

# PLENERY HEALTH

## PCL CONSTRUCTION & JOHNSON CONTROLS

# LET'S RUN WITH IT

SUNDAY OCTOBER 19, 2008

[www.nbdh.on.ca](http://www.nbdh.on.ca)

### 5KM RESULTS

During our events we experienced timing difficulties. We appologize if your time was not recorded.

Your event and age-group placings were recorded and are listed below.

Next year's event on October 18th, 2009 will be a *chip-timed* event.

Bib No.	First Name	Last Name	M/F	Age Cat.	Event	Time	Event Finish	Age Group Finish
476	David	Plumstead	M	40 - 49	5 KM	0:19:59	1	1
494	Bill	Reid	M	30 - 39	5 KM	0:21:56	2	1
531	Madison	Fraser	F	0 - 12	5 KM	0:22:09	3	1
518	Shane	Merali	M	40 - 49	5 KM	0:22:53	4	2
522	Samantha	Crowe	F	20 - 29	5 KM	0:24:11	5	1
511	Joshua	MacDonald	M	13 - 19	5 KM	0:24:34	6	1
491	Carrie	Oderizzi	F	20 - 29	5 KM	0:24:49	7	2
528	Shawn	Croteau	M	40 - 49	5 KM	0:25:06	8	3
498	Dennis	Lathem	M	50 - 59	5 KM	0:25:12	9	1
471	Connie	O'Connor	F	40 - 49	5 KM	0:25:46	10	1
556	Scott	Kerrigan	M	30 - 39	5 KM		11	2
492	Todd	Eastman	M	30 - 39	5 KM		12	3
474	Emily	Stuart	F	13 - 19	5 KM		13	1
463	Lukmaan	Waja	M	40 - 49	5 KM		14	4
598	Ryan	Travers	M	30 - 39	5 KM		15	4
539	Scott	Murray	M	50 - 59	5 KM	0:26:00	16	2
468	Michelle	Lane	F	13 - 19	5 KM	0:26:17	17	2
525	David	Minden	M	60 and over	5 KM		18	1
549	Jennifer	Perron	F	30 - 39	5 KM	0:26:56	19	1
524	Jane	Minden	F	50 - 59	5 KM	0:27:00	20	1
576	Cathy	Rennie	F	50 - 59	5 KM	0:27:11	21	2
284	Bill	Chirico	M	40 - 49	5 KM		22	5
532	John	Fraser	M	40 - 49	5 KM		23	6
475	Audrey	tenWesteneind	F	40 - 49	5 KM		24	2
564	Ainul	Ahmed	M	40 - 49	5 KM		25	7
537	Lisa	Caverly	F	30 - 39	5 KM		26	2
588	Travis	Cybolsky	M	30 - 39	5 KM		27	5
585	Rob	Williamson	M	40 - 49	5 KM		28	8
464	Kristen	Honeysett-Vaughan	F	20 - 29	5 KM	0:27:59	29	3

465	Adam	Vaughan	M	20 - 29	5 KM	0:27:59	30	1
543	Heather	Tremblay	F	30 - 39	5 KM		31	3
470	Marlee	Franz	F	40 - 49	5 KM		32	3
469	Kim	Carter	F	40 - 49	5 KM		33	4
497	Jo-Ann	Lathem	F	50 - 59	5 KM		34	3
454	Courtney	Howard	F	20 - 29	5 KM	0:28:32	35	4
558	Cindy	Stencell	F	30 - 39	5 KM		36	4
559	Lindsay	Stencell	F	0 - 12	5 KM		37	2
467	Peter	Fuzy	M	30 - 39	5 KM		38	6
538	Teresa	Daoust	F	50 - 59	5 KM		39	4
505	Amhed	Jouar	M	Not Available	5 KM		40	
587	Sandra	Minor	F	30 - 39	5 KM		41	5
453	Valerie	Tremblay	F	20 - 29	5 KM	0:29:19	42	5
575	Cassie	Ylimaki	F	20 - 29	5 KM	0:29:36	43	6
512	Susan	Weiskopf	F	40 - 49	5 KM		44	5
477	Jennifer	Tanner	F	30 - 39	5 KM		45	6
472	Mary	Grise	F	Not Available	5 KM	0:29:56	46	
461	Beth	Guilmette	F	30 - 39	5 KM		47	7
526	Tina	Heppenstall	F	30 - 39	5 KM		48	8
527	Kristinn	Peterson	F	30 - 39	5 KM		49	9
503	Catherine	Turcotte	F	30 - 39	5 KM	0:30:08	50	10
473	John	O'Rourke	M	40 - 49	5 KM		51	9
572	Nancy	Villeneuve	F	20 - 29	5 KM		52	7
534	Joanne	Hacquard	F	30 - 39	5 KM		53	11
520	Adam	Tobin	M	20 - 29	5 KM		54	2
590	Marie	Gentès	F	20 - 29	5 KM		55	8
507	Trina	Palmieri	F	30 - 39	5 KM		56	12
486	Sylvie	Cull	F	30 - 39	5 KM		57	13
502	Nathalie	Marleau	F	30 - 39	5 KM	0:31:02	58	14
551	Peter	Haddon	M	50 - 59	5 KM		59	3
227	Sandra	Lachance	F	50 - 59	5 KM	0:32:05	60	5
568	Brooke	Foster	F	20 - 29	5 KM		61	9
577	Jay	Liddiard	M	30 - 39	5 KM		62	7
451	Terry	Shakell	M	50 - 59	5 KM	0:31:29	63	4
545	Christine	Mirault	F	40 - 49	5 KM		64	6
546	Erin	McDonagh	F	20 - 29	5 KM		65	10
571	Lysette	Gostick	F	40 - 49	5 KM	0:31:36	66	7
376	Marnie	Szewczyk	F	30 - 39	5Km		67	15
574	Tammy	Pelland	F	30 - 39	5 KM		68	16
581	Steve	Mogg	M	Not Available	5 KM	0:32:32	69	
504	Lina	Bedard	F	40 - 49	5 KM	0:32:41	70	8
533	Desireé	Jackson	F	20 - 29	5 KM		71	11
542	Tracy	Davis	F	40 - 49	5 KM		72	9

