

## 2010 Trauma 10 Km

City Park

Kingston

04/24/2010 - 04/24/2010

## Event # 1 MIXED 10K Run

**FEMALE 1 - 19**

1	READY, EMILY	17 F 10KM	139	55:44.2
---	--------------	-----------	-----	---------

**FEMALE 20 - 29**

1	MURPHY, CARLA	25 F 10KM	134	42:14.4
2	DUCK, LINDSEY	24 F 10KM	130	44:23.0
3	PHYTHIAN, NICOLE	25 F 10KM	435	48:45.6
4	COFFEY, ANNE	25 F 10KM	485	49:05.8
5	SNODGRASS, SARAH	20 F 10KM	124	50:34.3
6	MACKENZIE, MARSALIE	22 F 10KM	444	51:00.1
7	GAUSTER, ANDREA	25 F 10KM	472	53:29.6
8	TSCHIRHART, AMANDA	29 F 10KM	487	54:36.0
9	OUIINN-BLACK, EMILY	29 F 10KM	456	55:43.0
10	STYS, DANA	24 F 10KM	463	56:30.8
11	SARANGAPANI, APARNA	23 F 10KM	89	57:09.6
12	HALL, MELANIE	23 F 10KM	479	57:40.0
13	GORDON, MADELAINE	21 F 10KM	465	57:42.8
14	CULL, JERRICA	21 F 10KM	430	57:44.0
15	DOUCETTE, ROBERTA	28 F 10KM	99	58:10.6
16	MCDONALD, MALLORY	21 F 10KM	125	58:32.1
17	LAMB, HEATHER	22 F 10KM	447	1:01:22.7
18	SWAIN, SHANNON	29 F 10KM	486	1:01:28.5
19	RAMNATH, JENELLE	28 F 10KM	448	1:01:29.3
20	RILEY, ALURA	26 F 10KM	451	1:01:41.9
21	JENNIFER, CHOONG	26 F 10KM	132	1:01:56.8
22	TESSIER, VÉNESSA	28 F 10KM	97	1:02:36.9
23	SANDERS, SHEILAGH	22 F 10KM	87	1:02:52.8
24	PAIK, SHELLY	29 F 10KM	494	1:03:01.4
25	DEVLIN, MARY	22 F 10KM	431	1:03:57.9
26	CONROY, CAITLIN	22 F 10KM	458	1:05:04.7
27	NOLAN, ERIN	29 F 10KM	426	1:10:28.7
28	PASKO, CAROLYN	23 F 10KM	493	1:10:44.4
29	TRUESDELL, DANIELLE	23 F 10KM	490	1:14:02.0
30	NORRIS, MEGHAN	26 F 10KM	407	1:19:26.0
31	VELASCO, JOVIE	29 F 10KM	460	1:24:56.0

**FEMALE 30 - 39**

1	PATRY, ANDREA	33 F 10KM	123	50:00.1
2	ALAVAR, AMANDA	31 F 10KM	127	54:00.3
3	CASSANDRA, MURRAY	31 F 10KM	450	54:27.7
4	NUTT, YVONNE	33 F 10KM	122	54:49.2
5	HOUGHTALING, NICOLE	30 F 10KM	489	57:22.6
6	AMY, CURRY	32 F 10KM	439	57:59.4
7	ISAACS ERB, JOCELYN	34 F 10KM	462	59:52.8
8	SMITH, KIMBERLEY	31 F 10KM	98	1:00:48.4
9	GRAY, TINYA	39 F 10KM	133	1:05:36.6
10	BAIRD, KAREN	38 F 10KM	414	1:10:29.2
11	KING, KARRIE	35 F 10KM	455	1:10:30.9
12	PRICE-CAIRD, KARYN	38 F 10KM	410	1:11:37.7
13	GAVEL, TRACY	34 F 10KM	429	1:12:24.8
14	DELINE, JEN	33 F 10KM	434	1:15:58.0

**FEMALE 40 - 49**

1	READY, LINDA	49 F 10KM	468	55:55.2
2	WATSON, ELODIE	42 F 10KM	461	57:22.1
3	CLOUTHIER, JANICE	44 F 10KM	449	57:23.8
4	SIMARD, CATHERINE	43 F 10KM	92	57:38.7
5	STORMS, HEATHER	43 F 10KM	495	59:56.4
6	TREMBLAY, CHANTAL	44 F 10KM	121	1:05:02.3
7	GLASSER, MICHELLE	46 F 10KM	484	1:05:29.5

