

**KRRA Two-Some Run**

6:07PM

2020-02-09

4/9/20 - 4/9/20

Results by [www.runningbydesign.com](http://www.runningbydesign.com)

**MIXED 5K Run**

Place	Team	Age	Time
<b>MALE: 1 - 29</b>			
1	Physi-Kult 1	Total Age: 28.	<b>Total Time: 37:06.21</b>
	Owen Danby 14 M 18:36.46 Angus Skinner 14 M 18:29.75		
<b>MALE: 40 - 49</b>			
1	Equilibrium	Total Age: 48.	<b>Total Time: 53:33.50</b>
	Saif Elmaghraby 23 M 29:57.22 Dominic Mayhew 25 M 23:36.28		
<b>MALE: 50 - 59</b>			
1	The Frank runners	Total Age: 56.	<b>Total Time: 42:57.03</b>
	Jacob Frank 11 M 21:23.78 Brian Frank 45 M 21:33.25		
2	Be A Running Friend	Total Age: 56.	<b>Total Time: 47:40.21</b>
	Andrew Filipcic 28 M 23:50.52 Dan Lynch 28 M 23:49.69		
<b>MALE: 60 - 69</b>			
1	The BookEnds	Total Age: 64.	<b>Total Time: 45:10.84</b>
	Eddy Ford 36 M 23:43.66 Billy Ford 28 M 21:27.18		
<b>MALE: 70 - 79</b>			
1	Siller Williams	Total Age: 73.	<b>Total Time: 46:10.04</b>
	Aaron Siller 35 M 22:15.38 Daniel Williams 38 M 23:54.66		
<b>MALE: 80 - 89</b>			
1	Bill and Andrew	Total Age: 81.	<b>Total Time: 42:09.56</b>
	Bill Dobson 54 M 22:39.68 Andrew Duquesnay 27 M 19:29.88		
<b>MALE: 120 - 200</b>			
1	Team Sunderland	Total Age: 144.	<b>Total Time: 1:05:15.00</b>
	Richard Sunderland 74 M 29:55.69 Paul Thompson 70 M 35:19.31		

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<b>FEMALE: 1 - 29</b>			
1	Team Campbell	Total Age: 29.	<b>Total Time: 41:41.72</b>
	Reese McShane 15 F 20:42.38 Alex Campbell 14 F 20:59.34		
<b>FEMALE: 30 - 39</b>			
1	Team KCVI	Total Age: 30.	<b>Total Time: 45:43.10</b>
	Kira Allen 15 F 21:44.41 Claire Brackenbury 15 F 23:58.69		
<b>FEMALE: 40 - 49</b>			
1	Running Pages	Total Age: 48.	<b>Total Time: 54:06.28</b>
	Heather Townsend 24 F 28:34.50 Julie Bates 24 F 25:31.78		
<b>FEMALE: 50 - 59</b>			
1	Veronica - May	Total Age: 55.	<b>Total Time: 41:21.22</b>
	May Lu 26 F 22:38.88 Veronica Allan 29 F 18:42.34		
2	Kickin Asphalt	Total Age: 57.	<b>Total Time: 51:08.76</b>
	Tricia Smith 38 F 24:42.38 Karly Hawkes 19 F 26:26.38		
3	Slyder	Total Age: 57.	<b>Total Time: 55:41.65</b>
	Rebecca Sly 28 F 27:50.41 Lisa Snyder 29 F 27:51.24		
<b>FEMALE: 60 - 69</b>			
1	Run Like A Mother	Total Age: 68.	<b>Total Time: 53:28.43</b>
	Rachael Macdermid 34 F 26:44.59 Lindsay Shaddock 34 F 26:43.84		
2	Frost Friends	Total Age: 63.	<b>Total Time: 1:05:39.39</b>
	Breanne Johnson 34 F 32:50.21 Whitney Donnelly 29 F 32:49.18		
<b>FEMALE: 70 - 79</b>			
1	We're Snot Cold	Total Age: 72.	<b>Total Time: 58:18.62</b>
	Julielee Stitt 30 F 28:53.31 Jennifer Pinarski 42 F 29:25.31		
2	Bridgen	Total Age: 77.	<b>Total Time: 1:04:39.81</b>
	Jen Bridgen 37 F 32:40.06 Tracy Bridgen 40 F 31:59.75		
<b>FEMALE: 80 - 89</b>			
1	Foxwood Duo	Total Age: 80.	<b>Total Time: 48:16.81</b>
	Lani Fox 42 F 25:04.06 Sara Wellwood 38 F 23:12.75		
2	Team Taylor	Total Age: 81.	<b>Total Time: 57:15.32</b>
	Lisa Taylor 50 F 30:50.44 Casey Kidson 31 F 26:24.88		
3	Cagney & Lacey	Total Age: 84.	<b>Total Time: 1:11:11.03</b>
	Autumn Gardner 39 F 35:34.09 Caroline Claude 45 F 35:36.94		
<b>FEMALE: 90 - 99</b>			
1	Mom & Me	Total Age: 90.	<b>Total Time: 54:44.25</b>
	Cindy Abeles 62 F 30:07.03 Kathleen Abeles 28 F 24:37.22		
<b>FEMALE: 100 - 109</b>			
1	Team Witzke	Total Age: 102.	<b>Total Time: 47:20.47</b>
	Robi Witzke 45 F 23:23.75 Mark Waldren 57 F 23:56.72		

