

KRRR Limestone Mile

Kingston, Ontario

01/07/2016

1/7/16 - 1/7/16

Results by www.runningbydesign.com**Event # 3 MIXED Men's 1Mile Run**

Name	Age	Bib	Team	Avg per K	Avg per MI	Time
MALE 1 - 19						
1 Alex Drover	M 17	364	KINGSTON	2:51.5	4:36.1	4:36.15
2 Konnor Weston	M 16	345	KINGSTON	2:54.0	4:40.0	4:40.06
3 Miles Brackenbury	M 14	368	KINGSTON	2:59.7	4:49.3	4:49.31
4 Noah Frymine	M 15	543	KINGSTON	3:09.9	5:05.7	5:05.72
5 Cameron Bruce	M 14	374	KINGSTON	3:11.7	5:08.6	5:08.62
6 Matthew Wilson	M 16	354	KINGSTON	3:18.5	5:19.5	5:19.50
7 Liam Cowan	M 14	315	KINGSTON	3:29.8	5:37.7	5:37.78
8 Eric McCarthy	M 15	342	KINGSTON	3:32.0	5:41.3	5:41.34
9 Lucas Walc	M 14	352	TINY	3:41.3	5:56.1	5:56.18
10 Sebastian Scott	M 16	355	KINGSTON	3:51.3	6:12.3	6:12.34
11 Andrew Millson	M 17	3372	KINGSTON	3:57.0	6:21.5	6:21.50
12 Rian McCarthy	M 12	341	KINGSTON	4:16.7	6:53.1	6:53.12
13 Charles Hinckley	M 11	2930	KINGSTON	4:35.3	7:23.1	7:23.18
MALE 20 - 29						
1 Jeff Archer	M 23	39	KINGSTON	2:45.9	4:27.0	4:27.03
2 Kevin Coffey	M 29	367	KINGSTON	2:46.2	4:27.6	4:27.62
3 Rob Asselstine	M 23	599	KINGSTON	2:47.9	4:30.2	4:30.22
4 Kevin Azocar	M 23	595	KINGSTON	2:49.0	4:32.0	4:32.06
5 Clay Patterson	M 27	378	KINGSTON	2:49.4	4:32.6	4:32.65
6 Robert Talarico	M 23	332	KINGSTON	3:04.7	4:57.3	4:57.34
7 Maxim Kuntz	M 20	317	KINGSTON	3:08.1	5:02.7	5:02.72
8 Jeff Mountjoy	M 27	319	KINGSTON	3:12.2	5:09.4	5:09.46
9 Chadd Beckwith	M 20	365	SEELEYS BAY	3:14.3	5:12.7	5:12.72
10 Alexandre Voinot	M 29	327	KINGSTON	3:17.8	5:18.4	5:18.41
11 Ryan Dorsey	M 29	361	KINGSTON	3:23.4	5:27.5	5:27.50
12 Mike Mackett	M 25	322	ST. CATHARINES	3:23.7	5:27.9	5:27.93
13 Richard Millson	M 21	3371	KINGSTON	3:32.9	5:42.7	5:42.78
14 Robert Mackey	M 28	316	KINGSTON	3:40.8	5:55.3	5:55.38
15 Henry Dossett	M 23	554	KINGSTON	4:14.0	6:48.8	6:48.87
16 Steve Mackett	M 25	323	ST. CATHARINES	4:23.2	7:03.6	7:03.69
17 Richard Cai	M 23	2860	KINGSTON	4:25.0	7:06.5	7:06.53
MALE 30 - 39						
1 Scott Wilkes	M 37	369	KINGSTON	3:05.1	4:57.9	4:57.96
2 Matt Walsh	M 32	377	VICTORIA	3:05.5	4:58.6	4:58.68
3 Nick Cosman	M 35	349	KINGSTON	3:13.2	5:10.9	5:10.97
4 Allan Roberts	M 39	548	KINGSTON	3:15.3	5:14.4	5:14.46
5 Michael Dobson	M 32	343	STITTSVILLE	3:21.7	5:24.7	5:24.75
6 Michael Cote	M 33	288	SEE RESULTS STAFF	3:33.2	5:43.2	5:43.24
7 Luis Paico-Aviles	M 30	381	KINGSTON	3:36.9	5:49.1	5:49.15
8 Jeremy Dalcourt	M 32	358	KINGSTON	3:38.8	5:52.2	5:52.28
9 Mike Girard	M 36	541	KINGSTON	3:44.9	6:02.0	6:02.03
10 Zach Offord	M 32	357	KINGSTON	4:02.7	6:30.6	6:30.66
MALE 40 - 49						
1 Kevin Dunbar	M 41	366	KINGSTON	3:06.5	5:00.2	5:00.21

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	Name	Age	Bib	Team	Avg per K	Avg per MI	Time
2	Savvas Frantzeskos	M 41	363	KINGSTON	3:10.8	5:07.1	5:07.12
3	Les Walc	M 49	351	TINY	3:14.6	5:13.1	5:13.18
4	Kevin Webster	M 47	320	KINGSTON	3:14.9	5:13.8	5:13.81
5	Neil Hopkins	M 44	376	KINGSTON	3:27.1	5:33.3	5:33.34
6	David Uprichard	M 49	2950	KINGSTON	3:37.4	5:49.9	5:49.93
7	Brian Frank	M 41	386	KINGSTON	3:46.7	6:04.8	6:04.84
8	Brad Ethier	M 47	337	KINGSTON	3:49.3	6:09.0	6:09.03
9	David PARIS	M 45	553	KINGSTON	3:56.7	6:21.0	6:21.06
10	Stroyan Monkhouse	M 44	333	KINGSTON	4:20.4	6:59.1	6:59.12
11	Jamie Mastorakos	M 44	549	KINGSTON	4:25.2	7:06.8	7:06.81
MALE 50 - 59							
1	Wayne Rice	M 54	340	SYDENHAM	3:18.8	5:20.0	5:20.09
2	Clive Morgan	M 58	348	YARKER	3:31.7	5:40.8	5:40.81
3	Rob Miller	M 52	306	KINGSTON	3:34.7	5:45.6	5:45.62
4	Paul Cehan	M 52	304	KINGSTON	3:37.2	5:49.5	5:49.56
5	Pierre Ballester	M 52	3373	KINGSTON	3:45.2	6:02.4	6:02.46
6	Rick Royce	M 57	324	KINGSTON	3:51.0	6:11.9	6:11.91
7	kommy Farahani	M 56	338	KINGSTON	3:53.3	6:15.5	6:15.53
8	Grant Currie	M 56	302	KINGSTON	4:23.4	7:03.9	7:03.96
MALE 60 - 69							
1	Ed Brand	M 67	362	KINGSTON	4:13.5	6:48.0	6:48.03
2	Geoffrey Roulet	M 69	311	KINGSTON	4:47.4	7:42.6	7:42.66
MALE 70 - 99							
1	PJ Marshall	M 75	307	KINGSTON	5:26.8	8:46.0	8:46.00