



Run Manitoba

Spring Into Action

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Contact the office if
you would prefer to
receive the newsletter
electronically!

Road Race Committee

If you are interested in
becoming involved,
please contact the
office!

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Karen Fletcher
Marilyn Fraser
Steve Gajerski
Rocky McKay
John Murray
Ken Perchaluk
Pat Riddell
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Jeff Vince
Craig Wilcock

Staff

Donna Bell,
Executive Director
Diana Stevens,
Program Manager



Olympic Marathon Gold and Silver Medalist Frank Shorter
with Michelle and Rockford McKay

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Meeting Frank Shorter; My Dad's Running Hero

By Michelle McKay

Before spring break my family and I went on a trip to Rochester, MN. The reason we were going to Rochester was because there was a grand opening of a new Running Room store and former Olympian Frank Shorter was going to be there.

When my Dad first found out about possibly meeting Frank Shorter, he got really excited. My Dad watched Frank Shorter run the marathon at the 1976 Olympics in Montreal. I wonder if it was in black and white? So before all of us had a say if we wanted to go, we were packing for our long trip. Vanessa and I didn't argue with Dad because he said we could get out of school for three days. Bonus!

So by the next morning we had left on our trip. Everyone was tired of driving so we stayed the night in Fargo. In the morning we left for Minneapolis, Minnesota. I had never been to Minnesota before so I was shocked with how hilly it was. When we got to Minneapolis we decided to spend the night there. It was fun because we made Dad go to go to Mall of America. We also made Dad buy Mom and us a lot of stuff. He also took us to the amusement park in the Mall. I was amused at how much it was going to cost Dad to see Frank Shorter.

In the morning we were off again, this time to Rochester. When we got there we went straight to the Running Room. Finally we found the place. An employee was there to greet us at the door. He asked us if we needed any help. Dad told him that we drove all the way from Winnipeg just to see Frank Shorter. The employee told us that he had just ran to his hotel for lunch. We did some shopping and then came back, this time Frank was there. The same employee came to us and told us that he would be right back. When he came back he had Frank Shorter with him. When Frank greeted us, he kept saying, "And you came all the way from Canada to see me!" My Mom, Vanessa, and Samara were in the van and were still rolling their eyes. When I told Frank, Vanessa wanted to meet him too! He said to bring her in. So, she met him and got some things autographed.

We found out that there was a run that evening and Frank was running in it. Frank asked Vanessa if she was going to run and she nodded yes. So we went back to our hotel and got ready for it. Vanessa wanted to come but she said she was real tired and changed her mind about running.

When we got back to the store for the race, the store's manager cut the ribbon. It was boring to hear the mayor and more old guys talk but the store was officially open!

The run finally started and my Dad and I were running the 1.5 mile course. The course was nice because it followed the river in Rochester. People were so nice because they cheered everyone running. It felt like a race at home.

When we had finished the race we got a participant's medal. We finished ahead of Frank because he ran in the 3 mile run. My Dad was pretty proud of himself because he got to the finish before Frank. I think he forgot Frank ran twice as far as he did. After Frank was done, we got another picture taken with him. He must have been getting tired of Dad.

Then Frank asked, "Where's Vanessa?" We told him that she wanted to stay at the hotel because she was tired. Then Frank pulled out his finisher's medal and said to give it to Vanessa. I was sure Vanessa would like his medal, but I mentioned to Frank that she would love his Olympic gold medal! He laughed so hard. So when everything settled down, Frank said bye to us.

When I told Mom and Vanessa about the medal, they were stunned! My Mom said, "Make sure you don't get them mixed up." We made sure that we wouldn't mix up the medals. It was super awesome and I wanted to stay in Rochester another night but, we had to go home. When we finally got home, I think Dad hung Frank's medal in his room. I asked Vanessa where her medal was. She said, "I don't know, DON'T tell Dad!"

The End!



New Races for the Calendar Upcoming Races

Memory Walk & Run

Thursday, June 22, 2006

5 km Fun Run
3 km Fit Walk
5:50—8:30pm
The Forks, Winnipeg

Race Information

We won't stand still... walk or run in the fight against Alzheimer's disease. This year we are adding a fitness and aging educational program to all Manitoba main walks. Plus, for every \$100 collected in pledges, participants will earn a chance to win an Air Canada trip for two.

Event and Race Times

The Forks Market

5:30—8:30pm

*Other walks are going on throughout Manitoba throughout the month of June! Check www.alzheimer.mb.ca for event dates and places.

Race Fees

\$25.00

Enter online at www.alzheimer.mb.ca

Enter by phone: 943-6622 / 800-378-6699

Email: alzmb@alzheimer.mb.ca

Prizes

Reward prizes are based on fundraising pledge levels achieved.

Contact

Darren Anderson

danderson@alzheimer.mb.ca

1st Annual Whiteshell Run in the Park

Sunday, July 30, 2006

5km & 10km Fun Run & Walk
9:00am Start
Rennie Community Club
Whiteshell Park Gates

Race Information

The race will commence at the Rennie Community Club just outside the Provincial Park gates and will follow the Trans-Canada Trail into the Whiteshell and loop back to the community club. Proceeds from the race will be given to the Whiteshell Provincial Parks.

Entry Fee

Early Registration Fee \$15

Race Day Registration \$20

Athletics Manitoba members \$3 discount (pre-race & race day)

Registration

MAIL Registration forms and cheques can be mailed to Athalie Orr, 18 Royal Salinger Rd., Winnipeg, MB, R2J 2N9. Must be postmarked no later than July 30. Pre-registered runners can pick up their numbers race morning at the Advance registration table.

PHONE 204.792.2668. Registration information accepted by phone. Fee and waiver must be paid signed when race number is picked up.

E-MAIL aorr@mts.net Registration information accepted by email. Fee and waiver must be paid signed when race number is picked up.

IN PERSON- LAST CHANCE PRE-RACE REGISTRATION Saturday, July 29, 12-3 pm, Arnal Cottage, Brereton Lake, Block 6, Lot 19.

RACE DAY 7:30 am to 8:45 am prior to race. Correct change or cheques needed

Joe Keeper - Angela Chalmers Celebration Run

Wednesday, May 10, 2006

5 km Timex Run
5km Walk
Assiniboine Park Duck Pond, Winnipeg

Race Information

The Joe Keeper—Angela Chalmers Celebration Run/Walk is a gold sanctioned race by Run Manitoba. It is race #5 on the Timex Series.

Event

5 km race/walk 6:00 pm

Race fees

Run/walk - \$10

Students (17 & under) - \$7

Race Kit pickup at

1151 Sherwin Rd

May 9 - 8:30 am - 7:00 pm

Race day registration

Assiniboine Park Duck Pond

4:30 pm - 5:30 pm

Other Information

Proceeds to Benefit Manitoba First Nations Education Resource Centre's Scholarship Fund.

Silent Auction

Draw winners must be present to claim prize 5 tickets/entry, extra available for sale

Prizes

- 1st, 2nd, 3rd Overall Male & Female
- 1st Aboriginal Male & Female
- Age Category Winners (5 year categories from 14 & under to 75 & over)

Upcoming Races

| <p>Headingly Fire Department Fun Run for Wishes Saturday May 13, 2006</p> <p>5 km Timex Road Race 3 km Walk Headingly Fire Hall 126 Bridge Road</p> | <p>Brandon YMCA Spring Walk or Run Sunday May 28, 2006</p> <p>½ Marathon Timex Road Race 10 km Run or Walk 5 km Run or Walk Brandon, MB YMCA 231 8th Street</p> | <p>Eastern Chrysler Kilometres for Kids Saturday, June 3, 2006</p> <p>10 km Timex Run 5km Fun Run 4.4km Walk 442 Scotia St. Winnipeg Marymound</p> | | | | | | | | | | | | | | | | | | | | |
|---|---|--|-----------|-------|-----|----------|------------------|------|------|------|-------------------|------|------|------|-------------|------|------|-----|------------|------|------|-----|
| <p>Race Information The 5km Run for Wishes is a gold sanctioned race by Athletics Manitoba and is Timex Series Race #6. A 3km Walk event is also available for entry.</p> <p>Event 9:00 am start</p> <p>Race Fees: (After May 1, 2006) Individual \$20.00—T-Shirt Available while quantities last School Group \$15.00/person Online Registration at www.runningroom.com</p> <p>Race Entry Drop-Off Locations:</p> <ul style="list-style-type: none"> • Headingly Foods: 8515 Roblin Blvd • RM of Headingly: 1-126 Bridge Rd • Headingly Community Ctr: 5353 Portage Ave • Pacific Junction School: 715 Cathcart St. • Running Room: 1875 Grant Ave <p>Race Kit Pick-Up: May 11 & 12, 4-7 pm Running Room: 1875 Grant Ave</p> <p>Awards: 10 year age categories Lots of Random Draw Prizes will be awarded after the run.</p> | <p>Race Information The 21.2km YMCA Spring Run is a gold sanctioned race by Athletics Manitoba and is Timex Series Race #7. A 10km and 5km Run or Walk event is also available for entry.</p> <p>Event 7:00am YMCA opens 8:00am Race Day activities 9:00am Race Start 11:00am BBQ, awards presentation, prize draws</p> <p>Race Fees May 2-21 May 22-27 ½ Marathon \$50.00 \$60.00 10km Run \$50.00 \$60.00 *for Above Races, AM Members receive a \$3.00 Discount 10km Walk or 5km Run or Walk \$12.00 \$15.00 14 & Under \$ 9.00 \$12.00 NO RACE DAY REGISTRATION</p> <p>Register Online at www.runningroom.com Info: www.ymcabrandon.com/springrun</p> <p>Awards: 5 year age categories</p> <p>Grand Prize 2006 Everyone who raises at least \$65 in pledges receives free entry into the Spring Run AND have their name entered into a draw for a Bowflex Treadmill worth over \$1800.00!!!</p> | <p>Race Information The Kilometres for Kids Run is a gold sanctioned race by Run Manitoba. It is race #8 on the Timex Series Calendar. There is also a 5km Fun Run and a 4.4km walk.</p> <p>Event 8:30am Race Start</p> <table border="1"> <thead> <tr> <th>Race fees</th> <th>Early</th> <th>Reg</th> <th>Under 18</th> </tr> </thead> <tbody> <tr> <td>10km (AM Member)</td> <td>\$22</td> <td>\$25</td> <td>\$10</td> </tr> <tr> <td>10km (non-Member)</td> <td>\$27</td> <td>\$30</td> <td>\$12</td> </tr> <tr> <td>5km Fun Run</td> <td>\$17</td> <td>\$20</td> <td>\$8</td> </tr> <tr> <td>4.4km Walk</td> <td>\$17</td> <td>\$20</td> <td>\$8</td> </tr> </tbody> </table> <p>Early Deadline is May 12, 2006</p> <p>Registration Mail or in person (during business hours) at Marymound: 442 Scotia Street Winnipeg, MB R2V 1X4</p> <p>In person at any Running Room location. Or online at: www.runningroom.com</p> <p>Day of Race from 7:00—8:00am</p> <p>Race Kit pickup At Marymound the week of May 28</p> <p>Other Information After you've crossed the finish line stay for a fabulous pancake breakfast (free for event participants,) entertainment, as well as the awards ceremony.</p> <p>www.marymound.ca</p> | Race fees | Early | Reg | Under 18 | 10km (AM Member) | \$22 | \$25 | \$10 | 10km (non-Member) | \$27 | \$30 | \$12 | 5km Fun Run | \$17 | \$20 | \$8 | 4.4km Walk | \$17 | \$20 | \$8 |
| Race fees | Early | Reg | Under 18 | | | | | | | | | | | | | | | | | | | |
| 10km (AM Member) | \$22 | \$25 | \$10 | | | | | | | | | | | | | | | | | | | |
| 10km (non-Member) | \$27 | \$30 | \$12 | | | | | | | | | | | | | | | | | | | |
| 5km Fun Run | \$17 | \$20 | \$8 | | | | | | | | | | | | | | | | | | | |
| 4.4km Walk | \$17 | \$20 | \$8 | | | | | | | | | | | | | | | | | | | |