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Place	Team	Age	Time
<b>FEMALE: 110 - 119</b>			
1	Girl Power	Total Age: 111.	<b>Total Time: 56:32.16</b>
	Kathy Hinch 58 F 27:42.94 Claire McKinney 53 F 28:49.22		

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Place	Team	Age	Time
<b>COED: 1 - 29</b>			
1	Saunders - Breadner	Total Age: 29.	<b>Total Time: 44:14.50</b>
	Sophie Saunders-Lambert 13 F 24:14.78 Ché Breadner 16 M 19:59.72		
2	Cooper Loeff	Total Age: 26.	<b>Total Time: 54:44.53</b>
	Cooper Barrie 13 M 20:13.15 Kayla Loeff 13 F 34:31.38		
<b>COED: 40 - 49</b>			
1	Em-mat	Total Age: 43.	<b>Total Time: 44:17.09</b>
	Matt Flood 22 M 16:12.12 Emma Hamilton 21 F 28:04.97		
2	Catch me if you can.	Total Age: 45.	<b>Total Time: 50:39.47</b>
	Parker Goguen 10 M 24:32.75 Holly Martin 35 F 26:06.72		
<b>COED: 50 - 59</b>			
1	Patt-Reynson	Total Age: 58.	<b>Total Time: 42:49.44</b>
	Clay Patterson 31 M 17:33.22 Mary Reynolds 27 F 25:16.22		
2	The Kennedy's	Total Age: 51.	<b>Total Time: 48:46.02</b>
	Michael Kennedy 39 M 21:29.18 Tara Kennedy 12 F 27:16.84		
3	Team Turtle	Total Age: 55.	<b>Total Time: 51:54.41</b>
	Shannon Bowes 32 F 26:32.50 Matthew Silver 23 M 25:21.91		
4	Quick Brown Foxes	Total Age: 50.	<b>Total Time: 1:16:47.01</b>
	Megan Ross 25 F 37:25.01 Daniel Isakovich 25 M 39:22.00		
5	Rebellious Renaud	Total Age: 56.	<b>Total Time: 1:24:37.00</b>
	Abagael Renaud 15 F 42:19.00 Richard Renaud 41 M 42:18.00		
<b>COED: 60 - 69</b>			
1	Langley n Langley	Total Age: 66.	<b>Total Time: 35:58.62</b>
	Hugh Langley 34 M 16:20.62 Meredith Langley 32 F 19:38.00		
2	Team Dorsey	Total Age: 66.	<b>Total Time: 40:04.03</b>
	Kathleen Dorsey 33 F 21:31.22 Ryan Dorsey 33 M 18:32.81		
3	Katie & Karim	Total Age: 67.	<b>Total Time: 46:18.53</b>
	Karim Nashef 33 M 21:59.28 Katie Ratcliffe 34 F 24:19.25		
4	Team Cosgrove	Total Age: 69.	<b>Total Time: 47:24.46</b>
	Whitney Cosgrove 31 F 26:38.65 Gavin Cosgrove 38 M 20:45.81		
5	Team Jones	Total Age: 69.	<b>Total Time: 48:37.38</b>
	Owain Jones 35 M 18:35.50 Allison Casteels 34 F 30:01.88		
6	Cantlay - Colangeli	Total Age: 62.	<b>Total Time: 51:12.50</b>
	Christina Cantlay 30 F 28:16.06 Anthony Colangeli 32 M 22:56.44		
7	Huffnpuff	Total Age: 62.	<b>Total Time: 1:02:00.34</b>
	Sarah Paulson 29 F 30:59.88 Brian Petersen 33 M 31:00.46		

