

**Napanee Heritage Run 5km**

Napanee, Ontario

2018-06-16

6/16/18 - 6/16/18

Results by [www.runningbydesign.com](http://www.runningbydesign.com)**Event # 1 MIXED 5K Run**

	Name	Age	Bib	Team	Avg per K	Avg per MI	Time
<b>FEMALE 1 - 10</b>							
1	Katie Buchan	10	229	NAPANEE	4:23.1	7:03.4	21:55.62
2	Ella Mulder	9	360	NAPANEE	4:55.7	7:55.9	24:38.62
3	Vienna Ballance-Hinch	9	210	TAMWORTH	5:41.6	9:09.8	28:28.41
4	Sophia Denstedt	8	262	PICTON	5:53.1	9:28.3	29:25.75
5	Jade Peter	10	370	DESERONTO	5:54.7	9:30.8	29:33.56
6	Kalleigh Cook	9	251	DESERONTO	6:02.2	9:42.9	30:11.09
7	Braylee Butcher	10	237	DESERONTO	6:06.2	9:49.3	30:31.15
8	Peytan Turriff	10	414	DESERONTO	6:08.6	9:53.2	30:43.12
9	Avery Fingland	10	279	DESERONTO	7:09.1	11:30.5	35:45.51
10	Carly Burchat	8	231	DESERONTO	7:22.0	11:51.4	36:50.28
11	Aby Misevicius	9	354	NAPANEE	7:31.1	12:06.0	37:35.81
12	Isabella Cantwell	7	444	NAPANEE	7:33.9	12:10.6	37:49.91
13	Tori Spence	9	400	DESERONTO	7:48.1	12:33.3	39:00.62
14	Peyton Monk	9	358	DESERONTO	8:05.3	13:01.1	40:26.94
15	Danica Gardiner	9	288	DESERONTO	8:45.9	14:06.3	43:49.59
16	Hope Tucker	10	413	DESERONTO	9:17.5	14:57.2	46:27.53
<b>FEMALE 11 - 19</b>							
1	Breanna Roy	13	386	NAPANEE	4:18.9	6:56.7	21:34.84
2	Brooklyn Alaver	11	200	CAMDEN EAST	4:48.7	7:44.7	24:03.81
3	Hannah Rooney	14	382	DESERONTO	4:50.0	7:46.8	24:10.31
4	Rachel Galt	12	287	DESERONTO	4:52.9	7:51.3	24:24.53
5	Leah Oster	17	367	NAPANEE	4:54.5	7:54.0	24:32.78
6	Macy Gibson	12	290	DESERONTO	4:59.5	8:02.1	24:57.94
7	Hanna Gregory	16	298	NAPANEE	5:07.9	8:15.5	25:39.66
8	Abby Lloyd	11	329	DESERONTO	5:19.9	8:34.8	26:39.66
9	Ruby Cantwell	11	240	ORLEANS	5:35.1	8:59.4	27:55.91
10	Trace Fisher	12	283	DESERONTO	5:42.7	9:11.6	28:33.78
11	Peyton Conger	11	250	DESERONTO	6:07.4	9:51.4	30:37.47
12	Madison Cronkwright	15	256	NAPANEE	6:11.0	9:57.1	30:55.18
13	Maddy Oster	14	368	NAPANEE	6:12.0	9:58.7	31:00.15
14	Lola French	12	286	DESERONTO	6:27.5	10:23.7	32:17.88
15	Ava Misevicius	12	355	NAPANEE	7:08.8	11:30.1	35:44.34
16	Hayley Maracle	12	340	DESERONTO	7:09.4	11:31.1	35:47.21
17	Sierra Punchard	13	442	NAPANEE	8:10.7	13:09.7	40:53.53
18	Asia Schwehr	19	445	KINGSTON	9:18.5	14:58.9	46:32.96
19	Phoebe Huang	17	312	PORT HOPE	9:49.6	15:48.9	49:08.18
<b>FEMALE 20 - 29</b>							
1	Laura Seeley	24	394	NAPANEE	3:59.2	6:25.0	19:56.31
2	Holly Goulah	29	296	BELLEVILLE	5:02.0	8:06.1	25:10.34
3	Nicole Garrett	29	289	CENTREVILLE	5:05.9	8:12.3	25:29.75
4	Raeanne McGuinness	25	349	MARYSVILLE	6:27.1	10:23.0	32:15.84
5	Kaitlyn Grose	28	301	NAPANEE	6:51.3	11:02.0	34:16.75
6	Lindsey Cuthill	29	257	NAPANEE	6:51.4	11:02.2	34:17.43
7	Chelsea Black	24	220	OTTAWA	6:55.1	11:08.0	34:35.53

