

Winnipeg 10 and 10
 September 8, 2019
 Winnipeg, MB

OVERALL 5K RESULTS

PLACE	NAME	GENDER	CITY	AGE GROUP	PLACE IN AGE GROUP	IN GENDER	FINISH TIME	CHIP TIME
1	Paul Carr	M	Winnipeg	M30-34	1/6	1/26	16:01	16:01
2	Colin Barnett	M	Winnipeg	M30-34	2/6	2/26	16:13	16:13
3	Kristjan Hunter	M	Winnipeg	M30-34	3/6	3/26	18:17	18:17
4	Brigitte Girouard	F	Winnipeg	F35-39	1/12	1/48	18:58	18:57
5	Alice Sherwin	F	Winnipeg	F30-34	1/9	2/48	19:06	19:06
6	Gina Tranquada	F	Winnipeg	F30-34	2/9	3/48	19:29	19:29
7	Tamara Toews	F	Winnipeg	F25-29	1/2	4/48	20:32	20:30
8	Andy Bombersbach	M	Winnipeg	M50-54	1/2	4/26	20:47	20:44
9	Michael Booth	M	Winnipeg	M35-39	1/5	5/26	20:48	20:48
10	Zena Van De Poel	F	Winnipeg	F30-34	3/9	5/48	20:54	20:51
11	Annika Niblock	F	Winnipeg	F15-19	1/2	6/48	20:58	20:57
12	Kerri Drosdowech	F	Winnipeg	F50-54	1/3	7/48	24:00	24:00
13	Rachel Parsons	F	Winnipeg	F01-14	1/3	8/48	24:05	24:03
14	Jason Moses	M	Winnipeg	M40-44	1/1	6/26	25:23	25:23
15	Miles Majcher	M	Winnipeg	M35-39	2/5	7/26	25:44	25:43
16	Richard Ducharme	M	Winnipeg	M45-49	1/1	8/26	25:56	25:51
17	Amy Kong	F	Winnipeg	F15-19	2/2	9/48	26:12	26:08
18	Jaiden Yates	M	Winnipeg	M01-14	1/4	9/26	26:22	26:22
19	Kate Isanski	F	Oakbank	F30-34	4/9	10/48	26:38	26:37
20	Jim Rennie	M	Winnipeg	M60-64	1/2	10/26	26:39	26:37
21	Nic Lees	M	Winnipeg	M30-34	4/6	11/26	26:50	26:41
22	Joel Dandeneau	M	Winnipeg	M30-34	5/6	12/26	27:22	27:18
23	Andrea Hnatiuk	F	Selkirk	F30-34	5/9	11/48	29:07	28:59
24	Rochelle Dickson	F	Winnipeg	F30-34	6/9	12/48	29:08	29:01
25	Bev Chliboyko	F	Gonor	F60-64	1/2	13/48	29:24	29:19
26	Wendy Chiu	F	Montreal	F45-49	1/3	14/48	29:56	29:49
27	Roland Leung	M	Winnipeg	M35-39	3/5	13/26	29:57	29:48
28	Jayson Morte	M	Winnipeg	M30-34	6/6	14/26	30:43	30:24
29	Jackie Sailer	F	Winnipeg	F30-34	7/9	15/48	31:06	31:01
30	Sarah Wong	F	Winnipeg	F35-39	2/12	16/48	31:24	31:15
31	Tyson Leung	M	Winnipeg	M01-14	2/4	15/26	31:24	31:17
32	Thi Thur Tr Nguyen	F	Winnipeg	F35-39	3/12	17/48	31:33	31:18
33	Darleen Hidalgo	F	Winnipeg	F35-39	4/12	18/48	31:49	31:45
34	Wendy Gray	F	Winnipeg	F55-59	1/3	19/48	31:56	31:54
35	Mike Palmer	M	Winnipeg	M55-59	1/2	16/26	31:57	31:54
36	Lindsay Struhan	F	Gimli	F35-39	5/12	20/48	32:33	32:24
37	Cheree Santarina	F	Winnipeg	F30-34	8/9	21/48	34:23	34:19
38	Tanya Austin	F	Winnipeg	F45-49	2/3	22/48	34:38	34:28

