

9th Annual
 Royal Canadian Air Force Run
 Winnipeg, MB
 May 28, 2017

Overall 5KM Results

Over All Rank	Rank In AgeGroup	Sex	Bib Num	Competitor Name	Official Time	Pace Min/Km
1		M	1081	Gilles Szikora	23:37	4:44
2	1/14	M	1029	Jacob Rioux	23:58	4:48
3	1/25	M	776	Benjamin Demers	24:02	4:49
4	1/18	M	801	James Evans	24:13	4:51
5	2/14	M	991	Ryan O'Donnell	24:26	4:54
6	2/25	M	731	Daniel Bortolin	24:46	4:58
7	3/14	M	844	Justin Hanlon	24:56	5:00
8	1/24	M	736	Wade Brockway	24:58	5:00
9	1/9	M	983	Glen Nivet	25:03	5:01
10	1/23	F	833	Lindsey Green	25:08	5:02
11	1/12	F	1072	Krista Stepa	25:13	5:03
12	4/14	M	1002	Micah Pearson	25:32	5:07
13	1/4	M	1107	Nicholas Warman	25:45	5:09
14		M	1106	Daniel Wang	25:53	5:11
15	1/19	M	881	Alex Johns	25:55	5:11
16	2/18	M	865	Michael Houle	26:04	5:13
17	1/27	M	755	Michael Chung	26:06	5:14
18	2/19	M	880	Matthew Johns	26:06	5:14
19	2/24	M	879	Greg Johns	26:06	5:14
20	2/27	M	735	Nicholas Brathwaite	26:13	5:15
21	2/12	F	1052	Melissa Schroeder	26:14	5:15
22	1/23	F	1082	Lisa Taylor	26:15	5:15
23	3/12	F	933	Sheila MacMillan	26:22	5:17
24	1/27	M	994	Loyd Olson	26:25	5:17
25	3/18	M	988	Vakhid Nshanov	26:26	5:18
26	4/18	M	886	Joe Kerlow	26:27	5:18
27	2/9	M	848	Doug Harry	26:28	5:18
28	2/23	F	968	Marcia Monteggia	26:28	5:18
29	1/21	M	932	Chris MacLean	26:30	5:18
30		M	907	Shawn Lamoureux	26:31	5:19
31	3/27	M	906	Rohan Lall	26:32	5:19
32		F	804	Kristen Fallis	26:33	5:19
33	4/27	M	1031	Jean-Francois Robert	26:34	5:19
34	5/27	M	937	Jeffrey Marshall	26:35	5:19
35	5/18	M	989	Ergash Nshanov	26:41	5:21
36	3/24	M	1036	Terrance Robinson	26:45	5:21
37	1/19	F	703	Kiana Adolphe	26:56	5:24
38	4/24	M	873	Graham James	27:02	5:25
39	1/13	F	832	Denise Grant	27:03	5:25
40	3/9	M	783	Dale Dieleman	27:08	5:26
41	6/27	M	729	Matthew Bonneville	27:11	5:27
42	2/27	M	1068	Richard Sparrow	27:15	5:27
43	2/21	M	747	Fraser Cameron	27:16	5:28
44	3/21	M	1093	Pascal Turcotte	27:16	5:28
45	3/27	M	808	Marc Filiatrault	27:16	5:28
46		M	788	David Domagala	27:19	5:28
47	3/23	F	992	Stephanie Olafson	27:19	5:28
48	5/24	M	982	Kort Nicholauson	27:22	5:29
49	4/23	F	1043	Brenda Rosenthal	27:22	5:29
50	7/27	M	1112	Brad Werthner	27:23	5:29
51		M	819	Pascal Gariepy	27:25	5:29
52	6/18	M	852	David Hoel	27:25	5:29
53	2/19	F	854	Maddy Hoel	27:25	5:29
54	1/4	M	1042	Daniel Rondeau	27:30	5:30
55	4/21	M	990	Dale Oakes	27:31	5:31
56	3/25	M	980	Marco Neumann	27:31	5:31
57	8/27	M	976	Justin Nadeau	27:34	5:31
58	5/21	M	1021	Efren Quintans	27:35	5:31

59	4/25	M	931 Brad Mack	27:36	5:32
60	5/14	M	887 Andrew Kim	27:38	5:32
