

2023 Sri Chinmoy Lennox Gardens Races

Laps Report Half Marathon

| Lap# | Lap Time | Elapsed |
|------|----------|---------|
|------|----------|---------|

Half Marathon

AHERN, Kate - Bib# 2254

| | | |
|----|------|---------|
| 1 | 7:40 | 7:40 |
| 2 | 7:02 | 14:42 |
| 3 | 7:02 | 21:43 |
| 4 | 7:03 | 28:45 |
| 5 | 7:02 | 35:47 |
| 6 | 7:05 | 42:52 |
| 7 | 7:06 | 49:58 |
| 8 | 7:13 | 57:10 |
| 9 | 7:14 | 1:04:24 |
| 10 | 7:18 | 1:11:41 |
| 11 | 7:16 | 1:18:56 |
| 12 | 7:19 | 1:26:15 |
| 13 | 7:10 | 1:33:25 |

BASEBY, Andrew - Bib# 1638

| | | |
|----|------|---------|
| 1 | 8:28 | 8:28 |
| 2 | 7:43 | 16:10 |
| 3 | 7:43 | 23:53 |
| 4 | 7:43 | 31:35 |
| 5 | 7:49 | 39:24 |
| 6 | 7:53 | 47:16 |
| 7 | 8:03 | 55:19 |
| 8 | 8:10 | 1:03:29 |
| 9 | 8:17 | 1:11:45 |
| 10 | 8:25 | 1:20:10 |
| 11 | 8:38 | 1:28:47 |
| 12 | 8:40 | 1:37:26 |
| 13 | 8:37 | 1:46:03 |

BENNETT, Chris - Bib# 1680

| | | |
|----|-------|---------|
| 1 | 10:54 | 10:54 |
| 2 | 9:48 | 20:42 |
| 3 | 10:09 | 30:50 |
| 4 | 10:52 | 41:42 |
| 5 | 10:22 | 52:03 |
| 6 | 10:32 | 1:02:34 |
| 7 | 10:18 | 1:12:52 |
| 8 | 11:42 | 1:24:34 |
| 9 | 10:46 | 1:35:20 |
| 10 | 11:10 | 1:46:29 |
| 11 | 11:31 | 1:58:00 |
| 12 | 12:07 | 2:10:06 |
| 13 | 11:38 | 2:21:43 |

BENNETT, Keith - Bib# 817

| | | |
|---|------|-------|
| 1 | 9:06 | 9:06 |
| 2 | 8:12 | 17:17 |
| 3 | 8:06 | 25:22 |

2023 Sri Chinmoy Lennox Gardens Races

Laps Report Half Marathon

| Lap# | Lap Time | Elapsed |
|------|----------|---------|
| 4 | 8:08 | 33:30 |
| 5 | 8:14 | 41:44 |
| 6 | 8:10 | 49:53 |
| 7 | 8:09 | 58:02 |
| 8 | 8:05 | 1:06:06 |
| 9 | 8:15 | 1:14:21 |
| 10 | 8:05 | 1:22:25 |
| 11 | 8:14 | 1:30:39 |
| 12 | 8:23 | 1:39:02 |
| 13 | 7:55 | 1:46:56 |

BURNS, Michelle - Bib# 2260

| | | |
|----|------|---------|
| 1 | 9:05 | 9:05 |
| 2 | 8:26 | 17:31 |
| 3 | 8:27 | 25:57 |
| 4 | 8:23 | 34:19 |
| 5 | 8:28 | 42:47 |
| 6 | 8:23 | 51:09 |
| 7 | 8:26 | 59:35 |
| 8 | 8:31 | 1:08:06 |
| 9 | 8:32 | 1:16:38 |
| 10 | 8:33 | 1:25:10 |
| 11 | 8:31 | 1:33:41 |
| 12 | 8:31 | 1:42:11 |
| 13 | 8:26 | 1:50:37 |

CAMPBELL, Debra - Bib# 1637

| | | |
|----|-------|---------|
| 1 | 10:53 | 10:53 |
| 2 | 9:38 | 20:30 |
| 3 | 9:38 | 30:08 |
| 4 | 9:36 | 39:44 |
| 5 | 9:34 | 49:17 |
| 6 | 9:40 | 58:56 |
| 7 | 9:47 | 1:08:42 |
| 8 | 9:50 | 1:18:32 |
| 9 | 10:01 | 1:28:32 |
| 10 | 9:56 | 1:38:28 |
| 11 | 9:51 | 1:48:18 |
| 12 | 9:45 | 1:58:03 |
| 13 | 9:57 | 2:07:59 |

CARNEY, Olivia - Bib# 2261

| | | |
|---|------|---------|
| 1 | 9:48 | 9:48 |
| 2 | 8:45 | 18:33 |
| 3 | 8:41 | 27:14 |
| 4 | 8:41 | 35:54 |
| 5 | 8:41 | 44:34 |
| 6 | 8:31 | 53:05 |
| 7 | 8:45 | 1:01:50 |
| 8 | 8:45 | 1:10:34 |
| 9 | 9:08 | 1:19:41 |

2023 Sri Chinmoy Lennox Gardens Races

Laps Report Half Marathon

| Lap# | Lap Time | Elapsed |
|------|----------|---------|
| 10 | 9:01 | 1:28:42 |
| 11 | 8:47 | 1:37:28 |
| 12 | 8:44 | 1:46:12 |
| 13 | 9:18 | 1:55:30 |

