

Race Date

## MEC VANCOUVER: TRAIL RACE FOUR, ROSE PARK 5K / 10K

July 28, 2018

Overall Finish List

10 k Run

## Female

Place				-----Total-----		
Overall	Name	Bib No	AG Place	Chip Time	Gun Time	Pace
1	Ali Adams	401	1 30-39	1:01:41	1:01:41	6:10/K
2	Tiera Wilson	2472	2 30-39	1:07:16	1:07:19	6:44/K
3	Allison Tai	2451	3 30-39	1:08:23	1:08:24	6:50/K
4	Meghan MacLeod	659	1 40-49	1:14:32	1:16:41	7:27/K
5	Claire Cormeau	455	4 30-39	1:15:58	1:16:02	7:36/K
6	Frances Naylor	4635	5 30-39	1:16:58	1:17:04	7:42/K
7	Kyla White	2468	1 20-29	1:17:18	1:17:34	7:44/K
8	Jocelyn Winny	2475	2 20-29	1:18:17	1:18:32	7:50/K
9	Christine Beaulieu	416	3 20-29	1:18:33	1:22:38	7:51/K
10	Catherine Steer	2500	1 99-99	1:18:38	1:18:55	7:52/K
11	Nikol Marconova	665	4 20-29	1:18:38	1:18:53	7:52/K
12	Megan Albin	4602	2 99-99	1:22:05	1:22:09	8:13/K
13	Ann-Marie O'Keefe	693	1 50-59	1:22:26	1:22:29	8:15/K
14	Jennifer Trottier	2460	2 40-49	1:22:49	1:23:05	8:17/K
15	Sara Segovia	2430	5 20-29	1:23:11	1:27:25	8:19/K
16	Fiona Jackson	2492	3 99-99	1:23:26	1:27:37	8:21/K
17	Heather Van der Hoop	2664	4 99-99	1:23:32	1:27:42	8:21/K
18	Kata Dinamarca	465	5 99-99	1:24:17	1:24:21	8:26/K
19	Kristina Macdonald	655	6 30-39	1:24:25	1:28:30	8:27/K
20	GaÅ«lle Simard-Duplain	2439	7 30-39	1:24:44	1:24:58	8:28/K
21	Alexandra Hubley	4616	6 20-29	1:25:07	1:29:21	8:31/K
22	Piper Steffen	2443	1 0-19	1:25:28	1:29:37	8:33/K
23	Liz Lam	645	8 30-39	1:25:35	1:25:49	8:34/K
24	Elizabeth Zajc	2483	3 40-49	1:25:43	1:25:56	8:34/K
25	Helene Decarie	463	9 30-39	1:26:02	1:26:16	8:36/K
26	Aeron Westeinde	2467	7 20-29	1:26:35	1:30:46	8:40/K
27	Emily Froese	486	8 20-29	1:27:12	1:31:17	8:43/K
28	Caitlin Shepard	2434	10 30-39	1:28:30	1:32:45	8:51/K
29	Kathryn Driver	469	9 20-29	1:28:35	1:32:48	8:52/K
30	Tiffany Duzita	474	4 40-49	1:29:03	1:33:10	8:54/K
31	Hannie Ylagan-Nicanor	2481	11 30-39	1:29:57	1:30:05	9:00/K
