

**MEC Vancouver Run Series**

November 16, 2014

Results By *TRIO Sport Events* [www.trioevents.ca](http://www.trioevents.ca)The MEC logo consists of the letters "MEC" in a white, bold, sans-serif font, centered within a solid green square.**42.2 k Run****Female**

Place	Name	Bib No	Time	Total Pace
1	Olivia Nadon	31048	3:09:23	4:29/K
2	Ardith Watson	31078	3:32:15	5:02/K
3	Kaja Krogh	31033	3:46:22	5:22/K
4	Ragnhild Stamer Ekerholt	31016	3:46:45	5:22/K
5	Tamara Lauzon	31075	4:03:30	5:46/K
6	Janet Green	31023	4:03:53	5:47/K
7	Wendy Waller	31063	4:04:12	5:47/K
8	Marianne Dawson	31012	4:04:46	5:48/K
9	Candice Ridyard	31054	4:05:13	5:49/K
10	Tracy Marshall	31042	4:07:24	5:52/K
11	Shanda Hill	31026	4:19:42	6:09/K
12	Debbie Samsom	31055	4:29:49	6:24/K
13	Kira Hogarth-Davis	31027	4:47:24	6:49/K
14	Jeannine Bornais	31006	5:03:54	7:12/K
15	Michelle Preston	31051	5:09:21	7:20/K
16	Susan Hui	31029	5:13:18	7:25/K
17	Alanna Eastwood	31015	5:15:39	7:29/K
18	Sheryl Barnes	31077	5:25:00	7:42/K

**42.2 k Run****Male**

Place	Name	Bib No	Time	Total Pace
1	Jeremy Hopwood	31028	2:52:57	4:06/K
2	Stephen Lamb	31034	2:58:18	4:14/K
3	Douglas Race	31053	2:59:33	4:15/K
4	Ben Hanke	31024	3:04:34	4:22/K
5	Timothy Vander Kraats	31060	3:27:56	4:56/K
6	laurence sheehan	31057	3:27:59	4:56/K
7	Colin Cameron	31007	3:29:02	4:57/K
8	Wes Doyle	31014	3:35:45	5:07/K
9	Allan Mock	31046	3:40:10	5:13/K
10	Rob Wilson	31066	3:43:21	5:18/K
11	Rob Gosselin	31022	3:45:32	5:21/K
12	Don Wright	31068	3:45:45	5:21/K
13	Ye Zhang	31070	3:52:21	5:30/K
14	Rick Cooney	31011	3:52:35	5:31/K
15	Gary Semco	31076	3:57:56	5:38/K
16	Hans Lin	31040	4:04:04	5:47/K
17	Chris Smith	31059	4:04:15	5:47/K
18	Alfred Ball	31003	4:08:01	5:53/K
19	Andy Joyce	31030	4:09:08	5:54/K
20	Barton Pietras	31072	4:09:40	5:55/K
21	Loukas Christopoulos	31071	4:13:36	6:01/K
22	Marinue Waterberg	31074	4:29:50	6:24/K
23	Mark Fukuhara	31020	4:30:53	6:25/K
24	Michael Adams	31001	4:44:40	6:45/K
25	Tom Sherlock	31073	4:45:01	6:45/K
26	Matthew Smith	31058	4:48:36	6:50/K
27	Murray Fox	31019	4:55:40	7:00/K
28	Keith Preston	31052	5:09:21	7:20/K
29	David England	31017	5:13:18	7:25/K
30	PAT CHEUNG	31009	5:23:09	7:39/K
31	Nelson Wiebe	31064	5:39:34	8:03/K
32	Devin Klassen	31031	5:39:37	8:03/K
33	Don Wright	31069	5:46:45	8:13/K

