

Jim Howe Memorial Cross Country 2011 - 11K Results List

Male	Female	Time	Pace	Bib	Name	Category	Posn
1		0:37:50	3:26	482	Karl Saidla	M 30-39	1 of 10
2		0:39:29	3:35	202	Peter Beisel	M 20-29	1 of 11
3		0:40:58	3:43	455	Matthias Purdon	M 20-29	2 of 11
4		0:41:19	3:45	429	Patrick Mackenzie	M 40-49	1 of 9
5		0:41:22	3:46	496	Charles Carter	M 30-39	2 of 10
6		0:41:23	3:46	391	Nicholas Clifford	M 20-29	3 of 11
7		0:42:50	3:54	442	Nansen Murray	M 20-29	4 of 11
8		0:42:52	3:54	430	Chris Mamen	M 20-29	5 of 11
9		0:43:20	3:56	493	Alex Bota	M 20-29	6 of 11
10		0:43:56	4:00	407	Lee Hawkins	M 20-29	7 of 11
11		0:43:58	4:00	462	Jean-Pierre Thibault	M 30-39	3 of 10
12		0:44:18	4:02	452	Kyle Power	M 20-29	8 of 11
13		0:45:09	4:06	511	Rick Lage	M 50-59	1 of 8
14		0:45:12	4:07	397	Phil Everson	M 01-19	1 of 2
15		0:45:24	4:08	450	Logan Potter	M 20-29	9 of 11
	1	0:46:05	4:11	413	Heather Hillsburg	F 20-29	1 of 12
16		0:46:49	4:15	401	Benoit Gagnon	M 30-39	4 of 10
17		0:46:50	4:15	416	Brad Jones	M 50-59	2 of 8
	2	0:47:02	4:17	491	Stephanie Bennet	F 20-29	2 of 12
18		0:47:37	4:20	447	Steven Paradine	M 40-49	2 of 9
	3	0:47:41	4:20	457	Liza Rozina	F 20-29	3 of 12
19		0:48:06	4:22	490	Kiernan Jones	M 20-29	10 of 11
20		0:48:09	4:23	411	David Hetherington	M 60-69	1 of 3
	4	0:48:11	4:23	417	Holly Jones	F 01-19	1 of 5
21		0:48:21	4:24	399	Jason Fitzgerald	M 30-39	5 of 10
22		0:49:24	4:29	499	Ben Basu	M 40-49	3 of 9
23		0:49:52	4:32	427	Guy Levert	M 40-49	4 of 9
	5	0:50:33	4:36	441	Kendra Murray	F 01-19	2 of 5
24		0:50:37	4:36	44	Rob Allen	M 40-49	5 of 9
	6	0:51:22	4:40	419	Carley Kenwell	F 20-29	4 of 12
	7	0:51:28	4:41	453	Josee Price	F 30-39	1 of 3

25		0:51:32	4:41	512	Jake Maarse	M 50-59	3 of 8
26		0:52:45	4:48	466	Brad Vaughan	M 30-39	6 of 10
	8	0:52:58	4:49	500	Amanda Watson	F 20-29	5 of 12
27		0:53:01	4:49	424	Terry Lauzon	M 40-49	6 of 9
	9	0:53:08	4:50	415	Heather Ireland	F 50-59	1 of 3
28		0:53:24	4:51	398	Devan Fair	M 01-19	2 of 2
29		0:53:41	4:53	461	Csaba Tarro	M 30-39	7 of 10
30		0:54:38	4:58	378	Richard Bowes	M 60-69	2 of 3
31		0:54:39	4:58	443	Andrew Ng	M 30-39	8 of 10
	10	0:54:43	4:58	446	Elizabeth Nurse	F 40-49	1 of 3
	11	0:55:13	5:01	460	Jennifer Suggars	F 40-49	2 of 3
	12	0:55:42	5:04	408	Louise Hamelin	F 50-59	2 of 3
32		0:56:12	5:07	502	Terry Quenneville	M 50-59	4 of 8
33		0:57:24	5:13	458	Michel Saint-Denis	M 50-59	5 of 8
34		0:58:23	5:18	514	James McCurdy	M 40-49	7 of 9
35		0:58:47	5:21	476	Ben Prince	M 30-39	9 of 10
	13	0:59:41	5:26	114	Emma Badgery	F 01-19	3 of 5
	14	1:01:02	5:33	377	Dominique Blain	F 50-59	3 of 3
36		1:01:47	5:37	475	John Tinholt	M 40-49	8 of 9
	15	1:03:23	5:46	451	Amelia Potvin	F 20-29	6 of 12
37		1:03:25	5:46	287	Ryan Black	M 20-29	11 of 11
38		1:03:30	5:46	422	Michel Laflamme	M 40-49	9 of 9
39		1:03:36	5:47	435	Bob McCulloch	M 50-59	6 of 8
	16	1:04:49	5:54	396	Suzanne Ernst	F 30-39	2 of 3
40		1:05:06	5:55	386	Brian Casey	M 50-59	7 of 8
	17	1:06:28	6:03	412	Halia Hillsburg	F 20-29	7 of 12
41		1:06:51	6:05	402	Hugh Gale	M 50-59	8 of 8
42		1:07:45	6:10	414	Bill Horne	M 60-69	3 of 3
43		1:09:56	6:21	498	Carl Brida	M 30-39	10 of 10
	18	1:11:05	6:28	420	Emily Kipp	F 20-29	8 of 12
	19	1:11:08	6:28	516	Nadia Bing	F 30-39	3 of 3
	20	1:11:10	6:28	380	Montana Brisbin	F 20-29	9 of 12
	21	1:11:12	6:28	433	Hayley Masterson	F 20-29	10 of 12
	22	1:15:30	6:52	470	Corinna Wong	F 60-69	1 of 1

23	1:18:25	7:08	393	Bridget Curran	F 20-29	11 of 12
24	1:18:35	7:09	394	Zara Dieters-Castator	F 20-29	12 of 12
25	1:19:41	7:15	388	Angele Charron	F 40-49	3 of 3
26	1:20:47	7:21	486	Kennedy Mackeen	F 01-19	4 of 5
27	1:20:48	7:21	485	Meritt Mackeen	F 01-19	5 of 5