

2019 BRRC P&G 5km

Brockville, Ontario

2019-06-15

6/14/19 - 6/14/19

Results by www.runningbydesign.com

Event # 1 MIXED 5K Run

| Name | Age | Bib | Team | Avg per K | Avg per MI | Time |
|---------------------------|------|------|----------------|-----------|------------|----------|
| FEMALE 1 - 9 | | | | | | |
| 1 Pearl Hare | F 9 | 4740 | PRESCOTT | 5:15.2 | 8:27.3 | 26:16.22 |
| FEMALE 10 - 14 | | | | | | |
| 1 Mercedes Covey | F 13 | 4663 | BROCKVILLE | 4:04.7 | 6:33.9 | 20:23.81 |
| 2 Emma Laming | F 13 | 4741 | ATHENS | 5:01.2 | 8:04.8 | 25:06.22 |
| 3 Octavia Jhonson-Hodge | F 12 | 4678 | BROCKVILLE | 5:14.5 | 8:26.2 | 26:12.84 |
| FEMALE 15 - 19 | | | | | | |
| 1 Abby Jones | F 16 | 4666 | BROCKVILLE | 4:46.5 | 7:41.1 | 23:52.75 |
| 2 Hanna Doonan | F 19 | 4639 | BROCKVILLE | 4:56.6 | 7:57.3 | 24:43.12 |
| 3 Brielle xxxxxxxx | F 15 | 4677 | BROCKVILLE | 5:14.3 | 8:25.8 | 26:11.56 |
| FEMALE 20 - 29 | | | | | | |
| 1 Brittany Brown | F 20 | 4690 | BROCKVILLE | 4:32.1 | 7:17.9 | 22:40.66 |
| 2 Jodi Steenkamer | F 29 | 4694 | BROCKVILLE | 4:58.4 | 8:00.3 | 24:52.38 |
| 3 Emma Selleck | F 24 | 4637 | BROCKVILLE | 5:07.9 | 8:15.5 | 25:39.50 |
| 4 Heather Conlin | F 29 | 4665 | BRINSTON | 5:26.9 | 8:46.1 | 27:14.72 |
| 5 Abbey Palmer | F 23 | 4650 | BROCKVILLE | 5:51.7 | 9:26.0 | 29:18.66 |
| 6 Michaela Murphy | F 22 | 4670 | ATHENS | 6:00.0 | 9:39.5 | 30:00.46 |
| 7 Sarah Babbitt | F 21 | 4669 | BROCKVILLE | 6:00.4 | 9:40.0 | 30:02.09 |
| 8 Jenny Thompson | F 25 | 4640 | KEMPTVILLE | 6:13.4 | 10:01.0 | 31:07.31 |
| 9 Brittany Fleming | F 24 | 4642 | OXFORD STATION | 6:13.5 | 10:01.1 | 31:07.68 |
| 10 Dayna Snowdon | F 24 | 4683 | GANANOQUE | 6:32.6 | 10:31.9 | 32:43.47 |
| FEMALE 30 - 39 | | | | | | |
| 1 Julie Basilidis | F 34 | 4684 | PRESCOTT | 3:48.8 | 6:08.2 | 19:04.00 |
| 2 Camille Ballantyne | F 35 | 4674 | BROCKVILLE | 4:52.0 | 7:49.9 | 24:20.06 |
| 3 Holly Martin | F 34 | 4643 | BROCKVILLE | 5:00.6 | 8:03.8 | 25:03.12 |
| 4 Brianna Bradley | F 34 | 4653 | ATHENS | 5:06.3 | 8:13.0 | 25:31.88 |
| 5 Kim Bennett | F 35 | 4743 | BROCKVILLE | 5:36.9 | 9:02.2 | 28:04.72 |
| 6 Kristin Hare | F 38 | 4739 | PRESCOTT | 5:38.1 | 9:04.1 | 28:10.53 |
| 7 Vera Lapczak | F 39 | 4696 | BROCKVILLE | 5:44.0 | 9:13.6 | 28:40.00 |
| 8 Katie Lalonde | F 33 | 4627 | CORNWALL | 5:55.6 | 9:32.4 | 29:38.41 |
| 9 Marci Jackson | F 39 | 4699 | PRESCOTT | 6:08.0 | 9:52.3 | 30:40.44 |
| 10 Angela Mangoni | F 38 | 4632 | BROCKVILLE | 7:22.4 | 11:51.9 | 36:52.00 |
| 11 Rebecca Blair-Donnelly | F 30 | 4693 | BROCKVILLE | 8:00.0 | 12:52.4 | 40:00.00 |
| FEMALE 40 - 49 | | | | | | |
| 1 Sarah Crawford | F 46 | 4700 | BROCKVILLE | 4:40.9 | 7:32.0 | 23:24.53 |
| 2 Shana Doonan | F 41 | 4641 | BROCKVILLE | 5:47.3 | 9:18.9 | 28:56.59 |
| 3 Rhiannon Iles | F 46 | 4628 | BROCKVILLE | 5:47.4 | 9:19.1 | 28:57.18 |
| 4 Kristi Carter | F 42 | 4664 | BROCKVILLE | 5:58.4 | 9:36.8 | 29:52.28 |
| 5 Caroline Rigutto | F 40 | 4635 | BROCKVILLE | 6:00.0 | 9:39.4 | 30:00.12 |
| 6 Peggy Abrams | F 48 | 4738 | TOLEDO | 6:06.9 | 9:50.4 | 30:34.53 |
| 7 Kelly Weldon | F 41 | 4737 | BROCKVILLE | 6:06.9 | 9:50.5 | 30:34.87 |
| 8 Dawn McDougall-Brown | F 47 | 4691 | BROCKVILLE | 7:38.2 | 12:17.4 | 38:11.00 |
| 9 Julia McDougall | F 42 | 4697 | BROCKVILLE | 7:38.4 | 12:17.7 | 38:12.00 |
| FEMALE 50 - 59 | | | | | | |
| 1 Judy Curry | F 55 | 4662 | NORTH AUGUSTA | 5:19.4 | 8:34.0 | 26:37.09 |

