

**2019 Sydenham Trail 8km  
Spafford Health and Adventure**

2019-10-20

10/20/2019

Results by [www.runningbydesign.com](http://www.runningbydesign.com)

**Top Overall Finishers**

Place	Name	Bib	Age	Team/Hometown	Time
<b>TOP MALE FINISHERS</b>					
1	Campbell, Rob	5560	49	KINGSTON	29:25.00
2	McGraw, Bob	5643	61	KINGSTON	31:28.47
3	Davies, Trevor	5573	46	KINGSTON	32:28.15
<b>TOP FEMALE FINISHERS</b>					
1	Yantha, Laura	5695	19	KINGSTON	29:50.69
2	Langley, Charlotte	5627	19	KINGSTON	32:18.97
3	Miller, Lauren	3162	18	Perth	33:54.47

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**Event # 1 MIXED 8K Run**

Place	Name	Bib	Age/Grade	Team/Hometown	Time/Mark
<b>FEMALE 1 - 15</b>					
1	Zoe Cunningham	5570	F 14	AMHERSTVIEW	<b>38:41.84</b>
<b>FEMALE 16 - 19</b>					
1	Abby Ratkowski	5671	F 16	KINGSTON	<b>41:53.09</b>
<b>FEMALE 20 - 29</b>					
1	Nicki Tober	5689	F 28	TORONTO	<b>40:27.18</b>
2	Heather Conlin	5565	F 29	BRINSTON	<b>43:25.52</b>
3	Maggie Ottenhof	5660	F 24	KINGSTON	<b>44:45.72</b>
4	Nour Mazloum	5639	F 23	KINGSTON	<b>49:29.06</b>
5	Christina Ponniah	5668	F 24	KINGSTON	<b>51:00.15</b>
6	Laura Cumming	5569	F 25	KINGSTON	<b>52:13.06</b>
<b>FEMALE 30 - 39</b>					
1	Emily Klassen	3159	F 30	Kingston	<b>34:12.12</b>
2	Tara Archibald	5544	F 39	KINGSTON	<b>35:18.28</b>
3	Lisa Leskien	5630	F 39	PARIS	<b>35:20.94</b>
4	Joanna Whitney	5693	F 36	NORTH AUGUSTA	<b>38:18.53</b>
5	Lesley Rudy	5677	F 39	KINGSTON	<b>39:04.88</b>
6	Christine Kennedy	3158	F 33	Elginburg	<b>39:29.84</b>
7	Julie Schneider	5678	F 39	KINGSTON	<b>39:31.37</b>
8	Aaron Hoekstra	5605	F 39	SYDENHAM	<b>39:54.41</b>
9	Ashley Miller	5653	F 34	KINGSTON	<b>40:35.28</b>

