

Physio Fit Run 10K

May 11,2019

Assiniboine Park

OVERALL RESULTS

DISTANCE CERTIFIED

PLACE IN	FINISH	CHIP				
PLACE	NAME		GENDER	AGE GROUP	AGE	
GROUP	GENDER	TIME	TIME			
=====	=====	=====	=====	=====		
=====	=====	=====				
1	Daniel Heschuk		M	M20-24	1/4	
1/90	31:54	31:54				
2	Carson Cortvriendt		M	M15-19	1/3	
2/90	35:02	35:01				
3	Kris Joy		M	M30-34	1/6	
3/90	37:41	37:41				
4	Jonathan McGavock		M	M40-44	1/8	
4/90	38:19	38:18				
5	Jonas Eastcott		M	M25-29	1/11	
5/90	39:16	39:14				
6	Darcey Harder		M	M45-49	1/5	
6/90	39:35	39:33				
7	Neff Guiao		M	M25-29	2/11	
7/90	40:28	40:26				
8	Melanie Morris		F	F40-44	1/9	
1/83	40:37	40:36				

9 8/90	Colin Heier 42:05 42:03	M	M25-29	3/11
10 9/90	Don Bevington 42:30 42:29	M	M50-54	1/4
11 2/83	Shayna Giesbrecht 42:34 42:33	F	F20-24	1/9
12 10/90	Robert Cox 42:47 42:44	M	M55-59	1/17
13 3/83	Lindsey Green 43:00 42:58	F	F30-34	1/14
14 11/90	Dawson Dick 43:17 43:11	M	M15-19	2/3
15 12/90	Kris Aguiar 43:20 43:08	M	M20-24	2/4
16 13/90	Ken Friesen 43:22 43:20	M	M60-64	1/7
17 14/90	Greg Athayde 44:08 44:04	M	M55-59	2/17
18 15/90	Chris Dick 44:22 44:19	M	M50-54	2/4
19 16/90	Paul Kathler 44:41 44:33	M	M25-29	4/11
20 17/90	Joel Dumont 44:57 44:47	M	M35-39	1/8
21 4/83	Brooke Richtik 44:57 44:53	F	F20-24	2/9
22 18/90	Andrew Schewe 45:10 45:06	M	M55-59	3/17
23 19/90	Khalid Ahmad 45:30 45:21	M	M55-59	4/17
24 20/90	Gre Gonzales 45:32 45:28	M	M30-34	2/6
25	Cameron Funk	M	M40-44	2/8

21/90	45:46	45:40			
26	Brad Whitson		M	M55-59	5/17
22/90	45:53	45:43			
27	Leslie Hesse		F	F35-39	1/11
5/83	45:59	45:57			
28	Kelvin Koots		M	M25-29	5/11
23/90	45:59	45:51			
29	Neil Ferguson		M	M60-64	2/7
24/90	46:25	46:21			
30	Leon Clegg		M	M70-74	1/3
25/90	46:27	46:23			
31	Graham Pinkerton		M	M15-19	3/3
26/90	46:32	46:31			
32	Ken Koots		M	M55-59	6/17
27/90	46:36	46:30			
33	Vanessa Poliquin		F	F35-39	2/11
6/83	47:38	47:36			
34	Gordon Flett		M	M55-59	7/17
28/90	48:15	48:12			
35	Grant Johnston		M	M50-54	3/4
29/90	48:27	48:20			
36	Andrew Swan		M	M50-54	4/4
30/90	48:39	48:33			
37	Kathleen Caithness		F	F50-54	1/7
7/83	48:46	48:42			
38	Kathleen Elgar		F	F35-39	3/11
8/83	49:08	49:04			
39	Sue Wasylenchuk		F	F45-49	1/4
9/83	49:10	49:08			
40	Josh Friesen		M	M01-14	1/10
31/90	49:14	49:09			
41	Danielle Papin		F	F60-64	1/7
10/83	49:25	49:18			

