

MEC LANGLEY RACE ONE: 5K/10K

March 6, 2016

Results By TRIO Sport Events www.trioevents.ca**MEC****10 k Run**

Female

Place	Name	Bib No	Total Time	Total Pace
1	Brittney Dunbar	75438	41:45	4:11/K
2	Jaylene Billows	75409	45:51	4:35/K
3	Megan MacDonald	75485	48:31	4:51/K
4	Debbie Frose	75445	48:43	4:52/K
5	Rhonda Gignac	75446	49:14	4:55/K
6	Emily Raymond	75500	49:40	4:58/K
7	Samantha Kroeker	75477	50:09	5:01/K
8	Jodi Leppky	75481	51:06	5:07/K
9	Nicole Driscoll	75435	51:29	5:09/K
10	Sue Hartford	75453	52:14	5:13/K
11	Michelle Edwards	75439	53:00	5:18/K
12	Janice Keller	75469	54:21	5:26/K
13	Heather Wakely	75519	54:32	5:27/K
14	Pamela Clarke	75422	55:29	5:33/K
15	Kathy Potter	75498	55:47	5:35/K
16	Annika Lofstrand	75483	56:13	5:37/K
17	Vanessa Hanberg	75451	56:47	5:41/K
18	Jan Coady	75424	57:40	5:46/K
19	Patricia Hospedales	75460	58:01	5:48/K
20	Kathryn Crouch	75532	58:01	5:48/K
21	Jalene Davies	75430	58:05	5:49/K
22	Sarah Hancock	75452	58:05	5:49/K
23	Cari Kobialko	75473	59:28	5:57/K
24	Jeannette Kim	75470	59:30	5:57/K
25	Dionne Archer-Smith	75401	59:40	5:58/K
26	Dina Pharand	75497	59:40	5:58/K
27	Cindy Walker	75520	1:00:16	6:02/K
28	Andrea Briggeman	75415	1:00:44	6:04/K
29	Sally Bonderud	75413	1:01:03	6:06/K
30	Estelle Greb	75447	1:01:11	6:07/K
31	Leaerin Veldhoen	75517	1:01:15	6:08/K
32	Sherisse Hartley	75531	1:01:43	6:10/K
33	Stacey Kosturos	75474	1:02:13	6:13/K
34	Mary Condon	75530	1:02:16	6:14/K
35	Christina Williams	75523	1:02:31	6:15/K
36	Boni Lidderdale	75528	1:02:43	6:16/K
37	Vanette Bot	75414	1:02:50	6:17/K
38	Rita Knapp	75472	1:03:02	6:18/K
39	Heidi Rampfl	75499	1:03:06	6:19/K
40	Tracy Thomas	75515	1:03:24	6:20/K
41	Andrea Green	75448	1:03:29	6:21/K
42	Brittany Trenkel	75534	1:03:44	6:22/K
43	Tatjana Ewasiuk	75441	1:04:10	6:25/K
44	Amie McNeill	75488	1:04:21	6:26/K
45	Sandy Henry	75456	1:05:00	6:30/K

46	Isher Dhaliwal	75433	1:05:36	6:34/K
47	Chantal Clarkson	75423	1:06:23	6:38/K
48	Rosemarie Zupan	75527	1:06:49	6:41/K
49	Jaclyn Bigley	75407	1:07:10	6:43/K
50	Nicole Baker	75404	1:07:43	6:46/K
51	Charlene Fanstone	75442	1:07:59	6:48/K
52	Robin Brown	75416	1:08:06	6:49/K
53	Diana Longhurst	75484	1:08:08	6:49/K
54	Rhianne Duke	75437	1:08:20	6:50/K
55	Cori Kay	75467	1:08:31	6:51/K
56	Celina Austin	75403	1:08:41	6:52/K
57	Jane McDonald	75487	1:09:25	6:57/K
58	Charlene Samaroo	75503	1:09:45	6:59/K
59	Karen Hoepfner	75459	1:11:02	7:06/K
60	Anne Deitch	75431	1:11:35	7:10/K
61	Alexis Carnduff	75419	1:11:36	7:10/K
62	Rhonda Livingstone	75482	1:13:12	7:19/K
63	Lana Shore	75507	1:14:05	7:25/K
64	Samantha Henry	75454	1:15:05	7:31/K
65	Alisha Thom	75514	1:17:07	7:43/K
66	Tracie Jones	75466	1:17:07	7:43/K

