

## 2012 KRRR Resolution Run 8 km

RMC - Fort Henry

01/08/2012 - 01/08/2012

Results by [www.runningbydesign.ca](http://www.runningbydesign.ca)**Event # 1 MIXED 8km Run**

	Name	Age	Team	Bib	Avg per K	Avg per MI	Time
<b>OVERALL</b>							
1	BEN WORKMAN	14 M	8KM	280	3:42.20	5:57.60	29:37.6
2	JEFFREY BRISON	48 M	8KM	209	3:43.88	6:00.29	29:51.0
3	RICHARD RAAFLAUB	52 M	8KM	291	3:46.99	6:05.30	30:15.9
4	NICK COSMAN	30 M	8KM	220	3:47.60	6:06.29	30:20.8
5	CLIVE MORGAN	53 M	8KM	256	3:49.75	6:09.75	30:38.0
6	SAVVAS FRANTZESKOS	37 M	8KM	232	3:51.22	6:12.12	30:49.8
7	BRENT WORKMAN	41 M	8KM	194	3:51.34	6:12.30	30:50.7
8	SIMON CAI	21 M	8KM	212	3:51.88	6:13.17	30:55.0
9	WILLIAM LANGLEY	18 M	8KM	240	3:54.50	6:17.39	31:16.0
10	GLENN MOWAT	36 M	8KM	258	3:56.08	6:19.93	31:28.6
11	DALTON COTE	47 M	8KM	221	3:56.52	6:20.65	31:32.2
12	TIM DEWAILLY	31 M	8KM	224	3:57.19	6:21.72	31:37.5
13	HEATHER OSTIC	43 F	8KM	261	3:57.78	6:22.66	31:42.2
14	KEVIN ARMSTRONG	48 M	8KM	197	4:03.69	6:32.18	32:29.5
15	DAVID MURAKAMI WOOL	39 M	8KM	259	4:04.31	6:33.18	32:34.5
16	NEIL HOPKINS	40 M	8KM	289	4:05.61	6:35.28	32:44.9
17	EMILE BAX	60 M	8KM	298	4:05.84	6:35.64	32:46.7
18	CAM MILLER	43 M	8KM	255	4:08.90	6:40.57	33:11.2
19	MARGARITA BABKOVA	42 F	8KM	199	4:09.81	6:42.03	33:18.5
20	AL CANTLAY	57 M	8KM	191	4:12.00	6:45.55	33:36.0
21	ANGELA MACIEJEWSKI	30 F	8KM	242	4:12.70	6:46.68	33:41.6
22	KEVIN BATES	15 M	8KM	202	4:14.55	6:49.66	33:56.4
23	RICK ROYCE	52 M	8KM	269	4:15.22	6:50.74	34:01.8
24	MYRA MACDONALD	52 F	8KM	292	4:19.52	6:57.66	34:36.2
25	PAUL BATES	12 M	8KM	203	4:20.92	6:59.92	34:47.4
26	CHUCK DOUGLAS	46 M	8KM	294	4:23.42	7:03.94	35:07.4
27	CRAIG FAUCETTE	36 M	8KM	228	4:23.55	7:04.14	35:08.4
28	NORA CASSON	29 F	8KM	219	4:25.04	7:06.54	35:20.3
29	LANA SAUNDERS	37 F	8KM	271	4:30.05	7:14.60	36:00.4
30	WAYNE RICE	49 M	8KM	267	4:31.99	7:17.72	36:15.9
31	ED BRAND	63 M	8KM	208	4:34.92	7:22.45	36:39.4
32	WES MACIEJEWSKI	29 M	8KM	243	4:39.00	7:29.01	37:12.0
33	ALLISON MOWAT	29 F	8KM	257	4:39.49	7:29.79	37:15.9
34	ANDREW CAMPBELL	27 M	8KM	214	4:41.11	7:32.41	37:28.9
35	JULIE BATES	16 F	8KM	201	4:42.70	7:34.96	37:41.6
36	TERRY LIGHTLE	48 M	8KM	241	4:43.25	7:35.85	37:46.0
37	KIRA MCNEELY	46 F	8KM	251	4:44.70	7:38.18	37:57.6
38	JIM LAIRD	58 M	8KM	297	4:46.48	7:41.04	38:11.8
39	SHIRLEY MYERS	59 F	8KM	285	4:47.22	7:42.24	38:17.8
40	ANNE MARIE VAN RAAY	47 F	8KM	299	4:47.59	7:42.83	38:20.7
41	STACEY BERDAN	44 F	8KM	206	4:50.50	7:47.51	38:44.0
42	JIM GAUTHIER	53 M	8KM	233	4:51.19	7:48.62	38:49.5
43	ROB ROWE	43 M	8KM	192	4:51.26	7:48.74	38:50.1
44	GRANT OVERHOLT	44 M	8KM	262	4:53.71	7:52.68	39:09.7
45	DIANE LOUGHEED	50 F	8KM	284	4:54.46	7:53.89	39:15.7
46	LEANNE MORAN	46 F	8KM	286	4:54.58	7:54.07	39:16.6
47	BASIA FARNELL	54 F	8KM	290	4:57.20	7:58.30	39:37.6
48	SCOTT ALLEN	23 M	8KM	287	5:00.01	8:02.82	40:00.1
49	TOM BUSH	40 M	8KM	210	5:00.70	8:03.93	40:05.6
50	SHAUN CAHILL	39 M	8KM	211	5:01.21	8:04.75	40:09.7

