



RNS #	Name	Age	Dalhousie Spring 5K	Greenwood ZX 10K	Wolfville 8 Miler	Bluenose 10K	Bluenose Half	Bluenose Lunenburg Full	Bluenose Lunenburg 5 K	Johnny Miles 10K	Johnny Miles Half	Johnny Miles Marathon	Enfield 5K	infield 10M	Liverpool 5 Miler	Run for the Lobster 10K	Pictou Mem. 10K	Sheila Poole Marathon	Nova Scotia Marathon	Nova Scotia Marathon	Dartmouth Natal Day 6 Miler	Digby Scallop Days 5K	Race Through Time 8 M	Cobequid Trail 10K	Berwick Gala Days 5 Miler	Valley Harvest Half Marathon	Valley Harvest Marathon	NSAC 5K	Volunteer	Total		
4727	McNamara, Meghan	24					49		49		49								55		49										251	5
4807	Church, Heather	29	55	55							55										55										165	4
4820	Erickson, Robyn	22					55		55	55																					165	3
4758	Bennett, Stephanie	20															55														55	1
4284	Gillis, Caitlin	23																								55					55	1
4677	MacIntyre, Katie	20																													0	0
4614	Meisner, Emily	20																													0	0

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RNS #	Name	Age	Dalhousie Spring 5K	Greenwood ZX 10K	Wolfville 8 Miller	Bluenose 10K	Bluenose Half	Bluenose Full	Lunenburg 5 K	Johnny Miles 10K	Johnny Miles Half	Johnny Miles Marathon	Enfield 5K	Enfield 10M	Liverpool 5 Miller	Pictou Run for the Lobster 10K	Sheila Poole 10K	Nova Scotia Half Marathon	Nova Scotia Marathon	Dartmouth Natal Day 6 Miller	Digby Scallop Days 5K	Race Through Time 8 M	Cobequid Trail 10K	Berwick Gala Days 5 Miller	Valley harvest Half Marathon	Valley Harvest Marathon	NSAC 5K	Volunteer	Total			
4800	Jensen, Jan	29	55		55		55									55				55										275	5	
4866	Lalbert, Margie	28		55						55											55	55									220	4
4821	Mosse, Amber	25			55					55																					110	2
3814	Riley, M. Gabrielle	28									55							55								55					165	3
4717	Kim, Joy	28						55																							55	1
4391	Gillis, Erin	26				49																									49	1
4770	MacDonald, Kathy	25																													0	0
4373	Beehan, Jennifer	26																													0	0
4729	Schias, Erin	27																													0	0
4766	Titus, Jokne	27																													0	0
4752	Jones, Lindsey	29																													0	0
4481	Lagin-Nasse, Juliana	29																													0	0
4839	McIvor, Jennifer	28																													0	0

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RNS #	Name	Age	Dalhousie	Greenwood	Wolfville	Bluenose	Bluenose	Bluenose.unenburg	Johnny	Johnny	Johnny	Pictou		Sheila	Nova	Nova	Dartmouth	Digby	Race	Cobequid	Berwick	Valley	Valley	NSAC SK	Volunteer	Total						
			Spring 5K	ZX 10K	8 Miller	10K	Half	Full	5 K	10K	Half	Marathon	Enfield 5K	Enfield 10M	Liverpool	Run for the	5 Miller	Lobster 10K	Mem. 10K	Scotia Half	Marathon	Marathon	Natal Day				6 Miller	Scallop	Days 5K	Through	Time 8 M	Trail 10K
4612	Cormeau-Shantz, Roanne	34	55			55		49						55				55	55				49							373	7	
4232	Grogan, Marie-Claude	34		55															47											206	4	
4860	Braganza, Carla	32				47								49										55						200	4	
2975	Tully-Knockwood, Amelia	31					48							48														49		194	4	
4318	Jabour, Leah	32						55	55							55														165	3	
4716	Brown, Kinima	32			55								55														55			165	3	
4676	MacCallum, Jon	33					49			55																				159	3	
4723	Howley, Catherine	30									55																			110	2	
4737	MacGillivray, Jessica	31																											49		104	2
4874	Bayne, Courtney	30																												97	2	
4747	Walker, Holly	34																												60	1	
4686	Fraser, Terri	30																												60	1	
4207	Carson, Lavinia	30																												60	1	
4676	MacNeil, Twynne	34																												55	1	
4558	LeBlanc, Lyse	34																												55	1	
4662	Fyle, Mary	30																												48	1	
4773	Purchase, Jannah	31																												0	0	
4712	Grard, Jill	33																												0	0	
4674	Boudreau, Carole	33																												0	0	
4130	MacFarland, Deborah	33																												0	0	
4684	Gooden, Patricia	34																												0	0	
4774	Johnston, Katrina	34																												0	0	
4840	McCormack, Melinda	34																												0	0	
4617	Ouellette, Andrea	33																												0	0	

