

Race Date
April 30, 2017

MEC LOWER MAINLAND: ROAD RACE FIVE: 5K/10K/21.1/42

Overall Finish List

42.2 k Run			Female	
Overall	Name	Bib No	Time	Pace
1	Kendra Braun	31918	3:20:23	4:45/K
2	Vicki Lindstrom	31958	3:50:54	5:28/K
3	Gloria Cheung	31923	3:57:55	5:38/K
4	Tere Friesen	31937	4:14:34	6:02/K
5	Sabina Tolean	33166	4:16:03	6:04/K
6	Jennifer Spencer	33153	4:18:28	6:07/K
7	Rachel Spinelli	33154	4:19:18	6:09/K
8	Lynetta Chu	33163	4:21:55	6:12/K
9	Theresa Wallace	33160	4:36:59	6:34/K
10	Tracy Marshall	31992	4:38:01	6:35/K
11	Stina Olausson	33109	4:40:47	6:39/K
12	Haleh Magnus	31982	4:47:38	6:49/K
13	Jacqueline Theede	33156	4:50:46	6:53/K
14	Shannon Torhjem	33157	4:50:46	6:53/K
15	Elizabeth Harris	31940	4:50:56	6:54/K
16	Susan Hui	31946	4:56:38	7:02/K
17	Sherry Mahoney	31988	4:56:39	7:02/K
18	Kim Jones	31951	5:05:30	7:14/K
19	Ashley Bergson	31905	5:27:03	7:45/K
20	Tina Niaki	33107	5:38:40	8:02/K

Race Date
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MEC LOWER MAINLAND: ROAD RACE FIVE: 5K/10K/21.1/42

Overall Finish List

42.2 k Run			Male	
Overall	Name	Bib No	Time	Pace
1	Scott Sebelsky	33125	3:21:54	4:47/K
2	Andy Colton	33165	3:26:53	4:54/K
3	Matt Sessions	33127	3:37:52	5:10/K
4	Duncan Magnus	31980	3:49:40	5:27/K
5	Blair Alan	33164	3:49:52	5:27/K
6	Nolan Westlin	33161	3:56:54	5:37/K
7	Steve Zdril	33162	3:57:02	5:37/K
8	Robert MacEachern	31972	3:59:39	5:41/K
9	Brent Krahn	31953	4:00:09	5:41/K
10	Michael De Wit	31934	4:01:45	5:44/K
11	Luke Street	33155	4:04:43	5:48/K
12	Scott McCardle	31997	4:06:12	5:50/K
13	David Blas	31909	4:07:00	5:51/K
14	Rick Cooney	31930	4:10:28	5:56/K
15	John De Swardt	31933	4:21:54	6:12/K
16	Jason Bowman	31915	4:27:56	6:21/K
17	Lachlan Smith	33152	4:28:38	6:22/K
18	Sam Shek Chiu Tsui	33158	4:35:26	6:32/K
19	Arthur Ng	33103	4:56:38	7:02/K
20	Jon Mahoney	31983	4:56:39	7:02/K
21	Morley Jones	31948	5:05:29	7:14/K
22	Aaron Chin	31928	5:06:05	7:15/K
23	Ted Chen	31922	5:38:40	8:02/K

