

## Spafford Health and Adventure Trail 8km

Sydenham, ON

10/25/15 - 10/25/15

Results by [www.runningbydesign.com](http://www.runningbydesign.com)*Event # 1 MIXED 8km Run*

	Name	Age	Bib	Team	Avg per K	Avg per MI	Time
<b>OVERALL</b>							
1	CAMERON BARDWELL	M 19	3007	KINGSTON	3:17.77	5:18.28	26:22.18
2	JASON CHOI	M 20	3025	KINGSTON	3:19.89	5:21.69	26:39.09
3	VICTORIA COATES	F 24	3150	KINGSTON	3:36.05	5:47.70	28:48.41
4	ROB CAMPBELL	M 45	3023	KINGSTON	3:36.515	5:48.45	28:52.12
5	SCOTT WILKES	M 36	3145	KINGSTON	3:44.965	6:02.05	29:59.72
6	STEVEN BLOSTEIN	M 54	3012	HARROWSMITH	3:47.23	6:05.69	30:17.84
7	PAULA WILTSE	F 48	3155	BROCKVILLE	3:50.30	6:10.63	30:42.41
8	COREY TURNBULL	M 44	3136	JASPER	3:51.555	6:12.65	30:52.44
9	CLIVE MORGAN	M 56	3090	YARKER	3:55.465	6:18.94	31:23.72
10	BROCK DAVIS	M 47	3151	BROCKVILLE	3:58.76	6:24.25	31:50.09
11	DOUGAL BALE	M 42	3006	KINGSTON	4:05.55	6:35.17	32:44.38
12	GREG LESKIEN	M 35	3071	CAMBRIDGE	4:06.12	6:36.09	32:48.97
13	ROBBY BREADNER	M 49	3018	KINGSTON	4:07.46	6:38.25	32:59.69
14	SHANE GALE	M 32	3039	TRENTON	4:11.05	6:44.02	33:28.38
15	ALEXANDRE VOINOT	M 28	3140	KINGSTON	4:11.305	6:44.44	33:30.44
16	LIAM BOOTSMA	M 14	3013	BELLEVILLE	4:12.53	6:46.40	33:40.22
17	BRONIS MACDOUGALI	M 12	3080	KINGSTON	4:14.43	6:49.46	33:55.41
18	GEOFFREY STEPHEN	M 33	3126	KINGSTON	4:14.77	6:50.02	33:58.18
19	JASON TRUEMAN	M 42	3157	KINGSTON	4:15.83	6:51.71	34:06.62
20	LISA LESKIEN	F 35	3072	CAMBRIDGE	4:16.02	6:52.03	34:08.18
21	STEVE INGO	M 48	3057	SYDENHAM	4:17.27	6:54.04	34:18.18
22	IAN LOUGHREY	M 58	3077	BROCKVILLE	4:23.215	7:03.60	35:05.72
23	LILY CHUBATY	F 13	3153	SYDENHAM	4:23.965	7:04.81	35:11.72
24	CHE BREADNER	M 12	3017	KINGSTON	4:25.22	7:06.83	35:21.75
25	BENJAMIN COOKE	M 28	3031	KINGSTON	4:25.765	7:07.71	35:26.12
26	LANA SAUNDERS	F 40	3118	HOWE ISLAND	4:27.57	7:10.62	35:40.59
27	RAPHAEL LAVOIE	M 34	3069	KINGSTON	4:29.41	7:13.57	35:55.25
28	RICHARD CARRIER	M 50	3024	KINGSTON	4:31.58	7:17.06	36:12.62
29	ANDREW PAQUIN	M 42	3098	KINGSTON	4:31.91	7:17.60	36:15.31
30	ELI CHUBATY	M 11	3152	SYDENHAM	4:33.10	7:19.51	36:24.81
31	SAMERON INGO	M 14	3056	SYDENHAM	4:33.36	7:19.94	36:26.91
32	GRANT SUTHERLAND	M 53	3130	SYDENHAM	4:34.14	7:21.19	36:33.12
33	SHELLEY STEENWYK	F 49	3125	BROCKVILLE	4:35.75	7:23.78	36:46.03
34	MIKE SYLVESTER	M 51	3131	KINGSTON	4:37.16	7:26.05	36:57.28
35	LESLIE READE	F 44	3154	SYDENHAM	4:37.43	7:26.48	36:59.44
36	BRENDA YOUNG	F 47	3148	BROCKVILLE	4:40.19	7:30.92	37:21.50
37	ILONA THOMAS	F 52	3135	BROCKVILLE	4:41.47	7:32.98	37:31.75
38	ERIN BRENNAN	F 32	3019	KINGSTON	4:46.15	7:40.51	38:09.18
39	RAY VANDENBERG	M 35	3139	CAMBRIDGE	4:47.71	7:43.02	38:21.66
40	DOUG RONSON	M 56	3114	KINGSTON	4:47.91	7:43.35	38:23.31
41	DAVID LEE	M 51	3070	KINGSTON	4:48.015	7:43.52	38:24.12
42	RACHAEL BELL	F 36	3011	LOMBARDY	4:50.46	7:47.45	38:43.69
43	ROB JARDINE	M 50	3062	GANANOQUE	4:52.26	7:50.35	38:58.09
44	NELSON COELHO	M 41	3029	CAMBRIDGE	4:53.54	7:52.41	39:08.34

