

2022 Kanata Race Day 5K Results 6/14/22 2:01:05 PM

| Position | Bib # | Name | Race Time | Pace | Gender | Age |
|----------|-------|------|-----------|------|--------|-----|
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DIVISION: 5K

| | | | | | | |
|----|-----|-------------------------|-----------|------|---|----|
| 1 | 318 | Gavin Hamilton | 18:42.549 | 3:44 | M | 37 |
| 2 | 240 | Connor Hammond | 19:43.158 | 3:57 | M | 27 |
| 3 | 229 | Rob Dods | 19:53.566 | 3:59 | M | 42 |
| 4 | 291 | Luke Senecal | 20:57.294 | 4:11 | M | 53 |
| 5 | 180 | Jonathan Lyons | 21:27.519 | 4:17 | M | 14 |
| 6 | 192 | Sharmila Taft | 21:42.000 | 4:20 | F | 13 |
| 7 | 183 | Connor McKnight | 21:42.000 | 4:20 | M | 13 |
| 8 | 171 | sam grozelle | 22:13.835 | 4:27 | M | 13 |
| 9 | 197 | Hollyann Shields | 22:52.468 | 4:34 | F | 21 |
| 10 | 241 | Haley Hammond | 23:02.116 | 4:36 | F | 25 |
| 11 | 155 | Rohen Bartlett | 23:26.772 | 4:41 | M | 13 |
| 12 | 238 | michael grozelle | 23:36.642 | 4:43 | M | 46 |
| 13 | 282 | Nathan Phillips | 23:44.865 | 4:45 | M | 45 |
| 14 | 270 | Joanne Murray | 23:46.481 | 4:45 | F | 48 |
| 15 | 176 | Kevin Li | 23:58.967 | 4:48 | M | 17 |
| 16 | 186 | Max Pawulski | 24:00.091 | 4:48 | M | 13 |
| 17 | 169 | Loukas GIORGIOU | 24:02.385 | 4:48 | M | 13 |
| 18 | 222 | Eric Cui | 24:39.826 | 4:56 | M | 19 |
| 19 | 161 | DAW DA | 24:45.552 | 4:57 | M | 14 |
| 20 | 281 | Ronald Pawulski | 24:53.030 | 4:59 | M | 44 |
| 21 | 191 | KELLEN SUN | 24:54.620 | 4:59 | M | 16 |
| 22 | 271 | Tom Namsa | 25:21.303 | 5:04 | M | 38 |
| 23 | 168 | Benyang Fu | 25:22.600 | 5:04 | M | 13 |
| 24 | 162 | Alex Delroy | 25:22.700 | 5:04 | M | 12 |
| 25 | 196 | Sofia Yurack | 25:26.432 | 5:05 | F | 12 |
| 26 | 157 | Gavin Bowling | 25:30.304 | 5:06 | M | 11 |
| 27 | 300 | Troy Tilbury | 25:31.270 | 5:06 | M | 43 |
| 28 | 158 | Oscar Bowling | 25:31.681 | 5:06 | M | 10 |
| 29 | 288 | Marcelo Ruetalo Pacheco | 25:36.217 | 5:07 | M | 50 |
| 30 | 257 | Jianwei Liu | 25:42.572 | 5:08 | M | 45 |
| 31 | 225 | Rob Davidson | 25:43.483 | 5:09 | M | 67 |
| 32 | 185 | Cameron O'Reilly-Patton | 25:54.770 | 5:11 | M | 14 |
| 33 | 226 | Mark Dehler | 25:57.345 | 5:11 | M | 56 |
| 34 | 177 | Sarah Li | 25:59.998 | 5:12 | F | 14 |
| 35 | 256 | Jensen Lin | 26:00.672 | 5:12 | M | 39 |
| 36 | 248 | Harris Kirby | 26:27.251 | 5:17 | M | 64 |
| 37 | 310 | Dielle Macarthur | 26:49.397 | 5:22 | F | 99 |
| 38 | 187 | Jake Phipps | 26:51.495 | 5:22 | M | 14 |
| 39 | 320 | Karanbir Sandhu | 26:56.082 | 5:23 | M | 38 |

