

2016 SFN Canada Day ROCK					
Overall Finish List					
July 01, 2016					
10K					
Place	Name	Bib No	Age Group Place	Chip Time	Gun Time
1	Alistair Kealty	4737	1 M 30-39	37:19.3	37:20.7
2	Blair Zimmerman	4800	1 M 40-49	39:11.6	39:12.4
3	Vivian Davidson	4807	1 F 30-39	39:46.4	39:49.0
4	Denis Gladkikh	4720	2 M 30-39	41:17.4	41:20.3
5	Jacob Guthrie	4722	1 M 0-19	41:35.9	41:51.9
6	Michael Prince	4808	3 M 30-39	41:56.5	41:58.7
7	Kelly Vogt	4787	2 M 40-49	43:44.5	43:50.8
8	Nick Christensen	4703	4 M 30-39	44:36.9	44:45.5
9	Kyle Giesbrecht	4719	5 M 30-39	45:17.4	45:19.3
10	John Heuft	4731	1 M 20-29	45:41.1	45:42.9
11	Mark Williams	4795	3 M 40-49	45:57.2	46:17.0
12	Ward Beemer	4686	1 M 50-59	46:27.8	46:31.5
13	Craig Rhodes	4773	4 M 40-49	47:01.2	47:11.6
14	Dale Yee	4799	5 M 40-49	47:56.6	47:59.1
15	Alexander Courville	4706	2 M 20-29	49:13.6	49:16.5
16	Gregg Walters	4791	2 M 50-59	49:46.9	49:52.8
17	Nelson Santos	4777	6 M 40-49	51:22.3	51:30.6
18	Andy Egloff	4711	7 M 40-49	51:28.8	51:40.4
19	DIEGO ARCINIEGAS	4681	8 M 40-49	51:51.8	51:55.3
20	George Patton	4767	6 M 30-39	52:27.4	52:56.1
21	Kathryn O'grady	4761	1 F 50-59	52:49.8	52:56.1
22	MARIA BRENNAN	4692	1 F 40-49	52:36.9	53:04.4
23	Shannon Wallace	4790	2 F 30-39	53:08.0	53:20.0
24	Blair Fraser	4716	1 M 60-69	53:17.1	53:27.9
25	Mayling Lee	4745	3 F 30-39	53:30.3	53:31.3
26	SONIA BRAVO	4691	2 F 50-59	54:18.9	54:22.7
27	Elsa Carvajal	4701	3 F 50-59	54:23.2	54:33.8
28	Catherine Degroot	4708	4 F 50-59	54:34.7	55:13.3
29	Penelope Henriques	4729	2 F 40-49	54:53.1	55:13.7
30	Ron Richardson	4774	9 M 40-49	55:23.3	55:30.6
31	Andrew Hale	4723	3 M 20-29	55:50.0	55:54.8
32	MENA BHOGAL	4687	4 F 30-39	55:56.4	56:16.1
33	Rachel Stock	4785	3 F 40-49	56:31.8	56:44.0
34	Glenn Rideout	4775	3 M 50-59	56:45.4	56:50.4
35	Elke Bauer	4685	4 F 40-49	56:59.7	57:12.4
36	Grant Johnson	4735	4 M 50-59	56:50.1	57:16.9
37	Terrina Barsalou	4684	5 F 30-39	57:05.7	57:20.6
38	Tia O'grady	4762	6 F 30-39	57:14.1	57:21.1
39	Barb Fitzsimmons	4714	5 F 50-59	57:34.7	57:44.2
40	Stephanie Kraft	4742	7 F 30-39	57:32.3	57:45.7
41	Soraya Spier	4783	6 F 50-59	57:42.3	57:46.7
42	Gregg Mckibbin	4756	10 M 40-49	57:45.9	58:00.7
43	Chris Hardy	4726	11 M 40-49	58:05.1	58:28.9
44	Brianne Hemingway	4728	1 F 20-29	58:05.5	58:29.4
