

Winnipeg 10 and 10
 September 8, 2019
 Winnipeg, MB

OVERALL 10K RESULTS

PLACE	NAME	GENDER	CITY	AGE GROUP	PLACE IN AGE GROUP	FINISH TIME	CHIP TIME	
1	Jonathon Eastcott	M	Toronto	M25-29	1/15	1/83	39:18	39:17
2	Darcey Harder	M	Winnipeg	M45-49	1/6	2/83	40:14	40:13
3	Milka Kopp	F	Winnipeg	F45-49	1/17	1/131	40:51	40:50
4	Robert Cox	M	Winnipeg	M55-59	1/10	3/83	41:16	41:14
5	Atley Durette	M	Winnipeg	M25-29	2/15	4/83	41:55	41:54
6	Don Bevington	M	Winnipeg	M50-54	1/6	5/83	42:06	42:05
7	Bruce Young	M	Winnipeg	M60-64	1/6	6/83	42:15	42:13
8	Robynn Clark	F	Winnipeg	F40-44	1/15	2/131	42:34	42:30
9	Daryl Croft	M	Morden	M30-34	1/8	7/83	42:43	42:39
10	Tanner Sanders	M	Beausejour	M15-19	1/4	8/83	44:28	44:21
11	Neil Ferguson	M	Winnipeg	M60-64	2/6	9/83	45:01	44:57
12	John Gietzel	M	Winnipeg	M40-44	1/8	10/83	45:07	45:06
13	Leon Clegg	M	Lac Du Bonnet	M70-74	1/3	11/83	45:08	45:05
14	Chris Dick	M	Carman	M50-54	2/6	12/83	45:24	45:20
15	Gordon Flett	M	Winnipeg	M55-59	2/10	13/83	46:05	46:03
16	Alan Shepherd	M	Winnipeg	M30-34	2/8	14/83	46:10	46:08
17	Colin Heier	M	Mitchell	M25-29	3/15	15/83	46:23	46:05
18	Ami Samuel	F	Winnipeg	F50-54	1/16	3/131	47:08	47:06
19	Jory Kruspe	M	Winnipeg	M40-44	2/8	16/83	47:11	47:09
20	Aime Lafreniere	M	Fisher Branch	M55-59	3/10	17/83	47:38	47:37
21	Kelvin Koots	M	Winnipeg	M25-29	4/15	18/83	48:06	47:53
22	Edward Willmott	M	Winnipeg	M55-59	4/10	19/83	48:46	48:43
23	Ziggy Tesfaye	M	Winnipeg	M45-49	2/6	20/83	48:57	48:55
24	Angie Conrad	F	Winnipeg	F40-44	2/15	4/131	49:03	48:56
25	Bryan Ezako	M	Cartier	M45-49	3/6	21/83	49:04	48:59
26	Susan Keely	F	Glens Falls	F50-54	2/16	5/131	49:09	49:05
27	Andrew Swan	M	Winnipeg	M50-54	3/6	22/83	49:17	49:12
28	Alvin Almagro	M	Winnipeg	M15-19	2/4	23/83	49:24	48:58
29	Harold Schellenberg	M	Winnipeg	M40-44	3/8	24/83	49:30	49:26
30	Kelly McGonigal	M	Winnipeg	M35-39	1/10	25/83	49:52	49:41
31	James Manguba	M	Winnipeg	M25-29	5/15	26/83	49:53	49:47
32	Tim Magas	M	Winnipeg	M50-54	4/6	27/83	50:28	50:23
33	Marie Roberts	F	Winnipeg	F45-49	2/17	6/131	50:31	50:25
34	Kathleen Caithness	F	Winnipeg	F50-54	3/16	7/131	50:37	50:34
35	John Mergulhao	M	Winnipeg	M50-54	5/6	28/83	50:43	50:35
36	Stephen Terichow Parrott	M	Winnipeg	M55-59	5/10	29/83	50:50	50:45
37	Kassy Bouchard	F	Winnipeg	F30-34	1/15	8/131	50:52	35:48

