

**Howe Island Hustle****KRRA Tri-Island Race Series**

2019-05-11

5/11/19 - 5/11/19

Results by [www.runningbydesign.com](http://www.runningbydesign.com)**Event # 1 MIXED 8km Run**

	Name	Age	Bib	Team	Avg per K	Avg per MI	Time
<b>FEMALE 20 - 29</b>							
1	Natasha Ovtcharenko	F 27	622	KINGSTON	4:24.1	7:05.0	35:12.93
2	Johanna Whitehead	F 20	669	KINGSTON	4:26.6	7:09.1	35:33.18
3	Meriah Moodie	F 25	616	WOLFE ISLAND	4:44.4	7:37.7	37:55.37
4	Mary Reynolds	F 26	638	KINGSTON	5:00.6	8:03.8	40:05.41
5	Courtney Bannerman	F 23	548	KINGSTON	5:20.6	8:36.1	42:45.52
6	Christina Cantlay	F 29	658	KINGSTON	5:30.6	8:52.1	44:05.12
7	Kaycee Hargadon	F 29	588	KINGSTON	5:42.6	9:11.4	45:41.17
8	Anna Quigley	F 27	637	KINGSTON	5:51.9	9:26.3	46:55.24
9	Kathleen Abeles	F 27	537	HOWE ISLAND	6:09.0	9:53.9	49:12.34
10	Stephanie Hairsine	F 28	689	KINGSTON	6:14.7	10:03.1	49:58.08
11	Erin Hamilton	F 25	586	KINGSTON	7:13.1	11:37.0	57:45.15
<b>FEMALE 30 - 39</b>							
1	Amy Smith	F 38	651	KINGSTON	4:54.2	7:53.5	39:14.06
2	Jana Mareckova	F 39	610	KINGSTON	5:24.3	8:41.9	43:14.62
3	Stephanie Quann	F 37	636	KINGSTON	5:42.4	9:11.0	45:39.21
4	Lindsay Shaddock	F 33	648	KINGSTON	6:03.3	9:44.7	48:26.78
5	Justina Poisson	F 34	630	JOYCEVILLE	6:03.9	9:45.7	48:31.88
6	Martine Thivierge-Bourniv	F 39	659	KINGSTON	6:08.3	9:52.7	49:06.56
7	Vanessa Holmes	F 36	595	KINGSTON	6:12.2	9:59.0	49:37.90
8	Shannon Bowes	F 32	551	SYDENHAM	6:15.5	10:04.4	50:04.78
9	Tina Armstrong	F 32	544	KINGSTON	6:29.3	10:26.5	51:54.40
10	Melissa Allan	F 39	541	KINGSTON	6:32.1	10:31.1	52:17.40
11	Lisa Johnson	F 39	600	KINGSTON	6:33.3	10:33.0	52:27.12
12	Amy Graham	F 36	580	KINGSTON	6:36.6	10:38.2	52:52.81
<b>FEMALE 40 - 49</b>							
1	Mackenzie Bowman	F 40	553	GANANOQUE	4:20.0	6:58.5	34:40.56
2	Alana Hamelin	F 41	584	KINGSTON	5:00.8	8:04.1	40:06.78
3	Amélie Walsh	F 45	664	KINGSTON	5:22.8	8:39.5	43:02.75
4	Heidi Hitchins	F 40	593	ROSLIN	5:36.0	9:00.7	44:48.12
5	Louise Guerin	F 45	581	KINGSTON	5:37.7	9:03.5	45:02.15
6	Andrea Pritchard	F 43	632	KINGSTON	5:41.0	9:08.9	45:28.72
7	Jennifer Pinarski	F 41	628	CENTREVILLE	5:55.9	9:32.7	47:27.30
8	Tricia Kiers	F 47	602	KINGSTON	6:03.1	9:44.5	48:25.59
9	Corry-Lin Stephenson	F 44	652	BATH	6:03.7	9:45.3	48:29.75
10	Leigh-Ann Fingland	F 47	574	KINGSTON	6:04.8	9:47.2	48:39.09
11	Jill Norman	F 49	620	KINGSTON	6:32.0	10:30.9	52:16.20
12	Rosa Hession	F 40	591	HOWE ISLAND	6:39.0	10:42.1	53:12.09
13	Tara Reynolds	F 45	639	YARKER	6:50.3	11:00.3	54:42.52
14	Tina Johansson	F 49	599	OTTAWA	7:23.2	11:53.3	59:06.09
<b>FEMALE 50 - 59</b>							
1	Heather Ostic	F 50	621	KINGSTON	4:17.0	6:53.6	34:16.43
2	Karen Millson	F 56	615	KINGSTON	4:45.2	7:39.0	38:02.06
3	Janet Shepherd	F 55	649	MALLORYTOWN	5:17.2	8:30.5	42:17.99
4	Stacey Berdan	F 51	549	TWEED	5:25.8	8:44.3	43:26.46

