

2023 KRRA Twosome Race - Overall Race Results

Position	Bib #	Name	Race Time	Pace	Division	Gender	Age	Team Name
1	248	Andrew Lupenette	15:49.08	3:10	5k	M	17	The Turtle Pacers
2	300	Stuart Wilson	16:06.47	3:13	5k	M	30	Allan-Wilson
3	220	Linden Head	16:12.62	3:14	5k	M	36	JAFT
4	226	Andrew House	16:31.03	3:18	5k	M	34	An-Joy
5	215	Kyle Harding	16:51.63	3:22	5k	M	35	Hard as Nails
6	203	Savvas Frantzeskos	17:02.14	3:24	5k	M	48	Savfia
7	233	Owain Jones	17:22.03	3:28	5k	M	38	Etta Fan Club
8	302	Brent Workman	17:22.65	3:28	5k	M	52	Sweatin' Sweeties
9	285	Chris Shaw	17:45.80	3:33	5k	M	32	M2M
10	301	Alexander Wordley	17:51.02	3:34	5k	M	42	
11	163	Robert Almas	17:54.86	3:35	5k	M	44	Here to There
12	297	Cole Vezina	18:02.64	3:36	5k	M	26	Destinys Child
13	195	Stephan De Wit	18:06.77	3:37	5k	M	45	
14	161	Veronica Allan	18:16.31	3:39	5k	F	32	Allan-Wilson
15	280	Ryan Sanford	18:34.89	3:43	5k	M	30	JARS
16	208	Tim Gillespie	18:38.62	3:44	5k	M	45	
17	159	Jasmin Aggarwal	19:27.71	3:53	5k	F	28	JARS
18	227	Stephen Hughes	19:28.05	3:54	5k	M	55	Entangled Photons
19	228	Catherine Irwin	19:32.03	3:54	5k	F	20	Surge
20	263	Adam O'Leary	19:35.95	3:55	5k	M	32	Team Maddie
21	210	Rebecca Greer	19:38.66	3:56	5k	F	18	Surge
22	288	Nathan Southall	19:51.99	3:58	5k	M	13	Double Trouble
23	160	Allison Alexander	19:52.47	3:58	5k	F	40	Alli-Robby
24	235	Michael Kennedy	19:57.32	3:59	5k	M	42	Kennedys
25	181	James Brown	20:02.35	4:00	5k	M	49	Running Recruiters
26	180	Robby Breadner	20:07.84	4:01	5k	M	56	Alli-Robby
27	264	Heather Ostic	20:16.36	4:03	5k	F	54	Sweatin' Sweeties
28	232	Tyler Jansen	20:19.35	4:04	5k	M	31	Weekend Road Warriors
29	262	Jeff Nolan	20:24.47	4:05	5k	M	31	
30	282	Annie Seeley	20:27.13	4:05	5k	F	23	Weekend Road Warriors
31	243	Ka-Yu Law	20:33.26	4:07	5k	M	48	Law Law Land
32	173	Shannon Bell	20:38.45	4:08	5k	F	44	Electric Snowflakes
33	279	Hayden Runions	20:45.48	4:09	5k	M	12	Double Trouble
34	265	Luis Paico-Aviles	20:54.51	4:11	5k	M	39	Luis Pam
35	171	Pierre Bartkowiak	21:02.66	4:12	5k	M	35	
36	294	Ewan Van Straaten	21:07.80	4:13	5k	M	12	Mulberry Barbarians
37	231	Amin Jaber	21:09.31	4:14	5k	M	33	Jabers
38	196	Francis Diaz	21:15.84	4:15	5k	M	40	Electric Snowflakes
39	241	Bryan Lambert	21:23.75	4:17	5k	M	52	What in the Sam Hill?
40	185	Al Cantlay	21:25.40	4:17	5k	M	68	Ride or Die
41	259	Gregory Millican	21:25.40	4:17	5k	M	38	Barbatruc!
42	172	Julie Bates	21:27.09	4:17	5k	F	27	Belgian Girls
43	253	Raye McAvoy	21:32.22	4:18	5k	F	31	M2M
44	273	Wayne Rice	21:35.73	4:19	5k	M	60	PEZZY
45	199	Brad Ethier	21:39.77	4:20	5k	M	52	Brad and Sonya
46	218	Charles Hawes	21:48.72	4:22	5k	M	47	Sole Mates
47	268	Andrew Pennell	21:48.74	4:22	5k	M	13	Cool Runnings
48	275	Christian Ritchot	21:49.60	4:22	5k	M	63	
49	270	Julia Pennell	21:51.86	4:22	5k	F	10	Cool Runnings
50	276	Hana Rowberry	21:51.87	4:22	5k	F	11	Team BlackBerry
51	167	Tara Archibald	21:58.75	4:24	5k	F	43	Just Here for Cake
52	206	Kadan Gelsthorpe	22:06.00	4:25	5k	M	16	
53	205	Suzanne Garrett	22:11.08	4:26	5k	F	47	SUGARIAS
54	170	Richard Ascough	22:12.10	4:26	5k	M	60	SUGARIAS
55	238	Mark Kerr	22:14.68	4:27	5k	M	42	M&M ATHLETICS
56	254	Matt McCloy	22:16.26	4:27	5k	M	46	
57	240	Vicky Kinch	22:18.36	4:28	5k	F	38	
58	223	Clara Hogan	22:19.40	4:28	5k	F	12	Mulberry Barbarians
59	283	George Semple	22:23.73	4:29	5k	M	51	GeoCleo

