

# Orangetheory Fitness Cape to Cabot 20k

## Overall Finish List

October 14, 2018

Timing & Results by Athletics NorthEAST

Place	Bib	Name	18.39 km Rank	18.39 km Time	Munn Mile Rank	Munn Mile Time	Time	Age Group Place	Gender Place
1	382	Zach Putt	1	1:10:29	2	8:12	1:18:41	1 M 20-29	M (1)
2	37	Peter Bazeley (ANER)	2	1:12:22	5	9:00	1:21:22	1 M 30-39	M (2)
3	79	Brian Caines	3	1:13:45	6	9:07	1:22:53	1 M 40-49	M (3)
4	352	Mike Peddle	4	1:16:07	8	9:14	1:25:22	2 M 40-49	M (4)
5	402	Abrham Rodgers	5	1:16:42	13	9:40	1:26:23	1 M 0-19	M (5)
6	149	Steve Emberley	6	1:17:12	9	9:25	1:26:37	3 M 40-49	M (6)
7	237	Bernard Kenny	8	1:18:11	3	8:50	1:27:01	4 M 40-49	M (7)
8	469	Trevor Trahey	7	1:17:55	32	10:28	1:28:23	2 M 30-39	M (8)
9	180	Darrin Goulding	9	1:19:43	7	9:08	1:28:51	5 M 40-49	M (9)
10	238	Carson Kenny	12	1:21:04	1	8:07	1:29:11	2 M 0-19	M (10)
11	489	Justin Warren	10	1:19:46	15	9:46	1:29:32	3 M 30-39	M (11)
12	225	Darren Jensen (ANER)	11	1:20:03	17	9:48	1:29:52	6 M 40-49	M (12)
13	140	William Duggan (ANER)	13	1:21:10	22	10:05	1:31:16	2 M 20-29	M (13)
14	258	Mark Lawrence	15	1:21:38	18	9:55	1:31:34	7 M 40-49	M (14)
15	200	Bradley Hickey	16	1:21:44	20	10:00	1:31:44	8 M 40-49	M (15)
16	152	Don Fagan (ANER)	14	1:21:27	34	10:31	1:31:59	9 M 40-49	M (16)
17	482	Katie Wadden	17	1:21:44	31	10:28	1:32:12	1 F 30-39	F (1)
18	385	Esteban Ramos	19	1:22:56	24	10:11	1:33:07	4 M 30-39	M (17)
19	477	Melanie van Soeren (ANER)	18	1:22:27	40	10:43	1:33:10	1 F 20-29	F (2)
20	190	Matt Hardy	21	1:23:46	12	9:35	1:33:21	5 M 30-39	M (18)
21	438	Graham Soper	22	1:23:54	16	9:47	1:33:41	3 M 20-29	M (19)
22	246	Bruce Knox	27	1:25:02	4	8:53	1:33:56	4 M 20-29	M (20)
23	228	Harvey Jiang	20	1:23:34	45	10:49	1:34:24	3 M 0-19	M (21)
24	339	Andrew O'Dea	28	1:25:02	10	9:29	1:34:32	5 M 20-29	M (22)
25	314	Brian Moore	29	1:25:29	11	9:33	1:35:02	6 M 30-39	M (23)
26	177	Ryan Glynn (PRCA)	23	1:24:18	63	11:06	1:35:25	7 M 30-39	M (24)
27	107	Ali Crawford	26	1:24:58	33	10:31	1:35:29	2 F 20-29	F (3)
28	428	Chad Sisulak	25	1:24:54	48	10:52	1:35:46	8 M 30-39	M (25)
29	312	Robin Molloy	30	1:25:32	41	10:45	1:36:17	10 M 40-49	M (26)
30	134	Krissy Dooling (ANER)	24	1:24:33	95	11:52	1:36:26	2 F 30-39	F (4)
31	126	Marc Delot	31	1:26:01	38	10:40	1:36:41	9 M 30-39	M (27)
32	433	Andrew Smith (ANER)	33	1:26:44	27	10:21	1:37:05	11 M 40-49	M (28)
33	223	William Jacobs	34	1:26:50	35	10:32	1:37:23	6 M 20-29	M (29)

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Place	Bib	Name	18.39 km Rank	18.39 km Time	Munn Mile Rank	Munn Mile Time	Time	Age Group Place	Gender Place
34	309	Ian Moffatt	38	1:27:20	23	10:08	1:37:29	7 M 20-29	M (30)
35	102	Alex Conrad	37	1:27:08	29	10:22	1:37:31	10 M 30-39	M (31)
36	326	Sean Myrick	41	1:28:06	14	9:41	1:37:47	12 M 40-49	M (32)
37	315	Elizabeth Moore	35	1:27:01	49	10:52	1:37:53	3 F 30-39	F (5)
38	14	Marc Alivio (PRCA)	32	1:26:32	72	11:27	1:37:59	13 M 40-49	M (33)
39	486	John Walsh (NAUT)	42	1:28:07	28	10:21	1:38:28	14 M 40-49	M (34)
40	291	Susan Martyn (ANER)	39	1:27:37	60	11:02	1:38:40	1 F 40-49	F (6)
41	192	Ryan Harris	46	1:28:44	19	9:58	1:38:42	11 M 30-39	M (35)
42	383	Janet Quick	36	1:27:08	89	11:46	1:38:54	1 F 50-59	F (7)
43	250	Michael Ladha	40	1:28:03	57	10:56	1:39:00	12 M 30-39	M (36)
44	178	Will Goodridge (ANER)	44	1:28:18	43	10:46	1:39:05	4 M 0-19	M (37)
45	307	Gage Miranda	43	1:28:17	50	10:53	1:39:10	8 M 20-29	M (38)
46	189	Dean Hammond	48	1:29:14	25	10:11	1:39:25	13 M 30-39	M (39)
47	356	Chris Peters	49	1:29:19	26	10:12	1:39:31	15 M 40-49	M (40)
48	432	Alex Smallwood	47	1:29:00	37	10:36	1:39:37	16 M 40-49	M (41)
49	19	Greg Arsenault	53	1:30:13	36	10:33	1:40:46	1 M 50-59	M (42)
50	395	Jerry Ricketts	45	1:28:44	112	12:10	1:40:54	1 M 60-69	M (43)
51	194	Colin Hayes	54	1:30:14	46	10:49	1:41:04	14 M 30-39	M (44)
52	197	Bob Heale	55	1:30:23	52	10:54	1:41:17	2 M 50-59	M (45)
53	255	Laura Lawes	51	1:29:50	80	11:37	1:41:27	4 F 30-39	F (8)
54	205	Darrell Hillier (RRCG)	57	1:30:37	58	10:57	1:41:34	3 M 50-59	M (46)
55	490	Marilyn Warren	56	1:30:24	66	11:14	1:41:39	2 F 40-49	F (9)
56	288	Martin Manning	59	1:31:27	59	11:02	1:42:29	15 M 30-39	M (47)
57	32	Keith Barrington	58	1:31:22	65	11:10	1:42:32	2 M 60-69	M (48)
58	25	Adam Baker	52	1:29:54	137	12:38	1:42:33	5 M 0-19	M (49)
59	328	Stephanie Nevin (ANER)	50	1:29:42	156	12:55	1:42:37	3 F 20-29	F (10)
60	81	Cameron Campbell	60	1:31:34	61	11:03	1:42:37	16 M 30-39	M (50)
61	357	Mark Peters	61	1:31:39	64	11:08	1:42:47	4 M 50-59	M (51)
62	199	Dave Hennessey	62	1:31:50	81	11:38	1:43:28	3 M 60-69	M (52)
63	90	Brian Clarke	65	1:33:08	39	10:42	1:43:51	5 M 50-59	M (53)
64	340	Dan Oldford (PRCA)	64	1:32:55	70	11:26	1:44:21	17 M 30-39	M (54)
65	505	Patrick Wilson	63	1:32:33	91	11:48	1:44:21	17 M 40-49	M (55)
66	443	Michael Spurrell	77	1:34:12	30	10:23	1:44:35	18 M 40-49	M (56)

