

MEC LANGLEY RACE FOUR: 5K/10K/21.1K

Overall Finish List

21.1 k Run

Female

<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Time</u>	<u>Pace</u>
1	Marianne Fouchard	14051	1:46:24	5:03/K
2	Oana Nistor	14092	1:47:14	5:05/K
3	Debbie Frose	14052	1:53:20	5:22/K
4	Nicole Driscoll	14045	1:54:07	5:25/K
5	Donna Robertson	14163	1:59:22	5:39/K
6	Crystal Weller	14154	2:10:49	6:12/K
7	Andrea Briggeman	14030	2:17:22	6:31/K
8	Mabel Fong	14050	2:17:59	6:32/K
9	Jalene Davies	14040	2:22:05	6:44/K
10	Misty Bhullar	14164	2:22:27	6:45/K
11	Charlene Bentley	14024	2:32:23	7:13/K
12	Heidi Rampfl	14135	2:38:28	7:31/K
13	Charlene Fanstone	14047	2:42:33	7:42/K
14	Kim Lockhart	14081	2:51:05	8:06/K
15	Alicia Kauffman	14069	2:51:05	8:06/K

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Overall Finish List

21.1 k Run			Male	
Overall	Name	Bib No	Time	Pace
1	Michael Parker	14104	1:27:39	4:09/K
2	Adam Slater	14144	1:30:52	4:18/K
3	Kevin Lunnie	14082	1:31:40	4:21/K
4	Zack Neufeld	14091	1:32:30	4:23/K
5	Jason Fluckiger	14049	1:33:53	4:27/K
6	Ian Penney	14132	1:36:53	4:35/K
7	Reid Christiansen	14031	1:38:14	4:39/K
8	Chris McCluskie	14087	1:38:40	4:41/K
9	Robin Wilson	14162	1:39:23	4:43/K
10	Jackson Molnar	14089	1:42:33	4:52/K
11	Bruce Young	14158	1:47:10	5:05/K
12	Rabih Majzoub	14086	1:48:31	5:09/K
13	Jim Novotny	14094	1:48:39	5:09/K
14	Andy Jones	14065	1:48:40	5:09/K
15	Dominique Cheneval	14036	1:50:31	5:14/K
16	Ryan Le Grice	14076	1:52:57	5:21/K
17	Ray Arsenault	14002	2:03:38	5:52/K
18	Vittorino Dal Cengio	14039	2:05:00	5:55/K
19	Paul Maddison	14165	2:13:40	6:20/K
20	Mike Jones	14066	2:13:41	6:20/K
21	Kim Taeksung	14160	2:16:37	6:28/K
22	Darren Johnston	14064	2:22:23	6:45/K
23	Mike Park	14098	2:26:05	6:55/K
24	Richard MacLachlan	14161	2:28:23	7:02/K
25	John Reay	14136	2:28:55	7:03/K
26	June-Young Kwon	14075	2:37:12	7:27/K
27	Bruno Simon	14143	2:52:56	8:12/K

MEC LANGLEY RACE FOUR: 5K/10K/21.1K

Race Date

October 30, 2016

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

<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Time</u>	<u>Pace</u>
1	Jenn Turner	62394	49:11	4:55/K
2	Casey Prigge	62372	51:30	5:09/K
3	Vernette Bot	62309	51:42	5:10/K
4	Tracy-Kim Campbell	62312	53:59	5:24/K
5	Janice Keller	62342	54:01	5:24/K
6	Annika Lofstrand	62350	54:05	5:25/K
7	Hannah Maw	62357	54:47	5:29/K
8	Lissa Lloyd	62349	54:53	5:29/K
9	Heather Currie	62313	56:04	5:36/K
10	Katie Davis	62315	56:48	5:41/K
11	Carmen Wichers	79715	57:00	5:42/K
12	Jayne Nelson	62366	57:19	5:44/K
13	Kirsten Pedersson	62371	57:21	5:44/K
14	Lindsay Nowack	62367	57:23	5:44/K
15	Stacey Kosturos	62343	57:27	5:45/K
16	Natalija Ilic	62335	1:00:41	6:04/K
17	Patricia Hospedales	62331	1:01:46	6:11/K
18	Boni Lidderdale	79711	1:03:08	6:19/K
19	Brenda Norrie	79707	1:04:30	6:27/K
20	Christina Fraser	62322	1:04:48	6:29/K
21	Cori Kay	62340	1:05:49	6:35/K
22	Tracie Jones	62338	1:05:54	6:35/K
23	Alisha Thom	62393	1:05:54	6:35/K
24	Celina Austin	62302	1:11:17	7:08/K
25	Rhianne Duke	62319	1:11:17	7:08/K
26	Pamela Blackmon	62307	1:11:38	7:10/K
27	Sandra Sayer	62379	1:14:15	7:26/K

