

## Vista Run &amp; Walk 2019

Race Date  
May 26, 2019

Overall Finish List**10 k Run****Female**

| <u>Overall</u> | <u>Name</u>        | <u>Bib No</u> | <u>AG Place</u> | <u>Time</u> | <u>Pace</u> |
|----------------|--------------------|---------------|-----------------|-------------|-------------|
| 1              | Deborah Eakhouse   | 154           | 1: 20-39        | 46:03       | 4:36/K      |
| 2              | Christine Kitsch   | 121           | 1: 40-59        | 47:35       | 4:46/K      |
| 3              | Gillian Lains      | 171           | 2: 40-59        | 54:21       | 5:26/K      |
| 4              | Cheryl Mosby       | 147           | 3: 40-59        | 56:40       | 5:40/K      |
| 5              | Nikol Marconova    | 125           | 2: 20-39        | 57:28       | 5:45/K      |
| 6              | Jules Willis       | 142           | 3: 20-39        | 57:28       | 5:45/K      |
| 7              | Danica Fidler      | 115           | 4: 20-39        | 59:45       | 5:59/K      |
| 8              | Deanna Donovan     | 106           | 4: 40-59        | 1:01:08     | 6:07/K      |
| 9              | Colleen Franklin   | 116           | 5: 40-59        | 1:01:16     | 6:08/K      |
| 10             | Gisele Pomerleau   | 152           | 1: 60-69        | 1:03:01     | 6:18/K      |
| 11             | Jenn Smith         | 136           | 5: 20-39        | 1:04:02     | 6:24/K      |
| 12             | Lauren Downey      | 108           | 1: 0-19         | 1:04:39     | 6:28/K      |
| 13             | Rachelle Strelezki | 139           | 6: 20-39        | 1:05:25     | 6:33/K      |
| 14             | Brenda Manweiler   | 149           | 6: 40-59        | 1:05:45     | 6:35/K      |
| 15             | Maria Binder       | 102           | 7: 20-39        | 1:07:14     | 6:43/K      |
| 16             | Karen Blom-Dalby   | 103           | 7: 40-59        | 1:07:49     | 6:47/K      |
| 17             | Tracy Tanizawa     | 156           | 8: 40-59        | 1:08:30     | 6:51/K      |
| 18             | Jen Granholm       | 118           | 8: 20-39        | 1:09:06     | 6:55/K      |
| 19             | Dawn Feng          | 114           | 9: 40-59        | 1:10:21     | 7:02/K      |
| 20             | Kathy Mont         | 169           | 10: 40-59       | 1:11:07     | 7:07/K      |
| 21             | Darian Noel        | 130           | 11: 40-59       | 1:12:22     | 7:14/K      |
| 22             | Michelle Zion      | 144           | 12: 40-59       | 1:17:07     | 7:43/K      |
| 23             | Ronnie Sevigny     | 134           | 2: 60-69        | 1:17:07     | 7:43/K      |
| 24             | Barb Motut         | 128           | 1: 70-99        | 1:17:14     | 7:43/K      |
| 25             | Silvina Morales    | 127           | 13: 40-59       | 1:20:33     | 8:03/K      |
| 26             | Tammy Shirley      | 135           | 14: 40-59       | 1:22:48     | 8:17/K      |
| 27             | Monique Paliotti   | 132           | 15: 40-59       | 1:22:49     | 8:17/K      |
| 28             | Aaren Dutton       | 110           | 9: 20-39        | 1:29:26     | 8:57/K      |
| 29             | Joan Fawcett       | 113           | 16: 40-59       | 1:56:32     | 11:39/K     |
| 30             | Carla Newman       | 129           | 17: 40-59       | 1:56:33     | 11:39/K     |

