

## 5 PEAKS - Kingston

Kingston, Ontario

05/12/2012 - 05/12/2012

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

	Name	Age	Team	Bib	Avg per K	Avg per MI	Time
<b>OVERALL</b>							
1	DALE MCMAHON	48 M	CHELSEA	53	3:30.98	5:39.54	17:34.9
2	JUSTIN RAYCROFT	33 M	KINGSTON	58	3:56.84	6:21.16	19:44.2
3	PETER DRAKE	38 M	MONTREAL	12	4:07.44	6:38.22	20:37.2
4	BOWMAN WILKER	41 M	NEPEAN	13	4:12.80	6:46.84	21:04.0
5	LISA MELOCHE	52 F	CHELSEA	54	4:17.26	6:54.02	21:26.3
6	ROB ROWE	43 M	KINGSTON	64	4:21.18	7:00.33	21:45.9
7	STEPHEN MCILWAINE	45 M	OTTAWA	15	4:26.26	7:08.50	22:11.3
8	MYRA MACDONALD	52 F	KINGSTON	47	4:26.60	7:09.05	22:13.0
9	GRACE HARJU	29 F	OTTAWA	24	4:32.84	7:19.09	22:44.2
10	FELIX LAVOIE	21 M	KINGSTON	5	4:35.58	7:23.50	22:57.9
11	GEOFF WONNACOTT	60 M	KINBURN	18	4:41.84	7:33.58	23:29.2
12	LISA NIEMZYK	29 F	CARLETON PLACE	25	4:53.48	7:52.31	24:27.4
13	TOM KNEZIC	36 M	TORONTO	10	4:59.06	8:01.29	24:55.3
14	ANDREA BRAUNER	40 F	OTTAWA	37	4:59.50	8:02.00	24:57.5
15	JENNIFER MCDONALD	33 F	AMHERSTVIEW	31	5:02.24	8:06.41	25:11.2
16	JULIE BATES	17 F	INVERARY	21	5:03.30	8:08.11	25:16.5
17	AMINA MEZDOUR	27 F	GATINEAU	22	5:06.04	8:12.52	25:30.2
18	JASON MARSH	33 M	PERTH RD	7	5:07.48	8:14.84	25:37.4
19	ALI SANTIN	13 F	KINGSTON	63	5:09.56	8:18.19	25:47.8
20	NORA BRIGHT	11 F	WESTPORT	20	5:11.42	8:21.18	25:57.1
21	KAELUM WHAN	11 M	SHARBOT LAKE	1	5:12.10	8:22.28	26:00.5
22	EMILY SANTIN	11 F	GLENBURNIE	60	5:13.38	8:24.34	26:06.9
23	LILY CHUBATY	10 F	HARROWSMITH	55	5:13.48	8:24.50	26:07.4
24	SARAH STEWART-BROWN	38 F	TORONTO	73	5:13.94	8:25.24	26:09.7
25	BRENDAN BROWNE	38 M	TORONTO	74	5:14.34	8:25.88	26:11.7
26	LEANNE MORAN	46 F	KINGSTON	65	5:15.86	8:28.33	26:19.3
27	WILLIAM FOWLER	49 M	NAPANEE	69	5:29.84	8:50.83	27:29.2
28	MARY ONEILL	44 F	OTTAWA	42	5:31.44	8:53.40	27:37.2
29	JUDE WELCH	34 M	OTTAWA	8	5:31.52	8:53.53	27:37.6
30	RHONDA BRANJE	45 F	ALMONTE	44	5:38.82	9:05.28	28:14.1
31	CAROLINE SANGERS	44 F	GLENBURNIE	72	5:45.54	9:16.09	28:47.7
32	FRANCOISE GLIBERT	52 F	INVERARY	46	5:45.90	9:16.67	28:49.5
33	DEBRA ANN MUNRO	51 F	CLAYTON	45	5:46.38	9:17.44	28:51.9
34	KAREN MURPHY	50 F	PERTH ROAD	68	5:47.36	9:19.02	28:56.8
35	LYNETTE WHAN	33 F	SHARBOT LAKE	33	5:49.08	9:21.79	29:05.4
36	HOLLEE KEW	42 F	KINGSTON	39	5:53.74	9:29.29	29:28.7
37	SUSAN DOBSON	43 F	ORLEANS	40	6:06.86	9:50.40	30:34.3
38	KATIE BLAKLEY	32 F	OTTAWA	30	6:07.82	9:51.95	30:39.1
39	EMILY BRADY	25 F	PERTH	70	6:18.60	10:09.30	31:33.0
40	NICOLE HOGAN	24 F	PERTH	71	6:18.66	10:09.39	31:33.3
41	PAIGE FLEET	9 F	BATH	19	6:28.26	10:24.84	32:21.3
42	JACOB BABIAK	12 M	OSHAWA	2	6:28.72	10:25.58	32:23.6
43	PETER BABIAK	46 M	OSHAWA	16	6:29.74	10:27.23	32:28.7
44	MELISSA MCCORMICK-PA	45 F	KINGSTON	43	6:31.14	10:29.48	32:35.7
45	DAVE WESTBURY	37 M	KINGSTON	11	6:31.70	10:30.38	32:38.5
46	ANN MCDUGALL	43 F	KINGSTON	41	6:32.38	10:31.47	32:41.9
47	JON SYMINGTON	31 M	CORNWALL	61	6:38.86	10:41.90	33:14.3
48	WENDY SANTIN	46 F	GLENBURNIE	57	6:43.66	10:49.63	33:38.3
49	HARRY MOORE	46 M	KINGSTON	59	6:43.74	10:49.76	33:38.7
50	DEBRA PALMER	60 F	OTTAWA	48	6:44.12	10:50.37	33:40.6

