

**2019 KRRA Anniversary Run  
The Landings Golf Course**

2019-11-03

11/03/2019

Results by [www.runningbydesign.com](http://www.runningbydesign.com)

**Top Overall Finishers**

Place	Name	Bib	Age	Team/Hometown	Time
<b>TOP MALE FINISHERS</b>					
1	Workman, Ben	474	21	KINGSTON	32:02.69
2	Roots, Logan	463	25	KINGSTON	32:33.03
3	Pidduck, William	457	22	TORONTO	33:46.88
<b>TOP FEMALE FINISHERS</b>					
1	Ostic, Heather	473	50	KINGSTON	43:21.88
2	Bowman, Mackenzie	441	40	GANANOQUE	43:35.72
3	Dewolfe, Jacquie	453	36	KINGSTON	43:37.75

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2019-11-03

11/3/19 - 11/3/19

Results by [www.runningbydesign.com](http://www.runningbydesign.com)

**Event # 2 MIXED 10K Run**

Place	Name	Bib	Age/Grade	Team/Hometown	Time/Mark
1	Ben Workman	474	M 21	KINGSTON	32:02.69
2	Logan Roots	463	M 25	KINGSTON	32:33.03
3	William Pidduck	457	M 22	TORONTO	33:46.88
4	Nick Cosman	501	M 37	Kingston	33:52.34
5	Clay Patterson	459	M 30	KINGSTON	34:58.50
6	Kyle Wyonch	434	M 18	AJAX	35:55.62
7	Ken Myers	456	M 39	MONTREAL	36:14.38
8	Kevin Dunbar	509	M 44	Kingston	38:22.03
9	Owain Jones	426	M 34	HARROWSMITH	38:40.38
10	Kevin Webster	460	M 51	KINGSTON	38:45.44
11	Jude Aiken	471	M 43	HARROWSMITH	38:52.59
12	Jeff Shepherd	430	M 27	ELGIN	38:57.31
13	Graham Hawkes	502	M 42	Kingston	39:14.44
14	Caleb Huard	455	M 30	KINGSTON	39:22.00
15	Kyle Miller	435	M 24	KINGSTON	39:32.38
16	Alexandre Voinot	461	M 31	KINGSTON	39:47.81
17	Bruce Pardy	475	M 54	KINGSTON	40:47.81
18	Brendon Alexander	497	M 29	Montreal	41:07.06
19	Miles Anderson	447	M 31	KINGSTON	41:33.78
20	Stephen Callahan	485	M 57	Kingston	41:39.84
21	Michael Lawless	484	M 48	Victoria	42:08.84
22	Aaron Siller	408	M 34	KINGSTON	42:51.56
23	Tyler Rider	467	M 48	KINGSTON	42:57.72
24	Heather Ostic	473	F 50	KINGSTON	43:21.88
25	Henry Karle	510	M 24	Kingston	43:30.15
26	Mackenzie Bowman	441	F 40	GANANOQUE	43:35.72

