

## 2019 Ottawa Pride Race 5K Results 8/24/19 12:46:10 PM

Position	Bib #	Name	Race Time	Pace	Gender	Age	City
1	5258	Dustin Gavin	00:19:05.35	3:49	M	38	OTTAWA
2	5244	Andrew Duyvestyn	00:19:16.24	3:51	M	25	Gatineau
3	5222	Marc-Andre Charette	00:19:19.85	3:52	M	50	Gatineau
4	5285	Bryan Lambert	00:19:52.02	3:58	M	48	Kingston
5	5237	Thomas Devisscher	00:20:02.45	4:00	M	30	Gatineau
6	5347	Jeff Straw	00:20:07.02	4:01	M	36	Toronto
7	5295	Cory McCambly	00:20:20.11	4:04	M	32	Ottawa
8	5289	Andrew Lees	00:21:41.67	4:20	M	46	Ottawa
9	5326	Judy Piel	00:21:55.59	4:23	F	57	Nepean
10	5239	Joseph Dilworth	00:22:00.93	4:24	M	29	Ottawa
11	5382	Lynn Grenier	00:22:05.99	4:25	F	52	Gatineau
12	5282	Mathieu Laforge	00:22:14.29	4:27	M	34	Gatineau
13	5325	Lucas Perkins	00:22:20.34	4:28	M	17	Ottawa
14	5253	Mathieu Gagnon	00:22:20.45	4:28	M	38	Ottawa
15	5210	michael bennett	00:22:22.13	4:28	M	44	OTTAWA
16	5338	Connor Schmitt	00:22:36.84	4:31	M	25	Ottawa
17	5231	MATTHEW COWELL	00:22:41.10	4:32	M	36	Ottawa
18	5333	Andy Quigley	00:22:47.63	4:33	M	42	Nepean
19	5235	Carolyn Denyer	00:22:52.08	4:34	F	49	Ottawa
20	5335	Christophe Rene	00:22:58.21	4:36	M	46	Gatineau
21	5304	Masashi Miyairi	00:23:05.86	4:37	M	39	Ottawa
22	5367	Steve Woods	00:23:12.00	4:38	M	34	Kanata
23	5274	Erwin Jaeger	00:23:15.45	4:39	M	44	Ottawa
24	5286	Shawn Lang	00:23:17.47	4:39	M	46	Charlotte
25	5363	Ben Watts	00:23:18.46	4:40	M	30	Ottawa
26	5254	Michel Gallant	00:23:28.19	4:42	M	49	Ottawa
27	5200	Mohamad Altasseh	00:23:29.74	4:42	M	33	Ottawa
28	5662	Robert Cuthbert	00:23:31.07	4:42	M	40	
29	5370	Simo Asni	00:23:59.58	4:48	M	25	
30	5265	Stephanie Hale	00:24:01.65	4:48	F	39	Ottawa
31	5243	Matthew Duncan	00:24:14.57	4:51	M	32	Ottawa
32	5994	Alison Whela	00:24:27.29	4:53	F	44	
33	5241	CAZ Ducros	00:24:38.71	4:56	F	50	Ottawa
34	5281	Marc Labreche	00:24:45.86	4:57	M	44	Kanata
35	5213	Nathalie Blackwell	00:24:47.76	4:57	F	26	Ottawa
36	5368	Chris Yordy	00:24:51.16	4:58	M	39	Ottawa
37	5279	richard kosnaskie	00:24:52.64	4:58	M	48	Casselman
38	5297	DARREN MCEWEN	00:24:54.58	4:59	M	35	OTTAWA
39	5221	Dave Cannons	00:24:57.75	4:59	M	52	Kingston
40	5212	Anthony Bertrand	00:25:01.91	5:00	M	35	Ottawa
41	5247	Taylor Eby	00:25:05.19	5:01	M	25	Ottawa
42	5234	Michael Denis	00:25:05.50	5:01	M	44	Ottawa
43	5223	Joanne Charlebois	00:25:08.70	5:02	F	42	Ottawa
44	5339	Rong Sheng	00:25:10.25	5:02	F	31	Ottawa
45	5248	Alan Elder	00:25:14.71	5:03	M	64	Ottawa
46	5294	Scott McCambly	00:25:16.93	5:03	M	55	Ottawa
47	5262	Oswaldo Gutierrez Bayardi	00:25:17.78	5:03	M	39	Montreal
48	5252	Rex Fyles	00:25:23.85	5:05	M	58	Gatineau
49	5993	Suzanne Schriek	00:25:29.05	5:06	F	52	
50	5220	Joe Burns	00:25:37.77	5:07	M	30	Ottawa

