

Overall Finish List

10k Run

Female

<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Gend</u>	<u>Time</u>	<u>Pace</u>
1	Jocelyn Poirier-Hardy	84728	F	40:55	4:06/K
2	Meryn Sim	81894	F	43:18	4:20/K
3	Rhonda Dice	82083	F	44:54	4:29/K
4	Caitlin Cindric	62794	F	45:14	4:31/K
5	Karlie LeClaire	78002	F	45:21	4:32/K
6	Stephanie Matkaluk	78138	F	45:24	4:32/K
7	Lisa Dinh	62841	F	46:21	4:38/K
8	Suzanne Smith	81929	F	46:46	4:41/K
9	Claire Ewatski	75231	F	47:41	4:46/K
10	Lena Sesardic	81889	F	48:03	4:48/K
11	Sabrina Wong	84721	F	48:21	4:50/K
12	Sarah Heim	76289	F	48:38	4:52/K
13	Gloria Cheung	62779	F	48:59	4:54/K
14	Frauke Cairns	62297	F	49:10	4:55/K
15	Monica Murphy	78265	F	49:27	4:57/K
16	Kate Tongue	84717	F	49:30	4:57/K
17	Julie Iverson	82077	F	49:31	4:57/K
18	Debbie Samsom	81872	F	50:23	5:02/K
19	Kelsey Cardinal	62773	F	50:24	5:02/K
20	Carolyn Hubbard	84746	F	50:48	5:05/K
21	clementine renaud	81829	F	50:50	5:05/K
22	Laura Bitcon	62265	F	50:57	5:06/K
23	Ellen Legro	78026	F	51:00	5:06/K
24	Johanna Skitt	81899	F	51:05	5:07/K
25	Cassie Paul	78373	F	51:07	5:07/K
26	Chelan Wallace	81999	F	51:21	5:08/K
27	Martyna Kamela	76492	F	51:25	5:09/K
28	Claire Edgeuube	70995	F	51:39	5:10/K
29	Erin McElvaine	84716	F	51:39	5:10/K
30	Dana Nistor	84730	F	51:41	5:10/K
31	Jennifer Hostland	76364	F	51:41	5:10/K
32	Chanone Ryane	81868	F	52:07	5:13/K
33	Stefanie Richardson	81837	F	52:14	5:13/K
34	Martha Mendoza	78217	F	53:05	5:19/K
35	Lara Sharp	81890	F	53:10	5:19/K
36	Hileray Kilback	76702	F	53:23	5:20/K
37	Liz Uhl	81986	F	53:23	5:20/K
38	Ashley van der Pouw Kraan	81989	F	53:24	5:20/K
39	Reem Knyfatty	76718	F	53:36	5:22/K
40	shelley moore	78231	F	54:04	5:24/K
41	Chelsea Billing	62263	F	54:04	5:24/K
42	Sara Binder	62264	F	54:05	5:25/K
43	Rebecca Tiede	81975	F	54:16	5:26/K
44	Louise Smith	81934	F	54:24	5:26/K
45	Jeanette Hsu	76369	F	54:29	5:27/K
46	Jaimee Redfern	81820	F	54:42	5:28/K
47	Capri Philip	78380	F	54:44	5:28/K

