

## 2016 KRRR Resolution Run 8km

Cataraqui Arena

3/1/16 - 3/1/16

Results by www.runningbydesign.com

**Event # 1 MIXED 8km Run**

| Name                    | Age  | Bib | Team        | Avg per K | Avg per MI | Time     |
|-------------------------|------|-----|-------------|-----------|------------|----------|
| <b>FEMALE 20 - 29</b>   |      |     |             |           |            |          |
| 1 Julie Bates           | F 20 | 464 | INVERARY    | 4:24.87   | 7:06.26    | 35:18.94 |
| 2 Cassidy Pilutti       | F 29 | 490 | LANSDOWNE   | 6:01.75   | 9:42.18    | 48:14.00 |
| <b>FEMALE 30 - 39</b>   |      |     |             |           |            |          |
| 1 Heather Giffin        | F 36 | 426 | BELLEVILLE  | 4:33.59   | 7:20.31    | 36:28.75 |
| 2 Lyna Veillette        | F 34 | 436 | OTTAWA      | 5:02.60   | 8:06.98    | 40:20.78 |
| 3 karen walsh           | F 39 | 449 | BELLEVILLE  | 5:22.21   | 8:38.54    | 42:57.66 |
| 4 Jana Mareckova        | F 36 | 489 | KINGSTON    | 6:02.73   | 9:43.76    | 48:21.84 |
| 5 Allison McGarry       | F 35 | 434 | KINGSTON    | 6:17.195  | 10:07.04   | 50:17.56 |
| 6 Claire Kilgallon      | F 35 | 465 | KINGSTON    | 6:36.15   | 10:37.55   | 52:49.22 |
| 7 Candace Pike          | F 31 | 481 | KINGSTON    | 7:29.96   | 12:04.14   | 59:59.66 |
| <b>FEMALE 40 - 49</b>   |      |     |             |           |            |          |
| 1 Heather Ostic         | F 47 | 456 | KINGSTON    | 4:25.32   | 7:07.00    | 35:22.59 |
| 2 Lana Saunders         | F 41 | 491 | HOWE ISLAND | 4:29.30   | 7:13.39    | 35:54.38 |
| 3 Lisa Bootsma          | F 42 | 499 | BELLEVILLE  | 4:59.57   | 8:02.12    | 39:56.59 |
| 4 Stacey Berdan         | F 48 | 437 | TWEED       | 5:14.10   | 8:25.50    | 41:52.81 |
| 5 Rachelle Googe        | F 40 | 461 | NAPANEE     | 5:16.91   | 8:30.02    | 42:15.28 |
| 6 Alyson Charrette      | F 47 | 479 | KINGSTON    | 5:36.78   | 9:01.99    | 44:54.22 |
| 7 Dianne Fox            | F 42 | 450 | KINGSTON    | 5:38.45   | 9:04.69    | 45:07.62 |
| 8 Shelley Mulrooney     | F 47 | 416 | KINGSTON    | 5:46.105  | 9:17.00    | 46:08.84 |
| 9 Petrina Lemieux       | F 43 | 471 | KINGSTON    | 6:05.00   | 9:47.40    | 48:39.97 |
| 10 Wanda Seidl          | F 49 | 477 | LANSDOWNE   | 6:13.84   | 10:01.64   | 49:50.72 |
| 11 Nancy Morin-Gravelle | F 47 | 454 | AMHERSTVIEW | 6:13.90   | 10:01.73   | 49:51.18 |
| 12 Donna Gillespie      | F 42 | 420 | KINGSTON    | 6:47.08   | 10:55.14   | 54:16.66 |
| 13 Lisa Wlock           | F 48 | 410 | KINGSTON    | 6:51.45   | 11:02.17   | 54:51.62 |
| 14 Jane Mastin          | F 44 | 480 | TRENTON     | 6:55.24   | 11:08.26   | 55:21.91 |
| 15 Cheryl Martin        | F 41 | 485 | TRENTON     | 6:55.27   | 11:08.31   | 55:22.15 |
| 16 Melanie Stickland    | F 49 | 467 | KINGSTON    | 7:29.62   | 12:03.60   | 59:56.97 |
| <b>FEMALE 50 - 59</b>   |      |     |             |           |            |          |
| 1 Karen Millson         | F 53 | 460 | KINGSTON    | 4:40.03   | 7:30.66    | 37:20.22 |
| 2 Audethy Tallack       | F 55 | 492 | KINGSTON    | 4:53.86   | 7:52.93    | 39:10.91 |
| 3 Pam Mundell           | F 50 | 424 | KINGSTON    | 5:00.15   | 8:03.05    | 40:01.22 |
| 4 Francoise Glibert     | F 55 | 463 | INVERARY    | 5:06.57   | 8:13.37    | 40:52.53 |
| 5 Basnia Farnell        | F 58 | 497 | INVERARY    | 5:15.81   | 8:28.25    | 42:06.50 |
| 6 Karen Gagnon          | F 54 | 486 | KINGSTON    | 5:21.405  | 8:37.25    | 42:51.24 |
| 7 Nancy Tormey          | F 55 | 428 | KINGSTON    | 5:24.69   | 8:42.54    | 43:17.53 |
| 8 Janet Shepherd        | F 52 | 458 | MALLORYTOWN | 5:29.56   | 8:50.38    | 43:56.50 |
| 9 Kathy Hinch           | F 54 | 475 | NAPANEE     | 5:32.15   | 8:54.55    | 44:17.22 |
| 10 Brenda Melling       | F 59 | 446 | KINGSTON    | 5:41.69   | 9:09.90    | 45:33.53 |
| 11 Stephanie Connidis   | F 53 | 425 | KINGSTON    | 6:02.285  | 9:43.04    | 48:18.28 |
| 12 Leslie Inglis        | F 51 | 402 | KINGSTON    | 7:23.18   | 11:53.22   | 59:05.41 |
| 13 Laurie Lockerbie     | F 58 | 483 | BATH        | 7:23.25   | 11:53.34   | 59:06.00 |
| <b>FEMALE 60 - 69</b>   |      |     |             |           |            |          |
| 1 Deb Holtem            | F 65 | 462 | HOWE ISLAND | 5:02.10   | 8:06.18    | 40:16.81 |
| 2 Janet Foran-Goneau    | F 60 | 427 | BELLEVILLE  | 5:27.00   | 8:46.26    | 43:36.00 |

