

RNS Performance Series 2015
All Female Competitors

Women's Standings

	Name	CUA Lung Run 5K	Penguin Run 5K	Lunenburg WHS 5K	Lobster 10K	Sheila Poole 10K	Nova Scotia Half Marathon	Natal Day 6 Mile	Cobequid Trial Half Marathon	Valley Harvest Half Marathon	Combined Best Times	Total Races	
1	Erin MacLean	0:17:04						0:36:50	1:20:25		02:14:19	3	Open
2	Denise Robson			0:18:36		0:37:47		0:38:57	1:22:38		02:19:01	4	40 to 49
3	Emily Hamilton	0:17:58		0:18:46		0:38:24	1:25:05		1:27:38		02:21:27	5	Open
4	Linda Macdonald		0:20:35	0:20:41				0:40:43	1:30:53	1:27:34	02:28:52	5	40 to 49
5	Edie Allardice	0:20:10		0:19:46		0:40:45			1:28:42		02:29:13	4	Open
6	Chloe Austin			0:20:20				0:41:16		1:27:38	02:29:14	3	Open
7	Stacy Chesnutt		0:20:37		0:43:05			0:45:52	1:36:32		02:40:14	4	40 to 49
8	Jennie Orr			0:21:51			1:37:00	0:44:33			02:43:24	3	Open
9	Norma Houston		0:23:14	0:22:50		0:45:18	1:39:38				02:47:46	4	50 & Older
10	Louise Leduc	0:22:59	0:23:07	0:23:37	0:48:58	0:47:13		0:49:08	1:48:26	1:40:51	02:51:03	8	50 & Older
11	Cheryl Smith	0:21:37			0:47:08					1:43:12	02:51:57	3	Open
12	Jenna Ritter			0:28:08				0:49:22	1:49:24	1:44:17	03:01:47	4	Open
13	Janine Boutilier		0:23:41					0:49:57		1:49:59	03:03:37	3	50 & Older
14	Peggy Falkenham-Boutiler			0:25:00		0:50:42	1:53:58				03:09:40	3	50 & Older
15	Kendra Sheppard			0:25:05			1:55:16	0:52:58	1:58:49	1:53:06	03:11:09	5	Open
16	Donalda Cody			0:26:10			2:00:33	0:53:44		1:52:56	03:12:50	4	50 & Older
17	Connie Meister		0:25:17			0:53:56	2:02:44		2:00:34	1:56:08	03:15:21	5	50 & Older
18	Jennifer Janz			0:27:31		0:55:43				1:53:19	03:16:33	3	40 to 49
19	Monique Wood			0:26:00			2:02:07	0:55:34			03:23:41	3	50 & Older
20	Susan Faulkner		0:26:38	0:29:00	0:57:51			1:00:02		2:00:54	03:25:23	5	50 & Older
21	Laura Whynacht			0:27:14				0:59:02	2:12:42	2:00:26	03:26:42	4	Open
22	Cindy Dyer	0:33:02	0:30:22		0:55:51		2:04:32			2:01:15	03:27:28	5	50 & Older
23	Jenna Adams			0:24:51		0:53:46	2:10:15				03:28:52	3	Open
24	Erin Balodis		0:28:55					1:04:53		2:03:30	03:37:18	3	Open
25	Patricia Jones		0:33:06	0:34:39		0:57:31	2:11:28				03:42:05	4	Open
26	Valerie Morgan		0:28:53		1:01:50					2:17:51	03:48:34	3	50 & Older
27	Tracy Dewolfe	0:33:03	0:30:22		1:06:48		2:22:20			2:17:52	03:55:02	5	40 to 49
28	Vicky Dwyer		0:29:31	0:30:46		1:02:12		1:06:15	2:24:14		03:55:57	5	50 & Older
29	Erika Richards		0:30:38		1:06:44		2:23:04			2:23:45	04:00:26	4	Open
30	Trudy Flynn		0:48:49	0:49:27	1:13:41		2:35:29				04:37:59	4	50 & Older
31	Natasha Flynn		0:48:49	0:49:26	1:13:41		2:35:29				04:37:59	4	Open
32	Marion Bowes		0:35:36					1:23:24	2:53:19	3:03:19	05:02:19	4	50 & Older