45	Calvin Lim	4747	12 M 40-49	58:14.4	58:42.4
46	Rosanne Mackenzie	4751	7 F 50-59	58:24.5	58:49.2

47	Michael Macdonald	4750	7 M 30-39	58:38.1	58:50.7
48	Shannon Spear	4782	2 F 20-29	58:56.6	58:59.6
49	Randy Mackirdy	4752	5 M 50-59	58:43.8	59:08.3
50	Dave Keighron	4738	13 M 40-49	59:05.0	59:46.3
51	Jennifer Van Iderstine	4786	8 F 30-39	59:46.3	59:55.9
52	Nikol Marconova	4754	3 F 20-29	1:00:13.2	1:00:24.6
53	Kirsten Kohler	4741	9 F 30-39	1:00:19.2	1:00:35.8
54	Lauren Larson	4804	10 F 30-39	1:00:28.2	1:00:38.7
55	Shirley Blair	4689	1 F 60-69	1:00:26.8	1:00:42.4
56	Randall Brown	4693	2 M 60-69	1:00:38.2	1:00:55.6
57	Rory Morgan	4759	14 M 40-49	1:00:51.2	1:01:11.3
58	Brianne Kelly	4739	4 F 20-29	1:00:51.3	1:01:17.0
59	Sue H	4809	15 M 40-49	1:01:30.5	1:01:42.0
60	Sharon Fraser	4717	2 F 60-69	1:01:38.5	1:01:50.9
61	Diane Kitazaki	4740	5 F 40-49	1:01:48.1	1:02:02.5
62	Ella Vogt	4789	1 F 0-19	1:02:32.2	1:02:39.1
63	Robby Garcia	4718	6 M 50-59	1:02:53.6	1:03:11.9
64	Tiffany Rennick	4772	5 F 20-29	1:03:00.6	1:03:19.8
65	Kyle Weininger	4793	4 M 20-29	1:03:16.8	1:03:20.6
66	Laurie Weininger	4794	8 F 50-59	1:03:17.7	1:03:21.6
67	Gwen Johnston	4736	6 F 40-49	1:03:07.8	1:03:21.6
68	James Escobedo	4712	8 M 30-39	1:03:43.7	1:04:12.3
69	Dawn Palmer	4765	9 F 50-59	1:04:41.4	1:04:50.9
70	Inga Bourke	4690	3 F 60-69	1:04:54.2	1:05:14.9
71	Minette Polepil-Gendur	4769	7 F 40-49	1:05:33.4	1:05:37.9
72	Lisa Hamar	4724	8 F 40-49	1:06:09.9	1:06:28.4
73	Aaron Collins	4704	9 M 30-39	1:06:22.0	1:06:29.0
74	Debbi Fortune	4715	9 F 40-49	1:06:23.5	1:06:31.4
75	Tracey Capadouca	4699	10 F 50-59	1:06:23.9	1:06:31.8
76	Mackenzie Scharf	4778	6 F 20-29	1:06:28.5	1:06:32.6
77	Larenna Page	4764	7 F 20-29	1:06:44.7	1:06:50.8
78	STEFANIE HENDERS	4806	10 F 40-49	1:07:22.3	1:07:35.7
79	VUN KHI WONG	4798	7 M 50-59	1:07:32.1	1:08:05.6
80	Reanne Brown	4694	8 F 20-29	1:09:16.2	1:09:33.0
81	Rosella Marocco	4810	11 F 40-49	1:10:00.9	1:10:08.9
82	Sandra Vogt	4788	12 F 40-49	1:10:07.1	1:10:13.9
83	Lynn Macadam	4749	11 F 50-59	1:10:43.6	1:11:01.2
84	Monique Brown	4695	13 F 40-49	1:11:02.7	1:11:19.8
85	Natasha Sidhu	4781	9 F 20-29	1:11:09.7	1:11:23.0
86	Elizabeth Clarke	4803	11 F 30-39	1:11:39.8	1:11:49.8
87	Emily Pattengale	4766	10 F 20-29	1:11:43.1	1:11:56.2
