

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
OVERALL							
1	Felix LaFontant	19 M	8KM	5727	3:22.01	5:25.11	26:56.09
2	Gerry Angelatos	22 M	8KM	5731	3:22.96	5:26.63	27:03.66
3	Nick Mosey	36 M	8KM	5652	3:25.18	5:30.21	27:21.44
4	Victoria Coates	23 F	8KM	5538	3:30.99	5:39.55	28:07.91
5	Brant Stachel	23 M	8KM	5695	3:31.89	5:41.01	28:15.15
6	Matthew Sherar	19 M	8KM	5689	3:37.43	5:49.93	28:59.47
7	Julien Guyon	16 M	8KM	5577	3:43.46	5:59.62	29:47.66
8	Mathias Croney	16 M	8KM	5547	3:45.62	6:03.11	30:05.00
9	Steven Blostein	53 M	8KM	5520	3:47.21	6:05.66	30:17.69
10	Yves Filion	40 M	8KM	5558	3:48.22	6:07.28	30:25.72
11	Rick Croney	48 M	8KM	5548	3:49.91	6:10.00	30:39.28
12	Paula Wiltse	47 F	8KM	5723	3:50.56	6:11.05	30:44.47
13	Scott Wilkes	35 M	8KM	5721	3:51.66	6:12.83	30:53.31
14	Justin Murphy	26 M	8KM	5655	3:53.32	6:15.49	31:06.56
15	Sheldon Cook	46 M	8KM	5542	3:56.18	6:20.09	31:29.41
16	Brock Davis	46 M	8KM	5726	3:56.70	6:20.94	31:33.62
17	Gregory Lemoine	37 M	8KM	5621	3:58.97	6:24.59	31:51.78
18	Zander Affleck	21 M	8KM	5502	3:59.38	6:25.24	31:55.00
19	Kevin Beattie	38 M	8KM	5567	4:00.25	6:26.65	32:02.03
20	Shane Gale	31 M	8KM	5564	4:00.36	6:26.81	32:02.84
21	Todd Biggerman	43 M	8KM	5519	4:00.95	6:27.77	32:07.59
22	Peter Sheahan	22 M	8KM	5688	4:01.33	6:28.38	32:10.62
23	Clive Morgan	55 M	8KM	5645	4:02.57	6:30.37	32:20.53
24	Ryan Dorsey	28 M	8KM	5729	4:04.77	6:33.92	32:38.15
25	Noah Sullivan	14 M	8KM	5701	4:05.25	6:34.70	32:42.03
26	Morgan Williams	20 F	8KM	5722	4:06.52	6:36.74	32:52.18
27	Kyle Fraser	21 M	8KM	5560	4:06.60	6:36.86	32:52.78
28	Meghan Tait	21 F	8KM	5703	4:07.00	6:37.50	32:55.97
29	Mike Kawam	47 M	8KM	5608	4:10.11	6:42.51	33:20.88
30	Steve Ingo	47 M	8KM	5596	4:13.85	6:48.53	33:50.78
31	Paul Cehan	50 M	8KM	5532	4:15.60	6:51.34	34:04.78
32	Eli Chubaty	10 M	8KM	5533	4:20.58	6:59.37	34:44.66
33	Danae Morris	18 F	8KM	5648	4:21.01	7:00.05	34:48.06
34	Martin Guyon	48 M	8KM	5578	4:21.23	7:00.40	34:49.81
35	Joel Lefebvre	28 M	8KM	5620	4:23.30	7:03.75	35:06.44
36	Nanae Arai	44 F	8KM	5505	4:23.48	7:04.02	35:07.81
37	Andrew Paquin	41 M	8KM	5663	4:24.22	7:05.22	35:13.75
38	Matthew Ryder	24 M	8KM	5732	4:25.53	7:07.33	35:24.25
39	Paul Olmstead	46 M	8KM	5661	4:26.56	7:08.98	35:32.47
40	Lana Saunders	39 F	8KM	5683	4:27.64	7:10.72	35:41.09
41	Jenny Kenmir	22 F	8KM	5610	4:30.45	7:15.25	36:03.59
42	Luis Iglesias	15 M	8KM	5592	4:31.38	7:16.74	36:11.03
43	Richard Carrier	49 M	8KM	5531	4:34.41	7:21.61	36:35.25