MEC LOWER MAINLAND: ROAD RACE ONE, 5K / 10K

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<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Gend</u>	<u>Time</u>	<u>Pace</u>
48	Jolani Loots	78082	F	55:22	5:32/K
49	Olivia Hayward	76250	F	56:01	5:36/K
50	Hannah Teminsky	81970	F	56:06	5:37/K
51	Olivia Fournier	75260	F	56:11	5:37/K
52	Brenie Clamer	62797	F	56:16	5:38/K
53	ELyse Milanese	78222	F	56:20	5:38/K
54	Joey Kuckreja	76744	F	56:20	5:38/K
55	Aisling Connolly	62805	F	56:25	5:39/K
56	Cassandra Basi	62244	F	56:31	5:39/K
57	Marta Nicolau	78341	F	56:46	5:41/K
58	Shirley Blair	62266	F	57:02	5:42/K
59	Kelly Pollock	84708	F	57:28	5:45/K
60	Michelle Diamond	84707	F	57:29	5:45/K
61	Vanessa Loft	78069	F	57:33	5:45/K
62	Brynn McIntosh	78186	F	57:38	5:46/K
63	MALIKA GULAMBAEVA	75299	F	57:48	5:47/K
64	Melissa Benjamin	62259	F	58:06	5:49/K
65	carly wright	82059	F	58:12	5:49/K
66	Celine Charbonneau	62777	F	58:12	5:49/K
67	Natalie Twohey	81983	F	58:26	5:51/K
68	iPOLPO APP	61953	F	59:09	5:55/K
69	Hannah Woods	84720	F	59:30	5:57/K
70	Alzbeta Medvedora	84736	F	59:32	5:57/K
71	Dominique Kwiek	76750	F	59:43	5:58/K
72	Allyson Marshall	78131	F	59:47	5:59/K
73	Ashley Duckworth	62862	F	1:00:27	6:03/K
74	Lesley Duncan	62869	F	1:00:30	6:03/K
75	Catherine Rawn	81816	F	1:00:31	6:03/K
76	Michaela Staller	81941	F	1:00:57	6:06/K
77	Erin McInnis	78181	F	1:01:05	6:07/K
78	Claire Vial	81997	F	1:01:08	6:07/K
79	Delphine Schmutz	81874	F	1:01:09	6:07/K
80	Ashley Reid	81824	F	1:01:46	6:11/K
81	Shelby Alen	82081	F	1:01:56	6:12/K
82	Emma russell	81854	F	1:01:56	6:12/K
83	Maureen McDonald	78145	F	1:01:57	6:12/K
84	Aline Ngo	78294	F	1:02:10	6:13/K
85	Kaylee Xinpei Xu	82061	F	1:02:35	6:16/K
86	Brandi Robb	82087	F	1:02:56	6:18/K
87	Jennifer Scudds	81886	F	1:02:56	6:18/K
88	Julie Brown	62288	F	1:03:07	6:19/K
89	Emira Mears	78209	F	1:03:13	6:19/K
90	Vicki Tsang	81979	F	1:03:13	6:19/K
91	Jenna Hastings	76249	F	1:03:15	6:20/K
92	Bronwen Keddie	76497	F	1:03:15	6:20/K
93	Colleen Chow	62785	F	1:03:20	6:20/K
94	Zailda Chan	84726	F	1:03:28	6:21/K

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10k Run			Female		
<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Gend</u>	<u>Time</u>	<u>Pace</u>
95	Charlotte Tegtmeier	81960	F	1:03:30	6:21/K
96	Holly Krantz	76741	F	1:03:30	6:21/K
97	Laurie Reid	81825	F	1:03:43	6:22/K
98	Nina Scholz	81884	F	1:03:44	6:22/K
99	samantha truong	81976	F	1:03:54	6:23/K
100	Jasmine Pronyk	81802	F	1:04:10	6:25/K
101	Joyce Mackey	78112	F	1:04:12	6:25/K
102	Dawn Slykhuis	84710	F	1:04:24	6:26/K
103	Lireva Hinostroza	76350	F	1:04:27	6:27/K
104	Gloria Tsang	81980	F	1:04:41	6:28/K
105	Annette Lee	78013	F	1:04:45	6:29/K
106	Nasya Cain	84742	F	1:04:55	6:30/K
107	Nicola Keohane	76499	F	1:05:59	6:36/K
108	Julianne Beauchamp	62251	F	1:06:02	6:36/K
109	Alexis Bauman	62246	F	1:06:11	6:37/K
110	kathryn mckall	78189	F	1:06:27	6:39/K
111	Jennifer Kostenchuk	76737	F	1:06:49	6:41/K
112	Melika Gharib Pour	75266	F	1:07:10	6:43/K
113	Kristine Krynitzki	76743	F	1:07:22	6:44/K
114	RITA CHAN	62776	F	1:07:26	6:45/K
115	Heather Quigley	81811	F	1:07:36	6:46/K
116	Sarah Taylor	81956	F	1:07:58	6:48/K
117	May Nguyen	78324	F	1:08:17	6:50/K
118	Rachel Lan	76789	F	1:08:17	6:50/K
119	Halley Skiffington	81895	F	1:09:09	6:55/K
120	Christine McGuire	78155	F	1:09:14	6:55/K
121	Emily Wills	82046	F	1:09:22	6:56/K
122	Carla Valoma	81988	F	1:09:22	6:56/K
123	Christine Jones	76488	F	1:09:30	6:57/K
124	Daniela Rodriguez	81841	F	1:09:47	6:59/K
125	Leanne Fawcett	75252	F	1:10:23	7:02/K
126	Charlotte Gyoba	75548	F	1:11:56	7:12/K
127	Johanna Webber	82009	F	1:12:03	7:12/K
128	Leanne Pain	78350	F	1:12:14	7:13/K
129	Sharon Pauwels	78374	F	1:12:26	7:15/K
130	Jen Veasey	81991	F	1:12:36	7:16/K
131	Allen-Marie Carbungco	62770	F	1:12:40	7:16/K
132	Sandra McPeake	84703	F	1:13:07	7:19/K
133	Carly Barrett	62239	F	1:13:11	7:19/K
134	Carolie Veller	84735	F	1:13:41	7:22/K
135	Kathy Potter	78399	F	1:15:47	7:35/K
136	Anne Deitch	62830	F	1:15:49	7:35/K
137	NEHA KISHORE	76717	F	1:16:50	7:41/K
138	Shanny Mclvor	78188	F	1:18:15	7:50/K
139	mary munro	78259	F	1:19:01	7:54/K
140	Katie Grudzinski	75298	F	1:19:25	7:57/K
141	Emilie O'Genski	78343	F	1:20:45	8:05/K

