

2016 GSH & Shamrock n Race					
Overall Finish List					
March 13, 2016					
Half					
Place	Name	Bib No	Age Group Place	Chip Time	Gun Time
1	Patrick Jones	1162	1 M 35-49	1:26:57.4	1:27:00.4
2	Tibor Horvath	1153	2 M 35-49	1:27:38.0	1:27:41.4
3	Adam Finley	1137	3 M 35-49	1:28:49.0	1:28:52.1
4	Kevin Oldknow	1427	4 M 35-49	1:29:04.9	1:29:09.0
5	Stephen Greene	1143	1 M 20-34	1:29:50.5	1:29:58.5
6	Patrick Proietti	1483	5 M 35-49	1:30:38.1	1:31:12.7
7	Warren Nipp	1423	6 M 35-49	1:32:58.8	1:33:04.6
8	Charlie Loo	1399	7 M 35-49	1:33:36.2	1:33:41.6
9	Brian Vidler	1468	8 M 35-49	1:34:58.0	1:34:58.0
10	Kaile Stewart	1453	1 F 20-29	1:35:18.9	1:35:24.6
11	David Lindskoog	1487	2 M 20-34	1:36:30.7	1:36:34.5
12	Kelly Vogt	1470	9 M 35-49	1:35:40.7	1:36:42.2
13	Simon Sukstorf	1455	1 M 50-64	1:37:52.7	1:37:57.4
14	Ged Ashton	1106	10 M 35-49	1:37:23.2	1:38:18.9
15	Jocelyn Manion	1406	2 F 20-29	1:42:29.1	1:42:42.5
16	Sergio Vizcaino	1469	11 M 35-49	1:44:30.3	1:44:44.7
17	John Heuft	1149	3 M 20-34	1:44:14.8	1:45:08.1
18	Noel Pratt	1432	4 M 20-34	1:45:16.8	1:45:26.3
19	Jinyoung Choi	1121	5 M 20-34	1:44:31.9	1:45:34.3
20	Andy Fuller	1141	2 M 50-64	1:45:36.8	1:45:42.7
21	Ross Saito	1442	3 M 50-64	1:45:18.7	1:45:52.7
22	Jim Prokop	1434	4 M 50-64	1:46:01.4	1:46:17.1
23	Bryce Larkin	1166	6 M 20-34	1:46:28.3	1:47:06.0
24	Yancy Maranan	1407	7 M 20-34	1:46:57.8	1:47:31.6
25	Leah Whitworth	1478	1 F 30-39	1:47:28.8	1:48:32.9
26	Lance Herok	1148	12 M 35-49	1:48:43.9	1:48:50.7
27	Paul O'Brien	1426	13 M 35-49	1:49:43.5	1:49:49.0
28	Jeremy Papp	1428	14 M 35-49	1:49:22.2	1:49:54.5
29	Lucas Greenough	1144	8 M 20-34	1:49:30.1	1:49:59.0
30	Ken McIsaac	1490	5 M 50-64	1:50:23.3	1:50:42.8
31	Wing Taylor	1462	15 M 35-49	1:49:47.0	1:50:52.5
32	Luca Raffaello	1435	9 M 20-34	1:50:26.6	1:51:20.5
33	Dave Whitworth	1477	1 M 65-79	1:50:35.2	1:51:39.6
34	Ivan Yastrebov	1482	10 M 20-34	1:52:05.1	1:52:09.2
35	Murray McColeman	1412	2 M 65-79	1:52:45.1	1:53:08.7
36	Trevor Baker	1107	11 M 20-34	1:53:06.9	1:53:24.1
37	DAVID PROCTOR	1433	12 M 20-34	1:52:06.1	1:53:29.9
38	Laura Clements	1122	3 F 20-29	1:53:17.1	1:53:34.5
39	Marissa Jean	1159	2 F 30-39	1:53:22.7	1:53:54.2
40	Kat Davidson	1128	3 F 30-39	1:54:44.7	1:55:12.2
41	Bree Nicholl	1421	16 M 35-49	1:55:31.4	1:55:42.8
42	Jenny Isherwood	1157	4 F 30-39	1:55:32.5	1:55:44.0
43	Gregg Walters	1473	6 M 50-64	1:55:20.8	1:55:56.8