39	Emily Hiebert	F	Winnipeg	F20-24	1/1	23/48	35:06	35:01
40	Heide Saj	F	Stonewall	F50-54	2/3	24/48	35:11	35:02
41	Wendy Santarina	F	Winnipeg	F35-39	6/12	25/48	35:30	35:25
42	Sabrina Dimond	F	Headingley	F25-29	2/2	26/48	36:05	36:03
43	Erika Landry	F	Winnipeg	F40-44	1/6	27/48	36:59	36:53
44	Tricia Vokeroth	F	Winnipeg	F40-44	2/6	28/48	37:00	36:54
45	Kay Kong	F	Winnipeg	F40-44	3/6	29/48	37:19	37:13
46	Lorena Aquino	F	Winnipeg	F40-44	4/6	30/48	37:38	37:36
47	Drea Macduff-Thiessen	F	Winnipeg	F01-14	2/3	31/48	37:47	37:40
48	Rowena Morte	F	Winnipeg	F30-34	9/9	32/48	40:26	40:11
49	Thao Vu	F	Winnipeg	F35-39	7/12	33/48	40:33	40:17
50	Annabelle Panlilio	F	Winnipeg	F35-39	8/12	34/48	40:44	40:42
51	Danny Urbina	M	Winnipeg	M25-29	1/1	17/26	40:47	40:47
52	Jack Dubnicoff	M	Winnipeg	M75+	1/1	18/26	41:54	41:50
53	Rick Harding	M	Winnipeg	M60-64	2/2	19/26	43:11	43:04
54	Brenda Yates	F	Winnipeg	F45-49	3/3	35/48	43:38	43:36
55	Allison Bell	F	Winnipeg	F40-44	5/6	36/48	44:59	44:53
56	Christa Kruck	F	Winnipeg	F35-39	9/12	37/48	45:53	45:41
57	Jessica Cranmer	F	Winnipeg	F40-44	6/6	38/48	45:53	45:41
58	Maridel Pagtalunan	F	Winnipeg	F35-39	10/12	39/48	46:02	45:46
59	Randy Pagtalunan	M	Winnipeg	M35-39	4/5	20/26	46:03	45:45
60	Monica Blair	F	Winnipeg	F55-59	2/3	40/48	48:54	48:45
61	Suzanne Brennan	F	Winnipeg	F60-64	2/2	41/48	51:00	50:54
62	Vanessa Sankar	F	Winnipeg	F35-39	11/12	42/48	54:45	54:32
63	Angie Sprenger	F	Winnipeg	F50-54	3/3	43/48	57:25	57:14
64	Kathryn Cruz	F	Winnipeg	F35-39	12/12	44/48	59:24	59:05
65	Peter Tonge	M	Winnipeg	M55-59	2/2	21/26	1:00:14	1:00:13
66	Leona Wiebe	F	Winnipeg	F65-69	1/1	45/48	1:00:31	1:00:23
67	Richard Michurski	M	Winnipeg	M50-54	2/2	22/26	1:02:23	1:02:18
68	Lorena Michurski	F	Winnipeg	F55-59	3/3	46/48	1:02:26	1:02:21
69	Jordan Leung	M	Winnipeg	M01-14	3/4	23/26	1:09:44	1:09:30
70	Anika Leung	F	Winnipeg	F01-14	3/3	47/48	1:09:47	1:09:31
71	Colin Guilmette	M	Winnipeg	M01-14	4/4	24/26	1:09:48	1:09:48
72	Alain Guilmette	M	Winnipeg	M35-39	5/5	25/26	1:09:50	1:09:35
73	Rita Wong	F	Winnipeg	F70-74	1/1	48/48	1:10:50	1:10:32
74	Jim Wong	M	Winnipeg	M70-74	1/1	26/26	1:10:50	1:10:31

AGE GROUP RESULTS
Winnipeg 10 and 10
September 8, 2019
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***** MALE OVERALL RESULTS FOR 5K *****

1	Paul Carr	Winnipeg	16:01
2	Colin Barnett	Winnipeg	16:13
3	Kristjan Hunter	Winnipeg	18:17

***** FEMALE OVERALL RESULTS FOR 5K *****

1	Brigitte Girouard	Winnipeg	18:58
2	Alice Sherwin	Winnipeg	19:06
3	Gina Tranquada	Winnipeg	19:29

MALE AGE GROUP: 14 & Under

1	Jaiden Yates	Winnipeg	26:22
2	Tyson Leung	Winnipeg	31:24
3	Jordan Leung	Winnipeg	1:09:44
4	Colin Guilmette	Winnipeg	1:09:48

MALE AGE GROUP: 25 to 29

1	Danny Urbina	Winnipeg	40:47
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MALE AGE GROUP: 30 to 34

1	Paul Carr	Winnipeg	16:01
2	Colin Barnett	Winnipeg	16:13
3	Kristjan Hunter	Winnipeg	18:17
4	Nic Lees	Winnipeg	26:50
5	Joel Dandeneau	Winnipeg	27:22
6	Jayson Morte	Winnipeg	30:43