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Place	Name	Bib	Age/Grade	Team/Hometown	Time/Mark
27	Jacquie Dewolfe	453	F 36	KINGSTON	43:37.75
28	Emile Ndorimana	432	M 44	KINGSTON	43:58.31
29	Matt McEathron	421	M 26	KINGSTON	44:43.22
30	Wayne Rice	451	M 56	SYDENHAM	44:48.53
31	Michael Kennedy	505	M 38	Kingston	44:58.09
32	Karim Nashef	443	M 32	KINGSTON	45:04.56
33	Scott Peirson	423	M 46	AMHERSTVIEW	45:09.18
34	Reo Roland	446	F 24	KINGSTON	45:16.00
35	Amin Jaber	506	M 29	Kingston	45:37.88
36	Martin Guyon	499	M 53	Kingston	45:42.94
37	Richard Prinsen	440	M 54	KINGSTON	45:55.15
38	Annie Riel	472	F 44	KINGSTON	46:10.75
39	Danny Bates	436	M 58	TICHBORNE	46:21.44
40	Paul Batty	458	M 38	KINGSTON	46:38.12
41	Bill Dobson	438	M 53	KINGSTON	46:47.78
42	Lyndsay Glazier	486	F 30	Joyceville	47:09.00
43	Amy Smith	503	F 38	Kingston	47:30.66
44	Luis Paico-Avilez	449	M 35	KINGSTON	48:26.41
45	Kathleen Dorsey	508	F 32	Kingston	48:46.31
46	Francoise Glibert	416	F 58	INVERARY	49:00.25
47	Ken Hook	439	M 63	CLOYNE	49:16.47
48	Randy O'Neill	418	M 57	KINGSTON	49:24.66
49	Tyler Moulton	422	M 32	KINGSTON	49:55.84
50	Lesley Rudy	454	F 38	KINGSTON	50:10.72
51	Shauna Slobodian	402	F 34	KINGSTON	50:54.38
52	Janet Shepherd	429	F 55	MALLORYTOWN	51:23.22
53	Ignacio Arroyo	494	M 41	Kingston	51:42.97
54	Mary Reynolds	437	F 26	KINGSTON	51:57.66
55	Andy Maycock	476	M 52	KINGSTON	52:08.62
56	Shirley Myers	433	F 66	KINGSTON	53:26.75
57	Karly Hawkes	500	F 18	Kingston	53:45.18
58	Stacey Berdan	468	F 51	TWEED	54:27.50
59	Spenser Longworth	444	F 31	KINGSTON	54:38.91
60	Nathalie Melzer	465	F 34	KINGSTON	54:47.84
61	Connor McCormack	420	M 12	KINGSTON	54:58.34
62	Louise Guerin	415	F 45	KINGSTON	55:08.81
63	Jana Mareckova	464	F 39	KINGSTON	55:24.50
64	Peter Gagolewicz	466	M 40	KINGSTON	55:25.18
65	Andy Glazin	452	M 50	KINGSTON	56:02.97
66	Philip Bates	417	M 55	INVERARY	56:28.06
67	Garry Carl	431	M 63	BELLEVILLE	56:35.59
68	Juno Aiken	470	F 15	HARROWSMITH	57:20.59
69	Geoffrey Roulet	482	M 72	Kingston	57:40.06
70	Sarah Howard	411	F 28	NIAGARA-ON-THE-LAK	58:41.88
71	Pam Mundell	477	F 53	KINGSTON	59:09.22
72	Megan Edwards	427	F 34	KINGSTON	59:12.28
73	Amy Stephens	413	F 36	KINGSTON	59:54.62
74	Richard Sunderland	448	M 73	KINGSTON	1:01:54.47
75	Brad Ethier	445	M 48	KINGSTON	1:02:14.94
76	Karen Gagnon	450	F 57	KINGSTON	1:02:16.31

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Place	Name	Bib	Age/Grade	Team/Hometown	Time/Mark
77	Melanie McCormack	419	F 40	KINGSTON	<b>1:02:43.84</b>
78	Margie File	403	F 65	KINGSTON	<b>1:03:47.78</b>
79	Tina Schaefer	404	F 52	KINGSTON	<b>1:03:48.31</b>
80	Martine Thivierge-Bou	406	F 39	KINGSTON	<b>1:04:50.00</b>
81	Eithne Dunbar	442	F 70	BROCKVILLE	<b>1:06:51.00</b>
82	Paula Sullivan	414	F 39	KINGSTON	<b>1:08:13.00</b>
83	Anabelle Tardif-Samso	424	F 22	SAINT-MICHEL-DE-BEL	<b>1:08:36.00</b>
84	Sungmin Yoon	425	M 25	WATERLOO	<b>1:08:37.00</b>
85	P.J. Marshall	405	M 76	KINGSTON	<b>1:09:32.00</b>
86	Paul Thompson	428	M 69	KINGSTON	<b>1:09:52.00</b>
87	Kayla Lieff	483	F 12	Kingston	<b>1:10:48.00</b>
88	Hannah Simkins	410	F 29	KINGSTON	<b>1:11:57.00</b>
	Chris Manoll	401	M 42	KINGSTON	<b>DNS</b>