

MEC LOWER MAINLAND: TRAIL RACE TWO, 5K/10K

Race Date

April 02, 2017

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

<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Gend</u>	<u>Time</u>	<u>Pace</u>
1	Lisa Egami	7062	F	44:48	4:29/K
2	Olivia Willett	84601	F	47:46	4:47/K
3	Marie-Josée Ryan	6351	F	48:37	4:52/K
4	Zoã« Hackett	7088	F	49:46	4:59/K
5	Diana Wilson	84604	F	50:09	5:01/K
6	Anna Bennett	7014	F	50:33	5:03/K
7	Joanne Bach	7011	F	51:43	5:10/K
8	Samantha Withenshaw	84605	F	52:22	5:14/K
9	Allanah Brown	7022	F	53:10	5:19/K
10	Lauren Dewar	7052	F	53:36	5:22/K
11	Patricia Gray	7084	F	54:25	5:27/K
12	Melanie Jeffa	7099	F	55:19	5:32/K
13	Catherine Moennick	4426	F	55:27	5:33/K
14	Aileen Tien	7120	F	55:35	5:34/K
15	Lilah Toker	78087	F	55:44	5:34/K
16	Danielle Burch	7026	F	56:08	5:37/K
17	Dana Hough	7096	F	57:42	5:46/K
18	Kyla Edejer	7061	F	57:45	5:47/K
19	Laura Bitcon	84627	F	58:13	5:49/K
20	Ann Harris	7092	F	58:18	5:50/K
21	Manda Sayers	6360	F	58:35	5:52/K
22	Jessica Harrington	84637	F	58:36	5:52/K
23	Preet Lidder	84620	F	58:36	5:52/K
24	Youna Chung	7035	F	59:29	5:57/K
25	Laura Faint	7066	F	59:42	5:58/K
26	Alex Gluffre	7082	F	59:45	5:59/K
27	Payal Payal	4487	F	59:46	5:59/K
28	Annika Lofstrand	84645	F	59:51	5:59/K
29	Lissa Lloyd	7107	F	1:00:30	6:03/K
30	Brianne Miller	4414	F	1:00:38	6:04/K
31	Teresa Coulthard	7040	F	1:00:40	6:04/K
32	Buffy Bill	7017	F	1:00:41	6:04/K
33	Lillith Foxx	7074	F	1:01:12	6:07/K
34	Paula Naylor	4441	F	1:01:28	6:09/K
35	Kaitlin Guzman	7087	F	1:01:44	6:10/K
36	Julia Hielscher	7095	F	1:01:57	6:12/K
37	Mana Haleem	7089	F	1:02:25	6:15/K
38	Norma Meza	4407	F	1:03:07	6:19/K
39	Shannen Eis	7063	F	1:03:28	6:21/K
40	Maureen McDonald	7117	F	1:03:28	6:21/K
41	Julie Walters	79769	F	1:03:29	6:21/K
42	Kendra Archer	7008	F	1:03:52	6:23/K
43	Theresa Reimchen	6327	F	1:03:59	6:24/K
44	Branka Gataric	7077	F	1:04:09	6:25/K
45	Audrey Wolf	84606	F	1:04:25	6:27/K
46	Ivana Dadak	7047	F	1:04:53	6:29/K
47	Tiffany Alexander	7005	F	1:05:05	6:31/K

