

KGH Trauma 10km**KRRA Limestone Race Weekend**

29/04/2017

4/28/17 - 4/28/17

Results by www.runningbydesign.com**Event # 1 MIXED 10K Run**

	Name	Age	Bib	Team	Avg per K	Avg per MI	Time
OVERALL							
1	Ryan MacDonell	M 24	705	TRAUMA 10M			35:27.59
2	Mike Mackett	M 26	702	TRAUMA 10M			40:22.66
3	Liam Bootsma	M 16	638	TRAUMA 10M			40:52.22
4	Suzanne Kerr	F 41	309	TRAUMA 10M			41:14.25
5	Graeme McConnell	M 23	704	TRAUMA 10M			41:25.38
6	Becca Brennan	F 21	644	TRAUMA 10M			41:25.72
7	Shane Gale	M 35	670	TRAUMA 10M			42:26.69
8	Steve Raby	M 32	212	TRAUMA 10M			42:31.47
9	Mark Kerr	M 36	287	TRAUMA 10M			43:10.56
10	Tim Chaplin	M 36	650	TRAUMA 10M			43:43.56
11	Charlie Roland	M 53	741	TRAUMA 10M			44:20.78
12	Boyd White	M 62	773	TRAUMA 10M			44:36.69
13	Scott Valberg	M 32	767	TRAUMA 10M			44:46.06
14	Richard Prinsen	M 53	233	TRAUMA 10M			45:15.06
15	Caley Flynn	F 30	669	TRAUMA 10M			45:52.91
16	Kevin Lee	M 30	696	TRAUMA 10M			46:15.28
17	Lisa Bootsma	F 44	639	TRAUMA 10M			46:29.62
18	Emile Ndorimana	M 42	783	TRAUMA 10M			46:34.03
19	Fred Topham	M 56	664	TRAUMA 10M			46:40.34
20	Lana Saunders	F 42	779	TRAUMA 10M			46:44.38
21	Tim Andrew	M 57	631	TRAUMA 10M			46:56.47
22	Aaron Siller	M 32	782	TRAUMA 10M			47:07.03
23	Amanda Hussey	F 46	686	TRAUMA 10M			47:17.62
24	Gillian Thiel	F 23	760	TRAUMA 10M			47:20.25
25	Heather White	F 30	774	TRAUMA 10M			47:28.22
26	Reo Roland	F 23	742	TRAUMA 10M			47:34.88
27	Patrick Sanderson	M 26	744	TRAUMA 10M			47:59.62
28	Tara Chisholm	F 29	651	TRAUMA 10M			48:19.88
29	Kash Visram	M 27	770	TRAUMA 10M			48:26.28
30	Gerald Lapratte	M 45	695	TRAUMA 10M			48:30.41
31	Adam Searle	M 24	749	TRAUMA 10M			48:54.22
32	Harry Brastianos	M 39	643	TRAUMA 10M			48:56.56
33	Kathleen Dorsey	F 31	331	TRAUMA 10M			48:58.97
34	Lesley Rudy	F 37	743	TRAUMA 10M			49:02.84
35	John Im	M 32	687	TRAUMA 10M			49:24.15
36	Annie Claude Ethier	F 40	778	TRAUMA 10M			49:33.81
37	Andrea Rochon	F 33	740	TRAUMA 10M			49:42.88
38	Rae McDonald	F 41	260	TRAUMA 10M			50:05.18
39	Melody Knott	F 41	692	TRAUMA 10M			50:15.31
40	Raymond Lahay	M 38	694	TRAUMA 10M			50:50.69
41	Lisette D'entremont	F 26	662	TRAUMA 10M			51:05.72
42	Diana Bertosa	F 29	635	TRAUMA 10M			51:07.25
43	Julie Schneider	F 37	747	TRAUMA 10M			51:09.06
44	Landon Mutch	M 28	711	TRAUMA 10M			51:12.91

