

# April Run Series - Race 1 5K

## Overall Male Runner

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	5049	Conor McGovern	00:17:00.95		Runner	Winnipeg, Man	3:24/K	17.6kph	1	18	
2.	5042	Darren Klassen	00:17:05.62		Runner	East St. Paul, Man	3:25/K	17.6kph	2	49	
3.	5066	Jeff Sacco	00:17:22.69		Runner	Winnipeg, Man	3:28/K	17.3kph	3	28	

## Overall Female Runner

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	5032	Marina Gross	00:20:59.29		Runner	Carman, Man	4:12/K	14.3kph	15	13	
2.	5058	Janie Parson	00:22:41.39		Runner	La Salle, Man	4:32/K	13.2kph	34	45	
3.	5072	Ciara Sebelius	00:22:53.73		Runner	Winnipeg, Man	4:35/K	13.1kph	35	25	

## Male 0 - 9

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	5068	Jeremiah Sawbo	00:30:33.61		Runner	Winnipeg, Man	6:07/K	9.8kph	78	9	

## Male 10 - 14

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	5093	Michael Rebeler	00:21:08.08		Runner	Winnipeg, MB	4:14/K	14.2kph	18	13	
2.	5034	Blake Harris	00:21:25.98		Runner	Sanford, Man	4:17/K	14.0kph	22	13	
3.	5073	Adam Smith	00:23:20.80		Runner	Winnipeg, Man	4:40/K	12.9kph	42	11	
4.	5011	Nicodem Cintije	00:24:20.61		Runner	Winnipeg, Man	4:52/K	12.3kph	52	12	
5.	5057	Fayt Paquin	00:25:58.47		Runner	Winnipeg, Man	5:12/K	11.6kph	61	11	
6.	5098	Kaiden Kendel	00:26:16.52		Runner	Stony Mountain, MB	5:15/K	11.4kph	64	12	
7.	5025	Adam Edmonds	00:28:21.82		Runner	Winnipeg, Man	5:40/K	10.6kph	70	11	

## Female 10 - 14

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	5032	Marina Gross	00:20:59.29		Runner	Carman, Man	4:12/K	14.3kph	15	13	
2.	5046	Madison Lyburn	00:24:31.37		Runner	Winnipeg, Man	4:54/K	12.2kph	53	11	
3.	5038	Caitlyn Hollywood	00:25:18.64		Runner	WINNIPEG, Man	5:04/K	11.9kph	56	11	
4.	5095	Zoe Penno	00:25:22.61		Runner	Sanford, MB	5:04/K	11.8kph	57	14	
5.	5026	Olivia Epp	00:25:53.97		Runner	Winnipeg, Man	5:11/K	11.6kph	58	11	
6.	5028	Madison Firlotte	00:28:05.76		Runner	St Francois Xavier, Man	5:37/K	10.7kph	69	12	

## Male 15 - 19

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	5049	Conor McGovern	00:17:00.95		Runner	Winnipeg, Man	3:24/K	17.6kph	1	18	
2.	5002	Unai Apraiz Zenon	00:18:25.95		Runner	winnipeg, Man	3:41/K	16.3kph	7	15	
3.	5014	carson cortvriendt	00:18:47.70		Runner	winnipeg, Man	3:45/K	16.0kph	8	15	
4.	5040	Bryce Jenkins	00:18:55.02		Runner	Winnipeg, Man	3:47/K	15.9kph	9	18	
5.	5007	Xander Bjornsson	00:21:24.99		Runner	Winnipeg, Man	4:17/K	14.0kph	21	18	
6.	5091	Tristan Baird	00:23:13.30		Runner	Stonewall, Man	4:39/K	12.9kph	39	18	
7.	5060	Gavin Penner	00:23:20.04		Runner	Altona, Man	4:40/K	12.9kph	41	15	
8.	5083	Tyler Vincent	00:23:46.21		Runner	Winnipeg, Man	4:45/K	12.6kph	47	16	
9.	5064	David Liam Roberts	00:23:58.18		Runner	Winnipeg, Man	4:48/K	12.5kph	49	17	

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## Female 15 - 19

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	5081	Megan VanHeyst	00:23:06.89		Runner	Stony Mountain, Man	4:37/K	13.0kph	37	15	
2.	5082	Ella Vincent	00:28:04.57		Runner	Winnipeg, Man	5:37/K	10.7kph	68	16	

