

## MMRR 2017 5K Overall Results

Rank	Bib	First	Last	Race Time	Age	Division	Gender	City	Team
1	517	Carl	Coutu	00:20:21	34	5k	M	Orleans	
2	503	Max	Benda	00:20:37	13	5k	M	Perth	
3	518	Richard	Coxford	00:21:27	38	5k	M	Ottawa	
4	554	Brian	McGregor	00:22:18	65	5k	M	Perth	
5	506	Brad	Black	00:22:22	49	5k	M	CARP	
6	577	Mike	Wheeler	00:22:50	30	5k	M	Stittsville	
7	563	Kerry	Powell	00:23:23	59	5k	M	Carleton Place	
8	541	Paul	Heintzman	00:23:37	59	5k	M	Chelsea	
9	512	Ryan	Carey	00:23:42	33	5k	M	Ottawa	
10	508	Rob	Bradley	00:23:53	34	5k	M	Carleton place	
11	21	Sean	Mansen	00:24:31	43	5k	M	Carleton Place	
12	558	John	Oram	00:26:44	52	5k	M	Carp	
13	605	Matt	Tiffany	00:27:16	37	5k	M	Almonte	Team OVFHT
14	514	Mick	Chawner	00:27:20	70	5k	M	Ashton	
15	587	Mark	Herman	00:27:24	54	5k	M	Almonte	I Shrunk my But
16	520	Bob	Davidson	00:28:20	62	5k	M	Almonte	
17	592	Ken	McGregor	00:29:20	54	5k	M	Carleton Place	I Shrunk my But
18	608	Dominic	Dern	00:29:38	14	5k	M	Almonte	Walking for DI
19	570	Corey	Sample	00:30:55	33	5k	M	Embrun	
20	543	Jamie	Horton	00:31:54	55	5k	M	Almonte	
21	619	David	Sankoff	00:33:28	74	5k	M	Ottawa	
22	590	John	LaBrie	00:33:58	34	5k	M	Almonte	I Shrunk my But
23	511	Brian	Burns	00:34:03	59	5k	M	Ottawa	
24	607	David	Dern	00:34:05	47	5k	M	Almonte	Walking for DI
25	505	Eric	Bertrand	00:34:56	42	5k	M	Gatineau	
26	562	Curtis	Pilon	00:35:06	26	5k	M	Smiths Falls	
27	566	Bruce	Reside	00:35:11	58	5k	M	Almonte	
28	526	Colins Gran	Ferguson	00:37:09	54	5k	M	Pakenham	
29	560	Guido	Patrice	00:41:23	47	5k	M	Almonte	
30	507	Michael	Boyd	00:42:50	57	5k	M	Stittsville	
31	19	Albert	Carmanico	00:43:37	57	5k	M	Stittsville	
32	565	Michael	Read	00:44:27	39	5k	M	Ottawa	
33	618	Herman	Schroedor	00:44:47	41	5k	M	Almonte	
34	502	Ryan	Barringer	00:47:19	39	5k	M	Almonte	
35	573	Rick	Soudant	00:48:30	53	5k	M	R.R# 3 Almonte	
36	25	Steven	Lafontaine	00:50:32	38	5k	M	Almonte	
37	529	Derek	Franklin	00:51:40	46	5k	M	Almonte	
38	606	Arthur	Solomonian	00:54:38	69	5k	M	Almonte	Walking for DI
39	588	Barry	LaBrie	00:55:17	68	5k	M	Arnprior	I Shrunk my But
40	583	Hesch	Hanley	00:55:18	66	5k	M	Almonte	I Shrunk my But
41	510	Scott	Burnie	00:56:32	39	5k	M	Braeside	
42	613	Dan	Snowball	00:56:40	34	5k	M	Peterborough	Burds and the Beard
43	611	Geoff	Burd	00:56:40	63	5k	M	Almonte	Burds and the Beard