

**MEC VANCOUVER RACE ONE: 5K/10K**

February 7, 2016

Results By TRIO Sport Events [www.trioevents.ca](http://www.trioevents.ca)**MEC****10 k Run****Female**

Place	Name	Bib No	Time	Total Pace
1	Carmen Ballard	78353	37:13	3:43/K
2	Mandy Upuu	78282	40:12	4:01/K
3	Amanda Travis	78280	42:45	4:17/K
4	Hilary Spires	78313	43:18	4:20/K
5	Kristina Walker	32113	43:35	4:22/K
6	Sophie Vanasse	78283	43:53	4:23/K
7	Bridgett Baziw	78015	44:07	4:25/K
8	Leah Taylor	78276	44:24	4:26/K
9	Elise Wouters	78336	45:09	4:31/K
10	Heather Murray	78354	45:40	4:34/K
11	Kristina Jenei	78328	45:54	4:35/K
12	Jessica Glowacki	78095	45:57	4:36/K
13	Caitlin Cindric	78047	46:48	4:41/K
14	Anoop Marjita	78334	47:14	4:43/K
15	Kim Bennett	78016	47:52	4:47/K
16	Marisa Bonar	78024	48:18	4:50/K
17	Jessica Ansari	78005	48:39	4:52/K
18	Shannon Lum	78164	48:51	4:53/K
19	Jessica Hathaway	78109	49:18	4:56/K
20	Isabella Cina	78046	49:24	4:56/K
21	Lana McGarry	78183	49:37	4:58/K
22	Stefanie Grieser	78099	49:55	5:00/K
23	Jenny Hansen	78106	50:01	5:00/K
24	Laura Hillis	78115	50:17	5:02/K
25	Takako Matsueda	78175	50:29	5:03/K
26	Lil Ronalds	78323	50:42	5:04/K
27	Denea Campbell	78034	50:51	5:05/K
28	Michelle McGuire	78185	50:53	5:05/K
29	rachael paje	78220	50:57	5:06/K
30	Stacie Truong	78356	51:06	5:07/K
31	Niamh Hanrahan	78105	51:15	5:08/K
32	Ingrid Monderman	78198	51:15	5:08/K
33	Sarah McArthur	78177	51:16	5:08/K
34	Caroline Loule	78363	51:16	5:08/K
35	Erin McElvaine	78311	51:18	5:08/K
36	Lillian Nuo Masek	78173	51:19	5:08/K
37	Catherine Ashford	78007	51:40	5:10/K
38	Racheal McCallon	78178	51:54	5:11/K
39	Stacey Stewart	78272	51:54	5:11/K
40	Melissa McGregor	78184	52:26	5:15/K
41	Lauren Eadie	78070	52:34	5:15/K
42	Ellen Bird	78019	52:43	5:16/K
43	Alona Ben-Yacov	78017	53:10	5:19/K
44	Kristina Gibbons	78091	53:11	5:19/K
45	Emily Edlin	78072	53:39	5:22/K
46	Claire Byrne	78031	53:42	5:22/K
47	Tiffany Tanabe	78274	53:45	5:23/K

