



RNS #	Name	Age	Dalhousie Spring 5K	Greenwood ZX 10K	Wolfville 8 Miler	Bluenose 10K	Bluenose Half	Bluenose Lunenburg Full	Bluenose Lunenburg 5 K	Johnny Miles 10K	Johnny Miles Half	Johnny Miles Marathon	Enfield 5K	Infield 10M	Liverpool 5 Miler	Run for the Lobster 10K	Pictou Sheila Poole Mem. 10K	Nova Scotia Half Marathon	Nova Scotia Marathon	Dartmouth Natal Day 6 Miler	Digby Scallop Days 5K	Race Through Time 8 M	Cobequid Trail 10K	Berwick Gala Days 5 Miler	Valley Harvest Half Marathon	Valley Harvest Marathon	NSAC 5K	Volunteer	Total			
4727	McNamara, Meghan	24					49		49		49							55		49										251	5	
4807	Church, Heather	29	55	55							55									55											220	4
4820	Erickson, Robyn	22					55		55	55																					165	3
4758	Bennett, Stephanie	20															55														55	1
4284	Gillis, Caitlin	23																							55						55	1
4677	MacIntyre, Katie	20																													0	0
4614	Meisner, Emily	20																													0	0

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RNS #	Name	Age	Dalhousie Spring 5K	Greenwood ZX 10K	Wolfville 8 Miller	Bluenose 10K	Bluenose Half	Bluenose Full	Lunenburg 5 K	Johnny Miles 10K	Johnny Miles Half	Johnny Miles Marathon	Enfield 5K	Enfield 10M	Liverpool 5 Miller	Pictou Run for the Lobster 10K	Sheila Poole 10K	Nova Scotia Half Marathon	Nova Scotia Marathon	Dartmouth Natal Day 6 Miller	Digby Scallop Days 5K	Race Through Time 8 M	Cobequid Trail 10K	Berwick Gala Days 5 Miller	Valley harvest Half Marathon	Valley Harvest Marathon	NSAC 5K	Volunteer	Total		
4800	Jensen, Jan	29	55		55		55									55				55										275	5
4866	Lalbert, Margie	28		55						55											55	55								220	4
4821	Mosse, Amber	25			55					55																				110	2
3814	Riley, M. Gabrielle	28									55							55								55				165	3
4717	Kim, Joy	28						55																						55	1
4391	Gillis, Erin	26				49																								49	1
4770	MacDonald, Kathy	25																												0	0
4373	Beehan, Jennifer	26																												0	0
4729	Schias, Erin	27																												0	0
4766	Titus, Jokne	27																												0	0
4752	Jones, Lindsey	29																												0	0
4481	Lagin-Nasse, Juliana	29																												0	0
4839	McIvor, Jennifer	28																												0	0

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RNS #	Name	Age	Dalhousie	Greenwood	Wolfville	Bluenose	Bluenose	Bluenose.unenburg	Johnny	Johnny	Johnny	Pictou		Sheila	Nova	Nova	Dartmouth	Digby	Race	Cobequid	Berwick	Valley	Valley	NSAC SK	Volunteer	Total					
			Spring 5K	ZX 10K	8 Miller	10K	Half	Full	5 K	10K	Half	Marathon	Enfield 5K	Enfield 10M	Liverpool	Run for the	5 Miller	Lobster 10K	Mem. 10K	Scotia Half	Marathon	Marathon	Natal Day				6 Miller	Scallop	Days 5K	Through	Time 8 M
4612	Cormeau-Shantz, Roanne	34	55			55		49						55				55	55				49							373	7
4232	Grogghe, Marie-Claude	34		55															47											206	4
4860	Braganza, Carla	32				47								49										55						200	4
2975	Tully-Knockwood, Amelia	31					48							48													49			194	4
4318	Jabour, Leah	32						55	55							55														165	3
4716	Brown, Kinlana	32			55								55														55			165	3
4676	MacCallum, Jon	33					49			55																				159	3
4723	Howley, Catherine	30									55															55				110	2
4737	MacGillivray, Jessica	31																										49		104	2
4874	Bayne, Courtney	30																												97	2
4747	Walker, Holly	34																												60	1
4686	Fraser, Terri	30																												60	1
4267	Carroll, Lavinia	30													55															60	1
4676	MacNeil, Twynne	34																												55	1
4558	LeBlanc, Lyse	34																											55	1	
4662	Fyle, Mary	30																												48	1
4773	Purchase, Jannah	31																												0	0
4712	Grard, Jill	33																												0	0
4674	Boudreau, Carole	33																												0	0
4130	MacFarland, Deborah	33																												0	0
4684	Gooden, Patricia	34																												0	0
4774	Johnston, Katrina	34																												0	0
4840	McCormack, Melinda	34																												0	0
4617	Ouellette, Andrea	33																												0	0

