

## 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                      |