

# Orangetheory Fitness Cape to Cabot 20k

## Overall Finish List

October 20, 2019

Timing & Results by Athletics NorthEAST

Place	Name	Bib	18.39 km Rank	18.39 km Time	Munn Mile Rank	Munn Mile Time	Total Time	Age Group Place	Gender Place
1	Zach Putt	386	1	1:08:50	1	7:57	1:16:47	1 M:20-29	M (1)
2	Jennifer Murrin (ANER)	513	2	1:11:20	3	8:11	1:19:32	1 F:30-39	F (1)
3	Mark Richards (ANER)	396	3	1:15:40	7	9:09	1:24:49	1 M:30-39	M (2)
4	James Cadigan	77	4	1:16:34	4	8:54	1:25:28	2 M:30-39	M (3)
5	Wayne Walsh	479	6	1:17:23	10	9:16	1:26:39	3 M:30-39	M (4)
6	Marc Delot	144	5	1:17:13	15	9:37	1:26:51	4 M:30-39	M (5)
7	Harvey Jiang	244	7	1:17:54	9	9:13	1:27:07	1 M: 0-19	M (6)
8	Zach Wade	472	9	1:18:09	12	9:22	1:27:32	5 M:30-39	M (7)
9	John Halley	207	10	1:18:32	13	9:30	1:28:02	6 M:30-39	M (8)
10	Matthew Norman (PRCA)	346	8	1:18:08	22	10:08	1:28:17	7 M:30-39	M (9)
11	Matt Hardy	209	13	1:19:28	6	9:06	1:28:35	8 M:30-39	M (10)
12	Pa Sheehan	427	14	1:19:41	8	9:10	1:28:52	2 M:20-29	M (11)
13	Chris Sweeney	452	11	1:19:15	18	9:53	1:29:08	9 M:30-39	M (12)
14	Steve Emberley	170	12	1:19:26	20	9:58	1:29:24	1 M:40-49	M (13)
15	Stephanie Nevin	503	15	1:20:19	14	9:37	1:29:57	1 F:20-29	F (2)
16	Andrew Smith (ANER)	437	18	1:21:51	23	10:10	1:32:01	2 M:40-49	M (14)
17	Ryan Glynn	201	17	1:21:50	24	10:19	1:32:10	10 M:30-39	M (15)
18	Janelle Simmons (ANER)	431	16	1:21:08	68	11:31	1:32:40	2 F:30-39	F (3)
19	Chad Benteau	40	27	1:24:59	2	8:08	1:33:07	11 M:30-39	M (16)
20	Krissy Dooling (ANER)	156	20	1:22:54	32	10:40	1:33:35	3 F:30-39	F (4)
21	Sean Myrick	341	25	1:24:50	5	8:56	1:33:46	3 M:40-49	M (17)
22	Robin Molloy	322	22	1:23:27	29	10:37	1:34:05	4 M:40-49	M (18)
23	Graham Soper	440	23	1:24:13	19	9:53	1:34:07	12 M:30-39	M (19)
24	Bradley Hickey	220	26	1:24:54	16	9:43	1:34:38	5 M:40-49	M (20)
25	Matthew Manning	300	19	1:22:02	129	12:39	1:34:41	13 M:30-39	M (21)
26	Tanya Joy (ANER)	250	28	1:25:16	21	10:06	1:35:22	1 F:40-49	F (5)
27	Ryan Harris	211	32	1:26:40	11	9:20	1:36:01	14 M:30-39	M (22)
28	Eric Smith	438	24	1:24:36	70	11:32	1:36:08	1 M:50-59	M (23)
29	Melanie Mercer	317	21	1:23:26	139	12:53	1:36:20	2 F:20-29	F (6)
30	Ian Chapple (ANER)	82	30	1:25:55	28	10:32	1:36:28	2 M:50-59	M (24)
31	Michael Ladha	270	29	1:25:41	55	11:17	1:36:59	15 M:30-39	M (25)
32	Cara MacRae (ANER)	299	31	1:26:15	56	11:18	1:37:33	3 F:20-29	F (7)
33	Mark Didham (PRCA)	150	36	1:28:12	17	9:49	1:38:01	16 M:30-39	M (26)
34	Betsy Nicholson	343	33	1:27:22	51	11:12	1:38:35	4 F:30-39	F (8)
35	Jerry Ricketts	397	35	1:27:48	61	11:23	1:39:12	1 M:60-69	M (27)
36	John Walsh (NAUT)	478	38	1:28:44	31	10:39	1:39:24	6 M:40-49	M (28)
37	Matt Spurrell	443	42	1:28:54	26	10:30	1:39:24	17 M:30-39	M (29)
38	Adam Baker	28	34	1:27:42	107	12:11	1:39:53	2 M: 0-19	M (30)
39	Sarah Organ	355	41	1:28:53	60	11:22	1:40:16	4 F:20-29	F (9)
40	Adam Kavanagh	251	43	1:29:02	54	11:17	1:40:20	18 M:30-39	M (31)
41	Robert Colbourne	96	44	1:29:17	41	11:04	1:40:21	19 M:30-39	M (32)
42	Adrienne Peters	364	39	1:28:51	73	11:35	1:40:26	5 F:30-39	F (10)
43	Philip Crowley	125	45	1:29:17	46	11:09	1:40:27	7 M:40-49	M (33)
44	Damien Coombs	108	46	1:29:17	53	11:17	1:40:34	20 M:30-39	M (34)
45	Laura Lawes (ANER)	275	37	1:28:37	94	11:59	1:40:37	6 F:30-39	F (11)
46	Melanie Irvine (NAUT)	237	51	1:30:10	34	10:49	1:40:59	7 F:30-39	F (12)
47	Jarratt Rose	406	48	1:29:32	69	11:31	1:41:04	21 M:30-39	M (35)
48	Raymond Collins	103	47	1:29:29	79	11:42	1:41:12	8 M:40-49	M (36)
49	Keith Glynn (PRCA)	200	52	1:30:25	65	11:24	1:41:50	3 M:50-59	M (37)
50	Alison Jones (ANER)	247	50	1:30:00	116	12:20	1:42:21	2 F:40-49	F (13)

