

Physio Fit Run 10K
 May 11,2019
 Assiniboine Park

OVERALL RESULTS
 DISTANCE CERTIFIED

PLACE	NAME	GENDER	AGE GROUP	PLACE IN		FINISH TIME	CHIP TIME
				AGE GROUP	GENDER		
1	Daniel Heschuk	M	M20-24	1/4	1/90	31:54	31:54
2	Carson Cortvriendt	M	M15-19	1/3	2/90	35:02	35:01
3	Kris Joy	M	M30-34	1/6	3/90	37:41	37:41
4	Jonathan McGavock	M	M40-44	1/8	4/90	38:19	38:18
5	Jonas Eastcott	M	M25-29	1/11	5/90	39:16	39:14
6	Darcey Harder	M	M45-49	1/5	6/90	39:35	39:33
7	Neff Guiao	M	M25-29	2/11	7/90	40:28	40:26
8	Melanie Morris	F	F40-44	1/9	1/83	40:37	40:36
9	Colin Heier	M	M25-29	3/11	8/90	42:05	42:03
10	Don Bevington	M	M50-54	1/4	9/90	42:30	42:29
11	Shayna Giesbrecht	F	F20-24	1/9	2/83	42:34	42:33
12	Robert Cox	M	M55-59	1/17	10/90	42:47	42:44
13	Lindsey Green	F	F30-34	1/14	3/83	43:00	42:58
14	Dawson Dick	M	M15-19	2/3	11/90	43:17	43:11
15	Kris Aguiar	M	M20-24	2/4	12/90	43:20	43:08
16	Ken Friesen	M	M60-64	1/7	13/90	43:22	43:20
17	Greg Athayde	M	M55-59	2/17	14/90	44:08	44:04
18	Chris Dick	M	M50-54	2/4	15/90	44:22	44:19
19	Paul Kathler	M	M25-29	4/11	16/90	44:41	44:33
20	Joel Dumont	M	M35-39	1/8	17/90	44:57	44:47
21	Brooke Richtik	F	F20-24	2/9	4/83	44:57	44:53
22	Andrew Schewe	M	M55-59	3/17	18/90	45:10	45:06
23	Khalid Ahmad	M	M55-59	4/17	19/90	45:30	45:21
24	Gre Gonzales	M	M30-34	2/6	20/90	45:32	45:28
25	Cameron Funk	M	M40-44	2/8	21/90	45:46	45:40
26	Brad Whitson	M	M55-59	5/17	22/90	45:53	45:43
27	Leslie Hesse	F	F35-39	1/11	5/83	45:59	45:57
28	Kelvin Koots	M	M25-29	5/11	23/90	45:59	45:51
29	Neil Ferguson	M	M60-64	2/7	24/90	46:25	46:21
30	Leon Clegg	M	M70-74	1/3	25/90	46:27	46:23
31	Graham Pinkerton	M	M15-19	3/3	26/90	46:32	46:31
32	Ken Koots	M	M55-59	6/17	27/90	46:36	46:30
33	Vanessa Poliquin	F	F35-39	2/11	6/83	47:38	47:36
34	Gordon Flett	M	M55-59	7/17	28/90	48:15	48:12
35	Grant Johnston	M	M50-54	3/4	29/90	48:27	48:20
36	Andrew Swan	M	M50-54	4/4	30/90	48:39	48:33
37	Kathleen Caithness	F	F50-54	1/7	7/83	48:46	48:42
38	Kathleen Elgar	F	F35-39	3/11	8/83	49:08	49:04
39	Sue Wasylenchuk	F	F45-49	1/4	9/83	49:10	49:08