44	Kevin Eden	1135	13 M 20-34	1:56:02.2	1:57:01.2
45	Susan Burton	1115	5 F 30-39	1:55:08.1	1:57:12.0
46	Laura Danforth	1127	6 F 30-39	1:55:13.6	1:57:17.4

47	Sandra Sukstorf	1456	1 F 50-59	1:57:15.5	1:57:21.0
48	Mia Morin	1418	1 F 40-49	1:56:52.2	1:57:57.3
49	Jenny MacArthur	1401	7 F 30-39	1:57:08.8	1:58:05.6
50	Terry Saito	1443	7 M 50-64	1:58:07.8	1:58:38.9
51	PJ Burns	1114	8 M 50-64	1:58:09.1	1:58:47.1
52	Alex Butz	1116	14 M 20-34	1:58:34.6	1:58:48.8
53	Jennifer Tassart	1461	8 F 30-39	1:58:48.0	1:58:57.3
54	Peter Tolentino	1465	17 M 35-49	1:58:14.3	1:59:25.4
55	Sherry Mahoney	1404	2 F 50-59	1:58:37.2	1:59:31.9
56	Mike Hsiao	1154	15 M 20-34	1:57:49.4	1:59:34.1
57	Yvegeny Mayang	1410	18 M 35-49	1:57:57.1	1:59:41.8
58	Kaeleigh Flynn	1138	4 F 20-29	1:58:43.4	1:59:51.4
59	Janelle Sheen	1448	9 F 30-39	2:00:01.6	2:00:13.1
60	Michael McCarthy	1411	16 M 20-34	2:00:05.6	2:00:27.7
61	Heather Cliburn	1123	10 F 30-39	1:59:31.3	2:00:53.5
62	Kathleen Negraeff	1492	3 F 50-59	2:01:08.0	2:01:41.7
63	Lillian Nuo Masek	1409	2 F 40-49	2:01:41.1	2:02:12.7
64	Jeff Humphreys	1156	19 M 35-49	2:01:01.1	2:02:29.6
65	Olivia Fournier	1140	5 F 20-29	2:02:46.2	2:02:55.4
66	Leslie Liang	1398	4 F 50-59	2:04:01.9	2:04:14.8
67	Anthony Sullano	1457	20 M 35-49	2:03:53.5	2:04:58.2
68	Jeff Franke	1494	21 M 35-49	2:03:04.0	2:05:10.8
69	Scott Phelps	1429	22 M 35-49	2:04:07.6	2:05:10.8
70	Amy Tso	1466	11 F 30-39	2:04:45.2	2:05:18.9
71	Catharine Merten	1416	12 F 30-39	2:05:22.2	2:05:52.0
72	Jennifer Blair	1111	3 F 40-49	2:06:24.8	2:06:33.0
73	David Kerr	1163	9 M 50-64	2:06:58.4	2:07:30.4
74	Kevin Tjart	1464	23 M 35-49	2:07:36.4	2:07:49.0
75	Karen Tinto	1463	13 F 30-39	2:07:03.2	2:08:25.6
76	Jon Mahoney	1403	10 M 50-64	2:08:24.4	2:09:21.4
77	Carol McGuire	1414	5 F 50-59	2:09:37.4	2:09:37.4
78	Jenny Lau	1168	14 F 30-39	2:07:57.2	2:09:42.8
79	Ryan Sutton	1458	24 M 35-49	2:07:57.5	2:09:43.0
80	Stuart Nurse	1425	3 M 65-79	2:09:11.5	2:09:52.5
81	Brett Marleau	1408	25 M 35-49	2:09:35.6	2:10:38.4
82	Kristi Hiltz	1150	15 F 30-39	2:11:19.0	2:11:25.8
83	Geoff Grace	1142	26 M 35-49	2:11:46.8	2:12:47.8
84	Jen MacPherson	1491	4 F 40-49	2:12:23.4	2:12:57.7
85	Erik Larsen	1167	17 M 20-34	2:13:29.1	2:13:29.1
86	Jaime Boris	1486	16 F 30-39	2:12:53.7	2:14:21.6
87	Deric Davies	1129	18 M 20-34	2:15:48.3	2:16:38.1
88	Alex Nixon	1424	19 M 20-34	2:15:54.0	2:16:49.7
