2013 Run Nova Scotia Age Group Standings

Women under 20

2013 RNS Number	Last Name	First Name	Gender	Lung Run 5K	Greenwood ZX 10K	Greenwood ZX 5K	Enfield Penguin 5K	Enfield Half Marathon	Lunenburg 5K	Johnny Miles 5K	Johnny Miles 10K	Johnny Miles Half Marathon	Johnny Miles Marathon	Cross Border Challenge 10K	Cross Border Challenge Half Marathon	Epic Canadian 5K	Epic Canadian 10K	Run for the Lobster 5K	Run for the Lobster 10K	Liverpool 5 Miler	Sheila Poole 10K	Windsor 5K	Nova Scotia 10K	Nova Scotia Half Marathon	Nova Scotia Marathon	MacPass Mile	Dartmouth Natal Day 2 Mile	Dartmouth Natal Day 6 Mile	Digby Scallop Days 5K	Louisburg Race Through Time	Cobequid Trail Run 5K	Cobequid Trail Run 10K	Cobequid Trail Run Half Marathon	Berwick 5 Miler	Cole Harbour Harvest 2 Miler	Cole Harbour Harvest 6 Miler	Four Fathers 5K	Four Fathers 10K	Four Fathers Half Marathon	Sackville Sneaker Shredder 3K	Sackville Sneaker Shredder 5K	Sackville Sneaker Shredder 10K	Sackville Sneaker Shredder 15K	Valley Harvest 10K	Valley Harvest Half Marathon	Valley Harvest Marathon	DAC Homecoming 5K	Volunteer	Total	Total # of Races
4695	Marlin	Sarah	F	49			49		55									55											49		55													60	328	8
5312	Kruszewski	Lauren	F																							49			55														60	164	3
5534	Campbell	Heather	F	55	55																																							110	2
5752	Taquart	Ellen	F																							55	55																	110	2
5778	Chatelais	Camille	F				55																																					55	1
5571	Moodie	Isabelle	F													55																												55	1
5607	Whynot	Bailey	F																	55																								55	1
5609	Whynot	Natalie	F															49																										49	1
5808	Bradlett	Jasmine																											48														48	1
4897	MacIntyre	Cassie	F																																								0	0
5669	LeBlanc	Morgan	F																																								0	0
4678	Mossoove	Sean	F																																								0	0
5736	Steeves	Bryanna	F																																								0	0
4694	Fuller	Darcy	F																																								0	0
4624	MacIntyre	Emma	F																																								0	0
5764	Wong	Shania	F																																								0	0
5633	Coleman	Sarah	F																																								0	0
				2	1	0	2	0	1	0	0	0	0	0	0	1	0	2	1	0	0	0	0	0	0	2	1	0	3	0	1	0	0	0	0	0	0	0	0	0	0	2	16	

Women 20 to 24

2013 RNS Number	Last Name	First Name	Gender	Lung Run 5K	Greenwood ZX 10K	Greenwood ZX 5K	Enfield Penguin 5K	Enfield Half Marathon	Lunenburg 5K	Johnny Miles 5K	Johnny Miles 10K	Johnny Miles Half Marathon	Johnny Miles Marathon	Cross Border Challenge 10K	Cross Border Challenge Half Marathon	Epic Canadian 5K	Epic Canadian 10K	Run for the Lobster 5K	Run for the Lobster 10K	Liverpool 5 Miler	Sheila Poole 10K	Windsor 5K	Nova Scotia 10K	Nova Scotia Half Marathon	Nova Scotia Marathon	MacPass Mile	Dartmouth Natal Day 2 Mile	Dartmouth Natal Day 6 Mile	Digby Scallop Days 5K	Louisburg Race Through Time	Cobequid Trail Run 5K	Cobequid Trail Run 10K	Cobequid Trail Run Half Marathon	Berwick 5 Miler	Cole Harbour Harvest 2 Miler	Cole Harbour Harvest 6 Miler	Four Fathers 5K	Four Fathers 10K	Four Fathers Half Marathon	Sackville Sneaker Shredder 3K	Sackville Sneaker Shredder 5K	Sackville Sneaker Shredder 10K	Sackville Sneaker Shredder 15K	Valley Harvest 10K	Valley Harvest Half Marathon	Valley Harvest Marathon	DAC Homecoming 5K	Volunteer	Total	Total # of Races
5044	Lapensee	Danielle	F				55		55							55		55																										220	4
5753	Groves	Cara	F	55																									55																110	2
5728	Cameron	Chanelle	F										55																			55													110	2
5710	Parks	Violet	F				49		49																																			98	2
5659	Pace	Chrissy	F								55																																	55	1
5766	Green	Samantha	F																		55																								55	1
4623	MacIntyre	Heather	F																																									0	0
5721	Allen-Simec	Christena	F																																								0	0
4444	Edwards	Sarah	F																																								0	0
5569	Moodie	Louise	F																																								0	0
				1	0	0	2	0	2	0	1	0	1	0	0	1	0	1	0	1	0	0	0	0	0	0	0	1	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0	0	10	

