

Capital Subaru Cape to Cabot 20k

Overall Finish List

October 20, 2024

Timing & Results by Athletics NorthEAST

Place	Name	Bib	18.39 km Rank	18.39 km Time	Munn Mile Rank	Munn Mile Time	Gun Time	Age Group Place	Gender Place
1	Mark Greene	267	1	1:08:19	1	8:43	1:17:02	1 M:40-49	M (1)
2	John Halley	273	3	1:11:37	2	8:54	1:20:31	1 M:30-39	M (2)
3	Warren Ringler	479	4	1:11:42	3	9:00	1:20:42	1 M:50-59	M (3)
4	Shane Stewart	516	5	1:11:52	6	9:06	1:20:58	2 M:30-39	M (4)
5	Peter Parker	587	2	1:11:34	19	9:58	1:21:32	2 M:40-49	M (5)
6	Matthew Wakeham	539	6	1:14:35	9	9:32	1:24:07	3 M:30-39	M (6)
7	William Duggan	209	7	1:17:02	7	9:20	1:26:22	4 M:30-39	M (7)
8	Ben Lundrigan	359	9	1:18:19	4	9:02	1:27:21	1 M:20-29	M (8)
9	Paul Bassler (ANER)	122	8	1:17:57	10	9:34	1:27:31	3 M:40-49	M (9)
10	James McGowan	379	10	1:21:10	17	9:56	1:31:06	2 M:20-29	M (10)
11	Matthew Manning	371	11	1:21:46	24	10:09	1:31:55	5 M:30-39	M (11)
12	David Holder	288	19	1:22:58	5	9:03	1:32:01	4 M:40-49	M (12)
13	Allyson Stuckless (ANER)	593	14	1:22:02	37	10:34	1:32:36	1 F:40-49	F (1)
14	Tim Murphy	580	16	1:22:24	27	10:14	1:32:38	5 M:40-49	M (13)
15	Bradley Hickey	286	17	1:22:44	21	10:00	1:32:44	2 M:50-59	M (14)
16	Riley Pike	450	18	1:22:52	20	9:58	1:32:50	3 M:20-29	M (15)
17	Greg Tricco	533	15	1:22:03	45	10:49	1:32:52	3 M:50-59	M (16)
18	Thomas Thorpe	530	21	1:23:09	15	9:49	1:32:58	1 M: 0-19	M (17)
19	Brian Harnett	277	12	1:21:51	58	11:08	1:32:59	6 M:30-39	M (18)
20	Alastair Jenkins	307	13	1:22:01	66	11:20	1:33:21	7 M:30-39	M (19)
21	Jessie Lilly	355	20	1:23:02	46	10:50	1:33:52	1 F:30-39	F (2)
22	Morgan White	552	23	1:24:12	13	9:47	1:33:59	8 M:30-39	M (20)
23	Ryan Thistle	527	22	1:24:03	38	10:34	1:34:37	4 M:20-29	M (21)
24	Chris Boyde	134	27	1:25:01	12	9:45	1:34:46	6 M:40-49	M (22)
25	Robert Jong	311	25	1:24:33	32	10:27	1:35:00	9 M:30-39	M (23)
26	Mark Hayward	285	24	1:24:31	52	11:02	1:35:33	10 M:30-39	M (24)
27	Glen Noel	420	31	1:26:04	25	10:10	1:36:14	4 M:50-59	M (25)
28	Daniel Greenway	269	37	1:26:35	16	9:52	1:36:27	7 M:40-49	M (26)
29	Chris Nash	419	29	1:25:37	57	11:08	1:36:45	11 M:30-39	M (27)
30	Cameron Christopher	168	30	1:25:52	53	11:04	1:36:56	5 M:20-29	M (28)
31	Christian Daly	190	35	1:26:24	36	10:34	1:36:58	12 M:30-39	M (29)
32	Anya Gretchko	270	36	1:26:29	41	10:40	1:37:09	1 F:20-29	F (3)
33	Billy Dawe	192	40	1:27:38	11	9:41	1:37:19	13 M:30-39	M (30)

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Place	Name	Bib	18.39 km Rank	18.39 km Time	Munn Mile Rank	Munn Mile Time	Gun Time	Age Group Place	Gender Place
34	Darrell Hopkins	291	34	1:26:22	50	10:58	1:37:20	8 M:40-49	M (31)
35	Ashley Chill	166	28	1:25:03	122	12:30	1:37:33	9 M:40-49	M (32)
36	Zachary Greenham	268	42	1:27:58	26	10:12	1:38:10	6 M:20-29	M (33)
37	Blaine Edwards	219	26	1:24:40	174	13:36	1:38:16	14 M:30-39	M (34)
38	Robert Webb (ANER)	543	32	1:26:08	105	12:12	1:38:20	5 M:50-59	M (35)
39	Ty Brinson	135	41	1:27:46	39	10:37	1:38:23	7 M:20-29	M (36)
40	Courtney King	324	38	1:26:44	91	11:56	1:38:40	2 F:30-39	F (4)
41	Steve Emberley	223	39	1:27:02	80	11:45	1:38:47	10 M:40-49	M (37)
42	Tyler Reid (PRCA)	476	43	1:28:10	42	10:41	1:38:51	11 M:40-49	M (38)
43	Philip Crowley	187	33	1:26:12	127	12:39	1:38:51	12 M:40-49	M (39)
44	Rory McKerchar	387	47	1:28:26	31	10:26	1:38:52	15 M:30-39	M (40)
45	Mark Buckle	566	48	1:28:39	28	10:16	1:38:55	16 M:30-39	M (41)
46	Ryan MacLean	369	44	1:28:20	67	11:21	1:39:41	13 M:40-49	M (42)
47	Daniel Fougere	239	46	1:28:25	88	11:55	1:40:20	17 M:30-39	M (43)
48	Josh Cole	568	49	1:29:19	77	11:42	1:41:01	18 M:30-39	M (44)
49	Abdelrahman Ahmed	104	51	1:29:59	73	11:33	1:41:32	19 M:30-39	M (45)
50	Terence O'Rourke	436	50	1:29:45	86	11:53	1:41:38	20 M:30-39	M (46)
51	Jeff Kelly	315	54	1:30:52	63	11:14	1:42:06	14 M:40-49	M (47)
52	Kieran Hawksley	283	55	1:31:10	61	11:10	1:42:20	21 M:30-39	M (48)
53	Ambrose McGrath	380	56	1:32:22	30	10:24	1:42:46	15 M:40-49	M (49)
54	Jason Pike	448	53	1:30:48	95	12:01	1:42:49	22 M:30-39	M (50)
55	Adam Hawley	284	52	1:30:40	120	12:29	1:43:09	16 M:40-49	M (51)
56	Benjamin Misiuk	395	67	1:33:28	18	9:57	1:43:25	23 M:30-39	M (52)
57	Thomas Munn	405	66	1:33:27	22	10:07	1:43:34	24 M:30-39	M (53)
58	Ethan Knight	330	68	1:33:29	23	10:09	1:43:38	8 M:20-29	M (54)
59	Ryan Harris	281	64	1:33:24	29	10:24	1:43:48	17 M:40-49	M (55)
60	Tina Fewer (ANER)	233	62	1:33:05	47	10:51	1:43:56	2 F:40-49	F (5)
61	Mike Collins	174	60	1:32:47	59	11:10	1:43:57	18 M:40-49	M (56)
62	Vince Kerrivan	321	45	1:28:21	308	16:04	1:44:25	25 M:30-39	M (57)
63	Derek McGrath	382	58	1:32:40	81	11:46	1:44:26	19 M:40-49	M (58)
64	Tony Caines	151	57	1:32:28	99	12:07	1:44:35	1 M:60-69	M (59)
65	Ethan Wilkins	557	70	1:33:37	56	11:06	1:44:43	9 M:20-29	M (60)
66	Joel Prior	464	61	1:32:51	94	12:00	1:44:51	20 M:40-49	M (61)

