

MEC VANCOUVER RACE SEVEN: 5K/10K/15K

Race Date

November 06, 2016

Overall Finish List**15k Run****Female**

<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Gend</u>	<u>Time</u>	<u>Pace</u>
1	Morgan Cabot	11482	F	1:03:17	4:13/K
2	Sheryl Harrop	11742	F	1:09:22	4:37/K
3	Alison Campbell Urness	11495	F	1:12:05	4:48/K
4	JUNKO KOSUGI	11878	F	1:12:30	4:50/K
5	Christine Barr	10381	F	1:12:51	4:51/K
6	Emily Seto	10155	F	1:13:04	4:52/K
7	Sarah-Daun Norris	11751	F	1:13:11	4:53/K
8	marni charlesworth	11610	F	1:13:18	4:53/K
9	Emily Smith	10194	F	1:13:52	4:55/K
10	Terrie Dlugon	10327	F	1:14:53	5:00/K
11	Daisy Pun	10037	F	1:15:09	5:01/K
12	Erin McElvaine	11926	F	1:17:37	5:10/K
13	Spoorthy Seenappa	10128	F	1:18:23	5:14/K
14	Erin Mullen	11946	F	1:18:43	5:15/K
15	Saki Konomura	11873	F	1:18:46	5:15/K
16	Haley Moore	11943	F	1:19:28	5:18/K
17	Donna Kontos	11875	F	1:20:06	5:20/K
18	Dawn Sommer	10199	F	1:20:11	5:21/K
19	Natalie Godfrey	11732	F	1:20:20	5:21/K
20	Jory Cadman	11488	F	1:21:30	5:26/K
21	Kimberlee Smith	10180	F	1:22:25	5:30/K
22	Natalie Phillips	12000	F	1:22:25	5:30/K
23	Stefanie Kappel	11838	F	1:23:10	5:33/K
24	Tracy Campbell	10330	F	1:23:20	5:33/K
25	Jessica Saunders	10119	F	1:23:21	5:33/K
26	Shaun Baltus	10378	F	1:23:23	5:34/K
27	Sarah Abbott	10334	F	1:23:24	5:34/K
28	Jennifer Derksen	11707	F	1:23:34	5:34/K
29	Kathy Steegstra	10200	F	1:23:35	5:34/K
30	Kimberly Dyce	11711	F	1:24:16	5:37/K
31	Shelly-Lynne Scott	10124	F	1:24:39	5:39/K
32	Adriana Proton	10035	F	1:25:04	5:40/K
33	Elisabeth Lefrancois	11892	F	1:25:11	5:41/K
34	Sandra Franke	11725	F	1:27:16	5:49/K
35	vicky elsom	11712	F	1:27:25	5:50/K
36	Jennifer Woo	10270	F	1:27:36	5:50/K
37	Emily Bekkering	10391	F	1:27:36	5:50/K
38	maria isabel yaguara tuesta	10284	F	1:27:39	5:51/K
39	Azadeh Goudarzi	11735	F	1:27:55	5:52/K
40	Elizabeth Harris	11741	F	1:28:05	5:52/K
41	Andrea Hingston	11750	F	1:28:12	5:53/K
42	Veronica Farrelly	11718	F	1:28:46	5:55/K
43	Deborah Carter	11500	F	1:29:00	5:56/K
44	Dana Hough	11810	F	1:29:12	5:57/K
45	Pamela Voros	10232	F	1:29:20	5:57/K
46	Kathryn Enns	11713	F	1:29:49	5:59/K
47	Grace Sullivan	10203	F	1:30:56	6:04/K

