

# Jog for the Bog 2017

## Age Group Results

Race Date  
July 23, 2017

### 10 k Run

#### Female 13 to 55

| <u>Place</u> | <u>Name</u>            | <u>Bib No</u> | <u>Overall</u> | <u>Time</u> | <u>Pace</u> |
|--------------|------------------------|---------------|----------------|-------------|-------------|
| 1            | Valerie Cross-Blaekett | 4950          | 2              | 44:01       | 4:24/K      |
| 2            | Abigail Shahriyar      | 4930          | 7              | 52:24       | 5:14/K      |
| 3            | Karen Reid             | 4927          | 13             | 55:36       | 5:34/K      |
| 4            | Leah Anderson          | 4901          | 15             | 55:48       | 5:35/K      |
| 5            | Christine McDougall    | 4943          | 17             | 56:43       | 5:40/K      |
| 6            | Sukhi Dherari          | 4906          | 20             | 59:18       | 5:56/K      |
| 7            | Mena Sahota-Bhogal     | 4928          | 21             | 59:19       | 5:56/K      |
| 8            | Nicola Struyk          | 4934          | 22             | 1:01:02     | 6:06/K      |
| 9            | Keri Teichroeb         | 4942          | 24             | 1:03:40     | 6:22/K      |
| 10           | Carrie Siggins         | 4932          | 25             | 1:04:40     | 6:28/K      |
| 11           | Teresa Varty           | 4941          | 26             | 1:04:42     | 6:28/K      |
| 12           | Heather MacDougall     | 4925          | 30             | 1:06:37     | 6:40/K      |
| 13           | Manj Gill              | 4912          | 32             | 1:08:10     | 6:49/K      |
| 14           | Rebecca Varty          | 4940          | 33             | 1:09:05     | 6:55/K      |
| 15           | Corinne Kessel         | 4921          | 35             | 1:11:30     | 7:09/K      |
| 16           | Laura MacDonald        | 4924          | 36             | 1:12:05     | 7:13/K      |
| 17           | Diane Lee              | 4923          | 41             | 1:34:49     | 9:29/K      |
| 18           | Stacey Hunt            | 4920          | 43             | 1:34:52     | 9:29/K      |
| 19           | Parm Gidda             | 4911          | 44             | 1:34:59     | 9:30/K      |

#### Female 56 and Over

| <u>Place</u> | <u>Name</u>       | <u>Bib No</u> | <u>Overall</u> | <u>Time</u> | <u>Pace</u> |
|--------------|-------------------|---------------|----------------|-------------|-------------|
| 1            | Debbie McDougall  | 4944          | 38             | 1:13:56     | 7:24/K      |
| 2            | Kathy Civitareale | 4905          | 40             | 1:34:49     | 9:29/K      |
| 3            | Sherrie Fraser    | 4908          | 42             | 1:34:51     | 9:29/K      |

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#### Male 12 and Under

| <u>Place</u> | <u>Name</u>   | <u>Bib No</u> | <u>Overall</u> | <u>Time</u> | <u>Pace</u> |
|--------------|---------------|---------------|----------------|-------------|-------------|
| 1            | Carson Byblow | 4903          | 28             | 1:04:46     | 6:29/K      |

#### Male 13 to 55

| <u>Place</u> | <u>Name</u>          | <u>Bib No</u> | <u>Overall</u> | <u>Time</u> | <u>Pace</u> |
|--------------|----------------------|---------------|----------------|-------------|-------------|
| 1            | Christophe Simon     | 4933          | 1              | 39:51       | 3:59/K      |
| 2            | Vic Gill             | 4913          | 3              | 48:25       | 4:51/K      |
| 3            | Dylan Teerink        | 4937          | 4              | 49:24       | 4:56/K      |
| 4            | Nelson Santos        | 4929          | 5              | 50:51       | 5:05/K      |
| 5            | Jared Hulme          | 4919          | 6              | 52:04       | 5:12/K      |
| 6            | Berent Hagen         | 4918          | 8              | 52:42       | 5:16/K      |
| 7            | Ian Chima            | 4945          | 9              | 53:14       | 5:19/K      |
| 8            | Crayton McDonald     | 4947          | 10             | 53:35       | 5:22/K      |
| 9            | Elliott Svob         | 4935          | 11             | 53:55       | 5:24/K      |
| 10           | James William Gagnon | 4909          | 12             | 54:51       | 5:29/K      |
| 11           | Chris Elston         | 4907          | 18             | 57:02       | 5:42/K      |
| 12           | Justin Dhaliwal      | 4948          | 19             | 58:28       | 5:51/K      |
| 13           | Phil Teerink         | 4938          | 23             | 1:02:26     | 6:15/K      |
| 14           | Aman Grewal          | 4916          | 31             | 1:07:34     | 6:45/K      |
| 15           | Kuljeet Sidhu        | 4931          | 34             | 1:10:18     | 7:02/K      |
| 16           | Kenny Grewal         | 4917          | 37             | 1:13:33     | 7:21/K      |

