

Woolly Bully 2019

All ages as of January 1st, 2019

2019-08-18

8/18/19 - 8/18/19

Results by www.runningbydesign.com**Event # 3 MIXED 10K Run**

| Name | Age | Bib | Team | Avg per K | Avg per MI | Time |
|-----------------------------|------|-----|--------------|-----------|------------|------------|
| FEMALE 1 - 19 | | | | | | |
| 1 Caroline Whitehead | F 17 | 277 | KINGSTON | 5:52.8 | 9:27.9 | 58:48.88 |
| FEMALE 20 - 29 | | | | | | |
| 1 Heather Beach | F 22 | 211 | PICTON | 4:56.0 | 7:56.4 | 49:20.38 |
| 2 Meriah Moodie | F 25 | 256 | WOLFE ISLAND | 5:11.5 | 8:21.3 | 51:55.50 |
| 3 Jessica Connolly | F 27 | 216 | KINGSTON | 5:15.4 | 8:27.6 | 52:34.09 |
| 4 Mary Reynolds | F 26 | 264 | KINGSTON | 5:21.8 | 8:37.9 | 53:38.28 |
| 5 Courtney Bannerman | F 23 | 210 | KINGSTON | 5:36.0 | 9:00.7 | 56:00.25 |
| 6 Kaycee Hargadon | F 29 | 234 | KINGSTON | 5:49.1 | 9:21.9 | 58:11.62 |
| 7 Christina Cantlay | F 29 | 283 | KINGSTON | 5:52.6 | 9:27.5 | 58:46.66 |
| 8 Kathleen Abeles | F 27 | 201 | GANANOQUE | 6:04.8 | 9:47.2 | 1:00:48.96 |
| 9 Rebecca Cowal | F 20 | 219 | ARNPRIOR | 6:14.4 | 10:02.5 | 1:02:24.15 |
| 10 Gillian Good | F 29 | 227 | VICTORIA | 7:02.6 | 11:20.2 | 1:10:26.88 |
| 11 Erin Hamilton | F 25 | 233 | KINGSTON | 8:13.7 | 13:14.5 | 1:22:17.00 |
| FEMALE 30 - 39 | | | | | | |
| 1 Amy Smith | F 38 | 270 | KINGSTON | 5:03.1 | 8:07.8 | 50:31.25 |
| 2 Amy Stephens | F 36 | 271 | KINGSTON | 5:36.5 | 9:01.6 | 56:05.75 |
| 3 Jana Mareckova | F 39 | 248 | CALIFORNIA | 5:44.9 | 9:15.1 | 57:29.44 |
| 4 Jaime Connolly | F 31 | 217 | KINGSTON | 5:51.6 | 9:25.9 | 58:36.50 |
| 5 Melissa Allan | F 39 | 202 | KINGSTON | 5:54.2 | 9:30.0 | 59:02.34 |
| 6 Stephanie Quann | F 37 | 263 | KINGSTON | 5:57.6 | 9:35.6 | 59:36.97 |
| 7 Vanessa Holmes | F 36 | 237 | KINGSTON | 6:05.4 | 9:48.2 | 1:00:54.91 |
| 8 Lindsay Shaddock | F 33 | 269 | KINGSTON | 6:24.7 | 10:19.2 | 1:04:07.69 |
| 9 Martine Thivierge-Bourniv | F 39 | 275 | KINGSTON | 6:38.8 | 10:41.9 | 1:06:28.62 |
| 10 Tina Armstrong | F 32 | 207 | AMHERSTVIEW | 6:50.9 | 11:01.4 | 1:08:29.94 |
| 11 Chelsea Good | F 30 | 226 | KINGSTON | 7:02.7 | 11:20.3 | 1:10:27.34 |
| 12 Lisa Johnson | F 39 | 241 | KINGSTON | 7:13.8 | 11:38.2 | 1:12:18.47 |
| FEMALE 40 - 49 | | | | | | |
| 1 Alana Hamelin | F 41 | 231 | KINGSTON | 5:35.0 | 8:59.1 | 55:50.18 |
| 2 Louise Guérin | F 45 | 228 | KINGSTON | 5:39.2 | 9:05.9 | 56:32.15 |
| 3 Heidi Hitchins | F 40 | 236 | ROSLIN | 5:48.2 | 9:20.5 | 58:02.81 |
| 4 Jill Norman | F 49 | 258 | KINGSTON | 5:54.1 | 9:29.9 | 59:01.78 |
| 5 Debbie Hutchinson | F 47 | 239 | KINGSTON | 6:15.7 | 10:04.6 | 1:02:37.06 |
| 6 Tricia Kiers | F 47 | 243 | KINGSTON | 6:38.7 | 10:41.6 | 1:06:27.00 |
| 7 Nina Norgaard | F 44 | 298 | KINGSTON | 7:45.3 | 12:28.8 | 1:17:33.00 |
| FEMALE 50 - 59 | | | | | | |
| 1 Vickie MacDonald | F 52 | 292 | KINGSTON | 5:24.7 | 8:42.6 | 54:07.62 |
| 2 Patti Molloy | F 50 | 255 | FOXBORO | 5:31.7 | 8:53.8 | 55:17.06 |
| 3 Stacey Berdan | F 51 | 212 | TWEED | 5:42.6 | 9:11.4 | 57:06.34 |
| 4 Robin LeRiche | F 50 | 246 | KINGSTON | 6:18.8 | 10:09.6 | 1:03:08.47 |
| FEMALE 60 - 69 | | | | | | |
| 1 Deb Holtom | F 68 | 290 | HOWE ISLAND | 4:53.6 | 7:52.5 | 48:56.03 |
| 2 Shirley Myers | F 66 | 257 | KINGSTON | 5:38.7 | 9:05.1 | 56:27.31 |
| 3 Cindy Abeles | F 61 | 200 | GANANOQUE | 6:04.8 | 9:47.1 | 1:00:48.34 |
| 4 Susan Meyers | F 65 | 253 | INVERARY | 6:17.6 | 10:07.7 | 1:02:56.34 |

