

Brockville P&G Race

Hardy Park, Brockville, Ontario

18/06/2016

6/17/16 - 6/17/16

Results by www.runningbydesign.com**Event # 1 MIXED 5K Run**

	Name	Age	Bib	Team	Avg per K	Avg per MI	Time
FEMALE 1 - 9							
1	Taylor Healey	F 9	403	ATHENS	5:20.0	8:35.0	26:40.31
2	Cecile Grill	F 8	441	BROCKVILLE	5:38.2	9:04.3	28:11.24
3	Ally Wright	F 8	553	BROCKVILLE	6:14.6	10:02.8	31:13.12
4	Ryleigh Goguen	F 5	415	BROCKVILLE	6:31.3	10:29.7	32:36.53
5	Elizabeth Mussett	F 9	547	MAITLAND	6:41.1	10:45.5	33:25.53
6	Brynn Brunke	F 5	661	BROCKVILLE	7:20.9	11:49.5	36:44.53
7	Grace Vogelzang	F 7	576	BROCKVILLE	8:01.3	12:54.6	40:06.78
8	Isabel Williams	F 8	545	BROCKVILLE	8:20.6	13:25.6	41:43.09
FEMALE 10 - 14							
1	Alyshia Alkerton	F 12	355	BROCKVILLE	4:01.7	6:29.1	20:08.88
2	Allysa Shimada	F 13	399	BROCKVILLE	4:40.7	7:31.7	23:23.62
3	Abby Jones	F 13	485	ELIZABETHTOWN	4:56.9	7:57.8	24:44.52
4	Julia Dillon	F 14	495	BROCKVILLE	4:56.9	7:57.9	24:44.90
5	Brielle Johnson-Hodge	F 12	358	BROCKVILLE	4:57.3	7:58.5	24:46.68
6	Annie Da	F 14	384	BROCKVILLE	5:23.4	8:40.5	26:57.31
7	Caran Hurst	F 14	432	BROCKVILLE	5:25.6	8:44.0	27:08.22
8	Elise Plaschka	F 13	560	BROCKVILLE	5:57.3	9:35.0	29:46.59
9	Kayla Wright	F 12	552	BROCKVILLE	5:57.3	9:35.1	29:46.86
10	Caroline Ni	F 14	388	BROCKVILLE	6:06.7	9:50.2	30:33.94
11	Reanna Bronkhorst	F 13	430	BROCKVILLE	6:13.1	10:00.5	31:05.78
12	Chantal Macias	F 14	393	BROCKVILLE	6:19.3	10:10.4	31:36.66
13	Shin Bourne	F 14	581	BROCKVILLE	6:27.9	10:24.4	32:19.97
14	Hailey Rock	F 10	569	DELTA	6:41.8	10:46.6	33:29.00
15	Kristina Brown	F 11	455	BROCKVILLE	10:09.3	16:20.6	50:46.88
FEMALE 15 - 19							
1	Lily Meek	F 15	564	ATHENS	3:55.4	6:18.9	19:37.25
2	Madelynn Meek	F 16	565	ATHENS	4:13.5	6:48.0	21:07.69
3	Yuya Aoki	F 16	386	BROCKVILLE	4:44.3	7:37.5	23:41.62
4	Hanna Doonan	F 16	549	BROCKVILLE	4:44.6	7:38.1	23:43.31
5	Mariah Jackett	F 18	457	BROCKVILLE	5:11.6	8:21.5	25:58.34
6	Chloe Segal	F 16	360	BROCKVILLE	5:23.6	8:40.9	26:58.37
7	Emma Derrick	F 16	550	BROCKVILLE	5:31.8	8:54.0	27:39.28
8	Jeonywon Kim	F 17	389	BROCKVILLE	5:56.2	9:33.3	29:41.43
9	Laura Babbilt	F 17	359	BROCKVILLE	5:56.7	9:34.1	29:43.65
10	Michaela Murphy	F 19	423	BROCKVILLE	6:08.4	9:52.9	30:42.06
11	Nayeon Kang	F 15	385	BROCKVILLE	6:56.1	11:09.7	34:40.78
FEMALE 20 - 29							
1	Sarah Uttng	F 22	439	BROCKVILLE	4:33.8	7:20.6	22:49.12
2	Jodi Usher	F 25	436	BROCKVILLE	4:41.6	7:33.2	23:28.15
3	Lindsey Greatrix	F 29	365	BROCKVILLE	4:59.4	8:01.9	24:57.38
4	Casey Kidson	F 27	486	KINGSTON	5:22.0	8:38.3	26:50.47
5	Alexa Carswell	F 25	490	BROCKVILLE	5:24.9	8:42.9	27:04.66
6	Ali Wilson	F 21	433	BROCKVILLE	5:26.6	8:45.6	27:13.12
7	Lindsay Craig-Petten	F 28	563	BROCKVILLE	5:29.8	8:50.8	27:29.12