RNS Performance Series 2015

Top Three Overall Female Competitors

Women's Standings

		CUA Lung Run 5K	Penguin Run 5K	Lunenburg WHS 5K	Lobster 10K	Sheila Poole 10K	Nova Scotia Half Marathon	Natal Day 6 Mile	Cobequid Trial Half Marathon	Valley Harvest Half Marathon	Combined Best Times	Total Races
1	Erin MacLean	0:17:04						0:36:50	1:20:25		02:14:19	3
2	Denise Robson			0:18:36		0:37:47		0:38:57	1:22:38		02:19:01	4
3	Emily Hamilton	0:17:58		0:18:46		0:38:24	1:25:05		1:27:38		02:21:27	5

RNS Performance Series 2015

Female Competitors Age 40 to 49

Women's Standings

		CUA Lung Run 5K	Penguin Run 5K	Lunenburg WHS 5K	Lobster 10K	Sheila Poole 10K	Nova Scotia Half Marathon	Natal Day 6 Mile	Cobequid Trial Half Marathon	Valley Harvest Half Marathon	Combined Best Times	Total Races
1	Linda Macdonald		0:20:35	0:20:41				0:40:43	1:30:53	1:27:34	02:28:52	5
2	Stacy Chesnutt		0:20:37		0:43:05			0:45:52	1:36:32		02:40:14	4
3	Jennifer Janz			0:27:31		0:55:43				1:53:19	03:16:33	3
4	Tracy Dewolfe	0:33:03	0:30:22		1:06:48		2:22:20			2:17:52	03:55:02	5

RNS Performance Series 2015

Female Competitors Age 50 & Older

Women's Standings

		CUA Lung Run 5K	Penguin Run 5K	Lunenburg WHS 5K	Lobster 10K	Sheila Poole 10K	Nova Scotia Half Marathon	Natal Day 6 Mile	Cobequid Trial Half Marathon	Valley Harvest Half Marathon	Combined Best Times	Total Races
1	Norma Houston		0:23:14	0:22:50		0:45:18	1:39:38				02:47:46	4
2	Louise Leduc	0:22:59	0:23:07	0:23:37	0:48:58	0:47:13		0:49:08	1:48:26	1:40:51	02:51:03	8
3	Janine Boutilier		0:23:41					0:49:57		1:49:59	03:03:37	3
4	Peggy Falkenham-Boutilier			0:25:00		0:50:42	1:53:58				03:09:40	3
5	Donalda Cody			0:26:10			2:00:33	0:53:44		1:52:56	03:12:50	4
6	Connie Meister		0:25:17			0:53:56	2:02:44		2:00:34	1:56:08	03:15:21	5
7	Monique Wood			0:26:00			2:02:07	0:55:34			03:23:41	3
8	Susan Faulkner		0:26:38	0:29:00	0:57:51			1:00:02		2:00:54	03:25:23	5
9	Cindy Dyer	0:33:02	0:30:22		0:55:51		2:04:32			2:01:15	03:27:28	5
10	Valerie Morgan		0:28:53		1:01:50					2:17:51	03:48:34	3
11	Vicky Dwyer		0:29:31	0:30:46		1:02:12		1:06:15	2:24:14		03:55:57	5
12	Trudy Flynn		0:48:49	0:49:27	1:13:41		2:35:29				04:37:59	4
13	Marion Bowes		0:35:36					1:23:24	2:53:19	3:03:19	05:02:19	4

50 & Older

50 & Older

50 & Older

50 & Older

50 & Older

50 & Older

50 & Older

50 & Older

50 & Older

50 & Older

50 & Older

50 & Older

50 & Older