

**KRRA Limestone Mile**

Kingston, Ontario

2018-07-01

7/1/18 - 7/1/18

Results by [www.runningbydesign.com](http://www.runningbydesign.com)**Event # 3 WOMENS Women 1Mile Run**

	Name	Age	Bib	Team	Avg per K	Avg per MI	Time
<b>FEMALE 1 - 19</b>							
1	Branna MacDougall	F 19	6129	KINGSTON	3:10.7	5:07.0	5:07.00
2	Lauren Miller	F 17	3941	PERTH	3:23.8	5:28.0	5:28.00
3	MacKenzie Campbell	F 15	1171	KINGSTON	3:27.5	5:34.0	5:34.00
4	Alex Campbell	F 13	1173	KINGSTON	3:43.6	6:00.0	6:00.00
5	Bryn Reynolds	F 17	180	KINGSTON	3:44.9	6:02.0	6:02.00
6	Ainslie Bratus	F 14	3951	KINGSTON	3:47.4	6:06.0	6:06.00
7	Claire Brackenbury	F 14	186	KINGSTON	3:53.6	6:16.0	6:16.00
8	Sophie Saunders-Lambert	F 12	1181	KINGSTON	4:01.0	6:28.0	6:28.00
9	Michaela Dowelling	F 16	1176	KINGSTON	4:06.0	6:36.0	6:36.00
10	Catherine Irwin	F 15	174	KINGSTON	4:11.0	6:44.0	6:44.00
11	Alora Peever	F 15	178	KINGSTON	4:12.8	6:47.0	6:47.00
12	Kayla Lieff	F 12	175	AMHERSTVIEW	5:24.3	8:42.0	8:42.00
<b>FEMALE 20 - 29</b>							
1	Julie-Anne Staehli	F 24	184	KINGSTON	3:02.0	4:53.0	4:53.00
2	Claire Sumner	F 23	185	KINGSTON	3:06.4	5:00.0	5:00.00
3	Kara Blair	F 20	3871	WESTPORT	3:16.3	5:16.0	5:16.00
4	Shannen Murray	F 24	189	KINGSTON	3:21.3	5:24.0	5:24.00
5	Emily Cowie	F 22	176	KINGSTON	3:48.6	6:08.0	6:08.00
6	Ocean Johnson-Storey	F 23	163	OTTAWA	3:52.3	6:14.0	6:14.00
7	Courtney Bannerman	F 23	161	KINGSTON	4:10.4	6:43.0	6:43.00
8	Lydia Luchich	F 21	159	MISSISSAUGA	4:30.2	7:15.0	7:15.00
9	Katie Stringham	F 24	152	OTTAWA	4:40.8	7:32.0	7:32.00
10	Cara Grant	F 26	169	KINGSTON	5:29.9	8:51.0	8:51.00
11	Alexandra Stobo	F 24	162	MIDDLETON	5:56.0	9:33.0	9:33.00
12	Brittney Hyduk	F 26	160	KINGSTON	7:08.7	11:30.0	11:30.00
13	Samantha Allen	F 26	165	KINGSTON	7:11.8	11:35.0	11:35.00
<b>FEMALE 30 - 39</b>							
1	Lyndsay Glazier	F 30	167	JOYCEVILLE	3:46.8	6:05.0	6:05.00
2	Casey Kidson	F 30	164	KINGSTON	4:02.9	6:31.0	6:31.00
3	Justine Grob	F 32	187	KINGSTON	4:06.3	6:36.5	6:36.50
4	Alexandra Ireland	F 32	6124	KINGSTON	4:56.3	7:57.0	7:57.00
5	Babalwa Hartnett	F 37	183	AMHERSTVIEW	5:18.7	8:33.0	8:33.00
6	Deborah Durbin	F 30	6110		5:22.4	8:39.0	8:39.00
7	Martine Thivierge-Bourniv	F 39	156	KINGSTON	5:23.7	8:41.0	8:41.00
8	Meredith Powell	F 39	6125	KINGSTON	5:24.9	8:43.0	8:43.00
<b>FEMALE 40 - 49</b>							
1	Suzanne Kerr-Garrett	F 43	6114	KINGSTON	3:36.8	5:49.0	5:49.00
2	Heather Ostic	F 49	181	KINGSTON	3:47.4	6:06.0	6:06.00
3	Anik Lefebvre	F 43	173	KINGSTON	4:14.7	6:50.0	6:50.00
4	Tammy Pigion	F 45	168	NAPANEE	4:16.6	6:53.0	6:53.00
5	Rae McDonald	F 41	6134	KINGSTON	4:34.6	7:22.0	7:22.00
6	Lesley Kerckhoff	F 40	157	KINGSTON	4:59.5	8:02.0	8:02.00
7	Patti Evaristo	F 46	172	KINGSTON	5:14.4	8:26.0	8:26.00
8	Tara Schooley	F 45	6111	BURLINGTON	6:41.4	10:46.0	10:46.00

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9	Geneviève Carbonneau	F 40	179	SAINT-HYACINTHE	7:07.5	11:28.0	11:28.00
<b>FEMALE 50 - 59</b>							
1	Marie Beyette	F 50	177	PICKERING	4:00.4	6:27.0	6:27.00
2	Cheryl La Force	F 58	155	KINGSTON	4:15.0	6:50.5	6:50.50
3	Pam Mundell	F 53	6144	KINGSTON	4:18.4	6:56.0	6:56.00
4	Karen Millson	F 55	188	KINGSTON	4:25.3	7:07.0	7:07.00
5	Janet Shepherd	F 54	154	MALLORYTOWN	4:29.0	7:13.0	7:13.00
6	Stacey Berdan	F 50	166	TWEED	4:47.6	7:43.0	7:43.00
7	Shelly Johnson-Hurteau	F 50	171	MIDDLETON	5:12.5	8:23.0	8:23.00
<b>FEMALE 60 - 99</b>							
1	Deb Holtom	F 67	391	KINGSTON	4:31.5	7:17.0	7:17.00
2	Shirley Myers	F 65	158	KINGSTON	4:36.5	7:25.0	7:25.00
3	Margie File	F 65	390	KINGSTON	5:42.9	9:12.0	9:12.00
4	Liz Walker	F 72	182	KINGSTON	5:48.5	9:21.0	9:21.00