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Place	Name	Bib	18.39 km Rank	18.39 km Time	Munn Mile Rank	Munn Mile Time	Gun Time	Age Group Place	Gender Place
67	Kyle Howlett	296	69	1:33:35	68	11:24	1:44:59	10 M:20-29	M (62)
68	Kevin Melanson	578	59	1:32:42	117	12:26	1:45:08	26 M:30-39	M (63)
69	Scott Crase	183	72	1:34:19	55	11:06	1:45:25	27 M:30-39	M (64)
70	Ryan McNiven	388	63	1:33:14	115	12:22	1:45:36	28 M:30-39	M (65)
71	Ryan Pretty	462	65	1:33:24	124	12:32	1:45:56	21 M:40-49	M (66)
72	Raymond Pretty	461	74	1:34:57	51	11:00	1:45:57	22 M:40-49	M (67)
73	Baldwin Hum	297	79	1:35:26	34	10:32	1:45:59	23 M:40-49	M (68)
74	Johnathan White	550	78	1:35:26	35	10:33	1:45:59	29 M:30-39	M (69)
75	Lukasz Nakonieczny	416	77	1:35:21	44	10:49	1:46:10	11 M:20-29	M (70)
76	Jason Mortimer	402	76	1:35:15	60	11:10	1:46:25	6 M:50-59	M (71)
77	Dwayne George (ANER)	247	71	1:34:06	113	12:22	1:46:28	7 M:50-59	M (72)
78	Natasha Noel	421	83	1:36:02	40	10:38	1:46:40	2 F:20-29	F (6)
79	Amanda Butt	148	80	1:35:46	54	11:05	1:46:51	3 F:40-49	F (7)
80	Jean Picotte	589	87	1:36:13	43	10:44	1:46:57	30 M:30-39	M (73)
81	Graydon Gillies	252	84	1:36:06	48	10:57	1:47:03	12 M:20-29	M (74)
82	Stephen O'Brien	429	73	1:34:27	132	12:50	1:47:17	24 M:40-49	M (75)
83	Joshua Handrigan	275	81	1:35:48	71	11:29	1:47:17	31 M:30-39	M (76)
84	Courtney Sparkes	507	82	1:35:51	76	11:39	1:47:30	3 F:30-39	F (8)
85	Aidan Whittle	556	86	1:36:12	72	11:31	1:47:43	13 M:20-29	M (77)
86	Dan Rogers	482	100	1:38:34	8	9:23	1:47:57	25 M:40-49	M (78)
87	Ryan Dymond	570	75	1:35:11	138	12:55	1:48:06	32 M:30-39	M (79)
88	Brian McGrath	381	89	1:36:33	89	11:56	1:48:29	2 M:60-69	M (80)
89	Steven Lannon	340	92	1:36:58	87	11:55	1:48:53	33 M:30-39	M (81)
90	Joao Antonio Alves (ANER)	563	85	1:36:07	149	13:08	1:49:15	34 M:30-39	M (82)
91	Matthew Walsh	597	105	1:38:46	33	10:29	1:49:15	35 M:30-39	M (83)
92	Amrit Dharmwani	201	90	1:36:38	126	12:37	1:49:15	14 M:20-29	M (84)
93	Jol Hunter	299	91	1:36:56	111	12:20	1:49:16	3 M:60-69	M (85)
94	Cody Garnier	245	95	1:37:40	84	11:51	1:49:31	15 M:20-29	M (86)
95	Nick Blundon	130	102	1:38:36	49	10:58	1:49:34	2 M: 0-19	M (87)
96	Nathan Mine-Goldring (TRCA)	394	98	1:38:29	62	11:11	1:49:40	36 M:30-39	M (88)
97	Susan Abbott (ANER)	102	96	1:37:47	116	12:23	1:50:10	4 F:40-49	F (9)
98	Nicholas Hiscock	575	107	1:38:56	64	11:18	1:50:14	16 M:20-29	M (89)
99	Ryan Murray	413	106	1:38:55	70	11:28	1:50:23	17 M:20-29	M (90)

