

## 2013 Reddendale Ramble 5km

Hosted by Physikult Running Club

6/15/13 - 6/15/13

&amp; St. Andrews by the Lake United Church

## Event # 2 MIXED 5K Run

Name	Age	Team	Bib	Avg per K	Avg per MI	Time
<b>FEMALE 1 - 19</b>						
1	SCOTT, HEIDI	15 F 5KM	NT	4:08.42	6:39.79	20:42.1
2	ASCOUGH, HANNAH	18 F 5KM	NT	4:13.86	6:48.55	21:09.3
3	SCOTT, NICOLE	18 F 5KM	NT	4:58.58	8:00.52	24:52.9
4	GIDDEY, GABRIELLA	15 F 5KM	NT	5:45.30	9:15.71	28:46.5
5	GRIEG, RIANNA	12 F 5KM	NT	5:54.90	9:31.16	29:34.5
6	OSTER, LEAH	12 F 5KM	NT	5:55.00	9:31.32	29:35.0
7	OSTER, MADDY	9 F 5KM	NT	6:09.66	9:54.91	30:48.3
8	GRILLET, KAYLA	15 F 5KM	NT	6:41.02	10:45.38	33:25.1
9	SHEA, MEAGAN	16 F 5KM	NT	6:41.08	10:45.48	33:25.4
<b>FEMALE 20 - 29</b>						
1	ALBERTSON, JENN	26 F 5KM	NT	5:12.04	8:22.18	26:00.2
2	PART, BEVERLY	23 F 5KM	NT	7:17.22	11:43.64	36:26.1
3	ALBERTSON, MELISSA	27 F 5KM	NT	7:20.28	11:48.56	36:41.4
<b>FEMALE 30 - 39</b>						
1	SWAIN, MOIRA	35 F 5KM	NT	5:26.26	8:45.06	27:11.3
2	CAMPBELL, ALLISON	32 F 5KM	NT	5:58.80	9:37.43	29:54.0
3	JEAN, MICHELLE	31 F 5KM	NT	6:07.52	9:51.47	30:37.6
4	PATRY-WHITE, MICHELLE	39 F 5KM	NT	7:26.16	11:58.02	37:10.8
5	CORSI, EMILY	36 F 5KM	NT	7:26.22	11:58.12	37:11.1
6	JOHNSON, LISA	33 F 5KM	NT	7:34.88	12:12.06	37:54.4
7	CELLINI, KATIE	38 F 5KM	NT	7:35.04	12:12.32	37:55.2
<b>FEMALE 40 - 49</b>						
1	WEMER, DOROTHY	43 F 5KM	NT	5:14.18	8:25.62	26:10.9
2	GILLIS, ANNE	47 F 5KM	NT	5:16.96	8:30.10	26:24.8
3	DEANS, RACHELLE	43 F 5KM	NT	6:23.66	10:17.44	31:58.3
<b>FEMALE 60 - 99</b>						
1	HOLTOM, DEBORAH	62 F 5KM	NT	4:56.48	7:57.14	24:42.4
2	HUMPHREY, PATRICIA	63 F 5KM	NT	5:14.86	8:26.72	26:14.3
3	FRITH, SUE	66 F 5KM	NT	5:49.60	9:22.63	29:08.0
<b>MALE 1 - 19</b>						
1	LAFONTANT, FELIX	17 M 5KM	NT	3:17.68	5:18.14	16:28.4
2	LEVAC, CAMERON	19 M 5KM	NT	3:24.04	5:28.37	17:00.2
3	ADAMS, CHRIS	17 M 5KM	NT	3:24.90	5:29.75	17:04.5
4	ELIOT, MATTHEW	18 M 5KM	NT	3:29.56	5:37.25	17:27.8
5	CAMERON, JACOB	19 M 5KM	NT	3:34.22	5:44.75	17:51.1
6	O'CONNOR, MITCH	18 M 5KM	NT	4:00.30	6:26.73	20:01.5
7	HUI, SPENSER	19 M 5KM	NT	4:08.02	6:39.15	20:40.1
8	BLACKWELL, GEOFFREY	12 M 5KM	NT	4:21.02	7:00.07	21:45.1
9	ASCOUGH, JOSIAH	14 M 5KM	NT	4:29.10	7:13.07	22:25.5
10	VARDARO, ROBERT	19 M 5KM	NT	5:04.84	8:10.59	25:24.2
<b>MALE 20 - 29</b>						
1	MORGAN, BLAIR	20 M 5KM	NT	3:03.00	4:54.51	15:15.0
2	PATTERSON, CLAY	24 M 5KM	NT	3:06.66	5:00.40	15:33.3
3	KALBFLEISCH, ALAN	22 M 5KM	NT	3:11.70	5:08.51	15:58.5
4	STACHEL, BRENT	22 M 5KM	NT	3:22.82	5:26.41	16:54.1
5	VARDARO, ALEX	25 M 5KM	NT	5:42.24	9:10.78	28:31.2
6	MCGARNAGLE, JOHN	27 M 5KM	NT	5:58.90	9:37.59	29:54.5
<b>MALE 30 - 39</b>						
1	MOSEY, NICK	35 M 5KM	NT	3:18.38	5:19.26	16:31.9