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| | Name | Age | Bib | Team | Avg per K | Avg per MI | Time |
|-----------------------|-----------------------|------|------|---------------|-----------|------------|----------|
| 2 | Vera Stambouc | F 58 | 4676 | TORONTO | 7:50.4 | 12:37.0 | 39:12.00 |
| FEMALE 60 - 64 | | | | | | | |
| 1 | Cheryl Scott | F 62 | 4652 | BROCKVILLE | 5:41.6 | 9:09.8 | 28:28.25 |
| 2 | Jane Millard | F 61 | 4649 | MAITLAND | 6:08.4 | 9:52.9 | 30:42.34 |
| 3 | Lorrie Rossetti | F 60 | 4646 | LYN | 6:26.9 | 10:22.7 | 32:14.72 |
| 4 | Karen McDonald-Hurley | F 61 | 4681 | MAITLAND | 6:27.4 | 10:23.5 | 32:17.22 |
| 5 | Ruby McCabe Locke | F 60 | 4682 | ELIZABETHTOWN | 6:27.8 | 10:24.1 | 32:19.09 |
| FEMALE 70 - 74 | | | | | | | |
| 1 | Mary Clayton | F 74 | 4656 | BROCKVILLE | 5:43.3 | 9:12.6 | 28:36.88 |
| 2 | Eithne Dunbar | F 70 | 4638 | BROCKVILLE | 6:12.8 | 10:00.0 | 31:04.28 |
| 3 | Anne Hodgson | F 71 | 4630 | MAITLAND | 6:29.1 | 10:26.3 | 32:25.91 |
| 4 | Vicky Kirkby | F 70 | 4679 | BROCKVILLE | 6:50.8 | 11:01.1 | 34:14.00 |
| MALE 1 - 9 | | | | | | | |
| 1 | Parker Goguen | M 9 | 4645 | BROCKVILLE | 4:36.6 | 7:25.2 | 23:03.41 |
| 2 | Seth Laming | M 9 | 4692 | ATHENS | 4:59.9 | 8:02.7 | 24:59.88 |
| 3 | Lucas Bennett | M 9 | 4742 | BROCKVILLE | 5:36.8 | 9:02.0 | 28:04.00 |
| 4 | Avery Millar | M 6 | 4687 | JOHNSTOWN | 7:20.8 | 11:49.3 | 36:44.00 |
| MALE 10 - 14 | | | | | | | |
| 1 | Owen Millar | M 11 | 4685 | JOHNSTOWN | 4:39.9 | 7:30.5 | 23:19.69 |
| 2 | Chase Robert | M 11 | 4686 | JOHNSTOWN | 5:44.9 | 9:15.0 | 28:44.50 |
| 3 | Caellum Robertson | M 11 | 4672 | MALLORYTOWN | 5:57.9 | 9:35.9 | 29:49.50 |
| MALE 15 - 19 | | | | | | | |
| 1 | Blake Shane | M 15 | 4680 | CORNWALL | 3:59.7 | 6:25.8 | 19:58.88 |
