

2019 Reddendale Ramble

Physikult

2019-06-22

6/22/19 - 6/22/19

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	Lauren Miller	F 18	288	PERTH	3:58.6	6:24.0	19:53.14
2	Ocean Fierz	F 14	454	ODESSA	4:04.9	6:34.1	20:24.58
3	Kira Allen	F 14	469	KINGSTON	4:05.1	6:34.5	20:25.80
4	Claire Brackenbury	F 15	468	KINGSTON	4:07.7	6:38.7	20:38.87
5	Madeline Smart-Reed	F 19	475	KINGSTON	4:16.0	6:52.0	21:20.17
6	Catherine Irwin	F 16	443	KINGSTON	4:34.4	7:21.6	22:52.14
7	Claire Hamilton	F 13	437	KINGSTON	4:35.2	7:23.0	22:56.40
8	Sophie Saunders-Lambert	F 12	412	HOWE ISLAND	4:50.5	7:47.6	24:12.96
9	Jill Ferguson	F 18	400	PAKENHAM	5:07.7	8:15.2	25:38.81
10	Madeline Snider	F 11	451	KINGSTON	5:55.6	9:32.4	29:38.49
11	Raylene Snider	F 10	450	KINGSTON	6:18.7	10:09.5	31:33.74
12	Jorja Drew	F 12	447	KINGSTON	6:43.7	10:49.7	33:38.68
13	Imani Dube	F 9	448	KINGSTON	7:17.4	11:43.9	36:27.14
14	Kirti Shree-Harikrishnan	F 12	449	KINGSTON	8:21.8	13:27.6	41:49.38
FEMALE 20 - 29							
1	Danae Morris	F 23	430	KINGSTON	3:44.3	6:01.0	18:41.87
2	Heidi Ohrling	F 21	461	KINGSTON	3:47.1	6:05.6	18:55.89
3	Meghan Tait	F 26	418	ROCHES POINT	3:50.8	6:11.4	19:14.15
4	Emily Cowie	F 23	434	KINGSTON	4:01.3	6:28.4	20:06.77
FEMALE 30 - 39							
1	Jen Wilson	F 37	465	KINGSTON	4:56.2	7:56.8	24:41.46
2	Ruth Noordegraaf	F 38	463	KINGSTON	5:20.0	8:35.1	26:40.46
3	Ashley McKeen	F 39	470	KINGSTON	6:26.1	10:21.4	32:10.80
4	Lisa Johnson	F 39	404	KINGSTON	6:26.5	10:22.1	32:12.96
5	Tiuu Vail	F 37	444	KINGSTON	6:42.5	10:47.8	33:32.81
FEMALE 40 - 49							
1	Cecilia Bandler	F 40	432	KINGSTON	4:40.5	7:31.5	23:22.84
2	Rachelle Deans	F 49	296	KINGSTON	6:46.5	10:54.3	33:52.96
FEMALE 50 - 59							
1	Leanne Moran	F 53	457	KINGSTON	4:31.2	7:16.5	22:36.37
2	Sylvia Robb	F 56	301	KINGSTON	5:21.6	8:37.6	26:48.17
3	Karen Gagnon	F 58	473	KINGSTON	5:47.8	9:19.7	28:59.08
FEMALE 60 - 69							
1	Deborah Holtom	F 68	410	HOWE ISLAND	4:48.9	7:45.0	24:04.70
2	Shirley Myers	F 66	417	KINGSTON	5:19.1	8:33.6	26:35.96
MALE 1 - 19							
1	Cameron Bruce	M 18	289	KINGSTON	3:37.8	5:50.6	18:09.41
2	Grayson Ebrahim	M 15	433	KINGSTON	3:44.9	6:02.0	18:44.98
3	Wesley Ford	M 18	302	KINGSTON	4:57.8	7:59.2	24:49.08
4	Max Burnett	M 9	427	NAPANEE	5:24.6	8:42.4	27:03.27
MALE 20 - 29							
1	Paul Riek	M 21	464	AIRDRIE	3:25.4	5:30.5	17:07.08
2	Everett Childs	M 24	403	GANANOQUE	3:25.9	5:31.4	17:09.71
3	Alex Wilkie	M 25	456	ALMONTE	3:36.9	5:49.1	18:04.81