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100	Chris Snow	505	93	1:37:25	146	13:05	1:50:30	8 M:50-59	M (91)
101	Chris Hargreaves	276	101	1:38:35	93	11:58	1:50:33	26 M:40-49	M (92)
102	Mike Stone	518	88	1:36:17	230	14:36	1:50:53	27 M:40-49	M (93)
103	Lucas Eddy-Tremblett	572	104	1:38:45	100	12:08	1:50:53	3 M: 0-19	M (94)
104	Michael Gosse	574	103	1:38:45	108	12:13	1:50:58	4 M: 0-19	M (95)
105	Jillian Greene	266	113	1:39:06	85	11:52	1:50:58	4 F:30-39	F (10)
106	Jeff Barnes (ANER)	1	94	1:37:36	164	13:27	1:51:03	9 M:50-59	M (96)
107	Scott Belbin	124	111	1:39:04	96	12:02	1:51:06	10 M:50-59	M (97)
108	Curtis Williams	559	117	1:39:15	97	12:03	1:51:18	11 M:50-59	M (98)
109	Gilbert Reid (SRNL)	475	109	1:38:59	114	12:22	1:51:21	4 M:60-69	M (99)
110	Jillian Carter	158	114	1:39:06	110	12:16	1:51:23	5 F:40-49	F (11)
111	Ben Evans	228	108	1:38:58	123	12:31	1:51:29	18 M:20-29	M (100)
112	Kyle Rees	473	99	1:38:30	144	13:04	1:51:34	37 M:30-39	M (101)
113	Andrew Conway	178	97	1:37:59	177	13:39	1:51:38	28 M:40-49	M (102)
114	Adrian Green	263	121	1:39:56	79	11:43	1:51:39	19 M:20-29	M (103)
115	Gus Lynch Jr.	361	115	1:39:07	137	12:54	1:52:01	12 M:50-59	M (104)
116	Nadine Houlihan	293	118	1:39:16	134	12:51	1:52:07	5 F:30-39	F (12)
117	Trevor Harnum	279	116	1:39:11	162	13:23	1:52:34	29 M:40-49	M (105)
118	Stephanie Gulliver	272	127	1:40:42	90	11:56	1:52:38	6 F:30-39	F (13)
119	Sam McIsaac	384	112	1:39:06	171	13:33	1:52:40	20 M:20-29	M (106)
120	Terri Savory	490	125	1:40:15	119	12:29	1:52:44	3 F:20-29	F (14)
121	Adam Baker	112	110	1:39:01	183	13:45	1:52:46	21 M:20-29	M (107)
122	Andrew Smith (ANER)	500	123	1:40:06	129	12:43	1:52:49	13 M:50-59	M (108)
123	Dana Thorne	529	120	1:39:53	141	12:58	1:52:51	6 F:40-49	F (15)
124	Chris Tanner	594	122	1:40:05	131	12:49	1:52:54	38 M:30-39	M (109)
125	David Foley (ANER)	238	119	1:39:23	184	13:45	1:53:08	14 M:50-59	M (110)
126	Catherine Nicholson	581	131	1:41:35	75	11:39	1:53:14	7 F:30-39	F (16)
127	Stephanie Pomeroy	590	132	1:41:36	74	11:39	1:53:15	8 F:30-39	F (17)
128	Josh Badcock	110	126	1:40:20	150	13:08	1:53:28	39 M:30-39	M (111)
129	Anna Murphy	407	130	1:41:29	102	12:08	1:53:37	4 F:20-29	F (18)
130	Cecily McKeever	385	134	1:41:53	121	12:30	1:54:23	9 F:30-39	F (19)
131	Cillian Harnett	278	141	1:43:01	69	11:26	1:54:27	40 M:30-39	M (112)
132	Katie Wadden	537	124	1:40:10	246	14:43	1:54:53	10 F:30-39	F (20)

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133	Sharon Wall	596	129	1:41:21	188	13:49	1:55:10	7 F:40-49	F (21)
134	Leon Hunt	298	143	1:43:24	82	11:48	1:55:12	41 M:30-39	M (113)
135	Wade King	325	133	1:41:43	179	13:40	1:55:23	30 M:40-49	M (114)
136	Benjamin Osmond	586	153	1:44:11	65	11:19	1:55:30	22 M:20-29	M (115)
137	Ryan Earles	571	128	1:41:05	223	14:30	1:55:35	23 M:20-29	M (116)
138	Elizabeth Priest	463	136	1:42:16	173	13:35	1:55:51	11 F:30-39	F (22)
139	Brittany Spurrell	509	138	1:42:22	195	13:54	1:56:16	12 F:30-39	F (23)
140	Michael McFatridge	378	137	1:42:19	199	13:59	1:56:18	42 M:30-39	M (117)
141	Robert Balsom	117	148	1:43:51	125	12:36	1:56:27	15 M:50-59	M (118)
142	Laura Kelly	316	139	1:42:46	190	13:49	1:56:35	8 F:40-49	F (24)
143	Andrew Spurrell	508	158	1:44:52	92	11:57	1:56:49	43 M:30-39	M (119)
144	James Leblanc	351	140	1:42:47	200	14:02	1:56:49	31 M:40-49	M (120)
145	Pamela Dawe	194	150	1:44:00	133	12:50	1:56:50	1 F:50-59	F (25)
146	Roel Relvee	477	151	1:44:02	140	12:56	1:56:58	16 M:50-59	M (121)
147	Chad Stokes	517	146	1:43:40	168	13:30	1:57:10	32 M:40-49	M (122)
148	Rachel Hopkins	292	160	1:45:08	98	12:03	1:57:11	5 F:20-29	F (26)
149	Leanne Kelland	314	156	1:44:20	135	12:53	1:57:13	9 F:40-49	F (27)
150	Emily Glencross (PRCA)	253	159	1:45:07	101	12:08	1:57:16	13 F:30-39	F (28)
151	Heather Jones	310	152	1:44:03	157	13:18	1:57:21	10 F:40-49	F (29)
152	Stephen Barnes	118	154	1:44:18	145	13:04	1:57:22	24 M:20-29	M (123)
153	Brendan Smith	501	142	1:43:03	215	14:23	1:57:26	44 M:30-39	M (124)
154	Emmie Penney	444	157	1:44:45	143	13:00	1:57:45	14 F:30-39	F (30)
155	Yichao Jin	308	135	1:41:57	299	15:49	1:57:46	45 M:30-39	M (125)
156	Gillian Brown	140	155	1:44:19	170	13:32	1:57:52	11 F:40-49	F (31)
157	Eddie Whelan	547	171	1:45:50	118	12:27	1:58:17	46 M:30-39	M (126)
158	Michael Deroche	199	145	1:43:37	251	14:46	1:58:23	5 M:60-69	M (127)
159	Tyler Ennis	227	165	1:45:25	152	13:10	1:58:35	25 M:20-29	M (128)
160	Heather Carey	156	174	1:46:34	109	12:14	1:58:48	15 F:30-39	F (32)
161	Cynthia Littlejohn	357	144	1:43:28	283	15:23	1:58:51	12 F:40-49	F (33)
162	Thea Cameron	153	168	1:45:37	156	13:18	1:58:55	13 F:40-49	F (34)
163	John Callahan	152	162	1:45:12	182	13:44	1:58:56	17 M:50-59	M (129)
164	Chris Sweetland	524	161	1:45:10	192	13:52	1:59:02	47 M:30-39	M (130)
165	Melissa Butler	147	147	1:43:42	281	15:21	1:59:03	14 F:40-49	F (35)

