

2005 LSSD Championships - Two Day Totals

Junior Boys

PL	Name	Club	Classic	Free	Total
1	Michael Somppi	Lappe Nordic	15:08.0	28:39.4	43:47.4
2	Matt Pavlik	Big Thunder	16:52.2	31:30.2	48:22.4
3	Gregory Field	Big Thunder	15:26.1	33:04.5	48:30.6

Juvenile Boys

PL	Name	Club	Time		
1	Brayden Jaspers	Big Thunder	14:56.3	14:27.3	29:23.6
2	Luke Viljakainen	Big Thunder	15:23.6	14:21.8	29:45.4
3	Scott Sullivan	Big Thunder	14:46.2	15:03.1	29:49.3
4	Chris Hamilton	Lappe Nordic	15:39.5	14:25.0	30:04.5
5	Devin Ryan	Big Thunder	16:59.2	15:49.0	32:48.2
6	Todd Inkila	Lappe Nordic	17:32.3	15:49.5	33:21.8
7	Lachlan Armstrong	Big Thunder	18:32.2	16:42.4	35:14.6
8	Steven Stajkowski	Big Thunder	25:21.2	21:30.4	46:51.6

Senior Women

PL	Name	Club	Time		
1	Kerrie Fabius	Big Thunder	16:16.1	31:45.9	48:02.0
2	Rena Bode	Big Thunder	17:18.5	32:29.3	49:47.8
3	Tara Redpath	Big Thunder	17:25.2	32:29.7	49:54.9
4	Emily Hayman	Big Thunder	17:02.4	33:57.5	50:59.9
5	Jill Maepea	Lappe Nordic	18:06.2	33:24.4	51:30.6
6	Jodi Maepea	Lappe Nordic	18:55.0	35:38.0	54:33.0
7	Kelly Henry	Big Thunder	20:21.9	35:24.9	55:46.8
8	Anne-Marie Fequet	Lappe Nordic	21:02.0	37:24.9	58:26.9
9	Amy Moustgaard	Lappe Nordic	25:23.6	37:06.2	02:29.8

Junior Women

PL	Name	Club	Time		
1	Berit Dool	Lappe Nordic	19:40.3	33:27.2	53:07.5

Junior Girls

PL	Name	Club	Time		
1	Kelsey Dool	Lappe Nordic	19:27.5	16:16.2	35:43.7
2	Seija Grant	Lappe Nordic	22:42.1	19:56.4	42:38.5

Juvenile Girls

PL	Name	Club	Time		
1	Christina Groulx	Lappe Nordic	18:10.2	16:38.4	34:48.6
2	Britt Bailey	Lappe Nordic	20:10.8	17:33.9	37:44.7
3	Lauren Stoot	Lappe Nordic	20:02.4	17:46.4	37:48.8

4	Katherine Hall	Lappe Nordic	20:11.2	18:46.5	38:57.7
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Mast Women 30+

PL	Name	Club	Time		
1	Brook Latimer	Lappe Nordic	17:14.6	16:12.1	33:26.7
2	Lisa Patterson	Big Thunder	19:40.2	17:34.1	37:14.3
3	Karen Greenfield	Big Thunder	23:22.4	20:01.9	43:24.3
4	Anne Schwar	Lappe Nordic	29:55.6	31:51.4	01:47.0

Mast Women 40+

PL	Name	Club	Time		
1	Liz Inkila	Lappe Nordic	20:00.1	18:47.7	38:47.8
2	Nancy Viljakainen	Big Thunder	21:21.5	18:49.4	40:10.9
3	Judy Hall	Lappe Nordic	21:56.3	19:38.3	41:34.6
4	Lynn Crookham	Big Thunder	21:22.9	20:57.7	42:20.6
5	Kathryn Stajkowski	Big Thunder	21:24.8	21:44.5	43:09.3
6	Gail Paskey	Lappe Nordic	24:05.9	21:47.7	45:53.6
7	Susan Hay	Lappe Nordic	24:23.7	21:30.9	45:54.6

Master Men 60+

PL	Name	Club	Time		
1	Gord Arges	Lappe Nordic	23:15.8	21:23.4	44:39.2
2	Martti Puumala	Big Thunder	28:54.5	30:10.6	59:05.1

Mast Women 50+

PL	Name	Club	Time		
1	Maureen Ahokas	Big Thunder	21:51.2	20:06.9	41:58.1
2	Susan Fabius	Big Thunder	21:16.7	20:56.8	42:13.5
3	Leslie Ransom	Marathon	22:51.6	20:24.2	43:15.8
4	Mary Ellen Ripley	Lappe Nordic	26:22.0	25:53.2	52:15.2
5	Leila Metsaranta	Lappe Nordic	25:04.4	29:40.3	54:44.7

Mast Women 60+

PL	Name	Club	Time		
1	Madeline Creighton	Lappe Nordic	29:24.5	32:03.7	01:28.2

Senior Men

PL	Name	Club	Time		
1	Timo Puiras	Lappe Nordic	28:11.1	42:15.1	10:26.2
2	Jeffrey Cameron	Big Thunder	29:39.9	41:30.2	11:10.1
3	Doug Bolster	Big Thunder	33:50.6	44:48.6	18:39.2
4	Jeff Moustgaard	Lappe Nordic	32:15.3	48:21.5	20:36.8
5	Eric Bailey	Big Thunder	31:59.2	49:39.6	21:38.8

Junior Men

PL	Name	Club	Time		
1	Chris Butler	Big Thunder	29:27.8	40:49.4	10:17.2
2	Matthew Schoales	Big Thunder	36:01.7	44:47.6	20:49.3

