

Trauma 10 km

City Park, Kingston, Ontario

results by www.runningbydesign.ca

04/30/2011 - 04/30/2011

Meet Results**10K Run**

1	Richard Hayes	20 M 10km	3:26.72	5:32.68	34:27.2
2	Willy Dick	20 M 10km	3:33.58	5:43.72	35:35.8
3	Olivier Lafreniere Abel	19 M 10km	3:43.72	6:00.04	37:17.2
4	Belliveau Michel	29 M 10km	3:55.82	6:19.52	39:18.2
5	Sebastian Harper	21 M 10km	4:00.34	6:26.79	40:03.4
6	Daw Jordan	28 M 10km	4:01.52	6:28.69	40:15.2
7	Peter James	55 M 10km	4:05.29	6:34.76	40:52.9
8	Brittany Morris	19 F 10km	4:07.18	6:37.80	41:11.8
9	Adam Gruszczynski	32 M 10km	4:08.27	6:39.55	41:22.7
10	James Campbell	33 M 10km	4:14.33	6:49.30	42:23.3
11	Rob Andrew	24 M 10km	4:15.28	6:50.83	42:32.8
12	Richard Prinsen	46 M 10km	4:19.00	6:56.82	43:10.0
13	Alexis Stefanovich-Thoms	43 M 10km	4:19.52	6:57.66	43:15.2
14	Louis Paico	27 M 10km	4:20.38	6:59.04	43:23.8
15	Kiley Megan	17 F 10km	4:23.36	7:03.84	43:53.6
16	Scott Gregory	30 M 10km	4:29.23	7:13.28	44:52.3
17	Seva Golosky	43 M 10km	4:29.91	7:14.38	44:59.1
18	Shirley Myers	58 F 10km	4:33.37	7:19.95	45:33.7
19	Deanne Brown-Rankin	27 F 10km	4:34.50	7:21.76	45:45.0
20	François St-Denis	37 M 10km	4:35.23	7:22.94	45:52.3
21	Véronique Trepanier	19 F 10km	4:40.36	7:31.20	46:43.6
22	Allison Lainey	23 F 10km	4:42.22	7:34.19	47:02.2
23	Parker Locke	28 M 10km	4:43.92	7:36.92	47:19.2
24	Dion Brash	31 M 10km	4:45.93	7:40.16	47:39.3
25	Tom Bush	39 M 10km	4:46.72	7:41.43	47:47.2
26	Andrew Lusk	49 M 10km	4:50.71	7:47.85	48:27.1
27	Jim Steele	36 M 10km	4:51.73	7:49.49	48:37.3
28	Paul Gavel	60 M 10km	4:52.27	7:50.36	48:42.7
29	Stacey Berdan	43 F 10km	4:54.47	7:53.90	49:04.7
30	Shaun Weima	33 M 10km	4:55.11	7:54.93	49:11.1
31	James Stefanovich-Thoms	19 M 10km	4:55.44	7:55.46	49:14.4
32	Carson Lai	29 M 10km	4:56.76	7:57.59	49:27.6
33	Alia Gray	24 F 10km	4:57.31	7:58.47	49:33.1
34	Darrell Ginsberg	31 M 10km	4:57.41	7:58.64	49:34.1
35	Andrea Chen	23 F 10km	4:57.74	7:59.17	49:37.4
36	Ramirez Daniel	25 M 10km	4:57.79	7:59.25	49:37.9
37	Renee Pang	26 F 10km	5:00.38	8:03.41	50:03.8
38	Janelle Taylor	22 F 10km	5:01.75	8:05.62	50:17.5
39	Diana Fedele	24 F 10km	5:03.14	8:07.86	50:31.4
40	Chelsea Henderson	21 F 10km	5:03.35	8:08.19	50:33.5
41	Takashi Iida	28 M 10km	5:04.64	8:10.27	50:46.4
42	Aisling Clancy	26 F 10km	5:06.78	8:13.71	51:07.8
43	Shelley Simpson	49 F 10km	5:07.24	8:14.45	51:12.4
44	Amy Chesney	25 F 10km	5:07.71	8:15.21	51:17.1
45	Abhimanyu Sethi	23 M 10km	5:07.79	8:15.34	51:17.9
46	Runions Curtis	32 M 10km	5:09.88	8:18.70	51:38.8
47	Maurice Gauvin	48 M 10km	5:10.74	8:20.09	51:47.4
48	Melody Thompson	34 F 10km	5:14.25	8:25.74	52:22.5
49	Tammy Coleman	37 F 10km	5:16.64	8:29.58	52:46.4
50	Meredith Davidson	35 M 10km	5:20.44	8:35.70	53:24.4
51	Emily Austin	29 F 10km	5:21.32	8:37.11	53:33.2
52	Amanda Posadowski	30 F 10km	5:26.62	8:45.64	54:26.2
53	Stephanie Markotich	38 F 10km	5:32.45	8:55.03	55:24.5
54	Peter Ellis	49 M 10km	5:34.55	8:58.41	55:45.5
55	Margaret Thake	56 F 10km	5:35.27	8:59.56	55:52.7
56	Jacqueline Anand	25 F 10km	5:35.94	9:00.64	55:59.4
57	Kim Smith	28 F 10km	5:35.99	9:00.72	55:59.9
58	Stevens Elana	30 F 10km	5:39.98	9:07.14	56:39.8
59	Shannon Momillon	36 F 10km	5:42.92	9:11.88	57:09.2
60	Tina Misevicius	31 F 10km	5:43.16	9:12.26	57:11.6
61	Adam Jeziorski	33 M 10km	5:43.40	9:12.65	57:14.0
62	Beth Thomas	31 F 10km	5:43.97	9:13.57	57:19.7
63	Andy Thomas	66 M 10km	5:44.16	9:13.87	57:21.6