32	Jessica Wingert	2473	10 20-29	1:30:14	1:34:28	9:01/K
33	Lisa Tang	2452	12 30-39	1:30:20	1:30:32	9:02/K
34	Carly Bailey	407	13 30-39	1:30:26	1:30:36	9:03/K
35	Jasmine Shum	2436	11 20-29	1:31:34	1:31:53	9:09/K
36	Julia Smith	4634	2 50-59	1:31:48	1:32:22	9:11/K
37	Eugenie Mercier	675	14 30-39	1:32:54	1:37:08	9:17/K
38	Katlyn Coates	453	12 20-29	1:33:58	1:38:04	9:24/K
39	Cristina Dinamarca	4612	3 50-59	1:34:27	1:34:30	9:27/K
40	Christine Pike	4625	15 30-39	1:35:15	1:39:29	9:32/K
41	Adrienne McKenzie	673	13 20-29	1:35:28	1:39:35	9:33/K
42	Rebecca Innis	623	14 20-29	1:35:45	1:39:54	9:35/K
43	Ai hansen	605	16 30-39	1:35:47	1:39:53	9:35/K
44	Theresa Fralic	484	15 20-29	1:36:31	1:40:36	9:39/K
45	Lisa Szegedi	2450	17 30-39	1:36:43	1:40:56	9:40/K
46	Dawn Mooney	679	18 30-39	1:36:52	1:40:57	9:41/K
47	Kate Clarke	452	16 20-29	1:37:04	1:41:11	9:42/K
48	Teri Hao	606	19 30-39	1:37:09	1:37:22	9:43/K
49	Shannen Eis	475	5 40-49	1:37:09	1:41:15	9:43/K
50	Erin MacKenzie	658	20 30-39	1:37:11	1:41:21	9:43/K
51	Seana Buchanan	2489	6 99-99	1:37:12	1:37:29	9:43/K
52	Kerr Joanne	4623	6 40-49	1:38:10	1:38:27	9:49/K
53	Sarah Cheesman	446	17 20-29	1:39:47	1:40:06	9:59/K
54	Samantha Garrett	491	18 20-29	1:40:14	1:40:23	10:01/K
55	Bridgette Garrett	2499	7 99-99	1:40:15	1:40:23	10:02/K
56	sarah Batko	414	19 20-29	1:41:15	1:45:32	10:08/K
57	Lily Vu	2464	7 40-49	1:41:39	1:41:58	10:10/K
58	Mayling Lee	2490	8 99-99	1:41:52	1:46:01	10:11/K
59	Maggie Georgy-Embree	497	8 40-49	1:42:12	1:46:19	10:13/K
60	Jenny Irwin	624	20 20-29	1:42:25	1:46:32	10:15/K
61	Leanne Ducharme	470	9 40-49	1:42:28	1:48:15	10:15/K
62	Maia Engeli	477	4 50-59	1:42:46	1:46:59	10:17/K
63	Fiona Cheng	447	21 30-39	1:42:55	1:47:06	10:18/K
64	Cate Preston	2498	9 99-99	1:43:15	1:43:30	10:20/K
65	Helena Knezickova	641	21 20-29	1:43:38	1:47:55	10:22/K
66	Soraya Rajabally	2409	10 40-49	1:44:32	1:44:58	10:27/K
67	Elyse Crowston	458	22 30-39	1:46:39	1:50:52	10:40/K

