

Results List

16-Jan-11

Richmond Winter Road Races - 10K Run

M	F	Time	Pace	Bib	Name	City	Category	Posn
1		0:40:04	4:00	321	Alexandre Michel	Ottawa	M 30-39	1 of 25
2		0:40:20	4:02	50	Phil Brunet	Ottawa	M 30-39	2 of 25
3		0:40:31	4:03	314	Pat McNeely	Merrickville	M 30-39	3 of 25
4		0:41:03	4:06	488	Jonathan Woodman	Nepean	M 20-29	1 of 6
5		0:41:06	4:07	353	Brian O'Higgins	Nepean	M 50-59	1 of 34
6		0:41:15	4:07	478	Gary Wilkes	Kanata	M 40-49	1 of 46
7		0:41:17	4:08	91	Dan Contant	Cornwall	M 40-49	2 of 46
8		0:41:31	4:09	338	Olivier Mouyau	Ottawa	M 30-39	4 of 25
9		0:41:39	4:10	452	Corey Turnbull	Jasper	M 30-39	5 of 25
	1	0:41:48	4:11	32	Jenn Bon	Smiths Falls	F 30-39	1 of 32
10		0:41:50	4:11	356	Ben Ouellette	Ottawa	M 30-39	6 of 25
11		0:41:51	4:11	31	Michael Blois	Ottawa	M 30-39	7 of 25
12		0:41:53	4:11	41	Sean Boushel	Gatineau	M 40-49	3 of 46
13		0:42:01	4:12	125	Dan Dominic	Canton	M 40-49	4 of 46
14		0:42:06	4:13	76	Sean Clancy	Ottawa	M 50-59	2 of 34
15		0:42:08	4:13	454	Paul Turner	Ottawa	M 50-59	3 of 34
16		0:42:12	4:13	178	Gary Guymer	Ottawa	M 40-49	5 of 46
17		0:42:16	4:14	392	Duke Of Richmond	Portland	M 40-49	6 of 46
18		0:42:23	4:14	398	Graham Ross	Merrickville	M 40-49	7 of 46
19		0:42:29	4:15	485	Dale Witty	Cornwall	M 30-39	8 of 25
20		0:42:54	4:17	285	Eric Maniloff	Stittsville	M 40-49	8 of 46
21		0:42:58	4:18	198	Shawn Heij	Ottawa	M 30-39	9 of 25
22		0:43:02	4:18	259	Terry Lauzon	Cornwall	M 40-49	9 of 46
	2	0:43:04	4:18	62	Sherry Carson	Ottawa	F 50-59	1 of 30
23		0:43:12	4:19	37	Richard Borsos	Ottawa	M 50-59	4 of 34
24		0:43:14	4:19	507	Greg Lamb		M 50-59	5 of 34
	3	0:43:15	4:20	4	Judy Andrew-Piel		F 40-49	1 of 42
25		0:43:20	4:20	420	Duaine Simms	Ottawa	M 40-49	10 of
	4	0:43:22	4:20	215	Trudi Jackson	Ottawa	F 30-39	2 of 32
26		0:44:06	4:25	48	Chris Bright	Ottawa	M 40-49	11 of

