

2023 KRRA Twosome Race - All Team Results

Rank	Bib #	Name	Race Time	Pace	Division	Gender	Age	Combined Age	Age Cat	Team Type	Team Name	Time	Combined
1	300	Stuart Wilson	16:18.57	3:16	5k	M	30	62	60 - 69	MF	Allan-Wilson	16:18.6	0:34:47.0
1	161	Veronica Allan	18:28.41	3:42	5k	F	32	62	60 - 69	MF	Allan-Wilson	18:28.4	0:34:47.0
2	302	Brent Workman	17:31.75	3:30	5k	M	52	106	100 - 109	MF	Sweatin' Sweeties	17:31.8	0:38:00.2
2	264	Heather Ostic	20:28.46	4:06	5k	F	54	106	100 - 109	MF	Sweatin' Sweeties	20:28.5	0:38:00.2
3	280	Ryan Sanford	18:46.99	3:45	5k	M	30	58	50 - 59	MF	JARS	18:47.0	0:38:26.8
3	159	Jasmin Aggarwal	19:39.81	3:56	5k	F	28	58	50 - 59	MF	JARS	19:39.8	0:38:26.8
4	248	Andrew Lupenette	16:01.18	3:12	5k	M	17	68	60 - 69	MM	The Turtle Pacers	16:01.2	0:39:21.6
4	249	Darryl Lupenette	23:20.46	4:40	5k	M	51	68	60 - 69	MM	The Turtle Pacers	23:20.5	0:39:21.6
5	228	Catherine Irwin	19:44.13	3:57	5k	F	20	38	30 - 39	FF	Surge	19:44.1	0:39:34.9
5	210	Rebecca Greer	19:50.76	3:58	5k	F	18	38	30 - 39	FF	Surge	19:50.8	0:39:34.9
6	285	Chris Shaw	17:57.90	3:35	5k	M	32	63	60 - 69	MF	M2M	17:57.9	0:39:42.2
6	253	Raye McAvoy	21:44.32	4:21	5k	F	31	63	60 - 69	MF	M2M	21:44.3	0:39:42.2
7	160	Allison Alexander	20:04.57	4:01	5k	F	40	96	90 - 99	MF	Alli-Robby	20:04.6	0:40:24.5
7	180	Robby Breadner	20:19.94	4:04	5k	M	56	96	90 - 99	MF	Alli-Robby	20:19.9	0:40:24.5
8	297	Cole Vezina	18:14.74	3:39	5k	M	26	50	50 - 59	MM	Destinys Child	18:14.7	0:40:53.9
8	258	Jeff McPherson	22:39.12	4:32	5k	M	24	50	50 - 59	MM	Destinys Child	22:39.1	0:40:53.9
9	288	Nathan Southall	20:04.09	4:01	5k	M	13	25	0 - 29	MM	Double Trouble	20:04.1	0:41:01.7
9	279	Hayden Runions	20:57.58	4:11	5k	M	12	25	0 - 29	MM	Double Trouble	20:57.6	0:41:01.7
10	232	Tyler Jansen	20:31.45	4:06	5k	M	31	54	50 - 59	MF	Weekend Road Warriors	20:31.4	0:41:10.7
10	282	Annie Seeley	20:39.23	4:08	5k	F	23	54	50 - 59	MF	Weekend Road Warriors	20:39.2	0:41:10.7
11	163	Robert Almas	18:06.96	3:37	5k	M	44	93	90 - 99	MF	Here to There	18:07.0	0:41:53.2
11	271	Tammy Pigion	23:46.24	4:45	5k	F	49	93	90 - 99	MF	Here to There	23:46.2	0:41:53.2
12	226	Andrew House	16:43.13	3:21	5k	M	34	96	90 - 99	MF	An-Joy	16:43.1	0:41:56.3
12	158	Joyce Acton	25:13.13	5:03	5k	F	62	96	90 - 99	MF	An-Joy	25:13.1	0:41:56.3
13	203	Savvas Frantzeskos	17:14.24	3:27	5k	M	48	61	60 - 69	MF	Savfia	17:14.2	0:42:18.1
13	204	Sofia Frantzeskos	25:03.83	5:01	5k	F	13	61	60 - 69	MF	Savfia	25:03.8	0:42:18.1
14	173	Shannon Bell	20:50.55	4:10	5k	F	44	84	80 - 89	MF	Electric Snowflakes	20:50.6	0:42:18.5
