

# MEC VANCOUVER: TRAIL RACE ONE, 5K / 10K

Race Date

February 17, 2018

## Overall Finish List

### 10 k Run

### Female

<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Time</u>	<u>Pace</u>
1	Allison Tai	63167	1:00:11	6:01/K
2	karine Travailland	84415	1:00:27	6:03/K
3	Danielle O'Neill	63179	1:01:03	6:06/K
4	Karen Bond	2044	1:03:18	6:20/K
5	hilary spires	63160	1:03:26	6:21/K
6	Heather Ramsbottom	63125	1:04:37	6:28/K
7	David Little	8909	1:04:41	6:28/K
8	Erika Kinney	8314	1:06:57	6:42/K
9	Lara LeMoal	8369	1:07:29	6:45/K
10	Moika Ambozatis	84430	1:08:42	6:52/K
11	Sophie Vanasse	63172	1:08:53	6:53/K
12	melissa jung	84405	1:10:05	7:01/K
13	Kelsey Fyfe	2146	1:10:06	7:01/K
14	Madison Dreith	2116	1:11:13	7:07/K
15	Ileana Graham	2186	1:11:28	7:09/K
16	Serena Lodi	84407	1:12:06	7:13/K
17	Claire Cormeau	2080	1:12:06	7:13/K
18	Chantal Eady	2122	1:12:31	7:15/K
19	Vanessa Gardner	2154	1:13:27	7:21/K
20	Julie Martens	63027	1:15:01	7:30/K
21	Sheena Mista	63076	1:15:05	7:31/K
22	Candice Appleby	2004	1:15:22	7:32/K
23	Carly Bailey	2013	1:15:25	7:33/K
24	Sarah White	63183	1:15:30	7:33/K
25	Helene Decarie	2102	1:16:11	7:37/K
26	Nicole Senger	63148	1:16:30	7:39/K
27	Joanne Bach	2012	1:16:32	7:39/K
28	Nikol Marconova	63024	1:16:36	7:40/K
29	Liz Moser	63082	1:17:03	7:42/K
30	Hannah Christie	84434	1:17:05	7:43/K
31	Carla Samms	63142	1:17:59	7:48/K
32	Gaëlle Simard-Duplain	63153	1:18:45	7:53/K
33	Courtney Couch	2084	1:19:40	7:58/K
34	Marianne Williams	63186	1:19:51	7:59/K
35	Alexandra Jonca	7923	1:20:05	8:01/K
36	Charlotte Tegtmeier	63168	1:20:10	8:01/K
37	Alyssa Watkins	63177	1:20:12	8:01/K
38	Noelle Benoit	2036	1:20:52	8:05/K
39	Jennifer Kluth	8357	1:20:58	8:06/K
40	Grace Carter	2065	1:21:06	8:07/K
41	Laura Celeste	2069	1:21:17	8:08/K
42	Carla Valoma	63171	1:21:45	8:11/K
43	Phoebe Gray	2187	1:21:46	8:11/K
44	Hannah Wilson	63187	1:23:03	8:18/K
45	Sabrina Lenk	84420	1:23:08	8:19/K
46	Natalie Bedard	2024	1:23:08	8:19/K
47	Emily Pritchard	84406	1:23:23	8:20/K

