

## Richmond Road Races 2012 - 5K Results List

Male	Female	Time	Pace	Bib	Name	City	Category	Posn
								1 of 15
1		0:17:57	3:35	27	Michael Blois	Ottawa	M 40-49	15
	1	0:18:07	3:37	451	Leah Larocque	Ottawa	F 20-29	10
								2 of 15
2		0:18:12	3:38	423	Harold Walker	Ottawa	M 40-49	15
								3 of 15
3		0:20:01	4:00	94	Marc Desjardins	Ottawa	M 40-49	15
	2	0:20:06	4:01	323	Erin O'Higgins	Nepean	F 15-19	1 of 3
4		0:20:08	4:02	419	Carlos Vervloet	Ottawa	M 15-19	1 of 5
5		0:20:34	4:07	399	Rick Swift	Brockville	M 60-69	1 of 5
6		0:20:47	4:09	92	Mark Denomme	Ottawa	M 15-19	2 of 5
	3	0:20:57	4:11	400	Alyson Symon	Perth	F 40-49	18
								4 of 18
7		0:21:23	4:17	402	John Tegano	Ottawa	M 40-49	15
								1 of 18
8		0:21:33	4:19	448	Ian Young	Ottawa	M 50-59	18
								5 of 15
9		0:21:38	4:20	339	Camille Poirier	Ottawa	M 40-49	15
	4	0:21:44	4:21	38	Kathy Bradley	Ottawa	F 30-39	22
								2 of 10
	5	0:21:48	4:22	221	Joanna Kurtz	Ottawa	F 20-29	10
10		0:22:40	4:32	233	Vincent Le	Ottawa	M 20-29	1 of 2
								6 of 15
11		0:23:04	4:37	123	Norman Field	North Gower	M 40-49	15
12		0:23:09	4:38	353	Greg Roberts	Manotick	M 15-19	3 of 5
								1 of 11
13		0:23:10	4:38	42	Darrell Bridge	Ottawa	M 30-39	11
								2 of 18
14		0:24:03	4:49	397	Roger Sutcliffe	Nepean	M 50-59	18

15	0:24:12	4:50	191	Terry Hodge	Brockville	M 40-49	7 of 15
16	0:24:17	4:51	184	Stephen Hendrie	Ottawa	M 50-59	3 of 18
17	0:24:23	4:53	382	David Sloan	Kanata	M 40-49	8 of 15
18	0:24:24	4:53	383	Glen Sloan	Gloucester	M 30-39	2 of 11
19	0:24:35	4:55	127	Thomas Fletcher	Ottawa	M 30-39	3 of 11
20	0:24:38	4:56	436	Hugh Wilson	Dorval	M 70-79	1 of 2
21	0:24:40	4:56	295	Mark Milliken	Ottawa	M 50-59	4 of 18
6	0:24:43	4:57	65	Cindy Chung	Ottawa	F 30-39	2 of 22
7	0:24:45	4:57	280	Sharon McMillan	Ottawa	F 50-59	1 of 40
22	0:24:48	4:58	89	Mike Day	Nepean	M 70-79	2 of 2
23	0:24:50	4:58	457	Geoffrey Prudhomme	Ottawa	M 50-59	5 of 18
8	0:25:06	5:01	429	Beth Weisskopf	Stittsville	F 14+Un	1 of 3
9	0:25:10	5:02	396	Heather Sutcliffe	Nepean	F 50-59	2 of 40
24	0:25:13	5:03	246	Andrew Machan	Perth	M 14+Un	1 of 4
25	0:25:16	5:03	405	Peter Temple	Richmond	M 30-39	11 of 6
26	0:25:20	5:04	393	Terry Stewart	Perth	M 50-59	18 of 3
10	0:25:54	5:11	334	Andrea Perch	Ottawa	F 20-29	10 of 5
27	0:25:55	5:11	340	Sander Post	Ottawa	M 30-39	11 of 5
28	0:26:09	5:14	461	Marco Ferreris	Ottawa	M 15-19	4 of 5
29	0:26:14	5:15	319	Jonathan Noynay	Ottawa	M 20-29	2 of 2
11	0:26:21	5:16	176	Shannon Harvey	Stittsville	F 15-19	2 of 3

