

Dion Ignite the Night Snowshoe Race

Upper Canada Village

2019-01-12

1/12/19 - 1/12/19

Results by www.runningbydesign.com**Event # 1 MIXED 5K Run**

	Name	Age	Bib	Team	Avg per K	Avg per MI	Time
OVERALL							
1	Crwys Harris	M 36	1930	ORLEANS	5:28.9	8:49.3	27:24.50
2	Evan Raz	M 15	1976	WOODLAWN	5:33.8	8:57.2	27:49.15
3	Rick Balderson	M 58	1902	NEPEAN	5:40.5	9:08.0	28:22.69
4	Michael Raz	M 61	1975	WOODLAWN	6:09.8	9:55.1	30:49.18
5	Paul Langevin	M 38	1944	CORNWALL	6:10.2	9:55.7	30:51.00
6	Phil Dawes	M 64	1914	OTTAWA	6:13.7	10:01.4	31:08.72
7	John Bols	M 62	1903	CHESTERVILLE	6:34.0	10:34.0	32:50.00
8	Sonia Waharte	F 41	1991	KANATA	6:35.5	10:36.5	32:57.81
9	Heather Lewis	F 56	1952	OTTAWA	6:44.0	10:50.2	33:40.15
10	Jean Dessureault	M 65	1915	BROSSARD	6:54.2	11:06.7	34:31.41
11	Jen Milligan	F 39	1809	OTTAWA	6:54.4	11:07.0	34:32.43
12	Stephanie Hemmerick	F 37	1932	CORNWALL	7:01.1	11:17.6	35:05.50
13	David Cooper	M 50	1910	OTTAWA	7:05.4	11:24.7	35:27.34
14	Stephany-Pascal Gauthier	F 43	1926	CHAMBLY	7:06.7	11:26.8	35:33.88
15	Daniela Wuthrich	F 39	1997	GATINEAU	7:15.9	11:41.6	36:19.78
16	Kara Fenerty	F 47	1920	KANATA	7:18.4	11:45.5	36:32.00
17	Normand Lanthier	M 35	1946	CANTLEY	7:27.6	12:00.4	37:18.38
18	Brian Wetzler	M 41	1995	KITCHENER	7:28.3	12:01.5	37:21.88
19	Jennifer Snook	F 50	1981	SYDENHAM	7:28.6	12:02.0	37:23.31
20	Fred Snook	M 53	1982	SYDENHAM	7:28.7	12:02.2	37:23.81
21	Patrick Clarke	M 57	1817	CORNWALL	7:31.1	12:05.9	37:35.56
22	Luke Raz	M 13	1977	WOODLAWN	7:33.2	12:09.4	37:46.44
23	Nora Lara	F 39	1947	KANATA	7:40.7	12:21.4	38:23.56
24	Jeremy Racine	M 19	1816	OTTAWA	7:50.5	12:37.3	39:12.84
25	Chantal Lalonde-Beaudette	F 36	1943	CORNWALL	8:00.4	12:53.1	40:02.18
26	Lisa Austin	F 49	1819	LANARK	8:04.2	12:59.3	40:21.28
27	Laurie Spicer	F 48	1983	CORNWALL	8:06.1	13:02.3	40:30.72
28	Bernard Fiset	M 53	1922	AYLMER	8:06.2	13:02.5	40:31.28
29	Kristi Raz	F 49	1974	WOODLAWN	8:07.0	13:03.8	40:35.18
30	Andrew Johnston	M 21	1941	CAMBRIDGE	8:09.5	13:07.7	40:47.50
31	Lynn McCuaig	F 46	1955	LANCASTER	8:13.9	13:14.8	41:09.53
32	Sonia Poirier	F 46	1971	CORNWALL	8:21.8	13:27.7	41:49.41
33	Steven O'Neil	M 41	1967	LONG SAULT	8:23.6	13:30.4	41:58.06
34	Thomas Charlton	M 62	1906	OTTAWA	8:39.6	13:56.2	43:18.25
35	James Allanson	M 41	1811	INGLESIDE	8:40.6	13:57.8	43:23.12
36	Callie McLean	F 11	1960	NEPEAN	8:42.0	14:00.1	43:30.15
37	Emily O'Brien	F 25	1966	WILLIAMSTOWN	8:44.6	14:04.3	43:43.38
38	Wolf Bonham	M 45	1812	HAMILTON	8:48.8	14:11.1	44:04.41
39	Sean Burnett	M 39	1904	EMBRUN	8:54.8	14:20.7	44:34.28
40	Rachel Poirier	F 38	1972	CORNWALL	8:56.9	14:24.1	44:44.78
41	Yuon Duval	M 47	1810	ALEXANDRIA	8:58.3	14:26.3	44:51.59
42	Marlaina Loveys	F 47	1953	OTTAWA	9:13.8	14:51.3	46:09.18
43	Craig Henry	M 57	1933	CORNWALL	9:27.9	15:13.9	47:19.66
44	Brandi McKinnon	F 35	1959	MARTINTOWN	9:37.7	15:29.7	48:08.53

