

KRRA Limestone Mile

Kingston, Ontario

2018-07-01

7/1/18 - 7/1/18

Results by www.runningbydesign.com**Event # 4 MENS Men 1Mile Run**

| | Name | Age | Bib | Team | Avg per K | Avg per MI | Time |
|----------------|-------------------|------|------|-----------------|-----------|------------|---------|
| OVERALL | | | | | | | |
| 1 | Chris Balestrini | M 26 | 144 | LONDON | 2:42.7 | 4:22.0 | 4:22.00 |
| 2 | Ben Workman | M 20 | 393 | KINGSTON | 2:44.0 | 4:24.0 | 4:24.00 |
| 3 | Alex Drover | M 19 | 132 | KINGSTON | 2:46.5 | 4:28.0 | 4:28.00 |
| 4 | Cameron Bardwell | M 22 | 145 | CALGARY | 2:47.1 | 4:29.0 | 4:29.00 |
| 5 | Mitchell Kirby | M 21 | 6143 | KINGSTON | 2:47.7 | 4:30.0 | 4:30.00 |
| 6 | Nathan Dehghan | M 22 | 134 | ANCASTER | 2:48.3 | 4:31.0 | 4:31.00 |
| 7 | Miles Brackenbury | M 17 | 147 | KINGSTON | 2:53.9 | 4:40.0 | 4:40.00 |
| 8 | Evan Andrin | M 27 | 6178 | KINGSTON | 2:56.4 | 4:44.0 | 4:44.00 |
| 9 | Paul Riek | M 20 | 139 | AIRDRIE | 2:59.5 | 4:49.0 | 4:49.00 |
| 10 | Andrew Machan | M 15 | 143 | PERTH | 3:00.8 | 4:51.0 | 4:51.00 |
| 11 | Max Taylor | M 18 | 1178 | KINGSTON | 3:01.4 | 4:52.0 | 4:52.00 |
| 12 | Kevin Dunbar | M 43 | 1197 | KINGSTON | 3:02.0 | 4:53.0 | 4:53.00 |
| 13 | Aidan Tulk | M 15 | 148 | KINGSTON | 3:03.3 | 4:55.0 | 4:55.00 |
| 14 | Sam Hirons | M 27 | 137 | KINGSTON | 3:06.4 | 5:00.0 | 5:00.00 |
| 15 | Rob Campbell | M 48 | 1172 | KINGSTON | 3:07.6 | 5:02.0 | 5:02.00 |
| 16 | Cameron Bruce | M 17 | 130 | KINGSTON | 3:08.8 | 5:04.0 | 5:04.00 |
| 17 | Hugh Ferguson | M 23 | 6177 | KINGSTON | 3:09.5 | 5:05.0 | 5:05.00 |
| 18 | Brandon Thomas | M 22 | 151 | KINGSTON | 3:10.1 | 5:06.0 | 5:06.00 |
| 19 | Mike Mackett | M 27 | 115 | ST. CATHARINES | 3:10.7 | 5:07.0 | 5:07.00 |
| 20 | Brant Stachel | M 28 | 1174 | KINGSTON | 3:12.0 | 5:09.0 | 5:09.00 |
| 21 | Tim Gillespie | M 40 | 125 | KINGSTON | 3:12.6 | 5:10.0 | 5:10.00 |
| 22 | Frédéric Lavoie | M 43 | 129 | KINGSTON | 3:13.2 | 5:11.0 | 5:11.00 |
| 23 | Jackson Simmons | M 19 | 116 | MISSISSAUGA | 3:15.7 | 5:15.0 | 5:15.00 |
| 24 | Sebastian Scott | M 20 | 141 | KINGSTON | 3:17.5 | 5:18.0 | 5:18.00 |
| 25 | Sebastian Cino | M 15 | 6126 | OTTAWA | 3:17.9 | 5:18.5 | 5:18.50 |
| 26 | Alexandre Voinot | M 31 | 149 | KINGSTON | 3:18.2 | 5:19.0 | 5:19.00 |
| 27 | Owain Jones | M 34 | 127 | KINGSTON | 3:21.3 | 5:24.0 | 5:24.00 |
| 28 | Mark Kerr | M 37 | 6115 | KINGSTON | 3:22.5 | 5:26.0 | 5:26.00 |
| 29 | Tom Brackenbury | M 48 | 3961 | KINGSTON | 3:26.9 | 5:33.0 | 5:33.00 |
| 30 | Allen Roberts | M 41 | 388 | KINGSTON | 3:27.5 | 5:34.0 | 5:34.00 |
| 31 | Wayne Rice | M 55 | 123 | RAILTON | 3:28.1 | 5:35.0 | 5:35.00 |
| 32 | Mike Parkes | M 43 | 146 | TORONTO | 3:28.7 | 5:36.0 | 5:36.00 |
| 33 | Aaron Siller | M 33 | 389 | KINGSTON | 3:35.3 | 5:46.5 | 5:46.50 |
| 34 | Justin Horton | M 30 | 135 | KINGSTON | 3:36.8 | 5:49.0 | 5:49.00 |
| 35 | John Sadler | M 45 | 118 | KINGSTON | 3:40.5 | 5:55.0 | 5:55.00 |
| 36 | Luis Paico-Aviles | M 34 | 140 | KANATA | 3:46.1 | 6:04.0 | 6:04.00 |
| 37 | Cooper Barrie | M 12 | 113 | ODESSA | 3:46.4 | 6:04.5 | 6:04.50 |
| 38 | Danny Bates | M 58 | 114 | TICHBORNE | 3:48.6 | 6:08.0 | 6:08.00 |
| 39 | Rick Royce | M 59 | 131 | KINGSTON | 3:51.7 | 6:13.0 | 6:13.00 |
| 40 | Kommy Farahani | M 57 | 133 | KINGSTON | 3:54.8 | 6:18.0 | 6:18.00 |
| 41 | Jim Rideout | M 61 | 142 | YARMOUTH | 4:01.7 | 6:29.0 | 6:29.00 |
| 42 | Scott Allen | M 30 | 150 | KINGSTON | 4:11.0 | 6:44.0 | 6:44.00 |
| 43 | Dominic Bergeron | M 41 | 138 | SAINT-HYACINTHE | 4:28.4 | 7:12.0 | 7:12.00 |
| 44 | Ed Brand | M 70 | 122 | KINGSTON | 4:32.7 | 7:19.0 | 7:19.00 |

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|----|--------------------|------------|------------|----------------|------------------|-------------------|-------------|
| 45 | John Brand | M 33 | 3881 | TORONTO | 4:37.1 | 7:26.0 | 7:26.00 |
| 46 | Geoffrey Roulet | M 70 | 120 | KINGSTON | 4:48.3 | 7:44.0 | 7:44.00 |
| 47 | George Sanders | M 60 | 6146 | LACEYS SPRINGS | 4:57.6 | 7:59.0 | 7:59.00 |
| 48 | Richard Sunderland | M 72 | 128 | KINGSTON | 5:01.3 | 8:05.0 | 8:05.00 |
| 49 | Steve Mackett | M 27 | 117 | ST. CATHARINES | 5:10.0 | 8:19.0 | 8:19.00 |
| 50 | Jerry Smith | M 71 | 3861 | LIVERPOOL | 6:54.4 | 11:07.0 | 11:07.00 |
| 51 | PJ Marshall | M 76 | 392 | KINGSTON | 7:24.9 | 11:56.0 | 11:56.00 |