

MEC LOWER MAINLAND: TRAIL RACE FOUR: 5K/10K

Race Date

July 29, 2017

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

<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>
1	Karine Travaillaud	62956	1 30-39	1:01:33	6:09/K
2	Vivian Davidson	7943	2 30-39	1:02:01	6:12/K
3	Allegra Hollingbery	62958	1 20-29	1:04:57	6:30/K
4	Adrianah Wyatt	62943	3 30-39	1:05:54	6:35/K
5	Zoã« Hackett	7976	2 20-29	1:06:01	6:36/K
6	Katie Weaver	62913	3 20-29	1:07:55	6:48/K
7	Stephanie Brisebois	7916	4 30-39	1:11:20	7:08/K
8	Laurie Bogue	7909	1 60-69	1:13:06	7:19/K
9	Harriet Jarvis	7996	5 30-39	1:13:14	7:19/K
10	Chloe Levenson	8908	4 20-29	1:13:32	7:21/K
11	Raleigh Rush	62977	5 20-29	1:13:46	7:23/K
12	Aurora Matson-Moore	8923	6 20-29	1:14:33	7:27/K
13	Aileen Tien	8995	6 30-39	1:14:54	7:29/K
14	Amy Dahms	7942	1 40-49	1:15:04	7:30/K
15	Meghan MacLeod	8916	2 40-49	1:16:17	7:38/K
16	Andrea Bever	7904	7 20-29	1:16:20	7:38/K
17	Chanone Ryane	8965	7 30-39	1:16:21	7:38/K
18	Suzanne Lacey	8905	8 20-29	1:16:26	7:39/K
19	Alyssa Cocke	62980	8 30-39	1:17:55	7:48/K
20	Nikol Marconova	8919	9 20-29	1:20:01	8:00/K
21	Coleen Ross	8959	2 60-69	1:20:25	8:03/K
22	Kristin Lim	62983	9 30-39	1:20:44	8:04/K
23	Mary Murray	8933	10 30-39	1:21:18	8:08/K
24	Shannon Sneddon	8976	3 40-49	1:21:52	8:11/K
25	Shelby Turner	8998	10 20-29	1:21:53	8:11/K
26	Victoria Irish	7994	11 30-39	1:21:55	8:12/K
27	Heather MacKay	8912	11 20-29	1:23:27	8:21/K
28	Jennifer Suggars	8983	1 99-99	1:25:21	8:32/K
29	Lauren Moore	8930	12 20-29	1:28:46	8:53/K
30	Alexandra Blasius	7907	12 30-39	1:29:29	8:57/K
31	Sophie Guymer	7973	13 20-29	1:30:12	9:01/K
32	Kara Vogt	62909	13 30-39	1:31:11	9:07/K
33	Danielle Burch	7921	14 20-29	1:31:36	9:10/K
34	Ann Harris	7981	4 40-49	1:31:46	9:11/K
35	Carrie Dubilowski	62974	5 40-49	1:32:39	9:16/K
36	Maggie Georgy-Embree	7966	6 40-49	1:33:02	9:18/K
37	Christina Price	62986	7 40-49	1:33:46	9:23/K
38	Shannen Eis	7952	14 30-39	1:34:14	9:25/K
39	Marta Ibanez	7925	2 99-99	1:34:46	9:29/K
40	Elizabeth Liu	8910	1 50-59	1:36:40	9:40/K
41	Erin MacKenzie	8914	15 30-39	1:37:34	9:45/K
42	Laurie Reid	8955	8 40-49	1:37:35	9:46/K
43	Adeline Chin	7932	9 40-49	1:38:01	9:48/K
44	Rebecka Forward	7958	15 20-29	1:40:13	10:01/K
45	Mary Rees	8954	3 99-99	1:42:42	10:16/K
46	Paula Naylor	8934	2 50-59	1:43:06	10:19/K
47	Dawn Mooney	8929	16 30-39	1:43:19	10:20/K