44	Lily Chubaty	12 F	8KM	5534	4:36.32	7:24.69	36:50.56
45	Leslie Reade	43 F	8KM	5675	4:36.39	7:24.80	36:51.09

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	Name	Age	Team	Bib	Avg per K	Avg per MI	Time
46	Ed Brand	66 M	8KM	5524	4:36.95	7:25.71	36:55.59
47	Geoffrey Stephen	32 M	8KM	5696	4:39.66	7:30.07	37:17.28
48	brenda young	46 F	8KM	5724	4:41.26	7:32.65	37:30.09
49	Ian Pellow	17 M	8KM	5665	4:42.06	7:33.92	37:36.44
50	Danielle Gossage	15 F	8KM	5573	4:42.10	7:34.00	37:36.84
51	C.J. O'Connor	17 M	8KM	5662	4:42.14	7:34.06	37:37.12
52	Grant Sutherland	52 M	8KM	5702	4:43.99	7:37.04	37:51.94
53	David Lee	50 M	8KM	5618	4:44.33	7:37.58	37:54.62
54	Chet Moran	13 M	8KM	5643	4:45.26	7:39.09	38:02.12
55	Shirley Myers	62 F	8KM	5659	4:53.05	7:51.62	39:04.41
56	Audethy Tallack	54 F	8KM	5704	4:53.58	7:52.48	39:08.66
57	Benjamin Dilabio	17 M	8KM	5550	4:54.47	7:53.91	39:15.78
58	Megan Cook	21 F	8KM	5540	4:56.57	7:57.29	39:32.59
59	Deborah Holtom	63 F	8KM	5588	4:57.12	7:58.16	39:36.94
60	Angela Gagne	51 F	8KM	5563	4:58.64	8:00.61	39:49.12
61	Mallory Pellow	15 F	8KM	5667	4:59.25	8:01.59	39:53.97
62	Angela Boyles	36 F	8KM	5523	5:00.34	8:03.35	40:02.72
63	Jennifer Pellow	39 F	8KM	5666	5:01.11	8:04.59	40:08.88
64	Chris Dilabio	50 M	8KM	5551	5:01.50	8:05.21	40:11.97
65	Kathleen Brown	28 F	8KM	5728	5:02.79	8:07.29	40:22.31
66	Simon Van Schyndel	33 M	8KM	5713	5:06.70	8:13.58	40:53.59
67	Aaron Hoekstra	34 F	8KM	5586	5:06.83	8:13.80	40:54.65
68	George Semple	43 M	8KM	5685	5:08.10	8:15.83	41:04.78
69	Mia Timpson	17 F	8KM	5710	5:08.21	8:16.01	41:05.65
70	Jonathan Harvey	37 M	8KM	5580	5:09.60	8:18.26	41:16.84
71	david holliday	36 M	8KM	5587	5:11.81	8:21.81	41:34.47
72	Rachelle Googe	39 F	8KM	5572	5:12.05	8:22.20	41:36.41
73	Nanette Isaac	37 F	8KM	5600	5:14.49	8:26.12	41:55.91
74	Olvier Cook	16 F	8KM	5541	5:14.52	8:26.17	41:56.18
75	Josey Cook	45 F	8KM	5539	5:15.24	8:27.33	42:01.94
76	Janet Foran-Goneau	59 F	8KM	5559	5:15.28	8:27.39	42:02.24
77	Cameron Ingo	13 M	8KM	5594	5:16.28	8:29.00	42:10.22
78	Jodi Moran	44 F	8KM	5644	5:16.39	8:29.18	42:11.12
79	Brenda Melling	57 F	8KM	5641	5:18.05	8:31.85	42:24.41
80	Brooke Bowes	26 F	8KM	5521	5:18.88	8:33.19	42:31.03
81	Amanda Tibbutt	20 F	8KM	5709	5:19.24	8:33.76	42:33.91
82	Nancy Kenmir	58 F	8KM	5611	5:19.39	8:34.01	42:35.15
83	Shannon Bowes	28 F	8KM	5522	5:20.16	8:35.25	42:41.28
84	Jenny King	27 F	8KM	5613	5:20.92	8:36.47	42:47.38
85	Laris Benkis	48 M	8KM	5516	5:21.00	8:36.59	42:47.96
86	James Ingram	53 M	8KM	5597	5:24.49	8:42.21	43:15.91
