

Sydenham Fall Trail Run 8km

Spafford Health & Adventure - Sydenham

23/10/2016

10/22/16 - 10/22/16

Results by www.runningbydesign.com

Event # 1 MIXED 8km Run

Name	Age	Bib	Team	Avg per K	Avg per MI	Time
FEMALE 1 - 15						
1 Mya Jeffries	F 13	5395	ELGINBURG	6:37.2	10:39.3	52:58.06
FEMALE 20 - 29						
1 Lyndsey Telega	F 22	5486	KINGSTON	4:23.4	7:03.9	35:07.41
2 Lindsay Robertson	F 28	5457	KINGSTON	4:56.3	7:56.8	39:30.56
3 Natasha Ostopovich	F 27	5446	SYDENHAM	5:05.0	8:10.9	40:40.44
4 Casey Kidson	F 28	5403	KINGSTON	5:24.7	8:42.6	43:18.22
5 Cécile Millier	F 28	5436	KINGSTON	5:27.0	8:46.2	43:36.12
6 Mataya Timbrell	F 24	5493	OTTAWA	5:28.6	8:48.9	43:49.34
7 Alanna Kader	F 26	5399	KINGSTON	5:35.3	8:59.6	44:42.62
8 Reba Tinbrell	F 26	5494	OTTAWA	5:43.0	9:12.0	45:44.03
9 Caitlin Mellor	F 25	5434	KINGSTON	5:48.5	9:20.9	46:28.24
10 Alexandra Revell	F 27	5455	SYDENHAM	5:51.3	9:25.4	46:51.02
11 Katie Walsh	F 24	5503	KINGSTON	6:02.4	9:43.2	48:19.22
12 Danielle Tohill	F 27	5496	PERTH ROAD	6:03.6	9:45.2	48:29.25
13 Jaclyn O'Hearn	F 28	5445	KINGSTON	6:24.6	10:18.9	51:17.00
14 Shannon Smith	F 29	5473	AMHERSTVIEW	7:07.1	11:27.4	56:57.44
15 Amanda Roney	F 28	5460	KINGSTON	7:07.3	11:27.7	56:58.70
FEMALE 30 - 39						
1 Lisa Leskien	F 36	5413	CAMBRIDGE	4:13.1	6:47.3	33:44.88
2 Andrea Rochon	F 32	5458	AMHERSTVIEW	4:54.2	7:53.5	39:13.88
3 Lizz Fuentes	F 30	5366	KINGSTON	5:15.2	8:27.3	42:02.12
4 Aaron Hoekstra	F 36	5389	PERTH ROAD VILLAGE	5:21.8	8:37.9	42:54.56
5 Erin Chaplin	F 33	5336	KINGSTON	5:28.5	8:48.6	43:48.03
6 Kate Whelan	F 35	5507	KINGSTON	5:35.8	9:00.5	44:46.88
7 Janet Roloson	F 35	5459	KINGSTON	5:41.9	9:10.2	45:35.31
8 Anna Dickson	F 35	5347	KINGSTON	5:42.3	9:11.0	45:39.06
9 Brandy Wilkes	F 37	5509	KINGSTON	5:44.8	9:14.9	45:58.47
10 Susie Foley	F 33	5362	BURLINGTON	5:45.4	9:15.9	46:03.59
11 Jenn Goodwin	F 37	5372	KINGSTON	5:45.5	9:16.0	46:04.15
12 Kate Beckwith	F 37	5314	KINGSTON	5:48.9	9:21.6	46:31.91
13 Cheri Buccino	F 37	5328	BURLINGTON	5:49.0	9:21.7	46:32.34
14 Shannon Kepner	F 33	5402	KETTERING	5:51.6	9:25.9	46:53.18
15 Carrie Valin	F 34	5499	BATH	6:10.4	9:56.1	49:23.28
16 Anne Lindsay	F 38	5416	PERTH ROAD	6:49.5	10:59.1	54:36.78
17 Stephanie Curzon	F 32	5345	ODESSA	7:33.6	12:10.1	1:00:29.47
18 Ysabel Sanchez	F 38	5464	INVERARY	7:39.9	12:20.1	1:01:19.47
19 Crystal Dickson	F 38	5348	INVERARY	7:40.0	12:20.3	1:01:20.06
20 Sarah Flynn	F 30	5361	PERTH	7:42.4	12:24.2	1:01:39.50
21 Heather Lees	F 35	5411	PERTH ROAD VILLAGE	8:01.2	12:54.4	1:04:09.66
22 Andrea Sealy	F 39	5468	KINGSTON	8:15.8	13:17.9	1:06:06.69
FEMALE 40 - 49						
1 Maya Milne	F 40	5437	BELLEVILLE	4:40.8	7:32.0	37:27.09
2 Amanda Hussey	F 45	5392	KINGSTON	4:43.2	7:35.8	37:45.97
3 Tricia Sagriff	F 40	5463	CORBYVILLE	4:51.3	7:48.9	38:50.94

