

29th Mark Darroch 1/2 Mar & James K. Carlyle 5km Races

Rockport, Ontario

11/09/2016

9/9/16 - 9/9/16

Results by www.runningbydesign.com**Event # 2 MIXED 21.1K Run**

Name	Age	Bib	Team	Avg per K	Avg per MI	Time
FEMALE 20 - 29						
1 Lacey Broughton	F 26	5401	BROCKVILLE	7:05.6	11:25.0	2:29:42.00
FEMALE 30 - 39						
1 Julie Tarrant	F 33	5402	KINGSTON	6:35.8	10:37.1	2:19:13.00
FEMALE 40 - 49						
1 Angela Roles	F 40	5437	TOLEDO	5:21.2	8:37.0	1:52:59.00
2 Lana Saunders	F 41	5417	HOWE ISLAND	5:24.5	8:42.2	1:54:07.00
3 Tara Burggrat	F 48	5435	KINGSTON	5:35.2	8:59.5	1:57:54.00
4 Laura Oliver	F 47	5421	BROCKVILLE	6:17.8	10:08.0	2:12:52.00
FEMALE 50 - 59						
1 Cheryl Scott	F 59	5430	BROCKVILLE	7:27.5	12:00.2	2:37:23.00
FEMALE 60 - 69						
1 Deborah Holtom	F 65	5425	HOWE ISLAND	5:12.5	8:23.0	1:49:55.00
MALE 20 - 29						
1 James Hammel	M 21	5407	BURLINGTON	5:15.7	8:28.1	1:51:02.00
2 Damien McCarthy	M 28	5403	KINGSTON	5:15.9	8:28.4	1:51:06.00
MALE 30 - 39						
1 Tim Gillespie	M 39	5418	KINGSTON	3:54.9	6:18.0	1:22:37.00
2 Luis Pavco-Avilez	M 32	5436	KINGSTON	5:04.3	8:09.8	1:47:02.00
3 Daniel Williams	M 35	5409	BROCKVILLE	6:18.6	10:09.4	2:13:10.00
4 Neal Condron	M 36	5428	BROCKVILLE	6:27.1	10:22.9	2:16:08.00
5 David Powell	M 35	5404	KINGSTON	6:35.9	10:37.2	2:19:15.00
6 Bill Chafe	M 34	5414	MORRISBURG	6:57.0	11:11.1	2:26:39.00
MALE 40 - 49						
1 Brock Davis	M 48	5429	BROCKVILLE	4:07.0	6:37.5	1:26:52.00
2 Todd Biggerman	M 45	5432	KINGSTON	4:23.9	7:04.7	1:32:49.00
3 Bryan Doyle	M 46	5416	BROCKVILLE	5:05.4	8:11.4	1:47:24.00
4 Rob Adams	M 45	5405	BROCKVILLE	5:17.2	8:30.4	1:51:33.00
5 David Cannons	M 48	5424	KINGSTON	5:24.3	8:41.9	1:54:03.00
6 David Shaver	M 48	5438	BROCKVILLE	6:29.9	10:27.5	2:17:08.00
7 Andrew Boden	M 48	5413	GANANOQUE	7:22.0	11:51.4	2:35:28.00
MALE 50 - 59						
1 Wayne Rice	M 53	5426	SYDENHAM	4:14.2	6:49.2	1:29:25.00
2 Robby Breadner	M 50	5415	KINGSTON	4:19.1	6:57.1	1:31:09.00
3 Ian Loughrey	M 58	5433	BROCKVILLE	4:26.8	7:09.4	1:33:51.00
4 Brian Campbell	M 55	5410	PEMBROKE	4:36.2	7:24.5	1:37:09.00
5 Paul Cehan	M 52	5420	KINGSTON	4:43.1	7:35.7	1:39:35.00
6 Richard Prinsen	M 52	5427	KINGSTON	5:07.6	8:15.1	1:48:12.00
7 Murray Tait	M 56	5422	BROCKVILLE	5:48.7	9:21.2	2:02:39.00
MALE 60 - 69						
1 Ed Eby	M 65	5412	BROCKVILLE	6:23.8	10:17.8	2:15:00.00
2 Paul Thompson	M 67	5408	KINGSTON	6:30.8	10:29.0	2:17:27.00
3 Roger Hawksby	M 64	5431	BROCKVILLE	7:27.6	12:00.3	2:37:25.00
MALE 70 - 79						
1 Tony Dunbar	M 71	5434	BROCKVILLE	5:00.0	8:02.9	1:45:32.00

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	Name	Age	Bib	Team	Avg per K	Avg per MI	Time
2	John Raiswell	M 75	5419	BROCKVILLE	6:29.4	10:26.8	2:16:58.00
3	PJ Marshall	M 74	5423	KINGSTON	6:47.8	10:56.3	2:23:26.00