

Overall Finish List

42.2k Run

Female

<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Gend</u>	<u>Time</u>	<u>Pace</u>
1	Leith Paganoni	47257	F	3:20:26	4:45/K
2	Erin Nestmann	47227	F	3:25:27	4:52/K
3	Karen Bond	47252	F	3:33:23	5:03/K
4	Kirsten Thingvold	47238	F	3:43:20	5:18/K
5	Ardith Watson	47242	F	3:50:53	5:28/K
6	Par Dhadda	46193	F	3:52:40	5:31/K
7	Elyse Cole	46188	F	3:56:23	5:36/K
8	Mirva Schulze	47233	F	3:56:59	5:37/K
9	Liu Aidong	47253	F	4:00:48	5:42/K
10	Janet Green	47203	F	4:07:31	5:52/K
11	Victoria Ridland	47232	F	4:09:43	5:55/K
12	Wenying Zhang	47251	F	4:12:44	5:59/K
13	Sarah Foisy	46196	F	4:14:31	6:02/K
14	Aman Basra	46181	F	4:20:15	6:10/K
15	Elisa Chung Min Munro	47226	F	4:20:54	6:11/K
16	Danielle Nolin	47228	F	4:20:58	6:11/K
17	Patricia Pendergast	47230	F	4:21:12	6:11/K
18	Stefanie Kappel	47211	F	4:29:38	6:23/K
19	Elizabeth Wong	47247	F	5:20:59	7:36/K
20	Margaret Gorog	47202	F	5:38:46	8:02/K
21	Susan Hui	47209	F	5:39:32	8:03/K
22	EVE Eckford	46194	F	5:54:18	8:24/K
DQ	Nantaka Vongpiyabovorn	47241	F	9:22:11	13:19/K
DQ	Judy Bernaschek	46182	F	9:37:11	13:41/K

MEC VANCOUVER RACE SIX: 5K/10K/21.1K/42.2K

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October 02, 2016

Overall Finish List**42.2k Run****Male**

<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Gend</u>	<u>Time</u>	<u>Pace</u>
1	Carter Weber	47243	M	3:16:52	4:40/K
2	Jeffrey (Zhida) Song	47235	M	3:22:35	4:48/K
3	Conrad Cormier	47255	M	3:29:21	4:58/K
4	Andrej Kujikis	47213	M	3:31:22	5:01/K
5	Elliott Skierszkan	47234	M	3:32:41	5:02/K
6	Christopher Wong	47245	M	3:43:57	5:18/K
7	Stephen Forde	46197	M	3:55:07	5:34/K
8	Matthew Orsborn	47256	M	3:59:10	5:40/K
9	Valerian Terraneo	47254	M	4:00:33	5:42/K
10	Rick Cooney	46190	M	4:01:33	5:43/K
11	Younggil Kwon	47214	M	4:02:18	5:45/K
12	Larry McMahon	47222	M	4:06:16	5:50/K
13	Benjamin Milling	47223	M	4:07:47	5:52/K
14	Aidan Goheen	47201	M	4:07:54	5:52/K
15	Patrick Caffrey	47250	M	4:12:12	5:59/K
16	Travis Weber	47244	M	4:12:57	6:00/K
17	Steven Tsai	47240	M	4:20:41	6:11/K
18	Gordon Lee	47216	M	4:42:57	6:42/K
19	Gerardo Frias	46199	M	4:47:44	6:49/K
20	JC Delannoy	46192	M	4:49:35	6:52/K
21	Lance Jakubec	47210	M	4:50:23	6:53/K
22	Yong Jin Park	47229	M	4:56:52	7:02/K
23	Jinwei Tagn	47237	M	5:02:36	7:10/K
24	Bill Lin	47218	M	5:09:07	7:20/K
25	Jorge Tablas	47236	M	5:24:51	7:42/K
26	Chris Rider	47231	M	5:36:23	7:58/K
27	Mervyn Leong	47217	M	5:39:31	8:03/K
28	David England	46195	M	5:39:32	8:03/K

