

Jog for The Bog Run 2019

Race Date
July 21, 2019

Overall Finish List

5 k Run

Female

<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>
1	Elisabeth Bratlien	5054	1: 18-54	35:29	7:06/K
2	Jena Lenzi	5063	2: 18-54	35:31	7:06/K
3	Ashni Andrews	5042	1: 0-17	36:24	7:17/K
4	Heather O'Connor	5076	3: 18-54	38:35	7:43/K
5	Nadine Geddert	5058	4: 18-54	39:23	7:53/K
6	Kelly Havrish	5059	5: 18-54	40:23	8:05/K
7	Debra Isaksson	5060	1: 55-99	41:15	8:15/K
8	Jan Rogers	5082	2: 55-99	42:42	8:33/K
9	Alexis Shepard	5095	2: 0-17	43:35	8:43/K
10	Joan Mara	5066	3: 55-99	43:49	8:46/K
11	Joan Antunes	5048	6: 18-54	44:04	8:49/K
12	Samantha Neufeld	5089	3: 0-17	44:10	8:50/K
13	Lauren Neufeld	5086	7: 18-54	44:14	8:51/K
14	Ava Melville	5094	4: 0-17	46:51	9:22/K
15	Debra Melville	5092	8: 18-54	46:51	9:22/K
16	Jess Sanker	5083	9: 18-54	46:53	9:23/K
17	Stacey Fairfax	5057	10: 18-54	47:07	9:25/K
18	Elsa Marlowe	5067	4: 55-99	47:50	9:34/K
19	Gurpreet Andrews	5043	11: 18-54	49:45	9:57/K
20	Kaitlin Jensen	5088	5: 0-17	49:53	9:59/K
21	Lisa Jensen	5087	12: 18-54	49:53	9:59/K
22	Blair Shirley	5084	5: 55-99	50:04	10:01/K
23	Blair Jennifer	5061	13: 18-54	51:24	10:17/K
24	Nika Nijjar	5074	6: 0-17	54:18	10:52/K
25	Peyton Reid	5081	7: 0-17	54:50	10:58/K
26	Laria Allwood	5903	8: 0-17	57:26	11:29/K
27	Candace Murray	5073	14: 18-54	58:20	11:40/K
28	Amber Andrews	5041	9: 0-17	59:39	11:56/K
29	Neave O'Neil	5077	10: 0-17	1:00:14	12:03/K
30	Lori Allwood	5099	15: 18-54	1:00:59	12:12/K
31	Tia Allwood	5100	11: 0-17	1:05:08	13:02/K

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1	Jason Brattien	5055	1: 18-54	35:16	7:03/K
2	Nico Lenzi	5064	1: 0-17	35:30	7:06/K
3	Aaron Atkins	5050	2: 18-54	41:07	8:13/K
4	Evan Beckers	5052	2: 0-17	42:51	8:34/K
5	Jacob Melville	5093	3: 0-17	43:35	8:43/K
6	Mike Melville	5091	3: 18-54	43:36	8:43/K
7	Avery Antunes	5045	4: 0-17	43:58	8:48/K
8	Ernie Baatz	5051	1: 55-99	44:42	8:56/K
9	Riley Shepard	5096	5: 0-17	46:45	9:21/K
10	Jon Lanbert	5097	2: 55-99	47:07	9:25/K
11	Robert McMillan	5928	3: 55-99	48:51	9:46/K
12	Ethan Antunes	5047	6: 0-17	54:05	10:49/K
13	Rob Nijjar	5075	4: 18-54	54:18	10:52/K
14	Jeremy Reid	5080	5: 18-54	54:52	10:59/K
15	Neil Allwood	5098	4: 55-99	57:26	11:29/K
16	Sean Minaker	5070	6: 18-54	59:31	11:54/K
17	Nigel O'Neil	5078	7: 18-54	59:38	11:56/K
18	Tony Antunes	5049	8: 18-54	59:39	11:56/K
19	Don Pateman	5079	5: 55-99	1:01:50	12:22/K
20	Dave Murdoch	5072	6: 55-99	1:05:09	13:02/K
21	Fionn McCarthy	5068	9: 18-54	1:06:22	13:16/K
22	Carsten Mitchell	5071	10: 18-54	1:06:51	13:22/K

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Overall Finish List

10 k Run			Female		
Overall	Name	Bib No	AG Place	Time	Pace
1	Corrine Issel	3029	1: 18-54	45:25	4:33/K
2	Sarah Warren	3416	2: 18-54	46:41	4:40/K
3	Marie Blachuras	3021	3: 18-54	50:59	5:06/K
4	Rachel Ramsden	3075	4: 18-54	53:46	5:23/K
5	Avril Sheperd	3414	5: 18-54	56:11	5:37/K
6	Kayleigh Gibbs	3026	6: 18-54	58:43	5:52/K
7	Jen Virani	3415	7: 18-54	1:04:25	6:27/K
8	Kate Hjertaas	3417	8: 18-54	1:04:40	6:28/K
9	Mana Haleem	3027	9: 18-54	1:09:35	6:58/K
10	Kathy Ward Drisell	3912	1: 55-99	1:10:14	7:01/K
11	Dawn Feng	3025	10: 18-54	1:11:57	7:12/K
12	Sandra MacPherson	3050	2: 55-99	1:13:41	7:22/K
13	Kara Perdue	3061	11: 18-54	1:14:24	7:26/K
14	Gesow Azam	3016	12: 18-54	1:27:11	8:43/K

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Overall	Name	Bib No	AG Place	Time	Pace
1	Liam Watson	3419	1: 18-54	44:55	4:30/K
2	Donogh O'Connor	3055	2: 18-54	45:00	4:30/K
3	Tage Castonguay	3023	3: 18-54	47:19	4:44/K
4	Takoda Castonguay	3024	4: 18-54	47:19	4:44/K
5	Brian Banfill	3019	1: 55-99	47:28	4:45/K
6	Mike Marlowe	3051	2: 55-99	49:32	4:57/K
7	P.j Paget	3919	5: 18-54	55:21	5:32/K
8	Jordan Ferdinands	3950	6: 18-54	55:22	5:32/K
9	Mike Stortz	3934	3: 55-99	58:29	5:51/K
10	Ian Low	3418	7: 18-54	1:00:47	6:05/K
11	Jon Rothbart	3407	8: 18-54	1:02:18	6:14/K
12	Curtis Dean	3964	9: 18-54	1:02:37	6:16/K
13	Graham Carvin	3022	10: 18-54	1:04:34	6:27/K
14	Luke Kwong	3030	4: 55-99	1:06:27	6:39/K
15	Reza Haleem	3028	11: 18-54	1:16:02	7:36/K