

Napanee Heritage 5km and Kids Mile

Napanee, Ontario

2019-06-15

6/15/19 - 6/15/19

Results by www.runningbydesign.com**Event # 2 MIXED 5K Run**

	Name	Age	Bib	Team	Avg per K	Avg per MI	Time
FEMALE 1 - 10							
1	Gabby Stacey	F 9	383	CAMDEN EAST	2:40.5	4:18.3	21:31.66
2	Ella Mulder	F 10	417	NAPANEE	2:57.4	4:45.6	23:48.24
3	Shayne Blanchard	F 10	226	NEWBURGH	3:12.0	5:09.0	25:45.12
4	Maddie Blanchard	F 9	227	NEWBURGH	3:14.9	5:13.6	26:08.31
5	Vienna Ballance-Hinch	F 10	217	TAMWORTH	3:33.0	5:42.9	28:34.66
6	Ava McLvanev	F 8	335	DESERONTO	4:18.2	6:55.6	34:38.03
7	Avery Ballance-Hinch	F 9	218	TAMWORTH	4:28.3	7:11.9	35:59.50
8	Zoey Vangulck	F 9	398	INVERARY	4:30.0	7:14.5	36:12.88
9	Emma Dowler	F 10	267	KINGSTON	4:42.2	7:34.2	37:51.06
10	Carly Burchat	F 9	239	DESERONTO	5:03.1	8:07.9	40:39.59
11	Peyton Monk	F 10	338	DESERONTO	6:05.9	9:48.9	49:04.84
FEMALE 11 - 19							
1	Elizabeth Burnett	F 11	241	NAPANEE	2:56.6	4:44.3	23:41.56
2	Macy Gibson	F 13	288	DESERONTO	3:11.4	5:08.1	25:40.50
3	Hanna Gregory	F 17	295	NAPANEE	3:16.2	5:15.7	26:18.88
4	Leah Oster	F 18	415	NAPANEE	3:16.3	5:15.9	26:19.62
5	Grace Fisher	F 13	278	DESERONTO	3:16.5	5:16.2	26:21.44
6	Nara Rickard	F 11	363	GREATER NAPANEE	3:17.3	5:17.6	26:28.38
7	Jade Peter	F 11	351	DESERONTO	3:34.0	5:44.5	28:42.59
8	Abby Lloyd	F 12	322	MARYSVILLE	3:35.7	5:47.2	28:56.31
9	Maddy Oster	F 15	416	NAPANEE	3:43.3	5:59.3	29:56.84
10	Braylee Butcher	F 11	244	DESERONTO	3:48.2	6:07.3	30:36.50
11	Peytan Turriff	F 11	394	DESERONTO	3:48.4	6:07.6	30:38.46
12	Devan Maxwell	F 11	328	NEWBURGH	3:48.6	6:08.0	30:40.18
13	Kennedy Zwiers	F 15	413	NAPANEE	3:59.3	6:25.2	32:06.03
14	Peyton Conger	F 12	252	DESERONTO	4:15.4	6:51.0	34:15.25
15	Avery Fingland	F 11	275	DESERONTO	4:16.7	6:53.2	34:26.09
16	Isabella Roswell	F 12	365	DESERONTO	6:06.4	9:49.7	49:08.91
FEMALE 20 - 29							
1	Courtney Gauthier	F 24	285	NEWBURGH	3:12.9	5:10.5	25:52.56
2	Natasha Nekoui	F 25	346	NIAGARA FALLS	3:30.2	5:38.3	28:11.78
3	Katie Harrison	F 26	300	NAPANEE	3:32.2	5:41.5	28:27.75
4	McKinney Shannon	F 22	373	NAPANEE	3:37.1	5:49.4	29:07.38
5	Holly Baldwin	F 27	215	NAPANEE	3:40.6	5:55.0	29:35.31
6	Deniz Aydin	F 29	211	KINGSTON	3:40.8	5:55.4	29:37.03
7	Harley Cunningham	F 29	257	NAPANEE	3:42.8	5:58.5	29:52.84
8	Raeanne McGuinness	F 26	333	MARYSVILLE	4:01.2	6:28.1	32:20.94
9	Rachel Doornekamp	F 28	264	WATERLOO	4:01.6	6:28.8	32:24.15
10	Laura Doornekamp	F 26	265	ODESSA	4:03.2	6:31.3	32:36.97
11	Maggie McGarvey	F 29	332	NAPANEE	4:10.8	6:43.6	33:38.28
12	Rachel Weir	F 25	402	NAPANEE	5:01.1	8:04.7	40:23.62
13	Sam Pixley	F 26	353	NAPANEE	5:13.4	8:24.3	42:01.97
FEMALE 30 - 39							
1	Emily Stinson	F 35	385	TAMWORTH	2:39.8	4:17.2	21:26.22