40	Josh Friesen	M	M01-14	1/10	31/90	49:14	49:09
41	Danielle Papin	F	F60-64	1/7	10/83	49:25	49:18
42	Hernan Gutierrez	M	M55-59	8/17	32/90	49:27	49:25
43	Bryan Ezako	M	M45-49	2/5	33/90	49:32	49:28
44	Jordan Penner	M	M35-39	2/8	34/90	49:52	49:49
45	Michele Richtik	F	F50-54	2/7	11/83	50:09	50:05
46	Crystal Antila	F	F35-39	4/11	12/83	50:17	50:14
47	Dustin Murdock	M	M25-29	6/11	35/90	50:24	50:14
48	Stephen Terichow Parrott	M	M55-59	9/17	36/90	50:28	50:21
49	Edward Willmott	M	M55-59	10/17	37/90	50:36	50:34
50	Hoangkim Luong	F	F30-34	2/14	13/83	50:36	50:32
51	Michael Thompson	M	M40-44	3/8	38/90	50:53	50:40
52	Christopher Gadaleta	M	M25-29	7/11	39/90	50:59	50:55
53	Piotr Kozlowski	M	M35-39	3/8	40/90	51:03	50:58
54	Scott McMillan	M	M40-44	4/8	41/90	51:19	51:09
55	Ashley Scott	F	F30-34	3/14	14/83	51:38	51:14
56	Ciara Sebelius	F	F25-29	1/8	15/83	52:09	52:04
57	Cathie Coughlin	F	F55-59	1/11	16/83	52:10	52:06
58	Scott Halford	M	M25-29	8/11	42/90	52:22	52:16
59	Scott Dick	M	M45-49	3/5	43/90	52:42	52:35
60	Jean Pierre Grolet	M	M55-59	11/17	44/90	52:59	52:49
61	Catherine Mecas	F	F35-39	5/11	17/83	53:07	53:01
62	James Slade	M	M60-64	3/7	45/90	53:12	52:56
63	Robin Dick	F	F45-49	2/4	18/83	53:12	53:05
64	Keith Klassen	M	M45-49	4/5	46/90	53:21	53:03
65	Margaret Stromecki	F	F25-29	2/8	19/83	53:23	53:16
66	Brenda Krueger	F	F60-64	2/7	20/83	53:27	53:02
67	Morgan Vespa	F	F30-34	4/14	21/83	53:31	53:24
68	Talitha Kaethler	F	F35-39	6/11	22/83	53:31	53:24
69	Amy Sedor	F	F30-34	5/14	23/83	53:45	53:42
70	Randi Marshall	F	F25-29	3/8	24/83	53:51	53:38
71	Jennifer Toews	F	F35-39	7/11	25/83	53:55	53:44
72	Melissa Garry	F	F30-34	6/14	26/83	53:57	53:51
73	Khuong Huynh	M	M20-24	3/4	47/90	54:01	53:50
74	Joel Boutet	M	M30-34	3/6	48/90	54:05	53:55
75	David Moskal	M	M25-29	9/11	49/90	54:06	54:00
76	Darcia Jones	F	F45-49	3/4	27/83	54:13	54:03
77	Andrew Ferguson	M	M30-34	4/6	50/90	54:17	54:12
78	James Singer	M	M25-29	10/11	51/90	54:32	54:24
79	Joel Remis	M	M60-64	4/7	52/90	54:36	54:20
80	Daniel Baron	M	M30-34	5/6	53/90	54:38	54:28
81	Shelley Borschawa	F	F60-64	3/7	28/83	54:39	54:30
82	Chris Wiebe	M	M40-44	5/8	54/90	54:41	54:35
83	Simon Luong	M	M35-39	4/8	55/90	54:45	54:37
84	Amy Waylett	F	F30-34	7/14	29/83	54:47	54:36
85	Allan Finkel	M	M65-69	1/3	56/90	54:57	54:48
86	Dave Reede	M	M65-69	2/3	57/90	55:12	53:50
87	Riley Jasper	M	M25-29	11/11	58/90	55:23	55:17
88	Sydney Last	F	F20-24	3/9	30/83	55:52	55:32
89	Reginald Last	M	M55-59	12/17	59/90	55:52	55:33
90	Andrew Tataryn	M	M55-59	13/17	60/90	55:56	55:37

