

Sydenham Trail Race 8km

Spafford Health & Adventure

2018-10-21

10/21/18 - 10/21/18

Results by www.runningbydesign.com**Event # 1 MIXED 8K Run**

Name	Age	Bib	Team	Avg per K	Avg per MI	Time
FEMALE 1 - 15						
1 Mya Jeffries	15	5258	8KM	6:05.2	9:47.8	48:42.00
FEMALE 20 - 29						
1 Jenna Shoniker	21	5327	8KM	4:34.3	7:21.5	36:34.96
2 Danika Winkel	24	5356	8KM	4:51.1	7:48.5	38:49.00
3 Laura Mungham	26	5295	8KM	5:22.3	8:38.8	42:59.15
4 Julie Orr	26	5300	8KM	5:44.1	9:13.7	45:52.81
5 Laura Cumming	24	5219	8KM	6:07.8	9:52.0	49:02.84
6 Denae Van Blitterswyk	22	5341	8KM	6:15.6	10:04.5	50:05.31
7 Danielle LaBrie	29	5264	8KM	6:15.8	10:04.8	50:06.84
8 Tasha Spafford	23	5330	8KM	8:50.3	14:13.5	1:10:42.84
FEMALE 30 - 39						
1 Tara Archibald	38	5201	8KM	4:25.3	7:07.1	35:23.12
2 Julie MacDonald	31	5275	8KM	4:31.4	7:16.7	36:11.28
3 Emma Saaltink	30	5320	8KM	4:53.8	7:52.9	39:11.12
4 Lesley Rudy	38	5318	8KM	4:56.5	7:57.1	39:32.06
5 Diane Pennell	39	5303	8KM	5:03.1	8:07.8	40:25.12
6 Ashley Miller	33	5291	8KM	5:07.0	8:14.1	40:56.18
7 Aaron Hoekstra	38	5249	8KM	5:07.5	8:14.8	41:00.09
8 Julene Denstedt	37	5221	8KM	5:19.9	8:34.9	42:39.81
9 Ruth Noordegraaf	38	5299	8KM	5:28.2	8:48.2	43:45.84
10 Kate Whelan	37	5352	8KM	5:31.2	8:53.0	44:09.94
11 Lindsay Robertson	30	5311	8KM	5:39.4	9:06.3	45:15.81
12 Melissa Morey	32	5293	8KM	5:44.7	9:14.8	45:58.18
13 Jessica Corbeil	35	5217	8KM	5:55.4	9:32.0	47:23.56
14 Holly Main	34	5278	8KM	6:00.0	9:39.4	48:00.50
15 Shannon Bowes	32	5211	8KM	6:05.7	9:48.6	48:46.31
16 Julie Facey-Crowther	33	5225	8KM	6:12.9	10:00.1	49:43.47
17 Jennifer Holliday	36	5250	8KM	6:25.6	10:20.6	51:25.28
18 Kimberley Willows	36	5355	8KM	6:34.2	10:34.4	52:33.91
19 Stephanie Curzon	34	5220	8KM	8:25.7	13:33.9	1:07:26.25
20 Heather Lees	37	5267	8KM	10:02.0	16:08.8	1:20:16.00
FEMALE 40 - 49						
1 Lana Saunders	42	5322	8KM	4:45.0	7:38.7	38:00.62
2 Amelie Walsh	45	5349	8KM	5:14.4	8:26.1	41:55.84
3 Nicky Bell	43	5206	8KM	5:30.7	8:52.2	44:06.03
4 Leigh-Ann Fingland	47	5228	8KM	5:54.2	9:30.0	47:13.90
5 Jennifer Robinson	43	5312	8KM	6:03.8	9:45.6	48:31.06
6 Jennifer Brownlee	49	5213	8KM	6:04.6	9:46.8	48:37.00
7 Carolyn Gauthier	45	5234	8KM	6:08.5	9:53.0	49:08.00
8 Melanie Mercer Melbourne	42	5288	8KM	6:21.9	10:14.7	50:55.84
9 Janice Ringler	46	5310	8KM	6:25.2	10:19.9	51:21.72
10 Rupa Patel	49	5301	8KM	6:25.9	10:21.1	51:27.75
11 Janet Gartley	49	5232	8KM	6:29.6	10:27.1	51:57.44
12 Anne Lindsay	40	5271	8KM	7:18.3	11:45.4	58:26.88