Upcoming Races

| <p>Run for Rights Saturday June 10, 2006</p> <p>5km or 10km Fun Run, Bike or Walk Kildonan Park South Shelter, Winnipeg</p> | <p>Rick Hansen Wheels in Motion Sunday June 11, 2006</p> <p>5km or 10km Fun Run The Forks Winnipeg</p> | <p>Manitoba Marathon Sunday June 18, 2006</p> <p>Provincial Marathon Championships Sanctioned 1/2 Marathon, Marathon Relay, 10km Walk, 4.2km Super Run University of Manitoba</p> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|--|--|---|--------------------|--------|---------------------|--------|------------------------|--|--------------------------|--------|----------------|--------|------------------|--------|--------|--------|--------|--------|--------|--------|-----------|--------|--|-----------|------|--|----------------|------|------|-------|----------------|------|------|-------|--------------------|------|------|-------|--------------------|------|------|-------|----------------|-------|-------|-----|-----------------|------|------|-----|-----------|------|------|------|-----------------|------|------|------|-----------|------|------|------|-----------------|------|------|------|
| <p>Race Information The 5km and 10km Run for Rights is registered Fun Run by Athletics Manitoba.</p> <p>Event Times 8:30am Registration & Pledge Money Collection 9:30am Start</p> <p>Route Runs along the Red on Scotia Street (From Kildonan Park to St. John's Park and back.)</p> <p>Other Information Raise money in support of Winnipeg organizations working for social justice and human rights.</p> <p>Race Director Karen Schlichting 942-8578 litepr@mts.net</p> | <p>Race Information The 5km and 10km Wheels in Motion is a registered Fun Run with Athletics Manitoba.</p> <p>Event Times 9:00am Registration 10:00am Start</p> <p>Route Start is at the Scotiabank Stage located at the forks.</p> <p>Registration Register online at: www.wheelsinmotion.org No registration fee—collect pledges instead! Register as an individual or as a team</p> <p>Race Contact Teresa Nickerson 204-786-4753 x223 tnickerson@canparaplegic.org</p> <p>Fundraising Incentives for participants who collect pledges.</p> | <p>Race Information The Manitoba Marathon is the Athletics Manitoba Provincial Marathon Championship. Only Athletics Manitoba members are eligible for the Championships. The 1/2 Marathon Course is certified and sanctioned.</p> <p>Event Times</p> <table border="0"> <tbody> <tr> <td>Mini Mites Fun Run</td> <td>6:30am</td> </tr> <tr> <td>Wheelchair Marathon</td> <td>6:55am</td> </tr> <tr> <td>& Half Marathon / VIPs</td> <td></td> </tr> <tr> <td>Marathon & Half Marathon</td> <td>7:00am</td> </tr> <tr> <td>Marathon Relay</td> <td>7:10am</td> </tr> <tr> <td>Super Run Wave 1</td> <td>7:15am</td> </tr> <tr> <td>Wave 2</td> <td>7:17am</td> </tr> <tr> <td>Wave 3</td> <td>7:19am</td> </tr> <tr> <td>Wave 4</td> <td>7:21am</td> </tr> <tr> <td>10km Walk</td> <td>7:23am</td> </tr> </tbody> </table> <p>Registration www.manitobamarathon.mb.ca Early Registration ends May 26, 2006 Late Registration June 15-17, 2006</p> <table border="0"> <thead> <tr> <th></th> <th>Early Reg</th> <th>Late</th> <th></th> </tr> </thead> <tbody> <tr> <td>Marathon:adult</td> <td>\$65</td> <td>\$85</td> <td>\$125</td> </tr> <tr> <td>Marathon:youth</td> <td>\$35</td> <td>\$50</td> <td>\$125</td> </tr> <tr> <td>1/2 Marathon:adult</td> <td>\$55</td> <td>\$75</td> <td>\$115</td> </tr> <tr> <td>1/2 Marathon:youth</td> <td>\$30</td> <td>\$45</td> <td>\$115</td> </tr> <tr> <td>Marathon Relay</td> <td>\$135</td> <td>\$175</td> <td>N/A</td> </tr> <tr> <td>Mar Relay Youth</td> <td>\$60</td> <td>\$75</td> <td>N/A</td> </tr> <tr> <td>10km Walk</td> <td>\$20</td> <td>\$25</td> <td>\$50</td> </tr> <tr> <td>10km Walk Youth</td> <td>\$14</td> <td>\$18</td> <td>\$50</td> </tr> <tr> <td>Super Run</td> <td>\$20</td> <td>\$25</td> <td>\$50</td> </tr> <tr> <td>Super Run Youth</td> <td>\$14</td> <td>\$18</td> <td>\$50</td> </tr> </tbody> </table> | Mini Mites Fun Run | 6:30am | Wheelchair Marathon | 6:55am | & Half Marathon / VIPs | | Marathon & Half Marathon | 7:00am | Marathon Relay | 7:10am | Super Run Wave 1 | 7:15am | Wave 2 | 7:17am | Wave 3 | 7:19am | Wave 4 | 7:21am | 10km Walk | 7:23am | | Early Reg | Late | | Marathon:adult | \$65 | \$85 | \$125 | Marathon:youth | \$35 | \$50 | \$125 | 1/2 Marathon:adult | \$55 | \$75 | \$115 | 1/2 Marathon:youth | \$30 | \$45 | \$115 | Marathon Relay | \$135 | \$175 | N/A | Mar Relay Youth | \$60 | \$75 | N/A | 10km Walk | \$20 | \$25 | \$50 | 10km Walk Youth | \$14 | \$18 | \$50 | Super Run | \$20 | \$25 | \$50 | Super Run Youth | \$14 | \$18 | \$50 |
| Mini Mites Fun Run | 6:30am | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Wheelchair Marathon | 6:55am | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| & Half Marathon / VIPs | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Marathon & Half Marathon | 7:00am | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Marathon Relay | 7:10am | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Super Run Wave 1 | 7:15am | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Wave 2 | 7:17am | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Wave 3 | 7:19am | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Wave 4 | 7:21am | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10km Walk | 7:23am | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Early Reg | Late | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Marathon:adult | \$65 | \$85 | \$125 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Marathon:youth | \$35 | \$50 | \$125 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1/2 Marathon:adult | \$55 | \$75 | \$115 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1/2 Marathon:youth | \$30 | \$45 | \$115 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Marathon Relay | \$135 | \$175 | N/A | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Mar Relay Youth | \$60 | \$75 | N/A | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10km Walk | \$20 | \$25 | \$50 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10km Walk Youth | \$14 | \$18 | \$50 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Super Run | \$20 | \$25 | \$50 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Super Run Youth | \$14 | \$18 | \$50 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

2006 Manitoba Timex Criteria



- The top three point scorers (male and female) in each five year age category will be awarded for their achievement at the Timex Awards Night.
- A minimum seven (8) races competed are needed to qualify, top eleven (11) race points will be used to calculate totals.
- Only Timex races run in Manitoba qualify for points in the Athletics Manitoba Provincial Timex Series.

POINTS SYSTEM TABLE

| Place | Points | Place | Points | Place | Points | Place | Points |
|---------------------------------------|--------|-------|--------|-------|--------|-------|--------|
| 1 | 300 | 6 | 245 | 11 | 195 | 16 | 154 |
| 2 | 285 | 7 | 235 | 12 | 185 | 17 | 153 |
| 3 | 275 | 8 | 225 | 13 | 175 | 18 | 152 |
| 4 | 265 | 9 | 215 | 14 | 165 | 19 | 151 |
| 5 | 255 | 10 | 205 | 15 | 155 | 20 | 150 |
| Points will continue to decrease by 1 | | | | | | | |

AGE GROUPS (MALE & FEMALE)

| | | | | |
|----------|-------|-------|-------|-------|
| under 14 | 25-29 | 40-44 | 55-59 | 70-74 |
| 15-19 | 30-34 | 45-49 | 60-64 | 75+ |
| 20-24 | 35-39 | 50-54 | 65-69 | |

Your age category will be determined as of April 9, 2006

Run Manitoba will be scoring all participants of races in 5 year age categories for the series. Age groups recognized at individual races are up to the Race Directors discretion (5 year or 10 year).

NATIONAL TIMEX 10K CHAMPIONSHIPS

- A maximum of 4 persons meeting or exceeding the following standards will be considered for funding to the National Timex 10k Championships. We will focus on choosing 1 runner from each category. If a category fails to produce a qualifier, the next fastest qualifier from all the other remaining categories will be considered
 - Open Runners and Masters Runners will be considered. Masters runner defined as 40 years and over.
 - To qualify you must run a minimum of 3 of the Manitoba Series 10k races
 - Open Men 33 minutes Open Women 40 minutes
*Masters Men 38 minutes *Masters Women 45 minutes
- *This criteria is currently under review.

ATHLETICS MANITOBA

Athletics Manitoba is the provincial sport governing body for Track and Field, Road Running and Cross Country Running. As a branch of Athletics Canada, Athletics Manitoba is responsible for sanctioning all of our sport's activities in Manitoba. Run Manitoba is the name of the committee specifically designated to look after Road Running in our province.

Athletics Manitoba Membership is required to accumulate points for the Timex Road Race Series. Your membership provides you with training accident insurance throughout the year and race day accident insurance, \$3.00 reduced entry fees at Athletics Manitoba sanctioned road races [excluding the Manitoba Marathon Events], membership into Athletics Canada, Run Manitoba newsletter and entry form distribution as well as training, funding and program opportunities.

Road Runner Membership fees for 2005 are:

| | | | |
|---------------------------|---------|-------------------|---------|
| Individual Membership | \$15.00 | School Membership | \$25.00 |
| Additional Family Member | \$5.00 | | |
| Maximum fee per family is | \$25.00 | | |

2006 New Series Awards



- A runner's Timex series age category will be determined by your age as of April 9/06. (Date of first Timex Series Race). Race age category is determined on race day.
- Only races for which you are a member of Athletics Manitoba in good standing will be included for award calculations. No retro active races allowed after May 1st.
- Runner is awarded jersey to wear in the following year's Timex series and must "surrender" it if lost in the subsequent year. (Once surrendered, the runner is allowed to keep it, but must not wear it in following year's races)
- A runner can only win one jersey. The ranking order of jersey shall be:

- 1) Fastest aggregate time overall
- 2) Total overall points
- 3) Fastest Age - Graded Aggregate Time winner
- 4) Fastest Newcomer

So, if a newcomer has the fastest overall aggregate time this newcomer will be awarded the Fastest Aggregate Time jersey. The fastest newcomer jersey will go to the next fastest newcomer.

Categories

1. Fastest Aggregate Time Overall (Male and Female)

Wins Yellow Jersey

Best time aggregate to include the following: Two – 5 km, Two – 10 km races, One – Half Marathon

Must be Athletics Manitoba Timex races but there will be an allowance of including a maximum of two road races recognized by Athletics Canada. Example; Timex National Championship, Timex races from other provincial branches.

2. Total Overall Points Winner (Male and Female)

Wins Red Jersey

All Athletics Manitoba Timex points will be used to calculate final score. Therefore, if you run all series races, your total points for all series races will be added to your overall point score.

3. Fastest Age Graded Aggregate Time Overall (Male and Female).

Wins Green Jersey

Use Wava standards (see Wava tables)

Best time aggregate to include the following: Two – 5 km, Two – 10 km races, One – Half Marathon

Must be Athletics Manitoba Timex races but there will be an allowance of including a maximum of two road races recognized by Athletics Canada. Example; Timex National Championship, Timex races from other provincial branches.

4. Fastest Aggregate Time for a Newcomer (Male and Female)

Wins White Jersey

Best time aggregate to include the following: Two – 5 km, Two – 10 km races, One – Half Marathon

Newcomer is defined as a runner that did not run a race in Timex Series in the last three years.

Must be Athletics Manitoba Timex races but there will be an allowance of including a maximum of two road races recognized by Athletics Canada. Example; Timex National Championship, Timex races from other provincial branches.



Heroes Among Us

By Rocky McKay

It's not uncommon to run on your own and enjoy the experience that running can bring. The term, loneliest runner, comes to mind here. For many, running is a time to reflect on our hectic lives and is a way to sort things out. Many a time we find ourselves running down a path, not knowing the possible dangers this can bring. For myself, I am one who thinks I can hold my own in any situation, but this attitude does not prevent the occasional primordial Moment of fear from entering my mind.

There have been many times when I have run through the paths of Assiniboine Park wondering if running alone is a wise idea. This is especially true in the darkness of autumn and winter. Meeting a lone walking silhouette further down the path can trigger fear. I wonder and hope this person, like me, is out enjoying the park. As we pass and a quick hello or wave is exchanged, I feel embarrassed for letting myself feel this way. This is Winnipeg and not New York's Central Park, after all. Why would I even worry?

The night of Nov 10, 2005 will forever change the way I feel about running alone through isolated areas. Our innocent feeling of safety has changed because of that night. That night, a group of runners from the Heartthrobs Running Club were putting in a group run through Assiniboine Park. Leaving the duck pond after the run, one of its members was attacked. The attack left this runner with many stab wounds to his upper body.

Both a fellow heartthrob member and roller skier witnessing this incident reacted in horror. The club member ran to the shelter where she called emergency services. Sue Vande Vyvere, who was training for the upcoming ski season, noticed that a man was on the ground and another man was standing over him. She skated over, thinking someone had a heart attack. She asked if she could help. To her horror, the fallen man said "help" very quietly. Sue then saw that his abdomen and arm were covered in blood. The attacker immediately began to chase after Sue. Sue, being an avid skier, was able to sprint away from the attacker. After this initial chase, the attacker went back to the fallen man. Sue, fearing for the stricken man's safety, couldn't leave it at that and returned to help the fallen man. Sue said she wanted the attacker's attention off the victim and could not leave the fallen man alone. Again, the attacker tried to chase her away. The attacker, tired from this second chase, went back again to the fallen victim. For a third time, Sue put her own safety on the line and approached the attacker once again.

The attacker once again chased after Sue and gave up his chase. This time, the attacker did not return to the fallen man, instead he slowly left scene. By diverting the attacker's attention, Sue made sure no more harm was inflicted upon the victim. The extra time created by Sue also caused enough delay to the attacker's escape so that police were able to capture him not far from the park.

After speaking to Sue and hearing her story, I am absolutely humbled by her bravery. Sue set aside her own safety to help another person in life-threatening need. To face this danger to her own life not once, but three times, is an act of bravery uncommon by any standard.

I asked her why she did this remarkable act and her reply, like so many other heroes, was, "I did it because there was another person, another athlete in need. He was covered in blood and I just wanted to help. Anyone else would have done the same." Again, like so many other heroes, she thinks it was no big deal.

Many of you know the victim of this incident. I have purposely kept his name private, even though it was revealed publicly at another time. I think it is better to respect his privacy and safety at this point. The attack left him in serious condition. There was injury to his liver and nerve damage to his spine. After a number of surgeries, he is beginning to recover physically. He has started running again and plans to run in a spring race. The injuries have had lasting affect to his health. His sight has been affected, as well as his running form. I have been told that he is running, but not to the same strength he once had before the attack. His return to running has been a difficult one. This return to running in itself is another act of heroism. Athletes have a spirit and toughness that is hard to extinguish.

I hope more is done to recognize Sue's acts of heroism. I have been told that the Chief of Police has sent her a letter to thank her for all the help she gave. I hope all of you get the chance to recognize her bravery one day. If you like, I can pass on any messages to her.



Track & Field / Road Running Cross Country

Running Safety

It is probably a good idea to talk about safety while running. Here are some tips to consider when enjoying our sport.

- If possible, run with someone or in a group. This not only increases your safety but is a good time to catch up socially with your running buddies.
- If you run alone, run in a well lit, populated area.
- If possible, run in the daylight. Visibility is better and crime increases at night.
- If you run in the dark, wear reflective clothing, so others/drivers can see you.
- Follow your instincts. If you feel something is wrong about a place or person, get out of that situation by changing road sides or leaving the area.
- Always tell someone your route and the approximate time you should be back. There have been times when I have injured myself and had to start walking home. I have been surprised to see my wife pull up and give me a ride home. This wouldn't have been possible if this tip wasn't followed. In winter time it is critical to follow this advice. Hypothermia can set in quickly in wet running gear if you are forced to walk.
- Always carry enough money to call for help, or take a ride back home if you are forced to abandon your run.
- With the benefit of modern technology, it is easily possible to carry a cell phone with you on long runs.
- Carry identification on you when you run. How many of you carry some kind of way to ID yourself when you run? There have been many times when a runner has had an accident or medical problem and has been taken to an emergency room unconscious. The attending doctors must guess that the procedures they do will not harm you any further. This is especially true if you have any medical conditions.
- Change your running routes. This can be difficult at times because we can be creatures of habit. Many times we want to know how well we are running by checking our time to known landmarks. This can still be done after you created a number of different routes and have new landmarks for each route.
- Run against traffic if you are running on the roads. Always give the car the right of way. Why argue with a 2,000 lbs car. It's going to win in any fight. I rarely assume that a driver can see me and will stop. Be a defensive runner all the time.
- Don't run with headphones. I know this is popular to do but it decreases your attention to your surroundings.
- Don't wear jewelry. Wearing jewelry will attract unwanted attention.
- If you have a dog, run with it. Dogs can become just as physically conditioned as you are. Ted the dog is one such athlete, as was Yellow Snow's dog, Frodo, back in the late 70's and early 80's.

