

2014 Resolution Run

KRRR

5/1/14 - 5/1/14

Results by www.runningbydesign.com**Event # 1 MIXED 8k Run**

	Name	Age	Team	Bib	Avg per K	Avg per MI	Time
FEMALE 1 - 19							
1	Julie Bates	18 F	KINGSTON	64	4:29.62	7:13.92	35:57
2	Katie Readv-Walters	16 F	Kingston	70	5:00.00	8:02.80	40:00
FEMALE 30 - 39							
1	Lana Saunders	39 F	GANANOOUE	50	4:34.25	7:21.36	36:34
2	Monica Labarge	38 F	KINGSTON	8	4:54.00	7:53.15	39:12
3	Suzanne Kerr	38 F	Kingston	74	4:58.50	8:00.39	39:48
4	Leslev Rudv	33 F	KINGSTON	11	5:08.62	8:16.68	41:09
5	Mandv Daniel	38 F	KINGSTON	36	5:45.62	9:16.23	46:05
6	Ann Valikoski	36 F	KINGSTON	58	5:50.12	9:23.47	46:41
7	Melanie McOrmack	35 F	Kingston	75	5:55.75	9:32.52	47:26
8	Carina Gardner	38 F	KINGSTON	5	6:14.12	10:02.10	49:53
FEMALE 40 - 49							
1	Margarita Babkova	44 F	KINGSTON	48	4:21.88	7:01.45	34:55
2	Bridget Murphv	44 F	KINGSTON	21	5:01.38	8:05.02	40:11
3	Deb Walker	44 F	Kingston	27	5:45.12	9:15.42	46:01
4	Mellissa Breault	46 F	KINGSTON	12	6:11.50	9:57.87	49:32
5	Melanie Strickland	47 F	KINGSTON	22	7:09.12	11:30.61	57:13
FEMALE 50 - 59							
1	Audethv Tallack	53 F	KINGSTON	40	4:56.00	7:56.37	39:28
2	Francoise Glibert	53 F	KINGSTON	67	4:59.00	8:01.19	39:52
3	Brenda Melling	57 F	KINGSTON	2	5:20.62	8:36.00	42:45
4	Debra McMurrav	53 F	HARROWSMITH	37	5:49.88	9:23.07	46:39
FEMALE 60 - 69							
1	Deborah Holtom	63 F	HOWE ISLAND	63	5:15.62	8:27.95	42:05
2	Ruth Wilson	61 F	KINGSTON	57	6:58.12	11:12.91	55:45
FEMALE 70 - 99							
1	Unknown Runner	99 F	See Results Staff	15	5:03.75	8:08.84	40:30
MALE 1 - 19							
1	Chris Kimmerer	16 M	KINGSTON	25	3:37.62	5:50.23	29:01
2	Kevin Bates	17 M	KINGSTON	65	3:56.62	6:20.81	31:33
3	Paul Bates	14 M	KINGSTON	66	4:09.75	6:41.93	33:18
4	Nolan Breault	16 M	KINGSTON	14	4:54.88	7:54.56	39:19
5	Che Breadner	10 M	Kingston	77	5:13.75	8:24.93	41:50
6	Tvler Sunderland	19 M	KINGSTON	39	6:57.50	11:11.90	55:40
MALE 20 - 29							
1	Paul Wannas	21 M	Mississauga	68	4:20.50	6:59.23	34:44
2	Neil Sidders	25 M	KINGSTON	6	4:39.62	7:30.01	37:17
3	Scott Allen	25 M	KINGSTON	43	6:10.88	9:56.87	49:27
MALE 30 - 39							
1	Nick Cosman	32 M	KINGSTON	44	3:33.50	5:43.59	28:28
2	Savvas Frantzeskos	39 M	KINGSTON	46	3:46.00	6:03.71	30:08
3	Shane Gale	31 M	TRENTON	35	4:21.12	7:00.24	34:49
4	Guv Dumoulin	34 M	KINGSTON	60	4:21.25	7:00.44	34:50
5	Daniel Jarc	32 M	WATERTOWN	33	4:22.25	7:02.05	34:58
6	Jacob Brower	34 M	KINGSTON	7	4:35.12	7:22.77	36:41
7	Fr�chette Yann	32 M	KINGSTON	30	4:44.50	7:37.86	37:56
8	Luis Paico-Auilez	31 M	KINGSTON	62	5:03.62	8:08.64	40:29
9	Ted Sheppard	36 M	KINGSTON	55	5:13.00	8:23.72	41:44
10	Josh Doornekamp	30 M	WESTPORT	49	7:04.12	11:22.56	56:33

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	Name	Age	Team	Bib	Avg per K	Avg per MI	Time
MALE 40 - 49							
1	Kevin Webster	46 M	KINGSTON	24	3:47.25	6:05.72	30:18
2	Robert Watering	44 M	KINGSTON	53	3:58.38	6:23.63	31:47
3	Dalton Cote	49 M	Kingston	72	4:06.12	6:36.10	32:49
4	Mark Walters	48 M	Kingston	69	4:12.75	6:46.76	33:42
5	Paul Cehan	49 M	BATTERSEA	56	4:18.62	6:56.22	34:29
6	Robby Breadner	47 M	Kingston	76	4:23.38	7:03.86	35:07
7	Chuck Douglas	48 M	KINGSTON	51	4:27.62	7:10.70	35:41
8	Greg Phelan	48 M	KINGSTON	20	4:58.12	7:59.79	39:45
9	Michael Bevak	44 M	KINGSTON	23	5:10.38	8:19.50	41:23
10	Eric Jacques	42 M	KINGSTON	19	5:24.00	8:41.43	43:12
11	Patrick Robar	46 M	KINGSTON	13	5:39.00	9:05.57	45:12
12	Nigel Grav	45 M	DARTMOUTH	54	5:45.88	9:16.63	46:07
MALE 50 - 59							
1	Al Cantlav	59 M	Kingston	71	4:00.88	6:27.65	32:07
2	Rick Rovce	54 M	KINGSTON	61	4:04.75	6:33.89	32:38
3	Wayne Rice	51 M	SYDENHAM	29	4:11.12	6:44.15	33:29
4	Jim Elvot	56 M	KINGSTON	52	4:41.00	7:32.23	37:28
5	Jim Murrav	57 M	Gananoque	73	5:00.88	8:04.21	40:07
6	William MacDonald	56 M	AMHERSTVIEW	17	5:05.75	8:12.06	40:46
7	Doug Marlow	54 M	KINGSTON	28	5:32.88	8:55.71	44:23
8	Steve Bvcock	56 M	KINGSTON	4	5:44.75	9:14.82	45:58
MALE 60 - 69							
1	Richard Sunderland	68 M	KINGSTON	38	5:25.75	8:44.24	43:26
2	Chris Povell	66 M	KINGSTON	34	5:49.12	9:21.86	46:33
3	Ian Casson	61 M	KINGSTON	47	6:58.00	11:12.71	55:44
MALE 70 - 99							
1	P.J. Marshall	71 M	KINGSTON	59	5:29.75	8:50.68	43:58
2	Robert McCaldon	77 M	HARTINGTON	32	7:15.50	11:40.87	58:04