









2014 Women 70 to 74

2014 RNS Number	Last Name	First Name	Greenwood ZX 10K	Greenwood ZX 5K	Osprey 5K	Enfield Penguin 5K	Lunenburg SK	Johnny Miles 10K	Johnny Miles Half Marathon	Johnny Miles Marathon	Cross Border Challenge 10K	Epic Canadian 10K	Run for the Lobster SK	Run for the Lobster 10K	Liverpool 5 Miller	Sheila Poole 10K	Windsor SK	Nova Scotia 10K	Nova Scotia Half Marathon	Nova Scotia Marathon	MacPass Mile	Dartmouth Natal Day 2 Mile	Dartmouth Natal Day 6 Mile	Digby Scallop Days 5K	Digby Scallop Days 10K	Louisburg Race Through Time	Cobequid Trail Run 5K	Cobequid Trail Run 10K	Cobequid Trail Run Half Marathon	Berwick 5 Miller	Colt Harbour Harvest 6 Miller	Valley Harvest 10K	Valley Harvest Half Marathon	Valley Harvest Marathon	Rocky's Run 5K	Volunteer	Total	Total # of Races			
456	Osler	Marjo																																					20	4	
508	Davidson	Mary	55													55	35								55															55	1
			1	0	0	0	0	0	0	0	0	0	0	0	0	1	1	0	0	1	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	2	5

2014 Women 75 to 79

2014 RNS Number	Last Name	First Name	Greenwood ZX 10K	Greenwood ZX 5K	Osprey 5K	Enfield Penguin 5K	Lunenburg SK	Johnny Miles 10K	Johnny Miles Half Marathon	Johnny Miles Marathon	Cross Border Challenge 10K	Epic Canadian 10K	Run for the Lobster SK	Run for the Lobster 10K	Liverpool 5 Miller	Sheila Poole 10K	Windsor SK	Nova Scotia 10K	Nova Scotia Half Marathon	Nova Scotia Marathon	MacPass Mile	Dartmouth Natal Day 2 Mile	Dartmouth Natal Day 6 Mile	Digby Scallop Days 5K	Digby Scallop Days 10K	Louisburg Race Through Time	Cobequid Trail Run 5K	Cobequid Trail Run 10K	Cobequid Trail Run Half Marathon	Berwick 5 Miller	Colt Harbour Harvest 6 Miller	Valley Harvest 10K	Valley Harvest Half Marathon	Valley Harvest Marathon	Rocky's Run 5K	Volunteer	Total	Total # of Races						
5069	Marsden	June	55				55				55	55																													500	13		
4195	North	Betsy																																									60	2
			1	0	0	0	1	0	0	0	1	1	0	0	0	0	0	1	0	0	0	2	0	1	0	0	0	0	1	0	1	1	0	1	0	1	0	1	2	2	15			

2014 Women 80 and Older

2014 RNS Number	Last Name	First Name	Greenwood ZX 10K	Greenwood ZX 5K	Osprey 5K	Enfield Penguin 5K	Lunenburg SK	Johnny Miles 10K	Johnny Miles Half Marathon	Johnny Miles Marathon	Cross Border Challenge 10K	Epic Canadian 10K	Run for the Lobster SK	Run for the Lobster 10K	Liverpool 5 Miller	Sheila Poole 10K	Windsor SK	Nova Scotia 10K	Nova Scotia Half Marathon	Nova Scotia Marathon	MacPass Mile	Dartmouth Natal Day 2 Mile	Dartmouth Natal Day 6 Mile	Digby Scallop Days 5K	Digby Scallop Days 10K	Louisburg Race Through Time	Cobequid Trail Run 5K	Cobequid Trail Run 10K	Cobequid Trail Run Half Marathon	Berwick 5 Miller	Colt Harbour Harvest 6 Miller	Valley Harvest 10K	Valley Harvest Half Marathon	Valley Harvest Marathon	Rocky's Run 5K	Volunteer	Total	Total # of Races						
505	Mac Vean	Rabbe																																							55	1		
527	Sjostrom	Helen																																									55	1
			0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	2	1	
			20	9	24	49	67	32	14	3	4	49	7	18	27	23	19	9	10	2	31	25	48	5	1	9	3	8	10	25	19	34	36	1	13	57	275							
			7%	3%	9%	18%	24%	12%	5%	1%	1%	18%	3%	7%	10%	8%	7%	3%	4%	1%	11%	9%	17%	2%	0%	3%	1%	3%	4%	9%	7%	12%	13%	0%	5%	21%								