# Vista Run & Walk 2019

Race Date  
May 26, 2019

## Overall Finish List

### 10 k Run

### Male

| <u>Overall</u> | <u>Name</u>      | <u>Bib No</u> | <u>AG Place</u> | <u>Time</u> | <u>Pace</u> |
|----------------|------------------|---------------|-----------------|-------------|-------------|
| 1              | Kévin Kontoukas  | 122           | 1: 20-39        | 41:48       | 4:11/K      |
| 2              | Michael Litz     | 123           | 2: 20-39        | 47:58       | 4:48/K      |
| 3              | Brent Converse   | 105           | 3: 20-39        | 49:46       | 4:59/K      |
| 4              | Denver Anderlini | 101           | 1: 60-69        | 50:45       | 5:05/K      |
| 5              | Bill Converse    | 104           | 1: 40-59        | 52:22       | 5:14/K      |
| 6              | Lloyd Johnston   | 155           | 4: 20-39        | 53:14       | 5:19/K      |
| 7              | Mark Raven       | 165           | 2: 40-59        | 55:56       | 5:36/K      |
| 8              | Jason Oakford    | 131           | 5: 20-39        | 56:17       | 5:38/K      |
| 9              | Marc Downey      | 109           | 3: 40-59        | 58:14       | 5:49/K      |
| 10             | Murray Heppler   | 151           | 2: 60-69        | 1:00:05     | 6:01/K      |
| 11             | Timthy Watkins   | 153           | 3: 60-69        | 1:00:13     | 6:01/K      |
| 12             | Jeff Donovan     | 107           | 4: 40-59        | 1:01:44     | 6:10/K      |
| 13             | Kim Boekhorst    | 150           | 5: 40-59        | 1:02:01     | 6:12/K      |
| 14             | Davis Warden     | 141           | 6: 40-59        | 1:02:14     | 6:13/K      |
| 15             | Andrew Steen     | 137           | 1: 0-19         | 1:03:26     | 6:21/K      |
| 16             | Mark Steen       | 138           | 7: 40-59        | 1:04:48     | 6:29/K      |
| 17             | John Kelly       | 120           | 1: 70-99        | 1:10:41     | 7:04/K      |
| 18             | Mike Zobac       | 145           | 8: 40-59        | 1:15:21     | 7:32/K      |
| 19             | Jeff Younger     | 143           | 9: 40-59        | 1:15:22     | 7:32/K      |
| 20             | Fabricio Mengo   | 126           | 10: 40-59       | 1:20:33     | 8:03/K      |
| 21             | Archer Dutton    | 111           | 2: 0-19         | 1:29:26     | 8:57/K      |
| 22             | Ash Dutton       | 112           | 6: 20-39        | 1:29:26     | 8:57/K      |

