

**Spafford Health & Adventure 8km Trail Race**

Sydenham, Ontario

22/10/2017

10/22/17 - 10/22/17

Results by [www.runningbydesign.com](http://www.runningbydesign.com)**Event # 1 MIXED 8K Run**

|                | Name               | Age  | Bib  | Team               | Avg per K | Avg per MI | Time     |
|----------------|--------------------|------|------|--------------------|-----------|------------|----------|
| <b>OVERALL</b> |                    |      |      |                    |           |            |          |
| 1              | Dylan O'Sullivan   | M 25 | 5783 | HARROWSMITH        | 3:18.1    | 5:18.8     | 26:24.97 |
| 2              | Spencer Raby       | M 21 | 5727 | ST. CATHARINES     | 3:22.5    | 5:25.9     | 27:00.12 |
| 3              | Julie-Anne Staehli | F 23 | 5748 | KINGSTON           | 3:23.1    | 5:26.9     | 27:05.12 |
| 4              | Clay Patterson     | M 28 | 5719 | KINGSTON           | 3:26.5    | 5:32.3     | 27:32.12 |
| 5              | Brogan MacDougall  | F 16 | 5689 | GLENBURNIE         | 3:27.2    | 5:33.5     | 27:38.06 |
| 6              | Scott Wilkes       | M 38 | 5787 | KINGSTON           | 3:38.8    | 5:52.1     | 29:10.50 |
| 7              | Joshua Morales     | M 18 | 5708 | KINGSTON           | 3:39.5    | 5:53.3     | 29:16.41 |
| 8              | Tim Gillespie      | M 40 | 5644 | KINGSTON           | 3:41.2    | 5:56.0     | 29:30.15 |
| 9              | Corey Turnbull     | M 46 | 5761 | SMITHS FALLS       | 3:48.3    | 6:07.5     | 30:27.03 |
| 10             | Steven Blostein    | M 56 | 5614 | HARROWSMITH        | 3:49.6    | 6:09.5     | 30:37.15 |
| 11             | Fraser Pipe        | M 41 | 5724 | HARROWSMITH        | 3:50.9    | 6:11.7     | 30:47.75 |
| 12             | Paula Wiltse       | F 50 | 5775 | BROCKVILLE         | 3:52.5    | 6:14.2     | 31:00.28 |
| 13             | Bruce Pardy        | M 53 | 5785 | KINGSTON           | 3:58.1    | 6:23.2     | 31:45.00 |
| 14             | Lisa Leskien       | F 37 | 5685 | CAMBRIDGE          | 4:00.9    | 6:27.7     | 32:07.50 |
| 15             | Gonzalo Espinosa   | M 44 | 5637 | TRENTON            | 4:01.8    | 6:29.2     | 32:15.06 |
| 16             | Sheldon Cook       | M 49 | 5781 | INVERARY           | 4:06.5    | 6:36.7     | 32:52.38 |
| 17             | Brett Walsh        | M 28 | 5771 | KINGSTON           | 4:08.6    | 6:40.1     | 33:09.38 |
| 18             | Abs Bey            | M 44 | 5612 | KINGSTON           | 4:09.5    | 6:41.6     | 33:16.69 |
| 19             | Anthony Barnett    | M 34 | 5606 | KINGSTON           | 4:10.2    | 6:42.7     | 33:22.28 |
| 20             | Simon Thomas       | M 24 | 5759 | BROCKVILLE         | 4:13.4    | 6:47.9     | 33:47.94 |
| 21             | Pedro Fernandes    | M 52 | 5638 | HAMILTON           | 4:15.4    | 6:51.0     | 34:03.34 |
| 22             | Danny Dwyer        | M 52 | 5636 | ENTERPRISE         | 4:15.9    | 6:51.9     | 34:07.91 |