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	Name	Age	Bib	Team	Avg per K	Avg per MI	Time
45	Tara Worthy	F 25	776	TRAUMA 10M			51:16.66
46	Louise Guerin	F 44	676	TRAUMA 10M			51:40.34
47	Stephanie Venedam	F 26	768	TRAUMA 10M			51:58.00
48	Katie O'Connell	F 24	714	TRAUMA 10M			52:09.53
49	Adam Chruscicki	M 32	652	TRAUMA 10M			52:20.25
50	Cassidy Pilutti	F 31	731	TRAUMA 10M			52:20.96
51	Erin Chaplin	F 35	649	TRAUMA 10M			52:24.97
52	Liam Callahan	M 33	646	TRAUMA 10M			52:34.34
53	Sara Boyce	F 41	641	TRAUMA 10M			52:37.59
54	Jenny King	F 30	691	TRAUMA 10M			52:53.28
55	Shirley Myers	F 65	712	TRAUMA 10M			53:03.12
56	Rachel Strauss	F 21	757	TRAUMA 10M			53:03.52
57	Casey Kidson	F 29	690	TRAUMA 10M			53:21.00
58	Theresa Robertson-Chenier	F 30	739	TRAUMA 10M			53:50.72
59	Scott Wakeham	M 24	771	TRAUMA 10M			53:55.44
60	Alanna Kader	F 27	689	TRAUMA 10M			54:14.22
61	Lydia Shepherd	F 31	750	TRAUMA 10M			54:43.25
62	Spenser Longworth	F 30	701	TRAUMA 10M			54:45.41
63	Shawn Clarke	M 34	653	TRAUMA 10M			54:46.88
64	Christen Cormier	F 34	656	TRAUMA 10M			54:47.28
65	Kira McNeely	F 52	708	TRAUMA 10M			55:11.81
66	Frank Berube	M 39	636	TRAUMA 10M			55:33.47
67	Kate Mutch	F 25	710	TRAUMA 10M			55:36.03
68	Louise Good	F 32	675	TRAUMA 10M			55:39.18
69	Andrew Penrose	M 28	718	TRAUMA 10M			55:42.91
70	Katie May	F 39	227	TRAUMA 10M			55:47.41
71	Caitlin McGarry	F 29	707	TRAUMA 10M			55:50.34
72	Ian Baggley	M 42	634	TRAUMA 10M			56:03.44
73	Kate Liu	F 24	700	TRAUMA 10M			56:39.28
74	Crystal Scheffer	F 53	746	TRAUMA 10M			56:45.84
75	Geoffrey Roulet	M 69	780	TRAUMA 10M			57:19.28
76	Karen Too	F 26	763	TRAUMA 10M			57:27.78
77	Pierre Girard	M 67	673	TRAUMA 10M			57:30.44
78	Scott Allen	M 29	630	TRAUMA 10M			57:53.72
79	Andy Glazin	M 49	674	TRAUMA 10M			57:54.65
80	Trina Stephens	F 30	756	TRAUMA 10M			57:56.02
81	Stacey Ison	F 38	688	TRAUMA 10M			57:56.81
82	Debbie Asselstine	F 41	633	TRAUMA 10M			58:06.69
83	Lorraine Fischer	F 46	254	TRAUMA 10M			58:12.28
84	Tanner White	F 26	775	TRAUMA 10M			58:14.41
85	Madeline Lemke	F 27	698	TRAUMA 10M			58:23.28
86	Sarah Nagle	F 29	713	TRAUMA 10M			58:53.66
87	Heather Situm	F 53	752	TRAUMA 10M			59:01.38
88	Jessica Harvie	F 52	682	TRAUMA 10M			59:24.12
89	Dax Chambers	M 45	648	TRAUMA 10M			59:39.53
90	Sydney Candy	F 26	647	TRAUMA 10M			59:55.03

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91	Ben Scheffer	M 54	745	TRAUMA 10M			59:56.88
92	Andrew Hamilton	M 58	681	TRAUMA 10M			1:00:18.91
93	Mike Bradford	M 40	642	TRAUMA 10M			1:00:24.15
94	Paul Thompson	M 68	761	TRAUMA 10M			1:00:33.18
95	Tim Phinney	M 60	730	TRAUMA 10M			1:00:52.62
96	Tanya Gorr	F 37	258	TRAUMA 10M			1:01:24.47
97	Laura Dolamore	F 27	663	TRAUMA 10M			1:01:32.69
98	Sonal Patel	F 29	716	TRAUMA 10M			1:01:35.53
99	Kiera Robertson-Long	F 18	738	TRAUMA 10M			1:01:56.66
100	Brodie Dryden	M 23	665	TRAUMA 10M			1:02:43.47
101	Maria Gutierrez	F 46	678	TRAUMA 10M			1:04:10.53
102	Len Matiowsky	M 53	703	TRAUMA 10M			1:04:26.94
103	Lorene Taylor	F 65	758	TRAUMA 10M			1:05:49.84
104	Denise Ray	F 52	736	TRAUMA 10M			1:06:00.56
105	Tammy Blackmore	F 51	637	TRAUMA 10M			1:06:00.96
106	Lesley Haskin	F 37	683	TRAUMA 10M			1:06:01.78
107	Tyler Dryden	M 25	667	TRAUMA 10M			1:06:05.66
108	Kristen Daize	F 28	659	TRAUMA 10M			1:06:26.81
109	Dawn Quenneville	F 43	733	TRAUMA 10M			1:06:27.31
110	Danielle Daize	F 54	658	TRAUMA 10M			1:06:27.87
111	Jacquie Reid	F 49	737	TRAUMA 10M			1:06:29.02
112	Michelle Brown	F 45	645	TRAUMA 10M			1:06:29.50
113	Jessica Hall	F 24	680	TRAUMA 10M			1:06:32.50
114	Sarah Connell	F 25	655	TRAUMA 10M			1:06:49.47
115	Christina Dryden	F 45	666	TRAUMA 10M			1:07:02.94
116	Roland Gardiner	M 30	671	TRAUMA 10M			1:07:04.09
117	Kayla Gilchrist	F 27	672	TRAUMA 10M			1:07:05.24
118	Sandra Spencer	F 47	754	TRAUMA 10M			1:07:41.34
119	Nova Zhao	F 23	777	TRAUMA 10M			1:07:44.12
120	Shallan Dament	F 31	660	TRAUMA 10M			1:08:06.44
121	Paula Mott	F 39	709	TRAUMA 10M			1:08:31.88
122	Kathryn Palaic	F 25	715	TRAUMA 10M			1:09:19.44
123	Colleen Gurnsey	F 60	677	TRAUMA 10M			1:10:15.34
124	Cynthia Leung	F 41	699	TRAUMA 10M			1:12:41.25
125	Sarah Labelle	F 36	693	TRAUMA 10M			1:13:19.88
126	Cathy Schroeder	F 45	748	TRAUMA 10M			1:16:55.53
127	Mary Jane Phillips	F 64	332	TRAUMA 10M			1:16:55.87
128	Erika Villeneuve	F 24	769	TRAUMA 10M			1:23:00.00
129	Stephen Peck	M 59	717	TRAUMA 10M			1:25:25.00