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	Name	Age	Bib	Team	Avg per K	Avg per MI	Time
8	Melanie Barr	F 22	435	NORTH AUGUSTA	5:32.8	8:55.6	27:44.31
9	Chelsea Good	F 28	366	BROCKVILLE	5:40.7	9:08.4	28:23.94
10	Kelsey Payette	F 20	567	BROCKVILLE	6:08.3	9:52.7	30:41.72
11	Zoe Newell	F 25	466	BROCKVILLE	6:17.0	10:06.7	31:25.17
12	Reagan Seymar	F 24	464	BROCKVILLE	6:18.1	10:08.5	31:30.81
13	Kendall Macleod	F 27	523	BROCKVILLE	6:25.0	10:19.6	32:05.25
14	Kristen Soutar	F 28	593	BROCKVILLE	6:28.5	10:25.3	32:22.93
15	Alyssa Thompson	F 21	584	BROCKVILLE	6:54.2	11:06.7	34:31.38
16	Paige Sparling	F 27	408	BROCKVILLE	6:58.1	11:12.9	34:50.87
17	Katelyn Drew	F 26	371	BROCKVILLE	7:08.7	11:29.9	35:43.62
18	Ashley Huntey	F 26	597	BROCKVILLE	7:40.5	12:21.1	38:22.50
19	Catherine Ford	F 26	465	BROCKVILLE	7:40.6	12:21.2	38:23.00
20	Amanda Lebele	F 27	524	JASPER	8:00.2	12:52.9	40:01.43
21	Ann Shorey	F 28	417	MERRICKVILLE	8:50.5	14:13.8	44:12.81
22	Tian Lu	F 27	571	BROCKVILLE	9:08.2	14:42.2	45:41.03
23	Krista Haasnoot	F 26	368	BROCKVILLE	9:18.9	14:59.5	46:34.84
24	Kristen Sokolowski	F 27	400	BROCKVILLE	12:00.0	19:18.7	1:00:00.00
FEMALE 30 - 39							
1	Julie Basiliadis	F 31	596	BROCKVILLE	4:17.5	6:54.4	21:27.53
2	Meg Bryant	F 32	472	BROCKVILLE	4:33.5	7:20.1	22:47.50
3	Kim Bennett	F 32	440	BROCKVILLE	4:39.3	7:29.4	23:16.53
4	Camille Ballantyne	F 32	383	BROCKVILLE	4:55.7	7:56.0	24:38.88
5	Katie Edgley	F 30	382	BROCKVILLE	4:57.5	7:58.8	24:47.68
6	Sarah Hurst	F 34	431	BROCKVILLE	5:04.6	8:10.2	25:23.00
7	Caroline Rigutto	F 37	380	BROCKVILLE	5:28.0	8:47.9	27:20.41
8	Melissa Johnson	F 36	357	ELIZABETHTOWN	5:30.5	8:51.9	27:32.62
9	Shannon Legault	F 32	491	SPENCERVILLE	5:38.0	9:04.0	28:10.41
10	Sophie Henre	F 36	586	BROCKVILLE	5:52.2	9:26.8	29:21.09
11	Adonica Keddy	F 36	587	BROCKVILLE	5:55.6	9:32.4	29:38.44
12	Ellee Black	F 36	356	BROCKVILLE	5:56.6	9:33.9	29:43.06
13	Laurie Garvin	F 37	453	BROCKVILLE	6:01.0	9:40.9	30:05.00
14	Debra Timofre	F 39	413	BROCKVILLE	6:01.6	9:41.9	30:08.00
15	Ashley Reynolds	F 33	489	BROCKVILLE	6:11.3	9:57.6	30:56.94
16	Michelle Shepherdson	F 37	419	BROCKVILLE	6:16.0	10:05.1	31:20.15
17	Meghan MacDonald	F 33	522	BROCKVILLE	6:16.3	10:05.6	31:21.65
18	Ginny Jensen	F 33	402	BROCKVILLE	6:28.4	10:25.1	32:22.15
19	Jen MacDonald	F 37	484	BROCKVILLE	6:39.3	10:42.7	33:16.81
20	Rachel Tammuaud	F 36	585	BROCKVILLE	6:53.4	11:05.3	34:27.12
21	Becky Bell-Devlin	F 37	452	BROCKVILLE	6:58.9	11:14.1	34:54.62
22	Kelly Weldon	F 38	429	BROCKVILLE	7:09.9	11:31.8	35:49.56
23	Melissa Hillier	F 33	425	BROCKVILLE	7:15.2	11:40.4	36:16.12
24	Jenn Stotts	F 31	528	BROCKVILLE	8:00.8	12:53.9	40:04.47
25	Chandra Snarr	F 30	494	BROCKVILLE	8:01.4	12:54.8	40:07.31
26	Crystal Robertson	F 38	376	MALLORYTOWN	8:14.8	13:16.3	41:14.28
27	Christine Boyd	F 39	370	BROCKVILLE	9:14.1	14:51.7	46:10.50
28	Amber Millar	F 35	556	BROCKVILLE	9:31.5	15:19.8	47:37.78