589	Elaine	Beckett-Albert	F	40 - 49	5 KM		73	10
466	Karen	Fuzy	F	30 - 39	5 KM		74	17
541	Tracey	Buckley	F	40 - 49	5 KM		75	11
516	Kaneez	Merali	F	40 - 49	5 KM	0:33:16	76	12
552	Juliet	Wood	F	30 - 39	5 KM		77	18
597	Karen	Morin	F	40 - 49	5 KM		78	13
553	Allen	Wood	M	40 - 49	5 KM		79	10
703	Nancy	Slater	F	30 - 39	5 KM	0:34:09	80	19
495	Nancy	Girard	F	40 - 49	5KM	0:35:02	81	14
595	Colleen	Point	F	40 - 49	5 KM	0:35:16	82	15
554	Melanie	MacInnis	F	30 - 39	5 KM	0:35:18	83	20
592	Vickie	Nicoll	F	40 - 49	5 KM	0:35:20	84	16
501	Tammy	Cantin	F	30 - 39	5 KM	0:35:21	85	21
593	Martine	Caverly	F	40 - 49	5 KM	0:35:46	86	17
570	Christine	Rosien	F	40 - 49	5 KM	0:36:14	88	18
594	Jodey	Rowlandson	F	30 - 39	5 KM	0:36:37	89	22
591	Liliane	Fortin	F	50 - 59	5 KM	0:37:34	90	6
555	Dan	MacInnis	M	30 - 39	5 KM	0:37:27	93	8
519	Gaston	Lalonde	M	50 - 59	5 KM	0:37:52	94	5
489	Danielle	Baker	F	30 - 39	5 KM	0:38:30	95	23
596	Rosanne	Doherty	F	40 - 49	5 KM		96	19
566	Salman	Kazi	M	40 - 49	5 KM		97	11
547	Natalie	MacDougall	F	40 - 49	5 KM	0:39:31	98	20
548	Tammy	Porter	F	40 - 49	5 KM	0:39:31	99	21
452	Elizabeth	Shakell	F	50 - 59	5 KM	0:39:33	100	7
544	Heather	Bennison	F	30 - 39	5 KM	0:39:36	101	24
484	Nathan	Peachey	M	0 - 12	5 KM	0:39:51	102	1
485	Steve	Peachy	M	30 - 39	5 KM	0:39:58	103	9
296	Not Available	Not Available	Not Availab	Not Available	5 KM	0:39:59	104	
462	Tobey	Henstridge	F	30 - 39	5 KM	0:40:06	105	25
490	Krista	Kirstein	F	30 - 39	5 KM	0:40:14	106	26
487	Joanne	Amyotte	F	20 - 29	5 KM	0:41:33	109	12
488	Cynthia	Jacob	F	20 - 29	5 KM	0:41:35	110	13
493	Lisa	Despres	F	30 - 39	5 KM	0:41:57	111	27
530	Natalie	Wilson	F	30 - 39	5 KM	0:41:57	112	28
557	Claire	Domitric	F	30 - 39	5 KM	0:43:42	113	29
499	Heather	Lawrence	F	30 - 39	5 KM	0:44:21	114	30
562	Muhammad	Zakeria	M	40 - 49	5 KM	0:44:52	115	12
517	A.	Khan	M	30 - 39	5 KM	0:45:01	116	10
405	Max	Kerrigan	M	0 - 12	5 KM	0:43:42	118	2