

**19th Annual Trail Trot
Kinsmen Park (Hiawatha Highlands)
Sault Ste Marie, Ontario
Saturday, Oct 16, 2004**

2K Overall Results

Place	Name	Time	P.A.G.	Pace	Team	Age
1	Eric Noland	0:07:48.	1	3:54.1		14
2	Spencer Hogan	0:07:48.	2	3:54.4	R.M.Moore	12
3	Tyler Davie	0:08:30.	1	4:15.4	Grand View	11
4	Brett Davie	0:08:45.	2	4:23.0	Grand View	9
5	Camille Lemay	0:08:49.	1	4:24.8	Grand Lac	13
6	Hilary Mallinger	0:08:54.	2	4:27.1	Queen	12
7	Erin Murphy	0:08:58.	3	4:29.5	St.Bernadette	12
8	Brandon Hayes	0:09:07.	3	4:33.7	Prince	11
9	Derrick Pook	0:09:16.	4	4:38.2	Prince	11
10	Ronald Lecuyer	0:09:18.	5	4:39.4	Prince	10
11	Elyse Mccarthy	0:09:25.	4	4:42.8	St. Patrick	12
12	Nathon Kucher	0:09:33.	6	4:46.7	Prince	11
13	Riley Hodgson	0:09:40.	5	4:50.1	Grand Lac	13
14	Kori Wickstrom	0:09:48.	6	4:54.2	St.Bernadette	12
15	Bridget Murphy	0:09:48.	1	4:54.4	St.Bernadette	9
16	Amanda Robb	0:10:00.	2	5:00.2	Prince	11
17	Nicole Aquosh	0:10:14.	3	5:07.2	Prince	11
18	Peter Nearing	0:10:17.	7	5:08.8	St. Paul	11
19	Sophie Hodgson	0:10:19.	4	5:09.7	Prince	11
20	Liam Ortiz	0:10:19.	8	5:09.9	Alex Muir	9
21	Mitchell Reinholtz	0:10:22.	9	5:11.0	Prince	10
22	Emily Evans	0:10:27.	5	5:13.7	Prince	11
23	Catherine Mallinger	0:10:37.	6	5:18.8	Queen	11
24	Adam Hopfgartner	0:10:59.	10	5:29.5	R.M.Moore	10
25	Sadie Puddister	0:11:09.	7	5:34.5	Alex Muir	12
26	Sam Puddister	0:11:12.	11	5:36.1	Grand View	9
27	Tayler Hayes	0:11:13.	1	5:36.8	Prince	8
28	Evelyn Steele	0:11:34.	7	5:47.2	Notre-Dame	10
29	Matti Maida	0:11:34.	12	5:47.3	Prince	11
30	Barbara Smith	0:11:39.	1	5:49.7		45
31	Frances Mallinger	0:11:42.	8	5:51.4		9
32	Audrey Steele	0:11:59.	2	5:59.8	Notre-Dame	7
33	Meaghan Smith	0:12:10.	2	6:05.2		15
34	Christian Breathat	0:12:12.	13	6:06.5	Grand View	9
35	Michael Robb	0:12:50.	1	6:25.1	Prince	8
36	Karine Boucher	0:12:58.	9	6:29.2	St.Mary's	9
37	Adam Capell	0:13:29.	2	6:44.5	Grand View	7
38	Scott Capell	0:13:29.	1	6:44.8		44
39	Emily Boucher	0:15:03.	3	7:31.7	St.Mary's	7
40	Amy Capell	0:15:17.	4	7:38.8	Grand View	8
41	Claire Mccarthy	0:16:09.	10	8:04.7	St. Patrick	9
42	Erin Tomie	0:16:36.	11	8:18.4	Tarentorus	9
43	Emily Hopfgartner	0:16:42.	5	8:21.3	R.M.Moore	8

2K Age Group Results

Female	Ages 12 to 14	City, Prov	Time	PaceE	Age	O'AL
1	Camille Lemay	Sault Ste. Marie, ON	0:08:49.6	4:24.8	13	5
2	Hilary Mallinger	Sault Ste. Marie, ON	0:08:54.1	4:27.1	12	6
3	Erin Murphy	Sault Ste. Marie, ON	0:08:58.9	4:29.5	12	7
4	Elyse Mccarthy	Sault Ste. Marie, ON	0:09:25.6	4:42.8	12	11
5	Riley Hodgson	Sault Ste. Marie, ON	0:09:40.2	4:50.1	13	13
6	Kori Wickstrom	Sault Ste. Marie, ON	0:09:48.5	4:54.2	12	14
7	Sadie Puddister	Sault Ste. Marie, ON	0:11:09.0	5:34.5	12	25

