

Up the Creek Run

April 9, 2016

Results By TRIO Sport Events www.trioevents.ca



10 k Run

Female

Place	Name	Bib No	Age Group	PI	Time	Total Pace
1	Kelly Whitlock	1687	1 F 30-39		42:10	4:13/K
2	Tina-Louise Harris	1635	1 F 40-49		45:43	4:34/K
3	Niki Marshall	1657	2 F 40-49		51:17	5:08/K
4	NICOLE Griggs	1633	1 F 0-29		51:44	5:10/K
5	Tricia Bloomfield	1608	2 F 30-39		52:24	5:14/K
6	Pamela Clarke	1620	3 F 40-49		52:34	5:15/K
7	Tanys Bradley	1612	4 F 40-49		52:56	5:18/K
8	Hayley Brown	1615	3 F 30-39		53:00	5:18/K
9	Cindy Walker	1678	4 F 30-39		54:33	5:27/K
10	Sylvia Wallis	1680	1 F 50-59		55:25	5:33/K
11	Sonia Bevilacqua	1606	5 F 30-39		57:09	5:43/K
12	Lexa Hobenshield	1637	5 F 40-49		58:23	5:50/K
13	Lindsay Viscount	1677	6 F 30-39		58:53	5:53/K
14	Teresa Webster	1682	6 F 40-49		59:35	5:58/K
15	Bailey Hubscher	1638	2 F 0-29		59:37	5:58/K
16	Dianne Winslow	1684	7 F 40-49		1:00:06	6:01/K
17	Sheela McLean	1653	2 F 50-59		1:00:22	6:02/K
18	SHARON LEE	1648	7 F 30-39		1:01:44	6:10/K
19	Michelle Brander	1613	8 F 30-39		1:01:46	6:11/K
20	Nokomi Travis	1675	9 F 30-39		1:01:47	6:11/K
21	Heather Escaravage	1623	10 F 30-39		1:01:47	6:11/K
22	Sylvina Lanusse	1646	8 F 40-49		1:03:04	6:18/K
23	Connie Koustas	1645	11 F 30-39		1:04:47	6:29/K
24	Corinne Tillyer	1673	3 F 50-59		1:05:11	6:31/K
25	Paige Birtles	1607	3 F 0-29		1:05:17	6:32/K
26	Ashley Reid	1663	12 F 30-39		1:06:24	6:38/K
27	Cathy Painter	1656	9 F 40-49		1:08:01	6:48/K
28	Ines Canasin-Burton	1619	4 F 50-59		1:08:40	6:52/K
29	Grace Thomas	1672	5 F 50-59		1:08:51	6:53/K
30	Michelle Sammers	1667	13 F 30-39		1:08:57	6:54/K
31	Elise Hartin	1636	14 F 30-39		1:10:10	7:01/K
32	Robyn Brisco	1614	10 F 40-49		1:10:13	7:01/K
33	Amara Garcia	1629	11 F 40-49		1:11:16	7:08/K
34	Lisa Westerhout	1683	12 F 40-49		1:13:03	7:18/K
35	Cheryl Jordan	1642	6 F 50-59		1:13:31	7:21/K
36	Sharyn Skalnik	1671	7 F 50-59		1:15:31	7:33/K
37	Nicole Newson	1654	13 F 40-49		1:15:59	7:36/K
38	Inga Seelemann	1669	14 F 40-49		1:16:03	7:36/K
39	Crislynn Calinisan	1618	15 F 40-49		1:17:35	7:46/K
40	Sheila Braconnier	1611	1 F 60-99		1:17:50	7:47/K
41	Stephanie Berg	1605	15 F 30-39		1:18:43	7:52/K
42	Suzanne Rice	1665	16 F 40-49		1:18:43	7:52/K
43	Christina Saremba	1668	8 F 50-59		1:22:04	8:12/K

44	Rhonda Vance	1676	2 F 60-99	1:22:58	8:18/K
45	Jane Freeman	1627	17 F 40-49	1:23:55	8:24/K
46	Edie Kernighan	1644	3 F 60-99	1:24:25	8:27/K
47	Suzanne Torjek	1674	9 F 50-59	1:24:27	8:27/K

