

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

10km Age Group Results

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AGE GROUP: Women 14 & under

| Place | Name              | Finish  | Pace |
|-------|-------------------|---------|------|
| 1     | Julia Mager       | 56:23   | 5:39 |
| 2     | LEA DARLYN MARTIN | 1:05:16 | 6:32 |
| 3     | Abbey HARMS       | 1:07:25 | 6:45 |
| 4     | Gracie HARMS      | 1:10:13 | 7:02 |

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AGE GROUP: Women 15-19

| Place | Name | Finish | Pace |
|-------|------|--------|------|
|-------|------|--------|------|

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AGE GROUP: Women 20-24

| Place | Name             | Finish  | Pace |
|-------|------------------|---------|------|
| 1     | Holly Armstrong  | 56:08   | 5:37 |
| 2     | Ashley Bonkowski | 1:00:24 | 6:03 |
| 3     | Tiana Halabura   | 1:11:39 | 7:10 |
| 4     | Olivia Frank     | 1:13:18 | 7:20 |
| 5     | Micky Humphrey   | 1:15:36 | 7:34 |
| 6     | Brynn Alary      | 1:19:31 | 7:58 |
| 7     | Katie Strickland | 1:34:06 | 9:25 |

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AGE GROUP: Women 25-29

| Place | Name              | Finish  | Pace |
|-------|-------------------|---------|------|
| 1     | Nora Staunton     | 49:44   | 4:59 |
| 2     | Alaina Verwey     | 57:26   | 5:45 |
| 3     | Samantha Duguid   | 58:47   | 5:53 |
| 4     | Amanda Shuster    | 1:00:27 | 6:03 |
| 5     | Natalie Fitkowsky | 1:01:11 | 6:08 |
| 6     | Cheyenne Moore    | 1:01:57 | 6:12 |
| 7     | Monina San Diego  | 1:04:09 | 6:25 |
| 8     | Ashley Sigouin    | 1:09:23 | 6:57 |

|    |                 |         |      |
|----|-----------------|---------|------|
| 9  | Jennifer Friess | 1:10:32 | 7:04 |
| 10 | Kim Egert       | 1:17:35 | 7:46 |
| 11 | Sophie Quan     | 1:22:12 | 8:14 |

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AGE GROUP: Women 30-34

| Place | Name              | Finish  | Pace |
|-------|-------------------|---------|------|
| 1     | Sarah Brighty     | 47:23   | 4:45 |
| 2     | Lisa Winters      | 50:24   | 5:03 |
| 3     | Fiona Li          | 57:36   | 5:46 |
| 4     | Christine Forbes  | 58:31   | 5:52 |
| 5     | Tracy Dixon       | 59:31   | 5:58 |
| 6     | Ann Gunner        | 1:08:39 | 6:52 |
| 7     | Tina Armstrong    | 1:09:37 | 6:58 |
| 8     | Rebecca Gietz     | 1:10:16 | 7:02 |
| 9     | Carolyn Muir      | 1:10:34 | 7:04 |
| 10    | Shawna Jones      | 1:12:20 | 7:14 |
| 11    | Marie Eve Coleman | 1:13:01 | 7:19 |
| 12    | Kaeleigh Geddes   | 1:16:35 | 7:40 |

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AGE GROUP: Women 35-39

| Place | Name              | Finish  | Pace |
|-------|-------------------|---------|------|
| 1     | Hilary McNamee    | 51:00   | 5:06 |
| 2     | Carmen Pietracupa | 54:05   | 5:25 |
| 3     | Becky Verwey      | 57:25   | 5:45 |
| 4     | Andrea Saj        | 58:26   | 5:51 |
| 5     | Wendy Depratto    | 1:04:12 | 6:26 |
| 6     | Jennifer Land     | 1:04:16 | 6:26 |
| 7     | Jane Brouillette  | 1:04:53 | 6:30 |
| 8     | Erika Bloomfield  | 1:04:53 | 6:30 |
| 9     | MADYLYN LOPEZ     | 1:05:58 | 6:36 |
| 10    | KATHY DMYTRISIN   | 1:06:42 | 6:41 |
| 11    | Amanda Huddleston | 1:07:33 | 6:46 |
| 12    | Carla McLennan    | 1:08:34 | 6:52 |
| 13    | Oda Batongbakal   | 1:09:57 | 7:00 |
| 14    | Pam Gulenchin     | 1:11:56 | 7:12 |
| 15    | Sandra Proulx     | 1:12:20 | 7:14 |
| 16    | Melissa Wilson    | 1:14:48 | 7:29 |
| 17    | Sophia Kent       | 1:15:03 | 7:31 |
| 18    | IVY SANTOS        | 1:15:51 | 7:36 |
| 19    | Brenda Bastarache | 1:16:05 | 7:37 |
| 20    | Tessia HARMS      | 1:19:17 | 7:56 |
| 21    | Melanie Pitcher   | 1:20:07 | 8:01 |
| 22    | Lisa Patterson    | 1:22:33 | 8:16 |

