

## Sand Banks 5/10K Races

## Sand Banks Provincial Park

09/16/2012 - 09/16/2012

Results by [www.runningbydesign.ca](http://www.runningbydesign.ca)**Event # 2 MIXED 10K Run**

Name	Age	Team	Bib	Avg per K	Avg per MI	Time
<b>FEMALE 20 - 29</b>						
1	RAYE MCAVOY	21 F SHANNONVILLE	5467	4:41.10	7:32.39	46:51.0
2	ANASTASIA HELLIKER	29 F OTTAWA	5479	5:04.00	8:09.24	50:40.0
3	DANA KOBYLKA	28 F TRENTON	5478	5:09.80	8:18.57	51:38.0
4	MIRANDA BYFORD	28 F PICTON	5477	5:12.20	8:22.44	52:02.0
5	LAURIE STENFERT	29 F OTTAWA	5596	5:24.70	8:42.55	54:07.0
6	CAILIN MACMILLAN	21 F KINGSTON	5465	5:25.40	8:43.68	54:14.0
7	MALLORY DEMILLE	20 F BLOOMFIELD	5029	5:25.60	8:44.00	54:16.0
8	AMANDA MCCLOSKEY	26 F TILLSONBURG	5472	5:32.20	8:54.62	55:22.0
9	HEATHER RIDDELL	28 F PETERBOROUGH	5476	5:32.30	8:54.78	55:23.0
10	KIM HENNESSY	29 F NAPANEE	5481	6:11.10	9:57.23	1:01:51.0
11	LINDSAY MACDONALD	29 F BOWMNAVILLE	5480	6:15.00	10:03.50	1:02:30.0
12	DIANE TOMALTY	22 F KINGSTON	5469	6:15.60	10:04.47	1:02:36.0
13	JENNY CARROLL	26 F BANCROFT	5473	6:19.70	10:11.07	1:03:17.0
14	JENNIFER BOLDRICK	26 F PLAINFIELD	5474	6:20.30	10:12.03	1:03:23.0
15	JAIME WHITLEY	29 F BANCROFT	5482	6:29.80	10:27.32	1:04:58.0
16	CHRISTINE PHENDLER	21 F JANETVILLE	5466	6:31.40	10:29.90	1:05:14.0
17	CAROLINE CAWLEY	22 F WESTMOUNT	5468	6:32.80	10:32.15	1:05:28.0
18	CARLY WORSLEY	27 F BRAMPTON	5475	7:37.60	12:16.44	1:16:16.0
19	ERIKA KERR	25 F BELLEVILLE	5471	7:37.61	12:16.45	1:16:16.1
<b>FEMALE 30 - 39</b>						
1	CAROLYN COFFIN	34 F BELLEVILLE	5489	4:06.70	6:37.03	41:07.0
2	HEATHER GIFFIN	33 F BELLEVILLE	5486	4:20.00	6:58.43	43:20.0
