

## 10K 2010

**KASLO SUFFER FEST – 2010 OFFICIAL RESULTS**  
**10K TRAIL RUN**

Place	Race #	Last Name	First Name	City	Prov	Start	Finish Split	Overall Time
<b>OVERALL WOMEN</b>								
1	151	Geisheimer	Kelly	Rossland	BC	09:00:00	09:48:36	00:48:36
2	155	Mcgill	Mandy	Rossland	BC	09:00:00	09:51:48	00:51:48
3	128	Lundie	Laura	Nelson	BC	09:00:00	09:55:24	00:55:24
4	147	Miles	Melanie	Winlaw	BC	09:00:00	09:55:51	00:55:51
5	146	Demars	Jessica	Nelson	BC	09:00:00	09:57:28	00:57:28
6	129	Lunt	Natasha	Kelowna	BC	09:00:00	09:57:43	00:57:43
7	135	Hunter	Lara	Kaslo	BC	09:00:00	09:59:45	00:59:45
8	145	Porter	Rosie	Kaslo	BC	09:00:00	09:59:46	00:59:46
9	104	Hewat	Ellie	Kaslo	BC	09:00:00	09:59:47	00:59:47
10	105	Hewat	Tasha	Kaslo	BC	09:00:00	09:59:48	00:59:48
11	115	Webb-Pelchat	Renee	Kelowna	BC	09:00:00	10:01:06	01:01:06
12	133	Wilson	Taylor	Kaslo	BC	09:00:00	10:04:51	01:04:51
13	139	Williams	Catharine	Nelson	BC	09:00:00	10:05:51	01:05:51
14	152	Carlson	Vanessa	Kaslo	BC	09:00:00	10:05:52	01:05:52
15	150	Backus	Tamara	Kaslo	BC	09:00:00	10:09:06	01:09:06
16	134	Thatcher	Osa	Kaslo	BC	09:00:00	10:09:07	01:09:07
17	113	Gagnon	Manon	Kaslo	BC	09:00:00	10:09:19	01:09:19
18	109	Davies	Jennifer	Kaslo	BC	09:00:00	10:11:44	01:11:44
19	103	Steinmann	Heather	Kaslo	BC	09:00:00	10:12:31	01:12:31
20	143	Thomsen	Maddie	Calgary	AB	09:00:00	10:14:04	01:14:04
21	142	Thomsen	Kathy	Calgary	AB	09:00:00	10:18:02	01:18:02
22	131	Howard	Meghan	Kaslo	ON	09:00:00	10:18:57	01:18:57
23	144	Godland	Kate	Invermere	BC	09:00:00	10:19:00	01:19:00
24	119	Jorgensen	Kara	Montrose	BC	09:00:00	10:19:53	01:19:53
25	118	Anderson	Fiona	Kaslo	BC	09:00:00	10:20:25	01:20:25
26	121	Stickel-Miles	Shelley	Kaslo	BC	09:00:00	10:20:51	01:20:51
27	110	Lang	Dawn	Kaslo	BC	09:00:00	10:21:22	01:21:22
28	101	Ankenbauer	Amanda	Castlegar	BC	09:00:00	10:21:30	01:21:30
29	123	Gray	Tara	Kaslo	BC	09:00:00	10:21:47	01:21:47
30	108	Gilbert	Bernice	Kaslo	BC	09:00:00	10:24:58	01:24:58
31	122	Wilson	Sharon	Kaslo	BC	09:00:00	10:39:34	01:39:34
32	132	Grondin	Michelle	Kaslo	BC	09:00:00	10:39:35	01:39:35
33	120	Garnett	Mary	Kaslo	BC	09:00:00	10:39:38	01:39:38
34	112	Eckland	Susan	Kaslo	BC	09:00:00	10:47:59	01:47:59
35	106	Walsof	Heather	Kaslo	BC	09:00:00	10:48:00	01:48:00
36	130	Willms	Linda	Kaslo	BC	09:00:00	10:58:54	01:58:54
	137	Woodall	Candace	Creston	BC	09:00:00	DNS	
	117	Flegel	Cindy	Canmore	AB	09:00:00	DNS	

