

30th Mark Darroch 1/2 Mar & James K. Carlyle 5km Races

Rockport

09/09/2017

9/9/17 - 9/9/17

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 11	4078	BROCKVILLE	4:21.0	7:00.0	21:45.00
2	Marieke VanSpriel	F 15	4541	ATHENS	4:29.6	7:13.8	22:28.00
3	Sophie Saunders-Lambert	F 11	4786	KINGSTON	4:34.4	7:21.6	22:52.00
4	Cate Gordon	F 11	4556	MOLLORYTOWN	5:04.0	8:09.2	25:20.00
5	Claire Baker	F 16	4564	ATHENS	6:20.2	10:11.8	31:41.00
FEMALE 20 - 29							
1	Courtney Searson	F 28	4560	BROCKVILLE	5:22.6	8:39.1	26:53.00
FEMALE 30 - 39							
1	Robyn Hoogendam	F 33	4543	OTTAWA	5:03.6	8:08.5	25:18.00
2	Anne Mather	F 36	4544	OTTAWA	5:28.6	8:48.8	27:23.00
3	Jen McDonald	F 39	4569	BROCKVILLE	5:45.2	9:15.5	28:46.00
4	Shana Doonan	F 39	4570	BROCKVILLE	5:45.4	9:15.8	28:47.00
FEMALE 40 - 49							
1	Angela Roles	F 41	4574	TOLEDO	4:46.2	7:40.5	23:51.00
2	Marysa Irvine	F 44	4571	RICHMOND	5:23.8	8:41.1	26:59.00
3	Janet Gartley	F 48	4567	BROCKVILLE	6:14.6	10:02.8	31:13.00
4	Katrina Baker	F 46	4563	ATHENS	6:20.4	10:12.1	31:42.00
5	Amy Haskill	F 43	4572	OTTAWA	8:13.0	13:13.4	41:05.00
6	Michelle Keough	F 43	4573	OTTAWA	8:13.2	13:13.7	41:06.00
FEMALE 50 - 59							
1	Cynthia Laforty	F 56	4549	BROCKVILLE	5:02.6	8:06.9	25:13.00
2	Sharon Riddell	F 52	4552	BROCKVILLE	5:04.8	8:10.5	25:24.00
FEMALE 60 - 69							
1	Eithne Dunbar	F 68	4562	BROCKVILLE	5:50.2	9:23.5	29:11.00
2	Jennifer Barnes	F 69	4565	BROCKVILLE	6:49.6	10:59.1	34:08.00
3	Patty Hoogendam	F 60	4555	BROCKVILLE	7:11.6	11:34.5	35:58.00
MALE 1 - 19							
1	Gavin Clarke	M 11	4548	BROCKVILLE	4:20.2	6:58.7	21:41.00
MALE 40 - 49							
1	Kevin Dunbar	M 42	4559	KINGSTON	3:34.8	5:45.6	17:54.00
2	Jeff Lapierre	M 45	4532	JUNE VALLEY	3:36.4	5:48.2	18:02.00
3	Marc Henri	M 42	4540	ALEXANDRIA	4:48.0	7:43.4	24:00.00
4	Brian Gartley	M 47	4568	BROCKVILLE	4:54.0	7:53.1	24:30.00
5	Jason Barlow	M 43	4551	BROCKVILLE	5:01.0	8:04.4	25:05.00
6	Peter Gordon	M 43	4557	MALLORYTOWN	5:04.2	8:09.5	25:21.00
7	Al Mcnelly	M 45	4558	BROCKVILLE	10:30.2	16:54.2	52:31.00
MALE 50 - 59							
1	Wayne Rice	M 54	4547	SYDENHAM	3:49.0	6:08.5	19:05.00
2	Mitch White	M 55	4550	BROCKVILLE	6:12.2	9:58.9	31:01.00
3	Dale Elliott	M 51	4553	BROCKVILLE	6:16.2	10:05.4	31:21.00
MALE 70 - 99							
1	Rick Swift	M 70	4566	BROCKVILLE	4:09.0	6:40.7	20:45.00
2	Bill Poole	M 73	4561	MALLORYTOWN	5:31.0	8:52.6	27:35.00
3	Hugh Wilson	M 77	4545	MONTREAL	5:33.2	8:56.2	27:46.00

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	Name	Age	Bib	Team	Avg per K	Avg per MI	Time
4	Mike Day	M 82	4554	OTTAWA	5:36.2	9:01.0	28:01.00
5	Jean Bernaquez	M 85	4546	MONTREAL	6:08.6	9:53.2	30:43.00