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<b>COED: 70 - 79</b>			
1	Annie and Scott	Total Age: 76.	<b>Total Time: 45:28.25</b>
	Annie Riel 45 F 23:09.66 Scott Allen 31 M 22:18.59		
2	Team Eames	Total Age: 79.	<b>Total Time: 45:32.06</b>
	Tyler Eames 40 M 21:27.72 Angela Eames 39 F 24:04.34		
3	Glazier-Brastianos	Total Age: 72.	<b>Total Time: 47:24.41</b>
	Harry Brastianos 41 M 24:58.47 Lyndsay Glazier 31 F 22:25.94		
4	On The Move	Total Age: 75.	<b>Total Time: 49:24.06</b>
	Kate Primeau 39 F 27:41.44 Adam Gibson 36 M 21:42.62		
5	Stephens	Total Age: 78.	<b>Total Time: 49:34.41</b>
	Eric Stephens 41 M 24:40.66 Amy Stephens 37 F 24:53.75		
6	GC ATHLETIC CLUB	Total Age: 75.	<b>Total Time: 52:22.54</b>
	Rob Hamilton 43 M 25:17.88 Stephanie Place 32 F 27:04.66		
7	Paula & Dave	Total Age: 77.	<b>Total Time: 1:04:25.47</b>
	Dave Sullivan 37 M 30:20.59 Paula Sullivan 40 F 34:04.88		
<b>COED: 80 - 89</b>			
1	Trihardz	Total Age: 87.	<b>Total Time: 40:00.72</b>
	Lianne Morissette 49 F 22:45.88 Nick Cosman 38 M 17:14.84		
2	Hawkes/Smith	Total Age: 82.	<b>Total Time: 42:06.65</b>
	Amy Smith 39 F 22:32.84 Graham Hawkes 43 M 19:33.81		
3	Paul and Mackenzie	Total Age: 80.	<b>Total Time: 44:19.50</b>
	Mackenzie Bowman 41 F 21:08.22 Paul Batty 39 M 23:11.28		
4	Glazier - Prinsen	Total Age: 84.	<b>Total Time: 49:52.60</b>
	Jenna Glazier 29 F 27:08.72 Richard Prinsen 55 M 22:43.88		
5	Maddy O	Total Age: 85.	<b>Total Time: 50:06.11</b>
	Madison Oskamp 28 F 25:02.68 Andrew Forbes 57 M 25:03.43		
6	Nineteen and a Half	Total Age: 83.	<b>Total Time: 56:49.96</b>
	Chris Kreick 43 M 25:27.18 Martine Thivierge-Bournival 40 F 31:22.78		
<b>COED: 90 - 99</b>			
1	Newfoundland Transpl	Total Age: 94.	<b>Total Time: 41:44.81</b>
	Allison Alexander 37 F 22:09.91 Stephen Callahan 57 M 19:34.90		
2	Limestone City Ent.	Total Age: 92.	<b>Total Time: 47:17.06</b>
	Cara Chesney 39 F 26:46.94 Robby Breadner 53 M 20:30.12		
3	Luis & Pam	Total Age: 90.	<b>Total Time: 52:03.28</b>
	Pam Mundell 54 F 28:14.81 Luis Paico Avilez 36 M 23:48.47		
4	Team Loulou	Total Age: 93.	<b>Total Time: 54:23.22</b>
	Gerald Lapratte 47 M 24:46.34 Louise Guerin 46 F 29:36.88		
5	Team Taylor	Total Age: 91.	<b>Total Time: 57:00.06</b>
	Casey Kidson 31 F 26:24.88 John Day 60 M 30:35.18		
6	Matthew & Tammy	Total Age: 92.	<b>Total Time: 57:09.18</b>
	Tammy Pigion 46 F 24:08.34 Matthew Richardson 46 M 33:00.84		
7	Just One More Hill B	Total Age: 96.	<b>Total Time: 1:14:50.77</b>
	Debbie Hutchinson 48 F 37:25.12 Billy Macadoo 48 M 37:25.65		