MEC LOWER MAINLAND: ROAD RACE FIVE: 5K/10K/21.1/42

Race Date

April 30, 2017

Overall Finish List

21.1 k Run			Female	
Overall	Name	Bib No	Time	Pace
1	Niki Jacques	28866	1:37:28	4:37/K
2	Rhonda Dyce	28842	1:39:26	4:43/K
3	Suzanne De Martin	28836	1:41:19	4:48/K
4	Charlene Rowan	28921	1:43:38	4:55/K
5	Ardith Watson	28952	1:44:29	4:57/K
6	Rebecca Henriques McCall	28859	1:47:27	5:06/K
7	Nicole Greeb	28853	1:47:30	5:06/K
8	Sherri Todd	28943	1:48:27	5:08/K
9	Joanne Bach	28805	1:48:57	5:10/K
10	Janelle Bohn	28815	1:51:12	5:16/K
11	Monica Murphy	28904	1:51:52	5:18/K
12	Hannah Baerg	28806	1:52:26	5:20/K
13	Carolyn Caranci	28823	1:54:45	5:26/K
14	Camille Owens	28911	1:58:21	5:37/K
15	Lilah Toker	28944	1:59:57	5:41/K
16	Teera Jacobs	28865	2:00:40	5:43/K
17	Sonja Feddes	28848	2:01:17	5:45/K
18	Jen Ogden	28907	2:01:29	5:45/K
19	Shelby Hancock	28856	2:03:03	5:50/K
20	Benita Spindel	28932	2:03:08	5:50/K
21	Brenie Clamer	28828	2:03:44	5:52/K
22	Karen Street	28934	2:04:21	5:54/K
23	Carolyn Schmid	28927	2:04:48	5:55/K
24	Lindsay O'Hara	28909	2:05:54	5:58/K
25	Gail Rovere	28920	2:06:12	5:59/K
26	Lexie Evers	28847	2:07:01	6:01/K
27	Kimberly Dyce	28843	2:07:11	6:02/K
28	Alicia Krahn	28878	2:07:34	6:03/K
29	Kristen Doherty	28840	2:07:43	6:03/K
30	Lindsay Oliver	28910	2:09:42	6:09/K
31	Heather Currie	28835	2:10:28	6:11/K
32	Kirsten Leng	28885	2:10:30	6:11/K
33	Laura Johnson	28868	2:10:30	6:11/K
34	Grace Yeh	28956	2:11:35	6:14/K
35	Dana Marom	28893	2:12:58	6:18/K
36	Aimee Corrigan	28832	2:13:08	6:19/K
37	Janna Vandervelden	28947	2:13:12	6:19/K
38	Cassandra Basi	28809	2:15:11	6:24/K
39	Spring Forster	28850	2:15:33	6:25/K
40	Stephanie Assmann	28803	2:16:25	6:28/K
41	Erin Lee	28884	2:16:50	6:29/K
42	Amanda Hill	28861	2:16:58	6:29/K
43	Kimberlee Smith	28931	2:17:03	6:30/K
44	Katherine Vovko	28951	2:17:15	6:30/K
45	Lindsay Lanigan	28881	2:18:37	6:34/K
46	Pam Voros	28950	2:18:44	6:35/K
47	Mabel Fong	28849	2:19:19	6:36/K

MEC LOWER MAINLAND: ROAD RACE FIVE: 5K/10K/21.1/42

Race Date

April 30, 2017

Overall Finish List**21.1 k Run****Female**

<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Time</u>	<u>Pace</u>
48	Julia Bigford	28812	2:19:56	6:38/K
49	Sarah Buck	28967	2:19:57	6:38/K
50	Elizabeth McQuaid	28898	2:20:04	6:38/K
51	Chris Kirkpatrick	28876	2:22:08	6:44/K
52	Mich Low	28889	2:23:42	6:49/K
53	Cheryl Blad	28814	2:23:49	6:49/K
54	Peggy Brown	28820	2:26:33	6:57/K
55	Carie Moran	28902	2:26:33	6:57/K
56	Malia Smith	28930	2:28:34	7:02/K
57	Jen Swanston	28936	2:29:16	7:04/K
58	Bernadette Thiessen	28940	2:29:44	7:06/K
59	Christina Saremba	28926	2:33:52	7:18/K
60	Pam Kirby	28875	2:34:44	7:20/K
61	Andrea Tanaka	28937	2:40:55	7:38/K
62	Mardeanna Lock	28887	2:41:46	7:40/K
63	Michelle Clark	28829	2:44:27	7:48/K
64	Lora Smith	28966	2:47:53	7:57/K
65	Sheryl Hoepfner	28862	2:50:22	8:04/K
66	Marissa Stower	28933	2:59:47	8:31/K
67	Janet MacKintosh	28891	3:21:10	9:32/K
68	Tina Campbell	28822	3:44:47	10:39/K
DQ	Leanne Carroll	28824	---	---

