

## 2023 Head For The Hills

Race Date

October 14, 2023

Overall Finish List**10K RUN**

<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>
1	Zack Reimer	St. Catharines ON	2770	34	M	1: 30-39	46:36.0	4:40/K
2	Ryan Niclasen	allanburg ON	2765	45	M	1: 40-49	47:21.0	4:44/K
3	Tim Winter	St. Catharines ON	2775	49	M	2: 40-49	47:38.0	4:46/K
4	PIERRIC LEPERT	St. Catharines ON	2760	39	M	2: 30-39	52:38.0	5:16/K
5	Fred Clarke-Louie	Fort Erie ON	2755	50	M	1: 50-59	54:24.0	5:26/K
6	Brooklyn Battison	Welland ON	2752	30	F	1: 30-39	59:41.0	5:58/K
7	Danielle Wilmot	Burlington ON	2774	39	F	2: 30-39	1:00:05.0	6:01/K
8	Craig Niclasen	Allanburg ON	2764	42	M	3: 40-49	1:00:37.0	6:04/K
9	Marita Adams	St. Catharines ON	2751	45	F	1: 40-49	1:00:55.0	6:06/K
10	Dallas Melnick-Baldrey	Lincoln ON	2762	22	M	1: 20-29	1:02:14.0	6:13/K
11	Becky Wilkie	Niagara Falls ON	2773	36	F	3: 30-39	1:04:44.0	6:28/K
12	Lori Poirier	Welland ON	2769	40	F	2: 40-49	1:05:52.0	6:35/K
13	Dave Hallworth	St. Catharines ON	2759	46	M	4: 40-49	1:07:18.0	6:44/K
14	Ken Mann	Beamsville ON	2761	55	M	2: 50-59	1:07:30.0	6:45/K
15	Suzie Roy	Niagara Falls ON	2771	42	F	3: 40-49	1:07:50.0	6:47/K
16	Dorothy Moszynski	St. Catharines ON	2763	43	F	4: 40-49	1:12:14.0	7:13/K
17	ROB BROWNLOW	Fonthill ON	2754	47	M	5: 40-49	1:22:34.0	8:15/K
18	Trevor Acciaroli	Simcoe ON	2750	25	M	2: 20-29	1:26:31.0	8:39/K
19	Philip Duncan	Thorold ON	2757	26	M	3: 20-29	1:26:32.0	8:39/K
20	Noah Palldino	Hamilton ON	2766	25	M	4: 20-29	1:35:41.0	9:34/K
21	Laura DiPietro	Port Colborne ON	2756	45	F	5: 40-49	1:40:22.0	10:02/K
22	Paul Stefanchuk	St Catharines ON	2776	60	M	1: 60-69	1:40:24.0	10:02/K

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Overall Finish List**5K RUN**

<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>
1	Tom Flynn	St. Catharines ON	3367	60	M	1: 60-69	25:15.0	5:03/K
2	Lucas Laundry	St. Catharines ON	3351	11	M	1: 0-19	26:20.0	5:16/K
3	Belen Viglione	St catharines ON	3364	36	F	1: 30-39	27:24.0	5:29/K
4	Jude Banta	Beamsville ON	3365	15	M	2: 0-19	27:31.0	5:30/K
5	Lindsay McDuffee	Mount Hope ON	3354	39	F	2: 30-39	32:45.0	6:33/K
6	Silvana Gervasio	St Catharines ON	3343	47	F	1: 40-49	33:02.0	6:36/K
7	Aiden Laundry	St. Catharines ON	3350	16	M	3: 0-19	33:19.0	6:40/K
8	CHELSEA MUSTE	NIAGARA ON THE	3357	33	F	3: 30-39	37:17.0	7:27/K
9	Derek Muste	Niagara-on-the-Lake	3358	35	M	1: 30-39	37:17.0	7:27/K
10	Faye Perkins	St. Catharines ON	2768	63	F	1: 60-69	43:06.5	8:37/K
11	Osker-Karl Guembel	St. Catharines ON	3348	8	M	4: 0-19	43:55.0	8:47/K
12	Wolfgang Guembel	St. Catharines ON	3349	44	M	1: 40-49	43:56.0	8:47/K
13	Kalin Clarke	Mount Hope ON	3337	12	M	5: 0-19	44:35.0	8:55/K
14	Tammy Clarke	Mount Hope ON	3338	44	F	2: 40-49	44:36.0	8:55/K
15	Lindsay Mushill	Binbrook	3368	44	F	3: 40-49	45:04.0	9:01/K
16	Katherine Chamberlain	St Catharines ON	3334	57	F	1: 50-59	54:35.0	10:55/K
17	Marcy Morningstar	St Catharines ON	3356	48	F	4: 40-49	54:36.0	10:55/K
18	Rao Sridhar	St CAtharines	3369	33	M	2: 30-39	55:01.0	11:00/K
19	Kathryn Green	St Catharines ON	3347	34	F	4: 30-39	55:02.0	11:00/K

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## Overall Finish List

### 5K WALK

<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Gen</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>
1	Anne Marie Branch	St. Catharines ON	3331	58	F	1: 50-59	53:54.0	10:47/K
2	Greg Thiessen	St.Catharines ON	3363	59	M	1: 50-59	53:54.0	10:47/K
3	Jay Strauss	St. Catharines ON	3362	40	M	1: 40-49	1:01:24.0	12:17/K
4	Susan Corbett	St. Catharines ON	3340	55	F	2: 50-59	1:01:57.0	12:23/K
5	Pailins Patricia	Ridgeway ON	3370	52	F	3: 50-59	1:06:04.0	13:13/K
6	Margaret Dedrick	St. Catharines ON	3341	46	F	1: 40-49	1:07:16.0	13:27/K
7	Donald McMaster	Grimnsby ON	3355	77	M	1: 70-99	1:10:08.0	14:02/K
8	Gordon Froese	St. Catharines ON	3345	57	M	2: 50-59	1:14:02.0	14:48/K
9	Maria Grande	St. Catharines ON	3346	69	F	1: 60-69	1:14:02.0	14:48/K