

## KRRR Run with the Wild

Lemoine Pt., Kingston, Ontario

09/22/2012 - 09/22/2012

Results by [www.runningbydesign.ca](http://www.runningbydesign.ca)**Event # 1 MIXED 5K Run**

	Name	Age	Team	Bib	Avg per K	Avg per MI	Time
<b>FEMALE 11 - 19</b>							
1	CAELA FENTON	18 F	MISSISSAUGA	85	4:05.00	6:34.29	20:25.0
2	KATIE PETTES	19 F	AURORA	91	4:09.14	6:40.95	20:45.7
3	JULIE BATES	16 F	INVERARY	16	4:30.30	7:15.01	22:31.5
4	SYDNEY LAU	18 F	KINGSTON	119	4:43.76	7:36.67	23:38.8
5	KENDRA DEHNERT	13 F	BATTERSEA	66	5:50.94	9:24.78	29:14.7
6	JULIE WOODS	15 F	GANANOOUE	99	7:19.52	11:47.34	36:37.6
<b>FEMALE 20 - 29</b>							
1	PATRICIA RONEY	26 F	KINGSTON	121	3:49.04	6:08.60	19:05.2
2	LAURA WALKER	20 F	GODERICH	120	4:19.56	6:57.72	21:37.8
3	EMILY GIBSON	29 F	KINBURN	69	4:24.00	7:04.87	22:00.0
4	MELODIE MATHEWS	20 F	BELLEVILLE	106	4:59.74	8:02.38	24:58.7
5	LAURA CARLSON	28 F	KINGSTON	78	5:24.04	8:41.49	27:00.2
6	JANE CHO	29 F	TORONTO	64	5:33.54	8:56.78	27:47.7
7	LAVINIA LEE	29 F	KINGSTON	4	6:04.60	9:46.77	30:23.0
8	ANKITA GOEL	24 F	WATERLOO	26	6:24.22	10:18.34	32:01.1
<b>FEMALE 30 - 39</b>							
1	LESLIE QUINLAN	33 F	KINGSTON	125	4:17.64	6:54.63	21:28.2
2	KATIE GIBSON	31 F	KINBURN	68	4:20.60	6:59.40	21:43.0
3	LANA SAUNDERS	37 F	HOWE ISLAND	1000	4:40.50	7:31.42	23:22.5
4	SARAH TENNANT	34 F	KINGSTON	43	4:45.10	7:38.82	23:45.5
5	TARA ELDRIDGE	38 F	COBOURG	76	5:41.80	9:10.07	28:29.0
6	ELISHA LEE	34 F	KINGSTON	122	5:42.88	9:11.81	28:34.4
7	REBECCA HANNAFORD	34 F	KINGSTON	57	5:51.40	9:25.52	29:17.0
8	SUZANNE LEWIS	32 F	KINGSTON	24	5:55.44	9:32.03	29:37.2
9	TANYA EYBEL	34 F	STIRLING	21	5:59.22	9:38.11	29:56.1
10	NIJUN DUAN	32 F	KINGSTON	6	6:06.92	9:50.50	30:34.6
11	GRACE KIRKLAND	39 F	KINGSTON	128	6:23.30	10:16.86	31:56.5
12	WENDY STEPHEN	30 F	KINGSTON	73	6:30.10	10:27.81	32:30.5
13	ERIN IMPOLA	34 F	KINGSTON	44	6:48.90	10:58.06	34:04.5
14	MALYNDA MCEWEN	38 F	COBOURG	49	7:22.80	11:52.62	36:54.0
<b>FEMALE 40 - 49</b>							
1	MARGARITA BABKOVA	42 F	KINGSTON	117	4:09.78	6:41.98	20:48.9
2	JOANN DEHNERT	46 F	BATTERSEA	67	4:31.30	7:16.62	22:36.5
3	BRIDGET MURPHY	42 F	KINGSTON	19	4:49.88	7:46.52	24:09.4
4	JEANETTE BEAUBIEN	44 F	KINGSTON	98	6:54.54	11:07.14	34:32.7
5	CERI TIMBRELL	46 F	INGLESIDE	30	6:54.96	11:07.81	34:34.8
6	MELANIE STRICKLAND	46 F	KINGSTON	40	7:00.38	11:16.54	35:01.9
<b>FEMALE 50 - 59</b>							
1	MYRA MACDONALD	52 F	KINGSTON	113	4:16.08	6:52.12	21:20.4
2	FRANCOISE GLIBERT	51 F	INVERARY	15	5:16.86	8:29.94	26:24.3
3	LOREL GUTTHARDT	51 F	CORBYVILLE	107	6:42.78	10:48.21	33:33.9
4	MARIE SAINT-PIERRE	51 F	TRENTON	32	7:20.78	11:49.37	36:43.9
5	SOPHIE PEACOCK	51 F	BALTIMORE	71	7:22.74	11:52.52	36:53.7
<b>FEMALE 60 - 69</b>							
1	DEBORAH HOLTOM	61 F	HOWE ISLAND	87	5:18.60	8:32.74	26:33.0
<b>MALE 1 - 10</b>							
1	CHET MORAN	10 M	AMHERSTVIEW	109	4:44.20	7:37.38	23:41.0
2	BLAKE HANNAFORD	10 M	KINGSTON	59	4:47.06	7:41.98	23:55.3
3	RILEY HANNAFORD	8 M	KINGSTON	60	5:24.86	8:42.81	27:04.3

