

2019 Green Run Iroquois 5K Results 4/18/19 8:50:59 AM

| Position | Bib # | Name | Race Time | Pace | Division | Gender | Age |
|----------|-------|---------------------|-------------|------|----------|--------|-----|
| 1 | 1318 | Alain Fortier | 00:18:20.43 | 3:40 | 5k | M | 26 |
| 2 | 1310 | Will Campeau | 00:19:19.83 | 3:52 | 5k | M | 16 |
| 3 | 1328 | Paul Heintzman | 00:22:41.51 | 4:32 | 5k | M | 61 |
| 4 | 1312 | Dylan Charbot | 00:23:59.84 | 4:48 | 5k | M | 14 |
| 5 | 1336 | Noah Menard | 00:24:22.88 | 4:52 | 5k | M | 10 |
| 6 | 1335 | Stephane Menard | 00:24:23.83 | 4:53 | 5k | M | 48 |
| 7 | 1334 | Jennifer Menard | 00:24:24.18 | 4:53 | 5k | F | 37 |
| 8 | 1339 | Peter Moody | 00:25:07.86 | 5:01 | 5k | M | 40 |
| 9 | 1329 | mason laforest | 00:25:49.20 | 5:10 | 5k | M | 17 |
| 10 | 1303 | Wyatt Beckstead | 00:26:21.30 | 5:16 | 5k | M | 16 |
| 11 | 1351 | April Richer | 00:26:34.73 | 5:19 | 5k | F | 30 |
| 12 | 1355 | Jessica Thompson | 00:26:38.73 | 5:20 | 5k | F | 24 |
| 13 | 1306 | Claude Bourque | 00:26:46.30 | 5:21 | 5k | M | 53 |
| 14 | 1302 | Allison Banford | 00:27:03.98 | 5:25 | 5k | F | 43 |
| 15 | 1313 | Alyssa Charbot | 00:27:37.88 | 5:31 | 5k | F | 10 |
| 16 | 1337 | Troy Menard | 00:27:44.37 | 5:33 | 5k | M | 9 |
| 17 | 1314 | Brody Charbot | 00:27:57.03 | 5:35 | 5k | M | 8 |
| 18 | 1316 | Jeffery Crawford | 00:28:01.85 | 5:36 | 5k | M | 61 |
| 19 | 1359 | Max van der Linde | 00:28:09.21 | 5:38 | 5k | M | 16 |
| 20 | 1325 | Mason Good | 00:28:19.04 | 5:40 | 5k | M | 9 |
| 21 | 1327 | Sherry-Lynn Harbers | 00:29:22.39 | 5:52 | 5k | F | 25 |
| 22 | 1305 | Kristen Blair | 00:29:23.98 | 5:53 | 5k | F | 28 |
| 23 | 1364 | Kendra Ward | 00:29:25.24 | 5:53 | 5k | F | 26 |
| 24 | 1309 | Megan Brownell | 00:29:26.92 | 5:53 | 5k | F | 29 |
| 25 | 1366 | Robert Wright | 00:29:52.14 | 5:58 | 5k | M | 30 |
| 26 | 1390 | Michelle McMillan | 00:30:08.50 | 6:02 | 5k | F | 31 |
| 27 | 1350 | Marianne Poirier | 00:30:11.28 | 6:02 | 5k | F | 27 |
| 28 | 1333 | Sueanne McMillan | 00:30:39.37 | 6:08 | 5k | F | 29 |
| 29 | 1323 | Caden Gillon | 00:31:31.17 | 6:18 | 5k | M | 10 |
| 30 | 1352 | Amy Shaver | 00:31:33.22 | 6:19 | 5k | F | 32 |
| 31 | 1338 | Sia Mohajer | 00:31:43.51 | 6:21 | 5k | M | 36 |
| 32 | 1343 | jennifer Munroe | 00:31:43.88 | 6:21 | 5k | F | 34 |
| 33 | 1391 | Jesse De Vries | 00:32:16.85 | 6:27 | 5k | F | 41 |
| 34 | 1376 | Hannah Stone | 00:32:39.68 | 6:32 | 5k | F | 8 |
| 35 | 1311 | Kinga Charbot | 00:33:01.16 | 6:36 | 5k | F | 39 |
| 36 | 1332 | Sarah McMillan | 00:33:20.33 | 6:40 | 5k | F | 29 |
| 37 | 1322 | Autumn Gillon | 00:33:23.47 | 6:41 | 5k | M | 11 |
| 38 | 1326 | Frank Good | 00:33:30.63 | 6:42 | 5k | M | 44 |
| 39 | 1361 | Debby van Zijl | 00:33:30.75 | 6:42 | 5k | F | 43 |
| 40 | 1389 | Tracey Larocque | 00:33:37.19 | 6:43 | 5k | F | 44 |
| 41 | 1384 | John Sheehan | 00:34:34.10 | 6:55 | 5k | M | 78 |
| 42 | 1301 | Sarah Ashton | 00:34:39.14 | 6:56 | 5k | F | 45 |
| 43 | 1353 | Ashley Stewart | 00:34:56.74 | 6:59 | 5k | F | 26 |
| 44 | 1331 | Nancy Lambert Swank | 00:37:05.60 | 7:25 | 5k | F | 58 |
| 45 | 1341 | Anthony Morgan | 00:37:12.99 | 7:26 | 5k | M | 28 |
| 46 | 1346 | Dawn Nagel | 00:40:34.66 | 8:07 | 5k | F | 40 |
| 47 | 1340 | Courtney Morgan | 00:42:07.92 | 8:25 | 5k | F | 28 |

2019 Green Run Iroquois 5K Results 4/18/19 8:51:02 AM

| Position | Bib # | Name | Race Time | Pace | Division | Gender | Age |
|----------|-------|--------------------------|-------------|-------|----------|--------|-----|
| 48 | 1317 | Amber-lee De Vries-Baker | 00:42:10.10 | 8:26 | 5k | F | 34 |
| 49 | 1354 | Sarah Stone | 00:42:34.44 | 8:31 | 5k | F | 37 |
| 50 | 1342 | Dana Morrell | 00:42:34.74 | 8:31 | 5k | F | 37 |
| 51 | 1382 | Matt Morrell | 00:42:35.40 | 8:31 | 5k | M | 37 |
| 52 | 1324 | Levi Gillon | 00:42:39.46 | 8:32 | 5k | M | 9 |
| 53 | 1321 | Adam Gillon | 00:43:04.82 | 8:37 | 5k | M | 33 |
| 54 | 1356 | Karen Thompson | 00:43:21.24 | 8:40 | 5k | F | 53 |
| 55 | 1357 | Jamie Thompson | 00:43:21.58 | 8:40 | 5k | M | 55 |
| 56 | 1393 | Cindy Adams | 00:45:44.68 | 9:09 | 5k | F | 57 |
| 57 | 1392 | Pam Mullin | 00:45:51.56 | 9:10 | 5k | F | 52 |
| 58 | 1394 | Maghen Adams | 00:45:53.39 | 9:11 | 5k | F | 27 |
| 59 | 1304 | Debbie Benard | 00:46:56.27 | 9:23 | 5k | F | 54 |
| 60 | 1307 | Krista Boyce | 00:55:11.50 | 11:02 | 5k | F | 45 |
| 61 | 1363 | Krista Wagemans | 00:55:14.91 | 11:03 | 5k | F | 43 |

2019 Green Run Iroquois 5K Results 4/18/19 8:51:06 AM

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