Female	Ages 15 +	City, Prov	Time	PaceE	Age	O'AL
1	Barbara Smith	Sault Ste. Marie, ON	0:11:39.5	5:49.7	45	30
2	Meaghan Smith	Sault Ste. Marie, ON	0:12:10.3	6:05.2	15	33

Female	Ages 5 to 8	City, Prov	Time	PaceE	Age	O'AL
1	Taylor Hayes	Sault Ste. Marie, ON	0:11:13.6	5:36.8	8	27
2	Audrey Steele	Sault Ste. Marie, ON	0:11:59.7	5:59.8	7	32
3	Emily Boucher	Sault Ste. Marie, ON	0:15:03.3	7:31.7	7	39
4	Amy Capell	Sault Ste. Marie, ON	0:15:17.6	7:38.8	8	40
5	Emily Hopfgartner	Sault Ste. Marie, ON	0:16:42.6	8:21.3	8	43

Female	Ages 9 to 11	City, Prov	Time	PaceE	Age	O'AL
1	Bridget Murphy	Sault Ste. Marie, ON	0:09:48.9	4:54.4	9	15
2	Amanda Robb	Sault Ste. Marie, ON	0:10:00.4	5:00.2	11	16
3	Nicole Aquosh	Sault Ste. Marie, ON	0:10:14.4	5:07.2	11	17
4	Sophie Hodgson	Sault Ste. Marie, ON	0:10:19.5	5:09.7	11	19
5	Emily Evans	Sault Ste. Marie, ON	0:10:27.4	5:13.7	11	22
6	Catherine Mallinger	Sault Ste. Marie, ON	0:10:37.7	5:18.8	11	23
7	Evelyn Steele	Sault Ste. Marie, ON	0:11:34.3	5:47.2	10	28
8	Frances Mallinger	Sault Ste. Marie, ON	0:11:42.7	5:51.4	9	31
9	Karine Boucher	Sault Ste. Marie, ON	0:12:58.3	6:29.2	9	36
10	Claire Mccarthy	Sault Ste. Marie, ON	0:16:09.4	8:04.7	9	41
11	Erin Tomie	Sault Ste. Marie, ON	0:16:36.7	8:18.4	9	42

Male	Ages 12 to 14	City, Prov	Time	PaceE	Age	O'AL
1	Eric Noland	Sault Ste Marie, ON	0:07:48.3	3:54.1	14	1
2	Spencer Hogan	Sault Ste. Marie, ON	0:07:48.8	3:54.4	12	2

Male	Ages 15 +	City, Prov	Time	PaceE	Age	O'AL
1	Scott Capell	Sault Ste. Marie, ON	0:13:29.5	6:44.8	44	38

Male	Ages 5 to 8	City, Prov	Time	PaceE	Age	O'AL
1	Michael Robb	Sault Ste. Marie, ON	0:12:50.2	6:25.1	8	35
2	Adam Capell	Sault Ste. Marie, ON	0:13:29.1	6:44.5	7	37

Male	Ages 9 to 11	City, Prov	Time	PaceE	Age	O'AL
1	Tyler Davie	Sault Ste Marie, ON	0:08:30.7	4:15.4	11	3
2	Brett Davie	Sault Ste Marie, ON	0:08:45.9	4:23.0	9	4
3	Brandon Hayes	Sault Ste. Marie, ON	0:09:07.3	4:33.7	11	8
4	Derrick Pook	Sault Ste. Marie, ON	0:09:16.5	4:38.2	11	9
5	Ronald Lecuyer	Sault Ste. Marie, ON	0:09:18.7	4:39.4	10	10
6	Nathon Kucher	Sault Ste. Marie, ON	0:09:33.4	4:46.7	11	12
7	Peter Nearing	Sault Ste. Marie, ON	0:10:17.6	5:08.8	11	18
8	Liam Ortiz	Sault Ste. Marie, ON	0:10:19.8	5:09.9	9	20
9	Mitchell Reinholtz	Sault Ste. Marie, ON	0:10:22.1	5:11.0	10	21
10	Adam Hopfgartner	Sault Ste. Marie, ON	0:10:59.0	5:29.5	10	24
11	Sam Puddister	Sault Ste. Marie, ON	0:11:12.2	5:36.1	9	26

