

2013 Resolution Run

Fort Henry - RMC - CFB

Results by www.runningbydesign.ca

06/01/2013

**Age Graded results have been generated from [here](#) and use the 2006 tables with 2010 revisions using the 8km Road Conversion Factor.*

Please email runcanada@gmail.com if you have any corrections to report.

Overall 8km Run

	NAME	AGE	AVG PER KM	AVG PER MI	TIME	*AGE GRADED TIME
1	Kevin Coffey - 1st M	26 M 8km	3:07.11	5:01.13	24:56.9	24:57
2	Trevor Walmsley - 2nd M	24 M 8km	3:20.38	5:22.47	26:43.0	26:43
3	Ben Workman - 3rd M	15 M 8km	3:26.98	5:33.09	27:35.8	25:34
4	Nick Cosman	31 M 8km	3:33.65	5:43.84	28:29.2	28:21
5	Clive Morgan	54 M 8km	3:45.41	6:02.77	30:03.3	25:26
6	Sean Kehoe	25 M 8km	3:46.25	6:04.11	30:10.0	30:10
7	Kevin Bates	16 M 8km	3:47.19	6:05.62	30:17.5	28:32
8	Dalton Cote	48 M 8km	3:48.22	6:07.29	30:25.8	27:03
9	Craig Faucette	37 M 8km	3:52.64	6:14.39	31:01.1	29:58
10	Heather Ostic - 1st F	44 F 8km	3:54.60	6:17.55	31:16.8	29:25
11	Ryan Christian	26 M 8km	3:55.09	6:18.34	31:20.7	31:21
12	Megan Kiley - 2nd F	19 F 8km	4:01.20	6:28.17	32:09.6	32:02
13	Al Cantlay	58 M 8km	4:02.95	6:30.99	32:23.6	26:31
14	Margarita Babkova - 3rd F	43 F 8km	4:03.20	6:31.39	32:25.6	30:44
15	Jason Trueman	39 M 8km	4:07.16	6:37.77	32:57.3	31:37
16	Cam Miller	44 M 8km	4:08.05	6:39.20	33:04.4	30:19
17	Paul Bates	13 M 8km	4:09.71	6:41.87	33:17.7	29:37
18	Chuck Douglas	47 M 8km	4:11.72	6:45.11	33:33.8	30:04
19	Fred Topham	51 M 8km	4:13.44	6:47.87	33:47.5	29:19
20	Rick Royce	53 M 8km	4:13.50	6:47.97	33:48.0	28:51
21	Julie Bates	17 F 8km	4:15.42	6:51.07	34:03.4	33:20
22	Jim Elyot	55 M 8km	4:16.18	6:52.27	34:09.4	28:40
23	Meredith Langley	25 F 8km	4:17.80	6:54.89	34:22.4	34:22
24	Lana Saunders	38 F 8km	4:18.22	6:55.57	34:25.8	33:41
25	Ed Brand	64 M 8km	4:19.10	6:56.98	34:32.8	26:49
26	Will Kymlicka	50 M 8km	4:19.46	6:57.56	34:35.7	30:16
27	Nora Casson	30 F 8km	4:24.25	7:05.27	35:14.0	35:13
28	Jim Murray	56 M 8km	4:24.81	7:06.17	35:18.5	29:23
29	Neil Sidders	24 M 8km	4:28.90	7:12.75	35:51.2	35:51
30	Greg Phelan	47 M 8km	4:30.35	7:15.09	36:02.8	32:17
31	Shane Gale	30 M 8km	4:33.90	7:20.80	36:31.2	36:26
32	Kristy Cordeiro	38 F 8km	4:34.90	7:22.41	36:39.2	35:52
33	Kevin Tulk	40 M 8km	4:37.76	7:27.02	37:02.1	35:00
34	Shirley Myers	60 F 8km	4:39.02	7:29.05	37:12.2	28:47
35	Diane Loughheed	51 F 8km	4:39.86	7:30.40	37:18.9	32:32
36	Steve Snable	51 M 8km	4:39.95	7:30.54	37:19.6	32:23
37	Andre Golemiec	51 M 8km	4:40.95	7:32.15	37:27.6	32:30
38	Basia Farnell	55 F 8km	4:44.14	7:37.28	37:53.1	31:23
39	William MacDonald	55 M 8km	4:47.82	7:43.21	38:22.6	32:13
40	Dominic Ouellet	33 M 8km	4:48.08	7:43.61	38:24.6	37:58
41	Peter Sims	62 M 8km	4:49.22	7:45.46	38:33.8	30:28
42	Sharon Voteary	53 F 8km	4:51.26	7:48.74	38:50.1	33:01
43	Audethy Tallack	52 F 8km	4:53.32	7:52.06	39:06.6	33:40
44	Andrew Wallace	44 M 8km	4:54.29	7:53.61	39:14.3	35:59

