2013 Run Nova Scotia Age Group Standings

Men under 20

Men under 20

2013 RNS Number	Last Name	First Name	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
4581	Fuller	Ryan						55													55						55	55					49															269	5
5403	Fancy	Simeon	49			55							55						49									49																				257	5
5740	MacMillan	Connor	48						55						55										55																							213	4
5734	Fuller	Jesse						49													49					55		48																				201	4
5077	Hiltz	Dylan				49					55						55																															159	3
5529	DeWolfe	Cal	55																55																													110	2
4670	Patterson	Liam																															48										55					103	2
5608	Kruszewski	Nelson																			47				49																							96	2
5619	McGowan	Aidan																			48							47																				95	2
5655	Cooper	Hawksley																																					55									55	1
5614	Longley	Timothy																															55															55	1
5311	Whynot	Kyle															49																															49	1
5684	Lane	Jacob																																														0	0
5683	Lane	Isaac																																														0	0
5724	McCarthy	Ethan																																														0	0
5686	Johnston	Reese																																														0	0
5737	Steeves	Jonathon																																														0	0
5424	Atwood	Mark																																														0	0
5566	Dacanay	Daniel																																														0	0
5618	Wolodka	Seth																																														0	0
5310	Dacanay	Joshua																																														0	0
5423	Atwood	Paul																																														0	0
5677	Sentner	Timothy																																														0	0
5570	Moodie	Walter																																														0	0
5422	Atwood	Peter																																														0	0
			3	0	0	2	0	2	1	0	1	0	1	0	1	0	2	0	2	0	4	0	0	0	2	1	1	4	0	0	0	0	3	0	0	0	0	0	1	0	0	0	1	0	0	0	0	25	

Men 20 to 24

Men 20 to 24

2013 RNS Number	Last Name	First Name	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
5601	Veinotte	Jamie																	55																											55	1
5759	Fiander	Job																		55																										55	1
4943	Coneybeare	Allan																																												0	0
5763	Wong	Brandon																																												0	0
			0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1	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	4	

Men 25 to 29

Men 25 to 29

2013 RNS Number	Last Name	First Name	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
5610	Hutchinson	Ryan	49			55							55												55		55				55																	324	6
4625	MacIntyre	Ian						55										55											55																			165	3
5389	Wilkie	Gregory	48					49																																								97	2
5754	Clarke	Shawn		55																																												55	1
5369	Addison	Brent	55																																													55	1
5657	Saber	Adam																																														0	0
			3	1	0	1	0	2	0	0	0	0	1	0	0	0	0	1	0	0	0	0	0	0	1	0	1	0	1	0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	6	

Men 30 to 34

Men 30 to 34

2013 RNS Number	Last Name	First Name	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
5490	White	Matthew				55		55								55		55	55	55					55		49				55				55									55				385	11
4576	Duguay	Tim					55	49			55								49				55				48																				60	371	7
5770	Doroshenko	Daniel				48			55				55		49											55				49						55											60	378	8
5488	Ritter	Marcel	48					48								49									49		47															55		55				60	364	8
5428	Brannen	Keith	47			49		47		55						47											46				48													46				339	8
5598	Underhill	Derek																	48		55												55											49				207	4
4778	McBride	Nicholas	55												55																																60	170	3
5693	Kennedy	Mike																														55												48			60	163	3
5097	Warren	Ronald														48														55																55		158	3
5241	Robar	Nathan		55																																								47				102	2
5339	McDiarmid	Iain	49																												49																	98	2
5804	Deveau	Chris																		49																							49					98	2
5495	Wieczorek	Greg																									55																					55	1
5784	Roy	Frederic						46																																								46	1
5735	Roach	Justin																																														0	0
5591	Boyce	Steven																																														0	0
			4	1	0	3	1	5	1	1	1	0	1	0	2	4	0	1	3	2	1	0	1	0	2	1	5	0	0	2	3	1	1	0	1	1	0	0	0	0	1	0	2	5	0	1	5	16	

