2016 Run Nova Scotia Age Group Standings **Men under 20** **Men under 20**

2016 RNS Number	Last Name	First Name	Run Our Shore 5K	Run Our Shore 10.2K	Run Our Shore Half Marathon	Osprey 5K RUN/WALK	The Bread Run 5K	The Bread Run 10K	Penguin Run 5K	Lunenburg WHS 5K	Liverpool Privateers 5 Mile Road Race	MEC 3 Saltmarsh Trail 5K	MEC 3 Saltmarsh Trail 10K	MEC 3 Saltmarsh Trail Half Marathon	Epic Canadian 10K	Epic Canadian Half Marathon	Sheila Poole 10K	Windsor 5K	Nova Scotia 10K	Nova Scotia Half Marathon	Nova Scotia Marathon	Dartmouth Natal Day 2 Mile	Dartmouth Natal Day 6 Mile	Digby Scallop Days 5K	Digby Scallop Days 10K	Louisburg Race Through Time	Wolfville 8 Mile Road Race	Cobequid Trail Run 5K	Cobequid Trail Run 10K	Cobequid Trail Run Half Marathon	Berwick 5 Miler	Cape Breton Fiddler's 5K	Cape Breton Fiddler's 10K	Cape Breton Fiddler's Half Marathon	Cape Breton Fiddler's Marathon	Rocky's Run 5K	Canada Games Centre Food Run	Volunteer	Total	Total # of Races
6218	Flynn Dolliver	Aiden	55				48		49													55															60	267	5
6386	Halloran	Jacob													55	55					55									55								220	4
6422	Hawkins	Sam					49		55																													104	2
5734	MacMillan	Connor																																				60	60	1
6242	James	Zachery					55																																55	1
5828	Rossiter	Evan								55																													55	1
6161	MacLean	P.J																											55										55	1
6462	Leeder	Toby																														55							55	1
6463	Brown	Cameron													49																								49	1
6404	Longpre	Owen																																					-	0
6322	Mitchell	Aaron																																					-	0
6200	Miller	Cole																																					-	0
6127	Kimball	Jack																																					-	0
6309	Burnham	Colby																																					-	0
6238	McDevitt	Sean																																					-	0
6241	James	Noah																																					-	0
6163	Foote	Benjamin																																					-	0
6199	Miller	Morgan																																					-	0
6392	McPherson	Tyler																																					-	0
			1	0	0	0	3	0	2	1	0	0	0	0	2	1	0	0	0	0	1	1	0	0	0	0	0	1	0	1	1	0	0	0	0	0	2	19	17

2016 Run Nova Scotia Age Group Standings **Men 20 to 24** **Men 20 to 24**

2016 RNS Number	Last Name	First Name	Run Our Shore 5K	Run Our Shore 10.2K	Run Our Shore Half Marathon	Osprey 5K RUN/WALK	The Bread Run 5K	The Bread Run 10K	Penguin Run 5K	Lunenburg WHS 5K	Liverpool Privateers 5 Mile Road Race	MEC 3 Saltmarsh Trail 5K	MEC 3 Saltmarsh Trail 10K	MEC 3 Saltmarsh Trail Half Marathon	Epic Canadian 10K	Epic Canadian Half Marathon	Sheila Poole 10K	Windsor 5K	Nova Scotia 10K	Nova Scotia Half Marathon	Nova Scotia Marathon	Dartmouth Natal Day 2 Mile	Dartmouth Natal Day 6 Mile	Digby Scallop Days 5K	Digby Scallop Days 10K	Louisburg Race Through Time	Wolfville 8 Mile Road Race	Cobequid Trail Run 5K	Cobequid Trail Run 10K	Cobequid Trail Run Half Marathon	Berwick 5 Miler	Cape Breton Fiddler's 5K	Cape Breton Fiddler's 10K	Cape Breton Fiddler's Half Marathon	Cape Breton Fiddler's Marathon	Rocky's Run 5K	Canada Games Centre Food Run	Volunteer	Total	Total # of Races
6138	Wile	Richard		55		55			46				55		49			49										55			55	55				55	60	494	12
5965	Mueller	Matthias							48	48										48																		193	4
6161	McNeil	Matthew								55										55				55														165	3
6182	MacDonald	Cyril																													49					55		159	3
6174	Watson	Matthew								47		55											49															151	3
6492	Blumsom	Joseph								49								55						47														151	3
6315	Watson	Kyle								46													55													49		150	3
6492	MacIntosh	Angus							49												47			48														144	3
5969	Wood	Nicolas													55						49																	104	2
6449	Wach	Graeme							55												46																	101	2
6175	Buckler	Nicholas							47																													47	1
6275	Gallant	Kent																																				-	0
			0	1	0	1	0	0	5	5	0	1	1	0	2	0	0	2	0	5	0	2	5	0	0	1	1	0	0	2	1	0	0	0	0	2	1	1	12	3

