

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

5KM Age Group Results

AGE GROUP: Women 14 & under

Place	Name	Finish	Pace
1	Kiana Adolphe	26:56	5:24
2	Maddy Hoel	27:25	5:29
3	Kristin Peterson	28:08	5:38
4	Caitlyn Hollywood	28:17	5:40
5	Noémie Borduas	28:35	5:43
6	Grace Dixon	28:49	5:46
7	Savannah Zaporozan	28:52	5:47
8	Kaylee Peterson	29:35	5:55
9	Kayleigh Hoel	29:41	5:57
10	Rachel Parsons	30:14	6:03
11	Sasha Fairhurst	31:58	6:24
12	Joy Haney	31:59	6:24
13	Angel Leblanc	32:30	6:30
14	Sadie Miniely	32:31	6:31
15	Kaitlyn McIntyre	33:43	6:45
16	Elly Gibson	35:50	7:10
17	Ella Smith	35:50	7:10
18	Emma Larson	36:56	7:24
19	Tara-lynn Whiffen	41:00	8:12

AGE GROUP: Women 15-19

Place	Name	Finish	Pace
1	Caylin Bloomfield	29:16	5:52
2	Shelby Mitchell	29:33	5:55
3	Jade Haney	32:22	6:29
4	Danielle Jeanson	35:05	7:01

AGE GROUP: Women 20-24

Place	Name	Finish	Pace
1	Kyanh Springfield	27:40	5:32
2	Fannie Montsion	28:44	5:45

3	Julie Ashcroft	30:24	6:05
4	Roseanna Brake	30:27	6:06
5	Kiva Bekeris	30:35	6:07
6	Brianna Musso	31:35	6:19
7	Julia Martin	32:42	6:33
8	Lindsay Dudeck	40:17	8:04
9	Shirlee Hardam	45:05	9:01

AGE GROUP: Women 25-29

Place	Name	Finish	Pace
=====	=====	=====	=====
1	Krista Stepa	25:13	5:03
2	Melissa Schroeder	26:14	5:15
3	Sheila MacMillan	26:22	5:17
4	Alixandra Ferwerda	27:54	5:35
5	Lindsey Brooks	30:35	6:07
6	Hillory Gardiner	30:37	6:08
7	Becky Major	31:31	6:19
8	Jessica Bottrell	33:20	6:40
9	Stephany Halikas	33:52	6:47
10	Trish Holmes	34:40	6:56
11	Victoria Rogers	35:17	7:04
12	Jasmine Vales	42:19	8:28

AGE GROUP: Women 30-34

Place	Name	Finish	Pace
=====	=====	=====	=====
1	Lindsey Green	25:08	5:02
2	Melissa Schwartz	28:17	5:40
3	Adriana Sandoval	28:23	5:41
4	Heather Smith	28:53	5:47
5	Karyne Brown	28:59	5:48
6	Daisy Moisan	29:09	5:50
7	Leila Mostaco-Guidolin	29:25	5:53
8	Jennifer Guiboche	29:54	5:59
9	Sarah Semmler	30:26	6:06
10	Joyellen Tulloch	30:35	6:07
11	Megan Miller	31:15	6:15
12	Janine Gunter	31:21	6:17
13	Tamara Wiebe	32:59	6:36
14	Carolyn Munroe	33:24	6:41
15	Holly Roberts	33:45	6:45
16	Kaila Conway	34:17	6:52
17	Laura Collishaw	35:33	7:07
18	Melissa Couturier	36:06	7:14
19	Rachel Grenier	36:49	7:22
20	Lindsay Struhan	38:36	7:44
21	Lindsay Holmes	48:36	9:44

22	Ashley Reynolds	48:59	9:48
23	Rosalynn Maahs Daigle	51:37	10:20

AGE GROUP: Women 35-39

Place	Name	Finish	Pace
=====	=====	=====	=====
1	Tara Stokotelny	28:47	5:46
2	Michelle Belanger	29:49	5:58
3	Michelle Methot	31:19	6:16
4	Heather Locke	32:07	6:26
5	Caroline Pomerleau	33:00	6:36
6	Cheri Totte	33:50	6:46
7	Gina Forbes	34:01	6:49
8	Rae-Lynn Hacker	34:10	6:50
9	Leeah Lavallee	34:28	6:54
10	Tj Robinson	35:51	7:11
11	Ran Wei	36:08	7:14
12	Traci Diduck	36:33	7:19
13	Karen Peters	38:36	7:43
14	Hope Winfield	39:01	7:49
15	Allison Bell	40:39	8:08
16	Amanda Stewart	41:01	8:13
17	Genevieve DeGagne	41:37	8:20
18	Huguette Vallée	41:38	8:20
19	Sylvie Natacha Landry	43:20	8:40
20	Melanie Desmarais	43:20	8:40
21	Anna Sawicz	44:45	8:57
22	Marnie Guzzi	44:46	8:58

