

## 2019 Limestone Mile

KRRRA Series

2019-07-01

7/1/19 - 7/1/19

Results by [www.runningbydesign.com](http://www.runningbydesign.com)**Event # 3 WOMENS Women 1Mile Run**

	Name	Age	Bib	Team	Avg per K	Avg per MI	Time
<b>OVERALL</b>							
1	Cleo Boyd	F 26	183	KINGSTON	3:11.4	5:08.1	5:08.15
2	Alex Campbell	F 14	734	KINGSTON	3:28.8	5:36.1	5:36.15
3	Natasja Janssen	F 29	779	KINGSTON	3:29.3	5:36.9	5:36.93
4	Reese McShane	F 14	796	KINGSTON	3:29.6	5:37.4	5:37.46
5	Meredith Langley	F 31	709	KINGSTON	3:31.5	5:40.4	5:40.40
6	Emily Cowie	F 23	771	KINGSTON	3:41.6	5:56.7	5:56.72
7	Lyndsay Glazier	F 31	716	JOYCEVILLE	3:45.2	6:02.4	6:02.44
8	Alex Duggan	F 13	780	KINGSTON	3:46.0	6:03.7	6:03.75
9	Allison Alexander	F 36	739	KINGSTON	3:47.6	6:06.3	6:06.38
10	Nicole Ryan	F 15	789	KINGSTON	3:50.3	6:10.7	6:10.75
11	Jacquie Dewolfe	F 37	763	KINGSTON	3:51.2	6:12.1	6:12.15
12	Claire Hamilton	F 13	777	KINGSTON	3:53.0	6:15.1	6:15.12
13	Jaclyn Clark	F 26	753	KINGSTON	3:55.2	6:18.6	6:18.62
14	Sophie Saunders-Lambert	F 13	750	KINGSTON	4:05.1	6:34.4	6:34.47
15	Alora Peever	F 16	790	KINGSTON	4:08.7	6:40.3	6:40.34
16	Lana Saunders	F 44	749	KINGSTON	4:10.3	6:42.9	6:42.94
17	Sarique Moore	F 17	163	CODYVILLE	4:12.4	6:46.2	6:46.25
18	Courtney Bannerman	F 24	737	KINGSTON	4:17.5	6:54.4	6:54.41
19	Juno Aiken	F 15	719	HARROWSMITH	4:19.6	6:57.9	6:57.94
20	Lesley Rudy	F 38	230	KINGSTON	4:19.9	6:58.4	6:58.40
21	Karen Millson	F 56	757	KINGSTON	4:23.3	7:03.7	7:03.75
22	Tammy Pigion	F 46	742	NAPANEE	4:25.3	7:06.9	7:06.97
23	Casey Kidson	F 31	736	KINGSTON	4:28.2	7:11.7	7:11.75
24	Jenna Glazier	F 28	754	JOYCEVILLE	4:37.2	7:26.1	7:26.15
25	Deborah Holtom	F 68	744	HOWE ISLAND	4:43.9	7:37.0	7:37.00
26	Shirley Myers	F 66	699	KINGSTON	4:46.7	7:41.5	7:41.53
27	Stacey Berdan	F 51	708	TWEED	4:53.1	7:51.8	7:51.84
28	Kayla Lieff	F 13	746	AMHERSTVIEW	4:59.0	8:01.2	8:01.28
29	Suzanne Robertson	F 38	717	OTTAWA	5:01.9	8:06.0	8:06.00
30	Adriana Aceyedo	F 99	228	KINGSTON	5:02.9	8:07.5	8:07.59
31	Debbie Hutchinson	F 47	781	KINGSTON	5:10.9	8:20.3	8:20.38
32	Martine Thivierge-Bourniv	F 40	701	KINGSTON	5:15.1	8:27.2	8:27.22
33	Margie File	F 66	704	KINGSTON	5:33.6	8:56.9	8:56.97
34	Deborah Durbin	F 31	231	KINGSTON	5:55.3	9:31.8	9:31.88
35	Liz Walker	F 73	733	KINGSTON	6:04.5	9:46.6	9:46.62
36	Margaret Coughlin	F 64	791	KINGSTON	6:19.8	10:11.3	10:11.34