

Napanee Heritage

New Headline 1

2017-07-03

6/18/17 - 6/18/17

New Headline 2

Event # 2 MIXED 5K Run

| Name | Age | Bib | Team | Avg per K | Avg per MI | Time | |
|-----------------------|--------------------|------|------|-------------|------------|---------|------------|
| FEMALE 1 - 10 | | | | | | | |
| 1 | Samantha Milne | F 9 | 5352 | BELLEVILLE | 3:00.5 | 4:50.5 | 24:12.75 |
| 2 | Whitney Milne | F 8 | 5353 | BELLEVILLE | 3:08.2 | 5:03.0 | 25:15.15 |
| 3 | ELLA RICKARD | F 10 | 5387 | NAPANEE | 3:25.2 | 5:30.3 | 27:31.90 |
| 4 | Peyton Turriff | F 9 | 5717 | DESERONTO | 3:35.2 | 5:46.4 | 28:52.24 |
| 5 | Ruby Cantwell | F 10 | 5241 | NAPANEE | 3:43.3 | 5:59.4 | 29:57.38 |
| 6 | Abby Lloyd | F 10 | 5332 | DESERONTO | 3:48.5 | 6:07.7 | 30:38.84 |
| 7 | Jade Peter | F 9 | 5367 | DESERONTO | 3:50.0 | 6:10.2 | 30:51.28 |
| 8 | Peyton Conger | F 10 | 5246 | DESERONTO | 3:57.2 | 6:21.8 | 31:49.28 |
| 9 | Braylee Butcher | F 9 | 5239 | DESERONTO | 3:57.4 | 6:22.0 | 31:50.46 |
| 10 | Nara RICKARD | F 9 | 5388 | NAPANEE | 4:03.6 | 6:32.1 | 32:40.90 |
| 11 | MacKenna Arthur | F 9 | 5207 | NAPANEE | 4:14.5 | 6:49.5 | 34:07.96 |
| 12 | Zayden Brant | F 9 | 5231 | DESERONTO | 4:16.2 | 6:52.4 | 34:22.15 |
| 13 | Abigail Misevicius | F 8 | 5355 | NAPANEE | 4:19.7 | 6:58.0 | 34:50.00 |
| 14 | Devan Maxwell | F 9 | 5339 | NEWBURGH | 4:39.7 | 7:30.2 | 37:31.44 |
| 15 | Ocean Parks | F 9 | 5365 | DESERONTO | 5:32.8 | 8:55.6 | 44:38.00 |
| 16 | Avery Fingland | F 9 | 5275 | DESERONTO | 5:33.0 | 8:56.0 | 44:40.00 |
| 17 | Ava Wales | F 9 | 5725 | DESERONTO | 6:24.3 | 10:18.6 | 51:33.00 |
| 18 | Danica Gardiner | F 8 | 5291 | DESERONTO | 7:27.2 | 11:59.8 | 59:59.00 |
| 19 | Autumn Morgan | F 10 | 5359 | DESERONTO | 7:57.2 | 12:48.0 | 1:04:00.00 |
| FEMALE 11 - 19 | | | | | | | |
| 1 | Breanna Roy | F 12 | 5392 | NAPANEE | 2:40.9 | 4:18.9 | 21:34.94 |
| 2 | alexa buchanan | F 12 | 5234 | BELLEVILLE | 2:41.9 | 4:20.5 | 21:42.81 |
| 3 | Leah Oster | F 16 | 5363 | NAPANEE | 2:53.3 | 4:39.0 | 23:15.06 |
| 4 | Hannah Rooney | F 13 | 5389 | DESERONTO | 2:56.3 | 4:43.8 | 23:39.15 |
| 5 | Hanna Gregory | F 15 | 5299 | NAPANEE | 2:57.8 | 4:46.2 | 23:51.06 |
| 6 | Rachel Galt | F 11 | 5290 | DESERONTO | 3:07.1 | 5:01.1 | 25:05.97 |
| 7 | Macy Gibson | F 11 | 5294 | DESERONTO | 3:07.9 | 5:02.5 | 25:12.69 |
| 8 | Ocean Fierz | F 12 | 2170 | BATH | 3:09.0 | 5:04.1 | 25:20.96 |
| 9 | Grace Fisher | F 11 | 5278 | DESERONTO | 3:17.4 | 5:17.8 | 26:29.09 |
| 10 | Lila Pringle | F 11 | 5375 | NAPANEE | 3:31.0 | 5:39.6 | 28:18.09 |
| 11 | Gracie Hughes | F 11 | 5759 | NAPANEE | 3:33.3 | 5:43.3 | 28:36.94 |
| 12 | Maddy Oster | F 13 | 5364 | NAPANEE | 3:39.0 | 5:52.5 | 29:22.69 |
| 13 | Ella Pringle | F 13 | 5374 | NAPANEE | 3:46.2 | 6:04.1 | 30:20.93 |
| 14 | Abby Smith | F 14 | 5400 | DESERONTO | 3:59.5 | 6:25.4 | 32:07.46 |
| 15 | Courtney Shaver | F 11 | 5397 | DESERONTO | 4:04.3 | 6:33.2 | 32:46.38 |
| 16 | Ava Misevicius | F 11 | 5354 | NAPANEE | 4:06.6 | 6:36.9 | 33:04.65 |
| 17 | Lola French | F 11 | 5286 | DESERONTO | 4:23.8 | 7:04.6 | 35:23.38 |
| 18 | Hayley Maracle | F 11 | 5336 | DESERONTO | 5:32.9 | 8:55.8 | 44:39.00 |
| 19 | Maddison Morgan | F 11 | 5358 | DESERONTO | 7:01.5 | 11:18.4 | 56:32.00 |
| FEMALE 20 - 29 | | | | | | | |
| 1 | Jessica Brown | F 29 | 5232 | NAPANEE | 3:24.4 | 5:29.0 | 27:25.06 |
| 2 | Holly Porter | F 25 | 5371 | NAPANEE | 3:41.6 | 5:56.6 | 29:43.44 |
| 3 | Raeanne McGuinness | F 24 | 5344 | MARYSVILLE | 3:50.6 | 6:11.2 | 30:56.00 |
| 4 | Nicole Garrett | F 28 | 5292 | CENTREVILLE | 3:53.5 | 6:15.8 | 31:19.15 |