38	Samantha Erichsen	F	Winnipeg	F30-34	2/15	9/131	51:04	50:53
39	Robert Jamieson	M	East St. Paul	M60-64	3/6	30/83	51:06	51:05
40	Clayton Laviolette	M	Garson	M35-39	2/10	31/83	51:19	51:05
41	Kegan Turnbull	M	Winnipeg	M25-29	6/15	32/83	51:20	51:08
42	Lloyd Codamon	M	Winnipeg	M35-39	3/10	33/83	51:22	51:07
43	Cathie Coughlin	F	Winnipeg	F55-59	1/12	10/131	51:38	51:35
44	Ryan Adams	M	Brandon	M30-34	3/8	34/83	51:56	51:55
45	Gail Bombersbach	F	Winnipeg	F50-54	4/16	11/131	52:08	52:00
46	Andrew Ferguson	M	Winnipeg	M30-34	4/8	35/83	52:20	52:16
47	Tim Coombs	M	Winnipeg	M25-29	7/15	36/83	52:24	52:12
48	Phillip Pawluk	M	Winnipeg	M35-39	4/10	37/83	52:29	52:22
49	Cynthia Menzies	F	Winnipeg	F45-49	3/17	12/131	52:47	52:44
50	Vanessa Larose	F	Winnipeg	F30-34	3/15	13/131	52:51	52:33
51	Ryan Dueck	M	Winnipeg	M35-39	5/10	38/83	53:35	53:21
52	Nadine Anderson	F	Winnipeg	F20-24	1/6	14/131	53:39	53:24
53	Brendan Metzger	M	Winkler	M20-24	1/4	39/83	53:40	53:24
54	Steve Wetton	M	Winnipeg	M30-34	5/8	40/83	53:46	53:39
55	Christa Rust	F	Winnipeg	F35-39	1/19	15/131	53:50	53:45
56	Brenda Krueger	F	Winnipeg	F60-64	1/10	16/131	54:11	54:08
57	Bryan Mintenko	M	Winnipeg	M40-44	4/8	41/83	54:16	54:12
58	Tracy White	F	Winnipeg	F45-49	4/17	17/131	54:16	54:09
59	Laura Wiebe	F	Winnipeg	F50-54	5/16	18/131	54:17	54:09
60	Sean Cleary	M	Bismarck	M25-29	8/15	42/83	54:43	54:30
61	Walter Yuen	M	Winnipeg	M50-54	6/6	43/83	54:43	54:38
62	Jason Perez	M	Winnipeg	M40-44	5/8	44/83	54:52	54:43
63	Benjamin Takow	M	Winnipeg	M40-44	6/8	45/83	55:01	54:33
64	Mandie Nechwediuk	F	Winnipeg	F35-39	2/19	19/131	55:06	54:48
65	Nathan Wisniewski	M	Gonor	M20-24	2/4	46/83	55:11	54:53
66	Biniam Yohanes	M	Winnipeg	M30-34	6/8	47/83	55:15	55:13
67	Nycolle Adams	F	Brandon	F30-34	4/15	20/131	55:28	55:27
68	Sherri Pastula	F	Winnipeg	F30-34	5/15	21/131	55:28	55:18
69	Alan Hopkins	M	West St. Paul	M55-59	6/10	48/83	55:32	55:18
70	Chrissy Tournier Croft	F	Morden	F30-34	6/15	22/131	55:47	55:33
71	Heather Marks	F	Winnipeg	F45-49	5/17	23/131	55:51	55:48
72	Paul Brault	M	Headingley	M60-64	4/6	49/83	55:54	55:48
73	Craig Hughes	M	Winnipeg	M35-39	6/10	50/83	56:20	55:55
74	Dennis Hurley	M	Brandon	M60-64	5/6	51/83	56:23	56:00
75	Vicky Wilson	F	Winnipeg	F35-39	3/19	24/131	56:23	55:55
76	Shelley Mollot	F	Winnipeg	F45-49	6/17	25/131	56:24	56:18
77	Matthew Grammatico	M	Winnipeg	M25-29	9/15	52/83	56:32	56:26
78	Shelley Borschawa	F	Winnipeg	F60-64	2/10	26/131	56:35	56:23
79	Number 1025	M				53/83	56:38	56:24
80	Megan Cromarty	F	Norway House	F30-34	7/15	27/131	56:45	56:29
81	Amy Sedor	F	Ile Des Chenes	F30-34	8/15	28/131	56:51	56:46
82	Devin Ross	M	Winnipeg	M25-29	10/15	54/83	56:59	56:44
83	Piotr Kozlowski	M	Winnipeg	M35-39	7/10	55/83	57:02	56:52
84	Catherine Moltzan	F	Headingley	F50-54	6/16	29/131	57:07	57:01
85	Leigh Patterson	F	Stonewll	F50-54	7/16	30/131	57:12	56:55
86	Jamila Rempel	F	Winnipeg	F20-24	2/6	31/131	57:13	57:08
87	Janos Saluta	M	Winnipeg	M25-29	11/15	56/83	57:17	56:51
88	Diane L'Heureux	F	Winnipeg	F50-54	8/16	32/131	57:53	57:38