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Place	Name	Bib	18.39 km Rank	18.39 km Time	Munn Mile Rank	Munn Mile Time	Total Time	Age Group Place	Gender Place
51	Gage Miranda	320	56	1:31:21	43	11:05	1:42:26	22 M:30-39	M (38)
52	Damien Pike	368	58	1:31:49	33	10:41	1:42:30	3 M:20-29	M (39)
53	Dale Croft	122	53	1:30:31	100	12:04	1:42:35	23 M:30-39	M (40)
54	Brian Ross	408	54	1:30:41	92	11:57	1:42:39	9 M:40-49	M (41)
55	Damien Davis	136	60	1:32:13	25	10:29	1:42:43	24 M:30-39	M (42)
56	Trevor Harris	212	57	1:31:47	42	11:04	1:42:51	25 M:30-39	M (43)
57	Michael Stone	448	49	1:29:41	165	13:13	1:42:54	26 M:30-39	M (44)
58	Duane Shewfelt	510	55	1:30:42	127	12:38	1:43:21	27 M:30-39	M (45)
59	Jeff Kelly	254	64	1:32:51	30	10:38	1:43:30	28 M:30-39	M (46)
60	Miki Lee (ANER)	279	61	1:32:38	38	10:58	1:43:37	3 F:40-49	F (14)
61	Seamus O'Brien	350	63	1:32:42	37	10:57	1:43:40	3 M: 0-19	M (47)
62	Gordon Delaney	142	66	1:33:25	48	11:11	1:44:36	10 M:40-49	M (48)
63	Brenda Sheppard	428	62	1:32:41	95	12:00	1:44:42	1 F:50-59	F (15)
64	Joshua Rowe	411	68	1:33:36	52	11:15	1:44:52	29 M:30-39	M (49)
65	Stephanie Porter (NAUT)	375	65	1:33:19	82	11:46	1:45:05	4 F:40-49	F (16)
66	Jeff Cluney (PRCA)	93	69	1:33:43	67	11:31	1:45:14	11 M:40-49	M (50)
67	Mick Cutler (ANER)	132	73	1:34:06	50	11:12	1:45:18	12 M:40-49	M (51)
68	Scott Taplin	453	40	1:28:53	373	16:34	1:45:28	30 M:30-39	M (52)
69	Trevor Harnum	210	72	1:33:50	76	11:39	1:45:29	31 M:30-39	M (53)
70	Karen Collins	102	70	1:33:43	93	11:57	1:45:41	8 F:30-39	F (17)
71	Matthew Thomey	458	80	1:34:49	40	11:01	1:45:51	32 M:30-39	M (54)
72	Sheldon Quinton	388	59	1:32:09	205	13:49	1:45:58	4 M:50-59	M (55)
73	Michael McFatrige	311	79	1:34:47	49	11:12	1:45:59	4 M:20-29	M (56)
74	William Mitchell	321	74	1:34:13	87	11:51	1:46:05	33 M:30-39	M (57)
75	Marcus Payne	361	67	1:33:34	128	12:38	1:46:13	5 M:20-29	M (58)
76	Hayley Crichton	118	77	1:34:29	81	11:46	1:46:15	5 F:20-29	F (18)
77	Brian Croft	121	76	1:34:15	115	12:20	1:46:35	2 M:60-69	M (59)
78	Andrew Dornan	157	75	1:34:13	122	12:31	1:46:45	6 M:20-29	M (60)
79	Sharon Wall	475	81	1:34:49	97	12:00	1:46:50	9 F:30-39	F (19)
80	Janice Henstridge (PRCA)	219	85	1:35:45	47	11:10	1:46:55	5 F:40-49	F (20)
81	Chris Flanagan (ANER)	6	83	1:35:39	62	11:23	1:47:02	5 M:50-59	M (61)
82	Cathy Rose Jackman	407	71	1:33:48	169	13:20	1:47:08	6 F:40-49	F (21)
83	Charles Luther	290	78	1:34:39	138	12:53	1:47:33	34 M:30-39	M (62)
84	Tracy Russell	416	88	1:35:59	89	11:54	1:47:54	6 F:20-29	F (22)
85	Jeff Langill	273	82	1:35:10	134	12:49	1:48:00	13 M:40-49	M (63)
86	Brad Glynn	199	92	1:36:15	85	11:50	1:48:06	35 M:30-39	M (64)
87	Mathieu Doyon	161	98	1:36:55	63	11:23	1:48:19	14 M:40-49	M (65)
88	Chris Butler	69	91	1:36:14	104	12:08	1:48:23	36 M:30-39	M (66)
89	Kelia Cadigan	78	84	1:35:41	149	12:59	1:48:40	7 F:20-29	F (23)
90	Jason Mortimer	328	100	1:37:06	75	11:38	1:48:44	15 M:40-49	M (67)
91	Josh Cole	98	97	1:36:53	91	11:56	1:48:49	7 M:20-29	M (68)
92	Christopher Williams	494	86	1:35:47	155	13:03	1:48:51	8 M:20-29	M (69)
93	Shane Skinner	434	90	1:36:09	131	12:43	1:48:52	9 M:20-29	M (70)
94	Steve Cleary	92	93	1:36:17	135	12:51	1:49:08	6 M:50-59	M (71)
95	David Emberley	169	96	1:36:52	119	12:23	1:49:15	16 M:40-49	M (72)
96	Erik Charron (ANER)	84	102	1:37:28	84	11:49	1:49:18	37 M:30-39	M (73)
97	Craig Freake	183	108	1:37:52	66	11:30	1:49:23	17 M:40-49	M (74)
98	Perry Bonnell	53	109	1:38:28	36	10:56	1:49:24	7 M:50-59	M (75)
99	Carol Monsigneur	323	99	1:37:00	120	12:28	1:49:29	2 F:50-59	F (24)
100	Heather Clarke (MARC)	88	105	1:37:45	86	11:51	1:49:36	7 F:40-49	F (25)

