

Riding Mountain 5K

Overall Male Runner

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	160	HENDRIK DU PLESSIS	00:21:16.57		Runner	Ste Rose du lac, MB	4:15/K	14.1kph	1	15	
2	122	BINGHAM BOYD	00:21:55.96		Runner	Forrest, MB	4:23/K	13.7kph	3	9	
3	229	KADEN KONOPSKI	00:22:17.88		Runner	Brandon, MB	4:27/K	13.5kph	4	13	

Overall Female Runner

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	315	LEAH VANDENHEUVEL	00:21:22.85		Runner	Birtle, MB	4:16/K	14.0kph	2	16	
2	264	LACEY MOSTOWAY	00:23:15.58		Runner	Brandon, MB	4:39/K	12.9kph	7	38	
3	164	HANNAH ELDER	00:23:44.76		Runner	Grandview, MB	4:45/K	12.6kph	10	13	

Male 0 - 9

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	134	SAMUEL CHIUPKA	00:23:19.57		Runner	Brandon, MB	4:40/K	12.9kph	8	9	
2	125	RHETT BRASCHUK	00:28:13.28		Runner	Dauphin, MB	5:39/K	10.6kph	33	8	
3	181	JJ FORTIER	00:30:49.64		Runner	Boissevain, MB	6:10/K	9.7kph	60	8	
4	166	SETH ELDER	00:31:15.88		Runner	Grandview, MB	6:15/K	9.6kph	64	7	
5	259	HENRY MELVIN	00:33:13.27		Runner	Brandon, MB	6:39/K	9.0kph	87	8	
6	118	KARTER BIRD	00:33:38.67		Runner	Lyleton, MB	6:44/K	8.9kph	91	8	
7	128	JJ BURKE	00:38:46.27		Runner	Birtle, MB	7:45/K	7.7kph	142	9	
8	148	VAUGHN CRUISE	00:39:40.28		Runner	Dauphin, MB	7:56/K	7.6kph	147	7	
9	109	JAMES BARKMAN	00:39:40.52		Runner	Dauphin, MB	7:56/K	7.6kph	148	8	
10	272	NATHAN PAPPEL	00:48:12.98		Runner	Virden, MB	9:38/K	6.2kph	182	7	

Female 0 - 9

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	144	MILLIE COWAN	00:26:03.61		Runner	Hartney, MB	5:13/K	11.5kph	20	9	
2	249	OAKLYN LULASHNYK	00:33:11.91		Runner	Grandview, MB	6:38/K	9.0kph	86	9	
3	319	ISABELLE WILKINSON	00:33:15.50		Runner	Hartney, MB	6:39/K	9.0kph	88	9	
4	304	EVERLEIGH SMITH	00:36:02.40		Runner	Oak Lake, MB	7:12/K	8.3kph	107	8	
5	194	SADIE GAWAZUK	00:36:04.20		Runner	Brandon, MB	7:13/K	8.3kph	109	7	
6	310	AVERY UNGER	00:37:16.78		Runner	Virden, MB	7:27/K	8.1kph	128	7	
7	141	WELLS CORRIGAL	00:37:56.02		Runner	Melita, MB	7:35/K	7.9kph	135	6	

