

Sydenham Fall 8km

Spafford Health and Adventure

10/20/13 - 10/20/13

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

	Name	Age	Team	Bib	Avg per K	Avg per MI	Time
OVERALL							
1	Rob Asselstine	21 M	8km	5706	3:22.88	5:26.50	27:03.0
2	Jeff Mountiov	23 M	8km	5794	3:29.90	5:37.80	27:59.2
3	Rob Campbell	43 M	8km	5715	3:32.76	5:42.41	28:22.1
4	Kevin Beattv	37 M	8km	5709	3:37.74	5:50.41	29:01.9
5	John Coffin	32 M	8km	5717	3:47.91	6:06.79	30:23.3
6	Clive Morgan	54 M	8km	5792	3:53.70	6:16.10	31:09.6
7	Rick Royce	54 M	8km	5816	4:00.78	6:27.49	32:06.2
8	Morgan Williams	19 F	8km	5856	4:04.26	6:33.10	32:34.1
9	Tvler Ingram	20 M	8km	5754	4:06.22	6:36.26	32:49.8
10	Mike Kawam	46 M	8km	5759	4:06.75	6:37.11	32:54.0
11	Margarita Babkova	43 F	8km	5707	4:12.90	6:47.00	33:43.2
12	Carolyn Coffin	35 F	8km	5716	4:13.80	6:48.45	33:50.4
13	Tara Worthv	20 F	8km	5862	4:15.14	6:50.60	34:01.1
14	Steve Ingo	46 M	8km	5752	4:15.66	6:51.45	34:05.3
15	Fred Topham	52 M	8km	5842	4:20.90	6:59.88	34:47.2
16	Jeff Walker	46 M	8km	5853	4:21.51	7:00.86	34:52.1
17	Jim Steele	38 M	8km	5833	4:22.80	7:02.94	35:02.4
18	Kristv Cordeiro	39 F	8km	5718	4:22.92	7:03.14	35:03.4
19	James Moritz	50 M	8km	5793	4:25.05	7:06.56	35:20.4
20	Lana Saunders	38 F	8km	5821	4:25.70	7:07.60	35:25.6
21	Andrew Forbes	50 M	8km	5738	4:26.65	7:09.13	35:33.2
22	Nanae Arai	43 F	8km	5705	4:27.92	7:11.18	35:43.4
23	Joel Levandier	28 M	8km	5772	4:28.72	7:12.47	35:49.8
24	Tom Meers	42 M	8km	5788	4:35.29	7:23.03	36:42.3
25	Mike Fowler	49 M	8km	5739	4:38.99	7:28.99	37:11.9
26	Andrew Goss	43 M	8km	5747	4:40.62	7:31.62	37:25.0
27	Paul Olmstead	45 M	8km	5801	4:40.88	7:32.02	37:27.0
28	Barb Kilgour	47 F	8km	5766	4:41.62	7:33.23	37:33.0
29	Grant Sutherland	51 M	8km	5864	4:41.88	7:33.63	37:35.0
30	Diane Kent	51 F	8km	5765	4:45.65	7:39.71	38:05.2
31	David Birchard	53 M	8km	5710	4:49.81	7:46.41	38:38.5
32	Wendv O'Keefe	37 F	8km	5804	4:51.10	7:48.48	38:48.8
33	John Leinweber	47 M	8km	5771	4:55.14	7:54.98	39:21.1
34	Audethv Tallack	53 F	8km	5863	4:55.49	7:55.54	39:23.9
35	Suzanne Dostaler	56 F	8km	5729	4:55.98	7:56.33	39:27.8
36	Tricia Sagriff	37 F	8km	5819	4:56.14	7:56.59	39:29.1
37	Shirlev Myers	61 F	8km	5799	4:57.16	7:58.24	39:37.3
38	Chris Dilabio	49 M	8km	5727	5:02.21	8:06.36	40:17.7
39	William MacDonald	56 M	8km	5776	5:03.14	8:07.85	40:25.1
40	Deborah Holtom	62 F	8km	5749	5:04.24	8:09.62	40:33.9
41	James Ineram	52 M	8km	5753	5:10.72	8:20.06	41:25.8
42	Corrv-Lin Stephenson	39 F	8km	5835	5:13.12	8:23.93	41:45.0
43	Kathleen MacPherson	29 F	8km	5778	5:13.55	8:24.61	41:48.4
44	Jason Phillips	40 M	8km	5810	5:13.64	8:24.75	41:49.1
45	Annalisa Percv	46 F	8km	5807	5:14.01	8:25.35	41:52.1
46	Judith Paradis	44 F	8km	5805	5:14.20	8:25.66	41:53.6
47	Nicole Houhtaling	34 F	8km	5750	5:14.48	8:26.10	41:55.8
48	Theresa Smith	43 F	8km	5829	5:15.58	8:27.87	42:04.6
49	Patricia Fuller	45 F	8km	5741	5:17.22	8:30.52	42:17.8
50	Heather Karn	47 F	8km	5758	5:17.29	8:30.62	42:18.3

