

MEC Race FOUR

5k

Category Results

Female Ages 11 + Under

Pos	Bib#	Name	Time	Overall Position	Time Behind Categ	Time Behind Winner
1	16501	Charlotte Wilson	00:24:37	43	00:00:00	00:05:19
2	16400	Annika Johnston	00:25:08	49	00:00:35	00:05:54
3	16824	Jenna Wiebe	00:25:34	52	00:01:02	00:06:21
4	16496	Lillian Rubel	00:26:19	66	00:01:47	00:07:06
5	16859	Alejandra Pocaterra	00:28:46	92	00:04:10	00:09:29
6	16940	Chloe McInall	00:31:29	131	00:07:05	00:12:24
7	16474	Taia Delcourt-Condon	00:32:37	140	00:08:06	00:13:25
8	16608	Livia Meckelborg	00:32:42	142	00:08:21	00:13:40
9	16701	Leilani Wust	00:33:09	153	00:08:45	00:14:03
10	16547	Annika Simpson	00:33:10	156	00:08:46	00:14:04
11	16327	Juliana Bradley	00:34:38	178	00:10:16	00:15:34
12	16517	Jenny Zhong	00:34:48	180	00:10:26	00:15:44
13	16491	Araana Arzpeyma-Nemati	00:35:33	189	00:11:06	00:16:24
14	16510	Maya Rajpar	00:37:39	202	00:13:33	00:18:52
15	17179	Julia McDonald	00:38:05	208	00:13:39	00:18:58
16	16907	Julia Stagg	00:38:53	217	00:14:33	00:19:52
17	17178	Imogen McDonald	00:44:26	232	00:20:11	00:25:29

Male Ages 11 + Under

Pos	Bib#	Name	Time	Overall Position	Time Behind Categ	Time Behind Winner
1	16485	Nicholas Hartzheim	00:23:15	31	00:00:07	00:06:17
2	16909	Mack Stephen	00:23:23	33	00:00:16	00:06:26
3	16473	Jack Delcourt-Condon	00:24:45	46	00:01:35	00:07:45
4	16378	James Gaschnitz	00:25:36	53	00:02:29	00:08:39
5	16502	Charlie Williams	00:26:06	57	00:02:54	00:09:04
6	16353	Stephen Doig	00:26:15	62	00:03:01	00:09:11
7	16389	Daniel He	00:26:17	64	00:03:10	00:09:20
8	16839	Leo Morrow	00:26:19	65	00:03:14	00:09:24
9	17196	Jake Minnings	00:27:17	76	00:04:02	00:10:12
10	16313	Joey Adam	00:30:10	111	00:07:11	00:13:21
11	16740	Caleb Graham	00:31:36	132	00:08:44	00:14:54
12	16312	Isaac Adam	00:34:23	172	00:11:24	00:17:33
13	16768	Eric Xu	00:44:51	235	00:21:55	00:28:05
14	16398	Ethan Johnson	00:48:26	243	00:25:16	00:31:26

Female Ages 12 -17

Pos	Bib#	Name	Time	Overall Position	Time Behind Categ	Time Behind Winner
1	17041	Abigail van der Merwe	00:23:32	34	00:00:02	00:04:16
2	16330	Astha Burande	00:36:56	199	00:13:44	00:17:58

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Category Results

Male Ages 12 -17

Pos	Bib#	Name	Time	Overall Position	Time Behind Categ	Time Behind Winner
1	16751	Willem Grant	00:23:06	28	00:00:00	00:06:01
2	16469	Cole Bradley	00:23:47	36	00:00:58	00:06:59
3	16367	Cody Evans	00:24:14	40	00:01:24	00:07:25
4	16484	Lucas Timson	00:26:01	55	00:02:58	00:08:58
5	16521	Sam Moses	00:26:42	69	00:03:57	00:09:58
6	16697	Austin Minnings	00:27:02	73	00:03:57	00:09:57
7	16684	Elijah Koop	00:28:15	88	00:05:25	00:11:26
8	17157	Ian Saunders	00:30:15	112	00:07:09	00:13:10

