

2013 KRRA Anniversary Run
The Landings Golf Course - Kingston
Results by www.runningbydesign.com

3/11/13 - 3/11/13

Event # 1 MIXED 10K Run

	Name	Age	Team	Bib	Avg per K	Avg per MI	Time
FEMALE 1 - 19							
1	Jacqui Bover	18 F	10km	942	5:07.21	8:14.41	51:12.1
2	Mvriam Boilv	19 F	10km	922	5:08.98	8:17.26	51:29.8
3	Lauren Welte	19 F	10km	906	5:28.43	8:48.56	54:44.3
4	Ingrid Hoffmann	19 F	10km	836	5:29.44	8:50.18	54:54.4
5	Emily Been	18 F	10km	873	5:41.04	9:08.85	56:50.4
6	Erin Sucharda	19 F	10km	879	5:41.07	9:08.90	56:50.7
7	Kriti Kumar	18 F	10km	882	5:50.26	9:23.69	58:22.6
8	Lucv Chen	18 F	10km	895	6:43.11	10:48.74	1:07:11.1
FEMALE 20 - 29							
1	Samantha Healev	20 F	10km	959	4:24.70	7:05.99	44:07.0
2	Andree-Anne Hebert	26 F	10km	935	4:29.98	7:14.49	44:59.8
3	Michelle Begin-Maior	20 F	10km	920	4:33.37	7:19.95	45:33.7
4	Elizabeth Bentlev	20 F	10km	957	4:33.78	7:20.61	45:37.8
5	Rachael Goodmurohv	26 F	10km	885	4:47.86	7:43.27	47:58.6
6	Halev Bramson-Bowes	21 F	10km	893	4:48.45	7:44.22	48:04.5
7	Nadine Vermette	28 F	10km	881	4:48.83	7:44.83	48:08.3
8	Karri Bertram	20 F	10km	831	5:21.42	8:37.28	53:34.2
9	Gillian Chow	22 F	10km	827	5:24.26	8:41.85	54:02.6
10	Kathleen Brown	26 F	10km	876	5:28.56	8:48.77	54:45.6
11	Nathalie Melzer	28 F	10km	856	5:48.85	9:21.42	58:08.5
12	Saralvn Dillard	25 F	10km	863	5:51.88	9:26.30	58:38.8
13	Melanie Robb	21 F	10km	846	5:52.55	9:27.37	58:45.5
14	Clare Nelligan	20 F	10km	894	6:15.99	10:05.10	1:02:39.9
15	Amanda Briggs	21 F	10km	855	6:21.48	10:13.93	1:03:34.8
16	Brittany Walker	22 F	10km	868	6:25.19	10:19.90	1:04:11.9
17	Justine Jefferv	29 F	10km	949	6:25.30	10:20.08	1:04:13.0
18	Jess Nicksv	20 F	10km	900	6:39.90	10:43.58	1:06:39.0
19	Michelle Louie	20 F	10km	889	6:39.97	10:43.69	1:06:39.7
20	Kate Ross	21 F	10km	936	6:40.01	10:43.75	1:06:40.1
21	Shawna Girard	20 F	10km	850	7:04.43	11:23.05	1:10:44.3
22	Elise Hoffmann	21 F	10km	940	8:02.10	12:55.86	1:20:21.0
23	Dana Nassif	20 F	10km	932	8:05.10	13:00.69	1:20:51.0
24	Randa Hassanein	22 F	10km	930	8:05.10	13:00.69	1:20:51.0
FEMALE 30 - 39							
1	Karen Kaizer	39 F	10km	962	4:16.55	6:52.88	42:45.5
2	Carla Manfredi	30 F	10km	852	4:24.18	7:05.16	44:01.8
3	Lana Saunders	38 F	10km	918	4:30.55	7:15.41	45:05.5
4	Marie-Andree Caisse	37 F	10km	828	4:39.50	7:29.81	46:35.0
5	Lori Cosman	32 F	10km	963	4:45.17	7:38.94	47:31.7
6	Claire Kilgallan	32 F	10km	975	5:05.18	8:11.14	50:51.8
7	Amelie Walsh	39 F	10km	829	5:08.83	8:17.01	51:28.3
8	Leslev Rudv	32 F	10km	914	5:14.69	8:26.44	52:26.9
9	Liz Flamenco	38 F	10km	913	5:19.50	8:34.19	53:15.0
10	Suzanne Lewis	32 F	10km	910	5:25.68	8:44.13	54:16.8
11	Jill Bonnell	36 F	10km	917	5:32.41	8:54.96	55:24.1
12	Lvnel Jackson	33 F	10km	844	5:34.10	8:57.68	55:41.0
13	Melanie McCormack	34 F	10km	843	5:35.39	8:59.76	55:53.9
14	Kathv Golshani	36 F	10km	905	5:39.61	9:06.55	56:36.1
15	Christv Johnstone	33 F	10km	872	5:45.63	9:16.24	57:36.3