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	Name	Age	Bib	Team	Avg per K	Avg per MI	Time
8	Maggie Whalen 2	28	425	NAPANEE	6:58.3	11:13.1	34:51.51
9	Whitney Lowery	25	336	DESERONTO	8:06.5	13:02.9	40:32.66
10	Rita Ryan	28	388	DESERONTO	8:17.9	13:21.3	41:29.75
11	Rachelle Domanski	29	267	NAPANEE	9:20.5	15:02.0	46:42.69
12	Marjorie McCullough	21	346	NAPANEE	10:26.8	16:48.7	52:14.09
<b>FEMALE 30 - 39</b>							
1	Monica Huyck	35	315	BATH	4:26.5	7:08.9	22:12.84
2	Angela Boyles	39	225	NAPANEE	4:42.8	7:35.1	23:34.00
3	Megan VanOrder	34	418	NAPANEE	4:44.7	7:38.3	23:43.97
4	Rebecca Stacey	36	404	CAMDEN EAST	4:46.8	7:41.7	23:54.47
5	Mandy Alaver	39	202	CAMDEN EAST	4:53.8	7:52.9	24:29.31
6	Mallory Wionzek	33	435	MARLBANK	5:15.1	8:27.1	26:15.59
7	Krista Manion	32	339	NAPANEE	5:21.4	8:37.3	26:47.43
8	Michelle Way	37	422	NAPANEE	5:40.0	9:07.2	28:20.31
9	Maggie Whalen	31	423	NAPANEE	5:44.5	9:14.5	28:42.78
10	Tara Taylor	39	407	YARKER	6:01.8	9:42.2	30:09.00
11	Lisa Coles	35	246	NAPANEE	6:03.1	9:44.4	30:15.84
12	Jenn Davey	37	258	NAPANEE	6:11.8	9:58.4	30:59.15
13	Tara Flieler	32	284	NAPANEE	6:12.3	9:59.1	31:01.59
14	Keasha Milligan	32	353	NAPANEE	6:12.5	9:59.5	31:02.59
15	Julene Denstedt	36	261	PICTON	6:14.3	10:02.5	31:11.94
16	Kathy Burnett	36	235	NAPANEE	6:16.8	10:06.4	31:24.06
17	Ann Kupecz	39	449	NAPANEE	6:17.0	10:06.8	31:25.28
18	Kristen Yeomans	35	438	ENTERPRISE	6:33.8	10:33.9	32:49.47
19	Leah Birk	33	217	BATH	6:36.9	10:38.8	33:04.68
20	Carolyn Pratt	38	374	NAPANEE	6:45.6	10:52.7	33:48.00
21	Deanna Lloyd	37	330	NAPANEE	6:56.7	11:10.6	34:43.50
22	Kate Myers	39	363	NAPANEE	6:58.1	11:12.9	34:50.78
23	Devon Hale	37	303	NAPANEE	7:16.8	11:42.9	36:24.09
24	Julie Burchat	35	232	DESERONTO	7:22.2	11:51.6	36:51.06
25	Jillian Asselstine	35	207	NAPANEE	7:28.1	12:01.1	37:20.66
26	Tina Misevicius	38	356	NAPANEE	7:31.3	12:06.2	37:36.50
27	Kelly Van Hoek	39	417	NAPANEE	7:35.2	12:12.6	37:56.18
28	Alicia Bartlette	36	213	NAPANEE	7:35.6	12:13.2	37:58.03
29	Stacey McDonald	39	347	ROBLIN	7:41.6	12:23.0	38:28.47
30	Jessica Dwyer	34	274	SELBY	8:17.6	13:20.8	41:28.25
31	Ashley Way	33	421	DESERONTO	8:33.4	13:46.3	42:47.41
32	Michelle Jackson	32	318	NAPANEE	8:47.1	14:08.4	43:55.91
33	Tiffany Donnan	38	269	ROBLN	9:05.1	14:37.3	45:25.81
34	Stephanie Sagriff	31	390	NAPANEE	9:18.4	14:58.6	46:32.12
35	Laura Dawe	31	259	YARKER	10:27.0	16:49.1	52:15.18
36	Amy Lee	38	327	NAPANEE	14:19.6	23:03.3	1:11:38.00
<b>FEMALE 40 - 49</b>							
1	Charlotte Dorey	44	270	NAPANEE	4:42.7	7:34.9	23:33.53
2	Rachelle Googe	42	295	NAPANEE	4:49.3	7:45.6	24:06.66
3	Jody Bonsall	48	221	NAPANEE	4:51.7	7:49.5	24:18.75

