

Commit To Get Fit Run  
Wellness Center  
Winnipeg, Manitoba

June 4, 2017

OVERALL 10K RESULTS  
DISTANCE CERTIFIED

PLACE	NAME	GENDER	AGE GROUP	PLACE IN AGE GROUP	FINISH TIME	CHIP TIME
1	Josh Guenther	M	M25-29	1/7	36:17	36:16
2	Steven Graupner	M	M25-29	2/7	37:09	37:08
3	Darcey Harder	M	M45-49	1/3	39:14	39:13
4	Sam Zhou	M	M45-49	2/3	40:24	40:23
5	Dan McCaughan	M	M55-59	1/8	42:02	42:00
6	Bob Cox	M	M55-59	2/8	42:47	42:46
7	Kathryn Maslanka	F	F30-34	1/5	43:01	43:00
8	Leon Clegg	M	M70-74	1/3	44:17	44:15
9	Janie Parson	F	F40-44	1/5	44:27	44:28
10	Fischer Zemliduk	M	M15-19	1/1	44:35	44:35
11	Lindsey Green	F	F30-34	2/5	44:53	44:48
12	Erin Johnston	M	M25-29	3/7	44:56	44:49
13	Gordon Flett	M	M55-59	3/8	44:58	44:56
14	Kirsten Hooper	F	F20-24	1/1	45:22	45:20
15	Jonathon Chingcuangco	M	M20-24	1/3	46:14	46:03
16	Jonathon Stapinsky	M	M40-44	1/5	46:21	46:15
17	Thomas Ferguson	M	M25-29	4/7	46:33	46:27
18	Nicholas Hargrove	M	M30-34	1/5	46:37	46:32
19	Troy Mawle	M	M50-54	1/5	47:00	46:57
20	Alphonse Bernard	M	M65-69	1/4	47:20	47:17
21	David Lawler	M	M60-64	1/6	47:30	47:27
22	Michael Thompson	M	M35-39	1/6	47:56	47:54
23	Clara Sebelius	F	F25-29	1/4	48:10	48:05
24	David Hooper	M	M55-59	4/8	48:24	48:22
25	Herman Gutierrez	M	M55-59	5/8	48:46	48:41
26	Danielle Papin	F	F60-64	1/3	48:53	48:46
27	Andrea Nazareuch	F	F30-34	3/5	49:15	49:09
28	Aldo Furlan	M	M50-54	2/5	49:40	49:21
29	Lindsay Boyko	F	F35-39	1/6	50:24	50:19
30	Matt Harzing	M	M30-34	2/5	50:24	50:20
31	Glen West	M	M50-54	3/5	50:46	50:44
32	Jason Macdonald	M	M40-44	2/5	50:54	50:48
33	Armeen Del Mundo	M	M45-49	3/3	51:46	51:38
34	Shannon Darby	F	F25-29	2/4	52:20	52:13
35	Colin Pawlyk	M	M35-39	2/6	52:28	52:15
36	Sarah Dann	F	F35-39	2/6	52:45	52:33