| 23             | Eli Chubaty        | M 13 | 5780 | SYDENHAM           | 4:19.4    | 6:57.5     | 34:35.62 |
| 24             | Rick Royce         | M 58 | 5732 | KINGSTON           | 4:19.7    | 6:58.0     | 34:38.28 |
| 25             | Mike Myers         | M 48 | 5712 | BELLEVILLE         | 4:20.4    | 6:59.1     | 34:43.81 |
| 26             | Vasilios Boletis   | M 43 | 5615 | TORONTO            | 4:21.3    | 7:00.5     | 34:50.62 |
| 27             | Kevin Armstrong    | M 54 | 5603 | SYDENHAM           | 4:22.8    | 7:02.9     | 35:02.72 |
| 28             | Steve Mota         | M 54 | 5709 | CAMBRIDGE          | 4:28.4    | 7:12.0     | 35:47.72 |
| 29             | Lyndsay Glazier    | F 29 | 5645 | JOYCEVILLE         | 4:30.2    | 7:14.8     | 36:01.66 |
| 30             | Rick swift         | M 70 | 5754 | BROCKVILLE         | 4:31.9    | 7:17.7     | 36:15.84 |
| 31             | Wade Basson        | M 43 | 5608 | KINGSTON           | 4:33.0    | 7:19.4     | 36:24.34 |
| 32             | Emile Ndorimana    | M 43 | 5714 | KINGSTON           | 4:33.9    | 7:20.9     | 36:31.88 |
| 33             | Martin Guyon       | M 51 | 5649 | KINGSTON           | 4:34.2    | 7:21.3     | 36:33.94 |
| 34             | Tammie Stanton     | F 41 | 5749 | PERTH ROAD VILLAGE | 4:37.1    | 7:25.9     | 36:57.03 |
| 35             | Melissa Tyler      | F 40 | 5762 | BROCKVILLE         | 4:37.7    | 7:26.9     | 37:01.94 |
| 36             | Kathleen Dorsey    | F 31 | 5784 | KINGSTON           | 4:43.1    | 7:35.7     | 37:45.41 |
| 37             | Wally Stanton      | M 41 | 5750 | PERTH ROAD VILLAGE | 4:43.7    | 7:36.6     | 37:49.78 |
| 38             | Michelle Jager     | F 31 | 5678 | BROCKVILLE         | 4:43.8    | 7:36.8     | 37:50.94 |
| 39             | Lana Saunders      | F 41 | 5736 | HOWE ISLAND        | 4:46.5    | 7:41.1     | 38:12.38 |
| 40             | Deborah Berry      | F 55 | 5611 | KINGSTON           | 4:49.3    | 7:45.5     | 38:34.41 |
| 41             | David Lee          | M 53 | 5683 | KINGSTON           | 4:51.6    | 7:49.3     | 38:52.97 |
| 42             | Leslie Reade       | F 46 | 5779 | SYDENHAM           | 4:52.8    | 7:51.2     | 39:02.78 |
| 43             | Nicky Bell         | F 42 | 5609 | YARKER             | 4:53.6    | 7:52.5     | 39:09.00 |
| 44             | Danika Winkel      | F 23 | 5776 | WHITBY             | 4:54.0    | 7:53.2     | 39:12.34 |

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|    | Name                 | Age  | Bib  | Team               | Avg per K | Avg per MI | Time     |
|----|----------------------|------|------|--------------------|-----------|------------|----------|
| 45 | Ana Hungria          | F 49 | 5668 | KINGSTON           | 4:55.7    | 7:55.9     | 39:26.15 |
| 46 | Geoffrey Peters      | M 58 | 5722 | MORRISBURG         | 4:55.8    | 7:56.1     | 39:27.12 |
