

Capital Subaru Cape to Cabot 20k

Overall Finish List

October 15, 2023

Timing & Results by Athletics NorthEAST

Place	Name	Bib	18.39 km Rank	18.39 km Time	Munn Mile Rank	Munn Mile Time	Gun Time	Gender Place	Age Group Place
1	Ben Collingwood (ANER)	166	1	1:06:57	1	8:22	1:15:20	M (1)	1 M:20-29
2	Andrew Bruce (ANER)	139	2	1:12:08	2	8:42	1:20:51	M (2)	1 M:40-49
3	Peter Bazeley	125	4	1:12:36	3	8:43	1:21:20	M (3)	1 M:30-39
4	John Halley	523	3	1:12:36	6	9:14	1:21:51	M (4)	2 M:30-39
5	Brian Caines	502	5	1:12:44	9	9:29	1:22:14	M (5)	2 M:40-49
6	Edward Durnford	205	6	1:13:56	8	9:27	1:23:23	M (6)	1 M:50-59
7	Anne Johnston (ANER)	512	7	1:14:37	7	9:20	1:23:57	F (1)	1 F:40-49
8	Rudy Riedlsperger	405	10	1:18:18	11	9:38	1:27:57	M (7)	3 M:40-49
9	Mark Croft (ANER)	177	8	1:17:11	57	11:49	1:29:00	M (8)	3 M:30-39
10	Zachary Vaters (SRNL)	464	9	1:18:11	34	11:01	1:29:12	M (9)	2 M:20-29
11	Ryne King (ANER)	296	11	1:20:12	10	9:36	1:29:49	M (10)	4 M:30-39
12	Paul Bassler (ANER)	124	12	1:20:14	17	10:00	1:30:15	M (11)	4 M:40-49
13	Allyson Stuckless (ANER)	442	13	1:20:40	25	10:31	1:31:11	F (2)	2 F:40-49
14	Greg Tricco	459	14	1:20:54	21	10:21	1:31:16	M (12)	5 M:40-49
15	Mark Didham (PRCA)	195	15	1:22:14	16	9:52	1:32:07	M (13)	6 M:40-49
16	Nathan Noel	515	19	1:23:35	4	8:45	1:32:20	M (14)	3 M:20-29
17	Justin Billard	130	16	1:22:29	15	9:52	1:32:22	M (15)	4 M:20-29
18	Harlem Medina (SRNL)	345	17	1:22:41	29	10:41	1:33:23	M (16)	5 M:30-39
19	Gage Miranda	351	18	1:23:03	28	10:40	1:33:43	M (17)	6 M:30-39
20	Brady Lawlor	308	20	1:24:04	19	10:09	1:34:13	M (18)	1 M: 0-19
21	James Furneaux	230	23	1:25:20	14	9:50	1:35:11	M (19)	7 M:30-39
22	Tim Murphy	366	22	1:25:14	31	10:49	1:36:03	M (20)	8 M:30-39
23	Philip Crowley	179	21	1:24:49	53	11:44	1:36:33	M (21)	7 M:40-49
24	Daniel Carrie	152	24	1:25:33	39	11:08	1:36:42	M (22)	9 M:30-39
25	Christine Aubrey-Bassler (ANER)	109	26	1:26:18	30	10:42	1:37:00	F (3)	1 F:50-59
26	Andrew Smith (ANER)	425	27	1:26:55	27	10:38	1:37:34	M (23)	2 M:50-59
27	Ashley Chill	158	25	1:25:47	58	11:49	1:37:37	M (24)	8 M:40-49
28	Alastair Jenkins	284	28	1:27:06	47	11:32	1:38:39	M (25)	10 M:30-39
29	Brittney Fitzgerald	219	29	1:28:04	32	10:53	1:38:57	F (4)	1 F:30-39
30	Jeff Kelly	289	32	1:28:31	24	10:28	1:39:00	M (26)	11 M:30-39
31	Christopher Williams (PRCA)	485	38	1:29:19	20	10:11	1:39:31	M (27)	5 M:20-29
32	John Walsh	471	31	1:28:16	43	11:15	1:39:32	M (28)	3 M:50-59
33	Ryan Dymond	209	30	1:28:04	49	11:33	1:39:38	M (29)	12 M:30-39
34	Daniel Fougere	228	33	1:28:32	50	11:36	1:40:08	M (30)	13 M:30-39