37	Ed Amman	M	M60-64	2/6	27/59	52:50	52:45
38	Evan Zarecki	M	M30-34	3/5	28/59	52:52	52:44
39	Heather Marks	F	F40-44	2/5	11/35	52:57	52:53
40	Mark Stepinski	M	M40-44	3/5	29/59	53:26	53:04
41	Bryan Ezanko	M	M40-44	4/5	30/59	53:31	53:24
42	Jason Perez	M	M35-39	3/6	31/59	54:19	54:12
43	Michael Szwaluk	M	M50-54	4/5	32/59	54:24	54:12
44	Brian Rarama	M	M35-39	4/6	33/59	54:27	54:23
45	Mark Chan	F	F35-39	3/6	12/35	55:20	55:14
46	Louise Stuart	F	F50-54	1/3	13/35	55:46	55:34
47	Nicole Dias	F	F40-44	3/5	14/35	55:46	55:41
48	Stephanie Bugera	F	F40-44	4/5	15/35	55:47	55:43
49	Randal Bodner	M	M60-64	3/6	34/59	56:05	55:55
50	Nancy Doern-White	F	F55-59	1/3	16/35	56:06	56:00
51	Dave Reede	M	M60-64	4/6	35/59	57:42	57:35
52	Jessica Landry	F	F30-34	4/5	17/35	57:52	57:41
53	Harold Bagan	M	M70-74	2/3	36/59	58:05	57:54
54	Grant Morgan	M	M60-64	5/6	37/59	58:05	58:00
55	Simon Luong	M	M30-34	4/5	38/59	58:09	58:00
56	Jason Karos	M	M20-24	2/3	39/59	58:17	58:04
57	Kelly Hudson	F	F35-39	4/6	18/35	58:18	58:04
58	Jason Unrau	M	M35-39	5/6	40/59	58:42	58:33
59	Benedict Bayona	M	M01-14	1/1	41/59	58:47	58:40
60	Vern Bird	M	M65-69	2/4	42/59	59:03	58:56
61	Rande Gatbonton	M	M50-54	5/5	43/59	59:08	58:30
62	Ivan Cruz	M	M20-24	3/3	44/59	59:10	59:04
63	David Fielder	M	M55-59	6/8	45/59	59:19	59:03
64	Melissa Budd	F	F45-49	1/3	19/35	59:19	59:11
65	Jonathan Boman	M	M35-39	6/6	46/59	59:42	58:53
66	Leanne Preteau	F	F01-14	1/1	20/35	1:00:05	59:57
67	Darwin Rodriguez	M	M25-29	5/7	47/59	1:02:29	1:02:20
68	Angie Ledohowski	F	F50-54	2/3	21/35	1:03:32	1:03:28
69	Wendy Singleton	F	F40-44	5/5	22/35	1:03:37	1:03:11
70	Shannon Birk	F	F35-39	5/6	23/35	1:04:01	1:03:41
71	Gail Zarecki	F	F60-64	2/3	24/35	1:04:02	1:03:48
72	Greg Derige	M	M55-59	7/8	48/59	1:04:30	1:04:15
73	Audrey Candelaria	F	F25-29	3/4	25/35	1:05:04	1:04:50
74	Dennis Lone	M	M65-69	3/4	49/59	1:05:41	1:05:21
75	Laura Bresoline	F	F30-34	5/5	26/35	1:05:52	1:05:02
76	Jim Anderson	M	M75+	1/2	50/59	1:06:11	1:06:03
77	Patrick Clarke	M	M70-74	3/3	51/59	1:06:36	1:06:18
78	John Bryn Bernardino	M	M25-29	6/7	52/59	1:06:39	1:06:27
79	Gwen Bonneville	F	F60-64	3/3	27/35	1:07:34	1:07:24
80	Kristia Sulit	F	F25-29	4/4	28/35	1:07:56	1:07:51
81	Marie Inge	F	F45-49	2/3	29/35	1:08:43	1:08:20
82	Christy Rogowski	F	F35-39	6/6	30/35	1:11:04	1:10:37
83	George Koch	M	M60-64	6/6	53/59	1:11:24	1:10:58
84	Ian Anderson	M	M65-69	4/4	54/59	1:11:33	1:11:00
85	Maria Hillman	F	F55-59	2/3	31/35	1:12:53	1:12:26
86	Ryan Houston	M	M25-29	7/7	55/59	1:14:12	1:13:32
87	Laurie Tulk	F	F55-59	3/3	32/35	1:14:34	1:14:29

88	Thobela Nyobole-Kilbrai	F	F45-49	3/3	33/35	1:17:28	1:17:05
89	Giles Preteau	M	M40-44	5/5	56/59	1:18:59	1:18:37
90	Edronel Mulingtapeng	M	M30-34	5/5	57/59	1:20:51	1:20:27
91	Cheryl Dann	F	F70-74	1/1	34/35	1:21:14	1:20:40
92	Josefa Villafana	F	F50-54	3/3	35/35	1:21:28	1:21:14
93	Greg Nyobole-Kilbrai	M	M55-59	8/8	58/59	1:21:55	1:21:32
94	Tony Pope	M	M75+	2/2	59/59	1:27:04	1:26:47

Commit To Get Fit Run  
Wellness Center  
Winnipeg, Manitoba

June 4, 2017

AGE-GROUP RESULTS FOR STATISTICAL PURPOSES ONLY

\*\*\*\*\* MALE OVERALL RESULTS FOR Commit To Get Fit 10K Run \*\*\*\*\*

1	Josh Guenther	36:17
2	Steven Graupner	37:09
3	Darcey Harder	39:14

\*\*\*\*\* FEMALE OVERALL RESULTS FOR Commit To Get Fit 10K Run \*\*\*\*\*

1	Kathryn Maslanka	43:01
2	Janie Parson	44:27
3	Lindsey Green	44:53

FEMALE AGE GROUP: 14 & Under

1	Leanne Preteau	1:00:05
---	----------------	---------

FEMALE AGE GROUP: 20 to 24

1	Kirsten Hooper	45:22
---	----------------	-------

FEMALE AGE GROUP: 25 to 29

1	Clara Sebelius	48:10
2	Shannon Darby	52:20
3	Audrey Candalaria	1:05:04
4	Kristia Sulit	1:07:56

FEMALE AGE GROUP: 30 to 34

1	Kathryn Maslanka	43:01
2	Lindsey Green	44:53

3	Andrea Nazareuch	49:15
4	Jessica Landry	57:52
5	Laura Bresoline	1:05:52

FEMALE AGE GROUP: 35 to 39

1	Lindsay Boyko	50:24
2	Sarah Dann	52:45
3	Mark Chan	55:20
4	Kelly Hudson	58:18
5	Shannon Birk	1:04:01
6	Christy Rogowski	1:11:04