Race Date

# MEC VANCOUVER: TRAIL RACE FOUR, ROSE PARK 5K / 10K

July 28, 2018

## Overall Finish List

**10 k Run**

### Female

Place				-----Total-----		
<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>AG Place</u>	<u>Chip Time</u>	<u>Gun Time</u>	<u>Pace</u>
68	Emily Seeton	2429	23 30-39	1:47:16	1:51:30	10:44/K
69	Kathleen Biberdorf	424	24 30-39	1:48:08	1:52:17	10:49/K
70	Amanda Lee	650	22 20-29	1:50:30	1:50:42	11:03/K
71	Diana Vazquez	2462	25 30-39	1:52:44	1:52:58	11:16/K
72	Karla Rands	2412	26 30-39	1:53:13	1:57:20	11:19/K
73	Jill Hoad	610	11 40-49	1:53:15	1:57:22	11:20/K
74	Bec Plain	4613	23 20-29	1:57:06	2:01:15	11:43/K
75	Jennifer Seo	2433	12 40-49	2:02:52	2:03:01	12:17/K
76	Marilyn Nicanor	688	1 60-69	2:09:05	2:09:14	12:55/K
77	Kim Conway	454	27 30-39	2:10:21	2:14:36	13:02/K
78	Jennifer Bernier	422	28 30-39	2:10:22	2:14:37	13:02/K
79	Norma Esparza	479	13 40-49	2:16:27	2:16:40	13:39/K
80	heather Sidsworth	2437	1 70-98	2:16:53	2:16:57	13:41/K
81	Marite Cardin	438	14 40-49	2:18:32	2:18:45	13:51/K
82	Joanne Kerr	632	15 40-49	2:22:39	2:26:52	14:16/K
DQ	Adriana Gutierrez Navarro	602	DQ 30-39	---	---	---