## 2019 Ottawa Pride Race 5K Results 8/24/19 12:46:13 PM

Position	Bib #	Name	Race Time	Pace	Gender	Age	City
51	5336	Joanne Rousseau	00:25:44.54	5:09	F	2	Merrickville
52	5380	Sam Cox	00:25:44.68	5:09	M	50	
53	5227	Sheralee Cleland	00:25:52.93	5:10	F	52	Ottawa
54	5358	Chi Van	00:25:53.13	5:11	F	47	Ottawa
55	5273	Richard Isbrucker	00:26:02.17	5:12	M	55	Ottawa
56	5236	Mathieu Derouin	00:26:02.53	5:12	M	53	Gatineau
57	5321	Simon Paquette	00:26:02.54	5:12	M	20	Gatineau
58	5346	Brent Steele	00:26:11.95	5:14	M	45	Nepean
59	5272	Gustavo Imoberdorf	00:26:12.26	5:14	M	46	Ottawa
60	5375	Andrew Arcand	00:26:33.16	5:19	M	45	
61	5305	Leonard Moore	00:26:34.64	5:19	M	53	Ottawa
62	5364	Alana Westwood	00:26:35.45	5:19	F	30	Ottawa
63	5280	Maja Kostic	00:26:45.70	5:21	F	42	Ottawa
64	5340	Jichuan Shi	00:26:49.10	5:22	M	34	Ottawa
65	5256	Mike Gareau	00:26:52.18	5:22	M	51	Greenfield Park
66	5345	Hannah Steele	00:26:58.88	5:24	F	24	Ottawa
67	5365	Jonathan Whiteley	00:27:14.24	5:27	M	41	Ottawa
68	5373	Ora Artzy	00:27:18.23	5:28	F	37	
69	5374	Pauli Thurner	00:27:18.75	5:28	F	49	
70	5353	Rafael Torres	00:27:21.84	5:28	M	37	Toronto
71	5207	Winston Barrett-Hogg	00:27:28.12	5:30	M	22	Ottawa
72	5317	Karim Ouazia	00:27:31.08	5:30	M	56	Orleans
73	5331	Alana Prudhomme	00:27:32.36	5:30	F	31	Ottawa
74	5206	Jeff Barrett	00:27:35.50	5:31	M	37	OTTAWA
75	5246	Syah Dykstra	00:27:36.39	5:31	M	8	Ottawa
76	5245	Caleb Dykstra	00:27:36.75	5:31	M	37	Ottawa
77	5219	Emma Bugg	00:27:37.29	5:31	F	26	Ottawa
78	5376	Vincent Lemay	00:27:41.52	5:32	M	61	Gatineau
79	5379	Yves Proulx	00:27:47.63	5:33	M	46	
80	5337	Megan Savage	00:27:51.56	5:34	F	37	Ottawa
81	5324	Leslie Peever	00:27:53.01	5:35	F	44	Ottawa
82	5211	Jay Benson	00:27:54.74	5:35	M	46	Ottawa
83	5381	Jean-Louis Hebert	00:28:01.64	5:36	M	32	
84	5264	Hanako Haines	00:28:18.87	5:40	M	35	Ottawa
85	5366	Stephanie Wiebe	00:28:19.51	5:40	F	34	Ottawa
86	5201	Susan Armstrong	00:28:20.01	5:40	F	50	Kanata
87	5663	Harvey Patterson	00:28:20.87	5:40	M	30	
88	5315	Trevor Nugent	00:28:40.89	5:44	M	34	Ottawa
89	5350	Budiaman Tang	00:28:49.52	5:46	M	31	Toronto
90	5665	Donald Walker	00:28:50.63	5:46	M	56	
91	5296	Maya McDonald	00:28:55.25	5:47	F	25	Toronto
92	5270	Ken Hughes	00:29:00.27	5:48	M	53	Gatineau
93	5316	Daniel Olivier	00:29:10.92	5:50	M	60	Montreal
94	5292	Pablo Marin	00:29:17.53	5:51	M	34	Montreal
95	5356	Joe Ulicki	00:29:19.93	5:52	M	40	Ottawa
96	5208	Erin Beasley	00:29:30.39	5:54	F	40	OTTAWA
97	5348	Avelyn Taing	00:29:52.76	5:58	F	29	Ottawa
98	5312	Sacha Nandlall	00:29:53.23	5:59	M	33	Ottawa
99	5240	James Dowdall	00:29:54.15	5:59	M	27	Ottawa
100	5355	Jonathan Turcotte	00:29:57.26	5:59	M	25	Ottawa
101	5250	Lucas Faria	00:29:58.98	5:59	M	31	Ottawa