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| | Name | Age | Bib | Team | Avg per K | Avg per MI | Time |
|-----------------------|----------------------|------|------|-----------------|-----------|------------|------------|
| 5 | Anna Klaver | F 28 | 5324 | GREATER NAPANEE | 3:57.1 | 6:21.6 | 31:48.31 |
| 6 | Harley Cunningham | F 27 | 5250 | NAPANEE | 4:01.3 | 6:28.3 | 32:21.78 |
| 7 | Chelsea Black | F 23 | 5222 | OTTAWA | 4:03.4 | 6:31.7 | 32:38.94 |
| 8 | Paisley McMillan | F 22 | 5347 | NAPANEE | 4:03.6 | 6:32.1 | 32:40.88 |
| 9 | Shealaine Richardson | F 26 | 5384 | LINDSAY | 4:05.2 | 6:34.6 | 32:53.06 |
| 10 | Nikki Salvisburg | F 27 | 5394 | NAPANEE | 4:06.5 | 6:36.7 | 33:03.56 |
| 11 | Jazmin Bansagi | F 26 | 5212 | TORONTO | 4:11.6 | 6:45.0 | 33:45.22 |
| 12 | Maggie Whalen | F 27 | 5731 | NAPANEE | 4:12.1 | 6:45.7 | 33:48.78 |
| 13 | Mallory McAuley | F 25 | 5340 | LLOYDMINSTER | 4:23.4 | 7:03.9 | 35:19.75 |
| 14 | Rachelle Domanski | F 28 | 5261 | NAPANEE | 5:40.5 | 9:08.0 | 45:40.00 |
| 15 | Marjorie McLulbough | F 20 | 5346 | NAPANEE | 6:34.4 | 10:34.8 | 52:54.00 |
| 16 | Kirsten Howard | F 22 | 5305 | DESERONTO | 7:54.7 | 12:44.0 | 1:03:40.00 |
| FEMALE 30 - 39 | | | | | | | |
| 1 | Monica Huyck | F 34 | 5310 | NAPANEE | 2:43.2 | 4:22.7 | 21:53.91 |
| 2 | Ann Kupecz | F 38 | 5326 | NAPANEE | 2:43.8 | 4:23.7 | 21:58.53 |
| 3 | Jenn Davey | F 36 | 5254 | NAPANEE | 2:44.7 | 4:25.1 | 22:05.91 |
| 4 | Megan VanOrder | F 33 | 5720 | NAPANEE | 2:56.6 | 4:44.3 | 23:41.84 |
| 5 | Erin Fretts | F 38 | 5288 | NAPANEE | 2:57.9 | 4:46.3 | 23:51.65 |
| 6 | Mandy Alaver | F 38 | 5202 | CAMDEN EAST | 2:59.9 | 4:49.6 | 24:08.31 |
| 7 | Katrina Geenevasen | F 32 | 5752 | NEWBURG | 3:09.3 | 5:04.8 | 25:24.00 |
| 8 | Kristen Yeomans | F 34 | 5741 | ENTERPRISE | 3:20.5 | 5:22.8 | 26:54.00 |
| 9 | Lisa Coles | F 34 | 5244 | NAPANEE | 3:22.7 | 5:26.2 | 27:11.34 |