45	Jim Laird	59 M	8km	4:55.10	7:54.92	39:20.8	31:55
46	Stacey Berdan	45 F	8km	4:55.25	7:55.16	39:22.0	36:41
47	Caroline Cardoso	35 F	8km	4:55.36	7:55.34	39:22.9	39:00
48	Kathy Balme	49 F	8km	4:55.50	7:55.56	39:24.0	35:13
49	Shaun Cahill	40 M	8km	4:55.60	7:55.72	39:24.8	37:15
50	Scott Allen	24 M	8km	4:57.08	7:58.10	39:36.6	39:37
51	Francoise Glibert	52 F	8km	4:57.39	7:58.60	39:39.1	34:08
52	Leanne Taylor	25 F	8km	4:58.76	8:00.81	39:50.1	39:50
53	Shane Hawkins	35 M	8km	4:59.70	8:02.32	39:57.6	39:07
54	Brenda Melling	56 F	8km	5:07.95	8:15.60	41:03.6	33:34
55	Christian Stender	13 M	8km	5:09.40	8:17.93	41:15.2	36:41
56	Richard Sunderland	67 M	8km	5:10.36	8:19.48	41:22.9	31:15
57	Claire McKinney	46 F	8km	5:11.45	8:21.23	41:31.6	38:20
58	P.J. Marshall	70 M	8km	5:12.30	8:22.60	41:38.4	30:29
59	Mary Jane Dickenson	50 F	8km	5:13.04	8:23.79	41:44.3	36:51
60	Carolyn Gauthier	39 F	8km	5:14.44	8:26.04	41:55.5	40:49
61	Deborah Holtom	62 F	8km	5:15.02	8:26.98	42:00.2	31:35
62	Brett Collins	49 M	8km	5:17.09	8:30.30	42:16.7	37:17
63	Rachel McDonald	36 F	8km	5:20.45	8:35.71	42:43.6	42:10
64	Chris Povell	65 M	8km	5:21.82	8:37.93	42:54.6	33:00
65	Lee Kelly	16 M	8km	5:31.41	8:53.36	44:11.3	41:37
66	Karen-Ann Delph	48 F	8km	5:40.58	9:08.10	45:24.6	41:03
67	Melanie McCormack	34 F	8km	5:43.32	9:12.53	45:46.6	45:28
68	Shannon McKinney	16 F	8km	5:56.39	9:33.55	47:31.1	45:57
69	Michael Gauthier	42 M	8km	5:58.24	9:36.53	47:45.9	44:28
70	Nancy Morin-Gravelle	44 F	8km	5:58.38	9:36.75	47:47.0	44:56
71	Jordan Smith	15 M	8km	6:07.72	9:51.80	49:01.8	45:26
72	Anne Vincent	40 F	8km	6:14.20	10:02.22	49:53.6	48:17
73	Dustin Rawley	14 M	8km	6:19.05	10:10.02	50:32.4	45:58
74	Rick Donnelly	41 M	8km	6:25.04	10:19.66	51:20.3	48:09
75	Roger Bowen	13 M	8km	6:31.51	10:30.08	52:12.1	46:26
76	Malynda McEwen	38 F	8km	6:32.38	10:31.47	52:19.0	51:12
77	Caitlin McGrath	15 F	8km	6:33.96	10:34.02	52:31.7	50:10
78	Cyndie Paul-Girdwood	54 F	8km	6:35.56	10:36.60	52:44.5	44:16
79	Melanie Strickland	46 F	8km	6:37.39	10:39.53	52:59.1	48:55
80	Dave Wilson	82 M	8km	6:39.51	10:42.95	53:16.1	31:02
81	Sophie Peacock	51 F	8km	6:40.35	10:44.30	53:22.8	46:33
82	Justin Storms	14 M	8km	6:47.01	10:55.02	54:16.1	49:20
83	Ian Casson	60 M	8km	6:47.24	10:55.39	54:17.9	43:40
84	Ruth Wilson	60 F	8km	6:50.49	11:00.62	54:43.9	42:21
85	Michael Saunders	16 M	8km	7:00.48	11:16.69	56:03.8	52:48
86	Trevor Saunders	47 M	8km	7:00.56	11:16.83	56:04.5	50:14
87	Liam C. Cullen	71 M	8km	7:02.51	11:19.97	56:20.1	40:44

* Calculated using 8km Road Conversion with <http://www.howardgrubb.co.uk/athletics/wmalookup06.html>

