

## 28th Annual Mark Darroch 1/2 and James K. Carlyle 5km

Sept 12, 2015

12/9/15 - 12/9/15

Results by www.runningbydesign.com

## Event # 2 MIXED 21.1k Run

Name	Age	Bib	Team	Avg per K	Avg per MI	Time
<b>FEMALE 20 - 29</b>						
1 Cassidy Pilutti	F 29	4516	LANSDOWNE	5:49.29	9:22.13	2:02:50.00
<b>FEMALE 30 - 39</b>						
1 Sheri McMullen	F 37	4510	ATHENS	5:06.49	8:13.25	1:47:47.00
<b>FEMALE 40 - 49</b>						
1 Suzanne Kerr	F 40	4530	KINGSTON	4:10.00	6:42.34	1:27:55.00
2 Lana Saunders	F 40	4518	HOWE ISLAND	4:41.00	7:32.22	1:38:49.00
3 Laurie Wheeler	F 44	4539	BROCKVILLE	4:56.02	7:56.40	1:44:06.00
4 Meredith Mantle	F 44	4509	FRANKVILLE	6:21.47	10:13.92	2:14:09.00
<b>FEMALE 50 - 59</b>						
1 Agathe Nicholson	F 54	4524	PERTH ROAD	4:10.43	6:43.02	1:28:04.00
2 Pam Mundell	F 50	4512	KINGSTON	5:17.30	8:30.64	1:51:35.00
3 Janet Shepherd	F 52	4519	MALLORYTOWN	5:36.82	9:02.07	1:58:27.00
<b>FEMALE 60 - 69</b>						
1 Shirley Myers	F 63	4513	KINGSTON	5:02.89	8:07.46	1:46:31.00
2 Deborah Holtom	F 64	4506	HOWE ISLAND	5:04.12	8:09.44	1:46:57.00
<b>MALE 30 - 39</b>						
1 Kevin Beatty	M 39	4533	FRANKFORD	3:44.45	6:01.23	1:18:56.00
2 Tim Gillespie	M 38	4505	KINGSTON	3:48.48	6:07.71	1:20:21.00
3 Mark Dodds	M 36	4503	MALLORYTOWN	4:19.76	6:58.05	1:31:21.00
4 Mark Kerr	M 34	4531	KINGSTON	4:20.66	6:59.50	1:31:40.00
5 Luis Paico-Avilez	M 31	4515	KINGSTON	5:03.89	8:09.06	1:46:52.00
6 Daniel Williams	M 34	4521	BROCKVILLE	5:46.92	9:18.31	2:02:00.00
7 Neal Condron	M 35	4532	BROCKVILLE	5:58.96	9:37.69	2:06:14.00
<b>MALE 40 - 49</b>						
1 Jeff Lapierre	M 43	4527	GREEN VALLEY	3:53.55	6:15.87	1:22:08.00
2 Brock Davis	M 47	4538	BROCKVILLE	4:01.33	6:28.38	1:24:52.00
3 Christian Belair	M 40	4525	SUMMERSTOWN	4:02.94	6:30.97	1:25:26.00
4 Chris Nash	M 49	4514	BROCKVILLE	4:18.63	6:56.22	1:30:57.00
5 Tim McMullen	M 40	4511	ATHENS	5:08.39	8:16.30	1:48:27.00
6 Andrew Boden	M 47	4523	GANANOQUE	7:02.27	11:19.59	2:28:30.00
<b>MALE 50 - 59</b>						
1 Wayne Rice	M 52	4517	SYDENHAM	4:05.69	6:35.40	1:26:24.00
2 Brian Campbell	M 54	4501	CORNWALL	4:24.69	7:05.98	1:33:05.00
3 Stewart Campbell	M 57	4502	PEMBROKE	4:24.74	7:06.06	1:33:06.00
4 Ian Loughrey	M 57	4508	BROCKVILLE	4:40.85	7:31.99	1:38:46.00
5 Richard Prinsen	M 51	4534	KINGSTON	4:42.09	7:33.97	1:39:12.00
6 David Lee	M 51	4507	KINGSTON	4:55.92	7:56.24	1:44:04.00
7 Greg Phillips	M 50	4536	KINGSTON	5:01.37	8:05.02	1:45:59.00
8 Murray Tait	M 55	4537	BROCKVILLE	5:14.22	8:25.68	1:50:30.00
<b>MALE 60 - 69</b>						
1 Al Cantlay	M 60	4535	KINGSTON	4:28.39	7:11.93	1:34:23.00
2 Laurence Jones	M 64	4526	BROCKVILLE	4:41.28	7:32.68	1:38:55.00
3 Ed Eby	M 64	4504	BROCKVILLE	5:59.48	9:38.52	2:06:25.00
4 John Dance	M 64	4528	OTTAWA	6:12.13	9:58.89	2:10:52.00

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	<b>Name</b>	<b>Age</b>	<b>Bib</b>	<b>Team</b>	<b>Avg per K</b>	<b>Avg per MI</b>	<b>Time</b>
<b>MALE 70 - 79</b>							
1	PJ Marshall	M 73	4529	KINGSTON	6:27.91	10:24.29	2:16:25.00

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