| 10 | Krista Manion | F 32 | 5744 | NAPANEE | 3:25.0 | 5:29.9 | 27:29.88 |
| 11 | Michelle Way | F 36 | 5730 | NAPANEE | 3:25.4 | 5:30.6 | 27:33.18 |
| 12 | Tiffany Donnan | F 37 | 5264 | FOREST MILLS | 3:29.2 | 5:36.7 | 28:03.84 |
| 13 | Sarah Wynn | F 34 | 5740 | BATH | 3:31.4 | 5:40.3 | 28:21.62 |
| 14 | Jamie Hughes | F 34 | 5307 | NAPANEE | 3:33.4 | 5:43.5 | 28:37.65 |
| 15 | Tara Flieler | F 31 | 5280 | NAPANEE | 3:39.8 | 5:53.8 | 29:29.41 |
| 16 | Jennifer Boldrick | F 31 | 5223 | KINGSTON | 3:41.7 | 5:56.8 | 29:44.00 |
| 17 | Melissa Johnston | F 33 | 5319 | NAPANEE | 3:57.5 | 6:22.2 | 31:51.34 |
| 18 | Janet Neate | F 33 | 5361 | MOUNT ALBERT | 4:01.0 | 6:27.9 | 32:19.84 |
| 19 | MARGIE RICKARD | F 39 | 5385 | NAPANEE | 4:05.2 | 6:34.7 | 32:53.50 |
| 20 | Erin Wales | F 38 | 5722 | NAPANEE | 4:07.0 | 6:37.5 | 33:07.59 |
| 21 | Jackie Howarth | F 30 | 5306 | AMHERSTVIEW | 4:10.4 | 6:43.0 | 33:35.44 |
| 22 | Lindsay Foster | F 38 | 5281 | GANANOQUE | 4:15.8 | 6:51.8 | 34:19.06 |
| 23 | Tina Misevicius | F 37 | 5356 | NAPANEE | 4:19.4 | 6:57.6 | 34:48.00 |
| 24 | kathy Burnett | F 35 | 5238 | NAPANEE | 4:22.1 | 7:01.9 | 35:09.56 |
| 25 | Dawn Wansborough | F 39 | 5727 | NAPANEE | 4:22.6 | 7:02.6 | 35:13.41 |
| 26 | Alicia Bartlette | F 35 | 5215 | NAPANEE | 4:38.0 | 7:27.5 | 37:17.78 |
| 27 | Stacey McDonald | F 38 | 5342 | ROBLIN | 4:41.7 | 7:33.3 | 37:46.81 |
| 28 | Jessica Ferrill | F 30 | 5274 | CAMPBELLFORD | 4:45.1 | 7:38.8 | 38:14.44 |
| 29 | Mandy Wilson | F 33 | 5735 | NAPANEE | 5:49.7 | 9:22.8 | 46:54.00 |
| 30 | Cindy Huyck | F 34 | 5309 | NAPANEE | 6:21.8 | 10:14.6 | 51:13.00 |
| 31 | Laura Dawg | F 30 | 5256 | YARKER | 6:34.5 | 10:35.0 | 52:55.00 |
| 32 | Cari Hanna | F 35 | 5755 | KINGSTON | 6:50.7 | 11:01.0 | 55:05.00 |
| 33 | Melissa Morgan | F 37 | 5357 | DESERONTO | 7:01.4 | 11:18.2 | 56:31.00 |

