

LIONS GATE RACE RESULTS Sept. 2005 to April 2006

Name	Chip Time	Gun Time	Place	Division	Overall			
<b>TREES FOR LIFE 5K 25 Sept 2005, (110 finishers.)</b>						Masters Std.		
Troy Wattley		0:19:02	1st	under19	2nd			
Mark Hyder		0:20:53	2nd	50-59	10th	Bronze		
Linda Wong		0:22:00	1st	20-29	15th			
Ketty Alfaro		0:22:32	2nd	under 19	17th			
Kristyn Webster		0:22:38	3rd	under 19	19th			
Cathy Morton		0:24:34	4th	40-49	30th			
<b>SOUTH FRASER X- COUNTRY 8K, 01 Oct, 2005, Surrey (48 Fin.)</b>						Masters Std.		
Carlos Gaspar		0:29:28	2nd	40+	6th	Bronze		
Jim Swadling		0:30:31	1st	55+	10th	Silver		
Gary Stevens		0:30:57	2nd	45+	12th	Bronze		
Murray Stevens		0:31:48	1st	50+	14th	Bronze		
Troy Wattley		0:32:01	6th	Open	16th			
Roger Brownsey		0:32:28	3rd	55+	18th	Bronze		
Rae Gordon		0:32:37	3rd	50+	20th			
Ingo Jackisch		0:33:19	4th	50+	22nd			
Mark Hyder		0:34:01	5th	50+	24th			
Hans Fenz		0:36:49	4th	65+	35th			
<b>ROYAL VICTORIA MARATHON 09 Oct, 2005, Victoria (1959 finishers.)</b>						Masters Std.		
Neil Wakelin	3:36:29		11th	55-59	387th			
Al Thompson	3:37:44		13th	55-59	411th			
<b>ROYAL VICTORIA HALF MARATHON 09 Oct, 2005,Victoria (3793 finishers.)</b>						Masters Std.		
Darryl Whitney	1:15:01		2nd	20-24	11th			
Sean Wolfe	1:19:28		1st	45-49	27th			
Ken Bell	1:20:05		2nd	45-49	32nd			
Neil Prior	1:23:21		3rd	50-54	46th			
Duff Waddell	1:35:49		1st	60-64	225th			
<b>OKANAGAN MARATHON 09 Oct, 2005, Kelowna (753 finishers.)</b>						Masters Std.		
Andy Ito	3:09:18		3rd	20-29	27th			
<b>TURKEY TROT 10K 10 Oct, 2005, Vancouver (1305 finishers.)</b>						Masters Std.		
Jeanne Kim	0:43:08	0:43:09	3rd	30-39	30th			
Robert Haines	0:44:48	0:45:01	3rd	50-59	47th			
<b>NORTH SHORE CROSS COUNTRY 6.3K, 15 Oct, 2005, N Vanc. (48 Fin.)</b>						Masters Std.		
Jim Swadling		0:23:57	1st	55-59	8th			
Gary Stevens		0:24:32	1st	50-54	9th			
Murray Stevens		0:25:28	2nd	50-54	13th			
Mark Hyder		0:27:53	3rd	50-54	18th			
Hans Fenz		0:30:35	1st	56-69	26th			
<b>IRONMAN HAWAII, 15 OCT 2005, KONA, HAWAII (2116 finishers)</b>								
<b>Mark Shorter</b>	11:12:25	1001th	45-49	264th				
2.4M (3.86K) Swim	1:16:15	1109th	45-49	381st				
112M (180.2K) Bike	6:01:22	1243th	45-49	438th				
26.2M (42.2K) Run	3:44:09	629TH	45-49	267th				

