

	2015 SFN Canada Day ROCK						
	Overall Finish List						
	July 01, 2015						
	Results By TRY TIMING						
ROCK 10K							
Place	Name	Bib No	Age	Age Group	Place	Chip	
Gun							
1	Ben Dyste	31	34	1 M 30-39		41:43.4	41:47.1
2	David Gedge	40	37	2 M 30-39		42:18.6	42:22.0
3	Jason Fluckiger	34	38	3 M 30-39		43:19.5	43:22.7
4	Denis Gladkikh	129	31	4 M 30-39		43:47.4	43:50.9
5	Charlene Janzen	54	42	1 F 40-49		44:16.7	44:19.4
6	Ross Brinkert	13	44	1 M 40-49		44:59.8	45:03.1
7	Bruce Kondo	63	49	2 M 40-49		45:17.9	45:22.0
8	Alexander Courville	25	28	1 M 20-29		45:26.7	45:31.5
9	Sheryl Harrop	45	42	2 F 40-49		45:37.4	45:42.9
10	Nick Christensen	21	32	5 M 30-39		47:28.5	47:49.8
11	Sandra Fraefel	127	43	3 F 40-49		47:49.0	47:53.2
12	Craig Martin	73	43	3 M 40-49		48:03.3	48:10.2
13	Alicia Williams	111	27	1 F 20-29		49:30.2	49:40.6
14	Tabby Gaudet	39	26	2 F 20-29		49:56.2	50:07.0
15	Perry Shindruk	93	52	1 M 50-59		50:14.0	50:19.6
16	Mandy Maclver	70	49	4 F 40-49		50:35.3	50:41.7
17	Lawrence Bernales	6	35	6 M 30-39		50:38.8	50:53.4
18	Alex Wen	106	16	1 M 1-19		50:49.8	51:00.2
19	Kevin van Delden	102	47	4 M 40-49		51:35.6	51:38.8
20	Nicole Bartel	4	35	1 F 30-39		51:52.3	52:17.1
21	Carol Thielmann	100	36	2 F 30-39		51:53.1	52:17.4
22	Linda Shindruk	94	53	1 F 50-59		52:19.1	52:25.1
23	Taylor Janzen	53	18	1 F 1-19		54:43.8	54:48.3
24	Yudi Xue	114	31	7 M 30-39		54:42.0	55:02.9
25	Andrew Janzen	52	45	5 M 40-49		54:59.6	55:04.2
26	Douglas Kavanagh	58	46	6 M 40-49		54:32.8	55:18.4
27	Cole Johnson	55	21	2 M 20-29		54:51.7	55:37.5
28	Earl Tregobov	122	50	2 M 50-59		55:17.6	55:52.8
29	Natasha Williams	110	27	3 F 20-29		56:14.7	56:25.2
30	Mark Casafrancisco	15	38	8 M 30-39		57:04.7	57:15.8
31	Karen Zimmermann	123	38	3 F 30-39		57:17.2	57:23.9
32	Philip Lam	65	36	9 M 30-39		57:13.1	57:39.0
33	John Wiens	108	56	3 M 50-59		57:02.5	57:42.0
34	Karolyn Jackson	51	23	4 F 20-29		57:40.1	57:51.5
35	Mena Sahota-Bhogal	120	38	4 F 30-39		57:43.6	58:23.5
36	Colleen Butler	14	19	2 F 1-19		58:29.1	58:36.7
37	Blair Fraser	35	61	1 M 60-69		58:32.5	58:40.6
38	Joel Spakowski	96	42	7 M 40-49		58:32.3	58:54.3
39	Gina Chong	20	34	5 F 30-39		59:01.5	59:12.7
40	Heather Matthews	74	22	5 F 20-29		59:08.2	59:18.2
41	Shawn Crumley	26	56	4 M 50-59		59:32.8	59:59.8
42	Lisa Nykoluk	81	47	5 F 40-49		1:00:16.3	1:00:21.5
43	Lorna Crumley	27	52	2 F 50-59		1:00:39.9	1:01:08.4
