

NCRA Cookie Run 2009 - 5K Results

| Male | Female | Time | Pace | Bib | Name | Category | Posn |
|------|--------|---------|------|------|----------------------|----------|---------|
| 1 | | 0:16:17 | 3:15 | 1875 | Nicolas Thouin | M 20-29 | 1 of 10 |
| 2 | | 0:17:39 | 3:32 | 1935 | Nicholas Newell | M 20-29 | 2 of 10 |
| 3 | | 0:17:51 | 3:34 | 1691 | Mathieu Doré | M 20-29 | 3 of 10 |
| 4 | | 0:17:54 | 3:35 | 1644 | Brett Bonisteel | M 20-29 | 4 of 10 |
| 5 | | 0:18:07 | 3:37 | 1855 | Simon Shearman | M 40-49 | 1 of 21 |
| 6 | | 0:18:26 | 3:41 | 1943 | Bruno Lacroix | M 30-39 | 1 of 9 |
| 7 | | 0:18:38 | 3:44 | 1953 | Stephen Cann | M 30-39 | 2 of 9 |
| 8 | | 0:18:46 | 3:45 | 1662 | Owen Caves | M 40-49 | 2 of 21 |
| 9 | | 0:19:05 | 3:49 | 1639 | Richard Bellefeuille | M 40-49 | 3 of 21 |
| 10 | | 0:19:14 | 3:51 | 1864 | Willem Stevens | M 40-49 | 4 of 21 |
| | 1 | 0:19:19 | 3:52 | 1944 | Rebecca Stallwood | F 30-39 | 1 of 16 |
| 11 | | 0:19:42 | 3:56 | 1909 | Doug Kay | M 30-39 | 3 of 9 |
| 12 | | 0:19:52 | 3:58 | 1854 | Tony Shaw | M 50-59 | 1 of 7 |
| 13 | | 0:20:07 | 4:01 | 1900 | Jay Yakabowich | M 40-49 | 5 of 21 |
| 14 | | 0:20:38 | 4:08 | 1690 | Guillaume Doré | M 20-29 | 5 of 10 |
| 15 | | 0:20:44 | 4:09 | 1918 | Jeff Slavin | M 40-49 | 6 of 21 |
| 16 | | 0:20:56 | 4:11 | 1758 | Max Lebreton | M 30-39 | 4 of 9 |
| 17 | | 0:21:36 | 4:19 | 1682 | Timothy Desson | M 30-39 | 5 of 9 |
| 18 | | 0:21:39 | 4:20 | 1651 | Loïc Bramley | M 01-14 | 1 of 18 |
| | 2 | 0:21:41 | 4:20 | 1796 | Nikki Nelson | F 20-29 | 1 of 14 |
| 19 | | 0:22:01 | 4:24 | 1613 | William Denomme | M 15-19 | 1 of 3 |
| 20 | | 0:22:05 | 4:25 | 1940 | Stephane Conant | M 01-14 | 2 of 18 |
| | 3 | 0:22:09 | 4:26 | 1939 | Dawn Phillips | F 30-39 | 2 of 16 |
| 21 | | 0:22:10 | 4:26 | 1931 | Paul Heintzman | M 50-59 | 2 of 7 |
| 22 | | 0:22:14 | 4:27 | 1930 | Roger Tremblay | M 50-59 | 3 of 7 |
| 23 | | 0:22:21 | 4:28 | 1887 | Richard Waldolf | M 20-29 | 6 of 10 |
| | 4 | 0:22:43 | 4:33 | 1908 | Karen Jardine | F 50-59 | 1 of 12 |
| 24 | | 0:22:49 | 4:34 | 1669 | Benjamin Christopher | M 01-14 | 3 of 18 |
| | 5 | 0:23:02 | 4:36 | 1964 | Chari Marple | F 40-49 | 1 of 19 |
| 25 | | 0:23:10 | 4:38 | 1735 | Pj Hobbs | M 40-49 | 7 of 21 |
| | 6 | 0:23:29 | 4:42 | 1877 | Mataya Timbrell | F 15-19 | 1 of 3 |
| | 7 | 0:23:30 | 4:42 | 1878 | Shannon Timbrell | F 15-19 | 2 of 3 |
| 26 | | 0:23:38 | 4:44 | 1614 | David Denomme | M 15-19 | 2 of 3 |

| | | | | | | |
|----|------------|------|------|--------------------|---------|----------|
| 27 | 0:24:01 | 4:48 | 1700 | Sam Egli | M 15-19 | 3 of 3 |
