

Overall Rank	Age Rank	Bib	Division	First	Last	Race	Age*	Age Cat	Gender	City	Prov/St	Team	Club	Type	Country
1	1	1439	5k	Clay	Patterson	00:17:11	30	M 30 - 39	M	Kingston					
2	1	1417	5K	Tim	Gillespie	00:18:20	41	M 40 - 49	M	Kingston			KRRA2019		
3	2	1285	5K	Owain	Jones	00:18:33	35	M 30 - 39	M	Kingston	Ontario		KRRA2019		Canada
4	2	1275	5K	Graham	Hawkes	00:18:42	43	M 40 - 49	M	Kingston	Ontario		KRRA2019		Canada
5	3	1383	5K	Jude	Aiken	00:18:45	44	M 40 - 49	M	Harrowsmith	Ontario	Speed Monkey	KRRA2019	Team	Canada
6	1	1444	5k	Heidi	Ohrling	00:18:57	21	F 20 -29	F						
7	1	1427	5K	Meredith	Langley	00:19:03	32	F 30 -39	F	Kingston					
8	1	1423	5K	Robby	Breadner	00:19:18	52	M 50 - 59	M						
9	1	1460	5k	Denzil	Dixon	00:19:21	15	M 13 - 15	M						
10	3	1458	5k	Jeremy	Pike	00:19:29	37	M 30 - 39	M						
11	1	1256	5K	Joe	Brazda	00:19:40	26	M 20 - 29	M	Napanee	Ontario				Canada
12	2	1261	5K	Scott	Day	00:19:45	22	M 20 - 29	M	Kingston	Ontario		KRRA2019		Canada
13	4	1291	5K	Gregory	Lemoine	00:20:10	42	M 40 - 49	M	Kingston	Ontario		KRRA2019		Canada
14	1	1453	5k	Jacob	Clancy	00:20:23	19	M 16 - 19	M						
15	2	1314	5K	Wayne	Rice	00:20:31	56	M 50 - 59	M	Railton	Ontario				Canada
16	4	1434	5K	Aaron	Siller	00:20:35	34	M 30 - 39	M	Kingston			KRRA2019		
17	3	1395	5K	Troy	Allen	00:20:47	26	M 20 - 29	M	Kingston	Ontario	ultrafast		Team	Canada
18	5	1463	5k	Emile	Ndorimana	00:20:48	45	M 40 - 49	M						
19	2	1396	5K	Heidi	Miller	00:20:52	23	F 20 -29	F	Kingston	Ontario	ultrafast		Team	Canada
20	5	1433	5K	Luc	Martin	00:20:59	34	M 30 - 39	M	Kingston					
21	6	1430	5K	Mark	Kerr	00:21:00	38	M 30 - 39	M	Kingston			KRRA2019		
22	6	1277	5K	Brian	Hope	00:21:01	41	M 40 - 49	M	Kingston	Ontario		KRRA2019		Canada
23	3	1447	5k	Kevin	Riddell	00:21:09	57	M 50 - 59	M						
24	2	1263	5K	Jacque	DeWolfe	00:21:28	37	F 30 -39	F	Kingston	Ontario		KRRA2019		Canada
25	4	1273	5K	Martin	Guyon	00:21:29	52	M 50 - 59	M	Kingston	Ontario		KRRA2019		Canada
26	3	1259	5K	Alexandra	Coffin	00:21:38	23	F 20 -29	F	Kingston	Ontario				Canada
27	4	1459	5k	Megan	Kiley	00:21:38	26	F 20 -29	F						
28	5	1474	5k	Kristina	Walker	00:21:56	23	F 20 -29	F						
29	1	1315	5K	Annie	Riel	00:22:22	45	F 40 - 49	F	Kingston	Ontario		KRRA2019		Canada
30	4	1371	5K	Chris	Gustin	00:22:28	24	M 20 - 29	M	Kingston	Ontario	Entangled Photons		Team	Canada
31	1	1320	5K	Sophie	Saunders Lambert	00:22:29	12	F 1 -12	F	Howe Island	Ontario				Canada
32	5	1456	5k	Richard	Ascough	00:22:38	56	M 50 - 59	M						
33	5	1391	5K	Robert	Brown	00:22:48	23	M 20 - 29	M	Kingston	Ontario	Thusiar		Team	Canada
34	2	1289	5K	Brady	Kyle	00:22:50	13	M 13 - 15	M	wolfe island	Ontario				Canada
35	3	1308	5K	Jack	Nelson	00:22:50	14	M 13 - 15	M	Kingston	Ontario				Canada
36	7	1309	5K	Luis	Paico-Avilez	00:22:53	35	M 30 - 39	M	Kanata	Ontario		KRRA2019		Canada