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	Name	Age	Bib	Team	Avg per K	Avg per MI	Time
13	Tara Reynolds	44	5363	8KM	7:18.7	11:46.1	58:30.25
14	Alex Walker	44	5367	8KM	7:25.9	11:57.6	59:27.34
15	Andrea Sealy	41	5326	8KM	7:25.9	11:57.7	59:27.78
16	Chantel Lavoie	48	5265	8KM	7:36.7	12:15.1	1:00:54.31
17	Jackie McCullough	49	5280	8KM	7:36.8	12:15.2	1:00:55.09
FEMALE 50 - 59							
1	deborah Berry	56	5207	8KM	4:49.1	7:45.3	38:33.25
2	Vicki Macdonald	52	5276	8KM	5:11.4	8:21.2	41:31.47
3	Kathy Hinch	57	5245	8KM	5:33.8	8:57.2	44:30.84
4	Wendy Guthrie	51	5238	8KM	5:43.4	9:12.7	45:47.56
5	Jessica Harvie	53	5243	8KM	5:54.0	9:29.8	47:12.66
6	Varley Taylor	50	5337	8KM	6:00.2	9:39.7	48:02.15
7	Wendy Walsh	55	5348	8KM	6:11.4	9:57.7	49:31.56
8	Diane Crawford	58	5218	8KM	6:23.5	10:17.2	51:08.44
9	Joanne McLeod	51	5284	8KM	6:24.1	10:18.1	51:12.81
10	Lynne Cardinal	56	5215	8KM	6:24.1	10:18.2	51:13.28
11	Corinne Johnson	50	5259	8KM	6:56.3	11:10.0	55:30.91
12	Lorrie Rossetti	59	5316	8KM	7:02.4	11:19.8	56:19.69
13	Alison Bonham	50	5209	8KM	7:08.1	11:29.0	57:05.03
14	Carol Peterson	53	5306	8KM	7:12.6	11:36.2	57:41.15
15	Belinda Bancroft	54	5204	8KM	7:27.5	12:00.2	59:40.47
16	Luanne Halerewich	51	5240	8KM	7:27.6	12:00.4	59:41.18
17	Donna Francom	58	5231	8KM	7:34.5	12:11.6	1:00:36.78
18	Kim Hurt	54	5255	8KM	8:07.9	13:05.2	1:05:03.68
19	Melanie Strickland	52	5333	8KM	8:21.5	13:27.1	1:06:52.47
20	Julie Greavett	57	5236	8KM	9:45.7	15:42.6	1:18:06.00
FEMALE 60 - 69							
1	Deborah Holtom	67	5253	8KM	4:56.6	7:57.4	39:33.37
2	Shirley Myers	66	5297	8KM	5:17.3	8:30.6	42:18.50
3	Cheryl Scott	61	5325	8KM	5:53.8	9:29.4	47:10.88
4	Lori Templeton	61	5339	8KM	6:01.1	9:41.2	48:09.18
5	Brenda Saaltink	63	5321	8KM	6:12.9	10:00.2	49:43.96
6	Eithne Dunbar	69	5366	8KM	6:21.8	10:14.5	50:54.91
7	Janet MacWhirter	60	5277	8KM	6:32.2	10:31.2	52:18.15
8	Susan Meyers	65	5289	8KM	6:41.3	10:45.9	53:30.75
9	Maryanne Takala	61	5335	8KM	6:57.5	11:12.0	55:40.78
10	Anne Genge	67	5235	8KM	7:26.7	11:58.9	59:34.09
11	Barb Guiden	60	5237	8KM	7:27.6	12:00.3	59:40.81
12	Judith Davidson	61	5365	8KM	7:48.4	12:33.9	1:02:27.78
13	Andree Bouchard	60	5210	8KM	7:48.5	12:34.0	1:02:28.21
14	Carole Russell	67	5319	8KM	8:07.9	13:05.2	1:05:03.34
15	Dinah Viola	61	5344	8KM	9:45.7	15:42.6	1:18:06.10
16	Sheila McWatters	63	5285	8KM	10:15.0	16:29.7	1:22:00.00
FEMALE 70 - 79							
1	Mary Clayton	74	5216	8KM	6:17.1	10:06.8	50:16.84
2	Liz Walker	72	5346	8KM	6:40.8	10:45.1	53:26.97
3	Anne Hodgson	71	5248	8KM	6:43.5	10:49.4	53:48.22

