

2015 Reddendale Ramble 1.5km/5km Hosted by Physikult

St. Andrew's By The Lake United Church

6/20/15 - 6/20/15

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 Mallory Pellow	F 15	3633	AMHERSTVIEW	5:22.00	8:38.21	26:50.00
2 Gracie Knapp-Hermer	F 14	3679	AMHERSTVIEW	5:28.40	8:48.51	27:22.00
3 Athena Cellini	F 9	3660	KINGSTON	8:52.60	14:17.14	44:23.00
FEMALE 20 - 29						
1 Megan Cook	F 22	3611	KINGSTON	4:38.60	7:28.36	23:13.00
2 Cassidy Pilutti	F 29	3667	LANSDOWNE	4:56.40	7:57.01	24:42.00
3 Charlotte Ryder	F 21	3648	KINGSTON	5:22.60	8:39.17	26:53.00
4 Meredith Dendy	F 20	3652	BATH	5:32.80	8:55.59	27:44.00
5 Whitney Cosgrove	F 27	3647	KINGSTON	5:35.60	9:00.10	27:58.00
6 Sophie Felleiter	F 22	3674	KINGSTON	5:50.60	9:24.24	29:13.00
7 Dawn Free	F 27	3608	KINGSTON	7:34.82	12:11.96	37:54.10
FEMALE 30 - 39						
1 Valerie Andrecyk	F 31	3680	KINGSTON	4:59.00	8:01.19	24:55.00
2 Caroline Cardoso	F 37	3658	KINGSTON	5:42.00	9:10.40	28:30.00
3 Melissa Weber	F 39	3649	KINGSTON	5:46.80	9:18.12	28:54.00
4 Runner Runner	F 39	3614	KINGSTON	6:16.80	10:06.40	31:24.00
5 Candace Pike	F 31	3642	KINGSTON	6:53.60	11:05.62	34:28.00
6 Cindy Pettis	F 39	3676	KINGSTON	7:25.00	11:56.16	37:05.00
7 Deanna Hanes	F 39	3609	KINGSTON	7:25.02	11:56.19	37:05.10
8 Jaime Swaine	F 39	3630	KINGSTON	7:47.62	12:32.56	38:58.10
9 Lisa Johnson	F 35	3626	KINGSTON	9:05.80	14:38.38	45:29.00
FEMALE 40 - 49						
1 Jennifer Pellow	F 40	3632	AMHERSTVIEW	4:40.60	7:31.58	23:23.00
2 Dorothy Wemer	F 45	3650	KINGSTON	5:27.60	8:47.22	27:18.00
3 Sue Delouche	F 41	3675	KINGSTON	5:39.00	9:05.57	28:15.00
4 Kate Rowbotham	F 40	3610	KINGSTON	6:37.00	10:38.91	33:05.00
5 Barb Hulme	F 49	3629	KINGSTON	6:55.20	11:08.20	34:36.00
6 Jill Dupuis	F 44	3621	KINGSTON	7:47.60	12:32.53	38:58.00
7 Tiina Liinamaa	F 44	3602	KINGSTON	8:21.60	13:27.25	41:48.00
8 Lynn Roberts	F 41	3604	BATH	8:21.80	13:27.57	41:49.00
9 Katie Cellini	F 40	3659	KINGSTON	8:52.62	14:17.17	44:23.10
FEMALE 50 - 59						
1 Audethy Tallack	F 54	3677	KINGSTON	4:54.00	7:53.15	24:30.00
2 Delores Tozer	F 53	3637	YARKER	5:58.40	9:36.79	29:52.00
3 Patricia Ambrose	F 57	3638	KINGSTON	6:55.40	11:08.52	34:37.00
4 Joanne Free	F 54	3607	OSHAWA	7:34.80	12:11.93	37:54.00
5 Annette McCaffrey	F 52	3631	KINGSTON	8:04.00	12:58.92	40:20.00
6 Marian Raynard	F 52	3616	KINGSTON	11:28.00	18:27.23	57:20.00
FEMALE 60 - 99						
1 Deborah Holtom	F 64	3612	HOWE ISLAND	4:45.00	7:38.66	23:45.00
MALE 1 - 19						
1 Chet Moran	M 14	3666	AMHERSTVIEW	4:01.80	6:29.14	20:09.00
2 Ben Roberts	M 12	3605	BATH	8:15.00	13:16.63	41:15.00
3 Eric Brown	M 12	3603	KINGSTON	8:16.00	13:18.23	41:20.00