LIONS GATE RACE RESULTS Sept. 2005 to April 2006

Name	Chip Time	Gun Time	Place	Division	Overall		
<b>RICHMOND FLATLANDS 10K 16 Oct, 2005, Richmond (285 finishers.)</b>						<i>Masters Std.</i>	
Karl Furlong	0:40:03	0:40:07	6th	35-39	30th		
Rene McKibbin	0:40:13	0:40:18	1st	35-39	35th	<i>Silver</i>	
Russell Stephens	0:41:56	0:42:01	8th	45-49	53rd		
Leo Lam	0:42:05	0:42:06	5th	50-54	57th		
Jeanne Kim	0:42:28	0:42:32	1st	30-34	60th		
<b>BC CROSS COUNTRY CHAMPS 22 Oct, 2005, Surrey</b>						<i>Masters Std.</i>	
Darryl Whitney	0:34:38		24th	Senior	24th	10K	Senior Men
Jin Swadling	0:30:23		1st	55-59	12th	8K	Masters Men
Willi Ribl	0:35:03		3rd	50-54	25th	8K	Masters Men
Jack Miller	0:24:19		15th	Open	15th	6K	All comers
<b>ING JAMES CUNNINGHAM SEAWALL RACE, 30 Oct, 2005, Vanc. (13</b>						<i>Masters Std.</i>	
Darryl Whitney	0:32:49	0:32:45	7th	20-24	14th		
Mark Francis	0:34:10	0:34:07	3rd	40-44	27th		
Troy Wattley	0:36:15	0:36:11	1st	16-19	47th		
Mark Shorter	0:36:27	0:36:14	4th	45-49	51st		
Yoeri Geerits	0:37:32	0:37:17	8th	30-34	61st		
Karl Furlong	0:38:12	0:37:57	9th	30-34	72nd		
Mark Hyder	0:39:53	0:39:47	11th	50-54	110th		
Linda Wong	0:43:38	0:43:16	4th	25-29	220th		
Ketty Alfaro	0:43:39	0:43:33	1st	F--16	221st		
Pail Newton	0:42:52	0:42:23	22nd	30-34	229th		
Neil Wakelin	0:40:10	0:44:25	15th	55-59	255th		
Bob Gardner	0:44:37	0:44:47	18th	55-59	276th		
Kristyn Webster	0:44:47	0:44:47	4th	F--16	182nd		
<b>HANEY TO HARRISON 100K RELAY-Nov. 5, 2005, Haney(298 Teams)</b>							
	Time	Cat. place		Categ.	overall		
LGRR Masters Men 40	6:56:52	1st		mm40+A	14th		
LGRR Masters Men 50	7:06:38	1st		mm50+	19th		
LGRR Mast Mixed	7:18:23	3rd		Mast Mixed	26th		
LGRR Open Men	7:21:55	11th		Open Men	29th		
LGRR Open Women	7:38:07	4th		open women	43rd		
LGRR Masters Men 50	8:24:25	5th		mm50+	100th		
<b>STAGE 1- 8.04K (5M)</b>							
		Cat. place		Categ.	overall	Team place OA	
Ken Bell	0:30:36	1st	MM, 4th	mm40+	4th	4th	
Rae Gordon	0:33:09	1st		mm50+A	12th	12th	
Michael Campbell-Burn	0:35:58	10th		Open Men	33rd	33rd	
Cheryl Steele	0:38:36	3rd		Mast Mixed	65th	65th	
Stephanie Keane	0:39:33	4th		Open Wom	76th	76th	
Dan Stiner	0:42:58	5th		mm50+B	143rd	143rd	
<b>STAGE 2- 13.51K (8.39 M)</b>							
		Cat. place		Categ.	overall	Team place OA	
Darryl Whitney	0:49:53	6th		Open Men	6th	8th	
Carlos Gaspar	0:52:11	1st	2nd MM	Mast Mix	8th	18th	
Rene McKibbin	0:56:33	2nd	rd Femal	Open Wom	25th	31st	
Brian Bjornson	0:58:24	2nd		mm40+	33rd	14th	
Roger Brownsey	0:59:27	1st		mm50+A	36th	24th	
Hans Fenz	1:07:58	5th		mm50+B	127th	121st	

