

Kingston, Ontario

1/7/13 - 1/7/13

Results by www.runningbydesign.ca

Event # 4 MIXED M - MILE 1Mile Run**FINALS**

| Place | Name | Bib | Age/Grade | Team/Hometown | Time/Mark |
|---------------------|---------------------|-----|-----------|---------------|-----------|
| MALE 1 - 19 | | | | | |
| 1 | Christophe Kimmerer | 256 | M 15 | Men's Mile | 4:46.5 |
| 2 | Felix Lafontant | 262 | M 17 | Men's Mile | 4:46.9 |
| 3 | Kevin Bates | 231 | M 16 | Men's Mile | 4:52.2 |
| 4 | Connor Bolton | 286 | M 19 | Men's Mile | 4:52.7 |
| 5 | Joe Sheridan | 271 | M 16 | Men's Mile | 4:53.6 |
| 6 | Matt Eliot | 261 | M 18 | Men's Mile | 5:06.8 |
| 7 | Paul Bates | 230 | M 13 | Men's Mile | 5:07.7 |
| 8 | Alex O'Reilly | 278 | M 16 | Men's Mile | 5:31.5 |
| 9 | Liam O'Reilly | 281 | M 14 | Men's Mile | 6:02.6 |
| MALE 20 - 29 | | | | | |
| EXH | Jeff Archer | 292 | M 21 | Men's Mile | 4:27.2 |
| EXH | Clay Patterson | 209 | M 24 | Men's Mile | 4:31.4 |
| EXH | Hunter Andrin | 314 | M 20 | Men's Mile | 4:36.7 |
| 4 | Trevor Walmsley | 288 | M 25 | Men's Mile | 5:03.8 |
| 5 | Herb Elliott | 287 | M 27 | Men's Mile | 5:09.1 |
| 6 | Sean Kehoe | 210 | M 26 | Men's Mile | 5:30.2 |
| | Michael Wies | 213 | M 25 | Men's Mile | DNS |
| MALE 30 - 39 | | | | | |
| 1 | Nick Cosman | 226 | M 31 | Men's Mile | 4:55.4 |
| 2 | Glenn Mowat | 277 | M 38 | Men's Mile | 5:32.8 |
| 3 | David Cerantola | 245 | M 32 | Men's Mile | 5:46.4 |
| 4 | Craig Faucette | 228 | M 37 | Men's Mile | 6:06.2 |
| 5 | Geoff Stephen | 236 | M 31 | Men's Mile | 6:08.9 |
| 6 | Clay Rook | 299 | M 39 | Men's Mile | 6:24.8 |
| | Ted Sheppard | 212 | M 36 | Men's Mile | DNS |
| MALE 40 - 49 | | | | | |
| 1 | Kevin Webster | 208 | M 45 | Men's Mile | 5:16.2 |
| 2 | Neil Hopkins | 308 | M 42 | Men's Mile | 5:27.0 |
| 3 | Jeff Walker | 290 | M 45 | Men's Mile | 5:51.5 |
| 4 | Mark Chabot | 242 | M 42 | Men's Mile | 5:53.6 |
| 5 | Tom Meers | 333 | M 41 | Men's Mile | 5:56.7 |
| 6 | Richard Prinsen | 217 | M 49 | Men's Mile | 6:01.3 |
| 7 | Roger Bowes | 250 | M 44 | Men's Mile | 6:03.8 |
| 8 | James Lambert | 203 | M 44 | Men's Mile | 6:15.0 |
| 9 | Greg Phelan | 248 | M 47 | Men's Mile | 6:29.8 |
| 10 | Darryl Cathcart | 253 | M 41 | Men's Mile | 6:32.2 |
| 11 | Clint Legg | 233 | M 43 | Men's Mile | 6:55.4 |
| 12 | Mark Forknall | 316 | M 40 | Men's Mile | 7:08.8 |
| MALE 50 - 59 | | | | | |
| 1 | Wayne Rice | 206 | M 50 | Men's Mile | 5:39.1 |
| 2 | Jim Murray | 220 | M 56 | Men's Mile | 6:10.6 |

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|---------------------|---------------|-----|-----------|---------------|----------------|
| MALE 60 - 69 | | | | | |
| 1 | Norm Hart | 216 | M 68 | Men's Mile | 8:10.5 |
| MALE 70 - 99 | | | | | |
| 1 | P.J. Marshall | 200 | M 71 | Men's Mile | 8:32.6 |
| 2 | Dave Wilson | 276 | M 82 | Men's Mile | 10:18.6 |
