

# MEC LANGLEY RACE THREE: 5K/10K

Race Date  
July 08, 2018

## Overall Finish List

			10 k	Female	
<u>Overall</u>	<u>Name</u>	<u>Bib No</u>		<u>Time</u>	<u>Pace</u>
1	Joanne Bach	1619		48:58	4:54/K
2	Delicia Jackson	4654		49:40	4:58/K
3	Amy Corrigan	5055		49:49	4:59/K
4	Lynetta Chu	4601		51:29	5:09/K
5	Nicole Cusack	4606		52:39	5:16/K
6	Helen Rogan	5074		52:49	5:17/K
7	Tamara Marshall	4685		52:55	5:18/K
8	Ainara Bayle Mayor	1713		52:59	5:18/K
9	Anna Charters	2670		53:24	5:20/K
10	Janice Keller	4660		54:15	5:26/K
11	Amá©lie Mayo	4688		54:28	5:27/K
12	Margaret Mumford	4697		54:32	5:27/K
13	Ariane Bourdages	1881		55:03	5:30/K
14	Maryam Sanaz Davoodi	4608		55:05	5:31/K
15	Alison Green	4637		55:19	5:32/K
16	Holly Pontifex	4704		57:13	5:43/K
17	Shanna Walters	4739		57:28	5:45/K
18	Lindsay Oliver	4701		57:34	5:45/K
19	Eval Drorakova	5079		57:56	5:48/K
20	April Fanstone	5076		58:25	5:51/K
21	Sonia Bevilacqua	4633		58:35	5:52/K
22	Kathy Davies	4607		59:02	5:54/K
23	Sharon Harris	4642		59:54	5:59/K
24	Pam Newman	5051		1:00:23	6:02/K
25	Monica Quinaluisa	4708		1:00:42	6:04/K
26	Soraya Spier	4729		1:01:26	6:09/K
27	Andrea Briggeman	5075		1:02:03	6:12/K
28	Teri Parker	5057		1:02:09	6:13/K
29	Natalie Pullman	4707		1:02:20	6:14/K
30	Mabel Fong	5077		1:02:37	6:16/K
31	Tina Mann	4683		1:04:00	6:24/K
32	Charlene Fanstone	4621		1:04:38	6:28/K
33	Gloria Kocay	4666		1:05:26	6:33/K
34	Chris Kirkpatrick	4664		1:05:33	6:33/K
35	Molly Minkler	4694		1:05:52	6:35/K
36	Pamela Labrum	4671		1:06:07	6:37/K
37	Shirley Hewko	4644		1:06:14	6:37/K
38	Lisa Hamar	4638		1:06:23	6:38/K
39	Wanda Nyvall	4700		1:06:27	6:39/K
40	Christy Walker	5033		1:06:35	6:40/K
41	Shannon Winters	4743		1:06:50	6:41/K
42	Jenny Anderson	1615		1:08:16	6:50/K
43	Donna Jepsen	4657		1:08:20	6:50/K
44	Janine Magaw	4681		1:08:34	6:51/K
45	Zoe Penner	4703		1:09:32	6:57/K
46	Ana Galindo	4630		1:09:39	6:58/K
47	Michelle Wootton	4744		1:09:43	6:58/K

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<b>10 k</b>			<b>Female</b>	
<b>Overall</b>	<b>Name</b>	<b>Bib No</b>	<b>Time</b>	<b>Pace</b>
48	Heidi Rampfl	4709	1:10:21	7:02/K
49	Britt Robinson	4715	1:11:01	7:06/K
50	Amanda Taggart	4732	1:11:25	7:09/K
51	Michelle Geraghty	4631	1:11:25	7:09/K
52	Sarah Burns	2667	1:11:47	7:11/K
53	Charlene Samaroo	4719	1:12:01	7:12/K
54	Harbhajan Khena	5078	1:12:20	7:14/K
55	Naivy Rochabrun	4716	1:12:32	7:15/K
56	Tracy Begg	1718	1:13:26	7:21/K
57	Alison Speirs	4728	1:14:06	7:25/K
58	Marlene Holfeld	4646	1:14:07	7:25/K
59	Tatiana Sean	4723	1:15:23	7:32/K
60	Tara Fawcett	4622	1:18:15	7:50/K