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Place	Name	Bib	18.39 km Rank	18.39 km Time	Munn Mile Rank	Munn Mile Time	Gun Time	Gender Place	Age Group Place
35	Stephen Gillard	233	41	1:30:36	12	9:45	1:40:22	M (31)	14 M:30-39
36	Josh Cole	165	34	1:28:49	73	12:17	1:41:07	M (32)	6 M:20-29
37	Mark Stoddart	438	40	1:30:07	42	11:11	1:41:19	M (33)	9 M:40-49
38	Robin Molloy	352	37	1:29:01	82	12:25	1:41:26	M (34)	4 M:50-59
39	Paddy Dawe	189	49	1:32:44	5	8:46	1:41:30	M (35)	7 M:20-29
40	Jeremy Legge	317	39	1:29:41	64	12:01	1:41:42	M (36)	8 M:20-29
41	Melvin Sutton	444	42	1:30:40	41	11:10	1:41:51	M (37)	10 M:40-49
42	Laura Lawes (ANER)	306	35	1:28:53	108	13:06	1:41:59	F (5)	2 F:30-39
43	Courtney King	295	36	1:28:56	121	13:18	1:42:14	F (6)	3 F:30-39
44	Derek McGrath	340	43	1:30:42	68	12:10	1:42:53	M (38)	11 M:40-49
45	Adam McAllister	504	48	1:32:38	22	10:23	1:43:02	M (39)	15 M:30-39
46	Cynthia Fudge	501	44	1:31:15	78	12:20	1:43:36	F (7)	4 F:30-39
47	Christian Daly	183	50	1:32:52	40	11:09	1:44:02	M (40)	16 M:30-39
48	Billy Dawe	186	53	1:33:27	26	10:36	1:44:03	M (41)	17 M:30-39
49	Adam Vickers	466	45	1:31:52	87	12:33	1:44:25	M (42)	18 M:30-39
50	Lindsay Taylor	450	54	1:33:30	35	11:04	1:44:34	F (8)	5 F:30-39
51	Wade King	297	47	1:32:36	66	12:04	1:44:40	M (43)	12 M:40-49
52	Jeff Vaters (SRNL)	463	52	1:33:13	51	11:37	1:44:50	M (44)	5 M:50-59
53	Joel Prior	399	46	1:32:32	76	12:20	1:44:52	M (45)	19 M:30-39
54	Simon Davis	185	60	1:34:09	37	11:07	1:45:16	M (46)	6 M:50-59
55	Kimberly Miller	349	55	1:33:36	52	11:41	1:45:17	F (9)	2 F:50-59
56	Allan Kirkpatrick	508	51	1:33:10	75	12:19	1:45:30	M (47)	20 M:30-39
57	Cherie Cooper	170	58	1:33:55	67	12:04	1:45:59	F (10)	3 F:50-59
58	Andrew Bartlett	122	56	1:33:42	88	12:34	1:46:16	M (48)	21 M:30-39
59	Michael Dawe	188	57	1:33:51	84	12:30	1:46:21	M (49)	22 M:30-39
60	Ben Gillingham	234	70	1:36:41	18	10:09	1:46:50	M (50)	9 M:20-29
61	Stephen Dilny	196	59	1:33:59	103	12:57	1:46:57	M (51)	13 M:40-49
62	Amarendra Madiga (SRNL)	331	61	1:34:55	83	12:29	1:47:25	M (52)	10 M:20-29
63	Kristopher Hoover	265	66	1:35:57	46	11:29	1:47:26	M (53)	11 M:20-29
64	Sarah Manning	334	68	1:36:00	45	11:25	1:47:26	F (11)	1 F:20-29
65	Heather Jones	285	63	1:35:35	63	11:56	1:47:32	F (12)	3 F:40-49
66	Glen Noel	372	65	1:35:53	54	11:47	1:47:40	M (54)	7 M:50-59
67	David Hopkins (SRNL)	266	64	1:35:38	91	12:37	1:48:15	M (55)	12 M:20-29
68	Sandra Pope	390	71	1:36:44	59	11:50	1:48:34	F (13)	4 F:50-59

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Place	Name	Bib	18.39 km Rank	18.39 km Time	Munn Mile Rank	Munn Mile Time	Gun Time	Gender Place	Age Group Place
69	Jeff Barnes (ANER)	1	67	1:36:00	107	13:04	1:49:04	M (56)	8 M:50-59
70	Andrew Robart (SRNL)	532	62	1:35:35	132	13:35	1:49:10	M (57)	13 M:20-29
71	Joshua Handrigan	251	72	1:36:59	86	12:31	1:49:30	M (58)	23 M:30-39
72	Mike Lester (SRNL)	320	75	1:37:43	56	11:48	1:49:32	M (59)	9 M:50-59
73	Stephen O'Brien	377	74	1:37:18	74	12:18	1:49:36	M (60)	14 M:40-49
74	Gus Lynch Jr.	327	69	1:36:39	106	13:01	1:49:40	M (61)	10 M:50-59
75	Jason Mortimer	356	82	1:38:15	62	11:53	1:50:09	M (62)	11 M:50-59
76	Richard Wong	492	98	1:40:54	13	9:48	1:50:43	M (63)	24 M:30-39
77	Anand Yethiraj	493	77	1:37:49	101	12:55	1:50:45	M (64)	12 M:50-59
78	Chris Flanagan (ANER)	6	80	1:38:11	93	12:39	1:50:50	M (65)	1 M:60-69
79	Peter Tobin	457	97	1:40:53	23	10:24	1:51:18	M (66)	14 M:20-29
80	David Armanini	495	73	1:37:08	173	14:19	1:51:28	M (67)	15 M:40-49
81	Shane O'Neill	379	88	1:38:43	96	12:47	1:51:31	M (68)	25 M:30-39
82	Janette Purdham	524	89	1:38:57	89	12:35	1:51:33	F (14)	5 F:50-59
83	Oliver Dumville	203	78	1:37:55	137	13:42	1:51:37	M (69)	26 M:30-39
84	Cheukyin Yip	494	81	1:38:14	131	13:33	1:51:47	M (70)	15 M:20-29
85	Chris Snow	430	86	1:38:37	126	13:27	1:52:05	M (71)	16 M:40-49
86	Melissa Jones	286	84	1:38:26	139	13:43	1:52:09	F (15)	4 F:40-49
87	Gearoid McCarthy	338	93	1:40:22	55	11:48	1:52:10	M (72)	17 M:40-49
88	Michaela Roebothan	408	90	1:39:25	95	12:45	1:52:10	F (16)	6 F:50-59
89	Shane Barnes	120	108	1:41:38	33	10:54	1:52:33	M (73)	16 M:20-29
90	Adam Baker	115	85	1:38:32	152	14:00	1:52:33	M (74)	17 M:20-29
91	Trevor Harnum	252	87	1:38:38	154	14:01	1:52:39	M (75)	18 M:40-49
92	Keith Glynn (PRCA)	237	91	1:39:29	113	13:12	1:52:41	M (76)	2 M:60-69
93	John Hawley	254	83	1:38:19	182	14:28	1:52:48	M (77)	27 M:30-39
94	Michael Stone	439	79	1:37:58	212	15:05	1:53:04	M (78)	19 M:40-49
95	Corey Snook	428	76	1:37:45	223	15:22	1:53:07	M (79)	13 M:50-59
96	Ryan Mcniven	342	113	1:42:05	36	11:05	1:53:11	M (80)	28 M:30-39
97	Curtis Williams	486	114	1:42:06	44	11:22	1:53:28	M (81)	14 M:50-59
98	Steven Lannon	305	99	1:40:54	90	12:36	1:53:31	M (82)	29 M:30-39
99	Melanie Seal	418	103	1:41:22	70	12:12	1:53:34	F (17)	5 F:40-49
100	Andrea Singleton (SRNL)	423	104	1:41:22	72	12:15	1:53:38	F (18)	6 F:40-49
101	Jol Hunter	272	102	1:41:16	80	12:24	1:53:40	M (83)	3 M:60-69
102	Wayne Lannon	509	92	1:40:10	130	13:31	1:53:42	M (84)	15 M:50-59