| 47 | Sheri Hogeboom       | F 55 | 5660 | WHITEHORSE         | 4:56.2    | 7:56.7     | 39:29.81 |
| 48 | Danielle Savard      | F 42 | 5738 | DENHOLM            | 4:56.7    | 7:57.5     | 39:33.72 |
| 49 | Lindsay Robertson    | F 29 | 5730 | KINGSTON           | 4:56.8    | 7:57.6     | 39:34.50 |
| 50 | Mark Dickson         | M 30 | 5633 | KINGSTON           | 4:56.9    | 7:57.8     | 39:35.34 |
| 51 | Jen Kellett          | F 40 | 5673 | CAMBRIDGE          | 5:00.3    | 8:03.3     | 40:02.69 |
| 52 | Deborah Holtom       | F 66 | 5663 | HOWE ISLAND        | 5:01.5    | 8:05.3     | 40:12.66 |
| 53 | Erin Chaplin         | F 34 | 5623 | KINGSTON           | 5:02.4    | 8:06.7     | 40:19.75 |
| 54 | Emily Atkins         | F 52 | 5604 | PICTON             | 5:06.6    | 8:13.4     | 40:53.09 |
| 55 | Steve Liberty        | M 44 | 5686 | KINGSTON           | 5:06.8    | 8:13.8     | 40:55.00 |
| 56 | Monique Sauve        | F 39 | 5737 | KINGSTON           | 5:07.4    | 8:14.8     | 40:59.84 |
| 57 | Lani Fox             | F 40 | 5640 | AMHERSTVIEW        | 5:07.5    | 8:14.9     | 41:00.50 |
| 58 | Sean Kellett         | M 39 | 5674 | CAMBRIDGE          | 5:08.9    | 8:17.2     | 41:11.81 |
| 59 | Shirley Myers        | F 65 | 5713 | KINGSTON           | 5:09.9    | 8:18.8     | 41:19.62 |
| 60 | Whitney Babcock      | F 48 | 5786 | KINGSTON           | 5:16.6    | 8:29.5     | 42:12.84 |
| 61 | Andy Maycock         | M 51 | 5694 | KINGSTON           | 5:20.7    | 8:36.1     | 42:45.94 |
| 62 | Chris Hammer         | M 38 | 5653 | SYDENHAM           | 5:21.2    | 8:36.9     | 42:49.75 |
| 63 | John Sheppard        | M 42 | 5743 | ELGINBURG          | 5:22.2    | 8:38.6     | 42:58.06 |
| 64 | Rick Jeffries        | M 40 | 5671 | ELGINBURG          | 5:22.4    | 8:38.9     | 42:59.66 |
| 65 | Katie Buell          | F 41 | 5619 | SMITHS FALLS       | 5:26.7    | 8:45.9     | 43:34.38 |
| 66 | Yasmin Hamid         | F 27 | 5652 | KINGSTON           | 5:29.0    | 8:49.5     | 43:52.44 |
| 67 | Olivia Cook          | F 20 | 5782 | INVERARY           | 5:29.2    | 8:49.9     | 43:54.31 |
| 68 | Diane Lougheed       | F 56 | 5687 | KINGSTON           | 5:29.9    | 8:51.0     | 43:59.81 |
| 69 | Kira Mcneely         | F 51 | 5704 | KINGSTON           | 5:32.6    | 8:55.3     | 44:21.03 |
| 70 | Duncan McGregor      | M 43 | 5701 | PERTH ROAD VILLAGE | 5:33.6    | 8:56.9     | 44:29.28 |
| 71 | Iлона Thomas         | F 54 | 5757 | BROCKVILLE         | 5:35.1    | 8:59.3     | 44:40.94 |
| 72 | Meera Ruparelia      | F 39 | 5734 | BROCKVILLE         | 5:35.2    | 8:59.5     | 44:41.90 |
| 73 | Jack Judge           | M 66 | 5672 | KINGSTON           | 5:36.1    | 9:00.9     | 44:48.94 |
| 74 | Jessica Harvie       | F 52 | 5654 | HARTINGTON         | 5:36.2    | 9:01.2     | 44:50.34 |
| 75 | Catherine Byers      | F 49 | 5621 | KINGSTON           | 5:36.9    | 9:02.2     | 44:55.28 |
