

	2013 Canada Day ROCK 5th YEAR!!				
	Overall Finish List				
	July 01, 2013				
	www.TRYTIMING.ca				
<b>ROCK 10K</b>					
Place	Name	Bib No	Age	Age Group Place	Total Time
1	Drew Nicholson	506	28	1 M 20-29	36:17.6
2	Tyler Ginther	597	47	1 M 40-49	38:34.4
3	Tracy Wakaluk	556	42	1 F 40-49	40:46.0
4	Denis Gladkikh	584	28	2 M 20-29	41:41.9
5	Erin Payne	575	26	1 F 20-29	43:05.5
6	Terrie Skinner	536	38	1 F 30-39	43:32.0
7	Chris Najman	505	30	1 M 30-39	43:37.8
8	FRANCISCO VELAZQUEZ	599	31	2 M 30-39	44:10.4
9	Tony Lopes	490	51	1 M 50-59	44:35.9
10	Ken Menzies	585	50	2 M 50-59	44:38.1
11	Gordon Flett	448	53	3 M 50-59	45:10.3
12	Tanya Zarin	568	44	2 F 40-49	45:53.9
13	Bruce Kondo	480	47	2 M 40-49	46:21.2
14	Samantha Daigneault	431	23	2 F 20-29	46:36.7
15	Simon Fraser	453	33	3 M 30-39	46:38.7
16	Michael Pahl	510	37	4 M 30-39	46:41.5
17	Cheryl Lindsay	488	43	3 F 40-49	47:44.3
18	Tony Brunke	414	40	3 M 40-49	47:53.2
19	Tracy Gibbons	456	39	2 F 30-39	48:01.2
20	IAN COOK	424	41	4 M 40-49	48:17.6
21	Dineke Tolkamp	547	20	3 F 20-29	48:19.3
22	Michael Gibbons	457	38	5 M 30-39	49:05.4
23	Kenny McInally	590	60	1 M 60-69	49:15.7
24	Leanne Taylor	543	40	4 F 40-49	49:28.5
25	Christiana Lunn	491	35	3 F 30-39	49:43.1
26	Richard Peterson	513	39	6 M 30-39	51:07.6
27	Jordan Cumming	429	29	3 M 20-29	51:08.2
28	Warren Lindsay	489	48	5 M 40-49	51:19.8
29	Adam Rootham	527	34	7 M 30-39	51:23.8
30	greg Faber	443	43	6 M 40-49	52:05.3
31	Jack Grewal	598	43	7 M 40-49	52:19.2
32	Gregory Nolan	507	27	4 M 20-29	52:41.3
33	Nicole Bartel	410	33	4 F 30-39	53:04.3
34	Jeff Cumming	427	32	8 M 30-39	53:06.6
35	Kristin Vaughan-Smith	553	31	5 F 30-39	53:06.9
36	Allison Williams	561	35	6 F 30-39	53:17.3
37	Nate Castonguay	418	14	1 M 0-19	54:11.0
38	Velda Williams	562	42	5 F 40-49	54:41.9
39	Mark Mori	503	47	8 M 40-49	54:42.7
40	Gary Eyre	442	61	2 M 60-69	55:05.5
41	Ken Pawlak	512	59	4 M 50-59	55:16.5
42	Cameron Wiltshire	564	16	2 M 0-19	55:22.0
43	Penelope Henriques	467	41	6 F 40-49	55:30.8
44	Marjorie Bello	411	32	7 F 30-39	55:46.3
45	Ernest Salcedo	531	36	9 M 30-39	56:00.9