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	Name	Age	Bib	Team	Avg per K	Avg per MI	Time
2	Amy Smith	F 39	379	KINGSTON	2:48.3	4:30.9	22:34.81
3	Jenn Davey	F 38	258	NAPANEE	2:51.0	4:35.3	22:56.56
4	Frances Van der heyden	F 36	396	NAPANEE	2:55.6	4:42.6	23:33.25
5	Megan VanOrder	F 35	399	NAPANEE	3:01.2	4:51.6	24:18.09
6	Ashley Wolosinovsky	F 36	410	NAPANEE	3:03.0	4:54.5	24:32.90
7	Kate Primeau	F 39	356	FOXBORO	3:06.4	5:00.1	25:00.66
8	Katrina Geenevasen	F 34	286	NEWBURGH	3:09.7	5:05.4	25:27.06
9	Nicole Garrett	F 30	284	CENTREVILLE	3:17.6	5:18.0	26:30.09
10	Jillian Perreault	F 36	349	NAPANEE	3:29.0	5:36.4	28:02.47
11	Rachel Barber	F 36	219	NAPANEE	3:34.5	5:45.2	28:46.03
12	Crystal Blanchard	F 34	225	NEWBURGH	3:38.2	5:51.1	29:15.97
13	Michelle Way	F 38	401	NAPANEE	3:43.0	5:58.9	29:54.66
14	Christina Detlor	F 37	263	SELBY	3:44.5	6:01.4	30:07.06
15	Deanna Lloyd	F 38	320	NAPANEE	3:48.3	6:07.5	30:37.56
16	Courtney Gunter	F 39	297	SELBY	4:09.3	6:41.3	33:26.50
17	Julie Burchat	F 36	237	DESERONTO	4:14.5	6:49.7	34:08.56
18	Theresa Sedore	F 36	372	NAPANEE	4:16.1	6:52.2	34:21.18
19	Kristen Bongers	F 36	229	ENTERPRISE	4:27.2	7:10.0	35:50.44
20	Hilary Moon	F 33	339	KINGSTON	4:28.0	7:11.4	35:57.00
21	Daniela Auciello	F 37	210	PICTON	4:46.3	7:40.8	38:24.34
22	Nicole Dussault	F 35	269	DESERONTO	5:02.8	8:07.3	40:36.56
23	Nikki Hussey	F 35	307	SHANNONVILLE	5:03.0	8:07.6	40:38.47
24	Melissa Easter	F 35	271	NAPANEE	5:09.4	8:17.9	41:29.66
25	Jessica Shields	F 37	375	AJAX	5:13.5	8:24.6	42:03.02
26	Laura Dawe	F 32	359	KINGSTON	5:57.9	9:36.0	48:00.15
27	Mallory Wionzek	F 34	409	MARLBANK	6:23.3	10:16.9	51:24.69
FEMALE 40 - 49							
1	Angela Boyles	F 40	236	NAPANEE	2:50.5	4:34.4	22:52.18
2	Charlotte Dorey	F 45	266	NAPANEE	2:50.8	4:34.9	22:54.84
3	Tammy Pigion	F 46	352	NAPANEE	2:55.8	4:42.9	23:34.94
4	Mandy Alaver	F 40	202	CAMDEN EAST	3:00.9	4:51.2	24:16.41
5	Rachelle Googe	F 43	291	NAPANEE	3:02.1	4:53.1	24:25.81
6	Jody Bonsall	F 49	230	NAPANEE	3:03.4	4:55.2	24:36.18
7	Erin Fretts	F 40	283	NAPANEE	3:07.7	5:02.2	25:11.03
8	Sherrie Murphy	F 44	344	TAMWORTH	3:19.4	5:21.0	26:45.06
9	Eva Lazarakos	F 43	318	NAPANEE	3:30.8	5:39.2	28:16.28
10	Tanya Szuch	F 44	387	NAPANEE	3:33.2	5:43.2	28:36.22
11	Jennifer Saulnier	F 46	368	KINGSTON	3:33.8	5:44.0	28:40.41
12	Becky Lloyd-Peter	F 42	324	NAPANEE	3:36.1	5:47.8	28:59.38
13	Onie Whinney	F 45	404	NEWBURGH	3:40.2	5:54.5	29:32.66
14	Raquel Kruger	F 46	420	NAPANEE	3:46.3	6:04.2	30:21.47
15	Julie Maxwell	F 42	327	NEWBURGH	3:47.4	6:06.0	30:30.41
16	Lisa Rose	F 44	364	NAPANEE	4:00.3	6:26.8	32:14.25
17	Leigh Ann Forrest	F 40	281	DESERONTO	4:00.7	6:27.4	32:17.25
18	Karen Blancher	F 46	228	NAPANEE	4:03.3	6:31.5	32:37.87
19	Caroline Claude	F 44	248	NAPANEE	4:11.7	6:45.2	33:46.06