CHANDLER, Caitlin - Bib# 1898

| | | |
|----|------|---------|
| 1 | 8:41 | 8:41 |
| 2 | 7:57 | 16:38 |
| 3 | 7:55 | 24:33 |
| 4 | 7:45 | 32:17 |
| 5 | 7:42 | 39:58 |
| 6 | 7:37 | 47:35 |
| 7 | 7:33 | 55:08 |
| 8 | 7:32 | 1:02:40 |
| 9 | 7:27 | 1:10:06 |
| 10 | 7:27 | 1:17:33 |
| 11 | 7:21 | 1:24:53 |
| 12 | 7:10 | 1:32:03 |
| 13 | 7:06 | 1:39:08 |

CHONG, Ming - Bib# 2262

| | | |
|----|-------|---------|
| 1 | 10:15 | 10:15 |
| 2 | 9:16 | 19:30 |
| 3 | 9:07 | 28:36 |
| 4 | 9:10 | 37:46 |
| 5 | 8:57 | 46:43 |
| 6 | 8:48 | 55:30 |
| 7 | 8:53 | 1:04:22 |
| 8 | 8:52 | 1:13:14 |
| 9 | 8:56 | 1:22:10 |
| 10 | 8:59 | 1:31:08 |
| 11 | 8:47 | 1:39:54 |
| 12 | 8:49 | 1:48:43 |
| 13 | 8:33 | 1:57:16 |

CURRY, Cameron - Bib# 51

| | | |
|----|------|---------|
| 1 | 8:09 | 8:09 |
| 2 | 7:33 | 15:41 |
| 3 | 7:31 | 23:12 |
| 4 | 7:36 | 30:47 |
| 5 | 7:41 | 38:27 |
| 6 | 7:30 | 45:57 |
| 7 | 7:33 | 53:29 |
| 8 | 7:24 | 1:00:53 |
| 9 | 7:37 | 1:08:29 |
| 10 | 7:35 | 1:16:03 |
| 11 | 7:45 | 1:23:48 |
| 12 | 7:33 | 1:31:20 |
| 13 | 6:56 | 1:38:16 |

2023 Sri Chinmoy Lennox Gardens Races

Laps Report Half Marathon

| Lap# | Lap Time | Elapsed |
|------|----------|---------|
|------|----------|---------|

DOBNER, Mallory - Bib# 2264

| | | |
|----|------|---------|
| 1 | 9:33 | 9:33 |
| 2 | 8:47 | 18:20 |
| 3 | 8:57 | 27:16 |
| 4 | 8:58 | 36:13 |
| 5 | 9:05 | 45:18 |
| 6 | 9:02 | 54:20 |
| 7 | 9:19 | 1:03:38 |
| 8 | 9:30 | 1:13:07 |
| 9 | 9:33 | 1:22:39 |
| 10 | 9:35 | 1:32:14 |
| 11 | 9:21 | 1:41:35 |
| 12 | 9:32 | 1:51:06 |
| 13 | 9:17 | 2:00:22 |

DUNCAN, Aston - Bib# 722

| | | |
|----|------|---------|
| 1 | 7:12 | 7:12 |
| 2 | 6:39 | 13:50 |
| 3 | 6:32 | 20:22 |
| 4 | 6:26 | 26:48 |
| 5 | 6:22 | 33:10 |
| 6 | 6:27 | 39:36 |
| 7 | 6:24 | 45:59 |
| 8 | 6:25 | 52:24 |
| 9 | 6:27 | 58:50 |
| 10 | 6:35 | 1:05:24 |
| 11 | 6:39 | 1:12:02 |
| 12 | 6:38 | 1:18:40 |
| 13 | 6:29 | 1:25:09 |

DUNCANSON, Mark - Bib# 350

| | | |
|----|------|---------|
| 1 | 8:19 | 8:19 |
| 2 | 7:34 | 15:52 |
| 3 | 7:37 | 23:29 |
| 4 | 7:39 | 31:08 |
| 5 | 7:40 | 38:48 |
| 6 | 7:40 | 46:27 |
| 7 | 7:38 | 54:04 |
| 8 | 7:39 | 1:01:43 |
| 9 | 7:39 | 1:09:22 |
| 10 | 7:42 | 1:17:04 |
| 11 | 7:39 | 1:24:42 |
| 12 | 7:32 | 1:32:13 |
| 13 | 7:24 | 1:39:36 |

FOX, Wendell - Bib# 1905

| | | |
|---|------|-------|
| 1 | 8:03 | 8:03 |
| 2 | 7:22 | 15:25 |
| 3 | 7:22 | 22:47 |
| 4 | 7:28 | 30:15 |

2023 Sri Chinmoy Lennox Gardens Races

Laps Report Half Marathon

| Lap# | Lap Time | Elapsed |
|------|----------|---------|
| 5 | 7:34 | 37:48 |
| 6 | 7:30 | 45:18 |
| 7 | 7:54 | 53:11 |
| 8 | 9:04 | 1:02:14 |
| 9 | 9:57 | 1:12:11 |
| 10 | 10:43 | 1:22:53 |
| 11 | 9:49 | 1:32:41 |
| 12 | 9:52 | 1:42:33 |
| 13 | 9:45 | 1:52:17 |

GAILER, Nicholas - Bib# 1907

| | | |
|----|------|---------|
| 1 | 8:25 | 8:25 |
| 2 | 7:40 | 16:05 |
| 3 | 7:36 | 23:40 |
| 4 | 7:40 | 31:19 |
| 5 | 7:39 | 38:58 |
| 6 | 7:40 | 46:38 |
| 7 | 7:40 | 54:18 |
| 8 | 7:39 | 1:01:57 |
| 9 | 7:36 | 1:09:32 |
| 10 | 7:35 | 1:17:07 |
| 11 | 7:31 | 1:24:37 |
| 12 | 7:26 | 1:32:03 |
| 13 | 7:07 | 1:39:10 |

