

MMRR 2017 10K Overall Results

Rank	Bib	First	Last	Race Time	Age	Division	Gender	City	Team
1	102	Alexandre	Audet	00:40:25	37	10k	M	Carleton Place	
2	184	Hugues	Capo Chihi	00:40:39	34	10k	M	Ottawa	
3	161	JOSEPH	WATTERS	00:40:55	39	10k	M	Stittsville	
4	107	Richard	Bellefeuille	00:41:14	50	10k	M	Carp	
5	178	Charles	Johnson	00:42:18	46	10k	M	Arnprior	Charlie's Angels
6	159	Derek	Van Gaal	00:45:12	37	10k	M	Ottawa	
7	157	Victoria	Tuttle	00:45:54	35	10k	F	Carleton Place	
8	104	Rick	Balderson	00:46:18	56	10k	M	Nepean	
9	124	Clare	Gallant	00:47:03	45	10k	F	Pakenham	
10	134	Nina	Lipenska	00:47:41	34	10k	F	Prague	
11	116	David	Cooper	00:47:48	49	10k	M	Ottawa	
12	135	Pavel	Lipensky	00:47:56	37	10k	M	Brno	
13	183	Mark	Miller	00:48:00	66	10k	M	Pakenham	
14	130	Cyndi	Kennedy	00:48:26	54	10k	F	Ottawa	
15	136	Shannon	Mallen	00:49:26	44	10k	F	Ottawa	
16	143	Marie	Noreau	00:49:27	42	10k	F	Ottawa	
17	182	Dominic	Beauvais	00:49:41	39	10k	M	Ottawa	
18	147	Chantal	Paquet	00:49:45	45	10k	F	Carp	
19	144	Paul	Norman	00:49:45	45	10k	M	Carp	
20	145	Natasha	Onley	00:52:37	32	10k	F	Nepean	
21	153	Sandra	Sukstorf	00:52:42	53	10k	F	Vancouver	
22	166	Ray	Bonhomme	00:52:48	56	10k	M	Stittsville	I Shrank my But
23	112	Richard	Clark	00:55:47	25	10k	M	Ottawa	
24	160	Tim	Waterhouse	00:56:21	58	10k	M	Ottawa	
25	111	Hayley	Chazan	00:56:40	26	10k	F	Ottawa	
26	155	LYNNE	THOMAS	00:57:55	45	10k	F	CARLETON PLACE	
27	118	Jennifer	Dobbin	00:58:59	34	10k	F	Arnprior	
28	113	William	Collins	00:59:08	52	10k	M	Almonte	
29	156	Darene	Toal-Sullivan	00:59:10	58	10k	F	Kanata	
30	146	DAN	PAK	00:59:13	48	10k	M	STITTSVILLE	
31	158	Alissa	Van Gaal	00:59:13	32	10k	F	Ottawa	
32	151	Jennifer	Smith Seguin	00:59:28	43	10k	F	ALMONTE	
33	148	Daniel	Seguin	00:59:28	43	10k	M	Almonte	
34	172	James	Doukas	00:59:35	46	10k	M	Stittsville	Team OVFHT
35	173	Karen	Turcotte	00:59:35	35	10k	F	Stittsville	Team OVFHT
36	115	Peggy	Cooke	00:59:37	58	10k	F	Carp	
37	106	Mike	Belland	00:59:46	64	10k	M	Almonte	
38	131	Corinne	Lalonde	01:00:17	52	10k	F	Almonte	
39	139	Wendy	McLeod	01:00:54	46	10k	F	Stittsville	
40	186	Amy	Coulter	01:01:30	23	10k	F	Ottawa	
41	108	Abby	Bougoin	01:01:30	23	10k	F	Arnprior	
42	140	Jenn	McNulty	01:01:31	22	10k	F	Arnprior	
43	181	Sarah	Koteles	01:03:26	39	10k	F	Gatineau	
44	101	Alex	Atfield	01:04:31	39	10k	M	Barry's Bay	
45	125	Phyllis	Geleyense	01:04:55	46	10k	F	Kemptville	
46	164	Sarah	Anderson	01:05:35	34	10k	F	Almonte	The A Team10
47	117	Rodrigo	Diaz	01:07:03	35	10k	M	Kanata	
48	141	Kelly	McNulty	01:07:11	50	10k	F	Arnprior	
49	179	Emily	Sheffield	01:07:35	42	10k	F	Arnprior	Charlie's Angels
50	126	Fern	Hamann	01:07:35	60	10k	M	Carleton Place	
51	177	Sarah	Gray	01:07:35	44	10k	F	Almonte	Charlie's Angels
52	176	Jenny	Sheffield	01:07:36	46	10k	F	Almonte	Charlie's Angels
53	152	Jennifer	Stewart	01:07:58	42	10k	F	Greely	
54	142	Tania	Miller	01:08:21	48	10k	F	Osgoode	
55	150	Stacey	Shrout	01:09:29	42	10k	F	Almonte	
56	128	Gerald	Horula	01:11:39	44	10k	M	Almonte	
57	122	Penny	Forster	01:11:41	57	10k	F	Arnprior	
58	120	Jennifer	Emaman	01:12:18	37	10k	F	Carleton Place	
59	138	Shannon	McGrath	01:12:18	44	10k	F	Carleton Place	
60	154	Elizabeth	Tan	01:14:43	47	10k	F	La Minerve	
61	129	Mikolt	Horvath	01:14:43	42	10k	F	Carleton Place	
62	163	Darrell	Williams	01:23:45	54	10k	M	Ottawa	
63	162	Cara	Williams	01:23:45	50	10k	F	Ottawa	
64	137	Carmel	McCann	01:24:30	53	10k	F	Pakenham	
65	180	Pierre	St. Onge	01:25:12	74	10k	M	Ottawa	
66	167	Cheryl	Moore	01:29:07	47	10k	F	Almonte	Rehab Rebels

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67	114	Claire	Collis	01:46:29	79	10k	F		
68	110	Cathy	Chalmers	01:46:29	62	10k	F		
69	109	Susan	Brimmell	01:46:29	67	10k	F		
	149	Shelley	Shackleton	00:46:01	39	DQ	F	Nepean	
	103	Kristy	Bailey	00:47:01	28	DQ	F	Merrickville	