

MEC LOWER MAINLAND: TRAIL RACE FIVE, 5K / 10K

Race Date

August 27, 2017

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

<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Time</u>	<u>Pace</u>
1	Rani Handerso	84400	36:41	3:40/K
2	Katie Grinyer	84205	39:17	3:56/K
3	Jingxuan Zhao	84386	41:23	4:08/K
4	Samantha Withenshaw	84372	46:48	4:41/K
5	Kristin Lim	84238	47:34	4:45/K
6	MJ Buck	84013	47:56	4:48/K
7	Hannah Bowie	84003	49:42	4:58/K
8	Lisa Roy	84324	49:42	4:58/K
9	Danielle Burch	84023	50:04	5:00/K
10	Marisa Shearing	84340	50:16	5:02/K
11	Ann Harris	84210	50:33	5:03/K
12	Kim Jones	84650	51:26	5:09/K
13	Brianne Miller	84268	51:39	5:10/K
14	Laurie Reid	84315	52:08	5:13/K
15	Ellen Sauvage	84335	53:04	5:18/K
16	Louise Houston	84391	53:32	5:21/K
17	Joy Wang	84367	53:34	5:21/K
18	Stacie Truong	84359	53:45	5:23/K
19	Claire Bartleman	7151	54:23	5:26/K
20	Sandra Manzano	84246	54:23	5:26/K
21	helen ogilvie	84286	54:28	5:27/K
22	Jody LeBlanc	84232	54:30	5:27/K
23	Carla Beston	7179	54:50	5:29/K
24	Sara Edsall	84138	55:25	5:33/K
25	Aliesha Shutte	84342	55:25	5:33/K
26	Marianne Dawson	84100	55:48	5:35/K
27	Laura Ibba	84215	55:55	5:36/K
28	Cecillia Lescano	84237	56:35	5:40/K
29	Sara Tilley	84355	56:42	5:40/K
30	Erin Mackenzie	84242	57:07	5:43/K
31	Lesley Gallagher	84397	57:27	5:45/K
32	Alia Kallo	84221	57:32	5:45/K
33	Nicola Chalke	84066	57:44	5:46/K
34	Dana Hough	84212	58:13	5:49/K
35	Sarah Kristjansson	84228	58:31	5:51/K
36	Ashley Reid	84314	58:31	5:51/K
37	Ellen Jacques	84394	59:08	5:55/K
38	Ev Dueck	84121	59:49	5:59/K
39	Zara McGrath	84247	1:00:33	6:03/K
40	Alyssa Yeo	84399	1:00:34	6:03/K
41	Jenell Coleclough	84077	1:01:05	6:07/K
42	Christie Stanford	84348	1:01:05	6:07/K
43	Sonja Hutchinson	84214	1:01:59	6:12/K
44	Dominique Sta Ana	84347	1:02:22	6:14/K
45	Lorraine Douville	84111	1:03:04	6:18/K
46	Sandee Sutera	84350	1:03:23	6:20/K
47	Lydia Green	84204	1:03:33	6:21/K

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

<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Time</u>	<u>Pace</u>
48	Holly Vipond	84366	1:04:14	6:25/K
49	Karen Danudjaja	84094	1:04:23	6:26/K
50	Lora Smith	84344	1:04:53	6:29/K
51	Paula Coutinho	84082	1:05:18	6:32/K
52	Dalia Alvarez	7135	1:05:59	6:36/K
53	Ava Powell	84305	1:06:32	6:39/K
54	Queenie Tran	84357	1:06:33	6:39/K
55	Rachel Jin	84220	1:06:38	6:40/K
56	Zoe Penner	84300	1:06:39	6:40/K
57	Yolanda Triana	84358	1:07:24	6:44/K
58	Juli Butler	84389	1:07:37	6:46/K
59	Debra Kato	84224	1:08:27	6:51/K
60	Anna Okondo	84287	1:08:42	6:52/K
61	Christine Burnham	84031	1:08:58	6:54/K
62	Charlene Sakamoto	84648	1:09:37	6:58/K
63	Yoko Beriault	7167	1:10:10	7:01/K
64	Heather Kitson	84227	1:19:13	7:55/K
65	Dannielle Piper	84303	1:21:12	8:07/K
DQ	Anne Deitch	84103	---	---
DQ	Fainne Martin	84392	---	---
DQ	Amy Agis	7121	---	---
DQ	KIMBERLY PALMERO	84296	---	---

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Overall Finish List**10 k Run****Male**