88	Sandra Lalonde	4805	14 F 40-49	1:11:35.3	1:12:11.7
89	Hazel Callaway	4697	12 F 30-39	1:12:01.8	1:12:22.2
90	Leah Wilson	4796	15 F 40-49	1:12:01.2	1:12:24.1
91	Xi Chen	4702	10 M 30-39	1:12:23.9	1:12:35.2
92	Lisa Leibing	4746	12 F 50-59	1:12:19.1	1:12:37.8
93	Nicole Hammond	4725	11 F 20-29	1:12:34.7	1:12:50.8
94	Maria Durham	4802	2 F 0-19	1:12:34.2	1:12:55.8
95	Erin Cardona	4700	13 F 30-39	1:12:36.5	1:12:59.7
96	Christa Peters	4768	14 F 30-39	1:12:36.7	1:12:59.8
97	Kenneth HAY	4727	1 M 70-99	1:13:45.0	1:14:11.1
98	Michelle McIellan	4758	12 F 20-29	1:14:17.3	1:14:38.8

99	Lisa Rempel	4771	13 F 20-29	1:14:17.7	1:14:39.1
100	Ratinder Aujla	4682	16 F 40-49	1:18:11.6	1:18:25.7
101	Monica Langford	4744	13 F 50-59	1:18:20.4	1:18:43.5
102	Davin Hun	4733	5 M 20-29	1:19:13.2	1:19:33.2
103	Mardeanna Lock	4748	17 F 40-49	1:22:44.0	1:23:36.9
104	Jennifer Blair	4688	18 F 40-49	1:24:27.9	1:24:44.4
105	Michelle Cameron	4698	19 F 40-49	1:28:16.3	1:28:48.6
106	Daisy Emily Madill	4753	1 F 70-99	1:29:14.6	1:31:42.6
5K					
Place	Name	Bib No	Age Group Place	Chip Time	Gun Time
1	Michael Taylor	3147	1 M 30-39	20:44.0	20:45.3
2	Mark Topacio	3151	2 M 30-39	21:25.0	21:26.3
3	Matthew Smythe	3145	3 M 30-39	22:02.3	22:04.2
4	Vitaly Gulyaev	3086	1 M 40-49	23:36.8	23:38.9
5	Ben Wright	3163	1 M 0-19	23:46.9	23:49.3
6	Janessa Kraan	3098	1 F 20-29	25:06.9	25:13.7
7	Dean Williams	3160	2 M 40-49	26:07.8	26:12.1
8	Darren Warren	3157	3 M 40-49	26:08.6	26:18.4
9	Natisha Mathews	3111	1 F 40-49	26:17.6	26:27.7
10	Chris Wright	3162	4 M 40-49	27:17.8	27:20.2
11	Shannon Cook	3074	2 F 40-49	27:24.1	27:33.5
12	Barbara Binns	3173	1 F 60-69	27:21.7	27:40.9
13	Tony Bernardin	3063	2 M 0-19	28:29.4	28:30.5
14	Lara Anderson	3058	3 F 40-49	28:36.7	28:46.5
15	Jessica Bethune	3066	1 F 0-19	29:16.3	29:26.5
16	Sarah Douglas	3135	2 F 0-19	29:29.5	29:53.2
17	Catherine Bachand	4683	1 F 50-59	29:42.1	29:57.6
18	Meghan Bethune	3065	3 F 0-19	30:17.3	30:27.7
19	Kelly Bethune	3064	4 F 40-49	30:18.3	30:28.5
20	Gina Settle	3141	5 F 40-49	31:14.2	31:39.5
21	Carlos Rendon	3129	4 M 30-39	31:17.3	31:50.3
22	Sarah Solaczek	3146	1 F 30-39	31:31.9	31:50.4
23	Lisa Marie	3108	6 F 40-49	32:13.6	32:23.3
24	Keith Vincent	3153	5 M 40-49	32:21.6	32:29.3
25	Shantelle Virginillo	3155	4 F 0-19	32:13.3	32:33.9
