

KRRA Howe Island Hustle

Howe Island

07/05/2016

7/5/16 - 7/5/16

Results by www.runningbydesign.com**Event # 1 MIXED 8km Run**

	Name	Age	Bib	Team	Avg per K	Avg per MI	Time
FEMALE 1 - 19							
1	Sara Jarvis	F 17	518	KINGSTON	5:36.9	9:02.1	44:55.25
2	Paige Snowdon	F 12	477	KINGSTON	5:56.0	9:33.0	47:28.72
3	Anna Pharoah	F 11	457	KINGSTON	5:56.1	9:33.1	47:29.02
4	Presley Snowdon	F 9	478	KINGSTON	6:02.6	9:43.6	48:21.47
5	Jenna Hamelinck	F 17	514	KINGSTON	7:02.1	11:19.3	56:17.12
FEMALE 20 - 29							
1	Molly Steer	F 21	512	KINGSTON	4:00.8	6:27.5	32:06.53
2	Shannon Parsons	F 25	456	KINGSTON	5:31.6	8:53.7	44:13.38
3	Molly Abeles	F 21	499	GANANOQUE	5:43.4	9:12.8	45:47.97
4	Casey Kidson	F 27	430	KINGSTON	5:57.7	9:35.7	47:42.12
5	Nicole Prentiss	F 22	460	GANANOQUE	6:04.8	9:47.1	48:38.91
6	Kathleen Abeles	F 24	500	GANANOQUE	6:10.6	9:56.5	49:25.31
7	Angela Hamilton	F 24	424	KINGSTON	6:47.8	10:56.3	54:22.90
8	Cassidy Pilutti	F 29	532	LANSDOWNE	6:50.4	11:00.5	54:43.81
9	Nicole Sheard	F 29	471	KINGSTON	6:54.8	11:07.5	55:18.41
10	Amanda Meekel	F 25	442	KINGSTON	7:06.4	11:26.2	56:51.31
FEMALE 30 - 39							
1	Lyna Veillette	F 35	481	KINGSTON	4:51.3	7:48.8	38:50.72
2	Leslie Rudy	F 36	467	KINGSTON	4:51.5	7:49.1	38:52.25
3	Veronika Susicka	F 32	504	KINGSTON	4:57.4	7:58.6	39:39.34
4	Tanya Knapp	F 37	431	KINGSTON	5:20.6	8:36.0	42:45.22
5	Sara Dawson	F 30	524	VERONA	5:24.6	8:42.5	43:17.59
6	Jana Mareckova	F 37	506	KINGSTON	5:32.9	8:55.8	44:23.91
7	Sheri Serson	F 39	470	KINGSTON	5:49.6	9:22.7	46:37.38
8	Tracy Bridgen	F 36	410	YARKER	6:02.5	9:43.4	48:20.28
9	Jodi Snowdon	F 39	476	KINGSTON	6:04.5	9:46.6	48:36.06
10	Melanie McCormack	F 37	441	KINGSTON	6:06.5	9:49.8	48:52.15
11	Rosa Hession	F 38	495	GANANOQUE	6:12.3	9:59.2	49:38.66
12	Candace Pike	F 32	459	KINGSTON	7:28.7	12:02.1	59:50.00
FEMALE 40 - 49							
1	Lisa Bootsma	F 42	405	BELLEVILLE	4:45.7	7:39.8	38:05.91
2	Annie-Claude Ethier	F 40	419	ODESSA	5:11.9	8:22.0	41:35.91
3	Stacey Berdan	F 48	402	TWEED	5:18.9	8:33.3	42:31.91
4	Kate Archibald-Cross	F 42	401	KINGSTON	5:21.8	8:37.9	42:54.78
5	Walker Marianne	F 46	510	WOLFE ISLAND	5:21.9	8:38.0	42:55.28
6	Janice Pelechaty	F 48	502	KINGSTON	5:44.8	9:14.9	45:58.72
7	Mellssa Breault	F 49	409	KINGSTON	5:50.2	9:23.6	46:42.00
8	Cindy Ocampo	F 43	449	KINGSTON	5:57.4	9:35.3	47:39.84
9	Carina Gardner	F 40	526	KINGSTON	6:06.4	9:49.7	48:51.78
10	Tracey Ottenhof	F 46	453	GANANOQUE	6:20.2	10:11.9	50:41.84
11	Donna Gillespie	F 42	451	KINGSTON	6:25.5	10:20.4	51:24.41
12	Lynn Roberts	F 41	465	BATH	6:44.5	10:50.9	53:56.06
13	Peggy Cuthbert	F 45	415	SYDENHAM	6:46.0	10:53.4	54:08.22
14	Alison Bonham	F 48	403	KINGSTON	6:47.8	10:56.3	54:22.47