FEMALE AGE GROUP: 40 to 44

1	Janie Parson	44:27
2	Heather Marks	52:57
3	Nicole Dias	55:46
4	Stephanie Bugera	55:47
5	Wendy Singleton	1:03:37

FEMALE AGE GROUP: 45 to 49

1	Melissa Budd	59:19
2	Marie Inge	1:08:43
3	Thobela Nyobole-Kilbrai	1:17:28

FEMALE AGE GROUP: 50 to 54

1	Louise Stuart	55:46
2	Angie Ledohowski	1:03:32
3	Josefa Villafana	1:21:28

FEMALE AGE GROUP: 55 to 59

1	Nancy Doern-White	56:06
2	Maria Hillman	1:12:53
3	Laurie Tulk	1:14:34

FEMALE AGE GROUP: 60 to 64

1	Danielle Papin	48:53
2	Gail Zarecki	1:04:02
3	Gwen Bonneville	1:07:34

FEMALE AGE GROUP: 70 to 74

1	Cheryl Dann	1:21:14
---	-------------	---------

MALE AGE GROUP: 14 & Under

1 Benedict Bayona 58:47

MALE AGE GROUP: 15 to 19

1 Fischer Zemliduk 44:35

MALE AGE GROUP: 20 to 24

1 Jonathon Chingcuangco 46:14

2 Jason Karos 58:17

3 Ivan Cruz 59:10

MALE AGE GROUP: 25 to 29

1 Josh Guenther 36:17

2 Steven Graupner 37:09

3 Erin Johnston 44:56

4 Thomas Ferguson 46:33

5 Darwin Rodriguez 1:02:29

6 John Bryn Bernardino 1:06:39

7 Ryan Houston 1:14:12

MALE AGE GROUP: 30 to 34

1 Nicholas Hargrove 46:37

2 Matt Harzing 50:24

3 Evan Zarecki 52:52

4 Simon Luong 58:09

5 Edronel Mulingtapeng 1:20:51

MALE AGE GROUP: 35 to 39

1 Michael Thompson 47:56

2 Colin Pawlyk 52:28

3 Jason Perez 54:19

4 Brian Rarama 54:27

5 Jason Unrau 58:42

6 Jonathan Boman 59:42

MALE AGE GROUP: 40 to 44

1 Jonathon Stapinsky 46:21

2 Jason Macdonald 50:54

3 Mark Stepinski 53:26

4 Bryan Ezanko 53:31

5 Giles Preteau 1:18:59

MALE AGE GROUP: 45 to 49

1 Darcey Harder 39:14

2 Sam Zhou 40:24

3 Armeen Del Mundo 51:46

MALE AGE GROUP: 50 to 54

1 Troy Mawle 47:00  
2 Aldo Furlan 49:40  
3 Glen West 50:46  
4 Michael Szwaluk 54:24  
5 Rande Gathbonton 59:08

MALE AGE GROUP: 55 to 59

1 Dan McCaughan 42:02  
2 Bob Cox 42:47  
3 Gordon Flett 44:58  
4 David Hooper 48:24  
5 Herman Gutierrez 48:46  
6 David Fielder 59:19  
7 Greg Derige 1:04:30  
8 Greg Nyobole-Kilbrai 1:21:55

MALE AGE GROUP: 60 to 64

1 David Lawler 47:30  
2 Ed Amman 52:50  
3 Randal Bodner 56:05  
4 Dave Reede 57:42  
5 Grant Morgan 58:05  
6 George Koch 1:11:24

MALE AGE GROUP: 65 to 69

1 Alphonse Bernard 47:20  
2 Vern Bird 59:03  
3 Dennis Lone 1:05:41  
4 Ian Anderson 1:11:33

MALE AGE GROUP: 70 to 74

1 Leon Clegg 44:17  
2 Harold Bagan 58:05  
3 Patrick Clarke 1:06:36

MALE AGE GROUP: 75 & Over

1 Jim Anderson 1:06:11  
2 Tony Pope 1:27:04