

Sand Banks 5/10K Races

Sand Banks Provincial Park

09/16/2012 - 09/16/2012

Results by www.runningbydesign.ca**Event # 1 MIXED 5K Run**

	Name	Age	Team	Bib	Avg per K	Avg per MI	Time
FEMALE 1 - 14							
1	KAYLEIGH MAKRUCHA	11 F	KINGSTON	5202	4:58.40	8:00.23	24:52.0
2	AMANDA JOHNSON	11 F	PICTON	5337	5:37.02	9:02.38	28:05.1
3	MALLORY LINDSAY	14 F	WELLINGTON	5367	5:56.90	9:34.37	29:44.5
4	LEAH OSTER	11 F	NAPANEE	5203	6:04.26	9:46.22	30:21.3
5	HOLLY GARDNER	7 F	KINGSTON	5349	6:41.82	10:46.67	33:29.1
6	OLIVIA BLAIR	9 F	BELLEVILLE	5365	6:49.08	10:58.35	34:05.4
7	MEGHAN CAIN	11 F	LYNHURST	5201	9:04.80	14:36.77	45:24.0
FEMALE 15 - 19							
1	MARLISA BEVAART	15 F	BRIGHTON	5350	4:15.40	6:51.03	21:17.0
2	ELIZABETH BIRCHARD	15 F	BELLEVILLE	5335	4:37.40	7:26.43	23:07.0
3	BAILEY SHAW	17 F	KINGSTON	5207	5:41.80	9:10.07	28:29.0
4	AMANDA THOMPSON	19 F	NAPANEE	5212	6:27.70	10:23.94	32:18.5
5	KEIRA TOWERS	17 F	TORONTO	5339	6:54.74	11:07.46	34:33.7
6	JENNA RAABE	18 F	NAPANEE	5208	7:21.22	11:50.07	36:46.1
7	HEATHER RAABE	18 F	NAPANEE	5209	7:29.80	12:03.88	37:29.0
8	MIRIAM PETCH	19 F	BELLEVILLE	5211	9:27.60	15:13.46	47:18.0
FEMALE 20 - 29							
1	MEAGHAN IWANOWSKI	26 F	KANATA	5216	4:30.00	7:14.52	22:30.0
2	EMILY BURT	22 F	BELLEVILLE	5213	5:00.00	8:02.80	25:00.0
3	CHRISTINE HUDSON	26 F	MILFORD	5361	5:05.12	8:11.04	25:25.6
4	HEATHER PAULIN	29 F	TRENTON	5220	5:49.98	9:23.24	29:09.9
5	JENNIFER ALLAN	28 F	SHARBOT LAKE	5218	6:32.06	10:30.96	32:40.3
6	VALERIE SAUVE	26 F	TICHBORNE	5217	6:34.48	10:34.85	32:52.4
7	CRISTAL HEINTZMAN	24 F	PICTON	5330	6:57.38	11:11.71	34:46.9
8	MARYJO TAIT	25 F	DUTTON	5215	7:31.50	12:06.62	37:37.5
9	LEIGH MARSALEK	29 F	YARKER	5219	7:39.56	12:19.59	38:17.8
10	CHARLOTTE PORTER	29 F	KINGSTON	5341	8:11.50	13:10.99	40:57.5
11	ZOE HAYES	22 F	TAMWORTH	5214	12:14.22	19:41.61	1:01:11.1
FEMALE 30 - 39							
1	AMY DICKENS	31 F	BELLEVILLE	5364	4:45.20	7:38.98	23:46.0
2	LAUREN LABERGE	31 F	OTTAWA	5223	4:53.60	7:52.50	24:28.0
3	LORRAINE HUDSON	33 F	TORONTO	5228	5:05.74	8:12.04	25:28.7
4	CARINA GARDNER	37 F	KINGSTON	5236	5:09.08	8:17.42	25:45.4
5	GILLIAN BROWN	33 F	KINGSTON	5336	5:29.54	8:50.34	27:27.7
