

Spafford Health & Adventure 8km Trail Race

Sydenham, Ontario

22/10/2017

10/22/17 - 10/22/17

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

| | Name | Age | Bib | Team | Avg per K | Avg per MI | Time |
|-----------------------|--------------------|------|------|-------------|-----------|------------|------------|
| FEMALE 20 - 29 | | | | | | | |
| 1 | Lyndsay Glazier | F 29 | 5645 | JOYCEVILLE | 4:30.2 | 7:14.8 | 36:01.66 |
| 2 | Danika Winkel | F 23 | 5776 | WHITBY | 4:54.0 | 7:53.2 | 39:12.34 |
| 3 | Lindsay Robertson | F 29 | 5730 | KINGSTON | 4:56.8 | 7:57.6 | 39:34.50 |
| 4 | Yasmin Hamid | F 27 | 5652 | KINGSTON | 5:29.0 | 8:49.5 | 43:52.44 |
| 5 | Olivia Cook | F 20 | 5782 | INVERARY | 5:29.2 | 8:49.9 | 43:54.31 |
| 6 | Jamee Simpson | F 23 | 5744 | BATH | 5:42.5 | 9:11.3 | 45:40.66 |
| 7 | Christine Podzyhun | F 28 | 5725 | KINGSTON | 5:57.0 | 9:34.5 | 47:36.12 |
| 8 | Arrian Bunyi | F 27 | 5620 | KINGSTON | 6:06.5 | 9:49.9 | 48:52.72 |
| 9 | Laura Simpson | F 29 | 5745 | KINGSTON | 6:53.6 | 11:05.7 | 55:09.47 |
| 10 | Chelsea Black | F 23 | 5613 | OTTAWA | 7:13.7 | 11:38.0 | 57:49.88 |
| FEMALE 30 - 39 | | | | | | | |
| 1 | Lisa Leskien | F 37 | 5685 | CAMBRIDGE | 4:00.9 | 6:27.7 | 32:07.50 |
| 2 | Kathleen Dorsey | F 31 | 5784 | KINGSTON | 4:43.1 | 7:35.7 | 37:45.41 |
| 3 | Michelle Jager | F 31 | 5678 | BROCKVILLE | 4:43.8 | 7:36.8 | 37:50.94 |
| 4 | Erin Chaplin | F 34 | 5623 | KINGSTON | 5:02.4 | 8:06.7 | 40:19.75 |
| 5 | Monique Sauve | F 39 | 5737 | KINGSTON | 5:07.4 | 8:14.8 | 40:59.84 |
| 6 | Meera Ruparelia | F 39 | 5734 | BROCKVILLE | 5:35.2 | 8:59.5 | 44:41.90 |
| 7 | Becca McCormick | F 32 | 5697 | YARKER | 5:46.4 | 9:17.4 | 46:11.25 |
| 8 | Jenny Munroe | F 37 | 5710 | YARKER | 5:46.5 | 9:17.6 | 46:12.15 |
| 9 | Jane Smith | F 36 | 5747 | KINGSTON | 5:47.0 | 9:18.4 | 46:16.22 |
| 10 | Jenni Stotts | F 32 | 5752 | BROCKVILLE | 5:52.5 | 9:27.4 | 47:00.78 |
| 11 | Rachel Vandertol | F 33 | 5764 | BROCKVILLE | 5:52.6 | 9:27.5 | 47:01.52 |
| 12 | Celine Langevin | F 35 | 5680 | CORNWALL | 5:53.4 | 9:28.7 | 47:07.41 |
| 13 | Margaret Chung | F 39 | 5624 | KINGSTON | 6:02.5 | 9:43.5 | 48:20.66 |
| 14 | Kristen Yeomans | F 34 | 5778 | ENTERPRISE | 6:11.6 | 9:58.1 | 49:33.47 |
| 15 | Shana Doonan | F 39 | 5634 | BROCKVILLE | 6:16.6 | 10:06.2 | 50:13.47 |
| 16 | Jennifer McDonald | F 39 | 5699 | BROCKVILLE | 6:19.7 | 10:11.1 | 50:37.88 |
| 17 | Katrina McDonough | F 38 | 5700 | ELGINBURG | 6:23.3 | 10:16.8 | 51:06.50 |
| 18 | Carrie Valin | F 35 | 5763 | BATH | 6:23.6 | 10:17.3 | 51:09.06 |
| 19 | Holly Main | F 33 | 5690 | TORONTO | 6:25.0 | 10:19.7 | 51:20.59 |
| 20 | Leah Neadow | F 30 | 5715 | AMHERSTVIEW | 6:34.6 | 10:35.0 | 52:37.03 |
| 21 | Amy Hacker | F 36 | 5650 | ELGINBURG | 6:50.0 | 10:59.9 | 54:40.62 |
| 22 | Shaneza Thomas | F 39 | 5758 | BRAMPTON | 7:28.8 | 12:02.2 | 59:50.47 |
| 23 | Stephanie Curzon | F 33 | 5629 | ODESSA | 7:45.9 | 12:29.8 | 1:02:07.47 |
| FEMALE 40 - 49 | | | | | | | |
| 1 | Melissa Tyler | F 40 | 5762 | BROCKVILLE | 4:37.7 | 7:26.9 | 37:01.94 |
| 2 | Lana Saunders | F 41 | 5736 | HOWE ISLAND | 4:46.5 | 7:41.1 | 38:12.38 |
| 3 | Leslie Reade | F 46 | 5779 | SYDENHAM | 4:52.8 | 7:51.2 | 39:02.78 |
| 4 | Nicky Bell | F 42 | 5609 | YARKER | 4:53.6 | 7:52.5 | 39:09.00 |
| 5 | Ana Hungria | F 49 | 5668 | KINGSTON | 4:55.7 | 7:55.9 | 39:26.15 |
| 6 | Danielle Savard | F 42 | 5738 | DENHOLM | 4:56.7 | 7:57.5 | 39:33.72 |
| 7 | Jen Kellett | F 40 | 5673 | CAMBRIDGE | 5:00.3 | 8:03.3 | 40:02.69 |
| 8 | Lani Fox | F 40 | 5640 | AMHERSTVIEW | 5:07.5 | 8:14.9 | 41:00.50 |
| 9 | Whitney Babcock | F 48 | 5786 | KINGSTON | 5:16.6 | 8:29.5 | 42:12.84 |

