

2019 KRRR XC Races

Fort Henry Hill

2019-09-28

9/28/19 - 9/28/19

Results by www.runningbydesign.com**Event # 2 MIXED 5K Run**

Place	Name	Bib	Age/Grade	Team/Hometown	Time/Mark
1	Clay Patterson	237	M 30	KRRAXC	16:31.25
2	Paul Riek	331	M 21	KRRAXC	17:03.47
3	Nick Cosman	335	M 37	KRRAXC	17:06.06
4	Shengan Li	293	M 21	KRRAXC	17:12.97
5	Matthew Johnston	332	M 25	KRRAXC	17:15.81
6	Bryan Collins	269	M 24	KRRAXC	17:25.22
7	Kevin Beatty	283	M 43	KRRAXC	17:32.66
8	Savvas Frantzeskos	646	M 44	Senators	17:57.47
9	Michael Grotsky	330	M 23	KRRAXC	17:59.18
10	Tim Gillespie	241	M 42	KRRAXC	18:10.06
11	Nicholas Karpiuk	961	M 25	KRRAXC	18:13.31
12	William Feran	246	M 30	KRRAXC	18:24.53
13	Ryan Bilton	284	M 19	KRRAXC	18:32.47
14	Che Breadner	300	M 15	KRRAXC	18:52.72
15	Kevin Webster	243	M 52	KRRAXC	18:53.97
16	Jeff Shepherd	271	M 28	KRRAXC	19:01.00
17	Jack Gregory	276	M 11	Napanee Kids Run Clu	19:13.66
18	Dougal Bale	997	M 46	KRRAXC	19:17.41
19	Tim Secnik	279	M 23	KRRAXC	19:19.50
20	Jeffrey Johnson	298	M 15	KRRAXC	19:20.46
21	Emma Kerr	253	F 19	KRRAXC	19:30.56
22	Trevor Davies	272	M 46	KRRAXC	19:31.75
23	Bruce Pardy	297	M 55	KRRAXC	19:35.28
24	Nicholas Rogers	290	M 13	KRRAXC	19:41.00
25	Graham Hawkes	257	M 43	KRRAXC	19:44.66
26	Charlotte Langley	265	F 19	KRRAXC	20:01.47
27	Robby Breadner	299	M 52	KRRAXC	20:11.15
28	Shane Gale	261	M 37	KRRAXC	20:18.00
29	Jacquie Dewolfe	268	F 37	Senators	20:20.47
30	Mike Kawam	328	M 51	KRRAXC	20:42.94
31	Aaron Siller	258	M 35	KRRAXC	21:03.97
32	Mackenzie Bowman	287	F 41	KRRAXC	21:13.03
33	Jonathan Brueton	295	M 36	KRRAXC	21:15.75
34	Wayne Rice	672	M 56	KRRAXC	21:21.15
35	Travis Buchan	311	M 38	KRRAXC	21:29.91
36	Katie Sandrin	267	F 20	KRRAXC	21:31.06
37	Teegan Whitney	323	F 13	KRRAXC	21:40.53
38	Kassandra McFarlane	326	F 32	KRRAXC	21:43.25
39	Martin Guyon	333	M 53	KRRAXC	21:50.56
40	Chris Newton	329	M 59	KRRAXC	21:58.00
41	Danny Dwyer	275	M 54	KRRAXC	22:01.97
42	Sophie Saunders-Lamt	668	F 13	KRRAXC	22:06.81
43	Rick Kenney	967	M 51	KRRAXC	22:11.81
44	Annie Riel	291	F 45	Senators	22:44.69
45	Tim Lee	244	M 18	KRRAXC	22:45.15
46	Michael Kennedy	327	M 38	KRRAXC	22:52.12
47	Ken Hook	968	M 64	KRRAXC	23:05.50

