

Reddendale Ramble

Saint Andrews by the Lake

2017-06-17

6/17/17 - 6/17/17

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	Sierra Trueman	F 11	3870		4:13.2	6:47.5	21:06.18
2	Sophie Saunders-Lambert	F 10	3835	HOWE ISLAND	4:39.8	7:30.3	23:19.22
3	Johanna Whitehead	F 19	3849	KINGSTON	4:53.1	7:51.8	24:25.94
4	Sophie Whitehead	F 15	3850	KINGSTON	5:11.5	8:21.4	25:57.88
5	Claire Dickison	F 15	3885	KINGSTON	5:33.6	8:56.9	27:48.25
6	Caroline Whitehead	F 15	3851	KINGSTON	6:04.1	9:45.9	30:20.59
7	Angel Javier	F 13	3860	KINGSTON	6:16.0	10:05.1	31:20.12
FEMALE 20 - 29							
1	Megan Kiley	F 24	3874	KINGSTON	4:08.5	6:39.9	20:42.56
2	Sarah Arendt	F 21	3820	PLAINFIELD	4:42.7	7:35.0	23:33.66
3	Courtney Thompson	F 28	3879	KINGSTON	5:24.3	8:42.0	27:01.87
4	Jackie Rodgeron	F 25	3859	KINGSTON	6:18.1	10:08.5	31:30.75
FEMALE 30 - 39							
1	Karlyn Pixley	F 36	3815	KINGSTON	5:09.6	8:18.3	25:48.15
2	Anna Grant	F 35	3818	BATH	5:57.9	9:36.0	29:49.69
3	Sherry McCauley	F 36	3822	KINGSTON	7:09.3	11:30.9	35:46.56
4	Lisa Johnson	F 37	3830	KINGSTON	8:26.8	13:35.6	42:14.00
FEMALE 40 - 49							
1	Kelley Packalen	F 41	3805	KINGSTON	4:23.7	7:04.5	21:58.93
2	Lana Saunders	F 42	3834	HOWE ISLAND	4:27.9	7:11.2	22:19.97
3	Rachel Sheldon	F 43	3887	KINGSTON	4:57.4	7:58.6	24:47.18
4	Kate Archibald-Cross	F 43	3825	KINGSTON	5:02.3	8:06.5	25:11.78
5	Christa Jordan	F 44	3829	KINGSTON	5:56.3	9:33.4	29:41.53
6	Korin Flindall	F 49	3846	AMHERSTVIEW	6:56.5	11:10.3	34:42.59
FEMALE 50 - 59							
1	Pam Mundell	F 52	3863	KINGSTON	4:53.5	7:52.3	24:27.50
2	Leanna Moran	F 51	3864	KINGSTON	4:55.5	7:55.5	24:37.52
3	Gina Alexander	F 56	3853	ODESSA	6:31.4	10:29.9	32:37.12
4	Judy Vandale	F 50	3814	KINGSTON	6:31.5	10:30.0	32:37.59
5	Patricia Ambrose	F 59	3801	KINGSTON	7:17.3	11:43.7	36:26.50
6	Stacey Murphy	F 54	3824	ELGINBURG	9:06.2	14:39.0	45:31.00
FEMALE 60 - 99							
1	Deborah Holtom	F 66	3828	HOWE ISLAND	5:09.4	8:17.9	25:47.15
2	Cathy Rows	F 62	3807	ELGINBURG	7:08.1	11:29.0	35:40.75
3	Mary Jane Phillips	F 64	3812	KINGSTON	8:05.6	13:01.4	40:28.00
MALE 1 - 19							
1	Miles Brackenbury	M 16	3882	KINGSTON	3:23.6	5:27.8	16:58.44
2	Chet Moran	M 16	3840	AMHERSTVIEW	3:34.0	5:44.5	17:50.41
3	Konnor Weston	M 17	3856	KINGSTON	3:39.9	5:53.9	18:19.53
4	Cameron Bruce	M 16	3833	KINGSTON	3:47.7	6:06.5	18:58.81
5	Reid Hopkins	M 13	3865	KINGSTON	3:56.2	6:20.1	19:41.00
6	Kai Hughes	M 11	3869	KINGSTON	4:12.1	6:45.8	21:00.84
7	Robert Roques	M 17	3836	KINGSTON	4:29.1	7:13.1	22:25.66
8	Nicholas Earle	M 10	3838	KINGSTON	6:10.8	9:56.8	30:54.28