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45	Rhonda Van Allen	F 49	1804	LUNENBURG	9:41.0	15:35.1	48:25.28
46	Tracey Notman	F 42	1805	BROCKVILLE	9:41.2	15:35.4	48:26.31
47	Blu Grant	M 33	1814	CORNWALL	9:57.1	16:00.9	49:45.50
48	Brian O'Neill	M 58	1813	CORNWALL	9:57.2	16:01.2	49:46.37
49	Mathieu Crepin	M 35	1911	KANATA	10:05.3	16:14.1	50:26.53
50	Christine Gauthier	F 39	1925	VAL-DES-MONTS	10:05.6	16:14.6	50:28.15
51	Amy McLean	F 40	1803	NEPEAN	10:06.4	16:16.0	50:32.47
52	John Warner	M 70	1992	SUMMERSTOWN	10:17.6	16:33.9	51:28.18
53	Scott Campbell	M 47	1905	GREELY	10:36.8	17:04.8	53:04.00
54	Roxann Cook	F 50	1909	GREELY	10:38.0	17:06.8	53:10.25
55	Caroline Short	F 48	1806	WILLIAMSTOWN	10:54.1	17:32.7	54:30.72
56	Rachel Westenbroek	F 54	1993	WILLIAMSBURG	11:02.0	17:45.5	55:10.47
57	Charlotte Whitton	F 51	1996	BATTLEFORD	11:11.1	18:00.1	55:55.91
58	Hendrik Du Plessis	M 54	1917	NORTH BATTLEFORD	11:11.2	18:00.3	55:56.34
59	Marc-André Fournier	M 33	1923	LIMOGES	11:46.6	18:57.1	58:53.06
60	lauren Dalessio	F 18	1912	CORNWALL	11:46.8	18:57.6	58:54.41
61	Jenna Gadbois	F 27	1924	LIMOGES	11:46.9	18:57.7	58:54.72
62	Anissa Rabia	F 47	1973	CANDIAC	12:03.3	19:24.1	1:00:16.84
63	Nathalie Thomas	F 47	1987	GREENFIELD PARK	12:03.5	19:24.5	1:00:17.97
64	Dolores Imonti	F 55	1938	BOUCHERVILLE	12:04.3	19:25.6	1:00:21.66
65	Emily Hopkins	F 32	1935	NORTH GOWER	12:09.7	19:34.3	1:00:48.66
66	Timothy Hopkins	M 35	1936	NORTH GOWER	12:09.8	19:34.5	1:00:49.12
67	Gerry Westenbroek	M 57	1994	WILLIAMSBURG	12:50.3	20:39.6	1:04:11.53
68	Cameron McNeely	M 18	1961	NAVAN	12:50.5	20:40.0	1:04:12.75
69	Colby Lauzen	M 12	1820	WILLIAMSTOWN	13:05.8	21:04.6	1:05:29.18
70	Leesa Jarvo-Lauzon	F 39	1822	WILLIAMSTOWN	13:09.1	21:09.9	1:05:45.66
71	Cathy McGarrity	F 50	1957	NEPEAN	13:14.4	21:18.5	1:06:12.15
72	Natalie Methot	F 44	1963	LIMOGES	13:33.6	21:49.4	1:07:48.25
73	Valerie Conrod	F 43	1908	OTTAWA	13:33.9	21:49.9	1:07:49.78
74	Tracy Newman	F 48	1964	NAVAN	13:36.7	21:54.4	1:08:03.84
75	Ceilidh Newman	F 16	1965	NAVAN	13:36.9	21:54.8	1:08:04.94
76	Ken Devost	M 52	1916	CANDAIC	13:42.6	22:03.8	1:08:33.03
77	Marthe Lemay	F 67	1951	BROSSARD	13:42.9	22:04.3	1:08:34.69
78	Danielle Ferron	F 49	1921	CANDAIC	13:43.2	22:04.8	1:08:36.18
79	Braxton To	M 8	1808	OTTAWA	13:43.4	22:05.1	1:08:37.06
80	Colton Yukich	M 8	1999	OTTAWA	13:44.6	22:07.1	1:08:43.22
81	Crystal Yukich	F 35	1998	OTTAWA	13:44.8	22:07.4	1:08:44.18
82	Anne-Marie Gervais	F 36	1927	GATINEAU	13:53.6	22:21.5	1:09:28.09
83	Jessica Gervais	F 34	1928	GATINEAU	13:53.8	22:21.9	1:09:29.15
84	Anne Mercier	F 36	1962	GATINEAU	13:54.4	22:22.9	1:09:32.28
85	Mark Sutton	M 45	1986	OTTAWA	13:58.9	22:30.0	1:09:54.53
86	John Matthews	M 54	1954	OTTAWA	13:59.6	22:31.2	1:09:58.22
87	Sarah Ashton	F 45	1901	OTTAWA	13:59.8	22:31.6	1:09:59.44
88	Heather Strome	F 45	1985	OTTAWA	14:02.7	22:36.2	1:10:13.78
89	Julie Horvath	F 43	1937	OTTAWA	14:07.2	22:43.4	1:10:36.18
90	Lisa McGowan	F 46	1958	PERTH ROAD	14:28.3	23:17.5	1:12:21.84

