2016 Run Nova Scotia Age Group Standings **Women under 20** **Women under 20**

2016 RNS Number	Last Name	First Name	Run Our Shore 5K	Run Our Shore 10.2K	Run Our Shore Half Marathon	Osprey 5K RUN/WALK	The Bread Run 5K	The Bread Run 10K	Penguin Run 5K	Lunenburg WHS 5K	Liverpool Privateers 5 Mile Road Race	MEC 3 Saltmarsh Trail 5K	MEC 3 Saltmarsh Trail 10K	MEC 3 Saltmarsh Trail Half Marathon	Epic Canadian 10K	Epic Canadian Half Marathon	Sheila Poole 10K	Windsor 5K	Nova Scotia 10K	Nova Scotia Half Marathon	Nova Scotia Marathon	Dartmouth Natal Day 2 Mile	Dartmouth Natal Day 6 Mile	Digby Scallop Days 5K	Digby Scallop Days 10K	Louisburg Race Through Time	Wolfville 8 Mile Road Race	Cobequid Trail Run 5K	Cobequid Trail Run 10K	Cobequid Trail Run Half Marathon	Berwick 5 Miler	Cape Breton Fiddler's 5K	Cape Breton Fiddler's 10K	Cape Breton Fiddler's Half Marathon	Cape Breton Fiddler's Marathon	Sole Sisters Quarter Marathon	Sole Sisters Half Marathon	Rocky's Run 5K	Canada Games Centre Food Run	Volunteer	Total	Total # of Races
6160	MacLean	Bridget				49				47				55		55			49											49							55	55	60	482	10
5951	Richards	Katelyn				55				48									55										49			55	55						69	60	681	9
6103	Adams	Jenna		55						49	55						49			49					55													47		399	7
6150	MacLean	Gillian								46												48															49	48	60	251	5
6143	MacKinnon	Maebh	55			48				44																			48			48								243	5
5947	Robson	Ashley							55								55						55						55											220	4
6472	Cashen	Tara																		55			49								55					48				207	4
6424	Hawkins	Isabel						55		49												49																		153	3
6214	Kieswetter	Maddy																																						55	1
6423	Hawkins	Lily								48																														48	1
5808	Brushett	Jasmine				47																																		47	1
5830	Rossiter	Katelyn								45																														45	1
6126	Kimball	Jane								43																														43	1
6185	Collins	Olivia																																						-	0
6192	Rose	Aaliyah																																						-	0
6191	Fenwick	Lena																																						-	0
6190	Fenwick	Gaby																																						-	0
5983	Bishop	Colleen																																						-	0
6167	MacIntyre	Cassie																																						-	0
6237	McDevitt	Laura																																						-	0
6394	Estabrook	Hannah																																						-	0
6250	Dwyer	Emma																																						-	0
																																								0
			1	1	0	4	1	0	3	8	1	0	1	0	1	0	2	0	2	2	0	3	2	0	1	0	0	3	1	1	3	1	0	0	0	0	3	4	3	22	52

2016 Run Nova Scotia Age Group Standings **Women 20 to 24** **Women 20 to 24**

2016 RNS Number	Last Name	First Name	Run Our Shore 5K	Run Our Shore 10.2K	Run Our Shore Half Marathon	Osprey 5K RUN/WALK	The Bread Run 5K	The Bread Run 10K	Penguin Run 5K	Lunenburg WHS 5K	Liverpool Privateers 5 Mile Road Race	MEC 3 Saltmarsh Trail 5K	MEC 3 Saltmarsh Trail 10K	MEC 3 Saltmarsh Trail Half Marathon	Epic Canadian 10K	Epic Canadian Half Marathon	Sheila Poole 10K	Windsor 5K	Nova Scotia 10K	Nova Scotia Half Marathon	Nova Scotia Marathon	Dartmouth Natal Day 2 Mile	Dartmouth Natal Day 6 Mile	Digby Scallop Days 5K	Digby Scallop Days 10K	Louisburg Race Through Time	Wolfville 8 Mile Road Race	Cobequid Trail Run 5K	Cobequid Trail Run 10K	Cobequid Trail Run Half Marathon	Berwick 5 Miler	Cape Breton Fiddler's 5K	Cape Breton Fiddler's 10K	Cape Breton Fiddler's Half Marathon	Cape Breton Fiddler's Marathon	Sole Sisters Quarter Marathon	Sole Sisters Half Marathon	Rocky's Run 5K	Canada Games Centre Food Run	Volunteer	Total	Total # of Races
6696	Martin	Lauren							48	48		55										55						55									55	60	431	8
6243	Pierron	Sarah				55			47									55				55						49			55						49	60	425	8
6398	Callaghan	Kristen							49	49				55	49				55																				257	5
6495	Wilson	Colleen							55	55					58					55																				220	4
6341	Jabin	Sophie							66						48																							55		149	3
6418	Misner	Lynsee		55					-																															55	1
6205	Spears	Casey																																						55	1
6333	Zinck	Amie							45																															45	1
6271	Murdoch	Miranda																																						-	0
5980	Bishop	Emily																																						-	0
6358	Burrell	Lianne																																						-	0
6375	Mcdonald	Cassie																																						-	0
			0	1	0	1	0	0	6	3	0	1	0	1	3	0	0	1	1	1	0	1	1	0	0	0	0	2	1	0	1	0	0	0	0	1	0	1	2	2	12	2