LIONS GATE RACE RESULTS Sept. 2005 to April 2006

Name	Chip Time	Gun Time	Place	Division	Overall		
<b>STAGE 3- 15.12K (9.40 M)</b>		Cat. place		Categ.	overall	Team place	OA
Mark Francis	0:57:37	1st	5th MM	mm40+	13th	11th	
Jim Swadling	1:00:55	1st		mm50+A	21st	17th	
David Clancy	1:03:52	5th		Mast Mixed	32nd	20th	
Karl Furlong	1:07:00	12th		Open Men	63rd	15th	
Tina-Louse Harris	1:08:19	4th		Open Wom	76th	36thj	
Robert Haines	1:12:10	4th		mm50+B	119th	113th	
<b>STAGE 4-13.31K (8.27 M)</b>		Cat. place		Categ.	overall	Team place	OA
Ken Bell	0:49:50	1st	1st MM, 5th	mm40+	5th	7th	
Willi Ribl	0:58:16	3rd		mm50+A	32nd	16th	
Egan Wong	0:59:35	2nd		Mast Mixed	40th	21st	
Kelly Duke	1:00:04	14th		Open Men	43rd	19th	
Jeanne Kim	1:00:33	5th		Open Wom	46th	35th	
Robert Gardner	1:06:17	5th		mm50+B	111th	98th	
<b>STAGE 5-15.49K (9.63M)</b>		Cat. place		Categ.	overall	Team place	
Sean Wolfe	0:57:19	1st	2nd MM	mm40+	6th	6th	
Nick Stark	1:08:04	2nd		mm50+A	40th	20th	
Russell Stephens	1:09:48	24thnd		Mast Mixed	59th	25th	
Sara Bucovaz	1:15:27	7th		Open Wom.	103rd	42nd	
Al Thompson	1:15:46	5th		mm50+B	105th	92nd	
Greg Brown	1:16:30	17th		Open Men	114th	30th	
<b>STAGE 6-13.19K (8.20 M)</b>		Cat. place		Categ.	overall	Team place	OA
Tom Cardle	0:50:27	1st	1st MM	mm40+	6th	6th	
Phil Bell	0:58:09	1st		mm50+A	34th	23rd	
Rainey Kent	0:58:24	4th		Mast Mixed	36th	27th	
Linda Wong	1:03:24	73rd		Open Wom	73rd	45th	
John Pippus	1:03:44	4th		mm50+B	80th	84th	
Paul Fenz	1:06:43	16th		Open Men	125th	35th	
<b>STAGE 7-13.37K (8.31 M)</b>		Cat. place		Categ.	overall	Team place	OA
Darryl Whitney	0:50:39	5th		Open Men	6th	29th	
Neil Prior	0:51:26	1st	2nd MM	mm40+	8th	5th	
Gary Stevens	0:55:25	3rd		Mast Mixed	25th	26th	
Murray Stevens	0:55:35	1st		mm50+A	27th	22nd	
Christine Blanchette	1:01:46	4th		Open Wom	85th	45th	
Gerhard Ronner	1:09:18	5th		mm50+B	185th	88th	
<b>STAGE 8- 7.97K (4.95M)</b>		Cat. place		Categ.	overall	Team place	OA
Melanie Lomaglio	0:32:36	2nd	4th F	Open Wom	15th	43rd	
Lep Lam	0:33:07	1st	3rd MM	mm50+A	16th	19th	
Paul Newton	0:35:15	11th		Open Men	37th	29th	
Nora Galdert	0:40:36	35th		Mast Mix	107th	26th	
Bill Wirtanen	0:36:17	5th		mm50+B	204th	100th	
John Moe *injured	1:01:15	4th		mm40+	294th	14th	
<b>REMEMBRANCE DAY CROSS COUNTRY 8K 11 Nov, 2005, Stanley Park</b>							<i>Masters Std.</i>
Carlos Gaspar	0:29:45	2nd		40-44	4th	<i>Bronze</i>	
Tom Cardle	0:30:25	3rd		40-44	8th	<i>Bronze</i>	
Rae Gordon	0:32:53	2nd		50-54	16th		
Roger Brownsey	0:34:36	3rd		55-59	24th	<i>Bronze</i>	
Rober Haines	0:36:01	5th		55-59	31st		
Willi Ribl	0:36:45	6th		50-54	33rd		
Bob Paul	1:05:15	1st		75-79	78th		