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Overall	Name	Bib No	Gend	Time	Pace
48	Ada Vaccaro	79751	F	1:05:52	6:35/K
49	Caroline King	7101	F	1:06:00	6:36/K
50	Marianne Williams	84640	F	1:06:18	6:38/K
51	Sophie Fugulin	7075	F	1:06:18	6:38/K
52	Leah Montgomery	4434	F	1:06:34	6:39/K
53	Erin MacKenzie	7113	F	1:06:44	6:40/K
54	Pamela Blackmon	7018	F	1:07:09	6:43/K
55	Sandra Iroegbu	84629	F	1:07:19	6:44/K
56	Monica Hayer	7093	F	1:07:29	6:45/K
57	Sarah Payne	4497	F	1:07:30	6:45/K
58	Olivia Fournier	7073	F	1:08:06	6:49/K
59	Alexandra Deffense	7049	F	1:08:20	6:50/K
60	Jennifer Scudds	6365	F	1:08:21	6:50/K
61	Lora Smith	6389	F	1:08:57	6:54/K
62	Julie Alionis	7006	F	1:09:25	6:57/K
63	Rebecka Forward	7072	F	1:09:35	6:58/K
64	Monica Simone	6375	F	1:09:40	6:58/K
65	Heather Patry	4485	F	1:09:57	7:00/K
66	Kareen Wong	84607	F	1:09:58	7:00/K
67	Jodi Simpson	6382	F	1:10:49	7:05/K
68	Eva Ross	6349	F	1:10:50	7:05/K
69	Cherrie Pavao	4486	F	1:10:54	7:05/K
70	Lydia Green	7086	F	1:11:01	7:06/K
71	Eva Nemeth	4442	F	1:12:03	7:12/K
72	Ashley Deon	7050	F	1:12:15	7:14/K
73	Christie Stanford	62238	F	1:12:33	7:15/K
74	Sabrina Naprawa	84643	F	1:13:09	7:19/K
75	Lorraine Douville	7058	F	1:13:31	7:21/K
76	Amy Agis	7002	F	1:13:49	7:23/K
77	Karen McAllister	7116	F	1:14:23	7:26/K
78	Cassie Wright	84608	F	1:15:10	7:31/K
79	Veronika Smolik	6391	F	1:15:37	7:34/K
80	Rose Melzer	84618	F	1:17:43	7:46/K
81	Jeraldine Penullar	6307	F	1:18:38	7:52/K
82	Norjielyn Flores	7071	F	1:18:38	7:52/K
83	Katie Eng	7065	F	1:19:20	7:56/K
84	Annie Tomljanovic	78139	F	1:19:20	7:56/K
85	Yoko Beriault	7015	F	1:19:40	7:58/K
86	Alexandra Webb	82074	F	1:21:30	8:09/K
87	Nicole Sparkes	62231	F	1:22:41	8:16/K
88	Jessica Dhamrait	7053	F	1:22:59	8:18/K
89	Rachel Stroud	62807	F	1:29:31	8:57/K
DQ	Hannah Woods	84624	F	---	---

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

<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Gen</u>	<u>Time</u>	<u>Pace</u>
1	Benoit Gignac	7080	M	38:45	3:53/K
2	Nathan Gaucher	84632	M	39:11	3:55/K
3	Timothy Ainge	7003	M	40:26	4:03/K
4	Patrick Jonas	84636	M	40:47	4:05/K
5	Herman Alagao	7004	M	40:55	4:06/K
6	Pierre-Henri Poudre	6311	M	41:45	4:11/K
7	Milan Beracker	84641	M	43:12	4:19/K
8	Matthew Seftel	6366	M	44:00	4:24/K
9	Connor Attridge	84634	M	44:01	4:24/K
10	Bryan Jackson	84638	M	44:06	4:25/K
11	Alan Blair	84639	M	44:20	4:26/K
12	Connell O'Reilly	4470	M	44:41	4:28/K
13	Stuart Ashman	7010	M	45:41	4:34/K
14	Mike Hsiao	84619	M	46:09	4:37/K
15	Safder Raza	6325	M	46:14	4:37/K
16	Darcy Faust	7067	M	46:42	4:40/K
17	Adrian Lucanu	7109	M	47:17	4:44/K
18	Rick Roberts	6338	M	47:20	4:44/K
19	Bryan Hooye	84635	M	47:23	4:44/K
20	Warren Nipp	4469	M	47:48	4:47/K
21	Adam Wrohan	84609	M	47:49	4:47/K
22	Jeff Wallwork	79768	M	47:52	4:47/K
23	Ben Scott	6364	M	47:57	4:48/K
24	Andrew McKay	7118	M	48:18	4:50/K
25	Paul Cameron	7029	M	48:18	4:50/K
26	Davey Gin	84642	M	48:34	4:51/K
27	Matthew King	7102	M	48:35	4:52/K
28	Alain Quinto	6317	M	48:41	4:52/K
29	Adam Goluboff	84644	M	49:47	4:59/K
30	Mason Protter	6312	M	50:09	5:01/K
31	Paul Ferguson	7069	M	50:21	5:02/K
32	Kai Antle	7007	M	50:40	5:04/K
33	Ranjit Heer	84630	M	50:43	5:04/K
34	Leonid Dushyn	7060	M	51:07	5:07/K
35	Serguei Makarevski	7114	M	51:20	5:08/K
36	Russell McLellan	7119	M	51:57	5:12/K
37	Brad Newton	4443	M	51:59	5:12/K
38	Mike Koski	7104	M	52:27	5:15/K
39	Jorge Roman Asensio	6343	M	52:28	5:15/K
40	Antonio Carasco Pinto	7030	M	52:28	5:15/K
41	Luc Croze	7044	M	52:30	5:15/K
42	Alvaro Fernandez De Mesa	7070	M	52:39	5:16/K
43	Tom Barichello	7012	M	52:56	5:18/K
44	Alexander Coombes	7039	M	53:31	5:21/K
45	Erik Shore	6372	M	53:36	5:22/K
46	Lucas Vanderbeek	79758	M	53:47	5:23/K
47	Tony Smith	6387	M	54:14	5:25/K