These are just a few safety tips to consider. Incidents like those that happened in the park are hard to predict and thankfully are very rare. In fact, this is the first of its kind to my memory. This unfortunate event would in all likelihood have occurred no matter what precautions were taken. What is evident is that many of the previous tips were followed and helped save a life.



Race Results

Puma 5km

April 9, 2006 Assiniboine Park

| | | | | | | | | | | | | | | |
|----|-------------|--------------|---|-------|-----|-------------|------------|---|-------|-----|-------------|----------------|---|-------|
| 1 | Kristjan | Hunter | M | 15:31 | 69 | Jonathan | Stapinsky | M | 20:49 | 137 | Tom | Schmidt | M | 24:42 |
| 2 | Guy | Schultz | M | 15:43 | 70 | Tony | Saccucci | M | 20:53 | 138 | Cynthia | Menzies | F | 24:48 |
| 3 | Blair | Peters | M | 15:43 | 71 | Darren | Cote | M | 20:58 | 139 | Tim | Dumin-Richards | M | 24:50 |
| 4 | Samuel | Jerema | M | 15:56 | 72 | Jethro | Bartelings | M | 21:00 | 140 | Pam | Baldaro | F | 24:53 |
| 5 | Darcy | Ready | M | 15:59 | 73 | Craig | Kulchyi | M | 21:02 | 141 | Lisa | Gregory | F | 24:55 |
| 6 | Greg | Miller | M | 16:14 | 74 | James | Popel | M | 21:08 | 142 | Evelyn | Bodnar | F | 24:56 |
| 7 | Jacques | Marcoux | M | 16:18 | 75 | Dawn | Clark | F | 21:09 | 143 | Lorena | Prakash | F | 25:06 |
| 8 | Bradley | Keefe | M | 16:25 | 76 | Murray | Derraugh | M | 21:19 | 144 | Georgine | Cook | F | 25:12 |
| 9 | Joel | Laurier | M | 16:35 | 77 | Ray | Snitynsky | M | 21:23 | 145 | Carla | Pindera | F | 25:16 |
| 10 | Willie | Bell | M | 16:40 | 78 | Ken | Perchaluk | M | 21:23 | 146 | Bruce | Soulsby | M | 25:17 |
| 11 | Jayson | Adams | M | 16:55 | 79 | Vincenzo | Zurzolo | M | 21:28 | 147 | Darren | Clouston | M | 25:18 |
| 12 | Greg | Penner | M | 16:58 | 80 | Larry | Konotopetz | M | 21:29 | 148 | Rodney | Devos | M | 25:19 |
| 13 | Darren | Klassen | M | 17:00 | 81 | Kathy | Wiens | F | 21:35 | 149 | Doug | McGregor | M | 25:23 |
| 14 | Dimitry | Melman | M | 17:01 | 82 | Lloyd | Ballard | M | 21:37 | 150 | Mario | McDonald | M | 25:27 |
| 15 | Patrick | Peacock | M | 17:03 | 83 | Chris | Harbeck | M | 21:40 | 151 | Jeff | Vince | M | 25:33 |
| 16 | Clyde | VanCaeyzeele | M | 17:05 | 84 | John | Lawler | M | 21:42 | 152 | Clayton | Wheatland | M | 25:37 |
| 17 | Dave | Lipchen | M | 17:29 | 85 | Jennifer | Ritter | F | 21:44 | 153 | Jill | Gibson | F | 25:43 |
| 18 | Darolyn | Trembath | F | 17:34 | 86 | Colton | Devos | M | 21:48 | 154 | Nicholas | Czyhryn | M | 25:45 |
| 19 | Jean-Paul | DeGagne | M | 17:34 | 87 | Mark | Shepherd | M | 21:50 | 155 | Shelley | Borschawa | F | 25:46 |
| 20 | Melissa | Armstrong | F | 17:37 | 88 | Janelle | Remillard | F | 21:52 | 156 | Ainsley | Tarr | F | 25:51 |
| 21 | Brendon | Klos | M | 17:42 | 89 | Randal | Bodner | M | 22:00 | 157 | Geoff | Poulton | M | 25:57 |
| 22 | Dennis | Lang | M | 17:42 | 90 | Jonathan | Mazur | M | 22:07 | 158 | Nicole | Stewart | F | 26:04 |
| 23 | Keith | Bilous | M | 17:52 | 91 | Maureen | Krauss | F | 22:08 | 159 | Jim | Anderson | M | 26:07 |
| 24 | Lyle | Motluk | M | 17:57 | 92 | Heather | Marks | F | 22:09 | 160 | Darren | Whyte | M | 26:09 |
| 25 | Sarah-Anne | Braut | F | 17:57 | 93 | Ron | Menzies | M | 22:13 | 161 | Shandra | Ready | F | 26:09 |
| 26 | Alasdair | Brown | M | 18:05 | 94 | Grant | Johnston | M | 22:14 | 162 | Glenn | Nanka | M | 26:15 |
| 27 | Sean | Cheop | M | 18:29 | 95 | Claire | Sparling | F | 22:15 | 163 | Lorraine | Murray | F | 26:16 |
| 28 | Kerri | Earl | F | 18:31 | 96 | Gilles | Bosc | M | 22:16 | 164 | Brigitte | Kiazky-Mykyty | F | 26:16 |
| 29 | Cody | Gonzalez | M | 18:36 | 97 | Kara | Loewen | F | 22:26 | 165 | Jim | Glasier | M | 26:16 |
| 30 | Scotty | Dueck | M | 18:36 | 98 | Alexandre | Borger | M | 22:27 | 166 | Jeff | Tam | M | 26:20 |
| 31 | John | Amy | M | 18:50 | 99 | Bill | DeGagne | M | 22:30 | 167 | Cecil | McGillis | M | 26:29 |
| 32 | Rod | Sveistrup | M | 18:52 | 100 | Ted | Dodd | M | 22:35 | 168 | Meghan | Conrad | F | 26:42 |
| 33 | Daryl | Somers | M | 18:55 | 101 | Katie | Wray | F | 22:36 | 169 | Cara | Brown | F | 26:56 |
| 34 | Aldo | Furlan | M | 18:58 | 102 | Bob | Doolan | M | 22:38 | 170 | Shelley | Timlick | F | 27:05 |
| 35 | Michael | Tran | M | 19:01 | 103 | Derek | Ozunko | M | 22:40 | 171 | Jessica | Perry | F | 27:05 |
| 36 | James | Thompson | M | 19:09 | 104 | David | Flynn | M | 22:41 | 172 | Henry | Redhead | M | 27:23 |
| 37 | Saccucci | Jordan | M | 19:12 | 105 | Christopher | Bredeson | M | 22:43 | 173 | Michael | DeGagne | M | 27:33 |
| 38 | Leon | Clegg | M | 19:13 | 106 | Dennis | Tarr | M | 22:44 | 174 | Charles | DeGagne | M | 27:34 |
| 39 | Jason | Crowley | M | 19:29 | 107 | Carol | Bohn | F | 22:45 | 175 | Brian | Flynn | M | 27:42 |
| 40 | Owen | Bowkett | M | 19:30 | 108 | John | Craig | M | 22:46 | 176 | Tarina | Ready | F | 27:47 |
| 41 | Michael | Krauss | M | 19:35 | 109 | Myriam | Leclercq | F | 22:46 | 177 | Stacey | Friesen | F | 27:53 |
| 42 | Graham | Hnatiuk | M | 19:37 | 110 | Tim | Robinson | M | 22:51 | 178 | Trevor | Finch | M | 28:02 |
| 43 | Stephanie | Romanson | F | 19:39 | 111 | Mike | Tarr | M | 22:53 | 179 | Natalie | Duhamel | F | 28:14 |
| 44 | Danny | Kroll | M | 19:43 | 112 | Seema | Saini | F | 22:54 | 180 | Darren | Hall | M | 28:20 |
| 45 | Melanie | Gregoire | F | 19:47 | 113 | Shawn | Bugden | M | 22:57 | 181 | Kathy | Hunter | F | 28:21 |
| 46 | Darius | Konotopetz | M | 19:49 | 114 | Sylvie | Michaud | F | 22:59 | 182 | Caroline | Bredeson | F | 28:26 |
| 47 | Tyra | Dickson | F | 19:50 | 115 | Cheryl | Conklin | F | 22:59 | 183 | Gary | Borger | M | 29:35 |
| 48 | Kenny | Paznor | M | 19:52 | 116 | Chelsey | Tarr | F | 23:02 | 184 | Jeff | O'Leary | M | 29:55 |
| 49 | Reece | Derraugh | M | 19:52 | 117 | Scott | McMillan | M | 23:03 | 185 | Bohdanna | Kinaserych | F | 30:06 |
| 50 | Amy | Briscoe | F | 19:53 | 118 | Michael | Hutton | M | 23:09 | 186 | Bruce | Grewar | M | 30:12 |
| 51 | Gerry | Berkowski | M | 19:57 | 119 | Jan | Pickell | F | 23:10 | 187 | Kaitlyn | Wiens | F | 30:25 |
| 52 | Andrea | Paci | F | 20:01 | 120 | Harold | Janssen | M | 23:11 | 188 | Cheryl | Bartmanovich | F | 31:19 |
| 53 | Damian | Konotopetz | M | 20:02 | 121 | Grant | Tarr | M | 23:14 | 189 | Sheliza | Wheatland | F | 31:50 |
| 54 | Jean-Pierre | Grolet | M | 20:06 | 122 | Darlene | Warner | F | 23:21 | 190 | Wendie | Swirski | F | 32:27 |
| 55 | Tim | Magas | M | 20:07 | 123 | Justine | Stromberg | F | 23:21 | 191 | Lisa | Babey | F | 33:03 |
| 56 | Chad | Fowlie | M | 20:11 | 124 | Dave | Patterson | M | 23:22 | 192 | Kathleen | Clouston | F | 33:03 |
| 57 | Kelsey | Hawryluk | M | 20:12 | 125 | Gord | Steeves | M | 23:24 | 193 | Lucien | Debreuil | M | 33:25 |
| 58 | Gilbert | Gregory | M | 20:12 | 126 | Mary | Meikle | F | 23:37 | 194 | Leslie | McLaren | F | 33:26 |
| 59 | Robert | Dech | M | 20:13 | 127 | Pam | Nichol | F | 23:42 | 195 | Christina | Murta | F | 33:27 |
| 60 | Brandon | Labonte | M | 20:13 | 128 | Erick | Oland | M | 23:52 | 196 | Karen | Olson | F | 33:46 |
| 61 | Mark | Conrad | M | 20:15 | 129 | Colin | Reed | M | 24:10 | 197 | Jill | Saunders | F | 35:19 |
| 62 | David | Lawler | M | 20:18 | 130 | Jordan | Machan | M | 24:12 | 198 | Michelle | McKay | F | 36:10 |
| 63 | Erin | Braun | F | 20:22 | 131 | Travis | Bugden | M | 24:28 | 199 | Marie-Claud | McDonald | F | 36:11 |
| 64 | Alyssa | Altomare | F | 20:29 | 132 | John | Murray | M | 24:29 | 200 | Gayleen | Dimond | F | 37:29 |
| 65 | Christian | Bissonette | M | 20:31 | 133 | Gabe | Langlois | M | 24:31 | 201 | Robin | Flynn | F | 38:35 |
| 66 | Kirk | Cook | M | 20:32 | 134 | Corinne | Podolsky | F | 24:32 | 202 | Bruce | Beatson | M | 44:13 |
| 67 | Stephen | Terichow | M | 20:40 | 135 | Perry | Kaspvick | M | 24:35 | | | | | |
| 68 | Daniel | Catte | M | 20:48 | 136 | Meeghan | West | F | 24:39 | | | | | |

Race Results

Puma 10km

April 23, 2006 Assiniboine Park

| | | | | |
|----|-------------|--------------|---|-------|
| 1 | Guy | Schultz | M | 32:30 |
| 2 | Blair | Peters | M | 32:52 |
| 3 | Darcy | Ready | M | 33:19 |
| 4 | Bradley | Keefe | M | 34:36 |
| 5 | Darren | Klassen | M | 34:42 |
| 6 | Greg | Penner | M | 35:07 |
| 7 | Clyde | VanCaeyzeele | M | 35:18 |
| 8 | Jacques | Marcoux | M | 35:25 |
| 9 | Dimitry | Melman | M | 35:33 |
| 10 | Patrick | Peacock | M | 35:48 |
| 11 | Corey | Gallagher | M | 36:28 |
| 12 | Brendon | Klos | M | 37:01 |
| 13 | Dennis | Lang | M | 37:09 |
| 14 | Rick | Preston | M | 38:14 |
| 15 | Aldo | Furlan | M | 38:42 |
| 16 | Cathy | Cullen | F | 39:03 |
| 17 | Kerri | Earl | F | 39:09 |
| 18 | Samuel | Jerema | M | 39:10 |
| 19 | Andrew | Palmer | M | 39:28 |
| 20 | Leon | Clegg | M | 39:30 |
| 21 | Michael | Tran | M | 39:51 |
| 22 | Michael | Krauss | M | 40:15 |
| 23 | James | Thompson | M | 40:20 |
| 24 | Graham | Hnatiuk | M | 40:46 |
| 25 | Daniel | Catte | M | 40:52 |
| 26 | Jean-Pierre | Grolet | M | 41:03 |
| 27 | Dave | Lipchen | M | 41:06 |
| 28 | Chad | Fowlie | M | 41:15 |
| 29 | Mark | Conrad | M | 41:22 |
| 30 | Grant | Johnston | M | 41:24 |
| 31 | Owen | Bowkett | M | 41:38 |
| 32 | Gerry | Berkowski | M | 41:42 |
| 33 | Tim | Magas | M | 41:54 |
| 34 | Robert | Dech | M | 41:58 |
| 35 | Tyra | Dickson | F | 42:09 |
| 36 | Brian | Gareau | M | 42:11 |
| 37 | Andrea | Paci | F | 42:17 |
| 38 | David | Lawler | M | 42:33 |
| 39 | Reece | Derraugh | M | 42:35 |
| 40 | Darius | Konotopetz | M | 43:01 |
| 41 | Gilbert | Gregory | M | 43:10 |
| 42 | Jonathan | Stapinsky | M | 43:31 |
| 43 | Glen | Grist | M | 43:54 |
| 44 | Vincenzo | Zurzolo | M | 44:14 |
| 45 | Linda | Whitfield | F | 44:21 |
| 46 | Larry | Konotopetz | M | 44:35 |
| 47 | Ken | Perchaluk | M | 44:53 |
| 48 | Murray | Derraugh | M | 44:54 |
| 49 | Dawn | Clark | F | 44:55 |
| 50 | Chris | Harbeck | M | 45:03 |
| 51 | Kathy | Wiens | F | 45:04 |
| 52 | Heather | Marks | F | 45:45 |
| 53 | Shawn | Bugden | M | 46:01 |
| 54 | Derek | Ozunko | M | 46:28 |
| 55 | Bob | Doolan | M | 46:48 |
| 56 | Ron | Menzies | M | 47:00 |
| 57 | Randal | Bodner | M | 47:06 |
| 58 | Jethro | Bartelings | M | 47:39 |
| 59 | Carol | Bohn | F | 47:49 |
| 60 | Darlene | Warner | F | 48:01 |
| 61 | Claire | Sparling | F | 48:59 |
| 62 | Alexandre | Borger | M | 48:59 |
| 63 | Colton | Devos | M | 49:19 |
| 64 | Gabe | Langlois | M | 49:25 |
| 65 | Mary | Meikle | F | 49:27 |
| 66 | Travis | Bugden | M | 49:43 |