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Place	Name	Bib	18.39 km Rank	18.39 km Time	Munn Mile Rank	Munn Mile Time	Total Time	Age Group Place	Gender Place
101	Jeff Barnes (ANER)	1	89	1:36:04	186	13:33	1:49:38	8 M:50-59	M (76)
102	Terry Gulliford	206	106	1:37:46	102	12:07	1:49:54	18 M:40-49	M (77)
103	Kevin Power	379	104	1:37:32	118	12:22	1:49:55	19 M:40-49	M (78)
104	Kyle Rees	393	87	1:35:59	220	14:00	1:49:59	38 M:30-39	M (79)
105	Amanda Tippett (PRCA)	512	107	1:37:49	109	12:12	1:50:01	8 F:40-49	F (26)
106	James Leblanc	277	94	1:36:32	187	13:34	1:50:06	39 M:30-39	M (80)
107	Craig Ennis	171	113	1:38:41	74	11:36	1:50:18	20 M:40-49	M (81)
108	Melanie Culleton	126	95	1:36:49	190	13:36	1:50:25	10 F:30-39	F (27)
109	Amy Adams	16	111	1:38:35	90	11:54	1:50:30	9 F:40-49	F (28)
110	Jared Rypkema	419	121	1:39:11	71	11:32	1:50:44	21 M:40-49	M (82)
111	Sandra Pope	372	114	1:38:45	96	12:00	1:50:45	10 F:40-49	F (29)
112	John Cook	106	118	1:39:01	80	11:46	1:50:47	22 M:40-49	M (83)
113	Jeff Vaters	466	124	1:39:28	58	11:20	1:50:49	23 M:40-49	M (84)
114	Heather Jones	248	115	1:38:48	98	12:01	1:50:49	11 F:40-49	F (30)
115	Joan Hartery (ANER)	214	110	1:38:33	114	12:18	1:50:52	1 F:60-69	F (31)
116	Don Welsh	505	122	1:39:28	64	11:24	1:50:52	3 M:60-69	M (85)
117	Julianna Marshall	303	126	1:39:37	57	11:18	1:50:56	11 F:30-39	F (32)
118	Jody Beckett O'Leary (PRCA)	37	112	1:38:40	112	12:16	1:50:56	12 F:40-49	F (33)
119	Richard Martin	306	130	1:39:54	44	11:08	1:51:02	24 M:40-49	M (86)
120	Proton Rahman	389	125	1:39:30	72	11:35	1:51:05	9 M:50-59	M (87)
121	Michael Deroche	146	101	1:37:22	198	13:44	1:51:06	4 M:60-69	M (88)
122	Adam Walsh	476	119	1:39:04	105	12:09	1:51:14	40 M:30-39	M (89)
123	Andrea Duguid (SARC)	165	120	1:39:04	123	12:34	1:51:39	13 F:40-49	F (34)
124	Zach Vaters	467	129	1:39:43	103	12:08	1:51:51	10 M:20-29	M (90)
125	Kirstian Gibson (PRCA)	193	123	1:39:28	121	12:30	1:51:58	8 F:20-29	F (35)
126	Patrick Wilson	496	117	1:38:57	154	13:03	1:52:00	25 M:40-49	M (91)
127	Jay Dacosta	133	116	1:38:57	158	13:04	1:52:01	10 M:50-59	M (92)
128	Joe Greene (ANER)	204	131	1:40:17	83	11:47	1:52:04	26 M:40-49	M (93)
129	Cliff Gaetz	188	139	1:41:26	35	10:49	1:52:16	27 M:40-49	M (94)
130	Heather Bungay	65	127	1:39:40	141	12:55	1:52:35	14 F:40-49	F (36)
131	Nancy Douglas	158	128	1:39:40	140	12:54	1:52:35	15 F:40-49	F (37)
132	Derek McDonald	310	103	1:37:32	309	15:12	1:52:44	41 M:30-39	M (95)
133	Jillian Butt	72	138	1:41:25	59	11:21	1:52:47	12 F:30-39	F (38)
134	Percy Delaney	143	132	1:40:49	111	12:13	1:53:03	11 M:50-59	M (96)
135	Nick Hart	213	141	1:41:38	77	11:40	1:53:18	11 M:20-29	M (97)
136	Franc Arraial	25	143	1:41:48	78	11:40	1:53:29	28 M:40-49	M (98)
137	Barbara Wells	483	134	1:41:15	124	12:36	1:53:51	16 F:40-49	F (39)
138	Michael Rumsby	413	154	1:43:12	39	11:01	1:54:13	12 M:20-29	M (99)
139	Joe Craig	116	136	1:41:23	156	13:03	1:54:27	12 M:50-59	M (100)
140	Ashley Charlebois	83	133	1:40:50	192	13:38	1:54:28	13 F:30-39	F (40)
141	Alex Hennessey	218	167	1:44:01	27	10:31	1:54:32	13 M:20-29	M (101)
142	Michelle Strang (MARC)	449	140	1:41:26	166	13:16	1:54:42	17 F:40-49	F (41)
143	Gillian Kelland	252	142	1:41:45	151	12:59	1:54:45	14 F:30-39	F (42)
144	Laura Seviour	504	145	1:42:45	108	12:11	1:54:57	9 F:20-29	F (43)
145	Tonia Kennedy (PRCA)	258	137	1:41:25	197	13:43	1:55:09	18 F:40-49	F (44)
146	David Foley (ANER)	177	135	1:41:20	219	13:59	1:55:19	13 M:50-59	M (102)
147	Gerard MacDonald	293	153	1:43:11	126	12:38	1:55:49	5 M:60-69	M (103)
148	Colin Clarke	87	144	1:41:55	210	13:54	1:55:49	14 M:50-59	M (104)
149	Gus Lynch	291	163	1:43:50	99	12:02	1:55:52	29 M:40-49	M (105)
150	Mike Dawe	511	162	1:43:49	106	12:10	1:56:00	42 M:30-39	M (106)