Results List

16-Jan-11

Richmond Winter Road Races - 10K Run

M	F	Time	Pace	Bib	Name	City	Category	Posn
	5	0:44:09	4:25	103	Lyzanne Cuddihy	Shawville	F 20-29	1 of 12
27		0:44:12	4:25	494	Dave Yaeger	Ottawa	M 50-59	6 of 34
28		0:44:18	4:26	217	Chris Jermyn	Ottawa	M 70-79	1 of 2
29		0:44:26	4:27	385	Ian Rae	Pakenham	M 30-39	10 of
30		0:44:27	4:27	423	Joseph Smith	Ottawa	M 40-49	12 of
31		0:44:31	4:27	359	Dave Palmer	Kanata	M 50-59	7 of 34
	6	0:44:33	4:27	164	Stephanie Gordon	Ottawa	F 30-39	3 of 32
32		0:44:56	4:30	114	Barry Degan	Fitzroy Harbour	M 20-29	2 of 6
33		0:44:58	4:30	163	Gilles Gobeil	Gatineau	M 30-39	11 of
34		0:45:05	4:31	25	Pascal Bessette	Ottawa	M 30-39	12 of
35		0:45:07	4:31	44	Aaron Braumberger	Stittsville	M 30-39	13 of
36		0:45:19	4:32	273	Jonathan Macaskill	Kanata	M	1 of 1
	7	0:45:28	4:33	275	Kimberly Macaskill	Kanata	F 40-49	2 of 42
	8	0:45:29	4:33	61	Dawn Carruthers	Ottawa	F 20-29	2 of 12
	9	0:45:30	4:33	184	Robyn Hardage	Ottawa	F 20-29	3 of 12
37		0:45:39	4:34	241	Arthur King	Ottawa	M 50-59	8 of 34
	10	0:45:41	4:34	279	Emily Maclean	Ottawa	F 20-29	4 of 12
38		0:45:42	4:34	64	Jim Carter	Ottawa	M 50-59	9 of 34
	11	0:45:43	4:34	165	Laurie Gorman	Ottawa	F 30-39	4 of 32
	12	0:45:45	4:34	216	Brigitte Jackstien	Ottawa	F 30-39	5 of 32
39		0:45:46	4:35	140	Peter Foley	Ottawa	M 40-49	13 of
40		0:45:56	4:36	334	S Moran	Gatineau	M 40-49	14 of
	13	0:46:14	4:37	180	Karras Hagglund	Ottawa	F 20-29	5 of 12
41		0:46:16	4:38	257	Peter Laughton	Ottawa	M 40-49	15 of
	14	0:46:20	4:38	482	Laura Wilson	Manotick	F 20-29	6 of 12
	15	0:46:34	4:39	300	Katie McClean	Stittsville	F 20-29	7 of 12
42		0:46:36	4:40	51	Mark Burleton	Alexandria	M 50-59	10 of
43		0:46:42	4:40	22	A.j. Bemrose	Kanata	M 30-39	14 of
44		0:46:44	4:40	443	Sean Theriault	Kanata	M 30-39	15 of
45		0:46:49	4:41	124	Kel Doig	Ottawa	M 40-49	16 of