37	2	1319	5K	Lana	Saunders	00:22:54	44	F 40 - 49	F	Howe Island	Ontario				Canada
38	6	1264	5K	Bill	Dobson	00:22:58	54	M 50 - 59	M	Kingston	Ontario				Canada
39	8	1306	5K	Alex	Murata	00:23:01	30	M 30 - 39	M	Kingston	Ontario				Canada
40	1	1445	5k	Meghan	Dundon	00:23:10	18	F 16 - 19	F						
41	3	1310	5K	Stephanie	Place	00:23:20	32	F 30 -39	F	Kingston	Ontario		KRRA2019		Canada
42	7	1311	5K	Richard	Prinsen	00:23:35	55	M 50 - 59	M	Kingston	Ontario		KRRA2019		Canada
43	1	1422	5K	Al	Cantlay	00:23:38	64	M 60 - 69	M	Kingston		Runners Choice	KRRA2019	Team	
44	1	1305	5K	Karen	Millson	00:23:42	56	F 50 - 59	F	Kingston	Ontario		KRRA2019		Canada
45	2	1404	5K	Jorin	Lyll	00:24:00	17	F 16 - 19	f						
46	7	1467	5k	Paul	DiRinaldo	00:24:01	42	M 40 - 49	M						
47	1	1276	5K	Deborah	Holton	00:24:03	68	F 60 - 69	F	Howe Island	Ontario				Canada
48	6	1313	5k	Mary	Reynolds	00:24:13	27	F 20 -29	F	Kingston	Ontario		KRRA2019		Canada
49	9	1324	5K	Joe	Stilwell	00:24:17	37	M 30 - 39	M	Kingston	Ontario				Canada

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50	8	1475	5k	Jim	MacDougall	00:24:22	55	M 50 - 59	M						
51	1	1384	5K	Juno	Aiken	00:24:49	15	F 13 - 15	F	Harrowsmith	Ontario	Speed Monkey	KRRA2019	Team	Canada
52	2	1431	5K	Michael	Riley	00:24:49	64	M 60 - 69	M	Wolfe Island			KRRA2019		
53	7	1300	5K	Maddie	McFadden	00:25:05	23	F 20 -29	F	Kingston	Ontario				Canada
54	2	1425	5K	Janet	Shepherd	00:25:10	56	F 50 - 59	F	Kingston			KRRA2019		
55	1	1255	5K	Ed	Brand	00:25:20	71	M 70 plus	M	Kingston	Ontario		KRRA2019		Canada
56	8	1419	5K	Gerald	Lapratte	00:25:25	46	M 40 - 49	M	Kingston			KRRA2019		
57	1	1380	5K	Pablo	Arroyo-Lopez	00:25:52	10	M 1 - 12	M	BATH	Ontario	Spanish-5k	KRRA2019	Team	Canada
58	2	1296	5K	Rylan	Martell	00:25:54	10	M 1 - 12	M	Amherstview	Ontario				Canada
59	6	1394	5K	Jude	Thusiar	00:26:03	23	M 20 - 29	M	Kingston	Ontario	Thusiar		Team	Canada
60	8	1452	5k	Anne	Kennedy	00:26:03	21	F 20 -29	F						
61	7	1271	5K	Ryan	Frizzell	00:26:04	24	M 20 - 29	M	West Lorne	Ontario				Canada
62	10	1413	5K	Anthony	Colangeli	00:26:10	31	M 30 - 39	M	Kingston		Runners Choice		Team	
63	3	1385	5K	Ronin	Aiken	00:26:19	11	M 1 - 12	M	Harrowsmith	Ontario	Speed Monkey	KRRA2019	Team	Canada
64	3	1432	5K	Jana	Mareckova	00:26:20	40	F 40 - 49	F	Kingston			KRRA2019		
65	2	1303	5k	Shirley	Myers	00:26:24	66	F 60 - 69	f						
66	9	1288	5K	Adam	Kyle	00:26:32	44	M 40 - 49	M	wolfe island	Ontario				Canada
67	10	1468	5k	Andrew	Grier	00:26:35	44	M 40 - 49	M						
68	4	1457	5k	Alana	Hamelin	00:26:36	41	F 40 - 49	F						
69	9	1274	5K	Kaycee	Hargadon	00:26:49	29	F 20 -29	F	KINGSTON	Ontario		KRRA2019		Canada
70	2	1464	5k	Brian	MacDonald	00:26:54	70	M 70 plus	M						
71	4	1260	5K	Jaime	Connolly	00:26:59	32	F 30 -39	F	Kingston	Ontario				Canada