| 76 | Carolyn Gauthier     | F 44 | 5642 | KINGSTON           | 5:37.0    | 9:02.3     | 44:56.15 |
| 77 | David Holliday       | M 38 | 5661 | KINGSTON           | 5:38.3    | 9:04.5     | 45:07.15 |
| 78 | Denise Anthony       | F 58 | 5601 | NORTH AUGUSTA      | 5:41.2    | 9:09.1     | 45:30.03 |
| 79 | Jamee Simpson        | F 23 | 5744 | BATH               | 5:42.5    | 9:11.3     | 45:40.66 |
| 80 | Becca McCormick      | F 32 | 5697 | YARKER             | 5:46.4    | 9:17.4     | 46:11.25 |
| 81 | Jenny Munroe         | F 37 | 5710 | YARKER             | 5:46.5    | 9:17.6     | 46:12.15 |
| 82 | Jane Smith           | F 36 | 5747 | KINGSTON           | 5:47.0    | 9:18.4     | 46:16.22 |
| 83 | Clare Maycock        | F 50 | 5695 | KINGSTON           | 5:48.4    | 9:20.7     | 46:27.28 |
| 84 | Terry Hodge          | M 54 | 5657 | BROCKVILLE         | 5:48.5    | 9:20.9     | 46:28.59 |
| 85 | wendy Guthrie        | F 50 | 5648 | GLENBURNIE         | 5:48.8    | 9:21.4     | 46:30.75 |
| 86 | Tracey Howarth       | F 46 | 5664 | MERRICKVILLE       | 5:49.8    | 9:23.0     | 46:38.72 |
| 87 | Nancy May            | F 51 | 5692 | BROCKVILLE         | 5:49.9    | 9:23.1     | 46:39.62 |
| 88 | Corry-Lin Stephenson | F 43 | 5751 | BATH               | 5:52.1    | 9:26.6     | 46:57.00 |
| 89 | Jenni Stotts         | F 32 | 5752 | BROCKVILLE         | 5:52.5    | 9:27.4     | 47:00.78 |
| 90 | Rachel Vandertol     | F 33 | 5764 | BROCKVILLE         | 5:52.6    | 9:27.5     | 47:01.52 |

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|-----|--------------------|------|------|--------------------|-----------|------------|----------|
| 91  | Laurie Schur       | F 50 | 5740 | GANANOQUE          | 5:53.1    | 9:28.2     | 47:04.97 |
| 92  | Celine Langevin    | F 35 | 5680 | CORNWALL           | 5:53.4    | 9:28.7     | 47:07.41 |
| 93  | Paul Langevin      | M 37 | 5681 | CORNWALL           | 5:53.5    | 9:28.9     | 47:08.43 |
| 94  | Brenda Saaltink    | F 62 | 5735 | KINGSTON           | 5:53.8    | 9:29.5     | 47:11.15 |
| 95  | Christine Podzyhun | F 28 | 5725 | KINGSTON           | 5:57.0    | 9:34.5     | 47:36.12 |
| 96  | Shelley Cooper     | F 50 | 5626 | GATINEAU           | 5:57.3    | 9:35.0     | 47:38.50 |
| 97  | Lisa Barton        | F 49 | 5607 | KINGSTON           | 6:01.5    | 9:41.7     | 48:12.06 |
| 98  | Margaret Chung     | F 39 | 5624 | KINGSTON           | 6:02.5    | 9:43.5     | 48:20.66 |
| 99  | Arrian Bunyi       | F 27 | 5620 | KINGSTON           | 6:06.5    | 9:49.9     | 48:52.72 |
| 100 | Wendy Walsh        | F 54 | 5772 | PERTH ROAD         | 6:08.1    | 9:52.4     | 49:04.97 |
| 101 | Karen Murphy       | F 56 | 5711 | PERTH ROAD VILLAGE | 6:10.8    | 9:56.7     | 49:26.53 |
| 102 | Susan Meyers       | F 64 | 5706 | INVERARY           | 6:10.9    | 9:56.9     | 49:27.66 |
| 103 | Kristen Yeomans    | F 34 | 5778 | ENTERPRISE         | 6:11.6    | 9:58.1     | 49:33.47 |