Male 10 - 14

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	167	CALDER ELLIOTT	00:22:57.13		Runner	Forrest, MB	4:35/K	13.1kph	6	14	
2	169	GRIFFIN ELLIOTT	00:23:28.01		Runner	Forrest, MB	4:42/K	12.8kph	9	10	
3	165	COOPER ELDER	00:23:51.30		Runner	Grandview, MB	4:46/K	12.6kph	11	10	
4	115	GRIFFIN BELL	00:24:09.06		Runner	Birtle, MB	4:50/K	12.4kph	13	13	
5	168	DRAYSON ELLIOTT	00:24:13.76		Runner	Forrest, MB	4:51/K	12.4kph	14	12	
6	250	LAYTON LULASHNYK	00:24:19.26		Runner	Grandview, MB	4:52/K	12.3kph	15	11	
7	302	GRAYSON SMITH	00:26:49.85		Runner	Oak Lake, MB	5:22/K	11.2kph	23	13	
8	254	GAVIN MAYOR	00:28:27.44		Runner	Rivers, MB	5:41/K	10.5kph	36	10	
9	303	ETHAN SMITH	00:28:30.87		Runner	Oak Lake, MB	5:42/K	10.5kph	37	11	
10	180	LIAM FORTIER	00:30:01.06		Runner	Boissevain, MB	6:00/K	10.0kph	48	11	
11	353	BODHI BURKE	00:30:08.72		Runner	Birtle, AR	6:02/K	10.0kph	50	11	
12	189	REID GARDHAM	00:31:43.88		Runner	Hamiota, MB	6:21/K	9.5kph	72	10	
13	306	ZEKE TOEWS	00:34:25.81		Runner	Sunnyside, MB	6:53/K	8.7kph	94	11	
14	105	LINCOLN BAKER	00:36:28.42		Runner	Strathclair, MB	7:18/K	8.2kph	110	11	
15	321	PIERCE YOUNG	00:36:46.24		Runner	Brandon, MB	7:21/K	8.2kph	114	12	
16	247	KASEN LOUGHEED	00:40:10.25		Runner	Brandon, MB	8:02/K	7.5kph	151	12	
17	132	EMMETT CHARTRAND	00:44:22.85		Runner	Melita, MB	8:52/K	6.8kph	175	14	
18	296	KOVAX SLATER	00:45:38.54		Runner	Hartney, MB	9:08/K	6.6kph	177	12	

Riding Mountain 5K

Female 10 - 14

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	161	CHLOE EARL	00:24:24.21		Runner	Morden, MB	4:53/K	12.3kph	16	13	
2	121	PIPER BOYD	00:26:43.01		Runner	FORREST STATION, MB	5:21/K	11.2kph	22	12	
3	237	MYAH LEBOUTILLIER	00:28:05.09		Runner	Minnedosa, CAN	5:37/K	10.7kph	30	14	
4	307	BRITTA TOEWS	00:29:32.40		Runner	Sunnyside, MB	5:54/K	10.2kph	46	13	
5	261	PAISLEY MERCURE	00:30:10.75		Runner	Brandon, MB	6:02/K	9.9kph	51	13	
6	228	LEXI KONOPSKI	00:30:11.38		Runner	Brandon, MB	6:02/K	9.9kph	52	10	
7	236	LILY LEBOUTILLIER	00:30:39.23		Runner	Minnedosa, CAN	6:08/K	9.8kph	56	12	
8	185	AVA FROESE	00:31:14.07		Runner	Grandview, MB	6:15/K	9.6kph	63	11	
9	124	REGAN BRASCHUK	00:32:00.58		Runner	Dauphin, MB	6:24/K	9.4kph	76	10	
10	271	MADDISON PAPPEL	00:35:14.33		Runner	Virden, MB	7:03/K	8.5kph	99	10	
11	290	MAYA SIEMENS	00:37:05.32		Runner	Portage La Prairie, MB	7:25/K	8.1kph	122	13	
12	117	CHARLEIGH BIRD	00:38:05.88		Runner	Lyleton, MB	7:37/K	7.9kph	136	10	
13	193	CARLI GAWAZUK	00:42:55.84		Runner	Brandon, MB	8:35/K	7.0kph	170	10	
14	243	AUTUMN LESIUK	00:51:03.34		Runner	Dauphin, MB	10:13/K	5.9kph	189	10	

Male 15 - 19

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	245	RYLAN LIDSTER	00:30:36.84		Runner	Brandon, MB	6:07/K	9.8kph	55	18	
2	230	KORT KONOPSKI	00:40:14.63		Runner	Brandon, MB	8:03/K	7.5kph	152	15	