MEC VANCOUVER RACE SIX: 5K/10K/21.1K/42.2K

Race Date

October 02, 2016

Overall Finish List**21.1k Run****Female**

<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Gend</u>	<u>Time</u>	<u>Pace</u>
1	Phillippa Keast	11826	F	1:30:51	4:18/K
2	Rhiannon Evans	11632	F	1:34:08	4:28/K
3	Mary Walsh	11941	F	1:34:20	4:28/K
4	Salome Emmanuel	11627	F	1:36:27	4:34/K
5	Dianne Stephen	11990	F	1:37:34	4:37/K
6	Tanya Corbin-Riley	11614	F	1:38:14	4:39/K
7	Tania Tasaka	11979	F	1:39:26	4:43/K
8	Lara Duke	11626	F	1:40:12	4:45/K
9	Sabrina Wong	11951	F	1:40:50	4:47/K
10	Fainne Martin	11864	F	1:46:45	5:04/K
11	Devie Amundsen	11471	F	1:46:58	5:04/K
12	Lorna Marshall	11991	F	1:50:07	5:13/K
13	Amy Russell	11910	F	1:50:28	5:14/K
14	Antje Elisa Carrel	11499	F	1:53:19	5:22/K
15	Amy Kirby	11831	F	1:54:21	5:25/K
16	Kelsey Klaver	11970	F	1:56:04	5:30/K
17	Johanna McDonald	11869	F	1:56:28	5:31/K
18	Adrienne Salter	11912	F	1:56:29	5:31/K
19	Janeen Lee	11848	F	1:56:43	5:32/K
20	Michelle Lee	11845	F	1:57:02	5:33/K
21	Heike Walker	11940	F	1:57:04	5:33/K
22	Amelia Smits	11927	F	1:57:14	5:33/K
23	Megan Trotman	11938	F	1:57:30	5:34/K
24	Jennifer Derksen	11620	F	1:58:05	5:36/K
25	Lizzie Lee	11846	F	1:58:10	5:36/K
26	Lauren Schloman	11917	F	1:58:15	5:36/K
27	Nicole Lau	11839	F	2:00:03	5:41/K
28	Tamara Lauzon	11841	F	2:01:36	5:46/K
29	Mallory Miller	11874	F	2:02:16	5:48/K
30	Joan Wang	11968	F	2:03:14	5:50/K
31	Priscila Costa Lima	11615	F	2:04:09	5:53/K
32	Vicky Elsom	11969	F	2:04:54	5:55/K
33	Brenie Clamer	11611	F	2:05:25	5:57/K
34	Jessica Sanchez	11914	F	2:07:19	6:02/K
35	Natalie Godfrey	11649	F	2:07:24	6:02/K
36	Kara Gonzalez	11801	F	2:07:30	6:03/K
37	Soo Yeon Lee	11847	F	2:08:06	6:04/K
38	Regiane Garcia	11645	F	2:08:28	6:05/K
39	Angela Mach	11995	F	2:08:55	6:07/K
40	CHRISTY Skelton	11924	F	2:09:34	6:08/K
41	Zoe Willmott	11948	F	2:09:57	6:10/K
42	Kempter Valentina Maria	11939	F	2:10:19	6:11/K
43	Gloria lu	11817	F	2:10:39	6:12/K
44	Adriana Proton	11898	F	2:10:50	6:12/K
45	Eileen Mach	11861	F	2:11:46	6:15/K
46	Miranda Holroyd	11966	F	2:13:31	6:20/K
47	Anna Thorrougood	11936	F	2:13:43	6:20/K

MEC VANCOUVER RACE SIX: 5K/10K/21.1K/42.2K

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Overall Finish List**21.1k Run****Female**

Overall	Name	Bib No	Gend	Time	Pace
48	Jessica Locke	11858	F	2:13:47	6:20/K
49	tina cheng	11605	F	2:13:49	6:21/K
50	Lindsay Oliver	11887	F	2:13:54	6:21/K
51	Hilary Kilgour	11974	F	2:14:41	6:23/K
52	Katherine Liu	11856	F	2:15:22	6:25/K
53	gaelle thomas	11934	F	2:15:28	6:25/K
54	Joanne Thalken	11975	F	2:18:00	6:32/K
55	Chris Kirkpatrick	11832	F	2:18:43	6:34/K
56	Mary Lovelace	11985	F	2:18:55	6:35/K
57	Pamela Fennell	11634	F	2:19:26	6:36/K
58	Shannon Fiddler	11635	F	2:21:55	6:44/K
59	Lorraine Douville	11624	F	2:23:11	6:47/K
60	Hong Ying (Holl Zhang	11962	F	2:23:23	6:48/K
61	Shannon Bridson	11493	F	2:27:45	7:00/K
62	Cathy Wu	11952	F	2:30:25	7:08/K
63	selena (nene) bateman	11481	F	2:32:20	7:13/K
64	Suzanne L'Heureux	11852	F	2:32:47	7:14/K
65	Andrea Esteves	11630	F	2:32:49	7:15/K
66	Leanne Pain	11989	F	2:34:49	7:20/K
67	Amanda Harnett	11992	F	2:34:52	7:20/K
68	Magdalena Blasiak	11487	F	2:38:49	7:32/K
69	aimee illescas	11814	F	2:41:05	7:38/K
70	Dawn Mount	47225	F	2:41:46	7:40/K
71	Sandi Somers	11929	F	2:44:39	7:48/K
72	Sara Leishman	11849	F	2:44:42	7:48/K
73	Monique Castonguay	11967	F	2:44:42	7:48/K
74	Kristin Rouse	11908	F	2:47:38	7:57/K
75	Monita Cheng	11604	F	3:04:07	8:44/K
76	Sandi McManus	11871	F	3:11:03	9:03/K
77	Erika Reyes	11903	F	3:14:05	9:12/K

