

## MEC LANGLEY RACE THREE: 5K/10K

Race Date

July 10, 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	Christina Neudorf	79590	47:38	4:46/K
2	Carolyn Hubbard	79556	48:17	4:50/K
3	Debbie Frose	79543	49:37	4:58/K
4	Mary Miller	79584	49:51	4:59/K
5	Heather Wakely	79627	51:28	5:09/K
6	Sue Hartford	79551	51:28	5:09/K
7	Janice Keller	79560	52:21	5:14/K
8	Lissa Lloyd	79576	52:45	5:17/K
9	Evelyn Wiest	79632	53:11	5:19/K
10	Melanie Basso	79508	54:06	5:25/K
11	Lisa Puri	79598	54:36	5:28/K
12	Stacey Kosturos	79563	54:51	5:29/K
13	Pamela Blackmon	79514	56:54	5:41/K
14	Jalene Davies	79531	57:23	5:44/K
15	Miranda Verschuur	79625	57:32	5:45/K
16	Kelly Jones	79557	58:14	5:49/K
17	Emily Williams	79633	58:41	5:52/K
18	Sharon Wiehler	79631	1:00:12	6:01/K
19	Andrea Briggeman	79520	1:00:22	6:02/K
20	Vernette Bot	79519	1:00:44	6:04/K
21	Boni Lidderdale	79575	1:01:04	6:06/K
22	Candace Vettese	79626	1:01:06	6:07/K
23	Juliet Teeter	79619	1:01:17	6:08/K
24	Candice Lamotte	79570	1:01:20	6:08/K
25	Stacey Brown	79521	1:01:29	6:09/K
26	Christina Williams	79642	1:01:34	6:09/K
27	Heidi Rampfl	79599	1:01:50	6:11/K
28	Cori Kay	79558	1:01:59	6:12/K
29	Melissa Bodkin	79641	1:03:21	6:20/K
30	Estelle Greb	79544	1:04:25	6:27/K
31	Rita Knapp	79562	1:05:53	6:35/K
32	Elke Groening	79545	1:06:22	6:38/K
33	Marina Rust	79602	1:06:40	6:40/K
34	Cheri Mulligan	79586	1:08:18	6:50/K
35	Charlene Fanstone	79540	1:08:59	6:54/K
36	Tiffany Hof	79554	1:09:15	6:56/K
37	Karen Hoepfner	79553	1:10:27	7:03/K
38	Jane McDonald	79583	1:12:07	7:13/K
39	Leanne Fawcett	79541	1:13:42	7:22/K
40	Mary Munro	79587	1:15:06	7:31/K
41	Catherine Booth	79517	1:15:29	7:33/K
42	Jennifer Hall	79548	1:23:29	8:21/K
43	Justina Whipple	79630	1:27:48	8:47/K

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<b>10 k Run</b>			<b>Male</b>	
<b>Overall</b>	<b>Name</b>	<b>Bib No</b>	<b>Time</b>	<b>Pace</b>
1	Ryan Prachnou	79646	35:37	3:34/K
2	Ron Roewen	79643	37:43	3:46/K
3	Douglas Evans	79539	39:45	3:59/K
4	Adam Slater	79609	40:50	4:05/K
5	Stephen Redding	79600	42:46	4:17/K
6	Robin Wilson	79635	44:46	4:29/K
7	Aaron Aspinall	79503	45:01	4:30/K
8	Gary Philipson	79595	45:23	4:32/K
9	Lawrence Bernales	79511	46:25	4:39/K
10	Graham Bosa	79518	47:23	4:44/K
11	Louie Maione	79581	48:00	4:48/K
12	Tom Barichello	79507	48:05	4:49/K
13	George Patton	79593	48:08	4:49/K
14	Everett Romain	79644	48:23	4:50/K
15	Joel Krentz	79565	48:47	4:53/K
16	Dean Scovill	79605	49:05	4:55/K
17	Stephen Kring	79567	49:44	4:58/K
18	Dave Bikadi	79513	51:22	5:08/K
19	Keith Adkin	79501	52:36	5:16/K
20	Doug Warner	79628	53:07	5:19/K
21	Matt Smith	79611	53:18	5:20/K
22	Richard Hoeppepner	79552	53:23	5:20/K
23	Mark Semeniuk	79606	54:22	5:26/K
24	Joe Lidderdale	79574	55:41	5:34/K
25	Brent Krahn	79564	55:47	5:35/K
26	Dillon Duncan	79537	57:07	5:43/K
27	Vijay Lanji	79571	57:41	5:46/K
28	Lorne Wood	79636	58:15	5:50/K
29	Thomas Wehde	79629	58:29	5:51/K
30	David Blas	79515	58:36	5:52/K
31	Roger Brown	79522	58:43	5:52/K
32	Mark Nichols	79591	58:56	5:54/K
33	Rick Scott	79604	59:19	5:56/K
34	June-Young Kwon	79569	59:27	5:57/K
35	Sean MacKenzie	79578	1:00:12	6:01/K
36	John Kelly	79561	1:01:00	6:06/K
37	Vincent Tang	79618	1:03:13	6:19/K
38	Julian Tang	79617	1:03:18	6:20/K
39	Walter Block	79516	1:26:24	8:38/K
40	William Pringle	79597	1:27:48	8:47/K