72	10	1421	5K	Christina	Cantlay	00:27:26	29	F 20 -29	F	Kingston		Runners Choice	KRRA2019	Team	
73	3	1317	5K	Geoffrey	Roulet	00:27:34	71	M 70 plus	M	Kingston	Ontario		KRRA2019		Canada
74	3	1441	5k	Stacy	Berdan	00:27:34	52	F 50 - 59	F						
75	11	1442	5k	Matt	Fecica	00:27:45	39	M 30 - 39	M						
76	12	1376	5K	olivier	leon	00:27:55	39	M 30 - 39	M	Montreal	Quebec	Just Risk It		Team	Canada
77	4	1446	5k	Sharon	Riddell	00:27:55	53	F 50 - 59	F						
78	2	1389	5K	Harper	Aiken	00:28:07	14	F 13 - 15	F	Harrowsmith	Ontario	The Sparkle Muffins	KRRA2019	Team	Canada
79	3	1268	5K	Paul	Flynn	00:28:08	61	M 60 - 69	M	Caledon Village	Ontario				Canada
80	11	1462	5k	Adam	Jeziorski	00:28:08	41	M 40 - 49	M						
81	2	1284	5K	Amelia	Johnson	00:28:15	8	F 1 -12	F	KINGSTON	Ontario		KRRA2019		Canada
82	3	1334	5K	Caroline	Whitehead	00:28:17	17	F 16 - 19	F	Kingston	Ontario				Canada
83	13	1258	5K	Benny	Chau	00:28:20	31	M 30 - 39	M	Ottawa	Ontario	Runners Choice		Team	Canada
84	4	1443	5k	Sam	Fecica	00:28:30	7	M 1 - 12	M						
85	3	1455	5k	Madison	McCauley	00:28:30	10	F 1 -12	F						
86	9	1262	5K	John	Day	00:28:30	59	M 50 - 59	M	Kingston	Ontario				Canada
87	8	1374	5K	francis	lafontaine	00:28:37	27	M 20 - 29	M	Montreal	Quebec	Just Risk It		Team	Canada
88	5	1279	5K	Debbie	Hutchinson	00:28:46	47	F 40 - 49	F	Kingston	Ontario				Canada
89	5	1252	5K	Nancy	Ball	00:28:51	58	F 50 - 59	F	Kingston	Ontario		KRRA2019		Canada
90	9	1369	5K	Erik	Sauer	00:28:54	22	M 20 - 29	M	Kingston	Ontario	Entangled Photons		Team	Canada
91	5	1299	5K	Alexandra	McDougall	00:28:55	30	F 30 -39	F	Iroquois	Ontario	Runners Choice		Team	Canada
92	14	1290	5K	Cody	Lawlor	00:28:55	32	M 30 - 39	M	IROQUOIS	Ontario	Runners Choice		Team	Canada
93	4	1327	5K	Richard	Sunderland	00:29:00	73	M 70 plus	M	Kingston	Ontario		KRRA2019		Canada
94	6	1420	5K	Louise	Guerin	00:29:02	45	F 40 - 49	F	Kingston			KRRA2019		
95	4	1436	5k	Geoff	Sheridan	00:29:17	66	M 60 - 69	M	Waterloo					
96	11	1377	5K	Rita	Zhai	00:29:19	29	F 20 -29	F	Montreal	Quebec	Just Risk It		Team	Canada
97	3	1407	5K	Cindy	Abeles	00:29:44	61	F 60 - 69	F	Howe Island			KRRA2019		
98	12	1408	5K	Kathleen	Abeles	00:29:44	27	F 20 -29	F	Howe Island			KRRA2019		

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99	7	1330	5K	Martine	Thivierge-Bournival	00:29:46	40	F 40 - 49	F	Kingston	Ontario		KRRA2019		Canada
100	13	1418	5K	Catherine	Lukits	00:29:48	29	F 20 -29	F	Kingston					
101	10	1406	5K	Martin	Cournoyer	00:29:53	53	M 50 - 59	M	Howe Island			KRRA2019		
102	6	1435	5K	Jessica	Morrison	00:29:59	30	F 30 -39	F	Kingston					
103	4	1426	5K	Susan	Myers	00:30:00	66	F 60 - 69	f						
104	6	1402	5K	Margaret	Webb	00:30:16	57	F 50 - 59	F	Wolfe Island	Ontario				
105	7	1312	5K	Stephanie	Quann	00:30:17	37	F 30 -39	F	Kingston	Ontario				Canada
106	8	1286	5K	Tricia	Kiers	00:30:19	48	F 40 - 49	F	Kingston	Ontario				Canada