2016 Run Nova Scotia Age Group Standings **Women 25 to 29** **Women 25 to 29**

2016 RNS Number	Last Name	First Name	Run Our Shore 5K	Run Our Shore 10.2K	Run Our Shore Half Marathon	Osprey 5K RUN/WALK	The Bread Run 5K	The Bread Run 10K	Penguin Run 5K	Lunenburg WHS 5K	Liverpool Privateers 5 Mile Road Race	MEC 3 Saltmarsh Trail 5K	MEC 3 Saltmarsh Trail 10K	MEC 3 Saltmarsh Trail Half Marathon	Epic Canadian 10K	Epic Canadian Half Marathon	Sheila Poole 10K	Windsor 5K	Nova Scotia 10K	Nova Scotia Half Marathon	Nova Scotia Marathon	Dartmouth Natal Day 2 Mile	Dartmouth Natal Day 6 Mile	Digby Scallop Days 5K	Digby Scallop Days 10K	Louisburg Race Through Time	Wolfville 8 Mile Road Race	Cobequid Trail Run 5K	Cobequid Trail Run 10K	Cobequid Trail Run Half Marathon	Berwick 5 Miler	Cape Breton Fiddler's 5K	Cape Breton Fiddler's 10K	Cape Breton Fiddler's Half Marathon	Cape Breton Fiddler's Marathon	Sole Sisters Quarter Marathon	Sole Sisters Half Marathon	Rocky's Run 5K	Canada Games Centre Food Run	Volunteer	Total	Total # of Races
6349	Barbour	Courtney				55							55									55															55		60	280	5
6132	Orr	Jennie							49						55					55			55							55											269	5
6248	Nauss	Joni													69								49				55												55		208	4
6430	Bent	Katie								55		55																55													165	3
6387	Chisholm	Ashley							55																															55	1
6482	Hudson	Stephanie																																			55			55	1
6402	Wright	Sashenka											49																											49	1
6585	Petrie	Ashley																																						49	1
5766	Green	Samantha																																						49	1
6581	Crane	Melissa																																						49	1
6342	Hannam	Erika																																						-	0
6319	Gibson	Meriel																																						-	0
6232	Sevigny	Joy																																						-	0
6215	Myles	Nicole																																						-	0
			0	0	0	1	0	0	2	1	0	1	2	0	2	0	0	0	0	1	0	1	2	0	0	0	1	0	2	1	0	0	0	0	0	1	0	2	2	1	14	23

2016 Run Nova Scotia Aoe Group Standings **Women 30 to 34** **Women 30 to 34**

2016 RNS Number	Last Name	First Name	Run Our Shore 5K	Run Our Shore 10.2K	Run Our Shore Half Marathon	Osprey 5K RUN/WALK	The Bread Run 5K	The Bread Run 10K	Penguin Run 5K	Lunenburg WHS 5K	Liverpool Privateers 5 Mile Road Race	MEC 3 Saltmarsh Trail 5K	MEC 3 Saltmarsh Trail 10K	MEC 3 Saltmarsh Trail Half Marathon	Epic Canadian 10K	Epic Canadian Half Marathon	Sheila Poole 10K	Windsor 5K	Nova Scotia 10K	Nova Scotia Half Marathon	Nova Scotia Marathon	Dartmouth Natal Day 2 Mile	Dartmouth Natal Day 6 Mile	Digby Scallop Days 5K	Digby Scallop Days 10K	Louisburg Race Through Time	Wolfville 8 Mile Road Race	Cobequid Trail Run 5K	Cobequid Trail Run 10K	Cobequid Trail Run Half Marathon	Berwick 5 Miler	Cape Breton Fiddler's 5K	Cape Breton Fiddler's 10K	Cape Breton Fiddler's Half Marathon	Cape Breton Fiddler's Marathon	Sole Sisters Quarter Marathon	Sole Sisters Half Marathon	Rocky's Run 5K	Canada Games Centre Food Run	Volunteer	Total	Total # of Races
6454	Jones	Stephanie			48	47		55											49			55			55		55			46	49				49					60	482	12
6314	Smith	Cheryl				48			49						55					55									49						55			49	55	60	475	9
6166	Flynn	Natasha			47	45		48	43	44					62	48						47						49					48				55			60	447	12
6360	Whynacht	Laura			49	46			45						46					49		46							48		48									60	437	9
6352	Hamilton	Emily				55				49							49						49							55								55		60	427	8
6169	Austin	Chloe				49			55	48							55						49	55						55											420	8
6042	Sheppard	Kendra			55								55		48	55							45								55									60	318	6
6287	Ritter	Jenna								46			49		49								46							49											239	5
6144	Melcher	Felicia							46						47							49								47											189	4
6430	McKay	Jennifer																											47										48	60	155	3
6385	Lewis	Ruth													44																55					55					154	3
5489	MacDonald	Sarah							47														44							48											139	3
6325	Voinsitie	Monica		48						45					43																										136	3
6262	MacLean Coates	Erin								55													55																			110	2
5381	McConnachie	Tara	55																																		49					104	2
6002	Spinney	Terri		55											49																											100	2
5392	Wesley	Gillian											49																											49		98	2
5951	Buchanan	Ashley		49															47																							96	2
6461	Wilcox	Shayla								47													47																			94	2
6036	MacDonald	Jenna																	55																							55	1
6267	Arseneault	Suzanne																			55																					55	1
6288	Mark	Jennifer																																								55	1
6100	Hood	Ashley						49																																	49	1
5932	Koutroulakis	Jenny														49																									49	1
6335	Ho	Charissa																							49																49	1
6120	Baksdis	Erin							48																																48	1
6307	Walker	Amelie											48																												48	1
6272	Earle	Kerry															48																								48	1
6220	Kane	Constance																	48																						48	1
5145	Cormier	Caitlin																				48																			48	1
6441	Nickerson	Jaime																																							47	47	1
6110	Kennedy	Merlo							44																																	44	1
5718	Franklin	Sara																																								-	0
6345	Zahaech	Ashley																																								-	0
6403	Longmire	Christie																																								-	0
5497	Nguyen	Phuong																																								-	0
6245	McFatridge-Russell	Janet																																								-	0
6381	D'Arcy	Brenna																																								-	0
6446	Kennen	Meaghan																																								-	0
6447	LeBlanc	Samantha																																								-	0
6360	McNeil	Amanda																																								-	0
6273	Rogers	Cara																																								-	0
6295	Jotcham	Catherine																																								-	0
6316	Lavers	Mandi																																								-	0
6438	Russell	Hayley																																									-	0
			1	3	4	6	0	3	8	7	0	3	2	0	9	3	3	0	4	2	1	5	7	1	2	0	2	1	4	5	3	0	0	3	1	2	2	2	4	7	45	60

