

**2019 KRRR XC Races**

Fort Henry Hill

2019-09-28

9/28/19 - 9/28/19

Results by [www.runningbydesign.com](http://www.runningbydesign.com)**Event # 2 MIXED 5K Run**

Place	Name	Bib	Age/Grade	Team/Hometown	Time/Mark
<b>FEMALE 1 - 14</b>					
1	Teegan Whitney	323	F 13	KRRAXC	21:40.53
2	Sophie Saunders-Lamt	668	F 13	KRRAXC	22:06.81
3	Willow Baldree	264	F 10	KRRAXC	23:08.78
4	Katie Buchan	240	F 11	Napanee Kids Run Clu	23:28.06
5	Gabriella Stacey	255	F 10	Napanee Kids Run Clu	23:36.72
6	Raydyn Hughson	302	F 14	KRRAXC	26:08.84
7	Harper Aiken	980	F 14	KRRAXC	26:47.09
8	Kayla Lieff	263	F 13	KRRAXC	30:30.06
9	Sydney Rooyakkers	248	F 14	KRRAXC	33:21.18
<b>FEMALE 15 - 19</b>					
EXH	Emma Kerr	253	F 19	KRRAXC	19:30.56
EXH	Charlotte Langley	265	F 19	KRRAXC	20:01.47
3	Claire Brackenbury	337	F 15	KRRAXC	26:08.41
4	Gillian Halcro	957	F 19	KRRAXC	28:29.50
5	Hero Aiken	984	F 17	KRRAXC	28:56.18
6	Maddy Geddes	252	F 17	KRRAXC	37:12.06
<b>FEMALE 20 - 29</b>					
1	Katie Sandrin	267	F 20	KRRAXC	21:31.06
2	Mary Reynolds	239	F 27	KRRAXC	25:07.56
3	Courtney Bannerman	972	F 24	KRRAXC	27:08.31
4	Fay Maclatchy	965	F 21	KRRAXC	29:35.87
5	Nicole Flynn	281	F 26	KRRAXC	42:40.00
<b>FEMALE 30 - 39</b>					
EXH	Jacquie Dewolfe	268	F 37	Senators	20:20.47
2	Kassandra McFarlane	326	F 32	KRRAXC	21:43.25
3	Lesley Rudy	259	F 39	KRRAXC	23:52.91
4	Cara Bellegarde	277	F 33	KRRAXC	24:04.56
5	Kate Primeau	278	F 39	KRRAXC	26:55.34
6	Amy Stephens	959	F 37	KRRAXC	27:40.91
<b>FEMALE 40 - 49</b>					
1	Mackenzie Bowman	287	F 41	KRRAXC	21:13.03
2	Annie Riel	291	F 45	Senators	22:44.69
3	Melanie Lambert	324	F 42	KRRAXC	24:21.72
4	Martine Thivierge-Bou	294	F 40	KRRAXC	32:47.53
5	Kathleen Harquail	673	F 41	KRRAXC	34:45.62
6	Kate Budd	251	F 46	KRRAXC	37:11.31
7	Cheryl Rooyakkers	247	F 41	KRRAXC	42:42.00

