

Physio Fit Run 2016  
 Assiniboine Park  
 May 14, 2016

OVERALL RESULTS  
 DISTANCE CERTIFIED

The IAAF rule is 165.24 (e) which states:

(e) For all races, the time shall be converted to 0.1 second and recorded to the whole second. Allread times not ending in zero shall be converted and recorded to the next longer whole second, e.g. 2:09:44.3 shall be recorded as 2:09:45.

Note: The official time shall be the time elapsed between the firing of the starting gun (or the synchronised start signal) and the athlete reaching the finish line. However, the time elapsed between an athlete crossing the start line and the finish line can be made known to him, but will not be considered an official time. The Chip timing is provided for personal interest.

| PLACE IN<br>PLACE<br>GROUP | FINISH<br>NAME<br>TIME                  | CHIP<br>TIME | GENDER | AGE GROUP | AGE   |
|----------------------------|---|--------------|--------|-----------|-------|
| =====                      | =====                                   | =====        | =====  | =====     | ===== |
| 1<br>1/110                 | Darren Klassen<br>35:35 35:35           |              | M      | M45-49    | 1/12  |
| 2<br>2/110                 | Elliott Cooke<br>36:41 36:41            |              | M      | M25-29    | 1/7   |
| 3<br>3/110                 | Carson Cortvriendt<br>40:05 40:05       |              | M      | M01-14    | 1/18  |
| 4<br>4/110                 | Matthew Seftel<br>41:00 40:59           |              | M      | M45-49    | 2/12  |
| 5<br>5/110                 | Alan Hopkins<br>41:02 41:01             |              | M      | M50-54    | 1/13  |
| 6<br>1/133                 | Jaclyn Adamson<br>41:03 41:03           |              | F      | F25-29    | 1/13  |
| 7<br>6/110                 | Dennis Lang<br>41:24 41:24              |              | M      | M60-64    | 1/7   |
| 8<br>7/110                 | Craig Erb<br>41:35 41:35                |              | M      | M40-44    | 1/6   |
| 9<br>8/110                 | Cameron Krisko<br>41:56 41:56           |              | M      | M20-24    | 1/3   |
| 10<br>9/110                | Stephen Terichow Parrott<br>42:40 42:38 |              | M      | M50-54    | 2/13  |
| 11<br>10/110               | Bob Cox<br>42:47 42:45                  |              | M      | M55-59    | 1/17  |
| 12                         | Neil Ferguson                           |              | M      | M55-59    | 2/17  |

|        |                 |       |   |        |      |
|--------|-----------------|-------|---|--------|------|
| 11/110 | 43:04           | 43:01 |   |        |      |
| 13     | Lindsey Green   |       | F | F30-34 | 1/22 |
| 2/133  | 43:15           | 43:15 |   |        |      |
| 14     | Janie Parson    |       | F | F40-44 | 1/14 |
| 3/133  | 43:15           | 43:14 |   |        |      |
| 15     | Kirsten Hooper  |       | F | F20-24 | 1/6  |
| 4/133  | 43:22           | 43:22 |   |        |      |
| 16     | Greg Wernham    |       | M | M25-29 | 2/7  |
| 12/110 | 43:44           | 43:40 |   |        |      |
| 17     | Chris Dick      |       | M | M45-49 | 3/12 |
| 13/110 | 44:04           | 44:04 |   |        |      |
| 18     | Ami Samuel      |       | F | F45-49 | 1/17 |
| 5/133  | 44:05           | 44:05 |   |        |      |
| 19     | Sean Gutheil    |       | M | M25-29 | 3/7  |
| 14/110 | 44:16           | 44:10 |   |        |      |
| 20     | Brady Whitson   |       | M | M50-54 | 3/13 |
| 15/110 | 44:23           | 44:03 |   |        |      |
| 21     | Eli Melness     |       | M | M15-19 | 1/1  |
| 16/110 | 44:32           | 44:30 |   |        |      |
| 22     | Leon Clegg      |       | M | M65-69 | 1/6  |
| 17/110 | 44:37           | 44:36 |   |        |      |
| 23     | Edward Willmott |       | M | M50-54 | 4/13 |
| 18/110 | 45:09           | 45:06 |   |        |      |
| 24     | Tyson Wood      |       | M | M01-14 | 2/18 |
| 19/110 | 45:17           | 45:11 |   |        |      |
| 25     | Daniel Turon    |       | M | M01-14 | 3/18 |
| 20/110 | 45:21           | 45:14 |   |        |      |
| 26     | Patrick Lemoine |       | M | M40-44 | 2/6  |
| 21/110 | 47:01           | 46:56 |   |        |      |
| 27     | Rick Lecuyer    |       | M | M55-59 | 3/17 |
| 22/110 | 47:16           | 47:16 |   |        |      |
| 28     | Andrew Pullen   |       | M | M30-34 | 1/6  |
| 23/110 | 47:21           | 47:21 |   |        |      |
| 29     | Dan Misko       |       | M | M35-39 | 1/9  |
| 24/110 | 47:27           | 47:21 |   |        |      |
| 30     | Shaun Moore     |       | M | M01-14 | 4/18 |
| 25/110 | 47:28           | 47:21 |   |        |      |
| 31     | Isaac Turon     |       | M | M01-14 | 5/18 |
| 26/110 | 47:29           | 47:22 |   |        |      |
| 32     | Don Campbell    |       | M | M60-64 | 2/7  |
| 27/110 | 47:38           | 47:32 |   |        |      |
| 33     | Roy Cole        |       | M | M55-59 | 4/17 |
| 28/110 | 47:40           | 47:40 |   |        |      |
| 34     | Mekhi Gunter    |       | M | M01-14 | 6/18 |
| 29/110 | 47:44           | 47:44 |   |        |      |
| 35     | James Slade     |       | M | M55-59 | 5/17 |
| 30/110 | 47:51           | 47:44 |   |        |      |
| 36     | David Hooper    |       | M | M55-59 | 6/17 |
| 31/110 | 47:58           | 47:56 |   |        |      |
| 37     | Scott McMillan  |       | M | M35-39 | 2/9  |

