

2024 Head for the Hills

Race Date
October 19, 2024

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	Ryan Niclasen	allanburg ON	617	46	M	1: 40-49	44:17.0	4:26/K
2	Marc-Andre Boucher	Toronto ON	603	27	M	1: 20-29	54:47.0	5:29/K
3	Kayla Clark	Fort Erie ON	608	37	F	1: 30-39	55:11.0	5:31/K
4	Marco Conflitti	Hamilton ON	609	33	M	1: 30-39	55:27.0	5:33/K
5	Ryan Smith	Ayr ON	618	41	M	2: 40-49	55:46.0	5:35/K
6	Anthony Di Salvo	St. Catharines ON	610	39	M	2: 30-39	56:55.0	5:42/K
7	Nicholas Carr	Burlington ON	606	33	M	3: 30-39	59:19.0	5:56/K
8	Jonathan Hera	Beamsville ON	612	47	M	3: 40-49	1:02:12.0	6:13/K
9	Alex Chisholm	Toronto ON	607	25	F	1: 20-29	1:05:46.0	6:35/K
10	Kaitlyn Lucy	Wainfleet ON	616	17	F	1: 0-19	1:07:25.0	6:45/K
11	ROB BROWNLOW	Fonthill ON	605	48	M	4: 40-49	1:09:16.0	6:56/K
12	Osagie Bright	St. Catharines ON	604	46	M	5: 40-49	1:10:03.0	7:00/K
13	Kate Hunter	Toronto ON	613	26	F	2: 20-29	1:32:26.0	9:15/K
14	Sandy Smith	Innerkip ON	619	70	F	1: 70-99	1:43:32.0	10:21/K
15	Lucia Beram	Toronto ON	602	25	F	3: 20-29	1:45:31.0	10:33/K
16	Mark Lengies	Welland ON	615	58	M	1: 50-59	1:45:58.0	10:36/K
17	David Goodsell	Niagara falls NY	611	73	M	1: 70-99	2:10:30.0	13:03/K

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1	Jackson Reles	Port Colborne ON	533	16	M	1: 0-19	23:45.0	4:45/K
2	Erik Asc		549	44	M	1: 40-49	25:15.0	5:03/K
3	Leah Klassen	Niagara-on-the-Lake	520	23	F	1: 20-29	27:00.0	5:24/K
4	Ewan Reles	Port Colborne ON	532	13	M	2: 0-19	27:29.0	5:30/K
5	Daniel Brown	Embros ON	506	33	M	1: 30-39	27:36.0	5:31/K
6	Josh Coffey	St. Catharines ON	510	33	M	2: 30-39	28:14.0	5:39/K
7	Belen Viglione	St. Catharines ON	543	37	F	1: 30-39	28:38.0	5:44/K
8	Cody Weber	St. Catharines ON	544	35	M	3: 30-39	28:43.0	5:45/K
9	Simon Rissbacher	Mills TIROL	537	38	M	4: 30-39	29:10.0	5:50/K
10	Michael Buchan	Niagara Falls ON	507	32	M	5: 30-39	30:19.0	6:04/K
11	kevin Reles	Port Colborne ON	534	47	M	2: 40-49	30:32.0	6:06/K
12	Kirsten Beaulieu	Pelham ON	500	34	F	2: 30-39	30:46.0	6:09/K
13	Bridget Nohara	Pelham ON	529	30	F	3: 30-39	31:31.0	6:18/K
14	Chelsea Muste	Niagara-on-the-Lake	526	34	F	4: 30-39	32:04.0	6:25/K
15	Kayleigh Van Egmond	Niagara-on-the-Lake	540	24	F	2: 20-29	32:07.0	6:25/K
16	Christopher Bredin	Niagara Falls ON	502	33	M	6: 30-39	33:21.0	6:40/K
17	Robert Renshaw	St. Catharines ON	536	41	M	3: 40-49	35:55.0	7:11/K
18	Dan Bredin	Niagara Falls ON	503	40	M	4: 40-49	36:01.0	7:12/K
19	Maria Vanvliet	Welland ON	542	24	F	3: 20-29	36:25.0	7:17/K
20	Lauren VandenBerg	Wellandport ON	541	23	F	4: 20-29	36:27.0	7:17/K
21	Sandy Huibers	Fenwick ON	517	42	F	1: 40-49	36:34.0	7:19/K
22	Christine Cameron	St Catharines ON	508	57	F	1: 50-59	36:54.0	7:23/K
23	Erin Rehus	Lincoln ON	531	44	F	2: 40-49	36:55.0	7:23/K
24	John Hoadley	St. Catharines ON	516	41	M	5: 40-49	36:56.0	7:23/K
25	john bredin	Niagara Falls ON	504	63	M	1: 60-69	37:21.0	7:28/K
26	patricia reles	Port Colborne ON	535	44	F	3: 40-49	37:51.0	7:34/K
27	Derek Muste	Niagara-on-the-Lake	527	36	M	7: 30-39	38:01.0	7:36/K
28	Taylor Lee	Port Colborne ON	521	13	F	1: 0-19	38:03.0	7:37/K
29	Caroline McIntyre	St Catharines ON	522	40	F	4: 40-49	38:11.0	7:38/K
30	karen bredin	Niagara Falls ON	505	61	F	1: 60-69	41:51.0	8:22/K
31	Taylor Gagnon	Port Colborne ON	513	29	M	1: 20-29	42:09.0	8:26/K
32	Heather Craig	Niagara Falls ON	512	50	F	2: 50-59	42:45.0	8:33/K
33	Kerry Morneau	Niagara Falls ON	524	52	F	3: 50-59	43:48.0	8:46/K
34	Elizabeth Hunter	St. Catharines ON	518	59	F	4: 50-59	46:23.0	9:17/K
35	Jason Nota	Etobicoke ON	530	26	M	2: 20-29	50:20.0	10:04/K
36	Wendy Clark	Fort Erie ON	509	68	F	2: 60-69	58:47.0	11:45/K
37	Tina McDonald		546	56	F	5: 50-59	1:19:30.0	15:54/K
38	Adam McDonald		547	46	M	6: 40-49	1:19:31.0	15:54/K
39	Michelle Humphries		545	38	F	5: 30-39	1:19:33.0	15:55/K

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5K WALK

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1	Samuel Haig	Alliston ON	514	11	M	1: 0-19	52:24.0	10:29/K
2	Donald McMaster	Grimnsby ON	523	78	M	1: 70-99	52:30.0	10:30/K
3	Kevin Henderson	Barrie ON	515	41	M	1: 40-49	54:47.0	10:57/K
4	Shanesya Kean	St. Catharines ON	519	44	F	1: 40-49	56:28.0	11:18/K
5	Ashley Bredin	Alliston ON	501	41	F	2: 40-49	56:47.0	11:21/K
6	Brooklyn Battison		548	42	F	3: 40-49	58:52.0	11:46/K
7	Gary Schinkel	Dundas ON	538	78	M	2: 70-99	1:19:41.0	15:56/K
8	Katie Schinkel	Grimnsby ON	539	49	F	4: 40-49	1:19:42.0	15:56/K
9	Sherrie Copland	Smithville ON	511	65	F	1: 60-69	1:24:30.0	16:54/K