

# 2009 Limestone Mile

Kingston, Ontario

Canada Day - 2009

07/01/2009

## Overall Results (age category results below)

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### Junior Mile

1	MATTHEW ELIOT	14 M	UNATTACHED	5:30.3
2	CLARK HOOD	13 M	UNATTACHED	5:33.0
3	CHRISTOPHER KIMMERER	11 M	UNATTACHED	5:33.3
4	MAKS ZECHEL	11 M	UNATTACHED	5:37.0
5	LUKE DUNKELBERG	13 M	UNATTACHED	5:40.3
6	ADRIENNE MORGAN	14 F	UNATTACHED	5:43.9
7	BEN WORKMAN	11 M	UNATTACHED	5:47.2
8	CHRISTOPHER MONNIER	13 M	UNATTACHED	5:49.6
9	SCOTT GRAY	12 M	UNATTACHED	5:56.9
10	ZACHARY KISH	11 M	UNATTACHED	5:57.5
11	GRAEME WORKMAN	10 M	UNATTACHED	6:12.7
12	BRIANNA BRADLEY	14 F	UNATTACHED	6:13.2
13	MARK DUNKELBERG	11 M	UNATTACHED	6:13.5
14	HART ANDRIN	14 M	UNATTACHED	6:35.7
15	JACK DUFF	9 M	UNATTACHED	6:46.1
16	SARAH PEBBLES	12 F	UNATTACHED	6:47.3
17	ANNA WORKMAN	7 F	UNATTACHED	7:09.2
18	SEBATHIAN SCOTT	11 M	UNATTACHED	7:39.3
19	AIDEN LAWFORD-WICKHAM	9 M	UNATTACHED	7:41.0
20	GABRIELLA DUNKELBERG	11 F	UNATTACHED	7:46.3
21	HEATHER SPAFFORD	12 F	UNATTACHED	7:49.9
22	JACOB PEBBLES	9 M	UNATTACHED	8:05.3
23	NICHOLAS REYNOLDS	9 M	UNATTACHED	8:13.7
24	ADRIENNE SCOTT	8 F	UNATTACHED	8:19.9
25	ALANA MCGRAW	10 F	UNATTACHED	8:20.6
26	LOLA YOUNG	7 F	UNATTACHED	8:48.1
27	KINGSTON HARDING	6 M	UNATTACHED	9:07.1
28	ANDREW MCGRATH-SANTOWSKI	9 M	UNATTACHED	9:36.5
29	ALEXANDER MCGRATH-SANTOWSKI	10 M	UNATTACHED	11:41.3
30	SABA HARDING	3 F	UNATTACHED	16:02.5
31	BLAKE CONRAD	3 M	UNATTACHED	17:00.0
32	MICHAELA TAYLOR	6 M	UNATTACHED	17:18.2

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### Open Women's Mile

1	STEPHANIE HULSE	17 F	HS	5:16.8
2	TAYLOR SILLS	17 F	HS	5:25.6
3	CLEO BOYD	16 F	HS	5:26.1
4	LAURA BENNETT	24 F	UNATTACHED	5:55.8
5	LEAH MCGRAW	15 F	HS	6:01.9
6	EMILY HUGHES	18 F	UNATTACHED	6:11.8
7	MARIE HULSE	47 F	UNATTACHED	6:21.2

8	AIMEE YOUNG	36	F	UNATTACHED	6:24.9
9	SHIRLEY MYERS	56	F	UNATTACHED	6:27.8
10	SHERYL POTTER	41	F	UNATTACHED	6:36.3
11	STACEY BERDAN	41	F	UNATTACHED	6:55.7
12	DEBBIE HOLTOM	58	F	UNATTACHED	6:57.9
13	DIANE GUILLEMETTE	48	F	UNATTACHED	7:17.4
14	JANET STOKES	46	F	UNATTACHED	7:35.5
15	PEGGY CUTHBERT	38	F	UNATTACHED	7:44.6
16	ELIZABETH OTTLEY	24	F	UNATTACHED	7:56.3
17	CATHERINE WHITE	58	F	UNATTACHED	7:59.4
18	SIMONE OTTLEY	27	F	UNATTACHED	9:04.1
19	RUTH BERNARDI	49	F	UNATTACHED	9:25.0
20	MARGARET COUGHLIN	55	F	UNATTACHED	9:32.8