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Place	Name	Bib	Age/Grade	Team/Hometown	Time/Mark
<b>FEMALE 30 - 39</b>					
10	Erin Brennan	5556	F 36	KINGSTON	41:34.09
11	Karmina Padmos	5661	F 38	KINGSTON	41:34.96
12	Rachel Deines	5574	F 38	KINGSTON	41:35.78
13	Ruth Noordegraaf	5658	F 39	KINGSTON	42:15.44
14	Angela Eames	5578	F 39	KINGSTON	42:30.72
15	Lindsay Robertson	5674	F 31	KINGSTON	43:27.47
16	Mark Dickson	5576	F 32	KINGSTON	43:28.02
17	Holly Main	5637	F 35	TORONTO	43:36.12
18	Gillian Smith	5684	F 34	ELGIN	44:35.25
19	Catriona Robertson	5673	F 35	KINGSTON	44:59.22
20	Tiiu Vail	5690	F 37	KINGSTON	45:20.69
21	Jessica Corbeil	5567	F 36	KINGSTON	46:38.53
22	Belinda Morton	5655	F 32	TRENTON	46:53.38
23	Jennifer Holliday	5607	F 37	KINGSTON	46:54.58
24	Erin Fitzgerald	5580	F 36	HARROWSMITH	50:08.81
25	Heidi Young	5696	F 38	YARKER	50:36.34
26	Krysta Paudyn	5664	F 39	YARKER	52:57.90
27	Autumn Gardner	5583	F 39	NAPANEE	57:07.93
28	Kate Nesbitt	5657	F 38	KINGSTON	58:17.84
29	Stephanie Curzon	5571	F 35	ODESSA	58:29.53
30	Care Humphries	5610	F 37	KINGSTON	1:09:23.69
31	Laura Hackett	5593	F 38	HARROWSMITH	1:11:54.69
<b>FEMALE 40 - 49</b>					
1	Deanna Miehl	5652	F 46	TRENTON	46:49.66
2	Teresa Mycroft	5656	F 43	FRANKFORD	48:15.62
3	Jill Konarowski	5624	F 44	KINGSTON	48:26.84
4	Stephanie Baxter	5550	F 45	SYDENHAM	49:30.56
5	Dawn Wolfenden	5694	F 48	GANANOQUE	49:38.25
6	Iana Hackett	5592	F 46	KINGSTON	49:55.81
7	Arika Hunt	5611	F 44	KINGSTON	50:22.50
8	Michelle McShane	5647	F 44	PERTH RD VILLAGE	51:18.02
9	Nicole Langille-Munde	5626	F 44	INVERARY	51:24.25
10	Tricia Kiers	5622	F 48	KINGSTON	53:14.43
11	Renata Ess	5579	F 45	KINGSTON	53:25.88
12	Andrea Sealy	5679	F 42	KINGSTON	56:13.53
13	Caroline Claude	5562	F 45	NAPANEE	57:07.44
14	Nina Norgaard	5659	F 45	SYDENHAM	58:30.56
15	Carly Grace	5588	F 41	OTTAWA	59:46.47
16	Donna Gillespie	5586	F 45	KINGSTON	1:00:30.53
17	Jennifer Robinson	5675	F 44	KINGSTON	1:00:50.41
18	Coleen McFarlane	5642	F 47	ENTERPRISE	1:00:50.96
19	Ingrid Gagnon	5582	F 48	KINGSTON	1:05:47.34
20	Lisa Cotman	5568	F 46	KINGSTON	1:06:17.38
<b>FEMALE 50 - 59</b>					
1	Kathy Hinch	5600	F 58	NAPANEE	43:39.15
2	Heather Karn	5618	F 53	KINGSTON	43:49.78

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Place	Name	Bib	Age/Grade	Team/Hometown	Time/Mark
<b>FEMALE 50 - 59</b>					
3	Tara Burggraf	5559	F 51	KINGSTON	44:53.59
4	Robin LeRiche	5629	F 51	KINGSTON	45:02.66
5	Monica Parry	5662	F 58	KINGSTON	45:03.34
6	Julie Reed	5672	F 59	KINGSTON	48:20.31
7	Sarah Jaquest	5614	F 53	PERTH ROAD	49:29.56
8	Shelley Simpson	5681	F 58	ODESSA	49:31.02
9	Lynne Cardinal	5561	F 57	CAMDEN EAST	50:09.75
10	Wendy Guthrie	5590	F 52	AMHERSTVIEW	50:46.44
11	Corinne Johnson	5615	F 51	BROCKVILLE	52:28.75
12	Anne McIvor	5645	F 50	KINGSTON	52:35.91
13	Janet Gartley	5584	F 50	BROCKVILLE	52:59.52
14	Diane Crawford	3160	F 59	Kingston	53:10.88
15	Sarah Kaufman	5619	F 51	ELIZABETHTOWN	53:34.22
16	Luey Halerewich	5594	F 52	KINGSTON	57:49.31
17	Constance Lowry	5634	F 51	YARKER	58:52.12
18	Belinda Bancroft	5547	F 55	HARROWSMITH	59:00.72
19	Donna Francom	5581	F 59	AMHERSTVIEW	1:01:46.78
20	Linda Brown	5557	F 56	ENTERPRISE	1:12:00.72

**FEMALE 60 - 69**

EXH	Deborah Holtom	5609	F 68	HOWE ISLAND	39:53.28
2	Leslie Myles	3163	F 60	Elginburg	49:30.09
3	Jan Gilroy	5587	F 62	KINGSTON	50:05.15
4	Susan Meyers	5651	F 66	INVERARY	53:58.34
5	Judith Davidson	5572	F 62	KINGSTON	54:13.53
6	Pauline Vivian	5691	F 60	KINGSTON	55:53.41
7	Sheila McCann	5640	F 61	KINGSTON	59:20.15
8	Andree Bouchard	5553	F 61	KINGSTON	1:01:29.78
9	Anne Genge	5585	F 68	HARROWSMITH	1:01:49.22
10	Barb Guiden	5589	F 61	INVERARY	1:02:03.38