2016 Run Nova Scotia Aoe Group Standings **Women 35 to 39** **Women 35 to 39**

2016 RNS Number	Last Name	First Name	Run Our Shore 5K	Run Our Shore 10.2K	Run Our Shore Half Marathon	Osprey 5K RUN/WALK	The Bread Run 5K	The Bread Run 10K	Penguin Run 5K	Lunenburg WHS 5K	Liverpool Privateers 5 Mile Road Race	MEC 3 Saltmarsh Trail 5K	MEC 3 Saltmarsh Trail 10K	MEC 3 Saltmarsh Trail Half Marathon	Epic Canadian 10K	Epic Canadian Half Marathon	Sheila Poole 10K	Windsor 5K	Nova Scotia 10K	Nova Scotia Half Marathon	Nova Scotia Marathon	Dartmouth Natal Day 2 Mile	Dartmouth Natal Day 6 Mile	Digby Scallop Days 5K	Digby Scallop Days 10K	Louisburg Race Through Time	Wolfville 8 Mile Road Race	Cobequid Trail Run 5K	Cobequid Trail Run 10K	Cobequid Trail Run Half Marathon	Berwick 5 Miler	Cape Breton Fiddler's 5K	Cape Breton Fiddler's 10K	Cape Breton Fiddler's Half Marathon	Cape Breton Fiddler's Marathon	Sole Sisters Quarter Marathon	Sole Sisters Half Marathon	Rocky's Run 5K	Canada Games Centre Food Run	Volunteer	Total	Total # of Races
6772	Jones	Patricia			47	55				46	55					55	48			55		49						55			47						55	55	60	500	14
6363	Mackie	Melanie			48	48		48	44		48					49						55							55							47			60	460	12
5652	Power	Paula		55									55		46			49					46					55			46	48					55				455	9
6202	Bezanson	Odessa	55			46	55			45																			49							41			47	60	398	8
6431	Abriel	Sarah				47			43		47				43															48							49					277	6
6105	Pound	Christine								48		55			49			55																						60	267	5
5682	Baillie	Heather								49					55		55		55				48																			262	5
5701	Teepell	Aimee							46							47															47					46			46		232	5
5330	Poirier	Erin							55	55													55								55										220	4
6459	Stockley	Jolene																				48														47			49	60	204	4
6391	Rees	Shawna						49	47						48																					55					199	4
6361	Crocker	Cheryl												47	41							46																		60	194	4
6400	Rakshny	Donna		49		49			42																										49						189	4
6137	Vallente	Renee							39					46																						44				60	189	4
5148	Noble	Lisa													46								43						49		46										183	4
6311	Brokl	Amanda			55			55	48														49							49											148	3
5494	Wieczorek	Maura							49								55		55				49																			147	3
5914	Richards	Erika							45							48																				45					138	3
6366	Arseneault	Carla																									55										55					110	2
6253	Dawson	Becky																					44																	60	104	2
6373	Richard	Alena												55																											103	2
6191	Rose	Jennifer																																		42				60	102	2
6397	Lloyd	Monica			49																										49										98	2
4325	D'Eon	Amy													47		49																									96	2
5803	Kilter	Terri															47		49																							96	2
5836	Hay	Cassie									49																				45										94	2
6045	Adams	Anne								47													47																			94	2
6159	Parnell	Lindsey														46																									94	2
6461	Silver	Melanie													42							47																			89	2
4974	Juurlink	Alexis																																						60	60	1
6408	Bonar	Kimberley																								55															55	1
6489	MacDonald-Burns	Joanne																													55										55	1
6234	Alexander	Nancy																																		55					55	1
6347	Riley	Sarah												49																											49	1
6254	March	Heather																									49														49	1
6546	Ross Beaudry	Terri																																		49					49	1
6269	Smebber	Erinn												48																											48	1
6538	Arbuthnott	Joanne																																		48					48	1
6437	Barrett	Fiona																																						48	48	1
6537	Walsh	Michelle																																							46	46	1
6289	Vuaich	Jannelle																					45																			45	1
6545	Shand	Jennifer																																		43					43	1
6456	Tulk	Colleen							41																																41	1
6146	Major	Amy							40																																40	1
6473	Young	Jennifer																																							-	0
6321	Mitchell	Stephanie																																							-	0
6445	Savoie	Kristine																																							-	0
6351	White	Sarah																																							-	0
6305	Warner	Yvonne																																							-	0
6371	Bellefontaine	Lindsey																																							-	0
6465	Linthorne	Colleen																																							-	0
6249	Dreyer	Mercy																																							-	0
6393	Dennis	Sarah																																							-	0
5480	Connors	Wendy																																							-	0
6244	Landry	Wendy																																							-	0
6415	Dawson	Sarah																																							-	0
5720	Hill	Mary																																							-	0
6255	Ashtude	Jennifer																																							-	0
6305	Goulins	Annette																																							-	0
5670	Holder	Isshi																																							-	0
5427	Rand	Lisa																																							-	0
6410	MacDonald	Angela																																							-	0
			1	2	4	5	1	3	12	6	4	1	5	2	10	5	4	2	2	1	0	5	8	0	1	2	1	2	3	5	6	0	1	2	1	10	5	1	5	10	62	138

2016 **Run Nova Scotia Age Group Standings** **Women 40 to 44** **Women 40 to 44**

