



Powerhouse 5K

Event Date : **23-03-2019**

Event Location : **London Ontario**

Type : **Running**

Description : **5K**

Total Entrants : **131**

Total Finishers : **123**

Male Entries : **73**

Male Finishers : **67**

Female Entries : **58**

Female Finishers : **56**

Unknown Entries : **0**

Unknown Finishers : **0**

| Overall Place | Bib | Name | Guntime | Chiptime | City | Pace | Pace Units | Gender | Gender Place | Division | Div Place | Division Total | Association |
|---------------|-----|----------------------|---------|----------|-----------|------|------------|--------|--------------|----------|-----------|----------------|-----------------------------|
| 1 | 354 | Keithan Sivapragasam | 15:50 | 15:50 | Toronto | 3:10 | /Km | M | 1 | LM15-19 | 1 | 8 | Toronto West Athletics |
| 2 | 222 | Paul Cochrane | 16:33 | 16:33 | London | 3:19 | /Km | M | 2 | LM20-29 | 1 | 5 | London Runner Distance Club |
| 3 | 333 | Colin McLean | 16:53 | 16:53 | London | 3:23 | /Km | M | 3 | LM30-39 | 1 | 13 | Runners Choice - London |
| 4 | 327 | Heath McAllister | 16:56 | 16:56 | London | 3:24 | /Km | M | 4 | LM15-19 | 2 | 8 | London Runner Distance Club |
| 5 | 360 | Spencer Summerfield | 17:31 | 17:31 | London | 3:31 | /Km | M | 5 | LM30-39 | 2 | 13 | |
| 6 | 323 | Eric Littell | 17:51 | 17:51 | London | 3:35 | /Km | M | 6 | LM40-49 | 1 | 8 | |
| 7 | 322 | Cal Lewis | 18:16 | 18:16 | Komoka | 3:40 | /Km | M | 7 | LM15-19 | 3 | 8 | |
| 8 | 305 | Ian Hillis | 18:30 | 18:27 | London | 3:42 | /Km | M | 8 | LM30-39 | 3 | 13 | |
| 9 | 292 | Liam Easton | 18:35 | 18:35 | Thorndale | 3:43 | /Km | M | 9 | LM15-19 | 4 | 8 | London Runner Distance Club |
| 10 | 387 | Madion Halls | 18:52 | 18:52 | London | 3:47 | /Km | F | 1 | LF20-29 | 1 | 4 | |
| 11 | 326 | Ian McAllister | 18:54 | 18:54 | London | 3:47 | /Km | M | 10 | LM-14 | 1 | 8 | London Runner Distance Club |
| 12 | 344 | Abe Oudshoorn | 19:21 | 19:21 | London | 3:53 | /Km | M | 11 | LM30-39 | 4 | 13 | |
| 13 | 299 | Jeremy Gill | 19:33 | 19:33 | London | 3:55 | /Km | M | 12 | LM40-49 | 2 | 8 | Runners Choice - London |
| 14 | 302 | Tim Hain | 19:36 | 19:34 | London | 3:55 | /Km | M | 13 | LM30-39 | 5 | 13 | London Runner Distance Club |
| 15 | 330 | Richard McClelland | 19:38 | 19:38 | London | 3:56 | /Km | M | 14 | LM40-49 | 3 | 8 | |
| 16 | 311 | Brady Johnson | 19:55 | 19:53 | London | 3:59 | /Km | M | 15 | LM20-29 | 2 | 5 | London Honda |

| | | | | | | | | | | | | | |
|----|-----|----------------|-------|-------|--------|------|-----|---|----|---------|---|----|-------------------------------|
| 17 | 223 | Alfredo Cortes | 20:04 | 20:01 | London | 4:01 | /Km | M | 16 | LM40-49 | 4 | 8 | Runners Choice - London |
| 18 | 381 | Rob Gaynor | 20:17 | 20:17 | London | 4:04 | /Km | M | 17 | LM50-59 | 1 | 10 | |
| 19 | 363 | David Thuss | 20:40 | 20:40 | London | 4:08 | /Km | M | 18 | LM30-39 | 6 | 13 | |
| 20 | 355 | Edward Soldo | 21:15 | 21:13 | London | 4:15 | /Km | M | 19 | LM40-49 | 5 | 8 | |



