

**Sydenham Fall Trail Run 8km****Spafford Health & Adventure - Sydenham**

23/10/2016

10/22/16 - 10/22/16

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	Clay Patterson	M 27	5514	KINGSTON	3:13.5	5:11.4	25:48.22
2	Jason Choi	M 21	5516	KINGSTON	3:22.4	5:25.8	26:59.94
3	Cameron Bardwell	M 20	5311	KINGSTON	3:30.8	5:39.2	28:06.41
4	Scott Wilkes	M 37	5510	KINGSTON	3:39.1	5:52.6	29:13.25
5	Tim Gillespie	M 39	5371	KINGSTON	3:47.1	6:05.6	30:17.56
6	Savvas Frantzeskos	M 42	5364	KINGSTON	3:47.8	6:06.6	30:22.78
7	Paula Wiltse	F 49	5511	BROCKVILLE	3:48.7	6:08.1	30:30.22
8	Corey Turnbull	M 45	5497	JASPER	3:49.9	6:10.0	30:39.62
9	Fraser Pipe	M 40	5450	PERTH ROAD VILLAGE	3:50.9	6:11.7	30:47.91
10	Kevin Dunbar	M 41	5353	KINGSTON	3:51.7	6:13.0	30:54.31
11	Alexandre Voinot	M 29	5500	KINGSTON	3:58.1	6:23.3	31:45.59
12	Scott Takala	M 31	5483	SYDENHAM	4:00.2	6:26.6	32:02.15
13	Rob Whelan	M 35	5508	KINSTON	4:00.6	6:27.2	32:05.18
14	Liam Bootsma	M 15	5321	KINGSTON	4:01.6	6:28.9	32:13.25
15	Suzanne Garrett Kerr	F 41	5368	KINGSTON	4:03.5	6:31.9	32:28.18
16	Dale Witty	M 45	5515	CORNWALL	4:04.3	6:33.3	32:35.09
17	Joe Turner	M 38	5498	BRIGHTON	4:04.9	6:34.1	32:39.41
18	Ryan Dorsey	M 30	5351	SEELEYS BAY	4:08.1	6:39.2	33:04.81
19	Benjamin Amann	M 28	5303	KINGSTON	4:08.1	6:39.4	33:05.43
20	Matthew Maidment	M 44	5420	SMITHS FALLS	4:08.9	6:40.6	33:11.56
21	Maggie Scheurert	F 20	5512	KINGSTON	4:09.8	6:42.1	33:18.91
22	Simon Smith	M 42	5474	KINGSTON	4:11.6	6:44.9	33:33.09
23	Todd Biggerman	M 45	5318	KINGSTON	4:12.6	6:46.5	33:41.15
24	Lisa Leskien	F 36	5413	CAMBRIDGE	4:13.1	6:47.3	33:44.88
25	Greg Leskien	M 36	5412	CAMBRIDGE	4:13.2	6:47.5	33:45.81
26	Benjamin Cooke	M 29	5340	KINGSTON	4:21.8	7:01.4	34:55.03
27	Lyndsey Telega	F 22	5486	KINGSTON	4:23.4	7:03.9	35:07.41
28	Tim Rosillo	M 33	5519	KINGSTON	4:25.6	7:07.4	35:24.94
29	Cameron Carlyle-Locke	M 14	5332	BROCKVILLE	4:26.1	7:08.2	35:28.84
30	Dan Dwyer	M 51	5354	ENTERPRISE	4:26.5	7:08.8	35:32.03
31	Dave Penney	M 60	5513	BELLEVILLE	4:29.7	7:14.0	35:57.62
32	Andrew Hall	M 55	5379	KINGSTON	4:30.8	7:15.8	36:06.84
33	Lana Saunders	F 40	5465	HOWE ISLAND	4:31.3	7:16.6	36:10.78
34	Joanne Armstrong	F 51	5306	KINGSTON	4:32.2	7:18.1	36:18.22
35	Che Breadner	M 13	5324	KINGSTON	4:37.1	7:26.0	36:57.22
36	Ed Brand	M 68	5323	KINGSTON	4:38.7	7:28.5	37:09.84
37	Maya Milne	F 40	5437	BELLEVILLE	4:40.8	7:32.0	37:27.09
38	Tom Meers	M 45	5433	KINGSTON	4:41.4	7:32.9	37:31.66
39	Amanda Hussey	F 45	5392	KINGSTON	4:43.2	7:35.8	37:45.97
40	Blair O'Connor	M 50	5518	TORONTO	4:43.6	7:36.4	37:49.22
41	Deborah Berry	F 54	5317	GRENVILLE RD	4:48.8	7:44.8	38:30.53
42	Tricia Sagriff	F 40	5463	CORBYVILLE	4:51.3	7:48.9	38:50.94
43	Tammie Stanton	F 40	5476	PERTH ROAD VILLAGE	4:52.5	7:50.7	39:00.09
44	Wally Stanton	M 40	5477	PERTH ROAD VILLAGE	4:52.5	7:50.8	39:00.37

