

2016 Reddendale Ramble

St. Andrews by the Lake Church

18/06/2016

6/18/16 - 6/18/16

Results by www.runningbydesign.com

Event # 2 MIXED 5K Run

Name	Age	Bib	Team	Avg per K	Avg per MI	Time	
FEMALE 1 - 19							
1	Maggie Scheunert	F 19	3770	KINGSTON	3:55.8	6:19.6	19:39.41
2	Claire Sedgewick	F 13	3688	KINGSTON	4:41.2	7:32.6	23:26.44
3	Sophie Saunders-Lambert	F 9	3737	HOWE ISLAND	5:12.2	8:22.4	26:01.09
FEMALE 20 - 29							
1	Meredith Langley	F 28	3772	OTTAWA	3:59.0	6:24.6	19:55.00
2	Molly Steer	F 21	3781	KINGSTON	4:01.2	6:28.2	20:06.25
3	Megan Kiley	F 23	3786	KINGSTON	4:19.5	6:57.7	21:37.88
4	Sarah Arendt	F 20	3721	PLAINFIELD	4:28.7	7:12.5	22:23.84
5	Zoe Andrews	F 21	3749	NORTH GOWER	4:35.3	7:23.1	22:56.66
6	Kyla Tozer	F 29	3763	YARKER	4:44.4	7:37.7	23:42.28
7	Kelly Biagi	F 26	3731	KINGSTON	5:03.6	8:08.7	25:18.44
8	Bailey Shaw	F 20	3715	KINGSTON	5:13.7	8:24.9	26:08.69
9	Casey Kidson	F 27	3764	KINGSTON	5:16.7	8:29.7	26:23.62
10	Sophie Felleiter	F 23	3727	KINGSTON	5:37.4	9:03.0	28:07.28
11	Robyn Lalonde	F 29	3717	KINGSTON	5:49.9	9:23.1	29:09.72
12	Danielle Pacaud	F 24	3785	KINGSTON	7:04.9	11:23.8	35:24.75
13	Dawn Free	F 28	3756	KINGSTON	7:11.6	11:34.6	35:58.03
FEMALE 30 - 39							
1	Jodie Primeau	F 32	3701	KINGSTON	4:11.2	6:44.3	20:56.21
2	Justine Grob	F 30	3747	KINGSTON	4:27.5	7:10.5	22:17.75
3	Valeriea Andrecky	F 32	3789	KINGSTON	4:35.8	7:23.9	22:59.15
4	Karlyn Pixley	F 35	3705	KINGSTON	4:48.8	7:44.8	24:04.18
5	Elizabeth Mann	F 33	3703	KINGSTON	4:58.7	8:00.7	24:53.69
6	Julie Shoniker	F 33	3797	KINGSTON	5:11.9	8:22.0	25:59.75
7	Annie Langley	F 30	3697	KINGSTON	5:15.4	8:27.5	26:17.00
8	Brooke Armstrong	F 36	3777	BELLEVILLE	6:20.2	10:11.9	31:41.18
FEMALE 40 - 49							
1	Lana Saunders	F 41	3736	HOWE ISLAND	4:11.1	6:44.1	20:55.75
2	Catherine Donnelly	F 46	3689	KINGSTON	4:27.4	7:10.4	22:17.41
3	Kelley Packalen	F 40	3707	KINGSTON	4:31.8	7:17.4	22:39.03
4	Rachel Sheldon	F 42	3757	KINGSTON	4:55.0	7:54.8	24:35.18
5	Katie Amell	F 41	3556	KINGSTON	5:14.5	8:26.1	26:12.59
6	Diane Hince	F 43	3739	KINGSTON	5:32.4	8:55.0	27:42.47
7	Faye Thompson	F 43	3685	KINGSTON	5:40.7	9:08.3	28:23.78
8	Christa Jordan	F 43	3746	KINGSTON	5:42.9	9:11.9	28:34.78
9	Ronda McCullough	F 47	3713	HARROWSMITH	7:05.9	11:25.5	35:29.97
10	Peg Plunkett	F 44	3774	KINGSTON	7:06.1	11:25.7	35:30.52
11	Deanna Hanes	F 40	3722	KINGSTON	8:04.2	12:59.2	40:21.00
12	Jill Dupuis	F 45	3687	KINGSTON	8:04.4	12:59.6	40:22.20
13	Lynn Roberts	F 42	3709	BATH	8:19.0	13:23.0	41:35.00
FEMALE 50 - 59							
1	Karen Millson	F 53	3718	KINGSTON	4:25.3	7:07.0	22:06.84
2	Audethy Tallack	F 55	3791	KINGSTON	4:56.8	7:57.7	24:44.28
3	Karen Gagnon	F 54	3768	KINGSTON	5:13.0	8:23.8	26:05.44