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	Name	Age	Bib	Team	Avg per K	Avg per MI	Time
4	Sebastian Scott	M 21	287	KINGSTON	3:42.5	5:58.0	18:32.55
5	Justin Tait	M 24	422	KINGSTON	4:23.1	7:03.4	21:55.58
MALE 30 - 39							
1	Adam Andrecyk	M 37	411	KINGSTON	3:28.8	5:36.0	17:24.01
2	Trevor Cornelius	M 39	441	KINGSTON	3:49.7	6:09.6	19:08.58
3	Mark Kerr	M 38	442	KINGSTON	4:04.7	6:33.8	20:23.71
4	Geoff Stephen	M 37	402	KINGSTON	4:09.5	6:41.5	20:47.71
5	Aaron Burnett	M 35	425	NAPANEE	4:36.1	7:24.4	23:00.71
6	Andrew Dale	M 37	458	KINGSTON	6:38.4	10:41.2	33:12.24
MALE 40 - 49							
1	Geoff Riggs	M 49	405	OTTAWA	3:38.6	5:51.9	18:13.45
2	Tim Blackwell	M 46	467	KINGSTON	3:43.9	6:00.3	18:39.61
3	Rom Severino	M 41	474	KINGSTON	3:45.6	6:03.0	18:48.05
4	Graham Hawkes	M 43	428	KINGSTON	3:46.7	6:04.9	18:53.87
5	Brian Hope	M 41	445	KINGSTON	4:12.9	6:47.0	21:04.58
6	Neil Hopkins	M 48	406	KINGSTON	4:17.1	6:53.8	21:25.92
7	Chris Abraham	M 49	423	KINGSTON	4:21.4	7:00.7	21:47.14
8	Paul Hungler	M 41	317	KINGSTON	4:29.0	7:13.0	22:25.33
9	Brad Ethier	M 48	419	KINGSTON	4:36.5	7:25.1	23:02.87
10	Curtis Runions	M 40	462	KINGSTON	4:45.4	7:39.3	23:47.27
11	Greg Gouthro	M 40	438	KINGSTON	4:47.3	7:42.4	23:56.78
12	Duncan McKeen	M 45	471	KINGSTON	6:27.0	10:22.8	32:15.18
MALE 50 - 59							
1	Dalton Cote	M 54	460	KINGSTON	3:54.6	6:17.5	19:33.14
2	Wayne Rice	M 56	414	RAILTON	4:03.5	6:32.0	20:17.90
3	Randy O'Neill	M 57	439	KINGSTON	4:10.0	6:42.3	20:50.14
4	Bill Dobson	M 54	424	KINGSTON	4:34.6	7:21.9	22:53.11
5	Mark Waldron	M 56	436	KINGSTON	4:47.8	7:43.2	23:59.24
6	John Southall	M 50	472	KINGSTON	5:00.8	8:04.2	25:04.37
7	David Cannons	M 51	408	KINGSTON	5:01.0	8:04.5	25:05.30
8	Maurice Cormier	M 52	420	KINGSTON	7:02.5	11:20.0	35:12.86
9	Collins Ferguson	M 55	401	PAKENHAM	8:07.0	13:03.7	40:35.00
MALE 60 - 69							
1	Rick Royce	M 60	421	KINGSTON	4:20.7	6:59.6	21:43.74
2	John Done	M 62	466	KINGSTON	5:25.3	8:43.5	27:06.68
MALE 70 - 99							
1	Jim Estes	M 70	407	KINGSTON	5:57.2	9:34.8	29:46.02