

19th Annual Harriers Stewart Mountain Challenge
Thetis Lake Park, Sunday December 4th, 2022

"10-MILE" LONG COURSE

OA	Place	AgeDiv	Time	Bib	Name	Club/Team	City	AG*	AG%	AGTime
Results text										
1	1/17	M30-39	1:07:19	#267	Nicholas Lightbody	Tri-Body Training	Victoria	2 65.0%		1:07:19
2	1/19	M40-49	1:08:48	#196	Andrew Russell	Prairie Inn Harriers	Saanichton	1 65.6%		1:06:40
3	2/17	M30-39	1:13:22	#293	Theo Jankowski		Victoria	6 59.6%		1:13:22
4	2/19	M40-49	1:18:51	#187	Paul Auton		Victoria	5 60.0%		1:12:58
5	1/13	F30-39	1:19:07	#262	Mercedes Vince	Tri-Body Training	Victoria	4 62.1%		1:18:55
6	1/08	M20-29	1:19:27	#239	Josh Davis		Victoria	14 55.1%		1:19:27
7	2/13	F30-39	1:19:33	#254	Lindsay Cristante	GCE South Island Runners	Victoria	3 62.9%		1:17:51
8	2/08	M20-29	1:19:58	#207	Christopher Walsh	GCE South Island Runners	Victoria	19 54.7%		1:19:58
9	3/19	M40-49	1:20:38	#246	Keith Mills	Prairie Inn Harriers	Victoria	10 56.1%		1:17:56
10	3/17	M30-39	1:21:00	#204	Charles Perin	Prairie Inn Harriers	Victoria	16 55.0%		1:19:36
11	4/19	M40-49	1:21:16	#243	Karsten Klawitter		Victoria	12 55.5%		1:18:50
12	4/17	M30-39	1:21:21	#298	Travis Pirozzini	Westwood Running Club	Nanaimo	25 53.8%		1:21:21
13	1/06	F20-29	1:23:24	#179	Kiah Wheeler		Victoria	8 58.8%		1:23:24
14	5/19	M40-49	1:23:32	#230	Jeff Hunt	Prairie Inn Harriers	Victoria	9 57.6%		1:15:54
15	3/08	M20-29	1:23:35	#269	Noah Clarke		Victoria	31 52.3%		1:23:35
16	4/08	M20-29	1:23:53	#183	Brandon Willson	Prairie Inn Harriers	Sooke	33 52.2%		1:23:53
17	6/19	M40-49	1:24:16	#286	Saul Macpherson		Victoria	23 53.9%		1:21:07
18	5/17	M30-39	1:24:20	#276	Philip Hogg		Victoria	35 51.9%		1:24:20
19	6/17	M30-39	1:24:35	#282	Robert Holloway		Saanichton	36 51.8%		1:24:31
20	7/19	M40-49	1:26:22	#237	Jonathan Dvorak	GCE South Island Runners	Victoria	13 55.1%		1:19:23
21	8/19	M40-49	1:27:24	#209	Dan Hancock		Victoria	21 54.2%		1:20:42
22	5/08	M20-29	1:27:32	#284	Ronan Mulhern		Victoria	40 50.0%		1:27:32
23	6/08	M20-29	1:27:59	#185	Ben Godwin		Victoria	44 49.7%		1:27:59
24	7/17	M30-39	1:28:02	#294	Tim Jordison		Victoria	45 49.7%		1:28:02
25	8/17	M30-39	1:28:28	#240	Joshua Lundrigan		Victoria	47 49.5%		1:28:27
26	1/11	M50-59	1:28:57	#210	Dan Smith		Victoria	7 59.1%		1:14:04
27	9/19	M40-49	1:29:07	#264	Mike Bowen		Victoria	39 50.6%		1:26:25
28	9/17	M30-39	1:29:22	#194	Andrew Cook		Victoria	49 49.0%		1:29:22