2016 Run Nova Scotia Age Group Standings **Men 25 to 29** **Men 25 to 29**

2016 RNS Number	Last Name	First Name	Run Our Shore 5K	Run Our Shore 10.2K	Run Our Shore Half Marathon	Osprey 5K RUN/WALK	The Bread Run 5K	The Bread Run 10K	Penguin Run 5K	Lunenburg WHS 5K	Liverpool Privateers 5 Mile Road Race	MEC 3 Saltmarsh Trail 5K	MEC 3 Saltmarsh Trail 10K	MEC 3 Saltmarsh Trail Half Marathon	Epic Canadian 10K	Epic Canadian Half Marathon	Sheila Poole 10K	Windsor 5K	Nova Scotia 10K	Nova Scotia Half Marathon	Nova Scotia Marathon	Dartmouth Natal Day 2 Mile	Dartmouth Natal Day 6 Mile	Digby Scallop Days 5K	Digby Scallop Days 10K	Louisburg Race Through Time	Wolfville 8 Mile Road Race	Cobequid Trail Run 5K	Cobequid Trail Run 10K	Cobequid Trail Run Half Marathon	Berwick 5 Miler	Cape Breton Fiddler's 5K	Cape Breton Fiddler's 10K	Cape Breton Fiddler's Half Marathon	Cape Breton Fiddler's Marathon	Rocky's Run 5K	Canada Games Centre Food Run	Volunteer	Total	Total # of Races
5954	Mossman	Jason	49			55	55		48	48	49				49																						60	412	8
6015	Bergeron	Michael-Lucien	55								55				49					49				49							49						60	366	7
5968	McCarron	Lee							49	49					55					55							55				55							318	6
6433	Clarke	Justin								55														48							48								206	4
6235	Boutilier	Burke				49				47	48																	55											199	4
6453	Voth	Chris							55															55															110	2
6221	French	Matt																					55																55	1
4943	Conneybeare	Allan																																					-	0
6360	Brenner	Daniel																																					-	0
6239	McDevitt	Jonathan																																					-	0
6014	Porter	Colin																																					-	0
6354	Vargo	Michael																																					-	0
			2	0	0	2	1	0	3	4	3	1	0	0	3	0	0	0	0	2	0	1	3	0	0	1	1	0	0	3	0	0	0	0	0	0	2	12	32

2016 Run Nova Scotia Age Group Standings **Men 30 to 34** **Men 30 to 34**

2016 RNS Number	Last Name	First Name	Run Our Shore 5K	Run Our Shore 10.2K	Run Our Shore Half Marathon	Osprey 5K RUN/WALK	The Bread Run 5K	The Bread Run 10K	Penguin Run 5K	Lunenburg WHS 5K	Liverpool Privateers 5 Mile Road Race	MEC 3 Saltmarsh Trail 5K	MEC 3 Saltmarsh Trail 10K	MEC 3 Saltmarsh Trail Half Marathon	Epic Canadian 10K	Epic Canadian Half Marathon	Sheila Poole 10K	Windsor 5K	Nova Scotia 10K	Nova Scotia Half Marathon	Nova Scotia Marathon	Dartmouth Natal Day 2 Mile	Dartmouth Natal Day 6 Mile	Digby Scallop Days 5K	Digby Scallop Days 10K	Louisburg Race Through Time	Wolfville 8 Mile Road Race	Cobequid Trail Run 5K	Cobequid Trail Run 10K	Cobequid Trail Run Half Marathon	Berwick 5 Miler	Cape Breton Fiddler's 5K	Cape Breton Fiddler's 10K	Cape Breton Fiddler's Half Marathon	Cape Breton Fiddler's Marathon	Rocky's Run 5K	Canada Games Centre Food Run	Volunteer	Total	Total # of Races
6202	Ho	Matthew							55	55										55		55																	275	5
5164	Coffin	Paul							45																							55				55				265	5
5369	Hutchinson	Ryan							44															45							49					55		48		241	5
6247	Nauss	Adrian													55									46				55									55		211	4
4625	MacIntyre	Ian							49															49				55							55				208	4
6134	Hamm	Mathew	55			49			47																				55										206	4
6328	Gilbert	Chad				55																		47							55								157	3
5488	Riller	Marcel								49			55		48																								152	3
6203	Lamond	Jamie							48															48															96	2
6141	Evoy	Kenneth							46						49																								95	2
6344	Zahavich	Jeffery																																				60	60	1
5239	McDiarmid	Iain																																				49	49	1
6259	Ruddock	James				48																																	48	1
6382	McKinney	Justin								48																														48	1
6105	Kennedy	Rob													47																								47	1
6299	Cormier	Kyle							43																														43	1
6370	Dupas	Ian																																					-	0
6436	Hicks	John																																					-	0
6359	Canning	Rick																																					-	0
6241	Robar	Nathan																																					-	0
4778	McBride	Nicholas																																					-	0
			1	0	0	3	0	0	8	3	0	0	1	0	4	0	0	0	0	1	1	1	6	0	1	1	1	1	0	2	1	0	0	1	1	1	3	1	21	20

