

2015 KRRR Limestone Mile

Kingston, Ontario

1/7/15 - 1/7/15

Results by www.runningbydesign.com**Event # 3 MENS 1Mile Run**

	Name	Age	Bib	Team	Avg per K	Avg per MI	Time
MALE 1 - 19							
1	Ben Workman	M 17	726	KINGSTON			4:29.00
2	Kierson L abbe	M 17	576	KINGSTON			4:34.00
3	Brandon Thomas	M 19	733	ST. GEORGE			4:45.00
4	Miles Brackenbury	M 13	529	KINGSTON			5:09.00
5	Ché Breadner	M 12	747	KINGSTON			6:26.00
6	Matan Freedman	M 19	752	KINGSTON			7:13.00
MALE 20 - 29							
1	Jeff Archer	M 22	542	KINGSTON			4:30.00
2	Clay Patterson	M 26	710	KINGSTON			4:31.00
3	Shane Favit	M 20	729	TORONTO			4:37.00
4	Jeff Mountjoy	M 25	935	KINGSTON			5:05.00
5	Alex Blanchard	M 28	732	KINGSTON			5:16.00
6	Mike Mackett	M 24	631	ST CATHERINES			5:23.00
7	Jacob Shepherd	M 21	724	KINGSTON			5:35.00
8	Luke Kroeker	M 25	694	KINGSTON			5:46.00
9	Olly Wood	M 29	928	BRISBANE			5:48.00
10	Shane Dubbelman	M 22	540	KINGSTON			6:50.00
MALE 30 - 39							
1	Nick Mosey	M 37	721	KINGSTON			4:49.00
2	Tim Gillespie	M 37	696	KINGSTON			5:10.00
3	Mark Kerr	M 34	693	KINGSTON			5:44.00
4	Shane Gale	M 32	934	TRENTON			5:47.00
MALE 40 - 49							
1	Savvas Frantzeskos	M 40	699	KINGSTON			4:59.00
2	Kevin Webster	M 47	810	KINGSTON			5:14.00
3	Michael Onesi	M 43	930	KINGSTON			5:28.00
4	Brian Ginn	M 43	661	AURORA			6:59.00
MALE 50 - 59							
1	Wayne Rice	M 52	932	SYDENHAM			5:27.00
2	Paul Cehan	M 51	708	KINGSTON			5:57.00
3	Rick Royce	M 56	933	KINGSTON			5:59.00
MALE 60 - 69							
1	Al Cantlay	M 60	748	KINGSTON			5:54.00
2	Ed Brand	M 67	751	KINGSTON			6:53.00
3	Geoffrey Roulet	M 67	700	KINGSTON			7:18.00
4	Richard Sunderland	M 69	701	KINGSTON			7:23.00
5	Jim Malekos	M 61	534	KINGSTON			8:04.00
6	Don Cowell	M 64	674	KINGSTON			8:22.00
MALE 70 - 79							
1	P.J. Marshall	M 72	762	KINGSTON			8:42.00