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### Open Men's Mile

1	MATT HULSE	20	M	UNATTACHED	4:23.5
2	CHARLY ALLAN	18	M	UNATTACHED	4:26.7
3	JEFF ARCHER	17	M	HS	4:27.9
4	BRETT MEINZINGER	22	M	UNATTACHED	4:28.8
5	ANDRES KLAUS	22	M	UNATTACHED	4:29.6
6	CODY MURRAY	21	M	UNATTACHED	4:30.6
7	TREVOR WALTINSKY	21	M	UNATTACHED	4:39.8
8	EVAN ANDRIN	18	M	HS	4:43.2
9	KYLE MCKELLAR	16	M	HS	4:47.7
10	BLAIR MORGAN	16	M	HS	4:48.1
11	CAMERON LEVAC	15	M	HS	4:48.5
12	MATTHEW TIEMPO	20	M	UNATTACHED	4:53.6
13	ADRIAN MARSHALL	17	M	HS	4:54.2
14	KEVIN DUNBAR	34	M	HS	4:54.4
15	KEVIN WEBSTER	41	M	UNATTACHED	4:57.0
16	HUNTER ANDRIN	16	M	HS	4:58.6
17	ADRIEN NOBLE	15	M	HS	4:59.3
18	SAVVAS FRANTZESKOS	34	M	UNATTACHED	5:01.5
19	GORD KETTYLE	43	M	UNATTACHED	5:02.4
20	GREG MCNALLY	23	M	UNATTACHED	5:05.4
21	MATT WALSH	25	M	UNATTACHED	5:10.3
22	ROB MILLER	44	M	UNATTACHED	5:10.6
23	NEIL HOPKINS	38	M	UNATTACHED	5:17.4
24	SCOTT WILKES	30	M	UNATTACHED	5:19.2
25	JUSTIN MURPHY	20	M	UNATTACHED	5:20.7
26	CLIVE MORGAN	50	M	UNATTACHED	5:24.1
27	GEOFF STEPHEN	27	M	UNATTACHED	5:37.0
28	AFRASIAB MISZA	29	M	UNATTACHED	5:39.6
29	AL CANTLAY	54	M	UNATTACHED	5:42.3
30	ARJEN POST	35	M	UNATTACHED	5:50.9
31	WAYNE RICE	46	M	UNATTACHED	6:00.1
32	BRIAN MACDONALD	62	M	UNATTACHED	6:02.8
33	JOHN MEEKEL	53	M	UNATTACHED	6:24.4
34	KEVIN YOUNGE	56	M	UNATTACHED	6:31.1
35	TIM KINGSTON	55	M	UNATTACHED	6:35.2
36	BOB KLASSEN	54	M	UNATTACHED	6:37.4
37	JAY YAKABOWICH	47	M	UNATTACHED	6:45.3
38	ALF ELLIOTT	64	M	UNATTACHED	6:45.8
39	DOUGLAS STEWART	44	M	UNATTACHED	6:52.1
40	TONY BOURNE	60	M	UNATTACHED	7:38.6
41	CURTIS MONNIER	40	M	UNATTACHED	7:46.5
42	PJ MARSHALL	67	M	UNATTACHED	8:14.2

43	DENIS DOHERTY	69 M	UNATTACHED	8:24.6
44	IRWIN ALTROWS	63 M	UNATTACHED	8:32.6
45	ANDREAS FRANTZESKOS	70 M	UNATTACHED	8:38.3

**2009 Limestone Mile**  
**AGE CATEGORY RESULTS - Men's/Women's Races**  
*\* Top 3 Overall Finishers removed from Results \**

**Kingston, Ontario**

**Canada Day - 2009**

07/01/2009

**Women's Mile**

FEMALE 1 - 19

1	LEAH MCGRAW	15 F	HS	6:01.9
2	EMILY HUGHES	18 F	UNATTACHED	6:11.8

FEMALE 20 - 29

1	LAURA BENNETT	24 F	UNATTACHED	5:55.8
2	ELIZABETH OTTLEY	24 F	UNATTACHED	7:56.3
3	SIMONE OTTLEY	27 F	UNATTACHED	9:04.1

FEMALE 30 - 39

1	AIMEE YOUNG	36 F	UNATTACHED	6:24.9
2	PEGGY CUTHBERT	38 F	UNATTACHED	7:44.6

FEMALE 40 - 49

1	MARIE HULSE	47 F	UNATTACHED	6:21.2
2	SHERYL POTTER	41 F	UNATTACHED	6:36.3
3	STACEY BERDAN	41 F	UNATTACHED	6:55.7
4	DIANE GUILLEMETTE	48 F	UNATTACHED	7:17.4
5	JANET STOKES	46 F	UNATTACHED	7:35.5
6	RUTH BERNARDI	49 F	UNATTACHED	9:25.0