14	196	Francis Diaz	21:27.94	4:17	5k	M	40	84	80 - 89	MF	Electric Snowflakes	21:27.9	0:42:18.5
15	220	Linden Head	16:24.72	3:17	5k	M	36	72	70 - 79	MF	JAFT	16:24.7	0:42:25.4
15	184	Samantha Calder-Sprackman	26:00.66	5:12	5k	F	36	72	70 - 79	MF	JAFT	26:00.7	0:42:25.4
16	235	Michael Kennedy	20:09.42	4:02	5k	M	42	57	50 - 59	MF	Kennedys	20:09.4	0:42:46.0
16	236	Tara Kennedy	22:36.54	4:31	5k	F	15	57	50 - 59	MF	Kennedys	22:36.5	0:42:46.0
17	263	Adam O'Leary	19:48.05	3:58	5k	M	32	59	50 - 59	MF	Team Maddie	19:48.1	0:42:47.3
17	198	Rachel Erskine	22:59.20	4:36	5k	F	27	59	50 - 59	MF	Team Maddie	22:59.2	0:42:47.3
18	227	Stephen Hughes	19:40.15	3:56	5k	M	55	108	100 - 109	MF	Entangled Photons	19:40.1	0:43:45.2
18	165	Nanae Arai	24:05.05	4:49	5k	F	53	108	100 - 109	MF	Entangled Photons	24:05.1	0:43:45.2
19	294	Ewan Van Straaten	21:19.90	4:16	5k	M	12	24	0 - 29	MF	Mulberry Barbarians	21:19.9	0:43:51.4
19	223	Clara Hogan	22:31.50	4:30	5k	F	12	24	0 - 29	MF	Mulberry Barbarians	22:31.5	0:43:51.4
20	268	Andrew Pennell	22:00.84	4:24	5k	M	13	23	0 - 29	MF	Cool Runnings	22:00.8	0:44:04.8
20	270	Julia Pennell	22:03.96	4:25	5k	F	10	23	0 - 29	MF	Cool Runnings	22:04.0	0:44:04.8
21	181	James Brown	20:14.45	4:03	5k	M	49	64	60 - 69	MF	Running Recruiters	20:14.5	0:44:32.7

2023 KRRA Twosome Race - All Team Results

Rank	Bib #	Name	Race Time	Pace	Division	Gender	Age	Combined Age	Age Cat	Team Type	Team Name	Time	Combined
21	182	Meredith Brown	24:18.24	4:52	5k	F	15	64	60 - 69	MF	Running Recruiters	24:18.2	0:44:32.7
22	276	Hana Rowberry	22:03.97	4:25	5k	F	11	23	0 - 29	FF	Team BlackBerry	22:04.0	0:44:41.5
22	176	Lily Blackwell	22:37.52	4:31	5k	F	12	23	0 - 29	FF	Team BlackBerry	22:37.5	0:44:41.5
23	205	Suzanne Garrett	22:23.18	4:29	5k	F	47	107	100 - 109	MF	SUGARIAS	22:23.2	0:44:47.4
23	170	Richard Ascough	22:24.20	4:29	5k	M	60	107	100 - 109	MF	SUGARIAS	22:24.2	0:44:47.4
24	185	Al Cantlay	21:37.50	4:19	5k	M	68	116	110 - 200	MF	Ride or Die	21:37.5	0:45:07.1
24	281	Lana Saunders	23:29.58	4:42	5k	F	48	116	110 - 200	MF	Ride or Die	23:29.6	0:45:07.1
25	259	Gregory Millican	21:37.50	4:19	5k	M	38	86	80 - 89	MF	Barbatruc!	21:37.5	0:45:40.7
25	274	Annie Riel	24:03.23	4:49	5k	F	48	86	80 - 89	MF	Barbatruc!	24:03.2	0:45:40.7
26	298	Ellen White	22:51.75	4:34	5k	F	41	82	80 - 89	FF	West End Girls	22:51.8	0:45:54.6
26	293	Tiiu Vail	23:02.84	4:36	5k	F	41	82	80 - 89	FF	West End Girls	23:02.8	0:45:54.6
27	199	Brad Ethier	21:51.87	4:22	5k	M	52	103	100 - 109	MF	Brad and Sonya	21:51.9	0:46:01.6
27	175	Sonya Bianchet	24:09.69	4:50	5k	F	51	103	100 - 109	MF	Brad and Sonya	24:09.7	0:46:01.6