89	Brianne Watkins	1474	17 F 30-39	2:17:27.2	2:17:34.5
90	Tim Hausch	1489	11 M 50-64	2:17:57.9	2:18:08.1
91	Clark Vandermye	1488	12 M 50-64	2:17:58.1	2:18:08.4
92	Eliza Pike	1431	5 F 40-49	2:16:36.7	2:18:37.2
93	Amy Simmons	1450	18 F 30-39	2:17:42.5	2:19:07.0
94	Mabel Fong	1139	6 F 50-59	2:18:28.8	2:19:27.6
95	Gord Caulien	1120	13 M 50-64	2:17:59.7	2:19:41.2
96	Jessica Tremblay	1485	19 F 30-39	2:19:26.3	2:20:57.9
97	Jill Piggott	1430	6 F 40-49	2:19:26.3	2:20:58.1
98	Yuki Carter	1484	6 F 20-29	2:20:42.1	2:22:25.4

99	Alison Reyes	1438	7 F 20-29	2:22:15.1	2:22:39.3
100	Jennifer Russell-Smith	1441	20 F 30-39	2:21:13.6	2:23:17.8
101	Steve Woods	1479	4 M 65-79	2:23:19.2	2:23:43.9
102	Carli Griffin	1145	21 F 30-39	2:23:27.8	2:24:56.2
103	Norbert Filbert	1136	14 M 50-64	2:23:48.3	2:25:00.0
104	Thea Campbell	1118	7 F 40-49	2:24:54.3	2:25:13.4
105	Kayla Reyes	1437	8 F 20-29	2:25:58.0	2:26:22.1
106	Doreen MacNiven	1402	9 F 20-29	2:27:07.9	2:27:16.4
107	Leah Dixon	1133	22 F 30-39	2:25:57.3	2:27:22.4
108	Candice Samson	1444	23 F 30-39	2:25:57.6	2:27:29.7
109	Heidi Verheyden	1467	8 F 40-49	2:25:38.5	2:27:38.3
110	Wade Sellers	1447	27 M 35-49	2:27:54.6	2:28:04.6
111	Andrew Hale	1146	20 M 20-34	2:31:22.0	2:31:25.2
112	Lisa Tallman	1460	24 F 30-39	2:31:38.2	2:33:39.3
113	Debbie Brown	1112	7 F 50-59	2:34:33.0	2:35:22.2
114	Mackenzie Scharf	1445	10 F 20-29	2:33:59.6	2:35:27.6
115	Shannon Nichvolodoff	1422	9 F 40-49	2:36:55.3	2:37:07.5
116	Deborah Ross	1440	10 F 40-49	2:37:55.0	2:38:03.2
117	Nicole Baker	1108	11 F 40-49	2:38:44.6	2:39:14.0
118	TIBBY XU	1481	11 F 20-29	1:57:19.6	2:40:19.6
119	Marina Maitland	1405	8 F 50-59	2:40:08.9	2:41:35.7
120	Rachel Daigneault	1125	12 F 20-29	2:41:18.4	2:42:07.5
121	Lorriisa Horton	1152	25 F 30-39	2:42:47.2	2:43:11.2
122	Jessica Blackmore	1110	13 F 20-29	2:42:46.3	2:44:33.2
123	Debbie Stewart	1454	12 F 40-49	2:43:57.9	2:45:19.7
124	Shelley Hatfield	1147	13 F 40-49	2:44:34.0	2:46:32.7
125	Julie Swift	1459	14 F 40-49	2:44:33.8	2:46:32.9
126	Cryssie Roberts	1439	26 F 30-39	2:46:13.4	2:46:54.1
127	Patricia Calder	1117	27 F 30-39	2:52:17.9	2:53:17.6
128	Jean Hoeft	1151	28 F 30-39	2:52:18.6	2:53:17.7
129	Wendy Wall	1472	9 F 50-59	2:51:32.4	2:53:35.3
130	Richard Lee	1169	21 M 20-34	2:56:18.8	2:56:55.6
131	Marilyn Dalzell	1126	1 F 60-69	3:06:43.2	3:08:38.8
