

2017 KRRR Anniversary Run**The Landings, GC - Kingston, Ontario**

2017-11-05

11/5/17 - 11/5/17

Results by www.runningbydesign.com**Event # 2 MIXED 10K Run**

| | Name | Age | Bib | Team | Avg per K | Avg per MI | Time |
|----------------|-------------------|------------|------------|----------------|------------------|-------------------|-------------|
| OVERALL | | | | | | | |
| 1 | Nathan Dehghan | M 20 | 1549 | ANCASTER | 2:04.3 | 3:20.1 | 33:21.50 |
| 2 | Spencer Raby | M 20 | 1525 | ST CATHARINES | 2:08.4 | 3:26.7 | 34:27.25 |
| 3 | Cameron Bardwell | M 22 | 9999 | KINGSTON | 2:11.8 | 3:32.2 | 35:22.25 |
| 4 | Julianne Staehli | F 24 | 1511 | KINGSTON | 2:12.7 | 3:33.6 | 35:36.75 |
| 5 | Michael Blois | M 46 | 1536 | OTTAWA | 2:17.4 | 3:41.1 | 36:51.41 |
| 6 | Tim Gillespie | M 39 | 1570 | KINGSTON | 2:18.0 | 3:42.1 | 37:01.44 |
| 7 | Mike Mackett | M 25 | 1545 | ST. CATHARINES | 2:18.3 | 3:42.6 | 37:06.25 |
| 8 | Rob Campbell | M 46 | 1516 | KINGSTON | 2:18.9 | 3:43.6 | 37:16.53 |
| 9 | Kieran Smart | M 19 | 1576 | KINGSTON | 2:20.5 | 3:46.2 | 37:42.53 |
| 10 | Earl Steinbrecher | M 53 | 1580 | GANANOQUE | 2:24.9 | 3:53.1 | 38:51.97 |
| 11 | Jeff Mountjoy | M 26 | 1530 | KINGSTON | 2:25.4 | 3:54.0 | 39:00.28 |
| 12 | Jeff Shepherd | M 26 | 1582 | MALLORYTOWN | 2:27.5 | 3:57.3 | 39:33.91 |
| 13 | Robby Breadner | M 50 | 1531 | KINGSTON | 2:31.5 | 4:03.9 | 40:39.09 |
| 14 | Owain Jones | M 32 | 1577 | KINGSTON | 2:32.1 | 4:04.8 | 40:48.81 |
| 15 | Wayne Rice | M 54 | 1585 | SYDENHAM | 2:32.6 | 4:05.6 | 40:56.09 |
| 16 | Trevor Davies | M 44 | 1537 | KINGSTON | 2:37.1 | 4:12.8 | 42:08.38 |
| 17 | Ryan Dorsey | M 30 | 1508 | KINGSTON | 2:37.7 | 4:13.9 | 42:19.50 |
| 18 | Heather Ostic | F 48 | 1553 | KINGSTON | 2:39.0 | 4:15.9 | 42:39.00 |
| 19 | Suzanne Kerr | F 41 | 1502 | KINGSTON | 2:40.4 | 4:18.1 | 43:01.53 |
| 20 | Ché Breadner | M 13 | 1532 | KINGSTON | 2:41.3 | 4:19.6 | 43:16.66 |
| 21 | Shane Gale | M 34 | 1573 | TRENTON | 2:42.3 | 4:21.3 | 43:33.34 |
| 22 | Rick Royce | M 57 | 1528 | KINGSTON | 2:46.6 | 4:28.2 | 44:42.15 |
| 23 | Charlie Roland | M 52 | 1589 | BRANTFORD | 2:47.0 | 4:28.8 | 44:48.38 |
| 24 | Lyndsay Glazier | F 28 | 1587 | JOYCEVILLE | 2:47.1 | 4:28.9 | 44:49.62 |
| 25 | Richard Prinsen | M 52 | 1586 | KINGSTON | 2:50.5 | 4:34.5 | 45:45.50 |
| 26 | Cooper Barrie | M 10 | 1538 | ODESSA | 2:52.3 | 4:37.3 | 46:13.50 |
| 27 | Sebastien Ival | M 38 | 1488 | KINGSTON | 2:53.7 | 4:39.6 | 46:36.91 |
| 28 | Kathleen Dorsey | F 30 | 1507 | KINGSTON | 2:54.4 | 4:40.7 | 46:47.31 |
| 29 | George Semple | M 46 | 1533 | KINGSTON | 2:55.1 | 4:41.8 | 46:58.59 |
| 30 | Emile Ndorimana | M 43 | 1544 | KINGSTON | 2:56.3 | 4:43.7 | 47:17.81 |
| 31 | Reo Roland | F 22 | 1588 | BRANTFORD | 2:56.7 | 4:44.4 | 47:24.18 |
| 32 | David Powell | M 35 | 1524 | KINGSTON | 3:01.6 | 4:52.3 | 48:43.09 |
| 33 | Arnaud Raymond | M 39 | 1547 | GRAFTON | 3:02.0 | 4:52.9 | 48:49.12 |
| 34 | Luis Paico-Avilez | M 33 | 1540 | KANATA | 3:02.9 | 4:54.4 | 49:04.34 |
| 35 | Ken Hook | M 61 | 1575 | CLOYNE | 3:04.1 | 4:56.3 | 49:23.69 |
| 36 | Scott Valberg | M 32 | 1584 | KINGSTON | 3:04.4 | 4:56.7 | 49:27.75 |
| 37 | Cheryll La Force | F 58 | 1552 | KINGSTON | 3:05.6 | 4:58.8 | 49:48.03 |
| 38 | Tammy Pigion | F 43 | 1583 | NAPANEE | 3:06.9 | 5:00.9 | 50:09.00 |
| 39 | Maria Georgescu | F 25 | 1599 | KINGSTON | 3:08.3 | 5:03.0 | 50:30.81 |
| 40 | Lesley Rudy | F 36 | 1539 | KINGSTON | 3:10.0 | 5:05.9 | 50:59.25 |
| 41 | Pam Mundell | F 51 | 1487 | KINGSTON | 3:10.4 | 5:06.5 | 51:05.44 |
| 42 | Helene Raymond | F 40 | 1548 | GRAFTON | 3:10.7 | 5:07.0 | 51:10.31 |
| 43 | Steven Fry | M 43 | 1564 | KINGSTON | 3:13.8 | 5:11.9 | 51:59.66 |
| 44 | Stephen MacKinnon | M 64 | 1483 | BROCKVILLE | 3:14.2 | 5:12.6 | 52:06.44 |