89	Brendan Currie	M	Winnipeg	M20-24	3/4	57/83	57:53	57:45
90	Tarran Provak	F	Winnipeg	F25-29	1/18	33/131	57:56	57:48
91	Michael Hamm	M	Winnipeg	M40-44	7/8	58/83	57:58	57:48
92	Nicole Robidoux	F	Winnipeg	F55-59	2/12	34/131	58:03	57:52
93	Kayla Holodryga	F	Tolstoi	F25-29	2/18	35/131	58:13	58:08
94	Genevia Mitchell	F	Winnipeg	F25-29	3/18	36/131	58:31	58:09
95	Doreen Perez	F	Winnipeg	F40-44	3/15	37/131	58:53	58:44
96	Vanessa Warne	F	Winnipeg	F45-49	7/17	38/131	58:59	58:53
97	Jennifer Toews	F	Winnipeg	F35-39	4/19	39/131	59:06	58:51
98	Barbara Farpelha	F	Winnipeg	F20-24	3/6	40/131	59:38	59:27
99	Sheldon Novak	M	Winnipeg	M45-49	4/6	59/83	59:50	59:36
100	Junjie Grac Hu-Skrzenta	F	Winnipeg	F30-34	9/15	41/131	59:53	59:47
101	Lorenzo Aquino	M	Winnipeg	M15-19	3/4	60/83	59:56	59:47
102	Colleen Semmler	F	Oakbank	F55-59	3/12	42/131	59:59	59:45
103	Eric Yeboah Adu	M	Winnipeg	M30-34	7/8	61/83	1:00:10	1:00:07
104	Warren Hart	M	Winnipeg	M55-59	7/10	62/83	1:00:19	1:00:04
105	Kyle Gomez	M	Winnipeg	M25-29	12/15	63/83	1:00:55	1:00:41
106	Adrian Penner	F	Winnipeg	F01-14	1/1	43/131	1:01:21	1:01:20
107	Anna Golebiewska	F	Winnipeg	F35-39	5/19	44/131	1:01:28	1:01:19
108	Laurie Kirkwood	F	Winnipeg	F50-54	9/16	45/131	1:01:46	1:01:36
109	Gideon Gatpayat	M	Winnipeg	M25-29	13/15	64/83	1:02:13	1:01:47
110	Allyson Banal	F	Winnipeg	F20-24	4/6	46/131	1:02:39	1:02:26
111	Amy Passmore	F	Winnipeg	F40-44	4/15	47/131	1:02:54	1:02:39
112	Patricia Leung	F	Winnipeg	F50-54	10/16	48/131	1:02:54	1:02:44
113	Wendy Singleton	F	Winnipeg	F45-49	8/17	49/131	1:02:56	1:02:30
114	Dulce Cajigas	F	Winnipeg	F40-44	5/15	50/131	1:03:00	1:02:51
115	Carol Lorteau	F	Winnipeg	F50-54	11/16	51/131	1:03:12	1:03:05
116	Barry Atkinson	M	Morden	M70-74	2/3	65/83	1:03:29	1:02:57
117	Daniel Maciel	M	Winnipeg	M25-29	14/15	66/83	1:03:30	1:03:21
118	Hillary Sabourin	F	Notre-Dame	F25-29	4/18	52/131	1:03:38	1:03:28
119	Wally Falk	M	Lorette	M60-64	6/6	67/83	1:03:38	1:03:30
120	Wilhelmina Hopkins	F	Woodmore	F60-64	3/10	53/131	1:03:43	1:03:38
121	Jessica Hopkins	F	Woodmore	F20-24	5/6	54/131	1:03:43	1:03:39
122	Sandra Bains	F	Winnipeg	F45-49	9/17	55/131	1:03:53	1:03:43
123	Ben Capili	M	Winnipeg	M40-44	8/8	68/83	1:04:08	1:03:46
124	Meaghan Houlbrook	F	Winnipeg	F35-39	6/19	56/131	1:04:11	1:03:55
125	Clemus Laurila	F	Winnipeg	F60-64	4/10	57/131	1:04:29	1:04:25
126	Monica Zimnicki	F	Winnipeg	F30-34	10/15	58/131	1:04:36	1:04:27
127	Shawn Bjornsson	M	Winnipeg	M55-59	8/10	69/83	1:04:37	1:04:16
128	Chantal Desmarais	F	Winnipeg	F40-44	6/15	59/131	1:04:44	1:04:32
129	Bethany Yarish	F	Winnipeg	F30-34	11/15	60/131	1:05:06	1:04:46
130	Jen-Jen Malang	F	Winnipeg	F25-29	5/18	61/131	1:05:07	1:04:58
131	Christian Debow	M	Winnipeg	M45-49	5/6	70/83	1:05:29	1:05:10
132	Trinity Cunningham	F	Matlock	F25-29	6/18	62/131	1:05:30	1:05:09
133	Jill Hardy	F	Winnipeg	F35-39	7/19	63/131	1:05:33	1:05:16
134	Kathy Hunter	F	Howden	F45-49	10/17	64/131	1:05:33	1:05:16
135	Kristen Fallis	F	Winnipeg	F35-39	8/19	65/131	1:05:50	1:05:36
136	Candice Ball	F	Winnipeg	F45-49	11/17	66/131	1:06:32	1:06:07
137	Patrick Foucault	M	Winnipeg	M25-29	15/15	71/83	1:06:40	1:06:24
138	Kate Niebuhr	F	Winnipeg	F25-29	7/18	67/131	1:06:40	1:06:24
139	Amy Black	F	Winnipeg	F40-44	7/15	68/131	1:06:51	1:06:36