Women 25 to 29

2013 RNS Number	Last Name	First Name	Gender	Lung Run 5K	Greenwood ZX 10K	Greenwood ZX 5K	Enfield Penguin 5K	Enfield Half Marathon	Lunenburg 5K	Johnny Miles 5K	Johnny Miles 10K	Johnny Miles Half Marathon	Johnny Miles Marathon	Cross Border Challenge 10K	Cross Border Challenge Half Marathon	Epic Canadian 5K	Epic Canadian 10K	Run for the Lobster 5K	Run for the Lobster 10K	Liverpool 5 Miler	Sheila Poole 10K	Windsor 5K	Nova Scotia 10K	Nova Scotia Half Marathon	Nova Scotia Marathon	MacPass Mile	Dartmouth Natal Day 2 Mile	Dartmouth Natal Day 6 Mile	Digby Scallop Days 5K	Louisburg Race Through Time	Cobequid Trail Run 5K	Cobequid Trail Run 10K	Cobequid Trail Run Half Marathon	Berwick 5 Miler	Cole Harbour Harvest 2 Miler	Cole Harbour Harvest 6 Miler	Four Fathers 5K	Four Fathers 10K	Four Fathers Half Marathon	Sackville Sneaker Shredder 3K	Sackville Sneaker Shredder 5K	Sackville Sneaker Shredder 10K	Sackville Sneaker Shredder 15K	Valley Harvest 10K	Valley Harvest Half Marathon	Valley Harvest Marathon	DAC Homecoming 5K	Volunteer	Total	Total # of Races
5392	Jones	Stephanie	F					55	55			55								55			55					49														60	390	8
5497	Nguyen	Phuong	F	55			55							55							55							55																60	335	6
4964	McBride	Meghan	F													55											55																	60	170	3
5718	Franklin	Sara	F									49																			55														159	3
5145	Comier	Caitlin	F	49					49									55																											153	3
5794	Curtis	Kate	F																																								49	1
5758	Murrant	Laura	F																																								0	0
5769	Corkum	Amanda	F																																								0	0
5772	Hamm	Nicole	F																																								0	0
5678	Barkhouse	Meaghan	F																																								0	0
5793	Urquhart	Brenna	F																																								0	0
5592	Boyce	Shannon	F																																								0	0
				2	0	0	1	1	2	0	0	2	0	1	0	1	1	0	0	1	1	0	1	0	0	0	1	2	0	0	0	1	0	0	0	0	0	0	0	0	0	1	0	2	0	0	3	12	

Women 30 to 34

2013 RNS Number	Last Name	First Name	Gender	Lung Run 5K	Greenwood ZX 10K	Greenwood ZX 5K	Enfield Penguin 5K	Enfield Half Marathon	Lunenburg 5K	Johnny Miles 5K	Johnny Miles 10K	Johnny Miles Half Marathon	Johnny Miles Marathon	Cross Border Challenge 10K	Cross Border Challenge Half Marathon	Epic Canadian 5K	Epic Canadian 10K	Run for the Lobster 5K	Run for the Lobster 10K	Liverpool 5 Miler	Sheila Poole 10K	Windsor 5K	Nova Scotia 10K	Nova Scotia Half Marathon	Nova Scotia Marathon	MacPass Mile	Dartmouth Natal Day 2 Mile	Dartmouth Natal Day 6 Mile	Digby Scallop Days 5K	Louisburg Race Through Time	Cobequid Trail Run 5K	Cobequid Trail Run 10K	Cobequid Trail Run Half Marathon	Berwick 5 Miler	Cole Harbour Harvest 2 Miler	Cole Harbour Harvest 6 Miler	Four Fathers 5K	Four Fathers 10K	Four Fathers Half Marathon	Sackville Sneaker Shredder 3K	Sackville Sneaker Shredder 5K	Sackville Sneaker Shredder 10K	Sackville Sneaker Shredder 15K	Valley Harvest 10K	Valley Harvest Half Marathon	Valley Harvest Marathon	DAC Homecoming 5K	Volunteer	Total	Total # of Races
5489	Ritter	Jenna	F	48					55					47				55								55		48															60	390	10
4974	Juurlink	Alexis	F	49										48					55		55							55																60	377	7
5771	Doroshenko	Natalie	F				46				55					55											55				55												44		365	7
5773	Jones	Patricia	F				45		48							49										49		47							55								49		60	357	8
5480	Connors	Wendy	F																	55		55		55																					60	273	5
5330	Poirier	Erin	F	55			49							49					49										49																		251	5
5748	Stanhope	Heather	F						49								48																													152	3
5760	Beliveau	Kelly	F																		48								55																	151	3
5717	Giannoulis	Katherine	F				48										49															49													146	3
5653	Spicer	Cheri	F						47								47																													140	3
5701	Teopell	Aimee	F				44									48																													137	3
5381	Hamilton	Emily	F				55							55																															110	2
5707	MacLennan-Chisholm	Allison	F									55																																	104	2
5512	Weeks	Carrie-Dawn	F																		47		55																						102	2
5221	Roode	Marissa	F																																											55	1
5803	Kitter	Terri																			49																										49	1
5726	Lombard	Melissa	F																										49																	49	1
5469	Beaton	Tracy	F				47																																							47	1
5674	Church	Ashleigh	F																																										47	1
5783	Leclerc	Julie	F						46																																					46	1
5302	Bezanson	Odessa	F						45																																					45	1
5656	Miller	Louise	F																																											0	0
5665	MacDougall	Emily	F																																											0	0
5604	O'Donnell	Christine	F																																											0	0
5661	Fields	Julia	F																																											0	0
				3	0	0	7	0	6	0	1	1	0	4	0	3	4	0	2	1	4	1	1	1	0	2	1	4	1	0	1	2	2	0	0	1	1	0	0	0	1	0	0	3	7	0	1	4	25	

