

Stride Ahead 5K Run

June 4, 2005

Assiniboine Park

OVERALL RESULTS

Results by www.racereults.ca

| PLACE | NAME | GENDER | CITY | CATEGORY | PLACE IN | | TIME |
|-------|--------------------|--------|----------------|----------|----------|----------|-------|
| | | | | | GENDER | CATEGORY | |
| 1 | Michael Booth | M | Winnipeg | M2529 | 1/46 | 1/2 | 16:13 |
| 2 | Bradley Keefe | M | Winnipeg | M2024 | 2/46 | 1/5 | 16:23 |
| 3 | Corey Gallagher | M | Winnipeg | M1519 | 3/46 | 1/2 | 16:37 |
| 4 | Keith Bilous | M | Winnipeg | M4549 | 4/46 | 1/4 | 16:40 |
| 5 | Dennis Lang | M | Winnipeg | M5054 | 5/46 | 1/5 | 17:22 |
| 6 | Clyde VanCaeyzeele | M | Winnipeg | M4549 | 6/46 | 2/4 | 17:25 |
| 7 | Douglas Scott | M | Winnipeg | M4044 | 7/46 | 1/9 | 18:07 |
| 8 | Jeremy Walker | M | Winnipeg | M2024 | 8/46 | 2/5 | 18:08 |
| 9 | James Thompson | M | Winnipeg | M4044 | 9/46 | 2/9 | 18:46 |
| 10 | Murray Rose | M | Winnipeg | M4549 | 10/46 | 3/4 | 18:53 |
| 11 | Mark Conrad | M | Winnipeg | M4044 | 11/46 | 3/9 | 19:30 |
| 12 | Kenny Pazdor | M | Winnipeg | M0114 | 12/46 | 1/5 | 19:31 |
| 13 | Monica Young | F | Winnipeg | F3539 | 1/36 | 1/6 | 19:37 |
| 14 | Daniel Catte | M | Winnipeg | M4044 | 13/46 | 4/9 | 19:42 |
| 15 | Robert Dech | M | Winnipeg | M5559 | 14/46 | 1/2 | 19:44 |
| 16 | Amanda Younka | F | Winnipeg | F3539 | 2/36 | 2/6 | 19:47 |
| 17 | Jacques Marcoux | M | Winnipeg | M2024 | 15/46 | 3/5 | 19:50 |
| 18 | Chad Fowlie | M | Winnipeg | M2529 | 16/46 | 2/2 | 19:51 |
| 19 | Andrea Paci | F | Winnipeg | F3539 | 3/36 | 3/6 | 20:08 |
| 20 | Saccucci Tony | M | Winnipeg | M4044 | 17/46 | 5/9 | 20:12 |
| 21 | Danny Kroll | M | Winnipeg | M2024 | 18/46 | 4/5 | 20:24 |
| 22 | Ed Klassen | M | Winnipeg | M7099 | 19/46 | 1/2 | 20:38 |
| 23 | Gilbert Gregory | M | Winnipeg | M3539 | 20/46 | 1/5 | 20:49 |
| 24 | Michael Carlos | M | Winnipeg | M2024 | 21/46 | 5/5 | 20:51 |
| 25 | Ray Hanslip | M | Winnipeg | M5054 | 22/46 | 2/5 | 20:55 |
| 26 | Robert Shaver | M | Howden | M4044 | 23/46 | 6/9 | 21:05 |
| 27 | Rainer Wosnitza | M | Winnipeg | M4044 | 24/46 | 7/9 | 21:10 |
| 28 | Mark Cadre | M | Winnipeg | M4044 | 25/46 | 8/9 | 21:10 |
| 29 | Chris Harbeck | M | Winnipeg | M3539 | 26/46 | 2/5 | 21:13 |
| 30 | Ken Perchaluk | M | Winnipeg | M5054 | 27/46 | 3/5 | 21:19 |
| 31 | Valentino Magat | M | Winnipeg | M5054 | 28/46 | 4/5 | 21:32 |
| 32 | Travis Bugden | M | Morden | M0114 | 29/46 | 2/5 | 21:35 |
| 33 | Edward Jones | M | Winnipeg | M3034 | 30/46 | 1/1 | 21:47 |
| 34 | Vince Coupland | M | Winnipeg | M1519 | 31/46 | 2/2 | 21:55 |
| 35 | Colton Devos | M | La Salle | M0114 | 32/46 | 3/5 | 22:33 |
| 36 | Eugene Keefe | M | Winnipeg | M4549 | 33/46 | 4/4 | 22:37 |
| 37 | Shawn Bugden | M | Morden | M3539 | 34/46 | 3/5 | 22:52 |
| 38 | Darlene Warner | F | Winnipeg | F5054 | 4/36 | 1/6 | 22:56 |
| 39 | Colin Reed | M | Winnipeg | M6064 | 35/46 | 1/3 | 23:04 |
| 40 | Jan Pickell | F | Winnipeg | F5054 | 5/36 | 2/6 | 23:11 |
| 41 | Meeghan West | F | Stony Mountain | F3034 | 6/36 | 1/6 | 23:16 |
| 42 | Heather Marks | F | Winnipeg | F3034 | 7/36 | 2/6 | 23:26 |
| 43 | Corinne Podolsky | F | Winnipeg | F3034 | 8/36 | 3/6 | 24:39 |
| 44 | Georgine Cook | F | Winnipeg | F6064 | 9/36 | 1/2 | 25:04 |
| 45 | Jim Anderson | M | Winnipeg | M6569 | 36/46 | 1/1 | 25:36 |
| 46 | Pam Baldaro | F | Winnipeg | F5054 | 10/36 | 3/6 | 25:48 |
| 47 | Shelley Borschawa | F | Winnipeg | F4549 | 11/36 | 1/8 | 25:52 |
| 48 | Cynthia Menzies | F | Spence Lake | F3539 | 12/36 | 4/6 | 25:54 |
| 49 | Gabe Langlois | M | Winnipeg | M4044 | 37/46 | 9/9 | 26:18 |
| 50 | Cameron Bugden | M | Morden | M0114 | 38/46 | 4/5 | 26:21 |
| 51 | Sally Papso | F | Winnipeg | F6064 | 13/36 | 2/2 | 26:26 |
| 52 | Charlotte Onski | F | Winnipeg | F5054 | 14/36 | 4/6 | 26:30 |
| 53 | Gwen Anderson | F | Winnipeg | F4044 | 15/36 | 1/4 | 26:35 |
| 54 | George Chapman | M | Winnipeg | M7099 | 39/46 | 2/2 | 26:35 |