87	William Macdonald	57 M	8KM	5628	5:25.93	8:44.53	43:27.44
88	John Meekel	58 M	8KM	5640	5:26.90	8:46.10	43:35.22
89	Emily Burt	24 F	8KM	5529	5:27.16	8:46.51	43:37.25
90	Jessica Harvie	49 F	8KM	5581	5:28.19	8:48.17	43:45.53
91	Theresa Smith	44 F	8KM	5694	5:29.08	8:49.60	43:52.62
92	Tara Burggraf	46 F	8KM	5528	5:29.12	8:49.68	43:53.00
93	Phillipa Thompson	46 F	8KM	5707	5:29.31	8:49.97	43:54.46

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	Name	Age	Team	Bib	Avg per K	Avg per MI	Time
94	Jack Judge	63 M	8KM	5606	5:31.54	8:53.55	44:12.28
95	Heather McNie	60 F	8KM	5637	5:31.65	8:53.74	44:13.21
96	Paige Ingram	19 F	8KM	5598	5:31.94	8:54.21	44:15.53
97	Kelly Perneel	43 F	8KM	5668	5:32.05	8:54.38	44:16.40
98	Connie McDonell	43 F	8KM	5632	5:32.24	8:54.69	44:17.94
99	Annie Ingo	11 F	8KM	5593	5:32.98	8:55.88	44:23.84
100	Julie Ingo Ingo	46 F	8KM	5595	5:33.02	8:55.94	44:24.12
101	Corry-Lin Stephenson	40 F	8KM	5697	5:33.05	8:55.99	44:24.40
102	Lynne Bridgewater	45 F	8KM	5525	5:33.57	8:56.83	44:28.56
103	Shelley Simpson	53 F	8KM	5691	5:34.56	8:58.41	44:36.44
104	Sarah Jaquest	48 F	8KM	5602	5:34.64	8:58.56	44:37.15
105	Claire McKinney	48 F	8KM	5636	5:34.72	8:58.67	44:37.72
106	Dina Morton	39 F	8KM	5650	5:36.14	9:00.96	44:49.12
107	Ken Lott	53 M	8KM	5624	5:37.20	9:02.67	44:57.59
108	Patricia Fuller	46 F	8KM	5561	5:37.24	9:02.73	44:57.90
109	Karen Murphy	53 F	8KM	5656	5:37.28	9:02.80	44:58.24
110	Betty Jean Browning	57 F	8KM	5526	5:39.74	9:06.76	45:17.94
111	Linda Jonker	45 F	8KM	5605	5:41.22	9:09.13	45:29.72
112	Wanda Seidl	48 F	8KM	5684	5:41.69	9:09.90	45:33.53
113	Michelle McShane	39 F	8KM	5638	5:42.38	9:11.00	45:39.00
114	Deborah Waker	45 F	8KM	5715	5:42.84	9:11.75	45:42.72
115	sandy noonan	40 F	8KM	5660	5:43.35	9:12.56	45:46.78
116	Douglas Weese	50 M	8KM	5719	5:44.57	9:14.54	45:56.59
117	Doug Marlow	55 M	8KM	5631	5:47.00	9:18.45	46:16.03
118	Albena Stoykova	42 F	8KM	5698	5:48.31	9:20.55	46:26.50
119	crystal thompson	45 F	8KM	5706	5:48.83	9:21.39	46:30.66
120	Michela Gossage	20 F	8KM	5574	5:50.31	9:23.77	46:42.47
121	Lynn Arthur	29 F	8KM	5507	5:50.49	9:24.06	46:43.94
122	Cathy Wilson	59 F	8KM	5730	5:51.92	9:26.36	46:55.38
123	Rachel Siemens	34 F	8KM	5690	5:52.10	9:26.65	46:56.81
124	Mary Clayton	70 F	8KM	5535	5:52.23	9:26.86	46:57.84
125	Grace Clouston	20 F	8KM	5536	5:55.72	9:32.48	47:25.78
126	Ashley Houghton	21 F	8KM	5589	5:56.70	9:34.06	47:33.62
127	Merv Hodgson	76 M	8KM	5585	5:57.38	9:35.14	47:39.00
