

**Sandbanks 5/10km Races****Sandbanks Provincial Park**

18/09/2016

9/18/16 - 9/18/16

Results by [www.runningbydesign.com](http://www.runningbydesign.com)**Event # 1 MIXED 5/10k Run**

	Name	Age	Bib	Team	Avg per K	Avg per MI	Time
<b>FEMALE 20 - 29</b>							
1	Chelsea Barnes	F 27	5443	KINGSTON			48:21.18
2	Raye McAvoy	F 25	5389	NAPANEE			48:53.62
3	Melissa McNichols	F 27	5434	NAPANEE			53:22.18
4	Katy Chopee	F 29	5502	CANNINGTON			54:52.97
5	Tracy Thomson	F 23	5382	TORONTO			57:02.96
6	Alexandra Mills	F 27	5409	CARRYING PLACE			1:00:34.03
7	Kate McKennirey	F 28	5483	PICTON			1:07:07.34
8	Ashley Beimers	F 29	5501	PICTON			1:11:05.84
9	Laura Sheridan	F 28	5488	BELLEVILLE			1:11:20.25
<b>FEMALE 30 - 39</b>							
1	Christa Brough	F 36	5508	AMELIASBURG			59:37.47
2	Brandy williams	F 35	5507	BELLEVILLE			1:00:08.25
3	Megan Hamilton	F 20	5564	ELGINBURG			1:00:08.87
4	Erin Falconer	F 31	5504	BELLEVILLE			1:06:26.47
5	Beth Graham	F 38	5512	PICTON			1:07:06.72
6	Mira Gallaway	F 31	5505	BRIGHTON			1:07:31.09
7	Shona Donovan	F 37	5509	KINGSTON			1:10:58.69
8	Kimberly Marcotte	F 37	5510	BELLEVILLE			1:12:46.22
9	Sara Scheid	F 38	5513	BELLEVILLE			1:13:31.00
<b>FEMALE 40 - 49</b>							
1	Monika Castanheiro	F 44	5524	WHITBY			45:16.81
2	Cora Yin	F 41	5520	WHITBY			46:37.72
3	Amy Simmons	F 41	5516	WHITBY			46:57.47
4	Amy Quilty	F 42	5522	BELLEVILLE			51:54.06
5	SharaLee Foster	F 41	5515	BELLEVILLE			55:39.06
6	Michele Miron	F 49	5517	BELLEVILLE			57:02.12
7	Autumn Randell	F 41	5570	BELLEVILLE			57:05.06
8	Sherri Hubble	F 41	5519	SEELEYS BAY			1:02:44.09
9	Sandra Deleon	F 41	5518	PICKERING			1:02:44.75
<b>FEMALE 50 - 59</b>							
1	Diane Kent	F 54	5529	FRANKFORD			50:52.28
2	Robin McAvoy	F 51	5527	NAPANEE			1:01:12.50
3	Audrey Wright	F 55	5530	SCARBOROUGH			1:06:34.25
4	Claire McKinney	F 50	5525	NAPANEE			1:06:52.81
5	Debbie Armstrong	F 59	5531	TRENTON			1:07:31.68
6	Val Mulya	F 51	5526	PICKERING			1:22:50.00
<b>FEMALE 60 - 98</b>							
1	Rose Thomson	F 60	5532	HAMILTON			58:04.41
2	Mary James	F 61	5533	PLAINFIELD			58:13.41
3	Avita Baskin	F 64	5535	BELLEVILLE			1:04:53.66
4	Jacqueline Volterman	F 62	5534	HAMILTON			1:11:02.69
5	Debbie Egan	F 60	772	PICTON			1:23:46.00
<b>MALE 15 - 19</b>							
1	Matthew Lozano	M 18	5537	AJAX			36:07.31

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	Name	Age	Bib	Team	Avg per K	Avg per MI	Time
2	Dawson Rowntree	M 18	5538	BELLEVILLE			39:41.81
3	Hayden West	M 16	5536	STIRLING			40:53.41
4	Dawson Closs	M 16	5566	PLAINFIELD			41:51.75
<b>MALE 20 - 29</b>							
1	Alex Hoftyzer	M 21	5539	BELLEVILLE			43:39.44
2	Noah Middaugh	M 21	5540	BELLEVILLE			46:18.72
<b>MALE 30 - 39</b>							
1	Shane Gale	M 33	5567	TRETON			42:44.22
2	Joe Mortimore	M 38	5542	BELLEVILLE			57:56.06
3	Aaron Naphan	M 33	5565	KINGSTON			1:00:09.52
4	Sebastien Vincent	M 32	5541	GANANOQUE			1:05:09.44
<b>MALE 40 - 49</b>							
1	Mike Kawam	M 49	5550	BELLEVILLE			43:06.56
2	Jay Moxness	M 44	5546	STIRLING			44:04.47
3	Glen Oster	M 47	5562	NAPANEE			49:39.81
4	Steve Kinney	M 40	5543	PICTON			50:30.38
5	David Cannons	M 49	5549	KINGSTON			51:43.78
6	Eric Forget	M 45	5548	TORONTO			52:38.41
7	Mark Saville	M 49	5544	BELLEVILLE			54:34.75
8	Jim Mortimore	M 44	5547	BELLEVILLE			58:10.97
9	Scott Simmons	M 42	5569	WHIYBY			58:59.00
10	John Bonn	M 48	5563	BELLEVILLE			59:10.75
<b>MALE 50 - 59</b>							
1	Harold Kuschnik	M 57	5557	COLBORNE			41:54.22
2	Lorne Singer	M 50	5551	BELLEVILLE			42:19.53
3	Gary Boyd	M 50	5553	WELLINGTON			43:11.62
4	Neil Ibey	M 51	5571	SMITHFIELD			48:01.50
5	Bob Van Blitterswyk	M 51	5554	ELIZABETHTOWN			49:27.25
6	David Birchard	M 56	5568	BELLEVILLE			53:54.06
7	Chris LaCroix	M 50	5552	STIRLING			56:38.81
8	Christian Jaehn-Kreibaum	M 56	5556	CARRYING PLACE			1:02:57.44
9	Angelo Mulya	M 51	5555	PICKERING			1:22:51.00
<b>MALE 60 - 98</b>							
1	Gordon Hunter	M 61	5558	COBOURG			50:24.97
2	Pierre Mihok	M 62	5559	MARKHAM			53:34.06
3	Jim Estes	M 67	5560	KINGSTON			59:59.00
4	Roger Johnson	M 69	5561	BELLEVILLE			1:02:02.84