Women 35 to 39

2013 RNS Number	Last Name	First Name	Gender	Lung Run 5K	Greenwood ZX 10K	Greenwood ZX 5K	Enfield Penguin 5K	Enfield Half Marathon	Lunenburg 5K	Johnny Miles 5K	Johnny Miles 10K	Johnny Miles Half Marathon	Johnny Miles Marathon	Cross Border Challenge 10K	Cross Border Challenge Half Marathon	Epic Canadian 5K	Epic Canadian 10K	Run for the Lobster 5K	Run for the Lobster 10K	Liverpool 5 Miler	Sheila Poole 10K	Windsor 5K	Nova Scotia 10K	Nova Scotia Half Marathon	Nova Scotia Marathon	MacPass Mile	Dartmouth Natal Day 2 Mile	Dartmouth Natal Day 6 Mile	Digby Scallop Days 5K	Louisburg Race Through Time	Cobequid Trail Run 5K	Cobequid Trail Run 10K	Cobequid Trail Run Half Marathon	Berwick 5 Miler	Cole Harbour Harvest 2 Miler	Cole Harbour Harvest 6 Miler	Four Fathers 5K	Four Fathers 10K	Four Fathers Half Marathon	Sackville Sneaker Shredder 3K	Sackville Sneaker Shredder 5K	Sackville Sneaker Shredder 10K	Sackville Sneaker Shredder 15K	Valley Harvest 10K	Valley Harvest Half Marathon	Valley Harvest Marathon	DAC Homecoming 5K	Volunteer	Total	Total # of Races
5744	Halliday	Theresa	F			55	47									55											55				55							48		46				361	7
4954	Merrer	Gail	F	46					47								47			55																						48			298	6
4301	Carreau	Lavinia	F	55										55				55										55																	220	4
4318	Jabbour	Leah	F	48					55												55																							60	218	4
4612	Compeau-Shantz	Roanne	F				55										55									49																			214	4
5654	Cole	Bernadette	F																							48				55												55				213	4
5426	Mott	Mary	F																																55									49		60	164	3
5716	Joudrie	Tatum	F									49								49				55																							153	3
5756	Wickens	Maureen	F																		48		55																				45			148	3
5729	Ricard	Stephanie	F	49													49																										49			147	3
5597	Ward	Doris	F																	49															49								48			146	3
5587	Woodcock	Amanda	F			49			48																																47			144	3
5652	Power	Paula	F																															48							49	47			144	3
5782	Ladouceur	Lisa	F														46									47	49																			142	3
4232	Greppire	Marie-Claude	F					55																																					60	115	2
5750	D'Eon	Marcia	F																		49				55																					104	2
5467	MacDonald	Tara	F							55							48																													103	2
5195	Burgess	Tracy	F	47																		55																									102	2
5148	Noble	Lisa	F																																								55		44			99	2
4187	Chambers	Carla	F				49		49																																						98	2
5387	Lynch	Erin	F						46			48																																			94	2
5694	Caron	Suzanne	F	45																	48																									93	2
5562	Peters	Melanie	F									55																																				55	1
5746	Jollimore	Gail	F								55																																				55	1
4539	LeBlanc	Lyse	F										55																																		55	1
5645	Juurlink	Michelle	F															55																													55	1
5727	Seamone	Karen	F																																											55	55	1
5442	Ross	Cara	F																				49																									49	1
5679	Holder	Iashi	F				48																																									48	1
4714	Johnston	Katrina	F																																											43	43	1
5427	Rand	Lee	F																																											42	42	1
5720	Hill	Mary	F																																													0	0
5682	Lane	Emily	F																																													0	0
5664	Rouleau	Michelle	F																																													0	0
5709	Strum	Colleen	F																																													0	0
5496	Krochak	Christine	F																																													0	0
5035	Vienneau	Nancy	F																																													0	0
5658	Gunn	Tanya	F																																													0	0
5649	McKegney	Heather	F																																													0	0
5644	McInnis	Kyla	F																																													0	0
5774	Richard	Christina	F																																													0	0
5692	Sigurdsson	Shelley	F																																													0	0
5785	Sheehy	Kelly	F																																													0	0
				6	0	2	4	1	5	1	1	3	1	1	0	1	5	1	2	3	3	1	2	1	1	4	2	1	0	1	1	0	1	3	0	0	0	0	0	0	1	3	0	9	4	0	0	3	63	

