

**Howe Island Hustle  
Howe Island**

2018-05-12

05-12-2018

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

**Top Overall Finishers**

Place	Name	Bib	Age	Team/Hometown	Time
<b>TOP MALE FINISHERS</b>					
1	Boyd, Steve	1064	54	8K	26:29.03
2	Patterson, Clay	284	29	8K	26:54.66
3	Wilkes, Scott	1156	38	8K	29:01.78
<b>TOP FEMALE FINISHERS</b>					
1	Kerr, Suzanne	1062	43	8K	32:29.41
2	Bates, Julie	243	22	8K	35:11.78
3	Riel, Annie	291	44	8K	36:25.25

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5/12/18 - 5/12/18

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

**Event # 1 MIXED 8K Dash**

Place	Name	Bib	Age/Grade	Team/Hometown	Time/Mark
<b>FEMALE 20 - 29</b>					
1	Courtney Bannerman	241	F 23 8K		<b>37:37.31</b>
2	Sarah Scott	296	F 23 8K		<b>40:22.62</b>
3	Mary Reynolds	288	F 26 8K		<b>42:33.72</b>
4	Alanna Kader	267	F 27 8K		<b>44:39.28</b>
5	Kaitlyn Broad	249	F 29 8K		<b>48:00.44</b>
6	Kathleen Abeles	1049	F 26 8K		<b>49:45.96</b>
7	Katie Bell	244	F 29 8K		<b>54:37.84</b>
8	Bethany Smith	1126	F 29 8K		<b>55:23.94</b>
<b>FEMALE 30 - 39</b>					
1	Jacquie DeWolfe	256	F 35 8K		<b>36:28.28</b>
2	Vera Kotuk	1084	F 37 8K		<b>38:12.25</b>
3	Jana Mareckova	274	F 38 8K		<b>42:41.22</b>
4	Heidi Molenaar	279	F 39 8K		<b>43:34.25</b>
5	Heidi Hitchins	265	F 39 8K		<b>44:19.78</b>
6	Theone Cooper	253	F 36 8K		<b>45:37.56</b>
7	Cindy Caverly	251	F 32 8K		<b>50:33.75</b>
8	Rosa Hessian	1146	F 39 8K		<b>52:04.91</b>
<b>FEMALE 40 - 49</b>					
1	Kate Archibald-Cross	240	F 44 8K		<b>42:23.66</b>
2	Tara Burggraf	250	F 49 8K		<b>42:58.03</b>
3	Dawn Miller	277	F 46 8K		<b>44:29.94</b>
4	Michelle Strassburger	304	F 42 8K		<b>51:24.78</b>

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Place	Name	Bib	Age/Grade	Team/Hometown	Time/Mark
<b>FEMALE 40 - 49</b>					
5	Tamm Farrar	1083	F 44 8K		<b>51:40.03</b>
6	Alex Walker	1118	F 44 8K		<b>55:24.52</b>
7	Andrea Sealy	297	F 41 8K		<b>56:31.21</b>
<b>FEMALE 50 - 59</b>					
1	Cheryl La Force	270	F 58 8K		<b>38:35.53</b>
2	Diana Simone	303	F 52 8K		<b>41:08.69</b>
3	Audethy Tallack	305	F 57 8K		<b>41:16.72</b>
4	Janet Shepherd	299	F 54 8K		<b>41:39.15</b>
5	Stacey Berdan	245	F 50 8K		<b>42:25.18</b>
6	Monica Parry	1115	F 57 8K		<b>44:55.62</b>
7	Tina Wilson	399	F 55 8K		<b>45:10.22</b>
8	Carol Peterson	285	F 52 8K		<b>49:29.28</b>
9	Robin Leriche	271	F 50 8K		<b>53:55.88</b>
10	Diane Crawford	254	F 57 8K		<b>53:56.21</b>
11	Cindy Weese	397	F 53 8K		<b>56:10.31</b>
12	Barb Guiden	264	F 59 8K		<b>56:30.84</b>
<b>FEMALE 60 - 69</b>					
1	Deb Holtom	266	F 67 8K		<b>38:42.91</b>
2	Shirley Myers	280	F 65 8K		<b>41:11.66</b>
3	Susan Meyers	276	F 64 8K		<b>49:00.81</b>
4	Cindy Abeles	1002	F 60 8K		<b>49:45.38</b>
5	Margie File	261	F 65 8K		<b>50:01.50</b>
6	Eithne Dunbar	258	F 69 8K		<b>52:59.31</b>
<b>MALE 1 - 19</b>					
1	Sebastian Scott	1123	M 19 8K		<b>31:57.75</b>
2	Jackson Simmons	302	M 18 8K		<b>32:08.18</b>
3	Cooper Barrie	242	M 12 8K		<b>34:09.69</b>
4	Ryan Hessian	1148	M 15 8K		<b>38:56.72</b>
5	Ian Hession	1150	M 12 8K		<b>45:36.94</b>
6	Andrew Hessian	1149	M 14 8K		<b>47:09.18</b>
<b>MALE 20 - 29</b>					
1	Mike Mackett	273	M 26 8K		<b>29:17.22</b>
2	Jeff Shepherd	300	M 26 8K		<b>34:16.69</b>
3	Sammy Tardif	306	M 26 8K		<b>35:40.15</b>
4	Ben Potts	286	M 27 8K		<b>40:22.87</b>
5	Dan Lynch	272	M 26 8K		<b>44:41.53</b>
6	Andrew Filipcic	262	M 26 8K		<b>44:41.81</b>
<b>MALE 30 - 39</b>					
1	Aaron Siller	301	M 33 8K		<b>34:34.41</b>
2	Luis Paico-Avilez	283	M 34 8K		<b>36:36.00</b>
3	Chris Webster	308	M 39 8K		<b>48:10.75</b>