Female Ages 18-29

Pos	Bib#	Name	Time	Overall Position	Time Behind Categ	Time Behind Winner
1	16872	Ania Bandachowicz	00:22:47	25	00:00:02	00:03:31
2	16352	Chip Doig	00:26:15	61	00:03:28	00:06:57
3	16282	Zoe King	00:26:57	71	00:04:11	00:07:40
4	16506	Ashley Luchka	00:27:17	75	00:04:34	00:08:03
5	16953	Leigh McNeil-Taboika	00:27:40	80	00:05:02	00:08:31
6	16912	Natasha Strass-Hundal	00:27:52	81	00:05:13	00:08:41
7	16507	Minjung Park	00:27:53	82	00:05:58	00:09:27
8	16881	Audrey Rasmussen	00:28:48	94	00:06:07	00:09:36
9	16480	Jamie Patrick	00:28:55	96	00:06:23	00:09:52
10	16470	Stephanie Cheng	00:29:03	99	00:06:15	00:09:44
11	16520	Kara Vanden Broek	00:29:39	105	00:06:58	00:10:26
12	16957	Cori Mittermayr	00:30:06	110	00:07:29	00:10:58
13	16341	Genevieve Chisholm	00:30:22	115	00:07:41	00:11:10
14	16481	Sara Pun	00:32:01	136	00:09:14	00:12:43
15	16329	Stacey Brown	00:32:16	138	00:09:47	00:13:16
16	16337	Courtney Cassidy	00:32:56	147	00:10:28	00:13:57
17	16685	Aicha Kouyate	00:33:06	148	00:10:31	00:14:00
18	17145	Katrina Sutton	00:33:08	151	00:10:30	00:13:59
19	16493	Grace Phillips	00:33:38	158	00:11:04	00:14:33
20	16516	Chloe Carlson	00:34:26	173	00:11:56	00:15:25
21	16929	Brittany Staddon	00:34:28	174	00:12:02	00:15:31
22	16619	Namrata Mathew	00:34:29	175	00:12:03	00:15:32
23	16483	Haily Timmons	00:34:56	181	00:12:23	00:15:52
24	16476	Claire Gibbons	00:34:56	182	00:12:23	00:15:52
25	16478	Erin LeBlanc	00:34:57	183	00:12:23	00:15:52
26	16758	Laura Grant	00:36:01	192	00:13:26	00:16:55
27	16489	Stephanie Clark	00:36:04	194	00:13:24	00:16:53
28	16629	Rycki Mallard	00:36:17	196	00:13:41	00:17:10
29	16322	Maria Blesa	00:38:22	211	00:15:55	00:19:24
30	16518	Elisa Bocancea	00:39:25	220	00:16:59	00:20:28
31	17166	Erica Zaremba	00:49:07	246	00:26:47	00:30:16
32	16395	Marissa Holmwood	00:56:12	247	00:33:42	00:37:11

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Category Results

Male Ages 18-29

Pos	Bib#	Name	Time	Overall Position	Time Behind Categ	Time Behind Winner
1	16981	Steven Pederson	00:17:05	1	00:00:00	00:00:00
2	16511	Ryan Cormier	00:19:11	2	00:02:07	00:02:07
3	16939	Derek Snow	00:21:06	13	00:04:03	00:04:03
4	16328	Glendon Brown	00:21:08	14	00:04:08	00:04:08
5	16508	Sebastian Zelezuik	00:21:21	16	00:05:06	00:05:06
6	16844	Ryan Pageau	00:24:54	47	00:07:50	00:07:50
7	16479	Winston Pang	00:27:25	77	00:10:19	00:10:19
8	16316	Adam Barrett	00:28:48	93	00:12:02	00:12:02
9	16785	Declan Lineen	00:29:09	100	00:12:11	00:12:11
10	16334	Jack Campbell	00:29:40	106	00:13:06	00:13:06
11	16472	Alejandro Coy	00:33:09	154	00:16:30	00:16:30
12	16710	Gustavo de la Torre	00:37:35	200	00:20:51	00:20:51