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103	Lindsey Reddy	401	94	1:40:33	112	13:11	1:53:45	F (19)	6 F:30-39
104	Eddie Whelan	477	110	1:41:55	60	11:51	1:53:47	M (85)	30 M:30-39
105	Jonathan Hynes	277	96	1:40:52	109	13:07	1:54:00	M (86)	16 M:50-59
106	Nick Button	147	117	1:42:17	61	11:52	1:54:09	M (87)	18 M:20-29
107	Jim Dwyer	206	101	1:41:11	133	13:36	1:54:48	M (88)	4 M:60-69
108	Mark Ivany (PRCA)	282	106	1:41:33	123	13:20	1:54:53	M (89)	20 M:40-49
109	Kirsten Weagle	473	95	1:40:42	172	14:19	1:55:02	F (20)	2 F:20-29
110	Steve Mayne	337	122	1:42:41	77	12:20	1:55:02	M (90)	21 M:40-49
111	Christopher Bayliss (PRCA)	500	119	1:42:23	94	12:39	1:55:02	M (91)	22 M:40-49
112	Rick Lawes	307	109	1:41:39	127	13:28	1:55:08	M (92)	5 M:60-69
113	Robert Newhook (PRCA)	371	118	1:42:21	105	12:59	1:55:20	M (93)	31 M:30-39
114	Kim Dwyer (ANER)	207	121	1:42:26	104	12:57	1:55:23	F (21)	7 F:50-59
115	David Foley (ANER)	223	107	1:41:34	153	14:00	1:55:35	M (94)	17 M:50-59
116	Andrew Conway	169	112	1:41:59	138	13:43	1:55:42	M (95)	23 M:40-49
117	Russell Vardy	462	100	1:41:07	199	14:41	1:55:48	M (96)	24 M:40-49
118	Cynthia Littlejohn	322	105	1:41:25	183	14:29	1:55:54	F (22)	7 F:30-39
119	Gerald McManus	341	123	1:42:49	114	13:12	1:56:02	M (97)	18 M:50-59
120	Peggy Mercer	348	111	1:41:58	157	14:05	1:56:03	F (23)	8 F:50-59
121	Cheyenne Ryczek	413	120	1:42:23	135	13:41	1:56:05	F (24)	3 F:20-29
122	Laura Kelly	290	130	1:43:25	115	13:14	1:56:39	F (25)	8 F:30-39
123	Marjorie Campbell	150	125	1:42:53	147	13:52	1:56:46	F (26)	9 F:30-39
124	Tara Corbett	171	115	1:42:08	196	14:39	1:56:48	F (27)	9 F:50-59
125	Kathleen Ostridge	382	124	1:42:53	149	13:55	1:56:48	F (28)	10 F:30-39
126	Adam Walsh	470	129	1:43:19	161	14:09	1:57:29	M (98)	25 M:40-49
127	Chris Tobin	455	126	1:42:58	190	14:34	1:57:32	M (99)	19 M:20-29
128	Adam Doyle	200	128	1:43:05	181	14:27	1:57:33	M (100)	32 M:30-39
129	Suzanne House	268	127	1:43:05	193	14:36	1:57:42	F (29)	10 F:50-59
130	Scott Belbin	127	135	1:44:53	110	13:08	1:58:02	M (101)	19 M:50-59
131	Emily Bonnell	131	138	1:45:17	100	12:53	1:58:10	F (30)	4 F:20-29
132	Ashley Charlebois	157	132	1:43:50	179	14:25	1:58:16	F (31)	11 F:30-39
133	Stephen Brown	138	116	1:42:12	263	16:10	1:58:23	M (102)	33 M:30-39
134	Gregoire Gagnon	231	148	1:46:53	48	11:32	1:58:25	M (103)	26 M:40-49
135	Mark Rideout	403	133	1:44:04	177	14:23	1:58:27	M (104)	34 M:30-39
136	Katy Clark	160	143	1:46:16	79	12:21	1:58:37	F (32)	5 F:20-29