## Howe Island Hustle

## KRRR Tri-Island Race Series

2019-05-11

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	Name	Age	Bib	Team	Avg per K	Avg per MI	Time
5	Nancy Ball	F 58	547	KINGSTON	5:45.3	9:15.8	46:03.08
6	Tina Wilson	F 56	617	KINGSTON	6:02.1	9:42.7	48:17.02
7	Carmen Jewers-Davidson	F 59	598	OTTAWA	6:03.1	9:44.3	48:25.02
8	Varley Taylor	F 50	656	KINGSTON	6:14.6	10:02.9	49:57.41
9	Liza Nelson	F 50	619	KINGSTON	6:32.0	10:31.0	52:16.78
10	Guylaine Bouffard	F 56	550	HOWE ISLAND	6:34.6	10:35.1	52:37.36
11	Robin Leriche	F 50	607	KINGSTON	6:59.9	11:15.8	55:59.72
<b>FEMALE 60 - 69</b>							
1	Deborah Holtom	F 68	596	HOWE ISLAND	4:48.1	7:43.7	38:25.52
2	Shirley Myers	F 66	618	KINGSTON	5:24.8	8:42.8	43:18.93
3	Susan Meyers	F 65	614	INVERARY	6:05.2	9:47.8	48:42.00
4	Cindy Abeles	F 61	536	HOWE ISLAND	6:08.9	9:53.7	49:11.75
5	Barb Guiden	F 60	677	INVERARY	6:59.8	11:15.6	55:58.68
6	Liz Strutt	F 61	654	KINGSTON	7:13.0	11:36.8	57:44.18
7	Margaret Coughlin	F 64	563	KINGSTON	7:23.8	11:54.3	59:11.02
<b>MALE 1 - 14</b>							
1	Ian Hession	M 13	590	HOWE ISLAND	5:23.4	8:40.5	43:07.40
2	Ronin Aiken	M 11	540	HARROWSMITH	5:25.3	8:43.6	43:23.08
<b>MALE 15 - 19</b>							
1	Denzil Dixon	M 15	569	KINGSTON	3:53.3	6:15.5	31:06.65
2	Ryan Hession	M 16	592	HOWE ISLAND	4:55.1	7:54.9	39:20.90
<b>MALE 20 - 29</b>							
1	Jeff Shepherd	M 27	650	ELGIN	3:45.5	6:03.0	30:04.52
2	Scott Day	M 22	567	KINGSTON	3:58.5	6:23.9	31:48.52
3	Sebastian Scott	M 20	647	KINGSTON	4:02.2	6:29.7	32:17.68
4	Charlie Clarry	M 23	562	ETOBICOKE	4:03.3	6:31.5	32:26.59
5	Robert Brown	M 22	557	KINGSTON	4:43.3	7:36.0	37:47.18
6	Jude Thusiar	M 23	661	KINGSTON	5:06.9	8:13.9	40:55.21
7	Nathan Dempsey	M 24	568	KINGSTON	5:07.5	8:15.0	41:00.68
8	Jordan Maclean	M 28	688	KINGSTON	5:32.3	8:54.8	44:18.65
9	Brennan Massey	M 26	613	KINGSTON	5:38.8	9:05.3	45:10.90
10	Sean Armstrong	M 28	543	KINGSTON	6:29.3	10:26.6	51:55.09
<b>MALE 30 - 39</b>							
1	Owain Jones	M 34	601	KINGSTON	3:46.5	6:04.6	30:12.52
2	Mark Kerr	M 38	681	KINGSTON	4:08.6	6:40.1	33:08.91
3	Luis Paico-Avilez	M 35	623	KANATA	4:31.2	7:16.6	36:10.38
4	Ken Wand	M 32	666	KINGSTON	5:23.5	8:40.6	43:08.05
5	Kurtis Marlow	M 38	612	KINGSTON	5:25.6	8:44.1	43:25.55
6	Anthony Colangeli	M 31	691	KINGSTON	5:32.0	8:54.4	44:16.50
7	Chris Hammer	M 39	587	SYDENHAM	5:39.8	9:06.8	45:18.59
8	Chris Strutt	M 37	653	KINGSTON	6:03.2	9:44.6	48:26.16
<b>MALE 40 - 49</b>							
1	Tim Gillespie	M 41	577	KINGSTON	3:42.9	5:58.8	29:43.93
2	Jude Aiken	M 43	539	HARROWSMITH	3:52.4	6:14.0	30:59.56
3	Graham Hawkes	M 42	589	KINGSTON	3:55.9	6:19.7	31:27.78
4	Paul Pennell	M 44	627	KINGSTON	4:19.6	6:57.9	34:37.43
5	Ignacio Arroyo	M 44	545	KINGSTON	4:52.3	7:50.4	38:58.59