140	Romeo Reyes	M	Winnipeg	M35-39	8/10	72/83	1:06:53	1:06:33
141	Hilary Bittner	F	Dugald	F35-39	9/19	69/131	1:07:02	1:06:49
142	Valerie Smid	F	Winnipeg	F45-49	12/17	70/131	1:07:03	1:06:50
143	Abbygail Visda	F	Winnipeg	F25-29	8/18	71/131	1:07:04	1:06:55
144	Erica Ogilvie	F	Sioux Lookout	F30-34	12/15	72/131	1:07:07	1:06:49
145	Monique St. Germain	F	Winnipeg	F50-54	12/16	73/131	1:07:21	1:07:03
146	Jayne Kjalldgaard	F	Stonewall	F55-59	4/12	74/131	1:07:39	1:07:27
147	Kristine Cruz	F	Winnipeg	F35-39	10/19	75/131	1:07:50	1:07:36
148	Jessica Stratton	F	Winnipeg	F40-44	8/15	76/131	1:08:01	1:07:32
149	Annette Tetrault	F	Winnipeg	F60-64	5/10	77/131	1:09:14	1:08:49
150	Rebecca Van Ginkel	F	Winnipeg	F25-29	9/18	78/131	1:09:15	1:08:55
151	Nolan Wisniewski	M	Gonor	M20-24	4/4	73/83	1:09:30	1:09:13
152	Michelle Gaudry	F	Winnipeg	F40-44	9/15	79/131	1:10:08	1:09:55
153	Sylvia Goertzen	F	Roseau River	F35-39	11/19	80/131	1:10:20	1:09:57
154	Cummings Gillian	F	Ottawa	F25-29	10/18	81/131	1:11:18	1:10:58
155	Natalie Jefferson	F	Sioux Lookout	F25-29	11/18	82/131	1:11:18	1:10:58
156	Nathalie Laliberte	F	Winnipeg	F40-44	10/15	83/131	1:11:26	1:11:08
157	Jill Saunders	F	Winnipeg	F55-59	5/12	84/131	1:11:36	1:11:24
158	Brandon Barnes Trickett	M	Winnipeg	M35-39	9/10	74/83	1:12:18	1:12:02
159	Terry Brennan	F	Winnipeg	F60-64	6/10	85/131	1:12:54	1:12:39
160	Mariecarl Gatpayat	F	Winnipeg	F25-29	12/18	86/131	1:12:55	1:12:31
161	Christy Rogowski	F	Winnipeg	F35-39	12/19	87/131	1:13:03	1:12:35
162	Michelle Smith	F	Winnipeg	F55-59	6/12	88/131	1:13:13	1:12:41
163	Maria Turla	F	Winnipeg	F25-29	13/18	89/131	1:13:14	1:13:02
164	Nel Furtney	F	Winnipeg	F45-49	13/17	90/131	1:13:28	1:13:09
165	Yvette Sundseth	F	Matlock	F45-49	14/17	91/131	1:13:33	1:13:21
166	Mary Walters	F	Winnipeg	F35-39	13/19	92/131	1:13:36	1:13:03
167	Lori Richter	F	Beausejour	F35-39	14/19	93/131	1:13:57	1:13:35
168	Kelsey Smit	F	Winnipeg	F30-34	13/15	94/131	1:14:36	1:14:20
169	Nadine Linder	F	Winnipeg	F55-59	7/12	95/131	1:14:47	1:14:25
170	Ifeoma Okwor	F	Winnipeg	F40-44	11/15	96/131	1:14:47	1:14:18
171	George Koch	M	Winnipeg	M65-69	1/2	75/83	1:14:52	1:14:21
172	Shawna Jones	F	Winnipeg	F35-39	15/19	97/131	1:15:45	1:15:25
173	Johanna Kroetsch	F	Winnipeg	F25-29	14/18	98/131	1:15:53	1:15:49
174	David Cormack	M	Winnipeg	M45-49	6/6	76/83	1:16:06	1:15:47
175	Dominique Rey	F	Winnipeg	F40-44	12/15	99/131	1:16:11	1:15:42
176	Alyssa Ryan	F	Winnipeg	F15-19	1/2	100/131	1:16:17	1:16:03
177	Shannon Fijal	F	Winnipeg	F45-49	15/17	101/131	1:16:32	1:16:08
178	Chelsea Thomson	F	Winnipeg	F40-44	13/15	102/131	1:17:05	1:16:35
179	Catherine Delaquis	F	Winnipeg	F35-39	16/19	103/131	1:17:05	1:16:36
180	Amanda Li	F	Winnipeg	F25-29	15/18	104/131	1:17:21	1:17:06
181	Carla Palidwor	F	Dugald	F55-59	8/12	105/131	1:17:27	1:17:12
182	Jenna Tichon	F	Winnipeg	F30-34	14/15	106/131	1:17:40	1:17:17
183	Carla Costa Moreira	F	Winnipeg	F40-44	14/15	107/131	1:18:01	1:17:51
184	Ken Haines	M	Ste Genevieve	M55-59	9/10	77/83	1:20:21	1:19:58
185	Leaslie McPhail	F	Winnipeg	F50-54	13/16	108/131	1:20:30	1:20:23
186	Brenna Dixon	F	Winnipeg	F25-29	16/18	109/131	1:21:10	1:21:03
187	Karen Tazumi	F	Winnipeg	F60-64	7/10	110/131	1:21:25	1:21:16
188	Marlene Smith	F	Winnipeg	F55-59	9/12	111/131	1:21:48	1:21:16
189	Tamara Wiebe	F	Winnipeg	F35-39	17/19	112/131	1:22:01	1:21:30
190	Kimberly Holloway	F	Winnipeg	F45-49	16/17	113/131	1:22:35	1:22:10