2023 KRRA Twosome Race - Overall Race Results

Position	Bib #	Name	Race Time	Pace	Division	Gender	Age	Team Name
60	236	Tara Kennedy	22:24.44	4:29	5k	F	15	Kennedys
61	176	Lily Blackwell	22:25.42	4:29	5k	F	12	Team BlackBerry
62	258	Jeff McPherson	22:27.02	4:29	5k	M	24	Destinys Child
63	202	Christopher Ford	22:28.24	4:30	5k	M	34	
64	177	Emma Boudreau	22:37.14	4:31	5k	F	25	SpinCo Gals
65	168	Kate Archibald-Cross	22:37.46	4:31	5k	F	49	Team Archibald
66	162	Scott Allen	22:38.70	4:32	5k	M	34	
67	298	Ellen White	22:39.65	4:32	5k	F	41	West End Girls
68	198	Rachel Erskine	22:47.10	4:33	5k	F	27	Team Maddie
69	293	Tiiu Vail	22:50.74	4:34	5k	F	41	West End Girls
70	229	Gary Irwin	22:55.70	4:35	5k	M	51	Sarah/Gary
71	193	Denise Dacosta	22:58.00	4:36	5k	F	39	Wave Runners
72	266	Leslie Paterson	22:58.28	4:36	5k	F	38	Wave Runners
73	249	Darryl Lupenette	23:08.36	4:38	5k	M	51	The Turtle Pacers
74	281	Lana Saunders	23:17.48	4:39	5k	F	48	Ride or Die
75	277	Rick Royce	23:21.78	4:40	5k	M	63	
76	271	Tammy Pigion	23:34.14	4:43	5k	F	49	Here to There
77	166	Jennifer Archibald	23:50.30	4:46	5k	F	32	Team Archibald
78	274	Annie Riel	23:51.13	4:46	5k	F	48	Barbatruc!
79	165	Nanae Arai	23:52.95	4:46	5k	F	53	Entangled Photons
80	213	Andrew Hall	23:54.87	4:47	5k	M	61	Team Moose
81	175	Sonya Bianchet	23:57.59	4:47	5k	F	51	Brad and Sonya
82	182	Meredith Brown	24:06.14	4:49	5k	F	15	Running Recruiters
83	269	Diane Pennell	24:23.47	4:53	5k	F	43	Just Here for Cake
84	230	Sarah Irwin	24:30.72	4:54	5k	F	15	Sarah/Gary
85	252	Izzy Mastantuono	24:32.84	4:54	5k	F	23	SpinCo Gals
86	169	Ignacio Arroyo	24:36.94	4:55	5k	M	48	Kingston r
87	204	Sofia Frantzeskos	24:51.73	4:58	5k	F	13	Savfia
88	158	Joyce Acton	25:01.03	5:00	5k	F	62	An-Joy
89	289	Audethy Tallack	25:13.65	5:03	5k	F	62	A&A
90	260	Pam Mundell	25:22.41	5:04	5k	F	57	Luis Pam
91	278	Suzanne Runciman	25:29.79	5:06	5k	F	58	
92	237	Madeline Kerr	25:38.55	5:08	5k	F	13	M&M ATHLETICS
93	184	Samantha Calder-Sprack	25:48.56	5:10	5k	F	36	JAFT
94	209	Francoise Glibert	25:56.67	5:11	5k	F	62	Belgian Girls
95	224	Sheri Hogeboom	26:17.38	5:15	5k	F	60	Tall Tree
96	225	Ian Hogeboom-Burr	26:17.51	5:15	5k	M	24	Tall Tree
97	250	Angela MacDonald	26:20.07	5:16	5k	F	50	A&A
98	291	Martina Thiel	26:30.90	5:18	5k	F	51	
99	257	Milana McNamee	26:32.33	5:18	5k	F	32	Vroom Vroom
100	211	Naomi Greer-Ballance	26:43.07	5:21	5k	F	54	
101	382	Kevin Tulk	26:59.72	5:24	5k	m	55	
102	179	Ed Brand	27:19.87	5:28	5k	M	74	Stacey & Ed
103	247	Sonia Lopez	27:40.66	5:32	5k	F	50	Kingston r
104	190	Tanya Comas	27:43.49	5:33	5k	F	58	GeoCleo
105	186	Christina Cantlay	27:57.84	5:35	5k	F	33	
106	214	Ikuko Hall	28:03.14	5:37	5k	F	54	Team Moose
107	178	Shannon Bowes	28:10.78	5:38	5k	F	36	Mamas on the Run
108	244	Megan Leavitt	28:16.76	5:39	5k	F	35	Mamas on the Run
109	261	Alanna Murphy	28:35.47	5:43	5k	F	37	
110	295	Paco Vera Badillo	28:53.06	5:47	5k	M	44	
111	284	Tristan Semple	29:14.18	5:51	5k	M	17	
112	188	Alyson Charette	29:32.15	5:54	5k	F	54	Run for Donna
113	255	Claire McKinney	29:33.77	5:55	5k	F	56	
114	197	Joe Du Vall	29:46.43	5:57	5k	M	69	Capital City Strugglers
115	246	Janet Lee	29:57.82	5:59	5k	F	55	Heme Dream Team
116	245	David Lee	29:58.94	5:59	5k	M	59	Heme Dream Team
117	201	Margie File	30:32.25	6:06	5k	F	69	
118	183	Laura Brown Bowers	30:34.08	6:07	5k	F	42	

