

Trauma 10km
Kingston, Ontario

4/25/15 - 4/25/15

Results by www.runningbydesign.com

Event # 1 MIXED 10K Run

	Name	Age	Team	Bib	Avg per K	Avg per MI	Time
OVERALL							
1	Jordan Vadala	M 23	KINGSTON		3:46.85	6:05.08	37:48.50
2	Bruce Pardy	M 51	KINGSTON		3:48.79	6:08.20	38:07.91
3	Blair Mackenzie	M 23	KINGSTON		3:51.17	6:12.04	38:31.78
4	Andrew Juvonen	M 18	GRAND MARAIS		3:53.54	6:15.85	38:55.41
5	Alex Drover	M 15	Kingston		3:57.80	6:22.70	39:38.00
6	Carl Chauvin	M 24	KINGSTON		3:59.77	6:25.88	39:57.72
7	Suzanne Kerr	F 40	KINGSTON		4:03.59	6:32.03	40:35.97
8	Shane Gale	M 32	TRENTON		4:07.29	6:37.98	41:12.94
9	Joel Lefebvre	M 28	KINGSTON		4:09.25	6:41.13	41:32.53
10	Tim Andrew	M 54	APSLEY		4:11.86	6:45.33	41:58.62
11	Richard Prinsen	M 50	KINGSTON		4:22.06	7:01.75	43:40.62
12	Mack Beal	M 31	BATH		4:23.33	7:03.79	43:53.31
13	Charlie Roland	M 51	BRANTFORD		4:25.08	7:06.61	44:10.84
14	John Stocks	M 27	Toronto		4:25.47	7:07.24	44:14.75
15	Stephane Cova	M 39	GLOUCESTER		4:27.39	7:10.33	44:33.97
16	Matthew Cooke	M 27	KINGSTON		4:32.51	7:18.57	45:25.15
17	Sarah Turvey	F 24	Kingston		4:32.56	7:18.65	45:25.62
18	Aaron Siller	M 30	KINGSTON		4:36.05	7:24.26	46:00.50
19	Colleen Webber	F 30	Kingston		4:36.51	7:25.01	46:05.15
20	Alexandre Voinot	M 28	KINGSTON		4:42.80	7:35.13	47:08.06
21	Odile Liboiron-Ladouceur	M 38	Montreal-Ouest		4:44.12	7:37.25	47:21.25
22	Nickolaus Biasutti	M 25	KINGSTON		4:44.25	7:37.46	47:22.50
23	Kayla Oosten	F 24	GLENBURNIE		4:46.55	7:41.16	47:45.53
24	Louisa Ho	F 24	KINGSTON		4:46.72	7:41.44	47:47.25
25	Reo Roland	F 21	BRANTFORD		4:50.81	7:48.02	48:28.12
26	Bronwyn Posynick	F 20	KINGSTON		4:50.89	7:48.14	48:28.90
27	Andrea Hathaway	F 30	Kingston		4:54.89	7:54.59	49:08.94
28	Aaron Halcovitch	M 24	KINGSTON		4:56.78	7:57.62	49:27.81
29	Mason Curtis	M 27	KINGSTON		4:57.29	7:58.45	49:32.97
30	Shirley Myers	F 62	KINGSTON		4:58.09	7:59.74	49:40.97
31	Jay MacWilliam	M 43	KINGSTON		4:58.25	7:59.99	49:42.50
32	Oksana Dejeha	F 53	Kingston		5:00.80	8:04.09	50:08.00
33	Melody Knott	F 38	KINGSTON		5:00.88	8:04.22	50:08.81
34	Matthew Lefebvre	M 26	KINGSTON		5:02.81	8:07.33	50:28.12
35	Simon Van Schyndel	M 33	SIMCOE		5:04.65	8:10.30	50:46.56
36	Emily Stratford	F 18	LONDON		5:05.25	8:11.25	50:52.50
37	Kathleen Hart	F 56	OTTAWA		5:06.58	8:13.39	51:05.81
38	Joshua Hobson	M 23	KINGSTON		5:08.99	8:17.27	51:29.91
39	Monica Mullin	F 22	NORTH BAY		5:09.04	8:17.36	51:30.43
40	Steve Thomas	M 30	Kingston		5:12.45	8:22.85	52:04.59
41	Kevin Hare	M 31	MISSISSAUGA		5:16.20	8:28.87	52:42.00
42	Ted Sheppard	M 37	Kingston		5:16.74	8:29.75	52:47.47
43	Adam Jeziorski	M 37	KINGSTON		5:17.68	8:31.26	52:56.84
44	Ian Semple	M 36	KINGSTON		5:20.28	8:35.44	53:22.81
45	Amy Solc	F 29	BROCKVILLE		5:20.48	8:35.76	53:24.81

