

Richmond Road Races - January 2009 - 5K Results

| Male | Female | Time | Pace | Bib | Name | City | Category |
|------|--------|---------|------|-----|-----------------------|------------------|------------|
| 1 | | 0:18:11 | 3:38 | 447 | Sam Milliken | Ottawa | M 15-19 |
| 2 | | 0:18:14 | 3:39 | 417 | Harold Walker | Orleans | M 40-49 |
| 3 | | 0:18:17 | 3:39 | 324 | G. Viktor Marcoux | Gatineau | M 20-29 |
| 4 | | 0:18:38 | 3:44 | 378 | Frank Wright | Ottawa | M 40-49 |
| | 1 | 0:19:00 | 3:48 | 429 | Joanne Brown | Ottawa | F 15-19 |
| 5 | | 0:19:10 | 3:50 | 394 | Michael Blois | Ottawa | M 30-39 |
| 6 | | 0:19:26 | 3:53 | 425 | Danny Menard | Ottawa | M 15-19 |
| 7 | | 0:19:39 | 3:56 | 318 | Tony Shaw | Ottawa | M 50-59 |
| | 2 | 0:19:50 | 3:58 | 445 | Lindsay Anderson | Ottawa | F 15-19 |
| 8 | | 0:20:09 | 4:02 | 360 | James Murphy | Hull | M 30-39 |
| 9 | | 0:20:15 | 4:03 | 307 | Richard Borsos | Ottawa | M 50-59 |
| 10 | | 0:20:20 | 4:04 | 446 | Tim Scapillato | Wakefield | M 50-59 |
| 11 | | 0:20:22 | 4:04 | 408 | Darren Clark | Ottawa | M 40-49 |
| 12 | | 0:20:31 | 4:06 | 357 | Kevin Shoom | Ottawa | M 40-49 |
| 13 | | 0:20:37 | 4:07 | 441 | John Tegano | Ottawa | M 40-49 |
| | 3 | 0:20:43 | 4:09 | 420 | Sherry Carson | Ottawa | F 50-59 |
| 14 | | 0:21:06 | 4:13 | 404 | Robert Berthiaume | Ottawa | M 30-39 |
| 15 | | 0:21:23 | 4:17 | 434 | Zachary Verret-Borsos | Ottawa | M 14+Under |
| 16 | | 0:21:28 | 4:18 | 437 | Jordan Simmons | Ottawa | M 14+Under |
| 17 | | 0:21:32 | 4:18 | 421 | Scott Buckland | Nepean | M 14+Under |
| 18 | | 0:21:47 | 4:21 | 369 | Patrick Lalonde | Kanata | M 14+Under |
| | 4 | 0:21:53 | 4:23 | 413 | Michele Motiuk | Ottawa | F 40-49 |
| 19 | | 0:21:56 | 4:23 | 396 | Marcel Brugger | Orleans | M 50-59 |
| | 5 | 0:21:59 | 4:24 | 399 | Aimee Sutton | Ottawa | F 30-39 |
| | 6 | 0:22:05 | 4:25 | 352 | Dina Salvador | Ottawa | F 40-49 |
| | 7 | 0:22:19 | 4:28 | 422 | Jade Gregory | Kanata | F 15-19 |
| 20 | | 0:22:26 | 4:29 | 353 | Marc Towaij | Nepean | M 30-39 |
| | 8 | 0:22:39 | 4:32 | 388 | Joyce Acton | Richmond | F 40-49 |
| 21 | | 0:22:41 | 4:32 | 451 | Ian Young | Ottawa | M 50-59 |
| 22 | | 0:22:56 | 4:35 | 374 | Roger Sutcliffe | Nepean | M 50-59 |
| 23 | | 0:22:58 | 4:36 | 302 | Roger Cobbledick | Ottawa | M 60-69 |
| 24 | | 0:23:01 | 4:36 | 316 | Roger Tremblay | Carlsbad Springs | M 50-59 |
| 25 | | 0:23:19 | 4:40 | 395 | Alec Knox | Kanata | M 14+Under |
| 26 | | 0:23:43 | 4:45 | 312 | Tristan McPhedran | Ottawa | M 14+Under |
| | 9 | 0:23:51 | 4:46 | 354 | Theresa Roberts | Manotick | F 40-49 |