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166	Coleen Woodrow	561	163	1:45:13	191	13:51	1:59:04	15 F:40-49	F (36)
167	Roy Osmond	585	169	1:45:42	166	13:30	1:59:12	18 M:50-59	M (131)
168	Zachary Thorup (PRCA)	531	202	1:49:50	14	9:49	1:59:39	48 M:30-39	M (132)
169	Rowan Sherlock	495	175	1:46:39	147	13:06	1:59:45	49 M:30-39	M (133)
170	Chris Flanagan (ANER)	6	173	1:46:26	160	13:20	1:59:46	6 M:60-69	M (134)
171	Rick Lawes	347	167	1:45:28	211	14:19	1:59:47	7 M:60-69	M (135)
172	Greg Tucker	534	178	1:46:50	151	13:10	2:00:00	33 M:40-49	M (136)
173	Dena Kavanagh	313	177	1:46:49	159	13:19	2:00:08	16 F:40-49	F (37)
174	Elizabeth Organ	434	176	1:46:47	163	13:23	2:00:10	6 F:20-29	F (38)
175	Hewa Dharmasiri	200	179	1:46:52	161	13:21	2:00:13	50 M:30-39	M (137)
176	Paul Chafe	162	190	1:48:07	107	12:13	2:00:20	34 M:40-49	M (138)
177	Aaron Park	439	191	1:48:07	106	12:12	2:00:20	51 M:30-39	M (139)
178	Robert Ebsary	217	184	1:47:29	139	12:55	2:00:24	8 M:60-69	M (140)
179	Hazel Russell (PRCA)	485	172	1:46:15	242	14:42	2:00:57	2 F:50-59	F (39)
180	Nicole Hutchings	303	185	1:47:31	169	13:31	2:01:02	17 F:40-49	F (40)
181	David Emberley	221	182	1:47:09	196	13:55	2:01:04	19 M:50-59	M (141)
182	Josh Morrissey	401	166	1:45:26	296	15:44	2:01:10	52 M:30-39	M (142)
183	Charissa Reeves	474	181	1:47:04	239	14:42	2:01:46	18 F:40-49	F (41)
184	Emily Denty	198	193	1:48:10	180	13:44	2:01:54	16 F:30-39	F (42)
185	Mitchell Carter	160	170	1:45:47	311	16:07	2:01:54	53 M:30-39	M (143)
186	Joan Hartery (ANER)	282	186	1:47:37	225	14:31	2:02:08	1 F:70-79	F (43)
187	Holly Power	458	164	1:45:14	343	17:00	2:02:14	17 F:30-39	F (44)
188	Steven MacDonald	365	180	1:47:02	277	15:14	2:02:16	26 M:20-29	M (144)
189	Sharon Collins	176	192	1:48:09	207	14:10	2:02:19	19 F:40-49	F (45)
190	Peter Chafe	163	183	1:47:21	268	15:04	2:02:25	35 M:40-49	M (145)
191	Connor Snedden	503	187	1:47:46	236	14:40	2:02:26	5 M: 0-19	M (146)
192	Eoin Mulcahy	404	197	1:48:53	172	13:35	2:02:28	54 M:30-39	M (147)
193	Mike Kenny	319	189	1:48:02	219	14:28	2:02:30	36 M:40-49	M (148)
194	Wanda Power (SRNL)	459	195	1:48:47	181	13:44	2:02:31	3 F:50-59	F (46)
195	Deanne Delahunty	197	149	1:43:59	392	18:40	2:02:39	4 F:50-59	F (47)
196	Darek Nakonieczny (SRNL)	415	200	1:49:34	148	13:07	2:02:41	20 M:50-59	M (149)
197	Andrew Puddester	465	194	1:48:14	221	14:30	2:02:44	55 M:30-39	M (150)
198	Susan Barry	120	199	1:49:31	155	13:16	2:02:47	18 F:30-39	F (48)