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	Name	Age	Bib	Team	Avg per K	Avg per MI	Time
15	Cathy Hollington	F 49	427	KINGSTON	6:47.9	10:56.4	54:23.43
16	Luanne Halerewich	F 49	423	KINGSTON	6:55.0	11:07.8	55:20.06
17	Susan Overvelde	F 46	454	KINGSTON	6:55.0	11:07.9	55:20.46
FEMALE 50 - 59							
1	Karen Millson	F 53	445	KINGSTON	4:29.8	7:14.3	35:59.15
2	Donna Lott	F 53	437	BELLEVILLE	4:59.2	8:01.6	39:54.12
3	Audethy Tallack	F 55	511	KINGSTON	5:04.5	8:10.1	40:36.59
4	Jessica Harvie	F 50	426	HARTINGTON	5:45.3	9:15.8	46:03.15
5	Janet Shepherd	F 52	472	MALLORYTOWN	5:46.9	9:18.3	46:15.31
6	Donna Mitchell-Parry	F 53	446	BELLEVILLE	5:47.2	9:18.8	46:17.81
7	Tina Knorr	F 51	432	KINGSTON	5:56.9	9:34.4	47:35.68
8	Cindy Abeles	F 58	498	GANANOQUE	6:10.6	9:56.4	49:25.00
9	Barb Guiden	F 57	421	INVERARY	6:14.9	10:03.4	49:59.78
10	Catie Sims	F 56	475	PONTYPOOL	6:25.9	10:21.1	51:27.84
11	Lori Van Wynsberghe	F 53	480	SEELEYS BAY	6:44.5	10:51.0	53:56.59
12	Colleen Gurnsey	F 58	422	PORTLAND	7:25.3	11:56.7	59:23.00
13	Susan LeBlanc	F 50	435	ODESSA	7:47.7	12:32.7	1:02:22.00
14	Darlene Watts	F 55	484	BRIGHTON	7:49.5	12:35.5	1:02:36.00
FEMALE 60 - 69							
1	Deborah Holtom	F 64	428	HOWE ISLAND	4:44.5	7:37.9	37:56.44
2	Shirley Myers	F 63	448	KINGSTON	4:51.6	7:49.3	38:53.06
3	Susan Meyers	F 62	444	INVERARY	6:12.5	9:59.6	49:40.78
4	Eithne Dunbar	F 67	530	BROCKVILLE	6:34.3	10:34.5	52:34.41
MALE 1 - 19							
1	Ian Jarvis	M 14	519	KINGSTON	4:17.1	6:53.8	34:17.06
2	Che Breadner	M 12	407	KINGSTON	4:27.8	7:11.0	35:42.91
3	Connor McCormack	M 9	490	KINGSTON	5:03.7	8:08.7	40:29.69
4	Ian Hession	M 10	496	GANANOQUE	5:36.2	9:01.0	44:49.62
5	Austin Bourgon	M 18	517	KINGSTON	5:36.9	9:02.2	44:55.59
6	Evan Arsenault	M 17	513	KINGSTON	6:28.0	10:24.5	51:44.44
MALE 20 - 29							
1	Alexandre Voinot	M 29	482	KINGSTON	4:01.4	6:28.6	32:11.75
2	Mike Mackett	M 24	438	ST. CATHARINES	4:12.6	6:46.6	33:41.22
3	Robert Mackey	M 28	439	KINGSTON	4:38.8	7:28.8	37:11.12
4	Gabriel Lessard	M 25	436	MONTREAL	4:57.5	7:58.8	39:40.31
5	Evan Pelechaty	M 20	501	KINGSTON	5:20.8	8:36.3	42:46.56
MALE 30 - 39							
1	Aaron Siller	M 31	474	KINGSTON	4:25.8	7:07.8	35:26.97
2	Luis Paico-Aviles	M 32	455	KINGSTON	4:33.9	7:20.9	36:31.91
3	Jeremy Dalcourt	M 32	416	KINGSTON	4:38.2	7:27.8	37:06.31
4	Raphael Lavoie	M 34	434	KINGSTON	4:43.4	7:36.1	37:47.38
5	Karl Hardy	M 37	425	KINGSTON	4:59.0	8:01.2	39:52.34
6	Zachary Offord	M 32	450	KINGSTON	5:49.9	9:23.1	46:39.53
MALE 40 - 49							
1	Robby Breadner	M 49	408	KINGSTON	3:56.6	6:20.7	31:32.88
2	Robert Watering	M 46	483	KINGSTON	4:00.2	6:26.7	32:02.28
3	Scott Peirson	M 44	533	AMHERSTVIEW	4:24.4	7:05.5	35:15.59

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4	George Semple	M 44	469	KINGSTON	4:50.3	7:47.2	38:42.66
5	Mike Earle	M 41	507	KINGSTON	4:58.5	8:00.4	39:48.53
6	Jon Pharoah	M 45	458	KINGSTON	5:56.9	9:34.4	47:35.38
7	Jan Ottenhof	M 47	452	GANANOQUE	6:20.2	10:11.9	50:42.21
MALE 50 - 59							
1	Dalton Cote	M 51	413	KINGSTON	3:59.0	6:24.7	31:52.38
2	Wayne Rice	M 53	463	SYDENHAM	4:02.8	6:30.7	32:22.47
3	Rick Royce	M 57	503	KINGSTON	4:15.5	6:51.2	34:04.15
4	Richard Prinsen	M 52	461	KINGSTON	4:23.9	7:04.8	35:11.81
5	Chuck Douglas	M 50	417	KINGSTON	4:24.1	7:05.1	35:13.44
6	Jim Elyot	M 58	418	KINGSTON	4:32.8	7:19.1	36:22.97
7	Grant Currie	M 56	414	KINGSTON	5:04.9	8:10.8	40:39.78
8	Vladimir Kratky	M 57	505	KINGSTON	6:02.7	9:43.7	48:21.90
MALE 60 - 69							
1	Ed Brand	M 68	406	KINGSTON	4:45.2	7:39.0	38:01.69
2	Geoffrey Roulet	M 68	466	KINGSTON	5:17.1	8:30.3	42:16.97
3	John Meekel	M 60	443	KINGSTON	5:34.2	8:57.9	44:34.06
4	J. Peter Mosley	M 64	447	HOWE ISLAND	5:48.7	9:21.2	46:29.94
5	Paul Thompson	M 66	479	KINGSTON	6:02.4	9:43.2	48:19.25
MALE 70 - 99							
1	Tony Dunbar	M 71	531	BROCKVILLE	4:41.2	7:32.5	37:29.66
2	PJ Marshall	M 74	440	KINGSTON	6:08.3	9:52.7	49:06.78