61	6/24	M	911 Trevor Larson	27:38	5:32
62	1/9	F	1071 Kyanh Springfield	27:40	5:32
63	9/27	M	941 Douglas Maruca	27:43	5:33
64	4/12	F	807 Alixandra Ferwerda	27:54	5:35
65	10/27	M	757 Charles Cloutier	28:04	5:37
66	6/14	M	760 Ben Collin	28:04	5:37
67	3/19	F	1010 Kristin Peterson	28:08	5:38
68	3/19	M	771 Declan Curtis	28:09	5:38
69	2/4	M	891 George Koch	28:09	5:38
70	7/18	M	789 David Dorosz	28:14	5:39
71	2/23	F	1053 Melissa Schwartz	28:17	5:40
72	4/19	F	859 Caitlyn Hollywood	28:17	5:40
73	7/24	M	925 Dan Long	28:19	5:40
74		M	752 Dan Chauvin	28:20	5:40
75	3/23	F	1050 Adriana Sandoval	28:23	5:41
76	2/13	F	899 Kathy Kwiatkowski	28:27	5:42
77	4/27	M	985 Paul Nolan	28:27	5:42
78	5/25	M	1023 Nick Reid	28:31	5:43
79	6/21	M	898 Martin Kruse	28:34	5:43
80	5/19	F	730 Noémie Borduas	28:35	5:43
81	4/9	M	719 Robert Beach	28:41	5:45
82	7/21	M	706 Mark Anderson	28:42	5:45
83	2/9	F	969 Fannie Montsion	28:44	5:45
84	1/22	F	1076 Tara Stokotelny	28:47	5:46
85	6/19	F	787 Grace Dixon	28:49	5:46
86	5/23	F	786 Tanya Dixon	28:50	5:46
87	11/27	M	1057 Sebastien Simard-Desroches	28:51	5:47
88	7/19	F	1124 Savannah Zaporozan	28:52	5:47
89	4/23	F	1065 Heather Smith	28:53	5:47
90		M	759 David Cochrane	28:56	5:48
91	5/23	F	740 Karyne Brown	28:59	5:48
92	12/27	M	741 Kevin Brown	28:59	5:48
93	2/4	M	1037 Carter Robinson	29:00	5:48
94	6/25	M	779 Gulbaj Dhillon	29:02	5:49
95	7/14	M	857 Sabastien Hoffmann-Monker	29:06	5:50
96	8/21	M	820 Patrick Gauthier	29:09	5:50
97	6/23	F	967 Daisy Moisan	29:09	5:50
98	13/27	M	745 Michael Burris	29:13	5:51
99	9/21	M	1044 Dan Rossi	29:16	5:52
100	1/4	F	728 Caylin Bloomfield	29:16	5:52
101	3/13	F	793 Kerri Drosdowech	29:21	5:53
102	7/23	F	970 Leila Mostaco-Guidolin	29:25	5:53
103	1/13	F	1003 Sue Peel	29:29	5:54
104	2/4	F	965 Shelby Mitchell	29:33	5:55
105	4/13	F	979 Stacie Nelles	29:34	5:55
106	8/19	F	1011 Kaylee Peterson	29:35	5:55
107	7/25	M	901 Mike Labreche	29:36	5:56
108	9/19	F	853 Kayleigh Hoel	29:41	5:57
109	3/4	M	1046 Warren Ryan	29:43	5:57
110	8/25	M	778 Jaskirat Dhanoa	29:45	5:57
111	6/23	F	897 Kristen Kruse	29:45	5:57
112	9/25	M	790 Philippe Doucet	29:47	5:58
113	2/22	F	722 Michelle Belanger	29:49	5:58
114	7/23	F	922 Kathrine Littleton	29:50	5:58
115	8/14	M	877 Matthew Jenkins	29:51	5:59
116	10/25	M	1064 Mason Smith	29:53	5:59
117	8/18	M	1038 Morgan Roche	29:54	5:59
118	8/23	F	834 Jennifer Guiboche	29:54	5:59
119	11/25	M	966 Myles Mohr	29:55	5:59
120	2/13	F	864 Marielle Houle	30:03	6:01
121	14/27	M	821 Barney Geddes	30:11	6:03
