

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

Race Date

March 04, 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	Jennica Rawstron	63191	46:28	4:39/K
2	Tracy Morrison	63159	46:28	4:39/K
3	Candice Appleby	2055	48:03	4:48/K
4	Joanne Bach	84457	48:52	4:53/K
5	Sherri Todd	84449	49:02	4:54/K
6	Delicia Jackson	8356	50:07	5:01/K
7	Rachael Kopp	63108	50:58	5:06/K
8	Lisa Ramsay	63189	51:58	5:12/K
9	Rachel Kleingeltink	63101	52:48	5:17/K
10	Janice Keller	8370	53:05	5:19/K
11	Keara Graham	8282	53:33	5:21/K
12	Donna Burton	84464	53:42	5:22/K
13	Glenis Kipling	63083	54:45	5:29/K
14	Brittany Baker	2081	55:56	5:36/K
15	Lindsay Oliver	63166	56:12	5:37/K
16	Niki Athwal	2073	56:18	5:38/K
17	Onomen Ifada	8355	56:26	5:39/K
18	Sonia Bevilacqua	2155	56:31	5:39/K
19	Carol Kelly	8950	57:31	5:45/K
20	Pamela Labrum	63115	57:42	5:46/K
21	Michelle Vecchio	84452	57:53	5:47/K
22	Susan Kellock	8948	57:53	5:47/K
23	Debi Bartlett	2111	58:29	5:51/K
24	Bernice MacDonald	63139	58:34	5:51/K
25	Natalie Pullman	63176	58:52	5:53/K
26	Branka Gataric	8276	58:54	5:53/K
27	Eliza Pike	63170	59:27	5:57/K
28	Charlene Samaroo	84439	59:54	5:59/K
29	Heather Currie	84463	1:01:08	6:07/K
30	Renge Bailie	2079	1:02:27	6:15/K
31	Marlene Graveson	8288	1:03:11	6:19/K
32	Natasha Smith	84444	1:03:25	5:25/K
33	Candice Dutton	8264	1:03:29	6:21/K
34	Jessica Castillo	8256	1:04:48	6:29/K
35	Chris Kirkpatrick	63085	1:04:58	6:30/K
36	Tracy Begg	2135	1:05:52	6:35/K
37	Lilian Solorzano	84447	1:05:52	6:35/K
38	Darlene Morton	63161	1:06:04	6:36/K
39	Kelli Glover	8279	1:06:04	6:36/K
40	Ashley Smith	84445	1:06:17	6:38/K
41	Gloria Kocay	63107	1:08:12	6:49/K
42	Michelle Geraghty	8277	1:08:13	6:49/K
43	Andrea Baxter	2133	1:08:39	6:52/K
44	Alison Zacharias	84454	1:09:39	6:58/K
45	Teri Parker	84468	1:10:42	7:04/K
46	Mary-Elizabeth Zamora	84455	1:11:35	7:10/K
47	Connie Hutchison	8298	1:12:53	7:17/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	Lelita Brazinha	2174	1:12:53	7:17/K
49	Jennifer Love	63131	1:15:57	7:36/K
50	Shirley Hewko	8296	1:21:51	8:11/K
51	Tatiana Sean	84440	1:24:00	8:24/K

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Race Date

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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	Andrew Jackson	84466	38:41	3:52/K
2	Duane Foley	8270	39:11	3:55/K
3	Samuel Yeung	84453	40:09	4:01/K
4	Wesley Aslin	2068	40:47	4:05/K
5	Anthony Barber	2085	43:31	4:21/K
6	Davon Gin	84465	43:56	4:24/K
7	Tristan Helms	8294	44:04	4:24/K
8	Joey Gabrick	8274	45:29	4:33/K
9	Scott Karsen	8367	46:01	4:36/K
10	Kyle Barker	84467	46:47	4:41/K
11	Jeffrey Roussakis	84438	47:00	4:42/K
12	Stan Hembrough	8295	47:06	4:43/K
13	David Appleby	2049	47:29	4:45/K
14	Justin Laniec	63121	47:47	4:47/K
15	Jim Novotny	63164	47:57	4:48/K
16	Roger Antoniazzi	2003	48:12	4:49/K
17	Eric Vanbakel	84451	48:55	4:54/K
18	Lawrence Bernales	2141	50:46	5:05/K
19	Tom Barichello	2104	51:31	5:09/K
20	Bart Cummins	8261	51:49	5:11/K
21	Alberto Escobedo	8268	52:26	5:15/K
22	Stan McDonald	63141	53:10	5:19/K
23	Jesus Enrique	84459	53:24	5:20/K
24	Stuart Richardson	63195	56:03	5:36/K
25	Herb Seidler	84460	56:11	5:37/K
26	Taeksung Kim	63071	56:25	5:39/K
27	Michael Parker	84469	56:46	5:41/K
28	Mark Semeniuk	84441	56:53	5:41/K
29	Matthew Gabrick	8275	57:03	5:42/K
30	Matt Smith	84443	59:31	5:57/K
31	Ferdinand Buencamino	4814	1:00:06	6:01/K
32	Grant Rawstron	63194	1:00:18	6:02/K
33	John Fryer	8273	1:00:25	6:03/K
34	Vicente Castillo	7889	1:01:44	6:10/K
35	Alan Graveson	8283	1:03:10	6:19/K
36	Danny Kelly	63018	1:05:01	6:30/K
37	Michael Goundrey	8281	1:05:46	6:35/K
38	Gurmail Bul	4894	1:08:29	6:51/K
39	Felix Lum	63132	1:08:41	6:52/K
40	Rick Doldersum	8263	1:10:22	7:02/K
41	Todd Gilchrist	8278	1:11:57	7:12/K
42	Segi Boric	84462	1:22:44	8:16/K
43	Matthew Perry	84461	1:22:45	8:17/K

