

**EPIC Canadian 10K + 5K Double-in-a-Day  
Friday 1 July 2016**

Place	Bib #	Name	City/Town	Prov	Co.	Div		Chip	Gun	Double
						Total	Div	Time	Time	In A Day
1	1097	Bryan Hipson	Yarmouth	NS	CA	1/15	M50-59	0:18:24	0:36:56	55:20
2	1100	Drew Moore	Halifax	NS	CA	1/16	M30-39	0:18:44	0:38:01	56:45
3	1505	Mason Goulden	Halifax	NS	CA	1/3	M20-29	0:18:42	0:38:27	57:09
4	1125	Jarvis Googoo	Halifax	NS	CA	2/16	M30-39	0:19:40	0:38:31	58:11
5	1507	Mathieu Rocheleau	Dartmouth	NS	CA	3/16	M30-39	0:18:47	0:39:29	58:16
6	1068	Stacy Chesnutt	Dartmouth	NS	CA	1/33	F40-49	0:21:10	0:43:09	1:04:19
7	1087	Kerry Coolen	Bridgewater	NS	CA	4/16	M30-39	0:21:23	0:43:26	1:04:49
8	725	Denita Hammond	Halifax	NS	CA	1/41	F30-39	0:21:47	0:43:41	1:05:28
9	1039	Heather Baillie	Yarmouth	NS	CA	2/41	F30-39	0:22:15	0:44:02	1:06:17
10	1504	Brian Andrew	Kitimat	BC	CA	2/3	M20-29	0:21:47	0:45:13	1:07:00
11	1656	Jonathan McDade	Halifax	NS	CA	5/16	M30-39	0:22:31	0:45:29	1:08:00
12	1120	Ryan Couture	Dartmouth	NS	CA	6/16	M30-39	0:22:55	0:45:32	1:08:27
13	1114	Dana Mason	Cole Harbour	NS	CA	2/33	F40-49	0:23:14	0:45:41	1:08:55
14	1026	Samantha Knee	Lawrencetown	NS	CA	1/13	F20-29	0:23:06	0:46:29	1:09:35
15	1130	Kenneth Evoy	Beaver Bank	NS	CA	7/16	M30-39	0:23:37	0:45:59	1:09:36
16	1663	Jennie Orr	Halifac	NS	CA	2/13	F20-29	0:25:14	0:44:58	1:10:12
17	691	Jacob Halloran	Guysborough	NS	CA	1/2	M01-19	0:20:31	0:49:46	1:10:17
18	1025	Joanne Henneberry	Wellington	NS	CA	3/33	F40-49	0:24:58	0:45:35	1:10:33
19	1503	Monique Muisse	Halifax	NS	CA	3/13	F20-29	0:23:32	0:47:01	1:10:33
20	1478	Christine Pound	Halifax	NS	CA	3/41	F30-39	0:24:10	0:46:50	1:11:00
21	1002	Doug Graham	Halifax	NS	CA	2/15	M50-59	0:23:51	0:47:19	1:11:10
22	1022	Thomas J Mitchell	Conquerall Bank	NS	CA	3/15	M50-59	0:23:50	0:47:55	1:11:45
23	1664	Michael-Lucien Bergeron	Halifax	NS	CA	3/3	M20-29	0:35:06	0:37:16	1:12:22
24	1088	Andre Dessureault	Dartmouth	NS	CA	1/14	M40-49	0:24:25	0:48:28	1:12:53
25	1055	Safoura Zadeh	Halifax	NS	CA	4/41	F30-39	0:24:26	0:48:47	1:13:13
26	1131	Rob Kennedy	Bedford	NS	CA	8/16	M30-39	0:24:51	0:48:26	1:13:17
27	1502	Francine Wieliczko	Cochrane	AB	CA	4/33	F40-49	0:24:35	0:48:42	1:13:17
28	1070	Don Perry	Halifax	NS	CA	2/14	M40-49	0:24:44	0:48:36	1:13:20
29	167	Matt Whitman	Hammonds Plains	NS	CA	3/14	M40-49	0:25:34	0:48:41	1:14:15