LIONS GATE RACE RESULTS Sept. 2005 to April 2006

Name	Chip Time	Gun Time	Place	Division	Overall	
<b>KATSAHLANO 15K ROAD RACE 15 Nov, 2005, West Vancouver(154 finishers.)</b>						
Rene McKibbin		1:05:03	1st	35-39	12th	<i>Female Winner</i>
<b>CRAZY LEGS CROSS COUNTRY 10K? 20 Nov, 2005, (51 finishers.)</b>						
Carlos Gaspar		0:42:42	2nd	40-49	3rd	
Gary Stevens		0:44:48	4th	40-49	5th	
Troy Wattley		0:46:04	1st	under19	7th	
Murray Stevens		0:47:19	2nd	50-59	9th	
Rae Gordon		0:47:34	3rd	50-59	11th	
Mark Hyder		0:54:22	7th	50-59	19th	
Ketty Alfaro		0:55:28	1st	under 19	21st	
Hans Fenz		0:56:11	2nd	60-69	23rd	
<b>FILA FALL CLASSIC HALF MARATHON 20 Nov, 2005, UBC (633 finishers) Masters Std.</b>						
Karl Furlong	1:30:49	1:30:59	21st	30-39	42nd	
Diana Pozza	1:48:27	1:49:34	21st	30-39	214th	
<b>FILA FALL CLASSIC 5K 20 Nov, 2005, UBC (247 finishers.) Masters Std.</b>						
Phil Green	0:18:07	0:18:09	3rd	40-49	15th	<i>Silver</i>
Andy Ito	0:19:20	0:19:23	6th	20-29	26th	
Tina Louise Harris	0:19:37	0:19:39	1st	30-39	29th	<i>Silver</i>
Leo Lam		0:20:33	4th	50-54	34th	
Paul Newton	0:21:59	0:22:04	4th	30-39	46th	
Linda Wong	0:22:32	0:22:37	7th	20-29	47th	
<b>Gunner Shaw X-C 10K 26 Nov, 2005, Vancouver ( 86 finishers.) Masters Std.</b>						
Jim Swadling		0:38:05	1st	55-59	9th	
Tom Cardle		0:38:15	2nd	40-44	11th	
Troy Wattley		0:39:21	1st	M16-17	14th	
Gary Stevens		0:39:41	3rd	45-49	15th	
Jim Mosley		0:43:29	2nd	55-59	29th	
Mark Hyder		0:44:41	3rd	50-54	33rd	
Christine Blanchette		0:45:47	1st	35-39	40th	
Hans Fenz		0:47:18	1st	65-59	47th	
Oliver Clemens		0:45:45	4th	35-39	54th	
Pail Fenz		0:48:21	5th	35-39	57th	
Peter Jensen		0:48:33	6th	60-69	59th	
Robert Gardner		0:51:25	7th	55-59	65th	
<b>SEATTLE MARATHON 27 Nov, 2005, Seattle (2116 finishers.) Masters Std.</b>						
Darryl Whitney	3:00:26	3:00:26	8th	20-24	47th	
Tina-Louise Harris	3:18:06	3:18:08	395th	35-39	79th, 7th	<i>Silver</i>
<b>CDN CROSS COUNTRY MASTERS CHAMPS 3 Dec, 2005, Vancouver Masters Std.</b>						
Jim Swadling		0:30:48	1st	55-59		
Hans Fenz		0:37:44	2nd	65-69		
<b>HONOLULU MARATHON 11 Dec, 2005, Honolulu (24,269 finishers.) Masters Std.</b>						
Mark Shorter	3:03:43	3:03:44	9th	45-49	128th	<i>Silver</i>
Warren Campbell	4:42:27	4:44:42	395th	50-54	5801st	

