

MEC LOWER MAINLAND: ROAD RACE TWO, 5K/10K

Race Date

March 05, 2017

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

| <u>Overall</u> | <u>Name</u> | <u>Bib No</u> | <u>Gend</u> | <u>Time</u> | <u>Pace</u> |
|----------------|---------------------|---------------|-------------|-------------|-------------|
| 1 | Lisa Dinh | 1142 | F | 49:27 | 4:57/K |
| 2 | Christina Neudorf | 62385 | F | 49:35 | 4:58/K |
| 3 | Sheena Bull | 1122 | F | 50:03 | 5:00/K |
| 4 | Kaylee Eheler | 1149 | F | 50:41 | 5:04/K |
| 5 | Fiona Ives | 1180 | F | 51:25 | 5:09/K |
| 6 | Kelsey Cardinal | 1123 | F | 51:49 | 5:11/K |
| 7 | Kelly Kallevig | 1184 | F | 52:48 | 5:17/K |
| 8 | Cassie Paul | 76609 | F | 56:22 | 5:38/K |
| 9 | Jessie Wall | 79726 | F | 56:50 | 5:41/K |
| 10 | Siobhan Newell | 62387 | F | 57:10 | 5:43/K |
| 11 | Shelby Hancock | 1168 | F | 57:27 | 5:45/K |
| 12 | Trina Pawliw | 76611 | F | 57:39 | 5:46/K |
| 13 | Magdalena Stroniarz | 76682 | F | 57:45 | 5:47/K |
| 14 | Christina Price | 76622 | F | 57:46 | 5:47/K |
| 15 | Heather Currie | 1134 | F | 58:15 | 5:50/K |
| 16 | Lissa Lloyd | 1196 | F | 59:07 | 5:55/K |
| 17 | Brenie Clamer | 1127 | F | 59:45 | 5:59/K |
| 18 | Marg Caravetta | 79736 | F | 1:00:58 | 6:06/K |
| 19 | Olivia Fournier | 1156 | F | 1:01:52 | 6:11/K |
| 20 | Chelsea Shinkaruk | 76659 | F | 1:02:39 | 6:16/K |
| 21 | Aimee Corrigan | 1131 | F | 1:02:48 | 6:17/K |
| 22 | Ipolpo App | 1103 | F | 1:03:04 | 6:18/K |
| 23 | Gayle Stoodley | 76681 | F | 1:03:07 | 6:19/K |
| 24 | Allyson Marshall | 62328 | F | 1:03:13 | 6:19/K |
| 25 | Cassandra Basi | 1107 | F | 1:04:58 | 6:30/K |
| 26 | Colleen Chow | 1126 | F | 1:09:05 | 6:55/K |
| 27 | Kathy Potter | 76621 | F | 1:09:27 | 6:57/K |
| 28 | Alanna Goodman | 1159 | F | 1:09:56 | 7:00/K |
| 29 | Monique Osborne | 76602 | F | 1:10:18 | 7:02/K |
| 30 | Lora Smith | 76672 | F | 1:12:09 | 7:13/K |
| 31 | Heidi Rampfl | 76634 | F | 1:12:55 | 7:18/K |
| 32 | Michelle Clark | 1128 | F | 1:13:45 | 7:23/K |
| 33 | Leanne Fawcett | 1154 | F | 1:29:20 | 8:56/K |
| 34 | Mary Munro | 62368 | F | 1:29:24 | 8:56/K |