| 28 | 0:24:26 | 4:53 | 1698 | Keith Egli | M 40-49 | 8 of 21 |
| 29 | 0:24:28 | 4:54 | 1623 | Barry Anderson | M 30-39 | 6 of 9 |
| | 8 0:24:48 | 4:58 | 1712 | Graeme Fry | F 01-14 | 1 of 3 |
| | 9 0:24:50 | 4:58 | 1769 | Alexandra Macleod | F 15-19 | 3 of 3 |
| | 10 0:24:55 | 4:59 | 1946 | Maggie Lalonde | F 50-59 | 2 of 12 |
| | 11 0:25:01 | 5:00 | 1739 | Sylvie Jacques | F 30-39 | 3 of 16 |
| 30 | 0:25:12 | 5:02 | 1820 | Daniel Pohl | M 20-29 | 7 of 10 |
| 31 | 0:25:23 | 5:05 | 1861 | Rodney Stead | M 60-69 | 1 of 3 |
| 32 | 0:25:39 | 5:08 | 1938 | Frank Lohamnn | M 40-49 | 9 of 21 |
| | 12 0:25:48 | 5:10 | 1950 | Leanne Champagne | F 30-39 | 4 of 16 |
| 33 | 0:25:54 | 5:11 | 1937 | Martin Lohmann | M 01-14 | 4 of 18 |
| | 13 0:26:09 | 5:14 | 1646 | Melanie Bouchard | F 20-29 | 2 of 14 |
| | 14 0:26:13 | 5:15 | 1728 | Diane Guillemette | F 40-49 | 2 of 19 |
| 34 | 0:26:19 | 5:16 | 1952 | Bruce Brunelle | M 50-59 | 4 of 7 |
| 35 | 0:26:20 | 5:16 | 1745 | Klaus Kollenberg | M 40-49 | 10 of 21 |
| 36 | 0:26:22 | 5:16 | 1770 | Guy Macleod | M 40-49 | 11 of 21 |
| 37 | 0:27:03 | 5:25 | 1821 | Jeremiah Point | M 20-29 | 8 of 10 |
| 38 | 0:27:07 | 5:25 | 1612 | Graham Denomme | M 01-14 | 5 of 18 |
| | 15 0:27:08 | 5:26 | 1689 | Mariann Domonkos | F 50-59 | 3 of 12 |
| | 16 0:27:10 | 5:26 | 1627 | Jane Armstrong | F 50-59 | 4 of 12 |
| | 17 0:27:12 | 5:26 | 1959 | Jennifer Gunderson | F 20-29 | 3 of 14 |
| | 18 0:27:28 | 5:30 | 1778 | Chizuko Matsufuji | F 30-39 | 5 of 16 |
| 39 | 0:27:31 | 5:30 | 1661 | Steve Cashman | M 40-49 | 12 of 21 |
| | 19 0:27:46 | 5:33 | 1713 | Doreen Gaggnon | F 40-49 | 3 of 19 |
| 40 | 0:27:48 | 5:34 | 1658 | Carl Carroll | M 40-49 | 13 of 21 |
| | 20 0:28:05 | 5:37 | 1814 | Sarah Payne | F 30-39 | 6 of 16 |
| 41 | 0:28:06 | 5:37 | 1830 | Daniel Renaud | M 40-49 | 14 of 21 |
| | 21 0:28:09 | 5:38 | 1874 | Alexa Thorp | F 20-29 | 4 of 14 |
| 42 | 0:28:36 | 5:43 | 1762 | Wit Lewandowski | M 50-59 | 5 of 7 |
| 43 | 0:29:00 | 5:48 | 1615 | Rick Crate | M 50-59 | 6 of 7 |
| | 22 0:29:03 | 5:49 | 1890 | Janet White | F 60-69 | 1 of 2 |
| | 23 0:29:12 | 5:50 | 1625 | Sarah Arbour | F 20-29 | 5 of 14 |
| 44 | 0:29:15 | 5:51 | 1803 | Fred Odendaal | M 40-49 | 15 of 21 |
| | 24 0:29:18 | 5:52 | 1853 | Ira Shatzmiller | F 30-39 | 7 of 16 |
| 45 | 0:29:22 | 5:52 | 1618 | Justin Mann | M 01-14 | 6 of 18 |

| | | | | | | |
|----|------------|------|------|----------------------|---------|----------|
| 46 | 0:29:23 | 5:53 | 1656 | Ryan Burke | M 20-29 | 9 of 10 |
| | 25 0:29:27 | 5:53 | 1717 | Tereshka Gamma-Pinto | F 40-49 | 4 of 19 |