28	193	Denise Dacosta	23:10.10	4:38	5k	F	39	77	70 - 79	FF	Wave Runners	23:10.1	0:46:20.5
28	266	Leslie Paterson	23:10.38	4:38	5k	F	38	77	70 - 79	FF	Wave Runners	23:10.4	0:46:20.5
29	265	Luis Paico-Aviles	21:06.61	4:13	5k	M	39	96	90 - 99	MF	Luis Pam	21:06.6	0:46:41.1
29	260	Pam Mundell	25:34.51	5:07	5k	F	57	96	90 - 99	MF	Luis Pam	25:34.5	0:46:41.1
30	167	Tara Archibald	22:10.85	4:26	5k	F	43	86	80 - 89	FF	Just Here for Cake	22:10.8	0:46:46.4
30	269	Diane Pennell	24:35.57	4:55	5k	F	43	86	80 - 89	FF	Just Here for Cake	24:35.6	0:46:46.4
31	168	Kate Archibald-Cross	22:49.56	4:34	5k	F	49	81	80 - 89	FF	Team Archibald	22:49.6	0:46:52.0
31	166	Jennifer Archibald	24:02.40	4:48	5k	F	32	81	80 - 89	FF	Team Archibald	24:02.4	0:46:52.0
32	177	Emma Boudreau	22:49.24	4:34	5k	F	25	48	40 - 49	FF	SpinCo Gals	22:49.2	0:47:34.2
32	252	Izzy Mastantuono	24:44.94	4:57	5k	F	23	48	40 - 49	FF	SpinCo Gals	24:44.9	0:47:34.2
33	172	Julie Bates	21:39.19	4:20	5k	F	27	89	80 - 89	FF	Belgian Girls	21:39.2	0:47:48.0
33	209	Francoise Glibert	26:08.77	5:14	5k	F	62	89	80 - 89	FF	Belgian Girls	26:08.8	0:47:48.0
34	229	Gary Irwin	23:07.80	4:37	5k	M	51	66	60 - 69	MF	Sarah/Gary	23:07.8	0:47:50.6
34	230	Sarah Irwin	24:42.82	4:56	5k	F	15	66	60 - 69	MF	Sarah/Gary	24:42.8	0:47:50.6
35	238	Mark Kerr	22:26.78	4:29	5k	M	42	55	50 - 59	MF	M&M ATHLETICS	22:26.8	0:48:17.4
35	237	Madeline Kerr	25:50.65	5:10	5k	F	13	55	50 - 59	MF	M&M ATHLETICS	25:50.7	0:48:17.4
36	233	Owain Jones	17:34.13	3:31	5k	M	38	75	70 - 79	MF	Etta Fan Club	17:34.1	0:49:14.5
36	187	Allison Casteels	31:40.42	6:20	5k	F	37	75	70 - 79	MF	Etta Fan Club	31:40.4	0:49:14.5
37	283	George Semple	22:35.83	4:31	5k	M	51	109	100 - 109	MF	GeoCleo	22:35.8	0:50:31.4
37	190	Tanya Comas	27:55.59	5:35	5k	F	58	109	100 - 109	MF	GeoCleo	27:55.6	0:50:31.4
38	289	Audethy Tallack	25:25.75	5:05	5k	F	62	112	110 - 200	FF	A&A	25:25.7	0:51:57.9
38	250	Angela MacDonald	26:32.17	5:18	5k	F	50	112	110 - 200	FF	A&A	26:32.2	0:51:57.9
39	213	Andrew Hall	24:06.97	4:49	5k	M	61	115	110 - 200	MF	Team Moose	24:07.0	0:52:22.2
39	214	Ikuko Hall	28:15.24	5:39	5k	F	54	115	110 - 200	MF	Team Moose	28:15.2	0:52:22.2
40	169	Ignacio Arroyo	24:49.04	4:58	5k	M	48	98	90 - 99	MF	Kingston r	24:49.0	0:52:41.8
40	247	Sonia Lopez	27:52.76	5:34	5k	F	50	98	90 - 99	MF	Kingston r	27:52.8	0:52:41.8
41	241	Bryan Lambert	21:35.85	4:19	5k	M	52	91	90 - 99	MM	What in the Sam Hill?	21:35.9	0:52:56.5
41	222	Trevor Hill	31:20.61	6:16	5k	M	39	91	90 - 99	MM	What in the Sam Hill?	31:20.6	0:52:56.5

2023 KRRA Twosome Race - All Team Results