**Sydenham Fall Trail Run 8km****Spafford Health & Adventure - Sydenham**

23/10/2016

10/22/16 - 10/22/16

Results by [www.runningbydesign.com](http://www.runningbydesign.com)

	<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>
45	Rob Jardine	M 51	5394	GANANOQUE	4:53.3	7:52.1	39:06.81
46	Andrea Rochon	F 32	5458	AMHERSTVIEW	4:54.2	7:53.5	39:13.88
47	Lindsay Robertson	F 28	5457	KINGSTON	4:56.3	7:56.8	39:30.56
48	Mark Dickson	M 29	5350	KINGSTON	4:56.3	7:56.9	39:30.93
49	Wade Basson	M 42	5312	KINGSTON	4:58.6	8:00.5	39:48.81
50	Steve Thompson	M 45	5490	OXFORD MILLS	4:58.8	8:00.9	39:50.56
51	Christie Reitsma	F 41	5454	ATHENS	5:03.8	8:09.0	40:31.03
52	Natasha Ostopovich	F 27	5446	SYDENHAM	5:05.0	8:10.9	40:40.44
53	Nancy Kenmir	F 60	5401	OTTAWA	5:05.7	8:12.0	40:45.75
54	Regan McQuillan-Finn	F 41	5431	KINGSTON	5:05.8	8:12.1	40:46.59
55	Joan McCuaig	F 49	5423	NEWINGTON	5:07.7	8:15.2	41:01.97
56	Deborah Holtom	F 65	5390	HOWE ISLAND	5:08.6	8:16.7	41:09.44
57	John Sheppard	M 41	5470	KINGSTON	5:11.0	8:20.5	41:28.31
58	Jake Fitheridge	M 26	5359	KINGSTON	5:11.5	8:21.4	41:32.66
59	Leanne Moran	F 51	5439	KINGSTON	5:12.3	8:22.6	41:38.75
60	Tony Dunbar	M 72	5522	BROCKVILLE	5:12.7	8:23.2	41:41.62
61	Josh Latocha	M 28	5409	KINGSTON	5:14.1	8:25.5	41:53.09
62	Reg Kiers	M 43	5404	KINGSTON	5:14.5	8:26.2	41:56.47
63	Lizz Fuentes	F 30	5366	KINGSTON	5:15.2	8:27.3	42:02.12
64	Steve Liberty	M 43	5415	KINGSTON	5:16.4	8:29.2	42:11.69
65	Whitney Babcock	F 47	5308	KINGSTON	5:17.2	8:30.5	42:17.75
66	John Allingham	M 43	5302	KINGSTON	5:18.6	8:32.8	42:29.22
67	Lynn McCuaig	F 44	5424	LANCASTER	5:19.4	8:34.1	42:35.81
68	Kellie Hare	F 40	5381	PRESCOTT	5:21.0	8:36.6	42:48.18
69	Catherine Byers	F 47	5330	KINGSTON	5:21.2	8:36.9	42:49.88
70	Aaron Hoekstra	F 36	5389	PERTH ROAD VILLAGE	5:21.8	8:37.9	42:54.56
71	Phillipa Thompson	F 48	5489	OXFORD MILLS	5:24.5	8:42.3	43:16.72
72	Casey Kidson	F 28	5403	KINGSTON	5:24.7	8:42.6	43:18.22
73	Annie Chervinsky	F 41	5337	KANATA	5:26.0	8:44.7	43:28.53
74	Cécile Millier	F 28	5436	KINGSTON	5:27.0	8:46.2	43:36.12
75	Lynne Bridgewater	F 47	5326	MADOC	5:27.3	8:46.8	43:38.75
76	Brenda Ravenscroft	F 55	5453	KINGSTON	5:27.9	8:47.7	43:43.28
77	Kira McNeely	F 50	5429	KINGSTON	5:28.0	8:47.9	43:44.43
78	Nicoline Van Kan	F 40	5517	KINGSTON	5:28.1	8:48.0	43:44.93
79	Erin Chaplin	F 33	5336	KINGSTON	5:28.5	8:48.6	43:48.03
80	Mataya Timbrell	F 24	5493	OTTAWA	5:28.6	8:48.9	43:49.34
81	Patricia Fuller	F 48	5367	BROCKVILLE	5:31.1	8:52.9	44:09.44
82	Duncan McGregor	M 42	5426	PERTH ROAD	5:33.1	8:56.2	44:25.50
83	Carolyn Gauthier	F 43	5369	KINGSTON	5:34.1	8:57.7	44:33.18
84	James Moritz	M 53	5440	YARKER	5:35.1	8:59.3	44:41.34
85	Alanna Kader	F 26	5399	KINGSTON	5:35.3	8:59.6	44:42.62
86	Kate Whelan	F 35	5507	KINGSTON	5:35.8	9:00.5	44:46.88
87	Bryan Steeds	M 60	5478	TORONTO	5:36.2	9:01.1	44:50.03
88	Terri Bolster	F 66	5319	OTTAWA	5:36.5	9:01.6	44:52.31
89	Terry Hodge	M 53	5386	BROCKVILLE	5:39.0	9:05.6	45:12.47
90	Michele Lawford	F 51	5410	KINGSTON	5:39.2	9:06.0	45:14.31