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MEC LOWER MAINLAND: ROAD RACE ONE, 5K / 10K

Overall Finish List

10k Run

Female

<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Gen</u>	<u>Time</u>	<u>Pace</u>
142	Kelly Lamb	76784	F	1:20:45	8:05/K
143	Holly Witty	82049	F	1:22:31	8:15/K
144	Tasha Targett	81955	F	1:25:08	8:31/K
DQ	Alison Smith	81930	F	---	---

January 29, 2017

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

<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Gend</u>	<u>Time</u>	<u>Pace</u>
1	Blakely Browne	82086	M	35:16	3:32/K
2	Ben Hanke	75551	M	35:17	3:32/K
3	Dallas Cain	62295	M	36:14	3:37/K
4	Michael Harris	76248	M	36:23	3:38/K
5	Kilian Rius	81838	M	36:53	3:41/K
6	Irvin Tang	62261	M	36:56	3:42/K
7	Andrew Slack	81927	M	37:57	3:48/K
8	Lawrence Buchan	62292	M	38:14	3:49/K
9	Deven Azevedo	62234	M	38:25	3:51/K
10	Matthew Luongo	78098	M	38:33	3:51/K
11	Stephen Hardy	76212	M	38:36	3:52/K
12	Steven Carney	62774	M	39:12	3:55/K
13	Derek Neilson	78288	M	39:22	3:56/K
14	josh evans	62883	M	39:48	3:59/K
15	Oliver Jang	76391	M	40:29	4:03/K
16	Jeremy Bombardier	62270	M	40:30	4:03/K
17	Tedd Tucker	81981	M	40:45	4:05/K
18	Andrew Nobles	82084	M	40:49	4:05/K
19	Adam Duarte	62854	M	40:55	4:06/K
20	Malcolm Suarez	84724	M	41:00	4:06/K
21	Yoshi Stiegler	81948	M	41:05	4:07/K
22	trevor penford	78379	M	41:09	4:07/K
23	Nicholas Pond	62818	M	41:38	4:10/K
24	Craig King	76712	M	41:42	4:10/K
25	Gil Korn	76730	M	41:51	4:11/K
26	Scott Baecker	84743	M	42:03	4:12/K
27	84745 bib	84745	M	42:09	4:13/K
28	Alan Blair	62269	M	42:10	4:13/K
29	shea thorne	81973	M	42:53	4:17/K
30	Daniel Weinzierl	82011	M	42:57	4:18/K
31	Connor Attridge	62156	M	42:58	4:18/K
32	Nicholas Scott	84713	M	43:03	4:18/K
33	Clayton Goodfellow	75285	M	43:03	4:18/K
34	Jim Peacock	78376	M	43:19	4:20/K
35	Colin Galer	75261	M	43:37	4:22/K
36	Theodore Poirier	84729	M	44:06	4:25/K
37	84732 bib	84732	M	44:28	4:27/K
38	Paul Fijal	78014	M	44:38	4:28/K
39	Stephen Scott	81885	M	44:41	4:28/K
40	Shawn McNoughton	82076	M	44:41	4:28/K
41	daithi beag	62247	M	44:47	4:29/K
42	Frank Gort	75288	M	44:48	4:29/K
43	Michael McLean	78200	M	45:32	4:33/K
44	Zachary Goldthorpe	75282	M	45:41	4:34/K
45	Tyler Ho	70990	M	45:44	4:34/K
46	Mark Wong	82057	M	45:54	4:35/K
47	Tyrone Lingley	82078	M	45:58	4:36/K