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67	256	Rick Lawes	73	1:34:01	53	10:55	1:44:56	4 M 60-69	M (57)
68	344	Nelson Osmond	66	1:33:28	73	11:29	1:44:57	6 M 50-59	M (58)
69	6	Chris Flanagan (ANER)	76	1:34:10	44	10:49	1:44:59	7 M 50-59	M (59)
70	87	Lori Chaytor	71	1:33:45	69	11:20	1:45:05	5 F 30-39	F (11)
71	511	Tanya Joy	72	1:33:46	101	12:03	1:45:49	3 F 40-49	F (12)
72	148	David Emberley	80	1:34:20	82	11:38	1:45:58	19 M 40-49	M (60)
73	129	Stephen Dilny	75	1:34:10	94	11:51	1:46:01	20 M 40-49	M (61)
74	272	Jason MacDonald	78	1:34:14	90	11:47	1:46:01	21 M 40-49	M (62)
75	308	William Mitchell	79	1:34:18	99	12:00	1:46:18	18 M 30-39	M (63)
76	1	Jeff Barnes (ANER)	68	1:33:43	142	12:43	1:46:26	22 M 40-49	M (64)
77	409	Bernard Ryan	69	1:33:43	145	12:48	1:46:32	19 M 30-39	M (65)
78	109	Brian Croft	70	1:33:44	149	12:49	1:46:33	8 M 50-59	M (66)
79	322	Tim Murphy	74	1:34:08	127	12:30	1:46:38	20 M 30-39	M (67)
80	128	Dennis Dillon	85	1:35:08	77	11:35	1:46:44	9 M 50-59	M (68)
81	94	Steve Cleary	84	1:35:08	93	11:50	1:46:58	23 M 40-49	M (69)
82	230	Heather Jones	86	1:35:29	74	11:31	1:47:01	4 F 40-49	F (13)
83	496	Alison Whelan	82	1:34:56	111	12:10	1:47:07	5 F 40-49	F (14)
84	242	Wade King	87	1:35:31	87	11:44	1:47:16	24 M 40-49	M (70)
85	287	Darrell Manning	81	1:34:46	133	12:35	1:47:21	25 M 40-49	M (71)
86	270	Charles Luther	83	1:34:59	122	12:23	1:47:23	21 M 30-39	M (72)
87	493	Katie Welsh	90	1:35:46	79	11:36	1:47:23	4 F 20-29	F (15)
88	82	Daniel Campbell	94	1:36:19	62	11:05	1:47:25	9 M 20-29	M (73)
89	370	Stephanie Porter (NAUT)	91	1:35:50	76	11:35	1:47:25	6 F 40-49	F (16)
90	151	Craig Ennis	100	1:37:38	21	10:01	1:47:39	26 M 40-49	M (74)
91	116	Damien Davis	93	1:36:18	78	11:36	1:47:55	22 M 30-39	M (75)
92	53	Perry Bonnell	98	1:37:22	42	10:45	1:48:07	10 M 50-59	M (76)
93	303	Dan Meades	89	1:35:44	132	12:32	1:48:16	23 M 30-39	M (77)
94	452	Mike Stone (MARC)	67	1:33:37	276	15:05	1:48:42	24 M 30-39	M (78)
95	327	Chris Nevin	96	1:37:01	97	11:58	1:49:00	25 M 30-39	M (79)
96	297	Derek McDonald	88	1:35:37	212	13:55	1:49:32	26 M 30-39	M (80)
97	259	James LeBlanc	92	1:35:58	196	13:37	1:49:35	27 M 30-39	M (81)
98	111	Jay Cunningham	95	1:36:47	155	12:54	1:49:41	27 M 40-49	M (82)
99	95	Jeff Cluney (PRCA)	104	1:37:56	92	11:49	1:49:46	28 M 40-49	M (83)