122	5/9	M	1022 Trevor Reid	30:13	6:03
123	3/13	F	1118 Judy Willan	30:13	6:03
124	10/19	F	1001 Rachel Parsons	30:14	6:03
125	5/13	F	1100 Nathalie Veillette	30:17	6:04
126	12/25	M	708 Tim Armstrong	30:18	6:04
127	3/9	F	711 Julie Ashcroft	30:24	6:05
128	9/14	M	1101 Jérémie Veilleux	30:25	6:05
129	9/18	M	780 Kevin Diduck	30:25	6:05

130	15/27	M	1024 Daniel Reimneitz	30:26	6:05
131	9/23	F	1056 Sarah Semmler	30:26	6:06
132	4/9	F	734 Roseanna Brake	30:27	6:06
133	16/27	M	1014 Ryan Phillips	30:34	6:07
134	10/23	F	1091 Joyellen Tulloch	30:35	6:07
135	5/12	F	1128 Lindsey Brooks	30:35	6:07
136	5/9	F	721 Kiva Bekeris	30:35	6:07
137	6/12	F	818 Hillory Gardiner	30:37	6:08
138	17/27	M	889 Patrick King	30:37	6:08
139	5/27	M	939 Darryl Marshall	30:38	6:08
140	6/27	M	742 Mark Brown	30:38	6:08
141	10/21	M	1040 George Roesler-Yue	30:39	6:08
142	13/25	M	715 Zach Austin	30:44	6:09
143	7/27	M	903 Serge Laforge	30:49	6:10
144	6/13	F	904 Joanne Laforge	30:49	6:10
145	14/25	M	863 Robert Horvat	30:52	6:11
146	8/24	M	890 David Kirby	30:55	6:11
147	15/25	M	815 Aaron Friesen	30:57	6:12
148	8/23	F	825 Marla Gillingham	30:58	6:12
149	9/24	M	826 Scott Gillingham	30:59	6:12
150	7/13	F	816 Brenda Frogg	31:01	6:13
151	18/27	M	1125 Kurtis Zurbrigg	31:04	6:13
152	10/14	M	1083 Mitchell Toles-Tayler	31:04	6:13
153	4/13	F	1060 Michelle Smith	31:06	6:14
154	19/27	M	888 Jon Kim	31:08	6:14
155	8/13	F	999 Georgette Paradoski-Jhass	31:12	6:15
156	8/27	M	758 Richard Cloutier	31:12	6:15
157	10/24	M	870 Craig Isenor	31:13	6:15
158	11/14	M	1129 Kiefer Davies	31:14	6:15
159	11/24	M	936 Wayne Marion	31:14	6:15
160	12/24	M	1105 George Waite	31:14	6:15
161	11/23	F	960 Megan Miller	31:15	6:15
162	3/22	F	958 Michelle Methot	31:19	6:16
163	9/27	M	739 Jack Brown	31:21	6:17
164	12/23	F	836 Janine Gunter	31:21	6:17
165	1/1	F	775 Loraine Delorme	31:21	6:17
166	9/13	F	1122 Gayle Zaporozan	31:23	6:17
167		F	943 Jordan Mathieu	31:25	6:17
168	7/12	F	934 Becky Major	31:31	6:19
169		M	1097 Jean-Philippe Vallieres	31:33	6:19
170	12/14	M	867 Michael Hughes	31:34	6:19
171		M	909 Paul Lansard	31:35	6:19
172	6/9	F	975 Brianna Musso	31:35	6:19
173	20/27	M	1088 Mat Tripple	31:48	6:22
174	11/21	M	751 Terrance Carrier	31:49	6:22
175	10/27	M	772 Richard Davies	31:50	6:22
176	16/25	M	1114 James Whitaker	31:51	6:23
177	11/27	M	919 Barry Legault	31:52	6:23
178	4/19	M	893 Lincoln Koscielny	31:54	6:23
179	5/13	F	794 Liz Dryden	31:55	6:23
180	5/19	M	723 Oscar Belanger	31:56	6:24
181	11/19	F	803 Sasha Fairhurst	31:58	6:24
182	12/19	F	843 Joy Haney	31:59	6:24
