

**2019 KRRR Resolution Run 8km**

All results age as of January 1st, 2019

2019-01-07

1/6/19 - 1/6/19

Results by [www.runningbydesign.com](http://www.runningbydesign.com)**Event # 1 MIXED 8km Run**

	Name	Age	Bib	Team	Avg per K	Avg per MI	Time
<b>FEMALE 1 - 19</b>							
1	Juno Aiken	F 15	301	HARROWSMITH	4:57.5	7:58.8	39:40.28
2	Lauren Williams	F 18	744	KINGSTON	5:12.6	8:23.1	41:41.38
<b>FEMALE 20 - 29</b>							
1	Jaclyn Clark	F 25	318	KINGSTON	4:21.6	7:01.0	34:52.84
2	Julie Bates	F 23	308	INVERARY	4:23.1	7:03.4	35:05.06
3	Mary Reynolds	F 26	378	KINGSTON	4:59.4	8:01.9	39:55.62
4	Emma Morris	F 24	361	KINGSTON	5:15.8	8:28.2	42:06.59
5	Courtney Bannerman	F 23	306	KINGSTON	5:20.5	8:35.8	42:44.22
6	Meghan Reddy	F 26	377	KINGSTON	5:44.1	9:13.8	45:52.94
7	Casey Mosco	F 26	362	BELLEVILLE	5:46.7	9:18.0	46:13.97
8	Samanthe Duff	F 25	754	KINGSTON	6:08.2	9:52.6	49:06.00
<b>FEMALE 30 - 39</b>							
1	Lyndsay Glazier	F 30	332	JOYCEVILLE	4:19.0	6:56.9	34:32.69
2	Jacque Dewolfe	F 36	324	KINGSTON	4:30.7	7:15.6	36:05.62
3	Angela Eames	F 38	326	KINGSTON	4:49.0	7:45.1	38:32.28
4	Lesley Rudy	F 38	752	KINGSTON	5:01.0	8:04.5	40:08.62
5	Amy Smith	F 38	394	KINGSTON	5:03.8	8:09.0	40:31.00
6	Kate Primeau	F 38	374	FOXBORO	5:08.2	8:16.0	41:06.09
7	Casey Kidson	F 30	347	KINGSTON	5:17.1	8:30.4	42:17.44
8	Stacey Ison	F 39	344	KINGSTON	5:25.8	8:44.3	43:26.50
9	Tricia Smith	F 37	395	KINGSTON	5:32.9	8:55.8	44:23.56
10	Sonal Patel	F 30	370	KINGSTON	6:12.1	9:58.8	49:37.00
11	Shelaine Chapple	F 34	317	KINGSTON	6:12.3	9:59.2	49:39.00
12	Aprajita Sarcar	F 32	386	KINGSTON	8:13.1	13:13.6	1:05:45.00
<b>FEMALE 40 - 49</b>							
1	Mackenzie Bowman	F 40	311	GANANOQUE	4:31.3	7:16.7	36:11.09
2	Annie Riel	F 44	381	KINGSTON	4:34.3	7:21.5	36:34.78
3	Lana Saunders	F 44	387	HOWE ISLAND	4:40.4	7:31.4	37:23.97
4	Monique Sauve	F 41	388	KINGSTON	4:58.0	7:59.6	39:44.15
5	Tammy Pigion	F 45	373	NAPANEE	5:05.6	8:11.8	40:44.97
6	Janie Desjardins	F 45	323	KINGSTON	5:28.5	8:48.6	43:48.03
7	Caroline Cardoso	F 41	316	KINGSTON	5:45.6	9:16.3	46:05.38
8	Jennie Hill	F 40	337	KINGSTON	6:12.5	9:59.4	49:40.00
9	Lisa Taylor	F 49	399	KINGSTON	6:20.8	10:12.9	50:47.00
<b>FEMALE 50 - 59</b>							
1	Karen Millson	F 56	360	KINGSTON	4:49.1	7:45.3	38:33.47
2	Audethy Tallack	F 58	398	KINGSTON	4:54.6	7:54.1	39:17.12
3	Francoise Glibert	F 58	333	INVERARY	4:57.1	7:58.2	39:37.31
4	Janet Shepherd	F 55	390	MALLORYTOWN	5:04.2	8:09.6	40:34.06
5	Susan Bowles	F 55	310	KINGSTON	5:10.2	8:19.3	41:22.06
6	Cheryl La Force	F 59	349	KINGSTON	5:19.8	8:34.7	42:38.66
7	Trish Sexton	F 52	389	WELLAND	5:35.5	9:00.0	44:44.41
8	Pam Mundell	F 53	365	KINGSTON	5:37.4	9:03.0	44:59.44
9	Nancy Ball	F 58	305	KINGSTON	5:39.5	9:06.4	45:16.53

