

Howe Island Hustle 8km and Kids 1 Mile

Howe Island, Ontario

13/05/2017

5/12/17 - 5/12/17

Results by www.runningbydesign.com**Event # 1 MIXED 8km Run**

	Name	Age	Bib	Team	Avg per K	Avg per MI	Time
FEMALE 20 - 29							
1	Rachel Bennett	F 21	12	ATHENS	4:29.2	7:13.3	35:54.25
2	Louise De Lannoy	F 29	24	KINGSTON	4:47.6	7:42.8	38:20.94
3	Julie Bates	F 22	11	INVERARY	4:48.2	7:43.9	38:26.12
4	Bronwyn Posynick	F 22	93	KINGSTON	4:52.8	7:51.2	39:02.72
5	Chelsea Barnes	F 27	8	NAPANEE	4:54.9	7:54.6	39:19.34
6	Kathleen Abeles	F 25	108	GANANOQUE	5:06.5	8:13.2	40:52.12
7	Casey Kidson	F 28	42	KINGSTON	5:06.9	8:14.0	40:55.97
8	Alanna Kader	F 26	40	KINGSTON	5:09.2	8:17.6	41:13.88
FEMALE 30 - 39							
1	Lyna Veillette	F 36	85	KINGSTON	4:34.2	7:21.3	36:34.12
2	Andrea Rochon	F 32	74	AMHERSTVIEW	4:38.8	7:28.7	37:10.69
3	Leanne Taylor	F 30	81	COBALT	4:41.9	7:33.7	37:35.56
4	Lesley Rudy	F 37	76	KINGSTON	4:45.2	7:39.1	38:02.38
5	Erica Frank	F 37	92	KINGSTON	4:50.5	7:47.6	38:44.59
6	Kathleen Dorsey	F 31	25	SEELEYS BAY	4:51.6	7:49.4	38:53.59
7	Jana Mareckova	F 38	50	KINGSTON	5:11.6	8:21.6	41:33.44
8	Heidi Hitchins	F 38	38	ROSLIN	5:15.5	8:27.8	42:04.28
9	Tara Robinson	F 35	73	KINGSTON	6:04.2	9:46.2	48:34.12
10	Rosa Hession	F 38	100	GANANOQUE	6:12.2	9:59.0	49:37.75
11	Kelly Feeney	F 34	29	HOWE ISLAND	7:31.2	12:06.2	1:00:10.00
FEMALE 40 - 49							
1	Kelley Packalen	F 41	59	KINGSTON	4:24.8	7:06.1	35:18.59
2	Annie Riel	F 43	72	KINGSTON	4:30.6	7:15.5	36:05.03
3	Tammy Pigion	F 43	67	KINGSTON	4:37.3	7:26.4	36:59.09
4	Stacey Berdan	F 49	13	TWEED	5:11.1	8:20.8	41:29.50
5	Dawn Miller	F 45	52	TWEED	5:24.9	8:42.8	43:19.25
6	Tara Burggraf	F 48	15	KINGSTON	5:27.3	8:46.7	43:38.47
7	Lorraine Fischer	F 46	30	KINGSTON	5:29.9	8:50.9	43:59.50
8	Krista Power	F 40	68	KINGSTON	7:12.6	11:36.2	57:41.00
9	Tanya Mundell	F 41	55	KINGSTON	7:41.0	12:21.9	1:01:28.00
10	Mary Closs	F 43	20	YARKER	7:56.3	12:46.6	1:03:31.00
FEMALE 50 - 59							
1	Cheryl La Force	F 57	44	KINGSTON	4:38.9	7:28.9	37:11.75
2	Francoise Glibert	F 57	35	INVERARY	4:48.2	7:43.8	38:25.62
3	Kathy Balme	F 54	90	PETERBOROUGH	5:13.1	8:23.9	41:45.12
4	Wanda Barnes	F 55	9	NAPANEE	5:30.6	8:52.0	44:04.88
5	Jessica Harvie	F 51	37	HARTINGTON	5:31.5	8:53.5	44:12.12
6	Janet Shepherd	F 53	78	MALLORYTOWN	5:32.0	8:54.3	44:16.34
7	Nancy Ball	F 56	7	KINGSTON	5:34.4	8:58.2	44:35.69
8	Cindy Abeles	F 59	109	GANANOQUE	6:03.2	9:44.6	48:26.31
9	Diane Crawford	F 56	21	KINGSTON	6:16.5	10:06.0	50:12.62
10	Colleen Gurnsey	F 59	36	PORTLAND	6:23.4	10:17.0	51:07.28
FEMALE 60 - 69							
1	Deborah Holtom	F 66	39	HOWE ISLAND	4:45.3	7:39.1	38:02.65