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| | Name | Age | Bib | Team | Avg per K | Avg per MI | Time |
|-----------------------|---------------------|------|------|----------------|-----------|------------|------------|
| 34 | Leslie Lloyd | F 39 | 5329 | MARYSVILLE | 7:04.3 | 11:23.0 | 56:55.00 |
| FEMALE 40 - 49 | | | | | | | |
| 1 | Tammy Pigion | F 44 | 5369 | KINGSTON | 2:43.4 | 4:23.1 | 21:55.50 |
| 2 | Maya Milne | F 41 | 5351 | BELLEVILLE | 3:00.8 | 4:51.0 | 24:15.41 |
| 3 | Rachelle Googe | F 41 | 5295 | NAPANEE | 3:01.9 | 4:52.8 | 24:24.12 |
| 4 | Aaron Googe | F 42 | 5297 | NAPANEE | 3:06.0 | 4:59.4 | 24:57.06 |
| 5 | Shannon Cork | F 40 | 5248 | NAPANEE | 3:08.8 | 5:04.0 | 25:20.00 |
| 6 | Nichole Peterson | F 46 | 5747 | NAPANEE | 3:10.1 | 5:06.0 | 25:30.00 |
| 7 | CORI Dodds | F 41 | 5259 | PORT COLBORNE | 3:17.6 | 5:18.0 | 26:30.44 |
| 8 | Eva Lazarakos | F 41 | 5327 | NAPANEE | 3:17.8 | 5:18.3 | 26:31.91 |
| 9 | Taryn McIntosh | F 40 | 5345 | KINGSTON | 3:18.5 | 5:19.5 | 26:37.90 |
| 10 | Dawn Harry | F 45 | 5303 | NAPANEE | 3:23.1 | 5:26.9 | 27:14.75 |
| 11 | Christine Desbiens | F 47 | 5258 | AMHERSTVIEW | 3:25.1 | 5:30.1 | 27:30.90 |
| 12 | Catherine Spaulding | F 48 | 5703 | OSLO | 3:29.5 | 5:37.3 | 28:06.50 |
| 13 | Sandra Rose | F 47 | 5391 | NAPANEE | 3:35.9 | 5:47.4 | 28:57.40 |
| 14 | Rachel Thiessen | F 40 | 5712 | NAPANEE | 3:37.6 | 5:50.2 | 29:11.02 |
| 15 | Becky Lloyd-Peter | F 40 | 5333 | NAPANEE | 3:39.5 | 5:53.3 | 29:26.75 |
| 16 | Melissa Babcock | F 43 | 5210 | NAPANEE | 3:39.9 | 5:54.0 | 29:30.12 |
| 17 | Tanya Szuch | F 42 | 5709 | NAPANEE | 3:40.7 | 5:55.2 | 29:36.06 |
| 18 | Kari Miller | F 42 | 5349 | ODESSA | 3:44.0 | 6:00.5 | 30:02.53 |
| 19 | Lisa King | F 45 | 5749 | NAPANEE | 3:45.1 | 6:02.3 | 30:11.56 |