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|-----------------------|----------------------|------|------|--------------------|-----------|------------|------------|
| 10 | Katie Buell | F 41 | 5619 | SMITHS FALLS | 5:26.7 | 8:45.9 | 43:34.38 |
| 11 | Catherine Byers | F 49 | 5621 | KINGSTON | 5:36.9 | 9:02.2 | 44:55.28 |
| 12 | Carolyn Gauthier | F 44 | 5642 | KINGSTON | 5:37.0 | 9:02.3 | 44:56.15 |
| 13 | Tracey Howarth | F 46 | 5664 | MERRICKVILLE | 5:49.8 | 9:23.0 | 46:38.72 |
| 14 | Corry-Lin Stephenson | F 43 | 5751 | BATH | 5:52.1 | 9:26.6 | 46:57.00 |
| 15 | Lisa Barton | F 49 | 5607 | KINGSTON | 6:01.5 | 9:41.7 | 48:12.06 |
| 16 | Rhiannon Iles | F 44 | 5670 | BROCKVILLE | 6:16.7 | 10:06.3 | 50:14.21 |
| 17 | Deb Walker | F 48 | 5768 | BATH | 6:18.4 | 10:09.0 | 50:27.69 |
| 18 | Christy McCreary | F 46 | 5698 | PERTH ROAD VILLAGE | 6:22.6 | 10:15.8 | 51:01.22 |
| 19 | Lisa Cotman | F 44 | 5628 | KINGSTON | 6:25.2 | 10:19.9 | 51:21.62 |
| 20 | Anne McIvor | F 48 | 5703 | KINGSTON | 6:27.5 | 10:23.6 | 51:40.03 |
| 21 | Tricia Kiers | F 46 | 5676 | KINGSTON | 6:28.2 | 10:24.7 | 51:45.72 |
| 22 | Janice Ringler | F 45 | 5729 | GLENBURNIE | 6:47.6 | 10:56.0 | 54:21.41 |
| 23 | Andrea Sealy | F 40 | 5742 | KINGSTON | 7:15.9 | 11:41.6 | 58:07.94 |
| 24 | Alison Bonham | F 49 | 5616 | KINGSTON | 7:18.2 | 11:45.2 | 58:25.69 |
| 25 | Michelle Howland | F 48 | 5665 | BATTERSEA | 7:32.9 | 12:08.9 | 1:00:23.53 |
| 26 | Eshranie D | F 42 | 5630 | OAKVILLE | 8:21.1 | 13:26.4 | 1:06:49.06 |
| FEMALE 50 - 59 | | | | | | | |
| 1 | Deborah Berry | F 55 | 5611 | KINGSTON | 4:49.3 | 7:45.5 | 38:34.41 |
| 2 | Sheri Hogeboom | F 55 | 5660 | WHITEHORSE | 4:56.2 | 7:56.7 | 39:29.81 |
| 3 | Emily Atkins | F 52 | 5604 | PICTON | 5:06.6 | 8:13.4 | 40:53.09 |
| 4 | Diane Lougheed | F 56 | 5687 | KINGSTON | 5:29.9 | 8:51.0 | 43:59.81 |
