

# MUSKOKA ROCKS

Run 10k • Run/Walk 5k • The Magical 1k Kids Run • The Cottage Challenge!

## MUSKOKA ROCKS 10K ROAD RACE

Sunday August 22, 2004

10K

### Entrants Finishers

Total	180	169
Male	71	66
Female	109	103
Unknown	0	0

O'all Place	Bib	Name	Time	Class Place/Finishers	Gender Place	Pace /Km	City
1	415	Jeff Ellis	36:25	SM25-29	1/4	1 3:39	TORONTO
2	414	Peter Donato	38:22	SM35-39	1/7	2 3:51	TORONTO
3	534	Paul W Huyer	38:49	SM45-49	1/11	3 3:53	TORONTO
4	570	Kathryn N Sherwood	39:00	SF30-34	1/15	1 3:54	TORONTO
5	558	Carson Nimmo	39:57	SM<20	1/4	4 4:00	AURORA
6	533	Richard Hunt	40:52	SM40-44	1/15	5 4:06	TORONTO
7	425	Tim Payne	40:58	SM50-54	1/9	6 4:06	ORILLIA
8	544	Keith Lascelles	41:42	SM40-44	2/15	7 4:11	BARRIE
9	536	Mike Jalonen	41:46	SM45-49	2/11	8 4:11	OAKVILLE
10	526	Trevor Osborne	42:18	SM25-29	2/4	9 4:14	TORONTO
11	565	Bruce A Reville	42:30	SM40-44	3/15	10 4:15	BRACEBRIDGE
12	274	Graham Anderson	42:45	SM40-44	4/15	11 4:17	TORONTO
13	296	Jamie Topp	42:57	SM30-34	1/7	12 4:18	TORONTO
14	502	Heidi Bassett-Blair	42:59	SF30-34	2/15	2 4:18	MISSISSAUGA
15	419	Karla Mika	43:17	SF25-29	1/8	3 4:20	COLLINGWOOD
16	509	Andy Burgess	43:39	SM35-39	2/7	13 4:22	TORONTO
17	423	Marianne Bialkowski	44:23	SF40-44	1/26	4 4:27	PARRY SOUND
18	590	David Johnson	44:35	SM55-59	1/5	14 4:28	TORONTO
19	420	Grant Poremba	44:55	SM30-34	2/7	15 4:30	BARRIE
20	416	Mike Brown	45:06	SM20-24	1/2	16 4:31	CANADA
21	437	Gaye Gemmell	45:36	SF40-44	2/26	5 4:34	OAKVILLE
22	417	Matt Brown	46:30	SM20-24	2/2	17 4:39	ENGLAND
23	582	Ellen M Yeo	46:49	SF40-44	3/26	6 4:41	BRACEBRIDGE
24	587	Katie Rosenthal	46:55	SF20-24	1/17	7 4:42	MINETT
25	592	John Giffen	47:00	SM50-54	2/9	18 4:42	MINETT
26	548	Cathy McIntosh	47:04	SF45-49	1/10	8 4:43	MARKHAM
27	408	Dave Knight	47:26	SM45-49	3/11	19 4:45	TORONTO
28	409	Steve Gross	47:31	SM50-54	3/9	20 4:46	TORONTO
29	278	Lyndsay Mayhurst	47:49	SF20-24	2/17	9 4:47	TORONTO
30	267	John Baird	48:04	SM55-59	2/5	21 4:49	BALA
31	412	Brad May	48:15	SM30-34	3/7	22 4:50	VANCOUVER
32	438	Susanna Staios	48:15	SF30-34	3/15	10 4:50	PORT CARLING
33	291	Dan Macintosh	48:19	SM45-49	4/11	23 4:50	TORONTO
34	510	Beth Burgess	48:20	SF35-39	1/9	11 4:50	TORONTO
35	289	Rod Tapp	48:41	SM40-44	5/15	24 4:53	THORNHILL
36	538	Jason Jewkes	48:46	SM25-29	3/4	25 4:53	BRAMPTON
37	424	Jennifer Knowles	48:50	SF45-49	2/10	12 4:53	TORONTO
38	576	Kathryn M. Swan	49:06	SF20-24	3/17	13 4:55	OAKVILLE

# MUSKOKA ROCKS

Run 10k • Run/Walk 5k • The Magical 1k Kids Run • The Cottage Challenge!

