

## 2017 Running Scared 5k results 22/10/2017 11:11:55 AM

Position	Bib #	Name	Race Time	Pace	Gender	Division	Age
1	5287	Dlugosz, Tom	00:21:16.6	4:15	M	5k	
2	5980	O'Heam, Katie	00:21:31.8	4:18	f	5k	
3	5398	Ouellette, Jacob	00:24:08.6	4:50	M	5k	
4	2472	Senterbyl, Thomas	00:24:09.5	4:50	m	5k	
5	2474	Francis, Aiden	00:24:10.1	4:50	m	5k	
6	5994	name, need	00:24:11.7	4:50	m	5k	
7	5336	Jarvis, Adam	00:25:22.9	5:04	M	5k	
8	5267	Cowden, Jeff	00:25:32.7	5:06	M	5k	
9	5333	Hiscoe, Michael	00:26:21.1	5:16	M	5k	
10	5902	van Vliet, Annika	00:26:32.0	5:18	F	5k	
11	5573	Shirtliff, Wendy	00:26:45.6	5:21	F	5k	
12	5800	Spartalis, Jennifer	00:28:02.8	5:36	F	5k	
13	5923	West, Ashley	00:28:18.5	5:40	F	5k	
14	5940	Wright, Jason	00:28:21.0	5:40	M	5k	
15	5947	Sourges, Shelley	00:28:36.0	5:43	F	5k	
16	5961	Major, Katrina	00:29:04.1	5:49	F	5k	
17	5962	Wieler, Rebecca	00:30:03.5	6:01	F	5k	
18	5327	Griffiths, Karen	00:30:32.0	6:06	F	5k	
19	5831	Sullivan, Michelle	00:30:33.2	6:07	F	5k	
20	5264	Bliss, Sandy	00:30:35.4	6:07	F	5k	
21	5335	Holmes, Martha	00:30:39.4	6:08	F	5k	
22	2386	bates, Tara Noelle	00:31:31.6	6:18	F	5k	
23	5978	Poulin, Sebastien	00:31:49.7	6:22	M	5k	
24	5952	Wilson, Allisha	00:31:49.8	6:22	F	5k	
25	5959	Albert, Courtney	00:32:16.0	6:27	F	5k	
26	5324	Goodick, Crystal	00:32:44.3	6:33	F	5k	
27	5973	Jaber, Rayan	00:33:02.6	6:36	F	5k	
28	5972	Aguiar, Sarah	00:33:02.6	6:36	F	5k	
29	5346	Jarvis, Julie	00:33:31.0	6:42	F	5k	
30	5968	Kardos, Emma	00:34:34.0	6:55	F	5k	
31	5981	Sankoff, David	00:35:20.5	7:04	M	5k	
32	2400	,	00:36:05.0	7:13		5k	
33	5967	Johnston Martin, Kaleigh	00:36:06.4	7:13	F	5k	
34	5970	Thompson, Sarah	00:36:06.5	7:13	F	5k	
35	5568	Rana, Maya	00:36:14.0	7:15	F	5k	
36	5326	Gregory, Shannon	00:36:41.9	7:20	F	5k	
37	5965	Walsh, Sarah	00:36:55.1	7:23	F	5k	
38	5265	Bujold, Sabrina	00:36:58.4	7:24	F	5k	
39	5964	Walsh, Paul	00:37:41.9	7:32	M	5k	
40	5799	Spartalis, Jason	00:38:43.7	7:45	M	5k	
41	5908	West, Curtis	00:38:43.8	7:45	M	5k	
42	5966	Koepper, Sandra	00:39:26.3	7:53	F	5k	
43	5331	Hinterhoeller, Beverley	00:41:16.3	8:15	F	5k	
44	5300	Flynn, Katie	00:41:20.3	8:16	F	5k	
45	5277	Despatie, Sophie	00:41:49.4	8:22	F	5k	
46	5290	Fennema, Linda	00:41:58.6	8:24	F	5k	
47	5379	Lauzon Lalonde, Jasmine	00:42:09.4	8:26	F	5k	

## 2017 Running Scared 5k results 22/10/2017 11:11:57 AM

Position	Bib #	Name	Race Time	Pace	Gender	Division	Age
48	5565	Ouellette, Chlo e	00:43:24.3	8:41	F	5k	
49	5975	BROWN, Raye	00:43:35.0	8:43	F	5k	
50	5974	BROWN, LEE	00:43:35.2	8:43	F	5k	
51	5361	Kudryashova, Natalia	00:45:00.2	9:00	F	5k	
52	5266	Cormier, Liette	00:45:00.8	9:00	F	5k	
53	5976	Dylan, Kathy	00:45:47.2	9:09	F	5k	
54	5269	Coyne, Patricia	00:52:32.9	10:30	F	5k	
55	5385	Morin, Nathalie	00:58:25.9	11:41	F	5k	
56	5236	Auger, Sylvie	00:58:32.2	11:42	F	5k	
57	5367	Lalonde, Ghislaine	00:58:32.2	11:42	F	5k	
58	5268	Coyne, Roger	01:00:41.3	12:08	M	5k	

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