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| Overall Place | Bib | Name | Guntime | Chiptime | City | Pace | Pace Units | Gender | Gender Place | Division | Div Place | Division Total | Association |
|---------------|-----|----------------|---------|----------|--------|------|------------|--------|--------------|----------|-----------|----------------|------------------------------|
| 21 | 368 | Kayla Vitols | 21:49 | 21:45 | London | 4:21 | /Km | F | 2 | LF-14 | 1 | 3 | London Runner Distance Club |
| 22 | 384 | Hayden Agar | 22:00 | 21:58 | London | 4:24 | /Km | M | 20 | LM-14 | 2 | 8 | London Runner Distanace Club |
| 23 | 390 | Mike Dunham | 22:02 | 21:57 | London | 4:24 | /Km | M | 21 | LM50-59 | 2 | 10 | |
| 24 | 345 | Tegan Parry | 22:02 | 21:59 | London | 4:24 | /Km | F | 3 | LF15-19 | 1 | 1 | London Runner Distance Club |
| 25 | 362 | Peter Thuss | 22:15 | 22:12 | London | 4:27 | /Km | M | 22 | LM30-39 | 7 | 13 | |
| 26 | 221 | Peter Cobrin | 22:21 | 22:17 | London | 4:28 | /Km | M | 23 | LM50-59 | 3 | 10 | Runners Choice - London |
| 27 | 361 | Kenny Thorne | 22:24 | 22:15 | London | 4:27 | /Km | M | 24 | LM15-19 | 5 | 8 | |
| 28 | 201 | Gordon Ball | 22:28 | 22:22 | London | 4:29 | /Km | M | 25 | LM60-69 | 1 | 11 | Runners Choice - London |
| 29 | 306 | Paul Hobin | 22:50 | 22:47 | London | 4:34 | /Km | M | 26 | LM50-59 | 4 | 10 | Runners Choice - London |
| 30 | 286 | Kimmy Crowther | 22:52 | 22:46 | London | 4:34 | /Km | F | 4 | LF30-39 | 1 | 15 | Runners Choice - London |
| 31 | 372 | Kubet Weston | 23:00 | 22:55 | London | 4:35 | /Km | F | 5 | LF40-49 | 1 | 15 | |
| 32 | 287 | Carolina Dale | 23:02 | 22:53 | London | 4:35 | /Km | F | 6 | LF30-39 | 2 | 15 | |
| 33 | 342 | Wayne Nickoli | 23:02 | 22:54 | London | 4:35 | /Km | M | 27 | LM50-59 | 5 | 10 | Ontario |
| 34 | 370 | Amanda Walsh | 23:04 | 22:59 | LONDON | 4:36 | /Km | F | 7 | LF30-39 | 3 | 15 | |
| 35 | 320 | Chris Lanooy | 23:10 | 23:05 | London | 4:37 | /Km | M | 28 | LM50-59 | 6 | 10 | Runners Choice - London |

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|----|-----|----------------|-------|-------|--------|------|-----|---|----|---------|---|----|-------------------------|
| 36 | 290 | Douglas Dodge | 23:15 | 23:13 | London | 4:39 | /Km | M | 29 | LM60-69 | 2 | 11 | Runners Choice - London |
| 37 | 359 | Ted Suda | 23:16 | 23:14 | London | 4:39 | /Km | M | 30 | LM60-69 | 3 | 11 | |
| 38 | 328 | Will McBurney | 23:33 | 23:33 | London | 4:43 | /Km | M | 31 | LM-14 | 3 | 8 | |
| 39 | 309 | Greg Ilton | 23:34 | 23:31 | London | 4:43 | /Km | M | 32 | LM30-39 | 8 | 13 | |
| 40 | 343 | Jb Orange | 23:38 | 23:32 | London | 4:43 | /Km | M | 33 | LM60-69 | 4 | 11 | |
| 41 | 383 | Bill Dowhaniuk | 23:39 | 23:35 | London | 4:43 | /Km | M | 34 | LM50-59 | 7 | 10 | |



