

2023 Valentines 5 km

Race Date
February 12, 2023

Overall Finish List**Runners**

<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Gend</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>
1	Rian Wilson	st catharines	3146	M	1: Open	16:15	3:15/K
2	Brandon Sloan	Thorold ON	3054	M	2: Open	16:21	3:16/K
3	Stephen Lambert	St Catharines	3145	M	3: Open	17:13	3:27/K
4	Redding Maxwell	Vineland ON	3121	M	1: 0-19	17:19	3:28/K
5	Wolfgang Guembel	St. Catharines ON	3124	M	1: 40-49	17:21	3:28/K
6	William Horsley	St Catharines	3147	M	1: 20-29	17:38	3:32/K
7	Jordan Heckman	Jordan Station ON	3130	M	1: 30-39	17:50	3:34/K
8	Walker Rollo	St. Catharines ON	3135	M	2: 0-19	18:10	3:38/K
9	Frank Pearson	St. Catharines ON	3133	M	2: 40-49	18:15	3:39/K
10	Julian Cirasuolo	St. Catharines ON	3125	M	3: 0-19	18:26	3:41/K
11	Oliver Crowe	St. Catharines ON	3099	M	4: 0-19	18:41	3:44/K
12	Bryce MK Hudson	St. Catherines ON	3006	M	2: 30-39	19:01	3:48/K
13	Jacob Montoya	St CATHARINES	3149	M	5: 0-19	19:26	3:53/K
14	Kevin Stefanchuk	St Catharines	3152	M	2: 20-29	19:44	3:57/K
15	Jacob Millen	St Catharines ON	3116	M	6: 0-19	20:15	4:03/K
16	Nick Buffo	Hamilton ON	3115	M	3: 40-49	20:35	4:07/K
17	Derrick Snure	St. Catharines ON	3018	M	1: 50-59	20:47	4:09/K
18	Jenn St Amand	St. Catharines ON	3112	F	1: Open	20:51	4:10/K
19	Tessa Grosvenor	St. Catharines ON	3134	F	2: Open	21:08	4:14/K
20	Terry Zorgel	Welland ON	3027	M	1: 60-69	21:32	4:18/K
21	Brianna Vermue	St. Catharines ON	3139	F	3: Open	21:35	4:19/K
22	Clark St Amand	St. Catharines ON	3113	M	7: 0-19	21:53	4:23/K
23	Tim St. Amand	St. Catharines ON	3111	M	4: 40-49	21:54	4:23/K
24	Vicky Kelly	Niagara Falls ON	3007	F	1: 50-59	22:33	4:31/K
25	Margaret Gralewicz	St. Catharines ON	3041	F	1: 30-39	22:35	4:31/K
26	Jolanta Clark	St Catharines ON	3140	F	1: 0-19	22:41	4:32/K
27	Paul Lyttle	Font Hill	3148	M	5: 40-49	22:50	4:34/K
28	ERIN LYTTLE	FONTHILL ON	3015	F	1: 40-49	22:51	4:34/K
29	Josh Iannantuono	St. Catharines ON	3117	M	3: 30-39	23:00	4:36/K
30	FRANK HARDY	ST CATHARINES	3144	M	2: 50-59	23:08	4:38/K
31	Belén Murch	St Catherines ON	3005	F	2: 30-39	23:11	4:38/K
32	Emma Smalley	Grimsby ON	3089	F	3: 30-39	23:13	4:39/K
33	Brendan Buggeln	St. Catharines ON	3090	M	6: 40-49	23:18	4:40/K
34	Angelo Cirasuolo	St. Catharines ON	3110	M	8: 0-19	23:28	4:42/K
35	Rob Rintjema	Grimsby ON	3017	M	3: 50-59	23:49	4:46/K
36	Melanie Gross Kerho	Welland ON	3071	F	2: 50-59	23:50	4:46/K
37	Lisa Beaudoin	St. Catharines ON	3045	F	2: 40-49	23:51	4:46/K
38	Christopher Keller	St. Catharines ON	3078	M	2: 60-69	24:39	4:56/K
39	Lesly Pearce	St. Catharines ON	3077	F	1: 60-69	24:40	4:56/K
40	Amanda Love	St. Catharines ON	3086	F	3: 40-49	24:52	4:58/K
41	Kevin Lanthier	St. Catharines ON	3087	M	7: 40-49	24:53	4:59/K
42	Savanna Scott	Beamsville ON	3122	F	2: 0-19	24:54	4:59/K
43	Cathy Hopkins	St. Catharines ON	3035	F	2: 60-69	25:27	5:05/K
44	Jerry Gibb	St. Catharines ON	3004	M	3: 60-69	25:44	5:09/K
45	Violet Crowe	St. Catharines ON	3098	F	3: 0-19	26:02	5:12/K
46	Lisa Barnai-Rotella	Beamsville ON	3064	F	4: 40-49	26:03	5:13/K
47	Chris Kocsis	St. Catharines ON	3118	M	3: 20-29	26:19	5:16/K