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	Name	Age	Team	Bib	Avg per K	Avg per MI	Time
2	LEMOINE. GREGORY	36 M	5KM	NT	3:44.82	6:01.81	18:44.1
3	DAWSON. DAVID	35 M	5KM	NT	3:55.50	6:19.00	19:37.5
4	SOCHA. MARTIN	36 M	5KM	NT	3:58.64	6:24.05	19:53.2
5	STEPHEN. GEOFFREY	31 M	5KM	NT	4:11.68	6:45.04	20:58.4
6	WEBER. MIKE	39 M	5KM	NT	4:31.30	7:16.62	22:36.5
7	EARLE. MIKE	38 M	5KM	NT	4:57.38	7:58.59	24:46.9
8	MCCAULEY. KEVIN	33 M	5KM	NT	5:34.58	8:58.45	27:52.9
<b>MALE 40 - 49</b>							
1	RIGGS. GEOFF	43 M	5KM	NT	3:25.88	5:31.33	17:09.4
2	LAPIERRE. JEFF	41 M	5KM	NT	3:34.28	5:44.85	17:51.4
3	BALLESTER. PIERRE	49 M	5KM	NT	3:57.92	6:22.90	19:49.6
4	NEIL. HOPKINS	42 M	5KM	NT	4:00.70	6:27.37	20:03.5
5	BOWERS. ROGER	44 M	5KM	NT	4:00.94	6:27.76	20:04.7
6	OSTER. GLEN	43 M	5KM	NT	4:34.48	7:21.73	22:52.4
7	TOUSIANANT. JEFF	40 M	5KM	NT	5:17.34	8:30.71	26:26.7
<b>MALE 50 - 59</b>							
1	ROYCE. RICK	54 M	5KM	NT	3:52.82	6:14.69	19:24.1
2	RICE. WAYNE	50 M	5KM	NT	3:58.38	6:23.64	19:51.9
3	ASCOUGH. RICHARD	50 M	5KM	NT	4:00.42	6:26.92	20:02.1
4	KOOISTRA. EDWARD	52 M	5KM	NT	4:12.64	6:46.58	21:03.2
5	FORBES. DON	54 M	5KM	NT	4:31.80	7:17.42	22:39.0
6	VARDARO. PAUL	52 M	5KM	NT	4:55.40	7:55.40	24:37.0
7	MARLOW. DOUG	54 M	5KM	NT	5:25.08	8:43.17	27:05.4
8	HUMPHREY. COLIN	57 M	5KM	NT	8:04.02	12:58.95	40:20.1
<b>MALE 60 - 99</b>							
1	EARLE. JIM	61 M	5KM	NT	4:32.90	7:19.19	22:44.5
2	SERRES. NEIL	74 M	5KM	NT	5:29.64	8:50.50	27:28.2
3	HART. NORM	68 M	5KM	NT	5:33.28	8:56.36	27:46.4
4	FRITH. RANDY	65 M	5KM	NT	5:48.72	9:21.21	29:03.6