**21.1 k Run****Female**

Place	Name	Bib No	Time	Total Pace
1	Shauna Lee Turner	58458	1:20:53	3:50/K
2	Tina Veness Kehler	58462	1:23:17	3:57/K
3	Kendall Paul	58542	1:28:43	4:12/K
4	Rebecca Reid	58413	1:28:57	4:13/K
5	Helen Ritchie	58515	1:32:16	4:22/K
6	Keiko Ayuba	58205	1:35:04	4:30/K
7	Mary Walsh	58467	1:35:40	4:32/K
8	Vanessa Minke-Martin	58392	1:37:02	4:36/K
9	Amy Leyte	58507	1:39:50	4:44/K
10	Stephanie Tatum	58453	1:39:51	4:44/K
11	Chantel Jeffrey	58318	1:40:13	4:45/K
12	Olga Bochkaryova	58218	1:41:17	4:48/K
13	Tammy Young	58493	1:42:05	4:50/K
14	Maki Araki	58202	1:43:35	4:55/K
15	Chantelle Giesbrecht	58286	1:44:01	4:56/K
16	Michelle Ludwig	58510	1:44:08	4:56/K
17	Coral Candlish - Rutherford	58541	1:44:20	4:57/K
18	Emily Mann	58372	1:45:40	5:00/K
19	Carolyn Berry	58214	1:45:54	5:01/K
20	Lidsay Olmer	58328	1:50:02	5:13/K
21	Elizabeth Frey	58519	1:50:35	5:14/K
22	Hannah Besso	58215	1:50:57	5:15/K
23	Hanna Perry	58407	1:51:38	5:17/K
24	Tina Albricht	58497	1:51:39	5:17/K
25	Naomi Harrington	58296	1:52:11	5:19/K
26	Rachel Lund	58369	1:53:29	5:23/K
27	Alyssa Cantarutti	58227	1:53:38	5:23/K
28	Barbara Hughes	58537	1:53:48	5:24/K
29	Elvia Russell	58424	1:54:07	5:25/K
30	Jane Saunders	58427	1:54:22	5:25/K
31	Jennifer Woland	58422	1:54:43	5:26/K
32	Sharon Wishnowsky	58524	1:54:45	5:26/K
33	Claire Lewis	58358	1:54:52	5:27/K
34	Laura Kelly	58338	1:55:04	5:27/K
35	Riko Matsushita	58377	1:55:13	5:28/K
36	Tanja Cvekic	58251	1:55:15	5:28/K
37	Kylagh Cornford	58244	1:55:52	5:29/K
38	Taylor Hetherington	58300	1:57:58	5:35/K
39	Sarah Fung	58513	1:57:59	5:35/K
40	Tova Wolinsky	58484	1:58:27	5:37/K
41	Tracy-kim Campbell	58226	1:58:32	5:37/K
42	Frauke Seewald	58436	1:58:42	5:38/K
43	Sayaka Kurosaki	58500	1:58:52	5:38/K
44	Carly Brown	58223	1:58:55	5:38/K
45	Katrina Ward	58470	1:58:59	5:38/K
46	Kathleen Huber	58309	2:00:15	5:42/K
47	Kara Kwasny	58350	2:00:16	5:42/K
48	Zoe Laska	58353	2:01:00	5:44/K
49	Lana Collins	58240	2:01:01	5:44/K
50	Bong lim Kim	58341	2:01:23	5:45/K
51	Shelley Dugaro	11643	2:01:28	5:45/K
52	Julia Bigford	58216	2:01:31	5:46/K
53	Alexandra Honey	58307	2:01:41	5:46/K
54	Meghan Flavel	58273	2:01:43	5:46/K
55	Katherine Smith	58444	2:01:51	5:46/K
56	Deb Chen	58235	2:02:15	5:48/K
57	Madison Grist	58290	2:02:15	5:48/K
58	Katie Cochran	58239	2:02:30	5:48/K
59	Hanna Szefer	58452	2:02:31	5:48/K
60	Ruth Stewart	58451	2:02:47	5:49/K
61	Joanne Fox	58276	2:03:44	5:52/K
62	Takako Kasahara	58330	2:04:08	5:53/K
63	Brenda Reid	58414	2:04:20	5:54/K
64	Angelica Save	58428	2:04:59	5:55/K

65	Caroyln O'Rourke	58403	2:05:10	5:56/K
66	Sinead Joy	58324	2:05:59	5:58/K
67	Aja Lund	58508	2:06:02	5:58/K
68	Heidi Smith-Crosson	31050	2:06:53	6:01/K
69	Kirsten Long	58365	2:06:57	6:01/K
70	Roxanne Lim	58361	2:07:01	6:01/K
71	Heidi Sereda	58438	2:07:19	6:02/K
72	Candace Sohier	58445	2:07:21	6:02/K
73	Shannon Sawicki	58429	2:07:26	6:02/K
74	Iris Jeffrey	58316	2:07:29	6:03/K
75	Lisa Bui	58224	2:07:31	6:03/K
76	Meredith Lewis	58512	2:07:33	6:03/K
77	Joanne Thalken	58454	2:07:51	6:04/K
78	Dorothy Luebke	58367	2:08:08	6:04/K
79	Ellen Roshon	58208	2:08:24	6:05/K
80	ANITA LOY	58366	2:08:24	6:05/K
81	Katherine McLauchlan	58385	2:08:27	6:05/K
82	Vicky Hung	58310	2:09:15	6:08/K
83	Katie Huston	58311	2:09:28	6:08/K
84	Tina Cheng	58236	2:09:32	6:08/K
85	Alexandra Meeres	58388	2:09:56	6:09/K
86	Jillian van der Gracht	58460	2:11:46	6:15/K
87	April Schonewill	58434	2:11:57	6:15/K
88	Samanta Schonewille	58433	2:12:06	6:16/K
89	Alana Kuroyama	58348	2:12:17	6:16/K
90	Jessoe Lam	58533	2:12:42	6:17/K
91	yourah song	58446	2:12:54	6:18/K
92	AÃ cha Ben Taieb	58212	2:12:54	6:18/K
93	Melanie VanEyck	58461	2:12:55	6:18/K
94	Anna Demian	31049	2:14:23	6:22/K
95	Tammy Li	58359	2:15:04	6:24/K
96	Nicole Scott	58534	2:15:06	6:24/K
97	Tiffany Cooper	58531	2:15:07	6:24/K
98	Amanda Hill	58546	2:15:08	6:24/K
99	Kaylie Seeton	58435	2:15:32	6:25/K
100	Mabel Fong	58514	2:15:41	6:26/K
101	Sarah Maria Critelli-Kerr	58248	2:15:42	6:26/K
102	Tracy Wu	58491	2:16:37	6:28/K
103	Emily Ross	58420	2:18:50	6:35/K
104	Wendy Wall	58466	2:20:03	6:38/K
105	Tara Kainz	58498	2:20:16	6:39/K
106	Harriet Fancott	58269	2:20:58	6:41/K
107	Christine Wilson	58482	2:21:05	6:41/K
108	Katharina Pfeiffer	58408	2:21:16	6:42/K
109	janice kennedy	58339	2:22:07	6:44/K
110	carole cazenavette	58229	2:22:10	6:44/K
111	Linda Hilts	58304	2:22:56	6:46/K
112	Catarina Oey	58401	2:23:42	6:49/K
113	Karen Cooke	58242	2:23:58	6:49/K
114	Mary Joy Chan	58232	2:24:02	6:50/K
115	Lisa Murray	58397	2:26:11	6:56/K
116	Michelle Spielman	58447	2:26:31	6:57/K
117	Terri Ulm	58459	2:26:37	6:57/K
118	Micaela Jensen	58320	2:26:37	6:57/K
119	Gilda Sellers	58437	2:26:44	6:57/K
120	Karleen Gill	58287	2:30:29	7:08/K
121	Rita marino long	58374	2:31:52	7:12/K
122	Cathy Wu	58490	2:32:00	7:12/K
123	Cynthia johansen	58321	2:36:31	7:25/K
124	Wincy Ranson	58411	2:36:31	7:25/K
125	Gillian Cullen	58250	2:36:48	7:26/K
126	Kathyq Herndon	31079	2:38:17	7:30/K
127	Mira Galperin	58281	2:41:21	7:39/K
128	Melody Gibson	58285	2:51:30	8:08/K
129	Donna Penonzek	58527	3:28:41	9:53/K
130	Joy Wiebe	58475	3:28:41	9:53/K

