

## Sydenham Fall 8km

Spafford Health and Adventure

10/20/13 - 10/20/13

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

Name	Age	Team	Bib	Avg per K	Avg per MI	Time
<b>FEMALE 1 - 15</b>						
1 Brooke Eade	14 F	8km	5731	8:33.70	13:46.72	1:08:29.6
<b>FEMALE 20 - 29</b>						
1 Tara Worthv	20 F	8km	5862	4:15.14	6:50.60	34:01.1
2 Kathleen MacPherson	29 F	8km	5778	5:13.55	8:24.61	41:48.4
3 Jennv Kenmir	21 F	8km	5760	5:25.69	8:44.14	43:25.5
4 Grace Kennedv	29 F	8km	5763	5:33.28	8:56.35	44:26.2
5 Carolyn Sowerbv	27 F	8km	5831	6:10.99	9:57.05	49:27.9
6 Karla Rose	27 F	8km	5815	6:12.72	9:59.84	49:41.8
7 Brooke McFarland	21 F	8km	5785	6:21.19	10:13.46	50:49.5
8 Anais Lussier-Labelle	26 F	8km	5774	6:24.78	10:19.24	51:18.2
9 Amanda Martinali	25 F	8km	5782	7:08.48	11:29.56	57:07.8
10 Shannon Kruczowski	26 F	8km	9998	7:08.52	11:29.64	57:08.2
<b>FEMALE 30 - 39</b>						
1 Kristv Cordeiro	39 F	8km	5718	4:22.92	7:03.14	35:03.4
2 Lana Saunders	38 F	8km	5821	4:25.70	7:07.60	35:25.6
3 Wendv O'Keefe	37 F	8km	5804	4:51.10	7:48.48	38:48.8
4 Tricia Sagriff	37 F	8km	5819	4:56.14	7:56.59	39:29.1
5 Corrv-Lin Stephenson	39 F	8km	5835	5:13.12	8:23.93	41:45.0
6 Nicole Houghtaling	34 F	8km	5750	5:14.48	8:26.10	41:55.8
7 Fave Kennedv	31 F	8km	5762	5:26.52	8:45.49	43:32.2
8 Aaron Hoekstra	33 F	8km	5748	5:26.64	8:45.67	43:33.1
9 Jennifer McCarter	31 F	8km	5783	5:36.00	9:00.74	44:48.0
10 Lvnn Douglas	37 F	8km	5730	5:37.19	9:02.65	44:57.5
11 Julie Rvan	39 F	8km	5818	5:45.98	9:16.79	46:07.8
12 Jeana Phillips	36 F	8km	5811	5:54.80	9:31.00	47:18.4
13 Rachel Siemens	33 F	8km	5826	6:07.11	9:50.81	48:56.9
14 Robvn VanBerkel	38 F	8km	5845	6:08.98	9:53.81	49:11.8
15 Avmee Mvers	33 F	8km	5797	6:17.58	10:07.65	50:20.6
16 Natalie Marchenko	32 F	8km	5779	6:17.64	10:07.75	50:21.1
17 Tiernev Winnett	36 F	8km	5858	6:23.99	10:17.97	51:11.9
18 Jen Amos	30 F	8km	5703	6:59.10	11:14.48	55:52.8
19 Treva Bryan	37 F	8km	5711	7:04.11	11:22.54	56:32.9
20 Sarah Cowan	33 F	8km	5719	7:04.18	11:22.64	56:33.4
21 Michelle Phelan	34 F	8km	5808	7:10.80	11:33.31	57:26.4
22 Kate Stephanson	37 F	8km	5834	7:43.25	12:25.53	1:01:46.0
<b>FEMALE 40 - 49</b>						
1 Barb Kilgour	47 F	8km	5766	4:41.62	7:33.23	37:33.0
2 Annalisa Percv	46 F	8km	5807	5:14.01	8:25.35	41:52.1
3 Judith Paradis	44 F	8km	5805	5:14.20	8:25.66	41:53.6
4 Theresa Smith	43 F	8km	5829	5:15.58	8:27.87	42:04.6
5 Patricia Fuller	45 F	8km	5741	5:17.22	8:30.52	42:17.8
6 Heather Karn	47 F	8km	5758	5:17.29	8:30.62	42:18.3
7 Sarah Jaquest	47 F	8km	5755	5:19.84	8:34.73	42:38.7
8 Judy Currv	49 F	8km	5721	5:21.40	8:37.24	42:51.2
9 Catherine Bvers	45 F	8km	5714	5:29.92	8:50.96	43:59.4
10 Carolyn Gauthier	40 F	8km	5743	5:29.98	8:51.04	43:59.8
11 Deb Walker	44 F	8km	5852	5:30.80	8:52.37	44:06.4
12 Meg Freer	48 F	8km	5740	5:38.41	9:04.62	45:07.3
13 Wanda Seidl	47 F	8km	5822	5:40.51	9:08.00	45:24.1

