

**KRRA XC Meet**

Fort Henry Hill, Kingston, Ontario

2018-10-06

9/29/18 - 9/29/18

Results by [www.runningbydesign.com](http://www.runningbydesign.com)**Event # 2 MIXED 5K Run**

	Name	Age	Bib	Team	Avg per K	Avg per MI	Time
<b>FEMALE 1 - 14</b>							
1	Teegan Whitney	F 12	911	5KM	4:18.8	6:56.5	21:34.31
2	Sophie Saunders Lambert	F 11	890	5KM	4:24.5	7:05.7	22:02.75
3	Sarah Gambarotta	F 10	920	5KM	4:26.7	7:09.2	22:13.66
4	Avery Nelder	F 13	878	5KM	4:52.6	7:51.0	24:23.41
5	Gabriella Stacey	F 8	845	5KM	4:54.5	7:54.0	24:32.78
6	Shayne Blanchard	F 10	866	5KM	5:38.7	9:05.1	28:13.62
7	Chelsea Ellacott	F 10	922	5KM	6:11.6	9:58.1	30:58.38
8	Kayla Loeff	F 12	857	5KM	6:17.1	10:06.9	31:25.81
<b>FEMALE 15 - 19</b>							
1	Anna Turner	F 18	877	5KM	4:07.0	6:37.6	20:35.31
<b>FEMALE 20 - 29</b>							
1	Danae Morris	F 22	874	5KM	4:05.4	6:34.9	20:27.09
2	Lyndsay Glazier	F 29	865	5KM	4:18.0	6:55.2	21:30.22
3	Emily Cowie	F 22	832	5KM	4:19.8	6:58.2	21:39.47
4	Sarah Arendt	F 23	837	5KM	5:02.0	8:06.0	25:10.03
5	Mary Reynolds	F 26	825	5KM	5:20.4	8:35.6	26:42.00
6	Wendy Tran	F 22	822	5KM	5:33.7	8:57.1	27:48.81
7	Amanda Di Luch	F 21	821	5KM	5:34.1	8:57.7	27:50.56
8	Zoe Clarke	F 21	804	5KM	5:45.8	9:16.6	28:49.43
<b>FEMALE 30 - 39</b>							
1	Jacquie DeWolfe	F 35	895	5KM	4:06.1	6:36.0	20:30.50
2	Lesley Rudy	F 38	869	5KM	5:08.0	8:15.8	25:40.44
3	Elizabeth Mann	F 35	801	5KM	5:15.7	8:28.1	26:18.69
4	Jana Mareckova	F 38	884	5KM	5:36.8	9:02.0	28:04.22
5	Lisa Bowman	F 36	872	5KM	8:01.0	12:54.0	40:05.00
<b>FEMALE 40 - 49</b>							
1	Lisa Bootsma	F 45	815	5KM	4:41.3	7:32.7	23:26.56
2	Lana Saunders	F 43	889	5KM	4:55.8	7:56.1	24:39.34
<b>FEMALE 50 - 59</b>							
1	Karen Millson	F 56	823	5KM	4:57.3	7:58.4	24:46.59
2	Janet Sheppard	F 55	897	5KM	5:04.0	8:09.3	25:20.38
3	Audethy Tallack	F 57	915	5KM	5:07.4	8:14.8	25:37.46
4	Stacey Berdan	F 50	862	5KM	5:20.0	8:35.0	26:40.28
5	Monica Parry	F 56	893	5KM	5:43.4	9:12.7	28:37.41
6	Nancy Ball	F 57	904	5KM	5:50.9	9:24.7	29:14.72
7	Eliza Ralph	F 54	900	5KM	7:23.0	11:52.9	36:55.00
8	Melanie Strickland	F 52	803	5KM	7:55.0	12:44.4	39:35.00
<b>FEMALE 60 - 69</b>							
1	Margie File	F 64	887	5KM	6:51.6	11:02.4	34:18.00
<b>MALE 1 - 14</b>							
1	Charles Langlois	M 11	819	5KM	3:51.8	6:13.1	19:19.28
2	Jack Gregory	M 9	824	5KM	4:07.8	6:38.8	20:39.31
3	Cooper Barrie	M 12	852	5KM	4:14.5	6:49.6	21:12.81
4	Nathaniel Stacey	M 8	848	5KM	4:27.3	7:10.3	22:16.94

