

KRRA Fort Henry XC Races

Fort Henry Hill, Kingston

29/09/2016

9/23/16 - 9/23/16

Results by www.runningbydesign.com**Event # 2 MIXED 5K Run**

	Name	Age	Bib	Team	Avg per K	Avg per MI	Time
FEMALE 1 - 14							
1	Ella McShane	F 14	346	KINGSTON	4:28.6	7:12.2	22:23.03
2	Gates McAllister	F 9	223	KINGSTON	4:41.2	7:32.6	23:26.18
3	Taylor Wolsey	F 10	237	KINGSTON	4:42.6	7:34.8	23:33.06
4	Sophie Saunders-Lambert	F 9	273	HOWE ISLAND	4:52.1	7:50.1	24:20.84
FEMALE 15 - 19							
1	Emma Howard	F 18	313	KINGSTON	4:01.4	6:28.5	20:07.06
2	Natasha Wong	F 19	315	KINGSTON	4:04.0	6:32.7	20:20.25
3	Alanna Shearman	F 19	345	KINGSTON	4:12.1	6:45.8	21:00.81
4	Laura Park	F 18	314	KINGSTON	4:16.8	6:53.3	21:24.18
5	Abby Jordan	F 15	203	MORRISBURG	4:24.2	7:05.3	22:01.38
6	Michelle Willis	F 18	338	KINGSTON	4:47.9	7:43.4	23:59.88
7	Jessie Reynolds	F 19	341	KINGSTON	4:53.9	7:53.1	24:29.97
8	Erin Cassibo	F 18	282	BELLEVILLE	4:58.7	8:00.8	24:53.97
9	Kayla Cassibo	F 19	288	BELLEVILLE	4:59.4	8:01.9	24:57.34
FEMALE 20 - 29							
1	Stephanie Place	F 28	209	KINGSTON	4:28.1	7:11.4	22:20.50
2	Ocean Johnson-Storey	F 21	292	THOROLD	4:30.1	7:14.6	22:30.50
3	Rachel Parks	F 23	259	KINGSTON	4:33.2	7:19.6	22:46.00
4	Brooke Trudeau	F 23	286	BELLEVILLE	4:38.5	7:28.2	23:12.50
5	Sophia Merilainen	F 21	334	KINGSTON	4:40.2	7:30.9	23:21.12
6	Sydney Low	F 22	252	KINGSTON	4:52.7	7:51.0	24:23.62
7	Kallie Reynolds	F 20	244	KINGSTON	5:08.8	8:17.0	25:44.28
8	Janelle Eeuwes	F 23	351	KINGSTON	5:10.1	8:19.1	25:50.72
9	Kaitlyn Boese	F 24	343	KINGSTON	5:21.9	8:38.1	26:49.78
10	Claire Dickison	F 20	355	KINGSTON	5:35.1	8:59.4	27:55.94
11	Olivia Owsiany	F 25	260	KINGSTON	6:04.4	9:46.4	30:22.12
12	Sarah Savage	F 23	257	KINGSTON	6:35.7	10:36.9	32:58.84
13	Britney Castleman	F 26	200	KINGSTON	7:05.0	11:24.0	35:25.28
14	Brittany Guindon	F 24	347	KINGSTON	7:10.0	11:32.0	35:50.18
FEMALE 30 - 39							
1	Mackenzie Bowman	F 37	213	KINGSTON	4:23.8	7:04.5	21:59.06
2	Lesley Rudy	F 35	268	KINGSTON	4:44.8	7:38.3	23:44.12
3	Kyla Walton	F 30	284	BELLEVILLE	4:57.6	7:59.0	24:48.28
4	Kat Melia	F 32	222	KINGSTON	5:01.9	8:05.8	25:09.62
5	Jana Mareckova	F 36	231	KINGSTON	5:33.8	8:57.1	27:49.00
6	Karoline Sheppard	F 36	253	KINGSTON	6:09.4	9:54.6	30:47.44
7	Catherine Crandell	F 31	245	KINGSTON	6:23.2	10:16.8	31:56.31
8	Laurel Ballantyne	F 36	246	KINGSTON	6:23.3	10:16.8	31:56.59
9	Amanda Gould	F 38	255	KINGSTON	7:20.9	11:49.5	36:44.59
FEMALE 40 - 49							
1	Lana Saunders	F 41	271	HOWE ISLAND	4:26.2	7:08.4	22:11.22
2	Kelley Packalen	F 40	236	KINGSTON	4:29.9	7:14.3	22:29.59
3	Lisa Bootsma	F 42	207	BELLEVILLE	4:34.4	7:21.7	22:52.38
4	Isabella Jordan	F 45	201	MORRISBURG	4:38.2	7:27.8	23:11.31