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Place	Name	Bib	18.39 km Rank	18.39 km Time	Munn Mile Rank	Munn Mile Time	Gun Time	Age Group Place	Gender Place
199	Hailey Murphy	409	198	1:49:04	187	13:48	2:02:52	1 F: 0-19	F (49)
200	Grégoire Gagnon	243	212	1:51:11	83	11:49	2:03:00	37 M:40-49	M (151)
201	Gerry Mayo	374	188	1:48:00	265	15:02	2:03:02	9 M:60-69	M (152)
202	Omar Shogan	496	210	1:50:52	104	12:11	2:03:03	56 M:30-39	M (153)
203	Victoria Houston	294	205	1:49:59	153	13:11	2:03:10	7 F:20-29	F (50)
204	Yvonne Martin	372	203	1:49:51	165	13:27	2:03:18	1 F:60-69	F (51)
205	Ashley Charlebois	165	196	1:48:51	235	14:40	2:03:31	19 F:30-39	F (52)
206	Tony Chislett	167	223	1:51:58	78	11:42	2:03:40	38 M:40-49	M (154)
207	Tristan Penney	446	204	1:49:56	194	13:52	2:03:48	6 M: 0-19	M (155)
208	Brenda Lee Steele (ANER)	514	201	1:49:46	208	14:17	2:04:03	5 F:50-59	F (53)
209	Jennifer Parsons	440	207	1:50:21	197	13:55	2:04:16	6 F:50-59	F (54)
210	Ashen Katagoda	312	214	1:51:22	158	13:18	2:04:40	27 M:20-29	M (156)
211	Bailey Lannon	339	213	1:51:12	167	13:30	2:04:42	8 F:20-29	F (55)
212	Rita Stright	520	209	1:50:27	224	14:31	2:04:58	20 F:40-49	F (56)
213	Tejvir Binopal	127	206	1:50:12	275	15:13	2:05:25	28 M:20-29	M (157)
214	Brad Meaney	389	208	1:50:23	266	15:03	2:05:26	21 M:50-59	M (158)
215	Jason MacDonald (PRCA)	363	211	1:50:55	232	14:36	2:05:31	22 M:50-59	M (159)
216	Brandi Eveleigh	230	225	1:52:34	154	13:12	2:05:46	21 F:40-49	F (57)
217	Bud Whitten	554	221	1:51:45	210	14:18	2:06:03	10 M:60-69	M (160)
218	Karen Ghaney	251	219	1:51:44	218	14:27	2:06:11	7 F:50-59	F (58)
219	Beverly Walsh	540	218	1:51:43	220	14:29	2:06:13	2 F:60-69	F (59)
220	Lynn Whitten	555	216	1:51:32	244	14:43	2:06:15	22 F:40-49	F (60)
221	Darcie Cohen	173	215	1:51:23	254	14:54	2:06:17	20 F:30-39	F (61)
222	Pamela Thoms	528	217	1:51:42	269	15:06	2:06:48	23 F:40-49	F (62)
223	Shane Halley	274	232	1:53:44	178	13:39	2:07:23	23 M:50-59	M (161)
224	Trina Simms	498	222	1:51:57	286	15:32	2:07:29	24 F:40-49	F (63)
225	Karen Legge	354	224	1:52:34	262	15:00	2:07:34	25 F:40-49	F (64)
226	Bill Legge	353	226	1:52:40	256	14:54	2:07:34	24 M:50-59	M (162)
227	John Rolls	483	227	1:52:50	250	14:45	2:07:35	39 M:40-49	M (163)
228	Mitch MacDonald	364	248	1:55:28	103	12:09	2:07:37	29 M:20-29	M (164)
229	Kim Pike (PRCA)	449	228	1:53:15	217	14:24	2:07:39	8 F:50-59	F (65)
230	John Law	345	230	1:53:29	206	14:10	2:07:39	40 M:40-49	M (165)
231	Lauren Murphy	411	229	1:53:21	213	14:21	2:07:42	21 F:30-39	F (66)

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Place	Name	Bib	18.39 km Rank	18.39 km Time	Munn Mile Rank	Munn Mile Time	Gun Time	Age Group Place	Gender Place
232	Chris Ballman	116	236	1:54:19	175	13:37	2:07:57	3 F:60-69	F (67)
233	Megan George	249	233	1:54:00	198	13:57	2:07:57	22 F:30-39	F (68)
234	Tammy Lahey	335	231	1:53:40	234	14:39	2:08:19	9 F:50-59	F (69)
235	Kim Dwyer (ANER)	214	238	1:54:32	189	13:49	2:08:21	10 F:50-59	F (70)
236	Trevor Blackler	129	261	1:56:06	136	12:54	2:09:00	41 M:40-49	M (166)
237	Dan Kirkness	328	235	1:54:19	258	14:57	2:09:17	25 M:50-59	M (167)
238	Charlene Kennedy	318	246	1:55:20	201	14:03	2:09:23	26 F:40-49	F (71)
239	Stacey Croucher	186	239	1:54:44	249	14:45	2:09:29	23 F:30-39	F (72)
240	Heidi Adams	103	244	1:55:14	209	14:17	2:09:31	24 F:30-39	F (73)
241	Lisa Spurrell	511	243	1:55:13	216	14:23	2:09:36	27 F:40-49	F (74)
242	Ed Matthews (PRCA)	373	234	1:54:19	279	15:20	2:09:39	42 M:40-49	M (168)
243	Kevin Murrant	412	250	1:55:37	214	14:22	2:09:59	57 M:30-39	M (169)
244	Matthew Beazley	123	264	1:56:15	186	13:48	2:10:03	58 M:30-39	M (170)
245	Mariann Evans	229	260	1:56:03	203	14:06	2:10:09	28 F:40-49	F (75)
246	Sophie Harrington	280	251	1:55:47	229	14:35	2:10:22	29 F:40-49	F (76)
247	Peter Johnson	309	240	1:54:47	290	15:38	2:10:25	11 M:60-69	M (171)
248	Kseniia Lazurenko (ANER)	350	249	1:55:33	260	14:59	2:10:32	25 F:30-39	F (77)
249	Rachel Swyer	525	247	1:55:25	276	15:13	2:10:38	9 F:20-29	F (78)
250	Chamila Liyanage	358	262	1:56:09	227	14:32	2:10:41	43 M:40-49	M (172)
251	Maggie Dawson	195	263	1:56:14	222	14:30	2:10:44	26 F:30-39	F (79)
252	Maggie Carew	155	245	1:55:17	285	15:27	2:10:44	10 F:20-29	F (80)
253	Phoebe Bartlett	121	256	1:55:53	264	15:00	2:10:53	11 F:50-59	F (81)
254	Darcy O'Reilly	584	257	1:55:56	263	15:00	2:10:56	30 M:20-29	M (173)
255	Cheyenne Ryczek	488	220	1:51:45	401	19:17	2:11:02	11 F:20-29	F (82)
256	Karyn Laporte	342	268	1:56:44	212	14:20	2:11:04	30 F:40-49	F (83)
257	Nick Earle	215	266	1:56:33	226	14:31	2:11:05	31 M:20-29	M (174)
258	Geana George	248	267	1:56:34	233	14:37	2:11:11	12 F:20-29	F (84)
259	Jennie Wadden	536	265	1:56:30	241	14:42	2:11:12	31 F:40-49	F (85)
260	Heather Grace	260	254	1:55:52	280	15:21	2:11:13	12 F:50-59	F (86)
261	Lesley-Marie Lahey	577	255	1:55:52	291	15:39	2:11:31	13 F:20-29	F (87)
262	Angela Norman	424	241	1:55:04	333	16:44	2:11:48	32 F:40-49	F (88)
263	Nicole Mercer	391	242	1:55:04	332	16:44	2:11:48	13 F:50-59	F (89)
264	Thea Baird	111	270	1:57:02	261	15:00	2:12:02	33 F:40-49	F (90)