| 5 | Kira Mcneely | F 51 | 5704 | KINGSTON | 5:32.6 | 8:55.3 | 44:21.03 |
| 6 | Ilona Thomas | F 54 | 5757 | BROCKVILLE | 5:35.1 | 8:59.3 | 44:40.94 |
| 7 | Jessica Harvie | F 52 | 5654 | HARTINGTON | 5:36.2 | 9:01.2 | 44:50.34 |
| 8 | Denise Anthony | F 58 | 5601 | NORTH AUGUSTA | 5:41.2 | 9:09.1 | 45:30.03 |
| 9 | Clare Maycock | F 50 | 5695 | KINGSTON | 5:48.4 | 9:20.7 | 46:27.28 |
| 10 | wendy Guthrie | F 50 | 5648 | GLENBURNIE | 5:48.8 | 9:21.4 | 46:30.75 |
| 11 | Nancy May | F 51 | 5692 | BROCKVILLE | 5:49.9 | 9:23.1 | 46:39.62 |
| 12 | Laurie Schur | F 50 | 5740 | GANANOQUE | 5:53.1 | 9:28.2 | 47:04.97 |
| 13 | Shelley Cooper | F 50 | 5626 | GATINEAU | 5:57.3 | 9:35.0 | 47:38.50 |
| 14 | Wendy Walsh | F 54 | 5772 | PERTH ROAD | 6:08.1 | 9:52.4 | 49:04.97 |
| 15 | Karen Murphy | F 56 | 5711 | PERTH ROAD VILLAGE | 6:10.8 | 9:56.7 | 49:26.53 |
| 16 | Andrea Veenstra | F 59 | 5765 | BROCKVILLE | 6:17.3 | 10:07.2 | 50:18.75 |
| 17 | Barb Guiden | F 59 | 5647 | INVERARY | 6:37.5 | 10:39.8 | 53:00.44 |
| 18 | Anne Powers | F 54 | 5726 | KINGSTON | 6:41.2 | 10:45.7 | 53:29.84 |
| 19 | Louise Clow | F 59 | 5625 | KINGSTON | 6:41.5 | 10:46.2 | 53:32.41 |
| 20 | Shelley Simpson | F 56 | 5746 | KINGSTON | 6:43.5 | 10:49.4 | 53:48.47 |
| 21 | Patti Hull | F 59 | 5667 | HARROWSMITH | 6:43.6 | 10:49.6 | 53:49.46 |
| 22 | Andree Bouchard | F 59 | 5617 | KINGSTON | 6:44.9 | 10:51.7 | 53:59.91 |
| 23 | Phiona Lappan | F 54 | 5682 | KINGSTON | 6:47.1 | 10:55.2 | 54:17.00 |
| 24 | Rose Parent | F 54 | 5717 | OTTAWA | 6:50.3 | 11:00.3 | 54:42.62 |
| 25 | Rietta Wadman-Mills | F 50 | 5767 | SYDENHAM | 7:05.0 | 11:24.1 | 56:40.69 |
| 26 | Carol Peterson | F 52 | 5723 | KINGSTON | 7:11.1 | 11:33.8 | 57:29.34 |
| 27 | Janet Cory | F 58 | 5627 | WOLFE ISLAND | 7:14.1 | 11:38.6 | 57:52.91 |
| 28 | Donna Francom | F 57 | 5641 | AMHERSTVIEW | 7:16.9 | 11:43.2 | 58:15.97 |