183	3/4	M	705 Angelo Jaidyn Amarila	32:05	6:25
184	6/19	M	813 Fionn Forbes	32:05	6:25
185	12/27	M	717 Dave Barry	32:07	6:26
186	4/22	F	923 Heather Locke	32:07	6:26
187	9/23	F	1008 Chrissy Perry	32:07	6:26
188		M	944 Joseph McCaig	32:18	6:28
189	21/27	M	956 Abiel Mengesha	32:19	6:28
190	3/4	F	842 Jade Haney	32:22	6:29
191	10/23	F	964 Corwyn Mitchell	32:25	6:29
192		F	1025 Larissa Remillard	32:27	6:30
193	11/23	F	872 Amanda Ives	32:28	6:30
194	13/19	F	917 Angel Leblanc	32:30	6:30
195	14/19	F	963 Sadie Miniely	32:31	6:31
196	10/13	F	962 Patrice Miniely	32:31	6:31
197	12/21	M	1102 Eric Venema	32:35	6:31
198	12/23	F	1055 Krista Semenchuk	32:36	6:32
199	13/21	M	1000 Guy Parisien	32:37	6:32
200	1/1	F	916 Cecile Leblanc	32:41	6:33

201	17/25	M	792 Stefan Dowhayko	32:42	6:33
202	7/9	F	940 Julia Martin	32:42	6:33
203	18/25	M	971 Leonce Mugisha	32:42	6:33
204		F	784 Diana Dillard	32:45	6:33
205	10/18	M	811 Jordan Forbes	32:47	6:34
206	13/24	M	875 Ray Jeanson	32:56	6:36
207	13/27	M	915 Michael Leach	32:58	6:36
208	13/23	F	1117 Tamara Wiebe	32:59	6:36
209	14/27	M	1074 Duncan Stewart	33:00	6:36
210	5/22	F	1015 Caroline Pomerleau	33:00	6:36
211	14/21	M	797 Sebastian Dumont	33:00	6:36
212	14/24	M	978 Jonathan Nelles	33:01	6:37
213	6/13	F	1059 Marlene Smith	33:02	6:37
214	7/19	M	1013 Tavian Pettitt	33:04	6:37
215	13/14	M	902 Julius Lacuna	33:05	6:37
216	8/19	M	845 Nick Hao	33:06	6:38
217	15/21	M	718 Glenn Bartley	33:07	6:38
218	19/25	M	866 Kelsey Howard	33:07	6:38
219	13/23	F	1012 Cindy Pettitt	33:07	6:38
220	15/24	M	704 Edwin Alfonso	33:08	6:38
221	22/27	M	763 Brent Conway	33:10	6:38
222	15/27	M	928 Kevin Macaulay	33:10	6:38
223	16/24	M	750 James Cantafio	33:12	6:39
224		N	768 Connor Crosby	33:19	6:40
225	9/19	M	850 Matthew Hawker	33:19	6:40
226	1/3	F	709 Karen Armstrong	33:20	6:40
227	8/12	F	733 Jessica Bottrell	33:20	6:40
228	20/25	M	1048 Jason Salter	33:22	6:41
229	14/23	F	849 Marita Hawker	33:23	6:41
230	14/23	F	973 Carolyn Munroe	33:24	6:41
231	11/18	M	972 Peter Munroe	33:27	6:42
232		F	869 Susan Ireson	33:27	6:42
233	10/19	M	1007 Braydon Penner	33:27	6:42
234		F	814 Sarah Fralick	33:31	6:43
235	11/19	M	986 Joseph Noonan	33:33	6:43
236	12/19	M	894 Maxwell Koscielny	33:35	6:43
237	15/23	F	920 Genevieve Lehoux	33:39	6:44
238	15/19	F	949 Kaitlyn McIntyre	33:43	6:45
239	16/23	F	892 Michelle Koscielny	33:44	6:45
240	15/23	F	1032 Holly Roberts	33:45	6:45
241	12/18	M	1121 Todd Young	33:46	6:46
242	6/22	F	1086 Cheri Totte	33:50	6:46
243	6/9	M	746 Jeff Butterworth	33:51	6:47
