

KRRA XC Races 1km/5km

Fort Henry Hill, Kingston, Ontario

2017-09-26

9/23/17 - 9/23/17

Results by www.runningbydesign.com**Event # 2 MIXED 5K Run**

| | Name | Age | Bib | Team | Avg per K | Avg per MI | Time |
|-----------------------|-------------------------|------|------|-------------|-----------|------------|----------|
| FEMALE 1 - 14 | | | | | | | |
| 1 | Aleasha Caird | F 14 | 1856 | GANANOQUE | 4:19.2 | 6:57.2 | 21:36.25 |
| 2 | Abbey Kellar | F 14 | 1851 | GANANOQUE | 4:20.5 | 6:59.3 | 21:42.72 |
| 3 | Jayne Hackett | F 13 | 1874 | KINGSTON | 4:29.7 | 7:14.1 | 22:28.72 |
| 4 | Sierra Trueman | F 11 | 1901 | KINGSTON | 4:38.3 | 7:27.9 | 23:11.66 |
| 5 | Sophie Saunders-Lambert | F 11 | 1869 | HOWE ISLAND | 4:55.0 | 7:54.8 | 24:35.34 |
| FEMALE 15 - 19 | | | | | | | |
| 1 | Skylar Ng | F 18 | 1834 | KINGSTON | 4:07.5 | 6:38.4 | 20:37.81 |
| 2 | Bethany Wilken | F 18 | 1839 | RIPLEY | 4:18.7 | 6:56.3 | 21:33.56 |
| 3 | Brooke Lapierre | F 16 | 1897 | GREENVALLEY | 4:35.1 | 7:22.7 | 22:55.69 |
| 4 | Marieke VanSpriel | F 15 | 1894 | ATHENS | 4:54.8 | 7:54.4 | 24:34.06 |
| 5 | Taegen Poles | F 18 | 1828 | PORT HOPE | 6:14.2 | 10:02.3 | 31:11.41 |
| FEMALE 20 - 29 | | | | | | | |
| 1 | Sasha Zarnke | F 22 | 1866 | KINGSTON | 4:13.7 | 6:48.3 | 21:08.75 |
| 2 | Hannah Ascough | F 22 | 1880 | KINGSTON | 4:15.8 | 6:51.7 | 21:19.25 |
| 3 | Lyndsay Glazier | F 28 | 1881 | JOYCEVILLE | 4:20.6 | 6:59.4 | 21:43.09 |
| 4 | Lindsay Furtado | F 27 | 1892 | KINGSTON | 4:29.1 | 7:13.1 | 22:25.84 |
| 5 | Bria Wannamaker | F 24 | 1818 | KINGSTON | 4:51.5 | 7:49.2 | 24:17.78 |
| 6 | Mary Reynolds | F 25 | 1815 | KINGSTON | 5:37.7 | 9:03.6 | 28:08.94 |
| 7 | Valerie Martin | F 27 | 1819 | KINGSTON | 5:42.0 | 9:10.5 | 28:30.37 |
| 8 | Catherine Tang | F 28 | 1822 | KINGSTON | 6:06.0 | 9:49.1 | 30:30.34 |
| 9 | Hilary Shirra | F 20 | 1806 | KINGSTON | 6:16.0 | 10:05.1 | 31:20.12 |
| FEMALE 30 - 39 | | | | | | | |
| 1 | Kathleen Dorsey | F 31 | 1825 | KINGSTON | 4:30.6 | 7:15.6 | 22:33.41 |
| 2 | Jacque DeWolfe | F 34 | 1882 | KINGSTON | 4:42.4 | 7:34.5 | 23:32.22 |
| 3 | Jana Mareckova | F 38 | 1823 | KINGSTON | 5:20.2 | 8:35.4 | 26:41.31 |
| 4 | Jen McConnel | F 33 | 1807 | KINGSTON | 6:36.4 | 10:37.9 | 33:02.00 |
| FEMALE 40 - 49 | | | | | | | |
| 1 | Heather Ostic | F 48 | 1858 | KINGSTON | 4:09.2 | 6:41.0 | 20:46.00 |
| 2 | Lisa Bootsma | F 44 | 1810 | BELLEVILLE | 4:33.1 | 7:19.6 | 22:45.84 |
| 3 | Lana Saunders | F 42 | 1868 | HOWE ISLAND | 4:33.4 | 7:20.1 | 22:47.41 |
| 4 | Tammy Pigion | F 44 | 1829 | NAPANEE | 4:57.5 | 7:58.8 | 24:47.78 |
| 5 | Stacey Berdan | F 49 | 1895 | KINGSTON | 5:11.1 | 8:20.6 | 25:55.56 |
| 6 | Cynthia Leung | F 40 | 1816 | KINGSTON | 7:23.6 | 11:53.9 | 36:58.00 |
| FEMALE 50 - 59 | | | | | | | |
| 1 | Nancy Ball | F 56 | 1852 | KINGSTON | 5:42.0 | 9:10.4 | 28:30.09 |
| FEMALE 60 - 69 | | | | | | | |
| 1 | Deborah Holtom | F 66 | 1887 | HOWE ISLAND | 5:00.6 | 8:03.8 | 25:03.25 |
| 2 | Shirley Myers | F 65 | 1802 | KINGSTON | 5:14.8 | 8:26.6 | 26:14.06 |
| 3 | Margaret Coughlin | F 62 | 1872 | KINGSTON | 7:06.6 | 11:26.5 | 35:33.00 |
| FEMALE 70 - 99 | | | | | | | |
| 1 | Liz Walker | F 71 | 1833 | KINGSTON | 6:56.3 | 11:10.1 | 34:41.94 |
| MALE 1 - 14 | | | | | | | |
| 1 | Che Breadner | M 13 | 1891 | KINGSTON | 4:01.5 | 6:28.7 | 20:07.88 |
| 2 | Cooper Barrie | M 11 | 1850 | ODESSA | 4:28.0 | 7:11.3 | 22:20.03 |

