

Howe Island Hustle

Howe Island

2018-05-12

5/12/18 - 5/12/18

Results by www.runningbydesign.com**Event # 1 MIXED 8K Dash**

	Name	Age	Bib	Team	Avg per K	Avg per MI	Time
OVERALL							
1	Steve Boyd	54	1064	8K	3:18.6	5:19.6	26:29.03
2	Clay Patterson	29	284	8K	3:21.8	5:24.8	26:54.66
3	Scott Wilkes	38	1156	8K	3:37.7	5:50.3	29:01.78
4	Tim Gillespie	40	263	8K	3:38.4	5:51.4	29:07.25
5	Earl Steinbrecher	53	1116	8K	3:39.0	5:52.5	29:12.31
6	Mike Mackett	26	273	8K	3:39.6	5:53.4	29:17.22
7	Kevin Dunbar	42	259	8K	3:47.1	6:05.4	30:16.88
8	Robbie Breadner	51	1119	8K	3:54.1	6:16.8	31:13.50
9	Sebastian Scott	19	1123	8K	3:59.7	6:25.7	31:57.75
10	Jackson Simmons	18	302	8K	4:01.0	6:27.8	32:08.18
11	Wayne Rice	55	289	8K	4:01.8	6:29.2	32:14.78
12	Suzanne Kerr	43	1062	8K	4:03.6	6:32.1	32:29.41
13	Todd Biggerman	47	1063	8K	4:05.7	6:35.5	32:46.22
14	Cooper Barrie	12	242	8K	4:16.2	6:52.3	34:09.69
15	Jeff Shepherd	26	300	8K	4:17.0	6:53.7	34:16.69
16	Aaron Siller	33	301	8K	4:19.3	6:57.3	34:34.41
17	Stephen Scott	53	1153	8K	4:21.0	7:00.1	34:48.78
18	Rick Royce	59	294	8K	4:21.6	7:01.0	34:53.25
19	John Sadler	44	295	8K	4:23.2	7:03.6	35:05.72
20	Richard Prinsen	53	287	8K	4:23.6	7:04.2	35:08.81
21	Julie Bates	22	243	8K	4:23.9	7:04.8	35:11.78
22	Sammy Tardif	26	306	8K	4:27.5	7:10.5	35:40.15
23	Steve Birnie-Wortley	41	247	8K	4:29.0	7:12.9	35:52.28
24	Annie Riel	44	291	8K	4:33.1	7:19.6	36:25.25
25	Jacquie DeWolfe	35	256	8K	4:33.5	7:20.2	36:28.28
26	Luis Paico-Aviles	34	283	8K	4:34.5	7:21.7	36:36.00
27	Al Cantlay	63	1098	8K	4:35.2	7:23.0	36:42.15
28	George Semple	46	298	8K	4:37.0	7:25.8	36:56.15
29	Courtney Bannerman	23	241	8K	4:42.1	7:34.0	37:37.31
30	Michael Riley	63	292	8K	4:44.7	7:38.2	37:58.09
31	Vera Kotuk	37	1084	8K	4:46.5	7:41.1	38:12.25
32	Cheryl La Force	58	270	8K	4:49.4	7:45.8	38:35.53
33	Deb Holtom	67	266	8K	4:50.3	7:47.2	38:42.91
34	Ryan Hessian	15	1148	8K	4:52.0	7:50.0	38:56.72
35	Jim Biagi	57	246	8K	4:52.4	7:50.7	38:59.94
36	Tony Dunbar	73	260	8K	4:56.9	7:57.8	39:35.56
37	David Wilkins	55	1092	8K	5:01.9	8:05.9	40:15.88
38	Sarah Scott	23	296	8K	5:02.8	8:07.3	40:22.62
39	Ben Potts	27	286	8K	5:02.8	8:07.4	40:22.87
40	Hession Matt	43	1147	8K	5:07.5	8:14.9	41:00.50
41	Diana Simone	52	303	8K	5:08.5	8:16.6	41:08.69
42	Shirley Myers	65	280	8K	5:08.9	8:17.2	41:11.66
43	Audethy Tallack	57	305	8K	5:09.5	8:18.2	41:16.72
44	Janet Shepherd	54	299	8K	5:12.3	8:22.7	41:39.15