| | 26 0:29:35 | 5:55 | 1910 | Caroline Peck | F 40-49 | 5 of 19 |
| 47 | 0:29:45 | 5:57 | 1804 | Rick O'Shaughnessy | M 40-49 | 16 of 21 |
| 48 | 0:30:07 | 6:01 | 1708 | Tom Flemming | M 60-69 | 2 of 3 |
| 49 | 0:30:09 | 6:02 | 1602 | Stephen Virc | M 30-39 | 7 of 9 |
| 50 | 0:30:12 | 6:02 | 1620 | Gabriel Rousselle | M 01-14 | 7 of 18 |
| 51 | 0:30:14 | 6:03 | 1603 | Nicolas Virc | M 01-14 | 8 of 18 |
| | 27 0:30:17 | 6:03 | 1879 | Karen Timmons | F 40-49 | 6 of 19 |
| | 28 0:30:34 | 6:07 | 1765 | Jennifer Lynch | F 40-49 | 7 of 19 |
| | 29 0:30:40 | 6:08 | 1637 | Linda Beehler | F 50-59 | 5 of 12 |
| 52 | 0:31:02 | 6:12 | 1611 | Alexander Lanouette | M 01-14 | 9 of 18 |
| 53 | 0:31:07 | 6:13 | 1616 | Dwayne Mockler | M 40-49 | 17 of 21 |
| | 30 0:31:13 | 6:15 | 1781 | Julia McDonald | F 20-29 | 6 of 14 |
| 54 | 0:31:23 | 6:17 | 1905 | Filip Bartos | M 30-39 | 8 of 9 |
| 55 | 0:31:26 | 6:17 | 1774 | Sam Marks | M 01-14 | 10 of 18 |
| 56 | 0:31:30 | 6:18 | 1721 | Wilfred Gilchrist | M 70-79 | 1 of 2 |
| | 31 0:31:33 | 6:19 | 1630 | Sandra Bafia | F 40-49 | 8 of 19 |
| | 32 0:32:18 | 6:28 | 1692 | Kristen Douglas | F 40-49 | 9 of 19 |
| | 33 0:32:20 | 6:28 | 1773 | Sylvie Marchand | F 40-49 | 10 of 19 |
| | 34 0:32:21 | 6:28 | 1962 | Kate Marshall | F 01-14 | 2 of 3 |
| | 35 0:32:23 | 6:29 | 1705 | Isabelle Fernandez | F 20-29 | 7 of 14 |
| | 36 0:32:28 | 6:30 | 1963 | janet Brooks | F 50-59 | 6 of 12 |
| | 37 0:32:37 | 6:31 | 1789 | Angela Milliken | F 50-59 | 7 of 12 |
| 57 | 0:32:46 | 6:33 | 1772 | Laurie Manson | M 50-59 | 7 of 7 |
| | 38 0:33:22 | 6:40 | 1722 | Lina Gjerstad | F 30-39 | 8 of 16 |
| | 39 0:33:29 | 6:42 | 1771 | Martha Macleod | F 50-59 | 8 of 12 |
| | 40 0:33:41 | 6:44 | 1673 | Nathalie Croteau | F 30-39 | 9 of 16 |
| 58 | 0:33:43 | 6:45 | 1606 | Ezekiel Martin | M 01-14 | 11 of 18 |
| 59 | 0:33:45 | 6:45 | 1605 | Rocco Iannitto | M 01-14 | 12 of 18 |
| | 41 0:33:46 | 6:45 | 1870 | Catherine Tattersall | F 30-39 | 10 of 16 |
| | 42 0:33:48 | 6:46 | 1743 | Dawn Kirkham | F 30-39 | 11 of 16 |
| 60 | 0:33:50 | 6:46 | 1643 | Charles Boisvert | M 30-39 | 9 of 9 |
| | 43 0:34:01 | 6:48 | 1783 | Elizabeth McHugh | F 50-59 | 9 of 12 |
| | 44 0:34:02 | 6:48 | 1756 | Barbara Leasa | F 30-39 | 12 of 16 |
| 61 | 0:34:57 | 6:59 | 1617 | Chase Tyrrell | M 01-14 | 13 of 18 |

| | | | | | | | |
|----|----|---------|------|------|----------------------------|---------|----------|
| | 45 | 0:35:06 | 7:01 | 1782 | Laurie McDonald | F 20-29 | 8 of 14 |
| | 46 | 0:35:22 | 7:04 | 1831 | Martine Renaud | F 20-29 | 9 of 14 |
| | 47 | 0:35:35 | 7:07 | 1871 | Jennifer Tattersall | F 40-49 | 11 of 19 |