30	688	Shawn Beaton	Dartmouth	NS	CA	9/16	M30-39	0:19:39	0:54:45	1:14:24
31	1034	Corina Frank	Truro	NS	CA	1/31	F50-59	0:25:28	0:49:29	1:14:57
32	1094	Scott Lawson	Hfx	NS	CA	4/15	M50-59	0:24:41	0:50:32	1:15:13
33	1080	Kent Rees	Elmsdale	NS	CA	10/16	M30-39	0:24:45	0:51:23	1:16:08
34	1135	James McMillin	Halifax	NS	CA	5/15	M50-59	0:24:48	0:51:35	1:16:23
35	1014	Patricia Power	Cole Harbour	NS	CA	5/41	F30-39	0:24:39	0:51:54	1:16:33
36	1119	Sean Dixon	Canning	NS	CA	4/14	M40-49	0:28:22	0:48:12	1:16:34
37	1069	Phil Reid	Halifax	NS	CA	1/3	M60-69	0:25:19	0:51:30	1:16:49
38	1141	Laura Miles	Howie Center	NS	CA	6/41	F30-39	0:25:42	0:51:26	1:17:08
39	1127	Adam Sherlock	Cow Bay	NS	CA	5/14	M40-49	0:25:21	0:52:00	1:17:21
40	1090	Terry Stoodley	Halifax	NS	CA	6/14	M40-49	0:24:37	0:52:49	1:17:26
41	1018	Janine Boutilier	Brookside	NS	CA	2/31	F50-59	0:26:45	0:51:35	1:18:20
42	1083	Maki Morozumi	Tokyo		JP	7/41	F30-39	0:26:03	0:52:20	1:18:23
43	1067	Jeffrey Goodine	Dartmouth	NS	CA	11/16	M30-39	0:27:08	0:51:50	1:18:58
44	1508	Shawna Rees	Elmsdale	NS	CA	8/41	F30-39	0:26:43	0:52:58	1:19:41
45	1498	Holly Lavigne	Hatchet Lake	NS	CA	5/33	F40-49	0:27:17	0:52:42	1:19:59
46	1056	Tanya Park	Digby	NS	CA	9/41	F30-39	0:26:57	0:53:14	1:20:11

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						Total	Div	Time	Time	In A Day
47	1050	Mike Butler	Middle Sackvill	NS	CA	7/14	M40-49	0:27:38	0:52:52	1:20:30
48	1665	Mr. David :~d Draper	Antigonish	NS	CA	12/16	M30-39	0:27:56	0:52:48	1:20:44
49	1662	Jim Rankin	Mount Uniacke	NS	CA	8/14	M40-49	0:26:57	0:53:55	1:20:52
50	1140	Brenda Kennedy	Dartmouth	NS	CA	6/33	F40-49	0:26:47	0:54:07	1:20:54
51	1063	Milinda Hedges	Middle Sackvill	NS	CA			0:26:58	0:54:07	1:21:05
52	1003	Amy D	Dartmouth	NS	CA	10/41	F30-39	0:27:10	0:54:07	1:21:17
53	1038	Jill Girgulis	Dartmouth	NS	CA	1/2	F01-19	0:27:06	0:54:41	1:21:47
54	1021	Alison Dunn	Kidderminster		GB	3/31	F50-59	0:27:26	0:54:23	1:21:49
55	692	Clare MacKenzie	Hammonds Plains	NS	CA	4/31	F50-59	0:27:05	0:54:53	1:21:58
56	1126	Courtney Sherlock	Cow Bay	NS	CA	11/41	F30-39	0:27:10	0:54:52	1:22:02
57	1041	Erica Croke	Halifax	NS	CA	12/41	F30-39	0:28:22	0:54:03	1:22:25
58	1102	Kimberly MacKenzie	Halifax	NS	CA	7/33	F40-49	0:27:37	0:54:51	1:22:28
59	1115	Wanda McClellan	Truro	NS	CA	5/31	F50-59	0:27:50	0:54:57	1:22:47
60	1116	John McClellan	Truro	NS	CA	6/15	M50-59	0:27:50	0:54:58	1:22:48
