

## MEC NORTH VANCOUVER RACE FOUR: 5K/10K

Race Date

August 06, 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	Carmen Ballard	70008	52:25	5:15/K
2	Courtney Ross	22568	57:05	5:43/K
3	Brittany Dunbar	83861	59:42	5:58/K
4	Alyssa Cantarutti	70030	1:01:23	6:08/K
5	Brittany Thomas	79350	1:02:32	6:15/K
6	Emilie Marchand	75967	1:02:55	6:18/K
7	Jenny Pena	79391	1:03:15	6:20/K
8	Heidi Bjornson	70018	1:03:21	6:20/K
9	Thais Rodrigues	79321	1:03:34	6:21/K
10	Danielle Leroux	75950	1:05:59	6:36/K
11	Nicki Seaborn	79329	1:06:08	6:37/K
12	Megan MacDonald	75961	1:06:26	6:39/K
13	Shannon Chestnut	70038	1:06:31	6:39/K
14	Christie Hughes	75923	1:06:45	6:41/K
15	Samantha Daigneault	70058	1:07:22	6:44/K
16	Teri Hao	75905	1:07:27	6:45/K
17	Susan Chan	79386	1:08:15	6:50/K
18	Stephanie Willoughby	79374	1:08:24	6:50/K
19	Colleen Aird	70002	1:08:51	6:53/K
20	Marie Pearsall	79308	1:09:34	6:57/K
21	Sabrina Tillberg	79352	1:09:38	6:58/K
22	Lindsey McDonald	75972	1:09:52	6:59/K
23	Christine Loong	83878	1:10:11	7:01/K
24	Crystal Lefebvre	75949	1:10:50	7:05/K
25	Olivia Lamothe	79387	1:10:56	7:06/K
26	Beverly Barnes	83863	1:11:25	7:09/K
27	Ann Van'T Riet	79362	1:11:31	7:09/K
28	Michiko Nose	75991	1:11:32	7:09/K
29	Roanna Stewart	79341	1:11:51	7:11/K
30	Magdalena Stroniarz	79344	1:12:12	7:13/K
31	Christina Price	79312	1:12:13	7:13/K
32	Christine Brander	83869	1:13:14	7:19/K
33	Eliza Waddell	79366	1:13:15	7:20/K
34	Christen Rumbles	83873	1:13:34	7:21/K
35	Sheila Threndyle	79351	1:13:49	7:23/K
36	Junko Kosugi	75942	1:13:51	7:23/K
37	Louise Southwood	79339	1:14:16	7:26/K
38	Kaelie Forzani	70089	1:14:18	7:26/K
39	Teri Hao	22567	1:14:32	7:27/K
40	Claire McNeight	75977	1:14:36	7:28/K
41	Clare Wilkes	79373	1:14:39	7:28/K
42	Margaret Hwu	75924	1:14:45	7:29/K
43	Danielle Brassington	70021	1:15:40	7:34/K
44	Teresa McKinley	75975	1:15:52	7:35/K
45	Veronique Delorme	70066	1:15:57	7:36/K
46	Miranda Holroyd	75918	1:17:07	7:43/K
47	Jennifer Woo	79375	1:17:27	7:45/K