48	Louise Higgins	78114	53:51	5:23/K
49	Sue Ferguson	78081	54:41	5:28/K
50	Katie Dinelle	78065	55:06	5:31/K
51	Catherine Main	78168	55:09	5:31/K
52	Sharon Acheson	78001	55:29	5:33/K
53	Emily Rankin	78320	55:37	5:34/K
54	Lynn Wang	78287	55:39	5:34/K
55	Kim MacDonald	78167	55:41	5:34/K
56	Jessica Sanchez	78249	55:46	5:35/K
57	Sarah Woodward	78298	55:53	5:35/K
58	Dana Hough	78118	56:11	5:37/K
59	Sarah Robins	78332	56:24	5:38/K
60	Judy Bernaschek	78018	56:25	5:39/K
61	Rebecca Tucker	78281	56:31	5:39/K
62	Katrina Gerona	78089	56:44	5:40/K
63	Kyla Ridley	78337	56:55	5:42/K
64	Samantha Fan	78077	57:10	5:43/K
65	Susanne Koehn	78142	57:15	5:44/K
66	Mary Ferguson	78080	57:15	5:44/K
67	Andrea Hingston	78117	57:28	5:45/K
68	Beth Davies	78059	57:29	5:45/K
69	Natalija Ilic	78125	57:57	5:48/K
70	Kaja Gliszczynski	78094	58:02	5:48/K
71	Spoorthy Seenappa	78258	58:13	5:49/K
72	Sharten Gill	78333	58:14	5:49/K
73	Jennifer Braun	78027	58:16	5:50/K
74	Jessica Brodeur	78028	58:19	5:50/K
75	Bethany Bohme	78023	58:41	5:52/K
76	Sarah Finlay	78083	58:58	5:54/K
77	Natalie Godfrey	78096	59:01	5:54/K
78	Verona McArdle	78176	59:29	5:57/K
79	Shi Jeong (Heid Jang	78128	59:31	5:57/K
80	Jennifer Derksen	78063	59:45	5:59/K
81	Kelly Pollock	78366	59:46	5:59/K
82	Nasrin Maiter	78169	59:46	5:59/K
83	Hilary Kilgour	78135	59:58	6:00/K
84	Chantell Darroch	78057	59:59	6:00/K
85	Barbara Patton	78224	1:00:46	6:05/K
86	Amy Kakebeekc	78357	1:01:08	6:07/K
87	Sophia Yurst	78306	1:01:26	6:09/K
88	Anita Lew	78154	1:01:36	6:10/K
89	Hayley Jolliffe	78132	1:01:47	6:11/K
90	Chi Lippman	78157	1:01:52	6:11/K
91	Joanne Reid	78237	1:01:53	6:11/K
92	Zoe Capps	78036	1:01:56	6:12/K
93	Robin Lore	78160	1:02:24	6:14/K
94	Melanie VanEyck	78284	1:02:36	6:16/K
95	Sarah Hancock	78102	1:02:40	6:16/K
96	Mikaela Klassen	78140	1:02:46	6:17/K
97	Tara Baker	78009	1:02:50	6:17/K
98	Michelle Dimchol	78365	1:03:02	6:18/K
99	Beatrice FAIVRE	78076	1:03:25	6:21/K
100	marni charlesworth	78040	1:03:56	6:24/K
101	Pamela Leminski	78153	1:04:00	6:24/K
102	Candice Martell	78171	1:04:02	6:24/K

103	Judy Chou	78044	1:04:03	6:24/K
104	Lorraine Douville	78068	1:04:19	6:26/K
105	Cathy Nurmi	78212	1:04:23	6:26/K
106	Janice Reid	78238	1:04:24	6:26/K
107	Kathleen Tapp	78275	1:04:45	6:29/K
108	Harriet Fancott	78358	1:04:56	6:30/K
109	Heather Alexander	78359	1:04:56	6:30/K
110	YIN CHEE CHIN	78042	1:05:03	6:30/K
111	Cathy Wu	78300	1:05:07	6:31/K
112	Katelyn Offereins	78214	1:05:07	6:31/K
113	Josie Padro	78219	1:05:30	6:33/K
114	Cassie Wright	78299	1:05:33	6:33/K
115	Christine Pilkington	78322	1:05:55	6:36/K
116	Wendi Shin	78261	1:06:00	6:36/K
117	Diana Pollock	78230	1:06:08	6:37/K
118	Harprit Randhawa	78235	1:06:15	6:38/K
119	Felita Ong	78309	1:06:21	6:38/K
120	Lianne Watt	78290	1:06:33	6:39/K
121	Deanna Itterman	78127	1:06:36	6:40/K
122	Alison Sandell	78250	1:06:46	6:41/K
123	Magdalena Blasiak	78022	1:07:55	6:48/K
124	aimee illescas	78126	1:07:55	6:48/K
125	Amber Harvey	78108	1:09:17	6:56/K
126	Susan Gibbons	78092	1:09:31	6:57/K
127	Megan Lizee	78159	1:09:36	6:58/K
128	Claire Woodbridge	78297	1:09:45	6:59/K
129	Colleen Birnie	78020	1:10:05	7:01/K
130	Stephanie White	78292	1:10:07	7:01/K
131	Zhe Gu	78100	1:11:34	7:09/K
132	Sara Howarth	78119	1:11:43	7:10/K
133	Rhonda Livingstone	78158	1:11:52	7:11/K
134	Bhapinder Sandhu	78251	1:11:52	7:11/K
135	Jane McDonald	78180	1:12:11	7:13/K
136	Denise Pinto	78229	1:12:25	7:15/K
137	Charlotte Gyoba	78101	1:12:40	7:16/K
138	Sharon Fogliato	78084	1:15:36	7:34/K
139	Frances Knowles	78141	1:16:18	7:38/K
140	Steph Volpiana	78362	1:16:55	7:42/K
141	Sharon Pauwels	78361	1:16:56	7:42/K
142	Zahra Laarif	78147	1:21:52	8:11/K
143	Jeanne Macdonald	78166	1:29:11	8:55/K
144	Caitlin Hendrickson	78113	1:35:18	9:32/K
145	Sarah Canteenwalla	78035	1:35:21	9:32/K
146	Justine Teoh	78277	1:41:03	10:06/K
147	Madison Vince	78285	1:41:03	10:06/K