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|----|----|---------|------|-----------------------|----------------|------------|
| 27 | | 0:24:01 | 4:48 | 436 Donald Watson | Montreal | M 50-59 |
| 28 | | 0:24:06 | 4:49 | 333 Mike Southgate | Kanata | M 40-49 |
| 29 | | 0:24:13 | 4:51 | 323 Gabriel Brown | Perth | M 14+Under |
| | 10 | 0:24:22 | 4:52 | 401 Stephanie McEvoy | Munster | F 30-39 |
| | 11 | 0:24:26 | 4:53 | 452 Rebecca Mackay | Alexandra | F 30-39 |
| | 12 | 0:24:33 | 4:55 | 366 Alison Sandeman | Ottawa | F 40-49 |
| 30 | | 0:24:37 | 4:55 | 450 Jeremy Stevens | Perth | M 20-29 |
| 31 | | 0:24:38 | 4:56 | 350 Wendell Lafave | Williamstown | M 50-59 |
| 32 | | 0:24:46 | 4:57 | 317 Hugh Wilson | Dorval | M 60-69 |
| 33 | | 0:25:05 | 5:01 | 355 Daniel Duguay | Kanata | M 40-49 |
| | 13 | 0:25:11 | 5:02 | 370 Claire Racette | Gatineau | F 50-59 |
| 34 | | 0:25:29 | 5:06 | 431 Jean-Marc Beaudry | Ottawa | M 20-29 |
| 35 | | 0:25:35 | 5:07 | 367 Stephen Hendrie | Ottawa | M 40-49 |
| 36 | | 0:25:36 | 5:07 | 338 Al Daggett | Ottawa | M 20-29 |
| | 14 | 0:25:41 | 5:08 | 453 Francis Skerritt | Montreal | F 40-49 |
| 37 | | 0:25:42 | 5:08 | 380 Jeff Stiles | Ottawa | M 40-49 |
| | 15 | 0:25:48 | 5:10 | 427 Keneisha Young | Ottawa | F 14+Under |
| | 16 | 0:26:01 | 5:12 | 320 Diane Guillemette | Orleans | F 40-49 |
| 38 | | 0:26:08 | 5:14 | 390 Rick Branchaud | Kanata | M 50-59 |
| | 17 | 0:26:24 | 5:17 | 409 Paule Couet | Ottawa | F 50-59 |
| | 18 | 0:26:44 | 5:21 | 311 Rachel McPhedran | Ottawa | F 15-19 |
| | 19 | 0:27:04 | 5:25 | 306 Claudine Simard | | F 40-49 |
| 39 | | 0:27:07 | 5:25 | 327 Sander Post | Ottawa | M 30-39 |
| | 20 | 0:27:19 | 5:28 | 304 Josee Deleseleuc | Orleans | F 20-29 |
| 40 | | 0:27:21 | 5:28 | 361 Darrell Bridge | Ottawa | M 30-39 |
| 41 | | 0:27:24 | 5:29 | 397 Marc Bellefeuille | Orleans | M 40-49 |
| | 21 | 0:27:26 | 5:29 | 301 Jane Armstrong | Kanata | F 50-59 |
| | 22 | 0:27:33 | 5:31 | 335 Renee Deleseleuc | Navan | F 20-29 |
| 42 | | 0:27:40 | 5:32 | 330 Brian Carty | Merrickville | M 50-59 |
| 43 | | 0:27:42 | 5:32 | 331 Jean Bernaquez | Montreal | M 70-79 |
| 44 | | 0:27:51 | 5:34 | 391 Andrew Loughrin | Brockville | M 20-29 |
| 45 | | 0:27:57 | 5:35 | 379 Sean Mullen | | M 40-49 |
| | 23 | 0:28:02 | 5:36 | 402 Nancy Mohns | Carleton Place | F 30-39 |
| | 24 | 0:28:15 | 5:39 | 375 Heather Sutcliffe | Nepean | F 50-59 |
| | 25 | 0:28:16 | 5:39 | 424 Sharon Skerritt | Kanata | F 40-49 |
| | 26 | 0:28:21 | 5:40 | 373 Lisa Wlock | Kingston | F 40-49 |
| | 27 | 0:28:25 | 5:41 | 349 Sue Matte | | F 50-59 |