2016 RNS Number	Last Name	First Name	Run Our Shore 5K	Run Our Shore 10.2K	Run Our Shore Half Marathon	Osprey 5K RUN/WALK	The Bread Run 5K	The Bread Run 10K	Penguin Run 5K	Lunenburg WHS 5K	Liverpool Privateers 5 Mile Road Race	MEC 3 Saltmarsh Trail 5K	MEC 3 Saltmarsh Trail 10K	MEC 3 Saltmarsh Trail Half Marathon	Epic Canadian 10K	Epic Canadian Half Marathon	Sheila Poole 10K	Windsor 5K	Nova Scotia 10K	Nova Scotia Half Marathon	Nova Scotia Marathon	Dartmouth Natal Day 2 Mile	Dartmouth Natal Day 6 Mile	Digby Scallop Days 5K	Digby Scallop Days 10K	Louisburg Race Through Time	Wolfville 8 Mile Road Race	Cobequid Trail Run 5K	Cobequid Trail Run 10K	Cobequid Trail Run Half Marathon	Berwick 5 Miler	Cape Breton Fiddler's 5K	Cape Breton Fiddler's 10K	Cape Breton Fiddler's Half Marathon	Cape Breton Fiddler's Marathon	Sole Sisters Quarter Marathon	Sole Sisters Half Marathon	Rocky's Run 5K	Canada Games Centre Food Run	Volunteer	Total	Total # of Races
4478	James	Paula	55			55		55							55		55											55										55	55	60	500	9
6332	Wrightly	Sarah		49					49	46	47				43				55															55						60	404	8
6256	Slauenwhite	Shelley	49							48					45														49							49		49	47	60	396	8
5900	Cyr	Sandy							48	47		55										48																48			246	5
6106	Colombe	Vandana								45		49										49				49															192	4
5010	Hill	Rayleen								55													55							55											165	3
5426	Mott	Mary						49					55																											60	164	3
6414	Lavigne	Holly			55										49													49													153	3
5442	Ross	Cara		55							48									49																					152	3
5857	DeWolfe	Tracy							55							49																				48					152	3
6021	Rigby	Krista													46								48						55												149	3
4954	Mercer	Gail			49						49																			49											147	3
6477	Major	Murielle																					47														49		46		142	3
6278	Smith	Karen Anne													42				49			46																			137	3
6294	Younger	Katia																				55																		60	115	2
6051	Walker	Heather																55						55																	110	2
4790	Siscoe	Shauna									55															55															110	2
6411	Cunningham	Jane															49			55																					104	2
6020	Scott	Colleen													48	55																									103	2
5096	Warren	Jacki													47																					55					102	2
4318	Jabbour	Leah																																						60	60	1
5496	Krochak	Christine																																						60	60	1
5460	Manuel	Jennifer					55																																		55	1
6502	Travis	Maggie																													55										55	1
5199	Campbell	Susan																																	55						55	1
4676	MacNeil	Tawnya																																			55				55	1
5850	Janz	Jennifer								49																															49	1
6324	McMenemy	Erin											49																												49	1
6425	Hawkins	Janet																					49																		49	1
6571	O'Rielly	Faith																																					49		49	1
6560	Francis	Kathryn																																					48		48	1
6296	Kilpatrick	Tracy																				47																			47	1
6388	Fenwick	Cynthia																																		47					47	1
6540	Moore	Samantha																																					45		45	1
6435	Leon	Amy													44																										44	1
6265	Williams	Nate'-Janine																																					44		44	1
6317	Miller	Jody																																					43		43	1
6304	Ervin	Tanya																																							-	0
5986	Allardice	Edie																																							-	0
6470	MacKay	Stephanie																																							-	0
6467	Sleigh	Mary																																							-	0
6231	Rhodes	Laura																																							-	0
6186	Miller	Brenda																																							-	0
5729	Ricard	Stephanie																																							-	0
6096	Wellwood	Jenny																																							-	0
5035	Vienneau	Nancy																																							-	0
6265	Williams	Naté-Janine																																							-	0
6282	Todd	Megan																																							-	0
4232	Gregoire	Marie-Claude																																							-	0
6123	Graves	Tara																																							-	0
5744	Halliday	Theresa																																							-	0
6420	Reeves	Stephanie																																							-	0
6444	Zayac	Julie																																							-	0
6320	Power	Lori																																							-	0
6357	Somers-Blonde	Liesje																																							-	0
			2	2	2	1	1	2	3	6	4	2	2	0	9	2	2	1	2	2	0	5	4	1	0	2	0	2	2	2	1	0	0	1	1	4	2	3	8	7	55	90

2016 **Run Nova Scotia Age Group Standings** **Women 45 to 49** **Women 45 to 49**