2023 Valentines 5 km

Race Date
February 12, 2023

Overall Finish List**Runners**

<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Gend</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>
48	Roydon Collins	Niagara-on-the-Lake	3079	M	1: 70-99	26:25	5:17/K
49	Allan Dupuis	St. Catharines ON	3075	M	4: 50-59	26:32	5:18/K
50	EMILY VANCISE	St. Catharines ON	3040	F	1: 20-29	26:53	5:23/K
51	Wendy Willan	St. Catharines ON	3019	F	3: 50-59	27:00	5:24/K
52	Carolyn Deeth	Toronto ON	3120	F	3: 60-69	27:15	5:27/K
53	Jen Grossi	St Catharines ON	3096	F	5: 40-49	27:22	5:28/K
54	Joan Howieson	St. Catharines ON	3011	F	4: 50-59	27:25	5:29/K
55	Chelsea Muste	Niagara on the Lake	3034	F	4: 30-39	27:26	5:29/K
56	Samantha Siebert	Beamsville ON	3085	F	2: 20-29	27:45	5:33/K
57	Vanessa Lubieniecki	Beamsville ON	3088	F	3: 20-29	27:46	5:33/K
58	Silvana Gervasio	St Catharines ON	3082	F	6: 40-49	27:48	5:34/K
59	Tracy Bastien	Welland ON	3123	F	5: 30-39	27:49	5:34/K
60	Mat Siscoe	St. Catharines ON	3114	M	8: 40-49	27:57	5:35/K
61	Coen Root	St Catharines	3151	M	9: 0-19	28:25	5:41/K
62	Sarah Ingram	St Catharines ON	3058	F	6: 30-39	28:26	5:41/K
63	Erin Rehus	Lincoln ON	3002	F	7: 40-49	28:27	5:41/K
64	Sharau Scapillati	St. Catharines ON	3100	F	7: 30-39	28:48	5:46/K
65	Vanessa Kiedrowski	St. Catharines ON	3101	F	4: 20-29	28:49	5:46/K
66	Stephanie Klok	Niagara Falls ON	3032	F	8: 30-39	28:53	5:47/K
67	Jessica MacPherson	Niagara Falls ON	3033	F	9: 30-39	28:54	5:47/K
68	Paul Stefanchuk	St Catharines ON	3025	M	5: 50-59	28:55	5:47/K
69	Lucia Nigro Stefanchuk	St Catharines ON	3026	F	5: 50-59	28:56	5:47/K
70	Trevor Brown	St. Catharines ON	3068	M	4: 30-39	29:17	5:51/K
71	Rose David	St Catharines ON	3056	F	10: 30-39	29:21	5:52/K
72	Ava Caporicci		3108	F	4: 0-19	29:48	5:58/K
73	Bryan Caporicci	Fonthill ON	3107	M	5: 30-39	29:49	5:58/K
74	Christine Cameron	St Catharines ON	3028	F	6: 50-59	29:57	5:59/K
75	Ryan Morris	Niagara Falls ON	3141	M	6: 30-39	29:58	6:00/K
76	Chloe Bessette	St. Catharines ON	3138	F	11: 30-39	30:06	6:01/K
77	Monica Pellegrino	Thorold ON	3049	F	7: 50-59	30:16	6:03/K
78	Mary Anne Griepsma	Fonthill ON	3084	F	4: 60-69	30:28	6:06/K
79	ROB BROWNLOW	Fonthill ON	3083	M	9: 40-49	30:28	6:06/K
80	Kirstin Webb	St. Catharines ON	3059	F	5: 20-29	30:34	6:07/K
81	Connie Byrne	Ridgeway ON	3095	F	8: 50-59	30:35	6:07/K
82	Syerra Jasmin	St. Catharines ON	3024	F	6: 20-29	30:47	6:09/K
83	Jennifer Krah	Pelham ON	3008	F	8: 40-49	30:48	6:10/K
84	Matvey Mayster	Pelham ON	3009	M	10: 40-49	31:20	6:16/K
85	Martene M	Thorold ON	3050	F	9: 50-59	31:30	6:18/K
86	Katie Finora	Thorold ON	3051	F	12: 30-39	32:30	6:30/K
87	Bernice Booth	St.Catharines ON	3091	F	10: 50-59	32:31	6:30/K
88	Fab Del Monaco	St. Catharines ON	3055	M	6: 50-59	32:48	6:34/K
89	JOHN FEHLOW	ST. CATHARINES	3053	M	7: 30-39	32:49	6:34/K
90	CRYSTAL FEHLOW	ST. CATHARINES	3052	F	13: 30-39	32:50	6:34/K
91	Elise Beaudoin	St Catharines ON	3106	F	5: 0-19	32:51	6:34/K
92	Michelle MacIntosh	St. Catharines ON	3030	F	11: 50-59	33:15	6:39/K
93	Laura Andres	Niagara Falls ON	3020	F	14: 30-39	33:15	6:39/K
94	Kathy Greenhalgh	DUNNVILLE ON	3021	F	9: 40-49	33:33	6:43/K