MEC Race FOUR

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Category Results

Female Ages 30-39

Pos	Bib#	Name	Time	Overall Position	Time Behind Categ	Time Behind Winner
1	17130	Ashley Turgeon	00:19:19	4	00:00:00	00:00:00
2	16513	Cat Young	00:19:53	5	00:00:35	00:00:35
3	16622	Megan McCagherty	00:20:21	10	00:01:07	00:01:07
4	17173	Kate Chatfield-Reed	00:21:31	17	00:02:12	00:02:12
5	16392	Melanie Hnatyshyn	00:22:07	21	00:02:52	00:02:52
6	16855	Natalia Pinto	00:23:17	32	00:04:04	00:04:04
7	16932	Grace Sit	00:24:19	41	00:05:03	00:05:03
8	16852	Annie Parkinson	00:26:11	59	00:07:01	00:07:01
9	16314	Tara Antosh	00:26:24	67	00:07:22	00:07:22
10	16397	Linda Imanse	00:26:47	70	00:07:53	00:07:53
11	16971	Jill Middleton	00:27:38	79	00:08:25	00:08:25
12	16915	Cassandra Skoworodko	00:28:00	84	00:08:59	00:08:59
13	16662	Cindy Lee	00:28:11	87	00:09:02	00:09:02
14	16335	Angela Carter	00:28:49	95	00:09:37	00:09:37
15	16369	Hanie Farzalibeik	00:28:59	97	00:09:42	00:09:42
16	16669	Melissa Krauss	00:29:13	102	00:09:58	00:09:58
17	16642	Holly Marisco	00:29:14	103	00:10:07	00:10:07
18	16955	Jaimee McPhee	00:29:42	107	00:10:33	00:10:33
19	16487	Jennifer Stevens	00:29:42	108	00:10:35	00:10:35
20	16736	Liz Elliott	00:29:56	109	00:10:41	00:10:41
21	16372	Nicole Filewich	00:30:59	120	00:12:08	00:12:08
22	16627	Deanna McDevitt	00:31:07	124	00:12:05	00:12:05
23	16773	Tanya Yeomans	00:31:14	125	00:12:04	00:12:04
24	16527	Lyndsay Latiff	00:31:57	135	00:12:53	00:12:53
25	16364	Jessie Egger	00:32:50	145	00:13:42	00:13:42
26	16963	Rebecca McCartney	00:32:54	146	00:13:48	00:13:48
27	16524	Lacey Rye	00:33:10	155	00:13:58	00:13:58
28	16528	Julie Crawley	00:33:54	162	00:15:18	00:15:18
29	16368	Jennifer Evaskavich	00:33:56	163	00:14:42	00:14:42
30	16362	Jeanette Edge	00:33:56	164	00:14:42	00:14:42
31	16383	Roxana Gossen	00:34:47	179	00:16:19	00:16:19
32	16749	Stephanie Warner	00:35:24	187	00:16:16	00:16:16
33	16519	Heather Pringle	00:36:07	195	00:17:07	00:17:07
34	16387	Kasie Gunn	00:36:29	197	00:17:21	00:17:21
35	16860	Lisa Prosser	00:37:59	206	00:19:06	00:19:06
36	16504	Jane Morgan	00:38:19	209	00:19:25	00:19:25
37	16363	Mandy Edwards	00:38:20	210	00:19:25	00:19:25
38	16802	Angela Williams	00:39:24	218	00:20:23	00:20:23
39	16356	Stephanie Dubois	00:39:33	221	00:20:36	00:20:36
40	16936	Kirsty Sklar	00:40:43	223	00:21:52	00:21:52
41	16380	Stephanie Gauthier	00:43:28	230	00:24:32	00:24:32
42	16656	Jenna Mair	00:43:28	231	00:24:32	00:24:32
43	16665	Nekolina Lau	00:44:31	234	00:25:32	00:25:32
44	16970	Sakhile Mhlanga	00:46:52	239	00:27:41	00:27:41
45	16641	Maria Marin	00:46:55	240	00:27:43	00:27:43
46	16702	Nduta Njoroje	00:47:10	242	00:28:15	00:28:15

