

Physio Fit Run 10K  
 May 13,2017  
 Assiniboine Park

OVERALL RESULTS  
 DISTANCE CERTIFIED

PLACE	NAME	GENDER	AGE GROUP	PLACE IN		FINISH TIME	CHIP TIME
				AGE GROUP	GENDER		
1	Jonas Eastcott	M	M25-29	1/6	1/91	37:08	37:07
2	Charles Kostyk	M	M35-39	1/7	2/91	37:17	37:15
3	Carson Cortvriendt	M	M15-19	1/5	3/91	38:14	38:13
4	Cameron Krisko	M	M20-24	1/4	4/91	41:12	41:11
5	Craig Erb	M	M40-44	1/4	5/91	41:42	41:38
6	Dan McCaughan	M	M45-49	1/7	6/91	41:57	41:54
7	Danel Turon	M	M15-19	2/5	7/91	42:01	41:58
8	Bob Cox	M	M55-59	1/12	8/91	42:10	42:09
9	William Wellborn	M	M30-34	1/7	9/91	42:17	42:11
10	Gerald McIvor	M	M50-54	1/9	10/91	42:39	42:37
11	Grant Reimer	M	M30-34	2/7	11/91	42:50	42:40
12	Declan Murphy	M	M25-29	2/6	12/91	43:42	43:38
13	Greg Wernham	M	M25-29	3/6	13/91	43:54	43:50
14	Ken Friesen	M	M60-64	1/8	14/91	43:59	43:57
15	Corey Dreger	M	M20-24	2/4	15/91	44:41	44:33
16	Gordon Flett	M	M55-59	2/12	16/91	44:46	44:43
17	Edward Willmott	M	M50-54	2/9	17/91	45:19	45:16
18	Francisco Aguirre	M	M30-34	3/7	18/91	45:34	45:18
19	Leon Clegg	M	M70-74	1/2	19/91	45:38	45:36
20	Sean Gutheil	M	M30-34	4/7	20/91	45:49	45:43
21	Isaac Turon	M	M15-19	3/5	21/91	46:01	45:58
22	Scott Dennis	M	M25-29	4/6	22/91	46:02	45:58
23	Tim Magas	M	M45-49	2/7	23/91	46:05	46:00
24	Jenna Wellborn	F	F30-34	1/14	1/92	46:11	46:05
25	Shaun Moore	M	M15-19	4/5	24/91	46:24	46:22
26	David Nishikawa	M	M50-54	3/9	25/91	46:39	46:33
27	Mingdi Zhao	F	F45-49	1/7	2/92	46:43	46:39
28	Alphonse Bernard	M	M65-69	1/5	26/91	46:53	46:49
29	Danylo Khodakovskyyi	M	M25-29	5/6	27/91	46:59	46:53
30	Jennifer Indome	F	F20-24	1/7	3/92	47:03	46:51
31	Troy Mawle	M	M50-54	4/9	28/91	47:14	47:06
32	Nicholas Hargrove	M	M30-34	5/7	29/91	47:23	47:15
33	Kelsey Uminski	F	F25-29	1/12	4/92	47:45	47:45
34	Andrew Swan	M	M45-49	3/7	30/91	47:54	47:43
35	Scott McMillan	M	M35-39	2/7	31/91	48:19	48:09
36	Hernan Gutierrez	M	M55-59	3/12	32/91	48:35	48:29
37	Cale Timlick	M	M20-24	3/4	33/91	48:41	48:31
38	Randi Marshall	F	F20-24	2/7	5/92	48:43	48:39
39	Dan Misko	M	M35-39	3/7	34/91	49:28	49:21