91	Kevin Swan	M	M55-59	14/17	61/90	56:05	55:55
92	Cheryl Stewart	F	F40-44	2/9	31/83	56:20	56:07
93	Laurie Dyck	F	F40-44	3/9	32/83	56:25	56:08
94	Barbara Farpelha	F	F20-24	4/9	33/83	56:35	56:25
95	Catherine Moltzan	F	F50-54	3/7	34/83	56:42	56:36
96	Ryan Dueck	M	M35-39	5/8	62/90	56:47	56:35
97	Suzete Moniz	F	F40-44	4/9	35/83	56:53	56:44
98	Noel Beckel	M	M45-49	5/5	63/90	57:22	57:16
99	Nancy Doern-White	F	F60-64	4/7	36/83	57:42	57:33
100	Jennifer Tackley	F	F55-59	2/11	37/83	57:42	57:32
101	Lorraine Manson	F	F45-49	4/4	38/83	57:49	57:34
102	Erick Nduwiman	M	M35-39	6/8	64/90	57:52	57:37
103	Edward Zwingerman	M	M60-64	5/7	65/90	58:02	57:38
104	Katie Zwingerman	F	F30-34	8/14	39/83	58:03	57:39
105	Easton Dick	M	M01-14	2/10	66/90	58:49	58:43
106	Caitlin Ryan	F	F25-29	4/8	40/83	59:09	58:59
107	Carolyn Blackner	F	F50-54	4/7	41/83	59:35	59:26
108	Mike Keatch	M	M35-39	7/8	67/90	59:35	59:09
109	Denise Langendorfer	F	F40-44	5/9	42/83	59:38	59:26
110	Emilie Fowler	F	F20-24	5/9	43/83	59:39	59:36
111	Rachael Holod	F	F20-24	6/9	44/83	1:00:00	59:47
112	Colleen Semmler	F	F55-59	3/11	45/83	1:00:02	59:50
113	Kyla Lenio-Slack	F	F35-39	8/11	46/83	1:00:05	59:52
114	Todd Friesen	M	M40-44	6/8	68/90	1:00:18	1:00:07
115	Stacy Ponask	F	F30-34	9/14	47/83	1:00:20	1:00:09
116	Craig Hodkinson	M	M40-44	7/8	69/90	1:00:27	1:00:10
117	Melissa Pryce	F	F30-34	10/14	48/83	1:00:29	1:00:17
118	Jeffrey Hunt	M	M40-44	8/8	70/90	1:00:35	1:00:23
119	Desiree Chabot	F	F25-29	5/8	49/83	1:00:53	1:00:49
120	Gerry Borus	F	F55-59	4/11	50/83	1:01:09	1:00:54
121	Natalie Newman	F	F50-54	5/7	51/83	1:01:16	1:01:00
122	Reg Brown	M	M55-59	15/17	71/90	1:01:28	1:01:16
123	Michael Hamm	M	M35-39	8/8	72/90	1:02:07	1:01:53
124	Randal Bodner	M	M60-64	6/7	73/90	1:02:20	1:02:06
125	Tonya Allard	F	F40-44	6/9	52/83	1:02:28	1:02:15
126	Theodore Regnier	M	M01-14	3/10	74/90	1:02:49	1:02:26
127	David Regnier	M	M30-34	6/6	75/90	1:02:59	1:02:36
128	Greta Regnier	F	F01-14	1/1	53/83	1:02:59	1:02:36
129	Noreen Gnitzinger	F	F55-59	5/11	54/83	1:03:52	1:03:40
130	Shawn Bjornson	M	M55-59	16/17	76/90	1:04:39	1:04:26
131	Sarah Kamstra	F	F25-29	6/8	55/83	1:05:20	1:05:07
132	Brenda Still	F	F55-59	6/11	56/83	1:05:32	1:05:15
133	Allyson Banal	F	F20-24	7/9	57/83	1:05:45	1:05:34
134	Kassy Bouchard	F	F30-34	11/14	58/83	1:05:45	1:05:19
135	Anita Wrubleski	F	F60-64	5/7	59/83	1:05:50	1:05:30
136	Paul Peters Derry	M	M55-59	17/17	77/90	1:06:25	1:06:08
137	Itzel Vasquez	F	F35-39	9/11	60/83	1:06:40	1:06:31
138	Barry Atkinson	M	M70-74	2/3	78/90	1:07:39	1:07:21
139	Roberta Mitchell	F	F50-54	6/7	61/83	1:08:24	1:08:15
140	Jeff Vince	M	M70-74	3/3	79/90	1:10:06	1:09:40
141	Bridget Robinson	F	F50-54	7/7	62/83	1:10:13	1:09:52

