

Jog for the Bog 2106

Race Date
July 24, 2016

Overall Finish List

10 k Run

Female

| <u>Overall</u> | <u>Name</u> | <u>Bib No</u> | <u>Time</u> | <u>Pace</u> |
|----------------|-------------------|---------------|-------------|-------------|
| 1 | Sharron Ho | 9560 | 56:05 | 5:36/K |
| 2 | Kristen Boychuk | 9890 | 56:30 | 5:39/K |
| 3 | Abigail Shahriyar | 9820 | 56:49 | 5:40/K |
| 4 | Mary Formby | 9910 | 57:10 | 5:42/K |
| 5 | Kathy Collins | 5860 | 58:04 | 5:48/K |
| 6 | Alexis Kerr | 9620 | 59:58 | 6:00/K |
| 7 | Lauren Simpson | 9830 | 59:58 | 6:00/K |
| 8 | Mary Purdie | 9780 | 1:00:35 | 6:02/K |
| 9 | Julie Birett | 5810 | 1:00:44 | 6:04/K |
| 10 | Shirley Blair | 5830 | 1:01:14 | 6:06/K |
| 11 | Alison Lester | 9660 | 1:05:10 | 6:29/K |
| 12 | Jennifer Gallaway | 5910 | 1:05:12 | 6:29/K |
| 13 | Jill Hingston | 5980 | 1:05:29 | 6:32/K |
| 14 | Amanda O'Connor | 9740 | 1:05:47 | 6:35/K |
| 15 | Jennifer Blair | 5820 | 1:06:56 | 6:41/K |
| 16 | Enrika Diaz | 5890 | 1:08:14 | 6:49/K |
| 17 | Valerie Greenwood | 5940 | 1:08:17 | 6:50/K |
| 18 | Donna Richardson | 9790 | 1:12:23 | 7:13/K |
| 19 | Ginny Lowood | 9680 | 1:12:25 | 7:14/K |
| 20 | Dee Bohan | 5840 | 1:14:14 | 7:25/K |
| 21 | Mari Coffey | 5850 | 1:14:15 | 7:26/K |
| 22 | Taryn Day | 5880 | 1:15:53 | 7:33/K |
| 23 | Andrea Gates | 5920 | 1:16:15 | 7:35/K |
| 24 | Robyn Vanderdeen | 9860 | 1:20:11 | 8:00/K |
| 25 | Jan Miettinen | 9720 | 1:21:11 | 8:06/K |
| 26 | Laura Olson | 9770 | 1:21:49 | 8:09/K |
| 27 | Theresa Magnien | 9690 | 1:22:40 | 8:15/K |
| 28 | Lornell Ridley | 9800 | 1:42:40 | 10:16/K |

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Male

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|----------------|-----------------|---------------|-------------|-------------|
| 1 | Ken Hignell | 5970 | 49:58 | 4:58/K |
| 2 | Kai Man Yiu | 9870 | 51:00 | 5:05/K |
| 3 | Philip Lowery | 9670 | 55:46 | 5:33/K |
| 4 | Yat Long Lee | 9650 | 55:59 | 5:31/K |
| 5 | David Lee | 9900 | 56:49 | 5:41/K |
| 6 | Jeff Irving | 9590 | 58:03 | 5:48/K |
| 7 | Mark Hyder | 9580 | 58:35 | 5:52/K |
| 8 | Anthony Gleeson | 5930 | 58:51 | 5:53/K |
| 9 | Richard James | 960 | 59:19 | 5:55/K |
| 10 | Heungjin Oh | 9750 | 59:34 | 5:57/K |
| 11 | Andrew McColl | 9710 | 1:02:10 | 6:12/K |
| 12 | Manyoung Oh | 9760 | 1:06:27 | 6:38/K |
| 13 | Thomas Storey | 9840 | 1:08:17 | 6:48/K |
| 14 | Zaldy Sangalang | 9810 | 1:11:55 | 7:11/K |
| 15 | Matt Jarvie | 9610 | 1:20:14 | 8:00/K |
| 16 | David Swinford | 9850 | 1:21:27 | 8:07/K |
| 17 | John Baker | 5800 | 1:42:39 | 10:16/K |