#### Male 56 and Over

| <u>Place</u> | <u>Name</u>      | <u>Bib No</u> | <u>Overall</u> | <u>Time</u> | <u>Pace</u> |
|--------------|------------------|---------------|----------------|-------------|-------------|
| 1            | Herb Dhaliwal    | 4946          | 14             | 55:46       | 5:35/K      |
| 2            | Luke Kwong       | 4922          | 16             | 56:04       | 5:36/K      |
| 3            | Alois Banneyer   | 4902          | 27             | 1:04:44     | 6:28/K      |
| 4            | Douglas Tremayne | 4949          | 29             | 1:06:32     | 6:39/K      |
| 5            | David Swinford   | 4936          | 39             | 1:18:36     | 7:52/K      |

# Jog for the Bog 2017

## Age Group Results

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### 5 k Run

#### Female 12 and Under

| <u>Place</u> | <u>Name</u>      | <u>Bib No</u> | <u>Overall</u> | <u>Time</u> | <u>Pace</u> |
|--------------|------------------|---------------|----------------|-------------|-------------|
| 1            | Amber Andrews    | 126           | 17             | 29:11       | 5:50/K      |
| 2            | Daliya Shahriyar | 546           | 33             | 32:22       | 6:28/K      |
| 3            | Tia Allwood      | 122           | 41             | 34:45       | 6:57/K      |
| 4            | Kate Brown       | 570           | 42             | 34:45       | 6:57/K      |
| 5            | Shaeleigh Reoch  | 539           | 50             | 35:37       | 7:07/K      |
| 6            | Peyton Birch     | 175           | 70             | 45:13       | 9:03/K      |
| 7            | Sasha Brunke     | 183           | 71             | 45:19       | 9:04/K      |
| 8            | Illaria Allwood  | 111           | 83             | 50:17       | 10:03/K     |
| 9            | Sylvie Hamana    | 507           | 94             | 1:02:39     | 12:32/K     |
| 10           | Klaire Brown     | 572           | 102            | 1:14:42     | 14:56/K     |

#### Female 13 to 55

| <u>Place</u> | <u>Name</u>          | <u>Bib No</u> | <u>Overall</u> | <u>Time</u> | <u>Pace</u> |
|--------------|----------------------|---------------|----------------|-------------|-------------|
| 1            | Olivia Willett       | 561           | 6              | 22:12       | 4:26/K      |
| 2            | Shelly Lawrence      | 524           | 14             | 27:30       | 5:30/K      |
| 3            | Olivia MacDonald     | 568           | 15             | 28:08       | 5:38/K      |
| 4            | Kim Satter           | 574           | 19             | 29:21       | 5:52/K      |
| 5            | Gurpreet Andrews     | 148           | 24             | 30:22       | 6:04/K      |
| 6            | Jennifer McIndoe     | 564           | 30             | 31:52       | 6:22/K      |
| 7            | ? Meldrum            | 527           | 34             | 32:25       | 6:29/K      |
| 8            | Brittany Byron       | 189           | 38             | 33:32       | 6:42/K      |
| 9            | Renee Schwartz       | 545           | 44             | 35:10       | 7:02/K      |
| 10           | Elisabeth Bratlien   | 179           | 45             | 35:18       | 7:04/K      |
| 11           | Jennifer Bedingfield | 171           | 48             | 35:33       | 7:07/K      |
| 12           | Marcy Reoch          | 538           | 56             | 38:41       | 7:44/K      |
| 13           | Lori Nelson          | 529           | 58             | 38:49       | 7:46/K      |
| 14           | Sandy Wallis         | 560           | 60             | 38:54       | 7:47/K      |
| 15           | Christine Birch      | 174           | 64             | 41:31       | 8:18/K      |
| 16           | Kim Jewell           | 518           | 65             | 41:42       | 8:20/K      |
| 17           | Julie Alionis        | 110           | 66             | 41:42       | 8:20/K      |
| 18           | Sharon Poonian       | 534           | 67             | 42:28       | 8:30/K      |
| 19           | Karen James          | 512           | 74             | 47:29       | 9:30/K      |
| 20           | Sabrina Beeksma      | 173           | 76             | 48:17       | 9:39/K      |
| 21           | Sheila Beeksma       | 172           | 77             | 48:18       | 9:40/K      |
| 22           | Tania Ainsworth      | 104           | 79             | 48:40       | 9:44/K      |
| 23           | Kendra Teerink       | 553           | 80             | 49:53       | 9:59/K      |
| 24           | Sharon Moor          | 528           | 84             | 52:52       | 10:34/K     |
| 25           | Suzanne Brunke       | 182           | 86             | 53:46       | 10:45/K     |
| 26           | Joanne Howitz        | 510           | 90             | 58:26       | 11:41/K     |
| 27           | Shannon Asseiro      | 169           | 91             | 58:50       | 11:46/K     |