| | | | | |
|-----|-----------|-------------|---|---------|
| 67 | Greg | Neufeld | M | 49:44 |
| 68 | Jordan | Machan | M | 50:00 |
| 69 | Mike | Tarr | M | 50:16 |
| 70 | David | Flynn | M | 50:19 |
| 71 | Fiona | Fleming | F | 50:21 |
| 72 | Perry | Kaspvick | M | 50:25 |
| 73 | Erin | Braun | F | 50:41 |
| 74 | Grant | Tarr | M | 50:43 |
| 75 | Kenny | Pazdor | M | 51:01 |
| 76 | Jeff | Tarr | M | 51:18 |
| 77 | Meaghan | Woo | F | 51:31 |
| 78 | Justine | Stromberg | F | 51:32 |
| 79 | Tom | Schmidt | M | 51:52 |
| 80 | Jill | Gibson | F | 52:21 |
| 81 | Cynthia | Menzies | F | 52:24 |
| 82 | Jeff | Vince | M | 52:24 |
| 83 | John | Murray | M | 52:42 |
| 84 | Shelley | Borschawa | F | 53:08 |
| 85 | Mario | McDonald | M | 53:22 |
| 86 | Darren | Clouston | M | 53:34 |
| 87 | Doug | McGregor | M | 53:57 |
| 88 | Cecil | McGillis | M | 54:06 |
| 89 | Corinne | Podolsky | F | 54:13 |
| 90 | Rodney | Devos | M | 54:17 |
| 91 | Shelley | Timlick | F | 54:36 |
| 92 | Lorraine | Murray | F | 54:36 |
| 93 | Jim | Anderson | M | 55:01 |
| 94 | Henry | Redhead | M | 55:33 |
| 95 | Jim | Glazier | M | 55:51 |
| 96 | Trevor | Finch | M | 56:14 |
| 97 | Stacey | Friesen | F | 56:15 |
| 98 | Brian | Flynn | M | 56:52 |
| 99 | Greg | Hammond | M | 57:34 |
| 100 | Cameron | Bugden | M | 57:46 |
| 101 | Ray | Hutton | M | 58:03 |
| 102 | Erin | Burns-Flett | F | 58:11 |
| 103 | Jeff | O'Leary | M | 1:01:39 |
| 104 | Gary | Borger | M | 1:01:43 |
| 105 | Jessica | Perry | F | 1:01:49 |
| 106 | Leslie | McLaren | F | 1:02:40 |
| 107 | Peggy | Sanders | F | 1:02:42 |
| 108 | Angie | Mathuron | F | 1:02:47 |
| 109 | George | Chapman | M | 1:02:49 |
| 110 | Al | Myska | M | 1:03:30 |
| 111 | Kathleen | Clouston | F | 1:05:31 |
| 112 | Lisa | Babey | F | 1:05:31 |
| 113 | Sheliza | Wheatland | F | 1:06:59 |
| 114 | Lucien | Debreuil | M | 1:08:13 |
| 115 | Wendie | Swirski | F | 1:13:07 |
| 116 | Jill | Saunders | F | 1:13:56 |
| 117 | Christina | Murta | F | 1:25:52 |
| 118 | Bruce | Beatson | M | 1:28:53 |

Puma 15km

April 29, 2006 Assiniboine Park

| | | | | |
|----|-------------|----------------|---|---------|
| 1 | Guy | Schultz | M | 50:44 |
| 2 | Darcy | Ready | M | 50:44 |
| 3 | Bradley | Keefe | M | 52:44 |
| 4 | Clyde | VanCaeyzeele | M | 52:50 |
| 5 | Jayson | Adams | M | 55:02 |
| 6 | Dimitry | Melman | M | 55:13 |
| 7 | Dennis | Lang | M | 58:22 |
| 8 | Aldo | Furlan | M | 58:23 |
| 9 | Cathy | Cullen | F | 58:41 |
| 10 | Murray | Rose | M | 59:16 |
| 11 | Rick | Preston | M | 59:39 |
| 12 | Leon | Clegg | M | 1:00:52 |
| 13 | James | Thompson | M | 1:01:19 |
| 14 | Daniel | Catte | M | 1:01:21 |
| 15 | Mark | Conrad | M | 1:01:42 |
| 16 | Michael | Tran | M | 1:02:13 |
| 17 | Chad | Fowlie | M | 1:02:35 |
| 18 | Graham | Hnatiuk | M | 1:03:20 |
| 19 | Cameron | Blandy | M | 1:03:39 |
| 20 | Jean-Pierre | Grolet | M | 1:03:50 |
| 21 | Gerry | Berkowski | M | 1:04:17 |
| 22 | Grant | Johnston | M | 1:05:12 |
| 23 | Owen | Bowkett | M | 1:05:23 |
| 24 | Tim | Magas | M | 1:05:35 |
| 25 | Robert | Dech | M | 1:05:46 |
| 26 | Tibor | Bodi | M | 1:06:15 |
| 27 | Andrea | Paci | F | 1:06:16 |
| 28 | Reece | Derraugh | M | 1:07:35 |
| 29 | Dawn | Clark | F | 1:07:46 |
| 30 | Ken | Perchaluk | M | 1:07:49 |
| 31 | Chris | Harbeck | M | 1:08:39 |
| 32 | Brian | Gaceau | M | 1:08:44 |
| 33 | Kathy | Wiens | F | 1:08:59 |
| 34 | Shawn | Bugden | M | 1:11:14 |
| 35 | Randal | Bodner | M | 1:11:57 |
| 36 | Ron | Menzies | M | 1:12:01 |
| 37 | Seema | Saini | F | 1:12:49 |
| 38 | Gabe | Langlois | M | 1:15:12 |
| 39 | Mary | Meikle | F | 1:15:41 |
| 40 | Derek | Ozunko | M | 1:15:42 |
| 41 | Tim | Dumin-Richards | M | 1:15:52 |
| 42 | Carol | Bohn | F | 1:16:45 |
| 43 | Jordan | Machan | M | 1:16:50 |
| 44 | Claire | Sparling | F | 1:16:52 |
| 45 | Alexandre | Borger | M | 1:16:53 |
| 46 | Tom | Schmidt | M | 1:17:06 |
| 47 | Pam | Baldaro | F | 1:17:48 |
| 48 | John | Murray | M | 1:18:09 |
| 49 | Mike | Tarr | M | 1:18:24 |
| 50 | Corinne | Podolsky | F | 1:18:46 |
| 51 | Mario | McDonald | M | 1:20:49 |
| 52 | Darren | Clouston | M | 1:21:06 |
| 53 | Shelley | Borschawa | F | 1:21:14 |
| 54 | Travis | Bugden | M | 1:21:22 |
| 55 | Cecil | McGillis | M | 1:21:25 |
| 56 | Jeff | Vince | M | 1:22:18 |
| 57 | Jill | Gibson | F | 1:23:16 |
| 58 | Cynthia | Menzies | F | 1:23:36 |
| 59 | Doug | McGregor | M | 1:24:41 |
| 60 | Jim | Anderson | M | 1:24:48 |
| 61 | Jessica | Perry | F | 1:24:58 |
| 62 | Cameron | Bugden | M | 1:25:19 |
| 63 | Jim | Glazier | M | 1:25:49 |
| 64 | Perry | Kaspvick | M | 1:28:04 |
| 65 | Erin | Burns-Flett | F | 1:28:29 |
| 66 | Lorraine | Murray | F | 1:30:23 |
| 67 | Jeff | O'Leary | M | 1:34:44 |
| 68 | Lisa | Babey | F | 1:36:58 |
| 69 | Kathleen | Clouston | F | 1:36:58 |
| 70 | Bohdanna | Kinasevych | F | 1:38:36 |
| 71 | Lucien | Debreuil | M | 1:38:57 |
| 72 | George | Chapman | M | 1:38:59 |
| 73 | Gayleen | Dimond | F | 1:48:02 |
| 74 | Wendie | Swirski | F | 1:54:41 |
| 75 | Christina | Murta | F | 2:14:12 |