AGE GROUP: Women 40-44

Place	Name	Finish	Pace
=====	=====	=====	=====
1	Lisa Taylor	26:15	5:15
2	Marcia Monteggia	26:28	5:18
3	Stephanie Olafson	27:19	5:28
4	Brenda Rosenthal	27:22	5:29
5	Tanya Dixon	28:50	5:46
6	Kristen Kruse	29:45	5:57
7	Kathrine Littleton	29:50	5:58
8	Marla Gillingham	30:58	6:12
9	Chrissy Perry	32:07	6:26
10	Corwyn Mitchell	32:25	6:29
11	Amanda Ives	32:28	6:30
12	Krista Semenchuk	32:36	6:32
13	Cindy Pettitt	33:07	6:38
14	Marita Hawker	33:23	6:41
15	Genevieve Lehoux	33:39	6:44
16	Michelle Koscielny	33:44	6:45

17	Laurie Abthorpe	35:09	7:02
18	Heather Smith	38:31	7:43
19	Karyne Richard	39:18	7:52
20	Jane Chua	40:19	8:04
21	Charlotte Gowie	40:21	8:05
22	Charleen MacCulloch	41:41	8:21
23	Cyndy Swereda	42:57	8:36

AGE GROUP: Women 45-49

Place	Name	Finish	Pace
=====	=====	=====	=====
1	Denise Grant	27:03	5:25
2	Kathy Kwiatkowski	28:27	5:42
3	Kerri Drosdowech	29:21	5:53
4	Stacie Nelles	29:34	5:55
5	Nathalie Veillette	30:17	6:04
6	Joanne Laforge	30:49	6:10
7	Brenda Frogg	31:01	6:13
8	Georgette Paradoski-Jhass	31:12	6:15
9	Gayle Zaporozan	31:23	6:17
10	Patrice Miniely	32:31	6:31
11	Carole Labby	33:56	6:48
12	Tammie Richmond	34:15	6:51
13	Barb Pelletier	50:15	10:03

AGE GROUP: Women 50-54

Place	Name	Finish	Pace
=====	=====	=====	=====
1	Sue Peel	29:29	5:54
2	Marielle Houle	30:03	6:01
3	Judy Willan	30:13	6:03
4	Michelle Smith	31:06	6:14
5	Liz Dryden	31:55	6:23
6	Marlene Smith	33:02	6:37
7	Susanna Merrington	34:02	6:49
8	Michelle Prange	36:45	7:21
9	Amy Welton	37:45	7:33
10	Nicole Lafreniere	39:04	7:49
11	Carla Ashcroft	42:57	8:36
12	Carol Webster	47:09	9:26
13	Sharon Belland	48:56	9:47

AGE GROUP: Women 55-59

Place	Name	Finish	Pace
=====	=====	=====	=====

1	Karen Armstrong	33:20	6:40
2	Anne Newton	35:21	7:05
3	Sandra Maahs	51:36	10:20

 AGE GROUP: Women 60-64

Place	Name	Finish	Pace
1	Cecile LeBlanc	32:41	6:33

 AGE GROUP: Women 65-69

Place	Name	Finish	Pace
1	Lorraine Delorme	31:21	6:17

 AGE GROUP: Women 70 & Over

Place	Name	Finish	Pace
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 AGE GROUP: Men 14 & under

Place	Name	Finish	Pace
1	Alex Johns	25:55	5:11
2	Matthew Johns	26:06	5:14
3	Declan Curtis	28:09	5:38
4	Lincoln Koscielny	31:54	6:23
5	Oscar Belanger	31:56	6:24
6	Fionn Forbes	32:05	6:25
7	Tavian Pettitt	33:04	6:37
8	Nick Hao	33:06	6:38
9	Matthew Hawker	33:19	6:40
10	Braydon Penner	33:27	6:42
11	Joseph Noonan	33:33	6:43
12	Maxwell Koscielny	33:35	6:43
13	Aidan McMahan	33:54	6:47
14	Nicolai Stuve	35:13	7:03
15	Mathieu Methot	35:29	7:06
16	Will BROCKWAY	39:05	7:49
17	Finley Aubin	48:58	9:48
18	Dax Aubin	48:59	9:48
19	Jackson Spott	1:17:45	15:33

