

P&G Vibrant Living 5km Run/Walk

Please report any errors, omissions or
changes to runcanada@gmail.com

6/19/15 - 6/19/15

Event # 1 MIXED 5K Run

Name	Age	Bib	Team	Avg per K	Avg per MI	Time
FEMALE 1 - 9						
1 Brianna Wright	F 9	2753	Brockville	5:40.20	9:07.50	28:21.00
2 Shannon O'Dair	F 9	2661	Brockville	5:43.00	9:12.00	28:35.00
3 Kierra Ditchburn	F 4	2639	Brockville	6:44.62	10:51.17	33:43.10
4 Rachel Laushway	F 8	3810	Brockville	6:55.40	11:08.52	34:37.00
5 Ally Wright	F 7	2755	Brockville	7:13.20	11:37.17	36:06.00
6 Ryleigh Goguen	F 4	2612	Frankville	7:24.60	11:55.51	37:03.00
7 Jorja Plitong	F 8	3814	Athens	11:15.20	18:06.63	56:16.00
FEMALE 10 - 14						
1 Lexi Kundlacz	F 13	2673	Brockville	3:51.62	6:12.76	19:18.10
2 Alyshia Alkerton	F 11	2756	Brockville	3:55.60	6:19.16	19:38.00
3 Meredith O'Connor	F 14	2662	Brockville	4:33.80	7:20.64	22:49.00
4 Julia Dillon	F 13	2652	Maitland	4:38.20	7:27.72	23:11.00
5 Abby Jones	F 12	2717	Lyn	4:38.40	7:28.04	23:12.00
6 Audrey Anne Letourneau	F 13	2758	Ottawa	4:56.20	7:56.69	24:41.00
7 Elise Plaschka	F 12	2766	Brockville	5:29.60	8:50.44	27:28.00
8 Ashley Bruce	F 12	2754	Brockville	5:29.62	8:50.47	27:28.10
9 Kayla Wright	F 11	2752	Brockville	5:31.20	8:53.01	27:36.00
10 Emily Riemersma	F 10	2625	Brockville	5:56.80	9:34.21	29:44.00
11 Sarah-Maude Letourneau	F 11	2759	Ottawa	6:01.62	9:41.97	30:08.10
12 Reanna Bronkhorst	F 12	2793	Brockville	6:13.60	10:01.25	31:08.00
13 Brooke Scott	F 10	2620	Brockville	7:06.20	11:25.90	35:31.00
14 Kaitlyn Lefebvre	F 11	2777	Brockville	7:24.42	11:55.22	37:02.10
15 Leanne Kinlin	F 12	2774	Prescott	8:32.60	13:44.95	42:43.00
FEMALE 15 - 19						
1 Abby Huntley	F 18	2779	Brockville	4:08.40	6:39.76	20:42.00
2 Brittany Brown	F 16	2723	Brockville	4:31.00	7:16.13	22:35.00
3 Rachel Wheeler	F 15	2734	Brockville	4:54.40	7:53.79	24:32.00
4 Zana Everett	F 19	2677	Brockville	4:55.00	7:54.76	24:35.00
5 Sarah Babbitt	F 17	2679	Brockville	4:55.20	7:55.08	24:36.00
6 Hanna Doonan	F 15	2788	Brockville	4:55.40	7:55.40	24:37.00
7 Chloe Segal	F 15	2795	Brockville	5:04.60	8:10.21	25:23.00
8 Laura Babbitt	F 16	2678	Brockville	5:05.80	8:12.14	25:29.00
9 Emily Byers	F 17	2763	Iroquois	5:05.80	8:12.14	25:29.00
10 Kristen Giffen	F 19	2656	Kingston	5:10.20	8:19.22	25:51.00
11 Michaela Murphy	F 18	2670	Athens	5:15.80	8:28.23	26:19.00
12 Kelsey Payette	F 19	3807	Brockville	5:15.82	8:28.26	26:19.10
13 Charlotte Nolan	F 18	2722	Brockville	5:16.40	8:29.20	26:22.00
14 Ellee Black	F 15	3804	Brockville	5:23.40	8:40.46	26:57.00
15 Bea Defayette	F 16	3805	Brockville	5:32.00	8:54.30	27:40.00
16 Bridget O'Connor	F 18	2660	Brockville	5:36.40	9:01.38	28:02.00
17 Emma Derrick	F 15	2787	Brockville	6:04.40	9:46.44	30:22.00
18 Jenna O'Reilly	F 19	2721	Brockville	6:27.00	10:22.82	32:15.00
19 Brooklyn Coughlin	F 15	2635	Smiths Falls	9:27.20	15:12.82	47:16.00

