

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
OVERALL							
1	Benjamin Workman	20	322	KINGSTON	3:01.5	4:52.1	15:07.56
2	Jeff Archer	26	343	KINGSTON	3:03.5	4:55.4	15:17.84
3	Alex Drover	19	357	KINGSTON	3:04.9	4:57.6	15:24.62
4	Miles Brackenbury	17	324	KINGSTON	3:11.2	5:07.7	15:56.12
5	Jacob Cameron	24	339	OTTAWA	3:11.4	5:08.1	15:57.34
6	Clay Patterson	29	347	KINGSTON	3:16.7	5:16.6	16:23.75
7	Julie-Anne Staehli	24	338	KINGSTON	3:24.4	5:28.9	17:02.06
8	Jeff Mountjoy	28	300	OTTAWA	3:24.8	5:29.6	17:04.28
9	Noah Frymire	17	334	KINGSTON	3:29.2	5:36.7	17:26.28
10	Scott Wilkes	39	345	KINGSTON	3:29.5	5:37.2	17:27.88
11	Tim Gillespie	40	293	KINGSTON	3:31.2	5:40.0	17:36.38
12	Adam Andrecyk	36	303	KINGSTON	3:31.8	5:40.9	17:39.31
13	Taylor Sills	26	359	ODESSA	3:32.0	5:41.1	17:40.02
14	Yves Filion	44	285	KINGSTON	3:34.2	5:44.7	17:51.15
15	Max Benda	13	309	LOMBARDY	3:36.2	5:47.9	18:01.12
16	Corey Turnbull	46	312	SMITHS FALLS	3:37.3	5:49.7	18:06.50
17	Steven Blostein	57	330	HARROWSMITH	3:37.8	5:50.5	18:09.06
18	Tavo Stringel	14	315	MERRICKVILLE	3:44.5	6:01.3	18:42.81
19	Kara Blair	20	344	KINGSTON	3:45.0	6:02.1	18:45.22
20	Gregory Lemoine	41	600	KINGSTON	3:49.5	6:09.4	19:07.69
21	Mackenzie Campbell	15	346	KINGSTON	3:52.6	6:14.4	19:23.22
22	Heidi Ohrling	20	349	KINGSTON	3:54.0	6:16.6	19:30.34
23	Robby Breadner	51	291	KINGSTON	3:54.6	6:17.6	19:33.15
24	Wayne Rice	55	292	SYDENHAM	3:56.4	6:20.5	19:42.38
25	Richard Ascough	55	336	KINGSTON	3:57.3	6:21.9	19:46.62
26	Suzanne Garrett	43	335	KINGSTON	3:57.5	6:22.3	19:47.94
27	Robert Roques	18	313	KINGSTON	3:58.3	6:23.5	19:51.78
28	Neil Hopkins	47	348	KINGSTON	4:01.7	6:29.0	20:08.69
29	Cameron Miller	49	596	KINGSTON	4:05.1	6:34.5	20:25.88
30	Ocean Fierz	13	274	BATH	4:05.5	6:35.1	20:27.72
31	Bob Van Blitterswyk	53	354	KINGSTON	4:05.9	6:35.7	20:29.62
32	Julie Basiliadis	33	307	PRESCOTT	4:15.7	6:51.5	21:18.75
33	Claire Brackenbury	14	325	KINGSTON	4:19.4	6:57.6	21:37.47
34	Jayne Hackett	14	311	KINGSTON	4:19.8	6:58.2	21:39.47
35	Sophie Saunders-Lambert	11	270	KINGSTON	4:21.6	7:01.1	21:48.44
36	Curtis Runions	39	341	KINGSTON	4:24.3	7:05.4	22:01.66
37	Brad Ethier	48	271	KINGSTON	4:24.6	7:05.8	22:03.06
38	Leanne Moran	52	329	KINGSTON	4:28.7	7:12.4	22:23.56
39	Catherine Irwin	15	273	KINGSTON	4:36.2	7:24.6	23:01.41
40	Sarah Arendt	22	310	PLAINFIELD	4:38.9	7:28.8	23:14.53
41	Jim Biagi	57	328	KINGSTON	4:46.3	7:40.8	23:51.66
42	Rachel Sheldon	44	353	KINGSTON	4:51.1	7:48.6	24:15.97
43	Laurie Day	37	358	KINGSTON	4:51.5	7:49.2	24:17.94
44	Deborah Holtom	67	299	HOWE ISLAND	4:53.7	7:52.7	24:28.91

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	Name	Age	Bib	Team	Avg per K	Avg per MI	Time
45	David Cannons	51	294	KINGSTON	4:58.1	7:59.8	24:50.84
46	Gus Stringel	48	316	MERRICKVILLE	4:59.6	8:02.2	24:58.41
47	Shirley Myers	65	314	KINGSTON	4:59.8	8:02.5	24:59.15
48	Mary Reynolds	26	304	KINGSTON	5:00.9	8:04.3	25:04.91
49	Janet Shepherd	54	331	MALLORYTOWN	5:01.9	8:05.9	25:09.91
50	Andrew Glazin	50	321	KINGSTON	5:05.1	8:11.0	25:25.59
51	Karen Gagnon	57	272	KINGSTON	5:06.8	8:13.8	25:34.47
52	Peter Birnie-Wortley	8	327	KINGSTON	5:10.4	8:19.6	25:52.22
53	Steve Birnie-Wortley	41	326	KINGSTON	5:10.5	8:19.7	25:52.62
54	Bailey Shaw	22	355	KINGSTON	5:11.5	8:21.3	25:57.72
55	Rebekah Beatty	24	340	OTTAWA	5:13.3	8:24.2	26:06.72
56	Paige Leslie	19	318	KINGSTON	5:16.3	8:29.1	26:21.78
57	Derek Cooper	47	597	KINGSTON	5:24.6	8:42.4	27:03.25
58	Jim Estes	69	295	KINGSTON	5:41.4	9:09.4	28:27.12
59	Bridgid Quinn	43	308	LOMBARDY	5:41.6	9:09.8	28:28.21
60	Shari Shaw	54	352	KINGSTON	5:43.1	9:12.1	28:35.56
61	Rachel Cooper	15	598	KINGSTON	5:50.5	9:24.2	29:12.91
62	Sarah Byers	48	599	KINGSTON	5:50.7	9:24.5	29:13.96
63	Vladimir Kratky	59	342		5:54.3	9:30.2	29:31.62
64	Bond Strand	53	284	KINGSTON	5:56.5	9:33.8	29:42.91
65	Raquel Kruger-Fierz	46	275	BATH	5:59.1	9:38.0	29:55.78
66	Madeline Snider	10	319	KINGSTON	6:00.3	9:39.9	30:01.97
67	Judy Vandale	51	286	KINGSTON	6:03.2	9:44.5	30:16.03
68	Gina Alexander	57	323	ODESSA	6:03.6	9:45.1	30:18.06
69	Kyla Tozer	31	297	YARKER	6:03.6	9:45.2	30:18.31
70	Delores Tozer	56	337	YARKER	6:09.7	9:54.9	30:48.53
71	Carol Peterson	52	305	KINGSTON	6:16.0	10:05.1	31:20.00
72	Norm Hart	73	356	SYDENHAM	6:29.6	10:27.0	32:28.00
73	Kirti-Shree Harikrishnan	11	320	KINGSTON	6:54.6	11:07.2	34:33.00
74	Caroline Dowling	52	332	GANANOQUE	6:58.8	11:13.9	34:54.00
75	Deb Nesbitt-Munroe	67	333	GANANOQUE	7:03.4	11:21.3	35:17.00