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| Overall Place | Bib | Name | Guntime | Chiptime | City | Pace | Pace Units | Gender | Gender Place | Division | Div Place | Division Total | Association |
|---------------|-----|-----------------------|---------|----------|------------|------|------------|--------|--------------|----------|-----------|----------------|-------------------------|
| 42 | 218 | Chelsey Chana-Johnson | 23:49 | 23:37 | London | 4:44 | /Km | F | 8 | LF20-29 | 2 | 4 | |
| 43 | 375 | Judy Wilson | 24:01 | 23:57 | London | 4:48 | /Km | F | 9 | LF60-69 | 1 | 5 | Runners Choice - London |
| 44 | 349 | Bob Ripley | 24:02 | 23:56 | London | 4:48 | /Km | M | 35 | LM60-69 | 5 | 11 | |
| 45 | 307 | Ken Hoose | 24:10 | 23:57 | London | 4:48 | /Km | M | 36 | LM30-39 | 9 | 13 | Hoose |
| 46 | 216 | Garrick Byers | 24:19 | 24:11 | London | 4:51 | /Km | M | 37 | LM20-29 | 3 | 5 | |
| 47 | 329 | Alison McBurney | 24:27 | 24:24 | London | 4:53 | /Km | F | 10 | LF40-49 | 2 | 15 | |
| 48 | 224 | Santiago Cortes | 24:31 | 24:28 | London | 4:54 | /Km | M | 38 | LM-14 | 4 | 8 | Runners Choice - London |
| 49 | 338 | Sharlene Mockler | 24:33 | 24:22 | London | 4:53 | /Km | F | 11 | LF30-39 | 4 | 15 | |
| 50 | 204 | Pauline Barmby | 24:45 | 24:40 | London | 4:56 | /Km | F | 12 | LF40-49 | 3 | 15 | |
| 51 | 332 | Blake McCulligh | 24:53 | 24:53 | London | 4:59 | /Km | M | 39 | LM-14 | 5 | 8 | |
| 52 | 331 | Mark McCulligh | 24:54 | 24:54 | London | 4:59 | /Km | M | 40 | LM40-49 | 6 | 8 | |
| 53 | 207 | Roberta Bgeginski | 25:06 | 25:01 | London | 5:01 | /Km | F | 13 | LF30-39 | 5 | 15 | |
| 54 | 351 | Gail Schmidt | 25:06 | 25:01 | London | 5:01 | /Km | F | 14 | LF50-59 | 1 | 13 | |
| 55 | 376 | Ed Wilson | 25:08 | 24:57 | London | 5:00 | /Km | M | 41 | LM60-69 | 6 | 11 | Runners Choice - London |
| 56 | 217 | Kristen Chalmers | 25:12 | 25:04 | London | 5:01 | /Km | F | 15 | LF30-39 | 6 | 15 | |
| 57 | 308 | David Howard | 25:13 | 25:01 | London | 5:01 | /Km | M | 42 | LM20-29 | 4 | 5 | |
| 58 | 374 | Martha Wilson | 25:15 | 25:11 | London | 5:03 | /Km | F | 16 | LF50-59 | 2 | 13 | Runners Choice - London |
| 59 | 353 | Edward Shipmam | 25:21 | 25:21 | Windsor ON | 5:05 | /Km | M | 43 | LM15-19 | 6 | 8 | |
| 60 | 371 | Bob Weir | 25:27 | 25:24 | London | 5:05 | /Km | M | 44 | LM70+ | 1 | 4 | |
| 61 | 205 | Brendon Beaton | 25:29 | 25:19 | London | 5:04 | /Km | M | 45 | LM30-39 | 10 | 13 | |

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|----|-----|---------------------|-------|-------|--------|------|-----|---|----|---------|---|----|
| 62 | 298 | Chantal Gauthier | 25:29 | 25:19 | London | 5:04 | /Km | F | 17 | LF30-39 | 7 | 15 |
|----|-----|---------------------|-------|-------|--------|------|-----|---|----|---------|---|----|