44	SHARLENE TERRETT	99	44	6 F 40-49		1:00:57.9	1:01:13.8
45	Michelle Wilson	112	45	7 F 40-49		1:00:58.2	1:01:13.9

46	Lee Yeji	115	18	3 F 1-19	1:01:10.1	1:01:20.0
47	Dina Pharand	84	44	8 F 40-49	1:00:52.9	1:01:25.1
48	Robin Pugsley	87	42	9 F 40-49	1:00:58.2	1:01:27.0
49	Iris Clement	22	27	6 F 20-29	1:01:36.5	1:01:36.5
50	Scott Kavanagh	59	43	8 M 40-49	1:01:00.8	1:01:57.8
51	Diane Kitazaki	61	48	10 F 40-49	1:01:51.4	1:02:23.0
52	Ghasak Hussain	121	25	7 F 20-29	1:01:02.4	1:02:34.0
53	Svetlana Trebushnaya	101	32	6 F 30-39	1:02:29.3	1:02:45.6
54	David Clements	23	51	5 M 50-59	1:03:09.0	1:03:29.0
55	Michiyo Watanabe	105	52	3 F 50-59	1:03:03.0	1:03:40.4
56	Rory Morgan	78	45	9 M 40-49	1:03:53.9	1:04:15.5
57	Helen Zwaan	119	58	4 F 50-59	1:04:06.0	1:04:25.3
58	John Singh	95	58	6 M 50-59	1:04:23.8	1:04:32.1
59	Aaron Collins	24	38	10 M 30-39	1:06:04.3	1:06:21.2
60	Andrew Reid	88	36	11 M 30-39	1:06:14.8	1:06:38.1
61	Katherine Gale	37	33	7 F 30-39	1:06:42.1	1:06:47.8
62	Jaki Leckman	66	30	8 F 30-39	1:07:37.9	1:08:10.6
63	Tessa McGibbon	76	19	4 F 1-19	1:08:04.3	1:08:11.8
64	Christa Peters	83	38	12 M 30-39	1:08:31.0	1:08:52.9
65	Francis Lam	64	38	13 M 30-39	1:08:45.0	1:09:11.2
66	Brandon Chan	16	33	14 M 30-39	1:09:01.0	1:09:22.0
67	Carrie Wilke	109	34	9 F 30-39	1:09:14.3	1:09:36.8
68	Christy Kivari	126	35	10 F 30-39	1:09:13.7	1:09:36.9
69	Todd Boles	9	51	7 M 50-59	1:09:55.6	1:10:25.6
70	Ingrid Malmberg	71	15	5 F 1-19	1:10:30.2	1:10:42.4
71	Sharyn Ho	47	32	11 F 30-39	1:10:35.5	1:10:56.8
72	Ali Lowe	69	25	8 F 20-29	1:11:02.4	1:11:14.2
73	Inca Bourke	128	61	1 F 60-69	1:11:14.4	1:11:28.9
74	Michelle Exner	33	42	11 F 40-49	1:12:17.0	1:12:35.1
75	Tammy Marshall	72	46	12 F 40-49	1:12:18.5	1:12:36.6
76	Marilyn Custer	28	25	9 F 20-29	1:12:51.6	1:13:08.1
77	Elizabeth Abbott	1	25	10 F 20-29	1:13:27.8	1:13:42.7
78	Terri Kavanagh	60	52	5 F 50-59	1:15:27.5	1:16:12.2
79	Vicki Yu	117	35	12 F 30-39	1:16:15.3	1:16:34.3
80	Kristal Boles	10	46	13 F 40-49	1:16:17.8	1:16:48.4
81	Andy Voong	104	26	3 M 20-29	1:16:32.8	1:17:01.6
82	Maxime Spakowski	97	40	14 F 40-49	1:18:26.8	1:18:51.1
83	Joanne Howitz	50	46	15 F 40-49	1:18:31.4	1:18:56.6
84	Elizabeth Lees	68	86	1 F 70-99	1:18:59.2	1:19:22.4
85	Sarah Detera	30	33	13 F 30-39	1:19:20.6	1:19:50.3
86	Rob An	2	33	15 M 30-39	1:19:48.2	1:20:19.5
87	Shendy Chang	18	30	14 F 30-39	1:19:47.6	1:20:19.7
88	Michèle Delaroque	29	41	16 F 40-49	1:20:20.8	1:20:38.1