FEMALE 20 - 29

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	Name	Age	Bib	Team	Avg per K	Avg per MI	Time
1	Jessica Jonkman	F 24	2705	Brockville	4:18.60	6:56.18	21:33.00
2	Emma Selleck	F 20	2658	Spencerville	4:33.40	7:19.99	22:47.00
3	Hilary Jonker	F 20	2740	Brockville	4:57.80	7:59.26	24:49.00
4	Chelsea Good	F 27	2649	Brockville	5:02.00	8:06.02	25:10.00
5	Lindsey Greatrix	F 28	2651	Brockville	5:02.20	8:06.34	25:11.00
6	Harley Watson	F 23	2644	Lyn	5:20.40	8:35.63	26:42.00
7	Andria Slate-Burns	F 23	2672	Mallorytown	5:28.80	8:49.15	27:24.00
8	Heather Earle	F 25	2742	Brinston	5:40.60	9:08.14	28:23.00
9	Megan Colwell	F 23	2654	Spencerville	6:02.40	9:43.23	30:12.00
10	Erica Sosnowski	F 29	2694	Brockville	6:44.70	10:51.30	33:43.50
11	Kelli Wartman	F 28	2699	Brockville	6:58.82	11:14.03	34:54.10
12	Anne Dawson	F 20	2785	Brockville	7:05.40	11:24.61	35:27.00
13	Mackenzie Kasseim	F 20	2783	Thornhill	7:05.42	11:24.65	35:27.10
14	Allysha Malcomson	F 20	2616	Maitland	7:07.80	11:28.48	35:39.00
15	Amanda LaBelle	F 26	2698	Jasper	7:11.80	11:34.91	35:59.00
16	Danielle Bourque	F 20	2784	Brockville	7:12.60	11:36.20	36:03.00
17	Courtney McDowell	F 29	2647	Brockville	9:41.60	15:35.99	48:28.00
18	Lacy Ditchburn	F 24	2638	Brockville	10:03.20	16:10.76	50:16.00
FEMALE 30 - 39							
1	Susan Filion	F 30	2690	Brockville	4:16.00	6:51.99	21:20.00
2	Kim Bennett	F 31	2667	Brockville	4:41.20	7:32.55	23:26.00
3	Yvonne MalankaLinseman	F 31	2727	Brockville	4:56.20	7:56.69	24:41.00
4	Camille Ballantyne	F 32	2676	Brockville	4:57.40	7:58.62	24:47.00
5	Courtney Shaffer	F 31	2749	Brockville	5:06.80	8:13.75	25:34.00
6	Rhonda McNish	F 38	2655	Brockville	5:10.40	8:19.54	25:52.00
7	Shana Doonan	F 37	2789	Brockville	5:19.00	8:33.38	26:35.00
8	Sarah Hurst	F 33	2794	Brockville	5:45.80	9:16.51	28:49.00
9	Heather Perry	F 31	2686	Lyn	5:59.00	9:37.75	29:55.00
10	Mara Jackson	F 35	2674	Brockville	6:01.60	9:41.94	30:08.00
11	Holly Goguen	F 30	2614	Frankville	6:19.62	10:10.94	31:38.10
12	Julie Laushway	F 35	3811	Brockville	6:55.42	11:08.55	34:37.10
13	Meredith Armstrong	F 33	2746	Mallorytown	6:59.80	11:15.60	34:59.00
14	Jenni Stotts	F 30	2702	Brockville	7:12.80	11:36.52	36:04.00
15	Tara Sosnowski	F 39	2726	Elizabethtown	7:46.80	12:31.24	38:54.00
16	Danielle Ledamun	F 33	2665	North Augusta	7:50.40	12:37.04	39:12.00
17	Yvonne Wu	F 31	2748	Brockville	9:27.00	15:12.50	47:15.00
18	Jennifer Ault	F 33	2791	Brockville	9:34.20	15:24.09	47:51.00
19	Leselie Green	F 36	2695	Brockville	9:34.20	15:24.09	47:51.00
20	Crystal Robertson	F 37	2619	Elizabethtown	10:02.20	16:09.15	50:11.00
21	Tanya Plitong	F 34	3815	Brockville	11:15.00	18:06.31	56:15.00
22	Amber Miller	F 34	2800	Mallorytown	11:18.40	18:11.78	56:32.00
FEMALE 40 - 49							
1	Paula Wiltse	F 47	2601	Brockville	3:30.80	5:39.25	17:34.00
2	Laurie Wheeler	F 44	2735	Brockville	4:54.40	7:53.79	24:32.00
3	Joann Routledge	F 48	2797	Brockville	5:04.40	8:09.88	25:22.00
4	Jill Murphy	F 48	2668	Athens	5:27.00	8:46.26	27:15.00