**5 PEAKS - Kingston****Kingston, Ontario**

05/12/2012 - 05/12/2012

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

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Bib</b>	<b>Avg per K</b>	<b>Avg per MI</b>	<b>Time</b>
51	IAN GAUTHIER	53 M	KEMPTVILLE	17	6:44.62	10:51.17	33:43.1
52	TARA HAMILTON	30 F	WAKEFIELD	27	6:48.70	10:57.74	34:03.5
53	ADAM COURNEYEA	32 M	NAPANEE	66	6:50.68	11:00.93	34:13.4
54	WAYNE CLARK	41 M	GANANOOUE	14	6:52.70	11:04.18	34:23.5
55	JOHN WARNER	63 M	CORNWALL	62	6:52.88	11:04.47	34:24.4
56	JENNIFER ALLAN	28 F	SHARBOT LAKE	23	7:06.40	11:26.22	35:32.0
57	LINDA MCMILLAN	62 F	KINGSTON	49	7:08.74	11:29.99	35:43.7
58	HOLLY COURNEYEA	35 F	NAPANEE	67	7:24.70	11:55.68	37:03.5
59	ANGIE SERGEANT	38 F	SHARBOT LAKE	35	7:26.84	11:59.12	37:14.2
60	JEN MEULENAAR	37 F	VERONA	56	7:27.00	11:59.38	37:15.0
61	MELISSA BAILLARGEON	34 F	TICHBORNBE	34	8:39.20	13:55.57	43:16.0
62	NICOLE KELLAR	32 F	GLOUCESTER	28	9:10.44	14:45.85	45:52.2
63	SATARA SCHNUBB	29 F	OTTAWA	26	9:10.52	14:45.98	45:52.6
64	ILONA COX	39 F	MOUNTAIN GROVE	36	9:42.28	15:37.09	48:31.4

## 5 PEAKS - Kingston

Kingston, Ontario

05/12/2012 - 05/12/2012

Results by [www.runningbydesign.ca](http://www.runningbydesign.ca)**Event # 3 MIXED 10K Run**