46	Jeff Franke	570	43	9 M 40-49	56:02.0
47	Marnie Carsky	415	43	7 F 40-49	56:08.5
48	Hailee Renkers	520	18	1 F 0-19	56:09.4
49	jeremy stregger	541	35	10 M 30-39	56:14.5
50	Michelle Tice	545	44	8 F 40-49	56:17.7
51	Susan Chow	421	49	9 F 40-49	56:18.6
52	Alenna Langhorst	596	40	10 F 40-49	56:21.1
53	katherine bortolin	412	28	4 F 20-29	56:36.0
54	Peter Johnson	473	71	1 M 70-99	56:49.5
55	Allan Franklin	450	39	11 M 30-39	56:58.6
56	Jessica Weeres	558	24	5 F 20-29	57:05.7
57	RICHARD MACLACHLAN	494	41	10 M 40-49	57:15.0
58	GARY YEE	566	37	12 M 30-39	57:24.9
59	Lisa Scherba	533	43	11 F 40-49	57:28.0
60	Cliff Garcia	455	47	11 M 40-49	57:32.4
61	Lois Evans	441	51	1 F 50-59	57:47.4
62	Mandy Benoit	573	37	8 F 30-39	57:52.0
63	Harkirat Singh	535	50	5 M 50-59	57:52.7
64	BRENDA FERRIS	445	49	12 F 40-49	58:07.6
65	Laurel van Zanten	550	58	2 F 50-59	58:07.7
66	Judy Westacott	560	57	3 F 50-59	58:32.4
67	Walter Schutz	534	34	13 M 30-39	58:54.4
68	Kyle KRAUSE	482	27	5 M 20-29	58:57.1
69	Blair Fraser	451	59	6 M 50-59	58:57.4
70	Katherine Crosbie	426	50	4 F 50-59	59:08.4
71	David Ortynsky	509	29	6 M 20-29	59:15.3
72	Zak Smith	539	19	3 M 0-19	59:30.3
73	Scott Ronalds	526	39	14 M 30-39	59:30.7
74	Tyson Kondo	479	13	4 M 0-19	59:46.6
75	Trish Enderby	439	58	5 F 50-59	59:47.6
76	David Clements	422	49	12 M 40-49	59:49.9
77	Tammy Bailey	406	50	6 F 50-59	1:00:03.7
78	Chris Vanderstoep	551	39	9 F 30-39	1:00:09.7
79	Carla Castellani	416	51	7 F 50-59	1:00:18.0
80	Carolyn Anderson	404	41	13 M 40-49	1:00:29.0
81	Christina Hecht	466	32	10 F 30-39	1:01:06.0
82	Diane Kitazaki	478	46	13 F 40-49	1:01:26.8
83	Hillary Danen	432	23	6 F 20-29	1:01:26.9
84	Noah Adams	401	12	5 M 0-19	1:01:35.9
85	Carmen Garcia	454	67	1 F 60-69	1:01:42.3
86	Sharon Fraser	452	59	8 F 50-59	1:01:45.3
87	Ryanna Smith	538	15	2 F 0-19	1:01:59.1
88	Christine Gustafson	462	34	11 F 30-39	1:02:15.0
89	Stephen Williams	563	40	14 M 40-49	1:02:16.0
90	Patricia Stapleton	540	65	2 F 60-69	1:03:23.8
91	David Graham	460	68	3 M 60-69	1:03:39.3
92	Josh Martin	593	12	6 M 0-19	1:03:41.4
93	Erin Welfing	559	32	12 F 30-39	1:03:54.6
94	Shannon Jeffels	471	31	13 F 30-39	1:03:59.1
95	Jen Cumming	428	31	14 F 30-39	1:04:24.9
96	Leigh Dion	438	57	7 M 50-59	1:04:38.1
97	Melissa Creelman	425	30	15 F 30-39	1:04:38.7

