

## 2012 KRRR Anniversary Run

## The Landings Golf Course

04/11/2012 - 04/11/2012

Results by [www.runningbydesign.ca](http://www.runningbydesign.ca)**Event # 1 MIXED 10K Run**

Name	Age	Team	Bib	Avg per K	Avg per MI	Time
<b>FEMALE 1 - 19</b>						
1 Kelsev Pardv	17 F	10K	510	5:17.60	8:31.13	52:56.0
2 Celine Jaquemet	18 F	10K	534	6:00.90	9:40.81	1:00:09.0
<b>FEMALE 20 - 29</b>						
1 Isabelle Allain	21 F	10K	537	4:27.80	7:10.98	44:38.0
2 Kathleen Brown	26 F	10K	474	4:58.70	8:00.71	49:47.0
3 Chelsea Good	24 F	10K	553	5:31.00	8:52.69	55:10.0
4 Laura Klassen	26 F	10K	564	5:35.90	9:00.58	55:59.0
5 Patricia Heon	28 F	10K	493	5:51.90	9:26.33	58:39.0
6 Colleen Maillet	28 F	10K	494	5:52.00	9:26.49	58:40.0
7 Jaime Whitlev	29 F	10K	525	5:57.10	9:34.70	59:31.0
8 Brittany Walker	21 F	10K	531	6:00.60	9:40.33	1:00:06.0
9 Nathalie Melzer	27 F	10K	476	6:12.60	9:59.64	1:02:06.0
10 Cassandra Crichton	29 F	10K	491	7:36.60	12:14.83	1:16:06.0
<b>FEMALE 30 - 39</b>						
1 Carolvn Coffin	34 F	10K	518	4:16.21	6:52.33	42:42.1
2 Lana Saunders	37 F	10K	545	4:31.20	7:16.45	45:12.0
3 Alicia Papanicolaou	30 F	10K	503	5:10.10	8:19.06	51:41.0
4 Jennifer Smith	36 F	10K	475	5:10.90	8:20.35	51:49.0
5 Heather Smith	35 F	10K	543	5:18.40	8:32.42	53:04.0
6 Anik Desrochers	34 F	10K	480	5:29.40	8:50.12	54:54.0
7 Corrie Hall	34 F	10K	512	5:29.80	8:50.76	54:58.0
8 Carina Gardner	36 F	10K	464	5:36.20	9:01.06	56:02.0
9 Jodi Snowdon	35 F	10K	461	5:36.40	9:01.38	56:04.0
10 Erin Youne	37 F	10K	542	5:38.10	9:04.12	56:21.0
11 Kimberlev Carquez	33 F	10K	479	5:52.30	9:26.97	58:43.0
12 Tammv Farrar	37 F	10K	496	6:26.30	10:21.69	1:04:23.0
13 Kris Potter	32 F	10K	487	6:29.90	10:27.48	1:04:59.0
14 Michelle Lavland	37 F	10K	498	6:46.60	10:54.36	1:07:46.0
15 Alana Mcgilly Lamain	35 F	10K	465	8:01.30	12:54.58	1:20:13.0
<b>FEMALE 40 - 49</b>						
1 Margarita Babkova	42 F	10K	509	4:08.50	6:39.92	41:25.0
2 Bridget Murnhvh	42 F	10K	483	4:46.80	7:41.56	47:48.0
3 Stacey Berdan	44 F	10K	539	4:54.70	7:54.27	49:07.0
4 Carole Gagne	46 F	10K	528	4:55.70	7:55.88	49:17.0
5 Svlvia Robb	48 F	10K	527	5:05.40	8:11.49	50:54.0
6 Angie Hawlev	45 F	10K	541	5:12.70	8:23.24	52:07.0
7 Jessica Hamilton	40 F	10K	570	5:18.90	8:33.22	53:09.0
8 Claire McKinnev	45 F	10K	507	5:30.10	8:51.24	55:01.0
9 Janice Ringler	40 F	10K	546	5:36.90	9:02.19	56:09.0
10 Wendv Guthrie	45 F	10K	547	5:40.50	9:07.98	56:45.0
11 Lorri Tavlror	48 F	10K	573	5:47.60	9:19.41	57:56.0
12 Phiona Lappan	49 F	10K	484	5:49.30	9:22.14	58:13.0
13 Joanne Patev	44 F	10K	530	6:01.60	9:41.94	1:00:16.0
14 Judy VanDale	45 F	10K	466	6:23.70	10:17.51	1:03:57.0
15 Sikkema Nicola	40 F	10K	495	6:26.30	10:21.69	1:04:23.0
16 Peggv Cuthbert	41 F	10K	529	6:35.80	10:36.98	1:05:58.0
17 Melanie Strickland	45 F	10K	471	6:48.50	10:57.42	1:08:05.0
18 Amanda Cox	40 F	10K	500	6:58.60	11:13.67	1:09:46.0
19 Liliane VanCe	49 F	10K	481	9:37.90	15:30.04	1:36:19.0

