22
89	F40-49 - 8th	Candie Hodson	35:23
90	F60-69 - 2nd	Sonja Leach	35:27
91	F20-29 - 7th	Katrinna Parden	35:31
92	F40-49 - 9th	Jane Nutall	35:36

93	M20-29 - 8th	Cody Wells	36:01
94	F50-59 - 3rd	Leslie Dargie	36:12
95	M50-59 - 14th	Rick Gibbs	36:22
96	F30-39 - 11th	Jana Buckle	36:53
97	F40-49 - 10th	Debbie Garrett	36:55
98	F20-29 - 8th	Laurel Selman	37:10
99	F30-39 - 12th	Stacey Kerkhoff	37:17
100	M70+ - 1st	Adam Simpson	37:17
101	F30-39 - 13th	Jean Munro	37:20
102	M50-59 - 15th	Steve Chambers	37:27
103	F40-49 - 11th	Dagmar Kilian	37:30
104	F40-49 - 12th	Rhonda Stewart	37:42
105	M60-69 - 8th	Tom Munrow	37:57
106	M50-59 - 16th	Mel Springall	38:35
107	M40-49 - 18th	Luciano Rollin	38:48
108	M50-59 - 17th	Kevin Widdlefield	39:03
109	M60-69 - 9th	Harlan Price	39:41
110	M60-69 - 10th	Gary Trumble	40:56
111	F30-39 - 14th	Debbie Paltzat	41:04
112	F50-59 - 4th	Nancy Victoria	44:17
113	F12&under 2nd	Hazel Sherritt	51:10
114	F30-39 - 15th	Sue Sherritt	51:11