142	Nicholas Turner	M	M01-14	4/10	80/90	1:10:19	1:09:52
143	Ron Halford	M	M60-64	7/7	81/90	1:10:22	1:10:15
144	Cecilia Turner	F	F40-44	7/9	63/83	1:10:23	1:09:57
145	Michelle Sutherland	F	F30-34	12/14	64/83	1:10:32	1:10:10
146	Lora Dobson	F	F55-59	7/11	65/83	1:10:43	1:10:21
147	Clemus Laurila	F	F60-64	6/7	66/83	1:10:43	1:10:23
148	Christine Cornelio	F	F20-24	8/9	67/83	1:11:02	1:10:51
149	Bev Rehill	F	F55-59	8/11	68/83	1:11:10	1:09:55
150	Chantelle Stefanyshyn	F	F25-29	7/8	69/83	1:11:10	1:09:54
151	Ryan Davidson	M	M01-14	5/10	82/90	1:12:45	1:12:34
152	Alexander Funk	M	M01-14	6/10	83/90	1:12:45	1:12:34
153	Ryden Dalgliesh	M	M01-14	7/10	84/90	1:12:57	1:12:30
154	Adam Freiling	M	M20-24	4/4	85/90	1:13:03	1:12:39
155	Abby Koch	F	F20-24	9/9	70/83	1:13:03	1:12:40
156	George Koch	M	M65-69	3/3	86/90	1:13:04	1:12:40
157	Nicole Dalgliesh	F	F35-39	10/11	71/83	1:13:06	1:12:38
158	Michelle Belanger	F	F35-39	11/11	72/83	1:13:06	1:12:41
159	Brenna Dixon	F	F25-29	8/8	73/83	1:16:07	1:15:59
160	Jim Anderson	M	M80+	1/1	87/90	1:16:58	1:16:36
161	Myles Murray	M	M01-14	8/10	88/90	1:17:09	1:16:43
162	Cathy Murray	F	F40-44	8/9	74/83	1:17:14	1:16:48
163	Jill Saunders	F	F55-59	9/11	75/83	1:18:01	1:17:38
164	Nelli Petkau	F	F60-64	7/7	76/83	1:19:27	1:19:10
165	Symo Yang	M	M01-14	9/10	89/90	1:21:19	1:20:56
166	Sunmo Yang	M	M01-14	10/10	90/90	1:21:36	1:21:13
167	Val Goertzen	F	F55-59	10/11	77/83	1:23:06	1:20:58
168	Stephanie Gosselin	F	F30-34	13/14	78/83	1:23:07	1:20:58
169	Patricia Mondt	F	F55-59	11/11	79/83	1:29:56	1:29:35
170	Renee Girard	F	F00-00	1/1	80/83	1:30:38	1:30:25
171	Katelyn Blais	F	F30-34	14/14	81/83	1:32:04	1:31:41
172	Coral Wiebe	F	F40-44	9/9	82/83	1:32:06	1:31:41
173	Helen Peters	F	F75-79	1/1	83/83	1:51:46	1:51:38

OVERALL TOP 3
 Physio Fit Run 10K
 May 11,2019
 Assiniboine Park

AGE-GROUP RESULTS FOR STATISTICAL PURPOSES ONLY

***** MALE OVERALL RESULTS FOR Physio Fit 10K Run *****

1	Daniel Heschuk	31:54
2	Carson Cortvriendt	35:02
3	Kris Joy	37:41

***** FEMALE OVERALL RESULTS FOR Physio Fit 10K Run *****

1	Melanie Morris	40:37
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2 Shayna Giesbrecht	42:34
3 Lindsey Green	43:00