AGE GROUP: Men 15-19

Place	Name	Finish	Pace
1	Nicholas Warman	25:45	5:09
2	Carter Robinson	29:00	5:48
3	Angelo Jaidyn Amarila	32:05	6:25
4	Maxwell McPhail	40:53	8:11

AGE GROUP: Men 20-24

Place	Name	Finish	Pace
1	Jacob Rioux	23:58	4:48
2	Ryan O'Donnell	24:26	4:54
3	Justin Hanlon	24:56	5:00
4	Micah Pearson	25:32	5:07
5	Andrew Kim	27:38	5:32
6	Ben Collin	28:04	5:37
7	Sabastien Hoffmann-Monker	29:06	5:50
8	Matthew Jenkins	29:51	5:59
9	J�r�mie Veilleux	30:25	6:05
10	Mitchell Toles-Tayler	31:04	6:13
11	Kiefer Davies	31:14	6:15
12	Michael Hughes	31:34	6:19
13	Julius Lacuna	33:05	6:37
14	Adison Bliet	36:21	7:17

AGE GROUP: Men 25-29

Place	Name	Finish	Pace
1	Benjamin Demers	24:02	4:49
2	Daniel Bortolin	24:46	4:58
3	Marco Neumann	27:31	5:31
4	Brad Mack	27:36	5:32
5	Nick Reid	28:31	5:43
6	Gulbaj Dhillon	29:02	5:49
7	Mike Labreche	29:36	5:56
8	Jaskirat Dhanoa	29:45	5:57
9	Philippe Doucet	29:47	5:58
10	Mason Smith	29:53	5:59
11	Myles Mohr	29:55	5:59
12	Tim Armstrong	30:18	6:04
13	Zach Austin	30:44	6:09
14	Robert Horvat	30:52	6:11
15	Aaron Friesen	30:57	6:12
16	James Whitaker	31:51	6:23
17	Stefan Dowhayko	32:42	6:33

18	Leonce Mugisha	32:42	6:33
19	Kelsey Howard	33:07	6:38
20	Jason Salter	33:22	6:41
21	Chris Holmes	34:41	6:57
22	Adam Rutledge	34:50	6:58
23	Jacob Pacheco	34:51	6:58
24	Mike Krulitski	37:28	7:30
25	Kory Major	38:49	7:46

AGE GROUP: Men 30-34

Place	Name	Finish	Pace
=====	=====	=====	=====
1	Michael Chung	26:06	5:14
2	Nicholas Brathwaite	26:13	5:15
3	Rohan Lall	26:32	5:19
4	Jean-francois Robert	26:34	5:19
5	Jeffrey Marshall	26:35	5:19
6	Matthew Bonneville	27:11	5:27
7	Brad Werthner	27:23	5:29
8	Justin Nadeau	27:34	5:31
9	Douglas Maruca	27:43	5:33
10	Charles Cloutier	28:04	5:37
11	Sebastien Simard-desroches	28:51	5:47
12	Kevin Brown	28:59	5:48
13	Michael Burris	29:13	5:51
14	Barney Geddes	30:11	6:03
15	Daniel Reimnitz	30:26	6:05
16	Ryan Phillips	30:34	6:07
17	Patrick King	30:37	6:08
18	Kurtis Zurbrigg	31:04	6:13
19	Jon Kim	31:08	6:14
20	Mat Tripple	31:48	6:22
21	Abiel Mengesha	32:19	6:28
22	Brent Conway	33:10	6:38
23	Richard Brown	34:12	6:51
24	Patrick Snider	35:33	7:07
25	Niño Angelo Vales	42:42	8:33
26	Mathew Lazaruk	43:42	8:45
27	Bryan Aubin	48:58	9:48

AGE GROUP: Men 35-39

Place	Name	Finish	Pace
=====	=====	=====	=====
1	James Evans	24:13	4:51
2	Michael Houle	26:04	5:13
3	Vakhid Nshanov	26:26	5:18
4	Joe Kerlow	26:27	5:18
5	Ergash Nshanov	26:41	5:21

6	David Hoel	27:25	5:29
7	David Dorosz	28:14	5:39
8	Morgan Roche	29:54	5:59
9	Kevin Diduck	30:25	6:05
10	Jordan Forbes	32:47	6:34
11	Peter Munroe	33:27	6:42
12	Todd Young	33:46	6:46
13	Tyler Simon	34:13	6:51
14	Stephane Nadeau	35:52	7:11
15	Darryl Dowd	36:08	7:14
16	Doug Larose	37:43	7:33
17	David Logan	40:59	8:12
18	Paul Nobert	43:19	8:40