<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Time</u>	<u>Pace</u>
1	Felipe Edora	84137	35:18	3:32/K
2	Samuel Allegretto	7129	36:26	3:39/K
3	Leonid Dushyn	84123	36:56	3:42/K
4	Stephen Hardy	84208	37:15	3:44/K
5	Kavie Toor	84356	37:34	3:45/K
6	David Giraday	84387	37:54	3:47/K
7	Craig Roy	84325	40:18	4:02/K
8	Flaviu Vadan	84363	40:30	4:03/K
9	Jose Leal	84398	40:46	4:05/K
10	Evgeny Yagrushkin	84381	41:43	4:10/K
11	Ben Mortenson	84279	41:50	4:11/K
12	Keith Kirchner	84226	43:02	4:18/K
13	Adam Goluboff	84202	43:09	4:19/K
14	Karl Shen	84341	43:24	4:20/K
15	Luca Raffaello	84310	43:27	4:21/K
16	Padraig Sweeney	84351	43:29	4:21/K
17	Francis Wong	84375	43:34	4:21/K
18	Jasper Rickmers	84317	43:34	4:21/K
19	Jerome Bertrand	7178	43:35	4:22/K
20	Pietro Cariga	84396	43:38	4:22/K
21	Aming Cheng	84070	43:40	4:22/K
22	Owen Davis	84098	44:04	4:24/K
23	Mike Twining	84361	44:05	4:25/K
24	Justin Mak	84244	44:17	4:26/K
25	JORGE ROMAN ASENSIO	84321	44:17	4:26/K
26	Gerry Besworth	7186	44:29	4:27/K
27	Kaue Rodrigues	84319	44:32	4:27/K
28	paul brown	84011	44:34	4:27/K
29	Steven Pearce	84299	45:19	4:32/K
30	Mark Germani	84180	45:34	4:33/K
31	Ashton Lim	84239	45:52	4:35/K
32	Serguei Makarevski	84245	45:59	4:36/K
33	Jarrold Cowan	84388	46:14	4:37/K
34	Lawrence Bernales	7175	46:17	4:38/K
35	Peter Medved	84250	46:20	4:38/K
36	E. Craig Pagens	84292	47:06	4:43/K
37	Kevin Pescitelli	84302	47:10	4:43/K
38	Philip Ryan	84330	47:20	4:44/K
39	RODERICK CASTILLO	84063	47:22	4:44/K
40	Mike Lee	84234	48:46	4:53/K
41	Tyler Burch	84027	48:56	4:54/K
42	Paul Caron	84061	49:17	4:56/K
43	Mark Fodor	84160	49:26	4:57/K
44	Ramiro Cuenca Sabido	84085	49:42	4:58/K
45	Sean McKnight	84248	50:09	5:01/K
46	Manav Sekhri	84337	50:10	5:01/K
47	Mike Biskar	84646	50:12	5:01/K

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Overall Finish List**10 k Run****Male**

<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Time</u>	<u>Pace</u>
48	Lucas VanderBeek	84365	50:29	5:03/K
49	Bill Russell	84327	50:32	5:03/K
50	Matthew Wong	84374	51:06	5:07/K
51	Philip Harris	84209	51:30	5:09/K
52	Albert Wong	84373	51:34	5:09/K
53	Jason Oakford	84649	51:54	5:11/K
54	curtis molitor	84278	52:15	5:14/K
55	Julian Jimenez	84218	52:17	5:14/K
56	Gerry O'Reilly	84289	52:26	5:15/K
57	Ostojic Zdravko	84647	52:35	5:16/K
58	Nathan Paisley	84293	52:58	5:18/K
59	Konstantin Pyryaev	84307	53:00	5:18/K
60	Kyle Shackley	84338	53:33	5:21/K
61	Masroor Rehan	84313	53:41	5:22/K
62	Christopher Drodiquin	84120	53:44	5:22/K
63	Wai Keung Tsang	84360	53:51	5:23/K
64	Ignacio Arias	7146	54:21	5:26/K
65	Alberto Enrique Escobedo	84146	54:31	5:27/K
66	Michael Parker	84297	55:19	5:32/K
67	Puyan Zadeh	84385	56:26	5:39/K
68	Steve Colby	84076	56:36	5:40/K
69	Norman Hen	84390	57:12	5:43/K
70	Christopher Blunden	84393	57:18	5:44/K
71	Fred Jacques	84395	57:20	5:44/K
72	Will Alvarado	7132	57:53	5:47/K
73	Jonsthan Kristjansson	84229	58:38	5:52/K
74	Mike Carew	84044	59:03	5:54/K
75	Arne Mejlholm	84267	59:33	5:57/K
76	Michael Calebag	84039	1:01:58	6:12/K
77	Danielle Shackley	84339	1:02:44	6:16/K
78	Daehee Lee	84233	1:03:19	6:20/K
79	Neil Privett	84306	1:03:44	6:22/K
80	84651 bib	84651	1:05:44	6:34/K
81	Nick Penner	84301	1:06:35	6:40/K
82	Ian Leighton	84235	1:07:04	6:42/K
83	Glen Leighton	84236	1:07:08	6:43/K
84	Glenn Sakamoto	84331	1:09:36	6:58/K
85	David Jin	84219	1:10:37	7:04/K
86	Ed Nicolas	84284	1:11:03	7:06/K
87	Timothy Rollerson	84320	1:22:12	8:13/K
88	roger Roufosse	84322	1:29:05	8:55/K
DQ	henrique caldas	84037	---	---

