

Winnipeg 10 and 10
 September 8, 2019
 Winnipeg, MB

OVERALL 30K RESULTS

PLACE	NAME	GENDER	CITY	AGE GROUP	PLACE IN AGE GROUP	IN GENDER	FINISH TIME	CHIP TIME
1	Rick Downey	M	Winnipeg	M50-54	1/5	1/33	2:07:50	2:07:48
2	Craig Erb	M	Winnipeg	M45-49	1/8	2/33	2:14:34	2:14:34
3	Brenna Coupland	F	Winnipeg	F30-34	1/4	1/38	2:16:55	2:16:55
4	Alan Watts	M	Winnipeg	M45-49	2/8	3/33	2:17:01	2:16:55
5	Bo Huang	M	Winnipeg	M50-54	2/5	4/33	2:27:37	2:27:35
6	Mingdi Zhao	F	Winnipeg	F50-54	1/5	2/38	2:27:40	2:27:39
7	Khalid Ahmad	M	Winnipeg	M55-59	1/4	5/33	2:28:23	2:28:18
8	Kirk Cook	M	Winnipeg	M55-59	2/4	6/33	2:29:20	2:29:17
9	Alison Baker	F	Winnipeg	F40-44	1/6	3/38	2:29:42	2:29:38
10	Darren Baker	M	Winnipeg	M40-44	1/4	7/33	2:32:31	2:32:27
11	Jefferson Cortez	M	Winnipeg	M35-39	1/8	8/33	2:32:39	2:32:34
12	Maria Penner	F	Winnipeg	F40-44	2/6	4/38	2:38:54	2:38:48
13	Paquito Brucal	M	Winnipeg	M55-59	3/4	9/33	2:38:56	2:38:46
14	Annick Kieffert	F	Winnipeg	F35-39	1/8	5/38	2:39:34	2:39:25
15	Victoria Vance	F	Amherst	F40-44	3/6	6/38	2:39:36	2:39:34
16	Glenn Oleksuk	M	Winnipeg	M50-54	3/5	10/33	2:40:29	2:40:26
17	Janet Kastellanos	F	Winnipeg	F60-64	1/3	7/38	2:41:18	2:41:17
18	Fabian Van Marion	M	Winnipeg	M30-34	1/1	11/33	2:43:15	2:43:03
19	Katryna Barske	F	Winnipeg	F25-29	1/2	8/38	2:44:57	2:44:54
20	Barjinder Kang	M	Winnipeg	M35-39	2/8	12/33	2:45:46	2:45:41
21	James Samanta	M	Winnipeg	M45-49	3/8	13/33	2:48:59	2:48:50
22	Rachael Penner	F	Winnipeg	F40-44	4/6	9/38	2:50:37	2:50:35
23	Laura Toews	F	Winnipeg	F45-49	1/4	10/38	2:52:08	2:52:01
24	Heriberto Ayala	M	Mitchell	M35-39	3/8	14/33	2:53:05	2:53:04
25	Ross Storm	M	Winnipeg	M20-24	1/1	15/33	2:54:27	2:54:24
26	Samantha Kee	F	Winnipeg	F25-29	2/2	11/38	2:55:20	2:55:11
27	Lisa Marquardson	F	Winnipeg	F35-39	2/8	12/38	2:55:57	2:55:49
28	Rachel Alder	F	Winnipeg	F20-24	1/2	13/38	2:55:57	2:55:49
29	Elise Alder	F	Winnipeg	F15-19	1/2	14/38	2:55:57	2:55:49
30	Allen Ortega	M	Winnipeg	M35-39	4/8	16/33	2:57:57	2:57:44
31	Carol Bohn	F	Winnipeg	F65-69	1/1	15/38	2:58:22	2:58:16
32	Alex Sawatsky	M	Winnipeg	M45-49	4/8	17/33	2:58:27	2:58:20
33	Alicia Guilleminot	F	Ile Des Chenes	F35-39	3/8	16/38	2:58:59	2:58:56
34	Sasha Kullman	F	Winnipeg	F15-19	2/2	17/38	2:59:00	2:58:54
35	Helene Giraud	F	Winnipeg	F30-34	2/4	18/38	3:00:27	3:00:19
36	Mauro Verrelli	M	Winnipeg	M55-59	4/4	18/33	3:01:35	3:01:31
37	Dianne Pettitt	F	Winnipeg	F60-64	2/3	19/38	3:02:05	3:01:58