| 104 | Merv Hodgson       | M 79 | 5659 | MAITLAND           | 6:12.4    | 9:59.4     | 49:39.78 |
| 105 | Shana Doonan       | F 39 | 5634 | BROCKVILLE         | 6:16.6    | 10:06.2    | 50:13.47 |
| 106 | Rhiannon Iles      | F 44 | 5670 | BROCKVILLE         | 6:16.7    | 10:06.3    | 50:14.21 |
| 107 | Andrea Veenstra    | F 59 | 5765 | BROCKVILLE         | 6:17.3    | 10:07.2    | 50:18.75 |
| 108 | Steve Macbeth      | M 43 | 5688 | CHALK RIVER        | 6:17.9    | 10:08.3    | 50:23.94 |
| 109 | Deb Walker         | F 48 | 5768 | BATH               | 6:18.4    | 10:09.0    | 50:27.69 |
| 110 | Brad Duffy         | M 38 | 5635 | SEELEYS BAY        | 6:18.8    | 10:09.6    | 50:30.69 |
| 111 | Jennifer McDonald  | F 39 | 5699 | BROCKVILLE         | 6:19.7    | 10:11.1    | 50:37.88 |
| 112 | Christy McCreary   | F 46 | 5698 | PERTH ROAD VILLAGE | 6:22.6    | 10:15.8    | 51:01.22 |
| 113 | Katrina McDonough  | F 38 | 5700 | ELGINBURG          | 6:23.3    | 10:16.8    | 51:06.50 |
| 114 | Carrie Valin       | F 35 | 5763 | BATH               | 6:23.6    | 10:17.3    | 51:09.06 |
| 115 | Holly Main         | F 33 | 5690 | TORONTO            | 6:25.0    | 10:19.7    | 51:20.59 |
| 116 | Lisa Cotman        | F 44 | 5628 | KINGSTON           | 6:25.2    | 10:19.9    | 51:21.62 |
| 117 | Liz Walker         | F 71 | 5769 | KINGSTON           | 6:27.1    | 10:23.0    | 51:37.31 |
| 118 | Anne McIvor        | F 48 | 5703 | KINGSTON           | 6:27.5    | 10:23.6    | 51:40.03 |
| 119 | Tricia Kiers       | F 46 | 5676 | KINGSTON           | 6:28.2    | 10:24.7    | 51:45.72 |
| 120 | Reg Kiers          | M 44 | 5675 | KINGSTON           | 6:28.2    | 10:24.8    | 51:46.34 |
| 121 | Leah Neadow        | F 30 | 5715 | AMHERSTVIEW        | 6:34.6    | 10:35.0    | 52:37.03 |
| 122 | Anne Hodgson       | F 70 | 5658 | MAITLAND           | 6:35.3    | 10:36.3    | 52:43.15 |
| 123 | Barb Guiden        | F 59 | 5647 | INVERARY           | 6:37.5    | 10:39.8    | 53:00.44 |
| 124 | Anne Powers        | F 54 | 5726 | KINGSTON           | 6:41.2    | 10:45.7    | 53:29.84 |
| 125 | Louise Clow        | F 59 | 5625 | KINGSTON           | 6:41.5    | 10:46.2    | 53:32.41 |
| 126 | Judith Davidson    | F 60 | 5632 | KINGSTON           | 6:41.8    | 10:46.6    | 53:34.59 |
| 127 | Shelley Simpson    | F 56 | 5746 | KINGSTON           | 6:43.5    | 10:49.4    | 53:48.47 |
| 128 | Patti Hull         | F 59 | 5667 | HARROWSMITH        | 6:43.6    | 10:49.6    | 53:49.46 |
| 129 | Andree Bouchard    | F 59 | 5617 | KINGSTON           | 6:44.9    | 10:51.7    | 53:59.91 |
| 130 | Phiona Lappan      | F 54 | 5682 | KINGSTON           | 6:47.1    | 10:55.2    | 54:17.00 |
| 131 | Janice Ringler     | F 45 | 5729 | GLENBURNIE         | 6:47.6    | 10:56.0    | 54:21.41 |
| 132 | Ed Wilkinson       | M 56 | 5774 | ELGINBURG          | 6:49.9    | 10:59.7    | 54:39.81 |