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<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Time</u>	<u>Pace</u>
48	Caoimhe Murray	75986	1:18:32	7:51/K
49	Kyla Edejer	70075	1:18:42	7:52/K
50	Deanna Foster	70090	1:18:44	7:52/K
51	Megan Thibeault	79349	1:18:51	7:53/K
52	Daniel Bohuslav	79392	1:19:02	7:54/K
53	Jen Daniel	70059	1:19:14	7:55/K
54	Paula Garcia	70095	1:19:35	7:58/K
55	Liz Lam	75946	1:19:45	7:59/K
56	Elena Alexandra Capracea	70032	1:19:51	7:59/K
57	Sally Evans	70082	1:20:36	8:04/K
58	Caroline Reilly	79316	1:20:37	8:04/K
59	Christina Casperson	70035	1:20:41	8:04/K
60	Melanie Ellery	83871	1:20:48	8:05/K
61	Tami Mitchell	83867	1:21:02	8:06/K
62	Alanna Jones	79390	1:21:38	8:10/K
63	Amanda Rowlands	79389	1:21:39	8:10/K
64	Mary Hewitt	75910	1:22:03	8:12/K
65	Andrea Leung	75951	1:22:17	8:14/K
66	Kimberley Ekstrand	70078	1:22:21	8:14/K
67	Jessica Davies	70063	1:22:23	8:14/K
68	Linda Cleland	70045	1:22:32	8:15/K
69	Cathy Behan	70015	1:22:35	8:16/K
70	Amanda Zayonc	79382	1:22:41	8:16/K
71	Melodie Langevin	75948	1:22:41	8:16/K
72	Alanna Kline	75940	1:23:39	8:22/K
73	Nathalie Scott-Hsiung	79328	1:24:16	8:26/K
74	Adeline Chin	70039	1:24:39	8:28/K
75	Kimberley Hopkins	75920	1:25:08	8:31/K
76	Claire Vial	83876	1:25:37	8:34/K
77	Sherri Guernsey	75902	1:26:56	8:42/K
78	Carolina Rivera	79319	1:27:08	8:43/K
79	Stephanie Liu	75954	1:27:41	8:46/K
80	Mary Primrose	79313	1:28:35	8:52/K
81	Vanessa Palframan	79302	1:28:51	8:53/K
82	Josephine Padro	76000	1:28:55	8:54/K
83	Amy Jamieson	75926	1:29:08	8:55/K
84	Carrie Whitworth	79371	1:29:31	8:57/K
85	Katie Cox	70049	1:29:31	8:57/K
86	Amar Johal	75931	1:32:12	9:13/K
87	Angela Arriaza-Fell	70005	1:33:37	9:22/K
88	Jennie Mannapso	75966	1:33:45	9:23/K
89	Michelle Carney	70033	1:34:08	9:25/K
90	Jane Abbott	70001	1:35:37	9:34/K
91	Scarlet Muehlbauer	75984	1:35:37	9:34/K
92	Jill Purse	83866	1:36:05	9:37/K
93	An Hoang	75915	1:37:22	9:44/K
94	Deborah Ballard	70009	1:38:38	9:52/K

# MEC NORTH VANCOUVER RACE FOUR: 5K/10K

## Overall Finish List

### 10 k Run

### Female

<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Time</u>	<u>Pace</u>
95	Jessica Fell	70087	1:38:46	9:53/K
96	Jane Victoria King	79393	1:39:00	9:54/K
97	Yuliya Fedyakina	70086	1:42:27	10:15/K
98	Daisy Rajaratnam	83880	1:42:50	10:17/K
99	Ana Blanco	83879	1:42:51	10:17/K
100	Veronika Smolik	79337	1:50:14	11:01/K
101	Jen Cordoba	70047	1:53:00	11:18/K
102	Michelle Kearns	75937	2:01:48	12:11/K
103	Tina Faulkner	83865	2:01:50	12:11/K

## MEC NORTH VANCOUVER RACE FOUR: 5K/10K

Race Date

August 06, 2016

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

<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Time</u>	<u>Pace</u>
1	Tom Ekstrand	70079	46:39	4:40/K
2	Blair Zimmerman	83862	48:27	4:51/K
3	Rob Short	79333	48:36	4:52/K
4	Justin Pozin	79310	48:48	4:53/K
5	Connor Keller	79383	50:25	5:03/K
6	Rene Schade	22565	50:26	5:03/K
7	Malcolm Saurez	79395	50:32	5:03/K
8	Chris West	79368	51:39	5:10/K
9	Gavin Bong	70020	51:49	5:11/K
10	John Roberts	79320	53:54	5:23/K
11	Cody Wagner	79367	54:02	5:24/K
12	Nathan Allinson	70003	54:13	5:25/K
13	Luciano Margas	75968	54:22	5:26/K
14	William Harvey	75907	54:26	5:27/K
15	Ian Robertson	22564	54:29	5:27/K
16	Cameron Morrell	75983	55:59	5:36/K
17	Mark Silva	79335	56:24	5:38/K
18	Eoin O'Raghallaigh	75996	57:09	5:43/K
19	James Dunigan	70074	57:13	5:43/K
20	Mitchell Davidson	70061	57:19	5:44/K
21	Zeus Lang	75947	57:19	5:44/K
22	Mark Topacio	79358	58:14	5:49/K
23	Stephen Park	79305	58:24	5:50/K
24	Connell O'Reilly	75997	58:43	5:52/K
25	Doug Henderson	79384	59:21	5:56/K
26	Cameron Garner	70096	59:30	5:57/K
27	Steven Fassezke	70084	59:40	5:58/K
28	Aleksandr Galunenko	70093	59:57	6:00/K
29	Jeremy Burrows	70026	1:00:02	6:00/K
30	Sephen Daniels	70060	1:00:07	6:01/K
31	Gabor Hovanyi	75921	1:00:30	6:03/K
32	Briac Medard Dd Chardon	75978	1:00:53	6:05/K
33	Samuel Correa	70048	1:00:58	6:06/K
34	Rodolfo Espinosa	83875	1:01:03	6:06/K
35	Jamie Beck	70013	1:01:22	6:08/K
36	Ilan Elgar	70081	1:01:40	6:10/K
37	Graham Nicholls	75990	1:01:45	6:11/K
38	Toshio Ouchi	75998	1:02:05	6:13/K
39	Serguei Makarevski	75965	1:02:06	6:13/K
40	Brian Skinner	83874	1:02:07	6:13/K
41	Mark Whitmee	22562	1:02:15	6:14/K
42	Ashkan Sardari	79325	1:02:23	6:14/K
43	Oliver Haertel	75903	1:02:36	6:16/K
44	David Eleff	70080	1:02:50	6:17/K
45	Gerrit Kazmaier	75936	1:03:34	6:21/K
46	Sven Frick	70091	1:03:34	6:21/K
47	Owen Davis	83872	1:03:43	6:22/K

