

Up the Creek Run 2019

Race Date
April 06, 2019

Overall Finish List**10K Run****Female**

<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Gend</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>
1	Laura McIvor	3915	F	1: 0-29	37:39	3:46/K
2	Kelly Geisheimer	3976	F	1: 30-39	40:35	4:04/K
3	Devon Tyler	3954	F	1: 40-49	43:26	4:21/K
4	Scarlett Armstrong	3979	F	2: 30-39	48:02	4:48/K
5	Megan Porter	3930	F	2: 0-29	48:22	4:50/K
6	Jane Wong	3960	F	3: 30-39	50:08	5:01/K
7	Chelsea Reist	3933	F	3: 0-29	51:56	5:12/K
8	Richelle Seki	3971	F	4: 0-29	52:17	5:14/K
9	Abby Berg	3036	F	5: 0-29	54:08	5:25/K
10	Sylvia Wallis	3957	F	1: 50-59	54:42	5:28/K
11	Hilda Wilson	3959	F	6: 0-29	55:56	5:36/K
12	Melisa Joyal	3069	F	4: 30-39	56:09	5:37/K
13	Izabela Fabbro	3951	F	7: 0-29	57:45	5:47/K
14	Sheela McLean	3916	F	2: 50-59	57:54	5:47/K
15	Josie Vandenburg	3955	F	8: 0-29	58:08	5:49/K
16	Lorna Crumley	3046	F	3: 50-59	58:20	5:50/K
17	Christina Ritchey	3936	F	5: 30-39	59:08	5:55/K
18	Urszula Fabbro	3052	F	4: 50-59	59:35	5:58/K
19	Rachel Douglas	3962	F	2: 40-49	59:55	6:00/K
20	Charlotte Sol	3945	F	3: 40-49	1:00:07	6:01/K
21	Brittany MacMillan	3081	F	6: 30-39	1:00:08	6:01/K
22	Lori Joyce	3071	F	7: 30-39	1:00:54	6:05/K
23	Nicki Kerr	3073	F	5: 50-59	1:01:09	6:07/K
24	Angelica Kowcun	3973	F	4: 40-49	1:01:18	6:08/K
25	Beatrice Mowat	3921	F	9: 0-29	1:01:23	6:08/K
26	Melanie Aguiar	3032	F	5: 40-49	1:01:27	6:09/K
27	Erica Simpson	3943	F	6: 40-49	1:01:53	6:11/K
28	Juanne Stewart	3949	F	7: 40-49	1:02:07	6:13/K
29	Kirsten Ceron	3042	F	10: 0-29	1:02:10	6:13/K
30	Vivian Leung	3076	F	8: 30-39	1:04:08	6:25/K
31	Alice Tsui	3953	F	9: 30-39	1:04:08	6:25/K
32	Melissa Gilbert	3060	F	10: 30-39	1:04:13	6:25/K
33	Suzanne L'Heureux	3077	F	6: 50-59	1:04:37	6:28/K
34	Rachel Goetz	3062	F	8: 40-49	1:04:46	6:29/K
35	On Yee Michelle Szeto	3999	F	11: 30-39	1:04:47	6:29/K
36	Sheri Riahi	3935	F	9: 40-49	1:04:48	6:29/K
37	Amy Higgins	3068	F	12: 30-39	1:05:31	6:33/K
38	Isabel Perkins	3927	F	11: 0-29	1:05:45	6:35/K
39	Marie Perkins	3926	F	10: 40-49	1:05:45	6:35/K
40	Lee Wallace	3956	F	12: 0-29	1:05:56	6:36/K
41	Corinne Tillyer	3977	F	7: 50-59	1:06:00	6:36/K
42	Anita Bettsworth	3038	F	11: 40-49	1:06:16	6:38/K
43	Kelly Singh	3944	F	8: 50-59	1:06:21	6:38/K
44	Stella Chiu	3043	F	12: 40-49	1:07:15	6:44/K
45	Kathleen MacDonald	3078	F	9: 50-59	1:07:47	6:47/K
46	Caitlin McNeil	3917	F	13: 30-39	1:08:19	6:50/K
47	Carly Coupe	3045	F	14: 30-39	1:08:52	6:53/K

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Up the Creek Run 2019
Overall Finish List

10K Run				Female		
<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Gen</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>
48	Mina Dela Cruz	3047	F	10: 50-59	1:10:06	7:01/K
49	Michelle Moseley	3920	F	15: 30-39	1:10:20	7:02/K
50	Chelsea Dubeau	3975	F	16: 30-39	1:10:42	7:04/K
51	Jennifer Oxbol	3922	F	17: 30-39	1:10:56	7:06/K
52	Hunter MacInnes	3079	F	13: 0-29	1:11:32	7:09/K
53	Susan Brown	3039	F	11: 50-59	1:12:09	7:13/K
54	Katie Grigg	3978	F	14: 0-29	1:12:22	7:14/K
55	Michelle Sommers	3946	F	13: 40-49	1:12:31	7:15/K
56	Kayla Doucette	3048	F	18: 30-39	1:13:38	7:22/K
57	Taura Berg	3037	F	14: 40-49	1:15:07	7:31/K
58	Heather Peterson	3928	F	15: 40-49	1:15:23	7:32/K
59	Franca MacInnes	3080	F	12: 50-59	1:17:15	7:44/K
60	Nalini Marthi	3905	F	13: 50-59	1:40:51	10:05/K