Overall Finish List

21.1 k Run			Male	
Overall	Name	Bib No	Time	Pace
1	Rob Barber	28808	1:27:35	4:09/K
2	Michael Harris	28963	1:28:42	4:12/K
3	Ian Penney	28914	1:35:49	4:32/K
4	Trevor Thiessen	28941	1:37:08	4:36/K
5	Jamie Nishihata	28971	1:37:57	4:39/K
6	Cameron Morrell	28903	1:38:16	4:39/K
7	Fraser Rich	28919	1:41:33	4:49/K
8	Wei Han	28973	1:41:40	4:49/K
9	Adam Goluboff	28852	1:42:44	4:52/K
10	Rory McGrath	28895	1:42:54	4:53/K
11	Sarb Kaler	28968	1:43:08	4:53/K
12	Robert Horacsek	28864	1:43:11	4:53/K
13	Jeremy Crema	28833	1:44:57	4:58/K
14	John McMahon	28897	1:45:15	4:59/K
15	Niel Johnson	28869	1:45:37	5:00/K
16	Jacob Thomas	28942	1:46:22	5:02/K
17	Bryan Hooge	28863	1:49:16	5:11/K
18	Dong Xuw	28955	1:49:16	5:11/K
19	Dustin Smart	28928	1:49:45	5:12/K
20	Scott Pain	28913	1:49:54	5:13/K
21	Richard Johnson	28867	1:49:56	5:13/K
22	Cyril Cressent	28834	1:50:00	5:13/K
23	Derek Johnston	28970	1:50:15	5:14/K
24	Peter Meier	28899	1:51:29	5:17/K
25	Sean Melia	28964	1:51:41	5:18/K
26	Bertrand Roussel	28969	1:51:52	5:18/K
27	Derek Barber	28807	1:52:24	5:20/K
28	Lawrence Bernales	28811	1:52:57	5:21/K
29	Neil Vaughan	28948	1:53:08	5:22/K
30	Martin Austin	28804	1:53:09	5:22/K
31	Christopher Reed	28917	1:53:58	5:24/K
32	Jim Wilson	28954	1:55:47	5:29/K
33	Lucian Scobercia	28961	1:55:56	5:30/K
34	Adrian Lucanu	28960	1:57:48	5:35/K
35	Anthony Sullano	28935	1:57:48	5:35/K
36	Jonathan Weresch	28972	1:58:32	5:37/K
37	Lance Lilley	28886	1:58:53	5:38/K
38	Steven Pearce	28965	1:59:10	5:39/K
39	Francis Edmilao	28844	1:59:22	5:39/K
40	Dan Cook	28958	2:00:11	5:42/K
41	Kerry Mittleman	28901	2:00:20	5:42/K
42	Kelly Epp	28845	2:01:55	5:47/K
43	Benjamin Milling	28900	2:02:24	5:48/K
44	Joel Sagard	28924	2:02:38	5:49/K
45	Danny Kurtenbach	28879	2:03:21	5:51/K
46	Zach Lang	28880	2:05:48	5:58/K
47	Steven Evans	28846	2:06:39	6:00/K

MEC LOWER MAINLAND: ROAD RACE FIVE: 5K/10K/21.1/42

Race Date

April 30, 2017

Overall Finish List**21.1 k Run****Male**

Overall	Name	Bib No	Time	Pace
48	Jake Rudolph	28923	2:09:06	6:07/K
49	Neil Harrington	28857	2:12:05	6:16/K
50	Rodney Cooke	28831	2:12:28	6:17/K
51	Mark Pain	28912	2:12:46	6:18/K
52	David O'Connell	28906	2:15:49	6:26/K
53	Christopher Rozitis	28922	2:16:18	6:28/K
54	Jj Hill	28860	2:16:29	6:28/K
55	Jeff Gan	28851	2:18:08	6:33/K
56	Judd Ogden	28908	2:18:57	6:35/K
57	Dillon Duncan	28841	2:20:56	6:41/K
58	Weiting Chou	28959	2:22:18	6:45/K
59	Michael Jones	28871	2:25:12	6:53/K
60	Michael Guay	28854	2:28:09	7:01/K
61	Mark Harrison	28858	2:46:24	7:53/K

MEC LOWER MAINLAND: ROAD RACE FIVE: 5K/10K/21.1/42

Race Date

April 30, 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	Lisa Dinh	4702	44:35	4:28/K
2	Christina Neudorf	7523	45:18	4:32/K
3	Rebecca Stonecypher	7067	46:01	4:36/K
4	Julia Shaw	7050	46:48	4:41/K
5	Laura Holland	4735	47:07	4:43/K
6	Kelly Dumont	4704	47:55	4:48/K
7	Colleen Schulze	7047	47:56	4:48/K
8	Hayley Brown	3329	48:50	4:53/K
9	Xanthe Brown	3328	49:00	4:54/K
10	Emily Seto	7529	49:00	4:54/K
11	Avril Gilmour Ford	4724	49:18	4:56/K
12	Kelly Kallevig	4751	49:58	5:00/K
13	Nicole Quinn	7035	50:11	5:01/K
14	Michelle Moyon	7004	50:17	5:02/K
15	Michelle McQuire	7539	51:10	5:07/K
16	Jill Ferrie	7528	51:29	5:09/K
17	Patricia Gray	4728	51:43	5:10/K
18	Erika Evans	4708	52:09	5:13/K
19	Brenda Pasichnyk	7021	52:11	5:13/K
20	Lisa Nowen	7016	53:24	5:20/K
21	Carolyn Hubbard	4738	53:35	5:22/K
22	Amy Kakebeeke	4750	53:52	5:23/K
23	Janice Keller	4754	53:53	5:23/K
24	Cheryl Dyke	4705	54:20	5:26/K
25	Jessica Phillips	7526	54:25	5:27/K
26	Ryan Bogusinski	3312	54:47	5:29/K
27	Linda Nicholas	7536	54:57	5:30/K
28	Alissa Reed	7038	55:27	5:33/K
29	Alecia Rossi	3959	55:34	5:33/K
30	Jennifer Blair	3308	55:44	5:34/K
31	Sheena Hoskin	4736	55:54	5:35/K
32	Lindsay Zygarliski	7465	56:18	5:38/K
33	Shirley Blair	3306	56:27	5:39/K
34	Jihyun Sohn	7059	56:36	5:40/K
35	Stephanie Stovold	7068	57:05	5:43/K
36	Katie Craig	3367	57:12	5:43/K
37	Vanessa Hanberg	4732	57:17	5:44/K
38	Mackenzie Lawrence	4770	57:23	5:44/K
39	Love Lee	4774	57:26	5:45/K
40	Ardeen Duckworth	7538	57:41	5:46/K
41	Branka Gataric	4718	58:00	5:48/K
42	Bethan Davies	3384	58:05	5:49/K
43	Debbie Sanderson	7044	58:07	5:49/K
44	Saron Liang	3958	58:08	5:49/K
45	Sandra Del Castillo	3392	58:14	5:49/K
46	Lauren Currie	3372	58:17	5:50/K
47	Karen Voogt	7404	58:28	5:51/K

