

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

Rockport, Ontario

11/09/2016

9/9/16 - 9/9/16

Results by www.runningbydesign.com

## Event # 1 MIXED 5K Run

|                       | Name                    | Age  | Bib  | Team          | Avg per K | Avg per MI | Time     |
|-----------------------|-------------------------|------|------|---------------|-----------|------------|----------|
| <b>FEMALE 1 - 19</b>  |                         |      |      |               |           |            |          |
| 1                     | Corinne Schonewilk      | F 17 | 5533 | ATHENS        | 4:02.2    | 6:29.7     | 20:11.00 |
| 2                     | Brittany Alkerton       | F 17 | 5542 | BROCKVILLE    | 4:12.8    | 6:46.8     | 21:04.00 |
| 3                     | Lexi Kundlacz           | F 15 | 5531 | BROCKVILLE    | 4:16.2    | 6:52.3     | 21:21.00 |
| 4                     | Alyshia Alkerton        | F 13 | 5543 | BROCKVILLE    | 4:17.2    | 6:53.9     | 21:26.00 |
| 5                     | Mercedez Covey          | F 10 | 5519 | BROCKVILLE    | 4:23.2    | 7:03.5     | 21:56.00 |
| 6                     | Sophie Saunders-Lambert | F 10 | 5517 | HOWE ISLAND   | 4:46.8    | 7:41.5     | 23:54.00 |
| 7                     | Maggie Crawford         | F 12 | 5538 | BROCKVILLE    | 4:55.4    | 7:55.4     | 24:37.00 |
| 8                     | Karen Wood Murphy       | F 15 | 5552 | CAMDEN EAST   | 5:04.2    | 8:09.5     | 25:21.00 |
| 9                     | Brielle Johnson Hodge   | F 13 | 5505 | ELIZABETHTOWN | 5:20.8    | 8:36.2     | 26:44.00 |
| 10                    | Kate Gordon             | F 10 | 5548 | MALLORYTOWN   | 5:22.6    | 8:39.1     | 26:53.00 |
| 11                    | Erin Jones              | F 12 | 5536 | BROCKVILLE    | 7:59.6    | 12:51.8    | 39:58.00 |
| 12                    | Gwyneth Armstrong       | F 12 | 5540 | MAITLAND      | 7:59.8    | 12:52.1    | 39:59.00 |
| 13                    | Tate Armstrong          | F 11 | 5539 | MAITLAND      | 8:29.8    | 13:40.4    | 42:29.00 |
| <b>FEMALE 20 - 29</b> |                         |      |      |               |           |            |          |
| 1                     | Kirsten Whitaker        | F 22 | 5534 | HUTCHINSON    | 4:20.8    | 6:59.7     | 21:44.00 |
| 2                     | Jodi Usher              | F 26 | 5518 | BROCKVILLE    | 4:38.2    | 7:27.7     | 23:11.00 |
| 3                     | Kendall Macleod         | F 27 | 5555 | BROCKVILLE    | 6:42.0    | 10:46.9    | 33:30.00 |
| <b>FEMALE 30 - 39</b> |                         |      |      |               |           |            |          |
| 1                     | Sarah Wilson            | F 30 | 5508 | MAITLAND      | 6:12.6    | 9:59.6     | 31:03.00 |
| 2                     | Meghan MacDonald        | F 33 | 5520 | BROCKVILLE    | 6:35.4    | 10:36.3    | 32:57.00 |
| <b>FEMALE 40 - 49</b> |                         |      |      |               |           |            |          |
| 1                     | Darlene Gordon          | F 42 | 5549 | MALLORYTOWN   | 5:23.0    | 8:39.8     | 26:55.00 |
| 2                     | Jean McFeely            | F 42 | 5506 | BROCKVILLE    | 6:22.4    | 10:15.4    | 31:52.00 |
| 3                     | Gina Miller             | F 44 | 5537 | BROCKVILLE    | 8:15.8    | 13:17.9    | 41:19.00 |
| 4                     | Alison Armstrong        | F 45 | 5541 | MAITLAND      | 8:30.4    | 13:41.4    | 42:32.00 |
| <b>FEMALE 50 - 59</b> |                         |      |      |               |           |            |          |
| 1                     | Marianne Carlyle        | F 54 | 5546 | BROCKVILLE    | 6:03.6    | 9:45.1     | 30:18.00 |
| 2                     | Judy Curry              | F 52 | 5547 | BROCKVILLE    | 6:03.8    | 9:45.4     | 30:19.00 |
| 3                     | Sharon Riddell          | F 51 | 5511 | BROCKVILLE    | 6:04.0    | 9:45.8     | 30:20.00 |
| 4                     | Karen MacDonald Hurley  | F 58 | 5551 | MAITLAND      | 6:26.2    | 10:21.5    | 32:11.00 |
| 5                     | Cindylou Barclay        | F 56 | 5525 | BROCKVILLE    | 8:23.0    | 13:29.5    | 41:55.00 |
| 6                     | Colleen Quinn           | F 57 | 5521 | BROCKVILLE    | 8:30.0    | 13:40.7    | 42:30.00 |
| <b>FEMALE 60 - 69</b> |                         |      |      |               |           |            |          |
| 1                     | Eithne Dunbar           | F 67 | 5553 | BROCKVILLE    | 5:49.0    | 9:21.6     | 29:05.00 |
| 2                     | Louise Wood             | F 67 | 5532 | PORTLAND      | 6:08.4    | 9:52.8     | 30:42.00 |
| <b>MALE 1 - 19</b>    |                         |      |      |               |           |            |          |
| 1                     | Will Campeau            | M 14 | 5554 | SPENCERVILLE  | 3:45.2    | 6:02.4     | 18:46.00 |
| 2                     | Jake Lessard            | M 14 | 5513 | BROCKVILLE    | 3:59.4    | 6:25.2     | 19:57.00 |
| 3                     | Curtis Jackson          | M 16 | 5512 | LANSLOWNE     | 4:04.6    | 6:33.6     | 20:23.00 |
| 4                     | Arden Barnett           | M 16 | 5550 | BROCKVILLE    | 4:19.6    | 6:57.7     | 21:38.00 |
| 5                     | Matthew Barkley         | M 10 | 5535 | BROCKVILLE    | 4:22.6    | 7:02.6     | 21:53.00 |
| 6                     | Gavin Clarke            | M 10 | 5523 | BROCKVILLE    | 4:58.6    | 8:00.5     | 24:53.00 |
| 7                     | Parker Goguen           | M 6  | 5530 | FRANKVILLE    | 6:44.0    | 10:50.1    | 33:40.00 |