107	5	1390	5K	Copland	Aiken	00:30:24	9	M 1 - 12	M	Harrowsmith	Ontario	The Sparkle Muffins	KRRA2019	Team	Canada
108	14	1251	5K	Deniz	Aydin	00:30:25	29	F 20 -29	F	Kingston	Ontario				Canada
109	4	1449	5k	Blaise	Pharoah	00:30:25	7	F 1 -12	F						
110	9	1450	5k	Stephanie	Pharoah	00:30:25	46	F 40 - 49	F						
111	15	1393	5K	Anna	Quigley	00:30:35	27	F 20 -29	F	Kingston	Ontario	Thusiar		Team	Canada
112	11	1440	5k	Andy	Glazin	00:30:36	51	M 50 - 59	M	Kingston	Ontario				Canada
113	1	1292	5K	Elizabeth	Longfield	00:30:41	70	F 70 plus	F	Wasaga Beach	Ontario				Canada
114	8	1403	5K	Vanessa	Holmes	00:30:50	36	F 30 -39	F	Kingston	Ontario				
115	12	1465	5k	James	Kirkram	00:31:15	49	M 40 - 49	M						
116	12	1429	5K	John	O'Shea	00:31:23	59	M 50 - 59	M	Kingston					
117	5	1267	5K	Margie	File	00:31:32	66	F 60 - 69	F	Kingston	Ontario				Canada
118	9	1366	5K	Tina	Armstrong	00:31:40	32	F 30 -39	F	Amherstview	Ontario	Armstrong		Team	Canada
119	10	1365	5K	Sean	Armstrong	00:31:40	29	M 20 - 29	M	Amherstview	Ontario	Armstrong		Team	Canada
120	6	1367	5K	Theodore	Armstrong	00:31:41	1	M 1 - 12	M	Amherstview	Ontario	Armstrong		Team	Canada
121	7	1473	5k	Karen	Saltmarsh	00:31:46	50	F 50 - 59	F						
122	10	1323	5K	Corry-Lin	Stephenson	00:31:47	45	F 40 - 49	F	Bath	Ontario				Canada
123	10	1283	5K	Lisa	JJohnson	00:32:28	39	F 30 -39	f	Kingston	Ontario		KRRA2019		
124	11	1386	5K	Shannon	Carr	00:32:29	34	F 30 -39	F	Ottawa	Ontario	Team Carr		Team	Canada
125	12	1454	5k	Sherry	McCauley	00:32:30	38	F 30 -39	F						
126	15	1304	5K	Gregory	Millican	00:32:48	35	M 30 - 39	M	Kingston	Ontario		KRRA2019		Canada
127	16	1302	5K	Mara	Medeiros	00:32:56	21	F 20 -29	F	JOYCEVILLE	Ontario				Canada
128	8	1405	5K	Guylaine	Bouffard	00:33:20	57	F 50 - 59	F	Howe Island			KRRA2019		
129	17	1301	5K	Sarah	McIntosh	00:33:20	28	F 20 -29	F	Kingston	Ontario				Canada
130	11	1298	5K	Chandler	McDougall	00:33:21	25	M 20 - 29	M	Kingston	Ontario				Canada
131	12	1372	5K	Waleed	El-Sayed	00:33:22	22	M 20 - 29	M	Kingston	Ontario	Entangled Photons		Team	Canada
132	7	1337	5K	Quinlan	Purvis	00:33:40	10	M 1 - 12	M						
133	13	1448	5k	Scott	Slack	00:33:43	49	M 40 - 49	M						
134	11	1336	5K	Karen	Wise	00:33:43	41	F 40 - 49	F	Napanee	Ontario				Canada
135	13	1451	5k	Claire	Jeans	00:33:48	30	F 30 -39	F						
136	13	1297	5K	Brennan	Massey	00:33:48	26	M 20 - 29	M	kingston	Ontario				Canada
137	14	1398	5K	Matt	Gibson	00:33:57	24	M 20 - 29	M	Lakehurst	Ontario	West Plus		Team	Canada
138	5	1331	5K	Paul	Thompson	00:33:58	69	M 60 - 69	M	Kingston	Ontario				Canada
139	18	1397	5K	Maria	Bowes	00:34:00	22	F 20 -29	F	Englehart	Ontario	West Plus		Team	Canada
140	8	1338	5K	Beckett	Purvis	00:34:10	7	M 1 - 12	M						
141	3	1471	5k	Martha	Burkom	00:34:11	14	F 13 - 15	F						