Race Date

## MEC VANCOUVER: TRAIL RACE FOUR, ROSE PARK 5K / 10K

July 28, 2018

Overall Finish List

10 k Run

Place		Male		-----Total-----		
Overall	Name	Bib No	AG Place	Chip Time	Gun Time	Pace
1	Curtis Jung	630	1 20-29	54:48	54:48	5:29/K
2	Addison Albin	2669	1 99-99	58:19	58:21	5:50/K
3	Charles Perrot-Minot	2401	2 20-29	58:30	58:41	5:51/K
4	Taylor Sweet	2650	2 99-99	58:38	58:41	5:52/K
5	Brendan Farrell	480	1 30-39	1:00:33	1:04:40	6:03/K
6	Kenneth Moore	680	1 40-49	1:02:10	1:02:18	6:13/K
7	Chris Mcilroy	671	3 20-29	1:04:03	1:04:05	6:24/K
8	Bau Lawrence	2495	3 99-99	1:04:37	1:04:39	6:28/K
9	Adrian Lai	644	2 30-39	1:04:52	1:04:52	6:29/K
10	max carrier	440	4 20-29	1:05:41	1:05:45	6:34/K
11	Michael McCormick	670	3 30-39	1:05:43	1:05:46	6:34/K
12	Romain Tisserand	2456	5 20-29	1:06:00	1:06:05	6:36/K
13	Stuart Ashman	406	2 40-49	1:07:11	1:07:18	6:43/K
14	Max Charron	4647	4 30-39	1:07:55	1:07:59	6:48/K
15	Walter Homewood	614	6 20-29	1:08:07	1:08:19	6:49/K
16	Terry Dreith	467	7 20-29	1:08:27	1:08:32	6:51/K
17	Reid Oliver	696	8 20-29	1:09:36	1:09:44	6:58/K
18	Stephen Hardy	4624	3 40-49	1:10:25	1:10:30	7:03/K
19	Marcos Borges	428	5 30-39	1:10:57	1:11:03	7:06/K
20	Lawrence Bernales	4618	6 30-39	1:11:09	1:11:14	7:07/K
21	Terry Penner	700	4 40-49	1:11:34	1:11:40	7:09/K
22	leonid Dushin	472	7 30-39	1:11:43	1:11:49	7:10/K
23	Navaz Abdulla	4614	9 20-29	1:12:18	1:12:20	7:14/K
24	Stephen Ney	686	5 40-49	1:12:23	1:16:31	7:14/K
25	Bart Wisniewski	2476	6 40-49	1:12:34	1:12:43	7:15/K
26	Warren Zamko	2484	7 40-49	1:13:00	1:13:02	7:18/K
27	Jose Luis Izquierdo	625	8 30-39	1:14:30	1:14:41	7:27/K
28	Landon Folz	2497	4 99-99	1:14:42	1:15:00	7:28/K
29	Owen Davis	461	5 99-99	1:15:11	1:15:15	7:31/K
30	BENJAMIN	2425	9 30-39	1:15:28	1:15:34	7:33/K
31	Cameron Anderson	403	10 30-39	1:15:34	1:19:43	7:33/K
32	Mark Bell	418	8 40-49	1:15:43	1:15:48	7:34/K
33	Serguei Makarevski	661	1 60-69	1:15:45	1:15:52	7:35/K
34	Thiago Teixeira	2453	11 30-39	1:16:05	1:16:29	7:37/K
35	Paul Barbosa	412	9 40-49	1:16:42	1:16:48	7:40/K
36	Cooper Reis	2417	10 20-29	1:17:11	1:17:21	7:43/K
37	Connor O'Keefe	691	1 0-19	1:17:19	1:17:32	7:44/K
38	JUAN P LOPEZ	653	2 0-19	1:17:21	1:17:29	7:44/K
39	JUAN M LOPEZ	652	10 40-49	1:17:21	1:17:29	7:44/K
40	Tim Neame	684	11 40-49	1:17:29	1:17:43	7:45/K
41	Stephen O'Keefe	692	1 50-59	1:17:38	1:17:51	7:46/K
42	Phong Lai	2493	6 99-99	1:18:40	1:18:48	7:52/K
43	Chris Perkins	1854	2 60-69	1:18:51	1:22:59	7:53/K
44	Mark Silva	2438	12 30-39	1:19:12	1:19:27	7:55/K
45	Shawn Johnstone	629	13 30-39	1:19:16	1:23:29	7:56/K
46	Adian Seca	4617	12 40-49	1:19:21	1:19:34	7:56/K
47	Khoa Tran	2459	11 20-29	1:19:50	1:19:59	7:59/K
48	Iran Louey	4640	14 30-39	1:20:01	1:24:19	8:00/K
49	Ryan Berlin	421	15 30-39	1:20:39	1:24:54	8:04/K
50	Jacob Pozin	2405	3 0-19	1:20:45	1:20:51	8:05/K
51	Justin Pozin	2404	16 30-39	1:20:45	1:20:51	8:05/K
52	Josh Oliveira	695	17 30-39	1:20:59	1:25:09	8:06/K
53	Brent HALE	604	13 40-49	1:21:16	1:21:49	8:08/K
54	Edsel Yu Chua	2482	18 30-39	1:21:19	1:21:55	8:08/K
55	Andrew Stegemann	2444	19 30-39	1:21:28	1:21:48	8:09/K
56	Chris Stephenson	2446	20 30-39	1:21:28	1:21:48	8:09/K
57	Allan Harman	4643	2 50-59	1:21:43	1:21:55	8:10/K
58	Richard Patterson	699	14 40-49	1:21:49	1:25:58	8:11/K
59	Alex Storie	2448	15 40-49	1:21:53	1:22:20	8:11/K
60	Philip Wu	2479	16 40-49	1:22:12	1:26:21	8:13/K
61	Scott Towers	2458	3 50-59	1:22:37	1:23:09	8:16/K
62	Nathan Salomon	2421	21 30-39	1:23:40	1:23:50	8:22/K
63	Andrew Georgy-Embree	496	17 40-49	1:23:54	1:28:00	8:23/K
64	Tom Egan	4605	7 99-99	1:24:07	1:28:18	8:25/K
65	Archie Almadin	402	22 30-39	1:24:15	1:24:29	8:26/K
66	Chris Chan	445	18 40-49	1:24:15	1:28:25	8:26/K
67	Nikolas Oliveira	694	12 20-29	1:24:15	1:28:27	8:26/K

