

2022 Shamrock'n Race					
Overall Finish List					
March 13, 2022					
Half Marathon					
Place	Name	Bib No	Age Group	Chip Time	Gun Time
1	Drew Nicholson	1447	1 M 30-39	1:19:49.0	1:19:50.5
2	Nicholas Pond	1455	2 M 30-39	1:27:28.8	1:27:30.6
3	Nathan Lynn	1431	1 M 20-29	1:32:53.8	1:32:56.8
4	Cheol joo Lee	1427	1 M 40-49	1:33:55.7	1:34:01.1
5	Umberto Soda	1462	3 M 30-39	1:34:28.4	1:34:30.6
6	Wyatt Anton	1390	4 M 30-39	1:34:36.2	1:34:43.4
7	Dora Velazquez	1465	1 F 40-49	1:34:54.9	1:34:56.8
8	Marcus Lindstrom	1429	1 M 50-59	1:35:36.0	1:35:42.8
9	Amy Wickstrom	1466	1 F 20-29	1:37:55.4	1:37:58.8
10	Elias De Los Santos	1405	5 M 30-39	1:38:15.1	1:38:27.5
11	Greg Kidd	1420	6 M 30-39	1:38:32.5	1:38:43.2
12	Evelyn Moorhouse	1442	2 F 20-29	1:39:01.4	1:39:05.6
13	Theo Paul	1450	2 M 20-29	1:39:29.9	1:39:43.8
14	Joshua Ma	1432	7 M 30-39	1:40:02.4	1:40:20.9
15	Kate Pendergast	1452	1 F 30-39	1:41:15.1	1:41:20.0
16	Bill MacGougan	1433	2 M 50-59	1:42:41.7	1:42:53.8
17	David McAtackney	1437	2 M 40-49	1:42:25.9	1:42:54.3
18	Thomas Mckibbin	1438	8 M 30-39	1:44:40.2	1:44:57.8
19	Mayumi Motouchi	1445	1 F 50-59	1:45:24.3	1:45:28.4
20	S Kimura	1423	2 F 50-59	1:46:32.3	1:46:38.7
21	Shaun Jones	1470	3 M 40-49	1:48:22.3	1:48:35.8
22	Bruce Gerry	1411	1 M 60-69	1:49:43.9	1:49:55.1
23	Iris Gutowski	1415	2 F 30-39	1:49:48.1	1:50:04.1
24	Matthew Murphy	1446	9 M 30-39	1:50:52.8	1:50:59.0
25	Meagan Mainville	1436	3 F 30-39	1:50:57.7	1:51:08.8
26	Kristena Back	1391	2 F 40-49	1:51:27.0	1:51:55.4
27	Dominic Gerelle	1410	2 M 60-69	1:52:00.7	1:52:04.1
28	Bernadette Morrissey	1443	4 F 30-39	1:52:11.0	1:52:23.1
29	Jonathan Peacock	1451	3 M 50-59	1:52:12.0	1:52:26.0
30	Alastair McAlpine	1472	10 M 30-39	1:54:00.4	1:54:04.1
31	Janine Smith	1461	3 F 40-49	1:54:23.8	1:54:26.4
32	Joshua Campbell	1404	3 M 20-29	1:55:02.8	1:55:20.2
33	Kevin Pistone	1454	4 M 50-59	1:56:50.5	1:56:55.3
34	Matthew Sauer	1458	11 M 30-39	1:57:37.7	1:57:45.6
35	Tim Krueger	1425	5 M 50-59	1:57:30.6	1:57:47.9
36	Eric Osmond	1449	12 M 30-39	1:59:17.3	1:59:49.9
37	Thomas Middelveen	1439	6 M 50-59	1:59:42.8	1:59:50.9
38	Connie Thai	1464	3 F 50-59	1:59:35.0	1:59:59.5
39	Hileray Kilback	1422	4 F 50-59	2:04:20.4	2:04:29.6
40	Sarschin Govender	1413	13 M 30-39	2:05:43.7	2:05:50.4
41	Jeremy Campbell	1403	14 M 30-39	2:06:21.3	2:06:39.2
42	Katherina Griffin	1414	3 F 20-29	2:07:16.7	2:07:25.4
43	Gary Boudreau	1398	7 M 50-59	2:08:25.6	2:08:50.0
44	Jaclyn Bostrom	1397	5 F 30-39	2:08:35.5	2:08:52.5
45	Josephine Shiu	1460	4 F 20-29	2:09:05.0	2:09:08.8

46	Les Pereira	1453	3 M 60-69	2:09:50.4	2:10:00.7
47	Daniel Irving	1417	4 M 20-29	2:12:23.5	2:12:52.2
48	Andrew Feely	1407	15 M 30-39	2:14:10.3	2:14:19.5
