

2019 Mother's Day Run Results

Location: Sombe K'e Park
Weather: Parly Cloudy, 6C

Race Director: David MacMillan
Date: Sunday, May 12, 2019

Category: Men's 10km

Place	First Name	Last Name	Time	Pace (min/km)
1	William	Buckland	39:04.0	03:54.4
2	Doug	Townson	39:04.5	03:54.4
3	Tim	Ensom	44:41.5	04:28.2
4	Allen	Webb	49:42.0	04:58.2
5	Michel	Houle	50:13.2	05:01.3
6	Derek	Cosenzo	51:19.0	05:07.9
7	Greg	Hartel	51:42.2	05:10.2
8	Kim	Wickens	58:49.2	05:52.9
DNS	Jordan	Bowden	----	----
DNS	Gonzalo	Espinosa	----	----

Category: Women's 10km

Place	First Name	Last Name	Time	Pace (min/km)
1	Leslie	Gray	0:48:49	04:52.9
2	Jill	Vaydik	0:51:29	05:08.9
3	Kim	Murray	0:51:40	05:10.0
4	Heidi	Boudreau	0:56:20	05:38.0
5	Arlene	Cliffe-Phillips	0:56:20	05:38.0
6	Julia	Merola	0:57:17	05:43.7
7	Michelle	Bokovay	0:57:49	05:46.8
8	Megan	Mindus	0:58:50	05:53.0
9	Tara	Mcrae	0:58:50	05:53.0
10	Alison	Harrower	1:00:33	06:03.3
11	Kim	Harrower	1:00:33	06:03.3
12	Grace	Twa	1:09:51	06:59.1
13	Geneviève	Charron	1:12:02	07:12.2
14	Erin	O'Rourke	1:12:16	07:13.6
DNS	Sandra	Bowden	----	----
DNS	Chelsea	Donaldson	----	----
DNS	Sylvie	Larose	----	----

Category: Men's 5km

Place	First Name	Last Name	Time	Pace (min/km)
1	Scott	Young	20:40.2	04:08.0
2	Morgan	Young	22:56.7	04:35.3
3	Credence	Wood	30:09.7	06:01.9
4	Myles	Cane	31:00.9	06:12.2
5	Carl	Grabke	32:20.5	06:28.1
6	Austin	Marshall	36:13.4	07:14.7
7	James	Millar	36:23.4	07:16.7
8	Bohdi	Hacala	42:50.9	08:34.2
9	Guy	Kennedy	42:52.0	08:34.4
10	Ian	Casson	43:46.0	08:45.2
11	Jason	Simpson	51:44.5	10:20.9
12	Mathew	mtatiro	54:46.9	10:57.4
DNS	Stuart	MacNeil	----	----
DNS	Stephen	O'Brien	----	----

Category: Women's 5km

Place	First Name	Last Name	Time	Pace (min/km)
1	Tracey	Pope	0:21:34	04:18.8
2	Julie	Ward	0:23:42	04:44.4
3	Maureen	Van Overliw	0:24:10	04:49.9
4	Angie	Paquin	0:25:58	05:11.6
5	Meghan	Dewhirst	0:26:39	05:19.7
6	Heather	Cane	0:27:09	05:25.8
7	Jenna	Blanchard	0:27:09	05:25.8
8	Clara	Spijkerman	0:28:41	05:44.1
9	Annie	Casson	0:28:45	05:45.0
10	Meg	Casson	0:28:45	05:45.0
11	Anna-May	St. Amand	0:29:10	05:49.9
12	Laura	Malone	0:29:38	05:55.7
13	Caris	Wood	0:30:10	06:02.0
14	Rhonda	Buckland	0:30:58	06:11.6
15	Erin	Sawatzky	0:31:22	06:16.4
16	Jennifer	Harrower	0:31:33	06:18.5
17	Erica	Robinson	0:32:13	06:26.6
18	Briony	Grabke	0:32:20	06:28.0
19	Heather	Cosenzo	0:34:59	06:59.8
20	Leah	Kanzler	0:35:07	07:01.4
21	Samantha	James	0:35:08	07:01.5
22	Tina	Bohnet	0:36:13	07:14.6
23	Sandra	MacKenzie	0:36:13	07:14.6

Category: Women's 5km (Continued)

Place	First Name	Last Name	Time	Pace (min/km)
24	Shannon	Allerston	0:36:14	07:14.7
25	Laura	Jeffrey	0:36:14	07:14.7
26	SHANDI	Millar	0:36:24	07:16.9
27	Ruth	Wilson	0:37:33	07:30.7
28	Rebecca	Kennedy	0:39:16	07:51.3
29	Kate	Gamble	0:41:49	08:21.7
30	Amy	Kennedy	0:42:51	08:34.2
31	Oyunbileg	Bernabe	0:44:22	08:52.4
32	Katie	Johnson	0:44:53	08:58.6
33	Monique	Robitaille	0:46:41	09:20.2
34	Aenea	Rawat	0:46:42	09:20.3
35	Janell	Robinson	0:51:18	10:15.7
36	Axelle	Simpson	0:51:18	10:15.7
37	Tina	Drew	0:51:45	10:21.0
38	Cindy	Wood	0:52:39	10:31.8
39	samantha	mtatiro	0:54:48	10:57.5
40	Anne	Tyrrell	1:08:40	13:44.0
41	Lana	Sanders	1:08:41	13:44.2
42	Mischa	Sanders	1:08:41	13:44.2
43	Jennifer	Dallman-Sanders	1:08:41	13:44.2
DNS	Kelsey	MacNeil	----	----
DNS	Sunara	Rawat	----	----
DNS	Amanda	St. Denis	----	----
DNS	Susan	Waterhouse	----	----