40	Kathleen Elgar	F	F35-39	1/13	6/92	49:31	49:26
41	Kathleen Caithness	F	F50-54	1/7	7/92	49:32	49:22
42	Emily Robertson	F	F01-14	1/6	8/92	50:02	49:52
43	Myron Koop	M	M50-54	5/9	35/91	50:11	49:59
44	Darryl Van Herksen	M	M50-54	6/9	36/91	50:15	50:05
45	Janette Rodewald	F	F35-39	2/13	9/92	50:25	50:21
46	Sean Drain	M	M75-79	1/5	37/91	50:30	50:22
47	David Ringham	M	M01-14	1/10	38/91	50:52	50:45
48	Paul Brault	M	M55-59	4/12	39/91	50:57	50:39
49	Stacey Stade	F	F35-39	3/13	10/92	51:08	51:05
50	Jon Dvorak	M	M50-54	7/9	40/91	51:08	51:05
51	Ryan Dueck	M	M35-39	4/7	41/91	51:52	51:41
52	Kendall Bishop	F	F25-29	2/12	11/92	52:08	52:05
53	Jefferson Cortez	M	M35-39	5/7	42/91	52:09	52:05
54	Chris Redekop	F	F35-39	4/13	12/92	52:10	52:02
55	Tim Elias	M	M40-44	2/4	43/91	52:50	52:42
56	Shannon Sarahs	F	F20-24	3/7	13/92	52:53	52:42
57	Henry Marie	M	M65-69	2/5	44/91	53:02	52:54
58	Xander Bjornsson	M	M15-19	5/5	45/91	53:11	53:08
59	Julie Wilson	F	F25-29	3/12	14/92	53:11	52:56
60	Ralph Wagner	M	M55-59	5/12	46/91	53:21	53:05
61	Sherry Seymour	F	F35-39	5/13	15/92	53:25	53:15
62	Mandy Shewchuk	F	F25-29	4/12	16/92	53:25	53:14
63	Karen Lucas	F	F45-49	2/7	17/92	53:30	53:19
64	Nancy Gilchrist	F	F55-59	1/8	18/92	53:37	53:26
65	Janna Cumming	F	F40-44	1/10	19/92	53:50	53:35
66	Catherine Moltzan	F	F45-49	3/7	20/92	53:55	53:37
67	Catherine McKay	F	F50-54	2/7	21/92	54:03	53:57
68	Alyssa Grant	F	F25-29	5/12	22/92	54:15	54:05
69	Andrew Tataryn	M	M50-54	8/9	47/91	54:31	54:08
70	Colin Reed	M	M70-74	2/2	48/91	54:32	54:19
71	Simon Luong	M	M30-34	6/7	49/91	54:33	54:17
72	Jessica Landry	F	F30-34	2/14	23/92	54:37	54:26
73	Sheri Lepage	F	F40-44	2/10	24/92	54:48	54:40
74	Joel Remis	M	M60-64	2/8	50/91	54:56	54:45
75	Tim Coombs	M	M25-29	6/6	51/91	55:01	54:54
76	Wally Falk	M	M55-59	6/12	52/91	55:01	54:57
77	Ashley Adam	F	F25-29	6/12	25/92	55:10	55:05
78	Brigitte Kiazzyk-Mykytyn	F	F45-49	4/7	26/92	55:13	55:00
79	Craig Hodkinson	M	M40-44	3/4	53/91	55:17	55:09
80	Jim Wernham	M	M55-59	7/12	54/91	55:19	55:02
81	Michael Kaul	M	M40-44	4/4	55/91	55:25	55:07
82	Jaden Esquejo	M	M01-14	2/10	56/91	55:40	55:34
83	Randal Bodnar	M	M60-64	3/8	57/91	55:54	55:38
84	Nancy Doern-White	F	F55-59	2/8	27/92	55:54	55:46
85	Jennifer Toews	F	F30-34	3/14	28/92	56:04	55:54
86	Kier Dear	F	F40-44	3/10	29/92	56:21	56:16
87	Robert Elgar	M	M65-69	3/5	58/91	56:21	56:17
88	Louise Stuart	F	F50-54	3/7	30/92	56:24	56:06
89	Madison Lashewicz	F	F20-24	4/7	31/92	56:30	56:30
90	Alana Willick	F	F30-34	4/14	32/92	56:34	56:23

