

# 2026 KRRR - Twosome 5K

## Overall Results

Place	Bib	Name	Gender	AG	Club	GunTime	Gap Time
1.	2208	Brackenbury, Miles	M	M20-29	GAELentines	16:08,2	--
2.	2198	Coffey, Kevin	M	M30-39	!	16:15,4	+7,2
3.	2210	Li, Shengan	M	M20-29	GAELentines	16:58,1	+49,9
4.	2173	Harding, Kyle	M	M30-39	Fast Fritters	17:49,3	+1:41,1
5.	2186	Hawkes, Graham	M	M40-49	In Flight	18:16,6	+2:08,4
6.	1856	Shaw, Christopher	M	M30-39	Crazy Train	18:25,7	+2:17,5
7.	2131	Gill, Mantej Singh	M	M20-29		18:43,2	+2:35,0
8.	2179	Curless, Shane	M	M30-39	Crypto Runners	18:50,4	+2:42,2
9.	2196	Workman, Brent	M	M50-59	Sweatin' Sweeties	18:50,8	+2:42,6
10.	1721	Nelson, Reid	M	M20-29	The running jokes	18:55,9	+2:47,7
11.	2188	Almas, Robert	M	M40-49	From here to there.	19:23,5	+3:15,3
12.	2124	Irwin, Catherine	F	F20-29	Here for tbe Socks	19:29,3	+3:21,1
13.	2182	Nolan, Jeff	M	M30-39	Crypto Runners	19:29,6	+3:21,4
14.	1641	McGuire, Tristan	M	U19m	TEAM MCGUIRE	19:34,5	+3:26,3
15.	1842	Trefry, Owen	M	M40-49	Born To RUN	19:36,4	+3:28,2
16.	2174	Raponi, Elaina	F	F30-39	Fast Fritters	19:47,3	+3:39,1
17.	2200	Huard, Caleb	M	M30-39	The Wolves of Jog Street	19:55,0	+3:46,8
18.	1706	Walkowski, Jana	F	F20-29	The running jokes	20:20,9	+4:12,7
19.	1631	McGuire, Gabriel	M	M20-29	TEAM MCGUIRE	20:26,9	+4:18,7
20.	2202	Shelton, Ian	M	M40-49	Greenwood Goblins (5511)	20:32,2	+4:24,0
21.	2195	Ostic, Heather	F	F50-59	Sweatin' Sweeties	20:39,1	+4:30,9
22.	1696	Smith, Sabrina	F	F20-29	Positive Split Pros	20:54,1	+4:45,9
23.	2193	Bowman, Brynn	F	U19f	Gan Girls	21:01,7	+4:53,5
24.	1934	McAvoy, Raye	F	F30-39	Crazy Train	21:21,6	+5:13,4
25.	1400	Pierrard, Joe	M	M40-49	Stone Worx Masonry	21:49,1	+5:40,9
26.	2184	Wismer, Sarah	F	F20-29	Bladeless Wonders	21:51,7	+5:43,5
27.	2157	Oosterman, Jordan	M	M30-39	Team Oost	21:54,3	+5:46,1
28.	2135	Wight, Timothy	M	M20-29	Siblings in Stride	21:58,0	+5:49,8
29.	2190	Warren, Blaine	M	M30-39		22:06,8	+5:58,6
30.	1331	Woods, Emerson	M	U19m	NDSS	22:10,3	+6:02,1
31.	2103	Irwin, Gary	M	M50-59	Here for the Socks	22:11,6	+6:03,4
32.	1666	Hume, Colin	M	M40-49	Team CHUME	22:13,9	+6:05,7
33.	2172	Sheridan, Katie	F	F30-39	Second Breakfast Club	22:22,3	+6:14,1
34.	2187	Hawkes, Kennadie	F	U19f	In Flight	22:25,8	+6:17,6
35.	2209	Britton, Samantha	F	F30-39	The Wolves of Jog Street	22:34,6	+6:26,4
36.	1821	Crellian, Dylan	M	U19m	M&Ms	22:36,7	+6:28,5
37.	1504	Lumsden, Marissa	F	U19f	Team Lumsden	22:43,0	+6:34,8
38.	1304	Manga, Max	M	M20-29	Runner? I hardly know her.	22:52,6	+6:44,4
39.	2152	Hall, Andrew	M	M60-69	The Moose is Loose	22:56,1	+6:47,9
40.	1611	Kawam, Mike	M	M50-59	Old Enough to Know Better	22:59,0	+6:50,8
41.	1700	Zhang, Alisa	F	F20-29	Positive Split Pros	23:06,2	+6:58,0
42.	1651	Hawley, Faith	F	U19f	Twin Racers	23:07,8	+6:59,6
43.	1652	Barlow, Jacquie	F	F50-59	Twin Racers	23:11,5	+7:03,3
44.	2155	Evans, Robin	M	M20-29	McEvans	23:19,4	+7:11,2
45.	2207	Gallupe, Max	M	U19m	PG12	23:23,6	+7:15,4

