

Dion Snowshoe Ignite the Night 5/10km races

Upper Canada Village, Morrisburg

23/01/2017

1/20/17 - 1/20/17

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

	Name	Age	Bib	Team	Avg per K	Avg per MI	Time
OVERALL							
1	Bernie Hogan	M 35	5317	BANCROFT	3:38.1	5:51.1	36:21.75
2	Ryan Saunders	M 37	5339	HAMILTON	3:42.1	5:57.4	37:01.28
3	Joe St. Cry	M 21	5362	PAUL SMITH	3:43.6	5:59.9	37:16.69
4	Christian Belair	M 41	5303	SUMMERSTOWN	3:51.4	6:12.4	38:34.59
5	Rob Lefebvre	M 43	5323	WILLIAMSTOWN	3:59.5	6:25.5	39:55.44
6	Gonzalo Espinosa	M 43	5312	TRENTON	4:00.5	6:27.1	40:05.34
7	Jason Shaw	M 44	5340	KANATA	4:11.7	6:45.1	41:57.50
8	Simon Porter	M 47	5337	KARS	4:11.9	6:45.4	41:59.25
9	Paul Owens	M 48	5334	KINGSTON	4:12.0	6:45.5	42:00.00
10	Lisa Leskien	F 36	5325	CAMBRIDGE	4:12.0	6:45.6	42:00.72
11	Dan White	M 38	5346	KANATA	4:12.9	6:47.1	42:09.72
12	Greg Leskien	M 36	5324	CAMBRIDGE	4:14.3	6:49.2	42:23.12
13	Terry Lauzon	M 49	5321	CORNWALL	4:19.0	6:56.8	43:10.46
14	Ian Callan	M 47	5356	CORNWALL	4:35.4	7:23.2	45:54.34
15	Lynne Giroux	F 39	5314	GLEN WALTER	4:45.3	7:39.2	47:33.84
16	Matt Leichty	M 19	5361	PAUL SMITH	4:49.5	7:46.0	48:15.94
17	Chloe Mattilio	F 21	5360	PAUL SMITH	4:50.2	7:47.0	48:22.38
18	Cliff Trafford	M 43	5344	OTTAWA	4:50.4	7:47.3	48:24.00
19	Michael Raz	M 59	5364	WOODLAWN	4:52.5	7:50.8	48:45.69
20	Paul Shea	M 52	5341	GATINEAU	4:55.3	7:55.2	49:13.31
21	Jennifer Suggars	F 47	5343	CORNWALL	4:56.4	7:57.0	49:24.53
22	Elizabeth Nurse	F 52	5333	CORNWALL	4:58.9	8:01.0	49:49.28
23	Dale Witty	M 45	5348	CORNWALL	5:06.0	8:12.5	51:00.62
24	Robert Jackson	M 29	5355	BOWMANVILLE	5:08.1	8:15.9	51:21.69
25	Cheryl La Force	F 43	5319	KINGSTON	5:11.8	8:21.9	51:58.81
26	Laura Skoblenick	F 32	5342	KINGSTON	5:14.0	8:25.4	52:20.50
27	Thomas Vida	M 57	5352	CORNWALL	5:28.9	8:49.3	54:49.15
28	Shayne Williams	F 49	5347	OTTAWA	5:29.5	8:50.3	54:55.75
29	Jen Milligan	F 37	5330	OTTAWA	5:31.5	8:53.6	55:15.75
30	Daniele Wuthrich	F 37	5349	GATINEAU	5:33.8	8:57.2	55:38.15
31	Sara Butler	F 21	5358	PAUL SMITH	5:33.8	8:57.2	55:38.62
32	Caitlin DeBellis	F 19	5359	PAUL SMITH	5:33.9	8:57.4	55:39.28
33	Kristi Raz	F 47	5363	WOODLAWN	5:42.1	9:10.5	57:01.00
34	Dave More	M 48	5350	STITTSVILLE	5:43.5	9:12.8	57:15.00
35	Jenn Goodwin	F 37	5315	KINGSTON	5:43.5	9:12.8	57:15.28
36	Soo Owens	F 44	5335	KINGSTON	5:49.1	9:21.9	58:11.88
37	Kimberly Bell	F 37	5304	POINTE CLAIRE	5:50.1	9:23.4	58:21.12
38	Laurent Brient	F 21	5357	PAUL SMITH	5:51.9	9:26.3	58:39.00
39	Heidi Genereaux	F 38	5313	ROSLIN	5:51.9	9:26.4	58:39.75
40	David Boyer	M 37	5306	NORTH BAY	5:56.1	9:33.1	59:21.66
41	Stephanie Conrad	F 30	5311	OTTAWA	5:57.2	9:35.0	59:32.91
42	Thea Puchois	M 48	5338	OUTREMONT	5:57.3	9:35.1	59:33.90
43	Dawn Miller	F 44	5331	TWEED	5:58.6	9:37.1	59:46.00
44	Ann Martin	F 52	5327	ST-EUSTACHE	6:33.3	10:32.9	1:05:33.00

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	Name	Age	Bib	Team	Avg per K	Avg per MI	Time
45	Karin Noel	F 53	5332	CASSELMAN	6:41.9	10:46.7	1:06:59.00
46	Annick Lafleche	F 45	5320	STITTSVILLE	8:04.3	12:59.4	1:20:43.00