| 20 | Michelle Quick | F 42 | 5376 | KINGSTON | 3:46.1 | 6:04.0 | 30:20.09 |
| 21 | andrea Whinney | F 43 | 5734 | NEWBURGH | 3:47.6 | 6:06.4 | 30:32.06 |
| 22 | Tracey Froess | F 47 | 5289 | KINGSTON | 3:53.6 | 6:15.9 | 31:19.90 |
| 23 | Danielle Fairfax | F 42 | 5273 | BATH | 3:53.9 | 6:16.5 | 31:22.91 |
| 24 | Crystal Tyner | F 43 | 5719 | MARLBANK | 3:54.6 | 6:17.6 | 31:28.03 |
| 25 | Anne Ranger | F 45 | 5378 | BATH | 3:59.2 | 6:25.0 | 32:05.15 |
| 26 | jennifer hay | F 46 | 5304 | BATH | 3:59.4 | 6:25.3 | 32:06.66 |
| 27 | HEATHER SMITH | F 47 | 5398 | DESERONTO | 3:59.5 | 6:25.5 | 32:07.50 |
| 28 | Lisa Rose | F 42 | 5390 | NAPANEE | 4:02.6 | 6:30.4 | 32:32.44 |
| 29 | Stacey Dowling | F 40 | 5269 | SELBY | 4:16.1 | 6:52.1 | 34:20.81 |
| 30 | Sarah Arthur | F 40 | 5208 | NAPANEE | 4:19.2 | 6:57.2 | 34:46.00 |
| 31 | Caroline Claude | F 42 | 5243 | NAPANEE | 4:19.8 | 6:58.2 | 34:51.00 |
| 32 | Sara Sutcliffe | F 40 | 5708 | SELBY | 4:22.4 | 7:02.4 | 35:12.22 |
| 33 | Shani Doucet | F 47 | 5268 | CARRYING PLACE | 4:47.7 | 7:43.1 | 38:35.69 |
| 34 | Pamela Miller | F 42 | 5350 | NAPANEE | 4:51.2 | 7:48.6 | 39:03.28 |
| 35 | Heather Ramshaw | F 46 | 5377 | NAPANEE | 4:56.1 | 7:56.6 | 39:43.15 |
| 36 | Michelle Edgar | F 42 | 5272 | ENTERPRISE | 5:49.8 | 9:23.0 | 46:55.00 |
| 37 | Janyce Arnill | F 47 | 5761 | DESERONTO | 6:11.3 | 9:57.6 | 49:48.00 |
| 38 | Lana Jaeger | F 48 | 5318 | ENTERPRISE | 7:56.7 | 12:47.2 | 1:03:56.00 |
| FEMALE 50 - 59 | | | | | | | |
| 1 | Karen Davey | F 59 | 5255 | ROBLIN | 3:31.7 | 5:40.8 | 28:24.06 |
| 2 | kathleen Harding | F 54 | 5302 | NEWBURGH | 3:47.8 | 6:06.7 | 30:33.66 |
| 3 | Gina alexander | F 56 | 5204 | ODESSA | 3:59.6 | 6:25.6 | 32:08.24 |
| 4 | Kim MacGregor | F 54 | 5334 | NAPANEE | 4:06.3 | 6:36.4 | 33:02.44 |
| 5 | Denise Lewis | F 57 | 5328 | NAPANEE | 4:07.7 | 6:38.6 | 33:13.44 |