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100	247	Dimitra Kufudi	114	1:38:57	54	10:55	1:49:53	5 F 20-29	F (17)
101	165	Jessica French	101	1:37:45	110	12:09	1:49:55	6 F 30-39	F (18)
102	215	Dave Humphries	97	1:37:08	151	12:52	1:50:00	29 M 40-49	M (84)
103	417	Steven Selst (PRCA)	103	1:37:54	106	12:06	1:50:01	28 M 30-39	M (85)
104	285	Bryan Manning	108	1:38:24	84	11:41	1:50:05	30 M 40-49	M (86)
105	508	Rose Young	105	1:38:02	103	12:04	1:50:06	7 F 40-49	F (19)
106	439	John Sparrow	113	1:38:52	68	11:19	1:50:12	31 M 40-49	M (87)
107	168	Jonathan Frost	106	1:38:16	114	12:16	1:50:32	32 M 40-49	M (88)
108	313	Carol Monsigneur	109	1:38:30	108	12:07	1:50:37	2 F 50-59	F (20)
109	211	Chris Hough	116	1:39:04	85	11:41	1:50:45	29 M 30-39	M (89)
110	342	Brian Oliver	115	1:39:00	88	11:46	1:50:46	30 M 30-39	M (90)
111	300	Michael McFatrige	102	1:37:54	152	12:53	1:50:47	10 M 20-29	M (91)
112	325	Sherrie Myers (ANER)	112	1:38:50	102	12:03	1:50:53	8 F 40-49	F (21)
113	17	Joe Argentino	99	1:37:34	179	13:22	1:50:57	33 M 40-49	M (92)
114	331	Conrad Nickels	107	1:38:18	166	13:04	1:51:22	31 M 30-39	M (93)
115	30	Tammy Banfield	131	1:40:26	55	10:56	1:51:22	7 F 30-39	F (22)
116	141	Andrea Duguid	111	1:38:46	135	12:37	1:51:24	9 F 40-49	F (23)
117	144	Bradley Dyke	120	1:39:51	75	11:34	1:51:26	32 M 30-39	M (94)
118	85	Erik Charron (ANER)	139	1:40:43	51	10:53	1:51:36	33 M 30-39	M (95)
119	457	Maggie Sullivan	137	1:40:40	67	11:14	1:51:55	8 F 30-39	F (24)
120	499	Eddie Whelan	135	1:40:32	83	11:38	1:52:11	34 M 30-39	M (96)
121	124	Gordon Delaney	123	1:40:02	125	12:26	1:52:29	34 M 40-49	M (97)
122	70	Heather Bungay	117	1:39:39	148	12:49	1:52:29	10 F 40-49	F (25)
123	135	Nancy Douglas	118	1:39:39	147	12:49	1:52:29	11 F 40-49	F (26)
124	91	Heather Clarke (MARC)	124	1:40:07	126	12:28	1:52:36	12 F 40-49	F (27)
125	427	Andrea Singleton	127	1:40:15	123	12:23	1:52:39	13 F 40-49	F (28)
126	179	Andrew Gosse (PRCA)	119	1:39:45	159	12:58	1:52:44	35 M 40-49	M (98)
127	318	Jason Mortimer	138	1:40:42	105	12:05	1:52:48	36 M 40-49	M (99)
128	104	Tara Corbett	121	1:39:53	158	12:57	1:52:51	14 F 40-49	F (29)
129	209	David Hopkins (NWRC)	134	1:40:31	134	12:35	1:53:07	11 M 20-29	M (100)
130	290	Yvonne Martin	136	1:40:39	128	12:31	1:53:10	1 F 60-69	F (30)
131	236	Gary Kennell	122	1:39:57	178	13:22	1:53:19	37 M 40-49	M (101)
132	213	Corena Hughes	140	1:41:09	116	12:17	1:53:26	3 F 50-59	F (31)

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133	97	Troy Coffin	143	1:41:32	100	12:01	1:53:34	11 M 50-59	M (102)
134	407	Mike Russell	126	1:40:10	187	13:27	1:53:38	12 M 20-29	M (103)
135	408	Peter Russell	141	1:41:19	117	12:19	1:53:39	38 M 40-49	M (104)
136	467	Christopher Tobin (PRCA)	130	1:40:25	180	13:23	1:53:48	35 M 30-39	M (105)
137	371	Desmond Power	125	1:40:07	203	13:43	1:53:51	12 M 50-59	M (106)
138	193	Matthew Hawco	156	1:43:01	47	10:51	1:53:52	36 M 30-39	M (107)
139	72	Chris Butler	144	1:41:43	119	12:20	1:54:04	37 M 30-39	M (108)
140	48	Adam Bishop	145	1:41:44	124	12:23	1:54:07	38 M 30-39	M (109)
141	67	Robert Brown (PRCA)	128	1:40:25	206	13:44	1:54:10	13 M 50-59	M (110)
142	89	Mike Chong	153	1:42:43	71	11:27	1:54:10	39 M 30-39	M (111)
143	478	Russell Vardy	110	1:38:31	314	15:40	1:54:12	39 M 40-49	M (112)
144	401	Laura Roche	149	1:42:30	86	11:41	1:54:12	6 F 20-29	F (32)
145	106	Joe Craig	142	1:41:28	143	12:47	1:54:15	14 M 50-59	M (113)
146	162	Kevin Fox	147	1:42:03	115	12:16	1:54:20	15 M 50-59	M (114)
147	159	David Foley (ANER)	132	1:40:28	219	14:01	1:54:29	16 M 50-59	M (115)
148	280	Dianne Maidment	146	1:41:53	138	12:40	1:54:34	4 F 50-59	F (33)
149	167	Chantal Frenette	150	1:42:32	118	12:20	1:54:53	7 F 20-29	F (34)
150	269	Chad Lush	148	1:42:10	150	12:52	1:55:02	40 M 30-39	M (116)
151	294	Joseph McCarthy	133	1:40:30	256	14:36	1:55:06	41 M 30-39	M (117)
152	182	Mike Green	129	1:40:25	267	14:43	1:55:08	17 M 50-59	M (118)
153	35	Andrew Bartlett	167	1:44:27	56	10:56	1:55:24	42 M 30-39	M (119)
154	323	Kevin Murrant	155	1:42:57	131	12:32	1:55:30	43 M 30-39	M (120)
155	501	Kat White	154	1:42:56	139	12:41	1:55:38	8 F 20-29	F (35)
156	62	Beverly Bromley	158	1:43:23	129	12:31	1:55:54	15 F 40-49	F (36)
157	400	Dominique Robitaille	161	1:43:55	109	12:08	1:56:03	40 M 40-49	M (121)
158	235	Tonia Kennedy (PRCA)	157	1:43:21	153	12:53	1:56:14	16 F 40-49	F (37)
159	31	Jane Barriault	159	1:43:41	154	12:54	1:56:35	9 F 20-29	F (38)
160	59	Ashley Brett	170	1:44:55	104	12:04	1:56:59	9 F 30-39	F (39)
161	125	Percy Delaney	164	1:44:05	173	13:09	1:57:15	18 M 50-59	M (122)
162	471	Laura Tuck	172	1:44:59	130	12:31	1:57:31	17 F 40-49	F (40)
163	429	Matt Skeffington	162	1:43:58	200	13:40	1:57:39	44 M 30-39	M (123)
164	161	Amy Fowler	168	1:44:37	174	13:09	1:57:47	10 F 30-39	F (41)
165	51	Kim Bonin	152	1:42:43	292	15:20	1:58:04	18 F 40-49	F (42)

