

Richmond Road Races Jan-15 2012 - 5K Results List

| Male | Female | Time | Pace | Bib Name | City | Category | Posn |
|------|--------|---------|------|---------------------|----------------|----------|---------|
| 1 | | 0:17:57 | 3:35 | 27 Michael Blois | Ottawa | M 40-49 | 1 of 15 |
| | 1 | 0:18:07 | 3:37 | 451 Leah Larocque | Ottawa | F 20-29 | 1 of 10 |
| 2 | | 0:18:12 | 3:38 | 423 Harold Walker | Ottawa | M 40-49 | 2 of 15 |
| 3 | | 0:20:01 | 4:00 | 94 Marc Desjardins | Ottawa | M 40-49 | 3 of 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 |
| 7 | | 0:21:23 | 4:17 | 402 John Tegano | Ottawa | M 40-49 | 4 of 15 |
| 8 | | 0:21:33 | 4:19 | 448 Ian Young | Ottawa | M 50-59 | 1 of 18 |
| 9 | | 0:21:38 | 4:20 | 339 Camille Poirier | Ottawa | M 40-49 | 5 of 15 |
| | 3 | 0:21:44 | 4:21 | 38 Kathy Bradley | Ottawa | F 30-39 | 1 of 22 |
| | 4 | 0:21:48 | 4:22 | 221 Joanna Kurtz | Ottawa | F 20-29 | 2 of 10 |
| 10 | | 0:22:40 | 4:32 | 233 Vincent Le | Ottawa | M 20-29 | 1 of 2 |
| 11 | | 0:23:04 | 4:37 | 123 Norman Field | North Gower | M 40-49 | 6 of 15 |
| 12 | | 0:23:09 | 4:38 | 353 Greg Roberts | Manotick | M 15-19 | 3 of 5 |
| 13 | | 0:23:10 | 4:38 | 42 Darrell Bridge | Ottawa | M 30-39 | 1 of 11 |
| 14 | | 0:24:03 | 4:49 | 397 Roger Sutcliffe | Nepean | M 50-59 | 2 of 18 |
| 15 | | 0:24:12 | 4:50 | 191 Terry Hodge | Brockville | M 40-49 | 7 of 15 |

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|----|---------|------|------------------------|-------------|---------|---------|
| 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 |
| 5 | 0:24:43 | 4:57 | 65 Cindy Chung | Ottawa | F 30-39 | 2 of 22 |
| 6 | 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 |
| 7 | 0:25:06 | 5:01 | 429 Beth Weisskopf | Stittsville | F 14+Un | 1 of 3 |
| 8 | 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 1 |
| 25 | 0:25:16 | 5:03 | 405 Peter Temple | Richmond | M 30-39 | 4 of 11 |
| 26 | 0:25:20 | 5:04 | 393 Terry Stewart | Perth | M 50-59 | 6 of 18 |
| 9 | 0:25:54 | 5:11 | 334 Andrea Perch | Ottawa | F 20-29 | 3 of 10 |
| 27 | 0:25:55 | 5:11 | 340 Sander Post | Ottawa | M 30-39 | 5 of 11 |
| 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 |
| 10 | 0:26:21 | 5:16 | 176 Shannon Harvey | Stittsville | F 15-19 | 2 of 3 |

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

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|----|----|---------|------|--------------------------|-------------|---------|------------------|
| | 24 | 0:28:42 | 5:44 | 411 Shona Turnbull | Jasper | F 14+Un | 3 of 3 |
| | 25 | 0:28:44 | 5:45 | 390 Amanda Stamplecoskie | Ottawa | F 20-29 | 5 of 10 |
| | 26 | 0:28:48 | 5:46 | 16 Jennifer Balcom | Ottawa | F 30-39 | 4 of 22 10 of |
| 37 | | 0:29:01 | 5:48 | 356 Jean-Charles Rochon | Gatineau | M 40-49 | 15 |
| | 27 | 0:29:02 | 5:48 | 281 Anne McNamara | Ottawa | F 40-49 | 3 of 17 11 of |
| 38 | | 0:29:04 | 5:49 | 51 Guy Campeau | Kanata | M 40-49 | 15 10 of |
| 39 | | 0:29:06 | 5:49 | 433 Vernon White | Ottawa | M 50-59 | 18 |
| | 28 | 0:29:08 | 5:50 | 189 Alison Hill | Ottawa | F 40-49 | 4 of 17 11 of |
| 40 | | 0:29:21 | 5:52 | 282 Kp McNamara | Ottawa | M 50-59 | 18 10 of |
| | 29 | 0:29:39 | 5:56 | 290 Maria Menard | Nepean | F 50-59 | 40 12 of |
| 41 | | 0:29:40 | 5:56 | 174 Robert Harris | Nepean | M 50-59 | 18 |
| | 30 | 0:29:50 | 5:58 | 374 Michele Sherren | Nepean | F 40-49 | 5 of 17 |
| 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 |
| | 31 | 0:30:15 | 6:03 | 307 Denise Morrison | Stittsville | F 30-39 | 5 of 22 11 of |
| | 32 | 0:30:20 | 6:04 | 9 Sandy Archibald | Ottawa | F 50-59 | 40 |
| | 33 | 0:30:24 | 6:05 | 115 Karen Elliott | Arnprior | F 40-49 | 6 of 17 12 of |
| | 34 | 0:30:27 | 6:05 | 431 Noreen Welsh | Ottawa | F 50-59 | 40 |
| | 35 | 0:30:29 | 6:06 | 360 Danielle Roswell | Ottawa | F 30-39 | 6 of 22 |
| | 36 | 0:30:31 | 6:06 | 143 Rena Fulton | Nepean | F 30-39 | 7 of 22 |