| 46 | | 0:28:28 | 5:42 | 364 Stewart Morris | Kanata | M 40-49 |

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|----|----|---------|------|-----------------------------|----------------|------------|
| | 28 | 0:28:30 | 5:42 | 322 Teresa McDonald | Perth | F 40-49 |
| | 29 | 0:28:34 | 5:43 | 419 Kathy Fischer | Carp | F 50-59 |
| | 30 | 0:28:43 | 5:45 | 303 Sharon Taylor | Ottawa | F 40-49 |
| 47 | | 0:28:46 | 5:45 | 382 Brent Smyth | Orleans | M 40-49 |
| 48 | | 0:29:07 | 5:49 | 337 Luc Desjardins | Munster Hamlet | M 50-59 |
| | 31 | 0:29:13 | 5:51 | 332 Cindy Southgate | Kanata | F 40-49 |
| | 32 | 0:29:18 | 5:52 | 342 Sandra Biegler | Richmond | F 30-39 |
| | 33 | 0:29:20 | 5:52 | 309 Elizabeth Verret-Borsos | Ottawa | F 15-19 |
| | 34 | 0:29:22 | 5:52 | 381 Colleen Piercey | Richmond | F 30-39 |
| | 35 | 0:29:23 | 5:53 | 376 Rena Fulton | Nepean | F 30-39 |
| 49 | | 0:29:26 | 5:53 | 432 Rodney Stead | Stittsville | M 60-69 |
| 50 | | 0:29:59 | 6:00 | 368 Kevin Murphy | Ottawa | M 40-49 |
| | 36 | 0:30:11 | 6:02 | 428 Andrea Young | Ottawa | F 14+Under |
| | 37 | 0:30:18 | 6:04 | 412 Joanne Lamontagne | Ottawa | F 20-29 |
| | 38 | 0:30:27 | 6:05 | 455 Linda Osmond | Ottawa | F 40-49 |
| | 39 | 0:30:37 | 6:07 | 415 Linda Wilson | Ottawa | F 50-59 |
| 51 | | 0:30:40 | 6:08 | 389 Erik Bourdon | Ottawa | M 30-39 |
| 52 | | 0:30:51 | 6:10 | 392 Della Charron | Kanata | M 40-49 |
| 53 | | 0:30:53 | 6:11 | 321 David Brown | Perth | M 40-49 |
| | 40 | 0:30:58 | 6:12 | 435 Mattie Montgomery | Dunrobin | F 50-59 |
| | 41 | 0:30:59 | 6:12 | 400 Abigail Garwood | Kanata | F 14+Under |
| | 42 | 0:31:03 | 6:13 | 371 Jean Cruikshank | Dunrobin | F 40-49 |
| 54 | | 0:31:05 | 6:13 | 310 Richard Hansen | Ottawa | M 60-69 |
| | 43 | 0:31:07 | 6:13 | 454 Judith Craig | Montreal | F 60+Over |
| | 44 | 0:31:09 | 6:14 | 339 Lynn Sunderland | Richmond | F 50-59 |
| | 45 | 0:31:12 | 6:14 | 363 Brittany Germain | Orleans | F 14+Under |
| | 46 | 0:31:22 | 6:16 | 423 Marie-Christine Bedard | Ottawa | F 50-59 |
| | 47 | 0:31:26 | 6:17 | 386 Lauren Banks | Stittsville | F 20-29 |
| | 48 | 0:31:27 | 6:17 | 385 Margot Hirst | Stittsville | F 20-29 |
| | 49 | 0:31:29 | 6:18 | 387 Vanessa Banks | Stittsville | F 15-19 |
| | 50 | 0:31:31 | 6:18 | 344 Karen Boese | Arnprior | F 40-49 |
| 55 | | 0:31:33 | 6:19 | 347 Frank Gillespie | Kingston | M 50-59 |
| | 51 | 0:31:34 | 6:19 | 351 Janet Sol | Ottawa | F 40-49 |
| 56 | | 0:31:50 | 6:22 | 348 Wilfred Gilchrist | Ottawa | M 70-79 |
| 57 | | 0:31:56 | 6:23 | 405 Roger Burrows | Ottawa | M 60-69 |
