

## 2011 Firecracker 5km Road Race - 7/1/2011

Lively, ON

## Rankings

## Event 1 Mixed 5k Run RR

| Name                                | Age Team        | Avg 1K | Finals   | Points |
|-------------------------------------|-----------------|--------|----------|--------|
| 15 & Under Results - Women 5000 Run |                 |        |          |        |
| 1 Caswell, Allison                  | W12 Unattached  | 5:29.3 | 27:26.22 |        |
| 2 Richards, Kate                    | W11 Unattached  | 5:29.4 | 27:27.00 |        |
| 3 Gingras, Cassie                   | W11 Unattached  | 6:39.4 | 33:16.97 |        |
| 4 Ghorbani, Arianna                 | W8 Unattached   | 7:18.6 | 36:32.80 |        |
| 16-19 Results - Women 5000 Run      |                 |        |          |        |
| 1 Wismer, Katie                     | W17 Track North | 3:55.6 | 19:37.95 |        |
| 2 Jacques, Michelle                 | W17 Unattached  | 7:58.0 | 39:49.68 |        |
| 20-29 Results - Women 5000 Run      |                 |        |          |        |
| 1 Tallman, Emma                     | W20 Track North | 3:45.5 | 18:47.43 |        |
| 2 Lefort, Natalie                   | W29 Unattached  | 4:16.9 | 21:24.37 |        |
| 3 Paille, Lauren                    | W29 Unattached  | 4:54.1 | 24:30.50 |        |
| 4 Wylie, Caitie                     | W27 Unattached  | 5:10.6 | 25:52.81 |        |
| 5 Menard, Lee Anne                  | W23 Unattached  | 5:23.8 | 26:58.75 |        |
| 6 Slobodian, Nancy                  | W27 Unattached  | 5:40.5 | 28:22.38 |        |
| 7 Lefort, Jocelyn                   | W25 Unattached  | 6:08.1 | 30:40.30 |        |
| 8 Bray, Marie-Lea                   | W28 Unattached  | 6:23.0 | 31:54.97 |        |
| 9 Wuytenberg, Melanie               | W28 Unattached  | 6:24.3 | 32:01.31 |        |
| 10 Simser, Krista                   | W24 Unattached  | 6:30.5 | 32:32.05 |        |
| 11 Nahwegahbow, Tamara              | W29 Unattached  | 7:17.7 | 36:28.10 |        |
| 30-39 Results - Women 5000 Run      |                 |        |          |        |
| 1 Lamarche, Kerry                   | W31 Unattached  | 3:52.0 | 19:19.79 |        |
| 2 McIlraith, Sara                   | W39 Unattached  | 4:06.5 | 20:32.48 |        |
| 3 Jongsma, Viva                     | W34 Unattached  | 5:04.9 | 25:24.24 |        |
| 4 Tai, Tawnecia                     | W30 Unattached  | 5:08.1 | 25:40.30 |        |
| 5 Marshall, Maureen                 | W32 Unattached  | 5:10.3 | 25:51.14 |        |
| 6 Jongsma, Michelle                 | W33 Unattached  | 5:15.3 | 26:16.07 |        |
| 7 Robillard, Robin                  | W37 Unattached  | 5:46.2 | 28:50.69 |        |
| 8 Coulter-Lada, Lindsey             | W32 Unattached  | 5:59.5 | 29:57.35 |        |
| 9 Larose, Genevieve                 | W31 Unattached  | 6:17.1 | 31:25.48 |        |
| 10 McLeish, Natasha                 | W39 Unattached  | 6:39.5 | 33:17.19 |        |
| 11 Marshall, Brandi                 | W36 Unattached  | 6:41.0 | 33:24.79 |        |
| 12 Chomiak, Erin                    | W38 Unattached  | 7:17.8 | 36:28.68 |        |
| 13 Phuong-Ghorbani, My              | W39 Unattached  | 7:18.6 | 36:33.03 |        |
| 14 Pardaens, Kristina               | W34 Unattached  | 7:50.4 | 39:11.66 |        |
| 15 Marshall, Alicia                 | W33 Unattached  | 7:50.6 | 39:12.95 |        |
| 16 Dabliz, Mary Bess                | W30 Unattached  | 9:43.1 | 48:35.32 |        |
| 17 Guy, Jennifer                    | W35 Unattached  | 9:43.2 | 48:35.65 |        |
| 40-49 Results - Women 5000 Run      |                 |        |          |        |
| 1 Conroy, Linda                     | W40 Unattached  | 4:33.8 | 22:48.87 |        |
| 2 Black, Kimberly                   | W41 Unattached  | 4:48.9 | 24:04.19 |        |
| 3 Dalla-Vicenza, Lara               | W40 Unattached  | 4:58.0 | 24:49.55 |        |
| 4 Koett, Stephanie                  | W48 Unattached  | 5:09.6 | 25:47.79 |        |
| 5 Michel, Jennifer                  | W45 Unattached  | 5:32.5 | 27:42.14 |        |
| 6 Bird, Wendy                       | W41 Unattached  | 5:53.2 | 29:25.96 |        |
| 7 Bobiwash, Helen                   | W42 Unattached  | 5:58.6 | 29:52.98 |        |
| 8 St.Jean, Judy                     | W41 Unattached  | 6:37.0 | 33:04.79 |        |
| 9 Yaw-Maclean, Sheila               | W49 Unattached  | 7:03.0 | 35:14.69 |        |
| 50-59 Results - Women 5000 Run      |                 |        |          |        |
| 1 Perrin, Catherine                 | W51 Unattached  | 4:42.6 | 23:32.55 |        |
| 2 Renout, Karen                     | W52 Unattached  | 6:27.7 | 32:18.17 |        |
| 3 Roy, Barbara                      | W54 Unattached  | 6:56.3 | 34:41.25 |        |
| 4 Lefort, Suzette                   | W53 Unattached  | 8:51.4 | 44:16.90 |        |

