

# 3rd Annual Harbour Heights 5k Run/Walk

## Age Group Results

February 28, 2009

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*Results By Zoomers Running Club*

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### 5k

#### Overall Female Overall Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Ashley Hoffman		23	20	23:00.0	7:25/M

#### Overall Male Overall Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	ERIC BOTELHO		37	1	17:21.9	5:36/M

#### Female 9 and under

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Nathan Jager		9	41	26:49.3	8:39/M

#### Female 10 to 14

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Jade Mocase		14	48	28:26.0	9:10/M
2	Mary Williams		13	65	44:46.2	14:26/M
3	Sarah Neal		11	66	44:46.7	14:26/M

#### Male 10 to 14

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Ace Brown		14	3	17:48.0	5:45/M
2	AUSTIN GRANGER		11	7	21:06.3	6:48/M
3	CONNOR QUINN		13	8	21:10.6	6:50/M
4	SCOTT BARNETT		14	17	22:42.9	7:19/M

#### Female 15 to 19

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Amanda Tarman		15	62	38:37.5	12:27/M
2	Tina Raimer		17	64	44:27.6	14:20/M

#### Male 15 to 19

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	JAKE MOCASE		15	5	19:24.4	6:15/M
2	Kodie Fennell		15	6	20:54.5	6:45/M
3	Mark Reynolds		16	28	24:40.8	7:57/M
4	Zachary Frohn		15	29	24:41.1	7:58/M

## Female 20 to 24

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Whitney Davidson		21	52	29:49.8	9:37/M

## Male 25 to 29

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Chris George		27	4	18:06.7	5:50/M

## Female 30 to 34

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Erin McCormack		30	26	24:15.8	7:49/M
2	Jennifer Reed		30	37	26:04.7	8:25/M

## Male 30 to 34

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	JOHN MILLS		32	13	21:52.3	7:03/M

## Female 35 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Teri Hart		39	27	24:38.5	7:57/M
2	Yvonne Thiede		39	35	25:49.1	8:20/M

## Male 35 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Ryan Brady		38	9	21:11.2	6:50/M
2	Mike Dejadins		36	10	21:20.0	6:53/M
3	DARREN GRANGER		38	16	22:40.8	7:19/M
4	Brad Nurkin		36	42	27:25.2	8:51/M

## Female 40 to 44

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Pamela McNicol		41	43	27:30.6	8:52/M
2	Cindy Wolfahrt		42	50	29:06.1	9:23/M
3	Sandra Howard		44	58	34:24.2	11:06/M
4	Dana Neal		41	67	45:05.6	14:33/M

## Male 40 to 44

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Brian Burget		43	11	21:38.7	6:59/M
2	Drew McNicol		42	24	23:58.2	7:44/M
3	JOSEPH HOMOKY		42	45	27:43.7	8:56/M

**Female 45 to 49**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Joyce Fenhaus		45	30	24:42.0	7:58/M
2	Julie Chartier		45	40	26:37.3	8:35/M
3	Renee Filliez		46	47	28:19.4	9:08/M
4	Yulinar Sproat		46	53	30:46.3	9:55/M

**Male 45 to 49**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	RICH GOLDEN		49	2	17:45.5	5:44/M
2	JIM QUINN		49	21	23:20.9	7:32/M
3	Scot Kook		45	22	23:34.0	7:36/M

**Female 50 to 54**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Tammy Top		51	51	29:47.8	9:36/M
2	Jill Leggio		50	56	33:15.2	10:44/M
3	Terry Weiss		50	57	33:54.4	10:56/M
4	Pamela Gerard		52	63	40:28.5	13:03/M
5	Andrea Rich		54	69	48:10.8	15:32/M

**Male 50 to 54**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	David Kingsbury		51	18	22:45.8	7:20/M
2	Red Rocket		51	19	22:53.5	7:23/M
3	Matt Nemec		51	25	24:08.6	7:47/M
4	Cooper Jager		50	44	27:39.8	8:55/M

**Female 55 to 59**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Betty Bernz		56	49	28:46.9	9:17/M
2	Faye Mills		59	68	48:09.4	15:32/M
3	Sharon Zechar		56	70	48:47.9	15:44/M

**Male 55 to 59**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Ron Reid		59	36	25:55.3	8:22/M

**Female 60 to 64**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Josephine Nicolosi		64	38	26:28.1	8:32/M
2	Linda Kennedy		60	46	27:51.2	8:59/M

**Male 60 to 64**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Mike Hourihan		60	14	22:26.7	7:14/M
2	Kevin Yetman		64	32	24:48.5	8:00/M

3	Guy Emerich	63	33	25:20.9	8:10/M
4	John Mills (Sr.)	61	59	37:17.0	12:02/M

## Male 65 to 69

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	JACK STONE		66	12	21:45.4	7:01/M
2	Frank Nicolosi		68	15	22:31.5	7:16/M
3	Karl Schmitz		68	23	23:35.6	7:36/M
4	Neville Symonds		69	31	24:48.2	8:00/M
5	Henry Ereth		65	71	48:48.7	15:45/M

## Female 70 to 74

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Carole Litt		72	55	33:14.0	10:43/M

## Male 70 to 74

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Andy Fahey		70	39	26:35.7	8:35/M
2	John Neal		71	54	32:23.5	10:27/M
3	Craig Breder		71	61	38:29.8	12:25/M

## Male 75 to 79

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Ron Davis		75	34	25:28.7	8:13/M
2	Donald McBain		76	60	37:51.9	12:13/M

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