AGE GROUP: Men 40-44

Place	Name	Finish	Pace
=====	=====	=====	=====
1	Chris MacLean	26:30	5:18
2	Fraser Cameron	27:16	5:28
3	Pascal Turcotte	27:16	5:28
4	Dale Oakes	27:31	5:31
5	Efren Quintans	27:35	5:31
6	Martin Kruse	28:34	5:43
7	Mark Anderson	28:42	5:45
8	Patrick Gauthier	29:09	5:50
9	Dan Rossi	29:16	5:52
10	George Roesler-Yue	30:39	6:08
11	Terrance Carrier	31:49	6:22
12	Eric Venema	32:35	6:31
13	Guy Parisien	32:37	6:32
14	Sebastian Dumont	33:00	6:36
15	Glenn Bartley	33:07	6:38
16	Daniel Proctor	34:19	6:52
17	Judd Fagrie	37:33	7:31
18	Stuart Smith	38:42	7:45
19	Michael Chua	46:26	9:18
20	Brent Mason	47:29	9:30
21	Aaron Spott	1:17:45	15:33

AGE GROUP: Men 45-49

Place	Name	Finish	Pace
=====	=====	=====	=====
1	Wade Brockway	24:58	5:00
2	Greg Johns	26:06	5:14
3	Terrance Robinson	26:45	5:21
4	Graham James	27:02	5:25
5	Kort Nicholauson	27:22	5:29
6	Trevor Larson	27:38	5:32

7	Dan Long	28:19	5:40
8	David Kirby	30:55	6:11
9	Scott Gillingham	30:59	6:12
10	Craig Isenor	31:13	6:15
11	Wayne Marion	31:14	6:15
12	George Waite	31:14	6:15
13	Ray Jeanson	32:56	6:36
14	Jonathan Nelles	33:01	6:37
15	Edwin Alfonso	33:08	6:38
16	James Cantafio	33:12	6:39
17	Chuck Halikas	33:53	6:47
18	Jason McPhee	33:57	6:48
19	Geoff Abthorpe	35:08	7:02
20	Kevin Truman	38:23	7:41
21	Francois Godère	38:54	7:47
22	Peter Fedak	41:22	8:17
23	Keith McCharles	46:26	9:18
24	Douglas Clark	48:35	9:43

AGE GROUP: Men 50-54

Place	Name	Finish	Pace
=====	=====	=====	=====
1	Loyd Olson	26:25	5:17
2	Richard Sparrow	27:15	5:27
3	Marc Filiatrault	27:16	5:28
4	Paul Nolan	28:27	5:42
5	Darryl Marshall	30:38	6:08
6	Mark Brown	30:38	6:08
7	Serge Laforge	30:49	6:10
8	Richard Cloutier	31:12	6:15
9	Jack Brown	31:21	6:17
10	Richard Davies	31:50	6:22
11	Barry Legault	31:52	6:23
12	Dave Barry	32:07	6:26
13	Michael Leach	32:58	6:36
14	Duncan Stewart	33:00	6:36
15	Kevin Macaulay	33:10	6:38
16	Tim McIntyre	34:02	6:49
17	Brian Quick	34:25	6:53
18	Kevin Olive	34:25	6:53
19	David Gadoury	40:20	8:04
20	Mike McPhail	40:53	8:11
21	Pierre Viens	44:04	8:49
22	Lionel (Ashley) Rivet	44:37	8:56
23	Guy Prince	44:38	8:56
24	David Storey	47:29	9:30
25	Rob McSorley	48:31	9:43
26	Mario Pelletier	50:16	10:04
27	Michael Sech	51:47	10:22

AGE GROUP: Men 55-59

Place	Name	Finish	Pace
1	Glen Nivet	25:03	5:01
2	Doug Harry	26:28	5:18
3	Dale Dieleman	27:08	5:26
4	Robert Beach	28:41	5:45
5	Trevor Reid	30:13	6:03
6	Jeff Butterworth	33:51	6:47
7	Ted Tolleson	39:18	7:52
8	Paul Ophey	44:38	8:56
9	Michael Jarvie	48:27	9:42

AGE GROUP: Men 60-64

Place	Name	Finish	Pace
1	Daniel Rondeau	27:30	5:30
2	George Koch	28:09	5:38
3	Warren Ryan	29:43	5:57
4	James Nostedt Nostedt	47:01	9:25

AGE GROUP: Men 65-69

Place	Name	Finish	Pace
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AGE GROUP: Men 70 & Over

Place	Name	Finish	Pace
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