Results List

16-Jan-11

Richmond Winter Road Races - 10K Run

M	F	Time	Pace	Bib	Name	City	Category	Posn
46		0:46:55	4:41	291	Paul Masson	Ottawa	M 40-49	17 of
47		0:46:57	4:42	127	Greg Dow	Kanata	M 50-59	11 of
48		0:47:03	4:42	490	Hugh Wright	Kanata	M 40-49	18 of
49		0:47:06	4:43	460	Mario Villemaire	Ottawa	M 50-59	12 of
50		0:47:11	4:43	177	Scott Guyan	Smiths Falls	M 30-39	16 of
51		0:47:28	4:45	42	Richard Bowes	Kanata	M 50-59	13 of
52		0:47:32	4:45	301	Mike McCluskie	Ottawa	M 40-49	19 of
53		0:47:39	4:46	357	Patrick Owens	Nepean	M 40-49	20 of
54		0:47:46	4:47	495	Rene Yaraskavitch	Ottawa	M 50-59	14 of
	16	0:47:59	4:48	295	Jan Mattingly	Kanata	F 50-59	2 of 30
	17	0:48:00	4:48	85	Julia Coe	Nepean	F 50-59	3 of 30
55		0:48:02	4:48	312	Tim McMichael	Kingston	M 40-49	21 of
56		0:48:06	4:49	366	Brent Pellett	Perth	M 30-39	17 of
57		0:48:08	4:49	281	Guy Macleod	Stittsville	M 50-59	15 of
58		0:48:17	4:50	129	Sylvain Dumas	Gatineau	M 50-59	16 of
59		0:48:23	4:50	95	Bob Cordukes	Ottawa	M 50-59	17 of
60		0:48:25	4:51	386	Leighton Rae	Inkerman	M 30-39	18 of
61		0:48:26	4:51	381	Charles Pryce	Ottawa	M 50-59	18 of
62		0:48:27	4:51	326	Gérard Miner	Ottawa	M 60-69	1 of 20
63		0:48:29	4:51	417	Tracy Shouldice	Carp	M 40-49	22 of
	18	0:48:37	4:52	212	Lisa-Marie Inman	Ottawa	F 30-39	6 of 32
64		0:49:00	4:54	253	Patrick Lalonde	Kanata	M 15-19	1 of 3
65		0:49:08	4:55	207	Terry Hodge	Brockville	M 40-49	23 of
66		0:49:15	4:56	502	Dan Ziniuk		M 50-59	19 of
	19	0:49:17	4:56	43	Ann Marie Brady	Ottawa	F 50-59	4 of 30
	20	0:49:32	4:57	182	Louise Hamelin	Orleans	F 50-59	5 of 30
67		0:49:33	4:57	378	Michael Pratt	Kingston	M 40-49	24 of
68		0:49:36	4:58	81	Andre Clement	Gatineau	M 50-59	20 of
69		0:49:38	4:58	479	Joel Willison	Gloucester	M 20-29	3 of 6
	21	0:49:40	4:58	348	Susan Nevitt-Yelle	Ottawa	F 40-49	3 of 42

Results List

16-Jan-11

Richmond Winter Road Races - 10K Run

M	F	Time	Pace	Bib	Name	City	Category	Posn
	22	0:49:42	4:58	364	Michelle Payne	Gatineau	F 40-49	4 of 42
70		0:49:43	4:58	411	Tim Schrader	Richmond	M 30-39	19 of
71		0:49:53	4:59	347	Mark Nesbitt	Kanata	M 40-49	25 of
72		0:49:54	4:59	162	David Gladwin	Kanata	M 40-49	26 of
73		0:49:57	5:00	123	Michael Dixon	Ottawa	M 60-69	2 of 20
74		0:50:05	5:01	135	Greg Earl	Smiths Falls	M 40-49	27 of
	23	0:50:10	5:01	289	Tracey Martin	Stittsville	F 40-49	5 of 42
75		0:50:20	5:02	467	Ron Walker	Ottawa	M 50-59	21 of
	24	0:50:49	5:05	45	Jodi Brennan	Merrickville	F 40-49	6 of 42
	25	0:51:00	5:06	186	Roxanne Harrington	Kemptville	F 40-49	7 of 42
76		0:51:09	5:07	299	Brian McClean	Stittsville	M 60-69	3 of 20
	26	0:51:11	5:07	315	Laure Meaney-Tobin	Ottawa	F 40-49	8 of 42
77		0:51:13	5:07	146	Reg Francoeur	Edwards	M 60-69	4 of 20
	27	0:51:19	5:08	183	Sabrina Hamilton	Kanata	F 40-49	9 of 42
78		0:51:21	5:08	418	Shutler Andrew Shutler	North Gower	M 30-39	20 of
79		0:51:23	5:08	169	Ian Govan	Ottawa	M 60-69	5 of 20
80		0:51:27	5:09	290	Nicholas Marum	Ottawa	M 20-29	4 of 6
81		0:51:32	5:09	360	Cameron Passmore	Nepean	M 40-49	28 of
	28	0:51:36	5:10	69	Susan Charles	Richmond	F 40-49	10 of
82		0:51:43	5:10	407	Patrick-André Savard	Gatineau	M 20-29	5 of 6
83		0:51:44	5:10	250	Wendell Lafave	Williamstown	M 60-69	6 of 20
84		0:51:57	5:12	430	Jason Stanley	Ottawa	M 40-49	29 of
85		0:52:02	5:12	102	Robert Criger	Ottawa	M 50-59	22 of
	29	0:52:04	5:12	247	Ingrid Koenig	Ottawa	F 40-49	11 of
86		0:52:08	5:13	192	Warren Harvey	Nepean	M 40-49	30 of
	30	0:52:11	5:13	167	Kia Gouette	Ottawa	F 40-49	12 of
87		0:52:17	5:14	475	Andrew Weston	Ottawa	M 40-49	31 of
	31	0:52:19	5:14	90	April Constantineau	Richmond	F 30-39	7 of 32
	32	0:52:28	5:15	456	Meghan Verheyen	Ottawa	F 20-29	8 of 12
88		0:52:32	5:15	2	Keith Aguinaga	Kanata	M 30-39	21 of

