

BC Provincial 5k Championships

in conjunction with

St. Patrick's Day 5k

Saturday, March 16, 2019



WOMEN'S BC PROVINCIAL 5K CHAMPIONS

1	NATASHA WODAK	North Vancouver	PIHR	15:36 *
	*new Canadian and BC Masters 35-39 record.			
2	ROBYN MILDREN	Vancouver	TBIR	16:34
3	LINDSAY CARSON	Burnaby	UNBC	16:45

MENS BC PROVINCIAL 5K CHAMPIONS

1	JOHN GAY	Vancouver	TBIR	14:06 *
	*new BC All-Comers Record.			
2	JUSTIN KENT	Burnaby	CTC1	14:13
3	KIERAN LUMB	Vancouver	UBCT	14:13

WOMEN U20 (18 & 19)

1	CEILI MCCABE	Vancouver	VOCA	18:23
2	SOPHIE KONRAD	North Vancouver	HHAC	19:34
3	NATALIE SOKOL-SNYDER	West Vancouver	HHAC	20:11
4	JAMIE HENNESSEY	Maple Ridge	UBCT	18:40
5	MADELYN HUSTON	Maple Ridge	UBCT	18:55
6	ANNIKA AUSTIN	Vancouver	UBCT	19:00
7	NUZHAT RAHMAN	Burnaby	CITY	22:34

WOMEN 20-24

1	ALLY GINTHER	Surrey	CTC1	16:52
2	ENID AU	Vancouver	UBCT	17:23
3	VERONIKA FAGAN	Kelowna	UBCO	17:25
4	CHELSEA RIBEIRO	Surrey	SFUT	17:43
5	MIKAYLA TINKHAM	Maple Ridge	UBCT	17:43
6	MADDY RIVELIS	Kelowna	UBCT	18:54
7	CAMILLE GALLOWAY	West Kelowna	VAAA	19:00
8	ALISON GILL	Nanaimo	UNBC	19:45
9	DANIELLE MITCHELL	Kelowna	UBCO	22:07
10	REGAN YEE	Vancouver	LANG	30:45

WOMEN 25-29

1	SANDRA KILMARTIN	Salmon Arm	TBIR	16:52
2	ANDREA LEE	North Vancouver	UNBC	17:13
3	LISSA ZIMMER	Vancouver	MI2M	18:08
4	HONOR WALMSLEY	Vancouver	TBIR	18:13
5	LAURA MCIVOR	Coquitlam	UNBC	18:38
6	CHRISTINE DEACON	Vancouver	VFAC	21:21

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WOMEN 30-34

1	CHANTELLE GROENEWOUD	Vancouver	MI2M	17:49
2	GIULIANA AMBROSINI	New Westminster	UNBC	29:47

WOMEN 35-39

1	CATRIN JONES	Victoria	UNBC	18:00
2	MELISSA ROSS	Nanaimo	NTFC	18:18

WOMEN 40-44

1	ELLIE GREENWOOD	North Vancouver	VFAC	18:22
2	GENEVIEVE CAUFFOPE	Vancouver	UNBC	19:02
3	MELISSA RAVEN	Vancouver	MI2M	20:42

WOMEN 45-49

1	MARGREET DIETZ	Squamish	UNBC	20:32
2	BONNIE CHUTER	Richmond	UNBC	22:07
3	LYNDA MCCUE	Vancouver	UNBC	22:20

WOMEN 50-54

1	MARILYN ARSENAULT	Victoria	UNBC	17:58
2	JILLIAN FONG	Vancouver	UNBC	18:59
3	ELLEN CLAGUE	Vancouver	VFAC	20:49
4	TERESA NIGHTINGALE	Halfmoon Bay	PACE	21:22
5	ALISON RHODES	Gibsons	PACE	25:06

WOMEN 55-59

1	JO ANN SARTORE	Vancouver	UNBC	22:19
2	DEBRA KATO	Vancouver	UNBC	52:23

WOMEN 60-64

1	PATRICIA KEARNEY	New Westminster	UNBC	26:06
2	JUDY WESTACOTT	Vancouver	LGRR	26:52
3	PAULINE BARLOW	North Vancouver	UNBC	28:56

WOMEN 70-74

1	AVRIL DOUGLAS	Richmond	KJAK	25:49
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WOMEN 75-79

1	NANCY NAPIER	Vancouver	UNBC	32:10
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MEN U20 (18 & 19)

1	JACK BODEN	Victoria	PIHR	15:55
2	LIAM DWYER	Victoria	PIHR	16:15
3	JONAH BROST	North Saanich	PIHR	16:17
4	HYEOKMIN KWON	North Vancouver	UNBC	17:06
5	SHEA JANKE	Burnaby	CITY	17:52
6	CHARLIE DANNATT	North Vancouver	UBCT	15:30
7	AIDEN MILLER	Vancouver	TBIR	15:32
8	JOSH WOOLGAR	Delta	CTC1	15:34
9	RILEY MILLER	Vancouver	TBIR	15:52
10	ROSS HENDERSON	North Vancouver	HHAC	15:59
11	BEN PAETZEL	Vancouver	UBCT	16:49
12	TOMAS CHAPMAN	Vancouver	UNBC	17:31
13	RYAN ROBERTS	Burnaby	CITY	18:47
14	IWAN LEVIN	Kelowna	UNBC	20:10