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45	LISA BOOTSMA	F 42	3014	BELLEVILLE	4:55.82	7:56.07	39:26.53
46	CHRISTIE REITSMA	F 40	3111	ATHENS	4:58.765	8:00.82	39:50.12
47	DEBORAH HOLTOM	F 64	3053	HOWE ISLAND	4:58.98	8:01.16	39:51.84
48	GEOFFREY PETERS	M 56	3103	STEWART DR	5:00.54	8:03.68	40:04.34
49	CHRIS DILABIO	M 51	3035	OTTAWA	5:07.60	8:15.04	41:00.81
50	CHELSEA BARNES	F 26	3008	NAPANEE	5:08.605	8:16.65	41:08.84
51	AARON HOEKSTRA	F 35	3052	SYDENHAM	5:08.64	8:16.71	41:09.12
52	NANETTE ISAAC	F 38	3058	KINGSTON	5:11.72	8:21.66	41:33.75
53	ANDREW THOMAS	M 53	3134	BROCKVILLE	5:13.53	8:24.58	41:48.25
54	STEVE MCLINDEN	M 57	3085	AMHERSTVIEW	5:14.125	8:25.54	41:53.00
55	DENISE ANTHONY	F 56	3004	NORTH AUGUSTA	5:14.68	8:26.42	41:57.41
56	PATTI GRILLS	F 56	3045	ROSLIN	5:19.31	8:33.88	42:34.47
57	RICHARD SUNDERLAN	M 69	3129	KINGSTON	5:20.78	8:36.24	42:46.22
58	HEATHER MCNIE	F 61	3086	SYDENHAM	5:21.66	8:37.67	42:53.31
59	SHARON RUTLEDGE	F 32	3117	CAMBRIDGE	5:22.18	8:38.50	42:57.44
60	DUNCAN MCGREGOR	M 41	3084	PERTH ROAD	5:25.79	8:44.31	43:26.31
61	LINDSAY ROBERTSON	F 27	3112	KINGSTON	5:30.35	8:51.65	44:02.81
62	JEFF PURTELLE	M 47	3109	BELLEVILLE	5:32.10	8:54.46	44:16.78
63	SHELLEY SIMPSON	F 54	3124	KINGSTON	5:32.62	8:55.30	44:20.94
64	SARAH JAQUEST	F 49	3061	PERTH ROAD	5:32.68	8:55.40	44:21.46
65	ALANNA KADER	F 25	3065	GANANOQUE	5:33.50	8:56.72	44:28.03
66	TERRY HODGE	M 52	3049	BROCKVILLE	5:35.015	8:59.15	44:40.12
67	KARMINA PADMOS	F 34	3097	HALIFAX	5:35.35	8:59.69	44:42.78
68	KATE WHELAN	F 34	3144	KINGSTON	5:35.735	9:00.31	44:45.88
69	DOROTHEA BLOSTEIN	F 56	3149	HARROWSMITH	5:36.81	9:02.05	44:54.50
70	ROGER HAWKSBY	M 63	3048	BROCKVILLE	5:38.70	9:05.09	45:09.62
71	DYLAN BRADIZZA	M 13	3015	KINGSTON	5:42.66	9:11.45	45:41.25
72	JANET ROLOSON	F 34	3113	KINGSTON	5:43.46	9:12.74	45:47.66
73	RHONDA MCNISH	F 38	3087	BROCKVILLE	5:45.43	9:15.92	46:03.44
74	CHERYL JAKES	F 51	3059	BELLEVILLE	5:45.95	9:16.76	46:07.62
75	CHERYL SCOTT	F 58	3119	BROCKVILLE	5:47.07	9:18.56	46:16.56
76	ARAWN THERRIEN	F 41	3133	KINGSTON	5:47.93	9:19.93	46:23.41
77	ANGELA MACDONALD	F 42	3079	LYNDHURST	5:48.12	9:20.24	46:24.94
78	RACHEL SIEMENS	F 35	3123	KINGSTON	5:52.53	9:27.34	47:00.22
79	JACK JUDGE	M 64	3064	KINGSTON	5:52.97	9:28.05	47:03.78
80	GINGER DICKSON	F 39	3034	INVERARY	5:53.99	9:29.70	47:11.94
81	MERV HODGSON	M 77	3051	MAITLAND	5:54.06	9:29.80	47:12.46
82	MARYANNE MORIN	F 50	3091	SMITHS FALLS	5:54.70	9:30.83	47:17.59
83	RHIANNON ILES	F 42	3055	BROCKVILLE	5:55.87	9:32.72	47:26.97
84	ROB WOODS	M 40	3147	DELTA	5:55.96	9:32.86	47:27.68
85	ROBERT BRADIZZA	M 50	3016	KINGSTON	5:56.14	9:33.15	47:29.09
86	JAN GILROY	F 58	3043	KINGSTON	5:57.35	9:35.10	47:38.81
87	JANICE PELECHATY	F 48	3101	KINGSTON	5:57.39	9:35.16	47:39.12
88	ELAM BARNES	M 59	3009	NAPANEE	6:00.60	9:40.33	48:04.81
89	SUSAN MEYERS	F 62	3088	INVERARY	6:01.77	9:42.22	48:14.18
90	PATTILYNN LIDDELL	F 45	3074	RR#2 GANANOQUE	6:01.89	9:42.40	48:15.09