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	Name	Age	Bib	Team	Avg per K	Avg per MI	Time
4	Kaede Takami	46	406	KINGSTON	5:18.2	8:32.0	26:31.02
5	Patty MacDermaid	42	446	NEWBURGH	5:27.9	8:47.7	27:19.78
6	Catherine Spaulding	49	398	OTTAWA	5:29.1	8:49.7	27:25.88
7	Angela Murphy	47	361	NAPANEE	5:29.9	8:51.0	27:29.97
8	Tammy Pigion	45	372	KINGSTON	5:31.6	8:53.6	27:38.09
9	Melissa Babcock	44	208	NAPANEE	5:34.8	8:58.9	27:54.38
10	Kari Miller	43	352	ODESSA	5:42.6	9:11.3	28:33.03
11	Jennifer Saulnier	45	392	KINGSTON	5:42.8	9:11.8	28:34.46
12	ShellyAnn Murphy	45	440	BATH	5:44.1	9:13.8	28:40.72
13	Tanya Szuch	43	405	NAPANEE	5:45.3	9:15.7	28:46.56
14	Caroline Claude	43	243	NAPANEE	5:57.3	9:35.0	29:46.66
15	Eva Lazarakos	42	325	NAPANEE	5:58.5	9:37.0	29:52.88
16	Julie Maxwell	41	344	NEWBURGH	5:58.9	9:37.7	29:54.88
17	George Lazarakos	49	326	NAPANEE	6:04.5	9:46.6	30:22.50
18	Raquel Fierz	46	278	BATH	6:13.9	10:01.7	31:09.66
19	Penny Dixon	40	265	BATH	6:18.1	10:08.6	31:30.88
20	Becky Lloyd-Peter	41	334	NAPANEE	6:18.4	10:09.1	31:32.44
21	Onie Whinney	44	429	NEWBURGH	6:33.1	10:32.6	32:45.56
22	Shannon Cork	41	252	NAPANEE	6:33.5	10:33.3	32:47.75
23	Stacey Dowling	41	271	SELBY	6:36.7	10:38.5	33:03.78
24	Mareka Rooney	41	383	NAPANEE	6:42.3	10:47.5	33:31.91
25	Shannon Tyner	42	415	ERINSVILLE	6:58.0	11:12.7	34:50.00
26	Laura Emery	49	276	YARKER	7:16.6	11:42.7	36:23.47
27	Melissa Price	49	375	SELBY	7:18.0	11:44.9	36:30.06
28	Trina Bartolo	43	215	DESERONTO	7:25.7	11:57.3	37:08.72
29	Kathy Cronkwright	40	255	NAPANEE	7:57.1	12:47.8	39:45.56
30	Kelly Richmond	44	379	ROBLIN	8:33.0	13:45.6	42:45.22
31	Lindsay Martin	41	342	CAMDEN EAST	8:47.4	14:08.9	43:57.47
32	Leslie Lloyd	40	333	MARYSVILLE	11:30.8	18:31.7	57:34.00
33	Christle McCullough	40	345	NAPANEE	14:19.4	23:03.0	1:11:37.00
<b>FEMALE 50 - 59</b>							
1	Leanne Moran	52	359	KINGSTON	4:36.3	7:24.7	23:01.62
2	Janet Shepherd	54	397	MALLORYTOWN	4:55.3	7:55.2	24:36.66
3	Lisa Cahill	51	238	TRENTON	5:37.9	9:03.8	28:09.69
4	Shari Shaw	54	396	KINGSTON	5:43.7	9:13.1	28:38.59
5	Karen Willstead	56	433	NAPANEE	6:04.3	9:46.2	30:21.52
6	Gina Alexander	57	204	ODESSA	6:14.0	10:02.0	31:10.34
7	Rebecca Wilkinson	53	432	NAPANEE	6:57.8	11:12.4	34:49.25
8	Denise Lewis	58	328	NAPANEE	7:06.3	11:26.0	35:31.53
9	Colleen King	54	322	NAPANEE	7:07.5	11:28.1	35:37.88
10	Maria McNaul	55	351	NAPANEE	7:10.3	11:32.6	35:51.81
11	Jodi Wheeler	54	426	NAPANEE	7:17.9	11:44.7	36:29.50
12	Donna Cowle	54	254	NAPANEE	7:43.3	12:25.6	38:36.75
13	Joanne Burnie	50	236	HARROWSMITH	9:17.7	14:57.6	46:28.88
14	Marcel Clements Snyder	59	245	NAPANEE	10:08.7	16:19.7	50:43.81
15	Sharon Henderson	59	310	NAPANEE	14:23.8	23:10.1	1:11:59.00