Race Date
July 29, 2017

MEC LOWER MAINLAND: TRAIL RACE FOUR: 5K/10K

Overall Finish List

		10 k Run		Female	
<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>
48	Olivia Fournier	7959	16 20-29	1:43:41	10:22/K
49	Laura Hayes	7984	17 20-29	1:44:07	10:25/K
50	Tamar Koleba	8902	17 30-39	1:44:56	10:30/K
51	Judith Marin	8920	18 30-39	1:45:08	10:31/K
52	Denali Moss	8932	19 30-39	1:46:25	10:39/K
53	Jennifer Pohl	8947	18 20-29	1:46:26	10:39/K
54	Michelle Heerdegen	7986	19 20-29	1:46:28	10:39/K
55	Sabrina Naprawa	62979	20 30-39	1:46:37	10:40/K
56	Lora Smith	8974	10 40-49	1:47:40	10:46/K
57	Sabrina Terenzi	8992	20 20-29	1:48:26	10:51/K
58	Wendy Rafuse	8952	21 30-39	1:49:25	10:57/K
59	Natasha Benes	7901	22 30-39	1:53:36	11:22/K
60	Kimberley Gage	7962	11 40-49	1:54:30	11:27/K
61	Sandy Bolan	7912	12 40-49	1:57:41	11:46/K
62	Charlene Sakamoto	62988	23 30-39	2:00:17	12:02/K
63	Lorraine Douville	7947	3 50-59	2:01:44	12:10/K
64	Anastasia Hunter	7993	13 40-49	2:03:12	12:19/K
65	Veronika Smolik	8975	4 50-59	2:05:32	12:33/K
66	Emily Abe	3231	14 40-49	2:05:42	12:34/K
67	Amy Agis	3317	15 40-49	2:08:25	12:51/K
68	Lydia Green	7971	16 40-49	2:08:25	12:51/K

MEC LOWER MAINLAND: TRAIL RACE FOUR: 5K/10K

Race Date

July 29, 2017

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

<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>
1	Brendan Urlocker	9000	1 20-29	55:00	5:30/K
2	David Vavrik	62906	2 20-29	55:12	5:31/K
3	Timothy Ainge	4782	3 20-29	57:27	5:45/K
4	Malcom Suarez	62963	1 0-19	57:38	5:46/K
5	Mantas Jarusevicius	7995	1 99-99	58:00	5:48/K
6	Timothy Teoh	8990	4 20-29	58:36	5:52/K
7	Shepard Moss	8931	1 40-49	1:01:02	6:06/K
8	Jamie Head	7985	5 20-29	1:01:18	6:08/K
9	Leonid Dushyn	7951	1 30-39	1:01:27	6:09/K
10	Mila Benacka	62996	2 30-39	1:02:07	6:13/K
11	Adrian Lucanu	8911	3 30-39	1:04:21	6:26/K
12	Stuart Ashman	7447	2 40-49	1:04:35	6:28/K
13	Etienne Derocher	62973	3 40-49	1:04:42	6:28/K
14	Michael Prince	8949	4 30-39	1:04:55	6:30/K
15	Stephen Bodley	7908	5 30-39	1:05:05	6:31/K
16	Charles Waters	62912	2 99-99	1:05:29	6:33/K
17	Julian Rutland	8963	2 0-19	1:05:43	6:34/K
18	Harvey MacKenzie	8913	6 20-29	1:05:53	6:35/K
19	Christophe Boler	62997	7 20-29	1:09:36	6:58/K
20	Richard Markiewicz	8921	6 30-39	1:10:01	7:00/K
21	Safder Raza	8953	8 20-29	1:10:29	7:03/K
22	Jasper Rickmers	8956	9 20-29	1:10:38	7:04/K
23	James Walker	62910	7 30-39	1:10:56	7:06/K
24	Ben Scott	8968	8 30-39	1:11:04	7:06/K
25	Matthew Bicknell	7905	3 99-99	1:12:07	7:13/K
26	Crwys Harris	7982	9 30-39	1:12:41	7:16/K
27	Scott Henry	7987	10 20-29	1:13:16	7:20/K
28	Lawrence Bernacles	62982	4 99-99	1:14:28	7:27/K
29	Owen Davis	7945	1 50-59	1:14:29	7:27/K
30	Ken Rutland	8964	2 50-59	1:14:41	7:28/K
31	Serguei Makarevski	8918	3 50-59	1:15:17	7:32/K
32	Ashton Lim	62984	10 30-39	1:15:24	7:32/K
33	David Aitken	4786	11 20-29	1:15:27	7:33/K
34	Terry Lauzon	8906	4 40-49	1:16:18	7:38/K
35	Mike Lunde	62957	11 30-39	1:16:28	7:39/K
36	Steven Pearce	8944	4 50-59	1:17:13	7:43/K
37	Jorge Roman Asensio	8958	12 30-39	1:17:37	7:46/K
38	Alvaro Fernandez De Mesa	7955	13 30-39	1:17:38	7:46/K
39	Richard Gage	7963	5 40-49	1:18:01	7:48/K
40	Graham Davies	7944	14 30-39	1:18:26	7:51/K
41	Etienne Fregault	7961	15 30-39	1:18:48	7:53/K
42	Spencer Curran	7941	12 20-29	1:19:05	7:55/K
43	Warren Cartwright	7928	6 40-49	1:19:43	7:58/K
44	Roger Martin	8922	7 40-49	1:20:10	8:01/K
45	Neil Armitage	62981	8 40-49	1:20:11	8:01/K
46	Angus Moon	62967	5 50-59	1:20:43	8:04/K
47	Andrew Georgy-Embree	7967	9 40-49	1:21:30	8:09/K

