

LICENSED TO: Running by Design Timing and Race Services

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KGH Trauma 10km

Kingston, Ontario

23/04/2016

4/23/16 - 4/23/16

Results by www.runningbydesign.com**Event # 1 MIXED 10K Run**

	Name	Age	Bib	Team	Avg per K	Avg per MI	Time
OVERALL							
1	Ryan MacDonell	M 23	660	KRRRA	3:26.9	5:33.0	34:29.31
2	Tom Glassco	M 27	634	KRRRA	3:30.4	5:38.7	35:04.91
3	John Drover	M 56	624	KRRRA	3:40.8	5:55.4	36:48.66
4	Jeremy Billard	M 20	606	KRRRA	3:44.6	6:01.5	37:26.81
5	Tim Chaplin	M 34	725	KRRRA	3:51.7	6:13.0	38:37.75
6	Sebastian Scott	M 17	696	KRRRA	3:54.5	6:17.3	39:05.00
7	Erin Gregory	F 40	637	KRRRA	3:54.9	6:18.1	39:09.59
8	Kevin Morash	M 25	670	KRRRA	3:57.9	6:22.9	39:39.59
9	Todd Biggerman	M 44	605	KRRRA	4:01.5	6:28.6	40:15.22
10	Suzanne Kerr	F 40	720	KRRRA	4:01.8	6:29.1	40:18.18
11	Lorne Singer	M 49	700	KRRRA	4:02.8	6:30.7	40:28.12
12	Ryan Albano	M 26	600	KRRRA	4:04.8	6:34.0	40:48.28
13	Jack Li	M 23	656	KRRRA	4:06.8	6:37.2	41:08.41
14	Kendra Burns	F 17	721	KRRRA	4:14.2	6:49.1	42:22.41
15	Chancey Cagley	M 31	723	KRRRA	4:16.0	6:52.1	42:40.81
16	Stuart McPherson	M 40	666	KRRRA	4:22.7	7:02.8	43:47.75
17	Louise de Lamoy	F 28	719	KRRRA	4:28.6	7:12.4	44:46.91
18	Richard Prinsen	M 51	685	KRRRA	4:29.1	7:13.2	44:51.91
19	Lana Saunders	F 41	695	KRRRA	4:30.3	7:15.0	45:03.47
20	Matt White	M 29	713	KRRRA	4:30.9	7:16.0	45:09.53
21	Brent Cullen	M 29	619	KRRRA	4:33.9	7:20.8	45:39.59
22	Aaron Siller	M 31	699	KRRRA	4:37.5	7:26.7	46:15.88
23	Charlie Roland	M 51	691	KRRRA	4:37.8	7:27.1	46:18.69
24	Ocean Johnson-Storey	F 21	647	KRRRA	4:38.7	7:28.5	46:27.09
25	Kyle Hillier	M 31	641	KRRRA	4:42.8	7:35.1	47:08.28
26	Amanda Hussey	F 44	644	KRRRA	4:43.6	7:36.4	47:16.41
27	Myriam Boily	F 22	609	KRRRA	4:45.3	7:39.1	47:33.15
28	Erin Brennan	F 33	613	KRRRA	4:49.4	7:45.8	48:14.81
29	Cees van der Velde	M 33	710	KRRRA	4:59.1	8:01.4	49:51.62
30	Robert Jeremiah	M 34	726	KRRRA	4:59.5	8:02.0	49:55.28
31	Shirley Myers	F 63	673	KRRRA	5:00.2	8:03.2	50:02.56
32	Melody Knott	F 39	653	KRRRA	5:01.4	8:05.2	50:14.97
33	Lesley Rudy	F 35	694	KRRRA	5:03.2	8:07.9	50:32.25
34	Bethanie Matthews	F 25	662	KRRRA	5:03.3	8:08.2	50:33.66
35	Mary Cote	F 29	618	KRRRA	5:10.2	8:19.2	51:42.22
36	Megan Gao	F 27	633	KRRRA	5:15.8	8:28.2	52:38.06
37	Reo Roland	F 21	692	KRRRA	5:18.6	8:32.8	53:06.97
38	Darius Gorganzadeh	M 36	635	KRRRA	5:21.5	8:37.5	53:35.81
39	Anouk de Brouwer	F 28	621	KRRRA	5:24.6	8:42.4	54:06.50
40	Anna Perry	F 28	680	KRRRA	5:27.4	8:46.9	54:34.22
41	Karlyn Pixley	F 35	682	KRRRA	5:27.5	8:47.1	54:35.62
42	Geoffrey Roulet	M 68	693	KRRRA	5:27.7	8:47.5	54:37.84
43	Alexandra Bulak	F 36	614	KRRRA	5:27.8	8:47.6	54:38.62
44	Jenny King	F 28	651	KRRRA	5:30.4	8:51.7	55:04.38