	Name	Age	Team	Bib	Avg per K	Avg per MI	Time
<b>OVERALL</b>							
1	DERRICK ST. JOHN	35 M	OTTAWA	459	4:08.20	6:39.44	41:22.0
2	PATRICK FORAN	31 M	BELLEVILLE	408	4:09.10	6:40.89	41:31.0
3	RICHARD HAYES	21 M	OTTAWA	401	4:22.60	7:02.61	43:46.0
4	GABRIEL BLOUIN GENES	29 M	GATINEAU	405	4:23.90	7:04.71	43:59.0
5	MARC-PHILIPPE TAILLON	25 M	OTTAWA	404	4:27.50	7:10.50	44:35.0
6	DANIEL CHAMBERLAIN	29 M	KINGSTON	406	4:28.20	7:11.63	44:42.0
7	DOUGAL BALE	38 M	KINGSTON	463	4:29.40	7:13.56	44:54.0
8	NATASHA ELLIOTT	33 F	OTTAWA	456	4:31.90	7:17.58	45:19.0
9	NATHAN ALIGIZAKIS	37 M	OTTAWA	458	4:33.10	7:19.51	45:31.0
10	ERIN GREGORY	36 F	NAPANEE	435	4:33.90	7:20.80	45:39.0
11	JEAN-PHILIPPE DUMONT	33 M	GATINEAU	454	4:35.50	7:23.37	45:55.0
12	JUSTIN MURPHY	23 M	PERTH ROAD	468	4:40.80	7:31.90	46:48.0
13	ERIC LAVIGNE	28 M	GATINEAU	455	4:44.40	7:37.70	47:24.0
14	DALTON COTE	47 M	KINGSTON	462	4:49.00	7:45.10	48:10.0
15	SEBASTIAN WARNER	30 M	CORNWALL	461	4:55.40	7:55.40	49:14.0
16	DAVID ZECHEL	39 M	KINGSTON	412	4:59.00	8:01.19	49:50.0
17	BRAD VAUGHAN	34 M	NEPEAN	409	5:04.90	8:10.69	50:49.0
18	CHUCK DOUGLAS	46 M	KINGSTON	460	5:06.50	8:13.26	51:05.0
19	MARK CHABOT	41 M	KINGSTON	457	5:09.80	8:18.57	51:38.0
20	MARTIN MCKAY	37 M	OTTAWA	411	5:11.80	8:21.79	51:58.0
21	PETER MILLICAN	46 M	MADOC	464	5:16.40	8:29.20	52:44.0
22	JONATHAN SMITH	43 M	OTTAWA	452	5:18.00	8:31.77	53:00.0
23	NICOLE PHYTHIAN	27 F	KINGSTON	426	5:18.30	8:32.25	53:03.0
24	CARLEY KENWELL	28 F	KANATA	428	5:23.00	8:39.82	53:50.0
25	KRIS CALLAERTS	43 M	KINGSTON	414	5:27.30	8:46.74	54:33.0
26	ANNE MARIE VAN RAAY	48 F	KINGSTON	466	5:31.60	8:53.66	55:16.0
27	GRANT FINNIGHAN	50 M	VANCOUVER	418	5:32.20	8:54.62	55:22.0
28	YANN FRECHETTE	30 M	KINGSTON	407	5:34.80	8:58.81	55:48.0
29	ROBERT CRIGER	55 M	OTTAWA	422	5:41.80	9:10.07	56:58.0
30	CORINA ZECHEL	42 F	KINGSTON	440	5:42.80	9:11.68	57:08.0
31	JOSEE HARRIS	28 F	OTTAWA	429	5:46.40	9:17.48	57:44.0
32	CAREY JONES	54 M	OTTAWA	421	5:55.10	9:31.48	59:11.0
33	MARTIN GUYON	45 M	KINGSTON	416	5:55.50	9:32.12	59:15.0
34	LESLIE READE	41 F	HARROWSMITH	451	5:56.30	9:33.41	59:23.0
35	ELIZU MURPHY	47 F	SYDENHAM	465	5:58.80	9:37.43	59:48.0
36	BOB PUTZLOCHER	54 M	INVERARY	467	6:06.60	9:49.99	1:01:06.0
37	MELISA DEAULT	23 F	GATINEAU	453	6:09.50	9:54.65	1:01:35.0
38	PAMELA GRIMM	30 F	LANARK	431	6:09.60	9:54.81	1:01:36.0
39	SARAH STIRLING-MOFFE	21 F	OTTAWA	423	6:11.80	9:58.35	1:01:58.0
40	INGRID KOENIG	45 F	OTTAWA	444	6:12.10	9:58.84	1:02:01.0
41	JENNIFER BOOKHOUT	38 F	OTTAWA	437	6:12.80	9:59.96	1:02:08.0
42	ANNALISA PERCY	45 F	PETAWAWA	441	6:14.10	10:02.06	1:02:21.0
43	DEAN TIMBRELL	50 M	INGLESIDE	419	6:22.10	10:14.93	1:03:41.0
44	BENJAMIN GRESIK	22 M	WESTPORT	403	6:24.80	10:19.28	1:04:08.0
45	ELAINE KOSHOWSKI	48 F	KINGSTON	446	6:25.00	10:19.60	1:04:10.0
46	SEAN BELL	34 M	TORONTO	410	6:27.30	10:23.30	1:04:33.0
47	CATHY CARSON	45 F	KINGSTON	442	6:33.80	10:33.76	1:05:38.0
48	GREG REBEC	49 M	KINGSTON	417	6:36.10	10:37.46	1:06:01.0
49	KELLY WALD	34 F	BARRIE	432	6:44.20	10:50.50	1:07:22.0
50	ASHLEY GODDARD	21 F	OTTAWA	424	6:49.70	10:59.35	1:08:17.0