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137	Craig Ennis	213	131	1:43:37	216	15:12	1:58:49	M (105)	27 M:40-49
138	Emily Wiscombe (SRNL)	490	136	1:45:08	144	13:49	1:58:58	F (33)	6 F:20-29
139	Leon Hunt	271	137	1:45:16	136	13:42	1:58:58	M (106)	35 M:30-39
140	Doug Dorward	199	140	1:45:47	117	13:15	1:59:02	M (107)	36 M:30-39
141	Robert Balsom	117	145	1:46:18	97	12:49	1:59:07	M (108)	20 M:50-59
142	William Seaward	419	144	1:46:18	98	12:49	1:59:07	M (109)	6 M:60-69
143	Peter Russell	411	141	1:46:04	111	13:08	1:59:13	M (110)	21 M:50-59
144	Rod Hale	247	134	1:44:24	209	14:59	1:59:24	M (111)	22 M:50-59
145	Desmond Power	395	139	1:45:20	166	14:13	1:59:33	M (112)	23 M:50-59
146	Johnathan White	528	151	1:47:32	65	12:02	1:59:35	M (113)	37 M:30-39
147	Penny Power	396	142	1:46:05	156	14:04	2:00:09	F (34)	7 F:40-49
148	Luke Walker	469	149	1:46:59	116	13:14	2:00:14	M (114)	20 M:20-29
149	Amy Hurford	274	165	1:48:20	85	12:30	2:00:51	F (35)	8 F:40-49
150	Emily Glencross (PRCA)	236	154	1:47:57	102	12:56	2:00:54	F (36)	12 F:30-39
151	Megan Cashin	155	147	1:46:43	170	14:16	2:00:59	F (37)	9 F:40-49
152	Connie Gullage (PRCA)	243	146	1:46:37	187	14:31	2:01:08	F (38)	10 F:40-49
153	Robert Ebsary	210	168	1:48:32	92	12:39	2:01:12	M (115)	7 M:60-69
154	Chris Follett	225	180	1:50:15	38	11:07	2:01:22	M (116)	38 M:30-39
155	Joan Hartery (ANER)	506	150	1:47:28	151	13:56	2:01:25	F (39)	1 F:70-79
156	Matthew Mallam	333	172	1:49:12	71	12:15	2:01:28	M (117)	39 M:30-39
157	Boris Ristanovic	406	163	1:48:16	120	13:18	2:01:34	M (118)	21 M:20-29
158	Chris Sweetland	447	159	1:48:10	128	13:29	2:01:39	M (119)	40 M:30-39
159	Fred Colbourne	518	155	1:47:58	155	14:03	2:02:02	M (120)	8 M:60-69
160	Melanie Stairs	435	166	1:48:24	140	13:43	2:02:08	F (40)	13 F:30-39
161	Percy Delaney	192	153	1:47:55	200	14:43	2:02:38	M (121)	9 M:60-69
162	Grace Fishbein	529	162	1:48:15	184	14:29	2:02:45	F (41)	14 F:30-39
163	John Callahan	149	152	1:47:54	207	14:55	2:02:49	M (122)	24 M:50-59
164	Hazel Russell (PRCA)	497	157	1:48:06	203	14:49	2:02:56	F (42)	11 F:50-59
165	Ashley Young	514	169	1:48:49	167	14:14	2:03:03	F (43)	15 F:30-39
166	Kim Larouche	522	156	1:48:02	211	15:04	2:03:06	F (44)	12 F:50-59
167	Renee Morgan	354	170	1:49:00	178	14:24	2:03:25	F (45)	11 F:40-49
168	Jordan Foley	224	173	1:49:22	158	14:07	2:03:29	M (123)	28 M:40-49
169	Rob Beauchamp	126	158	1:48:09	232	15:31	2:03:40	M (124)	10 M:60-69
170	Yvonne Martin	335	177	1:50:04	134	13:41	2:03:45	F (46)	1 F:60-69

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171	Stacey Croucher	178	183	1:50:37	118	13:16	2:03:53	F (47)	16 F:30-39
172	Don Welsh	526	176	1:49:47	162	14:09	2:03:57	M (125)	1 M:70-79
173	Barbara Wells (PRCA)	474	164	1:48:19	244	15:48	2:04:07	F (48)	12 F:40-49
174	Philomena Connolly	168	161	1:48:12	258	16:04	2:04:17	F (49)	2 F:60-69
175	Chris Luther	326	171	1:49:01	218	15:16	2:04:18	M (126)	25 M:50-59
176	Christopher Lee	313	167	1:48:31	251	15:54	2:04:25	M (127)	29 M:40-49
177	Michael DeRoche	503	160	1:48:10	268	16:17	2:04:28	M (128)	11 M:60-69
178	Darcie Cohen	164	185	1:50:39	146	13:50	2:04:29	F (50)	17 F:30-39
179	Renee Devereaux (ANER)	193	189	1:51:29	119	13:17	2:04:47	F (51)	7 F:20-29
180	Michael Kennedy	292	182	1:50:24	180	14:26	2:04:51	M (129)	41 M:30-39
181	Ryan Glynn	239	181	1:50:16	192	14:36	2:04:53	M (130)	30 M:40-49
182	Mark Newell	370	186	1:50:49	163	14:12	2:05:01	M (131)	31 M:40-49
183	Lyna Naseri	368	188	1:51:20	143	13:46	2:05:06	F (52)	13 F:40-49
184	Rita Stright	440	178	1:50:06	220	15:17	2:05:24	F (53)	14 F:40-49
185	Sarah Devereaux	194	190	1:51:34	150	13:56	2:05:31	F (54)	8 F:20-29
186	Alexander Muir	359	174	1:49:35	253	15:56	2:05:32	M (132)	42 M:30-39
187	Josh Morrissey	533	175	1:49:39	255	16:01	2:05:40	M (133)	22 M:20-29
188	Corey Brown	135	184	1:50:38	224	15:22	2:06:00	M (134)	32 M:40-49
189	Gillian Brown	136	196	1:52:40	124	13:20	2:06:01	F (55)	15 F:40-49
190	Luke Thorne	451	202	1:53:16	99	12:51	2:06:08	M (135)	43 M:30-39
191	John Rolls	505	191	1:51:41	191	14:35	2:06:17	M (136)	33 M:40-49
192	Nelson Osmond	381	179	1:50:11	261	16:06	2:06:18	M (137)	26 M:50-59
193	Chrystal Kelly	288	187	1:51:02	242	15:47	2:06:49	F (56)	13 F:50-59
194	Karen Legge	318	193	1:52:12	197	14:40	2:06:52	F (57)	16 F:40-49
195	Bill Legge	315	194	1:52:15	194	14:37	2:06:53	M (138)	27 M:50-59
196	Martha Sweeting	446	199	1:52:48	159	14:08	2:06:56	F (58)	3 F:60-69
197	Amy Fowler	229	198	1:52:42	169	14:15	2:06:58	F (59)	18 F:30-39
198	Dana Dillon	519	200	1:52:54	186	14:30	2:07:25	F (60)	19 F:30-39
199	Beth Hamilton	250	197	1:52:42	201	14:44	2:07:26	F (61)	17 F:40-49
200	Rebecca White	481	192	1:52:03	227	15:24	2:07:28	F (62)	9 F:20-29
201	Brandi Eveleigh	216	195	1:52:30	208	14:59	2:07:29	F (63)	20 F:30-39
202	Jeffrey Trahey	516	203	1:53:21	185	14:29	2:07:51	M (139)	28 M:50-59
203	Krista Spencer	432	204	1:53:50	165	14:13	2:08:04	F (64)	14 F:50-59
204	Matt Torraville	458	207	1:54:33	195	14:39	2:09:12	M (140)	23 M:20-29

