

MEC London Race 3

Overall Finish List

September 15, 2013

5K

Place	Name	City	Bib No	Gender	Time	Pace
1	Kwesi Asotny		4812	M	18:56	3:47/K
2	Albano Castanha		4810	M	19:00	3:48/K
3	Klysak Omori		4814	M	19:58	4:00/K
4	Eric Klassen	London	4933	M	20:12	4:02/K
5	Sean Milne	London	4920	M	20:25	4:05/K
6	Shane Van Rensen	London	4930	M	21:43	4:21/K
7	Dean Lowrie	London	4951	M	22:30	4:30/K
8	Sarah Bachert	London	9906	F	22:33	4:31/K
9	Mike Hess	Wallaceburg	4922	M	23:26	4:41/K
10	Kristen Walsh	London	4936	F	23:28	4:42/K
11	Nicole Szklarczyk	London	4946	F	23:39	4:44/K
12	Rich McEvoy	London	4935	M	24:04	4:49/K
13	Dan Veldman	Embros	4928	M	24:28	4:54/K
14	Janice Chedore	Komoka	4908	F	24:36	4:55/K
15	Andrew De Vries	London	4914	M	24:39	4:56/K
16	Mark De Vries	London	4915	M	24:39	4:56/K
17	Mark Moreira	London	4944	M	25:06	5:01/K
18	Grace Glowicki	Toronto	4955	F	25:51	5:10/K
19	Jeremy Rabideau	Wallaceburg	4934	M	25:59	5:12/K
20	JoAnne Ross	St. Marys	4929	F	26:06	5:13/K
21	Nate McCormack	London	4958	M	26:12	5:14/K
22	Jennifer Snary	London	4950	F	26:53	5:23/K
23	Kaitlin Orchard	London	4956	F	26:54	5:23/K
24	Maggie McCormack	London	4959	F	26:55	5:23/K
25	Janice Gipton-Maylaer		4815	F	28:03	5:37/K
26	Robert McLennan	St Thomas	4926	M	29:16	5:51/K
27	Christine Gouthro		9903	F	29:19	5:52/K
28	Deborah Rice	London	4918	F	29:33	5:55/K
29	Chris Postma	London	4903	M	29:33	5:55/K
30	Josephine Postma	London	4904	F	29:33	5:55/K
31	Mark Barton	Stratford	4940	M	29:43	5:57/K
32	Sara Middleton	London	4945	F	29:43	5:57/K
33	Jane Spittal	Stratford	4938	F	29:49	5:58/K
34	C J Gregory	London	4912	M	30:34	6:07/K
35	Nadia McLennan	London	4925	F	30:43	6:09/K
36	Rachel Walker		9901	F	30:53	6:11/K
37	Luke Hoefnagels		9902	M	31:02	6:12/K
38	Stephanie Hoefnagels	London	4947	F	31:03	6:13/K
39	Patti Milne	London	4921	F	31:04	6:13/K
40	Vivette Martin	London	4927	F	31:41	6:20/K

41	Dana Starling	London	4916	F	31:47	6:21/K
42	Elyse Graf	London	4917	F	31:54	6:23/K
43	Tina Rabideau		4701	F	31:55	6:23/K
44	April Varewyck	London	4909	F	32:56	6:35/K
45	Elliot Barton	Stratford	4941	M	33:45	6:45/K
46	Lauren Capson	Dorchester	4919	F	33:54	6:47/K
47	Tim Barton	Stratford	4937	M	33:55	6:47/K
48	Amy Tapley	London	4948	F	35:23	7:05/K
49	Kim Harris	London	4923	F	36:08	7:14/K
50	Kathy Betts	London	4902	F	37:45	7:33/K
51	Tanya Rivard		4957	F	37:45	7:33/K
52	Diana Tran	London	6330	F	38:22	7:40/K
53	Amanda Bourdeau	Dealtown	4932	F	39:28	7:54/K
54	Lucy Hinton	Guelph	4905	F	39:53	7:59/K
55	Steph Higgs	Guelph	4913	F	39:54	7:59/K
56	Dustin Hughes		4813	M	39:57	7:59/K
57	Alison McLachlan	London	4911	F	43:10	8:38/K
58	Cathy Frenette	London	4901	F	44:30	8:54/K
59	Alissa Capling	London	4924	F	44:35	8:55/K
60	Kennedy Cooke	London	4953	F	44:38	8:56/K
61	Lily Barton	Stratford	4939	F	45:45	9:09/K
62	Loretta Marcelissen	Stratford	4942	F	45:46	9:09/K
63	Jackson Cooke	London	4954	M	46:12	9:14/K
64	Mike Cooke	London	4952	M	46:14	9:15/K
65	Melissa Deisley	Mt Brydges	4949	F	50:14	10:03/K

