

26th Annual Mark Darroch Half Marathon & 5 Km

Thousand Islands Pkwy, Rockport, Ontario

7/9/13 - 7/9/13

Results by www.runningbydesign.ca

Event # 2 MIXED 21.1k Run

Name	Age	Team	Bib	Avg per K	Avg per MI	Time
FEMALE 20 - 29						
1 LINDSAY SCOTT	26 F	TORONTO	139	4:31.47	7:16.89	1:35:28.0
2 AMANDA SEED	27 F	KINGSTON	140	4:57.06	7:58.07	1:44:28.0
3 MICHELLE TRUAX	25 F	KINGSTON	163	5:00.81	8:04.10	1:45:47.0
4 JENNY O'REILLY	27 F	BROCKVILLE	132	5:52.61	9:27.47	2:04:00.0
5 SAMANTHA ELSASSER	24 F	LANSDOWNE	111	7:03.08	11:20.88	2:28:47.0
FEMALE 30 - 39						
1 ALLISON MOWAT	31 F	KINGSTON	130	4:30.19	7:14.83	1:35:01.0
2 LANA SAUNDERS	38 F	HOWE ISLAND	138	4:47.87	7:43.28	1:41:14.0
3 NICOLA JONES	30 F	BROCKVILLE	175	4:51.28	7:48.77	1:42:26.0
4 SIONED DAWSON	38 F	INNISFIL	107	5:12.56	8:23.02	1:49:55.0
5 JULIE SHONIKER	30 F	KINGSTON	142	5:19.10	8:33.54	1:52:13.0
6 JOELLE KIDD	37 F	BOWMANVILLE	120	6:07.06	9:50.73	2:09:05.0
7 CANDACE POLESELLO	36 F	BROOKLIN	151	6:56.02	11:09.52	2:26:18.0
FEMALE 40 - 49						
1 SUE JOY	40 F	KINGSTON	154	4:31.80	7:17.42	1:35:35.0
2 SARAH CRAWFORD	41 F	BROCKVILLE	106	4:51.90	7:49.76	1:42:39.0
3 BARB KILGOUR	47 F	BROCKVILLE	121	5:06.78	8:13.71	1:47:53.0
4 BRIDGET MURPHY	43 F	KINGSTON	131	5:12.04	8:22.18	1:49:44.0
FEMALE 50 - 59						
1 AGATHE NICHOLSON	52 F	PERTH ROAD	153	4:32.27	7:18.18	1:35:45.0
2 SHARON VOTEARY	54 F	BELLEVILLE	145	5:27.49	8:47.04	1:55:10.0
3 SUE DUVAL	52 F	ALEXANDRIA	110	5:48.29	9:20.52	2:02:29.0
4 CYNTHIA LAFORTY	52 F	NEPEAN	124	5:50.66	9:24.34	2:03:19.0
5 MARY DICKENSON	51 F	KINGSTON	108	5:53.65	9:29.15	2:04:22.1
6 RUBY MCCABE-LOCKE	54 F	ELIZABETHTOWN	127	6:15.59	10:04.46	2:12:05.0
7 DAWN KIDDELL	51 F	LANCASTER	177	6:20.33	10:12.08	2:13:45.0
8 MARGARET FORD-COUGH	59 F	KINGSTON	178	6:44.83	10:51.52	2:22:22.0
9 KATHLEEN HAY	53 F	CORNWALL	115	7:26.11	11:57.95	2:36:53.0
FEMALE 60 - 69						
1 DEBORAH HOLTOM	62 F	HOWE ISLAND	119	5:10.14	8:19.13	1:49:04.0
2 ANNE HODGSON	65 F	MAITLAND	117	6:32.09	10:31.00	2:17:53.0
MALE 20 - 29						
1 ZACK BOYD	23 M	BROCKVILLE	173	4:54.41	7:53.80	1:43:32.0
2 THOMAS BROWN	29 M	ELIZABETHTOWN	103	6:58.44	11:13.41	2:27:09.0
3 JASON STRETOU	24 M	ROCKPORT	170	7:12.51	11:36.06	2:32:06.0
MALE 30 - 39						
1 JAMIE PORTER	33 M	BROCKVILLE	157	4:15.78	6:51.64	1:29:57.0
2 TIM GILLESPIE	36 M	KINGSTON	155	4:16.02	6:52.02	1:30:02.0
3 JORDAN SHONIKER	32 M	KINGSTON	141	4:24.27	7:05.29	1:32:56.0
4 JAMIE YOUNG	38 M	KINGSTON	171	4:30.90	7:15.97	1:35:16.0
5 TIM ROSILLO	30 M	KINGSTON	156	4:47.82	7:43.20	1:41:13.0
6 CURTIS RUNIONS	35 M	KINGSTON	136	4:56.87	7:57.77	1:44:24.0
7 LEE SAMPLE	31 M	BROCKVILLE	137	5:33.46	8:56.65	1:57:16.0
8 SCOTT TULK	38 M	KINGSTON	144	5:35.97	9:00.69	1:58:09.0
MALE 40 - 49						
1 ROB ADAMS	42 M	BROCKVILLE	100	4:17.73	6:54.77	1:30:38.0
2 MIKE CRAWFORD	42 M	BROCKVILLE	105	4:20.85	6:59.80	1:31:44.0
3 JOHN MACMILLAN	43 M	SPENCERVILLE	160	4:21.99	7:01.63	1:32:08.0
4 ROBERT WATERING	43 M	KINGSTON	162	4:24.41	7:05.52	1:32:59.0

