



# Black Sheep Cycling Club

XC#5 - July 22, 2009

Shuniah Mines

Sponsored by Alignment Chiropractic & Rehab

## FORMAT:

- Lambateur/Sport: Doctors/Stranger/Dagobah

- Advanced/Elite: Doctors/Stranger/IK Trail/Road To Hell/Cassandra/Dagobah

**WEATHER:** About 23 degrees, sun/cloud mix

**COURSE CONDITIONS:** Slightly muddy after minimal rain

## MALE LAMBATEUR

CATEGORY RANK	OVERALL RANK	NAME	TIME (m:s)
1	1	Anders Pylypchuk	29:02.93
2	2	Will Takacs	29:03.68

## FEMALE SPORT 0-15

CATEGORY RANK	OVERALL RANK	NAME	TIME (m:s)
1	1	Riley Cronk	32:04.45
2	2	Laura Inkila	33:04.70
3	3	Camille Hamm	33:07.76

## FEMALE SPORT 36+

CATEGORY RANK	OVERALL RANK	NAME	TIME (m:s)
1	4	Karen Lacosse	35:52.68

## MALE SPORT 0-15

CATEGORY RANK	OVERALL RANK	NAME	TIME (m:s)
1	1	Nelson Pasciullo	27:27.21
2	4	Emile Hamm	30:26.38
3	6	Spencer Melnick	32:36.55
4	10	Kai Meekis	39:43.11
5	11	Toby Quinn	41:08.42

## MALE SPORT 16-20

CATEGORY RANK	OVERALL RANK	NAME	TIME (m:s)
1	2	Cody Hay	29:32.96
2	3	Joey Coote	30:05.30
3	8	Jared Wallace	33:26.59

## MALE SPORT 36+

CATEGORY RANK	OVERALL RANK	NAME	TIME (m:s)
1	5	Mike Del Nin	31:42.81
2	7	Chris Lacosse	33:06.28
3	9	Dave Nicholson	34:26.37
4	12	Thomas Quinn	41:16.71

## FEMALE ADVANCED 16-20

CATEGORY RANK	OVERALL RANK	NAME	TIME (m:s)
1	1	Lindsay Inkila	51:39.57
2	4	Jazmyn Balfour	01:02:16.94

## FEMALE ADVANCED 21-35

CATEGORY RANK	OVERALL RANK	NAME	TIME (m:s)
1	2	Seija Grant	53:46.83
2	3	Sarah Bunting	57:53.79

<b>FEMALE ADVANCED 36+</b>			
CATEGORY RANK	OVERALL RANK	NAME	TIME (m:s)
1	5	Liz Inkila	01:06:51.47
<b>MALE ADVANCED 0-15</b>			
CATEGORY RANK	OVERALL RANK	NAME	TIME (m:s)
1	2	Jeremy Pohjolainen	38:39.75
2	6	Colin Pendziwol	42:25.73
3	8	Steven Chorkaway	45:04.83
4	10	Philip Luckai	46:03.17
5	11	Brian Hiebert	46:04.23
6	13	Kevin Marier	48:23.75
7	18	Damon Quinn	51:43.65
8	21	Kyle Wright	54:39.79
9	23	Chris Doan	01:06:34.04
<b>MALE ADVANCED 16-20</b>			
CATEGORY RANK	OVERALL RANK	NAME	TIME (m:s)
1	1	Jordan Hay	38:39.03
2	7	Steven Uchtenhagen	44:14.22
3	12	Mark Hill	47:54.03
4	16	Stewart Melnick	51:04.92
		Kyle Lacosse	DNF
<b>MALE ADVANCED 21-35</b>			
CATEGORY RANK	OVERALL RANK	NAME	TIME (m:s)
1	5	Matt Lapointe	41:18.70
2	14	John Paterson	49:52.79
3	17	Mark Maranzan	51:06.13
4	20	Rob Moore	53:59.57
<b>MALE ADVANCED 36+</b>			
CATEGORY RANK	OVERALL RANK	NAME	TIME (m:s)
1	3	Hubert Kuhleitner	39:47.87
2	4	Gerald Hamm	40:26.86
3	9	Randy Berg	45:09.06
4	15	Tom Theodoropoulos	50:02.05
5	19	Rick Morgan	51:55.00
6	22	Tim Kennedy	55:21.99
<b>FEMALE ELITE</b>			
CATEGORY RANK	OVERALL RANK	NAME	TIME (m:s)
1	1	Allison Carroll-Coutts	01:22:20.46
2	2	Marilyn Ailey	01:34:22.46
<b>MALE ELITE</b>			
CATEGORY RANK	OVERALL RANK	NAME	TIME (m:s)
1	1	Kevin Paradis	01:12:26.95
2	2	Matt Del Nin	01:14:45.95
3	3	Keith Ailey	01:17:13.92
4	4	Jacob Lacosse	01:18:09.73
5	5	Rodney Puumala	01:21:15.94
6	6	Brian Coutts	01:21:49.63
7	7	Andrew Ross	01:21:50.64
8	8	Sam Niemi	01:22:26.76
9	9	Paul Inkila	01:28:21.98