|        |                    |       |   |        |      |
|--------|--------------------|-------|---|--------|------|
| 32/110 | 48:09              | 48:03 |   |        |      |
| 38     | Lindsay Boyko      |       | F | F35-39 | 1/20 |
| 6/133  | 48:35              | 48:32 |   |        |      |
| 39     | Matt Harzing       |       | M | M25-29 | 4/7  |
| 33/110 | 48:35              | 48:33 |   |        |      |
| 40     | Tara Patrick       |       | F | F40-44 | 2/14 |
| 7/133  | 48:38              | 48:24 |   |        |      |
| 41     | Jim Campbell       |       | M | M55-59 | 7/17 |
| 34/110 | 48:43              | 48:43 |   |        |      |
| 42     | Kristin Heinrichs  |       | F | F40-44 | 3/14 |
| 8/133  | 48:44              | 48:44 |   |        |      |
| 43     | Bruce Bain         |       | M | M60-64 | 3/7  |
| 35/110 | 49:16              | 49:11 |   |        |      |
| 44     | Jo Hyde            |       | F | F30-34 | 2/22 |
| 9/133  | 49:27              | 49:27 |   |        |      |
| 45     | Sylvia Loewen      |       | F | F45-49 | 2/17 |
| 10/133 | 49:32              | 49:32 |   |        |      |
| 46     | Hernan Gutierrez   |       | M | M55-59 | 8/17 |
| 36/110 | 49:36              | 49:34 |   |        |      |
| 47     | Andrew Swan        |       | M | M45-49 | 4/12 |
| 37/110 | 49:53              | 49:45 |   |        |      |
| 48     | Darryl Van Herksen |       | M | M50-54 | 5/13 |
| 38/110 | 50:00              | 49:44 |   |        |      |
| 49     | David Rock         |       | M | M45-49 | 5/12 |
| 39/110 | 50:10              | 50:04 |   |        |      |
| 50     | Micheal Bennett    |       | M | M55-59 | 9/17 |
| 40/110 | 50:10              | 49:55 |   |        |      |
| 51     | John Hoehn         |       | M | M40-44 | 3/6  |
| 41/110 | 50:14              | 49:47 |   |        |      |
| 52     | Kim Luong          |       | F | F25-29 | 2/13 |
| 11/133 | 50:37              | 50:25 |   |        |      |
| 53     | John Gunter        |       | M | M35-39 | 3/9  |
| 42/110 | 51:02              | 50:57 |   |        |      |
| 54     | Kathleen Elgar     |       | F | F35-39 | 2/20 |
| 12/133 | 51:03              | 50:55 |   |        |      |
| 55     | Steve Bamburak     |       | M | M35-39 | 4/9  |
| 43/110 | 51:07              | 51:07 |   |        |      |
| 56     | Jaden Esquejo      |       | M | M01-14 | 7/18 |
| 44/110 | 51:08              | 51:06 |   |        |      |
| 57     | Joanna Esselink    |       | F | F30-34 | 3/22 |
| 13/133 | 51:10              | 51:10 |   |        |      |
| 58     | Ian Gillies        |       | M | M65-69 | 2/6  |
| 45/110 | 51:21              | 50:55 |   |        |      |
| 59     | Kathleen Caithness |       | F | F45-49 | 3/17 |
| 14/133 | 51:34              | 51:29 |   |        |      |
| 60     | Robyn Dicesare     |       | F | F50-54 | 1/17 |
| 15/133 | 51:52              | 51:52 |   |        |      |
| 61     | Jim Wernham        |       | M | M50-54 | 6/13 |
| 46/110 | 51:56              | 51:40 |   |        |      |
| 62     | Ronald Gervacio    |       | M | M25-29 | 5/7  |

