

RNS Performance Series 2016

Women's Standings

Female Competitors, Top 5 Overall

		Osprey 5K RUN/WALK	Penguin Run 5K	Lunenburg WHS 5K	Epic Canadian 10K	Sheila Poole 10K	Nova Scotia Half Marathon	Dartmouth Natal Day 6 Mile	Cobequid Trial Half Marathon	Cape Breton Fiddlers Half Marathon	Combined Best Times	Total Races
1	Denise Robson		0:18:40			0:38:07		0:37:53	1:22:57		02:19:30	4
2	Colleen Wilson		0:17:52	0:17:37	0:38:37		1:23:30				02:19:44	4
3	Erin Poirier		0:19:09	0:19:05				0:39:09	1:26:59		02:25:13	4
4	Emily Hamilton	0:18:21		0:18:58		0:39:56		0:39:18		1:28:29	02:26:08	5
5	Chloe Austin	0:19:56	0:19:49	0:19:34		0:39:48		0:40:26	1:28:28		02:27:50	6
		2	4	4	1	3	1	4	3	1		
											Average Time	02:23:41

Female Competitors, Age 39 and Under

6	Maura Wiczorek		0:19:32					0:40:51	1:27:49		02:28:12	3
7	Jennie Orr		0:20:47		0:44:58		1:37:09	0:51:22	1:34:06		02:39:51	5
8	Cheryl Smith	0:21:44	0:21:37		0:48:07		1:45:34				02:55:18	4
9	Jenna Ritter			0:22:45	0:49:06			0:49:48	1:52:20		03:04:11	4
10	Sarah MacDonald		0:25:56					0:52:53	1:55:15		03:14:04	3
11	Jenna Adams			0:25:15		0:56:45	2:09:42				03:31:42	3
12	Laura Whynacht	0:27:10	0:26:59		1:00:27		2:08:44				03:36:10	4
13	Felicia Hatcher		0:26:50		1:00:02				2:09:29		03:36:21	3
14	Patricia Jones	0:28:23		0:28:54		1:01:53	2:19:50				03:50:06	4
15	Sarah Wrightly		0:31:53	0:32:26	1:14:43					2:28:50	04:15:26	4
16	Natasha Flynn	0:36:38	0:46:02	0:36:50	1:23:17					2:41:45	04:41:40	5
		4	8	5	7	2	5	4	5	2		
											Average Time	03:26:38

Female Competitors Age 40 to 49

		Osprey 5K RUN/WALK	Penguin Run 5K	Lunenburg WHS 5K	Epic Canadian 10K	Sheila Poole 10K	Nova Scotia Half Marathon	Dartmouth Natal Day 6 Mile	Cobequid Trial Half Marathon	Cape Breton Fiddlers Half Marathon	Combined Best Times	Total Races
1	Rayleen Hill			0:19:53				0:41:17	1:27:53		02:29:03	3
2	Stacy Chesnutt		0:19:58		0:43:09	0:41:26			2:05:22		03:06:46	4
3	Jody Wood			0:26:38	0:55:43		2:00:29				03:22:50	3
4	Shannon Monk		0:30:51	0:30:47	1:03:10			1:00:58		2:15:36	03:47:21	5
5	Jane Corkum-Maclean	0:39:59		0:37:24	1:19:41		2:53:16				04:50:21	4
		1	2	4	4	1	2	2	2	1		
											Average Time	03:31:16

Female Competitors Age 50 and Older

		Osprey 5K RUN/WALK	Penguin Run 5K	Lunenburg WHS 5K	Epic Canadian 10K	Sheila Poole 10K	Nova Scotia Half Marathon	Dartmouth Natal Day 6 Mile	Cobequid Trial Half Marathon	Cape Breton Fiddlers Half Marathon	Combined Best Times	Total Races
1	Jacqueline Fitzgerald		0:21:49			0:44:38		0:46:29		1:43:23	02:49:50	4
2	Karen Marlin		0:22:21	0:22:55		0:49:32			1:48:11		03:00:04	4
3	Louise Leduc		0:23:56	0:23:50	0:50:52	0:50:04	1:49:30	0:50:09			03:03:24	6
4	Janine Boutilier			0:24:04	0:51:35		1:55:31	0:50:22			03:09:57	4
5	Peggy Falkenham-Boutilier	0:24:11		0:25:03		0:53:17	1:55:56		1:53:04		03:10:32	5
6	Virginia Joudrey	0:25:47	0:38:09				2:01:32	0:56:15			03:23:34	4
7	Connie Meister	0:25:24	0:25:34	0:25:32	0:54:35	0:56:00				2:06:26	03:26:25	6
8	Valerie Morgan		0:28:22	0:28:44			2:20:27	1:04:09	2:16:55	2:15:33	03:48:04	6
9	Michelle Mitchell	0:28:51		0:29:27	1:07:24		2:25:05				04:01:20	4
10	Trudy Flynn	0:36:39	0:46:02	0:36:51	1:23:17					2:41:45	04:41:41	5
11	Marion Bowes		0:38:03		1:33:28		3:09:23		3:08:39		05:20:10	4
		5	8	8	6	5	7	5	4	4		
											Average Time	03:37:44