

2023 Limestone Race Weekend 10K Overall

Position	Bib #	Name	Race Time	Pace	Division	Gender	Age
Division: 10K							
1	776	Mironov Roman	31:54.68	3:11	10k	M	19
2	601	Andre Allie-Lamarche	31:55.88	3:12	10k	M	23
3	773	Miles Brackenbury	32:37.51	3:16	10k	M	21
4	714	Juan Negreira	35:17.45	3:32	10k	M	36
5	755	Stephan De Wit	37:00.07	3:42	10k	M	45
6	637	Cameron Dean	37:17.92	3:44	10k	M	22
7	644	Ryan Dorsey	37:52.99	3:47	10k	M	36
8	752	Alex Vronces	39:28.78	3:57	10k	M	31
9	761	Joe Brazda	40:01.55	4:00	10k	M	29
10	631	David Crandall	40:09.87	4:01	10k	M	40
11	1013	Laurence Baril	40:44.09	4:04	10k	F	29
12	678	Catherine Irwin	41:24.66	4:08	10k	F	20
13	687	Damon Lawrence	41:34.42	4:09	10k	M	47
14	643	Shane Dixon	41:50.30	4:11	10k	M	38
15	710	Neil McPhedran	42:24.54	4:14	10k	M	40
16	668	Ross Halfyard	42:42.38	4:16	10k	M	24
17	772	Scott Nichol	43:09.25	4:19	10k	M	41
18	686	Logan Krahn	43:45.26	4:22	10k	M	20
19	616	Alexander Cameron	43:45.78	4:22	10k	M	21
20	665	Jan Grabowiecki	45:02.26	4:30	10k	M	40
21	725	Andrea Richard	45:04.11	4:30	10k	F	41
22	758	Curtis Oleschuk	45:07.63	4:31	10k	M	49
23	632	Jackson Crane	45:10.30	4:31	10k	M	31
24	608	Ashni Bhoolaton	45:15.64	4:32	10k	F	25
25	770	Suzanne Garrett Kerr	45:23.98	4:32	10k	F	47
26	672	Haley Hammond	45:48.34	4:35	10k	F	26
27	768	Carson Wohlers	46:05.68	4:36	10k	M	19
28	699	Abigail MacDonald	46:26.55	4:39	10k	F	22
29	1171	Raquel Oleksin	46:30.29	4:39	10k	F	25
30	638	Lucas Degelder	46:49.79	4:41	10k	M	28
31	747	Daniel Tunstall	47:04.09	4:42	10k	M	20
32	610	Emma Boudreau	47:10.17	4:43	10k	F	25
33	604	Nanae Arai	47:26.41	4:45	10k	F	53
34	745	Michel Trudel	47:50.70	4:47	10k	M	38
35	609	Nathan Blood	47:56.32	4:48	10k	M	47
36	716	Austin Pammett	48:00.43	4:48	10k	M	26
37	677	Juliaana Hildebrand	48:14.51	4:49	10k	F	36
38	760	Scott Walker	48:41.61	4:52	10k	M	60
39	705	Chelsea Marko	48:42.86	4:52	10k	F	51
40	635	Scott Davey	48:50.06	4:53	10k	M	45
41	744	Owen Trefry	48:53.67	4:53	10k	M	43
42	636	Nicole De Smidt	49:11.03	4:55	10k	F	35
43	703	Murillo Mafra	49:26.81	4:57	10k	M	34
44	702	Bryce Macneil	49:49.24	4:59	10k	M	29
45	650	Catherine Friel	49:50.81	4:59	10k	F	29
46	696	Amanda Love	50:09.96	5:01	10k	F	41
47	617	Al Cantlay	50:19.57	5:02	10k	M	68
48	754	Jennifer Archibald	50:37.10	5:04	10k	F	32
49	756	Alexander Moszczynski	50:37.19	5:04	10k	M	33
50	724	Ryan Rego	50:46.20	5:05	10k	M	29
51	611	Danielle Boyd	51:14.97	5:07	10k	F	32
52	629	Mike Corrigan	51:18.79	5:08	10k	M	36