|        |                   |       |   |        |       |
|--------|-------------------|-------|---|--------|-------|
| 47/110 | 51:57             | 51:57 |   |        |       |
| 63     | Sherry Seymour    |       | F | F35-39 | 3/20  |
| 16/133 | 52:10             | 52:04 |   |        |       |
| 64     | Larah Bruce       |       | F | F20-24 | 2/6   |
| 17/133 | 52:13             | 51:49 |   |        |       |
| 65     | Henry Marie       |       | M | M65-69 | 3/6   |
| 48/110 | 52:16             | 52:16 |   |        |       |
| 66     | Nicole Harris     |       | F | F45-49 | 4/17  |
| 18/133 | 52:19             | 52:06 |   |        |       |
| 67     | Sydney Gilchrist  |       | F | F25-29 | 3/13  |
| 19/133 | 52:21             | 52:13 |   |        |       |
| 68     | Edward Zwingerman |       | M | M60-64 | 4/7   |
| 49/110 | 52:30             | 52:24 |   |        |       |
| 69     | Lisa Marquardson  |       | F | F35-39 | 4/20  |
| 20/133 | 52:33             | 52:15 |   |        |       |
| 70     | Jennifer Gilbert  |       | F | F40-44 | 4/14  |
| 21/133 | 52:37             | 52:34 |   |        |       |
| 71     | Heather Dayholos  |       | F | F25-29 | 4/13  |
| 22/133 | 52:40             | 52:09 |   |        |       |
| 72     | David Ringham     |       | M | M01-14 | 8/18  |
| 50/110 | 52:43             | 52:43 |   |        |       |
| 73     | Karen Lucas       |       | F | F45-49 | 5/17  |
| 23/133 | 52:57             | 52:57 |   |        |       |
| 74     | Rukmali Mendis    |       | F | F35-39 | 5/20  |
| 24/133 | 52:59             | 52:59 |   |        |       |
| 75     | Taran Harvey      |       | M | M25-29 | 6/7   |
| 51/110 | 53:16             | 53:16 |   |        |       |
| 76     | Dan Lewis         |       | M | M30-34 | 2/6   |
| 52/110 | 53:19             | 52:41 |   |        |       |
| 77     | Jean Giroux       |       | M | M25-29 | 7/7   |
| 53/110 | 53:23             | 53:23 |   |        |       |
| 78     | Mandy Shewchuk    |       | F | F20-24 | 3/6   |
| 25/133 | 53:27             | 53:20 |   |        |       |
| 79     | Aldo Furlan       |       | M | M50-54 | 7/13  |
| 54/110 | 53:40             | 53:24 |   |        |       |
| 80     | Catherine McKay   |       | F | F50-54 | 2/17  |
| 26/133 | 53:40             | 53:40 |   |        |       |
| 81     | Greg Joss         |       | M | M55-59 | 10/17 |
| 55/110 | 53:53             | 53:53 |   |        |       |
| 82     | Ian McKeown       |       | M | M65-69 | 4/6   |
| 56/110 | 54:05             | 53:49 |   |        |       |
| 83     | Shelley Burns     |       | F | F25-29 | 5/13  |
| 27/133 | 54:07             | 53:59 |   |        |       |
| 84     | Johnny Wayburn    |       | M | M45-49 | 6/12  |
| 57/110 | 54:08             | 53:54 |   |        |       |
| 85     | Tyler Seitz       |       | M | M01-14 | 9/18  |
| 58/110 | 54:15             | 54:12 |   |        |       |
| 86     | Gloria Kirouac    |       | F | F60-64 | 1/6   |
| 28/133 | 54:17             | 54:10 |   |        |       |
| 87     | Nancy Gilchrist   |       | F | F55-59 | 1/9   |