Race Date

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July 28, 2018

## Overall Finish List

**10 k Run**

Place		Male			-----Total-----		
<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>AG Place</u>	<u>Chip Time</u>	<u>Gun Time</u>	<u>Pace</u>	
68	Rickey Glenn	2496	8 99-99	1:24:31	1:24:31	8:27/K	
69	Konstantinos Dedas	464	4 0-19	1:25:02	1:25:05	8:30/K	
70	Ross Mckay	4641	13 20-29	1:25:36	1:29:50	8:34/K	
71	Jim Budge	434	3 60-69	1:25:50	1:26:04	8:35/K	
72	Shawn McIntyre	672	14 20-29	1:25:54	1:26:04	8:35/K	
73	Scott Jackson	626	4 50-59	1:26:09	1:30:20	8:37/K	
74	Tom Sherlock	2435	4 60-69	1:26:13	1:26:23	8:37/K	
75	Mark Scott	2427	23 30-39	1:27:12	1:31:17	8:43/K	
76	Michael Chiang	449	24 30-39	1:28:07	1:28:11	8:49/K	
77	Solomon Huang	617	25 30-39	1:30:08	1:30:23	9:01/K	
78	Alex Mitchell	678	15 20-29	1:31:52	1:31:52	9:11/K	
79	Justin Bailey	409	16 20-29	1:32:39	1:32:43	9:16/K	
80	Kevin Layne	649	26 30-39	1:32:44	1:33:02	9:16/K	
81	Matthew Yanis-Pawlawski	2488	9 99-99	1:38:16	1:42:30	9:50/K	
82	Paul Fruitman	487	19 40-49	1:38:18	1:42:30	9:50/K	
83	Dennis Smith	2440	20 40-49	1:40:09	1:44:19	10:01/K	
84	David Grant	500	27 30-39	1:40:47	1:44:56	10:05/K	
85	Thomas Hoffman	2491	10 99-99	1:41:15	1:45:32	10:08/K	
86	Patrick Vojtisek	4648	28 30-39	1:43:38	1:47:55	10:22/K	
87	Mark Wiebe	2470	21 40-49	1:44:32	1:44:58	10:27/K	
88	Graham Canvin	2494	11 99-99	1:48:56	1:49:06	10:54/K	
89	Daniel Sondheim	4615	17 20-29	1:50:30	1:50:42	11:03/K	
90	Frankie ChingYu Cheng	448	22 40-49	1:51:50	1:56:02	11:11/K	
91	Ed Nicanor	687	5 60-69	2:09:47	2:09:57	12:59/K	
92	Dennis Marchant	662	29 30-39	2:17:10	2:17:22	13:43/K	
93	Mason Marchant	664	5 0-19	2:17:10	2:17:22	13:43/K	
94	Nicola Cardin	439	6 0-19	2:18:33	2:18:45	13:51/K	

Race Date

MEC VANCOUVER: TRAIL RACE FOUR, ROSE PARK 5K / 10K

July 28, 2018

Overall Finish List

5 k Run

Female

Place		Bib No	AG Place	-----Total-----		Pace
Overall	Name			Chip Time	Gun Time	
1	Nadine Mahson	1343	1 30-39	36:12	36:12	7:13/K
2	Emily Macgowan	1344	1 0-19	36:19	36:27	7:16/K
3	janelle hay	868	1 20-29	37:25	37:32	7:29/K
4	Alita Dommann	845	1 50-59	37:52	37:58	7:34/K
5	Carly Mercer	1347	2 20-29	39:58	40:09	8:00/K
6	Lesley natrall	964	1 99-99	41:20	41:26	8:16/K
7	Stefanie Stanley	1318	2 30-39	41:57	42:05	8:23/K
8	Nori Macgowan	1345	2 50-59	43:19	43:29	8:40/K
9	Alessia Atchison	518	3 30-39	43:54	44:03	8:47/K
10	Ashley Reid	1349	4 30-39	44:00	44:07	8:48/K
11	Elena Dedas	806	2 0-19	44:07	44:15	8:49/K
12	Alisa Kuan	895	5 30-39	44:20	44:29	8:52/K
13	Olivia Penner	1301	3 0-19	45:06	45:19	9:01/K
14	Autumn Vickery	1326	4 0-19	45:23	45:38	9:05/K
15	Kiley Macgowan	1346	5 0-19	46:10	46:23	9:14/K
16	Rebecca Kleinman	888	6 30-39	46:12	46:23	9:14/K
17	Magee Walker	1330	7 30-39	46:12	46:23	9:14/K
18	Lisa Popove	1304	1 40-49	46:47	46:55	9:21/K
19	Jane Burgess	712	2 40-49	47:41	47:53	9:32/K
20	Anna Holota	869	6 0-19	47:42	47:48	9:32/K
21	Susanne Penner	970	3 40-49	48:36	48:50	9:43/K
22	Esmeralda Rodriguez	1313	3 20-29	49:41	49:49	9:56/K
23	Marie Zahradnik	1348	8 30-39	49:49	49:55	9:58/K
24	Zoe Penner	971	7 0-19	49:58	50:11	10:00/K
25	janice raffin	1307	4 40-49	50:05	50:10	10:01/K
26	Katherine Levett	952	4 20-29	50:08	50:14	10:02/K
27	Sabrina Locicero	953	9 30-39	51:41	51:49	10:20/K
28	Mariam Ibrahim	881	5 20-29	52:55	53:08	10:35/K
29	Susan York	1338	1 60-69	53:18	53:23	10:40/K
30	Sharon Warren	1331	2 99-99	56:10	56:22	11:14/K
31	Larissa Jackson	886	5 40-49	57:08	57:20	11:26/K
32	Nina Zacharski	1339	8 0-19	57:30	57:44	11:30/K
33	Sarah Pedley	968	6 40-49	59:55	1:00:04	11:59/K
34	gwendolyn tang	1323	9 0-19	1:03:40	1:03:56	12:44/K
35	Victoria Pawlowski	967	2 60-69	1:07:10	1:07:24	13:26/K
36	Easter Tocol	1325	7 40-49	1:12:50	1:13:03	14:34/K
37	Donna Pawlowski	966	3 60-69	1:20:50	1:21:05	16:10/K
38	Isabel Yanes-Pawlowski	1336	10 0-19	1:37:14	1:37:30	19:27/K
39	Marianne	1335	3 50-59	1:51:49	1:52:06	22:22/K

