

MEC NORTH VANCOUVER RACE ONE: 5K/10K

February 27, 2016

Results By TRIO Sport Events www.trioevents.ca**MEC****10 k Run****Female**

Place	Name	Bib No	Time	Total Pace
1	Allison Tai	79438	51:00	5:06/K
2	Nailey Cabrera	79483	53:21	5:20/K
3	Alexandra Yule	79468	57:50	5:47/K
4	Karine Hamm	73482	58:14	5:49/K
5	Nicki Seaborn	75389	58:18	5:50/K
6	Janneke Vissers	79448	59:02	5:54/K
7	Christy Baker	73406	59:39	5:58/K
8	Michelle Jamieson	73499	59:42	5:58/K
9	Allanah Brown	73420	59:42	5:58/K
10	Leslie Hull	73493	1:00:32	6:03/K
11	Heather Harker	73484	1:00:32	6:03/K
12	Kate Blomfield	73413	1:00:46	6:05/K
13	Sabrina Blake	73412	1:00:50	6:05/K
14	Thais Rodrigues	75384	1:01:40	6:10/K
15	Junko Kosugi	75309	1:01:44	6:10/K
16	Jodie Edgar	73457	1:01:56	6:12/K
17	Tina Von Dehn	79450	1:03:08	6:19/K
18	Jennifer McConkey	75343	1:03:37	6:22/K
19	Amanda Daft	73447	1:03:54	6:23/K
20	Roanne Greiff	73478	1:05:24	6:32/K
21	Sandra Major	75335	1:06:30	6:39/K
22	Iva Cvetic	73446	1:06:40	6:40/K
23	Alexis Kozak	75310	1:06:56	6:42/K
24	Christine Shaddick	75390	1:07:02	6:42/K
25	Rachel Jordan	75302	1:07:07	6:43/K
26	Debbie Suzuki	79437	1:07:17	6:44/K
27	Pam Granum	73477	1:07:20	6:44/K
28	Margot Lively	75323	1:07:24	6:44/K
29	Corinne Shannon	75391	1:07:25	6:45/K
30	Andrea Keevil	75305	1:07:29	6:45/K
31	Michele Millett	75348	1:07:53	6:47/K
32	Anita Leonhard	75316	1:07:55	6:48/K
33	Christine Hudson	73492	1:08:58	6:54/K
34	Louise Southwood	75400	1:09:12	6:55/K
35	Katrina Coulter	73442	1:09:19	6:56/K
36	Caoimhe Murray	75352	1:09:21	6:56/K
37	Sara Lanyon	79492	1:09:47	6:59/K
38	Nadia Karmali	75304	1:10:26	7:03/K
39	Christine Birkett	79471	1:10:38	7:04/K
40	Myriam Beaugã©	73407	1:11:00	7:06/K
41	Juliana Garcua	73468	1:11:06	7:07/K
42	Nikol Marconova	75338	1:11:18	7:08/K
43	Cori Smith	75398	1:11:40	7:10/K
44	Maureen McDonald	75344	1:11:58	7:12/K

