	Training		Races																																												Totals and qualifications		
Merged	Training Runs.Count	Training Runs.Points	Frostbite River Run	Patrick Riddell April Run Series #1	Patrick Riddell April Run Series #2	Patrick Riddell April Run Series #3	Go For The Burn Run	Winnipeg Police Half	Lockport River's Edge RunWalk for HD	Physio Fit Run	Boyne Book It Fun Run	Run and Walk to Remember	Headingley Fire Dept Run for Wishes	Ste Anne Rock & Run	Run 4 Your Cause	Run Niverville	Pepere Gerry Run	Duck and Run	Manitoba Marathon	Ice Cream Run 1	Stonewall Qarry Run	Ice Cream Run 2	Ice Cream Run 3	Islendingadagurinn 57th Annual Road Race	Ice Cream Run 4	Ice Cream Run 5	Grand Beach Sun Run	Ice Cream Run 6	Stoney Mountian Run2	Winnipeg 10&10	Southport RUNway	Run Sage Creek22	Riding Mountain Half	Kleefeld Honey Run2	Fort Garry Rotary Club Half Marathon2	Trehern Run For The Hills	Kicking Pancreas	Ted's Run	Winkler Half Marathon	Madox's Warriors Superhero Run	Roblin Park 5K	Paul Wawryko Memorial Run.xlsx	Cousins Memorial Trail Run	Lindenwoods Fall Classic	WFPS	Race Points	Total Points	Points Qualified	Race Qualified
Vanessa Schurko	32	64	3	3	3	3	3	3		3			4	4	3		4		3		4			4			4		4	3		3	4	4		4	3	3	4					3	3	89	153	OK	OK
Brenda Krueger	41	82	3		3	3	3	3		3			4		3				3		4			4			4		4	3		3		4	3			3	4					3	3	70	152	OK	OK
Phillip Pawluk	41	82		3	3	3		3		3			4					4	3		4			4			4		4	3		3		4	3		3	3	4					3		68	150	OK	OK
Beth Millard	41	82		3	3	3	3			3			4	4	3						4						4		4			3		4			3	3						3		54	136	OK	OK
Shawn Bjornsson	41	82		3	3					3			4		3				3		4			4								3					3	3							3	39	121	OK	OK
Clemus Laurila	29	58		3	3	3				3			4		3			4	3		4			4					4					4	3			3	4	3					3	58	116	OK	OK
Linda Hamilton	42	84		3		3		3											3					4			4		4	3															3	30	114	OK	OK
Louise Stuart	33	66		3			3						4						3		4			4			4		4	3		3			3			3						3	3	47	113	OK	OK
Bryanne Deroo	41	82						3											3					4						3				4	3										3	23	105	OK	OK
Girish Manuel	38	76																4	3		4			4					4						3					3					3	28	104	OK	OK
Cindy Dobson	33	66		3	3		3	3		3			4								4			4					4																3	34	100	OK	OK
Amber Driedger	41	82													3				3											3		3			3										3	18	100	OK	OK
Diane Kowerko	40	80					3	3	4																												3							3	3	19	99	OK	OK
Karen Wakegijig	20	40	3			3	3			3			4	4	3	4	4										4					3	4			4	3	3	4						3	59	99	OK	OK
Diane Wing	40	80						3																							4					4			4						3	18	98	OK	OK
Stephanie Verbong	41	82						3	4										3																3											13	95	OK	OK
Lisa Stansell	16	32		3		3	3	3							3			4	3		4			4					4	3		3		4	3		3	3	4					3	3	63	95	OK	OK
Pamela Cusicanqui	40	80																	3													3			3			3							3	15	95	OK	OK
Colleen Semmler	32	64											4		3			4			4			4					4					4											3	30	94	OK	OK
Christopher Magnan	39	78						3											3					4						3															3	16	94	OK	OK
Heather Pawluk	24	48		3				3					4					4	3		4			4					4	3		3		4			3	3								45	93	OK	OK
Jeremy Birkbeck	36	72				3		3	4										3															4											3	20	92	OK	OK
Nicole Manuel	32	64																4	3		4			4					4						3					3					3	28	92	OK	OK
Kevin Sim	33	66		3				3		3					3															3		3		4											3	25	91	OK	OK
Cindy Frazer	31	62												4				4	3					4			4		4								3	3								29	91	OK	OK
Christina Barry	28	56		3	3	3	3	3		3			4		3															3								3							3	34	90	OK	OK
Kate Isanski	34	68						3					4		3				3															4											3	20	88	OK	OK
Lorraine Walton	36	72						3							3				3													3					3									15	87	OK	OK
Eldon Bergen	21	42		3	3	3		3		3			4		3				3		4			4						3		3			3										3	45	87	OK	OK
James Goho	27	54					3			3			4		3						4								4			3						3						3		30	84	OK	OK