# MEC NORTH VANCOUVER RACE FOUR: 5K/10K

Race Date

August 06, 2016

## Overall Finish List

<b>10 k Run</b>			<b>Male</b>	
<b>Overall</b>	<b>Name</b>	<b>Bib No</b>	<b>Time</b>	<b>Pace</b>
48	Rafeeq Kagee	75934	1:04:05	6:25/K
49	Campbell McCallum	75971	1:04:23	6:26/K
50	Adam Greenwood	70097	1:05:14	6:31/K
51	Thomas Crosara Teixeira	70054	1:05:41	6:34/K
52	Jaimie Miller	75980	1:05:44	6:34/K
53	Jun Sugimoto	79345	1:05:59	6:36/K
54	Frank Novinc	75992	1:05:59	6:36/K
55	David Kwan	75945	1:06:11	6:37/K
56	Riccoh Talento	79347	1:06:19	6:38/K
57	Paul Tobin	79355	1:06:37	6:40/K
58	Richard Luk	75958	1:06:45	6:41/K
59	John Paterson	79306	1:07:04	6:42/K
60	Stephen Davis	70064	1:07:52	6:47/K
61	James Palframan	79301	1:08:20	6:50/K
62	Craig Tillberg	79353	1:08:21	6:50/K
63	Yen Chow	70042	1:08:23	6:50/K
64	Rob Davidson	79399	1:08:31	6:51/K
65	Nelson Santos	79324	1:08:40	6:52/K
66	Nathan Patten	79307	1:08:58	6:54/K
67	Matthew Davis	70065	1:09:18	6:56/K
68	Kearny Tse	22563	1:09:37	6:58/K
69	Samuel Cervantes	70037	1:09:47	6:59/K
70	Audrey Rocha	79385	1:10:03	7:00/K
71	Colin Cox	83868	1:10:08	7:01/K
72	Antle Kai	75935	1:10:24	7:02/K
73	Steinar Cramer	70050	1:10:30	7:03/K
74	Robert Shaw	79331	1:10:31	7:03/K
75	Trevor Kouyoumjian	75943	1:10:47	7:05/K
76	Justin Yan	79379	1:10:53	7:05/K
77	Guy Gueret	75901	1:11:04	7:06/K
78	Connor Rempel	79318	1:13:18	7:20/K
79	Jason Jones	75932	1:13:37	7:22/K
80	Earl Rempel	79317	1:13:37	7:22/K
81	Morteza Khalili	75938	1:14:00	7:24/K
82	Evan Huang	75922	1:14:16	7:26/K
83	Archie Almadin	83870	1:14:35	7:28/K
84	Tom Sherlock	79332	1:14:43	7:28/K
85	Mark Semeniuk	79398	1:15:12	7:31/K
86	Stephen Clarke	70044	1:16:05	7:37/K
87	Michael Broughton	70023	1:16:13	7:37/K
88	Yong Jin Park	79304	1:16:30	7:39/K
89	Nick Jarvis	75927	1:16:35	7:40/K
90	Joe Vena	83877	1:16:40	7:40/K
91	Bernard Batitang	70011	1:17:11	7:43/K
92	Rodrigo Fonseca	70088	1:17:32	7:45/K
93	Willem D'Haeseleer	70068	1:18:17	7:50/K
94	Shane Ellis	79400	1:18:53	7:53/K