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

<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Gend</u>	<u>Time</u>	<u>Pace</u>
48	Paul Benstead	62260	M	46:02	4:36/K
49	Kevin de Leon	62826	M	46:08	4:37/K
50	Frank Haran	84709	M	46:29	4:39/K
51	Stefan FÃ¼rst	75247	M	46:41	4:40/K
52	Blair Brodie	62287	M	46:47	4:41/K
53	Rory McGrath	78151	M	46:53	4:41/K
54	Graham Jordan	84714	M	47:01	4:42/K
55	Ken Yu	82068	M	47:04	4:42/K
56	Martin Glegg	75277	M	47:09	4:43/K
57	Richard Renning	81836	M	47:21	4:44/K
58	Gustavo Andruccioli de	61928	M	47:23	4:44/K
59	Luca Raffaello	84711	M	47:36	4:46/K
60	Ron Hofmann	76361	M	47:56	4:48/K
61	Patterson McPeake	84701	M	48:17	4:50/K
62	Scott Henry	76320	M	48:24	4:50/K
63	Nathan Ehret	62881	M	48:29	4:51/K
64	Benjamin Milling	78227	M	48:33	4:51/K
65	David Appleby	62003	M	48:37	4:52/K
66	James Rupert	81853	M	48:39	4:52/K
67	Darren Duff	62865	M	48:42	4:52/K
68	Thomas Crosara	84737	M	48:59	4:54/K
69	Alexander Glassford	75268	M	49:02	4:54/K
70	Keith Smith	81937	M	49:05	4:55/K
71	Eamon Quinn	81813	M	49:06	4:55/K
72	David Williams	82041	M	49:06	4:55/K
73	Francis Edmilao	62872	M	49:07	4:55/K
74	Neil Harrington	76241	M	49:13	4:55/K
75	Jonathan Peacock	78377	M	49:19	4:56/K
76	Philip Maas	84722	M	49:22	4:56/K
77	Nathan Lee	84718	M	49:29	4:57/K
78	Martin Baldwin	84741	M	49:33	4:57/K
79	Kirk Jacobson	70997	M	49:34	4:57/K
80	Jehun Jung	76490	M	49:35	4:58/K
81	Michael Biskir	84725	M	49:56	5:00/K
82	Mykola Lysenko	84704	M	50:02	5:00/K
83	Scott Pain	78372	M	50:04	5:00/K
84	Bertrand Roussel	81852	M	50:12	5:01/K
85	Dong Baik Kim	76711	M	50:43	5:04/K
86	Richard Johnson	76405	M	50:49	5:05/K
87	Kris Carter	84715	M	50:57	5:06/K
88	Tony Smith	81933	M	51:03	5:06/K
89	Robson Pontin	78391	M	51:03	5:06/K
90	Evan Morrison	78243	M	51:26	5:09/K
91	Martin Frerichs	84723	M	51:28	5:09/K
92	Bruce Young	82065	M	51:31	5:09/K
93	Sean Mcnight	84705	M	51:44	5:10/K
94	Sho Hidaka	76322	M	51:50	5:11/K