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91	JENNIFER PINARSKI	F 38	3104	CENTREVILLE	6:03.28	9:44.64	48:26.25
92	TIJU VAIL	F 33	3138	KINGSTON	6:04.07	9:45.92	48:32.59
93	AMY BURTCH	F 36	3022	AMHERSTVIEW	6:06.31	9:49.52	48:50.47
94	WENDY WALSH	F 51	3143	PERTH ROAD	6:07.65	9:51.67	49:01.18
95	DOUG MARLOW	M 56	3081	KINGSTON	6:07.69	9:51.74	49:01.50
96	RUPA PATEL	F 46	3099	KINGSTON	6:10.715	9:56.61	49:25.72
97	PHIONA LAPPAN	F 52	3068	KINGSTON	6:11.43	9:57.76	49:31.47
98	JODI MORAN	F 45	3089	AMHERSTVIEW	6:12.34	9:59.22	49:38.72
99	KEVIN COLLINS	M 47	3030	HARTINGTON	6:12.46	9:59.42	49:39.68
100	CATHY WILSON	F 60	3146	MILTON	6:12.60	9:59.64	49:40.81
101	SANDY NOONAN	F 42	3094	PRESCOTT	6:13.39	10:00.92	49:47.15
102	ASHLEY PIXLEY-TAYLOR	F 32	3106	KINGSTON	6:14.25	10:02.30	49:54.03
103	MARY CLAYTON	F 71	3027	BROCKVILLE	6:14.55	10:02.78	49:56.38
104	CHRIS POVELL	M 68	3108	KINGSTON	6:20.805	10:12.85	50:46.44
105	SUSIE FOLEY	F 32	3037	BURLINGTON	6:25.20	10:19.92	51:21.59
106	JENN GOODWIN	F 36	3044	KINGSTON	6:25.24	10:19.99	51:21.93
107	ANNE HODGSON	F 68	3050	MAITLAND	6:26.735	10:22.39	51:33.88
108	SHERI SHADFORTH	F 41	3121	AMHERSTVIEW	6:27.015	10:22.84	51:36.12
109	DENISE LEWIS	F 55	3073	NAPANEE	6:29.15	10:26.27	51:53.18
110	JANET GARTLEY	F 46	3040	BROCKVILLE	6:31.25	10:29.65	52:09.97
111	ROBERT JAKES	M 54	3060	BELLEVILLE	6:34.24	10:34.47	52:33.94
112	KEN LOTT	M 54	3076	WHITBY	6:34.335	10:34.62	52:34.68
113	ANNE PEARCE-CLAPP	F 62	3100	NAPANEE	6:36.69	10:38.41	52:53.53
114	KATANA MOULTON	F 20	3092	BROCKVILLE	6:36.785	10:38.56	52:54.28
115	JULIE DAVIDSON	F 34	3032	KINGSTON	6:36.95	10:38.83	52:55.59
116	DAWN ANDRUS	F 36	3003	BELLEVILLE	6:37.13	10:39.12	52:57.03