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Place	Name	Bib	18.39 km Rank	18.39 km Time	Munn Mile Rank	Munn Mile Time	Total Time	Age Group Place	Gender Place
151	Lisa Cook	107	147	1:42:53	162	13:08	1:56:02	15 F:30-39	F (45)
152	Catherine Laechelin	271	175	1:44:55	45	11:09	1:56:04	16 F:30-39	F (46)
153	Corey Brown	61	152	1:43:09	170	13:21	1:56:31	30 M:40-49	M (107)
154	Tara Corbett	110	156	1:43:32	150	12:59	1:56:31	19 F:40-49	F (47)
155	Virginia Hobbs (PRCA)	224	148	1:43:04	182	13:30	1:56:35	17 F:30-39	F (48)
156	Ian Deveau	148	149	1:43:05	184	13:31	1:56:36	43 M:30-39	M (108)
157	Juliette Ryan (ANER)	417	161	1:43:46	136	12:52	1:56:39	10 F:20-29	F (49)
158	Tyler Brack	54	170	1:44:23	113	12:16	1:56:39	44 M:30-39	M (109)
159	Denise Martin (ANER)	304	164	1:43:52	143	12:55	1:56:48	20 F:40-49	F (50)
160	C.J. Nolan (ANER)	344	159	1:43:39	164	13:09	1:56:48	31 M:40-49	M (110)
161	Lily Forsythe	181	155	1:43:28	173	13:24	1:56:52	11 F:20-29	F (51)
162	Douglas Kirby	265	150	1:43:06	206	13:49	1:56:56	15 M:50-59	M (111)
163	Neal Philpott (PRCA)	365	165	1:43:58	147	12:58	1:56:57	45 M:30-39	M (112)
164	Paula Thomas	457	158	1:43:37	177	13:27	1:57:05	3 F:50-59	F (52)
165	Pamela Dawe	137	157	1:43:37	178	13:27	1:57:05	21 F:40-49	F (53)
166	Deanne Delahunty	141	146	1:42:50	239	14:14	1:57:05	22 F:40-49	F (54)
167	Daniel Reid	394	172	1:44:33	125	12:37	1:57:11	46 M:30-39	M (113)
168	Tom Burke	66	177	1:45:01	117	12:21	1:57:22	6 M:60-69	M (114)
169	Fiona Curtis	130	169	1:44:20	157	13:04	1:57:24	23 F:40-49	F (55)
170	Connie Gullage (PRCA)	205	171	1:44:23	153	13:03	1:57:26	24 F:40-49	F (56)
171	Chris Hodder	225	151	1:43:07	258	14:28	1:57:35	32 M:40-49	M (115)
172	Kerry Spurrell (PRCA)	442	178	1:45:03	130	12:41	1:57:45	25 F:40-49	F (57)
173	Matthew Peddle	362	160	1:43:40	225	14:07	1:57:47	33 M:40-49	M (116)
174	Gideon Barker	32	168	1:44:07	199	13:45	1:57:52	47 M:30-39	M (117)
175	Martita Lopez	285	176	1:44:55	152	13:02	1:57:57	26 F:40-49	F (58)
176	Laura Tuck	463	181	1:45:19	133	12:47	1:58:07	27 F:40-49	F (59)
177	Christopher Tobin	461	166	1:44:00	227	14:08	1:58:08	48 M:30-39	M (118)
178	Tammy Lahey	272	182	1:45:24	132	12:46	1:58:11	4 F:50-59	F (60)
179	Jeff Martin	305	173	1:44:50	168	13:20	1:58:11	49 M:30-39	M (119)
180	Steve Macdonald	295	179	1:45:10	163	13:09	1:58:19	7 M:60-69	M (120)
181	Anne Stapleton	444	183	1:45:31	160	13:07	1:58:38	28 F:40-49	F (61)
182	Juanita Murphy (PRCA)	334	180	1:45:14	175	13:26	1:58:41	29 F:40-49	F (62)
183	W George Smith	439	174	1:44:52	232	14:10	1:59:03	8 M:60-69	M (121)
184	Sarah Arnott	24	184	1:45:31	188	13:34	1:59:06	30 F:40-49	F (63)
185	Ray Clarke	90	185	1:45:43	181	13:29	1:59:13	34 M:40-49	M (122)
186	Laura Pike	370	186	1:45:49	174	13:25	1:59:14	31 F:40-49	F (64)
187	Hannah Jardine	239	191	1:46:27	137	12:53	1:59:21	12 F:20-29	F (65)
188	Gerry Moylan	330	196	1:47:42	88	11:54	1:59:36	9 M:60-69	M (123)
189	Joseph Brown	62	187	1:45:57	202	13:47	1:59:44	10 M:60-69	M (124)
190	Paul Ledrew	278	188	1:46:00	200	13:45	1:59:45	35 M:40-49	M (125)
191	Jayson Dalton	134	190	1:46:27	185	13:31	1:59:59	4 M: 0-19	M (126)
192	Eoin Mulcahy	331	202	1:47:58	110	12:13	2:00:11	50 M:30-39	M (127)
193	Mark J Duplessis	166	189	1:46:13	231	14:09	2:00:23	11 M:60-69	M (128)
194	Chris Abbott (ANER)	13	199	1:47:47	142	12:55	2:00:42	36 M:40-49	M (129)
195	Stephanie Genge	192	198	1:47:45	148	12:58	2:00:44	5 F:50-59	F (66)
196	Jeremy Roop	405	209	1:48:41	101	12:06	2:00:47	37 M:40-49	M (130)
197	Victoria Shute	429	194	1:47:33	167	13:19	2:00:53	18 F:30-39	F (67)
198	Angela Norman	345	201	1:47:51	159	13:06	2:00:57	19 F:30-39	F (68)
199	Scott Belbin	38	197	1:47:44	176	13:27	2:01:12	16 M:50-59	M (131)
200	Ann Cowley	115	192	1:46:56	243	14:17	2:01:13	2 F:60-69	F (69)

