

2022 Dion Showshoe 5K Race results 08/01/2022 7:54:27 PM

Position	Bib #	Name	Race Time	Pace	Gender	Age	City
1	4768	Raz, Evan	00:27:33	5:31	M	18	Woodland
2	4748	Meloche, Lise	00:28:49	5:46	F	61	Chelsea
3	55	Querillon, Pete	00:28:50	5:46	m	52	St Thomas
4	4786	Trafford, Cliff	00:28:52	5:46	M	48	Barrhaven
5	4796	Sparling, Jill	00:30:03	6:01	F	49	Ottawa
6	5171	RAZ, Luke	00:30:44	6:09	M	16	WOODLAWN
7	4743	McGrath, Stephen	00:31:38	6:20	M	54	Monkland
8	4783	Thomas, Shane	00:33:02	6:36	M	22	Ottawa
9	4770	Richards, Abigail	00:33:24	6:41	M	13	Whitby
10	4739	MCCUAIG, JOAN	00:33:51	6:46	F	55	NEWINGTON
11	4719	Gillespie, MaryAnne	00:33:57	6:47	F	45	Ottawa
12	4769	Ricahrds, Kate	00:35:04	7:01	F	17	Whitby
13	4767	RAZ, Michael	00:35:28	7:06	M	64	WOODLAWN
14	4721	Hamilton, Katherine	00:36:26	7:17	F	33	Ottawa
15	4773	ROWLEY, Mila	00:36:29	7:18	F	14	KANATA
16	4771	ROWLEY, VINCENT	00:36:29	7:18	M	49	KANATA
17	4720	Hamilton, Kyle	00:36:31	7:18	M	36	Ottawa
18	4724	HUM, DARCIÉ	00:36:42	7:20	F	38	Brossard
19	4775	Shumacher, Norman	00:36:53	7:23	M	51	Orleans
20	4740	McCuaig, Lynn	00:37:33	7:31	F	49	Lancaster
21	4762	Piel, Harold	00:37:41	7:32	M	58	Nepean
22	4787	VAN WALSUM, NELL	00:38:00	7:36	F	60	GATINEAU
23	4779	St-Arnaud, Karen	00:38:01	7:36	F	53	Ottawa
24	4732	Lanthier, Normand	00:38:17	7:39	M	38	Cantley
25	4781	STURKENBOOM, BRENDA	00:40:03	8:01	F	50	WILLIAMSTOWN
26	4744	MCGRATH, MELISSA	00:40:04	8:01	F	51	MONKLAND
27	4766	RAZ, KRISTI	00:40:52	8:10	F	52	WOODLAWN
28	4738	McCosham, Amie	00:40:53	8:11	F	42	RR1 Long Sault
29	4790	Wasney, Crystal	00:40:54	8:11	F	38	Ottawa
30	4727	Kantymir, Shawn	00:40:54	8:11	M	46	GLOUCESTER
31	4737	McComb, Siobhan	00:41:48	8:22	F	45	Ottawa
32	4714	Deschamps, Lisa	00:43:24	8:41	F	37	Cornwall
33	4757	Noel, Karin	00:43:55	8:47	F	58	Balderson
34	4733	loveys, Marlaina	00:48:45	9:45	F	50	Ottawa
35	4746	MCLEAN, AMY	00:48:46	9:45	F	43	NEPEAN
36	56	Cooke, Paul	00:50:21	10:04	m	75	Montreal
37	4708	Chisnall, Allyson	00:50:39	10:08	F	56	Ottawa
38	5149	Hamilton, Leslie	00:50:43	10:09	F	43	Ottawa
39	4765	Poirier, Rachel	00:51:27	10:17	F	41	Cornwall
40	4763	Poirier, Sonia	00:51:27	10:17	F	49	Cornwall
41	4764	Poirier, Sarah	00:51:34	10:19	F	33	Russell
42	4702	Bonsall, Jody	00:52:22	10:28	F	51	KINGSTON
43	4742	McGowan, Lisa	00:52:25	10:29	F	49	Perth Road
44	4728	Lafleche, Annick	00:52:26	10:29	F	50	Ashton
45	4712	Davis, Krisstina	00:52:59	10:36	F	42	Barrhaven
46	4789	Warner, John	00:53:38	10:44	M	73	Cornwall
47	4705	Butler, Scott	00:54:46	10:57	M	52	Kanata
48	4736	Matthews, Amy	00:54:46	10:57	F	45	Ottawa
49	4793	Wuthrich, Daniela	00:57:06	11:25	F	42	Gatineau
50	4707	Chen, Patrice	00:57:06	11:25	F	44	Gatineau

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51	4711	Crosscombe, Pat	00:58:14	11:39	F	61	Ottawa
52	4716	Doth, Rachele	00:58:28	11:42	F	52	Cornwall
53	4709	Cook, Roxann	01:02:13	12:27	F	53	Ottawa
54	4706	Campbell, Scott	01:02:13	12:27	M	50	Greely
55	4753	Monk, Stacey	01:07:43	13:33	F	45	Vaudreuil Dorion
56	4735	Mastro-Baril, Angela	01:07:43	13:33	F	39	Pincourt

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Position	Bib #	Name	Race Time	Pace	Gender	Age	City
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