MEC NORTH VANCOUVER RACE FOUR: 5K/10K

Overall Finish List

**10 k Run**

**Male**

<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Time</u>	<u>Pace</u>
95	Tim Russell	79322	1:19:13	7:55/K
96	Tony Gueret	70100	1:19:57	8:00/K
97	Luis Camargo	70027	1:21:46	8:11/K
98	Jonathan Hewitt	75911	1:22:03	8:12/K
99	Steven Chow	70041	1:22:19	8:14/K
100	Scott Greenwood	70098	1:24:18	8:26/K
101	Gregg McKibbin	75974	1:25:15	8:32/K
102	Roberto Devanadera	70067	1:25:15	8:32/K
103	Fernando Villasenor	79397	1:26:00	8:36/K
104	Michael Primrose	79394	1:28:19	8:50/K
105	Hooli Gan	70094	1:28:40	8:52/K
106	Rene Boddeveld	70019	1:28:40	8:52/K
107	Rodrigo Basantes	70010	1:32:10	9:13/K
108	Martin French	83864	1:33:13	9:19/K
109	Griffin Davie	70062	1:34:27	9:27/K
110	Stanislav Kolbin	75941	1:42:27	10:15/K

## MEC NORTH VANCOUVER RACE FOUR: 5K/10K

Race Date

August 06, 2016

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	Emily Danaher	22424	26:26	5:17/K
2	Sophie Tran	22506	29:18	5:52/K
3	Lindsay Shepherd	22499	30:05	6:01/K
4	Michelle Foster	22539	30:30	6:06/K
5	Cami Hill	22449	30:41	6:08/K
6	Jade Clement	22524	30:41	6:08/K
7	Mandy MacIver	22462	30:43	6:09/K
8	Alita Dommann	22428	31:10	6:14/K
9	Steffen Heine	22445	31:40	6:20/K
10	Sally Broadbent	22566	31:41	6:20/K
11	Jody Leblanc	22458	32:13	6:27/K
12	Alyson Schmidt	22559	32:14	6:27/K
13	Gabriella Palacios	22478	32:25	6:29/K
14	Carolyn Anderson	22561	33:12	6:38/K
15	Sidney Clement	22525	33:40	6:44/K
16	Siobhan Clement	22523	33:40	6:44/K
17	Nicolle Hodges	22548	35:25	7:05/K
18	Norleen Scott	22498	35:28	7:06/K
19	Bailey Edgan	22557	35:46	7:09/K
20	Christine Voss	22510	35:57	7:11/K
21	Cristina Herman	22446	36:08	7:14/K
22	Trish MacPhail	22527	37:00	7:24/K
23	Nicole Palacios	22479	37:26	7:29/K
24	Kathleen Biberdorf	22403	37:47	7:33/K
25	Kelly Kurtz	22457	37:55	7:35/K
26	Fiona Findlay	22434	38:22	7:40/K
27	Evangeniya Corea	22537	38:29	7:42/K
28	Kathleen Heaney	22522	38:35	7:43/K
29	Mika Bott	22407	38:58	7:48/K
30	Giorgia Nicoli	22471	39:29	7:54/K
31	Krista Daniszewski	22425	39:35	7:55/K
32	Lori Kittelberg	22543	39:55	7:59/K
33	Alyce Rollings Head	22542	39:57	7:59/K
34	Sarah Pedley	22481	40:04	8:01/K
35	Melinda Medina	22464	40:13	8:03/K
36	Sally Young	22555	40:21	8:04/K
37	Lisa Pozin	22487	40:56	8:11/K
38	Ingrid Smiers	22501	41:46	8:21/K
39	Deanne Relkie	22490	41:48	8:22/K
40	Robyn Edgar	22429	41:48	8:22/K
41	Andree-Anne Carriere	22412	42:33	8:31/K
42	Andree Repta	22491	42:33	8:31/K
43	Jindra Casperson	22550	42:47	8:33/K
44	Katie De Sequera	22426	42:59	8:36/K
45	Kelsey Crockkett	22538	43:28	8:42/K
46	Jennifer Charters	22419	43:46	8:45/K
47	Garland Lam	22552	44:26	8:53/K

