

2015 KRRR Limestone Mile

Kingston, Ontario

1/7/15 - 1/7/15

Results by www.runningbydesign.com**Event # 2 WOMENS Women's 1Mile Run**

	Name	Age	Bib	Team	Avg per K	Avg per MI	Time
FEMALE 1 - 19							
1	Anna Workman	F 13	725	KINGSTON			5:31.00
2	Logan Medeiros	F 15	759	KINGSTON			5:40.00
3	Kendra Burns	F 15	771	KINGSTON			6:00.00
4	Emily Cowie	F 19	640	KINGSTON			6:53.00
FEMALE 20 - 29							
1	Louise de Lannoy	F 27	537	KINGSTON			5:49.00
2	Carolyn Amador	F 20	929	TORONTO			6:10.00
3	Shannon Winterburn	F 28	734	KINGSTON			6:15.00
4	Cassidy Pilutti	F 29	931	LANSDOWNE			6:22.00
5	Willa Jones	F 20	557	LONDON			6:25.00
6	Kathleen Brown	F 28	565	KINGSTON			6:27.00
7	Cara Peters	F 24	859	KINGSTON			7:21.00
8	Emmaline Houston	F 24	660	DUNDAS			7:26.00
9	Deborah Durbin	F 27	774	KINGSTON			7:30.00
10	Kristina Amador	F 23	662	TORONTO			7:31.00
11	Casey Kidson	F 27	868	KINGSTON			8:01.00
12	Laura Kroeker	F 29	695	KINGSTON			8:09.00
13	Jenn Day	F 25	780	KINGSTON			9:30.00
14	Danielle Pacaud	F 23	777	KINGSTON			9:34.00
FEMALE 30 - 39							
1	Suzanne Kerr	F 39	880	KINGSTON			5:33.00
2	Erin Sask-Wood	F 30	927	BRISBANE			5:35.00
3	Cara Chesney	F 34	740	KINGSTON			7:13.00
4	Martine Thivierge-Bourniv	F 36	799	KINGSTON			8:29.00
5	Liz Garrett	F 33	705	TRENTON			9:10.00
6	Candace Pike	F 31	920	KINGSTON			9:11.00
FEMALE 40 - 49							
1	Lana Saunders	F 40	704	GANANOQUE			6:07.00
2	Stacey Berdan	F 47	835	TWEED			7:23.00
3	Alexandra Puxty	F 41	719	KINGSTON			7:39.00
4	Brenda Burns	F 45	712	KINGSTON			7:50.00
5	Carina Gardner	F 40	646	KINGSTON			8:20.00
FEMALE 50 - 59							
1	Pam Mundell	F 50	702	KINGSTON			7:06.00
2	Janet Shepherd	F 51	723	KINGSTON			7:27.00
3	Sylvie Deshaies	F 58	663	KINGSTON			9:13.00
FEMALE 60 - 69							
1	Shirley Myers	F 62	750	KINGSTON			6:58.00
2	Deborah Holtom	F 64	779	HOWE ISLAND			7:13.00