**Sydenham Fall Trail Run 8km****Spafford Health & Adventure - Sydenham**

23/10/2016

10/22/16 - 10/22/16

Results by [www.runningbydesign.com](http://www.runningbydesign.com)

	<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>
91	Judy Curry	F 52	5344	NORTH AUGUSTA	5:39.7	9:06.7	45:18.09
92	Denise Anthony	F 57	5304	NORTH AUGUSTA	5:40.8	9:08.5	45:26.66
93	Meg Freer	F 51	5365	KINGSTON	5:41.0	9:08.8	45:28.22
94	Janet Roloson	F 35	5459	KINGSTON	5:41.9	9:10.2	45:35.31
95	Anna Dickson	F 35	5347	KINGSTON	5:42.3	9:11.0	45:39.06
96	Angela MacDonald	F 43	5417	LYNDHURST	5:42.4	9:11.0	45:39.46
97	Reba Tinbrell	F 26	5494	OTTAWA	5:43.0	9:12.0	45:44.03
98	Brandy Wilkes	F 37	5509	KINGSTON	5:44.8	9:14.9	45:58.47
99	Jack Judge	M 65	5398	KINGSTON	5:44.9	9:15.1	45:59.52
100	Susie Foley	F 33	5362	BURLINGTON	5:45.4	9:15.9	46:03.59
101	Jenn Goodwin	F 37	5372	KINGSTON	5:45.5	9:16.0	46:04.15
102	Russell Evans	M 38	5356	KINGSTON	5:45.7	9:16.4	46:06.18
103	Jolanta Harding	F 42	5380	KINGSTON	5:46.6	9:17.9	46:13.53
104	Dean Timbrell	M 54	5492	WILLIAMSTOWN	5:47.1	9:18.6	46:16.88
105	Jessica Harvie	F 51	5384	HARTINGTON	5:48.4	9:20.7	46:27.31
106	Caitlin Mellor	F 25	5434	KINGSTON	5:48.5	9:20.9	46:28.24
107	Kate Beckwith	F 37	5314	KINGSTON	5:48.9	9:21.6	46:31.91
108	Cheri Buccino	F 37	5328	BURLINGTON	5:49.0	9:21.7	46:32.34
109	Corry-Lin Stephenson	F 42	5480	BATH	5:50.5	9:24.1	46:44.47
110	Henry Dossett	M 23	5352	KINGSTON	5:50.7	9:24.4	46:45.94
111	Tamsin Atherton	F 48	5307	TORONTO	5:51.2	9:25.3	46:50.22
112	Alexandra Revell	F 27	5455	SYDENHAM	5:51.3	9:25.4	46:51.02
113	Shannon Kepner	F 33	5402	KETTERING	5:51.6	9:25.9	46:53.18
114	Karen Davey	F 59	5346	ROBLIN	5:51.7	9:26.0	46:53.62
115	Nicole Mundell	F 41	5441	PERTH ROAD VILLAGE	5:53.1	9:28.3	47:05.06
116	Leslie Myles	F 57	5443	ELGINBURG	5:53.2	9:28.5	47:06.06
117	Jennifer Snook	F 48	5475	SYDENHAM	5:53.3	9:28.6	47:06.52
118	Shelley Simpson	F 55	5471	KINGSTON	5:53.3	9:28.7	47:07.09
119	Iana Hackett	F 43	5377	KINGSTON	5:54.7	9:30.8	47:17.72
120	Wendy Walsh	F 53	5504	PERTH ROAD	5:59.3	9:38.2	47:54.47
121	Wendy Guthrie	F 49	5375	GLENBURNIE	6:00.3	9:39.8	48:02.62
122	R. Kevin Hartley	M 46	5383	ATHENS	6:01.6	9:41.9	48:13.00
123	Merv Hodgson	M 78	5388	MAITLAND	6:01.8	9:42.2	48:14.46
124	Len Matiowsky	M 52	5422	KINGSTON	6:02.0	9:42.6	48:16.56
125	Katie Walsh	F 24	5503	KINGSTON	6:02.4	9:43.2	48:19.22
126	Danielle Tohill	F 27	5496	PERTH ROAD	6:03.6	9:45.2	48:29.25
127	Gail Coady	F 56	5339	KINGSTON	6:06.9	9:50.6	48:55.91
128	Mary Clayton	F 72	5338	BROCKVILLE	6:07.4	9:51.2	48:59.22
129	Anita Taylor	F 48	5485	ORLEANS	6:07.4	9:51.3	48:59.65
130	Janice Ringler	F 44	5456	GLENBURNIE	6:07.6	9:51.7	49:01.56
131	Rose Parent	F 53	5447	ORLEANS	6:08.3	9:52.7	49:06.78
132	Deb Walker	F 47	5502	BATH	6:09.4	9:54.5	49:15.66
133	Carrie Valin	F 34	5499	BATH	6:10.4	9:56.1	49:23.28
134	Laurie Schur	F 49	5467	GANANOQUE	6:11.1	9:57.3	49:29.47
135	Debbie Carroll	F 47	5333	ELGIN	6:13.3	10:00.8	49:46.91
136	Stephanie Baxter	F 42	5520	SYDENHAM	6:14.2	10:02.3	49:54.06