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Place	Name	Bib	18.39 km Rank	18.39 km Time	Munn Mile Rank	Munn Mile Time	Gun Time	Age Group Place	Gender Place
265	Brad Klucowicz	329	253	1:55:51	313	16:11	2:12:02	59 M:30-39	M (175)
266	Corey Brown	139	252	1:55:50	319	16:19	2:12:09	44 M:40-49	M (176)
267	Marjorie Campbell	154	273	1:58:05	205	14:08	2:12:13	27 F:30-39	F (91)
268	Ashley O'Neill	433	272	1:57:41	255	14:54	2:12:35	14 F:20-29	F (92)
269	Lionel Charbonnier	164	258	1:56:02	336	16:46	2:12:48	26 M:50-59	M (177)
270	Courtney Langmead	338	287	2:00:32	128	12:41	2:13:13	15 F:20-29	F (93)
271	Jennifer Fahey	232	271	1:57:12	312	16:09	2:13:21	34 F:40-49	F (94)
272	Richard Pumphrey	466	237	1:54:24	397	19:01	2:13:25	27 M:50-59	M (178)
273	Nelson Osmond	437	259	1:56:02	365	17:34	2:13:37	28 M:50-59	M (179)
274	Malcolm Rutherford	592	293	2:01:05	130	12:47	2:13:52	60 M:30-39	M (180)
275	Tanya Oneill	432	274	1:58:25	287	15:33	2:13:58	14 F:50-59	F (95)
276	Danny Eveleigh	231	279	1:59:25	237	14:40	2:14:05	45 M:40-49	M (181)
277	Betty McKenna (ANER)	386	291	2:00:47	185	13:45	2:14:32	2 F:70-79	F (96)
278	Harrison Brooks	138	275	1:58:38	305	16:00	2:14:38	32 M:20-29	M (182)
279	John Quinlan	467	269	1:56:47	377	18:01	2:14:48	46 M:40-49	M (183)
280	Amanda Cooper	182	290	2:00:43	238	14:42	2:15:25	28 F:30-39	F (97)
281	Jeff Trahey	595	283	1:59:58	288	15:34	2:15:32	29 M:50-59	M (184)
282	Lauren Dinn	203	277	1:59:14	318	16:18	2:15:32	29 F:30-39	F (98)
283	Wendy Read	471	284	2:00:21	274	15:13	2:15:34	15 F:50-59	F (99)
284	John Abbott	101	278	1:59:15	325	16:26	2:15:41	47 M:40-49	M (185)
285	Jim Dwyer	569	280	1:59:26	326	16:27	2:15:53	12 M:60-69	M (186)
286	Nekita Fowler (SRNL)	241	285	2:00:22	292	15:39	2:16:01	30 F:30-39	F (100)
287	Rachael Arnold	108	296	2:01:21	245	14:43	2:16:04	2 F: 0-19	F (101)
288	Rachel Waddleton	538	297	2:01:23	243	14:43	2:16:06	16 F:20-29	F (102)
289	Brenda King	323	286	2:00:23	301	15:49	2:16:12	35 F:40-49	F (103)
290	Bill Saunders	489	294	2:01:17	257	14:56	2:16:13	1 M:80-99	M (187)
291	Chantel Dwyer	212	298	2:01:29	253	14:53	2:16:22	36 F:40-49	F (104)
292	Corey Lynch	360	302	2:02:51	176	13:38	2:16:30	48 M:40-49	M (188)
293	Leanne Pippy (SRNL)	452	300	2:01:59	231	14:36	2:16:35	16 F:50-59	F (105)
294	Ashley Power-Stack	460	282	1:59:55	331	16:43	2:16:38	37 F:40-49	F (106)
295	Sean Stack	513	281	1:59:54	334	16:44	2:16:39	49 M:40-49	M (189)
296	Jenna Mandville	370	288	2:00:35	310	16:06	2:16:41	31 F:30-39	F (107)
297	Justin Garrett	246	289	2:00:42	304	15:59	2:16:42	50 M:40-49	M (190)

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Place	Name	Bib	18.39 km Rank	18.39 km Time	Munn Mile Rank	Munn Mile Time	Gun Time	Age Group Place	Gender Place
298	Christopher Tobin	532	276	1:59:01	375	17:54	2:16:55	51 M:40-49	M (191)
299	Jacob McGuire	383	315	2:04:56	112	12:21	2:17:17	33 M:20-29	M (192)
300	Connie Duffett	207	299	2:01:43	289	15:35	2:17:18	38 F:40-49	F (108)
301	Jason Knight	331	304	2:02:53	247	14:43	2:17:36	61 M:30-39	M (193)
302	Jamie McCarthy	376	303	2:02:52	248	14:44	2:17:36	32 F:30-39	F (109)
303	Andrea Buckle (PRCA)	142	292	2:01:04	363	17:30	2:18:34	39 F:40-49	F (110)
304	Tracy Durnford (ANER)	210	307	2:03:34	278	15:20	2:18:54	17 F:50-59	F (111)
305	Jason Edwards	220	295	2:01:19	370	17:42	2:19:01	30 M:50-59	M (194)
306	Kevin Peddle	443	310	2:04:00	270	15:09	2:19:09	1 M:70-79	M (195)
307	Nicholas Ivany	306	311	2:04:15	272	15:10	2:19:25	34 M:20-29	M (196)
308	Taryn Fudge	573	305	2:03:12	317	16:14	2:19:26	40 F:40-49	F (112)
309	Jason Ransom	468	308	2:03:35	306	16:02	2:19:37	52 M:40-49	M (197)
310	Jessika Morrissey	400	317	2:05:03	228	14:35	2:19:38	33 F:30-39	F (113)
311	Candace Green	264	312	2:04:18	293	15:42	2:20:00	34 F:30-39	F (114)
312	Ryan Glynn	256	306	2:03:25	344	17:00	2:20:25	53 M:40-49	M (198)
313	Karen Mercer	390	301	2:02:45	376	17:54	2:20:39	41 F:40-49	F (115)
314	Victoria MacKenzie	367	323	2:05:56	252	14:49	2:20:45	35 F:30-39	F (116)
315	Megan Burt	567	331	2:06:44	204	14:08	2:20:52	36 F:30-39	F (117)
316	Valerie Morgan	399	309	2:03:57	342	16:59	2:20:56	42 F:40-49	F (118)
317	Kayla Laite	336	321	2:05:49	273	15:10	2:20:59	37 F:30-39	F (119)
318	David Butler	146	325	2:06:01	267	15:03	2:21:04	62 M:30-39	M (199)
319	Vance Mercer	392	314	2:04:54	320	16:20	2:21:14	54 M:40-49	M (200)
320	Kenneth Smith	502	313	2:04:53	321	16:21	2:21:15	55 M:40-49	M (201)
321	Mary Beth Moores	397	318	2:05:11	316	16:13	2:21:24	17 F:20-29	F (120)
322	Alice Kennedy (ANER)	317	329	2:06:37	303	15:55	2:22:32	4 F:60-69	F (121)
323	Rocky Snook	504	319	2:05:34	348	17:06	2:22:40	63 M:30-39	M (202)
324	Andrea Power	457	327	2:06:29	323	16:22	2:22:51	18 F:50-59	F (122)
325	Colleen Baker (SRNL)	113	322	2:05:50	345	17:03	2:22:53	43 F:40-49	F (123)
326	Mackenzie Cromarty	185	335	2:07:11	295	15:44	2:22:55	18 F:20-29	F (124)
327	Julie Dwyer	213	324	2:06:00	340	16:56	2:22:56	38 F:30-39	F (125)
328	Jason Silver	497	333	2:06:59	309	16:05	2:23:04	31 M:50-59	M (203)
329	Dennis Flynn (ANER)	237	316	2:05:01	379	18:05	2:23:06	32 M:50-59	M (204)
330	Courtney Eddy	218	320	2:05:48	362	17:28	2:23:16	39 F:30-39	F (126)