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166	436	W George Smith	166	1:44:24	208	13:47	1:58:12	5 M 60-69	M (124)
167	473	Terry Tucker	151	1:42:35	313	15:39	1:58:15	19 M 50-59	M (125)
168	29	Dennis Baltzer	163	1:44:02	230	14:15	1:58:17	41 M 40-49	M (126)
169	412	Bill Saunders	169	1:44:43	195	13:35	1:58:18	1 M 70-99	M (127)
170	65	Gillian Brown	175	1:45:26	157	12:56	1:58:22	11 F 30-39	F (43)
171	492	Barbara Wells (ANER)	174	1:45:14	170	13:07	1:58:22	19 F 40-49	F (44)
172	393	Randy Rice (PRCA)	173	1:45:13	175	13:12	1:58:25	42 M 40-49	M (128)
173	169	Ryan Froude	160	1:43:43	266	14:43	1:58:27	43 M 40-49	M (129)
174	145	Jeremy Eaton	177	1:45:47	146	12:49	1:58:36	45 M 30-39	M (130)
175	5	Paul Dillon	176	1:45:29	172	13:09	1:58:38	44 M 40-49	M (131)
176	142	Julie Dwyer (ANER)	185	1:46:54	98	11:58	1:58:53	10 F 20-29	F (45)
177	292	Ed Matthews (PRCA)	171	1:44:58	224	14:10	1:59:08	45 M 40-49	M (132)
178	208	Damien Holloway	186	1:46:55	113	12:15	1:59:10	46 M 30-39	M (133)
179	212	Suzanne House	178	1:45:48	199	13:39	1:59:28	20 F 40-49	F (46)
180	147	Rick Edwards	190	1:47:08	120	12:22	1:59:30	46 M 40-49	M (134)
181	113	Patrick Dalton (ANER)	181	1:46:39	161	12:59	1:59:38	47 M 40-49	M (135)
182	103	Lisa Cook	188	1:47:00	136	12:38	1:59:39	12 F 30-39	F (47)
183	442	Kerry Spurrell	189	1:47:02	140	12:41	1:59:44	21 F 40-49	F (48)
184	127	Michael DeRoche	165	1:44:19	297	15:26	1:59:45	6 M 60-69	M (136)
185	114	Line Daly	184	1:46:49	163	12:59	1:59:49	22 F 40-49	F (49)
186	456	Mike Stringer	192	1:47:20	141	12:42	2:00:03	48 M 40-49	M (137)
187	398	John Robinson	179	1:46:26	198	13:39	2:00:05	7 M 60-69	M (138)
188	295	Kelli McCarthy	183	1:46:48	189	13:31	2:00:19	13 F 30-39	F (50)
189	319	Tara Moulton	182	1:46:48	190	13:31	2:00:19	23 F 40-49	F (51)
190	448	Madonna Stewart	180	1:46:33	217	14:00	2:00:34	5 F 50-59	F (52)
191	369	Sandra Pope	191	1:47:08	207	13:46	2:00:55	24 F 40-49	F (53)
192	251	Tammy Lahey	195	1:47:52	194	13:35	2:01:27	6 F 50-59	F (54)
193	11	Joe Ryan	198	1:48:30	160	12:59	2:01:30	8 M 60-69	M (139)
194	386	Chris Randell	193	1:47:23	229	14:14	2:01:38	20 M 50-59	M (140)
195	491	Sarah Way	206	1:48:47	162	12:59	2:01:46	11 F 20-29	F (55)
196	39	Tiffany Belbin	199	1:48:31	177	13:19	2:01:50	14 F 30-39	F (56)
197	487	Jonathan Walsh	194	1:47:41	227	14:11	2:01:52	49 M 40-49	M (141)
198	118	Michael Dawe	210	1:48:59	164	12:59	2:01:58	47 M 30-39	M (142)