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Place	Name	Bib	18.39 km Rank	18.39 km Time	Munn Mile Rank	Munn Mile Time	Total Time	Age Group Place	Gender Place
201	Ryan Furlong	186	193	1:47:29	204	13:48	2:01:17	51 M:30-39	M (132)
202	Glen Marsh	302	207	1:48:33	146	12:58	2:01:31	17 M:50-59	M (133)
203	Brad Ball	30	195	1:47:40	240	14:15	2:01:56	38 M:40-49	M (134)
204	Craig Gillis	196	210	1:48:46	189	13:35	2:02:21	52 M:30-39	M (135)
205	Greg Bonia	52	206	1:48:32	228	14:08	2:02:41	18 M:50-59	M (136)
206	Michael Hayward	217	203	1:48:18	254	14:25	2:02:43	39 M:40-49	M (137)
207	Mark Hayward	216	204	1:48:26	242	14:16	2:02:43	53 M:30-39	M (138)
208	Sarah Knight	267	208	1:48:37	236	14:13	2:02:50	1 F: 0-19	F (70)
209	Alan Doody	153	216	1:49:37	180	13:29	2:03:07	40 M:40-49	M (139)
210	Dennis Flynn (ANER)	176	211	1:48:50	252	14:22	2:03:13	19 M:50-59	M (140)
211	Yvette Slaney	436	213	1:49:10	244	14:17	2:03:28	6 F:50-59	F (71)
212	Spencer Morgan	325	219	1:49:39	209	13:54	2:03:33	12 M:60-69	M (141)
213	Desmond Power	378	200	1:47:48	346	15:50	2:03:38	20 M:50-59	M (142)
214	Bud Whitten	491	212	1:48:56	282	14:44	2:03:41	21 M:50-59	M (143)
215	Noreen Croft	124	217	1:49:38	271	14:32	2:04:11	3 F:60-69	F (72)
216	Mark Croft (ANER)	123	218	1:49:38	272	14:33	2:04:11	54 M:30-39	M (144)
217	Stephanie Abbott	15	221	1:50:16	214	13:56	2:04:13	20 F:30-39	F (73)
218	Chris Dawson	138	215	1:49:28	283	14:45	2:04:14	22 M:50-59	M (145)
219	Krista Power	380	205	1:48:31	345	15:50	2:04:21	32 F:40-49	F (74)
220	Bernadette Jerrett	7	225	1:50:20	249	14:21	2:04:41	4 F:60-69	F (75)
221	Pamela Reid	395	222	1:50:18	270	14:32	2:04:51	21 F:30-39	F (76)
222	Ashley Rumsey	414	228	1:51:01	208	13:53	2:04:54	22 F:30-39	F (77)
223	Kelsey Campbell	81	227	1:50:29	255	14:26	2:04:55	13 F:20-29	F (78)
224	Mark Wakeham	474	220	1:49:55	301	15:03	2:04:58	14 M:20-29	M (146)
225	Jesse Verbiski	468	223	1:50:19	280	14:42	2:05:01	15 M:20-29	M (147)
226	Tracy Lacey (ANER)	269	234	1:51:44	179	13:29	2:05:13	33 F:40-49	F (79)
227	Kristen Strickland	450	231	1:51:15	218	13:58	2:05:14	23 F:30-39	F (80)
228	Shaundar Barbeau	508	214	1:49:21	349	15:54	2:05:15	41 M:40-49	M (148)
229	Janice Kennedy	257	229	1:51:06	247	14:19	2:05:25	24 F:30-39	F (81)
230	Andrew Tobin (PRCA)	460	226	1:50:21	311	15:14	2:05:35	55 M:30-39	M (149)
231	Thea Baird	27	230	1:51:09	277	14:41	2:05:50	34 F:40-49	F (82)
232	Melinda Saunders (ANER)	422	233	1:51:43	253	14:23	2:06:07	35 F:40-49	F (83)
233	Dana Dillon	151	238	1:52:14	215	13:56	2:06:10	25 F:30-39	F (84)
234	Tracy Reardon	392	237	1:52:08	229	14:08	2:06:16	26 F:30-39	F (85)
235	Stephanie Butt (PRCA)	76	235	1:51:59	248	14:19	2:06:18	27 F:30-39	F (86)
236	Vince Brake	55	239	1:52:17	224	14:05	2:06:22	42 M:40-49	M (150)
237	Vanessa Sutton-Pande	451	244	1:52:58	191	13:38	2:06:36	36 F:40-49	F (87)
238	Don Stapleton	445	236	1:52:04	273	14:35	2:06:40	13 M:60-69	M (151)
239	Ashley Brett	58	245	1:52:58	196	13:43	2:06:42	28 F:30-39	F (88)
240	Emily Sopkowe	441	251	1:53:43	172	13:23	2:07:07	37 F:40-49	F (89)
241	Angela Rumbolt	412	255	1:53:50	171	13:22	2:07:13	29 F:30-39	F (90)
242	Laura Roche	404	232	1:51:40	330	15:36	2:07:17	14 F:20-29	F (91)
243	Kelly Butt	74	261	1:54:23	144	12:55	2:07:18	56 M:30-39	M (152)
244	Lori Dalton (PRCA)	135	250	1:53:43	203	13:47	2:07:30	38 F:40-49	F (92)
245	Erin Gillis	197	247	1:53:20	246	14:18	2:07:39	30 F:30-39	F (93)
246	Trevor Mercer (PRCA)	319	246	1:53:07	269	14:32	2:07:39	43 M:40-49	M (153)
247	Linda Jewell	243	252	1:53:44	216	13:57	2:07:41	31 F:30-39	F (94)
248	Matthew Determan	147	224	1:50:19	393	17:22	2:07:41	57 M:30-39	M (154)
249	Krista Burton (PRCA)	68	254	1:53:46	211	13:55	2:07:42	15 F:20-29	F (95)
250	Krista Butt (PRCA)	75	253	1:53:46	213	13:56	2:07:42	39 F:40-49	F (96)

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Place	Name	Bib	18.39 km Rank	18.39 km Time	Munn Mile Rank	Munn Mile Time	Total Time	Age Group Place	Gender Place
251	Paula McCormick	309	248	1:53:21	275	14:36	2:07:58	40 F:40-49	F (97)
252	Tanis Adey	17	243	1:52:58	294	15:00	2:07:58	7 F:50-59	F (98)
253	Matt Drover	164	256	1:54:09	222	14:01	2:08:10	58 M:30-39	M (155)
254	Gina White (MARC)	489	241	1:52:41	321	15:29	2:08:10	32 F:30-39	F (99)
255	Marina Bateman-Vautier (PRCA)	36	242	1:52:47	327	15:35	2:08:22	41 F:40-49	F (100)
256	Allison Wade	471	260	1:54:19	226	14:08	2:08:27	33 F:30-39	F (101)
257	Andrea Tawes	455	259	1:54:19	250	14:21	2:08:40	42 F:40-49	F (102)
258	Amanda Dermody	145	257	1:54:10	262	14:30	2:08:40	43 F:40-49	F (103)
259	Andrea White	488	258	1:54:14	257	14:27	2:08:41	44 F:40-49	F (104)
260	Kristi Simms (PRCA)	432	266	1:55:11	194	13:39	2:08:51	45 F:40-49	F (105)
261	Cynthia Slade	435	249	1:53:42	308	15:10	2:08:53	46 F:40-49	F (106)
262	Shawna Gladney	198	263	1:54:52	221	14:00	2:08:53	34 F:30-39	F (107)
263	Alex Conrad	105	240	1:52:23	383	16:51	2:09:15	59 M:30-39	M (156)
264	Carrie Hyde (PRCA)	234	264	1:54:53	268	14:32	2:09:25	47 F:40-49	F (108)
265	William Bishop	45	272	1:56:02	183	13:30	2:09:32	60 M:30-39	M (157)
266	Glenn Dooley	154	262	1:54:30	319	15:27	2:09:58	44 M:40-49	M (158)
267	Michelle Murphy	337	265	1:54:58	295	15:00	2:09:58	48 F:40-49	F (109)
268	Amy Fowler	182	268	1:55:42	259	14:28	2:10:11	35 F:30-39	F (110)
269	Greg Butler	71	269	1:55:44	274	14:35	2:10:19	61 M:30-39	M (159)
270	Andrew O'Brien	351	274	1:56:27	217	13:57	2:10:25	62 M:30-39	M (160)
271	Deanne Cumby	127	276	1:56:41	233	14:10	2:10:52	36 F:30-39	F (111)
272	Amanda Whelan	486	273	1:56:03	287	14:48	2:10:52	37 F:30-39	F (112)
273	Jack Hickman	222	291	1:58:07	145	12:55	2:11:02	14 M:60-69	M (161)
274	Kathleen Parewick	358	278	1:56:53	235	14:12	2:11:05	8 F:50-59	F (113)
275	Trina Simms	433	270	1:55:52	313	15:18	2:11:10	49 F:40-49	F (114)
276	Craig Loveless (PRCA)	287	267	1:55:22	344	15:48	2:11:11	45 M:40-49	M (162)
277	Stephen Burrows	67	277	1:56:45	286	14:47	2:11:32	15 M:60-69	M (163)
278	Donna Burt	3	281	1:57:03	260	14:29	2:11:32	9 F:50-59	F (115)
279	Gillian Halliday	208	275	1:56:40	291	14:54	2:11:34	50 F:40-49	F (116)
280	Pat Nowotczynski	349	288	1:57:56	201	13:45	2:11:42	46 M:40-49	M (164)
281	Lynn Whitten	492	279	1:56:54	290	14:52	2:11:46	38 F:30-39	F (117)
282	Veronique Shanks	426	271	1:56:00	353	16:03	2:12:04	39 F:30-39	F (118)
283	Liam Walsh Sr	482	284	1:57:22	285	14:47	2:12:09	47 M:40-49	M (165)
284	Maria Foley (ANER)	178	283	1:57:12	300	15:03	2:12:15	51 F:40-49	F (119)
285	Renee Roule	410	280	1:56:58	315	15:20	2:12:18	10 F:50-59	F (120)
286	Tina Taylor	456	282	1:57:08	317	15:25	2:12:33	52 F:40-49	F (121)
287	Tanya Jones (ANER)	249	290	1:58:01	279	14:42	2:12:43	53 F:40-49	F (122)
288	Desirea Green	203	286	1:57:28	331	15:40	2:13:09	40 F:30-39	F (123)
289	Tiah Pelley	363	285	1:57:28	340	15:43	2:13:12	41 F:30-39	F (124)
290	Robin Ryan	418	289	1:57:59	310	15:13	2:13:12	42 F:30-39	F (125)
291	Meghan Power	382	303	1:59:31	195	13:42	2:13:14	16 F:20-29	F (126)
292	Michelle Jenkins	241	295	1:59:07	245	14:17	2:13:24	54 F:40-49	F (127)
293	Marissa Van Harmelen	465	296	1:59:16	241	14:16	2:13:33	17 F:20-29	F (128)
294	Melissa Cormier	113	294	1:58:48	293	14:59	2:13:47	11 F:50-59	F (129)
295	Simone Quinlan	387	287	1:57:48	356	16:04	2:13:53	12 F:50-59	F (130)
296	Sally Best	42	301	1:59:24	261	14:29	2:13:53	55 F:40-49	F (131)
297	Peter Russell	415	300	1:59:23	264	14:30	2:13:54	48 M:40-49	M (166)
298	Sarah Pike	371	307	1:59:51	230	14:08	2:14:00	18 F:20-29	F (132)
299	Tracy Kerrivan	261	299	1:59:18	302	15:04	2:14:23	43 F:30-39	F (133)
300	Jacqueline Rideout	398	298	1:59:18	303	15:05	2:14:23	44 F:30-39	F (134)

