

## Napanee Heritage 5km and Kids Mile

Napanee, Ontario

2019-06-15

6/15/19 - 6/15/19

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

## Event # 2 MIXED 5K Run

	Name	Age	Bib	Team	Avg per K	Avg per MI	Time
<b>OVERALL</b>							
1	Adam Andrecyk	M 37	207	KINGSTON	2:08.5	3:26.9	17:14.62
2	Matthew Stacey	M 37	381	CAMDEN EAST	2:13.4	3:34.8	17:54.12
3	Jason Lloyd	M 44	319	MARYSVILLE	2:17.0	3:40.4	18:22.41
4	Jack Gregory	M 10	296	NAPANEE	2:19.6	3:44.7	18:43.69
5	Graham Hawkes	M 43	301	KINGSTON	2:20.5	3:46.2	18:51.22
6	Dougal Bale	M 45	216	KINGSTON	2:21.9	3:48.4	19:02.25
7	Dalton Cote	M 54	255	KINGSTON	2:22.3	3:49.0	19:05.47
8	Lorne Singer	M 53	376	BELLEVILLE	2:26.0	3:54.9	19:34.94
9	Ocean Fierz	F 14	274	NAPANEE	2:26.9	3:56.4	19:42.22
10	Allison Alexander	F 36	203	KINGSTON	2:28.5	3:59.0	19:55.00
11	Nathan Arsenault	M 12	208	TORONTO	2:30.3	4:01.9	20:09.78
12	Spencer Haennel	M 15	298	AMELIASBURG	2:32.4	4:05.2	20:26.38
13	Owen Googe	M 15	292	NAPANEE	2:33.0	4:06.3	20:31.75
14	Danny Dwyer	M 54	270	ENTERPRISE	2:33.8	4:07.6	20:38.31
15	Zachary Wilde	M 10	406	NAPANEE	2:34.3	4:08.3	20:41.78
16	Nate Stacey	M 9	382	CAMDEN EAST	2:34.8	4:09.1	20:45.97
17	Katie Buchan	F 11	7001	KINGSTON	2:35.4	4:10.2	20:51.18
18	Paul Kenny	M 66	314	CHERRY VALLEY	2:36.7	4:12.3	21:01.66
19	Travis Buchan	M 38	430	NAPANEE	2:36.8	4:12.4	21:02.31
20	Maxwell Powell	M 21	355	NAPANEE	2:36.9	4:12.6	21:03.18
21	Chris Abraham	M 49	418	NAPANEE	2:37.7	4:13.9	21:09.53
22	Emily Stinson	F 35	385	TAMWORTH	2:39.8	4:17.2	21:26.22
23	Neil Hopkins	M 48	306	KINGSTON	2:40.2	4:17.8	21:29.28
24	Gabby Stacey	F 9	383	CAMDEN EAST	2:40.5	4:18.3	21:31.66
25	Luis Paico-Aviles	M 35	347	KANATA	2:41.1	4:19.3	21:36.59
26	Jayden Smith	M 18	377	TAMWORTH	2:41.3	4:19.6	21:38.25
27	Ryan Smith	M 20	378	TAMWORTH	2:41.9	4:20.6	21:43.41
28	Lianne Morissette	F 49	342	KINGSTON	2:42.4	4:21.4	21:47.25
29	Leanne Moran	F 53	340	KINGSTON	2:44.4	4:24.6	22:03.06
30	Peter Wionzek	M 34	408	MARLBANK	2:46.3	4:27.7	22:18.72
31	Aaron Burnett	M 35	242	GREATER NAPANEE	2:47.4	4:29.5	22:27.59
32	Amy Smith	F 39	379	KINGSTON	2:48.3	4:30.9	22:34.81
33	Ann Kupecz	F 40	316	GREATER NAPANEE	2:49.6	4:32.9	22:44.75
34	Kadan Gelsthorpe	M 13	287	STIRLING	2:50.0	4:33.6	22:48.00
35	Dawson Chalk	M 8	247	NAPANEE	2:50.0	4:33.6	22:48.03
36	Hayden Lloyd	M 10	323	DESERONTO	2:50.1	4:33.8	22:49.44
37	Angela Boyles	F 40	236	NAPANEE	2:50.5	4:34.4	22:52.18
38	Charlotte Dorey	F 45	266	NAPANEE	2:50.8	4:34.9	22:54.84
39	Adam Bonsall	M 48	231	NAPANEE	2:50.9	4:35.1	22:55.56
40	Jenn Davey	F 38	258	NAPANEE	2:51.0	4:35.3	22:56.56
41	Deborah Holtom	F 68	305	HOWE ISLAND	2:52.2	4:37.1	23:05.97
42	Ian Isbester	M 13	311	NAPANEE	2:53.9	4:39.9	23:19.88
43	Frances Van der heyden	F 36	396	NAPANEE	2:55.6	4:42.6	23:33.25
44	Tammy Pigion	F 46	352	NAPANEE	2:55.8	4:42.9	23:34.94