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| <u>Overall</u> | <u>Name</u> | <u>Bib No</u> | <u>Time</u> | <u>Pace</u> |
|----------------|----------------------|---------------|-------------|-------------|
| 1 | Sophie Worsley | 967 | 25:40 | 5:07/K |
| 2 | Keri Teichroeb | 975 | 29:05 | 5:47/K |
| 3 | Janet Irving | 927 | 31:14 | 6:11/K |
| 4 | Letitia Henville | 920 | 31:44 | 6:17/K |
| 5 | Jessica Matthews | 937 | 35:39 | 7:08/K |
| 6 | Bronwyn Langley | 931 | 35:49 | 7:10/K |
| 7 | Milenke Fied | 972 | 35:50 | 7:10/K |
| 8 | Ireen Hartwick | 919 | 36:58 | 7:22/K |
| 9 | Mikayla Nishi | 946 | 37:02 | 7:21/K |
| 10 | Michelle Nishi | 945 | 37:03 | 7:21/K |
| 11 | Rachel Stevens | 958 | 37:09 | 7:23/K |
| 12 | Julie Stevens | 957 | 37:11 | 7:23/K |
| 13 | Lori Nelson | 942 | 38:34 | 7:43/K |
| 14 | Bernadette Lowery | 935 | 38:36 | 7:39/K |
| 15 | Tania Ainsworth | 900 | 40:30 | 8:00/K |
| 16 | Carla Hunt | 924 | 44:55 | 8:59/K |
| 17 | Elaine O'Connor | 947 | 46:08 | 9:14/K |
| 18 | Linda Ward | 965 | 49:11 | 9:50/K |
| 19 | Yashar Mosaferi | 941 | 52:46 | 10:24/K |
| 20 | Christine Birch | 907 | 52:46 | 10:25/K |
| 21 | Diane Dunbar | 916 | 52:50 | 10:27/K |
| 22 | Irene Brunke | 911 | 53:45 | 10:38/K |
| 23 | Janice Lawlor-Cooper | 932 | 55:23 | 11:05/K |
| 24 | Heather May | 939 | 56:43 | 11:14/K |
| 25 | Lori Truelove | 962 | 56:43 | 11:14/K |
| 26 | Shannon Asseiro | 976 | 57:49 | 11:34/K |
| 27 | Sharon Baatz | 905 | 58:22 | 11:31/K |
| 28 | Hannah Baatz | 904 | 58:22 | 11:31/K |
| 29 | Natalie Ouwerling | 949 | 59:45 | 11:48/K |
| 30 | Hana Nishi | 944 | 1:05:39 | 13:04/K |
| 31 | Kaylee Magee | 936 | 1:07:05 | 13:25/K |
| 32 | Jane Maxwell | 938 | 1:09:29 | 13:54/K |
| 33 | Linda Sanderson | 954 | 1:09:29 | 13:47/K |
| 34 | Tessa Baatz | 906 | 1:10:40 | 13:59/K |
| 35 | Lori Allwood | 901 | 1:13:19 | 14:33/K |
| 36 | Brittany Byron | 914 | 1:14:43 | 14:57/K |

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| 5 k Run | | | Male | |
|----------------|------------------|---------------|-------------|-------------|
| Overall | Name | Bib No | Time | Pace |
| 1 | Greg Worsley | 966 | 26:06 | 5:12/K |
| 2 | James Gagnon | 917 | 26:38 | 5:18/K |
| 3 | Cillian O'Hogan | 948 | 27:23 | 5:25/K |
| 4 | Nick Raber | 951 | 27:53 | 5:30/K |
| 5 | Patrick Truelove | 970 | 28:04 | 5:35/K |
| 6 | Brian Hartwick | 918 | 28:11 | 5:37/K |
| 7 | Stephen Young | 969 | 29:18 | 5:48/K |
| 8 | Peter Jensen | 929 | 30:38 | 6:06/K |
| 9 | Connor Keegan | 930 | 31:11 | 6:10/K |
| 10 | Perozny Ron | 5900 | 32:05 | 6:24/K |
| 11 | Aaron Truelove | 961 | 32:15 | 6:25/K |
| 12 | Owen Reid | 953 | 34:51 | 6:58/K |
| 13 | Jeremy Reid | 952 | 34:51 | 6:56/K |
| 14 | Frank Leuene | 974 | 34:52 | 6:58/K |
| 15 | Max Hunt | 925 | 37:22 | 7:24/K |
| 16 | Phil Hunt | 926 | 38:21 | 7:36/K |
| 17 | Ernie Baatz | 903 | 44:39 | 8:56/K |
| 18 | Greg Ward | 964 | 46:45 | 9:21/K |
| 19 | Bob Ranalli | 971 | 48:36 | 9:38/K |
| 20 | Oliver Hofer | 921 | 52:50 | 10:27/K |
| 21 | Alfred Brunke | 910 | 53:45 | 10:38/K |
| 22 | Tony Asseiro | 977 | 57:49 | 11:34/K |
| 23 | Brent Biermann | 973 | 58:43 | 11:45/K |
| 24 | Thomas Miller | 9730 | 58:43 | 11:42/K |
| 25 | Bobbi Nishi | 943 | 1:05:39 | 13:04/K |
| 26 | Adam Byron | 913 | 1:07:05 | 13:25/K |
| 27 | Shawn Birch | 908 | 1:10:40 | 13:59/K |
| 28 | Greg Byron | 915 | 1:10:40 | 14:08/K |
| 29 | Neil Allwood | 902 | 1:13:19 | 14:33/K |

Jog for the Bog 2106

Overall Finish List

Race Date
July 24, 2016

5 k Youth Run

Female

| <u>Overall</u> | <u>Name</u> | <u>Bib No</u> | <u>Time</u> | <u>Pace</u> |
|----------------|-----------------|---------------|-------------|-------------|
| 1 | Melissa Stevens | 112 | 33:17 | 6:39/K |
| 2 | Annika Vipler | 978 | 40:01 | 7:57/K |
| 3 | Yee Lau | 110 | 55:02 | 10:50/K |
| 4 | Ilaria Allwood | 106 | 1:13:18 | 14:33/K |

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5 k Youth Run

Male

| <u>Overall</u> | <u>Name</u> | <u>Bib No</u> | <u>Time</u> | <u>Pace</u> |
|----------------|-----------------|---------------|-------------|-------------|
| 1 | Trevor Truelove | 114 | 32:14 | 6:27/K |
| 2 | Avery Hunt | 923 | 43:35 | 8:39/K |
| 3 | Cole Truelove | 113 | 48:58 | 9:48/K |