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	Name	Age	Bib	Team	Avg per K	Avg per MI	Time
<b>FEMALE 60 - 69</b>							
1	Deborah Holtom	67	311	HOWE ISLAND	4:44.9	7:38.5	23:44.65
2	Shirley Myers	65	364	KINGSTON	4:54.3	7:53.6	24:31.68
3	Kathy Bally	65	211	SYDENHAM	6:37.1	10:39.1	33:05.62
4	Anne Clapp	64	242	NAPANEE	7:06.6	11:26.6	35:33.22
5	Wendy McDonald	61	348	NAPANEE	8:07.8	13:05.0	40:39.15
6	Sharon Thomas	63	411	NAPANEE	10:08.9	16:20.0	50:44.84
7	Connie Mallory	61	338	DESERONTO	10:09.7	16:21.2	50:48.72
8	Maureen Bos	65	224	NAPANEE	10:22.5	16:41.8	51:52.59
9	Yoalnde Bos	62	314	ODESSA	10:22.6	16:42.0	51:53.28
10	Valerie Jarus	63	320	NAPANEE	10:41.1	17:11.8	53:25.75
11	Charmayne Elliott	64	275	DESERONTO	11:41.2	18:48.4	58:26.00
12	Christine Peets	65	369	NAPANEE	11:41.4	18:48.7	58:27.00
13	Dorothy Mitchell	64	357	NAPANEE	11:50.4	19:03.2	59:12.00
<b>FEMALE 70 - 98</b>							
1	Elizabeth Bos	71	222	ODESSA	8:14.6	13:16.1	41:13.38
2	Sharon Neva	70	365	NAPANEE	9:19.6	15:00.6	46:38.06
3	Elizabeth Finnie-Hunt	71	281	PORT HOPE	9:49.8	15:49.2	49:09.06
4	Editha Claude	76	244	NAPANEE	11:28.6	18:28.1	57:23.00
5	Lillie Normile	70	366	NAPANEE	11:28.8	18:28.5	57:24.00
6	Carol Grant	73	297	NAPANEE	11:50.6	19:03.5	59:13.00
<b>MALE 1 - 10</b>							
1	Jack Gregory	9	299	NAPANEE	3:58.5	6:23.8	19:52.50
2	Nathaniel Stacey	8	403	CAMDEN EAST	4:22.3	7:02.2	21:51.97
3	Zachary Wilde	9	431	NAPANEE	4:25.5	7:07.3	22:07.78
4	Jacob Bauld	10	216	NAPANEE	4:27.4	7:10.4	22:17.34
5	Wyatt Whalen	9	424	NAPANEE	4:33.7	7:20.5	22:48.69
6	Hayden Tisdale	9	412	DESERONTO	4:54.1	7:53.4	24:30.91
7	Hayden Lloyd	9	331	DESERONTO	4:55.9	7:56.2	24:39.50
8	Lucas Thiessen	10	409	NAPANEE	5:12.6	8:23.1	26:03.09
9	Benjamin Saulnier	10	391	KINGSTON	5:42.3	9:10.9	28:31.81
10	Colton Lockridge	9	335	NEWBURGH	5:43.9	9:13.5	28:39.68
11	Lucas Coles	7	247	NAPANEE	5:53.2	9:28.5	29:26.37
12	William Babcock	9	209	NAPANEE	5:54.5	9:30.5	29:32.69
13	Taven Haller	9	308	BATH	5:56.6	9:33.9	29:43.28
14	Rhys Fisher	9	282	DESERONTO	6:00.1	9:39.6	30:00.91
15	Cameron Burchat	10	230	DESERONTO	6:09.1	9:54.0	30:45.53
16	Landon Conger	9	249	DESERONTO	6:47.7	10:56.2	33:58.88
17	Kieran Gilbert	8	292	DESERONTO	6:48.7	10:57.7	34:03.62
18	Skylar Jackson	10	319	DESERONTO	6:58.5	11:13.5	34:52.50
<b>MALE 11 - 19</b>							
1	Jackson Simmons	19	212	ODESSA	3:54.1	6:16.7	19:30.59
2	Aiden Haller	12	305	NAPANEE	3:56.4	6:20.5	19:42.41
3	Spencer Haennel	14	302	AMELIASBURG	4:06.7	6:37.1	20:33.81
4	Noah Rooney	15	384	NAPANEE	4:13.6	6:48.1	21:08.00
5	Owen Googe	14	294	NAPANEE	4:17.2	6:53.9	21:26.06
6	Tyson Spence	13	401	DESERONTO	4:28.2	7:11.6	22:21.03