| | 48 | 0:35:52 | 7:10 | 1767 | Cathy Macgillivray | F 30-39 | 13 of 16 |
| | 49 | 0:35:55 | 7:11 | 1675 | Luisa Da Silva | F 40-49 | 12 of 19 |
| 62 | | 0:35:57 | 7:11 | 1759 | Denis Legault | M 40-49 | 18 of 21 |
| | 50 | 0:36:09 | 7:14 | 1764 | Monique Loisellette Renaud | F 40-49 | 13 of 19 |
| | 51 | 0:36:12 | 7:14 | 1734 | Chantal Havard | F 40-49 | 14 of 19 |
| | 52 | 0:36:16 | 7:15 | 1872 | Virginia Tattersall | F 40-49 | 15 of 19 |
| | 53 | 0:36:18 | 7:16 | 1777 | Tracey Martin | F 40-49 | 16 of 19 |
| 63 | | 0:36:20 | 7:16 | 1608 | Derek Mockler | M 01-14 | 14 of 18 |
| | 54 | 0:36:28 | 7:18 | 1760 | Suzanne Legault | F 40-49 | 17 of 19 |
| | 55 | 0:36:31 | 7:18 | 1663 | Karine Chamberland | F 30-39 | 14 of 16 |
| 64 | | 0:36:42 | 7:20 | 1902 | Rene Yaraskavitch | M 40-49 | 19 of 21 |
| | 56 | 0:36:47 | 7:21 | 1901 | Alanna Yaraskavitch | F 01-14 | 3 of 3 |
| 65 | | 0:36:57 | 7:23 | 1609 | Francis Tardif | M 01-14 | 15 of 18 |
| 66 | | 0:37:23 | 7:29 | 1607 | Yanick Villeneuve | M 01-14 | 16 of 18 |
| | 57 | 0:37:46 | 7:33 | 1654 | Suzanne Bronson | F 50-59 | 10 of 12 |
| | 58 | 0:37:48 | 7:34 | 1694 | Monique Dunbrack | F 20-29 | 10 of 14 |
| 67 | | 0:37:51 | 7:34 | 1601 | Jordan Legros | M 01-14 | 17 of 18 |
| 68 | | 0:38:02 | 7:36 | 1621 | Joshua Sinnott | M 01-14 | 18 of 18 |
| | 59 | 0:38:04 | 7:37 | 1604 | Ana Pereira | F 40-49 | 18 of 19 |
| | 60 | 0:38:13 | 7:39 | 1642 | Megan Birtch | F 20-29 | 11 of 14 |
| 69 | | 0:38:33 | 7:43 | 1733 | Gerald Hare | M 70-79 | 2 of 2 |
| | 61 | 0:39:06 | 7:49 | 1640 | Ingrid Berljawsky | F 60-69 | 2 of 2 |
| | 62 | 0:39:08 | 7:50 | 1797 | Diisa Niemi | F 30-39 | 15 of 16 |
| | 63 | 0:39:09 | 7:50 | 1842 | Sandra Ryan | F 20-29 | 12 of 14 |
| 70 | | 0:39:13 | 7:51 | 1848 | Bob Saunders | M 40-49 | 20 of 21 |
| | 64 | 0:39:14 | 7:51 | 1849 | Tanya Saunders | F 50-59 | 11 of 12 |
| | 65 | 0:39:16 | 7:51 | 1738 | Amanda Hutton | F 20-29 | 13 of 14 |
| | 66 | 0:39:33 | 7:55 | 1703 | June Fawaz | F 30-39 | 16 of 16 |
| | 67 | 0:40:31 | 8:06 | 1741 | Shelley Keating | F 40-49 | 19 of 19 |
| 71 | | 0:40:49 | 8:10 | 1619 | Yves Rousselle | M 40-49 | 21 of 21 |
| 72 | | 0:40:54 | 8:11 | 1724 | Brian Gosselin | M 60-69 | 3 of 3 |
| | 68 | 0:41:30 | 8:18 | 1893 | Natasha Whyte | F 20-29 | 14 of 14 |
| 73 | | 0:41:40 | 8:20 | 1683 | Thilina Dewpura | M 20-29 | 10 of 10 |

| | | | | | | |
|----|---------|------|------|------------------|-----------|----------|
| 69 | 0:43:55 | 8:47 | 1802 | Annette O'Connor | F 50-59 | 12 of 12 |
| 74 | 0:46:25 | 9:17 | 1715 | Jack Galbraith | M 80+Over | 1 of 1 |