3	JULIE CHAPMAN	35 F MARKHAM	5494	4:27.90	7:11.14	44:39.0
4	SHARALEE FOSTER	37 F BELLEVILLE	5497	5:08.00	8:15.68	51:20.0
5	JACINDA DALEY	37 F PLAINFIELD	5498	5:08.90	8:17.13	51:29.0
6	LEANNE SODEN	39 F BELLEVILLE	5502	5:11.00	8:20.51	51:50.0
7	AIDAN CONOLLY	34 F BRIGHTON	5490	5:18.00	8:31.77	53:00.0
8	ERIN YOUNG	37 F KINGSTON	5600	5:48.80	9:21.34	58:08.0
9	STEFANIE CRANSHAW	33 F WELLINGTON	5488	5:51.90	9:26.33	58:39.0
10	KAREN WALSH	36 F BELLEVILLE	5496	5:53.80	9:29.39	58:58.0
11	DANIELLE MARTIN	34 F BELLEVILLE	5491	6:18.90	10:09.78	1:03:09.0
12	TANIA BIRD	39 F CODRINGTON	5501	6:26.70	10:22.33	1:04:27.0
13	AMY STREETER	34 F TRENTON	5493	6:42.50	10:47.76	1:07:05.0
14	SUSAN SHEPPARD	34 F BELLEVILLE	5492	7:03.01	11:20.77	1:10:30.1
15	ANNE ANTONIUK	36 F TRENTON	5495	7:08.40	11:29.44	1:11:24.0
16	KIMBERLEY ALLPORT	37 F ROSLIN	5499	9:30.70	15:18.45	1:35:07.0
<b>FEMALE 40 - 49</b>						
1	ANNE DANBY	42 F KINGSTON	5510	4:41.70	7:33.35	46:57.0
2	MICHELLE POTHIER	44 F PICTON	5517	4:50.93	7:48.21	48:29.3
3	ELIZA MURPHY	48 F SYDENHAM	5531	4:54.90	7:54.60	49:09.0
4	DIANE COATES	49 F BELLEVILLE	5532	4:56.30	7:56.85	49:23.0
5	DAWN WALSH	49 F SHANNONVILLE	5022	5:05.80	8:12.14	50:58.0
6	MADONNA HOWELL	45 F TRENTON	5518	5:09.70	8:18.41	51:37.0
7	JANET DEMILLE	48 F BLOOMFIELD	5028	5:18.30	8:32.25	53:03.0
8	AMBER WALLACE	41 F BELLEVILLE	5504	5:27.50	8:47.06	54:35.0
9	JUDY COUTURE	47 F KINGSTON	5526	5:32.50	8:55.11	55:25.0
10	CLAIRE MCKINNEY	46 F NAPANEE	5522	5:36.20	9:01.06	56:02.0
11	ROBIN THOMPSON	47 F SHANNONVILLE	5032	5:51.00	9:24.88	58:30.0
12	CINDY JONES	49 F SYDENHAM	5535	5:52.50	9:27.29	58:45.0

