

**KRRA XC Races 1km/5km****Fort Henry Hill, Kingston, Ontario**

2017-09-26

9/23/17 - 9/23/17

Results by [www.runningbydesign.com](http://www.runningbydesign.com)**Event # 2 MIXED 5K Run**

|                | Name               | Age  | Bib  | Team         | Avg per K | Avg per MI | Time     |
|----------------|--------------------|------|------|--------------|-----------|------------|----------|
| <b>OVERALL</b> |                    |      |      |              |           |            |          |
| 1              | Dylan O'Sullivan   | M 24 | 1889 | HARROWSMITH  | 3:09.2    | 5:04.6     | 15:46.38 |
| 2              | Derek Snider       | M 31 | 1893 | KINGSTON     | 3:13.7    | 5:11.7     | 16:08.56 |
| 3              | Dakota Lavery      | M 19 | 1836 | PETERBOROUGH | 3:16.2    | 5:15.8     | 16:21.34 |
| 4              | Jeff Archer        | M 24 | 1899 | KINGSTON     | 3:17.7    | 5:18.1     | 16:28.50 |
| 5              | Clay Patterson     | M 28 | 1814 | KINGSTON     | 3:18.6    | 5:19.7     | 16:33.28 |
| 6              | Spencer Raby       | M 20 | 1994 | KINGSTON     | 3:19.1    | 5:20.4     | 16:35.50 |
| 7              | Sean Nestor        | M 26 | 1847 | EVANS MILLS  | 3:21.1    | 5:23.7     | 16:45.88 |
| 8              | Miles Dignum       | M 19 | 1846 | VANCOUVER    | 3:22.0    | 5:25.2     | 16:50.41 |
| 9              | Jack Rowlatt       | M 17 | 1860 | KINGSTON     | 3:23.0    | 5:26.7     | 16:55.25 |
| 10             | Tom Glassco        | M 29 | 1809 | SYDENHAM     | 3:28.0    | 5:34.8     | 17:20.18 |
| 11             | Gabriel Jarquin    | M 32 | 1842 | TORONTO      | 3:31.5    | 5:40.4     | 17:37.59 |
| 12             | Earl Steinbrecher  | M 53 | 1831 | GANANOQUE    | 3:35.5    | 5:46.8     | 17:57.66 |
| 13             | Tim Gillespie      | M 39 | 1837 | KINGSTON     | 3:35.8    | 5:47.3     | 17:59.22 |
| 14             | Joshua Morales     | M 18 | 1853 | BRAMPTON     | 3:37.1    | 5:49.3     | 18:05.53 |
| 15             | Kevin Beatty       | M 40 | 1884 | FRANKFORD    | 3:37.3    | 5:49.8     | 18:06.94 |
| 16             | Brandon Pryce      | M 23 | 1859 | TORONTO      | 3:38.7    | 5:51.9     | 18:13.59 |
| 17             | Scott Wilkes       | M 38 | 1878 | KINGSTON     | 3:39.1    | 5:52.7     | 18:15.91 |
| 18             | Sean Mantay        | M 21 | 1848 | NEWMARKET    | 3:39.2    | 5:52.8     | 18:16.15 |
| 19             | Matthew Stacey     | M 34 | 1898 | CAMDEN EAST  | 3:40.1    | 5:54.3     | 18:20.88 |
| 20             | Kieran Smart       | M 19 | 1801 | SUFFIELD     | 3:41.1    | 5:55.8     | 18:25.50 |
| 21             | Cameron Bruce      | M 16 | 1832 | KINGSTON     | 3:41.9    | 5:57.1     | 18:29.75 |
| 22             | Jeff Lapierre      | M 45 | 1862 | GREEN VALLEY | 3:43.5    | 5:59.8     | 18:37.97 |
| 23             | Jeff Mountjoy      | M 27 | 1845 | KINGSTON     | 3:44.8    | 6:01.7     | 18:44.06 |
| 24             | Yves Filion        | M 43 | 1824 | KINGSTON     | 3:45.3    | 6:02.7     | 18:46.91 |
| 25             | Liam Bootsma       | M 16 | 1811 | BELLEVILLE   | 3:48.9    | 6:08.3     | 19:04.50 |
| 26             | Savvas Frantzeskos | M 43 | 1864 | KINGSTON     | 3:49.8    | 6:09.9     | 19:09.25 |
| 27             | Kevin Webster      | M 49 | 1826 | KINGSTON     | 3:51.3    | 6:12.3     | 19:16.91 |
| 28             | Matthew Birchard   | M 16 | 1857 | BELLEVILLE   | 3:54.0    | 6:16.5     | 19:30.00 |
| 29             | Braeden Brown      | F 20 | 1835 | UNKNOWN      | 3:55.8    | 6:19.5     | 19:39.28 |
| 30             | Ryan Dorsey        | M 31 | 1863 | KINGSTON     | 3:56.4    | 6:20.5     | 19:42.44 |
| 31             | Mario Hinse        | M 33 | 1888 | TORONTO      | 3:56.7    | 6:21.0     | 19:43.75 |
| 32             | Aaron Bruyns       | M 29 | 1812 | OTTAWA       | 4:00.0    | 6:26.3     | 20:00.22 |
| 33             | Wayne Rice         | M 55 | 1817 | RAILTON      | 4:00.1    | 6:26.4     | 20:00.62 |
| 34             | Sara Drummond      | F 19 | 1843 | TORONTO      | 4:01.2    | 6:28.2     | 20:06.38 |
| 35             | Che Breadner       | M 13 | 1891 | KINGSTON     | 4:01.5    | 6:28.7     | 20:07.88 |
| 36             | Natasha Wong       | F 20 | 1841 | KINGSTON     | 4:03.5    | 6:32.0     | 20:17.97 |
| 37             | Robby Breadner     | M 51 | 1800 | KINGSTON     | 4:04.6    | 6:33.7     | 20:23.18 |
| 38             | Skylar Ng          | F 18 | 1834 | KINGSTON     | 4:07.5    | 6:38.4     | 20:37.81 |
| 39             | Heather Ostic      | F 48 | 1858 | KINGSTON     | 4:09.2    | 6:41.0     | 20:46.00 |
| 40             | Paul Smith         | M 53 | 1838 | ORLEANS      | 4:10.2    | 6:42.7     | 20:51.44 |
| 41             | Sasha Zarnke       | F 22 | 1866 | KINGSTON     | 4:13.7    | 6:48.3     | 21:08.75 |
| 42             | Hannah Ascough     | F 22 | 1880 | KINGSTON     | 4:15.8    | 6:51.7     | 21:19.25 |
| 43             | Rick Royce         | M 58 | 1854 | KINGSTON     | 4:18.2    | 6:55.5     | 21:31.00 |
| 44             | Emile Ndorimana    | M 43 | 1883 | KINGSTON     | 4:18.3    | 6:55.7     | 21:31.75 |