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	Name	Age	Team	Bib	Avg per K	Avg per MI	Time
51	Shellev Simpson	52 F	8km	5828	5:18.42	8:32.46	42:27.4
52	Janet Foran-Goneau	58 F	8km	5737	5:19.18	8:33.66	42:33.4
53	Sarah Jaquest	47 F	8km	5755	5:19.84	8:34.73	42:38.7
54	Louise Wood	64 F	8km	5860	5:21.08	8:36.72	42:48.6
55	Judy Curry	49 F	8km	5721	5:21.40	8:37.24	42:51.2
56	Rob Woods	38 M	8km	5861	5:22.89	8:39.64	43:03.1
57	Guv Phillips	61 M	8km	5809	5:24.01	8:41.45	43:12.1
58	Jenny Kenmir	21 F	8km	5760	5:25.69	8:44.14	43:25.5
59	Nancy Kenmir	57 F	8km	5761	5:25.75	8:44.24	43:26.0
60	Jason Pierog	39 M	8km	5813	5:26.05	8:44.73	43:28.4
61	Fave Kennedy	31 F	8km	5762	5:26.52	8:45.49	43:32.2
62	Aaron Hoekstra	33 F	8km	5748	5:26.64	8:45.67	43:33.1
63	Marv Dickenson	51 F	8km	5726	5:27.44	8:46.96	43:39.5
64	Ken Lott	52 M	8km	5773	5:28.06	8:47.97	43:44.5
65	Heather McNie	59 F	8km	5787	5:29.90	8:50.92	43:59.2
66	Catherine Bvers	45 F	8km	5714	5:29.92	8:50.96	43:59.4
67	Carolyn Gauthier	40 F	8km	5743	5:29.98	8:51.04	43:59.8
68	Deb Walker	44 F	8km	5852	5:30.80	8:52.37	44:06.4
69	Grace Kennedy	29 F	8km	5763	5:33.28	8:56.35	44:26.2
70	Cameron Ingo	12 M	8km	5751	5:33.60	8:56.88	44:28.8
71	Steven Templeton	50 M	8km	5839	5:34.89	8:58.95	44:39.1
72	Jennifer McCarter	31 F	8km	5783	5:36.00	9:00.74	44:48.0
73	Lynn Douglas	37 F	8km	5730	5:37.19	9:02.65	44:57.5
74	Meg Freer	48 F	8km	5740	5:38.41	9:04.62	45:07.3
75	Brenda Mellin	56 F	8km	5789	5:39.71	9:06.71	45:17.7
76	Jack Judge	62 M	8km	9999	5:39.80	9:06.86	45:18.4
77	Dawna Revell	50 F	8km	5814	5:40.00	9:07.18	45:20.0
78	Wanda Seitel	47 F	8km	5822	5:40.51	9:08.00	45:24.1
79	Dick Mvers	65 M	8km	5798	5:41.82	9:10.11	45:34.6
80	Andre Dostaler	58 M	8km	5728	5:41.90	9:10.23	45:35.2
81	Julie Ryan	39 F	8km	5818	5:45.98	9:16.79	46:07.8
82	Karen Murphy	52 F	8km	5795	5:46.08	9:16.95	46:08.6
83	Connie McDonnell	42 F	8km	5784	5:46.41	9:17.50	46:11.3
84	Douglas Weese	49 M	8km	5855	5:46.50	9:17.64	46:12.0
85	Ernie Wales	51 M	8km	5851	5:46.64	9:17.86	46:13.1
86	Allan Edelsparre	38 M	8km	5734	5:47.72	9:19.61	46:21.8
87	Crystal Thompson	44 F	8km	5840	5:47.78	9:19.69	46:22.2
88	Jean Phillips	36 F	8km	5811	5:54.80	9:31.00	47:18.4
89	Doug Marlow	54 M	8km	5780	5:56.90	9:34.37	47:35.2
90	Jackie Moore	43 F	8km	5791	5:59.06	9:37.86	47:52.5
91	Jason Marsh	35 M	8km	5781	6:05.40	9:48.05	48:43.2
92	Rachel Siemens	33 F	8km	5826	6:07.11	9:50.81	48:56.9
93	Trish Burneau	41 F	8km	5713	6:08.08	9:52.36	49:04.6
94	Robert VanBerkel	38 F	8km	5845	6:08.98	9:53.81	49:11.8
95	Carolyn Sowerby	27 F	8km	5831	6:10.99	9:57.05	49:27.9
96	Karla Rose	27 F	8km	5815	6:12.72	9:59.84	49:41.8
97	Laura Darby	40 F	8km	5722	6:13.25	10:00.69	49:46.0
98	Tim Davey	55 M	8km	5724	6:14.69	10:03.00	49:57.5
99	Karen Davey	56 F	8km	5723	6:14.74	10:03.08	49:57.9
100	Aimee Mvers	33 F	8km	5797	6:17.58	10:07.65	50:20.6
101	Natalie Marchenko	32 F	8km	5779	6:17.64	10:07.75	50:21.1
102	Brooke McFarland	21 F	8km	5785	6:21.19	10:13.46	50:49.5