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	Name	Age	Bib	Team	Avg per K	Avg per MI	Time
5	Chelley Babbitt	F 48	2680	Brockville	5:29.80	8:50.76	27:29.00
6	Sharon Riddell	F 49	2737	Brockville	5:37.62	9:03.35	28:08.10
7	Heather Servage	F 43	2764	Brockville	5:38.20	9:04.28	28:11.00
8	Sandy Noonan	F 41	2796	Brockville	5:40.40	9:07.82	28:22.00
9	Janet Gartley	F 46	2728	Brockville	5:55.60	9:32.28	29:38.00
10	Shelley Steenwyk	F 48	2675	Brockville	6:01.40	9:41.62	30:07.00
11	Clare Kinlin	F 43	2773	Prescott	6:05.20	9:47.73	30:26.00
12	Sarah Kaufman	F 46	2664	Lyn	6:15.80	10:04.79	31:19.00
13	Kim Kinlin	F 47	2775	Prescott	6:24.60	10:18.95	32:03.00
14	Brenda Young	F 46	2608	Brockville	6:25.22	10:19.95	32:06.10
15	Marie Elaine Morency	F 41	2757	Ottawa	6:30.40	10:28.29	32:32.00
16	Anita Jardine	F 40	2669	Brockville	6:45.40	10:52.43	33:47.00
17	Andrea Wright	F 43	2751	Brockville	7:13.22	11:37.20	36:06.10
18	Nathalie Sinis	F 47	2762	Iroquois	7:19.00	11:46.50	36:35.00
19	Keely Malcolmson	F 45	2617	Maitland	7:24.60	11:55.51	37:03.00
20	Sarah Vanden Bosch	F 45	2640	Brockville	7:58.80	12:50.55	39:54.00
21	Shannin Hudson	F 43	2765	Maitland	8:29.20	13:39.48	42:26.00
22	Carol Hoarg	F 48	2623	Lyn	10:52.60	17:30.26	54:23.00
FEMALE 50 - 59							
1	Ilona Thomas	F 51	2712	Brockville	4:24.40	7:05.51	22:02.00
2	Catherine Hall	F 52	2720	Brockville	5:19.02	8:33.41	26:35.10
3	Bonnie Hammerli	F 50	2657	Maitland	5:43.20	9:12.33	28:36.00
4	Lorrie Rossetti	F 56	2761	Lyn	5:46.80	9:18.12	28:54.00
5	Judy Lajoie	F 51	2710	Calgary	6:03.80	9:45.48	30:19.00
6	Pat Hunter	F 53	2792	Smiths Falls	6:05.00	9:47.41	30:25.00
7	Karen McDonald-Hurley	F 57	2634	Maitland	6:49.20	10:58.54	34:06.00
8	Thelma Lefebvre	F 53	2776	Brockville	6:54.60	11:07.23	34:33.00
9	Cathy Cooper	F 55	2648	Maitland	9:55.00	15:57.56	49:35.00
10	Tracey Jonkman	F 51	2706	Brockville	10:32.40	16:57.75	52:42.00
11	Nancy LaBelle	F 51	2629	Brockville	10:51.00	17:27.68	54:15.00
12	Cheryl Litwinowich	F 55	2628	Mallorytown	10:51.20	17:28.00	54:16.00
13	Marilyn Toussaint	F 58	2624	Athens	10:52.40	17:29.94	54:22.00
14	Nancy Holmes	F 54	3803	Brockville	11:39.60	18:45.90	58:18.00
FEMALE 60 - 69							
1	Eithne Dunbar	F 66	2743	Brockville	5:45.40	9:15.87	28:47.00
2	Anne Hodgson	F 67	2621	Maitland	5:54.60	9:30.67	29:33.00
3	Jennifer Barnes	F 66	2738	Brockville	6:17.60	10:07.69	31:28.00
FEMALE 70 - 79							
1	Mary Clayton	F 70	2768	Brockville	5:37.60	9:03.31	28:08.00
MALE 1 - 9							
1	Jacob Boyd	M 9	2603	Brockville	4:27.40	7:10.34	22:17.00
2	Andrew Plashka	M 9	2767	Brockville	4:59.40	8:01.84	24:57.00
3	Nate Jones	M 7	2718	Lyn	5:33.60	8:56.88	27:48.00
4	Parker Goguen	M 5	2611	Frankville	6:19.60	10:10.91	31:38.00
5	Owen Homiak	M 8	2609	Brockville	6:25.20	10:19.92	32:06.00
6	Draven Stotts	M 8	2701	Brockville	6:58.80	11:13.99	34:54.00
7	Jack Stotts	M 6	2700	Brockville	7:12.82	11:36.56	36:04.10

