

Spafford Health & Adventure

8km Trail Run

10/26/14 - 10/26/14

Results by www.runningbydesign.com

Event # 1 MIXED 8km Run

	Name	Age	Team	Bib	Avg per K	Avg per MI	Time
FEMALE 1 - 15							
1	Lily Chubaty	12 F	8KM	5534	4:36.32	7:24.69	36:50.56
2	Danielle Gossage	15 F	8KM	5573	4:42.10	7:34.00	37:36.84
3	Mallory Pellow	15 F	8KM	5667	4:59.25	8:01.59	39:53.97
4	Annie Ingo	11 F	8KM	5593	5:32.98	8:55.88	44:23.84
FEMALE 16 - 19							
1	Danae Morris	18 F	8KM	5648	4:21.01	7:00.05	34:48.06
2	Mia Timpson	17 F	8KM	5710	5:08.21	8:16.01	41:05.65
3	Olvier Cook	16 F	8KM	5541	5:14.52	8:26.17	41:56.18
4	Paige Ingram	19 F	8KM	5598	5:31.94	8:54.21	44:15.53
5	Hunter Furguson	17 F	8KM	5562	6:01.66	9:42.04	48:13.31
6	Shelby Plumridge	17 F	8KM	5673	6:19.79	10:11.22	50:38.34
7	Shawna Van Leeuwen	16 F	8KM	5711	6:35.69	10:36.80	52:45.50
8	Ally Bennett	16 F	8KM	5517	6:35.74	10:36.88	52:45.90
9	Sarah McHale	17 F	8KM	5635	6:35.80	10:36.98	52:46.43
FEMALE 20 - 29							
1	Meghan Tait	21 F	8KM	5703	4:07.00	6:37.50	32:55.97
2	Jenny Kenmir	22 F	8KM	5610	4:30.45	7:15.25	36:03.59
3	Megan Cook	21 F	8KM	5540	4:56.57	7:57.29	39:32.59
4	Kathleen Brown	28 F	8KM	5728	5:02.79	8:07.29	40:22.31
5	Brooke Bowes	26 F	8KM	5521	5:18.88	8:33.19	42:31.03
6	Amanda Tibbutt	20 F	8KM	5709	5:19.24	8:33.76	42:33.91
7	Shannon Bowes	28 F	8KM	5522	5:20.16	8:35.25	42:41.28
8	Jenny King	27 F	8KM	5613	5:20.92	8:36.47	42:47.38
9	Emily Burt	24 F	8KM	5529	5:27.16	8:46.51	43:37.25
10	Michela Gossage	20 F	8KM	5574	5:50.31	9:23.77	46:42.47
11	Lynn Arthur	29 F	8KM	5507	5:50.49	9:24.06	46:43.94
12	Grace Clouston	20 F	8KM	5536	5:55.72	9:32.48	47:25.78
13	Ashley Houghton	21 F	8KM	5589	5:56.70	9:34.06	47:33.62
14	Erica Baker	22 F	8KM	5511	6:35.78	10:36.94	52:46.21
15	Louise Smith	26 F	8KM	5693	6:40.74	10:44.92	53:25.88
16	Shannon Kruczkowski	27 F	8KM	5614	6:44.20	10:50.49	53:53.56
17	Amanda Roney	26 F	8KM	5679	6:44.24	10:50.56	53:53.90
18	Natalie Barnes	27 F	8KM	5513	6:54.19	11:06.58	55:13.53
19	Katarine Lariviere	26 F	8KM	5617	7:29.45	12:03.32	59:55.62
20	Michelle Rocheleau	27 F	8KM	5678	7:41.12	12:22.11	1:01:29.00
FEMALE 30 - 39							
1	Lana Saunders	39 F	8KM	5683	4:27.64	7:10.72	35:41.09
2	Angela Boyles	36 F	8KM	5523	5:00.34	8:03.35	40:02.72
3	Jennifer Pellow	39 F	8KM	5666	5:01.11	8:04.59	40:08.88
4	Aaron Hoekstra	34 F	8KM	5586	5:06.83	8:13.80	40:54.65
5	Rachelle Googe	39 F	8KM	5572	5:12.05	8:22.20	41:36.41
6	Nanette Isaac	37 F	8KM	5600	5:14.49	8:26.12	41:55.91
7	Dina Morton	39 F	8KM	5650	5:36.14	9:00.96	44:49.12
8	Michelle McShane	39 F	8KM	5638	5:42.38	9:11.00	45:39.00
9	Rachel Siemens	34 F	8KM	5690	5:52.10	9:26.65	46:56.81

