

Mark Darroch Half & James K. Carlyle 5km

Rockport, Ontario

2018-09-08

9/8/18 - 9/8/18

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

Name	Age	Bib	Team	Avg per K	Avg per MI	Time
FEMALE 1 - 19						
1 Mercedez Covey	F 12	4583	5km	4:12.4	6:46.1	21:02.00
2 Sophie Saunders-Lambert	F 12	4617	5km	4:34.8	7:22.2	22:54.00
FEMALE 20 - 29						
1 Jodi SteenKamer	F 28	4621	5km	4:26.6	7:09.0	22:13.00
2 Blake Oliver	F 23	4603	5km	5:32.8	8:55.5	27:44.00
FEMALE 30 - 39						
1 Allison Alexander	F 36	4578	5km	4:08.4	6:39.7	20:42.00
2 Courtney Shaffer	F 34	4610	5km	4:44.0	7:37.0	23:40.00
3 Kirsty MacDonald	F 36	4607	5km	5:04.0	8:09.2	25:20.00
4 Merima Grace	F 37	4624	5km	5:18.6	8:32.7	26:33.00
5 Caroline Rigutto	F 39	4593	5km	9:51.8	15:52.4	49:19.00
FEMALE 40 - 49						
1 Sarah Crawford	F 46	4602	5km	4:39.0	7:29.0	23:15.00
2 Rhiannon Iles	F 45	4609	5km	5:23.0	8:39.8	26:55.00
3 Allison Smith	F 43	4597	5km	5:26.4	8:45.2	27:12.00
4 Shana Doonan	F 40	4586	5km	5:52.4	9:27.1	29:22.00
5 Jennifer McDonald	F 40	4591	5km	5:53.8	9:29.3	29:29.00
6 Janet Gartley	F 49	4587	5km	6:16.8	10:06.4	31:24.00
FEMALE 50 - 59						
1 Corinne Johnson	F 50	4590	5km	6:17.0	10:06.7	31:25.00
2 Heather Bell	F 50	4615	5km	7:04.4	11:23.0	35:22.00
FEMALE 60 - 69						
1 Eithne Dunbar	F 69	4622	5km	5:57.6	9:35.5	29:48.00
2 Karen McDonald Hurley	F 60	4613	5km	6:23.6	10:17.3	31:58.00
3 Marion Wyatt	F 69	4600	5km	9:03.2	14:34.1	45:16.00
4 Brenda Craig	F 69	4616	5km	9:51.6	15:52.0	49:18.00
FEMALE 70 - 79						
1 Jennifer Barnes	F 70	4577	5km	7:21.8	11:51.0	36:49.00
MALE 1 - 19						
1 Max Benda	M 14	4580	5km	3:33.8	5:44.0	17:49.00
2 Blake Shane	M 14	4614	5km	4:12.2	6:45.8	21:01.00
3 Ryan Rigutto	M 9	4595	5km	5:31.2	8:53.0	27:36.00
4 Parker Goguen	M 8	4588	5km	5:32.0	8:54.3	27:40.00
MALE 30 - 39						
1 Carl Coutu	M 35	4611	5km	3:43.8	6:00.1	18:39.00
MALE 40 - 49						
1 John Sadler	M 45	4596	5km	3:54.8	6:17.8	19:34.00
2 Peter Moody	M 40	4608	5km	4:35.4	7:23.2	22:57.00
3 Gus Stringel	M 48	4605	5km	4:59.6	8:02.1	24:58.00
MALE 50 - 59						
1 Wayne Rice	M 55	4612	5km	3:57.6	6:22.3	19:48.00
2 Joe Mangra	M 58	4618	5km	4:32.8	7:19.0	22:44.00
3 David Rigutto	M 50	4594	5km	6:19.6	10:10.9	31:38.00
MALE 60 - 69						

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	Name	Age	Bib	Team	Avg per K	Avg per MI	Time
1	Glenn Caird	M 66	4619	5km	4:26.2	7:08.4	22:11.00
2	Paul Heintzman	M 60	4589	5km	4:39.6	7:29.9	23:18.00
3	Anthony Barnes	M 67	4579	5km	6:11.4	9:57.7	30:57.00
4	Jonathan Wyatt	M 69	4601	5km	6:39.8	10:43.4	33:19.00
MALE 70 - 79							
1	Rick Swift	M 71	4598	5km	4:35.2	7:22.8	22:56.00
2	Tony Dunbar	M 73	4623	5km	4:37.8	7:27.0	23:09.00
3	Ed Brand	M 70	4606	5km	4:55.8	7:56.0	24:39.00
4	Bill Poole	M 74	4592	5km	5:32.4	8:54.9	27:42.00
5	Hugh Wilson	M 78	4599	5km	6:37.6	10:39.8	33:08.00
6	Liam Cullen	M 76	4585	5km	8:53.4	14:18.4	44:27.00
MALE 80 - 99							
1	Jean Bernaquez	M 86	4581	5km	7:05.2	11:24.2	35:26.00