

November 25, 2017

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	Vissers Janneke	2094	1 30-39	55:58	5:36/K
2	Marie-Josée Ryan	2184	2 30-39	58:28	5:51/K
3	Annie Merritt	2138	1 40-49	1:00:12	6:01/K
4	Lynda McCue	2134	2 40-49	1:01:40	6:10/K
5	Helen Ali	8332	1 20-29	1:03:23	6:20/K
6	Rocio Rockhill	2176	3 30-39	1:03:35	6:22/K
7	Magdalena Stroniarz	4820	1 0-19	1:04:51	6:29/K
8	Mylene Normandin	2148	4 30-39	1:05:01	6:30/K
9	Meaghan Taylor	4843	5 30-39	1:05:05	6:31/K
10	Chanone Ryane	2185	6 30-39	1:05:32	6:33/K
11	Nikol Marconova	2132	2 20-29	1:06:20	6:38/K
12	janet lau	2110	1 50-59	1:08:48	6:53/K
13	Kyla Edejer	2056	3 20-29	1:09:22	6:56/K
14	Marianne Williams	8342	1 99-99	1:09:30	6:57/K
15	Olivia Nussey	2149	4 20-29	1:09:42	6:58/K
16	Christiana Lunn	2124	7 30-39	1:10:59	7:06/K
17	Alicia Copp Morkkonen	2046	8 30-39	1:11:11	7:07/K
18	Elan Van Herk	4876	3 40-49	1:11:43	7:10/K
19	Rainy Kent	2099	1 60-69	1:11:45	7:11/K
20	Oana Nistor	2147	2 99-99	1:12:01	7:12/K
21	Christina Price	2167	4 40-49	1:12:13	7:13/K
22	Shannen Eis	2058	9 30-39	1:13:41	7:22/K
23	Jennifer Kolbuc	2103	10 30-39	1:15:53	7:35/K
24	Sophie Taulon St Marcotte	8348	3 99-99	1:16:23	7:38/K
25	Lynn Collard	8326	5 40-49	1:16:23	7:38/K
26	Jarusha Brown	2028	6 40-49	1:16:40	7:40/K
27	Joy Wang	7570	11 30-39	1:17:02	7:42/K
28	Danielle Buchanan	2031	12 30-39	1:17:27	7:45/K
29	Yong Melodie	2136	13 30-39	1:17:32	7:45/K
30	Patti Jamison	8338	4 99-99	1:18:19	7:50/K
31	Jennifer Chutter	2041	7 40-49	1:19:32	7:57/K
32	Trisha McDowell	8346	5 99-99	1:19:33	7:57/K
33	Erin Mackenzie	2126	14 30-39	1:20:08	8:01/K
34	Donna Hansen	2082	2 50-59	1:21:01	8:06/K
35	Susanne Morris	2139	8 40-49	1:21:10	8:07/K
36	Julia Wood	8253	15 30-39	1:21:47	8:11/K
37	Alexandra Osorio	2153	16 30-39	1:22:34	8:15/K
38	Alissa Reed	2170	17 30-39	1:22:57	8:18/K
39	Paula Naylor	2142	3 50-59	1:24:19	8:26/K
40	Jaspreet Sekhon-Warren	2195	9 40-49	1:24:20	8:26/K
41	Elizabeth Wells	7578	10 40-49	1:24:29	8:27/K
42	Evelyn Ehrke	2057	4 50-59	1:24:52	8:29/K
43	Rebecca MacDonald	2125	2 60-69	1:25:01	8:30/K
44	Kennedy Knopf	8334	6 99-99	1:25:15	8:32/K
45	Alejandra Rios	2173	5 20-29	1:25:49	8:35/K
46	Rebecka Forward	2066	6 20-29	1:26:39	8:40/K
47	Kara Biersteker	2020	11 40-49	1:27:53	8:47/K

