









Participants 1 2 1 1 1 0 4 7 7 4 1 0 0 8 5 4 2 3 4 1 0 4 2 2 2 1 1 4 2 2 4 5 1 1 2 1 4 1 1 1 0 1 2 109 89

Women 68-64 table with columns: Run NS Number, First Name, Last Name, Run Our Shore 5km, Run Our Shore 10km, Run Our Shore Half Marathon, Eastern Lobster Run 5k, Eastern Lobster Run 10k, Eastern Lobster Run 21.1k, OSPREY 5k RUN/WALK, Penguin Run 5k, Lunenburg World Heritage Site 5k Road Race, Liverpool Privateer 5 Mile Road Race, MEC Race Three - Salt Marsh Trail 5k, MEC Race Three - Salt Marsh Trail 10k, MEC Race Three - Salt Marsh Trail 21.1k, EPIC Canadian Run for Canada - 5.1k, EPIC Canadian Run for Canada - 10k, EPIC Canadian Run for Canada - 19.5k, EPIC Canadian Run for Canada - 21.1k, Sheila Poole 10K, Nova Scotia Marathon 10K, Nova Scotia Marathon 21.1 K, Nova Scotia Marathon 42.2 K, Windsor 5k Fun Run, MACPASS Mile, Dartmouth Natal Day 2-Mile Road Race, Dartmouth Natal Day 6-Mile Road Race, Digby Scallops Days 5k Fun Run, Digby Scallops Days 10k Fun Run, Digby Scallops Days 15k Fun Run, Louisbourg Race Through Time, Cobeguid Trail Run 5k, Cobeguid Trail Run 10k, Cobeguid Trail Run 21.1k, 66th Annual Berwick Gait Days 5 Mile Road Race, Cape Breton Fiddlers Run 5k, Cape Breton Fiddlers Run 10k, Cape Breton Fiddlers Run 21.1k, Cape Breton Fiddlers Run 42.2k, MEC Race Four 5k, MEC Race Four 10k, MEC Race Four 15k, Sole Sisters 5k, Sole Sisters Quarter Marathon, Sole Sisters Half Marathon, Rocky's Run, Volunteer

Total Events (Top 9), Total (Top 9) table for Women 68-64

Participants 0 2 3 0 0 0 6 6 5 2 1 2 1 5 5 2 0 2 2 2 0 6 4 7 5 0 2 1 1 2 1 8 0 1 3 1 0 0 1 1 0 1 2 99 87

Women 65-69 table with columns: Run NS Number, First Name, Last Name, Run Our Shore 5km, Run Our Shore 10km, Run Our Shore Half Marathon, Eastern Lobster Run 5k, Eastern Lobster Run 10k, Eastern Lobster Run 21.1k, OSPREY 5k RUN/WALK, Penguin Run 5k, Lunenburg World Heritage Site 5k Road Race, Liverpool Privateer 5 Mile Road Race, MEC Race Three - Salt Marsh Trail 5k, MEC Race Three - Salt Marsh Trail 10k, MEC Race Three - Salt Marsh Trail 21.1k, EPIC Canadian Run for Canada - 5.1k, EPIC Canadian Run for Canada - 10k, EPIC Canadian Run for Canada - 19.5k, EPIC Canadian Run for Canada - 21.1k, Sheila Poole 10K, Nova Scotia Marathon 10K, Nova Scotia Marathon 21.1 K, Nova Scotia Marathon 42.2 K, Windsor 5k Fun Run, MACPASS Mile, Dartmouth Natal Day 2-Mile Road Race, Dartmouth Natal Day 6-Mile Road Race, Digby Scallops Days 5k Fun Run, Digby Scallops Days 10k Fun Run, Digby Scallops Days 15k Fun Run, Louisbourg Race Through Time, Cobeguid Trail Run 5k, Cobeguid Trail Run 10k, Cobeguid Trail Run 21.1k, 66th Annual Berwick Gait Days 5 Mile Road Race, Cape Breton Fiddlers Run 5k, Cape Breton Fiddlers Run 10k, Cape Breton Fiddlers Run 21.1k, Cape Breton Fiddlers Run 42.2k, MEC Race Four 5k, MEC Race Four 10k, MEC Race Four 15k, Sole Sisters 5k, Sole Sisters Quarter Marathon, Sole Sisters Half Marathon, Rocky's Run, Volunteer