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	Name	Age	Bib	Team	Avg per K	Avg per MI	Time
4	Shari Shaw	F 52	3714	KINGSTON	5:21.3	8:37.1	26:46.56
5	Delores Tozer	F 54	3728	YARKER	5:48.8	9:21.4	29:04.34
6	Patricia Ambrose	F 58	3719	KINGSTON	6:48.5	10:57.5	34:02.84
7	Laura-lee Vachon	F 57	3753	AURORA	7:12.5	11:36.1	36:02.75
8	Joanne Free	F 55	3755	OSHAWA	7:31.5	12:06.6	37:37.53
9	Pamela Decker	F 57	3754	KINGSTON	10:19.2	16:36.5	51:36.00
10	Lucy Briceland	F 59	3765	KINGSTON	10:25.8	16:47.1	52:09.00
11	julie greavett	F 55	3741	KINGSTON	10:26.0	16:47.4	52:10.00
FEMALE 60 - 99							
1	Deborah Holtom	F 65	3725	HOWE ISLAND	4:44.8	7:38.3	23:44.15
2	Cathy Rows	F 61	3704	ELGINBURG	7:02.1	11:19.3	35:10.72
3	Sue Blake	F 63	3759	KINGSTON	10:19.4	16:36.8	51:37.00
MALE 1 - 19							
1	Noah Frymire	M 15	3751	KINGSTON	3:33.2	5:43.2	17:46.41
2	Chet Moran	M 15	3726	AMHERSTVIEW	3:39.2	5:52.8	18:16.31
3	Matt Wilson	M 15	3696	KINGSTON	3:56.4	6:20.5	19:42.34
4	Austin Allen	M 9	3912	BELLEVILLE	5:03.3	8:08.1	25:16.50
5	Nicholas Earle	M 9	3761	KINGSTON	6:37.1	10:39.0	33:05.59
6	Ben Roberts	M 13	3711	BATH	8:18.7	13:22.6	41:33.84
7	Jack Roberts	M 10	3712	BATH	10:01.6	16:08.1	50:08.00
MALE 20 - 29							
1	Eric Wynands	M 21	3691	LYN	3:05.7	4:58.8	15:28.56
2	Rob Asselstine	M 24	3690	HARROWSMITH	3:07.1	5:01.1	15:35.59
3	Clay Patterson	M 27	3693	KINGSTON	3:12.0	5:08.9	16:00.00
4	Blair Morgan	M 23	3767	DUNDAS	3:12.1	5:09.3	16:00.96
5	Eric Barry	M 24	3779	ST. THOMAS	3:12.6	5:10.0	16:03.18
6	Larry Abbott	M 27	3735	DUNDAS	3:24.1	5:28.4	17:00.56
7	Robert Tolarico	M 22	3699	KINGSTON	3:34.5	5:45.3	17:52.97
8	Paul Jeronimo	M 23	3695	KINGSTON	3:42.9	5:58.7	18:34.50
9	Alexandre Voinot	M 29	3740	KINGSTON	3:43.2	5:59.2	18:36.12
10	Devon Boyne	M 24	3766	KINGSTON	4:06.8	6:37.3	20:34.41
11	Jevein Cappuccino	M 29	3773	VANCOUVER	4:44.6	7:38.1	23:43.28
MALE 30 - 39							
1	Derek Snider	M 31	3787	KINGSTON	3:04.6	4:57.1	15:23.34
2	Hugh Langley	M 31	3771	OTTAWA	3:18.1	5:18.8	16:30.59
3	Scott Wilkes	M 37	3700	KINGSTON	3:36.1	5:47.8	18:00.81
4	Adam Andrecyk	M 34	3790	KINGSTON	3:41.6	5:56.7	18:28.38
5	Tim Gillespie	M 38	3762	KINGSTON	3:44.6	6:01.5	18:43.28
6	Geoffrey Stephen	M 34	3758	KINGSTON	4:01.4	6:28.5	20:07.15
7	Jordan Shoniker	M 35	3798	KINGSTON	4:15.0	6:50.4	21:15.25
8	Luis Paico-Avilez	M 32	3782	KINGSTON	4:21.2	7:00.4	21:46.15
9	Graham Pixley	M 37	3706	KINGSTON	4:21.3	7:00.5	21:46.56
10	Kurtis Marlow	M 35	3744	KINGSTON	4:25.1	7:06.6	22:05.66
11	Tomothy Armstrong	M 36	3778	BELLEVILLE	6:20.3	10:12.0	31:41.65
12	Tyler McCord	M 38	3769	KINGSTON	6:34.3	10:34.5	32:51.59
MALE 40 - 49							
1	Jeff Lapierre	M 44	3724	GREEN VALLEY	3:30.4	5:38.7	17:32.44