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46.	1656	Lewis, Ian	M	M40-49	Lewertson	23:28,8	+7:20,6
47.	1535	Hogeboom-Burr, Ian	M	M20-29	Second Breakfast Was a Mistake	23:32,7	+7:24,5
48.	1477	Lumsden, Ryan	M	U19m	Team Lumsden	23:33,6	+7:25,4
49.	2176	DeWolfe, Chris	M	M40-49	The Tall & the Small	23:34,8	+7:26,6
50.	2175	DeWolfe, Jacquie	F	F40-49	The Tall & the Small	23:34,9	+7:26,7
51.	1904	Ascough, Richard	M	M60-69	SUGARIAS	23:38,9	+7:30,7
52.	1681	Hume, Charlotte	F	U19f	Team CHUME	23:55,8	+7:47,6
53.	1559	Gale, Shane	M	M40-49	Newfies	24:14,9	+8:06,7
54.	2032	Rankin, Lee	M	M30-39	Stone Worx Masonry	24:20,8	+8:12,6
55.	1285	Beaudin, Stephane	M	M30-39		24:25,9	+8:17,7
56.	1464	Slobodian, Shauna	F	F40-49	Don't call us Slo	24:28,8	+8:20,6
57.	2158	Garrett, Suzanne	F	F50-59	SUGARIAS	24:34,3	+8:26,1
58.	2088	Hamilton, Rob	M	M40-49	Hamstring Heros	24:41,8	+8:33,6
59.	2151	Rudy, Lesley	F	F40-49	Slow Enough to Know Better	24:42,8	+8:34,6
60.	2009	Faulds, Bruce	M	M50-59	Ruminators	24:45,7	+8:37,5
61.	2161	Gibbs, Kevin	M	M50-59	Romancing the Stone	24:47,3	+8:39,1
62.	2082	Bell, Shannon	F	F40-49	Hamstring Heroes	24:50,5	+8:42,3
63.	2206	Gallupe, Paul	M	M40-49	PG12	24:53,8	+8:45,6
64.	2181	Belzile, Roger	M	M40-49	The Hot Dog Hustlers	24:59,8	+8:51,6
65.	2148	Meers, Tom	M	M50-59	Blizzard buddies	25:00,3	+8:52,1
66.	1772	Parsons, Shannon	F	F30-39		25:10,3	+9:02,1
67.	2205	Watering, Robert	M	M50-59	Slow Enough to Know Better	25:28,7	+9:20,5
68.	2199	Douglas, Chuck	M	M60-69	Frozen	25:35,7	+9:27,5
69.	2192	Bickerton, Skylar	F	U19f	Gan Girls	25:37,2	+9:29,0
70.	2159	Gallo, Andrea	F	F40-49	Colombian Power	25:41,1	+9:32,9
71.	1582	Primeau, Kate	F	F40-49	Old Enough to Know Better	25:43,3	+9:35,1
72.	2178	Young, Ben	M	M40-49	Bladeless wonders	25:43,9	+9:35,7
73.	1903	Langevin, Zoey	F	U19f	The Tweed Turtles	25:55,9	+9:47,7
74.	2090	Thompson, Jorja	F	U19f	The Tweed Turtles	25:55,9	+9:47,7
75.	1653	Hager, Jason	M	M40-49	FRIGID FRIENDS	26:02,7	+9:54,5
76.	2167	Steenwyk, Shelley	F	F50-59	Margaret & Shelley	26:41,8	+10:33,6
77.	2156	Oosterman, Katie	F	F30-39	Team Oost	27:03,4	+10:55,2
78.	1547	Congreves, Mikaela	F	F20-29	Second Breakfast Was a Mistake	27:06,8	+10:58,6
79.	2170	Pigion, Tammy	F	F50-59	From here to there.	27:11,1	+11:02,9
80.	2034	Hogeboom, Sheri	F	F60-69	Born To RUN	27:17,7	+11:09,5
81.	2201	Glibert, Francoise	F	F60-69		27:40,9	+11:32,7
82.	2147	Duphney, Matt	M	M40-49	28 And Counting	27:44,5	+11:36,3
83.	1614	Foran-Goneau, Janet	F	F70-79	Newfies	28:09,7	+12:01,5
84.	2142	Smallegange, Deanna	F	F30-39	Siblings in Stride	28:19,4	+12:11,2
85.	1891	McNamee, Milana	F	F30-39	WooWooHeyHey	28:21,7	+12:13,5
86.	2169	Gauthier, Courtney	F	F30-39	Reach	28:35,4	+12:27,2
87.	1415	Slobodian, Dave	M	M40-49	Don't call us Slo	28:39,1	+12:30,9
88.	2077	Kent, Diane	F	F60-69	Ruminators	28:53,2	+12:45,0
89.	1654	Weese, Andrea	F	F40-49	FRIGID FRIENDS	29:05,6	+12:57,4
90.	2203	Stechyson, Natalie	F	F40-49	Greenwood Goblins (5511)	29:28,8	+13:20,6