91	Jason Perez	M	M35-39	6/7	59/91	56:37	56:27
92	Natalie Newman	F	F50-54	4/7	33/92	57:16	57:05
93	Joanna Esselink	F	F30-34	5/14	34/92	57:21	57:08
94	Shalyn Cosgrove	F	F25-29	7/12	35/92	57:37	57:26
95	Dhasni Muthumuni	F	F20-24	5/7	36/92	57:38	57:20
96	Gary Sutherland	M	M55-59	8/12	60/91	57:51	57:47
97	Vern (coot) Bird	M	M65-69	4/5	61/91	57:52	57:35
98	Lindsay Biberdorf	F	F30-34	6/14	37/92	58:11	57:57
99	Emma McGeough	F	F30-34	7/14	38/92	58:13	57:56
100	Gord Ptashnick	M	M65-69	5/5	62/91	58:39	58:30
101	Breanne Manastyrsky	F	F35-39	6/13	39/92	58:44	58:30
102	Kara Fowke	F	F30-34	8/14	40/92	58:46	58:32
103	Joan Griffith-Parker	F	F60-64	1/8	41/92	58:48	58:35
104	Kristen Finney	F	F35-39	7/13	42/92	58:50	58:36
105	Helene Giraud	F	F30-34	9/14	43/92	58:51	58:37
106	Wally Watral	M	M45-49	4/7	63/91	58:53	58:46
107	Doreen Perez	F	F35-39	8/13	44/92	58:55	58:45
108	Jumir Encarnacion	M	M45-49	5/7	64/91	59:21	59:14
109	Liam Hawker	M	M01-14	3/10	65/91	59:22	59:17
110	Marita Hawker	F	F40-44	4/10	45/92	59:22	59:17
111	Nicole Moores	F	F35-39	9/13	46/92	59:27	59:18
112	Simone Lambos	F	F45-49	5/7	47/92	59:44	59:30
113	Aisling Byrne	F	F25-29	8/12	48/92	59:46	59:38
114	Kim Crawford	F	F60-64	2/8	49/92	59:58	59:49
115	Udaya Annakkage	M	M55-59	9/12	66/91	1:00:01	59:43
116	Tyler Neufeld	M	M01-14	4/10	67/91	1:00:07	1:00:06
117	Hudson Reimer	M	M01-14	5/10	68/91	1:00:13	1:00:11
118	Margaret Murray	F	F55-59	3/8	50/92	1:00:18	1:00:08
119	Mark Chan	M	M35-39	7/7	69/91	1:00:22	1:00:01
120	Erick Nduwimana	M	M30-34	7/7	70/91	1:00:35	1:00:27
121	Laurie Dyck	F	F40-44	5/10	51/92	1:00:38	1:00:26
122	Micah Arpin-Ricci	M	M01-14	6/10	71/91	1:00:44	1:00:34
123	Maria Paulic	F	F40-44	6/10	52/92	1:00:50	1:00:36
124	Larry Baille	M	M55-59	10/12	72/91	1:00:56	1:00:39
125	Carolyn Blackner	F	F50-54	5/7	53/92	1:00:57	1:00:49
126	Jay Stoller	M	M45-49	6/7	73/91	1:01:11	1:00:59
127	Kristen Harrison	F	F30-34	10/14	54/92	1:01:47	1:01:41
128	Cam Stacey	M	M55-59	11/12	74/91	1:02:11	1:01:56
129	Sarah Stacey	F	F20-24	6/7	55/92	1:02:12	1:01:57
130	Vanessa Geswein	F	F35-39	10/13	56/92	1:02:22	1:02:19
131	Logan Fehr	M	M01-14	7/10	75/91	1:02:34	1:02:24
132	Brenda Still	F	F55-59	4/8	57/92	1:02:36	1:02:18
133	Haleyna Fehr	F	F01-14	2/6	58/92	1:02:38	1:02:27
134	Erin Armstrong	F	F40-44	7/10	59/92	1:02:57	1:02:51
135	Todd Tyler	M	M55-59	12/12	76/91	1:02:57	1:02:52
136	Gwen Bonneville	F	F60-64	3/8	60/92	1:03:05	1:02:48
137	Anya Robertson	F	F40-44	8/10	61/92	1:03:06	1:02:54
138	Stephanie Lakusta	F	F25-29	9/12	62/92	1:03:09	1:03:00
139	Liam Ivany	M	M01-14	8/10	77/91	1:03:10	1:03:01
140	Shawn Bjornsson	M	M50-54	9/9	78/91	1:03:12	1:02:57
141	Michelle Sutherland	F	F25-29	10/12	63/92	1:03:20	1:03:16