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2	Damon Allen	M 40	3729	BELLEVILLE	3:43.0	5:58.8	18:35.02
3	Todd Biggerman	M 45	3794	KINGSTON	3:51.7	6:12.9	19:18.62
4	Michael Eaton	M 48	3776	KINGSTON	4:21.1	7:00.2	21:45.81
5	Wade Dupuis	M 49	3686	KINGSTON	4:46.8	7:41.6	23:54.31
6	David Cannons	M 49	3783	KINGSTON	4:48.9	7:44.9	24:04.68
7	Matt Dubblestein	M 44	3795	KINGSTON	5:22.9	8:39.6	26:54.59
8	Mike Earle	M 41	3760	KINGSTON	6:37.2	10:39.2	33:06.15
9	Greg Plunkett	M 46	3793	KINGSTON	6:43.2	10:48.9	33:36.09
MALE 50 - 59							
1	Jeffrey Brison	M 52	3750	KINGSTON	3:33.6	5:43.8	17:48.22
2	Steven Blostein	M 55	3738	HARROWSMITH	3:41.3	5:56.2	18:26.69
3	Clive Morgan	M 57	3734	YARKER	3:47.1	6:05.4	18:55.53
4	Wayne Rice	M 53	3716	SYDENHAM	3:53.8	6:16.2	19:29.03
5	Rick Royce	M 57	3742	KINGSTON	4:09.1	6:40.9	20:45.84
6	Jim Biagi	M 55	3730	KINGSTON	5:03.8	8:08.9	25:19.02
7	Tim Alexander	M 56	3733	ODESSA	5:46.6	9:17.8	28:53.18
8	Steve Hoffard	M 50	3720	KINGSTON	8:04.3	12:59.4	40:21.50
9	Don Roberts	M 50	3710	BATH	10:01.4	16:07.8	50:07.00
MALE 60 - 99							
1	Boyd White	M 60	3745	STIRLING	4:15.3	6:50.9	21:16.72
2	Stephen MacKinnon	M 63	3775	BROCKVILLE	5:16.0	8:28.5	26:20.06
3	Norm Hart	M 71	3792	SYDENHAM	6:36.1	10:37.5	33:00.78