

**2019 Sydenham Trail 8km****Spafford Health and Adventure**

2019-10-20

10/20/19 - 10/20/19

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

Place	Name	Bib	Age/Grade	Team/Hometown	Time/Mark
1	Rob Campbell	5560	M 49	KINGSTON	29:25.00
2	Laura Yantha	5695	F 19	KINGSTON	29:50.69
3	Bob McGraw	5643	M 61	KINGSTON	31:28.47
4	Charlotte Langley	5627	F 19	KINGSTON	32:18.97
5	Trevor Davies	5573	M 46	KINGSTON	32:28.15
6	Bucky Quanz	5669	M 16	KINGSTON	33:22.72
7	Nathan Southhall	3165	M 9	Kingston	33:28.97
8	Lauren Miller	3162	F 18	Perth	33:54.47
9	Emily Klassen	3159	F 30	Kingston	34:12.12
10	Steve Ingo	5613	M 52	SYDENHAM	34:29.62
11	Tara Archibald	5544	F 39	KINGSTON	35:18.28
12	Lisa Leskien	5630	F 39	PARIS	35:20.94
13	Rick Royce	5676	M 60	KINGSTON	35:40.41
14	Danny Bates	5549	M 59	TICHBORNE	36:22.56
15	Michael Hunter	5612	M 25	KINGSTON	36:41.81
16	Barry Kelly	5620	M 46	NORTH AUGUSTA	37:17.75
17	Ricky Paudyn	5666	M 37	YARKER	37:34.41
18	Steve Liberty	5631	M 46	KINGSTON	37:55.47
19	Joanna Whitney	5693	F 36	NORTH AUGUSTA	38:18.53
20	Liam Holliday	5608	M 11	KINGSTON	38:33.50
21	Zoe Cunningham	5570	F 14	AMHERSTVIEW	38:41.84
22	Matt Morey	5654	M 33	HARROWSMITH	39:02.94
23	Lesley Rudy	5677	F 39	KINGSTON	39:04.88
24	Christine Kennedy	3158	F 33	Elginburg	39:29.84
25	Dane Kress	5625	M 36	HARROWSMITH	39:30.87
26	Julie Schneider	5678	F 39	KINGSTON	39:31.37
27	Deborah Holtom	5609	F 68	HOWE ISLAND	39:53.28
28	Aaron Hoekstra	5605	F 39	SYDENHAM	39:54.41
29	Ed Brand	5554	M 71	KINGSTON	40:06.03
30	Nicki Tober	5689	F 28	TORONTO	40:27.18
31	Ashley Miller	5653	F 34	KINGSTON	40:35.28
32	will Cooper	5566	M 59	KINGSTON	41:24.88
33	Erin Brennan	5556	F 36	KINGSTON	41:34.09
34	Karmina Padmos	5661	F 38	KINGSTON	41:34.96
35	Rachel Deines	5574	F 38	KINGSTON	41:35.78
36	Mike Black	5551	M 40	AMHERSTVIEW	41:44.18
37	Abby Ratkowski	5671	F 16	KINGSTON	41:53.09
38	Rob Hitchcock	5601	M 52	KINGSTON	42:07.88
39	Ruth Noordegraaf	5658	F 39	KINGSTON	42:15.44
40	Richard Grace	3166	M 43	Peterborough	42:28.34
41	Angela Eames	5578	F 39	KINGSTON	42:30.72
42	Brian Ypma	5697	M 40	KINGSTON	42:31.81
43	Glenn Raposo	5670	M 44	KINGSTON	42:45.84
44	Luke Harding	5598	M 29	KINGSTON	43:24.94
45	Heather Conlin	5565	F 29	BRINSTON	43:25.52
46	Lindsay Robertson	5674	F 31	KINGSTON	43:27.47
47	Mark Dickson	5576	F 32	KINGSTON	43:28.02