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	Name	Age	Team	Bib	Avg per K	Avg per MI	Time
16	Nadia Hovencamp	30 F	10km	950	5:47.92	9:19.92	57:59.2
17	Carla Higgins	31 F	10km	865	6:09.55	9:54.73	1:01:35.5
18	April Fiset	38 F	10km	811	6:11.99	9:58.66	1:01:59.9
19	Erin Young	38 F	10km	978	6:54.43	11:06.96	1:09:04.3
20	Angela Webster	32 F	10km	939	6:54.49	11:07.06	1:09:04.9
21	Kim Mills	31 F	10km	897	7:10.14	11:32.24	1:11:41.4
22	Tracy Lott	38 F	10km	834	7:11.34	11:34.17	1:11:53.4
FEMALE 40 - 49							
1	Margarita Babkova	43 F	10km	951	4:13.03	6:47.21	42:10.3
2	Jennifer Birkes	43 F	10km	953	4:30.08	7:14.65	45:00.8
3	Bridget Murphv	43 F	10km	824	4:47.14	7:42.11	47:51.4
4	Stacey Berdan	45 F	10km	941	5:08.47	8:16.43	51:24.7
5	Laurie Pal	40 F	10km	947	5:36.09	9:00.88	56:00.9
6	Tracy Revnolds	43 F	10km	878	5:42.08	9:10.52	57:00.8
7	Sylvia Robb	49 F	10km	847	6:51.12	11:01.63	1:08:31.2
8	Melanie Strickland	46 F	10km	821	6:57.04	11:11.16	1:09:30.4
9	Anita McKee	42 F	10km	816	7:10.20	11:32.34	1:11:42.0
FEMALE 50 - 59							
1	Audethv Tallack	52 F	10km	822	4:51.56	7:49.22	48:35.6
2	Sharon Votearv	54 F	10km	848	5:01.76	8:05.64	50:17.6
3	Diana King	58 F	10km	926	5:08.67	8:16.76	51:26.7
4	Brenda Melling	56 F	10km	892	5:14.33	8:25.87	52:23.3
5	Karen Gagnon	51 F	10km	973	5:16.34	8:29.10	52:43.4
6	Marv J. Dickenson	51 F	10km	833	5:42.46	9:11.14	57:04.6
7	Margaret Coughlin	59 F	10km	952	6:07.31	9:51.13	1:01:13.1
8	Elizabeth Van Den kerkhof	52 F	10km	946	6:51.17	11:01.71	1:08:31.7
9	Karen Surgenor	56 F	10km	966	6:51.22	11:01.79	1:08:32.2
10	Janice McAlbine	58 F	10km	974	7:11.26	11:34.05	1:11:52.6
FEMALE 60 - 69							
1	Shirlev Mvers	60 F	10km	810	4:49.43	7:45.79	48:14.3
2	Deborah Holtom	62 F	10km	908	5:01.25	8:04.81	50:12.5
3	Louise Wood	63 F	10km	967	5:21.17	8:36.87	53:31.7
FEMALE 70 - 99							
1	Unknown Runner - ran 5km	99 F	10km	560	5:40.95	9:08.71	56:49.5
MALE 1 - 19							
1	Pier-Alexandre Lacasse	18 M	10km	924	3:38.34	5:51.38	36:23.4
2	Matthew Duschenes	17 M	10km	858	3:43.14	5:59.11	37:11.4
3	Adam Doxtator	18 M	10km	956	3:50.31	6:10.65	38:23.1
4	Josh Hewitt	18 M	10km	923	3:56.12	6:20.00	39:21.2
5	Joseph Gerchikov	17 M	10km	904	4:22.12	7:01.84	43:41.2
6	Che Breadner	9 M	10km	964	4:59.99	8:02.79	49:59.9
7	Hector Perez	13 M	10km	562	5:24.17	8:41.70	54:01.7
8	Tvler Sunderland	18 M	10km	854	6:31.02	10:29.29	1:05:10.2
MALE 20 - 29							
1	Jordan Vadala	21 M	10km	925	3:37.58	5:50.16	36:15.8
2	Mike MacKett	21 M	10km	901	3:41.54	5:56.53	36:55.4
3	Rvan Moore	26 M	10km	954	3:48.74	6:08.12	38:07.4
4	Chris Shaw	22 M	10km	877	3:58.97	6:24.58	39:49.7
5	Vincent Blais	25 M	10km	871	4:00.15	6:26.48	40:01.5
6	Rvan Van Dvl	23 M	10km	944	4:00.28	6:26.69	40:02.8
7	Dorijan Naidovski	21 M	10km	861	4:06.67	6:36.98	41:06.7
8	Samuel Wevnants	22 M	10km	902	4:08.93	6:40.61	41:29.3

