

**2019 Sandbanks 5km/10km Races**

Friends of Sandbanks Provincial Park

2019-09-15

9/15/19 - 9/15/19

Results by [www.runningbydesign.com](http://www.runningbydesign.com)**Event # 1 MIXED 5K Run**

Place	Name	Bib	Age/Grade	Team/Hometown	Time/Mark
<b>FEMALE 1 - 14</b>					
1	Hanna S.J.	1607	F 13	WHITBY	25:22.18
2	Emma S.J.	1602	F 10	WHITBY	25:46.59
3	Amelie Chandonnet Fo	1604	F 11	TORONTO	26:34.02
4	Serena Sulway	1606	F 12	TORONTO	26:37.24
5	Chloe Zarzoso	1605	F 11	TORONTO	28:02.21
6	Aarya Sulway	1603	F 10	TORONTO	30:09.97
7	Quinn Heintzman-Mou	1601	F 5		47:14.21
<b>FEMALE 15 - 19</b>					
1	Jayne Hackett	1608	F 16	KINGSTON	23:40.00
2	Sarah Johnson	1609	F 16	PICTON	25:40.55
3	Alexis Blyth	1611	F 19	BRANTFORD	27:20.21
4	Carly Fockler	1610	F 18	STOUFFVILLE	29:33.12
<b>FEMALE 20 - 29</b>					
1	Nicki Tober	1617	F 28	TORONTO	22:44.84
2	Lindsay Bontje	1614	F 27	PICTON	42:21.88
3	Kaitlin Mitchell	1618	F 29	PICTON	46:26.06
4	Emily Uens	1613	F 27	SHANNONVILLE	47:41.40
5	Rheana Maracle	1616	F 28	DESERONTO	50:56.50
6	Keturah Breckon	1615	F 28	PICTON	52:45.93
7	Jamie Kring	1612	F 24	SHANNONVILLE	56:34.06
8	Rose Pugliese	1619	F 29	DESERONTO	56:36.15
<b>FEMALE 30 - 39</b>					
1	Michelle Guernsey	1626	F 33	CHERRY VALLEY	26:19.15
2	Kristyna Cleminson	1707	F 32	Halifax	31:25.28
3	Sarah Dingle	1624	F 32	BELLEVILLE	31:25.84
4	Liz Williams	1622	F 30	DEMORESTVILLE	33:09.12
5	Jackie Garrah	1625	F 32	AMHERSTVIEW	33:45.49
6	Courtney Roebuck	1627	F 33	BELLEVILLE	47:41.99
7	Sarah Kring	1621	F 30	SHANNONVILLE	56:35.43
8	Megan John	1628	F 34	DESERONTO	56:37.00
<b>FEMALE 40 - 49</b>					
1	Shelley Lebrun	1642	F 44	KINGSTON	24:32.46
2	Connie McDonell	1651	F 48	STIRLING	24:57.96
3	Tanya Eybel	1643	F 45	STIRLING	26:06.93
4	Jennifer Saulnier	1646	F 46	KINGSTON	26:18.27
5	Sandra Deleon	1640	F 44	AJAX	26:34.87
6	Shaleen Sulway	1634	F 41	TORONTO	29:49.12
7	Alana DeVille	1635	F 42	TRENTON	29:50.34
8	Darlene Hamilton	1649	F 47	TRENTON	31:33.86

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<b>FEMALE 40 - 49</b>					
9	Amy ter Haar	1709	F 41	Toronto	31:47.52
10	Elizabeth Kirkland	1632	F 41	BEACONSFIELD	31:48.09
11	Angela Rogers	1637	F 42	PLAINFIELD	31:57.37
12	Joy Haveman	1636	F 42	FRANKFORD	33:07.78
13	Johanna Goodfellow	1641	F 44	BELLEVILLE	35:15.96
14	Shelly Brant	1648	F 47	DESERONTO	35:16.43
15	Kimberly Marcotte	1630	F 40	BELLEVILLE	35:30.34
16	Tina Puro	1704	F 48	STIRLING	36:23.84
17	Ceilah O'Prey	1631	F 40	CORBYVILLE	39:03.06
18	Kathrin Schaecke	1638	F 42	WHITBY	40:16.09
19	Jodi John	1639	F 43	DESERONTO	40:19.65
20	Julianne Schwartz	1647	F 46	CONSECON	42:47.11
21	Tania Bird	1711	F 46	CODRINGTON	43:48.15
22	Lisa Jibb	1710	F 40	GRAFTON	43:49.14
23	Sonya Maracle	1633	F 41	DESERONTO	50:57.02
<b>FEMALE 50 - 59</b>					
1	Michelle Pothier	1652	F 51	PICTON	23:40.72
2	Lisa Hereley	1659	F 55	WESTPORT	30:17.59
3	Susan Semple	1656	F 54	KINGSTON	31:44.96
4	Julia Swedak	1660	F 56	PICTON	33:44.43
5	Alison Gilbert	1654	F 54	BLOOMFIELD	37:15.87
6	Christine Kristalyn	1655	F 54	BLOOMFIELD	39:20.30
7	Karen Weed	1661	F 59	PLAINFIELD	39:32.50
8	Kelly TenBrinke	1657	F 54	FENWICK	49:11.09
9	Marianne Schwartz	1653	F 52	TORONTO	1:01:29.78
<b>FEMALE 60 - 69</b>					
1	Janice Harper	1662	F 61	WATERLOO	24:42.15
2	Cathy Scatterly	1701	F 65	Picton	29:44.09
3	Melanie Myers	1663	F 68	BATH	38:53.74
4	Pauline Morissette	1700	F 68	Picton	43:48.68
<b>FEMALE 70 - 99</b>					
1	Janice Blanchette	1708	F 70	Picton	37:01.12
2	Editha Claude	1664	F 77	NAPANEE	56:32.68
<b>MALE 1 - 14</b>					
1	Samuel Semple	1669	M 13	KINGSTON	25:35.09
2	Finlay Thain	1712	M 12	Toronto	26:41.62
3	Jonathan Marcotte	1668	M 11	BELLEVILLE	27:34.93
4	Dominick Brough	1702	M 11		29:38.24
5	Everett John	1667	M 8	DESERONTO	40:18.96
6	Noah Thompson	1706	M 6	Milford	43:49.68
<b>MALE 15 - 19</b>					

