

# East St Paul Canada Day 5K

## Overall Male Runner

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	5041	Jeff Mcmillan	00:17:32.07		Runner	Winnipeg, MB	3:30/K	17.1kph	1	44	
2.	5027	Josh Guenther	00:17:39.07		Runner	Niverville, MB	3:32/K	17.0kph	2	25	
3.	5081	Robert Beinke	00:17:49.08		Runner	MB, CAN	3:34/K	16.8kph	3	0	

## Overall Female Runner

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	5007	Andrea Bradshaw	00:18:35.90		Runner	East St Paul, MB	3:43/K	16.1kph	4	29	
2.	5019	Mairead Drain	00:21:17.23		Runner	Winnipeg, MB	4:15/K	14.1kph	14	39	
3.	5050	Janie Parson	00:21:40.51		Runner	La Salle, MB	4:20/K	13.8kph	16	44	

## Male 0 - 9

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	5081	Robert Beinke	00:17:49.08		Runner	MB, CAN	3:34/K	16.8kph	3	0	
2.	5043	Hudson Mcmillan	00:22:01.28		Runner	Winnipeg, MB	4:24/K	13.6kph	19	9	
3.	5080	Emile Morrissette	00:22:19.49		Runner	MB, CAN	4:28/K	13.4kph	23	0	

## Female 0 - 9

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	5086	Kaitlyn Tiede	00:34:26.82		Runner	MB, CAN	6:53/K	8.7kph	71	0	
2.	5091	Megan McRae	00:34:41.50		Runner	MB, CAN	6:56/K	8.6kph	73	0	

## Male 10 - 14

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	5011	Alejandro Civetta	00:21:38.76		Runner	Winnipeg, MB	4:20/K	13.9kph	15	11	
2.	5076	Micah Willms	00:22:10.66		Runner	Winnipeg, MB	4:26/K	13.5kph	21	10	
3.	5042	Hayes Mcmillan	00:22:17.19		Runner	Winnipeg, MB	4:27/K	13.5kph	22	11	
4.	5026	Aiden Godlein	00:46:35.47		Runner	Selkirk, MB	9:19/K	6.4kph	83	10	

## Female 10 - 14

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	5033	Caitlyn Hollywood	00:24:25.31		Runner	Winnipeg, MB	4:53/K	12.3kph	37	10	
2.	5054	PAIGE RODDY	00:26:10.55		Runner	Winnipeg, MB	5:14/K	11.5kph	45	14	
3.	5031	Katia Hill	00:33:20.30		Runner	Dugald, MB	6:40/K	9kph	65	14	
4.	5075	Eva Willms	00:33:43.40		Runner	Winnipeg, MB	6:45/K	8.9kph	68	12	

## Male 15 - 19

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	5062	Cole Smith	00:20:51.18		Runner	East St Paul, MB	4:10/K	14.4kph	11	16	
2.	5015	Ellis Cunningham	00:27:54.93		Runner	Winnipeg, MB	5:35/K	10.8kph	55	15	

## Female 15 - 19

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	5045	Annika Niblock	00:21:49.65		Runner	Winnipeg, MB	4:22/K	13.8kph	18	15	
2.	5028	Jordyn Ham	00:25:04.49		Runner	Macgregor, MB	5:01/K	12.0kph	39	16	

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## Female 20 - 24

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	5005	Sarah Boila	00:22:28.96		Runner	Winnipeg, MB	4:30/K	13.4kph	26	24	

## Male 25 - 29

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	5027	Josh Guenther	00:17:39.07		Runner	Niverville, MB	3:32/K	17.0kph	2	25	
2.	5051	Warren Peabody	00:27:44.04		Runner	East St.Paul, MB	5:33/K	10.8kph	54	25	
3.	5053	David Reidke	00:39:40.04		Runner	Winnipeg, MB	7:56/K	7.6kph	77	29	

