

2013 Resolution Run

Fort Henry - RMC - CFB

06/01/2013 - 06/01/2013

Results by www.runningbydesign.ca

Event # 1 MIXED 8km Run

Name	Age	Team	Bib	Avg per K	Avg per MI	Time
FEMALE 1 - 19						
1 Julie Bates	17 F	8km	34	4:15.42	6:51.07	34:03.4
2 Shannon McKinnev	16 F	8km	85	5:56.39	9:33.55	47:31.1
3 Caitlin McGrath	15 F	8km	53	6:33.96	10:34.02	52:31.7
FEMALE 20 - 29						
1 Meredith Langlev	25 F	8km	11	4:17.80	6:54.89	34:22.4
2 Leanne Tavlör	25 F	8km	4	4:58.76	8:00.81	39:50.1
FEMALE 30 - 39						
1 Lana Saunders	38 F	8km	7	4:18.22	6:55.57	34:25.8
2 Nora Casson	30 F	8km	30	4:24.25	7:05.27	35:14.0
3 Kristv Cordeiro	38 F	8km	27	4:34.90	7:22.41	36:39.2
4 Caroline Cardoso	35 F	8km	39	4:55.36	7:55.34	39:22.9
5 Carolyn Gauthier	39 F	8km	82	5:14.44	8:26.04	41:55.5
6 Rachel McDonald	36 F	8km	89	5:20.45	8:35.71	42:43.6
7 Melanie McCormack	34 F	8km	19	5:43.32	9:12.53	45:46.6
8 Malvnda McEwen	38 F	8km	52	6:32.38	10:31.47	52:19.0
FEMALE 40 - 49						
1 Stacev Berdan	45 F	8km	37	4:55.25	7:55.16	39:22.0
2 Kathv Balme	49 F	8km	84	4:55.50	7:55.56	39:24.0
3 Claire McKinnev	46 F	8km	54	5:11.45	8:21.23	41:31.6
4 Karen-Ann Delph	48 F	8km	33	5:40.58	9:08.10	45:24.6
5 Nancv Morin-Gravelle	44 F	8km	56	5:58.38	9:36.75	47:47.0
6 Anne Vincent	40 F	8km	77	6:14.20	10:02.22	49:53.6
7 Melanie Strickland	46 F	8km	71	6:37.39	10:39.53	52:59.1
FEMALE 50 - 59						
1 Diane Lougheed	51 F	8km	50	4:39.86	7:30.40	37:18.9
2 Basia Farnell	55 F	8km	92	4:44.14	7:37.28	37:53.1
3 Sharon Voteary	53 F	8km	78	4:51.26	7:48.74	38:50.1
4 Audethv Tallack	52 F	8km	73	4:53.32	7:52.06	39:06.6
5 Francoise Glibert	52 F	8km	48	4:57.39	7:58.60	39:39.1
6 Brenda Melling	56 F	8km	22	5:07.95	8:15.60	41:03.6
7 Marv Jane Dickenson	50 F	8km	18	5:13.04	8:23.79	41:44.3
8 Cyndie Paul-Girdwood	54 F	8km	59	6:35.56	10:36.60	52:44.5
9 Sophie Peacock	51 F	8km	60	6:40.35	10:44.30	53:22.8
FEMALE 60 - 69						
1 Shirlev Mvers	60 F	8km	1	4:39.02	7:29.05	37:12.2
2 Deborah Holtom	62 F	8km	6	5:15.02	8:26.98	42:00.2
3 Ruth Wilson	60 F	8km	31	6:50.49	11:00.62	54:43.9
MALE 1 - 19						
1 Kevin Bates	16 M	8km	35	3:47.19	6:05.62	30:17.5
2 Paul Bates	13 M	8km	36	4:09.71	6:41.87	33:17.7
3 Christian Stender	13 M	8km	69	5:09.40	8:17.93	41:15.2
4 Lee Kelly	16 M	8km	49	5:31.41	8:53.36	44:11.3
5 Jordan Smith	15 M	8km	68	6:07.72	9:51.80	49:01.8
6 Dustin Rawley	14 M	8km	63	6:19.05	10:10.02	50:32.4
7 Roger Bowen	13 M	8km	38	6:31.51	10:30.08	52:12.1
8 Justin Storms	14 M	8km	70	6:47.01	10:55.02	54:16.1
9 Michael Saunders	16 M	8km	65	7:00.48	11:16.69	56:03.8
MALE 20 - 29						
1 Sean Kehoe	25 M	8km	8	3:46.25	6:04.11	30:10.0