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Race Date

January 29, 2017

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

<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Gend</u>	<u>Time</u>	<u>Pace</u>
95	Matt Arthur	62098	M	51:58	5:12/K
96	Thomas Gilman	75267	M	52:00	5:12/K
97	Dawson Markle	78129	M	52:10	5:13/K
98	Matthew Wong	82050	M	52:23	5:14/K
99	Stephen Anderson	61905	M	52:46	5:17/K
100	Matthew Levy	78033	M	52:47	5:17/K
101	Trevor Beauchamp	62252	M	52:59	5:18/K
102	James Tai	81949	M	53:11	5:19/K
103	Steven Pearce	78378	M	53:15	5:20/K
104	Darien Grace	75295	M	53:38	5:22/K
105	Tom Sherlock	81892	M	53:41	5:22/K
106	Conor Murphy	78278	M	54:04	5:24/K
107	Myles Lorenson	78085	M	54:07	5:25/K
108	Rob Oostlander	78347	M	54:15	5:26/K
109	Josh Nelson	82085	M	54:24	5:26/K
110	Louie Martinez	78134	M	54:44	5:28/K
111	Dawid Loots	78073	M	54:49	5:29/K
112	Richard Carroll	82072	M	54:49	5:29/K
113	Steven Evans	62894	M	54:54	5:29/K
114	Adam Williston	82043	M	55:06	5:31/K
115	Edwin Lai	76763	M	55:08	5:31/K
116	Blair Hirtle	76352	M	55:10	5:31/K
117	bartek opatowiecki	78348	M	55:14	5:31/K
118	Dennis Morrison	78240	M	55:18	5:32/K
119	BILL RUSSELL	81856	M	55:51	5:35/K
120	Jordan White	82018	M	56:00	5:36/K
121	Alan Ross	81851	M	56:01	5:36/K
122	shane egan	62874	M	56:07	5:37/K
123	Daniel Brady	62282	M	56:14	5:37/K
124	Peter Buckley	62293	M	56:23	5:38/K
125	Dempsey McPeake	82098	M	56:23	5:38/K
126	Justin Miller	84727	M	56:38	5:40/K
127	Adrian Pidor	78385	M	56:38	5:40/K
128	Michael Roberts	81840	M	56:46	5:41/K
129	Mario Iglesias Bonilla	84740	M	56:56	5:42/K
130	Anthony Gleeson	75276	M	57:00	5:42/K
131	Michael Saevitzon	81870	M	57:07	5:43/K
132	Craig McKenzie-Cook	78193	M	57:09	5:43/K
133	Collin Marshall	84734	M	57:13	5:43/K
134	Frederic Evesque	75208	M	57:33	5:45/K
135	Joe Vena	81992	M	57:51	5:47/K
136	Geordie Rose	81846	M	58:05	5:49/K
137	Christopher Cliff	62799	M	58:10	5:49/K
138	Paul Sharples	81891	M	58:23	5:50/K
139	Peter Toth	82097	M	58:27	5:51/K
140	Marcus Tang	81953	M	58:29	5:51/K
141	Mark Carbungco	62768	M	58:42	5:52/K

Overall Finish List

10k Run

Male

<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Gend</u>	<u>Time</u>	<u>Pace</u>
142	Masahiro Arakawa	62089	M	58:43	5:52/K
143	Anthony Verna	81994	M	58:48	5:53/K
144	Scott Andrews	84733	M	58:59	5:54/K
145	Aaron Farr	75248	M	59:17	5:56/K
146	Gary Dhiman	62814	M	1:00:35	6:04/K
147	Peter Schofield	81881	M	1:02:14	6:13/K
148	Douglas Dasilva	84744	M	1:02:40	6:16/K
149	Jose Rodriguez	81842	M	1:03:22	6:20/K
150	Ryan McKinley	78199	M	1:03:28	6:21/K
151	Brendan Cindric	62795	M	1:04:04	6:24/K
152	Volodymir Kotlur	70993	M	1:04:12	6:25/K
153	Yong-Jae Kim	76709	M	1:06:04	6:36/K
154	Sean Murphy	78286	M	1:07:57	6:48/K
155	Robson Aleixo	61855	M	1:08:27	6:51/K
156	Rabih Majzoub	78120	M	1:08:28	6:51/K
157	Scott Puffer	81809	M	1:09:09	6:55/K
158	Chris Pauwels	78375	M	1:10:20	7:02/K
159	Siphu Jagodek	70994	M	1:10:31	7:03/K
160	Shlomo McPeake	84702	M	1:13:06	7:19/K
161	Horace Cheung	62782	M	1:15:17	7:32/K
162	PETER GOEL	75281	M	1:20:04	8:00/K