MEC VANCOUVER RACE SIX: 5K/10K/21.1K/42.2K

Race Date

October 02, 2016

Overall Finish List**21.1k Run****Male**

<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Gend</u>	<u>Time</u>	<u>Pace</u>
1	Maynard Jordan	11984	M	1:17:44	3:41/K
2	Adrie Thevenet	11964	M	1:20:35	3:49/K
3	Marty Wacker	11980	M	1:22:19	3:54/K
4	Gavin Bong	11490	M	1:29:33	4:15/K
5	Spencer Price	11897	M	1:30:44	4:18/K
6	Adao Duarte	11625	M	1:32:32	4:23/K
7	Michael McCormick	11866	M	1:32:38	4:23/K
8	DOUGLAS JACKSON	11818	M	1:33:43	4:26/K
9	Jon INNS	11815	M	1:33:48	4:27/K
10	Ron Libunao	11853	M	1:34:50	4:30/K
11	Stephen Redding	11901	M	1:35:47	4:32/K
12	Jiri Sadek	11911	M	1:37:02	4:36/K
13	Cameron Morrell	11876	M	1:38:11	4:39/K
14	Cody Esau	11629	M	1:40:45	4:46/K
15	Ketan Chawda	11603	M	1:40:46	4:47/K
16	E Yu	11959	M	1:41:01	4:47/K
17	Martin Coles	11612	M	1:41:09	4:48/K
18	Zhiwei Fu	11643	M	1:41:21	4:48/K
19	Brad Sigurdson	11923	M	1:41:45	4:49/K
20	Aman Nijjar	11987	M	1:42:07	4:50/K
21	Michael Hawco	11809	M	1:42:21	4:51/K
22	Joseph Choi	11607	M	1:42:54	4:53/K
23	Zachary Kennedy	11828	M	1:43:10	4:53/K
24	Ricky Chi Vinh Tang	11932	M	1:43:31	4:54/K
25	Michael Brunshweiler	11993	M	1:43:36	4:55/K
26	John Francois	11640	M	1:45:24	5:00/K
27	Rodolfo Espinosa	11988	M	1:45:42	5:01/K
28	Benjamin Ansari	11472	M	1:46:06	5:02/K
29	clark rasmussen	11900	M	1:46:46	5:04/K
30	Tae Il Yoon	11957	M	1:46:48	5:04/K
31	Felix Erfurt	11628	M	1:47:28	5:06/K
32	Shayne Shea	11919	M	1:47:55	5:07/K
33	Q Doh Pae	11890	M	1:49:41	5:12/K
34	Franz Obermeier	11885	M	1:49:52	5:12/K
35	Carlos Peralta	11982	M	1:50:13	5:13/K
36	Matthew Lieurance	11854	M	1:50:22	5:14/K
37	Darcy Tingala	11994	M	1:50:42	5:15/K
38	Ryan Doherty	11622	M	1:51:15	5:16/K
39	Basil McLaren	11870	M	1:52:59	5:21/K
40	Je Hun Jung	11822	M	1:53:08	5:22/K
41	Lawrence Bernales	11483	M	1:53:12	5:22/K
42	Kevin Park	11891	M	1:53:29	5:23/K
43	Calixto Martinez	11865	M	1:53:34	5:23/K
44	Ethan Schnell	11918	M	1:53:35	5:23/K
45	Matthew Arthur	11475	M	1:54:01	5:24/K
46	MIN-GYU (JAMES) GWAK	11805	M	1:54:03	5:24/K
47	Andrew Chow	11609	M	1:54:19	5:25/K