38	Darren Macdonald	M	Winnipeg	M40-44	2/4	19/33	3:03:15	3:03:12
39	Amanda Naismith	F	Winnipeg	F40-44	5/6	20/38	3:03:16	3:03:13
40	Michael Ellery	M	Winnipeg	M40-44	3/4	20/33	3:03:16	3:03:12
41	Christopher Struhan	M	Gimli	M40-44	4/4	21/33	3:04:18	3:04:07
42	Lisa Misyk	F	Winnipeg	F45-49	2/4	21/38	3:06:22	3:06:19
43	Jumir Encarnacion	M	Winnipeg	M45-49	5/8	22/33	3:06:31	3:06:25
44	Brian Wood	M	Carman	M35-39	5/8	23/33	3:10:45	3:10:41
45	Alex Mabilangan	M	Winnipeg	M50-54	4/5	24/33	3:16:00	3:15:50
46	Liza Cartwright	F	Winnipeg	F50-54	2/5	22/38	3:16:00	3:15:55
47	Mike Cook	M	Winnipeg	M60-64	1/2	25/33	3:19:24	3:19:14
48	Petra Becker	F	Winnipeg	F50-54	3/5	23/38	3:19:24	3:19:19
49	Sean Bracken	M	Winnipeg	M35-39	6/8	26/33	3:19:25	3:19:15
50	Terri Rosendale	F	Winnipeg	F50-54	4/5	24/38	3:19:25	3:19:18
51	Abe Villanueva	M	Winnipeg	M45-49	6/8	27/33	3:21:35	3:21:35
52	Armand Siapno	M	Winnipeg	M45-49	7/8	28/33	3:22:29	3:22:18
53	Paul Bernardin	M	Winnipeg	M60-64	2/2	29/33	3:22:32	3:22:24
54	Angela Concepcion	F	Winnipeg	F20-24	2/2	25/38	3:22:37	3:22:27
55	Roberto Palevino	M	Winnipeg	M50-54	5/5	30/33	3:23:17	3:23:13
56	Wendi Sawatsky	F	Winnipeg	F50-54	5/5	26/38	3:28:12	3:28:04
57	Sue Wasylenchuk	F	Springfield	F45-49	3/4	27/38	3:28:13	3:28:05
58	Mark Chan	M	Winnipeg	M35-39	7/8	31/33	3:28:14	3:28:06
59	Wendy Depratto	F	Winnipeg	F35-39	4/8	28/38	3:28:15	3:28:06
60	Christina Zamzow	F	Winnipeg	F40-44	6/6	29/38	3:28:20	3:28:14
61	Korey Asher	M	Winnipeg	M45-49	8/8	32/33	3:33:27	3:33:17
62	Ryan Morin	M	Oakbank	M35-39	8/8	33/33	3:33:56	3:33:49
63	Brooke Irving	F	La Salle	F35-39	5/8	30/38	3:35:32	3:35:24
64	Elizabeth Salvador	F	Winnipeg	F35-39	6/8	31/38	3:36:00	3:35:50
65	Wanda Kolida	F	Winnipeg	F45-49	4/4	32/38	3:40:51	3:40:39
66	Elisabeth Nguyen	F	Winnipeg	F55-59	1/1	33/38	3:41:31	3:41:19
67	Rosemary Wavinya	F	Winnipeg	F60-64	3/3	34/38	3:42:51	3:42:46
68	Michelle Belanger	F	Gimli	F35-39	7/8	35/38	3:46:19	3:46:15
69	Ashleigh Sanduliak	F	Winnipeg	F35-39	8/8	36/38	3:47:24	3:47:13
70	Jayne Reimer	F	Winnipeg	F30-34	3/4	37/38	3:57:19	3:57:11
71	Tiffany Grant	F	Winnipeg	F30-34	4/4	38/38	4:12:45	4:12:42

AGE GROUP RESULTS
Winnipeg 10 and 10
September 8, 2019
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***** MALE OVERALL RESULTS FOR 30K *****

1	Rick Downey	Winnipeg	2:07:50
2	Craig Erb	Winnipeg	2:14:34
3	Alan Watts	Winnipeg	2:17:01

***** FEMALE OVERALL RESULTS FOR 30K *****

1 Brenna Coupland	Winnipeg	2:16:55
2 Mingdi Zhao	Winnipeg	2:27:40
3 Alison Baker	Winnipeg	2:29:42

MALE AGE GROUP: 20 to 24

1 Ross Storm	Winnipeg	2:54:27
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MALE AGE GROUP: 30 to 34

1 Fabian Van Marion	Winnipeg	2:43:15
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MALE AGE GROUP: 35 to 39

1 Jefferson Cortez	Winnipeg	2:32:39
2 Barjinder Kang	Winnipeg	2:45:46
3 Heriberto Ayala	Mitchell	2:53:05
4 Allen Ortega	Winnipeg	2:57:57
5 Brian Wood	Carman	3:10:45
6 Sean Bracken	Winnipeg	3:19:25
7 Mark Chan	Winnipeg	3:28:14
8 Ryan Morin	Oakbank	3:33:56