Women 40 to 44

Women 40 to 44

2013 RNS Number	Last Name	First Name	Gender	Lung Run 5K	Greenwood ZX 10K	Greenwood ZX 5K	Enfield Penguin 5K	Enfield Half Marathon	Lunenburg 5K	Johnny Miles 5K	Johnny Miles 10K	Johnny Miles Half Marathon	Johnny Miles Marathon	Cross Border Challenge 10K	Cross Border Challenge Half Marathon	Epic Canadian 5K	Epic Canadian 10K	Run for the Lobster 5K	Run for the Lobster 10K	Liverpool 5 Miler	Sheila Poole 10K	Windsor 5K	Nova Scotia 10K	Nova Scotia Half Marathon	Nova Scotia Marathon	MacPass Mile	Dartmouth Natal Day 2 Mile	Dartmouth Natal Day 6 Mile	Digby Scallop Days 5K	Louisburg Race Through Time	Cobequid Trail Run 5K	Cobequid Trail Run 10K	Cobequid Trail Run Half Marathon	Berwic k 5 Miler	Cole Harbour Harvest 2 Miler	Cole Harbour Harvest 6 Miler	Four Fathers 5K	Four Fathers 10K	Four Fathers Half Marathon	Sackville Sneaker Shredder 3K	Sackville Sneaker Shredder 5K	Sackville Sneaker Shredder 10K	Sackville Sneaker Shredder 15K	Valley Harvest 10K	Valley Harvest Half Marathon	Valley Harvest Marathon	DAC Homecoming 5K	Volunteer	Total	Total # of Races
2646	Noseworthy	Janis	F						49													55				49			55	55				55														60	378	7
5533	Dooks	Karen	F		55			55								49				46														49										48				60	362	7
4298	Robson	Denise	F				55										55		55	55	55							55																					330	6
5096	Warren	Jacki	F								49						48															49				55		55									55		311	6
5440	Munroe	Tanya	F						55			49							48														55										55				49		311	6
5199	Campbell	Susan	F														49									55		49																				60	213	4
5747	Beaton	Tammy	F								55																					55													55				165	3
4533	Chesnutt	Stacy	F				48									55																																60	163	3
4456	Carter	Cathy	F									55																																	48			60	163	3
4227	Davidson Eno	Selena	F																	47																								55				60	162	3
5775	Greene	Shelley	F														47										48																					60	155	3
5010	Hill	Rayleen	F				49							55					49																														153	3
5518	Veinotte	Rachael	F									48		49													55																						152	3
5703	Aube	Mary	F	55													46																											46					147	3
5767	Leese	Wanda	F				46			48								49																															143	3
5629	Blais	Kristina	F	49												47																												45					141	3
5667	Jones	Shauna	F											48																													48		45				141	3
5687	Doyle	Sheri	F								48						45																												44				137	3
5544	Avery	Lisa	F							55								55																															110	2
5651	Fraser	Jo	F																																								49		49				98	2
5688	Hamm	Krista	F						48																																			49					97	2
4720	Thistle	Tina	F									47				48																																	95	2
5184	Gaudet	Tammy	F																	48																									46				94	2
5445	Orser	Teresa	F																								47																	47					94	2
5575	Jorche	Lisa	F				47																				46																						93	2
5356	Kempton	Michelle	F																																													60	60	1
5622	Stoddart	Crystal	F																				55																										55	1
5714	Masters	Teri-Lynn	F							49																																							49	1
5742	Lenthen	Jo-Anne	F																	49																													49	1
5798	Maynes	Maureen	F																								49																						49	1
5791	Keirstead	Krista	F																														49																49	1
5606	Whynot	Kim	F															48																															48	1
5453	von Arx	Madeleine	F																																										47				47	1
5599	Dalton	Nicole	F													46																																	46	1
5690	Hey	Tracy	F																																														0	0
5603	McKenzie	Dawn	F																																														0	0
5696	(Brown) Rose	Roberta	F																																														0	0
5626	Newcombe	Eleanor	F																																														0	0
5004	Goodfellow	Heather	F																																														0	0
5673	Llewellyn	Shelley	F																																														0	0
5713	Brunt	Jill	F																																														0	0
5581	Holland	Nicole	F																																														0	0
5697	Park	Rebecca	F																																														0	0
5016	Joudrey	Cara Lee	F																																														0	0
5648	Gray	Tracey	F																																														0	0
5602	Williams	Julie	F																																														0	0
5781	Thorburn	Andrea	F																																														0	0
				2	1	0	5	1	3	3	3	4	0	3	0	5	6	3	3	5	1	1	1	0	0	2	5	2	1	1	0	2	2	2	0	1	0	1	0	0	0	0	3	6	7	0	2	8	47	