128	Guy Phillips	62 M	8KM	5669	6:00.97	9:40.93	48:07.78
129	Hunter Furguson	17 F	8KM	5562	6:01.66	9:42.04	48:13.31
130	Jenn Iskiw	38 F	8KM	5601	6:02.93	9:44.09	48:23.47
131	Christine Quenneville	43 F	8KM	5674	6:04.67	9:46.88	48:37.34
132	Wendy Walsh	51 F	8KM	5717	6:08.21	9:52.57	49:05.66
133	Denise Lewis	54 F	8KM	5623	6:08.52	9:53.07	49:08.15
134	Jan Gilroy	57 F	8KM	5568	6:08.62	9:53.24	49:09.00
135	Kallista Kelly-Gossage	48 F	8KM	5609	6:12.35	9:59.24	49:38.81
136	Wade Murray	37 M	8KM	5657	6:13.14	10:00.51	49:45.12
137	Dawn Andrus	35 F	8KM	5504	6:14.00	10:01.89	49:52.00
138	Margaret Coughlin	60 F	8KM	5544	6:18.72	10:09.49	50:29.78
139	Shelby Plumridge	17 F	8KM	5673	6:19.79	10:11.22	50:38.34
140	Ernie Wales	52 M	8KM	5716	6:20.52	10:12.38	50:44.12
141	Coleen McFarlane	42 F	8KM	5633	6:20.89	10:12.98	50:47.12

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	Name	Age	Team	Bib	Avg per K	Avg per MI	Time
142	Patricia Richard	36 F	8KM	5676	6:20.97	10:13.12	50:47.78
143	Catherine Cronney	44 F	8KM	5545	6:21.88	10:14.57	50:55.00
144	Erin Ellis	30 F	8KM	5556	6:22.13	10:14.98	50:57.06
145	Dan Guthrie	44 M	8KM	5575	6:23.82	10:17.70	51:10.56
146	Neil Serres	76 M	8KM	5686	6:23.89	10:17.81	51:11.12
147	Nicole Arthur	43 F	8KM	5508	6:25.23	10:19.96	51:21.81
148	Anne Hodgson	67 F	8KM	5584	6:26.50	10:22.02	51:32.03
149	Sarah Kaufman	46 F	8KM	5607	6:28.48	10:25.19	51:47.81
150	Amy Burtch	35 F	8KM	5530	6:30.66	10:28.70	52:05.25
151	Margaret Eberle	40 F	8KM	5554	6:30.76	10:28.86	52:06.06
152	Sheri Shadforth	40 F	8KM	5687	6:31.02	10:29.29	52:08.18
153	Shannon Johnston	33 F	8KM	5604	6:35.43	10:36.38	52:43.44
154	Angela Stuper	38 F	8KM	5699	6:35.48	10:36.46	52:43.81
155	Shawna Van Leeuwen	16 F	8KM	5711	6:35.69	10:36.80	52:45.50
156	Ally Bennett	16 F	8KM	5517	6:35.74	10:36.88	52:45.90
157	Erica Baker	22 F	8KM	5511	6:35.78	10:36.94	52:46.21
158	Sarah McHale	17 F	8KM	5635	6:35.80	10:36.98	52:46.43
159	Tammy Edgell	39 F	8KM	5555	6:35.88	10:37.10	52:47.00
160	Jennifer Abrams	45 F	8KM	5501	6:36.06	10:37.40	52:48.50
161	Louise Smith	26 F	8KM	5693	6:40.74	10:44.92	53:25.88
162	Denis Leroux	57 M	8KM	5622	6:40.79	10:45.01	53:26.31
163	Belinda Bancroft	50 F	8KM	5512	6:42.43	10:47.65	53:39.44
164	Lisa McHale	54 F	8KM	5634	6:43.75	10:49.78	53:50.03
165	Shannon Kruczkowski	27 F	8KM	5614	6:44.20	10:50.49	53:53.56
166	Amanda Roney	26 F	8KM	5679	6:44.24	10:50.56	53:53.90
167	renee Lowery	32 F	8KM	5626	6:45.33	10:52.32	54:02.66
168	Justine Gendron	30 F	8KM	5565	6:45.82	10:53.11	54:06.59