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Place	Name	Bib	18.39 km Rank	18.39 km Time	Munn Mile Rank	Munn Mile Time	Total Time	Age Group Place	Gender Place
301	Meghan Forsyth	180	297	1:59:18	304	15:05	2:14:23	45 F:30-39	F (135)
302	Yvonne Day (NWRC)	139	293	1:58:26	357	16:05	2:14:31	13 F:50-59	F (136)
303	Susan Barry	34	308	2:00:00	278	14:42	2:14:42	19 F:20-29	F (137)
304	Florence Barron (ANER)	33	302	1:59:26	314	15:19	2:14:45	1 F:80-99	F (138)
305	Wanda Wadman	473	304	1:59:32	316	15:22	2:14:54	14 F:50-59	F (139)
306	Lauren Murphy	335	310	2:00:10	289	14:50	2:15:00	46 F:30-39	F (140)
307	Deidre Pike	369	306	1:59:51	333	15:40	2:15:32	56 F:40-49	F (141)
308	Bill Saunders	421	292	1:58:25	389	17:08	2:15:34	1 M:70-79	M (167)
309	Harvey Collett	100	311	2:00:37	339	15:43	2:16:20	23 M:50-59	M (168)
310	Ashley Power-Stack	384	309	2:00:03	374	16:37	2:16:40	47 F:30-39	F (142)
311	Michelle Mullaley	332	312	2:00:42	362	16:18	2:17:00	48 F:30-39	F (143)
312	Alexandra States	446	318	2:02:12	288	14:49	2:17:01	20 F:20-29	F (144)
313	Kelly Foote	179	305	1:59:36	398	17:26	2:17:02	57 F:40-49	F (145)
314	Leah Dooley	155	315	2:02:02	306	15:07	2:17:09	58 F:40-49	F (146)
315	Lorelei Kelly	255	321	2:02:56	238	14:13	2:17:10	59 F:40-49	F (147)
316	Lisa Hounsell Clarke	229	322	2:02:57	237	14:13	2:17:10	60 F:40-49	F (148)
317	Paula Corcoran	112	313	2:01:47	328	15:35	2:17:23	61 F:40-49	F (149)
318	Susan Newhook	342	314	2:01:47	329	15:36	2:17:23	49 F:30-39	F (150)
319	Dennis Yap	501	319	2:02:20	305	15:06	2:17:26	49 M:40-49	M (169)
320	Cheryl MacLean	297	317	2:02:08	348	15:54	2:18:02	62 F:40-49	F (151)
321	Suzanne Breen	56	320	2:02:46	318	15:25	2:18:11	50 F:30-39	F (152)
322	Tanya Keough	260	327	2:04:30	207	13:51	2:18:21	63 F:40-49	F (153)
323	Sarah Kirby	266	328	2:04:30	212	13:55	2:18:26	51 F:30-39	F (154)
324	John Robinson	402	316	2:02:08	364	16:20	2:18:29	63 M:30-39	M (170)
325	Jennifer Eisenhauer	167	329	2:04:31	251	14:22	2:18:53	52 F:30-39	F (155)
326	Sabrina Morgan	324	330	2:04:40	292	14:57	2:19:38	64 F:40-49	F (156)
327	Kelly Johnson	246	334	2:05:11	276	14:40	2:19:52	65 F:40-49	F (157)
328	Ashleigh Collett	99	326	2:03:39	360	16:15	2:19:55	21 F:20-29	F (158)
329	Liam Walsh Jr	481	323	2:02:59	386	16:58	2:19:57	16 M:20-29	M (171)
330	Rena Hutchings	233	325	2:03:26	379	16:40	2:20:07	15 F:50-59	F (159)
331	Richard Wright	500	331	2:04:41	325	15:34	2:20:15	50 M:40-49	M (172)
332	Joanne Lush	289	336	2:05:46	267	14:31	2:20:18	66 F:40-49	F (160)
333	Joe Ryan	11	341	2:05:52	263	14:30	2:20:23	2 M:70-79	M (173)
334	Rosalind Whitten	493	333	2:04:49	335	15:41	2:20:31	16 F:50-59	F (161)
335	Janine Hynes	235	349	2:06:47	223	14:03	2:20:50	67 F:40-49	F (162)
336	Kim Hickman	509	357	2:07:51	161	13:07	2:20:58	22 F:20-29	F (163)
337	Hannah Munro	333	348	2:06:46	266	14:31	2:21:18	53 F:30-39	F (164)
338	Paul Dillon	5	324	2:03:08	414	18:12	2:21:20	51 M:40-49	M (174)
339	Krista Hillier	223	340	2:05:52	322	15:30	2:21:23	54 F:30-39	F (165)
340	Amanda Frost	185	338	2:05:49	326	15:35	2:21:24	55 F:30-39	F (166)
341	Melanie O'Brien	352	337	2:05:48	347	15:53	2:21:42	23 F:20-29	F (167)
342	Lisa Curnew	129	332	2:04:49	387	16:58	2:21:47	68 F:40-49	F (168)
343	Nicole Legge	280	344	2:06:12	355	16:04	2:22:16	56 F:30-39	F (169)
344	Charlene Serdan	425	342	2:06:04	380	16:43	2:22:47	17 F:50-59	F (170)
345	Donna Wadden	469	359	2:08:23	256	14:26	2:22:50	5 F:60-69	F (171)
346	Rachel Boehm	50	350	2:07:02	350	15:57	2:23:00	18 F:50-59	F (172)
347	Wendy Walsh	480	335	2:05:17	413	18:00	2:23:18	69 F:40-49	F (173)
348	Donna Ballard	31	354	2:07:38	341	15:44	2:23:22	19 F:50-59	F (174)
349	Kristen Blackmore	46	355	2:07:50	336	15:41	2:23:32	57 F:30-39	F (175)
350	Becky Hickman	221	356	2:07:50	334	15:41	2:23:32	24 F:20-29	F (176)