2016 Run Nova Scotia Age Group Standings **Men 35 to 39** **Men 35 to 39**

2016 RNS Number	Last Name	First Name	Run Our Shore 5K	Run Our Shore 10.2K	Run Our Shore Half Marathon	Osprey 5K RUN/WALK	The Bread Run 5K	The Bread Run 10K	Penguin Run 5K	Lunenburg WHS 5K	Liverpool Privateers 5 Mile Road Race	MEC 3 Saltmarsh Trail 5K	MEC 3 Saltmarsh Trail 10K	MEC 3 Saltmarsh Trail Half Marathon	Epic Canadian 10K	Epic Canadian Half Marathon	Sheila Poole 10K	Windsor 5K	Nova Scotia 10K	Nova Scotia Half Marathon	Nova Scotia Marathon	Dartmouth Natal Dav 2 Mile	Dartmouth Natal Dav 6 Mile	Digby Scallop Days 5K	Digby Scallop Days 10K	Louisburg Race Through Time	Wolfville 8 Mile Road Race	Cobequid Trail Run 5K	Cobequid Trail Run 10K	Cobequid Trail Run Half Marathon	Berwick 5 Miler	Cape Breton Fiddler's 5K	Cape Breton Fiddler's 10K	Cape Breton Fiddler's Half Marathon	Cape Breton Fiddler's Marathon	Rocky's Run 5K	Canada Games Centre Food Run	Volunteer	Total	Total # of Races
4640	Mcrae	Drew							48						55	55							48								55			55			55	60	486	9
4576	Duguay	Tim			48		55							49							55	49						55			49			49				60	409	9
5942	Goodine	Jeff							41	47				48	45	47		55		49			44							45	45			47		49	48	60	448	14
6121	Whynacht	Ian			49	49									48						49	48								47	47						60	397	8
5490	White	Matthew									55						55			55		55							55									60	335	6
6439	Cunningham	Dan								48					47											55				49		48				49			296	6
8399	Rakshiny	Jeff			55	55			47	46																									55				258	5
9957	McCarville	Damian							46				49						55												46								196	4
6292	Rees	Kent						55	44						46	48																							193	4
6471	Gregor	Jarvis													49	49							46								48								192	4
5499	Walsh	Jeff							42	44			48										45																179	4
5935	Snider	Gaydon							55														55								55								165	3
4885	Tulk	Jason							45	55			55																										155	3
5495	Wieczorek	Greg							49																						49								147	3
8050	Marshall	Brian								45					42																								130	3
6003	Holland	Kevin		55															49																				104	2
6407	Chard	Brendan												55									47																102	2
5925	Shah	Syed													43																								91	2
6427	Jesty	Sandy													44	46																							90	2
4972	Jourlink	Mike																																					60	1
6568	Quinn	Daniel																																					55	1
6046	Adams	Ryan								49																														49	1
8330	Conrad	Dan				48																																	48	1
6219	Kane	Daniel																				48																	48	1
6494	Connors	Mike																																					46	1
6233	Williams	Kip																																						-	0
6311	Comar	Rob																																						-	0
5804	Deveau	Chris																																						-	0
5995	Bradbury	Matthew																																						-	0
6190	Rose	Peter																																						-	0
5097	Warren	Ronald																																						-	0
			0	1	3	3	1	1	9	7	1	1	3	3	9	5	1	1	2	2	3	3	8	0	1	0	0	1	2	6	6	0	0	4	1	2	3	6	31	99

2016 Run Nova Scotia Age Group Standings **Men 40 to 44** **Men 40 to 44**

2016 RNS Number	Last Name	First Name	Run Our Shore 5K	Run Our Shore 10.2K	Run Our Shore Half Marathon	Osprey 5K RUN/WALK	The Bread Run 5K	The Bread Run 10K	Penguin Run 5K	Lunenburg WHS 5K	Liverpool Privateers 5 Mile Road Race	MEC 3 Saltmarsh Trail 5K	MEC 3 Saltmarsh Trail 10K	MEC 3 Saltmarsh Trail Half Marathon	Epic Canadian 10K	Epic Canadian Half Marathon	Sheila Poole 10K	Windsor 5K	Nova Scotia 10K	Nova Scotia Half Marathon	Nova Scotia Marathon	Dartmouth Natal Dav 2 Mile	Dartmouth Natal Dav 6 Mile	Digby Scallop Days 5K	Digby Scallop Days 10K	Louisburg Race Through Time	Wolfville 8 Mile Road Race	Cobequid Trail Run 5K	Cobequid Trail Run 10K	Cobequid Trail Run Half Marathon	Berwick 5 Miler	Cape Breton Fiddler's 5K	Cape Breton Fiddler's 10K	Cape Breton Fiddler's Half Marathon	Cape Breton Fiddler's Marathon	Rocky's Run 5K	Canada Games Centre Food Run	Volunteer	Total	Total # of Races
4948	Richards	Cory				48			46											49			47								49								458	9
6252	Cobb	Edward		55				55	41	48	48				49			49		48							49				48				49				450	11
1033	Holdway	Ian			55	49			48						55						55		48							55								420	8
6329	Morgan	Darrell		49		45			42	47	47																							47		48			325	7
5481	McGrath	Jan				47					55						55											49					55				60	321	6
5660	Sarty	Stan				46			45							49					49																60	249	5
6356	Blenkhorn	Ian					55											55							55		55												220	4
5429	McKay	Jarrett						48																														49	60	213	4
5950	Vennotte	Matthew		48						46	46				48																								188	4
5333	Edwards	Colin				55				55													55																165	3
6384	Duffy	Kevin							49																						49					55			153	3
6385	Reinhardt	Frank							55														49								48								152	3
5779	Cummings	Clint							47	49						55																							151	3
4953	Mercer	Jason			49						49																				47								145	3
6293	Younger	Andrew																				55																60	115	2
6412	Cunningham	Ian																		55																			55	1
6503	Eric	Travis																														55							55	1
6509	Brent	Rhynold																														48							48	1
4901	Flemming	Troy																		47																			47	1
6458	Hickey	Quentin							44																														44	1
6398	Donaldson	Jeff							41																														41	1
6394	Dennis	Brian																																						-	0
5901	Cyr	Greg																																						-	0
5117	Thibault	Aaron																																						-	0
4343	Holder	David																																						-	0
6198	Miller	James																																						-	0
4479	Peters	Jim																																						-	0
5283	Dwscott	Cameron																																						-	0
5985	Allardice	Graeme																																						-	0
6389	Fenwick	Sam																																						-	0
			0	3	2	6	1	2	10	5	5	0	0	0	3	2	1	2	0	4	2	1	4	0	1	0	2	2	1	4	3	0	1	4	0	3	2	5	30	81