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RNS #	Name	Age	Dalhousie Greenwood		Wolfville	Bluenose	Bluenose	Bluenose Lunenburg	Johnny Miles	Johnny Miles	Johnny Miles	Liverpool Run for the	Pictou	Shella Poole	Nova Scotia Half	Nova Scotia	Dartmouth Natal Day	Digby Scallops	Race Through	Cobequid	Berwick Gaita Days	Valley Harvest	Valley Harvest	NSAC SK Volunteer	Total		
			Spring SK	FZ 10K	8 Miler	10K	Half	Full	5 K	10K	Half		Marathon	Enfield SK	Enfield 10M	5 Miler	Lobster 10K	Mem. 10K	Marathon	Marathon	6 Miler	Days SK	Time 8 M			Trail 10K	5 Miler
4791	Krefo, Laura	35		49				55				55		55							49	49	55		373	7	
4811	LeDuy, Sharon	38		49	55							55									49	48	55		373	10	
4820	Scottson, Valerie	39				59						59										46			48	348	7
4816	King, Tanya	36						49	46			49	48	48								46			334	7	
4554	Cadwell, Hazel	38						55				49									55		49		257	5	
4524	Green, Karen	36		44			48					48											44		239	4	
4478	Goodfellow, Heather	35		55																		55			230	4	
4454	Carter, Cathy	37						49	48													48		40	205	4	
4051	McWhirter, Michelle	39							47													47		40	203	4	
4578	Mercer Hasketh, Tammy	38							55														55		185	3	
4829	Miles, Kathleen	38				48			55															40	163	3	
4755	Keeping, Cheryl	37		47			40		47	55															143	3	
4364	Meder, Denise	39												55									47		102	2	
407	Fry, Joanne	36		55	45																				100	2	
4865	Martin, Tracy	38							49			48													97	2	
4786	Sobowin, Brigitte	36																					48		91	2	
4227	Davidson, Serena	35		46				44																	90	2	
4646	Newsworthy, Janice	39																				48			48	1	
4523	Hickley, Kelly	37							47																47	1	
4795	Shoop, Shanna	35							45																45	1	
4668	Discol, Wendy	37															45								45	1	
4762	Loyton, Bethany	36																					45		45	1	
4873	McDonald, Candace	39																					43		43	1	
4421	Wheatstead, Lisa	35							42																42	1	
4741	Gaudet, Violet	39																							42	1	
4720	Thelle, Tina	35																							42	1	
4738	Burns, Mary, Sheila	36																							42	1	
4765	Smiley, Tanya	35																							42	1	
4748	Cavanaugh, Delta	36																							42	1	
4445	Smith, Kimberly	36																							42	1	
4669	McPherson, Lenae	37																							42	1	
4905	Boulter, Sam	37																							42	1	
4764	Steele, Amy	38																							42	1	
4721	VanGorder, Elizabeth	38																							42	1	
new	Williams-Bellart, Jennifer	35																							42	1	