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| <b>...Event 1 Mixed 5k Run RR</b> |                     |     |               |         |          |
|-----------------------------------|---------------------|-----|---------------|---------|----------|
| 5                                 | Coulter, Sue        | W58 | Unattached    | 10:14.1 | 51:10.17 |
| 60+ Results - Women 5000 Run      |                     |     |               |         |          |
| 1                                 | Parkinson, Claire   | W81 | Unattached    | 4:21.8  | 21:48.55 |
| 2                                 | Moustgaard, Maureen | W64 | Unattached    | 7:34.5  | 37:52.14 |
| 3                                 | Yaw, Jean           | W71 | Unattached    | 10:14.1 | 51:10.49 |
| 15 & Under Results - Men 5000 Run |                     |     |               |         |          |
| 1                                 | Marcolini, Adrian   | M12 | Unattached    | 4:47.8  | 23:59.01 |
| 2                                 | Ross, Noah          | M12 | Unattached    | 4:54.9  | 24:34.09 |
| 3                                 | Marcolini, Liam     | M12 | Unattached    | 4:56.0  | 24:39.86 |
| 4                                 | Diebel, Frederic    | M11 | Unattached    | 5:01.8  | 25:08.83 |
| 5                                 | Niemelainen, Erik   | M12 | Unattached    | 6:24.5  | 32:02.49 |
| 6                                 | Ross, Alec          | M13 | Unattached    | 7:09.4  | 35:47.04 |
| 16-19 Results - Men 5000 Run      |                     |     |               |         |          |
| 1                                 | Diebel, Sebastian   | M18 | Track North   | 3:22.9  | 16:54.46 |
| 2                                 | Maziarski, Joel     | M18 | Unattached    | 3:35.0  | 17:54.88 |
| 3                                 | Kosar, John         | M18 | Unattached    | 3:38.2  | 18:10.67 |
| 4                                 | Caverson, Zack      | M16 | Track North   | 3:49.2  | 19:05.72 |
| 5                                 | Rebeiro, Nick       | M17 | Unattached    | 7:54.9  | 39:34.50 |
| 20-29 Results - Men 5000 Run      |                     |     |               |         |          |
| 1                                 | Lefort, Andre       | M28 | London Runner | 3:21.7  | 16:48.05 |
| 2                                 | Paul, Jeffrey       | M28 | Unattached    | 3:32.3  | 17:41.09 |
| 3                                 | Reid, Charles       | M26 | Unattached    | 4:01.5  | 20:07.25 |
| 4                                 | Endleman, David     | M23 | Unattached    | 4:21.0  | 21:44.92 |
| 5                                 | Miron, Robin        | M23 | Unattached    | 4:24.3  | 22:01.31 |
| 6                                 | Green, Buddy        | M25 | Unattached    | 6:23.3  | 31:56.27 |
| 30-39 Results - Men 5000 Run      |                     |     |               |         |          |
| 1                                 | Jongsma, Aaron      | M32 | Unattached    | 3:49.6  | 19:07.85 |
| 2                                 | Banks, Mike         | M35 | Unattached    | 4:27.4  | 22:16.85 |
