

Richmond Road Races 2010 - 5K Results List

Male	Female	Time	Pace	Bib	Name	City	Category
		1 0:17:00	3:24	334	Sam Milliken	Ottawa	M 15-19
		2 0:17:10	3:26	437	Thor Stewart	Perth	M 15-19
		3 0:17:18	3:28	428	Harold Walker	Ottawa	M 40-49
		4 0:17:19	3:28	432	Brett Bonisteel	Ottawa	M 20-29
	1	0:18:31	3:42	499	Johanna Brown	Perth	F 15-19
		5 0:18:38	3:44	343	Zachary Verret-Borsos	Ottawa	M 14+Under
		6 0:18:40	3:44	367	Jordan Simmons	Ottawa	M 14+Under
		7 0:18:58	3:48	301	Tony Shaw	Ottawa	M 50-59
		8 0:19:05	3:49	382	Kevin Shoom	Ottawa	M 40-49
		9 0:19:10	3:50	408	David Williams	Stittsville	M 40-49
		10 0:19:12	3:50	445	Frederick Hasle	Manotick	M 30-39
		11 0:19:14	3:51	451	Rick Swift	Brockville	M 60-69
		12 0:19:33	3:55	312	Lotfi Mansouri	Gatineau	M 30-39
		13 0:20:41	4:08	462	Mark Denomme	Ottawa	M 15-19
		14 0:21:16	4:15	442	Stephane Contant	Cornwall	M 14+Under
	2	0:21:21	4:16	436	Jasmine Viau	Ottawa	F 14+Under
		15 0:21:36	4:19	383	Greg Roberts	Manotick	M 15-19
		16 0:21:40	4:20	457	David Eggleton	Portland	M 40-49
	3	0:21:50	4:22	461	Aimee Sutton	Ottawa	F 30-39
		17 0:22:13	4:27	359	Darrell Bridge	Ottawa	M 30-39
		18 0:22:26	4:29	309	Roger Tremblay	Carlsbad Springs	M 50-59
	4	0:22:30	4:30	356	Mary Ann McKenna	Almonte	F 50-59
		19 0:22:33	4:31	387	Steve Sullivan	Stittsville	M 40-49
	5	0:23:10	4:38	360	Heather Larmer	Kanata	F 20-29
		20 0:23:19	4:40	332	Roger Sutcliffe	Nepean	M 50-59
		21 0:23:24	4:41	421	Mike Day	Nepean	M 70-79
	6	0:23:35	4:43	390	Michele Herley-Tremblay	Ottawa	F 40-49
	7	0:23:40	4:44	456	Cathy McNally	Perth	F 20-29
		22 0:23:44	4:45	394	Charlie Foy	Nepean	M 20-29

	8	0:24:11	4:50	336 Teresa McDonald	Perth	F 40-49
23		0:24:27	4:53	455 Toby James	Perth	M 20-29
	9	0:24:32	4:54	448 Frances Skerritt	Montreal	F 40-49
24		0:24:36	4:55	450 Matthew Threader	Nepean	M 14+Under
	10	0:24:43	4:57	339 Lisa McGregor	Braeside	F 30-39
	11	0:24:47	4:57	430 Claire Racette	Gatineau	F 50-59
25		0:24:55	4:59	471 Geoffrey Prudhomme	Ottawa	M 50-59
26		0:24:58	5:00	435 Daniel Duguay	Kanata	M 40-49
27		0:25:00	5:00	372 Scott Archibald	Oxford Mills	M 15-19
	12	0:25:02	5:00	410 Claudine Simard	Ottawa	F 40-49
	13	0:25:11	5:02	406 Mandy Long	Stittsville	F 40-49
	14	0:25:14	5:03	326 Paula Couet	Ottawa	F 50-59
	15	0:25:19	5:04	384 Theresa Roberts	Manotick	F 40-49
28		0:25:21	5:04	391 Bradley Sloan	Prescott	M 30-39
	16	0:25:23	5:05	398 Kate Hart	Ottawa	F 50-59
29		0:25:51	5:10	354 Michael Kennedy	Richmond	M 40-49
	17	0:25:56	5:11	315 Jan Cameron	Edwards	F 50-59
30		0:26:01	5:12	418 Scott Becksted	Nepean	M 40-49
	18	0:26:12	5:14	426 Krista Pelton	Kemptville	F 14+Under
31		0:26:19	5:16	403 Rob Dinardo	Orleans	M 40-49
	19	0:26:25	5:17	324 Jane Armstrong	Kanata	F 50-59
32		0:26:27	5:17	423 George Gonis	Ottawa	M 50-59
33		0:26:31	5:18	341 Andrew Loughrin	Brockville	M 20-29
34		0:26:35	5:19	330 Jean Bernaquez	Montreal	M 70-79
35		0:26:41	5:20	366 Thomas Foster	Gatineau	M 30-39
	20	0:26:46	5:21	395 Yvette Boudreau	Richmond	F 30-39
	21	0:26:54	5:23	393 Adrianna Van Zeeland	Richmond	F 30-39
	22	0:26:55	5:23	6 Susan Charles	Richmond	F 30-39
	23	0:26:57	5:23	5 Katie Moore	Richmond	F 30-39
	24	0:27:13	5:27	363 Anne Menard	Ottawa	F 40-49
36		0:27:13	5:27	362 Kp McNamara	Ottawa	M 50-59