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**OVERALL MEN**

1	148 Crosthwaite	Ian	Kelowna	BC	09:00:00	09:44:56	00:44:56
2	153 Dezwart	Ico	Crescent Vall	BC	09:00:00	09:46:27	00:46:27
3	149 Nuttall	Matt	Nelson	BC	09:00:00	09:47:02	00:47:02
4	138 Badry	Chad	Nelson	BC	09:00:00	09:50:41	00:50:41
5	124 Anderson	Steve	Kaslo	BC	09:00:00	09:53:41	00:53:41
6	127 Fogal	Robert	Castlegar	BC	09:00:00	09:54:21	00:54:21
7	140 Backus	Chris	Kaslo	BC	09:00:00	09:57:02	00:57:02
8	102 Ferrier	Rick	Invermere	BC	09:00:00	09:59:31	00:59:31
9	111 Stewart	Glen	Kaslo	BC	09:00:00	10:01:56	01:01:56
10	126 Molnar	Bob	Castlegar	BC	09:00:00	10:05:16	01:05:16
11	154 McRae	Glen	Kaslo	bC	09:00:00	10:14:41	01:14:41
12	114 Harbord	Bill	Nelson	BC	09:00:00	10:14:54	01:14:54
13	107 Wells	John	Kaslo	BC	09:00:00	10:15:04	01:15:04
14	141 Thomsen	Kim	Calgary	AB	09:00:00	10:20:58	01:20:58
	116 Guptill	Jason	Canmore	AB	09:00:00	DNS	
	136 Thornhill	Robert	Lethbridge	AB	09:00:00	DNS	
	125 Sharelove	Pierce	Nelson	BC	09:00:00	DNS	

**AGE GROUP WOMEN****14-15 WOMEN**

1	104 Hewat	Ellie	Kaslo	BC	09:00:00	09:59:47	00:59:47
2	105 Hewat	Tasha	Kaslo	BC	09:00:00	09:59:48	00:59:48
3	133 Wilson	Taylor	Kaslo	BC	09:00:00	10:04:51	01:04:51
4	143 Thomsen	Maddie	Calgary	AB	09:00:00	10:14:04	01:14:04
5	144 Godland	Kate	Invermere	BC	09:00:00	10:19:00	01:19:00

**16-19 WOMEN**

1	135 Hunter	Lara	Kaslo	BC	09:00:00	09:59:45	00:59:45
2	145 Porter	Rosie	Kaslo	BC	09:00:00	09:59:46	00:59:46

**20-29 WOMEN**

1	151 Geisheimer	Kelly	Rosland	BC	09:00:00	09:48:36	00:48:36
2	129 Lunt	Natasha	Kelowna	BC	09:00:00	09:57:43	00:57:43
3	115 Webb-Pelchar	Renee	Kelowna	BC	09:00:00	10:01:06	01:01:06
4	131 Howard	Meghan	Kaslo	BC	09:00:00	10:18:57	01:18:57
5	119 Jorgensen	Kara	Montrose	BC	09:00:00	10:19:53	01:19:53
	137 Woodall	Candace	Creston	BC	DNS		

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**30-39 WOMEN**

1	155 Mcgill	Mandy	Rossland	BC	09:00:00	09:51:48	00:51:48
2	146 Demars	Jessica	Nelson	BC	09:00:00	09:57:28	00:57:28
3	152 Carlson	Vanessa	Kaslo	BC	09:00:00	10:05:52	01:05:52
4	150 Backus	Tamara	Kaslo	BC	09:00:00	10:09:06	01:09:06
5	103 Steinmann	Heather	Kaslo	BC	09:00:00	10:12:31	01:12:31
6	123 Gray	Tara	Kaslo	BC	09:00:00	10:21:47	01:21:47
	117 Flegel	Cindy	Canmore	AB	DNS		