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Place	Bib	Name	18.39 km Rank	18.39 km Time	Munn Mile Rank	Munn Mile Time	Time	Age Group Place	Gender Place
199	410	Juliette Ryan (ANER)	201	1:48:33	188	13:28	2:02:01	12 F 20-29	F (57)
200	110	Melanie Culleton	187	1:46:56	287	15:15	2:02:12	15 F 30-39	F (58)
201	359	Neal Philpott (PRCA)	200	1:48:31	201	13:41	2:02:12	48 M 30-39	M (143)
202	207	Mike Hollahan	207	1:48:48	192	13:32	2:02:20	50 M 40-49	M (144)
203	66	Joseph Brown	196	1:47:53	247	14:27	2:02:20	9 M 60-69	M (145)
204	389	Daniel Reid	197	1:48:07	254	14:34	2:02:41	49 M 30-39	M (146)
205	453	Michelle Strang	202	1:48:35	226	14:10	2:02:46	25 F 40-49	F (59)
206	69	Tanya Brushett	204	1:48:36	225	14:10	2:02:46	26 F 40-49	F (60)
207	329	Amanda Newell	208	1:48:49	253	14:34	2:03:23	16 F 30-39	F (61)
208	26	Kevin Baldwin	214	1:49:29	220	14:03	2:03:33	21 M 50-59	M (147)
209	416	William Seaward	211	1:49:11	244	14:25	2:03:37	22 M 50-59	M (148)
210	98	Darcie Cohen (NAUT)	205	1:48:42	274	14:58	2:03:41	17 F 30-39	F (62)
211	349	Ryan Peach	219	1:50:55	167	13:06	2:04:02	13 M 20-29	M (149)
212	28	Brad Ball	212	1:49:15	275	15:00	2:04:15	51 M 40-49	M (150)
213	45	Kristine Best	222	1:51:28	165	13:02	2:04:31	27 F 40-49	F (63)
214	244	Douglas Kirby	216	1:50:41	210	13:53	2:04:34	23 M 50-59	M (151)
215	381	Gail Price (ANER)	223	1:51:28	171	13:07	2:04:36	7 F 50-59	F (64)
216	21	Breanne Aylward	229	1:51:57	144	12:48	2:04:45	13 F 20-29	F (65)
217	384	Simone Quinlan	221	1:51:10	205	13:44	2:04:54	8 F 50-59	F (66)
218	445	Brenda Lee Steele	220	1:50:56	214	13:57	2:04:54	28 F 40-49	F (67)
219	74	Greg Butler	217	1:50:43	232	14:17	2:05:01	14 M 20-29	M (152)
220	351	Matthew Peddle	203	1:48:36	352	16:29	2:05:05	50 M 30-39	M (153)
221	249	Tracy Lacey (ANER)	230	1:52:00	176	13:14	2:05:15	29 F 40-49	F (68)
222	123	Deanne Delahunty	209	1:48:58	362	16:38	2:05:37	30 F 40-49	F (69)
223	394	Debbie Rice-Jerrett	236	1:52:24	184	13:26	2:05:51	31 F 40-49	F (70)
224	458	Vanessa Sutton-Pande	235	1:52:24	185	13:26	2:05:51	32 F 40-49	F (71)
225	64	Corey Brown	215	1:49:50	330	16:01	2:05:51	52 M 40-49	M (154)
226	183	Tory Greey (ANER)	231	1:52:00	215	13:58	2:05:58	18 F 30-39	F (72)
227	360	James Picco	226	1:51:33	251	14:31	2:06:05	24 M 50-59	M (155)
228	61	Susan Brockerville (MARC)	238	1:52:38	182	13:26	2:06:05	9 F 50-59	F (73)
229	119	Pamela Dawe	233	1:52:14	211	13:54	2:06:08	33 F 40-49	F (74)
230	374	Krista Power	213	1:49:22	369	16:46	2:06:09	34 F 40-49	F (75)
231	160	Maria Foley (ANER)	227	1:51:36	263	14:42	2:06:19	35 F 40-49	F (76)

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232	503	Bud Whitten	232	1:52:01	237	14:23	2:06:24	25 M 50-59	M (156)
233	158	Dennis Flynn (ANER)	228	1:51:45	261	14:39	2:06:25	26 M 50-59	M (157)
234	176	Roger Gillard	224	1:51:31	272	14:56	2:06:28	27 M 50-59	M (158)
235	131	Alan Doody	225	1:51:32	273	14:58	2:06:31	53 M 40-49	M (159)
236	198	Amy Henderson	237	1:52:25	223	14:08	2:06:34	19 F 30-39	F (77)
237	186	Rod Hale	234	1:52:21	250	14:28	2:06:50	54 M 40-49	M (160)
238	260	Marie LeDrew (ANER)	218	1:50:45	336	16:11	2:06:56	10 F 50-59	F (78)
239	355	Jacqueline Perry	243	1:53:29	197	13:38	2:07:07	11 F 50-59	F (79)
240	306	Trevor Mercer (PRCA)	240	1:52:45	240	14:24	2:07:09	55 M 40-49	M (161)
241	435	Tony Smith	241	1:52:45	241	14:24	2:07:10	56 M 40-49	M (162)
242	224	David Jeenes	242	1:53:20	231	14:16	2:07:37	57 M 40-49	M (163)
243	121	Susan Day	239	1:52:43	282	15:08	2:07:51	36 F 40-49	F (80)
244	93	Ray Clarke	247	1:54:08	243	14:25	2:08:33	58 M 40-49	M (164)
245	77	Kelly Butt	254	1:55:14	181	13:24	2:08:39	51 M 30-39	M (165)
246	498	Amanda C. Whelan	244	1:53:31	284	15:10	2:08:41	20 F 30-39	F (81)
247	7	Bernadette Jerrett	245	1:53:37	280	15:07	2:08:44	2 F 60-69	F (82)
248	34	Susan Barry	248	1:54:35	228	14:14	2:08:49	14 F 20-29	F (83)
249	245	Sarah Kirby	264	1:56:46	107	12:06	2:08:53	21 F 30-39	F (84)
250	3	Donna Burt	249	1:54:36	233	14:18	2:08:54	12 F 50-59	F (85)
251	132	Glenn Dooley	251	1:54:49	252	14:33	2:09:22	59 M 40-49	M (166)
252	202	John Hickman	250	1:54:41	270	14:53	2:09:34	28 M 50-59	M (167)
253	338	Noel O'Brien	246	1:53:51	331	16:03	2:09:55	60 M 40-49	M (168)
254	175	Donna Gibbons	255	1:55:18	295	15:25	2:10:44	22 F 30-39	F (86)
255	60	Megan Brett	263	1:56:46	222	14:06	2:10:53	15 F 20-29	F (87)
256	40	Rebecca Bell	259	1:56:09	269	14:49	2:10:59	37 F 40-49	F (88)
257	136	Michelle Downey (PRCA)	256	1:55:22	315	15:40	2:11:02	23 F 30-39	F (89)
258	277	Cheryl MacLean	253	1:54:59	335	16:11	2:11:11	24 F 30-39	F (90)
259	495	David Whalen	270	1:57:35	204	13:43	2:11:19	61 M 40-49	M (169)
260	262	Bill Legge	266	1:57:01	242	14:25	2:11:26	62 M 40-49	M (170)
261	263	Karen Legge	265	1:57:00	245	14:26	2:11:26	38 F 40-49	F (91)
262	156	Sally Faulkner	260	1:56:23	286	15:14	2:11:37	16 F 20-29	F (92)
263	354	Nicole Penton	273	1:57:45	216	13:58	2:11:44	39 F 40-49	F (93)
264	226	Chris Jermyn	281	1:58:08	202	13:43	2:11:51	2 M 70-99	M (171)