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	Name	Age	Bib	Team	Avg per K	Avg per MI	Time
4	Tammie Stanton	F 40	5476	PERTH ROAD VILLAGE	4:52.5	7:50.7	39:00.09
5	Christie Reitsma	F 41	5454	ATHENS	5:03.8	8:09.0	40:31.03
6	Regan McQuillan-Finn	F 41	5431	KINGSTON	5:05.8	8:12.1	40:46.59
7	Joan McCuaig	F 49	5423	NEWINGTON	5:07.7	8:15.2	41:01.97
8	Whitney Babcock	F 47	5308	KINGSTON	5:17.2	8:30.5	42:17.75
9	Lynn McCuaig	F 44	5424	LANCASTER	5:19.4	8:34.1	42:35.81
10	Kellie Hare	F 40	5381	PRESCOTT	5:21.0	8:36.6	42:48.18
11	Catherine Byers	F 47	5330	KINGSTON	5:21.2	8:36.9	42:49.88
12	Phillipa Thompson	F 48	5489	OXFORD MILLS	5:24.5	8:42.3	43:16.72
13	Annie Chervinsky	F 41	5337	KANATA	5:26.0	8:44.7	43:28.53
14	Lynne Bridgewater	F 47	5326	MADOC	5:27.3	8:46.8	43:38.75
15	Nicoline Van Kan	F 40	5517	KINGSTON	5:28.1	8:48.0	43:44.93
16	Patricia Fuller	F 48	5367	BROCKVILLE	5:31.1	8:52.9	44:09.44
17	Carolyn Gauthier	F 43	5369	KINGSTON	5:34.1	8:57.7	44:33.18
18	Angela MacDonald	F 43	5417	LYNDHURST	5:42.4	9:11.0	45:39.46
19	Jolanta Harding	F 42	5380	KINGSTON	5:46.6	9:17.9	46:13.53
20	Corry-Lin Stephenson	F 42	5480	BATH	5:50.5	9:24.1	46:44.47
21	Tamsin Atherton	F 48	5307	TORONTO	5:51.2	9:25.3	46:50.22
22	Nicole Mundell	F 41	5441	PERTH ROAD VILLAGE	5:53.1	9:28.3	47:05.06
23	Jennifer Snook	F 48	5475	SYDENHAM	5:53.3	9:28.6	47:06.52
24	Iana Hackett	F 43	5377	KINGSTON	5:54.7	9:30.8	47:17.72
25	Wendy Guthrie	F 49	5375	GLENBURNIE	6:00.3	9:39.8	48:02.62
26	Anita Taylor	F 48	5485	ORLEANS	6:07.4	9:51.3	48:59.65
27	Janice Ringler	F 44	5456	GLENBURNIE	6:07.6	9:51.7	49:01.56
28	Deb Walker	F 47	5502	BATH	6:09.4	9:54.5	49:15.66
29	Laurie Schur	F 49	5467	GANANOQUE	6:11.1	9:57.3	49:29.47
30	Debbie Carroll	F 47	5333	ELGIN	6:13.3	10:00.8	49:46.91
31	Stephanie Baxter	F 42	5520	SYDENHAM	6:14.2	10:02.3	49:54.06
32	Coleen McFarlane	F 44	5425	ENTERPRISE	6:14.4	10:02.6	49:55.62
33	Corrie Allingham	F 41	5301	KINGSTON	6:24.6	10:19.0	51:17.46
34	Michelle McShane	F 41	5432	PERTH ROAD VILLAGE	6:25.2	10:19.9	51:21.78
35	Anne McIvor	F 47	5428	KINGSTON	6:34.5	10:35.0	52:36.72
36	Alison Bonham	F 48	5320	KINGSTON	6:37.5	10:39.7	53:00.18
37	Sarah Kaufman	F 48	5400	LYN	6:43.3	10:49.0	53:46.56
38	Lesleigh Smith	F 49	5472	GATINEAU	6:45.8	10:53.1	54:06.72
39	Angela Tippin	F 44	5495	KINGSTON	6:49.1	10:58.4	54:32.94
40	Shelley Cooper	F 49	5341	GATINEAU	6:59.8	11:15.7	55:58.94
41	Wanda Lansbergen	F 45	5408	TAMWORTH	7:02.0	11:19.2	56:16.72
42	Luanne Halerewich	F 49	5378	KINGSTON	7:02.1	11:19.3	56:17.15
43	Rietta Wadman-Mills	F 49	5501	SYDENHAM	7:09.4	11:31.0	57:15.28
44	Carla Jackson	F 41	5393	KINGSTON	7:12.4	11:35.9	57:39.47
45	Sheri Shadforth	F 42	5469	AMHERSTVIEW	7:15.4	11:40.8	58:03.96
46	Angela Hartley	F 45	5382	ATHENS	7:36.4	12:14.5	1:00:51.25
47	Peggy Brogaard	F 46	5327	KINGSTON	7:41.0	12:21.9	1:01:28.31
48	Michelle Howland	F 47	5391	BATTERSEA	7:58.3	12:49.7	1:03:46.53
49	Lisa Cotman	F 43	5342	KINGSTON	8:15.8	13:18.0	1:06:07.15

