

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

Race Date

March 25, 2017

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

<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Time</u>	<u>Pace</u>
1	Stephanie Hamilton	3412	56:50	5:41/K
2	Karine Travaillaud	62305	59:20	5:56/K
3	Lisa Egami	79702	1:02:26	6:15/K
4	Alex Smolinski	3490	1:12:21	7:14/K
5	Annie Johansen	76670	1:12:52	7:17/K
6	Joanne Bach	1117	1:13:39	7:22/K
7	Eliza Mowle	3452	1:13:45	7:23/K
8	Charters Anna	1109	1:13:52	7:23/K
9	Green Holly	3418	1:13:53	7:23/K
10	Nadia Demers	1185	1:14:02	7:24/K
11	Lunn Christiana	1170	1:14:14	7:25/K
12	Sheena Bull	76658	1:14:57	7:30/K
13	Patricia Gray	3409	1:15:17	7:32/K
14	Andrea Keevil	3424	1:16:20	7:38/K
15	Linda English	1192	1:16:52	7:41/K
16	Jenn Solomon	3491	1:17:34	7:45/K
17	Nikol Marconova	3440	1:17:51	7:47/K
18	Ennas Abdussalam	76688	1:17:58	7:48/K
19	Charlotte Tegtmeier	3498	1:18:32	7:51/K
20	Maria Yaguara	76638	1:18:40	7:52/K
21	Joy Wang	62351	1:19:02	7:54/K
22	Amanda Chow	1169	1:19:07	7:55/K
23	Christiane Boyce	1144	1:19:28	7:57/K
24	Emily Lankhorst	3426	1:20:18	8:02/K
25	Burch Danielle	1182	1:20:29	8:03/K
26	Amanda Sanderman	3480	1:20:38	8:04/K
27	Sarah Rees	3478	1:22:15	8:14/K
28	Lauren Blackburn	1139	1:23:03	8:18/K
29	Monique Osborne	79747	1:23:16	8:20/K
30	Kyla Quong	76668	1:23:30	8:21/K
31	Chung Youna	76645	1:23:40	8:22/K
32	Emily Van Brederode	62324	1:23:51	8:23/K
33	Eis Shannen	3486	1:24:38	8:28/K
34	Erin Hannon	3413	1:25:12	8:31/K
35	Amber Young	76654	1:25:34	8:33/K
36	Trisha McDowall	79748	1:26:33	8:39/K
37	Charlotte Gilmour	3405	1:27:54	8:47/K
38	Catherine Grima	3410	1:27:55	8:48/K
39	Dawn Mooney	3451	1:29:41	8:58/K
40	Pamela McAleese	3444	1:30:01	9:00/K
41	Guzman Kaitlin	3423	1:30:35	9:04/K
42	Saeideh Atoofi	1111	1:32:09	9:13/K
43	Anita Loy	3432	1:32:11	9:13/K
44	Erin MacKenzie	3437	1:33:20	9:20/K
45	Rebecka Forward	1194	1:33:46	9:23/K
46	Marin Judith	3422	1:34:17	9:26/K
47	Koleba Tamar	3497	1:34:17	9:26/K

Race Date

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

March 25, 2017

Overall Finish List

		10 k Run	Female	
Overall	Name	Bib No	Time	Pace
48	Heather Patry	3462	1:35:30	9:33/K
49	Cassie Wright	76637	1:36:54	9:41/K
50	Holly Vipond	62346	1:37:10	9:43/K
51	Jane Abbott	1101	1:37:39	9:46/K
52	Wendy Rafuse	3473	1:38:42	9:52/K
53	Eva Nemeth	3455	1:40:41	10:04/K
54	Kathleen Biberdorf	1135	1:42:59	10:18/K
55	Veronika Smolik	3489	1:43:00	10:18/K
56	Maki Narusawa	3454	1:47:43	10:46/K
57	Dianne Wiens	76620	1:49:07	10:55/K
58	Alexandra Webb	62376	1:50:55	11:06/K

