

AGE-GROUP RESULTS
Frostbite River Run 5 Mile
Riverview Community Club
January 24, 2016

MALE OVERALL RESULTS FOR Frostbite River Run 5 Mile

1	Josh Guenther	Winnipeg	31:46
2	Jan Freihammer	Winnipeg	32:22
3	Mario Fonseca	Winnipeg	33:52

FEMALE OVERALL RESULTS FOR Frostbite River Run 5 Mile

1	Maddie Horton	Winnipeg	34:15
2	Ami Amleset Sam	uel Winnipeg	37:46
3	Amanda Younka	Winnipeg	38:17

FEMALE AGE GROUP: 19 & Under

1	Kiera Wortley	Winnipeg	50:25
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FEMALE AGE GROUP: 20 to 24

1	Stephanie Friesen	Altona	48:41
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FEMALE AGE GROUP: 25 to 29

1	Carly Isaak	Winnipeg	40:09
2	Marla Bigelow	Winnipeg	44:28
3	Melanie Sharp	Oakbank	45:41
4	Brigette Depape	Winnipeg	47:51
5	Geralyn Wichers	Steinbach	53:09

FEMALE AGE GROUP: 30 to 34

1	Candida Doerksen	Winnipeg	39:02
2	Taryn Dickson	Winnipeg	41:52
3	Cassie Guarino	Winnipeg	43:15
4	Sara Carmichael	Winnipeg	51:12
5	Erin Sheldon	Winnipeg	1:04:21

FEMALE AGE GROUP: 35 to 39

1	Maddie Horton	Winnipeg	34:15
2	Sherry Seymour	Winnipeg	41:40
3	Becky Raddatz	Winnipeg	43:12

4 Jenn Dent	Winnipeg	45:50
5 Melissa Scouten	Winnipeg	47:26
6 Jaye McEwen	Winnipeg	51:57

FEMALE AGE GROUP: 40 to 44

1 Marie Roberts	Winnipeg	45:16
2 Sue-Anne Hamilton	Winnipeg	55:41

FEMALE AGE GROUP: 45 to 49

1 Ami Amleset Samuel	Winnipeg	37:46
2 Amanda Younka	Winnipeg	38:17
3 Pam Lawrence	Winnipeg	40:00
4 Elaine Ross	Winnipeg	50:04
5 Paige Zentner	Winnipeg	51:11
6 Laurie Kirkwood	Winnipeg	53:56
7 Cari Roller	Winnipeg	54:06
8 Bridget Robinson	Winnipeg	59:25
9 Kathy Descoteau	Winnipeg	1:00:48
10 Kathy Hunter	Howden	1:04:06

FEMALE AGE GROUP: 50 to 54

1 Robyn Dicesare	Winnipeg	42:32
2 Irena Farova	Winnipeg	44:58
3 Carol Ferguson	East St Paul	50:04
4 Debbie Bennett	Winnipeg	51:10
5 Fiona Desmet	Winnipeg	52:08
6 Patricia Leung	Winnipeg	53:42
7 Catherine Carlson	Winnipeg	54:06
8 Diane Scott	Winnipeg	56:02
9 Carolyn Gillson	Edmonton	58:02
10 Tracey Waugh-Smith	Winnipeg	1:03:10
11 Tracey Machan	Oak Bluff	1:04:07
12 Shawna Musto	Winnipeg	1:07:18

FEMALE AGE GROUP: 55 to 59

1 Susan McMurrich	Winnipeg	46:22
2 Joan Cochrane	Saskatoon	46:40
3 Fiona Fleming	Winnipeg	47:41
4 Dorothy McColl	Winnipeg	52:02
5 Michelle Georgi	Winnipeg	56:46
6 Monica Sama	Winnipeg	57:02
7 Gwen Timm	Winnipeg	1:04:07
8 Sandra Scott	Winnipeg	1:05:58

9 Annette Pratt Narol 1:07:21

FEMALE AGE GROUP: 60 to 64

1 Kimberley McCallum Winnipeg 59:25

MALE AGE GROUP: 19 & Under

1 Max Freihammer Winnipeg 37:11

2 Michael Sullivan Stonewall 49:24

MALE AGE GROUP: 20 to 24

1 Josh Guenther Winnipeg 31:46

2 Jan Freihammer Winnipeg 32:22

MALE AGE GROUP: 25 to 29

1 Kevin Morris Winnipeg 40:07

MALE AGE GROUP: 30 to 34

1 Aaron Letts Winnipeg 40:55

2 Andrew Pullen Winnipeg 42:46

3 Jason Bruce Winnipeg 43:15

4 Adam Grycko Winnipeg 44:11

5 Trent Vos Winnipeg 44:48

MALE AGE GROUP: 35 to 39

1 Kevin Boon Winnipeg 43:14

2 Craig Hamilton Winnipeg 48:58

3 Oti Ometie Winnipeg 49:40

4 Dave Shoesmith Winnipeg 58:30

MALE AGE GROUP: 40 to 44

1 Mario Fonseca Winnipeg 33:52

2 Jay Horton Winnipeg 34:21

3 Dan McCaughan Winnipeg 36:06

4 Ryan Rolston Winnipeg 39:23

5 Jeff Clark Winnipeg 40:40

6 Winston Harding Winnipeg 47:00

7 Adrian Wortley Winnipeg 50:26

8 Dallas Jasper Winnipeg 58:29

MALE AGE GROUP: 45 to 49

1	Chris Dick	Winnipeg	38:23
2	Fern Dooucet	Winnipeg	49:57
3	Chad Smith	Winnipeg	55:26
4	Al Sullivan	Stonewall	1:00:09

MALE AGE GROUP: 50 to 54

1	Alan Hopkins	West St. Paul	36:36
2	Stephen Terichow Parrott	Winnipeg	37:21
3	Edward Willmott	Winnipeg	37:27
4	Till Freihammer	Winnipeg	44:37
5	Michael Pasloski	Winnipeg	1:07:29

MALE AGE GROUP: 55 to 59

1	Gordon Flett	Winnipeg	38:02
2	Bob Cox	Winnipeg	38:43
3	Earl Isaak	Winnipeg	40:15
4	Christian Ritchot	Winnipeg	43:38
5	Scott Mundle	Winnipeg	56:45
6	Greg Joss	Dugald	58:03
7	Tom Scott	Winnipeg	1:05:58

MALE AGE GROUP: 60 to 64

1	David Lawler	Winnipeg	38:28
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MALE AGE GROUP: 65 to 69

1	Larry Konotopetz	Winnipeg	41:15
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