Female 15 - 19

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	212	MACY HETHERINGTON	00:25:39.76		Runner	Brandon, MB	5:08/K	11.7kph	19	16	
2	114	KEIRA BELL	00:29:08.69		Runner	Birtle, MB	5:50/K	10.3kph	43	15	
3	239	BROOKE LEBOUTILLIER	00:29:45.88		Runner	Minnedosa, MB	5:57/K	10.1kph	47	15	
4	291	ELIKA SIEMENS	00:30:20.82		Runner	Portage La Prairie, MB	6:04/K	9.9kph	54	15	
5	184	JACY FROESE	00:31:13.63		Runner	Grandview, MB	6:15/K	9.6kph	62	15	
6	202	AVAUNNA GUTEK	00:34:48.30		Runner	Fork River, MB	6:58/K	8.6kph	96	16	
7	110	LENnex BEER	00:34:48.40		Runner	Ochre River, MB	6:58/K	8.6kph	97	15	
8	111	KENNEDY BEER	00:34:48.54		Runner	Ochre River, MB	6:58/K	8.6kph	98	15	
9	246	LADY REJEAN LIRASAN	00:35:17.43		Runner	Neepawa, MB	7:03/K	8.5kph	100	19	
10	208	RACHAEL HAYDEN	00:35:43.64		Runner	St. Andrews, MB	7:09/K	8.4kph	105	15	
11	152	ELLIE CZARNECKI	00:36:40.41		Runner	Ashville, MB	7:20/K	8.2kph	111	19	

Male 20 - 24

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	195	BRODY GERRARD	00:22:34.03		Runner	Portage La Prairie, MB	4:31/K	13.3kph	5	23	
2	131	TYSON CHAMBERS	00:28:18.03		Runner	BRANDON, MB	5:40/K	10.6kph	34	23	

Female 20 - 24

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	268	SADIE NELSON	00:26:12.21		Runner	Headingley, MB	5:14/K	11.5kph	21	24	
2	276	JULIA PETIT	00:27:50.09		Runner	Brandon, MB	5:34/K	10.8kph	27	24	
3	186	ADDISON FUNK	00:28:40.75		Runner	Winnipeg, MB	5:44/K	10.5kph	38	20	
4	200	APRIL GUINTU	00:30:45.29		Runner	Souris, MB	6:09/K	9.8kph	59	24	
5	278	JODY PLETT	00:36:47.33		Runner	McCreary, MB	7:21/K	8.2kph	116	23	
6	314	FAITH USICK	00:40:57.50		Runner	Minnedosa, MB	8:11/K	7.3kph	156	23	

Riding Mountain 5K

Male 25 - 29

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	150	COLBY CULLEN	00:28:51.43		Runner	Glenboro, MB	5:46/K	10.4kph	40	29	
2	263	JAMES MING	00:33:28.80		Runner	Saint Andrews, MB	6:42/K	9.0kph	90	28	
3	274	REGINALD JUSTIN PEROL	00:41:19.93		Runner	Brandon, MB	8:16/K	7.3kph	158	28	

Female 25 - 29

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	233	BRIDGETTE KROEKER	00:26:56.64		Runner	Minnedosa, MB	5:23/K	11.1kph	25	27	
2	312	MANON USHKOWSKI	00:28:41.25		Runner	Sifton, MB	5:44/K	10.5kph	39	27	
3	279	HAILEY RANNIE	00:32:43.70		Runner	Neepawa, MB	6:33/K	9.2kph	80	27	
4	288	KENDRA SCHERLOSKI	00:34:45.82		Runner	Russell, MB	6:57/K	8.6kph	95	29	
5	174	ALEXANDRIA FAST	00:36:02.27		Runner	St Francois Xavier, MB	7:12/K	8.3kph	106	28	
6	226	TANYA KLASSEN	00:36:48.06		Runner	Riding mountain, MB	7:22/K	8.2kph	117	27	
7	287	NICOLA SCHARFENBERG	00:37:14.14		Runner	Brandon, MB	7:27/K	8.1kph	126	28	
8	191	ANGELICA MARIE GATAPIA	00:41:19.97		Runner	Brandon, MB	8:16/K	7.3kph	159	29	
9	282	JANELLE ROBINSON	00:41:42.71		Runner	Russell, MB	8:20/K	7.2kph	160	29	
10	149	EMILY CULLEN	00:41:47.33		Runner	Brandon, MB	8:21/K	7.2kph	161	29	
11	187	REBECCA GARDHAM	00:45:04.06		Runner	Miniota, MB	9:01/K	6.7kph	176	26	
12	188	HAILEY GARDHAM	00:47:14.12		Runner	Baldur, MB	9:27/K	6.4kph	181	26	