LIONS GATE RACE RESULTS Sept. 2005 to April 2006

Name	Chip Time	Gun Time	Place	Division	Overall	
<b>NEW LAS VEGAS MARATHON 11 Dec, 2005, Las Vegas (15,000 +/- finishers)</b>						<i>Masters Std.</i>
Neil Wakelin	3:26:23	3:26:29	11th	55-59	471st	
<b>PRR X-C 10K 11 Dec, 2005, North Vancouver ( 69 finishers.)</b>						<i>Masters Std.</i>
Carlos Gaspar		0:40:57	1st	40-44	3rd	
Troy Wattley		0:44:06	1st	under 19	6th	
Jim Swadling		0:44:11	1st	55-59	7th	
Rae Gordon		0:45:53	1st	50-54	11th	
Murray Stevens		0:47:02	2nd	50-54	12th	
Mark Hyder		0:52:56	11th	50-54	33rd	
Christine Blanchette		0:53:09	2nd	35-39	35th	
Ketty Alfaro		0:55:21	5th	under 19	45th	
Oliver Clemens		0:56:15	6th	35-39	47th	
Hans Fenz		0:56:16	4th	65-69	48th	
<b>BC CROSS COUNTRY SERIES - FINAL RESULTS 2005</b>						
Troy Wattley		110 pts.	1st	19 & under		
Carlos Gaspar		108 pts	2nd	40-49		
Jim Swadling		120 pts	1st	50-59		
Gary Stevens		108 pts.	2nd	50-59		
Murray Stevens		100 pts.	4th	50-59		
Gordon Rae		90 pts.	5th	50-59		
Mark Hyder		78 pts	8th	50-59		
Hans Fenz		91 pts.	5th	60-69		
<b>CENTRAL SAANICH PIONEER 8K 15 January, 2006, Central Saanich (70 finishers.)</b>						<i>Masters Std.</i>
Brent McMahon		0:25:52	4th	25-29	9th	<i>Larry's son</i>
Paul Gowland		0:33:18	5th	55-59	141st	<i>Bronze</i>
Stephanie Keane		0:39:55	10th	30-34	402nd	
<b>CHILLY CHASE 10K 22 January, 2006, (130 finishers.)</b>						<i>Masters Std.</i>
Phil Green		0:34:51	2nd	40-49	2nd	
<b>ICEBREAKER 8K 29 January, 2006, Richmond (437 finishers.)</b>						<i>Masters Std.</i>
Darryl Whitney		0:28:10	4th	20-24	19th	
Mark Francis		0:28:36	3rd	40-44	23rd	<i>Silver</i>
Gary Stevens		0:30:41	6th	50-54	47th	<i>Bronze</i>
Murray Stevens		0:31:00	7th	50-54	53rd	<i>Bronze</i>
Rae Gordon		0:31:22	8th	50-54	59th	<i>Bronze</i>
Roger Brownsey		0:32:31	3rd	55-59	78th	<i>Silver</i>
Sara Bucovaz		0:33:03	3rd	25-29	85th	
Harry Brastianos		0:33:30	7th	25-29	91st	
Jeanne Kim		0:33:26	4th	30-34	93rd	
Willi Ribbi		0:33:29	17th	50-54	94th	
Christine Blanchette		0:34:17	5th	35-39	115th	
Daniel Ribbi		0:34:52	2nd	M15&U	133rd	
Ketty Alfaro		0:35:06	1st	F15&U	138th	
Linda Wong		0:35:09	1st	25-29	139th	
Paul Newton		0:35:31	11th	30-34	143rd	
Han Fenz		0:36:05	2nd	70-74	160th	<i>Silver</i>
Marcus Ribbi		0:36:37	4th	M15&U	173rd	
Paul Fenz		0:38:12	24th	35-39	199th	

LIONS GATE RACE RESULTS Sept. 2005 to April 2006

Name	Chip Time	Gun Time	Place	Division	Overall	
<b>MILL BAY 10K 29 January, 2006, Vanc Island (660 finishers.)</b>						<i>Masters Std.</i>
Brent McMahon		0:31:45	3rd	25-29	4th	<i>Larry's son</i>
Paul Gowland		0:41:51	8th	55-59	125th	
Stephanie Keane		0:49:55	12th	30-34	359th	
<b>STARTING BLOCK 10K 12 Feb, 2006 Vernon (201 finishers.)</b>						<i>Masters Std.</i>
Jack Miller		0:38:57	1st	60-64	9th	
<b>CEDAR 12K 12 Feb, 2006 Vancouver Isl. (413 finishers.)</b>						<i>Masters Std.</i>
Paul Gowland		0:53:04	7th	55-59	112th	
Stephanie Keane		0:59:52	9th	30-34	231st	
<b>PRR FIRST HALF MARATHON 19 Feb, 2006, (1913 finishers.)</b>						<i>Masters Std.</i>
Darryl Whitney	1:17:55	1:17:56	3rd	20-24	23rd	
Jack Miller	1:23:47	1:23:47	1st	60-64	54th	
Mark Shorter	1:24:15	1:24:17	6th	45-49	65th	
Chris Erickson	1:26:36	1:26:44	16th	40-44	95th	
Sara Bucovaz	1:30:18	1:30:22	3rd	25-29	132nd	
Roger Brownsey	1:30:32	1:30:35	3rd	55-59	136th	
Tania Tasaka	1:32:39	1:32:48	12th	35-39	170th	
Leo Lam	1:34:16	1:34:20	6th	50-54	195th	
Jeanne Kim	1:34:58	1:34:59	6th	30-34	212th	
Christine Blanchette	1:38:31	1:38:40	20th	35-39	278th	
Karl Furlong	1:39:41	1:39:50	62nd	35-39	308th	
Linda Wong	1:41:28	1:41:28	16th	25-29	330th	
Hans Fenz	1:42:05	1:42:07	1st	70-98	382nd	
Oliver Clemens	1:43:47	1:44:58	80th	35-39	489th	
Robert Gardner	1:44:25	1:44:28	26th	55-59	470th	
Al Thompson	1:45:30	1:34:37	30th	55-59	520th	
Cheryl Steele	1:52:45	1:52:53	56th	40-44	783rd	
<b>BIRCH BAY MARATHON 19 Feb, 2006, Birch Bay WA. (45 finishers.)</b>						<i>Masters Std.</i>
Jim Swadling		3:01:58	1st	50-59	2nd	<i>Gold</i>
<b>BIRCH BAY 25K 19 Feb, 2006, Birch Bay WA. (29 finishers.)</b>						<i>Masters Std.</i>
Carlos Gaspar	WINNER	1:43:08	1st	40-49	1st	
<b>HATLEY CASTLE 8K 26 Feb, 2006, Vancouver Island. (444 finishers.)</b>						<i>Masters Std.</i>
Rene McKibbin		0:33:25	3rd	35-39	65th	
Paul Gowland		0:34:44	8th	55-59	89th	<i>Bronze</i>
Stephanie Keane		0:39:58	6th	30-34	215th	
<b>RIVER'S SPRING RUN-OFF 10K 12 Mar, 2006, Kamloops (198 finishers)</b>						<i>Masters Std.</i>
Hans Fenz		0:47:10	1st	70-79	82nd	<i>Silver</i>
<b>BAZAN BAY 5K 12 Mar, 2006, Vancouver Island (909 finishers.)</b>						<i>Masters Std.</i>
Paul Gowland		0:19:48	3rd	55-59	117th	
Stephanie Keane		0:22:42	10th	30-34	291st	