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	Name	Age	Bib	Team	Avg per K	Avg per MI	Time
29	Ashley Cook	F 31	475	BROCKVILLE	10:05.0	16:13.7	50:25.41
30	Suzanne Dawson	F 35	474	BROCKVILLE	10:07.4	16:17.5	50:37.09
31	Megan Prineau	F 30	497	BROCKVILLE	10:25.5	16:46.7	52:07.91
32	Mira Robitalle	F 33	539	OTTAWA	10:56.0	17:35.7	54:40.00
33	Katie Bryant	F 36	470	BROCKVILLE	11:00.6	17:43.1	55:03.00
FEMALE 40 - 49							
1	Shelley Steenwyk	F 49	451	BROCKVILLE	4:28.9	7:12.8	22:24.81
2	Amy Brown	F 48	476	BROCKVILLE	4:35.2	7:23.0	22:56.34
3	Angela MacDonald	F 43	590	BROCKVILLE	5:27.3	8:46.8	27:16.91
4	Pamela Watts	F 49	459	MERRICKVILLE	5:32.7	8:55.4	27:43.59
5	Jill Murphy	F 49	422	BROCKVILLE	5:34.0	8:57.5	27:50.06
6	Allison Smith	F 41	583	BROCKVILLE	5:50.3	9:23.8	29:11.91
7	Seunghyang Shin	F 46	578	BROCKVILLE	5:52.0	9:26.6	29:20.41
8	Chelley Babbitt	F 49	525	BROCKVILLE	6:05.5	9:48.3	30:27.78
9	Janet Gartley	F 47	573	BROCKVILLE	6:15.2	10:03.9	31:16.44
10	Lyn Barrington	F 43	377	BROCKVILLE	6:15.9	10:04.9	31:19.59
11	Julie Hunt	F 46	420	BROCKVILLE	6:16.1	10:05.2	31:20.56
12	Alex Mussett	F 40	546	MAITLAND	6:16.2	10:05.5	31:21.40
13	Sandy Noonan	F 42	588	BROCKVILLE	6:26.6	10:22.2	32:13.18
14	Anita Vardine	F 41	492	BROCKVILLE	6:41.3	10:45.9	33:26.91
15	Johanna Jones	F 43	493	BROCKVILLE	6:46.4	10:54.1	33:52.46
16	Andrea Wright	F 44	554	BROCKVILLE	6:51.4	11:02.1	34:17.12
17	Louise Bonvie	F 47	406	BROCKVILLE	6:58.0	11:12.8	34:50.47
18	Peggy Abrams	F 46	428	BROCKVILLE	7:09.4	11:31.0	35:47.02
19	Heike Grill	F 42	444	BROCKVILLE	7:27.1	11:59.5	37:15.59
20	Nic Williams	F 43	543	BROCKVILLE	7:27.3	11:59.9	37:16.93
21	Tina Melbourne	F 49	482	BROCKVILLE	7:27.6	12:00.4	37:18.37
22	Sarah Weese	F 41	577	BROCKVILLE	8:04.7	13:00.0	40:23.53
23	Meredith Armstrong	F 43	536	MALLORYTOWN	8:04.7	13:00.1	40:23.96
24	Leslie Thompson	F 40	448	JOHNSTOWN	10:04.5	16:12.9	50:22.97
25	Rachel Onstein	F 42	461	BROCKVILLE	10:09.6	16:21.1	50:48.28
FEMALE 50 - 59							
1	Cheryl Scott	F 59	598	BROCKVILLE	5:45.7	9:16.4	28:48.88
2	Judy Curry	F 52	462	BROCKVILLE	6:03.3	9:44.7	30:16.59
3	Sharon Riddell	F 50	407	BROCKVILLE	6:07.8	9:51.9	30:39.02
4	Lorrie Rossetti	F 58	589	BROCKVILLE	6:14.0	10:01.9	31:10.15
5	Cathy Noel	F 53	460	MERRICKVILLE	10:09.5	16:20.9	50:47.78
6	Trudy Primeau	F 54	496	BROCKVILLE	10:25.7	16:47.0	52:08.75
7	Judy Bryant	F 59	471	BROCKVILLE	11:00.6	17:43.1	55:03.00
8	Marilyn Toussaint	F 59	411	ATHENS	11:48.2	18:59.7	59:01.00
FEMALE 60 - 69							
1	Anne Hodgson	F 68	487	MAITLAND	6:28.5	10:25.2	32:22.50
2	Jennifer Barnes	F 67	531	BROCKVILLE	6:44.7	10:51.3	33:43.59
3	Carol Hoare	F 60	412	BROCKVILLE	11:48.2	18:59.7	59:01.00
FEMALE 70 - 79							
1	Mary Clayton	F 71	591	BROCKVILLE	5:57.8	9:35.9	29:49.34
FEMALE 80 - 99							