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|    | <b>Name</b>             | <b>Age</b> | <b>Bib</b> | <b>Team</b> | <b>Avg per K</b> | <b>Avg per MI</b> | <b>Time</b> |
|----|-------------------------|------------|------------|-------------|------------------|-------------------|-------------|
| 45 | Bethany Wilken          | F 18       | 1839       | RIPLEY      | 4:18.7           | 6:56.3            | 21:33.56    |
| 46 | Aleasha Caird           | F 14       | 1856       | GANANOQUE   | 4:19.2           | 6:57.2            | 21:36.25    |
| 47 | Richard Prinsen         | M 53       | 1971       | KINGSTON    | 4:19.7           | 6:58.0            | 21:38.72    |
| 48 | Paul Cehan              | M 53       | 1867       | KINGSTON    | 4:20.2           | 6:58.7            | 21:41.15    |
| 49 | Alan Cantlay            | M 62       | 1879       | KINGSTON    | 4:20.4           | 6:59.2            | 21:42.41    |
| 50 | Abbey Kellar            | F 14       | 1851       | GANANOQUE   | 4:20.5           | 6:59.3            | 21:42.72    |
| 51 | Lyndsay Glazier         | F 28       | 1881       | JOYCEVILLE  | 4:20.6           | 6:59.4            | 21:43.09    |
| 52 | Chancey Cagley          | M 33       | 1855       | KINGSTON    | 4:23.8           | 7:04.6            | 21:59.18    |
| 53 | Greg Siemens            | M 39       | 1890       | KINGSTON    | 4:27.1           | 7:10.0            | 22:15.97    |
| 54 | Cooper Barrie           | M 11       | 1850       | ODESSA      | 4:28.0           | 7:11.3            | 22:20.03    |
| 55 | Lindsay Furtado         | F 27       | 1892       | KINGSTON    | 4:29.1           | 7:13.1            | 22:25.84    |
| 56 | Jayne Hackett           | F 13       | 1874       | KINGSTON    | 4:29.7           | 7:14.1            | 22:28.72    |
| 57 | Kathleen Dorsey         | F 31       | 1825       | KINGSTON    | 4:30.6           | 7:15.6            | 22:33.41    |
| 58 | Lisa Bootsma            | F 44       | 1810       | BELLEVILLE  | 4:33.1           | 7:19.6            | 22:45.84    |
| 59 | Lana Saunders           | F 42       | 1868       | HOWE ISLAND | 4:33.4           | 7:20.1            | 22:47.41    |
| 60 | Ken Hook                | M 61       | 1849       | CLOYNE      | 4:33.5           | 7:20.3            | 22:47.96    |
| 61 | Brooke Lapierre         | F 16       | 1897       | GREENVALLEY | 4:35.1           | 7:22.7            | 22:55.69    |
| 62 | Sierra Trueman          | F 11       | 1901       | KINGSTON    | 4:38.3           | 7:27.9            | 23:11.66    |
| 63 | Marc Henri              | M 42       | 1861       | ALEXANDRIA  | 4:40.9           | 7:32.0            | 23:24.59    |
| 64 | Jacquie DeWolfe         | F 34       | 1882       | KINGSTON    | 4:42.4           | 7:34.5            | 23:32.22    |
| 65 | Michael Hanley          | M 22       | 1830       | KINGSTON    | 4:43.2           | 7:35.8            | 23:36.22    |
| 66 | Bria Wannamaker         | F 24       | 1818       | KINGSTON    | 4:51.5           | 7:49.2            | 24:17.78    |
| 67 | Triton Trueman          | M 9        | 1902       | KINGSTON    | 4:51.7           | 7:49.4            | 24:18.52    |
| 68 | Jason Trueman           | M 43       | 1900       | KINGSTON    | 4:51.8           | 7:49.6            | 24:19.00    |
| 69 | Marieke VanSprel        | F 15       | 1894       | ATHENS      | 4:54.8           | 7:54.4            | 24:34.06    |
| 70 | Sophie Saunders-Lambert | F 11       | 1869       | HOWE ISLAND | 4:55.0           | 7:54.8            | 24:35.34    |
| 71 | Tammy Pigion            | F 44       | 1829       | NAPANEE     | 4:57.5           | 7:58.8            | 24:47.78    |
| 72 | Deborah Holtom          | F 66       | 1887       | HOWE ISLAND | 5:00.6           | 8:03.8            | 25:03.25    |
| 73 | Thomas Birnie-Worthley  | M 11       | 1877       | KINGSTON    | 5:01.1           | 8:04.6            | 25:05.69    |
| 74 | Shengan Li              | M 19       | 1840       | SHENZHEN    | 5:04.8           | 8:10.6            | 25:24.38    |
| 75 | Paul Heintzman          | M 59       | 1870       | CHELSEA     | 5:05.8           | 8:12.2            | 25:29.34    |
| 76 | Stacey Berdan           | F 49       | 1895       | KINGSTON    | 5:11.1           | 8:20.6            | 25:55.56    |
| 77 | Shirley Myers           | F 65       | 1802       | KINGSTON    | 5:14.8           | 8:26.6            | 26:14.06    |
| 78 | William MacDonald       | M 59       | 1896       | KINGSTON    | 5:15.3           | 8:27.4            | 26:16.72    |
| 79 | Kelvin Tang             | M 28       | 1821       | KINGSTON    | 5:17.0           | 8:30.3            | 26:25.47    |
| 80 | Jana Mareckova          | F 38       | 1823       | KINGSTON    | 5:20.2           | 8:35.4            | 26:41.31    |
| 81 | Ed Brand                | M 68       | 1873       | KINGSTON    | 5:31.1           | 8:52.9            | 27:35.66    |
| 82 | Mary Reynolds           | F 25       | 1815       | KINGSTON    | 5:37.7           | 9:03.6            | 28:08.94    |
| 83 | Nancy Ball              | F 56       | 1852       | KINGSTON    | 5:42.0           | 9:10.4            | 28:30.09    |
| 84 | Valerie Martin          | F 27       | 1819       | KINGSTON    | 5:42.0           | 9:10.5            | 28:30.37    |
| 85 | Patrick Thompson        | M 53       | 1885       | KINGSTON    | 5:52.1           | 9:26.7            | 29:20.69    |
| 86 | Richard Sunderland      | M 71       | 1844       | KINGSTON    | 5:53.1           | 9:28.3            | 29:25.91    |
| 87 | Nicholas Lefebvre       | M 28       | 1820       | KINGSTON    | 5:54.8           | 9:31.0            | 29:34.06    |
| 88 | Mark Anderson           | M 25       | 1827       | MISSISSAUGA | 5:57.6           | 9:35.5            | 29:48.25    |
| 89 | Catherine Tang          | F 28       | 1822       | KINGSTON    | 6:06.0           | 9:49.1            | 30:30.34    |
| 90 | Taegen Poles            | F 18       | 1828       | PORT HOPE   | 6:14.2           | 10:02.3           | 31:11.41    |