| | 52 | 0:32:13 | 6:27 | 440 Stephanie Howard-Davies | Ottawa | F 60+Over |
| 58 | | 0:32:35 | 6:31 | 326 Perry Chafe | Sydenham | M 50-59 |
| | 53 | 0:32:41 | 6:32 | 305 Laurel Davidge | Woodlawn | F 50-59 |

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|----|----|---------|-------|------------------------------|----------------|-----------|
| | 54 | 0:32:42 | 6:32 | 444 Janet Bax | Ottawa | F 50-59 |
| | 55 | 0:33:02 | 6:36 | 403 Sandy Archibald | Oxford Mills | F 40-49 |
| | 56 | 0:33:25 | 6:41 | 426 Angela Romany | Ottawa | F 50-59 |
| | 57 | 0:33:30 | 6:42 | 313 Marian Jordan-Scapillato | Wakefield | F 50-59 |
| | 58 | 0:33:46 | 6:45 | 443 Laura Houston | Orleans | F 40-49 |
| 59 | | 0:34:03 | 6:49 | 384 Don Orr | Ottawa | M 70-79 |
| | 59 | 0:34:19 | 6:52 | 438 Mary McNeely | Spencerville | F 60+Over |
| | 60 | 0:34:36 | 6:55 | 325 Vicki Plant | Ottawa | F 40-49 |
| | 61 | 0:34:54 | 6:59 | 341 Heidi Tucker-Putzlocher | Inverary | F 30-39 |
| | 62 | 0:35:06 | 7:01 | 407 Sharon Chomyn | Ottawa | F 40-49 |
| | 63 | 0:35:34 | 7:07 | 377 Marian Bell | Dunrobin | F 50-59 |
| | 64 | 0:35:40 | 7:08 | 308 Florence Verret-Borsos | Ottawa | F 50-59 |
| | 65 | 0:35:59 | 7:12 | 336 Caroline Delisle | Ottawa | F 30-39 |
| 60 | | 0:36:08 | 7:14 | 449 Randall Armstrong | Richmond | M 50-59 |
| | 66 | 0:36:10 | 7:14 | 328 Linda Kelly | Nepean | F 50-59 |
| | 67 | 0:36:50 | 7:22 | 406 Sharon Chisholm | Ottawa | F 30-39 |
| | 68 | 0:36:54 | 7:23 | 356 Vanessa Sanger | Orleans | F 20-29 |
| | 69 | 0:36:56 | 7:23 | 359 Stephanie Ettinger | Ottawa | F 30-39 |
| | 70 | 0:37:18 | 7:28 | 343 Susan Johnston | Ottawa | F 30-39 |
| | 71 | 0:37:47 | 7:33 | 358 Rae Sudsbury | Carleton Place | F 40-49 |
| | 72 | 0:38:01 | 7:36 | 319 Sandra Binkley | Nepean | F 60+Over |
| | 73 | 0:38:31 | 7:42 | 457 Roseanne Wilson | Nepean | F 60+Over |
| 61 | | 0:39:27 | 7:53 | 329 Walter Kelly | Nepean | M 50-59 |
| 62 | | 0:39:56 | 7:59 | 345 John Forster | Kanata | M 60-69 |
| 63 | | 0:42:44 | 8:33 | 448 Ben Arland | Nepean | M 80+Over |
| 64 | | 0:44:57 | 8:59 | 315 Jack Galbraith | Ottawa | M 80+Over |
| | 74 | 0:45:02 | 9:00 | 411 Linda Johnston | Nepean | F 60+Over |
| | 75 | 0:45:03 | 9:01 | 414 Ellen Murphy | Stittsville | F 60+Over |
| | 76 | 0:47:31 | 9:30 | 398 Tracy Wrong | Orleans | F 40-49 |
| | 77 | 0:47:33 | 9:31 | 416 Susan Benson-Smith | Orleans | F 40-49 |
| | 78 | 0:49:21 | 9:52 | 346 Marjorie Hanson | Ottawa | F 60+Over |
| | 79 | 0:50:24 | 10:05 | 372 Sharon Kes | Ottawa | F 60+Over |

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