

2023 KRRR Fort Henry 5K Results

| Position | Bib # | Name | Race Time | Pace | Division | Gender | Age |
|---------------------|-------|--------------------------|-----------|------|----------|--------|-----|
| DIVISION: 5K | | | | | | | |
| 1 | 489 | Emmett Harrington | 16:07.26 | 3:13 | 5k | M | 19 |
| 2 | 490 | Andy Li | 16:32.35 | 3:18 | 5k | M | 25 |
| 3 | 496 | Linden Head | 16:45.33 | 3:21 | 5k | M | 37 |
| 4 | 413 | Clay Patterson | 17:04.90 | 3:25 | 5k | M | 34 |
| 5 | 476 | Brayden MacNevin | 17:27.55 | 3:29 | 5k | M | 14 |
| 6 | 488 | Kynan Loftus | 17:28.62 | 3:30 | 5k | M | 19 |
| 7 | 469 | Charles Domingue | 17:37.58 | 3:31 | 5k | M | 21 |
| 8 | 483 | Rowan Dean | 17:45.59 | 3:33 | 5k | M | 15 |
| 9 | 477 | Zach Smith | 17:56.61 | 3:35 | 5k | M | 17 |
| 10 | 447 | Matthew Howell | 17:59.85 | 3:36 | 5k | M | 20 |
| 11 | 460 | Nicholas Koss | 18:02.65 | 3:36 | 5k | M | 20 |
| 12 | 480 | Guillaume Picard-Lalonde | 18:14.07 | 3:39 | 5k | M | 26 |
| 13 | 423 | Stephan De Wit | 18:17.00 | 3:39 | 5k | M | 46 |
| 14 | 454 | Phineas Gaucher | 18:24.74 | 3:41 | 5k | M | 22 |
| 15 | 467 | Calder Wheatley | 18:34.56 | 3:43 | 5k | M | 20 |
| 16 | 422 | Robert Almas | 18:38.06 | 3:44 | 5k | M | 45 |
| 17 | 478 | Brent Workman | 18:38.58 | 3:44 | 5k | M | 53 |
| 18 | 453 | Justin Vinterlik | 18:53.89 | 3:47 | 5k | M | 20 |
| 19 | 461 | Tim Gillespie | 19:05.59 | 3:49 | 5k | M | 46 |
| 20 | 471 | Jeremy Strachan | 19:20.07 | 3:52 | 5k | M | 19 |
| 21 | 437 | Jeff Nolan | 19:33.90 | 3:55 | 5k | M | 32 |
| 22 | 355 | Tom Brackenbury | 19:34.79 | 3:55 | 5k | M | 53 |
| 23 | 415 | Reid Nelson | 19:37.56 | 3:55 | 5k | M | 27 |
| 24 | 439 | Brynn Bowman | 19:43.21 | 3:57 | 5k | F | 15 |
| 25 | 494 | Erica Smith | 19:50.08 | 3:58 | 5k | F | 21 |
| 26 | 472 | Jeff Strachan | 19:53.29 | 3:59 | 5k | M | 48 |
| 27 | 492 | Claire Brackenbury | 20:01.27 | 4:00 | 5k | F | 19 |
| 28 | 457 | Ethan Sparks | 20:06.03 | 4:01 | 5k | M | 15 |
| 29 | 428 | Noah Logan | 20:07.87 | 4:01 | 5k | M | 11 |
| 30 | 479 | Sarah Wismer | 20:08.93 | 4:02 | 5k | F | 26 |
| 31 | 458 | Ruder Manhas | 20:11.08 | 4:02 | 5k | M | 19 |
| 32 | 455 | Michael Kennedy | 20:15.49 | 4:03 | 5k | M | 43 |
| 33 | 493 | Freya Hurst | 20:23.17 | 4:05 | 5k | F | 19 |
| 34 | 497 | Robby Breadner | 20:47.52 | 4:09 | 5k | M | 57 |
| 35 | 349 | Amin Jaber | 20:52.03 | 4:10 | 5k | M | 34 |