GIAMPAOLO, Miki - Bib# 2009

| | | |
|----|-------|---------|
| 1 | 10:02 | 10:02 |
| 2 | 8:49 | 18:50 |
| 3 | 8:50 | 27:39 |
| 4 | 9:03 | 36:42 |
| 5 | 8:52 | 45:33 |
| 6 | 8:54 | 54:27 |
| 7 | 9:07 | 1:03:34 |
| 8 | 9:03 | 1:12:36 |
| 9 | 8:59 | 1:21:34 |
| 10 | 8:57 | 1:30:31 |
| 11 | 9:23 | 1:39:54 |
| 12 | 8:46 | 1:48:40 |
| 13 | 8:16 | 1:56:55 |

HANBURY, Chloe - Bib# 1082

| | | |
|----|------|---------|
| 1 | 9:11 | 9:11 |
| 2 | 8:26 | 17:37 |
| 3 | 8:16 | 25:52 |
| 4 | 8:23 | 34:14 |
| 5 | 8:21 | 42:35 |
| 6 | 8:31 | 51:05 |
| 7 | 8:24 | 59:29 |
| 8 | 8:22 | 1:07:50 |
| 9 | 8:24 | 1:16:14 |
| 10 | 8:09 | 1:24:23 |

2023 Sri Chinmoy Lennox Gardens Races

Laps Report Half Marathon

| Lap# | Lap Time | Elapsed |
|------|----------|---------|
| 11 | 8:07 | 1:32:29 |
| 12 | 8:06 | 1:40:35 |
| 13 | 7:49 | 1:48:23 |

HANBURY, Lynne - Bib# 159

| | | |
|----|------|---------|
| 1 | 9:47 | 9:47 |
| 2 | 9:00 | 18:46 |
| 3 | 8:53 | 27:39 |
| 4 | 8:54 | 36:32 |
| 5 | 8:45 | 45:16 |
| 6 | 9:03 | 54:18 |
| 7 | 9:03 | 1:03:20 |
| 8 | 9:04 | 1:12:23 |
| 9 | 9:07 | 1:21:30 |
| 10 | 9:07 | 1:30:37 |
| 11 | 9:17 | 1:39:53 |
| 12 | 9:27 | 1:49:19 |
| 13 | 9:19 | 1:58:38 |

HAWKINS, Lincoln - Bib# 2270

| | | |
|----|-------|---------|
| 1 | 9:31 | 9:31 |
| 2 | 8:52 | 18:23 |
| 3 | 9:05 | 27:28 |
| 4 | 9:18 | 36:45 |
| 5 | 9:18 | 46:03 |
| 6 | 9:13 | 55:15 |
| 7 | 9:33 | 1:04:48 |
| 8 | 9:53 | 1:14:40 |
| 9 | 9:56 | 1:24:36 |
| 10 | 9:51 | 1:34:26 |
| 11 | 9:54 | 1:44:19 |
| 12 | 10:19 | 1:54:38 |
| 13 | 10:15 | 2:04:53 |

HORAN, Fiona - Bib# 1504

| | | |
|----|------|---------|
| 1 | 8:37 | 8:37 |
| 2 | 7:48 | 16:25 |
| 3 | 7:42 | 24:07 |
| 4 | 7:36 | 31:42 |
| 5 | 7:36 | 39:18 |
| 6 | 7:42 | 47:00 |
| 7 | 7:47 | 54:46 |
| 8 | 7:53 | 1:02:38 |
| 9 | 7:51 | 1:10:28 |
| 10 | 7:51 | 1:18:19 |
| 11 | 7:53 | 1:26:11 |
| 12 | 7:57 | 1:34:08 |
| 13 | 7:43 | 1:41:51 |

IRVINE, Laurie - Bib# 1781

| | | |
|---|-------|-------|
| 1 | 11:25 | 11:25 |
|---|-------|-------|

2023 Sri Chinmoy Lennox Gardens Races

Laps Report Half Marathon

| Lap# | Lap Time | Elapsed |
|------|----------|---------|
| 2 | 10:20 | 21:44 |
| 3 | 10:25 | 32:09 |
| 4 | 10:24 | 42:33 |
| 5 | 10:34 | 53:06 |
| 6 | 11:03 | 1:04:09 |
| 7 | 10:42 | 1:14:51 |
| 8 | 10:57 | 1:25:47 |
| 9 | 11:19 | 1:37:06 |
| 10 | 10:43 | 1:47:48 |
| 11 | 11:07 | 1:58:54 |
| 12 | 10:56 | 2:09:49 |
| 13 | 10:44 | 2:20:33 |

JOHNSON, Ian - Bib# 2273

| | | |
|----|-------|---------|
| 1 | 10:18 | 10:18 |
| 2 | 9:24 | 19:41 |
| 3 | 9:17 | 28:57 |
| 4 | 9:43 | 38:40 |
| 5 | 9:12 | 47:52 |
| 6 | 9:13 | 57:04 |
| 7 | 9:21 | 1:06:25 |
| 8 | 9:25 | 1:15:49 |
| 9 | 9:22 | 1:25:11 |
| 10 | 9:30 | 1:34:41 |
| 11 | 9:45 | 1:44:25 |
| 12 | 9:38 | 1:54:03 |
| 13 | 9:44 | 2:03:47 |

