

**Lions Gate Road Runners**  
**7<sup>th</sup> Annual Miracle Mile**  
**Balaclava Park, Vancouver – Friday August 6<sup>th</sup>, 2010**

**Heat #1**

Place	Name	Time
1	Alamy Liu	6:02
2	Elder Tsai	6:07
3	Elder Jensen	6:08
4	Robert Haines	6:09
5	Rene McKibbin	6:15
6	Roger Brownsey	6:21
7	Jordan Myers	6:23
8	Linda Wong	6:24
9	Anthony Yung	6:27
10	Ky Quang	6:28
11	Shelley Webster	7:14
12	Alex Lau	7:15
13	Kamal Ryz	9:06
14	Ed Macdonald	15:12
15	Bob Paul	16:18

**Heat #2**

Place	Name	Time
1	Tim Adkins	5:05
2	Russell Busche	5:06
3	Mark Wickstead	5:18
4	Duncan Coo	5:29
5	Kristyn Webster	5:40
6	Newton Hoang	5:41
7	Jeremy Peters	5:42
8	Carlos Gaspar	5:48
9	Chris Erickson	5:49
10	Leo Lam	5:53
11	Jim Swadling	5:57
12	Kelly Homenuk	5:59
13	Andre Gerard	6:00
14	Tom Mannion	6:07
15	Paul Fenz	6:09
16	Angela Yap	6:14

## Age-graded results

Place	Name	Age-graded time	Actual Time
1	Jim Swadling	4:39	5:57
2	Leo Lam	4:45	5:53
3	Robert Haines	5:01	6:09
4	Carlos Gaspar	5:03	5:48
5	Mark Wickstead	5:04	5:18
5	Andre Gerard	5:04	6:00
7	Tim Adkins	5:05	5:05
8	Russell Busche	5:06	5:06
9	Roger Brownsey	5:07	6:21
10	Duncan Coo	5:17	5:29
11	Chris Erickson	5:19	5:49
12	Alex Lau	5:37	7:15
13	Kristyn Webster	5:40	5:40
14	Newton Hoang	5:41	5:41
15	Jeremy Peters	5:42	5:42
16	Alamy Liu	6:02	6:02
17	Tom Mannion	5:43	6:07
18	Rene McKibbin	5:46	6:15
19	Paul Fenz	5:50	6:09
20	Kelly Homenuk	5:59	5:59
21	Angela Yap	6:03	6:14
22	Elder Tsai	6:07	6:07
23	Elder Jensen	6:08	6:08
24	Linda Wong	6:18	6:24
25	Shelley Webster	6:21	7:14
26	Jordan Myers	6:23	6:23
27	Anthony Yung	6:27	6:27
28	Ky Quang	6:28	6:28
29	Kamal Ryz	8:11	9:06
30	Bob Paul	10:12	16:18
31	Ed Macdonald	10:33	15:12

## 4 x 440yd relay

### Team "A"

Elder Tsai	66
Carlos Gaspar	77
Alamy Liu	72
Elder Jensen	70

**4:45**

**Team “B”**

Tim Adkins	64	
Leo Lam	71	
Jordan Myers	67	
Newton Hoang	61	<b><u>4:23</u></b>

**Team “C”**

Robert Haines	80	
Andre Gerard	75	
Chris Erickson	77	
Duncan Coe	67	<b><u>4:59</u></b>

Team “B” established a new meet record, previously set in 2009 (4:26). Fastest lap remains 60 seconds set by Jake Bartha.