39	575 Jennifer L. Swan	49:06	SF20-24	4/17	14	4:55	OAKVILLE
40	552 Andrew Merrick	49:07	SM35-39	3/7	26	4:55	OAKVILLE
41	556 Ciara Morin	49:16	SF<20	1/11	15	4:56	HUNTSVILLE
42	503 Lynne Benjamin	49:24	SF40-44	4/26	16	4:57	OAKVILLE
43	285 Pia Pace-Asciak	49:38	SF30-34	4/15	17	4:58	TORONTO
44	541 Danae Krahn	49:45	SF<20	2/11	18	4:59	HUNTSVILLE
45	588 Irene King	49:47	SF40-44	5/26	19	4:59	MINETT
46	435 Lisa Farano	49:48	SF40-44	6/26	20	4:59	
47	515 Stephen Craig	50:15	SM50-54	4/9	27	5:02	MISSISSA
48	281 Stephanie Allan	50:26	SF30-34	5/15	21	5:03	TORONTO
49	531 Colleen Hogarth	50:39	SF30-34	6/15	22	5:04	BURLINGTON
50	539 Brad Johnston	50:43	SM40-44	6/15	28	5:05	PORT CARLING
51	421 Glenn Orchard	50:48	SM40-44	7/15	29	5:05	ETOBICOKE
52	567 Rob Scherer	50:54	SM30-34	4/7	30	5:06	OAKVILLE
53	430 Lorna Braithwaite	50:58	SF40-44	7/26	23	5:06	AURORA
54	573 Kevin M Sullivan	51:05	SM45-49	5/11	31	5:07	TORONTO
55	574 Sandy E Sullivan	51:12	SF40-44	8/26	24	5:08	TORONTO
56	594 William Tysiak	51:32	SM40-44	8/15	32	5:10	TORONTO
57	600 Holly Corrigan	51:33	SF35-39	2/9	25	5:10	MILFORD BAY
58	599 Virginia Watts	51:35	SF40-44	9/26	26	5:10	MILFORD BAY
59	549 Doug R McIntosh	51:37	SM45-49	6/11	33	5:10	MARKHAM
60	429 Jennifer Donolo	51:46	SF40-44	10/26	27	5:11	BURLINGTON
61	294 Devon Labuik	51:55	SM<20	2/4	34	5:12	TORONTO
62	436 Cathy Boyce	51:58	SF40-44	11/26	28	5:12	OAKVILLE
63	532 Tim Hogarth	52:24	SM40-44	9/15	35	5:15	MISSISSAUGA
64	551 Nancy A McLaughlin	52:34	SF45-49	3/10	29	5:16	WHITBY
65	288 Maris Lush	52:37	SF20-24	5/17	30	5:16	BURLINGTON
66	282 Jim Allan	52:47	SM35-39	4/7	36	5:17	TORONTO
67	434 Ardyn Todd	52:48	SM60+	1/2	37	5:17	GRAVENHURST
68	290 Wayne Tudson	52:58	SM40-44	10/15	38	5:18	TORONTO
69	422 Hanna Ezzat	53:00	SF25-29	2/8	31	5:18	ROSSEAU
70	518 Elizabeth J Everson	53:05	SF30-34	7/15	32	5:19	MILTON
71	540 Andrea Knappich	53:06	SF35-39	3/9	33	5:19	TORONTO
72	595 Rachel Lockery	53:08	SF25-29	3/8	34	5:19	TORONTO
73	277 Andrea Barr	53:28	SF30-34	8/15	35	5:21	TORONTO
74	507 Helen Braithwaite	53:30	SF35-39	4/9	36	5:21	TORONTO
75	523 Charlotte R Gardner	53:35	SF20-24	6/17	37	5:22	PORT CARLING
76	581 Sarah L Wright	53:36	SF20-24	7/17	38	5:22	PORT HOPE
77	411 Natalie Rogers	53:48	SF20-24	8/17	39	5:23	BRADFORD
78	298 Monica Dingle	53:51	SF20-24	9/17	40	5:24	ROSSEAU
79	297 Mark Orcutt	54:11	SM45-49	7/11	39	5:26	MINETT
80	287 Mack Barford	54:11	SM50-54	5/9	40	5:26	TORONTO
81	405 Nancy Hunter	54:15	SF50-54	1/6	41	5:26	TORONTO
82	547 Brittany L Mathers	54:18	SF20-24	10/17	42	5:26	PORT CARLING
83	266 Liz Armstrong	54:34	SF20-24	11/17	43	5:28	TORONTO
84	299 Kathryn Dingle	54:52	SF20-24	12/17	44	5:30	ROSSEAU
85	520 Rick Fisher	54:55	SM40-44	11/15	41	5:30	TORONTO
86	578 Ross Tripp	55:04	SM50-54	6/9	42	5:31	AURORA
87	554 Andrew Mitchell	55:08	SM40-44	12/15	43	5:31	BARRIE
88	542 Krista L Lariviere	55:12	SF30-34	9/15	45	5:32	BARRIE
89	263 Celia Gillan	55:17	SF45-49	4/10	46	5:32	PORT SANDFIELD
90	276 Victoria Spalding	55:55	SF25-29	4/8	47	5:36	BURLINGTON
91	444 Tim Gilbert	55:56	SM40-44	13/15	44	5:36	TORONTO