Women 45 to 49

Women 45 to 49

2013 RNS Number	Last Name	First Name	Gender	Lung Run 5K	Greenwood ZX 10K	Greenwood ZX 5K	Enfield Penguin 5K	Enfield Half Marathon	Lunenburg 5K	Johnny Miles 5K	Johnny Miles 10K	Johnny Miles Half Marathon	Johnny Miles Marathon	Cross Border Challenge 10K	Cross Border Challenge Half Marathon	Epic Canadian 5K	Epic Canadian 10K	Run for the Lobster 5K	Run for the Lobster 10K	Liverpool 5 Miler	Sheila Poole 10K	Windsor 5K	Nova Scotia 10K	Nova Scotia Half Marathon	Nova Scotia Marathon	MacPass Mile	Dartmouth Natal Day 2 Mile	Dartmouth Natal Day 6 Mile	Digby Scallop Days 5K	Louisburg Race Through Time	Cobequid Trail Run 5K	Cobequid Trail Run 10K	Cobequid Trail Run Half Marathon	Berwic k 5 Miler	Cole Harbour Harvest 2 Miler	Cole Harbour Harvest 6 Miler	Four Fathers 5K	Four Fathers 10K	Four Fathers Half Marathon	Sackville Sneaker Shredder 3K	Sackville Sneaker Shredder 5K	Sackville Sneaker Shredder 10K	Sackville Sneaker Shredder 15K	Valley Harvest 10K	Valley Harvest Half Marathon	Valley Harvest Marathon	DAC Homecoming 5K	Volunteer	Total	Total # of Races
4169	Marlin	Karen	F	49			55		48					55					55						55	49			55				55	55											49			60	390	12
5700	Watson	Stephanie	F	45			48							49					48			49				48		49			55				55										45		55	60	372	12
5630	Joudrey	Valerie	F	44			47		45					48						48			55																			55		47				60	360	9
5163	Marsh	Karen	F						46								48	49												48				48											43				282	6
5466	Langille	Cathy	F								55						55													49		55													48				262	5
5052	Howard	Anita	F																	55								55																	47			60	217	4
5743	Fitzgerald	Jacqueline	F						55																	55															55								165	3
5733	MacMillan	Joyce	F	46						55						55																																	156	3
5457	Foley	Kris	F	55																		55																							46				156	3
5556	Leiper	Wendy	F					55			49					49																																	153	3
5634	Baker	Pam	F						47								49																											49					145	3
4763	McGrath	Lisa	F									55						55																															110	2
4830	MacDonald	Carey	F																								55																	55					110	2
5418	Weagle	Karen L	F						49																																				55				104	2
4861	Sutherland	Michelle	F									49							49																														98	2
2953	Fiander	Janice	F				49																											49															98	2
5596	MacKay	Kelly	F	47						49																																							96	2
5711	Thomson	Edith	F								48							48																															96	2
5576	Best	Kim	F														47																												42				89	2
5485	Campbell	Janet	F																																													60	60	1
4566	Myles	Krista	F																											55																			55	1
4306	Murney	Sherri	F																	49																													49	1
4114	McDonah	Erin	F	48																																													48	1
5628	Stoddart	Dallas	F													48																																	48	1
5613	Longley	Ailie	F																																									48					48	1
5762	Wong	Diane	F								47																																						47	1
5616	Wolodka	Wendy	F																																										44				44	1
4699	Endres	Tonia	F																																														0	0
5672	Yorke	Anita	F																																														0	0
5579	Kelsey	Crystal	F																																														0	0
5723	Mosgrove	Jennifer	F																																														0	0
5638	Nolan	Lila	F																																														0	0
5076	Leslie	Marie	F																																														0	0
5730	Parsons	Shelley	F																																														0	0
2665	Murdock-Moore	Shawna	F																																														0	0
5745	Carruthers	Christine	F																																														0	0
5625	Sanford	Angela	F																																														0	0
4178	Kennedy	Bernadette	F																																														0	0
4769	Leslie	Laura	F																																														0	0
5641	Manuel	Elizabeth	F																																														0	0
4941	Neynens	Colleen	F																																														0	0
5787	Collins	Catherine	F																																														0	0
5796	Hann	Cheryl	F																																														0	0
				7	0	0	4	1	6	2	4	2	0	3	0	3	4	3	3	3	0	2	1	0	1	3	1	2	1	3	1	1	1	3	1	0	0	0	0	0	1	1	0	4	9	0	1	5	43	

Women 50 to 54

Women 50 to 54

2013 RNS Number	Last Name	First Name	Gender	Lung Run 5K	Greenwood ZX 10K	Greenwood ZX 5K	Enfield Penguin 5K	Enfield Half Marathon	Lunenburg 5K	Johnny Miles 5K	Johnny Miles 10K	Johnny Miles Half Marathon	Johnny Miles Marathon	Cross Border Challenge 10K	Cross Border Challenge Half Marathon	Epic Canadian 5K	Epic Canadian 10K	Run for the Lobster 5K	Run for the Lobster 10K	Liverpool 5 Miler	Sheila Poole 10K	Windsor 5K	Nova Scotia 10K	Nova Scotia Half Marathon	Nova Scotia Marathon	MacPass Mile	Dartmouth Natal Day 2 Mile	Dartmouth Natal Day 6 Mile	Digby Scallop Days 5K	Louisburg Race Through Time	Cobequid Trail Run 5K	Cobequid Trail Run 10K	Cobequid Trail Run Half Marathon	Berwic k 5 Miler	Cole Harbour Harvest 2 Miler	Cole Harbour Harvest 6 Miler	Four Fathers 5K	Four Fathers 10K	Four Fathers Half Marathon	Sackville Sneaker Shredder 3K	Sackville Sneaker Shredder 5K	Sackville Sneaker Shredder 10K	Sackville Sneaker Shredder 15K	Valley Harvest 10K	Valley Harvest Half Marathon	Valley Harvest Marathon	DAC Homecoming 5K	Volunteer	Total	Total # of Races
4467	Macpherson	Ena	F	55			55										55		55							55		55			55					55													385	8
2158	Holland	Nancy	F	47			49				48						48	49					55							55		55		55		47						55		49				60	383	13
2915	Falkenham-Boutilier	Peggy	F		55			49	55											55	49			55																								60	378	7
4637	Houston	Norma	F													55				49	55	49					55																				55	60	378	7
5642	Joudrey	Virginia	F	49				55	49			55								48				49			49									48								55				60	372	10
5365	Muzzerall	Cindra	F		48			47	48																														55				49						247	5
5463	Oostveen	Joanne	F									49																48															55					60	212	4
5632	Faulkner	Susan	F					48								49																				46									49				192	4
5623	Camps-Saulnier	Denise	F				47		47																																							60	154	3
4926	Fairbairn	Heather	F														49											49								49													147	3
5680	Arsenault	Daphne	F		49							48															48																						145	3
5624	McNair	Deborah	F				46									45																												48					139	3
4622	MacIntyre	Norma	F								55																																					60	115	2
5712	Alderson	Carol	F								47							55																															102	2
4634	Kennedy	Bernadette	F																											49		49																	98	2
5138	Biekens	Jane	F	48			48																																										96	2
5792	Power	Andrea	F													47											47																						94	2
5586	Harrison	Petra	F		47																																								46				93	2
5568	Fougere	Maurina	F													46																													47				93	2
4338	MacAulay	Christine	F																																										55				55	1
5276	MacFarlane	Joanne	F																																											55			55	1
5705	Carr	Heather	F								49																																						49	1
4823	Ingeborg	Kelly	F													48																																	48	1
5790	Wadden	Connie	F																											48																			48	1
4995	Young	Suzanne	F																																										48				48	1
5413	Rostek	Miriam	F														47																																47	1
4495	Crain	Mary	F																									47																					47	1
5505	Conrad	Dee	F																																														0	0
2292	Eddy	Patsy	F																																														0	0
5155	Kenney	Anna	F																																														0	0
5722	Allen-Simec	Sandra	F																																														0	0
5806	Collier	Mary																																															0	
5640	Cunningham	Eileen	F																																														0	0
				4	4	0	5	4	4	0	4	3	0	0	0	6	4	2	1	3	2	1	1	2	0	1	4	4	0	3	1	2	0	1	0	5	0	0	1	0	0	1	2	3	5	1	1	7	33	