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	<b>Name</b>	<b>Age</b>	<b>Bib</b>	<b>Team</b>	<b>Avg per K</b>	<b>Avg per MI</b>	<b>Time</b>
45	Elizabeth Burnett	F 11	241	NAPANEE	2:56.6	4:44.3	23:41.56
46	Lucas Coles	M 8	250	NAPANEE	2:57.2	4:45.3	23:46.59
47	Jay Fisher	M 44	277	DESERONTO	2:57.3	4:45.4	23:47.28
48	Ella Mulder	F 10	417	NAPANEE	2:57.4	4:45.6	23:48.24
49	Sam Rickard	M 14	362	GREATER NAPANEE	2:58.1	4:46.7	23:53.78
50	Hayden Tisdale	M 10	392	DESERONTO	2:59.6	4:49.0	24:05.28
51	Mandy Alaver	F 40	202	CAMDEN EAST	3:00.9	4:51.2	24:16.41
52	Megan VanOrder	F 35	399	NAPANEE	3:01.2	4:51.6	24:18.09
53	Rachelle Googe	F 43	291	NAPANEE	3:02.1	4:53.1	24:25.81
54	Aaron Googe	M 44	293	NAPANEE	3:02.9	4:54.4	24:32.06
55	Ashley Wolosinovsky	F 36	410	NAPANEE	3:03.0	4:54.5	24:32.90
56	Jody Bonsall	F 49	230	NAPANEE	3:03.4	4:55.2	24:36.18
57	Kathy Hinch	F 58	304	NAPANEE	3:04.0	4:56.2	24:41.18
58	Josh Peter	M 38	350	NAPANEE	3:06.2	4:59.7	24:58.91
59	Kate Primeau	F 39	356	FOXBORO	3:06.4	5:00.1	25:00.66
60	David Isbester	M 45	310	NAPANEE	3:06.8	5:00.6	25:03.15
61	Erin Fretts	F 40	283	NAPANEE	3:07.7	5:02.2	25:11.03
62	Jason Burnett	M 37	240	NAPANEE	3:09.3	5:04.8	25:24.03
63	Katrina Geenevasen	F 34	286	NEWBURGH	3:09.7	5:05.4	25:27.06
64	Jason Gregory	M 46	294	NAPANEE	3:10.4	5:06.5	25:32.66
65	Toby Whinney	M 43	405	NEWBURGH	3:10.9	5:07.3	25:36.56
66	Shirley Myers	F 66	345	KINGSTON	3:11.0	5:07.4	25:37.28
67	Macy Gibson	F 13	288	DESERONTO	3:11.4	5:08.1	25:40.50
68	Shayne Blanchard	F 10	226	NEWBURGH	3:12.0	5:09.0	25:45.12
69	Courtney Gauthier	F 24	285	NEWBURGH	3:12.9	5:10.5	25:52.56
70	Catherine Spaulding	F 50	380	OTTAWA	3:13.0	5:10.7	25:53.59
71	Steve Wood	M 51	411	PEMBROKE	3:13.5	5:11.4	25:57.34
72	Charley Reynolds	M 12	358	DESERONTO	3:14.3	5:12.8	26:04.18
73	Maddie Blanchard	F 9	227	NEWBURGH	3:14.9	5:13.6	26:08.31
74	Judy Huyck	F 58	308	ODESSA	3:15.5	5:14.6	26:13.38
75	Hanna Gregory	F 17	295	NAPANEE	3:16.2	5:15.7	26:18.88
76	Leah Oster	F 18	415	NAPANEE	3:16.3	5:15.9	26:19.62
77	Grace Fisher	F 13	278	DESERONTO	3:16.5	5:16.2	26:21.44
78	Nara Rickard	F 11	363	GREATER NAPANEE	3:17.3	5:17.6	26:28.38
79	Nicole Garrett	F 30	284	CENTREVILLE	3:17.6	5:18.0	26:30.09
80	Greg Boyles	M 40	235	NAPANEE	3:18.0	5:18.7	26:33.88
81	Mike Coles	M 37	251	NAPANEE	3:18.3	5:19.1	26:35.75
82	Sherrie Murphy	F 44	344	TAMWORTH	3:19.4	5:21.0	26:45.06
83	Zander Van Asperen	M 17	395	NAPANEE	3:22.5	5:25.9	27:09.88
84	Lynne Cardinal	M 56	245	CAMDEN EAST	3:23.9	5:28.1	27:20.78
85	Justin Fleury	M 42	280	GREATER NAPANEE	3:24.4	5:29.0	27:25.12
86	Andrew Zwiers	M 42	412	NAPANEE	3:25.0	5:30.0	27:30.38
87	Jillian Perreault	F 36	349	NAPANEE	3:29.0	5:36.4	28:02.47
88	Mike Gibson	M 43	289	NAPANEE	3:29.5	5:37.1	28:05.84
89	Alex Cowle	M 26	256	NAPANEE	3:29.7	5:37.5	28:07.84
90	Natasha Nekoui	F 25	346	NIAGARA FALLS	3:30.2	5:38.3	28:11.78

