

2022 Russell Race 5K Results

Position	Bib #	Name	Race Time	Pace	Division	Gender
DIVISION: 5KM						
1	120	Connor Hammond	17:29.97	3:30	5km	M
2	163	Zachary Vandekemp	20:24.74	4:05	5km	M
3	135	Julia Manconi	22:22.18	4:28	5km	F
4	145	Ben Mussell	22:29.75	4:30	5km	M
5	153	Jesse Stapper	23:16.92	4:39	5km	M
6	105	Taryn Chesser	23:25.29	4:41	5km	F
7	142	Patrick McCauley	24:00.13	4:48	5km	M
8	122	Chelsea Howard	24:24.72	4:53	5km	F
9	167	Lyna Veillette	24:35.17	4:55	5km	F
10	130	Mario Laroche	25:01.11	5:00	5km	M
11	149	Matt Rousseau	25:14.00	5:03	5km	M
12	180	paul heintman	26:08.91	5:14	5km	m
13	108	Chloe Cormier	26:21.68	5:16	5km	F
14	166	Brad Vaughn	26:42.25	5:20	5km	M
15	146	Steph Olney	26:45.72	5:21	5km	F
16	162	Kai Van Rossum	26:57.65	5:23	5km	M
17	128	Cynthia Laforty	27:02.12	5:24	5km	F
18	117	Liam Gillies	27:17.56	5:27	5km	M
19	111	Kael Doth	27:17.86	5:27	5km	M
20	116	Ellie Gaudet	27:36.55	5:31	5km	F
21	107	Emma Cooke	27:39.05	5:32	5km	F
22	179	Jodi Ferguson	27:40.80	5:32	5km	F
23	160	Courtney Van Rijn	27:41.69	5:32	5km	F
24	177	Lindsay Brown	28:19.86	5:40	5km	F
25	121	Kaila Holmes	28:34.93	5:43	5km	F
26	141	Kelly McCauley	28:37.61	5:43	5km	F
27	136	Angela Martel	28:42.57	5:44	5km	F
28	137	Jf Martel	28:42.77	5:44	5km	M
29	178	Michelle MacGregor	28:46.05	5:45	5km	F
30	172	Timothy Yale	28:48.38	5:46	5km	M
31	158	Hudson Vagt	28:57.59	5:47	5km	M
32	159	Lawrence Vagt	28:57.68	5:47	5km	M
33	164	Amy Vandekemp	29:00.23	5:48	5km	F
34	118	Cheryl Gillies	29:13.33	5:51	5km	F
35	129	Amelie Lalonde	29:19.75	5:52	5km	F
36	101	Eben Andresen	30:05.21	6:01	5km	M
37	100	Greg Andresen	30:05.55	6:01	5km	M
38	123	Jonathan Howard	31:02.42	6:12	5km	M

39	150	Daniel Rozin	31:54.46	6:23	5km	M
40	126	Liza Kolkman	31:55.84	6:23	5km	F
41	124	Alex Hunt	31:57.04	6:23	5km	M
42	140	Jeff McCauley	32:17.13	6:27	5km	M
43	173	Anika Yale-Ramanathan	32:29.70	6:30	5km	F
44	115	Blake Ganim	32:42.61	6:32	5km	M
45	110	Kien Doth	32:53.67	6:35	5km	M
46	112	Jeffrey Doth	32:54.13	6:35	5km	M
47	114	Mia Ganim	33:13.06	6:39	5km	F
48	106	Sienna Cooke	33:41.59	6:44	5km	F
49	155	Ed Thomas	33:45.77	6:45	5km	M
50	154	Davina Tessier	34:21.94	6:52	5km	F
51	113	Joey Ganim	34:39.71	6:56	5km	M
52	119	Lorna Greer	34:52.04	6:58	5km	F
53	175	Robyn Carriere	35:44.20	7:09	5km	F
54	181	colleen toohey	36:22.15	7:16	5km	f
55	103	Sandi Berry	36:25.88	7:17	5km	F
56	157	Chantale Vagt	37:19.81	7:28	5km	F
57	152	Krystal Spratt	37:43.27	7:33	5km	F
58	144	Sarah Mpenza	38:06.30	7:37	5km	F
59	176	Bob Hasting	40:23.19	8:05	5km	M
60	161	Ewan Van Rossum	40:32.94	8:06	5km	M
61	125	Rochelle Johnston	40:37.10	8:07	5km	F
62	133	Dan Lefebvre	40:46.85	8:09	5km	M
63	109	Morgan Crew	40:47.19	8:09	5km	F
64	169	Angele Westlake	44:37.18	8:55	5km	F
65	174	Catherine Ziten	44:47.76	8:57	5km	F
66	127	Rachelle Laferriere	49:37.01	9:55	5km	F
67	182	chris gannon	50:16.08	10:03	5km	m
68	156	Maureen Toohey	50:27.64	10:05	5km	F
69	131	Emilie Leclair	59:04.60	11:49	5km	F
70	132	Andrea Leclair	59:05.45	11:49	5km	F