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Place	Name	Bib	18.39 km Rank	18.39 km Time	Munn Mile Rank	Munn Mile Time	Total Time	Age Group Place	Gender Place
351	Sara Siebert	430	367	2:09:30	234	14:11	2:23:41	70 F:40-49	F (177)
352	Tammy King	263	343	2:06:07	405	17:39	2:23:46	58 F:30-39	F (178)
353	Anna Linegar	282	373	2:10:08	193	13:39	2:23:47	59 F:30-39	F (179)
354	Gale Gillingham	195	346	2:06:27	395	17:24	2:23:51	71 F:40-49	F (180)
355	Cora Leigh Pike	367	347	2:06:27	397	17:24	2:23:52	60 F:30-39	F (181)
356	Kelly Owens Fowler	356	360	2:08:25	366	16:21	2:24:46	20 F:50-59	F (182)
357	Donna Hussey	231	364	2:09:26	323	15:32	2:24:58	21 F:50-59	F (183)
358	Gary Kennell	259	358	2:07:55	388	17:07	2:25:02	52 M:40-49	M (175)
359	Karen Mercer	315	345	2:06:26	419	18:42	2:25:09	61 F:30-39	F (184)
360	Dave Galbraith	189	366	2:09:28	342	15:44	2:25:12	24 M:50-59	M (176)
361	Roy McNeill	314	365	2:09:27	343	15:45	2:25:12	25 M:50-59	M (177)
362	Derek Scott (PRCA)	424	352	2:07:26	408	17:50	2:25:17	26 M:50-59	M (178)
363	Lisa Lovelady	286	339	2:05:50	433	19:29	2:25:19	72 F:40-49	F (185)
364	Mike Fleming	174	353	2:07:34	407	17:45	2:25:20	16 M:60-69	M (179)
365	Regina Coady	4	363	2:09:12	363	16:18	2:25:31	22 F:50-59	F (186)
366	Erin Hoffe	227	361	2:08:36	384	16:55	2:25:32	25 F:20-29	F (187)
367	Sara Blake	47	362	2:08:42	382	16:50	2:25:33	26 F:20-29	F (188)
368	Nicole Hutchings	232	372	2:09:48	359	16:13	2:26:01	62 F:30-39	F (189)
369	Meghan Fillier	173	382	2:11:16	299	15:01	2:26:17	27 F:20-29	F (190)
370	Paula French	184	371	2:09:44	372	16:33	2:26:18	73 F:40-49	F (191)
371	Rochelle Abbott (ANER)	14	380	2:11:10	307	15:10	2:26:21	74 F:40-49	F (192)
372	Mark Murphy	336	386	2:11:21	296	15:00	2:26:22	53 M:40-49	M (180)
373	Valerie Galloway	191	385	2:11:20	298	15:01	2:26:22	75 F:40-49	F (193)
374	Natasha Piercey	366	378	2:10:45	332	15:40	2:26:26	63 F:30-39	F (194)
375	William Biggin	44	376	2:10:21	368	16:25	2:26:47	27 M:50-59	M (181)
376	Rosemarie Baldwin	29	370	2:09:43	400	17:27	2:27:10	23 F:50-59	F (195)
377	Dayle Biggin	43	377	2:10:32	375	16:38	2:27:11	76 F:40-49	F (196)
378	Carolann Pretty	385	369	2:09:36	406	17:39	2:27:16	24 F:50-59	F (197)
379	Jennifer Macdonald	294	388	2:11:45	324	15:33	2:27:18	28 F:20-29	F (198)
380	Sherry Glynn	202	379	2:10:53	371	16:32	2:27:25	77 F:40-49	F (199)
381	Tina Savoury (PRCA)	423	387	2:11:25	352	16:00	2:27:26	78 F:40-49	F (200)
382	Amanda Buis	64	390	2:11:45	337	15:42	2:27:28	64 F:30-39	F (201)
383	Julie Morris	326	389	2:11:45	338	15:43	2:27:28	29 F:20-29	F (202)
384	Alfred Power	10	391	2:12:16	312	15:14	2:27:31	28 M:50-59	M (182)
385	Rob Wilson	497	375	2:10:15	391	17:19	2:27:35	54 M:40-49	M (183)
386	Ann Wilson	495	374	2:10:15	392	17:20	2:27:35	79 F:40-49	F (203)
387	Laila Brown (ANER)	63	384	2:11:18	370	16:30	2:27:48	80 F:40-49	F (204)
388	Vanessa John	245	394	2:13:17	265	14:31	2:27:48	65 F:30-39	F (205)
389	Nancy Parsons	359	368	2:09:34	415	18:18	2:27:53	25 F:50-59	F (206)
390	Vanessa Farrell	172	351	2:07:22	440	20:33	2:27:56	81 F:40-49	F (207)
391	Kim Andrews	22	381	2:11:14	381	16:48	2:28:03	82 F:40-49	F (208)
392	Michelle Kelly	256	383	2:11:16	385	16:57	2:28:14	66 F:30-39	F (209)
393	Sherri Lockyer	283	396	2:13:32	284	14:45	2:28:18	67 F:30-39	F (210)
394	Jennifer Tipple	459	395	2:13:32	297	15:01	2:28:33	68 F:30-39	F (211)
395	Erin McGowan (PRCA)	312	393	2:12:35	361	16:16	2:28:52	83 F:40-49	F (212)
396	Sue Rideout (PRCA)	399	392	2:12:35	369	16:29	2:29:04	84 F:40-49	F (213)
397	Brooke Lundrigan	288	398	2:13:54	320	15:28	2:29:23	30 F:20-29	F (214)
398	Tanya Morrissey	327	397	2:13:32	378	16:39	2:30:12	85 F:40-49	F (215)
399	Heather Flight	175	399	2:14:26	358	16:09	2:30:35	86 F:40-49	F (216)
400	Steven Lockyer	284	400	2:14:27	376	16:39	2:31:07	55 M:40-49	M (184)

