

P&G Brockville 5km

Hardy Park, Brockville

2018-06-11

6/8/18 - 6/8/18

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 Ryleigh Goguen	F 7	290	BROCKVILLE	8:51.2	14:14.9	44:16.15
FEMALE 10 - 14						
1 Emma Laming	F 11	174	ATHENS	5:31.1	8:52.9	27:35.88
FEMALE 15 - 19						
1 Brittany Brown	F 19	265	BROCKVILLE	5:17.8	8:31.5	26:29.34
FEMALE 20 - 24						
1 Kaitlyn Varin	F 20	215	KEMPTVILLE	6:27.0	10:22.8	32:15.09
FEMALE 25 - 29						
1 Jodi SteenKamer	F 27	249	BROCKVILLE	4:32.2	7:18.2	22:41.47
2 Courtney Searson	F 28	285	BROCKVILLE	5:35.1	8:59.4	27:55.88
3 Paige Sparling	F 27	214	BROCKVILLE	5:37.6	9:03.3	28:08.25
4 Nicole Gilson	F 27	283	BROCKVILLE	6:00.7	9:40.5	30:03.78
FEMALE 30 - 34						
1 Courtney Shaffer	F 34	296	BROCKVILLE	4:38.0	7:27.5	23:10.38
2 Susan Filion	F 33	245	BROCKVILLE	5:00.9	8:04.2	25:04.56
3 Lindsay Greatrix	F 31	297	BROCKVILLE	5:09.3	8:17.8	25:46.75
4 Ravideep Raul	F 31	300	BROCKVILLE	6:29.4	10:26.7	32:27.34
5 Robin Clonica	F 33	185	BROCKVILLE	8:28.6	13:38.5	42:23.09
6 Holly Martin	F 33	291	BROCKVILLE	8:51.2	14:15.0	44:16.46
FEMALE 35 - 39						
1 Jen McDonald	F 39	209	BROCKVILLE	6:01.7	9:42.1	30:08.69
2 Vera Lapczak	F 38	243	BROCKVILLE	6:08.6	9:53.3	30:43.31
3 Caroline Rigutter	F 39	255	BROCKVILLE	6:14.0	10:01.8	31:10.00
4 Melissa Slimmers	F 37	252	BROCKVILLE	6:52.2	11:03.5	34:21.41
5 Demetrie Laming	F 38	176	ATHENS	8:19.3	13:23.5	41:36.53
FEMALE 40 - 44						
1 Julie Reisen	F 43	211	MAITLAND	5:35.9	9:00.6	27:59.72
2 Kelly Weldon	F 40	278	BROCKVILLE	5:53.9	9:29.5	29:29.59
3 Bridgid Quinn	F 43	263	LOMBARDY	6:06.0	9:49.1	30:30.38
4 Dana Boyer	F 43	178	BROCKVILLE	6:39.6	10:43.1	33:18.15
5 Alberta Smits	F 41	213	BROCKVILLE	9:39.5	15:32.7	48:17.97
FEMALE 45 - 49						
1 Adele McLeod	F 49	286	BROCKVILLE	4:42.5	7:34.6	23:32.59
2 Katie Baker	F 47	230	ATHENS	5:28.7	8:49.0	27:23.75
3 Louise Bonvie	F 47	204	BROCKVILLE	5:37.7	9:03.5	28:08.75
4 Rhiannon Iles	F 45	208	BROCKVILLE	5:58.5	9:37.0	29:52.78
5 Janet Gartley	F 49	246	BROCKVILLE	6:16.0	10:05.2	31:20.41
6 Sarah Kaufman	F 49	264	BROCKVILLE	6:51.6	11:02.5	34:18.34
7 Heather Servage	F 46	293	BROCKVILLE	7:11.5	11:34.5	35:57.97
8 Shannom Hudson	F 46	236	MAITLAND	8:05.2	13:00.9	40:26.15
9 Virginia Lamarche	F 46	184	JASPER	8:28.5	13:38.4	42:22.69
10 Virginia Riggle	F 45	212	MILESTONE	9:15.7	14:54.3	46:18.75
FEMALE 50 - 54						
1 Shelley Steenwyk	F 51	268	BROCKVILLE	5:04.4	8:09.9	25:22.15