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13	JENNIFER ABRAMS	42 F	FRANKFORD	5511	5:52.90	9:27.94	58:49.0
14	BRENDA FOULKES	45 F	PLAINFIELD	5519	6:02.60	9:43.55	1:00:26.0
15	DEANNA LOTT	41 F	BELLEVILLE	5506	6:06.30	9:49.50	1:01:03.0
16	JULIE SWEDAK	49 F	PICTON	5026	6:11.04	9:57.13	1:01:50.4
17	ANDREA KERR-GRAVES	40 F	BELLEVILLE	5503	6:18.91	10:09.80	1:03:09.1
18	NATASHA UENS	41 F	BELLEVILLE	5505	6:20.10	10:11.71	1:03:21.0
19	CLEONA BARTLETT	42 F	STIRLING	5509	6:20.20	10:11.87	1:03:22.0
20	LEE ANN FOX	44 F	SEELEYS BAY	5516	6:26.30	10:21.69	1:04:23.0
21	LEAUNA MAUNDER	46 F	KINGSTON	5523	6:33.10	10:32.63	1:05:31.0
22	HEATHER LANDRY	49 F	TRENTON	5536	6:42.90	10:48.40	1:07:09.0
23	JO-ELLE NELSON	41 F	WARKWORTH	5507	6:57.50	11:11.90	1:09:35.0
24	SASKIA KONING	46 F	BLOOMFIELD	5525	7:01.30	11:18.02	1:10:13.0
25	DEANNE PATENALL	42 F	OUIINTE WEST	5513	7:01.80	11:18.82	1:10:18.0
26	MONISHA HADDAD	43 F	BELLEVILLE	5515	7:03.00	11:20.75	1:10:30.0
27	KAREN VITONE	46 F	BRAMPTON	5521	7:03.80	11:22.04	1:10:38.0
28	SHARON TRIPP	49 F	NEWCASTLE	5534	7:43.90	12:26.57	1:17:19.0
<b>FEMALE 50 - 59</b>							
1	JOY PETCH	51 F	BELLEVILLE	5539	4:56.10	7:56.53	49:21.0
2	ANN KURISH	53 F	KINGSTON	5541	5:14.20	8:25.66	52:22.0
3	CATHY PHENDLER	55 F	JANETVILLE	5544	5:33.40	8:56.56	55:34.0
4	MARY JAMES	57 F	PLAINFIELD	5548	5:38.90	9:05.41	56:29.0
5	ROSE THOMSON	56 F	HAMILTON	5547	5:39.70	9:06.69	56:37.0
6	AUDREY WRIGHT	51 F	SCARBROUGH	5594	5:46.20	9:17.15	57:42.0
7	SHELLEY SHANESSY	51 F	TRENTON	5034	5:50.50	9:24.08	58:25.0
8	LINDA LAMOTHE	51 F	MORIN HEIGHTS	5540	6:04.10	9:45.96	1:00:41.0
9	CARRIE DEBRUIN	53 F	BELLEVILLE	5542	6:17.80	10:08.01	1:02:58.0
10	ELAINE VAN MELLE	55 F	KINGSTON	5545	6:23.70	10:17.51	1:03:57.0
11	MARIANNEKE BUSH	51 F		5030	6:23.71	10:17.52	1:03:57.1
12	SHEILA RILEY	51 F	SEELEYS BAY	5538	6:26.31	10:21.71	1:04:23.1
13	JOSEE GODIN	51 F	L ASSOMPTION	5598	7:00.10	11:16.09	1:10:01.0
14	PATRICIA AMBROSE	55 F	KINGSTON	5543	7:06.00	11:25.58	1:11:00.0
15	SANDY COPELAND	57 F	BELLEVILLE	5567	8:49.10	14:11.50	1:28:11.0
16	MARIE DURLING	55 F	BELLEVILLE	5546	9:39.60	15:32.78	1:36:36.0
17	MARGARET HELLIKER	58 F	RUSSELL	5549	9:53.50	15:55.15	1:38:55.0
<b>FEMALE 60 - 69</b>							
1	NANCY GREGORY	60 F	KINGSTON	5550	6:38.50	10:41.32	1:06:25.0
2	BONNIE GAUVIN	62 F	TRENTON	5551	9:30.60	15:18.29	1:35:06.0
<b>MALE 1 - 14</b>							
1	HUDSON KEOGH	14 M	PICTON	5552	4:54.63	7:54.16	49:06.3
<b>MALE 15 - 19</b>							
1	AARON THOMAS	17 M	PICKERING	5582	3:40.30	5:54.54	36:43.0
2	MATTHEW ROBERTSON	17 M	PICKERING	5553	4:11.40	6:44.59	41:54.0
3	JOHN BIRCHARD	17 M	BELLEVILLE	5024	4:32.40	7:18.39	45:24.0
<b>MALE 20 - 29</b>							
1	MICHAEL THOMPSON	27 M	PICTON	5042	3:54.70	6:17.71	39:07.0
2	AARON ROBERTSON	21 M	AJAX	5554	4:39.10	7:29.17	46:31.0
3	ADAM FULTON	28 M	GRAFTON	5558	4:48.92	7:44.97	48:09.2
<b>MALE 30 - 39</b>							
1	ANDREW REDDEN	35 M	BELLEVILLE	5564	4:44.20	7:37.38	47:22.0
2	BRYAN WAITE	34 M	BELLEVILLE	5562	4:49.61	7:46.08	48:16.1
3	JOE MORTIMORE	36 M	BELLEVILLE	5035	5:13.00	8:23.72	52:10.0
4	MARK ANDERON	39 M	MARMORA	5533	5:24.80	8:42.71	54:08.0