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FEMALE 50 - 59							
1	Joanne Armstrong	F 51	5306	KINGSTON	4:32.2	7:18.1	36:18.22
2	Deborah Berry	F 54	5317	GRENVILLE RD	4:48.8	7:44.8	38:30.53
3	Leanne Moran	F 51	5439	KINGSTON	5:12.3	8:22.6	41:38.75
4	Brenda Ravenscroft	F 55	5453	KINGSTON	5:27.9	8:47.7	43:43.28
5	Kira McNeely	F 50	5429	KINGSTON	5:28.0	8:47.9	43:44.43
6	Michele Lawford	F 51	5410	KINGSTON	5:39.2	9:06.0	45:14.31
7	Judy Curry	F 52	5344	NORTH AUGUSTA	5:39.7	9:06.7	45:18.09
8	Denise Anthony	F 57	5304	NORTH AUGUSTA	5:40.8	9:08.5	45:26.66
9	Meg Freer	F 51	5365	KINGSTON	5:41.0	9:08.8	45:28.22
10	Jessica Harvie	F 51	5384	HARTINGTON	5:48.4	9:20.7	46:27.31
11	Karen Davey	F 59	5346	ROBLIN	5:51.7	9:26.0	46:53.62
12	Leslie Myles	F 57	5443	ELGINBURG	5:53.2	9:28.5	47:06.06
13	Shelley Simpson	F 55	5471	KINGSTON	5:53.3	9:28.7	47:07.09
14	Wendy Walsh	F 53	5504	PERTH ROAD	5:59.3	9:38.2	47:54.47
15	Gail Coady	F 56	5339	KINGSTON	6:06.9	9:50.6	48:55.91
16	Rose Parent	F 53	5447	ORLEANS	6:08.3	9:52.7	49:06.78
17	Marianne Carlyle	F 54	5331	BROCKVILLE	6:26.1	10:21.4	51:29.34
18	Lorrie Rossetti	F 57	5462	LYN	6:29.0	10:26.1	51:52.75
19	Janet MacWhirter	F 58	5419	KINGSTON	6:32.0	10:31.0	52:16.69
20	Denise Lewis	F 56	5414	NAPANEE	6:36.6	10:38.2	52:52.88
21	Maureen Wardle	F 53	5506	KINGSTON	6:37.4	10:39.6	52:59.53
22	Sandra Jimmo	F 55	5397	NEWBURGH	6:42.8	10:48.2	53:42.44
23	Belinda Bancroft	F 52	5310	HARROWSMITH	6:48.6	10:57.6	54:29.09
24	Andrée Bouchard	F 58	5322	KINGSTON	6:55.4	11:08.5	55:23.28
25	Donna Francom	F 56	5363	AMHERSTVIEW	7:01.3	11:18.0	56:10.41
26	Marilyn Cumpson	F 51	5343	PERTH ROAD VILLAGE	7:07.4	11:27.8	56:59.50
27	Maryanne Takala	F 59	5482	SYDENHAM	7:09.4	11:31.1	57:15.62
28	Helene Walton	F 59	5505	KINGSTON	7:15.3	11:40.5	58:02.66
29	Wilma Bakelaar	F 53	5309	CARRYING PLACE	7:34.0	12:10.6	1:00:32.25
30	Ceri Timbrell	F 51	5491	WILLIAMSTOWN	7:49.4	12:35.5	1:02:35.88
31	Sylvie King	F 54	5407	ORLEANS	8:09.8	13:08.3	1:05:18.75
32	Julie Greavett	F 55	5373	KINGSTON	9:49.6	15:48.9	1:18:37.00
FEMALE 60 - 69							
1	Nancy Kenmir	F 60	5401	OTTAWA	5:05.7	8:12.0	40:45.75
2	Deborah Holtom	F 65	5390	HOWE ISLAND	5:08.6	8:16.7	41:09.44
3	Terri Bolster	F 66	5319	OTTAWA	5:36.5	9:01.6	44:52.31
4	Eithne Dunbar	F 67	5521	BROCKVILLE	6:15.5	10:04.4	50:04.50
5	Susan Meyers	F 63	5435	INVERARY	6:23.3	10:16.9	51:06.72
6	Anne Hodgson	F 69	5387	MAITLAND	6:35.3	10:36.2	52:42.66
7	Kathy Fischer	F 61	5357	CARP	7:13.3	11:37.4	57:47.18
8	Leslie Flynn	F 62	5360	BELLEVILLE	7:14.9	11:39.9	57:59.38
9	Anne Genge	F 65	5370	HARROWSMITH	7:29.0	12:02.6	59:52.34
10	Pat Tamblyn	F 69	5484	GANANOQUE	7:29.0	12:02.7	59:52.75
FEMALE 70 - 79							
1	Mary Clayton	F 72	5338	BROCKVILLE	6:07.4	9:51.2	48:59.22