## 10 k Run

### Male

Place	Name	Bib No	Time	Total Pace
1	Ryan Carl	78037	35:10	3:31/K
2	Marcus Ribl	78239	35:38	3:34/K
3	Hassan Lotfi-Pour	78161	36:16	3:38/K
4	Stephen Havas	78110	36:32	3:39/K
5	David Adams	78003	37:01	3:42/K
6	Matt Courchene	78054	37:03	3:42/K
7	morgan stewart	78271	37:10	3:43/K
8	Ben Hanke	78103	37:24	3:44/K
9	Mark Dawson	78061	37:54	3:47/K
10	Lucas Socio	78266	38:18	3:50/K
11	Mark Schellenberg	78330	38:24	3:50/K
12	Dimitrios Mylonus	78315	38:26	3:51/K
13	Gavin Bong	78025	38:30	3:51/K
14	James Cassell	78039	38:52	3:53/K
15	Makenzie Page	78340	38:54	3:53/K
16	Malcolm Surez	78327	39:03	3:54/K
17	Michael Prince	78232	39:19	3:56/K
18	Christopher Farrell	78078	39:57	4:00/K
19	Wesley Stefaniuk	78267	40:09	4:01/K
20	Jeff Hamilpy	78319	40:11	4:01/K
21	Kyle Donahue	78339	40:40	4:04/K
22	Milan Benacka	78368	40:50	4:05/K
23	Laurence Sheehan	78318	40:54	4:05/K
24	Stuart Thorsen	78279	40:55	4:06/K
25	Gabriel Palacino	78221	41:02	4:06/K
26	Steven Fassezke	78079	41:16	4:08/K
27	Mark Wong	78296	41:42	4:10/K
28	Adam Butler	78030	41:47	4:11/K
29	Vojtech Novotny	78314	42:58	4:18/K
30	Christopher Wong	78295	43:13	4:19/K
31	Mark Topacio	78335	43:27	4:21/K
32	Tamu Miller	78367	43:41	4:22/K
33	James Brittain	78370	43:47	4:23/K
34	Charlie Hunter	78122	43:49	4:23/K
35	David Liou	78156	44:06	4:25/K
36	Hugues Lalancette	78149	44:06	4:25/K
37	Erik Schneider	78253	44:08	4:25/K
38	Sebastian Stelter	78268	44:27	4:27/K
39	stephen scott	78256	44:37	4:28/K
40	Thomas Luk	78163	44:44	4:28/K
41	Brett Schrewe	78254	44:55	4:30/K
42	David Robins	78331	44:55	4:30/K
43	Jacek Murawski	78203	45:00	4:30/K
44	Tim Quarles	78233	45:12	4:31/K
45	E Yu	78305	45:32	4:33/K
46	Stephen Davis	78060	45:39	4:34/K
47	Matthew Barnett	78011	45:47	4:35/K
48	Michael Meanwell	78192	46:19	4:38/K
49	ROSS SAITO	78247	46:38	4:40/K
50	Stuart Russell-Gibson	78317	46:53	4:41/K
51	Joseph Choi	78043	47:06	4:43/K
52	riccoh talento	78273	47:27	4:45/K

