

Dion Snowshoe Ignite the Night Races

Upper Canada Village - Morrisburg

2018-01-14

1/13/18 - 1/13/18

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

	Name	Age	Bib	Team	Avg per K	Avg per MI	Time
OVERALL							
1	Evan Raz	M 14	3785	WOODLAWN	6:47.1	10:55.1	33:55.56
2	Michael Raz	M 60	3784	WOODLAWN	7:34.1	12:10.8	37:50.66
3	Lise Meloche	F 57	3321	CHELSEA	7:42.7	12:24.7	38:33.69
4	Tony Machado	M 37	3759	OTTAWA	7:46.4	12:30.7	38:52.41
5	Harmony Koiter	F 35	3744	AVONMORE	7:53.1	12:41.5	39:25.88
6	Sonia Waharte	F 40	3308	KANATA	8:14.2	13:15.4	41:11.28
7	Alex Jasperse	M 30	3738	KANATA	8:23.1	13:29.7	41:55.72
8	Jen Milligan	F 38	3324	OTTAWA	8:25.4	13:33.4	42:07.18
9	Karen Bertrand	F 56	3705	OTTAWA	8:26.1	13:34.4	42:10.50
10	Rick Balderson	M 57	3701	NEPEAN	8:26.3	13:34.8	42:11.62
11	Heather Lewis	F 55	3753	OTTAWA	8:26.3	13:34.9	42:11.93
12	Phillip Dawes	M 63	3721	OTTAWA	8:26.5	13:35.2	42:12.93
13	John Bols	M 61	3707	CHESTERVILLE	8:26.8	13:35.6	42:14.09
14	Crwys Harris	M 35	3732	ORLEANS	8:31.8	13:43.7	42:39.28
15	Paul Langevin	M 37	3749	CORNWALL	8:33.4	13:46.3	42:47.38
16	John Leadbetter	M 56	3319	ANCASTER	8:53.8	14:19.1	44:29.12
17	John St Marseille	M 55	3800	CORNWALL	9:06.6	14:39.7	45:33.12
18	Gabe Major	M 34	3762	KINGSTON	9:09.3	14:44.0	45:46.62
19	Luke Harding	M 27	3731	KINGSTON	9:10.1	14:45.4	45:50.88
20	Jesse St-Germain	M 40	3302	INGLESIDE	9:11.2	14:47.1	45:56.22
21	David Cooper	M 49	3716	OTTAWA	9:11.6	14:47.7	45:58.22
22	Catherine Konopelky	F 39	3323	GANANOQUE	9:11.9	14:48.3	45:59.91
23	Avery Stirling	F 16	3303	OTTAWA	9:12.3	14:48.8	46:01.53
24	Lukas Raz	M 12	3786	WOODLAWN	9:12.6	14:49.3	46:03.00
25	Lara Winnemore	F 45	3313	STITTSVILLE	9:12.9	14:49.8	46:04.78
26	Norman Schumacher	M 47	3320	ORLEANS	9:13.7	14:51.2	46:08.97
27	Brenda Ross	F 52	3791	OTTAWA	9:14.2	14:51.8	46:11.00
28	Jon Young	M 63	3314	ELLIOT LAKE	9:14.9	14:53.0	46:14.50
29	Lynn McCuaig	F 45	3766	LANCASTER	9:18.3	14:58.5	46:31.72
30	Stephen McGrath	M 50	3330	MONKLAND	9:26.3	15:11.4	47:11.66
31	Louise Lewis-James	F 40	3754	OTTAWA	9:30.4	15:18.1	47:32.47
32	Jennifer Gareau	F 35	3726	WILLIAMSTOWN	9:37.5	15:29.4	48:07.69
33	Dan Pak	M 49	3777	STITTSVILLE	9:42.0	15:36.7	48:30.34
34	Kara Fenerty	F 46	3724	KANATA	9:46.1	15:43.2	48:50.53
35	Nora Lara	F 38	3752	KANATA	9:46.5	15:43.9	48:52.69
36	Kathy Lalonde	F 48	3747	NORTH LANCASTER	9:46.7	15:44.2	48:53.78
37	James Miner	M 69	3774	DRYDEN	9:49.1	15:48.1	49:05.84
38	Joan McCuaig	F 51	3767	NEWINGTON	10:00.8	16:06.9	50:04.18
39	Melissa McGrath	F 47	3329	MONKLAND	10:24.1	16:44.3	52:00.50
40	Kristi Raz	F 48	3783	WOODLAWN	10:34.1	17:00.4	52:50.53
41	Brian O'Neill	M 57	3322	CORNWALL	10:42.0	17:13.3	53:30.44
42	Chantal Lalonde-Beaudette	F 35	3748	GLEN WALTER	10:49.2	17:24.9	54:06.47
43	Tom Patterson	M 59	3778	SMITHS FALLS	10:53.6	17:31.8	54:28.03
44	Annie Crombie	F 42	3325	VAL-DES-MONTS	11:11.6	18:00.9	55:58.41