2016 RNS Number	Last Name	First Name	Run Our Shore 5K	Run Our Shore 10.2K	Run Our Shore Half Marathon	Osprey 5K RUN/WALK	The Bread Run 5K	The Bread Run 10K	Penguin Run 5K	Lunenburg WHS 5K	Liverpool Privateers 5 Mile Road Race	MEC 3 Saltmarsh Trail 5K	MEC 3 Saltmarsh Trail 10K	MEC 3 Saltmarsh Trail Half Marathon	Epic Canadian 10K	Epic Canadian Half Marathon	Sheila Poole 10K	Windsor 5K	Nova Scotia 10K	Nova Scotia Half Marathon	Nova Scotia Marathon	Dartmouth Natal Day 2 Mile	Dartmouth Natal Day 6 Mile	Digby Scallop Days 5K	Digby Scallop Days 10K	Louisburg Race Through Time	Wolfville 8 Mile Road Race	Cobequid Trail Run 5K	Cobequid Trail Run 10K	Cobequid Trail Run Half Marathon	Berwick 5 Miler	Cape Breton Fiddler's 5K	Cape Breton Fiddler's 10K	Cape Breton Fiddler's Half Marathon	Cape Breton Fiddler's Marathon	Sole Sisters Quarter Marathon	Sole Sisters Half Marathon	Rocky's Run 5K	Canada Games Centre Food Run	Volunteer	Total	Total # of Races
4533	Juckett Chesnutt	Stacy	55				55		49			55			55		49	55			55	55								48					55					60	500	12
6057	Monk	Shannon							46	46			48		44			48	48				47						49					49					55	60	450	11
6148	Corkum-MacLean	Jane				55				44			47		41					46		44							48		46								47	60	437	10
5630	Joudrey	Valerie				49			44	43									47			43							47		45							49	48	60	432	10
4298	Robson	Denise							55								55						55			55				55							55				330	6
5440	Munroe	Tanya											55		49								49						55					55						60	323	6
5400	Mackintosh	Michelle		55						42																								48		55					200	4
6264	Lane	Joanne							48						48							48															47				191	4
6229	Stepaniak	Melissa								45		49										45				49															188	4
5854	Grover	Sheila																	55																		48			60	163	3
6211	Keeping	Cheri						55		49								49																							153	3
6468	Power	Jennifer													47					55		47																			149	3
5775	Greene	Shelley							47													46																55			148	3
5411	Doiron	Angela								47	55																										45				147	3
5840	White-Evans	Chantelle													40																						44			60	144	3
5826	Wood	Jody								48					46					48																					142	3
6334	McCormick	Cate																					48								48						46				142	3
6395	Quinn	Julie	49						43															49																	141	3
6339	Ellsmere	Leslee							45						43																					49					137	3
6286	Harrington	Toni																										55												60	115	2
6491	MacDonald	Helen																													55						49				104	2
6171	Barrett	Lorraine												55																									49		104	2
6224	Bell	Heather																		49											49										98	2
5475	Thurston	Shari																				49								49											98	2
6268	Comeau	Corinne															48		49																						97	2
5533	Dooks	Karen									49									47																					96	2
4524	McNeill	Beth																																						60	60	1
5448	Hayden	Jill																																						60	60	1
6213	Kiesekamp	Angela								55																															55	1
6413	Stalley	Christian																						55																	55	1
4065	Gallant	Dominique											49																												49	1
5173	Carter	Anna																								48															48	1
6485	Dixon	Ria																																		48					48	1
6000	Paul	Lisa																													47										47	1
5501	Dodge Avis	Allison													45																										45	1
6227	Hale	Cathy																													44										44	1
6263	MacDonald	Nancy													42																										42	1
6457	Miller	Jacquelyn								41																															41	1
6019	Martin	Liz																																							-	0
6290	Foote	Susan																																							-	0
6312	Travis	Annette																																							-	0
6419	Peddle	Shelley																																							-	0
6017	Leeder	Louise																																							-	0
6283	Garcia	Michelle																																							-	0
6338	Woods	Stefani																																							-	0
6034	Webber	Lee Anne																																							-	0
6443	Pelly	Crystal																																							-	0
6040	Boudreau	Michelle																																							-	0
6245	Wells	Sarah																																							-	0
6326	Cleveland	Lyn																																							-	0
6377	Lawson	Traci																																							-	0
6258	Courtney	Tracey																																							-	0
6289	Stokes	Christina																																							-	0
4763	McGrath	Lisa																																							-	0
6131	Naylor	Kathleen																																							-	0
5953	Boudreau	Monisa																																							-	0
5911	Ritter	Anne																																							-	0
6212	Chiasson	Darlene																																							-	0
6380	MacNeil	Mona																																							-	0
			2	1	0	2	1	1	8	10	2	2	4	1	11	0	3	3	4	5	1	8	4	2	0	3	0	1	4	3	7	0	0	3	1	3	7	2	4	10	59	123