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RNS #	Name	Age	Dalhousie Greenwood		Wolfville	Bluenose	Bluenose	Bluenose Lunenburg	Johnny Miles	Johnny Miles	Johnny Miles	Liverpool	Pictou Run for the	Shella Poole	Nova Scotia Half	Nova Scotia	Dartmouth Natal Day	Digby Scallops	Race Through	Cobequid	Berwick Gaita Days	Valley	Valley	NSAC SK	Volunteer	Total
			Spring SK	FZ 10K	8 Miller	10K	Half	Full	5 K	10K	Half											Marathon	Enfield SK			
4791	Krefoe, Laura	35		49				55				55		55							49	49	55		373	7
4811	LeDuy, Sharon	38		49	55							55									49	48	55		373	10
4820	Scottson, Valerie	39				59						59										48	49		348	7
4816	King, Tanya	36						49	46			49	48	48								46	49		334	7
4554	Cadwell, Hazel	38						55				49									55		49		257	5
4524	Clavin, Karen	35		44			48					48										44			239	4
4478	Goodfellow, Heather	35		55																		55			230	4
4454	Carter, Cathy	37						49	48													48		40	205	4
4051	McWhirter, Michelle	39							47													47		40	203	4
4578	Mercer Hasketh, Tammy	38							55														55		185	3
4829	Miles, Kathleen	38				48			55															40	163	3
4755	Keeping, Cheryl	37		47			40		47	55															143	3
4364	Meder, Denise	39													55								47		102	2
407	Fry, Joanne	36		55	45																				100	2
4865	Martin, Tracy	38							49				48												97	2
4786	Sobowim, Brigitte	36																					48		94	2
4227	Davidson, Serena	35		46				44																	90	2
4646	Newsworthy, Janice	39																				48			48	1
4523	Hickley, Kelly	37							47																47	1
4795	Shoop, Shanna	35																							45	1
4668	Discoli, Wendy	37															45								45	1
4762	Loyton, Bethany	39																					45		45	1
4872	McDonald, Candace	39																							43	1
4421	Wheatstead, Lisa	35							42																42	1
4741	Gaudet, Violet	39																							40	0
4720	Thelle, Tina	35																							40	0
4738	Burns, Mary, Sheila	36																							40	0
4765	Smiley, Tanya	35																							40	0
4748	Cavanaugh, Delta	36																							40	0
4445	Smith, Kimberly	36																							40	0
4669	McPherson, Lenae	37																							40	0
4905	Boulter, Sam	37																							40	0
4784	Steele, Amy	38																							40	0
4721	VanGorder, Elizabeth	38																							40	0
new	Williams-Bellart, Jennifer	35																							40	0

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RNS.#	Name	Age	Dalhousie	Greenwood	Wolfville	Bluenose	Bluenose	Bluenose	Johny	Johny	Johny	Liverpool Run for the	Pictou	Sheila	Nova	Nova	Dartmouth	Digby	Race	Cobequid	Berwick	Valley	Valley	Total					
			Spring 5K	7X 10K	8 Miller	10K	Half	Full	5K	10K	Half		Marathon	Enfield 5K	Enfield 10K	5 Miller	10K	Mem 10K	Marathon	Marathon	Natal Day	6 Miller	Days 5K		Time 8 M	Trail 10K	5 Miller	Marathon	Marathon
1292	Patrick, Alice	57	55					49	55				55		55											55	60	360	8
4424	Robles, Laura	56		47	55			45	49			49	49		55						49	49				60	366	10	
4395	Dwyer, Vicky	59	48					46	47				55	48												60	355	8	
2785	Richardson, Beverly	58	48					48	44								49	49								60	349	5	
4670	MacDonald, Mona	57						47																		60	342	2	
3275	Blair, John	58	46					45	47																	47	60	232	5
727	LeDuc, Louise	55		55		55																				55	60	220	4
4972	MacDonald, Gail	56		49				48	49																		60	206	4
4333	Morris, George	55												47					55								60	182	3
4404	Le, Barbara	57							55																		60	172	2
4691	Towne, Karen	55						49																			60	164	2
4008	Fletcher, Wendy	55				55				48																		103	2
2238	MacDonald, Mona	57				49			47																			96	2
2209	Hodgman, Blair	58		49					47																			60	2
4634	Kinsman, Margaret	56																									60	60	1
754	MacDonald, Ann	56														49												49	1
4854	Penney, Charlotte	58										48																48	1
4875	Wall, Margo	55							46																			48	1
4572	Roberts, Margot	55							46																			46	1
4891	Hughes, Karen	56																										0	0
4740	Walton, Elaine	57																										0	0
4990	Hull, Janet	58																										0	0
4996	Leah, Nancy	58																										0	0
4996	Leah, Nancy	58																										0	0