**FEMALE 70 - 79**

1	Mary Clayton	5563	F 75	BROCKVILLE	50:47.00
2	Anne Hodgson	5603	F 72	MAITLAND	55:35.72
3	Pat Tamblyn	5687	F 72	LANSDOWNE	57:49.81
4	Liz Walker	5692	F 73	KINGSTON	1:12:18.00

**MALE 1 - 15**

1	Nathan Southhall	3165	M 9	Kingston	33:28.97
2	Liam Holliday	5608	M 11	KINGSTON	38:33.50
3	Fintan McShane	5646	M 14	PERTH RD VILLAGE	51:17.31

**MALE 16 - 19**

1	Bucky Quanz	5669	M 16	KINGSTON	33:22.72
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**MALE 20 - 29**

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<b>MALE 20 - 29</b>					
1	Michael Hunter	5612	M 25	KINGSTON	<b>36:41.81</b>
2	Luke Harding	5598	M 29	KINGSTON	<b>43:24.94</b>
3	Matthew Bruce	5558	M 27	INVERARY	<b>46:53.93</b>
4	Rylee Simpson	5683	M 20	NAPANEE	<b>53:41.22</b>
<b>MALE 30 - 39</b>					
1	Ricky Paudyn	5666	M 37	YARKER	<b>37:34.41</b>
2	Matt Morey	5654	M 33	HARROWSMITH	<b>39:02.94</b>
3	Dane Kress	5625	M 36	HARROWSMITH	<b>39:30.87</b>
4	Phill Snable	5685	M 30	SYDENHAM	<b>48:05.72</b>
<b>MALE 40 - 49</b>					
1	Barry Kelly	5620	M 46	NORTH AUGUSTA	<b>37:17.75</b>
2	Steve Liberty	5631	M 46	KINGSTON	<b>37:55.47</b>
3	Mike Black	5551	M 40	AMHERSTVIEW	<b>41:44.18</b>
4	Richard Grace	3166	M 43	Peterborough	<b>42:28.34</b>
5	Brian Ypma	5697	M 40	KINGSTON	<b>42:31.81</b>
6	Glenn Raposo	5670	M 44	KINGSTON	<b>42:45.84</b>
7	David Holliday	5606	M 40	KINGSTON	<b>45:43.72</b>
8	Duncan McGregor	5644	M 45	PERTH ROAD	<b>48:06.21</b>
9	Reg Kiers	5621	M 46	KINGSTON	<b>53:13.94</b>
10	Rick Jeffries	3164	M 42	ELGINBURG	<b>55:44.78</b>
11	Phil Livingston	5633	M 48	VAUGHAN	<b>1:02:53.12</b>
<b>MALE 50 - 59</b>					
EXH	Steve Ingo	5613	M 52	SYDENHAM	<b>34:29.62</b>
2	Danny Bates	5549	M 59	TICHBORNE	<b>36:22.56</b>
3	will Cooper	5566	M 59	KINGSTON	<b>41:24.88</b>
4	Rob Hitchcock	5601	M 52	KINGSTON	<b>42:07.88</b>
5	John Leinweber	5628	M 53	KINGSTON	<b>47:05.88</b>
6	Shaun McAlister	3161	M 52	Inverary	<b>47:37.62</b>
7	Bob Klassen	5623	M 59	KINGSTON	<b>49:07.75</b>
8	Terry Hodge	5602	M 56	BROCKVILLE	<b>55:34.18</b>
<b>MALE 60 - 69</b>					
1	Rick Royce	5676	M 60	KINGSTON	<b>35:40.41</b>
2	Jack Judge	5617	M 68	KINGSTON	<b>46:50.21</b>
3	Rick (Richard) Paudyn	5665	M 67	YARKER	<b>52:57.38</b>
4	Tom Patterson	5663	M 61	SMITHS FALLS	<b>53:47.18</b>
5	Doug Marlow	5638	M 60	VERONA	<b>58:34.84</b>
6	Jamie Maas	5635	M 60	KINGSTON	<b>59:47.12</b>
<b>MALE 70 - 79</b>					
1	Ed Brand	5554	M 71	KINGSTON	<b>40:06.03</b>
2	Richard Coldrey	5564	M 71	SMITHS FALLS	<b>52:03.06</b>
3	Paul Thompson	5688	M 70	KINGSTON	<b>53:01.56</b>

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**MALE 80 - 99**

1	Merv Hodgson	5604	M 81	MAITLAND	<b>50:32.03</b>
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