

## Beyond Fitness 5K Run and Walk

### 5K Run

- 1 (\*\*\*\*\*) Jackson Langley 17:39
- 2 (1) Dylan Eiselt 17:57
- 3 (2) Sanchez Smith 17:58
- 4 (1) Domico Watson 17:59
- 5 (2) Philippe Froncioni 18:11
- 6 (3) Tim Price 18:35
- 7 (4) Kwame Curling 18:45
- 8 (1) Ben Adolph 18:48
- 9 (\*\*\*\*\*) Christine Dailey 18:48
- 10 (3) Anthony (aj) Harkness 18:53
- 11 (4) Spencer Haldeman 18:53
- 12 (1) Naomi MacGuinness 18:58
- 13 (5) Philip Woollins 20:08
- 14 (1) Teresa Ruiz 20:19
- 15 (1) Stepanka Sprincova 20:25
- 16 (1) Ashley Pimentel 20:31
- 17 (5) Caelan Cabral 20:40
- 18 (1) Shawn Simons 20:47
- 19 (6) Byron Rencken 20:53
- 20 (1) Kip Malpas 21:19
- 21 (2) Rose-Anna Hoey 21:24
- 22 (2) Willis Ming 21:26
- 23 (3) Henry Paddison 21:34
- 24 (2) Chris Harkness 21:38
- 25 (4) Florin Teleman 21:42
- 26 (7) Frederique Wagener 21:45
- 27 (3) Jermaine Postlethwaite 21:48
- 28 (8) Matthew Viney 21:50
- 29 (1) Tommy Sinclair 21:55
- 30 (3) Carla Hinwood 22:09
- 31 (9) James Fielding 22:10
- 32 (6) Lucas Bule 22:12
- 33 (5) Yan Leclerc 22:20
- 34 (10) Kyle Dailey 22:31
- 35 (2) Derek Thomas 22:38
- 36 (4) Laura Knox-Clingerman 22:47
- 37 (4) Raschid Alami-Merrouni 22:50
- 38 (11) Anthony Furbert 22:50
- 39 (6) John Thompson 22:57
- 40 (12) Lionel Quintin 22:59
- 41 (7) Oliver Thompson 23:01
- 42 (5) Dm Salter 23:03
- 43 (8) Tinho Tucker Wall 23:11
- 44 (13) Nicholas Butterfield 23:13
- 45 (6) Hilary Haldeman 23:17
- 46 (14) Matthew Hagerty 23:18

47 (2) Christina Kim 23:34  
48 (1) Bonnie Mills 23:37  
49 (5) David Friston 23:39  
50 (2) Zara Bule 24:12  
51 (9) Julian Hands 24:14  
52 (2) Georgia Wharton 24:23  
53 (15) James McGlone 24:26  
54 (7) Anthony Fellowes 24:26  
55 (7) Zoe Roberts 24:37  
56 (10) Leo Heyland 24:39  
57 (3) Olivia Jarvis 24:39  
58 (16) Thomas Brown 24:46  
59 (6) Jonathan Reiss 24:53  
60 (1) Frederick Steede 24:54  
61 (7) Carlos Frias 25:08  
62 (17) Aidan Mills 25:09  
63 (8) William Heyland 25:10  
64 (9) James Webster 25:19  
65 (18) Korin Knights 25:21  
66 (2) Shukri Muhammad 25:22  
67 (10) Louie Cuarentas 25:32  
68 (19) Hugh Vickers 25:42  
69 (20) Micah Franklin 25:48  
70 (3) Kevin Davies 25:48  
71 (11) Russel De Guia 25:50  
72 (12) Steve Horton 25:51  
73 (11) Arthur Cooper 25:51  
74 (4) Jose Andrade 26:00  
75 (21) Connor Burns 26:00  
76 (22) Tamauri Tucker 26:10  
77 (8) Tammy Faulkenberry 26:12  
78 (2) Jahdayna Samuels 26:22  
79 (9) Lesley-Jane Smith 26:24  
80 (3) Avery Haldeman 26:32  
81 (3) Kaisha Wilson 26:36  
82 (10) Ivy Manio 26:36  
83 (3) Alexsei Nielsen 26:37  
84 (4) Heidi Groves Groves 26:39  
85 (12) Adam Cenzer 26:48  
86 (4) Amanda Halverson 26:51  
87 (23) Omar Dill 27:02  
88 (5) Rebecca Singh 27:07  
89 (11) Annabel Cooper 27:16  
90 (3) Arlene MacGuinness 27:29  
91 (24) Elijah Simmons 27:33  
92 (5) Dirk Hasselkuss 27:46  
93 (1) Maria Duffy 27:48  
94 (8) David Brown 28:10  
95 (6) Jill Brewer 28:18  
96 (7) Lyndsay Faries 28:19