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	Name	Age	Bib	Team	Avg per K	Avg per MI	Time
1	Holly Martin	F 99	414	BROCKVILLE	6:31.3	10:29.8	32:36.81
MALE 1 - 9							
1	Owen Millar	M 8	557	JOHNSTOWN	5:41.5	9:09.6	28:27.62
2	Nathan Jones	M 8	481	BROCKVILLE	5:44.8	9:14.9	28:44.09
3	Benjamin Williams	M 6	544	BROCKVILLE	6:16.1	10:05.4	31:20.93
4	Parker Goguen	M 6	416	BROCKVILLE	6:27.5	10:23.6	32:17.72
5	Jack Stotts	M 7	529	BROCKVILLE	6:56.3	11:10.0	34:41.78
6	Callum Robertson	M 8	374	MALLORYTOWN	7:09.9	11:31.9	35:49.81
7	Brisynn Brunke	M 8	600	BROCKVILLE	7:19.2	11:46.9	36:36.47
8	Ben Mussett	M 7	548	MAITLAND	7:27.1	11:59.6	37:15.81
9	Darren Stotts	M 9	530	BROCKVILLE	8:01.7	12:55.2	40:08.52
10	Sam Dixon	M 6	401	BROCKVILLE	12:00.0	19:18.7	1:00:00.00
MALE 10 - 14							
1	Will Campeau	M 14	551	SPENCERVILLE	3:51.1	6:12.0	19:15.94
2	Jake Lessard	M 14	480	BROCKVILLE	3:52.2	6:13.7	19:21.09
3	Wesley Beckstead	M 11	594	BROCKVILLE	4:17.0	6:53.6	21:25.12
4	Bryce Pelzmerrun	M 10	456	BROCKVILLE	4:28.2	7:11.6	22:21.18
5	Jacob Boyd	M 10	369	BROCKVILLE	4:42.9	7:35.3	23:34.69
6	Andrew Plaschka	M 10	559	BROCKVILLE	4:52.6	7:50.9	24:23.06
7	Brady Brown	M 12	477	BROCKVILLE	4:56.4	7:57.1	24:42.34
8	Charlie Chen	M 14	392	BROCKVILLE	5:30.8	8:52.5	27:34.46
9	Melvin Grill	M 11	443	BROCKVILLE	5:38.4	9:04.7	28:12.46
10	Nicholas Doe	M 14	390	BROCKVILLE	5:57.1	9:34.7	29:45.66
11	JuanPablo GuterrezLoria	M 13	387	BROCKVILLE	6:07.6	9:51.7	30:38.44
12	Morgan Young	M 11	450	BROCKVILLE	6:18.2	10:08.7	31:31.28
13	Quinn Thompson	M 10	447	JOHNSTOWN	6:40.2	10:44.1	33:21.41
14	Liam Thompson	M 13	446	JOHNSTOWN	7:32.4	12:08.1	37:42.22
15	Asia Bourne	M 12	579	BROCKVILLE	7:58.0	12:49.3	39:50.22
16	Tristan Hawksby	M 11	449	BROCKVILLE	8:15.0	13:16.7	41:15.31
MALE 15 - 19							
1	Declan Colwell	M 19	595	SPENCERVILLE	3:34.3	5:44.9	17:51.84
2	Tagon Asui	M 16	381	BROCKVILLE	4:20.6	6:59.4	21:43.31
3	Jack Zedak	M 15	394	BROCKVILLE	4:53.7	7:52.7	24:28.91
4	Colin Gartley	M 17	572	BROCKVILLE	5:02.9	8:07.5	25:14.69
5	John Doe	M 15	391	BROCKVILLE	5:29.1	8:49.7	27:25.81
6	Daniel Huang	M 15	395	BROCKVILLE	5:35.9	9:00.6	27:59.72
MALE 20 - 29							
1	Jayson Brown	M 20	478	BROCKVILLE	4:08.5	6:39.9	20:42.50
2	Zack Boyd	M 26	367	BROCKVILLE	4:10.9	6:43.8	20:54.81
3	Brett McKimm	M 28	458	SMITHS FALLS	4:12.6	6:46.5	21:03.18
4	Garrett Rodley	M 21	379	LANSDOWN	4:17.1	6:53.8	21:25.87
5	Leonard Roth	M 26	562	BROCKVILLE	4:56.5	7:57.2	24:42.90
6	Matt Hushinsen	M 26	566	LYN	5:00.6	8:03.8	25:03.18
7	Orlando Spicer	M 29	421	BROCKVILLE	6:37.3	10:39.4	33:06.75
8	Brett Drew	M 27	372	BROCKVILLE	7:09.3	11:30.9	35:46.66
MALE 30 - 39							
1	Christopher Hannah	M 38	479	BROCKVILLE	4:07.4	6:38.1	20:37.00

