

Grit Happens: The Good, the Bad, the Blackstrap - July 9, 2023
Race Results

Women's 100 km

Place	Name	50 km split	100 km finish time
1	Sarah Bilawski	2:09:37	4:26:22
2	Diane Bomans	2:05:55	4:27:22

Men's 100 km

Place	Name	50 km split	100 km finish time
1	Luca Veeman	1:39:56	3:23:34
2	Mike Gavelis	1:39:57	3:23:44
3	Blair Drader	1:44:34	3:42:53
4	Bob Hawboldt	1:45:24	3:46:17
5	Tyler Rittinger	1:45:19	4:09:22
6	Alan Sales	1:59:13	4:12:06
7	Brian Zulkoskey	1:59:14	4:13:13
8	Joren Manz	1:55:31	4:18:34
9	Howard Hemingson	1:53:51	4:21:39
10	Matthew Moore	1:59:18	4:23:04
11	Greg Basky	1:53:49	4:27:32
12	Steve Shirtliffe	2:10:48	4:32:39
13	Michael Prystajecky	2:04:20	4:34:03
14	Quin Martin	2:11:20	4:34:37
15	Everett Bedard	2:11:06	4:39:48
16	Rick Vircavs	2:01:12	4:48:37
17	Mark Gibson	2:25:30	5:02:19
18	Malcolm Conly	2:20:20	5:02:20
19	Glenn Patkau	2:36:46	5:32:47
20	Geoff Harder	2:21:53	5:32:49

Women's 50 km

Place	Name	Time
1	Keeley Shaw	2:13:34
2	Sue Goes	2:55:37
3	Mita Manna	2:56:42
4	Colette Fournier	3:10:47

Men's 50 km

Place	Name	Time
1	Oleg Kougiya	1:45:40
2	Ken Gaffney	1:51:30
3	Greg McKee	1:51:59
4	Albie Malan	1:52:24
5	Rob Tuomi	2:02:44
6	Ed Dilsner	2:04:18
7	Sergey Gasilov	2:04:51
8	Jonathon Baxter	2:05:11
9	Cory Funk	2:05:35
10	Tony Nadon	2:08:18
11	Josh ?	2:08:38
12	Kelly Kudryk	2:08:40
13	Cornel Kluge	2:10:56
14	Brock Campbell	2:12:02
15	Dilan Pauli	2:15:25
16	Bryan Kolisnyk	2:17:36
17	William ?	2:18:13
18	Jason Tomaz	2:21:43
19	Vincent-Francis Yeung	2:32:36
20	Eric Lau	2:37:07
21	Brian Murdoch	2:37:19
22	Ron Zukowsky	2:37:37
23	Juan Valencia	2:52:33
24	Jack Bolton	2:55:00
25	Adarsh Patel	2:55:51
26	Brady Mason	3:12:37
27	James Fehr	3:37:20