26	Luisa Virginillo	3154	7 F 40-49	32:20.9	32:41.4
27	Kirstie Tippe	3149	8 F 40-49	32:35.0	33:00.3
28	Aisha Kafi	3095	2 F 30-39	32:37.3	33:06.4
29	Edna Mathews	3112	2 F 60-69	33:00.9	33:11.8
30	Ali Wilkinson	3159	3 F 30-39	33:05.5	33:13.8
31	Veronique Kolisnyk	3097	9 F 40-49	32:53.0	33:20.4
32	Carla Cote	3171	2 F 50-59	32:51.1	33:24.5
33	Dean Patterson	3123	1 M 50-59	33:10.2	33:36.5
34	Jennifer Cartwright	3073	2 F 20-29	33:41.6	33:47.4
35	Devlyn Winchester	3161	3 F 20-29	33:36.5	33:48.6
36	Keith Turner	3152	1 M 60-69	33:48.9	33:54.6
37	Ashleigh Patterson	3122	5 F 0-19	33:30.6	33:57.4
38	Tracy Patterson	3124	3 F 50-59	33:36.4	34:03.7
39	Marina Rust	3131	10 F 40-49	33:42.4	34:06.7
40	Sharon Sandhu	3134	4 F 30-39	33:58.6	34:17.3
41	Lunden Glentworth	3168	3 M 0-19	34:14.3	34:42.3

42	Ellen Turone	3169	11 F 40-49	34:17.6	34:46.0
43	Cassandra Lui	3103	5 F 30-39	34:06.5	34:48.2
44	Wally Nickel	3118	6 M 40-49	34:15.1	35:04.3
45	Kathy Werner	3158	3 F 60-69	34:41.2	35:06.8
46	Lee-Ann Douglas	3102	12 F 40-49	34:54.2	35:19.1
47	Martina Aquing	3059	13 F 40-49	35:41.9	35:55.2
48	Kelly Dickson	3077	4 F 50-59	35:48.9	36:12.4
49	Laurie Meadows	3115	14 F 40-49	36:11.5	36:31.1
50	Sarah Brown	3070	6 F 30-39	37:00.0	37:11.5
51	Nicholas Heier	3088	4 M 0-19	36:51.3	37:12.5
52	Alycia Patterson	3126	4 F 20-29	36:53.0	37:20.3
53	Olivia Henders	3174	6 F 0-19	37:26.9	37:40.0
54	Jessie Thiessen	3148	5 F 20-29	37:29.5	37:46.7
55	Krista Heier	3089	7 F 0-19	37:39.3	38:00.5
56	Jackie Lauzon	3101	6 F 20-29	37:51.6	38:20.8
57	Cayla Ryant	3132	8 F 0-19	38:57.3	39:00.7
58	Kylie Grahame	3085	7 F 20-29	39:13.3	39:47.6
59	Aaron Morgan	3116	5 M 30-39	39:13.5	39:47.7
60	Ethan Paisley	3120	5 M 0-19	40:02.6	40:25.2
61	John Paisley	3119	7 M 40-49	40:03.2	40:25.4
62	Veena Johnson	3092	5 F 50-59	40:33.9	41:05.2
63	Jamie Lyons	3175	7 F 30-39	41:13.2	41:16.3
64	Angelina Armstrong	3061	9 F 0-19	41:25.5	41:57.9
65	Jeff Armstrong	3060	6 M 30-39	41:27.6	42:01.3
66	Lili Romo	3130	8 F 30-39	41:28.5	42:01.4
67	Gord Kurenoff	3099	2 M 50-59	41:31.7	42:12.6
68	Lisa Kurenoff	3100	15 F 40-49	41:32.5	42:13.7
69	Amber Donovan	3079	8 F 20-29	42:04.5	42:43.9
70	Pamela Ambegia	3057	9 F 30-39	42:06.8	42:46.8
71	Jeanne Macdonald	3104	16 F 40-49	43:03.1	43:14.3
72	Nancy Downey	3081	4 F 60-69	43:26.5	43:28.1