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	Name	Age	Team	Bib	Avg per K	Avg per MI	Time
14	Connie McDonell	42 F	8km	5784	5:46.41	9:17.50	46:11.3
15	Crvstal Thompson	44 F	8km	5840	5:47.78	9:19.69	46:22.2
16	Jackie Moore	43 F	8km	5791	5:59.06	9:37.86	47:52.5
17	Trish Burneau	41 F	8km	5713	6:08.08	9:52.36	49:04.6
18	Laura Darbv	40 F	8km	5722	6:13.25	10:00.69	49:46.0
19	Kellv Wall	42 F	8km	5854	6:21.70	10:14.29	50:53.6
20	Chervl Gallant	48 F	8km	5742	6:26.52	10:22.05	51:32.2
21	Rita Wities	49 F	8km	5859	6:34.92	10:35.57	52:39.4
22	Belinda Bancroft	49 F	8km	5708	6:40.39	10:44.36	53:23.1
23	Johanne Wagner	44 F	8km	5848	6:40.71	10:44.88	53:25.7
24	Julie Lambert	40 F	8km	5770	6:41.60	10:46.31	53:32.8
25	Judv Glennie	48 F	8km	5746	6:53.78	11:05.91	55:10.2
26	Laurie Adrain	46 F	8km	5701	6:58.80	11:13.99	55:50.4
27	Leslie Amos	49 F	8km	5704	7:12.72	11:36.40	57:41.8
28	Susan Overvelde	44 F	8km	5803	7:14.88	11:39.86	57:59.0
29	Cat Thorp	46 F	8km	5841	7:15.48	11:40.83	58:03.8
30	Marina Pascoal	47 F	8km	5806	7:26.32	11:58.29	59:30.6
31	Lisa Taggart	43 F	8km	5838	7:27.80	12:00.66	59:42.4
32	Kellv Alderman	49 F	8km	5702	7:38.38	12:17.68	1:01:07.0
33	Kelly Krumreich	42 F	8km	5768	8:24.40	13:31.75	1:07:15.2
34	Stacv Silver	42 F	8km	5827	9:57.50	16:01.58	1:19:40.0
35	Mandv Nickerson	41 F	8km	5800	9:57.62	16:01.78	1:19:41.0

**FEMALE 50 - 59**

1	Diane Kent	51 F	8km	5765	4:45.65	7:39.71	38:05.2
2	Audethv Tallack	53 F	8km	5863	4:55.49	7:55.54	39:23.9
3	Suzanne Dostaler	56 F	8km	5729	4:55.98	7:56.33	39:27.8
4	Shellev Simpson	52 F	8km	5828	5:18.42	8:32.46	42:27.4
5	Janet Foran-Goneau	58 F	8km	5737	5:19.18	8:33.66	42:33.4
6	Nancv Kenmir	57 F	8km	5761	5:25.75	8:44.24	43:26.0
7	Marv Dickenson	51 F	8km	5726	5:27.44	8:46.96	43:39.5
8	Heather McNie	59 F	8km	5787	5:29.90	8:50.92	43:59.2
9	Brenda Melling	56 F	8km	5789	5:39.71	9:06.71	45:17.7
10	Dawna Revell	50 F	8km	5814	5:40.00	9:07.18	45:20.0
11	Karen Murphv	52 F	8km	5795	5:46.08	9:16.95	46:08.6
12	Karen Davev	56 F	8km	5723	6:14.74	10:03.08	49:57.9
13	Sarah MacBeth	53 F	8km	5775	6:23.78	10:17.63	51:10.2
14	Deborah Gill	52 F	8km	5745	6:30.54	10:28.51	52:04.3
15	Solveig Swinamer	57 F	8km	5837	6:42.96	10:48.51	53:43.7
16	Lisa Runham	53 F	8km	5817	7:10.92	11:33.51	57:27.4
17	Ginnv Trousdale	59 F	8km	5844	8:46.59	14:07.46	1:10:12.7

**FEMALE 60 - 69**

1	Shirlev Mvers	61 F	8km	5799	4:57.16	7:58.24	39:37.3
2	Deborah Holtom	62 F	8km	5749	5:04.24	8:09.62	40:33.9
3	Louise Wood	64 F	8km	5860	5:21.08	8:36.72	42:48.6
4	Anne MacPherson	64 F	8km	5777	6:36.20	10:37.62	52:49.6
5	Liz Crothers	66 F	8km	5720	7:36.58	12:14.79	1:00:52.6
6	Linda McMillan	63 F	8km	5786	8:14.31	13:15.52	1:05:54.5