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

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>
48	Kristin Church	2040	18 30-39	1:27:53	8:47/K
49	Cori Smith	4809	19 30-39	1:29:11	8:55/K
50	Lora Smith	4806	12 40-49	1:29:30	8:57/K
51	Heidi Fenton	8353	7 20-29	1:29:58	9:00/K
52	Aza Bryson	8320	2 0-19	1:30:01	9:00/K
53	Jennifer Swanston	4825	20 30-39	1:32:01	9:12/K
54	Janey Komm	8328	7 99-99	1:32:07	9:13/K
55	Sara Tilley	4855	21 30-39	1:32:19	9:14/K
56	Cori Zolnierczyk	8315	5 50-59	1:35:46	9:35/K
57	danica levajac	2115	6 50-59	1:35:47	9:35/K
58	Jocelyn Schonekess	2191	13 40-49	1:40:38	10:04/K
59	Nanette Farrell	2060	14 40-49	1:40:43	10:04/K
60	Sharon Sjerven	2199	3 60-69	1:41:00	10:06/K
61	Verorik Smolik	8345	7 50-59	1:42:52	10:17/K
62	Tania Kumar	2108	15 40-49	1:46:27	10:39/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	Alex Zucca	8316	1 20-29	44:03	4:24/K
2	Curtis Jung	8349	2 20-29	45:00	4:30/K
3	Brian Malfesi	2129	3 20-29	47:31	4:45/K
4	Derek Juno	2097	4 20-29	47:41	4:46/K
5	Darren Walton	7569	1 40-49	47:51	4:47/K
6	Patrick Jones	8322	1 99-99	49:19	4:56/K
7	Lawrence Buchan	2030	5 20-29	49:45	4:59/K
8	Bryan Jackson	8344	2 99-99	50:26	5:03/K
9	Paul Lancaster	2109	1 50-59	50:38	5:04/K
10	Brad Newton	2144	6 20-29	51:32	5:09/K
11	Stephen Hardy	2083	2 40-49	52:14	5:13/K
12	Reggie Morisset	8350	3 40-49	52:25	5:15/K
13	Matthew Scapillati	2189	4 40-49	52:31	5:15/K
14	Tevis Bateman	2008	7 20-29	52:31	5:15/K
15	Lawrence Bau	2010	1 30-39	52:38	5:16/K
16	Stuart Ashman	2007	5 40-49	53:03	5:18/K
17	Nicolas Coutin	2048	8 20-29	53:20	5:20/K
18	David Longpre	2119	2 50-59	54:14	5:25/K
19	Matt Reid	2172	9 20-29	54:53	5:29/K
20	Brodie Elder	8351	2 30-39	56:02	5:36/K
21	Connell O'Reilly	2150	3 30-39	56:09	5:37/K
22	Shawn McNaughlon	8337	4 30-39	56:18	5:38/K
23	Adam Goluboff	2074	5 30-39	56:35	5:40/K
24	Troy Knowlan	2101	10 20-29	57:13	5:43/K
25	Andrew Willis	8330	6 30-39	57:17	5:44/K
26	Woolgar John	2096	3 50-59	57:23	5:44/K
27	Wade Dickinson	2052	7 30-39	57:43	5:46/K
28	Connor Kulchyski	2107	11 20-29	58:09	5:49/K
29	Brian Clements	8333	3 99-99	58:13	5:49/K
30	Dan Turvill	4868	4 99-99	58:19	5:50/K
31	Robert Gooding-Townsend	2077	12 20-29	58:21	5:50/K
32	Owen Davis	8347	4 50-59	58:50	5:53/K
33	Carmen Esau	2059	8 30-39	59:12	5:55/K
34	Jeff Linton	2117	6 40-49	59:23	5:56/K
35	Bryan Peacock	2163	1 60-69	1:00:17	6:02/K
36	Justin Won	7992	1 0-19	1:00:25	6:03/K
37	Ben Scott	2192	9 30-39	1:00:29	6:03/K
38	Christopher Reed	2171	10 30-39	1:00:53	6:05/K
39	Justin Wright	8285	11 30-39	1:01:13	6:07/K
40	Warren Slaght	4805	2 60-69	1:01:18	6:08/K
41	Lee Michael	8319	12 30-39	1:01:45	6:11/K
42	Steve Tan	4829	13 30-39	1:01:52	6:11/K
43	Serguei Makarevski	2128	3 60-69	1:02:01	6:12/K
44	Raffaello Luca	2121	14 30-39	1:02:20	6:14/K
45	Jonathan Kostiuk	2105	13 20-29	1:02:58	6:18/K
46	Andrew Rutherford	2183	14 20-29	1:03:01	6:18/K
47	Austin prentice	2166	15 20-29	1:03:06	6:19/K

