

## 2019 Limestone Mile

KRRR Series

2019-07-01

7/1/19 - 7/1/19

Results by [www.runningbydesign.com](http://www.runningbydesign.com)**Event # 4 MENS Men 1Mile Run**

|                | Name                    | Age  | Bib | Team           | Avg per K | Avg per MI | Time     |
|----------------|-------------------------|------|-----|----------------|-----------|------------|----------|
| <b>OVERALL</b> |                         |      |     |                |           |            |          |
| 1              | Alex Drover             | M 20 | 794 | KINGSTON       | 2:44.0    | 4:24.0     | 4:24.06  |
| 2              | Mitchell Kirby          | M 21 | 229 | KINGSTON       | 2:44.4    | 4:24.6     | 4:24.66  |
| 3              | Nathaniel Dehgan        | M 23 | 797 | ANCASTOR       | 2:45.9    | 4:27.0     | 4:27.00  |
| 4              | Benjamin Workman        | M 21 | 147 | KINGSTON       | 2:46.2    | 4:27.5     | 4:27.52  |
| 5              | Robert Kanko            | M 22 | 214 | KINGSTON       | 2:47.8    | 4:30.0     | 4:30.09  |
| 6              | Miles Brackenbury       | M 18 | 181 | KINGSTON       | 2:49.9    | 4:33.4     | 4:33.47  |
| 7              | Jelmer Van Den Hadelkam | M 22 | 795 | SUNDRE         | 2:51.4    | 4:35.9     | 4:35.91  |
| 8              | Connor Bolton           | M 25 | 751 | BIG CEDAR      | 2:52.9    | 4:38.3     | 4:38.34  |
| 9              | Kevin Dunbar            | M 43 | 154 | KINGSTON       | 2:58.5    | 4:47.4     | 4:47.41  |
| 10             | Billy Bostad            | M 29 | 222 | GUELPH         | 3:00.3    | 4:50.2     | 4:50.22  |
| 11             | Sam Hirons              | M 28 | 775 | KINGSTON       | 3:03.3    | 4:55.0     | 4:55.03  |
| 12             | Kevin Beatty            | M 42 | 191 | FRANKFORD      | 3:06.1    | 4:59.5     | 4:59.50  |
| 13             | Jeff Mountjoy           | M 29 | 758 | OTTAWA         | 3:08.2    | 5:03.0     | 5:03.00  |
| 14             | Major Aaron             | M 40 | 234 | PATTERSONVILLE | 3:10.9    | 5:07.3     | 5:07.38  |
| 15             | Cameron Bruce           | M 17 | 225 | KINGSTON       | 3:12.5    | 5:09.9     | 5:09.91  |
| 16             | Che Breadner            | M 15 | 127 | KINGSTON       | 3:13.1    | 5:10.8     | 5:10.84  |
| 17             | Owain Jones             | M 35 | 702 | KINGSTON       | 3:15.4    | 5:14.5     | 5:14.50  |
| 18             | Ryan Dorsey             | M 33 | 235 | KINGSTON       | 3:16.8    | 5:16.7     | 5:16.75  |
| 19             | Sebastian Scott         | M 21 | 764 | KINGSTON       | 3:17.1    | 5:17.2     | 5:17.28  |
| 20             | Jude Aiken              | M 44 | 718 | HARROWSMITH    | 3:17.5    | 5:17.9     | 5:17.94  |
| 21             | Graham Hawkes           | M 43 | 721 | KINGSTON       | 3:20.9    | 5:23.3     | 5:23.34  |
| 22             | Tim Gillespie           | M 41 | 728 | KINGSTON       | 3:22.2    | 5:25.5     | 5:25.56  |
| 23             | Robbie Breadner         | M 52 | 109 | KINGSTON       | 3:25.2    | 5:30.2     | 5:30.28  |
| 24             | Steven Blostein         | M 57 | 172 | HARROWSMITH    | 3:27.1    | 5:33.3     | 5:33.38  |
| 25             | Allan Robertson         | M 42 | 799 | KINGSTON       | 3:28.1    | 5:34.9     | 5:34.97  |
| 26             | Scott Day               | M 22 | 157 | KINGSTON       | 3:28.4    | 5:35.5     | 5:35.50  |
| 27             | Jeffrey Johnson         | M 15 | 148 | KINGSTON       | 3:28.7    | 5:36.0     | 5:36.02  |
| 28             | Wayne Rice              | M 56 | 700 | RAILTON        | 3:31.2    | 5:40.0     | 5:40.00  |
| 29             | Tom Brackenbury         | M 49 | 232 | KINGSTON       | 3:32.6    | 5:42.1     | 5:42.15  |
| 30             | Mark Kerr               | M 38 | 201 | KINGSTON       | 3:35.8    | 5:47.3     | 5:47.31  |
| 31             | Benson Maharba          | M 49 | 798 | KINGSTON       | 3:37.5    | 5:50.1     | 5:50.12  |
| 32             | Cooper Barrie           | M 13 | 705 | MISSISSAUGA    | 3:38.4    | 5:51.5     | 5:51.56  |
| 33             | Emile Ndorimana         | M 45 | 740 | KINGSTON       | 3:42.8    | 5:58.5     | 5:58.59  |
| 34             | Martin Guyon            | M 52 | 772 | KINGSTON       | 3:50.6    | 6:11.1     | 6:11.15  |
| 35             | Luis Paico-Avilez       | M 35 | 727 | KANATA         | 3:51.6    | 6:12.7     | 6:12.75  |
| 36             | Richard Prinsen         | M 55 | 729 | KINGSTON       | 4:00.0    | 6:26.3     | 6:26.34  |
| 37             | Danny Bates             | M 59 | 713 | TICHBORNE      | 4:01.6    | 6:28.9     | 6:28.94  |
| 38             | Mike Kotuk              | M 39 | 166 | KINGSTON       | 4:05.8    | 6:35.7     | 6:35.72  |
| 39             | David MacDonald         | M 16 | 203 | KINGSTON       | 4:14.1    | 6:48.9     | 6:48.94  |
| 40             | Ed Brand                | M 71 | 730 | KINGSTON       | 4:29.1    | 7:13.1     | 7:13.15  |
| 41             | Brian MacDonald         | M 70 | 738 | WOLFE ISLAND   | 4:34.5    | 7:21.9     | 7:21.91  |
| 42             | John Braud              | M 34 | 202 | KINGSTON       | 4:45.1    | 7:38.8     | 7:38.84  |
| 43             | James Moore             | M 53 | 164 | CODYVILLE      | 5:15.9    | 8:28.4     | 8:28.44  |
| 44             | PJ Marshall             | M 77 | 703 | KINGSTON       | 6:27.7    | 10:24.0    | 10:24.00 |

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| <b>Name</b>     | <b>Age</b> | <b>Bib</b> | <b>Team</b> | <b>Avg per K</b> | <b>Avg per MI</b> | <b>Time</b> |
|-----------------|------------|------------|-------------|------------------|-------------------|-------------|
| 45 Doug Knowles | M 90       | 227        | KINGSTON    | 18:39.0          | 30:01.0           | 30:01.00    |

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