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	Name	Age	Team	Bib	Avg per K	Avg per MI	Time
4	LUCAS MILLER	9 M	KINGSTON	115	5:29.74	8:50.67	27:28.7
5	REID HOPKINS	7 M	KINGSTON	124	5:33.36	8:56.49	27:46.8
6	THOMAS MAIR	9 M	YARKER	46	5:43.70	9:13.13	28:38.5
7	CAMERON KIRKLAND	9 M	KINGSTON	127	6:23.18	10:16.67	31:55.9
<b>MALE 11 - 19</b>							
1	ALEX HUTTON	19 M	KINGSTON	108	3:25.32	5:30.43	17:06.6
2	FELIX LAFONTANT	17 M	KINGSTON	45	3:26.16	5:31.78	17:10.8
3	SPENCER BAYLEY	18 M	MISSISSAUGA	81	3:28.48	5:35.52	17:22.4
4	KEVIN BATES	15 M	INVERARY	18	3:38.92	5:52.32	18:14.6
5	CHADD BECKWITH	16 M	LANSDOWNE	102	3:54.80	6:17.87	19:34.0
6	PAUL BATES	12 M	INVERARY	17	4:00.14	6:26.47	20:00.7
7	DREW WHITE	16 M	GANANOOUE	101	4:11.42	6:44.62	20:57.1
8	TREVOR YOUNG	16 M	GANANOOUE	100	4:11.88	6:45.36	20:59.4
9	NOAH LEINWEBER	12 M	KINGSTON	62	4:23.36	7:03.84	21:56.8
10	SEBASTIAN SCOTT	13 M	KINGSTON	110	4:28.72	7:12.46	22:23.6
11	GEOFFREY BLACKWELL	11 M	KINGSTON	80	4:37.20	7:26.11	23:06.0
12	PHILLIP MACDONALD	14 M	GANANOOUE	104	4:39.20	7:29.33	23:16.0
13	ALEX DREWMAH	13 M	KINGSTON	114	4:51.56	7:49.22	24:17.8
14	RODDY MACDONALD	15 M	GANANOOUE	103	4:57.74	7:59.17	24:48.7
<b>MALE 20 - 29</b>							
1	SEAN KEHOE	25 M	KINGSTON	95	3:51.56	6:12.66	19:17.8
2	ANDREW BEATTIE	21 M	KINGSTON	118	3:53.86	6:16.36	19:29.3
3	PAUL WANNAS	20 M	KINGSTON	75	4:18.04	6:55.28	21:30.2
4	BOBBY PAIN	27 M	KINGSTON	88	4:24.76	7:06.09	22:03.8
5	TIM ROSILLO	29 M	KINGSTON	130	4:26.32	7:08.60	22:11.6
6	GRAYSON DOREY	20 M	KINGSTON	96	4:37.40	7:26.43	23:07.0
7	TREVOR TOTH	24 M	KINGSTON	52	5:06.90	8:13.91	25:34.5
8	DANIEL CHAVIRA	29 M	KINGSTON	5	5:42.54	9:11.26	28:32.7
9	PAVEL NIKOLAEV	28 M	KINGSTON	12	5:53.84	9:29.45	29:29.2
10	PHIL KRUDSON	22 M	KINGSTON	11	6:20.34	10:12.10	31:41.7
<b>MALE 30 - 39</b>							
1	NICK MOSEY	34 M	KINGSTON	86	3:30.88	5:39.38	17:34.4
2	NICK COSMAN	30 M	KINGSTON	84	3:38.48	5:51.61	18:12.4
3	SAVVAS FRANTZESKOS	38 M	KINGSTON	92	3:40.26	5:54.47	18:21.3
4	YVES FILION	37 M	KINGSTON	36	3:47.44	6:06.03	18:57.2
5	DAVID MORRISON	35 M	BELLEVILLE	79	4:13.42	6:47.84	21:07.1
6	GEOFF STEPHEN	30 M	KINGSTON	72	4:17.90	6:55.05	21:29.5
7	SCOTT WILKES	32 M	KINGSTON	94	4:33.72	7:20.51	22:48.6
8	JASON HAGER	35 M	KINGSTON	51	5:04.02	8:09.27	25:20.1
9	RON HANNAFORD	39 M	KINGSTON	58	5:11.94	8:22.02	25:59.7
10	ALI HUSAIN	30 M	KINGSTON	2	5:16.64	8:29.58	26:23.2
11	KESLIM MOHAMMED	34 M	KINGSTON	129	5:21.08	8:36.73	26:45.4
12	FAOING YUAN	33 M	KINGSTON	9	5:33.16	8:56.17	27:45.8
<b>MALE 40 - 49</b>							
1	ROB MILLER	47 M	KINGSTON	63	3:36.30	5:48.10	18:01.5
2	JAY MOXNESS	40 M	STIRLING	22	3:53.66	6:16.04	19:28.3
3	KEVIN WEBSTER	44 M	KINGSTON	105	3:56.64	6:20.84	19:43.2
4	STEPHEN SCOTT	47 M	KINGSTON	111	3:59.52	6:25.47	19:57.6
5	MICHAEL DOWNING	43 M	OTTAWA	112	4:11.10	6:44.11	20:55.5
6	RICHARD PRINSEN	47 M	KINGSTON	29	4:29.90	7:14.36	22:29.5
7	TODD BIGGERMAN	41 M	KINGSTON	77	4:33.84	7:20.70	22:49.2
8	GREG PHELAN	46 M	KINGSTON	20	4:44.82	7:38.37	23:44.1