Up the Creek Run 2019

Race Date
April 06, 2019

Overall Finish List**10K Run****Male**

<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Gend</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>
1	Logan Rouleau	3939	M	1: 0-29	35:05	3:31/K
2	Mike Joyce	3070	M	1: 30-39	38:20	3:50/K
3	Dave Clarke	3044	M	1: 40-49	38:55	3:54/K
4	Kevin Kontoukas	3074	M	2: 30-39	38:59	3:54/K
5	Ron Rillorta	3997	M	2: 40-49	39:02	3:54/K
6	Ibin Paulo Ardila	3033	M	2: 0-29	40:23	4:02/K
7	Dylan Sheidow	3942	M	3: 30-39	40:37	4:04/K
8	Connor Attridge	3035	M	3: 0-29	41:06	4:07/K
9	Craig Premack	3931	M	1: 50-59	41:15	4:08/K
10	Sam Tjernagel	3952	M	4: 0-29	42:28	4:15/K
11	Alan He	3067	M	5: 0-29	42:57	4:18/K
12	Richard Causton	3040	M	6: 0-29	43:06	4:19/K
13	Alex McCulloch	3974	M	7: 0-29	44:03	4:24/K
14	Brad Diduck	3064	M	4: 30-39	44:28	4:27/K
15	Grant Armstrong	3963	M	3: 40-49	44:32	4:27/K
16	Robert Prince	3932	M	5: 30-39	44:33	4:27/K
17	Tim Phillips	3929	M	4: 40-49	44:46	4:29/K
18	Jonas Stahr	3947	M	2: 50-59	46:55	4:42/K
19	Eduard Gutierrez	3066	M	3: 50-59	47:49	4:47/K
20	Lanny Robinson	3937	M	5: 40-49	48:00	4:48/K
21	Liam Gadbois	3056	M	6: 30-39	48:17	4:50/K
22	Nil Dultra	3049	M	8: 0-29	48:18	4:50/K
23	Jason Farmer	3054	M	6: 40-49	48:25	4:51/K
24	Jeremy Peralta	3925	M	7: 30-39	49:27	4:57/K
25	Stephen Paquette	3923	M	4: 50-59	49:38	4:58/K
26	Cory Seki	3941	M	9: 0-29	49:39	4:58/K
27	Santokh Farmer	3053	M	10: 0-29	51:19	5:08/K
28	Chris Worsnup	3961	M	7: 40-49	51:41	5:10/K
29	Matthew Grose	3065	M	8: 30-39	51:46	5:11/K
30	Tristao Aguiar	3031	M	11: 0-29	52:19	5:14/K
31	Dennis Rossiello	3938	M	8: 40-49	52:53	5:17/K
32	Nicki Hart	3996	M	9: 30-39	54:20	5:26/K
33	Alan Wallis	3958	M	5: 50-59	57:44	5:46/K
34	Matt Reuter	3034	M	10: 30-39	58:48	5:53/K
35	Mike Forrest	3998	M	1: 60-99	59:17	5:56/K
36	Roberto Paz	3968	M	6: 50-59	59:39	5:58/K
37	Sean Joyce	3072	M	11: 30-39	1:00:54	6:05/K
38	Robert Thomson	3972	M	12: 30-39	1:01:25	6:09/K
39	Oscar Ceron	3041	M	7: 50-59	1:02:11	6:13/K
40	Ian Gilbert	3059	M	9: 40-49	1:10:07	7:01/K
41	Rory Morgan	3918	M	10: 40-49	1:10:41	7:04/K

