

Run with the Wild

Lemoine Pt. Kingston, Ontario

9/29/13 - 9/29/13

Results by www.runningbydesign.ca

Event # 1 MIXED 5K Run

Name	Age	Team	Bib	Avg per K	Avg per MI	Time
FEMALE 1 - 10						
1 ALORA PEEVER	10 F	5KM	258	5:31.66	8:53.76	27:38.3
2 LIVIA ROBB (BURKE)	5 F	5KM	395	9:42.56	15:37.54	48:32.8
FEMALE 11 - 19						
1 MORGAN WILLIAMS	18 F	5KM	347	4:03.06	6:31.17	20:15.3
2 SASHA ZARNKE	17 F	5KM	349	4:07.04	6:37.57	20:35.2
3 AMY RENWICK	13 F	5KM	298	5:30.54	8:51.95	27:32.7
4 MARNIE MCCORMAC	17 F	5KM	358	5:34.80	8:58.81	27:54.0
5 MARY THOMPSON	18 F	5KM	402	5:36.30	9:01.22	28:01.5
6 HEATHER SPAFFORD	15 F	5KM	359	6:08.22	9:52.59	30:41.1
7 JULIE WOODS	16 F	5KM	328	6:13.38	10:00.90	31:06.9
8 ALEXIS DELONG	13 F	5KM	391	6:25.00	10:19.60	32:05.0
9 JESSICA SPICER	19 F	5KM	339	6:53.44	11:05.37	34:27.2
10 RACHAEL BECK	16 F	5KM	239	7:16.04	11:41.74	36:20.2
11 REYA GILL	11 F	5KM	265	8:44.42	14:03.97	43:42.1
12 JAMIE HENCKEL	18 F	5KM	390	9:44.64	15:40.89	48:43.2
FEMALE 20 - 29						
1 KALLI GREEN	22 F	5KM	348	4:03.86	6:32.45	20:19.3
2 AMANDA SEED	27 F	5KM	249	4:23.80	7:04.54	21:59.0
3 EMMA NORRIS	23 F	5KM	263	5:02.16	8:06.28	25:10.8
4 MADDIE REID	21 F	5KM	396	5:32.00	8:54.30	27:40.0
5 KATHRYN JUNG	23 F	5KM	400	5:32.60	8:55.27	27:43.0
6 EMMA HARVIE	20 F	5KM	401	5:35.94	9:00.64	27:59.7
7 DANNA HULL	29 F	5KM	252	5:56.02	9:32.96	29:40.1
8 BEVERLY PART	24 F	5KM	237	7:34.62	12:11.64	37:53.1
9 ASHLEY SPARKMAN	28 F	5KM	228	7:57.00	12:47.66	39:45.0
FEMALE 30 - 39						
1 KAREN KAIZER	39 F	5KM	350	4:24.96	7:06.41	22:04.8
2 LANA SAUNDERS	38 F	5KM	388	4:31.50	7:16.94	22:37.5
3 ISABELLE NICKEL	30 F	5KM	247	5:24.46	8:42.17	27:02.3
4 SUSAN TRAN	39 F	5KM	248	6:34.40	10:34.73	32:52.0
5 KIM MCFARLANE	39 F	5KM	289	7:48.76	12:34.40	39:03.8
6 KRISTEN NOBLES	39 F	5KM	270	8:07.42	13:04.43	40:37.1
FEMALE 40 - 49						
1 MARGARITA BABKOVA	43 F	5KM	255	4:16.42	6:52.67	21:22.1
2 WHITNEY BABCOCK	43 F	5KM	294	5:18.02	8:31.80	26:30.1
3 CATHERINE SIMARD	46 F	5KM	360	5:51.14	9:25.11	29:15.7
4 KATHERINE PEEVER	43 F	5KM	259	6:26.48	10:21.98	32:12.4
5 JILL BECK	47 F	5KM	238	7:15.74	11:41.26	36:18.7
6 ANGELA PREST	45 F	5KM	234	7:26.34	11:58.31	37:11.7
7 RAJAN GILL	41 F	5KM	266	8:49.20	14:11.66	44:06.0
8 SUE CAREY	46 F	5KM	383	9:17.46	14:57.14	46:27.3
9 MELISSA BURKE	42 F	5KM	394	9:42.46	15:37.38	48:32.3
FEMALE 50 - 59						
1 MARY-JANE DICKENSON	51 F	5KM	254	5:31.58	8:53.63	27:37.9
2 SHARON VOTEARY	54 F	5KM	262	5:37.50	9:03.15	28:07.5
3 KATHY CHASE	51 F	5KM	293	6:25.82	10:20.92	32:09.1
FEMALE 60 - 69						
1 SHIRLEY MYERS	61 F	5KM	242	5:03.72	8:08.79	25:18.6
2 DEBORAH HOLTOM	62 F	5KM	342	5:15.92	8:28.42	26:19.6

