

MEC LANGLEY RACE FIVE: 5K/10K

Race Date

November 12, 2016

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

<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Time</u>	<u>Pace</u>
1	Olivia Willett	79735	43:48	4:23/K
2	Krista Vanderhorst	76698	45:58	4:36/K
3	Kaitlin Somerville	76687	48:44	4:52/K
4	Jodi Leppky	76630	50:44	5:04/K
5	Oana Nistor	76660	51:33	5:09/K
6	Hayley Brown	62332	51:56	5:12/K
7	Casey Prigge	76669	52:40	5:16/K
8	Kerry Coates	62341	53:45	5:23/K
9	Janice Keller	76618	54:16	5:26/K
10	Lissa Lloyd	76633	55:10	5:31/K
11	Margret Hu	76608	55:12	5:31/K
12	Angela Jeves	76612	55:13	5:31/K
13	Belinda Karsen	76613	56:01	5:36/K
14	Kristy Harrison	62397	56:07	5:37/K
15	Heather Currie	62348	57:17	5:44/K
16	Vanessa Hanberg	62392	57:28	5:45/K
17	Bridget Perry-Gore	76667	57:30	5:45/K
18	Gabrielle Steed	76689	57:48	5:47/K
19	Helen Lutes	76635	58:04	5:48/K
20	Kate Strachan	76691	59:58	6:00/K
21	Sarah Bridge	62329	1:00:53	6:05/K
22	Pamela Blackmon	62327	1:01:06	6:07/K
23	Christina Page	76664	1:01:26	6:09/K
24	Patricia Hospedales	76606	1:01:36	6:10/K
25	Angela Yard	79721	1:02:29	6:15/K
26	Caitlin Hamilton	62391	1:02:36	6:16/K
27	Maureen McDonald	76644	1:02:41	6:16/K
28	Guyllaine Lejeune	76628	1:03:10	6:19/K
29	Erin Moore	62354	1:03:19	6:20/K
30	Katarzyna Talma	76693	1:03:26	6:21/K
31	LLuvia Meneses	76653	1:03:33	6:21/K
32	Shalyn Linklater	76632	1:03:40	6:22/K
33	Renge Bailie	62314	1:03:54	6:23/K
34	Alanna Morley	76656	1:04:16	6:26/K
35	Elizabeth Makus	76641	1:04:20	6:26/K
36	Emily Leavitt	76627	1:04:22	6:26/K
37	Charlene Fanstone	62369	1:05:11	6:31/K
38	Candise Wilde	79719	1:06:13	6:37/K
39	Rhianne Duke	62365	1:07:56	6:48/K
40	Kelly Wilson	79720	1:07:56	6:48/K
41	Robin Brown	62336	1:07:57	6:48/K
42	Rose Melzer	76652	1:08:40	6:52/K
43	Melissa Harvey	62399	1:08:44	6:52/K
44	Nicola Connolly	62345	1:08:49	6:53/K
45	Jennifer Armada	62308	1:08:50	6:53/K
46	Angela Dickson	79732	1:08:59	6:54/K
47	Sarah Hancock	62396	1:09:40	6:58/K

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Overall Finish List

10 k Run

Female

<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Time</u>	<u>Pace</u>
48	Celina Austin	62310	1:12:09	7:13/K
49	Helen Pankras	76665	1:12:10	7:13/K
50	Heidi Rampfl	76671	1:12:11	7:13/K
51	Eve Ojea	76663	1:19:09	7:55/K
52	Katy Olley	79727	1:19:09	7:55/K
53	Joyce Thibodeau	76696	1:19:33	7:57/K
54	Jacqueline Roca	76673	1:32:41	9:16/K
55	Sherrie Fraser	62373	1:35:43	9:34/K

