

**KGH Trauma 10km**

Kingston, Ontario

23/04/2016

4/23/16 - 4/23/16

Results by [www.runningbydesign.com](http://www.runningbydesign.com)**Event # 1 MIXED 10K Run**

	Name	Age	Bib	Team	Avg per K	Avg per MI	Time
<b>OVERALL</b>							
1	Ryan MacDonell	M 23	660	KRRR	3:26.9	5:33.0	34:29.31
2	Tom Glassco	M 27	634	KRRR	3:30.4	5:38.7	35:04.91
3	John Drover	M 56	624	KRRR	3:40.8	5:55.4	36:48.66
4	Jeremy Billard	M 20	606	KRRR	3:44.6	6:01.5	37:26.81
5	Tim Chaplin	M 34	725	KRRR	3:51.7	6:13.0	38:37.75
6	Sebastian Scott	M 17	696	KRRR	3:54.5	6:17.3	39:05.00
7	Erin Gregory	F 40	637	KRRR	3:54.9	6:18.1	39:09.59
8	Kevin Morash	M 25	670	KRRR	3:57.9	6:22.9	39:39.59
9	Todd Biggerman	M 44	605	KRRR	4:01.5	6:28.6	40:15.22
10	Suzanne Kerr	F 40	720	KRRR	4:01.8	6:29.1	40:18.18
11	Lorne Singer	M 49	700	KRRR	4:02.8	6:30.7	40:28.12
12	Ryan Albano	M 26	600	KRRR	4:04.8	6:34.0	40:48.28
13	Jack Li	M 23	656	KRRR	4:06.8	6:37.2	41:08.41
14	Kendra Burns	F 17	721	KRRR	4:14.2	6:49.1	42:22.41
15	Chancey Cagley	M 31	723	KRRR	4:16.0	6:52.1	42:40.81
16	Stuart McPherson	M 40	666	KRRR	4:22.7	7:02.8	43:47.75
17	Louise de Lamoy	F 28	719	KRRR	4:28.6	7:12.4	44:46.91
18	Richard Prinsen	M 51	685	KRRR	4:29.1	7:13.2	44:51.91
19	Lana Saunders	F 41	695	KRRR	4:30.3	7:15.0	45:03.47
20	Matt White	M 29	713	KRRR	4:30.9	7:16.0	45:09.53
21	Brent Cullen	M 29	619	KRRR	4:33.9	7:20.8	45:39.59
22	Aaron Siller	M 31	699	KRRR	4:37.5	7:26.7	46:15.88
23	Charlie Roland	M 51	691	KRRR	4:37.8	7:27.1	46:18.69
24	Ocean Johnson-Storey	F 21	647	KRRR	4:38.7	7:28.5	46:27.09
25	Kyle Hillier	M 31	641	KRRR	4:42.8	7:35.1	47:08.28
26	Amanda Hussey	F 44	644	KRRR	4:43.6	7:36.4	47:16.41
27	Myriam Boily	F 22	609	KRRR	4:45.3	7:39.1	47:33.15
28	Erin Brennan	F 33	613	KRRR	4:49.4	7:45.8	48:14.81
29	Cees van der Velde	M 33	710	KRRR	4:59.1	8:01.4	49:51.62
30	Robert Jeremiah	M 34	726	KRRR	4:59.5	8:02.0	49:55.28
31	Shirley Myers	F 63	673	KRRR	5:00.2	8:03.2	50:02.56
32	Melody Knott	F 39	653	KRRR	5:01.4	8:05.2	50:14.97
33	Lesley Rudy	F 35	694	KRRR	5:03.2	8:07.9	50:32.25
34	Bethanie Matthews	F 25	662	KRRR	5:03.3	8:08.2	50:33.66
35	Mary Cote	F 29	618	KRRR	5:10.2	8:19.2	51:42.22
36	Megan Gao	F 27	633	KRRR	5:15.8	8:28.2	52:38.06
37	Reo Roland	F 21	692	KRRR	5:18.6	8:32.8	53:06.97
38	Darius Gorganzadeh	M 36	635	KRRR	5:21.5	8:37.5	53:35.81
39	Anouk de Brouwer	F 28	621	KRRR	5:24.6	8:42.4	54:06.50
40	Anna Perry	F 28	680	KRRR	5:27.4	8:46.9	54:34.22
41	Karlynn Pixley	F 35	682	KRRR	5:27.5	8:47.1	54:35.62
42	Geoffrey Roulet	M 68	693	KRRR	5:27.7	8:47.5	54:37.84
43	Alexandra Bulak	F 36	614	KRRR	5:27.8	8:47.6	54:38.62
44	Jenny King	F 28	651	KRRR	5:30.4	8:51.7	55:04.38