61	1058	Harm Geurs	Beechville	NS	CA	8/33	F40-49	0:27:03	0:55:52	1:22:55
62	1500	Amanda Dominix	Dartmouth	NS	CA	13/41	F30-39	0:28:16	0:54:40	1:22:56
63	113	Ken Hammel	Canada	NS	CA	7/15	M50-59	0:26:36	0:56:25	1:23:01
64	1513	Sandy Jesty	Halifax	NS	CA	13/16	M30-39	0:27:55	0:55:32	1:23:27
65	1134	Joanne Arbuthnott	Dartmouth	NS	CA	14/41	F30-39	0:27:59	0:55:41	1:23:40
66	1077	Lori Whitman	Halifax	NS	CA	9/33	F40-49	0:28:18	0:55:25	1:23:43
67	1007	Barry Morshead	Halifax	NS	CA	8/15	M50-59	0:28:55	0:55:35	1:24:30
68	689	Jody Wood	Halifax	NS	CA	10/33	F40-49	0:28:55	0:55:43	1:24:38
69	1138	Chris Richards	Dartmouth	NS	CA	9/14	M40-49	0:27:53	0:56:47	1:24:40
70	1658	David Roberts	Halifax	NS	CA	10/14	M40-49	0:30:23	0:55:33	1:25:56
71	109	Christie Hammel	New Glasgow	NS	CA	6/31	F50-59	0:28:17	0:58:41	1:26:58
72	1054	Eric L. Ross	Dartmouth	NS	CA	9/15	M50-59	0:30:29	0:57:10	1:27:39
73	1020	Shawn Winters	Victoria	MN	US	11/14	M40-49	0:35:53	0:53:12	1:29:05
74	1499	Paula Power	Middle Sackvill	NS	CA	15/41	F30-39	0:30:44	0:58:24	1:29:08
75	1092	Colleen Scott	Barrington	NS	CA	16/41	F30-39	0:31:08	0:58:07	1:29:15
76	1105	Derek Mackendrick	Middle Sackvill	NS	CA	10/15	M50-59	0:29:58	0:59:35	1:29:33
77	1072	Syed Shah	Halifax	NS	CA	14/16	M30-39	0:30:05	0:59:41	1:29:46
78	1078	Doreen Redmond	Halifax	NS	CA	7/31	F50-59	0:30:05	0:59:41	1:29:46
79	1057	Laura Whatley	Lower Sackville	NS	CA	17/41	F30-39	0:30:52	0:59:30	1:30:22
80	1053	Krystol Bell	Kentville	NS	CA	18/41	F30-39	0:32:33	0:57:54	1:30:27
81	1124	Shawna Murdock-Moore	Halifax	NS	CA	8/31	F50-59	0:29:55	1:00:33	1:30:28
82	1106	Roy Banks	Kingston	NS	CA	11/15	M50-59	0:32:37	0:57:56	1:30:33
83	1033	Jenna Nagle	Hammonds Plains	NS	CA	4/13	F20-29	0:31:55	0:58:51	1:30:46
84	1032	Donna Ross	Lower Sackville	NS	CA	9/31	F50-59	0:30:43	1:00:33	1:31:16
85	1517	Allison Duggan	Hubley	NS	CA	5/13	F20-29	0:31:33	1:00:17	1:31:50
86	1064	Danielle Gardner	Halifax	NS	CA	19/41	F30-39	0:31:09	1:00:51	1:32:00
87	1065	Lisa Gardner	Halifax	NS	CA	20/41	F30-39	0:31:08	1:00:52	1:32:00
88	1118	Cheryl Huett	Coldbrook Stati	NS	CA	10/31	F50-59	0:31:23	1:01:05	1:32:28
89	1079	Jenny Koutroulakis	Lower Sackville	NS	CA	21/41	F30-39	0:28:44	1:04:20	1:33:04
90	1089	Sydney Smith	Halifax	NS	CA	11/31	F50-59	0:30:17	1:02:47	1:33:04
