

DYNAMO "TOP 100" SUMMER/FALL '15 PERFORMANCES

	LAST	FIRST	RACE NAME	TIME	NOTES!
1	Ali-Khanbegi	Roya	Waterfront Half	1:55	All time PB (by 24min!!)
2	Bagshaw	Helen	Hamilton Half	1:44	6th AC
3	Baradziej	Joe	Waterfront Half	1:40	He's back...1:30 next year!
4	Barth	Joe	Waterfront Half	1:52	Big comeback aft last year
5	Bentley	Anu	Hamilton Mara	3:54	BQ baby...she's back!
6	Bramma	Claire	Army Half Mara	1:29	All time PB, 1st AC!
7	Bramma	Claire	Waterfront Half	1:27	All time PB, 3rd AC!
8	Bridgman	Alisa	Waterfront Half	1:40	All time PB (6+min)
9	Brown	Mike	Ajax 10K	43:15	1st AC, 2nd Overall
10	Cameron	Geoff	Waterfront Half	1:17	1st race in 15 years, 2nd AC
11	Caruana	Janis	Hamilton Half	2:36	Best time in 3+ years
12	Chadwick	Lynn	Niagara Marathon	4:19	All time PB
13	Chipperfield	Tamara	Erie Marathon	3:59	Debut!
14	Clingen	Mark	Toronto 10 Miler	1:04	All time PB, 2nd AC
15	Clingen	Mark	Waterfront Half	1:24	All time PB, 10th AC
16	Cochrane	Ralph	Collingwood Half	1:47	Nearly All time PB
17	Constantinescu	Adrian	Berlin Marathon	2:59	Nearly all time PB (in heat!)
18	Constantinescu	Adrian	Hamilton Half	1:27	4th AC
19	Cupillari	Sandro	County Marathon	3:33	All time PB, BQ (big wind!)
20	Dacha	Coach Driss	Longboat 10K	35:29	1st AC, 5th Overall
21	Di Bratto	Sherlita	Hamilton Half	2:06	Almost PB (best in 6 yrs)
22	Disimone	Giselle	B&O 5K	24:06	All time PB(?), 7th AC
23	Donovan	Kristen	Waterfront Half	2:05	All time PB
24	Faraone	Coach Jenn	Virgil Crest 50K	5:04	1st Female (2nd overall!)
25	Fedryk	Mike	Waterfront Half	1:47	Best time in 6 years
26	Feuilloley	Jeremy	Waterfront Half	1:51	All time PB
27	Fitzgerald	Peter	Waterfront Half	3:29	Nearly all time PB
28	Forbell	Triina	Chicago Marathon	4:09	All time PB (10min)
29	Fralick	Jennifer	Waterfront Half	2:17	Best time in years ;o)
30	Ganstal	Angela	Zoo Run 10K	45:51	1st AC
31	Gauthier	Dave	Lehigh Marathon	3:05	All time PB (9+min), BQ
32	Gauthier	Dave	Hamilton Half	1:25	All time PB, 5th AC
33	Germain	Claudette	MEC Half Mara	2:00	Nearly all time PB
34	Goldvine	Ryan	Hamilton Mara	3:13	All time PB, BQ
35	Gouterman	Vadim	Waterfront Half	1:38	1 week after Chicago Mara!
36	Gracias	Derek	Waterfront Half	1:29	All time PB (9+min)
37	Grant	Tanya	Chicago Marathon	4:05	All time PB (10min)