Men 35 to 39

Men 35 to 39

2013 RNS Number	Last Name	First Name	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
4973	Juurlink	Mike											49					49		55							48																			55	60	316	6
5779	Cummings	Clint				48					55																46																	55			60	264	5
5526	Phillips	Nicholas								55								48									45																55				60	263	5
5285	Beaton	Shawn	55			49							48												55		47																					254	5
4953	Mercer	Jason	48					55											48													48												49				248	5
5376	Rashid	Asaf				55							55					55									55																					220	4
5317	Pearce	Adam	49																		55						49																				60	213	4
5755	Wickens	Colin																	47	49			49																					47				192	4
5801	Brooks	Garnet																														49	55											48				152	3
5715	Joudrie	Bevin									49							47					55																									151	3
5303	Tully	Dan																														55														49		104	2
4167	Connor	Greg				47		49																																								96	2
4343	Holder	David																																													60	60	1
5404	Mattie	Jody																																													60	60	1
5719	Sinski	Ian		55																																												55	1
4297	Vincent	Doug																	55																													55	1
5493	McGrath	Ian																	49																													49	1
5110	Chambers	Rob						48																																								48	1
5706	Mouland	Clay																																														0	0
4300	Carreau	Robert																																														0	0
5662	Liu	Keve																																														0	0
5333	Edwards	Colin																																														0	0
5321	Chouinard	Scott																																														0	0
1033	Holdway	Ian																																														0	0
5104	Mason	Scott																																														0	0
5768	Mullen	Tim																																														0	0
5685	Johnston	Colin																																														0	0
			3	1	0	4	0	3	0	1	2	0	3	0	0	0	0	4	4	2	1	0	2	0	1	0	6	0	0	0	0	3	1	0	0	0	0	0	0	0	0	0	1	4	0	2	6	27	

Men 40 to 44

Men 40 to 44

2013 RNS Number	Last Name	First Name	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
5660	Sarty	Stanley		55														49		49				55				49				55	55												49			367	8
5675	Oliver	Paul			55																					55				55												55		55				275	5
4119	Bardeesy	Rami				55												55									55																					165	3
2553	Kruszewski	Vance																							55			55	55																			165	3
5032	Canning	Andrew	49									55																																			60	164	3
4487	Steeves	David									49																																	49			60	158	3
5322	Keeping	Scott	48					49							55																																	152	3
5663	Cuddihy	Chris					49								49																												48					146	3
5621	Stoddart	Chris																		48			49																				49					146	3
4944	McDormand	Ian																						49				48																	48			145	3
5582	Chapman	Tommy									46							48														49																143	3
4985	Dacanay	Andrew					55																																								60	115	2
5471	Lummis	Greg	55																																										55			110	2
4613	Shantz	Eric				49														55																												104	2
5444	Orser	Peter														55											49																					104	2
4901	Flemming	Troy																		47			55																									102	2
4177	Fiander	Brent									47																		49																			96	2
5636	Davenport	Darren									48																																	48				96	2
4064	Wallace	Glenn								55																																						55	1
5468	Kaulback	Darren						55																																								55	1
4585	Kiley	Gordon									55																																					55	1
5388	Seto	Walter																																									55					55	1
4238	Arsenault	Christopher		49																																												49	1
5274	Dunbar	Greg																															49															49	1
5777	Chatelias	Philippe				48																																										48	1
5500	McCarthy	George																																														0	0
5704	Vardy	Harvey																																														0	0
5681	Lane	Paul																																														0	0
5786	Sheehy	Andrew																																														0	0
			3	2	1	3	2	2	0	1	5	1	0	0	2	1	0	3	0	4	0	0	2	2	1	1	2	3	2	1	0	2	2	0	0	0	0	0	0	0	0	1	3	3	3	0	3	29	

