

Flatlanders Road Race

Sponsored by

Regina Road Runners

August 22, 2004

5Km results - Women

| Place | Name | Community | | Time |
|-------|---------------------------|---------------|-----|---------|
| 1. | Nancy Wollner-Epoch | Moose Jaw | 156 | 22:14 |
| 2. | Cari Markewich | Regina | 163 | 24:44 |
| 3. | Char Greve | Regina | 176 | 24:52 |
| 4. | Darian Schmidt | Regina | 174 | 26:34 |
| 5. | Tara Robinson | Regina | 172 | 26:47 |
| 6. | Carolyn Salloum | Regina | 177 | 26:54 |
| 7. | Joanna Patry | RCMP | 184 | 27:56 |
| 8. | Jaquie Ryba | Moose Jaw | 169 | 28:15 |
| 9. | Cathy Keenan-Arp | Regina | 171 | 28:18 |
| 10. | Tammy Wasylewicz | Regina | 158 | 28:52 |
| 11. | Rebecca Leurer | Regina | 175 | 29:25 |
| 12. | Heather Hildebrandt | Grande Coulee | 146 | 32:30 |
| 13. | Andrea Mulridge | Regina | 151 | 33:18 |
| 14. | Cora McNeill | Regina | 147 | 33:19 |
| 15. | Liberty Pelletier | Regina | 136 | 33:20 |
| 16. | Karen Cumming | Regina | 150 | 34:59 |
| 17. | Mona Gillies | Regina | 141 | 35:32 |
| 18. | Cathy MacLellan | Regina | 131 | 36:02 |
| 19. | Heather Hadjistavropoulos | Regina | 135 | 36:03 |
| 20. | Ada Hartl | Regina | 142 | 36:14 |
| 21. | Karen Hack | Regina | 132 | 37:42 |
| 22. | Renae Grubb | Regina | 153 | 37:43 |
| 23. | Cindy Templeton | Regina | 181 | 38:27 |
| 24. | Erin Templeton | Regina | 182 | 38:28 |
| 25. | Meg Fotheringham | Regina | 140 | 40:46 |
| 26. | Clare Fotheringham | Regina | 139 | 40:47 |
| 27. | Gwynne Mykytchuk | Regina | 149 | 41:56 |
| 28. | Amber Holmes | Regina | 162 | 49:06 |
| 29. | Ashley Holmes | Regina | 161 | 49:08 |
| 30. | Donna Holmes | Regina | 160 | 51:07 |
| 31. | Rae-Anne Koskie | Lumsden | 164 | no time |
| 32. | Sandy McKenzie | Regina | 154 | no time |

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August 22, 2004

5Km results - Women 15 to 19

| Place | Name | Community | | Time |
|-------|-----------------|-----------|-----|---------|
| 1. | Rebecca Leurer | Regina | 175 | 29:25 |
| 2. | Rae-Anne Koskie | Lumsden | 164 | no time |

Flatlanders Road Race

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August 22, 2004

5Km results - Girls 11 & 12

| Place | Name | Community | | Time |
|-------|----------------|-----------|-----|-------|
| 1. | Darian Schmidt | Regina | 174 | 26:34 |
| 2. | Erin Templeton | Regina | 182 | 38:28 |

Flatlanders Road Race

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Regina Road Runners

August 22, 2004

5Km results - Girls 9 & under

| Place | Name | Community | | Time |
|-------|--------------------|-----------|-----|-------|
| 1. | Meg Fotheringham | Regina | 140 | 40:46 |
| 2. | Clare Fotheringham | Regina | 139 | 40:47 |
| 3. | Amber Holmes | Regina | 162 | 49:06 |
| 4. | Ashley Holmes | Regina | 161 | 49:08 |

Flatlanders Road Race

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August 22, 2004

5Km results - Women's 50 to 59

| Place | Name | Community | | Time |
|-------|------------------|-----------|-----|-------|
| 1. | Gwynne Mykytchuk | Regina | 149 | 41:56 |

Flatlanders Road Race

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Regina Road Runners

August 22, 2004

5Km results - Women's 40 to 49

| Place | Name | Community | | Time |
|-------|---------------------|---------------|-----|---------|
| 1. | Char Greve | Regina | 176 | 24:52 |
| 2. | Carolyn Salloum | Regina | 177 | 26:54 |
| 3. | Jaquie Ryba | Moose Jaw | 169 | 28:15 |
| 4. | Cathy Keenan-Arp | Regina | 171 | 28:18 |
| 5. | Heather Hildebrandt | Grande Coulee | 146 | 32:30 |
| 6. | Karen Cumming | Regina | 150 | 34:59 |
| 7. | Mona Gillies | Regina | 141 | 35:32 |
| 8. | Cathy MacLellan | Regina | 131 | 36:02 |
| 9. | Ada Hartl | Regina | 142 | 36:14 |
| 10. | Karen Hack | Regina | 132 | 37:42 |
| 11. | Renae Grubb | Regina | 153 | 37:43 |
| 12. | Cindy Templeton | Regina | 181 | 38:27 |
| 13. | Sandy McKenzie | Regina | 154 | no time |

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August 22, 2004

5Km results - Women's 30 to 39

| Place | Name | Community | | Time |
|-------|---------------------------|-----------|-----|-------|
| 1. | Nancy Wollner-Epoch | Moose Jaw | 156 | 22:14 |
| 2. | Tara Robinson | Regina | 172 | 26:47 |
| 3. | Tammy Wasylewicz | Regina | 158 | 28:52 |
| 4. | Andrea Mulridge | Regina | 151 | 33:18 |
| 5. | Cora McNeill | Regina | 147 | 33:19 |
| 6. | Liberty Pelletier | Regina | 136 | 33:20 |
| 7. | Heather Hadjistavropoulos | Regina | 135 | 36:03 |
| 8. | Donna Holmes | Regina | 160 | 51:07 |

Flatlanders Road Race

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August 22, 2004

5Km results - Women's 20 to 29

| Place | Name | Community | | Time |
|-------|----------------|-----------|-----|-------|
| 1. | Cari Markewich | Regina | 163 | 24:44 |
| 2. | Joanna Patry | RCMP | 184 | 27:56 |

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August 22, 2004

5Km results - Women's Athena

| Place | Name | Community | | Time |
|-------|---------------------|---------------|-----|-------|
| 1. | Heather Hildebrandt | Grande Coulee | 146 | 32:30 |