MEC LOWER MAINLAND: ROAD RACE FIVE: 5K/10K/21.1/42

Race Date

April 30, 2017

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

<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Time</u>	<u>Pace</u>
48	Jill Vanhuizen	7078	58:29	5:51/K
49	Haley Friesen	4715	58:29	5:51/K
50	Melissa Benjamin	3276	58:39	5:52/K
51	Elizabeth Kroeker	4766	58:40	5:52/K
52	Megan Ursic	7075	58:42	5:52/K
53	Deb Drozda	4703	59:01	5:54/K
54	Jasmine Pronyk	7032	59:04	5:54/K
55	Lindsay Neufeld	7010	59:07	5:55/K
56	Daniela Sada	7043	59:11	5:55/K
57	Christine McGuire	4798	59:13	5:55/K
58	Sarah So	7058	59:18	5:56/K
59	Natasha Benes	3275	59:21	5:56/K
60	Maite Place	7031	59:26	5:57/K
61	Haylee McGowan	7480	59:29	5:57/K
62	Nicole Colbert	3360	59:48	5:59/K
63	Melanie Giles	4722	59:48	5:59/K
64	Nicole Hawe	4733	59:52	5:59/K
65	Caitlin Naylor-Neufeld	7008	1:00:06	6:01/K
66	Michelle Gall	4717	1:00:11	6:01/K
67	Zara McGrath	4796	1:00:19	6:02/K
68	April Brooker	3323	1:00:48	6:05/K
69	Maryse Ouimet	7019	1:01:04	6:06/K
70	Sadie Lidderdale	4778	1:01:08	6:07/K
71	Allison Marshall	7521	1:01:17	6:08/K
72	Lianne MacLean	4787	1:01:19	6:08/K
73	Shannon Lifton	4780	1:01:20	6:08/K
74	Kaya Wiggins	7416	1:01:30	6:09/K
75	Annika Lofstrand	4781	1:01:30	6:09/K
76	Jennifer Scudds	7049	1:01:40	6:10/K
77	Helen Cheng	3344	1:01:48	6:11/K
78	Boni Lidderdale	4777	1:02:06	6:13/K
79	Shirley Cochrane	3359	1:02:17	6:14/K
80	Stephanie Ferguson	4710	1:02:35	6:16/K
81	Katia Stan	7534	1:03:08	6:19/K
82	Kathleen MacDonald	4784	1:06:19	6:38/K
83	Jenny Gu	4730	1:08:05	6:49/K
84	Heidi Rampfl	7036	1:08:07	6:49/K
85	Koeun Kim	4759	1:08:08	6:49/K
86	Sharon Pauwels	7025	1:08:48	6:53/K
87	Sue Barnes	3238	1:09:08	6:55/K
88	Christine Jones	7524	1:09:28	6:57/K
89	Olivia Fournier	7525	1:09:28	6:57/K
90	Katherine Hughes	4740	1:09:31	6:57/K
91	Karen McAllister	4795	1:09:32	6:57/K
92	Caroline Barnhart	3241	1:10:22	7:02/K
93	Leanne Fawcett	4709	1:10:25	7:03/K
94	Natalija Iliäť	4744	1:10:42	7:04/K

