

## Vista Run &amp; Walk 2019

Race Date  
May 26, 2019

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	Deborah Eakhouse	154	1: 20-39	46:03	4:36/K
2	Christine Kitsch	121	1: 40-59	47:35	4:46/K
3	Gillian Lains	171	2: 40-59	54:21	5:26/K
4	Cheryl Mosby	147	3: 40-59	56:40	5:40/K
5	Nikol Marconova	125	2: 20-39	57:28	5:45/K
6	Jules Willis	142	3: 20-39	57:28	5:45/K
7	Danica Fidler	115	4: 20-39	59:45	5:59/K
8	Deanna Donovan	106	4: 40-59	1:01:08	6:07/K
9	Colleen Franklin	116	5: 40-59	1:01:16	6:08/K
10	Gisele Pomerleau	152	1: 60-69	1:03:01	6:18/K
11	Jenn Smith	136	5: 20-39	1:04:02	6:24/K
12	Lauren Downey	108	1: 0-19	1:04:39	6:28/K
13	Rachelle Strelezki	139	6: 20-39	1:05:25	6:33/K
14	Brenda Manweiler	149	6: 40-59	1:05:45	6:35/K
15	Maria Binder	102	7: 20-39	1:07:14	6:43/K
16	Karen Blom-Dalby	103	7: 40-59	1:07:49	6:47/K
17	Tracy Tanizawa	156	8: 40-59	1:08:30	6:51/K
18	Jen Granholm	118	8: 20-39	1:09:06	6:55/K
19	Dawn Feng	114	9: 40-59	1:10:21	7:02/K
20	Kathy Mont	169	10: 40-59	1:11:07	7:07/K
21	Darian Noel	130	11: 40-59	1:12:22	7:14/K
22	Michelle Zion	144	12: 40-59	1:17:07	7:43/K
23	Ronnie Sevigny	134	2: 60-69	1:17:07	7:43/K
24	Barb Motut	128	1: 70-99	1:17:14	7:43/K
25	Silvina Morales	127	13: 40-59	1:20:33	8:03/K
26	Tammy Shirley	135	14: 40-59	1:22:48	8:17/K
27	Monique Paliotti	132	15: 40-59	1:22:49	8:17/K
28	Aaren Dutton	110	9: 20-39	1:29:26	8:57/K
29	Joan Fawcett	113	16: 40-59	1:56:32	11:39/K
30	Carla Newman	129	17: 40-59	1:56:33	11:39/K

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## 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	Kévin Kontoukas	122	1: 20-39	41:48	4:11/K
2	Michael Litz	123	2: 20-39	47:58	4:48/K
3	Brent Converse	105	3: 20-39	49:46	4:59/K
4	Denver Anderlini	101	1: 60-69	50:45	5:05/K
5	Bill Converse	104	1: 40-59	52:22	5:14/K
6	Lloyd Johnston	155	4: 20-39	53:14	5:19/K
7	Mark Raven	165	2: 40-59	55:56	5:36/K
8	Jason Oakford	131	5: 20-39	56:17	5:38/K
9	Marc Downey	109	3: 40-59	58:14	5:49/K
10	Murray Heppler	151	2: 60-69	1:00:05	6:01/K
11	Timthy Watkins	153	3: 60-69	1:00:13	6:01/K
12	Jeff Donovan	107	4: 40-59	1:01:44	6:10/K
13	Kim Boekhorst	150	5: 40-59	1:02:01	6:12/K
14	Davis Warden	141	6: 40-59	1:02:14	6:13/K
15	Andrew Steen	137	1: 0-19	1:03:26	6:21/K
16	Mark Steen	138	7: 40-59	1:04:48	6:29/K
17	John Kelly	120	1: 70-99	1:10:41	7:04/K
18	Mike Zobac	145	8: 40-59	1:15:21	7:32/K
19	Jeff Younger	143	9: 40-59	1:15:22	7:32/K
20	Fabricio Mengo	126	10: 40-59	1:20:33	8:03/K
21	Archer Dutton	111	2: 0-19	1:29:26	8:57/K
22	Ash Dutton	112	6: 20-39	1:29:26	8:57/K