Race Results

Physiofit 10km

May 6, 2006 Assiniboine Park

| | | | | | | | | | | | | | | | | | |
|----|-------------|-----------|----|---|----------|-----|-----------------|----------|----|---|----------|-----|--------------|----------|----|---|----------|
| 1 | Tranquada | Eric | 22 | M | 34:30,95 | 74 | Wiebe | Megan | 22 | F | 46:33,41 | 147 | Ahara | Ron | 51 | M | 52:14,82 |
| 2 | Penner | Greg | 28 | M | 35:05,21 | 75 | Devos | Colton | 13 | M | 46:34,75 | 148 | Bourrier | Jeannine | 35 | F | 52:18,95 |
| 3 | Melman | Dimity | 43 | M | 35:08,86 | 76 | Drain | Sean | 63 | M | 46:49,37 | 149 | Trotman | Jared | 22 | M | 52:19,51 |
| 4 | McGavock | Jonathon | 31 | M | 35:24,93 | 77 | Reid | Trevor | 44 | M | 47:11,04 | 150 | Zwingerman | Edward | 51 | M | 52:21,46 |
| 5 | Hopkins | Alan | 43 | M | 35:45,40 | 78 | Meikle John | Mary | 41 | F | 47:18,38 | 151 | Peters | Merrily | 42 | F | 52:27,17 |
| 6 | Bilous | Keith | 47 | M | 36:25,24 | 79 | Hendron | Tyler | 30 | M | 47:20,99 | 152 | Janusz | Greg | 48 | M | 52:29,17 |
| 7 | Brodie | Paul | 42 | M | 36:47,08 | 80 | Bugden | Travis | 15 | M | 47:24,19 | 153 | Jamieson | Mark | 42 | M | 52:29,74 |
| 8 | Athayde | Greg | 45 | M | 37:02,97 | 81 | Schatz | Doug | 46 | M | 47:34,00 | 154 | Devos | Rodney | 41 | M | 52:34,07 |
| 9 | Furlan | Aldo | 41 | M | 37:35,98 | 82 | Petersen | Marcella | 43 | F | 47:34,89 | 155 | Fann | Denise | 22 | F | 52:34,89 |
| 10 | Willmott | Edward | 43 | M | 38:15,48 | 83 | Holens | Gordon | 35 | M | 47:49,72 | 156 | Richardson | Jordan | 13 | M | 52:35,43 |
| 11 | Henry | Stephen | 32 | M | 38:38,09 | 84 | Harrison | Shawn | 34 | M | 47:53,34 | 157 | Hodkinson | Brittany | 13 | F | 52:36,35 |
| 12 | Rose | Murray | 47 | M | 38:38,71 | 85 | Favoni | Perry | 35 | M | 47:57,33 | 158 | Lehmann | Amara | 30 | F | 52:40,77 |
| 13 | Dueck | Scotty | 16 | M | 38:53,68 | 86 | Thompson | Heather | 24 | F | 48:00,88 | 159 | Ryan | Kerry | 30 | F | 52:41,39 |
| 14 | Thompson | James | 42 | M | 39:20,09 | 87 | Sangalang | Joel | 49 | M | 48:02,93 | 160 | Podolsky | Corinne | 33 | F | 52:42,14 |
| 15 | Mink | Georgette | 29 | F | 39:32,17 | 88 | Cisaroski | Sarah | 42 | F | 48:07,77 | 161 | Richardson | Derek | 11 | M | 52:42,77 |
| 16 | Clegg | Leon | 59 | M | 39:38,41 | 89 | Dupuis | Paul | 51 | M | 48:16,36 | 162 | Paquette | Darcelle | 17 | F | 52:44,54 |
| 17 | Catte | Daniel | 42 | M | 39:47,06 | 90 | McMillan | Scott | 28 | M | 48:17,51 | 163 | Murphy | John | 62 | M | 52:45,14 |
| 18 | Conrad | Mark | 45 | M | 40:14,04 | 91 | Harrison | Jeff | 47 | M | 48:18,52 | 164 | Paquette | Gilles | 44 | M | 52:45,58 |
| 19 | Somers | Daryl | 43 | M | 40:26,02 | 92 | Cuda-Trunzo | Maria | 45 | F | 48:19,28 | 165 | Nissen | Emily | 14 | F | 52:57,97 |
| 20 | Hnatiuk | Graham | 19 | M | 40:29,30 | 93 | Reed | Colin | 61 | M | 48:20,55 | 166 | Drury | Bre | 27 | F | 53:01,62 |
| 21 | Bernacki | Louella | 38 | F | 40:34,30 | 94 | Pfimmer | Bryce | 14 | M | 48:22,97 | 167 | Grandmont | Sherry | 36 | F | 53:02,11 |
| 22 | Wernham | Greg | 17 | M | 41:04,80 | 95 | Carriere | Claude | 50 | M | 48:28,96 | 168 | Masi | Sergio | 13 | M | 53:02,50 |
| 23 | Davey | Robert | 44 | M | 41:13,85 | 96 | Norris | Corinne | 44 | F | 48:29,84 | 169 | Bradley | Derek | 34 | M | 53:07,06 |
| 24 | Okany | Mark | 15 | M | 41:23,84 | 97 | Steeves | Gord | 38 | M | 48:30,50 | 170 | Lindsay | Bradley | 28 | M | 53:07,58 |
| 25 | Schrader | Dean | 41 | M | 41:29,40 | 98 | Peterson | Todd | 44 | M | 48:31,12 | 171 | Armstrong | Gord | 51 | M | 53:09,09 |
| 26 | Dech | Robert | 57 | M | 41:45,21 | 99 | May | Howard | 43 | M | 48:31,66 | 172 | Hodge | Kevin | 13 | M | 53:09,65 |
| 27 | Johnston | Grant | 38 | M | 41:48,22 | 100 | Matheson | Frank | 57 | M | 48:33,51 | 173 | Johansson | Karen | 23 | F | 53:10,59 |
| 28 | Pazdor | Kenny | 15 | M | 41:48,70 | 101 | Langlois | Gabe | 43 | M | 48:46,45 | 174 | Bugden | Cameron | 12 | M | 53:18,50 |
| 29 | Mawle | Troy | 40 | M | 41:56,05 | 102 | Zegarac | Ed | 59 | M | 48:48,10 | 175 | Castagna | Saverio | 41 | M | 53:22,40 |
| 30 | Paci | Andrea | 39 | F | 42:05,97 | 103 | Bommersbach | Michael | 12 | M | 48:55,20 | 176 | Murray | Lorraine | 41 | F | 53:23,56 |
| 31 | Meacham | Ross | 30 | M | 42:08,00 | 104 | Bommersbach | Ainsley | 13 | F | 48:55,61 | 177 | Hoff | Lori | 44 | F | 53:24,51 |
| 32 | Sitank | David | 41 | M | 42:10,55 | 105 | Bommersbach | Kendra | 12 | F | 48:55,98 | 178 | Sawatsky | Brent | 47 | M | 53:25,51 |
| 33 | Schneider | Kari | 32 | F | 42:11,30 | 106 | McDermid | Glen | 38 | M | 49:02,73 | 179 | Glowach | Lynn | 46 | F | 53:29,04 |
| 34 | Drain | Mairread | 26 | F | 42:17,82 | 107 | Glover | David | 42 | M | 49:07,60 | 180 | Naylor | Shannon | 39 | F | 53:34,65 |
| 35 | Gregory | Gilbert | 40 | M | 42:25,58 | 108 | Dyck | Laura | 50 | F | 49:11,12 | 181 | Radford | Jason | 36 | M | 53:38,57 |
| 36 | Magas | Tim | 38 | M | 42:27,08 | 109 | Urban | Michael | 22 | M | 49:15,01 | 182 | Norris | Jeffrey | 45 | M | 53:41,34 |
| 37 | Tessmann | Gina | 20 | F | 42:28,63 | 110 | Bartelings | Jethro | 22 | M | 49:16,35 | 183 | Neufeld | Arnold | 62 | M | 53:41,93 |
| 38 | Lindsey | Sean | 28 | M | 42:35,02 | 111 | Okany | Kate | 48 | F | 49:32,53 | 184 | Reece | David | 29 | M | 53:45,41 |
| 39 | Grist | Glen | 39 | M | 42:36,13 | 112 | Durwin-Richards | Tim | 52 | M | 49:33,79 | 185 | Janusz | Pat | 49 | F | 53:51,93 |
| 40 | O'Keefe | Kieran | 37 | M | 42:38,82 | 113 | Fuga | Dale | 53 | M | 49:38,16 | 186 | Anderson | Jim | 67 | M | 53:53,31 |
| 41 | Bommersbach | Kevin | 13 | M | 42:45,50 | 114 | West | Meegan | 33 | F | 49:43,50 | 187 | Glasier | Jim | 63 | M | 54:05,57 |
| 42 | Klassen | Ed | 71 | M | 42:46,80 | 115 | Harvey | Marissa | 22 | F | 49:55,75 | 188 | Ptasniak | Gord | 55 | M | 54:12,77 |
| 43 | Shaver | Robert | 44 | M | 42:47,28 | 116 | Willems | Justin | 13 | M | 50:06,80 | 189 | Forkheim | Trevor | 32 | M | 54:16,32 |
| 44 | Stapinsky | Jonathan | 32 | M | 42:54,96 | 117 | Pfimmer | Deb | 42 | F | 50:10,22 | 190 | Willems | Kurt | 9 | M | 54:21,46 |
| 45 | Gagne | Pete | 49 | M | 42:59,22 | 118 | Prevost | Yan | 29 | M | 50:22,78 | 191 | Pfimmer | Paul | 41 | M | 54:23,42 |
| 46 | Lawrence | Pam | 39 | F | 43:00,72 | 119 | Murray | John | 46 | M | 50:36,40 | 192 | Penner | Ron | 64 | M | 54:23,83 |
| 47 | Gratton | Marc | 41 | M | 43:22,66 | 120 | Fleming | Fiona | 46 | F | 50:39,18 | 193 | Heck | Richard | 35 | M | 54:31,98 |
| 48 | Tiessen | Dion | 31 | M | 43:23,95 | 121 | Kummen | Grant | 33 | M | 50:40,33 | 194 | Wernham | Jim | 44 | M | 54:39,64 |
| 49 | Adams | Paul | 55 | M | 43:42,91 | 122 | Funk | Suzanne | 36 | F | 50:43,34 | 195 | Hornung | Dave | 29 | M | 54:42,72 |
| 50 | Picklyk | Jay | 35 | M | 43:45,57 | 123 | Vince | Jeff | 58 | M | 50:47,68 | 196 | Torbiak | Dawn | 48 | F | 54:46,07 |
| 51 | Thompson | Jordan | 19 | M | 43:52,88 | 124 | Tonner | Bob | 46 | M | 50:54,67 | 197 | Marcker | Monique | 42 | F | 54:49,27 |
| 52 | Perchaluk | Ken | 53 | M | 43:55,21 | 125 | Pfimmer | Evan | 9 | M | 50:55,42 | 198 | Bommersbach | David | 10 | M | 54:54,65 |
| 53 | Neufeld | Ryan | 26 | M | 44:09,10 | 126 | Holtman | Caitlin | 21 | F | 51:02,83 | 199 | Gornik | Cathey | 42 | F | 54:57,29 |
| 54 | Wiens | Kathy | 48 | F | 44:11,77 | 127 | Just | Michelle | 36 | F | 51:13,43 | 200 | Gougeau | Monique | 34 | F | 54:58,49 |
| 55 | Clark | Dawn | 44 | F | 44:13,88 | 128 | Tataryn | Andrew | 42 | M | 51:19,69 | 201 | Salvano | Esther | 39 | F | 55:03,31 |
| 56 | Drury | Josh | 27 | M | 44:20,28 | 129 | Rediger | Jack | 51 | M | 51:22,01 | 202 | Burnside | Linda | 42 | F | 55:13,82 |
| 57 | Roscius | Christian | 29 | M | 44:23,82 | 130 | Beechinar | Kevin | 33 | M | 51:23,29 | 203 | McMillan-Law | Gail | 41 | F | 55:17,29 |
| 58 | Gillies | Ian | 56 | M | 44:32,69 | 131 | Baldaro | Pam | 51 | F | 51:24,56 | 204 | Machan | Jordan | 43 | M | 55:18,78 |
| 59 | Zorn-Ford | John | 39 | M | 44:36,04 | 132 | Bell | Nikki | 12 | F | 51:29,12 | 205 | Moodie | Brandy | 28 | F | 55:31,67 |
| 60 | Penner | Trish | 34 | F | 44:37,80 | 133 | Bell | Donna | 41 | F | 51:32,91 | 206 | de Korompay | Danielle | 26 | F | 55:39,42 |
| 61 | Mclver | Fern | 32 | F | 44:46,53 | 134 | Dyck | David | 51 | M | 51:33,44 | 207 | Deering | Kathleen | 25 | F | 55:39,75 |
| 62 | Gervais | Garry | 36 | M | 44:54,13 | 135 | Kiazky-Mykytyn | Brigitte | 34 | F | 51:33,94 | 208 | Dunn | J. Blair | 48 | M | 55:50,91 |
| 63 | Marks | Heather | 33 | F | 44:55,72 | 136 | Westlund | Glen | 36 | M | 51:41,17 | 209 | Theriault | Andre | 49 | M | 56:05,88 |
| 64 | Doolan | Bob | 58 | M | 44:59,08 | 137 | Willems | Levi | 11 | M | 51:53,31 | 210 | Unger | Heather | 27 | F | 56:09,28 |
| 65 | Ozunko | Justin | 16 | M | 45:29,55 | 138 | Stewart | Linda | 40 | F | 51:54,51 | 211 | Bell | Jennifer | 14 | F | 56:09,95 |
| 66 | Dubberley | Chris | 35 | M | 45:45,69 | 139 | Raths | Paul | 52 | M | 51:55,65 | 212 | Bell | Tom | 40 | M | 56:16,75 |
| 67 | Bugden | Shawn | 39 | M | 45:46,64 | 140 | Borschawa | Shelley | 49 | F | 51:56,50 | 213 | Peterson | Heather | 39 | F | 56:20,45 |
| 68 | Grosney | Lyle | 35 | M | 45:47,28 | 141 | Phillips | Rebecca | 23 | F | 51:57,85 | 214 | Graham | John | 37 | M | 56:21,14 |
| 69 | Ozunko | Derek | 49 | M | 45:48,68 | 142 | Lauder | Rod | 51 | M | 52:01,69 | 215 | James | Scott | 30 | M | 56:25,57 |
| 70 | Bilous | Jason | 31 | M | 45:59,19 | 143 | MacDonald | Karin | 21 | F | 52:02,10 | 216 | Sywy | Peter | 49 | M | 56:27,10 |
| 71 | Wagner | Ralph | 45 | M | 46:01,29 | 144 | McCaughan | Dan | 34 | M | 52:07,66 | 217 | Howard | Carla | 18 | F | 56:27,86 |
| 72 | Gilbert | Kevin | 42 | M | 46:22,54 | 145 | Gutierrez | Herman | 46 | M | 52:09,76 | 218 | Steinsvik | Randy | 25 | M | 56:28,31 |
| 73 | Swan | Andrew | 37 | M | 46:25,89 | 146 | Gillies | Claire | 21 | F | 52:10,22 | 219 | Pound | Brian | 39 | M | 56:28,93 |

Race Results

Physiofit 10km
 May 6, 2006 Assiniboine Park

Race Directors!
 Information Available

| | | | | | | | | | | | |
|-----|-------------------|-------------|----|---|------------|-----|-----------------|------------|----|---|------------|
| 220 | Lesey | David | 44 | M | 56:35,05 | 293 | Fillion | Tytanya | 28 | F | 1:03:35,61 |
| 221 | Hyatt | Jill | 29 | F | 56:35,75 | 294 | Pageau | Jacqueline | 15 | F | 1:03:45,11 |
| 222 | Perry | Jessica | 29 | F | 56:40,40 | 295 | Pageau | Jean-Guy | 49 | M | 1:03:45,47 |
| 223 | Rehill | Bev | 44 | F | 56:47,15 | 296 | Davis | Michael | 37 | M | 1:03:45,84 |
| 224 | Kong | Hyunsoon | 45 | F | 57:08,78 | 297 | Magnusson | Michèle | 42 | F | 1:03:49,51 |
| 225 | Ng | Soloman | 27 | M | 57:14,43 | 298 | Robinson | Sandra | 48 | F | 1:03:53,03 |
| 226 | Allaire | Marnie | 27 | F | 57:18,03 | 299 | Parent | Bernice | 49 | F | 1:03:54,26 |
| 227 | Perreaux | Roger | 60 | M | 57:25,44 | 300 | McGillivray | Sally | 48 | F | 1:03:56,42 |
| 228 | Bodiroga | Milan | 68 | M | 57:30,17 | 301 | Birk | Patricia | 43 | F | 1:03:59,51 |
| 229 | Steinsvik | Tracey | 23 | F | 57:32,52 | 302 | Collignon | June | 46 | F | 1:04:26,06 |
| 230 | Mogg | Tory | 11 | F | 57:33,06 | 303 | D'Almeida | Mark | 45 | M | 1:04:45,39 |
| 231 | Burns-Flett | Erin | 50 | F | 57:47,24 | 304 | Desrochers | Karen | 40 | F | 1:04:47,70 |
| 232 | Knudsen-Woodman | Birgit | 37 | F | 57:52,29 | 305 | Harrison | Jill | 28 | F | 1:04:54,38 |
| 233 | Chapman | George | 77 | M | 57:57,78 | 306 | Todd | Laura | 28 | F | 1:04:58,90 |
| 234 | Derkson | Frank | 73 | M | 58:04,47 | 307 | Single-Alevizos | Darcie | 34 | F | 1:04:59,25 |
| 235 | Travis | Dina | 52 | F | 58:04,83 | 308 | Crass | Brad | 50 | M | 1:05:20,04 |
| 236 | Desveaux | Kim | 30 | F | 58:06,10 | 309 | Debreuil | Lucien | 63 | M | 1:05:38,15 |
| 237 | Lawrence | Jeff | 42 | M | 58:18,04 | 310 | Legault | Sheri | 35 | F | 1:05:43,29 |
| 238 | Lewis | Lisa | 33 | F | 58:26,92 | 311 | Harrison | Tannis | 36 | F | 1:05:49,44 |
| 239 | Cumming | Tia | 50 | F | 58:32,95 | 312 | Dodd | Lorrie | 48 | F | 1:05:50,98 |
| 240 | Waylett | Randy | 50 | M | 58:34,04 | 313 | Morgan | Tracy | 29 | F | 1:05:55,93 |
| 241 | Urbanovich | Rich | 43 | M | 58:38,30 | 314 | Baker | Lisa | 39 | F | 1:06:16,89 |
| 242 | Kilmury | Jennifer | 36 | F | 58:38,99 | 315 | Baker | Grant | 46 | M | 1:06:20,66 |
| 243 | Kyrzyk | Sharon | 41 | F | 58:39,53 | 316 | Skinner | Angele | 31 | F | 1:06:21,05 |
| 244 | Kyrzyk | Terry | 43 | M | 58:44,98 | 317 | Conway | Kim | 24 | F | 1:06:21,47 |
| 245 | Bellyou | Tracy | 30 | F | 58:45,86 | 318 | Mellway | Chris | 54 | M | 1:06:21,93 |
| 246 | Hocken-Attwell | Susan | 39 | F | 58:56,99 | 319 | Birch | Marjorie | 40 | F | 1:06:24,54 |
| 247 | Paulenko | Kim | 31 | F | 59:00,77 | 320 | Belliveau | Thomas | 40 | M | 1:06:26,23 |
| 248 | Coupland | Ken | 51 | M | 59:05,99 | 321 | Nichols | Ed | 48 | M | 1:06:26,77 |
| 249 | Clegg | Jill | 23 | F | 59:06,52 | 322 | Voss | Stacey | 28 | F | 1:06:27,16 |
| 250 | Davis | Gary | 64 | M | 59:08,91 | 323 | Milne | Bob | 60 | M | 1:06:28,56 |
| 251 | Johannson | Dave | 57 | M | 59:11,56 | 325 | Kusmack | Sloane | 29 | F | 1:07:00,00 |
| 252 | Piper | Jody | 41 | F | 59:17,88 | 326 | Tovell | Lynne | 61 | F | 1:07:13,24 |
| 253 | Bullard | Wendy | 35 | F | 59:22,63 | 327 | Hamilton | Jill | 26 | F | 1:07:21,04 |
| 254 | Davies | Marci | 35 | F | 59:23,00 | 328 | Frederickson | Fran | 48 | F | 1:07:35,41 |
| 255 | Watson | Kristi | 27 | F | 59:27,87 | 329 | MacDonald | Alexis | 23 | F | 1:08:23,90 |
| 256 | Dohler | Michele | 42 | F | 59:33,69 | 330 | Irvine | Warren | 39 | M | 1:08:24,51 |
| 257 | Wood | Christie | 33 | F | 59:37,66 | 331 | Little | Kathie | 54 | F | 1:08:27,01 |
| 258 | Leung | Patricia | 41 | F | 59:39,16 | 332 | Rowbottom | Craig | 34 | M | 1:08:35,11 |
| 259 | Leung | Billy | 48 | M | 1:00:04,22 | 333 | Auriet | Joy | 42 | F | 1:08:37,55 |
| 260 | Malkewicz | Chris | 12 | M | 1:00:05,26 | 334 | Lyons | Jacqueline | 28 | F | 1:08:59,39 |
| 261 | Flaman | Shawn | 48 | F | 1:00:08,77 | 335 | Pomfret | Heather | 20 | F | 1:09:08,55 |
| 262 | Fraser | Marilyn | 52 | F | 1:00:21,33 | 336 | Rowbottom | Lisa | 30 | F | 1:09:59,00 |
| 263 | Boris | Bill | 47 | M | 1:00:23,39 | 337 | Matheson | Lori | 51 | F | 1:10:12,79 |
| 264 | Barkman | Danielle | 28 | F | 1:00:24,60 | 338 | Stepnuk | Elizabeth | 49 | F | 1:10:28,60 |
| 265 | Zorn-Ford | Jennifer | 35 | F | 1:00:36,51 | 339 | McDougall | Shannon | 29 | F | 1:10:31,25 |
| 266 | Swirski | Mike | 46 | M | 1:00:40,60 | 340 | Schellenberg | Harold | 28 | M | 1:10:32,16 |
| 267 | Fann | Maureen | 48 | F | 1:00:42,23 | 341 | Au | Tommie | 56 | M | 1:11:19,50 |
| 268 | Neepin | Joanne | 31 | F | 1:00:50,74 | 342 | O'Keefe | Loida | 34 | F | 1:11:24,09 |
| 269 | Martyszenko | Karol | 46 | F | 1:00:52,73 | 343 | Wyllie | Corrielynn | 38 | F | 1:11:40,76 |
| 270 | Marinelli | Vince | 76 | M | 1:00:53,39 | 344 | Chapnick | Sid | 56 | M | 1:12:03,51 |
| 271 | Pauls | Patti-Lynne | 31 | F | 1:01:09,26 | 345 | Ward | Kathy | 33 | F | 1:12:04,79 |
| 272 | Andrew | Paula | 33 | F | 1:01:22,15 | 346 | Han-Kuzmiak | Seung | 42 | M | 1:12:10,57 |
| 273 | Clerc | Paul | 61 | M | 1:01:25,76 | 347 | Lapointe | Monique | 51 | F | 1:16:23,75 |
| 274 | McDonald | Sue | 44 | F | 1:01:26,62 | 348 | Swirski | Wendie | 44 | F | 1:17:43,37 |
| 275 | Capek | Deborah | 43 | F | 1:01:29,91 | 349 | Kaufmann | Catherine | 46 | F | 1:18:37,32 |
| 276 | Guinn | Janine | 28 | F | 1:01:30,72 | 350 | Gibbens | Michelle | 36 | F | 1:18:38,16 |
| 277 | Bartel | Christine | 39 | F | 1:01:33,51 | 351 | Varga | Lisa | 17 | F | 1:20:27,65 |
| 278 | Reimer | Elizabeth | 28 | F | 1:01:33,87 | | | | | | |
| 279 | Campbell | Corinne | 39 | F | 1:01:44,15 | | | | | | |
| 280 | Clark | Susan | 57 | F | 1:01:46,43 | | | | | | |
| 281 | Spier | Irene | 59 | F | 1:01:48,58 | | | | | | |
| 282 | Spier | Kim | 28 | F | 1:02:00,09 | | | | | | |
| 283 | Deley | Kathy | 45 | F | 1:02:00,89 | | | | | | |
| 284 | Urban | Chris | 53 | F | 1:02:28,11 | | | | | | |
| 285 | Collins | Linda | 55 | F | 1:02:28,54 | | | | | | |
| 286 | Hogue | Cathy | 43 | F | 1:02:29,03 | | | | | | |
| 287 | Scheper | Diana | 36 | F | 1:02:29,75 | | | | | | |
| 288 | McKinney-Bumstead | Harmony | 31 | F | 1:02:30,85 | | | | | | |
| 289 | Torchia-Wells | Tara | 35 | F | 1:02:50,79 | | | | | | |
| 290 | Ratoski | Corinne | 44 | F | 1:02:54,16 | | | | | | |
| 291 | Smith-Riach | Keagan | 10 | M | 1:03:15,07 | | | | | | |
| 292 | Johnson | Crystal | 27 | F | 1:03:17,77 | | | | | | |