MALE AGE GROUP: 40 to 44

1 Darren Baker	Winnipeg	2:32:31
2 Darren Macdonald	Winnipeg	3:03:15
3 Michael Ellery	Winnipeg	3:03:16
4 Christopher Struhan	Gimli	3:04:18

MALE AGE GROUP: 45 to 49

1 Craig Erb	Winnipeg	2:14:34
2 Alan Watts	Winnipeg	2:17:01
3 James Samanta	Winnipeg	2:48:59
4 Alex Sawatsky	Winnipeg	2:58:27
5 Jumir Encarnacion	Winnipeg	3:06:31
6 Abe Villanueva	Winnipeg	3:21:35
7 Armand Siapno	Winnipeg	3:22:29
8 Korey Asher	Winnipeg	3:33:27

MALE AGE GROUP: 50 to 54

1 Rick Downey	Winnipeg	2:07:50
2 Bo Huang	Winnipeg	2:27:37
3 Glenn Oleksuk	Winnipeg	2:40:29
4 Alex Mabilangan	Winnipeg	3:16:00
5 Roberto Palevino	Winnipeg	3:23:17

MALE AGE GROUP: 55 to 59

1	Khalid Ahmad	Winnipeg	2:28:23
2	Kirk Cook	Winnipeg	2:29:20
3	Paquito Brucal	Winnipeg	2:38:56
4	Mauro Verrelli	Winnipeg	3:01:35

MALE AGE GROUP: 60 to 64

1	Mike Cook	Winnipeg	3:19:24
2	Paul Bernardin	Winnipeg	3:22:32

FEMALE AGE GROUP: 15 to 19

1	Elise Alder	Winnipeg	2:55:57
2	Sasha Kullman	Winnipeg	2:59:00

FEMALE AGE GROUP: 20 to 24

1	Rachel Alder	Winnipeg	2:55:57
2	Angela Concepcion	Winnipeg	3:22:37

FEMALE AGE GROUP: 25 to 29

1	Katryna Barske	Winnipeg	2:44:57
2	Samantha Kee	Winnipeg	2:55:20

FEMALE AGE GROUP: 30 to 34

1	Brenna Coupland	Winnipeg	2:16:55
2	Helene Giraud	Winnipeg	3:00:27
3	Jayne Reimer	Winnipeg	3:57:19
4	Tiffany Grant	Winnipeg	4:12:45

FEMALE AGE GROUP: 35 to 39

1	Annick Kieffert	Winnipeg	2:39:34
2	Lisa Marquardson	Winnipeg	2:55:57
3	Alicia Guillemint	Ile Des Chenes	2:58:59
4	Wendy Depratto	Winnipeg	3:28:15
5	Brooke Irving	La Salle	3:35:32
6	Elizabeth Salvador	Winnipeg	3:36:00
7	Michelle Belanger	Gimli	3:46:19
8	Ashleigh Sanduliak	Winnipeg	3:47:24

FEMALE AGE GROUP: 40 to 44

1	Alison Baker	Winnipeg	2:29:42
2	Maria Penner	Winnipeg	2:38:54
3	Victoria Vance	Amherst	2:39:36
4	Rachael Penner	Winnipeg	2:50:37
5	Amanda Naismith	Winnipeg	3:03:16

6 Christina Zamzow Winnipeg 3:28:20

FEMALE AGE GROUP: 45 to 49

1 Laura Toews Winnipeg 2:52:08
2 Lisa Misyk Winnipeg 3:06:22
3 Sue Wasylenchuk Springfield 3:28:13
4 Wanda Kolida Winnipeg 3:40:51

FEMALE AGE GROUP: 50 to 54

1 Mingdi Zhao Winnipeg 2:27:40
2 Liza Cartwright Winnipeg 3:16:00
3 Petra Becker Winnipeg 3:19:24
4 Terri Rosendale Winnipeg 3:19:25
5 Wendi Sawatsky Winnipeg 3:28:12

FEMALE AGE GROUP: 55 to 59

1 Elisabeth Nguyen Winnipeg 3:41:31

FEMALE AGE GROUP: 60 to 64

1 Janet Kastellanos Winnipeg 2:41:18
2 Dianne Pettitt Winnipeg 3:02:05
3 Rosemary Wavinya Winnipeg 3:42:51

FEMALE AGE GROUP: 65 to 69

1 Carol Bohn Winnipeg 2:58:22