42 32/90	Hernan Gutierrez 49:27 49:25	M	M55-59	8/17
43 33/90	Bryan Ezako 49:32 49:28	M	M45-49	2/5
44 34/90	Jordan Penner 49:52 49:49	M	M35-39	2/8
45 11/83	Michele Richtik 50:09 50:05	F	F50-54	2/7
46 12/83	Crystal Antila 50:17 50:14	F	F35-39	4/11
47 35/90	Dustin Murdock 50:24 50:14	M	M25-29	6/11
48 36/90	Stephen Terichow Parrott 50:28 50:21	M	M55-59	9/17
49 37/90	Edward Willmott 50:36 50:34	M	M55-59	10/17
50 13/83	Hoangkim Luong 50:36 50:32	F	F30-34	2/14
51 38/90	Michael Thompson 50:53 50:40	M	M40-44	3/8
52 39/90	Christopher Gadaleta 50:59 50:55	M	M25-29	7/11
53 40/90	Piotr Kozlowski 51:03 50:58	M	M35-39	3/8
54 41/90	Scott McMillan 51:19 51:09	M	M40-44	4/8
55 14/83	Ashley Scott 51:38 51:14	F	F30-34	3/14
56 15/83	Ciara Sebelius 52:09 52:04	F	F25-29	1/8
57 16/83	Cathie Coughlin 52:10 52:06	F	F55-59	1/11
58 42/90	Scott Halford 52:22 52:16	M	M25-29	8/11

59 43/90	Scott Dick 52:42 52:35	M	M45-49	3/5
60 44/90	Jean Pierre Grolet 52:59 52:49	M	M55-59	11/17
61 17/83	Catherine Mecas 53:07 53:01	F	F35-39	5/11
62 45/90	James Slade 53:12 52:56	M	M60-64	3/7
63 18/83	Robin Dick 53:12 53:05	F	F45-49	2/4
64 46/90	Keith Klassen 53:21 53:03	M	M45-49	4/5
65 19/83	Margaret Stromecki 53:23 53:16	F	F25-29	2/8
66 20/83	Brenda Krueger 53:27 53:02	F	F60-64	2/7
67 21/83	Morgan Vespa 53:31 53:24	F	F30-34	4/14
68 22/83	Talitha Kaethler 53:31 53:24	F	F35-39	6/11
69 23/83	Amy Sedor 53:45 53:42	F	F30-34	5/14
70 24/83	Randi Marshall 53:51 53:38	F	F25-29	3/8
71 25/83	Jennifer Toews 53:55 53:44	F	F35-39	7/11
72 26/83	Melissa Garry 53:57 53:51	F	F30-34	6/14
73 47/90	Khuong Huynh 54:01 53:50	M	M20-24	3/4
74 48/90	Joel Boutet 54:05 53:55	M	M30-34	3/6
75	David Moskal	M	M25-29	9/11

49/90	54:06	54:00			
76	Darcia Jones		F	F45-49	3/4
27/83	54:13	54:03			
77	Andrew Ferguson		M	M30-34	4/6
50/90	54:17	54:12			
78	James Singer		M	M25-29	10/11
51/90	54:32	54:24			
79	Joel Remis		M	M60-64	4/7
52/90	54:36	54:20			
80	Daniel Baron		M	M30-34	5/6
53/90	54:38	54:28			
81	Shelley Borschawa		F	F60-64	3/7
28/83	54:39	54:30			
82	Chris Wiebe		M	M40-44	5/8
54/90	54:41	54:35			
83	Simon Luong		M	M35-39	4/8
55/90	54:45	54:37			
84	Amy Waylett		F	F30-34	7/14
29/83	54:47	54:36			
85	Allan Finkel		M	M65-69	1/3
56/90	54:57	54:48			
86	Dave Reede		M	M65-69	2/3
57/90	55:12	53:50			
87	Riley Jasper		M	M25-29	11/11
58/90	55:23	55:17			
88	Sydney Last		F	F20-24	3/9
30/83	55:52	55:32			
89	Reginald Last		M	M55-59	12/17
59/90	55:52	55:33			
90	Andrew Tataryn		M	M55-59	13/17
60/90	55:56	55:37			
91	Kevin Swan		M	M55-59	14/17
61/90	56:05	55:55			