2013 Overall Results based on Age Graded Percentage

<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>Team</u>	<u>Bib</u>	<u>Avg per K</u>	<u>Avg per MI</u>	<u>Time</u>	<u>Age%</u>
1	Kevin Coffey	26 M	8km	41	3:07.11	5:01.13	24:56.9	84.98
34	Shirley Myers	60 F	8km	1	4:39.02	7:29.05	37:12.2	84.15
5	Clive Morgan	54 M	8km	55	3:45.41	6:02.77	30:03.3	83.33
3	Ben Workman	15 M	8km	9	3:26.98	5:33.09	27:35.8	82.91
10	Heather Ostic	44 F	8km	10	3:54.60	6:17.55	31:16.8	81.89
2	Trevor Walmsley	24 M	8km	86	3:20.38	5:22.47	26:43.0	79.35
13	Al Cantlay	58 M	8km	20	4:02.95	6:30.99	32:23.6	78.40
14	Margarita Babkova	43 F	8km	32	4:03.20	6:31.39	32:25.6	77.69
25	Ed Brand	64 M	8km	3	4:19.10	6:56.98	34:32.8	77.52
38	Basia Farnell	55 F	8km	92	4:44.14	7:37.28	37:53.1	76.89
8	Dalton Cote	48 M	8km	42	3:48.22	6:07.29	30:25.8	76.84
61	Deborah Holtom	62 F	8km	6	5:15.02	8:26.98	42:00.2	76.84
4	Nick Cosman	31 M	8km	21	3:33.65	5:43.84	28:29.2	74.78

12	Megan Kiley	19 F	8km	14	4:01.20	6:28.17	32:09.6	74.14
35	Diane Loughheed	51 F	8km	50	4:39.86	7:30.40	37:18.9	73.95
42	Sharon Voteary	53 F	8km	78	4:51.26	7:48.74	38:50.1	72.98
7	Kevin Bates	16 M	8km	35	3:47.19	6:05.62	30:17.5	72.84
22	Jim Elyot	55 M	8km	46	4:16.18	6:52.27	34:09.4	72.48
20	Rick Royce	53 M	8km	64	4:13.50	6:47.97	33:48.0	72.04
54	Brenda Melling	56 F	8km	22	5:07.95	8:15.60	41:03.6	71.94
43	Audethy Tallack	52 F	8km	73	4:53.32	7:52.06	39:06.6	71.50
21	Julie Bates	17 F	8km	34	4:15.42	6:51.07	34:03.4	71.23
19	Fred Topham	51 M	8km	74	4:13.44	6:47.87	33:47.5	70.89
28	Jim Murray	56 M	8km	57	4:24.81	7:06.17	35:18.5	70.71
24	Lana Saunders	38 F	8km	7	4:18.22	6:55.57	34:25.8	70.65
51	Francoise Glibert	52 F	8km	48	4:57.39	7:58.60	39:39.1	70.52
17	Paul Bates	13 M	8km	36	4:09.71	6:41.87	33:17.7	70.18
9	Craig Faucette	37 M	8km	28	3:52.64	6:14.39	31:01.1	69.35
18	Chuck Douglas	47 M	8km	45	4:11.72	6:45.11	33:33.8	69.13
23	Meredith Langley	25 F	8km	11	4:17.80	6:54.89	34:22.4	69.09
6	Sean Kehoe	25 M	8km	8	3:46.25	6:04.11	30:10.0	68.90
26	Will Kymlicka	50 M	8km	15	4:19.46	6:57.56	34:35.7	68.68
16	Cam Miller	44 M	8km	87	4:08.05	6:39.20	33:04.4	68.54
48	Kathy Balme	49 F	8km	84	4:55.50	7:55.56	39:24.0	68.24
41	Peter Sims	62 M	8km	67	4:49.22	7:45.46	38:33.8	68.20
58	P.J. Marshall	70 M	8km	25	5:12.30	8:22.60	41:38.4	68.20
27	Nora Casson	30 F	8km	30	4:24.25	7:05.27	35:14.0	67.43
80	Dave Wilson	82 M	8km	80	6:39.51	10:42.95	53:16.1	66.98
56	Richard Sunderland	67 M	8km	72	5:10.36	8:19.48	41:22.9	66.52
32	Kristy Cordeiro	38 F	8km	27	4:34.90	7:22.41	36:39.2	66.36
11	Ryan Christian	26 M	8km	40	3:55.09	6:18.34	31:20.7	66.31
15	Jason Trueman	39 M	8km	75	4:07.16	6:37.77	32:57.3	66.24
59	Mary Jane Dickenson	50 F	8km	18	5:13.04	8:23.79	41:44.3	65.25
46	Stacey Berdan	45 F	8km	37	4:55.25	7:55.16	39:22.0	65.20
45	Jim Laird	59 M	8km	88	4:55.10	7:54.92	39:20.8	65.11
39	William MacDonald	55 M	8km	2	4:47.82	7:43.21	38:22.6	64.51
30	Greg Phelan	47 M	8km	23	4:30.35	7:15.09	36:02.8	64.36
36	Steve Snable	51 M	8km	5	4:39.95	7:30.54	37:19.6	64.18
37	Andre Golemiecc	51 M	8km	81	4:40.95	7:32.15	37:27.6	63.95
64	Chris Povell	65 M	8km	62	5:21.82	8:37.93	42:54.6	62.98
57	Claire McKinney	46 F	8km	54	5:11.45	8:21.23	41:31.6	62.46
47	Caroline Cardoso	35 F	8km	39	4:55.36	7:55.34	39:22.9	61.76
52	Leanne Taylor	25 F	8km	4	4:58.76	8:00.81	39:50.1	59.62
33	Kevin Tulk	40 M	8km	76	4:37.76	7:27.02	37:02.1	59.38
66	Karen-Ann Delph	48 F	8km	33	5:40.58	9:08.10	45:24.6	58.46
60	Carolyn Gauthier	39 F	8km	82	5:14.44	8:26.04	41:55.5	58.35
29	Neil Sidders	24 M	8km	17	4:28.90	7:12.75	35:51.2	57.97
44	Andrew Wallace	44 M	8km	79	4:54.29	7:53.61	39:14.3	57.77
84	Ruth Wilson	60 F	8km	31	6:50.49	11:00.62	54:43.9	57.20
31	Shane Gale	30 M	8km	47	4:33.90	7:20.80	36:31.2	57.05
55	Christian Stender	13 M	8km	69	5:09.40	8:17.93	41:15.2	56.64
63	Rachel McDonald	36 F	8km	89	5:20.45	8:35.71	42:43.6	56.39
49	Shaun Cahill	40 M	8km	16	4:55.60	7:55.72	39:24.8	55.79
62	Brett Collins	49 M	8km	12	5:17.09	8:30.30	42:16.7	55.75
40	Dominic Ouellet	33 M	8km	58	4:48.08	7:43.61	38:24.6	54.74
78	CyndiePaul-Girdwood	54 F	8km	59	6:35.56	10:36.60	52:44.5	54.48
70	Nancy Morin-Gravelle	44 F	8km	56	5:58.38	9:36.75	47:47.0	53.20
53	Shane Hawkins	35 M	8km	91	4:59.70	8:02.32	39:57.6	53.14
50	Scott Allen	24 M	8km	90	4:57.08	7:58.10	39:36.6	52.47
67	Melanie McCormack	34 F	8km	19	5:43.32	9:12.53	45:46.6	52.26