KILEY, Stephen - Bib# 1910

| | | |
|----|------|---------|
| 1 | 6:52 | 6:52 |
| 2 | 6:26 | 13:18 |
| 3 | 6:27 | 19:44 |
| 4 | 6:30 | 26:14 |
| 5 | 6:37 | 32:50 |
| 6 | 6:39 | 39:29 |
| 7 | 6:43 | 46:12 |
| 8 | 6:42 | 52:54 |
| 9 | 6:49 | 59:42 |
| 10 | 6:52 | 1:06:34 |
| 11 | 7:08 | 1:13:41 |
| 12 | 7:37 | 1:21:18 |
| 13 | 7:16 | 1:28:33 |

LKHAASUREN, Munkhjargal - Bib# 2313

| | | |
|---|------|-------|
| 1 | 8:29 | 8:29 |
| 2 | 7:08 | 15:37 |
| 3 | 6:56 | 22:33 |
| 4 | 7:06 | 29:38 |
| 5 | 7:11 | 36:49 |
| 6 | 7:09 | 43:57 |
| 7 | 7:12 | 51:09 |

2023 Sri Chinmoy Lennox Gardens Races

Laps Report Half Marathon

| Lap# | Lap Time | Elapsed |
|------|----------|---------|
| 8 | 7:22 | 58:31 |
| 9 | 7:41 | 1:06:11 |
| 10 | 8:13 | 1:14:24 |
| 11 | 8:56 | 1:23:19 |
| 12 | 9:09 | 1:32:27 |
| 13 | 10:33 | 1:43:00 |

LOKVICIC, Mikey - Bib# 2278

| | | |
|----|------|---------|
| 1 | 8:42 | 8:42 |
| 2 | 7:54 | 16:35 |
| 3 | 7:48 | 24:22 |
| 4 | 7:40 | 32:01 |
| 5 | 7:39 | 39:40 |
| 6 | 7:38 | 47:18 |
| 7 | 7:36 | 54:53 |
| 8 | 7:34 | 1:02:27 |
| 9 | 7:36 | 1:10:03 |
| 10 | 7:25 | 1:17:27 |
| 11 | 7:23 | 1:24:50 |
| 12 | 7:12 | 1:32:01 |
| 13 | 7:02 | 1:39:02 |

MACKENZIE, Steven - Bib# 291

| | | |
|----|------|---------|
| 1 | 9:04 | 9:04 |
| 2 | 8:05 | 17:08 |
| 3 | 8:02 | 25:10 |
| 4 | 7:58 | 33:08 |
| 5 | 7:55 | 41:03 |
| 6 | 8:03 | 49:05 |
| 7 | 8:07 | 57:12 |
| 8 | 8:18 | 1:05:29 |
| 9 | 8:08 | 1:13:37 |
| 10 | 8:14 | 1:21:51 |
| 11 | 8:17 | 1:30:07 |
| 12 | 8:12 | 1:38:19 |
| 13 | 7:57 | 1:46:15 |

MARSHALL, Susan - Bib# 2

| | | |
|----|------|---------|
| 1 | 8:16 | 8:16 |
| 2 | 7:33 | 15:49 |
| 3 | 7:33 | 23:21 |
| 4 | 7:33 | 30:54 |
| 5 | 7:37 | 38:30 |
| 6 | 7:34 | 46:04 |
| 7 | 7:39 | 53:42 |
| 8 | 7:35 | 1:01:16 |
| 9 | 7:38 | 1:08:53 |
| 10 | 7:49 | 1:16:42 |
| 11 | 7:46 | 1:24:27 |
| 12 | 7:47 | 1:32:14 |
| 13 | 7:58 | 1:40:11 |

2023 Sri Chinmoy Lennox Gardens Races

Laps Report Half Marathon

| Lap# | Lap Time | Elapsed |
|------|----------|---------|
|------|----------|---------|

MAXWELL, Cameron - Bib# 2280

| | | |
|----|------|---------|
| 1 | 9:30 | 9:30 |
| 2 | 8:36 | 18:06 |
| 3 | 8:36 | 26:41 |
| 4 | 8:37 | 35:17 |
| 5 | 8:42 | 43:59 |
| 6 | 9:09 | 53:07 |
| 7 | 8:34 | 1:01:41 |
| 8 | 8:43 | 1:10:23 |
| 9 | 8:51 | 1:19:14 |
| 10 | 8:49 | 1:28:02 |
| 11 | 8:51 | 1:36:52 |
| 12 | 8:55 | 1:45:47 |
| 13 | 8:25 | 1:54:11 |

MCCORMACK, Amanda - Bib# 652

| | | |
|----|------|---------|
| 1 | 8:26 | 8:26 |
| 2 | 7:44 | 16:09 |
| 3 | 7:55 | 24:04 |
| 4 | 8:10 | 32:14 |
| 5 | 8:11 | 40:24 |
| 6 | 8:19 | 48:43 |
| 7 | 8:21 | 57:04 |
| 8 | 8:29 | 1:05:32 |
| 9 | 8:35 | 1:14:06 |
| 10 | 8:41 | 1:22:46 |
| 11 | 8:45 | 1:31:31 |
| 12 | 9:04 | 1:40:35 |
| 13 | 9:05 | 1:49:39 |

