

Physio Fit Run 10K

May 13,2023

Assiniboine Park

OVERALL RESULTS

DISTANCE CERTIFIED

PLACE IN	FINISH	CHIP				
PLACE	NAME		GENDER	AGE GROUP	AGE	
GROUP	GENDER	TIME	TIME			
1	Daniel Heschuk		M	M25-29	1/16	
1/82	30:55	30:55				
2	Nickolas Kosmenko		M	M30-34	1/10	
2/82	33:56	33:55				
3	David Snider		M	M35-39	1/6	
3/82	35:11	35:09				
4	Frederic Lamontagne		M	M30-34	2/10	
4/82	41:55	41:54				
5	Jared Desrosiers		M	M45-49	1/5	
5/82	42:17	42:15				
6	Chris Breneman		M	M50-54	1/10	
6/82	42:45	42:42				
7	Jonas Eastcott		M	M30-34	3/10	
7/82	43:02	43:01				
8	Mark McLoughlin		M	M30-34	4/10	
8/82	43:52	43:49				
9	Tom Connon		M	M50-54	2/10	
9/82	44:04	44:03				
10	Jared Field		M	M30-34	5/10	
10/82	44:08	43:53				
11	Andrew Ferguson		M	M35-39	2/6	

11/82	44:32	44:31			
12	Ari Kimura		M	M25-29	2/16
12/82	44:40	43:55			
13	Lindsey Green		F	F35-39	1/9
1/80	44:43	44:39			
14	Phillip Pawluk		M	M40-44	1/7
13/82	44:49	44:45			
15	Katherine Lamoureux		F	F40-44	1/7
2/80	45:03	44:57			
16	Bob Cox		M	M60-64	1/8
14/82	45:15	45:11			
17	Jordan Kozak		M	M20-24	1/7
15/82	45:31	45:26			
18	Shayna Giesbrecht		F	F20-24	1/8
3/80	45:35	45:32			
19	Todd Friesen		M	M40-44	2/7
16/82	45:38	45:31			
20	Caleb Friesen		M	M15-19	1/1
17/82	45:46	45:33			
21	Cameron Funk		M	M45-49	2/5
18/82	45:47	45:42			
22	Sheldon Pohl		M	M60-64	2/8
19/82	45:47	45:41			
23	Lawrence Campbell		M	M40-44	3/7
20/82	45:50	45:39			
24	Vanessa Mulhern		F	F40-44	2/7
4/80	46:48	46:37			
25	Scott Harding		M	M35-39	3/6
21/82	46:48	46:41			
26	William Sloan		M	M50-54	3/10
22/82	47:17	47:13			
27	Stephen Terichow Parrott		M	M60-64	3/8
23/82	47:49	47:45			

28 5/80	Melissa Garry 48:03 48:01	F	F30-34	1/15
29 24/82	Ryan Dueck 48:28 48:22	M	M40-44	4/7
30 25/82	Jedidiah Dodd 48:32 48:24	M	M35-39	4/6
31 26/82	Bill Gamache 49:01 48:51	M	M50-54	4/10
32 27/82	Marvin Routley 49:13 49:01	M	M20-24	2/7
33 6/80	Elena Klippenstein 49:19 49:16	F	F20-24	2/8
34 7/80	Maura Macaulay 49:37 49:25	F	F25-29	1/13
35 28/82	Sam Narvey 49:39 49:35	M	M20-24	3/7
36 29/82	Grant Bridgeman 49:47 49:39	M	M60-64	4/8
37 30/82	Christian Guenette 49:54 49:45	M	M25-29	3/16
38 8/80	Jessica Drakul 50:03 50:00	F	F40-44	3/7
39 9/80	Tressa Alexiuk 50:12 50:07	F	F45-49	1/7
40 31/82	Mark Alexiuk 50:12 50:07	M	M45-49	3/5
41 10/80	Kathleen Caithness 50:12 50:10	F	F55-59	1/2
42 11/80	Angela Buchel 50:13 50:00	F	F20-24	3/8
43 32/82	Chris Dick 50:32 50:22	M	M55-59	1/2
44 12/80	Shirley Ramos 50:59 50:49	F	F40-44	4/7

45	Christopher Gadaleta	M	M30-34	6/10
33/82	51:21 51:18			
46	Mary Strain	F	F25-29	2/13
13/80	51:23 51:21			
47	Bryce Desender	M	M35-39	5/6
34/82	51:40 51:26			
48	Manuel Sebastian	M	M25-29	4/16
35/82	51:44 51:28			
49	Davis McClarty	M	M25-29	5/16
36/82	51:46 51:35			
50	Frederica Emery	F	F50-54	1/6
14/80	52:01 51:47			
51	Hayley Ward	F	F20-24	4/8
15/80	52:09 51:59			
52	Taha Hijazi	M	M25-29	6/16
37/82	52:13 52:03			
53	Nathan Wiebe	M	M45-49	4/5
38/82	52:14 52:01			
54	Jonathan Hales	M	M50-54	5/10
39/82	52:24 52:20			
55	Paul Brault	M	M60-64	5/8
40/82	52:25 52:21			
56	Hans-Joachim Wieden	M	M50-54	6/10
41/82	52:55 52:51			
57	Chelsea Day	F	F60-64	1/4
16/80	52:58 52:47			
58	Marco Olfert	M	M25-29	7/16
42/82	54:08 54:00			
59	Chelsea Van Deynze	F	F25-29	3/13
17/80	54:08 53:58			
60	Danielle Burtch	F	F50-54	2/6
18/80	54:09 54:08			
61	Diana Prince	F	F20-24	5/8