117	SARAH OOSTING	F 37	3096	STIRLING	6:37.23	10:39.28	52:57.84
118	TALIA PENNACHETTI	F 34	3102	PERTH ROAD	6:39.83	10:43.46	53:18.62
119	MARGARET GIBSON	F 51	3042	SYDENHAM	6:41.81	10:46.65	53:34.47
120	LORRIE ROSSETTI	F 56	3115	LYN	6:45.28	10:52.24	54:02.25
121	KARLYN PIXLEY	F 35	3105	KINGSTON	6:45.43	10:52.48	54:03.47
122	PAT TAMBLYN	F 68	3132	GANANOQUE	6:53.77	11:05.90	55:10.18
123	BARB GUIDEN	F 57	3046	INVERARY	6:53.82	11:05.98	55:10.59
124	CATHY ROWS	F 61	3116	ELGINBURG	7:02.67	11:20.23	56:21.38
125	ANNE GENGE	F 64	3041	HARROWSMITH	7:03.195	11:21.07	56:25.56
126	DONNA FRANCOM	F 55	3038	AMHERSTVIEW	7:05.50	11:24.78	56:44.00
127	SARAH KAUFMAN	F 47	3066	LYN	7:06.21	11:25.91	56:49.66
128	ADRIAN CLOETE	M 51	3028	OTTAWA	7:06.51	11:26.40	56:52.06
129	CRYSTAL DICKSON	F 37	3033	INVERARY	7:14.48	11:39.22	57:55.81
130	KAREEN FERGUSON	F 40	3036	AMHERSTVIEW	7:22.14	11:51.55	58:57.09
131	EMILY MOORHEAD	F 36	3156	KINGSTON	7:37.34	12:16.02	1:00:58.72
132	MELANIE STRICKLAND	F 49	3128	KINGSTON	7:37.41	12:16.13	1:00:59.28
133	MISTENE CLAPP	F 33	3026	CAMDEN EAST	7:44.95	12:28.26	1:01:59.59
134	BILL SHEPPARD	M 59	3122	GANANOQUE	7:47.00	12:31.56	1:02:16.00
135	PETE BEATTIE	M 67	3010	KINGSTON	7:47.06	12:31.66	1:02:16.50
136	MARILYN MCDONALD	F 54	3082	INVERARY	7:47.12	12:31.75	1:02:16.93

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	<b>Name</b>	<b>Age</b>	<b>Bib</b>	<b>Team</b>	<b>Avg per K</b>	<b>Avg per MI</b>	<b>Time</b>
137	TESSA HUNTER	F 13	3054	AMHERSTVIEW	7:47.19	12:31.87	1:02:17.50
138	COLEEN MCFARLANE	F 43	3083	ENTERPRISE	7:48.28	12:33.62	1:02:26.22
139	MICHELLE WAKEFIELD	F 53	3141	OTTAWA	8:29.00	13:39.16	1:07:52.00
140	JOANNE WALLACE	F 49	3142	ODESSA	9:12.50	14:49.16	1:13:40.00