Overall Finish List

10 k Run			Female	
Overall	Name	Bib No	Time	Pace
95	Cassie Paul	7023	1:11:09	7:07/K
96	Anne Deitch	3389	1:12:15	7:14/K
97	Kathy Potter	7520	1:12:15	7:14/K
98	Grace Hyun	4743	1:12:26	7:15/K
99	Amie McNeill	4800	1:12:46	7:17/K
100	Adeline Urban	7074	1:12:53	7:17/K
101	Jenelle Rasmussen	7037	1:12:55	7:18/K
102	Yunha Baek	3228	1:14:35	7:28/K
103	Maureen Gibson	4721	1:14:36	7:28/K
104	Jessica Dhamrait	3399	1:14:37	7:28/K
105	Judy Fung	4716	1:15:31	7:33/K
106	Dawn Paul	7024	1:15:39	7:34/K
107	Summer Lee	4771	1:15:49	7:35/K
108	Leonora Inocalla	4745	1:16:16	7:38/K
109	Dianne Smith	7057	1:17:04	7:42/K
110	Jackie Johannes	4748	1:19:49	7:59/K
111	Innie Hwang	4742	1:20:13	8:01/K
112	Jimin Yu	7457	1:20:14	8:01/K
113	Tracy Epp	4707	1:20:44	8:04/K
114	Gurliveleen Khaira	4756	1:20:53	8:05/K
115	Hannah Yang	7432	1:21:05	8:07/K
116	Laura Peterson	7029	1:21:06	8:07/K
117	Mitsuko Osugi	7018	1:22:23	8:14/K
118	Amy Russell	7041	1:22:25	8:15/K
119	Sherrie Fraser	4713	1:31:58	9:12/K
120	Zahra Creighton	3371	1:32:53	9:17/K
121	Diane Lee	4776	1:36:23	9:38/K
122	Kathleen Paddington	7020	1:36:24	9:38/K
123	Yuri Kim	4758	1:38:15	9:50/K
124	Jenny Lee	4772	1:38:16	9:50/K
125	Farhana Segdat	7530	1:39:52	9:59/K
126	Kelly Soul	7062	1:47:46	10:47/K
127	Hyemin Mun	7005	1:48:01	10:48/K

MEC LOWER MAINLAND: ROAD RACE FIVE: 5K/10K/21.1/42

Race Date

April 30, 2017

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 Slack	7533	38:01	3:48/K
2	Lee Kennett	4755	39:23	3:56/K
3	Marc Schmitz	7046	40:28	4:03/K
4	Robert Jansen	7532	42:56	4:18/K
5	Mohamed Elhag	7527	44:34	4:27/K
6	Paul Filippi	4712	44:45	4:29/K
7	Jeff Verbeem	7080	45:24	4:32/K
8	Kevin Leon	3380	45:30	4:33/K
9	James Gray	4727	45:38	4:34/K
10	Jeremy Neufeld	7011	45:50	4:35/K
11	Joe Lidderdale	4779	46:26	4:39/K
12	Robin Wilson	7418	46:41	4:40/K
13	Jackson Molnar	7002	47:01	4:42/K
14	Jim Novotny	7015	47:06	4:43/K
15	Blair Brodie	3319	47:07	4:43/K
16	Scott Karsen	7537	47:14	4:43/K
17	Antonio Vendramin	7079	47:16	4:44/K
18	Paolo Valli	7076	47:20	4:44/K
19	Paul Ferguson	4711	47:22	4:44/K
20	Javier Vivas	7402	47:29	4:45/K
21	Morse Stonecypher	7066	47:42	4:46/K
22	Bernardo Sada	7042	47:50	4:47/K
23	Joakim Nilsson	7014	49:15	4:56/K
24	Trevor Kinsey	4763	49:37	4:58/K
25	Chris Naylor	7007	49:41	4:58/K
26	Dennis Bailey	3230	49:49	4:59/K
27	Dong Baik Kim	4757	49:51	4:59/K
28	Ben Cole	3363	49:57	5:00/K
29	Michael Sarvari	7045	49:58	5:00/K
30	Harrison Stobbe	7064	49:59	5:00/K
31	Chris Benninger	3281	50:12	5:01/K
32	Daniel Badragan	3225	50:36	5:04/K
33	Polo Cebrero	3342	51:08	5:07/K
34	Amrit Birring	3298	51:43	5:10/K
35	George Patton	7022	51:51	5:11/K
36	Louie Martinez	4791	51:54	5:11/K
37	Andre Van Wyk	7522	52:35	5:16/K
38	Gavin Johnston	4749	52:57	5:18/K
39	Marinus Waterberg	7406	53:00	5:18/K
40	Eric Neumeyer	7012	53:06	5:19/K
41	Dean Holwood	7476	53:44	5:22/K
42	Peter Toth	7072	54:34	5:27/K
43	Anthony Petrovich	7471	54:46	5:29/K
44	David Kwan	4767	54:52	5:29/K
45	Mark Carbungco	3334	55:25	5:33/K
46	Wayne Barnhart	3246	55:42	5:34/K
47	Lorne Wood	7425	56:17	5:38/K