2023 Valentines 5 km

Race Date
February 12, 2023

Overall Finish List**Runners**

<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Gend</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>
95	Paul Greenhalgh	DUNNVILLE ON	3022	M	11: 40-49	33:34	6:43/K
96	Vincent morsaint	st Catharines ON	3072	M	8: 30-39	33:54	6:47/K
97	Mark Brillon	Toronto ON	3128	M	7: 50-59	34:09	6:50/K
98	Jody Tone	Toronto ON	3129	F	12: 50-59	34:10	6:50/K
99	Bradley McLean	Pelham ON	3074	M	8: 50-59	34:30	6:54/K
100	Lindsay Milligan	St. Catharines ON	3131	F	10: 40-49	35:21	7:04/K
101	SETH GLASSMAN	NOTL	3142	M	12: 40-49	35:31	7:06/K
102	ABHI HALLAOCK	NOTL	3143	F	13: 50-59	35:32	7:06/K
103	void void	FONTHILL ON	3016	M	13: 40-49	35:36	7:07/K
104	Lianne Fisher	St. Catharines ON	3137	F	5: 60-69	35:37	7:07/K
105	Jenny McAllister	St. Catharines ON	3127	F	11: 40-49	36:23	7:17/K
106	Marcy Morningstar	St Catharines ON	3001	F	12: 40-49	36:38	7:20/K
107	Leandra Whalen	Welland ON	3062	F	13: 40-49	36:42	7:20/K
108	Aubrey Whalen	Welland ON	3063	M	14: 40-49	36:43	7:21/K
109	Anne Marie Branch	St. Catharines ON	3060	F	14: 50-59	36:44	7:21/K
110	Greg Thiessen Thiessen	St.Catharines ON	3061	M	9: 50-59	37:17	7:27/K
111	Bill Huisman	Fonthill ON	3038	M	10: 50-59	37:18	7:28/K
112	Emily Schild	Fonthill ON	3039	F	14: 40-49	37:19	7:28/K
113	Zachary Randle	Niagara Falls ON	3000	M	9: 30-39	37:20	7:28/K
114	Megan McKee	St. Catharines ON	3031	F	6: 60-69	38:46	7:45/K
115	Hubert Zyworonek	Etobicoke ON	3043	M	15: 40-49	38:52	7:46/K
116	Fran Rowe	Niagara Falls NY	3073	F	1: 70-99	38:56	7:47/K
117	David Goodsell	Niagara falls NY	3069	M	2: 70-99	38:57	7:47/K
118	David White	St Catharines ON	3092	M	10: 30-39	39:19	7:52/K
119	Brianna White	St Catharines ON	3093	F	15: 30-39	39:23	7:53/K
120	Sarah Phillips	St Catharines ON	3065	F	15: 50-59	39:47	7:57/K
121	Karin McDowell	Lincoln ON	3076	F	7: 60-69	39:48	7:58/K
122	Steve De Paulo	Grimsby ON	3066	M	4: 60-69	39:49	7:58/K
123	JoAnn Fozard		3067	F	8: 60-69	39:52	7:58/K
124	Jasmine Abdelwahab	Etobicoke ON	3126	F	16: 30-39	39:53	7:59/K
125	Amanda Robillard	welland ON	3105	F	17: 30-39	39:54	7:59/K
126	Amy Pollard	Welland ON	3036	F	15: 40-49	41:27	8:17/K
127	Stephanie D	St. Catharines ON	3042	F	18: 30-39	41:57	8:23/K
128	Chris Bowlby	Niagara Falls ON	3080	M	16: 40-49	41:58	8:24/K
129	Miranda Cudney	Niagara Falls ON	3081	F	19: 30-39	41:58	8:24/K

2023 Valentines 5 km

Race Date
February 12, 2023

Overall Finish List

Walkers

<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Gen</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>
1	Patrick Owen	North York ON	3023	M	1: Male	39:23	7:53/K
2	Angela Bachert	St. Catharines ON	3119	F	1: Female	39:55	7:59/K
3	Patricia Young	Grimsby ON	3013	F	2: Female	46:02	9:12/K
4	Donald McMaster	Grimmsby ON	3094	M	2: Male	49:36	9:55/K
5	Luke Barker	Hamilton ON	3047	M	3: Male	53:48	10:46/K
6	Anna Arseneault	Hamilton ON	3048	F	3: Female	53:49	10:46/K