53	Robert Pearson	78226	47:46	4:47/K
54	Aaron McCallum	78179	48:05	4:49/K
55	Jonathan Peacock	78225	48:08	4:49/K
56	Scott Lawson-King	78150	48:31	4:51/K
57	Richard Johnson	78130	48:35	4:52/K
58	Alex Coombes	78053	48:36	4:52/K
59	Martin Glegg	78093	49:00	4:54/K
60	Salvador Daswani	78058	49:01	4:54/K
61	Evan Humphreys	78121	49:03	4:54/K
62	Gian D'Ottone	78067	49:33	4:57/K
63	Daniel McElroy	78182	49:46	4:59/K
64	James Rupert	78245	49:46	4:59/K
65	Mariusz Stepien	78269	49:50	4:59/K
66	Craig Slagel	78338	49:50	4:59/K
67	Vaclav Sladek	78264	49:55	5:00/K
68	Chromilo Amin	78004	50:04	5:00/K
69	Patterson McPeake	78191	50:05	5:01/K
70	Benjamin Milling	78196	50:13	5:01/K
71	Asha Kydd	78321	50:35	5:04/K
72	Cam Miller	78195	50:40	5:04/K
73	Mark West	78291	50:52	5:05/K
74	TAE IL YOON	78303	50:56	5:06/K
75	Unknown Partic. 78325	78325	51:00	5:06/K
76	Jean-Paul Beran	78360	51:04	5:06/K
77	Ben Capps	78364	51:08	5:07/K
78	Karsten Cramer	78055	51:10	5:07/K
79	Jacques Siegrist	78326	51:15	5:08/K
80	Albert Cole Davies	78051	51:20	5:08/K
81	John Francois	78086	51:28	5:09/K
82	Michael Hawco	78111	51:31	5:09/K
83	Martin Coles	78052	51:31	5:09/K
84	Chris Naylor	78206	51:34	5:09/K
85	Terry Saito	78248	51:42	5:10/K
86	Ben Cole	78049	51:47	5:11/K
87	Owen Cole Davies	78050	51:49	5:11/K
88	Cody Scurk	78257	51:54	5:11/K
89	Jeff Chow	78045	52:13	5:13/K
90	Philippe Saurel	78252	52:13	5:13/K
91	Daniel Mang	78170	52:16	5:14/K
92	Ken Carty	78038	52:32	5:15/K
93	Eric Neumeyer	78207	52:35	5:16/K
94	Bumyong Lee	78152	52:42	5:16/K
95	Charles Entz	78074	52:46	5:17/K
96	Marc Sibson	78262	52:49	5:17/K
97	Matthew Murphy	78205	52:51	5:17/K
98	Darryn Murphy	78204	52:52	5:17/K
99	Dave Edge	78071	53:18	5:20/K
100	Mike Park	78223	53:27	5:21/K
101	Bill Russell	78312	53:32	5:21/K
102	Roseller Ofreneo	78215	53:44	5:22/K
103	Josh Nelson	78316	53:44	5:22/K
104	JOSEPH CACAL	78032	54:05	5:25/K
105	Russ Zapotichny	78307	54:18	5:26/K