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	Name	Age	Bib	Team	Avg per K	Avg per MI	Time
5	Stacey Berdan	F 48	272	TWEED	4:55.2	7:55.2	24:36.41
6	Lynne Bridgewater	F 47	289	MADOC	5:09.5	8:18.0	25:47.50
7	Kim McFarlane	F 43	328	KINGSTON	6:48.9	10:58.0	34:04.59
FEMALE 50 - 59							
1	Joanne Armstrong	F 50	262	KINGSTON	4:23.9	7:04.8	21:59.90
2	Karen Millson	F 53	342	KINGSTON	4:36.7	7:25.3	23:03.56
3	Pam Mundell	F 50	321	KINGSTON	4:45.3	7:39.2	23:46.75
4	Audethy Tallack	F 55	296	KINGSTON	5:03.8	8:08.9	25:19.22
5	Lori Dunn	F 50	247	GANANOQUE	6:23.9	10:17.9	31:59.78
6	Karen Boese	F 55	344	KINGSTON	6:56.2	11:09.8	34:41.22
FEMALE 60 - 99							
1	Deborah Holtom	F 65	311	HOWE ISLAND	4:54.5	7:54.0	24:32.72
2	Shirley Myers	F 63	270	KINGSTON	5:05.4	8:11.6	25:27.47
3	Margaret Coughlin	F 61	304	KINGSTON	6:22.4	10:15.4	31:52.09
MALE 1 - 14							
1	Liam Bootsma	M 14	208	BELLEVILLE	3:45.2	6:02.4	18:46.00
2	Aidan Tulk	M 12	248	KINGSTON	3:59.3	6:25.2	19:56.84
3	Liam Cowan	M 13	242	KINGSTON	4:07.6	6:38.5	20:38.34
4	Connor Cowan	M 11	243	KINGSTON	4:21.1	7:00.2	21:45.59
5	Kal Riseling	M 13	324	KINGSTON	4:24.6	7:05.9	22:03.24
6	Kieran McAllister	M 11	224	KINGSTON	4:27.9	7:11.1	22:19.66
7	Matthew Zhou	M 8	226	KINGSTON	4:56.8	7:57.7	24:44.34
8	Spencer Oxbro	M 10	298	KINGSTON	5:01.6	8:05.4	25:08.34
9	Lucas Naugler	M 14	263	KINGSTON	5:02.0	8:06.0	25:10.18
10	Triton Trueman	M 8	357	KINGSTON	5:56.5	9:33.7	29:42.69
MALE 15 - 19							
1	Dawson Rowntree	M 18	283	BELLEVILLE	3:36.9	5:49.1	18:04.78
2	Sebastian Scott	M 17	290	KINGSTON	3:48.3	6:07.5	19:01.78
3	Jordan Langille	M 18	337	KINGSTON	3:51.1	6:11.9	19:15.62
4	Noah Summers	M 16	310	GANANOQUE	4:06.7	6:37.1	20:33.94
5	Devin Brown	M 19	339	KINGSTON	4:24.7	7:06.0	22:03.62
MALE 20 - 29							
1	Robert Talarico	M 24	319	KINGSTON	3:42.6	5:58.3	18:33.44
2	Nick Simpson	M 20	267	KINGSTON	3:45.5	6:03.0	18:47.81
3	Mike Mackett	M 24	206	ST. CATHARINES	3:47.0	6:05.3	18:55.22
4	Alex Hoftyzer	M 20	285	BELLEVILLE	3:49.9	6:10.0	19:09.81
5	Matt Preston	M 20	336	KINGSTON	3:51.6	6:12.7	19:18.03
6	Jason Basaur	M 20	350	KINGSTON	3:52.1	6:13.6	19:20.84
7	Ryan Dorsey	M 29	295	SEELEYS BAY	4:02.9	6:30.9	20:14.66
8	Noah Middaugh	M 23	287	BELLEVILLE	4:12.6	6:46.5	21:03.09
9	Zachery Boyd	M 25	322	BROCKVILLE	4:20.1	6:58.7	21:40.94
10	Ian Guthrie	M 21	335	KINGSTON	4:22.4	7:02.2	21:52.00
11	Alex Olszewski	M 20	358	KINGSTON	4:46.1	7:40.5	23:50.88
12	Robert Mackey	M 28	228	KINGSTON	4:49.3	7:45.5	24:06.50
13	Hillary Esdon	M 27	216	KINGSTON	5:34.3	8:58.0	27:51.56
14	Brandon Murphy	M 21	349	KINGSTON	7:10.1	11:32.2	35:50.68