2016 Run Nova Scotia Age Group Standings **Men 45 to 49** **Men 45 to 49**

2016 RNS Number	Last Name	First Name	Run Our Shore 5K	Run Our Shore 10.2K	Run Our Shore Half Marathon	Osprey 5K RUN/WALK	The Bread Run 5K	The Bread Run 10K	Penguin Run 5K	Lunenburg WHS 5K	Liverpool Privateers 5 Mile Road Race	MEC 3 Saltmarsh Trail 5K	MEC 3 Saltmarsh Trail 10K	MEC 3 Saltmarsh Trail Half Marathon	Epic Canadian 10K	Epic Canadian Half Marathon	Sheila Poole 10K	Windsor 5K	Nova Scotia 10K	Nova Scotia Half Marathon	Nova Scotia Marathon	Dartmouth Natal Day 2 Mile	Dartmouth Natal Day 6 Mile	Digby Scallop Days 5K	Digby Scallop Days 10K	Louisburg Race Through Time	Wolfville 8 Mile Road Race	Cobequid Trail Run 5K	Cobequid Trail Run 10K	Cobequid Trail Run Half Marathon	Berwick 5 Miler	Cape Breton Fiddler's 5K	Cape Breton Fiddler's 10K	Cape Breton Fiddler's Half Marathon	Cape Breton Fiddler's Marathon	Rocky's Run 5K	Canada Games Centre Food Run	Volunteer	Total	Total # of Races
6090	Perry	Dan		55					45	49	49										49		55							49	48							60	457	11
5675	Oliver	Paul				49	49		48	55						55						55																	311	6
5209	Hanlon	Andrew						55																	55		55			55	55								275	5
4263	MacDougall	Ron							46														55				49									55	60	265	5
5885	Delorey	Darryl				48			44		48	55																	55									250	5
6372	Moxy	John				55			47													55															60	217	4
5974	Dixon	Sean													55	49																					60	164	3
6421	Hawkins	Craig					55		49													48																	152	3
6362	Delaney	Martin							43	48					48																							139	3
5639	Martin	David							55		55																											110	2
4907	Boutilier	Tim																																				110	2
2954	Timberlake	Gavin																									55											104	2
6348	Siscoe	Mark									47																49											96	2
5776	Musseau	Troy																																			60	60	1
4523	McNeill	Roy																																			60	60	1
4685	Dacaney	Andrew																																			60	60	1
4485	Bulger	Daniel																													49							49	1
6274	Gallant	Guy																																	49			49	1
6135	Johnson	Kevin								47																												47	1
6016	Lawlor	John																													47							47	1
5827	Rossiter	Jim								46																												46	1
6440	Roth	Stephen																																				-	0
6281	Todd	Douglas																																				-	0
6033	Hopkins	Jon																																				-	0
6394	Collins	Alastair																																				-	0
6442	McInnis	Larry																																				-	0
6426	MacDonald	John																																				-	0
6240	James	Edward																																				-	0
5292	Thomson	George																																				-	0
6379	MacNeil	Gerald																																				-	0
4744	Mackinnon	Mike																																				-	0
6376	Guthro	Cameron																																				-	0
6340	Jobin	Eric																																				-	0
532	Marley	Stephen																																				-	0
6462	Snook	Ken																																				-	0
			0	1	0	3	2	1	8	5	4	1	0	0	3	3	0	0	0	0	2	3	1	0	1	2	2	1	0	2	4	0	0	2	0	2	1	7	35	61