| PLACE | NAME | GENDER | CITY | CATEGORY | PLACE IN | | TIME |
|-------|--------------------|--------|----------------|----------|----------|----------|-------|
| | | | | | GENDER | CATEGORY | |
| 55 | Fiona Fleming | F | Winnipeg | F4549 | 16/36 | 2/8 | 26:37 |
| 56 | Jacqueline Jordan | F | Winnipeg | F3034 | 17/36 | 4/6 | 26:38 |
| 57 | Jim Glasier | M | Winnipeg | M6064 | 40/46 | 2/3 | 26:55 |
| 58 | Joseph McDonald | M | Winnipeg | M0114 | 41/46 | 5/5 | 27:47 |
| 59 | Erin Burns-Flett | F | Winnipeg | F4549 | 18/36 | 3/8 | 28:13 |
| 60 | Colette Keefe | F | Winnipeg | F4549 | 19/36 | 4/8 | 29:03 |
| 61 | Jeff Vince | M | East St. Paul | M5559 | 42/46 | 2/2 | 29:04 |
| 62 | Laura Coupland | F | Winnipeg | F1519 | 20/36 | 1/1 | 30:15 |
| 63 | Trenton Mochnacz | M | Winnipeg | M3539 | 43/46 | 4/5 | 31:11 |
| 64 | Nigel Mohammed | M | Winnipeg | M3539 | 44/46 | 5/5 | 31:12 |
| 65 | Diane Shoemaker | F | Winnipeg | F5054 | 21/36 | 5/6 | 31:30 |
| 66 | Rebecca Johnston | F | Winnipeg | F3034 | 22/36 | 5/6 | 31:56 |
| 67 | Dana Berry | F | Ile des Chenes | F2024 | 23/36 | 1/1 | 32:01 |
| 68 | Ken Coupland | M | Winnipeg | M5054 | 45/46 | 5/5 | 32:15 |
| 69 | Bethlehem McDonald | F | Winnipeg | F0114 | 24/36 | 1/2 | 32:28 |
| 70 | Diana Montgomery | F | Winnipeg | F4549 | 25/36 | 5/8 | 32:53 |
| 71 | Candace Borger | F | Winnipeg | F4549 | 26/36 | 6/8 | 33:10 |
| 72 | Glen Bennett | M | Winnipeg | M6064 | 46/46 | 3/3 | 33:11 |
| 73 | Kristen McLure | F | Winnipeg | F3034 | 27/36 | 6/6 | 33:26 |
| 74 | Sally Downes | F | Winnipeg | F3539 | 28/36 | 5/6 | 34:27 |
| 75 | Ronda Crowe | F | Winnipeg | F3539 | 29/36 | 6/6 | 34:28 |
| 76 | Ursula Stetter | F | Winnipeg | F4044 | 30/36 | 2/4 | 34:29 |
| 77 | Kim Nagam | F | Winnipeg | F4044 | 31/36 | 3/4 | 34:33 |
| 78 | Lori McCarville | F | Winnipeg | F4549 | 32/36 | 7/8 | 34:44 |
| 79 | Gayle Leverton | F | Winnipeg | F5054 | 33/36 | 6/6 | 34:44 |
| 80 | Dawn MacDonald | F | Winnipeg | F4044 | 34/36 | 4/4 | 45:10 |
| 81 | Patti Clark | F | Winnipeg | F4549 | 35/36 | 8/8 | 45:11 |
| 82 | Christina Murta | F | Winnipeg | F0114 | 36/36 | 2/2 | 51:21 |