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	Name	Age	Bib	Team	Avg per K	Avg per MI	Time
45	Jessica Langley	F 32	3750	KINGSTON	11:15.7	18:07.4	56:18.69
46	Jeff Ridal	M 56	3789	CORNWALL	11:15.8	18:07.6	56:19.28
47	Diane Caron	F 53	3713	CORNWALL	11:35.0	18:38.4	57:55.00
48	Anita Kover	F 41	3745	OTTAWA	11:42.8	18:51.0	58:34.06
49	Rachel Westenbroek	F 53	3311	WILLIAMSBURG	11:46.7	18:57.3	58:53.69
50	Kate Ricahrds	M 13	3787	WHITBY	11:56.7	19:13.4	59:43.50
51	Maria Young	F 54	3315	ELLIOT LAKE	11:56.7	19:13.5	59:43.93
52	Carolina Young	F 26	3316	KINGSTON	12:08.1	19:31.7	1:00:40.59
53	Rebecca Skinner	F 36	3799	STITTSVILLE	12:08.4	19:32.2	1:00:42.09
54	Donna Cain-Spagnolo	F 55	3712	CORNWALL	12:08.5	19:32.4	1:00:42.50
55	Christine Piche	F 54	3781	CORNWALL	12:08.9	19:33.0	1:00:44.56
56	Sonia Poirier	F 45	3782	CORNWALL	12:12.0	19:38.0	1:01:00.18
57	Lori Mitchell	F 44	3775	OTTAWA	12:26.7	20:01.8	1:02:13.91
58	Katrina McDonough	F 38	3769	ELGINBURG	12:26.9	20:02.1	1:02:14.84
59	Lisa McGowan	F 45	3771	PERTH ROAD	12:27.0	20:02.1	1:02:15.00
60	Celine Perret	F 35	3780	OTTAWA	12:37.4	20:18.9	1:03:07.09
61	Carole Lutes	F 39	3758	OTTAWA	12:37.4	20:19.0	1:03:07.46
62	Alain Cormier	M 51	3718	OTTAWA	12:44.1	20:29.7	1:03:40.62
63	Mary Bellemare	F 60	3704	CORNWALL	12:49.5	20:38.3	1:04:07.53
64	John Warner	M 69	3309	SUMMERSTOWN	12:54.5	20:46.4	1:04:32.53
65	Margaret Studer	F 38	3304	INGLESIDE	13:01.8	20:58.2	1:05:09.31
66	Barbara MacInnis	F 55	3760	OTTAWA	13:03.7	21:01.2	1:05:18.66
67	Cathy McGarrity	F 49	3770	NEPEAN	13:06.6	21:06.0	1:05:33.41
68	Marlaina Loveys	F 46	3757	OTTAWA	13:07.5	21:07.4	1:05:37.78
69	Diane Gilligan	F 47	3727	CORNWALL	13:10.0	21:11.4	1:05:50.34
70	Caroline Short	F 47	3795	WILLIAMSTOWN	13:10.6	21:12.4	1:05:53.18
71	David McCaw	M 60	3765	OTTAWA	13:16.1	21:21.2	1:06:20.72
72	Anne Mercier	F 35	3773	GATINEAU	13:40.9	22:01.2	1:08:24.78
73	Kelly Brown	F 37	3711	RICHMOND	13:54.9	22:23.7	1:09:34.69
74	Angela Delahunt	F 37	3722	CARLETON PLACE	13:55.1	22:23.9	1:09:35.50
75	Normand Lanthier	M 34	3751	CANTLEY	13:59.4	22:30.9	1:09:57.28
76	Ian Sim	M 84	3798	ALEXANDRIA	14:02.7	22:36.1	1:10:13.50
77	Amelia Brooker	F 27	3710	GLEN ROBERTSON	14:02.7	22:36.3	1:10:13.87
78	Nancy Kenmir	F 61	3740	OTTAWA	14:04.0	22:38.3	1:10:20.28
79	Breagh Ross	F 25	3792	KANATA	14:04.4	22:39.0	1:10:22.41
80	Kathleen Hay	F 57	3733	CORNWALL	14:08.3	22:45.2	1:10:41.59
81	Matthew Richler	M 28	3788	OTTAWA	14:10.6	22:49.0	1:10:53.34
82	Joel Varsava	M 28	3307	OTTAWA	14:11.5	22:50.4	1:10:57.88
83	Melissa Boileau	F 27	3706	OTTAWA	14:12.0	22:51.1	1:11:00.12
84	Caitlin McIntyre	F 27	3772	OTTAWA	14:12.3	22:51.7	1:11:01.88
85	Denis Nadeau	M 45	3776	EMBRUN	14:23.8	23:10.2	1:11:59.25
86	Monique Beaudoin	F 44	3702	EMBRUN	14:24.3	23:10.9	1:12:01.59
87	Timothy Hopkins	M 34	3736	OTTAWA	14:38.3	23:33.5	1:13:11.66
88	Emily Hopkins	F 31	3735	OTTAWA	14:38.4	23:33.7	1:13:12.24
89	Melissa Jones	F 41	3739	OTTAWA	14:52.0	23:55.6	1:14:20.25
90	Bence Cormier	M 7	3719	OTTAWA	15:47.9	25:25.5	1:18:59.62

