

Overall Finish List

10 k Run

Female

<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Time</u>	<u>Pace</u>
1	Kristin Smart	63049	40:27	4:03/K
2	Christina Neudorf	62992	45:33	4:33/K
3	Joanne Bach	3237	47:04	4:42/K
4	Julie McClenahan	63043	48:05	4:49/K
5	Pam Booth	63046	49:28	4:57/K
6	Bronwyn Retief	63008	50:18	5:02/K
7	Nicole Laird	62969	50:39	5:04/K
8	Angela Enman	62925	50:40	5:04/K
9	Tara Nicholls	62994	50:48	5:05/K
10	Oana Nistor	63045	50:49	5:05/K
11	Janice Keller	62959	54:38	5:28/K
12	Aimee Corrigan	62908	55:28	5:33/K
13	Debbie Samsom	63010	55:32	5:33/K
14	Carolyn Hubbard	62949	55:36	5:34/K
15	Natalija Ilic	62953	55:59	5:36/K
16	Kathleen Biberdorf	4790	56:02	5:36/K
17	Rita Hui	62952	56:04	5:36/K
18	Boni Lidderdale	62971	56:31	5:39/K
19	Michelle Kwon	62968	56:37	5:40/K
20	Vanessa Hanberg	62941	56:38	5:40/K
21	Kristina Schmidt	63011	57:02	5:42/K
22	Stacey Kosturos	62965	57:58	5:48/K
23	Melissa Bodkin	7040	57:59	5:48/K
24	Kristin Dueck	62920	58:01	5:48/K
25	Brianne Higo	62945	58:12	5:49/K
26	Kathy Potter	63002	58:47	5:53/K
27	Olivia Fournier	62931	59:56	6:00/K
28	Caitlin Naylor	62991	1:00:50	6:05/K
29	Christelle Stoesz	63022	1:01:05	6:07/K
30	Amanda Bruce	7552	1:01:32	6:09/K
31	Lisa Hamar	62939	1:01:35	6:10/K
32	Michaela Staller	63020	1:02:01	6:12/K
33	Alanna Goodman	62934	1:03:11	6:19/K
34	Julia Wong	63038	1:03:31	6:21/K
35	Caroline Selvage	63012	1:04:00	6:24/K
36	Megan Haliburton	62936	1:04:06	6:25/K
37	Tracy Welch	63036	1:04:23	6:26/K
38	Adri Fenton	62928	1:05:02	6:30/K
39	Shirley Cochrane	62904	1:05:08	6:31/K
40	Lora Smith	63017	1:06:22	6:38/K
41	Heidi Rampfl	63006	1:06:34	6:39/K
42	Lorraine Douville	62919	1:08:28	6:51/K
43	Monica Murphy	62990	1:09:29	6:57/K
44	Maureen Gibson	62932	1:09:30	6:57/K
45	Heather Beatty	3340	1:10:06	7:01/K
46	Erin Obsniuk	62995	1:10:06	7:01/K
47	Neha Kishore	62964	1:13:23	7:20/K

Race Date
July 09, 2017

MEC LOWER MAINLAND ROAD RACE SEVEN: 5K, 10K

Overall Finish List

10 k Run			Female	
<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Time</u>	<u>Pace</u>
48	Jessica Dhamrait	62917	1:14:46	7:29/K
49	Leanne Fawcett	62926	1:17:57	7:48/K
50	Joann Khor	62961	1:19:48	7:59/K
51	Mary Munro	62989	1:21:08	8:07/K

Overall Finish List

10 k Run

Male

<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Time</u>	<u>Pace</u>
1	Kris Warkentin	63033	37:13	3:43/K
2	Adam Finley	62930	39:59	4:00/K
3	Parminda Randhawa	63047	42:53	4:17/K
4	Kevin De Leon	62914	44:53	4:29/K
5	Jeremy Neufeld	62993	45:21	4:32/K
6	Blair Brodie	7544	46:26	4:39/K
7	Robin Wilson	63048	46:47	4:41/K
8	Geoff Hugh-Games	63054	47:26	4:45/K
9	Joe Lidderdale	62972	48:08	4:49/K
10	Scott MacKay	62978	48:18	4:50/K
11	George Patton	62998	48:37	4:52/K
12	Dan Hackett	62935	48:43	4:52/K
13	Vaclav Sladek	63014	49:56	5:00/K
14	Amrit Birring	63042	50:52	5:05/K
15	Mark Stoller	63023	51:52	5:11/K
16	Mehran Ehsan	62924	52:24	5:14/K
17	Bruce Young	63040	52:30	5:15/K
18	Steven Pearce	62999	52:44	5:16/K
19	Jim Bradley	7409	53:37	5:22/K
20	Keith Adkin	3205	54:43	5:28/K
21	Chris Worshup	63050	54:55	5:30/K
22	Iain Chima	7558	55:09	5:31/K
23	Phil Robinson	63052	55:53	5:35/K
24	Wai Keung Tsang	63029	55:54	5:35/K
25	Julian Nararatam	63053	56:44	5:40/K
26	Taeksung Kim	62962	57:02	5:42/K
27	Justin Dhaliwal	62916	57:13	5:43/K
28	Tobyn Kidd	63044	57:34	5:45/K
29	Alan Gervais	63041	57:35	5:46/K
30	Marinus Waterberg	63034	58:30	5:51/K
31	David Hall	62938	59:39	5:58/K
32	Mike Stoesz	63021	1:00:25	6:03/K
33	Paul Higgins	63051	1:00:51	6:05/K
34	Paul Welch	63035	1:04:24	6:26/K
35	Wayne Dueck	62921	1:05:51	6:35/K
36	John Kelly`	62960	1:06:50	6:41/K
37	Ron Higo	62944	1:07:35	6:46/K
38	Peter Goel	62933	1:22:16	8:14/K

