

**Dion Snowshoe Ignite the Night 5/10km races**

Upper Canada Village, Morrisburg

21/01/2017

1/20/17 - 1/20/17

Results by [www.runningbydesign.com](http://www.runningbydesign.com)**Event # 1 MIXED 5K Run**

|                | Name                      | Age  | Bib  | Team                 | Avg per K | Avg per MI | Time     |
|----------------|---------------------------|------|------|----------------------|-----------|------------|----------|
| <b>OVERALL</b> |                           |      |      |                      |           |            |          |
| 1              | Crwys Harris              | M 34 | 2118 | OTTAWA               | 4:10.9    | 6:43.8     | 20:54.62 |
| 2              | Patrick Campeau           | M 42 | 2193 | CORNWALL             | 4:42.2    | 7:34.1     | 23:31.09 |
| 3              | Evan Raz                  | M 14 | 2167 | WOODLAWN             | 4:45.3    | 7:39.1     | 23:46.66 |
| 4              | Cody Sears                | M 20 | 2197 | PAUL SMITH           | 4:51.6    | 7:49.3     | 24:18.09 |
| 5              | Rafeek Mohamed            | M 61 | 2150 | CORNWALL             | 4:51.9    | 7:49.8     | 24:19.69 |
| 6              | Thomas Firkins            | M 18 | 2195 | PAUL SMITH           | 5:01.9    | 8:05.9     | 25:09.81 |
| 7              | Dave Ward                 | M 42 | 2181 | GLOUCESTER           | 5:19.8    | 8:34.8     | 26:39.47 |
| 8              | Sarah-Jane Ward           | F 38 | 2180 | GLOUCESTER           | 5:21.6    | 8:37.6     | 26:48.34 |
| 9              | Joan McCuaig              | F 50 | 2144 | NEWINGTON            | 5:21.8    | 8:37.8     | 26:49.00 |
| 10             | Andre Dion                | M 54 | 1974 | OTTAWA               | 5:31.8    | 8:54.0     | 27:39.28 |
| 11             | Isaac Leach               | M 18 | 2196 | PAUL SMITH           | 5:32.1    | 8:54.4     | 27:40.56 |
| 12             | Lukas Raz                 | M 11 | 2168 | WOODLAWN             | 5:32.7    | 8:55.5     | 27:43.94 |
| 13             | Todd Piquette             | M 40 | 2192 | ORLEANS              | 5:33.4    | 8:56.6     | 27:47.38 |
| 14             | Lynn McCuaig              | F 44 | 2143 | LANCASTER            | 5:40.5    | 9:08.0     | 28:22.66 |
| 15             | Janick Robidoux           | F 37 | 2171 | SALABERRY-DE-VALLEYF | 5:44.2    | 9:14.0     | 28:41.34 |
| 16             | Kate O Connor             | F 38 | 2154 | OTTAWA               | 5:50.2    | 9:23.6     | 29:11.15 |
| 17             | Robyn Baldwin             | F 34 | 2101 | OTTAWA               | 6:11.5    | 9:57.9     | 30:57.88 |
| 18             | Emily Hopkins             | F 30 | 2124 | OTTAWA               | 6:13.5    | 10:01.2    | 31:07.88 |
| 19             | Timothy Hopkins           | M 33 | 2125 | OTTAWA               | 6:13.7    | 10:01.5    | 31:08.87 |
| 20             | Keaton Wagenveld          | M 8  | 1973 | INGLESIDE            | 6:27.7    | 10:24.0    | 32:18.78 |
