

Richmond Road Races 2015 - 10K Results

Male	Female	Time	Pace	Bib	Name	City	Category	Posn
1		0:36:42	3:40	189	Ralph Werner	Ottawa	M 50-59	1 of 41
2		0:36:51	3:41	31	Gary Cooper	Ottawa	M 20-29	1 of 2
3		0:37:40	3:46	14	Michael Blois	Ottawa	M 40-49	1 of 24
4		0:37:57	3:48	194	Howard Stanley	Ottawa	M 40-49	2 of 24
5		0:38:26	3:51	51	Nick Fidler	Ottawa	M 30-39	1 of 14
6		0:38:45	3:53	35	David Dawson	Ottawa	M 30-39	2 of 14
7		0:40:14	4:01	164	Omar Sayarh	Gatineau	M 30-39	3 of 14
8		0:40:32	4:03	155	Graham Ross	Merrickville	M 50-59	2 of 41
9		0:40:33	4:03	124	Brian O'Higgins	Nepean	M 50-59	3 of 41
	1	0:40:35	4:04	171	Kuniko Soda	Ottawa	F 40-49	1 of 17
10		0:41:11	4:07	128	Joe Paraskevas	Ottawa	M 50-59	4 of 41
11		0:41:17	4:08	166	Danny Sheehan	Carleton Place	M 50-59	5 of 41
12		0:42:05	4:13	191	Steve Gamble	Ottawa	M 40-49	3 of 24
13		0:42:28	4:15	3	Michael Arno	Ottawa	M 50-59	6 of 41
14		0:42:35	4:16	17	Richard Borsos	Ottawa	M 60-69	1 of 15
15		0:42:41	4:16	126	Ben Ouellette	Ottawa	M 30-39	4 of 14
16		0:42:49	4:17	188	Ian Boyle	Ottawa	M 40-49	4 of 24
17		0:43:31	4:21	23	Jim Carter	Ottawa	M 50-59	7 of 41
18		0:43:34	4:21	81	Danny Jeannot	Gatineau	M 40-49	5 of 24
19		0:43:42	4:22	100	Allan Macphee	Ottawa	M 50-59	8 of 41
20		0:43:44	4:22	170	Jeff Slavin	Ottawa	M 50-59	9 of 41
21		0:44:02	4:24	185	Ian Young	Ottawa	M 60-69	2 of 15
22		0:44:05	4:25	85	Doug Johnson	Canton	M 40-49	6 of 24
23		0:44:12	4:25	162	Brent Sandvold	Nepean	M 40-49	7 of 24
24		0:44:13	4:25	119	Dan Murawsky	Kanata	M 20-29	2 of 2

25		0:44:15	4:26	8 Adam Bemrose	Carp	M 30-39	5 of 14
26		0:44:16	4:26	193 Gord Mitchell	Ottawa	M 40-49	8 of 24
	2	0:44:20	4:26	64 Stephanie Gordon	Ottawa	F 30-39	1 of 5
	3	0:44:28	4:27	127 Colleen Ouellette	Ottawa	F 30-39	2 of 5
27		0:44:37	4:28	192 Don Goodwin	Ottawa	M 60-69	3 of 15
	4	0:44:47	4:29	97 Katie Macaskill	Kanata	F 15-19	1 of 1
28		0:44:48	4:29	98 Ken Macaskill	Kanata	M 40-49	9 of 24
29		0:45:55	4:36	50 Keith Fenerty	Kanata	M 40-49	10 of 24
	5	0:46:05	4:37	90 Ingrid Koenig	Ottawa	F 40-49	2 of 17
30		0:46:06	4:37	104 Richard McCabe	Chelsea	M 40-49	11 of 24
31		0:46:29	4:39	79 Mike Horne	Ottawa	M 50-59	10 of 41
32		0:46:37	4:40	115 John Mitchell	Ottawa	M 50-59	11 of 41
33		0:47:13	4:43	153 Kerry Rollins	Ottawa	M 30-39	6 of 14
34		0:47:18	4:44	82 Chris Jermyn	Ottawa	M 70-79	1 of 8
35		0:47:20	4:44	26 Ben-Zion Caspi	Ottawa	M 60-69	4 of 15
		0:47:26	4:45	187 ** ** Not Registered		X *****	0 of
36		0:47:29	4:45	62 Steve Gleddie	Ottawa	M 50-59	12 of 41
37		0:47:34	4:45	190 Bruce Mason	Ottawa	M 60-69	5 of 15
38		0:47:35	4:45	186 Todd Yourth	Deep River	M 50-59	13 of 41
39		0:47:38	4:46	43 Robert Ebsary	Rockland	M 50-59	14 of 41
	6	0:47:48	4:47	110 Alex McIntyre	Waterloo	F 20-29	1 of 4
	7	0:47:49	4:47	121 Samantha Nealon	Ottawa	F 20-29	2 of 4
40		0:48:03	4:48	180 Martin Vanden Hanenberg	Ottawal	M 60-69	6 of 15
41		0:48:20	4:50	158 Paul Roy	Ottawa	M 40-49	12 of 24
42		0:48:41	4:52	28 Mike Christie	Nepean	M 50-59	15 of 41
43		0:49:01	4:54	151 Paul Robinson	Ottawa	M 40-49	13 of 24
	8	0:49:06	4:55	172 Stephanie Sothcott	Ottawa	F 20-29	3 of 4