91	1661	Judy Camm-Hoadley	Truro	NS	CA	12/31	F50-59	0:31:49	1:01:25	1:33:14
92	1096	Kendra Sheppard	Dartmouth	NS	CA	6/13	F20-29	0:36:52	0:56:55	1:33:47

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93	1061	Helena Oldreive	Mineville	NS	CA	22/41	F30-39	0:32:55	1:01:00	1:33:55
94	1013	Andrea Hodder-Mcisaac	Dartmouth	NS	CA	11/33	F40-49	0:31:27	1:02:30	1:33:57
95	1122	Lisa Brookes	Halifax	NS	CA	12/33	F40-49	0:31:56	1:02:26	1:34:22
96	1029	Janice Mackendrick	Middle Sackvill	NS	CA	13/31	F50-59	0:31:59	1:02:32	1:34:31
97	1031	Brittney Noseworthy	Mary's Town	NL	CA	2/2	F01-19	0:35:45	0:58:46	1:34:31
98	1081	Richard Chipman	Truro	NS	CA	12/15	M50-59	0:34:35	1:00:25	1:35:00
99	1015	Shannon Monk	Halifax	NS	CA	13/33	F40-49	0:31:57	1:03:10	1:35:07
100	1010	Jacki Warren	Manganese Mines	NS	CA	14/33	F40-49	0:34:17	1:01:29	1:35:46
101	1137	Valerie Tiller	Dartmouth	NS	CA	23/41	F30-39	0:31:59	1:03:47	1:35:46
102	1082	Angel McCarthy	Corner Brook	NL	CA	24/41	F30-39	0:32:09	1:04:00	1:36:09
103	1510	Heather Travis	Timberlea	NS	CA	14/31	F50-59	0:36:13	1:00:01	1:36:14
104	686	Andrew Barbour	Halifax	NS	CA	12/14	M40-49	0:34:02	1:02:13	1:36:15
105	1108	Elizabeth Miller	Fall River	NS	CA	15/33	F40-49	0:33:59	1:02:36	1:36:35
106	1012	Lauren Cullen	Halifax	NS	CA	25/41	F30-39	0:33:41	1:03:55	1:37:36
107	1047	Emily Wilson	Halifax	NS	CA	7/13	F20-29	0:34:04	1:03:32	1:37:36
108	1509	Wendy Boutilier	Timberlea	NS	CA	16/33	F40-49	0:36:35	1:01:08	1:37:43
109	1036	Jessica Burchell	Bedford	NS	CA	26/41	F30-39	0:34:31	1:03:16	1:37:47
110	1121	Tracy Belliveau	Timberlea	NS	CA	17/33	F40-49	0:34:04	1:04:36	1:38:40
111	1110	Brian Lowe	Dartmouth	NS	CA	2/3	M60-69	0:35:25	1:03:30	1:38:55
112	1132	Sophie Vienneau	Moncton	NB	CA	27/41	F30-39	0:34:46	1:04:24	1:39:10
113	1139	Kimberly Chu	Bedford	NS	CA	28/41	F30-39	0:34:37	1:04:50	1:39:27
114	1515	Laurie Bennett	Upper Tantallon	NS	CA	15/31	F50-59	0:34:37	1:04:51	1:39:28
115	1136	Angie Arsenaault	Bedford	NS	CA	29/41	F30-39	0:34:37	1:04:52	1:39:29
116	1487	Cameron Brown	Hammonds Plains	NS	CA	2/2	M01-19	0:36:36	1:03:56	1:40:32
117	1386	Maureen Camp	Waverley	NS	CA	16/31	F50-59	0:34:10	1:06:34	1:40:44
118	1117	Gary Huett	Coldbrook Stati	NS	CA	3/3	M60-69	0:33:41	1:07:03	1:40:44
119	1030	Lisa Noble	Middle Sackvill	NS	CA	30/41	F30-39	0:35:46	1:05:02	1:40:48
120	1129	Sherry MacKenzie Jenniso	Kentville	NS	CA	1/4	F60-69	0:35:14	1:05:40	1:40:54