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	<b>Name</b>	<b>Age</b>	<b>Bib</b>	<b>Team</b>	<b>Avg per K</b>	<b>Avg per MI</b>	<b>Time</b>
91	Jan Bos	M 70	232	ODESSA	3:30.3	5:38.5	28:12.78
92	Eva Lazarakos	F 43	318	NAPANEE	3:30.8	5:39.2	28:16.28
93	Garry Carl	M 63	246	BELLEVILLE	3:30.9	5:39.5	28:17.56
94	Tim Alexander	M 59	204	ODESSA	3:31.6	5:40.6	28:23.41
95	Katie Harrison	F 26	300	NAPANEE	3:32.2	5:41.5	28:27.75
96	Matthew Richardson	M 46	361	BELLEVILLE	3:32.6	5:42.1	28:30.94
97	Vienna Ballance-Hinch	F 10	217	TAMWORTH	3:33.0	5:42.9	28:34.66
98	Tanya Szuch	F 44	387	NAPANEE	3:33.2	5:43.2	28:36.22
99	Marc Saulnier	M 48	369	KINGSTON	3:33.4	5:43.5	28:37.97
100	Jennifer Saulnier	F 46	368	KINGSTON	3:33.8	5:44.0	28:40.41
101	Jade Peter	F 11	351	DESERONTO	3:34.0	5:44.5	28:42.59
102	Rachel Barber	F 36	219	NAPANEE	3:34.5	5:45.2	28:46.03
103	Abby Lloyd	F 12	322	MARYSVILLE	3:35.7	5:47.2	28:56.31
104	Becky Lloyd-Peter	F 42	324	NAPANEE	3:36.1	5:47.8	28:59.38
105	Josh Amos	M 41	206	BRIGHTON	3:36.3	5:48.1	29:00.52
106	McKinney Shannon	F 22	373	NAPANEE	3:37.1	5:49.4	29:07.38
107	Jacob Bault	M 11	224	DESERONTO	3:37.5	5:50.0	29:10.44
108	Cameron Burchat	M 11	238	DESERONTO	3:38.0	5:50.9	29:14.56
109	Crystal Blanchard	F 34	225	NEWBURGH	3:38.2	5:51.1	29:15.97
110	Onie Whinney	F 45	404	NEWBURGH	3:40.2	5:54.5	29:32.66
111	Holly Baldwin	F 27	215	NAPANEE	3:40.6	5:55.0	29:35.31
112	Deniz Aydin	F 29	211	KINGSTON	3:40.8	5:55.4	29:37.03
113	Benjamin Saulnier	M 11	370	KINGSTON	3:41.9	5:57.2	29:46.06
114	Harley Cunningham	F 29	257	NAPANEE	3:42.8	5:58.5	29:52.84
115	Michelle Way	F 38	401	NAPANEE	3:43.0	5:58.9	29:54.66
116	Maddy Oster	F 15	416	NAPANEE	3:43.3	5:59.3	29:56.84
117	Christina Detlor	F 37	263	SELBY	3:44.5	6:01.4	30:07.06
118	Karen Allore	F 61	414	BELLEVILLE	3:45.4	6:02.8	30:14.09
119	Dave Rice	M 76	428	ROSLIN	3:46.1	6:03.8	30:19.44
120	Raquel Kruger	F 46	420	NAPANEE	3:46.3	6:04.2	30:21.47
121	Julie Maxwell	F 42	327	NEWBURGH	3:47.4	6:06.0	30:30.41
122	Shawn Whelen	M 54	403	NAPANEE	3:48.0	6:06.9	30:34.66
123	Braylee Butcher	F 11	244	DESERONTO	3:48.2	6:07.3	30:36.50
124	Deanna Lloyd	F 38	320	NAPANEE	3:48.3	6:07.5	30:37.56
125	Peytan Turriff	F 11	394	DESERONTO	3:48.4	6:07.6	30:38.46
126	George Lazarakos	F 50	317	NAPANEE	3:48.5	6:07.8	30:39.31
127	Devan Maxwell	F 11	328	NEWBURGH	3:48.6	6:08.0	30:40.18
128	Avita Baskin	F 67	222	BELLEVILLE	3:49.2	6:08.8	30:44.41
129	Kathy Rice	F 74	360	ROSLIN	3:50.1	6:10.4	30:52.31
130	Kieran Gilbert	M 9	290	DESERONTO	3:50.8	6:11.5	30:57.56
131	Cooper Deremo	M 9	262	DESERONTO	3:51.2	6:12.1	31:00.62
132	Hudson Conger	M 9	254	DESERONTO	3:51.5	6:12.6	31:03.06
133	Landon Conger	M 10	253	DESERONTO	3:53.4	6:15.6	31:18.47
134	Kennedy Zwiers	F 15	413	NAPANEE	3:59.3	6:25.2	32:06.03
135	Lisa Rose	F 44	364	NAPANEE	4:00.3	6:26.8	32:14.25
136	Leigh Ann Forrest	F 40	281	DESERONTO	4:00.7	6:27.4	32:17.25