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- Course Certification
- Race Insurance
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- Eligibility to become a Timex Road Race Series Event or a Provincial Championship
- Advertising through the Run Manitoba newsletter & website
- Posting of race results on the Run Manitoba website
- Coordination of City of Winnipeg Park Booking
- Assistance and advice from experienced Run Manitoba Race Directors and Committee Members

Contact Diana Stevens at Athletics Manitoba to receive your Race Directors Manual and get more information.

Athletics Manitoba
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Race Results

Run at the Ridge 5km Fun Run May 6, 2006 Whyte Ridge

Run at the Ridge 10km Fun Run May 6, 2006 Whyte Ridge

| | | | | |
|----|-----------|-----------|---|-------|
| 1 | Dale | Morrison | M | 19:11 |
| 2 | Justin | Stuthers | M | 19:17 |
| 3 | Brian | Newlove | M | 19:25 |
| 4 | Gord | Zacharias | M | 19:52 |
| 5 | Nicholas | Zinko | M | 19:55 |
| 6 | Michael | Rebizant | M | 21:00 |
| 7 | Ainsley | Johnstone | F | 22:08 |
| 8 | Myles | Dancho | M | 22:42 |
| 9 | Alex | McGavin | F | 22:48 |
| 10 | Kieron | Dyck | M | 22:50 |
| 11 | Adair | Libbrecht | F | 22:51 |
| 12 | Greg | Libbrecht | M | 22:51 |
| 13 | Rainer | Wosnitza | M | 23:10 |
| 14 | Tiffany | Debari | F | 23:17 |
| 15 | Dianne | Pettitt | F | 23:24 |
| 16 | Sheryl | Dancho | F | 23:33 |
| 17 | Katheryn | Stuthers | F | 23:37 |
| 18 | Elisabeth | Doyle | F | 23:39 |
| 19 | Ryan | Hosegood | M | 24:04 |
| 20 | Courtney | Addison | F | 24:05 |
| 21 | Niel | Addison | M | 24:07 |
| 22 | Graham | Cale | M | 24:09 |
| 23 | Edmond | Yuen | M | 24:35 |
| 24 | Laura | Cale | F | 24:37 |
| 25 | Ron | Cardinal | M | 24:44 |
| 26 | David | Tallion | M | 24:46 |
| 27 | Eastun | Yuen | F | 24:55 |
| 28 | Scott | Murray | M | 25:06 |
| 29 | Haley | Cardinal | F | 25:09 |
| 30 | Austin | Swark | M | 25:16 |
| 31 | Shania | Dunn | F | 25:43 |
| 32 | Ruthanne | Dyck | F | 25:49 |
| 33 | Audrey | Rebizant | F | 25:53 |
| 34 | Curtis | Rebizant | M | 25:55 |
| 35 | Tim | Dunn | M | 26:17 |
| 36 | Ardelle | Kipling | F | 26:23 |
| 37 | James | Dyck | M | 26:25 |
| 38 | Carla | Schroeder | F | 26:53 |
| 39 | Barb | Shute | F | 27:11 |
| 40 | Brad | Zacharias | M | 27:14 |
| 41 | Karen | Dupchak | F | 27:23 |
| 42 | Steve | Gamori | M | 27:27 |
| 43 | Rodney | Chongva | M | 27:29 |
| 44 | Willard | Pagat | M | 27:37 |
| 45 | Evan | Heinrichs | M | 27:56 |
| 46 | Sam | Slade | F | 28:01 |
| 47 | Vanessa | Clemis | F | 28:18 |
| 48 | Brad | Wiebe | M | 28:23 |
| 49 | Elizabeth | Kenyon | F | 29:24 |
| 50 | Haeli | Martens | F | 29:36 |
| 51 | Nick | Barnes | M | 29:53 |
| 52 | Lise | Denis | F | 29:56 |
| 53 | Paul | Brown | M | 29:57 |
| 54 | Kelly | Piskor | F | 30:06 |
| 55 | Sherri | Baldwin | F | 30:15 |
| 56 | Alanna | Shaw | F | 30:43 |
| 57 | Josh | Kowalchuk | M | 30:48 |
| 58 | Verna | Clemis | F | 30:52 |
| 59 | Cassandra | Kowalchuk | F | 31:00 |
| 60 | Grace | May | F | 31:01 |
| 61 | Elvira | Kowalchuk | F | 31:04 |
| 62 | Rhonda | Dunn | F | 31:24 |
| 63 | Angie | Gottfred | F | 31:27 |
| 64 | Andrea | Woytowich | F | 31:53 |
| 65 | Ron | Amason | M | 31:53 |

| | | | | |
|-----|-----------|-----------------|---|-------|
| 66 | Bonnie | Eliuk | F | 31:54 |
| 67 | Melanie | Cardinal | F | 32:18 |
| 68 | Gus | Gottfred | M | 32:33 |
| 69 | Susan | Wepler | F | 32:41 |
| 70 | Connor | Peltz | M | 32:41 |
| 71 | Mike | Gerolami | M | 32:42 |
| 72 | Sierra | McTavish | F | 32:47 |
| 73 | Nancy | McTavish | F | 32:49 |
| 74 | Emilie | Petrie | F | 32:50 |
| 75 | Kate | Petrie | F | 32:50 |
| 76 | Tara | Petrie | F | 32:51 |
| 77 | Matthew | Kenyon | M | 32:53 |
| 78 | Luke | Zacharias | M | 32:59 |
| 79 | Trish | Reid | F | 33:22 |
| 80 | Nicole | Tutaluke | F | 33:23 |
| 81 | Pat | Kloepfer | F | 33:35 |
| 82 | Jennifer | Li | F | 33:38 |
| 83 | Colleen | Zacharias | F | 33:47 |
| 84 | Connor | Blaike | M | 34:09 |
| 85 | Simon | Blaike | M | 34:10 |
| 86 | Crystal | Martens | F | 35:14 |
| 87 | Meagan | Heinrichs | F | 35:15 |
| 88 | Angela | Heinrichs | F | 35:16 |
| 89 | Kyle | Szaura | M | 35:16 |
| 90 | Devyn | Swark | F | 35:31 |
| 91 | Kristen | Janzen | F | 35:41 |
| 92 | Julie | Zacharias | F | 35:47 |
| 93 | Ryan | White | M | 36:28 |
| 94 | David | White | M | 36:29 |
| 95 | Troy | Szaura | M | 36:59 |
| 96 | Bev | Szaura | F | 37:00 |
| 97 | Kelsey | Roulsen | F | 37:00 |
| 98 | Emily | Wiebe | F | 37:01 |
| 99 | Jack | Gottfred | M | 37:02 |
| 100 | Kris | Janovcik | M | 37:33 |
| 101 | Lori | Peltz | F | 37:56 |
| 102 | Laureen | Biondi | F | 37:58 |
| 103 | Dianna | Paddock | F | 38:39 |
| 104 | Lauren | Taniguchi | F | 39:44 |
| 105 | Christine | Laforge | F | 39:45 |
| 106 | Kaelyn | Lelonde | F | 41:21 |
| 107 | Janice | Steadman | F | 41:38 |
| 108 | Donna | Johnson-Russell | F | 42:32 |
| 109 | Mark | Johnson-Russell | M | 42:33 |
| 110 | Austin | Boak | M | 42:41 |
| 111 | Garry | Boak | M | 42:44 |
| 112 | Lisa | Sama | F | 43:58 |
| 113 | Shannon | Oikawa | F | 43:59 |
| 114 | Kym | James | F | 46:19 |
| 115 | Jan | DelGrosso | F | 46:19 |
| 116 | Gina | Nixon | F | 47:38 |
| 117 | Gloria | Nixon | F | 47:40 |
| 118 | Bonnie | Johnson | F | 48:14 |
| 119 | Sonia | Reimer | F | 48:25 |
| 120 | Lisa | Goertzen | F | 48:25 |
| 121 | Kassidy | Hiebert | F | 48:26 |
| 122 | Geraldine | Krysztozk | F | 48:38 |
| 123 | Nicole | Sobering | F | 48:40 |
| 124 | Sherry | Sobkowicz | F | 48:41 |
| 125 | Neil | Smith | M | 50:35 |
| 126 | Rachel | Smith | F | 52:17 |
| 127 | Ian | Plaizier | M | 55:18 |

| | | | | |
|----|---------|----------------|---|---------|
| 1 | Mike | Booth | M | 33:16 |
| 2 | Craig | Schatkowsky | M | 37:39 |
| 3 | Ken | Friesen | M | 40:39 |
| 4 | Paul | Rogan | M | 41:10 |
| 5 | Mike | McGovern | M | 41:14 |
| 6 | Allan | Nizon | M | 42:25 |
| 7 | Gary | Tidings | M | 42:48 |
| 8 | Ralph | Aiello | M | 42:52 |
| 9 | Vince | Dancho | M | 43:11 |
| 10 | Audrey | Goertzen | F | 43:22 |
| 11 | Brian | Foreman | M | 45:17 |
| 12 | Derrick | Male | M | 45:17 |
| 13 | Derek | Zaporzan | M | 46:05 |
| 14 | Greg | Griffiths | M | 46:25 |
| 15 | Jamie | Smith | M | 47:16 |
| 16 | Joe | Woitas | M | 47:17 |
| 17 | Jim | Gustafson | M | 48:15 |
| 18 | Ken | Shute | M | 48:33 |
| 19 | Jaret | Enns | M | 48:57 |
| 20 | Marney | Stapley | F | 49:35 |
| 21 | Barry | Dyck | M | 50:25 |
| 22 | Brian | Bergen | M | 51:11 |
| 23 | Mike | Stasiuk | M | 51:58 |
| 24 | Jeremy | Labossiere | M | 52:11 |
| 25 | Jeff | Leyer | M | 52:28 |
| 26 | Jonah | Berean-Dutcher | M | 52:38 |
| 27 | Mike | Dutcher | M | 52:39 |
| 28 | Diane | Kastes | F | 52:53 |
| 29 | Kirk | Kastes | M | 52:53 |
| 30 | Mike | Bry | M | 53:26 |
| 31 | Colleen | Berean | F | 53:51 |
| 32 | Brenda | Slobozian | F | 53:51 |
| 33 | Scott | Cale | M | 54:20 |
| 34 | Rose | Johnstone | F | 54:43 |
| 35 | Linda | Yeo | F | 54:56 |
| 36 | Marion | Yuen | F | 55:46 |
| 37 | Lorne | Zacharias | M | 55:53 |
| 38 | Melanie | Natgrass | F | 56:15 |
| 39 | Shauna | Angers | F | 58:25 |
| 40 | Diane | Solvason | F | 58:25 |
| 41 | Lonny | Sison | F | 58:26 |
| 42 | Candice | Froese | F | 58:28 |
| 43 | Taylor | Poulsen | M | 58:29 |
| 44 | Laurel | Thorsteinson | F | 1:00:08 |
| 45 | Susie | Yuen | F | 1:00:47 |
| 46 | Brenda | Robinson | F | 1:03:07 |
| 47 | Kirsten | Copeland | F | 1:13:41 |
| 48 | Karen | Lister | F | 1:13:42 |
| 49 | Keri | Rintoul | F | 1:31:26 |
| 50 | Deb | Sveinson | F | 1:31:27 |

