

2017 Mississippi Mills Run for AGH 10K Age Group Results 09/09/2017 5:28:59 PM

| Position | Bib # | Name | Race Time | Pace | Gender | Division | Age |
|----------|-------|------|-----------|------|--------|----------|-----|
|----------|-------|------|-----------|------|--------|----------|-----|

10K F 20 - 29 - based on Gun Elapsed time

| | | | | | | | |
|---|-----|----------------|----------|------|---|-----|----|
| 1 | 103 | Bailey, Kristy | 00:47:01 | 4:42 | F | 10k | 28 |
| 2 | 111 | Chazan, Hayley | 00:56:41 | 5:40 | F | 10k | 26 |
| 3 | 186 | Coulter, Amy | 01:01:30 | 6:09 | F | 10k | 23 |
| 4 | 108 | Bougoin, Abby | 01:01:31 | 6:09 | F | 10k | 23 |
| 5 | 140 | McNulty, Jenn | 01:01:31 | 6:09 | F | 10k | 22 |

10K F 30 - 39 - based on Gun Elapsed time

| | | | | | | | |
|----|-----|---------------------|----------|------|---|-----|----|
| 1 | 157 | Tuttle, Victoria | 00:45:55 | 4:36 | F | 10k | 35 |
| 2 | 149 | Shackleton, Shelley | 00:46:02 | 4:36 | F | 10k | 39 |
| 3 | 134 | Lipenska, Nina | 00:47:42 | 4:46 | F | 10k | 34 |
| 4 | 145 | Onley, Natasha | 00:52:37 | 5:16 | F | 10k | 32 |
| 5 | 118 | Dobbin, Jennifer | 00:58:59 | 5:54 | F | 10k | 34 |
| 6 | 158 | Van Gaal, Alissa | 00:59:13 | 5:55 | F | 10k | 32 |
| 7 | 173 | Turcotte, Karen | 00:59:35 | 5:57 | F | 10k | 35 |
| 8 | 181 | Koteles, Sarah | 01:03:26 | 6:21 | F | 10k | 39 |
| 9 | 164 | Anderson, Sarah | 01:05:35 | 6:34 | F | 10k | 34 |
| 10 | 120 | Emaman, Jennifer | 01:12:18 | 7:14 | F | 10k | 37 |

10K F 40 - 49 - based on Gun Elapsed time

| | | | | | | | |
|----|-----|------------------------|----------|------|---|-----|----|
| 1 | 124 | Gallant, Clare | 00:47:03 | 4:42 | F | 10k | 45 |
| 2 | 136 | Mallen, Shannon | 00:49:27 | 4:57 | F | 10k | 44 |
| 3 | 143 | Noreau, Marie | 00:49:27 | 4:57 | F | 10k | 42 |
| 4 | 147 | Paquet, Chantal | 00:49:46 | 4:59 | F | 10k | 45 |
| 5 | 155 | THOMAS, LYNNE | 00:57:55 | 5:48 | F | 10k | 45 |
| 6 | 151 | Smith Seguin, Jennifer | 00:59:29 | 5:57 | F | 10k | 43 |
| 7 | 139 | McLeod, Wendy | 01:00:55 | 6:06 | F | 10k | 46 |
| 8 | 125 | Geleynse, Phyllis | 01:04:56 | 6:30 | F | 10k | 46 |
| 9 | 179 | Sheffield, Emily | 01:07:35 | 6:46 | F | 10k | 42 |
| 10 | 177 | Gray, Sarah | 01:07:36 | 6:46 | F | 10k | 44 |
| 11 | 176 | Sheffield, Jenny | 01:07:36 | 6:46 | F | 10k | 46 |
| 12 | 152 | Stewart, Jennifer | 01:07:58 | 6:48 | F | 10k | 42 |
| 13 | 142 | Miller, Tania | 01:08:22 | 6:50 | F | 10k | 48 |
| 14 | 150 | Shrout, Stacey | 01:09:30 | 6:57 | F | 10k | 42 |
| 15 | 138 | McGrath, Shannon | 01:12:19 | 7:14 | F | 10k | 44 |
| 16 | 154 | Tan, Elizabeth | 01:14:44 | 7:28 | F | 10k | 47 |
| 17 | 129 | Horvath, Mikolt | 01:14:44 | 7:28 | F | 10k | 42 |
| 18 | 167 | Moore, Cheryl | 01:29:08 | 8:55 | F | 10k | 47 |

2017 Mississippi Mills Run for AGH 10K Age Group Results 09/09/2017 5:29:00 PM

| Position | Bib # | Name | Race Time | Pace | Gender | Division | Age |
|----------|-------|------|-----------|------|--------|----------|-----|
|----------|-------|------|-----------|------|--------|----------|-----|

