

## BRRC California Run 5/10km

## Brockville YMCA

05/06/2012 - 05/06/2012

Results by [www.runningbydesign.ca](http://www.runningbydesign.ca)

## Event # 1 MIXED 5K Run

Name	Age	Team	Bib	Avg per K	Avg per MI	Time
<b>FEMALE 1 - 14</b>						
1	EMILY BERRIMAN	14 F BROCKVILLE	3	4:33.50		22:47.5
2	HANNA DOONAN	12 F BROCKVILLE	101	4:33.88		22:49.4
3	JESSIE PURCELL	14 F NORTH AUGUSTA	155	4:48.92		24:04.6
4	BRITTANY BROWN	13 F BROCKVILLE	266	5:09.42		25:47.1
5	ALICE LAROSE	10 F PRESCOTT	146	5:39.44		28:17.2
6	HOPE BOYLE	11 F BROCKVILLE	148	5:42.34		28:31.7
7	MADISON MCMUNN	11 F BROCKVILLE	253	5:43.84		28:39.2
8	CARAN BRONKHORST	10 F BROCKVILLE	179	5:44.34		28:41.7
9	ALLIE STEWART	12 F BROCKVILLE	278	5:45.72		28:48.6
10	JOSEPHINE PURCELL	9 F NORTH AUGUSTA	156	5:47.62		28:58.1
11	SARA CRUICKSHANK	12 F BROCKVILLE	94	5:54.88		29:34.4
12	EMILY WRIGHT	11 F NORTH AUGUSTA	300	5:57.28		29:46.4
13	BUSHRA KHADRA	11 F BROCKVILLE	168	6:16.26		31:21.3
14	BETHANY LALONDE	12 F BROCKVILLE	161	9:27.64		47:18.2
15	SARA LALONDE	12 F BROCKVILLE	162	11:14.40		56:12.0
<b>FEMALE 15 - 19</b>						
1	EMILY CLARK	18 F BROCKVILLE	152	4:30.54		22:32.7
2	IYLISH FLIKWEERT	17 F BROCKVILLE	1000	6:36.78		33:03.9
<b>FEMALE 20 - 29</b>						
1	COURTNEY LAIDLER	24 F BROCKVILLE	212	5:31.14		27:35.7
2	JESSICA LEE	24 F BROCKVILLE	173	5:52.96		29:24.8
3	DESIRAE HEINE	22 F ATHENS	236	6:06.16		30:30.8
4	TABITHA BILTON	27 F ELGIN	141	6:26.52		32:12.6
5	MATTEA STEACY	26 F LYN	151	8:23.72		41:58.6
<b>FEMALE 30 - 39</b>						
1	CAROLYN COFFIN	34 F BELLEVILLE	291	3:58.36		19:51.8
2	CHRISTIE LABRASH	39 F BROCKVILLE	189	5:31.22		27:36.1
3	TRISH GILL	32 F BROCKVILLE	187	5:31.30		27:36.5
4	CARLY HIBBETT	31 F PRESCOTT	95	5:31.42		27:37.1
5	SHANNA DAVY	31 F BROCKVILLE	505	5:37.40		28:07.0
6	MICHELLE SHEPHERDSON	32 F ADDISON	190	5:37.64		28:08.2
7	TRAIL BROCKVILLE	35 F CARLA	504	5:37.84		28:09.2
8	SARAH HURST	30 F BROCKVILLE	170	5:46.66		28:53.3
9	KATHERINE CRAIG	36 F BROCKVILLE	157	5:55.18		29:35.9
10	LISA MILLSON	39 F BROCKVILLE	177	6:00.26		30:01.3
11	OSHRA HOOPER	32 F BROCKVILLE	268	6:02.82		30:14.1
12	NANCY MACE	39 F PRESCOTT	193	6:20.84		31:44.2
13	KIRSTIN LUTZAC	31 F BROCKVILLE	277	6:36.66		33:03.3
14	JESSICA BAIRD	37 F PRESCOTT	149	6:38.34		33:11.7
15	ANN KNAPP	32 F ORLEANS	167	11:15.00		56:15.0
16	MORGAN LALONDE	35 F BROCKVILLE	160	11:15.20		56:16.0
<b>FEMALE 40 - 49</b>						
1	SHELLEY STEENWYK	45 F BROCKVILLE	110	4:21.94		21:49.7
2	CHRISTINE PLANT	40 F BROCKVILLE	176	4:47.34		23:56.7
3	BARB KILGOUR	46 F BROCKVILLE	285	4:53.46		24:27.3
4	GINETTE WHITE	47 F BROCKVILLE	143	5:07.72		25:38.6
5	MARIANNE CARLYLE	49 F BROCKVILLE	195	5:26.96		27:14.8
6	PATTY MARSHALL	45 F BROCKVILLE	188	5:37.74		28:08.7
7	DIANNE DILLON-SAMPSO	49 F BROCKVILLE	507	5:54.32		29:31.6

