

## 26th Annual Mark Darroch Half Marathon &amp; 5 Km

Thousand Islands Pkwy, Rockport, Ontario

7/9/13 - 7/9/13

Results by [www.runningbydesign.ca](http://www.runningbydesign.ca)

## Event # 1 MIXED 5K Run

Name	Age	Team	Bib	Avg per K	Avg per MI	Time
<b>OVERALL</b>						
1	TREVOR SEELERT	26 M MONTREAL	775	3:47.60	6:06.29	18:58.0
2	BENJAMIN WOODFORD	28 M KINGSTON	773	3:50.20	6:10.47	19:11.0
3	RICK ROYCE	54 M KINGSTON	767	3:54.60	6:17.55	19:33.0
4	ROGER BOWES	44 M KINGSTON	786	3:57.00	6:21.41	19:45.0
5	AL CANTLAY	58 M KINGSTON	787	3:59.20	6:24.96	19:56.0
6	GLENN CAIRD	61 M LANSDOWNE	793	4:04.20	6:33.00	20:21.0
7	JIM MURRAY	57 M GANANOOUE	795	4:19.40	6:57.46	21:37.0
8	KEVIN RIDDELL	52 M BROCKVILLE	768	4:26.60	7:09.05	22:13.0
9	RILEY ARMSTRONG	16 M TOLEDO	746	4:30.60	7:15.49	22:33.0
10	CHRIS DILABIO	49 M OTTAWA	798	4:38.00	7:27.40	23:10.0
11	LOGAN BRANCH	46 M KINGSTON	784	4:42.40	7:34.48	23:32.0
12	TIM WOOD	45 M CARDINAL	792	4:50.40	7:47.35	24:12.0
13	VICTORIA BAKER	27 F BROCKVILLE	781	4:50.60	7:47.68	24:13.0
14	BRYNE FRANCOIS	65 M BROCKVILLE	755	4:51.80	7:49.61	24:19.0
15	SARA CAIRD	27 F LANSDOWNE	794	4:54.80	7:54.43	24:34.0
16	MURRAY TAIT	53 M BROCKVILLE	796	4:55.40	7:55.40	24:37.0
17	CAMERON LOCKE	11 M BROCKVILLE	783	5:02.60	8:06.99	25:13.0
18	ETHAN CRAWFORD	11 M BROCKVILLE	752	5:03.20	8:07.95	25:16.0
19	THERESA SMITH	43 F BROCKVILLE	782	5:03.22	8:07.99	25:16.1
20	MIKE DAY	78 M OTTAWA	785	5:04.40	8:09.88	25:22.0
21	HUGH WILSON	73 M DORVAL	776	5:11.80	8:21.79	25:59.0
22	ALEX POWERS	9 F BROCKVILLE	765	5:18.00	8:31.77	26:30.0
23	SHANNON GERAGHTY	36 M BROCKVILLE	758	5:18.20	8:32.09	26:31.0
24	JEAN BERNAOUEZ	81 M MONTREAL	777	5:18.80	8:33.06	26:34.0
25	CATHERINE TOMLINSON	50 F BROCKVILLE	779	5:30.60	8:52.05	27:33.0
26	PHIL LOWE	60 M BROCKVILLE	761	5:33.40	8:56.56	27:47.0
27	EITHNE DUNBAR	64 F BROCKVILLE	774	5:38.20	9:04.28	28:11.0
28	WANDA SEITL	47 F LANSDOWNE	788	5:41.20	9:09.11	28:26.0
29	WIL STEACY	67 M BROCKVILLE	800	5:45.20	9:15.55	28:46.0
30	SUE FRITH	66 F ROCKPORT	778	5:48.00	9:20.05	29:00.0
31	JONATHAN WYATT	64 M BROCKVILLE	780	5:51.40	9:25.52	29:17.0
32	MAKAYLA GERAGHTY	10 F BROCKVILLE	757	5:55.60	9:32.28	29:38.0
33	MELANIE MCCANN	27 F BROCKVILLE	763	5:58.00	9:36.15	29:50.0
34	MAGGIE CRAWFORD	9 F BROCKVILLE	753	6:00.00	9:39.36	30:00.0
35	PEGGY CUTHBERT	43 F SYDENHAM	801	6:02.40	9:43.23	30:12.0
36	PATTY MARSHALL	47 F BROCKVILLE	802	6:08.80	9:53.53	30:44.0
37	LIAM SUPPLE	8 M BROCKVILLE	803	6:09.20	9:54.17	30:46.0
38	FRANK GILLESPIE	58 M INVERARY	797	6:10.60	9:56.42	30:53.0
39	KAREN BOESE	53 F ARNPRIOR	751	6:10.80	9:56.74	30:54.0
40	MARIBETH SCOTT	51 F KINGSTON	770	6:18.00	10:08.33	31:30.0
41	DON AMOS	43 M KINGSTON	744	6:18.20	10:08.65	31:31.0
42	CALEB POWERS	7 M BROCKVILLE	766	6:25.40	10:20.24	32:07.0
43	ADRIANNA ARMSTRONG	12 F TOLEDO	745	6:25.60	10:20.56	32:08.0
44	JENNIFER BARNES	65 F BROCKVILLE	748	6:26.60	10:22.17	32:13.0
45	KERA JAMES	25 F KINGSTON	759	6:27.20	10:23.14	32:16.0
46	KAREN MUNCEY	43 F NAPANEE	764	6:29.40	10:26.68	32:27.0
47	ANDREW SEITL	13 M LANSDOWNE	789	6:35.40	10:36.33	32:57.0
48	CORINNE JOHNSON	45 F BROCKVILLE	760	6:36.40	10:37.94	33:02.0
49	CINDY SPADA	32 F GANANOOUE	771	6:39.60	10:43.09	33:18.0
50	LIAM CULLEN	71 M BROCKVILLE	754	6:40.00	10:43.74	33:20.0

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	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Bib</b>	<b>Avg per K</b>	<b>Avg per MI</b>	<b>Time</b>
51	LISA RUNHAM	53 F	ATHENS	769	6:48.00	10:56.61	34:00.0
52	ROBERT SEITL	47 M	LANSDOWNE	790	7:01.00	11:17.53	35:05.0
53	JANET GARTLEY	44 F	BROCKVILLE	756	7:09.00	11:30.41	35:45.0
54	CARRIE MACLEAN	30 F	KINGSTON	762	7:12.20	11:35.56	36:01.0
55	DIANNE RICHMOND	52 F	BROCKVILLE	791	7:36.40	12:14.50	38:02.0
56	ROBERT BEENEY	81 M	KINGSTON	749	8:01.00	12:54.09	40:05.0