MEC VANCOUVER RACE SIX: 5K/10K/21.1K/42.2K

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Overall Finish List

			21.1k Run	Male	
<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Gend</u>	<u>Time</u>	<u>Pace</u>
48	Kevin Boyle	11491	M	1:54:40	5:26/K
49	Daniel Lee	11915	M	1:54:42	5:26/K
50	Josh Apland	11473	M	1:54:55	5:27/K
51	Conley Keyes	11829	M	1:56:06	5:30/K
52	Paul Harrison	11807	M	1:56:12	5:30/K
53	Glen Coulter	11616	M	1:57:14	5:33/K
54	Cheng Hsu	11812	M	1:57:17	5:34/K
55	Tom Sherlock	11922	M	1:58:44	5:38/K
56	Eric Kang	11824	M	1:59:49	5:41/K
57	Alex Coombes	11613	M	2:01:16	5:45/K
58	Yong Xiao	11954	M	2:01:20	5:45/K
59	Stefan Neilson	11973	M	2:01:29	5:45/K
60	Peter Chetwynd	11606	M	2:01:35	5:46/K
61	Samuel Alonzo	11469	M	2:02:05	5:47/K
62	Robert MacEachern	11860	M	2:02:16	5:48/K
63	Roop Singh	11986	M	2:02:24	5:48/K
64	Luke Kwong	11837	M	2:02:55	5:50/K
65	JOSEPH CACAL	11496	M	2:03:46	5:52/K
66	Weining Wu	11953	M	2:04:08	5:53/K
67	Tom Moy	11972	M	2:04:21	5:54/K
68	Mike Calder	11497	M	2:05:04	5:56/K
69	Jeff Chow	11608	M	2:05:35	5:57/K
70	Will Ko	11834	M	2:06:28	6:00/K
71	Tate Lillies	11855	M	2:06:47	6:01/K
72	Carlos Arredondo	11474	M	2:07:00	6:01/K
73	Brian Hainswordy	11983	M	2:07:11	6:02/K
74	Andrii Besporstov	11484	M	2:07:57	6:04/K
75	Matt Karakilic	11825	M	2:08:46	6:06/K
76	James Caspersen	11978	M	2:08:53	6:06/K
77	Gary Franco	11639	M	2:09:15	6:08/K
78	Kevin Yau	11956	M	2:09:44	6:09/K
79	Chris Kennedy	11827	M	2:09:50	6:09/K
80	kevin yu	11960	M	2:10:14	6:10/K
81	Patrick Bannert	11479	M	2:10:20	6:11/K
82	Jesse Knight	11833	M	2:10:46	6:12/K
83	Darcy Asham	11477	M	2:10:51	6:12/K
84	Pong Leung	11850	M	2:11:56	6:15/K
85	Ryan Jarata	11819	M	2:12:31	6:17/K
86	Lukas Wilson	11977	M	2:12:43	6:17/K
87	Joseph Yang	11955	M	2:13:12	6:19/K
88	Josh Brushett	11494	M	2:13:24	6:19/K
89	Trevor Cumming	11617	M	2:13:45	6:20/K
90	Jonathon Haddon	11806	M	2:15:51	6:26/K
91	David Kwan	11836	M	2:16:38	6:29/K
92	Slobodan Babic	11478	M	2:17:37	6:31/K
93	Randy Grixti	11803	M	2:19:26	6:36/K
94	John Reay	11976	M	2:20:43	6:40/K

Overall Finish List

21.1k Run

Male

<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Gen</u>	<u>Time</u>	<u>Pace</u>
95	Raymond Yeung	11981	M	2:21:26	6:42/K
96	Robert Zechel	11961	M	2:21:45	6:43/K
97	Tom Francis	11638	M	2:22:53	6:46/K
98	Curtis Lee	11844	M	2:23:08	6:47/K
99	Kenneth Lau	11840	M	2:23:37	6:48/K
100	Ian Ross	11907	M	2:28:30	7:02/K
101	Geoffrey Morrison	11877	M	2:32:17	7:13/K
102	Rob Irwin	11816	M	2:38:18	7:30/K
103	Isaac Peltz	11894	M	2:47:38	7:57/K

MEC VANCOUVER RACE SIX: 5K/10K/21.1K/42.2K

Race Date

October 02, 2016

Overall Finish List**10k Run****Female**

<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Gend</u>	<u>Time</u>	<u>Pace</u>
1	Drea Garvue	76279	F	39:03	3:54/K
2	Karen Choi	76238	F	47:21	4:44/K
3	Lena Sesardic	76449	F	47:23	4:44/K
4	Jenny Benedetto	76214	F	48:24	4:50/K
5	Jessica Thiessen	76404	F	48:59	4:54/K
6	Ellen Legro	76451	F	49:49	4:59/K
7	Marta Biernacki	76217	F	49:50	4:59/K
8	Christine Edgeworth	76260	F	50:15	5:02/K
9	Dee Colley	76242	F	50:21	5:02/K
10	Mikayla Bay	76213	F	50:36	5:04/K
11	Jen Johnson	76312	F	50:49	5:05/K
12	Fran Hartman	76296	F	50:49	5:05/K
13	Amy Bitz	76220	F	51:05	5:07/K
14	Verna Yam	76434	F	51:32	5:09/K
15	Gabriele Peralta	76468	F	51:44	5:10/K
16	Sandra Franke	76463	F	51:44	5:10/K
17	Alice Gaglistaller	76266	F	53:09	5:19/K
18	Alida Oegema	76458	F	53:15	5:20/K
19	Nikki Ryan	76388	F	53:26	5:21/K
20	Mikaela Ellis	76262	F	53:42	5:22/K
21	Tracy Harvey-Chan	76297	F	53:48	5:23/K
22	Megan Tremblay	76410	F	53:53	5:23/K
23	Zoe Hong	76304	F	54:19	5:26/K
24	Taylor Hetherington	76299	F	54:19	5:26/K
25	Janet Walker	76420	F	54:26	5:27/K
26	Kaleigh Snesar	76397	F	54:32	5:27/K
27	Madeleine Thompson	76461	F	54:48	5:29/K
28	Veronica Farrelly	76272	F	54:59	5:30/K
29	Tova Wolinsky	76428	F	55:21	5:32/K
30	Cassie Wright	76433	F	55:36	5:34/K
31	Sheryl Dris	76257	F	55:44	5:34/K
32	carolyn Anderson	76205	F	55:59	5:36/K
33	Keela Keeping	76450	F	56:23	5:38/K
34	Sheena Hoskin	76307	F	56:29	5:39/K
35	Christina Matheson	76342	F	56:33	5:39/K
36	Binder Dhaliwal	76255	F	56:40	5:40/K
37	Kaylee Falk	76270	F	56:40	5:40/K
38	Janelle Roger	76472	F	56:50	5:41/K
39	Erin Berger	76215	F	57:11	5:43/K
40	Sheila Schumann	76462	F	57:20	5:44/K
41	Stefanie Grieser	76469	F	57:20	5:44/K
42	Mary Condon	76243	F	57:27	5:45/K
43	Amy Kakebeeke	76482	F	57:31	5:45/K
44	Chelsea Tisdelle	76407	F	57:38	5:46/K
45	Grace Sullivan	76401	F	58:44	5:52/K
46	Brittany Schmidt	76392	F	58:44	5:52/K
47	Catherine van Ruyven	76414	F	58:53	5:53/K