| 2 | Jordan Felhaber | M 15 | 4644 | BROCKVILLE | 4:46.6 | 7:41.3 | 23:53.31 |
| MALE 20 - 29 | | | | | | | |
| 1 | Zack Boyd | M 29 | 4661 | BROCKVILLE | 4:19.6 | 6:57.7 | 21:38.03 |
| 2 | Layne Scott | M 27 | 4636 | BROCKVILLE | 5:17.8 | 8:31.4 | 26:29.15 |
| MALE 30 - 39 | | | | | | | |
| 1 | Scott Coombes | M 39 | 4695 | BROCKVILLE | 4:09.9 | 6:42.2 | 20:49.62 |
| 2 | Paul Millar | M 37 | 4689 | JOHNSTOWN | 7:21.0 | 11:49.7 | 36:45.00 |
| MALE 40 - 49 | | | | | | | |
| 1 | Tim Brown | M 42 | 4673 | BROCKVILLE | 4:48.3 | 7:44.0 | 24:01.78 |
| 2 | Chris Robertson | M 47 | 4671 | MALLORYTOWN | 5:57.9 | 9:36.1 | 29:49.93 |
| MALE 50 - 59 | | | | | | | |
| 1 | David Cannons | M 52 | 4667 | KINGSTON | 4:56.4 | 7:57.0 | 24:42.18 |
| 2 | Murray Tait | M 59 | 4626 | BROCKVILLE | 5:07.4 | 8:14.8 | 25:37.44 |
| 3 | Shaun Coburn | M 59 | 4698 | BROCKVILLE | 5:27.5 | 8:47.0 | 27:17.53 |
| 4 | John Stambouc | M 56 | 4675 | TORONTO | 7:50.6 | 12:37.3 | 39:13.00 |
| MALE 60 - 64 | | | | | | | |
| 1 | Pete Millard | M 63 | 4648 | MAITLAND | 4:23.8 | 7:04.6 | 21:59.38 |
| MALE 65 - 69 | | | | | | | |
| 1 | Rod Palmer | M 66 | 4651 | BROCKVILLE | 5:51.8 | 9:26.1 | 29:19.02 |
| MALE 70 - 74 | | | | | | | |
| 1 | Jim Estes | M 70 | 4668 | KINGSTON | 5:22.5 | 8:39.1 | 26:52.97 |
| 2 | Jonathan Wyatt | M 70 | 4654 | BROCKVILLE | 6:40.7 | 10:44.8 | 33:23.56 |
| MALE 75 - 79 | | | | | | | |
| 1 | Bill Poole | M 75 | 4647 | MALLORYTOWN | 5:58.5 | 9:37.0 | 29:52.81 |

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| 2 | Hugh Wilson | M 79 | 4660 | DORVAL | 5:59.7 | 9:38.8 | 29:58.50 |
| 3 | John Sheehan | M 78 | 4659 | PRESCOTT | 6:05.0 | 9:47.4 | 30:25.03 |
| MALE 80 - 99 | | | | | | | |
| 1 | Merv Hodgson | M 81 | 4629 | MAITLAND | 5:52.1 | 9:26.7 | 29:20.84 |