6	HEATHER SMITH	35 F	KINGSTON	5233	5:43.00	9:12.00	28:35.0
7	SHERRIE MURPHY	37 F	ERINSVILLE	5240	5:43.60	9:12.97	28:38.0
8	KELLY GREGORY	34 F	KINGSTON	5230	5:52.18	9:26.78	29:20.9
9	DEANNA HINDMAN	37 F	NAPANEE	5239	5:54.84	9:31.06	29:34.2
10	LISA LINDSAY	39 F	WELLINGTON	5371	5:56.56	9:33.83	29:42.8
11	JULIA BLAKE	37 F	PICTON	5235	5:57.84	9:35.89	29:49.2
12	LINDSAY ELLIOTT	33 F	DEMORESTVILLE	5227	6:01.08	9:41.10	30:05.4
13	LAURA BELL	33 F	BELLEVILLE	5225	6:02.76	9:43.81	30:13.8
14	ANGIE WEBSTER	32 F	KINGSTON	5224	6:13.64	10:01.32	31:08.2
15	LAURA HEATH	37 F	BELLEVILLE	5238	6:17.10	10:06.88	31:25.5
16	RICHELLE SARMIENTO	32 F	SYRACUSE	5332	6:28.86	10:25.81	32:24.3
17	ANGELA SERGEANT	38 F	SHARBOT LAKE	5242	6:36.20	10:37.62	33:01.0
18	NICOLE ANDERSON	34 F	MARMORA	5327	6:38.46	10:41.26	33:12.3
19	NATALIE VADER	38 F	BELLEVILLE	5366	6:42.44	10:47.66	33:32.2
20	AMY TULLOCH	37 F	NAPANEE	5241	6:50.20	11:00.15	34:11.0

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	Name	Age	Team	Bib	Avg per K	Avg per MI	Time
21	BETH GOLDBERG	37 F	KINGSTON	5237	6:50.28	11:00.28	34:11.4
22	MAARJE ARMSTRONG	37 F	BELLEVILLE	5234	6:50.70	11:00.96	34:13.5
23	ELIZABETH REIMER	34 F	ST THOMAS	5231	7:40.98	12:21.88	38:24.9
24	DANETTE COUNTRYMAN	30 F	KINGSTON	5221	7:43.98	12:26.70	38:39.9
25	ANGELA TOFFLEMIRE	39 F	NAPANEE	5244	7:44.06	12:26.83	38:40.3
26	AMBER CHRISTOPHER	31 F	BRIGHTON	5222	7:46.10	12:30.12	38:50.5
27	LORI DENARD	39 F	CORBYVILLE	5243	8:02.56	12:56.61	40:12.8
28	BECCI JOHNSTONE	33 F	BELLEVILLE	5229	8:11.36	13:10.77	40:56.8
29	LIZ BOZIER-LOWN	33 F	CORBYVILLE	5226	8:11.42	13:10.86	40:57.1
FEMALE 40 - 49							
1	ANGELA MURPHY	41 F	NAPANEE	5352	5:20.46	8:35.73	26:42.3
2	LYNNE CLOSSON	40 F	AMELIASBURG	5245	5:38.36	9:04.54	28:11.8
3	SUSAN VADER	47 F	CHERRY VALLEY	5362	5:40.74	9:08.37	28:23.7
4	SUE CLEMENTS	49 F	BELLEVILLE	5370	5:52.74	9:27.68	29:23.7
5	SUSAN SEMPLE	47 F	KINGSTON	5333	6:00.62	9:40.36	30:03.1
6	SHARI SHAW	49 F	KINGSTON	5265	6:02.96	9:44.13	30:14.8
7	PAM HODGEN	48 F	NAPANEE	5261	6:09.00	9:53.85	30:45.0
8	JOANNE PATEY	44 F	BELLEVILLE	5342	6:22.56	10:15.67	31:52.8