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<b>MALE 15 - 19</b>					
1	Nathan DeVille	1670	M 15	TRENTON	<b>19:56.06</b>
2	Nicholas Williamson	1671	M 18	PARRY SOUND	<b>21:15.83</b>
3	Jasper Gilbert	1703	M 16	Picton	<b>23:11.40</b>
<b>MALE 20 - 29</b>					
1	Nathan Lacroix	1672	M 23	STIRLING	<b>21:16.64</b>
<b>MALE 30 - 39</b>					
1	Cory Robinson	1674	M 38	BELLEVILLE	<b>22:04.46</b>
2	Phil Everhardus	1673	M 35	PICTON	<b>23:17.52</b>
3	Nathan Laanstra	1665	M 30	PICTON	<b>47:14.62</b>
4	Dan Mountenay	1666	M 30	PICTON	<b>47:15.21</b>
<b>MALE 40 - 49</b>					
1	Kevin Beatty	1677	M 43	FRANKFORD	<b>17:17.62</b>
2	Eric Forget	1682	M 48	TORONTO	<b>22:48.06</b>
3	Robert Juricevic	1679	M 44	WHITBY	<b>25:47.18</b>
4	Marc Saulnier	1683	M 48	KINGSTON	<b>28:46.59</b>
5	Steve Kinney	1713	M 43	Deseronto	<b>28:47.33</b>
6	Matt Deleon	1680	M 45	AJAX	<b>29:18.62</b>
7	Chris Sulway	1684	M 49	TORONTO	<b>30:14.43</b>
8	Gary Hamilton	1678	M 43	TRENTON	<b>32:00.87</b>
9	Mathieu La Rose	1676	M 42	MISSISSAUGA	<b>40:25.72</b>
<b>MALE 50 - 59</b>					
1	Mike Kawam	1688	M 52	BELLEVILLE	<b>19:57.62</b>
2	Jeff DeVille	1686	M 51	TRENTON	<b>22:29.49</b>
3	Patrick Semple	1689	M 54	KINGSTON	<b>23:03.72</b>
4	Andrew Kyte	1685	M 50	BELLEVILLE	<b>23:26.62</b>
5	Alexando Olivoir	1714	M 50	Woodbridge	<b>26:06.02</b>
6	Matthew Golle	1687	M 51	TORONTO	<b>28:02.75</b>
7	Jeff Fledderus	1690	M 56	TRENTON	<b>29:51.55</b>
<b>MALE 60 - 69</b>					
1	Peter James	1705	M 64	Belleville	<b>20:01.65</b>
2	Christian Ritchot	1691	M 60	BELLEVILLE	<b>20:59.12</b>
3	Charlie Bontje	1692	M 61	PICTON	<b>23:00.37</b>
4	Mark Harper	1693	M 62	WATERLOO	<b>24:52.43</b>
5	Garry Carl	1694	M 64	BELLEVILLE	<b>27:51.68</b>
<b>MALE 70 - 99</b>					
1	Jim Estes	1699	M 70	Kingston	<b>29:28.28</b>
2	Norm Hart	1697	M 74	SYDENHAM	<b>33:42.84</b>
3	Clarence Jenkins	1698	M 80	WELLINGTON	<b>34:42.34</b>
4	Michael La Rose	1696	M 73	PICTON	<b>40:25.00</b>

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<b>MALE 70 - 99</b>					
5	Gary Mitchell	1695	M 72	BLOOMFIELD	<b>46:25.46</b>