Total Events (Top 9), Total (Top 9) table for Women 65-69

Participants 0 1 0 0 2 0 5 4 4 2 1 3 0 2 3 0 0 2 4 1 0 2 2 2 2 1 0 2 0 3 1 5 0 0 1 0 0 1 4 0 0 0 0 66 55

Women 70-74 table with columns: Run NS Number, First Name, Last Name, Run Our Shore 5km, Run Our Shore 10km, Run Our Shore Half Marathon, Eastern Lobster Run 5k, Eastern Lobster Run 10k, Eastern Lobster Run 21.1k, OSPREY 5k RUN/WALK, Penguin Run 5k, Lunenburg World Heritage Site 5k Road Race, Liverpool Privateer 5 Mile Road Race, MEC Race Three - Salt Marsh Trail 5k, MEC Race Three - Salt Marsh Trail 10k, MEC Race Three - Salt Marsh Trail 21.1k, EPIC Canadian Run for Canada - 5.1k, EPIC Canadian Run for Canada - 10k, EPIC Canadian Run for Canada - 19.5k, EPIC Canadian Run for Canada - 21.1k, Sheila Poole 10K, Nova Scotia Marathon 10K, Nova Scotia Marathon 21.1 K, Nova Scotia Marathon 42.2 K, Windsor 5k Fun Run, MACPASS Mile, Dartmouth Natal Day 2-Mile Road Race, Dartmouth Natal Day 6-Mile Road Race, Digby Scallops Days 5k Fun Run, Digby Scallops Days 10k Fun Run, Digby Scallops Days 15k Fun Run, Louisbourg Race Through Time, Cobeguid Trail Run 5k, Cobeguid Trail Run 10k, Cobeguid Trail Run 21.1k, 66th Annual Berwick Gait Days 5 Mile Road Race, Cape Breton Fiddlers Run 5k, Cape Breton Fiddlers Run 10k, Cape Breton Fiddlers Run 21.1k, Cape Breton Fiddlers Run 42.2k, MEC Race Four 5k, MEC Race Four 10k, MEC Race Four 15k, Sole Sisters 5k, Sole Sisters Quarter Marathon, Sole Sisters Half Marathon, Rocky's Run, Volunteer

Total Events (Top 9), Total (Top 9) table for Women 70-74

Participants 0 1 0 0 0 0 1 2 3 1 0 0 0 0 0 0 0 1 1 0 0 1 0 1 1 0 0 1 0 2 2 0 0 0 0 0 0 0 0 0 0 0 21 18

Women 75-79 table with columns: Run NS Number, First Name, Last Name, Run Our Shore 5km, Run Our Shore 10km, Run Our Shore Half Marathon, Eastern Lobster Run 5k, Eastern Lobster Run 10k, Eastern Lobster Run 21.1k, OSPREY 5k RUN/WALK, Penguin Run 5k, Lunenburg World Heritage Site 5k Road Race, Liverpool Privateer 5 Mile Road Race, MEC Race Three - Salt Marsh Trail 5k, MEC Race Three - Salt Marsh Trail 10k, MEC Race Three - Salt Marsh Trail 21.1k, EPIC Canadian Run for Canada - 5.1k, EPIC Canadian Run for Canada - 10k, EPIC Canadian Run for Canada - 19.5k, EPIC Canadian Run for Canada - 21.1k, Sheila Poole 10K, Nova Scotia Marathon 10K, Nova Scotia Marathon 21.1 K, Nova Scotia Marathon 42.2 K, Windsor 5k Fun Run, MACPASS Mile, Dartmouth Natal Day 2-Mile Road Race, Dartmouth Natal Day 6-Mile Road Race, Digby Scallops Days 5k Fun Run, Digby Scallops Days 10k Fun Run, Digby Scallops Days 15k Fun Run, Louisbourg Race Through Time, Cobeguid Trail Run 5k, Cobeguid Trail Run 10k, Cobeguid Trail Run 21.1k, 66th Annual Berwick Gait Days 5 Mile Road Race, Cape Breton Fiddlers Run 5k, Cape Breton Fiddlers Run 10k, Cape Breton Fiddlers Run 21.1k, Cape Breton Fiddlers Run 42.2k, MEC Race Four 5k, MEC Race Four 10k, MEC Race Four 15k, Sole Sisters 5k, Sole Sisters Quarter Marathon, Sole Sisters Half Marathon, Rocky's Run, Volunteer

