

SPRING 2010 MARATHON DYNAMICS "BEST 100" PERFORMANCES

#	LAST NAME	FIRST NAME	EVENT	TIME	#	LAST NAME	FIRST NAME	EVENT	TIME
1	Afshar	Hassan	Boston Marathon	3:29	51	Lue-Kim	Deidre	Cleveland Marathon	3:50
2	Baraniuk	Mary-Ann	Around The Bay 30K	3:09	52	McCurry	Grainne	Mississauga Half	2:16
3	Baraniuk	Paul	Around The Bay 30K	2:34	53	McMurray	Barbara	Boston Marathon	4:10
4	Baraniuk	Mary-Ann	Boston Marathon	4:31	54	Menzel	Margaret	Around The Bay 30K	2:27
5	Baraniuk	Paul	Chilly Half Marathon	1:41	55	Menzel	Margaret	Good Friday 10 Miler	1:14
6	Barrette	June	Around The Bay 30K	2:55	56	Mina	Lisa	Around The Bay 30K	2:35
7	Barrette	June	Mississauga Marathon	4:02	57	Mina	Lisa	Boston Marathon	3:47
8	Beckwith	Kathy	Boston Marathon	3:54	58	Mori-Stoodley	Josie	Boston Marathon	3:16
9	Beckwith	Kathy	Sporting Life 10K	46min	59	Orchard	Glen	Vancouver Marathon	3:40
10	Bell	Derek	Mississauga Marathon	3:54	60	Palao	Martha	Boston Marathon	4:02
11	Bhargava	Sandeep	Mississauga Half	1:43	61	Peesker	Karen	Kingston Half Marathon	1:53
12	Bianchi	Fred	Boston Marathon	3:23	62	Peros	Steven	Mississauga Half	1:45
13	Borzi	Bill	Around The Bay 30K	2:03	63	Poirier	Lara	Mississauga Half	2:01
14	Brooks	Lindsay	Around The Bay 30K	2:45	64	Pritchard	Shannon	Chilly Half Marathon	1:34
15	Brooks	Lindsay	Boston Marathon	3:46	65	Rapuch	Marc	Around The Bay 30K	2:51
16	Capoccitti	Joyce	Cleveland Marathon	3:53	66	Rapuch	Mark	Mississauga Marathon	4:17
17	Chahal	Surat	Around The Bay 30K	2:33	67	Rochman	Paula	Boston Marathon	4:07
18	Cherepacha	Marisa	Mississauga Half	2:08	68	Rockett	Stephen	Around The Bay 30K	2:27
19	Chubak	Lynda	Around The Bay 30K	2:45	69	Rockett	Stephen	Boston Marathon	3:38
20	Chubak	Lynda	Mississauga Marathon	4:07	70	Schwass	Kirsten	Mississauga Half	1:35
21	Clarke	Michelle	Billy Taylor 15K	1:00	71	Schwass	Kirsten	Boston Marathon	3:34
22	Cowherd	Geron	Boston Marathon	3:12	72	Sekhon	Bal	Around The Bay 30K	2:32
23	Foote	Harvey	Around The Bay 30K	2:15	73	Sekhon	Bal	Chilly Half Marathon	1:41
24	Foote	Harvey	Boston Marathon	3:13	74	Seto	Olivia	Mississauga Half	2:03
25	Foote	Harvey	Sporting Life 10K	37min	75	Seto	May	London Half Marathon	2:01
26	Friedman	Nick	Around The Bay 30K	2:38	76	Smith	Darrell	Boston Marathon	3:52
27	Friedman	Nick	Chilly Half Marathon	1:38	77	Smith	Kevin	Billy Taylor 15K	53min
28	Garrell	Les	Around The Bay 30K	2:41	78	Snider	Judy	Around The Bay 30K	2:40
29	Gauthier	David	Around The Bay 30K	2:25	79	Snider	Judy	Boston Marathon	3:46
30	Gauthier	David	Ottawa Marathon	3:26	80	Snider	Judy	Florida Half Marathon	1:39
31	Griffiths	Len	Around The Bay 30K	2:08	81	Speight	Peter	Around The Bay 30K	2:11
32	Gunther	Ann	Boston Marathon	4:37	82	Speight	Peter	Mississauga Marathon	3:22
33	Jacobs	Ken	Mississauga Half	1:40	83	Stocker	Maureen	Sporting Life 10K	59min
34	Kajiwara	Yasu	Around The Bay 30K	2:17	84	Stuart	Margaret	Mississauga Half	1:57
35	Kajiwara	Yasu	Mississauga Marathon	3:20	85	Sutcliffe	Suzanne	Chilly Half Marathon	1:58
36	Kates	Mike	Mississauga Marathon	4:00	86	Tait	Sheelagh	Sporting Life 10K	1:02
37	Kay	Pat	Mississauga Marathon	4:13	87	Thomas	Katie	Boston Marathon	4:06
38	Kepenne	Benoit	Around The Bay 30K	2:14	88	Van Klaveren	David	Around The Bay 30K	2:35
39	Keppenne	Benoit	Mississauga Marathon	3:10	89	Van Klaveren	David	Boston Marathon	3:43
40	Ker	Gerry	Boston Marathon	3:54	90	Varro	MJ	Good Friday 10 Miler	1:22
41	Krulicki	Paula	Around The Bay 30K	2:23	91	Warcop	Tyler	Around The Bay 30K	2:32
42	Krulicki	Paula	Waterloo Marathon	3:28	92	Warren	Brett	Around The Bay 30K	2:10
43	Kwan	Cathy	Boston Marathon	3:53	93	Way	Glen	Around The Bay 30K	2:14
44	Lennon	Nancy	Around The Bay 30K	2:36	94	Way	Glen	Boston Marathon	3:10
45	Lennon	Nancy	Boston Marathon	3:49	95	Way	Glen	Mississauga Half	1:27
46	Lesnowski	Suzanne	Mississauga Half	1:27	96	Wilkes	Andy	Boston Marathon	3:45
47	Levine	Jody	Around The Bay 30K	2:38	97	Wilkes	Julia	Boston Marathon	3:45
48	Levine	Jody	Boston Marathon	3:46	98	Wolfe	Christoph	Around The Bay 30K	2:32
49	Likuski	Patrick	Mississauga Half	1:53	99	Wolfe	Christoph	Mississauga Half	1:38
50	Lindner	Karen	Boston Marathon	3:54	100	Yoo	Tammy	Mississauga Marathon	3:49

Please note: these are not necessarily the fastest runners, or even those that placed the highest in race age-categories.

They are chosen based upon how well they trained, and on how much they improved and rose to the occasion on race day, relative to their season-starting ability, and in light of their race day conditions and/or circumstances (listed alphabetically)