2022 Kanata Race Day 5K Results 6/14/22 2:01:06 PM

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|----------|-------|----------------------|-----------|------|--------|-----|
| 40 | 312 | Steve Delroy | 27:05.267 | 5:25 | M | 99 |
| 41 | 151 | Trevor Ashfield | 27:24.691 | 5:29 | M | 15 |
| 42 | 165 | NATALIE DOUBA | 27:34.188 | 5:31 | F | 10 |
| 43 | 219 | Adam Cockburn | 27:38.445 | 5:32 | M | 39 |
| 44 | 302 | Julia Wang | 27:41.838 | 5:32 | F | 51 |
| 45 | 215 | Ryanna Bowling | 27:48.696 | 5:34 | F | 40 |
| 46 | 260 | Sean Lyons | 27:53.907 | 5:35 | M | 53 |
| 47 | 273 | Jonathan Noynay | 27:56.599 | 5:35 | M | 34 |
| 48 | 195 | Trisha Yourth | 27:58.541 | 5:36 | F | 42 |
| 49 | 220 | Beth Cockburn | 28:30.568 | 5:42 | F | 38 |
| 50 | 173 | Nelson Kang | 28:30.849 | 5:42 | M | 14 |
| 51 | 279 | Robin Park | 28:34.469 | 5:43 | M | 50 |
| 52 | 167 | Justin Fraser | 28:43.335 | 5:45 | M | 14 |
| 53 | 290 | Noon Sangchotchai | 28:46.520 | 5:45 | F | 37 |
| 54 | 304 | Xiaofeng wu | 29:02.236 | 5:48 | M | 49 |
| 55 | 294 | GOPAL SINGH | 29:07.192 | 5:49 | M | 43 |
| 56 | 154 | Katelyn Barteaux | 29:12.012 | 5:50 | F | 15 |
| 57 | 175 | Desmond Lassaline | 29:12.957 | 5:50 | M | 14 |
| 58 | 188 | Jeremy Richardson | 29:20.297 | 5:52 | M | 14 |
| 59 | 321 | David Phipps | 29:33.502 | 5:55 | M | 56 |
| 60 | 214 | Denise Ashfield | 29:51.684 | 5:58 | F | 49 |
| 61 | 315 | Theresa Bellomo | 30:03.506 | 6:01 | F | 44 |
| 62 | 227 | Sarah Dehler | 30:18.616 | 6:04 | F | 56 |
| 63 | 255 | Andy Ledger | 30:22.005 | 6:04 | M | 65 |
| 64 | 164 | NAOMI DOUBA | 30:28.795 | 6:06 | F | 12 |
| 65 | 217 | Florence Chitsa | 30:45.112 | 6:09 | F | 36 |
| 66 | 166 | Ethan Egerton-Graham | 30:57.406 | 6:11 | M | 18 |
| 67 | 236 | Ian Graham | 30:58.130 | 6:12 | M | 49 |
| 68 | 275 | Elise O'Sullivan | 31:07.765 | 6:13 | F | 32 |
| 69 | 276 | Ryan O'Sullivan | 31:09.171 | 6:14 | M | 33 |
| 70 | 152 | Batool Ashoor | 31:17.938 | 6:15 | F | 13 |
| 71 | 261 | Loretta MacDonald | 31:23.629 | 6:17 | F | 50 |
| 72 | 286 | Tisha Richardson | 31:23.864 | 6:17 | F | 45 |
| 73 | 319 | Cinda Gupta | 31:37.871 | 6:19 | F | 52 |
| 74 | 297 | Jenna Sudds | 31:38.978 | 6:20 | F | 43 |
| 75 | 317 | Jod Mongrieff | 31:39.085 | 6:20 | F | 99 |
| 76 | 308 | Pam Yeh | 31:48.321 | 6:22 | F | 45 |
| 77 | 251 | Jackson Konner | 32:13.578 | 6:27 | M | 8 |
| 78 | 292 | Yaqian Shen | 32:16.865 | 6:27 | M | 44 |
| 79 | 210 | Kelly Aleong | 32:21.105 | 6:28 | F | 44 |
| 80 | 189 | Kaelyn Shen | 32:21.826 | 6:28 | F | 11 |
| 81 | 235 | Carrie Ginn | 32:23.203 | 6:29 | F | 47 |
| 82 | 194 | Lyra Yang | 32:23.431 | 6:29 | F | 8 |