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### Female

<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Time</u>	<u>Pace</u>
48	Kayla Patton	63112	1:24:18	8:26/K
49	Anna Rogalsky	63137	1:26:15	8:38/K
50	Anna Razzell	63128	1:27:10	8:43/K
51	Sara G Dixon	84428	1:27:19	8:44/K
52	Brooke Glover	2178	1:27:34	8:45/K
53	Teija Beck	2023	1:27:34	8:45/K
54	Erin MacKenzie	63003	1:27:38	8:46/K
55	Onomen Ifada	7575	1:28:13	8:49/K
56	Daniella Smith	63157	1:28:31	8:51/K
57	Melodie Yong	63192	1:28:32	8:51/K
58	Sara Lanyon	8365	1:28:35	8:52/K
59	Ai Hansen	84422	1:28:39	8:52/K
60	Lisa Berg	2037	1:28:42	8:52/K
61	Paula Naylor	63093	1:29:17	8:56/K
62	Jill Hond	84423	1:29:32	8:57/K
63	Taralynn Reburn	63129	1:29:47	8:59/K
64	Kathleen Wee	63181	1:31:17	9:08/K
65	Madison McDougall	84417	1:31:47	9:11/K
66	Camille Goubet	2182	1:31:57	9:12/K
67	Samantha Richardson	63133	1:34:18	9:26/K
68	Cori Smith	63156	1:35:03	9:30/K
69	Amanda Poh	63117	1:35:25	9:33/K
70	Rhonda Marshall	63025	1:37:18	9:44/K
71	Cortnee Billon	2039	1:37:18	9:44/K
72	Aretha Westenenk	63182	1:37:30	9:45/K
73	Anne-Gael Madore	63009	1:37:39	9:46/K
74	Emily Seeton	63145	1:37:40	9:46/K
75	Codi Hauka	4841	1:38:03	9:48/K
76	Harp Randhawa	63126	1:40:04	10:00/K
77	Susanna Houwen	7055	1:40:13	10:01/K
78	chelsey zeeman	84401	1:40:18	10:02/K
79	Sheena O'Connor	63105	1:40:18	10:02/K
80	Kathryn Gullason	2194	1:42:42	10:16/K
81	Karla Rands	84424	1:44:39	10:28/K
82	Kim Crawford	2089	1:46:53	10:41/K
83	Shauna Puchniak	63119	1:49:06	10:55/K
84	Veronika Smolik	63158	2:00:09	12:01/K
85	Christina Empey	2127	2:03:12	12:19/K
86	Kathleen Caesar	2050	2:03:14	12:19/K
87	heather Sidsworth	63152	2:05:28	12:33/K
DQ	Leanne Carroll	2054	---	---

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<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Time</u>	<u>Pace</u>
1	brendan urlocker	84416	52:01	5:12/K
2	Jakub Rucker	84418	53:46	5:23/K
3	Irvin Tang	84429	55:01	5:30/K
4	Shepherd Mass	63055	55:22	5:32/K
5	cave kendall	84403	56:14	5:37/K
6	Charles Perrot-Minot	63113	56:14	5:37/K
7	Broc Rossell	63138	56:48	5:41/K
8	christophe simon	84412	56:55	5:42/K
9	Derek Wintermans	63188	57:45	5:47/K
10	Taralyn Hardy	84436	58:35	5:52/K
11	Milan Benacka	2026	58:58	5:54/K
12	RAMIRO LICONA	8907	1:00:36	6:04/K
13	Gerald Gatti	2157	1:00:41	6:04/K
14	Scott Berdohl	84433	1:01:03	6:06/K
15	Mark Harding	2198	1:01:14	6:07/K
16	Dennis Begley	2025	1:01:16	6:08/K
17	Malcolm Patterson	63110	1:01:45	6:11/K
18	Stuart Ashman	2009	1:01:46	6:11/K
19	Gavin Bong	2045	1:02:05	6:13/K
20	Steve Bodley	2043	1:02:22	6:14/K
21	Michael Grey	84435	1:02:47	6:17/K
22	Hugo Merino Montero	63064	1:02:57	6:18/K
23	Mathew Kinney	8354	1:03:18	6:20/K
24	David Longpre	8940	1:04:03	6:24/K
25	bib 63197	63197	1:04:19	6:26/K
26	Nicholas Anstee	2002	1:04:47	6:29/K
27	Justin Emilio	2123	1:05:23	6:32/K
28	Gregory Sharp	63149	1:05:26	6:33/K
29	Andrew Smith	63155	1:05:31	6:33/K
30	Jack Hodson	4871	1:05:32	6:33/K
31	Sohail Kamal	7924	1:06:02	6:36/K
32	Terry Dreith	2112	1:06:12	6:37/K
33	Maxime Charron	2072	1:06:31	6:39/K
34	David Beaudry	2021	1:06:36	6:40/K
35	Conor Lamb	8363	1:06:40	6:40/K
36	Nima Eslamloo	2137	1:06:51	6:41/K
37	Romain Tisserand	63169	1:07:16	6:44/K
38	Matt Husband	7567	1:07:59	6:48/K
39	Jasper Rickmers	63135	1:08:10	6:49/K
40	Ashkan Sardari	63143	1:08:12	6:49/K
41	simon williams	63185	1:08:14	6:49/K
42	sergui makarevski	84408	1:08:34	6:51/K
43	Mark Nelson	63102	1:08:44	6:52/K
44	Owen Davis	2100	1:09:02	6:54/K
45	mario vasquez	63173	1:09:30	6:57/K
46	Niall Gallagher	2151	1:09:56	7:00/K
47	Michel Ngom	63103	1:10:04	7:00/K