53	659	Jesse Glasspoole	51:27.50	5:09	10k	M	36
54	733	Anthony Sestili	51:49.49	5:11	10k	M	24
55	618	Myles Carbert	51:57.87	5:12	10k	M	35
56	639	Aaron Delph	51:59.08	5:12	10k	M	28
57	673	Maddie Harlow	52:10.34	5:13	10k	F	27
58	655	Helen Geris	52:37.99	5:16	10k	F	32
59	740	Audethy Tallack	52:46.93	5:17	10k	F	62
60	717	Maryanne Parkinson	52:50.67	5:17	10k	F	38
61	648	Catherine Ferry	52:53.27	5:17	10k	F	50
62	633	Elizabeth Creighton	52:57.90	5:18	10k	F	15
63	765	Troy Polak	53:50.69	5:23	10k	M	48
64	735	Filipe Silva	53:59.21	5:24	10k	M	36
65	621	Jane Casson	54:09.33	5:25	10k	F	32
66	709	Blair McKenzie	54:09.35	5:25	10k	M	39
67	736	Andreia Soares	54:18.93	5:26	10k	F	38
68	763	Naomi Greer-Ballance	54:29.09	5:27	10k	F	54
69	605	Lisa Banerjee-Wood	54:35.31	5:27	10k	F	45
70	704	Elizabeth Mann	54:56.14	5:30	10k	F	39
71	634	Rachael Da Cunha	54:59.20	5:30	10k	F	35
72	607	Christina Benedict	55:50.96	5:35	10k	F	47
73	764	Erin McDonald	55:51.74	5:35	10k	F	41
74	603	Alisha Anderson	55:57.97	5:36	10k	F	40
75	766	Mary Anne Schoenhardt	56:03.69	5:36	10k	F	23
76	667	Evan Grypma	56:19.13	5:38	10k	M	24
77	697	Ryan Low	56:22.32	5:38	10k	M	34
78	645	Alexandra Duval	56:31.20	5:39	10k	F	37
79	627	Kevin Cooke	56:53.46	5:41	10k	M	39
80	671	Abigail Hall	57:05.97	5:42	10k	F	25
81	712	Natalie Moodie	57:06.41	5:43	10k	F	23
82	662	Andy Glazin	57:20.49	5:44	10k	M	54
83	641	David Desouza	57:30.59	5:45	10k	M	45
84	718	Lisa Pasolli	57:33.49	5:45	10k	F	39
85	681	Danny Ke	57:34.94	5:45	10k	M	23
86	690	Mark Lewis	57:57.90	5:48	10k	M	39
87	657	Damien Gilles	58:03.42	5:48	10k	M	40
88	730	Sonja Ruzic	58:08.76	5:49	10k	F	29
89	685	Elizabeth Kitchen	58:13.45	5:49	10k	F	62
90	726	Sean Rocheleau	58:24.42	5:50	10k	M	35
91	700	Karyn MacKenzie	58:24.45	5:50	10k	F	37
92	640	Marie-Lyne Desjardins	58:46.74	5:53	10k	F	40
93	723	Ashwin Rao	58:55.69	5:54	10k	M	24
94	600	Andrew Abrams	59:07.45	5:55	10k	M	35
95	750	David Visser	59:10.02	5:55	10k	M	52
96	774	Ramona Rego	59:20.08	5:56	10k	F	25
97	757	Alanna Murphy	59:44.32	5:58	10k	F	37
98	708	Graeme McGaw	59:44.81	5:58	10k	M	41
99	623	Larry Charteris	59:51.56	5:59	10k	M	70
100	692	Melissa Licari	59:53.13	5:59	10k	F	41
101	748	Sonu Varghese	59:57.66	5:59	10k	M	25
102	694	Malumir R Logan	1:00:00.25	6:00	10k	F	38
103	729	Suzanne Runciman	1:00:00.64	6:00	10k	F	58
104	751	Francesca Vivona	1:00:01.26	6:00	10k	F	43
105	615	Ryan Buck	1:00:23.40	6:02	10k	M	32
106	670	Jessica Hall	1:00:46.21	6:05	10k	F	29
107	749	Erika Villeneuve	1:00:46.24	6:05	10k	F	29