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|----------|-------|----------------------|-----------|-------|--------|-----|
| 83 | 181 | Paige Madden | 33:29.024 | 6:42 | F | 11 |
| 84 | 296 | Shobit Sood | 33:30.217 | 6:42 | M | 39 |
| 85 | 243 | Shangyu Huang | 33:34.378 | 6:43 | F | 35 |
| 86 | 298 | Umakanth Thirugnanam | 33:34.546 | 6:43 | M | 55 |
| 87 | 153 | Zainab Ashoor | 33:39.351 | 6:44 | M | 14 |
| 88 | 202 | Amelia Wang | 33:48.068 | 6:46 | F | 30 |
| 89 | 203 | Ostin Liu | 33:48.427 | 6:46 | M | 8 |
| 90 | 277 | Karen Lynn Ouellette | 33:48.507 | 6:46 | F | 46 |
| 91 | 247 | Emma Kent | 34:01.430 | 6:48 | F | 27 |
| 92 | 263 | Danielle Mahoney | 34:02.180 | 6:48 | F | 35 |
| 93 | 184 | Danica Murray | 34:05.670 | 6:49 | F | 11 |
| 94 | 274 | Anya O'Reilly-Patton | 34:08.145 | 6:50 | F | 19 |
| 95 | 267 | Simba Mundeta | 34:29.278 | 6:54 | M | 40 |
| 96 | 170 | paul grozelle | 34:36.930 | 6:55 | M | 13 |
| 97 | 163 | Monica Delroy | 34:44.650 | 6:57 | F | 13 |
| 98 | 156 | Fiona Bellomo | 34:45.005 | 6:57 | F | 14 |
| 99 | 314 | Rachel Domaratzki | 34:46.883 | 6:57 | F | 99 |
| 100 | 237 | jo grozelle | 34:54.682 | 6:59 | F | 46 |
| 101 | 325 | Xiaolin Kang | 35:01.261 | 7:00 | F | 40 |
| 102 | 311 | Ian De Belle | 35:17.178 | 7:03 | M | 99 |
| 103 | 213 | Jenna Armstrong | 35:30.183 | 7:06 | F | 26 |
| 104 | 216 | Kayla Cavanagh | 35:30.868 | 7:06 | F | 29 |
| 105 | 322 | Johane Anderson | 35:36.759 | 7:07 | F | 38 |
| 106 | 174 | Andres Lara Aguirre | 35:49.032 | 7:10 | M | 38 |
| 107 | 309 | Derick Yung | 37:09.350 | 7:26 | M | 39 |
| 108 | 198 | Abdoussalan Moussa | 37:18.439 | 7:28 | M | 16 |
| 109 | 323 | Maryam Moussa | 38:21.842 | 7:40 | F | 19 |
| 110 | 76 | Hritvik Shrinkhal | 39:14.750 | 7:51 | M | 11 |
| 111 | 293 | Himanshu Shrinkhal | 39:15.301 | 7:51 | M | 44 |
| 112 | 299 | Raelyn Tilbury | 40:38.358 | 8:08 | F | 43 |
| 113 | 303 | Stephanie Wilson | 41:37.616 | 8:19 | F | 39 |
| 114 | 268 | Margaret Murphy | 41:38.372 | 8:20 | F | 41 |
| 115 | 212 | Selemawit Araya | 43:25.859 | 8:41 | F | 40 |
| 116 | 232 | Anna Filia | 43:43.929 | 8:45 | F | 56 |
| 117 | 254 | Julie Lavoie | 43:44.202 | 8:45 | F | 43 |
| 118 | 278 | Tasmin Pan | 43:49.110 | 8:46 | F | 43 |
| 119 | 307 | Amber Yeh | 46:57.907 | 9:23 | F | 40 |
| 120 | 178 | Emmy Lin | 46:59.464 | 9:24 | F | 8 |
| 121 | 324 | Bhargav Gudapati | 48:31.387 | 9:42 | M | 27 |
| 122 | 258 | Ruisi Liu | 48:41.337 | 9:44 | F | 21 |
| 123 | 179 | Michelle Liu | 48:41.569 | 9:44 | F | 12 |
| 124 | 228 | Patricia Despatis | 52:52.438 | 10:34 | M | 74 |
| 125 | 252 | Cynthia Lam | 52:54.095 | 10:35 | F | 46 |

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|----------|-------|---------------|-------------|-------|--------|-----|
| 126 | 172 | Waaiz Israr | 52:59.228 | 10:36 | M | 14 |
| 127 | 244 | Shazima Israr | 1:04:56.753 | 12:59 | F | 44 |
| 128 | 201 | Wei4 Liu | 1:31:08.069 | 18:14 | F | 46 |

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