|        |                    |       |   |        |       |
|--------|--------------------|-------|---|--------|-------|
| 29/133 | 54:17              | 54:09 |   |        |       |
| 88     | Joel Remis         |       | M | M60-64 | 5/7   |
| 59/110 | 54:18              | 54:18 |   |        |       |
| 89     | Reed Davies        |       | M | M01-14 | 10/18 |
| 60/110 | 54:19              | 54:17 |   |        |       |
| 90     | Gavin Saunders     |       | M | M01-14 | 11/18 |
| 61/110 | 54:33              | 54:30 |   |        |       |
| 91     | Erin White         |       | F | F40-44 | 5/14  |
| 30/133 | 54:43              | 54:34 |   |        |       |
| 92     | Tima Faria         |       | F | F45-49 | 6/17  |
| 31/133 | 54:54              | 54:40 |   |        |       |
| 93     | Chris Lee          |       | M | M40-44 | 4/6   |
| 62/110 | 54:55              | 54:32 |   |        |       |
| 94     | Jennifer Tackley   |       | F | F50-54 | 3/17  |
| 32/133 | 54:57              | 54:36 |   |        |       |
| 95     | Keisha Ford        |       | F | F01-14 | 1/5   |
| 33/133 | 55:05              | 55:05 |   |        |       |
| 96     | Leif Dubreuil      |       | M | M01-14 | 12/18 |
| 63/110 | 55:05              | 55:05 |   |        |       |
| 97     | David Glover       |       | M | M50-54 | 8/13  |
| 64/110 | 55:08              | 54:54 |   |        |       |
| 98     | Marnie Tardiff     |       | F | F35-39 | 6/20  |
| 34/133 | 55:22              | 54:57 |   |        |       |
| 99     | Jeanine Meyer      |       | F | F50-54 | 4/17  |
| 35/133 | 55:22              | 55:03 |   |        |       |
| 100    | Meredith McCallum  |       | F | F30-34 | 4/22  |
| 36/133 | 55:32              | 55:10 |   |        |       |
| 101    | Jason Perez        |       | M | M35-39 | 5/9   |
| 65/110 | 55:34              | 55:22 |   |        |       |
| 102    | Simon Luong        |       | M | M30-34 | 3/6   |
| 66/110 | 55:36              | 55:36 |   |        |       |
| 103    | Marnie Malandrakis |       | F | F30-34 | 5/22  |
| 37/133 | 55:42              | 55:40 |   |        |       |
| 104    | Andrew Tataryn     |       | M | M50-54 | 9/13  |
| 67/110 | 55:46              | 55:09 |   |        |       |
| 105    | Laura Wisener      |       | F | F45-49 | 7/17  |
| 38/133 | 55:48              | 55:36 |   |        |       |
| 106    | Wally Falk         |       | M | M55-59 | 11/17 |
| 68/110 | 55:48              | 55:38 |   |        |       |
| 107    | Marissa Kellett    |       | F | F30-34 | 6/22  |
| 39/133 | 55:49              | 55:43 |   |        |       |
| 108    | Cheryl Zealand     |       | F | F40-44 | 6/14  |
| 40/133 | 55:52              | 55:41 |   |        |       |
| 109    | Jeff Kozak         |       | M | M35-39 | 6/9   |
| 69/110 | 55:59              | 55:44 |   |        |       |
| 110    | Kristen Verplaetse |       | F | F35-39 | 7/20  |
| 41/133 | 56:00              | 55:30 |   |        |       |
| 111    | Reyna Domingo      |       | F | F30-34 | 7/22  |
| 42/133 | 56:05              | 55:41 |   |        |       |
| 112    | Erick Nduwimana    |       | M | M30-34 | 4/6   |