169	Beth Goldberg	40 F	8KM	5571	6:47.13	10:55.22	54:17.06
170	Carla Place	43 F	8KM	5672	6:47.30	10:55.48	54:18.38
171	Lyna Veillette	33 F	8KM	5714	6:49.97	10:59.78	54:39.75
172	Michelle Methot	46 F	8KM	5642	6:50.22	11:00.18	54:41.75
173	Candace Pike	30 F	8KM	5671	6:50.53	11:00.68	54:44.22
174	Fritz Glaeser	52 M	8KM	5569	6:50.61	11:00.81	54:44.87
175	Patricia Glaeser	54 F	8KM	5570	6:50.64	11:00.87	54:45.15
176	Natalie Barnes	27 F	8KM	5513	6:54.19	11:06.58	55:13.53
177	Anne Pearce-Clapp	61 F	8KM	5664	6:55.77	11:09.11	55:26.15
178	Rossanne Johnson	51 F	8KM	5603	6:55.96	11:09.42	55:27.66
179	Aris Marghetis	53 M	8KM	5630	6:58.00	11:12.71	55:44.00
180	Lynn Douglas	38 F	8KM	5552	6:58.06	11:12.80	55:44.46
181	Pat Tamblyn	67 F	8KM	5705	6:59.45	11:15.04	55:55.59
182	Carole Love	52 F	8KM	5625	6:59.71	11:15.46	55:57.69
183	Laurie Mack	51 F	8KM	5629	7:00.83	11:17.26	56:06.62
184	Patti Hull	56 F	8KM	5590	7:01.00	11:17.54	56:08.03
185	Jim Clouston	55 M	8KM	5537	7:01.10	11:17.69	56:08.78
186	Scott Mueller	51 M	8KM	5653	7:01.52	11:18.37	56:12.15
187	Julie Lambert	41 F	8KM	5615	7:02.72	11:20.31	56:21.78
188	Sara Arsenault	52 F	8KM	5506	7:05.00	11:23.98	56:40.03
189	Cathy Rows	60 F	8KM	5682	7:06.69	11:26.69	56:53.50

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	Name	Age	Team	Bib	Avg per K	Avg per MI	Time
190	Pete Beattie	66 M	8KM	5514	7:07.77	11:28.43	57:02.18
191	Daniel Lamoureux	44 M	8KM	5616	7:10.16	11:32.28	57:21.31
192	Anne Genge	63 F	8KM	5566	7:14.12	11:38.66	57:53.00
193	Taralynn Young	40 F	8KM	5725	7:18.98	11:46.46	58:31.81
194	Carrie Van Schyndel	36 F	8KM	5712	7:25.30	11:56.64	59:22.41
195	Jennifer Robinson	39 F	8KM	5677	7:26.39	11:58.40	59:31.15
196	Katarine Lariviere	26 F	8KM	5617	7:29.45	12:03.32	59:55.62
197	Michelle Rocheleau	27 F	8KM	5678	7:41.12	12:22.11	1:01:29.00
198	Johanna Eberle	35 F	8KM	5553	7:52.25	12:40.01	1:02:58.00
199	Kelly Alderman	50 F	8KM	5503	7:58.25	12:49.67	1:03:46.00
200	Karen Smith	41 F	8KM	5692	7:59.25	12:51.28	1:03:54.00
201	Heather Lees	33 F	8KM	5619	8:06.38	13:02.74	1:04:51.00
202	Sheila Guthrie	57 F	8KM	5576	8:21.62	13:27.29	1:06:53.00
203	Mary Jane Phill Phillips	61 F	8KM	5670	8:25.75	13:33.93	1:07:26.00
204	Kareen Ferguson	39 F	8KM	5557	8:30.25	13:41.17	1:08:02.00
205	Heather Morrison	46 F	8KM	5649	8:42.62	14:01.08	1:09:41.00
206	Susan Brule	55 F	8KM	5527	8:43.00	14:01.69	1:09:44.00
207	Marcy Wannamaker	34 F	8KM	5718	9:29.88	15:17.12	1:15:59.00
208	Jillian Asselstine	32 F	8KM	5509	9:30.00	15:17.33	1:16:00.00