

2011 KRRA Anniversary Run

The Landings Golf Course, Kingston

results by www.runningbydesign.ca

11/06/2011

Race Results

10K Run

OVERALL

	NAME	AGE	AVG PER KM	AVG PER MI	TIME
1	KEVIN COFFEY	25 M 10 K	3:27.77	5:34.37	34:37.7
2	ERIC BARR	31 M 10 K	3:32.16	5:41.44	35:21.6
3	CAMERON LEVAC	17 M 10 K	3:34.08	5:44.53	35:40.8
4	RICHARD HAYES	21 M 10 K	3:38.65	5:51.88	36:26.5
5	ALEXANDER WORDLEY	30 M 10 K	3:39.42	5:53.12	36:34.2
6	SCOTT FAULDS	42 M 10 K	3:40.35	5:54.62	36:43.5
7	BEN CAMPBELL	24 M 10 K	3:42.09	5:57.42	37:00.9
8	DOUGAL BALE	38 M 10 K	3:44.06	6:00.59	37:20.6
9	COLIN WILKINSON	45 M 10 K	3:44.70	6:01.62	37:27.0
10	NICK COSMAN	29 M 10 K	3:45.97	6:03.66	37:39.7
11	ALEXANDRE AUDET	32 M 10 K	3:47.17	6:05.59	37:51.7
12	NEIL HOPKINS	39 M 10 K	3:55.01	6:18.21	39:10.1
13	HEATHER OSTIC	42 F 10 K	3:57.96	6:22.96	39:39.6
14	CONNOR MATHESON	17 M 10 K	3:58.84	6:24.38	39:48.4
15	PATRICIA RONEY	25 F 10 K	4:02.07	6:29.57	40:20.7
16	MARGARITA SVIAJINA	41 F 10 K	4:06.00	6:35.90	41:00.0
17	ANDREW GILES	23 M 10 K	4:08.35	6:39.68	41:23.5
18	SUE JOY	38 F 10 K	4:08.56	6:40.02	41:25.6
19	RICK ROYCE	51 M 10 K	4:10.34	6:42.88	41:43.4
20	PAUL CEHAN	46 M 10 K	4:12.52	6:46.39	42:05.2
21	MYRA MACDONALD	52 F 10 K	4:13.46	6:47.90	42:14.6
22	JIM ELYOT	53 M 10 K	4:16.32	6:52.51	42:43.2
23	AMIR MAHMOOD	29 M 10 K	4:16.66	6:53.05	42:46.6
24	CHRISTINA GUZZO	26 F 10 K	4:17.88	6:55.02	42:58.8
25	JAMES ROBERTSON	29 M 10 K	4:18.81	6:56.51	43:08.1
26	RYAN DORSEY	24 M 10 K	4:20.84	6:59.78	43:28.4
27	PATRICK MURPHY	24 M 10 K	4:21.30	7:00.52	43:33.0
28	CRAIG FAUCETTE	35 M 10 K	4:21.66	7:01.10	43:36.6
29	RICHARD PRINSEN	46 M 10 K	4:22.36	7:02.23	43:43.6
30	BRUCE GRAY	31 M 10 K	4:23.04	7:03.32	43:50.4
31	WAYNE RICE	48 M 10 K	4:23.34	7:03.80	43:53.4
32	COLLEEN CODERRE	32 F 10 K	4:24.11	7:05.04	44:01.1
33	CHRIS BOER	59 M 10 K	4:26.20	7:08.41	44:22.0
34	OWAIN JONES	26 M 10 K	4:26.66	7:09.15	44:26.6
35	LANA SAUNDERS	37 F 10 K	4:26.93	7:09.58	44:29.3
36	JOANN DEHNERT	44 F 10 K	4:27.86	7:11.08	44:38.6
37	MEG SINCLAIR	17 F 10 K	4:32.97	7:19.30	45:29.7
38	PETER KISSICK	45 M 10 K	4:35.11	7:22.75	45:51.1
39	JEFFREY LALONDE	34 M 10 K	4:35.22	7:22.92	45:52.2
40	JEFF BOYD	47 M 10 K	4:36.67	7:25.26	46:06.7
41	WILL KYMLICKA	48 M 10 K	4:36.90	7:25.63	46:09.0
42	TOMMY LEBLANC	26 M 10 K	4:40.33	7:31.15	46:43.3
43	CHARLES BEAUDOIN	65 M 10 K	4:41.23	7:32.60	46:52.3
44	ROBBY BREADNER	44 M 10 K	4:43.90	7:36.89	47:19.0
45	STACEY BERDAN	43 F 10 K	4:44.67	7:38.13	47:26.7
46	BRIDGET MURPHY	41 F 10 K	4:45.18	7:38.95	47:31.8
47	SHIRLEY MYERS	58 F 10 K	4:46.61	7:41.25	47:46.1