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	Name	Age	Bib	Team	Avg per K	Avg per MI	Time
20	Sarah Arthur	F 42	209	NAPANEE	4:24.1	7:05.0	35:25.31
21	Melissa Airhart	F 41	201	NAPANEE	4:26.4	7:08.8	35:44.00
22	Stacey Dowling	F 42	268	SELBY	4:30.6	7:15.6	36:18.22
23	Susanne McKerral	F 43	337	DESERONTO	4:34.2	7:21.3	36:46.84
24	Stacey McDonald	F 40	331	ROBLIN	5:01.5	8:05.2	40:26.34
25	Leslie Lloyd	F 41	321	MARYSVILLE	6:12.8	10:00.0	50:00.00
26	Christle McCullough	F 41	330	NAPANEE	7:24.6	11:55.6	59:38.00
FEMALE 50 - 59							
1	Kathy Hinch	F 58	304	NAPANEE	3:04.0	4:56.2	24:41.18
2	Catherine Spaulding	F 50	380	OTTAWA	3:13.0	5:10.7	25:53.59
3	Judy Huyck	F 58	308	ODESSA	3:15.5	5:14.6	26:13.38
4	George Lazarakos	F 50	317	NAPANEE	3:48.5	6:07.8	30:39.31
5	Gina Alexander	F 58	205	ODESSA	4:08.2	6:39.5	33:17.56
6	Rebecca Wilkinson	F 54	407	NAPANEE	4:08.3	6:39.7	33:18.78
7	Colleen King	F 55	315	NAPANEE	4:27.4	7:10.4	35:52.44
8	Deb Walker	F 50	400	BATH	4:27.6	7:10.7	35:53.52
9	Libby Running	F 59	366	YARKER	5:19.1	8:33.6	42:48.28
10	Patsy Laraby	F 59	43711	KINGSTON	8:40.4	13:57.6	1:09:48.01
FEMALE 60 - 69							
1	Deborah Holtom	F 68	305	HOWE ISLAND	2:52.2	4:37.1	23:05.97
2	Shirley Myers	F 66	345	KINGSTON	3:11.0	5:07.4	25:37.28
3	Karen Allore	F 61	414	BELLEVILLE	3:45.4	6:02.8	30:14.09
4	Avita Baskin	F 67	222	BELLEVILLE	3:49.2	6:08.8	30:44.41
5	Valerie Jarus	F 64	313	NAPANEE	4:32.1	7:18.0	36:30.31
6	Sharon Thomas	F 64	391	NAPANEE	5:29.5	8:50.2	44:11.40
7	Marcel Clements Snyder	F 60	249	NAPANEE	5:57.8	9:35.8	47:59.47
8	Charmayne Elliott	F 65	272	DESERONTO	6:12.8	10:00.0	50:00.00
9	Sharon Henderson	F 60	302	NAPANEE	8:40.4	13:57.6	1:09:48.00
FEMALE 70 - 99							
1	Kathy Rice	F 74	360	ROSLIN	3:50.1	6:10.4	30:52.31
2	Elizabeth Bos	F 72	234	ODESSA	5:07.0	8:14.1	41:10.81
3	Elizabeth Finnie-Hunt	F 72	276	PORT HOPE	6:12.4	9:59.3	49:56.72
MALE 1 - 10							
1	Jack Gregory	M 10	296	NAPANEE	2:19.6	3:44.7	18:43.69
2	Zachary Wilde	M 10	406	NAPANEE	2:34.3	4:08.3	20:41.78
3	Nate Stacey	M 9	382	CAMDEN EAST	2:34.8	4:09.1	20:45.97
4	Dawson Chalk	M 8	247	NAPANEE	2:50.0	4:33.6	22:48.03
5	Hayden Lloyd	M 10	323	DESERONTO	2:50.1	4:33.8	22:49.44
6	Lucas Coles	M 8	250	NAPANEE	2:57.2	4:45.3	23:46.59
7	Hayden Tisdale	M 10	392	DESERONTO	2:59.6	4:49.0	24:05.28
8	Kieran Gilbert	M 9	290	DESERONTO	3:50.8	6:11.5	30:57.56
9	Cooper Deremo	M 9	262	DESERONTO	3:51.2	6:12.1	31:00.62
10	Hudson Conger	M 9	254	DESERONTO	3:51.5	6:12.6	31:03.06
11	Landon Conger	M 10	253	DESERONTO	3:53.4	6:15.6	31:18.47
12	Anthony Bartolo	M 8	221	DESERONTO	4:13.8	6:48.5	34:02.69
13	Jaxon Herrington-Williams	M 8	303	DESERONTO	4:22.9	7:03.2	35:16.18
14	Rhys Fisher	M 10	279	DESERONTO	5:06.8	8:13.7	41:08.81