## Female 25 - 29

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	5007	Andrea Bradshaw	00:18:35.90		Runner	East St Paul, MB	3:43/K	16.1kph	4	29	
2.	5057	Jessica Schmidt	00:39:32.98		Runner	Winnipeg, MB	7:54/K	7.6kph	76	29	

## Male 30 - 34

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	5073	Thomas Urish	00:19:35.12		Runner	Winnipeg, MB	3:55/K	15.3kph	5	34	
2.	5029	Nicholas Hargrove	00:22:21.37		Runner	Winnipeg, MB	4:28/K	13.4kph	24	31	

## Female 30 - 34

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	5056	Ashley Ruston	00:28:01.40		Runner	Winnipeg, MB	5:36/K	10.7kph	57	32	
2.	5034	Stephanie Johnston	00:28:42.57		Runner	Winnipeg, MB	5:44/K	10.5kph	59	34	
3.	5009	Erin Carrasco	00:37:48.40		Runner	East St.Paul, MB	7:34/K	7.9kph	75	34	
4.	5023	Shannon Dyck	00:48:40.82		Runner	Winnipeg, MB	9:44/K	6.2kph	85	34	

## Male 35 - 39

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	5068	Michael Thompson	00:22:55.25		Runner	Winnipeg, MB	4:35/K	13.1kph	28	39	
2.	5079	Gregg Zurba	00:26:10.47		Runner	East St. Paul, MB	5:14/K	11.5kph	44	36	
3.	5010	Mark Chan	00:26:38.73		Runner	Winnipeg, MB	5:20/K	11.3kph	48	35	
4.	5047	Mark Oxer	00:27:17.31		Runner	St. Andrews, MB	5:27/K	11.0kph	50	38	

## Female 35 - 39

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	5019	Mairead Drain	00:21:17.23		Runner	Winnipeg, MB	4:15/K	14.1kph	14	39	
2.	5048	Enza Pacheco	00:31:51.39		Runner	Winnipeg, MB	6:22/K	9.4kph	63	38	
3.	5055	Christy Rogowski	00:34:06.06		Runner	Winnipeg, MB	6:49/K	8.8kph	70	37	
4.	5069	Susan Thompson	00:41:23.04		Runner	Maple Ridge, BC	8:17/K	7.2kph	79	36	

## Male 40 - 44

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	5041	Jeff Mcmillan	00:17:32.07		Runner	Winnipeg, MB	3:30/K	17.1kph	1	44	
2.	5024	Bryan Ezako	00:23:54.88		Runner	Cartier, MB	4:47/K	12.6kph	35	44	

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## Female 40 - 44

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	5050	Janie Parson	00:21:40.51		Runner	La Salle, MB	4:20/K	13.8kph	16	44	
2.	5022	Wendy Dyck	00:22:32.09		Runner	Altona, MB	4:30/K	13.3kph	27	41	
3.	5046	Stephanie Olafson	00:23:03.87		Runner	Winnipeg, MB	4:37/K	13.0kph	30	40	
4.	5074	Dana Wilms	00:26:47.11		Runner	Winnipeg, MB	5:21/K	11.2kph	49	44	
5.	5060	Wendy Singleton	00:29:36.10		Runner	Winnipeg, MB	5:55/K	10.1kph	61	44	

## Male 45 - 49

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	5040	Dan Mccaughan	00:20:41.81		Runner	Winnipeg, MB	4:08/K	14.5kph	9	46	
2.	5017	Chris Dick	00:21:08.66		Runner	Carman, MB	4:14/K	14.2kph	13	49	

## Female 45 - 49

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	5020	Kerri Drosdowech	00:25:39.61		Runner	Winnipeg, MB	5:08/K	11.7kph	40	49	
2.	5044	Catherine Moltzan	00:26:18.09		Runner	Headingley, MB	5:16/K	11.4kph	46	48	
3.	5061	Nancy Smith	00:27:59.15		Runner	East St Paul, MB	5:36/K	10.7kph	56	46	
4.	5067	Crystal Thibeault	00:46:36.90		Runner	St. Andrews, MB	9:19/K	6.4kph	84	45	