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	Name	Age	Bib	Team	Avg per K	Avg per MI	Time
8	Caellum Robertson	M 7	2618	Elizabethtown	10:01.80	16:08.50	50:09.00
9	Travis Plitong	M 9	3816	Brockville	10:45.40	17:18.67	53:47.00
MALE 10 - 14							
1	Will Campeau	M 13	2731	Spencerville	3:46.60	6:04.68	18:53.00
2	Jake Lessard	M 13	2685	Brockville	4:23.60	7:04.22	21:58.00
3	Jared Boyd	M 11	2604	Brockville	5:12.20	8:22.44	26:01.00
4	Cole Steenwyk	M 14	2770	Mallorytown	5:21.40	8:37.24	26:47.00
5	Max Kinlin	M 14	2772	Prescott	6:57.20	11:11.42	34:46.00
MALE 15 - 19							
1	Declan Colwell	M 18	2653	Spencerville	3:16.60	5:16.40	16:23.00
2	Colin Gartley	M 16	2729	Brockville	4:33.42	7:20.03	22:47.10
3	Jared Payette	M 16	2730	Brockville	4:33.62	7:20.35	22:48.10
4	Eli Huntley	M 15	2780	Brockville	5:10.22	8:19.25	25:51.10
5	Eric Cowan	M 18	3808	Brockville	5:13.00	8:23.72	26:05.00
6	Cosgrove Gavin	M 15	2799	Brockville	5:21.80	8:37.89	26:49.00
MALE 20 - 29							
1	Eric Wynands	M 20	3813	Lyn	3:14.60	5:13.18	16:13.00
2	Nick Thomas	M 23	2714	Brockville	3:15.60	5:14.79	16:18.00
3	Zack Boyd	M 25	2602	Brockville	3:53.40	6:15.62	19:27.00
4	Garrett Rodley	M 20	2637	Lansdowne	3:58.00	6:23.02	19:50.00
5	Chris Cauley	M 21	2716	Brockville	4:00.80	6:27.53	20:04.00
6	Brandon Coughlin	M 24	2636	Toledo	4:16.60	6:52.96	21:23.00
7	Simon Thomas	M 21	2715	Brockville	4:17.60	6:54.57	21:28.00
8	Leonard Roth	M 25	2781	Mallorytown	4:48.20	7:43.81	24:01.00
9	Matt Huskinson	M 25	2741	Lyn	4:57.80	7:59.26	24:49.00
10	Tyler Burns	M 25	2671	Mallorytown	5:29.00	8:49.47	27:25.00
11	Andrew Wettlaufer	M 23	2778	Brockville	6:07.00	9:50.63	30:35.00
12	Holden Primeau	M 21	2692	Brockville	6:12.60	9:59.64	31:03.00
MALE 30 - 39							
1	Ian Potis	M 37	2633	Brockville	4:50.20	7:47.03	24:11.00
2	Lee Sample	M 32	2786	Brockville	5:10.00	8:18.90	25:50.00
3	Aaron Perry	M 34	2687	Lyn	5:56.60	9:33.89	29:43.00
4	Nihad Makary	M 38	3809	Ottawa	6:16.80	10:06.40	31:24.00
5	Paul Miller	M 33	3802	Johnstown	6:30.60	10:28.61	32:33.00
6	Chris Beames	M 32	3806	Brockville	6:31.00	10:29.25	32:35.00
7	Christian Emslie	M 34	2643	Brockville	6:33.40	10:33.12	32:47.00
8	Tony Stevens	M 39	2745	Prescott	6:59.60	11:15.28	34:58.00
9	Steven Goguen	M 30	2613	Frankville	7:24.40	11:55.19	37:02.00
10	Chris Jones	M 38	2719	Lyn	8:34.80	13:48.49	42:54.00
11	Sean McDowell	M 32	2646	Brockville	9:42.00	15:36.64	48:30.00
12	Bryan Laushway	M 36	3812	Brockville	10:02.80	16:10.11	50:14.00
13	Shaun Plitong	M 36	3817	Brockville	10:45.40	17:18.67	53:47.00
MALE 40 - 49							
1	Jeremy O'Connor	M 44	2663	Brockville	3:52.80	6:14.66	19:24.00
2	Wenhu Tian	M 42	2610	Brockville	4:36.20	7:24.50	23:01.00
3	Don Babbitt	M 46	2790	Brockville	4:56.40	7:57.01	24:42.00
4	Chris Thompson	M 46	2733	Johnstown	5:02.60	8:06.99	25:13.00