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|---------------------|--------------------|------|-----|----------------|-----------|------------|----------|
| 3                   | Margaret Merkley   | F 63 | 413 | KINGSTON       | 5:46.47   | 9:17.59    | 46:11.78 |
| <b>MALE 1 - 19</b>  |                    |      |     |                |           |            |          |
| 1                   | Sebastian Scott    | M 17 | 421 | KINGSTON       | 4:01.29   | 6:28.32    | 32:10.34 |
| 2                   | Geoffrey Blackwell | M 15 | 496 | KINGSTON       | 4:17.055  | 6:53.69    | 34:16.44 |
| 3                   | Liam Bootsma       | M 14 | 451 | BELLEVILLE     | 4:21.25   | 7:00.44    | 34:50.00 |
| 4                   | Che Breadner       | M 12 | 453 | KINGSTON       | 4:48.49   | 7:44.28    | 38:27.94 |
| 5                   | Daniel Sizer       | M 19 | 448 | KINGSTON       | 4:58.82   | 8:00.90    | 39:50.53 |
| <b>MALE 20 - 29</b> |                    |      |     |                |           |            |          |
| 1                   | Brant Stachel      | M 25 | 474 | KINGSTON       | 3:37.515  | 5:50.06    | 29:00.12 |
| 2                   | Jeff Shepherd      | M 24 | 459 | MALLORYTOWN    | 3:55.985  | 6:19.78    | 31:27.88 |
| 3                   | Mike Mackett       | M 24 | 423 | ST. CATHARINES | 4:17.68   | 6:54.70    | 34:21.44 |
| 4                   | Tim La Fortune     | M 27 | 414 | KINGSTON       | 5:21.31   | 8:37.10    | 42:50.50 |
| 5                   | Tyler Sunderland   | M 21 | 494 | ROBLIN         | 6:19.355  | 10:10.51   | 50:34.84 |
| <b>MALE 30 - 39</b> |                    |      |     |                |           |            |          |
| 1                   | Scott Wilkes       | M 36 | 493 | KINGSTON       | 3:53.54   | 6:15.85    | 31:08.34 |
| 2                   | Mike Casiste       | M 30 | 487 | KINGSTON       | 4:04.45   | 6:33.40    | 32:35.59 |
| 3                   | Greg Lemoine       | M 38 | 476 | KINGSTON       | 4:06.72   | 6:37.06    | 32:53.75 |
| 4                   | Shane Gale         | M 33 | 466 | TRENTON        | 4:07.22   | 6:37.86    | 32:57.75 |
| 5                   | Mark Kerr          | M 35 | 419 | KINGSTON       | 4:09.54   | 6:41.60    | 33:16.34 |
| 6                   | Luis Paico-Avilez  | M 32 | 498 | KINGSTON       | 4:29.51   | 7:13.73    | 35:56.06 |
| 7                   | Chancey Cagley     | M 31 | 418 | KINGSTON       | 4:29.945  | 7:14.43    | 35:59.56 |
| 8                   | Lars Hagberg       | M 37 | 403 | KINGSTON       | 4:45.00   | 7:38.66    | 38:00.00 |
| 9                   | Darius Gorganzadeh | M 36 | 444 | KINGSTON       | 5:33.77   | 8:57.15    | 44:30.18 |
| <b>MALE 40 - 49</b> |                    |      |     |                |           |            |          |
| 1                   | Kevin Webster      | M 48 | 441 | KINGSTON       | 3:49.985  | 6:10.12    | 30:39.88 |
| 2                   | Robby Breadner     | M 49 | 452 | KINGSTON       | 4:11.20   | 6:44.27    | 33:29.59 |
| 3                   | Neil Hopkins       | M 44 | 409 | KINGSTON       | 4:22.155  | 7:01.90    | 34:57.24 |
| 4                   | Martin Guyon       | M 49 | 440 | KINGSTON       | 4:23.58   | 7:04.19    | 35:08.66 |
| 5                   | Brett Goodwin      | M 44 | 469 | KINGSTON       | 4:37.85   | 7:27.16    | 37:02.81 |
| 6                   | Scott Peirson      | M 43 | 457 | AMHERSTVIEW    | 4:53.70   | 7:52.66    | 39:09.59 |
| 7                   | Jon Pharoah        | M 45 | 470 | KINGSTON       | 5:12.235  | 8:22.49    | 41:37.88 |
| 8                   | Brad Ethier        | M 45 | 405 | KINGSTON       | 5:20.30   | 8:35.47    | 42:42.41 |
| 9                   | Mike Earle         | M 41 | 443 | KINGSTON       | 5:23.06   | 8:39.92    | 43:04.50 |
| 10                  | Simon Baron        | M 43 | 407 | KINGSTON       | 5:24.30   | 8:41.91    | 43:14.38 |
| <b>MALE 50 - 59</b> |                    |      |     |                |           |            |          |
| 1                   | Clive Morgan       | M 57 | 455 | YARKER         | 3:57.285  | 6:21.87    | 31:38.28 |
| 2                   | Rob Miller         | M 50 | 473 | KINGSTON       | 4:02.04   | 6:29.52    | 32:16.31 |
| 3                   | Wayne Rice         | M 53 | 438 | SYDENHAM       | 4:03.08   | 6:31.20    | 32:24.66 |
| 4                   | Rick Royce         | M 56 | 447 | KINGSTON       | 4:22.09   | 7:01.79    | 34:56.69 |
| 5                   | Will Kymlicka      | M 53 | 408 | KINGSTON       | 4:22.23   | 7:02.02    | 34:57.85 |
| 6                   | Richard Prinsen    | M 51 | 417 | KINGSTON       | 4:28.81   | 7:12.61    | 35:50.50 |
| 7                   | Anthony Ball       | M 50 | 429 | KINGSTON       | 5:15.44   | 8:27.65    | 42:03.53 |
| 8                   | David Wilkins      | M 53 | 472 | KINGSTON       | 5:17.42   | 8:30.84    | 42:19.38 |
| 9                   | Rob Seidl          | M 50 | 478 | LANDSOWNE      | 5:51.30   | 9:25.36    | 46:50.41 |
| 10                  | Dennis Roy         | M 50 | 401 | KINGSTON       | 6:18.23   | 10:08.70   | 50:25.84 |
| <b>MALE 60 - 69</b> |                    |      |     |                |           |            |          |
| 1                   | Ed Brand           | M 67 | 430 | KINGSTON       | 4:38.41   | 7:28.06    | 37:07.31 |