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91	Krisztina Cormier	F 41	3717	OTTAWA	15:48.9	25:27.2	1:19:04.81
92	Crystal Yukich	F 34	3317	OTTAWA	16:15.3	26:09.6	1:21:16.66
93	Kai To	M 9	3306	OTTAWA	16:15.8	26:10.4	1:21:19.15
94	Colton Yukich	M 7	3318	OTTAWA	16:16.5	26:11.5	1:21:22.66
95	Valerie Conrod	F 42	3715	OTTAWA	16:17.6	26:13.2	1:21:28.00
96	Claire Sales	F 36	3794	OTTAWA	17:28.8	28:07.9	1:27:24.22
97	Matilde Rossi	F 16	3793	OTTAWA	17:29.8	28:09.4	1:27:29.00
98	Megan Boulerice	F 35	3708	CORNWALL	17:33.1	28:14.8	1:27:45.75
99	Mary-Lynn Riddell	F 54	3790	CORNWALL	17:34.5	28:17.0	1:27:52.56
100	Ron Greene	M 58	3730	OTTAWA	17:41.8	28:28.8	1:28:29.09
101	Nancy Shurtleff	F 68	3797	OTTAWA	17:42.0	28:29.2	1:28:30.28
102	Lauren SHURTLEFF	F 26	3796	BURLINGTON	17:42.4	28:29.9	1:28:32.44
103	Becky Fyvie	F 40	3725	BARRIE	19:44.5	31:46.3	1:38:42.78
104	Johanna Lopez	F 40	3756	TORONTO	19:44.6	31:46.4	1:38:43.15
105	Taylor Maxsom	F 19	3328	GREELY	22:23.2	36:01.6	1:51:56.00
106	Melanie Lalonde	F 38	3327	OTTAWA	22:32.2	36:16.1	1:52:41.00
107	Kellie Lyne Maxsom	F 40	3326	GREELY	22:32.6	36:16.7	1:52:43.00