89	Daisy Rajaratnam	125	36	15 F 30-39	1:20:27.6	1:20:39.4
90	Grace Tan	98	34	16 F 30-39	1:20:42.0	1:21:02.2
91	Becky Chan	17	34	17 F 30-39	1:20:59.8	1:21:20.1
92	Noreen Mok	77	30	18 F 30-39	1:21:38.8	1:22:00.2
93	Alana Naherny	80	26	11 F 20-29	1:22:56.1	1:23:11.1
94	Richard Bayard	5	35	16 M 30-39	1:23:07.3	1:23:30.5
95	Jennifer Whitehurst	107	35	19 F 30-39	1:23:07.6	1:23:31.2
96	Jessica Gane	38	33	20 F 30-39	1:24:44.5	1:25:01.6
97	Marie Enns	32	30	21 F 30-39	1:24:44.6	1:25:02.0

98	Jackie Chen	19	61	2 F 60-69	1:25:36.8	1:25:46.1
99	Corinne Goellnitz	41	66	3 F 60-69	1:26:19.6	1:26:54.3
100	Jaden Ryder	91	15	6 F 1-19	1:27:39.0	1:28:09.1
101	Mitchell Young	116	16	2 M 1-19	1:27:38.9	1:28:09.3
102	Orsolya Matussek	75	40	17 F 40-49	1:28:40.9	1:29:03.6
103	Veronica Griffin	44	29	12 F 20-29	1:28:40.9	1:29:03.7
104	Kelly Morris	79	35	22 F 30-39	1:30:07.7	1:30:24.9
105	KATHLEEN PADDINGTON	82	64	4 F 60-69	1:34:57.9	1:35:06.3
106	Diane Lee	67	51	6 F 50-59	1:34:58.5	1:35:06.5
107	Brittany Pratico	85	29	13 F 20-29	1:52:18.0	1:52:47.2
108	Chari Johnson	57	38	23 F 30-39	1:52:41.8	1:53:11.5

ROCK 5K

Place	Name	Bib No	Age	Age Group	Place	Chip	Gun
1	Tyler Ginther	5121	49	1 M 40-49		17:58.7	17:58.7
2	Alberto Zaballos	5107	16	1 M 1-19		20:08.2	20:32.2
3	Alexa Shindrak	5082	18	1 F 1-19		20:38.4	20:43.5
4	Isabella Tasser	5090	10	2 F 1-19		21:32.0	21:34.5
5	Bryn Bailey	5113	36	1 M 30-39		21:58.2	22:01.6
6	Joshua Johnson	5044	17	2 M 1-19		22:24.4	22:26.9
7	Dale Yee	5106	44	2 M 40-49		22:52.0	23:02.9
8	Richard Ryant	5078	50	1 M 50-59		23:44.4	23:47.0
9	Veronica Singer	5085	50	1 F 50-59		23:58.2	24:01.7
10	Kaylah Tasser	5091	7	3 F 1-19		25:32.3	25:35.5
11	Gabor Berta	5006	27	1 M 20-29		25:25.9	25:39.7
12	Hans Zwaan	5108	58	2 M 50-59		26:51.1	27:12.0
13	Chris Wright	5103	44	3 M 40-49		28:54.4	29:30.6
14	Tyson Kondo	5109	15	3 M 1-19		29:45.6	29:51.7
15	Meaghan Dunn	5016	30	1 F 30-39		29:44.6	29:58.5
16	Christian Tasser	5089	42	4 M 40-49		29:59.0	30:02.8
17	Tony Bernardin	5005	10	4 M 1-19		30:17.6	30:20.4
18	Krista McMahan	5067	17	4 F 1-19		30:06.1	30:30.6
19	Linnsie McMahan	5068	23	1 F 20-29		30:06.8	30:30.7
20	Laura Brown	5009	30	2 F 30-39		29:56.2	30:34.1
21	David Eggleston	5017	74	1 M 70-99		31:09.5	31:18.9
22	Addison Li	5059	31	2 M 30-39		30:49.1	31:37.4
23	Ashley Stevenson	5086	27	2 F 20-29		31:31.8	32:03.2
24	Eshen Brinkert	5007	13	5 F 1-19		32:00.4	32:37.7