44		0:49:14	4:55	111 Derek McKellar	Richmond	M 50-59	16 of 41
45		0:49:17	4:56	66 Ian Govan	Kanata	M 60-69	7 of 15
46		0:49:56	5:00	144 Christophe Rene	Gatineau	M 40-49	14 of 24
47		0:49:57	5:00	181 Mike Watford	Kanata	M 50-59	17 of 41
48		0:49:59	5:00	103 Nicholas Marum	Ottawa	M 30-39	7 of 14
49		0:50:02	5:00	168 Tracy Shouldice	Carp	M 50-59	18 of 41
50		0:50:11	5:01	53 Tom Foottit	Stittsville	M 40-49	15 of 24
51		0:50:12	5:01	139 Ben Prince	Edwards	M 30-39	8 of 14
52		0:50:24	5:02	142 Jacques Racine	Richmond	M 30-39	9 of 14
	9	0:50:46	5:05	179 Elysia Van Zeyl	Ottawa	F 30-39	3 of 5
53		0:51:02	5:06	2 Wally Archibald	Metcalfe	M 50-59	19 of 41
54		0:51:13	5:07	70 Marian Halliwushka	Stittsville	M 60-69	8 of 15
55		0:51:15	5:08	114 Peter Minnelli	Ottawa	M 60-69	9 of 15
56		0:51:17	5:08	196 Rudy Hollywood	Ottawa	M 60-69	10 of 15
	10	0:51:28	5:09	161 Claire Samson	Ottawa	F 50-59	1 of 20
57		0:51:41	5:10	13 Denis Bisson	Kemptville	M 50-59	20 of 41
58		0:51:43	5:10	68 Owen Gregory	Ottawa	M 30-39	10 of 14
59		0:51:44	5:10	113 Thomas Meed	Orleans	M 30-39	11 of 14
60		0:51:48	5:11	134 Geoffrey Peters	Morrisburg	M 50-59	21 of 41
61		0:51:52	5:11	176 Dan Todd	Richmond	M 50-59	22 of 41
62		0:51:56	5:12	10 Derek Bergmann	Richmond	M 30-39	12 of 14
63		0:51:57	5:12	130 Cameron Passmore	Nepean	M 40-49	16 of 24
64		0:52:08	5:13	55 Christopher Froggatt	Perth	M 40-49	17 of 24
65		0:52:09	5:13	56 Thomas Froggatt	Toronto	M 50-59	23 of 41
66		0:52:27	5:15	75 Terry Hodge	Brockville	M 50-59	24 of 41
	11	0:52:33	5:15	34 Judy Curry	North Augusta	F 50-59	2 of 20
67		0:52:35	5:15	106 Bob McCulloch	Ottawa	M 50-59	25 of 41

