

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
OVERALL							
1	Rob Asselstine	M 23	415	HARROWSMITH	3:18.625	5:19.66	26:29.00
2	Clay Patterson	M 27	482	PORTLAND	3:26.93	5:33.02	27:35.44
3	Nick Cosman	M 35	488	KINGSTON	3:35.26	5:46.43	28:42.09
4	Brant Stachel	M 25	474	KINGSTON	3:37.515	5:50.06	29:00.12
5	Kevin Webster	M 48	441	KINGSTON	3:49.985	6:10.12	30:39.88
6	Scott Wilkes	M 36	493	KINGSTON	3:53.54	6:15.85	31:08.34
7	Jeff Shepherd	M 24	459	MALLORYTOWN	3:55.985	6:19.78	31:27.88
8	Clive Morgan	M 57	455	YARKER	3:57.285	6:21.87	31:38.28
9	Sebastian Scott	M 17	421	KINGSTON	4:01.29	6:28.32	32:10.34
10	Rob Miller	M 50	473	KINGSTON	4:02.04	6:29.52	32:16.31
11	Suzanne Kerr	F 40	422	KINGSTON	4:02.53	6:30.31	32:20.22
12	Wayne Rice	M 53	438	SYDENHAM	4:03.08	6:31.20	32:24.66
13	Mike Casiste	M 30	487	KINGSTON	4:04.45	6:33.40	32:35.59
14	Maria Marchese	F 24	435	KINGSTON	4:04.63	6:33.70	32:37.06
15	Greg Lemoine	M 38	476	KINGSTON	4:06.72	6:37.06	32:53.75
16	Shane Gale	M 33	466	TRENTON	4:07.22	6:37.86	32:57.75
17	Mark Kerr	M 35	419	KINGSTON	4:09.54	6:41.60	33:16.34
18	Robby Breadner	M 49	452	KINGSTON	4:11.20	6:44.27	33:29.59
19	Meghan Tait	F 23	432	NEWMARKET	4:12.81	6:46.86	33:42.50
20	Geoffrey Blackwell	M 15	496	KINGSTON	4:17.055	6:53.69	34:16.44
21	Mike Mackett	M 24	423	ST. CATHARINES	4:17.68	6:54.70	34:21.44
22	Liam Bootsma	M 14	451	BELLEVILLE	4:21.25	7:00.44	34:50.00
23	Rick Royce	M 56	447	KINGSTON	4:22.09	7:01.79	34:56.69
24	Neil Hopkins	M 44	409	KINGSTON	4:22.155	7:01.90	34:57.24
25	Will Kymlicka	M 53	408	KINGSTON	4:22.23	7:02.02	34:57.85
26	Martin Guyon	M 49	440	KINGSTON	4:23.58	7:04.19	35:08.66
27	Julie Bates	F 20	464	INVERARY	4:24.87	7:06.26	35:18.94
28	Heather Ostic	F 47	456	KINGSTON	4:25.32	7:07.00	35:22.59
29	Richard Prinsen	M 51	417	KINGSTON	4:28.81	7:12.61	35:50.50
30	Lana Saunders	F 41	491	HOWE ISLAND	4:29.30	7:13.39	35:54.38
31	Luis Paico-Aviles	M 32	498	KINGSTON	4:29.51	7:13.73	35:56.06
32	Chancey Cagley	M 31	418	KINGSTON	4:29.945	7:14.43	35:59.56
33	Heather Giffin	F 36	426	BELLEVILLE	4:33.59	7:20.31	36:28.75
34	Brett Goodwin	M 44	469	KINGSTON	4:37.85	7:27.16	37:02.81
35	Ed Brand	M 67	430	KINGSTON	4:38.41	7:28.06	37:07.31
36	Karen Millson	F 53	460	KINGSTON	4:40.03	7:30.66	37:20.22
37	Lars Hagberg	M 37	403	KINGSTON	4:45.00	7:38.66	38:00.00
38	Che Breadner	M 12	453	KINGSTON	4:48.49	7:44.28	38:27.94
39	Scott Peirson	M 43	457	AMHERSTVIEW	4:53.70	7:52.66	39:09.59
40	Audethy Tallack	F 55	492	KINGSTON	4:53.86	7:52.93	39:10.91
41	Ken Hook	M 60	433	CLOYNE	4:54.555	7:54.04	39:16.44
42	Daniel Sizer	M 19	448	KINGSTON	4:58.82	8:00.90	39:50.53
43	Lisa Bootsma	F 42	499	BELLEVILLE	4:59.57	8:02.12	39:56.59
44	Pam Mundell	F 50	424	KINGSTON	5:00.15	8:03.05	40:01.22