191	Marcia Galvin	F	Winnipeg	F50-54	14/16	114/131	1:23:24	1:23:05
192	Samantha Bailley	F	Winnipeg	F25-29	17/18	115/131	1:24:35	1:24:21
193	Ace Don Abrenica	M	Winnipeg	M35-39	10/10	78/83	1:25:09	1:24:48
194	Chris Wisniewski	M	Gonor	M55-59	10/10	79/83	1:25:13	1:24:56
195	Marlene Wisniewski	F	Gonor	F50-54	15/16	116/131	1:25:17	1:24:59
196	Thomas Prociuk	M	Winnipeg	M30-34	8/8	80/83	1:25:37	1:25:27
197	Jeramie Garrido	F	Winnipeg	F35-39	18/19	117/131	1:25:37	1:25:28
198	Abby Toews	F	Winnipeg	F55-59	10/12	118/131	1:26:16	1:25:55
199	Robin Turner	F	Winnipeg	F40-44	15/15	119/131	1:26:37	1:26:08
200	Danielle Tavares	F	Sioux Lookout	F25-29	18/18	120/131	1:26:47	1:26:28
201	Paige Van Der Zweep	F	Winnipeg	F20-24	6/6	121/131	1:30:23	1:30:04
202	Patricia Mondt	F	Winnipeg	F55-59	11/12	122/131	1:31:14	1:30:47
203	Kevin Ward	M	Winnipeg	M70-74	3/3	81/83	1:31:58	1:31:31
204	Maxwell McPhail	M	Winnipeg	M15-19	4/4	82/83	1:32:14	1:32:06
205	Amanda Hunter	F	Winnipeg	F15-19	2/2	123/131	1:33:21	1:33:00
206	Kelly Hunter	F	Winnipeg	F50-54	16/16	124/131	1:33:21	1:33:00
207	Anita Wrubleski	F	Winnipeg	F60-64	8/10	125/131	1:35:23	1:35:11
208	Evangeline Chan	F	Portage	F30-34	15/15	126/131	1:38:00	1:37:44
209	Lorinda Turner	F	Lavenham	F35-39	19/19	127/131	1:38:00	1:37:43
210	Kimberly Hes	F	Winnipeg	F45-49	17/17	128/131	1:41:32	1:41:09
211	Carol Webster	F	Winnipeg	F55-59	12/12	129/131	1:42:55	1:42:50
212	Wilhelmina Chase	F	Winnipeg	F60-64	9/10	130/131	1:53:18	1:53:19
213	Mary-Anne Mazur	F	Winnipeg	F60-64	10/10	131/131	1:53:19	1:53:19
214	Ted Mazur	M	Winnipeg	M65-69	2/2	83/83	1:53:19	1:53:19