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

Race Date

March 25, 2017

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

<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Time</u>	<u>Pace</u>
1	Martin Gelinder	3401	51:14	5:07/K
2	Brendan Urlocker	79746	51:57	5:12/K
3	Alex Zucca	76646	52:17	5:14/K
4	Matt Ehrenreich	1190	52:57	5:18/K
5	Jacques Stevenson	3495	53:15	5:20/K
6	Rene Schade	3482	55:28	5:33/K
7	Gavin Bong	1140	56:36	5:40/K
8	Sebastian Wearmouth	62364	56:45	5:41/K
9	Paul Lancaster	3425	57:04	5:42/K
10	Stephen Hardy	3414	58:45	5:53/K
11	Connell O'Reilly	3456	1:00:39	6:04/K
12	Dane Low	3431	1:01:01	6:06/K
13	Safder Raza	3476	1:01:23	6:08/K
14	Mark Rooke-Jones	76674	1:01:29	6:09/K
15	David Longpre	3430	1:02:34	6:15/K
16	Samuel Gerard	3404	1:02:40	6:16/K
17	Peter Bremer	79740	1:04:09	6:25/K
18	Andre Gerard	3403	1:04:33	6:27/K
19	Olibob Cartmell	1164	1:04:33	6:27/K
20	Shawn McNaughton	79704	1:04:43	6:28/K
21	Andrew McKay	3449	1:05:18	6:32/K
22	Ben Scott	3485	1:05:42	6:34/K
23	Mason Protter	79742	1:07:04	6:42/K
24	Christopher Reed	3477	1:07:28	6:45/K
25	Matthew King	76680	1:07:41	6:46/K
26	Kevin Da Silva	1181	1:07:55	6:48/K
27	Louie Martinez	3443	1:07:56	6:48/K
28	Adam Goluboff	3407	1:09:07	6:55/K
29	Guido Lichius	76699	1:10:03	7:00/K
30	Justin Yan	76640	1:10:11	7:01/K
31	George Patton	3463	1:10:28	7:03/K
32	Alberto Ramirez	3474	1:10:30	7:03/K
33	Matt Poisson	3469	1:11:03	7:06/K
34	Camilo Ramirez	3475	1:11:19	7:08/K
35	Warren Cartwright	1167	1:11:28	7:09/K
36	Kevin Chao	79744	1:11:39	7:10/K
37	Antonio Carrasco-Pinto	76657	1:11:58	7:12/K
38	Fernandez De Me Alvaro	1105	1:11:58	7:12/K
39	Miguel Salas	79718	1:12:22	7:14/K
40	Vaclav Sladeh	76695	1:12:36	7:16/K
41	Michael Benner	1120	1:13:03	7:18/K
42	Nick Cragg	1177	1:13:14	7:19/K
43	Russell McLellan	3450	1:13:35	7:22/K
44	Julian Carson	1162	1:13:35	7:22/K
45	Wesley Carson	1163	1:13:35	7:22/K
46	Casey Dubois	1189	1:13:42	7:22/K
47	Nathan Paisley	3458	1:13:45	7:23/K

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

Race Date

March 25, 2017

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

<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Time</u>	<u>Pace</u>
48	Ryan Williams	76623	1:13:49	7:23/K
49	Alexander Coombes	1174	1:14:31	7:27/K
50	Michael Broughton	1150	1:15:23	7:32/K
51	Simon Couture	1176	1:16:05	7:37/K
52	Mykola Lysenko	3435	1:16:21	7:38/K
53	Bruce Cheng	79745	1:16:33	7:39/K
54	Tom Sherlock	79741	1:16:47	7:41/K
55	Nader Atoofi	1112	1:17:05	7:43/K
56	Andreas Allhus	76677	1:17:21	7:44/K
57	Dwight Hawes	76655	1:17:44	7:46/K
58	Peter Toth	76692	1:17:52	7:47/K
59	Leigh Burbidg	1152	1:18:21	7:50/K
60	Gerry O'Reilly	3457	1:18:55	7:54/K
61	Nelson Santos	3481	1:19:19	7:56/K
62	James Palframan	3460	1:20:28	8:03/K
63	Burch Tyler	62318	1:20:29	8:03/K
64	Elbaz Marc	3439	1:23:39	8:22/K
65	Matt Johnson	3421	1:24:03	8:24/K
66	Philip Harris	3415	1:25:00	8:30/K
67	Barry Young	79743	1:25:33	8:33/K
68	Skidmore Tim	3500	1:33:44	9:22/K
69	Chris Wasilenchuk	62360	1:34:05	9:25/K