Race Date

MEC VANCOUVER: TRAIL RACE FOUR, ROSE PARK 5K / 10K

July 28, 2018

Overall Finish List

5 k Run

Male

Place				-----Total-----		
Overall	Name	Bib No	AG Place	Chip Time	Gun Time	Pace
1	Dane Sweeney	1320	1 20-29	26:42	26:42	5:19/K
2	Joe Carney	732	2 20-29	26:49	26:49	5:22/K
3	Cameron York	1337	3 20-29	27:50	27:55	5:34/K
4	Marten Dommann	846	1 0-19	35:05	35:09	7:01/K
5	Pierre Chan	761	1 30-39	35:10	35:14	7:02/K
6	David O'Connell	965	4 20-29	35:40	35:47	7:08/K
7	Cathal Phelan	1302	5 20-29	36:03	36:07	7:13/K
8	Sean Lyons	956	2 30-39	37:26	37:38	7:29/K
9	Pocholo Cebrero	754	3 30-39	40:51	40:59	8:10/K
10	Jordan Irons	884	4 30-39	41:57	42:05	8:23/K
11	Douglas McLeod	960	6 20-29	41:58	42:03	8:24/K
12	Alexander Wootten	1332	2 0-19	42:58	43:05	8:36/K
13	Edward Wootten	1333	1 40-49	43:03	43:10	8:37/K
14	Neil Mahalanobis	1341	1 99-99	43:14	43:25	8:39/K
15	Dave Nannery	963	5 30-39	43:42	43:49	8:44/K
16	CHIEN KAI CHOU	786	7 20-29	44:02	44:13	8:48/K
17	Fred Contor	788	2 40-49	45:05	45:14	9:01/K
18	Arron Vickery	1327	3 40-49	45:23	45:38	9:05/K
19	Eduardo Rivera	1312	6 30-39	45:43	45:52	9:09/K
20	Ingo Jackisch	1340	2 99-99	45:47	45:53	9:09/K
21	Wyatt Lummack	1350	3 0-19	47:29	47:39	9:30/K
22	Michael Lummack	1351	7 30-39	47:29	47:39	9:30/K
23	Tsu-Wei Chen	766	8 20-29	48:28	48:39	9:42/K
24	Oscar Liang	1342	9 20-29	56:13	56:23	11:15/K
25	Nicolas Pedley	969	1 70-98	59:55	1:00:04	11:59/K
26	Jarret Bainbridge	580	10 20-29	1:01:47	1:01:59	12:21/K
27	julian tang	1322	4 40-49	1:03:20	1:03:38	12:40/K
28	Vincent Tang	1321	5 40-49	1:03:40	1:03:57	12:44/K
29	gideon tang	1324	4 0-19	1:04:48	1:05:05	12:58/K
30	Jorge Yanes	1334	1 50-59	1:07:10	1:07:24	13:26/K
31	leo raffin	1306	2 50-59	1:08:00	1:08:06	13:36/K
32	ROSARIO RAMIREZ	1309	6 40-49	1:13:32	1:13:47	14:42/K