29	10/19	M40-49	1:29:34	#220	Gord Stickney	GCE South Island Runners	Victoria	29 52.9%		1:22:42
30	11/19	M40-49	1:29:48	#222	Gregory Carson	GCE South Island Runners	Saanichton	30 52.4%		1:23:25
31	2/11	M50-59	1:30:48	#195	Andrew Pape-Salmon	Lifesport	Victoria	15 55.0%		1:19:29
32	10/17	M30-39	1:31:42	#273	Peter Scheiber		Victoria	54 47.7%		1:31:42
33	3/11	M50-59	1:31:51	#280	Richard Hayden		Salt Spring Isla	11 55.8%		1:18:22
34	11/17	M30-39	1:32:22	#197	Andy Zheng Chan		Victoria	56 47.4%		1:32:22
35	3/13	F30-39	1:35:01	#244	Kate Leahy		Victoria	32 52.2%		1:33:57
36	12/17	M30-39	1:35:16	#212	Daniel Goodfellow		Victoria	63 45.9%		1:35:16
37	12/19	M40-49	1:36:12	#191	Allister McRae	GCE South Island Runners	Victoria	51 48.0%		1:31:11
38	1/07	F40-49	1:36:16	#242	Julie Desramaux		Victoria	18 54.8%		1:29:26
39	4/11	M50-59	1:36:17	#260	Mark Sebaran	Prairie Inn Harriers	Victoria	22 54.0%		1:21:00
40	13/19	M40-49	1:36:39	#297	Tony Zarsadiaz	Island Realm	Victoria	46 49.7%		1:28:03
41	13/17	M30-39	1:37:44	#190	Alistair Cochrane	RFM Endurance	Victoria	71 44.8%		1:37:42
42	7/08	M20-29	1:38:31	#211	Dane Skinner		Victoria	73 44.4%		1:38:31
43	2/07	F40-49	1:38:38	#232	Jennifer Cameron		Victoria	28 53.1%		1:32:20
44	5/11	M50-59	1:39:02	#261	Martin Scaia		Victoria	38 51.1%		1:25:38
45	14/17	M30-39	1:39:13	#218	Evan McNeely		Duncan	75 44.1%		1:39:13
46	4/13	F30-39	1:39:20	#198	Angela Meinzinger		Victoria	43 49.7%		1:38:32
47	1/09	M60-69	1:39:28	#231	Jeff beddoes	Prairie Inn Harriers	Victoria	17 54.9%		1:19:38
48	5/13	F30-39	1:39:33	#250	Laura How		Victoria	48 49.3%		1:39:19
49	6/13	F30-39	1:39:33	#214	Emily Granger		Victoria	42 49.8%		1:38:21
50	3/07	F40-49	1:40:12	#176	Sarah Thornber	Badass Chicks Run Trails	Victoria	26 53.7%		1:31:16
51	15/17	M30-39	1:40:23	#290	Stuart Clarke		Victoria	78 43.6%		1:40:23
52	2/09	M60-69	1:40:25	#226	Ian Skelton		Victoria	27 53.2%		1:22:10
53	4/07	F40-49	1:41:42	#283	Robin Humble	GCE South Island Runners	Victoria	37 51.2%		1:35:41
54	1/03	M10-19	1:43:43	#259	Mark Penswick		Toronto, ON	81 42.8%		1:42:06
55	14/19	M40-49	1:44:21	#258	Mark Wardman	GCE South Island Runners	Victoria	70 45.0%		1:37:19
56	2/06	F20-29	1:44:21	#228	Jaelynn Quam		Kendal, SK	60 47.0%		1:44:21
57	3/09	M60-69	1:44:29	#221	Greg Balchin	Sooke Trail and Road Run	Sooke	34 52.0%		1:24:05
58	15/19	M40-49	1:47:05	#289	Steve Hallam	Prairie Inn Harriers	Victoria	79 43.5%		1:40:34
