

30th Mark Darroch 1/2 Mar & James K. Carlyle 5km Races

Rockport

09/09/2017

9/9/17 - 9/9/17

Results by www.runningbydesign.com**Event # 1 MIXED 5K Run**

| | Name | Age | Bib | Team | Avg per K | Avg per MI | Time |
|-----------------------|-------------------------|------|------|-------------|-----------|------------|----------|
| FEMALE 1 - 19 | | | | | | | |
| 1 | Mercedez Covey | F 11 | 4078 | BROCKVILLE | 4:21.0 | 7:00.0 | 21:45.00 |
| 2 | Marieke VanSpriel | F 15 | 4541 | ATHENS | 4:29.6 | 7:13.8 | 22:28.00 |
| 3 | Sophie Saunders-Lambert | F 11 | 4786 | KINGSTON | 4:34.4 | 7:21.6 | 22:52.00 |
| 4 | Cate Gordon | F 11 | 4556 | MOLLORYTOWN | 5:04.0 | 8:09.2 | 25:20.00 |
| 5 | Claire Baker | F 16 | 4564 | ATHENS | 6:20.2 | 10:11.8 | 31:41.00 |
| FEMALE 20 - 29 | | | | | | | |
| 1 | Courtney Searson | F 28 | 4560 | BROCKVILLE | 5:22.6 | 8:39.1 | 26:53.00 |
| FEMALE 30 - 39 | | | | | | | |
| 1 | Robyn Hoogendam | F 33 | 4543 | OTTAWA | 5:03.6 | 8:08.5 | 25:18.00 |
| 2 | Anne Mather | F 36 | 4544 | OTTAWA | 5:28.6 | 8:48.8 | 27:23.00 |
| 3 | Jen McDonald | F 39 | 4569 | BROCKVILLE | 5:45.2 | 9:15.5 | 28:46.00 |
| 4 | Shana Doonan | F 39 | 4570 | BROCKVILLE | 5:45.4 | 9:15.8 | 28:47.00 |
| FEMALE 40 - 49 | | | | | | | |
| 1 | Angela Roles | F 41 | 4574 | TOLEDO | 4:46.2 | 7:40.5 | 23:51.00 |
| 2 | Marysa Irvine | F 44 | 4571 | RICHMOND | 5:23.8 | 8:41.1 | 26:59.00 |
| 3 | Janet Gartley | F 48 | 4567 | BROCKVILLE | 6:14.6 | 10:02.8 | 31:13.00 |
| 4 | Katrina Baker | F 46 | 4563 | ATHENS | 6:20.4 | 10:12.1 | 31:42.00 |
| 5 | Amy Haskill | F 43 | 4572 | OTTAWA | 8:13.0 | 13:13.4 | 41:05.00 |
| 6 | Michelle Keough | F 43 | 4573 | OTTAWA | 8:13.2 | 13:13.7 | 41:06.00 |
| FEMALE 50 - 59 | | | | | | | |
| 1 | Cynthia Laforty | F 56 | 4549 | BROCKVILLE | 5:02.6 | 8:06.9 | 25:13.00 |
| 2 | Sharon Riddell | F 52 | 4552 | BROCKVILLE | 5:04.8 | 8:10.5 | 25:24.00 |
| FEMALE 60 - 69 | | | | | | | |
| 1 | Eithne Dunbar | F 68 | 4562 | BROCKVILLE | 5:50.2 | 9:23.5 | 29:11.00 |
| 2 | Jennifer Barnes | F 69 | 4565 | BROCKVILLE | 6:49.6 | 10:59.1 | 34:08.00 |
| 3 | Patty Hoogendam | F 60 | 4555 | BROCKVILLE | 7:11.6 | 11:34.5 | 35:58.00 |
| MALE 1 - 19 | | | | | | | |
| 1 | Gavin Clarke | M 11 | 4548 | BROCKVILLE | 4:20.2 | 6:58.7 | 21:41.00 |
| MALE 40 - 49 | | | | | | | |
| 1 | Kevin Dunbar | M 42 | 4559 | KINGSTON | 3:34.8 | 5:45.6 | 17:54.00 |
| 2 | Jeff Lapierre | M 45 | 4532 | JUNE VALLEY | 3:36.4 | 5:48.2 | 18:02.00 |
| 3 | Marc Henri | M 42 | 4540 | ALEXANDRIA | 4:48.0 | 7:43.4 | 24:00.00 |
| 4 | Brian Gartley | M 47 | 4568 | BROCKVILLE | 4:54.0 | 7:53.1 | 24:30.00 |
| 5 | Jason Barlow | M 43 | 4551 | BROCKVILLE | 5:01.0 | 8:04.4 | 25:05.00 |
| 6 | Peter Gordon | M 43 | 4557 | MALLORYTOWN | 5:04.2 | 8:09.5 | 25:21.00 |
| 7 | Al Mcnelly | M 45 | 4558 | BROCKVILLE | 10:30.2 | 16:54.2 | 52:31.00 |
| MALE 50 - 59 | | | | | | | |
| 1 | Wayne Rice | M 54 | 4547 | SYDENHAM | 3:49.0 | 6:08.5 | 19:05.00 |
| 2 | Mitch White | M 55 | 4550 | BROCKVILLE | 6:12.2 | 9:58.9 | 31:01.00 |
| 3 | Dale Elliott | M 51 | 4553 | BROCKVILLE | 6:16.2 | 10:05.4 | 31:21.00 |
| MALE 70 - 99 | | | | | | | |
| 1 | Rick Swift | M 70 | 4566 | BROCKVILLE | 4:09.0 | 6:40.7 | 20:45.00 |
| 2 | Bill Poole | M 73 | 4561 | MALLORYTOWN | 5:31.0 | 8:52.6 | 27:35.00 |
| 3 | Hugh Wilson | M 77 | 4545 | MONTREAL | 5:33.2 | 8:56.2 | 27:46.00 |

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|---|----------------|------------|------------|-------------|------------------|-------------------|-------------|
| 4 | Mike Day | M 82 | 4554 | OTTAWA | 5:36.2 | 9:01.0 | 28:01.00 |
| 5 | Jean Bernaquez | M 85 | 4546 | MONTREAL | 6:08.6 | 9:53.2 | 30:43.00 |