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	Name	Age	Team	Bib	Avg per K	Avg per MI	Time
2	Rvan Christian	26 M	8km	40	3:55.09	6:18.34	31:20.7
3	Neil Sidders	24 M	8km	17	4:28.90	7:12.75	35:51.2
4	Scott Allen	24 M	8km	90	4:57.08	7:58.10	39:36.6
MALE 30 - 39							
1	Nick Cosman	31 M	8km	21	3:33.65	5:43.84	28:29.2
2	Craig Faucette	37 M	8km	28	3:52.64	6:14.39	31:01.1
3	Jason Trueman	39 M	8km	75	4:07.16	6:37.77	32:57.3
4	Shane Gale	30 M	8km	47	4:33.90	7:20.80	36:31.2
5	Dominic Ouellet	33 M	8km	58	4:48.08	7:43.61	38:24.6
6	Shane Hawkins	35 M	8km	91	4:59.70	8:02.32	39:57.6
MALE 40 - 49							
1	Dalton Cote	48 M	8km	42	3:48.22	6:07.29	30:25.8
2	Cam Miller	44 M	8km	87	4:08.05	6:39.20	33:04.4
3	Chuck Douglas	47 M	8km	45	4:11.72	6:45.11	33:33.8
4	Greg Phelan	47 M	8km	23	4:30.35	7:15.09	36:02.8
5	Kevin Tulk	40 M	8km	76	4:37.76	7:27.02	37:02.1
6	Andrew Wallace	44 M	8km	79	4:54.29	7:53.61	39:14.3
7	Shaun Cahill	40 M	8km	16	4:55.60	7:55.72	39:24.8
8	Brett Collins	49 M	8km	12	5:17.09	8:30.30	42:16.7
9	Michael Gauthier	42 M	8km	83	5:58.24	9:36.53	47:45.9
10	Rick Donnelly	41 M	8km	44	6:25.04	10:19.66	51:20.3
11	Trevor Saunders	47 M	8km	66	7:00.56	11:16.83	56:04.5
MALE 50 - 59							
1	Clive Morgan	54 M	8km	55	3:45.41	6:02.77	30:03.3
2	Al Cantlav	58 M	8km	20	4:02.95	6:30.99	32:23.6
3	Fred Topham	51 M	8km	74	4:13.44	6:47.87	33:47.5
4	Rick Rovce	53 M	8km	64	4:13.50	6:47.97	33:48.0
5	Jim Elvot	55 M	8km	46	4:16.18	6:52.27	34:09.4
6	Will Kvmlicka	50 M	8km	15	4:19.46	6:57.56	34:35.7
7	Jim Murrav	56 M	8km	57	4:24.81	7:06.17	35:18.5
8	Steve Snable	51 M	8km	5	4:39.95	7:30.54	37:19.6
9	Andre Golemiec	51 M	8km	81	4:40.95	7:32.15	37:27.6
10	William MacDonald	55 M	8km	2	4:47.82	7:43.21	38:22.6
11	Jim Laird	59 M	8km	88	4:55.10	7:54.92	39:20.8
MALE 60 - 69							
1	Ed Brand	64 M	8km	3	4:19.10	6:56.98	34:32.8
2	Peter Sims	62 M	8km	67	4:49.22	7:45.46	38:33.8
3	Richard Sunderland	67 M	8km	72	5:10.36	8:19.48	41:22.9
4	Chris Povell	65 M	8km	62	5:21.82	8:37.93	42:54.6
5	Ian Casson	60 M	8km	29	6:47.24	10:55.39	54:17.9
MALE 70 - 99							
1	P.J. Marshall	70 M	8km	25	5:12.30	8:22.60	41:38.4
2	Dave Wilson	82 M	8km	80	6:39.51	10:42.95	53:16.1
3	Liam C. Cullen	71 M	8km	43	7:02.51	11:19.97	56:20.1