

Reddendale Ramble 5km

Physikult Kingston

06/16/2012 - 06/16/2012

results by www.runningbydesign.ca

Event # 2 MIXED 5K Run

| | Name | Age | Team | Bib | Avg per K | Avg per MI | Time |
|-----------------------|----------------------|------|-------------|-----|-----------|------------|---------|
| FEMALE 1 - 19 | | | | | | | |
| 1 | HANNAH ASCOUGH | 17 F | KINGSTON | 84 | 4:19.16 | 6:57.08 | 21:35.8 |
| 2 | NORA BRIGHT | 11 F | WESTPORT | 61 | 5:01.00 | 8:04.41 | 25:05.0 |
| 3 | KELSEY MURPHY | 14 F | KINGSTON | 77 | 5:04.40 | 8:09.88 | 25:22.0 |
| 4 | RIANNA GREIG | 11 F | KINGSTON | 185 | 5:56.52 | 9:33.76 | 29:42.6 |
| 5 | LINDSAY MURPHY | 19 F | KINGSTON | 76 | 6:05.36 | 9:47.99 | 30:26.8 |
| FEMALE 20 - 29 | | | | | | | |
| 1 | AMBER MOASE | 28 F | KINGSTON | 86 | 5:04.86 | 8:10.62 | 25:24.3 |
| 2 | JENN ALBERTSON | 25 F | NAPANEE | 110 | 5:17.60 | 8:31.13 | 26:28.0 |
| 3 | LEANNA RITCHIE | 20 F | KINGSTON | 69 | 5:18.50 | 8:32.58 | 26:32.5 |
| 4 | KATHLEEN EDWARDS | 25 F | KINGSTON | 115 | 5:38.48 | 9:04.73 | 28:12.4 |
| 5 | KATRINA HUOPALAINEN | 25 F | OTTAWA | 114 | 5:57.88 | 9:35.95 | 29:49.4 |
| 6 | CASEY MCCALLAN | 28 F | KINGSTON | 57 | 8:35.80 | 13:50.10 | 42:59.0 |
| FEMALE 30 - 39 | | | | | | | |
| 1 | SUE JOY | 39 F | KINGSTON | 107 | 4:06.28 | 6:36.35 | 20:31.4 |
| 2 | LANA SAUNDERS | 37 F | HOWE ISLAND | 92 | 4:18.28 | 6:55.66 | 21:31.4 |
| 3 | SUZANNE KERR | 37 F | KINGSTON | 109 | 4:33.08 | 7:19.48 | 22:45.4 |
| 4 | CAROLINE CARDOSO | 34 F | KINGSTON | 75 | 4:57.58 | 7:58.91 | 24:47.9 |
| 5 | ERIN JAGGARD | 30 F | MILLGROVE | 82 | 5:15.56 | 8:27.84 | 26:17.8 |
| 6 | ANGELA MACDONALD | 39 F | KINGSTON | 55 | 5:42.08 | 9:10.52 | 28:30.4 |
| 7 | CORRY-LIN STEPHENSON | 38 F | BATH | 71 | 6:03.20 | 9:44.51 | 30:16.0 |
| 8 | DEE BOWERMAN | 36 F | KINGSTON | 78 | 6:37.30 | 10:39.39 | 33:06.5 |
| 9 | AMANDA BRAHAM | 31 F | NAPANEE | 65 | 6:40.72 | 10:44.90 | 33:23.6 |
| 10 | JENNY MORRIS | 31 F | NAPANEE | 81 | 6:56.42 | 11:10.16 | 34:42.1 |
| 11 | LISA JOHNSON | 32 F | KINGSTON | 56 | 7:50.40 | 12:37.04 | 39:12.0 |
| FEMALE 40 - 49 | | | | | | | |
| 1 | ANNE RANGER | 40 F | BATH | 72 | 6:03.54 | 9:45.06 | 30:17.7 |
| 2 | MALIN JEWERT | 47 F | KINGSTON | 112 | 6:07.98 | 9:52.21 | 30:39.9 |
| FEMALE 50 - 59 | | | | | | | |
| 1 | MYRA MACDONALD | 52 F | KINGSTON | 102 | 4:10.48 | 6:43.11 | 20:52.4 |
| 2 | ADRIENNE SIMKINS | 53 F | AMHERSTVIEW | 58 | 8:35.60 | 13:49.78 | 42:58.0 |
| FEMALE 60 - 99 | | | | | | | |
| 1 | DEBORAH HOLTOM | 61 F | HOWE ISLAND | 83 | 5:02.02 | 8:06.05 | 25:10.1 |
| MALE 1 - 19 | | | | | | | |
| 1 | NICK BELORE | 16 M | HARROWSMITH | 97 | 3:18.60 | 5:19.62 | 16:33.0 |
| 2 | CAMERON LEVAC | 18 M | KINGSTON | 103 | 3:21.44 | 5:24.19 | 16:47.2 |
| 3 | MATTHEW ELIOT | 17 M | KINGSTON | 98 | 3:33.30 | 5:43.27 | 17:46.5 |
| 4 | CHRIS ADAMS | 16 M | KINGSTON | 100 | 3:39.10 | 5:52.61 | 18:15.5 |
| MALE 20 - 29 | | | | | | | |
| 1 | BRANT STACHEL | 21 M | KINGSTON | 88 | 3:20.86 | 5:23.25 | 16:44.3 |
| 2 | THOR STUART | 20 M | PERTH | 113 | 3:28.38 | 5:35.36 | 17:21.9 |
| 3 | RYAN VAN DYL | 21 M | KINGSTON | 54 | 3:30.94 | 5:39.48 | 17:34.7 |
| MALE 30 - 39 | | | | | | | |
| 1 | NICK MOSEY | 34 M | KINGSTON | 74 | 3:36.44 | 5:48.33 | 18:02.2 |
| 2 | JAMES ROBERTSON | 30 M | KINGSTON | 73 | 3:51.94 | 6:13.27 | 19:19.7 |
| 3 | ERIN MCDUGALL | 38 M | BRIGHTON | 89 | 4:04.48 | 6:33.45 | 20:22.4 |
| 4 | DAVID MORRISON | 34 M | BELLEVILLE | 99 | 4:14.52 | 6:49.61 | 21:12.6 |
| 5 | MICHAEL EARLE | 37 M | KINGSTON | 79 | 4:38.98 | 7:28.97 | 23:14.9 |
| 6 | RUSSELL EVANS | 34 M | KINGSTON | 51 | 4:59.30 | 8:01.68 | 24:56.5 |
| MALE 40 - 49 | | | | | | | |