45	Brynn McIntosh	75346	1:12:09	7:13/K
46	Rea Blyth	73415	1:12:23	7:14/K
47	Sarah Blyth	73414	1:12:23	7:14/K
48	Michelle Brown	73419	1:13:14	7:19/K
49	Sally Young	79470	1:13:33	7:21/K
50	Deanna Sim	75396	1:13:48	7:23/K
51	Ashley Duckwooth	73456	1:13:50	7:23/K
52	Lindsay Wohlfahrt	79463	1:13:51	7:23/K
53	Beth Zapadka	73469	1:13:51	7:23/K
54	Mackenzie Gaytmenn	73469	1:13:51	7:23/K
55	Miranda Holroyd	79473	1:14:25	7:27/K
56	Katie Wilson	79462	1:14:47	7:29/K
57	Denise Galts	73464	1:15:03	7:30/K
58	Kaelie Forzani	73462	1:16:14	7:37/K
59	Sonia Puttonen	75379	1:16:49	7:41/K
60	Karen Carr	73432	1:16:49	7:41/K
61	Marie Krzus	75311	1:17:08	7:43/K
62	Simone Loch	75324	1:17:08	7:43/K
63	Kyla Ridley	75382	1:17:20	7:44/K
64	Wendy Wong	79478	1:17:34	7:45/K
65	Saeideh Atoofi	73405	1:17:51	7:47/K
66	Anita Loy	75328	1:17:51	7:47/K
67	Madanzie Gaytmenn	79485	1:18:36	7:52/K
68	Yvonne Tong	79441	1:19:10	7:55/K
69	Harmony Wildman	79460	1:19:19	7:56/K
70	Linda Cleland	73441	1:19:44	7:58/K
71	Jessie Hare	73483	1:20:05	8:01/K
72	Paula Garcia	73467	1:20:07	8:01/K
73	Louise Jackson	73496	1:20:30	8:03/K
74	Carrie Whitworth	79458	1:20:41	8:04/K
75	Lee McNutt	79481	1:20:42	8:04/K
76	Amy Jamieson	73498	1:20:48	8:05/K
77	Alicia Renoirte	75381	1:20:58	8:06/K
78	Jessica Litman	79489	1:21:00	8:06/K
79	Tasmin Nash	75355	1:21:02	8:06/K
80	Vanessa Palframan	75369	1:21:08	8:07/K
81	Roz Screeton	79474	1:21:08	8:07/K
82	Monica Gualdieri	73480	1:21:12	8:07/K
83	Bonnie Curtis	73445	1:21:22	8:08/K
84	Larissa McCairns	75342	1:21:23	8:08/K
85	Trisha McDowell	79488	1:21:24	8:08/K
86	Kum Turik	73444	1:21:54	8:11/K
87	Zoe Capps	73430	1:21:58	8:12/K
88	Jessica Saunders	79472	1:22:31	8:15/K
89	Jessica Falandysz	73460	1:23:10	8:19/K

90	Melanie Hoffman	73489	1:23:11	8:19/K
91	Bri Ribaj	79476	1:23:38	8:22/K
92	Janine Karlsen	75303	1:24:46	8:29/K
93	Shalyn Linklater	75319	1:24:47	8:29/K
94	Kerry Morgan	75349	1:24:56	8:30/K
95	Lily Tourond	79443	1:25:08	8:31/K
96	Jane Victoria King	79491	1:27:54	8:47/K
97	Ramona Maferi	75334	1:27:58	8:48/K
98	Stefani Mello	75347	1:28:23	8:50/K
99	Claire Woodbridge	79465	1:28:29	8:51/K
100	Kelly Bolderston	73417	1:28:44	8:52/K
101	Carrie Finlayson	73461	1:29:13	8:55/K
102	Leanne Bhardwaj	73410	1:29:15	8:56/K
103	Elaine Haakstad	73481	1:31:00	9:06/K
104	Jennifer Ho-Wang	73491	1:31:00	9:06/K
105	Sharon Sandhu	75388	1:31:22	9:08/K
106	Melissa Heilman	73486	1:35:27	9:33/K
107	Valerie Klein Litman	75308	1:37:57	9:48/K
108	Veronika Smolik	75399	1:38:03	9:48/K
109	Castillo Jessica	79495	1:43:24	10:20/K
110	Gina Nolletti	75357	1:44:11	10:25/K
111	Audrey Ritsema	75383	1:47:46	10:47/K
112	Christi Walter	79453	1:47:47	10:47/K