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	Name	Age	Bib	Team	Avg per K	Avg per MI	Time
4	Pat Tamblyn	71	5336	8KM	7:27.2	11:59.7	59:37.78
MALE 1 - 15							
1	Liam Holliday	10	5252	8KM	4:56.5	7:57.2	39:32.59
MALE 20 - 29							
1	Dakota Lavery	21	5361	8KM	3:36.0	5:47.6	28:48.12
2	Ryan Van Dyl	28	5360	8KM	3:52.3	6:13.8	30:58.41
3	Brett Walsh	29	5350	8KM	4:18.6	6:56.2	34:29.31
4	Colby Harris	26	5242	8KM	5:02.3	8:06.6	40:19.06
MALE 30 - 39							
1	Scott Wilkes	39	5354	8KM	3:34.2	5:44.8	28:34.18
2	Michael MacDonald	35	5274	8KM	3:48.9	6:08.4	30:31.46
3	Ryan Dorsey	32	5362	8KM	4:06.8	6:37.2	32:54.50
4	Rob Whelan	37	5351	8KM	4:12.4	6:46.3	33:39.72
5	Geoff Stephen	36	5332	8KM	4:16.0	6:52.0	34:08.31
6	Tim Dewailly	38	5369	8KM	4:34.2	7:21.3	36:33.84
7	Ray Vandenberg	38	5342	8KM	4:52.9	7:51.5	39:03.97
8	Andrew Hood	34	5254	8KM	5:00.9	8:04.2	40:07.22
9	David Holliday	39	5251	8KM	5:14.2	8:25.7	41:53.97
10	Mark Dickson	31	5222	8KM	5:39.4	9:06.2	45:15.50
MALE 40 - 49							
1	Corey Turnbull	47	5359	8KM	3:47.3	6:05.8	30:18.50
2	Fraser Pipe	42	5307	8KM	3:57.6	6:22.5	31:41.59
3	Vasilios Boletis	44	5208	8KM	4:20.5	6:59.2	34:44.00
4	Daniel Lees	46	5368	8KM	4:20.8	6:59.7	34:46.44
5	Emile Ndorimana	44	5298	8KM	4:23.5	7:04.2	35:08.75
6	Scott Peirson	46	5302	8KM	4:28.5	7:12.1	35:48.44
7	Paul Pennell	43	5304	8KM	4:31.0	7:16.1	36:08.06
8	Brian Gartley	48	5233	8KM	4:39.9	7:30.5	37:19.53
9	Curtis Runions	40	5358	8KM	4:44.2	7:37.4	37:53.84
10	Steve Liberty	45	5270	8KM	4:48.6	7:44.4	38:29.00
11	Edward Fingland	41	5229	8KM	4:55.3	7:55.3	39:22.78
12	Duncan McGregor	44	5282	8KM	6:21.2	10:13.6	50:50.28
13	Phil Livingston	47	5272	8KM	8:08.8	13:06.7	1:05:10.91
14	Rick Jeffries	41	5257	8KM	9:41.3	15:35.6	1:17:31.00
MALE 50 - 59							
1	Earl Steinbrecher	54	5331	8KM	3:48.8	6:08.2	30:30.41
2	Wayne Rice	56	5309	8KM	4:03.2	6:31.4	32:25.84
3	Pedro Fernandes	53	5227	8KM	4:08.4	6:39.7	33:07.34
4	Danny Dwyer	53	5224	8KM	4:09.2	6:41.0	33:13.75
5	Steve Ingo	51	5256	8KM	4:20.0	6:58.4	34:40.22
6	Steven Mota	55	5294	8KM	4:20.5	6:59.3	34:44.78
7	Charlie Roland	54	5314	8KM	4:22.9	7:03.2	35:03.84
8	Martin Guyon	52	5239	8KM	4:24.8	7:06.1	35:18.44
9	Rick Royce	59	5317	8KM	4:26.0	7:08.1	35:28.09
10	Danny Bates	58	5205	8KM	4:27.0	7:09.7	35:36.31
11	Geoffrey Peters	59	5305	8KM	4:45.9	7:40.1	38:07.62
12	Terry Hodge	54	5246	8KM	6:01.5	9:41.8	48:12.53

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MALE 60 - 69							
1	Ian Loughrey	61	5273	8KM	4:13.2	6:47.5	33:46.12
2	Robert Walroth	64	5347	8KM	4:57.3	7:58.5	39:38.66
3	Roger Hawksby	66	5244	8KM	5:43.4	9:12.6	45:47.25
4	Paul Thompson	69	5340	8KM	6:50.3	11:00.3	54:42.75
5	Jack Judge	67	5261	8KM	7:15.3	11:40.5	58:02.59
MALE 70 - 79							
1	Rick Swift	71	5334	8KM	4:32.7	7:18.9	36:22.15
MALE 80 - 99							
1	Merv Hodgson	80	5247	8KM	6:17.6	10:07.7	50:21.34