# Jog for the Bog 2017

## Age Group Results

Race Date  
July 23, 2017

### 5 k Run

#### Female 13 to 55

| <u>Place</u> | <u>Name</u>    | <u>Bib No</u> | <u>Overall</u> | <u>Time</u> | <u>Pace</u> |
|--------------|----------------|---------------|----------------|-------------|-------------|
| 28           | Renata Hamana  | 506           | 93             | 1:02:15     | 12:27/K     |
| 29           | Maggee Kaylee  | 519           | 95             | 1:08:18     | 13:40/K     |
| 30           | Teresa Teerink | 555           | 99             | 1:14:16     | 14:51/K     |
| 31           | Jill Teerink   | 552           | 100            | 1:14:33     | 14:55/K     |
| 32           | Kazue Brown    | 571           | 103            | 1:14:42     | 14:56/K     |
| 33           | Lori Allwood   | 115           | 104            | 1:14:43     | 14:57/K     |

#### Female 56 and Over

| <u>Place</u> | <u>Name</u>       | <u>Bib No</u> | <u>Overall</u> | <u>Time</u> | <u>Pace</u> |
|--------------|-------------------|---------------|----------------|-------------|-------------|
| 1            | Debra Isaksson    | 511           | 23             | 30:17       | 6:03/K      |
| 2            | Pam Ford          | 200           | 40             | 34:11       | 6:50/K      |
| 3            | Sandy Simpson     | 549           | 51             | 36:16       | 7:15/K      |
| 4            | Louise Wright     | 562           | 57             | 38:41       | 7:44/K      |
| 5            | Irene Turkey      | 557           | 59             | 38:53       | 7:47/K      |
| 6            | Joann Gunn        | 505           | 61             | 39:16       | 7:51/K      |
| 7            | Laurie Kitson     | 523           | 68             | 42:28       | 8:30/K      |
| 8            | Liz Tius          | 556           | 69             | 43:03       | 8:37/K      |
| 9            | Lorna McGill      | 526           | 73             | 47:19       | 9:28/K      |
| 10           | Irene Brunke      | 181           | 85             | 53:32       | 10:42/K     |
| 11           | Jane Maxwell      | 525           | 87             | 53:47       | 10:45/K     |
| 12           | Linda Sanderson   | 544           | 88             | 53:47       | 10:45/K     |
| 13           | Anita Folk        | 198           | 97             | 1:10:03     | 14:01/K     |
| 14           | Shirley Ann Byron | 190           | 98             | 1:10:04     | 14:01/K     |
| 15           | Margaret Teerink  | 554           | 101            | 1:14:34     | 14:55/K     |
| 16           | Judy Usenik       | 558           | 107            | 1:17:15     | 15:27/K     |
| 17           | Jo Twiss          | 566           | 108            | 1:38:02     | 19:36/K     |

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## Age Group Results

Race Date  
July 23, 2017

### 5 k Run

#### Male 12 and Under

| <u>Place</u> | <u>Name</u>      | <u>Bib No</u> | <u>Overall</u> | <u>Time</u> | <u>Pace</u> |
|--------------|------------------|---------------|----------------|-------------|-------------|
| 1            | Kyan Goncalves   | 503           | 9              | 26:08       | 5:14/K      |
| 2            | Lukas Brunke     | 186           | 12             | 26:49       | 5:22/K      |
| 3            | Rakeen Shahriyar | 548           | 16             | 29:00       | 5:48/K      |
| 4            | Nikau Hamana     | 508           | 21             | 30:07       | 6:01/K      |
| 5            | Taylen Goncalves | 504           | 25             | 30:56       | 6:11/K      |
| 6            | Kaeden Brunke    | 187           | 26             | 31:05       | 6:13/K      |
| 7            | Aiden O'Leary    | 531           | 31             | 32:15       | 6:27/K      |
| 8            | Owen Reid        | 537           | 36             | 33:10       | 6:38/K      |
| 9            | Rowan Byblow     | 188           | 47             | 35:33       | 7:07/K      |
| 10           | Mackie Reoch     | 540           | 49             | 35:36       | 7:07/K      |
| 11           | Jacob James      | 513           | 52             | 36:26       | 7:17/K      |