9	KIMBERLEY EVANS	45 F	ORANGEVILLE	5259	6:25.66	10:20.66	32:08.3
10	CAROLE ANDREWS	42 F	PICTON	5247	6:25.74	10:20.79	32:08.7
11	NANCY KRAMPITZ	45 F	KINGSTON	5256	6:26.58	10:22.14	32:12.9
12	JILL THOMPSON	48 F	NAPANEE	5262	6:26.66	10:22.27	32:13.3
13	RACHEL HINTZE	43 F	BALDWINVILLE	5250	6:28.80	10:25.71	32:24.0
14	HELGA MICHEL	49 F	BELLEVILLE	5264	6:29.76	10:27.26	32:28.8
15	LEEANNE MARKLAND	42 F	NAPANEE	5249	6:36.56	10:38.20	33:02.8
16	JULIE THROOP	48 F	KINGSTON	5263	6:52.12	11:03.24	34:20.6
17	LANA RAABE	44 F	NAPANEE	5254	7:21.16	11:49.98	36:45.8
18	TRACY RITTWAGE	46 F	BELLEVILLE	5258	7:29.82	12:03.92	37:29.1
19	ANGELA WILLIS	41 F	PICTON	5246	7:33.12	12:09.23	37:45.6
20	TRACY KENT-HILLIS	43 F	HARROWSMITH	5252	9:11.80	14:48.04	45:59.0
21	LISA MACDONALD	47 F	NAPANEE	5260	9:12.00	14:48.36	46:00.0
22	JACQUELINE THERIAULT	45 F	CORBYVILLE	5257	11:17.80	18:10.81	56:29.0
23	SALINDA HORGAN	43 F	KINGSTON	5251	11:27.40	18:26.26	57:17.0
24	LESLIE BULLER-HAYES	45 F	TAMWORTH	5255	12:14.20	19:41.58	1:01:11.0
FEMALE 50 - 59							
1	JANET FORAN-GONEAU	57 F	BELLEVILLE	5276	4:54.80	7:54.43	24:34.0
2	CAROLYN DUMAS-SIMON	59 F	AJAX	5278	5:27.38	8:46.87	27:16.9
3	PETRA AUSTIN	53 F	TRENTON	5270	5:27.92	8:47.74	27:19.6
4	MELANIE REGAN	50 F	NAPANEE	5360	6:06.04	9:49.08	30:30.2
5	ANTOINETTE TOWLE	54 F	LYNDHURST	5273	6:29.86	10:27.42	32:29.3
6	CATHY WARREN	59 F	WOOLER	5279	6:30.34	10:28.19	32:31.7
7	ALANNA KALNAY	53 F	BELLEVILLE	5354	6:41.50	10:46.15	33:27.5
8	NANCY MANION	51 F	KINGSTON	5267	6:56.70	11:10.61	34:43.5
9	SUSAN PATTERSON	52 F	TORONTO	5338	6:59.06	11:14.41	34:55.3
10	WENDY MACARTHUR	54 F	KINGSTON	5272	6:59.32	11:14.83	34:56.6
11	TRINA KELLY	53 F	NAPANEE	5271	7:29.88	12:04.01	37:29.4
12	SUZANNE VINCENT	51 F	BELLEVILLE	5269	7:30.54	12:05.07	37:32.7
13	SHARI SAMPSON	50 F	NAPANEE	5266	7:34.14	12:10.87	37:50.7
14	DEBORAH HUDSON	58 F	MILFORD	5277	7:54.16	12:43.09	39:30.8
15	PATRICIA MYHILL	51 F	TRENTON	5268	8:39.80	13:56.54	43:19.0
FEMALE 60 - 69							
1	SUSAN BECKETT	61 F	BELLEVILLE	5345	6:07.50	9:51.43	30:37.5

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2	CAROLE WIMAN	60 F	TRENTON	5274	6:12.14	9:58.90	31:00.7