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	Name	Age	Team	Bib	Avg per K	Avg per MI	Time
51	CHRIS DILABIO	47 M	8KM	226	5:01.84	8:05.76	40:14.7
52	JACKIE AUGUSTINE	34 F	8KM	198	5:02.58	8:06.95	40:20.6
53	GARRY CARL	56 M	8KM	215	5:04.62	8:10.25	40:37.0
54	BRIDGET MURPHY	42 F	8KM	260	5:04.91	8:10.71	40:39.3
55	PETER SIMS	62 M	8KM	273	5:05.50	8:11.65	40:44.0
56	PAIGE MCNEELY	15 F	8KM	252	5:06.99	8:14.05	40:55.9
57	GREG PHELAN	46 M	8KM	263	5:07.04	8:14.13	40:56.3
58	JOYCE STEWART	54 F	8KM	296	5:08.09	8:15.82	41:04.7
59	DANA FLEET	36 F	8KM	229	5:10.15	8:19.14	41:21.2
60	DEBORAH HOLTOM	61 F	8KM	237	5:12.38	8:22.72	41:39.0
61	FRANCOISE GLIBERT	51 F	8KM	234	5:17.89	8:31.59	42:23.1
62	BRENDA MELLING	55 F	8KM	254	5:19.28	8:33.82	42:34.2
63	AUDETHY TALLACK	51 F	8KM	277	5:19.61	8:34.37	42:36.9
64	JANE PARSONS	44 F	8KM	283	5:25.54	8:43.90	43:24.3
65	CHRIS POVELL	64 M	8KM	264	5:26.56	8:45.55	43:32.5
66	CLAIRE MCKINNEY	45 F	8KM	249	5:26.82	8:45.97	43:34.6
67	JULIE BOWES	54 F	8KM	207	5:27.98	8:47.82	43:43.8
68	JANET FORAN-GONEAU	56 F	8KM	231	5:29.68	8:50.56	43:57.4
69	JAMES BUSBY	29 M	8KM	288	5:30.42	8:51.77	44:03.4
70	KAREN BAKER	38 F	8KM	200	5:32.70	8:55.43	44:21.6
71	BILL DOBSON	46 M	8KM	227	5:33.28	8:56.35	44:26.2
72	DANIELLE HART	47 F	8KM	236	5:34.56	8:58.43	44:36.5
73	GARY GREER	55 M	8KM	235	5:49.88	9:23.07	46:39.0
74	ELEANOR CASEY	60 F	8KM	217	5:53.01	9:28.12	47:04.1
75	LOIS ANDREWS	42 F	8KM	196	5:56.32	9:33.45	47:30.6
76	MARY J DICKENSON	49 F	8KM	225	5:57.48	9:35.30	47:39.8
77	SHANNON MCKINNEY	15 F	8KM	295	5:58.58	9:37.07	47:48.6
78	DEBRA MCMURRAY	51 F	8KM	250	6:00.20	9:39.69	48:01.6
79	ALANA CAMPBELL	18 F	8KM	213	6:00.71	9:40.51	48:05.7
80	DARRYL FLEET	31 M	8KM	230	6:02.60	9:43.55	48:20.8
81	DOUG MARLOW	52 M	8KM	244	6:05.12	9:47.61	48:41.0
82	GRAHAM RUSH	60 M	8KM	270	6:08.76	9:53.47	49:10.1
83	BRIANNE STEWART	15 F	8KM	274	6:14.35	10:02.46	49:54.8
84	CARRIE DEBRUIN	52 F	8KM	223	6:15.19	10:03.81	50:01.5
85	KATE JOHNSON	39 F	8KM	238	6:20.64	10:12.58	50:45.1
86	JANET STOKES	48 F	8KM	275	6:24.10	10:18.15	51:12.8
87	TAMMY KUEHN	40 F	8KM	239	6:24.74	10:19.18	51:17.9
88	IAN CASSON	59 M	8KM	218	6:26.36	10:21.79	51:30.9
89	LIAM CULLEN	69 M	8KM	222	6:36.84	10:38.65	52:54.7
90	ROBERT MARSHALL	52 M	8KM	246	6:38.30	10:41.00	53:06.4
91	CINDY MCGEACHIE	51 F	8KM	248	6:38.40	10:41.16	53:07.2
92	SANDY BERG	47 F	8KM	293	6:39.35	10:42.69	53:14.8
93	RUTH WILSON	59 F	8KM	279	6:46.11	10:53.57	54:08.9
94	ROBERT MCCALDON	75 M	8KM	247	6:47.56	10:55.91	54:20.5
95	DAVE WILSON	81 M	8KM	278	6:57.56	11:12.00	55:40.5
96	MELANIE STRICKLAND	45 F	8KM	276	7:04.94	11:23.87	56:39.5
97	ROBERT BEENEY	79 M	8KM	205	7:09.10	11:30.57	57:12.8