**21.1 k Run****Male**

Place	Name	Bib No	Time	Total Pace
1	Nathan Murray	58505	1:22:35	3:55/K
2	Ryan Fetterly	58271	1:24:44	4:01/K
3	Raymond Tran	58291	1:24:46	4:01/K
4	Mark Rowat	58421	1:27:41	4:09/K
5	Doug Wilson	58480	1:28:50	4:13/K
6	Steve MacLean	58539	1:29:06	4:13/K
7	Geoff Webb	58503	1:30:58	4:19/K
8	Gabriele Vergnano	58463	1:31:25	4:20/K
9	Ron Boaz	58217	1:31:29	4:20/K
10	Aidan Higgins	58303	1:31:49	4:21/K
11	Jerry Kroll	58516	1:32:24	4:23/K
12	Doug Sage	58425	1:32:29	4:23/K
13	Luis Esquivel	58266	1:33:41	4:26/K
14	Ty Holtan	58306	1:34:22	4:28/K
15	Tim Oftebro	58402	1:35:30	4:32/K
16	Abimael Aguilar	58201	1:35:30	4:32/K
17	Patrick Friesen	58511	1:35:38	4:32/K
18	David Downs	58261	1:35:44	4:32/K
19	Scott Walker	58548	1:36:12	4:34/K
20	Josh Mawhorter	58378	1:36:23	4:34/K
21	Peter Harris	58297	1:36:41	4:35/K
22	Sepehr Davani	58253	1:37:27	4:37/K
23	Peter Cesareo	58231	1:38:51	4:41/K
24	Jared Mawhorter	58379	1:40:05	4:45/K
25	Warren Nipp	58532	1:40:10	4:45/K
26	Juan Carlos Azcoitia	58206	1:41:03	4:47/K
27	Rick Brown	58222	1:42:00	4:50/K
28	Logan Hanson	58294	1:43:42	4:55/K
29	Ryan Cox	58245	1:43:44	4:55/K
30	Alan Martin	58375	1:44:01	4:56/K
31	jem Morrison	58517	1:44:09	4:56/K
32	Donald Verbrugge	31062	1:44:19	4:57/K
33	Derek Cook	58241	1:44:38	4:58/K
34	Robert Dubois	58262	1:44:44	4:58/K
35	Daniel Hawkins	58299	1:45:00	4:59/K
36	Chris Berda	58506	1:45:19	4:59/K
37	Mike Sleeman	58443	1:46:36	5:03/K
38	Mike Webb	58472	1:47:45	5:06/K
39	TAE SUNG JEE	58315	1:48:32	5:09/K
40	Daniel McLaughlin	58386	1:49:18	5:11/K
41	Bum-Yong Lee	31036	1:50:03	5:13/K
42	kelvin chao	58234	1:50:12	5:13/K
43	Lawrence Bernales	58213	1:51:17	5:16/K
44	Samuel Felker	58270	1:52:11	5:19/K
45	Pascal Szeftel	58518	1:52:16	5:19/K
46	Benji Chu	58547	1:52:35	5:20/K
47	Scott Kavanagh	58332	1:52:44	5:21/K
48	Douglas Kavanagh	58331	1:52:44	5:21/K
49	Trevor Kinsey	58344	1:53:02	5:21/K
50	Joseph Choi	58237	1:53:53	5:24/K
51	Chris Manore	58373	1:54:16	5:25/K
52	Kenji Mito	58393	1:54:19	5:25/K
53	Sony Gawley	58283	1:54:32	5:26/K
54	Kevin Park	58404	1:54:36	5:26/K
55	Mark Gauvin	58282	1:54:53	5:27/K
56	Jian Zhu	58496	1:55:04	5:27/K
57	TRISTAN HYDE	58313	1:55:25	5:28/K
58	Roger Hoogendoorn	58308	1:55:53	5:30/K
59	Javier Vivas	58464	1:55:56	5:30/K
60	Andy Lui	58368	1:57:21	5:34/K
61	David Kwan	58349	1:57:31	5:34/K
62	Benjamin Bar-Gera	58209	1:57:54	5:35/K
63	danny riordan	58417	1:58:33	5:37/K
64	SIMON SHIU	58442	1:59:06	5:39/K