MEC Race FOUR

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Category Results

Male Ages 30-39

Pos	Bib#	Name	Time	Overall Position	Time Behind Categ	Time Behind Winner
1	16514	Patrick Clark	00:19:18	3	00:00:02	00:02:15
2	16789	Darren Hinks	00:20:02	8	00:00:47	00:02:59
3	16895	Clark Schommer	00:20:41	12	00:01:26	00:03:38
4	16396	Tristan Holotnak	00:21:49	18	00:02:33	00:04:46
5	16763	Julian White	00:22:04	19	00:02:51	00:05:04
6	16889	Riley Rossmo	00:22:46	24	00:03:31	00:05:44
7	16722	Jamie Crowther	00:24:06	38	00:04:51	00:07:04
8	16695	Fergal Kelly	00:24:41	45	00:05:37	00:07:50
9	16488	Sylvain Bordenave	00:25:14	50	00:06:01	00:08:14
10	17153	Robert Thomas	00:26:13	60	00:07:06	00:09:19
11	16490	Long Tu	00:26:27	68	00:07:58	00:10:11
12	16361	Travis Dwinell	00:27:36	78	00:08:32	00:10:44
13	16851	Tyler Paquette	00:27:57	83	00:09:00	00:11:13
14	16360	William Dwinell	00:28:17	89	00:09:11	00:11:24
15	17099	Rico Tumato	00:28:18	90	00:09:11	00:11:24
16	16525	Ryan Fernhout	00:30:17	114	00:11:07	00:13:20
17	16355	Jared Dougherty	00:30:28	117	00:11:38	00:13:50
18	16382	Dan Gossen	00:30:39	118	00:15:18	00:17:31
19	16391	John Higginson	00:31:20	126	00:12:13	00:14:25
20	17162	Rory Stewart	00:31:37	133	00:12:42	00:14:55
21	17171	Adam Kennedy	00:33:59	166	00:15:08	00:17:21
22	16867	Trevor Prosser	00:37:59	205	00:19:07	00:21:19

MEC Race FOUR

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Category Results

Female Ages 40-49

Pos	Bib#	Name	Time	Overall Position	Time Behind Categ	Time Behind Winner
1	16373	Robi Fish	00:22:24	22	00:00:01	00:03:06
2	16503	Nicky Williams	00:26:07	58	00:03:47	00:06:52
3	16794	Nicola Johnson	00:28:08	86	00:05:59	00:09:04
4	16849	Stephanie Paige	00:29:36	104	00:07:24	00:10:29
5	16515	Sheryl Barnes	00:30:26	116	00:08:26	00:11:31
6	16757	Mary Grant	00:31:00	121	00:08:57	00:12:02
7	16942	Minako McInall	00:31:26	129	00:09:20	00:12:25
8	16384	Shereen Grant	00:31:27	130	00:09:18	00:12:23
9	16471	Barb Condon	00:32:36	139	00:10:20	00:13:25
10	16105	Michelle Caffrey	00:32:49	144	00:10:38	00:13:43
11	16825	Shara Murray	00:33:28	157	00:11:22	00:14:27
12	17190	Caroline Minnings	00:33:50	161	00:11:28	00:14:33
13	16167	Christine Koop	00:34:05	168	00:11:57	00:15:02
14	16911	Laura-Jeanne Stollery	00:34:17	170	00:11:56	00:15:01
15	16888	Tricia Reinson-Adam	00:34:33	176	00:12:24	00:15:29
16	16890	Narda Simpson	00:35:26	188	00:13:19	00:16:24
17	16381	Christie Gomke	00:36:50	198	00:14:50	00:17:55
18	16878	Angela Pucci	00:38:32	212	00:16:32	00:19:37
19	16908	Nicole Stagg	00:38:53	216	00:16:47	00:19:52
20	16658	Susan Lunt	00:40:37	222	00:18:22	00:21:27
21	16602	Holly Mitchell	00:41:09	226	00:18:50	00:21:55
22	16529	Tammy Grimm	00:42:43	229	00:20:57	00:24:02
23	17180	Sharon McDonald	00:44:27	233	00:22:24	00:25:29
24	16625	Shelley McCartney	00:46:17	237	00:24:20	00:27:25