LIONS GATE RACE RESULTS Sept. 2005 to April 2006

Name	Chip Time	Gun Time	Place	Division	Overall			
<b>DIVA ON THE RUN 8K 19 March, 2006, (368 finishers.)</b>						<i>Masters Std.</i>		
Christine Blanchette	0:35:23	0:35:25	1st	35-39	7th			
Linda Wong	0:36:25	0:36:28	1st	30-34	10th			
<b>SOOKE 10K 2 April, 2006, Vancouver Island (405 finishers.)</b>						<i>Masters Std.</i>		
Paul Gowland		0:42:31	5th	55-59	74th	<i>Bronze</i>		
<b>SPRING AHEAD HALF MARATHON 2 April, 2006, Mission (124 finishers.)</b>						<i>Masters Std.</i>		
Andy Ito		1:26:40	3rd	25-29	6th			
<b>SUNSHINE COAST APRIL FOOL'S HALF MARATHON 2 April, 2006, (100 finishers.)</b>						<i>Masters Std.</i>		
Neil Wakelin		1:33:25	3rd	55-59	40th			
Mark Hyder			5th	50-54	60th			
<b>NORTH SHORE CREDIT UNION 5K 9 April, 2006, Vancouver (227 finishers.)</b>						<i>Masters Std.</i>		
Darryl Whitney		0:16:25	7th	20-34	12th			
Harry Brastianos		0:19:51	24th	20-34	63rd			
Phil Bell		0:20:02	5th	55-59	68th	<i>Silver</i>		
Mark Hyder		0:20:36	7th	50-54	80th			
Christne Blanchette		0:20:54	2nd	35-39	88th	<i>Bronze</i>		
Daniel Ribí		0:21:07	5th	19&U	90th			
Linda Wong		0:21:32	9th	20-34	103rd			
Marcus Ribí		0:21:40	6th	19&U	107th			
Hans Fenz		0:22:14	1st	70-99	119th	<i>Silver</i>		
John Sullivan		0:43:27	5th	70-99	227th			
<b>BOSTON MARATHON, 17 April 2006, Vancouver (22,000 +/- finishers)</b>						<i>Masters Std.</i>		
Al Thompson	3:57:20	3:59:00	189th	60-69	13,147			
As it is almost impossible to track everybody's race results, please contact Frank at ftebner@shaw.ca if there is any missing or incorrect information.								
<b>1997 RICHMOND FLATLANDS 10K ,1345 finishers</b>								
Ken Bell	0:32:15		2nd	40-44	6th			
Mark Francis	0:32:54		4th	30-34	9th			
Jim Swadking	0:34:01		1st	50-54	16th			
Jack Miller	0:34:25		2nd	50-54	20th			
Mark Shorter	0:35:40		7th	35-39	29th			
Robert Haines	0:36:42		1st	45-49	44th			
Larry McMahon	0:36:45		3rd	50-54	45th			
Ingo Jackisch	0:36:54		14th	40-44	53rd			
Paul Gowland	0:36:55		3rd	45-49	54th			
Frank Stebner	0:39:09		18th	45-49	91st			
Al Thompson	0:39:32		6th	50-54	103rd			
Gerhard Ronner	0:40:13		8th	50-54	130th			
Bob Paul	0:44:32		1st	65-59	323rd			
Geoffrey Buttner	0:46:42		81st	35-39	455th			