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|----|------------------------|------------|------------|-------------|------------------|-------------------|-------------|
| 91 | Hilary Shirra          | F 20       | 1806       | KINGSTON    | 6:16.0           | 10:05.1           | 31:20.12    |
| 92 | Fahad Malik            | M 21       | 1805       | KINGSTON    | 6:16.1           | 10:05.3           | 31:20.72    |
| 93 | Geoffrey Roulet        | M 69       | 1886       | KINGSTON    | 6:20.5           | 10:12.3           | 31:42.50    |
| 94 | Jen McConnel           | F 33       | 1807       | KINGSTON    | 6:36.4           | 10:37.9           | 33:02.00    |
| 95 | Peter Birnie-Worthley  | M 7        | 1876       | KINGSTON    | 6:49.6           | 10:59.2           | 34:08.25    |
| 96 | Steven Birnie-Worthley | M 40       | 1875       | KINGSTON    | 6:49.7           | 10:59.4           | 34:08.93    |
| 97 | Liz Walker             | F 71       | 1833       | KINGSTON    | 6:56.3           | 11:10.1           | 34:41.94    |
| 98 | Margaret Coughlin      | F 62       | 1872       | KINGSTON    | 7:06.6           | 11:26.5           | 35:33.00    |
| 99 | Cynthia Leung          | F 40       | 1816       | KINGSTON    | 7:23.6           | 11:53.9           | 36:58.00    |