Male Ages 40-49

Pos	Bib#	Name	Time	Overall Position	Time Behind Categ	Time Behind Winner
1	16774	Wei Zhang	00:20:03	9	00:00:02	00:03:00
2	16842	Denis Moorhead	00:24:30	42	00:04:32	00:07:29
3	16497	Geoffrey Rubel	00:25:37	54	00:05:44	00:08:42
4	16377	Paul Galpern	00:26:16	63	00:06:26	00:09:24
5	17183	Bruce McInall	00:27:00	72	00:07:16	00:10:14
6	16298	David King	00:27:05	74	00:07:03	00:10:01
7	16692	Paul Johnston	00:29:01	98	00:09:07	00:12:05
8	16379	Michael Gaschnitz	00:31:23	128	00:11:42	00:14:40
9	16956	Jim Meckelborg	00:32:42	141	00:12:56	00:15:54
10	16365	Onos Ekewenu	00:33:09	152	00:13:08	00:16:06
11	16386	Rafael Guerra	00:34:05	169	00:14:05	00:17:03
12	16326	Blake Bradley	00:34:37	177	00:14:50	00:17:48
13	16331	Raju Burande	00:37:37	201	00:17:55	00:20:53
14	16613	Joe Czirjak	00:40:44	224	00:21:09	00:24:07
15	16676	Robert Krampfl	00:46:17	236	00:26:41	00:29:39
16	16399	Neil Johnson	00:48:29	244	00:28:32	00:31:29
17	21761	David Jackman	00:49:03	245	00:29:17	00:32:15

MEC Race FOUR

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Category Results

Female Ages 50-59

Pos	Bib#	Name	Time	Overall Position	Time Behind Categ	Time Behind Winner
1	16821	Heather Wiebe	00:21:09	15	00:00:06	00:01:56
2	16494	Sandra Yaworski	00:23:06	29	00:02:02	00:03:52
3	16475	Kim Flegg	00:23:50	37	00:02:43	00:04:34
4	16512	Sarah Meredith	00:24:37	44	00:03:28	00:05:19
5	16947	Cheryl McNeil	00:25:26	51	00:04:27	00:06:17
6	16624	Norah McCann	00:26:05	56	00:05:10	00:07:00
7	16366	Violeta El Khoury	00:29:10	101	00:08:03	00:09:53
8	16741	Tsering Lineen	00:30:15	113	00:09:13	00:11:03
9	16522	Marianne Velcic	00:31:02	122	00:10:02	00:11:52
10	16315	Marfred Baroja	00:31:21	127	00:10:14	00:12:05
11	16319	Donna Bird	00:31:56	134	00:10:49	00:12:40
12	16477	Shalina Ladak	00:35:48	191	00:14:47	00:16:37
13	16750	Wendy Wong	00:37:53	204	00:17:10	00:19:00
14	16354	Patti Dolan	00:38:34	214	00:17:47	00:19:38