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MALE 11 - 19							
1	Nathan Arsenault	M 12	208	TORONTO	2:30.3	4:01.9	20:09.78
2	Spencer Haennel	M 15	298	AMELIASBURG	2:32.4	4:05.2	20:26.38
3	Owen Gooe	M 15	292	NAPANEE	2:33.0	4:06.3	20:31.75
4	Jayden Smith	M 18	377	TAMWORTH	2:41.3	4:19.6	21:38.25
5	Kadan Gelsthorpe	M 13	287	STIRLING	2:50.0	4:33.6	22:48.00
6	Ian Isbester	M 13	311	NAPANEE	2:53.9	4:39.9	23:19.88
7	Sam Rickard	M 14	362	GREATER NAPANEE	2:58.1	4:46.7	23:53.78
8	Charley Reynolds	M 12	358	DESERONTO	3:14.3	5:12.8	26:04.18
9	Zander Van Asperen	M 17	395	NAPANEE	3:22.5	5:25.9	27:09.88
10	Jacob Bault	M 11	224	DESERONTO	3:37.5	5:50.0	29:10.44
11	Cameron Burchat	M 11	238	DESERONTO	3:38.0	5:50.9	29:14.56
12	Benjamin Saulnier	M 11	370	KINGSTON	3:41.9	5:57.2	29:46.06
13	Skylar Jackson	M 11	312	DESERONTO	4:26.5	7:08.9	35:44.72
MALE 20 - 29							
1	Maxwell Powell	M 21	355	NAPANEE	2:36.9	4:12.6	21:03.18
2	Ryan Smith	M 20	378	TAMWORTH	2:41.9	4:20.6	21:43.41
3	Alex Cowle	M 26	256	NAPANEE	3:29.7	5:37.5	28:07.84
MALE 30 - 39							
1	Travis Buchan	M 38	430	NAPANEE	2:36.8	4:12.4	21:02.31
2	Luis Paico-Avilez	M 35	347	KANATA	2:41.1	4:19.3	21:36.59
3	Peter Wionzek	M 34	408	MARLBANK	2:46.3	4:27.7	22:18.72
4	Aaron Burnett	M 35	242	GREATER NAPANEE	2:47.4	4:29.5	22:27.59
5	Josh Peter	M 38	350	NAPANEE	3:06.2	4:59.7	24:58.91
6	Jason Burnett	M 37	240	NAPANEE	3:09.3	5:04.8	25:24.03
7	Mike Coles	M 37	251	NAPANEE	3:18.3	5:19.1	26:35.75
8	Duncan McILvaney	M 38	334	DESERONTO	4:22.8	7:03.0	35:15.03
MALE 40 - 49							
1	Chris Abraham	M 49	418	NAPANEE	2:37.7	4:13.9	21:09.53
2	Neil Hopkins	M 48	306	KINGSTON	2:40.2	4:17.8	21:29.28
3	Adam Bonsall	M 48	231	NAPANEE	2:50.9	4:35.1	22:55.56
4	Jay Fisher	M 44	277	DESERONTO	2:57.3	4:45.4	23:47.28
5	Aaron Gooe	M 44	293	NAPANEE	3:02.9	4:54.4	24:32.06
6	David Isbester	M 45	310	NAPANEE	3:06.8	5:00.6	25:03.15
7	Jason Gregory	M 46	294	NAPANEE	3:10.4	5:06.5	25:32.66
8	Toby Whinney	M 43	405	NEWBURGH	3:10.9	5:07.3	25:36.56
9	Greg Boyles	M 40	235	NAPANEE	3:18.0	5:18.7	26:33.88
10	Justin Fleury	M 42	280	GREATER NAPANEE	3:24.4	5:29.0	27:25.12
11	Andrew Zwiers	M 42	412	NAPANEE	3:25.0	5:30.0	27:30.38
12	Mike Gibson	M 43	289	NAPANEE	3:29.5	5:37.1	28:05.84
13	Matthew Richardson	M 46	361	BELLEVILLE	3:32.6	5:42.1	28:30.94
14	Marc Saulnier	M 48	369	KINGSTON	3:33.4	5:43.5	28:37.97
15	Josh Amos	M 41	206	BRIGHTON	3:36.3	5:48.1	29:00.52
16	Trevor Bauld	M 43	223	DESERONTO	4:01.0	6:27.8	32:19.28
17	Neil Pixley	M 48	354	NAPANEE	4:28.1	7:11.5	35:57.78
18	Jamie Vangulck	M 44	397	INVERARY	4:46.1	7:40.4	38:22.38
19	Sean Mule	M 40	343	TORONTO	5:01.3	8:04.9	40:24.91