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<b>Overall</b>	<b>Name</b>	<b>Bib No</b>	<b>Time</b>	<b>Pace</b>
1	Tessa Ladner	33867	19:35	3:55/K
2	Natisha Mathews	33948	24:38	4:56/K
3	Lisa Redmond	33881	25:00	5:00/K
4	Keira Duckworth	33924	25:16	5:03/K
5	Nicole De Giusti	33818	25:20	5:04/K
6	Sinead O'Dwyer	33879	25:56	5:11/K
7	Ardeen Duckworth	33923	26:21	5:16/K
8	Kulwant Gill	33832	26:56	5:23/K
9	Robyn Marzban	33873	26:58	5:24/K
10	Samantha Kroeker	33935	27:40	5:32/K
11	Kati Frain	33961	28:27	5:41/K
12	Mary Lou Drescher	33954	28:38	5:44/K
13	Christine Hung	33840	29:04	5:49/K
14	Kathleen Biberdorf	33804	29:12	5:50/K
15	Ravina Cheema	33816	29:17	5:51/K
16	Erin Bratlien	33810	29:26	5:53/K
17	Louise Chapman	33813	29:42	5:56/K
18	Sara Howarth	33838	29:51	5:58/K
19	Jessica Meir	33876	30:01	6:00/K
20	79645 Bib	79645	30:05	6:01/K
21	Kayla Homeniuk	33836	30:07	6:01/K
22	Tara Schriefer	33891	30:33	6:07/K
23	Ashley Dixon	33821	30:49	6:10/K
24	Kaitlin Donkers	33823	30:50	6:10/K
25	Jeremy Thompson	33899	30:51	6:10/K
26	Christine Garson	33969	31:49	6:22/K
27	Amanda Slater	33934	32:16	6:27/K
28	Jennifer Boublrier	33807	32:33	6:31/K
29	Shanna Baranowski	33803	32:33	6:31/K
30	Aisha Kafi	33861	33:35	6:43/K
31	Anne Desrosiers	33819	34:09	6:50/K
32	Kelly Dickson	33936	34:36	6:55/K
33	Lori Dixon	33820	35:10	7:02/K
34	Genny Avila	33802	35:16	7:03/K
35	Jade Read	33880	38:03	7:37/K
36	Jessie Chan	33811	38:04	7:37/K
37	India Williams	33915	38:15	7:39/K
38	Christine Farncombe	33828	39:44	7:57/K
39	Chantal Tracy	33939	42:23	8:29/K
40	Emma Cooper	33956	46:16	9:15/K

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<b>5 k Run</b>			<b>Male</b>	
<b>Overall</b>	<b>Name</b>	<b>Bib No</b>	<b>Time</b>	<b>Pace</b>
1	Michael Taylor	33895	19:32	3:54/K
2	Daniel Villasenor	33906	21:12	4:14/K
3	David Vanderbyl	33903	23:38	4:44/K
4	Ryan Perverseff	33920	24:13	4:51/K
5	Darren Warren	33951	24:48	4:58/K
6	Nick McDonald	33875	24:56	4:59/K
7	Fernando Villasenor	33907	25:02	5:00/K
8	Kelly Restiaux	33886	27:10	5:26/K
9	Norman Garson	33968	27:43	5:33/K
10	Mike Thomas	33971	29:10	5:50/K
11	Andre Kocsis	33862	30:22	6:04/K
12	Keith Turner	33900	32:38	6:32/K
13	David Brooks	33967	34:09	6:50/K
14	Gord Kurenoff	33865	35:30	7:06/K
15	Nick Antonopoulos	33801	37:42	7:32/K
16	Fraser Williams	33919	41:17	8:15/K