| 3                                 | Savignac, Jackson   | M31 | Unattached    | 4:30.9  | 22:34.51 |
| 4                                 | Dabliz, Sami        | M34 | Unattached    | 4:33.5  | 22:47.12 |
| 5                                 | Tai, Will           | M35 | Unattached    | 4:42.5  | 23:32.19 |
| 6                                 | Lada, Michal        | M33 | Unattached    | 5:58.8  | 29:53.89 |
| 7                                 | Simard, Alain       | M33 | Unattached    | 6:00.0  | 29:59.71 |
| 8                                 | Marshall, Chad      | M33 | Unattached    | 6:29.3  | 32:26.23 |
| 40-49 Results - Men 5000 Run      |                     |     |               |         |          |
| 1                                 | Phipps, Neil        | M41 | Unattached    | 3:26.7  | 17:13.54 |
| 2                                 | Withers, Todd       | M48 | Unattached    | 3:39.9  | 18:19.08 |
| 3                                 | Walker, Brent       | M46 | Unattached    | 3:44.5  | 18:42.51 |
| 4                                 | Richardson, Dave    | M41 | Unattached    | 4:15.9  | 21:19.54 |
| 5                                 | Nawalaniec, Mike    | M45 | Unattached    | 4:25.1  | 22:05.16 |
| 6                                 | Marcolini, Robert   | M45 | Unattached    | 4:32.6  | 22:43.02 |
| 7                                 | Tallman, Peter      | M48 | Unattached    | 4:45.3  | 23:46.24 |
| 8                                 | Allen, Derek        | M40 | Unattached    | 4:50.4  | 24:11.56 |
| 9                                 | Syncox, Jim         | M46 | Unattached    | 5:03.0  | 25:14.75 |
| 10                                | Burt, Tim           | M47 | Unattached    | 5:06.3  | 25:31.41 |
| 11                                | Robillard, Dan      | M42 | Unattached    | 5:22.8  | 26:53.67 |
| 12                                | Michel, Bruno       | M48 | Unattached    | 5:32.5  | 27:42.47 |
| 13                                | Ross, Murray        | M47 | Unattached    | 6:03.6  | 30:17.70 |
| 14                                | Wisner, John        | M46 | Unattached    | 7:03.1  | 35:15.08 |
| 50-59 Results - Men 5000 Run      |                     |     |               |         |          |
| 1                                 | Townend, Steven     | M55 | Unattached    | 4:35.2  | 22:55.96 |
| 2                                 | Trahan, Doug        | M55 | Unattached    | 5:55.8  | 29:38.61 |
| 3                                 | Jongsma, Don        | M59 | Unattached    | 6:26.0  | 32:09.68 |
| 4                                 | Lada, Jerry         | M57 | Unattached    | 7:02.9  | 35:14.27 |
| 60+ Results - Men 5000 Run        |                     |     |               |         |          |

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**....Event 1 Mixed 5k Run RR**

|   |                   |                |        |          |
|---|-------------------|----------------|--------|----------|
| 1 | Moustgaard, Louis | M67 Unattached | 5:31.9 | 27:39.22 |
|---|-------------------|----------------|--------|----------|