## Male 50 - 54

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	5014	Dennis Cunningham	00:20:46.88		Runner	Winnipeg, MB	4:09/K	14.4kph	10	50	
2.	5039	Troy Mawle	00:22:27.74		Runner	Winnipeg, MB	4:29/K	13.4kph	25	51	

## Female 50 - 54

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	5066	Louise Stuart	00:27:25.28		Runner	Winnipeg, MB	5:29/K	10.9kph	53	54	
2.	5030	Debbie Heckmann-Berthelette	00:41:55.06		Runner	East Saint Paul, MB	8:23/K	7.2kph	80	51	
3.	5038	Nelsia Malenchak	00:49:17.43		Runner	Winnipeg, MB	9:51/K	6.1kph	86	50	

## Male 55 - 59

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	5013	Bob Cox	00:20:22.32		Runner	Winnipeg, MB	4:04/K	14.7kph	7	56	
2.	5078	Bruce Young	00:20:35.17		Runner	Winnipeg, MB	4:07/K	14.6kph	8	58	
3.	5025	Gordon Flett	00:21:43.39		Runner	Winnipeg, MB	4:21/K	13.8kph	17	57	
4.	5065	George Stewart	00:22:57.22		Runner	Winnipeg, MB	4:35/K	13.1kph	29	58	
5.	5008	Paul Brault	00:24:06.83		Runner	Headingley, MB	4:49/K	12.4kph	36	58	
6.	5037	Gary Malenchak	00:49:18.68		Runner	Winnipeg, MB	9:52/K	6.1kph	87	56	

## Female 55 - 59

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	5059	Colleen Semmler	00:32:26.61		Runner	Oakbank, MB	6:29/K	9.2kph	64	56	
2.	5072	Cindy Unger	00:33:28.40		Runner	Winnipeg, MB	6:42/K	9.0kph	67	56	

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## Male 60 - 64

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	5004	Randy Bodner	00:25:47.92		Runner	Winnipeg, MB	5:09/K	11.6kph	43	60	

## Female 60 - 64

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	5049	Danielle Papin	00:23:37.23		Runner	Winnipeg, MB	4:43/K	12.7kph	34	61	
2.	5006	Gwen M Bonneville	00:30:59.18		Runner	Winnipeg, MB	6:12/K	9.7kph	62	63	

## Male 65 - 69

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	5035	Dennis Lang	00:19:39.58		Runner	Winnipeg, MB	3:56/K	15.3kph	6	66	
2.	5002	Alphonse Bernard	00:22:05.25		Runner	WINNIPEG, MB	4:25/K	13.6kph	20	67	
3.	5064	Al Stewart	00:23:28.90		Runner	Winnipeg, MB	4:42/K	12.8kph	33	65	
4.	5003	Vern Coot Bird	00:28:07.52		Runner	Winnipeg, MB	5:37/K	10.7kph	58	66	

## Male 70 - 74

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	5070	Grant Towns	00:20:53.48		Runner	Winnipeg, MB	4:11/K	14.4kph	12	70	
2.	5052	Colin Reed	00:25:40.04		Runner	Winnipeg, MB	5:08/K	11.7kph	41	72	

## Female 70 - 74

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	5012	Georgine Cook	00:33:22.70		Runner	Winnipeg, MB	6:40/K	9.0kph	66	74	
2.	5071	Bobbi Troniak	00:45:43.93		Runner	East St. Paul, MB	9:09/K	6.6kph	82	70	

## Male 75 - 79

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	5018	Sean Drain	00:25:00.68		Runner	Winnipeg, MB	5:00/K	12kph	38	75	

## Female 75 - 79

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	5036	Ada Letinsky	00:35:28.87		Runner	Oakbank, MB	7:06/K	8.5kph	74	78	

## Female 80 - 84

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	5021	Dreena Duhome	00:40:20.76		Runner	Winnipeg, MB	8:04/K	7.4kph	78	81	