244		N	767 Shelley Crosby	33:52	6:47
245	9/12	F	839 Stephany Halikas	33:52	6:47
246	17/24	M	840 Chuck Halikas	33:53	6:47
247	13/19	M	950 Aidan McMahon	33:54	6:47
248	11/13	F	900 Carole Labby	33:56	6:48
249	18/24	M	954 Jason McPhee	33:57	6:48
250		F	895 Stephanie Koval	33:58	6:48
251	7/22	F	812 Gina Forbes	34:01	6:49
252	7/13	F	957 Susanna Merrington	34:02	6:49
253	16/27	M	948 Tim McIntyre	34:02	6:49
254	8/22	F	838 Rae-Lynn Hacker	34:10	6:50
255	23/27	M	743 Richard Brown	34:12	6:51
256	13/18	M	1058 Tyler Simon	34:13	6:51
257	12/13	F	1028 Tammie Richmond	34:15	6:51
258	16/23	F	764 Kaila Conway	34:17	6:52
259	16/21	M	1019 Daniel Proctor	34:19	6:52
260	17/27	M	1020 Brian Quick	34:25	6:53
261	18/27	M	993 Kevin Olive	34:25	6:53
262	9/22	F	913 Leeah Lavallee	34:28	6:54
263		M	762 Luc Comeau	34:33	6:55
264	10/12	F	862 Trish Holmes	34:40	6:56
265	21/25	M	861 Chris Holmes	34:41	6:57
266	22/25	M	1045 Adam Rutledge	34:50	6:58
267	23/25	M	998 Jacob Pacheco	34:51	6:58
268	4/4	F	876 Danielle Jeanson	35:05	7:01
269	19/24	M	701 Geoff Abthorpe	35:08	7:02
270	17/23	F	702 Laurie Abthorpe	35:09	7:02
271	14/19	M	1079 Nicolai Stuve	35:13	7:03

272	11/12	F	1041 Victoria Rogers	35:17	7:04
273	2/3	F	981 Anne Newton	35:21	7:05
274	15/19	M	959 Mathieu Methot	35:29	7:06
275	24/27	M	1066 Patrick Snider	35:33	7:07
276	17/23	F	761 Laura Collishaw	35:33	7:07
277		M	1034 Bob Robinson	35:37	7:08
278	16/19	F	823 Elly Gibson	35:50	7:10
279	17/19	F	1061 Ella Smith	35:50	7:10
280	10/22	F	1035 Tj Robinson	35:51	7:11
281	14/18	M	977 Stephane Nadeau	35:52	7:11
282	18/23	F	766 Melissa Couturier	36:06	7:14
283	15/18	M	791 Darryl Dowd	36:08	7:14
284	11/22	F	1110 Ran Wei	36:08	7:14
285	14/14	M	727 Adison Bliek	36:21	7:17
286		M	835 Luiz Guidolin	36:24	7:17
287	12/22	F	781 Traci Diduck	36:33	7:19
288	8/13	F	1017 Michelle Prange	36:45	7:21
289	19/23	F	1127 Rachel Grenier	36:49	7:22
290	18/19	F	912 Emma Larson	36:56	7:24
291	24/25	M	896 Mike Krulitski	37:28	7:30
292	17/21	M	802 Judd Fagrie	37:33	7:31
293	16/18	M	910 Doug Larose	37:43	7:33
294	9/13	F	1111 Amy Welton	37:45	7:33
295	20/24	M	1090 Kevin Truman	38:23	7:41
296	18/23	F	1063 Heather Smith	38:31	7:43
297	13/22	F	1009 Karen Peters	38:36	7:43
298	20/23	F	1078 Lindsay Struhan	38:36	7:44
299	18/21	M	1062 Stuart Smith	38:42	7:45
300	25/25	M	935 Kory Major	38:49	7:46
301	21/24	M	827 Francois Godère	38:54	7:47
302		M	822 Paul Gemmiti	39:01	7:49
303	14/22	F	1119 Hope Winfield	39:01	7:49
304	10/13	F	905 Nicole Lafreniere	39:04	7:49
305	16/19	M	737 Will Brockway	39:05	7:49