49	Jenniesse Campbell	1402	5 F 20-29	2:14:30.6	2:14:53.3
50	Shivam Miglani	1440	5 M 20-29	2:18:35.0	2:18:40.5
51	Lisa Aho	1388	5 F 50-59	2:19:47.8	2:20:18.1
52	Jarrold Cowan	1473	6 M 20-29	2:10:17.9	2:21:00.0
53	Phillip Gibson	1412	4 M 40-49	2:22:05.6	2:22:35.7
54	Stephanie Lowe	1471	6 F 20-29	2:22:28.2	2:22:49.4
55	Eve Magnussen	1435	7 F 20-29	2:23:39.2	2:23:54.2
56	Ryan Moore	1441	7 M 20-29	2:23:39.9	2:23:55.1
57	Avril Shepherd	1459	4 F 40-49	2:25:53.6	2:26:00.2
58	Douglas Booth	1396	5 M 40-49	2:30:13.2	2:30:19.7
59	Rita Knapp	1424	6 F 50-59	2:30:05.8	2:30:25.2
60	Melodie Yong	1467	5 F 40-49	2:30:30.3	2:30:51.8
61	Patti Stander	1463	7 F 50-59	2:30:31.3	2:30:52.7
62	Phil Harbridge	1416	4 M 60-69	2:31:54.5	2:32:00.3
63	Adrian Li	1428	16 M 30-39	2:37:38.9	2:37:38.9
64	Maxime Zentner	1469	6 F 30-39	2:41:25.0	2:41:33.1
65	Morley Jones	1418	8 M 50-59	2:41:51.8	2:42:09.5
66	Capreece Bowers	1399	8 F 50-59	2:42:24.7	2:42:42.7
67	Aaron Posehn	1456	17 M 30-39	2:44:48.9	2:45:16.8
68	Ronda Landsfried	1426	6 F 40-49	2:46:29.7	2:47:00.0
7 Mile					
Place	Name	Bib No	Age Group	Chip Time	Gun Time
1	Duane Foley	2862	1 M 40-49	43:26.7	45:13.9
2	Mark Hutchison	2874	2 M 40-49	46:01.3	46:11.2
3	Kashtin Bogart	2854	1 M 20-29	46:28.0	46:30.2
4	Bryan Stolth	2917	1 M 50-59	47:58.8	49:47.1
5	Jastej Luddu	2884	2 M 20-29	50:30.8	50:49.2
6	Fenn Stewart	2909	1 F 30-39	51:50.3	52:08.8
7	Ryan Le Grice	2882	3 M 40-49	52:06.8	52:19.3
8	Daius Steiner	2907	1 F 20-29	53:40.9	54:03.4
9	Liz Moser	2891	1 F 40-49	54:11.3	54:21.7
10	Nathan MacGougan	1434	3 M 20-29	54:12.2	54:24.4
11	Vadim Shlompher	2905	1 M 30-39	56:44.8	56:44.8
12	Ryan Edgington	1406	4 M 40-49	56:41.0	56:58.6
13	Lorilee Kidd	2876	2 F 30-39	56:18.1	57:06.7
14	Lisa Hamar	2868	1 F 50-59	57:39.9	57:52.9
15	Patrick Mahoney	2885	4 M 20-29	57:12.2	58:51.4
16	Dahlia Parolin	2898	2 F 20-29	58:37.9	59:00.4
17	Xenia O'Brien	2894	2 F 40-49	59:19.1	59:21.3
18	Mike Powroznik	2900	2 M 30-39	55:53.2	1:00:03.1
19	Adrian Stevens	2908	5 M 40-49	58:37.0	1:00:08.0
20	Victoria McKenney	2887	3 F 40-49	58:38.8	1:00:08.2
21	Brad Richert	2902	3 M 30-39	1:00:07.2	1:00:10.2
22	Jennifer Kobayashi	2877	3 F 30-39	1:00:22.3	1:00:37.9
23	Rachel Gysbers	2867	4 F 30-39	1:00:45.3	1:01:07.9
24	Glenn Van As	2911	1 M 60-69	1:01:43.0	1:01:56.2
25	Jonas Dow	2860	6 M 40-49	1:02:00.6	1:02:15.7

26	Qianyi Xiao	2914	5 F 30-39	1:02:49.0	1:03:04.5
27	Gillian Wark	2916	2 F 50-59	1:05:29.8	1:05:42.8
28	Alana Potter	2899	4 F 40-49	1:05:43.7	1:05:59.7
29	Monique Osborne	2897	3 F 50-59	1:06:11.8	1:06:34.4
30	Preston Hartwig	2869	2 M 50-59	1:07:01.4	1:07:26.9
31	Miranda Holwill	2873	6 F 30-39	1:07:37.6	1:07:54.4
32	Ryan Hayes	2871	7 M 40-49	1:08:42.5	1:09:10.0