65	Eric Zhou	58494	1:59:06	5:39/K
66	William Holden	58305	1:59:18	5:39/K
67	Luke J Li	58360	2:00:16	5:42/K
68	Mark Huvenaars	58312	2:00:21	5:42/K
69	Lars Borghardt	58219	2:01:06	5:44/K
70	Chris Severs	58439	2:01:13	5:45/K
71	Sean Thompson	58456	2:01:54	5:47/K
72	Kenneth Kan	58327	2:01:56	5:47/K
73	Josh Koczerginski	58347	2:02:15	5:48/K
74	Mathieu Legrand	31037	2:03:10	5:50/K
75	Viktor Volodarets	58502	2:03:15	5:50/K
76	Lloyd - LAST GU Wilson	58481	2:03:29	5:51/K
77	Jonathon Haddon	58292	2:04:05	5:53/K
78	Josh Nelson	58509	2:06:01	5:58/K
79	Brian Fleming	58275	2:06:59	6:01/K
80	Byong heui Kim	58340	2:07:13	6:02/K
81	Mike Kwok	58351	2:08:27	6:05/K
82	Thomas Mulleder	58395	2:09:01	6:07/K
83	Stephen Broscoe	58221	2:09:01	6:07/K
84	YI ZHOU	58495	2:09:13	6:07/K
85	John Reay	58412	2:09:25	6:08/K
86	Marc Harutunyan	58298	2:11:32	6:14/K
87	Uriel Pineda	58410	2:12:08	6:16/K
88	Daniel Evans	58268	2:12:37	6:17/K
89	Daniel Meloche	58389	2:14:12	6:22/K
90	Dan McLaren	58384	2:15:08	6:24/K
91	Johannes Setiapoetra	58501	2:15:18	6:25/K
92	Alex Rohde	58419	2:15:56	6:27/K
93	Jamie Stewart	58450	2:17:30	6:31/K
94	Joe LeRose	58356	2:17:52	6:32/K
95	Peter Jeffrey	58317	2:17:56	6:32/K
96	michael breeze	58220	2:20:53	6:41/K
97	Mihir Ghael	58284	2:21:50	6:43/K
98	Barry Freeman	58277	2:22:19	6:45/K
99	wai chung kam	58326	2:22:57	6:46/K
100	Greg Taylor	58504	2:23:59	6:49/K
101	Graham Corley-Smith	58549	2:49:43	8:03/K
102	Dale Klassen	58345	3:28:49	9:54/K
103	Elden Wiebe	58476	4:44:37	13:29/K

### 10k Run

#### Female

Place	Name	Bib No	Time	Total Pace
1	Jeanie Bezdán	58289	37:26	3:45/K
2	Theona Russow	1596	37:38	3:46/K
2	Rachel McBride	11737	37:57	3:48/K
3	Nancy Hancharyk	11665	42:04	4:12/K
3	Genevieve Cauffope	11622	43:57	4:24/K
4	Jane De Lemos	31032	44:58	4:30/K
4	Sabrina Wong	11834	45:31	4:33/K
5	Melissa Jung	11683	46:49	4:41/K
5	Khristina Blajkevitch	31021	47:15	4:44/K
6	Stacey Holloway	11674	47:58	4:48/K
6	Liz Cullen	17306	48:03	4:48/K
7	Christine Cogger	17305	48:03	4:48/K
7	Kaitlyn Munn	11747	48:07	4:49/K
8	Jenica Lee	11718	49:03	4:54/K
8	Ieva Ansaberga	11604	49:44	4:58/K
9	Katherine Johnston	58529	49:47	4:59/K
9	Wendy Krasovel	11846	50:03	5:00/K
10	Emily Seo	11781	50:50	5:05/K
10	Mathiew Fraud	58272	50:56	5:06/K
11	Darelle Odo	11759	51:01	5:06/K
11	Lena Sesardic	11782	51:01	5:06/K
12	Leah King	11691	51:06	5:07/K
12	Claire Ewatski	11648	51:10	5:07/K
13	Lizzy Karp	11848	51:11	5:07/K