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| | Name | Age | Bib | Team | Avg per K | Avg per MI | Time |
|-----------------------|-----------------------|------|------|--------------|-----------|------------|------------|
| 6 | Teresa Czulo | F 58 | 5251 | BRIGHTON | 4:08.3 | 6:39.7 | 33:18.66 |
| 7 | Colette Wales | F 51 | 5724 | NAPANEE | 4:11.3 | 6:44.4 | 33:42.31 |
| 8 | Maria McNaul | F 54 | 5348 | NAPANEE | 4:14.4 | 6:49.4 | 34:07.18 |
| 9 | Colleen King | F 53 | 5322 | NAPANEE | 4:19.3 | 6:57.4 | 34:47.00 |
| 10 | Karen Cassidy | F 51 | 5242 | TAMWORTH | 6:24.5 | 10:18.8 | 51:34.00 |
| 11 | Sharon Freeman | F 58 | 5284 | NAPANEE | 7:40.4 | 12:21.0 | 1:01:45.00 |
| FEMALE 60 - 69 | | | | | | | |
| 1 | Avita Baskin | F 65 | 5217 | BELLEVILLE | 3:36.7 | 5:48.7 | 29:03.75 |
| 2 | Anne Pearce-Clapp | F 63 | 5366 | NAPANEE | 4:06.7 | 6:37.1 | 33:05.75 |
| 3 | Maureen Bos | F 64 | 5225 | NAPANEE | 6:21.3 | 10:13.8 | 51:09.00 |
| 4 | Marg Arista | F 67 | 5205 | NAPANEE | 6:22.0 | 10:14.8 | 51:14.00 |
| FEMALE 70 - 99 | | | | | | | |
| 1 | Kathy Rice | F 72 | 5382 | ROSLIN | 3:30.8 | 5:39.3 | 28:16.81 |
| 2 | Elizabeth Bos | F 70 | 5226 | WILTON | 4:47.5 | 7:42.8 | 38:34.03 |
| 3 | Gerda Potter | F 72 | 5372 | ODESSA | 5:20.5 | 8:35.8 | 42:59.00 |
| 4 | Elizabeth Finnie-Hunt | F 70 | 5277 | PORT HOPE | 6:20.1 | 10:11.8 | 50:59.00 |
| MALE 1 - 10 | | | | | | | |
| 1 | Jack Gregory | M 8 | 5298 | NAPANEE | 2:42.6 | 4:21.7 | 21:48.94 |
| 2 | Charley Reynolds | M 10 | 5380 | DESERONTO | 2:59.2 | 4:48.4 | 24:02.00 |
| 3 | Hayden Tisdale | M 9 | 5714 | DESERONTO | 2:59.4 | 4:48.7 | 24:03.84 |
| 4 | Jacob Bauld | M 9 | 5218 | DESERONTO | 3:03.7 | 4:55.7 | 24:38.97 |
| 5 | Lucas Wales | M 1 | 5723 | NAPANEE | 3:09.3 | 5:04.6 | 25:23.47 |
| 6 | Keagan York | M 7 | 5743 | MARLBANK | 3:23.2 | 5:27.0 | 27:15.40 |
| 7 | Coulson South | M 9 | 5702 | RR 7 NAPANEE | 3:26.2 | 5:31.9 | 27:39.84 |
| 8 | Joe Bartolo | M 10 | 5216 | DESERONTO | 3:35.1 | 5:46.2 | 28:51.34 |
| 9 | Hayden Lloyd | M 8 | 5330 | MARYSVILLE | 3:35.8 | 5:47.3 | 28:56.53 |
| 10 | Lucas Thiessen | M 9 | 5757 | NAPANEE | 3:37.3 | 5:49.8 | 29:09.09 |
| 11 | Ryan Delong | M 10 | 5257 | DESERONTO | 3:47.1 | 6:05.5 | 30:27.69 |
| 12 | Landon Conger | M 8 | 5247 | DESERONTO | 4:02.4 | 6:30.2 | 32:31.22 |
| 13 | Cameron Burchat | M 9 | 5236 | DESERONTO | 4:14.3 | 6:49.2 | 34:06.44 |
| 14 | Skylar Jackson | M 9 | 5317 | DESERONTO | 4:25.6 | 7:07.4 | 35:37.44 |
| 15 | Leeland Arnill | M 8 | 5206 | DESERONTO | 6:09.7 | 9:55.0 | 49:35.00 |
| MALE 11 - 19 | | | | | | | |
| 1 | Aiden HallerBrady | M 11 | 5756 | NAPANEE | 2:27.7 | 3:57.8 | 19:49.12 |
| 2 | Cooper Barrie | M 11 | 5214 | ODESSA | 2:34.2 | 4:08.2 | 20:41.41 |
| 3 | Lei Scott | M 14 | 5396 | DESERONTO | 2:36.1 | 4:11.2 | 20:56.18 |
| 4 | Owen Googe | M 13 | 5296 | NAPANEE | 2:37.3 | 4:13.1 | 21:05.91 |
| 5 | Francis Akel | M 12 | 5201 | KINGSTON | 2:38.9 | 4:15.8 | 21:19.15 |
| 6 | Spencer Haennel | M 13 | 5301 | AMELIASBURG | 2:40.7 | 4:18.7 | 21:33.69 |
| 7 | Max Powell | M 19 | 5373 | NAPANEE | 2:44.3 | 4:24.4 | 22:02.25 |
| 8 | Zach Baker | M 15 | 5211 | BELLEVILLE | 2:49.1 | 4:32.2 | 22:41.47 |
| 9 | Tyson Spence | M 12 | 5706 | DESERONTO | 2:53.2 | 4:38.7 | 23:13.94 |
| 10 | Ian Isbester | M 11 | 5315 | NAPANEE | 2:54.9 | 4:41.6 | 23:28.06 |
| 11 | Caleb South | M 11 | 5701 | NAPANEE | 2:55.7 | 4:42.7 | 23:33.84 |
| 12 | Zach Maracle | M 13 | 5337 | DESERONTO | 3:01.6 | 4:52.3 | 24:21.97 |
| 13 | Samuel RICKARD | M 12 | 5386 | NAPANEE | 3:03.9 | 4:55.9 | 24:39.84 |
| 14 | Jared McFarlane | M 18 | 5343 | ODESSA | 3:05.5 | 4:58.6 | 24:53.09 |