97 (5) Meagan Stecko 28:19  
98 (8) Steph Chai 28:19  
99 (25) Shakil Warsalee 28:41  
100 (6) Tony Riker 28:53  
101 (1) Zina Jones 28:56  
102 (12) Irena Cenzer 28:57  
103 (9) Mark Riihiluoma 28:57  
104 (13) Jennifer Gazzard 29:06  
105 (10) David Gazzard 29:07  
106 (2) Stephen Dean 29:16  
107 (2) Terri Durrant 29:20  
108 (6) Sara Tomlinson 29:22  
109 (26) Vince Hunt 29:25  
110 (13) Silverio Apostol 29:29  
111 (9) Shandel Doars 29:31  
112 (14) Sarah Thompson 29:36  
113 (13) Luke Thompson 29:36  
114 (27) Milen Simons 29:38  
115 (4) Joanne Medeiros 29:43  
116 (15) Tina Wall 29:48  
117 (5) Ceri Riihiluoma 29:54  
118 (4) Nora Cenzer 29:56  
119 (3) Gail Maitland 30:23  
120 (7) Zylah Bean 30:26  
121 (10) Caroline Obrien 30:39  
122 (11) Peter Gadeke 30:58  
123 (16) Nina Cuarentas 30:59  
124 (11) Megan Johnston 31:09  
125 (12) Latya Simmons 31:25  
126 (13) Nicole Palle 31:45  
127 (14) Amanda Froehlich 31:46  
128 (15) Eimear Glynn 31:53  
129 (4) Judith Howe Tucker 32:29  
130 (17) Natalie Price 32:53  
131 (8) Kyra Hodsoll 33:08  
132 (7) Alan Gilbertson 33:11  
133 (6) Tamela Dickinson 33:23  
134 (7) Lola Ogunyemi 33:41  
135 (18) Crystal Pittendrigh 33:42  
136 (8) Onica Stevens 34:21  
137 (9) Vivian Curtis 34:21  
138 (19) Esperanza Sobrado 34:22  
139 (5) Florence Sharpe 34:52  
140 (14) Lukas Eiselt 35:06  
141 (6) Edwina Arorash 35:30  
142 (16) Katie Alsip 36:18  
143 (9) Erika Althea Arcan 39:27  
144 (10) Tolu Ogunyemi 41:52  
145 (17) Rutendo Masvikeneni 42:13  
146 (7) Cheryl Cahill 42:37

147 (28) Timothy Alsip 42:39  
148 (8) Donna Mae Arorash 43:25

#### 5K Competitive Walk

1 (1) Laura Wright 36:25  
2 (2) Nancy Andrews-Sousa 37:33  
3 (1) Samuel Booth 37:35  
4 (2) Michael Cenzer 39:57  
5 (3) Gilda Cann 40:31  
6 (4) Damika Swan 43:51  
7 (5) Shaday Tucker 43:51  
8 (6) Shirelle Jones 49:31  
9 (3) Alan Pittendrigh 1:00:24  
10 (4) Zander Pittendrigh 1:00:24

#### 5K Non-Competitive Run/Walk

1 (1) Giles Spurling 25:26  
2 (1) Kelly Spurling 25:30  
3 (2) Lyndon Guiseppi 26:31  
4 (2) Charlotte Toogood 27:14  
5 (3) Gerhard Boonstra 30:19  
6 (4) Jesse Haldeman 30:22  
7 (3) Carolyn Toogood 31:03  
8 (4) Lara Rogers 32:13  
9 (5) Christopher Hardy 33:45  
10 (6) Miles Brewer 34:33  
11 (7) Rhys Williams 36:01  
12 (5) Erin Williams 36:01  
13 (8) Cooper Williams 36:01  
14 (9) Mark James 36:55  
15 (6) Rose Ann James 36:57  
16 (7) Nina Froncioni 38:01  
17 (8) Melissa Boivin 38:48  
18 (9) Karen Gonsalves 39:01  
19 (10) Britt Reiss 39:35  
20 (11) Margaret Naval 39:36  
21 (12) Krem Ferris 40:16  
22 (13) Jennifer Gosse 41:56  
23 (14) Bianca Sadler 43:33  
24 (10) Paulo Izaguirre 44:00  
25 (15) Kamila Bean 46:22  
26 (11) Floriberto Ferreira 46:50  
27 (12) Antoine Lambert 47:13  
28 (16) Devonna Samuels 47:13  
29 (13) Jahmah Samuels 47:16  
30 (14) Eugene Arorash 47:21  
31 (17) Ruby Dill 47:33  
32 (18) Colina Outerbridge 47:35

33 (19) Suzanne Decouto 49:00  
34 (20) Dornelle Furbert 49:53  
35 (21) Patricia Daniels 50:11  
36 (22) Maureen Purser 50:19  
37 (23) Natalia Muso 51:12  
38 (24) Susana Brewster 51:13  
39 (25) Sharon Lynch 55:01  
40 (26) April Andruczyk 55:01  
41 (27) Samantha Warren 56:27  
42 (28) Harriett Theisen 56:28  
43 (15) Rickilee Pitcher 56:52  
44 (16) Garry Gosse 56:57  
45 (29) Kathy Gosse 56:59  
46 (30) Emma Johnson 57:29  
47 (31) Emily Newell 57:31  
48 (32) Catherine Maddever 58:18  
49 (33) Nathalie Doiron 58:19  
50 (17) Henry Tucker 1:01:16  
51 (34) Cleopatra Mhlom 1:10:00  
52 (18) Stephen Muso 1:10:00  
53 (35) Helen Spencer 1:23:04  
54 (19) David Spencer 1:23:04  
55 (36) Lucy Guiseppi 1:23:04