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Overall Finish List

			10k Run	Female	
<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Gend</u>	<u>Time</u>	<u>Pace</u>
48	Aireen Aquino	76207	F	59:10	5:55/K
49	renee dupuis	76259	F	59:43	5:58/K
50	Andrea Hingston	76475	F	1:00:03	6:00/K
51	Nicole Marsh	76340	F	1:00:10	6:01/K
52	Beverley Oneil	76455	F	1:00:33	6:03/K
53	Lynda Edmonds	76261	F	1:01:02	6:06/K
54	Sharon Vipond	76417	F	1:01:14	6:07/K
55	Tracy-Kim Campbell	76481	F	1:01:26	6:09/K
56	Sara Falk	76269	F	1:01:29	6:09/K
57	Melissa Yap	76435	F	1:01:45	6:11/K
58	Louise Webb	76423	F	1:03:20	6:20/K
59	Carolyn Lewis	76331	F	1:03:35	6:22/K
60	Paula Coutinho	76467	F	1:03:54	6:23/K
61	Ainsley Sali	76448	F	1:04:12	6:25/K
62	Julie Berry	76216	F	1:04:33	6:27/K
63	Shaobin Luo	76477	F	1:04:53	6:29/K
64	Melissa Lasko	76328	F	1:05:50	6:35/K
65	Carol Bailey	76471	F	1:06:05	6:37/K
66	Jessica Saunders	76453	F	1:06:11	6:37/K
67	Wilma Nederend	76358	F	1:06:36	6:40/K
68	Amanda Chan	76231	F	1:06:37	6:40/K
69	Joanne Reid	76452	F	1:06:46	6:41/K
70	Kimberly Tsang	76411	F	1:06:53	6:41/K
71	Cecilia Kalaw	76313	F	1:07:29	6:45/K
72	Gabriela Matute	76464	F	1:07:45	6:47/K
73	Rachelle Yong	76437	F	1:07:47	6:47/K
74	Tara Myden	76357	F	1:07:57	6:48/K
75	Yin Li	76333	F	1:08:05	6:49/K
76	Cindy Wang	76421	F	1:08:30	6:51/K
77	Mai Bui	76225	F	1:08:33	6:51/K
78	Kathy Duncan	76258	F	1:08:41	6:52/K
79	Elena Geronimo	76282	F	1:08:44	6:52/K
80	Rica Geronimo	76283	F	1:08:44	6:52/K
81	Zhe Gu	76291	F	1:09:01	6:54/K
82	Michelle Clamer	76465	F	1:09:42	6:58/K
83	Louisa Bradley	76473	F	1:10:20	7:02/K
84	Lori Ptachyk	76378	F	1:10:33	7:03/K
85	Karis Hiebert	76300	F	1:10:58	7:06/K
86	Shirley Falk	76267	F	1:11:21	7:08/K
87	Barb Newton	76360	F	1:11:38	7:10/K
88	Anna Deepwell	76252	F	1:12:17	7:14/K
89	Marrhinca Thomas	76406	F	1:13:13	7:19/K
90	Zoe Biggs	76218	F	1:13:14	7:19/K
91	Jessica Price	76377	F	1:13:14	7:19/K
92	Rachel Murphy	76355	F	1:13:58	7:24/K
93	Winnie Lui	76454	F	1:14:18	7:26/K
94	Cinthia Blanchette	76221	F	1:14:33	7:27/K

Race Date

MEC VANCOUVER RACE SIX: 5K/10K/21.1K/42.2K

October 02, 2016

Overall Finish List

10k Run

Female

<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Gen</u>	<u>Time</u>	<u>Pace</u>
95	Annie Giguere-Floris	76285	F	1:14:36	7:28/K
96	neha kishore	76317	F	1:16:28	7:39/K
97	Lauren Harrison	76295	F	1:43:09	10:19/K