142	14	1470	5k	Jack	Burkom	00:34:14	46	M 40 - 49	M						
143	6	1294	5K	Doug	Marlow	00:34:45	60	M 60 - 69	M	Verona	Ontario				Canada
144	5	1381	5K	Maria	Arroyo-Lopez	00:34:58	8	F 1 -12	F	BATH	Ontario	Spanish-5k	KRRA2019	Team	Canada
145	12	1382	5K	Sonia	Lopez	00:34:58	47	F 40 - 49	F	BATH	Ontario	Spanish-5k	KRRA2019	Team	Canada
146	4	1280	5K	Anya	Jacksteit	00:35:42	19	F 16 - 19	F	Kingston	Ontario				Canada
147	6	1272	5K	Barb	Guiden	00:35:44	60	F 60 - 69	F	INVERARY	Ontario		KRRA2019		Canada

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148	7	1326	5k	Liz	Strutt	00:35:50	62	F 60 - 69	F	Kingston	Ontario		KRRA2019		Canada
149	16	1325	5K	Chris	Strutt	00:35:50	37	M 30 - 39	M	Kingston	Ontario		KRRA2019		Canada
150	13	1281	5K	Tina	Johansson	00:35:55	49	F 40 - 49	F	Ottawa	Ontario				Canada
151	19	1332	5K	Katherine	Thornton	00:35:57	26	F 20 -29	F	Toronto	Ontario				Canada
152	5	1295	5K	PJ	Marshall	00:36:25	77	M 70 plus	M	Kingston	Ontario				Canada
153	15	1415	5K	Kevin	Latham	00:36:39	47	M 40 - 49	M	Kingston					
154	20	1370	5K	Juanjuan	Ren	00:37:02	28	F 20 -29	F	Kingston	Ontario	Entangled Photons		Team	Canada
155	15	1318	5K	Jas	Sahota	00:37:36	25	M 20 - 29	M	Toronto	Ontario				Canada
156	14	1378	5K	Hannah	Bradley	00:37:55	38	F 30 -39	F	Kingston	Ontario	Rollers		Team	Canada
157	16	1293	5K	Billy	MacAdoo	00:37:56	48	M 40 - 49	M	Perth Road	Ontario				Canada
158	9	1257	5K	Linda	Brown	00:38:19	56	F 50 - 59	F	Enterprise	Ontario				Canada
159	21	1368	5K	Chelsea	Carlson	00:39:01	26	F 20 -29	F	Kingston	Ontario	Entangled Photons		Team	Canada
160	6	1387	5K	Elyse	Gooch-Carr	00:39:09	8	F 1 -12	F	ColoradoSprings	Colorado	Team Carr		Team	United States
161	2	1461	5k	Gillian	Kelly	00:39:19	71	F 70 plus	F						
162	14	1379	5K	Rhonda	Dunn	00:39:46	47	F 40 - 49	F	Kingston	Ontario	Rollers		Team	Canada
163	17	1373	5K	newton	hong	00:40:06	37	M 30 - 39	M	Montreal	Quebec	Just Risk It		Team	Canada
164	7	1469	5k	Audrey	Grier	00:40:21	11	F 1 -12	F						
165	9	1472	5k	Billy	Burkom	00:42:42	11	M 1 - 12	M						
166	22	1399	5K	Maegan	West	00:46:17	26	F 20 -29	F	Lakefield	Ontario	West Plus		Team	Canada
167	23	1333	5K	Lauren	Voorpostel	00:51:18	25	F 20 -29	F	Etobicoke	Ontario				Canada
168	7	1437	5k	Timothy	Walser	00:52:09	68	M 60 - 69	M	Wolfe Island					
169	10	1438	5k	Patricia	Carney	00:52:09	59	F 50 - 59	F	Wolfe Island					
170	8	1269	5K	Jackie	Flynn	00:52:11	63	F 60 - 69	F	Caledon Village	Ontario				Canada
171	11	1400	5K	Wendy	West	00:52:11	56	F 50 - 59	F	Lakefield	Ontario	West Plus		Team	Canada
172	6	1466	5k	Jack	Posthumous	00:52:15	92	M 70 plus	M						
173	24	1254	5K	Samantha	Boyko	00:52:36	23	F 20 -29	F	Toronto	Ontario				Canada
174	9	1335	5K	Karen	Wilson	00:55:25	60	F 60 - 69	F	Kingston	Ontario				Canada
175	10	1253	5K	Louise	Becker	00:55:27	65	F 60 - 69	F	Amherstview	Ontario				Canada