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	Name	Age	Team	Bib	Avg per K	Avg per MI	Time
MALE 1 - 10							
1	CHE BREADNER	9 M	5KM	345	4:33.44	7:20.06	22:47.2
2	REID HOPKINS	8 M	5KM	356	5:12.60	8:23.08	26:03.0
3	MINRAJ GILL	7 M	5KM	264	10:11.00	16:23.31	50:55.0
MALE 11 - 19							
1	JACOB WANUCH	19 M	5KM	351	3:20.80	5:23.16	16:44.0
2	JASON CHOI	18 M	5KM	387	3:25.80	5:31.20	17:09.0
3	FELIX LAFONTANT	18 M	5KM	386	3:26.00	5:31.52	17:10.0
4	LUCAS PETERSON	18 M	5KM	354	3:26.60	5:32.49	17:13.0
5	CHRIS ANGELATOS	18 M	5KM	352	3:27.46	5:33.87	17:17.3
6	ADAM DOXTATOR	18 M	5KM	385	3:45.48	6:02.87	18:47.4
7	SEAN SHERIDAN	19 M	5KM	399	4:42.08	7:33.96	23:30.4
8	CONNOR COOK	13 M	5KM	357	4:45.76	7:39.89	23:48.8
9	TYLER SUNDERLAND	18 M	5KM	231	6:07.42	9:51.31	30:37.1
MALE 20 - 29							
1	EVAN ANDRIN	21 M	5KM	382	3:17.92	5:18.52	16:29.6
2	JEFF MOUNTJOY	22 M	5KM	384	3:23.88	5:28.11	16:59.4
3	CORBIN JOHNSTON	20 M	5KM	353	3:24.98	5:29.88	17:04.9
4	BENJAMIN WONG	26 M	5KM	260	4:00.46	6:26.98	20:02.3
5	ANDREW DUQUESNAY	21 M	5KM	253	4:11.76	6:45.17	20:58.8
6	JOEL DUECK	21 M	5KM	398	4:42.00	7:33.84	23:30.0
7	GILES WHITE	20 M	5KM	389	4:58.38	8:00.20	24:51.9
8	ANDREW STOKES	22 M	5KM	257	4:59.32	8:01.71	24:56.6
9	TREVOR TOTH	25 M	5KM	330	5:19.46	8:34.12	26:37.3
MALE 30 - 39							
1	NICK COSMAN	31 M	5KM	261	3:27.52	5:33.97	17:17.6
2	YVES FILION	39 M	5KM	240	3:47.16	6:05.58	18:55.8
3	JASON HAGER	36 M	5KM	329	4:20.54	6:59.30	21:42.7
4	GEOFFREY STEPHEN	31 M	5KM	235	4:45.96	7:40.21	23:49.8
5	GUY DUMOULIN	34 M	5KM	291	4:57.76	7:59.20	24:48.8
6	SEAN NOBLES	38 M	5KM	267	8:07.60	13:04.72	40:38.0
MALE 40 - 49							
1	KEVIN WEBSTER	45 M	5KM	327	3:46.38	6:04.32	18:51.9
2	NEIL HOPKINS	41 M	5KM	355	4:01.68	6:28.95	20:08.4
3	SCOTT DUGGAN	44 M	5KM	299	4:10.02	6:42.37	20:50.1
4	CAM MILLER	45 M	5KM	393	4:15.06	6:50.48	21:15.3
5	RICHARD PRINSEN	48 M	5KM	269	4:25.52	7:07.31	22:07.6
6	DALE ENGEN	45 M	5KM	297	4:31.40	7:16.78	22:37.0
7	BRETT GOODWIN	42 M	5KM	397	4:31.98	7:17.71	22:39.9
8	ROBBY BREADNER	46 M	5KM	346	4:35.44	7:23.28	22:57.2
9	DERYCK MONSOUR	43 M	5KM	341	5:00.60	8:03.77	25:03.0
10	ROB HITCHCOCK	46 M	5KM	290	5:17.68	8:31.26	26:28.4
11	JOHN GOODALE	44 M	5KM	292	7:12.90	11:36.68	36:04.5
12	MOE GILL	48 M	5KM	392	10:12.00	16:24.92	51:00.0
MALE 50 - 59							
1	GLENN VOLLEBREGT	51 M	5KM	344	4:06.20	6:36.22	20:31.0
2	JIM THAIN	50 M	5KM	230	4:14.48	6:49.55	21:12.4
3	JIM MURRAY	56 M	5KM	268	4:31.44	7:16.84	22:37.2
4	KEN HOOK	57 M	5KM	227	4:32.02	7:17.77	22:40.1
MALE 60 - 69							
1	ED BRAND	65 M	5KM	251	4:32.80	7:19.03	22:44.0
2	RICHARD SUNDERLAND	67 M	5KM	233	5:20.44	8:35.70	26:42.2

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3	CHRIS POVELL	66 M	5KM	236	5:54.14	9:29.93	29:30.7
MALE 70 - 99							
1	DAVE WILSON	82 M	5KM	250	8:02.84	12:57.06	40:14.2