# MUSKOKA ROCKS

Run 10k • Run/Walk 5k • The Magical 1k Kids Run • The Cottage Challenge!

92	537	David A Jarvis	56:25	SM50-54	7/9	45	5:39	TORONTO
93	525	Lesley A Giles	56:55	SF45-49	5/10	48	5:42	OAKVILLE
94	433	Bonita Costigane	56:58	SF<20	3/11	49	5:42	GUELPH
95	516	Sean L Dempsey	57:03	SM25-29	4/4	46	5:43	TORONTO
96	508	Alan G Brown	57:15	SM55-59	3/5	47	5:44	PORT SEVERN
97	270	Bob Todd	57:16	SM55-59	4/5	48	5:44	KING CITY
98	261	Brenda Rusnak	57:35	SF40-44	12/26	50	5:46	TORONTO
99	543	Cathy Larson	57:47	SF40-44	13/26	51	5:47	OAKVILLE
100	413	Bridgit May	57:50	SF30-34	10/15	52	5:47	VANCOUVER
101	583	Susan E Zikman-Wise	58:31	SF35-39	5/9	53	5:52	THORNHILL
102	264	Celia Turnbull	58:33	SF50-54	2/6	54	5:52	OTTAWA
103	506	Angela B Bourne	58:34	SF40-44	14/26	55	5:52	LONDON
104	585	Catie Ahrens	58:40	SF20-24	13/17	56	5:52	PORT CARLING
105	517	Jenny Elliott	59:22	SF25-29	5/8	57	5:57	GUELPH
106	564	Jay Parliament	59:22	SM30-34	5/7	49	5:57	BRACEBRIDGE
107	440	Greg Farano	59:23	SM40-44	14/15	50	5:57	TORONTO
108	546	Kristie Lille	59:25	SF30-34	11/15	58	5:57	TORONTO
109	553	Seanna J Millar	59:45	SF25-29	6/8	59	5:59	TORONTO
110	584	Donna Evans	59:45	SF50-54	3/6	60	5:59	MINETT
111	589	Sari Seifer	59:58	SF40-44	15/26	61	6:00	BALA
112	572	Sarah J Stone	59:58	SF<20	4/11	62	6:00	ROSSEAU
113	512	Robert Chafee	1:00:27	SM35-39	5/7	51	6:03	TORONTO
114	268	Alan Nesmith	1:00:29	SM45-49	8/11	52	6:03	WHITBY
115	295	Steve Cwirenko	1:00:29	SM30-34	6/7	53	6:03	TORONTO
116	521	Slava Fisher	1:00:29	SF40-44	16/26	63	6:03	TORONTO
117	550	Katie A McIntosh	1:00:31	SF<20	5/11	64	6:04	MARKHAM
118	293	Heather Innes	1:00:37	SF45-49	6/10	65	6:04	TORONTO
119	279	John Sproat	1:00:42	SM55-59	5/5	54	6:05	TORONTO
120	262	Terry Cassaday	1:00:42	SM45-49	9/11	55	6:05	MINNETT
121	519	Meg Feniak	1:00:50	SF40-44	17/26	66	6:05	PICKERING
122	563	Kristi S Panko	1:01:10	SF25-29	7/8	67	6:07	CALEDON
123	591	David Belinko	1:01:10	SM50-54	8/9	56	6:07	MINETT
124	273	Sue Batttistan	1:01:27	SF50-54	4/6	68	6:09	BALA
125	439	Rob Drynan	1:02:01	SM30-34	7/7	57	6:13	TORONTO
126	530	Francie C Hannigan	1:02:23	SF<20	6/11	69	6:15	BARRIE
127	428	Sarah Clark	1:02:27	SF<20	7/11	70	6:15	TORONTO
128	427	Kevin Clark	1:02:32	SM45-49	10/11	58	6:16	TORONTO
129	524	Meagan Genovese	1:02:56	SF20-24	14/17	71	6:18	TORONTO
130	272	Lyne Bond	1:02:56	SF40-44	18/26	72	6:18	STOUFFVILLE
131	286	Jean Barford	1:03:14	SF45-49	7/10	73	6:20	TORONTO
132	561	catherine orcutt	1:03:14	SF40-44	19/26	74	6:20	PGH
133	426	Nancy Konyu	1:03:28	SF45-49	8/10	75	6:21	ORILLIA
134	560	Heidi H Opzoomer	1:03:30	SF35-39	6/9	76	6:21	TORONTO
135	292	Doug J Glover	1:03:56	SM45-49	11/11	59	6:24	THORNHILL
136	577	Tara KM Trigiani	1:04:16	SM35-39	6/7	60	6:26	MISSISSAUGA
137	260	Jeff Sopik	1:04:26	SM40-44	15/15	61	6:27	TORONTO
138	559	Margot Nimmo	1:04:26	SF45-49	9/10	77	6:27	AURORA
139	522	Rebecca L Francis	1:06:12	SF20-24	15/17	78	6:38	WINDERMERE
140	545	Rosemary Leith	1:06:20	SF40-44	20/26	79	6:38	PORT CARLING
141	504	Barb Black	1:06:24	SF40-44	21/26	80	6:39	PORT CARLING
142	284	Carene Davey	1:06:34	SF30-34	12/15	81	6:40	TORONTO
143	283	Aimee Ross	1:06:34	SF30-34	13/15	82	6:40	COLLINGWOOD
144	407	Pam Gray	1:06:38	SF45-49	10/10	83	6:40	TORONTO

