

**KRRA XC 1km/5km Races**

Fort Henry Hill, Kingston, Ontario

9/26/15 - 9/26/15

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

	Name	Age	Bib	Team	Avg per K	Avg per MI	Time
<b>FEMALE 1 - 19</b>							
1	Anya deBeer	F 18	94	ANCASTER	4:03.20	6:31.39	20:16.00
2	Emma Howard	F 18	71	KINGSTON	4:06.256	6:36.31	20:31.28
3	Hero Aiken	F 13	62	HARROWSMITH	4:30.912	7:15.99	22:34.56
4	Juno Aiken	F 12	28	HARROWSMITH	4:48.918	7:44.97	24:04.59
5	Vanessa Pearce	F 13	89	SYDENHAM	4:54.824	7:54.47	24:34.12
6	Esther Siderius	F 15	43	KINGSTON	5:24.718	8:42.58	27:03.59
7	Sophie Saunders-Lambert	F 8	49	HOWE ISLAND	5:30.332	8:51.62	27:31.66
8	Lindsay Pierce	F 18	15	KINGSTON	5:42.70	9:11.52	28:33.50
<b>FEMALE 20 - 29</b>							
1	Jennifer Gomes	F 26	21	KINGSTON	4:58.306	8:00.08	24:51.53
2	Carly McHenry	F 20	11	KINGSTON	5:42.624	9:11.40	28:33.12
3	Magdalena Balazova	F 25	76	KINGSTON	5:51.282	9:25.33	29:16.41
<b>FEMALE 30 - 39</b>							
1	Jacque DeWolfe	F 32	4	KINGSTON	4:01.23	6:28.22	20:06.15
2	Ann Kupecz	F 36	59	NAPANEE	4:30.40	7:15.17	22:32.00
3	Lesley Rudy	F 35	63	KINGSTON	4:52.036	7:49.99	24:20.18
4	Jana Mareckova	F 36	24	KINGSTON	5:35.988	9:00.72	27:59.94
5	Brandy Smith	F 38	32	BROCKVILLE	6:21.574	10:14.08	31:47.87
6	Molly Brunet	F 39	107	KINGSTON	6:30.886	10:29.07	32:34.43
7	Tandy Thomas	F 33	25	KINGSTON	6:54.00	11:06.27	34:30.00
8	Candace Pike	F 30	3	KINGSTON	7:02.20	11:19.46	35:11.00
<b>FEMALE 40 - 49</b>							
1	Lana Saunders	F 40	48	HOWE ISLAND	4:25.782	7:07.73	22:08.91
2	Stacey Berdan	F 47	51	TWEED	4:56.476	7:57.13	24:42.38
3	Deb Pepper	F 46	106	KINGSTON	6:30.70	10:28.77	32:33.50
<b>MALE 1 - 19</b>							
1	Dakota Lavery	M 17	9	KINGSTON	3:18.988	5:20.24	16:34.94
2	Declan Colwell	M 18	98	KINGSTON	3:20.15	5:22.11	16:40.75
3	Sebastian Scott	M 17	14	KINGSTON	3:44.538	6:01.36	18:42.69
4	Paul Riek	M 17	75	KINGSTON	3:48.212	6:07.27	19:01.06
5	Will Campeau	M 13	99	BROCKVILLE	3:50.312	6:10.65	19:11.56
6	Liam Cowan	M 13	37	KINGSTON	4:23.288	7:03.72	21:56.44
7	Che Breadner	M 12	35	KINGSTON	4:26.418	7:08.76	22:12.09
8	Connor Cowan	M 11	38	KINGSTON	4:29.468	7:13.67	22:27.34
9	Kieran McAllister	M 11	36	KINGSTON	4:37.168	7:26.06	23:05.84
10	Bill McIlroy	M 10	81	KINGSTON	4:37.292	7:26.26	23:06.46
11	Jordan McLarry	M 15	22	NAPANEE	5:20.40	8:35.63	26:42.00
12	Sebastian Smith	M 15	33	BROCKVILLE	6:21.55	10:14.05	31:47.75
<b>MALE 20 - 29</b>							
1	Matthew Roach	M 20	67	KINGSTON	3:21.762	5:24.70	16:48.81
2	Pier Lacasse	M 20	53	KINGSTON	3:22.124	5:25.29	16:50.62
3	Matthew Corolis	M 20	31	KINGSTON	3:24.076	5:28.43	17:00.38
4	Alec Proudfoot	M 20	68	KINGSTON	3:25.436	5:30.62	17:07.18
5	Trevor Reid	M 22	54	BELLEVILLE	3:31.138	5:39.79	17:35.69

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	Name	Age	Bib	Team	Avg per K	Avg per MI	Time
6	Robert Talarico	M 22	50	KINGSTON	3:56.30	6:20.29	19:41.50
7	Devon Boyne	M 23	101	KINGSTON	4:08.544	6:39.99	20:42.72
8	Jake Shepherd	M 21	102	KINGSTON	5:17.506	8:30.98	26:27.53
9	Owen Berringer	M 20	103	KINGSTON	5:17.648	8:31.20	26:28.24
<b>MALE 30 - 39</b>							
1	Nick Cosman	M 33	40	KINGSTON	3:35.03	5:46.06	17:55.15
2	Tim Gillespie	M 37	6	KINGSTON	3:38.63	5:51.85	18:13.15
3	Kevin Dunbar	M 39	97	KINGSTON	3:40.568	5:54.97	18:22.84
4	Shane Gale	M 32	8	TRENTON	4:12.63	6:46.57	21:03.15
5	David Cerantola	M 34	52	KINGSTON	4:12.792	6:46.83	21:03.96
6	Darius Gorganzadeh	M 36	12	KINGSTON	5:06.906	8:13.92	25:34.53
<b>MALE 40 - 49</b>							
1	Kevin Webster	M 47	45	KINGSTON	3:41.83	5:57.00	18:29.15
2	Yves Filion	M 41	13	KINGSTON	3:44.012	6:00.51	18:40.06
3	Jude Aiken	M 40	61	HARROWSMITH	3:52.456	6:14.10	19:22.28
4	Jason Trueman	M 42	72	KINGSTON	4:04.406	6:33.33	20:22.03
5	Robby Breadner	M 49	10	KINGSTON	4:08.818	6:40.43	20:44.09
6	Greg Phelan	M 49	46	KINGSTON	4:40.056	7:30.71	23:20.28
7	Deryck Monsour	M 45	47	KINGSTON	4:58.062	7:59.68	24:50.31
<b>MALE 50 - 59</b>							
1	Richard Prinsen	M 50	100	KINGSTON	4:24.80	7:06.15	22:04.00
2	David Lee	M 51	70	KINGSTON	4:40.30	7:31.10	23:21.50
3	Tom McRae	M 54	104	KINGSTON	5:25.976	8:44.61	27:09.88
<b>MALE 60 - 69</b>							
1	Glenn Caird	M 63	69	LANSDOWNE	4:10.668	6:43.41	20:53.34
2	Ken Hook	M 60	87	CLOYNE	4:32.388	7:18.37	22:41.94
3	Ed Brand	M 67	23	KINGSTON	4:34.594	7:21.92	22:52.97
4	Richard Sunderland	M 68	39	KINGSTON	5:07.856	8:15.45	25:39.28
5	Geoffrey Roulet	M 68	5	KINGSTON	5:20.524	8:35.83	26:42.62
6	Mark Wideman	M 63	7	KINGSTON	6:13.888	10:01.71	31:09.44