**2019 Sydenham Trail 8km****Spafford Health and Adventure**

2019-10-20

10/20/19 - 10/20/19

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

Place	Name	Bib	Age/Grade	Team/Hometown	Time/Mark
48	Holly Main	5637	F 35	TORONTO	43:36.12
49	Kathy Hinch	5600	F 58	NAPANEE	43:39.15
50	Heather Karn	5618	F 53	KINGSTON	43:49.78
51	Gillian Smith	5684	F 34	ELGIN	44:35.25
52	Maggie Ottenhof	5660	F 24	KINGSTON	44:45.72
53	Tara Burggraf	5559	F 51	KINGSTON	44:53.59
54	Catriona Robertson	5673	F 35	KINGSTON	44:59.22
55	Robin LeRiche	5629	F 51	KINGSTON	45:02.66
56	Monica Parry	5662	F 58	KINGSTON	45:03.34
57	Tiiu Vail	5690	F 37	KINGSTON	45:20.69
58	David Holliday	5606	M 40	KINGSTON	45:43.72
59	Jessica Corbeil	5567	F 36	KINGSTON	46:38.53
60	Deanna Miehl	5652	F 46	TRENTON	46:49.66
61	Jack Judge	5617	M 68	KINGSTON	46:50.21
62	Belinda Morton	5655	F 32	TRENTON	46:53.38
63	Matthew Bruce	5558	M 27	INVERARY	46:53.93
64	Jennifer Holliday	5607	F 37	KINGSTON	46:54.58
65	John Leinweber	5628	M 53	KINGSTON	47:05.88
66	Shaun McAlister	3161	M 52	Inverary	47:37.62
67	Phill Snable	5685	M 30	SYDENHAM	48:05.72
68	Duncan McGregor	5644	M 45	PERTH ROAD	48:06.21
69	Teresa Mycroft	5656	F 43	FRANKFORD	48:15.62
70	Julie Reed	5672	F 59	KINGSTON	48:20.31
71	Jill Konarowski	5624	F 44	KINGSTON	48:26.84
72	Bob Klassen	5623	M 59	KINGSTON	49:07.75
73	Nour Mazloum	5639	F 23	KINGSTON	49:29.06
74	Sarah Jaquest	5614	F 53	PERTH ROAD	49:29.56
75	Leslie Myles	3163	F 60	Elginburg	49:30.09
76	Stephanie Baxter	5550	F 45	SYDENHAM	49:30.56
77	Shelley Simpson	5681	F 58	ODESSA	49:31.02
78	Dawn Wolfenden	5694	F 48	GANANOQUE	49:38.25
79	Iana Hackett	5592	F 46	KINGSTON	49:55.81
80	Jan Gilroy	5587	F 62	KINGSTON	50:05.15
81	Erin Fitzgerald	5580	F 36	HARROWSMITH	50:08.81
82	Lynne Cardinal	5561	F 57	CAMDEN EAST	50:09.75
83	Arika Hunt	5611	F 44	KINGSTON	50:22.50
84	Merv Hodgson	5604	M 81	MAITLAND	50:32.03
85	Heidi Young	5696	F 38	YARKER	50:36.34
86	Wendy Guthrie	5590	F 52	AMHERSTVIEW	50:46.44
87	Mary Clayton	5563	F 75	BROCKVILLE	50:47.00
88	Christina Ponniah	5668	F 24	KINGSTON	51:00.15
89	Fintan McShane	5646	M 14	PERTH RD VILLAGE	51:17.31
90	Michelle McShane	5647	F 44	PERTH RD VILLAGE	51:18.02
91	Nicole Langille-Munde	5626	F 44	INVERARY	51:24.25
92	Richard Coldrey	5564	M 71	SMITHS FALLS	52:03.06
93	Laura Cumming	5569	F 25	KINGSTON	52:13.06
94	Corinne Johnson	5615	F 51	BROCKVILLE	52:28.75
95	Anne McIvor	5645	F 50	KINGSTON	52:35.91
96	Rick (Richard) Paudyn	5665	M 67	YARKER	52:57.38
97	Krysta Paudyn	5664	F 39	YARKER	52:57.90