59	7/13	F30-39	1:47:41	#188	Kathleen Quast		Victoria	61 46.1%		1:46:21
60	6/11	M50-59	1:47:48	#287	Scott Davis		Victoria	58 47.0%		1:33:01
61	5/07	F40-49	1:48:00	#216	Erin McMorris	Prairie Inn Harriers	Victoria	53 47.8%		1:42:25
62	16/17	M30-39	1:48:09	#189	Alec Myring		Victoria	87 41.1%		1:46:22
63	8/13	F30-39	1:48:37	#251	Leila Farmer		Victoria	64 45.6%		1:47:25
64	9/13	F30-39	1:48:38	#285	Rosanna Adams		Victoria	66 45.2%		1:48:24
65	16/19	M40-49	1:48:38	#177	Dameon O'Boyle	Prairie Inn Harriers	Victoria	86 41.9%		1:44:29
66	10/13	F30-39	1:48:45	#193	Amy Cochrane	RFM Endurance	Victoria	68 45.2%		1:48:31
67	1/05	F50-59	1:48:50	#255	Lori Chestnut	Prairie Inn Harriers	Victoria	20 54.4%		1:30:00
68	17/19	M40-49	1:49:42	#274	Peter Locke		Victoria	83 42.3%		1:43:20
69	7/11	M50-59	1:50:19	#208	Conrad Peden	GCE South Island Runners	Victoria	67 45.2%		1:36:48
70	18/19	M40-49	1:50:20	#182	James Addison		Victoria	82 42.5%		1:42:53
71	4/09	M60-69	1:51:01	#238	Jordan Dagg		Victoria	50 48.7%		1:29:52
72	3/06	F20-29	1:51:02	#192	Alynn Dagg		Victoria	74 44.1%		1:51:02
73	2/03	M10-19	1:51:07	#224	Hector Verea		North Saanich	88 40.2%		1:48:49
74	8/11	M50-59	1:51:12	#299	Trent Goodwin	Ceevacs	Cobblehill	59 47.0%		1:33:02
75	9/11	M50-59	1:51:13	#292	Tayt Winnitoy		Victoria	72 44.5%		1:38:15
76	5/09	M60-69	1:51:48	#236	John Herron		Victoria	55 47.5%		1:32:08
77	4/06	F20-29	1:51:56	#205	Charley Field		Pemberton	77 43.8%		1:51:56
78	5/06	F20-29	1:52:56	#278	Rebecca Smith		Victoria	80 43.4%		1:52:56
79	2/05	F50-59	1:52:57	#202	Carol Tickner		Victoria	24 53.9%		1:30:54
80	6/09	M60-69	1:52:57	#206	Chris Wille	Prairie Inn Harriers	Victoria	52 47.8%		1:31:26
81	17/17	M30-39	1:53:16	#241	Juan Jaramillo Reina		North Saanich	90 38.6%		1:53:16
82	10/11	M50-59	1:55:27	#270	Paul Yorke	Prairie Inn Harriers	Victoria	65 45.3%		1:36:34
83	3/05	F50-59	1:55:41	#271	Pauline Nielsen		Sooke	41 49.9%		1:38:15
84	6/07	F40-49	1:55:43	#257	Marika Nagasaka	Sooke Trail and Road Run	Shirley	69 45.0%		1:48:49
85	19/19	M40-49	2:00:10	#295	Tim Green	Prairie Inn Harriers	Victoria	91 38.5%		1:53:41
86	7/07	F40-49	2:02:41	#249	Kirsten Thomas		Victoria	84 42.3%		1:55:50
87	7/09	M60-69	2:03:17	#275	Phil Rose		Victoria	62 46.1%		1:34:59
88	8/09	M60-69	2:03:59	#247	Ken Armour		Victoria	76 43.8%		1:39:48
89	4/05	F50-59	2:04:02	#272	Penny Davis		Victoria	57 47.4%		1:43:29