MEC VANCOUVER RACE SIX: 5K/10K/21.1K/42.2K

Race Date

October 02, 2016

Overall Finish List**10k Run****Male**

<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Gend</u>	<u>Time</u>	<u>Pace</u>
1	Anthony Toth	76409	M	35:39	3:34/K
2	Gus Amundson	76204	M	36:40	3:40/K
3	Run Tang	76476	M	38:25	3:51/K
4	Chris Bunz	76226	M	38:38	3:52/K
5	Matt Russell	76387	M	39:55	4:00/K
6	Gabriel Dvarte	76457	M	40:05	4:01/K
7	Tim Falk	76271	M	40:14	4:01/K
8	Connell O'Reilly	76365	M	40:22	4:02/K
9	Alan Blndear	76479	M	41:28	4:09/K
10	David Adams	76202	M	42:05	4:13/K
11	Shawn Khunkhun	76315	M	42:58	4:18/K
12	Jack MacDougall	76337	M	43:06	4:19/K
13	Marc Ballard	76210	M	43:41	4:22/K
14	Jeff Verbeem	76415	M	44:25	4:27/K
15	Ham Khan	76314	M	44:38	4:28/K
16	Kevin Chase	76235	M	44:47	4:29/K
17	Decon Lung	76335	M	45:00	4:30/K
18	Wai Teng Chow	76456	M	45:29	4:33/K
19	Derek Niziol	76362	M	45:41	4:34/K
20	Charlie Hunter	76466	M	46:21	4:38/K
21	Dennis Bailey	76209	M	47:11	4:43/K
22	Darren Gates	76280	M	47:38	4:46/K
23	Glenn Ritchie	76444	M	47:49	4:47/K
24	Matthew Grossholz	76290	M	48:23	4:50/K
25	riccoh talento	76402	M	48:31	4:51/K
26	Andrew Kwan	76325	M	48:42	4:52/K
27	James Cheung	76236	M	49:02	4:54/K
28	ryan whitehurst	76425	M	49:14	4:55/K
29	Ken Yu	76445	M	49:20	4:56/K
30	Darren Rochford	76383	M	49:46	4:59/K
31	Steve Van Der Leest	76413	M	49:49	4:59/K
32	Darragh Rooney	76447	M	50:07	5:01/K
33	Vaclav Sladek	76396	M	50:09	5:01/K
34	Jim Ormesher	76367	M	50:30	5:03/K
35	Pocholo Cebrero	76230	M	51:02	5:06/K
36	Matthew Hong	76305	M	51:09	5:07/K
37	Marc Sibson	76395	M	51:13	5:07/K
38	Kevin Chang	76233	M	51:15	5:08/K
39	Toshio Ouchi	76368	M	51:19	5:08/K
40	Michael Sarvari	76389	M	51:20	5:08/K
41	Ryan Konno	76319	M	51:41	5:10/K
42	Albert Wong	76429	M	51:44	5:10/K
43	Chris Naylor	76483	M	51:48	5:11/K
44	Robert Haag	76292	M	52:08	5:13/K
45	Anthony Quin	76379	M	52:24	5:14/K
46	Mario Busse	76227	M	52:41	5:16/K
47	Zach Saunders	76390	M	52:44	5:16/K

