

Physikult Reddendale Ramble

St. Andrews by the Lake

2018-06-24

6/22/18 - 6/22/18

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 | 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 |
| FEMALE 20 - 29 | | | | | | | |
| 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 |
| FEMALE 30 - 39 | | | | | | | |
| 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 |
| FEMALE 40 - 49 | | | | | | | |
| 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 |
| FEMALE 50 - 59 | | | | | | | |
| 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 |
| FEMALE 60 - 98 | | | | | | | |
| 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 |
| MALE 1 - 19 | | | | | | | |
| 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 |
| MALE 20 - 29 | | | | | | | |
| 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 |
| MALE 30 - 39 | | | | | | | |
| 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 |
| MALE 40 - 49 | | | | | | | |
| 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 |
| MALE 50 - 59 | | | | | | | |
| 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 |
| MALE 60 - 98 | | | | | | | |
| 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 |