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265	463	Tina Taylor	258	1:55:41	340	16:17	2:11:58	40 F 40-49	F (94)
266	172	Scott Galloway	261	1:56:37	301	15:28	2:12:06	29 M 50-59	M (172)
267	364	Deidre Pike	278	1:57:58	246	14:26	2:12:25	41 F 40-49	F (95)
268	366	Sarah Pike	277	1:57:58	249	14:28	2:12:27	17 F 20-29	F (96)
269	336	Eileen O'Brien	257	1:55:26	375	17:03	2:12:29	13 F 50-59	F (97)
270	301	Robyn McInnis	275	1:57:48	262	14:42	2:12:30	18 F 20-29	F (98)
271	320	Eoin Mulcahy	252	1:54:51	389	17:48	2:12:39	52 M 30-39	M (173)
272	243	Michelle Kings	262	1:56:46	326	15:54	2:12:41	25 F 30-39	F (99)
273	33	Florence Barron (ANER)	271	1:57:36	283	15:09	2:12:46	1 F 70-99	F (100)
274	479	Megan Vivian	282	1:58:18	248	14:28	2:12:47	26 F 30-39	F (101)
275	232	Jackie Kane	269	1:57:27	302	15:29	2:12:57	14 F 50-59	F (102)
276	252	Daphne Lainson	283	1:58:25	255	14:35	2:13:00	42 F 40-49	F (103)
277	112	Lisa Curnew	272	1:57:44	305	15:32	2:13:17	43 F 40-49	F (104)
278	274	Steve Macdonald	268	1:57:10	333	16:09	2:13:20	10 M 60-69	M (174)
279	466	Andrew Tobin	276	1:57:53	298	15:27	2:13:20	53 M 30-39	M (175)
280	229	Kelly Johnson	291	1:59:29	213	13:57	2:13:26	44 F 40-49	F (105)
281	296	Paula McCormick	280	1:58:03	294	15:23	2:13:27	45 F 40-49	F (106)
282	372	Jeanie Power	279	1:58:02	299	15:27	2:13:30	15 F 50-59	F (107)
283	353	Sheri Peinsznski	293	2:00:10	183	13:26	2:13:36	27 F 30-39	F (108)
284	68	Sandra Brushett	292	2:00:10	186	13:27	2:13:37	46 F 40-49	F (109)
285	181	Desirea Green	288	1:59:18	235	14:20	2:13:38	28 F 30-39	F (110)
286	411	Robin Ryan	287	1:59:16	236	14:22	2:13:39	29 F 30-39	F (111)
287	281	Paula Mallaley	289	1:59:18	239	14:24	2:13:42	30 F 30-39	F (112)
288	214	Lloyd Hulmes	284	1:59:04	259	14:39	2:13:43	15 M 20-29	M (176)
289	188	Michael Hamilton	306	2:01:27	121	12:23	2:13:50	54 M 30-39	M (177)
290	122	Yvonne Day (NWRC)	286	1:59:09	264	14:42	2:13:52	47 F 40-49	F (113)
291	50	Kristen Blackmore	298	2:00:59	168	13:06	2:14:05	19 F 20-29	F (114)
292	203	Kim Hickman	299	2:00:59	169	13:06	2:14:05	20 F 20-29	F (115)
293	47	William Biggin	285	1:59:05	285	15:12	2:14:18	30 M 50-59	M (178)
294	462	Colleen Tapper	274	1:57:46	361	16:38	2:14:24	3 F 60-69	F (116)
295	171	Julie Fudge	290	1:59:20	278	15:06	2:14:26	31 F 30-39	F (117)
296	406	Maria Jose Rueda	300	2:01:11	193	13:34	2:14:45	32 F 30-39	F (118)
297	266	Anna Linegar	307	2:01:33	234	14:19	2:15:52	33 F 30-39	F (119)

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298	227	Linda Jewell	297	2:00:52	300	15:28	2:16:21	34 F 30-39	F (120)
299	286	Christine Manning	295	2:00:44	322	15:47	2:16:32	48 F 40-49	F (121)
300	117	Angela Davison	296	2:00:44	324	15:51	2:16:35	35 F 30-39	F (122)
301	431	Cynthia Slade	303	2:01:17	293	15:23	2:16:40	49 F 40-49	F (123)
302	346	Kelly Owens Fowler	294	2:00:44	327	15:56	2:16:41	50 F 40-49	F (124)
303	324	Brian Murray	304	2:01:17	296	15:25	2:16:42	55 M 30-39	M (179)
304	133	Leah Dooley	305	2:01:22	312	15:38	2:17:01	51 F 40-49	F (125)
305	392	Pamela Reid	312	2:01:57	291	15:20	2:17:17	36 F 30-39	F (126)
306	333	Shannon Nix	311	2:01:46	307	15:36	2:17:22	52 F 40-49	F (127)
307	57	Robert Boychuk	320	2:02:56	257	14:38	2:17:34	31 M 50-59	M (180)
308	83	Gerry Carr	308	2:01:34	337	16:11	2:17:45	11 M 60-69	M (181)
309	449	Ken Stockley	317	2:02:41	281	15:07	2:17:48	63 M 40-49	M (182)
310	465	Allison Tilley (PRCA)	302	2:01:13	365	16:42	2:17:56	37 F 30-39	F (128)
311	413	Bradford Saunders	315	2:02:39	290	15:20	2:17:59	56 M 30-39	M (183)
312	481	Jennie Wadden	313	2:02:28	308	15:36	2:18:05	38 F 30-39	F (129)
313	437	Sandra Snow Clarke	310	2:01:38	350	16:28	2:18:07	16 F 50-59	F (130)
314	20	Lisa Atkinson	314	2:02:37	304	15:31	2:18:09	4 F 60-69	F (131)
315	164	Doreen Franke	309	2:01:34	366	16:43	2:18:17	39 F 30-39	F (132)
316	99	Harvey Collett	316	2:02:40	311	15:37	2:18:18	32 M 50-59	M (184)
317	373	Kevin Power	301	2:01:13	380	17:20	2:18:33	33 M 50-59	M (185)
318	105	Paula Corcoran	327	2:03:55	258	14:38	2:18:33	53 F 40-49	F (133)
319	350	Pamela Peckford	331	2:04:30	221	14:04	2:18:35	54 F 40-49	F (134)
320	264	Nicole Legge	326	2:03:53	268	14:45	2:18:39	40 F 30-39	F (135)
321	367	Christine Pinsent	322	2:03:26	288	15:16	2:18:42	55 F 40-49	F (136)
322	187	Gillian Halliday	318	2:02:47	328	15:56	2:18:44	56 F 40-49	F (137)
323	195	Darrell Hayward	334	2:04:59	209	13:52	2:18:51	64 M 40-49	M (186)
324	500	Gill Whelan	329	2:03:58	271	14:55	2:18:54	41 F 30-39	F (138)
325	78	Stephanie Butt (PRCA)	321	2:03:26	309	15:37	2:19:03	42 F 30-39	F (139)
326	157	Mike Fleming	319	2:02:50	357	16:32	2:19:22	12 M 60-69	M (187)
327	10	Alfred Power	333	2:04:50	260	14:39	2:19:30	34 M 50-59	M (188)
328	504	Lynn Whitten	325	2:03:53	323	15:49	2:19:43	43 F 30-39	F (140)
329	304	Kyekue Meeemba	323	2:03:26	353	16:29	2:19:56	21 F 20-29	F (141)
330	220	Victoria Hynes	332	2:04:30	310	15:37	2:20:08	22 F 20-29	F (142)