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7	Sam Rickard	13	380	NAPANEE	4:38.9	7:28.9	23:14.78
8	Ian Isbester	12	317	NAPANEE	4:45.1	7:38.9	23:45.84
9	Connor Birney	11	218	ROBLIN	4:45.7	7:39.8	23:48.78
10	Zered Haller	12	309	BATH	4:47.9	7:43.4	23:59.75
11	Riley Deremo	13	263	DESERONTO	4:48.8	7:44.8	24:04.37
12	Hunter Dickerson	18	264	NAPANEE	4:56.5	7:57.3	24:42.94
13	Lucas Wales	12	420	NAPANEE	5:18.5	8:32.6	26:32.62
14	Francis MacDonald	13	337	KINGSTON	5:46.5	9:17.6	28:52.50
15	Drayden Haller	14	306	BATH	5:52.9	9:28.0	29:24.78
16	Joseph Bartolo	11	214	DESERONTO	6:01.5	9:41.8	30:07.62
17	Isaiah Daniels	15	450	DESERONTO	6:32.8	10:32.2	32:44.25
18	Nolan Fingland	12	280	DESERONTO	6:46.7	10:54.5	33:53.56
19	Zander Van Asperen	16	416	NAPANEE	7:08.9	11:30.3	35:44.90
20	Ryan Delong	11	260	DESERONTO	7:25.6	11:57.1	37:08.06
<b>MALE 20 - 29</b>							
1	Brant Stachel	27	447	KINGSTON	3:46.1	6:03.9	18:50.66
2	Josh Murphy	21	362	NAPANEE	3:57.5	6:22.2	19:47.59
3	Maxwell Powell	20	373	NAPANEE	4:21.0	7:00.1	21:45.47
4	Matthew Whelen	29	427	NAPANEE	4:35.1	7:22.7	22:55.56
5	Jason Burnett	29	234	NAPANEE	5:09.1	8:17.5	25:45.91
6	Jackson Ryan	27	387	DESERONTO	5:21.2	8:37.0	26:46.38
<b>MALE 30 - 39</b>							
1	Peter Wionzek	33	436	MARLBANK	4:23.3	7:03.7	21:56.62
2	Aaron Burnett	34	233	NAPANEE	4:26.8	7:09.4	22:14.18
3	Duncan McIlvaney	37	350	DESERONTO	5:02.4	8:06.7	25:12.28
4	Josh Peter	37	371	NAPANEE	5:54.8	9:31.0	29:34.15
5	Mike Coles	36	248	NAPANEE	5:57.9	9:36.0	29:49.56
6	Scott Haller	36	307	BATH	6:38.1	10:40.6	33:10.56
7	Craig Cantwell	38	443	KINGSTON	7:34.3	12:11.2	37:51.81
8	Richard Punchard	35	376	NAPANEE	8:11.9	13:11.6	40:59.59
9	Justin Donnan	38	268	ROBLN	9:05.3	14:37.6	45:26.75
<b>MALE 40 - 49</b>							
1	Kevin Dunbar	43	272	KINGSTON	3:35.4	5:46.8	17:57.47
2	Jason Lloyd	43	332	MARYSVILLE	3:40.8	5:55.3	18:24.03
3	John Sadler	45	389	KINGSTON	4:10.4	6:43.0	20:52.28
4	David Isbester	44	316	NAPANEE	4:32.7	7:18.8	22:43.50
5	Jason Gregory	45	300	NAPANEE	4:39.8	7:30.3	23:19.09
6	Andrew Isbester	45	448	NAPANEE	4:40.0	7:30.6	23:20.02
7	Shawn Birney	43	219	ROBLIN	4:45.9	7:40.1	23:49.62
8	Andre Roy	43	385	NAPANEE	4:52.4	7:50.6	24:22.15
9	Aaron Googe	43	293	NAPANEE	4:58.9	8:01.0	24:54.66
10	Mike Gibson	42	291	NAPANEE	5:01.0	8:04.4	25:05.06
11	Steve Kinney	41	441	DESERONTO	5:01.4	8:05.0	25:07.03
12	Kevin Thiessen	41	408	NAPANEE	5:14.0	8:25.3	26:10.03
13	Greg Boyles	41	226	NAPANEE	5:18.0	8:31.8	26:30.18
14	Corey Alaver	40	201	CAMDEN EAST	5:18.3	8:32.3	26:31.75
15	Matthew Hale	40	304	NAPANEE	5:20.3	8:35.5	26:41.62