Melodie Zielinski	36	72					3																							3		3													3	12	84	OK	OK
Aldo Furlan	23	46	3		3	3							4								4						4		4	3					3			3						3		37	83	OK	OK
Stacey Moffat	24	48				3	3	3		3					3															3	4					4								3	3	32	80	OK	OK
Jeanette Bautista	27	54								3					3				3					4						3				4										3	3	26	80	OK	OK
Corinna Grenier	33	66									4								3											3						4										14	80	OK	OK
Tyler Schroeder	24	48									4	4							3								4						4			4			4				4			31	79	OK	OK
Reg Brown	21	42		3	3	3	3	3													4								4			3		4		4								3		37	79	OK	OK
Connor Boyd Miller	16	32		3	3	3				3					3						4						4	3	4			3		4			3	3								43	75	OK	OK
Tiernan Bertrand-Meadows	22	44		3	3	3	3			3					3	4				3			3			3																				31	75	OK	OK
Jessica Drakul	15	30	3	3	3		3	3					4		3				3					4						3									4					3	3	42	72	OK	OK
Daria Weiss	31	62																												3				4											3	10	72	OK	OK

	Training		Races																																											Totals and qualifications		
Merged	Training Runs.Count	Training Runs.Points	Frostbite River Run	Patrick Riddell April Run Series #1	Patrick Riddell April Run Series #2	Patrick Riddell April Run Series #3	Go For The Burn Run	Winnipeg Police Half	Lockport River's Edge RunWalk for HD	Physio Fit Run	Boyne Book It Fun Run	Run and Walk to Remember	Headingley Fire Dept Run for Wishes	Ste Anne Rock & Run	Run 4 Your Cause	Run Niverville	Pepere Gerry Run	Duck and Run	Manitoba Marathon	Ice Cream Run 1	Stonewall Qarry Run	Ice Cream Run 2	Ice Cream Run 3	Islendingadagurinn 57th Annual Road Race	Ice Cream Run 4	Ice Cream Run 5	Grand Beach Sun Run	Ice Cream Run 6	Stoney Mountian Run2	Winnipeg 10&10	Southport RUNway	Run Sage Creek22	Riding Mountain Half	Kleefeld Honey Run2	Fort Garry Rotary Club Half Marathon2	Trehern Run For The Hills	Kicking Pancreas	Ted's Run	Winkler Half Marathon	Madox's Warriors Superhero Run	Roblin Park 5K	Paul Wawryko Memorial Run.xlsx	Cousins Memorial Trail Run	Lindenwoods Fall Classic	WFPS	Race Points	Total Points	Points Qualified	Race Qualified
Marissa Bochen	30	60		3	3	3													3																											12	72	OK	OK
Sarah Semmler	26	52																4			4			4					4												3					19	71	OK	OK
Logan Boyd Miller	8	16		3	3	3				3					3			4		3	4			4			4	3	4			3		4			3	3								54	70	OK	OK
Jeff Vince	15	30						3		3			4						3		4						4		4	3					3			3						3	3	40	70	OK	OK
Sabrina Carvelli	0	0		3	3	3	3			3	4			4	3	4				3				4		3	4	3	4			3		4			3	3						3		67	67	OK	OK
Kyle Doherty	16	32					3						4		3			4			4			4					4	3		3						3								35	67	OK	OK
Bob Cox	3	6	3	3	3	3	3	3		3			4		3		4		3		4								4			3				4		3	4					3		60	66	OK	OK
Bryan Mintenko	28	56					3						4																						3											10	66	OK	OK
Deborah Bazan	19	38						3											3		4			4					4	3				4				3								28	66	OK	OK
Bill Gamache	8	16	3				3	3		3			4		3				3					4					4			3		4	3			3						3	3	49	65	OK	OK
Martina Reslerova	20	40	3															4			4			4					4	3												3				25	65	OK	OK
Gordon Guenther	27	54							4																							3													3	10	64	OK	OK
Adam Masters	11	22		3	3		3							4	3			4	3		4			4					4					4											3	42	64	OK	OK
Bo Huang	15	30		3	3			3											3								4		4			3		4	3									3		33	63	OK	OK
Avery Erum-Rieger	20	40					3			3									3					4						3		3													3	22	62	OK	OK
Janie Parson	15	30		3		3		3					4								4								4	3		3		4												31	61	OK	OK
Chris Dick	3	6		3	3	3		3		3					3				3		4			4			4						4	4		4			4					3	3	55	61	OK	OK
Mingdi Zhao	16	32		3	3			3											3											3		3		4	3									3		28	60	OK	OK
Jonathan Warkentin	24	48		3	3	3																																							3	12	60	OK	OK
Brenna Dixon	6	12		3	3		3						4		3			4	3		4			4					4			3		4										3	3	48	60	OK	OK