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	Name	Age	Bib	Team	Avg per K	Avg per MI	Time
45	Ed Brand	69	248	8K	5:16.0	8:28.6	42:08.62
46	Kate Archibald-Cross	44	240	8K	5:17.9	8:31.7	42:23.66
47	Stacey Berdan	50	245	8K	5:18.1	8:32.0	42:25.18
48	Mary Reynolds	26	288	8K	5:19.2	8:33.7	42:33.72
49	Jana Mareckova	38	274	8K	5:20.1	8:35.2	42:41.22
50	Tara Burggraf	49	250	8K	5:22.2	8:38.6	42:58.03
51	Steve Kinney	41	268	8K	5:23.3	8:40.3	43:06.75
52	Geoffrey Roulet	70	293	8K	5:24.6	8:42.4	43:17.31
53	Heidi Molenaar	39	279	8K	5:26.7	8:45.9	43:34.25
54	Patrick Thompson	54	1082	8K	5:28.1	8:48.1	43:45.28
55	Dax Chambers	46	252	8K	5:30.2	8:51.4	44:01.94
56	Heidi Hitchins	39	265	8K	5:32.4	8:55.0	44:19.78
57	Dawn Miller	46	277	8K	5:33.7	8:57.1	44:29.94
58	Alanna Kader	27	267	8K	5:34.9	8:58.9	44:39.28
59	Dan Lynch	26	272	8K	5:35.1	8:59.4	44:41.53
60	Andrew Filipcic	26	262	8K	5:35.2	8:59.4	44:41.81
61	Monica Parry	57	1115	8K	5:36.9	9:02.2	44:55.62
62	Tina Wilson	55	399	8K	5:38.7	9:05.2	45:10.22
63	Ian Hession	12	1150	8K	5:42.1	9:10.5	45:36.94
64	Theone Cooper	36	253	8K	5:42.1	9:10.7	45:37.56
65	Matthew Richardson	45	290	8K	5:53.5	9:28.9	47:08.44
66	Andrew Hessian	14	1149	8K	5:53.6	9:29.1	47:09.18
67	Kaitlyn Broad	29	249	8K	6:00.0	9:39.4	48:00.44
68	Chris Webster	39	308	8K	6:01.3	9:41.5	48:10.75
69	Vladimir Kratky	59	269	8K	6:06.2	9:49.3	48:49.78
70	Susan Meyers	64	276	8K	6:07.6	9:51.5	49:00.81
71	Carol Peterson	52	285	8K	6:11.1	9:57.3	49:29.28
72	Paul Thompson	68	307	8K	6:11.4	9:57.7	49:31.28
73	Cindy Abeles	60	1002	8K	6:13.1	10:00.5	49:45.38
74	Kathleen Abeles	26	1049	8K	6:13.2	10:00.6	49:45.96
75	Margie File	65	261	8K	6:15.1	10:03.8	50:01.50
76	Gregory Millican	33	1155	8K	6:17.9	10:08.2	50:23.66
77	Cindy Caverly	32	251	8K	6:19.2	10:10.2	50:33.75
78	Michelle Strassburger	42	304	8K	6:25.5	10:20.5	51:24.78
79	Tamm Farrar	44	1083	8K	6:27.5	10:23.6	51:40.03
80	Rosa Hessian	39	1146	8K	6:30.6	10:28.6	52:04.91
81	John Dalgleish	70	255	8K	6:31.8	10:30.6	52:14.88
82	Richard Webster	35	309	8K	6:33.2	10:32.9	52:26.22
83	Eithne Dunbar	69	258	8K	6:37.4	10:39.5	52:59.31
84	PJ Marshall	76	275	8K	6:42.1	10:47.1	53:36.81
85	Robin Leriche	50	271	8K	6:44.4	10:50.9	53:55.88
86	Diane Crawford	57	254	8K	6:44.5	10:51.0	53:56.21
87	Katie Bell	29	244	8K	6:49.7	10:59.3	54:37.84
88	Bethany Smith	29	1126	8K	6:55.4	11:08.6	55:23.94
89	Alex Walker	44	1118	8K	6:55.5	11:08.7	55:24.52
90	Cindy Weese	53	397	8K	7:01.2	11:17.9	56:10.31

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91	Marcel Neron	53	281 8K		7:01.3	11:18.0	56:10.75
92	Barb Guiden	59	264 8K		7:03.8	11:22.1	56:30.84
93	Andrea Sealy	41	297 8K		7:03.9	11:22.2	56:31.21