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MEC LOWER MAINLAND ROAD RACE SEVEN: 5K, 10K

Overall Finish List

5 k Run			Female	
Overall	Name	Bib No	Time	Pace
1	Rebecca Stonecypher	8223	22:35	4:31/K
2	Jessica Thiesseen	8229	24:14	4:51/K
3	Natalie Selvage	8215	24:50	4:58/K
4	Laura Vis	8239	24:55	4:59/K
5	Hannah Maw	8203	26:14	5:15/K
6	Nicole De Giusti	3869	26:40	5:20/K
7	Jessica Khubyar-Ebert	3990	27:34	5:31/K
8	Kayla Tarala	8225	30:27	6:05/K
9	Meghan Doll	3878	31:09	6:14/K
10	Natalie Berkheimer	3837	31:19	6:16/K
11	Sylvia Little	3998	31:32	6:18/K
12	Barb Medwid	8208	31:54	6:23/K
13	Sara Howarth	8233	32:06	6:25/K
14	Holly Van Woerden	8231	32:22	6:28/K
15	Alyssa Downey	3886	32:26	6:29/K
16	Claire Brown	3843	32:31	6:30/K
17	Mikayla Giles	3932	34:39	6:56/K
18	Melanie Giles	3930	34:39	6:56/K
19	Adeline Lin	3997	37:41	7:32/K
20	Zara Arzadon	3820	37:52	7:34/K
21	Cassidy Little	8201	39:09	7:50/K
22	Angela Smith	8220	44:18	8:52/K
23	Patricia Bird	3840	45:13	9:03/K
24	Roxanne La Claire	3995	45:47	9:09/K

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July 09, 2017

MEC LOWER MAINLAND ROAD RACE SEVEN: 5K, 10K

Overall Finish List

5 k Run			Male	
Overall	Name	Bib No	Time	Pace
1	Joshua Dalmann	3868	19:08	3:50/K
2	Paul Taylor	8226	19:43	3:57/K
3	Greg Medwid	8207	19:59	4:00/K
4	Jason Beck	8238	20:18	4:04/K
5	Kirill Laktionov	3996	21:01	4:12/K
6	Daniel Villasenor	8235	21:29	4:18/K
7	Brett Kehler	3989	21:37	4:19/K
8	Alan Blair	8240	21:58	4:24/K
9	Fernando A Villasenor	8237	22:00	4:24/K
10	Gary Philipson	8212	22:15	4:27/K
11	Morse Stonecypher	8222	22:44	4:33/K
12	Jake Taylor	8228	23:32	4:42/K
13	George Grober	3950	25:10	5:02/K
14	Michael Maw	8204	26:13	5:15/K
15	Sherman McLendon Iii	8206	27:18	5:28/K
16	Jon Dueck	3887	27:46	5:33/K
17	Trevor Smith	8219	28:01	5:36/K
18	Fernando M Villasenor	8236	28:33	5:43/K
19	Bill Kingsland	3992	28:48	5:46/K
20	Sean Gardiner	3929	30:14	6:03/K
21	Austin Selvage	8216	30:31	6:06/K
22	Hubert Mock	8209	30:38	6:08/K
23	Derek Little	4000	31:26	6:17/K
24	Chance Fraess	3922	31:28	6:18/K
25	Emerson Killam	8234	32:13	6:27/K
26	Randy Bach	3833	32:45	6:33/K
27	Shawn McKay	8205	34:39	6:56/K
28	Harrison Mak	8202	36:56	7:23/K
29	Gord Kurenoff	3994	38:46	7:45/K
30	Tony Little	3999	39:13	7:51/K
31	David Selvage	8214	44:58	9:00/K