Results List

16-Jan-11

Richmond Winter Road Races - 10K Run

M	F	Time	Pace	Bib	Name	City	Category	Posn
89		0:52:45	5:17	221	James Johnston	Nepean	M 60-69	7 of 20
90		0:52:48	5:17	307	Doug McGinn		M 60-69	8 of 20
91		0:52:58	5:18	220	Paul Johnson	Ottawa	M 15-19	2 of 3
	33	0:53:00	5:18	298	Christine Mayer	Ottawa	F 40-49	13 of
	34	0:53:01	5:18	283	Kathy Magnusson	Stittsville	F 50-59	6 of 30
92		0:53:09	5:19	88	Keith Colwell	North Gower	M 30-39	22 of
93		0:53:16	5:20	427	Allan Smith	Munster	M 50-59	23 of
	35	0:53:26	5:21	53	Karen Burns	Ottawa	F 40-49	14 of
94		0:53:29	5:21	477	Brian White	Ottawa	M 60-69	9 of 20
	36	0:53:36	5:22	444	Phillipa Thompson	Oxford Mills	F 40-49	15 of
95		0:53:37	5:22	390	Ralph Richardson	Stittsville	M 40-49	32 of
96		0:53:40	5:22	274	Kenneth Macaskill	Kanata	M 40-49	33 of
	37	0:53:41	5:22	276	Catherine Macaskill	Kanata	F	1 of 1
	38	0:53:47	5:23	116	Olivia Densham	Avonmore	F 15-19	1 of 1
	39	0:53:52	5:23	363	Lise Patterson	Ottawa	F 50-59	7 of 30
97		0:53:58	5:24	391	Dale Richardson	Kemptville	M 50-59	24 of
98		0:54:01	5:24	197	Tosh Hayashi	Perth	M 60-69	10 of
99		0:54:02	5:24	455	Paul Van Geel	Manotick	M 40-49	34 of
100		0:54:11	5:25	179	Jonathan Hache	Ottawa	M 40-49	35 of
	40	0:54:23	5:26	228	Theresa Kavanagh	Ottawa	F 50-59	8 of 30
101		0:54:27	5:27	331	Brendan Montone	Ottawa	M 15-19	3 of 3
102		0:54:28	5:27	322	Scott Miller	Stittsville	M 40-49	36 of
103		0:54:32	5:27	487	Malcolm Wood	Kanata	M 50-59	25 of
104		0:54:42	5:28	245	Wayne Knee	Osgoode	M 20-29	6 of 6
105		0:54:44	5:28	448	Dan Todd	Richmond	M 40-49	37 of
	41	0:55:04	5:30	403	Claire Samson	Ottawa	F 50-59	9 of 30
	42	0:55:09	5:31	416	Patty Sheahan	Orleans	F 50-59	10 of
106		0:55:12	5:31	147	Tom Froggatt	Ottawa	M 40-49	38 of
107		0:55:13	5:31	148	Christopher Froggatt	Perth	M 40-49	39 of
	43	0:55:16	5:32	486	Lauren Wood	Munster	F 20-29	9 of 12