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	Name	Age	Bib	Team	Avg per K	Avg per MI	Time
MALE 20 - 29							
1	Nicholas Holden	M 22	3842	BELLEVILLE	4:42.8	7:35.1	23:34.12
2	Alex Whitehead	M 24	3855	KINGSTON	5:00.4	8:03.4	25:02.09
MALE 30 - 39							
1	Adam Andrecyk	M 35	3868	KINGSTON	3:35.2	5:46.3	17:56.15
2	Tim Giespie	M 39	3867	KINGSTON	3:38.1	5:51.1	18:10.94
3	Owain Jones	M 33	3884	KINGSTON	4:05.5	6:35.0	20:27.50
4	Gavin Cosgrove	M 35	3803	KINGSTON	4:22.4	7:02.4	21:52.41
5	Brian Petersen	M 30	3845	KINGSTON	4:39.4	7:29.7	23:17.44
6	Kevin McCauley	M 37	3823	KINGSTON	4:52.6	7:51.0	24:23.34
7	Brian Grant	M 35	3819	BATH	4:54.9	7:54.6	24:34.62
8	Kurtis Marlow	M 36	3831	KINGSTON	4:55.0	7:54.7	24:35.00
9	Curtis Runions	M 38	3848	KINGSTON	4:55.1	7:54.9	24:35.59
10	Mitch Thibodeau	M 35	3804	KINGSTON	4:58.3	8:00.0	24:51.59
11	Marek Doroshenko	M 38	3883	CORNWALL	5:04.0	8:09.3	25:20.22
12	Brian Hope	M 39	3817	KINGSTON	5:17.1	8:30.3	26:25.50
13	Shaun Weima	M 39	3878	KINGSTON	5:24.3	8:41.9	27:01.50
MALE 40 - 49							
1	Yves Filion	M 43	3809	KINGSTON	3:36.7	5:48.8	18:03.97
2	Damon Allen	M 42	3857	BELLEVILLE	3:49.0	6:08.6	19:05.28
3	Tom Brackenbury	M 47	3881	KINGSTON	4:06.8	6:37.2	20:34.12
4	Neil Hopkins	M 46	3866	KINGSTON	4:08.6	6:40.1	20:43.06
5	Emile Ndorimana	M 43	3810	KINGSTON	4:23.0	7:03.2	21:55.09
6	Michael Eaton	M 49	3871	KINGSTON	4:40.8	7:31.9	23:24.15
7	Rick Cairns	M 43	3852	AMHERSVIEW	5:22.9	8:39.7	26:54.66
8	Mike Earle	M 42	3837	KINGSTON	6:11.1	9:57.2	30:55.66
MALE 50 - 59							
1	Steven Blostein	M 56	3847	HARROWSMITH	3:41.2	5:56.0	18:26.18
2	Wayne Rice	M 54	3806	RAILTON	3:57.9	6:22.8	19:49.53
3	Richard Ascough	M 54	3841	KINGSTON	4:05.3	6:34.7	20:26.53
4	Tim Andrew	M 56	3875	KINGSTON	4:15.0	6:50.4	21:15.28
5	Dave Forkutza	M 54	3821	BARRIE	4:32.5	7:18.5	22:42.66
6	David Cannons	M 50	3877	KINGSTON	4:54.5	7:53.9	24:32.56
7	Chuck Dickinson	M 52	3886	KINGSTON	5:23.6	8:40.9	26:58.47
8	Tim Alexander	M 57	3854	ODESSA	5:34.1	8:57.7	27:50.56
9	Doug Marlow	M 58	3813	VERONA	5:48.1	9:20.2	29:00.59
MALE 60 - 99							
1	Boyd Whyte	M 61	3811	STIRLING	4:23.6	7:04.2	21:58.18
2	Graham Lodge	M 79	3880	KINGSTON	5:34.2	8:57.8	27:51.06
3	Jim Estes	M 68	3876	KINGSTON	5:45.0	9:15.3	28:45.31
4	Norm Hart	M 72	3861		6:52.0	11:03.0	34:20.06