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	Name	Age	Bib	Team	Avg per K	Avg per MI	Time
10	Monica Parry	F 57	369	KINGSTON	5:48.9	9:21.6	46:31.78
11	Shelley Mulrooney	F 50	364	KINGSTON	5:56.9	9:34.3	47:35.25
<b>FEMALE 60 - 69</b>							
1	Deborah Holtom	F 68	341	HOWE ISLAND	5:01.6	8:05.4	40:13.25
2	Shirley Myers	F 66	366	KINGSTON	5:09.4	8:17.9	41:15.41
3	Brenda Melling	F 62	359	KINGSTON	5:27.1	8:46.5	43:37.50
4	Lori Templeton	F 61	400	KINGSTON	5:48.7	9:21.3	46:30.34
5	Margie File	F 65	328	KINGSTON	6:24.2	10:18.3	51:14.00
<b>MALE 1 - 19</b>							
1	Max Benda	M 14	751	KINGSTON	3:41.5	5:56.6	29:32.66
2	Cameron Bruce	M 17	747	KINGSTON	3:44.2	6:00.9	29:54.22
3	Cooper Barrie	M 12	307	ODESSA	4:24.0	7:04.9	35:12.31
4	Jacob Frank	M 10	746	KINGSTON	4:41.1	7:32.4	37:29.25
<b>MALE 20 - 29</b>							
1	Brant Stachel	M 28	749	KINGSTON	3:42.1	5:57.5	29:37.47
2	Jeff Shepherd	M 27	391	MALLORYTOWN	3:54.3	6:17.0	31:14.44
3	Scott Day	M 22	322	KINGSTON	3:55.6	6:19.1	31:24.88
4	Tyler Fritz	M 21	721	KINGSTON	3:59.0	6:24.6	31:52.28
5	Mike Mackett	M 27	354	ST. CATHARINES	4:06.2	6:36.3	32:50.00
6	Timmy Ferguson	M 26	327	GANANOQUE	4:15.7	6:51.5	34:05.78
7	Jackson Simmons	M 20	393	MISSISSAUGA ON	4:21.0	7:00.1	34:48.75
8	Andrew Bowles	M 26	309	KINGSTON	5:10.4	8:19.6	41:23.50
9	Pratik Konnur	M 28	348	TORONTO	6:05.4	9:48.1	48:43.75
10	Dommie Mayhew	M 24	358	KINGSTON	6:47.0	10:55.0	54:16.00
<b>MALE 30 - 39</b>							
1	Scott Wilkes	M 39	750	KINGSTON	3:37.2	5:49.6	28:57.88
2	Trevor Cornelius	M 39	320	KINGSTON	4:06.5	6:36.7	32:52.44
3	Mark Kerr	M 38	346	KINGSTON	4:09.1	6:40.9	33:12.94
4	Shane Gale	M 36	753	KINGSTON	4:17.5	6:54.4	34:20.15
5	Aaron Siller	M 34	392	KINGSTON	4:21.1	7:00.3	34:49.59
6	Kurtis Marlow	M 38	356	KINGSTON	4:38.2	7:27.7	37:05.81
7	Luis Paico-Avilez	M 35	368	KANATA	4:48.9	7:44.9	38:31.31
8	Scott Allen	M 30	303	KINGSTON	4:52.1	7:50.1	38:57.12
9	Josh Mosco	M 30	363	BELLEVILLE	5:16.5	8:29.3	42:12.00
10	Oliver Hirtenfelder	M 34	340	KINGSTON	5:27.4	8:47.0	43:39.88
<b>MALE 40 - 49</b>							
1	Kevin Dunbar	M 43	325	KINGSTON	3:36.7	5:48.7	28:53.81
2	Tim Gillespie	M 41	331	KINGSTON	3:41.4	5:56.3	29:31.31
3	Corey Turnbull	M 47	720	SMITHS FALLS	3:44.6	6:01.6	29:57.53
4	Jude Aiken	M 43	300	HARROWSMITH	4:01.7	6:29.0	32:13.72
5	Émile Ndorimana	M 44	367	KINGSTON	4:21.7	7:01.2	34:53.81
6	Graham Hawkes	M 42	336	KINGSTON	4:25.3	7:06.9	35:22.41
7	John Sadler	M 45	385	KINGSTON	4:35.8	7:23.9	36:46.81
8	Brian Hope	M 40	343	KINGSTON	4:35.9	7:24.0	36:47.43
9	Brian Frank	M 44	329	KINGSTON	4:41.2	7:32.6	37:30.12
10	Carl Lee	M 45	350	KINGSTON	4:54.2	7:53.5	39:13.94
11	Glenn Percy	M 46	372	KINGSTON	5:01.8	8:05.8	40:15.18

