

Sandbanks 5km/10km Races**Sandbanks Provincial Park**

2018-09-16

9/16/18 - 9/16/18

Results by www.runningbydesign.com**Event # 1 MIXED 5K Run**

	Name	Age	Bib	Team	Avg per K	Avg per MI	Time
FEMALE 1 - 14							
1	Chloe Zarzoso	F 10	4299	SCARBOROUGH	6:04.8	9:47.1	30:24.34
2	Katelyn Sagriff	F 10	4275	CORBYVILLE	6:14.5	10:02.7	31:12.53
3	Anna Walsh	F 14	4487	BELLEVILLE	6:27.7	10:24.0	32:18.75
4	Tatum DeVille	F 12	4220	TRENTON	6:33.1	10:32.7	32:45.84
5	Roxanne Walsh	F 12	4295	KINGSTON	6:46.4	10:54.0	33:52.09
6	Aarya Sulway	F 9	2790	TORONTO	7:19.6	11:47.6	36:38.44
7	Ella Harrow	F 10	4492	BELLEVILLE	7:54.0	12:42.9	39:30.25
8	Samantha Gavura	F 11	4500	TORONTO	9:46.5	15:44.0	48:52.88
FEMALE 15 - 19							
1	Estelle Mohr	F 15	2795	TORONTO	5:00.1	8:03.0	25:00.78
2	Makenna Clayton	F 18	4497	AMELIASBURGH	5:40.1	9:07.3	28:20.69
3	Sarah Johnson	F 15	4243	PICTON	6:08.4	9:52.9	30:42.18
4	Amanda Johnson	F 17	4242	PICTON	6:08.5	9:53.0	30:42.65
FEMALE 20 - 29							
1	Ashley Bickle	F 22	4208	BELLEVILLE	4:45.4	7:39.3	23:47.06
2	Nicki Tober	F 27	4290	TORONTO	5:09.3	8:17.8	25:46.75
3	Meghan Healey	F 27	4238	PICTON	5:20.7	8:36.1	26:43.75
4	Meghan Reddy	F 25	4268	KINGSTON	5:57.0	9:34.6	29:45.47
5	Emilie Leneveu	F 21	4249	BELLEVILLE	6:23.8	10:17.7	31:59.12
6	Natasha Rosborough	F 29	4271	PICTON	8:09.9	13:08.4	40:49.72
7	Sarah Llew-Williams	F 29	4253	KINGSTON	8:14.2	13:15.3	41:11.06
8	Casey Shepherd	F 26	4282	BELLEVILLE	8:38.5	13:54.5	43:12.93
9	Nicloe Flynn	F 25	4229	BELLEVILLE	9:11.9	14:48.2	45:59.69
FEMALE 30 - 39							
1	Emma Struthers	F 35	4284	BELLEVILLE	4:38.0	7:27.4	23:10.28
2	Victoria Coady	F 32	4214	KINGSTON	5:20.5	8:35.8	26:42.72
3	Amanda Osterhout	F 39	4263	PLAINFILED	5:45.7	9:16.4	28:48.81
4	Justine Schwende	F 33	2793	PICTON	5:47.1	9:18.6	28:55.72
5	Sonal Patel	F 30	4264	KINGSTON	5:57.3	9:35.1	29:46.84
6	Alisha Morrison	F 35	4261	BELLEVILLE	6:04.1	9:46.1	30:20.97
7	Kim Terrington	F 39	4287	BELLEVILLE	6:28.9	10:25.9	32:24.59
8	Amy Burtch	F 39	4211	AMHERSTVIEW	6:31.7	10:30.4	32:38.84
9	Sarah Dingle	F 31	4221	BELLEVILLE	6:35.5	10:36.5	32:57.56
10	Jacqueline Graff-Randle	F 34	4233	STIRLING	6:49.0	10:58.3	34:05.40
11	Emily Mancuso	F 39	4256	TORONTO	7:17.0	11:43.2	36:25.00
12	Christena Harrow	F 39	4493	BELLEVILLE	7:54.1	12:43.0	39:30.62
13	Tanya Gray	F 37	4234	PETERBOROUGH	8:09.3	13:07.5	40:46.78
14	Erin Brown	F 34	4210	NAPANEE	8:38.5	13:54.4	43:12.62
15	Janelle Hill	F 39	4239	BRIGHTON	9:50.1	15:49.7	49:10.62
FEMALE 40 - 49							
1	Janet Baker	F 41	2791	CAMBRIDGE	4:40.6	7:31.5	23:23.00
2	Jen saulnier	F 45	4276	KINGSTON	5:04.8	8:10.6	25:24.34
3	Connie McDonell	F 47	4257	STIRLING	5:17.7	8:31.4	26:28.97
4	Sandra Deleon	F 43	4215	PICKERING	5:36.8	9:02.0	28:04.06