	12	0:26:31	5:18	354	Theresa Roberts	Manotick	F 50-59	3 of 40
								7 of 18
30		0:26:35	5:19	313	Kevin Murphy	Ottawa	M 50-59	9 of 15
31		0:26:40	5:20	430	Mike Weisskopf	Stittsville	M 40-49	15
32		0:26:42	5:20	254	Jack Marineau	Ottawa	M 60-69	2 of 5
								4 of 40
	13	0:26:44	5:21	77	Monique Cordukes	Ottawa	F 50-59	8 of 40
33		0:26:48	5:22	234	Andrew Ledger	Ottawa	M 50-59	18
								5 of 40
	14	0:26:54	5:23	427	Jane Waterfall	Kanata	F 50-59	3 of 22
	15	0:26:55	5:23	455	Judith Apps	Ottawa	F 30-39	2 of 18
	16	0:27:03	5:25	315	Shelly Nesbitt	Kanata	F 40-49	6 of 11
34		0:27:04	5:25	4	Mauricio Alves	Gatineau	M 30-39	6 of 40
	17	0:27:09	5:26	255	Judy Marsh	Orleans	F 50-59	1 of 13
	18	0:27:13	5:27	432	Janet White	Ottawa	F 60-69	7 of 40
	19	0:27:17	5:27	49	Jan Cameron	Edwards	F 50-59	3 of 18
	20	0:27:20	5:28	155	Heather Gordon	Ottawa	F 40-49	8 of 40
	21	0:27:27	5:29	23	Beth Sanna	Nepean	F 50-59	9 of 40
	22	0:27:29	5:30	19	Linda Beehler	Ottawa	F 50-59	9 of 18
35		0:27:48	5:34	440	Malcolm Wood	Ottawa	M 50-59	7 of 11
36		0:27:54	5:35	308	Eric Morrison	Stittsville	M 30-39	11
	23	0:27:56	5:35	244	Olivia Macaskill	Kanata	F 14+Un	2 of 3
								4 of 10
	24	0:27:59	5:36	415	Lauren Van Leeuwen	Ottawa	F 20-29	10
	25	0:28:42	5:44	411	Shona Turnbull	Jasper	F 14+Un	3 of 3

				Amanda				5 of
	26	0:28:44	5:45	390	Stamplecoskie	Ottawa	F 20-29	10
								4 of
	27	0:28:48	5:46	16	Jennifer Balcom	Ottawa	F 30-39	22
37		0:29:01	5:48	356	Jean-Charles Rochon	Gatineau	M 40-49	15
								10 of
	28	0:29:02	5:48	281	Anne McNamara	Ottawa	F 40-49	18
								4 of
38		0:29:04	5:49	51	Guy Campeau	Kanata	M 40-49	15
								11 of
39		0:29:06	5:49	433	Vernon White	Ottawa	M 50-59	18
								10 of
	29	0:29:08	5:50	189	Alison Hill	Ottawa	F 40-49	18
								5 of
40		0:29:21	5:52	282	Kp McNamara	Ottawa	M 50-59	18
								11 of
	30	0:29:39	5:56	290	Maria Menard	Nepean	F 50-59	40
								10 of
41		0:29:40	5:56	174	Robert Harris	Nepean	M 50-59	18
								12 of
	31	0:29:50	5:58	374	Michele Sherren	Nepean	F 40-49	18
								6 of
42		0:29:55	5:59	201	Abdi Ismail	Ottawa	M 15-19	5 of 5
43		0:29:56	5:59	302	Claude Moise	Ottawa	M 60-69	3 of 5
								5 of
	32	0:30:15	6:03	307	Denise Morrison	Stittsville	F 30-39	22
								11 of
	33	0:30:20	6:04	9	Sandy Archibald	Ottawa	F 50-59	40
								7 of
	34	0:30:24	6:05	115	Karen Elliott	Arnprior	F 40-49	18
								12 of
	35	0:30:27	6:05	431	Noreen Welsh	Ottawa	F 50-59	40
								6 of
	36	0:30:29	6:06	360	Danielle Roswell	Ottawa	F 30-39	22
								7 of
	37	0:30:31	6:06	143	Rena Fulton	Nepean	F 30-39	22
								8 of
44		0:30:36	6:07	134	Samer Forzley	Nepean	M 30-39	11
								8 of
	38	0:30:38	6:08	25	Sandra Biegler	Richmond	F 30-39	22