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	Name	Age	Bib	Team	Avg per K	Avg per MI	Time
45	Deb Holtem	F 65	462	HOWE ISLAND	5:02.10	8:06.18	40:16.81
46	Lyna Veillette	F 34	436	OTTAWA	5:02.60	8:06.98	40:20.78
47	Francoise Glibert	F 55	463	INVERARY	5:06.57	8:13.37	40:52.53
48	Jon Pharoah	M 45	470	KINGSTON	5:12.235	8:22.49	41:37.88
49	Stacey Berdan	F 48	437	TWEED	5:14.10	8:25.50	41:52.81
50	Anthony Ball	M 50	429	KINGSTON	5:15.44	8:27.65	42:03.53
51	Basnia Farnell	F 58	497	INVERARY	5:15.81	8:28.25	42:06.50
52	Rachelle Googe	F 40	461	NAPANEE	5:16.91	8:30.02	42:15.28
53	David Wilkins	M 53	472	KINGSTON	5:17.42	8:30.84	42:19.38
54	Brad Ethier	M 45	405	KINGSTON	5:20.30	8:35.47	42:42.41
55	Richard Sunderland	M 70	495	KINGSTON	5:21.24	8:36.99	42:49.94
56	Tim La Fortune	M 27	414	KINGSTON	5:21.31	8:37.10	42:50.50
57	Karen Gagnon	F 54	486	KINGSTON	5:21.405	8:37.25	42:51.24
58	karen walsh	F 39	449	BELLEVILLE	5:22.21	8:38.54	42:57.66
59	Mike Earle	M 41	443	KINGSTON	5:23.06	8:39.92	43:04.50
60	Simon Baron	M 43	407	KINGSTON	5:24.30	8:41.91	43:14.38
61	Nancy Tormey	F 55	428	KINGSTON	5:24.69	8:42.54	43:17.53
62	Garry Carl	M 60	442	BELLEVILLE	5:24.93	8:42.92	43:19.41
63	Geoffrey Roulet	M 68	404	KINGSTON	5:26.37	8:45.24	43:30.94
64	Brett Lockerbie	M 60	484	BATH	5:26.54	8:45.52	43:32.34
65	Janet Foran-Goneau	F 60	427	BELLEVILLE	5:27.00	8:46.26	43:36.00
66	Janet Shepherd	F 52	458	MALLORYTOWN	5:29.56	8:50.38	43:56.50
67	Kathy Hinch	F 54	475	NAPANEE	5:32.15	8:54.55	44:17.22
68	Darius Gorganzadeh	M 36	444	KINGSTON	5:33.77	8:57.15	44:30.18
69	Alyson Charrette	F 47	479	KINGSTON	5:36.78	9:01.99	44:54.22
70	Dianne Fox	F 42	450	KINGSTON	5:38.45	9:04.69	45:07.62
71	Brenda Melling	F 59	446	KINGSTON	5:41.69	9:09.90	45:33.53
72	Shelley Mulrooney	F 47	416	KINGSTON	5:46.105	9:17.00	46:08.84
73	Margaret Merkley	F 63	413	KINGSTON	5:46.47	9:17.59	46:11.78
74	Peter Merkley	M 64	412	KINGSTON	5:46.535	9:17.69	46:12.28
75	Rob Seidl	M 50	478	LANDSOWNE	5:51.30	9:25.36	46:50.41
76	P J Marshall	M 73	406	KINGSTON	5:54.47	9:30.47	47:15.78
77	Paul Thompson	M 66	400	KINGSTON	5:58.97	9:37.70	47:51.75
78	Cassidy Pilutti	F 29	490	LANSLOWNE	6:01.75	9:42.18	48:14.00
79	Stephanie Connidis	F 53	425	KINGSTON	6:02.285	9:43.04	48:18.28
80	Jana Mareckova	F 36	489	KINGSTON	6:02.73	9:43.76	48:21.84
81	Petrina Lemieux	F 43	471	KINGSTON	6:05.00	9:47.40	48:39.97
82	Wanda Seidl	F 49	477	LANSLOWNE	6:13.84	10:01.64	49:50.72
83	Nancy Morin-Gravelle	F 47	454	AMHERSTVIEW	6:13.90	10:01.73	49:51.18
84	Allison McGarry	F 35	434	KINGSTON	6:17.195	10:07.04	50:17.56
85	Dennis Roy	M 50	401	KINGSTON	6:18.23	10:08.70	50:25.84
86	Tyler Sunderland	M 21	494	ROBLIN	6:19.355	10:10.51	50:34.84
87	Claire Kilgallon	F 35	465	KINGSTON	6:36.15	10:37.55	52:49.22
88	Donna Gillespie	F 42	420	KINGSTON	6:47.08	10:55.14	54:16.66
89	Lisa Wlock	F 48	410	KINGTSON	6:51.45	11:02.17	54:51.62
90	Al Cantlay	M 61	411	KINGSTON	6:51.55	11:02.33	54:52.43

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	Name	Age	Bib	Team	Avg per K	Avg per MI	Time
91	Jane Mastin	F 44	480	TRENTON	6:55.24	11:08.26	55:21.91
92	Cheryl Martin	F 41	485	TRENTON	6:55.27	11:08.31	55:22.15
93	Leslie Inglis	F 51	402	KINGSTON	7:23.18	11:53.22	59:05.41
94	Laurie Lockerbie	F 58	483	BATH	7:23.25	11:53.34	59:06.00
95	Melanie Stickland	F 49	467	KINGSTON	7:29.62	12:03.60	59:56.97
96	Candace Pike	F 31	481	KINGSTON	7:29.96	12:04.14	59:59.66