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	Name	Age	Team	Bib	Avg per K	Avg per MI	Time
8	MELANIE HELLYER	44 F	ATHENS	265	5:56.50		29:42.5
9	MARIE LEEDER	47 F	PRESCOTT	287	6:33.98		32:49.9
10	DEANNE MOORE	42 F	BROCKVILLE	191	6:53.02		34:25.1
11	MEZAUN HODGE	40 F	CARDINAL	280	6:59.58		34:57.9
12	BRENDA GUERKINK	43 F	BRINSTON	264	7:51.30		39:16.5
13	NANCY BLOKLAND	44 F	BRINSTON	263	7:56.10		39:40.5
14	TINA MURRAY	41 F	BROCKVILLE	294	9:11.70		45:58.5
<b>FEMALE 50 - 59</b>							
1	WENDY GOTTFRIED	58 F	BROCKVILLE	175	7:09.00		35:45.0
2	KAREN MACDONALD-HU	54 F	MAITLAND	261	7:51.06		39:15.3
3	JOANNE SYTSMA	55 F	MALLORYTOWN	262	7:51.24		39:16.2
4	PATTY HOOGENDAM	55 F	ELIZABETHTOWN	28	8:07.48		40:37.4
5	DIANNE RICHMOND	50 F	BROCKVILLE	279	8:11.86		40:59.3
6	NANCY PETERS	55 F	BROCKVILLE	164	11:14.60		56:13.0
<b>FEMALE 60 - 64</b>							
1	EITHNE DUNBAR	63 F	BROCKVILLE	194	5:45.18		28:45.9
2	JENNIFER BARNES	63 F	BROCKVILLE	144	6:28.18		32:20.9
<b>FEMALE 65 - 69</b>							
1	NIEVES BONUCCHI	69 F	BROCKVILLE	98	9:10.44		45:52.2
<b>MALE 1 - 14</b>							
1	CARTER RAFUSE	12 M	BROCKVILLE	197	4:15.80		21:19.0
2	SPENCER MCMUNN	13 M	BROCKVILLE	257	4:19.94		21:39.7
3	DREW MORIN	12 M	BROCKVILLE	172	4:26.92		22:14.6
4	NICK WRIGHT	14 M	NORTH AUGUSTA	503	4:29.68		22:28.4
5	RYAN BILTON	11 M	ELGIN	29	4:35.70		22:58.5
6	MICHAEL HOWARD	13 M	BROCKVILLE	196	5:14.96		26:14.8
7	CONNOR HEWARD	11 M	MALLORYTOWN	169	5:15.78		26:18.9
8	CAMERON LOCKE	10 M	BROCKVILLE	178	5:25.74		27:08.7
9	CLARKE MOORE	8 M	ELIZABETHTOWN	181	5:28.78		27:23.9
10	DAX EASTER	8 M	BROCKVILLE	274	5:29.46		27:27.3
11	LOGAN WHYTE	10 M	BROCKVILLE	288	5:30.76		27:33.8
12	CURTIS MURRAY	10 M	BROCKVILLE	295	5:41.02		28:25.1
13	NOLAN BECKETT	4 M	ORLEANS	165	8:25.92		42:09.6
<b>MALE 15 - 19</b>							
1	RYAN NOCCEY	17 M	OTTAWA	147	3:40.44		18:22.2
2	LUKE CARROLL	17 M	BROCKVILLE	186	3:43.74		18:38.7
3	JAYSON BROWN	16 M	BROCKVILLE	96	3:55.16		19:35.8
4	MITCHELL BEATTIE	17 M	MAITLAND	297	4:04.48		20:22.4
5	ZACH WRIGHT	15 M	NORTH AUGUSTA	299	4:05.52		20:27.6
6	STEVE YELDON	18 M	BROCKVILLE	159	4:22.02		21:50.1
7	MICHAEL KIELBURGER	16 M	PRESCOTT	171	4:45.96		23:49.8
8	NATHAN ROGERSON	15 M	BROCKVILLE	282	5:50.54		29:12.7
9	STEPHEN SAMSON	18 M	BROCKVILLE	298	6:12.20		31:01.0
<b>MALE 20 - 29</b>							
1	RYAN MARTIN	22 M	BROCKVILLE	269	3:48.06		19:00.3
2	DOUG DUFF	28 M	BROCKVILLE	97	3:53.88		19:29.4
3	JONATHAN ROGERSON	20 M	ELIZABETHTOWN	192	5:53.10		29:25.5
4	BRIAN KINCH	24 M	BROCKVILLE	508	6:06.04		30:30.2
5	STEPHANIE KNAPP	26 M	KINGSTON	163	9:27.72		47:18.6
<b>MALE 30 - 39</b>							
1	DAN ADAMS	30 M	OTTAWA	286	4:19.36		21:36.8
2	PAUL MCMUNN	39 M	BROCKVILLE	256	4:49.40		24:07.0