3	SANDY YOUNG	60 F	BATH	5281	7:10.50	11:32.82	35:52.5
4	WENDA LALANDE	61 F	NAPANEE	5326	8:09.80	13:08.26	40:49.0
5	MIRIAN O'NEIL	60 F	TORONTO	5280	9:21.80	15:04.13	46:49.0
FEMALE 70 - 99							
1	GWENN DROVER	77 F	PERTH	5344	6:21.94	10:14.67	31:49.7
MALE 1 - 14							
1	EVAN LOTEN	13 M	PERTH	5343	4:24.80	7:06.15	22:04.0
2	TREVOR MILLER	12 M	CHERRY VALLEY	5284	4:53.60	7:52.50	24:28.0
3	BEN GIROUX	10 M	CHERRY VALLEY	5340	4:55.20	7:55.08	24:36.0
4	HUGO CLEMENTS	13 M	BELLEVILLE	5369	5:22.66	8:39.27	26:53.3
5	ANTHONY HULL-KENNEE	14 M	BELLEVILLE	5358	5:39.20	9:05.89	28:16.0
6	THOMAS MAIR	9 M	YARKER	5282	5:40.68	9:08.27	28:23.4
7	PATRICK FINNERTY	13 M	MARMORA	5329	5:44.78	9:14.87	28:43.9
8	HUNTER GAREY	14 M	COBOURG	5285	6:14.82	10:03.21	31:14.1
9	JAKE BOONE	10 M	PICTON	5283	7:35.32	12:12.77	37:56.6
10	JOEY GARDNER	6 M	KINGSTON	5347	8:09.72	13:08.13	40:48.6
MALE 15 - 19							
1	RYAN FOX	17 M	BELLEVILLE	5290	4:01.60	6:28.82	20:08.0
2	JARED KURISH	18 M	KINGSTON	5291	4:03.40	6:31.71	20:17.0
3	BEN VANDEWALLE	16 M	CRASSIER	5368	4:30.80	7:15.81	22:34.0
4	STEPHEN MAKARUCHA	15 M	KINGSTON	5287	4:47.40	7:42.53	23:57.0
5	MARCUS SIMONS	16 M	AJAX	5289	4:52.20	7:50.25	24:21.0
6	ANDRE BOUTROS	15 M	AJAX	5286	4:54.00	7:53.15	24:30.0
7	JESSE ANDERSON	15 M	MARMORA	5328	9:33.80	15:23.44	47:49.0
MALE 20 - 29							
1	CHRISTOPHER MANION	28 M	KANATA	5294	5:25.36	8:43.62	27:06.8
2	DAVID STRUTHERS	24 M	NAPANEE	5293	5:44.98	9:15.19	28:44.9
3	BEN STENFERT	29 M	OTTAWA	5597	5:46.42	9:17.51	28:52.1
4	NIK GARDNER	25 M	KINGSTON	5348	8:09.88	13:08.39	40:49.4
5	JEREMY THERIAULT	23 M	CORBYVILLE	5292	8:18.92	13:22.93	41:34.6
MALE 30 - 39							
1	JOHN COFFIN	31 M	BELLEVILLE	5296	3:36.20	5:47.94	18:01.0
2	ANDREW HOEFEL	30 M	KINGSTON	5295	4:22.20	7:01.97	21:51.0
3	ROBERT LABERGE	34 M	OTTAWA	5299	4:31.60	7:17.10	22:38.0
4	NATHAN NUGENT	37 M	BELLEVILLE	5357	4:52.80	7:51.22	24:24.0
5	MATTHEW MCCUAIG	37 M	STIRLING	5302	5:06.44	8:13.17	25:32.2
6	JASON SWEET	35 M	PICTON	5300	5:30.44	8:51.79	27:32.2
7	KEVIN HEATH	38 M	BELLEVILLE	5303	5:32.30	8:54.78	27:41.5