2016 Run Nova Scotia Age Group Standings **Women 50 to 54** Women 50 to 54

2016 RNS Number	Last Name	First Name	Run Our Shore 5K	Run Our Shore 10.2K	Run Our Shore Half Marathon	Osprey 5K RUN/WALK	The Bread Run 5K	The Bread Run 10K	Penguin Run 5K	Lunenburg WHS 5K	Liverpool Privateers 5 Mile Road Race	MEC 3 Saltmarsh Trail 5K	MEC 3 Saltmarsh Trail 10K	MEC 3 Saltmarsh Trail Half Marathon	Epic Canadian 10K	Epic Canadian Half Marathon	Sheila Poole 10K	Windsor 5K	Nova Scotia 10K	Nova Scotia Half Marathon	Nova Scotia Marathon	Dartmouth Natal Day 2 Mile	Dartmouth Natal Day 6 Mile	Digby Scallop Days 5K	Digby Scallop Days 10K	Louisburg Race Through Time	Wolfville 8 Mile Road Race	Cobequid Trail Run 5K	Cobequid Trail Run 10K	Cobequid Trail Run Half Marathon	Berwick 5 Miler	Cape Breton Fiddler's 5K	Cape Breton Fiddler's 10K	Cape Breton Fiddler's Half Marathon	Cape Breton Fiddler's Marathon	Sole Sisters Quarter Marathon	Sole Sisters Half Marathon	Rocky's Run 5K	Canada Games Centre Food Run	Volunteer	Total	Total # of Races
4169	Marlin	Karen						55	49	55				55			48													55								55	49	60	481	9
5642	Joudrey	Virginia			55	49			45		48	55								48			48	49					55		49								48	60	468	12
5632	Faulkner	Susan	55							45	46				46													55			46		55			49				60	457	9
5700	Watson	Stephanie		55			49			44	45							48				47					49									48		47	47	60	450	11
2953	Fiander	Janice				47	55		47									49				48				49	55	49			47										446	9
6029	Morgan	Valerie						49	46	46	43									47			46		49					48				49						60	440	10
6059	Boutilier	Janine								49					49					55			49	55												55		49		60	421	8
6065	Hamer	Carolyn					48						48		42			47				45			48									48		46					372	8
5934	Banks	Sandy			49					42	41				40				55			43									44										314	7
155	Pirie	Susan											55					55				55																	55	60	280	5
2211	White	Tina								48	49				48																55						55				255	5
6054	Mitchell	Michelle D				46				43	44				43					46																					222	5
5743	Fitzgerald	Jacqueline							55								55						55											55							220	4
6298	Amero-tilley	Wendy															47			49					55												48				199	4
5576	Best	Kim													41											47							49				47				184	4
5409	Power	Janis				55					55						49																								159	3
5993	McDevitt	Susan							48					49																										60	157	3
4452	Hall	Linda								47	47															55															149	3
6277	Rand	Heather																												49	48							48			145	3
6228	Camp	Maureen													45																45								46		136	3
6353	Frank	Corina													55																				55						110	2
2665	Murdock-Moore	Shawna													47	55																									102	2
6303	Farouse	Shelley											49													48															97	2
4598	Sherriff	Julianna																											49										45		94	2
6396	Arsenault	Carolyn	49						44																																93	2
6226	Penney-Zwicker	Kathy															45													47											92	2
6162	Foote	Heather									42				44																										86	2
6088	Wallace	Ellie																																						60	60	1
5485	Campbell	Janet																														55									55	1
6323	Couture	Kathleen										49																													49	1
5955	Macdonald	Linda																				49																			49	1
5733	MacMillan	Joyce																																			49				49	1
5505	Conrad	Dee				48																																			48	1
6364	Barrie	Lisa																																		47					47	1
6035	Gammie	Janice																					47																		47	1
5365	Muzzerall	Cindra															46																								46	1
6031	Rafuse	Jane																				46																			46	1
5163	Marsh	Karen																								46															46	1
6018	Verburgh	Patianne				45																																			45	1
6222	Champion	Carla																				44																			44	1
6564	Madgett	Rhonda																																					44		44	1
6495	Hiltz-Eisnor	Audrey																													43										43	1
6416	MacLean-Varner	Jeanette																																					43		43	1
6570	Fraser	Lesley																																					42		42	1
6452	Ali	Rose Marie																																							-	0
5628	Stoddart	Dallas																																							-	0
6225	Switzer	Della																																							-	0
6080	Luedee	Sandra																																							-	0
6337	Richter	Janet																																							-	0
6230	Fulton-Burgess	Linda																																							-	0
5081	Bishop	Sharon																																							-	0
6466	Stark	Karla																																							-	0
4286	Milton	Terri																																							-	0
4857	Dakai	Carol																																							-	0
5815	Simms	Trudi																																							-	0
6276	Carum	Judy																																							-	0
4926	Fairbairn	Heather																																							-	0
4995	Young	Suzanne																																							-	0
2292	Eddy	Patsy																																							-	0
5623	Camps-Saulnier	Denise																																							-	0
			2	1	2	6	3	2	7	9	10	2	3	2	11	1	6	4	1	5	0	8	5	2	3	5	2	2	2	4	8	1	2	3	1	5	4	4	9	9	60	156

2016 Run Nova Scotia Age Group Standings **Women 55 to 59** Women 55 to 59

2016 RNS Number	Last Name	First Name	Run Our Shore 5K	Run Our Shore 10.2K	Run Our Shore Half Marathon	Osprey 5K RUN/WALK	The Bread Run 5K	The Bread Run 10K	Penguin Run 5K	Lunenburg WHS 5K	Liverpool Privateers 5 Mile Road Race	MEC 3 Saltmarsh Trail 5K	MEC 3 Saltmarsh Trail 10K	MEC 3 Saltmarsh Trail Half Marathon	Epic Canadian 10K	Epic Canadian Half Marathon	Sheila Poole 10K	Windsor 5K	Nova Scotia 10K	Nova Scotia Half Marathon	Nova Scotia Marathon	Dartmouth Natal Day 2 Mile	Dartmouth Natal Day 6 Mile	Digby Scallop Days 5K	Digby Scallop Days 10K	Louisburg Race Through Time	Wolfville 8 Mile Road Race	Cobequid Trail Run 5K	Cobequid Trail Run 10K	Cobequid Trail Run Half Marathon	Berwick 5 Miler	Cape Breton Fiddler's 5K	Cape Breton Fiddler's 10K	Cape Breton Fiddler's Half Marathon	Cape Breton Fiddler's Marathon	Sole Sisters Quarter Marathon	Sole Sisters Half Marathon	Rocky's Run 5K	Canada Games Centre Food Run	Volunteer	Total	Total # of Races
2158	Holland	Nancy				49			48	45	47	55							55							55			49		48							55	55	60	481	12
5835	McCormick	Bonnie	55			47				44		49					49	55													47							49		60	455	9
2915	Falkenham-Boutilier	Peggy				55				55	49						55			55							55			55										60	439	8
6318	Clark	Kim										48			47		47		49			49														49					289	6
5172	Whynot	Susan							55															55						49				55						60	274	5
4844	MacDonald	Brenda																					55				49				49						55				208	4
6032	Dyer	Cindy							49							55														48						55					207	4
2884	Fitzsimmons	Catherine								48	48				49																										145	3
5473	Ozon	Karen																											55											60	115	2
6327	Coakley	Nancy									55																				55										110	2
5463	Oostveen	Joanne																					48																	60	108	2
5842	Ruggles	Jackie								49												55																			104	2
6301	Hearn	Holly																	48																	48					96	2
5142	Morgan-Hamm	Bonnie								46													49																		95	2
6459	Nisbet	Jean								43					45																										88	2
4622	MacIntyre	Norma																																						60	60	1
5155	Kenney	Anna																																						60	60	1
2667	Chiasson	Dianne													55																										55	1
6526	MacLean	Karen																																					49		49	1
6280	Mossman	Greta				48																																			48	1
5797	Steele	Janet													48																										48	1
4886	Johnson	Pam								47																															47	1
5383	Clevett	Helen																																		47					47	1
6313	Travis	Heather													46																										46	1
6061	Joyce	Sharon																																							-	0
5237	French	Carol																																							-	0
6112	Marshall	Darlene																																							-	0
4637	Houston	Norma																																							-	0
4619	Warner	Susan																																							-	0
5251	Turner	Jude																																							-	0
6436	Pettipas	Carol																																							-	0
6300	Howlett	Susan																																							-	0
5487	O'Donnell	Cindy																																							-	0
			1	0	0	4	0	0	3	8	4	3	0	0	6	1	3	1	3	1	0	2	3	1	0	1	2	0	2	3	4	0	0	1	0	4	1	2	2	8	33	74