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12	Harry Brastianos	M 40	313	KINGSTON	5:15.4	8:27.7	42:03.94
13	Gregory Lemoine	M 41	351	KINGSTON	5:23.2	8:40.1	43:05.72
14	Chris Manoll	M 42	355	KINGSTON	5:34.3	8:58.0	44:34.41
15	Matthew Richardson	M 45	380	NAPANEE	6:43.6	10:49.5	53:49.00
16	Kassem Tirani	M 47	705	KINGSTON	9:01.6	14:31.6	1:12:13.00
<b>MALE 50 - 59</b>							
1	Kevin Webster	M 51	741	KINGSTON	3:56.8	6:21.1	31:34.59
2	Robby Breadner	M 52	314	KINGSTON	3:59.9	6:26.1	31:59.66
3	Wayne Rice	M 56	379	RAILTON	4:04.7	6:33.8	32:37.88
4	Richard Ascough	M 56	304	KINGSTON	4:16.3	6:52.6	34:11.09
5	Rick Royce	M 59	384	KINGSTON	4:27.5	7:10.5	35:40.47
6	Martin Guyon	M 52	334	KINGSTON	4:32.2	7:18.2	36:18.34
7	Richard Prinsen	M 54	375	KINGSTON	4:34.6	7:22.0	36:37.38
8	Fred Topham	M 57	717	HARROWSMITH	4:50.4	7:47.4	38:43.47
9	David Wilkins	M 56	743	KINGSTON	5:09.0	8:17.2	41:12.00
10	Doug Ronson	M 59	382	KINGSTON	5:24.5	8:42.2	43:16.25
11	John Day	M 59	321	KINGSTON	5:48.1	9:20.2	46:24.88
<b>MALE 60 - 69</b>							
1	Al Cantlay	M 64	315	KINGSTON	4:21.3	7:00.5	34:50.75
2	Ken Hook	M 63	342	CLOYNE	4:43.0	7:35.4	37:44.15
3	Stephen Hinton	M 60	338	KINGSTON	5:38.3	9:04.5	45:07.18
4	Paul Thompson	M 69	689	KINGSTON	6:24.5	10:18.7	51:16.00
<b>MALE 70 - 99</b>							
1	Brian MacDonald	M 70	353	WOLFE ISLAND	5:30.3	8:51.6	44:02.84
2	Richard Sunderland	M 73	397	KINGSTON	5:40.1	9:07.3	45:20.97
3	Geoffrey Roulet	M 71	383	KINGSTON	5:49.5	9:22.5	46:36.66
4	PJ Marshall	M 76	357	KINGSTON	8:36.0	13:50.4	1:08:48.00