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MALE 50 - 59							
1	Lorne Singer	M 53	376	BELLEVILLE	2:26.0	3:54.9	19:34.94
2	Danny Dwyer	M 54	270	ENTERPRISE	2:33.8	4:07.6	20:38.31
3	Steve Wood	M 51	411	PEMBROKE	3:13.5	5:11.4	25:57.34
4	Lynne Cardinal	M 56	245	CAMDEN EAST	3:23.9	5:28.1	27:20.78
5	Tim Alexander	M 59	204	ODESSA	3:31.6	5:40.6	28:23.41
6	Shawn Whelen	M 54	403	NAPANEE	3:48.0	6:06.9	30:34.66
MALE 60 - 69							
1	Paul Kenny	M 66	314	CHERRY VALLEY	2:36.7	4:12.3	21:01.66
2	Garry Carl	M 63	246	BELLEVILLE	3:30.9	5:39.5	28:17.56
3	Gary Running	M 63	367	YARKER	5:15.7	8:28.1	42:20.75
MALE 70 - 99							
1	Jan Bos	M 70	232	ODESSA	3:30.3	5:38.5	28:12.78
2	Dave Rice	M 76	428	ROSLIN	3:46.1	6:03.8	30:19.44
3	Mac Isbester	M 80	419	NAPANEE	5:21.3	8:37.1	43:05.78
4	David Markle	M 75	326	NAPANEE	5:29.3	8:50.0	44:10.25