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Place	Name	Bib	18.39 km Rank	18.39 km Time	Munn Mile Rank	Munn Mile Time	Gun Time	Gender Place	Age Group Place
205	Jillian Murdoch	361	217	1:55:58	125	13:24	2:09:22	F (65)	10 F:20-29
206	Renee Fitzgerald (PRCA)	220	212	1:55:00	188	14:32	2:09:32	F (66)	18 F:40-49
207	James Leblanc	309	201	1:53:10	280	16:31	2:09:41	M (141)	44 M:30-39
208	Stephen Schell	415	216	1:55:55	148	13:52	2:09:48	M (142)	34 M:40-49
209	Stephen Parsons	534	226	1:57:30	81	12:25	2:09:55	M (143)	45 M:30-39
210	Philip Whalen	476	205	1:54:30	230	15:27	2:09:57	M (144)	46 M:30-39
211	Pamela Dawe	190	211	1:54:47	221	15:21	2:10:09	F (67)	15 F:50-59
212	Angela Norman	373	210	1:54:47	222	15:22	2:10:09	F (68)	19 F:40-49
213	Nancy Robbins	407	209	1:54:47	249	15:50	2:10:38	F (69)	20 F:40-49
214	Brandon Matthews	336	208	1:54:34	264	16:12	2:10:47	M (145)	47 M:30-39
215	Rocky Snook	429	206	1:54:33	266	16:14	2:10:48	M (146)	48 M:30-39
216	Brad Antle	106	219	1:56:01	204	14:49	2:10:51	M (147)	49 M:30-39
217	Ashley Gray	241	218	1:56:01	205	14:52	2:10:54	F (70)	21 F:40-49
218	Amanda Antle	105	220	1:56:02	206	14:52	2:10:54	F (71)	22 F:40-49
219	Shane Halley	249	229	1:57:54	122	13:19	2:11:14	M (148)	35 M:40-49
220	Jaspen Barker	119	213	1:55:08	283	16:33	2:11:41	F (72)	21 F:30-39
221	Kelly Aung	110	215	1:55:46	257	16:02	2:11:48	F (73)	22 F:30-39
222	Abigail Chubb (ANER)	159	228	1:57:39	175	14:21	2:12:01	F (74)	11 F:20-29
223	Kevin Murrant	367	214	1:55:34	288	16:41	2:12:15	M (149)	50 M:30-39
224	Scott Antle	107	221	1:56:20	260	16:05	2:12:26	M (150)	29 M:50-59
225	Charlene Kennedy	291	230	1:58:05	174	14:21	2:12:27	F (75)	23 F:40-49
226	Mariann Evans	215	222	1:56:57	233	15:32	2:12:30	F (76)	24 F:40-49
227	Patrick Dalton (ANER)	182	232	1:58:25	176	14:22	2:12:48	M (151)	36 M:40-49
228	Tammy Lahey	302	225	1:57:23	226	15:24	2:12:48	F (77)	16 F:50-59
229	Anna Murphy	362	237	1:59:09	142	13:45	2:12:55	F (78)	1 F: 0-19
230	Phoebe Bartlett	123	227	1:57:35	243	15:47	2:13:23	F (79)	17 F:50-59
231	Catherine Bailey (SRNL)	114	238	1:59:12	171	14:16	2:13:28	F (80)	25 F:40-49
232	Donna Burt	3	231	1:58:13	234	15:33	2:13:47	F (81)	18 F:50-59
233	Renee White	482	245	1:59:49	160	14:09	2:13:58	F (82)	23 F:30-39
234	David Sturge (PRCA)	498	244	1:59:48	168	14:14	2:14:03	M (152)	37 M:40-49
235	Bill Saunders	414	241	1:59:23	198	14:40	2:14:03	M (153)	2 M:70-79
236	Fiona Chai	156	249	2:00:34	129	13:31	2:14:05	F (83)	4 F:60-69
237	Robert Adams (PRCA)	101	240	1:59:20	213	15:09	2:14:30	M (154)	30 M:50-59
238	James Legge	316	233	1:58:42	252	15:56	2:14:38	M (155)	38 M:40-49

