

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

Half Marathon Age Group Results

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AGE GROUP: Women 14 & under

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

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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     | Sarah Vaage | 2:40:15 | 7:36  |

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AGE GROUP: Women 25-29

| Place | Name                | Finish  | Pace  |
|-------|---------------------|---------|-------|
| ===== | =====               | =====   | ===== |
| 1     | Kelsey Uminski      | 1:51:49 | 5:18  |
| 2     | Samantha Erichsen   | 1:54:22 | 5:26  |
| 3     | Jessica Shaver      | 2:06:12 | 5:59  |
| 4     | Ines Caren Biernoth | 2:06:40 | 6:01  |
| 5     | Shelley Burns       | 2:06:47 | 6:01  |
| 6     | Jacqueline Gagnon   | 2:20:18 | 6:39  |
| 7     | Shannara Friesen    | 2:29:17 | 7:05  |

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AGE GROUP: Women 30-34

| Place | Name            | Finish  | Pace  |
|-------|-----------------|---------|-------|
| ===== | =====           | =====   | ===== |
| 1     | Joanna Webb     | 1:51:11 | 5:17  |
| 2     | Ainsley Hamm    | 1:57:26 | 5:34  |
| 3     | Tamara Sawatzky | 2:05:01 | 5:56  |

|   |                  |         |      |
|---|------------------|---------|------|
| 4 | Melissa Pryce    | 2:07:28 | 6:03 |
| 5 | Christine Fenton | 2:08:02 | 6:05 |
| 6 | Tina Bergen      | 2:24:26 | 6:51 |
| 7 | Chantal Sawbo    | 2:27:15 | 6:59 |
| 8 | Sylvia Champion  | 2:30:38 | 7:09 |

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AGE GROUP: Women 35-39

| Place | Name                    | Finish  | Pace |
|-------|-------------------------|---------|------|
| 1     | Rebecca Cunnane         | 1:32:43 | 4:24 |
| 2     | Kayla Bowser            | 1:57:29 | 5:35 |
| 3     | Margaret Jacula         | 1:57:57 | 5:36 |
| 4     | Jacqueline Dueck        | 2:08:02 | 6:05 |
| 5     | Morgan Sales            | 2:10:48 | 6:12 |
| 6     | Holly-Ann Larose        | 2:18:01 | 6:33 |
| 7     | Kari Tkach              | 2:21:00 | 6:41 |
| 8     | Marla Riekman           | 2:21:13 | 6:42 |
| 9     | Andrea Richardson-Lipon | 2:29:19 | 7:05 |
| 10    | Karen Spence            | 2:36:26 | 7:25 |
| 11    | Grace Brykaliuk         | 2:36:32 | 7:26 |
| 12    | Jamie Dahl              | 2:40:15 | 7:36 |
| 13    | Esther Van De Walle     | 2:44:38 | 7:49 |
| 14    | Tracy Stempnick         | 3:07:28 | 8:54 |

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AGE GROUP: Women 40-44

| Place | Name            | Finish  | Pace |
|-------|-----------------|---------|------|
| 1     | BRANDY ADOLPHE  | 1:35:46 | 4:33 |
| 2     | Amanda Campbell | 1:47:48 | 5:07 |
| 3     | Christy Weitzel | 2:03:08 | 5:51 |
| 4     | Candice Foreman | 2:12:08 | 6:16 |
| 5     | Nancy Buchheim  | 2:15:19 | 6:25 |
| 6     | Dama Slutchuk   | 2:15:30 | 6:26 |
| 7     | Janet Timmerman | 2:20:36 | 6:40 |
| 8     | Shelagh Bakos   | 2:25:07 | 6:53 |
| 9     | Tamara Coutu    | 2:50:29 | 8:05 |

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AGE GROUP: Women 45-49

| Place | Name              | Finish  | Pace |
|-------|-------------------|---------|------|
| 1     | Esther Adamson    | 1:56:14 | 5:31 |
| 2     | Gaylene Nicholson | 2:03:22 | 5:51 |
| 3     | Janice Haney      | 2:22:08 | 6:45 |

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AGE GROUP: Women 50-54

| Place | Name           | Finish  | Pace |
|-------|----------------|---------|------|
| 1     | Patti LeBlanc  | 3:01:00 | 8:35 |
| 2     | Colleen Legary | 3:01:00 | 8:35 |

AGE GROUP: Women 55-59

| Place | Name           | Finish  | Pace |
|-------|----------------|---------|------|
| 1     | Judy Otto      | 2:11:45 | 6:15 |
| 2     | Debra Kato     | 2:29:09 | 7:05 |
| 3     | Patricia Mondt | 3:07:27 | 8:54 |

AGE GROUP: Women 60-64

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

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     | Zachary P | 2:30:38 | 7:09 |

AGE GROUP: Men 15-19

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

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AGE GROUP: Men 20-24

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

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AGE GROUP: Men 25-29

| Place | Name                          | Finish  | Pace |
|-------|-------------------------------|---------|------|
| 1     | Jeff Sacco                    | 1:17:15 | 3:40 |
| 2     | Neff Guiao                    | 1:39:07 | 4:42 |
| 3     | Jean The Mean Dancing Machine | 1:48:24 | 5:09 |
| 4     | Ward Lentz                    | 1:50:15 | 5:14 |
| 5     | Kyle Melia                    | 1:59:06 | 5:39 |
| 6     | Charlie Ulloa                 | 2:08:52 | 6:07 |
| 7     | Peter Kowalchuk               | 2:13:39 | 6:21 |
| 8     | Jonathan Regalado             | 2:14:02 | 6:22 |