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	Name	Age	Bib	Team	Avg per K	Avg per MI	Time
5	Chris Robertson	M 43	2630	Elizabethtown	5:14.40	8:25.98	26:12.00
6	Pierre Letourneau	M 41	2760	Ottawa	5:28.02	8:47.90	27:20.10
7	Jay Wright	M 43	2750	Brockville	5:41.20	9:09.11	28:26.00
8	Stephen Stotts	M 44	2703	Brockville	6:22.20	10:15.09	31:51.00
9	Chris Ledamun	M 47	2666	North Augusta	7:47.00	12:31.56	38:55.00
10	Greg Denison	M 41	2641	Prescott	8:25.00	13:32.72	42:05.00
MALE 50 - 59							
1	Kevin Riddell	M 53	2736	Brockville	4:05.80	6:35.58	20:29.00
2	Ian Loughrey	M 52	2659	Brockville	4:06.00	6:35.90	20:30.00
3	Doug McLean	M 56	2682	Brockville	4:06.60	6:36.86	20:33.00
4	Geoffrey Peters	M 55	2724	Morrisburg	4:27.60	7:10.66	22:18.00
5	Murray Tait	M 55	2683	Brockville	4:43.00	7:35.44	23:35.00
6	Andy Thomas	M 53	2713	Brockville	4:53.60	7:52.50	24:28.00
7	Yves Levesque	M 55	2650	Elizabethtown	4:55.20	7:55.08	24:36.00
8	Terry Hodge	M 52	2684	Brockville	5:10.80	8:20.18	25:54.00
9	Steve Rodley	M 54	2642	Lansdowne	5:39.80	9:06.86	28:19.00
10	Ginies Jonkman	M 55	2704	Brockville	5:55.20	9:31.64	29:36.00
11	Willy Primeau	M 54	2691	Brockville	6:12.62	9:59.67	31:03.10
12	Dave Fuchs	M 56	2697	Brockville	9:54.20	15:56.27	49:31.00
MALE 60 - 69							
1	Rick Swift	M 68	2681	Brockville	3:49.60	6:09.51	19:08.00
2	Dave Bell	M 62	2725	Brockville	5:16.80	8:29.84	26:24.00
3	Wil Steacy	M 69	2747	Brockville	5:24.80	8:42.71	27:04.00
4	Tony Barnes	M 64	2739	Brockville	5:58.20	9:36.47	29:51.00
5	Paul Taylor	M 63	2696	Brockville	9:46.00	15:43.08	48:50.00
6	Wayne Macdonald	M 68	2798	Brockville	11:38.00	18:43.32	58:10.00
MALE 70 - 79							
1	Tony Dunbar	M 70	2744	Brockville	4:19.80	6:58.11	21:39.00
2	Mike Murray	M 73	2607	North Augusta	4:42.60	7:34.80	23:33.00
3	Hugh Wilson	M 75	2626	Dorval	5:04.00	8:09.24	25:20.00
4	John Raiswell	M 74	2782	Brockville	5:12.22	8:22.47	26:01.10
5	Merv Hodgson	M 77	2622	Maitland	5:33.80	8:57.20	27:49.00
MALE 80 - 98							
1	Jean Bernaquez	M 83	2627	Montreal	5:24.20	8:41.75	27:01.00
MALE 99 - 99							
1	Unknown Runner # 1	M 99	1000		5:28.00	8:47.86	27:20.00
2	Unknown Runner # 2	M 99	1001		6:40.60	10:44.70	33:23.00
3	Unknown Runner # 4	M 99	1003		10:13.20	16:26.85	51:06.00
4	Unknown Runner # 3	M 99	1002		10:13.20	16:26.85	51:06.00
5	Unknown Runner # 5	M 99	1005		11:15.20	18:06.63	56:16.00