10 k Run

Male

Place	Name	Bib No	Time	Total Pace
1	David Eikelboom	73459	41:35	4:10/K
2	Tom Van	79479	43:39	4:22/K
3	Fraser Stewart-Barnett	79430	44:12	4:25/K
4	Malcolm Suarez	79435	46:48	4:41/K
5	Connell O'Reilly	75366	48:11	4:49/K
6	Ian Robertson	79487	48:20	4:50/K
7	Gavin Bong	73418	48:25	4:51/K
8	Wes Kirk	75307	49:01	4:54/K
9	Chis Muir	79484	49:08	4:55/K
10	Milan Benacka	73408	49:29	4:57/K
11	David Liou	79490	50:20	5:02/K
12	Chad Reid	75380	51:34	5:09/K
13	Stuart Ashman	73403	52:24	5:14/K
14	Logan Rudrum	75387	52:31	5:15/K
15	Adrian De Lisle	73453	52:44	5:16/K
16	Mark Wong	79464	53:03	5:18/K
17	Adam Lee	75315	53:41	5:22/K
18	Mike Darud	73451	53:56	5:24/K
19	Eoin O'Raghallaigh	75364	54:03	5:24/K
20	John Tai	79439	54:42	5:28/K
21	Brad Haghese	79482	54:45	5:29/K
22	Adam Wilkinson	79461	55:03	5:30/K
23	Charlie Hunter	73494	55:14	5:31/K
24	Stephen Park	75372	55:27	5:33/K
25	Dimitrios Mylonas	75354	55:45	5:35/K
26	Mark Topacio	79442	55:58	5:36/K
27	Kristopher Mantia	79486	56:17	5:38/K
28	Scott Hurst	73495	56:44	5:40/K
29	Adam Goluboff	73474	57:03	5:42/K
30	Luis Camargo	73424	58:17	5:50/K
31	Oliver Egeler	73458	58:24	5:50/K
32	Adrian Lucanu	75329	58:29	5:51/K
33	Philip Urquhart	79445	58:55	5:54/K
34	Stephen Daniels	73449	59:00	5:54/K
35	Jeff Oh	75361	59:11	5:55/K
36	Bill Harrower	73485	59:12	5:55/K
37	Aleksandr Galunenko	73465	59:41	5:58/K
38	Lachlan Caunt	73433	59:45	5:59/K
39	Everett Romain	75386	1:00:15	6:02/K
40	Lawrence Bernales	73409	1:00:45	6:05/K
41	Martin O'Keane	75362	1:00:48	6:05/K
42	Jordan Smith	79477	1:01:06	6:07/K
43	Aaron Bruce	73421	1:01:14	6:07/K
44	Philippe Whyte	79459	1:01:18	6:08/K
45	Serguei Makarevski	75336	1:01:23	6:08/K
46	Alex Rohde	75385	1:01:32	6:09/K
47	Karl Jensen	73500	1:01:56	6:12/K
48	Nader Atoofi	73404	1:02:10	6:13/K

