

2015 Resolution Run 8km

Weather Conditions - Rain, Ice, Sleet
 results by www.runningbydesign.com

4/1/15 - 4/1/15

Event # 1 MIXED 8km Run

	Name	Age	Team	Bib	Avg per K	Avg per MI	Time
FEMALE 20 - 29							
1	Kyla Sisson	F 27	8KM	647	5:01.25	8:04.81	40:10.00
2	Heather Aldersey	F 29	8KM	643	6:11.37	9:57.67	49:31.00
3	Samantha Quick	F 22	8KM	603	6:52.75	11:04.26	55:02.00
4	Meaghan Quinn	F 29	8KM	621	7:09.25	11:30.81	57:14.00
FEMALE 30 - 39							
1	Allison Alexander	F 32	8KM	641	4:31.87	7:17.54	36:15.00
2	Lesley Rudy	F 34	8KM	648	4:58.87	8:00.99	39:51.00
3	Ann Valikoski	F 37	8KM	664	5:50.12	9:23.47	46:41.00
4	Carina Gardner	F 39	8KM	682	6:42.62	10:47.96	53:41.00
5	Tiffany Roy	F 32	8KM	657	6:56.62	11:10.49	55:33.00
6	Candace Pike	F 30	8KM	601	7:03.25	11:21.15	56:26.00
FEMALE 40 - 49							
1	Lana Saunders	F 40	8KM	666	4:37.50	7:26.59	37:00.00
2	Bridget Murphy	F 45	8KM	622	4:46.50	7:41.08	38:12.00
3	sherry Lachine	F 44	8KM	613	5:49.75	9:22.87	46:38.00
4	Claire McKinney	F 48	8KM	630	6:03.25	9:44.59	48:26.00
5	Lindsay Duggan	F 45	8KM	690	6:33.50	10:33.28	52:28.00
6	Catherine Lowe	F 47	8KM	691	6:33.51	10:33.30	52:28.10
7	Donna Gillespie	F 41	8KM	684	6:51.50	11:02.25	54:52.00
8	Shelley Morley	F 47	8KM	685	7:14.00	11:38.46	57:52.00
9	MJ Landry	F 45	8KM	683	7:25.37	11:56.76	59:23.00
FEMALE 50 - 59							
1	Janet Foran-Goneau	F 59	8KM	629	5:28.75	8:49.07	43:50.00
2	Debra McMurray	F 54	8KM	607	6:04.25	9:46.20	48:34.00
3	Solveig Swinamer	F 58	8KM	606	6:50.62	11:00.84	54:45.00
4	Corinne Folger	F 55	8KM	639	8:22.50	13:28.70	1:07:00.00
5	Laurie Lockerbie	F 57	8KM	665	9:05.87	14:38.50	1:12:47.00
6	Beth Fraser	F 54	8KM	642	9:06.00	14:38.70	1:12:48.00
FEMALE 60 - 69							
1	Shirley Myers	F 62	8KM	600	5:08.37	8:16.28	41:07.00
2	Deborah Holtom	F 64	8KM	678	5:21.37	8:37.20	42:51.00
3	Margaret Merkley	F 62	8KM	623	6:02.62	9:43.59	48:21.00
4	Jean Folsom	F 63	8KM	615	6:30.37	10:28.25	52:03.00
5	Ruth Wilson	F 62	8KM	656	7:30.00	12:04.20	1:00:00.00
MALE 1 - 19							
1	Che Breadner	M 11	8KM	668	5:03.12	8:07.83	40:25.00
MALE 20 - 29							
1	Graeme Mullins	M 23	8KM	636	4:21.75	7:01.25	34:54.00
2	Scott Allen	M 26	8KM	602	5:30.75	8:52.29	44:06.00
MALE 30 - 39							
1	Alex Wordley	M 34	8KM	649	3:44.75	6:01.70	29:58.00
2	Nick Cosman	M 33	8KM	654	3:51.12	6:11.96	30:49.00
3	Shane Gale	M 32	8KM	675	4:19.25	6:57.22	34:34.00
4	Mark Kerr	M 34	8KM	604	4:28.62	7:12.31	35:49.00
5	Guy Dumoulin	M 35	8KM	681	4:48.87	7:44.90	38:31.00

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	Name	Age	Team	Bib	Avg per K	Avg per MI	Time
6	Gavin Cosgrove	M 33	8KM	626	4:54.75	7:54.35	39:18.00
7	Harry Brastianos	M 36	8KM	651	5:05.87	8:12.26	40:47.00
8	Luis Paico-Avilez	M 31	8KM	637	5:06.37	8:13.06	40:51.00
9	David Boren	M 32	8KM	644	6:11.50	9:57.87	49:32.00
10	Darius Gorganzadeh	M 35	8KM	652	6:47.00	10:55.00	54:16.00
MALE 40 - 49							
1	Kevin Webster	M 47	8KM	609	3:57.37	6:22.02	31:39.00
2	Robby Breadner	M 48	8KM	667	4:18.87	6:56.62	34:31.00
3	Mark Chabot	M 43	8KM	627	4:30.62	7:15.53	36:05.00
4	Greg Phelan	M 49	8KM	620	4:58.00	7:59.58	39:44.00
5	Michael Beyak	M 45	8KM	625	5:08.50	8:16.48	41:08.00
6	George Semple	M 43	8KM	676	5:12.75	8:23.32	41:42.00
7	Deryck Monsour	M 45	8KM	659	5:30.00	8:51.08	44:00.00
8	sean liddle	M 47	8KM	645	6:39.37	10:42.73	53:15.00
9	Rene Roy	M 41	8KM	692	6:56.75	11:10.69	55:34.00
MALE 50 - 59							
1	Wayne Rice	M 52	8KM	635	4:09.50	6:41.53	33:16.00
2	Paul Cehan	M 50	8KM	677	4:20.37	6:59.03	34:43.00
3	Rick Royce	M 55	8KM	634	4:25.87	7:07.88	35:27.00
4	Will Kymlicka	M 52	8KM	610	4:27.75	7:10.90	35:42.00
5	David Lee	M 51	8KM	688	5:09.12	8:17.49	41:13.00
6	Grant Currie	M 54	8KM	689	5:35.62	9:00.14	44:45.00
7	Garry Carl	M 59	8KM	655	5:37.87	9:03.76	45:03.00
MALE 60 - 69							
1	Al Cantlay	M 60	8KM	608	4:18.00	6:55.21	34:24.00
2	Ed Brand	M 66	8KM	638	5:12.25	8:22.52	41:38.00
3	Lloyd Withers	M 60	8KM	616	5:17.00	8:30.16	42:16.00
4	Richard Sunderland	M 69	8KM	658	5:32.87	8:55.71	44:23.00
5	Geoffrey Roulet	M 67	8KM	617	5:49.37	9:22.26	46:35.00
6	Peter Merkley	M 63	8KM	624	6:02.75	9:43.79	48:22.00
MALE 70 - 98							
1	PJ Marshall	M 72	8KM	618	5:45.37	9:15.83	46:03.00