10K F 50 - 59 - based on Gun Elapsed time

| | | | | | | | |
|---|-----|-----------------------|----------|------|---|-----|----|
| 1 | 130 | Kennedy, Cyndi | 00:48:26 | 4:51 | F | 10k | 54 |
| 2 | 153 | Sukstorf, Sandra | 00:52:43 | 5:16 | F | 10k | 53 |
| 3 | 156 | Toal-Sullivan, Darene | 00:59:11 | 5:55 | F | 10k | 58 |
| 4 | 115 | Cooke, Peggy | 00:59:37 | 5:58 | F | 10k | 58 |
| 5 | 131 | Lalonde, Corinne | 01:00:18 | 6:02 | F | 10k | 52 |
| 6 | 141 | McNulty, Kelly | 01:07:11 | 6:43 | F | 10k | 50 |
| 7 | 122 | Forster, Penny | 01:11:41 | 7:10 | F | 10k | 57 |
| 8 | 162 | Williams, Cara | 01:23:46 | 8:23 | F | 10k | 50 |
| 9 | 137 | McCann, Carmel | 01:24:30 | 8:27 | F | 10k | 53 |

10K F 60+ - based on Gun Elapsed time

10K M 20 - 29 - based on Gun Elapsed time

| | | | | | | | |
|---|-----|----------------|----------|------|---|-----|----|
| 1 | 112 | Clark, Richard | 00:55:48 | 5:35 | M | 10k | 25 |
|---|-----|----------------|----------|------|---|-----|----|

10K M 30 - 39 - based on Gun Elapsed time

| | | | | | | | |
|---|-----|---------------------|----------|------|---|-----|----|
| 1 | 102 | Audet, Alexandre | 00:40:25 | 4:03 | M | 10k | 37 |
| 2 | 184 | Capo Chichi, Hugues | 00:40:40 | 4:04 | M | 10k | 34 |
| 3 | 161 | WATTERS, JOSEPH | 00:40:56 | 4:06 | M | 10k | 39 |
| 4 | 159 | Van Gaal, Derek | 00:45:13 | 4:31 | M | 10k | 37 |
| 5 | 135 | Lipensky, Pavel | 00:47:57 | 4:48 | M | 10k | 37 |
| 6 | 182 | Beauvais, Dominic | 00:49:41 | 4:58 | M | 10k | 39 |
| 7 | 101 | Atfield, Alex | 01:04:32 | 6:27 | M | 10k | 39 |
| 8 | 117 | Diaz, Rodrigo | 01:07:04 | 6:42 | M | 10k | 35 |

10K M 40 - 49 - based on Gun Elapsed time

| | | | | | | | |
|---|-----|------------------|----------|------|---|-----|----|
| 1 | 178 | Johnson, Charles | 00:42:19 | 4:14 | M | 10k | 46 |
| 2 | 116 | Cooper, David | 00:47:48 | 4:47 | M | 10k | 49 |
| 3 | 144 | Norman, Paul | 00:49:46 | 4:59 | M | 10k | 45 |
| 4 | 146 | PAK, DAN | 00:59:13 | 5:55 | M | 10k | 48 |
| 5 | 148 | Seguin, Daniel | 00:59:29 | 5:57 | M | 10k | 43 |
| 6 | 172 | Doukas, James | 00:59:35 | 5:57 | M | 10k | 46 |
| 7 | 128 | Horula, Gerald | 01:11:40 | 7:10 | M | 10k | 44 |

10K M 50 - 59 - based on Gun Elapsed time

2017 Mississippi Mills Run for AGH 10K Age Group Results 09/09/2017 5:29:01 PM

| Position | Bib # | Name | Race Time | Pace | Gender | Division | Age |
|----------|-------|-----------------------|-----------|------|--------|----------|-----|
| 1 | 107 | Bellefeuille, Richard | 00:41:14 | 4:07 | M | 10k | 50 |
| 2 | 104 | Balderson, Rick | 00:46:18 | 4:38 | M | 10k | 56 |
| 3 | 166 | Bonhomme, Ray | 00:52:48 | 5:17 | M | 10k | 56 |
| 4 | 160 | Waterhouse, Tim | 00:56:21 | 5:38 | M | 10k | 58 |
| 5 | 113 | Collins, William | 00:59:09 | 5:55 | M | 10k | 52 |
| 6 | 163 | Williams, Darrell | 01:23:46 | 8:23 | M | 10k | 54 |

10K M 60+ - based on Gun Elapsed time

| | | | | | | | |
|---|-----|------------------|----------|------|---|-----|----|
| 1 | 183 | Miller, Mark | 00:48:01 | 4:48 | M | 10k | 66 |
| 2 | 106 | Belland, Mike | 00:59:46 | 5:59 | M | 10k | 64 |
| 3 | 126 | Hamann, Fern | 01:07:36 | 6:46 | M | 10k | 60 |
| 4 | 180 | St. Onge, Pierre | 01:25:12 | 8:31 | M | 10k | 74 |
| 5 | 175 | SCOTT, ROBERT | 01:30:58 | 9:06 | M | 10k | 62 |

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