MICHAUX, Cassie - Bib# 2286

| | | |
|----|-------|---------|
| 1 | 10:42 | 10:42 |
| 2 | 9:44 | 20:26 |
| 3 | 9:52 | 30:17 |
| 4 | 9:52 | 40:09 |
| 5 | 10:03 | 50:12 |
| 6 | 10:12 | 1:00:23 |
| 7 | 10:24 | 1:10:47 |
| 8 | 10:31 | 1:21:17 |
| 9 | 10:47 | 1:32:04 |
| 10 | 10:55 | 1:42:58 |
| 11 | 11:01 | 1:53:58 |
| 12 | 10:55 | 2:04:52 |
| 13 | 10:44 | 2:15:36 |

MICHAUX, Steve - Bib# 2285

| | | |
|---|-------|-------|
| 1 | 11:12 | 11:12 |
| 2 | 10:08 | 21:19 |
| 3 | 10:13 | 31:31 |
| 4 | 10:34 | 42:04 |

2023 Sri Chinmoy Lennox Gardens Races

Laps Report Half Marathon

| Lap# | Lap Time | Elapsed |
|------|----------|---------|
| 5 | 10:37 | 52:41 |
| 6 | 10:47 | 1:03:28 |
| 7 | 12:05 | 1:15:32 |
| 8 | 11:14 | 1:26:46 |
| 9 | 12:06 | 1:38:51 |
| 10 | 11:40 | 1:50:31 |
| 11 | 11:42 | 2:02:12 |
| 12 | 12:24 | 2:14:35 |
| 13 | 12:45 | 2:27:19 |

MOUNT, Christopher - Bib# 2288

| | | |
|----|------|---------|
| 1 | 8:34 | 8:34 |
| 2 | 7:37 | 16:11 |
| 3 | 7:31 | 23:41 |
| 4 | 7:39 | 31:19 |
| 5 | 7:21 | 38:40 |
| 6 | 7:22 | 46:01 |
| 7 | 7:13 | 53:13 |
| 8 | 7:16 | 1:00:28 |
| 9 | 7:18 | 1:07:45 |
| 10 | 7:21 | 1:15:06 |
| 11 | 7:23 | 1:22:28 |
| 12 | 7:18 | 1:29:46 |
| 13 | 7:14 | 1:37:00 |

MYERS, Geoff - Bib# 2289

| | | |
|----|-------|---------|
| 1 | 11:41 | 11:41 |
| 2 | 9:54 | 21:35 |
| 3 | 10:01 | 31:35 |
| 4 | 9:54 | 41:28 |
| 5 | 9:56 | 51:23 |
| 6 | 10:15 | 1:01:38 |
| 7 | 9:50 | 1:11:27 |
| 8 | 9:56 | 1:21:23 |
| 9 | 9:55 | 1:31:17 |
| 10 | 10:02 | 1:41:19 |
| 11 | 10:02 | 1:51:20 |
| 12 | 10:34 | 2:01:54 |
| 13 | 10:02 | 2:11:56 |

MYERS, Prue - Bib# 1452

| | | |
|----|-------|---------|
| 1 | 11:41 | 11:41 |
| 2 | 9:54 | 21:35 |
| 3 | 10:00 | 31:35 |
| 4 | 9:53 | 41:28 |
| 5 | 9:56 | 51:23 |
| 6 | 10:16 | 1:01:38 |
| 7 | 9:50 | 1:11:28 |
| 8 | 9:57 | 1:21:24 |
| 9 | 9:54 | 1:31:17 |
| 10 | 10:03 | 1:41:19 |

2023 Sri Chinmoy Lennox Gardens Races

Laps Report Half Marathon

| Lap# | Lap Time | Elapsed |
|------|----------|---------|
| 11 | 10:02 | 1:51:21 |
| 12 | 10:34 | 2:01:54 |
| 13 | 10:03 | 2:11:56 |

NICHOLLS, Alexandria - Bib# 19

| | | |
|----|------|---------|
| 1 | 7:17 | 7:17 |
| 2 | 6:36 | 13:53 |
| 3 | 6:38 | 20:30 |
| 4 | 6:39 | 27:09 |
| 5 | 6:47 | 33:55 |
| 6 | 6:44 | 40:39 |
| 7 | 6:52 | 47:30 |
| 8 | 6:32 | 54:01 |
| 9 | 6:29 | 1:00:29 |
| 10 | 6:34 | 1:07:02 |
| 11 | 6:30 | 1:13:32 |
| 12 | 6:31 | 1:20:03 |
| 13 | 6:19 | 1:26:21 |

O'NEILL, James - Bib# 104

| | | |
|----|------|---------|
| 1 | 8:50 | 8:50 |
| 2 | 8:09 | 16:58 |
| 3 | 8:12 | 25:09 |
| 4 | 8:13 | 33:21 |
| 5 | 8:12 | 41:33 |
| 6 | 8:13 | 49:45 |
| 7 | 8:19 | 58:04 |
| 8 | 8:16 | 1:06:19 |
| 9 | 8:17 | 1:14:36 |
| 10 | 8:18 | 1:22:53 |
| 11 | 8:14 | 1:31:07 |
| 12 | 8:11 | 1:39:17 |
| 13 | 7:38 | 1:46:55 |

PIERCEY, Dan - Bib# 2317

| | | |
|----|------|---------|
| 1 | 7:12 | 7:12 |
| 2 | 6:28 | 13:39 |
| 3 | 6:29 | 20:07 |
| 4 | 6:34 | 26:40 |
| 5 | 6:27 | 33:07 |
| 6 | 6:24 | 39:31 |
| 7 | 6:22 | 45:53 |
| 8 | 6:27 | 52:19 |
| 9 | 6:30 | 58:49 |
| 10 | 6:27 | 1:05:15 |
| 11 | 6:30 | 1:11:44 |
| 12 | 6:32 | 1:18:16 |
| 13 | 6:02 | 1:24:18 |

