

## 29th Mark Darroch 1/2 Mar &amp; James K. Carlyle 5km Races

Rockport, Ontario

11/09/2016

9/9/16 - 9/9/16

Results by www.runningbydesign.com

## Event # 1 MIXED 5K Run

	Name	Age	Bib	Team	Avg per K	Avg per MI	Time
<b>FEMALE 1 - 19</b>							
1	Corinne Schonewilk	F 17	5533	ATHENS	4:02.2	6:29.7	20:11.00
2	Brittany Alkerton	F 17	5542	BROCKVILLE	4:12.8	6:46.8	21:04.00
3	Lexi Kundlacz	F 15	5531	BROCKVILLE	4:16.2	6:52.3	21:21.00
4	Alyshia Alkerton	F 13	5543	BROCKVILLE	4:17.2	6:53.9	21:26.00
5	Mercedez Covey	F 10	5519	BROCKVILLE	4:23.2	7:03.5	21:56.00
6	Sophie Saunders-Lambert	F 10	5517	HOWE ISLAND	4:46.8	7:41.5	23:54.00
7	Maggie Crawford	F 12	5538	BROCKVILLE	4:55.4	7:55.4	24:37.00
8	Karen Wood Murphy	F 15	5552	CAMDEN EAST	5:04.2	8:09.5	25:21.00
9	Brielle Johnson Hodge	F 13	5505	ELIZABETHTOWN	5:20.8	8:36.2	26:44.00
10	Kate Gordon	F 10	5548	MALLORYTOWN	5:22.6	8:39.1	26:53.00
11	Erin Jones	F 12	5536	BROCKVILLE	7:59.6	12:51.8	39:58.00
12	Gwyneth Armstrong	F 12	5540	MAITLAND	7:59.8	12:52.1	39:59.00
13	Tate Armstrong	F 11	5539	MAITLAND	8:29.8	13:40.4	42:29.00
<b>FEMALE 20 - 29</b>							
1	Kirsten Whitaker	F 22	5534	HUTCHINSON	4:20.8	6:59.7	21:44.00
2	Jodi Usher	F 26	5518	BROCKVILLE	4:38.2	7:27.7	23:11.00
3	Kendall Macleod	F 27	5555	BROCKVILLE	6:42.0	10:46.9	33:30.00
<b>FEMALE 30 - 39</b>							
1	Sarah Wilson	F 30	5508	MAITLAND	6:12.6	9:59.6	31:03.00
2	Meghan MacDonald	F 33	5520	BROCKVILLE	6:35.4	10:36.3	32:57.00
<b>FEMALE 40 - 49</b>							
1	Darlene Gordon	F 42	5549	MALLORYTOWN	5:23.0	8:39.8	26:55.00
2	Jean McFeely	F 42	5506	BROCKVILLE	6:22.4	10:15.4	31:52.00
3	Gina Miller	F 44	5537	BROCKVILLE	8:15.8	13:17.9	41:19.00
4	Alison Armstrong	F 45	5541	MAITLAND	8:30.4	13:41.4	42:32.00
<b>FEMALE 50 - 59</b>							
1	Marianne Carlyle	F 54	5546	BROCKVILLE	6:03.6	9:45.1	30:18.00
2	Judy Curry	F 52	5547	BROCKVILLE	6:03.8	9:45.4	30:19.00
3	Sharon Riddell	F 51	5511	BROCKVILLE	6:04.0	9:45.8	30:20.00
4	Karen MacDonald Hurley	F 58	5551	MAITLAND	6:26.2	10:21.5	32:11.00
5	Cindylou Barclay	F 56	5525	BROCKVILLE	8:23.0	13:29.5	41:55.00
6	Colleen Quinn	F 57	5521	BROCKVILLE	8:30.0	13:40.7	42:30.00
<b>FEMALE 60 - 69</b>							
1	Eithne Dunbar	F 67	5553	BROCKVILLE	5:49.0	9:21.6	29:05.00
2	Louise Wood	F 67	5532	PORTLAND	6:08.4	9:52.8	30:42.00
<b>MALE 1 - 19</b>							
1	Will Campeau	M 14	5554	SPENCERVILLE	3:45.2	6:02.4	18:46.00
2	Jake Lessard	M 14	5513	BROCKVILLE	3:59.4	6:25.2	19:57.00
3	Curtis Jackson	M 16	5512	LANSLOWNE	4:04.6	6:33.6	20:23.00
4	Arden Barnett	M 16	5550	BROCKVILLE	4:19.6	6:57.7	21:38.00
5	Matthew Barkley	M 10	5535	BROCKVILLE	4:22.6	7:02.6	21:53.00
6	Gavin Clarke	M 10	5523	BROCKVILLE	4:58.6	8:00.5	24:53.00
7	Parker Goguen	M 6	5530	FRANKVILLE	6:44.0	10:50.1	33:40.00
<b>MALE 20 - 29</b>							

**29th Mark Darroch 1/2 Mar & James K. Carlyle 5km Races**

Rockport, Ontario

11/09/2016

9/9/16 - 9/9/16

Results by [www.runningbydesign.com](http://www.runningbydesign.com)

	Name	Age	Bib	Team	Avg per K	Avg per MI	Time
1	Danae Morris	M 20	5516	ODESSA	3:46.4	6:04.3	18:52.00
2	Zack Boyd	M 26	5524	BROCKVILLE	4:10.0	6:42.3	20:50.00
<b>MALE 30 - 39</b>							
1	Shawn Weima	M 38	5527	KINGSTON	4:15.6	6:51.3	21:18.00
2	Curtis Runions	M 38	5528	KINGSTON	4:21.6	7:01.0	21:48.00
3	Curtis McKague	M 36	5545	BROCKVILLE	4:22.2	7:01.9	21:51.00
4	Scott Coombes	M 36	5509	BROCKVILLE	4:23.8	7:04.5	21:59.00
5	Matt Kinghorn	M 33	5503	BROCKVILLE	5:15.4	8:27.5	26:17.00
6	Steve Goguen	M 31	5529	FRANKVILLE	6:45.2	10:52.1	33:46.00
<b>MALE 40 - 49</b>							
1	Jeff Lapierre	M 44	5526	GREEN VALLEY	3:29.8	5:37.6	17:29.00
<b>MALE 50 - 59</b>							
1	Kevin Riddell	M 55	5510	BROCKVILLE	4:07.0	6:37.5	20:35.00
2	Willy Primeau	M 55	5544	BROCKVILLE	6:16.8	10:06.4	31:24.00
<b>MALE 60 - 69</b>							
1	Rick Swift	M 69	5504	BROCKVILLE	4:13.4	6:47.8	21:07.00
2	Jim Estes	M 67	5522	KINGSTON	5:41.8	9:10.0	28:29.00
3	Jonathan Wyatt	M 67	5514	BROCKVILLE	6:48.2	10:56.9	34:01.00
<b>MALE 70 - 79</b>							
1	Hugh Wilson	M 76	5501	DORVAL	5:34.0	8:57.5	27:50.00
<b>MALE 80 - 99</b>							
1	Jean Bernaquez	M 84	5502	MONTREAL	6:44.2	10:50.4	33:41.00