

## Frostbite 5 Miler (Run)

### Sunday 21 February 2016

Place	Bib #	Name	City/Town	Province	Country	Div Place	Div	Time	Pace/Mile
1	172	Drew Moore	Halifax	NS	CA	1/15	M2039	28:25	5:41
2	114	Bryan Hipson	Yarmouth	NS	CA	1/17	M5059	28:39	5:44
3	105	Emily Hamilton	Halifax	NS	CA	1/46	F2039	31:03	6:13
4	34	Mark Brace	Halifax	NS	CA	2/15	M2039	31:33	6:19
5	106	Andrew Hanlon	Bedford	NS	CA	1/15	M4049	31:46	6:22
6	231	Michael Peach	Falmouth	NS	CA	2/15	M4049	32:13	6:27
7	230	Paula James	Windsor	NS	CA	1/43	F4049	32:36	6:32
8	133	Lindsay Lamrock	Boutilliers Point	NS	CA	2/46	F2039	33:43	6:45
9	224	Ian Whynacht	Lower Sackville	NS	CA	3/15	M2039	34:04	6:49
10	47	Monier Chediac	Beaverbank	NS	CA	4/15	M2039	34:31	6:55
11	207	Steve Taylor	Middle Sackville	NS	CA	2/17	M5059	34:33	6:55
12	83	Jacqueline Fitzgerald	Hammonds Plains	NS	CA	2/43	F4049	34:51	6:59
13	12	Stephen Abbott	Dartmouth	NS	CA	3/17	M5059	36:03	7:13
14	17	Kori Anderson	Middle Sackville	NS	CA	3/46	F2039	36:11	7:15
15	229	Luke MacDonald	Dartmouth	NS	CA	4/17	M5059	36:19	7:16
16	238	Daniel Bremner	Halifax	NS	CA	5/15	M2039	37:18	7:28
17	52	Keith Colter	Boutilliers Point	NS	CA	5/17	M5059	37:24	7:29
18	84	Kim Flemming	Bedford	NS	CA	3/43	F4049	37:25	7:29
19	200	Syed Shah	Halifax	NS	CA	6/15	M2039	37:32	7:31
20	32	Bruce Bowen	Halifax	NS	CA	6/17	M5059	37:34	7:31
21	100	Jennifer Greenwood	Dartmouth	NS	CA	4/43	F4049	37:42	7:33
22	98	Doug Graham	Halifax	NS	CA	7/17	M5059	37:45	7:33
23	215	Harvey Vardy	Upper Sackville	NS	CA	3/15	M4049	37:52	7:35
24	201	Devin Sherrington	Dartmouth	NS	CA	4/15	M4049	38:14	7:39
25	138	Louise Leduc	Tupperville	NS	CA	1/2	F6069	38:24	7:41
26	221	Sarah White	Windsor	NS	CA	4/46	F2039	38:42	7:45
27	22	Courtney Barbour	Halifax	NS	CA	5/46	F2039	38:45	7:45
28	80	Randy Faulkner	Middle Sackville	NS	CA	8/17	M5059	38:54	7:47
29	40	Scott Keeping	Timberlea	NS	CA	5/15	M4049	38:57	7:48
30	72	Sean Downie	Beaverbank	NS	CA	6/15	M4049	39:08	7:50
31	126	Pat Kennedy	Urbania	NS	CA	1/4	M6069	39:27	7:54
32	117	Ryan Hutchinson	Enfield	NS	CA	7/15	M2039	39:29	7:54
33	182	Don Perry	Halifax	NS	CA	7/15	M4049	39:29	7:54
34	38	Tracey Burke	Bedford	NS	CA	5/43	F4049	39:31	7:55
35	16	Cecile Amirault	Middle Sackville	NS	CA	1/24	F5059	39:32	7:55
36	30	Janine Boutillier	Brookside	NS	CA	2/24	F5059	39:33	7:55
37	195	Ken Robinson	Dartmouth	NS	CA	9/17	M5059	39:41	7:57
38	220	Lawrence White	Halifax	NS	CA	2/4	M6069	39:55	7:59
39	193	Alena Richard	Halifax	NS	CA	6/46	F2039	40:05	8:01
40	183	Mark Peverill	Lower Sackville	NS	CA	10/17	M5059	40:17	8:04
41	128	Angela Kieseckamp	Stillwater Lake	NS	CA	6/43	F4049	40:38	8:08
42	50	Edward Cobb	Middle Sackville	NS	CA	8/15	M4049	40:41	8:09
43	76	Mark Duplessis	Dartmouth	NS	CA	11/17	M5059	40:45	8:09