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	Name	Age	Team	Bib	Avg per K	Avg per MI	Time
5	RICHARD PRINSEN	49 M	KINGSTON	166	4:40.90	7:32.07	1:38:47.0
6	JEREMY O'CONNOR	42 M	BROCKVILLE	161	4:45.97	7:40.23	1:40:34.0
7	DAVID LEE	49 M	KINGSTON	125	4:58.10	7:59.75	1:44:50.0
8	MIKE FOWLER	49 M	BROCKVILLE	113	4:59.34	8:01.74	1:45:16.0
9	GREG PHELAN	48 M	KINGSTON	133	5:02.80	8:07.30	1:46:29.0
10	CHUCK HARPER	41 M	LYN	114	5:06.40	8:13.10	1:47:45.0
11	DAVID CANNONS	46 M	KINGSTON	159	5:20.24	8:35.37	1:52:37.0
12	ROY CRUMP	44 M	BROCKVILLE	179	6:21.99	10:14.75	2:14:20.0
MALE 50 - 59							
1	WAYNE RICE	50 M	SYDENHAM	135	4:16.11	6:52.18	1:30:04.0
2	JIM THAIN	50 M	BELLEVILLE	143	4:35.88	7:23.98	1:37:01.0
3	HENRY DE SOUZA	59 M	BROCKVILLE	152	4:44.55	7:37.94	1:40:04.0
4	JIM LOCKE	56 M	ELIZABETHTOWN	126	4:52.37	7:50.52	1:42:49.0
5	MARK BURLETON	55 M	ALEXANDRIA	104	4:58.48	8:00.36	1:44:58.0
6	IAN LOUGHREY	55 M	BROCKVILLE	150	5:12.84	8:23.47	1:50:01.0
7	BILL CHAMBRE	55 M	WILLIAMSTOWN	169	5:37.54	9:03.21	1:58:42.0
8	TERRY HODGE	50 M	BROCKVILLE	116	5:49.95	9:23.19	2:03:04.0
9	GEOFFREY PETERS	54 M	MORRISBURG	172	5:53.65	9:29.14	2:04:22.0
10	BOB KLASSEN	58 M	KINGSTON	122	6:14.50	10:02.70	2:11:42.0
11	MITCH WHITE	51 M	NEPEAN	146	7:04.45	11:23.09	2:29:16.0
MALE 60 - 69							
1	LAURENCE JONES	62 M	BROCKVILLE	176	4:43.46	7:36.18	1:39:41.0
2	TONY DUNBAR	68 M	BROCKVILLE	109	4:45.59	7:39.62	1:40:26.0
3	ROGER HAWKSBY	61 M	BROCKVILLE	165	5:53.65	9:29.15	2:04:22.1
4	MIKE OSTRANDER	65 M	PRESCOTT	174	6:05.88	9:48.82	2:08:40.0
5	JIM ESTES	64 M	KINGSTON	158	6:17.91	10:08.19	2:12:54.0
6	CHUCK MOLSON	65 M	KINGSTON	128	6:35.73	10:36.87	2:19:10.0
MALE 70 - 79							
1	JOHN ZAWADA	72 M	ALEXANDRIA	148	4:43.27	7:35.88	1:39:37.0
2	MERV HODGSON	75 M	MAITLAND	118	5:53.65	9:29.15	2:04:22.1