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Place	Name	Bib	Age/Grade	Team/Hometown	Time/Mark
48	Willow Baldree	264	F 10	KRRAXC	23:08.78
49	Richard Prinsen	624	M 54	Senators	23:11.47
50	Tom Brackenbury	336	M 48	KRRAXC	23:12.28
51	Jill Delane	292	F 56	KRRAXC	23:13.28
52	Nicholas Williamson	280	M 18	KRRAXC	23:14.15
53	Katie Buchan	240	F 11	Napanee Kids Run Clu	23:28.06
54	Gabriella Stacey	255	F 10	Napanee Kids Run Clu	23:36.72
55	Lucas Coles	989	M 8	Napanee Kids Run Clu	23:40.59
56	Lesley Rudy	259	F 39	KRRAXC	23:52.91
57	Cara Bellegarde	277	F 33	KRRAXC	24:04.56
58	Melanie Lambert	324	F 42	KRRAXC	24:21.72
59	Mark Babcock	325	M 46	KRRAXC	24:49.72
60	Mary Reynolds	239	F 27	KRRAXC	25:07.56
61	Deborah Holtom	603	F 68	KRRAXC	25:19.41
62	Ed Brand	662	M 70	KRRAXC	25:26.31
63	Janet Shepherd	270	F 56	KRRAXC	25:30.22
64	Chris Kreick	289	M 43	KRRAXC	25:50.15
65	Ronin Aiken	978	M 12	KRRAXC	26:01.18
66	Claire Brackenbury	337	F 15	KRRAXC	26:08.41
67	Raydyn Hughson	302	F 14	KRRAXC	26:08.84
68	Stacey Berdan	256	F 52	KRRAXC	26:31.18
69	Harper Aiken	980	F 14	KRRAXC	26:47.09
70	Chris Manoll	970	M 43	KRRAXC	26:49.41
71	Kate Primeau	278	F 39	KRRAXC	26:55.34
72	Courtney Bannerman	972	F 24	KRRAXC	27:08.31
73	Monique Beland	262	F 50	KRRAXC	27:21.09
74	Amy Stephens	959	F 37	KRRAXC	27:40.91
75	Brian Petersen	969	M 33	KRRAXC	28:02.25
76	Gillian Halcro	957	F 19	KRRAXC	28:29.50
77	Tom McCrae	334	M 59	KRRAXC	28:36.38
78	Hero Aiken	984	F 17	KRRAXC	28:56.18
79	Richard Sunderland	266	M 74	KRRAXC	29:29.18
80	Jacob Garrison	954	M 22	KRRAXC	29:32.34
81	Tyler Mainguy	963	M 21	KRRAXC	29:35.03
82	Fay Maclatchy	965	F 21	KRRAXC	29:35.87
83	Travis Smith	245	M 34	KRRAXC	29:55.00
84	Copland Aiken	979	M 9	KRRAXC	30:08.44
85	Kayla Lieff	263	F 13	KRRAXC	30:30.06
86	Margie File	974	F 66	KRRAXC	30:52.28
87	Andrew Nguyen	274	M 25	KRRAXC	32:08.18
88	Shawn Garrison	952	M 47	KRRAXC	32:12.56
89	Martine Thivierge-Bou	294	F 40	KRRAXC	32:47.53
90	Eduardo Sanhueza	236	M 40	KRRAXC	33:14.41
91	Kevin Latham	971	M 47	KRRAXC	33:18.41
92	Sydney Rooyackers	248	F 14	KRRAXC	33:21.18
93	Denis Aseltine	322	M 40	KRRAXC	33:21.65
94	Elizabeth Longfield	977	F 71	KRRAXC	33:48.03
95	Margaret Coughlin	296	F 64	KRRAXC	34:03.44
96	Kathleen Harquail	673	F 41	KRRAXC	34:45.62
97	P.j. Marshall	973	M 77	KRRAXC	35:47.28

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Results by www.runningbydesign.com**Event # 2 MIXED 5K Run**

Place	Name	Bib	Age/Grade	Team/Hometown	Time/Mark
98	Kate Budd	251	F 46	KRRAXC	37:11.31
99	Maddy Geddes	252	F 17	KRRAXC	37:12.06
100	Nicole Flynn	281	F 26	KRRAXC	42:40.00
101	Cheryl Rooyakkers	247	F 41	KRRAXC	42:42.00

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Results by www.runningbydesign.com**Event # 2 MIXED 5K Run**