## LIONS GATE RACE RESULTS Sept. 2005 to April 2006

<b>MISSED RESULTS AND CORRECTIONS TO PAST RACE RESULTS</b>						
Name	Chip Time	Gun Time	Place	Division	Overall	
<b>St PADDY's DAY DASH 5K, 13 March 2005, Vancouver (352 finishers)</b>						<i>Masters Std.</i>
Andy Ito		0:18:16			9th	
Ingo Jackisch		0:19:53			23rd	
Linda Wong		0:21:50			49th	
Bill Wirtanen		0:23:04			70th	
Krystina Wirtanen		0:24:01			81st	
<b>Spring Forward 5K, April 2005, Vancouver</b>						<i>Masters Std.</i>
Linda Wong		0:22:35	9th	20-24	116th	
<b>BOSTON MARATHON, 18 April 2005, Vancouver (20,000 +/- finishers)</b>						<i>Masters Std.</i>
John Moe	2:50:12	2:50:22	2nd	50-59	249th	Gold
Sean Wolfe	2:53:35	2:53:38	57th	40-49	348th	Silver
Christine Blanchette	3:37:45	3:41:43	585th	30-39	5156	Bronze
<b>RYTHYM OF LIFE 10K, May 15, 2005, (122 Finihers)</b>						<i>Masters Std.</i>
Andy Ito		0:43:57			6th	
Linda Wong		0:47:44			14th	Female Winner
<b>RHODY RUN 12K, 22 May 2005,WA ( ? finishers)</b>						
Carlos Gaspar		0:44:48	4th	40-44	19th	
Jin Swadling		0:47:55	2nd	55-59	35th	
Rene McKibbin		0:49:11	3rd	35-39	43rd	
Roger Brownsey		0:50:24	5th	55-59	57th	
Al Thompson		0:55:14	10th	55-59	121st	
<b>SHAUGHNESSY 8K, May 30, 2005, (414 Finishers)</b>						<i>Masters Std.</i>
Linda Wong		0:36:45	4th	25:29:00	125th	
<b>AMBLESIDE MASTERS MILE, 04 June 2005, West Vancouver (141 finishers)</b>						
Leo Lam		0:05:29	5th	50-54	31st	
<b>LONGEST DAY 5K, 17 June 2005, Vancouver (236 finishers)</b>						<i>Masters Std.</i>
Linda Wong		0:21:37	21st	25-29	106th	
<b>DANSKIN FOR THE HEART, 24 July 2005, (48 finishers)</b>						
Linda Wong		0:23:45	6th	20-29	4th	
<b>SQUAMISH DAYS 10K, 31 July 2005, (150 finishers)</b>						<i>Masters Std.</i>
Leo Lam		0:41:18	1st	50-54	45th	Bronze
<b>LABOUR DAY 8K, 4 Sept. 2005 ,Richmond (295 Finishers)</b>						
Ketty Alfaro		0:36:04	1st	F--19	103rd	
Kristyn Webster		0:37:39	2nd	F--19	120th	

LIONS GATE RACE RESULTS Sept. 2005 to April 2006

<b>MASTERS STANDARDS</b>							
<b>Women's 5K Road Run</b>				<b>Men's 5K Road Run</b>			
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
<b>Women's 8K Road Run</b>				<b>Men's 8K Road Run</b>			
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
<b>Women's 10km Road Run</b>				<b>Men's 10km Road Run</b>			
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
<b>Women's Marathon</b>				<b>Men's Marathon</b>			
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