MALE 1 - 15

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	Name	Age	Bib	Team	Avg per K	Avg per MI	Time
1	Liam Bootsma	M 15	5321	KINGSTON	4:01.6	6:28.9	32:13.25
2	Cameron Carlyle-Locke	M 14	5332	BROCKVILLE	4:26.1	7:08.2	35:28.84
3	Che Breadner	M 13	5324	KINGSTON	4:37.1	7:26.0	36:57.22
MALE 20 - 29							
1	Alexandre Voinot	M 29	5500	KINGSTON	3:58.1	6:23.3	31:45.59
2	Benjamin Amann	M 28	5303	KINGSTON	4:08.1	6:39.4	33:05.43
3	Benjamin Cooke	M 29	5340	KINGSTON	4:21.8	7:01.4	34:55.03
4	Mark Dickson	M 29	5350	KINGSTON	4:56.3	7:56.9	39:30.93
5	Jake Fitheridge	M 26	5359	KINGSTON	5:11.5	8:21.4	41:32.66
6	Josh Latocha	M 28	5409	KINGSTON	5:14.1	8:25.5	41:53.09
7	Henry Dossett	M 23	5352	KINGSTON	5:50.7	9:24.4	46:45.94
MALE 30 - 39							
1	Scott Wilkes	M 37	5510	KINGSTON	3:39.1	5:52.6	29:13.25
2	Tim Gillespie	M 39	5371	KINGSTON	3:47.1	6:05.6	30:17.56
3	Scott Takala	M 31	5483	SYDENHAM	4:00.2	6:26.6	32:02.15
4	Rob Whelan	M 35	5508	KINSTON	4:00.6	6:27.2	32:05.18
5	Joe Turner	M 38	5498	BRIGHTON	4:04.9	6:34.1	32:39.41
6	Ryan Dorsey	M 30	5351	SEELEYS BAY	4:08.1	6:39.2	33:04.81
7	Greg Leskien	M 36	5412	CAMBRIDGE	4:13.2	6:47.5	33:45.81
8	Tim Rosillo	M 33	5519	KINGSTON	4:25.6	7:07.4	35:24.94
9	Russell Evans	M 38	5356	KINGSTON	5:45.7	9:16.4	46:06.18
10	Christopher Roney	M 30	5461	KINGSTON	7:07.2	11:27.5	56:58.00
11	Rick Jeffries	M 39	5396	ELGINBURG	7:29.6	12:03.6	59:57.22
MALE 40 - 49							
1	Corey Turnbull	M 45	5497	JASPER	3:49.9	6:10.0	30:39.62
2	Fraser Pipe	M 40	5450	PERTH ROAD VILLAGE	3:50.9	6:11.7	30:47.91
3	Kevin Dunbar	M 41	5353	KINGSTON	3:51.7	6:13.0	30:54.31
4	Dale Witty	M 45	5515	CORNWALL	4:04.3	6:33.3	32:35.09
5	Matthew Maidment	M 44	5420	SMITHS FALLS	4:08.9	6:40.6	33:11.56
6	Simon Smith	M 42	5474	KINGSTON	4:11.6	6:44.9	33:33.09
7	Todd Biggerman	M 45	5318	KINGSTON	4:12.6	6:46.5	33:41.15
8	Tom Meers	M 45	5433	KINGSTON	4:41.4	7:32.9	37:31.66