MEC VANCOUVER RACE SEVEN: 5K/10K/15K

Race Date

November 06, 2016

Overall Finish List**15k Run****Female**

<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Gend</u>	<u>Time</u>	<u>Pace</u>
48	Debbie Sanderson	10095	F	1:31:54	6:08/K
49	Maria Leal	11889	F	1:31:56	6:08/K
50	lily shin	10160	F	1:31:58	6:08/K
51	Anna Charters	10011	F	1:31:59	6:08/K
52	Shelby Turner	10222	F	1:32:36	6:10/K
53	Paula Coutinho	11647	F	1:32:49	6:11/K
54	Dee Gill	11731	F	1:33:05	6:12/K
55	Clarie Freer	11755	F	1:33:20	6:13/K
56	Maite Place	10024	F	1:33:22	6:13/K
57	Regiane Garcia	11728	F	1:34:11	6:17/K
58	Dawn Slykhuis	10178	F	1:35:14	6:21/K
59	Kelsey Quirion	10042	F	1:37:09	6:29/K
60	Erin Hannon	11740	F	1:37:39	6:31/K
61	Tara Phaneuf	11999	F	1:37:47	6:31/K
62	Joanne Reid	10047	F	1:38:02	6:32/K
63	Claire Freer	11726	F	1:38:06	6:32/K
64	Amanda Michaels	11935	F	1:38:06	6:32/K
65	Sarah Frost	11727	F	1:38:12	6:33/K
66	Cassie Wright	10282	F	1:38:21	6:33/K
67	Louise Webb	10235	F	1:40:10	6:41/K
68	Megan Wray	10281	F	1:40:20	6:41/K
69	Ann Wang	10234	F	1:42:09	6:49/K
70	Jessica Purver	10041	F	1:42:10	6:49/K
71	Bronwen Keddie	11851	F	1:42:45	6:51/K
72	JENNA HASTINGS	11744	F	1:42:46	6:51/K
73	Rita Long	11899	F	1:43:24	6:54/K
74	Verna Campbell	11492	F	1:43:48	6:55/K
75	Lynne De Forest	11705	F	1:45:41	7:03/K
76	Magdalena Blasiak	11404	F	1:46:43	7:07/K
77	Maryam Azimi	10369	F	1:51:10	7:25/K
78	Kathy King	11862	F	1:54:10	7:37/K

MEC VANCOUVER RACE SEVEN: 5K/10K/15K

Race Date

November 06, 2016

Overall Finish List**15k Run****Male**

<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Gend</u>	<u>Time</u>	<u>Pace</u>
1	Nicholas Browne	11476	M	54:13	3:37/K
2	Dimitrios Mylonas	11947	M	54:58	3:40/K
3	Benjamin Pollock	10315	M	55:09	3:41/K
4	Alex Zucca	10312	M	56:18	3:45/K
5	morgan stewart	10201	M	57:33	3:50/K
6	Reinier Nagel	11754	M	58:58	3:56/K
7	Conrad Cormier	11646	M	59:25	3:58/K
8	Andrew Clement	11623	M	1:02:28	4:10/K
9	Sam Woolf	10276	M	1:02:48	4:11/K
10	Wesley Knight	11867	M	1:04:59	4:20/K
11	Derek Niziol	11949	M	1:05:34	4:22/K
12	Marc Ballard	10372	M	1:05:57	4:24/K
13	Victor Escutia	11714	M	1:06:28	4:26/K
14	Jake Czerpak	11650	M	1:06:28	4:26/K
15	Taylor Smith	10192	M	1:07:33	4:30/K
16	Benjamin Rebalski	10045	M	1:07:54	4:32/K
17	E Yu	10311	M	1:08:23	4:34/K
18	Neil Shepherd	11753	M	1:09:12	4:37/K
19	Adam Goluboff	11734	M	1:09:34	4:38/K
20	Takami Shirai	10167	M	1:09:38	4:39/K
21	David O'Connell	11950	M	1:09:59	4:40/K
22	Rodolfo Espinosa	11716	M	1:10:01	4:40/K
23	Martin Coles	11637	M	1:10:15	4:41/K
24	Andrew Kwan	11883	M	1:10:45	4:43/K
25	Cheng Hsu	11811	M	1:11:19	4:45/K
26	Michael Hawco	11746	M	1:11:42	4:47/K
27	Ruben Arcos Hidalgo	10328	M	1:11:46	4:47/K
28	Andrew Chow	11621	M	1:12:18	4:49/K
29	Harley Bostock	11470	M	1:12:45	4:51/K
30	Gian D'Ottone	11708	M	1:12:51	4:51/K
31	Raul Copete Vazquez	11644	M	1:12:51	4:51/K
32	Rory McGrath	10329	M	1:12:58	4:52/K
33	Paul Fijal	11720	M	1:13:53	4:56/K
34	Alex Ferguson	10325	M	1:14:22	4:57/K
35	Neil Beattie	10388	M	1:14:53	5:00/K
36	Maximilian Pfeiffer	11998	M	1:15:14	5:01/K
37	Chad McCarthy	11916	M	1:15:16	5:01/K
38	Jonathan Peacock	10290	M	1:15:23	5:02/K
39	riccoh talento	10213	M	1:16:12	5:05/K
40	Matt Shupler	10171	M	1:16:48	5:07/K
41	Kevin Park	11996	M	1:17:02	5:08/K
42	andrew ettinger	11717	M	1:18:40	5:15/K
43	TAE IL YOON	10298	M	1:18:44	5:15/K
44	Brian Yim	10297	M	1:18:47	5:15/K
45	Ben Cole	11631	M	1:18:55	5:16/K
46	Mykola Lysenko	11906	M	1:19:00	5:16/K
47	Mark Hyder	11752	M	1:19:24	5:18/K

