Run Ottawa Cross Country 2015 11K Results List

Male	Female	Time	Pace	Bib	Name	City	Category	Posn
1		0:40:28	3:41	410	Brendon Howard	Kanata	M 01-19	1 of 4
2		0:40:58	3:43	412	Ryan Jackson	Midhurst	M 01-19	2 of 4
3		0:41:07	3:44	437	Carrington Pomeroy	Chelsea	M 20-29	1 of 4
4		0:41:13	3:45	479	Jon Ruddy	Ottawa	M 30-39	1 of 5
5		0:42:27	3:52	451	Maks Zechel	Kingston	M 01-19	3 of 4
6		0:43:57	4:00	474	Christopher Blakeney	Ottawa	M 01-19	4 of 4
	1	0:44:16	4:01	473	Leah Sherriff	Ottawa	F 30-39	1 of 5
7		0:48:03	4:22	436	Ivan Ouroussov	Ottawa	M 30-39	2 of 5
8		0:49:17	4:29	430	Kyle Mierzwa	Ottawa	M 20-29	2 of 4
9		0:49:42	4:31	399	Costas Farassoglou	Ottawa	M 30-39	3 of 5
10		0:51:32	4:41	485	Greg Calnan	Ottawa	M 50-59	1 of 4
11		0:51:33	4:41	420	Aaron Leblanc	Saint John	M 20-29	3 of 4
12		0:53:11	4:50	386	Coleman Black	Ottawa	M 20-29	4 of 4
13		0:53:48	4:53	488	Tom Kemp	Ottawa	M 60-69	1 of 4
	2	0:54:43	4:58	465	Justine Ogle	Ottawa	F 40-49	1 of 4
14		0:55:09	5:01	482	Lorne Thomas	Ottawa	M 40-49	1 of 3
15		0:55:30	5:03	447	James Whipp	Ottawa	M 60-69	2 of 4
	3	0:56:27	5:08	400	Jean Ferguson	Ottawa	F 50-59	1 of 2
16		0:56:42	5:09	443	Francois Toulouse	Gatineau	M 40-49	2 of 3
	4	0:57:30	5:14	428	Carol McLean	Ottawa	F 40-49	2 of 4
	5	0:58:48	5:21	483	Cheri Marple	Ottawa	F 50-59	2 of 2
17		0:58:54	5:21	390	Clark Carvish	Nepean	M 50-59	2 of 4
18		0:59:27	5:24	469	Michael Dixon	Ottawa	M 60-69	3 of 4
	6	1:00:27	5:30	484	Darlene Yee	Ottawa	F 40-49	3 of 4

19		1:01:14	5:34	489	Howard Cohen	Ottawa	M 60-69	4 of 4
	7	1:01:17	5:34	385	Vicki Bencze	Ottawa	F 40-49	4 of 4
20		1:02:07	5:39	467	James McKirdy	Ottawa	M 50-59	3 of 4
21		1:03:36	5:47	464	Kenny Jones	Ottawa	M 30-39	4 of 5
	8	1:03:44	5:48	425	Lenora Makin	Ottawa	F 20-29	1 of 1
22		1:06:53	6:05	387	Daniel Boileau	Val-Des-Monts	M 50-59	4 of 4
	9	1:07:51	6:10	448	Tracy Wilson	Ottawa	F 30-39	2 of 5
23		1:09:47	6:21	407	Frank Halle	Kanata	M 30-39	5 of 5
	10	1:09:48	6:21	394	Melina Cote	Ottawa	F 30-39	3 of 5
24		1:10:04	6:22	413	Ian James	Ottawa	M 40-49	3 of 3
	11	1:26:06	7:50	382	Melanie Barclay	Nepean	F 30-39	4 of 5
	12	1:27:37	7:58	383	Natalie Bayfield	Apple Hill	F 30-39	5 of 5