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Race Date

August 06, 2016

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	Stacie Graham	22437	44:50	8:58/K
49	Sandra Knowler	22455	44:51	8:58/K
50	Cynthia Luo	22534	45:11	9:02/K
51	Jeanie Chan	22416	45:30	9:06/K
52	Kathleen Caesar	22411	46:11	9:14/K
53	Jessica Woolliams	22569	47:32	9:30/K
54	Shira Mulloy	22570	47:32	9:30/K
55	Debra Kato	22453	48:06	9:37/K
56	Alessandra Dicdiquin	22531	48:15	9:39/K
57	Karen Hilgendorf	22545	48:40	9:44/K
58	Susanne Milner	22467	49:02	9:48/K
59	Mary Villasenor	22532	49:31	9:54/K
60	Rachel Kerins	22533	49:32	9:54/K
61	Stephanie Olsen	22473	51:10	10:14/K
62	Katie Olsen	22472	51:10	10:14/K
63	Theresa Schiewe	22496	51:57	10:23/K
64	Molly Lawlor	22515	58:48	11:46/K
65	Rowan Lawlor	22517	58:50	11:46/K
66	Ivy Lawlor	22518	58:50	11:46/K
67	Kristine Chambers	22414	59:57	11:59/K
68	Carolyn Anderson	22401	1:31:43	18:21/K



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Race Date

August 06, 2016

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	Kirill Solovyev	22502	22:59	4:36/K
2	Nathaniel Janzen	22452	23:18	4:40/K
3	Cole Atchison	22402	23:26	4:41/K
4	Ryan Takagi	22505	23:43	4:45/K
5	Tyler Pawlowski	22547	24:59	5:00/K
6	Lei Guo	22442	25:05	5:01/K
7	Toby Middleton	22466	25:09	5:02/K
8	Matthew Ehrenreich	22549	25:11	5:02/K
9	Alexander Luiss Mino	22469	26:10	5:14/K
10	Jared Kope	22456	26:22	5:16/K
11	Jeff Fairleigh	22535	27:08	5:26/K
12	Paul Robinson	22492	27:14	5:27/K
13	Devon Crow	22423	28:21	5:40/K
14	Marten Dommann	22427	28:34	5:43/K
15	Jason Gauthier	22435	29:09	5:50/K
16	Adam Turkington	22508	30:26	6:05/K
17	Seth Smiers	22500	30:40	6:08/K
18	Nick Hart	22443	31:03	6:13/K
19	Kieran Smmersell	22546	31:08	6:14/K
20	Matthew Tucker	22507	31:27	6:17/K
21	Joachim Fessler	22432	31:40	6:20/K
22	Rob Esaw	22544	31:57	6:23/K
23	Jacob Pozin	22486	32:25	6:29/K
24	Rndy Sebastian	22554	33:26	6:41/K
25	Harrison Edwards	22430	33:26	6:41/K
26	Jason Middleton	22465	33:53	6:47/K
27	Theo Middleton	22526	33:53	6:47/K
28	Mahdi Ghodsi	22436	34:22	6:52/K
29	Robert Herman	22447	34:22	6:52/K
30	Shielvin Soriano	22503	34:43	6:57/K
31	Michael Fessler	22433	34:45	6:57/K
32	Raymond Bott	22405	35:31	7:06/K
33	Calvin Bott	22406	35:32	7:06/K
34	Joe Danaher	22558	35:46	7:09/K
35	Judd Heckman	22444	35:56	7:11/K
36	Richard Stock	22529	36:44	7:21/K
37	Felix Stock	22528	36:45	7:21/K
38	Jonathan Price	22488	36:58	7:24/K
39	David Chamberlain	22413	37:27	7:29/K
40	Guan Lim	22460	38:17	7:39/K
41	Kevin Liu	22461	38:55	7:47/K
42	Nicholas Pedley	22482	40:03	8:01/K
43	Michael Calebag	22536	40:36	8:07/K
44	Rylan Leung	22459	40:57	8:11/K
45	Mark Whitmee	22551	41:56	8:23/K
46	Brian Park	22480	42:15	8:27/K
47	Daryl Graham	22438	42:35	8:31/K

Race Date

August 06, 2016

# MEC NORTH VANCOUVER RACE FOUR: 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	Silvester Phua	22484	43:25	8:41/K
49	Mike Chomcy	22420	43:47	8:45/K
50	Lee Poizer	22485	44:51	8:58/K
51	Christopher Diddiquin	22530	45:24	9:05/K
52	Chris Gregory	22553	45:45	9:09/K
53	Alan Chan	22556	47:24	9:29/K
54	Errol Olsen	22474	51:09	10:14/K
55	Walter Block	22404	52:53	10:35/K
56	Richard MacLachlan	22560	57:51	11:34/K
57	Jon Lawlor	22516	58:53	11:47/K
58	Timothy Hildebrand	22448	1:00:00	12:00/K