

**2017 KRRR Anniversary Run**

The Landings, GC - Kingston, Ontario

2017-11-05

11/5/17 - 11/5/17

Results by [www.runningbydesign.com](http://www.runningbydesign.com)**Event # 2 MIXED 10K Run**

	Name	Age	Bib	Team	Avg per K	Avg per MI	Time
<b>FEMALE 20 - 29</b>							
1	Lyndsay Glazier	F 28	1587	JOYCEVILLE	2:47.1	4:28.9	44:49.62
2	Reo Roland	F 22	1588	BRANTFORD	2:56.7	4:44.4	47:24.18
3	Maria Georgescu	F 25	1599	KINGSTON	3:08.3	5:03.0	50:30.81
4	Spenser Longworth	F 29	1551	KINGSTON	3:18.0	5:18.7	53:07.56
5	Casey Kidson	F 28	1566	KINGSTON	3:27.4	5:33.8	55:38.62
<b>FEMALE 30 - 39</b>							
1	Kathleen Dorsey	F 30	1507	KINGSTON	2:54.4	4:40.7	46:47.31
2	Lesley Rudy	F 36	1539	KINGSTON	3:10.0	5:05.9	50:59.25
3	Lynne Thomson	F 34	1565	KINGSTON	3:17.5	5:17.8	52:58.66
4	Allison Casteels	F 32	1527	KINGSTON	4:01.1	6:28.1	1:04:41.12
5	Brandi Lorenz	F 33	1522	AMHERSTVIEW	4:10.5	6:43.1	1:07:11.94
<b>FEMALE 40 - 49</b>							
1	Tammy Pigion	F 43	1583	NAPANEE	3:06.9	5:00.9	50:09.00
2	Helene Raymond	F 40	1548	GRAFTON	3:10.7	5:07.0	51:10.31
3	Stacey Berdan	F 49	1559	TWEED	3:24.2	5:28.6	54:46.53
4	Sara Boyce	F 41	1496	KINGSTON	3:42.5	5:58.2	59:42.18
5	Sandra Rose	F 47	1597	NAPANEE	3:58.6	6:24.1	1:04:01.44
6	Erika Papst	F 41	1598	CARRYING PLACE	4:18.0	6:55.3	1:09:13.00
<b>FEMALE 50 - 59</b>							
1	Cheryll La Force	F 58	1552	KINGSTON	3:05.6	4:58.8	49:48.03
2	Pam Mundell	F 51	1487	KINGSTON	3:10.4	5:06.5	51:05.44
3	Janet Shepherd	F 54	1581	MALLORYTOWN	3:19.4	5:20.9	53:29.28
4	Nancy Ball	F 56	1590	KINGSTON	3:35.4	5:46.7	57:47.15
<b>FEMALE 60 - 69</b>							
1	Shirley Myers	F 64	1595	KINGSTON	3:19.1	5:20.5	53:25.62
2	Eithne Dunbar	F 68	1556	BROCKVILLE	4:11.0	6:44.0	1:07:20.72
<b>FEMALE 70 - 99</b>							
1	Liz Walker	F 70	1554	KINGSTON	4:02.4	6:30.1	1:05:01.94
<b>MALE 1 - 19</b>							
1	Kieran Smart	M 19	1576	KINGSTON	2:20.5	3:46.2	37:42.53
2	Ché Breadner	M 13	1532	KINGSTON	2:41.3	4:19.6	43:16.66
3	Cooper Barrie	M 10	1538	ODESSA	2:52.3	4:37.3	46:13.50
<b>MALE 20 - 29</b>							
1	Mike Mackett	M 25	1545	ST. CATHARINES	2:18.3	3:42.6	37:06.25
2	Jeff Mountjoy	M 26	1530	KINGSTON	2:25.4	3:54.0	39:00.28
3	Jeff Shepherd	M 26	1582	MALLORYTOWN	2:27.5	3:57.3	39:33.91
4	Scott Allen	M 29	1535	KINGSTON	3:38.7	5:51.9	58:39.81
<b>MALE 30 - 39</b>							
1	Tim Gillespie	M 39	1570	KINGSTON	2:18.0	3:42.1	37:01.44
2	Owain Jones	M 32	1577	KINGSTON	2:32.1	4:04.8	40:48.81
3	Ryan Dorsey	M 30	1508	KINGSTON	2:37.7	4:13.9	42:19.50
4	Shane Gale	M 34	1573	TRENTON	2:42.3	4:21.3	43:33.34
5	Sebastien Ival	M 38	1488	KINGSTON	2:53.7	4:39.6	46:36.91
6	David Powell	M 35	1524	KINGSTON	3:01.6	4:52.3	48:43.09