19/80	54:13	54:00			
62	Jim Wernham		M	M60-64	6/8
43/82	55:23	55:14			
63	Armeen Del Mundo		M	M50-54	7/10
44/82	55:35	55:23			
64	Linda Funk		F	F45-49	2/7
20/80	55:40	55:28			
65	Sally Taylor-Alexander		F	F60-64	2/4
21/80	55:50	55:41			
66	Katie Zwingerman		F	F35-39	2/9
22/80	56:00	55:50			
67	Zack Monkman		M	M25-29	8/16
45/82	56:08	56:06			
68	Hailey Lavarias		F	F25-29	4/13
23/80	56:27	56:18			
69	Hillary Rempel		F	F25-29	5/13
24/80	56:38	56:23			
70	Catherine Moltzan		F	F50-54	3/6
25/80	56:42	56:37			
71	Cindy Dobson		F	F50-54	4/6
26/80	56:53	56:47			
72	Victoria Bloomfield		F	F45-49	3/7
27/80	56:53	56:44			
73	Shawn Bjornsson		M	M55-59	2/2
46/82	56:54	56:49			
74	Andrew Swan		M	M50-54	8/10
47/82	56:55	56:41			
75	Justis Pederson		M	M30-34	7/10
48/82	57:14	57:08			
76	Joanna Esselink		F	F35-39	3/9
28/80	57:21	57:16			
77	Mike Cook		M	M60-64	7/8
49/82	57:24	57:16			

78 29/80	Sylvia Loewen 57:29 57:25	F	F50-54	5/6
79 30/80	Tamara McVannel 57:40 57:25	F	F25-29	6/13
80 31/80	Laura Redekop 57:48 57:44	F	F45-49	4/7
81 50/82	Josh Doerksen 57:54 57:39	M	M30-34	8/10
82 51/82	Seth Doerksen 57:54 57:38	M	M25-29	9/16
83 52/82	Jainik Shah 57:59 57:45	M	M20-24	4/7
84 32/80	Lindsey Sturgeon 58:22 58:15	F	F25-29	7/13
85 33/80	Kathleen Elgar 58:32 58:19	F	F40-44	5/7
86 53/82	Joel Remis 58:35 58:23	M	M65-69	1/5
87 54/82	Edward Zwingerman 58:43 58:33	M	M65-69	2/5
88 34/80	Brenda Krueger 59:00 58:55	F	F65-69	1/4
89 35/80	Olivia Thorleifson 59:31 59:15	F	F25-29	8/13
90 36/80	Genevieve Mitchell 59:31 59:21	F	F30-34	2/15
91 37/80	Alizee Gourmand 59:34 59:30	F	F30-34	3/15
92 55/82	Jun Kim 59:39 59:25	M	M20-24	5/7
93 56/82	Ryan Sestric 1:00:29 1:00:11	M	M40-44	5/7
94 38/80	Tejal Friesen 1:00:43 1:00:26	F	F30-34	4/15

95	Preston Tran	M	M25-29	10/16
57/82	1:01:15 1:01:06			
96	Xi Zhou	M	M40-44	6/7
58/82	1:01:17 1:01:12			
97	Alex Bouchard	M	M25-29	11/16
59/82	1:01:18 1:01:06			
98	Jennifer Toews	F	F40-44	6/7
39/80	1:01:55 1:01:44			
99	Sarah Epp	F	F30-34	5/15
40/80	1:02:03 1:01:47			
100	Shelley Borschawa	F	F65-69	2/4
41/80	1:02:24 1:02:16			
101	Cheyenne Moore	F	F30-34	6/15
42/80	1:02:24 1:02:10			
102	Owen Davidson	M	M01-14	1/1
60/82	1:02:34 1:02:31			
103	Breanne Smith	F	F20-24	6/8
43/80	1:02:41 1:02:32			
104	Melissa Pederson	F	F30-34	7/15
44/80	1:03:25 1:03:18			
105	Odile D Huynh	F	F25-29	9/13
45/80	1:03:27 1:03:13			
106	Carly Zulich	F	F20-24	7/8
46/80	1:03:28 1:03:15			
107	Louise Stuart	F	F60-64	3/4
47/80	1:03:53 1:03:36			
108	Elli Peterson	F	F01-14	1/2
48/80	1:04:03 1:04:00			
109	Craig White	M	M50-54	9/10
61/82	1:04:07 1:03:53			
110	Anne-Marie Styba	F	F30-34	8/15
49/80	1:04:23 1:04:18			
111	Katrina Lee-Kwen	M	M50-54	10/10