**FEMALE 50 - 59**

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<b>FEMALE 50 - 59</b>					
1	Jill Delane	292	F 56	KRRAXC	<b>23:13.28</b>
2	Janet Shepherd	270	F 56	KRRAXC	<b>25:30.22</b>
3	Stacey Berdan	256	F 52	KRRAXC	<b>26:31.18</b>
4	Monique Beland	262	F 50	KRRAXC	<b>27:21.09</b>
<b>FEMALE 60 - 69</b>					
1	Deborah Holtom	603	F 68	KRRAXC	<b>25:19.41</b>
2	Margie File	974	F 66	KRRAXC	<b>30:52.28</b>
3	Margaret Coughlin	296	F 64	KRRAXC	<b>34:03.44</b>
<b>FEMALE 70 - 99</b>					
1	Elizabeth Longfield	977	F 71	KRRAXC	<b>33:48.03</b>
<b>MALE 1 - 14</b>					
1	Jack Gregory	276	M 11	Napanee Kids Run Clu	<b>19:13.66</b>
2	Nicholas Rogers	290	M 13	KRRAXC	<b>19:41.00</b>
3	Lucas Coles	989	M 8	Napanee Kids Run Clu	<b>23:40.59</b>
4	Ronin Aiken	978	M 12	KRRAXC	<b>26:01.18</b>
5	Copland Aiken	979	M 9	KRRAXC	<b>30:08.44</b>
<b>MALE 15 - 19</b>					
1	Ryan Bilton	284	M 19	KRRAXC	<b>18:32.47</b>
2	Che Breadner	300	M 15	KRRAXC	<b>18:52.72</b>
3	Jeffrey Johnson	298	M 15	KRRAXC	<b>19:20.46</b>
4	Tim Lee	244	M 18	KRRAXC	<b>22:45.15</b>
5	Nicholas Williamson	280	M 18	KRRAXC	<b>23:14.15</b>
<b>MALE 20 - 29</b>					
EXH	Paul Riek	331	M 21	KRRAXC	<b>17:03.47</b>
2	Shengan Li	293	M 21	KRRAXC	<b>17:12.97</b>
3	Matthew Johnston	332	M 25	KRRAXC	<b>17:15.81</b>
4	Bryan Collins	269	M 24	KRRAXC	<b>17:25.22</b>
5	Michael Grotsky	330	M 23	KRRAXC	<b>17:59.18</b>
6	Nicholas Karpiuk	961	M 25	KRRAXC	<b>18:13.31</b>
7	Jeff Shepherd	271	M 28	KRRAXC	<b>19:01.00</b>
8	Tim Secnik	279	M 23	KRRAXC	<b>19:19.50</b>
9	Jacob Garrison	954	M 22	KRRAXC	<b>29:32.34</b>
10	Tyler Mainguy	963	M 21	KRRAXC	<b>29:35.03</b>
11	Andrew Nguyen	274	M 25	KRRAXC	<b>32:08.18</b>
<b>MALE 30 - 39</b>					
EXH	Clay Patterson	237	M 30	KRRAXC	<b>16:31.25</b>
EXH	Nick Cosman	335	M 37	KRRAXC	<b>17:06.06</b>
3	William Feran	246	M 30	KRRAXC	<b>18:24.53</b>
4	Shane Gale	261	M 37	KRRAXC	<b>20:18.00</b>

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Place	Name	Bib	Age/Grade	Team/Hometown	Time/Mark
<b>MALE 30 - 39</b>					
5	Aaron Siller	258	M 35	KRRAXC	21:03.97
6	Jonathan Brueton	295	M 36	KRRAXC	21:15.75
7	Travis Buchan	311	M 38	KRRAXC	21:29.91
8	Michael Kennedy	327	M 38	KRRAXC	22:52.12
9	Brian Petersen	969	M 33	KRRAXC	28:02.25
10	Travis Smith	245	M 34	KRRAXC	29:55.00
<b>MALE 40 - 49</b>					
1	Kevin Beatty	283	M 43	KRRAXC	17:32.66
2	Savvas Frantzeskos	646	M 44	Senators	17:57.47
3	Tim Gillespie	241	M 42	KRRAXC	18:10.06
4	Dougal Bale	997	M 46	KRRAXC	19:17.41
5	Trevor Davies	272	M 46	KRRAXC	19:31.75
6	Graham Hawkes	257	M 43	KRRAXC	19:44.66
7	Tom Brackenbury	336	M 48	KRRAXC	23:12.28
8	Mark Babcock	325	M 46	KRRAXC	24:49.72
9	Chris Kreick	289	M 43	KRRAXC	25:50.15
10	Chris Manoll	970	M 43	KRRAXC	26:49.41
11	Shawn Garrison	952	M 47	KRRAXC	32:12.56
12	Eduardo Sanhueza	236	M 40	KRRAXC	33:14.41
13	Kevin Latham	971	M 47	KRRAXC	33:18.41
14	Denis Aseltine	322	M 40	KRRAXC	33:21.65
<b>MALE 50 - 59</b>					
1	Kevin Webster	243	M 52	KRRAXC	18:53.97
2	Bruce Pardy	297	M 55	KRRAXC	19:35.28
3	Robby Breadner	299	M 52	KRRAXC	20:11.15
4	Mike Kawam	328	M 51	KRRAXC	20:42.94
5	Wayne Rice	672	M 56	KRRAXC	21:21.15
6	Martin Guyon	333	M 53	KRRAXC	21:50.56
7	Chris Newton	329	M 59	KRRAXC	21:58.00
8	Danny Dwyer	275	M 54	KRRAXC	22:01.97
9	Rick Kenney	967	M 51	KRRAXC	22:11.81
10	Richard Prinsen	624	M 54	Senators	23:11.47
11	Tom McCrae	334	M 59	KRRAXC	28:36.38
<b>MALE 60 - 69</b>					
1	Ken Hook	968	M 64	KRRAXC	23:05.50
<b>MALE 70 - 99</b>					
1	Ed Brand	662	M 70	KRRAXC	25:26.31
2	Richard Sunderland	266	M 74	KRRAXC	29:29.18
3	P.j. Marshall	973	M 77	KRRAXC	35:47.28