

## NCRA Cross Country 6K Results 2009

| Male | Female | Time    | Pace | Bib | Name                  | Category | Posn    |
|------|--------|---------|------|-----|-----------------------|----------|---------|
| 1    |        | 0:19:19 | 3:13 | 258 | Sam Milliken          | M 15-19  | 1 of 8  |
| 2    |        | 0:19:26 | 3:14 | 225 | Franky El Nino        | M 15-19  | 2 of 8  |
| 3    |        | 0:20:38 | 3:26 | 248 | Bruny Lebrun          | M 30-39  | 1 of 10 |
| 4    |        | 0:20:53 | 3:29 | 236 | Brad Young            | M 30-39  | 2 of 10 |
| 5    |        | 0:20:57 | 3:30 | 227 | Ronnie Kataki         | M 15-19  | 3 of 8  |
| 6    |        | 0:20:58 | 3:30 | 226 | Rubin Kataki          | M 01-14  | 1 of 11 |
| 7    |        | 0:21:28 | 3:35 | 210 | Nicholas Stewart      | M 15-19  | 4 of 8  |
| 8    |        | 0:21:31 | 3:35 | 243 | Kyle Lister           | M 15-19  | 5 of 8  |
|      | 1      | 0:21:32 | 3:35 | 229 | Dominic Janniky       | F 15-19  | 1 of 7  |
| 9    |        | 0:21:37 | 3:36 | 260 | Alec Jarvis           | M 01-14  | 2 of 11 |
| 10   |        | 0:21:43 | 3:37 | 207 | Tony Shaw             | M 50-59  | 1 of 3  |
| 11   |        | 0:22:11 | 3:42 | 223 | Jay Yakabowich        | M 40-49  | 1 of 7  |
| 12   |        | 0:22:30 | 3:45 | 220 | Zachary Verret-Borsos | M 01-14  | 3 of 11 |
|      | 2      | 0:22:32 | 3:45 | 192 | Samantha Klus         | F 01-14  | 1 of 8  |
| 13   |        | 0:22:37 | 3:46 | 208 | Jordan Simmons        | M 01-14  | 4 of 11 |
| 14   |        | 0:22:43 | 3:47 | 198 | Alexander Maxwell     | M 01-14  | 5 of 11 |
| 15   |        | 0:22:55 | 3:49 | 177 | Liam Chaussi          | M 01-14  | 6 of 11 |
| 16   |        | 0:23:07 | 3:51 | 255 | Corey Belanger        | M 20-29  | 1 of 5  |
| 17   |        | 0:23:10 | 3:52 | 259 | Chris Fudge           | M 20-29  | 2 of 5  |
| 18   |        | 0:24:06 | 4:01 | 172 | Richard Borsos        | M 50-59  | 2 of 3  |
| 19   |        | 0:24:10 | 4:02 | 187 | Dominic Dupuis        | M 15-19  | 6 of 8  |
| 20   |        | 0:24:34 | 4:06 | 238 | Michel Somogyi        | M 30-39  | 3 of 10 |
| 21   |        | 0:24:38 | 4:06 | 195 | Matt Lefebvre         | M 30-39  | 4 of 10 |
| 22   |        | 0:24:47 | 4:08 | 257 | Tristan McPhedian     | M 01-14  | 7 of 11 |
|      | 3      | 0:24:57 | 4:09 | 176 | Elsie Charron         | F 01-14  | 2 of 8  |
|      | 4      | 0:24:58 | 4:10 | 217 | Dominique Verdurmen   | F 15-19  | 2 of 7  |
| 23   |        | 0:24:59 | 4:10 | 262 | Eric Deshaies         | M 30-39  | 5 of 10 |
|      | 5      | 0:25:15 | 4:13 | 221 | Gail Walton           | F 50-59  | 1 of 3  |
| 24   |        | 0:25:51 | 4:19 | 171 | Adriel Beaton         | M 15-19  | 7 of 8  |
| 25   |        | 0:25:53 | 4:19 | 203 | Stephen Powell        | M 30-39  | 6 of 10 |
|      | 6      | 0:25:57 | 4:20 | 205 | Nancy Scherf          | F 15-19  | 3 of 7  |
|      | 7      | 0:26:22 | 4:24 | 209 | Kelsey Sitka          | F 01-14  | 3 of 8  |
|      | 8      | 0:26:55 | 4:29 | 240 | Emma Benjaminson      | F 15-19  | 4 of 7  |
| 26   |        | 0:26:57 | 4:30 | 173 | Darrell Bridge        | M 30-39  | 7 of 10 |
|      | 9      | 0:27:03 | 4:31 | 175 | Jessica Byrnes        | F 15-19  | 5 of 7  |
|      | 10     | 0:27:05 | 4:31 | 256 | Chari Marple          | F 40-49  | 1 of 9  |