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	Name	Age	Bib	Team	Avg per K	Avg per MI	Time
FEMALE 55 - 59							
1	Lorrie Rissetti	F 59	244	LYN	6:49.7	10:59.3	34:08.53
2	Vera Stambolic	F 58	274	TORONTO	8:19.4	13:23.8	41:37.40
3	Trudy Primeau	F 56	179	BROCKVILLE	12:21.9	19:53.9	1:01:49.50
FEMALE 60 - 64							
1	Karen McDonald-Hurley	F 60	241	MAITLAND	6:54.9	11:07.8	34:34.81
2	Jann Smith	F 60	261	BROCKVILLE	6:56.2	11:09.9	34:41.31
FEMALE 65 - 69							
1	Eithne Dunbar	F 69	171	BROCKVILLE	6:26.2	10:21.6	32:11.38
2	Sheila Lafave	F 65	239	WILLIAMSTOWN	7:01.9	11:19.1	35:09.97
FEMALE 70 - 74							
1	Anne Hodgson	F 70	207	MAITLAND	6:46.4	10:54.1	33:52.28
MALE 1 - 9							
1	Lukas Reisen	M 9	225	MAITLAND	4:55.7	7:55.8	24:38.53
2	Cole McLennan	M 9	281	BROCKVILLE	4:55.8	7:56.0	24:39.00
3	Parker Goguen	M 8	292	FRANKVILLE	5:07.6	8:15.0	25:38.06
4	Seth Laming	M 8	175	ATHENS	5:25.6	8:44.0	27:08.18
5	Lucas Bennett	M 8	187	BROCKVILLE	5:45.2	9:15.5	28:46.15
6	Ryan Rigutto	M 9	256	BROCKVILLE	5:47.0	9:18.5	28:55.44
7	Parker Weldon	M 9	277	BROCKVILLE	7:44.0	12:26.8	38:40.44
8	Rory Riggle	M 5	227	MILESTONE	9:15.6	14:54.2	46:18.34
9	Loki Primeau	M 4	181	BROCKVILLE	12:21.8	19:53.8	1:01:49.10
10	Odin Primeau	M 1	180	BROCKVILLE	12:21.8	19:53.8	1:01:49.20
11	Thor Primeeau	M 4	182	BROCKVILLE	12:21.8	19:53.9	1:01:49.30
MALE 10 - 14							
1	Rylan Boyer	M 12	177	BROCKVILLE	5:17.3	8:30.7	26:26.94
2	Avery Halladay	M 11	173	ATHENS	6:19.9	10:11.4	31:39.75
3	Caellum Robertson	M 10	282	MALLORYTOWN	6:46.5	10:54.3	33:52.96
4	Mattihas Reisen	M 11	188	MAITLAND	6:57.1	11:11.4	34:45.97
MALE 15 - 19							
1	Will Campeau	M 16	273	SPENCERVILLE	3:44.0	6:00.6	18:40.47
2	Tyler Lavoie	M 15	222	KEMPTVILLE	4:10.9	6:43.8	20:54.81
MALE 20 - 24							
1	Devin Burns	M 23	219	BROCKVILLE	4:46.4	7:41.0	23:52.31
2	Rianne Hudson	M 24	235	MAITLAND	5:25.8	8:44.3	27:09.18
MALE 25 - 29							
1	Zach Boyd	M 28	271	BROCKVILLE	4:22.0	7:01.7	21:50.47
MALE 30 - 34							
1	Corey Henry	M 31	231	BROCKVILLE	5:56.0	9:32.9	29:40.22
2	Steve Goguen	M 33	289	FRANKVILLE	6:39.8	10:43.5	33:19.31
MALE 35 - 39							
1	Scott Combes	M 38	242	BROCKVILLE	4:27.3	7:10.2	22:16.88
2	Matt Kingston	M 35	253	BROCKVILLE	5:24.1	8:41.6	27:00.84
3	Marci Jackson	M 38	251	PRESCOTT	7:00.1	11:16.2	35:00.97
MALE 40 - 44							
1	Craig McDonald	M 42	223	BROCKVILLE	4:14.9	6:50.2	21:14.62
2	Jason Barlow	M 44	216	ADDISON	4:31.5	7:17.0	22:37.91

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3	Tim Brown	M 41	298	BROCKVILLE	5:35.6	9:00.2	27:58.41
4	Matt McNish	M 40	224	BROCKVILLE	6:11.3	9:57.6	30:56.91
MALE 45 - 49							
1	Corey Turnbull	M 46	228	SMITHS FALLS	3:45.8	6:03.5	18:49.47
2	John Macmillan	M 47	259	SPENCERVILLE	4:22.4	7:02.4	21:52.47
3	Chuck Harper	M 45	254	LYN	4:39.7	7:30.2	23:18.97
4	Wenhu Tian	M 45	280	BROCKVILLE	4:47.9	7:43.4	23:59.75
5	Brian Gartley	M 47	247	BROCKVILLE	4:51.6	7:49.3	24:18.06
6	Chris Roberstson	M 46	270	MALLORYTOWN	6:46.6	10:54.4	33:53.28
7	Robert Reisen	M 47	226	MAITLAND	6:57.2	11:11.5	34:46.37
8	Chris Servage	M 47	294	BROCKVILLE	7:09.9	11:31.9	35:49.91
MALE 50 - 54							
1	David Cannons	M 51	276	KINGSTON	4:57.4	7:58.7	24:47.38
2	Mark Darrah	M 50	279	BROCKVILLE	8:13.4	13:14.1	41:07.44
MALE 55 - 59							
1	Kevin Riddell	M 56	260	BROCKVILLE	4:19.5	6:57.7	21:37.88
2	Murray Tait	M 58	269	BROCKVILLE	5:19.7	8:34.5	26:38.69
3	Terry Hodge	M 55	248	BROCKVILLE	5:55.1	9:31.5	29:35.69
4	Willy Primeau	M 57	183	BROCKVILLE	12:21.8	19:53.9	1:01:49.40
MALE 65 - 69							
1	Wendell Lafave	M 68	238	WILLIAMSTOWN	5:33.5	8:56.7	27:47.72
2	Jim Estes	M 69	275	K	5:46.2	9:17.2	28:51.28
MALE 70 - 74							
1	Rick Swift	M 71	240	BROCKVILLE	4:16.7	6:53.2	21:23.91
2	Tony Dunbar	M 73	172	BROCKVILLE	4:52.6	7:51.0	24:23.44
3	Bill Poole	M 74	250	MALLORYTOWN	5:56.4	9:33.6	29:42.18
MALE 75 - 79							
1	John Sheehan	M 77	284	PRESCOTT	6:18.4	10:09.0	31:32.09
2	Hugh Wilson	M 78	229	DORVAL	6:32.7	10:32.0	32:43.69
MALE 80 - 98							
1	Merv Hodgson	M 80	221	MAITLAND	5:54.5	9:30.5	29:32.75
2	Jean Bernaquez	M 86	218	MONTREAL	7:30.9	12:05.7	37:34.91