**MALE 1 - 15**

1	Cameron Ingo	12 M	8km	5751	5:33.60	8:56.88	44:28.8
2	Joseph Sammon	12 M	8km	5820	7:14.78	11:39.70	57:58.2

**MALE 20 - 29**

1	Tvler Ingram	20 M	8km	5754	4:06.22	6:36.26	32:49.8
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	Name	Age	Team	Bib	Avg per K	Avg per MI	Time
2	Joel Levandier	28 M	8km	5772	4:28.72	7:12.47	35:49.8
<b>MALE 30 - 39</b>							
1	Kevin Beattv	37 M	8km	5709	3:37.74	5:50.41	29:01.9
2	John Coffin	32 M	8km	5717	3:47.91	6:06.79	30:23.3
3	Jim Steele	38 M	8km	5833	4:22.80	7:02.94	35:02.4
4	Rob Woods	38 M	8km	5861	5:22.89	8:39.64	43:03.1
5	Jason Pierog	39 M	8km	5813	5:26.05	8:44.73	43:28.4
6	Allan Edelsparre	38 M	8km	5734	5:47.72	9:19.61	46:21.8
7	Jason Marsh	35 M	8km	5781	6:05.40	9:48.05	48:43.2
8	Wade Murrav	36 M	8km	5796	6:21.32	10:13.68	50:50.6
9	Jason Eade	39 M	8km	5732	8:33.75	13:46.80	1:08:30.0
<b>MALE 40 - 49</b>							
1	Mike Kawam	46 M	8km	5759	4:06.75	6:37.11	32:54.0
2	Steve Ingo	46 M	8km	5752	4:15.66	6:51.45	34:05.3
3	Jeff Walker	46 M	8km	5853	4:21.51	7:00.86	34:52.1
4	Tom Meers	42 M	8km	5788	4:35.29	7:23.03	36:42.3
5	Mike Fowler	49 M	8km	5739	4:38.99	7:28.99	37:11.9
6	Andrew Goss	43 M	8km	5747	4:40.62	7:31.62	37:25.0
7	Paul Olmstead	45 M	8km	5801	4:40.88	7:32.02	37:27.0
8	John Leinweber	47 M	8km	5771	4:55.14	7:54.98	39:21.1
9	Chris Dilabio	49 M	8km	5727	5:02.21	8:06.36	40:17.7
10	Jason Phillips	40 M	8km	5810	5:13.64	8:24.75	41:49.1
11	Douglas Weese	49 M	8km	5855	5:46.50	9:17.64	46:12.0
12	Andrew Shortt	46 M	8km	5825	6:24.04	10:18.05	51:12.3
13	Michael Wagner	44 M	8km	5849	6:40.60	10:44.70	53:24.8
<b>MALE 50 - 59</b>							
1	Rick Rovce	54 M	8km	5816	4:00.78	6:27.49	32:06.2
2	Fred Topham	52 M	8km	5842	4:20.90	6:59.88	34:47.2
3	James Moritz	50 M	8km	5793	4:25.05	7:06.56	35:20.4
4	Andrew Forbes	50 M	8km	5738	4:26.65	7:09.13	35:33.2
5	Grant Sutherland	51 M	8km	5864	4:41.88	7:33.63	37:35.0
6	David Birchard	53 M	8km	5710	4:49.81	7:46.41	38:38.5
7	William MacDonald	56 M	8km	5776	5:03.14	8:07.85	40:25.1
8	James Ingram	52 M	8km	5753	5:10.72	8:20.06	41:25.8
9	Ken Lott	52 M	8km	5773	5:28.06	8:47.97	43:44.5
10	Steven Templeton	50 M	8km	5839	5:34.89	8:58.95	44:39.1
11	Andre Dostaler	58 M	8km	5728	5:41.90	9:10.23	45:35.2
12	Ernie Wales	51 M	8km	5851	5:46.64	9:17.86	46:13.1
13	Doug Marlow	54 M	8km	5780	5:56.90	9:34.37	47:35.2
14	Tim Davev	55 M	8km	5724	6:14.69	10:03.00	49:57.5
15	Dan Demianiw	55 M	8km	5725	6:40.85	10:45.11	53:26.8
16	Mike Ebacher	54 M	8km	5733	7:12.79	11:36.50	57:42.3
<b>MALE 60 - 69</b>							
1	Guv Phillips	61 M	8km	5809	5:24.01	8:41.45	43:12.1
2	Jack Judge	62 M	8km	9999	5:39.80	9:06.86	45:18.4
3	Dick Mvers	65 M	8km	5798	5:41.82	9:10.11	45:34.6