Total Events (Top 9), Total (Top 9) table for Women 75-79

Participants 0 0 0 0 0 0 1 0 1 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 2 2

Women 80-84 table with columns: Run NS Number, First Name, Last Name, Run Our Shore 5km, Run Our Shore 10km, Run Our Shore Half Marathon, Eastern Lobster Run 5k, Eastern Lobster Run 10k, Eastern Lobster Run 21.1k, OSPREY 5k RUN/WALK, Penguin Run 5k, Lunenburg World Heritage Site 5k Road Race, Liverpool Privateer 5 Mile Road Race, MEC Race Three - Salt Marsh Trail 5k, MEC Race Three - Salt Marsh Trail 10k, MEC Race Three - Salt Marsh Trail 21.1k, EPIC Canadian Run for Canada - 5.1k, EPIC Canadian Run for Canada - 10k, EPIC Canadian Run for Canada - 19.5k, EPIC Canadian Run for Canada - 21.1k, Sheila Poole 10K, Nova Scotia Marathon 10K, Nova Scotia Marathon 21.1 K, Nova Scotia Marathon 42.2 K, Windsor 5k Fun Run, MACPASS Mile, Dartmouth Natal Day 2-Mile Road Race, Dartmouth Natal Day 6-Mile Road Race, Digby Scallops Days 5k Fun Run, Digby Scallops Days 10k Fun Run, Digby Scallops Days 15k Fun Run, Louisbourg Race Through Time, Cobeguid Trail Run 5k, Cobeguid Trail Run 10k, Cobeguid Trail Run 21.1k, 66th Annual Berwick Gait Days 5 Mile Road Race, Cape Breton Fiddlers Run 5k, Cape Breton Fiddlers Run 10k, Cape Breton Fiddlers Run 21.1k, Cape Breton Fiddlers Run 42.2k, MEC Race Four 5k, MEC Race Four 10k, MEC Race Four 15k, Sole Sisters 5k, Sole Sisters Quarter Marathon, Sole Sisters Half Marathon, Rocky's Run, Volunteer

Total Events (Top 9), Total (Top 9) table for Women 80-84

Participants 0 0 0 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 1 0 0 0 1 4 2 2

All Female Age Categories table with columns: Run NS Number, First Name, Last Name, Run Our Shore 5km, Run Our Shore 10km, Run Our Shore Half Marathon, Eastern Lobster Run 5k, Eastern Lobster Run 10k, Eastern Lobster Run 21.1k, OSPREY 5k RUN/WALK, Penguin Run 5k, Lunenburg World Heritage Site 5k Road Race, Liverpool Privateer 5 Mile Road Race, MEC Race Three - Salt Marsh Trail 5k, MEC Race Three - Salt Marsh Trail 10k, MEC Race Three - Salt Marsh Trail 21.1k, EPIC Canadian Run for Canada - 5.1k, EPIC Canadian Run for Canada - 10k, EPIC Canadian Run for Canada - 19.5k, EPIC Canadian Run for Canada - 21.1k, Sheila Poole 10K, Nova Scotia Marathon 10K, Nova Scotia Marathon 21.1 K, Nova Scotia Marathon 42.2 K, Windsor 5k Fun Run, MACPASS Mile, Dartmouth Natal Day 2-Mile Road Race, Dartmouth Natal Day 6-Mile Road Race, Digby Scallops Days 5k Fun Run, Digby Scallops Days 10k Fun Run, Digby Scallops Days 15k Fun Run, Louisbourg Race Through Time, Cobeguid Trail Run 5k, Cobeguid Trail Run 10k, Cobeguid Trail Run 21.1k, 66th Annual Berwick Gait Days 5 Mile Road Race, Cape Breton Fiddlers Run 5k, Cape Breton Fiddlers Run 10k, Cape Breton Fiddlers Run 21.1k, Cape Breton Fiddlers Run 42.2k, MEC Race Four 5k, MEC Race Four 10k, MEC Race Four 15k, Sole Sisters 5k, Sole Sisters Quarter Marathon, Sole Sisters Half Marathon, Rocky's Run, Volunteer

Total Races + Volunteers, Total (Top 9) table for All Female Age Categories

TOTAL 19 22 20 2 5 2 60 99 64 24 26 27 13 82 73 29 18 22 31 27 3 56 47 51 49 9 9 21 19 36 13 62 4 13 23 6 31 17 26 11 19 12 22 1306 1224

+ 3RNS virtual sole sisters, not recorded for points