## Male 25 - 29

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	5066	Jeff Sacco	00:17:22.69		Runner	Winnipeg, Man	3:28/K	17.3kph	3	28	
2.	5033	Josh Guenther	00:17:54.66		Runner	Winnipeg, Man	3:35/K	16.8kph	4	26	
3.	5024	Jonas Eastcott	00:18:09.72		Runner	Sanford, Man	3:38/K	16.5kph	6	26	

## Female 25 - 29

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	5072	Ciara Sebelius	00:22:53.73		Runner	Winnipeg, Man	4:35/K	13.1kph	35	25	
2.	5085	geralyn wichers	00:30:16.40		Runner	Steinbach, Man	6:03/K	9.9kph	77	27	
3.	5077	Michelle Sutherland	00:31:26.81		Runner	Winnipeg, Man	6:17/K	9.5kph	81	29	

## Male 30 - 34

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	5054	Garry Nix	00:19:45.15		Runner	winnipeg, Man	3:57/K	15.2kph	10	34	
2.	5097	Thomas Urish	00:21:14.03		Runner	Winnipeg, MB	4:15/K	14.1kph	20	33	
3.	5044	Brett Lamoureux	00:23:08.14		Runner	Winnipeg, Man	4:38/K	13.0kph	38	34	
4.	5090	Craig Harlos	00:24:00.15		Runner	Winnipeg, Man	4:48/K	12.5kph	51	33	
5.	5013	David Cordingley	00:24:40.41		Runner	Winnipeg, Man	4:56/K	12.2kph	55	33	

## Female 30 - 34

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	5031	Ana Gonzalez	00:26:24.28		Runner	Winnipeg, Man	5:17/K	11.4kph	65	34	
2.	5015	Amanda Costain	00:27:20.90		Runner	Winnipeg, Man	5:28/K	11.0kph	66	33	
3.	5069	Chantal Sawbo	00:31:29.70		Runner	Winnipeg, Man	6:18/K	9.5kph	82	34	

## Male 35 - 39

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	5009	Jason Bruce	00:18:01.42		Runner	Winnipeg, Man	3:36/K	16.7kph	5	35	
2.	5005	Craig Bennett	00:23:53.74		Runner	Winnipeg, Man	4:47/K	12.6kph	48	36	
3.	5056	Kevin Paquin	00:26:00.10		Runner	Winnipeg, Man	5:12/K	11.5kph	62	39	
4.	5010	Mark Chan	00:31:41.82		Runner	Winnipeg, Man	6:20/K	9.5kph	84	35	

## Female 35 - 39

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	5089	Crystal Viks	00:25:54.41		Runner	Winnipeg, Man	5:11/K	11.6kph	59	35	
2.	5003	Michelle Averia	00:26:10.75		Runner	winnipeg, Man	5:14/K	11.5kph	63	36	
3.	5047	Kelly Malcolmson	00:31:37.48		Runner	Winnipeg, Man	6:19/K	9.5kph	83	35	

## Male 40 - 44

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	5076	Andrew Stuart-Edwards	00:20:48.81		Runner	Winnipeg, Man	4:10/K	14.4kph	13	44	
2.	5059	Scott Penner	00:21:00.06		Runner	Altona, Man	4:12/K	14.3kph	16	43	

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3.	5094	Chris Kozakowski	00:21:28.51		Runner	Winnipeg, MB	4:18/K	14.0kph	23	41
4.	5039	Jason Howden	00:23:21.86		Runner	Winnipeg, Man	4:40/K	12.8kph	43	44
5.	5019	Corrado D'Antonio	00:24:39.00		Runner	Winnipeg, Man	4:56/K	12.2kph	54	44

## Female 40 - 44

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	5023	Wendy Dyck	00:23:23.83		Runner	Altona, Man	4:41/K	12.8kph	44	42	
2.	5004	Anne Barkman	00:27:27.25		Runner	Steinbach, Man	5:29/K	10.9kph	67	44	
3.	5067	Joanne Sanders	00:28:58.48		Runner	Winnipeg, Man	5:48/K	10.4kph	75	44	