44	93	Jaime Gallivan	Dartmouth	NS	CA	7/46	F2039	40:45	8:09
45	235	Mel Gilbert	Hammonds Plains	NS	CA	12/17	M5059	40:54	8:11
46	33	Tom Boyce	Halifax	NS	CA	13/17	M5059	41:08	8:14
47	74	John Dube	Lower Sackville	NS	CA	14/17	M5059	41:09	8:14
48	55	Greg Cunningham	Dartmouth	NS	CA	15/17	M5059	41:11	8:15
49	25	Geoffrey Bennet	Eastern Passage	NS	CA	9/15	M4049	41:12	8:15
50	179	Malcolm Pain	Halifax	NS	CA	1/2	M7079	41:27	8:18

Place	Bib #	Name	City/Town	Province	Country	Div Place	Div	Time	Pace/Mile
51	147	Kimberly MacKenzie	Halifax	NS	CA	7/43	F4049	41:31	8:19
52	42	Rebecca Cail	Bedford	NS	CA	8/43	F4049	41:46	8:22
53	70	Courtney Donovan	Halifax	NS	CA	8/46	F2039	42:05	8:25
54	191	Kent Rees	Elmsdale	NS	CA	8/15	M2039	42:22	8:29
55	190	Shawna Rees	Elmsdale	NS	CA	9/46	F2039	42:22	8:29
56	212	Carolyn Towell	Kentville	NS	CA	10/46	F2039	43:03	8:37
57	178	Courtney Osborne	Timberlea	NS	CA	9/43	F4049	43:19	8:40
58	39	Steve Burns	Brooklyn Queens Co	NS	CA	16/17	M5059	43:20	8:40
59	148	Megan MacLeod	Dartmouth	NS	CA	11/46	F2039	43:27	8:42
60	188	Paula Power	Middle Sackville	NS	CA	12/46	F2039	43:38	8:44
61	124	Virginia Joudrey	Mount Uniacke	NS	CA	3/24	F5059	43:38	8:44
62	43	Oliver Cail	Bedford	NS	CA	1/1	M0119	43:47	8:46
63	233	Terri Ross-Beaudry	Bedford	NS	CA	13/46	F2039	44:06	8:50
64	29	Michelle Boudreau	Ottawa	ON	CA	10/43	F4049	44:07	8:50
65	131	Lori Lake	Lower Sackville	NS	CA	14/46	F2039	44:07	8:50
66	169	Cindy MacNeil	Halifax	NS	CA	15/46	F2039	44:18	8:52
67	176	Janis Noseworthy	Wolfville	NS	CA	11/43	F4049	44:24	8:53
68	91	Susan Fraser	Hubley	NS	CA	4/24	F5059	44:27	8:54
69	75	Nancy Duggan	Halifax	NS	CA	5/24	F5059	44:30	8:54
70	37	Fran Britten	Timberlea	NS	CA	6/24	F5059	44:33	8:55
71	79	Kathleen Estabrooks	Halifax	NS	CA	16/46	F2039	44:37	8:56
72	218	Gillian Wesley	Halifax	NS	CA	17/46	F2039	44:38	8:56
73	222	Selina Whiting	Bedford	NS	CA	18/46	F2039	44:55	8:59
74	59	Colleen Dafoe	Dartmouth	NS	CA	12/43	F4049	44:58	9:00
75	213	Heather Travis	Timberlea	NS	CA	7/24	F5059	45:13	9:03
76	167	Andrea McNeil	Fort McMurray	AB	CA	19/46	F2039	45:15	9:03
77	71	Tracey Dorey	Wittenburg	NS	CA	20/46	F2039	45:15	9:03
78	162	Wanda McClellan	Truro	NS	CA	8/24	F5059	45:17	9:04
79	119	Jennifer Irving	Dartmouth	NS	CA	13/43	F4049	45:18	9:04
80	192	Amy Rhyno	Lewis Lake	NS	CA	21/46	F2039	45:29	9:06
81	223	Laura Whynacht	Lower Sackville	NS	CA	22/46	F2039	45:41	9:09
82	164	Jennifer McKay	Dartmouth	NS	CA	23/46	F2039	45:41	9:09
83	206	Joanne Swinimer	Enfield	NS	CA	14/43	F4049	46:00	9:12
84	81	Susan Faulkner	Grand Lake	NS	CA	9/24	F5059	46:06	9:14
85	136	Holly Lavigne	Hatchet Lake	NS	CA	15/43	F4049	46:06	9:14
86	31	Wendy Boutilier	Timberlea	NS	CA	16/43	F4049	46:17	9:16
87	129	Jenny Koutroulakis	Lower Sackville	NS	CA	24/46	F2039	46:19	9:16