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Overall Finish List

5 k Run			Female	
Overall	Name	Bib No	Time	Pace
1	Natalie Berkheimer	2139	19:21	3:52/K
2	Kendra Lewis	2962	19:21	3:52/K
3	Daniela Flores	84149	22:27	4:29/K
4	Grace Mcdonald	3036	23:31	4:42/K
5	Mary Murray	3058	23:35	4:43/K
6	Angela Lee	2960	23:55	4:47/K
7	Jordana Goddard	2904	24:08	4:50/K
8	Alzbeta Medvedova	2973	25:30	5:06/K
9	Sandra Healy	3031	26:22	5:16/K
10	Johanna Young	3027	26:44	5:21/K
11	Menaka Laberge	3033	26:50	5:22/K
12	janice widas	3023	27:05	5:25/K
13	Letizia Franchini	2198	28:25	5:41/K
14	Giulia Sa Bauelo	2995	28:37	5:43/K
15	Cristina López Garcia	2963	28:44	5:45/K
16	Heather Patry	2980	28:54	5:47/K
17	Wevoy Rafuse	3062	29:01	5:48/K
18	Paola Murillo	3046	29:04	5:49/K
19	Erin Hannon	3059	29:05	5:49/K
20	Jessica Dunkley	3037	29:23	5:53/K
21	Tara Nesbitt	3038	29:24	5:53/K
22	Sarah Pescitelli	2982	29:37	5:55/K
23	Rhonda Swinden	3008	29:46	5:57/K
24	Robin Glatley	3041	30:09	6:02/K
25	Gwen Richards	2991	30:14	6:03/K
26	NINA POPESCU	2984	30:28	6:06/K
27	Ana Perez	2981	30:42	6:08/K
28	Wendy Maylin Lee	2959	31:16	6:15/K
29	Stacey Kozar	2955	31:35	6:19/K
30	Lori Seeney	3001	31:35	6:19/K
31	Shannon Hungle	2951	31:48	6:22/K
32	Tatiana Ferrarin	2196	32:24	6:29/K
33	Cristina McEwen	2970	32:52	6:34/K
34	Maria Eloisa (L Reyes	2990	33:00	6:36/K
35	Beverly Lee	2958	33:19	6:40/K
36	Laurel Matheson	2968	33:30	6:42/K
37	Robyn Edgar	2191	33:34	6:43/K
38	Deanna Dancel	2173	33:52	6:46/K
39	Erica May Aguilar	1722	33:58	6:48/K
40	Jacqui Carnahan	3065	34:25	6:53/K
41	Patricia Vargas	3016	34:30	6:54/K
42	Rose Moui	3050	34:31	6:54/K
43	Kyla Edejer	3063	34:36	6:55/K
44	Jessica Barone	2125	34:36	6:55/K
45	Barb Davidson	3061	34:45	6:57/K
46	Adele Moui	3051	34:53	6:59/K
47	Nancy Ogdin	3052	35:12	7:02/K

Race Date

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MEC LOWER MAINLAND: TRAIL RACE FIVE, 5K / 10K