132	Michele Miller	1417	2 F 60-69	3:06:43.3	3:08:39.0
133	Cara Murphy	1420	15 F 40-49	3:10:49.9	3:12:31.3
134	Victor Huckell	1155	5 M 65-79	3:12:52.9	3:14:08.4

7 Miler

Place	Name	Bib No	Age Group Place	Chip Time	Gun Time
1	Garth Cumming	7357	1 M 35-49	42:25.2	42:38.2
2	Sean Graydon	7376	2 M 35-49	46:07.7	46:16.1
3	Dave Betcher	1109	3 M 35-49	47:21.3	47:30.5
4	Mark Topacio	7456	4 M 35-49	47:28.5	47:32.3
5	Jaylene Billows	7338	1 F 30-39	48:20.7	48:32.5
6	Maggie Graydon	7377	1 F 1-19	50:37.3	50:46.2
7	Richard Stock	7448	5 M 35-49	51:44.0	52:31.8
8	Imad Ouachan	7429	1 M 20-34	52:48.6	53:33.6
9	Trevor Martin	7469	2 M 20-34	55:01.1	55:33.9
10	Ken Gonzales	7375	3 M 20-34	54:54.1	55:54.0
11	Jason Oakford	7423	6 M 35-49	55:54.2	55:58.7
12	Mark Hyder	7472	1 M 50-64	57:10.0	57:17.4
13	George Patton	7431	4 M 20-34	57:44.2	58:29.1

14	Ron Richardson	7437	7 M 35-49	57:53.0	59:20.1
15	Carter Smith	7444	1 M 1-19	59:34.4	1:00:41.2
16	SINE BRENNAN	7342	2 F 30-39	59:24.5	1:00:47.9
17	Richard Zhang	7468	8 M 35-49	1:00:17.5	1:00:48.8
18	Raissa Dickinson	1131	1 F 20-29	59:25.3	1:00:52.6
19	Campbell Danroth	7360	2 M 1-19	59:55.0	1:01:00.7
20	Bryan Wilkinson	7474	9 M 35-49	1:01:01.9	1:01:04.6
21	Margot Lively	7403	1 F 40-49	1:00:01.2	1:01:06.6
22	Tim Colebourn	7352	2 M 50-64	1:00:54.8	1:01:14.6
23	Stacey Stephenson	7447	2 F 40-49	1:00:57.8	1:01:20.9
24	Vicky Mastrogianopoulos	7412	3 F 30-39	1:00:40.4	1:01:28.1
25	Weiwei Du	7366	3 F 40-49	1:00:58.4	1:01:29.5
26	Tyson Boire	7340	10 M 35-49	59:29.4	1:01:34.3
27	Daryll Sy	7450	2 F 20-29	1:01:17.4	1:01:39.3
28	Nikol Marconova	7410	3 F 20-29	1:01:26.7	1:02:09.2
29	Hannah Greene	7378	4 F 30-39	1:03:08.6	1:03:35.7
30	Margaret Mumford	7420	4 F 40-49	1:02:14.8	1:03:45.4
31	Aiden Cunnold	7359	3 M 1-19	1:02:57.5	1:04:03.8
32	Nancy Martin	7411	1 F 50-59	1:04:31.0	1:04:58.1
33	Joanne Ironside	7391	2 F 50-59	1:03:08.2	1:05:28.3
34	Bonnie Sydora	7451	5 F 40-49	1:04:06.0	1:05:36.6
35	Kim MacDonald	7407	6 F 40-49	1:03:16.4	1:05:37.0
36	Neil Schasny	7439	11 M 35-49	1:05:03.2	1:05:52.1
37	Vanja Pojuzina	7432	4 F 20-29	1:04:13.2	1:05:58.9
38	Jennifer Merry	7418	7 F 40-49	1:03:54.9	1:06:14.8
39	Naomi Wright	1480	8 F 40-49	1:05:24.1	1:06:27.8
40	Patricia Shelby	1449	3 F 50-59	1:05:32.3	1:06:28.2
41	Karin Schasny	7440	5 F 30-39	1:05:39.2	1:06:28.6
42	House Dolkhanian	7364	12 M 35-49	1:04:42.3	1:06:52.7