**2019 Sydenham Trail 8km**

Spafford Health and Adventure

2019-10-20

10/20/19 - 10/20/19

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

Place	Name	Bib	Age/Grade	Team/Hometown	Time/Mark
98	Janet Gartley	5584	F 50	BROCKVILLE	52:59.52
99	Paul Thompson	5688	M 70	KINGSTON	53:01.56
100	Diane Crawford	3160	F 59	Kingston	53:10.88
101	Reg Kiers	5621	M 46	KINGSTON	53:13.94
102	Tricia Kiers	5622	F 48	KINGSTON	53:14.43
103	Renata Ess	5579	F 45	KINGSTON	53:25.88
104	Sarah Kaufman	5619	F 51	ELIZABETHTOWN	53:34.22
105	Rylee Simpson	5683	M 20	NAPANEE	53:41.22
106	Tom Patterson	5663	M 61	SMITHS FALLS	53:47.18
107	Susan Meyers	5651	F 66	INVERARY	53:58.34
108	Judith Davidson	5572	F 62	KINGSTON	54:13.53
109	Terry Hodge	5602	M 56	BROCKVILLE	55:34.18
110	Anne Hodgson	5603	F 72	MAITLAND	55:35.72
111	Rick Jeffries	3164	M 42	ELGINBURG	55:44.78
112	Pauline Vivian	5691	F 60	KINGSTON	55:53.41
113	Andrea Sealy	5679	F 42	KINGSTON	56:13.53
114	Caroline Claude	5562	F 45	NAPANEE	57:07.44
115	Autumn Gardner	5583	F 39	NAPANEE	57:07.93
116	Luey Halerewich	5594	F 52	KINGSTON	57:49.31
117	Pat Tamblyn	5687	F 72	LANSDOWNE	57:49.81
118	Kate Nesbitt	5657	F 38	KINGSTON	58:17.84
119	Stephanie Curzon	5571	F 35	ODESSA	58:29.53
120	Nina Norgaard	5659	F 45	SYDENHAM	58:30.56
121	Doug Marlow	5638	M 60	VERONA	58:34.84
122	Constance Lowry	5634	F 51	YARKER	58:52.12
123	Belinda Bancroft	5547	F 55	HARROWSMITH	59:00.72
124	Sheila McCann	5640	F 61	KINGSTON	59:20.15
125	Carly Grace	5588	F 41	OTTAWA	59:46.47
126	Jamie Maas	5635	M 60	KINGSTON	59:47.12
127	Donna Gillespie	5586	F 45	KINGSTON	1:00:30.53
128	Jennifer Robinson	5675	F 44	KINGSTON	1:00:50.41
129	Coleen McFarlane	5642	F 47	ENTERPRISE	1:00:50.96
130	Andree Bouchard	5553	F 61	KINGSTON	1:01:29.78
131	Donna Francom	5581	F 59	AMHERSTVIEW	1:01:46.78
132	Anne Genge	5585	F 68	HARROWSMITH	1:01:49.22
133	Barb Guiden	5589	F 61	INVERARY	1:02:03.38
134	Phil Livingston	5633	M 48	VAUGHAN	1:02:53.12
135	Ingrid Gagnon	5582	F 48	KINGSTON	1:05:47.34
136	Lisa Cotman	5568	F 46	KINGSTON	1:06:17.38
137	Care Humphries	5610	F 37	KINGSTON	1:09:23.69
138	Laura Hackett	5593	F 38	HARROWSMITH	1:11:54.69
139	Linda Brown	5557	F 56	ENTERPRISE	1:12:00.72
140	Liz Walker	5692	F 73	KINGSTON	1:12:18.00