Marshall Hordo	18	36																			4	4	3			3		3	4			3														24	60	OK	OK
Lisa Witt	20	40						3								4													4						3		3								3	20	60	OK	OK
Trevor Dueck	0	0		3			3	3		3			4		3			4	3		4			4			4		4	3		3		4				3						3		58	58	OK	OK
Sean Terichow Parrott	15	30			3	3	3													3			3					3				3		4				3								28	58	OK	OK
Derek Boutang	20	40		3	3			3																						3								3							3	18	58	OK	OK
Maeve Millard-Hales	0	0		3	3	3	3			3			4	4	3						4					3	4		4			3		4			3	3						3		57	57	OK	OK
Emmett Dejaeger	14	28					3			3	4									3			3			3		3	4			3														29	57	OK	OK
Raider Hordo	18	36																			4	4	3			3		3	4																	21	57	OK	OK
Leaslie Mcphail	12	24					3	3					4		3														4	3		3		4				3							3	33	57	OK	OK
Cindy Bergen	9	18		3	3	3		3		3					3						4			4						3		3			3										3	38	56	OK	OK
Jonathan Hales	0	0		3	3	3	3			3			4	4	3						4						4		4			3		4			3	3						3		54	54	OK	OK
Chrissy Tournier Croft	15	30	3	3		3		3							3				3											3															3	24	54	OK	OK
Samuel Bochen	18	36		3	3	3													3	3																									3	18	54	OK	OK
Ethan Masters	12	24		3	3		3							4	3				3		4													4											3	30	54	OK	OK
Talia Bertrand-Meadows	17	34		3	3	3				3			4		3																															19	53	OK	OK
Lily Croft	9	18						3			4	4							3	3		4			4	3													4						3	35	53	OK	OK
Shelley Bertrand-Meadows	22	44		3	3	3																																								9	53	OK	OK
Bruce Bertrand-Meadows	22	44		3	3	3																																								9	53	OK	OK
Tane Bertrand-Meadows	6	12		3	3	3	3	3		3			4		3	4				3			3			3						3														41	53	OK	OK
Wyatt Croft	1	2	3	3	3	3		3			4	4							3	3		4			4	3		3											4						3	50	52	OK	OK
Christine Rinn	21	42						3																						3						4										10	52	OK	OK

	Training		Races																																												Totals and qualifications		
Merged	Training Runs.Count	Training Runs.Points	Frostbite River Run	Patrick Riddell April Run Series #1	Patrick Riddell April Run Series #2	Patrick Riddell April Run Series #3	Go For The Burn Run	Winnipeg Police Half	Lockport River's Edge RunWalk for HD	Physio Fit Run	Boyne Book It Fun Run	Run and Walk to Remember	Headingley Fire Dept Run for Wishes	Ste Anne Rock & Run	Run 4 Your Cause	Run Niverville	Pepere Gerry Run	Duck and Run	Manitoba Marathon	Ice Cream Run 1	Stonewall Qarry Run	Ice Cream Run 2	Ice Cream Run 3	Islendingadagurinn 57th Annual Road Race	Ice Cream Run 4	Ice Cream Run 5	Grand Beach Sun Run	Ice Cream Run 6	Stoney Mountian Run2	Winnipeg 10&10	Southport RUNway	Run Sage Creek22	Riding Mountain Half	Kleefeld Honey Run2	Fort Garry Rotary Club Half Marathon2	Trehern Run For The Hills	Kicking Pancreas	Ted's Run	Winkler Half Marathon	Madox's Warriors Superhero Run	Roblin Park 5K	Paul Wawryko Memorial Run.xlsx	Cousins Memorial Trail Run	Lindenwoods Fall Classic	WFPS	Race Points	Total Points	Points Qualified	Race Qualified
Daryl Croft	8	16	3	3	3	3		3				4			3				3											3									4						3	35	51	OK	OK
Callie Dejaeger	11	22					3			3	4									3			3			3		3	4			3														29	51	OK	OK
Renee Dejaeger	11	22					3			3	4									3			3			3		3	4			3														29	51	OK	OK
Colton Hordo	13	26																			4	4	3			3		3	4			3														24	50	OK	OK
Rose Harwood-Jones	7	14																	3	3			3	4		3	4	3	4			3					3							3		36	50	OK	OK
Alexander Harwood-Jones	9	18																	3	3			3	4		3	4	3				3					3							3		32	50	OK	OK
Fiona Stewart	20	40																												3															3	6	46	92.00%	66.67%
Marc Ste.Marie	18	36						3									4		3																											10	46	92.00%	OK
Victoria Bloomfield	1	2	3				3	3						4	3				3		4						4			3			4											3	3	40	42	84.00%	OK
Jim Campbell	0	0	3	3	3		3		4				4					4	3										4			3						3							3	40	40	80.00%	OK