142	Wendy Singleton	F	F40-44	9/10	64/92	1:03:39	1:03:20
143	Naomi Voth	F	F01-14	3/6	65/92	1:03:53	1:03:42
144	Emily Fehr	F	F01-14	4/6	66/92	1:03:54	1:03:42
145	Brooke Petersmeier	F	F45-49	6/7	67/92	1:04:07	1:03:51
146	Cruz Correia	M	M01-14	9/10	79/91	1:04:08	1:03:53
147	Jax Correia	F	F01-14	5/6	68/92	1:04:08	1:03:52
148	Pamela Hebbard	F	F40-44	10/10	69/92	1:04:23	1:04:09
149	Sam Schneider	M	M45-49	7/7	80/91	1:05:00	1:04:47
150	Tanis Brako	F	F35-39	11/13	70/92	1:05:00	1:04:47
151	Clemus Laurila	F	F60-64	4/8	71/92	1:05:19	1:05:01
152	Mercedes Macker	M	M01-14	10/10	81/91	1:05:28	1:05:26
153	Audrey Candelaria	F	F25-29	11/12	72/92	1:05:50	1:05:39
154	Chantelle Stefanyshyn	F	F25-29	12/12	73/92	1:06:00	1:05:41
155	Bev Rehill	F	F55-59	5/8	74/92	1:06:01	1:05:41
156	John Gray	M	M60-64	4/8	82/91	1:06:01	1:05:41
157	Lynnette Vanbrugen	F	F30-34	11/14	75/92	1:06:04	1:05:51
158	Dina Travis	F	F60-64	5/8	76/92	1:06:23	1:06:05
159	Dave Reede	M	M60-64	5/8	83/91	1:06:23	1:06:05
160	Lisa Rumble	F	F45-49	7/7	77/92	1:06:32	1:06:16
161	Rod Lauder	M	M60-64	6/8	84/91	1:06:37	1:06:15
162	Jim Anderson	M	M75-79	2/5	85/91	1:07:06	1:06:45
163	Leaslie McPhail	F	F50-54	6/7	78/92	1:07:11	1:07:05
164	George Koch	M	M60-64	7/8	86/91	1:07:31	1:07:15
165	Jack Dubnicoff	M	M75-79	3/5	87/91	1:07:32	1:07:15
166	Kim Chase	F	F55-59	6/8	79/92	1:08:18	1:07:57
167	Neil Marzo	M	M20-24	4/4	88/91	1:08:22	1:08:12
168	Alexis Lavadia	F	F20-24	7/7	80/92	1:08:23	1:08:14
169	Alexis Mooney	F	F60-64	6/8	81/92	1:08:58	1:08:38
170	Stephanie Collins	F	F35-39	12/13	82/92	1:09:15	1:08:59
171	Christy Rogowski	F	F35-39	13/13	83/92	1:10:19	1:09:59
172	Louise Simard	F	F60-64	7/8	84/92	1:11:04	1:10:46
173	Amanda Schnell	F	F30-34	12/14	85/92	1:11:06	1:10:50
174	Brad Schnell	M	M60-64	8/8	89/91	1:11:06	1:10:50
175	Tara Elias	F	F30-34	13/14	86/92	1:11:10	1:11:00
176	Marcia Galvin	F	F50-54	7/7	87/92	1:11:12	1:10:54
177	Ray Harris	M	M75-79	4/5	90/91	1:13:17	1:13:04
178	Irene Williams	F	F60-64	8/8	88/92	1:15:16	1:14:57
179	Darlene Karlstedt	F	F55-59	7/8	89/92	1:15:16	1:14:56
180	Sarah Andrushko	F	F01-14	6/6	90/92	1:16:32	1:16:24
181	Kim Luong	F	F30-34	14/14	91/92	1:16:59	1:16:38
182	Al Myska	M	M75-79	5/5	91/91	1:16:59	1:16:45
183	Patricia Mondt	F	F55-59	8/8	92/92	1:26:01	1:25:52