5km Provincial Rankings

| RANK | FIRST NAME | LAST NAME | GENDER | TIME | AGE CAT | PLACE | RACE | DATE |
|------|------------|--------------|--------|-------|---------|-------|----------|----------|
| 1 | Darolyn | Trembath | F | 17:34 | F2024 | 18 | Puma 5km | 9-Apr-06 |
| 2 | Melissa | Armstrong | F | 17:37 | F2529 | 20 | Puma 5km | 9-Apr-06 |
| 3 | Sarah-Anne | Brault | F | 17:57 | F1519 | 25 | Puma 5km | 9-Apr-06 |
| 4 | Kerri | Earl | F | 18:31 | F1519 | 28 | Puma 5km | 9-Apr-06 |
| 5 | Stephanie | Romanson | F | 19:39 | F1519 | 43 | Puma 5km | 9-Apr-06 |
| 6 | Melanie | Gregoire | F | 19:47 | F1519 | 45 | Puma 5km | 9-Apr-06 |
| 7 | Tyra | Dickson | F | 19:50 | F2024 | 47 | Puma 5km | 9-Apr-06 |
| 8 | Amy | Briscoe | F | 19:53 | F1519 | 50 | Puma 5km | 9-Apr-06 |
| 9 | Andrea | Paci | F | 20:01 | F3539 | 52 | Puma 5km | 9-Apr-06 |
| 10 | Erin | Braun | F | 20:22 | F2024 | 63 | Puma 5km | 9-Apr-06 |
| 11 | Alyssa | Altomare | F | 20:29 | F1519 | 64 | Puma 5km | 9-Apr-06 |
| 12 | Dawn | Clark | F | 21:09 | F4044 | 75 | Puma 5km | 9-Apr-06 |
| 13 | Kathy | Wiens | F | 21:35 | F4549 | 81 | Puma 5km | 9-Apr-06 |
| 14 | Janelle | Remillard | F | 21:52 | F0114 | 88 | Puma 5km | 9-Apr-06 |
| 15 | Heather | Marks | F | 22:09 | F3034 | 92 | Puma 5km | 9-Apr-06 |
| 16 | Kara | Loewen | F | 22:26 | F1519 | 97 | Puma 5km | 9-Apr-06 |
| 17 | Carol | Bohn | F | 22:45 | F5054 | 107 | Puma 5km | 9-Apr-06 |
| 18 | Myriam | Leclercq | F | 22:46 | F1519 | 109 | Puma 5km | 9-Apr-06 |
| 19 | Seema | Saini | F | 22:54 | F2529 | 112 | Puma 5km | 9-Apr-06 |
| 20 | Sylvie | Michaud | F | 22:59 | F0114 | 114 | Puma 5km | 9-Apr-06 |
| RANK | FIRST NAME | LAST NAME | GENDER | TIME | AGE CAT | PLACE | RACE | DATE |
| 1 | Kristjan | Hunter | M | 15:31 | M2024 | 1 | Puma 5km | 9-Apr-06 |
| 2 | Guy | Schultz | M | 15:43 | M3539 | 2 | Puma 5km | 9-Apr-06 |
| 3 | Samuel | Jerema | M | 15:56 | M2024 | 4 | Puma 5km | 9-Apr-06 |
| 4 | Darcy | Ready | M | 15:59 | M4044 | 5 | Puma 5km | 9-Apr-06 |
| 5 | Greg | Miller | M | 16:14 | M1519 | 6 | Puma 5km | 9-Apr-06 |
| 6 | Jacques | Marcoux | M | 16:18 | M2024 | 7 | Puma 5km | 9-Apr-06 |
| 7 | Bradley | Keefe | M | 16:25 | M2529 | 8 | Puma 5km | 9-Apr-06 |
| 8 | Joel | Laurier | M | 16:35 | M1519 | 9 | Puma 5km | 9-Apr-06 |
| 9 | Willie | Bell | M | 16:40 | M1519 | 10 | Puma 5km | 9-Apr-06 |
| 10 | Jayson | Adams | M | 16:55 | M3034 | 11 | Puma 5km | 9-Apr-06 |
| 11 | Greg | Penner | M | 16:58 | M2529 | 12 | Puma 5km | 9-Apr-06 |
| 12 | Darren | Klassen | M | 17:00 | M3539 | 13 | Puma 5km | 9-Apr-06 |
| 13 | Dimitry | Melman | M | 17:01 | M4044 | 14 | Puma 5km | 9-Apr-06 |
| 14 | Clyde | VanCaeyzeele | M | 17:05 | M4549 | 16 | Puma 5km | 9-Apr-06 |
| 15 | Jean-Paul | DeGagne | M | 17:34 | M2529 | 19 | Puma 5km | 9-Apr-06 |
| 16 | Brendon | Klos | M | 17:42 | M1519 | 21 | Puma 5km | 9-Apr-06 |
| 17 | Dennis | Lang | M | 17:42 | M5054 | 22 | Puma 5km | 9-Apr-06 |
| 18 | Keith | Bilous | M | 17:52 | M4549 | 23 | Puma 5km | 9-Apr-06 |
| 19 | Lyle | Motluk | M | 17:57 | M1519 | 24 | Puma 5km | 9-Apr-06 |
| 20 | Alastair | Brown | M | 18:05 | M1519 | 26 | Puma 5km | 9-Apr-06 |

***If you are a member of Athletics Manitoba / Run Manitoba, please submit any out of province performances to the office. All races should be run on certified courses.**

Timex Points after Physiofit Race #4

Preliminary Timex Points After Race 4 2006

Please contact Athletics Manitoba if you see an error or an omission

204-925-5745 athleticsmb@shaw.ca

A minimum of 8 of the 15 Timex races must be run in 2006 with the top 11 counting for Timex points.

| Age Group | Name | 1 | 2 | 3 | 4 | Total |
|-------------|-------------------------|-----|-----|-----|-----|-------|
| Female 0114 | Christina Murta | 132 | 151 | 175 | | 458 |
| Female 0114 | Janelle Remillard | 155 | | | | 155 |
| Female 0114 | Sylvie Michaud | 149 | | | | 149 |
| Female 0114 | Shandra Ready | 138 | | | | 138 |
| Female 0114 | Tarina Ready | 134 | | | | 134 |
| Female 0114 | Kaitlyn Wiens | 133 | | | | 133 |
| Female 0114 | Michelle McKay | 131 | | | | 131 |
| Female 1519 | Kerri Earl | 265 | 285 | | | 550 |
| Female 1519 | Justine Stromberg | 146 | 185 | | | 331 |
| Female 1519 | Sarah-Anne Brault | 275 | | | | 275 |
| Female 1519 | Stephanie Romanson | 255 | | | | 255 |
| Female 1519 | Melanie Gregoire | 245 | | | | 245 |
| Female 1519 | Amy Briscoe | 225 | | | | 225 |
| Female 1519 | Kelsey Hawryluk | 205 | | | | 205 |
| Female 1519 | Alyssa Altomare | 185 | | | | 185 |
| Female 1519 | Kara Loewen | 153 | | | | 153 |
| Female 1519 | Myriam Leclercq | 151 | | | | 151 |
| Female 1519 | Lisa Gregory | 141 | | | | 141 |
| Female 2024 | Tyra Dickson | 235 | 275 | | | 510 |
| Female 2024 | Erin Braun | 195 | 195 | | | 390 |
| Female 2024 | Darolyn Trembath | 300 | | | | 300 |
| Female 2529 | Cathy Cullen | | 300 | 300 | | 600 |
| Female 2529 | Seema Saini | 150 | | 255 | | 405 |
| Female 2529 | Georgette Mink | | | | 300 | 300 |
| Female 2529 | Melissa Armstrong | 285 | | | | 285 |
| Female 3034 | Corinne Podolsky | 145 | 155 | 225 | 195 | 720 |
| Female 3034 | Heather Marks | 154 | 235 | | 255 | 644 |
| Female 3034 | Meeghan West | 144 | | | 245 | 389 |
| Female 3034 | Brigitte Kiazzyk-Mykyty | 136 | | | 215 | 351 |
| Female 3034 | Shelley Timlick | 135 | 154 | | | 289 |
| Female 3539 | Andrea Paci | 215 | 265 | 285 | 285 | 1050 |
| Female 3539 | Cynthia Menzies | 143 | 175 | 205 | | 523 |
| Female 4044 | Dawn Clark | 175 | 255 | 275 | 265 | 970 |
| Female 4044 | Lorraine Murray | 137 | 153 | 185 | 185 | 660 |
| Female 4044 | Patricia Leung | | | | 165 | 165 |
| Female 4549 | Kathy Wiens | 165 | 245 | 265 | 275 | 950 |
| Female 4549 | Shelley Borschawa | 139 | 165 | 215 | 205 | 724 |
| Female 4549 | Fiona Fleming | | 205 | | 235 | 440 |
| Female 5054 | Carol Bohn | 152 | 225 | 245 | | 622 |
| Female 5054 | Pam Baldaro | 142 | | 235 | 225 | 602 |
| Female 5054 | Erin Burns-Flett | | 152 | 195 | 175 | 522 |
| Female 5054 | Darlene Warner | 147 | 215 | | | 362 |
| Female 5054 | Marilyn Fraser | | | | 155 | 155 |
| Female 5054 | Jan Pickell | 148 | | | | 148 |
| Female 6064 | Georgine Cook | 140 | | | | 140 |

Timex Points after Physiofit Race #4

Preliminary Timex Points After Race 4 2006

Please contact Athletics Manitoba if you see an error or an omission
204-925-5745 athleticsmb@shaw.ca

A minimum of 8 of the 15 Timex races must be run in 2006 with the top 11 counting for Timex points.

| Age Group | Name | 1 | 2 | 3 | 4 | Total |
|-----------|--------------------|-----|-----|-----|-----|-------|
| Male 0114 | Colton Devos | 126 | 136 | | 146 | 408 |
| Male 0114 | Cameron Bugden | | 124 | 136 | 137 | 397 |
| Male 0114 | Jordan Saccucci | 146 | | | | 146 |
| Male 0114 | Jason Crowley | 144 | | | | 144 |
| Male 0114 | Jonathan Mazur | 124 | | | | 124 |
| Male 0114 | Darren Hall | 107 | | | | 107 |
| Male 1519 | Graham Hnatiuk | 142 | 154 | 155 | 185 | 636 |
| Male 1519 | Travis Bugden | 115 | 134 | 139 | 145 | 533 |
| Male 1519 | Kenny Pazdor | 139 | 131 | | 165 | 435 |
| Male 1519 | Scotty Dueck | 149 | | | 235 | 384 |
| Male 1519 | Brendon Klos | 154 | 205 | | | 359 |
| Male 1519 | Greg Miller | 255 | | | | 255 |
| Male 1519 | Joel Laurier | 225 | | | | 225 |
| Male 1519 | Corey Gallagher | | 215 | | | 215 |
| Male 1519 | Willie Bell | 215 | | | | 215 |
| Male 1519 | Lyle Motluk | 151 | | | | 151 |
| Male 1519 | Alaskair Brown | 150 | | | | 150 |
| Male 2024 | Jacques Marcoux | 245 | 235 | | | 480 |
| Male 2024 | Samuel Jerema | 275 | 175 | | | 450 |
| Male 2024 | Kristjan Hunter | 300 | | | | 300 |
| Male 2024 | Danny Kroll | 141 | | | | 141 |
| Male 2529 | Bradley Keefe | 235 | 275 | 275 | | 785 |
| Male 2529 | Greg Penner | 195 | 255 | | 300 | 750 |
| Male 2529 | Chad Fowlie | 135 | 151 | 165 | | 451 |
| Male 2529 | Mike Tarr | 120 | 133 | 140 | | 393 |
| Male 2529 | Jean-Paul DeGagne | 155 | | | | 155 |
| Male 3034 | Jayson Adams | 205 | | 255 | | 460 |
| Male 3034 | Jonathan Stapinsky | 130 | 144 | | 152 | 426 |
| Male 3034 | Jonathon McGavock | | | | 275 | 275 |
| Male 3034 | Craig Kulchyki | 129 | | | | 129 |
| Male 3539 | Guy Schultz | 285 | 300 | 300 | | 885 |
| Male 3539 | Tim Magas | 136 | 147 | 151 | 154 | 588 |
| Male 3539 | Shawn Bugden | 119 | 141 | 147 | 149 | 556 |
| Male 3539 | Darren Klassen | 185 | 265 | | | 450 |
| Male 3539 | Owen Bowkett | 143 | 149 | 152 | | 444 |
| Male 3539 | Chris Harbeck | 127 | 142 | 148 | | 417 |
| Male 3539 | Gord Steeves | 117 | | | 143 | 260 |
| Male 3539 | Andrew Swan | | | | 147 | 147 |

| Age Group | Name | 1 | 2 | 3 | 4 | Total |
|-----------|---------------------|-----|-----|-----|-----|-------|
| Male 4044 | Dimitry Melman | 175 | 225 | 245 | 285 | 930 |
| Male 4044 | Darcy Ready | 265 | 285 | 285 | | 835 |
| Male 4044 | Aldo Furlan | 148 | 185 | 225 | 255 | 813 |
| Male 4044 | James Thompson | 147 | 155 | 195 | 225 | 722 |
| Male 4044 | Daniel Catte | 131 | 153 | 185 | 205 | 674 |
| Male 4044 | Gabe Langlois | 113 | 135 | 144 | 142 | 534 |
| Male 4044 | Gilbert Gregory | 134 | 145 | | 155 | 434 |
| Male 4044 | Rodney Devos | 111 | 127 | | 138 | 376 |
| Male 4549 | Clyde VanCaeyzeele | 165 | 245 | 265 | | 675 |
| Male 4549 | Mark Conrad | 132 | 150 | 175 | 195 | 652 |
| Male 4549 | Derek Ozunko | 121 | 140 | 143 | 148 | 552 |
| Male 4549 | John Murray | 114 | 128 | 141 | 140 | 523 |
| Male 4549 | Murray Rose | | | 215 | 245 | 460 |
| Male 4549 | Jean-Pierre Grolet | 137 | 152 | 154 | | 443 |
| Male 4549 | Keith Bilous | 152 | | | 265 | 417 |
| Male 4549 | Randal Bodner | 125 | 137 | 146 | | 408 |
| Male 4549 | Jeff O'Leary | 106 | 123 | 134 | | 363 |
| Male 5054 | Dennis Lang | 153 | 195 | 235 | | 583 |
| Male 5054 | Ken Perchaluk | 128 | 143 | 149 | 151 | 571 |
| Male 5054 | Gerry Berkowski | 138 | 148 | 153 | | 439 |
| Male 5054 | Tim Durnin-Richards | 112 | | 142 | 141 | 395 |
| Male 5054 | Vincenzo Zurzolo | 140 | 130 | | | 270 |
| Male 5054 | Grant Tarr | 118 | 132 | | | 250 |
| Male 5559 | Leon Clegg | 145 | 165 | 205 | 215 | 730 |
| Male 5559 | Robert Dech | 133 | 146 | 150 | 175 | 604 |
| Male 5559 | Jeff Vince | 110 | 129 | 138 | 139 | 516 |
| Male 5559 | Bob Doolan | 122 | 139 | | 150 | 411 |
| Male 6064 | Jim Glasier | 108 | 125 | 135 | 135 | 503 |
| Male 6064 | Lucien Debreuil | 105 | 120 | 133 | 132 | 490 |
| Male 6064 | Ron Menzies | 123 | 138 | 145 | | 406 |
| Male 6064 | Colin Reed | 116 | | | 144 | 260 |
| Male 6569 | Jim Anderson | 109 | 126 | 137 | 136 | 508 |
| Male 6569 | Al Myska | | 121 | | | 121 |
| Male 7074 | Ed Klassen | | | | 153 | 153 |
| Male 7074 | Frank Derkson | | | | 133 | 133 |
| Male 7599 | George Chapman | | 122 | 132 | 134 | 388 |