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Place	Name	Bib	18.39 km Rank	18.39 km Time	Munn Mile Rank	Munn Mile Time	Gun Time	Gender Place	Age Group Place
239	Ron Hoffe	263	235	1:58:55	240	15:45	2:14:41	M (156)	12 M:60-69
240	Fred Holloway	264	234	1:58:54	246	15:49	2:14:43	M (157)	39 M:40-49
241	Fiona Curtis	181	223	1:57:09	317	17:35	2:14:44	F (84)	26 F:40-49
242	Jennifer Fahey	217	224	1:57:10	316	17:34	2:14:45	F (85)	27 F:40-49
243	Lynn Whitten	483	236	1:59:09	241	15:46	2:14:56	F (86)	28 F:40-49
244	Evan Foote	226	243	1:59:35	279	16:29	2:16:05	M (158)	24 M:20-29
245	Ryan Kirby	298	246	1:59:57	273	16:24	2:16:21	M (159)	51 M:30-39
246	Erin Dancey	184	247	1:59:59	275	16:24	2:16:24	F (87)	24 F:30-39
247	Christopher Tobin	456	242	1:59:31	300	17:06	2:16:38	M (160)	40 M:40-49
248	Joseph Brown	137	254	2:01:47	214	15:10	2:16:58	M (161)	13 M:60-69
249	Arlene Scott (PRCA)	416	251	2:00:46	271	16:22	2:17:09	F (88)	19 F:50-59
250	Bradley McGrath	507	239	1:59:13	332	18:01	2:17:15	M (162)	41 M:40-49
251	Krista Loveless	323	255	2:02:05	236	15:37	2:17:43	F (89)	29 F:40-49
252	Kim Kerrivan	527	248	2:00:28	307	17:21	2:17:50	F (90)	25 F:30-39
253	Kayla Hobbs	261	253	2:01:29	281	16:31	2:18:00	F (91)	26 F:30-39
254	Danny Rowsell	410	256	2:02:14	245	15:49	2:18:04	M (163)	52 M:30-39
255	Jill Allison (PRCA)	102	252	2:01:07	303	17:08	2:18:16	F (92)	5 F:60-69
256	Jason LeCoure	310	250	2:00:37	329	17:51	2:18:28	M (164)	42 M:40-49
257	Murray Wilson	487	259	2:03:03	229	15:27	2:18:31	M (165)	53 M:30-39
258	Tracy Lacey (ANER)	301	257	2:02:41	247	15:50	2:18:31	F (93)	20 F:50-59
259	Luc Paulin	386	258	2:02:52	250	15:51	2:18:43	M (166)	14 M:60-69
260	Monique Parise	384	265	2:04:00	225	15:24	2:19:24	F (94)	21 F:50-59
261	Sue Rideout (PRCA)	404	261	2:03:14	272	16:23	2:19:38	F (95)	22 F:50-59
262	Laura Green (SRNL)	242	263	2:03:40	262	16:08	2:19:48	F (96)	27 F:30-39
263	Meghan Forsyth	227	260	2:03:14	284	16:34	2:19:49	F (97)	30 F:40-49
264	Wendy Read	400	267	2:04:17	248	15:50	2:20:08	F (98)	23 F:50-59
265	Arlene Williams	484	262	2:03:15	302	17:07	2:20:23	F (99)	6 F:60-69
266	Bernadette Jerrett	7	264	2:03:46	286	16:37	2:20:24	F (100)	7 F:60-69
267	Florence Barron (ANER)	121	270	2:04:56	231	15:28	2:20:25	F (101)	1 F:80-99
268	Rachel Swyer	449	272	2:05:07	228	15:24	2:20:32	F (102)	12 F:20-29
269	Alison White	479	271	2:05:00	235	15:36	2:20:37	F (103)	31 F:40-49
270	Laura Brocklehurst	134	277	2:06:49	164	14:13	2:21:02	F (104)	32 F:40-49
271	Karen Mercer	347	268	2:04:42	270	16:20	2:21:02	F (105)	33 F:40-49
272	Jennifer Hale	246	273	2:05:14	254	16:01	2:21:16	F (106)	24 F:50-59

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273	Kenneth Smith	426	266	2:04:13	308	17:23	2:21:36	M (167)	43 M:40-49
274	Omar Shogan	420	274	2:05:21	278	16:27	2:21:49	M (168)	25 M:20-29
275	Dana Dunphy (PRCA)	204	281	2:07:21	189	14:32	2:21:54	F (107)	25 F:50-59
276	April Anstey	104	284	2:07:41	217	15:12	2:22:53	F (108)	34 F:40-49
277	Laura Aspell	108	286	2:07:41	215	15:12	2:22:53	F (109)	28 F:30-39
278	Tom Hayden	256	289	2:08:00	210	15:02	2:23:02	M (169)	31 M:50-59
279	Jennifer Voisey	468	278	2:06:50	265	16:14	2:23:05	F (110)	29 F:30-39
280	Adrian Rogers	409	290	2:08:23	202	14:46	2:23:09	M (170)	54 M:30-39
281	Tina Belbin	128	280	2:07:06	282	16:31	2:23:37	F (111)	26 F:50-59
282	Linda Ennis	214	269	2:04:48	346	18:57	2:23:45	F (112)	27 F:50-59
283	Carrie Hyde (PRCA)	276	283	2:07:39	267	16:15	2:23:54	F (113)	28 F:50-59
284	Courtney Eddy	211	288	2:07:42	289	16:42	2:24:25	F (114)	30 F:30-39
285	Erin Powell	393	276	2:06:44	325	17:43	2:24:28	F (115)	35 F:40-49
286	Justin Noseworthy	375	275	2:05:36	348	19:04	2:24:40	M (171)	55 M:30-39
287	Brad Meaney	344	279	2:07:06	318	17:37	2:24:44	M (172)	32 M:50-59
288	Melissa Parsons	385	287	2:07:41	305	17:13	2:24:55	F (116)	31 F:30-39
289	Dan Owens	8	296	2:09:44	239	15:43	2:25:27	M (173)	15 M:60-69
290	Nicole Kennedy	293	282	2:07:31	333	18:09	2:25:41	F (117)	32 F:30-39
291	Lisa Bungay	140	293	2:09:37	276	16:25	2:26:03	F (118)	29 F:50-59
292	Dennis Flynn (ANER)	222	291	2:08:35	320	17:39	2:26:15	M (174)	33 M:50-59
293	Patrick Dawson	191	292	2:09:30	293	16:53	2:26:23	M (175)	26 M:20-29
294	Katrina Collins	167	299	2:10:47	237	15:38	2:26:26	F (119)	33 F:30-39
295	Brooke Lundrigan	496	298	2:10:42	259	16:04	2:26:46	F (120)	13 F:20-29
296	Hannah Munro	360	301	2:11:31	219	15:16	2:26:48	F (121)	34 F:30-39
297	Susan Kenny	294	285	2:07:41	358	19:39	2:27:20	F (122)	30 F:50-59
298	Catherine McDonald (SRNL)	339	314	2:13:37	141	13:44	2:27:21	F (123)	31 F:50-59
299	Mark Pinsent	389	302	2:11:44	238	15:39	2:27:23	M (176)	16 M:60-69
300	Michelle Byrne	148	295	2:09:42	324	17:43	2:27:25	F (124)	35 F:30-39
301	Lauren Dinn	197	294	2:09:39	328	17:49	2:27:29	F (125)	14 F:20-29
302	Jennifer Kavanagh (PRCA)	530	300	2:11:21	269	16:17	2:27:38	F (126)	36 F:30-39
303	Montie Hicks	260	297	2:10:39	322	17:41	2:28:20	M (177)	34 M:50-59
304	Patrick Stuart	441	303	2:11:47	299	17:05	2:28:53	M (178)	44 M:40-49
305	Craig Crawley	174	319	2:16:11	145	13:50	2:30:01	M (179)	35 M:50-59
306	Kayla Laite	303	305	2:12:15	330	17:54	2:30:09	F (127)	37 F:30-39