9	Wally Stanton	M 40	5477	PERTH ROAD VILLAGE	4:52.5	7:50.8	39:00.37
10	Wade Basson	M 42	5312	KINGSTON	4:58.6	8:00.5	39:48.81
11	Steve Thompson	M 45	5490	OXFORD MILLS	4:58.8	8:00.9	39:50.56
12	John Sheppard	M 41	5470	KINGSTON	5:11.0	8:20.5	41:28.31
13	Reg Kiers	M 43	5404	KINGSTON	5:14.5	8:26.2	41:56.47
14	Steve Liberty	M 43	5415	KINGSTON	5:16.4	8:29.2	42:11.69
15	John Allingham	M 43	5302	KINGSTON	5:18.6	8:32.8	42:29.22
16	Duncan McGregor	M 42	5426	PERTH ROAD	5:33.1	8:56.2	44:25.50
17	R. Kevin Hartley	M 46	5383	ATHENS	6:01.6	9:41.9	48:13.00
MALE 50 - 59							
1	Dan Dwyer	M 51	5354	ENTERPRISE	4:26.5	7:08.8	35:32.03
2	Andrew Hall	M 55	5379	KINGSTON	4:30.8	7:15.8	36:06.84
3	Blair O'Connor	M 50	5518	TORONTO	4:43.6	7:36.4	37:49.22
4	Rob Jardine	M 51	5394	GANANOQUE	4:53.3	7:52.1	39:06.81
5	James Moritz	M 53	5440	YARKER	5:35.1	8:59.3	44:41.34

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	Name	Age	Bib	Team	Avg per K	Avg per MI	Time
6	Terry Hodge	M 53	5386	BROCKVILLE	5:39.0	9:05.6	45:12.47
7	Dean Timbrell	M 54	5492	WILLIAMSTOWN	5:47.1	9:18.6	46:16.88
8	Len Matiowsky	M 52	5422	KINGSTON	6:02.0	9:42.6	48:16.56
9	Stephane Parent	M 53	5448	ORLEANS	6:49.2	10:58.6	54:34.31
10	Marty Berezny	M 52	5316	OTTAWA	6:59.9	11:15.8	55:59.68
11	Scott King	M 52	5406	ORLEANS	7:54.2	12:43.2	1:03:14.31
MALE 60 - 69							
1	Dave Penney	M 60	5513	BELLEVILLE	4:29.7	7:14.0	35:57.62
2	Ed Brand	M 68	5323	KINGSTON	4:38.7	7:28.5	37:09.84
3	Bryan Steeds	M 60	5478	TORONTO	5:36.2	9:01.1	44:50.03
4	Jack Judge	M 65	5398	KINGSTON	5:44.9	9:15.1	45:59.52
5	Perry Chafe	M 65	5335	SYDENHAM	7:05.7	11:25.2	56:46.31
6	Austin MacMurdo	M 64	5418	WHITBY	7:15.4	11:40.7	58:03.34
7	Pete Beattie	M 68	5313	AMHERSTVIEW	7:41.3	12:22.5	1:01:31.03
MALE 70 - 79							
1	Tony Dunbar	M 72	5522	BROCKVILLE	5:12.7	8:23.2	41:41.62
2	Merv Hodgson	M 78	5388	MAITLAND	6:01.8	9:42.2	48:14.46