# Vista Run & Walk 2019

Race Date  
May 26, 2019

## Overall Finish List

| 5 k Run        |                           |               | Female          |             |             |
|----------------|---------------------------|---------------|-----------------|-------------|-------------|
| <u>Overall</u> | <u>Name</u>               | <u>Bib No</u> | <u>AG Place</u> | <u>Time</u> | <u>Pace</u> |
| 1              | Tina-Louise Harris        | 23            | 1: 40-59        | 25:34       | 5:07/K      |
| 2              | Cathy Morton              | 35            | 1: 60-69        | 29:05       | 5:49/K      |
| 3              | Cassandra Converse        | 18            | 1: 20-39        | 29:26       | 5:53/K      |
| 4              | Brenda Norrie             | 79            | 2: 40-59        | 30:11       | 6:02/K      |
| 5              | Christina Ydenberg        | 64            | 3: 40-59        | 30:19       | 6:04/K      |
| 6              | Sharon Yong               | 65            | 4: 40-59        | 32:07       | 6:25/K      |
| 7              | Chennell Lammers          | 29            | 2: 20-39        | 32:17       | 6:27/K      |
| 8              | Gertrude Prosser          | 43            | 2: 60-69        | 34:52       | 6:58/K      |
| 9              | Zdena Novy                | 90            | 3: 60-69        | 34:53       | 6:59/K      |
| 10             | Jess Sanker               | 45            | 3: 20-39        | 35:10       | 7:02/K      |
| 11             | Sandra Sayer              | 47            | 5: 40-59        | 35:27       | 7:05/K      |
| 12             | Kristie Hanson            | 119           | 6: 40-59        | 37:13       | 7:27/K      |
| 13             | Leanna Turcotte           | 88            | 7: 40-59        | 38:08       | 7:38/K      |
| 14             | Michelle Brooks           | 81            | 4: 20-39        | 38:27       | 7:41/K      |
| 15             | Kelly Lewicki             | 30            | 5: 20-39        | 39:23       | 7:53/K      |
| 16             | Megan Bartley             | 6             | 6: 20-39        | 39:27       | 7:53/K      |
| 17             | Kristine Byers            | 11            | 7: 20-39        | 39:56       | 7:59/K      |
| 18             | Deb Beaulieu              | 7             | 8: 20-39        | 40:25       | 8:05/K      |
| 19             | Becky Larson              | 66            | 9: 20-39        | 41:12       | 8:14/K      |
| 20             | Christa Wallgren          | 59            | 10: 20-39       | 41:13       | 8:15/K      |
| 21             | Jill Borrow               | 10            | 4: 60-69        | 42:07       | 8:25/K      |
| 22             | Annika Richards           | 68            | 1: 0-19         | 43:39       | 8:44/K      |
| 23             | Emery Willis              | 69            | 2: 0-19         | 43:39       | 8:44/K      |
| 24             | Louise McGregor           | 34            | 8: 40-59        | 44:05       | 8:49/K      |
| 25             | Heather Peterson          | 41            | 9: 40-59        | 44:05       | 8:49/K      |
| 26             | Carol Shaw                | 48            | 1: 70-99        | 45:15       | 9:03/K      |
| 27             | Tracey Flesher            | 20            | 10: 40-59       | 47:12       | 9:26/K      |
| 28             | Rebecca Scharz            | 83            | 3: 0-19         | 47:45       | 9:33/K      |
| 29             | Christina Walker          | 58            | 11: 40-59       | 49:22       | 9:52/K      |
| 30             | Addylin Tymchyshyn        | 56            | 2: 70-99        | 50:12       | 10:02/K     |
| 31             | Lawlor Kelly              | 91            | 12: 40-59       | 55:18       | 11:04/K     |
| 32             | Jessie Resto              | 92            | 13: 40-59       | 55:18       | 11:04/K     |
| 33             | Alena Harashchenia/krasko | 93            | 14: 40-59       | 55:18       | 11:04/K     |
| 34             | Mona Truscotl             | 85            | 15: 40-59       | 57:15       | 11:27/K     |
| 35             | Paige Charron             | 12            | 16: 40-59       | 1:01:04     | 12:13/K     |
| 36             | Jessica Urwin Coulthard   | 57            | 17: 40-59       | 1:01:04     | 12:13/K     |
| 37             | Kelly Whiteside           | 61            | 18: 40-59       | 1:01:06     | 12:13/K     |
| 38             | Carla Thomas              | 53            | 19: 40-59       | 1:01:06     | 12:13/K     |
| 39             | Lisbeth Plant             | 42            | 5: 60-69        | 1:03:51     | 12:46/K     |
| 40             | Marissa Stalman           | 50            | 11: 20-39       | 1:03:52     | 12:46/K     |
| 41             | Cathy Soper               | 95            | 6: 60-69        | 1:05:48     | 13:10/K     |
| 42             | Samantha Nosworthy        | 75            | 12: 20-39       | 1:06:04     | 13:13/K     |
| 43             | Jeanne Greene             | 22            | 7: 60-69        | 1:06:42     | 13:20/K     |
| 44             | Lynda Alma                | 2             | 20: 40-59       | 1:06:42     | 13:20/K     |
| 45             | Jenny Andrews             | 4             | 13: 20-39       | 1:06:54     | 13:23/K     |
| 46             | Vicky Bennett             | 8             | 14: 20-39       | 1:07:12     | 13:26/K     |
| 47             | Deb Nosworthy             | 71            | 21: 40-59       | 1:07:26     | 13:29/K     |