10K

Place	Name	City	Bib No	Gender	Time	Pace
1	Jesse Gross		6401	M	41:16	4:08/K
2	Richard Young	London	6954	M	45:19	4:32/K
3	Will Jennings	London	6322	M	45:31	4:33/K
4	Tara Kennedy		6497	F	46:39	4:40/K
5	Melanie Kok	London	6343	F	46:49	4:41/K
6	Rick Leroux	London	6341	M	47:44	4:46/K
7	Rhoda McCandless	London	6340	F	48:45	4:53/K
8	Kim Pidcock	London	6339	M	49:42	4:58/K
9	John Priamo	Toronto	6334	M	50:06	5:01/K
10	Grant Koenig	London	6342	M	50:54	5:05/K
11	Matt Brickman		6499	M	51:27	5:09/K
12	Jon Izma		6498	M	51:27	5:09/K
13	Ary Tsotras	London	6324	M	52:12	5:13/K
14	Skye Tsotras	London	6323	F	52:45	5:17/K
15	Predrag Rujcil		6347	M	53:16	5:20/K
16	Janet Lapierre	London	6495	F	57:06	5:43/K
17	Tessa Hercus	London	6326	F	58:04	5:48/K
18	Sarah Mann	St Thomas	6328	F	1:01:15	6:08/K
19	Adrienne Fulford	London	6336	F	1:01:20	6:08/K

20	Steve Simms	london	6938	F	1:01:36	6:10/K
21	Shannon Braun	London	6935	F	1:01:36	6:10/K
22	Stephanie Rabenstein	London	6333	F	1:02:51	6:17/K
23	Lisa Contardo	London	6332	F	1:05:36	6:34/K
24	Sheila Sutton	London	6344	F	1:07:11	6:43/K
25	Jackie Davis		6346	F	1:07:11	6:43/K
26	Mandy Corbeil	Toronto	6335	F	1:10:19	7:02/K
27	Michelle Cooke	London	6345	F	1:12:33	7:15/K
28	Sue Cooke	London	6338	F	1:12:34	7:15/K
29	Austin Ledermann		6402	M	1:14:31	7:27/K
30	Frances Whiston	London	6329	F	1:14:38	7:28/K
31	Jacqueline McAllister	London	6337	F	1:14:38	7:28/K

15K

Place	Name	City	Bib No	Gender	Time	Pace
1	Andrew Jones	London	6965	M	53:11	3:33/K
2	Rod Henning	London	9804	M	55:03	3:40/K
3	Cameron Homes		6973	M	56:55	3:48/K
4	Oaul Mayrs		9801	M	58:19	3:53/K
5	Brady Hillis	London	6955	M	59:07	3:56/K
6	David Gostick	London	6952	M	59:22	3:57/K
7	Phil Robson	Windsor	6949	M	1:00:54	4:04/K
8	Michael Rummel	St Thomas	6946	M	1:01:03	4:04/K
9	Joseph Fenton		6971	M	1:08:21	4:33/K
10	Mark Fenton		6972	M	1:08:26	4:34/K
11	Jeff Rowell		9803	M	1:09:38	4:39/K
12	Liza Martini	London	6953	F	1:10:22	4:41/K
13	Sean Pynaert	Brights Grove	6957	M	1:10:58	4:44/K
14	William Lin	London	6948	M	1:11:32	4:46/K
15	Jonathan Elia	London	6944	M	1:11:39	4:47/K
16	Cathy Williams	London	9810	F	1:14:22	4:57/K
17	Tim Tallack	London	6951	M	1:15:52	5:03/K
18	Mark Straatman	London	6950	M	1:17:19	5:09/K
19	Mei Lin Batten	London	6964	F	1:18:38	5:15/K
20	Frank Contardo	London	6947	M	1:22:56	5:32/K
21	Nicole Fritz	London	6966	F	1:23:08	5:33/K
22	Keltie Brigham	London	6936	F	1:23:08	5:33/K
23	Julie Hudecek	London	6942	F	1:23:36	5:34/K
24	Carl Keevil	London	6958	M	1:24:18	5:37/K
25	Kirsten Ness	London	6945	F	1:27:34	5:50/K
26	Krista Kankula	London	6943	F	1:27:45	5:51/K
27	Dawn Kershaw	London	6934	F	1:30:33	6:02/K
28	Sarah Cruickshank	Dorchester	6962	F	1:32:33	6:10/K
29	Adam Blacklock	London	6961	M	1:33:54	6:16/K
30	Janette Batten	London	6963	F	1:33:57	6:16/K
31	Tyson Cragg		9802	M	1:33:57	6:16/K
32	Mike Gregor	St.Thomas	6968	M	1:34:32	6:18/K

33	Rhonda Empey	Fenelon Falls	6941	F	1:38:18	6:33/K
34	Kirsten Murray	London	6956	F	1:40:01	6:40/K
35	Patti McCahill		6970	F	1:40:16	6:41/K
36	Elora McLeod	Regina	6940	F	1:43:34	6:54/K
37	Manuel Teodoro	London	6969	M	1:45:40	7:03/K
38	Meghan Reid	Guelph	6960	F	1:47:47	7:11/K
39	Nadine Sabino		9811	F	1:48:20	7:13/K
40	Stephanie Niskas	london	6967	F	1:48:25	7:14/K