106	Johannes Setiaputra	78308	54:49	5:29/K
107	Andrew Massil	78369	54:55	5:30/K
108	Tom Sherlock	78260	55:22	5:32/K
109	Glen Barisoff	78010	55:36	5:34/K
110	Brad Barnett	78012	55:37	5:34/K
111	Ryan Sivley	78263	55:46	5:35/K
112	tristan hyde	78123	55:50	5:35/K
113	Philip Lowe	78162	56:01	5:36/K
114	Husam Younan	78304	56:01	5:36/K
115	Philip Harris	78107	56:18	5:38/K
116	Juan F. Schwarze	78255	56:21	5:38/K
117	Shawn Watson	78289	56:21	5:38/K
118	Anthony Kimbley	78137	56:40	5:40/K
119	Kyle Mulligan	78202	56:43	5:40/K
120	Vladimir Ilic	78124	56:43	5:40/K
121	Kevin Park	78351	56:44	5:40/K
122	Trevor Cumming	78056	56:46	5:41/K
123	stuart richardson	78241	57:08	5:43/K
124	Nolan Blackie	78021	57:10	5:43/K
125	John Ragone	78234	57:14	5:43/K
126	Steven Evans	78075	57:17	5:44/K
127	Adrian Hingston	78116	57:29	5:45/K
128	Sean McAleer	78352	57:54	5:47/K
129	Dan Olsheskie	78218	58:07	5:49/K
130	Steve B Norris	78211	58:12	5:49/K
131	Cillian O'Hogan	78216	58:18	5:50/K
132	Andy Arevalo	78006	58:33	5:51/K
133	Alexander Koehn	78355	58:47	5:53/K
134	Lowth Ball	78371	58:54	5:53/K
135	Mark Petrik	78228	59:06	5:55/K
136	Ross Nicholson	78210	59:12	5:55/K
137	Edwin Lai	78148	59:29	5:57/K
138	Shlomo McPeake	78190	59:59	6:00/K
139	Gregg McKibbin	78187	1:00:01	6:00/K
140	Siauw Hwa Ong	78310	1:00:20	6:02/K
141	Chris Rider	78242	1:00:46	6:05/K
142	Sam Azad	78008	1:01:59	6:12/K
143	Shaobin Luo	78165	1:02:19	6:14/K
144	Gary Jones	78133	1:02:37	6:16/K
145	Gary Dhiman	78064	1:03:04	6:18/K
146	Brendan Cindric	78048	1:03:09	6:19/K
147	David Kwan	78146	1:03:22	6:20/K
148	Rory Moglove	78197	1:04:01	6:24/K
149	TONY PAUL WILKEY	78293	1:05:02	6:30/K
150	Michael Nachoff	78329	1:05:11	6:31/K
151	Mario Busse	78029	1:05:12	6:31/K
152	Peter Martin	78172	1:05:16	6:32/K
153	Martin Krestow	78144	1:06:14	6:37/K
154	Erik Rasche	78236	1:06:32	6:39/K
155	Mark Middleton	78194	1:06:48	6:41/K
156	Eric Wu	78301	1:06:57	6:42/K
157	Eugenio Saenz Flores	78246	1:07:04	6:42/K
158	Emerson Killam	78136	1:12:18	7:14/K
159	Corey Mastrangelo	78174	1:35:23	9:32/K