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	Name	Age	Team	Bib	Avg per K	Avg per MI	Time
<b>FEMALE 50 - 59</b>							
1	Shirlev Mvers	59 F 10K		468	4:46.20	7:40.59	47:42.0
2	Audethv Tallack	52 F 10K		520	5:03.90	8:09.08	50:39.0
3	Diana King	57 F 10K		561	5:19.60	8:34.35	53:16.0
<b>FEMALE 60 - 69</b>							
1	Deborah Holtom	61 F 10K		532	5:04.30	8:09.72	50:43.0
<b>MALE 1 - 19</b>							
1	Connor Matheson	18 M 10K		519	3:43.25	5:59.29	37:12.5
2	Matt McCormac	18 M 10K		559	3:45.40	6:02.75	37:34.0
3	Thomas Bovd	18 M 10K		504	4:53.80	7:52.83	48:58.0
<b>MALE 20 - 29</b>							
1	Michael MacKett	21 M 10K		485	3:46.10	6:03.87	37:41.0
2	Caleb Homewood	22 M 10K		516	4:01.30	6:28.33	40:13.0
3	Dorriian Naidovski	20 M 10K		514	4:04.00	6:32.68	40:40.0
4	Robert Hurowitz	20 M 10K		565	4:17.70	6:54.73	42:57.0
5	Pierre Cahuzac	22 M 10K		538	4:18.50	6:56.02	43:05.0
6	Chris Borek	28 M 10K		557	4:19.10	6:56.98	43:11.0
7	Yannick Tardif St-onge	25 M 10K		490	4:25.00	7:06.48	44:10.0
8	Tvler Turner	26 M 10K		536	4:27.90	7:11.14	44:39.0
9	Erik Dumouchel	22 M 10K		497	4:37.40	7:26.43	46:14.0
<b>MALE 30 - 39</b>							
1	Savvas Frantzeskos	37 M 10K		562	3:44.80	6:01.78	37:28.0
2	Geoff Stephen	30 M 10K		544	4:08.60	6:40.08	41:26.0
3	Amir Mahmood	30 M 10K		499	4:23.20	7:03.58	43:52.0
4	Mike Bav	39 M 10K		563	4:28.80	7:12.59	44:48.0
5	Jeffrey Lalonde	35 M 10K		513	4:31.40	7:16.78	45:14.0
6	Jason Hager	35 M 10K		576	5:11.80	8:21.79	51:58.0
7	Andrew Edgar	39 M 10K		540	5:30.50	8:51.89	55:05.0
8	Peter Gagolewicz	33 M 10K		477	6:12.70	9:59.80	1:02:07.0
9	Christopher Maduri	32 M 10K		577	6:20.90	10:13.00	1:03:29.0
<b>MALE 40 - 49</b>							
1	Rob Miller	47 M 10K		472	3:40.90	5:55.50	36:49.0
2	Philip Danks	40 M 10K		554	4:05.40	6:34.93	40:54.0
3	Steve Ingo	44 M 10K		535	4:14.80	6:50.06	42:28.0
4	Mike Kawam	44 M 10K		517	4:16.20	6:52.31	42:42.0
5	Troy Jagoe	44 M 10K		488	4:16.50	6:52.80	42:45.0
6	Robbv Breadner	46 M 10K		473	4:18.40	6:55.85	43:04.0
7	Wayne Rice	49 M 10K		469	4:21.40	7:00.68	43:34.0
8	Richard Prinsen	47 M 10K		524	4:26.30	7:08.57	44:23.0
9	Roger Bowes	42 M 10K		578	4:27.00	7:09.69	44:30.0
10	David Lee	48 M 10K		502	4:40.80	7:31.90	46:48.0
11	Greg Phelan	46 M 10K		482	4:43.90	7:36.89	47:19.0
12	Jeff Bovd	48 M 10K		505	4:53.90	7:52.99	48:59.0
13	Lee Goh	44 M 10K		551	5:03.60	8:08.60	50:36.0
<b>MALE 50 - 59</b>							
1	Steven Blostein	50 M 10K		550	3:57.30	6:21.90	39:33.0
2	Peter James	56 M 10K		575	3:59.30	6:25.12	39:53.0
3	Al Cantlav	57 M 10K		567	4:05.90	6:35.74	40:59.0
4	Rick Rovce	52 M 10K		522	4:14.50	6:49.58	42:25.0
5	Stephen King	53 M 10K		558	4:15.40	6:51.03	42:34.0
6	Andrew Forbes	50 M 10K		556	4:32.80	7:19.03	45:28.0
7	Duncan Cooper	54 M 10K		508	4:47.60	7:42.85	47:56.0

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	Name	Age	Team	Bib	Avg per K	Avg per MI	Time
8	Jim Gauthier	53 M	10K	549	4:51.80	7:49.61	48:38.0
9	Garrv Carl	56 M	10K	533	5:06.90	8:13.91	51:09.0
10	Jim Malekos	58 M	10K	572	5:29.90	8:50.92	54:59.0
<b>MALE 60 - 69</b>							
1	Randv Frith	65 M	10K	548	4:28.90	7:12.75	44:49.0
2	Peter Sims	62 M	10K	523	4:48.80	7:44.78	48:08.0
3	Paul Thompson	63 M	10K	521	5:17.70	8:31.29	52:57.0
4	Richard Sunderland	66 M	10K	511	5:28.00	8:47.86	54:40.0
5	Chris Povell	64 M	10K	506	5:44.60	9:14.58	57:26.0
6	Rick Helman	62 M	10K	574	6:41.50	10:46.15	1:06:55.0
<b>MALE 70 - 99</b>							
1	Dave Wilson	82 M	10K	526	6:41.30	10:45.83	1:06:53.0