# MUSKOKA ROCKS

Run 10k • Run/Walk 5k • The Magical 1k Kids Run • The Cottage Challenge!

145	271	Kate Whartan	1:06:43	SF30-34	14/15	84	6:41	MINETT
146	528	David A Graham	1:07:12	SM50-54	9/9	62	6:44	BRACEBRIDGE
147	571	Gregory S Smith	1:07:43	SM35-39	7/7	63	6:47	TORNOTO
148	580	Sarah Wellings	1:07:43	SF35-39	7/9	85	6:47	BRACEBRIDGE
149	443	Michelle Henson	1:08:28	SF<20	8/11	86	6:51	STOUFVILLE
150	442	Natalia Bond	1:08:28	SF<20	9/11	87	6:51	STOUFVILLE
151	597	Jenna Gardner	1:08:30	SF<20	10/11	88	6:51	PORT SANDFIELD
152	505	Steven F Bosomworth	1:08:47	SM<20	3/4	64	6:53	BARRIE
153	535	Sylvie Jacques	1:09:11	SF30-34	15/15	89	6:56	PARRY SOUND
154	557	Cindy Nicholson	1:09:12	SF40-44	22/26	90	6:56	PORT CARLING
155	431	Arlene Reville	1:09:15	SF40-44	23/26	91	6:56	BRACEBRIDGE
156	432	Mary Demerling	1:09:15	SF40-44	24/26	92	6:56	BRACEBRIDGE
157	514	Cathy Craig	1:10:29	SF40-44	25/26	93	7:03	MISSISSAUGA
158	555	Rhonda Mitchell	1:11:41	SF25-29	8/8	94	7:11	TORONTO
159	265	Sarah Gardner	1:12:02	SF<20	11/11	95	7:13	ANCASTER
160	596	Vic Masi	1:14:04	SM60+	2/2	65	7:25	LAKE OF BAYS
161	568	Kelly Schultz	1:14:37	SF35-39	8/9	96	7:28	TORONTO
162	529	Jane E. Greene	1:15:10	SF35-39	9/9	97	7:31	TORONTO
163	511	Nancy Chafee	1:16:08	SF40-44	26/26	98	7:37	TORONTO
164	441	Ryan Bond	1:19:39	SM<20	4/4	66	7:58	STOUFVILLE
165	280	Mary Brittain	1:20:21	SF55-59	1/1	99	8:03	GRAVENHURST
166	269	Luann Nesmith	1:22:26	SF50-54	5/6	100	8:15	WHITBY
167	446	Kate Schultz	1:50:44	SF20-24	16/17	101	11:05	TORONTO
168	445	Melissa Stevenson	1:50:59	SF20-24	17/17	102	11:06	TORONTO
169	569	Mary Schultz	2:05:31	SF50-54	6/6	103	12:34	TORONTO