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	Name	Age	Bib	Team	Avg per K	Avg per MI	Time
2	Ian Potts	M 38	438	MANOTICK	5:09.3	8:17.8	25:46.66
3	Kevin Meadow	M 36	521	BROCKVILLE	5:30.4	8:51.8	27:32.28
4	Sean McDonell	M 32	437	BROCKVILLE	5:34.2	8:57.9	27:51.25
5	Vera Lapazall	M 36	398	BROCKVILLE	5:46.8	9:18.1	28:54.15
6	Scott Coombes	M 36	397	BROCKVILLE	5:46.9	9:18.3	28:54.56
7	Paul Millar	M 34	558	JOHNSTOWN	6:04.4	9:46.5	30:22.31
8	Chris Barnes	M 34	405	BROCKVILLE	6:05.1	9:47.7	30:25.91
9	Ian Sautar	M 32	592	BROCKVILLE	6:25.4	10:20.3	32:07.25
10	Steve Gogwen	M 31	404	BROCKVILLE	6:27.6	10:23.8	32:18.15
11	Jonathan Bennett	M 30	409	BROCKVILLE	6:58.3	11:13.2	34:51.64
12	Mathew Rodriguez	M 33	426	SMITHS FALLS	7:16.2	11:42.0	36:21.15
13	Mark Brunke	M 36	662	BROCKVILLE	7:24.7	11:55.7	37:03.88
14	Chris Emslie	M 35	454	BROCKVILLE	8:00.2	12:52.8	40:01.08
15	Rob Williams	M 39	542	BROCKVILLE	8:50.4	14:13.6	44:12.09
16	Mathew Crowley	M 31	418	SMITHS FALLS	8:55.9	14:22.5	44:39.69
17	Jay Jua	M 31	570	BROCKVILLE	10:25.5	16:46.7	52:07.91
18	Nicolas Oabana	M 38	540	OTTAWA	10:51.8	17:28.9	54:19.00
MALE 40 - 49							
1	John MacMillan	M 45	373	SPENCERVILLE	4:05.3	6:34.8	20:26.84
2	Craig MacDonald	M 40	483	BROCKVILLE	4:22.1	7:01.8	21:50.53
3	Christopher Thompson	M 47	445	JOHNSTOWN	5:17.6	8:31.1	26:28.15
4	Pierre Latourneau	M 42	526	OTTAWA	5:18.5	8:32.6	26:32.78
5	Don Babbitt	M 47	533	BROCKVILLE	5:40.0	9:07.2	28:20.31
6	John Bourne	M 47	580	BROCKVILLE	5:48.0	9:20.0	29:00.00
7	David Shaver	M 48	582	BROCKVILLE	5:55.7	9:32.5	29:38.81
8	Chris Page	M 45	378	BROCKVILLE	6:13.0	10:00.4	31:05.44
9	Jay Wright	M 44	555	BROCKVILLE	6:14.9	10:03.4	31:14.88