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|----|---------|---------|--------------------|----------------------|----------------------|------------------|
| 44 | 0:30:36 | 6:07 | 134 Samer Forzley | Nepean | M 30-39 | 8 of 11 |
| | 37 | 0:30:38 | 6:08 | 25 Sandra Biegler | Richmond | F 30-39 8 of 22 |
| | 38 | 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 |
| | 39 | 0:30:54 | 6:11 | 235 Maureen Lewis | Perth | F 50-59 13 of 40 |
| | 40 | 0:30:58 | 6:12 | 43 Kimberley Brigden | Nepean | F 50-59 14 of 40 |
| | 41 | 0:30:59 | 6:12 | 338 Vicki Plant | Ottawa | F 50-59 15 of 40 |
| | 42 | 0:31:04 | 6:13 | 91 Josee Deleseleuc | Orleans | F 20-29 6 of 10 |
| | 43 | 0:31:16 | 6:15 | 404 Katie Temple | Richmon | F 30-39 10 of 22 |
| | 44 | 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 |
| | 45 | 0:31:22 | 6:16 | 168 Robin Hall | Pakenham | F 40-49 7 of 17 |
| | 46 | 0:31:39 | 6:20 | 294 Angela Milliken | Ottawa | F 50-59 17 of 40 |
| | 47 | 0:31:41 | 6:20 | 395 Lynn Sunderland | Richmond Carleton | F 50-59 18 of 40 |
| | 48 | 0:31:44 | 6:21 | 291 Candice Meredith | Place | F 40-49 8 of 17 |
| | 49 | 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 |
| | 50 | 0:31:59 | 6:24 | 314 Lisa Nesbitt | Manotick | F 40-49 9 of 17 |
| | 51 | 0:32:09 | 6:26 | 52 Valerie Carignan | Ottawa | F 20-29 7 of 10 |
| | 52 | 0:32:13 | 6:27 | 67 Christina Clarke | Stittsville | F 30-39 12 of 22 |

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| 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 |
| 53 | 0:32:23 | 6:29 | 20 Kristine Bell | Ottawa | F 40-49 | 10 of 17 |
| 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 |
| 54 | 0:32:34 | 6:31 | 348 Belinda Reed | Kemptville | F 50-59 | 19 of 40 |
| 55 | 0:32:37 | 6:31 | 273 Deborah McGeachy | Stittsville | F 40-49 | 11 of 17 |
| 52 | 0:32:38 | 6:32 | 104 Luc Dugas | Ottawa | M 50-59 | 14 of 18 |
| 56 | 0:32:44 | 6:33 | 401 Cathy Takahashi | Ottawa | F 50-59 | 20 of 40 |
| 57 | 0:33:09 | 6:38 | 144 Joanne Gage | Ottawa | F 50-59 | 21 of 40 |
| 58 | 0:33:32 | 6:42 | 284 Mary McNeely | Spencerville | F 60-69 | 2 of 13 |
| 59 | 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 |
| 60 | 0:33:50 | 6:46 | 444 Sharon Wright | Ottawa | F 60-69 | 3 of 13 |
| 61 | 0:33:55 | 6:47 | 215 Jennifer Kennedy | Ottawa | F 30-39 | 13 of 22 |
| 62 | 0:34:18 | 6:52 | 72 Gisele Collard | Ottawa | F 60-69 | 4 of 13 |
| 63 | 0:34:25 | 6:53 | 113 Karen Elcome | Ottawa | F 20-29 | 8 of 10 |
| 64 | 0:34:31 | 6:54 | 265 Marlene McAfee | Ottawa | F 50-59 | 23 of 40 |
| 65 | 0:34:36 | 6:55 | 14 Janice Bailey | Ottawa | F 50-59 | 24 of 40 |
| 66 | 0:34:55 | 6:59 | 459 Reta Hamilton | Munster | F 60-69 | 5 of 13 |