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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>
7	Arnaud Raymond	M 39	1547	GRAFTON	3:02.0	4:52.9	48:49.12
8	Luis Paico-Aviles	M 33	1540	KANATA	3:02.9	4:54.4	49:04.34
9	Scott Valberg	M 32	1584	KINGSTON	3:04.4	4:56.7	49:27.75
<b>MALE 40 - 49</b>							
1	Michael Blois	M 46	1536	OTTAWA	2:17.4	3:41.1	36:51.41
2	Rob Campbell	M 46	1516	KINGSTON	2:18.9	3:43.6	37:16.53
3	Trevor Davies	M 44	1537	KINGSTON	2:37.1	4:12.8	42:08.38
4	George Semple	M 46	1533	KINGSTON	2:55.1	4:41.8	46:58.59
5	Emile Ndorimana	M 43	1544	KINGSTON	2:56.3	4:43.7	47:17.81
6	Steven Fry	M 43	1564	KINGSTON	3:13.8	5:11.9	51:59.66
7	Steve Kinney	M 40	1542	DESERONTO	3:15.9	5:15.3	52:33.91
8	Naeem Abbasi	M 49	1557	SAN DIEGO	3:38.8	5:52.2	58:42.22
9	Matthew Richardson	M 43	1579	NAPANEE	3:52.2	6:13.7	1:02:17.38
<b>MALE 50 - 59</b>							
1	Earl Steinbrecher	M 53	1580	GANANOQUE	2:24.9	3:53.1	38:51.97
2	Robby Breadner	M 50	1531	KINGSTON	2:31.5	4:03.9	40:39.09
3	Wayne Rice	M 54	1585	SYDENHAM	2:32.6	4:05.6	40:56.09
4	Rick Royce	M 57	1528	KINGSTON	2:46.6	4:28.2	44:42.15
5	Charlie Roland	M 52	1589	BRANTFORD	2:47.0	4:28.8	44:48.38
6	Richard Prinsen	M 52	1586	KINGSTON	2:50.5	4:34.5	45:45.50
7	David Wilkins	M 55	1493	KINGSTON	3:22.7	5:26.2	54:22.22
8	Patrick Thompson	M 53	1521	KINGSTON	3:33.7	5:43.9	57:19.22
<b>MALE 60 - 69</b>							
1	Ken Hook	M 61	1575	CLOYNE	3:04.1	4:56.3	49:23.69
2	Stephen MacKinnon	M 64	1483	BROCKVILLE	3:14.2	5:12.6	52:06.44
3	Ed Brand	M 68	1560	KINGSTON	3:15.1	5:14.1	52:21.06
4	John Doyle	M 68	1592	SEELEYS BAY	3:26.9	5:33.0	55:30.12
5	Geoffrey Roulet	M 69	1567	KINGSTON	3:41.8	5:56.9	59:29.97
6	Paul Thompson	M 68	1568	KINGSTON	4:02.0	6:29.5	1:04:55.81
<b>MALE 70 - 99</b>							
1	Tony Dunbar	M 72	1526	BROCKVILLE	3:16.4	5:16.1	52:41.66
2	Richard Sunderland	M 71	1534	KINGSTON	3:48.6	6:07.9	1:01:19.94