MEC LOWER MAINLAND: ROAD RACE FIVE: 5K/10K/21.1/42

Race Date

April 30, 2017

Overall Finish List

10 k Run			Male	
Overall	Name	Bib No	Time	Pace
48	Wai Keung Tsang	7073	56:28	5:39/K
49	Marcus Tang	7069	56:38	5:40/K
50	Sukhi Pawa	7026	56:44	5:40/K
51	Michael Maw	4794	57:13	5:43/K
52	Tyler Pronyk	7033	57:19	5:44/K
53	Dan Bartley	3247	57:29	5:45/K
54	Arjan Birring	3302	58:10	5:49/K
55	Andy Cheng	3345	58:36	5:52/K
56	Joshua Choi	3352	58:37	5:52/K
57	Steve Bogusinski	3313	58:40	5:52/K
58	Chan Lee	4773	58:48	5:53/K
59	Daniel Culbertson	7473	58:53	5:53/K
60	Mark Nichols	7013	58:53	5:53/K
61	Trevor Boudreau	3315	58:55	5:54/K
62	Peter Buckley	3332	59:19	5:56/K
63	Cameron Pel	7028	59:31	5:57/K
64	Bill Russell	7535	59:37	5:58/K
65	Shawn McKay	4799	59:47	5:59/K
66	Steve Huebchen	4739	59:55	6:00/K
67	Stuart Richardson	7039	1:00:09	6:01/K
68	Roger Brown	3330	1:00:27	6:03/K
69	Shaobin Luo	4783	1:00:29	6:03/K
70	Draze Gataric	4719	1:00:39	6:04/K
71	Shaun Fraser	4714	1:01:08	6:07/K
72	John MacKenzie	4785	1:02:18	6:14/K
73	Veerin Dhiman	4701	1:02:46	6:17/K
74	Gary Dhiman	3400	1:03:04	6:18/K
75	Michael Hughes	4741	1:04:53	6:29/K
76	Paradise Lee	4775	1:05:29	6:33/K
77	Jinyoung Soul	7061	1:05:37	6:34/K
78	Ryan Colbert	3362	1:06:33	6:39/K
79	Pupinder Dadwal	3376	1:07:14	6:43/K
80	Juhyeon Yu	7458	1:07:19	6:44/K
81	Jinwon Soul	7060	1:08:10	6:49/K
82	Arvinder Kang	4752	1:08:38	6:52/K
83	William George	4720	1:09:15	6:56/K
84	Ron Pearson	7027	1:09:33	6:57/K
85	Richard McGrath	4797	1:12:22	7:14/K
86	Jusjeet Dadwal	3375	1:12:25	7:15/K
87	Joseph Choi	3351	1:14:38	7:28/K
88	Minwoo Choi	3358	1:15:01	7:30/K
89	Nirpal Dadwal	3377	1:15:04	7:30/K
90	Lawton Lai	4768	1:15:31	7:33/K
91	Jongkook Choi	3350	1:17:27	7:45/K
92	Ayden Ham	4731	1:20:20	8:02/K
93	Tenny Yu	7452	1:20:59	8:06/K
94	Len Jellicoe	4746	1:21:10	8:07/K

Race Date

MEC LOWER MAINLAND: ROAD RACE FIVE: 5K/10K/21.1/42

April 30, 2017

Overall Finish List

10 k Run

Male

<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Time</u>	<u>Pace</u>
95	Yuneseung Choi	3349	1:21:43	8:10/K
96	Chris Brunt-Tompsett	3331	1:31:58	9:12/K
97	Iktae Cheon	3347	1:38:12	9:49/K
98	Sanghyeon Yang	7435	1:38:14	9:49/K