68	Shannon McKinney	16 F	8km	85	5:56.39	9:33.55	47:31.1	51.69
81	Sophie Peacock	51 F	8km	60	6:40.35	10:44.30	53:22.8	51.69
87	Liam C. Cullen	71 M	8km	43	7:02.51	11:19.97	56:20.1	51.03
65	Lee Kelly	16 M	8km	49	5:31.41	8:53.36	44:11.3	49.93
72	Anne Vincent	40 F	8km	77	6:14.20	10:02.22	49:53.6	49.34
79	Melanie Strickland	46 F	8km	71	6:37.39	10:39.53	52:59.1	48.95
83	Ian Casson	60 M	8km	29	6:47.24	10:55.39	54:17.9	47.59
77	Caitlin McGrath	15 F	8km	53	6:33.96	10:34.02	52:31.7	47.34
69	Michael Gauthier	42 M	8km	83	5:58.24	9:36.53	47:45.9	46.74
76	Malynda McEwen	38 F	8km	52	6:32.38	10:31.47	52:19.0	46.49
71	Jordan Smith	15 M	8km	68	6:07.72	9:51.80	49:01.8	45.75
73	Dustin Rawley	14 M	8km	63	6:19.05	10:10.02	50:32.4	45.23
75	Roger Bowen	13 M	8km	38	6:31.51	10:30.08	52:12.1	44.76
74	Rick Donnelly	41 M	8km	44	6:25.04	10:19.66	51:20.3	43.16
82	Justin Storms	14 M	8km	70	6:47.01	10:55.02	54:16.1	42.13
86	Trevor Saunders	47 M	8km	66	7:00.56	11:16.83	56:04.5	41.37
85	Michael Saunders	16 M	8km	65	7:00.48	11:16.69	56:03.8	39.36