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48	Matthew Knott	8358	1:10:07	7:01/K
49	Nick Mayhew	63056	1:10:08	7:01/K
50	Ben Scott	63144	1:10:09	7:01/K
51	Paul Barbosa	2016	1:10:19	7:02/K
52	Mike Lee	8366	1:10:19	7:02/K
53	GURVAN BEUBRY	2038	1:10:25	7:03/K
54	Marcus Stein	63163	1:10:25	7:03/K
55	Nic Wassill	63175	1:10:33	7:03/K
56	David Appleby	2005	1:10:39	7:04/K
57	Matthew King	8312	1:10:59	7:06/K
58	Iain Chima	2078	1:11:00	7:06/K
59	Enrique Gonzalez	2180	1:11:09	7:07/K
60	David Hurst	7565	1:11:33	7:09/K
61	Isaac Holloway	4872	1:11:43	7:10/K
62	Morgan Perry	63114	1:11:47	7:11/K
63	Alexander Mackenzie	8951	1:12:09	7:13/K
64	Grant Crawford	63198	1:12:11	7:13/K
65	Ethan Sehrum	84419	1:12:33	7:15/K
66	Greg Puchniak	63120	1:13:20	7:20/K
67	Andrew Stegemann	63162	1:13:35	7:22/K
68	Chris Stephenson	63165	1:13:35	7:22/K
69	Jonny Wears	63180	1:14:12	7:25/K
70	Michael Benner	2027	1:14:22	7:26/K
71	Stephen Davis	2098	1:14:43	7:28/K
72	Kurt Laird	84432	1:14:47	7:29/K
73	Richard Patterson	63111	1:14:50	7:29/K
74	Luis Klappenbach	84421	1:14:51	7:29/K
75	luca gualtieri	84414	1:15:02	7:30/K
76	Steve Gauthier	2159	1:16:23	7:38/K
77	Jan Havlik	4848	1:16:58	7:42/K
78	LUIS MEZA	63068	1:17:07	7:43/K
79	Chad Galloway	2152	1:17:09	7:43/K
80	Benjatin Schwartzmann	84425	1:17:38	7:46/K
81	Sean McKnight	63199	1:18:05	7:49/K
82	Marc Harutunyan	4813	1:18:30	7:51/K
83	Tom Sherlock	63150	1:18:45	7:53/K
84	Alexander Hyde	7573	1:18:49	7:53/K
85	Alex Hammel	2197	1:18:57	7:54/K
86	Dillon Zolnierczyk	63193	1:19:23	7:56/K
87	Mark Hyder	84427	1:20:50	8:05/K
88	Dennis Bailey	2014	1:20:56	8:06/K
89	Dale Wagner	63174	1:23:30	8:21/K
90	Kyle Sellars	63147	1:24:06	8:25/K
91	Mikhail Rabinkov	63122	1:24:06	8:25/K
92	jeffrey lavangie	84413	1:24:06	8:25/K
93	Jake Goose	84431	1:25:06	8:31/K
94	Jon Goose	2181	1:25:06	8:31/K