	39	0:30:39	6:08	337	Colleen Piercey	Richmond	F 30-39	9 of 22
45		0:30:43	6:09	109	Ryan Dyson	Ottawa	M 30-39	9 of 11
	40	0:30:54	6:11	235	Maureen Lewis	Perth	F 50-59	13 of 40
	41	0:30:58	6:12	43	Kimberley Brigden	Nepean	F 50-59	14 of 40
	42	0:30:59	6:12	338	Vicki Plant	Ottawa	F 50-59	15 of 40
	43	0:31:04	6:13	91	Josee Deleseleuc	Orleans	F 20-29	6 of 10
	44	0:31:16	6:15	404	Katie Temple	Richmon	F 30-39	10 of 22
	45	0:31:18	6:16	62	Cathy Chorniawy	Stittsville	F 50-59	16 of 40
46		0:31:20	6:16	136	Charlie Foy	Nepean	M 30-39	10 of 11
	46	0:31:22	6:16	168	Robin Hall	Pakenham	F 40-49	8 of 18
	47	0:31:39	6:20	294	Angela Milliken	Ottawa	F 50-59	17 of 40
	48	0:31:41	6:20	395	Lynn Sunderland	Richmond	F 50-59	18 of 40
	49	0:31:44	6:21	291	Candice Meredith	Carleton Place	F 40-49	9 of 18
	50	0:31:45	6:21	278	Lea McKay	Kanata	F 30-39	11 of 22
47		0:31:57	6:23	194	Jacques Hooker	Manotick	M 50-59	13 of 18
	51	0:31:59	6:24	314	Lisa Nesbitt	Manotick	F 40-49	10 of 18
	52	0:32:09	6:26	52	Valerie Carignan	Ottawa	F 20-29	7 of 10
	53	0:32:13	6:27	67	Christina Clarke	Stittsville	F 30-39	12 of 22
48		0:32:16	6:27	179	Jeff Hawn	Kanata	M 40-49	12 of 15
49		0:32:19	6:28	21	Marc Bellefeuille	Orleans	M 40-49	13 of 15
	54	0:32:23	6:29	20	Kristine Bell	Ottawa	F 40-49	11 of 18

50	0:32:24	6:29	388	Brent Smyth	Orleans	M 40-49	14 of 15
51	0:32:29	6:30	47	Roger Burrows	Ottawa	M 60-69	4 of 5
	55 0:32:34	6:31	348	Belinda Reed	Kemptville	F 50-59	19 of 40
	56 0:32:37	6:31	273	Deborah McGeachy	Stittsville	F 40-49	12 of 18
52	0:32:38	6:32	104	Luc Dugas	Ottawa	M 50-59	14 of 18
	57 0:32:44	6:33	401	Cathy Takahashi	Ottawa	F 50-59	20 of 40
	58 0:33:09	6:38	144	Joanne Gage	Ottawa	F 50-59	21 of 40
	59 0:33:32	6:42	284	Mary McNeely	Spencerville	F 60-69	2 of 13
	60 0:33:33	6:43	170	Heather Hamann	Stittsville	F 50-59	22 of 40
53	0:33:35	6:43	169	Fern Hamann	Stittsville	M 50-59	15 of 18
	61 0:33:50	6:46	444	Sharon Wright	Ottawa	F 60-69	3 of 13
	62 0:33:55	6:47	215	Jennifer Kennedy	Ottawa	F 30-39	13 of 22
	63 0:34:18	6:52	72	Gisele Collard	Ottawa	F 60-69	4 of 13
	64 0:34:25	6:53	113	Karen Elcome	Ottawa	F 20-29	8 of 10
	65 0:34:31	6:54	265	Marlene McAfee	Ottawa	F 50-59	23 of 40
	66 0:34:36	6:55	14	Janice Bailey	Ottawa	F 50-59	24 of 40
	67 0:34:55	6:59	459	Reta Hamilton	Munster	F 60-69	5 of 13
	68 0:35:03	7:01	61	Sharon Chisholm	Ottawa	F 40-49	13 of 18
	69 0:35:05	7:01	277	Susan McIntrye	Ottawa	F 50-59	25 of 40
	70 0:35:13	7:03	303	Claudette Moise	Ottawa	F 40-49	14 of 18
	71 0:35:24	7:05	64	Catherine Christie-Luff	Ottawa	F 30-39	14 of 22