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|---------------------|---------------------|------|------|-----------------|-----------|------------|------------|
| 15 | Colton French | M 14 | 5287 | DESERONTO | 3:08.5 | 5:03.4 | 25:17.25 |
| 16 | Carson Brownlee | M 12 | 5233 | NAPANEE | 3:18.2 | 5:19.0 | 26:35.09 |
| 17 | Benjamin Winterborn | M 11 | 5737 | NAPANEE | 3:19.0 | 5:20.4 | 26:42.00 |
| 18 | Isaiah Daniels | M 14 | 5253 | DESERONTO | 3:22.2 | 5:25.5 | 27:07.84 |
| 19 | Joshua Pigion | M 11 | 5370 | KINGSTON | 3:34.1 | 5:44.6 | 28:43.28 |
| 20 | Nolan Fingland | M 11 | 5276 | DESERONTO | 3:59.7 | 6:25.8 | 32:09.09 |
| 21 | Owen Kelsey | M 11 | 5320 | DESERONTO | 4:25.4 | 7:07.2 | 35:36.09 |
| MALE 20 - 29 | | | | | | | |
| 1 | Nathan Thompson | M 24 | 5713 | DESORONTO | 2:25.8 | 3:54.6 | 19:33.25 |
| 2 | Trevor Farley | M 29 | 5754 | NAPANEE | 3:32.7 | 5:42.3 | 28:31.62 |
| 3 | Alex Klaver | M 27 | 5325 | GREATER NAPANEE | 3:56.7 | 6:21.0 | 31:45.15 |
| MALE 30 - 39 | | | | | | | |
| 1 | Matt Stacey | M 35 | 5707 | NAPANEE | 2:11.6 | 3:31.8 | 17:39.15 |
| 2 | Jon Bell | M 38 | 5219 | BELLEVILLE | 2:25.8 | 3:54.7 | 19:33.81 |
| 3 | Aaron Burnett | M 33 | 5237 | NAPANEE | 2:37.6 | 4:13.7 | 21:08.94 |
| 4 | Peter Wionzek | M 32 | 5738 | MARLBANK | 2:39.5 | 4:16.7 | 21:23.78 |
| 5 | Nathan Mutch | M 30 | 5360 | NEWBURGH | 2:48.9 | 4:31.8 | 22:39.25 |
| 6 | Josh Peter | M 36 | 5368 | NAPANEE | 3:17.9 | 5:18.5 | 26:32.75 |
| 7 | Joseph Reid | M 38 | 5758 | NAPANEE | 3:18.1 | 5:18.8 | 26:34.17 |
| 8 | Dan Chalk | M 35 | 5753 | NAPANEE | 3:23.9 | 5:28.2 | 27:21.18 |
| 9 | Justin Donnan | M 37 | 5265 | FOREST MILLS | 3:29.1 | 5:36.5 | 28:02.84 |
| 10 | Michael Watchorn | M 39 | 5728 | KINGSTON | 3:36.5 | 5:48.5 | 29:02.88 |
| 11 | Kris Cork | M 39 | 5249 | NAPANEE | 3:36.5 | 5:48.5 | 29:02.90 |
| 12 | Craig Cantwell | M 37 | 5240 | NAPANEE | 3:48.3 | 6:07.4 | 30:37.34 |
| 13 | Mike Coles | M 35 | 5245 | NAPANEE | 3:59.6 | 6:25.7 | 32:08.50 |
| 14 | Joseph Imre | M 35 | 5312 | TORONTO | 4:11.9 | 6:45.4 | 33:47.44 |
| MALE 40 - 49 | | | | | | | |
| 1 | Jason Lloyd | M 42 | 5331 | MARYSVILLE | 2:13.0 | 3:34.1 | 17:50.94 |
| 2 | Kevin Dunbar | M 42 | 5270 | KINGSTON | 2:20.9 | 3:46.8 | 18:54.34 |
| 3 | David Peterson | M 48 | 5746 | NAPANEE | 2:36.7 | 4:12.3 | 21:01.62 |
| 4 | Toby Whinney | M 41 | 5733 | NEWBURGH | 2:38.3 | 4:14.7 | 21:13.91 |
| 5 | David Isbester | M 43 | 5313 | NAPANEE | 2:40.1 | 4:17.7 | 21:28.84 |
| 6 | Shawn Birney | M 42 | 5221 | ROBLIN | 2:48.6 | 4:31.3 | 22:36.72 |
| 7 | Jason Gregory | M 44 | 5300 | NAPANEE | 2:53.0 | 4:38.5 | 23:12.81 |
| 8 | Glen Oster | M 47 | 5362 | NAPANEE | 2:58.2 | 4:46.9 | 23:54.56 |
| 9 | Justin Fleury | M 40 | 5279 | NAPANEE | 3:00.9 | 4:51.2 | 24:16.34 |
| 10 | Greg Boyles | M 40 | 5229 | NAPANEE | 3:02.7 | 4:54.0 | 24:30.38 |
| 11 | Paul Makepeace | M 47 | 5335 | OTTAWA | 3:07.2 | 5:01.3 | 25:06.81 |
| 12 | Mike Gibson | M 41 | 5293 | NAPANEE | 3:18.0 | 5:18.6 | 26:33.43 |
| 13 | Chris Tyner | M 42 | 5718 | MARLBANK | 3:18.4 | 5:19.4 | 26:37.06 |
| 14 | Andre Roy | M 42 | 5393 | NAPANEE | 3:20.4 | 5:22.5 | 26:52.97 |
| 15 | Henry Saulnier | M 46 | 5395 | BELLEVILLE | 3:21.6 | 5:24.5 | 27:02.72 |
| 16 | Kevin Thiessen | M 40 | 5711 | NAPANEE | 3:37.4 | 5:49.9 | 29:09.96 |
| 17 | Matthew Richardson | M 44 | 5383 | BELLEVILLE | 3:40.2 | 5:54.3 | 29:31.91 |
| 18 | Shawn Wansborough | M 43 | 5726 | NAPANEE | 4:00.7 | 6:27.4 | 32:17.03 |
| 19 | Tony French | M 48 | 5285 | DESERONTO | 4:33.0 | 7:19.3 | 36:36.81 |
| 20 | Brain Hynamen | M 48 | 5311 | ENTERPRISE | 7:56.5 | 12:47.0 | 1:03:55.00 |