64	Heather Lamb	23 F 10km	5:45.58	9:16.16	57:35.8
65	Nicole Visconti	23 F 10km	5:47.44	9:19.15	57:54.4
66	Mariana Paz	24 F 10km	5:47.85	9:19.81	57:58.5
67	Melissa McIlroy	38 F 10km	5:48.16	9:20.31	58:01.6
68	Josey Steel	42 F 10km	5:48.41	9:20.71	58:04.1
69	Kelly Reade	35 F 10km	5:48.44	9:20.76	58:04.4
70	Tammy Mulrooney	50 F 10km	5:50.27	9:23.70	58:22.7
71	Lamb Gordon	21 M 10km	5:50.94	9:24.78	58:29.4
72	Josee Belcourt	21 F 10km	5:52.22	9:26.84	58:42.2
73	Elise Berthiaume	21 F 10km	5:52.27	9:26.92	58:42.7
74	Matt Gallaway	21 M 10km	5:52.31	9:26.99	58:43.1
75	Amandev Aulakh	29 F 10km	5:54.37	9:30.30	59:03.7
76	Jessie Farr	21 F 10km	5:57.62	9:35.53	59:36.2
77	Janet Stokes	47 F 10km	6:01.72	9:42.13	1:00:17.2
78	Diana Milanovic	23 F 10km	6:02.59	9:43.53	1:00:25.9
79	Heather Storms	44 F 10km	6:02.71	9:43.73	1:00:27.1
80	Alyson Symon	47 F 10km	6:04.37	9:46.40	1:00:43.7
81	Brittany VanDentillaart	25 F 10km	6:08.46	9:52.98	1:01:24.6
82	Satoko Asahi	25 F 10km	6:09.44	9:54.56	1:01:34.4
83	Kim Cauley	43 F 10km	6:14.91	10:03.36	1:02:29.1
84	Suzanne McFarlane	37 F 10km	6:18.09	10:08.48	1:03:00.9
85	Alison Armstrong	40 F 10km	6:18.57	10:09.25	1:03:05.7
86	Joshua Thienpont	25 M 10km	6:19.29	10:10.41	1:03:12.9
87	Christine Quenneville	39 F 10km	6:23.27	10:16.81	1:03:52.7
88	Rachael Johnstone	26 F 10km	6:23.83	10:17.71	1:03:58.3
89	Sandra Archibald	51 F 10km	6:25.11	10:19.77	1:04:11.1
90	Bob Mulrooney	49 M 10km	6:31.79	10:30.52	1:05:17.9
91	Chris Runions	29 M 10km	6:31.90	10:30.70	1:05:19.0
92	Unknown Runner	99 M 10km	6:33.41	10:33.13	1:05:34.1
93	Tara Sosnowski	34 F 10km	6:36.87	10:38.70	1:06:08.7
94	Mana Palacios	26 F 10km	6:37.46	10:39.65	1:06:14.6
95	Rick Forster	57 M 10km	6:39.18	10:42.42	1:06:31.8
96	Jennifer Russell	29 F 10km	6:42.47	10:47.71	1:07:04.7
97	Carolyn Pasko	24 F 10km	6:42.72	10:48.12	1:07:07.2
98	Sharon Wright	61 F 10km	6:49.12	10:58.41	1:08:11.2
99	Morgan Schellenberg	25 F 10km	6:50.05	10:59.91	1:08:20.5
100	Kathie MacKinnon	31 F 10km	7:01.70	11:18.66	1:10:17.0
101	Barry Mark	32 M 10km	7:02.42	11:19.82	1:10:24.2
102	Dana Mark	26 F 10km	7:02.45	11:19.87	1:10:24.5
103	Angela Quinlan	64 F 10km	7:07.90	11:28.64	1:11:19.0
104	Sharon Lusk	44 F 10km	7:08.00	11:28.80	1:11:20.0
105	Kyla Daw	26 F 10km	7:20.48	11:48.88	1:13:24.8
106	Tinya Gray	40 F 10km	7:20.58	11:49.04	1:13:25.8
107	Theresa Hillis	19 F 10km	7:23.09	11:53.08	1:13:50.9
108	Sharon Chisholm	40 F 10km	7:23.63	11:53.95	1:13:56.3
109	Scott Meaney	32 M 10km	7:25.51	11:56.98	1:14:15.1
110	Chrystal Beckett	36 F 10km	7:33.61	12:10.01	1:15:36.1
111	Paul Freier	47 F 10km	7:53.11	12:41.40	1:18:51.1
112	Jenny Brown	28 F 10km	8:22.00	13:27.89	1:23:40.0
113	Lynda Laird	43 F 10km	8:22.04	13:27.96	1:23:40.4
114	Angie Richardson	40 F 10km	9:06.90	14:40.15	1:31:09.0