FEMALE 50 - 59

1	SHIRLEY MYERS	56 F	UNATTACHED	6:27.8
2	DEBBIE HOLTOM	58 F	UNATTACHED	6:57.9
3	CATHERINE WHITE	58 F	UNATTACHED	7:59.4
4	MARGARET COUGHLIN	55 F	UNATTACHED	9:32.8

**Open Men's Mile**

MALE 1 - 19

1	EVAN ANDRIN	18 M	HS	4:43.2
2	KYLE MCKELLAR	16 M	HS	4:47.7
3	BLAIR MORGAN	16 M	HS	4:48.1
4	CAMERON LEVAC	15 M	HS	4:48.5
5	ADRIAN MARSHALL	17 M	HS	4:54.2
6	HUNTER ANDRIN	16 M	HS	4:58.6
7	ADRIEN NOBLE	15 M	HS	4:59.3

MALE 20 - 29

1	BRETT MEINZINGER	22 M	UNATTACHED	4:28.8
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2	ANDRES KLAUS	22 M	UNATTACHED	4:29.6
3	CODY MURRAY	21 M	UNATTACHED	4:30.6
4	TREVOR WALTINSKY	21 M	UNATTACHED	4:39.8
5	MATTHEW TIEMPO	20 M	UNATTACHED	4:53.6
6	GREG MCNALLY	23 M	UNATTACHED	5:05.4
7	MATT WALSH	25 M	UNATTACHED	5:10.3
8	JUSTIN MURPHY	20 M	UNATTACHED	5:20.7
9	GEOFF STEPHEN	27 M	UNATTACHED	5:37.0
10	AFRASIAB MISZA	29 M	UNATTACHED	5:39.6

MALE 30 - 39

1	KEVIN DUNBAR	34 M	UNATTACHED	4:54.4
2	SAVVAS FRANTZESKOS	34 M	UNATTACHED	5:01.5
3	NEIL HOPKINS	38 M	UNATTACHED	5:17.4
4	SCOTT WILKES	30 M	UNATTACHED	5:19.2
5	ARJEN POST	35 M	UNATTACHED	5:50.9

MALE 40 - 49

1	KEVIN WEBSTER	41 M	UNATTACHED	4:57.0
2	GORD KETTYLE	43 M	UNATTACHED	5:02.4
3	ROB MILLER	44 M	UNATTACHED	5:10.6
4	WAYNE RICE	46 M	UNATTACHED	6:00.1
5	JAY YAKABOWICH	47 M	UNATTACHED	6:45.3
6	DOUGLAS STEWART	44 M	UNATTACHED	6:52.1
7	CURTIS MONNIER	40 M	UNATTACHED	7:46.5

MALE 50 - 59

1	CLIVE MORGAN	50 M	UNATTACHED	5:24.1
2	AL CANTLAY	54 M	UNATTACHED	5:42.3
3	JOHN MEEKEL	53 M	UNATTACHED	6:24.4
4	KEVIN YOUNGE	56 M	UNATTACHED	6:31.1
5	TIM KINGSTON	55 M	UNATTACHED	6:35.2
6	BOB KLASSEN	54 M	UNATTACHED	6:37.4

MALE 60 - 69

1	BRIAN MACDONALD	62 M	UNATTACHED	6:02.8
2	ALF ELLIOTT	64 M	UNATTACHED	6:45.8
3	TONY BOURNE	60 M	UNATTACHED	7:38.6
4	PJ MARSHALL	67 M	UNATTACHED	8:14.2
5	DENIS DOHERTY	69 M	UNATTACHED	8:24.6
6	IRWIN ALTROWS	63 M	UNATTACHED	8:32.6

MALE 70 - 98

1	ANDREAS FRANTZESKOS	70 M	UNATTACHED	8:38.3
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