Male Ages 50-59

Pos	Bib#	Name	Time	Overall Position	Time Behind Categ	Time Behind Winner
1	16526	Tim Guss	00:19:55	6	00:00:01	00:02:50
2	16904	Michael Barr	00:20:00	7	00:00:07	00:02:57
3	16468	Tim Anstett	00:20:38	11	00:00:44	00:03:34
4	16388	Chris Guss	00:22:07	20	00:02:13	00:05:03
5	16339	Darryl Charabin	00:22:52	26	00:03:03	00:05:52
6	16894	David Sargent	00:24:08	39	00:04:17	00:07:07
7	16486	Willie Chung	00:28:05	85	00:08:14	00:11:04
8	17170	Peter Lineen	00:31:05	123	00:11:17	00:14:07
9	16721	Kevin Denscombe	00:32:12	137	00:12:29	00:15:19
10	16854	Howard Phillips	00:33:38	159	00:13:57	00:16:47
11	16549	Ben Vansant	00:35:07	185	00:15:36	00:18:25
12	16509	Aleem Rajpar	00:37:40	203	00:18:17	00:21:07
13	16159	Michael Barry	00:38:36	215	00:19:01	00:21:50
14	16659	Kevin Lock	00:41:28	227	00:21:45	00:24:34

Female Ages 60-69

Pos	Bib#	Name	Time	Overall Position	Time Behind Categ	Time Behind Winner
1	16801	Beatrice Wilhelm	00:32:45	143	00:00:06	00:13:33
2	16626	Louise McConnell	00:33:40	160	00:01:04	00:14:31
3	16810	Cathy Wong	00:38:33	213	00:05:53	00:19:19
4	17146	Mary Sutton	00:41:08	225	00:08:36	00:22:02
5	16318	Mary Berlie	00:42:17	228	00:09:50	00:23:17

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Category Results

Male Ages 60-69

Pos	Bib#	Name	Time	Overall Position	Time Behind Categ	Time Behind Winner
1	16394	Scott Hodgson	00:22:31	23	00:00:04	00:05:30
2	16342	John Clark	00:23:34	35	00:01:05	00:06:31
3	16866	Michael Prosser	00:38:04	207	00:15:58	00:21:24
4	16918	Liam Somers	00:46:18	238	00:23:57	00:29:23

Female Ages 70+

Pos	Bib#	Name	Time	Overall Position	Time Behind Categ	Time Behind Winner
1	16898	Helly Visser	00:34:01	167	00:00:03	00:14:46

Female No Age Specified

Pos	Bib#	Name	Time	Overall Position	Time Behind Categ	Time Behind Winner
1	16786	Talia Webber	00:22:55	27	00:00:04	00:03:40
2	16338	Eva Chan	00:25:08	48	00:02:16	00:05:52
3	16738	Rosie Govind	00:30:58	119	00:08:10	00:11:46
4	17181	Alana McElhinney	00:33:06	149	00:10:24	00:14:00
5	16482	Ericka Rios	00:33:08	150	00:10:41	00:14:17
6	16737	Melissa Gorsedin	00:33:59	165	00:11:32	00:15:08
7	16385	Stacy Graw	00:34:23	171	00:11:36	00:15:12
8	16735	Terri Eklund	00:34:57	184	00:12:18	00:15:54
9	17150	Melissa Sutton	00:35:08	186	00:12:22	00:15:58
10	16317	Jill Barriere	00:35:37	190	00:12:54	00:16:30
11	16333	Layla Cabdilllahi	00:36:03	193	00:13:16	00:16:52
12	16358	Ann Duke	00:39:25	219	00:16:47	00:20:23
13	16324	Leah Boulton-Chaykowski	00:47:10	241	00:24:39	00:28:15

Male No Age Specified

Pos	Bib#	Name	Time	Overall Position	Time Behind Categ	Time Behind Winner
1	16983	Fred Potter	00:23:14	30	00:00:58	00:07:08
2	16340	Jonathan Chavez Casillas	00:28:33	91	00:05:27	00:11:37