43	Gerry Collver	7353	1 M 65-79	1:06:59.9	1:07:16.6
44	Alethea Boire	7341	9 F 40-49	1:05:34.8	1:07:39.9
45	Lynda Kerr	7395	4 F 50-59	1:06:46.7	1:07:46.9
46	Sherry Edirisinghe	7371	10 F 40-49	1:07:41.4	1:08:02.5
47	Leslie Herman	7383	5 F 50-59	1:06:02.0	1:08:03.9
48	Taylor Andresen	7334	2 F 1-19	1:07:42.9	1:08:19.5
49	Colleen McCoy	7416	11 F 40-49	1:07:50.0	1:08:26.5
50	Jason Harris	7381	3 M 50-64	1:06:57.8	1:08:34.6
51	Donna HUTCHINSON	7390	12 F 40-49	1:07:30.4	1:08:56.9
52	Kerry Vital	7461	6 F 30-39	1:08:16.7	1:09:16.2
53	Ronda Lim	7402	13 F 40-49	1:08:30.4	1:09:27.6
54	Steven Lowe	7406	2 M 65-79	1:08:27.2	1:10:03.3
55	Josh Brown	7344	13 M 35-49	1:09:46.3	1:10:04.2
56	Bonnie McClelland	7415	6 F 50-59	1:09:18.5	1:10:11.4
57	Jenn Moody	7419	7 F 30-39	1:08:41.8	1:10:17.6
58	Teresa Shepherd	7442	14 F 40-49	1:09:36.5	1:10:29.1
59	Tina Woodcock	7466	15 F 40-49	1:09:37.2	1:10:29.3
60	Jodi Eckland	7369	8 F 30-39	1:10:29.9	1:10:48.2
61	Natalie Foley	7475	16 F 40-49	1:10:31.2	1:10:50.3
62	Carrie-Ann deBruyn	7361	9 F 30-39	1:11:04.7	1:11:16.7
63	Ruth Townsend	7457	7 F 50-59	1:09:43.5	1:11:19.6
64	Amy Jamieson	1158	5 F 20-29	1:10:33.6	1:11:20.7
65	Teresa Liang	7401	6 F 20-29	1:09:40.2	1:11:46.1

66	Susan Tran	7458	7 F 20-29	1:10:52.0	1:11:49.8
67	Meaghan Dunn	7368	10 F 30-39	1:11:29.2	1:12:30.9
68	Alison Alleyne	7331	8 F 50-59	1:11:30.0	1:13:31.6
69	Donna Watkins	7462	9 F 50-59	1:12:30.3	1:14:32.4
70	Sandra Dumond	7367	10 F 50-59	1:13:45.3	1:14:38.4
71	Keith Vincent	7460	14 M 35-49	1:14:19.6	1:15:12.3
72	Tara McCauley	7414	11 F 30-39	1:13:57.3	1:15:29.9
73	Manjit Rai	7435	17 F 40-49	1:15:00.5	1:15:36.3
74	Takeshi Edirisinghe	7370	15 M 35-49	1:15:19.2	1:15:40.7
75	Sarah Kasman	7394	8 F 20-29	1:14:13.4	1:15:47.6
76	Valerie Klein Litman	7396	9 F 20-29	1:14:36.7	1:16:10.6
77	Terryrae McCauley	1493	11 F 50-59	1:15:48.0	1:16:22.8
78	VUN KHI WONG	7465	4 M 50-64	1:15:58.9	1:16:31.5
79	Yvonne Chan	7349	10 F 20-29	1:15:47.5	1:16:44.7
80	Roxanne Galope	7374	12 F 30-39	1:15:47.3	1:16:45.4
81	Stefani Mello	7417	11 F 20-29	1:15:22.7	1:16:49.7
82	Allison Cormier	7355	12 F 20-29	1:16:25.8	1:16:52.1
83	Kristina Vandop	7459	13 F 20-29	1:16:30.3	1:16:56.5
84	Carrie Downer	7365	13 F 30-39	1:16:30.6	1:17:00.9
85	Judith Blake	7339	18 F 40-49	1:16:31.0	1:17:01.2
86	Ali Wilkinson	7463	14 F 30-39	1:16:37.2	1:17:07.4
87	Richelle Natt	7422	15 F 30-39	1:16:34.6	1:17:10.3