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331	Arlene Williams	558	328	2:06:31	338	16:51	2:23:22	5 F:60-69	F (127)
332	Jack Ropson	591	348	2:09:29	202	14:04	2:23:33	35 M:20-29	M (205)
333	Kathleen O'Grady	431	326	2:06:13	369	17:40	2:23:53	40 F:30-39	F (128)
334	Bernadette Jerrett	7	332	2:06:52	346	17:03	2:23:55	6 F:60-69	F (129)
335	Janet MacGillivray	366	330	2:06:40	359	17:21	2:24:01	41 F:30-39	F (130)
336	Sabrina Morgan	398	337	2:08:38	298	15:46	2:24:24	19 F:50-59	F (131)
337	Luc Paulin	441	347	2:09:21	282	15:23	2:24:44	13 M:60-69	M (206)
338	Madeline Strickland (PRCA)	519	334	2:07:03	373	17:47	2:24:50	7 F:60-69	F (132)
339	Dan Owens	8	341	2:08:51	307	16:03	2:24:54	14 M:60-69	M (207)
340	Mark Pinsent	451	349	2:09:55	271	15:09	2:25:04	15 M:60-69	M (208)
341	Catherine McDonald (SRNL)	377	354	2:11:26	193	13:52	2:25:18	20 F:50-59	F (133)
342	Donna Burt	3	346	2:09:20	315	16:13	2:25:33	8 F:60-69	F (134)
343	Adrian Rogers	481	339	2:08:47	339	16:55	2:25:42	64 M:30-39	M (209)
344	Adam Cooke	179	338	2:08:39	349	17:09	2:25:48	36 M:20-29	M (210)
345	Patrick Stuart	521	353	2:10:04	302	15:52	2:25:57	56 M:40-49	M (211)
346	Brad Glynn	254	345	2:09:08	341	16:59	2:26:07	57 M:40-49	M (212)
347	Geoff Murphy	408	340	2:08:48	371	17:45	2:26:33	65 M:30-39	M (213)
348	Tina Belbin	125	350	2:10:01	337	16:48	2:26:49	21 F:50-59	F (135)
349	Doug Dorward	205	343	2:09:05	381	18:12	2:27:17	66 M:30-39	M (214)
350	Katy Noftall	422	344	2:09:05	382	18:13	2:27:18	42 F:30-39	F (136)
351	Erin Powell	455	336	2:08:29	394	18:49	2:27:18	44 F:40-49	F (137)
352	Jessica North	582	351	2:10:04	357	17:17	2:27:21	43 F:30-39	F (138)
353	Robert North	583	352	2:10:04	356	17:17	2:27:22	16 M:60-69	M (215)
354	Joe Ryan	487	342	2:08:59	388	18:28	2:27:27	2 M:70-79	M (216)
355	David Whalen	546	365	2:12:47	259	14:59	2:27:46	58 M:40-49	M (217)
356	Elizabeth Moss (SRNL)	403	356	2:11:27	324	16:22	2:27:50	45 F:40-49	F (139)
357	Tracy Lawrence (ANER)	349	355	2:11:27	327	16:28	2:27:55	22 F:50-59	F (140)
358	Amy Fowler	240	357	2:11:34	322	16:22	2:27:56	44 F:30-39	F (141)
359	H. Paul Ivany	305	364	2:12:36	297	15:46	2:28:22	17 M:60-69	M (218)
360	Donna Ballard	115	359	2:12:00	328	16:29	2:28:29	23 F:50-59	F (142)
361	Florence Barron (ANER)	119	360	2:12:09	330	16:35	2:28:44	1 F:80-99	F (143)
362	Alison White	548	367	2:13:02	294	15:44	2:28:46	46 F:40-49	F (144)
363	Lisa MacKey	368	361	2:12:21	329	16:33	2:28:54	24 F:50-59	F (145)

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Timing & Results by Athletics NorthEAST