49	Frank Novinc	75358	1:02:27	6:15/K
50	Nav Litt	75322	1:02:31	6:15/K
51	Andrew Clark	73439	1:02:43	6:16/K
52	James Palframan	75368	1:02:44	6:16/K
53	Oliver Lane	75313	1:02:57	6:18/K
54	Rob Esaw	65936	1:03:00	6:18/K
55	Jeremy Burrows	65935	1:03:07	6:10/K
56	Ziggy Linklater	75321	1:03:44	6:22/K
57	Jun Sugimoto	79436	1:04:01	6:24/K
58	Tim Linklater	75320	1:04:10	6:25/K
59	Marvin Galvez	73466	1:04:23	6:26/K
60	Ken Pattenden	75374	1:04:28	6:27/K
61	Kens Ryu	79480	1:04:59	6:30/K
62	Bruce Taverner	79440	1:05:09	6:31/K
63	Richard Stock	79432	1:05:17	6:32/K
64	Eric Neumeyer	75356	1:05:41	6:34/K
65	Luke Jiuwen Li	75318	1:05:41	6:34/K
66	David Kwan	75312	1:05:42	6:34/K
67	Yevgen Yakovenko	79466	1:06:21	6:38/K
68	Campbell Danroth	73450	1:06:27	6:39/K
69	John Paterson	75373	1:06:36	6:40/K
70	Jeff Granum	73476	1:06:51	6:41/K
71	Bumyong Lee	75314	1:07:02	6:42/K
72	Mat Burke	73423	1:07:16	6:44/K
73	Stephen Clarke	73440	1:07:43	6:46/K
74	Kenneth Gonzales	73475	1:07:48	6:47/K
75	Brent Marykuca	75339	1:09:35	6:58/K
76	David Gibbs	73473	1:10:01	7:00/K
77	Jinno Ordonez	75365	1:10:06	7:01/K
78	Morteza Khalili	75306	1:10:55	7:06/K
79	Paul Gibbons	73472	1:11:04	7:06/K
80	Yong Jin Park	75371	1:11:14	7:07/K
81	Dave Peterson	75376	1:12:27	7:15/K
82	Ben Capps	79493	1:13:03	7:18/K
83	Tom Sherlock	75393	1:13:17	7:20/K
84	Rj Carlos	73431	1:13:54	7:23/K
85	Chris Veslemes	79447	1:14:12	7:25/K
86	Erle Lowen	75327	1:18:10	7:49/K
87	Garett Gaytmenn	73470	1:18:38	7:52/K
88	Rene Boddeveld	73416	1:19:10	7:55/K
89	Norman Hev	79475	1:19:18	7:56/K
90	Sean Loughran	75325	1:21:48	8:11/K
91	Herbert Cruz	73444	1:21:54	8:11/K
92	Ivan Dronov	73455	1:22:08	8:13/K
93	Todd Mavor	75340	1:24:55	8:30/K
94	Andrew Warkman	79454	1:27:05	8:43/K
95	Joe Heilman	73487	1:35:25	9:33/K
96	Darryl Mack	75333	1:44:28	10:27/K

5 k Run

Female

Place	Name	Bib No	Time	Total Pace
1	Olivia Willett	65944	21:49	4:22/K
2	Joanna Demontreuil	64354	27:52	5:34/K
3	Lindsay Sheperd	65877	27:53	5:35/K
4	Samantha Daigneault	64353	28:03	5:37/K
5	Taylor Morgan	65940	28:29	5:42/K
6	Antje Wahl	65897	29:12	5:50/K
7	Julia Brunner	64339	29:49	5:58/K
8	Carla McCallum	65846	30:05	6:01/K
9	Theresa Schiewe	65870	30:37	6:07/K
10	Natasja Parlee	65918	30:41	6:08/K
11	Sarah Finlay	64370	30:52	6:10/K
12	Rhonda Hyslop	65803	31:13	6:15/K
13	Charlotte McFarland	65848	31:21	6:16/K
14	Nicole Pajak	65863	31:22	6:16/K
15	Kate Frame	65913	31:31	6:18/K
16	Teresa McKinley	65850	31:42	6:20/K
17	Logan Litz	65827	32:01	6:24/K
18	Heather Smith	65880	32:10	6:26/K
19	Pamela Costanzo	64348	32:55	6:35/K
20	Trish Dolman	64355	33:04	6:37/K
21	Linda Munro	65856	33:29	6:42/K
22	Kimberley Ekstrand	65920	33:32	6:42/K
23	Melanie Simmons	65878	33:37	6:43/K
24	Robyn Edgar	64360	33:43	6:45/K
25	Theresa Young	65905	33:49	6:46/K
26	Sherri Guernsey	64375	34:05	6:49/K
27	Maria Whitfield	65899	34:21	6:52/K
28	Valery Ross	65869	34:23	6:53/K
29	Sue Matthews	65844	34:30	6:54/K
30	Soni Upadhyay	65890	34:43	6:57/K
31	Rachel Cree	64349	34:45	6:57/K
32	Nikki Charlton	65915	34:47	6:57/K
33	Mia Lobo	65829	35:01	7:00/K
34	Tanya Otero	65861	35:34	7:07/K
35	Adeline Chin	64343	35:34	7:07/K
36	Jocelyn Longmore	65830	35:44	7:09/K
37	Agnes Kim	65815	35:47	7:09/K
38	Heidi Grabger	64373	35:48	7:10/K
39	Lauren Sim	65933	35:48	7:10/K
40	Chloe Scott	65875	36:04	7:13/K
41	Kim Nguyen	65859	36:28	7:18/K
42	Denise Yuen	65908	36:29	7:18/K
43	Laurie Edmundson	64361	36:45	7:21/K
44	Lori Kittelberg	65820	37:04	7:25/K
45	Alyce Hollingshead	65801	37:04	7:25/K
46	Tara MacAuley	65834	37:16	7:27/K
47	Judith Hradsky	65802	37:17	7:27/K
48	Stephanie Korelin	65822	37:22	7:28/K