Overall Finish List

5k Run

Female

<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Gend</u>	<u>Time</u>	<u>Pace</u>
1	Olivia Willett	70943	F	19:33	3:55/K
2	Caitlin Sinclair	70998	F	20:00	4:00/K
3	Rachel Lam	70854	F	23:01	4:36/K
4	Miki Eslake	70959	F	23:29	4:42/K
5	Helene Decarie	64985	F	24:52	4:58/K
6	Candice Ridyard	70902	F	25:33	5:07/K
7	Melissa McKinney	70878	F	25:33	5:07/K
8	Rachel Reed	70901	F	25:42	5:08/K
9	Katie Craig	30050	F	26:24	5:17/K
10	Emma Lee Choon	70965	F	26:28	5:18/K
11	Lindsay O'Hara	70989	F	26:33	5:19/K
12	Bracken Hanke	1802	F	26:41	5:20/K
13	Beth Hamilton	70825	F	26:55	5:23/K
14	Kingkarn Mansilatham	70866	F	27:01	5:24/K
15	Jane Lockett	70962	F	27:02	5:24/K
16	Carolyn Dohoo	70975	F	27:02	5:24/K
17	Alejandra Sanchez-Alvarez	70978	F	27:05	5:25/K
18	Susan Schachter	70907	F	27:05	5:25/K
19	Alecia Pain	70894	F	27:07	5:25/K
20	Gayle Stoodley	70918	F	28:14	5:39/K
21	Elizabeth Winston	70945	F	28:18	5:40/K
22	Nicole Colbert	30043	F	28:21	5:40/K
23	Jill Sheather	70913	F	28:23	5:41/K
24	Laura d'Alva	70852	F	28:29	5:42/K
25	Karin Jackson	70839	F	28:36	5:43/K
26	Shannon Gilchrist	70816	F	28:44	5:45/K
27	Heather March	70867	F	28:54	5:47/K
28	Lolita Rudovica	84706	F	29:07	5:49/K
29	Maralyn Bayles	30011	F	29:22	5:52/K
30	Amalia Urloiu	70981	F	29:52	5:58/K
31	Kelsey Wilson	70944	F	29:58	6:00/K
32	Vina Estacio	70808	F	30:10	6:02/K
33	Alanna Goodman	70819	F	30:13	6:03/K
34	Chelsea Hunter	70836	F	30:14	6:03/K
35	Barbara Seppelt	70912	F	30:21	6:04/K
36	Sara Bertolin	70968	F	30:30	6:06/K
37	Cindy Weisbart	70941	F	30:37	6:07/K
38	Katherine Hughes	70834	F	30:42	6:08/K
39	Tracy-kim Campbell	30031	F	30:45	6:09/K
40	Priscila Belem	30014	F	30:48	6:10/K
41	Valerie Burns	30028	F	31:00	6:12/K
42	Marie Meier	70881	F	31:01	6:12/K
43	Mikaela Pawlikowski	70895	F	31:01	6:12/K
44	Clare Whelan Sadike	70942	F	31:01	6:12/K
45	Madeline Carney	30033	F	31:12	6:14/K
46	Lucy Bell	70986	F	31:13	6:15/K
47	Naseam Ahmadi	70983	F	31:13	6:15/K

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Overall Finish List

			5k Run	Female	
<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Gend</u>	<u>Time</u>	<u>Pace</u>
48	Tina Janami	70982	F	31:14	6:15/K
49	Carolina Ernesto	70806	F	31:14	6:15/K
50	Katie Colclough	30045	F	31:18	6:16/K
51	Ashley Chang	30037	F	31:21	6:16/K
52	Jacqueline Breton	30024	F	31:27	6:17/K
53	Mary Kossak	70849	F	31:30	6:18/K
54	Nana Yenson	70948	F	31:34	6:19/K
55	Midori Manabe	70865	F	31:38	6:20/K
56	Bailey Eagan	70803	F	31:38	6:20/K
57	Nan Tang	70921	F	31:39	6:20/K
58	Natasha Birdi	30017	F	31:53	6:23/K
59	Nicole Samsom-Kapp	70906	F	31:54	6:23/K
60	Kelsey Lund	70863	F	32:02	6:24/K
61	Natasha Alikova	30006	F	32:08	6:26/K
62	Karen Yu	70952	F	32:08	6:26/K
63	Maria Van den Hooff	70936	F	32:16	6:27/K
64	Stacey Vestad	70938	F	32:33	6:31/K
65	Stephanie Hendy	70829	F	32:35	6:31/K
66	Sabrina Spencer	70954	F	32:51	6:34/K
67	Carina Harris	70827	F	32:51	6:34/K
68	Heidi Rampfl	70899	F	32:51	6:34/K
69	Michelle Clark	30040	F	33:02	6:36/K
70	Lona Cunningham	70960	F	33:06	6:37/K
71	Barbara Beauchamp	30013	F	33:07	6:37/K
72	Victoria Fawkes	70811	F	33:08	6:38/K
73	Renee Aeyelts	30003	F	33:13	6:39/K
74	Naomi Krueger	70953	F	33:21	6:40/K
75	Julia Chambers	30035	F	33:24	6:41/K
76	Sara Howarth	70963	F	33:24	6:41/K
77	Sadhvi Sehgal	70910	F	33:31	6:42/K
78	Amandeep Benipal	30015	F	33:48	6:46/K
79	Magnus Lu	70862	F	33:49	6:46/K
80	Emily Ho	70832	F	34:05	6:49/K
81	Pei-Yung Chen	70992	F	34:07	6:49/K
82	Deborah Moniuk	70886	F	34:22	6:52/K
83	Sarah Kesselring	70843	F	34:25	6:53/K
84	Laura Toschi	70987	F	34:26	6:53/K
85	Alyson Bola	30019	F	34:32	6:54/K
86	Johanie Marcoux	70868	F	35:09	7:02/K
87	Fiona Hai Ching Wu	70947	F	35:20	7:04/K
88	Jacqui Carnahan	30032	F	35:21	7:04/K
89	Barb Davidson	64979	F	35:21	7:04/K
90	Ginny Young	70950	F	35:27	7:05/K
91	Louise Underwood	70935	F	35:34	7:07/K
92	Dianne Smith	70916	F	35:34	7:07/K
93	Kirby Tham	70925	F	35:34	7:07/K
94	Chi Sum Aisha Tung	70933	F	35:54	7:11/K