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Place	Name	Bib	Age/Grade	Team/Hometown	Time/Mark
<b>MALE 30 - 39</b>					
4	Gregory Millican	1155	M 33 8K		<b>50:23.66</b>
5	Richard Webster	309	M 35 8K		<b>52:26.22</b>
<b>MALE 40 - 49</b>					
1	Tim Gillespie	263	M 40 8K		<b>29:07.25</b>
2	Kevin Dunbar	259	M 42 8K		<b>30:16.88</b>
3	Todd Biggerman	1063	M 47 8K		<b>32:46.22</b>
4	John Sadler	295	M 44 8K		<b>35:05.72</b>
5	Steve Birnie-Wortley	247	M 41 8K		<b>35:52.28</b>
6	George Semple	298	M 46 8K		<b>36:56.15</b>
7	Hession Matt	1147	M 43 8K		<b>41:00.50</b>
8	Steve Kinney	268	M 41 8K		<b>43:06.75</b>
9	Dax Chambers	252	M 46 8K		<b>44:01.94</b>
10	Matthew Richardson	290	M 45 8K		<b>47:08.44</b>
<b>MALE 50 - 59</b>					
1	Earl Steinbrecher	1116	M 53 8K		<b>29:12.31</b>
2	Robbie Breadner	1119	M 51 8K		<b>31:13.50</b>
3	Wayne Rice	289	M 55 8K		<b>32:14.78</b>
4	Stephen Scott	1153	M 53 8K		<b>34:48.78</b>
5	Rick Royce	294	M 59 8K		<b>34:53.25</b>
6	Richard Prinsen	287	M 53 8K		<b>35:08.81</b>
7	Jim Biagi	246	M 57 8K		<b>38:59.94</b>
8	David Wilkins	1092	M 55 8K		<b>40:15.88</b>
9	Patrick Thompson	1082	M 54 8K		<b>43:45.28</b>
10	Vladimir Kratky	269	M 59 8K		<b>48:49.78</b>
11	Marcel Neron	281	M 53 8K		<b>56:10.75</b>
<b>MALE 60 - 69</b>					
1	Al Cantlay	1098	M 63 8K		<b>36:42.15</b>
2	Michael Riley	292	M 63 8K		<b>37:58.09</b>
3	Ed Brand	248	M 69 8K		<b>42:08.62</b>
4	Paul Thompson	307	M 68 8K		<b>49:31.28</b>
	Joe Du Vall	257	M 64 8K		<b>DNS</b>
<b>MALE 70 - 99</b>					
1	Tony Dunbar	260	M 73 8K		<b>39:35.56</b>
2	Geoffrey Roulet	293	M 70 8K		<b>43:17.31</b>
3	John Dalgleish	255	M 70 8K		<b>52:14.88</b>
4	PJ Marshall	275	M 76 8K		<b>53:36.81</b>