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|---------------------|------------------------|------|------|--------------|-----------|------------|----------|
| 3 | Triton Trueman | M 9 | 1902 | KINGSTON | 4:51.7 | 7:49.4 | 24:18.52 |
| 4 | Thomas Birnie-Worthley | M 11 | 1877 | KINGSTON | 5:01.1 | 8:04.6 | 25:05.69 |
| 5 | Peter Birnie-Worthley | M 7 | 1876 | KINGSTON | 6:49.6 | 10:59.2 | 34:08.25 |
| MALE 15 - 19 | | | | | | | |
| 1 | Miles Dignum | M 19 | 1846 | VANCOUVER | 3:22.0 | 5:25.2 | 16:50.41 |
| 2 | Jack Rowlatt | M 17 | 1860 | KINGSTON | 3:23.0 | 5:26.7 | 16:55.25 |
| 3 | Joshua Morales | M 18 | 1853 | BRAMPTON | 3:37.1 | 5:49.3 | 18:05.53 |
| 4 | Kieran Smart | M 19 | 1801 | SUFFIELD | 3:41.1 | 5:55.8 | 18:25.50 |
| 5 | Cameron Bruce | M 16 | 1832 | KINGSTON | 3:41.9 | 5:57.1 | 18:29.75 |
| 6 | Liam Bootsma | M 16 | 1811 | BELLEVILLE | 3:48.9 | 6:08.3 | 19:04.50 |
| 7 | Matthew Birchard | M 16 | 1857 | BELLEVILLE | 3:54.0 | 6:16.5 | 19:30.00 |
| 8 | Shengan Li | M 19 | 1840 | SHENZHEN | 5:04.8 | 8:10.6 | 25:24.38 |
| MALE 20 - 29 | | | | | | | |
| 1 | Jeff Archer | M 24 | 1899 | KINGSTON | 3:17.7 | 5:18.1 | 16:28.50 |
| 2 | Clay Patterson | M 28 | 1814 | KINGSTON | 3:18.6 | 5:19.7 | 16:33.28 |
| 3 | Spencer Raby | M 20 | 1994 | KINGSTON | 3:19.1 | 5:20.4 | 16:35.50 |
| 4 | Sean Nestor | M 26 | 1847 | EVANS MILLS | 3:21.1 | 5:23.7 | 16:45.88 |
| 5 | Tom Glassco | M 29 | 1809 | SYDENHAM | 3:28.0 | 5:34.8 | 17:20.18 |
| 6 | Brandon Pryce | M 23 | 1859 | TORONTO | 3:38.7 | 5:51.9 | 18:13.59 |
| 7 | Sean Mantay | M 21 | 1848 | NEWMARKET | 3:39.2 | 5:52.8 | 18:16.15 |
| 8 | Jeff Mountjoy | M 27 | 1845 | KINGSTON | 3:44.8 | 6:01.7 | 18:44.06 |
| 9 | Aaron Bruyns | M 29 | 1812 | OTTAWA | 4:00.0 | 6:26.3 | 20:00.22 |
| 10 | Michael Hanley | M 22 | 1830 | KINGSTON | 4:43.2 | 7:35.8 | 23:36.22 |
| 11 | Kelvin Tang | M 28 | 1821 | KINGSTON | 5:17.0 | 8:30.3 | 26:25.47 |
| 12 | Nicholas Lefebvre | M 28 | 1820 | KINGSTON | 5:54.8 | 9:31.0 | 29:34.06 |
| 13 | Mark Anderson | M 25 | 1827 | MISSISSAUGA | 5:57.6 | 9:35.5 | 29:48.25 |
| 14 | Fahad Malik | M 21 | 1805 | KINGSTON | 6:16.1 | 10:05.3 | 31:20.72 |
| MALE 30 - 39 | | | | | | | |
| 1 | Gabriel Jarquin | M 32 | 1842 | TORONTO | 3:31.5 | 5:40.4 | 17:37.59 |
| 2 | Tim Gillespie | M 39 | 1837 | KINGSTON | 3:35.8 | 5:47.3 | 17:59.22 |
| 3 | Scott Wilkes | M 38 | 1878 | KINGSTON | 3:39.1 | 5:52.7 | 18:15.91 |
| 4 | Matthew Stacey | M 34 | 1898 | CAMDEN EAST | 3:40.1 | 5:54.3 | 18:20.88 |
| 5 | Ryan Dorsey | M 31 | 1863 | KINGSTON | 3:56.4 | 6:20.5 | 19:42.44 |
| 6 | Mario Hinse | M 33 | 1888 | TORONTO | 3:56.7 | 6:21.0 | 19:43.75 |
| 7 | Chancey Cagley | M 33 | 1855 | KINGSTON | 4:23.8 | 7:04.6 | 21:59.18 |
| 8 | Greg Siemens | M 39 | 1890 | KINGSTON | 4:27.1 | 7:10.0 | 22:15.97 |
| MALE 40 - 49 | | | | | | | |
| 1 | Kevin Beatty | M 40 | 1884 | FRANKFORD | 3:37.3 | 5:49.8 | 18:06.94 |
| 2 | Jeff Lapierre | M 45 | 1862 | GREEN VALLEY | 3:43.5 | 5:59.8 | 18:37.97 |
| 3 | Yves Filion | M 43 | 1824 | KINGSTON | 3:45.3 | 6:02.7 | 18:46.91 |
| 4 | Savvas Frantzeskos | M 43 | 1864 | KINGSTON | 3:49.8 | 6:09.9 | 19:09.25 |
| 5 | Kevin Webster | M 49 | 1826 | KINGSTON | 3:51.3 | 6:12.3 | 19:16.91 |
| 6 | Emile Ndorimana | M 43 | 1883 | KINGSTON | 4:18.3 | 6:55.7 | 21:31.75 |
| 7 | Marc Henri | M 42 | 1861 | ALEXANDRIA | 4:40.9 | 7:32.0 | 23:24.59 |
| 8 | Jason Trueman | M 43 | 1900 | KINGSTON | 4:51.8 | 7:49.6 | 24:19.00 |
| 9 | Steven Birnie-Worthley | M 40 | 1875 | KINGSTON | 6:49.7 | 10:59.4 | 34:08.93 |
| MALE 50 - 59 | | | | | | | |