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

Race Date

March 25, 2017

Overall Finish List

5 k Run			Female	
Overall	Name	Bib No	Time	Pace
1	Amy Schneeberg	5923	25:03	5:01/K
2	Anna Bennett	1861	29:37	5:55/K
3	Renee Tong	5949	29:52	5:58/K
4	Alzbeta Medvedova	5904	30:57	6:11/K
5	Shannon Sneddon	5933	31:00	6:12/K
6	Lindsay Shepherd	5927	31:16	6:15/K
7	Tara Nesbitt	5908	31:33	6:19/K
8	Carolyn Hubbard	5967	31:59	6:24/K
9	Felicia Hokars	5664	32:14	6:27/K
10	Withenshaw Samantha	5921	32:31	6:30/K
11	Emma Rolfson	5920	32:33	6:31/K
12	Melissa Rolfson	5919	32:38	6:32/K
13	Diana Benneth	5970	33:07	6:37/K
14	Jessica Dunkley	5615	33:16	6:39/K
15	Payal Payal	5915	33:55	6:47/K
16	Tallon Corinne	1891	33:55	6:47/K
17	Sarah Pedley	5917	34:02	6:48/K
18	Ann Harris	5973	34:21	6:52/K
19	Kaili Clay	1890	35:05	7:01/K
20	Miller Brianne	1871	35:22	7:04/K
21	Riley Lancaster	5695	35:49	7:10/K
22	Dana Hough	5963	36:02	7:12/K
23	Andrea Tang	5974	36:39	7:20/K
24	Clemens Sandy	5922	36:44	7:21/K
25	Kaylene England	5627	36:49	7:22/K
26	Leigh Delong	5965	36:53	7:23/K
27	Maria Gelinder	5646	36:55	7:23/K
28	Susanna Smith	5932	37:08	7:26/K
29	Young Johanna	5688	37:16	7:27/K
30	Binaifer Kapadia	5975	37:17	7:27/K
31	Alissa Reed	5918	37:35	7:31/K
32	Jennifer Felker	5629	38:22	7:40/K
33	Pamela Costanzo	1892	38:22	7:40/K
34	Doyle Kay	5691	38:38	7:44/K
35	Rochelle Parker	5984	38:58	7:48/K
36	Ella Tinto	5946	39:16	7:51/K
37	Karen Tinto	5945	39:16	7:51/K
38	Tanja Cvekic	5602	39:43	7:57/K
39	Laura Bergeron	1863	40:10	8:02/K
40	Anne Fischer	5643	40:13	8:03/K
41	Barina Naprawa	5982	41:05	8:13/K
42	Shirley Singh	5928	41:27	8:17/K
43	Lucy Tinto	5947	41:58	8:24/K
44	Cheryl Lebarr	5696	42:17	8:27/K
45	Mary Kossak	5692	42:18	8:28/K
46	You Mimi	5906	42:30	8:30/K
47	Genesis Hiles	5661	42:32	8:30/K

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

Race Date

March 25, 2017

Overall Finish List

5 k Run			Female	
Overall	Name	Bib No	Time	Pace
48	López Garcia Cristina	1899	42:52	8:34/K
49	Nuttall Jennifer	5671	44:45	8:57/K
50	Tricia Edgar	5622	44:54	8:59/K
51	Lauren Edgar	5623	44:55	8:59/K
52	Vanessa Palframan	5979	44:57	8:59/K
53	Stephanie Turenne	5951	45:08	9:02/K
54	Kumar Tania	5939	45:36	9:07/K
55	Amrit Braich	1869	46:06	9:13/K
56	Suchitra Subchantha	5937	48:49	9:46/K
57	Salisa Suddhisanon	5938	48:50	9:46/K
58	Robyn Edgar	5624	49:05	9:49/K
59	Rhiannon Henley	5658	49:47	9:57/K
60	Michelle Taylor	5940	49:49	9:58/K
61	Corli Henley	5652	49:50	9:58/K
62	Milena Henley	5653	1:04:32	12:54/K

Overall Finish List

5 k Run

Male

<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Time</u>	<u>Pace</u>
1	Withers Dan	5603	24:59	5:00/K
2	Koen Van Greevenbroek	5953	26:16	5:15/K
3	Sam Benneth	5971	26:58	5:24/K
4	Russell Mayne	5987	29:41	5:56/K
5	Seppelt Chris	1889	30:38	6:08/K
6	David Ellis	5964	31:21	6:16/K
7	Troi Cormick	5968	32:06	6:25/K
8	Brent Davidson	5972	32:13	6:27/K
9	Tallon Brendan	1870	32:13	6:27/K
10	Sebastian Dulmage	5978	33:54	6:47/K
11	Owen Davis	5609	33:55	6:47/K
12	Mark Hyder	5976	34:24	6:53/K
13	Alex Thompson	5943	35:22	7:04/K
14	Cory Smith	5931	35:35	7:07/K
15	Paul Yeoman	5983	35:42	7:08/K
16	Ingo Jackisch	5667	36:00	7:12/K
17	Trevor Cumming	5980	36:03	7:13/K
18	Dave Fischer	5636	36:05	7:13/K
19	Masmitja Abad Julian David	5689	37:48	7:34/K
20	Falconer Zane	5962	38:39	7:44/K
21	Mauricio Galeano	5644	38:54	7:47/K
22	Mungo Dulmage	5977	39:03	7:49/K
23	Michael Marshall	5902	39:32	7:54/K
24	Manuel Loo Chan	5966	39:42	7:56/K
25	Guzman Sergio	5926	41:02	8:12/K
26	Paul Thomas	5942	41:14	8:15/K
27	Nicolas Pedley	5916	42:10	8:26/K
28	Tony Tinto	5948	42:10	8:26/K
29	Xiaoyang Li	5698	43:00	8:36/K
30	Gurpal Sekhon	5981	46:05	9:13/K
31	Randy Bach	1858	46:33	9:19/K
32	Herve Gac	5969	1:04:20	12:52/K
33	Julien Henley	5659	1:04:31	12:54/K