33	Michele Mason	2886	1 F 60-69	1:08:55.4	1:09:11.8
34	Ida Hayes	2870	5 F 40-49	1:08:51.0	1:09:18.2
35	Kerry Cheong	2858	3 F 20-29	1:09:17.4	1:09:36.6
36	CYNTHIA KENT	2875	2 F 60-69	1:11:04.0	1:11:46.6
37	Nanette Sears	2904	6 F 40-49	1:13:12.0	1:13:34.1
38	Shannon Sabean	2903	7 F 40-49	1:13:36.6	1:13:45.0
39	Andy Neumann	2893	8 M 40-49	1:14:50.6	1:15:21.4
40	Deb Goldstraw	2866	8 F 40-49	1:14:50.7	1:15:21.7
41	Lesile Fisher	2861	4 F 50-59	1:15:15.0	1:15:22.7
42	Rick Krueger	2878	3 M 50-59	1:17:12.7	1:17:46.3
43	Debbie Bates	2853	3 F 60-69	1:22:13.3	1:22:42.6
44	Christy Walsh	2912	9 F 40-49	1:22:35.1	1:23:02.7
45	Aliah Heck	2872	4 F 20-29	1:23:02.3	1:23:06.2
46	Erin Gleig	2865	10 F 40-49	1:22:45.9	1:23:11.4
47	Jane Freeman	2863	11 F 40-49	1:24:16.8	1:24:24.5
48	Bob GARCHA	2864	9 M 40-49	1:23:56.4	1:24:28.1
49	Katie Loewen	2883	7 F 30-39	1:29:11.2	1:29:41.9
50	Mary-Ann Pragnell	2901	12 F 40-49	1:34:28.2	1:34:59.5
51	Grace Browne	2855	8 F 30-39	1:34:15.4	1:35:00.2
52	Chelley Carvelli	2857	5 F 50-59	1:31:44.5	1:35:13.2
53	Maureen Oldknow	2896	1 F 80-89	1:35:14.9	1:35:24.7
54	Sophie Latulippe	2880	1 F 1-19	1:45:17.8	1:45:43.8
55	Tanya Burnett	2856	13 F 40-49	1:47:11.5	1:47:37.8
56	Lidia Cyr	2859	14 F 40-49	1:49:04.6	1:54:58.1
57	Alexandria Mercier	2888	9 F 30-39	1:56:46.5	1:57:14.1
5K					
Place	Name	Bib No	Age Group	Chip Time	Gun Time
1	Jamie Arsenault	4843	1 M 30-39	18:47.6	21:49.3
2	Nathan Hunter	4882	1 M 20-29	19:06.5	22:08.5
3	Markus Toolsie-Worsnup	4916	1 M 1-19	19:17.3	22:19.3
4	Florian Ellis	4869	1 F 30-39	23:07.0	26:09.8
5	Pierre Chan	4859	1 M 40-49	23:00.1	26:14.0
6	Lara Duke	4867	1 F 40-49	23:23.1	26:28.6
7	Lil Broderick	4851	1 F 20-29	25:50.4	28:54.7
8	Ken Gonzales	4925	2 M 30-39	25:49.4	29:00.3
9	Kelly Neufeld	4900	2 F 30-39	26:45.2	29:50.3
10	Robin Bains	4845	3 M 30-39	28:21.9	31:29.6
11	Patricia Bulos	4854	2 F 20-29	28:29.3	31:38.6
12	Danny Braaten	4850	4 M 30-39	28:32.5	31:39.0
13	Justin Wu	2913	5 M 30-39	28:39.4	31:48.6
14	Meghan Lappan	4885	3 F 30-39	28:48.6	31:54.4
15	Rachael Callaghan	4856	3 F 20-29	29:19.4	32:28.4
16	Alex Chau	4860	1 M 50-59	29:32.5	32:37.8

17	Kari Rossi	4910	4 F 30-39	29:24.5	32:38.0
18	Cassandra Beaudry	4847	4 F 20-29	29:44.2	32:55.4
19	David McKay	4891	6 M 30-39	29:42.1	33:00.2
20	Alex Boersma	4849	7 M 30-39	29:42.6	33:00.9
21	Maria Callaghan	4855	1 F 50-59	30:15.5	33:24.4
22	Marvin Galvez	4927	2 M 40-49	30:24.9	33:37.7
23	RJ Carlos	4924	8 M 30-39	30:25.8	33:38.0
24	Tanya McMaster	4892	2 F 40-49	30:40.8	33:47.1
25	Shawn Macdonald	4888	3 M 40-49	30:41.1	33:47.8
26	Kevin Barry	4846	4 M 40-49	30:47.3	33:58.6
27	Lindsay Ramage	4906	3 F 40-49	31:05.0	34:21.4
28	Daniel Meszaros	4894	2 M 20-29	31:11.4	34:24.8