121	1071	Jonathan San Luis	Toronto	ON	CA	13/14	M40-49	0:32:03	1:09:08	1:41:11
122	687	Latricia McNeill	Hammonds Plains	NS	CA	18/33	F40-49	0:35:49	1:05:54	1:41:43
123	693	Brad Battiste	Hammonds Plains	NS	CA	14/14	M40-49	0:35:49	1:05:54	1:41:43
124	1044	Bethany Miles	Bedford	NS	CA	17/31	F50-59	0:33:45	1:08:01	1:41:46
125	1046	Claire Kidd	Fall River	NS	CA	18/31	F50-59	0:33:45	1:08:01	1:41:46
126	1660	Jill Aldred	West Pubnico	NS	CA	31/41	F30-39	0:34:17	1:07:33	1:41:50
127	1023	Michele D Mitchell	Conquerall Bank	NS	CA	19/31	F50-59	0:34:29	1:07:24	1:41:53
128	1142	Linda Miles	Sydney Forks	NS	CA	2/4	F60-69	0:33:12	1:09:09	1:42:21
129	1143	Alison MacKenzie	Dartmouth	NS	CA	32/41	F30-39	0:34:35	1:07:46	1:42:21
130	1027	Shelley Gilligan	Bedford	NS	CA	19/33	F40-49	0:36:07	1:06:32	1:42:39
131	1123	Aaron Legge	Dartmouth	NS	CA	15/16	M30-39	0:40:22	1:02:23	1:42:45
132	1019	Cathy Chu	Oakville	ON	CA	33/41	F30-39	0:38:04	1:05:19	1:43:23
133	1073	Melanie Marois	Dartmouth	NS	CA	34/41	F30-39	0:37:54	1:05:39	1:43:33
134	1051	Jeanette Pye (tardif)	Dartmouth	NS	CA	8/13	F20-29	0:35:54	1:08:17	1:44:11
135	1145	Heather Foote	Conquerall Mill	NS	CA	20/31	F50-59	0:37:14	1:07:24	1:44:38
136	1045	Dorothy Dunnington	Fall River	NS	CA	21/31	F50-59	0:37:00	1:08:01	1:45:01
137	1074	Jeffrey Roy	Halifax	NS	CA	13/15	M50-59	0:37:34	1:07:29	1:45:03
138	1042	Jennifer Cayouette	Halifax	NS	CA	9/13	F20-29	0:41:04	1:04:00	1:45:04

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139	1049	Erin Thibault	Dartmouth	NS	CA	35/41	F30-39	0:38:39	1:06:43	1:45:22
140	1506	Wanda Isaacs	Mulgrave	NS	CA	20/33	F40-49	0:36:21	1:09:12	1:45:33
141	1059	Erin Harrison	Dartmouth	NS	CA	10/13	F20-29	0:35:55	1:10:10	1:46:05
142	1512	Pam Baker	Lower Sackville	NS	CA	21/33	F40-49	0:35:57	1:10:48	1:46:45
143	1009	Kim Clark	Dartmouth	NS	CA	22/31	F50-59	0:48:38	0:59:06	1:47:44
144	1091	Stacey Turner	Dartmouth	NS	CA	22/33	F40-49	0:36:49	1:11:05	1:47:54
145	108	Judy Herbert	Dartmouth	NS	CA	23/33	F40-49	0:37:39	1:10:19	1:47:58
146	1086	Carolyn Hamer	Dartmouth	NS	CA	23/31	F50-59	0:37:35	1:10:38	1:48:13
147	681	Julie Custance	Dartmouth	NS	CA	24/33	F40-49	0:38:40	1:09:33	1:48:13
148	1659	Myles Faulkner	Musquodoboit Ha	NS	CA	14/15	M50-59	0:37:20	1:11:35	1:48:55
149	690	Brian Veniot	Musquodoboit Ha	NS	CA	15/15	M50-59	0:37:20	1:11:35	1:48:55