88	194	Krista Rigby	Lower Sackville	NS	CA	17/43	F4049	46:31	9:19
89	65	Jennifer Denny	Beaver Bank	NS	CA	25/46	F2039	46:37	9:20
90	173	Darrell Morgan	Enfield	NS	CA	9/15	M2039	46:59	9:24
91	111	Leslie Hearn	Hammonds Plains	NS	CA	26/46	F2039	47:16	9:28
92	161	Leslie McClair	Windsor	NS	CA	2/2	M7079	47:17	9:28
93	28	Michelle Boudreau	Halifax	NS	CA	18/43	F4049	47:18	9:28
94	202	Collette Snow	Wellington	NS	CA	10/24	F5059	47:22	9:29
95	85	Wavey Flight	Lower Sackville	PE	CA	11/24	F5059	47:24	9:29
96	226	Rob Williams	Dartmouth	NS	CA	10/15	M4049	47:32	9:31
97	177	Joanne Oostveen	Dartmouth	NS	CA	12/24	F5059	47:48	9:34
98	60	Jennifer Dalziel	Beaver Bank	NS	CA	27/46	F2039	48:07	9:38
99	99	Samantha Green	Baker Settlement	NS	CA	28/46	F2039	48:18	9:40
100	14	John Aguinaga	Halifax	NS	CA	13/24	F5059	48:34	9:43
101	143	Edward Luedee	Lower Sackville	NS	CA	11/15	M4049	48:47	9:46
102	103	Hanna Gunnarsdottir	Fall River	NS	CA	14/24	F5059	49:11	9:51
103	125	Ron Kaszor	Lower Sackville	NS	CA	3/4	M6069	49:13	9:51

Place	Bib #	Name	City/Town	Province	Country	Div Place	Div	Time	Pace/Mile
104	104	Carolyn Hamer	Dartmouth	NS	CA	15/24	F5059	49:22	9:53
105	127	Akbar Khan	Lower Sackville	NS	CA	10/15	M2039	49:27	9:54
106	122	Patricia Jones	Dartmouth	NS	CA	29/46	F2039	49:42	9:57
107	144	Greg MacDonald	Lower Sackville	NS	CA	11/15	M2039	49:47	9:58
108	19	Lauren Arbuckle	Fletchers Lake	NS	CA	30/46	F2039	49:58	10:00
109	152	Holly Manders	Falmouth	NS	CA	31/46	F2039	50:13	10:03
110	35	Sherry Brennan	Lower Sackville	NS	CA	19/43	F4049	50:35	10:07
111	46	Jessica Cesa	Bedford	NS	CA	20/43	F4049	50:44	10:09
112	63	Greta Davis	Dartmouth	NS	CA	32/46	F2039	50:48	10:10
113	175	Lisa Noble	Middle Sackville	NS	CA	33/46	F2039	50:48	10:10
114	180	Marsha Park	Lower Sackville	NS	CA	16/24	F5059	50:52	10:11
115	24	Ashley Bellingham	Middle Sackville	NS	CA	34/46	F2039	50:57	10:12
116	110	Pamela Hatter	Bedford	NS	CA	17/24	F5059	51:07	10:14
117	214	Henk Van Hoorst	Lower Sackville	NS	CA	18/24	F5059	51:08	10:14
118	141	Cathleen Loughead	Middle Sackille	NS	CA	21/43	F4049	51:29	10:18
119	139	Alexis Leggatt Iatrou	Timberlea	NS	CA	19/24	F5059	51:39	10:20
120	94	David Gallivan	Dartmouth	NS	CA	12/15	M2039	51:43	10:21
121	227	Kim-Lai Wong	Bedford	NS	CA	22/43	F4049	51:43	10:21
122	165	Justin McKinney	Middleton	NS	CA	13/15	M2039	51:51	10:23
123	211	Krystle Topping	Stillwater Lake	NS	CA	35/46	F2039	52:15	10:27
124	170	Monica Miller	Head Of St Margare	NS	CA	23/43	F4049	52:25	10:29
125	56	Sandy Cyr	Dartmouth	NS	CA	24/43	F4049	53:15	10:39
126	51	Vandana Colombe	Dartmouth	NS	CA	25/43	F4049	53:32	10:43
127	151	David Major	Lakeview	NS	CA	12/15	M4049	53:41	10:45
128	68	Trevor Dimoff	Bedford	NS	CA	13/15	M4049	54:12	10:51