Male

Place	Name	Bib No	Total Time	Total Pace
1	Jeremy Isaak	75465	36:44	3:40/K
2	Nathan Veldhoen	75516	37:37	3:46/K
3	Russ Esau	75440	38:08	3:49/K
4	Michael Parker	75495	40:39	4:04/K
5	Jacques du Toit	75436	41:20	4:08/K
6	Adam Slater	75510	41:21	4:08/K
7	Connor Frankenberger	75444	43:24	4:20/K
8	Charlie Hunter	75462	45:34	4:33/K
9	Paul Leppky	75480	45:47	4:35/K
10	Trevor Weimer	75522	45:50	4:35/K
11	Andrew Brown	75417	46:22	4:38/K
12	Louie Maione	75529	47:48	4:47/K
13	Conner Henry	75455	48:02	4:48/K
14	Lawrence Bernales	75406	48:10	4:49/K
15	joel krentz	75475	48:41	4:52/K
16	Dean Scovill	75505	48:46	4:53/K
17	Smith Carter	75536	49:01	4:54/K
18	Tom Barichello	75537	49:12	4:55/K
19	Vaclav Sladek	75509	49:47	4:59/K
20	Dave Bikadi	75408	51:16	5:08/K
21	Bruce Young	75525	52:02	5:12/K
22	Justin Laniec	75478	52:04	5:12/K
23	Ryan Visscher	75518	52:22	5:14/K
24	Gabriel Chu	75421	53:15	5:20/K
25	Brian Chong	75420	53:33	5:21/K
26	Rudy Ydenberg	75524	53:46	5:23/K
27	mike miller	75489	55:20	5:32/K
28	Rick Bomhof	75411	55:27	5:33/K
29	Mark Semeniuk	75506	55:50	5:35/K
30	David Hill-Mah	75458	55:53	5:35/K

31	Peter Frankenberger	75443	56:35	5:40/K
32	Vladimir Ilic	75463	56:41	5:40/K
33	Cunnold Aiden	75535	57:00	5:42/K
34	Rick Scott	75504	57:29	5:45/K
35	Russ Zapotichny	75526	57:43	5:46/K
36	Thomas Wehde	75521	57:58	5:48/K
37	stuart richardson	75501	58:37	5:52/K
38	Richard Maclachlan	75486	58:42	5:52/K
39	Brett Bonderud	75412	59:16	5:56/K
40	Steve Hospedales	75461	59:28	5:57/K
41	Roger Brown	75418	1:00:11	6:01/K
42	Dale Hewitt	75457	1:01:31	6:09/K
43	Mike Gibbons	75533	1:01:41	6:10/K
44	Tim Skidmore	75508	1:02:40	6:16/K
45	Hwan Lee	75479	1:03:59	6:24/K
46	Rick David	75429	1:04:00	6:24/K
47	Jake Pedrosa	75496	1:04:06	6:25/K
48	Jason Ngo	75493	1:07:37	6:46/K
49	Kulvir Dhaliwal	75432	1:08:50	6:53/K

5 k Run

Female

Place	Name	Bib No	Total Time	Total Pace
1	Olivia Willett	29940	19:39	3:56/K
2	Monica Rosenke	29952	24:25	4:53/K
3	Margot Lively	29886	25:06	5:01/K
4	Jayne Nelson	29960	25:22	5:04/K
5	Amy Doerksen	29841	25:46	5:09/K
6	Hannah Keith	29875	26:00	5:12/K
7	Kelly Ens	29851	26:03	5:13/K
8	Vanessa Turnbull	29933	26:17	5:15/K
9	Lisa Redmond	29909	26:26	5:17/K
10	Kate Strachan	29921	26:39	5:20/K
11	Kathleen Klause	29950	26:51	5:22/K
12	Lauryn Cheung	29824	27:17	5:27/K
13	Tomoko Kajiyama	29953	28:13	5:39/K
14	Julie Janes	29871	28:18	5:40/K
15	Claudine Aguilon	29801	28:41	5:44/K
16	Diane Kitazaki	29877	29:01	5:48/K
17	Erin Van Zytveld	29934	29:03	5:49/K
18	Sarah Collins	29829	29:21	5:52/K
19	Nicole De Giusti	29951	29:27	5:53/K
20	Mary Lou Drescher	29845	29:48	5:58/K
21	Jamie Haaf	29865	29:49	5:58/K
22	Louise Chapman	29822	29:53	5:59/K
23	Iexci Mercado	29896	29:55	5:59/K
24	Brenda Philip	29904	30:17	6:03/K
25	Elke Groening	29863	30:32	6:06/K
26	Colleen Zapotichny	29947	30:44	6:09/K
27	Elisabeth Jensen	29872	30:49	6:10/K
28	Brenda Weibelzahl	29937	31:29	6:18/K
29	Anita Chapman	29823	31:29	6:18/K
30	Andrea McLaren	29895	31:37	6:19/K
31	Pauline Batenburg	29805	31:40	6:20/K
32	Carrie-Ann deBruyn	29834	31:46	6:21/K
33	Linda Weimer	29938	31:54	6:23/K
34	Kimberly Schmidt	29916	32:04	6:25/K
35	Amber Wasney	29936	32:22	6:28/K
36	Sarah Woelders	29945	32:29	6:30/K
37	Susan Estrada	29852	32:33	6:31/K
38	Kelly Wilson	29942	32:55	6:35/K
39	Aliana Gully	29864	33:40	6:44/K
40	Aisha Kafi	29874	33:59	6:48/K
41	Angelina Gillespie	29857	34:11	6:50/K
42	leanna butorac	29819	34:47	6:57/K
43	Kate Huffman	29870	34:53	6:59/K
44	Sukhmani Narwal	29897	34:54	6:59/K
45	Lynn Scheitel	29915	35:10	7:02/K
46	Ashley Bowker	29812	35:12	7:02/K
47	Elaine Gaskell	29855	35:22	7:04/K
48	Terri Butcher	29818	35:22	7:04/K
49	Cynthia Dreger	29844	35:22	7:04/K
50	Kuljeet Sandhu	29955	36:01	7:12/K