Women 55 to 59

2013 RNS Number	Last Name	First Name	Gender	Lung Run 5K	Greenwood ZX 10K	Greenwood ZX 5K	Enfield Penguin 5K	Enfield Half Marathon	Lunenburg 5K	Johnny Miles 5K	Johnny Miles 10K	Johnny Miles Half Marathon	Johnny Miles Marathon	Cross Border Challenge 10K	Cross Border Challenge Half Marathon	Epic Canadian 5K	Epic Canadian 10K	Run for the Lobster 5K	Run for the Lobster 10K	Liverpool 5 Miler	Sheila Poole 10K	Windsor 5K	Nova Scotia 10K	Nova Scotia Half Marathon	Nova Scotia Marathon	MacPass Mile	Dartmouth Natal Day 2 Mile	Dartmouth Natal Day 6 Mile	Digby Scallop Days 5K	Louisburg Race Through Time	Cobequid Trail Run 5K	Cobequid Trail Run 10K	Cobequid Trail Run Half Marathon	Berwick 5 Miler	Cole Harbour Harvest 2 Miler	Cole Harbour Harvest 6 Miler	Four Fathers 5K	Four Fathers 10K	Four Fathers Half Marathon	Sackville Sneaker Shredder 3K	Sackville Sneaker Shredder 5K	Sackville Sneaker Shredder 10K	Sackville Sneaker Shredder 15K	Valley Harvest 10K	Valley Harvest Half Marathon	Valley Harvest Marathon	DAC Homecoming 5K	Volunteer	Total	Total # of Races
4565	Meister	Connie	F				55				49			55						55	55	55					55		55																60	390	13
5251	Turner	Jude	F	47								55					46											46																	242	5
4844	MacDonald	Brenda	F																									49						55			55								60	219	4
4619	Warner	Susan	F					49																		49	49																	60	207	4
4886	Johnson	Pamela	F	48					47								47											48																	190	4
5144	Cormier	Freda	F	55					49								55																												159	3
4285	Scott	Annette	F					55																								55		49												159	3
4205	Banks	Pamela	F												55													47										55							157	3
5217	Hachey	Susan	F								48																48																	60	156	3
5473	Czon	Karen	F	49					48								48																												145	3
5650	Skinner	Karen	F				49									49																												46		144	3
2884	Fitzsimmons	Catherine	F								55						49																												104	2
5797	Steele	Janet	F																								55																	49		104	2
5573	Patterson	Norma	F																															49										47		96	2
4387	Smith	Joanne	F																																									60	60	1
5038	Burchell	Sharon A	F		55																																								55	1
5795	Koppernaes	Karen	F													55																													55	1
5487	Marcotte	Cindy	F																55																											55	1
4454	Woodbury	Christine	F																																											0	0
5430	Knickle	Nancy	F																																											0	0
2667	Chiasson	Dianne	F																																											0	0
5611	Hardt	Edna	F																																											0	0
5252	Snowdon	Barbara	F																																											0	0
5523	Lynds	Susan	F																																											0	0
5788	Butts	Susan	F																																											0	0
4008	Fletcher	Wendy	F																																											0	0
4336	MacBeath	Donalda	F																																											0	0
				4	1	0	2	2	4	0	3	1	0	1	1	2	5	0	1	1	1	1	0	0	0	2	3	5	1	1	0	0	2	2	0	1	0	0	1	0	0	0	0	5	0	0	0	5	27	