37	0:27:16	5:27	353 Luc Desjardins	Munster	M 50-59
38	0:27:18	5:28	441 Ed Fitchett	Ottawa	M 40-49
	25 0:27:24	5:29	434 Jennifer Akeson	Kanata	F 20-29
	26 0:27:25	5:29	325 Carmen Davidson	Kanata	F 50-59
39	0:27:38	5:32	320 Ian Sim	Alexandria	M 70-79
40	0:27:46	5:33	364 Brian White	Ottawa	M 60-69
	27 0:27:48	5:34	338 Karen Boese	Arnprior	F 40-49
41	0:27:51	5:34	427 Francis Gillespie	Rr2, Perth Road	M 50-59
	28 0:27:53	5:35	333 Heather Sutcliffe	Nepean	F 50-59
	29 0:28:06	5:37	400 Christine Sloan	Prescott	F 30-39
42	0:28:12	5:38	342 Hugh Wilson	Dorval	M 70-79
43	0:28:17	5:39	321 Will Starr	Merrickville	M 60-69
	30 0:28:41	5:44	386 Ruth Ann Sullivan	Stittsville	F 40-49
	31 0:28:45	5:45	344 Elizabeth Verret-Borsos	Ottawa	F 15-19
	32 0:28:46	5:45	361 Ira Shatzmiller	Ottawa	F 30-39
44	0:28:49	5:46	412 Fred Odendaal	Stittsville	M 40-49
	33 0:28:50	5:46	424 Marnie Armstrong	Dunrobin	F 30-39
	34 0:28:53	5:47	433 Jean Cruickshank	Dunrobin	F 40-49
	35 0:28:55	5:47	458 Mattie Montgomery	Dunrobin	F 50-59
	36 0:29:07	5:49	351 Maureen Cain	Stittsville	F 40-49
	37 0:29:16	5:51	388 Andrea Stringel	Merrickville	F 30-39
	38 0:29:19	5:52	415 Stephanie Howard-Davies	Ottawa	F 60+Over
	39 0:29:24	5:53	389 Sarah Logan	Perth	F 20-29
	40 0:29:36	5:55	409 Rebecca Williams	Stittsville	F 14+Under
45	0:29:39	5:56	311 Perry Chafe	Sydenham	M 50-59
	41 0:29:52	5:58	449 Katherine Godding	Ottawa	F 40-49
	42 0:30:04	6:01	381 Linda Wilson	Ottawa	F 50-59
	43 0:30:08	6:02	439 Debbie Seltitz	Stittsville	F 30-39
46	0:30:09	6:02	443 Liam Cullen	Brockville	M 60-69
47	0:30:14	6:03	419 Marc Bellefeuille	Orleans	M 40-49
	44 0:30:20	6:04	404 Kathryn McNicoll	Orleans	F 40-49