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Overall Finish List

<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	Rebecca Stonecypher	51554	21:19	4:16/K
2	Rebecca Versluis	51568	21:33	4:19/K
3	Darcie Holdsworth	33581	25:34	5:07/K
4	Kat & Roussakis	45671	26:02	5:12/K
5	Vanessa Turnbull	51564	26:16	5:15/K
6	Nicole De Giusti	33551	26:19	5:16/K
7	Katharine Wallace	51572	26:23	5:17/K
8	Tamara Marshall	38054	26:46	5:21/K
9	Hannah Deckert	33552	28:46	5:45/K
10	Shanna Walters	51573	28:48	5:46/K
11	Sharon Tribe	51562	28:59	5:48/K
12	Brenda Philip	44414	29:02	5:48/K
13	Thea Ledenko	38034	29:06	5:49/K
14	Janine Magaw	38043	29:19	5:52/K
15	Annika Lofstrand	38038	29:29	5:54/K
16	Jennifer Dowle	33560	30:10	6:02/K
17	Jennifer Holt	33584	30:16	6:03/K
18	Kulwant Gill	33570	30:28	6:06/K
19	Sally Alpachachy	31122	30:29	6:06/K
20	Molly Minkler	38079	30:34	6:07/K
21	Sophie Lavoie	38028	30:38	6:08/K
22	Lauren Anderson-Smith	33173	30:41	6:08/K
23	Leanne Bushey	33537	30:54	6:11/K
24	Brittany Trenkel	51561	31:02	6:12/K
25	Sophie Martin	51591	31:05	6:13/K
26	Rianna Laboucane	33598	31:08	6:14/K
27	Dalia A Alvarez	31124	31:32	6:18/K
28	Michelle Robarts	45670	31:33	6:19/K
29	Amberly Arsenault	33198	31:40	6:20/K
30	Christy Walker	51571	32:01	6:24/K
31	Elizabeth Flitton	51587	32:08	6:26/K
32	Aliana Edwards	51585	33:04	6:37/K
33	Wanda Bader	33532	33:10	6:38/K
34	Crystal Kanazawa	51588	33:10	6:38/K
35	Lee-Anne Fisher	33564	33:12	6:38/K
36	Ellen Hall	33574	33:32	6:42/K
37	Hailey Russell	45684	33:37	6:43/K
38	Pam Kemps	33594	33:43	6:45/K
39	Heidi Rampfl	51592	34:05	6:49/K
40	Christine Martur	51590	34:38	6:56/K
41	Leeann Soueiti	51550	34:41	6:56/K
42	Suzanne Rempel	45669	35:01	7:00/K
43	Christina Ledenko	38030	35:19	7:04/K
44	Lindsay Summers	51555	35:28	7:06/K
45	Karissa Couvion	33545	35:32	7:06/K
46	Michelle Wootton	51576	36:09	7:14/K
47	Melissa Appleton	33195	36:36	7:19/K