MALE 30 - 39

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	Name	Age	Bib	Team	Avg per K	Avg per MI	Time
1	Nick Cosman	M 34	353	KINGSTON	3:30.9	5:39.5	17:34.91
2	Scott Wilkes	M 37	352	KINGSTON	3:31.7	5:40.7	17:38.66
3	Darryl Bank	M 32	220	KINGSTON	3:34.9	5:45.9	17:54.94
4	Tim Gillespie	M 38	256	KINGSTON	3:37.3	5:49.7	18:06.66
5	Shane Gale	M 33	280	TRENTON	4:06.8	6:37.2	20:34.24
6	Curtion Runions	M 37	302	KINGSTON	4:24.5	7:05.6	22:02.53
7	Mark Zhou	M 38	227	KINGSTON	5:32.4	8:55.0	27:42.31
8	Chris Rostant	M 36	229	KINGSTON	6:34.1	10:34.3	32:50.78
MALE 40 - 49							
1	Kevin Dunbar	M 40	307	KINGSTON	3:39.6	5:53.4	18:18.22
2	Savvas Frantzeskos	M 41	293	KINGSTON	3:40.0	5:54.1	18:20.25
3	Robby Breadner	M 49	217	KINGSTON	3:56.8	6:21.2	19:44.34
4	Martin Guyon	M 49	274	KINGSTON	4:10.4	6:43.1	20:52.41
5	Cam Miller	M 47	299	KINGSTON	4:14.1	6:48.9	21:10.62
6	Scott Summers	M 46	309	GANANOQUE	4:25.6	7:07.5	22:08.44
7	Juergen Dingel	M 49	251	KINGSTON	4:28.2	7:11.7	22:21.46
8	Deb Shanks	M 44	215	ELGIN	5:25.9	8:44.5	27:09.62
9	Jason Trueman	M 42	356	KINGSTON	5:56.6	9:33.9	29:43.28
MALE 50 - 59							
1	Wayne Rice	M 53	269	KINGSTON	3:56.3	6:20.3	19:41.62
2	Paul Cehan	M 51	240	KINGSTON	4:15.6	6:51.3	21:18.15
3	Richard Prinsen	M 51	219	KINGSTON	4:18.0	6:55.2	21:30.06
4	Rick Royce	M 57	254	KINGSTON	4:21.5	7:00.9	21:47.78
5	Steve Tanner	M 56	275	ODESSA	4:35.4	7:23.3	22:57.28
6	Huw Davies	M 53	232	KINGSTON	4:46.2	7:40.6	23:51.24
7	Chuch Dickison	M 52	354	KINGSTON	5:35.2	8:59.5	27:56.31
8	Doug Marlow	M 56	258	KINGSTON	6:09.1	9:54.0	30:45.56
9	Gray Greer	M 59	294	KINGSTON	6:40.4	10:44.4	33:22.31
MALE 60 - 99							
1	Ed Brand	M 67	320	KINGSTON	4:40.0	7:30.7	23:20.47
2	Richard Sunderland	M 70	277	KINGSTON	5:26.4	8:45.2	27:12.03
3	Geoffrey Roulet	M 69	266	KINGSTON	5:28.3	8:48.4	27:21.84