Napanee Heritage**New Headline 1**

2017-07-03

6/18/17 - 6/18/17

New Headline 2

| | Name | Age | Bib | Team | Avg per K | Avg per MI | Time |
|---------------------|-----------------|------------|------------|---------------|------------------|-------------------|-------------|
| MALE 50 - 59 | | | | | | | |
| 1 | Dan Dwyer | M 52 | 5271 | ENTERPRISE | 2:31.0 | 4:03.0 | 20:15.28 |
| 2 | Andrew Forbes | M 55 | 5748 | BELLEVILLE | 2:32.9 | 4:06.1 | 20:30.56 |
| 3 | Neil Spaulding | M 56 | 5704 | TORONTO | 3:10.2 | 5:06.1 | 25:30.50 |
| 4 | Shawn Whelen | M 52 | 5732 | NAPANEE | 3:19.1 | 5:20.5 | 26:42.75 |
| 5 | tim alexander | M 57 | 5203 | ODESSA | 3:20.9 | 5:23.4 | 26:57.28 |
| 6 | Mike Domanski | M 55 | 5260 | NAPANEE | 5:40.3 | 9:07.8 | 45:39.00 |
| MALE 60 - 69 | | | | | | | |
| 1 | paul kenny | M 64 | 5321 | CHERRY VALLEY | 2:39.0 | 4:16.0 | 21:20.02 |
| 2 | Tom da Silva | M 63 | 5252 | NAPANEE | 3:16.4 | 5:16.1 | 26:20.56 |
| 3 | John Donnan | M 66 | 5266 | NAPANEE | 3:30.7 | 5:39.1 | 28:15.69 |
| 4 | Jan Bos | M 68 | 5224 | ODESSA | 3:48.4 | 6:07.6 | 30:38.02 |
| 5 | Gary Running | M 61 | 5751 | YARKER | 5:04.0 | 8:09.3 | 40:46.78 |
| MALE 70 - 99 | | | | | | | |
| 1 | Don Tarasiewicz | M 76 | 5710 | N FORT MYERS | 3:05.2 | 4:58.1 | 24:50.78 |
| 2 | Dave Rice | M 74 | 5381 | ROSLIN | 3:46.4 | 6:04.4 | 30:22.06 |
| 3 | David Markle | M 73 | 5338 | NAPANEE | 5:00.4 | 8:03.6 | 40:18.03 |
| 4 | Mac Isbester | M 78 | 5316 | NAPANEE | 5:46.8 | 9:18.2 | 46:31.00 |
| 5 | Ted Williams | M 75 | 5760 | NAPANEE | 6:21.5 | 10:14.0 | 51:10.00 |