Male 30 - 34

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	313	JUSTIN USHKOWSKI	00:28:01.01		Runner	Sifton, MB	5:36/K	10.7kph	29	30	
2	130	COLE CANTELO	00:30:05.82		Runner	Virden, MB	6:01/K	10.0kph	49	34	
3	112	CHRIS BELHUMEUR	00:33:49.98		Runner	DAUPHIN, MB	6:46/K	8.9kph	93	33	
4	324	NATHAN ZIPRICK	00:35:29.48		Runner	Inglis, MB	7:06/K	8.5kph	102	32	
5	286	RILEY SCHARFENBERG	00:37:14.08		Runner	Brandon, MB	7:27/K	8.1kph	125	32	
6	145	BRANDEN CROWE	00:37:38.29		Runner	Virden, MB	7:32/K	8.0kph	133	34	
7	270	JOSEPH PAPPEL	00:48:14.67		Runner	Virden, AB	9:39/K	6.2kph	183	34	

Female 30 - 34

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	275	ABBY PETERS	00:26:56.48		Runner	Neepawa, MB	5:23/K	11.1kph	24	32	
2	220	RHEANNE HUBERDEAU	00:28:11.38		Runner	Russell, MB	5:38/K	10.6kph	31	31	
3	277	KIMBERLY PETRINCHUK	00:30:39.32		Runner	Erickson, MB	6:08/K	9.8kph	57	32	
4	219	CELESTE HUBERDEAU	00:30:43.39		Runner	Brandon, MB	6:09/K	9.8kph	58	32	
5	305	EMMA SPRAGGS	00:31:26.61		Runner	Minnedosa, MB	6:17/K	9.5kph	67	30	
6	725	TAYLOR FLECKNOR	00:31:28.83		Runner	Virden, CAN	6:18/K	9.5kph	70	30	
7	199	ROCHELLE GUINTU	00:32:57.24		Runner	Souris, MB	6:35/K	9.1kph	83	31	
8	213	BRETT HOCKRIDGE	00:33:06.88		Runner	Dauphin, MB	6:37/K	9.1kph	85	30	
9	231	LEANNE KOROSCIL	00:33:28.25		Runner	Saint Andrews, MB	6:42/K	9.0kph	89	33	
10	234	TAYLOR KURTENBACH	00:35:28.87		Runner	Inglis, MB	7:06/K	8.5kph	101	30	
11	262	JADE MING	00:35:33.08		Runner	Glenboro, MB	7:07/K	8.4kph	103	30	
12	218	DANIELLE HOWDEN	00:35:33.30		Runner	Deloraine, MB	7:07/K	8.4kph	104	34	
13	192	BRITTANY GAWAZUK	00:36:03.76		Runner	Brandon, MB	7:13/K	8.3kph	108	31	
14	172	BROOKE EWBANK	00:36:46.43		Runner	Brandon, MB	7:21/K	8.2kph	115	33	
15	201	ERIKA GUINTU	00:37:14.92		Runner	Souris, MB	7:27/K	8.1kph	127	34	
16	309	JULIA UNGER	00:37:19.62		Runner	Brandon, MB	7:28/K	8.0kph	129	34	
17	178	NATASHIA FISHER	00:37:32.50		Runner	Brandon, MB	7:30/K	8.0kph	132	32	
18	157	LAURA DAVIDSON	00:38:22.20		Runner	Brandon, MB	7:40/K	7.8kph	139	32	
19	177	STEPH FILIPCHUK	00:39:23.85		Runner	Neepawa, MB	7:53/K	7.6kph	144	34	
20	108	LAURA BARKMAN	00:39:40.85		Runner	Dauphin, MB	7:56/K	7.6kph	149	34	
21	158	JUSTINE DREILICH	00:41:50.51		Runner	Binscarth, MB	8:22/K	7.2kph	166	31	
22	317	LAURA WARREN	00:43:51.07		Runner	Winnipeg, MB	8:46/K	6.8kph	172	30	
23	316	NICOLE WARREN	00:43:52.30		Runner	Riding Mountain, MB	8:46/K	6.8kph	173	31	

