

**2019 KRRA Waterfront 10km**

Kingston, Ontario

2019-04-27

4/27/19 - 4/27/19

Results by [www.runningbydesign.com](http://www.runningbydesign.com)**Event # 1 MIXED 10K Run**

	Name	Age	Bib	Team	Avg per K	Avg per MI	Time
<b>FEMALE 1 - 19</b>							
1	Kenna Clayton	F 18	424	10KM	5:27.1	8:46.4	54:31.21
2	Claire Dickison	F 17	434	10KM	5:29.1	8:49.7	54:51.75
3	Catherine Noble	F 19	483	10KM	6:01.2	9:41.2	1:00:12.00
<b>FEMALE 20 - 29</b>							
1	Maia Idzikowski	F 20	535	10KM	4:24.1	7:05.0	44:01.27
2	Alison Michels	F 27	481	10KM	4:43.6	7:36.5	47:16.93
3	Emily Ranft	F 25	533	10KM	4:47.6	7:42.8	47:56.02
4	Courtney Bannerman	F 23	405	10KM	5:13.7	8:24.9	52:17.34
5	Rachael Quickert	F 25	493	10KM	5:27.7	8:47.4	54:37.34
6	Elizabeth Day	F 23	431	10KM	5:29.4	8:50.1	54:54.50
7	Madeleine LeBlanc	F 23	460	10KM	5:29.6	8:50.5	54:56.62
8	Amberlee Glasspoole	F 29	443	10KM	6:08.6	9:53.2	1:01:26.03
9	Laura McKiel	F 25	477	10KM	6:44.5	10:51.1	1:07:25.84
10	Erin Hamilton	F 25	447	10KM	7:18.7	11:46.0	1:13:07.00
11	Megan Leeder	F 26	461	10KM	8:13.7	13:14.5	1:22:17.00
12	Amanda Pantrey	F 26	487	10KM	8:13.8	13:14.6	1:22:18.00
<b>FEMALE 30 - 39</b>							
1	Lesley Rudy	F 38	504	10KM	4:53.5	7:52.4	48:55.97
2	Julie Schneider	F 38	506	10KM	4:57.5	7:58.8	49:35.31
3	Spenser Longworth	F 31	467	10KM	5:16.7	8:29.6	52:47.03
4	Elyse Bell	F 31	409	10KM	5:27.3	8:46.7	54:33.15
5	Kat Melia	F 35	479	10KM	5:38.3	9:04.4	56:23.11
6	Caitlin McGarry	F 30	476	10KM	5:59.7	9:38.9	59:57.15
7	Catriona Robertson	F 34	498	10KM	6:10.4	9:56.1	1:01:44.00
8	Audrey-Maude Robitaille	F 30	499	10KM	6:14.4	10:02.6	1:02:24.50
9	Gosia Rutkowska	F 32	505	10KM	6:19.1	10:10.2	1:03:11.72
10	Lisa Johnson	F 39	454	10KM	6:24.0	10:18.0	1:04:00.46
11	Jeanette Korzeniowski	F 32	457	10KM	6:27.4	10:23.5	1:04:34.25
12	Emily Boehmer	F 34	411	10KM	6:34.5	10:35.0	1:05:45.97
13	Sherry McCauley	F 38	474	10KM	6:41.5	10:46.2	1:06:55.78
14	Kasia Bruski	F 30	416	10KM	7:16.4	11:42.3	1:12:44.00
<b>FEMALE 40 - 49</b>							
1	Lisa Bootsma	F 45	412	10KM	4:34.0	7:21.0	45:40.78
2	Melody Knott	F 42	456	10KM	4:59.7	8:02.4	49:57.50
3	Katie May	F 41	531	10KM	5:27.4	8:46.9	54:34.41
4	Louise Guerin	F 45	445	10KM	5:54.4	9:30.4	59:04.47
5	Gillian MacKenzie	F 40	468	10KM	6:15.8	10:04.8	1:02:38.43
<b>FEMALE 50 - 59</b>							
1	Leanne Moran	F 53	529	10KM	4:34.1	7:21.2	45:41.50
2	Audethy Tallack	F 58	527	10KM	5:04.6	8:10.3	50:46.72
3	Diane Lougheed	F 57	532	10KM	5:08.0	8:15.7	51:20.52
4	Dorothy Kessler	F 53	455	10KM	5:12.6	8:23.2	52:06.97
5	Kira McNeely	F 53	478	10KM	5:39.8	9:06.8	56:38.22
6	Varley Taylor	F 50	516	10KM	5:50.6	9:24.3	58:26.78
7	Heather Situm	F 54	509	10KM	6:02.7	9:43.7	1:00:27.31
8	Angela Schaap	F 50	530	10KM	6:14.3	10:02.4	1:02:23.44
9	Tina Wilson	F 56	523	10KM	6:17.7	10:07.9	1:02:57.88
10	Caroline Bachynski	F 55	404	10KM	6:19.7	10:11.1	1:03:17.25