## MALE 20 - 29

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|---------------------|----------------|------|------|--------------|-----------|------------|----------|
| 1                   | Danae Morris   | M 20 | 5516 | ODESSA       | 3:46.4    | 6:04.3     | 18:52.00 |
| 2                   | Zack Boyd      | M 26 | 5524 | BROCKVILLE   | 4:10.0    | 6:42.3     | 20:50.00 |
| <b>MALE 30 - 39</b> |                |      |      |              |           |            |          |
| 1                   | Shawn Weima    | M 38 | 5527 | KINGSTON     | 4:15.6    | 6:51.3     | 21:18.00 |
| 2                   | Curtis Runions | M 38 | 5528 | KINGSTON     | 4:21.6    | 7:01.0     | 21:48.00 |
| 3                   | Curtis McKague | M 36 | 5545 | BROCKVILLE   | 4:22.2    | 7:01.9     | 21:51.00 |
| 4                   | Scott Coombes  | M 36 | 5509 | BROCKVILLE   | 4:23.8    | 7:04.5     | 21:59.00 |
| 5                   | Matt Kinghorn  | M 33 | 5503 | BROCKVILLE   | 5:15.4    | 8:27.5     | 26:17.00 |
| 6                   | Steve Goguen   | M 31 | 5529 | FRANKVILLE   | 6:45.2    | 10:52.1    | 33:46.00 |
| <b>MALE 40 - 49</b> |                |      |      |              |           |            |          |
| 1                   | Jeff Lapierre  | M 44 | 5526 | GREEN VALLEY | 3:29.8    | 5:37.6     | 17:29.00 |
| <b>MALE 50 - 59</b> |                |      |      |              |           |            |          |
| 1                   | Kevin Riddell  | M 55 | 5510 | BROCKVILLE   | 4:07.0    | 6:37.5     | 20:35.00 |
| 2                   | Willy Primeau  | M 55 | 5544 | BROCKVILLE   | 6:16.8    | 10:06.4    | 31:24.00 |
| <b>MALE 60 - 69</b> |                |      |      |              |           |            |          |
| 1                   | Rick Swift     | M 69 | 5504 | BROCKVILLE   | 4:13.4    | 6:47.8     | 21:07.00 |
| 2                   | Jim Estes      | M 67 | 5522 | KINGSTON     | 5:41.8    | 9:10.0     | 28:29.00 |
| 3                   | Jonathan Wyatt | M 67 | 5514 | BROCKVILLE   | 6:48.2    | 10:56.9    | 34:01.00 |
| <b>MALE 70 - 79</b> |                |      |      |              |           |            |          |
| 1                   | Hugh Wilson    | M 76 | 5501 | DORVAL       | 5:34.0    | 8:57.5     | 27:50.00 |
| <b>MALE 80 - 99</b> |                |      |      |              |           |            |          |
| 1                   | Jean Bernaquez | M 84 | 5502 | MONTREAL     | 6:44.2    | 10:50.4    | 33:41.00 |