Men 45 to 49

2013 RNS Number	Last Name	First Name	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
5639	Martin	David	48	49		49		55											49	55																							60	390	12
5190	Hinson	Brvan	55	55			55						55						55	55																								385	7
5757	Duthewych	Andreas		45		48							48						49																								60	372	12
5041	Graham	Doug	44													55		48					49				47						49										60	352	7
4263	MacDougall	Ron	45				49							55													46																60	255	5
4693	Fuller	Jonathan		46				49													48							48						49										240	5
5018	Murray	Steven		47		55																	55					55																212	4
4744	MacKinnon	Mike	49															55																										159	3
5776	Museau	Troy													48											49		55																157	3
5043	Gallant	Paul											49												55			49																153	3
5555	Leiser	James					48				49				55																												152	3
5732	MacMillan	Paul	43							55					49																												147	3
4331	Hinson	Randall	46																																								106	2
5761	Wong	Deron									55							47																										102	2
5780	MacDonald	Gordon						48																																			96	2
625	Campbell	Dennis	47	48																																								95	2
5691	Charlton	Don					47				48																																	95	2
986	Pettipas	Mike																																								60	60	1
2948	Nevrens	Harry																																								60	60	1
5595	Tentomas	Nick																																								60	60	1
5605	Whynot	Fred			55																																						55	1
5318	Rodgers	Rob							55																																		55	1
5031	DiMattia	Dino																								55																		55	1
2954	Timberlake	Gavin																											49															49	1
5589	Bruvere	Marc																																									49	1
5676	Sentner	Glenn																																									49	1
5617	Wolodka	Bill																																									48	1
5292	Thomson	George																																									0	0
4683	MacIsaac	Andrew																																									0	0
5708	Stephens	Doug																																								0	0
4768	Donovan	Doran																																									0	0
5698	Drummond	Scott																																								0	0
532	Morley	Stephen	f																																							0	0
4771	Rath	Duane																																									0	0
5362	Miner	Alan																																									0	0
4675	MacInbre	D'Arcy																																								0	0
4560	Smith	Ian																																								0	0
5799	Gervais	Brian																																									0	0
5749	Cosman	Greg																																								0	0
5549	Raymond	Matthew																																								0	0
5741	McDonah	D'Arcy																																								0	0
			8	6	1	3	4	3	1	1	3	0	3	1	3	1	1	4	2	2	2	0	2	0	1	2	5	3	2	1	0	2	2	0	2	0	0	0	0	1	0	0	3	3	0	0	9	41	

Men 50 to 54

2013 RNS Number	Last Name	First Name	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
1019	Nevitt	David				48		49				49	55			55		48		55					55	55																	60	390	13
5631	Faulkner	Randy	47				48	47						55					48				55																					60	359	8
4496	Chisman	Richard								49						47		46								47					55				55									299	6
5765	Dube	John				46							49			48										48		48																294	6
5751	Atherton	Frank									49					49										49		49														55	251	5
5635	Mandel	Charles									55								49																								60	219	4
5731	Saulnier	Neil																	46																								60	210	4
1464	Arnold	David	49			55												49									55																	208	4
5574	Morrison	Charlie								55						45														55													47		202	4
4638	Schives	Darren																	47	49	49					49																		194	4
4233	Mellov	Terry	55			49		55																																				159	3
5620	McGowan	Laurie																			55							55														48		158	3
4591	Abbott	Stephen					55				48																														49		152	3
5437	MacKenzie	Stephen		55								48						47																											150	3
4237	Nickerson	Victor					47	48												55																									150	3
5162	Marsh	David						46								44																													136	3
1692	MacLennan	David										55						55																												110	2
5228	Myles	Wayne																											55														49		104	2
5461	DuPlessis	Mark	48						55																																				103	2
4764	McGrath	Richard									47						55																													102	2
5218	Surette	Chris		49																48																											97	2
2424	Conevbeare	Gerry																			48																								48		96	2
4295	Banks	Roy										47																																			94	2
4788	Coffin	Greg																																										60	60	1
5434	Cunningham	Greao																																										60	60	1
5600	Dalton	Jim													55																														55	1
5699	Taylor	Steve																			55																									55	1
5668	LeBlanc	Gerry																																													55	1
5725	Colter	Keith					49																																								49	1
5525	McDowell	Rob																																													49	1
3012	Laberge	Pierre																																													49	1
4679	Courish	Jeff				47																																								47	1
5462	Coolidge	Glen														46																													46	1
5617	Nolan	Danny									45																																			45	1
4179	Huxtable	John																																													0	0
4401	Bolland	Eric																																													0	0
5530	Bent	Larry																																													0	0
5789	Higgs	Philip																																													0	0
			4	2	0	5	4	5	1	2	6	4	2	1	1	7	1	5	5	3	4	0	1	0	4	2	3	1	1	1	1	2	1	0	2	1	0	0	0	0	2	1	1	5	4	0	6	38	