62/82	1:04:24 1:04:05			
112 50/80	Melissa Beaumont 1:04:28 1:04:20	F	F35-39	4/9
113 51/80	Lynnette Van Bruggen 1:04:37 1:04:32	F	F35-39	5/9
114 52/80	Laurie Dyck 1:04:42 1:04:23	F	F45-49	5/7
115 63/82	Dricx Catap 1:04:45 1:04:26	M	M25-29	12/16
116 53/80	Talia Bertrand-Meadows 1:05:36 1:05:22	F	F15-19	1/1
117 64/82	Angelo Dizon 1:05:50 1:05:39	M	M25-29	13/16
118 54/80	Stacey Stade 1:06:12 1:06:05	F	F40-44	7/7
119 55/80	Dorota Rusak 1:06:12 1:06:05	F	F45-49	6/7
120 65/82	Adrian Siapno 1:06:54 1:06:41	M	M25-29	14/16
121 56/80	Camille Daly 1:06:55 1:06:38	F	F25-29	10/13
122 66/82	Matthew Froese 1:06:55 1:06:39	M	M25-29	15/16
123 67/82	Sem Perez 1:06:57 1:06:44	M	M25-29	16/16
124 68/82	Gary Thomas 1:07:30 1:07:21	M	M30-34	9/10
125 57/80	Michelle Skafffeld 1:08:15 1:07:54	F	F30-34	9/15
126 58/80	Terry Brennan 1:08:28 1:08:08	F	F65-69	3/4
127 69/82	Robert Doolan 1:08:43 1:08:30	M	M75-79	1/3

128 59/80	Monique Maynard 1:08:45 1:08:25	F	F55-59	2/2
129 60/80	Carmen Basarowich 1:08:51 1:08:52	F	F50-54	6/6
130 61/80	Monica Arnuco 1:09:02 1:08:44	F	F25-29	11/13
131 70/82	Randal Bodner 1:10:41 1:10:21	M	M65-69	3/5
132 71/82	Colin Reed 1:14:20 1:14:04	M	M75-79	2/3
133 62/80	Lana Obach 1:14:59 1:14:51	F	F35-39	6/9
134 72/82	John Krestanowich 1:15:11 1:13:58	M	M45-49	5/5
135 63/80	Nicole Bajao 1:15:24 1:15:17	F	F20-24	8/8
136 73/82	Ed Toews 1:15:30 1:15:18	M	M65-69	4/5
137 74/82	Lois Dela Cruz 1:15:33 1:15:20	M	M20-24	6/7
138 64/80	Beverley Eert 1:15:41 1:15:31	F	F70-74	1/1
139 65/80	Sarah McLeod 1:16:11 1:15:53	F	F30-34	10/15
140 75/82	Guy Madill 1:16:15 1:16:06	M	M65-69	5/5
141 66/80	Alexis Mooney 1:16:28 1:16:19	F	F65-69	4/4
142 67/80	Vanessa Schurko 1:16:45 1:16:37	F	F45-49	7/7
143 68/80	Alyssa Froese 1:17:42 1:17:30	F	F35-39	7/9
144 76/82	Albert Amante 1:17:46 1:17:34	M	M30-34	10/10

145 69/80	Jill Reimer 1:17:46 1:17:35	F	F30-34	11/15
146 77/82	Jon Epp 1:17:51 1:17:34	M	M35-39	6/6
147 70/80	Alero Tenumah 1:18:43 1:18:34	F	F30-34	12/15
148 78/82	Reg Brown 1:18:45 1:18:31	M	M60-64	8/8
149 79/82	Jeff Vince 1:18:49 1:18:33	M	M75-79	3/3
150 71/80	Klara Kuss 1:18:52 1:18:53	F	F01-14	2/2
151 72/80	Alaina Thompson 1:19:36 1:19:24	F	F30-34	13/15
152 73/80	Lynda Tunny 1:20:31 1:20:23	F	F75-79	1/1
153 74/80	Kendra Obach 1:21:03 1:20:56	F	F35-39	8/9
154 75/80	Karyse Ramotar 1:21:22 1:21:07	F	F25-29	12/13
155 80/82	Miguel Babao 1:21:22 1:21:09	M	M20-24	7/7
156 81/82	Jim Anderson 1:22:36 1:22:18	M	M80+	1/1
157 76/80	Lexie Sparrow 1:23:45 1:23:32	F	F30-34	14/15
158 77/80	Sara Favel 1:31:05 1:30:56	F	F35-39	9/9
159 82/82	Jerrod Favel 1:31:06 1:30:57	M	M40-44	7/7
160 78/80	Brenna Dixon 1:32:14 1:32:07	F	F30-34	15/15
161	Sherry Gruhle	F	F60-64	4/4

79/80 1:49:17 1:49:01

162 Erin Leathers
80/80 1:55:34 1:55:20

F

F25-29

13/13