

## 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>FEMALE 1 - 9</b>						
1 ALEX POWERS	9 F	BROCKVILLE	765	5:18.00	8:31.77	26:30.0
2 MAGGIE CRAWFORD	9 F	BROCKVILLE	753	6:00.00	9:39.36	30:00.0
<b>FEMALE 10 - 14</b>						
1 MAKAYLA GERAGHTY	10 F	BROCKVILLE	757	5:55.60	9:32.28	29:38.0
2 ADRIANNA ARMSTRONG	12 F	TOLEDO	745	6:25.60	10:20.56	32:08.0
<b>FEMALE 20 - 29</b>						
1 SARA CAIRD	27 F	LANSDOWNE	794	4:54.80	7:54.43	24:34.0
2 MELANIE MCCANN	27 F	BROCKVILLE	763	5:58.00	9:36.15	29:50.0
3 KERA JAMES	25 F	KINGSTON	759	6:27.20	10:23.14	32:16.0
<b>FEMALE 30 - 39</b>						
1 CINDY SPADA	32 F	GANANOOUE	771	6:39.60	10:43.09	33:18.0
2 CARRIE MACLEAN	30 F	KINGSTON	762	7:12.20	11:35.56	36:01.0
<b>FEMALE 40 - 49</b>						
1 THERESA SMITH	43 F	BROCKVILLE	782	5:03.22	8:07.99	25:16.1
2 WANDA SEITL	47 F	LANSDOWNE	788	5:41.20	9:09.11	28:26.0
3 PEGGY CUTHBERT	43 F	SYDENHAM	801	6:02.40	9:43.23	30:12.0
4 PATTY MARSHALL	47 F	BROCKVILLE	802	6:08.80	9:53.53	30:44.0
5 KAREN MUNCEY	43 F	NAPANEE	764	6:29.40	10:26.68	32:27.0
6 CORINNE JOHNSON	45 F	BROCKVILLE	760	6:36.40	10:37.94	33:02.0
7 JANET GARTLEY	44 F	BROCKVILLE	756	7:09.00	11:30.41	35:45.0
<b>FEMALE 50 - 59</b>						
1 CATHERINE TOMLINSON	50 F	BROCKVILLE	779	5:30.60	8:52.05	27:33.0
2 KAREN BOESE	53 F	ARNPRIOR	751	6:10.80	9:56.74	30:54.0
3 MARIBETH SCOTT	51 F	KINGSTON	770	6:18.00	10:08.33	31:30.0
4 LISA RUNHAM	53 F	ATHENS	769	6:48.00	10:56.61	34:00.0
5 DIANNE RICHMOND	52 F	BROCKVILLE	791	7:36.40	12:14.50	38:02.0
<b>FEMALE 60 - 69</b>						
1 EITHNE DUNBAR	64 F	BROCKVILLE	774	5:38.20	9:04.28	28:11.0
2 SUE FRITH	66 F	ROCKPORT	778	5:48.00	9:20.05	29:00.0
3 JENNIFER BARNES	65 F	BROCKVILLE	748	6:26.60	10:22.17	32:13.0
<b>MALE 1 - 9</b>						
1 LIAM SUPPLE	8 M	BROCKVILLE	803	6:09.20	9:54.17	30:46.0
2 CALEB POWERS	7 M	BROCKVILLE	766	6:25.40	10:20.24	32:07.0
<b>MALE 10 - 14</b>						
1 CAMERON LOCKE	11 M	BROCKVILLE	783	5:02.60	8:06.99	25:13.0
2 ETHAN CRAWFORD	11 M	BROCKVILLE	752	5:03.20	8:07.95	25:16.0
3 ANDREW SEITL	13 M	LANSDOWNE	789	6:35.40	10:36.33	32:57.0
<b>MALE 15 - 19</b>						
1 RILEY ARMSTRONG	16 M	TOLEDO	746	4:30.60	7:15.49	22:33.0
<b>MALE 20 - 29</b>						
1 BENJAMIN WOODFORD	28 M	KINGSTON	773	3:50.20	6:10.47	19:11.0
<b>MALE 30 - 39</b>						
1 SHANNON GERAGHTY	36 M	BROCKVILLE	758	5:18.20	8:32.09	26:31.0
<b>MALE 40 - 49</b>						
1 ROGER BOWES	44 M	KINGSTON	786	3:57.00	6:21.41	19:45.0
2 CHRIS DILABIO	49 M	OTTAWA	798	4:38.00	7:27.40	23:10.0
3 LOGAN BRANCH	46 M	KINGSTON	784	4:42.40	7:34.48	23:32.0
4 TIM WOOD	45 M	CARDINAL	792	4:50.40	7:47.35	24:12.0

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	Name	Age	Team	Bib	Avg per K	Avg per MI	Time
5	DON AMOS	43 M	KINGSTON	744	6:18.20	10:08.65	31:31.0
6	ROBERT SEITL	47 M	LANSDOWNE	790	7:01.00	11:17.53	35:05.0
<b>MALE 50 - 59</b>							
1	RICK ROYCE	54 M	KINGSTON	767	3:54.60	6:17.55	19:33.0
2	AL CANTLAY	58 M	KINGSTON	787	3:59.20	6:24.96	19:56.0
3	JIM MURRAY	57 M	GANANOOUE	795	4:19.40	6:57.46	21:37.0
4	KEVIN RIDDELL	52 M	BROCKVILLE	768	4:26.60	7:09.05	22:13.0
5	MURRAY TAIT	53 M	BROCKVILLE	796	4:55.40	7:55.40	24:37.0
6	FRANK GILLESPIE	58 M	INVERARY	797	6:10.60	9:56.42	30:53.0
<b>MALE 60 - 69</b>							
1	GLENN CAIRD	61 M	LANSDOWNE	793	4:04.20	6:33.00	20:21.0
2	BRYNE FRANCOIS	65 M	BROCKVILLE	755	4:51.80	7:49.61	24:19.0
3	PHIL LOWE	60 M	BROCKVILLE	761	5:33.40	8:56.56	27:47.0
4	WIL STEACY	67 M	BROCKVILLE	800	5:45.20	9:15.55	28:46.0
5	JONATHAN WYATT	64 M	BROCKVILLE	780	5:51.40	9:25.52	29:17.0
<b>MALE 70 - 79</b>							
1	MIKE DAY	78 M	OTTAWA	785	5:04.40	8:09.88	25:22.0
2	HUGH WILSON	73 M	DORVAL	776	5:11.80	8:21.79	25:59.0
3	LIAM CULLEN	71 M	BROCKVILLE	754	6:40.00	10:43.74	33:20.0
<b>MALE 80 - 99</b>							
1	JEAN BERNAOUEZ	81 M	MONTREAL	777	5:18.80	8:33.06	26:34.0
2	ROBERT BEENEY	81 M	KINGSTON	749	8:01.00	12:54.09	40:05.0