Trauma 10km
Kingston, Ontario

4/25/15 - 4/25/15

Results by www.runningbydesign.com

	Name	Age	Team	Bib	Avg per K	Avg per MI	Time
46	Ben Scheffer	M 51	OSGOODE		5:21.12	8:36.81	53:31.28
47	Valerie Andrecyk	F 31	KINGSTON		5:25.51	8:43.86	54:15.12
48	Alanna Kader	F 24	Ganagoque		5:25.62	8:44.04	54:16.21
49	Jonathan McGarry	M 21	KINGSTON		5:28.52	8:48.71	54:45.28
50	Meg Laupacis	F 22	Kingston		5:28.92	8:49.35	54:49.22
51	Geoffrey Roulet	M 67	Kingston		5:32.99	8:55.91	55:29.97
52	Jocelyn Chan	F 22	MARKHAM		5:33.09	8:56.06	55:30.90
53	Caroline Cardoso	F 37	KINGSTON		5:33.32	8:56.44	55:33.28
54	Eliza Murphy	F 50	SYDENHAM		5:34.87	8:58.93	55:48.75
55	Tori Reid	F 33	MANOTICK		5:36.28	9:01.20	56:02.84
56	Jonathan Krett	M 22	KINGSTON		5:36.36	9:01.32	56:03.62
57	Christina Moi	F 23	KINGSTON		5:38.04	9:04.03	56:20.44
58	Rhonda McNish	F 38	BROCKVILLE		5:43.29	9:12.48	57:12.97
59	Terry Hodge	M 52	BROCKVILLE		5:43.63	9:13.02	57:16.31
60	Megan Brunet	F 36	Kingston		5:46.42	9:17.52	57:44.25
61	Natalie Stilwell	F 27	KINGSTON		5:47.61	9:19.43	57:56.15
62	Joe Stilwell	M 33	KINGSTON		5:47.66	9:19.52	57:56.68
63	Sarah Bencharif	F 25	KINGSTON		5:48.27	9:20.49	58:02.72
64	Darius Gorganzadeh	M 35	KINGSTON		5:48.54	9:20.92	58:05.41
65	Justina Poisson	F 31	KINGSTON		5:51.43	9:25.57	58:34.31
66	Samara Crothers	F 30	KINGSTON		5:51.70	9:26.01	58:37.00
67	Janna Dolphin	F 28	KINGSTON		5:51.77	9:26.13	58:37.78
68	Danielle Nelson	F 27	KINGSTON		5:52.94	9:28.00	58:49.41
69	Paula ter Huurne	F 25	OTTAWA		5:55.61	9:32.31	59:16.18
70	Abbey Shin	F 19	RICHMOND HILL		5:57.52	9:35.39	59:35.28
71	Bonney Morris-Pocock	F 32	KINGSTON		5:58.49	9:36.94	59:44.97
72	Ann Valikoski	F 38	KINGSTON		5:59.69	9:38.88	59:56.97
73	Heather Storms	F 48	KINGSTON		6:12.00	9:58.69	1:02:00.09
74	Joon Oh	M 21	KINGSTON		6:14.08	10:02.02	1:02:20.81
75	Erin Ellis	F 31	KINGSTON		6:14.28	10:02.35	1:02:22.84
76	Sandra Jimmo	F 54	NEWBURGH		6:18.65	10:09.39	1:03:06.56
77	Aamanda Van Schyndel	F 56	BATH		6:18.86	10:09.72	1:03:08.62
78	Cecilia Kim	F 21	KINGSTON		6:19.86	10:11.34	1:03:18.66
79	Esther Bettney	F 33	KINGSTON		6:20.17	10:11.83	1:03:21.72
80	Teena Houle	F 34	KINGSTON		6:21.11	10:13.35	1:03:31.15
81	Lindsay Gouthro	F 32	KINGSTON		6:21.50	10:13.98	1:03:35.09
82	Kathy Neary	F 52	Kingston		6:21.67	10:14.24	1:03:36.72
83	Nancy Ferguson	F 48	Picton		6:24.89	10:19.43	1:04:08.97
84	Parimeeta Shah	F 35	PICTON		6:24.96	10:19.54	1:04:09.62
85	Emilie Gauthier	F 24	KINGSTON		6:27.68	10:23.91	1:04:36.81
86	Coleen McFarlane	F 42	ENTERPRISE		6:28.26	10:24.86	1:04:42.69
87	Jody Snowdon	F 38	Kingston		6:30.13	10:27.86	1:05:01.34
88	Crystal Scheffer	F 50	OSGOODE		6:35.98	10:37.27	1:05:59.84
89	Natalie Barnes	F 28	KINGSTON		6:37.24	10:39.30	1:06:12.44
90	Laurie Mack	F 52	KINGSTON		6:38.08	10:40.65	1:06:20.81
91	Jim Clouston	M 55	KINGSTON		6:38.16	10:40.79	1:06:21.68
92	Stevie Cheshire	F 22	KINGSTON		6:42.10	10:47.13	1:07:01.06
93	Martha Hatt	F 39	KINGSTON		6:57.57	11:12.02	1:09:35.72

Trauma 10km
Kingston, Ontario

4/25/15 - 4/25/15

Results by www.runningbydesign.com

	Name	Age	Team	Bib	Avg per K	Avg per MI	Time
94	Margaret Coleman-McLean	F 52	STITTSVILLE		7:08.80	11:30.10	1:11:28.06
95	Scott McLean	M 50	STITTSVILLE		7:08.89	11:30.24	1:11:28.96
96	Taura Hanson	F 37	KINGSTON		7:12.91	11:36.70	1:12:09.12
97	John Drover	M 55	Kingston		7:17.92	11:44.77	1:12:59.22
98	Deborah Dowker	F 46	KINGSTON		7:21.93	11:51.23	1:13:39.38
99	Louise Conley	F 54	KINGSTON		7:22.27	11:51.78	1:13:42.78
100	Donna Leybourne	F 45	Kingston		7:22.78	11:52.60	1:13:47.88
101	Donald Gray	M 33	KINGSTON		7:30.46	12:04.96	1:15:04.69
102	Krysta Littlefield	F 44	NAPANEE		7:40.56	12:21.20	1:16:45.62
103	Carolyn Fuller	F 40	AURORA		8:18.13	13:21.66	1:23:01.31
104	Andre Desy	F 40	AURORA		8:18.20	13:21.78	1:23:02.00