AGE GROUP RESULTS
Winnipeg 10 and 10
September 8, 2019
Winnipeg, MB

***** MALE OVERALL RESULTS FOR 10K *****

1	Jonathon Eastcott	Toronto	39:18
2	Darcey Harder	Winnipeg	40:14
3	Robert Cox	Winnipeg	41:16

***** FEMALE OVERALL RESULTS FOR 10K *****

1	Milka Kopp	Winnipeg	40:51
2	Robynn Clark	Winnipeg	42:34
3	Ami Samuel	Winnipeg	47:08

MALE AGE GROUP: 15 to 19

1	Tanner Sanders	Beausejour	44:28
2	Alvin Almagro	Winnipeg	49:24
3	Lorenzo Aquino	Winnipeg	59:56

4 Maxwell McPhail Winnipeg 1:32:14

MALE AGE GROUP: 20 to 24

1 Brendan Metzger Winkler 53:40
2 Nathan Wisniewski Gonor 55:11
3 Brendan Currie Winnipeg 57:53
4 Nolan Wisniewski Gonor 1:09:30

MALE AGE GROUP: 25 to 29

1 Jonathon Eastcott Toronto 39:18
2 Atley Durette Winnipeg 41:55
3 Colin Heier Mitchell 46:23
4 Kelvin Koots Winnipeg 48:06
5 James Manguba Winnipeg 49:53
6 Kegan Turnbull Winnipeg 51:20
7 Tim Coombs Winnipeg 52:24
8 Sean Cleary Bismarck 54:43
9 Matthew Grammatico Winnipeg 56:32
10 Devin Ross Winnipeg 56:59
11 Janos Saluta Winnipeg 57:17
12 Kyle Gomez Winnipeg 1:00:55
13 Gideon Gatpayat Winnipeg 1:02:13
14 Daniel Maciel Winnipeg 1:03:30
15 Patrick Foucault Winnipeg 1:06:40

MALE AGE GROUP: 30 to 34

1 Daryl Croft Morden 42:43
2 Alan Shepherd Winnipeg 46:10
3 Ryan Adams Brandon 51:56
4 Andrew Ferguson Winnipeg 52:20
5 Steve Wetton Winnipeg 53:46
6 Biniam Yohanes Winnipeg 55:15
7 Eric Yeboah Adu Winnipeg 1:00:10
8 Thomas Prociuk Winnipeg 1:25:37

MALE AGE GROUP: 35 to 39

1 Kelly McGonigal Winnipeg 49:52
2 Clayton Laviolette Garson 51:19
3 Lloyd Codamon Winnipeg 51:22
4 Phillip Pawluk Winnipeg 52:29
5 Ryan Dueck Winnipeg 53:35
6 Craig Hughes Winnipeg 56:20
7 Piotr Kozlowski Winnipeg 57:02
8 Romeo Reyes Winnipeg 1:06:53
9 Brandon Barnes Trickett Winnipeg 1:12:18
10 Ace Don Abrenica Winnipeg 1:25:09

MALE AGE GROUP: 40 to 44

1	John Gietzel	Winnipeg	45:07
2	Jory Kruspe	Winnipeg	47:11
3	Harold Schellenberg	Winnipeg	49:30
4	Bryan Mintenko	Winnipeg	54:16
5	Jason Perez	Winnipeg	54:52
6	Benjamin Takow	Winnipeg	55:01
7	Michael Hamm	Winnipeg	57:58
8	Ben Capili	Winnipeg	1:04:08

MALE AGE GROUP: 45 to 49

1	Darcey Harder	Winnipeg	40:14
2	Ziggy Tesfaye	Winnipeg	48:57
3	Bryan Ezako	Cartier	49:04
4	Sheldon Novak	Winnipeg	59:50
5	Christian Debow	Winnipeg	1:05:29
6	David Cormack	Winnipeg	1:16:06

MALE AGE GROUP: 50 to 54

1	Don Bevington	Winnipeg	42:06
2	Chris Dick	Carman	45:24
3	Andrew Swan	Winnipeg	49:17
4	Tim Magas	Winnipeg	50:28
5	John Mergulhao	Winnipeg	50:43
6	Walter Yuen	Winnipeg	54:43

MALE AGE GROUP: 55 to 59

1	Robert Cox	Winnipeg	41:16
2	Gordon Flett	Winnipeg	46:05
3	Aime Lafreniere	Fisher Branch	47:38
4	Edward Willmott	Winnipeg	48:46
5	Stephen Terichow Parrott	Winnipeg	50:50
6	Alan Hopkins	West St. Paul	55:32
7	Warren Hart	Winnipeg	1:00:19
8	Shawn Bjornsson	Winnipeg	1:04:37
9	Ken Haines	Ste Genevieve	1:20:21
10	Chris Wisniewski	Gonor	1:25:13