OVERALL TOP 3  
 Physio Fit Run 10K  
 May 13,2017  
 Assiniboine Park

AGE-GROUP RESULTS FOR STATISTICAL PURPOSES ONLY

\*\*\*\*\* MALE OVERALL RESULTS FOR Physio Fit 10K Run \*\*\*\*\*

1	Jonas Eastcott	37:08
2	Charles Kostyk	37:17
3	Carson Cortvriendt	38:14

\*\*\*\*\* FEMALE OVERALL RESULTS FOR Physio Fit 10K Run \*\*\*\*\*

1	Jenna Wellborn	46:11
2	Mingdi Zhao	46:43
3	Jennifer Indome	47:03

MALE AGE GROUP: 14 & Under

1	David Ringham	50:52
2	Jaden Esquejo	55:40
3	Liam Hawker	59:22
4	Tyler Neufeld	1:00:07
5	Hudson Reimer	1:00:13
6	Micah Arpin-Ricci	1:00:44
7	Logan Fehr	1:02:34
8	Liam Ivany	1:03:10
9	Cruz Correia	1:04:08
10	Mercedes Macker	1:05:28

MALE AGE GROUP: 15 to 19

1	Carson Cortvriendt	38:14
2	Danel Turon	42:01
3	Isaac Turon	46:01
4	Shaun Moore	46:24
5	Xander Bjornsson	53:11

MALE AGE GROUP: 20 to 24

1	Cameron Krisko	41:12
2	Corey Dreger	44:41
3	Cale Timlick	48:41
4	Neil Marzo	1:08:22

MALE AGE GROUP: 25 to 29

1	Jonas Eastcott	37:08
2	Declan Murphy	43:42
3	Greg Wernham	43:54
4	Scott Dennis	46:02
5	Danylo Khodakovskiy	46:59
6	Tim Coombs	55:01

MALE AGE GROUP: 30 to 34

1 William Wellborn	42:17
2 Grant Reimer	42:50
3 Francisco Aguirre	45:34
4 Sean Gutheil	45:49
5 Nicholas Hargrove	47:23
6 Simon Luong	54:33
7 Erick Nduwimana	1:00:35

MALE AGE GROUP: 35 to 39

1 Charles Kostyk	37:17
2 Scott McMillan	48:19
3 Dan Misko	49:28
4 Ryan Dueck	51:52
5 Jefferson Cortez	52:09
6 Jason Perez	56:37
7 Mark Chan	1:00:22

MALE AGE GROUP: 40 to 44

1 Craig Erb	41:42
2 Tim Elias	52:50
3 Craig Hodgkinson	55:17
4 Michael Kaul	55:25

MALE AGE GROUP: 45 to 49

1 Dan McCaughan	41:57
2 Tim Magas	46:05
3 Andrew Swan	47:54
4 Wally Watral	58:53
5 Jumir Encarnacion	59:21
6 Jay Stoller	1:01:11
7 Sam Schneider	1:05:00

MALE AGE GROUP: 50 to 54

1 Gerald McIvor	42:39
2 Edward Willmott	45:19
3 David Nishikawa	46:39
4 Troy Mawle	47:14
5 Myron Koop	50:11
6 Darryl Van Herksen	50:15
7 Jon Dvorak	51:08
8 Andrew Tataryn	54:31
9 Shawn Bjornsson	1:03:12

MALE AGE GROUP: 55 to 59

1 Bob Cox	42:10
2 Gordon Flett	44:46

3 Hernan Gutierrez	48:35
4 Paul Brault	50:57
5 Ralph Wagner	53:21
6 Wally Falk	55:01
7 Jim Wernham	55:19
8 Gary Sutherland	57:51
9 Udaya Annakkage	1:00:01
10 Larry Baille	1:00:56
11 Cam Stacey	1:02:11
12 Todd Tyler	1:02:57

MALE AGE GROUP: 60 to 64

1 Ken Friesen	43:59
2 Joel Remis	54:56
3 Randal Bodnar	55:54
4 John Gray	1:06:01
5 Dave Reede	1:06:23
6 Rod Lauder	1:06:37
7 George Koch	1:07:31
8 Brad Schnell	1:11:06

MALE AGE GROUP: 65 to 69

1 Alphonse Bernard	46:53
2 Henry Marie	53:02
3 Robert Elgar	56:21
4 Vern (coot) Bird	57:52
5 Gord Ptashnick	58:39

MALE AGE GROUP: 70 to 74

1 Leon Clegg	45:38
2 Colin Reed	54:32

MALE AGE GROUP: 75 to 79

1 Sean Drain	50:30
2 Jim Anderson	1:07:06
3 Jack Dubnicoff	1:07:32
4 Ray Harris	1:13:17
5 Al Myska	1:16:59

FEMALE AGE GROUP: 14 & Under

1 Emily Robertson	50:02
2 Haleyna Fehr	1:02:38
3 Naomi Voth	1:03:53
4 Emily Fehr	1:03:54
5 Jax Correia	1:04:08
6 Sarah Andrushko	1:16:32