Riding Mountain 5K

Female 30 - 34

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
24	294	JAYCIE SLATER	00:48:15.26		Runner	Hartney, MB	9:39/K	6.2kph	184	33	
25	318	KYRSTEN WILKINSON	00:53:50.62		Runner	Hartney, MB	10:46/K	5.6kph	200	33	

Male 35 - 39

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	256	SCOTT MCDOUGALD	00:27:32.35		Runner	Brandon, MB	5:30/K	10.9kph	26	36	
2	126	JOHNNY BRASCHUK	00:32:02.55		Runner	Dauphin, MB	6:24/K	9.4kph	77	37	
3	129	JEREMY BUTLER	00:32:52.44		Runner	Minnedosa, MB	6:34/K	9.1kph	81	39	
4	142	NATHAN CORRIGAL	00:37:55.72		Runner	Melita, MB	7:35/K	7.9kph	134	39	
5	297	JUSTIN SLEGGERS	00:41:04.83		Runner	St Francois Xavier, MB	8:13/K	7.3kph	157	35	
6	153	JOSEPH CZARNECKI	00:42:49.42		Runner	Brookdale, MB	8:34/K	7.0kph	168	35	

Female 35 - 39

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	299	SANDRA SMITH	00:25:02.01		Runner	Winnipeg, MB	5:00/K	12.0kph	18	38	
2	123	KARA BRASCHUK	00:28:13.17		Runner	Dauphin, MB	5:39/K	10.6kph	32	36	
3	308	DANNA TWERDOSKI	00:29:02.22		Runner	Brandon, MB	5:48/K	10.3kph	42	36	
4	127	KALI BRAUN	00:29:19.70		Runner	Winnipeg, MB	5:52/K	10.2kph	44	38	
5	139	STEPHANIE COOK	00:30:19.30		Runner	Binscarth, MB	6:04/K	9.9kph	53	37	
6	285	JODI RUSNAK	00:31:00.47		Runner	Yorkton, SK	6:12/K	9.7kph	61	39	
7	280	GENA RAY	00:31:27.90		Runner	Ochre River, MB	6:17/K	9.5kph	68	38	
8	273	NATALIE PATENAUDE	00:33:00.33		Runner	Brandon, MB	6:36/K	9.1kph	84	37	
9	104	JODI BAKER	00:36:51.19		Runner	Strathclair, MB	7:22/K	8.1kph	118	36	
10	265	COURTNEY MUIR	00:37:05.92		Runner	Beulah, MB	7:25/K	8.1kph	123	38	
11	284	JENNIFER RUF	00:37:21.47		Runner	Esterhazy, SK	7:28/K	8.0kph	130	36	
12	210	ROBERTA HENRY	00:37:32.06		Runner	Alexander, MB	7:30/K	8.0kph	131	38	
13	137	KRISTEN CLARK	00:38:34.17		Runner	Minnedosa, MB	7:43/K	7.8kph	141	35	
14	260	KALEIGH MELVIN	00:40:35.68		Runner	Brandon, MB	8:07/K	7.4kph	154	39	
15	120	CORA BOUCHER	00:42:45.22		Runner	Binscarth, MB	8:33/K	7.0kph	167	37	
16	156	ELIZABETH DAVIDSON	00:44:07.12		Runner	Brandon, MB	8:49/K	6.8kph	174	35	
17	300	KRISTIN SMITH	00:46:34.82		Runner	Plumas, MB	9:19/K	6.4kph	179	35	
18	225	BRITTNEY NICOLE KIRBY-WHITFORD	00:49:47.78		Runner	Erickson, MB	9:57/K	6.0kph	188	37	
19	281	COURTNEY RIDGEN	00:51:30.14		Runner	Minnedosa, MB	10:18/K	5.8kph	193	37	
20	183	JASMINE FROESE	00:52:13.90		Runner	Grandview, MB	10:27/K	5.7kph	194	39	
21	224	CORALEI KING	01:02:10.15		Runner	Stonewall, MB	12:26/K	4.8kph	201	37	
22	267	KELSEY NAY	01:03:35.90		Runner	Brandon, MB	12:43/K	4.7kph	203	36	