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		10 k Run	Male	
<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Time</u>	<u>Pace</u>
95	Todd Al	2001	1:25:20	8:32/K
96	Owen murphy	84402	1:25:43	8:34/K
97	Andrew Cunliffe	2090	1:28:07	8:49/K
98	Kelly Koebel	8359	1:28:39	8:52/K
99	Steve Remple	63130	1:28:54	8:53/K
100	Jose Rodriguez	63136	1:29:17	8:56/K
101	Reuben Mann	84426	1:29:30	8:57/K
102	mark watson	84410	1:30:01	9:00/K
103	james palframan	84409	1:30:01	9:00/K
104	Dave Davies	2095	1:31:18	9:08/K
105	Paul Fruitman	2145	1:31:28	9:09/K
106	george canvin	84404	1:32:10	9:13/K
107	Danny Kelly	7979	1:37:08	9:43/K
108	Keyle Bartok	2018	1:37:09	9:43/K
109	Justin Bailey	2015	1:37:24	9:44/K
110	Douglas Mentanko	63059	1:37:40	9:46/K
111	Ben Podborski	63116	1:38:01	9:48/K
112	Martin Krestow	8360	1:40:04	10:00/K
113	Grant Bruinsma	2047	1:44:03	10:24/K

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<b>5 k Run</b>			<b>Female</b>	
<b>Overall</b>	<b>Name</b>	<b>Bib No</b>	<b>Time</b>	<b>Pace</b>
1	Kendra Lewis	44170	23:52	4:46/K
2	Kerry Mackelvie	51526	26:49	5:22/K
3	lianne burrell	51098	28:30	5:42/K
4	janelle hay	38073	29:13	5:51/K
5	kealy bird	51508	29:28	5:54/K
6	Kata Dinamarca	38045	29:43	5:57/K
7	Megumi Bourns	33196	30:03	6:01/K
8	Mylene Normandin	44508	30:05	6:01/K
9	Joanie Bouchard	33190	30:36	6:07/K
10	Danae Dumontet	38047	30:54	6:11/K
11	Alica Majercinova	44182	31:10	6:14/K
12	Amy Hendel	38076	31:37	6:19/K
13	Heather Klassen	38095	31:58	6:24/K
14	Emily Masching	44184	32:21	6:28/K
15	Jasmine Shum	45700	33:29	6:42/K
16	Laura Falsetto	38051	33:46	6:45/K
17	bib 51527	51527	33:51	6:46/K
18	Jennifer Carrique	38033	34:12	6:50/K
19	Alana Diconnell	51535	34:17	6:51/K
20	Maxine Mikoby	51537	34:17	6:51/K
21	Jenny Irwin	38087	34:21	6:52/K
22	Jill Nason	44478	34:32	6:54/K
23	Samantha Garrett	38056	34:36	6:55/K
24	Isabelle Wallace	51039	34:39	6:56/K
25	Stephanie Wright	51071	34:48	6:58/K
26	Sarah Pedley	44568	34:48	6:58/K
27	Sarah Wilson	51055	34:59	7:00/K
28	Emma Dâ€™Alfonso	38039	35:26	7:05/K
29	Rebecca Innis	38084	35:32	7:06/K
30	Shylo Pruyn	44600	35:36	7:07/K
31	carrie nickel	44502	35:40	7:08/K
32	Kathy Enros	38050	35:45	7:09/K
33	Lindsay Cowe	51082	36:02	7:12/K
34	Paula Schneider	45682	36:04	7:13/K
35	Gillian Leake	44166	36:04	7:13/K
36	Monica Schneider	45683	36:27	7:17/K
37	Jennifer Natrall	44487	36:29	7:18/K
38	Sarah Nathanson	44484	36:30	7:18/K
39	Shannon Gill	38061	36:42	7:20/K
40	Kim Harvey	51530	36:42	7:20/K
41	Vanessa Godin	38063	36:47	7:21/K
42	Amanda Parkhill	44523	36:50	7:22/K
43	Carol Ma	51547	36:53	7:23/K
44	Lauren Campbell	38032	36:54	7:23/K
45	Jessica Simmons	63196	37:00	7:24/K
46	Jess De boer	38042	37:02	7:24/K
47	Pamela Costanzo	38037	37:08	7:26/K

