



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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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
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

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	

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	

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	