13	Janel Willms	11824	51:15	5:08/K
14	Katherine Somody	11792	51:26	5:09/K
14	Kim Lucas	11727	52:10	5:13/K
15	Barbara Neumeyer	11754	52:19	5:14/K
15	Patricia Gray	11661	52:42	5:16/K
16	Cathy Vigneron	11812	53:07	5:19/K
16	chloe maugeri	11733	53:25	5:21/K
17	Nadine Nevitt	58288	53:38	5:22/K
17	Andrea Park	11765	53:39	5:22/K
18	Jillene Bublitz	11615	53:52	5:23/K
18	Randie Sykes	11798	53:54	5:23/K
19	Heather Leach	11717	54:07	5:25/K
19	Chelsea Tisdelle	11805	54:08	5:25/K
20	Morgan Pollock	11769	54:08	5:25/K
20	Genelle Pietramala	58257	54:09	5:25/K
21	Meghan O Connell	11758	54:09	5:25/K
21	nathalie lavallee	11714	54:19	5:26/K
22	Laura Fox	11655	54:23	5:26/K
22	Erica Whalen	11821	54:42	5:28/K
23	Eve Grenon	31044	54:48	5:29/K
23	Heather Wakely	11814	54:53	5:29/K
24	Ally Day	58243	54:57	5:30/K
24	Anja Ninkovic	11757	55:15	5:32/K
25	Melissa Neill	11751	55:15	5:32/K
25	Isabelle Neill	11752	55:16	5:32/K
26	Anne Nacauili	11749	55:34	5:33/K
26	Samantha Perez	11768	55:34	5:33/K
27	Adrienne Cook	1528	55:40	5:34/K
27	Karen Lavin	11715	55:43	5:34/K
28	Chantelle Murnaghan	11748	55:57	5:36/K
28	Clare O'Donoghue	11760	56:00	5:36/K
29	Maggie Rudkowski	11777	56:10	5:37/K
29	Connie Elder	11645	56:19	5:38/K
30	Isabella Lam	11710	56:27	5:39/K
30	catherine maguire	11730	56:49	5:41/K
31	Ellen Reid	31061	57:15	5:44/K
31	Jennifer Derksen	11639	57:33	5:45/K
32	Cassie Halls	11664	57:34	5:45/K
32	Anny Kyun	11707	57:35	5:46/K
33	Becky Wong	58485	57:37	5:46/K
33	Suzy Leith	58247	57:41	5:46/K
34	Dana Hough	11675	57:42	5:46/K
34	Laura McDermott	58520	58:09	5:49/K
35	marie-noelle pasquet	11766	58:19	5:50/K
35	Jeannine Tse	11808	58:55	5:54/K
36	Dawn Mooney	11743	59:05	5:55/K
36	Christine Pallen	11762	59:08	5:55/K
37	Terry Nguyen	11756	59:15	5:56/K
37	Caroline Le Tessier	11716	59:16	5:56/K
38	Fay Waterberg	31047	59:20	5:56/K
38	Marita Jamieson	11845	59:27	5:57/K
39	Danielle Blair	11611	59:29	5:57/K
39	Janice Walsh	31004	59:35	5:58/K
40	Juliet Hiller	11672	59:43	5:58/K
40	Monica Surette	11795	59:48	5:59/K
41	Barbara Kawasaki	11685	59:51	5:59/K
41	Jody Deane	11637	59:52	5:59/K
42	Lisa Danielson	11635	1:00:01	6:00/K
42	Madelaine Scheidl	11837	1:00:06	6:01/K
43	Shuvleen Chatha	11626	1:00:07	6:01/K
43	Amelia Wachtin	11813	1:00:13	6:01/K
44	Michelle Anne Wong	58362	1:00:20	6:02/K
44	Lauren Harcott	11666	1:00:53	6:05/K
45	Becky Klassen	11699	1:00:59	6:06/K
45	Julia Langtan	31045	1:01:00	6:06/K

46	Sandra Wolinsky	11826	1:01:03	6:06/K
46	Alex Florian	11653	1:01:05	6:07/K
47	Sue Burkholder	11836	1:01:10	6:07/K
47	Raylene Yip	11829	1:01:12	6:07/K
48	rachel lan	11712	1:01:12	6:07/K
48	Annie Giguere-Floris	11658	1:01:13	6:07/K
49	Freda Warner	11817	1:01:49	6:11/K
49	Garland Lam	11711	1:01:57	6:12/K
50	Erin Briskham	11614	1:02:02	6:12/K
50	Joanne Ellingsen	11646	1:02:18	6:14/K
51	natasha tam	11799	1:02:31	6:15/K
51	Zyta Klein	11701	1:02:35	6:16/K
52	Kristina Alexander	11601	1:02:46	6:17/K
52	Joanne Reid	11774	1:02:51	6:17/K
53	Gillian Knox	11702	1:02:58	6:18/K
53	Maud Gueritey	11663	1:03:08	6:19/K
54	KELLY KOCHUT	11703	1:03:18	6:20/K
54	Jennifer Bowing	11612	1:03:19	6:20/K
55	Marion Faresin	58274	1:03:26	6:21/K
55	Pardeep Khehra	11688	1:03:50	6:23/K
56	Amanda Huynh	11679	1:03:51	6:23/K
56	Mimi Lau	11713	1:03:55	6:24/K
57	Marni Charlesworth	11624	1:04:01	6:24/K
57	Cassie Wright	11828	1:04:01	6:24/K
58	Sukhi Tatlay	11800	1:04:11	6:25/K
58	Terri Kavanagh	11850	1:04:47	6:29/K
59	Wilma Nederend	31038	1:04:58	6:30/K
59	christina morgan	11744	1:05:14	6:31/K
60	Mary-Elizabeth Zamora	11832	1:05:16	6:32/K
60	Ashley Dufoir	11642	1:05:16	6:32/K
61	Jennifer Roff	11775	1:05:30	6:33/K
61	Amanda Arcari	11606	1:05:34	6:33/K
62	Katie Pallen	11763	1:06:04	6:36/K
62	Crystal Tull	11809	1:06:07	6:37/K
63	Megan Mazankowski	11735	1:06:14	6:37/K
63	Erin Sluggett	11788	1:06:37	6:40/K
64	Kate Russell	58530	1:07:14	6:43/K
64	Julie Shushack	11785	1:07:24	6:44/K
65	Jan Roscovich	11776	1:08:07	6:49/K
65	Dawn Ursuliak	11810	1:08:17	6:50/K
66	Julie Meyers	11742	1:08:30	6:51/K
66	Maria Featherston	11649	1:08:34	6:51/K
67	Stephanie Long	11725	1:09:29	6:57/K
67	Jayeon Rew	11839	1:09:32	6:57/K
68	Laura Tatarovq	31067	1:10:12	7:01/K
68	Megan O'Flaherty	31065	1:10:36	7:04/K
69	Keira Duckworth	11641	1:10:37	7:04/K
69	Ardeen Duckworth	11640	1:10:41	7:04/K
70	Karissa Tedford	11802	1:10:46	7:05/K
70	Kathryn Landrigan	58211	1:10:47	7:05/K
71	Megan Berry	11608	1:11:47	7:11/K
71	Hien Gillespie	11659	1:12:37	7:16/K
72	Cheryl Mazankowski	11734	1:13:26	7:21/K
72	Kathleen Bertrand	11610	1:13:55	7:24/K