MEC LOWER MAINLAND: TRAIL RACE FOUR: 5K/10K

Overall Finish List

10 k Run

Male

<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>
48	Christian Boieeie	7910	3 0-19	1:21:30	8:09/K
49	Sean McKnight	8925	16 30-39	1:21:47	8:11/K
50	Shielvin Soriano	8978	17 30-39	1:22:11	8:13/K
51	Brent Davidson	62987	18 30-39	1:22:20	8:14/K
52	Paul Caron	7927	6 50-59	1:22:40	8:16/K
53	Michael Sarvari	8967	19 30-39	1:23:34	8:21/K
54	Dave Bolan	7911	10 40-49	1:24:25	8:27/K
55	Terrence Halliday	7977	5 99-99	1:24:38	8:28/K
56	Leigh Burbidge	7920	20 30-39	1:25:12	8:31/K
57	Bernand Bernardis	62970	11 40-49	1:25:13	8:31/K
58	Jason Yates	62947	12 40-49	1:25:38	8:34/K
59	Matt Grossholz	7972	13 20-29	1:26:20	8:38/K
60	Curtis Molitor	8928	7 50-59	1:27:16	8:44/K
61	Philip Harris	7980	13 40-49	1:27:20	8:44/K
62	Michael Broughton	7917	14 40-49	1:28:24	8:50/K
63	Keith Kirchner	8000	14 20-29	1:29:02	8:54/K
64	Victor Javeri	7997	21 30-39	1:29:03	8:54/K
65	Nathan Paisley	8939	15 20-29	1:29:43	8:58/K
66	Edward Budden	7918	16 20-29	1:30:13	9:01/K
67	David Koo	8903	22 30-39	1:30:15	9:02/K
68	Christopher Drodiquin	7950	23 30-39	1:32:30	9:15/K
69	Paul Yeoman	62951	24 30-39	1:36:45	9:41/K
70	Paul Higgins	62975	1 60-69	1:37:35	9:46/K
71	Josã© Rodriguez	8957	8 50-59	1:43:06	10:19/K
72	Norman Heu	62966	15 40-49	1:43:19	10:20/K
73	Michael Lao	62985	16 40-49	1:44:03	10:24/K
74	Jake Mendlinger	8926	25 30-39	1:48:35	10:52/K
75	Trevor Cumming	7940	26 30-39	1:49:21	10:56/K
76	Levi Conner	7935	4 0-19	1:58:13	11:49/K
77	Glenn Sakamoto	8966	27 30-39	2:00:17	12:02/K