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<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Gend</u>	<u>Time</u>	<u>Pace</u>
48	Mykola Lysenko	7111	M	54:15	5:26/K
49	Tyler Burch	7027	M	54:20	5:26/K
50	Richard Coulthard	7041	M	54:24	5:26/K
51	Steven Pearce	6302	M	54:29	5:27/K
52	Simon Couture	7042	M	54:31	5:27/K
53	Louie Martinez	7115	M	54:34	5:27/K
54	Evgeny Yagrushkin	84611	M	54:38	5:28/K
55	Nelson Santos	6357	M	55:09	5:31/K
56	Pero Pejovic	6306	M	55:34	5:33/K
57	Patric Croze	7043	M	55:58	5:36/K
58	Harrison Tchir	78041	M	56:01	5:36/K
59	Gurpal Sekhon	2055	M	56:23	5:38/K
60	James Burris	7028	M	56:27	5:39/K
61	Kurt Chelsberg	7034	M	56:57	5:42/K
62	Mike Samuels	6355	M	57:01	5:42/K
63	Darnell Scott	6363	M	57:16	5:44/K
64	Gerry O'Reilly	4474	M	57:20	5:44/K
65	Nathan Paisley	4475	M	57:49	5:47/K
66	Dwight Hawes	84631	M	58:35	5:52/K
67	Simon Quinto	6319	M	58:55	5:54/K
68	Fraser Kovoluk	84622	M	59:04	5:54/K
69	Marc Elbaz	7064	M	59:30	5:57/K
70	Owen Davis	7048	M	59:44	5:58/K
71	Paul Yeoman	84614	M	59:47	5:59/K
72	Hendrik Van Vuuren	79754	M	59:48	5:59/K
73	Mark Hyder	7097	M	59:52	5:59/K
74	Philip Harris	7091	M	59:56	6:00/K
75	José Rodríguez	6342	M	1:01:15	6:08/K
76	Steve Colquhoun	7037	M	1:01:19	6:08/K
77	Jonathan Jacklin	7098	M	1:01:32	6:09/K
78	James Palframan	4477	M	1:01:38	6:10/K
79	Simon Yannopoulos	84612	M	1:02:06	6:13/K
80	Julian Navaratnam	84625	M	1:03:00	6:18/K
81	Dan Schmidt	6362	M	1:03:05	6:19/K
82	Julien Archer	7009	M	1:03:52	6:23/K
83	Matthew Robertson	6339	M	1:05:47	6:35/K
84	Norman Hen	84621	M	1:06:13	6:37/K
85	Rainier Chavez	7033	M	1:07:36	6:46/K
86	Draze Gataric	7078	M	1:07:38	6:46/K
87	Mike Messerschmidt	4402	M	1:08:11	6:49/K
88	Gary Dhiman	7056	M	1:08:40	6:52/K
89	Byron Wynne	84610	M	1:09:39	6:58/K
90	Felix Chan	7032	M	1:13:49	7:23/K
91	Seth Kitamura	7103	M	1:13:49	7:23/K
92	Ron Pearson	6304	M	1:14:22	7:26/K
93	Bob Dhamrait	7054	M	1:14:35	7:28/K
94	Tariq Motassadeq	4435	M	1:17:25	7:45/K

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10k Run			Male		
<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Gen</u>	<u>Time</u>	<u>Pace</u>
95	Zayd Motassadeq	4436	M	1:17:25	7:45/K
DQ	Justin Lee	84628	M	---	---
DQ	Kyle Sellars	84626	M	---	---