## 5 k Run

### Female

Place	Name	Bib No	Time	Total Pace
1	Sara Massie	32170	18:44	3:45/K
2	Michelle Firol	32187	19:46	3:57/K
3	Lynda McCue	32031	20:47	4:09/K
4	Emily Danaher	1693	22:01	4:24/K
5	Sinead Sprigg	32133	22:12	4:26/K
6	Amy Kirby	32172	22:15	4:27/K
7	Aja Choy-Halo	1679	22:31	4:30/K
8	Carolyn Hubbard	31194	22:42	4:32/K
9	Lindsay shepherd	32086	22:52	4:34/K
10	Zoe Lingley	32159	23:26	4:41/K
11	Darnelle Moore	32189	23:56	4:47/K
12	Tanja Knapp	32001	23:57	4:47/K
13	Lilian Pintos	32064	24:05	4:49/K
14	Amber Bhangoo	32146	24:08	4:50/K
15	Maia Brundage	1668	24:24	4:53/K
16	Asami Kowalewski	32196	24:43	4:57/K
17	Nicole Sue	32095	25:04	5:01/K
18	Alicia Ellis	32164	25:08	5:02/K
19	Julia Brunner	1669	25:25	5:05/K
20	Katharina Scheu	32080	25:34	5:07/K
21	Kate Lingley	32160	25:47	5:09/K
22	Jessie Wall	32143	25:48	5:10/K
23	Leanna Ho	32197	26:01	5:12/K
24	Alex Cooper	1687	26:13	5:15/K
25	Lisa O'Neill	32053	26:20	5:16/K
26	Jane Deacon	1699	26:31	5:18/K
27	Allie Donaldson	32205	26:31	5:18/K
28	Kim Nguyen	32206	26:39	5:20/K
29	Bracken Hanke	31181	26:43	5:21/K
30	Megan Yerxa	32129	26:45	5:21/K
31	Christa Little	32016	26:46	5:21/K
32	Ann Wang	32115	26:47	5:21/K
33	Moir Campbell	1670	26:47	5:21/K
34	Laura McPheeters	32037	27:01	5:24/K
35	Sharon Yoshida	32130	27:02	5:24/K
36	Kathleen Dalziel	1692	27:07	5:25/K
37	ANDREA SAITO	32077	27:07	5:25/K
38	Laleah Sinclair	32199	27:13	5:27/K
39	Naoko Ellis	32165	27:21	5:28/K
40	Deb Adams	1651	27:22	5:28/K
41	Siobhan Edwards	32163	27:26	5:29/K
42	Jessica Whu	32123	27:33	5:31/K
43	Karen Noel-Bentley	32050	27:40	5:32/K
44	Cathy-Rae V Hollett	31190	27:42	5:32/K
45	Tiffany Chiles	1676	27:42	5:32/K
46	Trudy Wong	32127	27:54	5:35/K
47	Kaila Thomasson	32098	28:15	5:39/K
48	Kim Nguyen	32048	28:17	5:39/K
49	Sheena Hoskin	31192	28:31	5:42/K
50	Beverley O'Neil	32052	28:36	5:43/K
51	Suzana Hawrish	32132	28:47	5:45/K
52	Louise Webb	32120	28:56	5:47/K

53	Narveen Grewal	31179	28:59	5:48/K
54	Pam Kirby	32171	29:00	5:48/K
55	Kimberly Freed	31170	29:08	5:50/K
56	Dawn Reinders	32069	29:11	5:50/K
57	Annick Sevigny	32085	29:11	5:50/K
58	Arpita Patel	32059	29:13	5:51/K
59	Sarah MacIsaac	32022	29:26	5:53/K
60	Melissa Woodward	32128	29:26	5:53/K
61	Diana Todd	32100	29:35	5:55/K
62	Colleen Zapotichny	32131	30:04	6:01/K
63	Alex Hockin	31189	30:21	6:04/K
64	Altynay Trofimchuk	32103	30:31	6:06/K
65	Emma Reid	32068	30:44	6:09/K
66	Elena Krsteva	32005	30:56	6:11/K
67	Melinda L Anderson	1653	30:58	6:12/K
68	Alexandra Davison	1696	31:08	6:14/K
69	Oriana Careporese	32138	31:11	6:14/K
70	Julie Cox	1691	31:25	6:17/K
71	Lee Christoffersen	1680	31:27	6:17/K
72	Kiersten Moore	32044	31:44	6:21/K
73	JESSICA LU	32020	31:49	6:22/K
74	Vina Estacio	31161	31:54	6:23/K
75	Alex Franco	31169	31:54	6:23/K
76	Naoko Watanabe	32118	31:54	6:23/K
77	Sally Chuang	1682	32:00	6:24/K
78	Lin Sue	32094	32:00	6:24/K
79	Sandra McPeake	32034	32:05	6:25/K
80	Angie Walsh	32114	32:14	6:27/K
81	Magnus Lu	32021	32:14	6:27/K
82	Jaime Chong	1678	32:16	6:27/K
83	Shelley Quarles	32067	32:20	6:28/K
84	Marlene Dong	31156	32:25	6:29/K
85	Monika Whitney	32122	32:26	6:29/K
86	Kate MacMillan	32024	32:29	6:30/K
87	Jessie Corey	1688	32:30	6:30/K
88	Lucy Born	32150	32:31	6:30/K
89	Sandra Pena	32062	32:40	6:32/K
90	Fiona Dillow	32185	32:41	6:32/K
91	Zoe biggs	1663	32:44	6:33/K
92	Leila Hallschmid	32194	33:00	6:36/K
93	Kim Cockburn	1683	33:10	6:38/K
94	Zara Arzadon	32169	33:35	6:43/K
95	Rory Green	31178	33:35	6:43/K
96	Isobel Willard	32126	33:36	6:43/K
97	Kimberley Gagliano	31172	33:36	6:43/K
98	Bonnie Worthgraves	32192	33:48	6:46/K
99	Tobi Matilda	32028	33:49	6:46/K
100	Samantha Senechal	32083	34:07	6:49/K
101	Anran Li	32015	34:15	6:51/K
102	Holle Erichsen	31160	34:40	6:56/K