73	Lani Gall	11657	1:14:18	7:26/K
73	Ciara Martin	11732	1:15:20	7:32/K
74	Laura Reid	11773	1:15:34	7:33/K
74	Paula Hrankowski	11676	1:16:10	7:37/K
75	Grace Mckenney	11833	1:16:22	7:38/K
75	Jen Klassen	11698	1:17:18	7:44/K
76	Nancy Pang	11764	1:17:42	7:46/K
76	Bonnie Lee La Madeleine	11708	1:31:56	9:12/K
77	Pam Klassen	11700	1:45:07	10:31/K
77	Serena Klassen	11697	1:58:07	11:49/K
78	Margaret Preston	31002	2:07:27	12:45/K

### 10k Run

#### Male

Place	Name	Bib No	Time	Total Pace
1	Nathan Killam	31080	35:03	3:30/K
2	Ryan Carl	11619	35:43	3:34/K
3	John Jordan	58293	37:31	3:45/K
4	Rainier Magel	58254	37:37	3:46/K
5	Mario Delemos	58295	38:43	3:52/K
6	James Sidney	58528	39:32	3:57/K
7	Patrick Mulherin	11746	39:57	4:00/K
8	Nick Wenzil	58525	40:04	4:00/K
9	Brad Kahn	58279	40:26	4:03/K
10	Matthew Thomas-Keeping	11804	40:54	4:05/K
11	Euan Bowman	11613	41:33	4:09/K
12	Michael Toscano	11806	41:54	4:11/K
13	Roy Lee	11719	42:11	4:13/K
14	Jesse Way	11820	43:09	4:19/K
15	Trysten Scheidl	11838	43:16	4:20/K
16	Barber Anthony	11605	44:16	4:26/K
17	JOSE ENRIQUE DE LA TORRE ROM	11636	44:29	4:27/K
18	Jeff Verbeem	31041	44:47	4:29/K
19	Gerard Hurley	58521	45:21	4:32/K
20	Rick Graham	11660	45:25	4:33/K
21	Kevin Schwab	11780	45:46	4:35/K
22	Brian Kladko	11693	46:00	4:36/K
23	Dave Truong	11807	46:34	4:39/K
24	Chris Clibbon	31018	46:37	4:40/K
25	Philip Walmsley	11816	47:01	4:42/K
26	Jordan Klassen	11694	47:21	4:44/K
27	Martin G'eiger	11847	47:32	4:45/K
28	Jeff Blackmore	58526	47:35	4:46/K
29	John Holdsworth	11844	47:55	4:48/K
30	Jake Foster	11654	48:45	4:53/K
31	Mariusz Stepien	31025	48:47	4:53/K
32	Al Somody	11791	49:03	4:54/K
33	Nigel Collett	11630	49:06	4:55/K
34	Ross Macdonald	11728	49:26	4:57/K
35	Jim Rupert	11842	49:29	4:57/K
36	Steve White	11822	49:30	4:57/K
37	Irin Lee	31010	49:49	4:59/K
38	Patrick Donnelly	31005	50:04	5:00/K
39	Luke Busta	11616	50:13	5:01/K
40	Graham Raynor	11772	50:17	5:02/K
41	Ken Chao	58246	50:46	5:05/K
42	Pat Kelly	11849	51:11	5:07/K
43	Peter Cheng	11627	51:19	5:08/K
44	Eric Surette	11796	51:31	5:09/K
45	Stuart Richardson	58255	51:43	5:10/K
46	Doug Harris	11667	52:04	5:12/K
47	MATT DERKSEN	11638	52:30	5:15/K
48	Rainer Schwab	11779	52:34	5:15/K
49	Braian Burks	58314	52:36	5:16/K
50	Morgan Remfry	58256	53:41	5:22/K
51	chris jung	11682	53:44	5:22/K
52	Mike Scriano	31035	54:08	5:25/K