Male

Place	Name	Bib No	Age Group	Place	Total Tim	Total Pace
1	Chris Hahn	1634	1 M 30-39		40:29	4:03/K
2	Douglas Hutcheon	1640	1 M 40-49		40:51	4:05/K
3	Jason Roche	1666	2 M 30-39		41:25	4:09/K
4	Warren Nipp	1655	2 M 40-49		41:36	4:10/K
5	Craig Premack	1659	1 M 50-59		42:52	4:17/K
6	Jeff Alton	1602	3 M 40-49		44:05	4:25/K
7	Lowell Ball	1686	4 M 40-49		44:41	4:28/K
8	Bob Frazer	1626	5 M 40-49		44:44	4:28/K
9	Bryan Friesen	1628	3 M 30-39		46:53	4:41/K
10	CRAIG RHODES	1664	6 M 40-49		47:02	4:42/K
11	Gregory Reece	1662	7 M 40-49		49:21	4:56/K
12	Joseph Avila	1603	1 M 0-29		50:19	5:02/K
13	Cameron Wallis	1681	2 M 0-29		50:35	5:04/K
14	Jeffrey Lau	1685	3 M 0-29		51:29	5:09/K
15	Patrick Lau	1647	2 M 50-59		51:46	5:11/K
16	Asaad Al-Jaboubi	1601	4 M 30-39		52:04	5:12/K
17	Andrew Kan	1643	5 M 30-39		54:01	5:24/K
18	Mike Forest	1624	1 M 60-99		54:37	5:28/K
19	Matthew Lees	1649	3 M 50-59		54:56	5:30/K
20	Alan Wallis	1679	4 M 50-59		56:17	5:38/K
21	Jim Bornholdt	1610	5 M 50-59		56:45	5:41/K
22	Kevin Liu	1650	6 M 30-39		1:02:43	6:16/K
23	Anil Luthra	1651	6 M 50-59		1:03:20	6:20/K
24	Rod Gibson	1631	2 M 60-99		1:03:26	6:21/K
25	Kevin Hopson	1688	7 M 50-59		1:08:46	6:53/K
26	Patrick Fowler	1625	8 M 40-49		1:13:00	7:18/K
27	Devinder Gill	1632	9 M 40-49		1:18:39	7:52/K

5 k Run

Female

Place	Name	Bib No	Time	Total Pace
1	Tina Connely	5152	19:14	3:51/K
2	Stephanie Ossenbrink	5130	25:39	5:08/K
3	Myriam Vachon	5137	26:05	5:13/K
4	Kaitlyn Connely	5150	28:15	5:39/K
4	Anita Prelowska	5146	28:15	5:39/K
5	Sarah Collins	5115	29:59	6:00/K
6	Katie Hama	5121	31:13	6:15/K
7	Satri Alpine	5101	31:31	6:18/K
8	Shelley Deacon	5117	31:31	6:18/K
9	Brenda Eichhorst	5118	34:51	6:58/K
10	Taryn Antalek	5104	34:54	6:59/K

11	Shelly Bornholdt	5141	35:09	7:02/K
12	Karen Exley	5120	35:11	7:02/K
13	Natalia Bryant	5113	35:11	7:02/K
14	Nicole Hing	5122	35:12	7:02/K
15	Kate Arvisais	5105	35:13	7:03/K
16	Amber Donovan	5145	37:49	7:34/K
17	Lori Nelson	5128	38:44	7:45/K
18	Rachel Watters	5139	39:04	7:49/K
19	Jennifer Johnson	5125	39:07	7:49/K
20	Anne Thompson	5135	39:13	7:51/K
21	Shauna Bellefeuille	5142	39:14	7:51/K
22	Shawna Ramsay	5144	39:40	7:56/K
23	Diana Black	5109	41:48	8:22/K
24	Poonam Luthra	5127	45:37	9:07/K
25	Lynette Treacy	5136	45:37	9:07/K

Male

Place	Name	Bib No	Total Time	Total Pace
1	Ethan Eichhorst	5119	19:36	3:55/K
2	Ron Antalek	5103	20:23	4:05/K
3	Ben Crisholm	5116	20:40	4:08/K
4	Sean Cauley	5151	20:52	4:10/K
5	Andrew Wu	5140	21:40	4:20/K
6	Jeremy Spurgeon	5133	22:05	4:25/K
7	Brian Hunter	5148	22:31	4:30/K
8	David Vanderbyl	5138	22:46	4:33/K
9	John Spalding	5132	22:55	4:35/K
10	Adrian Blake	5111	23:10	4:38/K
11	Wade Alton	5102	23:30	4:42/K
12	Rain Zhao	5147	24:16	4:51/K
13	Brandon Connelly	5149	24:20	4:52/K
14	Nelson Santos	5131	24:23	4:53/K
15	Dexter Nipp	5129	27:02	5:24/K
16	Leslie Jackson	5124	27:27	5:29/K
17	Alex Arvisais	5106	28:46	5:45/K
18	Joshua Jackson	5123	29:54	5:59/K
19	Danny Thompson	5134	33:41	6:44/K
20	Scot Ramsay	5143	38:04	7:37/K
21	Barry Burton	5114	39:35	7:55/K
22	Paul Arvisais	5108	41:03	8:13/K
23	Matthew Arvisais	5107	41:05	8:13/K