

September 25, 2004

~~6th~~ Annual Helpers Fund 5k & 10k

6th

Overall Finish List

10k - men & women

<u>Overall</u>	<u>Name</u>	<u>Team</u>	<u>Bib No</u>	<u>Age</u>	<u>Age Group</u>	<u>Time</u>	<u>Pace</u>
1	Seth Blumerman		301	30	1 M 30-39	40:18	4:02/K
2	Meredith Jones		341	16	1 F 14-19	40:33	4:03/K
3	Barry Henck		317	37	2 M 30-39	41:15	4:08/K
4	Paul Matson		348	38	3 M 30-39	41:17	4:08/K
5	Beth Staker		352	45	1 F 40-49	41:28	4:09/K
6	Gordon Dean		309	44	1 M 40-49	41:37	4:10/K
7	Jim McElroy		322	45	2 M 40-49	41:49	4:11/K
8	James Van Ess		343	33	4 M 30-39	44:02	4:24/K
9	Dan Larson		357	53	1 M 50-59	44:07	4:25/K
10	Andrew Wheeler		332	56	2 M 50-59	44:32	4:27/K
11	Ryan McNulty		345	32	5 M 30-39	45:30	4:33/K
12	Michael Doyle		342	49	3 M 40-49	46:01	4:36/K
13	Richard Soto		327	42	4 M 40-49	46:57	4:42/K
14	Michael Dier		311	39	6 M 30-39	47:48	4:47/K
15	Michael Ruger		331	23	1 M 20-29	47:49	4:47/K
16	Mary Ellen Sparno		328	45	2 F 40-49	48:19	4:50/K
17	Larry Navatka		350	47	5 M 40-49	48:26	4:51/K
18	Susan McNulty		346	31	1 F 30-39	48:51	4:53/K
19	Stanley Williford		330	45	6 M 40-49	49:40	4:58/K
20	Gary Wilson		353	44	7 M 40-49	50:05	5:01/K
21	Hugh Roberts		326	57	3 M 50-59	50:12	5:01/K
22	Mark Wright		356	44	8 M 40-49	51:18	5:08/K
23	DAVID BANNON		340	54	4 M 50-59	51:23	5:08/K
24	Michael Woytowich		335	32	7 M 30-39	52:04	5:12/K
25	Diane Litynski		319	42	3 F 40-49	52:22	5:14/K
26	Katherine Dier		310	42	4 F 40-49	53:52	5:23/K
27	Dan Curtin		347	57	5 M 50-59	54:46	5:29/K
28	Jeff Wright		344	31	8 M 30-39	54:52	5:29/K
29	Troy Becker		336	36	9 M 30-39	56:27	5:39/K
30	Raymond Mayak		321	42	9 M 40-49	56:45	5:41/K
31	Rob Sparno		329	51	6 M 50-59	57:21	5:44/K
32	David Neighbour		323	38	10 M 30-39	57:42	5:46/K
33	Heather Beaton		334	37	2 F 30-39	58:18	5:50/K
34	Danielle Moon		337	34	3 F 30-39	58:19	5:50/K
35	Leanne Greco		315	31	4 F 30-39	58:28	5:51/K
36	James Beaton		333	53	7 M 50-59	58:59	5:54/K
37	LIESHA SHERMAN		338	34	5 F 30-39	59:24	5:56/K
38	Kathleen O'Brien		354	38	6 F 30-39	60:25	6:03/K
39	Colleen Brown		304	32	7 F 30-39	60:41	6:04/K
40	Adrienne Casano		349	34	8 F 30-39	62:45	6:17/K
41	Jane Fitzgerald		355	42	5 F 40-49	63:47	6:23/K
42	Sandra Brock		339	51	6 F 50-59	65:23	6:32/K
43	Anastasia Fredell		312	13	1 F 10-13	65:32	6:33/K
44	Julie Neighbour		324	34	9 F 30-39	66:05	6:37/K
45	Jill Burwell		305	40	7 F 40-49	66:25	6:39/K
46	Paul Clarke		306	65	1 M 60-69	67:09	6:43/K
47	Monica Fredell		313	46	8 F 40-49	72:05	7:13/K
48	Rosemarie Trainer		351	69	1 F 60-69	73:36	7:22/K
49	Heather Green		316	35	10 F 30-39	79:31	7:57/K
DNF	Matthew Bowsher		302	21	M 20-29		
DNF	Kimberley Bradley		303	22	F 20-29		
DNF	Kristin Clark		307	17	F 14-19		
DNF	Scott Frogley		314	37	M 30-39		