November 25, 2017

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>
48	james burris	2033	7 40-49	1:03:16	6:20/K
49	Mike Hsioo	8352	16 20-29	1:03:19	6:20/K
50	Tony Smith	8324	5 50-59	1:04:36	6:28/K
51	Allen Fossheim	2067	15 30-39	1:04:39	6:28/K
52	Alvaro Fernandez de Mesa	2061	16 30-39	1:04:43	6:28/K
53	Antonio Carasco Pinto	2034	8 40-49	1:04:43	6:28/K
54	Lawrence Bernales	2017	5 99-99	1:05:35	6:34/K
55	Adam Chruscicki	8336	6 99-99	1:05:43	6:34/K
56	Dean Scherbey	2190	9 40-49	1:06:16	6:38/K
57	Gordon Barteley	8323	6 50-59	1:06:30	6:39/K
58	Scott Towers	4862	10 40-49	1:07:07	6:43/K
59	Steven Pearce	2164	7 50-59	1:07:15	6:44/K
60	Rafael Ferri	2062	7 99-99	1:07:31	6:45/K
61	Aron Kwok	8343	8 99-99	1:07:51	6:47/K
62	Ron Fraser	2070	11 40-49	1:07:52	6:47/K
63	marc santenac	2188	8 50-59	1:07:57	6:48/K
64	Michael Sarvari	8329	17 30-39	1:07:58	6:48/K
65	Denis Flinn	2063	18 30-39	1:08:42	6:52/K
66	David Robinson	2175	19 30-39	1:08:44	6:52/K
67	Ian Highfield	8340	9 50-59	1:09:09	6:55/K
68	Colin Hamilton	8327	20 30-39	1:10:30	7:03/K
69	Barbosa Paul	2161	9 99-99	1:10:43	7:04/K
70	Tyler Morrow	2140	17 20-29	1:10:53	7:05/K
71	Ron Hughes	2091	12 40-49	1:11:51	7:11/K
72	Marc Harutunyan	2086	21 30-39	1:11:58	7:12/K
73	Stephen Jamison	2093	18 20-29	1:12:24	7:14/K
74	Kyle Arnold	2006	19 20-29	1:12:24	7:14/K
75	Paul Bucci	2029	20 20-29	1:12:27	7:15/K
76	Ryan Lunn	8325	13 40-49	1:12:37	7:16/K
77	Bryan Cogan	8318	10 50-59	1:13:35	7:22/K
78	Brandon Cardinal	2035	21 20-29	1:13:35	7:22/K
79	Thomas Freedy	2071	10 99-99	1:13:41	7:22/K
80	Johannes Setiapoltra	8331	14 40-49	1:15:17	7:32/K
81	Nathan Paisley	2156	22 20-29	1:15:36	7:34/K
82	Stacy Wood	8252	22 30-39	1:16:24	7:38/K
83	Chris Bauer	2011	23 30-39	1:17:25	7:45/K
84	James Palframan	2158	24 30-39	1:17:43	7:46/K
85	Chris Segers	2193	25 30-39	1:18:15	7:50/K
86	giovanni bitelli	2022	4 60-69	1:21:03	8:06/K
87	Ian Leighton	2113	11 50-59	1:22:30	8:15/K
88	Glen Leighton	2114	2 0-19	1:22:31	8:15/K
89	Mark Hyder	2092	5 60-69	1:23:09	8:19/K
90	Jason Zult	8317	26 30-39	1:23:47	8:23/K
91	Jos'© Rodriguez	2177	12 50-59	1:24:18	8:26/K
92	Griffin Fred	8335	11 99-99	1:25:16	8:32/K
93	Dylan Marchant	2131	3 0-19	1:30:49	9:05/K
94	Dennis Marchant	2130	27 30-39	1:30:51	9:05/K