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|                     | <b>Name</b>        | <b>Age</b> | <b>Bib</b> | <b>Team</b> | <b>Avg per K</b> | <b>Avg per MI</b> | <b>Time</b> |
|---------------------|--------------------|------------|------------|-------------|------------------|-------------------|-------------|
| 2                   | Ken Hook           | M 60       | 433        | CLOYNE      | 4:54.555         | 7:54.04           | 39:16.44    |
| 3                   | Garry Carl         | M 60       | 442        | BELLEVILLE  | 5:24.93          | 8:42.92           | 43:19.41    |
| 4                   | Geoffrey Roulet    | M 68       | 404        | KINGSTON    | 5:26.37          | 8:45.24           | 43:30.94    |
| 5                   | Brett Lockerbie    | M 60       | 484        | BATH        | 5:26.54          | 8:45.52           | 43:32.34    |
| 6                   | Peter Merkley      | M 64       | 412        | KINGSTON    | 5:46.535         | 9:17.69           | 46:12.28    |
| 7                   | Paul Thompson      | M 66       | 400        | KINGSTON    | 5:58.97          | 9:37.70           | 47:51.75    |
| 8                   | Al Cantlay         | M 61       | 411        | KINGSTON    | 6:51.55          | 11:02.33          | 54:52.43    |
| <b>MALE 70 - 99</b> |                    |            |            |             |                  |                   |             |
| 1                   | Richard Sunderland | M 70       | 495        | KINGSTON    | 5:21.24          | 8:36.99           | 42:49.94    |
| 2                   | P J Marshall       | M 73       | 406        | KINGSTON    | 5:54.47          | 9:30.47           | 47:15.78    |