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|---------------------|------------------------|------|-----|--------------|-----------|------------|------------|
| 5 | Margie File | F 65 | 224 | KINGSTON | 7:01.6 | 11:18.6 | 1:10:16.91 |
| 6 | Margaret Coughlan | F 64 | 281 | KINGSTON | 7:09.8 | 11:31.7 | 1:11:38.59 |
| 7 | Barb Guiden | F 60 | 295 | INVERARY | 7:34.2 | 12:10.9 | 1:15:42.00 |
| 8 | Liz Strutt | F 61 | 273 | KINGSTON | 7:42.8 | 12:24.8 | 1:17:08.00 |
| MALE 1 - 19 | | | | | | | |
| 1 | Denzel Dixon | M 15 | 294 | KINGSTON | 3:57.3 | 6:21.9 | 39:33.59 |
| 2 | Jeffrey Johnson | M 15 | 240 | KINGSTON | 4:33.9 | 7:20.8 | 45:39.15 |
| 3 | Cooper Barrie | M 12 | 285 | ODESSA | 4:37.1 | 7:26.0 | 46:11.56 |
| MALE 20 - 29 | | | | | | | |
| 1 | Scott Day | M 22 | 222 | KINGSTON | 4:20.9 | 6:59.9 | 43:29.38 |
| 2 | Tyler Fritz | M 21 | 225 | KINGSTON | 4:26.0 | 7:08.1 | 44:20.28 |
| 3 | Dominic Mayhew | M 24 | 250 | KINGSTON | 5:31.4 | 8:53.4 | 55:14.41 |
| 4 | Saifelddeen Elmaghraby | M 22 | 223 | KINGSTON | 6:23.7 | 10:17.6 | 1:03:57.94 |
| 5 | Sean Armstrong | M 28 | 206 | AMHERSTVIEW | 6:51.0 | 11:01.5 | 1:08:30.56 |
| MALE 30 - 39 | | | | | | | |
| 1 | Mark Kerr | M 38 | 291 | KINGSTON | 4:26.3 | 7:08.6 | 44:23.78 |
| 2 | Aaron Siller | M 34 | 288 | KINGSTON | 4:29.5 | 7:13.8 | 44:55.94 |
| 3 | Kevin McCauley | M 39 | 251 | KINGSTON | 4:53.2 | 7:51.9 | 48:52.75 |
| 4 | Luis Paico-Avilez | M 35 | 279 | KANATA | 5:06.6 | 8:13.4 | 51:06.44 |
| 5 | James McGregor | M 36 | 252 | TORONTO | 5:08.2 | 8:16.1 | 51:22.78 |
| 6 | Scott Allen | M 30 | 203 | KINGSTON | 5:12.2 | 8:22.5 | 52:02.44 |
| 7 | Anthony Colangeli | M 31 | 284 | KINGSTON | 5:47.7 | 9:19.6 | 57:57.53 |
| 8 | Caleb Cowal | M 30 | 218 | NAPANEE | 5:50.8 | 9:24.5 | 58:28.06 |
| 9 | Chris Strutt | M 37 | 274 | KINGSTON | 7:43.1 | 12:25.2 | 1:17:11.00 |
| MALE 40 - 49 | | | | | | | |