25	Michelle Robbins	5075	32	3 F 30-39		32:30.2	32:45.9
26	Spencer Lee	5057	25	2 M 20-29		32:38.1	33:01.9
27	Cindy Lee	5058	31	4 F 30-39		32:39.0	33:27.3
28	Shirley Hewko	5035	48	1 F 40-49		33:13.7	33:57.6
29	Grant Johnson	5110	55	3 M 50-59		33:17.8	34:04.2
30	Keith Turner	5095	61	1 M 60-69		34:06.8	34:13.3
31	Deanna McIntyre	5066	45	2 F 40-49		33:32.3	34:13.9
32	Alyse Wilkinson	5102	38	5 F 30-39		33:32.6	34:14.2
33	Ellen Glentworth	5025	40	3 F 40-49		33:26.7	34:20.5
34	Evan Horstman	5038	10	5 M 1-19		34:13.1	34:32.1
35	Rick Horstman	5037	41	5 M 40-49		34:13.6	34:32.4
36	Wally Nickel	5071	47	6 M 40-49		33:50.4	34:36.6
37	Donna Horstman	5041	68	1 F 60-69		34:19.5	34:37.5
38	Elizabeth Clarke	124	35	6 F 30-39		34:32.8	34:43.8

39	Rita Hui	5043	35	7 F 30-39	34:40.9	35:30.3
40	Jennie Eggleston	5018	33	8 F 30-39	35:16.2	35:35.6
41	Evison Carefoot	5011	54	4 M 50-59	35:25.4	36:03.4
42	Tom Myring	5069	39	3 M 30-39	35:52.2	36:06.0
43	Annabelle Myring	5070	10	6 F 1-19	35:52.5	36:06.1
44	Youki Wiens	5101	20	3 F 20-29	35:46.9	36:26.9
45	Jennifer Wright	5105	44	4 F 40-49	35:56.0	36:32.4
46	Kate Stevenson	5087	26	4 F 20-29	36:18.0	36:49.9
47	Lukas Viljoen	5097	7	6 M 1-19	36:55.8	37:08.5
48	Adam Viljoen	5096	43	7 M 40-49	36:55.6	37:08.8
49	Montana Aquing	5002	15	7 F 1-19	36:41.3	37:20.2
50	Martina Aquing	5003	41	5 F 40-49	36:51.4	37:29.5
51	Cayla Ryant	5079	11	8 F 1-19	37:41.6	37:44.3
52	Sagan Brinkert	5008	11	9 F 1-19	37:09.6	37:46.7
53	Michael Griffith	5030	51	5 M 50-59	37:54.7	38:07.2
54	Barb Wolfe	5120	59	2 F 50-59	37:41.7	38:32.4
55	Kailyn Potomak	5073	19	10 F 1-19	38:20.1	38:32.4
56	Pat Cleave	5122	59	3 F 50-59	37:42.2	38:32.5
57	Lisa Topping	5116	34	9 F 30-39	38:09.6	38:47.3
58	Courtney Fantinato	5020	25	5 F 20-29	38:03.5	38:49.0
59	John McGaire	5063	53	6 M 50-59	38:36.9	38:49.1
60	Debra Kato	5123	53	4 F 50-59	38:13.0	39:02.8
61	Emily Szabo	5088	22	6 F 20-29	38:30.5	39:06.1
62	Josh Roberts	5076	29	3 M 20-29	38:38.4	39:20.3
63	Karen Greenwood	5026	43	6 F 40-49	38:46.6	39:22.2
64	Lorraine Giffith	5024	48	7 F 40-49	39:13.6	39:31.9
65	Caroline Bernardin	5004	39	10 F 30-39	39:30.6	39:45.2
66	Kana Wiens	5100	18	11 F 1-19	39:18.7	39:59.0
67	Colby Keyser	5048	45	8 F 40-49	39:27.9	40:04.3
68	Jadyn Kavanagh	5111	7	12 F 1-19	39:54.3	40:09.2
69	Jessica Kavanagh	5112	34	11 F 30-39	39:57.6	40:11.9
70	Amelia Klimmer	5115	14	13 F 1-19	39:43.9	40:14.7