90	3/03	M10-19	2:06:38	#272	Ignacio Bettiol Ereño		Sidney	94 35.5%		2:03:14
91	6/06	F20-29	2:12:13	#184	Grace Tieman		Victoria	92 37.1%		2:12:13
92	9/09	M60-69	2:12:23	#281	Rob Hare		Victoria	85 42.1%		1:43:58
93	11/13	F30-39	2:20:03	#277	Rebecca Archambault		Nanaimo	95 35.1%		2:19:39
94	12/13	F30-39	2:29:11	#234	Jes Cross	Badass Chicks Run Trails	Victoria	96 33.5%		2:26:12
95	5/05	F50-59	2:29:12	#268	Nikki Jomha	Badass Chicks Run Trails	Victoria	89 39.1%		2:05:21
96	13/13	F30-39	2:30:02	#265	Monika Wilkins	GCE South Island Runners	Victoria	97 32.8%		2:29:11
97	1/01	F60-69	2:51:56	#296	Tina Rose		Victoria	93 36.6%		2:13:53
98	8/08	M20-29	DSQ	#186	Justin Attfield		Aylmer, ON			
99	11/11	M50-59	DSQ	#288	Shay Averbuch		Victoria			

+2 DNF
+19 DNS

"5-MILE" SHORT COURSE

OA	Place	AgeDiv	Time	Bib	Name	Club/Team	City	AG*	AG%	AGTime
1	1/05	M10-19	0:39:52	#030	Lucas Pearson	Penn Track & Field	Victoria	11	54.8%	0:38:26
2	1/04	M20-29	0:40:44	#047	Warwick Sanderson		Victoria	16	51.7%	0:40:44
3	2/05	M10-19	0:40:47	#013	Egan Franey	Penn Track & Field	Saanichton	13	54.4%	0:38:44
4	1/03	M40-49	0:41:50	#180	Jim Romanik		Nanaimo	7	56.0%	0:37:35
5	1/03	M50-59	0:42:50	#025	Kevin Van der Linden	GCE South Island Runners	Cobble Hill	3	57.2%	0:36:51
6	1/02	M60-69	0:43:02	#017	Gary Duncan	Prairie Inn Harriers	Victoria	1	63.2%	0:33:20
7	2/03	M50-59	0:43:44	#021	Jason Gabitous		Victoria	10	55.4%	0:38:00
8	1/05	F10-19	0:45:04	#001	Amariah Zult		Nanaimo	6	56.5%	0:42:12
9	2/05	F10-19	0:45:04	#181	Elsa Romanik		Nanaimo	4	56.8%	0:41:58
10	2/04	M20-29	0:45:15	#022	John Sanderson		Victoria	29	46.6%	0:45:15
11	1/06	F30-39	0:45:19	#173	Alyssa Le Fort		Victoria	14	52.8%	0:45:07
12	1/02	M30-39	0:45:30	#041	Ryan-James Adam		Sooke	24	48.2%	0:43:43
13	3/05	M10-19	0:46:15	#009	Coen Holmgren	Penn Track & Field	North Saanich	17	51.3%	0:41:06
14	3/03	M50-59	0:46:24	#008	Charlie Cunningham		North Saanich	12	54.7%	0:38:30
15	4/05	M10-19	0:46:51	#015	Emilian Holmgren	Penn Track & Field	North Saanich	26	47.6%	0:44:13
16	3/04	M20-29	0:46:57	#016	Emmen Gabitous		Victoria	33	44.9%	0:46:57
17	5/05	M10-19	0:49:12	#011	Declan MacAusland		Victoria	23	48.2%	0:43:40
18	2/06	F30-39	0:49:33	#036	Nadia Cindric	GCE South Island Runners	Victoria	22	49.6%	0:48:02
19	3/06	F30-39	0:49:54	#040	Renee Tong		Victoria	25	48.0%	0:49:38
20	1/06	F50-59	0:50:58	#178	Teresa Lewis-schneider	Ceevacs	Cobble Hill	5	56.7%	0:42:04