AGE-GROUP RESULTS FOR 5K RACE
 Stride Ahead 5K Run
 June 4, 2005
 Assiniboine Park

***** MALE OVERALL RESULTS FOR STRIDE AHEAD 5K RUN *****

| | | | |
|---|-----------------|----------|-------|
| 1 | Michael Booth | Winnipeg | 16:13 |
| 2 | Bradley Keefe | Winnipeg | 16:23 |
| 3 | Corey Gallagher | Winnipeg | 16:37 |
| 4 | Keith Bilous | Winnipeg | 16:40 |
| 5 | Dennis Lang | Winnipeg | 17:22 |

***** FEMALE OVERALL RESULTS FOR STRIDE AHEAD 5K RUN *****

| | | | |
|---|----------------|----------|-------|
| 1 | Monica Young | Winnipeg | 19:37 |
| 2 | Amanda Younka | Winnipeg | 19:47 |
| 3 | Andrea Paci | Winnipeg | 20:08 |
| 4 | Darlene Warner | Winnipeg | 22:56 |
| 5 | Jan Pickell | Winnipeg | 23:11 |

MALE AGE GROUP: 1 - 14

| | | | |
|---|--------------------|----------|-------|
| 1 | 12 Kenny Pazdor | Winnipeg | 19:31 |
| 2 | 32 Travis Bugden | Morden | 21:35 |
| 3 | 35 Colton Devos | La Salle | 22:33 |
| 4 | 50 Cameron Bugden | Morden | 26:21 |
| 5 | 58 Joseph McDonald | Winnipeg | 27:47 |

FEMALE AGE GROUP: 1 - 14

| | | | |
|---|-----------------------|----------|-------|
| 1 | 69 Bethlehem McDonald | Winnipeg | 32:28 |
| 2 | 82 Christina Murta | Winnipeg | 51:21 |