98	Rebecca Porter	515	40	14 F 40-49	1:04:57.6
99	Phillip Salvader	580	65	4 M 60-69	1:04:59.9
100	Art Pokasuwan	591	59	8 M 50-59	1:05:05.2
101	Julie Rousell	529	36	16 F 30-39	1:05:12.7
102	Kia KRAUSE	481	25	7 F 20-29	1:05:17.0
103	Nikki Castonguay	417	41	15 F 40-49	1:05:31.9
104	Rick Davis	433	51	9 M 50-59	1:05:35.8
105	Debbie Dion	437	59	9 F 50-59	1:05:39.0
106	Allison Hill	470	46	16 F 40-49	1:05:46.8
107	Lori Devlin	435	45	17 F 40-49	1:05:47.4
108	Dianne Brown	413	62	3 F 60-69	1:05:57.2
109	Susan Atkinson	405	48	18 F 40-49	1:06:14.2
110	Nicole Baker	407	42	19 F 40-49	1:06:34.2
111	Casey Prigge	517	48	20 F 40-49	1:06:55.1
112	claire zanatta	567	36	17 F 30-39	1:06:56.1
113	Beulah Rykaart	530	41	21 F 40-49	1:07:04.6
114	Denise Langley	484	43	22 F 40-49	1:07:04.9
115	Lori McLellan	500	50	10 F 50-59	1:07:09.8
116	Amy Martin	592	38	18 F 30-39	1:07:12.2
117	Laura Fitzpatrick	447	43	23 F 40-49	1:07:25.1
118	Manon Virag	555	33	19 F 30-39	1:07:32.6
119	Kathy Ford	449	58	11 F 50-59	1:07:52.7
120	Tom MacDonald	493	51	10 M 50-59	1:08:07.6
121	Marina Retseptor	522	29	8 F 20-29	1:08:08.8
122	Rob An	403	31	15 M 30-39	1:08:12.0
123	Mary Stregger	542	31	20 F 30-39	1:08:14.3
124	Linda Chmielowiec	420	60	4 F 60-69	1:09:11.8
125	Shendy Chang	419	28	9 F 20-29	1:09:12.5
126	marisela amyotte	402	38	21 F 30-39	1:09:14.3
127	Rosanna Babbage	588	38	22 F 30-39	1:09:26.9
128	Kimberly Mangal	495	36	23 F 30-39	1:09:41.8
129	Megan Preik	579	32	24 F 30-39	1:09:44.0
130	Tod McCallum	572	44	15 M 40-49	1:09:46.5
131	Suzane Degruchy	571	39	25 F 30-39	1:09:46.7
132	Krystal Martens	496	31	26 F 30-39	1:10:02.9
133	Daniel Popowich	514	60	5 M 60-69	1:10:15.8
134	Adele L'Abbe	483	59	12 F 50-59	1:11:00.1
135	ANGELE RONALDS	525	35	27 F 30-39	1:11:00.9
136	Monique Gollogly	459	31	28 F 30-39	1:11:01.1
137	Chantal Roots	528	32	29 F 30-39	1:11:01.7
138	Jenni Culbert	586	13	3 F 0-19	1:11:36.3
139	Liz Tolkamp	548	53	13 F 50-59	1:11:37.2
140	Tarah Earmme	589	42	24 F 40-49	1:11:44.5
141	Breanna Dahlby	430	21	10 F 20-29	1:12:21.0
142	Anna Lyons	492	65	5 F 60-69	1:12:27.7
143	Tanya Latulippe	486	40	25 F 40-49	1:12:33.6
144	Terri Field	446	43	26 F 40-49	1:12:33.8
145	Sandra Sayer	532	44	27 F 40-49	1:12:43.7
146	James Thompson	544	66	6 M 60-69	1:12:50.6
147	Rhonda Smith	537	47	28 F 40-49	1:13:03.5
148	Gail Jiles	472	67	6 F 60-69	1:13:18.3
149	Barb Wolfe	595	57	14 F 50-59	1:13:20.9

150	Pat Cleave	594	57	15 F 50-59	1:13:21.1
151	David Bissett	581	62	7 M 60-69	1:13:30.6
152	Shari McKenzie-Ramsay	499	39	30 F 30-39	1:13:34.4
153	Tracy Masse	498	38	31 F 30-39	1:13:34.5
154	Susie Timms	546	38	32 F 30-39	1:13:49.4
155	Doug Lark	485	58	11 M 50-59	1:13:54.0
156	Nicole Higgins	469	41	29 F 40-49	1:14:02.1
157	Charlene Delmaestro	434	38	33 F 30-39	1:14:13.4
158	Gerry Baragar	409	63	8 M 60-69	1:14:13.5
159	Jana Woodruff	565	39	34 F 30-39	1:14:15.2
160	Patty Martin	497	40	30 F 40-49	1:14:15.7
161	Ken Kendall	477	54	12 M 50-59	1:14:17.6
162	JULIE RENKERS	519	43	31 F 40-49	1:14:23.9
163	Trish Jones	475	45	32 F 40-49	1:14:31.3
164	LEANNE FAWCETT	444	45	33 F 40-49	1:16:16.1
165	Jenifer Kelly	476	31	35 F 30-39	1:16:45.3
166	Dane Jones	474	47	16 M 40-49	1:17:17.2
167	Ravi Basi	577	40	34 F 40-49	1:20:29.6
168	Karen Khrod	576	33	36 F 30-39	1:21:04.2
169	Rev. Glenn Dion	569	66	9 M 60-69	1:21:27.5
170	Amy Weeks	557	38	37 F 30-39	1:24:31.4
171	CATHERINE PRICE	516	64	7 F 60-69	1:26:32.6
172	Chantelle Millar	501	33	38 F 30-39	1:26:43.1
173	Chris Grass	461	42	17 M 40-49	1:31:58.3
174	Alyssa Reynolds	524	17	4 F 0-19	1:33:42.3
175	Rich Reynolds	523	44	18 M 40-49	1:33:42.7
176	esha panesar	511	32	39 F 30-39	1:34:55.3
177	john evans	440	67	10 M 60-69	1:40:06.9
178	Rick Diamond	436	55	13 M 50-59	1:41:09.1
179	Tom Miller	502	75	2 M 70-99	1:43:21.1