Rank	Bib #	Name	Race Time	Pace	Division	Gender	Age	Combined Age	Age Cat	Team Type	Team Name	Time	Combined
42	224	Sheri Hogeboom	26:29.48	5:18	5k	F	60	84	80 - 89	MF	Tall Tree	26:29.5	0:52:59.1
42	225	Ian Hogeboom-Burr	26:29.61	5:18	5k	M	24	84	80 - 89	MF	Tall Tree	26:29.6	0:52:59.1
43	231	Amin Jaber	21:21.41	4:16	5k	M	33	64	60 - 69	MF	Jabers	21:21.4	0:54:03.1
43	251	Elzahraa Majed	32:41.74	6:32	5k	F	31	64	60 - 69	MF	Jabers	32:41.7	0:54:03.1
44	273	Wayne Rice	21:47.83	4:21	5k	M	60	112	110 - 200	MF	PEZZY	21:47.8	0:54:46.7
44	192	Peggy Cuthbert	32:58.89	6:36	5k	F	52	112	110 - 200	MF	PEZZY	32:58.9	0:54:46.7
45	215	Kyle Harding	17:03.73	3:25	5k	M	35	66	60 - 69	MF	Hard as Nails	17:03.7	0:55:13.6
45	216	Missie Harding	38:09.86	7:38	5k	F	31	66	60 - 69	MF	Hard as Nails	38:09.9	0:55:13.6
46	218	Charles Hawes	22:00.82	4:24	5k	M	47	91	90 - 99	MF	Sole Mates	22:00.8	0:55:46.1
46	219	Leisha Hawes	33:45.27	6:45	5k	F	44	91	90 - 99	MF	Sole Mates	33:45.3	0:55:46.1
47	178	Shannon Bowes	28:22.88	5:40	5k	F	36	71	70 - 79	FF	Mamas on the Run	28:22.9	0:56:51.7
47	244	Megan Leavitt	28:28.86	5:42	5k	F	35	71	70 - 79	FF	Mamas on the Run	28:28.9	0:56:51.7
48	246	Janet Lee	30:09.92	6:02	5k	F	55	114	110 - 200	MF	Heme Dream Team	30:09.9	1:00:21.0
48	245	David Lee	30:11.04	6:02	5k	M	59	114	110 - 200	MF	Heme Dream Team	30:11.0	1:00:21.0
49	188	Alyson Charette	29:44.25	5:57	5k	F	54	94	90 - 99	MF	Run for Donna	29:44.3	1:00:44.5
49	234	Matt Julien	31:00.28	6:12	5k	M	50	94	90 - 99	MF	Run for Donna	31:00.3	1:00:44.5
50	197	Joe Du Vall	29:58.53	5:59	5k	M	69	133	110 - 200	MF	Capital City Strugglers	29:58.5	1:02:58.5
50	256	Fiona McMillin	32:59.99	6:36	5k	F	64	133	110 - 200	MF	Capital City Strugglers	33:00.0	1:02:58.5
51	243	Ka-Yu Law	20:45.36	4:09	5k	M	48	103	100 - 109	MF	Law Law Land	20:45.4	1:04:44.5
51	242	Janice Law	43:59.12	8:48	5k	F	55	103	100 - 109	MF	Law Law Land	43:59.1	1:04:44.5
52	156	Cindy Abeles	32:27.68	6:29	5k	F	65	96	90 - 99	FF	Me & Mom	32:27.7	1:04:55.6
52	157	Kathleen Abeles	32:27.90	6:29	5k	F	31	96	90 - 99	FF	Me & Mom	32:27.9	1:04:55.6
53	257	Milana McNamee	26:44.43	5:21	5k	F	32	97	90 - 99	FF	Vroom Vroom	26:44.4	1:05:16.8
53	164	Patricia Ambrose	38:32.39	7:42	5k	F	65	97	90 - 99	FF	Vroom Vroom	38:32.4	1:05:16.8
54	290	Sunaira Tejpar	33:17.48	6:39	5k	F	29	59	50 - 59	FF	Boom Shaka Laka	33:17.5	1:06:36.0
54	286	Kristina Silver	33:18.55	6:40	5k	F	30	59	50 - 59	FF	Boom Shaka Laka	33:18.6	1:06:36.0
55	304	Silver Wyatt	43:35.34	8:43	5k	F	33	70	70 - 79	FF	Running Late	43:35.3	1:27:42.0
55	303	Lilith Wyatt	44:06.68	8:49	5k	F	37	70	70 - 79	FF	Running Late	44:06.7	1:27:42.0