2016 Run Nova Scotia Age Group Standings **Men 50 to 54** **Men 50 to 54**

2016 RNS Number	Last Name	First Name	Run Our Shore 5K	Run Our Shore 10.2K	Run Our Shore Half Marathon	Osprey 5K RUN/WALK	The Bread Run 5K	The Bread Run 10K	Penguin Run 5K	Lunenburg WHS 5K	Liverpool Privateers 5 Mile Road Race	MEC 3 Saltmarsh Trail 5K	MEC 3 Saltmarsh Trail 10K	MEC 3 Saltmarsh Trail Half Marathon	Epic Canadian 10K	Epic Canadian Half Marathon	Sheila Poole 10K	Windsor 5K	Nova Scotia 10K	Nova Scotia Half Marathon	Nova Scotia Marathon	Dartmouth Natal Day 2 Mile	Dartmouth Natal Day 6 Mile	Digby Scallop Days 5K	Digby Scallop Days 10K	Louisburg Race Through Time	Wolfville 8 Mile Road Race	Cobequid Trail Run 5K	Cobequid Trail Run 10K	Cobequid Trail Run Half Marathon	Berwick 5 Miler	Cape Breton Fiddler's 5K	Cape Breton Fiddler's 10K	Cape Breton Fiddler's Half Marathon	Cape Breton Fiddler's Marathon	Rocky's Run 5K	Canada Games Centre Food Run	Volunteer	Total	Total # of Races
6149	MacLean	Todd								48			49							46			43								48						49	49	60	447	9
5699	Taylor	Steve			48				46					48									48		55					45							55	60	401	8
5889	Burns	Steve	49			45				47	47							48		45											49							60	390	8
5390	Hipson	Bryan			55	55			49						55	55	55			55																			379	7
5012	Laberge	Pierre			49					55	55							55					49					48	55									366	7
6130	Robinson	Kevin	55			46			44													48						49								48	60	350	7
5041	Graham	Doug				48					49				48					49			46															287	6
6136	Ware	Wade							55						49								55								49								208	4
1625	MacDonald	Luke				49												49				55																	153	3
5595	Tenkorang	Nick												49									45				55												149	3
6448	Broyden	Chris								49			55										44																148	3
6251	Hopper	Steve			47						48																												142	3
3061	Thain	Jim												55						47										55									110	2
5637	Nolan	Daniel																									55				46								101	2
4331	Hipson	Randall							47								49																						96	2
5247	Brown	Scott				47														48																			95	2
5393	Eisabrook	Derek																																			60		60	1
5732	MacMillan	Paul																																			60		60	1
5946	Bowser	John																			55																		55	1
5858	Sears	Paul																	55																				55	1
2844	Moorehead	Ray																							55														55	1
1692	MacLennan	David																													55								55	1
6306	Gillis	John																																					55	1
6528	Duchak	Kevin																																					55	1
6302	Hearn	Terry																	49																				49	1
4998	Lepage	Tony																				49																	49	1
1464	Arnold	David							48																														48	1
5876	Delorey	John																																					48	1
6478	Boudreau	Rick																					47																47	1
6563	Madgett	Tom																																				47		47	1
6135	Kimball	Andrew								46																														46	1
5033	DiMatia	Dino							45																															45	1
6376	Boucher	Karl				44																																		44	1
6267	Lawlor	Edward																																						-	0
6409	Nearing	Jeff																																						-	0
6331	Doiron	Luc																																						-	0
5780	MacDonald	Gordon																																						-	0
4560	Smith	Ian																																						-	0
6236	McDevitt	Robert																																						-	0
6354	Aguinaga	Jerry																																						-	0
6336	Richter	Ronald																																						-	0
5408	Mackintosh	Todd																																						-	0
4995	Bishop	Brad																																						-	0
6179	Huxtable	John																																						-	0
986	Pettipas	Mike																																						-	0
5043	Gallant	Paul																																						-	0
4764	McGrath	Richard																																						-	0
6270	Murdoch	Tom																																						-	0
			2	0	4	7	0	0	7	5	4	0	2	3	3	1	2	3	2	6	1	3	8	1	1	1	1	3	1	6	3	0	0	0	1	2	4	6	48	93

2016 Run Nova Scotia Age Group Standings Men 55 to 59 **Men 55 to 59**

2016 RNS Number	Last Name	First Name	Run Our Shore 5K	Run Our Shore 10.2K	Run Our Shore Half Marathon	Osprey 5K RUN/WALK	The Bread Run 5K	The Bread Run 10K	Penguin Run 5K	Lunenburg WHS 5K	Liverpool Privateers 5 Mile Road Race	MEC 3 Saltmarsh Trail 5K	MEC 3 Saltmarsh Trail 10K	MEC 3 Saltmarsh Trail Half Marathon	Epic Canadian 10K	Epic Canadian Half Marathon	Sheila Poole 10K	Windsor 5K	Nova Scotia 10K	Nova Scotia Half Marathon	Nova Scotia Marathon	Dartmouth Natal Day 2 Mile	Dartmouth Natal Day 6 Mile	Digby Scallop Days 5K	Digby Scallop Days 10K	Louisburg Race Through Time	Wolfville 8 Mile Road Race	Cobequid Trail Run 5K	Cobequid Trail Run 10K	Cobequid Trail Run Half Marathon	Berwick 5 Miler	Cape Breton Fiddler's 5K	Cape Breton Fiddler's 10K	Cape Breton Fiddler's Half Marathon	Cape Breton Fiddler's Marathon	Rocky's Run 5K	Canada Games Centre Food Run	Volunteer	Total	Total # of Races
1010	Nevitt	David				55		55	55	55	55						55			55		55					55			55							60	500	11
5631	Faulkner	Randy				47			48	46										48			49				49			49	55					55	55	60	468	11
1617	Robertson	David		55		46		49		42	46							49					47				47		49							49			437	10
4295	Banks	Roy								45	47				49	49						55	48		48					48								389	8
2480	Whynot	Clarence							49																55				55				55				60	274	5
6053	Mitchell	Thomas J				49				49	49				55					49																		251	5
4538	Schnare	Jan Darren							47	47							49			47										48								238	5
493	Morris	Terry				48				48	48																										60	204	4
2424	Conwyboare	Gerry							46							55		55									48											204	4
6217	Bagnell	Hughie																		46						49					49						60	204	4
5158	Gilbert	Mal											55									48					48											151	3
5982	Aguinaga	John								43				55																							49		147	3
6464	Abbass	Dean																									55						55					110	2
5481	DuPlessis	Mark																				49															60	109	2
4621	MacIntyre	Scott																									49										60	109	2
5053	Mosher	Randy																				46															60	106	2
6405	Gainey Yallop	John			55																							46										101	2
6434	Nickerson	Dennis							45	44																												89	2
5182	Marsh	David																																			60	60	1
4732	Vermeau	Maurice																																				55	1
5880	Hill	Norman																				47																47	1
5574	Morrison	Charlie																									47											47	1
5295	Gibson	Earl																					46															46	1
4643	Mossman	Roddy				45																																45	1
4602	Sweet	Rufus																																				-	0
6297	Bell	Tom																																				-	0
5590	Atherton	Frank																																				-	0
5343	Moore	Carlton																																				-	0
4679	Courish	Jeff																																				-	0
4923	Sawhney	Ralph																																				-	0
607	Mcneill	Lonnie																																				-	0
			0	1	1	6	0	2	6	9	5	0	1	1	2	2	2	2	0	5	1	5	5	0	3	4	5	0	3	2	3	0	1	1	0	2	2	9	31	91