**Sydenham Fall Trail Run 8km****Spafford Health & Adventure - Sydenham**

23/10/2016

10/22/16 - 10/22/16

Results by [www.runningbydesign.com](http://www.runningbydesign.com)

Name	Age	Bib	Team	Avg per K	Avg per MI	Time
137 Coleen McFarlane	F 44	5425	ENTERPRISE	6:14.4	10:02.6	49:55.62
138 Eithne Dunbar	F 67	5521	BROCKVILLE	6:15.5	10:04.4	50:04.50
139 Susan Meyers	F 63	5435	INVERARY	6:23.3	10:16.9	51:06.72
140 Jaclyn O'Hearn	F 28	5445	KINGSTON	6:24.6	10:18.9	51:17.00
141 Corrie Allingham	F 41	5301	KINGSTON	6:24.6	10:19.0	51:17.46
142 Michelle McShane	F 41	5432	PERTH ROAD VILLAGE	6:25.2	10:19.9	51:21.78
143 Marianne Carlyle	F 54	5331	BROCKVILLE	6:26.1	10:21.4	51:29.34
144 Lorrie Rossetti	F 57	5462	LYN	6:29.0	10:26.1	51:52.75
145 Janet MacWhirter	F 58	5419	KINGSTON	6:32.0	10:31.0	52:16.69
146 Anne McIvor	F 47	5428	KINGSTON	6:34.5	10:35.0	52:36.72
147 Anne Hodgson	F 69	5387	MAITLAND	6:35.3	10:36.2	52:42.66
148 Denise Lewis	F 56	5414	NAPANEE	6:36.6	10:38.2	52:52.88
149 Mya Jeffries	F 13	5395	ELGINBURG	6:37.2	10:39.3	52:58.06
150 Maureen Wardle	F 53	5506	KINGSTON	6:37.4	10:39.6	52:59.53
151 Alison Bonham	F 48	5320	KINGSTON	6:37.5	10:39.7	53:00.18
152 Sandra Jimmo	F 55	5397	NEWBURGH	6:42.8	10:48.2	53:42.44
153 Sarah Kaufman	F 48	5400	LYN	6:43.3	10:49.0	53:46.56
154 Lesleigh Smith	F 49	5472	GATINEAU	6:45.8	10:53.1	54:06.72
155 Belinda Bancroft	F 52	5310	HARROWSMITH	6:48.6	10:57.6	54:29.09
156 Angela Tippin	F 44	5495	KINGSTON	6:49.1	10:58.4	54:32.94
157 Stephane Parent	M 53	5448	ORLEANS	6:49.2	10:58.6	54:34.31
158 Anne Lindsay	F 38	5416	PERTH ROAD	6:49.5	10:59.1	54:36.78
159 Andrée Bouchard	F 58	5322	KINGSTON	6:55.4	11:08.5	55:23.28
160 Shelley Cooper	F 49	5341	GATINEAU	6:59.8	11:15.7	55:58.94
161 Marty Berezny	M 52	5316	OTTAWA	6:59.9	11:15.8	55:59.68
162 Donna Francom	F 56	5363	AMHERSTVIEW	7:01.3	11:18.0	56:10.41
163 Wanda Lansbergen	F 45	5408	TAMWORTH	7:02.0	11:19.2	56:16.72
164 Luanne Halerewich	F 49	5378	KINGSTON	7:02.1	11:19.3	56:17.15
165 Perry Chafe	M 65	5335	SYDENHAM	7:05.7	11:25.2	56:46.31
166 Shannon Smith	F 29	5473	AMHERSTVIEW	7:07.1	11:27.4	56:57.44