MALE AGE GROUP: 14 & Under

1 Josh Friesen	49:14
2 Easton Dick	58:49
3 Theodore Regnier	1:02:49
4 Nicholas Turner	1:10:19
5 Ryan Davidson	1:12:45
6 Alexander Funk	1:12:45
7 Ryden Dalgliesh	1:12:57
8 Myles Murray	1:17:09
9 Symo Yang	1:21:19
10 Sunmo Yang	1:21:36

MALE AGE GROUP: 15 to 19

1 Carson Cortvriendt	35:02
2 Dawson Dick	43:17
3 Graham Pinkerton	46:32

MALE AGE GROUP: 20 to 24

1 Daniel Heschuk	31:54
2 Kris Aguiar	43:20
3 Khuong Huynh	54:01
4 Adam Freiling	1:13:03

MALE AGE GROUP: 25 to 29

1 Jonas Eastcott	39:16
2 Neff Guiao	40:28
3 Colin Heier	42:05
4 Paul Kathler	44:41
5 Kelvin Koots	45:59
6 Dustin Murdock	50:24
7 Christopher Gadaleta	50:59
8 Scott Halford	52:22
9 David Moskal	54:06
10 James Singer	54:32
11 Riley Jasper	55:23

MALE AGE GROUP: 30 to 34

1 Kris Joy	37:41
2 Gre Gonzales	45:32
3 Joel Boutet	54:05
4 Andrew Ferguson	54:17
5 Daniel Baron	54:38
6 David Regnier	1:02:59

MALE AGE GROUP: 35 to 39

1	Joel Dumont	44:57
2	Jordan Penner	49:52
3	Piotr Kozlowski	51:03
4	Simon Luong	54:45
5	Ryan Dueck	56:47
6	Erick Nduwiman	57:52
7	Mike Keatch	59:35
8	Michael Hamm	1:02:07

MALE AGE GROUP: 40 to 44

1	Jonathan McGavock	38:19
2	Cameron Funk	45:46
3	Michael Thompson	50:53
4	Scott McMillan	51:19
5	Chris Wiebe	54:41
6	Todd Friesen	1:00:18
7	Craig Hodgkinson	1:00:27
8	Jeffrey Hunt	1:00:35

MALE AGE GROUP: 45 to 49

1	Darcey Harder	39:35
2	Bryan Ezako	49:32
3	Scott Dick	52:42
4	Keith Klassen	53:21
5	Noel Beckel	57:22

MALE AGE GROUP: 50 to 54

1	Don Bevington	42:30
2	Chris Dick	44:22
3	Grant Johnston	48:27
4	Andrew Swan	48:39

MALE AGE GROUP: 55 to 59

1	Robert Cox	42:47
2	Greg Athayde	44:08
3	Andrew Schewe	45:10
4	Khalid Ahmad	45:30
5	Brad Whitson	45:53
6	Ken Koots	46:36
7	Gordon Flett	48:15
8	Hernan Gutierrez	49:27
9	Stephen Terichow Parrott	50:28
10	Edward Willmott	50:36
11	Jean Pierre Grolet	52:59

12 Reginald Last	55:52
13 Andrew Tataryn	55:56
14 Kevin Swan	56:05
15 Reg Brown	1:01:28
16 Shawn Bjornson	1:04:39
17 Paul Peters Derry	1:06:25

MALE AGE GROUP: 60 to 64

1 Ken Friesen	43:22
2 Neil Ferguson	46:25
3 James Slade	53:12
4 Joel Remis	54:36
5 Edward Zwingerman	58:02
6 Randal Bodner	1:02:20
7 Ron Halford	1:10:22