## 2010 Trauma 10 Km

## City Park

## Kingston

04/24/2010 - 04/24/2010

8	SMITH. KIM	43 F 10KM	94	1:06:50.7
9	STOKES. JANET	46 F 10KM	467	1:07:06.9
10	HAZLETT. CARA	45 F 10KM	411	1:11:37.5
11	METHOT. MICHELLE	42 F 10KM	496	1:14:50.0
<b>FEMALE 50 - 59</b>				
1	MYERS. SHIRLEY	57 F 10KM	425	46:41.5
2	DAVEY. KAREN	52 F 10KM	408	1:02:00.3
3	FITZGERALD. DONNA	50 F 10KM	483	1:04:31.1
4	DIXON-MEDORA. PATTI	50 F 10KM	470	1:06:03.8
5	GENGE. ANNE	58 F 10KM	90	1:10:33.9
6	OSWALD. MARION	52 F 10KM	442	1:13:10.1
7	DEN OTTER. LOUANN	53 F 10KM	120	1:31:43.0
<b>MALE 1 - 19</b>				
1	SHANNON. COLIN	18 M 10KM	473	39:06.3
2	HICKLING. CONNER	15 M 10KM	93	41:43.7
3	BLAKIE. ERIC	19 M 10KM	457	44:15.4
4	HAYDON. RYAN	14 M 10KM	480	57:26.6
<b>MALE 20 - 29</b>				
1	TWIDDY. MATT	29 M 10KM	140	39:01.3
2	CAMPBELL. BEN	23 M 10KM	88	40:04.4
3	LESLIE. ROB	27 M 10KM	135	43:08.1
4	GILCHRIST. RYAN	22 M 10KM	478	43:31.3
5	ACKERMAN. CHARLES	21 M 10KM	129	44:06.0
6	PATRICK. MURPHY	22 M 10KM	464	45:14.0
7	BESPALCO. DUSTIN	28 M 10KM	491	46:04.9
8	CRAWFORD. JIMMY	23 M 10KM	445	46:05.7
9	DREVNIOK. BENEDICT	26 M 10KM	96	46:51.9
10	LOCKE. PARKER	27 M 10KM	427	47:55.7
11	GREGORY. SCOTT	29 M 10KM	91	48:14.6
12	ABRAMOWITZ. DANIEL	23 M 10KM	453	48:37.3
13	SECRETAIN. FRANK	28 M 10KM	446	49:38.8
14	ROSS. ANDREW	25 M 10KM	436	49:44.3
15	PRAETORIUS. JEREMY M	29 M 10KM	474	51:26.3
16	KO. GARY	22 M 10KM	469	52:12.8
17	BURNS. ROSS	21 M 10KM	466	57:30.9
18	DUONG. PHUC	24 M 10KM	131	59:14.7
19	EBERT. ERNEST	22 M 10KM	136	1:04:01.2
<b>MALE 30 - 39</b>				
1	VAN LIER. NICK	30 M 10KM	126	39:07.1
2	FURTADO. LOUIS	31 M 10KM	432	41:17.0
3	WOOD. JAY	32 M 10KM	452	48:57.4
4	CURRY. BILL	33 M 10KM	437	50:46.4
5	PERUMAL. SUSHEE	32 M 10KM	477	51:30.6
6	HAGER. JASEN	33 M 10KM	138	52:31.1
7	WEIMA. SHAUN	32 M 10KM	137	52:34.4
8	CURTIS. RUNIONS	31 M 10KM	443	55:21.5
9	JEZIORSKI. ADAM	32 M 10KM	454	55:49.2
10	GINN. BRIAN	38 M 10KM	440	56:08.1
11	LAM. KIRBY	37 M 10KM	128	1:00:58.1
12	ZMOZYNSKI. CHRIS	30 M 10KM	428	1:05:03.1
13	MARC. GAUTHIER	35 M 10KM	459	1:19:27.0
<b>MALE 40 - 49</b>				
1	PRINSEN. RICHARD	45 M 10KM	492	44:21.2
2	MOONEY. JOHN	47 M 10KM	488	52:42.8
3	LEVESQUE. DAVID	43 M 10KM	95	57:39.0
4	TRUELOVE. BILL	46 M 10KM	402	1:15:59.0
<b>MALE 50 - 59</b>				
1	GILLESPIE. FRANK	55 M 10KM	497	49:03.8
2	MCMICHAEL. JAMES	56 M 10KM	481	57:52.1
3	OSWALD. GEORGE	58 M 10KM	441	1:03:26.0

**2010 Trauma 10 Km****City Park****Kingston**

04/24/2010 - 04/24/2010

**MALE 60 - 69**

---

1	GAVEL, PAUL	60 M 10KM	404	49:23.3
2	PARKER, JIM	66 M 10KM	438	59:33.1