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Name	Age	Bib	Team	Avg per K	Avg per MI	Time
137 Trevor Bauld	M 43	223	DESERONTO	4:01.0	6:27.8	32:19.28
138 Raeanne McGuinness	F 26	333	MARYSVILLE	4:01.2	6:28.1	32:20.94
139 Rachel Doornekamp	F 28	264	WATERLOO	4:01.6	6:28.8	32:24.15
140 Laura Doornekamp	F 26	265	ODESSA	4:03.2	6:31.3	32:36.97
141 Karen Blancher	F 46	228	NAPANEE	4:03.3	6:31.5	32:37.87
142 Gina Alexander	F 58	205	ODESSA	4:08.2	6:39.5	33:17.56
143 Rebecca Wilkinson	F 54	407	NAPANEE	4:08.3	6:39.7	33:18.78
144 Courtney Gunter	F 39	297	SELBY	4:09.3	6:41.3	33:26.50
145 Maggie McGarvey	F 29	332	NAPANEE	4:10.8	6:43.6	33:38.28
146 Caroline Claude	F 44	248	NAPANEE	4:11.7	6:45.2	33:46.06
147 Anthony Bartolo	M 8	221	DESERONTO	4:13.8	6:48.5	34:02.69
148 Julie Burchat	F 36	237	DESERONTO	4:14.5	6:49.7	34:08.56
149 Peyton Conger	F 12	252	DESERONTO	4:15.4	6:51.0	34:15.25
150 Theresa Sedore	F 36	372	NAPANEE	4:16.1	6:52.2	34:21.18
151 Avery Fingland	F 11	275	DESERONTO	4:16.7	6:53.2	34:26.09
152 Ava McILvaney	F 8	335	DESERONTO	4:18.2	6:55.6	34:38.03
153 Duncan McILvaney	M 38	334	DESERONTO	4:22.8	7:03.0	35:15.03
154 Jaxon Herrington-Williams	M 8	303	DESERONTO	4:22.9	7:03.2	35:16.18
155 Sarah Arthur	F 42	209	NAPANEE	4:24.1	7:05.0	35:25.31
156 Melissa Airhart	F 41	201	NAPANEE	4:26.4	7:08.8	35:44.00
157 Skylar Jackson	M 11	312	DESERONTO	4:26.5	7:08.9	35:44.72
158 Kristen Bongers	F 36	229	ENTERPRISE	4:27.2	7:10.0	35:50.44
159 Colleen King	F 55	315	NAPANEE	4:27.4	7:10.4	35:52.44
160 Deb Walker	F 50	400	BATH	4:27.6	7:10.7	35:53.52
161 Hilary Moon	F 33	339	KINGSTON	4:28.0	7:11.4	35:57.00
162 Neil Pixley	M 48	354	NAPANEE	4:28.1	7:11.5	35:57.78
163 Avery Ballance-Hinch	F 9	218	TAMWORTH	4:28.3	7:11.9	35:59.50
164 Zoey Vangulck	F 9	398	INVERARY	4:30.0	7:14.5	36:12.88
165 Stacey Dowling	F 42	268	SELBY	4:30.6	7:15.6	36:18.22
166 Valerie Jarus	F 64	313	NAPANEE	4:32.1	7:18.0	36:30.31
167 Susanne McKerral	F 43	337	DESERONTO	4:34.2	7:21.3	36:46.84
168 Emma Dowler	F 10	267	KINGSTON	4:42.2	7:34.2	37:51.06
169 Jamie Vangulck	M 44	397	INVERARY	4:46.1	7:40.4	38:22.38
170 Daniela Auciello	F 37	210	PICTON	4:46.3	7:40.8	38:24.34
171 Rachel Weir	F 25	402	NAPANEE	5:01.1	8:04.7	40:23.62
172 Sean Mule	M 40	343	TORONTO	5:01.3	8:04.9	40:24.91
173 Stacey McDonald	F 40	331	ROBLIN	5:01.5	8:05.2	40:26.34
174 Nicole Dussault	F 35	269	DESERONTO	5:02.8	8:07.3	40:36.56
175 Nikki Hussey	F 35	307	SHANNONVILLE	5:03.0	8:07.6	40:38.47
176 Carly Burchat	F 9	239	DESERONTO	5:03.1	8:07.9	40:39.59
177 Rhys Fisher	M 10	279	DESERONTO	5:06.8	8:13.7	41:08.81
178 Elizabeth Bos	F 72	234	ODESSA	5:07.0	8:14.1	41:10.81
179 Melissa Easter	F 35	271	NAPANEE	5:09.4	8:17.9	41:29.66
180 Sam Pixley	F 26	353	NAPANEE	5:13.4	8:24.3	42:01.97
181 Jessica Shields	F 37	375	AJAX	5:13.5	8:24.6	42:03.02
182 Gary Running	M 63	367	YARKER	5:15.7	8:28.1	42:20.75