| 21             | Jason Wagenveld           | M 40 | 1971 | INGLESIDE            | 6:37.4    | 10:39.6    | 33:07.15 |
| 22             | Darcie Hum                | M 33 | 2126 | BROSSARD             | 6:37.5    | 10:39.7    | 33:07.56 |
| 23             | Steven Oneil              | M 39 | 2155 | LONG SAULT           | 6:40.2    | 10:44.1    | 33:21.28 |
| 24             | Sonia Poirier             | F 44 | 2162 | CORNWALL             | 6:44.8    | 10:51.5    | 33:44.28 |
| 25             | Suzanne Magie             | F 42 | 2139 | CORNWALL             | 6:45.0    | 10:51.8    | 33:45.09 |
| 26             | Ken Konink                | M 48 | 2128 | INGLESIDE            | 6:45.7    | 10:52.9    | 33:48.53 |
| 27             | Chantal Lalonde-Beaudette | F 34 | 2129 | CORNWALL             | 6:45.7    | 10:53.0    | 33:48.90 |
| 28             | Joshua Teixeira           | M 44 | 2177 | INGLESIDE            | 6:47.7    | 10:56.2    | 33:58.78 |
| 29             | Julie Teixeira            | F 44 | 2176 | INGLESIDE            | 6:52.7    | 11:04.2    | 34:23.66 |
| 30             | Christine Gauthier        | F 37 | 2113 | VAL-DES-MONTS        | 6:52.8    | 11:04.4    | 34:24.28 |
| 31             | Anita Taylor              | F 48 | 2175 | ORLEANS              | 6:54.2    | 11:06.6    | 34:31.18 |
| 32             | Philippa Gross            | F 59 | 2115 | ORLEANS              | 6:56.0    | 11:09.6    | 34:40.44 |
| 33             | Jennifer Wagenveld        | F 37 | 1972 | INGLESIDE            | 6:56.6    | 11:10.4    | 34:43.12 |
| 34             | Annika Wagenveld          | F 11 | 2199 | INGLESIDE            | 6:58.0    | 11:12.8    | 34:50.44 |
| 35             | Rachel Poirier            | F 36 | 2163 | CORNWALL             | 6:58.2    | 11:13.1    | 34:51.46 |
| 36             | Ann O'Shea                | F 49 | 2156 | CORNWALL             | 7:01.7    | 11:18.7    | 35:08.81 |
| 37             | Eric Porlier              | M 30 | 2164 | CORNWALL             | 7:01.9    | 11:19.0    | 35:09.72 |
| 38             | Luanne Pelletier          | F 46 | 2159 | SHANNONVILLE         | 7:02.1    | 11:19.4    | 35:10.87 |
| 39             | Krisstina Davis           | F 37 | 2107 | OTTAWA               | 7:02.3    | 11:19.7    | 35:11.87 |
| 40             | Patrice Chen              | F 39 | 2105 | GATINEAU             | 7:04.7    | 11:23.5    | 35:23.75 |
| 41             | Kim Puchois               | F 21 | 5701 | MONTREAL             | 7:06.2    | 11:25.9    | 35:31.12 |
| 42             | Lenore Marcuson           | F 26 | 2194 | PAUL SMITH           | 7:14.1    | 11:38.6    | 36:10.56 |
| 43             | Lauren D'Alessio          | F 16 | 2200 | CORNWALL             | 7:14.5    | 11:39.2    | 36:12.59 |
| 44             | Kerry Kittson             | F 28 | 2127 | OTTAWA               | 7:14.8    | 11:39.7    | 36:14.03 |