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38	Gunthur	Ann	Angus Glen 10K	63:20	1st AC
39	Haig	Judi	Angus Glen 10K	53:30	4th AC
40	Hanson	Liz	Hamilton Half	1:45	7th AC
41	Hauth	Susan	RBC 15K	1:25	6th AC
42	Jamael	Paul	Toronto 10 Miler	1:02	All time PB, 2nd AC, 9th OA
43	Jamael	Paul	Waterfront Half	1:22	All time PB, 6th AC
44	Kajiwara	Yasu	Chicago Marathon	3:23	Heat? What heat?
45	Konovalenko	Anastasia	Chicago Marathon	4:12	Debut - Great comeback!
46	Laidley	Tara	Niagara Half	1:55	4th AC
47	Lancaster	Colin	Waterfront Half	3:36	All time PB (14min)
48	Larock	Dave	Longboat 10K	42:35	All time PB, 4th AC
49	Larock	Dave	Waterfront Half	1:34	All time PB (2min)
50	Lindner	Karin	Berlin Marathon	4:09	Overcame big injury to win!
51	McArthur	Katie	Waterfront Half	2:11	All time PB (11min)
52	Medellin	Jose	Waterfront Half	3:39	Inspired race day effort!
53	Mete	Anthony	Oasis Half Mara	1:52	All time PB
54	Milligan	Barb	Army Half Mara	2:00	Almost PB (with ITB injury)
55	Mol	Jarmila	Zoo Run 10K	48:08	All time PB, 10th AC
56	Mol	Jarmila	Waterfront Half	3:51	All time PB (18min)
57	Monahan	Paul	Waterfront Half	4:04	1st marathon in 10+ years
58	Morris	Eric	Hamilton Mara	3:38	Nearly PB, very high winds
59	Morris	Janice	Waterfront Half	1:39	All time PB (4+min)
60	Morris	Stacia	MEC 10K	42:05	1st Overall Woman & PB
61	Morris	Stacia	Waterfront Half	1:33	All time PB (7+min), 7th AC
62	Morton	Roz	Island Girl Half	1:27	All time PB, 1st Overall!
63	Morton	Roz	Hamilton Mara	3:23	5th AC
64	Moscovitch	Dasi	Island Girl Half	1:49	All time PB
65	Noon	Danielle	Waterfront Half	1:52	Strong race plan execution
66	Novak	Shawna	Waterfront Half	1:44	Strong race plan execution
67	O'Hagan	Tara	Marine Corp Mara	3:55	All time PB
68	Osmond	Deborah	Army Half Mara	2:03	despite sickness and injury
69	Payette	Lucy	Hamilton Half	1:38	1st AC
70	Pettingill	Adah	Waterfront Half	1:49	All time PB (4+min)
71	Plata	Angelique	Toronto 10 Miler	1:55	All time PB
72	Plata	Angelique	Waterfront Half	2:31	All time PB (6+min)
73	Robinson	Chris	Waterfront Half	1:36	All time PB (3+min)
74	Searle	Kevin	Erie Marathon	3:39	All time PB, BQ

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75	Smith	Coach Kev	Toronto 10 Miler	57:04	1st Master, 2nd Overall
76	Smith	Coach Kev	Waterfront Half	1:16	3rd AC (6th Master)
77	Smith	Brooke	Waterfront Half	2:07	All time PB
78	Smith	Brooke	Marine Corp Mara	4:36	All time PB (14min!)
79	Smyth	Erin	Waterfront Half	1:40	All time PB
80	Soos	Karen	Oakville Half	1:39	All time PB, 8th AC
81	Soos	Karen	Waterfront Half	1:39	All time PB (2nd in 3 wks!)
82	St. John	Richard	Erie Marathon	3:46	4th AC, BQ (by 24min!)
83	St. John	Richard	Waterfront Half	1:43	7th AC
84	St. Pierre	Cristina	Chicago Marathon	4:20	Gutsy, despite heat & ITB
85	Steinberg	Maxine	Chicago Marathon	4:19	All time PB
86	Stocker	Maureen	Army Half Mara	2:15	Just "racepacing" first 16K
87	Sykes	Andy	Waterfront Mara	3:44	10min 1/2 PB (1:40) in mara
88	Thomas	Katie	Hamilton 10K	50:26	All time PB, 1st in AC
89	Tielen	Thomas	Oakville Half	1:23	2nd AC, great comeback!
90	Tielen	Thomas	Waterfront Half	1:20	Strong race plan execution
91	Trowell	Jennifer	Waterfront Half	1:47	All time PB
92	Vasiljevic	Natasha	Statan Island Half	1:41	All time PB (3+min)
93	Vasiljevik	Natasha	B&O 5K	22:04	All time PB, 1st AC
94	Warren	Brett	Chicago Marathon	3:38	Pure guts - Comeback kid!
95	Warriner	Coach Lawrence	Waterfront Half	1:17	1st AC
96	Warriner	Coach Lawrence	Brooklyn Marathon	2:45	2nd Overall, Top Master
97	Watanabe	Steven	Toronto 10 Miler	1:10	All time PB
98	Watanabe	Steven	Waterfront Half	3:24	All time PB, BQ
99	Welsh	Caroline	Waterfront Half	1:48	All time PB (8 min)
100	Zurakowsky	Annie	County Half	2:19	4th AC