Race Date

November 25, 2017

# MEC LOWER MAINLAND: TRAIL RACE SEVEN, 5K/10K

## 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>
95	Boedi Hendra	2087	15 40-49	1:38:57	9:54/K

November 25, 2017

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	Kealy Bird	51011	1 30-39	30:02	6:00/K
2	Jocelyn Danie Proby	51077	1 20-29	31:03	6:13/K
3	Kirsten Wyganowski	51506	2 20-29	33:26	6:41/K
4	carrie nickel	51070	2 30-39	33:31	6:42/K
5	Rachel Schoeler	51088	3 20-29	33:34	6:43/K
6	joni fehrenbacher	51036	1 50-59	33:46	6:45/K
7	Kelsey McDonell	51063	4 20-29	34:48	6:58/K
8	Kimberly McGrenere	51065	5 20-29	35:19	7:04/K
9	Lisa Puri	51080	3 30-39	35:29	7:06/K
10	Claire Peacock	51075	6 20-29	35:49	7:10/K
11	Lucy Yuan	51008	7 20-29	35:58	7:12/K
12	Lauren Keegan	51520	1 99-99	35:58	7:12/K
13	Laura Falsetto	51035	4 30-39	36:15	7:15/K
14	Micah Cruz	51022	8 20-29	37:13	7:27/K
15	Jocelyne Dramisino	51029	9 20-29	37:37	7:31/K
16	Johnson Jill	51043	2 50-59	37:51	7:34/K
17	Kenya Whittaker	51502	1 0-19	38:42	7:44/K
18	Dawn Whittaker	51503	1 40-49	38:44	7:45/K
19	Jacklyn Scodellaro	51089	5 30-39	39:16	7:51/K
20	Kate Le Souef	51052	6 30-39	39:21	7:52/K
21	Amanda Tregilges	51096	7 30-39	39:32	7:54/K
22	Audrey Wolf	51518	2 99-99	39:40	7:56/K
23	Lauren Duboisset-Broust	51030	10 20-29	39:41	7:56/K
24	Michelle Christopherson	51018	11 20-29	40:01	8:00/K
25	Rebecca Abel	51002	2 0-19	40:04	8:01/K
26	Karen Bloom	51517	3 50-59	40:31	8:06/K
27	Tessa Donnelly	51026	12 20-29	40:53	8:11/K
28	Kathleen Wee	51501	8 30-39	41:10	8:14/K
29	Erika Lofstrand	51057	9 30-39	41:54	8:23/K
30	Claire Badali	51007	10 30-39	42:49	8:34/K
31	Jodie Dow	51027	11 30-39	43:11	8:38/K
32	Chloe Scott	51090	13 20-29	43:29	8:42/K
33	esther bordera	51013	2 40-49	43:30	8:42/K
34	Kelly Zibrik	51510	12 30-39	43:31	8:42/K
35	Natalie Berkheimer	51010	13 30-39	44:06	8:49/K
36	Bryden Cassie	51511	14 30-39	44:10	8:50/K
37	Cristina L'pez Garcia	51049	3 40-49	45:45	9:09/K
38	Izabel Sabiston	51087	3 0-19	46:02	9:12/K
39	Theresa Sabiston	51086	15 30-39	46:07	9:13/K
40	Roselina Meleer	51523	3 99-99	46:18	9:16/K
41	Angela Lange	51051	4 40-49	48:32	9:42/K
42	Shauna Puchniak	51078	5 40-49	48:42	9:44/K
43	Amar Johal	51044	6 40-49	48:57	9:47/K
44	leanne lloyd	51056	4 50-59	50:59	10:12/K
45	Vanessa Palframan	51521	16 30-39	51:56	10:23/K
46	Norma Esparza	51034	7 40-49	1:03:57	12:47/K
47	suzanne Carry	51017	8 40-49	1:13:53	14:47/K

November 25, 2017

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	Nicholas Lightbody	51512	1 20-29	21:37	4:19/K
2	Marke Sveteli	51525	1 0-19	23:54	4:47/K
3	Thomas ZuiDerveen	51519	2 20-29	25:09	5:02/K
4	Brendan Dyck	51032	3 20-29	26:05	5:13/K
5	Pierre Chan	51522	1 99-99	27:26	5:29/K
6	Braden Hufsmith	51041	1 30-39	28:26	5:41/K
7	Paul Cameron	51015	2 30-39	28:44	5:45/K
8	William Campaign	51524	4 20-29	28:53	5:47/K
9	Kevin Dodgson	51025	3 30-39	29:05	5:49/K
10	Calum MacLeod	51058	5 20-29	29:24	5:53/K
11	Greg Puchniak	51079	1 40-49	30:45	6:09/K
12	Julio H Portillo	51040	2 40-49	31:20	6:16/K
13	Clement Fung	51516	6 20-29	31:32	6:18/K
14	Curtis molitor	51068	1 50-59	33:22	6:40/K
15	Matthew Lahay	51050	4 30-39	35:03	7:01/K
16	Jake Sabiston	51085	2 0-19	35:04	7:01/K
17	Dave Davies	51024	3 40-49	37:39	7:32/K
18	Mark Watson	51100	4 40-49	38:41	7:44/K
19	Gneo Cris	51513	5 30-39	39:32	7:54/K
20	Andrew Abel	51001	5 40-49	40:14	8:03/K
21	Jackisch Ingo	51042	1 60-69	40:18	8:04/K
22	Jamie Duncan	51031	6 30-39	40:42	8:08/K
23	Ken Pattenden	51073	6 40-49	40:57	8:11/K
24	Paul Richardson	51081	7 30-39	41:39	8:20/K
25	Julian David Masmitja Abad	51061	7 40-49	45:43	9:09/K
26	Mitchel Sabiston	51084	8 30-39	46:04	9:13/K
27	Jack Crane	51021	9 30-39	48:43	9:45/K
28	Mason Marchant	51059	3 0-19	1:03:58	12:48/K