Andrew Filyk	0	0				3								4				4	3		4			4			4		4	3					3										3	39	39	78.00%	OK
Teague Bertrand-Meadows	1	2		3	3	3	3	3		3			4		3																	3												3		31	33	66.00%	OK
Randi Edwards	5	10		3	3	3		3					4						3											3																22	32	64.00%	OK
Sheldon Pohl	5	10																						4			4		4			3						3						3		21	31	62.00%	OK
Asha Trapp-Waldie	9	18			3		3			3																						3														12	30	60.00%	OK
Lisa Mcconnell	0	0		3				3										4	3					4					4	3					3										3	30	30	60.00%	OK
Todd Friesen	1	2				3	3	3									4		3					4										4	3											27	29	58.00%	OK
Jeffrey St. Paul	3	6		3	3	3		3					4						3											3																22	28	56.00%	OK
Tejas Bertrand-Meadows	3	6		3				3					4		3																	3												3		19	25	50.00%	OK
Guy Madill	0	0						3		3					3						4			4					4								3									24	24	48.00%	OK
Maggie Svaling	4	8	3																3								4			3															3	16	24	48.00%	OK
Joanna Saucier	4	8		3	3	3		3		3																																				15	23	46.00%	OK
Celina Romaniw	0	0					3	3											3					4						3						4									3	23	23	46.00%	OK
Leah Erum	0	0					3												3					4						3		3			3										3	22	22	44.00%	OK
Lindsay Walker	3	6		3	3	3													3																									3		15	21	42.00%	OK
Wendy Lazaruk-Trueman	2	4						3	4																							3						3							3	16	20	40.00%	OK
Christine Lichti	0	0						3							3				3																	4	3	3								19	19	38.00%	OK
Colin Reed	0	0		3																	4								4			3		4												18	18	36.00%	OK
Christy Rogowski	6	12		3															3																											6	18	36.00%	66.67%
Dwayne Wheeler	0	0		3	3					3							4										4																			17	17	34.00%	OK
Lindsey Fairman	0	0	3	3	3	3		3																																						15	15	30.00%	OK
Megan Ferguson	0	0																	3		4						4			3																14	14	28.00%	OK
Bryce Desender	0	0						3		3									3											3																12	12	24.00%	OK
Amy Passmore	0	0						3											3											3															3	12	12	24.00%	OK
Jennifer Raposo	0	0						3											3																					3					3	12	12	24.00%	OK
Jack Dubnicoff	2	4					3	3																																						6	10	20.00%	66.67%
Darlene Willetts	0	0						3																												4									3	10	10	20.00%	OK
Arlene Ebora	0	0						3											3																										3	9	9	18.00%	OK
Taryn Schrot	0	0		3	3														3																											9	9	18.00%	OK
Shannon Trapp	0	0																	3											3					3											9	9	18.00%	OK
Jesse Terichow Parrott	0	0			3																		3									3														9	9	18.00%	OK

	Training		Races																																											Totals and qualifications		
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Bennett Erum-Rieger	1	2								3																																											3	6	8	16.00%	66.67%
Laura Dyck	0	0						3																														4									7	7	14.00%	66.67%
Trish Hunter	0	0						3																																											3	6	6	12.00%	66.67%
Amy Browne	0	0						3																																											3	6	6	12.00%	66.67%
Robin Wilson	0	0																	3																														3	6	6	12.00%	66.67%
Aria Bautista	3	6																																																																																														0	6	12.00%	0.00%
Lydia Koprajda	0	0																	3																																3	3	6.00%	33.33%
Mohit Gupta	0	0																	3																																3	3	6.00%	33.33%
Sammy Schaffer	0	0																																				3								3	3	6.00%	33.33%
Sourabh Maiti	0	0																	3																																3	3	6.00%	33.33%
Danielle Thiessen	0	0																	3																																3	3	6.00%	33.33%