Overall Finish List

5k Run

Female

<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Gend</u>	<u>Time</u>	<u>Pace</u>
95	Sara Tung	70932	F	35:57	7:11/K
96	Natasha Chaing	30034	F	36:12	7:14/K
97	Avril Loft	70861	F	37:16	7:27/K
98	Toni Walker	70940	F	37:30	7:30/K
99	Hardeep Kaur	70841	F	37:39	7:32/K
100	Chelsea Shideler	70915	F	38:17	7:39/K
101	Rosa Testani	70923	F	38:27	7:41/K
102	Gabriella Testani	70922	F	38:28	7:42/K
103	Cassidy Little	70860	F	39:13	7:51/K
104	Brianna Wong	70961	F	39:13	7:51/K
105	Karen Woodfield	70946	F	39:13	7:51/K
106	Rita Tung	70934	F	39:35	7:55/K
107	Rochelle Chan	30036	F	39:42	7:56/K
108	Michelle Young	70951	F	40:34	8:07/K
109	Lora Huang	70833	F	40:39	8:08/K
110	Meng-Hsin Chen	70991	F	41:04	8:13/K
111	Zahra Creighton	62611	F	42:42	8:32/K
112	Marie Cummings	63838	F	43:05	8:37/K
113	Kristine McNulty	70929	F	43:47	8:45/K
114	Teresa Douglas	70801	F	44:34	8:55/K
115	Kayla Preston	70896	F	44:34	8:55/K
116	Cecilia Colucci	30046	F	44:45	8:57/K
117	Anurita Dhiman	64989	F	45:06	9:01/K
118	Carol Becker	70957	F	45:23	9:05/K
119	Tina Campbell	30030	F	45:35	9:07/K
120	Corrina Hayden	70828	F	45:44	9:09/K
121	Alexis Cooper	30047	F	55:43	11:09/K
122	Victoria Coelho	30042	F	1:04:23	12:53/K
123	Dercia Faria	70810	F	1:04:23	12:53/K
124	LETICIA MELO	70882	F	1:04:23	12:53/K
125	Patricia Giordano	70817	F	1:04:25	12:53/K

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Overall Finish List

			5k Run	Male	
<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Gend</u>	<u>Time</u>	<u>Pace</u>
1	Aljeandro Romero	1803	M	17:28	3:30/K
2	Randall Kippen	70846	M	17:39	3:32/K
3	Lee Kennett	70842	M	17:42	3:32/K
4	Samuel Yeung	70949	M	18:06	3:37/K
5	Mark Klassen	70847	M	18:16	3:39/K
6	Ryan Roberts	70974	M	19:07	3:49/K
7	Jason Lewis	1801	M	19:08	3:50/K
8	Bruce Duong	70966	M	19:21	3:52/K
9	Wai Teng Chow	70972	M	19:52	3:58/K
10	Conor Lamb	84739	M	20:08	4:02/K
11	James Gray	70820	M	20:14	4:03/K
12	Kert Edward	70804	M	20:27	4:05/K
13	Jeff Lane	70856	M	20:47	4:09/K
14	Fabien Albi	30004	M	20:53	4:11/K
15	Shea McKinney	70877	M	20:54	4:11/K
16	James Brown	30027	M	20:55	4:11/K
17	70996 bib	70996	M	21:05	4:13/K
18	Mark Scott	70909	M	21:41	4:20/K
19	Logan Peterson	70973	M	21:45	4:21/K
20	Alan Nolan	70892	M	22:03	4:25/K
21	Clayton Ayres	30008	M	22:05	4:25/K
22	Chris Morely	70956	M	22:06	4:25/K
23	Larry Ryan	70905	M	22:11	4:26/K
24	Kai Antle	30007	M	22:16	4:27/K
25	Michael Graham	30016	M	22:16	4:27/K
26	Vitaly Gulydev	70958	M	22:30	4:30/K
27	Eduardo Aarza	70985	M	22:49	4:34/K
28	Chris Seppelt	70911	M	23:04	4:37/K
29	Martin Geusebroek	70971	M	23:11	4:38/K
30	Shawn McNaughton	70955	M	23:33	4:43/K
31	Arshia Zarrin	84738	M	24:07	4:49/K
32	Matthew Lane	70855	M	24:15	4:51/K
33	Cyril Cressent	62674	M	24:27	4:53/K
34	Lindsay Darling	64977	M	24:33	4:55/K
35	Mason Profler	70984	M	24:40	4:56/K
36	Russel McLellan	84731	M	25:12	5:02/K
37	Ahmed Marzouk Gaballa	70812	M	25:13	5:03/K
38	Peter Moes	70885	M	25:22	5:04/K
39	Craig Mcculloch	70873	M	25:29	5:06/K
40	Luke Crockett	62696	M	25:36	5:07/K
41	Christian Craig	30049	M	26:02	5:12/K
42	Ian Moore	70887	M	26:02	5:12/K
43	Darryl THam	70924	M	26:21	5:16/K
44	Reinhardt Cagara	30029	M	26:28	5:18/K
45	Garnett Stonge	70988	M	26:33	5:19/K
46	Carlos Basa	70967	M	26:44	5:21/K
47	Christopher Rozitis	70903	M	26:50	5:22/K