2023 KRRA Twosome Race - Overall Race Results

Position	Bib #	Name	Race Time	Pace	Division	Gender	Age	Team Name
119	296	Ana Vera Rodriguez	30:42.06	6:08	5k	F	18	
120	234	Matt Julien	30:48.18	6:10	5k	M	50	Run for Donna
121	222	Trevor Hill	31:08.51	6:14	5k	M	39	What in the Sam Hill?
122	187	Allison Casteels	31:28.32	6:18	5k	F	37	Etta Fan Club
123	194	Alisa Darbinyan	31:42.31	6:20	5k	F	32	
124	156	Cindy Abeles	32:15.58	6:27	5k	F	65	Me & Mom
125	157	Kathleen Abeles	32:15.80	6:27	5k	F	31	Me & Mom
126	251	Elzahraa Majed	32:29.64	6:30	5k	F	31	Jabers
127	192	Peggy Cuthbert	32:46.79	6:33	5k	F	52	PEZZY
128	256	Fiona McMillin	32:47.89	6:33	5k	F	64	Capital City Strugglers
129	290	Sunaira Tejpar	33:05.38	6:37	5k	F	29	Boom Shaka Laka
130	286	Kristina Silver	33:06.45	6:37	5k	F	30	Boom Shaka Laka
131	219	Leisha Hawes	33:33.17	6:43	5k	F	44	Sole Mates
132	212	Allen Groome	34:43.64	6:57	5k	M	73	
133	191	Sara Conway	37:24.63	7:29	5k	F	29	
134	216	Missie Harding	37:57.76	7:35	5k	F	31	Hard as Nails
135	207	Moe Gill	38:10.88	7:38	5k	M	57	
136	164	Patricia Ambrose	38:20.29	7:40	5k	F	65	Vroom Vroom
137	304	Silver Wyatt	43:23.24	8:41	5k	F	33	Running Late
138	242	Janice Law	43:47.02	8:45	5k	F	55	Law Law Land
139	303	Lilith Wyatt	43:54.58	8:47	5k	F	37	Running Late