51	Nicole Hing	29866	36:28	7:18/K
52	Lisa Dolinski	29842	36:30	7:18/K
53	Jema Holmes	29868	36:58	7:24/K
54	Genny Avila	29803	37:07	7:25/K
55	Heather Beckley	29806	37:35	7:31/K
56	Krista Riggs	29912	37:52	7:34/K
57	Sarah Neeson	29899	37:53	7:35/K
58	Alisa Tortolano	29931	38:24	7:41/K
59	Samantha Mincher	29958	38:40	7:44/K
60	Grace Dinney	29838	38:46	7:45/K
61	Deanna Stelting	29920	38:53	7:47/K
62	Tara Lasko	29883	39:28	7:54/K
63	Amara Lasko	29884	39:28	7:54/K
64	Lisa Kurenoff	29880	39:37	7:55/K
65	Patty Martin	29890	39:58	8:00/K
66	Sophie Martin	29891	40:21	8:04/K
67	Kayla English	29850	40:29	8:06/K
68	Shelley Simao	29918	40:39	8:08/K
69	Lisa Bower	29811	40:52	8:10/K
70	Lori Kipp	29876	40:52	8:10/K
71	Anne Desrosiers	29835	40:54	8:11/K
72	Laura Wong	29946	40:55	8:11/K
73	narinder sidhu	29917	41:14	8:15/K
74	Janice Ellinthorpe	29849	41:43	8:21/K
75	Justina Whipple	29939	41:52	8:22/K
76	Manj Bunwait	29817	42:34	8:31/K
77	florence cecil	29821	43:16	8:39/K
78	Darlene Taylor	29923	43:43	8:45/K
79	Kristi Rexhepi	29911	45:24	9:05/K
80	Daniella Pope	29906	45:24	9:05/K
81	Melissa Pope	29959	45:26	9:05/K
82	Joanne Clifton	29827	45:31	9:06/K
83	Raji Johal	29873	45:46	9:09/K
84	Cleo Tilley	29928	47:29	9:30/K
85	Tamara Goyette	29860	53:25	10:41/K
86	Mirella Williams	29941	58:33	11:43/K

Male

Place	Name	Bib No	Total Time	Total Pace
1	Jeremy Brown	29814	17:40	3:32/K
2	Adam Finley	29854	18:48	3:46/K
3	Christopher Lennox	29885	18:49	3:46/K
4	Leonardo Giusti	29858	19:00	3:48/K
5	adam parsons	29901	19:31	3:54/K
6	Mark Boston	29957	19:42	3:56/K
7	Darryl Adams	29956	20:53	4:11/K
8	craig parsons	29900	21:42	4:20/K
9	Jeremy Spurgeon	29919	22:14	4:27/K
10	Lutz Hagen Aisenbrey	29802	22:48	4:34/K
11	Robin Wilson	29943	23:17	4:39/K
12	David Vanderbyl	29935	23:52	4:46/K

13	George Patton	29902	24:29	4:54/K
14	Rob Lucas	29887	24:41	4:56/K
15	Stephen Kirng	29954	24:43	4:57/K
16	Brad Auger	29963	25:34	5:07/K
17	Jake Taylor	29926	25:39	5:08/K
18	Ryan Perverseff	29903	25:47	5:09/K
19	Don McGregor	29893	26:07	5:13/K
20	Grant Strachan	29922	27:30	5:30/K
21	Kelly Restiaux	29910	28:45	5:45/K
22	Andrew Osborne	29962	28:59	5:48/K
23	Nick McLaren	29894	29:14	5:51/K
24	Kyle Taylor	29925	29:33	5:55/K
25	Paul Taylor	29924	29:39	5:56/K
26	Matthew Boulton	29810	29:47	5:57/K
27	June-Young Kwon	29881	31:00	6:12/K
28	Ron Hintsche	29867	31:18	6:16/K
29	Mike Dickinson	29836	31:51	6:22/K
30	Graham Lamont	29882	32:17	6:27/K
31	Michael Woelders	29944	32:27	6:29/K
32	Jonathan Edwards	29848	33:02	6:36/K
33	Gordon Edwards	29847	33:26	6:41/K
34	Declan Tilley	29929	36:27	7:17/K
35	Oliver Tilley	29930	36:55	7:23/K
36	James Groening	29862	37:30	7:30/K
37	Mike Dinney	29839	38:46	7:45/K
38	John Bigley	29809	39:14	7:51/K
39	John Adam Bigley	29808	39:14	7:51/K
40	Gord Kurenoff	29879	39:34	7:55/K
41	Jose Rodriguez	29913	40:31	8:06/K
42	William Pringle	29908	41:52	8:22/K
43	Ranj Bunwait	29816	44:20	8:52/K
44	John Zulak	29949	44:21	8:52/K
45	Kevin Prasad	29907	45:48	9:10/K