Male 40 - 44

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	163	DAVE ELDER	00:27:58.35		Runner	Grandview, MB	5:36/K	10.7kph	28	40	
2	241	PETER LEPP-FOREST	00:28:27.38		Runner	Rivers, MB	5:41/K	10.5kph	35	43	
3	146	KENT CROZIER	00:31:35.51		Runner	Niverville, MB	6:19/K	9.5kph	71	43	
4	133	ANDREW CHARTRAND	00:42:50.05		Runner	Melita, MB	8:34/K	7.0kph	169	41	
5	295	LUKE SLATER	00:48:18.57		Runner	Hartney, MB	9:40/K	6.2kph	185	41	
6	242	COLIN LESIUK	00:51:04.46		Runner	Dauphin, MB	10:13/K	5.9kph	190	41	
7	204	NOLAN HALLIDAY	01:03:37.22		Runner	Brandon, MB	12:43/K	4.7kph	204	40	

Female 40 - 44

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	227	DEIRDRE KOLOGIE	00:24:03.49		Runner	Yorkton, SK	4:49/K	12.5kph	12	41	
2	170	JENNIFER ELLIOTT	00:24:28.99		Runner	Forrest, MB	4:54/K	12.3kph	17	44	
3	238	MEGAN LEBOUTILLIER	00:29:28.13		Runner	Minnedosa, MB	5:54/K	10.2kph	45	40	
4	190	ALLISON GARDHAM	00:31:44.27		Runner	Hamiota, MB	6:21/K	9.5kph	73	43	

Riding Mountain 5K

Female 40 - 44

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
5	244	MICHELLE LEWIS	00:31:51.63		Runner	Minnedosa, MB	6:22/K	9.4kph	74	40	
6	119	KRISTINE BORRESON	00:36:44.37		Runner	Melita, MB	7:21/K	8.2kph	113	40	
7	211	LINDSAY HETHERINGTON	00:37:03.56		Runner	Brandon, MB	7:25/K	8.1kph	120	44	
8	235	PAM LEBOUTILLIER	00:37:04.32		Runner	Minnedosa, MB	7:25/K	8.1kph	121	42	
9	116	LISA BIRD	00:38:06.78		Runner	Lyleton, MB	7:37/K	7.9kph	137	41	
10	113	ASHLEY BELL	00:38:29.11		Runner	Birtle, MB	7:42/K	7.8kph	140	44	
11	207	LEISA HAYDEN	00:40:46.96		Runner	St. Andrews, MB	8:09/K	7.4kph	155	44	
12	248	BRANDICE LULASHNYK	00:52:14.17		Runner	Grandview, MB	10:27/K	5.7kph	195	42	
13	162	JEN ELDER	00:52:31.96		Runner	Grandview, MB	10:30/K	5.7kph	196	41	
14	203	MINDY HALLIDAY	01:03:35.86		Runner	Brandon, MB	12:43/K	4.7kph	202	40	

Male 45 - 49

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	107	RICHARD BANKERT	00:28:54.24		Runner	Dauphin, MB	5:47/K	10.4kph	41	45	
2	175	KEITH FAST	00:32:40.22		Runner	Roblin, MB	6:32/K	9.2kph	79	47	
3	301	RYAN SMITH	00:33:38.82		Runner	Oak Lake, MB	6:44/K	8.9kph	92	48	