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|----------------|-----------------------|---------------|-------------|-------------|-------------|
| 1 | Ron Loewen | 1198 | M | 38:50 | 3:53/K |
| 2 | Michael Parker | 76603 | M | 43:13 | 4:19/K |
| 3 | Eric Murphy | 62374 | M | 44:00 | 4:24/K |
| 4 | Jacques Du Toit | 1143 | M | 44:24 | 4:26/K |
| 5 | David McDermott | 62353 | M | 47:28 | 4:45/K |
| 6 | Daniel Rafaj | 76631 | M | 48:27 | 4:51/K |
| 7 | Paul Filippi | 1155 | M | 48:45 | 4:53/K |
| 8 | Sean Farragher | 79738 | M | 48:46 | 4:53/K |
| 9 | Jarrett Wall | 79725 | M | 49:00 | 4:54/K |
| 10 | Francis Edmilao | 1148 | M | 49:16 | 4:56/K |
| 11 | Jim Novotny | 62398 | M | 49:24 | 4:56/K |
| 12 | Eamon Quinn | 76625 | M | 49:33 | 4:57/K |
| 13 | Blair Brodie | 1118 | M | 50:38 | 5:04/K |
| 14 | David Thomson | 76685 | M | 50:46 | 5:05/K |
| 15 | Kevin De Leon | 1138 | M | 51:26 | 5:09/K |
| 16 | Brad Diduck | 1141 | M | 52:30 | 5:15/K |
| 17 | Justin Laniec | 1193 | M | 53:18 | 5:20/K |
| 18 | Ken Yu | 79723 | M | 53:59 | 5:24/K |
| 19 | David Appleby | 1104 | M | 54:51 | 5:29/K |
| 20 | Dong Baik Kim | 1188 | M | 55:36 | 5:34/K |
| 21 | Tom Barichello | 1106 | M | 56:08 | 5:37/K |
| 22 | Carlos Abrego | 1102 | M | 57:15 | 5:44/K |
| 23 | Jacek Bator | 1108 | M | 57:58 | 5:48/K |
| 24 | Jonathan Weresch | 76700 | M | 58:14 | 5:49/K |
| 25 | Mykola Lysenko | 62320 | M | 58:23 | 5:50/K |
| 26 | Steven Pearce | 76617 | M | 59:06 | 5:55/K |
| 27 | Peter Toth | 76690 | M | 1:01:25 | 6:09/K |
| 28 | Gary Shinkaruk | 76661 | M | 1:02:39 | 6:16/K |
| 29 | David Hall | 1165 | M | 1:04:27 | 6:27/K |
| 30 | 79739 Bib | 79739 | M | 1:05:48 | 6:35/K |
| 31 | Bertrand Roussel | 76639 | M | 1:10:51 | 7:05/K |
| 32 | Trevor Boudreau | 1116 | M | 1:12:49 | 7:17/K |
| 33 | Daniel Culbertson | 1133 | M | 1:13:03 | 7:18/K |
| 34 | Christopher Halliwell | 1166 | M | 1:13:03 | 7:18/K |

