

**Physikult Reddendale Ramble**

St. Andrews by the Lake

2018-06-24

6/22/18 - 6/22/18

Results by [www.runningbydesign.com](http://www.runningbydesign.com)**Event # 2 MIXED 5K Run**

	Name	Age	Bib	Team	Avg per K	Avg per MI	Time
<b>FEMALE 1 - 19</b>							
1	Mackenzie Campbell	15	346	KINGSTON	3:52.6	6:14.4	19:23.22
2	Ocean Fierz	13	274	BATH	4:05.5	6:35.1	20:27.72
3	Claire Brackenbury	14	325	KINGSTON	4:19.4	6:57.6	21:37.47
4	Jayne Hackett	14	311	KINGSTON	4:19.8	6:58.2	21:39.47
5	Sophie Saunders-Lambert	11	270	KINGSTON	4:21.6	7:01.1	21:48.44
6	Catherine Irwin	15	273	KINGSTON	4:36.2	7:24.6	23:01.41
7	Paige Leslie	19	318	KINGSTON	5:16.3	8:29.1	26:21.78
8	Rachel Cooper	15	598	KINGSTON	5:50.5	9:24.2	29:12.91
9	Madeline Snider	10	319	KINGSTON	6:00.3	9:39.9	30:01.97
10	Kirti-Shree Harikrishnan	11	320	KINGSTON	6:54.6	11:07.2	34:33.00
<b>FEMALE 20 - 29</b>							
1	Heidi Ohrling	20	349	KINGSTON	3:54.0	6:16.6	19:30.34
2	Sarah Arendt	22	310	PLAINFIELD	4:38.9	7:28.8	23:14.53
3	Mary Reynolds	26	304	KINGSTON	5:00.9	8:04.3	25:04.91
4	Bailey Shaw	22	355	KINGSTON	5:11.5	8:21.3	25:57.72
5	Rebekah Beatty	24	340	OTTAWA	5:13.3	8:24.2	26:06.72
<b>FEMALE 30 - 39</b>							
1	Julie Basiliadis	33	307	PRESCOTT	4:15.7	6:51.5	21:18.75
2	Laurie Day	37	358	KINGSTON	4:51.5	7:49.2	24:17.94
3	Kyla Tozer	31	297	YARKER	6:03.6	9:45.2	30:18.31
<b>FEMALE 40 - 49</b>							
1	Rachel Sheldon	44	353	KINGSTON	4:51.1	7:48.6	24:15.97
2	Bridgid Quinn	43	308	LOMBARDY	5:41.6	9:09.8	28:28.21
3	Sarah Byers	48	599	KINGSTON	5:50.7	9:24.5	29:13.96
4	Raquel Kruger-Fierz	46	275	BATH	5:59.1	9:38.0	29:55.78
<b>FEMALE 50 - 59</b>							
1	Leanne Moran	52	329	KINGSTON	4:28.7	7:12.4	22:23.56
2	Janet Shepherd	54	331	MALLORYTOWN	5:01.9	8:05.9	25:09.91
3	Karen Gagnon	57	272	KINGSTON	5:06.8	8:13.8	25:34.47
4	Shari Shaw	54	352	KINGSTON	5:43.1	9:12.1	28:35.56
5	Judy Vandale	51	286	KINGSTON	6:03.2	9:44.5	30:16.03
6	Gina Alexander	57	323	ODESSA	6:03.6	9:45.1	30:18.06
7	Delores Tozer	56	337	YARKER	6:09.7	9:54.9	30:48.53
8	Carol Peterson	52	305	KINGSTON	6:16.0	10:05.1	31:20.00
9	Caroline Dowling	52	332	GANANOQUE	6:58.8	11:13.9	34:54.00
<b>FEMALE 60 - 98</b>							
1	Deborah Holtom	67	299	HOWE ISLAND	4:53.7	7:52.7	24:28.91
2	Shirley Myers	65	314	KINGSTON	4:59.8	8:02.5	24:59.15
3	Deb Nesbitt-Munroe	67	333	GANANOQUE	7:03.4	11:21.3	35:17.00
<b>MALE 1 - 19</b>							
1	Miles Brackenbury	17	324	KINGSTON	3:11.2	5:07.7	15:56.12
2	Noah Frymire	17	334	KINGSTON	3:29.2	5:36.7	17:26.28
3	Max Benda	13	309	LOMBARDY	3:36.2	5:47.9	18:01.12
4	Tavo Stringel	14	315	MERRICKVILLE	3:44.5	6:01.3	18:42.81

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	Name	Age	Bib	Team	Avg per K	Avg per MI	Time
5	Robert Roques	18	313	KINGSTON	3:58.3	6:23.5	19:51.78
6	Peter Birnie-Wortley	8	327	KINGSTON	5:10.4	8:19.6	25:52.22
<b>MALE 20 - 29</b>							
1	Jacob Cameron	24	339	OTTAWA	3:11.4	5:08.1	15:57.34
2	Clay Patterson	29	347	KINGSTON	3:16.7	5:16.6	16:23.75
3	Jeff Mountjoy	28	300	OTTAWA	3:24.8	5:29.6	17:04.28
<b>MALE 30 - 39</b>							
1	Scott Wilkes	39	345	KINGSTON	3:29.5	5:37.2	17:27.88
2	Adam Andrecyk	36	303	KINGSTON	3:31.8	5:40.9	17:39.31
3	Curtis Runions	39	341	KINGSTON	4:24.3	7:05.4	22:01.66
<b>MALE 40 - 49</b>							
1	Yves Filion	44	285	KINGSTON	3:34.2	5:44.7	17:51.15
2	Corey Turnbull	46	312	SMITHS FALLS	3:37.3	5:49.7	18:06.50
3	Gregory Lemoine	41	600	KINGSTON	3:49.5	6:09.4	19:07.69
4	Neil Hopkins	47	348	KINGSTON	4:01.7	6:29.0	20:08.69
5	Cameron Miller	49	596	KINGSTON	4:05.1	6:34.5	20:25.88
6	Brad Ethier	48	271	KINGSTON	4:24.6	7:05.8	22:03.06
7	Gus Stringel	48	316	MERRICKVILLE	4:59.6	8:02.2	24:58.41
8	Steve Birnie-Wortley	41	326	KINGSTON	5:10.5	8:19.7	25:52.62
9	Derek Cooper	47	597	KINGSTON	5:24.6	8:42.4	27:03.25
<b>MALE 50 - 59</b>							
1	Steven Blostein	57	330	HARROWSMITH	3:37.8	5:50.5	18:09.06
2	Robby Breadner	51	291	KINGSTON	3:54.6	6:17.6	19:33.15
3	Wayne Rice	55	292	SYDENHAM	3:56.4	6:20.5	19:42.38
4	Richard Ascough	55	336	KINGSTON	3:57.3	6:21.9	19:46.62
5	Bob Van Blitterswyk	53	354	KINGSTON	4:05.9	6:35.7	20:29.62
6	Jim Biagi	57	328	KINGSTON	4:46.3	7:40.8	23:51.66
7	David Cannons	51	294	KINGSTON	4:58.1	7:59.8	24:50.84
8	Andrew Glazin	50	321	KINGSTON	5:05.1	8:11.0	25:25.59
9	Vladimir Kratky	59	342		5:54.3	9:30.2	29:31.62
10	Bond Strand	53	284	KINGSTON	5:56.5	9:33.8	29:42.91
<b>MALE 60 - 98</b>							
1	Jim Estes	69	295	KINGSTON	5:41.4	9:09.4	28:27.12
2	Norm Hart	73	356	SYDENHAM	6:29.6	10:27.0	32:28.00