MEC VANCOUVER RACE SEVEN: 5K/10K/15K

Race Date

November 06, 2016

Overall Finish List**15k Run****Male**

<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Gend</u>	<u>Time</u>	<u>Pace</u>
48	John Francois	11724	M	1:19:26	5:18/K
49	JOSEPH CACAL	11486	M	1:19:30	5:18/K
50	MIN-GYU (JAMES) GWAK	11739	M	1:19:46	5:19/K
51	Tom Sherlock	10158	M	1:20:16	5:21/K
52	Brendan Farrelly	11719	M	1:21:49	5:27/K
53	Lincoln Lo	11896	M	1:22:50	5:31/K
54	Donald Moir	11942	M	1:23:07	5:32/K
55	Robert Haythornthwaite	11748	M	1:23:15	5:33/K
56	Trevor Cumming	11648	M	1:23:24	5:34/K
57	Alex Coombes	11642	M	1:23:38	5:35/K
58	Will Ko	11872	M	1:23:47	5:35/K
59	Carlos Arredondo	10352	M	1:24:02	5:36/K
60	Jorge Palos	11965	M	1:24:13	5:37/K
61	Jonathan Ross	10083	M	1:25:11	5:41/K
62	Alan Ross	10061	M	1:25:13	5:41/K
63	Marc Sibson	10175	M	1:26:02	5:44/K
64	Adrian Hingston	11749	M	1:28:14	5:53/K
65	David Kwan	11884	M	1:29:16	5:57/K
66	James Caspersen	11601	M	1:31:19	6:05/K
67	Sebastian Espinosa	11715	M	1:33:28	6:14/K
68	Zach Saunders	10108	M	1:36:49	6:27/K
69	Brendan Cooke	11641	M	1:37:09	6:29/K
70	Gregg McKibbin	10323	M	1:37:59	6:32/K
71	Timothy Bandura	10379	M	1:41:28	6:46/K
72	Bob De Forest	11706	M	1:45:24	7:02/K
73	Ryan Falck	10331	M	1:46:36	7:06/K
74	Brandon Winship	10036	M	1:51:21	7:25/K
75	Viktor Volodarets	10223	M	1:51:37	7:26/K
76	Horace Cheung	11618	M	2:05:58	8:24/K