12	Matti Maidra	Sault Ste.marie, ON	0:11:34.6	5:47.3	11	29
13	Christian Breathat	Sault Ste. Marie, ON	0:12:12.9	6:06.5	9	34

2K Elementary School Team Results

Results Based on Top 4 From Each Team

Finish Position: **1** Team: **Prince Charles**

Total Time (hh:mm:ss.s): 00:37:15.9 Total of Place: 39

P	NAME	TIME	BIB #	PACE	SEX	CUM. PLACE	Place on team
8	Brandon Hayes	0:09:07.3	900	4:33.6	M	8	1
9	Derrick Pook	0:09:16.5	904	4:38.3	M	17	2
10	Ronald Lecuyer	0:09:18.7	907	4:39.3	M	27	3
12	Nathon Kucher	0:09:33.4	901	4:46.7	M	39	4
16	Amanda Robb	0:10:00.4	905	5:00.2	F	55	** 5
17	Nicole Aquosh	0:10:14.4	903	5:07.2	F	72	** 6
19	Sophie Hodgson	0:10:19.5	899	5:09.8	F	91	** 7
21	Mitchell Reinholtz	0:10:22.1	898	5:11.0	M	112	** 8
22	Emily Evans	0:10:27.4	906	5:13.7	F	134	** 9
27	Taylor Hayes	0:11:13.6	874	5:36.8	F	161	** 10
29	Matti Maidra	0:11:34.6	902	5:47.3	M	190	** 11
35	Michael Robb	0:12:50.2	875	6:25.1	M	225	** 12

Finish Position: **2** Team: **Grand View**

Total Time (hh:mm:ss.s): 00:40:41.7 Total of Place: 67

P	NAME	TIME	BIB #	PACE	SEX	CUM. PLACE	Place on team
3	Tyler Davie	0:08:30.7	880	4:15.3	M	3	1
4	Brett Davie	0:08:45.9	881	4:23.0	M	7	2
26	Sam Puddister	0:11:12.2	877	5:36.1	M	33	3
34	Christian Breathat	0:12:12.9	938	6:06.4	M	67	4
37	Adam Capell	0:13:29.1	866	6:44.5	M	104	** 5
40	Amy Capell	0:15:17.6	865	7:38.8	F	144	** 6

*** Not Included For Team Results

5K Overall Results

Place	Name	Time	P.A.G.	Pace	Team	Age
1	* Andrea Jarzumbek	0:18:52.		3:46.5		30
2	* Jeremy Paquin	0:20:50.		4:10.1		29
3	Thomas Peer	0:21:34.	1	4:18.9		12
4	Feleisha Reiter	0:22:07.	1	4:25.6		28
5	Sean Poynton	0:23:28.	1	4:41.8		21
6	Carol Campbell	0:23:31.	1	4:42.4		44
7	Adam Fortais	0:23:47.	2	4:45.5		13
8	Josiah Irwin	0:24:11.	2	4:50.2		21
9	Matt Cuddy	0:24:33.	1	4:54.8	Sir James Dunn	16
10	James Campbell	0:24:34.	2	4:54.8	Sir James Dunn	17
11	Quentin Miller	0:24:38.	1	4:55.7		35
12	Hilary Gordon	0:25:00.	1	5:00.0		17
13	Heather Gordon	0:25:00.	2	5:00.0		16
14	Jullien Flynn	0:25:39.	1	5:07.9		11
15	Mark Wetzel	0:25:50.	2	5:10.1		38
16	Sarah Fortais	0:26:39.	3	5:19.8	Korah	15
17	Lori Swan	0:26:43.	2	5:20.7		43
18	Andrew Barbeau	0:29:01.	3	5:48.4		12
19	Hilary Ortiz	0:29:14.	2	5:50.9		13