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	Name	Age	Team	Bib	Avg per K	Avg per MI	Time
3	ROB WOODS	37 M	ATHENS	260	5:05.32		25:26.6
4	MATT MCNISH	34 M	BROCKVILLE	112	5:19.26		26:36.3
5	SCOTT MOORE	38 M	BROCKVILLE	184	5:29.56		27:27.8
6	TIM BILTON	35 M	ELGIN	140	6:26.60		32:13.0
<b>MALE 40 - 49</b>							
1	CHRIS DIABLO	46 M	ATHENS	198	4:29.06		22:25.3
2	CHUCK TOMLINSON	46 M	BROCKVILLE	208	6:16.00		31:20.0
3	BILL FLIKWEERT	48 M	MAITLAND	185	6:57.86		34:49.3
<b>MALE 50 - 59</b>							
1	THOMAS MARSHALL	56 M	BROCKVILLE	273	4:11.76		20:58.8
2	ALLAN HOGAN	53 M	BROCKVILLE	158	4:16.66		21:23.3
3	MURRAY TAIT	52 M	BROCKVILLE	111	4:28.86		22:24.3
4	KEVIN RIDDELL	55 M	BROCKVILLE	145	4:31.46		22:37.3
5	ED WYNANDS	58 M	LYN	153	4:38.50		23:12.5
6	HENRY BOWHUIS	57 M	LYN	281	6:12.90		31:04.5
<b>MALE 60 - 64</b>							
1	BRYNE FRANCOIS	63 M	BROCKVILLE	142	4:39.32		23:16.6
2	BARRIE HALL	64 M	BROCKVILLE	267	4:57.72		24:48.6
<b>MALE 65 - 69</b>							
1	RICK SWIFT	65 M	BROCKVILLE	25	3:56.62		19:43.1
<b>MALE 70 - 99</b>							
1	JEAN BERNAOUEZ	80 M	MONTREAL	99	5:08.34		25:41.7