

LIONS GATE RACE RESULTS Sept 2004 to Feb. 2005

Name	Time	Place	Division	Overall				
ROTARY 5K, 26 Sept 04, (34 finishers)								
Paul Wood	0:19:52	2nd	50-59	12th	Bronze			
SCOTIABANK TORONTO 1/2 Marathon, 26 Sept 04,(3996 fin.)								
Frank Stebner	1:46:36	49th	50-54	793rd				
SOUTH FRASER 5K & 8K, Oct 04, (117 finishers)						Masters Std.		
Cathy Morton 5K	0:22:17	2nd	M45-49	2nd	Bronze			
Christine Blanchette 5K	0:19:13	1st	F20-39	1st	Silver			
Mark Francis 8K	0:26:50	2nd	M40-44	2nd	Gold			
John Moe 8K	0:27:33	1st	M50-54	1st	Gold			
Carlos Gaspar 8K	0:27:37	4th	M40-44	4th	Silver			
Murray Stevens 8K	0:29:58	2nd	M50-54	2nd	Silver			
Roger Brownsey 8K	0:30:58	3rd	M50-54	3rd	Bronze			
Hans Fenz 8K	0:35:05	2nd	M60+	2nd	Silver			
OKANAGAN MARATHON, Kelowna, 10 Oct 04,(660 finishers.)								
Neil Wakelin	3:29:25	12	50-59	110th	Bronze			
VICTORIA MARATHON, 10 OCT, 2004, Victoria (2235 finishers)								
John Moe	2:44:27	1st	50-54	7th	Gold			
Darryl Whitney	3:08:10	4th	20-24	92nd				
Christine Blanchette	3:21:19	5th	35-39	176th	Silver			
Rene McKibbin	3:32:23	10th	35-39	310th	Silver			
Lara Duke	3:37:44	10th	25-29	387th				
VICTORIA 1/2 MARATHON,10 OCT, 2004, Victoria (3703 finishers)								
Jack Miller	1:22:26	1st	M55-59	25th	Gold			
Gunner Rasmussen	1:35:30	3rd	M60-64	92nd				
VICTORIA 8K, 10 OCT, 2004, Victoria (1304 finishers)								
Roger Brownsey	0:32:16	2nd	M50-54	65th	Bronze			
GRANVILLE ISLAND TURKEY TROT 10K, 11 OCT.04, Vanc. (1288 fin.)								
Robert Haines	0:41:08	3rd	M50-59	56th	Bronze			
Diana Pozza	0:45:27	17th	M30-39	187th				
Larry McMahon	0:47:03	15th	M50-59	260th				
SUMMERLAND X-C 5K, 11 OCT.04, Summerland. (31 fin.)								
Carlos Gaspar	0:22:48	1st	M40-49	3rd				
RICHMOND FLATLANDS 10K, 17 Oct, 2004, Richmond (486 finishers)								
Mark Francis	0:35:30	2nd	40-44	11th	Silver			
Sean Wolfe	0:35:41	1st	45-49	15th	Silver			
Russell Stephens	0:42:07	10th	45-49	83rd				
Rene McKibbin	0:38:44	1st	35-39	35th	Gold			
Robert Haines	0:40:41	3rd	50-54	68th	Bronze			

