

KRRA Limestone Mile

Kingston, Ontario

01/07/2016

1/7/16 - 1/7/16

Results by www.runningbydesign.com**Event # 2 MIXED Women's 1Mile Run**

	Name	Age	Bib	Team	Avg per K	Avg per MI	Time
FEMALE 1 - 19							
1	Katie Feng	F 16	359	KINGSTON	3:55.9	6:19.6	6:19.69
2	Adrienne Scott	F 16	356	KINGSTON	3:58.3	6:23.6	6:23.62
3	Simone Cote	F 12	296	KINGSTON	4:02.6	6:30.4	6:30.44
4	Mairead Corrigan	F 17	536	KINGSTON	4:08.3	6:39.7	6:39.75
5	Angelique Moore	F 15	563	KINGSTON	4:26.6	7:09.0	7:09.09
6	Katie Drover	F 14	2910	KINGSTON	4:33.6	7:20.4	7:20.41
7	Sophie Saunders-Lambert	F 10	308	HOWE ISLAND	4:33.8	7:20.7	7:20.78
8	Estelle Lond	F 11	2940	KINGSTON	5:38.5	9:04.8	9:04.88
9	Alex Kelsey	F 10	2920	KINGSTON	5:38.9	9:05.4	9:05.43
FEMALE 20 - 29							
1	Julie-Anne Staehli	F 22	540	KINGSTON	3:03.1	4:54.7	4:54.78
2	Cleo Boyd	F 22	546	KINGSTON	3:05.9	4:59.3	4:59.31
3	Chelsea Ley	F 23	547	KINGSTON	3:15.4	5:14.5	5:14.56
4	Lyndsey Telega	F 22	375	KINGSTON	3:53.4	6:15.6	6:15.69
5	Emily Cowie	F 20	336	KINGSTON	4:10.3	6:42.9	6:42.94
6	Azalea Walc	F 20	350	TINY	4:12.0	6:45.5	6:45.56
7	Casey Kidson	F 29	329	KINGSTON	4:19.0	6:56.9	6:56.94
8	Kate Stringham	F 22	325	LAKEFIELD	4:26.2	7:08.5	7:08.56
9	Mary Reynolds	F 23	379	KINGSTON	4:35.5	7:23.5	7:23.50
10	Mary Cote	F 25	29	KINGSTON	4:50.8	7:48.1	7:48.15
11	Kathleen Dorsey	F 29	90	KINGSTON	5:11.5	8:21.4	8:21.44
12	Deborah Durbin	F 29	328	KINGSTON	5:21.0	8:36.6	8:36.66
13	Danielle Pacaud	F 25	330	KINGSTON	5:55.9	9:32.8	9:32.81
FEMALE 30 - 39							
1	Anna Willard	F 32	347	LOWELL	3:00.8	4:50.9	4:50.97
2	Justine Grob	F 30	326	KINGSTON	4:02.8	6:30.8	6:30.87
3	Lesley Rudy	F 32	2971	KINGSTON	4:20.2	6:58.8	6:58.88
4	Katie May	F 38	550	KINGSTON	4:28.9	7:12.9	7:12.90
5	Michelle Girard	F 36	542	KINGSTON	5:00.4	8:03.4	8:03.47
6	Kimberly Smith	F 38	370	KINGSTON	5:12.5	8:23.0	8:23.06
7	Susie McDonald	F 34	334	KINGSTON	5:41.2	9:09.1	9:09.12
FEMALE 40 - 49							
1	Heather Ostic	F 48	310	KINGSTON	3:33.5	5:43.6	5:43.69
2	Tammy Pigion	F 42	394	KINGSTON	4:13.5	6:48.0	6:48.03
3	Rachel Sheldon	F 42	388	KINGSTON	4:21.5	7:00.8	7:00.87
4	Stacey Berdan	F 49	331	TWEED	4:41.3	7:32.8	7:32.84
5	Deb Shanks	F 45	346	ELGIN	4:57.3	7:58.4	7:58.47
6	Jaclyn Walc	F 47	353	TINY	5:16.9	8:30.1	8:30.15
7	Peggy Cuthbet	F 46	2991	KINGSTON	5:26.7	8:45.7	8:45.78
8	Tabitha MacInnis	F 41	396	KINGSTON	6:06.8	9:50.3	9:50.34
9	Krystal Oxbro	F 40	335	KINGSTON	6:07.0	9:50.7	9:50.72
FEMALE 50 - 59							
1	Karen Millson	F 54	314	KINGSTON	4:01.7	6:29.0	6:29.03
2	Audethy Tallack	F 56	393	KINGSTON	4:21.9	7:01.5	7:01.50

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3	Pam Mundell	F 52	303	KINGSTON	4:25.7	7:07.6	7:07.62
4	Deborah Holtom	F 59	312	HOWE ISLAND	4:28.7	7:12.5	7:12.50
5	Cheryl LaForce	F 56	380	KINGSTON	4:31.5	7:17.0	7:17.00
6	Karen Gagnon	F 56	344	KINGSTON	4:35.3	7:23.1	7:23.18
7	Danielle Gugler	F 50	360	KINGSTON	5:37.4	9:03.0	9:03.06
FEMALE 60 - 69							
1	Shirley Myers	F 64	339	KINGSTON	4:21.2	7:00.4	7:00.41
2	Janet Durbin	F 64	594	KINGSTON	5:05.0	8:10.9	8:10.94
FEMALE 70 - 99							
1	Alexandra Puxty	F 77	566	KINGSTON	5:08.3	8:16.3	8:16.31