

**KRRR Limestone Mile**

Kingston, Ontario

2018-07-01

7/1/18 - 7/1/18

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>MALE 1 - 19</b>						
1 Alex Drover	M 19	132	KINGSTON	2:46.5	4:28.0	4:28.00
2 Miles Brackenbury	M 17	147	KINGSTON	2:53.9	4:40.0	4:40.00
3 Andrew Machan	M 15	143	PERTH	3:00.8	4:51.0	4:51.00
4 Max Taylor	M 18	1178	KINGSTON	3:01.4	4:52.0	4:52.00
5 Aidan Tulk	M 15	148	KINGSTON	3:03.3	4:55.0	4:55.00
6 Cameron Bruce	M 17	130	KINGSTON	3:08.8	5:04.0	5:04.00
7 Jackson Simmons	M 19	116	MISSISSAUGA	3:15.7	5:15.0	5:15.00
8 Sebastian Cino	M 15	6126	OTTAWA	3:17.9	5:18.5	5:18.50
9 Cooper Barrie	M 12	113	ODESSA	3:46.4	6:04.5	6:04.50
<b>MALE 20 - 29</b>						
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 Cameron Bardwell	M 22	145	CALGARY	2:47.1	4:29.0	4:29.00
4 Mitchell Kirby	M 21	6143	KINGSTON	2:47.7	4:30.0	4:30.00
5 Nathan Dehghan	M 22	134	ANCASTER	2:48.3	4:31.0	4:31.00
6 Evan Andrin	M 27	6178	KINGSTON	2:56.4	4:44.0	4:44.00
7 Paul Riek	M 20	139	AIRDRIE	2:59.5	4:49.0	4:49.00
8 Sam Hirons	M 27	137	KINGSTON	3:06.4	5:00.0	5:00.00
9 Hugh Ferguson	M 23	6177	KINGSTON	3:09.5	5:05.0	5:05.00
10 Brandon Thomas	M 22	151	KINGSTON	3:10.1	5:06.0	5:06.00
11 Mike Mackett	M 27	115	ST. CATHARINES	3:10.7	5:07.0	5:07.00
12 Brant Stachel	M 28	1174	KINGSTON	3:12.0	5:09.0	5:09.00
13 Sebastian Scott	M 20	141	KINGSTON	3:17.5	5:18.0	5:18.00
14 Steve Mackett	M 27	117	ST. CATHARINES	5:10.0	8:19.0	8:19.00
<b>MALE 30 - 39</b>						
1 Alexandre Voinot	M 31	149	KINGSTON	3:18.2	5:19.0	5:19.00
2 Owain Jones	M 34	127	KINGSTON	3:21.3	5:24.0	5:24.00
3 Mark Kerr	M 37	6115	KINGSTON	3:22.5	5:26.0	5:26.00
4 Aaron Siller	M 33	389	KINGSTON	3:35.3	5:46.5	5:46.50
5 Justin Horton	M 30	135	KINGSTON	3:36.8	5:49.0	5:49.00
6 Luis Paico-Aviles	M 34	140	KANATA	3:46.1	6:04.0	6:04.00
7 Scott Allen	M 30	150	KINGSTON	4:11.0	6:44.0	6:44.00
8 John Brand	M 33	3881	TORONTO	4:37.1	7:26.0	7:26.00
<b>MALE 40 - 49</b>						
1 Kevin Dunbar	M 43	1197	KINGSTON	3:02.0	4:53.0	4:53.00
2 Rob Campbell	M 48	1172	KINGSTON	3:07.6	5:02.0	5:02.00
3 Tim Gillespie	M 40	125	KINGSTON	3:12.6	5:10.0	5:10.00
4 Frédérick Lavoie	M 43	129	KINGSTON	3:13.2	5:11.0	5:11.00
5 Tom Brackenbury	M 48	3961	KINGSTON	3:26.9	5:33.0	5:33.00
6 Allen Roberts	M 41	388	KINGSTON	3:27.5	5:34.0	5:34.00
7 Mike Parkes	M 43	146	TORONTO	3:28.7	5:36.0	5:36.00
8 John Sadler	M 45	118	KINGSTON	3:40.5	5:55.0	5:55.00
9 Dominic Bergeron	M 41	138	SAINT-HYACINTHE	4:28.4	7:12.0	7:12.00
<b>MALE 50 - 59</b>						

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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>
1	Wayne Rice	M 55	123	RAILTON	3:28.1	5:35.0	5:35.00
2	Danny Bates	M 58	114	TICHBORNE	3:48.6	6:08.0	6:08.00
3	Rick Royce	M 59	131	KINGSTON	3:51.7	6:13.0	6:13.00
4	Kommy Farahani	M 57	133	KINGSTON	3:54.8	6:18.0	6:18.00
<b>MALE 60 - 99</b>							
1	Jim Rideout	M 61	142	YARMOUTH	4:01.7	6:29.0	6:29.00
2	Ed Brand	M 70	122	KINGSTON	4:32.7	7:19.0	7:19.00
3	Geoffrey Roulet	M 70	120	KINGSTON	4:48.3	7:44.0	7:44.00
4	George Sanders	M 60	6146	LACEYS SPRINGS	4:57.6	7:59.0	7:59.00
5	Richard Sunderland	M 72	128	KINGSTON	5:01.3	8:05.0	8:05.00
6	Jerry Smith	M 71	3861	LIVERPOOL	6:54.4	11:07.0	11:07.00
7	PJ Marshall	M 76	392	KINGSTON	7:24.9	11:56.0	11:56.00