Results List

16-Jan-11

Richmond Winter Road Races - 10K Run

M	F	Time	Pace	Bib	Name	City	Category	Posn
	44	0:55:18	5:32	499	Tanya Yuill	Rr#1 Almonte	F 40-49	16 of
108		0:55:30	5:33	369	Luc Perrier	Gatineau	M 60-69	11 of
	45	0:55:33	5:33	397	Jenn Ross	Merrickville	F 40-49	17 of
	46	0:55:47	5:35	40	Yvette Boudreau	Richmond	F 30-39	8 of 32
	47	0:55:48	5:35	8	Jetje Antonietti	Ottawa	F 50-59	11 of
	48	0:55:50	5:35	68	Lorraine Chapman	Stittsville	F 40-49	18 of
109		0:55:55	5:36	160	Robert Gibb	Ottawa	M 60-69	12 of
110		0:55:59	5:36	39	Joseph Boucher	Greely	M 50-59	26 of
	49	0:56:00	5:36	145	Penny Foxwell	Merrickville	F 50-59	12 of
	50	0:56:10	5:37	191	Kim Harvey	Nepean	F 40-49	19 of
	51	0:56:13	5:37	224	Dawn Juneau	Orleans	F 40-49	20 of
111		0:56:24	5:38	93	John Cooke	Nepean	M 50-59	27 of
	52	0:56:41	5:40	119	Amelia Deslauriers	Dunrobin	F 20-29	10 of
112		0:56:49	5:41	262	Andrew Ledger	Ottawa	M 50-59	28 of
	53	0:56:52	5:41	144	Julie Fossitt	Kingston	F 30-39	9 of 32
113		0:56:58	5:42	319	Garry Mellan	Smiths Falls	M 40-49	40 of
114		0:57:00	5:42	56	Hans Buser	Carp	M 60-69	13 of
115		0:57:03	5:42	451	Philip Tughan	Kanata	M 60-69	14 of
116		0:57:04	5:42	104	Alex Cullen	Ottawa	M 50-59	29 of
	54	0:57:07	5:43	270	Janice Loverock	Munster	F 60-69	1 of 6
	55	0:57:09	5:43	271	Kelly Lyle	Stittsville	F 40-49	21 of
	56	0:57:11	5:43	27	Heather Bigelow	Ottawa	F 40-49	22 of
	57	0:57:13	5:43	16	Sharon Barr	Stittsville	F 40-49	23 of
117		0:57:14	5:43	317	John Meikle	Ottawa	M 40-49	41 of
	58	0:57:18	5:44	264	Tammy Leriche	Ottawa	F 30-39	10 of
	59	0:57:20	5:44	168	Julie Gourlay	Ottawa	F 30-39	11 of
	60	0:57:29	5:45	237	Dawn Kiddell	Lancaster	F 40-49	24 of
	61	0:57:41	5:46	82	Melanie Cloutier	Ottawa	F 30-39	12 of
	62	0:57:42	5:46	176	Wendy Gutzman	Ottawa	F 30-39	13 of
	63	0:57:46	5:47	205	Alison Hill	Nepean	F 40-49	25 of