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|---------------|-----|---------------------|---------|----------|-------------------|------|------------|--------|--------------|----------|-----------|----------------|-------------------------|
| 63 | 225 | Leonardo Cortes | 25:39 | 25:38 | London | 5:08 | /Km | M | 46 | LM-14 | 6 | 8 | Runners Choice - London |
| 64 | 219 | Gino Cimino | 25:43 | 25:38 | London | 5:08 | /Km | M | 47 | LM50-59 | 8 | 10 | |
| 65 | 291 | Sarah Dyck | 25:49 | 25:44 | Courtland | 5:09 | /Km | F | 18 | LF30-39 | 8 | 15 | |
| 66 | 324 | Marcus Lynds | 25:55 | 25:55 | London | 5:11 | /Km | M | 48 | LM-14 | 7 | 8 | |
| 67 | 369 | Hung Vo | 25:57 | 25:43 | London | 5:09 | /Km | M | 49 | LM30-39 | 11 | 13 | |
| 68 | 378 | Jeannine Wright | 26:02 | 25:58 | London | 5:12 | /Km | F | 19 | LF40-49 | 4 | 15 | Runners Choice - London |
| 69 | 214 | Jennifer Brouwer | 26:11 | 26:04 | St.Thomas Ontario | 5:13 | /Km | F | 20 | LF40-49 | 5 | 15 | |
| 70 | 296 | Mike Ferrell | 26:26 | 26:18 | London | 5:16 | /Km | M | 50 | LM40-49 | 7 | 8 | |
| 71 | 334 | Terri Paradis | 26:35 | 26:27 | London | 5:18 | /Km | F | 21 | LF40-49 | 6 | 15 | London Pacers |
| 72 | 208 | Agnibh Bhattacharya | 26:35 | 26:26 | London | 5:18 | /Km | M | 51 | LM20-29 | 5 | 5 | |
| 73 | 350 | Susana Rosales | 26:39 | 26:32 | London | 5:19 | /Km | F | 22 | LF40-49 | 7 | 15 | Runners Choice - London |
| 74 | 294 | John Ferguson | 26:41 | 26:35 | London | 5:19 | /Km | M | 52 | LM60-69 | 7 | 11 | |
| 75 | 203 | Laura Barker | 26:57 | 26:50 | London | 5:22 | /Km | F | 23 | LF50-59 | 3 | 13 | |
| 76 | 289 | Liz Diloreto | 27:02 | 26:58 | London | 5:24 | /Km | F | 24 | LF50-59 | 4 | 13 | Runners Choice - London |
| 77 | 226 | Michelle Cress | 27:18 | 27:14 | London | 5:27 | /Km | F | 25 | LF40-49 | 8 | 15 | Runners Choice - London |
| 78 | 220 | Laura Cimino | 27:24 | 27:20 | London | 5:28 | /Km | F | 26 | LF-14 | 2 | 3 | |
| 79 | 347 | Chris Plaunt | 27:26 | 27:17 | Belmont | 5:28 | /Km | M | 53 | LM60-69 | 8 | 11 | |
| 80 | 388 | Lindsay Ensing | 27:26 | 27:17 | | 5:28 | /Km | F | 27 | LF20-29 | 3 | 4 | |
| 81 | 212 | Noah Brouwer | 27:40 | 27:33 | St.Thomas Ontario | 5:31 | /Km | M | 54 | LM15-19 | 7 | 8 | |

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|----|-----|---------------------|-------|-------|----------------------|------|-----|---|----|---------|---|----|-------------------|
| 82 | 213 | Myra Brouwer | 27:46 | 27:39 | St.Thomas Ontario | 5:32 | /Km | F | 28 | LF-14 | 3 | 3 | |
| 83 | 206 | Sandra Beernaert | 27:46 | 27:38 | London | 5:32 | /Km | F | 29 | LF50-59 | 5 | 13 | LONDON PACER'S |



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|---------------|-----|--------------------|---------|----------|---------------|------|------------|--------|--------------|----------|-----------|----------------|-----------------|
| 84 | 317 | Wilma Koopman | 27:49 | 27:42 | London | 5:33 | /Km | F | 30 | LF60-69 | 2 | 5 | |
| 85 | 288 | Karen Davis | 27:49 | 27:39 | London | 5:32 | /Km | F | 31 | LF40-49 | 9 | 15 | |
| 86 | 304 | David Hanes | 27:50 | 27:44 | London | 5:33 | /Km | M | 55 | LM60-69 | 9 | 11 | |
| 87 | 336 | Gord Melville | 27:54 | 27:44 | London | 5:33 | /Km | M | 56 | LM60-69 | 10 | 11 | |
| 88 | 319 | Marinus Lamers | 28:18 | 28:11 | London | 5:39 | /Km | M | 57 | LM60-69 | 11 | 11 | |
| 89 | 315 | Christine Kennedy | 28:29 | 28:18 | LONDON | 5:40 | /Km | F | 32 | LF30-39 | 9 | 15 | |
| 90 | 352 | Olan Scott | 28:32 | 28:26 | St Catharines | 5:42 | /Km | M | 58 | LM30-39 | 12 | 13 | |
| 91 | 379 | Leo Young | 28:45 | 28:45 | London | 5:45 | /Km | M | 59 | LM70+ | 2 | 4 | |
| 92 | 356 | Gillian Sonnenberg | 28:50 | 28:41 | London | 5:45 | /Km | F | 33 | LF20-29 | 4 | 4 | |
| 93 | 316 | Lisa King | 29:09 | 29:01 | Komoka | 5:49 | /Km | F | 34 | LF50-59 | 6 | 13 | |
| 94 | 386 | Jaymin Proulx | 29:09 | 29:02 | London | 5:49 | /Km | F | 35 | LF30-39 | 10 | 15 | |
| 95 | 341 | Tammy Murphy | 29:25 | 29:16 | LONDON | 5:52 | /Km | F | 36 | LF40-49 | 10 | 15 | |
| 96 | 303 | Tanya Haines | 29:56 | 29:42 | London | 5:57 | /Km | F | 37 | LF30-39 | 11 | 15 | |
| 97 | 202 | Larissa Baratta | 29:57 | 29:49 | London | 5:58 | /Km | F | 38 | LF50-59 | 7 | 13 | Runner's Choice |
| 98 | 348 | Lisa Reilly | 30:02 | 29:56 | LONDON | 5:59 | /Km | F | 39 | LF50-59 | 8 | 13 | |
| 99 | 295 | Ryan Ferrell | 30:04 | 29:56 | London | 6:00 | /Km | M | 60 | LM15-19 | 8 | 8 | |
| 100 | 346 | Monica Pierrard | 30:06 | 29:58 | London | 6:00 | /Km | F | 40 | LF30-39 | 12 | 15 | |
| 101 | 366 | Tony Van Meurs | 30:26 | 30:25 | London | 6:05 | /Km | M | 61 | LM-14 | 8 | 8 | |
| 102 | 318 | Bill Koopman | 31:06 | 30:56 | London | 6:12 | /Km | M | 62 | LM70+ | 3 | 4 | |
| 103 | 357 | Nancy Stead | 31:53 | 31:41 | London | 6:21 | /Km | F | 41 | LF50-59 | 9 | 13 | |
| 104 | 293 | Tracy Eydt | 32:08 | 31:56 | London | 6:24 | /Km | F | 42 | LF50-59 | 10 | 13 | |