## 2019 Ottawa Pride Race 5K Results 8/24/19 12:46:16 PM

Position	Bib #	Name	Race Time	Pace	Gender	Age	City
102	5260	Maria da Gloria Goncalves	00:29:59.20	5:59	F	51	Ottawa
103	5310	Charlie Mulholland	00:29:59.47	5:59	M	10	Stittsville
104	5343	Christine Soon	00:30:08.69	6:02	F	32	OTTAWA
105	5271	McKenzie Huneke	00:30:09.66	6:02	M	39	Toronto
106	5233	Rock Daoust	00:30:11.46	6:02	M	33	Ottawa
107	5226	Mia Choiniere	00:30:21.05	6:04	F	31	Ottawa
108	5276	Spencer Jay-Leafloor	00:30:38.19	6:08	M	40	Ottawa
109	5360	ANNETTE VERMAETEN	00:30:48.66	6:10	F	51	OTTAWA
110	5205	Laura Barber	00:31:16.78	6:15	F	34	Ottawa
111	5322	Krista Patterson	00:31:16.92	6:15	F	42	casselman
112	5329	Jason Pollard	00:31:17.43	6:15	M	43	Ottawa
113	5224	Kayla Kace Charlery	00:31:29.54	6:18	F	26	Ottawa
114	5268	Vineet Honkan	00:31:48.15	6:22	M	39	Brampton
115	5313	Neville Nathaniie	00:31:51.59	6:22	M	28	Ottawa
116	5299	KERRY-LIN MCGUIRE	00:31:51.92	6:22	F	42	gatineau
117	5284	Jenna Lalonde	00:32:02.36	6:24	F	20	Ottawa
118	5323	Jill Peck	00:32:04.00	6:25	F	58	Ottawa
119	5359	LYNN VanCox	00:32:04.03	6:25	F	54	OTTAWA
120	5249	Jim Estes	00:32:21.39	6:28	M	70	Kingston
121	5383	Marie-Genevieve Couture	00:32:27.31	6:29	F	52	Gatineau
122	5378	Denis Marcoux	00:32:32.96	6:30	M	39	
123	5216	Liz Bouzane	00:32:48.86	6:34	F	23	Ottawa
124	5257	Francois Gauthier	00:32:53.17	6:35	M	47	Ottawa
125	5251	Marcel Forget	00:32:58.08	6:36	M	53	Ottawa
126	5327	Lorraine Pilon	00:32:58.96	6:36	F	56	Ottawa
127	5277	Michael Jay-Leafloor	00:33:05.36	6:37	M	38	Ottawa
128	5301	Claudelle Menard	00:33:10.56	6:38	F	30	Toronto
129	5232	Josee Cyr	00:33:11.42	6:38	F	46	Gatineau
130	5209	Jessica Benhaim	00:33:31.14	6:42	F	31	Ottawa
131	5328	Vicki Plant	00:33:40.15	6:44	F	59	KANATA
132	5372	Sarah Evans	00:34:20.10	6:52	F	30	
133	5218	Vanessa Bruneau	00:34:21.03	6:52	F	25	Ottawa
134	5311	linda loo nagy	00:34:27.12	6:53	F	49	Toronto
135	5263	Rebekah Hackbusch	00:34:27.16	6:53	F	48	Ottawa
136	5369	Luc Marte	00:34:49.07	6:58	M	25	
137	5991	Rayanne Leduc	00:34:49.87	6:58	F	25	
138	5308	Anna Mulholland	00:34:54.98	6:59	F	13	Stittsville
139	5309	Rob Mulholland	00:34:57.87	6:59	M	42	Stittsville
140	5269	Monica Hornof	00:34:58.23	6:59	F	40	Stittsville
141	5330	Judith Price	00:35:41.27	7:08	F	69	Ottawa
142	5334	Randy Ramsbottom	00:35:49.04	7:10	M	54	Ottawa
143	5228	Genevieve Colverson	00:35:49.04	7:10	F	28	Ottawa
144	5229	Christine Colverson	00:35:49.27	7:10	F	25	Ottawa
145	5202	Sarah Ashton	00:36:12.66	7:14	F	45	Gloucester
146	5319	Jennifer Palmer	00:36:34.71	7:19	F	31	Ottawa
147	5349	Caylee Talbot	00:36:50.29	7:22	F	21	Ottawa
148	5290	Emilie Letourneau	00:36:52.03	7:22	F	30	Gatineau
149	5982	Tiffany Noble	00:36:52.49	7:22	F	30	
150	5302	Red Miguel	00:36:57.63	7:23	M	30	Ottawa
151	5357	Cara Uy	00:36:57.64	7:23	F	31	Ottawa
152	5342	Warren Snaider	00:37:42.81	7:32	M	72	Washington