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	Name	Age	Team	Bib	Avg per K	Avg per MI	Time
10	Jenn Iskiw	38 F	8KM	5601	6:02.93	9:44.09	48:23.47
11	Dawn Andrus	35 F	8KM	5504	6:14.00	10:01.89	49:52.00
12	Patricia Richard	36 F	8KM	5676	6:20.97	10:13.12	50:47.78
13	Erin Ellis	30 F	8KM	5556	6:22.13	10:14.98	50:57.06
14	Amy Burtch	35 F	8KM	5530	6:30.66	10:28.70	52:05.25
15	Shannon Johnston	33 F	8KM	5604	6:35.43	10:36.38	52:43.44
16	Angela Stuper	38 F	8KM	5699	6:35.48	10:36.46	52:43.81
17	Tammy Edgell	39 F	8KM	5555	6:35.88	10:37.10	52:47.00
18	renee Lowery	32 F	8KM	5626	6:45.33	10:52.32	54:02.66
19	Justine Gendron	30 F	8KM	5565	6:45.82	10:53.11	54:06.59
20	Lyna Veillette	33 F	8KM	5714	6:49.97	10:59.78	54:39.75
21	Candace Pike	30 F	8KM	5671	6:50.53	11:00.68	54:44.22
22	Lynn Douglas	38 F	8KM	5552	6:58.06	11:12.80	55:44.46
23	Carrie Van Schyndel	36 F	8KM	5712	7:25.30	11:56.64	59:22.41
24	Jennifer Robinson	39 F	8KM	5677	7:26.39	11:58.40	59:31.15
25	Johanna Eberle	35 F	8KM	5553	7:52.25	12:40.01	1:02:58.00
26	Heather Lees	33 F	8KM	5619	8:06.38	13:02.74	1:04:51.00
27	Kareen Ferguson	39 F	8KM	5557	8:30.25	13:41.17	1:08:02.00
28	Marcy Wannamaker	34 F	8KM	5718	9:29.88	15:17.12	1:15:59.00
29	Jillian Asselstine	32 F	8KM	5509	9:30.00	15:17.33	1:16:00.00
FEMALE 40 - 49							
1	Leslie Reade	43 F	8KM	5675	4:36.39	7:24.80	36:51.09
2	brenda young	46 F	8KM	5724	4:41.26	7:32.65	37:30.09
3	Josey Cook	45 F	8KM	5539	5:15.24	8:27.33	42:01.94
4	Jodi Moran	44 F	8KM	5644	5:16.39	8:29.18	42:11.12
5	Jessica Harvie	49 F	8KM	5581	5:28.19	8:48.17	43:45.53
6	Theresa Smith	44 F	8KM	5694	5:29.08	8:49.60	43:52.62
7	Tara Burggraf	46 F	8KM	5528	5:29.12	8:49.68	43:53.00
8	Phillipa Thompson	46 F	8KM	5707	5:29.31	8:49.97	43:54.46
9	Kelly Perneel	43 F	8KM	5668	5:32.05	8:54.38	44:16.40
10	Connie McDonell	43 F	8KM	5632	5:32.24	8:54.69	44:17.94
11	Julie Ingo Ingo	46 F	8KM	5595	5:33.02	8:55.94	44:24.12
12	Corry-Lin Stephenson	40 F	8KM	5697	5:33.05	8:55.99	44:24.40
13	Lynne Bridgewater	45 F	8KM	5525	5:33.57	8:56.83	44:28.56
14	Sarah Jaquest	48 F	8KM	5602	5:34.64	8:58.56	44:37.15
15	Claire McKinney	48 F	8KM	5636	5:34.72	8:58.67	44:37.72
16	Patricia Fuller	46 F	8KM	5561	5:37.24	9:02.73	44:57.90
17	Linda Jonker	45 F	8KM	5605	5:41.22	9:09.13	45:29.72
18	Wanda Seidl	48 F	8KM	5684	5:41.69	9:09.90	45:33.53
19	Deborah Waker	45 F	8KM	5715	5:42.84	9:11.75	45:42.72
20	sandy noonan	40 F	8KM	5660	5:43.35	9:12.56	45:46.78
21	Albena Stoykova	42 F	8KM	5698	5:48.31	9:20.55	46:26.50
22	crystal thompson	45 F	8KM	5706	5:48.83	9:21.39	46:30.66
23	Christine Quenneville	43 F	8KM	5674	6:04.67	9:46.88	48:37.34
24	Kallista Kelly-Gossage	48 F	8KM	5609	6:12.35	9:59.24	49:38.81
25	Coleen McFarlane	42 F	8KM	5633	6:20.89	10:12.98	50:47.12
26	Catherine Croney	44 F	8KM	5545	6:21.88	10:14.57	50:55.00
27	Nicole Arthur	43 F	8KM	5508	6:25.23	10:19.96	51:21.81