71	Anthony Klimmer	5114	48	8 M 40-49	39:43.7	40:14.8
72	Bill Kellett	5047	53	7 M 50-59	39:41.7	40:34.0
73	Jessie Thiessen	5092	22	7 F 20-29	39:58.4	40:38.5
74	Gerd Renkema	5074	64	2 M 60-69	40:42.9	40:47.4
75	Sadie Malmberg	5062	12	14 F 1-19	40:38.1	40:51.2
76	Sheila D'Albertanson	5014	42	9 F 40-49	42:06.5	42:16.3
77	Karen Khrod	5049	35	12 F 30-39	42:07.7	42:18.1
78	Kiera Parton	5119	31	13 F 30-39	42:15.7	42:25.7
79	Rachel Kondo	5053	13	15 F 1-19	41:55.9	42:26.0
80	Rebecca Mifflin	5125	37	14 F 30-39	42:36.7	42:42.8
81	Marla Meneghin	5124	38	15 F 30-39	42:36.9	42:42.9
82	Brittany Henderson	5034	25	8 F 20-29	42:51.9	43:34.3
83	Harbir Deol	5015	32	16 F 30-39	43:42.7	44:02.5
84	Saran Kanda	5046	33	17 F 30-39	43:42.0	44:02.6
85	Veena Johnson	5045	49	10 F 40-49	43:59.3	44:46.8
86	Paxton Griffin	5029	9	7 M 1-19	45:07.1	45:30.5
87	Patrick Griffin	5028	36	4 M 30-39	45:07.1	45:30.6
88	Carollyne Kondo	5052	46	11 F 40-49	45:19.8	45:50.0
89	Nicole Heft	5033	30	18 F 30-39	45:14.9	45:54.9
90	Susan Kristiansen	5054	45	12 F 40-49	45:12.9	45:55.0

91	Paula Cooper	5012	24	9 F 20-29	45:29.1	45:58.4
92	Emma Cooper	5013	27	10 F 20-29	45:34.4	45:58.6
93	Talia Viljoen	5099	10	16 F 1-19	46:20.0	46:33.8
94	Suzanne Parton	5118	52	5 F 50-59	46:25.8	46:35.5
95	Andrew Parton	5117	54	8 M 50-59	46:25.9	46:35.6
96	Lynda McGaire	5064	52	6 F 50-59	46:45.8	47:04.5
97	Lindsay McGaire	5065	16	17 F 1-19	46:52.4	47:04.7
98	Shannon Fraser	5023	31	19 F 30-39	47:01.2	47:45.7
99	Sandi Hildebrant	5036	68	2 F 60-69	49:46.0	50:33.2
100	Sophia Li	5061	31	20 F 30-39	49:57.4	50:44.4
101	Daniel Li	5060	60	3 M 60-69	49:58.2	50:45.3
102	Carter Horstman	5039	8	8 M 1-19	50:18.8	50:47.8
103	Dominic Topping	5094	7	9 M 1-19	50:33.7	51:06.7
104	Chrystal Thomasson	5093	26	11 F 20-29	50:33.5	51:06.9
105	Gurdeep Grewal	5027	38	5 M 30-39	50:33.3	51:07.5
106	Wayne Horstman	5040	68	4 M 60-69	51:37.5	52:06.3
107	Jeffery Simpson	5083	38	6 M 30-39	52:06.2	52:50.1
108	Lydia Simpson	5084	35	21 F 30-39	52:06.2	52:50.2
109	Tom Anstruther	5000	59	9 M 50-59	53:13.6	53:49.3
110	Laura Anstruther	5001	56	7 F 50-59	53:15.3	53:49.4
111	Aleya Ladha	5055	29	12 F 20-29	57:51.3	58:32.5
112	Janet Novaglia	5072	61	3 F 60-69	1:00:02.2	1:00:30.8
113	Laara Horstman	5042	38	22 F 30-39	1:00:02.5	1:00:30.8
114	Lisa Schaffer	5080	40	13 F 40-49	1:00:14.0	1:00:59.4
115	Laurie Robertson	5077	45	14 F 40-49	1:09:30.2	1:10:14.4