Men 55 to 59

2013 RNS Number	Last Name	First Name	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
5102	Browne	Robin			55					55											55									55														55	60	390	7
4493	Oakes	Jeffrey M.	49			55							55			55		55	49	55	49							55																	60	390	10
4906	McCormick	Myles						45		48			49			48										49		49		55															60	358	8
5053	Misener	Randy	48							49						49	55					49					46																	60	356	7
1617	Robertson	David		49				46											45		47						48				49		48									49	49		339	9
4643	Mosman	Roderick		55				48											48	48			55																				55		309	6
5572	Patterson	Scott						47											47															55									55		204	4
5627	Stoddart	David			49										55																	47									48			199	4
493	Morris	Terry						55											55																								60	170	3
5158	Gilbert	Mel	55																						55				55																165	3
2539	Heintzman	Paul																		49	48																							60	157	3
2643	Saunders	Steve																	46														49											60	155	3
5646	Cunningham	Randy																		45		55																					55		155	3
4899	Parker	Gerry	47																								45																	60	152	3
5295	Gibson	Earl									55					47											44																		146	3
5108	Goodwin	Arnie																		46			49																						95	2
858	Stein	Mark																																										60	60	1
4621	MacInbre	Scott																																										60	60	1
499	Pearce	Mel																																										60	60	1
649	Williams	Ray																																									60	60	1
5421	Atwood	Del								55																																			55	1
5643	Durnford	Glen						49																																					49	1
4999	Noonan	Jim																																									49		49	1
5802	Williams	Lloyd																					48																						48	1
4577	Arthur	Dave																		47																										47	1
4945	Crain	Victor																									47																		47	1
5695	MacDonald	Robert	46																																											46	1
5367	Hart	Melvin																																													0	0
4923	Saulnier	Ralph																																													0	0
5588	Allev	Joseph																																													0	0
607	McNeill	Lonnie																																														0	0
2916	Grimbly	Mike																																														0	0
4502	Giroux	Paul																																														0	0
4416	Jenner	Garv																																														0	0
5612	Hardt	Bo																																														0	0
681	Moores	Steve																																														0	0
5805	Burton	Michael																																															0	0
4007	Lessard	Gerry																																														0	0
			5	2	1	2	0	6	1	3	1	0	2	0	1	4	1	1	6	6	4	2	3	0	2	0	7	1	1	1	2	0	4	0	0	0	0	0	0	0	0	0	3	1	2	2	12	38	

Men 60 to 64

2013 RNS Number	Last Name	First Name	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
4564	Meister	Robin				55				55		55							55	55	55				55		55																60	390	12
4062	Reid	Phil	49		55	48		49	49						55			55	48		48				48		47																60	390	17
4386	Mosher	Terry				49			55				48				55									55				55															372	7
4492	Kennedy	Pat	48										49			49		49	47		47				46																			60	339	11
5200	Cody	Kevin						55			55			55								48			48																			310	6
4004	Cunningham	Adlai														55			49			55			49		49																306	6
4718	Huelin	Dave	44							49			47													47					55												60	302	6
2458	Kennedy	Leo																					49							55													60	219	4
608	Robbe	Bill	47	49				48																																			60	204	4
4663	Millward	Hugh	46			47																																55			47				195	4
1141	Boutilier	Rooer									45															45								48								48			186	4
2580	Richard	Richard										55												55																				55	165	3
5528	Goodwin	Gavland		55																49			55																					159	3
2980	Bates	Ray									49													48										47										144	3
5738	Huyck	Rick						47			46					47																												140	3
2575	Kaspor	Ron													49																													60	109	2
4476	Anderson	John																						49																				60	109	2
3062	MacRae	Ian		48																																								60	108	2
4477	Boudreau	JP	55																		49																								104	2
5594	Hill	Darrell									48															48																			96	2
2782	LeDuc	John									47															46																			93	2
4405	Callaghan	Paul	45																					47																					92	2
559	Patrick	David																																									60	60	1
3	Balcom	James																								49																			49	1
5031	Wood	Bryan														48																													48	1
5161	Churchill	Flint																		48																									48	1
4147	Cunningham	Fenton																																											48	48	1
753	MacDonald	Greg																		47																									47	1
698	Churchill	Freeman																																											0	0
5615	Raymond	Mark																																											0	0
5522	Lynds	Art																																											0	0
4455	Woodbury	Frank																																											0	0
5647	Covle	Bob																																											0	0
5078	Hopkins	Roy																																											0	0
			7	3	1	4	0	4	2	2	6	1	4	1	2	4	1	2	4	4	4	1	4	3	3	5	6	1	0	1	1	4	3	1	1	1	0	0	1	0	1	0	4	3	1	2	10	34	

