

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 # 2 MIXED 21.1k Run**

	Name	Age	Bib	Team	Avg per K	Avg per MI	Time
FEMALE 20 - 29							
1	Svieda Ma	F 26	5569	KINGSTON	4:49.1	7:45.3	1:41:41.00
2	Jody Patterson	F 27	5443	KINGSTON	4:54.4	7:53.8	1:43:33.00
3	Kathleen Abeles	F 26	5580	HOWE ISLAND	6:11.7	9:58.2	2:10:44.00
4	Pria Patal	F 24	5451	KINGSTON	6:40.2	10:44.1	2:20:46.00
FEMALE 40 - 49							
1	Suzanne Kerr	F 42	5448	KINGSTON	4:06.7	6:37.1	1:26:47.00
2	Laura Prociuk	F 49	5556	HARROWSMITH	4:44.5	7:38.0	1:40:05.00
3	Lisa Bootsma	F 43	5575	BELLEVILLE	4:48.3	7:44.1	1:41:25.00
4	Lana Saunders	F 42	5583	KINGSTON	4:52.1	7:50.2	1:42:45.00
5	Tammy Pigion	F 44	5566	NAPANEE	4:55.6	7:55.7	1:43:58.00
6	Christie Reitsma	F 42	5565	ATHENS	5:13.6	8:24.6	1:50:17.00
7	Adele McLeod	F 48	5442	BROCKVILLE	5:14.1	8:25.6	1:50:29.00
8	Stacey Berdan	F 49	5567	TWEED	5:21.4	8:37.2	1:53:02.00
9	Julie Larose	F 41	5578	PRESCOTT	6:14.8	10:03.3	2:11:50.00
FEMALE 50 - 59							
1	Mary Gauvreau	F 55	5577	OTTAWA	6:40.7	10:44.8	2:20:55.00
FEMALE 60 - 69							
1	Deborah Holtom	F 66	5581	HOWE ISLAND	5:03.0	8:07.6	1:46:34.00
2	Shirley Myers	F 65	5562	KINGSTON	5:07.0	8:14.0	1:47:58.00
3	Cynthia Abeles	F 60	5579	HOWE ISLAND	6:11.7	9:58.2	2:10:43.00
4	Margaret Coughlin	F 63	5590	KINGSTON	7:14.8	11:39.8	2:32:56.00
5	Joy Harrison	F 63	5591	KINGSTON	7:49.9	12:36.3	2:45:17.00
MALE 20 - 29							
1	Chris Hague	M 28	5589	KINGSTON	3:29.6	5:37.3	1:13:43.00
2	Jeff Shepherd	M 25	5587	ELGIN	4:06.7	6:37.1	1:26:47.00
3	Matthew Preston	M 21	5576	KINGSTON	4:37.5	7:26.6	1:37:36.00
4	Nicolas Hili	M 28	5560	KINGSTON	4:39.0	7:29.0	1:38:08.00
5	Zack Boyd	M 27	5441	BROCKVILLE	4:39.3	7:29.5	1:38:14.00
6	Branaavan Sivarajah	M 24	5559	MISSISSAUGA	5:11.5	8:21.3	1:49:33.00
MALE 30 - 39							
1	Costas Farassoglou	M 37	5558	OTTAWA	4:31.7	7:17.2	1:35:33.00
2	Savvas Farassoglou	M 37	5561	OTTAWA	4:31.8	7:17.5	1:35:37.00
3	Luis Paico-Aviles	M 33	5584	KANATA	4:43.4	7:36.1	1:39:41.00
4	Matt Kinghorn	M 34	5445	BROCKVILLE	6:05.7	9:48.5	2:08:37.00
MALE 40 - 49							
1	Kevin Beatty	M 41	5444	FRANKFORD	3:42.0	5:57.4	1:18:06.00
2	Tim Gillespie	M 40	5588	KINGSTON	3:43.2	5:59.3	1:18:31.00
3	Craig McDonald	M 41	5564	BROCKVILLE	5:10.1	8:19.2	1:49:05.00
4	Trent Craddock	M 48	5585	SPENCERVILLE	5:18.3	8:32.3	1:51:57.00
5	David Shaver	M 49	5450	BROCKVILLE	6:24.4	10:18.6	2:15:11.00
MALE 50 - 59							
1	Robby Breadner	M 51	5568	KINGSTON	4:09.0	6:40.8	1:27:36.00
2	Ian Loughrey	M 59	5574	BROCKVILLE	4:15.3	6:50.9	1:29:48.00
3	Richard Prinsen	M 53	5586	KINGSTON	4:30.2	7:14.9	1:35:02.00

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	Name	Age	Bib	Team	Avg per K	Avg per MI	Time
4	Kevin Riddell	M 56	5563	BROCKVILLE	4:37.7	7:27.0	1:37:41.00
5	David Connors	M 50	5440	KINGSTON	4:52.5	7:50.7	1:42:52.00
6	Christian Ritchot	M 58	5557	BELLEVILLE	5:02.2	8:06.3	1:46:17.00
7	David Lee	M 53	5447	KINGSTON	5:02.8	8:07.4	1:46:31.00
8	Murray Tait	M 57	5446	BROCKVILLE	5:57.2	9:34.9	2:05:38.00
MALE 60 - 69							
1	Al Cantlay	M 62	5449	KINGSTON	4:36.5	7:25.0	1:37:15.00
2	Ed Eby	M 66	5572	BROCKVILLE	6:00.6	9:40.4	2:06:50.00
3	Jerome Cyr	M 64	5571	OTTAWA	6:00.7	9:40.5	2:06:51.00
4	Jim Estes	M 68	5439	KINGSTON	6:05.2	9:47.8	2:08:27.00
5	Tony Barnes	M 66	5570	BROCKVILLE	6:55.5	11:08.7	2:26:08.00
MALE 70 - 79							
1	Tony Dunbar	M 72	5592	BROCKVILLE	5:10.2	8:19.2	1:49:06.00
2	John Raiswell	M 76	5573	BROCKVILLE	6:32.7	10:32.0	2:18:07.00
3	PJ Marshall	M 75	5582	KINGSTON	7:18.6	11:45.8	2:34:15.00