Place	Name	Bib	18.39 km Rank	18.39 km Time	Munn Mile Rank	Munn Mile Time	Gun Time	Age Group Place	Gender Place
364	Jane Brodie	137	358	2:11:44	355	17:17	2:29:01	45 F:30-39	F (146)
365	John Linfield	356	369	2:14:05	300	15:49	2:29:54	33 M:50-59	M (219)
366	Lisa Bungay	143	362	2:12:27	366	17:35	2:30:02	25 F:50-59	F (147)
367	Joseph Brown	141	366	2:12:55	367	17:37	2:30:32	18 M:60-69	M (220)
368	Raylene Noftall	423	363	2:12:28	387	18:21	2:30:49	46 F:30-39	F (148)
369	Jenny Wong	560	368	2:13:05	372	17:46	2:30:51	26 F:50-59	F (149)
370	Jackie Hutchings	302	370	2:14:38	383	18:15	2:32:53	9 F:60-69	F (150)
371	Laura Brocklehurst	136	379	2:17:41	284	15:25	2:33:06	47 F:40-49	F (151)
372	Derek Scott (PRCA)	491	371	2:14:55	389	18:30	2:33:25	34 M:50-59	M (221)
373	Jodi Dodge (SRNL)	204	373	2:16:13	354	17:17	2:33:30	48 F:40-49	F (152)
374	Valerie Byrne	150	376	2:16:38	347	17:05	2:33:43	49 F:40-49	F (153)
375	Jen St.croix	512	372	2:15:10	390	18:36	2:33:46	47 F:30-39	F (154)
376	Patricia Carson	157	377	2:16:38	360	17:24	2:34:03	27 F:50-59	F (155)
377	Dennene Huntley	300	380	2:18:01	314	16:11	2:34:12	50 F:40-49	F (156)
378	Connie Weber	544	375	2:16:21	395	18:55	2:35:16	10 F:60-69	F (157)
379	Linda Ennis	226	374	2:16:20	399	19:07	2:35:27	28 F:50-59	F (158)
380	Kelly Owens Fowler	438	378	2:17:17	385	18:20	2:35:37	29 F:50-59	F (159)
381	Josh Sharpe	494	382	2:18:50	384	18:20	2:37:10	37 M:20-29	M (222)
382	Nicholas Collins	175	383	2:19:04	380	18:09	2:37:13	38 M:20-29	M (223)
383	Kayla Powell	456	381	2:18:18	403	19:19	2:37:37	48 F:30-39	F (160)
384	Julien Laurion	344	396	2:24:44	142	12:58	2:37:42	67 M:30-39	M (224)
385	Kurt Porter	454	384	2:19:47	406	19:54	2:39:41	59 M:40-49	M (225)
386	Trudy Coombs	181	385	2:20:51	396	18:55	2:39:46	30 F:50-59	F (161)
387	Tracey Hutchings	304	390	2:22:28	358	17:20	2:39:48	31 F:50-59	F (162)
388	Shannon Kettle	322	386	2:21:03	402	19:19	2:40:22	51 F:40-49	F (163)
389	Jessica Clarke	171	388	2:21:13	400	19:09	2:40:22	49 F:30-39	F (164)
390	Regina Coady	4	389	2:21:29	398	19:04	2:40:33	11 F:60-69	F (165)
391	Tristan Galinski	244	387	2:21:10	404	19:24	2:40:34	60 M:40-49	M (226)
392	Jack Laurion	343	397	2:24:44	352	17:16	2:42:00	19 M:60-69	M (227)
393	Jeffrey Legere	352	398	2:24:45	353	17:16	2:42:01	20 M:60-69	M (228)
394	Alfred Power	10	399	2:24:52	364	17:32	2:42:24	21 M:60-69	M (229)
395	Mike Fleming	236	391	2:22:51	411	20:29	2:43:20	22 M:60-69	M (230)
396	Caitriona Bonia	133	392	2:23:49	410	20:25	2:44:14	19 F:20-29	F (166)

Capital Subaru Cape to Cabot 20k

Overall Finish List

October 20, 2024

Timing & Results by Athletics NorthEAST

Place	Name	Bib	18.39 km Rank	18.39 km Time	Munn Mile Rank	Munn Mile Time	Gun Time	Age Group Place	Gender Place
397	Pascale Gerdun	250	395	2:24:30	405	19:50	2:44:20	20 F:20-29	F (167)
398	Jill Lacey	333	393	2:24:24	408	20:16	2:44:40	32 F:50-59	F (168)
399	Karen Lacey (SRNL)	334	394	2:24:29	407	20:12	2:44:41	33 F:50-59	F (169)
400	Mary Beresford	126	401	2:27:36	378	18:02	2:45:38	52 F:40-49	F (170)
401	Kenneth Scott	12	400	2:25:46	409	20:20	2:46:06	23 M:60-69	M (231)
402	Zaren White	553	402	2:28:53	386	18:21	2:47:14	50 F:30-39	F (171)
403	John Guiney Yallop	271	403	2:29:42	374	17:54	2:47:36	24 M:60-69	M (232)
404	Kristine Raymond	469	405	2:30:31	361	17:27	2:47:58	12 F:60-69	F (172)
405	Donna Hussey	301	406	2:30:55	368	17:38	2:48:33	13 F:60-69	F (173)
406	Leonard Roussel-Desjardins	484	408	2:34:42	335	16:46	2:51:28	7 M: 0-19	M (233)
407	Blair Coombs	180	407	2:31:08	415	22:30	2:53:38	35 M:50-59	M (234)
408	Kaitlind Spurrell	510	404	2:29:59	422	25:51	2:55:50	51 F:30-39	F (174)
409	Michael Noseworthy	427	410	2:38:40	350	17:10	2:55:50	61 M:40-49	M (235)
410	Cameron Boland	131	413	2:38:42	351	17:12	2:55:54	8 M: 0-19	M (236)
411	Su Alteen	105	416	2:42:25	240	14:42	2:57:07	21 F:20-29	F (175)
412	Francis Boland	132	412	2:38:41	412	20:33	2:59:14	68 M:30-39	M (237)
413	Mark Noseworthy	426	411	2:38:41	413	20:40	2:59:21	69 M:30-39	M (238)
414	Patsy Crews	184	414	2:39:28	418	24:01	3:03:29	3 F:70-79	F (176)
415	Maximillion Meyer	579	415	2:40:13	416	23:20	3:03:33	70 M:30-39	M (239)
416	Claudette Warren (PRCA)	542	409	2:38:18	421	25:32	3:03:50	53 F:40-49	F (177)
417	Tzu-Hao Durnford	211	418	2:45:53	391	18:40	3:04:33	54 F:40-49	F (178)
418	Paul Raymond	470	417	2:44:53	417	23:58	3:08:51	3 M:70-79	M (240)
419	Nicole Aylward	565	422	2:58:06	393	18:45	3:16:51	55 F:40-49	F (179)
420	Sherry Gosse	259	419	2:56:28	420	24:14	3:20:42	14 F:60-69	F (180)
421	Lisa Carter	159	420	2:56:29	419	24:14	3:20:43	34 F:50-59	F (181)
422	Theresa England	224	423	3:01:42	414	22:07	3:23:49	4 F:70-79	F (182)
423	Kay Aylward	564	421	2:58:05	423	26:40	3:24:46	5 F:70-79	F (183)
424	Robin McCabe	375	424	3:06:17	424	26:55	3:33:12	52 F:30-39	F (184)