103	Sonia Erichsen	31159	34:45	6:57/K
104	Sarah MacKinnon	32023	34:55	6:59/K
105	Susan Ouyang	32054	34:55	6:59/K
106	Lana Brandt	32161	35:01	7:00/K
107	Jocelyn Fung	31171	35:47	7:09/K
108	Lulu Hallschmid	32195	36:03	7:13/K
109	Stacey Vestad	32110	36:11	7:14/K
110	Kelly Carlson	32136	36:15	7:15/K
111	sadhvi Sehgal	32141	37:11	7:26/K
112	Wendy Lai	32012	37:21	7:28/K
113	Angela Fairbank	31163	37:31	7:30/K
114	Robyn Schooley	32191	38:25	7:41/K
115	Mariam Manuel	32027	38:44	7:45/K
116	Alex Holmes	31191	38:46	7:45/K
117	Karen Choi	1677	39:19	7:52/K
118	Tracy Harvey-Chan	31185	39:20	7:52/K
119	Sahar Kanani	31197	39:39	7:56/K
120	jennifer verge	32109	40:08	8:02/K
121	Martina Wirtz	32137	40:25	8:05/K
122	Hannah Lingley	32158	40:26	8:05/K
123	Wendy Sinclair	32088	41:59	8:24/K
124	Lisa Yeoman	32198	41:59	8:24/K
125	Megan Bartley	1659	42:33	8:31/K
126	Wendy Brelsford	32139	43:45	8:45/K
127	Jenna Pickering	32063	45:02	9:00/K
128	Natalie Collier	1684	45:09	9:02/K
129	Jennifer Lemmen	32014	46:20	9:16/K
130	Anurita Dhiman	31152	49:02	9:48/K
131	Neve Macrae	32025	49:13	9:51/K
132	Delia Visscher	32112	49:37	9:55/K
133	Josie Kotzo	32004	49:37	9:55/K
DQ	Rita Tung	32106	1:30:00	18:00/K
DQ	Shannon Donegani	31155	2:00:00	24:00/K
DQ	Athena Theodorakakis	32097	2:00:00	24:00/K

## 5 k Run

### Male

Place	Name	Bib No	Time	Total Pace
1	Alistair Kealty	31198	16:42	3:20/K
2	Jesze Booli	32188	16:48	3:22/K
3	Guy Polden	32065	16:52	3:22/K
4	Anthony Skuce	32089	17:03	3:25/K
5	Yubai Liu	32018	17:14	3:27/K
6	Kyle Ouellette	32204	17:49	3:34/K
7	Tosli Mert	32183	17:53	3:35/K
8	Andrew Thompson	32148	18:07	3:37/K
9	Osvaldo Garcia Escamilla	31173	18:08	3:38/K
10	Mark Francis	31168	18:23	3:41/K
11	Randall Kippen	31199	18:53	3:47/K
12	Mackenzie Judd	32145	19:14	3:51/K
13	Curtis Day	1698	19:35	3:55/K
14	Pierre Chan	1674	20:20	4:04/K
15	Andrej Kujikis	32006	20:25	4:05/K
16	Jamie Paton	32060	21:31	4:18/K
17	John Mendoza	32041	22:26	4:29/K