FEMALE AGE GROUP: 20 to 24

1 Jennifer Indome	47:03
2 Randi Marshall	48:43
3 Shannon Sarahs	52:53
4 Madison Lashewicz	56:30
5 Dhasni Muthumuni	57:38
6 Sarah Stacey	1:02:12
7 Alexis Lavadia	1:08:23

FEMALE AGE GROUP: 25 to 29

1 Kelsey Uinski	47:45
2 Kendall Bishop	52:08
3 Julie Wilson	53:11
4 Mandy Shewchuk	53:25
5 Alyssa Grant	54:15
6 Ashley Adam	55:10
7 Shalyn Cosgrove	57:37
8 Aisling Byrne	59:46
9 Stephanie Lakusta	1:03:09
10 Michelle Sutherland	1:03:20
11 Audrey Candelaria	1:05:50
12 Chantelle Stefanyshyn	1:06:00

FEMALE AGE GROUP: 30 to 34

1 Jenna Wellborn	46:11
2 Jessica Landry	54:37
3 Jennifer Toews	56:04
4 Alana Willick	56:34
5 Joanna Esselink	57:21
6 Lindsay Biberdorf	58:11
7 Emma McGeough	58:13
8 Kara Fowke	58:46
9 Helene Giraud	58:51
10 Kristen Harrison	1:01:47
11 Lynnette Vanbrugen	1:06:04
12 Amanda Schnell	1:11:06
13 Tara Elias	1:11:10
14 Kim Luong	1:16:59

FEMALE AGE GROUP: 35 to 39

1 Kathleen Elgar	49:31
2 Janette Rodewald	50:25
3 Stacey Stade	51:08
4 Chris Redekop	52:10
5 Sherry Seymour	53:25
6 Breanne Manastyrsky	58:44

7 Kristen Finney	58:50
8 Doreen Perez	58:55
9 Nicole Moores	59:27
10 Vanessa Geswein	1:02:22
11 Tanis Brako	1:05:00
12 Stephanie Collins	1:09:15
13 Christy Rogowski	1:10:19

FEMALE AGE GROUP: 40 to 44

1 Janna Cumming	53:50
2 Sheri Lepage	54:48
3 Kier Dear	56:21
4 Marita Hawker	59:22
5 Laurie Dyck	1:00:38
6 Maria Paulic	1:00:50
7 Erin Armstrong	1:02:57
8 Anya Robertson	1:03:06
9 Wendy Singleton	1:03:39
10 Pamela Hebbard	1:04:23

FEMALE AGE GROUP: 45 to 49

1 Mingdi Zhao	46:43
2 Karen Lucas	53:30
3 Catherine Moltzan	53:55
4 Brigitte Kiazzyk-Mykytyn	55:13
5 Simone Lambos	59:44
6 Brooke Petersmeier	1:04:07
7 Lisa Rumble	1:06:32

FEMALE AGE GROUP: 50 to 54

1 Kathleen Caithness	49:32
2 Catherine McKay	54:03
3 Louise Stuart	56:24
4 Natalie Newman	57:16
5 Carolyn Blackner	1:00:57
6 Leaslie McPhail	1:07:11
7 Marcia Galvin	1:11:12

FEMALE AGE GROUP: 55 to 59

1 Nancy Gilchrist	53:37
2 Nancy Doern-White	55:54
3 Margaret Murray	1:00:18
4 Brenda Still	1:02:36
5 Bev Rehill	1:06:01
6 Kim Chase	1:08:18
7 Darlene Karlstedt	1:15:16
8 Patricia Mondt	1:26:01

FEMALE AGE GROUP: 60 to 64

1	Joan Griffith-Parker	58:48
2	Kim Crawford	59:58
3	Gwen Bonneville	1:03:05
4	Clemus Laurila	1:05:19
5	Dina Travis	1:06:23
6	Alexis Mooney	1:08:58
7	Louise Simard	1:11:04
8	Irene Williams	1:15:16