68		0:52:38	5:16	105 Mike McCluskie	Ottawa	M 50-59	26 of 41
	12	0:52:47	5:17	102 Lori Marcotte	Nepean	F 40-49	3 of 17
69		0:53:15	5:20	118 Dave Morton	Ottawa	M 50-59	27 of 41
70		0:53:30	5:21	132 Brent Pellett	Perth	M 40-49	18 of 24
	13	0:53:43	5:22	84 Jinny Jobin	Gatineau	F 40-49	4 of 17
71		0:53:46	5:23	46 Daniel Farrell	Stittsville	M 50-59	28 of 41
72		0:53:47	5:23	47 John Farrell	Ottawa	M 50-59	29 of 41
73		0:53:56	5:24	146 Campos Ricardo	Panama	M 50-59	30 of 41
74		0:54:14	5:25	74 Tosh Hayashi	Perth	M 70-79	2 of 8
75		0:54:18	5:26	1 Jim Allard	Ottawa	M 60-69	11 of 15
	14	0:54:30	5:27	72 Roxanne Harrington	Kemptville	F 50-59	3 of 20
	15	0:54:33	5:27	101 Jennifer Macsweyn	Alexandria	F 40-49	5 of 17
	16	0:54:35	5:28	116 Rosemarie Morse	Richmond	F 30-39	4 of 5
76		0:54:41	5:28	15 Karl Blume	Ottawa	M 50-59	31 of 41
77		0:55:02	5:30	108 Douglas McGinn	Ottawa	M 70-79	3 of 8
78		0:55:04	5:30	131 Mike Pedley	Stittsville	M 30-39	13 of 14
79		0:55:25	5:33	133 Luc Perrier	Gatineau	M 60-69	12 of 15
80		0:56:04	5:36	145 Robert Rennie	Carleton Place	M 50-59	32 of 41
81		0:56:08	5:37	107 Sylvain McDuff	Lac Sergent	M 50-59	33 of 41
82		0:56:18	5:38	86 Luc Jolicoeur	Stanstead	M 40-49	19 of 24
	17	0:56:23	5:38	91 Kathy Lalonde	North Lancaster	F 40-49	6 of 17
	18	0:56:32	5:39	40 Sheryl Dore	Ottawa	F 50-59	4 of 20
83		0:56:50	5:41	5 Yves Arseneault	Gatineau	M 50-59	34 of 41
84		0:56:53	5:41	6 Thomas Atkins	Ottawa	M 50-59	35 of 41
85		0:56:57	5:42	140 Bob Putzlocher	Kingston	M 50-59	36 of 41
	19	0:57:03	5:42	156 Jenn Ross	Merrickville	F 40-49	7 of 17
	20	0:57:08	5:43	57 Marie-Josée Gaboriault	Stanstead	F 50-59	5 of 20

86		0:57:20	5:44	77 Merv Hodgson	Maitland	M 70-79	4 of 8
87		0:57:31	5:45	160 John Ruttle	Ottawa	M 40-49	20 of 24
	21	0:57:40	5:46	58 Sylvie Gaboriault	Lac Sergent	F 50-59	6 of 20
	22	0:57:51	5:47	175 Phillipa Thompson	Oxford Mills	F 40-49	8 of 17
	23	0:57:58	5:48	24 Anne-Marie Carter-Mcauslan	Carleton Place	F 50-59	7 of 20
	24	0:58:00	5:48	20 Laura Butler	North Gower	F 50-59	8 of 20
	25	0:58:12	5:49	182 Angela Wilson	Ottawa	F 40-49	9 of 17
88		0:58:28	5:51	112 Ian McNeely	Ottawa	M 50-59	37 of 41
	26	0:58:49	5:53	42 Stephanie Dunne	Ottawa	F 60-69	1 of 6
89		0:59:19	5:56	148 Vince Rimes	Ottawa	M 40-49	21 of 24
	27	0:59:51	5:59	109 Martina McGinn	Ottawa	F 70+Ov	1 of 2
	28	0:59:53	5:59	129 Erin Parkes	Ottawa	F 30-39	5 of 5
90		0:59:55	5:59	9 Ian Bennett	McDonalds Corners	M 60-69	13 of 15
	29	1:00:19	6:02	169 Laurie Shusterman	Ottawa	F 50-59	9 of 20
	30	1:00:27	6:03	29 Mary Clayton	Brockville	F 70+Ov	2 of 2
	31	1:01:06	6:07	195 Anelise Alarcon Moreno	Gatineau	F 40-49	10 of 17
	32	1:01:07	6:07	150 Sandra Roberts	Gatineau	F 50-59	10 of 20
91		1:01:09	6:07	4 Doug Arnold	Richmond	M 70-79	5 of 8
92		1:01:39	6:10	71 Nick Hare	Carp	M 70-79	6 of 8
93		1:01:41	6:10	78 Bill Horne	Ottawa	M 70-79	7 of 8
94		1:01:43	6:10	138 Sander Post	Ottawa	M 40-49	22 of 24
95		1:01:59	6:12	147 Ralph Richardson	Stittsville	M 50-59	38 of 41
96		1:02:10	6:13	94 Ramon Lashley	Nepean	M 50-59	39 of 41
	33	1:02:12	6:13	45 Jennifer Fachin	Ottawa	F 40-49	11 of 17
97		1:02:14	6:13	54 Chris Foran	Kemptville	M 40-49	23 of 24
98		1:02:15	6:13	32 Roch Courcy	Gatineau	M 30-39	14 of 14
	34	1:02:55	6:17	76 Anne Hodgson	Maitland	F 60-69	2 of 6