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	Name	Age	Team	Bib	Avg per K	Avg per MI	Time
28	Sarah Kaufman	46 F	8KM	5607	6:28.48	10:25.19	51:47.81
29	Margaret Eberle	40 F	8KM	5554	6:30.76	10:28.86	52:06.06
30	Sheri Shadforth	40 F	8KM	5687	6:31.02	10:29.29	52:08.18
31	Jennifer Abrams	45 F	8KM	5501	6:36.06	10:37.40	52:48.50
32	Beth Goldberg	40 F	8KM	5571	6:47.13	10:55.22	54:17.06
33	Carla Place	43 F	8KM	5672	6:47.30	10:55.48	54:18.38
34	Michelle Methot	46 F	8KM	5642	6:50.22	11:00.18	54:41.75
35	Julie Lambert	41 F	8KM	5615	7:02.72	11:20.31	56:21.78
36	Taralynn Young	40 F	8KM	5725	7:18.98	11:46.46	58:31.81
37	Karen Smith	41 F	8KM	5692	7:59.25	12:51.28	1:03:54.00
38	Heather Morrison	46 F	8KM	5649	8:42.62	14:01.08	1:09:41.00
FEMALE 50 - 59							
1	Audethy Tallack	54 F	8KM	5704	4:53.58	7:52.48	39:08.66
2	Angela Gagne	51 F	8KM	5563	4:58.64	8:00.61	39:49.12
3	Janet Foran-Goneau	59 F	8KM	5559	5:15.28	8:27.39	42:02.24
4	Brenda Melling	57 F	8KM	5641	5:18.05	8:31.85	42:24.41
5	Nancy Kenmir	58 F	8KM	5611	5:19.39	8:34.01	42:35.15
6	Shelley Simpson	53 F	8KM	5691	5:34.56	8:58.41	44:36.44
7	Karen Murphy	53 F	8KM	5656	5:37.28	9:02.80	44:58.24
8	Betty Jean Browning	57 F	8KM	5526	5:39.74	9:06.76	45:17.94
9	Cathy Wilson	59 F	8KM	5730	5:51.92	9:26.36	46:55.38
10	Wendy Walsh	51 F	8KM	5717	6:08.21	9:52.57	49:05.66
11	Denise Lewis	54 F	8KM	5623	6:08.52	9:53.07	49:08.15
12	Jan Gilroy	57 F	8KM	5568	6:08.62	9:53.24	49:09.00
13	Belinda Bancroft	50 F	8KM	5512	6:42.43	10:47.65	53:39.44
14	Lisa McHale	54 F	8KM	5634	6:43.75	10:49.78	53:50.03
15	Patricia Glaeser	54 F	8KM	5570	6:50.64	11:00.87	54:45.15
16	Rossanne Johnson	51 F	8KM	5603	6:55.96	11:09.42	55:27.66
17	Carole Love	52 F	8KM	5625	6:59.71	11:15.46	55:57.69
18	Laurie Mack	51 F	8KM	5629	7:00.83	11:17.26	56:06.62
19	Patti Hull	56 F	8KM	5590	7:01.00	11:17.54	56:08.03
20	Sara Arsenault	52 F	8KM	5506	7:05.00	11:23.98	56:40.03
21	Kelly Alderman	50 F	8KM	5503	7:58.25	12:49.67	1:03:46.00
22	Sheila Guthrie	57 F	8KM	5576	8:21.62	13:27.29	1:06:53.00
23	Susan Brule	55 F	8KM	5527	8:43.00	14:01.69	1:09:44.00
FEMALE 60 - 69							
1	Shirley Myers	62 F	8KM	5659	4:53.05	7:51.62	39:04.41
2	Deborah Holtom	63 F	8KM	5588	4:57.12	7:58.16	39:36.94
3	Heather McNie	60 F	8KM	5637	5:31.65	8:53.74	44:13.21
4	Margaret Coughlin	60 F	8KM	5544	6:18.72	10:09.49	50:29.78
5	Anne Hodgson	67 F	8KM	5584	6:26.50	10:22.02	51:32.03
6	Anne Pearce-Clapp	61 F	8KM	5664	6:55.77	11:09.11	55:26.15
7	Pat Tamblyn	67 F	8KM	5705	6:59.45	11:15.04	55:55.59
8	Cathy Rows	60 F	8KM	5682	7:06.69	11:26.69	56:53.50
9	Anne Genge	63 F	8KM	5566	7:14.12	11:38.66	57:53.00
10	Mary Jane Phill Phillips	61 F	8KM	5670	8:25.75	13:33.93	1:07:26.00
FEMALE 70 - 79							
1	Mary Clayton	70 F	8KM	5535	5:52.23	9:26.86	46:57.84