Place	Name	Bib	Age/Grade	Team/Hometown	Time/Mark
FEMALE 1 - 14					
1	Teegan Whitney	323	F 13	KRRAXC	21:40.53
2	Sophie Saunders-Lamt	668	F 13	KRRAXC	22:06.81
3	Willow Baldree	264	F 10	KRRAXC	23:08.78
4	Katie Buchan	240	F 11	Napanee Kids Run Clu	23:28.06
5	Gabriella Stacey	255	F 10	Napanee Kids Run Clu	23:36.72
6	Raydyn Hughson	302	F 14	KRRAXC	26:08.84
7	Harper Aiken	980	F 14	KRRAXC	26:47.09
8	Kayla Lieff	263	F 13	KRRAXC	30:30.06
9	Sydney Rooyakkers	248	F 14	KRRAXC	33:21.18
FEMALE 15 - 19					
EXH	Emma Kerr	253	F 19	KRRAXC	19:30.56
EXH	Charlotte Langley	265	F 19	KRRAXC	20:01.47
3	Claire Brackenbury	337	F 15	KRRAXC	26:08.41
4	Gillian Halcro	957	F 19	KRRAXC	28:29.50
5	Hero Aiken	984	F 17	KRRAXC	28:56.18
6	Maddy Geddes	252	F 17	KRRAXC	37:12.06
FEMALE 20 - 29					
1	Katie Sandrin	267	F 20	KRRAXC	21:31.06
2	Mary Reynolds	239	F 27	KRRAXC	25:07.56
3	Courtney Bannerman	972	F 24	KRRAXC	27:08.31
4	Fay Maclatchy	965	F 21	KRRAXC	29:35.87
5	Nicole Flynn	281	F 26	KRRAXC	42:40.00
FEMALE 30 - 39					
EXH	Jacquie Dewolfe	268	F 37	Senators	20:20.47
2	Kassandra McFarlane	326	F 32	KRRAXC	21:43.25
3	Lesley Rudy	259	F 39	KRRAXC	23:52.91
4	Cara Bellegarde	277	F 33	KRRAXC	24:04.56
5	Kate Primeau	278	F 39	KRRAXC	26:55.34
6	Amy Stephens	959	F 37	KRRAXC	27:40.91
FEMALE 40 - 49					
1	Mackenzie Bowman	287	F 41	KRRAXC	21:13.03
2	Annie Riel	291	F 45	Senators	22:44.69
3	Melanie Lambert	324	F 42	KRRAXC	24:21.72
4	Martine Thivierge-Bou	294	F 40	KRRAXC	32:47.53
5	Kathleen Harquail	673	F 41	KRRAXC	34:45.62
6	Kate Budd	251	F 46	KRRAXC	37:11.31
7	Cheryl Rooyakkers	247	F 41	KRRAXC	42:42.00

FEMALE 50 - 59

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Place	Name	Bib	Age/Grade	Team/Hometown	Time/Mark
FEMALE 50 - 59					
1	Jill Delane	292	F 56	KRRAXC	23:13.28
2	Janet Shepherd	270	F 56	KRRAXC	25:30.22
3	Stacey Berdan	256	F 52	KRRAXC	26:31.18
4	Monique Beland	262	F 50	KRRAXC	27:21.09
FEMALE 60 - 69					
1	Deborah Holtom	603	F 68	KRRAXC	25:19.41
2	Margie File	974	F 66	KRRAXC	30:52.28
3	Margaret Coughlin	296	F 64	KRRAXC	34:03.44
FEMALE 70 - 99					
1	Elizabeth Longfield	977	F 71	KRRAXC	33:48.03
MALE 1 - 14					
1	Jack Gregory	276	M 11	Napanee Kids Run Clu	19:13.66
2	Nicholas Rogers	290	M 13	KRRAXC	19:41.00
3	Lucas Coles	989	M 8	Napanee Kids Run Clu	23:40.59
4	Ronin Aiken	978	M 12	KRRAXC	26:01.18
5	Copland Aiken	979	M 9	KRRAXC	30:08.44
MALE 15 - 19					
1	Ryan Bilton	284	M 19	KRRAXC	18:32.47
2	Che Breadner	300	M 15	KRRAXC	18:52.72
3	Jeffrey Johnson	298	M 15	KRRAXC	19:20.46
4	Tim Lee	244	M 18	KRRAXC	22:45.15
5	Nicholas Williamson	280	M 18	KRRAXC	23:14.15
MALE 20 - 29					
EXH	Paul Riek	331	M 21	KRRAXC	17:03.47
2	Shengan Li	293	M 21	KRRAXC	17:12.97
3	Matthew Johnston	332	M 25	KRRAXC	17:15.81
4	Bryan Collins	269	M 24	KRRAXC	17:25.22
5	Michael Grotsky	330	M 23	KRRAXC	17:59.18
6	Nicholas Karpiuk	961	M 25	KRRAXC	18:13.31
7	Jeff Shepherd	271	M 28	KRRAXC	19:01.00
8	Tim Secnik	279	M 23	KRRAXC	19:19.50
9	Jacob Garrison	954	M 22	KRRAXC	29:32.34
10	Tyler Mainguy	963	M 21	KRRAXC	29:35.03
11	Andrew Nguyen	274	M 25	KRRAXC	32:08.18
MALE 30 - 39					
EXH	Clay Patterson	237	M 30	KRRAXC	16:31.25
EXH	Nick Cosman	335	M 37	KRRAXC	17:06.06
3	William Feran	246	M 30	KRRAXC	18:24.53
4	Shane Gale	261	M 37	KRRAXC	20:18.00