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<b>Overall</b>	<b>Name</b>	<b>Bib No</b>	<b>Time</b>	<b>Pace</b>
48	Sheena Hoskin	38082	37:14	7:27/K
49	Natalie Davis	38041	37:41	7:32/K
50	Holly Hawke	38072	37:42	7:32/K
51	Kasey Harris	38070	38:23	7:41/K
52	Helena Knezickova	38098	38:25	7:41/K
53	Jenna Winder	51062	38:26	7:41/K
54	janice raffin	45651	38:29	7:42/K
55	Daniela Pico	44585	38:30	7:42/K
56	Lucille Lee	44168	38:36	7:43/K
57	Soraya Rajabally	45657	38:44	7:45/K
58	Kristina Herder	38077	38:45	7:45/K
59	Karen Blom	31964	39:04	7:49/K
60	Stacie Graham	38064	39:06	7:49/K
61	Nicola Bolton	33176	39:07	7:49/K
62	Lauren Fleming	38052	39:07	7:49/K
63	Branka Gataric	51545	39:08	7:50/K
64	Esperanza Garcia	38055	39:14	7:51/K
65	Maggie Hammel	38067	39:21	7:52/K
66	Eliza Pike	44586	39:23	7:53/K
67	Renge Bailie	31130	39:24	7:53/K
68	Kim Ayers	31125	39:28	7:54/K
69	Lora Schulz	45685	39:28	7:54/K
70	Yvonne Kwok	44160	39:52	7:58/K
71	Debbie Glynn	51538	39:58	8:00/K
72	Christie Locke	44171	40:28	8:06/K
73	Lori Kittelberg	38094	40:36	8:07/K
74	Tonya Kulak	44156	40:50	8:10/K
75	Jessica Skuk	51003	41:07	8:13/K
76	Tammera Tepper	51016	41:07	8:13/K
77	Sonya Parsad	44549	41:30	8:18/K
78	Jennie Gjertsen	38062	41:36	8:19/K
79	Jane Burgess	38029	42:07	8:25/K
80	Katharine Kubenk	38100	42:29	8:30/K
81	Sofiya Pylypenko	45649	42:52	8:34/K
82	Marianne Tout	51033	43:07	8:37/K
83	Kiera Frost	51533	43:10	8:38/K
84	Maggie Wilson	51060	43:34	8:43/K
85	Bahar Nahijavi	51546	43:52	8:46/K
86	Bridgette Garrett	38057	44:05	8:49/K
87	Veronica Grocott	38066	44:08	8:50/K
88	Erin Heinrichs	38074	44:25	8:53/K
89	Allison Entjetti	51549	45:20	9:04/K
90	Sharon Warren	51045	46:07	9:13/K
91	Karen Danudjaja	38040	46:10	9:14/K
92	Rhynynn Irvine	38086	46:17	9:15/K
93	Sandra Campbell	38031	46:18	9:16/K
94	Claudia Eulington	51543	47:33	9:31/K

Overall Finish List

**5 k Run**

**Female**

<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Time</u>	<u>Pace</u>
95	Amar Johal	38090	49:50	9:58/K
96	Carol Watton	51046	50:54	10:11/K
97	Amy ten-Bohmer	51014	51:28	10:18/K
98	Anamika Baruah	31957	51:30	10:18/K
99	Kate Nelson	44500	51:49	10:22/K
100	Carol Bailey	31129	52:07	10:25/K
101	teresa sham	45687	52:09	10:26/K
102	Fazila Buksh	38027	53:04	10:37/K
103	gwendolyn tang	51012	53:11	10:38/K