MEC VANCOUVER RACE SIX: 5K/10K/21.1K/42.2K

Race Date

October 02, 2016

Overall Finish List**10k Run****Male**

<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Gend</u>	<u>Time</u>	<u>Pace</u>
48	Brendan Farrelly	76273	M	52:49	5:17/K
49	Carlos Abrego	76201	M	53:20	5:20/K
50	Brian Hoskin	76308	M	53:43	5:22/K
51	Eric Neumeyer	76359	M	54:07	5:25/K
52	Shawn Janes	76310	M	54:23	5:26/K
53	Mykola Lysenko	76336	M	54:33	5:27/K
54	Gerry O'Reilly	76366	M	54:56	5:30/K
55	Felix Haag	76293	M	55:13	5:31/K
56	Michael Goldman	76288	M	55:23	5:32/K
57	Steven Evans	76264	M	55:43	5:34/K
58	Richard Hong	76303	M	55:44	5:34/K
59	George Sali	76440	M	56:29	5:39/K
60	Gary Dhiman	76256	M	56:57	5:42/K
61	LEONARDO CARRASCO	76229	M	57:06	5:43/K
62	Russ Zapotichny	76439	M	57:26	5:45/K
63	Adrian Hingston	76474	M	57:31	5:45/K
64	Kyle Matheson	76343	M	57:55	5:48/K
65	Henry Wong	76430	M	58:03	5:48/K
66	Sony Gawley	76478	M	58:05	5:49/K
67	Will Alvarado	76203	M	58:08	5:49/K
68	Graciann Evangelista	76263	M	58:51	5:53/K
69	Dan Connop	76244	M	58:53	5:53/K
70	Renjun Chen	76442	M	59:54	5:59/K
71	Jeremy Wong	76431	M	59:59	6:00/K
72	Tom Bui	76224	M	1:00:00	6:00/K
73	Heye Klaver	76318	M	1:00:12	6:01/K
74	Byron Martin	76341	M	1:00:15	6:02/K
75	Colm Rooney	76446	M	1:00:35	6:04/K
76	Owen Hill Davie	76301	M	1:01:15	6:08/K
77	Michael Vipond	76416	M	1:01:15	6:08/K
78	Ramond Tsow	76480	M	1:01:28	6:09/K
79	michael realina	76381	M	1:01:57	6:12/K
80	Payman Ahsazi	76441	M	1:03:26	6:21/K
81	Paul Poon	76376	M	1:03:57	6:24/K
82	gil yeung	76436	M	1:04:02	6:24/K
83	Marshall Derksen	76253	M	1:04:56	6:30/K
84	Grant Derksen	76254	M	1:05:10	6:31/K
85	Robertson Wong	76432	M	1:05:11	6:31/K
86	Keith Cerny	76470	M	1:06:02	6:36/K
87	Harlan Torrealba	76408	M	1:10:25	7:03/K
88	Viktor Volodarets	76418	M	1:11:11	7:07/K
89	Gerald Falk	76268	M	1:11:20	7:08/K
90	James Brown	76222	M	1:13:14	7:19/K
91	Benoit Gignac	76284	M	1:13:16	7:20/K
92	Matthew Murphy	76356	M	1:13:57	7:24/K
93	PETER GOEL	76287	M	1:28:37	8:52/K

MEC VANCOUVER RACE SIX: 5K/10K/21.1K/42.2K

Race Date

October 02, 2016

Overall Finish List

			5k Run	Female	
<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Gend</u>	<u>Time</u>	<u>Pace</u>
1	Olivia Willett	64912	F	19:47	3:57/K
2	Nancy Hancharyk	64039	F	21:04	4:13/K
3	Annette Paul	64083	F	23:00	4:36/K
4	Elizabeth Kennedy	64051	F	23:22	4:40/K
5	Sara Blais	64921	F	24:14	4:51/K
6	Rebecca Hamilton	64922	F	24:14	4:51/K
7	Olivia Paje	64079	F	24:15	4:51/K
8	Rachael Paje	64080	F	24:49	4:58/K
9	Tara Nesbitt	64920	F	25:17	5:03/K
10	Bracken Hanke	64041	F	25:17	5:03/K
11	Hannah Teminsky	64100	F	26:07	5:13/K
12	Aude Dubois	64927	F	26:19	5:16/K
13	Stephanie Hollingshead	64043	F	26:43	5:21/K
14	Jessica Dunkley	64926	F	26:53	5:23/K
15	valerie smith	64096	F	27:10	5:26/K
16	Martine Charbonneau	64015	F	27:44	5:33/K
17	Faithful Lo	64066	F	28:17	5:39/K
18	Laura Fraser	64030	F	28:27	5:41/K
19	Jessica Cowen	64018	F	28:45	5:45/K
20	Nadine Daviss	64019	F	29:07	5:49/K
21	Lynda Kerr	64054	F	29:21	5:52/K
22	Vivian Lee	64059	F	29:35	5:55/K
23	Celine Dempsey	64021	F	29:44	5:57/K
24	lisa goodwin	64035	F	29:49	5:58/K
25	Trista Humfries	64047	F	31:25	6:17/K
26	Elsa Medina	64074	F	31:27	6:17/K
27	Mj Moran	64077	F	31:27	6:17/K
28	Serena Lakhani	64056	F	31:28	6:18/K
29	Emily Poversky	64936	F	31:59	6:24/K
30	Emma Reiter	64088	F	32:13	6:27/K
31	Suzie Lee	64061	F	32:22	6:28/K
32	Katherine Kennedy	64053	F	32:38	6:32/K
33	Jamie Lee	64062	F	33:07	6:37/K
34	karli Lang	64058	F	33:33	6:43/K
35	Julie Wang	64910	F	33:41	6:44/K
36	Lorenda Calvert	64012	F	34:26	6:53/K
37	Karen Noel-Bentley	64078	F	34:28	6:54/K
38	Laura McPheeters	64073	F	34:30	6:54/K
39	Tracy Adams	64004	F	34:38	6:56/K
40	Lisa Tam	64098	F	34:53	6:59/K
41	Amy Watkins	64911	F	35:03	7:01/K
42	Anne Beaver	64007	F	35:03	7:01/K
43	Pamela Poneroy	64939	F	35:11	7:02/K
44	Denise Kenny	64929	F	36:10	7:14/K
45	Heather Farmer	64931	F	36:10	7:14/K
46	Ingrid Dueck	64027	F	36:14	7:15/K
47	Paula Pisciotano	64085	F	37:31	7:30/K