| 133 | Amy Hacker         | F 36 | 5650 | ELGINBURG          | 6:50.0    | 10:59.9    | 54:40.62 |
| 134 | Rose Parent        | F 54 | 5717 | OTTAWA             | 6:50.3    | 11:00.3    | 54:42.62 |
| 135 | Laura Simpson      | F 29 | 5745 | KINGSTON           | 6:53.6    | 11:05.7    | 55:09.47 |
| 136 | David Robinson     | M 36 | 5731 | KINGSTON           | 6:53.7    | 11:05.9    | 55:10.37 |

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|-------------------------|------|------|--------------|-----------|------------|------------|
| 137 Rietta Wadman-Mills | F 50 | 5767 | SYDENHAM     | 7:05.0    | 11:24.1    | 56:40.69   |
| 138 Maryanne Takala     | F 60 | 5755 | SYDENHAM     | 7:05.3    | 11:24.4    | 56:42.56   |
| 139 Pat Tamblyn         | F 70 | 5756 | LANSDOWNE    | 7:06.3    | 11:26.1    | 56:50.72   |
| 140 Carol Peterson      | F 52 | 5723 | KINGSTON     | 7:11.1    | 11:33.8    | 57:29.34   |
| 141 Stephen Maybury     | M 71 | 5693 | SYDENHAM     | 7:13.1    | 11:37.1    | 57:45.34   |
| 142 Chelsea Black       | F 23 | 5613 | OTTAWA       | 7:13.7    | 11:38.0    | 57:49.88   |
| 143 Janet Cory          | F 58 | 5627 | WOLFE ISLAND | 7:14.1    | 11:38.6    | 57:52.91   |
| 144 Andrea Sealy        | F 40 | 5742 | KINGSTON     | 7:15.9    | 11:41.6    | 58:07.94   |
| 145 Donna Francom       | F 57 | 5641 | AMHERSTVIEW  | 7:16.9    | 11:43.2    | 58:15.97   |
| 146 Alison Bonham       | F 49 | 5616 | KINGSTON     | 7:18.2    | 11:45.2    | 58:25.69   |
| 147 Belinda Bancroft    | F 53 | 5605 | HARROWSMITH  | 7:18.7    | 11:46.1    | 58:30.15   |
| 148 Shaneza Thomas      | F 39 | 5758 | BRAMPTON     | 7:28.8    | 12:02.2    | 59:50.47   |
| 149 Michelle Howland    | F 48 | 5665 | BATTERSEA    | 7:32.9    | 12:08.9    | 1:00:23.53 |
| 150 Anne Genge          | F 66 | 5643 | HARROWSMITH  | 7:35.9    | 12:13.8    | 1:00:47.91 |
| 151 Luanne Halerewich   | F 50 | 5651 | KINGSTON     | 7:36.1    | 12:14.0    | 1:00:48.93 |
| 152 Stephanie Curzon    | F 33 | 5629 | ODESSA       | 7:45.9    | 12:29.8    | 1:02:07.47 |
| 153 Stephane Parent     | M 53 | 5718 | OTTAWA       | 8:01.2    | 12:54.4    | 1:04:09.72 |
| 154 Melanie Strickland  | F 51 | 5753 | KINGSTON     | 8:05.9    | 13:02.0    | 1:04:47.44 |
| 155 Eshranie D          | F 42 | 5630 | OAKVILLE     | 8:21.1    | 13:26.4    | 1:06:49.06 |
| 156 Damon Budhram       | M 43 | 5618 | OAKVILLE     | 8:21.2    | 13:26.7    | 1:06:50.25 |
| 157 Sheila McWatters    | F 62 | 5705 | INVERARY     | 8:27.9    | 13:37.4    | 1:07:43.41 |
| 158 Josie Arbuckle      | F 55 | 5602 | KINGSTON     | 8:42.5    | 14:00.8    | 1:09:40.00 |
| 159 Paula Leroux        | F 54 | 5684 | SEELEYS BAY  | 8:42.6    | 14:01.0    | 1:09:41.00 |
| 160 Kimberly Hurt       | F 53 | 5669 | KINGSTON     | 8:52.0    | 14:16.1    | 1:10:56.00 |
| 161 Mike Walker         | M 68 | 5770 | KINGSTON     | 9:35.7    | 15:26.5    | 1:16:46.00 |