306	19/23	F	1027 Karyne Richard	39:18	7:52
307	7/9	M	1084 Ted Tolleson	39:18	7:52
308	8/9	F	796 Lindsay Dudeck	40:17	8:04
309	20/23	F	753 Jane Chua	40:19	8:04
310	19/27	M	817 David Gadoury	40:20	8:04
311	21/23	F	831 Charlotte Gowie	40:21	8:05
312	15/22	F	724 Allison Bell	40:39	8:08
313	20/27	M	952 Mike McPhail	40:53	8:11
314	4/4	M	953 Maxwell McPhail	40:53	8:11
315	17/18	M	924 David Logan	40:59	8:12
316	19/19	F	1113 Tara-Lynn Whiffen	41:00	8:12
317	16/22	F	1075 Amanda Stewart	41:01	8:13
318		M	799 Jonathon Epp	41:18	8:16
319	22/24	M	806 Peter Fedak	41:22	8:17
320		F	921 Darcie Lemieux	41:31	8:19
321	17/22	F	773 Genevieve Degagne	41:37	8:20
322		F	810 Melissa Fontaine	41:38	8:20
323	18/22	F	1096 Huguette Vallée	41:38	8:20
324	22/23	F	929 Charleen MacCulloch	41:41	8:21
325	12/12	F	1095 Jasmine Vales	42:19	8:28
326	25/27	M	1094 Niño Angelo Vales	42:42	8:33
327		M	1115 Craig White	42:48	8:34
328	11/13	F	710 Carla Ashcroft	42:57	8:36
329	23/23	F	1080 Cyndy Swereda	42:57	8:36
330	18/18	M	984 Paul Nobert	43:19	8:40
331	19/22	F	908 Sylvie Natacha Landry	43:20	8:40
332	20/22	F	777 Melanie Desmarais	43:20	8:40
333	26/27	M	914 Mathew Lazaruk	43:42	8:45
334	21/27	M	1104 Pierre Viens	44:04	8:49
335	22/27	M	1030 Lionel (ashley) Rivet	44:37	8:56
336	23/27	M	1018 Guy Prince	44:38	8:56
337	8/9	M	995 Paul Ophey	44:38	8:56
338	21/22	F	1051 Anna Sawicz	44:45	8:57
339	22/22	F	837 Marnie Guzzi	44:46	8:58
340	9/9	F	846 Shirlee Hardam	45:05	9:01
341	23/24	M	945 Keith McCharles	46:26	9:18
342	19/21	M	754 Michael Chua	46:26	9:18

343	4/4	M	987 James Nostedt Nostedt	47:01	9:25
344	12/13	F	1109 Carol Webster	47:09	9:26
345	20/21	M	942 Brent Mason	47:29	9:30
346	24/27	M	1077 David Storey	47:29	9:30
347	9/9	M	874 Michael Jarvie	48:27	9:42
348	25/27	M	955 Rob McSorley	48:31	9:43
349	24/24	M	756 Douglas Clark	48:35	9:43
350	21/23	F	860 Lindsay Holmes	48:36	9:44
351	13/13	F	1126 Sharon Belland	48:56	9:47
352	27/27	M	712 Bryan Aubin	48:58	9:48
353	17/19	M	713 Finley Aubin	48:58	9:48
354	18/19	M	714 Dax Aubin	48:59	9:48
355	22/23	F	1026 Ashley Reynolds	48:59	9:48
356	13/13	F	1004 Barb Pelletier	50:15	10:03
357	26/27	M	1005 Mario Pelletier	50:16	10:04
358		F	947 Shelley McDonald	50:17	10:04
359		M	946 Robert McDonald	50:18	10:04
360	3/3	F	926 Sandra Maahs	51:36	10:20
361	23/23	F	927 Rosalynn Maahs Daigle	51:37	10:20
362	27/27	M	1054 Michael Sech	51:47	10:22
363		M	765 David Coughlin	1:15:42	15:09
364	19/19	M	1070 Jackson Spott	1:17:45	15:33
365	21/21	M	1069 Aaron Spott	1:17:45	15:33