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	Name	Age	Bib	Team	Avg per K	Avg per MI	Time
5	Leigh-Ann Fingland	F 47	4227	KINGSTON	5:44.3	9:14.0	28:41.50
6	Julie Lovshin	F 45	4254	WHITBY	5:52.4	9:27.2	29:22.38
7	Amy ter Harr	F 40	4491	TORONTO	5:56.1	9:33.1	29:40.69
8	Tricia Sagriff	F 42	4274	CORBYVILLE	6:14.5	10:02.8	31:12.87
9	Deb Walker	F 49	4293	BATH	6:19.3	10:10.5	31:36.91
10	Michelle Strassburger	F 43	4496	KINGSTON	6:26.5	10:22.0	32:12.66
11	Alana DeVille	F 41	4217	TRENTON	6:33.2	10:32.8	32:46.09
12	Joy Haveman	F 41	4237	FRANKFORD	6:44.0	10:50.2	33:40.28
13	Amelie Walsh	F 45	4294	KINGSTON	6:46.5	10:54.2	33:52.52
14	Alana Ricketts	F 42	4269	STIRLING	6:49.0	10:58.2	34:05.12
15	Elizabeth Kirkland	F 40	4246	BEACONSFIELD	6:51.7	11:02.6	34:18.91
16	Angel Chase	F 49	4212	BELLEVILLE	6:56.3	11:09.9	34:41.53
17	Lisa Lindsay	F 45	4300	WELLINGTON	7:03.2	11:21.2	35:16.47
18	Shaleen Sulway	F 40	2720	TORONTO	7:19.8	11:47.8	36:39.18
19	Cynthia Link	F 46	4251	AMHERSTVIEW	8:06.2	13:02.6	40:31.47
20	Tina Puro	F 47	4266	STIRLING	8:09.4	13:07.6	40:47.18
21	Theresa Suart	F 49	4285	KINGSTON	8:53.2	14:18.1	44:26.22
22	Julianne Schwartz	F 45	4280	CONSECON	9:38.2	15:30.6	48:11.47
23	Angela Rogers	F 41	4498	PLAINFIELD	9:49.2	15:48.3	49:06.38
FEMALE 50 - 59							
1	Michelle Pothier	F 50	4265	PICTON	4:43.6	7:36.4	23:38.15
2	Katherine Willis	F 59	4298	CAMBRIDGE	5:21.5	8:37.5	26:47.97
3	Shari Shaw	F 55	4281	KINGSTON	5:33.4	8:56.6	27:47.28
4	Kim Boyle	F 55	4209	WELLINGTON	6:11.7	9:58.2	30:58.66
5	Julia Swedak	F 55	4286	PICTON	6:35.8	10:37.0	32:59.25
6	Lesley Barrett	F 53	4205	KINGSTON	7:36.9	12:15.4	38:04.91
7	Alison Gilbert	F 53	4231	BLOOMFIELD	7:57.7	12:48.9	39:48.91
8	Emebet Belete	F 50	4207	BELLEVILLE	12:09.6	19:34.3	1:00:48.41
9	Marianne Schwartz	F 51	4279	SCARBOROUGH	12:32.2	20:10.6	1:02:41.25
FEMALE 60 - 69							
1	Laurie Llew-Williams	F 60	4252	KINGSTON	8:22.0	13:27.9	41:50.18
2	Melanie Myers	F 67	4262	BATH	8:31.6	13:43.4	42:38.44
3	Lori Driscoll	F 65	4223	PICTON	10:45.4	17:18.7	53:47.28
MALE 1 - 14							
1	Nathan DeVille	M 14	4219	TRENTON	4:13.3	6:47.6	21:06.66
2	Spencer Haennel	M 14	4235	AMELIASBURG	4:59.7	8:02.3	24:58.59
3	Owen Whyte	M 11	4297	STIRLING	5:15.4	8:27.6	26:17.22
4	Matthew Hough	M 11	4490	NAPANEE	5:26.5	8:45.4	27:12.50
5	Aidan McReelis	M 8	4259	WHITBY	5:50.3	9:23.8	29:11.75
6	Dominick Brough	M 10	4488	PICTON	7:06.6	11:26.6	35:33.34
7	Matai Andrews	M 6	2794	WEST LAKE	10:41.6	17:12.5	53:28.06
8	Kidan Singer	M 13	4283	BELLEVILLE	12:07.5	19:30.8	1:00:37.62
MALE 15 - 19							
1	Owen Allen	M 18	4202	BELLEVILLE	4:22.4	7:02.2	21:52.00
2	Kai Mackintosh	M 19	4255	BELLEVILLE	4:45.3	7:39.2	23:46.69
3	Jasper Gilbert	M 15	4232	BLOOMFIELD	5:12.0	8:22.2	26:00.47