48	GREG PHELAN	46 M 10 K	4:47.34	7:42.43	47:53.4
49	TODD BIGGERMAN	39 M 10 K	4:55.35	7:55.32	49:13.5
50	PETER SIMS	65 M 10 K	4:55.85	7:56.12	49:18.5
51	ELODIE WATSON	43 F 10 K	4:56.17	7:56.64	49:21.7
52	ELIZA MURPHY	46 F 10 K	4:56.62	7:57.36	49:26.2
53	JAMES BUSBY	28 M 10 K	4:58.20	7:59.91	49:42.0
54	DANA STYS	25 F 10 K	4:59.79	8:02.47	49:57.9
55	SEBASTIEN IVAL	32 M 10 K	5:00.66	8:03.87	50:06.6
56	SCOTT DALEY	38 M 10 K	5:01.20	8:04.73	50:12.0
57	DUNCAN COOPER	53 M 10 K	5:01.62	8:05.41	50:16.2
58	DEBORAH HOLTOM	60 F 10 K	5:02.19	8:06.33	50:21.9
59	GARRY CARL	56 M 10 K	5:03.05	8:07.71	50:30.5
60	SYLVIA ROBB	47 F 10 K	5:04.84	8:10.59	50:48.4
61	KATHLEEN BROWN	24 F 10 K	5:07.54	8:14.94	51:15.4
62	PAM MUNDELL	46 F 10 K	5:08.03	8:15.73	51:20.3
63	KRISAN TURESKI	46 F 10 K	5:08.67	8:16.76	51:26.7
64	THOMAS BOYD	17 M 10 K	5:09.48	8:18.06	51:34.8
65	SHARALEE FOSTER	36 F 10 K	5:09.76	8:18.51	51:37.6
66	BRENDA MELLING	54 F 10 K	5:13.80	8:25.01	52:18.0
67	CAROLE GAGNE	46 F 10 K	5:13.99	8:25.32	52:19.9
68	DINA EVANS	37 F 10 K	5:15.60	8:27.91	52:36.0
69	SUE MCIVER	45 F 10 K	5:15.91	8:28.41	52:39.1
70	CHRIS POVELL	63 M 10 K	5:16.48	8:29.33	52:44.8
71	NANCY D'AOUST	43 F 10 K	5:16.66	8:29.61	52:46.6
72	PAT HUMPHREY	61 F 10 K	5:20.78	8:36.25	53:27.8
73	JACINDA DALEY	35 F 10 K	5:21.98	8:38.18	53:39.8
74	PAUL THOMPSON	62 M 10 K	5:23.30	8:40.30	53:53.0
75	KEN CHIN	59 M 10 K	5:36.77	9:01.98	56:07.7
76	PJ MARSHALL	68 M 10 K	5:41.25	9:09.19	56:52.5
77	MEG FREER	46 F 10 K	5:41.88	9:10.20	56:58.8
78	DOUG MARLOW	51 M 10 K	5:46.40	9:17.48	57:44.0
79	DEBRA MCMURRAY	51 F 10 K	5:49.56	9:22.56	58:15.6
80	GARY GREER	55 M 10 K	5:55.76	9:32.54	59:17.6
81	PETE PIPKE	39 M 10 K	5:57.25	9:34.94	59:32.5
82	ANIK DESROCHERS	32 F 10 K	5:57.38	9:35.15	59:33.8
83	DAVE PELOW	58 M 10 K	5:59.17	9:38.03	59:51.7
84	HEATHER JENKINS	33 F 10 K	6:02.07	9:42.70	1:00:20.7
85	STEVE PYSKLYWEC	39 M 10 K	6:09.30	9:54.33	1:01:33.0
86	MOE GILL	46 M 10 K	6:11.31	9:57.57	1:01:53.1
87	JESSICA HAMILTON	39 F 10 K	6:15.43	10:04.20	1:02:34.3
88	JANET STOKES	47 F 10 K	6:19.96	10:11.49	1:03:19.6
89	JOY HARRISON	57 F 10 K	6:20.85	10:12.92	1:03:28.5
90	MARILYN BOUNDAS	34 F 10 K	6:22.21	10:15.11	1:03:42.1
91	TRACEY KIRKLAND	36 F 10 K	6:23.68	10:17.47	1:03:56.8
92	REBECCA HANNAFORD	33 F 10 K	6:23.87	10:17.78	1:03:58.7
93	DAVE WILSON	80 M 10 K	6:33.55	10:33.36	1:05:35.5
94	MARGARET COUGHLIN	56 F 10 K	6:34.01	10:34.10	1:05:40.1
95	MELANIE STRICKLAND	44 F 10 K	6:41.16	10:45.60	1:06:51.6
96	JULIA MCGREGOR	49 F 10 K	6:43.49	10:49.35	1:07:14.9
97	LIAM CULLEN	69 M 10 K	6:48.63	10:57.63	1:08:06.3
98	SUSAN SILLS	40 F 10 K	6:49.21	10:58.56	1:08:12.1
99	ROBERT BEENEY	78 M 10 K	6:50.22	11:00.19	1:08:22.2
100	JULIE LAMBERT	38 F 10 K	7:12.98	11:36.81	1:12:09.8
101	CORINNE DESHAW	48 F 10 K	7:30.91	12:05.67	1:15:09.1
102	RAJAN GILL	39 F 10 K	7:32.71	12:08.57	1:15:27.1
103	CAROL KOSTASHUK	55 F 10 K	8:02.00	12:55.70	1:20:20.0
104	LYNN LALONDE	46 F 10 K	8:36.10	13:50.58	1:26:01.0
105	LILIANE VANCE	48 F 10 K	10:11.20	16:23.63	1:41:52.0
106	GWENDOLYN POWELL	47 F 10 K	10:11.21	16:23.65	1:41:52.1

Please report any errors or corrections to runcanada@gmail.com