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|----|--------------------|------------|------------|----------------|------------------|-------------------|-------------|
| 45 | Ed Brand | M 68 | 1560 | KINGSTON | 3:15.1 | 5:14.1 | 52:21.06 |
| 46 | Steve Kinney | M 40 | 1542 | DESERONTO | 3:15.9 | 5:15.3 | 52:33.91 |
| 47 | Tony Dunbar | M 72 | 1526 | BROCKVILLE | 3:16.4 | 5:16.1 | 52:41.66 |
| 48 | Lynne Thomson | F 34 | 1565 | KINGSTON | 3:17.5 | 5:17.8 | 52:58.66 |
| 49 | Spenser Longworth | F 29 | 1551 | KINGSTON | 3:18.0 | 5:18.7 | 53:07.56 |
| 50 | Shirley Myers | F 64 | 1595 | KINGSTON | 3:19.1 | 5:20.5 | 53:25.62 |
| 51 | Janet Shepherd | F 54 | 1581 | MALLORYTOWN | 3:19.4 | 5:20.9 | 53:29.28 |
| 52 | David Wilkins | M 55 | 1493 | KINGSTON | 3:22.7 | 5:26.2 | 54:22.22 |
| 53 | Stacey Berdan | F 49 | 1559 | TWEED | 3:24.2 | 5:28.6 | 54:46.53 |
| 54 | John Doyle | M 68 | 1592 | SEELEYS BAY | 3:26.9 | 5:33.0 | 55:30.12 |
| 55 | Casey Kidson | F 28 | 1566 | KINGSTON | 3:27.4 | 5:33.8 | 55:38.62 |
| 56 | Patrick Thompson | M 53 | 1521 | KINGSTON | 3:33.7 | 5:43.9 | 57:19.22 |
| 57 | Nancy Ball | F 56 | 1590 | KINGSTON | 3:35.4 | 5:46.7 | 57:47.15 |
| 58 | Scott Allen | M 29 | 1535 | KINGSTON | 3:38.7 | 5:51.9 | 58:39.81 |
| 59 | Naeem Abbasi | M 49 | 1557 | SAN DIEGO | 3:38.8 | 5:52.2 | 58:42.22 |
| 60 | Geoffrey Roulet | M 69 | 1567 | KINGSTON | 3:41.8 | 5:56.9 | 59:29.97 |
| 61 | Sara Boyce | F 41 | 1496 | KINGSTON | 3:42.5 | 5:58.2 | 59:42.18 |
| 62 | Richard Sunderland | M 71 | 1534 | KINGSTON | 3:48.6 | 6:07.9 | 1:01:19.94 |
| 63 | Matthew Richardson | M 43 | 1579 | NAPANEE | 3:52.2 | 6:13.7 | 1:02:17.38 |
| 64 | Sandra Rose | F 47 | 1597 | NAPANEE | 3:58.6 | 6:24.1 | 1:04:01.44 |
| 65 | Allison Casteels | F 32 | 1527 | KINGSTON | 4:01.1 | 6:28.1 | 1:04:41.12 |
| 66 | Paul Thompson | M 68 | 1568 | KINGSTON | 4:02.0 | 6:29.5 | 1:04:55.81 |
| 67 | Liz Walker | F 70 | 1554 | KINGSTON | 4:02.4 | 6:30.1 | 1:05:01.94 |
| 68 | Brandi Lorenz | F 33 | 1522 | AMHERSTVIEW | 4:10.5 | 6:43.1 | 1:07:11.94 |
| 69 | Eithne Dunbar | F 68 | 1556 | BROCKVILLE | 4:11.0 | 6:44.0 | 1:07:20.72 |
| 70 | Erika Papst | F 41 | 1598 | CARRYING PLACE | 4:18.0 | 6:55.3 | 1:09:13.00 |