Results List

16-Jan-11

Richmond Winter Road Races - 10K Run

M	F	Time	Pace	Bib	Name	City	Category	Posn
118		0:57:49	5:47	12	Doug Arnold	Richmond	M 60-69	15 of
	64	0:57:50	5:47	9	Judith Apps	Kanata	F 30-39	14 of
	65	0:57:51	5:47	156	Anne-Lise Gauthier	Kanata	F 40-49	26 of
119		0:57:53	5:47	395	Andrew Rose	Orleans	M 40-49	42 of
	66	0:58:19	5:50	97	Ann Cowan	Carp	F 30-39	15 of
	67	0:58:20	5:50	243	Amelia Kitley	Carp	F 30-39	16 of
	68	0:58:22	5:50	29	Andrea Bird	Almonte	F 30-39	17 of
120		0:58:23	5:50	15	Gary Banks	Stittsville	M 50-59	30 of
	69	0:58:26	5:51	151	Anne Gallant	Perth	F 40-49	27 of
	70	0:58:28	5:51	440	Heidi Taber	Maberly	F 30-39	18 of
	71	0:58:29	5:51	355	Susan Ostergaard	Ottawa	F 50-59	13 of
	72	1:00:19	6:02	361	Lyse Patenaude	Ottawa	F 50-59	14 of
121		1:00:21	6:02	256	Ramon Lashley	Ottawa	M 50-59	31 of
	73	1:00:25	6:02	341	Claudia Munk	Stittsville	F 40-49	28 of
	74	1:00:33	6:03	30	Anne Blimkie	Arnprior	F 50-59	15 of
	75	1:00:44	6:04	464	Karen Von Jagow	Stittsville	F 40-49	29 of
	76	1:00:47	6:05	447	Brenda Tirrell	Stittsville	F 50-59	16 of
	77	1:00:48	6:05	431	Marsha Stapleton	Ottawa	F 30-39	19 of
	78	1:00:50	6:05	501	Adriana Zeleney	Ottawa	F 30-39	20 of
	79	1:00:52	6:05	351	Janet Nuutilainen	Ottawa	F 30-39	21 of
122		1:00:53	6:05	333	Bruce Moore	Ottawa	M 60-69	16 of
	80	1:01:00	6:06	349	Gerrie Normoyle	Gloucester	F 50-59	17 of
123		1:01:14	6:07	149	John Fuller	Renfrew	M 30-39	23 of
124		1:01:19	6:08	470	Jim Walsh	Ottawa	M 60-69	17 of
125		1:01:21	6:08	288	Richard Marsolais	Ottawa	M 40-49	43 of
	81	1:01:26	6:09	426	Nancy Ann Smith	Munster	F 50-59	18 of
	82	1:01:51	6:11	284	Amy Maheu	Kanata	F 20-29	11 of
	83	1:02:00	6:12	131	Stephanie Dunne	Nepean	F 50-59	19 of
	84	1:02:12	6:13	174	Jo-Anne Guimond	Ottawa	F 40-49	30 of
	85	1:02:14	6:13	316	Vanessa Meikle	Ottawa	F 40-49	31 of