150	1001	Paula Faulkner	Musquodoboit Ha	NS	CA	24/31	F50-59	0:37:43	1:11:36	1:49:19
151	1104	Lisa Loomer	Middle Sackvill	NS	CA	36/41	F30-39	0:38:48	1:11:10	1:49:58
152	1144	Kim Best	Cambridge Stati	NS	CA	25/31	F50-59	0:36:58	1:13:02	1:50:00
153	171	Susan Horton	Halifax	NS	CA	25/33	F40-49	0:40:37	1:10:12	1:50:49
154	1004	Maxine Britten	East Lawrenceto	NS	CA	26/31	F50-59	0:44:01	1:07:31	1:51:32
155	1084	Na Eun Han	Toronto	ON	CA	11/13	F20-29	0:42:25	1:09:11	1:51:36
156	1146	Angie Banks	Cole Harbour	NS	CA	27/31	F50-59	0:39:40	1:14:11	1:53:51
157	1005	Sarah Wrightly	Dartmouth	NS	CA	37/41	F30-39	0:40:04	1:14:43	1:54:47
158	1062	Nancy Tedford-Douglas	Middle Sackvill	NS	CA	26/33	F40-49	0:40:09	1:15:03	1:55:12
159	1107	Sandy Banks	Kingston	NS	CA	28/31	F50-59	0:39:47	1:15:29	1:55:16
160	1066	Danica Richard	Halifax	NS	CA	12/13	F20-29	0:41:04	1:15:26	1:56:30
161	1099	Jennifer Walker	Eastern Passage	NS	CA	38/41	F30-39	0:40:14	1:16:21	1:56:35
162	1516	Alma Gardner-Norton	Hubley	NS	CA	29/31	F50-59	0:41:42	1:15:39	1:57:21
163	1133	Jennifer Mackendrick	Middle Sackvill	NS	CA	13/13	F20-29	0:44:13	1:18:23	2:02:36
164	1128	Faith O'Reilly	Cole Harbour	NS	CA	27/33	F40-49	0:44:48	1:18:04	2:02:52
165	1657	Nancy MacDonald	Dartmouth	NS	CA	28/33	F40-49	0:44:28	1:19:08	2:03:36
166	1109	Kim Gaudet	Dartmouth	NS	CA	29/33	F40-49	0:47:54	1:17:39	2:05:33
167	1016	Chantelle White-Evans	Porters Lake	NS	CA	30/33	F40-49	0:47:02	1:23:48	2:10:50
168	1112	Natasha Flynn	Seabright	NS	CA	39/41	F30-39	0:49:55	1:23:17	2:13:12
169	1111	Trudy Flynn	Seabright	NS	CA	3/4	F60-69	0:49:56	1:23:17	2:13:13
170	1075	Tobi Harris	Newnan	GA	US	31/33	F40-49	0:46:12	1:28:44	2:14:56
171	1103	Amber Collins-Grimmer	Timberlea	NS	CA	40/41	F30-39	0:51:20	1:28:42	2:20:02
172	1101	Christiane Lonergan	Brookside	NS	CA	30/31	F50-59	0:52:22	1:29:18	2:21:40
173	1052	Laura Baker	Middle Sackvill	NS	CA	41/41	F30-39	0:49:24	1:33:30	2:22:54
174	1024	Brian Marshall	Dartmouth	NS	CA	16/16	M30-39	0:58:58	1:29:11	2:28:09
175	1095	Marion Bowes	Seabright	NS	CA	4/4	F60-69	0:55:07	1:33:28	2:28:35
176	1076	Stephanie Firlotte	Halifax	NS	CA	31/31	F50-59	1:00:00	1:41:18	2:41:18
177	1113	Severine Guitton	Halifax	NS	CA	32/33	F40-49	1:00:00	1:41:18	2:41:18
178	1008	Karen Anne Smith	Middle Sackvill	NS	CA	33/33	F40-49	1:13:38	1:41:32	2:55:10