**40-49 WOMEN**

1	128 Lundie	Laura	Nelson	BC	09:00:00	09:55:24	00:55:24
2	147 Miles	Melanie	Winlaw	BC	09:00:00	09:55:51	00:55:51
3	139 Williams	Catharine	Nelson	BC	09:00:00	10:05:51	01:05:51
4	113 Gagnon	Manon	Kaslo	BC	09:00:00	10:09:19	01:09:19
5	109 Davies	Jennifer	Kaslo	BC	09:00:00	10:11:44	01:11:44
6	101 Ankenbauer	Amanda	Castlegar	BC	09:00:00	10:21:30	01:21:30

**50-59 WOMEN**

1	142 Thomsen	Kathy	Calgary	AB	09:00:00	10:18:02	01:18:02
2	118 Anderson	Fiona	Kaslo	BC	09:00:00	10:20:25	01:20:25
3	121 Stickel-Miles	Shelley	Kaslo	BC	09:00:00	10:20:51	01:20:51
4	110 Lang	Dawn	Kaslo	BC	09:00:00	10:21:22	01:21:22
5	122 Wilson	Sharon	Kaslo	BC	09:00:00	10:39:34	01:39:34
6	132 Grondin	Michelle	Kaslo	BC	09:00:00	10:39:35	01:39:35

**60+ WOMEN**

1	134 Thatcher	Osa	Kaslo	BC	09:00:00	10:09:07	01:09:07
2	108 Gilbert	Bernice	Kaslo	BC	09:00:00	10:24:58	01:24:58
3	120 Garnett	Mary	Kaslo	BC	09:00:00	10:39:38	01:39:38
4	112 Eckland	Susan	Kaslo	BC	09:00:00	10:47:59	01:47:59
5	106 Walsof	Heather	Kaslo	BC	09:00:00	10:48:00	01:48:00
6	130 Willms	Linda	Kaslo	BC	09:00:00	10:58:54	01:58:54

**30-39 MEN**

1	148 Crosthwaite	Ian	Kelowna	BC	09:00:00	09:44:56	00:44:56
2	153 Dezwart	Ico	Crescent Valley	BC	09:00:00	09:46:27	00:46:27
3	138 Badry	Chad	Nelson	BC	09:00:00	09:50:41	00:50:41
4	140 Backus	Chris	Kaslo	BC	09:00:00	09:57:02	00:57:02
	116 Guptill	Jason	Canmore	AB	09:00:00	DNS	

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**40-49 MEN**

1	149 Nuttall	Matt	Nelson	BC	09:00:00	09:47:02	00:47:02
2	127 Fogal	Robert	Castlegar	BC	09:00:00	09:54:21	00:54:21
3	111 Stewart	Glen	Kaslo	BC	09:00:00	10:01:56	01:01:56
4	126 Molnar	Bob	Castlegar	BC	09:00:00	10:05:16	01:05:16
	136 Thornhill	Robert	Lethbridge	AB	09:00:00	DNS	

**50-59 MEN**

1	124 Anderson	Steve	Kaslo	BC	09:00:00	09:53:41	00:53:41
2	154 McRae	Glen	Kaslo	BC	09:00:00	10:14:41	01:14:41
3	114 Harbord	Bill	Nelson	BC	09:00:00	10:14:54	01:14:54
4	141 Thomsen	Kim	Calgary	AB	09:00:00	10:20:58	01:20:58
	125 Sharelove	Pierce	Nelson	BC	09:00:00	DNS	

**60+ MEN**

1	102 Ferrier	Rick	Invermere	BC	09:00:00	09:59:31	00:59:31
2	107 Wells	John	Kaslo	BC	09:00:00	10:15:04	01:15:04