

Sydenham Trail Race 8km

Spafford Health & Adventure

2018-10-21

10/21/18 - 10/21/18

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

	Name	Age	Bib	Team	Avg per K	Avg per MI	Time
OVERALL							
1	Derek Snider	33	5364	8KM	3:21.4	5:24.1	26:51.56
2	Graeme Law	28	5266	8KM	3:24.2	5:28.7	27:14.34
3	Kate Ayers	23	5203	8KM	3:26.6	5:32.5	27:33.15
4	Cody Murray	31	5296	8KM	3:27.0	5:33.2	27:36.62
5	Scott Wilkes	39	5354	8KM	3:34.2	5:44.8	28:34.18
6	Dakota Lavery	21	5361	8KM	3:36.0	5:47.6	28:48.12
7	Kevin Dunbar	43	5357	8KM	3:45.5	6:03.0	30:04.69
8	Corey Turnbull	47	5359	8KM	3:47.3	6:05.8	30:18.50
9	Earl Steinbrecher	54	5331	8KM	3:48.8	6:08.2	30:30.41
10	Michael MacDonald	35	5274	8KM	3:48.9	6:08.4	30:31.46
11	Ryan Van Dyl	28	5360	8KM	3:52.3	6:13.8	30:58.41
12	Fraser Pipe	42	5307	8KM	3:57.6	6:22.5	31:41.59
13	Wayne Rice	56	5309	8KM	4:03.2	6:31.4	32:25.84
14	Ryan Dorsey	32	5362	8KM	4:06.8	6:37.2	32:54.50
15	Pedro Fernandes	53	5227	8KM	4:08.4	6:39.7	33:07.34
16	Danny Dwyer	53	5224	8KM	4:09.2	6:41.0	33:13.75
17	Rob Whelan	37	5351	8KM	4:12.4	6:46.3	33:39.72
18	Ian Loughrey	61	5273	8KM	4:13.2	6:47.5	33:46.12
19	Lisa Leskien	38	5268	8KM	4:13.8	6:48.5	33:50.97
20	Reo Roland	24	5313	8KM	4:14.5	6:49.7	33:56.62
21	Geoff Stephen	36	5332	8KM	4:16.0	6:52.0	34:08.31
22	Brett Walsh	29	5350	8KM	4:18.6	6:56.2	34:29.31
23	Steve Ingo	51	5256	8KM	4:20.0	6:58.4	34:40.22
24	Vasilios Boletis	44	5208	8KM	4:20.5	6:59.2	34:44.00
25	Steven Mota	55	5294	8KM	4:20.5	6:59.3	34:44.78
26	Daniel Lees	46	5368	8KM	4:20.8	6:59.7	34:46.44
27	Charlie Roland	54	5314	8KM	4:22.9	7:03.2	35:03.84
28	Emile Ndorimana	44	5298	8KM	4:23.5	7:04.2	35:08.75
29	Martin Guyon	52	5239	8KM	4:24.8	7:06.1	35:18.44
30	Mackenzie Bowman	40	5212	8KM	4:25.3	7:07.0	35:22.78
31	Tara Archibald	38	5201	8KM	4:25.3	7:07.1	35:23.12
32	Rick Royce	59	5317	8KM	4:26.0	7:08.1	35:28.09
33	Danny Bates	58	5205	8KM	4:27.0	7:09.7	35:36.31
34	Scott Peirson	46	5302	8KM	4:28.5	7:12.1	35:48.44
35	Paul Pennell	43	5304	8KM	4:31.0	7:16.1	36:08.06
36	Julie MacDonald	31	5275	8KM	4:31.4	7:16.7	36:11.28
37	Rick Swift	71	5334	8KM	4:32.7	7:18.9	36:22.15
38	Tim Dewailly	38	5369	8KM	4:34.2	7:21.3	36:33.84
39	Jenna Shoniker	21	5327	8KM	4:34.3	7:21.5	36:34.96
40	Brian Gartley	48	5233	8KM	4:39.9	7:30.5	37:19.53
41	Curtis Runions	40	5358	8KM	4:44.2	7:37.4	37:53.84
42	Lana Saunders	42	5322	8KM	4:45.0	7:38.7	38:00.62
43	Geoffrey Peters	59	5305	8KM	4:45.9	7:40.1	38:07.62
44	Steve Liberty	45	5270	8KM	4:48.6	7:44.4	38:29.00