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91	Heather Lees	F 38	1948	PERTH	14:29.0	23:18.5	1:12:25.22
92	Krisstina Davis	F 39	1913	OTTAWA	15:04.0	24:14.9	1:15:20.47
93	Kai To	M 10	1807	OTTAWA	15:04.2	24:15.2	1:15:21.28
94	Melissa Heubbner	F 42	1934	KITCHENER	15:04.6	24:15.9	1:15:23.31
95	Bilel Zeribi	M 47	2000	CANDIAC	15:07.5	24:20.4	1:15:37.50
96	Selia Zeribi	F 12	1802	CANDIAC	15:07.6	24:20.7	1:15:38.21
97	Essiene Zeribi	M 14	1801	CANDIAC	15:09.2	24:23.2	1:15:46.06
98	Suzanne Leger	F 50	1949	RUSSELL	15:32.1	25:00.1	1:17:40.88
99	Sophie Ruddy	F 12	1978	RUSSELL	15:32.4	25:00.6	1:17:42.22
100	Kathryn Hanington	F 41	1929	OTTAWA	15:32.8	25:01.2	1:17:44.31
101	Melissa Jones	F 40	1942	OTTAWA	16:03.4	25:50.4	1:20:17.09
102	Tamera Dirks	F 49	1818	POST FALLS ,IDAHO	16:04.0	25:51.4	1:20:20.00
103	Anne-Marie Johnson	F 60	1940	OTTAWA	16:04.4	25:52.1	1:20:22.18
104	Eric Pelletier	M 37	1969	CARLETON PLACE	19:04.0	30:41.0	1:35:20.00
105	Lana Carry	F 41	1823	WILLIAMSTOWN	20:45.8	33:24.9	1:43:49.00
106	Ella Carry	F 12	1821	WILLIAMSTOWN	20:46.0	33:25.2	1:43:50.00