53	Phil Smith	11790	54:08	5:25/K
54	Anthony Kimbley	11690	54:37	5:28/K
55	Jay Kiew	11689	55:35	5:34/K
56	Justin Klassen	11695	55:52	5:35/K
57	Tony Jang	11680	55:57	5:36/K
58	Lukas Metzler	11741	56:10	5:37/K
59	Thomas Finkle	58280	57:13	5:43/K
60	Asha Kydd	11705	57:26	5:45/K
61	31039 Participant	31039	57:38	5:46/K
62	Arash Narchi	11750	58:06	5:49/K
63	Volodymyr Kotiuk	11704	59:01	5:54/K
64	Chris McLeod	58387	59:13	5:55/K
65	Nairn Grundy	11662	59:20	5:56/K
66	Robert Wilson	11825	59:40	5:58/K
67	Luke Patillo	11767	1:00:13	6:01/K
68	Bart Findlay	11652	1:00:52	6:05/K
69	Brogan Cram	11633	1:01:00	6:06/K
70	Paul Kyte	11706	1:01:20	6:08/K
71	Roberto Deanadera	58238	1:01:45	6:11/K
72	Peter Mountstevens	11745	1:01:47	6:11/K
73	Calvin Lim	11722	1:02:24	6:14/K
74	Taylor Odo	58225	1:02:31	6:15/K
75	Aamir Sheriff	11783	1:02:50	6:17/K
76	Andrew Browne	58545	1:02:55	6:18/K
77	Matthew Yip	11830	1:03:23	6:20/K
78	Ji Hong Rew	11840	1:03:56	6:24/K
79	Sebastian Bubrick	58233	1:03:56	6:24/K
80	Dae Hyung Rew	11841	1:04:33	6:27/K
81	John Moran	58210	1:04:53	6:29/K
82	Fergus Mackenzie	11729	1:05:06	6:31/K
83	Rachel Lan	11835	1:05:27	6:33/K
84	Robin Anderson	11603	1:05:47	6:35/K
85	Fred Fierling	11651	1:07:26	6:45/K
86	Eric Neumeyer	11753	1:07:30	6:45/K
87	channan keo	11687	1:08:08	6:49/K
88	Brandon Shushack	11786	1:08:10	6:49/K
89	Ben King	11692	1:08:57	6:54/K
90	Patrick Charron	11625	1:09:22	6:56/K
91	Mike Soriano	11793	1:09:22	6:56/K
92	Seiji Heine	11671	1:09:32	6:57/K
93	John Young	58267	1:10:30	7:03/K
94	Andy Tedford	11801	1:10:44	7:04/K

95	Anthony Holloway	11673	1:10:57	7:06/K
96	Derek Hui	11678	1:11:48	7:11/K
97	RAFAEL BERTOCO	11609	1:12:34	7:15/K
98	Marc Chaix	11623	1:13:00	7:18/K
99	Dillon Mazankowski	11736	1:13:26	7:21/K
100	Edwin Lai	11709	1:17:57	7:48/K
101	James Klassen	58346	1:18:36	7:52/K
102	Nikola Cadieux-Rusan	11617	1:20:17	8:02/K
103	Jean-Francois Chenier	11628	1:31:56	9:12/K
104	Daniel Klassen	11696	1:58:07	11:49/K

## 5k Run

### Female

Place	Name	Bib No	Time	Total Pace
1	Corinne Issel	1558	20:38	4:08/K
2	Molly Howes	1554	20:51	4:10/K
3	Regina Vosahlo	1620	21:13	4:15/K
4	Maya Baechler	1511	24:31	4:54/K
5	Amber McFarland	1582	24:58	5:00/K
6	Jessica Hewitt	1551	25:43	5:09/K
7	Meghan Papineau	1590	26:04	5:13/K
8	Misako Mori	58203	26:12	5:14/K
9	Leanna Ho	1553	26:16	5:15/K
10	Linda Brown	1520	27:28	5:30/K
11	Shayla Evans	1540	27:40	5:32/K
12	annabelle cormack	1529	27:46	5:33/K
13	Shana Aspeleiter	1506	27:48	5:34/K
14	Wendy Pollock	1594	27:48	5:34/K
15	Rebecca Tucker	1617	28:05	5:37/K
16	Jennifer MacKinnon	1580	28:19	5:40/K
17	Cheryl Arnold	1505	28:33	5:43/K
18	Winnie Lu	1575	28:52	5:46/K
19	Jennifer Grace	1547	29:17	5:51/K
20	Kaetlon Tanner	1612	29:35	5:55/K
21	Tanishka Gupta	1548	29:49	5:58/K
22	Erika Zell	58355	29:57	5:59/K
23	Sarah Frost	1544	30:05	6:01/K
24	Makenna Baechler	1510	30:26	6:05/K
25	Joyce BevrIDGE	1630	30:58	6:12/K
26	Tanis Huitink	1556	31:00	6:12/K
27	Shella Franjkoivc	58538	31:07	6:13/K
28	Yumi Kusabe	1568	31:11	6:14/K
29	Melissa Knight	1502	31:12	6:14/K
30	Annika Bjorklund	1516	31:30	6:18/K
31	Amanda Whitelaw	58473	31:31	6:18/K
32	Jenell Regehi	58354	31:42	6:20/K
33	Linda Whitelaw	1623	31:48	6:22/K
34	Kelly Lamb	58343	31:54	6:23/K
35	Lauren Ketting-Olivier	1563	31:56	6:23/K
36	Wendy Sinclair	1609	32:06	6:25/K
37	Anna Healy	38016	32:08	6:26/K
38	Leslie McFarland	1627	32:17	6:27/K
39	Angela de Souza	1536	32:39	6:32/K
40	Kat Davidson	1534	32:44	6:33/K
41	Anna Kennedy	1562	32:45	6:33/K
42	Natasha Rybolov	1597	33:12	6:38/K
43	Adi Keidar	38005	33:30	6:42/K
44	Brandi Harrington	1550	33:36	6:43/K
45	Yvonne Toomer	1615	33:47	6:45/K
46	Zoe Biggs	1513	34:02	6:48/K
47	Saxon Moore	58249	34:31	6:54/K
48	Kristen Satterfield	38025	34:45	6:57/K
49	Deborah Satterfield	38023	34:45	6:57/K
50	Selena Clarke	58543	34:55	6:59/K
51	Joan Shannon Jung	1607	34:59	7:00/K