167 Christopher Roney	M 30	5461	KINGSTON	7:07.2	11:27.5	56:58.00
168 Amanda Roney	F 28	5460	KINGSTON	7:07.3	11:27.7	56:58.70
169 Marilyn Cumpson	F 51	5343	PERTH ROAD VILLAGE	7:07.4	11:27.8	56:59.50
170 Rietta Wadman-Mills	F 49	5501	SYDENHAM	7:09.4	11:31.0	57:15.28
171 Maryanne Takala	F 59	5482	SYDENHAM	7:09.4	11:31.1	57:15.62
172 Carla Jackson	F 41	5393	KINGSTON	7:12.4	11:35.9	57:39.47
173 Kathy Fischer	F 61	5357	CARP	7:13.3	11:37.4	57:47.18
174 Leslie Flynn	F 62	5360	BELLEVILLE	7:14.9	11:39.9	57:59.38
175 Helene Walton	F 59	5505	KINGSTON	7:15.3	11:40.5	58:02.66
176 Austin MacMurdo	M 64	5418	WHITBY	7:15.4	11:40.7	58:03.34
177 Sheri Shadforth	F 42	5469	AMHERSTVIEW	7:15.4	11:40.8	58:03.96
178 Anne Genge	F 65	5370	HARROWSMITH	7:29.0	12:02.6	59:52.34
179 Pat Tamblyn	F 69	5484	GANANOQUE	7:29.0	12:02.7	59:52.75
180 Rick Jeffries	M 39	5396	ELGINBURG	7:29.6	12:03.6	59:57.22
181 Stephanie Curzon	F 32	5345	ODESSA	7:33.6	12:10.1	1:00:29.47
182 Wilma Bakelaar	F 53	5309	CARRYING PLACE	7:34.0	12:10.6	1:00:32.25

**Sydenham Fall Trail Run 8km****Spafford Health & Adventure - Sydenham**

23/10/2016

10/22/16 - 10/22/16

**Results by [www.runningbydesign.com](http://www.runningbydesign.com)**

	<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>
183	Angela Hartley	F 45	5382	ATHENS	7:36.4	12:14.5	1:00:51.25
184	Ysabel Sanchez	F 38	5464	INVERARY	7:39.9	12:20.1	1:01:19.47
185	Crystal Dickson	F 38	5348	INVERARY	7:40.0	12:20.3	1:01:20.06
186	Peggy Brogaard	F 46	5327	KINGSTON	7:41.0	12:21.9	1:01:28.31
187	Pete Beattie	M 68	5313	AMHERSTVIEW	7:41.3	12:22.5	1:01:31.03
188	Sarah Flynn	F 30	5361	PERTH	7:42.4	12:24.2	1:01:39.50
189	Ceri Timbrell	F 51	5491	WILLIAMSTOWN	7:49.4	12:35.5	1:02:35.88
190	Scott King	M 52	5406	ORLEANS	7:54.2	12:43.2	1:03:14.31
191	Michelle Howland	F 47	5391	BATTERSEA	7:58.3	12:49.7	1:03:46.53
192	Heather Lees	F 35	5411	PERTH ROAD VILLAGE	8:01.2	12:54.4	1:04:09.66
193	Sylvie King	F 54	5407	ORLEANS	8:09.8	13:08.3	1:05:18.75
194	Andrea Sealy	F 39	5468	KINGSTON	8:15.8	13:17.9	1:06:06.69
195	Lisa Cotman	F 43	5342	KINGSTON	8:15.8	13:18.0	1:06:07.15
196	Julie Greavett	F 55	5373	KINGSTON	9:49.6	15:48.9	1:18:37.00