RAZAQ, Mujeeb - Bib# 2294

| | | |
|---|------|------|
| 1 | 9:27 | 9:27 |
|---|------|------|

2023 Sri Chinmoy Lennox Gardens Races

Laps Report Half Marathon

| Lap# | Lap Time | Elapsed |
|------|----------|---------|
| 2 | 8:44 | 18:11 |
| 3 | 8:41 | 26:51 |
| 4 | 8:46 | 35:37 |
| 5 | 8:47 | 44:23 |
| 6 | 12:12 | 56:35 |
| 7 | 8:05 | 1:04:39 |
| 8 | 9:03 | 1:13:41 |
| 9 | 8:56 | 1:22:37 |
| 10 | 9:20 | 1:31:57 |
| 11 | 9:03 | 1:40:59 |
| 12 | 9:05 | 1:50:04 |
| 13 | 8:47 | 1:58:50 |

RECKORD, Angus - Bib# 2295

| | | |
|----|------|---------|
| 1 | 8:30 | 8:30 |
| 2 | 7:39 | 16:09 |
| 3 | 7:41 | 23:50 |
| 4 | 7:43 | 31:32 |
| 5 | 7:41 | 39:12 |
| 6 | 7:42 | 46:53 |
| 7 | 7:46 | 54:39 |
| 8 | 7:41 | 1:02:19 |
| 9 | 7:38 | 1:09:57 |
| 10 | 7:33 | 1:17:29 |
| 11 | 7:41 | 1:25:09 |
| 12 | 7:39 | 1:32:48 |
| 13 | 7:28 | 1:40:15 |

ROCKS, Martin - Bib# 745

| | | |
|----|------|---------|
| 1 | 8:00 | 8:00 |
| 2 | 7:24 | 15:23 |
| 3 | 7:29 | 22:52 |
| 4 | 7:30 | 30:21 |
| 5 | 7:30 | 37:51 |
| 6 | 7:36 | 45:26 |
| 7 | 7:40 | 53:06 |
| 8 | 7:41 | 1:00:46 |
| 9 | 7:48 | 1:08:33 |
| 10 | 7:45 | 1:16:17 |
| 11 | 7:52 | 1:24:09 |
| 12 | 8:01 | 1:32:10 |
| 13 | 8:11 | 1:40:20 |

ROSE, Alex - Bib# 2299

| | | |
|---|------|-------|
| 1 | 8:21 | 8:21 |
| 2 | 7:44 | 16:05 |
| 3 | 7:36 | 23:40 |
| 4 | 7:52 | 31:32 |
| 5 | 7:41 | 39:12 |
| 6 | 7:42 | 46:53 |
| 7 | 7:46 | 54:39 |

2023 Sri Chinmoy Lennox Gardens Races

Laps Report Half Marathon

| Lap# | Lap Time | Elapsed |
|------|----------|---------|
| 8 | 7:41 | 1:02:20 |
| 9 | 7:38 | 1:09:57 |
| 10 | 7:50 | 1:17:46 |
| 11 | 7:45 | 1:25:30 |
| 12 | 7:43 | 1:33:13 |
| 13 | 7:20 | 1:40:32 |

SCHOL, Jon - Bib# 115

| | | |
|----|------|---------|
| 1 | 7:40 | 7:40 |
| 2 | 7:22 | 15:01 |
| 3 | 7:38 | 22:39 |
| 4 | 7:42 | 30:20 |
| 5 | 7:45 | 38:04 |
| 6 | 7:52 | 45:56 |
| 7 | 7:46 | 53:42 |
| 8 | 7:48 | 1:01:29 |
| 9 | 8:04 | 1:09:33 |
| 10 | 8:23 | 1:17:55 |
| 11 | 8:43 | 1:26:38 |
| 12 | 9:03 | 1:35:40 |
| 13 | 9:21 | 1:45:01 |

SCOTT, Maria - Bib# 2300

| | | |
|----|-------|---------|
| 1 | 10:15 | 10:15 |
| 2 | 9:16 | 19:30 |
| 3 | 9:17 | 28:47 |
| 4 | 9:04 | 37:50 |
| 5 | 9:03 | 46:53 |
| 6 | 9:01 | 55:53 |
| 7 | 9:02 | 1:04:54 |
| 8 | 8:56 | 1:13:50 |
| 9 | 8:52 | 1:22:41 |
| 10 | 9:16 | 1:31:57 |
| 11 | 9:03 | 1:40:59 |
| 12 | 9:05 | 1:50:03 |
| 13 | 8:44 | 1:58:47 |

SILLETO, Matthew - Bib# 1182

| | | |
|----|------|---------|
| 1 | 8:18 | 8:18 |
| 2 | 7:32 | 15:49 |
| 3 | 7:30 | 23:19 |
| 4 | 7:38 | 30:56 |
| 5 | 7:44 | 38:40 |
| 6 | 7:45 | 46:24 |
| 7 | 7:44 | 54:08 |
| 8 | 7:47 | 1:01:55 |
| 9 | 7:47 | 1:09:41 |
| 10 | 7:54 | 1:17:35 |
| 11 | 7:55 | 1:25:29 |
| 12 | 7:48 | 1:33:16 |
| 13 | 7:44 | 1:41:00 |

2023 Sri Chinmoy Lennox Gardens Races

Laps Report Half Marathon

| Lap# | Lap Time | Elapsed |
|------|----------|---------|
|------|----------|---------|