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	Name	Age	Team	Bib	Avg per K	Avg per MI	Time
9	Matthew Courchene	22 M	10km	896	4:09.31	6:41.23	41:33.1
10	Eric Odegard	26 M	10km	866	4:14.41	6:49.43	42:24.1
11	Rvan Dorsey	26 M	10km	898	4:15.53	6:51.24	42:35.3
12	Joel Levandier	28 M	10km	857	4:15.89	6:51.82	42:38.9
13	John Forster	22 M	10km	891	4:35.15	7:22.81	45:51.5
14	Graeme Carev	20 M	10km	851	4:37.63	7:26.80	46:16.3
15	Gerrv Angelatos	21 M	10km	979	4:38.24	7:27.78	46:22.4
16	Luis Paico-Avilez	29 M	10km	965	4:44.62	7:38.05	47:26.2
17	David Martin	25 M	10km	867	4:45.52	7:39.50	47:35.2
18	Rvan VanDenbrink	26 M	10km	921	4:45.69	7:39.77	47:36.9
19	Ren Hong	22 M	10km	972	4:47.69	7:42.99	47:56.9
20	Daniel Jovce	29 M	10km	969	4:59.89	8:02.63	49:58.9
21	Elie Manlouli	23 M	10km	976	5:09.28	8:17.74	51:32.8
22	Anthonv Ter Huurne	26 M	10km	817	5:29.49	8:50.26	54:54.9
23	Victor Pham	21 M	10km	886	5:37.07	9:02.46	56:10.7
24	Taylor Brown	22 M	10km	890	5:38.41	9:04.62	56:24.1
25	Eric Tavior	20 M	10km	971	5:52.68	9:27.58	58:46.8
26	Henry Wong	27 M	10km	845	6:00.47	9:40.12	1:00:04.7
27	Howie Ng	27 M	10km	968	6:05.64	9:48.44	1:00:56.4
28	Ian Maness	29 M	10km	884	6:07.53	9:51.48	1:01:15.3
29	Rvan Tinkess	23 M	10km	869	6:25.59	10:20.55	1:04:15.9
30	Geoffrey Hov	20 M	10km	929	8:02.00	12:55.70	1:20:20.0
MALE 30 - 39							
1	Yves Filion	38 M	10km	915	3:45.62	6:03.10	37:36.2
2	Scott Wilkes	34 M	10km	980	3:58.41	6:23.68	39:44.1
3	Jean-Marc Lafleur	37 M	10km	961	4:10.26	6:42.75	41:42.6
4	Ian Ball	37 M	10km	835	4:15.03	6:50.43	42:30.3
5	Jason Hager	36 M	10km	981	4:21.77	7:01.28	43:37.7
6	Geoffrey Stephen	31 M	10km	909	4:22.56	7:02.55	43:45.6
7	Guv Dumoulin	34 M	10km	859	4:25.65	7:07.52	44:16.5
8	Trevor Higgins	33 M	10km	943	4:44.57	7:37.97	47:25.7
9	Lee Sample	30 M	10km	812	4:55.45	7:55.48	49:14.5