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|----|--------------------|-------|------|---------------------|-----------|------------|----------|
| 45 | Tracy Macnab       | F 46  | 2137 | DOLLARD DES ORMEAUX | 7:17.2    | 11:43.7    | 36:26.44 |
| 46 | John Warner        | M 68  | 2183 | SUMMERSTOWN         | 7:32.3    | 12:08.0    | 37:41.97 |
| 47 | Meaghan Macro      | F 31  | 2138 | VAUDREUIL-DORION    | 7:43.5    | 12:26.0    | 38:37.94 |
| 48 | Mike Paolozza      | M 32  | 2157 | VAUDREUIL-DORION    | 7:47.0    | 12:31.6    | 38:55.22 |
| 49 | Kathleen Hay       | F 56  | 2119 | CORNWALL            | 7:47.1    | 12:31.8    | 38:55.90 |
| 50 | Andrew Bouchier    | M 55  | 2188 | ORLEANS             | 7:48.0    | 12:33.2    | 39:00.12 |
| 51 | Marigold Edwards   | F 57  | 2189 | ORLEANS             | 7:49.7    | 12:36.0    | 39:08.81 |
| 52 | Robin Fancy        | F 38  | 2190 | CARSTAIRS           | 7:49.9    | 12:36.3    | 39:09.78 |
| 53 | Anne Mercier       | F 34  | 2148 | GATINEAU            | 7:50.1    | 12:36.5    | 39:10.52 |
| 54 | Susan Waterhouse   | F 48  | 2185 | TRENTON             | 7:54.9    | 12:44.3    | 39:34.84 |
| 55 | Richard Lewis      | M 63  | 2132 | OTTAWA              | 8:04.7    | 13:00.1    | 40:23.69 |
| 56 | Kathy Lewis        | F 59  | 2131 | NEPEAN              | 8:13.4    | 13:14.0    | 41:07.00 |
| 57 | Elie Boghos        | F 31  | 2104 | MONTREAL            | 8:13.7    | 13:14.5    | 41:08.59 |
| 58 | Carole Lutes       | F 38  | 2134 | OTTAWA              | 8:20.0    | 13:24.6    | 41:40.03 |
| 59 | Amy Matthews       | F 40  | 2141 | OTTAWA              | 8:21.5    | 13:27.1    | 41:47.78 |
| 60 | Genevieve Cholette | F 30  | 2106 | OTTAWA              | 8:21.6    | 13:27.3    | 41:48.40 |
| 61 | Tyler Langlois     | M 17  | 2198 | CORNWALL            | 8:26.1    | 13:34.6    | 42:10.88 |
| 62 | Kelly McRobert     | F 50  | 2147 | INVERARY            | 8:32.8    | 13:45.4    | 42:44.44 |
| 63 | Cheryl Enders      | F 58  | 2109 | INVERARY            | 8:37.8    | 13:53.4    | 43:09.44 |
| 64 | Stacey Monk        | F 40  | 2191 | CORNWALL            | 8:44.4    | 14:04.0    | 43:42.31 |
| 65 | Jeni McKenna       | F 44  | 2145 | KINGSTON            | 8:57.4    | 14:24.8    | 44:47.03 |
| 66 | Robin Mondoux      | F 53  | 2151 | INGLESIDE           | 9:24.6    | 15:08.6    | 47:03.06 |
| 67 | Barbara Mason      | F 101 | 2140 | MONTREAL            | 9:46.6    | 15:44.1    | 48:53.22 |
| 68 | Gillian Ewing      | F 64  | 2110 | MANOTICK            | 9:47.2    | 15:45.1    | 48:56.41 |
| 69 | Roy Ewing          | M 63  | 2111 | MANOTICK            | 9:47.5    | 15:45.4    | 48:57.50 |
| 70 | Justin Hamilton    | M 10  | 2117 | VAUDREUIL           | 9:47.8    | 15:46.0    | 48:59.18 |
| 71 | Madison Hamilton   | F 12  | 2116 | VAUDREUIL           | 9:50.9    | 15:51.0    | 49:14.72 |
| 72 | Kathy Bateman      | F 44  | 2102 | VAUDREUIL - DORION  | 9:52.6    | 15:53.7    | 49:23.28 |
| 73 | Sharon Vandenberg  | F 50  | 2178 | KANATA              | 9:59.5    | 16:04.8    | 49:57.59 |
| 74 | Astrid Mesterom    | F 55  | 2149 | ORLEANS             | 10:00.6   | 16:06.6    | 50:03.28 |
| 75 | Sandra Wilson      | F 52  | 2186 | STITTSVILLE         | 10:01.2   | 16:07.5    | 50:06.03 |
| 76 | Leslie Shaver      | F 59  | 2174 | ORLEANS             | 10:01.4   | 16:07.9    | 50:07.31 |
| 77 | Sharon Henderson   | F 50  | 2122 | INGLESIDE           | 10:01.7   | 16:08.4    | 50:08.72 |
| 78 | Shanti Warner      | F 69  | 2184 | SUMMERSTOWN         | 10:07.4   | 16:17.5    | 50:37.09 |
| 79 | Paul Prose         | M 36  | 2165 | OTTAWA              | 10:42.6   | 17:14.1    | 53:33.06 |
| 80 | Laura Friedrich    | F 32  | 2112 | OTTAWA              | 10:57.3   | 17:37.8    | 54:46.56 |
| 81 | Steven Henderson   | M 45  | 2121 | CARLSBAD SPRINGS    | 11:08.0   | 17:55.0    | 55:40.18 |
| 82 | Elizabeth Renaud   | F 65  | 2170 | KANATA              | 11:19.6   | 18:13.7    | 56:38.00 |
| 83 | Tracy Henderson    | F 44  | 2120 | CARLSBAD SPRINGS    | 11:20.0   | 18:14.3    | 56:40.00 |