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AGE GROUP: Women 40-44

| Place | Name                 | Finish  | Pace |
|-------|----------------------|---------|------|
| 1     | Cheryl Stewart       | 58:05   | 5:49 |
| 2     | Kari Klassen         | 59:42   | 5:59 |
| 3     | Tina Fedak           | 1:00:36 | 6:04 |
| 4     | Eva Kovacs           | 1:00:43 | 6:05 |
| 5     | Lisa Pischke         | 1:01:32 | 6:10 |
| 6     | Andrea Sward         | 1:02:45 | 6:17 |
| 7     | Rhonda Mccallum      | 1:04:28 | 6:27 |
| 8     | Rebecca Sabourin     | 1:04:56 | 6:30 |
| 9     | Colleen Kelly-Wardle | 1:05:19 | 6:32 |
| 10    | Nicole Drouin        | 1:07:35 | 6:46 |
| 11    | Puspa Todd           | 1:12:48 | 7:17 |
| 12    | Mindy Corrigan       | 1:14:47 | 7:29 |

AGE GROUP: Women 45-49

| Place | Name            | Finish  | Pace |
|-------|-----------------|---------|------|
| 1     | Sophie Beaulieu | 48:58   | 4:54 |
| 2     | Linda Bembridge | 54:08   | 5:25 |
| 3     | Edith Shaver    | 55:06   | 5:31 |
| 4     | Joanna Jarrett  | 56:24   | 5:39 |
| 5     | Corinne Reimer  | 1:03:33 | 6:22 |
| 6     | Cheryl Purll    | 1:05:22 | 6:33 |
| 7     | Bonnie Clarke   | 1:11:54 | 7:12 |
| 8     | Wanda Kolida    | 1:11:57 | 7:12 |
| 9     | Lia Crabbe      | 1:12:46 | 7:17 |
| 10    | Lisa Strickland | 1:34:07 | 9:25 |

AGE GROUP: Women 50-54

| Place | Name             | Finish  | Pace |
|-------|------------------|---------|------|
| 1     | Natalie Woodruff | 49:47   | 4:59 |
| 2     | Debbie Bennett   | 55:16   | 5:32 |
| 3     | Robin Veldkamp   | 56:54   | 5:42 |
| 4     | Rhonda Brown     | 57:39   | 5:46 |
| 5     | Lee Stewart      | 1:01:30 | 6:09 |
| 6     | Lesley Fox       | 1:02:02 | 6:13 |
| 7     | Michele Polinuk  | 1:03:11 | 6:20 |
| 8     | Audrey Prince    | 1:09:31 | 6:57 |
| 9     | Yve Thomson      | 1:11:15 | 7:08 |
| 10    | Sherry MacLeod   | 1:19:25 | 7:57 |

AGE GROUP: Women 55-59

| Place | Name              | Finish  | Pace |
|-------|-------------------|---------|------|
| 1     | Rhonda HARMS      | 49:52   | 5:00 |
| 2     | Eleanor Duguid    | 59:15   | 5:56 |
| 3     | Terese Schroeder  | 1:05:59 | 6:36 |
| 4     | Margaret Kubas    | 1:08:51 | 6:54 |
| 5     | Sandra Scott      | 1:17:47 | 7:47 |
| 6     | Nadine Linder     | 1:19:42 | 7:59 |
| 7     | Beverley Smadella | 1:28:32 | 8:52 |

AGE GROUP: Women 60-64

| Place | Name           | Finish  | Pace |
|-------|----------------|---------|------|
| 1     | Liz Dillon     | 1:02:27 | 6:15 |
| 2     | Nicole Mercier | 1:03:56 | 6:24 |
| 3     | Irene Williams | 1:19:40 | 7:58 |
| 4     | Maria Fritsch  | 1:21:02 | 8:07 |

AGE GROUP: Women 65-69

| Place | Name | Finish | Pace |
|-------|------|--------|------|
|-------|------|--------|------|