Up the Creek Run 2019

Race Date
April 06, 2019

Overall Finish List

5K Run				Female		
<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Gend</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>
1	Alita Dommann	5920	F	1: Female	20:49	4:10/K
2	Nishant Farmer	5925	F	2: Female	23:08	4:38/K
3	Heather Dunbar	5922	F	3: Female	23:15	4:39/K
4	Kaitlyn Connelly	5913	F	4: Female	24:34	4:55/K
5	Shelby Murphy	5949	F	5: Female	24:54	4:59/K
6	Tracy Chiu	5908	F	6: Female	25:25	5:05/K
7	Keili Reist	5957	F	7: Female	26:00	5:12/K
8	Emily Loski	5937	F	8: Female	29:15	5:51/K
9	Michele Luterbach	5938	F	9: Female	29:31	5:54/K
10	Nicola Shotton	5961	F	10: Female	29:31	5:54/K
11	Jane Howsham	5931	F	11: Female	29:32	5:54/K
12	Ashley King	5934	F	12: Female	29:42	5:56/K
13	Alicia Gill	5976	F	13: Female	29:43	5:57/K
14	Elise Widmer	5969	F	14: Female	29:49	5:58/K
15	Julie Gill	5977	F	15: Female	29:52	5:58/K
16	Christel Hancke	5930	F	16: Female	29:55	5:59/K
17	Sharon Lee	5936	F	17: Female	30:48	6:10/K
18	Tara Malanik	5940	F	18: Female	31:31	6:18/K
19	Leanne Wishlow	5972	F	19: Female	31:32	6:18/K
20	Carleigh Jansan	5978	F	20: Female	31:33	6:19/K
21	Molly Minkler	5945	F	21: Female	31:37	6:19/K
22	Victoria Renwick	5958	F	22: Female	32:09	6:26/K
23	Fiona King	5933	F	23: Female	32:44	6:33/K
24	Lisa Dalton	5916	F	24: Female	33:03	6:37/K
25	Pamela Farmer	5923	F	25: Female	33:06	6:37/K
26	Diana Charleston-Barker	5907	F	26: Female	33:54	6:47/K
27	Debby Moran	5947	F	27: Female	33:55	6:47/K
28	Julie Yu	5973	F	28: Female	34:01	6:48/K
29	Maria Cerani	5906	F	29: Female	35:36	7:07/K
30	Carrie Gurba	5929	F	30: Female	36:11	7:14/K
31	Gabriella Fortunato	5926	F	31: Female	36:29	7:18/K
32	Marion Drakos	5921	F	32: Female	36:34	7:19/K
33	Jacqueline Bullen	5905	F	33: Female	36:50	7:22/K
34	Allison Di Stefano	5919	F	34: Female	36:51	7:22/K
35	Serena Bornholdt	5904	F	35: Female	38:29	7:42/K
36	Donna Huxley	5932	F	36: Female	39:39	7:56/K
37	Susan McIntyre	5943	F	37: Female	39:48	7:58/K
38	Flora Johnson	5979	F	38: Female	39:48	7:58/K
39	Nicole Newson	5951	F	39: Female	40:16	8:03/K
40	Jane Freeman	5927	F	40: Female	42:09	8:26/K
41	Genavieve Desjardin	5918	F	41: Female	43:00	8:36/K
42	Danielle Desjardin	5917	F	42: Female	43:01	8:36/K
43	Ivy Choi	5909	F	43: Female	43:01	8:36/K
44	Suzanne Torjek	5966	F	44: Female	43:35	8:43/K
45	Rhonda Vance	5967	F	45: Female	43:35	8:43/K
46	Kieren Geisler	3058	F	46: Female	44:23	8:53/K
47	Hailey Miller	5944	F	47: Female	1:00:07	12:01/K

Up the Creek Run 2019

Overall Finish List

Race Date
April 06, 2019

5K Run

Female

<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Gen</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>
48	Tammera Morine	5948	F	48: Female	1:00:08	12:02/K

Up the Creek Run 2019

Race Date
April 06, 2019

Overall Finish List**5K Run****Male**

<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Gend</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>
1	Justin McDonald	5942	M	1: Male 99	18:44	3:45/K
2	Cole Wheeler	5968	M	2: Male 99	18:50	3:46/K
3	Connor Huflar	5981	M	3: Male 99	19:29	3:54/K
4	Ben Smith	5982	M	4: Male 99	19:34	3:55/K
5	Garth Anderson	5901	M	5: Male 99	19:56	3:59/K
6	Sean Christie	5911	M	6: Male 99	21:04	4:13/K
7	Markus Toolsie-Worsnup	5965	M	7: Male 99	21:56	4:23/K
8	Carter Newson	5950	M	8: Male 99	22:45	4:33/K
9	Brock Phillips	5954	M	9: Male 99	23:09	4:38/K
10	Mike Romaniuk	5974	M	10: Male 99	23:21	4:40/K
11	Nathan Hutchinson	5980	M	11: Male 99	24:21	4:52/K
12	Bob Comartin	5912	M	12: Male 99	24:46	4:57/K
13	Lorin Bergen	5902	M	13: Male 99	24:58	5:00/K
14	Brendan Connelly	5914	M	14: Male 99	24:58	5:00/K
15	Brian Hunter	5975	M	15: Male 99	25:25	5:05/K
16	Andrew Perkins	5953	M	16: Male 99	26:51	5:22/K
17	Michael Perkins	5952	M	17: Male 99	27:03	5:25/K
18	Craig Widmer	5970	M	18: Male 99	29:53	5:59/K
19	Bobby Reist	5956	M	19: Male 99	32:08	6:26/K
20	Mike King	5935	M	20: Male 99	32:33	6:31/K
21	Marcus Farmer	5924	M	21: Male 99	33:06	6:37/K
22	Matthew Moran	5946	M	22: Male 99	33:49	6:46/K
23	Patrick Grant	3063	M	23: Male 99	44:21	8:52/K
24	Rhys Geisler	3057	M	24: Male 99	47:16	9:27/K