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<b>Overall</b>	<b>Name</b>	<b>Bib No</b>	<b>Time</b>	<b>Pace</b>
1	Matt Ehrenrich	45672	23:24	4:41/K
2	Ryan Goudron	51097	24:11	4:50/K
3	Harrison Almrud	31123	24:27	4:53/K
4	randy bird	51507	24:46	4:57/K
5	Nathan Meadows	44199	25:31	5:06/K
6	Terry Straus	51005	25:38	5:08/K
7	Jonathan Dempsey	38044	26:31	5:18/K
8	Teagan O'Shaughnessy	51083	28:27	5:41/K
9	Will Meredith	51542	28:34	5:43/K
10	Taylor Woodcock	51067	28:45	5:45/K
11	John Woolgar	51544	28:55	5:47/K
12	Preston Wright	51076	29:02	5:48/K
13	Cody Stock	51093	29:05	5:49/K
14	Joseph Salazar	51541	29:19	5:52/K
15	Conor Radley	51531	29:35	5:55/K
16	Teo Kovac	38099	29:37	5:55/K
17	Allen Fossheim	38053	29:50	5:58/K
18	Rory Wizbicki	51064	30:03	6:01/K
19	Turlough Lennon	44169	30:51	6:10/K
20	Julio Hernandez Portillo	38078	31:01	6:12/K
21	Trevor Sakai	45675	32:13	6:27/K
22	Husein Rahemtulla	45652	33:03	6:37/K
23	Daniel Kirzner-Priat	51536	33:30	6:42/K
24	Curtis Molitor	44446	33:46	6:45/K
25	Steve Klein	51534	33:48	6:46/K
26	Jesse Lamb	51092	33:53	6:47/K
27	Mark Young	51072	34:16	6:51/K
28	Ahmend Juballa	51540	34:49	6:58/K
29	Connor Huffer	51509	35:46	7:09/K
30	Brandon wehr	51048	36:24	7:17/K
31	Stewart Scott	45686	36:35	7:19/K
32	Weldon Stringer	51006	36:59	7:24/K
33	Graham Coulthard	51529	37:03	7:25/K
34	Graham Cook	38036	37:07	7:25/K
35	Kyle Amadatsu	51528	37:13	7:27/K
36	Patrik Vojtisek	51038	37:29	7:30/K
37	Munir Squires	51548	37:43	7:33/K
38	Ingo Jackisch	38088	38:42	7:44/K
39	Janaki Babu	31126	38:42	7:44/K
40	Mark Wiebe	51053	38:43	7:45/K
41	Nader Hodaly	38080	38:49	7:46/K
42	John Paul Bow	51539	39:09	7:50/K
43	Marcus Lundgren	44178	39:26	7:53/K
44	Edilberto Javier	38089	40:27	8:05/K
45	Michael Watton	51047	40:49	8:10/K
46	Matthew Holbrook	38081	40:54	8:11/K
47	Anthony Skuk	51004	41:05	8:13/K

MEC VANCOUVER: TRAIL RACE ONE, 5K / 10K

Overall Finish List

<b>5 k Run</b>			<b>Male</b>	
<b>Overall</b>	<b>Name</b>	<b>Bib No</b>	<b>Time</b>	<b>Pace</b>
48	Ken Morine	44472	41:09	8:14/K
49	bib 51094	51094	41:45	8:21/K
50	Jacob Wilson	51054	42:05	8:25/K
51	Sreejit Kumar	44158	42:24	8:29/K
52	Nicolas Pedley	44550	42:36	8:31/K
53	Randy Bach	31127	42:39	8:32/K
54	Warner Blom	51532	43:11	8:38/K
55	Benjamin Heinrichs	38075	44:24	8:53/K
56	Samuel Randall	45658	45:16	9:03/K
57	Rishi Sharma	45688	45:57	9:11/K
58	bib 51095	51095	47:21	9:28/K
59	peter collins	51505	51:05	10:13/K
60	Keith Bagaipo	31128	51:48	10:22/K
61	Jarret Bainbridge	31131	51:49	10:22/K
62	Patrick McDougall	44196	58:27	11:41/K
63	ian collins	51099	1:00:48	12:10/K
64	gideon tang	51009	1:03:34	12:43/K