MEC LOWER MAINLAND: TRAIL RACE FOUR: 5K/10K

Race Date

July 29, 2017

Overall Finish List

5 k Run			Female		
<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>
1	Katrina Harmer	625	1 0-19	38:23	7:41/K
2	Annelize Coetzee	612	1 30-39	38:32	7:42/K
3	Alita Dommann	681	1 40-49	40:11	8:02/K
4	Lianne Burrell	610	1 20-29	40:17	8:03/K
5	Ebba Hassel	696	2 20-29	40:28	8:06/K
6	Dillon Niamh	698	3 20-29	40:41	8:08/K
7	Kristina MacDonald	639	2 30-39	41:15	8:15/K
8	Jessie Alder	603	1 99-99	41:39	8:20/K
9	Paola Espinoza	692	2 99-99	41:55	8:23/K
10	Sabrina Dias Matsumoto	617	3 99-99	42:44	8:33/K
11	Johanna Young	677	3 30-39	43:24	8:41/K
12	Elizabeth Winston	675	4 30-39	44:08	8:50/K
13	Charlotte Bleuer	607	5 30-39	44:57	8:59/K
14	Cristina Herman	626	2 40-49	46:09	9:14/K
15	Diane Dutton	619	1 50-59	46:47	9:21/K
16	Laura McEwan	688	4 20-29	47:57	9:35/K
17	Dana Hough	684	6 30-39	47:59	9:36/K
18	Elizabeth Phillips	656	5 20-29	48:49	9:46/K
19	Kimberly Merkli	649	7 30-39	50:25	10:05/K
20	Gillian Albert	602	6 20-29	52:38	10:32/K
21	Cristina Lãpez Garcia	632	3 40-49	55:18	11:04/K
22	Kyla Boieeie	609	8 30-39	55:46	11:09/K
23	Joudine Lee	634	2 50-59	56:40	11:20/K
24	Sarah Pedley	654	9 30-39	57:06	11:25/K
25	Christine Bartz	605	10 30-39	57:13	11:27/K
26	Laurel Loughran	637	4 40-49	57:52	11:34/K
27	Amy Ten-Bohmer	667	7 20-29	58:00	11:36/K
28	Cassie Wright	685	11 30-39	58:09	11:38/K
29	Mimi You	699	8 20-29	58:28	11:42/K
30	Stefanie Aitken	601	9 20-29	58:50	11:46/K
31	Laurel Matheson	644	12 30-39	1:05:48	13:10/K
32	Joann Khor	683	13 30-39	1:10:16	14:03/K
33	Shu Su	695	2 0-19	1:11:35	14:19/K
34	Janis Tang	694	10 20-29	1:11:38	14:20/K
35	Giovanna Alberico	3804	14 30-39	1:13:36	14:43/K
36	Lauren Schweer	604	3 0-19	1:18:29	15:42/K
37	Jaime Schween	662	15 30-39	1:18:35	15:43/K
38	Michell Schmidt	660	11 20-29	1:18:39	15:44/K
39	Leanne Massa	642	16 30-39	1:44:40	20:56/K

Overall Finish List

5 k Run

Male

<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>
1	Dane Sweeney	665	1 20-29	27:18	5:28/K
2	Julian Henri	3816	2 20-29	34:28	6:54/K
3	Mike Hsiao	697	3 20-29	37:25	7:29/K
4	Martin Dommann	682	1 0-19	39:47	7:57/K
5	Casey Rutland	659	2 0-19	40:59	8:12/K
6	Matt Gibson	691	1 40-49	41:01	8:12/K
7	Bryan Cuthbertson	614	1 99-99	41:05	8:13/K
8	Richard Neuman	652	1 50-59	43:21	8:40/K
9	Filipe Lima	680	1 30-39	44:33	8:55/K
10	Pedro Diniz	679	4 20-29	44:34	8:55/K
11	De Wet Coetzee	613	2 30-39	45:20	9:04/K
12	Steven Kasper	629	5 20-29	45:22	9:04/K
13	Thomas Roper	657	3 30-39	46:00	9:12/K
14	Raphael Leal Franqueira	633	2 40-49	46:45	9:21/K
15	Ingo Jacrisch	693	2 99-99	46:54	9:23/K
16	Jamieson Gascho	689	6 20-29	47:58	9:36/K
17	Michael Merkli	648	4 30-39	50:26	10:05/K
18	Adam Woods	676	7 20-29	52:59	10:36/K
19	Julian David Masmitja Abad	641	3 40-49	55:18	11:04/K
20	Tomas Harmer	624	3 0-19	55:51	11:10/K
21	Henry Chang	611	2 50-59	56:28	11:18/K
22	Nicolas Pedley	655	1 60-69	57:06	11:25/K
23	David Miao	650	8 20-29	57:29	11:30/K
24	Matthew Knott	630	9 20-29	58:00	11:36/K
25	Alexander Good	700	10 20-29	58:29	11:42/K
26	Kazushige Matsumoto	645	3 99-99	58:34	11:43/K
27	Makoto Matsumoto	646	4 99-99	58:34	11:43/K
28	Dennis Slater	664	4 40-49	1:02:20	12:28/K
29	Adam Demers	616	11 20-29	1:12:57	14:35/K
30	Derek Schween	661	5 30-39	1:16:31	15:18/K
31	Walter Block	608	1 70-98	1:19:27	15:53/K
32	Dana Matheson	643	5 99-99	1:36:42	19:20/K
33	Craig Johnson	628	6 30-39	1:44:38	20:56/K