52	Monica Moreno	58544	35:05	7:01/K
53	Nikol Rybolov	1598	35:09	7:02/K
54	Susan Enns	1541	35:27	7:05/K
55	Linh Cajigas	1524	36:20	7:16/K
56	Odeya Yedman	58335	36:32	7:18/K
57	Cindy Fong	1543	37:01	7:24/K
58	Brianna Aho	58336	37:06	7:25/K
59	Miranda Loyie-silva	1574	37:15	7:27/K
60	Jane Adams	1501	37:25	7:29/K
61	kate norum	1586	37:28	7:30/K
62	Lisa Yeoman	58333	37:31	7:30/K
63	Elizabeth Farquharson	1542	37:41	7:32/K
64	Charlotte Au	1507	38:10	7:38/K
65	Olivia Bingham	1514	38:11	7:38/K
66	Alicia Hudy	1555	39:44	7:57/K
67	Shereen Samimi	1601	39:44	7:57/K
68	Taylor LaRose	1569	39:45	7:57/K
69	Amanda Salway	1600	39:47	7:57/K
70	Sophia Crabb Russow	1531	40:48	8:10/K
71	Augusta Weightman	1621	40:48	8:10/K
72	Kristina Sheridan	1608	41:09	8:14/K
73	Jessica Bailey	58322	42:32	8:30/K
74	Charlotte Weightman	1622	42:33	8:31/K
75	Chiara Wornell	58264	42:35	8:31/K
76	Darnelle Moore	58265	42:36	8:31/K
77	Winnie Leung	1572	43:33	8:43/K
78	Caroline Daniels	1532	44:38	8:56/K
79	Kim Linekin	58319	44:38	8:56/K
80	Naomi Schunselaar	1604	50:20	10:04/K
81	Lynne Klassen	1564	55:03	11:01/K

### 5k Run

#### Male

Place	Name	Bib No	Time	Total Pace
1	Spencer Jackson	38020	17:50	3:34/K
2	Guy Polden	1593	18:54	3:47/K
3	Mike Ruhland	1595	19:42	3:56/K
4	Gregg Ambrosi	1504	19:45	3:57/K
5	Duhane Lam	1581	19:47	3:57/K
6	Luc Isaak	1557	20:05	4:01/K
7	Alan Thompson	1614	20:05	4:01/K
8	Mannfred Boehm	1517	20:21	4:04/K
9	Richard Seymour	1606	20:31	4:06/K
10	Alan Baggoo	58342	20:55	4:11/K
11	Dylan Uhrich	1619	21:23	4:17/K
12	Ted Uhrich	1618	21:40	4:20/K
13	Alex Birsfelder	58550	22:28	4:30/K
14	Mike Szymczak	58337	25:29	5:06/K
15	Jared Helay	38017	25:30	5:06/K
16	Oskar Lucas	1578	25:44	5:09/K
17	Peter McKinley	1583	25:52	5:10/K
18	Sivan Keidar	38004	26:02	5:12/K
19	David Papineau	1589	26:05	5:13/K
20	Kevin Campbell	1526	26:35	5:19/K
21	Brett Peters	1592	27:12	5:26/K
22	Trev Smith	1611	27:13	5:27/K
23	Chester Loke	58329	27:34	5:31/K
24	Adam Lavin	1571	27:39	5:32/K
25	Mark Mogatas	1584	27:45	5:33/K
26	Gabriel Donnelly	38013	28:03	5:37/K
27	Gavin Burgess	1522	28:16	5:39/K
28	David Burgess	1523	28:19	5:40/K
29	Raymond Tsow	1616	28:24	5:41/K
30	Albert Setiapoetra	1625	28:42	5:44/K
31	Cayden Wornell	58259	29:54	5:59/K
32	Kievan Edward - Hulko	1624	30:16	6:03/K
33	John Baechler	1509	30:27	6:05/K

34	Erik Bjorklund	1515	31:32	6:18/K
35	Henk Schunselaar	1605	31:34	6:19/K
36	David Schoenefuhs	1603	31:57	6:23/K
37	Sam Wornell	58260	32:07	6:25/K
38	Jonathan Wornell	58258	32:10	6:26/K
39	Geoffrey Goldman	1546	32:31	6:30/K
40	Alban de Souza	1535	32:40	6:32/K
41	Connor Sage	1599	33:28	6:42/K
42	Barry Jung	1561	33:57	6:47/K
43	James Brown	1521	34:02	6:48/K
44	Eugene setiapoetra	1626	35:32	7:06/K
45	Ethan Cajigas	1525	36:18	7:16/K
46	henrik lucas	1576	37:05	7:25/K
47	Tony lucas	1577	37:06	7:25/K
48	Kokua Laureta	1570	37:14	7:27/K
49	Chuck Oliver	1587	37:25	7:29/K
50	Jason Crabb	1530	40:48	8:10/K
51	Tyrese Hill	1552	41:46	8:21/K
52	Raj Movnstevenis	11686	42:08	8:26/K
53	Rex Eng	1539	43:33	8:43/K
54	greg norum	1585	44:08	8:50/K
55	David Scott	1503	44:16	8:51/K
56	Ben Sinclair	1610	45:55	9:11/K
57	Grant Healy	38015	47:17	9:27/K
58	John Klassen	58207	48:08	9:38/K
59	Wayne Phillips	58364	1:26:05	17:13/K