Women 60 to 64

2013 RNS Number	Last Name	First Name	Gender	Lung Run 5K	Greenwood ZX 10K	Greenwood ZX 5K	Enfield Penguin 5K	Enfield Half Marathon	Lunenburg 5K	Johnny Miles 5K	Johnny Miles 10K	Johnny Miles Half Marathon	Johnny Miles Marathon	Cross Border Challenge 10K	Cross Border Challenge Half Marathon	Epic Canadian 5K	Epic Canadian 10K	Run for the Lobster 5K	Run for the Lobster 10K	Liverpool 5 Miler	Sheila Poole 10K	Windsor 5K	Nova Scotia 10K	Nova Scotia Half Marathon	Nova Scotia Marathon	MacPass Mile	Dartmouth Natal Day 2 Mile	Dartmouth Natal Day 6 Mile	Digby Scallop Days 5K	Louisburg Race Through Time	Cobequid Trail Run 5K	Cobequid Trail Run 10K	Cobequid Trail Run Half Marathon	Berwick 5 Miler	Cole Harbour Harvest 2 Miler	Cole Harbour Harvest 6 Miler	Four Fathers 5K	Four Fathers 10K	Four Fathers Half Marathon	Sackville Sneaker Shredder 3K	Sackville Sneaker Shredder 5K	Sackville Sneaker Shredder 10K	Sackville Sneaker Shredder 15K	Valley Harvest 10K	Valley Harvest Half Marathon	Valley Harvest Marathon	DAC Homecoming 5K	Volunteer	Total	Total # of Races
727	LeDuc	Louise	F	55	55				55			55							55		55								55	55																385	9
4166	Toolias	Brenda	F					55	49		55				49							55					55								55		55									48		385	10
4305	Dwyer	Vicky	F	48			55		45								49			55	47	49						48						49	48										45		55	60	372	13
632	Robbie	Laura	F		48				44		49					49				49			55											47										47			60	357	9
5201	Cody	Donalda	F						48			49			55								49					49																49				299	6
4894	Snow	Joanne	F				49		46				55			55																															60	265	5
1575	Boutilier	Joan	F									48										49						47						45									44				233	5
4570	Goodwin	Jack-e	F		49												55				49		48																								201	4
5739	Huvck	Jocelyn	F						42		47						48										49																				186	4
5240	Fleiser	Kathy	F																															55	49												159	3
2785	Richardson	Beverley	F																	48															46												60	154	3
834	Kinsman	Mavo	F								48																																				60	154	3
4915	Kellock	Nicole	F																55													55																110	2
5205	Sims	Beverly	F				48		43																																								91	2
1259	Patrick	Alice	F																																													60	60	1
5666	Mulrooney	Wanda	F																																												60	60	1
5800	Watt	Margo	F																			55																												55	1
4404	Fox	Barbara	F	49																																														49	1
754	MacDonald	Ann	F																		48																												48	1
2972	MacDougall	Gail	F						47																																								47	1
4333	Moores	Grace	F																																														0	0
4992	Trask	Sherryl	F																																														0	0
5689	Rafferty	Sheila	F																																														0	0
5807	MacInnes	Laurie	F																																														0	0
5670	Yorke	Bonnie	F																																														0	0
				3	3	0	3	1	9	0	4	3	0	1	2	2	3	1	2	3	4	2	2	3	0	0	2	4	1	1	0	0	2	6	0	1	0	0	0	0	0	0	1	0	7	0	1	7	25	

Women 65 to 69

2013 RNS Number	Last Name	First Name	Gender	Lung Run 5K	Greenwood ZX 10K	Greenwood ZX 5K	Enfield Penguin 5K	Enfield Half Marathon	Lunenburg 5K	Johnny Miles 5K	Johnny Miles 10K	Johnny Miles Half Marathon	Johnny Miles Marathon	Cross Border Challenge 10K	Cross Border Challenge Half Marathon	Epic Canadian 5K	Epic Canadian 10K	Run for the Lobster 5K	Run for the Lobster 10K	Liverpool 5 Miler	Sheila Poole 10K	Windsor 5K	Nova Scotia 10K	Nova Scotia Half Marathon	Nova Scotia Marathon	MacPass Mile	Dartmouth Natal Day 2 Mile	Dartmouth Natal Day 6 Mile	Digby Scallop Days 5K	Louisburg Race Through Time	Cobequid Trail Run 5K	Cobequid Trail Run 10K	Cobequid Trail Run Half Marathon	Berwick 5 Miler	Cole Harbour Harvest 2 Miler	Cole Harbour Harvest 6 Miler	Four Fathers 5K	Four Fathers 10K	Four Fathers Half Marathon	Sackville Sneaker Shredder 3K	Sackville Sneaker Shredder 5K	Sackville Sneaker Shredder 10K	Sackville Sneaker Shredder 15K	Valley Harvest 10K	Valley Harvest Half Marathon	Valley Harvest Marathon	DAC Homecoming 5K	Volunteer	Total	Total # of Races
3063	Keenan	Jenny	F	55					55			55																55						55		55										60	390	9
2942	Robichaud	Shirley	F		55		55		49		55										55		55								55			49		55								55	55		60	390	11
4368	Mooney	Janet	F		49																							49						48											55		60	261	5
4272	Leopard	Marie	F																																													60	60	1
5671	Yorke	Elva	F																																														0	0
2604	Gillis	Georgie	F																																														0	0
				1	2	0	1	0	2	0	1	1	0	0	0	0	0	0	0	0	1	0	1	0	0	0	0	2	0	1	1	1	0	3	0	1	0	0	0	0	0	0	1	1	1	0	0	4	6	