FEMALE AGE GROUP: 15 - 19

| | | | |
|---|-------------------|----------|-------|
| 1 | 3 Corey Gallagher | Winnipeg | 16:37 |
| 2 | 34 Vince Coupland | Winnipeg | 21:55 |

FEMALE AGE GROUP: 15 - 19

| | | | |
|---|-------------------|----------|-------|
| 1 | 62 Laura Coupland | Winnipeg | 30:15 |
|---|-------------------|----------|-------|

MALE AGE GROUP: 20 - 24

| | | | |
|---|--------------------|----------|-------|
| 1 | 2 Bradley Keefe | Winnipeg | 16:23 |
| 2 | 8 Jeremy Walker | Winnipeg | 18:08 |
| 3 | 17 Jacques Marcoux | Winnipeg | 19:50 |
| 4 | 21 Danny Kroll | Winnipeg | 20:24 |
| 5 | 24 Michael Carlos | Winnipeg | 20:51 |

FEMALE AGE GROUP: 20 - 24

| | | | |
|---|---------------|----------------|-------|
| 1 | 67 Dana Berry | Ile des Chenes | 32:01 |
|---|---------------|----------------|-------|

MALE AGE GROUP: 25 - 29

| | | | |
|---|-----------------|----------|-------|
| 1 | 1 Michael Booth | Winnipeg | 16:13 |
| 2 | 18 Chad Fowlie | Winnipeg | 19:51 |

FEMALE AGE GROUP: 25 - 29

MALE AGE GROUP: 30 - 34

| | | | |
|---|-----------------|----------|-------|
| 1 | 33 Edward Jones | Winnipeg | 21:47 |
|---|-----------------|----------|-------|

FEMALE AGE GROUP: 30 - 34

| | | | |
|---|----------------------|----------------|-------|
| 1 | 41 Meeghan West | Stony Mountain | 23:16 |
| 2 | 42 Heather Marks | Winnipeg | 23:26 |
| 3 | 43 Corinne Podolsky | Winnipeg | 24:39 |
| 4 | 56 Jacqueline Jordan | Winnipeg | 26:38 |
| 5 | 66 Rebecca Johnston | Winnipeg | 31:56 |
| 6 | 73 Kristen McLure | Winnipeg | 33:26 |

MALE AGE GROUP: 35 - 39

| | | | |
|---|---------------------|----------|-------|
| 1 | 23 Gilbert Gregory | Winnipeg | 20:49 |
| 2 | 29 Chris Harbeck | Winnipeg | 21:13 |
| 3 | 37 Shawn Bugden | Morden | 22:52 |
| 4 | 63 Trenton Mochnacz | Winnipeg | 31:11 |
| 5 | 64 Nigel Mohammed | Winnipeg | 31:12 |

FEMALE AGE GROUP: 35 - 39

| | | | |
|---|--------------------|-------------|-------|
| 1 | 13 Monica Young | Winnipeg | 19:37 |
| 2 | 16 Amanda Younka | Winnipeg | 19:47 |
| 3 | 19 Andrea Paci | Winnipeg | 20:08 |
| 4 | 48 Cynthia Menzies | Spence Lake | 25:54 |
| 5 | 74 Sally Downes | Winnipeg | 34:27 |
| 6 | 75 Ronda Crowe | Winnipeg | 34:28 |