88	Hazel Callaway	7345	16 F 30-39	1:16:28.4	1:17:15.4
89	Davin Hun	7470	5 M 20-34	1:15:39.3	1:17:35.1
90	Jennifer Jaco	7392	17 F 30-39	1:16:12.9	1:17:50.4
91	Olga Osuchowski	7428	18 F 30-39	1:16:12.7	1:17:50.4
92	Andraya Samborski	7438	14 F 20-29	1:17:08.9	1:18:17.2
93	Patrick Tobin	7455	6 M 20-34	1:17:02.5	1:19:18.3
94	Trena Tallas	7452	19 F 30-39	1:18:35.2	1:19:19.7
95	Amor Yeung	7467	20 F 30-39	1:17:03.6	1:19:20.0
96	Joanna Alexander	7330	12 F 50-59	1:18:35.7	1:19:20.1
97	Mary-Lou Smith	7445	19 F 40-49	1:19:56.6	1:20:20.4
98	Christa Hook	7387	20 F 40-49	1:20:01.7	1:21:05.6
99	Allison Hill	7384	21 F 40-49	1:18:55.3	1:21:08.1
100	Kelly McCafferty	7413	22 F 40-49	1:18:58.8	1:21:12.2
101	Lori Devlin	7362	23 F 40-49	1:18:59.5	1:21:12.7
102	Kelly Shea	7441	24 F 40-49	1:20:06.0	1:21:31.6
103	Natasha Sidhu	7443	15 F 20-29	1:20:15.5	1:21:38.4
104	Jessica Cunningham	7358	21 F 30-39	1:20:10.1	1:22:21.9
105	Charlotte Grimshaw	7379	22 F 30-39	1:20:19.7	1:22:29.8
106	Keith Cuenta	7356	16 F 20-29	1:21:45.4	1:22:43.5
107	Nada Thomas	7454	1 F 60-69	1:23:09.6	1:24:04.2
108	RJ Carlos	7346	7 M 20-34	1:22:45.6	1:24:35.4
109	Kristen Carlos	7347	23 F 30-39	1:22:45.4	1:24:35.6
110	Randi Lang	7399	24 F 30-39	1:24:13.2	1:24:38.1
111	Kelly Jamieson	7393	13 F 50-59	1:24:02.1	1:24:55.9
112	Richelle Chambers	7348	25 F 40-49	1:23:18.8	1:24:59.0
113	JULIE RENKERS	7436	26 F 40-49	1:23:19.0	1:24:59.3
114	Dulce Myles	7421	25 F 30-39	1:23:27.8	1:25:46.2
115	Shannon Field	7373	26 F 30-39	1:26:53.5	1:28:22.6
116	KANDIE PARSONS	7430	27 F 30-39	1:27:22.9	1:28:39.0
117	Bonnie Northgraves	7473	17 F 20-29	1:28:12.8	1:28:41.2

118	Jens Christiansen	7471	8 M 20-34	1:28:13.8	1:28:42.2
119	Alex Holmes	7386	18 F 20-29	1:27:01.8	1:29:01.4
120	Frances Knowles	7397	27 F 40-49	1:28:41.1	1:29:21.7
121	Renee Kos	7398	28 F 30-39	1:31:46.9	1:33:52.9
122	Maritoni Almasco	7332	3 F 1-19	1:33:08.0	1:34:50.9
123	Lindsay Hare	7380	29 F 30-39	1:34:15.7	1:35:34.2
124	Kelly Ledbrook	7400	30 F 30-39	1:34:15.7	1:35:34.5
125	Mardeanna Lock	7404	28 F 40-49	1:35:38.9	1:35:54.2
126	Kelly O'Hagan	7425	29 F 40-49	1:36:32.1	1:37:14.4
127	LUCIE POWELL	7433	2 F 60-69	1:46:05.5	1:47:21.5
128	Anthony Ong	7427	16 M 35-49	1:49:59.1	1:51:41.6
129	Charlotte Historillo	7385	30 F 40-49	1:52:07.2	1:53:51.3
130	Nicole Cooke	7354	31 F 40-49	1:57:44.6	1:58:24.6