## 2019 Ottawa Pride Race 5K Results 8/24/19 12:46:19 PM

Position	Bib #	Name	Race Time	Pace	Gender	Age	City
153	5341	Abbie Sizer	00:37:49.63	7:34	F	30	Ottawa
154	5377	Tina Wibe	00:37:49.89	7:34	F	63	
155	5300	Jayson McIntosh	00:37:50.29	7:34	M	27	Ottawa
156	5351	Julie Tessier	00:38:12.30	7:38	F	45	Ottawa
157	5278	Shona Kemp	00:38:27.35	7:41	F	49	Nepean
158	5643	Madeleine Cody-Cox	00:38:48.33	7:46	F	14	
159	5267	Erica Hills	00:38:56.52	7:47	F	34	Ottawa
160	5384	Debbie Ling	00:39:17.28	7:51	F	45	
161	5261	Claudia Goulet	00:39:48.60	7:58	F	44	Ottawa
162	5287	Kaitlyn Langman	00:40:19.39	8:04	F	19	Ottawa
163	5283	Karol-Ann Lafreniere	00:40:24.24	8:05	F	26	Ottawa
164	5361	Kariann Viau	00:40:41.23	8:08	F	43	Ottawa
165	5230	ALLISON COUTTS	00:40:41.26	8:08	F	39	OTTAWA
166	5303	Stacey Mirowski	00:41:15.41	8:15	F	39	Ottawa
167	5255	Susan Gapka	00:43:35.62	8:43	F	62	Toronto
168	5371	Sydney Chasty	00:47:04.03	9:25	F	26	
169	5362	Justin Wall	00:47:04.68	9:25	M	23	Ottawa
170	5225	Henri Cheung	00:47:04.82	9:25	M	22	Nepean
171	5293	Denise Mayo	00:47:04.84	9:25	F	21	Ottawa
172	5664	Sarah Speer	00:47:18.74	9:28	F	27	

# 2019 Ottawa Pride Race 5K Results 8/24/19 12:46:23 PM

Position	Bib #	Name	Race Time	Pace	Gender	Age	City
----------	-------	------	-----------	------	--------	-----	------