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RNS #	Name	Age	Dalhousie	Greenwood	Wolfville	Bluenose	Bluenose	Bluenose-unenburg	Johnny	Johnny	Johnny	Pictou	Sheila	Nova	Nova	Dartmouth	Digby	Race	Cobequid	Berwick	Valley	Valley	NSAC SK	Volunteer	Total					
			Serina SK	FX 10K	9 Miles	10K	Half	Full	S.K	10K	Half		Marathon	Enfield SK	Enfield 10M	S.Miler	Labster 10K	Mem. 10K	Marathon	Marathon	Natal Day 6 Miler	Scallop Days SK				Time 9 M	Trail 10K	S.Miler	Marathon	Marathon
2064	Gale, George	65					55						29	55				55	55					60	390	3	49			
2942	Robichaux, Shirley	62		49	55	55			55	49		55	48	55			49			55				60	390	11	48	49	49	49
2063	Robichaux, Shirley	62	55	49			49		49	48		55		55									49	60	390	10	48	48	48	
4092	Tringali, Diane	60											49											49	49	341	7			
4166	Tringali, Bronie	60																					55	60	170	3				
1099	Gough, Gabriele	61		55									55				55							60	165	3				
4368	McNeely, James	63															47							60	165	3				
4272	Lippard, Marie	60																						60	46	1				
4838	Lumbert, Catherine	60			49																			60	46	1				
2518	Winnat, Wanda	61						49																60	49	1				
2244	Draper, Carol	61							47															60	47	1				

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RNS.#	Name	Age	Dalhousie Spring 5K	Greenwood ZX 10K	Wolfville 5 Miler	Bluenose 10K	Bluenose Half	Bluenose .unenburg Full	Bluenose .unenburg 5K	Johnny Miles 10K	Johnny Miles Half	Johnny Miles Marathon	Enfield 5K	infield 10M	Liverpool 5 Miler	Run for the Lobster 10K	Pictou Run for the Poole Mem 10K	Nova Scotia Half Marathon	Nova Scotia Marathon	Dartmouth Natal Day 6 Miler	Digby Scallop Days 5K	Race Through Time 8 M	Cobequid Trail 10K	Berwick Gala Days 5 Miler	Valley harvest Half Marathon	Valley Harvest Marathon	NSAC 5K	Volunteer	Total			
436	Dickie, Marjot	68			55	55			55						55		55		55		55									55	385	2
599	Davidson, Mary	68																												60	60	1
482	Fletcher, Joanne	68																												0	0	0

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RNS #	Name	Age	Dalhousie Sprints SK	Greenwood ZX 10K	Wolfville 8 Miler	Bluenose 10K	Bluenose Half	Bluenose.unenburg Full	5 K	Johnny Miles 10K	Johnny Miles Half	Johnny Miles Marathon	Enfield 5K	Enfield 10M	Liverpool 5 Miler	Run for the Lobster 10K	Pictou Mem. 10K	Sheila Poole Marathon	Nova Scotia Half Marathon	Nova Scotia Marathon	Dartmouth Natal Day 6 Miler	Digby Scallop Days 5K	Race Through Time 8 M	Cobequid Trail 10K	Berwick Gala Days 5 Miler	Valley Harvest Half Marathon	Valley Harvest Marathon	NSAC 5K	Volunteer	Total			
4198	Newitt, Betty	71		55					55													55								60	280	5	
527	Jappeson, Helen	85																														0	0

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