

TIP 5K 2009

September 12, 2009

AGE CATEGORY RESULTS

Women

Place	Runner	Time
<u>Under 10</u>		
1	Teaghen Clarke	29:49
2	Alea Henshaw	30:46
3	Kayla MacDonald	31:22
4	Julia Dillon	31:34
5	Madison Noss	37:59
6	Cassidy Clarke	38:39
7	Claire Baker	48:42
8	Sunshine Reitsma	48:53
9	Gwyneth Armstrong	55:14
10	Maggie Crawford	58:32
11	Tate Armstrong	65:32
<u>10-14</u>		
1	Keira Brazeau	24:03
2	Sophie Pereira	24:18
3	Brittany Alkerton	25:09
4	Bree Peladeau	26:42
5	Abbey Palmer	28:29
6	Charlotte Nolan	28:30
7	Hilary MacDonald	29:44
8	Katelyn Cormier	29:50
9	Mattea Hartley	29:51
10	Jade Cotie	29:58
11	Heather Brouwer	30:29
12	Anneka Perry	30:33
13	Sara Baker	33:11
14	Sarah MacDonald	37:32
<u>15-19</u>		
1	Shannon Steenwyk	25:19
<u>30-39</u>		
1	Christine Plant	21:57
2	Fiona Dunbar	22:09
3	Trisha Morrow	23:54
4	Eden Jamieson	25:39
5	Christie Reitsma	25:45
6	Danielle Shewfelt	26:49
7	Dawn Kennedy	29:15
8	Tammy MacDonald	31:15
9	Sarah Crawford	31:38
10	Nicky Henri	32:39
11	Katie Baker	33:12
12	Nancy Vaughan	34:22
13	Kristin Keeley	36:42

14	Carrie Arbuckle	43:04
15	Victoria Fillier	43:04
16	Sandy Noonan	50:42
17	Alison Armstrong	55:55
<u>40-49</u>		
	Janet Wynands* (Overall Winner)	19:27
1	Catherine Tomlinson	25:47
2	Sue Dorey	29:35
3	Brenda Young	29:49
4	Karen Cotie	30:01
5	Jackie Brouwer	30:39
6	Michele Perry	31:18
7	Charlene Guild	31:52
8	Bonnie Hammerli	32:02
9	Penny Davison	32:40
10	Laura Lee MacDonald	37:42
	* Excluded from age category awards	
<u>50-59</u>		
1	Ruth McFarlane	28:24
2	Andrea Veenstra	28:30
3	Anne Taylor Barnett	33:47
<u>60-64</u>		
1	Eithne Dunbar	28:25
2	Anne Hodgson	30:44
<u>65-69</u>		
1	Mary Clayton	33:23
2	Corrinne Miller	35:43
3	Nieves Bonucchi	45:11

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60	Alison Armstrong	55:55
61	Maggie Crawford	58:32
62	Tate Armstrong	65:32

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Men

Under 10

1	Arden Barnett	25:11
2	Ethan Givogue	25:45
3	Ryan Givogue	31:18
4	Ethan Crawford	31:37
5	Braden Whalen	45:49

10-14

1	Declan Colwell	19:07
2	Tom Kippax	23:19
3	Shane McNish	23:32
4	Aiden Noss	28:05
5	Ty McNish	28:57
6	Jason Noonan	50:41

15-19

1	Rob Bastian	20:20
2	Matt Berneche	20:21
3	Zack Boyd	20:53

30-39

1	Andre Lanois	20:50
2	Geoff Shewfelt	21:38
3	Matt Hubbard	24:32
4	Jeremy Neven	27:11
5	Steve Morrow	28:48
6	Tom MacDonald	29:45
7	Bernie Cormier	32:14
8	Vern Armstrong	65:32

40-49

	Kevin Webster (Overall Winner)	17:40
1	Scott Clucas	21:31
2	Murray Tait	22:10
3	Daniel Pereira	24:04
4	James Eastwood	24:48
5	Alan Perry	25:31
6	Keith Rook	28:35
7	Mark Noss	38:02
8	S. Clarke	38:41
9	Dan Reitsma	49:02

* Excluded from age category awards

50-59

1	Tom Marshall	18:53
2	Glenn Caird	19:53
3	Rick Royce	20:18
4	Ed Wynands	21:15
5	Gerry Tutecky-McDougall	21:50
6	Phil Lowe	25:28

60-64

1	Rick Swift	19:28
2	Wil Steacy	27:31
<u>70+</u>		
1	Mike Day	22:36
2	Bob Beeney	30:50

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2	Tom Marshall	18:53
3	Declan Colwell	19:07
4	Rick Swift	19:28
5	Glenn Caird	19:53
6	Rick Royce	20:18
7	Rob Bastian	20:20
8	Matt Berneche	20:21
9	Andre Lanois	20:50
10	Zack Boyd	20:53
11	Ed Wynands	21:15
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39	Braden Whalen	45:49
40	Dan Reitsma	49:02
41	Jason Noonan	50:41
42	Vern Armstrong	65:32