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<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Gend</u>	<u>Time</u>	<u>Pace</u>
1	Kyle Kirkegaard	2014	F	24:01	4:48/K
2	Madison Maloski	2109	F	24:08	4:50/K
3	Lucy Chi	1733	F	25:36	5:07/K
4	Gilda Gan	1820	F	26:23	5:17/K
5	Bracken Hanke	2094	F	26:41	5:20/K
6	Amy Hendel	2004	F	26:45	5:21/K
7	Kelly McQuade	2033	F	27:04	5:25/K
8	Lisa Roberts	2047	F	27:15	5:27/K
9	Mary Murray	2037	F	27:22	5:28/K
10	Janet Chiu	1740	F	27:23	5:29/K
11	Tik Campbel	2098	F	28:07	5:37/K
12	Holly Rourke	2054	F	28:44	5:45/K
13	Celine Cullen	2112	F	28:48	5:46/K
14	Jacqueline Symons	2060	F	28:57	5:47/K
15	Melissa Massey	2029	F	29:03	5:49/K
16	Ann Wang	2075	F	29:54	5:59/K
17	Elizabeth Winston	2079	F	30:39	6:08/K
18	Melisa Joyal	2013	F	30:50	6:10/K
19	Emma Kingsland	2097	F	30:51	6:10/K
20	Rochelle Yeoman	2076	F	30:55	6:11/K
21	Nicola Chalke	1728	F	30:57	6:11/K
22	Spencer Clark	1751	F	31:12	6:14/K
23	Rhanda Hyslop	2101	F	31:17	6:15/K
24	Lisa Rosser	2053	F	31:24	6:17/K
25	Alexandra Evans	1798	F	31:32	6:18/K
26	Sandy Clemens	1756	F	31:34	6:19/K
27	Chloe Vath	2072	F	31:37	6:19/K
28	Elaine Einarson	84633	F	31:40	6:20/K
29	Kay Doyle	1789	F	31:43	6:21/K
30	Sailor Peterson	2093	F	32:00	6:24/K
31	Stella Sikorski	2095	F	32:01	6:24/K
32	Anna Gleave	2092	F	32:02	6:24/K
33	Isabel Guerin	1832	F	32:11	6:26/K
34	Manda Sayers	2085	F	32:25	6:29/K
35	Wendy Rafuse	2118	F	32:46	6:33/K
36	Cristina Lãpez Garcia	2020	F	32:51	6:34/K
37	Katia Asfour	1710	F	33:11	6:38/K
38	Vanessa Nipp	2038	F	33:47	6:45/K
39	Rhonda Swinden	2104	F	34:41	6:56/K
40	Barbara Seppelt	2096	F	34:43	6:57/K
41	Hayle Dion	1787	F	35:05	7:01/K
42	Jennifer McManaman	2032	F	35:12	7:02/K
43	Melanie Jeffa	2090	F	35:27	7:05/K
44	Carmen Chow	2084	F	35:41	7:08/K
45	Vanessa Palframan	2107	F	36:05	7:13/K
46	Christine Burnham	1727	F	36:28	7:18/K
47	Jennifer Jackson	2010	F	36:43	7:21/K

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48	Deidra Vath	2071	F	36:46	7:21/K
49	Patricia Rosselli	2052	F	36:52	7:22/K
50	Jacqui MacIntosh	2100	F	36:52	7:22/K
51	Tania Kumar	2019	F	37:27	7:29/K
52	Mary Kossak	2018	F	37:40	7:32/K
53	Darla Alford	1702	F	37:51	7:34/K
54	Robyn Edgar	1795	F	37:52	7:34/K
55	Stephanie Hendy	2005	F	38:07	7:37/K
56	Donya Metzger	2035	F	38:10	7:38/K
57	Patti Janusson	2087	F	38:31	7:42/K
58	Jullie Devlin	2111	F	38:38	7:44/K
59	Monika Hessel	2006	F	38:44	7:45/K
60	Michelle Koski	2017	F	38:48	7:46/K
61	Trista Laderotue	2021	F	38:48	7:46/K
62	Ana Galindo	1819	F	39:26	7:53/K
63	Ashley Gunn	2001	F	39:29	7:54/K
64	Alyse Corsan	1765	F	39:31	7:54/K
65	Stacey Hunt	2008	F	39:44	7:57/K
66	Patricia Vargas	2070	F	39:45	7:57/K
67	Kelly Boiderston	2113	F	40:02	8:00/K
68	Beki Tubbs	2066	F	40:23	8:05/K
69	Diana Villalba-Leal	2073	F	40:40	8:08/K
70	Kaccy Dalzell	2103	F	40:47	8:09/K
71	Jill Frizzell	2102	F	40:47	8:09/K
72	Claire Maulit	2030	F	40:50	8:10/K
73	Laura Robertson	2048	F	40:50	8:10/K
74	Jen Ciong	2115	F	42:11	8:26/K
75	Gwendolyn Tang	2062	F	44:00	8:48/K
76	Teresa Sham	2057	F	44:00	8:48/K
77	Shannon Faust	2091	F	45:17	9:03/K
78	Amanda Bingham	1720	F	45:18	9:04/K
79	Megan Bartley	1715	F	45:44	9:09/K
80	Kristin McNulty	2089	F	46:00	9:12/K
81	Anurita Dhiman	1783	F	51:19	10:16/K
82	Chantal Croze	1773	F	58:41	11:44/K
83	Lelsey Croze	1771	F	58:44	11:45/K
84	Jane Stanton	2058	F	58:48	11:46/K