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	Name	Age	Bib	Team	Avg per K	Avg per MI	Time
45	deborah Berry	56	5207	8KM	4:49.1	7:45.3	38:33.25
46	Danika Winkel	24	5356	8KM	4:51.1	7:48.5	38:49.00
47	Ray Vandenberg	38	5342	8KM	4:52.9	7:51.5	39:03.97
48	Emma Saaltink	30	5320	8KM	4:53.8	7:52.9	39:11.12
49	Edward Fingland	41	5229	8KM	4:55.3	7:55.3	39:22.78
50	Lesley Rudy	38	5318	8KM	4:56.5	7:57.1	39:32.06
51	Liam Holliday	10	5252	8KM	4:56.5	7:57.2	39:32.59
52	Deborah Holtom	67	5253	8KM	4:56.6	7:57.4	39:33.37
53	Robert Walroth	64	5347	8KM	4:57.3	7:58.5	39:38.66
54	Andrew Hood	34	5254	8KM	5:00.9	8:04.2	40:07.22
55	Colby Harris	26	5242	8KM	5:02.3	8:06.6	40:19.06
56	Diane Pennell	39	5303	8KM	5:03.1	8:07.8	40:25.12
57	Ashley Miller	33	5291	8KM	5:07.0	8:14.1	40:56.18
58	Aaron Hoekstra	38	5249	8KM	5:07.5	8:14.8	41:00.09
59	Vicki Macdonald	52	5276	8KM	5:11.4	8:21.2	41:31.47
60	David Holliday	39	5251	8KM	5:14.2	8:25.7	41:53.97
61	Amelie Walsh	45	5349	8KM	5:14.4	8:26.1	41:55.84
62	Shirley Myers	66	5297	8KM	5:17.3	8:30.6	42:18.50
63	Julene Denstedt	37	5221	8KM	5:19.9	8:34.9	42:39.81
64	Laura Mungham	26	5295	8KM	5:22.3	8:38.8	42:59.15
65	Ruth Noordegraaf	38	5299	8KM	5:28.2	8:48.2	43:45.84
66	Nicky Bell	43	5206	8KM	5:30.7	8:52.2	44:06.03
67	Kate Whelan	37	5352	8KM	5:31.2	8:53.0	44:09.94
68	Kathy Hinch	57	5245	8KM	5:33.8	8:57.2	44:30.84
69	Mark Dickson	31	5222	8KM	5:39.4	9:06.2	45:15.50
70	Lindsay Robertson	30	5311	8KM	5:39.4	9:06.3	45:15.81
71	Roger Hawksby	66	5244	8KM	5:43.4	9:12.6	45:47.25
72	Wendy Guthrie	51	5238	8KM	5:43.4	9:12.7	45:47.56
73	Julie Orr	26	5300	8KM	5:44.1	9:13.7	45:52.81
74	Melissa Morey	32	5293	8KM	5:44.7	9:14.8	45:58.18
75	Cheryl Scott	61	5325	8KM	5:53.8	9:29.4	47:10.88
76	Jessica Harvie	53	5243	8KM	5:54.0	9:29.8	47:12.66
77	Leigh-Ann Fingland	47	5228	8KM	5:54.2	9:30.0	47:13.90
78	Jessica Corbeil	35	5217	8KM	5:55.4	9:32.0	47:23.56
79	Holly Main	34	5278	8KM	6:00.0	9:39.4	48:00.50
80	Varley Taylor	50	5337	8KM	6:00.2	9:39.7	48:02.15
81	Lori Templeton	61	5339	8KM	6:01.1	9:41.2	48:09.18
82	Terry Hodge	54	5246	8KM	6:01.5	9:41.8	48:12.53
83	Jennifer Robinson	43	5312	8KM	6:03.8	9:45.6	48:31.06
84	Jennifer Brownlee	49	5213	8KM	6:04.6	9:46.8	48:37.00
85	Mya Jeffries	15	5258	8KM	6:05.2	9:47.8	48:42.00
86	Shannon Bowes	32	5211	8KM	6:05.7	9:48.6	48:46.31
87	Laura Cumming	24	5219	8KM	6:07.8	9:52.0	49:02.84
88	Carolyn Gauthier	45	5234	8KM	6:08.5	9:53.0	49:08.00
89	Wendy Walsh	55	5348	8KM	6:11.4	9:57.7	49:31.56
90	Julie Facey-Crowther	33	5225	8KM	6:12.9	10:00.1	49:43.47