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331	185	Phil Gushue	335	2:05:11	277	15:05	2:20:16	35 M 50-59	M (189)
332	46	Dayle Biggin	328	2:03:57	347	16:26	2:20:23	57 F 40-49	F (143)
333	485	Eilish Walsh (NAUT)	330	2:04:16	368	16:44	2:21:00	5 F 60-69	F (144)
334	293	Gerry Mayo (NWRC)	324	2:03:51	377	17:09	2:21:00	36 M 50-59	M (190)
335	368	Mark Pinsent	338	2:05:53	279	15:07	2:21:00	13 M 60-69	M (191)
336	310	Sony Mohammad	349	2:07:36	218	14:01	2:21:37	57 M 30-39	M (192)
337	231	Tanya Jones (ANER)	337	2:05:27	339	16:16	2:21:43	58 F 40-49	F (145)
338	451	Melanie Stone	342	2:06:14	306	15:33	2:21:47	44 F 30-39	F (146)
339	201	Becky Hickman	336	2:05:21	351	16:28	2:21:49	23 F 20-29	F (147)
340	63	Tom Brooks	345	2:06:36	318	15:43	2:22:19	58 M 30-39	M (193)
341	440	John Spears	344	2:06:35	319	15:43	2:22:19	65 M 40-49	M (194)
342	441	Craig Spurrell	346	2:06:36	317	15:43	2:22:19	37 M 50-59	M (195)
343	305	Karen Mercer	339	2:06:05	358	16:34	2:22:39	45 F 30-39	F (148)
344	130	Jodi Dodge	343	2:06:23	341	16:17	2:22:40	59 F 40-49	F (149)
345	510	Darla Dickinson	341	2:06:14	371	16:51	2:23:05	46 F 30-39	F (150)
346	488	Stephen Walsh	348	2:07:10	367	16:43	2:23:53	38 M 50-59	M (196)
347	298	Kim McDonald (PRCA)	340	2:06:14	388	17:48	2:24:02	17 F 50-59	F (151)
348	4	Regina Coady	351	2:08:07	342	16:18	2:24:25	18 F 50-59	F (152)
349	348	Kathleen Parewick	347	2:06:38	390	17:53	2:24:32	19 F 50-59	F (153)
350	219	Kelly Hynes	352	2:08:18	343	16:20	2:24:39	60 F 40-49	F (154)
351	468	Darlene Toope	353	2:08:38	334	16:09	2:24:48	61 F 40-49	F (155)
352	206	Erin Hoffe	354	2:08:40	356	16:30	2:25:11	24 F 20-29	F (156)
353	476	Marissa Van Harmelen (ANER)	366	2:10:49	265	14:42	2:25:32	25 F 20-29	F (157)
354	12	Ken Scott	355	2:09:03	363	16:38	2:25:41	14 M 60-69	M (197)
355	464	Nichole Thorne	362	2:09:55	320	15:47	2:25:42	47 F 30-39	F (158)
356	191	Renee Harris	361	2:09:55	321	15:47	2:25:42	48 F 30-39	F (159)
357	279	Vicki Macpherson	379	2:13:55	96	11:53	2:25:49	62 F 40-49	F (160)
358	84	Boyd Carter	350	2:07:45	394	18:15	2:26:01	39 M 50-59	M (198)
359	54	Jean Paul Bouillie	359	2:09:20	372	16:57	2:26:17	15 M 60-69	M (199)
360	71	Karen Bussey	364	2:10:17	346	16:25	2:26:42	49 F 30-39	F (161)
361	38	Martin Beeton	373	2:12:37	238	14:24	2:27:01	3 M 70-99	M (200)
362	434	Kristen Smith	363	2:09:56	376	17:08	2:27:04	50 F 30-39	F (162)
363	421	Graham Short	368	2:11:34	332	16:08	2:27:42	40 M 50-59	M (201)