**ROCK 5K**

Place	Name	Bib No	Age	Age Group	Place	Total Time
1	Alexandra Stasiuk	5836	20	1 F 20-29		19:36.1
2	Michael Taylor	5840	36	1 M 30-39		20:20.4
3	Haydyn Wynter	5853	10	1 M 0-19		23:49.4
4	Sherisse Hartley	5856	29	2 F 20-29		26:06.9
5	Ryan Vanderstoep	5847	11	2 M 0-19		27:26.1
6	Susara van der Heever	5846	48	1 F 40-49		27:34.1
7	Brandi Pahl	5828	35	1 F 30-39		27:34.2
8	Michael Wroblewski	5852	35	2 M 30-39		27:51.6
9	Jenna Dubois	5808	13	1 F 0-19		28:51.2
10	Annabel Majendie	5866	43	2 F 40-49		28:59.3
11	Lars Andstein	5802	42	1 M 40-49		30:12.3
12	Cheryl Miniato	5823	55	1 F 50-59		30:35.8
13	Aiden Cunnold	5857	9	3 M 0-19		30:36.6
14	Lori Jackson	5858	52	2 F 50-59		30:55.0
15	Dan Cumming	5862	68	1 M 60-69		31:05.9
16	Bogs Tumambing	5843	38	3 M 30-39		31:47.6
17	Susan Enns	5809	54	3 F 50-59		32:45.5
18	Cherry-Ann Guevarra	5812	31	2 F 30-39		32:51.3
19	Kerri Andstein	5801	40	3 F 40-49		32:58.5

20	keith turner	5844	59	1 M 50-59	33:22.8
21	Melanie Thielmann	5841	39	3 F 30-39	36:09.5
22	Laura Suter	5837	43	4 F 40-49	36:09.6
23	Shellie Wolbeck	5863	39	4 F 30-39	36:39.5
24	Benjamin Wright	5849	6	4 M 0-19	36:43.1
25	Chris Wright	5850	42	2 M 40-49	36:47.2
26	Sherill Risch	5830	47	5 F 40-49	37:06.8
27	Glenna Owen	5860	46	6 F 40-49	37:31.7
28	Connie Massa	5859	55	4 F 50-59	37:31.7
29	Stephen Francis	5861	35	4 M 30-39	37:47.1
30	George Taylor	5839	71	1 M 70-99	38:46.6
31	Jamie Lyons	5864	35	5 F 30-39	38:54.8
32	Jennifer Wright	5851	42	7 F 40-49	38:55.3
33	Diane Francis	5811	28	3 F 20-29	39:21.7
34	Johanna Hemenway	5814	37	6 F 30-39	39:58.2
35	Kelly Coughlin	5806	48	8 F 40-49	40:03.4
36	Lisa Laycock	5821	48	9 F 40-49	40:04.7
37	Sandi Hildebrant	5854	66	1 F 60-69	42:45.4
38	Rachel Kondo	5818	11	2 F 0-19	42:53.1
39	Kathy Bissett	5865	68	2 F 60-69	44:41.1
40	Carollyne Kondo	5817	44	10 F 40-49	44:47.5
41	kyla Simpson	5833	33	7 F 30-39	45:22.6
42	Erin Henderson	5815	29	4 F 20-29	45:22.7
43	Patricia Thompson	5842	64	3 F 60-69	45:56.7
44	DEBORAH SADOWSKY	5832	50	5 F 50-59	46:49.9
45	Janice Kohut	5816	40	11 F 40-49	49:22.0
46	Pardeep Pahal	5827	47	3 M 40-49	49:22.0
47	Jaiden Claassen	5804	11	3 F 0-19	49:50.0
48	Alana Claassen	5805	48	12 F 40-49	51:03.2
49	Marilyn Falt	5810	53	6 F 50-59	51:32.7
50	Sherry Weeks	5855	70	1 F 70-99	52:24.2
51	Michael Wiltshire	5848	22	1 M 20-29	55:10.1
52	Kelly Morris	5824	21	5 F 20-29	56:02.0
53	Pavani Gunadasa	5813	26	6 F 20-29	57:52.8
54	KATIE SYROID	5838	42	13 F 40-49	58:06.7
55	Chris Skinner	5834	35	5 M 30-39	58:22.5
56	Madeleine Skinner	5835	6	4 F 0-19	58:25.5
57	Chris KRAUSE	5819	59	7 F 50-59	1:01:51.4