## Male 45 - 49

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	5042	Darren Klassen	00:17:05.62		Runner	East St. Paul, Man	3:25/K	17.6kph	2	49	
2.	5096	Chris Dick	00:21:52.75		Runner	Carman, MB	4:22/K	13.7kph	27	49	
3.	5074	Darryl Stewart	00:21:57.17		Runner	Winnipeg, Man	4:23/K	13.7kph	29	49	
4.	5086	Kevin Wolk	00:23:19.22		Runner	Winnipeg, Man	4:40/K	12.9kph	40	48	
5.	5078	Andrew Swan	00:23:26.27		Runner	Winnipeg, Man	4:41/K	12.8kph	45	49	
6.	5084	Craig White	00:28:46.65		Runner	Winnipeg, Man	5:45/K	10.4kph	74	45	

## Female 45 - 49

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	5058	Janie Parson	00:22:41.39		Runner	La Salle, Man	4:32/K	13.2kph	34	45	

## Male 50 - 54

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	5017	Dennis Cunningham	00:20:22.90		Runner	Winnipeg, Man	4:04/K	14.7kph	11	51	
2.	5088	Troy Mawle	00:22:36.70		Runner	Winnipeg, Man	4:31/K	13.3kph	33	51	
3.	5062	Kevin Read	00:22:56.07		Runner	Winnipeg, Man	4:35/K	13.1kph	36	50	
4.	5018	Jim Daher	00:31:55.10		Runner	Winnipeg, Man	6:23/K	9.4kph	86	54	

## Female 50 - 54

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	5050	Catherine McKay	00:25:55.86		Runner	Winnipeg, Man	5:11/K	11.6kph	60	52	
2.	5051	leaslie mcphail	00:31:49.96		Runner	winnipeg, Man	6:22/K	9.4kph	85	51	

## Male 55 - 59

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	5016	Bob Cox	00:21:01.11		Runner	Winnipeg, Man	4:12/K	14.3kph	17	57	
2.	5087	Bruce Young	00:21:10.21		Runner	Winnipeg, Man	4:14/K	14.2kph	19	59	
3.	5053	Glen Nivet	00:21:30.47		Runner	Winnipeg, Man	4:18/K	14.0kph	24	56	
4.	5029	Gordon Flett	00:21:35.11		Runner	Winnipeg, Man	4:19/K	13.9kph	26	57	
5.	5037	Martial Hebert	00:21:56.40		Runner	Winnipeg, Man	4:23/K	13.7kph	28	59	
6.	5079	Stephen Terichow Parrott	00:22:11.83		Runner	Winnipeg, Man	4:26/K	13.5kph	30	55	
7.	5071	Michael Scarcella	00:23:34.64		Runner	Winnipeg, Man	4:43/K	12.7kph	46	55	
8.	5048	David Markham	00:28:46.36		Runner	Winnipeg, Man	5:45/K	10.4kph	73	56	

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## Female 55 - 59

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	5075	Louise Stuart	00:28:32.03		Runner	Winnipeg, Man	5:42/K	10.5kph	71	55	
2.	5035	Jan Hawkins	00:28:43.73		Runner	Winnipeg, Man	5:45/K	10.4kph	72	58	

## Male 60 - 64

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	5027	Neil Ferguson	00:20:50.49		Runner	Winnipeg, Man	4:10/K	14.4kph	14	60	
2.	5030	Pete Gagne	00:22:20.15		Runner	Winnipeg, Man	4:28/K	13.4kph	32	60	
3.	5036	Tim Hawkins	00:30:36.17		Runner	Winnipeg, Man	6:07/K	9.8kph	79	63	

## Female 60 - 64

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	5055	Danielle Papin	00:23:58.96		Runner	Winnipeg, Man	4:48/K	12.5kph	50	61	
2.	5008	Gwen M Bonneville	00:31:59.27		Runner	Winnipeg, Man	6:24/K	9.4kph	87	64	

## Male 65 - 69

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	5045	Dennis Lang	00:20:29.38		Runner	Winnipeg, Man	4:06/K	14.6kph	12	66	
2.	5006	Vern Coot Bird	00:29:07.18		Runner	Winnipeg, Man	5:49/K	10.3kph	76	66	

## Male 70 - 74

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	5080	Grant Towns	00:21:32.79		Runner	Winnipeg, Man	4:18/K	13.9kph	25	70	
2.	5012	Leonard Clegg	00:22:18.42		Runner	Seven Sisters Falls, Man	4:28/K	13.5kph	31	71	

## Male 75 - 79

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	5001	Jim Anderson	00:31:19.22		Runner	Winnipeg, Man	6:16/K	9.6kph	80	79	