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	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Bib</b>	<b>Avg per K</b>	<b>Avg per MI</b>	<b>Time</b>
9	JOHN LEINWEBER	46 M	KINGSTON	61	4:55.78	7:56.01	24:38.9
10	JOHN HOPKINS	46 M	STIRLING	41	5:15.22	8:27.30	26:16.1
11	NEIL HOPKINS	40 M	KINGSTON	123	5:38.00	9:03.96	28:10.0
12	RALPH MAIR	49 M	YARKER	47	5:57.94	9:36.05	29:49.7
<b>MALE 50 - 59</b>							
1	STEVEN BLOSTEIN	51 M	HARROWSMITH	74	3:55.14	6:18.42	19:35.7
2	RICHARD ASCOUGH	50 M	KINGSTON	116	4:08.06	6:39.21	20:40.3
3	WAYNE RICE	50 M	SYDENHAM	42	4:22.92	7:03.13	21:54.6
4	JIM MURRAY	55 M	GANANOOUE	137	4:28.88	7:12.72	22:24.4
5	KEN HOOK	56 M	CLOYNE	65	4:43.36	7:36.02	23:36.8
6	JOHN MEEKEL	56 M	KINGSTON	56	4:52.96	7:51.47	24:24.8
7	DEAN TIMBRELL	50 M	INGLESIDE	31	4:58.14	7:59.81	24:50.7
8	GARRY CARL	56 M	BELLEVILLE	97	5:04.52	8:10.08	25:22.6
9	CHRISTIAN ROY	51 M	TRENTON	33	5:25.50	8:43.84	27:07.5
10	RICHARD LOTT	51 M	KINGSTON	48	5:43.32	9:12.52	28:36.6
11	MARK LADAN	53 M	KINGSTON	53	6:05.30	9:47.89	30:26.5
<b>MALE 60 - 69</b>							
1	RANDY FRITH	65 M	MALLORYTOWN	93	4:28.06	7:11.40	22:20.3
2	RICHARD SUNDERLAND	66 M	KINGSTON	126	5:20.54	8:35.86	26:42.7
3	CHRIS POVELL	65 M	KINGSTON	70	5:45.82	9:16.54	28:49.1
4	JOHN MCEWEN	66 M	COBOURG	50	7:19.24	11:46.89	36:36.2
<b>MALE 70 - 98</b>							
1	DAVE WILSON	81 M	KINGSTON	82	6:48.58	10:57.55	34:02.9