MEN 20-24

1	SEAN MILLER	Burnaby	UNBC	14:53
2	BRAEDEN CHARLTON	Vancouver	TBIR	15:06
3	COLE DINSDALE	Quesnel	UBCT	15:19
4	STUART MCDONALD	Surrey	CTC1	15:23
5	MATT NOSEWORTHY	Victoria	UNBC	15:33
6	TANNER GEARY	Lindell Beach	UBCT	15:35
7	MICHAEL MITCHELL	Kelowna	UBCO	15:38
8	THOMAS SOMERVILLE	Vancouver	UNBC	15:41
9	MICHAEL MILIC	Delta	UNBC	15:43
10	WILL RILEY	Langley	UBCT	15:48
11	JAKE WESTON	West Vancouver	UBCT	16:01
12	LIAM STANLEY	Victoria	PIHR	16:23
13	STEFAN BIRO	North Vancouver	UBCT	16:24
14	OWEN HARRIS	North Vancouver	HHAC	17:49

MEN 25-29

1	CAMERON PROCEVIAT	Burnaby	SFUT	14:53
2	BRAD BICKLEY	Kelowna	UNBC	14:56
3	CHRIS TAYLOR	Vancouver	TBIR	14:58
4	BRENDAN WONG	Coquitlam	COQC	15:12
5	IAN SEARLE	Victoria	PIHR	15:55
6	JAMES LAMERS	Vancouver	VFAC	16:19
7	KYLE KIMURA	Vancouver	VFAC	16:25
8	GARY NISBET	Vancouver	VFAC	16:46
9	JONATHAN WALKER	Vancouver	VFAC	16:54
10	TOMAS KAVAN	North Vancouver	VFAC	17:52
11	KRISHANU SANKAR	Vancouver	VFAC	18:29
12	ANDREW MCQUEEN	Vancouver	MI2M	23:26

MEN 30-34

1	ANTHONY TOMSICH	Vancouver	MI2M	14:50
2	THEO HUNT	Vancouver	TBIR	14:56
3	ALEXANDRE RICARD	Squamish	UNBC	15:03
4	SHELBY DROPE	Nanaimo	NTFC	15:42
5	MATTHEW WINKLER	North Saanich	UNBC	16:14
6	DREW NICHOLSON	Surrey	VFAC	16:24
7	VINCENT PAGOT	North Vancouver	LGRR	17:20
8	LEE KENNETT	Vancouver	MI2M	17:33
9	KEVIN AU	Surrey	UNBC	35:35

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MEN 35-39

1	AARON HOLMGREN	North Saanich	PIHR	15:45
2	PAUL MCNAMARA	Vancouver	UNBC	16:09
3	BENOIT GIGNAC	North Vancouver	LGRR	16:41
4	JULIAN COOPER	Vancouver	VFAC	17:20
5	MICHAEL SCHWANDT	Vancouver	UNBC	18:41

MEN 40-44

1	PHILIP FINLAYSON	Burnaby	MI2M	17:53
2	DARRELL LAHEY	Vancouver	LGRR	18:18
3	JOHN MACHUGA	Kelowna	UBCO	18:36

MEN 45-49

1	OLIVER UTTING	Burnaby	UNBC	16:21
2	CRAIG ODERMATT	Victoria	PIHR	16:41
3	KEVIN ZAKRESKI	Vancouver	UNBC	19:55

MEN 50-54

1	DAVE CRESSMAN	Vancouver	UNBC	17:29
2	ALAN BAGGOO	North Vancouver	UNBC	19:28

MEN 55-59

1	MARK PINCKARD	Delta	OATF	17:45
2	WALTER DOWNEY	Vancouver	LGRR	18:47
3	CRAIG PREMACK	Burnaby	UNBC	20:34
4	HENRY SARTORE	Vancouver	UNBC	21:46
5	KIMMIS CHOW	North Vancouver	UNBC	23:55
6	BILL CHANG	Vancouver	LGRR	24:18
7	GORD KURENOFF	Langley	UNBC	31:45

MEN 60-65

1	LEO LAM	Vancouver	LGRR	21:09
2	DOUG HENDERSON	North Vancouver	UNBC	21:16
3	PAUL BALUCH	Vancouver	UNBC	27:53

MEN 65-69

1	JOHN JACKSON	West Vancouver	UNBC	20:42
2	ROBERT HAINES	Vancouver	LGRR	23:41
3	WILLIAM GOLDSTEIN	Whistler	LGRR	26:49

MEN 70-74

1	FRED PAWLUK	Richmond	KJAK	24:40
2	JAKE MADDEROM	Burnaby	KJAK	26:42