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	Name	Age	Bib	Team	Avg per K	Avg per MI	Time
45	Andrew Bootsma	M 20	610	KRRR	5:34.8	8:58.8	55:48.28
46	Nathan Hicks	M 19	640	KRRR	5:35.2	8:59.5	55:52.38
47	Christina Fisher	F 39	631	KRRR	5:36.0	9:00.8	56:00.56
48	Dan Slykhuis	M 31	702	KRRR	5:37.5	9:03.2	56:15.78
49	Meghan Reddy	F 23	688	KRRR	5:38.3	9:04.5	56:23.72
50	Morgan Murphy	F 32	672	KRRR	5:38.7	9:05.1	56:27.56
51	Jim Mortimore	M 43	671	KRRR	5:38.8	9:05.3	56:28.40
52	Joe Du Vall	M 62	628	KRRR	5:39.0	9:05.6	56:30.38
53	Brett Lockerbie	M 61	658	KRRR	5:42.3	9:10.8	57:03.03
54	Jane Clark	F 44	616	KRRR	5:43.5	9:12.8	57:15.56
55	Tyler Dryden	M 24	626	KRRR	5:44.8	9:14.9	57:28.03
56	Stacy Jowett	F 37	648	KRRR	5:46.3	9:17.3	57:43.34
57	Katie Young	F 31	717	KRRR	5:46.4	9:17.5	57:44.37
58	Kelsey Klieber	F 26	652	KRRR	5:47.0	9:18.5	57:50.72
59	Sarah Davey	F 33	620	KRRR	5:47.1	9:18.6	57:51.50
60	Joon Oh	F 22	674	KRRR	5:47.4	9:19.1	57:54.41
61	Nicole Prentiss	F 22	684	KRRR	5:48.9	9:21.6	58:09.81
62	Shereen Thompson	F 40	709	KRRR	5:49.6	9:22.7	58:16.50
63	Chris Stratford	M 50	706	KRRR	5:49.6	9:22.7	58:16.96
64	Lisa Rice	F 43	689	KRRR	5:50.0	9:23.3	58:20.66
65	Susie Hulton	F 39	643	KRRR	5:50.9	9:24.8	58:29.75
66	Kim Wilkinson	F 41	715	KRRR	5:51.7	9:26.1	58:37.66
67	Bethany Pawliuk	F 30	678	KRRR	5:53.0	9:28.1	58:50.25
68	Trina Stephens	F 28	718	KRRR	5:54.0	9:29.7	59:00.31
69	Jill Bennett-Hollett	F 38	602	KRRR	5:56.7	9:34.1	59:27.38
70	Christy McCreary	F 44	663	KRRR	5:58.8	9:37.5	59:48.59
71	George Oswald	M 64	675	KRRR	5:59.9	9:39.2	59:59.12
72	Andrew Hamilton	M 56	639	KRRR	6:02.1	9:42.7	1:00:21.18
73	Brooke Bowes	F 27	611	KRRR	6:02.4	9:43.3	1:00:24.91
74	Jordan Long	M 30	659	KRRR	6:02.5	9:43.4	1:00:25.40
75	Amanda Miller	F 27	668	KRRR	6:04.4	9:46.4	1:00:44.25
76	Joshua Won	M 23	716	KRRR	6:05.2	9:47.8	1:00:52.44
77	Rickard Margie	F 38	722	KRRR	6:06.1	9:49.3	1:01:01.81
78	Rachael Quickert	F 22	686	KRRR	6:10.5	9:56.3	1:01:45.56
79	Hammons Amanda	F 22	724	KRRR	6:10.6	9:56.4	1:01:46.06
80	Torri Phillips	F 25	681	KRRR	6:22.5	10:15.5	1:03:45.03
81	AJ Gregorio	M 30	636	KRRR	6:22.5	10:15.6	1:03:45.43
82	Stephanie Barnes	F 36	601	KRRR	6:25.2	10:19.9	1:04:12.22
83	Sarah Richardson	F 23	690	KRRR	6:30.1	10:27.8	1:05:01.44
84	Charlotte Tessier	F 23	707	KRRR	6:31.4	10:30.0	1:05:14.75
85	Savannah Raeburn-Gibson	F 20	687	KRRR	6:31.5	10:30.0	1:05:15.18
86	Erica McPherson	F 34	667	KRRR	6:32.7	10:32.1	1:05:27.94
87	Jennifer Wale	F 41	711	KRRR	6:38.3	10:41.0	1:06:23.12
88	Deborah Dowker	F 47	622	KRRR	6:39.4	10:42.8	1:06:34.47
89	Marion Oswald	F 58	676	KRRR	6:41.8	10:46.7	1:06:58.97
90	Jeannine Prentiss	F 54	683	KRRR	6:46.4	10:54.1	1:07:44.94

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91	Cassie Snook	F 23	704	KRRR	6:47.2	10:55.3	1:07:52.28
92	Kristin Finkenzeller	F 38	630	KRRR	6:48.5	10:57.4	1:08:05.38
93	Christina Dryden	F 43	627	KRRR	7:01.8	11:18.9	1:10:18.53
94	Jamie Kincaid	F 37	650	KRRR	7:02.2	11:19.5	1:10:22.59
95	Jennifer Boyle	F 38	612	KRRR	7:06.0	11:25.6	1:11:00.34
96	Amy Sept	F 34	697	KRRR	7:06.0	11:25.7	1:11:00.90
97	Alex Drover	M 16	625	KRRR	7:14.4	11:39.1	1:12:24.22
98	Louise Conley	F 55	617	KRRR	7:20.0	11:48.1	1:13:20.53
99	Abigail Shin	F 20	698	KRRR	7:21.5	11:50.6	1:13:35.50
100	Laurie Lockerbie	F 58	657	KRRR	7:26.0	11:57.8	1:14:20.75
101	Leslie Inglis	F 51	645	KRRR	7:26.1	11:57.9	1:14:21.28
102	Colleen Gurnsey	F 58	638	KRRR	7:32.6	12:08.4	1:15:26.62
103	Cathy White	F 52	714	KRRR	7:33.5	12:09.9	1:15:35.72
104	Candace Pike	F 31	679	KRRR	7:39.2	12:19.0	1:16:32.00
105	Kelly Kouri	F 38	654	KRRR	7:43.0	12:25.1	1:17:10.22
106	Holly Maillet	F 36	661	KRRR	7:43.0	12:25.2	1:17:10.62
107	Donna Leybourne	F 46	655	KRRR	7:46.3	12:30.5	1:17:43.88
108	Brittany McFaul	F 20	664	KRRR	8:31.0	13:42.3	1:25:10.15
109	Jenna Dowling	F 28	623	KRRR	8:31.1	13:42.5	1:25:11.06