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AGE GROUP: Men 30-34

| Place | Name             | Finish  | Pace |
|-------|------------------|---------|------|
| 1     | HYOJIN Lee       | 1:25:33 | 4:04 |
| 2     | Stephane Lacroix | 1:34:15 | 4:28 |
| 3     | Brad Micholson   | 1:57:52 | 5:36 |
| 4     | Stephen Mullins  | 2:17:06 | 6:30 |
| 5     | Graham Noyes     | 2:20:56 | 6:41 |
| 6     | Nathan Carrigan  | 2:34:53 | 7:21 |

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AGE GROUP: Men 35-39

| Place | Name              | Finish  | Pace |
|-------|-------------------|---------|------|
| 1     | Jeremy Walker     | 1:14:29 | 3:32 |
| 2     | Scott Watson      | 1:24:53 | 4:02 |
| 3     | Aaron Webb        | 1:32:20 | 4:23 |
| 4     | Christopher James | 1:34:47 | 4:30 |
| 5     | Shea Land         | 1:43:26 | 4:55 |
| 6     | Jefferson Cortez  | 1:46:26 | 5:03 |
| 7     | Joshua Martin     | 1:53:17 | 5:23 |
| 8     | Ian Brown         | 1:53:24 | 5:23 |
| 9     | Adam Grycko       | 1:59:13 | 5:39 |
| 10    | Danny Dupuis      | 2:03:11 | 5:51 |
| 11    | Adam Briggs       | 2:06:13 | 5:59 |
| 12    | Ariel Mogan       | 2:14:17 | 6:22 |
| 13    | Kristjan Paulson  | 2:23:09 | 6:48 |

14 Adam Carrigan 2:35:14 7:22

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AGE GROUP: Men 40-44

| Place | Name                 | Finish  | Pace |
|-------|----------------------|---------|------|
| 1     | Julian Regehr        | 1:41:08 | 4:48 |
| 2     | J. Collin Stevenson  | 1:47:17 | 5:06 |
| 3     | Hartley Lowenthal    | 1:49:09 | 5:11 |
| 4     | Gord Currie          | 1:49:45 | 5:13 |
| 5     | Marc-Antoine Fecteau | 1:50:50 | 5:16 |
| 6     | Dan Chevrier         | 2:13:44 | 6:21 |
| 7     | Dean Van De Walle    | 2:14:44 | 6:24 |

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AGE GROUP: Men 45-49

| Place | Name              | Finish  | Pace |
|-------|-------------------|---------|------|
| 1     | Ted Furness       | 1:29:19 | 4:14 |
| 2     | Doug Martin       | 1:32:36 | 4:24 |
| 3     | Tom Elskamp       | 1:41:26 | 4:49 |
| 4     | Henry Aalbers     | 1:54:22 | 5:26 |
| 5     | Jason Haney       | 1:55:01 | 5:28 |
| 6     | Jamie Hardy       | 1:59:57 | 5:42 |
| 7     | Dwayne Olson      | 2:02:07 | 5:48 |
| 8     | Jeff Thiessen     | 2:05:27 | 5:57 |
| 9     | Jumir Encarnacion | 2:06:36 | 6:00 |
| 10    | Paul Surgeoner    | 2:12:30 | 6:17 |
| 11    | Warren Banks      | 2:39:21 | 7:34 |
| 12    | Curtis Tymko      | 2:50:25 | 8:05 |

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AGE GROUP: Men 50-54

| Place | Name               | Finish  | Pace |
|-------|--------------------|---------|------|
| 1     | Richard Alary      | 1:32:23 | 4:23 |
| 2     | Chad Manske        | 1:35:15 | 4:31 |
| 3     | Thane Smith        | 1:49:49 | 5:13 |
| 4     | Dave Gilbert       | 1:52:19 | 5:20 |
| 5     | Tamirat Mekonnen   | 1:53:35 | 5:23 |
| 6     | Doug Eyolfson      | 1:54:59 | 5:27 |
| 7     | Mark Van Schepdael | 2:01:38 | 5:46 |
| 8     | Scott Munn         | 2:06:31 | 6:00 |
| 9     | David Jurczak      | 2:11:37 | 6:15 |

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AGE GROUP: Men 55-59

| Place | Name           | Finish  | Pace |
|-------|----------------|---------|------|
| 1     | Bob Cox        | 1:31:44 | 4:21 |
| 2     | Ronald Allen   | 1:51:32 | 5:18 |
| 3     | David Watson   | 1:55:59 | 5:30 |
| 4     | Donald Stewart | 1:59:25 | 5:40 |
| 5     | Bob Nicholson  | 2:06:20 | 6:00 |
| 6     | Doug McKay     | 2:11:27 | 6:14 |

AGE GROUP: Men 60-64

| Place | Name           | Finish  | Pace  |
|-------|----------------|---------|-------|
| 1     | William Dymond | 1:37:22 | 4:37  |
| 2     | Doug Sadler    | 2:06:40 | 6:01  |
| 3     | Rod Lauder     | 2:29:13 | 7:05  |
| 4     | Bob Sitter     | 2:42:07 | 7:41  |
| 5     | Mike Clarke    | 3:52:14 | 11:01 |

AGE GROUP: Men 65-69

| Place | Name       | Finish  | Pace |
|-------|------------|---------|------|
| 1     | Jeff Vince | 2:17:59 | 6:33 |

AGE GROUP: Men 70 & Over

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