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1	Arnaud Lebeuf	2022	M	18:12	3:38/K
2	Simon Lavoie-Deraspe	2086	M	18:55	3:47/K
3	Shea Janke	2011	M	19:47	3:57/K
4	Terry Straus	2059	M	20:34	4:07/K
5	Mark Francis	1804	M	20:58	4:12/K
6	Carl Densem	1778	M	23:29	4:42/K
7	Harvey MacKenzie	2026	M	23:34	4:43/K
8	Carlos Chiu	1735	M	23:53	4:47/K
9	Joseph Goldstein	2114	M	23:58	4:48/K
10	Zane Falconer	1800	M	24:49	4:58/K
11	Nathan Wallace	2099	M	24:55	4:59/K
12	Andrey Goulitchenko	1826	M	24:58	5:00/K
13	Sergio Sandoval	2106	M	25:03	5:01/K
14	Chris Seppelt	2056	M	25:11	5:02/K
15	Ben Sinden	2105	M	25:30	5:06/K
16	William Gumboc	1835	M	25:37	5:07/K
17	Joshua Alagao	1701	M	25:41	5:08/K
18	James Walker	2074	M	25:51	5:10/K
19	Dickson Choy	1741	M	26:41	5:20/K
20	Dexter Nipp	2039	M	27:47	5:33/K
21	Cole Wheeler	2077	M	28:00	5:36/K
22	Herb Phillips	2046	M	28:00	5:36/K
23	Ryan Williams	2078	M	28:51	5:46/K
24	Michael Creighton	1768	M	28:59	5:48/K
25	Mark Withenshaw	2080	M	29:00	5:48/K
26	Gary Grewal	1827	M	29:04	5:49/K
27	Alexander Van Houten	2068	M	29:26	5:53/K
28	Thomas Roper	2049	M	30:02	6:00/K
29	Peter Haldenby	2003	M	30:26	6:05/K
30	Carlos Galindo	1812	M	30:39	6:08/K
31	Ingo Jackisch	2009	M	30:54	6:11/K
32	Veerin Dhiman	2117	M	31:15	6:15/K
33	Sergio Guzman	2002	M	31:45	6:21/K
34	Mauricio Galeano	1810	M	31:47	6:21/K
35	Luke Guerin	1830	M	32:09	6:26/K
36	Tony Rosselli	2050	M	32:43	6:33/K
37	Julian David Masmitja Abad	2028	M	32:50	6:34/K
38	Farshad Kivi	2016	M	32:57	6:35/K
39	Tony Pavao	2043	M	33:26	6:41/K
40	Raymond Tsow	2088	M	34:59	7:00/K
41	Aaron Ledsham	2023	M	35:03	7:01/K
42	Julian Tang	2061	M	35:11	7:02/K
43	Gideon Tang	2063	M	35:12	7:02/K
44	Ross Martin	2083	M	35:41	7:08/K
45	Michael Marshall	2027	M	37:39	7:32/K
46	Ross MacDonald	2108	M	37:52	7:34/K
47	Randy Bach	1714	M	38:43	7:45/K

Race Date
April 02, 2017

MEC LOWER MAINLAND: TRAIL RACE TWO, 5K/10K

Overall Finish List

		5k Run		Male	
<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Gen</u>	<u>Time</u>	<u>Pace</u>
48	Gavin Ciong	2116	M	42:11	8:26/K