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| 105 | 365 | Kerri Van De Peer | 32:08 | 31:56 | London | 6:24 | /Km | F | 43 | LF40-49 | 11 | 15 | |
| 106 | 385 | Lorna Chrysler | 32:54 | 32:41 | London | 6:33 | /Km | F | 44 | LF40-49 | 12 | 15 | |
| 107 | 382 | Nieves Cortes | 33:45 | 33:36 | | 6:44 | /Km | F | 45 | LF40-49 | 13 | 15 | |
| 108 | 310 | Suzanne Janes | 35:07 | 34:56 | London | 7:00 | /Km | F | 46 | LF50-59 | 11 | 13 | |
| 109 | 335 | Rita Melville | 35:20 | 35:07 | London | 7:02 | /Km | F | 47 | LF60-69 | 3 | 5 | Thames Athletics Club |
| 110 | 367 | Charlie Van Meurs | 35:47 | 35:38 | London | 7:08 | /Km | M | 63 | LM40-49 | 8 | 8 | |
| 111 | 377 | Rick Wood | 35:48 | 35:37 | London | 7:08 | /Km | M | 64 | LM50-59 | 9 | 10 | |
| 112 | 389 | Romagne Smith | 36:11 | 36:05 | London | 7:13 | /Km | F | 48 | LF50-59 | 12 | 13 | |
| 113 | 300 | Lisa Goetz | 36:37 | 36:26 | London | 7:18 | /Km | F | 49 | LF30-39 | 13 | 15 | Runners Choice - London |
| 114 | 313 | Grace Kelly | 36:59 | 36:48 | London | 7:22 | /Km | F | 50 | LF30-39 | 14 | 15 | |
| 115 | 301 | Beverly Gribbons | 37:26 | 37:18 | London | 7:28 | /Km | F | 51 | LF50-59 | 13 | 13 | Runners Choice - London |
| 116 | 380 | Ted Zavitz | 37:54 | 37:44 | London | 7:33 | /Km | M | 65 | LM50-59 | 10 | 10 | |
| 117 | 321 | Pam Lansbergen | 37:59 | 37:53 | Hensall | 7:35 | /Km | F | 52 | LF30-39 | 15 | 15 | |
| 118 | 340 | Sandy Morton | 39:13 | 39:04 | London | 7:49 | /Km | F | 53 | LF60-69 | 4 | 5 | |
| 119 | 297 | Todd Gamble | 39:38 | 39:24 | London | 7:53 | /Km | M | 66 | LM30-39 | 13 | 13 | |
| 120 | 210 | Jennifer Brookes | 39:38 | 39:25 | London | 7:53 | /Km | F | 54 | LF40-49 | 14 | 15 | |
| 121 | 339 | Tracy Morris | 39:42 | 39:31 | Woodstock | 7:55 | /Km | F | 55 | LF40-49 | 15 | 15 | |
| 122 | 337 | Vicky Mitchell | 41:38 | 41:26 | London | 8:18 | /Km | F | 56 | LF60-69 | 5 | 5 | |
| 123 | 312 | Steffan Kampe | 44:50 | 44:47 | St Thomas | 8:58 | /Km | M | 67 | LM70+ | 4 | 4 | |