

Sandbanks 5km/10km Races

Sandbanks Provincial Park

2018-09-16

9/16/18 - 9/16/18

Results by www.runningbydesign.com**Event # 1 MIXED 10K Run**

Name	Age	Bib	Team	Avg per K	Avg per MI	Time
FEMALE 1 - 14						
1 Sofia Camacho	F 11	5534	KINGSTON	6:54.6	11:07.2	1:09:06.00
FEMALE 15 - 19						
1 Megan Bekker	F 17	5586	BELLEVILLE	5:57.6	9:35.6	59:36.75
FEMALE 20 - 29						
1 Tracy Thomson	F 25	5414	HAMILTON	6:15.2	10:03.8	1:02:32.09
FEMALE 30 - 39						
1 Frances Van der Heyden	F 35	5418	NAPANEE	5:10.2	8:19.2	51:42.00
2 Alicia Lain	F 35	5404	TRENTON	5:32.6	8:55.3	55:26.53
3 Michelle Guemsey	F 32	5467	CHERRY VALLEY	5:37.1	9:02.5	56:11.03
4 Shannon McKennitt	F 34	5408	BELLEVILLE	5:50.7	9:24.4	58:27.47
5 Christa Brough	F 38	5531	AMELIASBURG	5:57.9	9:36.1	59:39.81
6 Marissa Beckles	F 38	5582	KINGSTON	6:34.2	10:34.5	1:05:42.69
7 Natasha Bryden	F 39	5533	AMELIASBURGH	6:38.9	10:41.9	1:06:29.15
FEMALE 40 - 49						
1 Cora Yin	F 43	5423	WHITBY	4:50.7	7:47.9	48:27.97
2 Jody Bonsall	F 48	5506	NAPANEE	5:12.2	8:22.5	52:02.59
3 Shara Lee Foster	F 43	5546	TRENTON	5:38.0	9:04.0	56:20.75
4 Melissa Green	F 40	5547	TRENTON	5:49.0	9:21.8	58:10.97
5 Andrea Higgins	F 43	5548	BOWMANVILLE	6:40.1	10:43.9	1:06:41.52
6 Lisaellen Currie	F 45	5484	ORO MEDONTE	6:40.3	10:44.3	1:06:43.91
7 Andrea Schwartz	F 44	5411	KINGSTON	6:54.9	11:07.7	1:09:09.00
8 Wendy Conway	F 48	5540	WHITBY	7:08.2	11:29.1	1:11:22.00
9 Lisa Wilson	F 41	5421	BOWMANVILLE	7:42.0	12:23.5	1:17:00.00
10 Lynn Roberts	F 44	5410	BATH	7:55.6	12:45.4	1:19:16.00
11 Chantel Lavoie	F 48	5405	KINGSTON	8:15.3	13:17.1	1:22:33.00
12 Jackie McCullough	F 49	5406	KINGSTON	8:15.4	13:17.2	1:22:34.00
13 Catherine Connolly	F 41	5539	BOWMANVILLE	10:17.5	16:33.7	1:42:55.00
14 Donna Brewster	F 49	5530	DEMORESTVILLE	10:17.6	16:33.9	1:42:56.00
FEMALE 50 - 59						
1 Miriam Philip	F 59	5409	AJAX	5:42.6	9:11.4	57:06.31
2 Cindy Jones	F 55	5550	SYDENHAM	6:54.8	11:07.5	1:09:08.00
FEMALE 60 - 69						
1 Joyce Stewart	F 60	5413	BELLEVILLE	5:33.3	8:56.4	55:33.24
2 Mary James	F 63	5549	PLAINFIELD	5:59.0	9:37.8	59:50.62
3 Rose Thomson	F 62	5415	HAMILTON	5:59.0	9:37.8	59:50.90
4 Cathy Tyrrell	F 61	5416	BATH	7:55.5	12:45.2	1:19:15.00
5 Beatrice Downs	F 66	5541	CARRYING PLACE	9:16.9	14:56.2	1:32:49.00
MALE 15 - 19						
1 Bobby Buck	M 17	5527	BELLEVILLE	3:43.4	5:59.6	37:14.56
2 Miika Kark	M 17	5311	BELLEVILLE	4:49.1	7:45.3	48:11.78
MALE 30 - 39						
1 Aaron Brough	M 39	5532	AMELIASBURG	4:56.6	7:57.4	49:26.47
2 James Wilson-Busby	M 36	5422	BELLEVILLE	5:12.5	8:23.0	52:05.81
MALE 40 - 49						

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	Name	Age	Bib	Team	Avg per K	Avg per MI	Time
1	Christopher La Rose	M 46	5403	BELLEVILLE	4:48.2	7:43.8	48:02.03
2	Julien Caron	M 43	5537	MONTREAL	5:02.0	8:06.1	50:20.94
3	Adam Bonsall	M 47	5509	NAPANEE	5:12.3	8:22.7	52:03.88
4	Eric Forget	M 47	5545	TORONTO	5:25.4	8:43.7	54:14.15
5	Steve Kinney	M 42	5402	DESERONTO	5:50.3	9:23.8	58:23.44
6	Steve Mckee	M 42	5407	CONSECON	6:25.7	10:20.8	1:04:17.56
MALE 50 - 59							
1	Lorne Singer	M 52	5412	BELLEVILLE	4:19.6	6:57.8	43:16.34
2	Bob Van Blitterswyk	M 53	5417	ELIZABETHTOWN	4:43.2	7:35.8	47:12.44
3	Chris LaCroix	M 52	5474	STIRLING	4:48.8	7:44.8	48:08.31
4	Wynand Bekker	M 52	5504	BELLEVILLE	4:59.4	8:01.9	49:54.47
5	David Cannons	M 51	5535	KINGSTON	5:33.2	8:56.2	55:32.25
MALE 60 - 69							
1	Paul Kenny	M 65	5401	CHERRY VALLEY	4:37.8	7:27.1	46:18.44
2	Thomas White	M 64	5419	ALLISTON	5:36.9	9:02.2	56:09.56
3	Jim Estes	M 69	5542	KINGSTON	5:55.4	9:32.0	59:14.62
4	Garry Carl	M 63	5536	BELLEVILLE	6:12.0	9:58.7	1:02:00.18
MALE 70 - 99							
1	Allan Savage	M 77	5479	BELLEVILLE	6:40.0	10:43.8	1:06:40.69