

**Woolly Bully 2019**

All ages as of January 1st, 2019

2019-08-18

8/18/19 - 8/18/19

Results by [www.runningbydesign.com](http://www.runningbydesign.com)**Event # 3 MIXED 10K Run**

|                | Name               | Age  | Bib | Team         | Avg per K | Avg per MI | Time     |
|----------------|--------------------|------|-----|--------------|-----------|------------|----------|
| <b>OVERALL</b> |                    |      |     |              |           |            |          |
| 1              | Evan Andrin        | M 27 | 205 | BATH         | 3:28.9    | 5:36.2     | 34:49.06 |
| 2              | Clay Patterson     | M 30 | 261 | KINGSTON     | 3:34.8    | 5:45.7     | 35:48.59 |
| 3              | Owain Jones        | M 34 | 242 | HARROWSMITH  | 3:54.9    | 6:18.0     | 39:09.09 |
| 4              | Denzel Dixon       | M 15 | 294 | KINGSTON     | 3:57.3    | 6:21.9     | 39:33.59 |
| 5              | Graham Hawkes      | M 42 | 235 | KINGSTON     | 4:04.5    | 6:33.5     | 40:45.28 |
| 6              | Scott Day          | M 22 | 222 | KINGSTON     | 4:20.9    | 6:59.9     | 43:29.38 |
| 7              | Greg Lemoine       | M 42 | 297 | KINGSTON     | 4:23.2    | 7:03.6     | 43:52.18 |
| 8              | Wayne Rice         | M 56 | 265 | SYDENHAM     | 4:25.3    | 7:07.0     | 44:13.59 |
| 9              | Tyler Fritz        | M 21 | 225 | KINGSTON     | 4:26.0    | 7:08.1     | 44:20.28 |
| 10             | Mark Kerr          | M 38 | 291 | KINGSTON     | 4:26.3    | 7:08.6     | 44:23.78 |
| 11             | Aaron Siller       | M 34 | 288 | KINGSTON     | 4:29.5    | 7:13.8     | 44:55.94 |
| 12             | Jeffrey Johnson    | M 15 | 240 | KINGSTON     | 4:33.9    | 7:20.8     | 45:39.15 |
| 13             | Cooper Barrie      | M 12 | 285 | ODESSA       | 4:37.1    | 7:26.0     | 46:11.56 |
| 14             | Lana Saunders      | F 44 | 267 | GANANOQUE    | 4:39.8    | 7:30.3     | 46:38.47 |
| 15             | Rick Royce         | M 59 | 280 | KINGSTON     | 4:40.1    | 7:30.9     | 46:41.78 |
| 16             | Martin Guyon       | M 52 | 287 | KINGSTON     | 4:42.3    | 7:34.3     | 47:03.03 |
| 17             | Richard Ascough    | M 56 | 209 | KINGSTON     | 4:43.5    | 7:36.2     | 47:15.09 |
| 18             | Johanna Whitehead  | F 20 | 278 | KINGSTON     | 4:45.0    | 7:38.6     | 47:30.00 |
| 19             | Al Cantlay         | M 64 | 214 | KINGSTON     | 4:46.2    | 7:40.7     | 47:42.69 |
| 20             | Ken Hook           | M 63 | 238 | CLOYNE       | 4:53.0    | 7:51.6     | 48:50.78 |
| 21             | Sandor Sajnovics   | M 40 | 266 | CALGARY      | 4:53.1    | 7:51.7     | 48:51.59 |
| 22             | Kevin McCauley     | M 39 | 251 | KINGSTON     | 4:53.2    | 7:51.9     | 48:52.75 |
| 23             | Karen Millson      | F 56 | 254 | KINGSTON     | 4:53.3    | 7:52.0     | 48:53.43 |
| 24             | Deb Holtom         | F 68 | 290 | HOWE ISLAND  | 4:53.6    | 7:52.5     | 48:56.03 |
| 25             | Heather Beach      | F 22 | 211 | PICTON       | 4:56.0    | 7:56.4     | 49:20.38 |
| 26             | Ignacio Arroyo     | M 44 | 208 | KINGSTON     | 4:59.6    | 8:02.1     | 49:56.15 |
| 27             | Amy Smith          | F 38 | 270 | KINGSTON     | 5:03.1    | 8:07.8     | 50:31.25 |
| 28             | Luis Paico-Avilez  | M 35 | 279 | KANATA       | 5:06.6    | 8:13.4     | 51:06.44 |
| 29             | Mike Riley         | M 64 | 289 | WOLFE ISLAND | 5:07.3    | 8:14.6     | 51:13.56 |
| 30             | James McGregor     | M 36 | 252 | TORONTO      | 5:08.2    | 8:16.1     | 51:22.78 |
| 31             | David Lee          | M 55 | 245 | KINGSTON     | 5:09.3    | 8:17.8     | 51:33.53 |
| 32             | Meriah Moodie      | F 25 | 256 | WOLFE ISLAND | 5:11.5    | 8:21.3     | 51:55.50 |
| 33             | Scott Allen        | M 30 | 203 | KINGSTON     | 5:12.2    | 8:22.5     | 52:02.44 |
| 34             | Jessica Connolly   | F 27 | 216 | KINGSTON     | 5:15.4    | 8:27.6     | 52:34.09 |
| 35             | Ed Brand           | M 70 | 213 | KINGSTON     | 5:18.6    | 8:32.7     | 53:06.31 |
| 36             | Mary Reynolds      | F 26 | 264 | KINGSTON     | 5:21.8    | 8:37.9     | 53:38.28 |
| 37             | Vickie MacDonald   | F 52 | 292 | KINGSTON     | 5:24.7    | 8:42.6     | 54:07.62 |
| 38             | Terry Cowal        | M 57 | 220 | ARNPRIOR     | 5:30.4    | 8:51.8     | 55:04.91 |
| 39             | Dominic Mayhew     | M 24 | 250 | KINGSTON     | 5:31.4    | 8:53.4     | 55:14.41 |
| 40             | Patti Molloy       | F 50 | 255 | FOXBORO      | 5:31.7    | 8:53.8     | 55:17.06 |
| 41             | Alana Hamelin      | F 41 | 231 | KINGSTON     | 5:35.0    | 8:59.1     | 55:50.18 |
| 42             | Courtney Bannerman | F 23 | 210 | KINGSTON     | 5:36.0    | 9:00.7     | 56:00.25 |
| 43             | Amy Stephens       | F 36 | 271 | KINGSTON     | 5:36.5    | 9:01.6     | 56:05.75 |
| 44             | Shirley Myers      | F 66 | 257 | KINGSTON     | 5:38.7    | 9:05.1     | 56:27.31 |