2016 Run Nova Scotia Age Group Standings Men 60 to 64 **Men 60 to 64**

2016 RNS Number	Last Name	First Name	Run Our Shore 5K	Run Our Shore 10.2K	Run Our Shore Half Marathon	Osprey 5K RUN/WALK	The Bread Run 5K	The Bread Run 10K	Penguin Run 5K	Lunenburg WHS 5K	Liverpool Privateers 5 Mile Road Race	MEC 3 Saltmarsh Trail 5K	MEC 3 Saltmarsh Trail 10K	MEC 3 Saltmarsh Trail Half Marathon	Epic Canadian 10K	Epic Canadian Half Marathon	Sheila Poole 10K	Windsor 5K	Nova Scotia 10K	Nova Scotia Half Marathon	Nova Scotia Marathon	Dartmouth Natal Day 2 Mile	Dartmouth Natal Day 6 Mile	Digby Scallop Days 5K	Digby Scallop Days 10K	Louisburg Race Through Time	Wolfville 8 Mile Road Race	Cobequid Trail Run 5K	Cobequid Trail Run 10K	Cobequid Trail Run Half Marathon	Berwick 5 Miler	Cape Breton Fiddler's 5K	Cape Breton Fiddler's 10K	Cape Breton Fiddler's Half Marathon	Cape Breton Fiddler's Marathon	Rocky's Run 5K	Canada Games Centre Food Run	Volunteer	Total	Total # of Races
4483	Oakes	Jeffrey M		48		46		55	49	47	49						55	55		49		55					55			49	49			55				60	482	14
4492	Kennedy	Pat			55					48			49			55		55					49					55								47		60	473	9
4906	McCormick	Myles		49		48				42			47				49	49									49				48				48			60	447	10
6102	Flynn	Fabian	49			45	55		48	44												48					48						49					60	446	9
4718	Huelin	Dave							55				48										48			55									46			60	312	6
5480	Lovett	William																													55		55		49	55	60	274	5
5200	Cody	Kevin								49			55							55			55							55									209	5
2732	Coulter	Doug								46	55															49											60	210	4
6308	Winfield	Mark									47								55																				151	3
6479	Wells	Jimmy																48				49		49															146	3
2643	Saunders	Steve				47				45	48																												140	3
4477	Boudreau	JP				55				55																													110	2
6097	McLeod	David																											55						55				110	2
6383	Pitman	Malcolm				49																			55														104	2
6279	Bowes	Craig	55						47																														102	2
499	Pearce	Mal																																				60	60	1
649	Williams	Ray																																				60	60	1
4004	Cunningham	Adlai																																				60	60	1
5970	Brereton	Don		55																																			55	1
6207	Carreno	P													55																								55	1
1729	Rose	Wayne																		48																			48	1
5627	Stoddart	David																														47							47	1
2782	LeDuc	John								43																													43	1
5384	Clevett	John																																				-	0
2916	Grimbly	Mike																																				-	0
4416	Jenner	Gary																																				-	0
6216	Wightman	Howard																																				-	0
5106	Miller	John																																				-	0
808	Stein	Mark																																				-	0
6113	Marshall	Peter																																				-	0
6223	Thibodeau	Gary																																				-	0
698	Churchill	Freeman																																				-	0
4599	Noiman	Jim																																				-	0
5615	Raymond	Mark																																				-	0
																																							0
			2	3	1	6	1	1	4	9	4	0	4	0	1	1	2	3	1	3	0	3	3	2	0	2	3	1	2	2	4	0	2	1	0	5	1	10	34	87