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

	Name	Age	Bib	Team	Avg per K	Avg per MI	Time
16	Matthew Richardson	45	378	KINGSTON	5:31.4	8:53.4	27:37.31
17	Marc Saulnier	47	393	KINGSTON	6:13.0	10:00.4	31:05.38
18	Toby Whinney	42	430	NEWBURGH	6:33.3	10:33.0	32:46.91
<b>MALE 50 - 59</b>							
1	Danny Dwyer	53	273	ENTERPRISE	3:58.3	6:23.6	19:51.84
2	Christian Ritchot	58	381	BELLEVILLE	4:15.6	6:51.4	21:18.47
3	Neil Spaulding	57	399	TORONTO	5:13.1	8:23.9	26:05.62
4	Shawn Whelen	53	428	NAPANEE	5:25.3	8:43.6	27:06.81
5	Stephen Wood	50	437	PEMBROKE	5:27.1	8:46.4	27:15.66
6	Tim Alexander	58	205	ODESSA	5:43.0	9:12.0	28:35.21
7	Bruce Cowle	55	253	NAPANEE	7:43.5	12:25.9	38:37.68
8	Mike Domanski	56	266	NAPANEE	9:20.0	15:01.3	46:40.34
<b>MALE 60 - 69</b>							
1	Paul Kenny	65	321	CHERRY VALLEY	4:18.0	6:55.2	21:30.25
2	Steve Willstead	63	434	NAPANEE	6:04.1	9:46.0	30:20.88
<b>MALE 70 - 98</b>							
1	Ed Brand	70	227	KINGSTON	4:53.2	7:51.8	24:26.03
2	David Markle	74	341	NAPANEE	8:19.6	13:24.1	41:38.28