92 31/83	Cheryl Stewart 56:20 56:07	F	F40-44	2/9
93 32/83	Laurie Dyck 56:25 56:08	F	F40-44	3/9
94 33/83	Barbara Farpelha 56:35 56:25	F	F20-24	4/9
95 34/83	Catherine Moltzan 56:42 56:36	F	F50-54	3/7
96 62/90	Ryan Dueck 56:47 56:35	M	M35-39	5/8
97 35/83	Suzete Moniz 56:53 56:44	F	F40-44	4/9
98 63/90	Noel Beckel 57:22 57:16	M	M45-49	5/5
99 36/83	Nancy Doern-White 57:42 57:33	F	F60-64	4/7
100 37/83	Jennifer Tackley 57:42 57:32	F	F55-59	2/11
101 38/83	Lorraine Manson 57:49 57:34	F	F45-49	4/4
102 64/90	Erick Nduwiman 57:52 57:37	M	M35-39	6/8
103 65/90	Edward Zwingerman 58:02 57:38	M	M60-64	5/7
104 39/83	Katie Zwingerman 58:03 57:39	F	F30-34	8/14
105 66/90	Easton Dick 58:49 58:43	M	M01-14	2/10
106 40/83	Caitlin Ryan 59:09 58:59	F	F25-29	4/8
107 41/83	Carolyn Blackner 59:35 59:26	F	F50-54	4/7
108 67/90	Mike Keatch 59:35 59:09	M	M35-39	7/8

109 42/83	Denise Langendorfer 59:38 59:26	F	F40-44	5/9
110 43/83	Emilie Fowler 59:39 59:36	F	F20-24	5/9
111 44/83	Rachael Holod 1:00:00 59:47	F	F20-24	6/9
112 45/83	Colleen Semmler 1:00:02 59:50	F	F55-59	3/11
113 46/83	Kyla Lenio-Slack 1:00:05 59:52	F	F35-39	8/11
114 68/90	Todd Friesen 1:00:18 1:00:07	M	M40-44	6/8
115 47/83	Stacy Ponask 1:00:20 1:00:09	F	F30-34	9/14
116 69/90	Craig Hodgkinson 1:00:27 1:00:10	M	M40-44	7/8
117 48/83	Melissa Pryce 1:00:29 1:00:17	F	F30-34	10/14
118 70/90	Jeffrey Hunt 1:00:35 1:00:23	M	M40-44	8/8
119 49/83	Desiree Chabot 1:00:53 1:00:49	F	F25-29	5/8
120 50/83	Gerry Borus 1:01:09 1:00:54	F	F55-59	4/11
121 51/83	Natalie Newman 1:01:16 1:01:00	F	F50-54	5/7
122 71/90	Reg Brown 1:01:28 1:01:16	M	M55-59	15/17
123 72/90	Michael Hamm 1:02:07 1:01:53	M	M35-39	8/8
124 73/90	Randal Bodner 1:02:20 1:02:06	M	M60-64	6/7
125	Tonya Allard	F	F40-44	6/9