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Name	Age	Bib	Team	Avg per K	Avg per MI	Time
MALE 20 - 29						
1 Kevin Azocar	M 22	3655	KINGSTON	3:07.912	5:02.42	15:39.56
2 Clay Patterson	M 26	3661	KINGSTON	3:08.582	5:03.49	15:42.91
3 Larry Abbott	M 26	3620	HAMILTON	3:11.75	5:08.59	15:58.75
4 Jacob Wanuch	M 22	3643	KINGSTON	3:13.40	5:11.25	16:07.00
5 Eric Wynands	M 20	3673	LYN	3:14.40	5:12.86	16:12.00
6 Billy Bostad	M 25	3644	INVERARY	3:19.60	5:21.23	16:38.00
7 Matt Eliot	M 20	3663	KINGSTON	3:32.20	5:41.50	17:41.00
8 Jeff Mountjoy	M 25	3662	KINGSTON	3:39.094	5:52.60	18:15.47
9 Kyle Fraser	M 22	3664	AMHERSTVIEW	4:06.00	6:35.90	20:30.00
MALE 30 - 39						
1 Nick Mosey	M 37	3625	KINGSTON	3:17.20	5:17.36	16:26.00
2 Alexander Wordley	M 35	3640	KINGSTON	3:31.80	5:40.86	17:39.00
3 Tim Gillespie	M 32	3665	KINGSTON	3:39.40	5:53.09	18:17.00
4 Scott Wilkes	M 36	3672	KINGSTON	3:46.80	6:05.00	18:54.00
5 Gregory Lemoine	M 38	3628	KINGSTON	3:49.00	6:08.54	19:05.00
6 Gavin Cosgrove	M 33	3635	KINGSTON	4:10.80	6:43.62	20:54.00
7 Geoff Stephen	M 33	3683	KINGSTON	4:11.80	6:45.23	20:59.00
8 Curtis Runions	M 36	3651	KINGSTON	4:17.80	6:54.89	21:29.00
MALE 40 - 49						
1 Yves Fillion	M 41	3617	KINGSTON	3:35.40	5:46.65	17:57.00
2 Kevin Dunbar	M 40	3678	KINGSTON	3:50.20	6:10.47	19:11.00
3 Neil Hopkins	M 44	3653	KINGSTON	3:59.40	6:25.28	19:57.00
4 Michael Eaton	M 47	3668	KINGSTON	4:13.62	6:48.16	21:08.10
5 Jeff Neasmith	M 45	3618	KINGSTON	4:22.60	7:02.61	21:53.00
6 Runner Runner 2	M 41	3615	KINGSTON	4:44.00	7:37.05	23:40.00
7 Mike Earle	M 40	3671	KINGSTON	4:50.80	7:48.00	24:14.00
8 Derek Ryan	M 42	3634	KINGSTON	4:51.60	7:49.28	24:18.00
9 David Cannons	M 48	3670	KINGSTON	5:01.20	8:04.73	25:06.00
10 Steve Hoffard	M 49	3613	KINGSTON	7:29.40	12:03.24	37:27.00
MALE 50 - 59						
1 Steven Blostein	M 54	3622	HARROWSMITH	3:37.80	5:50.52	18:09.00
2 Richard Ascough	M 52	3623	KINGSTON	3:57.00	6:21.41	19:45.00
3 Ed Kooistra	M 54	3681	BELLEVILLE	4:09.80	6:42.01	20:49.00
4 Paul Cehan	M 51	3636	KINGSTON	4:13.40	6:47.81	21:07.00
5 Tim Coates	M 54	3682	BELLEVILLE	4:13.60	6:48.13	21:08.00
6 Jim Biagi	M 54	3639	KINGSTON	4:27.60	7:10.66	22:18.00
7 Paul Vardaro	M 54	3684	WOODBIDGE	4:57.60	7:58.94	24:48.00
MALE 60 - 99						
1 Jim Estes	M 66	3669	KINGSTON	5:28.20	8:48.19	27:21.00