|        |                   |       |   |        |       |
|--------|-------------------|-------|---|--------|-------|
| 70/110 | 56:09             | 55:48 |   |        |       |
| 113    | Samantha Duguid   |       | F | F25-29 | 6/13  |
| 43/133 | 56:12             | 55:52 |   |        |       |
| 114    | Randal Bodner     |       | M | M55-59 | 12/17 |
| 71/110 | 56:22             | 55:59 |   |        |       |
| 115    | Miranda Finch     |       | F | F20-24 | 4/6   |
| 44/133 | 56:34             | 56:05 |   |        |       |
| 116    | Nancy Doern-White |       | F | F55-59 | 2/9   |
| 45/133 | 56:36             | 56:20 |   |        |       |
| 117    | Louis Finch       |       | M | M50-54 | 10/13 |
| 72/110 | 56:38             | 56:10 |   |        |       |
| 118    | Jerri-Lee MacKay  |       | F | F50-54 | 5/17  |
| 46/133 | 56:58             | 56:47 |   |        |       |
| 119    | Carrie Schulz     |       | F | F01-14 | 2/5   |
| 47/133 | 57:06             | 56:39 |   |        |       |
| 120    | My Lien Lam       |       | F | F35-39 | 8/20  |
| 48/133 | 57:12             | 57:07 |   |        |       |
| 121    | Nicola Simpson    |       | F | F55-59 | 3/9   |
| 49/133 | 57:22             | 57:22 |   |        |       |
| 122    | Kieran Sylvestre  |       | M | M01-14 | 13/18 |
| 73/110 | 57:34             | 57:10 |   |        |       |
| 123    | Andrew Rotoff     |       | M | M45-49 | 7/12  |
| 74/110 | 57:35             | 57:10 |   |        |       |
| 124    | Bohdan Rotoff     |       | M | M01-14 | 14/18 |
| 75/110 | 57:42             | 57:18 |   |        |       |
| 125    | Natalie Newman    |       | F | F50-54 | 6/17  |
| 50/133 | 57:43             | 57:22 |   |        |       |
| 126    | Alyssa Grant      |       | F | F20-24 | 5/6   |
| 51/133 | 57:48             | 57:43 |   |        |       |
| 127    | Jeff Vince        |       | M | M65-69 | 5/6   |
| 76/110 | 57:58             | 57:42 |   |        |       |
| 128    | Melissa Asplin    |       | F | F35-39 | 9/20  |
| 52/133 | 58:00             | 57:43 |   |        |       |
| 129    | Jaimelee Woo      |       | F | F35-39 | 10/20 |
| 53/133 | 58:21             | 58:17 |   |        |       |
| 130    | Linda Drewe       |       | F | F45-49 | 8/17  |
| 54/133 | 58:21             | 58:08 |   |        |       |
| 131    | Dale Crawford     |       | M | M60-64 | 6/7   |
| 77/110 | 58:28             | 58:18 |   |        |       |
| 132    | Kim Crawford      |       | F | F60-64 | 2/6   |
| 55/133 | 58:29             | 58:29 |   |        |       |
| 133    | Ed Toews          |       | M | M55-59 | 13/17 |
| 78/110 | 58:53             | 58:43 |   |        |       |
| 134    | Karen Sylvester   |       | F | F45-49 | 9/17  |
| 56/133 | 59:13             | 58:55 |   |        |       |
| 135    | Theresa Morier    |       | F | F30-34 | 8/22  |
| 57/133 | 59:35             | 59:24 |   |        |       |
| 136    | Carolyn Blackner  |       | F | F50-54 | 7/17  |
| 58/133 | 59:38             | 59:34 |   |        |       |
| 137    | Candace Trussler  |       | F | F55-59 | 4/9   |

|        |                       |         |   |        |       |
|--------|-----------------------|---------|---|--------|-------|
| 59/133 | 59:38                 | 59:34   |   |        |       |
| 138    | Sue-Anne Hamilton     |         | F | F40-44 | 7/14  |
| 60/133 | 59:44                 | 59:30   |   |        |       |
| 139    | Doreen Perez          |         | F | F35-39 | 11/20 |
| 61/133 | 59:48                 | 59:37   |   |        |       |
| 140    | Jennifer Toews        |         | F | F30-34 | 9/22  |
| 62/133 | 59:52                 | 59:44   |   |        |       |
| 141    | Aseca Wanigaseicara   |         | M | M50-54 | 11/13 |
| 79/110 | 1:00:18               | 1:00:18 |   |        |       |
| 142    | Margaret Murray       |         | F | F55-59 | 5/9   |
| 63/133 | 1:00:21               | 1:00:03 |   |        |       |
| 143    | Diane L'Heureux       |         | F | F45-49 | 10/17 |
| 64/133 | 1:00:28               | 1:00:07 |   |        |       |
| 144    | Natalie Polichronakis |         | F | F30-34 | 10/22 |
| 65/133 | 1:00:28               | 1:00:14 |   |        |       |
| 145    | Alie Harder           |         | M | M35-39 | 7/9   |
| 80/110 | 1:00:29               | 1:00:01 |   |        |       |
| 146    | Melodie Michalchuk    |         | F | F30-34 | 11/22 |
| 66/133 | 1:00:31               | 1:00:12 |   |        |       |
| 147    | Mandie Nechwediuk     |         | F | F30-34 | 12/22 |
| 67/133 | 1:00:35               | 1:00:21 |   |        |       |
| 148    | Brady Hack            |         | M | M01-14 | 15/18 |
| 81/110 | 1:00:36               | 1:00:36 |   |        |       |
| 149    | Bob Wesner            |         | M | M65-69 | 6/6   |
| 82/110 | 1:00:40               | 1:00:26 |   |        |       |
| 150    | Joan Griffith-Parker  |         | F | F60-64 | 3/6   |
| 68/133 | 1:00:57               | 1:00:37 |   |        |       |
| 151    | Ariel Mogan           |         | M | M35-39 | 8/9   |
| 83/110 | 1:01:06               | 1:01:06 |   |        |       |
| 152    | Natalie Fitkowsky     |         | F | F25-29 | 7/13  |
| 69/133 | 1:01:11               | 1:01:11 |   |        |       |
| 153    | Mike Malyk            |         | M | M55-59 | 14/17 |
| 84/110 | 1:01:25               | 1:00:58 |   |        |       |
| 154    | Kristin Templeton     |         | F | F30-34 | 13/22 |
| 70/133 | 1:01:26               | 1:00:54 |   |        |       |
| 155    | Angelique Beaudette   |         | F | F35-39 | 12/20 |
| 71/133 | 1:01:38               | 1:01:10 |   |        |       |
| 156    | Ralph Wagner          |         | M | M55-59 | 15/17 |
| 85/110 | 1:01:39               | 1:01:29 |   |        |       |
| 157    | Maclane Cardinal      |         | M | M20-24 | 2/3   |
| 86/110 | 1:01:39               | 1:01:30 |   |        |       |
| 158    | Marlene Wagner        |         | F | F50-54 | 8/17  |
| 72/133 | 1:01:39               | 1:01:31 |   |        |       |
| 159    | Anita Delaquis        |         | F | F30-34 | 14/22 |
| 73/133 | 1:01:40               | 1:01:40 |   |        |       |
| 160    | Lisa Pischke          |         | F | F40-44 | 8/14  |
| 74/133 | 1:01:43               | 1:01:27 |   |        |       |
| 161    | Jennifer Tighe        |         | F | F40-44 | 9/14  |
| 75/133 | 1:01:50               | 1:01:21 |   |        |       |
| 162    | Paul Surgeoner        |         | M | M45-49 | 8/12  |