Women 70 to 74

2013 RNS Number	Last Name	First Name	Gender	Lung Run 5K	Greenwood ZX 10K	Greenwood ZX 5K	Enfield Penguin 5K	Enfield Half Marathon	Lunenburg 5K	Johnny Miles 5K	Johnny Miles 10K	Johnny Miles Half Marathon	Johnny Miles Marathon	Cross Border Challenge 10K	Cross Border Challenge Half Marathon	Epic Canadian 5K	Epic Canadian 10K	Run for the Lobster 5K	Run for the Lobster 10K	Liverpool 5 Miler	Sheila Poole 10K	Windsor 5K	Nova Scotia 10K	Nova Scotia Half Marathon	Nova Scotia Marathon	MacPass Mile	Dartmouth Natal Day 2 Mile	Dartmouth Natal Day 6 Mile	Digby Scallop Days 5K	Louisburg Race Through Time	Cobequid Trail Run 5K	Cobequid Trail Run 10K	Cobequid Trail Run Half Marathon	Berwick 5 Miler	Cole Harbour Harvest 2 Miler	Cole Harbour Harvest 6 Miler	Four Fathers 5K	Four Fathers 10K	Four Fathers Half Marathon	Sackville Sneaker Shredder 3K	Sackville Sneaker Shredder 5K	Sackville Sneaker Shredder 10K	Sackville Sneaker Shredder 15K	Valley Harvest 10K	Valley Harvest Half Marathon	Valley Harvest Marathon	DAC Homecoming 5K	Volunteer	Total	Total # of Races
4436	Dickie	Marion	F						49												55	55			55									55													324	6
4908	Allen	Judith	F						55																																								0	1
598	Davidson	Mary	F																																													44	44	1
				0	0	0	0	0	2	0	0	0	0	0	0	0	0	0	0	1	1	0	0	1	0	0	0	0	1	0	0	0	0	1	0	0	0	0	0	0	0	0	1	0	0	0	0	3	

Women 75 to 79

2013 RNS Number	Last Name	First Name	Gender	Lung Run 5K	Greenwood ZX 10K	Greenwood ZX 5K	Enfield Penguin 5K	Enfield Half Marathon	Lunenburg 5K	Johnny Miles 5K	Johnny Miles 10K	Johnny Miles Half Marathon	Johnny Miles Marathon	Cross Border Challenge 10K	Cross Border Challenge Half Marathon	Epic Canadian 5K	Epic Canadian 10K	Run for the Lobster 5K	Run for the Lobster 10K	Liverpool 5 Miler	Sheila Poole 10K	Windsor 5K	Nova Scotia 10K	Nova Scotia Half Marathon	Nova Scotia Marathon	MacPass Mile	Dartmouth Natal Day 2 Mile	Dartmouth Natal Day 6 Mile	Digby Scallop Days 5K	Louisburg Race Through Time	Cobequid Trail Run 5K	Cobequid Trail Run 10K	Cobequid Trail Run Half Marathon	Berwick 5 Miler	Cole Harbour Harvest 2 Miler	Cole Harbour Harvest 6 Miler	Four Fathers 5K	Four Fathers 10K	Four Fathers Half Marathon	Sackville Sneaker Shredder 3K	Sackville Sneaker Shredder 5K	Sackville Sneaker Shredder 10K	Sackville Sneaker Shredder 15K	Valley Harvest 10K	Valley Harvest Half Marathon	Valley Harvest Marathon	DAC Homecoming 5K	Volunteer	Total	Total # of Races
4196	Nevitt	Betty	F	55			55		55									55								55	55			55															60	390	8
5069	Marsden	June	F	49			49		49		55			55					55	55			55			49	55	55			55			55									55		55	60	390	17
5382	Czapalay	Joan	F																																													0	0
				2	0	0	2	0	2	0	1	0	0	1	0	0	3	1	1	1	0	0	1	0	0	2	1	1	1	0	1	1	0	1	0	1	0	0	0	0	0	0	0	1	0	1	2	3	

Women 80 & above

2013 RNS Number	Last Name	First Name	Gender	Lung Run 5K	Greenwood ZX 10K	Greenwood ZX 5K	Enfield Penguin 5K	Enfield Half Marathon	Lunenburg 5K	Johnny Miles 5K	Johnny Miles 10K	Johnny Miles Half Marathon	Johnny Miles Marathon	Cross Border Challenge 10K	Cross Border Challenge Half Marathon	Epic Canadian 5K	Epic Canadian 10K	Run for the Lobster 5K	Run for the Lobster 10K	Liverpool 5 Miler	Sheila Poole 10K	Windsor 5K	Nova Scotia 10K	Nova Scotia Half Marathon	Nova Scotia Marathon	MacPass Mile	Dartmouth Natal Day 2 Mile	Dartmouth Natal Day 6 Mile	Digby Scallop Days 5K	Louisburg Race Through Time	Cobequid Trail Run 5K	Cobequid Trail Run 10K	Cobequid Trail Run Half Marathon	Berwick 5 Miler	Cole Harbour Harvest 2 Miler	Cole Harbour Harvest 6 Miler	Four Fathers 5K	Four Fathers 10K	Four Fathers Half Marathon	Sackville Sneaker Shredder 3K	Sackville Sneaker Shredder 5K	Sackville Sneaker Shredder 10K	Sackville Sneaker Shredder 15K	Valley Harvest 10K	Valley Harvest Half Marathon	Valley Harvest Marathon	DAC Homecoming 5K	Volunteer	Total	Total # of Races
527	Jeppesen	Helen	F																																												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	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1	
				37	12	2	38	11	48	6	23	20	2	15	3	25	32	14	16	23	18	9	11	8	2	18	21	28	10	11	7	11	10	22	1	11	1	1	2	-	4	5	8	32	43	1	7	50	294	
				13%	4%	1%	13%	4%	16%	2%	8%	7%	1%	5%	1%	9%	11%	5%	5%	8%	6%	3%	4%	3%	1%	6%	7%	10%	3%	4%	2%	4%	3%	7%	0%	4%	0%	0%	1%	0%	1%	2%	3%	11%	15%	0%	2%	17%		