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RNS.#	Name	Age	Dalhousie	Greenwood	Wolfville	Bluenose	Bluenose	Bluenose	Johnny	Johnny	Johnny	Pictou		Sheila	Nova	Nova	Dartmouth	Digby	Race	Cobequid	Berwick	Valley	Valley	Total						
			Spring 5K	7x 10K	8 Miller	10K	Half	Full	5K	10K	Half	Marathon	Enfield 5K	Enfield 10K	5 Miller	10K	Mem 10K	Marathon	Marathon	Natal Day 6 Miller	Days 5K	Time 8 M	Trail 10K	5 Miller	Marathon	Marathon	NSAC 5K	Volunteer		
1292	Patrick, Alice	57	55					49	55				55		55							55		55	60	360	8			
4274	Robles, Laura	56		47	55			45	49			49	49		55							49	49		60	366	10			
4395	Dwyer, Vicky	59	48					46	47				55	48									48		60	355	8			
2785	Richardson, Beverly	58	48					48	44									49	49						60	349	5			
4770	Richardson, Beverly	58																										5		
3275	Blair, John	58		46				45	45						49	49							47		60	338	5			
727	LeDuc, Louise	55		55			55								55								55			220	4			
4972	MacDonald, Gill	56		49				48	49																60	206	4			
4333	Morris, George	55												47					55						60	162	3			
4074	Le, Barbara	57							55																60	111	2			
4691	Towne, Karen	55						49																	60	101	2			
4008	Fletcher, Wendy	55				55				48																103	2			
2238	MacDonald, Mona	57				49			47																	96	2			
2209	Hodgman, Stan	58		49					47																	96	2			
4634	Kinsman, Margaret	56																							60	60	1			
754	MacDonald, Ann	56													49											49	1			
4854	Penney, Charlotte	58										48														48	1			
4875	Wall, Margo	55							46																	48	1			
4572	Roberts, Margot	55							46																	46	1			
4891	Hughes, Karen	56																								0	0			
4740	Walton, Elaine	57																								0	0			
4996	Hull, Janet	58																								0	0			
4976	Leahy, Nancy	58																								0	0			
			22	3	5	1	2	3	0	6	7	4	0	0	0	3	2	4	2	0	3	2	0	0	2	4	0	1	8	0



RNS.#	Name	Age	Dalhousie Spring 5K	Greenwood 7K 10K	Wolfville 8 Miles	Bluenose 10K	Bluenose Half	Bluenose .unenburg Full	Bluenose .unenburg 5K	Johnny Miles 10K	Johnny Miles Half	Johnny Miles Marathon	Enfield 5K infield 10M	Liverpool 5 Miles	Run for the Lobster 10K	Pictou Run for the Poole Mem 10K	Nova Scotia Half Marathon	Nova Scotia Marathon	Dartmouth Natal Day 6 Miles	Digby Scallop Days 5K	Race Through Time 8 M	Cobequid Trail 10K	Berwick Gala Days 5 Miles	Valley harvest Half Marathon	Valley Harvest Marathon	NSAC 5K Volunteer	Total				
436	Dickie, Marjot	68			55	55			55					55		55		55		55									55	385	2
599	Davidson, Mary	68																											60	60	1
482	Fletcher, Joanne	68																											0	0	0

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RNS #	Name	Age	Dalhousie Sprints 5K	Greenwood ZX 10K	Wolfville 8 Miler	Bluenose 10K	Bluenose Half	Bluenose.unenburg Full	5 K	Johnny Miles 10K	Johnny Miles Half	Johnny Miles Marathon	Enfield 5K	Enfield 10M	Liverpool 5 Miler	Run for the Lobster 10K	Pictou Mem. 10K	Sheila Poole Marathon	Nova Scotia Half Marathon	Nova Scotia Marathon	Dartmouth Natal Day 6 Miler	Digby Scallop Days 5K	Race Through Time 8 M	Cobequid Trail 10K	Berwick Gala Days 5 Miler	Valley Harvest Half Marathon	Valley Harvest Marathon	NSAC 5K	Volunteer	Total			
4198	Newitt, Betty	71		55					55													55				55					60	280	5
527	Jappeson, Helen	85																														0	0

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