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| 36 | 484 | James Brown | 20:52.11 | 4:10 | 5k | M | 50 |
| 37 | 485 | Nathan Lawrence | 21:01.13 | 4:12 | 5k | M | 23 |
| 38 | 452 | Denise Dacosta | 21:05.10 | 4:13 | 5k | F | 40 |
| 39 | 416 | Jana Walkowski | 21:19.10 | 4:16 | 5k | F | 26 |
| 40 | 466 | Zachary Bowerman | 21:25.20 | 4:17 | 5k | M | 22 |
| 41 | 354 | Gideon Vernon | 21:25.33 | 4:17 | 5k | M | 19 |
| 42 | 500 | Oreoluwa Dairo | 21:26.61 | 4:17 | 5k | M | 23 |
| 43 | 441 | Jacquie Dewolfe | 21:42.05 | 4:20 | 5k | F | 41 |
| 44 | 418 | Vicky Kinch | 21:48.13 | 4:22 | 5k | F | 38 |
| 45 | 456 | Tara Kennedy | 22:00.19 | 4:24 | 5k | F | 16 |
| 46 | 468 | Tellerain Chlo | 22:20.61 | 4:28 | 5k | F | 23 |
| 47 | 405 | Wayne Rice | 22:22.21 | 4:28 | 5k | M | 61 |
| 48 | 451 | Ellen White | 22:31.47 | 4:30 | 5k | F | 42 |
| 49 | 357 | Rachel Howe | 22:35.98 | 4:31 | 5k | F | 14 |
| 50 | 406 | Kate Archibald-Cross | 22:44.46 | 4:33 | 5k | F | 49 |
| 51 | 449 | Olivia Furlong | 22:54.34 | 4:35 | 5k | F | 19 |
| 52 | 440 | Andrew Pennell | 23:30.64 | 4:42 | 5k | M | 13 |
| 53 | 481 | Blaine Warren | 23:55.90 | 4:47 | 5k | M | 31 |
| 54 | 498 | Anthony Rettegi | 23:56.96 | 4:47 | 5k | M | 20 |
| 55 | 499 | Elliott Skeggs | 23:57.03 | 4:47 | 5k | M | 19 |
| 56 | 487 | Leah Stanley | 24:09.95 | 4:50 | 5k | F | 21 |
| 57 | 448 | Leslie Paterson | 24:13.09 | 4:51 | 5k | F | 39 |
| 58 | 429 | Diane Pennell | 24:21.58 | 4:52 | 5k | F | 44 |
| 59 | 446 | Yang Xu | 24:32.23 | 4:54 | 5k | F | 22 |
| 60 | 463 | Darryl Courtney | 24:34.17 | 4:55 | 5k | M | 41 |
| 61 | 444 | David Lee | 24:40.28 | 4:56 | 5k | M | 59 |
| 62 | 465 | Ignacio Arroyo | 25:03.11 | 5:01 | 5k | M | 49 |
| 63 | 474 | Lesley Rudy | 25:07.91 | 5:01 | 5k | F | 43 |
| 64 | 427 | Scott Allen | 25:10.27 | 5:02 | 5k | M | 35 |
| 65 | 482 | Billy Marshall | 25:14.94 | 5:03 | 5k | M | 62 |
| 66 | 356 | Sofia Frantzeskos | 25:33.32 | 5:07 | 5k | F | 14 |
| 67 | 473 | Maria Zamberg | 26:13.50 | 5:15 | 5k | F | 19 |
| 68 | 433 | Monica Labarge | 26:26.87 | 5:17 | 5k | F | 47 |
| 69 | 412 | Naomi Greer-Ballance | 26:29.32 | 5:18 | 5k | F | 55 |
| 70 | 417 | Andr Denomme | 26:52.64 | 5:22 | 5k | M | 40 |
| 71 | 442 | Scott Farmer | 27:06.02 | 5:25 | 5k | M | 47 |
| 72 | 350 | Antonio Soares | 27:14.73 | 5:27 | 5k | M | 10 |
| 73 | 410 | Marianne Alarie | 27:17.43 | 5:27 | 5k | F | 26 |
| 74 | 432 | Paco Vera Badillo | 27:18.67 | 5:28 | 5k | M | 45 |

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|----|-----|---------------------|----------|------|----|---|----|
| 75 | 421 | Larry Charteris | 27:37.33 | 5:31 | 5k | M | 70 |
| 76 | 414 | Ed Brand | 28:53.33 | 5:47 | 5k | M | 75 |
| 77 | 464 | Makinleigh Courtney | 29:06.51 | 5:49 | 5k | F | 14 |
| 78 | 462 | Jacob Clancy | 29:09.42 | 5:50 | 5k | M | 23 |
| 79 | 353 | Cludio Soares | 29:18.94 | 5:52 | 5k | M | 59 |
| 80 | 401 | Danielle Bennett | 29:24.94 | 5:53 | 5k | F | 37 |
| 81 | 486 | Megan Strachan | 29:42.94 | 5:56 | 5k | F | 15 |
| 82 | 435 | Alanna Murphy | 31:04.06 | 6:13 | 5k | F | 38 |
| 83 | 438 | Stacey Berdan | 31:42.05 | 6:20 | 5k | F | 55 |
| 84 | 419 | Melissa Licari | 31:46.10 | 6:21 | 5k | F | 42 |
| 85 | 445 | Tracey Hoekstra | 32:17.52 | 6:27 | 5k | F | 30 |
| 86 | 424 | Margie File | 32:24.80 | 6:29 | 5k | F | 70 |
| 87 | 348 | Peggy Cutybert | 32:38.88 | 6:32 | 5k | F | 53 |
| 88 | 426 | Diane Crawford | 32:55.13 | 6:35 | 5k | F | 63 |
| 89 | 347 | Alyssa Bark | 33:38.26 | 6:44 | 5k | F | 18 |
| 90 | 425 | James Ostler | 34:11.19 | 6:50 | 5k | M | 62 |
| 91 | 430 | Robin Leriche | 34:15.90 | 6:51 | 5k | F | 55 |
| 92 | 352 | Christy Soares | 34:36.60 | 6:55 | 5k | F | 48 |
| 93 | 420 | Autumn McDougall | 36:47.36 | 7:21 | 5k | F | 25 |
| 94 | 459 | Margaret Coughlin | 39:50.04 | 7:58 | 5k | F | 69 |