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103	Wade Murrav	36 M	8km	5796	6:21.32	10:13.68	50:50.6
104	Kellv Wall	42 F	8km	5854	6:21.70	10:14.29	50:53.6
105	Sarah MacBeth	53 F	8km	5775	6:23.78	10:17.63	51:10.2
106	Tiernev Winnett	36 F	8km	5858	6:23.99	10:17.97	51:11.9
107	Andrew Shortt	46 M	8km	5825	6:24.04	10:18.05	51:12.3
108	Anais Lussier-Labelle	26 F	8km	5774	6:24.78	10:19.24	51:18.2
109	Chervl Gallant	48 F	8km	5742	6:26.52	10:22.05	51:32.2
110	Deborah Gill	52 F	8km	5745	6:30.54	10:28.51	52:04.3
111	Rita Wities	49 F	8km	5859	6:34.92	10:35.57	52:39.4
112	Anne MacPherson	64 F	8km	5777	6:36.20	10:37.62	52:49.6
113	Belinda Bancroft	49 F	8km	5708	6:40.39	10:44.36	53:23.1
114	Michael Wagner	44 M	8km	5849	6:40.60	10:44.70	53:24.8
115	Johanne Wagner	44 F	8km	5848	6:40.71	10:44.88	53:25.7
116	Dan Demianiw	55 M	8km	5725	6:40.85	10:45.11	53:26.8
117	Julie Lambert	40 F	8km	5770	6:41.60	10:46.31	53:32.8
118	Solveig Swinamer	57 F	8km	5837	6:42.96	10:48.51	53:43.7
119	Judv Glennie	48 F	8km	5746	6:53.78	11:05.91	55:10.2
120	Laurie Adrain	46 F	8km	5701	6:58.80	11:13.99	55:50.4
121	Jen Amos	30 F	8km	5703	6:59.10	11:14.48	55:52.8
122	Treva Bryan	37 F	8km	5711	7:04.11	11:22.54	56:32.9
123	Sarah Cowan	33 F	8km	5719	7:04.18	11:22.64	56:33.4
124	Amanda Martinali	25 F	8km	5782	7:08.48	11:29.56	57:07.8
125	Shannon Kruczkowski	26 F	8km	9998	7:08.52	11:29.64	57:08.2
126	Michelle Phelan	34 F	8km	5808	7:10.80	11:33.31	57:26.4
127	Lisa Runham	53 F	8km	5817	7:10.92	11:33.51	57:27.4
128	Leslie Amos	49 F	8km	5704	7:12.72	11:36.40	57:41.8
129	Mike Ebacher	54 M	8km	5733	7:12.79	11:36.50	57:42.3
130	Joseph Sammon	12 M	8km	5820	7:14.78	11:39.70	57:58.2
131	Susan Overvelde	44 F	8km	5803	7:14.88	11:39.86	57:59.0
132	Cat Thorp	46 F	8km	5841	7:15.48	11:40.83	58:03.8
133	Marina Pascoal	47 F	8km	5806	7:26.32	11:58.29	59:30.6
134	Lisa Taggart	43 F	8km	5838	7:27.80	12:00.66	59:42.4
135	Liz Crothers	66 F	8km	5720	7:36.58	12:14.79	1:00:52.6
136	Kellv Alderman	49 F	8km	5702	7:38.38	12:17.68	1:01:07.0
137	Kate Stephanson	37 F	8km	5834	7:43.25	12:25.53	1:01:46.0
138	Linda McMillan	63 F	8km	5786	8:14.31	13:15.52	1:05:54.5
139	Kelly Krumreich	42 F	8km	5768	8:24.40	13:31.75	1:07:15.2
140	Brooke Eade	14 F	8km	5731	8:33.70	13:46.72	1:08:29.6
141	Jason Eade	39 M	8km	5732	8:33.75	13:46.80	1:08:30.0
142	Ginnv Trousdale	59 F	8km	5844	8:46.59	14:07.46	1:10:12.7
143	Stacy Silver	42 F	8km	5827	9:57.50	16:01.58	1:19:40.0
144	Mandy Nickerson	41 F	8km	5800	9:57.62	16:01.78	1:19:41.0