MALE AGE GROUP: 60 to 64

1	Bruce Young	Winnipeg	42:15
2	Neil Ferguson	Winnipeg	45:01
3	Robert Jamieson	East St. Paul	51:06
4	Paul Brault	Headingley	55:54
5	Dennis Hurley	Brandon	56:23
6	Wally Falk	Lorette	1:03:38

MALE AGE GROUP: 65 to 69

1	George Koch	Winnipeg	1:14:52
2	Ted Mazur	Winnipeg	1:53:19

MALE AGE GROUP: 70 to 74

1	Leon Clegg	Lac Du Bonnet	45:08
2	Barry Atkinson	Morden	1:03:29
3	Kevin Ward	Winnipeg	1:31:58

FEMALE AGE GROUP: 14 & Under

1	Adrian Penner	Winnipeg	1:01:21
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FEMALE AGE GROUP: 15 to 19

1	Alyssa Ryan	Winnipeg	1:16:17
2	Amanda Hunter	Winnipeg	1:33:21

FEMALE AGE GROUP: 20 to 24

1	Nadine Anderson	Winnipeg	53:39
2	Jamila Rempel	Winnipeg	57:13
3	Barbara Farpelha	Winnipeg	59:38
4	Allyson Banal	Winnipeg	1:02:39
5	Jessica Hopkins	Woodmore	1:03:43
6	Paige Van Der Zweep	Winnipeg	1:30:23

FEMALE AGE GROUP: 25 to 29

1	Tarran Provak	Winnipeg	57:56
2	Kayla Holodryga	Tolstoi	58:13
3	Genevia Mitchell	Winnipeg	58:31
4	Hillary Sabourin	Notre-Dame	1:03:38
5	Jen-Jen Malang	Winnipeg	1:05:07
6	Trinity Cunningham	Matlock	1:05:30
7	Kate Niebuhr	Winnipeg	1:06:40
8	Abbygail Visda	Winnipeg	1:07:04
9	Rebecca Van Ginkel	Winnipeg	1:09:15
10	Cummings Gillian	Ottawa	1:11:18
11	Natalie Jefferson	Sioux Lookout	1:11:18
12	Mariecarl Gatpayat	Winnipeg	1:12:55
13	Maria Turla	Winnipeg	1:13:14
14	Johanna Kroetsch	Winnipeg	1:15:53
15	Amanda Li	Winnipeg	1:17:21
16	Brenna Dixon	Winnipeg	1:21:10
17	Samantha Bailley	Winnipeg	1:24:35
18	Danielle Tavares	Sioux Lookout	1:26:47

FEMALE AGE GROUP: 30 to 34

1	Kassy Bouchard	Winnipeg	50:52
2	Samantha Erichsen	Winnipeg	51:04
3	Vanessa Larose	Winnipeg	52:51
4	Nycolle Adams	Brandon	55:28
5	Sherri Pastula	Winnipeg	55:28
6	Chrissy Tournier Croft	Morden	55:47
7	Megan Cromarty	Norway House	56:45
8	Amy Sedor	Ile Des Chenes	56:51
9	Junjie Grac Hu-Skrzenta	Winnipeg	59:53
10	Monica Zimnicki	Winnipeg	1:04:36
11	Bethany Yarish	Winnipeg	1:05:06
12	Erica Ogilvie	Sioux Lookout	1:07:07
13	Kelsey Smit	Winnipeg	1:14:36
14	Jenna Tichon	Winnipeg	1:17:40
15	Evangeline Chan	Portage	1:38:00

FEMALE AGE GROUP: 35 to 39

1	Christa Rust	Winnipeg	53:50
2	Mandie Nechwediuk	Winnipeg	55:06
3	Vicky Wilson	Winnipeg	56:23
4	Jennifer Toews	Winnipeg	59:06
5	Anna Golebiewska	Winnipeg	1:01:28
6	Meaghan Houlbrook	Winnipeg	1:04:11
7	Jill Hardy	Winnipeg	1:05:33
8	Kristen Fallis	Winnipeg	1:05:50
9	Hilary Bittner	Dugald	1:07:02
10	Kristine Cruz	Winnipeg	1:07:50
11	Sylvia Goertzen	Roseau River	1:10:20
12	Christy Rogowski	Winnipeg	1:13:03
13	Mary Walters	Winnipeg	1:13:36
14	Lori Richter	Beausejour	1:13:57
15	Shawna Jones	Winnipeg	1:15:45
16	Catherine Delaquis	Winnipeg	1:17:05
17	Tamara Wiebe	Winnipeg	1:22:01
18	Jeramie Garrido	Winnipeg	1:25:37
19	Lorinda Turner	Lavenham	1:38:00