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91.	2162	Maher, Lisa	F	F40-49	Romancing the Stone	29:38,6	+13:30,4
92.	1682	Queenan, John	M	M50-59	Monkey Ram	29:40,6	+13:32,4
93.	1740	Clark, Bennett	M	U19m	COBE Training Grounds	30:12,4	+14:04,2
94.	2185	Brand, Ed	M	M70-79		30:29,6	+14:21,4
95.	1824	Huckabone, Andrea	F	F30-39	Blizzard buddies	30:36,3	+14:28,1
96.	2101	Leriche, Robin	F	F50-59	Sole Mates	30:42,6	+14:34,4
97.	2166	Story, Margaret	F	F50-59	Margaret & Shelley	30:51,1	+14:42,9
98.	2143	Noble, Kendra	F	F50-59	28 And Counting	30:52,4	+14:44,2
99.	1408	De Sasio, Megan	F	F20-29	Team Teacher	31:14,6	+15:06,4
100.	2189	Farmer, Scott	M	M50-59		31:16,4	+15:08,2
101.	1747	Clark, Jackie	F	F40-49	COBE Training Grounds	31:29,5	+15:21,3
102.	2154	McDougall, Autumn	F	F20-29	McEvans	31:52,6	+15:44,4
103.	1306	McDonell, Julia	F	F20-29	Runner? I hardly know her.	31:59,8	+15:51,6
104.	2171	Sly, Rebecca	F	F30-39	Second Breakfast Club	32:07,1	+15:58,9
105.	2168	Whalen, Becky	F	F50-59	Reach	32:12,9	+16:04,7
106.	2204	Greek, Andrea	F	F60-69	Frozen	32:20,7	+16:12,5
107.	2197	Ruch, Gary	M	M50-59	Run Ottawa (RO23)	32:26,4	+16:18,2
108.	1830	Baptiste, Kandice	F	F30-39	Bees Louise	32:29,8	+16:21,6
109.	1839	Almajil, Sultan	M	M40-49	Bees Louise	32:30,1	+16:21,9
110.	2183	Hess, Julia	F	F50-59	J&J Run Show	32:32,8	+16:24,6
111.	1655	Robertson, Catriona	F	F40-49	Lewertson	33:05,8	+16:57,6
112.	1528	Ryan, Paige	F	F30-39		33:21,3	+17:13,1
113.	2018	Howes, Megan	F	F30-39	Hotel Hustlers	33:54,3	+17:46,1
114.	1996	Hope, Brian	M	M40-49	Hotel Hustlers	33:54,5	+17:46,3
115.	2038	Le Baud Roy, Dominique	F	F20-29	Deli	34:18,0	+18:09,8
116.	1993	Hanna, Elianna	F	F20-29	Deli	34:18,2	+18:10,0
117.	1950	Loader, Kyara	F	U19f	M&Ms	34:37,0	+18:28,8
118.	2177	Bandy, Jennifer	F	F50-59	J&J Run Show	34:47,3	+18:39,1
119.	1524	Gray, Nic	M	M30-39		36:01,7	+19:53,5
120.	2127	Meyers, Susan	F	F70-79	Sole Mates	36:20,2	+20:12,0
121.	2150	Langridge, Heather	F	F50-59		37:22,1	+21:13,9
122.	2191	Kitchen, Heather	F	F60-69	T	37:27,3	+21:19,1
123.	2194	Cantlay, Al	M	M70-79	T	37:28,3	+21:20,1
124.	1650	Norgaard, Nina	F	F50-59		37:38,2	+21:30,0
125.	1690	Richardson, Harriet	M	M50-59	Monkey Ram	37:47,2	+21:39,0
126.	2048	Johnston, Ryan	F	F20-29	Gael & Hawk	37:47,8	+21:39,6
127.	2057	Yap, Weiling	F	F50-59	Gael & Hawk	37:48,0	+21:39,8
128.	1914	Ambrose, Patricia	F	F60-69	WooWooHeyHey	39:52,2	+23:44,0

Number of records: 128