SILVESTER, Tommi - Bib# 2237

| | | |
|----|------|---------|
| 1 | 7:17 | 7:17 |
| 2 | 6:36 | 13:52 |
| 3 | 6:38 | 20:30 |
| 4 | 6:39 | 27:08 |
| 5 | 6:47 | 33:55 |
| 6 | 6:44 | 40:38 |
| 7 | 6:52 | 47:29 |
| 8 | 7:05 | 54:34 |
| 9 | 7:07 | 1:01:40 |
| 10 | 7:13 | 1:08:52 |
| 11 | 7:18 | 1:16:10 |
| 12 | 7:29 | 1:23:39 |
| 13 | 6:44 | 1:30:23 |

SMERTINA, Lena - Bib# 2068

| | | |
|----|------|---------|
| 1 | 9:09 | 9:09 |
| 2 | 8:09 | 17:18 |
| 3 | 8:12 | 25:29 |
| 4 | 8:21 | 33:49 |
| 5 | 8:23 | 42:12 |
| 6 | 8:28 | 50:40 |
| 7 | 8:28 | 59:08 |
| 8 | 8:27 | 1:07:35 |
| 9 | 8:29 | 1:16:03 |
| 10 | 8:24 | 1:24:27 |
| 11 | 8:24 | 1:32:51 |
| 12 | 8:25 | 1:41:15 |
| 13 | 7:49 | 1:49:03 |

SMITH, Rodney - Bib# 2301

| | | |
|----|------|---------|
| 1 | 8:33 | 8:33 |
| 2 | 7:37 | 16:10 |
| 3 | 7:31 | 23:40 |
| 4 | 7:39 | 31:19 |
| 5 | 7:38 | 38:56 |
| 6 | 7:41 | 46:37 |
| 7 | 7:40 | 54:16 |
| 8 | 7:43 | 1:01:58 |
| 9 | 7:46 | 1:09:43 |
| 10 | 7:48 | 1:17:31 |
| 11 | 7:50 | 1:25:20 |
| 12 | 7:49 | 1:33:09 |
| 13 | 7:35 | 1:40:43 |

SPENCER, Tom - Bib# 2245

| | | |
|---|------|-------|
| 1 | 9:09 | 9:09 |
| 2 | 8:10 | 17:18 |
| 3 | 8:12 | 25:29 |
| 4 | 8:21 | 33:49 |

2023 Sri Chinmoy Lennox Gardens Races

Laps Report Half Marathon

| Lap# | Lap Time | Elapsed |
|------|----------|---------|
| 5 | 8:22 | 42:11 |
| 6 | 8:28 | 50:39 |
| 7 | 8:29 | 59:07 |
| 8 | 8:29 | 1:07:36 |
| 9 | 8:30 | 1:16:05 |
| 10 | 8:35 | 1:24:39 |
| 11 | 8:41 | 1:33:19 |
| 12 | 9:10 | 1:42:29 |
| 13 | 9:05 | 1:51:34 |

SPENCER, Trevor - Bib# 266

| | | |
|----|------|---------|
| 1 | 6:11 | 6:11 |
| 2 | 5:44 | 11:54 |
| 3 | 5:39 | 17:33 |
| 4 | 5:42 | 23:14 |
| 5 | 5:45 | 28:59 |
| 6 | 5:43 | 34:41 |
| 7 | 5:50 | 40:30 |
| 8 | 5:47 | 46:16 |
| 9 | 5:45 | 52:01 |
| 10 | 5:50 | 57:50 |
| 11 | 5:46 | 1:03:36 |
| 12 | 5:48 | 1:09:24 |
| 13 | 5:40 | 1:15:04 |

TUCKERMAN, Rob - Bib# 2084

| | | |
|----|------|---------|
| 1 | 8:10 | 8:10 |
| 2 | 7:26 | 15:36 |
| 3 | 7:32 | 23:07 |
| 4 | 7:39 | 30:46 |
| 5 | 7:41 | 38:26 |
| 6 | 7:37 | 46:02 |
| 7 | 7:30 | 53:32 |
| 8 | 7:25 | 1:00:56 |
| 9 | 7:39 | 1:08:34 |
| 10 | 7:36 | 1:16:09 |
| 11 | 7:33 | 1:23:42 |
| 12 | 7:29 | 1:31:10 |
| 13 | 7:04 | 1:38:13 |

WALES, Katie - Bib# 1770

| | | |
|----|------|---------|
| 1 | 9:00 | 9:00 |
| 2 | 7:57 | 16:57 |
| 3 | 8:02 | 24:59 |
| 4 | 8:07 | 33:05 |
| 5 | 8:11 | 41:16 |
| 6 | 8:26 | 49:41 |
| 7 | 8:17 | 57:57 |
| 8 | 8:17 | 1:06:14 |
| 9 | 8:44 | 1:14:58 |
| 10 | 9:03 | 1:24:00 |