|        |                  |   |        |       |
|--------|------------------|---|--------|-------|
| 87/110 | 1:01:51 1:01:41  |   |        |       |
| 163    | Tonya Allard     | F | F40-44 | 10/14 |
| 76/133 | 1:01:54 1:01:39  |   |        |       |
| 164    | Cailin Rehill    | F | F30-34 | 15/22 |
| 77/133 | 1:01:55 1:01:44  |   |        |       |
| 165    | Liliana Ardiles  | F | F45-49 | 11/17 |
| 78/133 | 1:02:12 1:01:37  |   |        |       |
| 166    | Naomi Handel     | F | F40-44 | 11/14 |
| 79/133 | 1:02:14 1:01:56  |   |        |       |
| 167    | Stephen Andrusco | M | M45-49 | 9/12  |
| 88/110 | 1:02:20 1:02:02  |   |        |       |
| 168    | Ken Fedorchuk    | M | M50-54 | 12/13 |
| 89/110 | 1:02:21 1:02:01  |   |        |       |
| 169    | Melanie Dheilily | F | F35-39 | 13/20 |
| 80/133 | 1:02:21 1:02:21  |   |        |       |
| 170    | Jeff Rodgers     | M | M45-49 | 10/12 |
| 90/110 | 1:02:27 1:02:13  |   |        |       |
| 171    | Parker Smith     | M | M01-14 | 16/18 |
| 91/110 | 1:02:29 1:01:58  |   |        |       |
| 172    | Marsha Brown     | F | F70-74 | 1/1   |
| 81/133 | 1:02:45 1:02:15  |   |        |       |
| 173    | Gwen Bonneville  | F | F60-64 | 4/6   |
| 82/133 | 1:02:47 1:02:47  |   |        |       |
| 174    | Noel Mougion     | F | F35-39 | 14/20 |
| 83/133 | 1:02:49 1:02:49  |   |        |       |
| 175    | Cam Stacey       | M | M55-59 | 16/17 |
| 92/110 | 1:02:51 1:02:32  |   |        |       |
| 176    | Sarah Stacey     | F | F15-19 | 1/1   |
| 84/133 | 1:02:51 1:02:32  |   |        |       |
| 177    | Marieke Wijtkamp | F | F45-49 | 12/17 |
| 85/133 | 1:03:00 1:02:28  |   |        |       |
| 178    | Ka-Yee Ling      | F | F60-64 | 5/6   |
| 86/133 | 1:03:11 1:02:47  |   |        |       |
| 179    | Kara Fowke       | F | F30-34 | 16/22 |
| 87/133 | 1:03:28 1:03:06  |   |        |       |
| 180    | Sonja Bridges    | F | F35-39 | 15/20 |
| 88/133 | 1:03:39 1:03:17  |   |        |       |
| 181    | Garrett Young    | M | M20-24 | 3/3   |
| 93/110 | 1:03:41 1:03:41  |   |        |       |
| 182    | Cara Wojcikowski | F | F35-39 | 16/20 |
| 89/133 | 1:03:44 1:03:44  |   |        |       |
| 183    | Roman Romaniw    | M | M45-49 | 11/12 |
| 94/110 | 1:03:47 1:03:36  |   |        |       |
| 184    | Brittany Nicolas | F | F25-29 | 8/13  |
| 90/133 | 1:04:12 1:04:12  |   |        |       |
| 185    | Brenda Still     | F | F50-54 | 9/17  |
| 91/133 | 1:04:16 1:04:00  |   |        |       |
| 186    | Kim Smith        | F | F55-59 | 6/9   |
| 92/133 | 1:04:17 1:04:17  |   |        |       |
| 187    | Kathryn Brooks   | F | F30-34 | 17/22 |