Master Men 30+

PL	Name	Club	Time		
1	Freddy Hortis	Lappe Nordic	47:50.5	40:03.1	27:53.6

Master Men 40+

PL	Name	Club	Time		
1	Paul Inkila	Lappe Nordic	31:34.1	30:18.5	01:52.6
2	Mark Thomas	Lappe Nordic	34:24.3	30:26.9	04:51.2
3	Ron Mahler	Lappe Nordic	36:16.0	31:35.0	07:51.0
4	Frank Luckai	Big Thunder	35:30.3	35:05.6	10:35.9
5	Randy Berg	Big Thunder	38:56.7	33:58.4	12:55.1
6	Richard Pendziwol	Big Thunder	39:15.1	35:37.8	14:52.9
7	Brian Trendiak	Big Thunder	38:00.5	36:55.5	14:56.0
8	Jim Bailey	Lappe Nordic	39:59.3	35:36.9	15:36.2
9	Bryan North	Lappe Nordic	41:35.1	38:07.4	19:42.5
10	Joe McGill	Marathon	44:16.0	38:17.2	22:33.2
11	Paul Charrette	Lappe Nordic	40:44.0	42:48.9	23:32.9
12	Grant Hall	Lappe Nordic	44:58.2	39:10.5	24:08.7
13	Bill Day	Lappe Nordic	44:00.0	43:44.9	27:44.9
14	Alastair Grant	Lappe Nordic	50:29.5	43:15.7	33:45.2
15	Chris Loud	Lappe Nordic	58:13.7	47:25.0	45:38.7

Master Men 50+

PL	Name	Club	Time		
1	Brian Berry	Lappe Nordic	36:42.7	34:30.5	11:13.2
2	Jim Cameron	Big Thunder	38:26.4	37:23.0	15:49.4
3	Mac Davies	Big Thunder	41:47.3	36:05.8	17:53.1
4	Dan Ugray	Lappe Nordic	40:05.5	38:44.5	18:50.0
5	Guy Latimer	Lappe Nordic	45:44.2	38:19.8	24:04.0
6	Ian Mettam	Big Thunder	48:22.3	44:13.8	32:36.1

Boys 6 & 7

PL	Name	Club	Time		
1	Ryan Pendziwol	Big Thunder	04:24.7	04:07.3	08:32.0
2	Kyle Shipston	Lappe Nordic	05:46.5	06:50.2	12:36.7
3	Colin Cheung	Lappe Nordic	06:44.9	06:45.6	13:30.5

Girls 6 & 7

PL	Name	Club	Time		
1	Laura Inkila	Lappe Nordic	04:52.9	04:38.2	09:31.1
2	Anna Maclean	Big Thunder	05:19.5	04:20.2	09:39.7
3	Brenna Randall	Lappe Nordic	04:58.3	05:42.9	10:41.2
4	Haley Shipston	Lappe Nordic	05:38.6	06:36.1	12:14.7

Boys 8 & 9

PL	Name	Club	Time		
1	Matthieu Day	Lappe Nordic	06:12.3	05:30.1	11:42.4

2	Chris Hecker	Lappe Nordic	06:56.7	05:50.7	12:47.4
3	Conn Randall	Lappe Nordic	06:53.0	06:22.5	13:15.5
4	Stuart Maclean	Big Thunder	08:22.6	06:22.8	14:45.4
5	Brady Harkonen	Lappe Nordic	09:11.9	08:07.3	17:19.2

Girls 8 & 9

PL	Name	Club	Time		
1	Sarah Hay	Lappe Nordic	08:19.8	08:34.5	16:54.3

Boys 10 & 11

PL	Name	Club	Time		
1	Colin Pendziwol	Big Thunder	10:36.5	09:32.4	20:08.9
2	Phillip Luckai	Big Thunder	11:10.8	10:10.4	21:21.2
3	Zachary Maclean	Big Thunder	12:20.3	10:30.0	22:50.3
4	Julian Freitag	Kamview	13:27.6	11:50.6	25:18.2

Girls 10 & 11

PL	Name	Club	Time		
1	Tess Ryan	Kamview	10:20.6	09:38.6	19:59.2
2	Stephanie Drost	Kamview	10:30.6	09:40.6	20:11.2
3	Moira Haggarty	Kamview	10:52.2	10:08.8	21:01.0
4	Sarah Nixon	Big Thunder	12:53.1	12:05.4	24:58.5

Boys 12 & 13

PL	Name	Club	Time		
1	Jeremy Hecker	Lappe Nordic	12:09.2	11:52.1	24:01.3
2	James Gunka	Big Thunder	14:00.7	13:20.1	27:20.8
3	Gabe Viljakainen	Big Thunder	14:29.8	13:16.1	27:45.9
4	Sam Loud	Lappe Nordic	15:10.6	13:04.1	28:14.7
5	Petri Bailey	Lappe Nordic	14:22.7	14:04.4	28:27.1
6	Andrew Nixon	Big Thunder	17:10.7	15:57.6	33:08.3

Girls 12 & 13

PL	Name	Club	Time		
1	Lindsay Inkila	Lappe Nordic	14:23.0	13:21.2	27:44.2
2	Daphne Haggarty	Kamview	15:11.3	13:24.5	28:35.8
3	Krista Luckai	Big Thunder	15:27.4	14:20.4	29:47.8
4	Shannon McMillan	Kamview	18:05.9	17:10.8	35:16.7

Boys 5&Under

1	Nathan Hay
2	Niklas Harkonen
3	Austin Burchat

Girls 5 & Under

1	Tessa Schwar
2	Frances MacGregor