131	Michelle Sweet	7449	32 F 40-49	1:57:45.3	1:58:25.2
132	Joanne Howitz	7388	33 F 40-49	1:58:52.8	1:59:19.4
133	Tammy Ohagan	7424	34 F 40-49	2:02:06.4	2:02:48.8
134	Michelle Wilson	7464	35 F 40-49	2:01:26.9	2:02:52.8
135	SHARLENE TERRETT	7453	36 F 40-49	2:01:27.4	2:02:53.0
136	Wendy Bertelsen	7337	37 F 40-49	2:14:53.4	2:15:32.5
137	Michelle Spanner	7446	38 F 40-49	2:14:55.1	2:15:34.3

5K

Place	Name	Bib No	Age Group Place	Chip Time	Gun Time
1	Vitaly Gulyaev	2987	1 M 35-49	20:09.9	20:12.2
2	Sean O'brien	3019	2 M 35-49	23:53.2	23:59.7
3	Luisa Virginillo	3046	1 F 40-49	24:47.9	24:50.6
4	Bruce Dunham	2974	3 M 35-49	25:49.4	25:57.2
5	Chris MacRae	3005	4 M 35-49	26:54.8	27:42.7
6	Yvonne Nichols	3054	1 F 30-39	29:28.5	29:48.1
7	Zackary MacDonald	3002	1 M 1-19	29:55.0	30:17.6
8	Sarah Matlock	3013	2 F 30-39	29:36.2	30:31.2
9	Jennifer Cartwright	2968	1 F 20-29	31:02.8	31:09.7
10	Keith Turner	3042	1 M 50-64	31:11.4	31:18.0
11	Catherine Bachand	7335	1 F 50-59	30:14.4	31:24.7
12	Andrea Guzzo	2988	3 F 30-39	31:02.3	31:46.2
13	Anne Deitch	2971	1 F 60-69	32:46.6	32:55.6
14	Tc Jones	2996	1 M 20-34	33:23.6	33:37.2
15	Devlyn Winchester	3048	2 F 20-29	31:57.6	33:44.4
16	Heather Leinbach	3001	3 F 20-29	33:31.6	33:59.3
17	Jackie Lauzon	3000	4 F 20-29	32:22.7	34:08.0
18	Elmer Pioneda	3050	2 M 20-34	31:56.5	34:25.0
19	Angel Graham	2986	4 F 30-39	34:27.4	34:56.6
20	Cayla Ryant	3051	1 F 1-19	36:05.6	36:22.3
21	Krista Heier	2990	2 F 1-19	36:51.1	36:53.8
22	Natasha MacDonald	3003	5 F 20-29	36:31.8	36:54.2
23	Lisa Matlock	3014	5 F 30-39	36:03.5	36:58.8
24	Susana Tiplady	3039	2 F 40-49	36:36.8	37:00.0
25	Scott Tiplady	3040	5 M 35-49	36:37.3	37:00.1
26	Tarryn Rudolph	3028	6 F 30-39	36:33.3	37:16.9
27	Jenn Galvez	2984	7 F 30-39	35:57.8	37:21.1
28	Sarah Brown	2963	8 F 30-39	35:23.0	37:26.1
29	Logan Phelps	3023	2 M 1-19	35:59.8	37:40.6

30	Megan Bell	2960	6 F 20-29	36:19.9	37:44.8
31	Jessie Thiessen	3038	7 F 20-29	37:40.3	37:51.1
32	Cecilia Vulama	3052	2 F 60-69	37:53.2	38:04.3
33	Michelle Cameron	2966	3 F 40-49	37:03.5	38:14.4
34	Jenn Halford	2989	9 F 30-39	37:52.5	38:20.7
35	Barb Murphy	3018	2 F 50-59	37:28.9	38:37.7
36	Julie Makranyi	3007	4 F 40-49	37:25.3	39:07.7
37	Kat Mitchell	3053	8 F 20-29	36:39.6	39:11.7
38	Kevin Henry	2992	3 M 20-34	37:39.4	39:32.8
39	Krista Murphy	3017	9 F 20-29	38:24.5	39:33.4
40	Shannon Smyth	3035	10 F 30-39	39:13.5	40:04.6