20	Rose Boucher	0:31:34.	1	6:18.8	60
21	Ellen Mccarthy	0:32:29.	3	6:29.9	40
22	Betty Van Kerkhof	0:33:09.	4	6:37.8	46
23	Elaine Windus	0:35:37.	1	7:07.4	54
24	Mary Greenwood	0:37:18.	5	7:27.8	46
25	Deane Greenwood	0:37:19.	1	7:27.8	55
26	Mirinda Boucher	0:38:33.	3	7:42.7	13
27	Lorita Francis	0:43:00.	2	8:36.2	69

* Not Included in Division results

5K Age Group Results

Female	Top Finishers	City, Prov	Time	PaceE	Age	O'AL
1	Andrea Jarzumbek	Sault Ste. Marie, ON	0:18:52.6	3:46.5	30	1
Male	Top Finishers	City, Prov	Time	PaceE	Age	O'AL
1	Jeremy Paquin	Sault Ste. Marie, ON	0:20:50.8	4:10.1	29	2
Female	Ages 11 to 14	City, Prov	Time	PaceE	Age	O'AL
1	Jullien Flynn	Sault Ste. Marie, ON	0:25:39.4	5:07.9	11	14
2	Hilary Ortiz	Sault Ste. Marie, ON	0:29:14.6	5:50.9	13	19
3	Mirinda Boucher	Sault Ste. Marie, ON	0:38:33.6	7:42.7	13	26
Female	Ages 15 to 19	City, Prov	Time	PaceE	Age	O'AL
1	Hilary Gordon	Sault Ste. Marie, ON	0:25:00.0	5:00.0	17	12
2	Heather Gordon	Sault Ste. Marie, ON	0:25:00.0	5:00.0	16	13
3	Sarah Fortais	Sault Ste. Marie, ON	0:26:39.1	5:19.8	15	16
Female	Ages 20 to 29	City, Prov	Time	PaceE	Age	O'AL
1	Feleisha Reiter	Sault Ste. Marie, ON	0:22:07.9	4:25.6	28	4
Female	Ages 40 to 49	City, Prov	Time	PaceE	Age	O'AL
1	Carol Campbell	Sault Ste. Marie, ON	0:23:31.9	4:42.4	44	6
2	Lori Swan	Sault Ste. Marie, ON	0:26:43.4	5:20.7	43	17
3	Ellen Mccarthy	Sault Ste. Marie, ON	0:32:29.5	6:29.9	40	21
4	Betty Van Kerkhof	Sault Ste. Marie, ON	0:33:09.0	6:37.8	46	22
5	Mary Greenwood	Sault Ste. Marie, ON	0:37:18.8	7:27.8	46	24
Female	Ages 50 to 59	City, Prov	Time	PaceE	Age	O'AL
1	Elaine Windus	Goulais River, ON	0:35:37.0	7:07.4	54	23
Female	Ages 60 +	City, Prov	Time	PaceE	Age	O'AL
1	Rose Boucher	Sault Ste. Marie, ON	0:31:34.1	6:18.8	60	20
2	Lorita Francis	Sault Ste. Marie, ON	0:43:00.9	8:36.2	69	27
Male	Ages 11 to 14	City, Prov	Time	PaceE	Age	O'AL
1	Thomas Peer	Sault Ste Marie, ON	0:21:34.6	4:18.9	12	3
2	Adam Fortais	Sault Ste. Marie, ON	0:23:47.6	4:45.5	13	7
3	Andrew Barbeau	Sault Ste Marie, ON	0:29:01.9	5:48.4	12	18
Male	Ages 15 to 19	City, Prov	Time	PaceE	Age	O'AL
1	Matt Cuddy	Sault Ste. Marie, ON	0:24:33.8	4:54.8	16	9
2	James Campbell	Sault Ste. Marie, ON	0:24:34.3	4:54.8	17	10
Male	Ages 20 to 29	City, Prov	Time	PaceE	Age	O'AL

1	Sean Poynton	Sault Ste Marie, ON	0:23:28.8	4:41.8	21	5
2	Josiah Irwin	Richards Landing, ON	0:24:11.2	4:50.2	21	8

Male	Ages 30 to 39	City, Prov	Time	PaceE	Age	O'AL
1	Quentin Miller	Sault Ste. Marie, ON	0:24:38.6	4:55.7	35	11
2	Mark Wetzel	Sault Ste. Marie, ON	0:25:50.8	5:10.1	38	15

