

**2018 KRRR Anniversary Run**

The Landings Golf Course, Kingston, ON

2018-11-04

11/4/18 - 11/4/18

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	Julia Bates	F 22	979	INVERARY			45:14.09
2	Casey Kidson	F 29	1475	KINGSTON			54:30.66
3	Lauren Luchenski	F 23	946	RICHMOND HILL			1:00:06.91
4	Laura McKiel	F 24	1427	CARLETON PLACE			1:04:00.97
<b>FEMALE 30 - 39</b>							
1	Jacque DeWolfe	F 35	1433	KINGSTON			43:23.88
2	Kathleen Dorsey	F 31	985	KINGSTON			45:06.34
3	Lesley Rudy	F 38	1465	KINGSTON			49:42.94
4	Amy Fisher	F 39	987	KINGSTON			50:13.18
5	Kate Primeau	F 38	950	FOXBORO			50:37.02
6	Laura English	F 34	1413	KINGSTON			51:32.00
7	Erin Clow	F 34	1474	KINGSTON			53:54.12
8	Nathalie Melzer	F 34	1463	KINGSTON			56:16.81
9	Jana Mareckova	F 38	1453	KINGSTON			57:05.66
10	Melanie McCormack	F 39	974	KINGSTON			58:58.91
11	Ashley Williams	F 33	1445	KINGSTON			1:02:24.53
12	Allison Casteels	F 33	1424	KINGSTON			1:02:40.06
13	Martine Thivierge-Bourniv	F 38	1412	KINGSTON			1:03:14.31
<b>FEMALE 40 - 49</b>							
1	Lana Saunders	F 43	952	GANANOQUE			46:56.00
2	Tammy Pigion	F 44	1425	NAPANEE			48:38.88
3	Amelie Walsh	F 44	947	KINGSTON			52:16.50
4	Hélène Raymond	F 41	1471	GRAFTON			52:47.02
<b>FEMALE 50 - 59</b>							
1	Karen Millson	F 55	1452	KINGSTON			47:07.47
2	Janet Shepherd	F 54	1417	MALLORYTOWN			50:18.47
3	Glibert Francoise	F 57	981	INVERARY			50:36.09
4	Pam Mundell	F 52	1459	KINGSTON			52:46.22
5	Monica Parry	F 56	1467	KINGSTON			56:27.53
6	Carol Peterson	F 52	1421	KINGSTON			1:22:17.00
<b>FEMALE 60 - 69</b>							
1	Deborah Holtom	F 67	1439	HOWE ISLAND			48:59.88
2	Shirley Myers	F 65	1420	KINGSTON			50:42.97
3	Eithne Dunbar	F 69	1457	BROCKVILLE			1:03:04.69
4	Margie File	F 64	1460	KINGSTON			1:03:57.91
<b>FEMALE 70 - 99</b>							
1	Liz Walker	F 71	1449	KINGSTON			1:04:07.78
<b>MALE 1 - 19</b>							
1	Cameron Bruce	M 16	954	KINGSTON			36:39.31
2	Jackson Simmons	M 19	1435	ST CATHARINES			40:57.72
3	Cooper Barrie	M 11	1454	ODESSA			42:24.22
4	Connor McCormack	M 11	975	KINGSTON			53:43.12
<b>MALE 20 - 29</b>							
1	Matthew Johnston	M 24	1466	PICKERING			35:42.15

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	Name	Age	Bib	Team	Avg per K	Avg per MI	Time
2	Mike Mackett	M 26	1434	ST CATHARINES			38:34.28
3	Jeff Shepherd	M 26	1419	MALLORYTOWN			39:04.34
4	Scott Day	M 21	1431	KINGSTON			39:57.66
<b>MALE 30 - 39</b>							
1	Owain Jones	M 33	1415	KINGSTON			39:10.78
2	Romulo Severino	M 39	990	KINGSTON			40:36.03
3	Aaron Silles	M 33	953	KINGSTON			44:15.22
4	Sebastien Ival	M 39	973	KINGSTON			46:53.62
5	Luis Paico-Avilez	M 34	1455	KANATA			47:05.81
6	Chris Hammer	M 39	944	SYDENHAM			54:44.38
<b>MALE 40 - 49</b>							
1	Kevin Dunbar	M 42	965	KINGSTON			36:43.03
2	Tim Gillespie	M 40	1450	KINGSTON			36:54.62
3	Jude Aiken	M 43	945	HARROWSMITHM			40:39.41
4	Todd Biggerman	M 47	971	KINGSTON			41:01.15
5	John Sadler	M 45	1428	KINGSTON			43:19.47
6	Martin Guyon	M 49	1456	KINGSTON			44:09.53
7	Émile Ndorimana	M 44	1448	KINGSTON			44:41.09
8	Arnaud Raymond	M 40	1470	GRAFTON			50:41.69
9	Peter Gagolewicz	M 40	1462	KINGSTON			56:17.75
10	Matthew Richardson	M 44	1426	NAPANEE			1:03:27.18
<b>MALE 50 - 59</b>							
1	Robby Breadner	M 51	1469	KINGSTON			39:59.41
2	Wayne Rice	M 55	1441	RAILTON			41:12.00
3	Danny Dwyer	M 53	1458	ENTERPRISE			41:13.88
4	Will Kymlicka	M 55	1451	KINGSTON			44:07.59
5	Rick Roye	M 58	959	KINGSTON			44:26.56
6	Danny Bates	M 57	1440	TICHBORNE			44:29.75
7	Richard Prinsen	M 53	1418	KINGSTON			44:48.94
8	Fred Topham	M 57	956	HARROWSMITH			49:02.09
9	Ron Healey	M 59	1464	CORBYVILLE			52:33.44
10	Patrick Thompson	M 54	1468	KINGSTON			57:16.81
11	Phil Bates	M 54	980	INVERARY			1:00:52.50
<b>MALE 60 - 69</b>							
1	Al Cantlay	M 63	951	KINGSTON			45:47.78
2	Ken Hook	M 62	1416	CLOYNE			47:34.78
3	Garry Carl	M 62	1437	BELLEVILLE			58:12.00
4	Ed Brand	M 69	1436	KINGSTON			59:04.62
5	Paul Thompson	M 69	1438	KINGSTON			1:08:00.00
<b>MALE 70 - 99</b>							
1	Richard Sunderland	M 72	1430	KINGSTON			1:02:40.00
2	PJ Marshall	M 75	1461	KINGSTON			1:12:55.00