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	Name	Age	Bib	Team	Avg per K	Avg per MI	Time
91	Brenda Saaltink	63	5321	8KM	6:12.9	10:00.2	49:43.96
92	Denae Van Blitterswyk	22	5341	8KM	6:15.6	10:04.5	50:05.31
93	Danielle LaBrie	29	5264	8KM	6:15.8	10:04.8	50:06.84
94	Mary Clayton	74	5216	8KM	6:17.1	10:06.8	50:16.84
95	Merv Hodgson	80	5247	8KM	6:17.6	10:07.7	50:21.34
96	Duncan McGregor	44	5282	8KM	6:21.2	10:13.6	50:50.28
97	Eithne Dunbar	69	5366	8KM	6:21.8	10:14.5	50:54.91
98	Melanie Mercer Melbourne	42	5288	8KM	6:21.9	10:14.7	50:55.84
99	Diane Crawford	58	5218	8KM	6:23.5	10:17.2	51:08.44
100	Joanne McLeod	51	5284	8KM	6:24.1	10:18.1	51:12.81
101	Lynne Cardinal	56	5215	8KM	6:24.1	10:18.2	51:13.28
102	Janice Ringler	46	5310	8KM	6:25.2	10:19.9	51:21.72
103	Jennifer Holliday	36	5250	8KM	6:25.6	10:20.6	51:25.28
104	Rupa Patel	49	5301	8KM	6:25.9	10:21.1	51:27.75
105	Janet Gartley	49	5232	8KM	6:29.6	10:27.1	51:57.44
106	Janet MacWhirter	60	5277	8KM	6:32.2	10:31.2	52:18.15
107	Kimberley Willows	36	5355	8KM	6:34.2	10:34.4	52:33.91
108	Liz Walker	72	5346	8KM	6:40.8	10:45.1	53:26.97
109	Susan Meyers	65	5289	8KM	6:41.3	10:45.9	53:30.75
110	Anne Hodgson	71	5248	8KM	6:43.5	10:49.4	53:48.22
111	Paul Thompson	69	5340	8KM	6:50.3	11:00.3	54:42.75
112	Corinne Johnson	50	5259	8KM	6:56.3	11:10.0	55:30.91
113	Rietta Wadman Mills		5345	8KM	6:57.5	11:11.9	55:40.34
114	Maryanne Takala	61	5335	8KM	6:57.5	11:12.0	55:40.78
115	Lorrie Rossetti	59	5316	8KM	7:02.4	11:19.8	56:19.69
116	Alison Bonham	50	5209	8KM	7:08.1	11:29.0	57:05.03
117	Carol Peterson	53	5306	8KM	7:12.6	11:36.2	57:41.15
118	Jack Judge	67	5261	8KM	7:15.3	11:40.5	58:02.59
119	Anne Lindsay	40	5271	8KM	7:18.3	11:45.4	58:26.88
120	Tara Reynolds	44	5363	8KM	7:18.7	11:46.1	58:30.25
121	Alex Walker	44	5367	8KM	7:25.9	11:57.6	59:27.34
122	Andrea Sealy	41	5326	8KM	7:25.9	11:57.7	59:27.78
123	Anne Genge	67	5235	8KM	7:26.7	11:58.9	59:34.09
124	Pat Tamblyn	71	5336	8KM	7:27.2	11:59.7	59:37.78
125	Belinda Bancroft	54	5204	8KM	7:27.5	12:00.2	59:40.47
126	Barb Guiden	60	5237	8KM	7:27.6	12:00.3	59:40.81
127	Luanne Halerewich	51	5240	8KM	7:27.6	12:00.4	59:41.18
128	Donna Francom	58	5231	8KM	7:34.5	12:11.6	1:00:36.78
129	Chantel Lavoie	48	5265	8KM	7:36.7	12:15.1	1:00:54.31
130	Jackie McCullough	49	5280	8KM	7:36.8	12:15.2	1:00:55.09
131	Judith Davidson	61	5365	8KM	7:48.4	12:33.9	1:02:27.78
132	Andree Bouchard	60	5210	8KM	7:48.5	12:34.0	1:02:28.21
133	Carole Russell	67	5319	8KM	8:07.9	13:05.2	1:05:03.34
134	Kim Hurt	54	5255	8KM	8:07.9	13:05.2	1:05:03.68
135	Phil Livingston	47	5272	8KM	8:08.8	13:06.7	1:05:10.91
136	Melanie Strickland	52	5333	8KM	8:21.5	13:27.1	1:06:52.47

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	Name	Age	Bib	Team	Avg per K	Avg per MI	Time
137	Stephanie Curzon	34	5220	8KM	8:25.7	13:33.9	1:07:26.25
138	Grey Spafford		5329	8KM	8:49.1	14:11.6	1:10:33.44
139	Tasha Spafford	23	5330	8KM	8:50.3	14:13.5	1:10:42.84
140	Rick Jeffries	41	5257	8KM	9:41.3	15:35.6	1:17:31.00
141	Julie Greavett	57	5236	8KM	9:45.7	15:42.6	1:18:06.00
142	Dinah Viola	61	5344	8KM	9:45.7	15:42.6	1:18:06.10
143	Heather Lees	37	5267	8KM	10:02.0	16:08.8	1:20:16.00
144	Sheila McWatters	63	5285	8KM	10:15.0	16:29.7	1:22:00.00