

2017 KRRR Resolution Run

Cataraqui Arena, Kingston

08/01/2017

8/1/17 - 8/1/17

Results by www.runningbydesign.com

Event # 1 MIXED 8km Run

	Name	Age	Bib	Team	Avg per K	Avg per MI	Time
FEMALE 20 - 29							
1	Alanna Kader	F 26	617	KINGSTON	5:38.5	9:04.9	45:08.69
2	Casey Kidson	F 28	623	KINGSTON	5:49.9	9:23.2	46:39.94
3	Cecile Miller	F 28	678	KINGSTON	5:57.2	9:34.9	47:37.91
4	Stephanie Park	F 26	602	BELLEVILLE	6:24.1	10:18.1	51:12.84
5	Amanda Meekel	F 25	609	KINGSTON	7:01.9	11:19.1	56:15.84
FEMALE 30 - 39							
1	Lesley Rudy	F 36	646	KINGSTON	4:58.6	8:00.5	39:49.03
2	Andrea Rochon	F 32	606	AMHERSTVIEW	5:03.9	8:09.2	40:31.88
3	Kriz Stevens	F 39	624	KINGSTON	5:07.0	8:14.1	40:56.50
4	Laura Skoblenick	F 32	626	KINGSTON	5:08.6	8:16.7	41:09.18
5	Jana Mareckova	F 37	676	KINGSTON	5:40.2	9:07.6	45:22.34
6	Jenny Munroe	F 36	645	YARKER	6:12.1	9:58.9	49:37.38
7	Becca McCormick	F 31	647	YARKER	6:12.2	9:59.1	49:38.37
8	Margaret Chung	F 38	631	KINGSTON	6:19.7	10:11.1	50:37.88
9	Kari Fraser Park	F 39	601	CORBYVILLE	6:24.0	10:18.0	51:12.38
10	Candice Pilgrim	F 32	674	BELLEVILLE	6:55.3	11:08.4	55:22.69
FEMALE 40 - 49							
1	Annie Riel	F 42	637	KINGSTON	4:40.1	7:30.8	37:21.31
2	Stacey Berdan	F 49	627	TWEED	5:34.2	8:57.9	44:34.03
3	Lisa Barton	F 48	632	KINGSTON	6:19.5	10:10.8	50:36.53
FEMALE 50 - 59							
1	Cheryl LaForce	F 57	652	KINGSTON	4:49.9	7:46.6	38:39.94
2	Francoise Glibert	F 56	655	KINGSTON	4:59.9	8:02.7	39:59.66
3	Pam Mundell	F 51	677	KINGSTON	5:01.1	8:04.6	40:09.34
4	Audethy Tallack	F 56	653	KINGSTON	5:03.3	8:08.1	40:26.69
5	Leanne Moran	F 51	661	KINGSTON	5:29.8	8:50.8	43:58.72
6	Diane Lougheed	F 55	662	KINGSTON	5:35.9	9:00.6	44:47.47
7	Melanie Strickland	F 50	604	KINGSTON	6:01.7	9:42.1	48:13.72
8	Wendy McCoy	F 50	634	MARMORA	6:43.8	10:49.8	53:50.62
FEMALE 60 - 69							
1	Deb Holtom	F 66	654	HOWE ISLAND	5:09.9	8:18.7	41:19.41
2	Brenda Melling	F 60	638	KINGSTON	5:48.3	9:20.6	46:27.09
FEMALE 70 - 99							
1	Liz Walker	F 70	664	KINGSTON	6:42.6	10:47.9	53:40.94
MALE 1 - 19							
1	Paul Bates	M 17	656	KINGSTON	3:52.8	6:14.7	31:02.81
2	Haven Baker	M 7	675	BELLEVILLE	6:54.6	11:07.2	55:16.88
MALE 20 - 29							
1	Robert Talarico	M 23	619	KINGSTON	3:43.9	6:00.4	29:51.88
2	Robert Cooper	M 23	643	BROCKVILLE	3:57.1	6:21.6	31:37.18
3	Benjamin Amann	M 29	648	KINGSTON	4:18.3	6:55.7	34:26.56
4	Sean Kehoe	M 29	650	KINGSTON	4:29.2	7:13.3	35:54.12
5	Nicolas Hili	M 28	649	KINGSTON	5:00.3	8:03.2	40:02.41
6	Taylor Brown	M 26	630	KINGSTON	5:35.1	8:59.3	44:41.28

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	Name	Age	Bib	Team	Avg per K	Avg per MI	Time
7	Scott Allen	M 28	659	KINGSTON	5:39.9	9:07.0	45:19.53
MALE 30 - 39							
1	Ryan Christian	M 30	642	AMHERSTVIEW	4:07.0	6:37.5	32:56.15
2	Shane Gale	M 33	666	TRENTON	4:13.2	6:47.6	33:46.25
3	Mark Kerr	M 36	672	KINGSTON	4:15.4	6:51.0	34:03.28
4	Luis Paico-Avilez	M 33	644	KANATA	4:48.1	7:43.7	38:25.06
5	Darius Gorganzadeh	M 37	625	KINGSTON	5:43.7	9:13.1	45:49.75
MALE 40 - 49							
1	Kevin Webster	M 49	620	KINGSTON	3:48.4	6:07.6	30:27.81
2	Allan Roberts	M 40	636	KINGSTON	3:55.8	6:19.5	31:26.81
3	George Semple	M 45	618	KINGSTON	4:57.5	7:58.7	39:40.03
4	Steve Kinney	M 40	640	PICTON	5:03.7	8:08.8	40:29.81
5	Mat Poirier	M 42	635	KINGSTON	5:15.0	8:26.9	42:00.25
MALE 50 - 59							
1	Robby Breadner	M 50	614	KINGSTON	4:06.7	6:37.0	32:53.84
2	Wayne Rice	M 54	651	SYNDENHAM	4:12.1	6:45.7	33:36.97
3	Dalton Cote	M 52	668	KINGSTON	4:14.9	6:50.3	33:59.97
4	Martin Guyon	M 50	628	KINGSTON	4:23.5	7:04.2	35:08.69
5	Rick Royce	M 57	660	KINGSTON	4:27.3	7:10.2	35:38.78
6	Richard Prinsen	M 53	621	KINGSTON	4:29.1	7:13.1	35:53.12
7	Andrew Hall	M 55	600	KINGSTON	4:35.5	7:23.4	36:44.41
8	Christian Ritchot	M 57	629	BELLEVILLE	4:46.7	7:41.4	38:13.94
9	Grant Currie	M 56	670	KINGSTON	5:31.7	8:53.8	44:13.91
10	Lloyd McCoy	M 54	633	MARMORA	5:34.0	8:57.5	44:32.38
MALE 60 - 69							
1	Ed Brand	M 68	607	KINGSTON	4:34.1	7:21.1	36:32.97
2	Ken Hook	M 61	663	CLOYNE	4:44.1	7:37.3	37:53.47
3	Al Cantlay	M 62	622	KINGSTON	4:45.0	7:38.7	38:00.41
4	John Meekel	M 60	608	KINGSTON	5:49.4	9:22.3	46:35.59
5	Geoffrey Roulet	M 69	612	KINGSTON	6:01.9	9:42.5	48:15.72
MALE 70 - 99							
1	Richard Sunderland	M 71	673	KINGSTON	6:09.1	9:54.0	49:12.97
2	P.J. Marshall	M 74	613	KINGSTON	6:18.8	10:09.7	50:31.12