21	3/05	F10-19	0:52:07	#002	Amelia Moore	Comox Trail Slugs	Comox	18	50.6%	0:47:07
22	1/04	F60-69	0:52:09	#029	Lori Morgan		Saanichton	2	59.7%	0:39:54
23	1/04	F40-49	0:52:10	#027	Lindsey Fraser	Prairie Inn Harriers	Victoria	21	50.0%	0:47:43
24	2/03	M40-49	0:52:11	#044	Sean Moore	Comox Trail Slugs	Comox	31	44.9%	0:46:54
25	1/02	M70-79	0:52:17	#046	Tom Oster		Victoria	8	55.8%	0:37:44
26	2/06	F50-59	0:54:07	#034	Michelle Peters	Ceevacs	Chemainus	9	55.5%	0:42:59
27	2/04	F40-49	0:56:20	#035	Moni Csiszar	Prairie Inn Harriers	Vancouver	32	44.9%	0:53:05
28	4/04	M20-29	0:56:31	#031	Lucas Campbell		Nanaimo	41	37.3%	0:56:31
29	3/03	M40-49	0:56:59	#043	Scott MacAusland		Victoria	37	40.5%	0:52:01
30	4/06	F30-39	0:56:59	#042	Sarah Milnthorp		Victoria	35	42.0%	0:56:47
31	4/05	F10-19	0:57:29	#038	Nikol Miasik	Penn Track & Field	Brentwood Bay	34	42.0%	0:56:44
32	3/04	F40-49	1:00:39	#028	Lise Berube		Victoria	36	41.0%	0:58:07
33	5/06	F30-39	1:00:42	#039	Rachelle Rebman		Victoria	38	40.1%	0:59:27
34	2/04	F60-69	1:01:15	#018	Gillian Williamson		Cowichan Bay	19	50.2%	0:47:28
35	3/06	F50-59	1:01:38	#019	Jan Frampton		Sidney	27	47.5%	0:50:09
36	4/06	F50-59	1:01:39	#174	Mia Sevigny	Esquimalt	Esquimalt	30	46.5%	0:51:14
37	5/06	F50-59	1:03:13	#048	Margot Gunn		Victoria	28	46.7%	0:51:05
38	3/04	F60-69	1:05:52	#005	Brenda Niziol	Ceevacs	Shawnigan Lake	15	51.7%	0:46:05
39	6/06	F30-39	1:07:39	#004	Ashley Moran		Victoria	43	36.5%	1:05:21
40	5/05	F10-19	1:08:56	#007	Caroline Larson		Victoria	45	34.9%	1:08:22
41	4/04	F40-49	1:13:20	#033	Michaela Jelen	Comox Trail Slugs	Comox	46	34.5%	1:09:04
42	1/01	F90-99	1:13:20	#014	Ella Moore	Comox Trail Slugs	Comox	39	40.0%	0:59:36
43	2/02	M60-69	1:22:10	#003	Andrew Surray		Cowichan Bay	47	34.4%	1:01:15
44	6/06	F50-59	1:23:32	#045	Sharon Horsburgh	Ceevacs	Duncan	44	35.3%	1:07:33
45	4/04	F60-69	1:27:13	#024	Joy Andrews		Victoria	42	36.6%	1:05:09
46	2/02	M70-79	1:27:17	#006	Bruce Hawkes	Sooke Trail and Road Run	Sooke	40	38.5%	0:54:47
47	1/01	F30-39	1:38:20	#300	Ty Gordon	Team Killer	Lloydminster, SK	20	50.2%	1:37:37
48	2/02	M30-39	1:39:26	#175	Brandon Stevens	Victoria	Victoria	48	21.2%	1:39:22

Timings by Patrick Burnham using webscorer <https://www.webscorer.com/race?raceid=299833>
 * Age Grading using exact age interpolated 2020 10Mile & 5Mile road factors - useful only for relative comparison within each race
 v1.1 2022Dec04 prepared by Gary Duncan