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364	58	Charmaine Brennan	367	2:11:23	344	16:22	2:27:45	63 F 40-49	F (163)
365	363	Sarah Pietraszek-Mattner	376	2:12:57	316	15:42	2:28:39	64 F 40-49	F (164)
366	240	Tracy Kerrivan	358	2:09:04	413	20:22	2:29:27	51 F 30-39	F (165)
367	153	Tina Fagan	356	2:09:04	414	20:23	2:29:27	20 F 50-59	F (166)
368	217	Rena Hutchings	360	2:09:31	411	19:55	2:29:27	21 F 50-59	F (167)
369	405	Renee Roule	357	2:09:04	415	20:23	2:29:27	22 F 50-59	F (168)
370	379	CarolAnn Pretty	365	2:10:39	401	18:48	2:29:27	23 F 50-59	F (169)
371	8	Dan Owens	369	2:12:23	382	17:21	2:29:44	41 M 50-59	M (202)
372	345	Ashley Owens	370	2:12:23	381	17:20	2:29:44	52 F 30-39	F (170)
373	430	Darlene Skinner	377	2:13:10	364	16:40	2:29:50	24 F 50-59	F (171)
374	415	Derek Scott (PRCA)	374	2:12:44	379	17:19	2:30:03	42 M 50-59	M (203)
375	166	Paula French	383	2:14:51	289	15:16	2:30:08	65 F 40-49	F (172)
376	55	Daniel Bourgeois	371	2:12:29	387	17:44	2:30:13	66 M 40-49	M (204)
377	196	Lori Hayward	380	2:14:09	338	16:12	2:30:21	66 F 40-49	F (173)
378	494	Cassandra West	378	2:13:20	374	17:02	2:30:22	53 F 30-39	F (174)
379	484	Doris Walsh	375	2:12:52	385	17:33	2:30:25	6 F 60-69	F (175)
380	447	Lynnette Stevenson	385	2:14:54	325	15:51	2:30:46	67 F 40-49	F (176)
381	13	Erin Alcock	384	2:14:52	329	15:56	2:30:49	68 F 40-49	F (177)
382	44	Mary Beresford	382	2:14:44	354	16:29	2:31:14	69 F 40-49	F (178)
383	24	Sandra Roberts	391	2:15:53	303	15:30	2:31:24	25 F 50-59	F (179)
384	115	Carissa Davis	381	2:14:30	378	17:09	2:31:40	26 F 20-29	F (180)
385	254	Sherry Lake	386	2:14:56	370	16:50	2:31:47	70 F 40-49	F (181)
386	150	Philippe Enguehard	388	2:15:16	359	16:35	2:31:51	59 M 30-39	M (205)
387	376	Tracey Power	390	2:15:30	383	17:27	2:32:57	71 F 40-49	F (182)
388	276	Michelle Mackenzie (PRCA)	392	2:15:59	373	16:59	2:32:59	54 F 30-39	F (183)
389	461	Elias Syed	387	2:15:04	393	18:14	2:33:18	43 M 50-59	M (206)
390	92	June Clarke	389	2:15:25	396	18:17	2:33:43	7 F 60-69	F (184)
391	155	Vanessa Farrell	372	2:12:32	418	21:29	2:34:02	72 F 40-49	F (185)
392	420	Courtney Sheehan	394	2:17:44	384	17:30	2:35:14	27 F 20-29	F (186)
393	173	Geoff Gay	393	2:17:43	391	18:01	2:35:44	67 M 40-49	M (207)
394	275	Lesley MacKay	395	2:19:23	349	16:28	2:35:51	73 F 40-49	F (187)
395	330	Leigh Newhook	396	2:19:23	348	16:28	2:35:51	26 F 50-59	F (188)
396	18	Scott Armstrong	404	2:23:18	191	13:31	2:36:49	16 M 20-29	M (208)

# Orangetheory Fitness Cape to Cabot 20k

## Overall Finish List

October 14, 2018

Timing & Results by Athletics NorthEAST

Place	Bib	Name	18.39 km Rank	18.39 km Time	Munn Mile Rank	Munn Mile Time	Time	Age Group Place	Gender Place
397	221	Patricia Ivory	398	2:21:51	355	16:30	2:38:22	27 F 50-59	F (189)
398	282	Heather Mallory	401	2:22:22	345	16:22	2:38:44	55 F 30-39	F (190)
399	27	Rosemarie Baldwin	397	2:20:05	403	18:58	2:39:03	28 F 50-59	F (191)
400	174	Lori Gay	399	2:22:02	392	18:07	2:40:09	74 F 40-49	F (192)
401	278	Tyrone Macpherson	400	2:22:02	404	19:00	2:41:03	68 M 40-49	M (209)
402	120	Helen Day	402	2:22:52	407	19:22	2:42:14	2 F 70-99	F (193)
403	475	Courtney Valvasori	403	2:22:59	409	19:32	2:42:31	56 F 30-39	F (194)
404	239	Melissa Keough	406	2:25:05	386	17:35	2:42:41	57 F 30-39	F (195)
405	387	Tracy Reardon	267	1:57:01	426	46:10	2:43:11	58 F 30-39	F (196)
406	365	Lisa Pike	407	2:25:21	399	18:35	2:43:57	75 F 40-49	F (197)
407	41	Coreen Bennett (PRCA)	408	2:25:23	400	18:37	2:44:00	76 F 40-49	F (198)
408	23	Catherine Bailey	405	2:24:48	408	19:23	2:44:12	77 F 40-49	F (199)
409	497	Amanda Whelan	409	2:27:02	405	19:11	2:46:13	78 F 40-49	F (200)
410	377	Valerie Power	410	2:27:22	406	19:11	2:46:34	79 F 40-49	F (201)
411	390	Jennifer Reid	412	2:29:40	398	18:20	2:48:00	59 F 30-39	F (202)
412	36	Jenny Batten	413	2:29:43	395	18:16	2:48:00	28 F 20-29	F (203)
413	343	Kelly O'Reilly	416	2:31:24	360	16:36	2:48:00	80 F 40-49	F (204)
414	15	Catharyn Andersen	411	2:28:42	416	21:01	2:49:43	81 F 40-49	F (205)
415	88	Wanda Chislett	414	2:30:33	410	19:46	2:50:19	29 F 50-59	F (206)
416	184	Douglas Grouchy	417	2:32:22	402	18:53	2:51:15	44 M 50-59	M (210)
417	450	HM Stone	415	2:30:48	417	21:20	2:52:08	82 F 40-49	F (207)
418	335	Irina Novikova	419	2:36:06	421	21:30	2:57:37	83 F 40-49	F (208)
419	414	Melinda Saunders (ANER)	420	2:36:07	420	21:30	2:57:37	84 F 40-49	F (209)
420	248	Karen Lacey (NWRC)	418	2:36:06	422	21:30	2:57:37	85 F 40-49	F (210)
421	170	Tanya Frye	421	2:36:07	419	21:30	2:57:37	86 F 40-49	F (211)
422	73	Elizabeth Butler	422	2:38:58	412	20:13	2:59:12	87 F 40-49	F (212)
423	253	Jason Lainson	423	2:43:37	397	18:18	3:01:55	69 M 40-49	M (211)
424	397	Tamar Roberts	424	2:43:37	423	21:31	3:05:09	8 F 60-69	F (213)
425	446	Brittany Stevenson	425	2:56:03	424	21:53	3:17:57	29 F 20-29	F (214)
426	76	Tammy Butler (ANER)	426	2:56:10	425	22:37	3:18:48	88 F 40-49	F (215)