2016 **Run Nova Scotia Age Group Standings** **Women 60 to 64** **Women 60 to 64**

2016 RNS Number	Last Name	First Name	Run Our Shore 5K	Run Our Shore 10.2K	Run Our Shore Half Marathon	Osprey 5K RUN/WALK	The Bread Run 5K	The Bread Run 10K	Penguin Run 5K	Lunenburg WHS 5K	Liverpool Privateers 5 Mile Road Race	MEC 3 Saltmars h Trail 5K	MEC 3 Saltmarsh Trail 10K	MEC 3 Saltmarsh Trail Half Marathon	Epic Canadian 10K	Epic Canadian Half Marathon	Sheila Poole 10K	Windsor 5K	Nova Scotia 10K	Nova Scotia Half Maratho n	Nova Scotia Maratho n	Dartmout h Natal Day 2 Mile	Dartmout h Natal Day 6 Mile	Digby Scallop Days 5K	Digby Scallop Days 10K	Louisburg Race Through Time	Wolfville 8 Mile Road Race	Cobequid Trail Run 5K	Cobequid Trail Run 10K	Cobequid Trail Run Half Marathon	Berwick 5 Miler	Cape Breton Fiddler's 5K	Cape Breton Fiddler's 10K	Cape Breton Fiddler's Half Marathon	Cape Breton Fiddler's Marathon	Sole Sisters Quarter Marathon	Sole Sisters Half Marathon	Rocky's Run 5K	Canada Games Centre Food Run	Volunteer	Total	Total # of Races
727	LeDuc	Louise	55						55	55					55		55			55			55		55						55										495	9
6101	Meister	Connie				55			49	49	55				49		48														47			55				55	55	60	482	11
6368	Flynn	Trudy			55	47		49	44	47					47	49						49					55							49			49			60	462	12
4565	McNeil	Patti	48			46	55		46	46	47																	55			45						55		49	60	461	11
632	Roblee	Laura	49			48			47	48	49											55									46									60	402	8
6122	Bowes	Marion			49				45						46	55				48										49											292	6
6086	Berry	Catherine				49			48						48																									60	205	4
5201	Cody	Donalda											55							49			48						49												201	4
5577	Winfield	Patty									48								55											55											158	3
834	Kinsman	Marg											49																48											60	157	3
6109	Wood	Monique						55																					55												110	2
5144	Cormier	Freda												55									49																		104	2
754	MacDonald	Ann															49																								49	1
4336	MacBeath	Donalda																							49																49	1
6310	Kazimer	Holly																													49										49	1
6261	Sutherland	Debbie																													48										48	1
6417	Keeping	JoKathy	47																																						47	1
6501	Carey	Susan				45																																			45	1
4387	Smith	Joanne																																							-	0
5867	Andrews	Cathy																																							-	0
6146	Harris-Woodworth	Heather																																							-	0
4742	Johnston	Deby																																							-	0
4285	Scott	Annette																																							-	0
4333	Moores	Grace																																							-	0
6028	Fougere	Carolyn																																							-	0
6406	Kosters	Elisabeth																																							-	0
			4	0	2	6	1	2	7	5	4	0	2	1	5	2	3	0	1	3	0	2	3	0	2	0	1	1	3	2	6	0	0	2	0	0	2	1	2	6	26	81

2016 **Run Nova Scotia Age Group Standings** **Women 65 to 69** **Women 65 to 69**

2016 RNS Number	Last Name	First Name	Run Our Shore 5K	Run Our Shore 10.2K	Run Our Shore Half Marathon	Osprey 5K RUN/WALK	The Bread Run 5K	The Bread Run 10K	Penguin Run 5K	Lunenburg WHS 5K	Liverpool Privateers 5 Mile Road Race	MEC 3 Saltmars h Trail 5K	MEC 3 Saltmarsh Trail 10K	MEC 3 Saltmarsh Trail Half Marathon	Epic Canadian 10K	Epic Canadian Half Marathon	Sheila Poole 10K	Windsor 5K	Nova Scotia 10K	Nova Scotia Half Maratho n	Nova Scotia Maratho n	Dartmout h Natal Day 2 Mile	Dartmout h Natal Day 6 Mile	Digby Scallop Days 5K	Digby Scallop Days 10K	Louisburg Race Through Time	Wolfville 8 Mile Road Race	Cobequid Trail Run 5K	Cobequid Trail Run 10K	Cobequid Trail Run Half Marathon	Berwick 5 Miler	Cape Breton Fiddler's 5K	Cape Breton Fiddler's 10K	Cape Breton Fiddler's Half Marathon	Cape Breton Fiddler's Marathon	Sole Sisters Quarter Marathon	Sole Sisters Half Marathon	Rocky's Run 5K	Canada Games Centre Food Run	Volunteer	Total	Total # of Races
5996	Mokler	Shirley	55			55	55		55	55																														60	335	6
4305	Dwyer	Vicky																55					55		55		49			55	48										317	6
4894	Snow	Joanne																											55											60	115	2
6481	Hanrahan	Vondalee																										55			49										104	2
6374	Quigg	Janet													55																										55	1
6474	Sweeny-Goodwin	Paulette															55																								55	1
6180	Collins	Lori																				55																			55	1
1259	Patrick	Alice																									55														55	1
5240	Fleiger	Kathy																													55										55	1
1575	Boutilier	Joan					49																																		49	1
6480	Wells	Daphne																				49																			49	1
6499	Cadden	Deborah																													47										47	1
5666	Mulrooney	Wanda																																							-	0
4838	Lambert	Catherine																																							-	0
			1	0	0	1	2	0	1	1	0	0	0	0	1	0	1	1	0	0	0	2	1	0	1	0	2	1	1	1	4	0	0	0	0	0	0	0	0	2	14	24