10	Chris Robertson	M 44	375	MALLORYTOWN	7:15.1	11:40.2	36:15.62
11	Chris Grill	M 42	442	BROCKVILLE	7:24.8	11:55.8	37:04.15
12	Stephen Stotts	M 45	527	BROCKVILLE	8:00.3	12:53.0	40:01.81
13	Tony Stevens	M 40	535	PRESCOTT	8:08.1	13:05.5	40:40.66
MALE 50 - 59							
1	Ian Loughrey	M 58	468	BROCKVILLE	4:00.1	6:26.5	20:00.88
2	Paul Cehon	M 52	541	KINGSTON	4:04.9	6:34.1	20:24.69
3	Kevin Riddell	M 54	410	BROCKVILLE	4:07.8	6:38.9	20:39.41
4	Bob VanBlitterswyk	M 51	434	ELIZABETHTOWN	4:11.1	6:44.2	20:55.81
5	Yves Levesque	M 56	568	ELIZABETHTOWN	4:56.1	7:56.6	24:40.84
6	Terry Hodge	M 52	364	BROCKVILLE	5:20.5	8:35.9	26:42.97
7	Murray Tait	M 56	664	BROCKVILLE	6:17.3	10:07.2	31:26.65
8	Willie Primeau	M 55	498	BROCKVILLE	6:46.3	10:53.8	33:51.56
9	Joseph Newell	M 55	467	BROCKVILLE	6:49.6	10:59.3	34:08.41
10	Steve Rodley	M 55	575	BROCKVILLE	7:16.2	11:42.1	36:21.43
MALE 60 - 69							
1	Peter Goodman	M 65	574	BROCKVILLE	5:02.5	8:06.8	25:12.62
2	John Dance	M 65	469	BROCKVILLE	5:31.3	8:53.2	27:36.84
3	Ed Ely	M 65	534	BROCKVILLE	5:47.4	9:19.1	28:57.22
4	Tony Barnes	M 65	532	BROCKVILLE	6:46.2	10:53.7	33:51.22

Brockville P&G Race

Hardy Park, Brockville, Ontario

18/06/2016

6/17/16 - 6/17/16

Results by www.runningbydesign.com

	Name	Age	Bib	Team	Avg per K	Avg per MI	Time
5	Roger HARRY	M 64	599	BROCKVILLE	8:20.4	13:25.3	41:42.25
MALE 70 - 79							
1	Hugh Wilson	M 76	424	DORVAL	5:50.9	9:24.8	29:14.84
2	Bill Poole	M 72	473	MALLORYTOWN	5:55.9	9:32.7	29:39.52
3	Merv Hodgson	M 78	488	MAITLANND	6:03.2	9:44.6	30:16.28
4	Mike Murray	M 74	463	BROCKVILLE	6:03.4	9:44.8	30:17.00
MALE 80 - 99							
1	Jean Bernaquez	M 84	427	BROCKVILLE	6:43.6	10:49.6	33:38.25