# Orangetheory Fitness Cape to Cabot 20k

## Overall Finish List

October 20, 2019

Timing & Results by Athletics NorthEAST

Place	Name	Bib	18.39 km Rank	18.39 km Time	Munn Mile Rank	Munn Mile Time	Total Time	Age Group Place	Gender Place
401	Christina Cole	97	401	2:14:27	377	16:39	2:31:07	87 F:40-49	F (217)
402	Kristine Raymond	390	406	2:16:52	351	15:57	2:32:50	6 F:60-69	F (218)
403	Gail Collins	101	402	2:15:13	409	17:54	2:33:08	7 F:60-69	F (219)
404	Kim Curtis	131	407	2:17:11	365	16:21	2:33:32	69 F:30-39	F (220)
405	Doris Walsh (ANER)	477	404	2:16:24	399	17:26	2:33:51	8 F:60-69	F (221)
406	June Clarke	89	405	2:16:42	402	17:27	2:34:10	9 F:60-69	F (222)
407	Wanda Clark	86	403	2:15:46	420	18:50	2:34:36	88 F:40-49	F (223)
408	Elizabeth Moss	329	413	2:20:10	281	14:44	2:34:54	89 F:40-49	F (224)
409	Mike Kidney	262	410	2:18:48	367	16:24	2:35:13	56 M:40-49	M (185)
410	Jennifer Cherniwchan	85	408	2:18:19	412	17:56	2:36:16	70 F:30-39	F (225)
411	Ken Scott	12	411	2:18:52	401	17:27	2:36:20	17 M:60-69	M (186)
412	Ann Crews	117	409	2:18:25	411	17:55	2:36:21	10 F:60-69	F (226)
413	Bill Hayes	215	412	2:19:45	410	17:54	2:37:40	29 M:50-59	M (187)
414	Heather Noseworthy	347	416	2:21:02	403	17:34	2:38:37	71 F:30-39	F (227)
415	Marian Fushell	187	415	2:20:36	416	18:23	2:38:59	11 F:60-69	F (228)
416	Mary Beresford	41	418	2:23:11	354	16:03	2:39:15	90 F:40-49	F (229)
417	Sheila Brinston	59	417	2:22:07	390	17:09	2:39:17	91 F:40-49	F (230)
418	Catharyn Andersen	20	414	2:20:28	422	18:56	2:39:25	92 F:40-49	F (231)
419	Darla Dickinson	149	419	2:23:20	425	19:04	2:42:24	93 F:40-49	F (232)
420	Paul Raymond	391	423	2:26:03	418	18:38	2:44:42	18 M:60-69	M (188)
421	Charlene Bolt	51	424	2:26:22	417	18:24	2:44:46	94 F:40-49	F (233)
422	Cassandra West	484	422	2:26:02	424	19:00	2:45:02	72 F:30-39	F (234)
423	Glynn Anderson	21	425	2:27:42	396	17:24	2:45:07	30 M:50-59	M (189)
424	Melissa Blanchard-Anderson	48	426	2:27:42	394	17:24	2:45:07	26 F:50-59	F (235)
425	Donna James (NWRC)	238	429	2:28:03	404	17:35	2:45:38	27 F:50-59	F (236)
426	Michelle Porter	374	420	2:25:18	446	21:43	2:47:01	95 F:40-49	F (237)
427	Ruth Porter Hart	376	421	2:25:19	445	21:42	2:47:02	12 F:60-69	F (238)
428	Dan Owens	8	427	2:27:52	428	19:23	2:47:15	31 M:50-59	M (190)
429	Kurt Porter	373	428	2:27:53	429	19:23	2:47:16	57 M:40-49	M (191)
430	Leslie Woodford	499	430	2:28:26	427	19:07	2:47:33	73 F:30-39	F (239)
431	Nicole Colford	507	431	2:28:59	438	20:15	2:49:15	96 F:40-49	F (240)
432	Nicole Tucker	506	433	2:30:17	435	19:32	2:49:49	74 F:30-39	F (241)
433	Irina Novikova	348	432	2:30:17	436	19:32	2:49:49	97 F:40-49	F (242)
434	Karen Lacey (NWRC)	268	434	2:30:17	434	19:31	2:49:49	98 F:40-49	F (243)
435	Elizabeth Butler	70	435	2:31:25	423	19:00	2:50:25	99 F:40-49	F (244)
436	Ashley Power	377	437	2:31:48	426	19:07	2:50:56	31 F:20-29	F (245)
437	Ian Boddy	49	439	2:32:47	431	19:28	2:52:16	58 M:40-49	M (192)
438	Jillian Drover	163	438	2:32:47	432	19:29	2:52:16	75 F:30-39	F (246)
439	Michelle Mackenzie (PRCA)	296	440	2:33:55	437	20:00	2:53:55	76 F:30-39	F (247)
440	Veronica Dillon (NWRC)	152	436	2:31:48	447	22:19	2:54:07	100 F:40-49	F (248)
441	Gina Kelly	253	441	2:37:41	421	18:54	2:56:36	101 F:40-49	F (249)
442	Bettiann Curan	128	443	2:40:10	443	21:23	3:01:34	28 F:50-59	F (250)
443	Linda MacPherson	298	444	2:40:11	442	21:23	3:01:34	29 F:50-59	F (251)
444	Cathy Cake	80	442	2:40:02	444	21:32	3:01:34	30 F:50-59	F (252)
445	Tamar Roberts	401	447	2:44:34	430	19:27	3:04:01	13 F:60-69	F (253)
446	Janet Corcoran	111	445	2:43:52	441	20:53	3:04:46	31 F:50-59	F (254)
447	Brenda Larson	274	446	2:44:14	439	20:32	3:04:46	32 F:50-59	F (255)
448	Tracy Coffey	95	448	3:08:51	448	26:32	3:35:24	77 F:30-39	F (256)