54	0:35:25	7:05	239	James Luff	Ottawa	M 40-49	15 of 15
	72 0:35:34	7:07	297	Nada Milosevic	Ottawa	F 50-59	26 of 40
55	0:35:36	7:07	296	Dragan Milosevic	Ottawa	M 50-59	16 of 18
	73 0:35:37	7:07	206	Randi Jewer	Ottawa	F 40-49	15 of 18
	74 0:35:44	7:09	318	Pamela Norris	Stittsville	F 60-69	6 of 13
	75 0:36:13	7:15	403	Lalitha Tella	Ottawa	F 30-39	15 of 22
	76 0:36:22	7:16	312	E Roselyn Murphy	Nepean	F 60-69	7 of 13
	77 0:36:27	7:17	7	Barbara Annas	Richmond	F 50-59	27 of 40
	78 0:36:36	7:19	357	Angela Romany	Ottawa	F 60-69	8 of 13
	79 0:36:57	7:23	424	Susan Wall	Ottawa	F 50-59	28 of 40
	80 0:37:30	7:30	245	Anne Macdonald	Ottawa	F 50-59	29 of 40
	81 0:37:33	7:31	98	Sarah Dimitriu	Kanata	F 30-39	16 of 22
	82 0:38:20	7:40	26	Brigitte Birk	Ottawa	F 30-39	17 of 22
	83 0:38:27	7:41	269	Pamela McDermott	Huntsville	F 60-69	9 of 13
56	0:38:32	7:42	58	Mark Chapman	Huntsville	M 60-69	5 of 5
	84 0:38:34	7:43	352	Karen Riehl	Aylmer	F 30-39	18 of 22
57	0:38:44	7:45	187	Wayne Henry	Nepean	M 50-59	17 of 18
	85 0:38:46	7:45	261	Jan Mattingly	Kanata	F 50-59	30 of 40
58	0:38:47	7:45	426	Mike Ward	Kanata	M 50-59	18 of 18
	86 0:38:49	7:46	192	Anne Hodgson Jocelyn	Maitland	F 60-69	10 of 13
	87 0:38:54	7:47	417	Vanwynsberghe	Ottawa	F 20-29	9 of 10

	88	0:38:55	7:47	225	Gundel Lake	Ottawa	F 30-39	19 of 22
	89	0:38:56	7:47	279	Nancy McMahon	Ottaw	F 50-59	31 of 40
	90	0:39:17	7:51	39	Jennifer Branson	Ottawa	F 30-39	20 of 22
	91	0:39:18	7:52	196	Suzanne Hotson	Ottawa	F 50-59	32 of 40
	92	0:39:39	7:56	408	Janice Tughan	Kanata	F 60-69	11 of 13
	93	0:39:40	7:56	392	Francoise Stewart	Stittsville	F 50-59	33 of 40
	94	0:39:57	7:59	5	Susan Andre	Stittsville	F 50-59	34 of 40
	95	0:41:17	8:15	59	Megan Chapman	Huntsville Drummondvill	F 20-29	10 of 10
	96	0:41:18	8:16	107	Karine Dussault	e	F 15-19	3 of 3 16 of
	97	0:41:18	8:16	132	Pamela Ford	Kanata	F 40-49	18
	98	0:41:43	8:21	324	Glenda O'Rourke	Fitzroy Harbour	F 50-59	35 of 40
	99	0:42:49	8:34	74	Claire Collis	Stittsville	F 70+Ov	1 of 2
	100	0:43:31	8:42	437	Roseanne Wilson	Nepean	F 70+Ov	2 of 2 21 of
	101	0:43:33	8:43	126	Jennifer Flemke	Stittsville	F 30-39	22 36 of
	102	0:45:55	9:11	425	Kathy Ward	Kanata	F 50-59	40
	103	0:45:58	9:12	186	Nancy Henry	Nepean	F 50-59	37 of 40
59		0:46:10	9:14	347	Kathleen Ramsay	Gatineau	M 30-39	11 of 11
	104	0:46:22	9:16	299	Sarah Mitchell	Gatineau	F 30-39	22 of 22
	105	0:46:36	9:19	198	Shannon Howatt	Nepean	F 40-49	17 of 18
	106	0:47:03	9:25	414	Avril Van Aert	Ashton	F 50-59	38 of 40
	107	0:47:05	9:25	131	Sandra Forbes	Ottawa	F 50-59	39 of 40

	108	0:48:09	9:38	458	Colleen Kilty	Kanata	F 60-69	12 of 13
	109	0:48:11	9:38	44	Susan Brimmell	Kanata	F 60-69	13 of 13
60		0:50:34	10:07	145	Jack Galbraith	Ottawa	M 80+Ov	1 of 1
	110	0:54:29	10:54	398	Linda Swaffield	Nepean	F 50-59	40 of 40
	111	0:54:35	10:55	420	Denise Vierich	Kanata	F 40-49	18 of 18