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| | 67 | 0:35:03 | 7:01 | 61 Sharon Chisholm | Ottawa | F 40-49 | 12 of 17 |
| | 68 | 0:35:05 | 7:01 | 277 Susan McIntrye | Ottawa | F 50-59 | 25 of 40 |
| | 69 | 0:35:13 | 7:03 | 303 Claudette Moise | Ottawa | F 40-49 | 13 of 17 |
| | 70 | 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 |
| | 71 | 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 |
| | 72 | 0:35:37 | 7:07 | 206 Randi Jewer | Ottawa | F 40-49 | 14 of 17 |
| | 73 | 0:35:44 | 7:09 | 318 Pamela Norris | Stittsville | F 60-69 | 6 of 13 15 of |
| | 74 | 0:36:13 | 7:15 | 403 Lalitha Tella | Ottawa | F 30-39 | 22 |
| | 75 | 0:36:22 | 7:16 | 312 E Roselyn Murphy | Nepean | F 60-69 | 7 of 13 27 of |
| | 76 | 0:36:27 | 7:17 | 7 Barbara Annas | Richmond | F 50-59 | 40 |
| | 77 | 0:36:36 | 7:19 | 357 Angela Romany | Ottawa | F 60-69 | 8 of 13 28 of |
| | 78 | 0:36:57 | 7:23 | 424 Susan Wall | Ottawa | F 50-59 | 40 29 of |
| | 79 | 0:37:30 | 7:30 | 245 Anne Macdonald | Ottawa | F 50-59 | 40 16 of |
| | 80 | 0:37:33 | 7:31 | 98 Sarah Dimitriu | Kanata | F 30-39 | 22 17 of |
| | 81 | 0:38:20 | 7:40 | 26 Brigitte Birk | Ottawa | F 30-39 | 22 |
| | 82 | 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 18 of |
| | 83 | 0:38:34 | 7:43 | 352 Karen Riehl | Aylmer | F 30-39 | 22 |

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| 57 | 0:38:44 | 7:45 | 187 Wayne Henry | Nepean | M 50-59 | 17 of 18 |
| | | | | | | 30 of 40 |
| 84 | 0:38:46 | 7:45 | 261 Jan Mattingly | Kanata | F 50-59 | 18 of 40 |
| 58 | 0:38:47 | 7:45 | 426 Mike Ward | Kanata | M 50-59 | 18 of 10 |
| | | | | | | 13 |
| 85 | 0:38:49 | 7:46 | 192 Anne Hodgson Jocelyn | Maitland | F 60-69 | 9 of 10 |
| 86 | 0:38:54 | 7:47 | 417 Vanwynsberghe | Ottawa | F 20-29 | 19 of 22 |
| 87 | 0:38:55 | 7:47 | 225 Gundel Lake | Ottawa | F 30-39 | 31 of 40 |
| 88 | 0:38:56 | 7:47 | 279 Nancy McMahon | Ottaw | F 50-59 | 20 of 22 |
| 89 | 0:39:17 | 7:51 | 39 Jennifer Branson | Ottawa | F 30-39 | 32 of 40 |
| 90 | 0:39:18 | 7:52 | 196 Suzanne Hotson | Ottawa | F 50-59 | 11 of 13 |
| 91 | 0:39:39 | 7:56 | 408 Janice Tughan | Kanata | F 60-69 | 33 of 40 |
| 92 | 0:39:40 | 7:56 | 392 Francoise Stewart | Stittsville | F 50-59 | 10 of 10 |
| 93 | 0:39:57 | 7:59 | 5 Susan Andre | Stittsville | F 50-59 | 15 of 17 |
| 94 | 0:41:17 | 8:15 | 59 Megan Chapman | Huntsville | F 20-29 | 3 of 3 |
| 95 | 0:41:18 | 8:16 | 132 Pamela Ford | Kanata | F 40-49 | 35 of 40 |
| 96 | 0:41:18 | 8:16 | 107 Karine Dussault | Drummondville Fitzroy | F 15-19 | 40 |
| 97 | 0:41:43 | 8:21 | 324 Glenda O'Rourke | Harbour | F 50-59 | 1 of 2 |
| 98 | 0:42:49 | 8:34 | 74 Claire Collis | Stittsville | F 70+Ov | 2 of 2 |
| 99 | 0:43:31 | 8:42 | 437 Roseanne Wilson | Nepean | F 70+Ov | 21 of 22 |
| 100 | 0:43:33 | 8:43 | 126 Jennifer Flemke | Stittsville | F 30-39 | 36 of 40 |
| 101 | 0:45:55 | 9:11 | 425 Kathy Ward | Kanata | F 50-59 | 40 |

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|----|-----|---------|-------|---------------------|----------|---------|-----------------|
| | 102 | 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 |
| | 103 | 0:46:22 | 9:16 | 299 Sarah Mitchell | Gatineau | F 30-39 | 22 of 22 |
| | 104 | 0:46:36 | 9:19 | 198 Shannon Howatt | Nepean | F 40-49 | 16 of 17 |
| | 105 | 0:47:03 | 9:25 | 414 Avril Van Aert | Ashton | F 50-59 | 38 of 40 |
| | 106 | 0:47:05 | 9:25 | 131 Sandra Forbes | Ottawa | F 50-59 | 39 of 40 |
| | 107 | 0:48:09 | 9:38 | 458 Colleen Kilty | Kanata | F 60-69 | 12 of 13 |
| | 108 | 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 40 of |
| | 109 | 0:54:29 | 10:54 | 398 Linda Swaffield | Nepean | F 50-59 | 40 40 |
| | 110 | 0:54:35 | 10:55 | 420 Denise Vierich | Kanata | F 40-49 | 17 of 17 |