Overall Finish List

5 k Run			Female	
Overall	Name	Bib No	Time	Pace
48	Joann Khor	3056	35:26	7:05/K
49	Camille Chan	2151	35:34	7:07/K
50	Alaleh Adib	1711	36:12	7:14/K
51	Kim Handley	2948	36:21	7:16/K
52	Michell Schmidt	2997	36:29	7:18/K
53	Jessica Sznadel	3009	36:29	7:18/K
54	Diana Villalba-Leal	3018	37:04	7:25/K
55	Jessica Aujo	3057	37:05	7:25/K
56	Sylvie Hamana	2947	38:48	7:46/K
57	Renata Hamana	2945	38:48	7:46/K
58	Flávia Rodrigues	2993	39:03	7:49/K
59	Suzanne Yuen	3029	39:14	7:51/K
60	Corrina Hayden	2949	45:55	9:11/K
61	Lauren Schween	3000	52:07	10:25/K
62	Jaime Schween	2999	52:08	10:26/K
63	Leanne Massa	2966	52:13	10:27/K
64	Kelly Hrywkim	3047	1:22:16	16:27/K

MEC LOWER MAINLAND: TRAIL RACE FIVE, 5K / 10K

Race Date

August 27, 2017

Overall Finish List**5 k Run****Male**

<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Time</u>	<u>Pace</u>
1	Gustavo Lira	3045	17:34	3:31/K
2	Charles Yu	3028	17:36	3:31/K
3	Robert Swift	3006	18:00	3:36/K
4	Marcus Goddard	3060	18:26	3:41/K
5	Sam Albert	1796	20:47	4:09/K
6	Simon Lane	3032	20:49	4:10/K
7	Jordan Weller	3022	20:51	4:10/K
8	Dirk van den Driesen	3014	21:27	4:17/K
9	Carmen Esau	2194	21:28	4:18/K
10	Pierre Chan	2150	21:31	4:18/K
11	Sean Mortenson	2977	22:02	4:24/K
12	Aiden O'Leary	3054	22:08	4:26/K
13	Darren O'Lear	3053	22:14	4:27/K
14	Vincent Beauvais	2133	22:32	4:30/K
15	David Vanderbyl	3015	22:39	4:32/K
16	Don Haliburton	3039	22:43	4:33/K
17	Carl Densem	2178	23:02	4:36/K
18	Alan Lang	2957	23:15	4:39/K
19	Carlton Pamiccia	3048	23:23	4:41/K
20	Roy Mcdonald	3035	23:32	4:42/K
21	Bryan Logan	3034	23:33	4:43/K
22	Chris Seppelt	3002	23:54	4:47/K
23	Dickson Choy	2159	23:58	4:48/K
24	Carlos Abrego	1706	24:31	4:54/K
25	Paulino Aranguren Bueno	2065	25:18	5:04/K
26	Jonah Haliburton	3040	25:20	5:04/K
27	Jakub Medved	2972	25:29	5:06/K
28	Jonathan Unrau	3049	26:48	5:22/K
29	Owen Carnahan	3064	27:48	5:34/K
30	Paul Thomas	3010	27:49	5:34/K
31	myles repta	2989	28:05	5:37/K
32	Dom Repta	3043	28:06	5:37/K
33	James Hung	2950	28:12	5:38/K
34	Vincenzo Militello	2975	28:16	5:39/K
35	Julian David Masmitja Abad	2965	28:44	5:45/K
36	Pascal Dube	3042	29:03	5:49/K
37	Nikau Hamana	2946	29:35	5:55/K
38	Shannon Hamana	2944	29:36	5:55/K
39	David Klainbaum	3044	29:40	5:56/K
40	Chris Nicol	2978	30:05	6:01/K
41	Terry Riedinger	2992	30:21	6:04/K
42	Michael Chiang	2154	30:42	6:08/K
43	Dana Matheson	2967	31:08	6:14/K
44	Raniel Castillo	3055	32:56	6:35/K
45	Reynaldo Blasco	2144	33:13	6:39/K
46	Eric Prud'Homme	2986	33:20	6:40/K
47	Ryan Clarkson	2161	34:00	6:48/K

Race Date

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MEC LOWER MAINLAND: TRAIL RACE FIVE, 5K / 10K

Overall Finish List

		5 k Run	Male	
Overall	Name	Bib No	Time	Pace
48	Rhys Willms	3025	34:51	6:58/K
49	David Miao	2974	36:06	7:13/K
50	Steve McConnell	2969	36:12	7:14/K
51	Evan Chen	2152	36:38	7:20/K
52	Charles Powell	2985	38:12	7:38/K
53	Gord Kurenoff	2956	39:23	7:53/K
54	Derek Schween	2998	52:06	10:25/K
55	Craig Johnson	2952	52:13	10:27/K