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183 Libby Running	F 59	366	YARKER	5:19.1	8:33.6	42:48.28
184 Mac Isbester	M 80	419	NAPANEE	5:21.3	8:37.1	43:05.78
185 David Markle	M 75	326	NAPANEE	5:29.3	8:50.0	44:10.25
186 Sharon Thomas	F 64	391	NAPANEE	5:29.5	8:50.2	44:11.40
187 Marcel Clements Snyder	F 60	249	NAPANEE	5:57.8	9:35.8	47:59.47
188 Laura Dawe	F 32	359	KINGSTON	5:57.9	9:36.0	48:00.15
189 Peyton Monk	F 10	338	DESERONTO	6:05.9	9:48.9	49:04.84
190 Isabella Roswell	F 12	365	DESERONTO	6:06.4	9:49.7	49:08.91
191 Elizabeth Finnie-Hunt	F 72	276	PORT HOPE	6:12.4	9:59.3	49:56.72
192 Leslie Lloyd	F 41	321	MARYSVILLE	6:12.8	10:00.0	50:00.00
193 Charmayne Elliott	F 65	272	DESERONTO	6:12.8	10:00.0	50:00.00
194 Mallory Wionzek	F 34	409	MARLBANK	6:23.3	10:16.9	51:24.69
195 Christle McCullough	F 41	330	NAPANEE	7:24.6	11:55.6	59:38.00
196 Sharon Henderson	F 60	302	NAPANEE	8:40.4	13:57.6	1:09:48.00
197 Patsy Laraby	F 59	43711	KINGSTON	8:40.4	13:57.6	1:09:48.01