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Race Date

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

<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Time</u>	<u>Pace</u>
1	Thomas Schellenberg	79730	38:24	3:50/K
2	Benjamin Schmidt	79729	38:57	3:54/K
3	Jason Manning	76642	40:11	4:01/K
4	Carson McQuarrie	76648	42:19	4:14/K
5	Adam Slater	76684	42:33	4:15/K
6	Brian Clements	62339	44:12	4:25/K
7	Richard Allen	62306	45:15	4:32/K
8	Eli Kastelein	76615	45:25	4:33/K
9	Charlie Hunter	76610	45:40	4:34/K
10	Kyle Hingtgen	62400	46:14	4:37/K
11	Jarret Wall	79701	47:06	4:43/K
12	Jim Novotny	76662	47:07	4:43/K
13	Kyle Giesbrecht	62384	47:14	4:43/K
14	Scott Karsen	76614	48:45	4:53/K
15	Tom Barichello	62317	50:19	5:02/K
16	Paul Leppky	76629	50:27	5:03/K
17	jesse mcsweeny	76649	51:03	5:06/K
18	Justin Laniec	76626	51:38	5:10/K
19	Mark Wessner	79705	51:58	5:12/K
20	Gary Jones	79733	52:03	5:12/K
21	Kevin van Delden	76697	52:09	5:13/K
22	Dennis Haines	62390	53:29	5:21/K
23	Eddy Mejlholm	76650	53:35	5:22/K
24	Fritz Douma	62362	54:56	5:30/K
25	Mark Semeniuk	76679	55:43	5:34/K
26	Amrit Birring	62326	55:50	5:35/K
27	Rafael Ferri	62370	56:54	5:41/K
28	Andre VanWyk	79731	57:13	5:43/K
29	Steve Hospedales	76605	58:13	5:49/K
30	Michael Hsu	76607	59:34	5:57/K
31	Casey Schierling	76676	1:00:51	6:05/K
32	Dave Schierling	76675	1:00:52	6:05/K
33	Jake Pedrosa	76666	1:00:52	6:05/K
34	Mike Thomas	79734	1:02:27	6:15/K
35	Mark Douangchanh	62361	1:02:43	6:16/K
36	Dany Tancrede	76694	1:03:10	6:19/K
37	Kevin Smail	76686	1:03:10	6:19/K
38	Greg Moore	62355	1:03:19	6:20/K
39	Arne Mejlholm	76651	1:04:36	6:28/K
40	Gregg McKibbin	76647	1:04:41	6:28/K
41	WILLIAM GEORGE	62382	1:08:48	6:53/K
42	Chris Brunt-Tonpsett	79728	1:35:43	9:34/K

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Overall Finish List

5 k Run			Female	
Overall	Name	Bib No	Time	Pace
1	Helena Meier	63291	22:35	4:31/K
2	Sherri Todd	63360	23:12	4:38/K
3	Cindy Klassen	63278	24:08	4:50/K
4	Annette Paul	63323	24:25	4:53/K
5	vernette bot	63208	25:05	5:01/K
6	Lisa Redmond	63327	25:50	5:10/K
7	Gurleen Jammu	63259	25:55	5:11/K
8	Ginevra Thingvold	63355	25:55	5:11/K
9	Jessie Wall	63364	26:11	5:14/K
10	Mya Madray	63373	26:28	5:18/K
11	Annika Lofstrand	63386	26:43	5:21/K
12	Chelsea Padley	63299	27:06	5:25/K
13	Naomi Fishbein	63231	27:34	5:31/K
14	Katelyn Cannon	63212	27:44	5:33/K
15	Serena Madray	63374	29:05	5:49/K
16	Juliet Teeter	63353	29:09	5:50/K
17	Nola Woods	63369	29:26	5:53/K
18	Claudine Aguilon	63206	29:28	5:54/K
19	Herdel Gonzales	63381	29:35	5:55/K
20	Brianne Crompton	63223	29:51	5:58/K
21	Brenda Philip	63326	30:18	6:04/K
22	Gabriela Sauer	63345	30:32	6:06/K
23	Laura d'Alva	63225	30:34	6:07/K
24	Louise Chapman	63215	31:14	6:15/K
25	Christine Meier	63293	31:46	6:21/K
26	Hannah Rogers	63338	32:29	6:30/K
27	Nimisha Nagpaul	63298	32:35	6:31/K
28	Jo Jo Imai	63256	32:42	6:32/K
29	Sadie Rogers	63339	32:48	6:34/K
30	Mary Rogers	63336	32:48	6:34/K
31	Celia Hill	63240	32:58	6:36/K
32	O-Ren Imai	63257	33:15	6:39/K
33	Anitha Kesavan	63272	33:18	6:40/K
34	Namrta Sinha	63348	33:24	6:41/K
35	Jennifer Thurston	63357	33:38	6:44/K
36	Jen Veasey	63363	33:55	6:47/K
37	Bailey Hubscher	63245	34:02	6:48/K
38	Jessica Meir	63294	34:20	6:52/K
39	Leng Kauv	63264	34:56	6:59/K
40	Lyla Perverseff	63324	36:16	7:15/K
41	Kylie Rogers	63340	36:58	7:24/K
42	Estelle Thingvold	63354	37:14	7:27/K
43	Jackie Schiller	63346	37:26	7:29/K
44	Susan McClain	63288	37:57	7:35/K
45	Nadine Wolitski	63380	38:24	7:41/K
46	Jennifer Robinson	63335	38:28	7:42/K
47	Nikki Kenyon	63269	38:39	7:44/K