18	Logan Peterson	32154	22:26	4:29/K
19	Ahmed Tageldin	32096	22:29	4:30/K
20	Jarret Wall	32144	22:37	4:31/K
21	Frank Kurucz	32007	22:51	4:34/K
22	Zach Saunders	32078	22:56	4:35/K
23	Marlon Danilewitz	32134	23:02	4:36/K
24	Colin Cox	1690	23:19	4:40/K
25	andrew ettinger	31162	23:20	4:40/K
26	Peter Ouzounov	32147	23:30	4:42/K
27	Ahsen Ansari	1656	23:43	4:45/K
28	Jarrod Cowan	1689	23:49	4:46/K
29	Cayden Warnell	32190	23:56	4:47/K
30	Lindsay Darling	1694	23:59	4:48/K
31	Marty Geusebroek	31174	24:13	4:51/K
32	Chris Seppelt	32084	24:22	4:52/K
33	Scott Henry	31188	24:25	4:53/K
34	Daylan Robertson	32071	24:35	4:55/K
35	Liam Bomford-Moore	1664	24:42	4:56/K
36	Oscar Hanke	31182	24:47	4:57/K
37	John Lamberton	31166	24:51	4:58/K
38	Aidan Belchamber	1661	25:25	5:05/K
39	Ingo Jackish	32200	25:41	5:08/K
40	Shawn Matilda	32029	26:00	5:12/K
41	Devin Ringham	32166	26:06	5:13/K
42	Mahdi Ghodsi	31175	26:06	5:13/K
43	Jake Mach	32167	26:08	5:14/K
44	Samuel Melamed	32040	26:11	5:14/K
45	Beau Rudder	32075	26:20	5:16/K
46	Brady Lingley	32157	26:28	5:18/K
47	Luke Page	32056	26:30	5:18/K
48	32203 Bib	32203	26:41	5:20/K
49	Max McDiarmid	32032	27:05	5:25/K
50	Chandon Malik	32201	27:08	5:26/K
51	Anthony Soo	32090	27:11	5:26/K
52	Douglas Campbell	1671	27:18	5:28/K
53	Raymond Tsow	32105	28:10	5:38/K
54	Kuan Foo	31165	28:17	5:39/K
55	James Brown	1667	28:45	5:45/K
56	32184 Bib	32184	28:49	5:46/K
57	Rody van Vianen	32108	29:07	5:49/K
58	Yuichi Watanabe	32117	29:08	5:50/K
59	Kota Watanabe	32119	29:09	5:50/K
60	Ben Sinclair	32087	29:20	5:52/K
61	Yuri Artibise	32142	29:28	5:54/K
62	Kevin O'Connor	32051	29:42	5:56/K
63	Anderson Nguyen	32047	29:54	5:59/K
64	Fergal Broderick	1666	29:54	5:59/K
65	John Creman	32186	30:05	6:01/K
66	Bera Chuang	1681	30:12	6:02/K
67	32202 Bib	32202	30:44	6:09/K
68	Nick Adkins	1652	30:51	6:10/K
69	Marcus Stusek	32093	31:12	6:14/K
70	Keith Turner	32107	31:33	6:19/K
71	Zane Dopson	32140	31:40	6:20/K
72	Michael Balic	1658	31:52	6:22/K

73	KYLE KWAN	32010	31:53	6:23/K
74	Gary Rollins	32073	31:59	6:24/K
75	Dempsey McPeake	32035	32:04	6:25/K
76	Curis Brandt	32162	32:15	6:27/K
77	Marshall Derksen	1700	32:24	6:29/K
78	Grant Derksen	31151	32:28	6:30/K
79	Daniel Dubois	32151	32:31	6:30/K
80	K T Michael Hui	31195	32:48	6:34/K
81	Peter Hallschmid	32193	33:00	6:36/K
82	Veerin Dhiman	31153	33:28	6:42/K
83	Brodie McRae	32038	33:58	6:48/K
84	Jason Hollister	32155	34:03	6:49/K
85	Cam MacArthur	32149	36:17	7:15/K
86	Nathan Strayed	32092	39:18	7:52/K
87	Chris Hansen	31183	39:39	7:56/K
88	Rafael Daudet	1695	40:05	8:01/K
89	Derek Niziol	32049	40:29	8:06/K
90	Philip Collier	1685	45:10	9:02/K
DQ	Kieran Edwards-Hulko	32156	2:00:00	24:00/K