48	0:30:22	6:04	405 Chris Korim	Orleans	M 40-49
	45 0:30:50	6:10	17 Edith Bostwick	Ottawa	F 40-49
	46 0:31:03	6:13	357 Megan McLeod	Ottawa	F 30-39
49	0:31:12	6:14	446 Werner Zehetner	Montreal	M 60-69
	47 0:31:14	6:15	371 Sandra Archibald	Oxford Mills	F 50-59
	48 0:31:23	6:17	460 Melissa De Haan	Ottawa	F 20-29
50	0:31:38	6:20	327 Chris Foran	Kemptville	M 30-39
	49 0:31:44	6:21	396 Gail Macdowall	Arnprior	F 50-59
	50 0:31:48	6:22	444 Cathy Chorniawy	Stittsville	F 50-59
	51 0:32:12	6:26	365 Judy Marsh	Orleans	F 50-59
	52 0:32:16	6:27	373 Jenny Brown	Ottawa	F 20-29
	53 0:32:38	6:32	335 Angela Milliken	Ottawa	F 50-59
	54 0:33:04	6:37	447 Judith Craig	Montreal	F 60+Over
	55 0:33:07	6:37	307 Elizabeth Novales	Ottawa	F 30-39
	56 0:33:15	6:39	306 Nancy Wawia Robb	Nepean	F 40-49
	57 0:33:21	6:40	429 Treena Grevatt	Ottawa	F 30-39
	58 0:33:23	6:41	323 Laurel Davidge	Woodlawn	F 50-59
	59 0:33:38	6:44	308 Ellen Murphy	Stittsville	F 60+Over
51	0:33:40	6:44	417 Dan Orr	Ottawa	M 70-79
52	0:33:50	6:46	319 Jammin Nagy	Ottawa	M 14+Under
	60 0:33:53	6:47	397 Candace Carson	Stittsville	F 30-39
	61 0:34:03	6:49	340 Caroline Delisle	Ottawa	F 40-49
	62 0:34:08	6:50	374 Sharon Chisholm	Ottawa	F 30-39
	63 0:34:13	6:51	369 Heidi Tucker-Putzlocher	Inverary	F 30-39
	64 0:34:15	6:51	413 Tara Turner	Ottawa	F 30-39
	65 0:34:16	6:51	414 Debbie Bloom	Ottawa	F 30-39
53	0:34:20	6:52	328 Bernard Saucier	Ottawa	M 70-79
	66 0:34:44	6:57	313 Bev Furniss	Ottawa	F 40-49
	67 0:34:46	6:57	314 Barbara Annas	Richmond	F 40-49
54	0:34:47	6:57	316 Peter Fischer	Carp	M 60-69
	68 0:35:06	7:01	304 Jennifer Caldbick	Orleans	F 50-59

55	0:35:07	7:01	416 Randall Armstrong	Richmond	M 50-59
	69 0:35:08	7:02	402 Madeleine Gravel	Ottawa	F 40-49
56	0:35:17	7:03	377 Dick Hanson	Ottawa	M 60-69
	70 0:35:20	7:04	438 Lynn Messenger	Stittsville	F 30-39
	71 0:35:28	7:06	322 Marie Norris	Manotick	F 40-49
	72 0:35:40	7:08	378 Susan McIntyre	Ottawa	F 50-59
	73 0:35:41	7:08	379 Eileen Sarkar	Ottawa	F 60+Over
	74 0:35:43	7:09	375 Sharon Chomyn	Ottawa	F 50-59
	75 0:35:54	7:11	348 Linda Kelly	Nepean	F 50-59
57	0:36:28	7:18	337 Doug Pritchard	Ottawa	M 40-49
	76 0:36:30	7:18	385 Ingrid Berljawsky	Ottawa	F 60+Over
	77 0:36:33	7:19	380 Susan Wall	Ottawa	F 50-59
	78 0:36:48	7:22	452 Mary Ellen Dempster	Ottawa	F 40-49
	79 0:37:20	7:28	401 Beverly Clarkson	Kanata	F 30-39
	80 0:37:22	7:28	407 Kristina Pistor	Richmond	F 30-39
	81 0:37:28	7:30	392 Laura Spencer	Ottawa	F 40-49
	82 0:38:49	7:46	303 Ann Lanthier	Ottawa	F 50-59
	83 0:39:12	7:50	411 Shelley Keating	Stittsville	F 40-49
58	0:39:34	7:55	349 Walter Kelly	Nepean	M 50-59
	84 0:39:36	7:55	368 Tina Ryan	Nepean	F 50-59
59	0:39:51	7:58	422 Alan Rushforth	Nepean	M 70-79
	85 0:40:32	8:06	352 Cathy Takahashi	Ottawa	F 50-59
	86 0:40:35	8:07	350 Bonnie Maclean	Carleton Place	F 40-49
	87 0:41:51	8:22	331 Sandra Binkley	Nepean	F 60+Over
	88 0:41:52	8:22	305 .karin Vogt	Ottawa	F 50-59
	89 0:43:05	8:37	500 Renee Crompton	Woodlawn	F 50-59
60	0:43:15	8:39	317 Dean Nagy	Ottawa	M 50-59
	90 0:43:16	8:39	318 Zsuzsa Nagy	Ottawa	F 40-49
	91 0:43:33	8:43	459 Janice Tughan	Kanata	F 50-59
	92 0:49:49	9:58	431 Susan Smith	Orleans	F 50-59
	93 0:49:50	9:58	420 Tracy Wrong	Orleans	F 40-49

94	0:51:02	10:12	358 Marjorie Hanson	Ottawa	F 60+Over
95	0:54:14	10:51	454 Sharon Kes	Ottawa	F 60+Over
96	0:54:19	10:52	470 Catherine Macra	Ottawa	F 50-59

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