49	Rachel Scollard	65873	37:30	7:30/K
50	Mojan Mojtabavi	65853	37:33	7:31/K
51	Lindsay Knowles	65821	37:39	7:32/K
52	Garland Lam	65929	37:45	7:33/K
53	Ca Sandra Du Hamel	64358	37:46	7:33/K
54	Devon Jennings-Lander	65807	37:54	7:35/K
55	Ellen Mangois	65941	37:55	7:35/K
56	Lora Stone	65884	37:58	7:36/K
57	Karen Berrisford	65932	38:02	7:36/K
58	Jennifer Cooper-Stephenson	64347	38:10	7:38/K
59	Elenanor Derneth	65942	38:12	7:38/K
60	Lori Guiton	64376	38:14	7:39/K
61	Barb Rogers	65868	38:15	7:39/K
62	Kelly Cameron	64340	38:24	7:41/K
63	Dorothy Luebke	65909	38:34	7:43/K
64	Erin North	65860	38:48	7:46/K
65	Kelsey Crockett	64350	39:46	7:57/K
66	Victoria Currie	64351	40:03	8:01/K
67	Ann Einstein	64363	40:23	8:05/K
68	Barb Griffin	64374	40:26	8:05/K
69	Julienne Kinmont	65817	40:30	8:06/K
70	Robin Craig	65916	40:37	8:07/K
71	Kathleen McCrmick	65917	40:39	8:08/K
72	Willmari Suarez	65885	40:54	8:11/K
73	Venus Ma	65832	40:55	8:11/K
74	Amanda Williams	65902	40:57	8:11/K
75	Nienke Van Houten	65892	41:25	8:17/K
76	Leanne Nakashimada	65857	42:21	8:28/K
77	Kelsey Nakashimada	65858	42:23	8:29/K
78	Boky Dosenovic	64357	42:27	8:29/K
79	Lisa Whitfield	65900	42:29	8:30/K
80	Monica Otero	65862	42:45	8:33/K
81	Katherine Yuen	65907	43:17	8:39/K
82	Jenny Manning	65839	43:31	8:42/K
83	Katie Manning	65841	43:32	8:42/K
84	Debra Kato	65814	43:47	8:45/K
85	Emma Jarvis	65806	43:59	8:48/K
86	Tina Bloomer	64335	44:00	8:48/K
87	Erika Hogan	64379	44:30	8:54/K
88	Anaily Jaskolski	65945	44:59	9:00/K
89	Sonia Woodman	65903	45:03	9:01/K
90	Emma Vickers	65895	45:31	9:06/K
91	Shira Mulloy	65855	46:03	9:13/K
92	Tamara Shand	65876	46:04	9:13/K
93	Jessica Wooliams	65904	46:04	9:13/K
94	Ninoska Rodriguez	65923	46:52	9:22/K
95	Erin Schumann	65872	47:09	9:26/K
96	Erin Schumann	65871	47:52	9:34/K
97	Meghan Roberge	65867	48:08	9:38/K
98	Llita Siripaiboon	65879	48:47	9:45/K
99	Sienna Kadi	65811	49:06	9:49/K