29	Giuliana Ambrosini	4838	5 F 30-39	31:11.7	34:31.1
30	Azen Mawlood	4889	6 F 30-39	31:34.5	34:38.9
31	Shaunene Smyth	4926	2 F 50-59	31:31.9	34:47.4
32	Laura Tarnava	4929	7 F 30-39	31:31.9	34:47.5
33	Eve Ojea	2895	4 F 40-49	31:45.2	35:01.8
34	Tom New	4901	9 M 30-39	31:43.6	35:05.8
35	Ashley Edgington	4868	8 F 30-39	31:51.4	35:12.2
36	Emma Fleeton	4874	5 F 40-49	32:14.3	35:19.0
37	Lori Miller	4895	3 F 50-59	32:12.4	35:21.2
38	Jessica Brummell	4853	6 F 40-49	32:23.8	35:28.5
39	Mabel Fong	4875	1 F 60-69	33:58.1	37:05.0
40	Donna Hissey	4881	2 F 60-69	34:27.6	37:49.7
41	Cecilia Vulama	4918	1 F 70-79	34:52.1	37:55.4
42	Scott Arsenault	4844	2 M 1-19	34:53.8	37:56.8
43	Adam Arsenault	4841	3 M 1-19	34:54.7	37:57.4
44	Amberly Arsenault	4842	9 F 30-39	34:55.2	37:58.2
45	Jonah Murillo	4899	10 F 30-39	35:09.2	38:12.7
46	Annika Amangoulov	4836	1 F 1-19	35:16.6	38:20.1
47	Kate Amangoulova	4837	7 F 40-49	35:16.6	38:21.3
48	Tien Vo	4917	4 F 50-59	35:19.9	38:37.3
49	Jon Paras	4930	10 M 30-39	35:57.1	39:01.0
50	Jen Chambers	4857	8 F 40-49	37:23.7	40:41.9
51	Emberlyn Walsh	4919	2 F 1-19	37:33.0	40:47.9
52	Aivy Jellen	4883	11 F 30-39	38:04.5	41:16.7
53	Radhika Khosla	4884	12 F 30-39	38:05.4	41:16.7
54	Kathryn Donnelly	4865	3 F 60-69	38:18.7	41:26.0
55	Poonum Gill	4877	13 F 30-39	39:01.8	42:04.1
56	Alexandra Almeida	4835	5 F 50-59	39:01.7	42:19.3
57	Allissa Anderson	4839	3 F 1-19	40:13.7	43:21.8
58	Agata Zasada	4923	14 F 30-39	40:16.5	43:25.2
59	Maxime Spakowski	4915	9 F 40-49	40:18.6	43:27.1
60	Terri Connelly	4864	4 F 60-69	40:46.1	44:09.4
61	Sarah Pegg	4904	10 F 40-49	41:04.5	44:11.3
62	Lori Henry	4880	6 F 50-59	41:26.9	44:44.7
63	Carla Rivard	4909	7 F 50-59	45:28.7	45:28.7
64	Phoebe Chan	4858	15 F 30-39	43:21.2	46:26.2
65	Michelle Banfield	1394	16 F 30-39	43:04.0	46:26.5
66	Sommer Larkin	4886	11 F 40-49	43:03.9	46:26.9
67	Selam Testazion	4928	12 F 40-49	43:09.3	46:32.0

68	Olesha Ratther	4907	17 F 30-39	43:24.0	46:37.5
69	Hoi Pan Cheng	4861	5 F 20-29	45:36.4	49:14.9
70	Aaron Morgan	4897	11 M 30-39	46:08.4	49:54.6
71	Kylie Morgan	4898	18 F 30-39	46:09.5	49:55.3
72	Carol Browne	4852	8 F 50-59	48:35.0	51:54.6
73	Johanna Hemenway	4879	13 F 40-49	48:34.5	51:54.7
74	Hailey Anderson	4931	4 F 1-19	49:02.6	52:10.0
75	Walter Block	4848	1 M 80-89	48:54.2	52:18.7
76	Rebecca Norman	4902	19 F 30-39	52:37.4	52:37.4
77	Marion Drakos	4866	9 F 50-59	49:10.4	52:39.6
78	Leanne Anderson	4840	20 F 30-39	50:00.8	53:08.6
79	Cheryl Le Grice	4887	5 F 60-69	55:25.5	58:47.5
80	Lauryn Walsh	4920	5 F 1-19	1:01:07.2	1:04:22.1
81	Niyan Fisher Patel	4873	4 M 1-19	1:01:14.1	1:04:22.1
82	Angela Fisher	4872	14 F 40-49	1:05:06.0	1:08:20.9
83	Kal Patel	4903	5 M 40-49	1:05:01.3	1:08:21.1