MALE AGE GROUP: 65 to 69

1 Allan Finkel	54:57
2 Dave Reede	55:12
3 George Koch	1:13:04

MALE AGE GROUP: 70 to 74

1 Leon Clegg	46:27
2 Barry Atkinson	1:07:39
3 Jeff Vince	1:10:06

MALE AGE GROUP: 80 & Over

1 Jim Anderson	1:16:58
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FEMALE AGE GROUP: 14 & Under

1 Greta Regnier	1:02:59
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FEMALE AGE GROUP: 15 to 19

FEMALE AGE GROUP: 20 to 24

1 Shayna Giesbrecht	42:34
2 Brooke Richtik	44:57
3 Sydney Last	55:52
4 Barbara Farpelha	56:35
5 Emilie Fowler	59:39
6 Rachael Holod	1:00:00
7 Allyson Banal	1:05:45
8 Christine Cornelio	1:11:02
9 Abby Koch	1:13:03

FEMALE AGE GROUP: 25 to 29

1	Ciara Sebelius	52:09
2	Margaret Stromecki	53:23
3	Randi Marshall	53:51
4	Caitlin Ryan	59:09
5	Desiree Chabot	1:00:53
6	Sarah Kamstra	1:05:20
7	Chantelle Stefanyshyn	1:11:10
8	Brenna Dixon	1:16:07

FEMALE AGE GROUP: 30 to 34

1	Lindsey Green	43:00
2	Hoangkim Luong	50:36
3	Ashley Scott	51:38
4	Morgan Vespa	53:31
5	Amy Sedor	53:45
6	Melissa Garry	53:57
7	Amy Waylett	54:47
8	Katie Zwingerman	58:03
9	Stacy Ponask	1:00:20
10	Melissa Pryce	1:00:29
11	Kassy Bouchard	1:05:45
12	Michelle Sutherland	1:10:32
13	Stephanie Gosselin	1:23:07
14	Katelyn Blais	1:32:04

FEMALE AGE GROUP: 35 to 39

1	Leslie Hesse	45:59
2	Vanessa Poliquin	47:38
3	Kathleen Elgar	49:08
4	Crystal Antila	50:17
5	Catherine Mecas	53:07
6	Talitha Kaethler	53:31
7	Jennifer Toews	53:55
8	Kyla Lenio-Slack	1:00:05
9	Itzel Vasquez	1:06:40
10	Nicole Dalgliesh	1:13:06
11	Michelle Belanger	1:13:06

FEMALE AGE GROUP: 40 to 44

1	Melanie Morris	40:37
2	Cheryl Stewart	56:20
3	Laurie Dyck	56:25
4	Suzete Moniz	56:53
5	Denise Langendorfer	59:38
6	Tonya Allard	1:02:28

7 Cecilia Turner	1:10:23
8 Cathy Murray	1:17:14
9 Coral Wiebe	1:32:06

FEMALE AGE GROUP: 45 to 49

1 Sue Wasylenchuk	49:10
2 Robin Dick	53:12
3 Darcia Jones	54:13
4 Lorraine Manson	57:49

FEMALE AGE GROUP: 50 to 54

1 Kathleen Caithness	48:46
2 Michele Richtik	50:09
3 Catherine Moltzan	56:42
4 Carolyn Blackner	59:35
5 Natalie Newman	1:01:16
6 Roberta Mitchell	1:08:24
7 Bridget Robinson	1:10:13

FEMALE AGE GROUP: 55 to 59

1 Cathie Coughlin	52:10
2 Jennifer Tackley	57:42
3 Colleen Semmler	1:00:02
4 Gerry Borus	1:01:09
5 Noreen Gnitzinger	1:03:52
6 Brenda Still	1:05:32
7 Lora Dobson	1:10:43
8 Bev Rehill	1:11:10
9 Jill Saunders	1:18:01
10 Val Goertzen	1:23:06
11 Patricia Mondt	1:29:56

FEMALE AGE GROUP: 60 to 64

1 Danielle Papin	49:25
2 Brenda Krueger	53:27
3 Shelley Borschawa	54:39
4 Nancy Doern-White	57:42
5 Anita Wrubleski	1:05:50
6 Clemus Laurila	1:10:43
7 Nelli Petkau	1:19:27

FEMALE AGE GROUP: 75 to 79

1 Helen Peters	1:51:46
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FEMALE AGE GROUP: No Age Given