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<b>COED: 100 - 109</b>			
1	Running Wild	Total Age: 100.	<b>Total Time: 42:47.03</b>
	Kevin Beatty 43 M 17:47.28 Diane Kent 57 F 24:59.75		
2	Cote-Moran	Total Age: 109.	<b>Total Time: 44:53.18</b>
	Leanne Moran 54 F 24:16.59 Dalton Cote 55 M 20:36.59		
3	Tippy toes and me	Total Age: 104.	<b>Total Time: 47:20.34</b>
	Michelle Pothier 51 F 27:09.81 Lorne Singer 53 M 20:10.53		
4	Miles-Webster	Total Age: 106.	<b>Total Time: 53:20.21</b>
	Diane Miles 54 F 34:31.87 Kevin Webster 52 M 18:48.34		
5	We Go!	Total Age: 103.	<b>Total Time: 54:55.90</b>
	Karen Walsh 43 F 25:42.09 Rob Haggarty 60 M 29:13.81		
<b>COED: 110 - 119</b>			
1	Ride or Die	Total Age: 110.	<b>Total Time: 43:46.75</b>
	Al Cantlay 65 M 21:46.47 Lana Saunders 45 F 22:00.28		
2	Millson-Royce	Total Age: 117.	<b>Total Time: 46:41.25</b>
	Rick Royce 60 M 22:23.75 Karen Millson 57 F 24:17.50		
3	Stevedores	Total Age: 118.	<b>Total Time: 46:45.90</b>
	Steven Blostein 58 M 18:25.78 Dorothea Blostein 60 F 28:20.12		
4	The 56'ers	Total Age: 112.	<b>Total Time: 48:59.06</b>
	Janet Shepherd 56 F 24:52.59 David Lee 56 M 24:06.47		
5	BELCAN	Total Age: 115.	<b>Total Time: 52:53.84</b>
	Francoise Glibert 59 F 24:51.25 Philip Bates 56 M 28:02.59		
<b>COED: 120 - 200</b>			
1	Middle of the Pack	Total Age: 123.	<b>Total Time: 51:19.66</b>
	Stacey Berdan 52 F 26:51.91 Ed Brand 71 M 24:27.75		
2	Vertically challenge	Total Age: 124.	<b>Total Time: 54:01.60</b>
	Garry Carl 64 M 27:23.72 Alison Haggarty 60 F 26:37.88		
3	Nilpferde	Total Age: 120.	<b>Total Time: 1:02:07.16</b>
	Tucker Carrington 61 M 25:01.91 Anke Carrington 59 F 37:05.25		