AGE GROUP: Women 70 & Over

| Place | Name | Finish | Pace |
|-------|------|--------|------|
|-------|------|--------|------|

AGE GROUP: Men 14 & under

| Place | Name          | Finish  | Pace |
|-------|---------------|---------|------|
| 1     | Hunter Reimer | 1:03:30 | 6:21 |

AGE GROUP: Men 15-19

| Place | Name             | Finish  | Pace |
|-------|------------------|---------|------|
| 1     | Hunter Fedak     | 51:35   | 5:10 |
| 2     | Dustin Porteous  | 53:35   | 5:22 |
| 3     | Rick-Yan Borduas | 57:52   | 5:48 |
| 4     | Thomas Reimer    | 1:00:01 | 6:01 |

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AGE GROUP: Men 20-24

| Place | Name           | Finish  | Pace |
|-------|----------------|---------|------|
| 1     | Kevin Allard   | 48:03   | 4:49 |
| 2     | Jason Magner   | 50:42   | 5:05 |
| 3     | Kraig Paulenko | 56:13   | 5:38 |
| 4     | Zachary Ramsey | 1:08:32 | 6:52 |
| 5     | Adam Al-atiya  | 1:12:54 | 7:18 |

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AGE GROUP: Men 25-29

| Place | Name            | Finish  | Pace |
|-------|-----------------|---------|------|
| 1     | Darren Dujlovic | 41:21   | 4:09 |
| 2     | Sean Armstrong  | 1:09:37 | 6:58 |

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AGE GROUP: Men 30-34

| Place | Name                   | Finish  | Pace |
|-------|------------------------|---------|------|
| 1     | Jean-Charles BRAU      | 41:46   | 4:11 |
| 2     | Calvin Slute           | 44:47   | 4:29 |
| 3     | Rob White              | 45:36   | 4:34 |
| 4     | Christopher Nam        | 46:09   | 4:37 |
| 5     | Tyler West             | 48:07   | 4:49 |
| 6     | Neil Dyck              | 48:11   | 4:50 |
| 7     | Charles Lindell        | 50:28   | 5:03 |
| 8     | Daryl Mason            | 52:30   | 5:15 |
| 9     | Kyle Marriott          | 54:20   | 5:26 |
| 10    | Matthew Podolas        | 54:57   | 5:30 |
| 11    | Eric Andrews           | 55:17   | 5:32 |
| 12    | Jean-René Kelly-Poulin | 55:33   | 5:34 |
| 13    | Christopher Kroeker    | 56:50   | 5:41 |
| 14    | John Ciavaglia         | 57:23   | 5:45 |
| 15    | Sean Workman           | 58:36   | 5:52 |
| 16    | Luc Robichaud          | 59:59   | 6:00 |
| 17    | Kevin Sigouin          | 1:00:48 | 6:05 |
| 18    | Mikaël Lemoine         | 1:02:34 | 6:16 |
| 19    | Umesh Gungiah          | 1:02:58 | 6:18 |
| 20    | Cris Fallarna          | 1:09:46 | 6:59 |

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AGE GROUP: Men 35-39

| Place | Name | Finish | Pace |
|-------|------|--------|------|
|-------|------|--------|------|

|    |                     |         |      |
|----|---------------------|---------|------|
| 1  | Paul Shapka         | 43:25   | 4:21 |
| 2  | Andrew Armstrong    | 50:30   | 5:03 |
| 3  | Kyle Rebryna        | 51:05   | 5:07 |
| 4  | Evan Hurak          | 54:10   | 5:25 |
| 5  | Christopher Struhan | 55:27   | 5:33 |
| 6  | Matthew Machnee     | 55:55   | 5:36 |
| 7  | Luc Martin          | 56:10   | 5:37 |
| 8  | Trevor Porteous     | 57:30   | 5:45 |
| 9  | Brendan Innes       | 57:47   | 5:47 |
| 10 | Brian Rochat        | 1:00:02 | 6:01 |
| 11 | Corey Brandt        | 1:04:46 | 6:29 |
| 12 | Carl Eusebio        | 1:04:52 | 6:30 |
| 13 | Jeffery Coleman     | 1:13:02 | 7:19 |
| 14 | ALFREDO SANTOS      | 1:15:50 | 7:35 |