Female 45 - 49

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	322	CARA ZAHARYCHUK	00:31:22.28		Runner	Melita, MB	6:16/K	9.6kph	66	46	
2	135	RAMONA CHIUPKA	00:31:54.93		Runner	Sifton, MB	6:23/K	9.4kph	75	46	
3	101	ANDRE ADINA	00:32:54.50		Runner	Brandon, MB	6:35/K	9.1kph	82	48	
4	222	PATRICIA JOHNSTON	00:37:07.63		Runner	ERICKSON, MB	7:25/K	8.1kph	124	47	
5	197	KAREN GILLESPIE	00:39:42.15		Runner	Brandon, MB	7:56/K	7.6kph	150	46	
6	140	MELODIE COOK	00:40:25.89		Runner	Birtle, MB	8:05/K	7.4kph	153	48	
7	240	TRICIA LELOND	00:41:48.10		Runner	Miniota, MB	8:22/K	7.2kph	164	48	
8	102	CANDICE ARMITAGE	00:48:19.46		Runner	Miniota, MB	9:40/K	6.2kph	186	46	
9	205	NANCY HARRAR	00:53:12.24		Runner	Birtle, MB	10:38/K	5.6kph	197	47	

Male 50 - 54

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	209	CHRIS HAYDEN	00:32:16.20		Runner	St. Andrews, MB	6:27/K	9.3kph	78	53	

Female 50 - 54

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	311	SHERRY USHKOWSKI	00:31:28.45		Runner	Dauphin, MB	6:18/K	9.5kph	69	54	
2	151	TRUDY CZARNECKI	00:36:40.69		Runner	Ashville, MB	7:20/K	8.2kph	112	51	
3	198	CANDICE GRAHAM	00:36:54.68		Runner	East Selkirk, MB	7:23/K	8.1kph	119	54	
4	257	JOSEPHINE MCNEILLY	00:38:52.62		Runner	Winnipeg, MB	7:46/K	7.7kph	143	54	
5	196	BARBRA GILLESHAMMER	00:39:36.18		Runner	Minnedosa, MB	7:55/K	7.6kph	145	54	
6	215	SHERRI HOLLIER	00:41:47.46		Runner	Neepawa, MB	8:21/K	7.2kph	163	53	
7	103	MICHELLE AUGUSTYN	00:43:12.99		Runner	Brandon, MB	8:38/K	6.9kph	171	52	
8	252	KAREN MACKIE	00:46:24.55		Runner	Oakbank, MB	9:17/K	6.5kph	178	53	

Female 55 - 59

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	283	LORI RODYCH	00:39:38.36		Runner	Minnedosa, MB	7:56/K	7.6kph	146	58	
2	214	CATHIE HOLLIER	00:41:47.41		Runner	Brandon, MB	8:21/K	7.2kph	162	55	
3	292	WANDA SIME	00:41:48.19		Runner	Fork River, MB	8:22/K	7.2kph	165	57	
4	221	TRACY JANZ	00:53:48.84		Runner	Onanole, MB	10:46/K	5.6kph	198	59	

Riding Mountain 5K

Male 60 - 64

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	266	DWIGHT MURRAY	00:31:22.06		Runner	Melita, MB	6:16/K	9.6kph	65	63	

Female 60 - 64

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	143	LYNN CORY	00:46:34.91		Runner	Boissevain, MB	9:19/K	6.4kph	180	63	
2	298	CINDY SMITH	00:51:24.44		Runner	Winnipeg, MB	10:17/K	5.8kph	192	61	

Female 65 - 69

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	159	LIZ DRIEDGER	00:38:09.97		Runner	Portage la Prairie, MB	7:38/K	7.9kph	138	66	
2	232	MERLA KREUGER	00:51:08.88		Runner	Brandon, CAN	10:14/K	5.9kph	191	67	
3	293	SHELLEY SKINNER	00:53:49.08		Runner	Brandon, MB	10:46/K	5.6kph	199	65	

Female 70 - 74

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	171	BRENDA EVANS	00:48:35.07		Runner	Birtle, MB	9:43/K	6.2kph	187	72	