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307	Kenneth Scott	12	310	2:12:45	309	17:24	2:30:09	M (180)	17 M:60-69
308	Olivia Carew	151	311	2:12:53	306	17:20	2:30:13	F (128)	15 F:20-29
309	Paula Mallaley	332	308	2:12:45	313	17:30	2:30:16	F (129)	36 F:40-49
310	Stephanie Tilley	454	309	2:12:45	312	17:30	2:30:16	F (130)	37 F:40-49
311	Jodi Dodge (SRNL)	198	315	2:13:43	290	16:47	2:30:30	F (131)	38 F:40-49
312	Bryan Vaughan	465	312	2:13:09	323	17:42	2:30:52	M (181)	56 M:30-39
313	Derek Scott (PRCA)	417	306	2:12:37	336	18:24	2:31:02	M (182)	36 M:50-59
314	Connor Snedden	427	326	2:19:08	69	12:11	2:31:20	M (183)	2 M: 0-19
315	Tracy Carroll (PRCA)	153	313	2:13:24	331	17:56	2:31:21	F (132)	32 F:50-59
316	Elizabeth Moss	357	316	2:14:19	304	17:12	2:31:32	F (133)	39 F:40-49
317	Janet MacGillivray	328	304	2:12:07	353	19:25	2:31:33	F (134)	38 F:30-39
318	Terrilynn Hoskins (PRCA)	267	307	2:12:40	343	18:53	2:31:34	F (135)	16 F:20-29
319	Patrick O'Keefe	378	317	2:14:57	287	16:39	2:31:37	M (184)	3 M:70-79
320	Samantha Stice	437	322	2:16:22	285	16:37	2:32:59	F (136)	17 F:20-29
321	Morgan Turner	461	321	2:16:19	291	16:52	2:33:12	F (137)	39 F:30-39
322	Teresa Oman	380	320	2:16:11	301	17:07	2:33:19	F (138)	33 F:50-59
323	Dana Tilley	452	323	2:17:40	321	17:41	2:35:22	F (139)	34 F:50-59
324	Charlene Mackey (PRCA)	329	318	2:15:57	356	19:34	2:35:31	F (140)	40 F:40-49
325	Hannah Sparkes	431	325	2:18:27	298	17:05	2:35:33	F (141)	40 F:30-39
326	Sabrina Morgan	355	324	2:18:09	319	17:37	2:35:47	F (142)	35 F:50-59
327	Ben Melbourne	346	336	2:20:11	274	16:24	2:36:35	M (185)	27 M:20-29
328	Stephanie Leduc	312	332	2:19:41	296	16:56	2:36:38	F (143)	41 F:30-39
329	Jordan Norstrom	374	331	2:19:41	297	16:57	2:36:38	M (186)	57 M:30-39
330	Justin Garrett	232	334	2:19:48	292	16:53	2:36:41	M (187)	45 M:40-49
331	Keith White	480	335	2:19:48	295	16:53	2:36:41	M (188)	46 M:40-49
332	Darlene Skinner	424	341	2:21:11	256	16:01	2:37:12	F (144)	36 F:50-59
333	David Jeenes	283	333	2:19:43	311	17:29	2:37:12	M (189)	47 M:40-49
334	Val Hynes (ANER)	278	328	2:19:30	344	18:56	2:38:26	F (145)	37 F:50-59
335	Joe Ryan	412	329	2:19:30	347	19:03	2:38:34	M (190)	4 M:70-79
336	Nadine Glynn	238	327	2:19:18	354	19:29	2:38:48	F (146)	42 F:30-39
337	Nikki Butler	145	330	2:19:39	350	19:13	2:38:52	F (147)	38 F:50-59
338	Regina Coady	4	337	2:20:17	339	18:41	2:38:58	F (148)	8 F:60-69
339	Alfred Power	10	338	2:20:17	340	18:41	2:38:59	M (191)	18 M:60-69
340	Kelly Pinsent	535	339	2:20:26	343	18:49	2:39:15	F (149)	9 F:60-69