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5	CHRIS VAN COTT	39 M	PICTON	5040	5:37.90	9:03.80	56:19.0
6	BRYCE TOMPKINS	36 M	YORK	5565	5:40.40	9:07.82	56:44.0
7	MATTHEW MACBRIDE	33 M	BRACEBRIDGE	5561	5:41.90	9:10.23	56:59.0
8	RICHARD HINTZE	36 M	BALDWINVILLE	5566	5:44.10	9:13.78	57:21.0
9	CHRIS DREIFELDS	30 M	NAPANEE	5559	6:11.52	9:57.90	1:01:55.2
<b>MALE 40 - 49</b>							
1	GARRY CAMERON	45 M	PICKERING	5575	4:19.00	6:56.82	43:10.0
2	SHANE MCGILL	46 M	BELLEVILLE	5031	4:20.60	6:59.40	43:26.0
3	MIKE KAWAM	45 M	BELLEVILLE	5574	4:21.00	7:00.04	43:30.0
4	ROB SOMMERVILLE	45 M	BELLEVILLE	5576	4:22.30	7:02.13	43:43.0
5	ANDREW FORBES	49 M	BELLEVILLE	5581	4:38.00	7:27.40	46:20.0
6	NEIL IBEY	47 M	SMITHFIELD	5041	4:53.42	7:52.21	48:54.2
7	DAVID CANNONS	45 M	KINGSTON	5577	4:55.41	7:55.42	49:14.1
8	GLEN OSTER	43 M	NAPANEE	5572	5:06.50	8:13.26	51:05.0
9	JIM MORTIMORE	40 M	BELLEVILLE	5275	5:14.10	8:25.49	52:21.0
10	MARK BOONE	46 M	PICTON	5578	5:29.80	8:50.76	54:58.0
11	JEFF MARSHALL	43 M	WELLINGTON	5571	5:48.20	9:20.37	58:02.0
12	TIM JOHNSON	48 M	PICTON	5025	6:49.80	10:59.51	1:08:18.0
13	JAMES PATENALL	44 M	OUIINTE WEST	5573	7:01.81	11:18.84	1:10:18.1
14	ANDREAS BECKER	48 M	BRIGHTON	5580	7:14.50	11:39.26	1:12:25.0
<b>MALE 50 - 59</b>							
1	BOYD KALNAY	53 M	BELLEVILLE	5033	3:57.60	6:22.38	39:36.0
2	HAROLD KUSCHNIK	53 M	COLBORNE	5585	4:03.20	6:31.39	40:32.0
3	BILL PETCH	53 M	BELLEVILLE	5583	4:44.80	7:38.34	47:28.0
4	KEVIN YOUNG	59 M	BATH	5589	5:06.90	8:13.91	51:09.0
5	GEORGE WHITMAN	58 M	FRANKFORD	5588	5:13.90	8:25.17	52:19.0
6	DAVID DOWN	55 M	BRIGHTON	5037	5:16.70	8:29.68	52:47.0
7	BOYD WHYTE	56 M	STIRLING	5038	5:16.70	8:29.68	52:47.0
8	DAVID BIRCHARD	52 M	BELLEVILLE	5023	5:17.70	8:31.29	52:57.0
9	SCOTT THOMPSON	56 M	OTTAWA	5586	5:24.90	8:42.88	54:09.0
10	STEVEN SENSENSTEIN	54 M	PICTON	5595	5:24.98	8:43.00	54:09.8
11	MARIO BLOUIN	51 M	L ASSOMPTION	5599	7:00.18	11:16.21	1:10:01.8
<b>MALE 60 - 69</b>							
1	JIM ESTES	63 M	KINGSTON	5591	4:55.40	7:55.40	49:14.0
2	TOM DOLAN	66 M	BELLEVILLE	5593	5:48.70	9:21.18	58:07.0
3	MICHAEL LA ROSE	66 M	PICTON	5039	6:11.09	9:57.21	1:01:50.9
4	BRUCE HELLIKER	63 M	RUSSELL	5590	8:56.70	14:23.73	1:29:27.0