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	Name	Age	Team	Bib	Avg per K	Avg per MI	Time
MALE 1 - 15							
1	Noah Sullivan	14 M	8KM	5701	4:05.25	6:34.70	32:42.03
2	Eli Chubaty	10 M	8KM	5533	4:20.58	6:59.37	34:44.66
3	Luis Iglesias	15 M	8KM	5592	4:31.38	7:16.74	36:11.03
4	Chet Moran	13 M	8KM	5643	4:45.26	7:39.09	38:02.12
5	Cameron Ingo	13 M	8KM	5594	5:16.28	8:29.00	42:10.22
MALE 16 - 19							
1	Matthew Sherar	19 M	8KM	5689	3:37.43	5:49.93	28:59.47
2	Julien Guyon	16 M	8KM	5577	3:43.46	5:59.62	29:47.66
3	Mathias Croney	16 M	8KM	5547	3:45.62	6:03.11	30:05.00
4	Ian Pellow	17 M	8KM	5665	4:42.06	7:33.92	37:36.44
5	C.J. O'Connor	17 M	8KM	5662	4:42.14	7:34.06	37:37.12
6	Benjamin Dilabio	17 M	8KM	5550	4:54.47	7:53.91	39:15.78
MALE 20 - 29							
1	Brant Stachel	23 M	8KM	5695	3:31.89	5:41.01	28:15.15
2	Justin Murphy	26 M	8KM	5655	3:53.32	6:15.49	31:06.56
3	Zander Affleck	21 M	8KM	5502	3:59.38	6:25.24	31:55.00
4	Peter Sheahan	22 M	8KM	5688	4:01.33	6:28.38	32:10.62
5	Ryan Dorsey	28 M	8KM	5729	4:04.77	6:33.92	32:38.15
6	Kyle Fraser	21 M	8KM	5560	4:06.60	6:36.86	32:52.78
7	Joel Lefebvre	28 M	8KM	5620	4:23.30	7:03.75	35:06.44
8	Matthew Ryder	24 M	8KM	5732	4:25.53	7:07.33	35:24.25
MALE 30 - 39							
1	Scott Wilkes	35 M	8KM	5721	3:51.66	6:12.83	30:53.31
2	Gregory Lemoine	37 M	8KM	5621	3:58.97	6:24.59	31:51.78
3	Kevin Beattie	38 M	8KM	5567	4:00.25	6:26.65	32:02.03
4	Shane Gale	31 M	8KM	5564	4:00.36	6:26.81	32:02.84
5	Geoffrey Stephen	32 M	8KM	5696	4:39.66	7:30.07	37:17.28
6	Simon Van Schyndel	33 M	8KM	5713	5:06.70	8:13.58	40:53.59
7	Jonathan Harvey	37 M	8KM	5580	5:09.60	8:18.26	41:16.84
8	david holliday	36 M	8KM	5587	5:11.81	8:21.81	41:34.47
9	Wade Murray	37 M	8KM	5657	6:13.14	10:00.51	49:45.12
MALE 40 - 49							
1	Yves Filion	40 M	8KM	5558	3:48.22	6:07.28	30:25.72
2	Rick Croney	48 M	8KM	5548	3:49.91	6:10.00	30:39.28
3	Sheldon Cook	46 M	8KM	5542	3:56.18	6:20.09	31:29.41
4	Brock Davis	46 M	8KM	5726	3:56.70	6:20.94	31:33.62
5	Todd Biggerman	43 M	8KM	5519	4:00.95	6:27.77	32:07.59
6	Mike Kawam	47 M	8KM	5608	4:10.11	6:42.51	33:20.88
7	Steve Ingo	47 M	8KM	5596	4:13.85	6:48.53	33:50.78
8	Martin Guyon	48 M	8KM	5578	4:21.23	7:00.40	34:49.81
9	Andrew Paquin	41 M	8KM	5663	4:24.22	7:05.22	35:13.75
10	Paul Olmstead	46 M	8KM	5661	4:26.56	7:08.98	35:32.47
11	Richard Carrier	49 M	8KM	5531	4:34.41	7:21.61	36:35.25
12	George Semple	43 M	8KM	5685	5:08.10	8:15.83	41:04.78
13	Laris Benkis	48 M	8KM	5516	5:21.00	8:36.59	42:47.96
14	Dan Guthrie	44 M	8KM	5575	6:23.82	10:17.70	51:10.56
15	Daniel Lamoureux	44 M	8KM	5616	7:10.16	11:32.28	57:21.31