10	Ted Sheppard	35 M	10km	970	5:07.73	8:15.24	51:17.3
11	Marc Hollett	30 M	10km	916	5:32.34	8:54.85	55:23.4
12	Peter Gagolewicz	35 M	10km	870	5:48.80	9:21.34	58:08.0
MALE 40 - 49							
1	Robert Watering	43 M	10km	933	3:54.60	6:17.55	39:06.0
2	Richard Prinsen	48 M	10km	907	4:29.86	7:14.30	44:58.6
3	Mike McKee	46 M	10km	860	4:32.24	7:18.13	45:22.4
4	Bradley Matheson	46 M	10km	841	4:34.67	7:22.04	45:46.7
5	Greg Phelan	47 M	10km	823	4:50.84	7:48.06	48:28.4
6	Dervck Monsour	43 M	10km	938	4:57.58	7:58.91	49:35.8
7	Robbv Breadner	46 M	10km	832	5:00.03	8:02.85	50:00.3
8	Ron Nicksv	49 M	10km	948	6:40.66	10:44.80	1:06:46.6
9	Marcel Neron	48 M	10km	825	7:03.47	11:21.51	1:10:34.7
10	Miguel Perez	42 M	10km	977	7:08.57	11:29.72	1:11:25.7
MALE 50 - 59							
1	Al Cantlav	58 M	10km	937	3:53.60	6:15.94	38:56.0
2	Clive Morgan	54 M	10km	931	3:55.18	6:18.49	39:11.8
3	Rick Rovce	53 M	10km	874	4:01.48	6:28.62	40:14.8
4	Rice Wavne	50 M	10km	818	4:09.52	6:41.56	41:35.2
5	Will Kvmlicka	50 M	10km	927	4:20.34	6:58.98	43:23.4

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	Name	Age	Team	Bib	Avg per K	Avg per MI	Time
6	Stephen King	54 M	10km	928	4:23.01	7:03.27	43:50.1
7	Jim Murrav	56 M	10km	830	4:32.53	7:18.59	45:25.3
8	Duncan Cooper	55 M	10km	899	4:45.44	7:39.37	47:34.4
9	John Meekel	57 M	10km	838	5:21.98	8:38.18	53:39.8
10	Lorne Glasspoole	53 M	10km	911	5:30.53	8:51.94	55:05.3
11	Paul Chwalek	59 M	10km	880	5:49.38	9:22.27	58:13.8
12	Doug Marlow	53 M	10km	839	6:12.72	9:59.83	1:02:07.2
MALE 60 - 69							
1	Bruce Glasspoole	60 M	10km	912	4:34.23	7:21.33	45:42.3
2	Richard Sunderland	67 M	10km	853	5:25.43	8:43.73	54:14.3
3	Paul Thompson	64 M	10km	826	5:32.84	8:55.65	55:28.4
4	Chris Povell	65 M	10km	862	5:45.16	9:15.48	57:31.6
MALE 70 - 99							
1	Pi Marshall	70 M	10km	919	5:47.56	9:19.34	57:55.6