MEC LOWER MAINLAND: ROAD RACE FIVE: 5K/10K/21.1/42

Race Date

April 30, 2017

Overall Finish List

5 k Run			Female	
Overall	Name	Bib No	Time	Pace
1	Elizabeth Thai	3943	23:57	4:47/K
2	Jessika MacDonald	3888	23:59	4:48/K
3	Vernette Bot	3819	25:04	5:01/K
4	Eve Ojea	3912	25:11	5:02/K
5	Hannah Maw	3890	25:18	5:04/K
6	Erica Thomson	3965	25:47	5:09/K
7	Malissa Danek	3832	26:27	5:17/K
8	Jolene Rodrigues	3928	26:33	5:19/K
9	Elissa Coe	3829	27:17	5:27/K
10	Tara Yole	3957	27:29	5:30/K
11	Grace McDonald	3967	27:33	5:31/K
12	Ann Wang	3953	27:36	5:31/K
13	Erin Booth	3818	27:41	5:32/K
14	Chelsey Hughes	3862	27:49	5:34/K
15	Sarah McDonald	3966	28:01	5:36/K
16	Nicole De Giusti	3834	28:04	5:37/K
17	Vanessa Turnbull	3946	28:20	5:40/K
18	Elizabeth Winston	3955	28:56	5:47/K
19	Amanda Pihan	3921	29:32	5:54/K
20	Maria Mauro	3985	29:36	5:55/K
21	Irene Mauro	3984	29:39	5:56/K
22	Josephine Morgan	3900	29:46	5:57/K
23	Vanessa Konn	3876	29:55	5:59/K
24	Michele Trim	3945	30:11	6:02/K
25	Amy Bains	3813	30:17	6:03/K
26	Deb Adams	3805	30:30	6:06/K
27	Cassidy Penney	3918	30:34	6:07/K
28	Kristin Dueck	3835	30:44	6:09/K
29	Kindra Middleton	3899	30:44	6:09/K
30	Naomi Krueger	3877	30:47	6:09/K
31	Alanna Goodman	3849	30:50	6:10/K
32	Christine Meier	3896	31:11	6:14/K
33	Nicola Pankiw	3914	31:13	6:15/K
34	Christina Williams	3954	31:17	6:15/K
35	Barbara Neumeyer	3904	31:21	6:16/K
36	Samara Bassett	3964	31:24	6:17/K
37	Lisa Goodwin	3850	31:32	6:18/K
38	Ruby Rose McMahon	3894	31:48	6:22/K
39	Nina Genabe	3846	31:48	6:22/K
40	Sydney Hennessey	3854	31:53	6:23/K
41	Brenda Philip	3919	32:12	6:26/K
42	Lynn Hennessey	3853	32:35	6:31/K
43	Cristin Tyler	3947	32:39	6:32/K
44	Coralee Coe	3827	32:43	6:33/K
45	Tara Passmore	3915	33:11	6:38/K
46	Robin Brown	3821	33:13	6:39/K
47	Leng Kauw	3866	33:17	6:39/K

MEC LOWER MAINLAND: ROAD RACE FIVE: 5K/10K/21.1/42

Race Date

April 30, 2017

Overall Finish List

5 k Run			Female	
Overall	Name	Bib No	Time	Pace
48	Natalie Berkheimer	3815	33:17	6:39/K
49	Amanda Chapman	3825	33:32	6:42/K
50	Celina Austin	3216	34:17	6:51/K
51	Jennifer Sutcliffe	3941	34:22	6:52/K
52	Shannon Fiddler	3841	34:37	6:55/K
53	Julie Newton	3905	34:41	6:56/K
54	Christa Dey - Girard	3960	34:47	6:57/K
55	Heidi Siller	3933	34:53	6:59/K
56	Lori Ptachyk	3970	35:09	7:02/K
57	Nancy Fulton	3845	35:16	7:03/K
58	Emily Ho	3856	35:17	7:03/K
59	Morgan Nixon	3910	35:33	7:07/K
60	Lauren Gray	3852	35:38	7:08/K
61	Stephanie Hollingshead	3857	36:07	7:13/K
62	Hana Hollingshead	3858	36:07	7:13/K
63	Allen-Marie Carbungco	3823	36:19	7:16/K
64	Wanda Bader	3812	36:51	7:22/K
65	Amberly Arsenault	3809	36:52	7:22/K
66	Jane Clements	3826	36:59	7:24/K
67	Jessica Esen	3839	36:59	7:24/K
68	Mandy McMahon	3893	36:59	7:24/K
69	Barb Stuart	3940	37:06	7:25/K
70	Kim Houllind	3860	37:07	7:25/K
71	Gillian King	3870	37:20	7:28/K
72	Carina Nose	3911	37:24	7:29/K
73	Tawney Gorrie	3851	37:34	7:31/K
74	Joy Richardson	3927	37:42	7:32/K
75	Brittany Trenkel	3944	38:08	7:38/K
76	Darcey Besemer	3817	38:08	7:38/K
77	Yan Liu	3885	38:12	7:38/K
78	Jane Adams	3806	38:22	7:40/K
79	Sandy Meier	3895	38:23	7:41/K
80	Sarah Nicholson	3907	38:36	7:43/K
81	Megan Olynyk	3973	38:46	7:45/K
82	Hester Vivier	3969	39:03	7:49/K
83	Alicia Skidmore	3935	39:07	7:49/K
84	Candace Nelson	3902	39:08	7:50/K
85	Karen Woodfield	3956	39:08	7:50/K
86	Amanda Nielsen	3909	39:22	7:52/K
87	Cassidy Little	3884	39:24	7:53/K
88	Sylvia Little	3881	39:25	7:53/K
89	Jennifer Spinelli	3937	40:06	8:01/K
90	Chelsea Shideler	7052	40:09	8:02/K
91	Susan McClain	3891	40:09	8:02/K
92	Phoebe King	3873	40:25	8:05/K
93	Kayla English	3838	41:05	8:13/K
94	Sarah Neeson	3901	41:32	8:18/K