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| | Name | Age | Team | Bib | Avg per K | Avg per MI | Time |
|---------------------|------------------|------|--------------|-----|-----------|------------|---------|
| 1 | RODNEY LOEPPKY | 42 M | TORONTO | 95 | 3:18.88 | 5:20.07 | 16:34.4 |
| 2 | PAT MCDERMOTT | 49 M | KINGSTON | 105 | 3:19.84 | 5:21.61 | 16:39.2 |
| 3 | ROB MILLER | 47 M | KINGSTON | 60 | 3:31.70 | 5:40.70 | 17:38.5 |
| 4 | JEFF LAPIERRE | 40 M | GREEN VALLEY | 66 | 3:32.22 | 5:41.54 | 17:41.1 |
| 5 | NEIL HOPKINS | 41 M | KINGSTON | 106 | 3:51.60 | 6:12.72 | 19:18.0 |
| 6 | MICHAEL EATON | 44 M | KINGSTON | 87 | 3:52.22 | 6:13.72 | 19:21.1 |
| 7 | PAUL CEHAN | 48 M | BATTERSEA | 91 | 4:00.56 | 6:27.14 | 20:02.8 |
| 8 | WAYNE RICE | 49 M | SYDENHAM | 62 | 4:14.06 | 6:48.87 | 21:10.3 |
| 9 | ROGER BOWES | 43 M | KINGSTON | 108 | 4:23.28 | 7:03.71 | 21:56.4 |
| 10 | TODD BIGGERMAN | 41 M | KINGSTON | 111 | 4:29.12 | 7:13.11 | 22:25.6 |
| 11 | GREG REBEC | 49 M | KINGSTON | 70 | 4:33.72 | 7:20.51 | 22:48.6 |
| MALE 50 - 59 | | | | | | | |
| 1 | RICHARD RAAFLAUB | 53 M | AMHERSTVIEW | 64 | 3:28.92 | 5:36.22 | 17:24.6 |
| 2 | STEVEN BLOSTEIN | 51 M | HARROWSMITH | 67 | 3:39.76 | 5:53.67 | 18:18.8 |
| 3 | JOHN THOMPSON | 55 M | POWASSAN | 96 | 4:34.04 | 7:21.02 | 22:50.2 |
| 4 | JOHN MEEKEL | 56 M | KINGSTON | 80 | 4:43.24 | 7:35.83 | 23:36.2 |
| 5 | RICHARD HUNT | 53 M | KINGSTON | 104 | 5:02.20 | 8:06.34 | 25:11.0 |
| 6 | JOHN DONE | 55 M | KINGSTON | 85 | 5:23.18 | 8:40.11 | 26:55.9 |
| MALE 60 - 99 | | | | | | | |
| 1 | GRAHAM LODGE | 74 M | KINGSTON | 101 | 5:19.60 | 8:34.35 | 26:38.0 |
| 2 | NORM HART | 67 M | SYDENHAM | 63 | 5:50.42 | 9:23.95 | 29:12.1 |