108	720	Misha Purdie	1:01:00.54	6:06	10k	F	29
109	602	Beatriz Alvarado	1:01:01.66	6:06	10k	F	51
110	664	Brett Goodwin	1:01:07.38	6:07	10k	M	51
111	619	Chris Carson-Foster	1:01:17.04	6:08	10k	M	37
112	628	Bonnie Cooke	1:02:22.54	6:14	10k	F	39
113	731	Malaya Sagada	1:02:53.08	6:17	10k	F	33
114	663	Stef Goldsborough	1:02:54.19	6:17	10k	F	27
115	739	Natalie Stechyson	1:03:53.27	6:23	10k	F	40
116	727	Michelle Rocheleau	1:03:54.91	6:23	10k	F	35
117	676	Casey Held	1:04:04.71	6:24	10k	F	45
118	746	Simon Tucker	1:04:17.16	6:26	10k	M	35
119	759	Heather Situm	1:04:26.80	6:27	10k	F	58
120	653	Roland Gardiner	1:04:51.06	6:29	10k	M	35
121	762	Michael Clarke	1:04:54.13	6:29	10k	M	52
122	734	Erin Sheldon	1:05:03.72	6:30	10k	F	48
123	625	Lisa Coleman	1:05:36.51	6:34	10k	F	22
124	738	Emily Stark	1:05:36.54	6:34	10k	F	23
125	606	Daena Barrie	1:05:44.14	6:34	10k	F	50
126	777	Danielle Gugler	1:06:20.63	6:38	10k	F	56
127	688	Karen-Ann Leclair	1:06:30.91	6:39	10k	F	58
128	775	John Matthews	1:06:32.37	6:39	10k	M	69
129	684	Mike Kirkwood	1:07:09.12	6:43	10k	M	48
130	711	Kimberly Mitchell	1:07:40.71	6:46	10k	F	41
131	649	Holly Forrest	1:07:47.11	6:47	10k	F	42
132	620	Ashley Casella	1:08:11.02	6:49	10k	F	34
133	654	Autumn Gardner	1:08:11.68	6:49	10k	F	42
134	660	Julie Glasspoole	1:08:35.29	6:52	10k	F	32
135	630	Margaret Coughlin	1:09:49.32	6:59	10k	F	68
136	683	Heather Kerrigan	1:10:17.70	7:02	10k	F	67
137	769	Doug Grieve	1:10:38.37	7:04	10k	M	54
138	666	Julia Grieve	1:10:41.19	7:04	10k	F	51
139	715	Taylor Nelles-McGee	1:11:53.32	7:11	10k	F	33
140	658	Amber Glasspoole	1:12:41.33	7:16	10k	F	33
141	689	Cynthia Leung	1:13:00.26	7:18	10k	F	46
142	674	Debbie Harper	1:13:38.56	7:22	10k	F	56
143	624	Caroline Claude	1:13:40.35	7:22	10k	F	48
144	613	Dawn Brown	1:13:47.18	7:23	10k	F	58
145	721	Melanie Quilty	1:15:21.35	7:32	10k	F	38
146	732	Lucy Schafer	1:18:03.31	7:48	10k	F	27
147	743	Angela Tooley	1:18:48.98	7:53	10k	F	36
148	698	Ashley Lowery	1:19:33.07	7:57	10k	F	33
149	626	Sara Conway	1:21:44.72	8:10	10k	F	29
150	614	Jennifer Brown	1:22:44.21	8:16	10k	F	36
151	713	Ashley Morgan	1:22:44.56	8:16	10k	F	19
152	652	Clare Gallant	1:22:50.35	8:17	10k	F	50
153	680	Vera Jensen	1:23:42.44	8:22	10k	F	65
154	707	James McDonald	1:25:13.36	8:31	10k	M	42
155	706	Emma Elizabeth McDonald	1:25:13.77	8:31	10k	F	15
156	682	Katrina Kerr	1:27:32.73	8:45	10k	F	28
157	701	Sarah Macmillan	1:27:32.79	8:45	10k	F	36
158	691	Melanie Liard	1:37:48.55	9:47	10k	F	41