|         |                            |   |        |       |
|---------|----------------------------|---|--------|-------|
| 93/133  | 1:04:46 1:04:24            |   |        |       |
| 188     | Alison Bourrier            | F | F35-39 | 17/20 |
| 94/133  | 1:04:50 1:04:18            |   |        |       |
| 189     | Leaslie McPhail            | F | F50-54 | 10/17 |
| 95/133  | 1:04:54 1:04:36            |   |        |       |
| 190     | Parry Cadman               | M | M35-39 | 9/9   |
| 95/110  | 1:05:02 1:05:02            |   |        |       |
| 191     | Jim Nixon                  | M | M60-64 | 7/7   |
| 96/110  | 1:05:12 1:04:52            |   |        |       |
| 192     | Kim Chase                  | F | F55-59 | 7/9   |
| 96/133  | 1:05:12 1:05:12            |   |        |       |
| 193     | Shannon Palahitski         | F | F30-34 | 18/22 |
| 97/133  | 1:05:23 1:05:03            |   |        |       |
| 194     | Gunner Smith               | M | M01-14 | 17/18 |
| 97/110  | 1:06:07 1:05:36            |   |        |       |
| 195     | Charlene Eckert            | F | F45-49 | 13/17 |
| 98/133  | 1:06:09 1:06:06            |   |        |       |
| 196     | Garner Hack                | M | M40-44 | 5/6   |
| 98/110  | 1:06:17 1:06:14            |   |        |       |
| 197     | John Guy                   | M | M70-74 | 1/2   |
| 99/110  | 1:06:30 1:05:58            |   |        |       |
| 198     | Audrey Candalaria          | F | F25-29 | 9/13  |
| 99/133  | 1:06:46 1:06:46            |   |        |       |
| 199     | Jim Anderson               | M | M75-79 | 1/3   |
| 100/110 | 1:07:08 1:07:08            |   |        |       |
| 200     | Ella Bellingham            | F | F01-14 | 3/5   |
| 100/133 | 1:07:37 1:07:37            |   |        |       |
| 201     | Brenda Kaminski            | F | F50-54 | 11/17 |
| 101/133 | 1:07:57 1:07:33            |   |        |       |
| 202     | Colleen Brown              | F | F50-54 | 12/17 |
| 102/133 | 1:07:57 1:07:33            |   |        |       |
| 203     | Cruz Correia               | M | M01-14 | 18/18 |
| 101/110 | 1:08:06 1:08:06            |   |        |       |
| 204     | Kade Prudhomme             | F | F01-14 | 4/5   |
| 103/133 | 1:08:08 1:08:08            |   |        |       |
| 205     | Stephanie Collins          | F | F35-39 | 18/20 |
| 104/133 | 1:08:41 1:08:12            |   |        |       |
| 206     | David Nishikawa            | M | M50-54 | 13/13 |
| 102/110 | 1:08:58 1:08:58            |   |        |       |
| 207     | Lindsay Kirkland-Bizruchak | F | F50-54 | 13/17 |
| 105/133 | 1:09:01 1:09:01            |   |        |       |
| 208     | Silvana Pallone            | F | F55-59 | 8/9   |
| 106/133 | 1:09:02 1:08:35            |   |        |       |
| 209     | Dodi Groff                 | F | F40-44 | 12/14 |
| 107/133 | 1:09:12 1:08:52            |   |        |       |
| 210     | Phyllis Reid Jarvis        | F | F50-54 | 14/17 |
| 108/133 | 1:09:12 1:08:38            |   |        |       |
| 211     | Olsen Jarvis               | M | M45-49 | 12/12 |
| 103/110 | 1:09:13 1:08:40            |   |        |       |
| 212     | Justin Vuignier            | M | M30-34 | 5/6   |