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|-----------------------|--------------------|------|------|--------------------|-----------|------------|------------|
| 29 | Belinda Bancroft | F 53 | 5605 | HARROWSMITH | 7:18.7 | 11:46.1 | 58:30.15 |
| 30 | Luanne Halerewich | F 50 | 5651 | KINGSTON | 7:36.1 | 12:14.0 | 1:00:48.93 |
| 31 | Melanie Strickland | F 51 | 5753 | KINGSTON | 8:05.9 | 13:02.0 | 1:04:47.44 |
| 32 | Josie Arbuckle | F 55 | 5602 | KINGSTON | 8:42.5 | 14:00.8 | 1:09:40.00 |
| 33 | Paula Leroux | F 54 | 5684 | SEELEYS BAY | 8:42.6 | 14:01.0 | 1:09:41.00 |
| 34 | Kimberly Hurt | F 53 | 5669 | KINGSTON | 8:52.0 | 14:16.1 | 1:10:56.00 |
| FEMALE 60 - 69 | | | | | | | |
| 1 | Deborah Holtom | F 66 | 5663 | HOWE ISLAND | 5:01.5 | 8:05.3 | 40:12.66 |
| 2 | Shirley Myers | F 65 | 5713 | KINGSTON | 5:09.9 | 8:18.8 | 41:19.62 |
| 3 | Brenda Saaltink | F 62 | 5735 | KINGSTON | 5:53.8 | 9:29.5 | 47:11.15 |
| 4 | Susan Meyers | F 64 | 5706 | INVERARY | 6:10.9 | 9:56.9 | 49:27.66 |
| 5 | Judith Davidson | F 60 | 5632 | KINGSTON | 6:41.8 | 10:46.6 | 53:34.59 |
| 6 | Maryanne Takala | F 60 | 5755 | SYDENHAM | 7:05.3 | 11:24.4 | 56:42.56 |
| 7 | Anne Genge | F 66 | 5643 | HARROWSMITH | 7:35.9 | 12:13.8 | 1:00:47.91 |
| 8 | Sheila McWatters | F 62 | 5705 | INVERARY | 8:27.9 | 13:37.4 | 1:07:43.41 |
| FEMALE 70 - 79 | | | | | | | |
| 1 | Liz Walker | F 71 | 5769 | KINGSTON | 6:27.1 | 10:23.0 | 51:37.31 |
| 2 | Anne Hodgson | F 70 | 5658 | MAITLAND | 6:35.3 | 10:36.3 | 52:43.15 |
| 3 | Pat Tamblyn | F 70 | 5756 | LANSDOWNE | 7:06.3 | 11:26.1 | 56:50.72 |
| MALE 1 - 15 | | | | | | | |
| 1 | Eli Chubaty | M 13 | 5780 | SYDENHAM | 4:19.4 | 6:57.5 | 34:35.62 |
| MALE 16 - 19 | | | | | | | |
| 1 | Joshua Morales | M 18 | 5708 | KINGSTON | 3:39.5 | 5:53.3 | 29:16.41 |
| MALE 20 - 29 | | | | | | | |
| 1 | Brett Walsh | M 28 | 5771 | KINGSTON | 4:08.6 | 6:40.1 | 33:09.38 |
| 2 | Simon Thomas | M 24 | 5759 | BROCKVILLE | 4:13.4 | 6:47.9 | 33:47.94 |
| MALE 30 - 39 | | | | | | | |
| 1 | Scott Wilkes | M 38 | 5787 | KINGSTON | 3:38.8 | 5:52.1 | 29:10.50 |
| 2 | Anthony Barnett | M 34 | 5606 | KINGSTON | 4:10.2 | 6:42.7 | 33:22.28 |
| 3 | Mark Dickson | M 30 | 5633 | KINGSTON | 4:56.9 | 7:57.8 | 39:35.34 |
| 4 | Sean Kellett | M 39 | 5674 | CAMBRIDGE | 5:08.9 | 8:17.2 | 41:11.81 |
| 5 | Chris Hammer | M 38 | 5653 | SYDENHAM | 5:21.2 | 8:36.9 | 42:49.75 |
| 6 | David Holliday | M 38 | 5661 | KINGSTON | 5:38.3 | 9:04.5 | 45:07.15 |
| 7 | Paul Langevin | M 37 | 5681 | CORNWALL | 5:53.5 | 9:28.9 | 47:08.43 |
| 8 | Brad Duffy | M 38 | 5635 | SEELEYS BAY | 6:18.8 | 10:09.6 | 50:30.69 |
| 9 | David Robinson | M 36 | 5731 | KINGSTON | 6:53.7 | 11:05.9 | 55:10.37 |
| MALE 40 - 49 | | | | | | | |
| 1 | Corey Turnbull | M 46 | 5761 | SMITHS FALLS | 3:48.3 | 6:07.5 | 30:27.03 |
| 2 | Fraser Pipe | M 41 | 5724 | HARROWSMITH | 3:50.9 | 6:11.7 | 30:47.75 |
| 3 | Gonzalo Espinosa | M 44 | 5637 | TRENTON | 4:01.8 | 6:29.2 | 32:15.06 |
| 4 | Sheldon Cook | M 49 | 5781 | INVERARY | 4:06.5 | 6:36.7 | 32:52.38 |
| 5 | Abs Bey | M 44 | 5612 | KINGSTON | 4:09.5 | 6:41.6 | 33:16.69 |
| 6 | Mike Myers | M 48 | 5712 | BELLEVILLE | 4:20.4 | 6:59.1 | 34:43.81 |
| 7 | Vasilios Boletis | M 43 | 5615 | TORONTO | 4:21.3 | 7:00.5 | 34:50.62 |
| 8 | Wade Basson | M 43 | 5608 | KINGSTON | 4:33.0 | 7:19.4 | 36:24.34 |
| 9 | Emile Ndorimana | M 43 | 5714 | KINGSTON | 4:33.9 | 7:20.9 | 36:31.88 |
| 10 | Wally Stanton | M 41 | 5750 | PERTH ROAD VILLAGE | 4:43.7 | 7:36.6 | 37:49.78 |