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|----------------|---------------------|---------------|-------------|-------------|-------------|
| 1 | Hannah Maw | 5620 | F | 26:39 | 5:20/K |
| 2 | Rebecca Stonecypher | 5656 | F | 26:49 | 5:22/K |
| 3 | Candice Ridyard | 5640 | F | 27:29 | 5:30/K |
| 4 | Helene Decarie | 1875 | F | 28:05 | 5:37/K |
| 5 | Ardeen Duckworth | 1877 | F | 28:23 | 5:41/K |
| 6 | Nicole De Giusti | 1874 | F | 29:00 | 5:48/K |
| 7 | Jolene Rodrigues | 5641 | F | 29:27 | 5:53/K |
| 8 | Brittaney Boone | 5681 | F | 29:42 | 5:56/K |
| 9 | Karin Jackson | 1894 | F | 29:49 | 5:58/K |
| 10 | Elizabeth Winston | 5672 | F | 30:40 | 6:08/K |
| 11 | Alecia Pain | 5633 | F | 30:58 | 6:12/K |
| 12 | Deb Adams | 1853 | F | 33:11 | 6:38/K |
| 13 | Karen Jeanotte | 1895 | F | 33:38 | 6:44/K |
| 14 | Amanda Pihan | 5638 | F | 34:21 | 6:52/K |
| 15 | Alison Rafaj | 5639 | F | 34:22 | 6:52/K |
| 16 | Karen Blom | 1115 | F | 35:09 | 7:02/K |
| 17 | Tara Passmore | 5635 | F | 36:07 | 7:13/K |
| 18 | Joyce Metcalf | 5626 | F | 36:26 | 7:17/K |
| 19 | Heather Beatty | 1859 | F | 36:41 | 7:20/K |
| 20 | Erin Obsniuk | 5631 | F | 36:41 | 7:20/K |
| 21 | Katie Grudzinski | 1161 | F | 37:01 | 7:24/K |
| 22 | Amber Magee | 5618 | F | 37:28 | 7:30/K |
| 23 | Chelsea Magee | 5619 | F | 37:28 | 7:30/K |
| 24 | Lixing Liu | 5613 | F | 37:36 | 7:31/K |
| 25 | Morgan Nixon | 5630 | F | 38:09 | 7:38/K |
| 26 | Adeline Urban | 5663 | F | 38:17 | 7:39/K |
| 27 | Jayme Horniblow | 1893 | F | 38:21 | 7:40/K |
| 28 | Kimberly Williams | 5669 | F | 38:26 | 7:41/K |
| 29 | Ellen Hall | 5680 | F | 38:50 | 7:46/K |
| 30 | Theresa Kwan | 5605 | F | 39:22 | 7:52/K |
| 31 | Ieshia Horne | 79737 | F | 39:22 | 7:52/K |
| 32 | Shelly Lee | 5682 | F | 39:22 | 7:52/K |
| 33 | Karen Woodfield | 5673 | F | 39:37 | 7:55/K |
| 34 | Ana Galindo | 1886 | F | 41:37 | 8:19/K |
| 35 | Kim Jewell | 1896 | F | 42:03 | 8:25/K |
| 36 | Julie Alionis | 1856 | F | 42:03 | 8:25/K |
| 37 | Jane Adams | 1854 | F | 47:52 | 9:34/K |

Overall Finish List

5 k Run

Male

| <u>Overall</u> | <u>Name</u> | <u>Bib No</u> | <u>Gen</u> | <u>Time</u> | <u>Pace</u> |
|----------------|--------------------|---------------|------------|-------------|-------------|
| 1 | Mark Klassen | 5601 | M | 19:30 | 3:54/K |
| 2 | Alejandro Romero | 5642 | M | 21:08 | 4:14/K |
| 3 | Robert Durrant | 1881 | M | 22:28 | 4:30/K |
| 4 | Alvin Magadia | 5617 | M | 24:07 | 4:49/K |
| 5 | Jeremy Spurgeon | 5654 | M | 25:05 | 5:01/K |
| 6 | Morse Stonecypher | 5655 | M | 25:33 | 5:07/K |
| 7 | Luke Crockett | 1872 | M | 28:20 | 5:40/K |
| 8 | Michael Maw | 5621 | M | 28:34 | 5:43/K |
| 9 | Evan Durrant | 1882 | M | 28:49 | 5:46/K |
| 10 | Gary Philipson | 5637 | M | 29:48 | 5:58/K |
| 11 | Stuart Richardson | 5685 | M | 31:24 | 6:17/K |
| 12 | Carlos Galindo | 1885 | M | 32:14 | 6:27/K |
| 13 | John Keranen | 5676 | M | 32:19 | 6:28/K |
| 14 | Shaun McNaughtan | 5684 | M | 32:48 | 6:34/K |
| 15 | Christopher Sutton | 5657 | M | 33:32 | 6:42/K |
| 16 | 5683 Bib | 5683 | M | 33:42 | 6:44/K |
| 17 | Kyle Dornan | 5675 | M | 33:42 | 6:44/K |
| 18 | Chuck Oliver | 5632 | M | 47:52 | 9:34/K |