Results List

16-Jan-11

Richmond Winter Road Races - 10K Run

M	F	Time	Pace	Bib	Name	City	Category	Posn
	86	1:02:25	6:15	71	Angèle Charron	Lanark	F 40-49	32 of
	87	1:02:41	6:16	308	Martina McGinn		F 60-69	2 of 6
	88	1:03:23	6:20	49	Shannon Brown	Ottawa	F 30-39	22 of
	89	1:03:24	6:20	227	Eleonora Karabatic	Ottawa	F 30-39	23 of
	90	1:03:26	6:21	117	Jennifer Derksen	Carleton Place	F 40-49	33 of
	91	1:03:28	6:21	67	Jacqueline Chainé	Ottawa	F 40-49	34 of
126		1:03:29	6:21	231	Patrick Kelly	Ottawa	M 40-49	44 of
	92	1:03:35	6:22	332	Katie Moore	Richmond	F 30-39	24 of
	93	1:03:38	6:22	21	Jo-Anne Belliveau	Ottawa	F 50-59	20 of
	94	1:03:40	6:22	185	R. Harman	Ottawa	F 50-59	21 of
	95	1:03:44	6:22	461	Emily Vingerhoeds	Chesterville	F 20-29	12 of
	96	1:03:46	6:23	112	Laurie Davis	Kanata	F 40-49	35 of
127		1:03:47	6:23	66	Steve Cashman	Stittsville	M 40-49	45 of
	97	1:03:49	6:23	128	Suleena Duhaimé	Ottawa	F 30-39	25 of
	98	1:04:10	6:25	94	Mary Cooke	Nepean	F 50-59	22 of
	99	1:04:27	6:27	383	Josee Quirion	Gatineau	F 40-49	36 of
128		1:05:06	6:31	173	Phil Gregory	Kanata	M 60-69	18 of
	100	1:05:18	6:32	445	Nadine Thornhill	Ottawa	F 30-39	26 of
	101	1:05:22	6:32	372	Elaine Petrie	Nepean	F 50-59	23 of
129		1:05:29	6:33	196	Jeff Hawn	Kanata	M 40-49	46 of
	102	1:05:31	6:33	358	Susan Pagnutti	Kanata	F 50-59	24 of
130		1:05:46	6:35	7	Robin Annas	Richmond	M 50-59	32 of
	103	1:05:54	6:35	471	Nancy Wawia	Carp	F 40-49	37 of
131		1:06:18	6:38	153	John Gardam	Nepean	M 50-59	33 of
	104	1:06:37	6:40	26	Karen Beutel	Nepean	F 40-49	38 of
	105	1:07:23	6:44	318	Linda Melbrew	Almonte	F 40-49	39 of
	106	1:07:24	6:44	302	Cindy McCuaig	Stittsville	F 40-49	40 of
	107	1:07:31	6:45	439	Alyson Symon	Perth	F 40-49	41 of
132		1:07:37	6:46	152	Hans Galldin	Ottawa	M 60-69	19 of
133		1:07:52	6:47	141	Chris Foran	Kemptville	M 30-39	24 of

Results List

16-Jan-11

Richmond Winter Road Races - 10K Run

M	F	Time	Pace	Bib	Name	City	Category	Posn	
		108	1:07:56	6:48	63	Ellen Carter	Ottawa	F 50-59	25 of
		109	1:08:15	6:49	305	Suzanne McFarlane	Lanark	F 30-39	27 of
		110	1:08:39	6:52	74	Cathy Chorniawy	Stittsville	F 50-59	26 of
		111	1:08:43	6:52	404	Barbara Sandilands	Williamstown	F 50-59	27 of
134			1:08:44	6:52	419	Ian Sim	Alexandria	M 70-79	2 of 2
		112	1:08:57	6:54	139	Kim Field	Oxford Mills	F 30-39	28 of
		113	1:09:05	6:54	154	Mary Gardam	Nepean	F 50-59	28 of
		114	1:10:20	7:02	60	Lynn Campbell	Ottawa	F 60-69	3 of 6
		115	1:10:46	7:05	384	Louise Rachlis	Ottawa	F 60-69	4 of 6
		116	1:11:50	7:11	113	Jen Debenham	Carp	F 30-39	29 of
135			1:11:56	7:12	111	Mike Davis	Ottawa	M 30-39	25 of
		117	1:11:59	7:12	225	Hannah Juneau	Aylmer	F 30-39	30 of
		118	1:12:13	7:13	462	Patricia Voight	Nepean	F 60-69	5 of 6
		119	1:13:00	7:18	107	Catherine Dabee	Stittsville	F 60-69	6 of 6
		120	1:13:18	7:20	190	Joy Hartzler		F 30-39	31 of
136			1:15:52	7:35	463	Howard Voight	Nepean	M 60-69	20 of
137			1:16:10	7:37	106	Donald Cumming	Ottawa	M 50-59	34 of
		121	1:16:52	7:41	189	Kelly Hartung	Smiths Falls	F 40-49	42 of
		122	1:16:55	7:41	434	Dee Sullivan	Ottawa	F 50-59	29 of
		123	1:17:59	7:48	202	Sharon Hiebert	Ottawa	F 30-39	32 of
		124	1:21:35	8:09	345	Penny Napke	Ottawa	F 50-59	30 of