| 1 | Graham Hawkes | M 42 | 235 | KINGSTON | 4:04.5 | 6:33.5 | 40:45.28 |
| 2 | Greg Lemoine | M 42 | 297 | KINGSTON | 4:23.2 | 7:03.6 | 43:52.18 |
| 3 | Sandor Sajnovics | M 40 | 266 | CALGARY | 4:53.1 | 7:51.7 | 48:51.59 |
| 4 | Ignacio Arroyo | M 44 | 208 | KINGSTON | 4:59.6 | 8:02.1 | 49:56.15 |
| 5 | Dax Chambers | M 46 | 215 | KINGSTON | 5:46.9 | 9:18.3 | 57:49.22 |
| 6 | Chris Manoll | M 42 | 247 | KINGSTON | 5:49.0 | 9:21.6 | 58:10.22 |
| MALE 50 - 59 | | | | | | | |
| 1 | Wayne Rice | M 56 | 265 | SYDENHAM | 4:25.3 | 7:07.0 | 44:13.59 |
| 2 | Rick Royce | M 59 | 280 | KINGSTON | 4:40.1 | 7:30.9 | 46:41.78 |
| 3 | Martin Guyon | M 52 | 287 | KINGSTON | 4:42.3 | 7:34.3 | 47:03.03 |
| 4 | Richard Ascough | M 56 | 209 | KINGSTON | 4:43.5 | 7:36.2 | 47:15.09 |
| 5 | David Lee | M 55 | 245 | KINGSTON | 5:09.3 | 8:17.8 | 51:33.53 |
| 6 | Terry Cowal | M 57 | 220 | ARNPRIOR | 5:30.4 | 8:51.8 | 55:04.91 |
| 7 | John Day | M 59 | 286 | KINGSTON | 6:34.1 | 10:34.3 | 1:05:41.78 |
| 8 | Andrew Hamilton | M 58 | 232 | KINGSTON | 6:58.6 | 11:13.8 | 1:09:46.81 |
| 9 | James Ostler | M 57 | 259 | KINGSTON | 7:10.0 | 11:32.1 | 1:11:40.81 |
| 10 | Joe Allen | M 56 | 204 | KINGSTON | 7:21.5 | 11:50.5 | 1:13:35.09 |
| MALE 60 - 69 | | | | | | | |
| 1 | Al Cantlay | M 64 | 214 | KINGSTON | 4:46.2 | 7:40.7 | 47:42.69 |
| 2 | Ken Hook | M 63 | 238 | CLOYNE | 4:53.0 | 7:51.6 | 48:50.78 |
| 3 | Mike Riley | M 64 | 289 | WOLFE ISLAND | 5:07.3 | 8:14.6 | 51:13.56 |
| 4 | Paul Thompson | M 69 | 276 | KINGSTON | 7:18.6 | 11:45.9 | 1:13:06.50 |

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| MALE 70 - 99 | | | | | | | |
| 1 | Ed Brand | M 70 | 213 | KINGSTON | 5:18.6 | 8:32.7 | 53:06.31 |
| 2 | John Dagleish | M 71 | 221 | WOLFE ISLAND | 7:49.9 | 12:36.2 | 1:18:19.00 |
| 3 | PJ Marshall | M 76 | 249 | KINGSTON | 8:14.3 | 13:15.4 | 1:22:23.00 |