## Vista Run &amp; Walk 2019

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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	Tina-Louise Harris	23	1: 40-59	25:34	5:07/K
2	Cathy Morton	35	1: 60-69	29:05	5:49/K
3	Cassandra Converse	18	1: 20-39	29:26	5:53/K
4	Brenda Norrie	79	2: 40-59	30:11	6:02/K
5	Christina Ydenberg	64	3: 40-59	30:19	6:04/K
6	Sharon Yong	65	4: 40-59	32:07	6:25/K
7	Chennell Lammers	29	2: 20-39	32:17	6:27/K
8	Gertrude Prosser	43	2: 60-69	34:52	6:58/K
9	Zdena Novy	90	3: 60-69	34:53	6:59/K
10	Jess Sanker	45	3: 20-39	35:10	7:02/K
11	Sandra Sayer	47	5: 40-59	35:27	7:05/K
12	Kristie Hanson	119	6: 40-59	37:13	7:27/K
13	Leanna Turcotte	88	7: 40-59	38:08	7:38/K
14	Michelle Brooks	81	4: 20-39	38:27	7:41/K
15	Kelly Lewicki	30	5: 20-39	39:23	7:53/K
16	Megan Bartley	6	6: 20-39	39:27	7:53/K
17	Kristine Byers	11	7: 20-39	39:56	7:59/K
18	Deb Beaulieu	7	8: 20-39	40:25	8:05/K
19	Becky Larson	66	9: 20-39	41:12	8:14/K
20	Christa Wallgren	59	10: 20-39	41:13	8:15/K
21	Jill Borrow	10	4: 60-69	42:07	8:25/K
22	Annika Richards	68	1: 0-19	43:39	8:44/K
23	Emery Willis	69	2: 0-19	43:39	8:44/K
24	Louise McGregor	34	8: 40-59	44:05	8:49/K
25	Heather Peterson	41	9: 40-59	44:05	8:49/K
26	Carol Shaw	48	1: 70-99	45:15	9:03/K
27	Tracey Flesher	20	10: 40-59	47:12	9:26/K
28	Rebecca Scharz	83	3: 0-19	47:45	9:33/K
29	Christina Walker	58	11: 40-59	49:22	9:52/K
30	Addylin Tymchyshyn	56	2: 70-99	50:12	10:02/K
31	Lawlor Kelly	91	12: 40-59	55:18	11:04/K
32	Jessie Resto	92	13: 40-59	55:18	11:04/K
33	Alena Harashchenia/krasko	93	14: 40-59	55:18	11:04/K
34	Mona Truscotl	85	15: 40-59	57:15	11:27/K
35	Paige Charron	12	16: 40-59	1:01:04	12:13/K
36	Jessica Urwin Coulthard	57	17: 40-59	1:01:04	12:13/K
37	Kelly Whiteside	61	18: 40-59	1:01:06	12:13/K
38	Carla Thomas	53	19: 40-59	1:01:06	12:13/K
39	Lisbeth Plant	42	5: 60-69	1:03:51	12:46/K
40	Marissa Stalman	50	11: 20-39	1:03:52	12:46/K
41	Cathy Soper	95	6: 60-69	1:05:48	13:10/K
42	Samantha Nosworthy	75	12: 20-39	1:06:04	13:13/K
43	Jeanne Greene	22	7: 60-69	1:06:42	13:20/K
44	Lynda Alma	2	20: 40-59	1:06:42	13:20/K
45	Jenny Andrews	4	13: 20-39	1:06:54	13:23/K
46	Vicky Bennett	8	14: 20-39	1:07:12	13:26/K
47	Deb Nosworthy	71	21: 40-59	1:07:26	13:29/K

# Vista Run & Walk 2019

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## 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>
48	Ashley Hunt	24	15: 20-39	1:07:48	13:34/K
49	Tiffany Beaton	72	16: 20-39	1:07:52	13:34/K
50	Crystal Heppner	73	17: 20-39	1:07:52	13:34/K
51	M Botty	163	22: 40-59	1:17:46	15:33/K
52	C Boivin	159	3: 70-99	1:17:47	15:33/K
53	A Deboer	158	18: 20-39	1:17:48	15:34/K
54	M Nelson	157	4: 70-99	1:17:49	15:34/K
55	M McKay	162	23: 40-59	1:17:52	15:34/K
56	N Donais	161	8: 60-69	1:17:57	15:35/K

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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	Santi Ainslie	1	1: 0-19	21:00	4:12/K
2	Ben Jansen-Budzik	25	2: 0-19	21:50	4:22/K
3	Ron Antalek	5	1: 40-59	22:14	4:27/K
4	Dermot King	27	1: 20-39	23:08	4:38/K
5	Chris Collette	13	2: 40-59	23:43	4:45/K
6	Jamie Paterson	38	2: 20-39	24:33	4:55/K
7	Markus Toolsie-Worsnup	54	3: 0-19	24:52	4:58/K
8	Jack Gardner	86	3: 20-39	25:00	5:00/K
9	Paul Wittal	62	4: 20-39	25:26	5:05/K
10	Bernie Dalby	19	1: 60-69	27:10	5:26/K
11	Chris Worsnup	63	3: 40-59	28:21	5:40/K
12	Chris Blom	94	5: 20-39	29:27	5:53/K
13	Ron Norrie	80	4: 40-59	29:38	5:56/K
14	Brad Soper	49	6: 20-39	31:41	6:20/K
15	Matt Blom	9	7: 20-39	31:41	6:20/K
16	Nolan Logue	31	8: 20-39	32:41	6:32/K
17	Clinton Tymchyshyn	55	9: 20-39	33:15	6:39/K
18	Gord Kurenoff	28	2: 60-69	35:27	7:05/K
19	Lloyd Marjolein	67	5: 40-59	38:48	7:46/K
20	Dustin Walsh	60	10: 20-39	39:27	7:53/K
21	Mikael Sarkozi	46	11: 20-39	39:56	7:59/K
22	Greg Brown	89	6: 40-59	40:08	8:02/K
23	Brandon Rodgers	44	12: 20-39	41:13	8:15/K
24	Andrew Watson	84	3: 60-69	57:15	11:27/K
25	Bib 87	87	13: 20-39	1:01:04	12:13/K
26	Toby Harper	76	7: 40-59	1:06:05	13:13/K
27	Kevin Nosworthy	70	8: 40-59	1:07:26	13:29/K
28	Kelvin Ng	74	14: 20-39	1:07:45	13:33/K
29	Bib 82	82	15: 20-39	1:07:45	13:33/K