

2014 Resolution Run

KRRRA

5/1/14 - 5/1/14

Results by www.runningbydesign.com**Event # 1 MIXED 8k Run**

	Name	Age	Team	Bib	Avg per K	Avg per MI	Time
OVERALL							
1	Kevin Coffev	27 M	KINSTON	18	3:08.50	5:03.36	25:08
2	Rob Asselstine	21 M	HARROWSMITH	26	3:15.62	5:14.83	26:05
3	Ben Workman	16 M	KINGSTON	9	3:24.50	5:29.11	27:16
4	Nick Cosman	32 M	KINGSTON	44	3:33.50	5:43.59	28:28
5	Chris Kimmerer	16 M	KINGSTON	25	3:37.62	5:50.23	29:01
6	Savvas Frantzeskos	39 M	KINGSTON	46	3:46.00	6:03.71	30:08
7	Kevin Webster	46 M	KINGSTON	24	3:47.25	6:05.72	30:18
8	Kevin Bates	17 M	KINGSTON	65	3:56.62	6:20.81	31:33
9	Robert Watering	44 M	KINGSTON	53	3:58.38	6:23.63	31:47
10	Al Cantlav	59 M	Kingston	71	4:00.88	6:27.65	32:07
11	Rick Rovce	54 M	KINGSTON	61	4:04.75	6:33.89	32:38
12	Dalton Cote	49 M	Kingston	72	4:06.12	6:36.10	32:49
13	Paul Bates	14 M	KINGSTON	66	4:09.75	6:41.93	33:18
14	Wavne Rice	51 M	SYDENHAM	29	4:11.12	6:44.15	33:29
15	Mark Walters	48 M	Kingston	69	4:12.75	6:46.76	33:42
16	Rachel Herron	27 F	KINGSTON	16	4:13.00	6:47.16	33:44
17	Allison Alexander	31 F	KINGSTON	41	4:14.25	6:49.18	33:54
18	Heather Ostic	45 F	KINGSTON	10	4:17.88	6:55.01	34:23
19	Paul Cehan	49 M	BATTERSEA	56	4:18.62	6:56.22	34:29
20	Paul Wannas	21 M	Mississauga	68	4:20.50	6:59.23	34:44
21	Shane Gale	31 M	TRENTON	35	4:21.12	7:00.24	34:49
22	Guy Dumoulin	34 M	KINGSTON	60	4:21.25	7:00.44	34:50
23	Margarita Babkova	44 F	KINGSTON	48	4:21.88	7:01.45	34:55
24	Daniel Jarc	32 M	WATERTOWN	33	4:22.25	7:02.05	34:58
25	Robbv Breadner	47 M	Kingston	76	4:23.38	7:03.86	35:07
26	Chuck Douglas	48 M	KINGSTON	51	4:27.62	7:10.70	35:41
27	Julie Bates	18 F	KINGSTON	64	4:29.62	7:13.92	35:57
28	Lana Saunders	39 F	GANANOOUE	50	4:34.25	7:21.36	36:34
29	Jacob Brower	34 M	KINGSTON	7	4:35.12	7:22.77	36:41
30	Neil Sidders	25 M	KINGSTON	6	4:39.62	7:30.01	37:17
31	Jim Elvot	56 M	KINGSTON	52	4:41.00	7:32.23	37:28
32	Fr�chette Yann	32 M	KINGSTON	30	4:44.50	7:37.86	37:56
33	Monica Labarge	38 F	KINGSTON	8	4:54.00	7:53.15	39:12
34	Nolan Breault	16 M	KINGSTON	14	4:54.88	7:54.56	39:19
35	Audethv Tallack	53 F	KINGSTON	40	4:56.00	7:56.37	39:28
36	Greg Phelan	48 M	KINGSTON	20	4:58.12	7:59.79	39:45
37	Suzanne Kerr	38 F	Kingston	74	4:58.50	8:00.39	39:48
38	Francoise Glibert	53 F	KINGSTON	67	4:59.00	8:01.19	39:52
39	Katie Readv-Walters	16 F	Kingston	70	5:00.00	8:02.80	40:00
40	Jim Murrav	57 M	Gananoque	73	5:00.88	8:04.21	40:07
41	Bridget Murrhv	44 F	KINGSTON	21	5:01.38	8:05.02	40:11
42	Luis Paico-Auilez	31 M	KINGSTON	62	5:03.62	8:08.64	40:29
43	Unknown Runner	99 F	See Results Staff	15	5:03.75	8:08.84	40:30
44	William MacDonald	56 M	AMHERSTVIEW	17	5:05.75	8:12.06	40:46
45	Leslev Rudv	33 F	KINGSTON	11	5:08.62	8:16.68	41:09
46	Michael Bevak	44 M	KINGSTON	23	5:10.38	8:19.50	41:23
47	Ted Sheppard	36 M	KINGSTON	55	5:13.00	8:23.72	41:44
48	Che Breadner	10 M	Kingston	77	5:13.75	8:24.93	41:50
49	Deborah Holtom	63 F	HOWE ISLAND	63	5:15.62	8:27.95	42:05
50	Brenda Melling	57 F	KINGSTON	2	5:20.62	8:36.00	42:45

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	Name	Age	Team	Bib	Avg per K	Avg per MI	Time
51	Eric Jacques	42 M	KINGSTON	19	5:24.00	8:41.43	43:12
52	Richard Sunderland	68 M	KINGSTON	38	5:25.75	8:44.24	43:26
53	P.J. Marshall	71 M	KINGSTON	59	5:29.75	8:50.68	43:58
54	Doug Marlow	54 M	KINGSTON	28	5:32.88	8:55.71	44:23
55	Patrick Robar	46 M	KINGSTON	13	5:39.00	9:05.57	45:12
56	Steve Bvcock	56 M	KINGSTON	4	5:44.75	9:14.82	45:58
57	Deb Walker	44 F	Kingston	27	5:45.12	9:15.42	46:01
58	Mandv Daniel	38 F	KINGSTON	36	5:45.62	9:16.23	46:05
59	Nigel Grav	45 M	DARTMOUTH	54	5:45.88	9:16.63	46:07
60	Chris Povell	66 M	KINGSTON	34	5:49.12	9:21.86	46:33
61	Debra McMurrav	53 F	HARROWSMITH	37	5:49.88	9:23.07	46:39
62	Ann Valikoski	36 F	KINGSTON	58	5:50.12	9:23.47	46:41
63	Melanie McOrmack	35 F	Kingston	75	5:55.75	9:32.52	47:26
64	Scott Allen	25 M	KINGSTON	43	6:10.88	9:56.87	49:27
65	Mellissa Breault	46 F	KINGSTON	12	6:11.50	9:57.87	49:32
66	Carina Gardner	38 F	KINGSTON	5	6:14.12	10:02.10	49:53
67	Tvler Sunderland	19 M	KINGSTON	39	6:57.50	11:11.90	55:40
68	Ian Casson	61 M	KINGSTON	47	6:58.00	11:12.71	55:44
69	Ruth Wilson	61 F	KINGSTON	57	6:58.12	11:12.91	55:45
70	Josh Doornekamp	30 M	WESTPORT	49	7:04.12	11:22.56	56:33
71	Melanie Strickland	47 F	KINGSTON	22	7:09.12	11:30.61	57:13
72	Robert McCaldon	77 M	HARTINGTON	32	7:15.50	11:40.87	58:04