	35	1:03:26	6:21	41 Joan Duguid	Ottawa	F 50-59	11 of 20
	36	1:04:17	6:26	178 Elizabeth Van Dyke	Oxford Station	F 40-49	12 of 17
	37	1:04:22	6:26	135 Elaine Petrie	Ottawa	F 50-59	12 of 20
99		1:04:41	6:28	165 Benedict Schmidt	Ottawa	M 50-59	40 of 41
	38	1:04:43	6:28	59 Celine Gaboriault-Amdur	Ottawa	F 50-59	13 of 20
100		1:05:01	6:30	69 Phil Gregory	Kanata	M 60-69	14 of 15
	39	1:05:03	6:30	7 Barbara Bacon	Merrickville	F 40-49	13 of 17
	40	1:05:04	6:30	18 Jodi Brennan	Merrickville	F 40-49	14 of 17
101		1:05:28	6:33	25 William Casey	Nepean	M 40-49	24 of 24
	41	1:06:02	6:36	137 Jackie Poole	Ottawa	F 60-69	3 of 6
102		1:07:06	6:43	173 Rick Sowieta	Ottawa	M 60-69	15 of 15
	42	1:07:14	6:43	177 Fiona Tracey	Kemptville	F 50-59	14 of 20
	43	1:07:15	6:43	183 Lynn Wright	Manotick	F 50-59	15 of 20
103		1:07:52	6:47	159 Alan Rushforth	Nepaen	M 80+Ov	1 of 1
	44	1:07:58	6:48	122 Sherry Newman	Richmond	F 50-59	16 of 20
104		1:08:00	6:48	33 Roger Crispin	Richmond	M 50-59	41 of 41
	45	1:08:14	6:49	11 Karen Beutel	Nepean	F 40-49	15 of 17
	46	1:08:51	6:53	117 Eileen Mortimer	Ottawa	F 50-59	17 of 20
	47	1:09:17	6:56	22 Ellen Carter	Ottawa	F 50-59	18 of 20
	48	1:09:33	6:57	149 Kelly Roberts	Woodlawn	F 40-49	16 of 17
	49	1:10:14	7:01	174 Arlene Steadman	Kanata	F 60-69	4 of 6
	50	1:13:18	7:20	52 Cynthia Field-Rose	Nepean	F 50-59	19 of 20
	51	1:13:19	7:20	157 Lynn Rowsell	Ottawa	F 50-59	20 of 20
	52	1:14:13	7:25	87 Jennifer Kavanagh	Ottawa	F 40-49	17 of 17
	53	1:15:22	7:32	141 Louise Rachlis	Ottawa	F 60-69	5 of 6
	54	1:15:24	7:32	21 Lynn Campbell	Ottawa	F 60-69	6 of 6
	55	1:15:33	7:33	143 Lisa Racine	Richmond	F 20-29	4 of 4

105

1:17:22 7:44

120 Lorne Murdock

Ottawa

M 70-79

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