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|    | Name                      | Age  | Bib | Team         | Avg per K | Avg per MI | Time       |
|----|---------------------------|------|-----|--------------|-----------|------------|------------|
| 45 | Louise Guérin             | F 45 | 228 | KINGSTON     | 5:39.2    | 9:05.9     | 56:32.15   |
| 46 | Stacey Berdan             | F 51 | 212 | TWEED        | 5:42.6    | 9:11.4     | 57:06.34   |
| 47 | Jana Mareckova            | F 39 | 248 | CALIFORNIA   | 5:44.9    | 9:15.1     | 57:29.44   |
| 48 | Dax Chambers              | M 46 | 215 | KINGSTON     | 5:46.9    | 9:18.3     | 57:49.22   |
| 49 | Anthony Colangeli         | M 31 | 284 | KINGSTON     | 5:47.7    | 9:19.6     | 57:57.53   |
| 50 | Heidi Hitchins            | F 40 | 236 | ROSLIN       | 5:48.2    | 9:20.5     | 58:02.81   |
| 51 | Chris Manoll              | M 42 | 247 | KINGSTON     | 5:49.0    | 9:21.6     | 58:10.22   |
| 52 | Kaycee Hargadon           | F 29 | 234 | KINGSTON     | 5:49.1    | 9:21.9     | 58:11.62   |
| 53 | Caleb Cowal               | M 30 | 218 | NAPANEE      | 5:50.8    | 9:24.5     | 58:28.06   |
| 54 | Jaime Connolly            | F 31 | 217 | KINGSTON     | 5:51.6    | 9:25.9     | 58:36.50   |
| 55 | Christina Cantlay         | F 29 | 283 | KINGSTON     | 5:52.6    | 9:27.5     | 58:46.66   |
| 56 | Caroline Whitehead        | F 17 | 277 | KINGSTON     | 5:52.8    | 9:27.9     | 58:48.88   |
| 57 | Jill Norman               | F 49 | 258 | KINGSTON     | 5:54.1    | 9:29.9     | 59:01.78   |
| 58 | Melissa Allan             | F 39 | 202 | KINGSTON     | 5:54.2    | 9:30.0     | 59:02.34   |
| 59 | Stephanie Quann           | F 37 | 263 | KINGSTON     | 5:57.6    | 9:35.6     | 59:36.97   |
| 60 | Cindy Abeles              | F 61 | 200 | GANANOQUE    | 6:04.8    | 9:47.1     | 1:00:48.34 |
| 61 | Kathleen Abeles           | F 27 | 201 | GANANOQUE    | 6:04.8    | 9:47.2     | 1:00:48.96 |
| 62 | Vanessa Holmes            | F 36 | 237 | KINGSTON     | 6:05.4    | 9:48.2     | 1:00:54.91 |
| 63 | Rebecca Cowal             | F 20 | 219 | ARNPRIOR     | 6:14.4    | 10:02.5    | 1:02:24.15 |
| 64 | Debbie Hutchinson         | F 47 | 239 | KINGSTON     | 6:15.7    | 10:04.6    | 1:02:37.06 |
| 65 | Susan Meyers              | F 65 | 253 | INVERARY     | 6:17.6    | 10:07.7    | 1:02:56.34 |