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|---------------------|--------------------|------------|------------|-------------|------------------|-------------------|-------------|
| 1 | Earl Steinbrecher | M 53 | 1831 | GANANOQUE | 3:35.5 | 5:46.8 | 17:57.66 |
| 2 | Wayne Rice | M 55 | 1817 | RAILTON | 4:00.1 | 6:26.4 | 20:00.62 |
| 3 | Robby Breadner | M 51 | 1800 | KINGSTON | 4:04.6 | 6:33.7 | 20:23.18 |
| 4 | Paul Smith | M 53 | 1838 | ORLEANS | 4:10.2 | 6:42.7 | 20:51.44 |
| 5 | Rick Royce | M 58 | 1854 | KINGSTON | 4:18.2 | 6:55.5 | 21:31.00 |
| 6 | Richard Prinsen | M 53 | 1971 | KINGSTON | 4:19.7 | 6:58.0 | 21:38.72 |
| 7 | Paul Cehan | M 53 | 1867 | KINGSTON | 4:20.2 | 6:58.7 | 21:41.15 |
| 8 | Paul Heintzman | M 59 | 1870 | CHELSEA | 5:05.8 | 8:12.2 | 25:29.34 |
| 9 | William MacDonald | M 59 | 1896 | KINGSTON | 5:15.3 | 8:27.4 | 26:16.72 |
| 10 | Patrick Thompson | M 53 | 1885 | KINGSTON | 5:52.1 | 9:26.7 | 29:20.69 |
| MALE 60 - 69 | | | | | | | |
| 1 | Alan Cantlay | M 62 | 1879 | KINGSTON | 4:20.4 | 6:59.2 | 21:42.41 |
| 2 | Ken Hook | M 61 | 1849 | CLOYNE | 4:33.5 | 7:20.3 | 22:47.96 |
| 3 | Ed Brand | M 68 | 1873 | KINGSTON | 5:31.1 | 8:52.9 | 27:35.66 |
| 4 | Geoffrey Roulet | M 69 | 1886 | KINGSTON | 6:20.5 | 10:12.3 | 31:42.50 |
| MALE 70 - 99 | | | | | | | |
| 1 | Richard Sunderland | M 71 | 1844 | KINGSTON | 5:53.1 | 9:28.3 | 29:25.91 |