# Vista Run & Walk 2019

Race Date  
May 26, 2019

## Overall Finish List

### 5 k Run

### Female

| <u>Overall</u> | <u>Name</u>     | <u>Bib No</u> | <u>AG Place</u> | <u>Time</u> | <u>Pace</u> |
|----------------|-----------------|---------------|-----------------|-------------|-------------|
| 48             | Ashley Hunt     | 24            | 15: 20-39       | 1:07:48     | 13:34/K     |
| 49             | Tiffany Beaton  | 72            | 16: 20-39       | 1:07:52     | 13:34/K     |
| 50             | Crystal Heppner | 73            | 17: 20-39       | 1:07:52     | 13:34/K     |
| 51             | M Botty         | 163           | 22: 40-59       | 1:17:46     | 15:33/K     |
| 52             | C Boivin        | 159           | 3: 70-99        | 1:17:47     | 15:33/K     |
| 53             | A Deboer        | 158           | 18: 20-39       | 1:17:48     | 15:34/K     |
| 54             | M Nelson        | 157           | 4: 70-99        | 1:17:49     | 15:34/K     |
| 55             | M McKay         | 162           | 23: 40-59       | 1:17:52     | 15:34/K     |
| 56             | N Donais        | 161           | 8: 60-69        | 1:17:57     | 15:35/K     |

# Vista Run & Walk 2019

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May 26, 2019

## Overall Finish List

### 5 k Run

### Male

| <u>Overall</u> | <u>Name</u>            | <u>Bib No</u> | <u>AG Place</u> | <u>Time</u> | <u>Pace</u> |
|----------------|------------------------|---------------|-----------------|-------------|-------------|
| 1              | Santi Ainslie          | 1             | 1: 0-19         | 21:00       | 4:12/K      |
| 2              | Ben Jansen-Budzik      | 25            | 2: 0-19         | 21:50       | 4:22/K      |
| 3              | Ron Antalek            | 5             | 1: 40-59        | 22:14       | 4:27/K      |
| 4              | Dermot King            | 27            | 1: 20-39        | 23:08       | 4:38/K      |
| 5              | Chris Collette         | 13            | 2: 40-59        | 23:43       | 4:45/K      |
| 6              | Jamie Paterson         | 38            | 2: 20-39        | 24:33       | 4:55/K      |
| 7              | Markus Toolsie-Worsnup | 54            | 3: 0-19         | 24:52       | 4:58/K      |
| 8              | Jack Gardner           | 86            | 3: 20-39        | 25:00       | 5:00/K      |
| 9              | Paul Wittal            | 62            | 4: 20-39        | 25:26       | 5:05/K      |
| 10             | Bernie Dalby           | 19            | 1: 60-69        | 27:10       | 5:26/K      |
| 11             | Chris Worsnup          | 63            | 3: 40-59        | 28:21       | 5:40/K      |
| 12             | Chris Blom             | 94            | 5: 20-39        | 29:27       | 5:53/K      |
| 13             | Ron Norrie             | 80            | 4: 40-59        | 29:38       | 5:56/K      |
| 14             | Brad Soper             | 49            | 6: 20-39        | 31:41       | 6:20/K      |
| 15             | Matt Blom              | 9             | 7: 20-39        | 31:41       | 6:20/K      |
| 16             | Nolan Logue            | 31            | 8: 20-39        | 32:41       | 6:32/K      |
| 17             | Clinton Tymchyshyn     | 55            | 9: 20-39        | 33:15       | 6:39/K      |
| 18             | Gord Kurenoff          | 28            | 2: 60-69        | 35:27       | 7:05/K      |
| 19             | Lloyd Marjolein        | 67            | 5: 40-59        | 38:48       | 7:46/K      |
| 20             | Dustin Walsh           | 60            | 10: 20-39       | 39:27       | 7:53/K      |
| 21             | Mikael Sarkozi         | 46            | 11: 20-39       | 39:56       | 7:59/K      |
| 22             | Greg Brown             | 89            | 6: 40-59        | 40:08       | 8:02/K      |
| 23             | Brandon Rodgers        | 44            | 12: 20-39       | 41:13       | 8:15/K      |
| 24             | Andrew Watson          | 84            | 3: 60-69        | 57:15       | 11:27/K     |
| 25             | Bib 87                 | 87            | 13: 20-39       | 1:01:04     | 12:13/K     |
| 26             | Toby Harper            | 76            | 7: 40-59        | 1:06:05     | 13:13/K     |
| 27             | Kevin Nosworthy        | 70            | 8: 40-59        | 1:07:26     | 13:29/K     |
| 28             | Kelvin Ng              | 74            | 14: 20-39       | 1:07:45     | 13:33/K     |
| 29             | Bib 82                 | 82            | 15: 20-39       | 1:07:45     | 13:33/K     |