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|---------------------|-----------------|------|------|--------------------|-----------|------------|------------|
| 11 | Steve Liberty | M 44 | 5686 | KINGSTON | 5:06.8 | 8:13.8 | 40:55.00 |
| 12 | John Sheppard | M 42 | 5743 | ELGINBURG | 5:22.2 | 8:38.6 | 42:58.06 |
| 13 | Rick Jeffries | M 40 | 5671 | ELGINBURG | 5:22.4 | 8:38.9 | 42:59.66 |
| 14 | Duncan McGregor | M 43 | 5701 | PERTH ROAD VILLAGE | 5:33.6 | 8:56.9 | 44:29.28 |
| 15 | Steve Macbeth | M 43 | 5688 | CHALK RIVER | 6:17.9 | 10:08.3 | 50:23.94 |
| 16 | Reg Kiers | M 44 | 5675 | KINGSTON | 6:28.2 | 10:24.8 | 51:46.34 |
| 17 | Damon Budhram | M 43 | 5618 | OAKVILLE | 8:21.2 | 13:26.7 | 1:06:50.25 |
| MALE 50 - 59 | | | | | | | |
| 1 | Steven Blostein | M 56 | 5614 | HARROWSMITH | 3:49.6 | 6:09.5 | 30:37.15 |
| 2 | Bruce Pardy | M 53 | 5785 | KINGSTON | 3:58.1 | 6:23.2 | 31:45.00 |
| 3 | Pedro Fernandes | M 52 | 5638 | HAMILTON | 4:15.4 | 6:51.0 | 34:03.34 |
| 4 | Danny Dwyer | M 52 | 5636 | ENTERPRISE | 4:15.9 | 6:51.9 | 34:07.91 |
| 5 | Rick Royce | M 58 | 5732 | KINGSTON | 4:19.7 | 6:58.0 | 34:38.28 |
| 6 | Kevin Armstrong | M 54 | 5603 | SYDENHAM | 4:22.8 | 7:02.9 | 35:02.72 |
| 7 | Steve Mota | M 54 | 5709 | CAMBRIDGE | 4:28.4 | 7:12.0 | 35:47.72 |
| 8 | Martin Guyon | M 51 | 5649 | KINGSTON | 4:34.2 | 7:21.3 | 36:33.94 |
| 9 | David Lee | M 53 | 5683 | KINGSTON | 4:51.6 | 7:49.3 | 38:52.97 |
| 10 | Geoffrey Peters | M 58 | 5722 | MORRISBURG | 4:55.8 | 7:56.1 | 39:27.12 |
| 11 | Andy Maycock | M 51 | 5694 | KINGSTON | 5:20.7 | 8:36.1 | 42:45.94 |
| 12 | Terry Hodge | M 54 | 5657 | BROCKVILLE | 5:48.5 | 9:20.9 | 46:28.59 |
| 13 | Ed Wilkinson | M 56 | 5774 | ELGINBURG | 6:49.9 | 10:59.7 | 54:39.81 |
| 14 | Stephane Parent | M 53 | 5718 | OTTAWA | 8:01.2 | 12:54.4 | 1:04:09.72 |
| MALE 60 - 69 | | | | | | | |
| 1 | Jack Judge | M 66 | 5672 | KINGSTON | 5:36.1 | 9:00.9 | 44:48.94 |
| 2 | Mike Walker | M 68 | 5770 | KINGSTON | 9:35.7 | 15:26.5 | 1:16:46.00 |
| MALE 70 - 79 | | | | | | | |
| 1 | Rick swift | M 70 | 5754 | BROCKVILLE | 4:31.9 | 7:17.7 | 36:15.84 |
| 2 | Merv Hodgson | M 79 | 5659 | MAITLAND | 6:12.4 | 9:59.4 | 49:39.78 |
| 3 | Stephen Maybury | M 71 | 5693 | SYDENHAM | 7:13.1 | 11:37.1 | 57:45.34 |