AGE GROUP: Men 40-44

| Place | Name             | Finish  | Pace |
|-------|------------------|---------|------|
| 1     | Ronald Blanchard | 42:30   | 4:15 |
| 2     | YONG ZENG        | 48:41   | 4:52 |
| 3     | Tomasz Pich      | 49:46   | 4:59 |
| 4     | Alexander Bolt   | 53:46   | 5:23 |
| 5     | Rob Clarke       | 53:59   | 5:24 |
| 6     | Dan Hudson       | 58:01   | 5:49 |
| 7     | Robert Olivier   | 59:15   | 5:56 |
| 8     | Neil Spears      | 1:03:14 | 6:20 |
| 9     | Patrick Borduas  | 1:04:08 | 6:25 |
| 10    | Tim Gunner       | 1:08:40 | 6:52 |
| 11    | David Dunwoody   | 1:16:07 | 7:37 |
| 12    | Aaron Windle     | 1:17:05 | 7:43 |
| 13    | Glenn Fleetwood  | 1:19:17 | 7:56 |

AGE GROUP: Men 45-49

| Place | Name             | Finish | Pace |
|-------|------------------|--------|------|
| 1     | Martin Gros-Jean | 46:42  | 4:41 |
| 2     | Ken Kohut        | 49:59  | 5:00 |
| 3     | Corey Smith      | 51:59  | 5:12 |
| 4     | Jason Radford    | 52:16  | 5:14 |
| 5     | Michael Tintor   | 53:11  | 5:20 |
| 6     | Neil Cameron     | 54:49  | 5:29 |
| 7     | Kevin Luellman   | 55:18  | 5:32 |
| 8     | Steven Hart      | 55:42  | 5:35 |
| 9     | Apollo Edmilao   | 55:48  | 5:35 |
| 10    | Kevin Kendel     | 58:00  | 5:48 |
| 11    | Iain Huddleston  | 58:42  | 5:53 |
| 12    | Tim LeBlanc      | 58:53  | 5:54 |

|    |             |         |      |
|----|-------------|---------|------|
| 13 | NOEL LAPUZ  | 1:00:29 | 6:03 |
| 14 | Cory Rybuck | 1:01:24 | 6:09 |
| 15 | Scott Todd  | 1:05:22 | 6:33 |
| 16 | Tom Connon  | 1:07:17 | 6:44 |

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AGE GROUP: Men 50-54

| Place | Name                 | Finish  | Pace |
|-------|----------------------|---------|------|
| 1     | Sean Boyle           | 39:57   | 4:00 |
| 2     | Roy Balacano         | 47:16   | 4:44 |
| 3     | Jose Peralta-Huertas | 49:15   | 4:56 |
| 4     | Christian Drouin     | 50:21   | 5:03 |
| 5     | Rod Delisle          | 53:40   | 5:22 |
| 6     | Jeff Enquist         | 55:30   | 5:33 |
| 7     | Rande Gatbonton      | 58:09   | 5:49 |
| 8     | John Prevost         | 1:02:25 | 6:15 |
| 9     | Colin Craddock       | 1:03:57 | 6:24 |

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AGE GROUP: Men 55-59

| Place | Name              | Finish  | Pace |
|-------|-------------------|---------|------|
| 1     | Ken Reynolds      | 54:02   | 5:25 |
| 2     | Chris Harrison    | 56:18   | 5:38 |
| 3     | Michael Scarcella | 56:23   | 5:39 |
| 4     | John Sauder       | 57:22   | 5:45 |
| 5     | Keith Arnoldus    | 1:01:31 | 6:10 |
| 6     | Leroy Berndt      | 1:02:48 | 6:17 |
| 7     | Jeff O'leary      | 1:04:23 | 6:27 |
| 8     | Andrew Orobko     | 1:09:11 | 6:56 |
| 9     | Chris Enquist     | 1:15:28 | 7:33 |
| 10    | Tom Scott         | 1:17:49 | 7:47 |
| 11    | Mark Rootes       | 1:32:01 | 9:13 |

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AGE GROUP: Men 60-64

| Place | Name              | Finish  | Pace |
|-------|-------------------|---------|------|
| 1     | John Brighty      | 56:22   | 5:39 |
| 2     | Randy Bodner      | 56:55   | 5:42 |
| 3     | Ed Smadella       | 58:20   | 5:50 |
| 4     | Richard Schroeder | 1:16:37 | 7:40 |
| 5     | Grant MacLeod     | 1:19:43 | 7:59 |

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AGE GROUP: Men 65-69

| Place | Name        | Finish  | Pace |
|-------|-------------|---------|------|
| 1     | Dennis Lone | 1:05:31 | 6:34 |

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AGE GROUP: Men 70 & Over

| Place | Name | Finish | Pace |
|-------|------|--------|------|
|-------|------|--------|------|