Race Date

MEC LOWER MAINLAND: ROAD RACE FIVE: 5K/10K/21.1/42

April 30, 2017

Overall Finish List

		5 k Run	Female	
Overall	Name	Bib No	Time	Pace
95	Jen Robinsen	3977	41:44	8:21/K
96	Sherida Putnam	3923	42:11	8:26/K
97	Debora Rasmussen	3924	42:11	8:26/K
98	Kara Abbing	3801	43:37	8:43/K
99	Angelina Alexander	3807	43:53	8:47/K
100	Becker Carol	3979	46:09	9:14/K
101	Kayla Preston	3922	46:35	9:19/K
102	Dian Jellicoe	3864	49:53	9:59/K

MEC LOWER MAINLAND: ROAD RACE FIVE: 5K/10K/21.1/42

Race Date

April 30, 2017

Overall Finish List

5 k Run			Male	
Overall	Name	Bib No	Time	Pace
1	Alejandro Romero	3972	18:57	3:47/K
2	Mark Klassen	3875	19:06	3:49/K
3	Mike Hsiao	3980	20:31	4:06/K
4	David Asselstine	3810	20:40	4:08/K
5	Oliver Hollingshead	3859	22:16	4:27/K
6	Rob Kugel	3879	22:52	4:34/K
7	Gary Philipson	3920	23:25	4:41/K
8	Owen Cole Davies	3831	23:54	4:47/K
9	Jeremy Spurgeon	3938	24:37	4:55/K
10	Robert Meier	3897	24:58	5:00/K
11	David Vanderbyl	3951	25:15	5:03/K
12	Chris Seppelt	3931	25:36	5:07/K
13	Ben Tyler	3948	26:24	5:17/K
14	Alan Coe	3828	27:16	5:27/K
15	Kevin Campbell	3822	27:30	5:30/K
16	Ivo Valov	3949	27:47	5:33/K
17	Garnett Stonge	3986	27:56	5:35/K
18	Roy McDonald	3968	28:01	5:36/K
19	Elliot King	3872	28:04	5:37/K
20	Nhut Le	3961	28:06	5:37/K
21	Mike Hollingshend	3975	28:17	5:39/K
22	Tonly Mauro	3983	29:36	5:55/K
23	Joel Nicholson	3908	29:53	5:59/K
24	Rick Abbing	3802	30:06	6:01/K
25	Dana Jacobson	3971	30:06	6:01/K
26	Bill Kingsland	3874	30:10	6:02/K
27	Andrew Abel	3803	30:12	6:02/K
28	Christopher Sutton	3942	30:41	6:08/K
29	Jake Pedrosa	3916	31:13	6:15/K
30	Herdel Gonzales	3848	31:19	6:16/K
31	Bib 3981	3981	31:23	6:17/K
32	Matt Middleton	3898	31:56	6:23/K
33	Graham Pedrosa	3917	32:27	6:29/K
34	Derek Little	3883	32:56	6:35/K
35	Tony Little	3882	32:57	6:35/K
36	Daniel Grimmett	3982	33:21	6:40/K
37	Wayne Dueck	3836	33:24	6:41/K
38	Michael Simington	3934	34:21	6:52/K
39	Michael McGinn	3892	34:53	6:59/K
40	John Nichols	3906	34:57	6:59/K
41	Randy Bach	3811	35:45	7:09/K
42	Taylen Goncalves	3988	36:17	7:15/K
43	Tonly Goncales	3987	36:18	7:16/K
44	Brad Hutchinson	3976	37:08	7:26/K
45	Michael Benner	3814	37:29	7:30/K
46	Michael Gibbons	3847	38:07	7:37/K
47	Chuck Oliver	3913	38:25	7:41/K

Race Date

MEC LOWER MAINLAND: ROAD RACE FIVE: 5K/10K/21.1/42

April 30, 2017

Overall Finish List

		5 k Run	Male	
Overall	Name	Bib No	Time	Pace
48	Tyrus Olynyk	3974	38:43	7:45/K
49	Dave Grender	4729	40:09	8:02/K
50	Matthew King	3871	40:24	8:05/K
51	David Hudson	3962	40:33	8:07/K
52	Gord Kurenoff	3880	41:09	8:14/K
53	Bib 3978	3978	43:03	8:37/K