129	54	Peter Courtney	Beaverbank	NS	CA	14/15	M4049	55:14	11:03
130	82	Lisa Fisher	Bedford	NS	CA	26/43	F4049	55:28	11:06
131	155	Melanie Marois	Dartmouth	NS	CA	36/46	F2039	56:21	11:17
132	203	Lori Spracklin	Halifax	NS	CA	27/43	F4049	57:15	11:27
133	108	Judy Harrigan	Dartmouth	NS	CA	28/43	F4049	57:38	11:32
134	112	Cheri Higgins	Dartmouth	NS	CA	37/46	F2039	57:38	11:32
135	204	Michelle Stapleton	Dartmouth	NS	CA	29/43	F4049	57:39	11:32
136	198	Trevor Savory	Lower Sackville	NS	CA	14/15	M2039	57:42	11:33
137	27	Kimberly Boran	Timberlea	NS	CA	38/46	F2039	58:11	11:39
138	121	Lori Jessome-Croteau	Timberlea	NS	CA	30/43	F4049	58:11	11:39
139	158	Brian Marshall	Dartmouth	NS	CA	15/15	M2039	58:14	11:39
140	78	Leslee Ellsmere	Dartmouth	NS	CA	31/43	F4049	58:45	11:45
141	184	Kathleen Peverill	Lower Sackville	NS	CA	20/24	F5059	58:55	11:47
142	132	Jim Lake	Sackville	NS	CA	15/15	M4049	59:06	11:50
143	225	Carol Wicks	Fletchers Lake	NS	CA	32/43	F4049	59:09	11:50
144	199	Dawn Sephton	Bedford	NS	CA	21/24	F5059	59:11	11:51
145	45	Jenny Carroll	Middle Sackville	NS	CA	39/46	F2039	59:30	11:54
146	185	Rhonda Pilon	Mount Uniacke	NS	CA	40/46	F2039	59:30	11:54
147	13	Sarah Abriel	Lr. Sackville	NS	CA	41/46	F2039	1:00:30	12:06
148	118	Holly Ireland	Middle Sackville	NS	CA	42/46	F2039	1:00:59	12:12
149	15	Julianna Allen	Fall River	NS	CA	22/24	F5059	1:01:25	12:17
150	234	Rikki Jagger	New Minas	NS	CA	43/46	F2039	1:02:06	12:26
151	216	Colleen Verville	Bedford	NS	CA	33/43	F4049	1:02:11	12:27
152	135	Mandi Lavers	Halifax	NS	CA	44/46	F2039	1:02:20	12:28
153	113	Shari-Lynn Hiltz	Halifax	NS	CA	23/24	F5059	1:03:04	12:37
154	157	David Marsh	Dartmouth	NS	CA	17/17	M5059	1:03:20	12:40
155	156	Karen Marsh	Dartmouth	NS	CA	34/43	F4049	1:03:20	12:40
156	26	Kristina Blais	Beaverbank	NS	CA	35/43	F4049	1:03:24	12:41

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157	205	Leanne Strathdee	Mount Uniacke	NS	CA	36/43	F4049	1:03:56	12:48
158	166	Jo-Ann McNamara	Haifax	NS	CA	24/24	F5059	1:04:02	12:49
159	181	Theresa Patz	Cole Harbour	NS	CA	37/43	F4049	1:04:24	12:53
160	97	Heather Giles	Lower Sackville	NS	CA	38/43	F4049	1:05:11	13:03
161	49	Terrilyn Chiasson	Lower Sackville	NS	CA	39/43	F4049	1:06:22	13:17
162	123	Valerie Joudrey	Middle Sackville	NS	CA	40/43	F4049	1:08:12	13:39
163	142	Sandra Luedee	Lower Sackville	NS	CA	41/43	F4049	1:09:52	13:59
164	101	Tina Griggs	Dartmouth	NS	CA	42/43	F4049	1:09:57	14:00
165	217	Tanya Wagner-Wile	Dartmouth	NS	CA	45/46	F2039	1:09:57	14:00
166	237	Craig Bowes	Seabright	NS	CA	4/4	M6069	1:14:46	14:58
167	236	Marion Bowes	Seabright	NS	CA	2/2	F6069	1:14:46	14:58
168	140	Kelly Loder	Dartmouth	NS	CA	43/43	F4049	1:19:12	15:51
169	41	Liz Burton	Cole Harbour	NS	CA	46/46	F2039	1:19:24	15:53