**5 PEAKS - Kingston****Kingston, Ontario**

05/12/2012 - 05/12/2012

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

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Bib</b>	<b>Avg per K</b>	<b>Avg per MI</b>	<b>Time</b>
51	APRIL SHEPHERD	33 F	PERTH	469	6:51.00	11:01.44	1:08:30.0
52	TREVOR STONE	29 M		450	7:02.10	11:19.30	1:10:21.0
53	REBECCA HINKSON	27 F	NEPEAN	427	7:16.70	11:42.80	1:12:47.0
54	KRISTIE GAMBREL	35 F	KINGSTON	434	7:22.00	11:51.33	1:13:40.0
55	AMANDA BOND	29 F	TORONTO	430	7:25.10	11:56.32	1:14:11.0
56	ARLENE DOYLE	50 F	BALDERSON	447	7:26.90	11:59.22	1:14:29.0
57	JAMES DOYLE	45 M	BALDERSON	415	7:27.00	11:59.38	1:14:30.0
58	CHRISTINA LEIBBRANDT	35 F	OTTAWA	433	7:35.70	12:13.38	1:15:57.0
59	ANGÈLE CHARRON	41 F	LANARK	438	7:52.60	12:40.58	1:18:46.0
60	KELLY BALFE	37 F	BARRIE	436	7:53.40	12:41.86	1:18:54.0
61	CINDY MCGEACIE	51 F	KINGSTON	448	8:06.30	13:02.62	1:21:03.0
62	ROB MARSHALL	52 M	KINGSTON	420	8:06.31	13:02.64	1:21:03.1
63	JUDY GLENNIE	47 F	KINGSTON	445	8:06.70	13:03.27	1:21:07.0
64	JEN VALLIER	25 F	KINGSTON	425	8:07.50	13:04.56	1:21:15.0
65	STEACY KAVANER	41 F	GANANOOUE	439	8:36.10	13:50.58	1:26:01.0
66	MEG WILKIN	33 F	KINGSTON	470	9:04.10	14:35.64	1:30:41.0
67	MAGGIE JONES	57 F	PEMBROKE	449	9:44.30	15:40.34	1:37:23.0