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Overall Finish List

5 k Run			Female	
Overall	Name	Bib No	Time	Pace
48	Carol Stelnicki	63351	39:15	7:51/K
49	Missy Homan	76604	39:24	7:53/K
50	Rani Madray	63375	39:49	7:58/K
51	Dani Ellis	63229	40:55	8:11/K
52	Sandi McManus	63289	41:18	8:16/K
53	Frances Mei Samson	63341	42:14	8:27/K
54	Julia Gray Marquez	63283	42:18	8:28/K
55	Zareena Abidin	63203	42:32	8:30/K
56	Juvy Delos Reyes	63385	43:03	8:37/K
57	Olivia Sloboda	63349	44:54	8:59/K
58	Cindy Cheung	63218	52:22	10:28/K
59	Danelle Joe-Settington	63262	52:22	10:28/K
60	zuhara zainal abidin	79724	52:32	10:30/K
61	Magdalena Gonzales	63383	57:49	11:34/K
62	Roda Salanga	63384	58:11	11:38/K
63	Carissa Kennedy	63267	1:09:45	13:57/K
64	Julien DeMedeiros	63378	1:09:47	13:57/K
65	Assata Holmes-Hewiff	63377	1:09:48	13:58/K

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Overall Finish List

5 k Run			Male	
Overall	Name	Bib No	Time	Pace
1	Kyle Kennedy	63268	20:29	4:06/K
2	Mark Klassen	63277	20:39	4:08/K
3	Peter Meier	63290	22:06	4:25/K
4	Brian Stewart	63352	22:26	4:29/K
5	Robin Wilson	63368	22:32	4:30/K
6	Robert Meier	63292	24:24	4:53/K
7	Chris Westby	63365	24:33	4:55/K
8	Ezekiel Westby	63366	25:02	5:00/K
9	David Vanderbyl	63362	25:19	5:04/K
10	Joshua Mitchell	63295	28:21	5:40/K
11	Sacha Mitchell	63296	28:22	5:40/K
12	Kelly Restiaux	63334	28:26	5:41/K
13	Jeremy Spurgeon	63376	29:18	5:52/K
14	John Keranen	63271	33:02	6:36/K
15	Larry Massier	63372	33:56	6:47/K
16	Brad Dueck	63228	34:02	6:48/K
17	Dan Cowsill	63222	34:20	6:52/K
18	Perry Cook	63219	34:55	6:59/K
19	Ryan Perverseff	63325	36:16	7:15/K
20	Brandon Rogers	63337	36:57	7:23/K
21	Dale Hopkins	63244	38:13	7:39/K
22	Zainal Ariff Eh Zainal Abidin	63370	38:41	7:44/K
23	Gord Kurenoff	63280	39:17	7:51/K