8	STEPHEN LIPPITT	39 M	CONSELON	5372	5:33.02	8:55.94	27:45.1
9	CRISTIAN MEDINA	32 M	TORONTO	5297	5:43.36	9:12.58	28:36.8
10	BEN VERBRUGGEN	33 M	BRIGHTON	5298	5:57.94	9:36.05	29:49.7
11	WILLIAM TURCZYN	33 M	GRISKANY	5355	6:05.64	9:48.44	30:28.2
12	MARISSA FOURNIER	37 M	BELLEVILLE	5356	8:06.00	13:02.14	40:30.0
13	VENKATESAN SIVARAJAN	38 M	TORONTO	5304	10:16.00	16:31.36	51:20.0
MALE 40 - 49							
1	DARRIN HEASMAN	43 M	STIRLING	5308	3:58.60	6:23.99	19:53.0
2	JAMES SWINNERTON	47 M	BRAMPTON	5312	4:14.80	6:50.06	21:14.0
3	TIM HILLIS	46 M	HARROWSMITH	5310	4:22.00	7:01.65	21:50.0
4	ARTUR LIWSKI	40 M	TORONTO	5331	5:28.54	8:48.73	27:22.7
5	ROBERT HITCHON	41 M	BELLEVILLE	5306	5:28.92	8:49.35	27:24.6
6	RALPH MAIR	49 M	YARKER	5315	5:40.06	9:07.27	28:20.3

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7	JOHN MURPHY	43 M	ERINSVILLE	5253	5:44.04	9:13.68	28:40.2
8	STEVE PYSKLYWEC	40 M	BELLEVILLE	5305	5:53.06	9:28.20	29:25.3
9	BRIAN MACARTHUR	45 M	KINGSTON	5309	6:01.82	9:42.29	30:09.1
10	MAHER BOUTROS	49 M	AJAX	5314	6:17.00	10:06.72	31:25.0
11	JAY MIDDLETON	48 M	BELLEVILLE	5313	7:33.04	12:09.10	37:45.2
MALE 50 - 59							
1	PETER JAMES	57 M	BELLEVILLE	5346	3:53.20	6:15.30	19:26.0
2	PAUL KENNY	59 M	CHERRY VALLEY	5320	4:07.20	6:37.83	20:36.0
3	DUNCAN COOPER	54 M	BELEVILLE	5318	4:39.60	7:29.97	23:18.0
4	KEVIN FERGUSON	52 M	BELLEVILLE	5317	5:26.88	8:46.06	27:14.4
5	PAUL ROBERTSON	56 M	AJAX	5288	5:38.26	9:04.38	28:11.3
6	RANDY SAMPSON	58 M	BATH	5334	5:47.54	9:19.31	28:57.7
7	JOHN KALNAY	51 M	CLEVELAND	5353	6:39.38	10:42.74	33:16.9
8	JAMES SWEENEY	50 M	NEWBURGH	5316	7:21.28	11:50.17	36:46.4
9	RICK DURST	59 M	MILFORD BAY	5319	9:40.00	15:33.42	48:20.0
MALE 60 - 69							
1	JIM EARLE	60 M	BROCKVILLE	5359	4:20.20	6:58.75	21:41.0
2	ROBB ANDERSON	62 M	CARLETON PLACE	5321	4:35.20	7:22.89	22:56.0
3	JIM CHAPMAN	64 M	BRIGHTON	5363	5:35.70	9:00.26	27:58.5
4	PETER BLOOD	66 M	LYNDHURST	5322	6:15.40	10:04.15	31:17.0
5	TOM RICHARD	64 M	WATERDOWN	5325	6:42.14	10:47.18	33:30.7
MALE 70 - 99							
1	LESLIE MCCLAIR	71 M	MADOC	5351	5:30.32	8:51.60	27:31.6
2	JERRY VICKERS	71 M	BELLEVILLE	5324	7:25.76	11:57.38	37:08.8