10km Provincial Rankings

| RANK | FIRST NAME | LAST NAME | GENDER | TIME | AGE CAT | PLACE | RACE | DATE |
|------|------------|--------------|--------|-------|---------|-------|-----------|-----------|
| 1 | Cathy | Cullen | F | 39:03 | F2529 | 16 | Puma 10km | 23-Apr-06 |
| 2 | Kerri | Earl | F | 39:09 | F1519 | 17 | Puma 10km | 23-Apr-06 |
| 3 | Georgette | Mink | F | 39:32 | F2529 | 15 | Physiofit | 6-May-06 |
| 4 | Andrea | Paci | F | 42:05 | F3539 | 30 | Physiofit | 6-May-06 |
| 5 | Tyra | Dickson | F | 42:09 | F2024 | 35 | Puma 10km | 23-Apr-06 |
| 6 | Andrea | Paci | F | 42:17 | F3539 | 37 | Puma 10km | 23-Apr-06 |
| 7 | Gina | Tessmann | F | 42:28 | F2024 | 37 | Physiofit | 6-May-06 |
| 8 | Kathy | Wiens | F | 44:11 | F4549 | 54 | Physiofit | 6-May-06 |
| 9 | Dawn | Clark | F | 44:13 | F4044 | 55 | Physiofit | 6-May-06 |
| 10 | Dawn | Clark | F | 44:55 | F4044 | 49 | Puma 10km | 23-Apr-06 |
| 11 | Heather | Marks | F | 44:55 | F3034 | 63 | Physiofit | 6-May-06 |
| 12 | Kathy | Wiens | F | 45:04 | F4549 | 51 | Puma 10km | 23-Apr-06 |
| 13 | Heather | Marks | F | 45:45 | F3034 | 52 | Puma 10km | 23-Apr-06 |
| 14 | Carol | Bohn | F | 47:49 | F5054 | 59 | Puma 10km | 23-Apr-06 |
| 15 | Darlene | Warner | F | 48:01 | F5054 | 60 | Puma 10km | 23-Apr-06 |
| 16 | Meegan | West | F | 49:43 | F3034 | 114 | Physiofit | 6-May-06 |
| 17 | Fiona | Fleming | F | 50:21 | F4549 | 71 | Puma 10km | 23-Apr-06 |
| 18 | Fiona | Fleming | F | 50:39 | F4549 | 120 | Physiofit | 6-May-06 |
| 19 | Erin | Braun | F | 50:41 | F2024 | 73 | Puma 10km | 23-Apr-06 |
| 20 | Meaghan | Woo | F | 51:31 | F1519 | 77 | Puma 10km | 23-Apr-06 |
| RANK | FIRST NAME | LAST NAME | GENDER | TIME | AGE CAT | PLACE | RACE | DATE |
| 1 | Guy | Schultz | M | 32:30 | M3539 | 1 | Puma 10km | 23-Apr-06 |
| 2 | Darcy | Ready | M | 33:19 | M4044 | 3 | Puma 10km | 23-Apr-06 |
| 3 | Eric | Tranquada | M | 34:30 | M2024 | 1 | Physiofit | 6-May-06 |
| 4 | Bradley | Keefe | M | 34:36 | M2529 | 4 | Puma 10km | 23-Apr-06 |
| 5 | Darren | Klassen | M | 34:42 | M3539 | 5 | Puma 10km | 23-Apr-06 |
| 6 | Greg | Penner | M | 35:05 | M2529 | 2 | Physiofit | 6-May-06 |
| 7 | Greg | Penner | M | 35:07 | M2529 | 6 | Puma 10km | 23-Apr-06 |
| 8 | Dimitry | Melman | M | 35:08 | M4044 | 3 | Physiofit | 6-May-06 |
| 9 | Clyde | VanCaeyzeele | M | 35:18 | M4549 | 7 | Puma 10km | 23-Apr-06 |
| 10 | Jonathon | McGavock | M | 35:24 | M3034 | 4 | Physiofit | 6-May-06 |
| 11 | Jacques | Marcoux | M | 35:25 | M2024 | 8 | Puma 10km | 23-Apr-06 |
| 12 | Dimitry | Melman | M | 35:33 | M4044 | 9 | Puma 10km | 23-Apr-06 |
| 13 | Keith | Bilous | M | 36:25 | M4549 | 6 | Physiofit | 6-May-06 |
| 14 | Corey | Gallagher | M | 36:28 | M1519 | 11 | Puma 10km | 23-Apr-06 |
| 15 | Brendon | Klos | M | 37:01 | M1519 | 12 | Puma 10km | 23-Apr-06 |
| 16 | Dennis | Lang | M | 37:09 | M5054 | 13 | Puma 10km | 23-Apr-06 |
| 17 | Aldo | Furlan | M | 37:35 | M4044 | 9 | Physiofit | 6-May-06 |
| 18 | Rick | Preston | M | 38:14 | M4549 | 14 | Puma 10km | 23-Apr-06 |
| 19 | Edward | Willmott | M | 38:15 | M4044 | 10 | Physiofit | 6-May-06 |
| 20 | Murray | Rose | M | 38:38 | M4549 | 12 | Physiofit | 6-May-06 |

***If you are a member of Athletics Manitoba / Run Manitoba, please submit any out of province performances to the office. All races should be run on certified courses.**

2006 Run Manitoba Calendar

Timex Races are in Bold *The HBC Run for Canada or the Athletics Manitoba Y2K 6K will be deemed the replacement race for Timex #9. Sanctioned races must be run on a certified course and will be included in the Road Race Rankings. Registered Fun Runs / Walks do not have to be on a certified course.

APRIL

Sun 9 PUMA ROAD RACE SERIES FOR HEMOPHILIA
Timex #1: 5km race
 Assiniboine Park (Duck Pond) 9:00 am
 Pat Riddell 669-2218/983-3805

Sun 23 PUMA ROAD RACE SERIES FOR HEMOPHILIA
Timex #2: 10km race
 Assiniboine Park (Duck Pond) 9:00 am
 5km run, 1km Kids' Race
 Pat Riddell 669-2218/980-3805

Sat 29 PUMA ROAD RACE SERIES FOR HEMOPHILIA
Timex #3: 15km race
 Assiniboine Park (Duck Pond) 9:00 am
 5km run, 1km Kids' Race
 Pat Riddell 669-2218/980-3805

MAY

Sat 6 PHYSIO FIT FUN
Timex #4: 10km race, 5km fun run, 10km in-line & 3km walk
 Assiniboine Park (Duck Pond) 8:00 am
 Stephanie Roberecki 942-2463 or 885-0825

Sat 6 RUN AT THE RIDGE
 Whyte Ridge Elementary School: 400 Scurfield Blvd.
 8:30 am – 2km 8:40 am – 5km/10km
 Sheldon Reynolds – 488-4245
 sreynolds@pembinatrails.ca

Wed 10 JOE KEEPER—ANGELA CHALMERS CELEBRATION RUN
Timex #5: 5km race
 Assiniboine Park, 6:00 pm
 Rockford McKay 940-7041
 www.mfnerc.org/JoeKeeper

Sat 13 HEADINGLEY FIRE DEPT FUN RUN FOR WISHES
Timex #6: 5km race, 3km fun walk
 126 Bridge Road Headingley 9:00 am
 Glenn & Joanne Reimer 889-5806
 greimer@pembinatrails.ca

Sun 28 BRANDON YMCA SPRING WALK OR RUN
Timex #7: Half Marathon race * NEW DISTANCE
 2km or 5km fun run/walk, 10km run
 Brandon YMCA 231-8th Street 9:00 am
 Kerri Bridges 1-204-727-5456

JUNE

Sat 3 EASTERN CHRYSLER KILOMETRES FOR KIDS
Timex #8: 10km race, 10km relay, 5km fun run
 442 Scotia Street
 9:00 am
 Deborah Zanke 336-5505

JUNE

Sat 10 RUN FOR RIGHTS
 5km or 10km fun run, walk, bike
 Kildonan Park South Shelter
 Registration and pledge money collection 8:30 am
 Karen Schlichting 942-8578 litepr@mts.net

Sun 11 WHEELS IN MOTION
 5km or 10km fun run
 The Forks
 Ken Faulder 925-2232

Sun 18 MANITOBA MARATHON
AM Provincial Marathon Championships
 ½ Marathon, Marathon Relay, 10km fun walk, 4.2km fun super run, Wheelchair half & full marathon
 University of Manitoba 7:00 am
 www.manitobamarathon.mb.ca 925-5751

THU 22 MEMORY RUN & WALK 2006
 5km Fun Run, 3km Fun Walk
 The Forks, Winnipeg
 www.alzheimer.mb.ca 1-800-378-669 943-6622

JULY

Sat 1 *HBC RUN FOR CANADA
 10km race, 3km family fun walk, 1km kids fun run
 Assiniboine Park
 Pat Riddell 669-2218
 www.hbcrunforcanada.com

Sun 16 GRAND BEACH SUN RUN
Timex #10: 10km race, 5km fun run
 West Beach, Grand Beach Provincial Park
 8:30am
 Pat Riddell 669-2218

Sun 23 NEEPAWA LILY FESTIVAL RUN
 10km and 5km fun run, 10km and 5km walk
 8:00 am
 Mark Perrett – 1-204-476-3903 Fax 1-204-476-5222
 npwchiro@hotmail.com

Sun 30 1ST ANNUAL WHITESHELL RUN IN THE PARK
 10km and 5km fun run or walk
 9:00am, Rennie Community Club near Whiteshell Park Gates
 Athalie Orr—aorr@mts.net or 204.253.2371

AUGUST

Sun 6 ISLENDINGADAGURINN
Timex #11: 10 mile (16km) race, Winnipeg Beach to Gimli
 8:00 am
 1 mile family fun run, Pavilion Park, Gimli - 8:30 am
 Amanda Younka 488-9833 Aman-
 daY@autobahnaccess.ca

2006 Run Manitoba Calendar

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AUGUST

- Sun 13 **QUINN'S QUEST**
5km fun run or walk—9:00am
1km & 3km fun run or walk—9:15 am
Pineridge Hollow, Bird's Hill Park
Melanie Cardinal – 946-8261
Quinnsquestforacure.com
- Sun 20 **RON MELNICHUK MEMORIAL RUN**
Timex #12; Half Marathon Race
AM Provincial Championship
5km fun run
Location to be announced
Jack Booth 831-5805 Craig Wilcock 487-7582
- Sun 27 **DEBRA SUPEENE RUN**
Timex #13: 10km race
St. Vital Park Duck Pond
8:00 am
Ken Perchaluk 489-9051

SEPTEMBER

- Sat 9 **5km Run and Walk for Peace**
Timex #14: 5km Race
St. Paul's College, U of Manitoba
AM Provincial Championship
8am – 5km Run & Walk
Chris Hrynkow 474-9158
Rug800@hotmail.com
- Sun 24 **CN TRACKS OF GLORY**
Timex #15: 10km race
AM Provincial Championship
5km family fun run
Assiniboine Park Duck Pond 10:00 am
Kathryn Sawatzky 934-7455
ksawatzky@mts.net / sawat201@cn.ca

OCTOBER

- Sat 7 ***ATHLETICS MANITOBA Y2K 6K**
6 km race
Time and location to be announced
John Murray 945-7899 sirius.geology@gmail.com
Jack Booth 831-5805 Craig Wilcock 487-7582



New Millennium Y2K Race Series

Y2K-6K Road Race

Winnipeg Manitoba

October 7, 2006

Remember the Y2K mania of the year 2000? Athletics Manitoba, through Run Manitoba, is inaugurating a new road race series in 2006 to continue a celebration of road running into the 21st century....with a turkey and trimmings post-race feast after the run !!

We call it the "New Millenium Y2K Road Race Series". Each year, the distance of the feature race will increase by one kilometre and connect to the calendar year. The 2006 event is a 6km called the Run Manitoba Y2K-6K. In subsequent years, we will have a Y2K-7K in 2007, a Y2K-8K in 2008 and so on....

Why not consider adding this race to your 2006 calendar, and being around for the Y2K-10K in the year 2010, the half-marathon distance Y2K-21K in 2021, and the full marathon Y2K-42K in the year 2042? Or....at least to watch your kids!

The race is designed for every calibre of runner, and will be a great way to conclude your road running season and add a little distance to it each time out! The race will follow a newly certified race route each year....and locations will change each year to accomodate the new distance!

.....online registration coming soon.....

For more information, please contact one of the race directors:

| | | |
|--------------------------|-------------|---------------|
| Jack Booth | John Murray | Craig Wilcock |
| 831-8261 | 945-7899 | 487-7582 |
| sirius.geology@gmail.com | | |