

KRRR Limestone Mile

Kingston, Ontario

1/7/14 - 1/7/14

Results by www.runningbydesign.com**Event # 4 MENS Men's 1Mile Run**

	Name	Age	Team	Bib	Avg per K	Avg per MI	Time
OVERALL							
1	WILKIE, WILLIAM	19 M	ALMONTE	162			4:15.56
2	ARCHER, JEFF	21 M	KINGSTON	163			4:16.28
3	PATTERSON, CLAY	25 M	PORTLAND	161			4:28.37
4	WORKMAN, BEN	16 M	KINGSTON	65			4:29.27
5	ANDRIN, HUNTER	20 M	BATH	178			4:31.20
6	MORGAN, BLAIR	20 M	YARKER	80			4:31.48
7	STYBA, MICHAEL	19 M	MARKHAM	41			4:36.14
8	BATES, KEVIN	17 M	INVERARY	23			4:36.47
9	BOSTAD, BILLY	24 M	INVERARY	75			4:42.13
10	STACHEL, BRANT	23 M	KINGSTON	114			4:44.50
11	KIMMERER, CHRISTOPH	16 M	KINGSTON	56			4:46.80
12	MOUNTJOY, JEFF	23 M	KINGSTON	175			4:47.51
13	SANTOS, RYAN	21 M	CARLETON PLACE	166			4:52.15
14	ANGELATOS, GERASIM	22 M	BURLINGTON	16			4:53.24
15	TSANG, NATHANAEL	23 M	KINGSTON	70			4:54.65
16	SHERIDAN, JOE	17 M	KITCHENER	76			4:59.12
17	CLANSEY, ADAM	32 M	KINGSTON	176			4:59.73
18	GUYON, JULIEN	15 M	KINGSTON	177			5:04.03
19	SHEPHERD, JEFF	22 M	MALLORYTOWN	6			5:12.45
20	BATES, PAUL	14 M	INVERARY	24			5:13.99
21	GILLESPIE, TIM	36 M	KINGSTON	44			5:17.86
22	WATERING, ROBERT	44 M	KINGSTON	155			5:21.01
23	LEMOINE, GREG	37 M	KINGSTON	12			5:23.68
24	HOPKINS, NEIL	42 M	KINGSTON	174			5:23.88
25	MURAKAMI WOOD, DA	41 M	KINGSTON	30			5:26.22
26	KROEKER, LUKE	23 M	KINGSTON	106			5:28.52
27	COTE, DALTON	49 M	KINGSTON	117			5:30.49
28	RICE, WAYNE	51 M	SYDENHAM	18			5:34.18
29	DECOUTO, CHRIS	37 M	KINGSTON	71			5:39.94
30	BREADNER, ROBBY	47 M	KINGSTON	96			5:40.92
31	SCOTT, STEPHEN	49 M	KINGSTON	110			5:41.93
32	SCOTT, SEBASTIAN	15 M	KINGSTON	109			5:42.80
33	INGO, STEVE	46 M	SYDENHAM	129			5:43.77
34	L'ABBE, RIELON	16 M	KINGSTON	121			5:43.81
35	ROSILLO, TIM	30 M	KINGSTON	72			5:44.38
36	CANTLAY, AL	59 M	KINGSTON	86			5:44.88
37	MCPHERSON, STEPHEN	59 M	KINGSTON	66			5:45.00
38	WALTON, DANIEL	16 M	KINGSTON	17			5:48.06
39	ROYCE, RICK	54 M	KINGSTON	45			5:57.62
40	DUMOULIN, GUY	34 M	KINGSTON	91			6:00.81
41	MIDDAUGH, JASON	34 M	KINGSTON	90			6:11.06
42	HAGER, JASON	37 M	KINGSTON	179			6:17.69
43	PRINSEN, RICHARD	49 M	KINGSTON	63			6:19.88
44	DOUGLAS, CHUCK	49 M	KINGSTON	60			6:22.38
45	MACDONALD, BRIAN	65 M	WOLFE ISLAND	97			6:26.26
46	PHELAN, GREG	48 M	KINGSTON	27			6:29.00
47	MCRAE, DAVE	47 M	NAPANEE	88			6:30.76
48	ELYOT, JIM	56 M	KINGSTON	52			6:32.38
49	MALEKOS, JIM	60 M	KINGSTON	19			6:55.95
50	MEEKEL, JOHN	58 M	KINGSTON	26			7:00.44

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51	KAZONITIS, CHRIS	35 M	KINGSTON	42			7:02.65
52	SUNDERLAND, RICHA	68 M	KINGSTON	59			7:20.74
53	MOORE, JAMES	48 M	CODYVILLE-NY	113			7:48.67
54	BATES, PHILIP	50 M	INVERARY	25			8:13.15
55	SUNDERLAND, TYLER	19 M	KINGSTON	58			8:25.00
56	COWELL, DON	63 M	KINGSTON	8			8:37.64
57	MARSHALL, PJ	71 M	KINGSTON	29			8:38.91
58	PARKER, JIM	70 M	KINGSTON	67			8:45.64