2025 Douglas St Mile – Top 30 Results

OA	#	Sex	#	Group	#	Div	Club/Team	Bib#	Name	City	Time	/km	MAGTime	AG%
1	1	M	1	AdultM	1	M15-29		#513	Jonah Brost	North Saanich	4:39	2:53	4:39	81.4%
2	2	M	2	AdultM	2	M15-29		#491	Misha Young	Victoria	4:52	3:01	4:52	77.6%
3	3	M	3	AdultM	3	M15-29	Harriers	#376	Greg Ord	Sidney	4:59	3:06	4:59	75.8%
4	4	M	4	AdultM	1	M		#124	#124 LateRegMale		5:07	3:11	5:07	74.0%
5	5	M	5	AdultM	1	M30-44		#455	Michael Gerhardt	Duncan	5:28	3:24	5:23	70.3%
6	1	F	1	AdultF	1	F15-29	Harriers	#553	Sarah Price	Sidney	5:44	3:34	5:08	73.6%
7	6	M	6	AdultM	2	M30-44		#388	Ian McGiffin	Victoria	6:07	3:48	5:47	65.4%
8	7	M	7	AdultM	3	M30-44		#445	Samson Haire	Victoria	6:08	3:49	6:06	62.1%
9	8	M	8	AdultM	2	M		#120	#120 LateRegMale		6:12	3:51	6:12	61.0%
10	9	M	9	AdultM	1	M45-59		#508	Warren Sherman	Saanichton	6:26	4:00	5:33	68.1%
11	2	F	2	AdultF	1	F30-44		#412	Sarah Lindstein	Victoria	6:36	4:06	5:46	65.6%
12	10	M	1	SeniorM	1	M60-74	Harriers	#510	Mark Seebaran	Victoria	6:44	4:11	5:26	69.5%
13	11	M	1	YouthM	1	M05-09	Harriers	#505	Cooper Stevens	Mill Bay	6:48	4:14	5:34	67.9%
14	3	F	1	YouthF	1	F10-14		#549	Norah Rickinson	Victoria	6:50	4:15	5:22	70.5%
15	4	F	2	YouthF	2	F10-14	Harriers	#509	Maya Seebaran	Victoria	7:05	4:24	6:02	62.7%
16	5	F	1	SeniorF	1	F60-74	Harriers	#123	Dawn Wilson	Victoria	7:19	4:33	4:57	76.5%
17	12	M	2	SeniorM	2	M60-74		#436	Bill Hrick	Victoria	7:47	4:50	5:51	64.7%
18	13	M	10	AdultM	3	M		#342	#342 LateRegMale		7:49	4:51	7:49	48.4%
19	6	F	2	SeniorF	2	F60-74		#438	Mary Jane Henderson	Victoria	7:56	4:56	4:58	76.2%
20	14	M	11	AdultM	2	M45-59		#430	Douglas Jang	Victoria	8:00	4:58	6:48	55.6%
21	15	M	12	AdultM	3	M45-59		#411	Brad Lynn	Victoria	8:39	5:22	7:36	49.7%
22	16	M	3	SeniorM	3	M60-74	Ceevacs	#410	Art Mackinnon	Shawnigan Lake	8:42	5:24	6:53	54.9%
23	17	M	2	YouthM	1	M10-14		#414	Robert Lazenby	Duncan	8:45	5:26	8:24	45.0%
24	7	F	3	SeniorF	3	F60-74	Ceevacs	#380	Brenda Niziol	Shawnigan Lake	9:07	5:40	5:37	67.4%
25	18	M			4	M		#none			9:25	5:51		
26	8	F	4	SeniorF	1	F75-89		#504	Marcia Stromsmoe	Victoria	9:39	6:00	5:34	68.1%
27	9	F	5	SeniorF	4	F60-74	Ceevacs	#117	Jane McDonald	Victoria	10:44	6:40	6:57	54.4%
28	19	M	13	AdultM	4	M15-29	Team BroLin	#590	Brodie Dayton-Mills	Cowichan Bay	11:28	7:08	11:28	33.0%
29	10	F	6	SeniorF	5	F60-74	Team BroLin	#591	Linda Dayton	Cowichan Bay	11:30	7:09	7:33	50.2%
30	11	F	7	SeniorF	6	F60-74	Harriers	#503	Christine Thate	Victoria	12:35	7:49	8:19	45.5%

timings by Gary Duncan

v1.0 2025May19 GD