2023 Sri Chinmoy Lennox Gardens Races

Laps Report Half Marathon

| Lap# | Lap Time | Elapsed |
|------|----------|---------|
|------|----------|---------|

| | | |
|----|------|---------|
| 11 | 9:04 | 1:33:04 |
|----|------|---------|

| | | |
|----|------|---------|
| 12 | 8:47 | 1:41:50 |
|----|------|---------|

| | | |
|----|------|---------|
| 13 | 8:35 | 1:50:25 |
|----|------|---------|

WALL, Clare - Bib# 575

| | | |
|---|------|------|
| 1 | 8:54 | 8:54 |
|---|------|------|

| | | |
|---|------|-------|
| 2 | 7:58 | 16:51 |
|---|------|-------|

| | | |
|---|------|-------|
| 3 | 8:02 | 24:53 |
|---|------|-------|

| | | |
|---|------|-------|
| 4 | 8:00 | 32:53 |
|---|------|-------|

| | | |
|---|------|-------|
| 5 | 8:03 | 40:55 |
|---|------|-------|

| | | |
|---|------|-------|
| 6 | 8:02 | 48:57 |
|---|------|-------|

| | | |
|---|------|-------|
| 7 | 8:08 | 57:05 |
|---|------|-------|

| | | |
|---|------|---------|
| 8 | 8:16 | 1:05:20 |
|---|------|---------|

| | | |
|---|------|---------|
| 9 | 8:19 | 1:13:38 |
|---|------|---------|

| | | |
|----|------|---------|
| 10 | 8:26 | 1:22:04 |
|----|------|---------|

| | | |
|----|------|---------|
| 11 | 8:22 | 1:30:26 |
|----|------|---------|

| | | |
|----|------|---------|
| 12 | 8:22 | 1:38:47 |
|----|------|---------|

| | | |
|----|------|---------|
| 13 | 8:13 | 1:47:00 |
|----|------|---------|

WEST, Marc - Bib# 2305

| | | |
|---|------|------|
| 1 | 7:59 | 7:59 |
|---|------|------|

| | | |
|---|------|-------|
| 2 | 7:33 | 15:32 |
|---|------|-------|

| | | |
|---|------|-------|
| 3 | 7:33 | 23:04 |
|---|------|-------|

| | | |
|---|------|-------|
| 4 | 7:37 | 30:40 |
|---|------|-------|

| | | |
|---|------|-------|
| 5 | 7:35 | 38:15 |
|---|------|-------|

| | | |
|---|------|-------|
| 6 | 7:36 | 45:50 |
|---|------|-------|

| | | |
|---|------|-------|
| 7 | 7:40 | 53:29 |
|---|------|-------|

| | | |
|---|------|---------|
| 8 | 7:44 | 1:01:13 |
|---|------|---------|

| | | |
|---|------|---------|
| 9 | 7:42 | 1:08:54 |
|---|------|---------|

| | | |
|----|------|---------|
| 10 | 7:46 | 1:16:39 |
|----|------|---------|

| | | |
|----|------|---------|
| 11 | 7:40 | 1:24:19 |
|----|------|---------|

| | | |
|----|------|---------|
| 12 | 7:37 | 1:31:55 |
|----|------|---------|

| | | |
|----|------|---------|
| 13 | 7:14 | 1:39:08 |
|----|------|---------|

WICKENDEN, Rex - Bib# 897

| | | |
|---|------|------|
| 1 | 7:17 | 7:17 |
|---|------|------|

| | | |
|---|------|-------|
| 2 | 6:36 | 13:52 |
|---|------|-------|

| | | |
|---|------|-------|
| 3 | 6:31 | 20:23 |
|---|------|-------|

| | | |
|---|------|-------|
| 4 | 6:26 | 26:48 |
|---|------|-------|

| | | |
|---|------|-------|
| 5 | 6:25 | 33:13 |
|---|------|-------|

| | | |
|---|------|-------|
| 6 | 6:37 | 39:49 |
|---|------|-------|

| | | |
|---|------|-------|
| 7 | 6:39 | 46:28 |
|---|------|-------|

| | | |
|---|------|-------|
| 8 | 6:42 | 53:10 |
|---|------|-------|

| | | |
|---|------|-------|
| 9 | 6:43 | 59:53 |
|---|------|-------|

| | | |
|----|------|---------|
| 10 | 6:47 | 1:06:39 |
|----|------|---------|

| | | |
|----|------|---------|
| 11 | 6:40 | 1:13:19 |
|----|------|---------|

| | | |
|----|------|---------|
| 12 | 6:43 | 1:20:01 |
|----|------|---------|

| | | |
|----|------|---------|
| 13 | 6:15 | 1:26:16 |
|----|------|---------|

WILKINS, Razz - Bib# 256

| | | |
|---|------|------|
| 1 | 9:29 | 9:29 |
|---|------|------|

2023 Sri Chinmoy Lennox Gardens Races

Laps Report Half Marathon

| Lap# | Lap Time | Elapsed |
|------|----------|---------|
| 2 | 8:54 | 18:23 |
| 3 | 9:03 | 27:25 |
| 4 | 9:04 | 36:29 |
| 5 | 9:11 | 45:40 |
| 6 | 9:21 | 55:01 |
| 7 | 9:21 | 1:04:21 |
| 8 | 9:35 | 1:13:55 |
| 9 | 9:57 | 1:23:52 |
| 10 | 9:36 | 1:33:27 |
| 11 | 9:56 | 1:43:23 |
| 12 | 9:54 | 1:53:17 |
| 13 | 9:46 | 2:03:02 |

YOUNG, Hannah - Bib# 2311

| | | |
|----|-------|---------|
| 1 | 10:02 | 10:02 |
| 2 | 8:44 | 18:46 |
| 3 | 8:42 | 27:27 |
| 4 | 8:30 | 35:57 |
| 5 | 8:30 | 44:27 |
| 6 | 8:37 | 53:03 |
| 7 | 8:33 | 1:01:36 |
| 8 | 8:30 | 1:10:06 |
| 9 | 8:26 | 1:18:32 |
| 10 | 8:11 | 1:26:42 |
| 11 | 8:06 | 1:34:47 |
| 12 | 7:48 | 1:42:35 |
| 13 | 7:39 | 1:50:14 |