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BC MASTERS X-COUNTRY CHAMPS 23 Oct 04 White Rock (32 fin.)								
Christine Blanchette 6K	0:25:03	30th	F20-39	30th				
Darryl Whitney 10K	0:35:51	41st	M20-39	41st				
Carlos Gaspar 8K	0:28:22	6th	M40-44	6th	Silver			
John Moe 8K	0:28:28	1st	M50-54	1st	Silver			
Gary Stevens 8K	0:31:02	10th	M45-49	10th	Bronze			
Murray Stevens 8K	0:30:43	5th	M50-54	5th	Silver			
Paul Wood 8K	0:33:59	2nd	M55-59	2nd	Bronze			
Hans Fenz 8K	0:35:28	1st	M65-69	1st	Silver			
ING CUNNINGHAM SEAWALL RACE 5.9 M, 31 Oct,04, (1377 fin.)								
Yoeri Geerits (ING)	0:40:31	13th	M30-34	116th				
Linda Wong	0:44:30	10th	M25-29	257th				
Diana Pozza	0:45:42	13th	F35-39	309th				
Cathy Morton	0:47:15	10th	F45-49	388th				
Robert Gardner	0:47:18	22nd	M55-59	395th				
ING NEW YORK CITY MARATHON, Nov. 6, 2004, NYC (338 Teams)								
Yoeri Geerits (ING)	4:16:45	3813	M30-34	11908th	jogged race			
Janet Anderson	4:56:41	5986th	F40-44	22756th	1st marathon			
HANEY TO HARRISON 100K RELAY-Nov. 6, 2004, Haney(338 Teams)								
	Time	Cat. place	Categ.	overall				
LGRR Masters Men 40+A	6:24:53	1st	mm40+A	7th				
LGRR Masters Men 50+A	7:22:13	1st	mm50+	25th				
LGRR Open Women	7:32:25	5th	open women	33rd				
LGRR Open Mixed	7:40:28	6th	Open Mixed	39th				
LGRR Masters Men 50+B	8:17:03	5th	mm50+	98th				
STAGE 1- 9.48K (5.89 M)								
		Cat. place	Categ.	overall	Team place OA			
Tom Cardle(late start,5mm)	0:41:42	3rd	mm40+A	21st	21st			
Willi Ribl	0:42:11	1st	mm50+A	26th	26th			
Paul Wong	0:46:05	3rd	mm50+B	60th	60th			
Cory Cullen	0:47:12	6th	Open Wom	77th	77th			
Cathy Morton	0:47:15	7th	Open Mixed	79th	79th			
STAGE 2- 13.54K (8.41 M)								
		Cat. place	Categ.	overall	Team place OA			
Sean Wolfe (3rd MM)	0:51:25	1st	mm40+A	11th	10th			
Jim Mosley	0:50:01	2nd	mm50+A	37th	22nd			
Egan Wong	0:59:44	7th	Open Mixed	71st	64th			
Tina Louise Harris	1:00:15	4th	Open Wom.	80th	51st			
Peter Jensen	1:04:44	5th	mm50+B	94th	62nd			
STAGE 3- 15.12K (9.40 M)								
		Cat. place	Categ.	overall	Team place OA			
Mark Francis (1st MM)	0:57:05	1st	mm40+A	8th	8th			
Rene McKibbin(3rd fem.)	1:02:52	3rd	OW	28th	33rd			
Gary Stevens	1:03:10	5th	Open Mixed	32nd	32nd			
Murray Stevens (delayed)	1:13:14	4th	mm50+A	147th	43rd			
Al Watts	1:24:01	5th	mm50+B	265th	132nd			

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HANEY TO HARRISON 100K RELAY continued								
STAGE 4-12.51K (7.77 M)		Cat. place	Categ.	overall	Team place	OA		
Mark Shorter (2nd MM)	0:48:38	2nd	mm40+A	9th	7th			
Robert Haines (4th MM)	0:53:16	1st	mm50+A	17th	31st			
Cheryl Steele	0:58:41	7th	OW	57th	33rd			
Stephanie Keane	1:00:39	8th	OW	84th	35th			
Robert Gardner	1:04:40	5th	mm50+B	136th	131st			
STAGE 5-14.89K (9.25 M)		Cat. place	Categ.	overall	Team place			
Ken Bell (2nd MM)	0:56:36	2nd	mm40+A	10th	7th			
Mark Williams	0:59:28	3rd	Open Mixed	22nd	26th			
Neil Wakelin	1:03:39	2nd	mm50+A	44th	28th			
Rainy Kent (4th MF)	1:07:57	5th	Open Wom.	66th	35th			
Frank Stebner	1:09:58	4th	mm50+B	115th	121st			
STAGE 6-13.03K (8.10 M)		Cat. place	Categ.	overall	Team place	OA		
John Moe (1st Master)	0:49:44	1st	mm40+A	8th	6th			
Phil Bell	0:57:30	1st	mm50+A	27th	27th			
Lara Duke	0:57:40	4th	Open Wom.	30th	31st			
Leo Lam	1:02:03	4th	mm50+B	66th	98th			
Linda Wong	1:06:12	10th	Open Mixed	105th	34th			
STAGE 7-13.42K (8.34 M)		Cat. place	Categ.	overall	Team place	OA		
Neil Prior(1st MM,5th OM)	0:51:15	1st	mm40+A	6th	6th			
Roger Brownsey	0:58:21	1st	mm50+A	50th	26th			
Christine Blanchette	0:59:38	4th	Open Wom.	63rd	31st			
Paul Fenz	1:03:06	14th	Open Mixed	105th	38th			
Hans Fenz	1:04:30	4th	mm50+B	130th	102nd			
STAGE 8- 8K (4.97 M)		Cat. place	Categ.	overall	Team place	OA		
Carlos Gaspar (3rd MM)	0:28:30	1st	mm40+A	7th	6th			
Alan Solk	0:35:05	1st	mm50+A	39th	25th			
Tawna Morgan	0:38:13	6th	Open Wom.	76th	33rd			
Bill Wirtanen	0:39:05	3rd	mm50+B	91st	98th			
Stepanie Keane	0:40:58	11th	Open Mixed	124th	39th			
MASTERS 8K X-COUNTRY,11 Nov. 2004, Stanley Park (117 finishers)								
Carlos Gaspar	0:29:24	3rd	40-44	6th	Bronze			
John Moe	0:30:00	2nd	50-54	9th	Silver			
Tom Cardle	0:30:32	5th	40-44	12th	Bronze			
Mark Shorter	0:31:30	6th	45-49	17th	Bronze			
Neil Wakelin	0:34:13	5th	55-59	22nd	Bronze			
Robert Haines	0:34:26	4th	50-54	23rd				
Paul Wood	0:35:17	3rd	55-59	29th				
Peter Jensen	0:36:38	4th	60-64	41st				
Frank Stebner	0:38:30	9th	50-54	52nd				
Cathy Morton	0:40:23	6th	45-49	64th				
David Stone	0:41:06	11th	50-54	68th	Cathy's hubby			
John Sullivan	1:02:29	2nd	75-79	113th	Bronze			
Bob Paul	1:12:23	4th	70-74	115th				
Tanya Sayers			40-44					
Team LGRR	23 pts	3rd						