| 66 | Robin LeRiche             | F 50 | 246 | KINGSTON     | 6:18.8    | 10:09.6    | 1:03:08.47 |
| 67 | Saifeldeen Elmaghraby     | M 22 | 223 | KINGSTON     | 6:23.7    | 10:17.6    | 1:03:57.94 |
| 68 | Lindsay Shaddock          | F 33 | 269 | KINGSTON     | 6:24.7    | 10:19.2    | 1:04:07.69 |
| 69 | John Day                  | M 59 | 286 | KINGSTON     | 6:34.1    | 10:34.3    | 1:05:41.78 |
| 70 | Tricia Kiers              | F 47 | 243 | KINGSTON     | 6:38.7    | 10:41.6    | 1:06:27.00 |
| 71 | Martine Thivierge-Bourniv | F 39 | 275 | KINGSTON     | 6:38.8    | 10:41.9    | 1:06:28.62 |
| 72 | Tina Armstrong            | F 32 | 207 | AMHERSTVIEW  | 6:50.9    | 11:01.4    | 1:08:29.94 |
| 73 | Sean Armstrong            | M 28 | 206 | AMHERSTVIEW  | 6:51.0    | 11:01.5    | 1:08:30.56 |
| 74 | Andrew Hamilton           | M 58 | 232 | KINGSTON     | 6:58.6    | 11:13.8    | 1:09:46.81 |
| 75 | Margie File               | F 65 | 224 | KINGSTON     | 7:01.6    | 11:18.6    | 1:10:16.91 |
| 76 | Gillian Good              | F 29 | 227 | VICTORIA     | 7:02.6    | 11:20.2    | 1:10:26.88 |
| 77 | Chelsea Good              | F 30 | 226 | KINGSTON     | 7:02.7    | 11:20.3    | 1:10:27.34 |
| 78 | Margaret Coughlan         | F 64 | 281 | KINGSTON     | 7:09.8    | 11:31.7    | 1:11:38.59 |
| 79 | James Ostler              | M 57 | 259 | KINGSTON     | 7:10.0    | 11:32.1    | 1:11:40.81 |
| 80 | Lisa Johnson              | F 39 | 241 | KINGSTON     | 7:13.8    | 11:38.2    | 1:12:18.47 |
| 81 | Paul Thompson             | M 69 | 276 | KINGSTON     | 7:18.6    | 11:45.9    | 1:13:06.50 |
| 82 | Joe Allen                 | M 56 | 204 | KINGSTON     | 7:21.5    | 11:50.5    | 1:13:35.09 |
| 83 | Barb Guiden               | F 60 | 295 | INVERARY     | 7:34.2    | 12:10.9    | 1:15:42.00 |
| 84 | Liz Strutt                | F 61 | 273 | KINGSTON     | 7:42.8    | 12:24.8    | 1:17:08.00 |
| 85 | Chris Strutt              | M 37 | 274 | KINGSTON     | 7:43.1    | 12:25.2    | 1:17:11.00 |
| 86 | Nina Norgaard             | F 44 | 298 | KINGSTON     | 7:45.3    | 12:28.8    | 1:17:33.00 |
| 87 | John Dalgleish            | M 71 | 221 | WOLFE ISLAND | 7:49.9    | 12:36.2    | 1:18:19.00 |
| 88 | Erin Hamilton             | F 25 | 233 | KINGSTON     | 8:13.7    | 13:14.5    | 1:22:17.00 |
| 89 | PJ Marshall               | M 76 | 249 | KINGSTON     | 8:14.3    | 13:15.4    | 1:22:23.00 |