100	Havana Kadi	65812	49:10	9:50/K
101	Natalie Kadi	65810	49:11	9:50/K
102	Sara Stark	65950	49:15	9:51/K
103	Tina Faulkner	64365	50:36	10:07/K
104	Ruth Mocnangan	65852	51:26	10:17/K
105	Buathip Pitchayakoon	65864	51:54	10:23/K
106	Danielle Francois	64371	52:02	10:24/K
107	Lexci Mercado	65925	1:06:56	13:23/K

5 k Run

Male

Place	Name	Bib No	Time	Total Pace
1	Rob Lonergan	65930	20:20	4:04/K
2	Marko Svetelj	65886	21:17	4:15/K
3	Levi Vatamaniuk	65947	22:58	4:36/K
4	Jared Litz	65828	23:01	4:36/K
5	Jason Lee	65824	24:08	4:50/K
6	Jordan Timmer	65887	24:31	4:54/K
7	Damia Dollissan	65911	24:42	4:56/K
8	Chris Thomson	65921	24:50	4:58/K
9	Paul Bridges	64337	25:50	5:10/K
10	Cameron McCathy	65937	26:05	5:13/K
11	Scott Morgan	65939	26:11	5:14/K
12	Travis Mullen	65854	27:09	5:26/K
13	Tim Jolley	65809	27:59	5:36/K
14	Harrison Edwards	64362	28:02	5:36/K
15	Richard McKenzie	65849	28:07	5:37/K
16	Kyle Kozak	65823	28:16	5:39/K
17	Richard Luk	65831	28:27	5:41/K
18	Bradley Cuzen	64352	28:29	5:42/K
19	Ingo Jackisch	65946	29:11	5:50/K
20	Kieran Edwards-Hulko	65919	30:22	6:04/K
21	Aaron Bernardi	65912	30:29	6:06/K
22	Alexander Maxwell	65910	30:35	6:07/K
23	Randy Dilling	65927	30:45	6:09/K
24	Mardin Alexande Varela Flores	65894	30:46	6:09/K
25	Brad Auger	65948	30:54	6:11/K
26	Mahdi Ghodsi	64372	31:24	6:17/K
27	Derek Blyth	65914	31:30	6:18/K
28	Ben Clark	64345	31:46	6:21/K
29	Jamie Westell	65898	31:53	6:23/K
30	Alexander Van Houten	65891	32:02	6:24/K
31	Jamie Marshall	65843	33:38	6:44/K
32	Brent Proctor	65865	33:38	6:44/K
33	Andrew Jackson	65805	33:45	6:45/K
34	Andrew Faunt	64366	34:27	6:53/K
35	David Little	65826	34:30	6:54/K
36	65922 Bib	65922	34:31	6:54/K
37	Alan Jerningan	65949	34:32	6:54/K
38	Thomas Einstein	64364	35:05	7:01/K
39	Nathan Roberge	65866	35:08	7:02/K

40	Brendon James	65931	35:15	7:03/K
41	Jeffrey McEwen	65847	35:46	7:09/K
42	Greg Nolan	65934	35:48	7:10/K
43	Polak Colin	65928	36:23	7:17/K
44	Keith Turner	65889	38:28	7:42/K
45	Ferren Kinmont	65816	40:34	8:07/K
46	David Lee	65825	40:52	8:10/K
47	Campbell MacArthur	65833	43:02	8:36/K
48	Jessie Wasyluk	65943	43:06	8:37/K
49	Kohlton Hogan	64380	44:32	8:54/K
50	Michael Kiser	65819	48:50	9:46/K
51	Mark Tyler Manning	65840	51:29	10:18/K
52	Miguel Rodriguez	65926	1:23:49	16:46/K