Male	Ages 50 to 59	City, Prov	Time	PaceE	Age	O'AL
1	Deane Greenwood	Sault Ste. Marie, ON	0:37:19.2	7:27.8	55	25

10 K Overall Results

Place	Name	Time	P.A.G.	Pace	Age
1	* Sherri Smith	0:35:49.		3:34.9	28
2	* Mario Festival	0:40:03.		4:00.4	50
3	Mika Julha	0:42:25.	1	4:14.6	32
4	Dan Puddister	0:42:33.	1	4:15.4	41
5	Tom Piippo	0:45:01.	2	4:30.1	47
6	Guy Smith	0:45:28.	3	4:32.8	40
7	Masa Higuchi	0:46:33.	1	4:39.4	28
8	Tom Christie	0:47:39.	4	4:46.0	46
9	Grahame Gordon	0:48:08.	5	4:48.9	49
10	Darren Evans	0:49:14.	2	4:55.4	39
11	Daniela Gebhart	0:52:30.	1	5:15.1	42
12	Marg Meincke	0:52:36.	1	5:15.7	50
13	Ricky Francis	0:55:14.	3	5:31.4	39
14	Dan Smith	0:56:33.	6	5:39.3	48
15	Mike Belcher	0:57:46.	1	5:46.6	52
16	Cheryl Vanderheyden	0:57:56.	1	5:47.6	32
17	Janet Mcleod	0:60:42.	2	6:04.3	48
18	Rick Greet	1:13:56.	7	7:23.6	47

10 K Age Group Results

Female	Top Finishers	City, Prov	Time	PaceE	Age	O'AL
1	Sherri Smith	Sault Ste. Marie, ON	0:35:49.4	3:34.9	28	1

Male	Top Finishers	City, Prov	Time	PaceE	Age	O'AL
1	Mario Festival	Sault Ste. Marie, ON	0:40:03.4	4:00.4	50	2

Female	Ages 30 to 39	City, Prov	Time	PaceE	Age	O'AL
1	Cheryl Vanderheyden	Echo Bay, ON	0:57:56.4	5:47.6	32	16

Female	Ages 40 to 49	City, Prov	Time	PaceE	Age	O'AL
1	Daniela Gebhart	Richards Landing, ON	0:52:30.7	5:15.1	42	11
2	Janet Mcleod	St. Joseph Island, ON	0:60:42.3	6:04.3	48	17

Female	Ages 50 to 59	City, Prov	Time	PaceE	Age	O'AL
1	Marg Meincke	Sault Ste. Marie, ON	0:52:36.4	5:15.7	50	12

Male	Ages 20 to 29	City, Prov	Time	PaceE	Age	O'AL
1	Masa Higuchi	Sault Ste. Marie, ON	0:46:33.5	4:39.4	28	7

Male	Ages 30 to 39	City, Prov	Time	PaceE	Age	O'AL
1	Mika Julha	Sault Ste. Marie, ON	0:42:25.9	4:14.6	32	3

2	Darren Evans	Sault Ste. Marie, ON	0:49:14.2	4:55.4	39	10
3	Ricky Francis	Sault Ste. Marie, ON	0:55:14.6	5:31.4	39	13

Male	Ages 40 to 49	City, Prov	Time	PaceE	Age	O'AL
1	Dan Puddister	Sault Ste. Marie, ON	0:42:33.9	4:15.4	41	4
2	Tom Piippo	Rudyard, MI	0:45:01.4	4:30.1	47	5
3	Guy Smith	Sault Ste. Marie, ON	0:45:28.0	4:32.8	40	6
4	Tom Christie	Sault Ste. Marie, ON	0:47:39.7	4:46.0	46	8
5	Grahame Gordon	Sault Ste. Marie, ON	0:48:08.9	4:48.9	49	9
6	Dan Smith	Sault Ste. Marie, ON	0:56:33.2	5:39.3	48	14
7	Rick Greet	Sault Ste. Marie, ON	1:13:56.7	7:23.6	47	18

Male	Ages 50 to 59	City, Prov	Time	PaceE	Age	O'AL
1	Mike Belcher	Sault Ste. Marie, ON	0:57:46.3	5:46.6	52	15