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	Name	Age	Bib	Team	Avg per K	Avg per MI	Time
2	Shirley Myers	F 64	57	KINGSTON	5:05.6	8:11.9	40:45.41
3	Mary Jane Phillips	F 64	65	KINGSTON	8:14.0	13:15.0	1:05:52.00
FEMALE 70 - 99							
1	Liz Walker	F 71	87	KINGSTON	6:30.4	10:28.2	52:03.25
MALE 1 - 19							
1	Cooper Barrie	M 11	10	ODESSA	4:36.4	7:24.9	36:51.81
2	Justin Burtch	M 18	16	KINGSTON	4:49.6	7:46.1	38:37.22
3	Ryan Hession	M 14	99	GANANOQUE	4:56.2	7:56.7	39:30.06
4	Tim Lee	M 15	46	KINGSTON	4:58.1	7:59.7	39:44.81
5	Ian Hession	M 11	97	GANANOQUE	5:31.1	8:52.8	44:08.97
MALE 20 - 29							
1	Jeff Shepherd	M 25	79	ELGIN	3:52.5	6:14.2	31:00.34
2	Alexandre Voinot	M 29	86	KINGSTON	3:53.0	6:15.1	31:04.78
3	Benjamin Amann	M 29	4	KINGSTON	3:59.3	6:25.1	31:54.53
4	Ryan Van Dyl	M 26	84	KINGSTON	4:01.6	6:28.8	32:12.97
5	Ryan Passey	M 27	62	MALLORYTOWN	5:14.3	8:25.9	41:54.84
6	Scott Allen	M 29	3	KINGSTON	5:20.8	8:36.4	42:47.15
MALE 30 - 39							
1	Ryan Dorsey	M 30	26	SEELEYS BAY	4:00.8	6:27.5	32:06.62
2	Mark Kerr	M 36	110	KINGSTON	4:08.3	6:39.6	33:06.84
3	Alain Bosse	M 34	91	KINGSTON	4:26.7	7:09.2	35:33.69
4	Luis Paico-Avilez	M 33	60	KANATA	4:36.3	7:24.7	36:50.75
5	Gregory Millican	M 32	54	KINGSTON	5:48.4	9:20.7	46:27.62
6	David Splinter	M 34	80	KINGSTON	5:50.0	9:23.2	46:40.00
7	Eric Perry	M 31	64	KINGSTON	6:04.3	9:46.3	48:34.87
MALE 40 - 49							
1	Savvas Frantzeskos	M 42	31	KINGSTON	3:47.8	6:06.7	30:22.91
2	George Semple	M 45	77	KINGSTON	4:36.0	7:24.1	36:48.09
3	Steve Kinney	M 40	43	PICTON	4:54.0	7:53.1	39:12.06
4	Matt Hession	M 42	98	GANANOQUE	4:59.8	8:02.4	39:58.41
5	Andy Glazin	M 49	34	KINGSTON	5:12.3	8:22.7	41:39.03
6	Michael T Mabey	M 42	48	KINGSTON	5:17.1	8:30.4	42:17.53
7	Matthew Richardson	M 44	71	BELLEVILLE	6:10.8	9:56.7	49:26.56
MALE 50 - 59							
1	Bruce Pardy	M 53	61	KINGSTON	3:51.4	6:12.5	30:51.94
2	Robbie Breadner	M 50	95	KINGSTON	3:52.7	6:14.5	31:01.91
3	Wayne Rice	M 54	70	RAILTON	3:55.0	6:18.2	31:20.47
4	Rick Royce	M 58	75	KINGSTON	4:13.2	6:47.6	33:46.22
5	Richard Prinsen	M 53	69	KINGSTON	4:18.4	6:55.8	34:27.28
6	Paul Cehan	M 52	18	KINGSTON	4:27.2	7:10.0	35:37.84
7	David Lee	M 53	45	KINGSTON	4:38.4	7:28.0	37:07.44
8	Joe Allen	M 55	2	KINGSTON	6:08.3	9:52.7	49:06.69
MALE 60 - 69							
1	Ed Brand	M 69	14	KINGSTON	4:39.1	7:29.2	37:13.15
2	Alan Cantlay	M 62	17	KINGSTON	4:43.6	7:36.5	37:49.44
3	Joe Du Vall	M 63	28	OTTAWA	5:19.6	8:34.4	42:37.28
4	Paul Thompson	M 67	83	KINGSTON	5:58.2	9:36.5	47:46.00

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5	John Dagleish	M 69	23	WHISTLER	6:35.7	10:36.8	52:45.66
6	Richard Armstrong	M 68	5	GANANOQUE	11:09.3	17:57.2	1:29:15.00
MALE 70 - 99							
1	Richard Sunderland	M 71	89	KINGSTON	5:45.6	9:16.2	46:04.97
2	P.J. Marshall	M 75	51	KINGSTON	6:28.4	10:25.2	51:47.88