MALE AGE GROUP: 40 - 44

| | | | | |
|---------------------------|----|--------------------|---------------|-------|
| 1 | 7 | Douglas Scott | Winnipeg | 18:07 |
| 2 | 9 | James Thompson | Winnipeg | 18:46 |
| 3 | 11 | Mark Conrad | Winnipeg | 19:30 |
| 4 | 14 | Daniel Catte | Winnipeg | 19:42 |
| 5 | 20 | Saccucci Tony | Winnipeg | 20:12 |
| 6 | 26 | Robert Shaver | Howden | 21:05 |
| 7 | 27 | Rainer Wosnitza | Winnipeg | 21:10 |
| 8 | 28 | Mark Cadre | Winnipeg | 21:10 |
| 9 | 49 | Gabe Langlois | Winnipeg | 26:18 |
| FEMALE AGE GROUP: 40 - 44 | | | | |
| 1 | 53 | Gwen Anderson | Winnipeg | 26:35 |
| 2 | 76 | Ursula Stetter | Winnipeg | 34:29 |
| 3 | 77 | Kim Nagam | Winnipeg | 34:33 |
| 4 | 80 | Dawn MacDonald | Winnipeg | 45:10 |
| MALE AGE GROUP: 45 - 49 | | | | |
| 1 | 4 | Keith Bilous | Winnipeg | 16:40 |
| 2 | 6 | Clyde VanCaeyzeele | Winnipeg | 17:25 |
| 3 | 10 | Murray Rose | Winnipeg | 18:53 |
| 4 | 36 | Eugene Keefe | Winnipeg | 22:37 |
| FEMALE AGE GROUP: 45 - 49 | | | | |
| 1 | 47 | Shelley Borschawa | Winnipeg | 25:52 |
| 2 | 55 | Fiona Fleming | Winnipeg | 26:37 |
| 3 | 59 | Erin Burns-Flett | Winnipeg | 28:13 |
| 4 | 60 | Colette Keefe | Winnipeg | 29:03 |
| 5 | 70 | Diana Montgomery | Winnipeg | 32:53 |
| 6 | 71 | Candace Borger | Winnipeg | 33:10 |
| 7 | 78 | Lori McCarville | Winnipeg | 34:44 |
| 8 | 81 | Patti Clark | Winnipeg | 45:11 |
| MALE AGE GROUP: 50 - 54 | | | | |
| 1 | 5 | Dennis Lang | Winnipeg | 17:22 |
| 2 | 25 | Ray Hanslip | Winnipeg | 20:55 |
| 3 | 30 | Ken Perchaluk | Winnipeg | 21:19 |
| 4 | 31 | Valentino Magat | Winnipeg | 21:32 |
| 5 | 68 | Ken Coupland | Winnipeg | 32:15 |
| FEMALE AGE GROUP: 50 - 54 | | | | |
| 1 | 38 | Darlene Warner | Winnipeg | 22:56 |
| 2 | 40 | Jan Pickell | Winnipeg | 23:11 |
| 3 | 46 | Pam Baldaro | Winnipeg | 25:48 |
| 4 | 52 | Charlotte Onski | Winnipeg | 26:30 |
| 5 | 65 | Diane Shoemaker | Winnipeg | 31:30 |
| 6 | 79 | Gayle Leverton | Winnipeg | 34:44 |
| MALE AGE GROUP: 55 - 59 | | | | |
| 1 | 15 | Robert Dech | Winnipeg | 19:44 |
| 2 | 61 | Jeff Vince | East St. Paul | 29:04 |
| FEMALE AGE GROUP: 55 - 59 | | | | |
| MALE AGE GROUP: 60 - 64 | | | | |
| 1 | 39 | Colin Reed | Winnipeg | 23:04 |
| 2 | 57 | Jim Glasier | Winnipeg | 26:55 |
| 3 | 72 | Glen Bennett | Winnipeg | 33:11 |
| FEMALE AGE GROUP: 60 - 64 | | | | |
| 1 | 44 | Georgine Cook | Winnipeg | 25:04 |
| 2 | 51 | Sally Papso | Winnipeg | 26:26 |
| MALE AGE GROUP: 65 - 69 | | | | |
| 1 | 45 | Jim Anderson | Winnipeg | 25:36 |
| FEMALE AGE GROUP: 65 - 69 | | | | |
| MALE AGE GROUP: 70 - 99 | | | | |
| 1 | 22 | Ed Klassen | Winnipeg | 20:38 |
| 2 | 54 | George Chapman | Winnipeg | 26:35 |
| FEMALE AGE GROUP: 70 - 99 | | | | |

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