MEC LOWER MAINLAND: ROAD RACE ONE, 5K / 10K

Race Date

January 29, 2017

Overall Finish List

			5k Run	Male	
<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Gend</u>	<u>Time</u>	<u>Pace</u>
48	Evan Halim	70824	M	26:56	5:23/K
49	Ingo Jackisch	70838	M	26:57	5:23/K
50	Kent Tang	70920	M	27:47	5:33/K
51	Bill Kingsland	70845	M	28:04	5:37/K
52	Tom Martinson	70871	M	28:26	5:41/K
53	Nick Adkins	30002	M	28:26	5:41/K
54	Wai Keung Tsang	70930	M	28:28	5:42/K
55	Sacha Mitchell	70884	M	28:49	5:46/K
56	Joshua Mitchell	70883	M	28:50	5:46/K
57	Andrew Abel	12791	M	29:13	5:51/K
58	Ali Flora	70999	M	29:16	5:51/K
59	Clarke Bayles	30012	M	29:23	5:53/K
60	Ryan Colbert	30044	M	29:26	5:53/K
61	Jeremy McElroy	70874	M	29:39	5:56/K
62	Chad Neufeld	70888	M	29:56	5:59/K
63	Veerin Dhiman	64992	M	30:12	6:02/K
64	Andrew Hunter	70837	M	30:13	6:03/K
65	Michael Hughes	70835	M	30:27	6:05/K
66	Eric Sherbine	70914	M	30:36	6:07/K
67	Raymond Tsow	70931	M	30:44	6:09/K
68	Diego Gomes	70818	M	30:49	6:10/K
69	Michael Marshall	70869	M	30:59	6:12/K
70	Reden Nicolas	70891	M	31:07	6:13/K
71	Carlos Ernesto Jr	70807	M	31:13	6:15/K
72	Ryan Falck	70809	M	31:18	6:16/K
73	Wayne Chen	30039	M	31:22	6:16/K
74	Allen Chang	30038	M	31:22	6:16/K
75	Michael Balic	30009	M	32:26	6:29/K
76	Kyle Kwan	71000	M	32:27	6:29/K
77	John Mah	70864	M	33:09	6:38/K
78	Dan Kruse	70850	M	33:14	6:39/K
79	Shaun Noorzay	70893	M	33:36	6:43/K
80	Emerson Killam	70964	M	33:53	6:47/K
81	Josh Abel	30001	M	35:01	7:00/K
82	Derek Little	70859	M	35:28	7:06/K
83	Donald Thomas Mclvor	70876	M	36:31	7:18/K
84	Jamie Banfield	30010	M	36:41	7:20/K
85	Gord Kurenoff	70851	M	36:51	7:22/K
86	Anderson Nguyen	70890	M	38:14	7:39/K
87	Dave Grender	70822	M	38:19	7:40/K
88	Tony Little	70858	M	39:13	7:51/K
89	Noah Rosselli	70976	M	40:32	8:06/K
90	Tony Rosselli	70977	M	40:34	8:07/K
91	Denis Coates	30041	M	40:36	8:07/K
92	Travis Alexander	30005	M	44:47	8:57/K
93	Jason Gauthier	70813	M	49:13	9:51/K
94	Fernando Neves	70889	M	1:04:22	12:52/K