|    |    |         |      |     |                         |           |          |
|----|----|---------|------|-----|-------------------------|-----------|----------|
| 27 |    | 0:27:12 | 4:32 | 174 | Eddy Bridge             | M 30-39   | 8 of 10  |
| 28 |    | 0:27:15 | 4:32 | 216 | Roger Tremblay          | M 50-59   | 3 of 3   |
|    | 11 | 0:27:49 | 4:38 | 211 | Linda Taylor            | F 50-59   | 2 of 3   |
| 29 |    | 0:28:18 | 4:43 | 178 | Pete Chaussi            | M 40-49   | 2 of 7   |
| 30 |    | 0:28:22 | 4:44 | 186 | Alexandre Dupuis        | M 01-14   | 8 of 11  |
|    | 12 | 0:28:32 | 4:45 | 214 | Christina Towers        | F 40-49   | 2 of 9   |
| 31 |    | 0:28:45 | 4:47 | 194 | Robert Laughton         | M 01-14   | 9 of 11  |
| 32 |    | 0:28:47 | 4:48 | 193 | Bob Laughton            | M 40-49   | 3 of 7   |
| 33 |    | 0:28:52 | 4:49 | 204 | Massimo Santamaria      | M 01-14   | 10 of 11 |
| 34 |    | 0:28:55 | 4:49 | 213 | George Torrance         | M 60-69   | 1 of 1   |
| 35 |    | 0:29:27 | 4:55 | 212 | Kyle Templeton          | M 15-19   | 8 of 8   |
| 36 |    | 0:29:36 | 4:56 | 182 | Owen Day                | M 01-14   | 11 of 11 |
|    | 13 | 0:29:38 | 4:56 | 199 | Amanda Nurse            | F 01-14   | 4 of 8   |
| 37 |    | 0:29:42 | 4:57 | 197 | Thomas Maloley          | M 30-39   | 9 of 10  |
| 38 |    | 0:29:51 | 4:59 | 253 | Matthew Chaniel         | M 20-29   | 3 of 5   |
|    | 14 | 0:30:19 | 5:03 | 183 | Olivia Densham          | F 01-14   | 5 of 8   |
| 39 |    | 0:30:42 | 5:07 | 200 | Christopher Nurse       | M 40-49   | 4 of 7   |
| 40 |    | 0:30:48 | 5:08 | 185 | Michael Downey          | M 30-39   | 10 of 10 |
|    | 15 | 0:30:50 | 5:08 | 188 | Marigold Edwards        | F 40-49   | 3 of 9   |
| 41 |    | 0:31:41 | 5:17 | 244 | Patrick Goggan          | M 40-49   | 5 of 7   |
|    | 16 | 0:31:41 | 5:17 | 245 | Christine Ouelllte      | F 30-39   | 1 of 2   |
| 42 |    | 0:32:20 | 5:23 | 246 | Pierre Dupuis           | M 40-49   | 6 of 7   |
|    | 17 | 0:32:29 | 5:25 | 196 | Vanessa Macisaac        | F 15-19   | 6 of 7   |
|    | 18 | 0:32:31 | 5:25 | 224 | Tasha Yovetich          | F 40-49   | 4 of 9   |
| 43 |    | 0:32:34 | 5:26 | 317 | Daniel Pohl             | M 20-29   | 4 of 5   |
|    | 19 | 0:33:03 | 5:31 | 222 | Janet White             | F 60-69   | 1 of 2   |
| 44 |    | 0:33:59 | 5:40 | 206 | Shane Scott             | M 20-29   | 5 of 5   |
|    | 20 | 0:34:10 | 5:42 | 170 | Kelly Aleong            | F 30-39   | 2 of 2   |
|    | 21 | 0:34:19 | 5:43 | 215 | Mary Towers             | F 15-19   | 7 of 7   |
|    | 22 | 0:36:03 | 6:00 | 181 | Ellen Day               | F 40-49   | 5 of 9   |
|    | 23 | 0:37:06 | 6:11 | 179 | Tracey Chaussi          | F 40-49   | 6 of 9   |
|    | 24 | 0:37:20 | 6:13 | 191 | Stephanie Howard-Davies | F 60-69   | 2 of 2   |
| 45 |    | 0:37:43 | 6:17 | 201 | Don Orr                 | M 70+Over | 1 of 3   |
|    | 25 | 0:38:31 | 6:25 | 252 | Karen Powell            | F 20-29   | 1 of 4   |
|    | 26 | 0:38:32 | 6:25 | 254 | Jennifer Born           | F 20-29   | 2 of 4   |
|    | 27 | 0:39:42 | 6:37 | 180 | Debbie Dawson           | F 20-29   | 3 of 4   |
|    | 28 | 0:39:54 | 6:39 | 232 | Gabrielle Lachance      | F 01-14   | 6 of 8   |
|    | 29 | 0:39:56 | 6:39 | 231 | Gabriela Sigouin        | F 01-14   | 7 of 8   |
| 46 |    | 0:39:57 | 6:39 | 230 | Pierre Sigouin          | M 40-49   | 7 of 7   |

|    |            |      |     |                        |           |        |
|----|------------|------|-----|------------------------|-----------|--------|
| 47 | 0:40:56    | 6:49 | 233 | Edward Brady           | M 70+Over | 2 of 3 |
|    | 30 0:41:56 | 6:59 | 250 | Heather Boyd           | F 40-49   | 7 of 9 |
|    | 31 0:41:57 | 6:59 | 251 | Tamara Boyd            | F 01-14   | 8 of 8 |
| 48 | 0:43:31    | 7:15 | 228 | Gerald Hare            | M 70+Over | 3 of 3 |
|    | 32 0:43:51 | 7:19 | 219 | Florence Verret-Borsos | F 50-59   | 3 of 3 |
|    | 33 0:46:56 | 7:49 | 321 | Manon Salicco          | F 40-49   | 8 of 9 |
|    | 34 0:46:59 | 7:50 | 319 | Lee-Anne Quenneville   | F 20-29   | 4 of 4 |
|    | 35 0:51:25 | 8:34 | 264 | Michelle Marshall      | F 40-49   | 9 of 9 |