Race Date
October 30, 2016

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Overall Finish List

10 k Run			Male	
Overall	Name	Bib No	Time	Pace
1	Charlie Hunter	62333	45:52	4:35/K
2	Kai Schindel	62380	47:15	4:44/K
3	Dean Scovill	79714	47:32	4:45/K
4	Louie Maione	62356	47:46	4:47/K
5	Robert Eldridge	79709	49:20	4:56/K
6	Joe Lidderdale	79706	49:59	5:00/K
7	Tom Barichello	62304	50:15	5:02/K
8	Derek Barber	62303	50:49	5:05/K
9	Stephen Kring	79713	50:51	5:05/K
10	Kris Uebelhardt	62395	52:40	5:16/K
11	Matt Smith	62386	52:49	5:17/K
12	Nathan Veldhoen	79710	52:51	5:17/K
13	Dave Bikadi	79712	54:18	5:26/K
14	Michael Maw	62358	54:46	5:29/K
15	Robson Aleixo	62301	55:03	5:30/K
16	Tom MacDonald	62352	55:58	5:36/K
17	Mark Semeniuk	62381	56:31	5:39/K
18	Andre Van Wyk	79716	57:12	5:43/K
19	Russ Zapotichny	79703	57:52	5:47/K
20	Stuart Richardson	62375	58:24	5:50/K
21	Michael Goundrey	62325	59:10	5:55/K
22	Jeff Morris	62363	59:20	5:56/K
23	Hwan Lee	62347	1:02:04	6:12/K
24	Vladimir Ilic	62334	1:02:23	6:14/K
25	Tim Skidmore	62383	1:02:33	6:15/K
26	Stanley McDonad	62359	1:03:10	6:19/K
27	Cody Fraser	62321	1:04:47	6:29/K
28	Chris Lennox	79717	1:07:40	6:46/K
29	William George	62323	1:10:40	7:04/K

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Race Date

October 30, 2016

Overall Finish List

5 k Run			Female	
Overall	Name	Bib No	Time	Pace
1	Angela Hiebert	63241	21:54	4:23/K
2	Jessica Thiessen	63274	22:22	4:28/K
3	Keira Duckworth	63304	23:46	4:45/K
4	Lisa Redmond	63265	24:46	4:57/K
5	Vanessa Turnbull	63276	25:40	5:08/K
6	Helen Lutes	63305	25:45	5:09/K
7	Ardeen Duckworth	63302	25:55	5:11/K
8	Cassidy Penney	63260	28:12	5:38/K
9	Louise Chapman	63216	28:50	5:46/K
10	Lisa Goodwin	63236	29:40	5:56/K
11	Carrie Mitchell	63254	29:44	5:57/K
12	Herdel Gonzales	63311	30:10	6:02/K
13	Christine Alexander	63201	30:11	6:02/K
14	Brenna Kanski	63246	30:11	6:02/K
15	Stephanie Scott	63270	30:26	6:05/K
16	Mona Baarschers	63209	31:00	6:12/K
17	Christina Williams	63284	31:01	6:12/K
18	Aline Glover	63233	31:45	6:21/K
19	Grace Gardner	63230	31:56	6:23/K
20	Tara Schriefer	63314	32:30	6:30/K
21	Lee-Anne Beskam	63307	33:42	6:44/K
22	Candace Vettese	63306	33:44	6:45/K
23	Breanna Leeper	63251	34:13	6:51/K
24	Deanna Leeper	63250	34:14	6:51/K
25	Sara Howarth	63243	34:28	6:54/K
26	Marianne Walters	63282	34:52	6:58/K
27	Rachelle Beaulieu	63210	35:38	7:08/K
28	Julie Larkin	63249	35:44	7:09/K
29	Samantha Kroeker	63310	36:54	7:23/K
30	Leanne Jenkins-Bushey	63308	38:43	7:45/K
31	Beth Glover	63232	39:16	7:51/K
32	Nicole De Giusti	63221	39:31	7:54/K
33	Taressa Hodgkin	63242	52:43	10:33/K
34	Tamara Goyette	63237	52:43	10:33/K
35	Sarah Thornburn	63275	53:07	10:37/K
36	Debbie Elliott	63226	53:10	10:38/K
37	Sasha Meyers	63253	53:12	10:38/K
38	Jennifer Cowden	63220	57:30	11:30/K

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Overall Finish List

5 k Run

Male

<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Time</u>	<u>Pace</u>
1	Joshua Mitchell	63255	18:50	3:46/K
2	Matt Walters	63281	18:58	3:48/K
3	Michael Taylor	63273	19:08	3:50/K
4	Stephen Redding	63312	19:16	3:51/K
5	Gary Philipson	63263	21:12	4:14/K
6	David Vanderbyl	63279	24:15	4:51/K
7	Ryan Perverseff	63261	24:36	4:55/K
8	Griffin Duckworth	63303	24:50	4:58/K
9	Kelly Restiaux	63266	27:18	5:28/K
10	63320 Bib	63320	27:19	5:28/K
11	Jake Pedrosa	63316	28:09	5:38/K
12	Tony Goncalves	63234	28:11	5:38/K
13	Mike Thomas	63318	28:14	5:39/K
14	Nico Bot	63214	29:38	5:56/K
15	Dave McIntyre	63252	30:37	6:07/K
16	Tristan Andrews	63202	30:53	6:11/K
17	Emerson Killam	63300	34:41	6:56/K
18	Gord Kurenoff	63248	35:47	7:09/K
19	Kyan Goncalves	63235	39:20	7:52/K
20	63322 Bib	63322	40:37	8:07/K