2016 Run Nova Scotia Age Group Standings **Men 65 to 69** **Men 65 to 69**

2016 RNS Number	Last Name	First Name	Run Our Shore 5K	Run Our Shore 10.2K	Run Our Shore Half Marathon	Osprey 5K RUN/WALK	The Bread Run 5K	The Bread Run 10K	Penguin Run 5K	Lunenburg WHS 5K	Liverpool Privateers 5 Mile Road Race	MEC 3 Saltmarsh Trail 5K	MEC 3 Saltmarsh Trail 10K	MEC 3 Saltmarsh Trail Half Marathon	Epic Canadian 10K	Epic Canadian Half Marathon	Sheila Poole 10K	Windsor 5K	Nova Scotia 10K	Nova Scotia Half Marathon	Nova Scotia Marathon	Dartmouth Natal Day 2 Mile	Dartmouth Natal Day 6 Mile	Digby Scallop Days 5K	Digby Scallop Days 10K	Louisburg Race Through Time	Wolfville 8 Mile Road Race	Cobequid Trail Run 5K	Cobequid Trail Run 10K	Cobequid Trail Run Half Marathon	Berwick 5 Miler	Cape Breton Fiddler's 5K	Cape Breton Fiddler's 10K	Cape Breton Fiddler's Half Marathon	Cape Breton Fiddler's Marathon	Rocky's Run 5K	Canada Games Centre Food Run	Volunteer	Total	Total # of Races
4062	Reid	Phil			55	48			55	49	55			55	55	55		49				49				55	55			55						47	55	60	500	16
596	Jessome	Mike				43	55		47	45	47						48	46						55							46	55				48		60	463	13
509	Anderson	Chris				47		55	48	48							55						49							49						49	60	460	9
4386	Mosher	Terry				55			49													55								55					55		60	384	7
587	Banks	Wayne	49			45				46								47											49						49	48		378	8
4517	Corkum	Dale	55			49				55		55						48																				262	5
608	Robles	Bill								47	48									55																	60	210	4
6039	Lowe	Brian													49	49							47														60	205	4
6369	Gushue	Mike															49								55					48								152	3
1141	Boutilier	Roger						49														46						49										144	3
2580	Richard	Richard																55			55																	110	2
4644	Chaloway	Richard				46					49																											95	2
2575	Kaszor	Ron				44																47																91	2
4564	Meister	Robin																																			60	60	1
629	Abriel	Perry																																			60	60	1
6179	Collins	Bill																						55														55	1
4328	Edwards	Bob																																				55	1
6483	Murphy	Paul																																				55	1
2980	Bales	Ray																																				49	1
3	Balcom	James																				48																48	1
5359	Whyte	Robin																					48															48	1
6498	Cadden	Brian																																				47	1
5738	Huyck	Rick								44																													44	1
753	MacDonald	Greg																																					-	0
559	Patrick	David																																					-	0
4147	Cunningham	Fenton																																					-	0
5161	Churchill	Flint																																					-	0
2458	Kennedy	Leo																																					-	0
4134	MacGregor	Clive																																					-	0
4476	Anderson	John																																					-	0
6386	Davis	Brian																																					-	0
4390	Patterson	Sandy																																					-	0
4632	Kerr	Gerry																																					-	0
			2	0	1	8	1	2	4	7	4	1	0	1	2	2	3	5	0	1	2	5	4	1	1	1	2	3	1	1	6	1	0	1	0	4	3	8	33	88

2016 Run Nova Scotia Age Group Standings **Men 70 to 74** **Men 70 to 74**

2016 RNS Number	Last Name	First Name	Run Our Shore 5K	Run Our Shore 10.2K	Run Our Shore Half Marathon	Osprey 5K RUN/WALK	The Bread Run 5K	The Bread Run 10K	Penguin Run 5K	Lunenburg WHS 5K	Liverpool Privateers 5 Mile Road Race	MEC 3 Saltmarsh Trail 5K	MEC 3 Saltmarsh Trail 10K	MEC 3 Saltmarsh Trail Half Marathon	Epic Canadian 10K	Epic Canadian Half Marathon	Sheila Poole 10K	Windsor 5K	Nova Scotia 10K	Nova Scotia Half Marathon	Nova Scotia Marathon	Dartmouth Natal Day 2 Mile	Dartmouth Natal Day 6 Mile	Digby Scallop Days 5K	Digby Scallop Days 10K	Louisburg Race Through Time	Wolfville 8 Mile Road Race	Cobequid Trail Run 5K	Cobequid Trail Run 10K	Cobequid Trail Run Half Marathon	Berwick 5 Miler	Cape Breton Fiddler's 5K	Cape Breton Fiddler's 10K	Cape Breton Fiddler's Half Marathon	Cape Breton Fiddler's Marathon	Rocky's Run 5K	Canada Games Centre Food Run	Volunteer	Total	Total # of Races
596	Brake	Bob							55	55									55			49		55				55									60	384	7
939	Hodgkinson	Christopher																		55											55						60	170	3
4259	MacEachern	Alex																														55					60	115	2
4505	Northen	Lloyd																												55			55					110	2
4966	Podeluisa	Nelson								49	55																											104	2
5972	Maxell	Branko																											49							55		104	2
497	Hassell	Jim																		49											49								98	2
5431	Davis	Dick															55																					55	1
6475	Purl	Ved																				55																55	1
6087	Scott	Peter																				48																48	1
4539	Zinter	David																																					-	0
4787	Diggins	Barry																																					-	0
586	Duffy	Bruce																																					-	0
2406	Walker	Grant																																					-	0
2896	Robb	Hal																																					-	0
591	Bruhm	Jerome																																					-	0
590	Warnica	Gordon																																					-	0
600	Hannaberry	Ray																																					-	0
4672	MacDonald	Alex																																					-	0
4198	Chancey	Ralph																																					-	0
1446	Pavelitt	Ron																																					-	0
4239	Myers	Jim																																					-	0
6350	Feltham	Richard																																					-	0
5576	Smith	William																																					-	0
4640	Archibald	Tom																																					-	0
			0	0	0	0	0	0	1	2	1	0	0	0	0	0	1	0	1	2	0	3	0	1	0	0	0	2	1	2	1	0	1	0	0	0	1	3	25	23