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MASTERS STANDARDS							
Women's 5K Road Run				Men's 5K Road Run			
Women	Gold	Silver	Bronze	Men	Gold	Silver	Bronze
W35	19:05	20:49	22:33	M35	15:40	17:05	18:31
W40	19:32	21:19	23:05	M40	16:16	17:44	19:13
W45	20:00	21:49	23:38	M45	16:53	18:25	19:57
W50	21:01	23:03	24:58	M50	17:16	18:50	20:24
W55	22:28	24:31	26:34	M55	18:24	20:04	21:45
W60	23:46	25:55	28:05	M60	18:49	20:32	22:14
W65	25:42	28:02	30:22	M65	20:32	22:24	24:16
W70	28:57	31:35	34:13	M70	21:46	23:45	25:43
W75	32:42	35:40	38:39	M75	24:36	26:50	29:04
W80	36:56	40:17	43:39	M80	28:02	30:35	33:08
Women's 8K Road Run				Men's 8K Road Run			
Women	Gold	Silver	Bronze	Men	Gold	Silver	Bronze
W40	32:33	35:30	38:28	M40	26:50	29:16	31:43
W45	33:22	36:24	39:25	M45	27:32	30:02	32:32
W50	34:23	37:34	40:42	M50	28:17	30:51	33:26
W55	36:35	39:54	43:14	M55	29:50	32:32	35:16
W60	38:41	42:12	45:43	M60	30:47	33:34	36:22
W65	42:05	45:55	49:45	M65	34:13	37:19	40:26
W70	48:31	52:56	57:21	M70	35:41	38:55	42:09
W75	54:44	59:42	1:04:41	M75	40:12	43:52	47:31
W80	58:30	1:03:49	1:09:08	M80	45:23	49:31	53:39
Women's 10km Road Run				Men's 10km Road Run			
Women	Gold	Silver	Bronze	Men	Gold	Silver	Bronze
W35	40:11	43:51	47:30	M35	33:17	36:18	39:20
W40	41:13	44:58	48:43	M40	34:15	37:22	40:29
W45	42:16	46:06	49:57	M45	35:15	38:28	41:40
W50	43:18	47:15	51:11	M50	35:34	38:49	42:03
W55	45:59	50:10	54:20	M55	37:12	40:35	43:58
W60	48:37	53:03	57:28	M60	38:54	42:27	45:59
W65	53:01	57:50	2:40	M65	42:36	46:29	50:21
W70	1:01:34	1:07:10	1:12:46	M70	45:23	49:31	53:39
W75	1:09:25	1:15:44	1:22:02	M75	52:02	56:46	1:01:30
W80	1:12:53	1:19:31	1:26:08	M80	59:27	1:04:51	1:10:16
Women's Marathon				Men's Marathon			
Women	Gold	Silver	Bronze	Men	Gold	Silver	Bronze
W35	3:16:35	3:34:27	3:52:19	M35	2:36:44	2:50:59	3:05:14
W40	3:24:30	3:43:06	4:01:41	M40	2:43:55	2:58:49	3:13:43
W45	3:32:45	3:52:06	4:11:26	M45	2:51:26	3:07:01	3:22:36
W50	3:33:05	3:52:27	4:11:49	M50	2:53:37	3:09:24	3:25:11
W55	3:54:11	4:15:28	4:36:45	M55	3:02:19	3:18:53	3:35:28
W60	4:18:13	4:41:42	5:05:10	M60	3:09:41	3:26:56	3:44:11
W65	5:01:13	5:28:36	5:55:58	M65	3:30:43	3:49:53	4:09:02
W70	5:19:18	5:48:20	6:17:21	M70	3:56:08	4:17:35	4:39:03
W75	5:35:16	6:05:44	6:36:13	M75	4:34:36	4:59:34	5:24:31
W80	5:52:02	6:24:02	6:56:02	M80	6:04:30	6:37:38	7:10:47