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March 04, 2018

Overall Finish List

<b>5 k Run</b>			<b>Female</b>	
<b>Overall</b>	<b>Name</b>	<b>Bib No</b>	<b>Time</b>	<b>Pace</b>
48	Ashley Dupon	33561	36:50	7:22/K
49	Katie Chahal	33540	36:50	7:22/K
50	Christy Curtis	33548	36:57	7:23/K
51	Maron Jenkins	33586	36:58	7:24/K
52	Rachelle Beaulieu	33533	37:02	7:24/K
53	Zoe Penner	44409	37:04	7:25/K
54	Manjit Sandhu	51020	37:15	7:27/K
55	Cori Simmonds	51069	37:17	7:27/K
56	Carleigh Jansen	33587	37:20	7:28/K
57	Tracy Russell	45677	37:27	7:29/K
58	Ronda Couvion	33544	37:31	7:30/K
59	Amy Ten-Bohmer	51560	37:33	7:31/K
60	Alison Lark	33600	38:00	7:36/K
61	Megan Lingle	38035	38:10	7:38/K
62	Jessica Cochrane	33542	38:15	7:39/K
63	Avery Douglas	33559	39:01	7:48/K
64	Leah Douglas	33558	39:01	7:48/K
65	Lori Pare	44197	39:05	7:49/K
66	Hayley Vandale	51566	39:05	7:49/K
67	Sondra Carek	33538	39:08	7:50/K
68	Andrea Jung	33591	39:19	7:52/K
69	Maggie King	33595	39:29	7:54/K
70	Katea Doradea-Cabrera	33556	39:37	7:55/K
71	Brenda Sang	51023	41:47	8:21/K
72	Krisztina Szabo	51556	41:47	8:21/K
73	Jane Adams	31121	42:03	8:25/K
74	Anita Jurick	33592	42:43	8:33/K
75	Amelia Morris	38085	43:19	8:40/K
76	Aynslie Nicol	38092	43:19	8:40/K
77	Lindsay Foreman	33565	43:32	8:42/K
78	Dianne Jamieson	51593	43:40	8:44/K
79	Sandra Graham	33573	44:23	8:53/K
80	Brenda Garcia	33566	44:46	8:57/K
81	Olivia Henderson	33578	44:46	8:57/K
82	Catherine Hebert	33577	45:14	9:03/K
83	Kim Langford	33599	45:14	9:03/K
84	Sara Walgren	51570	45:43	9:09/K
85	Karen Moraes	38083	46:16	9:15/K
86	Christina Tayler	51557	46:57	9:23/K
87	Jennifer Ayles	33531	47:02	9:24/K
88	Diana Siller	51066	48:16	9:39/K
89	Amanda Laboucane	33597	48:21	9:40/K
90	Raha Zarrabi	51577	48:31	9:42/K
91	Sogol Nikjad	38096	48:41	9:44/K
92	Azadeh Niavarani	38091	48:41	9:44/K
93	Sophia Bright	33536	48:51	9:46/K
94	Lindi Clelan	51594	48:52	9:46/K

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## Overall Finish List

### 5 k Run

### Female

<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Time</u>	<u>Pace</u>
95	Kianna Pickett	44431	49:00	9:48/K
96	Sandra Jinks	33588	49:40	9:56/K
97	Megan Jinks	33589	49:41	9:56/K
98	Daniella Coltura	33543	49:56	9:59/K
99	Carolynn Pickett	44455	49:57	9:59/K
100	Virginia Jacob	33585	50:48	10:10/K
101	Nicole Stetz	51552	51:02	10:12/K
102	Isla Harnett-Northrup	33576	51:02	10:12/K
103	Jasleen Sodhi-Wendril	51074	51:03	10:13/K
104	Pearl Woodruff	51575	52:21	10:28/K
105	Sabrina Block	33535	52:21	10:28/K

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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>
1	Russ Esau	33562	17:52	3:34/K
2	Rob Nielsen	38093	19:04	3:49/K
3	Kevin Oldknow	44185	19:10	3:50/K
4	Andrew Faubert	33563	19:11	3:50/K
5	Nathan Veldhoen	51589	19:15	3:51/K
6	Michael Taylor	51559	19:25	3:53/K
7	Dave Carich	33539	21:06	4:13/K
8	Jared Aukema	33199	22:10	4:26/K
9	Gary Philipson	44417	22:39	4:32/K
10	Morse Stonecypher	51553	23:11	4:38/K
11	Connor Hofler	33580	23:22	4:40/K
12	David Vanderbyl	51567	24:10	4:50/K
13	Jon Mayan	38059	25:17	5:03/K
14	Keith Holdsworth	33582	25:33	5:07/K
15	Greg Giles	33569	26:10	5:14/K
16	Jackson Gingera	33572	26:46	5:21/K
17	Joshua Marshall	38049	26:46	5:21/K
18	Kyan Goncalves	51582	27:34	5:31/K
19	Evan Tayler	51558	27:49	5:34/K
20	Frederick Van Der Merwe	51565	28:14	5:39/K
21	Jordan Dickhof	33554	28:44	5:45/K
22	David Deckert	33553	28:46	5:45/K
23	Dave Meredith	38069	28:49	5:46/K
24	Caleb Magaw	38046	29:16	5:51/K
25	Niklas Davey	33550	29:29	5:54/K
26	Bryan Psajd	44590	29:30	5:54/K
27	Chris Wiens	51574	30:11	6:02/K
28	Michael Gibbons	33568	30:14	6:03/K
29	Craig Holt	33583	30:15	6:03/K
30	Dushantha Ratnaweera	45662	30:19	6:04/K
31	Taylen Goncalves	51583	30:32	6:06/K
32	Jon Edwards	51586	30:49	6:10/K
33	Allan Creasy	33546	31:09	6:14/K
34	Mike Zoerb	51578	31:09	6:14/K
35	Jacob Russell	45680	32:27	6:29/K
36	Randy Bach	51579	33:36	6:43/K
37	Tony Goncalves	51581	35:18	7:04/K
38	Joe Chahal	33541	36:46	7:21/K
39	Bradley Jones	33590	37:07	7:25/K
40	Ryan Russell	51019	37:26	7:29/K
41	Bill Pound	44503	38:51	7:46/K
42	Alex Doradea-Cabrera	33557	39:35	7:55/K
43	Jeff Gingera	33571	41:15	8:15/K
44	Chuck Oliver	44188	42:05	8:25/K
45	Jamie Walgren	51569	45:43	9:09/K
46	Amir Nourmanesh	44174	48:26	9:41/K
47	Stephen Northrup	44163	51:04	10:13/K