

2019 Sandbanks 5km/10km Races

Friends of Sandbanks Provincial Park

2019-09-15

9/15/19 - 9/15/19

Results by www.runningbydesign.com**Event # 2 MIXED 10K Run**

Place	Name	Bib	Age/Grade	Team/Hometown	Time/Mark
FEMALE 30 - 39					
1	Sarah Belanger	5355	F 32	Napanee	48:58.27
2	Robin Everhardus	5358	F 35	Picton	51:40.09
3	Frances van der Heyde	5354	F 36	Napanee	52:17.75
4	Christa Brough	5308	F 39	AMELIASBURG	56:53.43
5	Amanda LeBlanc	5305	F 34	PICTON	1:00:12.11
6	Casey Heintzman	5307	F 37	MILFORD	1:02:59.38
7	Mackenzie Tamlin	5304	F 32	QUINTE WEST	1:13:29.00
8	Theresa Couto	5303	F 31	KINGSTON	1:15:07.00
9	Lindsay Billing	5302	F 30	LYN	1:19:01.00
FEMALE 40 - 49					
1	SharaLee Foster	5313	F 44	TRENTON	56:01.15
2	Wendy Conway	5321	F 49	WHITBY	58:55.90
3	Stephanie Baxter	5314	F 45	SYDENHAM	59:15.96
4	Carolyn Gauthier	5317	F 46	KINGSTON	1:06:32.36
5	Iana Hackett	5318	F 46	KINGSTON	1:06:57.11
6	Caroline Claude	5312	F 44	NAPANEE	1:13:00.00
7	Sarah Waterston	5000	F 40		1:18:38.00
8	Kelly Purves	5311	F 42	PICTON	1:31:16.00
FEMALE 50 - 59					
1	Luey Runner	5325	F 52	KINGSTON	1:17:42.00
2	Belinda Bancroft	5327	F 55	HARROWSMITH	1:17:43.00
3	Gail Rand	5328	F 58	YARKER	1:18:39.00
4	Donna Brewster	5323	F 50	DEMORESTVILLE	1:25:42.00
FEMALE 60 - 69					
1	Joyce Stewart	5331	F 61	BELLEVILLE	52:20.56
2	Alison Haggarty	5329	F 60	BELLEVILLE	52:48.75
3	Susan Meyers	5332	F 66	INVERARY	1:06:33.02
4	Barb Guiden	5330	F 61	INVERARY	1:17:44.00
5	Donna Ryan	5353	F 62	Plainfield	1:31:14.00
MALE 15 - 19					
1	Ryan Bilton	5335	M 18	LOMBARDY	38:10.96
2	Brayden Heath	5334	M 15	QUINTE WEST	50:31.50
MALE 30 - 39					
1	Eleazar Caracas	5306	M 36	OSHAWA	40:40.40
2	Mike Thompson	5357	M 34	Milford	40:45.62
MALE 40 - 49					

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MALE 40 - 49					
1	Damon Allen	5349	M 42	Belleville	39:30.75
2	Jay Moxness	5340	M 47	STIRLING	40:30.34
3	Jeff Green	5356	M 43	Wellington	42:19.17
4	Aaron Brough	5337	M 40	AMELIASBURG	44:03.37
5	Chris La Rose	5339	M 47	BELLEVILLE	45:42.17
6	Dave McGillen	5360	M 46	Belleville	50:35.17
7	Kevin Heath	5338	M 45	QUINTE WEST	58:47.42
MALE 50 - 59					
1	Chris Lacroix	5341	M 53	STIRLING	45:49.31
2	Mark Halman	5343	M 56	TORONTO	51:00.59
3	David Cannons	5350	M 52	Kingston	51:07.11
4	Joanna Bellamy	5342	M 54	OTTAWA	1:03:40.96
MALE 60 - 69					
1	Paul Kenney	5347	M 66	CHERRY VALLEY	43:29.18
2	Boyd White	5351	M 63	Stirling	46:18.34
3	Thomas White	5346	M 65	ALLISTON	50:19.28
4	Philip Jones	5344	M 61	BELLEVILLE	57:56.65
5	John Franklin	5345	M 65	BELLEVILLE	1:05:35.46
6	Rob Ryan	5352	M 62	Plainfield	1:31:15.00
MALE 70 - 99					
1	Dave Rice	5348	M 76	ROSLIN	1:02:31.09