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			10 k	Male	
<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Time</u>	<u>Pace</u>	
1	Kris Warkentin	4740	37:00	3:42/K	
2	Ben Laird	4672	39:19	3:56/K	
3	Doug Thorpe	4735	39:29	3:57/K	
4	Jeff Brooman	2657	39:50	3:59/K	
5	Rodrigo Martinez Ruiz	4687	40:00	4:00/K	
6	Joey Gabrick	4628	42:11	4:13/K	
7	Grivinson Wafula	4737	43:09	4:19/K	
8	Parminder Randhawa	4711	44:45	4:29/K	
9	Matthew McPherson	4693	45:06	4:31/K	
10	Christian Tremayne	4749	46:07	4:37/K	
11	Carmen Esau	4620	46:44	4:40/K	
12	John De Swardt	4609	48:25	4:51/K	
13	S Logue	4678	48:59	4:54/K	
14	Lawrence Bernales	1746	49:39	4:58/K	
15	Matthew Gabrick	4629	50:35	5:04/K	
16	Richard Hoepfner	4645	50:43	5:04/K	
17	Emil-Peter Sosnowski	4727	52:01	5:12/K	
18	Tony Short	5052	52:11	5:13/K	
19	Ryan Cocker	4603	52:13	5:13/K	
20	Anvar Amangulov	1501	52:34	5:15/K	
21	Christopher Hamilton	4639	52:37	5:16/K	
22	Chris Worsnup	4745	53:12	5:19/K	
23	Mike Parker	5073	53:22	5:20/K	
24	Harjinder Dhaliwal	4610	53:54	5:23/K	
25	James McKenna	4692	53:55	5:24/K	
26	Joshua Marshall	4684	54:00	5:24/K	
27	Taeksung Kim	4663	54:25	5:27/K	
28	Kevin Bredeman	2655	54:26	5:27/K	
29	Richard Nash	4698	55:05	5:31/K	
30	James Ellis	4619	55:09	5:31/K	
31	Glenn Rideout	4713	55:25	5:33/K	
32	Dayton Fulton	4626	56:44	5:40/K	
33	Ben Sykes	4731	56:59	5:42/K	
34	Randall Johnston	4658	57:45	5:47/K	
35	Bryce Dong	4611	58:17	5:50/K	
36	Robert Schertzer	4722	58:18	5:50/K	
37	Modekai Wafula	4738	59:39	5:58/K	
38	Matthew Lees	4676	1:00:18	6:02/K	
39	Efren Barrato	1677	1:00:19	6:02/K	
40	Todd Gilchrist	1808	1:05:40	6:34/K	
41	Trevor Tanazawa	5035	1:06:36	6:40/K	
42	Barry Monkman	4695	1:06:39	6:40/K	
43	Gabe Fulton	4627	1:08:00	6:48/K	
44	Caleb Magaw	4682	1:08:28	6:51/K	
45	Stuart Buist	5053	1:11:47	7:11/K	
46	Alexander Samaroo	4750	1:12:01	7:12/K	
47	Richard Lee	4675	1:25:24	8:32/K	

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Overall Finish List**5 k****Female**