41	Teaghan Vanderaegen	3044	3 F 1-19	39:13.7	40:04.6
42	Claire Tomlinson	3041	11 F 30-39	39:28.7	40:15.1
43	Shelley Bohnke	2961	3 F 50-59	38:48.6	40:15.2
44	Conrad Easby	2976	6 M 35-49	39:14.4	40:27.6
45	Sophie Latulippe	2997	4 F 1-19	39:03.2	40:33.1
46	Hannah Latulippe	2998	5 F 1-19	39:03.8	40:34.0
47	Maureen Oldknow	3020	1 F 70-99	39:57.9	40:43.8
48	Isabelle Easby	2978	6 F 1-19	39:32.5	40:46.1
49	Tanya Latulippe	2999	5 F 40-49	39:23.8	40:53.5
50	Leanne Foreman	2980	12 F 30-39	39:22.4	40:53.7
51	Tami Serandos	3032	4 F 50-59	39:20.2	41:08.9
52	Grace Pineda	3025	10 F 20-29	40:14.0	41:38.9
53	Poonum Gill	2985	13 F 30-39	40:50.0	41:50.9
54	Lori Breen	2962	3 F 60-69	41:40.9	41:59.8
55	Grace Wong	3049	14 F 30-39	42:13.7	43:14.6
56	Jenneka MacRae	3004	15 F 30-39	42:36.7	43:25.1
57	Amanda Jones	2995	11 F 20-29	43:48.2	44:02.1
58	Emma Cooper	2970	12 F 20-29	42:56.3	44:02.2
59	Leah Porritt	3026	13 F 20-29	43:51.5	44:58.8
60	Kaitlynn Muir	3016	14 F 20-29	43:51.3	44:59.0
61	Kate Easby	2977	16 F 30-39	43:58.7	45:13.0
62	Jeff Serandos	3033	2 M 50-64	43:37.4	45:26.6
63	Lucy Easby	2979	7 F 1-19	44:12.8	45:27.1
64	Jeanne MacDonald	7408	6 F 40-49	43:39.9	46:06.8
65	Glenn Malubag	3008	7 M 35-49	45:00.0	46:12.7
66	Michelle Briggs	3055	1 F 0-0	44:20.2	47:12.4
67	Serena Caine	2965	17 F 30-39	48:06.0	49:15.8
68	Nicole Adie	2958	7 F 40-49	48:06.4	49:16.1
69	Deborah Sadowsky	3029	5 F 50-59	49:19.1	49:40.3
70	Colleen Marshall	3010	4 F 60-69	49:19.9	49:40.3
71	Sandi Hildebrant	2993	5 F 60-69	48:50.5	49:40.9
72	Jolene Budden	2964	18 F 30-39	48:52.9	49:44.7
73	Yvette Salazar	3030	8 F 40-49	49:01.5	49:46.5
74	Tara Martin	3012	19 F 30-39	48:15.6	50:13.6
75	Margaret Martin	3011	8 F 1-19	48:15.4	50:13.7
76	Sadie Phelps	3024	9 F 1-19	49:06.1	50:45.2
77	Janet Phelps	3022	20 F 30-39	49:07.6	50:47.5
78	Harjit Sidhu	3034	4 M 20-34	49:18.9	51:11.1
79	Carina Spencer	3036	9 F 40-49	52:04.2	53:23.8
80	Jean Drolet	2973	10 F 40-49	52:03.9	53:24.6
81	Sarah Jaster	2994	21 F 30-39	52:05.6	53:24.7

82	Tara Regehr	3027	22 F 30-39	54:29.0	55:47.2
83	Monica Westenbroek	3047	6 F 50-59	54:26.8	55:47.4
84	Riana Henry	2991	23 F 30-39	53:56.0	55:49.5
85	Sharina Duprey	2975	24 F 30-39	48:46.2	56:28.8
86	Elizabeth DeMelo	2972	11 F 40-49	56:30.3	59:37.2
87	Rhiannon Paskall	3021	25 F 30-39	1:09:16.8	1:09:33.0
88	Jonah Marshall	3009	8 M 35-49	1:09:16.8	1:09:33.0