MALE AGE GROUP: 35 to 39

1	Michael Booth	Winnipeg	20:48
2	Miles Majcher	Winnipeg	25:44
3	Roland Leung	Winnipeg	29:57
4	Randy Pagtalunan	Winnipeg	46:03
5	Alain Guilmette	Winnipeg	1:09:50

MALE AGE GROUP: 40 to 44

1	Jason Moses	Winnipeg	25:23
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MALE AGE GROUP: 45 to 49

1	Richard Ducharme	Winnipeg	25:56
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MALE AGE GROUP: 50 to 54

1	Andy Bommersbach	Winnipeg	20:47
2	Richard Michurski	Winnipeg	1:02:23

MALE AGE GROUP: 55 to 59

1	Mike Palmer	Winnipeg	31:57
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2 Peter Tonge	Winnipeg	1:00:14
MALE AGE GROUP: 60 to 64		
1 Jim Rennie	Winnipeg	26:39
2 Rick Harding	Winnipeg	43:11
MALE AGE GROUP: 70 to 74		
1 Jim Wong	Winnipeg	1:10:50
MALE AGE GROUP: 75 & Over		
1 Jack Dubnicoff	Winnipeg	41:54
FEMALE AGE GROUP: 14 & Under		
1 Rachel Parsons	Winnipeg	24:05
2 Drea Macduff-Thiessen	Winnipeg	37:47
3 Anika Leung	Winnipeg	1:09:47
FEMALE AGE GROUP: 15 to 19		
1 Annika Niblock	Winnipeg	20:58
2 Amy Kong	Winnipeg	26:12
FEMALE AGE GROUP: 20 to 24		
1 Emily Hiebert	Winnipeg	35:06
FEMALE AGE GROUP: 25 to 29		
1 Tamara Toews	Winnipeg	20:32
2 Sabrina Dimond	Headingley	36:05
FEMALE AGE GROUP: 30 to 34		
1 Alice Sherwin	Winnipeg	19:06
2 Gina Tranquada	Winnipeg	19:29
3 Zena Van De Poel	Winnipeg	20:54
4 Kate Isanski	Oakbank	26:38
5 Andrea Hnatiuk	Selkirk	29:07
6 Rochelle Dickson	Winnipeg	29:08
7 Jackie Sailer	Winnipeg	31:06
8 Cheree Santarina	Winnipeg	34:23
9 Rowena Morte	Winnipeg	40:26
FEMALE AGE GROUP: 35 to 39		
1 Brigitte Girouard	Winnipeg	18:58
2 Sarah Wong	Winnipeg	31:24

3	Thi Thur Tr Nguyen	Winnipeg	31:33
4	Darleen Hidalgo	Winnipeg	31:49
5	Lindsay Struhan	Gimli	32:33
6	Wendy Santarina	Winnipeg	35:30
7	Thao Vu	Winnipeg	40:33
8	Annabelle Panlilio	Winnipeg	40:44
9	Christa Kruck	Winnipeg	45:53
10	Maridel Pagtalunan	Winnipeg	46:02
11	Vanessa Sankar	Winnipeg	54:45
12	Kathryn Cruz	Winnipeg	59:24

FEMALE AGE GROUP: 40 to 44

1	Erika Landry	Winnipeg	36:59
2	Tricia Vokeroth	Winnipeg	37:00
3	Kay Kong	Winnipeg	37:19
4	Lorena Aquino	Winnipeg	37:38
5	Allison Bell	Winnipeg	44:59
6	Jessica Cranmer	Winnipeg	45:53

FEMALE AGE GROUP: 45 to 49

1	Wendy Chiu	Montreal	29:56
2	Tanya Austin	Winnipeg	34:38
3	Brenda Yates	Winnipeg	43:38

FEMALE AGE GROUP: 50 to 54

1	Kerri Drosdowech	Winnipeg	24:00
2	Heide Saj	Stonewall	35:11
3	Angie Sprenger	Winnipeg	57:25

FEMALE AGE GROUP: 55 to 59

1	Wendy Gray	Winnipeg	31:56
2	Monica Blair	Winnipeg	48:54
3	Lorena Michurski	Winnipeg	1:02:26

FEMALE AGE GROUP: 60 to 64

1	Bev Chliboyko	Gonor	29:24
2	Suzanne Brennan	Winnipeg	51:00

FEMALE AGE GROUP: 65 to 69

1	Leona Wiebe	Winnipeg	1:00:31
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FEMALE AGE GROUP: 70 to 74

1	Rita Wong	Winnipeg	1:10:50
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