2016 Run Nova Scotia Age Group Standings **Men 75 to 79** **Men 75 to 79**

2016 RNS Number	Last Name	First Name	Run Our Shore 5K	Run Our Shore 10.2K	Run Our Shore Half Marathon	Osprey 5K RUN/WALK	The Bread Run 5K	The Bread Run 10K	Penguin Run 5K	Lunenburg WHS 5K	Liverpool Privateers 5 Mile Road Race	MEC 3 Saltmarsh Trail 5K	MEC 3 Saltmarsh Trail 10K	MEC 3 Saltmarsh Trail Half Marathon	Epic Canadian 10K	Epic Canadian Half Marathon	Sheila Poole 10K	Windsor 5K	Nova Scotia 10K	Nova Scotia Half Marathon	Nova Scotia Marathon	Dartmouth Natal Day 2 Mile	Dartmouth Natal Day 6 Mile	Digby Scallop Days 5K	Digby Scallop Days 10K	Louisburg Race Through Time	Wolfville 8 Mile Road Race	Cobequid Trail Run 5K	Cobequid Trail Run 10K	Cobequid Trail Run Half Marathon	Berwick 5 Miler	Cape Breton Fiddler's 5K	Cape Breton Fiddler's 10K	Cape Breton Fiddler's Half Marathon	Cape Breton Fiddler's Marathon	Rocky's Run 5K	Canada Games Centre Food Run	Volunteer	Total	Total # of Races
1602	Parr	Malcolm				55	55		55	55	55	55						55	55								55				55						60	500	12
3064	Rideout	John											55										49														60	212	4
5702	McCrae	Leslie								49													55					55											208	4
5346	Davis	Ralph													55		55																						110	2
732	Harmes	Tom																																			60		60	1
4630	Palmer	George																		55																			55	1
2183	Kino	Brian																				55																	55	1
2242	MacDonald	Jack																																					-	0
313	Young	Roy																																					-	0
			0	0	0	1	1	0	1	2	1	1	1	0	1	0	1	1	1	1	0	1	2	0	0	0	1	1	0	1	3	0	0	0	0	0	0	3	9	0

2016 Run Nova Scotia Age Group Standings **Men 80 and Older** **Men 80 and Older**

2016 RNS Number	First Name	First Name	Run Our Shore 5K	Run Our Shore 10.2K	Run Our Shore Half Marathon	Osprey 5K RUN/WALK	The Bread Run 5K	The Bread Run 10K	Penguin Run 5K	Lunenburg WHS 5K	Liverpool Privateers 5 Mile Road Race	MEC 3 Saltmarsh Trail 5K	MEC 3 Saltmarsh Trail 10K	MEC 3 Saltmarsh Trail Half Marathon	Epic Canadian 10K	Epic Canadian Half Marathon	Sheila Poole 10K	Windsor 5K	Nova Scotia 10K	Nova Scotia Half Marathon	Nova Scotia Marathon	Dartmouth Natal Day 2 Mile	Dartmouth Natal Day 6 Mile	Digby Scallop Days 5K	Digby Scallop Days 10K	Louisburg Race Through Time	Wolfville 8 Mile Road Race	Cobequid Trail Run 5K	Cobequid Trail Run 10K	Cobequid Trail Run Half Marathon	Berwick 5 Miler	Cape Breton Fiddler's 5K	Cape Breton Fiddler's 10K	Cape Breton Fiddler's Half Marathon	Cape Breton Fiddler's Marathon	Rocky's Run 5K	Canada Games Centre Food Run	Volunteer	Total	Total # of Races
606	Robertson	Arnold	55			55	55			55	55							55				55					55	55			55					55			495	11
686	Smith	Les																																						-	0
			1	0	0	1	1	0	0	1	1	0	0	0	0	0	0	1	0	0	0	1	0	0	0	0	1	1	0	0	1	0	0	0	0	1	0	0	2	11
			11	10	12	47	12	9	68	65	33	6	13	8	35	17	13	20	7	32	13	33	49	5	9	13	20	17	11	34	37	1	5	14	3	24	21	63	342	
			3%	3%	4%	14%	4%	3%	20%	19%	10%	2%	4%	2%	10%	5%	4%	6%	2%	9%	4%	10%	14%	1%	3%	4%	6%	5%	3%	10%	11%	0%	1%	4%	1%	7%	6%	18%		