#### Male 13 to 55

| <u>Place</u> | <u>Name</u>             | <u>Bib No</u> | <u>Overall</u> | <u>Time</u> | <u>Pace</u> |
|--------------|-------------------------|---------------|----------------|-------------|-------------|
| 1            | Robert Swift            | 551           | 1              | 19:34       | 3:55/K      |
| 2            | Neil Andrews            | 168           | 2              | 20:49       | 4:10/K      |
| 3            | Tony Brunke             | 185           | 3              | 21:13       | 4:15/K      |
| 4            | Danny Rodriguez-Bonilla | 542           | 4              | 21:25       | 4:17/K      |
| 5            | Brett Kehler            | 520           | 5              | 21:45       | 4:21/K      |
| 6            | Alessandro Salvino      | 543           | 7              | 23:48       | 4:46/K      |
| 7            | Mark Pawlowski          | 197           | 8              | 24:41       | 4:56/K      |
| 8            | Michael James           | 514           | 10             | 26:18       | 5:16/K      |
| 9            | Fioun McCarthy          | 567           | 13             | 27:15       | 5:27/K      |
| 10           | Gurminder Janjua        | 516           | 18             | 29:17       | 5:51/K      |
| 11           | Shannon Hamana          | 509           | 20             | 30:06       | 6:01/K      |
| 12           | Dave Camara             | 194           | 22             | 30:07       | 6:01/K      |
| 13           | Tony Goncalves          | 502           | 27             | 31:24       | 6:17/K      |
| 14           | Arfan Khan              | 522           | 29             | 31:49       | 6:22/K      |
| 15           | Darren O'Leary          | 530           | 32             | 32:15       | 6:27/K      |
| 16           | Jeremy Reid             | 536           | 37             | 33:10       | 6:38/K      |
| 17           | Greg Byron              | 192           | 39             | 33:32       | 6:42/K      |
| 18           | Thal Poonian            | 535           | 43             | 34:54       | 6:59/K      |
| 19           | Jason Bratlien          | 180           | 46             | 35:18       | 7:04/K      |
| 20           | Brett Kehler            | 521           | 53             | 37:08       | 7:26/K      |
| 21           | Manuel Enright          | 565           | 54             | 37:48       | 7:34/K      |
| 22           | Michael Reoch           | 541           | 55             | 38:31       | 7:42/K      |
| 23           | Murad Shahriyar         | 547           | 62             | 39:41       | 7:56/K      |
| 24           | Shawn Birch             | 177           | 72             | 45:19       | 9:04/K      |
| 25           | Samuel James            | 515           | 75             | 47:29       | 9:30/K      |
| 26           | Keith Brown             | 569           | 81             | 50:16       | 10:03/K     |

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Jog for the Bog 2017  
Age Group Results

**5 k Run**

**Male 13 to 55**

| <u>Place</u> | <u>Name</u>     | <u>Bib No</u> | <u>Overall</u> | <u>Time</u> | <u>Pace</u> |
|--------------|-----------------|---------------|----------------|-------------|-------------|
| 27           | Anthony Asseiro | 170           | 92             | 58:50       | 11:46/K     |
| 28           | Adam Byron      | 191           | 96             | 1:08:19     | 13:40/K     |

**Male 56 and Over**

| <u>Place</u> | <u>Name</u>     | <u>Bib No</u> | <u>Overall</u> | <u>Time</u> | <u>Pace</u> |
|--------------|-----------------|---------------|----------------|-------------|-------------|
| 1            | Carlos Abrego   | 103           | 11             | 26:38       | 5:20/K      |
| 2            | Peter Jensen    | 517           | 28             | 31:44       | 6:21/K      |
| 3            | Ron Perozny     | 533           | 35             | 32:39       | 6:32/K      |
| 4            | William Wright  | 563           | 63             | 40:59       | 8:12/K      |
| 5            | Walter Block    | 178           | 78             | 48:35       | 9:43/K      |
| 6            | Neil Allwood    | 123           | 82             | 50:17       | 10:03/K     |
| 7            | Alfred Brunke   | 184           | 89             | 53:48       | 10:46/K     |
| 8            | Ryan Usenik     | 559           | 105            | 1:16:56     | 15:23/K     |
| 9            | Douglas Coulman | 573           | 106            | 1:17:06     | 15:25/K     |