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	Name	Age	Bib	Team	Avg per K	Avg per MI	Time
5	William Kerr	M 8	883	5KM	4:55.9	7:56.3	24:39.96
6	Owen Whyte	M 11	905	1KM	5:07.2	8:14.5	25:36.47
7	Lucas Coles	M 7	828	5KM	5:09.0	8:17.4	25:45.41
<b>MALE 15 - 19</b>							
1	Brad Hoftyzer	M 17	918	5KM	3:36.7	5:48.8	18:03.72
2	Sebastian Scott	M 19	833	5KM	3:47.2	6:05.6	18:56.00
3	Shengan Li	M 19	851	5KM	3:49.7	6:09.7	19:08.78
4	Konnor Weston	M 18	856	5KM	3:49.9	6:10.1	19:09.97
5	Jackson Simmons	M 19	853	5KM	4:00.5	6:27.1	20:02.81
6	Ryan Roberts	M 18	855	5KM	4:03.3	6:31.6	20:16.81
7	Drayden Cole	M 16	817	5KM	4:11.8	6:45.2	20:59.09
8	Liam Bootsma	M 17	816	5KM	4:39.2	7:29.4	23:16.44
<b>MALE 20 - 29</b>							
1	Paul Riek	M 20	881	5KM	3:33.7	5:44.0	17:48.97
2	Alex Rochon-Terry	M 26	814	5KM	3:46.9	6:05.2	18:54.66
3	Mike Mackett	M 27	854	5KM	3:50.5	6:11.0	19:12.88
4	Aaron Decloux	M 26	818	5KM	4:36.4	7:24.8	23:02.06
<b>MALE 30 - 39</b>							
1	Matthew Stacey	M 36	847	5KM	3:45.5	6:02.9	18:47.78
2	Owain Jones	M 34	860	5KM	3:58.5	6:23.9	19:52.94
3	Aaron Siller	M 33	896	5KM	4:21.0	7:00.0	21:45.12
4	Paul Cova	M 39	891	5KM	4:31.0	7:16.2	22:35.22
5	Mike Coles	M 36	826	5KM	5:45.5	9:16.1	28:47.97
<b>MALE 40 - 49</b>							
1	Tim Gillespe	M 40	892	5KM	3:38.5	5:51.7	18:12.81
2	Kevin Dunbar	M 42	910	5KM	3:42.6	5:58.3	18:33.47
3	Dougal Bale	M 45	875	5KM	3:53.4	6:15.7	19:27.31
4	Todd Biggerman	M 47	919	5KM	4:08.0	6:39.1	20:40.02
5	Greg Luchuk	M 49	867	5KM	4:42.6	7:34.9	23:33.47
6	Rob Rowe	M 49	921	5KM	5:39.6	9:06.5	28:18.06
7	Spencer Pope	M 44	830	5KM	5:47.7	9:19.6	28:58.75
<b>MALE 50 - 59</b>							
1	Bruce Pardy	M 53	886	5KM	3:54.9	6:18.1	19:34.81
2	Mike Kawam	M 50	912	5KM	4:07.5	6:38.3	20:37.50
3	Danny Dwyer	M 53	873	5KM	4:08.1	6:39.3	20:40.75
4	Lorne Singer	M 51	914	5KM	4:09.3	6:41.2	20:46.66
5	Wayne Rice	M 55	916	5KM	4:22.5	7:02.6	21:52.97
6	Andrew Forbes	M 55	913	5KM	4:23.0	7:03.2	21:55.09
7	Christian Ritchot	M 59	859	5KM	4:27.8	7:11.0	22:19.28
8	Richard Prinsen	M 53	888	5KM	4:36.9	7:25.6	23:04.69
9	Patrick Thompson	M 54	894	5KM	5:51.6	9:25.9	29:18.28
<b>MALE 60 - 69</b>							
1	Boyd Whyte	M 63	906	5KM	4:46.7	7:41.5	23:53.84
2	Ed Brand	M 69	820	5KM	5:12.7	8:23.2	26:03.62
3	John Doyle	M 69	861	5KM	5:18.8	8:33.0	26:34.06
<b>MALE 70 - 98</b>							
1	Richard Sunderland	M 72	850	5KM	5:45.7	9:16.4	28:48.90

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	<b>Name</b>	<b>Age</b>	<b>Bib</b>	<b>Team</b>	<b>Avg per K</b>	<b>Avg per MI</b>	<b>Time</b>
2	PJ Marshall	M 75	885	5KM	7:44.4	12:27.3	38:42.00
3	Liam C Cullen	M 76	863	5KM	9:06.4	14:39.3	45:32.00

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