Men 65 to 69

2013 RNS Number	Last Name	First Name	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
509	Anderson	Chris		55			55	55												55				55				55	55				55										60	390	12
596	Jessome	Mike				55		48							55		49		55	48								55					48					55				55			378	10
4339	Edwards	Bob	49				49	49								55			49	49	55							49					49	49									49		55	60	372	13
4259	MacEachern	Alex	55																						55																							60	170	3
2896	Robb	Hal									55							55																														110	2
4390	Patterson	Sandy								55							55																														110	2
5386	Davis	Brian		49																																											60	109	2
4239	Myers	Jim																							49	55																						104	2
2406	Walker	Grant																																													60	60	1
2956	Porteous	Nelson																																														55	55	1
4672	MacDonald	Alan								49																																							49	1
590	Warnica	Gordon																								49																							49	1
1446	Peverill	Ron	48																																														48	1
629	Abriel	Perry																																															0	0
501	Bruhm	Jerome																																																0	0
4787	Dioains	Barry																																																0	0
586	Duffy	Bruce																																																0	0
600	Hannaberry	Ray																																																0	0
4198	Chancev	Ralph																																																0	0
			3	2	0	1	2	3	0	2	1	0	0	0	1	1	2	1	2	3	1	0	0	1	2	2	2	1	1	0	0	2	3	0	0	0	0	0	1	0	1	1	2	1	1	5	19	

Men 70 to 74

2013 RNS Number	Last Name	First Name	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
595	Brake	Bob	55			55		55							55		55				55									55				55										60	390	10
4437	Dickie	David						49											55	49		55						49						55											312	6
539	Hollebone	Christopher									55																										55										220	4
5346	Davis	Ralph														55							49					55								49											208	4
2183	Kino	Brian																								55																					60	115	2
5431	Davis	Dick																		55				55																								110	2
5702	McClair	Leslie		55																																			55										110	2
497	Harnell	Jim																					55										49															104	2
732	Harmes	Tom																																														60	60	1
5578	Smith	William																										55																					55	55	1
5593	Bennett	George																											49																				49	1
4539	Zitner	David																																															0	0
4505	Northen	Lloyd																																															0	0
4440	Archbald	Tom																																															0	0
2242	MacDonald	Jack																																															0	0
			1	1	0	1	0	2	0	0	1	0	0	0	1	1	1	0	1	1	2	1	1	2	1	0	1	1	2	2	0	1	2	1	0	2	0	0	0	0	1	1	1	0	0	0	3	15	

Men 75 to 79

2013 RNS Number	Last Name	First Name	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
1602	Pain	Malcolm					55	55					55			55			55		55				55						55					55									55	390	11
3064	Ridgout	John	55								55																																					330	6
4630	Pothier	George																							55																								55	1
913	Young	Rex																																															0	0
			1	0	0	0	1	1	0	0	1	0	1	0	0	1	0	0	1	0	1	0	0	1	1	0	0	0	1	0	1	1	1	1	1	0	0	0	0	0	0	1	0	0	0	0	1	4	

Men 80 and Older

2013 RNS Number	Last Name	First Name	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
606	Robertson	Arnold			55			55											55		55					55						55													55		385	7
686	Smith	Les																																															0	0
			0	0	1	0	0	1	0	0	0	0	0	0	0	0	0	0	1	0	1	0	0	0	0	1	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	1	0	2		
			45	21	5	29	14	39	7	13	28	6	18	3	14	24	9	22	32	29	24	4	17	8	20	16	39	16	11	7	10	19	23	2	9	3	-	-	2	3	5	5	19	26	11	9	60	298	
			15%	7%	2%	10%	5%	13%	2%	4%	9%	2%	6%	1%	5%	8%	3%	7%	11%	10%	8%	1%	6%	3%	7%	5%	13%	5%	4%	2%	3%	6%	8%	1%	3%	1%	0%	0%	1%	1%	2%	2%	6%	9%	4%	3%	20%		