Overall Finish List

			5k Run	Female	
<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Gen</u>	<u>Time</u>	<u>Pace</u>
48	Erin Berger	64918	F	37:34	7:31/K
49	Jennifer Black	64928	F	37:57	7:35/K
50	Stephanie Rudnisky	64091	F	37:57	7:35/K
51	Andrea Fruhling	64031	F	38:01	7:36/K
52	Kayla Preston	64086	F	39:23	7:53/K
53	Anthea Johnson	64050	F	39:23	7:53/K
54	Emilia Thrift	64903	F	39:58	8:00/K
55	Erin Thrift	64902	F	40:25	8:05/K
56	Diana Lane	64057	F	43:19	8:40/K
57	Justine Charrier	64016	F	43:21	8:40/K
58	Jenny Simpson	64094	F	45:33	9:07/K
59	Anurita Dhiman	64022	F	47:09	9:26/K
DQ	Suzanne Strom	76400	F	---	---

MEC VANCOUVER RACE SIX: 5K/10K/21.1K/42.2K

Race Date

October 02, 2016

Overall Finish List

			5k Run	Male	
<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Gend</u>	<u>Time</u>	<u>Pace</u>
1	Troy Barrie	64942	M	18:19	3:40/K
2	Carey Nelson	64934	M	18:27	3:41/K
3	Will Harrington	64919	M	18:54	3:47/K
4	Jason Lewis	64064	M	19:25	3:53/K
5	Lei Guo	64038	M	19:53	3:59/K
6	Michael Taylor	64099	M	20:06	4:01/K
7	Andrew Thrift	64901	M	20:10	4:02/K
8	Akas Krasznai	64924	M	20:28	4:06/K
9	Ethan Poneroy	64940	M	20:29	4:06/K
10	Riley Howlett	64046	M	20:34	4:07/K
11	Daniel Mew	64076	M	20:38	4:08/K
12	Paul Harmon	64933	M	20:56	4:11/K
13	Austin Mcfarland	64068	M	21:20	4:16/K
14	Justin Mak	64067	M	21:44	4:21/K
15	DAVID BICKERTON	64009	M	21:50	4:22/K
16	Anthony Rajkovich	64087	M	21:52	4:22/K
17	Oliver Hollingshead	64044	M	21:53	4:23/K
18	Nick Hart	64042	M	22:34	4:31/K
19	Daniee Buschert	64937	M	22:39	4:32/K
20	Anthony Holloway	64045	M	22:48	4:34/K
21	Peter Beels	64008	M	23:04	4:37/K
22	Mario de Lemos	64020	M	23:40	4:44/K
23	Jonathan Ross	64090	M	23:56	4:47/K
24	Chris Seppelt	64093	M	24:21	4:52/K
25	Adam Arduini	64005	M	24:29	4:54/K
26	Bradley Copes	64017	M	25:00	5:00/K
27	Cavan Ditchmen	64024	M	26:13	5:15/K
28	Enrico Murru	64938	M	26:14	5:15/K
29	John Lee	64060	M	26:51	5:22/K
30	Douglas Campbell	64925	M	27:31	5:30/K
31	Pardeep Dosanjh	64025	M	27:55	5:35/K
32	Ajit Dosanjh	64026	M	27:56	5:35/K
33	Robert McNaughton	64071	M	28:53	5:47/K
34	Doug Ibbott	64049	M	29:02	5:48/K
35	Fabrice Renaud	64089	M	29:59	6:00/K
36	Felix Fruhling	64033	M	30:44	6:09/K
37	Shan Parmar	64082	M	31:24	6:17/K
38	Hassan Lakhani	64055	M	31:26	6:17/K
39	David Stephenson	64941	M	31:42	6:20/K
40	Matthew Sun	64097	M	31:55	6:23/K
41	Veerin Dhiman	64023	M	32:16	6:27/K
42	Trevor Vipond	64908	M	34:26	6:53/K
43	Nicholas Kennedy	64052	M	35:08	7:02/K
44	Alden Roger	64935	M	35:41	7:08/K
45	Sam Bookbinder	64930	M	36:12	7:14/K
46	Kaden Cerny	64932	M	36:37	7:19/K
47	Kyle Markam	64916	M	36:53	7:23/K

Race Date

October 02, 2016

MEC VANCOUVER RACE SIX: 5K/10K/21.1K/42.2K

Overall Finish List

			5k Run	Male	
Overall	Name	Bib No	Gen	Time	Pace
48	David McNaughton	64072	M	38:06	7:37/K
49	Dave Markam	64915	M	38:46	7:45/K
50	Dylan Markam	64917	M	39:25	7:53/K
51	Nick Fruhling	64032	M	39:59	8:00/K
52	Andrew McKechni	64069	M	40:13	8:03/K
53	Ezra Thrift	64904	M	40:25	8:05/K
54	Newman Scott Hunter	64048	M	45:31	9:06/K