

**Friends of Sandbanks 5km/10km Races**

Sandbanks Provincial Park

17/09/2017

9/17/17 - 9/17/17

Results by [www.runningbydesign.com](http://www.runningbydesign.com)**Event # 1 MIXED 10K Run**

	Name	Age	Bib	Team	Avg per K	Avg per MI	Time
<b>OVERALL</b>							
1	Lorne Singer	M 51	1847	BELLEVILLE	4:08.2	6:39.5	41:22.66
2	Peter Millican	M 52	1832	MADOC	4:09.2	6:41.1	41:32.38
3	Gary Boyd	M 51	1829	WELLINGTON	4:10.0	6:42.3	41:40.18
4	Jeff Green	M 41	1846	WELLINGTON	4:12.0	6:45.6	42:00.53
5	Bob Van Blitterswyk	M 52	1830	ELIZABETHTOWN	4:25.2	7:06.9	44:12.84
6	Benny Scarr-Crosmas	M 17	1841	BRIGHTON	4:30.4	7:15.2	45:04.62
7	Kevin Armstrong	M 54	1842	SYDENHAM	4:31.4	7:16.8	45:14.43
8	Christopher La Rose	M 45	1826	PICTON	4:32.4	7:18.4	45:24.66
9	Zohrab Mawani	M 47	1850	TORONTO	4:34.9	7:22.4	45:49.25
10	Christian Ritchot	M 58	1833	BELLEVILLE	4:37.0	7:25.8	46:10.12
11	Erik Mohr	M 42	1851	TORONTO	4:44.8	7:38.3	47:28.34
12	Jesse Bond	M 37	1822	TORONTO	4:45.4	7:39.4	47:34.66
13	Derek Chezzi	M 44	1825	TORONTO	4:45.8	7:39.9	47:38.12
14	Chris LaCroix	M 51	1840	STIRLING	4:47.6	7:42.9	47:56.62
15	Chelsie Wood	F 23	1804	OTTAWA	5:07.3	8:14.5	51:13.12
16	Glen Oster	M 48	1827	NAPANEE	5:09.5	8:18.1	51:35.38
17	David Cannons	M 50	1828	KINGSTON	5:11.4	8:21.1	51:54.25
18	Spencer Haennel	M 14	1821	AMELIASBURG	5:15.3	8:27.4	52:33.38
19	Thomas White	M 63	1835	ALLISTON	5:16.5	8:29.4	52:45.81
20	Holly Goulah	F 28	1807	BELLEVILLE	5:21.0	8:36.5	53:30.00
21	Steve Kinney	M 41	1823	PICTON	5:31.2	8:53.1	55:12.78
22	Leah Oster	F 16	1802	NAPANEE	5:36.5	9:01.5	56:05.25
23	Mark Halman	M 54	1845	WELLINGTON	5:36.8	9:02.1	56:08.53
24	Mary James	F 62	1844	PLAINFIELD	5:38.8	9:05.2	56:28.15
25	rose Thomson	F 61	1819	HAMILTON	5:41.0	9:08.8	56:50.18
26	Tracy Thomson	F 24	1806	TORONTO	5:47.4	9:19.2	57:54.84
27	Madison Oskamp	F 25	1836	BELLEVILLE	5:47.7	9:19.6	57:57.38
28	Michelle Pothier	F 49	1849	PICTON	5:47.8	9:19.7	57:58.12
29	Alexis Bouma	F 34	1810	PICTON	5:50.8	9:24.6	58:28.69
30	George Whitman	M 63	1834	FRANKFORD	5:52.0	9:26.5	58:40.62
31	SharaLee Foster	F 42	1812	TRENTON	5:52.9	9:27.9	58:49.28
32	Trina Griffith	F 17	1803	TRENTON	5:53.9	9:29.6	58:59.84
33	Steve Mckee	M 41	1824	CONSECON	5:54.1	9:29.9	59:01.69
34	Jim Estes	M 68	1838	KINGSTON	6:00.8	9:40.6	1:00:08.15
35	Karen Jones	F 64	1820	BELLEVILLE	6:11.8	9:58.4	1:01:58.72
36	Alana DeVille	F 40	1811	TRENTON	6:37.9	10:40.3	1:06:19.00
37	Risa Bardman	F 55	1852	TORONTO	6:46.8	10:54.6	1:07:48.00
38	Roger Johnson	M 70	1839	BELLEVILLE	6:50.6	11:00.7	1:08:26.00
39	Kathryn Hrenyk	F 27	1848	BELLEVILLE	6:53.1	11:04.8	1:08:51.00
40	Ann Cooper	F 58	1816	PICTON	7:39.0	12:18.6	1:16:30.00
41	Karen Burkett	F 43	1813	KINGSTON	7:42.6	12:24.4	1:17:06.00
42	Laurie Schur	F 50	1814	GANANOQUE	7:42.7	12:24.6	1:17:07.00
43	Dean Smith	M 52	1831	COBOURG	7:49.8	12:36.0	1:18:18.00
44	Ashley Beimers	F 30	1808	PICTON	8:06.6	13:03.1	1:21:06.00

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45	Jonathan Danels	M 48	1853	TORONTO	8:23.4	13:30.1	1:23:54.00

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