73	Patrick Downey	3080	3 M 50-59	43:26.3	43:31.8
74	Shannon Field	3083	10 F 30-39	43:20.5	43:33.5
75	Dave Scharf	3136	4 M 50-59	44:10.2	44:16.3
76	Linda Scharf	3138	6 F 50-59	44:10.8	44:16.4
77	Sydney Scharf	3137	9 F 20-29	44:11.1	44:16.4
78	Tanis Toker	3150	10 F 20-29	44:15.4	44:54.8
79	Sharon Waldron	3156	7 F 50-59	44:15.1	44:54.8
80	James Scott	3140	6 M 0-19	45:35.5	46:04.9
81	Leanna Scott	3139	11 F 30-39	45:42.5	46:11.1
82	Jenneka MacRae	3107	12 F 30-39	47:43.7	48:22.1
83	Harjit Sidhu	3143	1 M 20-29	48:35.2	48:51.3
84	Kelly Morris	4760	13 F 30-39	49:15.3	49:22.0
85	Ingrid Keller	3096	5 F 60-69	49:22.4	49:24.7
86	Paula Cooper	3076	11 F 20-29	48:42.5	49:25.7
87	Emma Cooper	3075	12 F 20-29	48:42.5	49:25.9
88	Tara Koci	3166	13 F 20-29	49:06.1	49:38.1
89	Amanda Jacobs	3091	14 F 20-29	49:06.8	49:38.5
90	Shawna Polywkan	3127	14 F 30-39	49:07.6	49:39.2
91	Robin Wolfhurst	3167	10 F 0-19	49:07.7	49:39.2
92	Jolene Budden	4696	15 F 30-39	50:00.1	50:12.4
93	Kai Palecek	3165	7 M 0-19	50:07.5	50:16.8

94	Veronica Griffin	3164	16 F 30-39	50:09.6	50:18.8
95	Orsolya Matusek	3113	17 F 40-49	50:10.2	50:19.3
96	Alexia Birgisdottir	3067	11 F 0-19	50:38.4	50:55.2
97	Hafsteina Sigurbjornsdottir	3144	18 F 40-49	50:44.4	51:01.5
98	Sandi Hildebrant	3090	6 F 60-69	50:36.1	51:14.0
99	Deborah Sadowsky	3133	8 F 50-59	50:52.7	51:30.3
100	Colleen Marshall	3109	7 F 60-69	50:53.3	51:30.4
101	Robyn Brennan	3068	7 M 30-39	51:43.6	52:25.2
102	Keira Dighton	3078	12 F 0-19	52:35.2	53:08.9
103	Jenn Halford	3087	17 F 30-39	52:35.6	53:09.1
104	Christopher Macrae	3106	8 M 0-19	53:58.3	54:36.4
105	Chris MacRae	3105	8 M 40-49	53:58.3	54:36.5
106	Fawn Brennan	3069	18 F 30-39	54:32.3	55:12.8
107	Mary Wiseman	4797	9 F 50-59	55:51.9	56:13.8
108	Marilyn Falt	3082	10 F 50-59	55:56.5	56:26.7
109	Geoff Carre	3072	5 M 50-59	57:00.0	57:30.9
110	Joanne Bartlett	3062	8 F 60-69	57:00.1	57:31.1
111	Tc Jones	3093	2 M 20-29	1:04:54.7	1:05:23.1
112	Amanda Jones	3094	15 F 20-29	1:04:54.7	1:05:23.2
113	Ross Cote	3170	2 M 60-69	1:14:13.5	1:14:50.9
114	Violet Elliot	3172	1 F 70-99	1:14:14.1	1:14:51.4
115	Jonah Marshall	3110	8 M 30-39	1:22:45.4	1:23:04.6
116	Rhiannon Paskall	3121	19 F 30-39	1:22:46.7	1:23:05.6
117	Roseanne Shannon	3142	11 F 50-59	1:22:30.3	1:23:29.3