|         |                   |         |   |        |       |  |
|---------|-------------------|---------|---|--------|-------|--|
| 104/110 | 1:09:43           | 1:09:16 |   |        |       |  |
| 213     | Melissa Danish    |         | F | F30-34 | 19/22 |  |
| 109/133 | 1:09:52           | 1:09:24 |   |        |       |  |
| 214     | Colleen Koop      |         | F | F50-54 | 15/17 |  |
| 110/133 | 1:10:23           | 1:10:23 |   |        |       |  |
| 215     | Gary Davis        |         | M | M70-74 | 2/2   |  |
| 105/110 | 1:10:37           | 1:10:14 |   |        |       |  |
| 216     | David Bourrier    |         | M | M40-44 | 6/6   |  |
| 106/110 | 1:10:41           | 1:10:08 |   |        |       |  |
| 217     | Nicole Harvey     |         | F | F25-29 | 10/13 |  |
| 111/133 | 1:10:46           | 1:10:46 |   |        |       |  |
| 218     | Kim Rempel        |         | F | F30-34 | 20/22 |  |
| 112/133 | 1:10:48           | 1:10:48 |   |        |       |  |
| 219     | Kevin Cox         |         | M | M30-34 | 6/6   |  |
| 107/110 | 1:11:08           | 1:10:38 |   |        |       |  |
| 220     | Melissa Skibinski |         | F | F30-34 | 21/22 |  |
| 113/133 | 1:11:08           | 1:10:40 |   |        |       |  |
| 221     | Jessica Banman    |         | F | F01-14 | 5/5   |  |
| 114/133 | 1:11:42           | 1:11:41 |   |        |       |  |
| 222     | Ray Harris        |         | M | M75-79 | 2/3   |  |
| 108/110 | 1:11:54           | 1:11:32 |   |        |       |  |
| 223     | Chloe Rew         |         | F | F25-29 | 11/13 |  |
| 115/133 | 1:12:26           | 1:12:01 |   |        |       |  |
| 224     | Ramona Donaldson  |         | F | F25-29 | 12/13 |  |
| 116/133 | 1:12:29           | 1:12:04 |   |        |       |  |
| 225     | Trina Gallop      |         | F | F40-44 | 13/14 |  |
| 117/133 | 1:12:29           | 1:12:04 |   |        |       |  |
| 226     | Karlle Blahut     |         | F | F20-24 | 6/6   |  |
| 118/133 | 1:12:35           | 1:12:16 |   |        |       |  |
| 227     | Al Myska          |         | M | M75-79 | 3/3   |  |
| 109/110 | 1:12:37           | 1:12:12 |   |        |       |  |
| 228     | Shawna Musto      |         | F | F50-54 | 16/17 |  |
| 119/133 | 1:13:11           | 1:12:41 |   |        |       |  |
| 229     | Veviene Gautron   |         | F | F35-39 | 19/20 |  |
| 120/133 | 1:14:44           | 1:14:32 |   |        |       |  |
| 230     | Patricia Evans    |         | F | F40-44 | 14/14 |  |
| 121/133 | 1:15:31           | 1:15:08 |   |        |       |  |
| 231     | Tara Elias        |         | F | F30-34 | 22/22 |  |
| 122/133 | 1:15:47           | 1:15:47 |   |        |       |  |
| 232     | Zoe Surgeoner     |         | F | F45-49 | 14/17 |  |
| 123/133 | 1:16:10           | 1:15:59 |   |        |       |  |
| 233     | Isabelle Marion   |         | F | F45-49 | 15/17 |  |
| 124/133 | 1:16:11           | 1:15:59 |   |        |       |  |
| 234     | Josee Remillard   |         | F | F25-29 | 13/13 |  |
| 125/133 | 1:16:40           | 1:16:32 |   |        |       |  |
| 235     | Agnes Remillard   |         | F | F45-49 | 16/17 |  |
| 126/133 | 1:16:41           | 1:16:31 |   |        |       |  |
| 236     | Kimberley Wawryk  |         | F | F45-49 | 17/17 |  |
| 127/133 | 1:16:50           | 1:16:50 |   |        |       |  |
| 237     | Cheryl Dann       |         | F | F65-69 | 1/1   |  |

|         |                   |   |        |       |
|---------|-------------------|---|--------|-------|
| 128/133 | 1:17:56 1:17:26   |   |        |       |
| 238     | Bill Boris        | M | M55-59 | 17/17 |
| 110/110 | 1:20:11 1:19:36   |   |        |       |
| 239     | Esther Hershfield | F | F55-59 | 9/9   |
| 129/133 | 1:20:20 1:20:16   |   |        |       |
| 240     | Dreena Duhamé     | F | F80+   | 1/1   |
| 130/133 | 1:21:49 1:21:49   |   |        |       |
| 241     | Christine Wheeler | F | F35-39 | 20/20 |
| 131/133 | 1:23:42 1:23:27   |   |        |       |
| 242     | Clemus Laurila    | F | F60-64 | 6/6   |
| 132/133 | 1:23:51 1:23:51   |   |        |       |
| 243     | Patricia Mondt    | F | F50-54 | 17/17 |
| 133/133 | 1:24:22 1:23:53   |   |        |       |