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Place	Name	Bib	Age/Grade	Team/Hometown	Time/Mark
MALE 30 - 39					
5	Aaron Siller	258	M 35	KRRAXC	21:03.97
6	Jonathan Brueton	295	M 36	KRRAXC	21:15.75
7	Travis Buchan	311	M 38	KRRAXC	21:29.91
8	Michael Kennedy	327	M 38	KRRAXC	22:52.12
9	Brian Petersen	969	M 33	KRRAXC	28:02.25
10	Travis Smith	245	M 34	KRRAXC	29:55.00
MALE 40 - 49					
1	Kevin Beatty	283	M 43	KRRAXC	17:32.66
2	Savvas Frantzeskos	646	M 44	Senators	17:57.47
3	Tim Gillespie	241	M 42	KRRAXC	18:10.06
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7	Tom Brackenbury	336	M 48	KRRAXC	23:12.28
8	Mark Babcock	325	M 46	KRRAXC	24:49.72
9	Chris Kreick	289	M 43	KRRAXC	25:50.15
10	Chris Manoll	970	M 43	KRRAXC	26:49.41
11	Shawn Garrison	952	M 47	KRRAXC	32:12.56
12	Eduardo Sanhueza	236	M 40	KRRAXC	33:14.41
13	Kevin Latham	971	M 47	KRRAXC	33:18.41
14	Denis Aseltine	322	M 40	KRRAXC	33:21.65
MALE 50 - 59					
1	Kevin Webster	243	M 52	KRRAXC	18:53.97
2	Bruce Pardy	297	M 55	KRRAXC	19:35.28
3	Robby Breadner	299	M 52	KRRAXC	20:11.15
4	Mike Kawam	328	M 51	KRRAXC	20:42.94
5	Wayne Rice	672	M 56	KRRAXC	21:21.15
6	Martin Guyon	333	M 53	KRRAXC	21:50.56
7	Chris Newton	329	M 59	KRRAXC	21:58.00
8	Danny Dwyer	275	M 54	KRRAXC	22:01.97
9	Rick Kenney	967	M 51	KRRAXC	22:11.81
10	Richard Prinsen	624	M 54	Senators	23:11.47
11	Tom McCrae	334	M 59	KRRAXC	28:36.38
MALE 60 - 69					
1	Ken Hook	968	M 64	KRRAXC	23:05.50
MALE 70 - 99					
1	Ed Brand	662	M 70	KRRAXC	25:26.31
2	Richard Sunderland	266	M 74	KRRAXC	29:29.18
3	P.j. Marshall	973	M 77	KRRAXC	35:47.28

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

Place	Name	Bib	Age/Grade	Team/Hometown	Time/Mark
1	Nathan Southall	312	M 9	KRRAXC	3:51.00
2	Brynn Bowman	285	F 12	KRRAXC	3:53.00
3	Mathais Litrico	319	M 8	KRRAXC	4:26.00
4	Kaleb Rooyackers	249	M 12	KRRAXC	4:30.00
5	Noah Hurtubise-Davie:	273	M 10	KRRAXC	4:35.00
6	Noah Stelmach	962	M 10	KRRAXC	4:38.00
7	Abby Doucet	313	F 8	KRRAXC	4:39.00
8	Sofia Frantzeskos	315	F 9	KRRAXC	4:41.00
9	Everett Chambers	994	M 9	KRRAXC	4:48.00
10	Simon Breadner	301	M 7	KRRAXC	4:49.00
11	Aiden Rooyackers	250	M 9	KRRAXC	5:15.00
12	Mia Doucet	314	F 6	KRRAXC	5:16.00
13	Sophie Coles	990	F 6	KRRAXC	5:17.00
14	Oliver Chambers	995	M 7	KRRAXC	5:18.00
15	Zoe Frantzeskos	316	F 6	KRRAXC	5:29.00
16	Isla Kreick	317	F 8	KRRAXC	5:30.00
17	Raphael Litrico	320	M 4	KRRAXC	6:40.00
18	Max McCord	321	M 4	KRRAXC	6:56.00
19	Henry Gregory	318	M 4	KRRAXC	7:38.00
20	Rachel Lalande	288	F 4	KRRAXC	8:05.00