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	Name	Age	Bib	Team	Avg per K	Avg per MI	Time
11	Kendra Ray	F 52	494	10KM	6:19.8	10:11.2	1:03:18.00
12	Rita DiFilippo	F 54	528	10KM	6:24.6	10:19.1	1:04:06.97
13	Tanya Comas	F 54	425	10KM	6:44.6	10:51.2	1:07:26.37
14	Kathy Curry	F 55	429	10KM	6:49.7	10:59.4	1:08:17.72
15	Robin Leriche	F 50	462	10KM	7:20.6	11:49.0	1:13:26.00
<b>FEMALE 60 - 69</b>							
1	Lori Templeton	F 61	517	10KM	5:58.9	9:37.7	59:49.69
2	Susan Meyers	F 65	480	10KM	6:21.1	10:13.3	1:03:31.49
<b>FEMALE 70 - 99</b>							
1	Liz Walker	F 72	521	10KM	6:45.5	10:52.6	1:07:35.50
<b>MALE 1 - 19</b>							
1	Xavier Chabot	M 19	420	10KM	3:47.5	6:06.2	37:55.47
2	Cooper Barrie	M 12	406	10KM	4:27.7	7:10.9	44:37.56
<b>MALE 20 - 29</b>							
1	Mathieu Marillier	M 27	473	10KM	3:44.0	6:00.6	37:20.75
2	Luis Ortiz	M 29	485	10KM	3:45.5	6:03.0	37:35.72
3	Liam Chambers	M 27	422	10KM	3:51.8	6:13.1	38:38.53
4	Mike Mackett	M 27	470	10KM	3:56.7	6:20.9	39:27.15
5	Kevin Bates	M 22	407	10KM	3:58.4	6:23.8	39:44.88
6	Dominic Wozniak	M 23	524	10KM	4:02.2	6:29.9	40:22.84
7	Jackson Simmons	M 20	508	10KM	4:06.2	6:36.2	41:02.22
8	Daniel Huang	M 21	452	10KM	4:18.3	6:55.7	43:03.18
9	Michael Borsk	M 23	413	10KM	5:11.2	8:20.9	51:52.59
10	Marc Pacia	M 24	486	10KM	5:15.8	8:28.2	52:38.38
11	Zach Spiler	M 27	512	10KM	5:17.7	8:31.3	52:57.18
12	Benjamin Shaw	M 22	507	10KM	7:49.3	12:35.2	1:18:13.00
<b>MALE 30 - 39</b>							
1	Nick Lalonde	M 39	458	10KM	3:56.4	6:20.4	39:24.09
2	Aaron Siller	M 34	526	10KM	4:17.8	6:54.9	42:58.65
3	Adam Gibson	M 35	441	10KM	4:21.2	7:00.3	43:32.11
4	Kevin McCauley	M 39	534	10KM	5:13.6	8:24.6	52:16.06
5	Kevin MacKenzie	M 30	469	10KM	5:16.8	8:29.8	52:48.28
6	Matti Allen	M 33	401	10KM	5:17.3	8:30.6	52:53.18
7	Mike Boszormeny	M 37	414	10KM	5:20.6	8:36.0	53:26.38
8	Ryan Charron	M 36	423	10KM	6:01.8	9:42.3	1:00:18.53
9	Jean-Denis Rheaume	M 36	495	10KM	6:14.2	10:02.3	1:02:22.56
10	Sebastian Wozniak	M 31	525	10KM	6:19.2	10:10.3	1:03:12.41
11	Roland Gardiner	M 31	439	10KM	7:27.8	12:00.6	1:14:38.00
<b>MALE 40 - 49</b>							
1	Jay Moxness	M 46	482	10KM	3:57.0	6:21.4	39:30.00
2	Erwin Jaeger	M 43	453	10KM	4:24.2	7:05.3	44:02.91
3	Eric Williams	M 43	522	10KM	4:29.7	7:14.0	44:57.00
4	Ian Stutt	M 41	514	10KM	4:48.4	7:44.2	48:04.53
5	Steve Liberty	M 45	464	10KM	4:55.4	7:55.5	49:14.78
6	Dax Chambers	M 46	421	10KM	5:29.8	8:50.8	54:58.78
7	Brent Pellett	M 44	488	10KM	5:43.6	9:12.9	57:16.12
8	Matt Galbraith	M 40	438	10KM	5:48.1	9:20.3	58:01.60
9	Richard Stronach	M 48	513	10KM	6:17.6	10:07.8	1:02:56.94
<b>MALE 50 - 59</b>							
1	Wayne Rice	M 56	496	10KM	4:06.6	6:36.8	41:06.03

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	Name	Age	Bib	Team	Avg per K	Avg per MI	Time
2	Charlie Roland	M 54	501	10KM	4:18.7	6:56.4	43:07.41
3	Randy O'Neill	M 57	484	10KM	4:27.1	7:09.8	44:31.25
4	Richard Prinsen	M 54	492	10KM	4:31.2	7:16.4	45:12.28
5	Kevin Riddell	M 57	497	10KM	4:32.9	7:19.3	45:29.78
6	Scott Walker	M 56	520	10KM	4:34.2	7:21.3	45:42.53
7	Rick Royce	M 59	503	10KM	4:47.2	7:42.2	47:52.38
8	Andy Glazin	M 50	444	10KM	5:29.7	8:50.6	54:57.59
9	Chuck Dickison	M 54	433	10KM	5:43.2	9:12.3	57:12.22
10	Stephen Taylor	M 51	515	10KM	5:50.7	9:24.4	58:27.41
11	Philip Bates	M 55	408	10KM	5:51.9	9:26.4	58:39.50
12	Stephen Foss	M 50	437	10KM	6:07.5	9:51.5	1:01:15.69
13	Andrew Hamilton	M 58	448	10KM	6:18.2	10:08.7	1:03:02.62
14	Sean Liddle	M 51	465	10KM	6:23.1	10:16.5	1:03:51.28
15	Lorne Glasspoole	M 59	442	10KM	6:30.4	10:28.3	1:05:04.59
16	Steve Curry	M 58	430	10KM	6:49.8	10:59.5	1:08:18.43
<b>MALE 60 - 69</b>							
1	Paul Thompson	M 69	518	10KM	6:33.6	10:33.5	1:05:36.44
2	Denis Leroux	M 62	463	10KM	6:52.7	11:04.2	1:08:47.21
<b>MALE 70 - 99</b>							
1	Geoffrey Roulet	M 71	502	10KM	5:53.5	9:28.9	58:55.03