FEMALE AGE GROUP: 40 to 44

1	Robynn Clark	Winnipeg	42:34
2	Angie Conrad	Winnipeg	49:03
3	Doreen Perez	Winnipeg	58:53
4	Amy Passmore	Winnipeg	1:02:54
5	Dulce Cajigas	Winnipeg	1:03:00
6	Chantal Desmarais	Winnipeg	1:04:44
7	Amy Black	Winnipeg	1:06:51
8	Jessica Stratton	Winnipeg	1:08:01
9	Michelle Gaudry	Winnipeg	1:10:08
10	Nathalie Laliberte	Winnipeg	1:11:26

11	Ifeoma Okwor	Winnipeg	1:14:47
12	Dominique Rey	Winnipeg	1:16:11
13	Chelsea Thomson	Winnipeg	1:17:05
14	Carla Costa Moreira	Winnipeg	1:18:01
15	Robin Turner	Winnipeg	1:26:37

FEMALE AGE GROUP: 45 to 49

1	Milka Kopp	Winnipeg	40:51
2	Marie Roberts	Winnipeg	50:31
3	Cynthia Menzies	Winnipeg	52:47
4	Tracy White	Winnipeg	54:16
5	Heather Marks	Winnipeg	55:51
6	Shelley Mollot	Winnipeg	56:24
7	Vanessa Warne	Winnipeg	58:59
8	Wendy Singleton	Winnipeg	1:02:56
9	Sandra Bains	Winnipeg	1:03:53
10	Kathy Hunter	Howden	1:05:33
11	Candice Ball	Winnipeg	1:06:32
12	Valerie Smid	Winnipeg	1:07:03
13	Nel Furtney	Winnipeg	1:13:28
14	Yvette Sundseth	Matlock	1:13:33
15	Shannon Fijal	Winnipeg	1:16:32
16	Kimberly Holloway	Winnipeg	1:22:35
17	Kimberly Hes	Winnipeg	1:41:32

FEMALE AGE GROUP: 50 to 54

1	Ami Samuel	Winnipeg	47:08
2	Susan Keely	Glens Falls	49:09
3	Kathleen Caithness	Winnipeg	50:37
4	Gail Bommersbach	Winnipeg	52:08
5	Laura Wiebe	Winnipeg	54:17
6	Catherine Moltzan	Headingley	57:07
7	Leigh Patterson	Stonewll	57:12
8	Diane L'Heureux	Winnipeg	57:53
9	Laurie Kirkwood	Winnipeg	1:01:46
10	Patricia Leung	Winnipeg	1:02:54
11	Carol Lorteau	Winnipeg	1:03:12
12	Monique St. Germain	Winnipeg	1:07:21
13	Leaslie McPhail	Winnipeg	1:20:30
14	Marcia Galvin	Winnipeg	1:23:24
15	Marlene Wisniewski	Gonor	1:25:17
16	Kelly Hunter	Winnipeg	1:33:21

FEMALE AGE GROUP: 55 to 59

1	Cathie Coughlin	Winnipeg	51:38
2	Nicole Robidoux	Winnipeg	58:03
3	Colleen Semmler	Oakbank	59:59
4	Jayne Kjaldgaard	Stonewall	1:07:39

5	Jill Saunders	Winnipeg	1:11:36
6	Michelle Smith	Winnipeg	1:13:13
7	Nadine Linder	Winnipeg	1:14:47
8	Carla Palidwor	Dugald	1:17:27
9	Marlene Smith	Winnipeg	1:21:48
10	Abby Toews	Winnipeg	1:26:16
11	Patricia Mondt	Winnipeg	1:31:14
12	Carol Webster	Winnipeg	1:42:55

FEMALE AGE GROUP: 60 to 64

1	Brenda Krueger	Winnipeg	54:11
2	Shelley Borschawa	Winnipeg	56:35
3	Wilhelmina Hopkins	Woodmore	1:03:43
4	Clemus Laurila	Winnipeg	1:04:29
5	Annette Tetrault	Winnipeg	1:09:14
6	Terry Brennan	Winnipeg	1:12:54
7	Karen Tazumi	Winnipeg	1:21:25
8	Anita Wrubleski	Winnipeg	1:35:23
9	Wilhelmina Chase	Winnipeg	1:53:18
10	Mary-Anne Mazur	Winnipeg	1:53:19