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MALE 50 - 59							
1	Clive Morgan	55 M	8KM	5645	4:02.57	6:30.37	32:20.53
2	Paul Cehan	50 M	8KM	5532	4:15.60	6:51.34	34:04.78
3	Grant Sutherland	52 M	8KM	5702	4:43.99	7:37.04	37:51.94
4	David Lee	50 M	8KM	5618	4:44.33	7:37.58	37:54.62
5	Chris Dilabio	50 M	8KM	5551	5:01.50	8:05.21	40:11.97
6	James Ingram	53 M	8KM	5597	5:24.49	8:42.21	43:15.91
7	William Macdonald	57 M	8KM	5628	5:25.93	8:44.53	43:27.44
8	John Meekel	58 M	8KM	5640	5:26.90	8:46.10	43:35.22
9	Ken Lott	53 M	8KM	5624	5:37.20	9:02.67	44:57.59
10	Douglas Weese	50 M	8KM	5719	5:44.57	9:14.54	45:56.59
11	Doug Marlow	55 M	8KM	5631	5:47.00	9:18.45	46:16.03
12	Ernie Wales	52 M	8KM	5716	6:20.52	10:12.38	50:44.12
13	Denis Leroux	57 M	8KM	5622	6:40.79	10:45.01	53:26.31
14	Fritz Glaeser	52 M	8KM	5569	6:50.61	11:00.81	54:44.87
15	Aris Marghetis	53 M	8KM	5630	6:58.00	11:12.71	55:44.00
16	Jim Clouston	55 M	8KM	5537	7:01.10	11:17.69	56:08.78
17	Scott Mueller	51 M	8KM	5653	7:01.52	11:18.37	56:12.15
MALE 60 - 69							
1	Ed Brand	66 M	8KM	5524	4:36.95	7:25.71	36:55.59
2	Jack Judge	63 M	8KM	5606	5:31.54	8:53.55	44:12.28
3	Guy Phillips	62 M	8KM	5669	6:00.97	9:40.93	48:07.78
4	Pete Beattie	66 M	8KM	5514	7:07.77	11:28.43	57:02.18
MALE 70 - 79							
1	Merv Hodgson	76 M	8KM	5585	5:57.38	9:35.14	47:39.00
2	Neil Serres	76 M	8KM	5686	6:23.89	10:17.81	51:11.12