2016 **Run Nova Scotia Age Group Standings** **Women 70 to 74** **Women 70 to 74**

2016 RNS Number	Last Name	First Name	Run Our Shore 5K	Run Our Shore 10.2K	Run Our Shore Half Marathon	Osprey 5K RUN/WALK	The Bread Run 5K	The Bread Run 10K	Penguin Run 5K	Lunenburg WHS 5K	Liverpool Privateers 5 Mile Road Race	MEC 3 Saltmars h Trail 5K	MEC 3 Saltmarsh Trail 10K	MEC 3 Saltmarsh Trail Half Marathon	Epic Canadian 10K	Epic Canadian Half Marathon	Sheila Poole 10K	Windsor 5K	Nova Scotia 10K	Nova Scotia Half Maratho n	Nova Scotia Maratho n	Dartmout h Natal Day 2 Mile	Dartmout h Natal Day 6 Mile	Digby Scallop Days 5K	Digby Scallop Days 10K	Louisburg Race Through Time	Wolfville 8 Mile Road Race	Cobequid Trail Run 5K	Cobequid Trail Run 10K	Cobequid Trail Run Half Marathon	Berwick 5 Miler	Cape Breton Fiddler's 5K	Cape Breton Fiddler's 10K	Cape Breton Fiddler's Half Marathon	Cape Breton Fiddler's Marathon	Sole Sisters Quarter Marathon	Sole Sisters Half Marathon	Rocky's Run 5K	Canada Games Centre Food Run	Volunteer	Total	Total # of Races
2942	Robichaud	Shirley	55			55				55	55						55		55								55				55								55	60	500	10
4436	Ockle	Marion				49				49	49									55																					202	4
3063	Keenan	Jenny											55									55																		60	170	3
4368	Mooney	Janet																																						60	60	1
2604	Gillis	Georgie																								55															55	1
6476	Puri	Shobha																				49																			49	1
4272	Leppard	Marie																																							-	0
			1	0	0	2	0	0	0	2	2	0	1	0	0	0	1	0	1	1	0	2	0	0	0	1	1	0	0	0	1	0	0	0	0	0	0	0	1	3	7	20

2016 **Run Nova Scotia Age Group Standings** **Women 75 to 79** **Women 75 to 79**

2016 RNS Number	Last Name	First Name	Run Our Shore 5K	Run Our Shore 10.2K	Run Our Shore Half Marathon	Osprey 5K RUN/WALK	The Bread Run 5K	The Bread Run 10K	Penguin Run 5K	Lunenburg WHS 5K	Liverpool Privateers 5 Mile Road Race	MEC 3 Saltmars h Trail 5K	MEC 3 Saltmarsh Trail 10K	MEC 3 Saltmarsh Trail Half Marathon	Epic Canadian 10K	Epic Canadian Half Marathon	Sheila Poole 10K	Windsor 5K	Nova Scotia 10K	Nova Scotia Half Maratho n	Nova Scotia Maratho n	Dartmout h Natal Day 2 Mile	Dartmout h Natal Day 6 Mile	Digby Scallop Days 5K	Digby Scallop Days 10K	Louisburg Race Through Time	Wolfville 8 Mile Road Race	Cobequid Trail Run 5K	Cobequid Trail Run 10K	Cobequid Trail Run Half Marathon	Berwick 5 Miler	Cape Breton Fiddler's 5K	Cape Breton Fiddler's 10K	Cape Breton Fiddler's Half Marathon	Cape Breton Fiddler's Marathon	Sole Sisters Quarter Marathon	Sole Sisters Half Marathon	Rocky's Run 5K	Canada Games Centre Food Run	Volunteer	Total	Total # of Races
598	Davidson	Mary						55																																	55	1
			0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1	1

2016 **Run Nova Scotia Age Group Standings** **Women 80 and Older** **Women 80 and Older**

2016 RNS Number	First Name	First Name	Run Our Shore 5K	Run Our Shore 10.2K	Run Our Shore Half Marathon	Osprey 5K RUN/WALK	The Bread Run 5K	The Bread Run 10K	Penguin Run 5K	Lunenburg WHS 5K	Liverpool Privateers 5 Mile Road Race	MEC 3 Saltmars h Trail 5K	MEC 3 Saltmarsh Trail 10K	MEC 3 Saltmarsh Trail Half Marathon	Epic Canadian 10K	Epic Canadian Half Marathon	Sheila Poole 10K	Windsor 5K	Nova Scotia 10K	Nova Scotia Half Maratho n	Nova Scotia Maratho n	Dartmout h Natal Day 2 Mile	Dartmout h Natal Day 6 Mile	Digby Scallop Days 5K	Digby Scallop Days 10K	Louisburg Race Through Time	Wolfville 8 Mile Road Race	Cobequid Trail Run 5K	Cobequid Trail Run 10K	Cobequid Trail Run Half Marathon	Berwick 5 Miler	Cape Breton Fiddler's 5K	Cape Breton Fiddler's 10K	Cape Breton Fiddler's Half Marathon	Cape Breton Fiddler's Marathon	Sole Sisters Quarter Marathon	Sole Sisters Half Marathon	Rocky's Run 5K	Canada Games Centre Food Run	Volunteer	Total	Total # of Races
4195	Nevitt	Betty								55												55																		60	170	3
5069	Marsden	June																																							0	0
5026	MacVicar	Isabel																																							0	0
			0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1	3	3
			16	11	14	39	10	14	60	67	31	15	22	7	68	14	28	13	21	24	2	45	40	7	10	14	12	15	25	27	44	2	3	15	5	30	23	21	43	69	413	
			4%	3%	3%	9%	2%	3%	15%	16%	8%	4%	5%	2%	16%	3%	7%	3%	5%	6%	0%	11%	10%	2%	2%	3%	3%	4%	6%	7%	11%	0%	1%	4%	1%	7%	6%	5%	10%	17%		