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Place	Name	Bib	18.39 km Rank	18.39 km Time	Munn Mile Rank	Munn Mile Time	Gun Time	Gender Place	Age Group Place
341	Andrea Hunniford (SRNL)	270	345	2:22:29	310	17:27	2:39:57	F (150)	43 F:30-39
342	Ivan Fang	510	344	2:22:26	327	17:46	2:40:12	M (192)	3 M: 0-19
343	Kurt Porter	391	341	2:20:46	363	19:51	2:40:38	M (193)	48 M:40-49
344	Kelly Owens Fowler	383	340	2:20:46	364	19:51	2:40:38	F (151)	39 F:50-59
345	Loretta Lambe	304	343	2:22:20	358	19:34	2:41:54	F (152)	40 F:50-59
346	Kayla Powell	394	347	2:23:30	346	18:56	2:42:27	F (153)	44 F:30-39
347	Meghan Miller	350	348	2:24:13	337	18:25	2:42:38	F (154)	41 F:40-49
348	Graham Short	421	350	2:26:44	277	16:27	2:43:11	M (194)	19 M:60-69
349	Ann Crews	175	346	2:22:59	373	21:04	2:44:03	F (155)	10 F:60-69
350	Dennene Huntley	273	351	2:26:46	326	17:45	2:44:32	F (156)	42 F:40-49
351	Erin Hoffe	262	349	2:24:15	372	20:58	2:45:13	F (157)	45 F:30-39
352	Maxine Avery	111	353	2:28:02	338	18:33	2:46:35	F (158)	41 F:50-59
353	Lindsay Klemola (PRCA)	299	352	2:27:17	365	19:57	2:47:14	F (159)	46 F:30-39
354	Lori Simms	422	354	2:28:23	367	20:22	2:48:45	F (160)	42 F:50-59
355	Laurie Irvine	280	361	2:31:50	314	17:32	2:49:23	F (161)	43 F:40-49
356	Andrew Irvine	279	362	2:31:50	315	17:32	2:49:23	M (195)	58 M:30-39
357	June Clarke	162	355	2:28:34	370	20:52	2:49:26	F (162)	11 F:60-69
358	Sherry Crowley	180	358	2:31:01	352	19:20	2:50:22	F (163)	44 F:40-49
359	Nicole Legge	319	359	2:31:40	353	19:24	2:51:05	F (164)	45 F:40-49
360	Natelle Tulk	460	366	2:33:02	334	18:17	2:51:20	F (165)	46 F:40-49
361	Angela Dyke	208	357	2:29:14	380	22:35	2:51:49	F (166)	43 F:50-59
362	Lisa MacPherson	330	356	2:29:13	381	22:35	2:51:49	F (167)	47 F:40-49
363	Lorraine Singleton	521	365	2:32:44	350	19:07	2:51:52	F (168)	2 F:70-79
364	Jennifer Rideout	402	363	2:31:55	375	21:17	2:53:12	F (169)	48 F:40-49
365	Starlene Lundrigan	325	364	2:31:55	376	21:17	2:53:12	F (170)	49 F:40-49
366	Danielle Tilley	453	360	2:31:46	379	22:10	2:53:57	F (171)	18 F:20-29
367	Nicole Aylward	113	367	2:34:35	374	21:06	2:55:42	F (172)	12 F:60-69
368	Rosemarie Baldwin	116	369	2:35:59	360	19:43	2:55:43	F (173)	44 F:50-59
369	Ibrahim Essam	511	371	2:36:03	361	19:45	2:55:48	M (196)	4 M: 0-19
370	Leo Desjardins	513	370	2:36:02	362	19:45	2:55:48	M (197)	5 M: 0-19
371	Karen Coultas	173	372	2:36:39	356	19:32	2:56:11	F (174)	45 F:50-59
372	Ashlyn Swift-Gallant	448	368	2:35:46	371	20:52	2:56:38	F (175)	47 F:30-39
373	Elizabeth Butler	144	373	2:40:35	366	20:07	3:00:42	F (176)	46 F:50-59
374	Jonathan Walsh	472	374	2:42:06	341	18:44	3:00:51	M (198)	37 M:50-59

Capital Subaru Cape to Cabot 20k

Overall Finish List

October 15, 2023

Timing & Results by Athletics NorthEAST

Place	Name	Bib	18.39 km Rank	18.39 km Time	Munn Mile Rank	Munn Mile Time	Gun Time	Gender Place	Age Group Place
375	Pat Williams	499	375	2:42:06	342	18:45	3:00:52	M (199)	38 M:50-59
376	Stephen Burrows	142	379	2:47:06	294	16:53	3:03:59	M (200)	5 M:70-79
377	Jen St.Croix	433	376	2:45:26	368	20:32	3:05:58	F (177)	48 F:30-39
378	Jess Dawe	187	377	2:45:26	369	20:41	3:06:08	F (178)	49 F:30-39
379	Sharon Hayden	255	381	2:48:02	378	21:37	3:09:40	F (179)	13 F:60-69
380	Sylvia Moulton	358	382	2:52:01	335	18:21	3:10:23	F (180)	50 F:40-49
381	Lisa Marie Carter	154	380	2:47:17	382	23:19	3:10:36	F (181)	47 F:50-59
382	Patsy Crews	176	378	2:46:40	389	25:51	3:12:31	F (182)	3 F:70-79
383	Theresa England	212	383	2:53:47	386	23:53	3:17:41	F (183)	14 F:60-69
384	Paul Cleary	163	384	2:56:18	377	21:26	3:17:44	M (201)	20 M:60-69
385	Jana Newbury	369	385	2:58:39	388	24:39	3:23:19	F (184)	50 F:30-39
386	Eloise Peddle	388	386	2:58:40	387	24:39	3:23:19	F (185)	48 F:50-59
387	Karen Lacey (SRNL)	300	387	3:05:10	385	23:44	3:28:55	F (186)	51 F:40-49
388	Wanda Whelan	478	388	3:05:19	384	23:36	3:28:55	F (187)	49 F:50-59
389	Mekaela Gulliver	244	389	3:05:19	383	23:36	3:28:55	F (188)	52 F:40-49