52/83	1:02:28 1:02:15			
126 74/90	Theodore Regnier 1:02:49 1:02:26	M	M01-14	3/10
127 75/90	David Regnier 1:02:59 1:02:36	M	M30-34	6/6
128 53/83	Greta Regnier 1:02:59 1:02:36	F	F01-14	1/1
129 54/83	Noreen Gnitzinger 1:03:52 1:03:40	F	F55-59	5/11
130 76/90	Shawn Bjornson 1:04:39 1:04:26	M	M55-59	16/17
131 55/83	Sarah Kamstra 1:05:20 1:05:07	F	F25-29	6/8
132 56/83	Brenda Still 1:05:32 1:05:15	F	F55-59	6/11
133 57/83	Allyson Banal 1:05:45 1:05:34	F	F20-24	7/9
134 58/83	Kassy Bouchard 1:05:45 1:05:19	F	F30-34	11/14
135 59/83	Anita Wrubleski 1:05:50 1:05:30	F	F60-64	5/7
136 77/90	Paul Peters Derry 1:06:25 1:06:08	M	M55-59	17/17
137 60/83	Itzel Vasquez 1:06:40 1:06:31	F	F35-39	9/11
138 78/90	Barry Atkinson 1:07:39 1:07:21	M	M70-74	2/3
139 61/83	Roberta Mitchell 1:08:24 1:08:15	F	F50-54	6/7
140 79/90	Jeff Vince 1:10:06 1:09:40	M	M70-74	3/3
141 62/83	Bridget Robinson 1:10:13 1:09:52	F	F50-54	7/7

142 80/90	Nicholas Turner 1:10:19 1:09:52	M	M01-14	4/10
143 81/90	Ron Halford 1:10:22 1:10:15	M	M60-64	7/7
144 63/83	Cecilia Turner 1:10:23 1:09:57	F	F40-44	7/9
145 64/83	Michelle Sutherland 1:10:32 1:10:10	F	F30-34	12/14
146 65/83	Lora Dobson 1:10:43 1:10:21	F	F55-59	7/11
147 66/83	Clemus Laurila 1:10:43 1:10:23	F	F60-64	6/7
148 67/83	Christine Cornelio 1:11:02 1:10:51	F	F20-24	8/9
149 68/83	Bev Rehill 1:11:10 1:09:55	F	F55-59	8/11
150 69/83	Chantelle Stefanyshyn 1:11:10 1:09:54	F	F25-29	7/8
151 82/90	Ryan Davidson 1:12:45 1:12:34	M	M01-14	5/10
152 83/90	Alexander Funk 1:12:45 1:12:34	M	M01-14	6/10
153 84/90	Ryden Dalgliesh 1:12:57 1:12:30	M	M01-14	7/10
154 85/90	Adam Freiling 1:13:03 1:12:39	M	M20-24	4/4
155 70/83	Abby Koch 1:13:03 1:12:40	F	F20-24	9/9
156 86/90	George Koch 1:13:04 1:12:40	M	M65-69	3/3
157 71/83	Nicole Dalgliesh 1:13:06 1:12:38	F	F35-39	10/11
158 72/83	Michelle Belanger 1:13:06 1:12:41	F	F35-39	11/11

159 73/83	Brenna Dixon 1:16:07 1:15:59	F	F25-29	8/8
160 87/90	Jim Anderson 1:16:58 1:16:36	M	M80+	1/1
161 88/90	Myles Murray 1:17:09 1:16:43	M	M01-14	8/10
162 74/83	Cathy Murray 1:17:14 1:16:48	F	F40-44	8/9
163 75/83	Jill Saunders 1:18:01 1:17:38	F	F55-59	9/11
164 76/83	Nelli Petkau 1:19:27 1:19:10	F	F60-64	7/7
165 89/90	Symo Yang 1:21:19 1:20:56	M	M01-14	9/10
166 90/90	Sunmo Yang 1:21:36 1:21:13	M	M01-14	10/10
167 77/83	Val Goertzen 1:23:06 1:20:58	F	F55-59	10/11
168 78/83	Stephanie Gosselin 1:23:07 1:20:58	F	F30-34	13/14
169 79/83	Patricia Mondt 1:29:56 1:29:35	F	F55-59	11/11
170 80/83	Renee Girard 1:30:38 1:30:25	F	F00-00	1/1
171 81/83	Katelyn Blais 1:32:04 1:31:41	F	F30-34	14/14
172 82/83	Coral Wiebe 1:32:06 1:31:41	F	F40-44	9/9
173 83/83	Helen Peters 1:51:46 1:51:38	F	F75-79	1/1