<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Time</u>	<u>Pace</u>
1	Felicity Hik	635	22:17	4:27/K
2	Erin Jenstad	649	22:43	4:33/K
3	Nicole Chan	570	23:12	4:38/K
4	Esther Schuurman	748	24:26	4:53/K
5	Wendy Bredeman	550	25:26	5:05/K
6	Shayla McGeachan	706	26:28	5:18/K
7	Nicole De Giusti	583	27:11	5:26/K
8	Clare Browne	563	27:43	5:33/K
9	Jody Verbeek	802	29:14	5:51/K
10	Brittany Trenkel	772	29:49	5:58/K
11	Sharon Tribe	782	30:09	6:02/K
12	Amber Wiens	809	30:19	6:04/K
13	Amberly Arsenault	509	30:41	6:08/K
14	Jillian Legault	682	31:12	6:14/K
15	Joni Teo	770	31:13	6:15/K
16	Stephanie Lovick	691	31:47	6:21/K
17	Rosa Flinton-Brown	597	31:48	6:22/K
18	Megan Berks	536	31:49	6:22/K
19	Lori Kadagies	656	32:15	6:27/K
20	Thea Ledenko	681	32:21	6:28/K
21	Wanda Bader	519	32:28	6:30/K
22	Michelle Stajcer	758	32:29	6:30/K
23	Aisha Kafi	831	32:39	6:32/K
24	Kulwant Gill	605	32:51	6:34/K
25	Marin Phillips-Hing	727	33:39	6:44/K
26	Lauren Malks	696	34:06	6:49/K
27	Angela Haig-Greenwood	632	34:08	6:50/K
28	Stewart Girb	751	34:15	6:51/K
29	Chelsea Dagot	575	34:33	6:55/K
30	Tegan Chudyk	571	34:41	6:56/K
31	Carleigh Jansen	648	35:10	7:02/K
32	Aliana Edwards	587	36:08	7:14/K
33	Christina Ledenko	668	36:32	7:18/K
34	Anna Riggs	744	37:20	7:28/K
35	Rachelle Beaulieu	520	37:53	7:35/K
36	Kayla Riggs	746	38:29	7:42/K
37	Jessnya Valley	793	42:38	8:32/K
38	Kaur Karanjeet	830	42:47	8:33/K
39	Veronica Grocott	630	42:50	8:34/K
40	Nicole Stetz	760	42:56	8:35/K
41	Jane Fitzsimmons	596	43:28	8:42/K
42	Denise Fitzsimmons	591	43:29	8:42/K
43	Diana Siller	749	43:37	8:43/K
44	Melanie Jones-Cook	655	44:38	8:56/K
45	Karen Moraes	713	47:10	9:26/K
46	Linda Hill	638	51:42	10:20/K
47	Lisa Kurenoff	661	51:56	10:23/K

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## Overall Finish List

### 5 k

### Female

<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Time</u>	<u>Pace</u>
48	Susana Dolby	844	53:48	10:46/K
49	Roberta Greschuk	622	53:51	10:46/K

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## Overall Finish List

			<b>5 k</b>	<b>Male</b>	
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1	Logan Peterson	722		21:03	4:13/K
2	Robin Lie	684		22:37	4:31/K
3	Trevor Mack	695		23:02	4:36/K
4	Ian Boyko	549		23:11	4:38/K
5	Erik Pontifex	827		24:47	4:57/K
6	Rob Brow	841		25:06	5:01/K
7	Isaac Bredeman	551		25:12	5:02/K
8	George Grober	625		25:25	5:05/K
9	Jonathan Edwards	586		25:27	5:05/K
10	Patrick McGeachan	700		26:55	5:23/K
11	Bryan Psajd	740		27:20	5:28/K
12	Michael Gibbons	600		27:27	5:29/K
13	Alex Pontifex	823		27:32	5:30/K
14	Marcus Amangoulov	508		28:17	5:39/K
15	Ingo Jackisch	639		28:47	5:45/K
16	David Dolby	584		29:41	5:56/K
17	Harris Teo	768		30:22	6:04/K
18	Nathanael Webber	807		31:32	6:18/K
19	Andy Colton	574		31:48	6:22/K
20	Gord Kurenoff	828		31:50	6:22/K
21	Gerald Browne	561		32:24	6:29/K
22	Jeff Franko	821		32:29	6:30/K
23	Lucas Boyd	546		33:13	6:39/K
24	Zach Boyd	539		34:09	6:50/K
25	Julius Dagot	578		34:32	6:54/K
26	Randy Bach	511		34:56	6:59/K
27	Bradley Jones	652		40:24	8:05/K
28	Kristy Vallely	789		42:38	8:32/K
29	Dennis Hill	637		51:40	10:20/K