MALE 20 - 29

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	Name	Age	Bib	Team	Avg per K	Avg per MI	Time
1	John Liana	M 26	4250	BELLEVILLE	3:53.0	6:15.0	19:25.12
2	Zachary Tucker	M 24	4291	BELLEVILLE	5:06.0	8:12.5	25:30.41
3	Pratik Konnur	M 27	4247	TORONTO	5:55.7	9:32.5	29:38.94
MALE 30 - 39							
1	Adam Andrecyk	M 36	4203	KINGSTON	3:30.3	5:38.5	17:31.75
MALE 40 - 49							
1	Kevin Beaty	M 42	4206	BELLEVILLE	3:27.3	5:33.6	17:16.75
2	Jeff Walsh	M 47	4486	BELLEVILLE	3:57.2	6:21.7	19:46.15
3	Edward Fingland	M 41	4228	KINGSTON	4:35.1	7:22.8	22:55.88
4	Chris Sulway	M 47	2789	TORONTO	5:45.1	9:15.4	28:45.56
5	Matthew Deleon	M 44	4216	PICKERING	5:49.8	9:23.0	29:09.34
6	Andrew Hough	M 40	4489	NAPANEE	6:03.0	9:44.3	30:15.38
7	Marc Saulnier	M 47	4278	KINGSTON	6:27.8	10:24.2	32:19.37
8	Tim Terrington	M 40	4288	BELLEVILLE	6:28.9	10:26.0	32:24.93
9	Steve Pysklywec	M 46	4267	TRENTON	6:34.2	10:34.4	32:51.03
10	Kylen McReelis	M 44	4260	WHITBY	6:35.1	10:36.0	32:55.97
11	Scott Gavura	M 47	4499	TORONTO	9:47.7	15:45.8	48:58.59
MALE 50 - 59							
1	Mike Kawam	M 51	4245	BELLEVILLE	3:59.4	6:25.3	19:57.28
2	Ralph Ackerman	M 53	4201	BELLEVILLE	4:18.3	6:55.7	21:31.56
3	Christian Ritchot	M 59	4270	BELLEVILLE	4:21.0	7:00.1	21:45.38
4	Jeff DeVille	M 50	4218	TRENTON	4:28.4	7:11.9	22:22.15
5	Brent Armstrong	M 51	4204	WHITBY	4:39.3	7:29.5	23:16.75
6	John Bonn	M 50	4495	BELLEVILLE	5:01.1	8:04.6	25:05.69
7	Matthew Golle	M 50	2796	TORONTO	6:04.9	9:47.3	30:24.68
8	Tim Johnson	M 54	4241	PICTON	6:08.6	9:53.2	30:43.06
MALE 60 - 69							
1	Peter James	M 63	2792	BELLEVILLE	4:06.7	6:37.1	20:33.75
2	Boyd Whyte	M 62	4296	STIRLING	4:30.6	7:15.5	22:33.31
3	Doug Driscoll	M 67	4224	PICTON	10:45.5	17:18.8	53:47.56
MALE 70 - 99							
1	Roger Johnson	M 71	4494	BELLEVILLE	6:31.3	10:29.8	32:36.97
2	Clarence Jenkins	M 79	4240	WELLINGTON	7:16.7	11:42.8	36:23.56
3	Michael La Rose	M 72	4248	PICTON	9:12.7	14:49.6	46:03.97