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	Name	Age	Bib	Team	Avg per K	Avg per MI	Time
6	Glenn Pearcy	M 46	626	KINGSTON	4:54.5	7:53.9	39:16.00
7	Gerald Lapratte	M 46	604	KINGSTON	5:01.9	8:05.9	40:15.75
8	Chris Manoll	M 42	609	KINGSTON	5:23.1	8:40.0	43:05.14
9	Dax Chambers	M 46	559	KINGSTON	5:25.2	8:43.4	43:22.24
10	Gregory Lemoine	M 41	606	KINGSTON	5:25.7	8:44.2	43:26.00
11	Matthew Richardson	M 45	641	NAPANEE	5:59.4	9:38.4	47:55.52
12	Edward Fingland	M 41	573	KINGSTON	6:04.1	9:45.9	48:32.93
<b>MALE 50 - 59</b>							
1	Kevin Webster	M 51	667	KINGSTON	3:47.7	6:06.5	30:22.18
2	Robby Breadner	M 52	556	KINGSTON	3:56.9	6:21.2	31:35.21
3	Wayne Rice	M 56	640	RAILTON	4:15.2	6:50.8	34:02.27
4	Danny Dwyer	M 53	571	ENTERPRISE	4:16.6	6:53.0	34:13.24
5	Kevin Riddell	M 57	675	BROCKVILLE	4:19.3	6:57.3	34:34.75
6	Martin Guyon	M 52	582	KINGSTON	4:21.7	7:01.1	34:53.75
7	Rick Royce	M 59	644	KINGSTON	4:22.9	7:03.0	35:03.21
8	Richard Ascough	M 56	546	KINGSTON	4:24.7	7:06.0	35:17.65
9	Richard Prinsen	M 54	631	KINGSTON	4:30.9	7:15.9	36:07.31
10	Mike Hickey	M 59	698	KINGSTON	4:37.3	7:26.2	36:58.46
11	David Lee	M 55	605	KINGSTON	4:55.6	7:55.8	39:25.42
12	Andy Glazin	M 50	578	KINGSTON	5:23.4	8:40.5	43:07.75
13	Marc Halverson	M 57	583	KINGSTON	5:32.8	8:55.6	44:22.72
14	John Day	M 59	566	KINGSTON	5:42.5	9:11.2	45:40.00
15	Martin Cournoyer	M 52	564	HOWE ISLAND	6:04.0	9:45.8	48:32.37
16	Stephen Taylor	M 51	655	KINGSTON	6:14.5	10:02.8	49:56.65
17	Andrew Hamilton	M 58	585	KINGSTON	6:18.2	10:08.7	50:26.24
18	Joe Allen	M 56	542	KINGSTON	6:50.5	11:00.6	54:44.11
<b>MALE 60 - 69</b>							
1	Ken Hook	M 63	597	CLOYNE	4:47.5	7:42.8	38:20.75
2	Al Cantlay	M 64	674	KINGSTON	4:57.0	7:57.9	39:36.02
3	Michael Riley	M 64	642	WOLFE ISLAND	4:58.7	8:00.8	39:50.28
4	Joe Du Vall	M 65	570	OTTAWA	5:40.1	9:07.4	45:21.37
5	Garry Carl	M 63	558	BELLEVILLE	5:59.1	9:37.9	47:52.93
6	Paul Thompson	M 69	660	KINGSTON	6:37.6	10:39.8	53:00.81
7	Unknown Mosley	M 67	690	GANANOQUE	6:56.6	11:10.4	55:32.87
<b>MALE 70 - 99</b>							
1	Ed Brand	M 70	554	KINGSTON	5:02.7	8:07.2	40:22.30
2	Brian MacDonald	M 70	608	WOLFE ISLAND	5:26.7	8:45.9	43:34.36
3	Geoffrey Roulet	M 71	643	KINGSTON	5:29.5	8:50.3	43:56.49
4	John Dalgleish	M 71	565	WOLFE ISLAND	6:31.1	10:29.5	52:09.52