

2017 SFN Canada Day ROCK					
Overall Finish List					
July 01, 2017					
10K					
Place	Name	Bib No	Age Group	Chip Time	Gun Time
1	Vivian Davidson	4632	1 F 30-39	39:55.6	40:35.5
2	Jessica Tite	4819	1 F 20-29	41:08.9	41:48.1
3	Randy Shelford	4720	1 M 30-39	41:31.3	42:10.8
4	Erin Nestmann	4822	2 F 30-39	41:43.9	42:23.7
5	Michael Prince	4708	2 M 30-39	41:49.8	42:29.5
6	Nick Christensen	4626	3 M 30-39	43:33.2	44:25.1
7	David Beaudry	4604	1 M 40-49	44:58.4	45:39.0
8	Jeff Cowan	4630	2 M 40-49	45:01.7	45:44.7
9	Alan Blair	4611	4 M 30-39	46:35.1	47:18.5
10	Robson Aleixo	4596	3 M 40-49	46:22.9	47:28.2
11	Keith Schindel	4717	4 M 40-49	46:28.2	47:45.4
12	Ryan Le Grice	4673	5 M 30-39	47:08.1	47:50.4
13	Stephanie Doerr	4635	2 F 20-29	48:05.6	48:47.2
14	Santiago David	4631	6 M 30-39	48:12.1	48:59.6
15	John Heuft	4654	7 M 30-39	48:29.2	49:09.2
16	Fawn Vaitkus	4813	1 F 40-49	48:36.4	49:26.6
17	Greg Irvine	4816	8 M 30-39	49:48.9	50:29.4
18	David Kwan	4670	1 M 50-59	49:58.3	50:38.2
19	Rainy Kent	4663	1 F 60-69	50:07.2	50:51.3
20	Julie Gagnon	4641	3 F 30-39	50:22.1	51:14.6
21	Kevin Van Delden	4728	5 M 40-49	51:45.3	52:24.8
22	Pam Booth	4818	4 F 30-39	51:56.3	52:39.9
23	Mandy Maciver	4679	1 F 50-59	51:58.5	52:41.6
24	Tim Krueger	4669	2 M 50-59	52:24.8	53:18.4
25	Samuel Alonzo	4597	6 M 40-49	52:07.8	53:24.1
26	Sarah Poole	4817	5 F 30-39	52:51.1	53:37.5
27	John Mcvey	4686	3 M 50-59	53:06.7	53:49.4
28	Paul Padgett	4700	9 M 30-39	53:25.6	54:08.6
29	Rabih Majzoub	4680	10 M 30-39	53:11.7	54:16.9
30	Sarah Arsenault	4599	6 F 30-39	53:37.8	54:26.6
31	Catalina Palacios	4702	7 F 30-39	53:39.8	54:27.9
32	Joshua Brisebois	4614	1 M 1-19	54:04.4	54:51.4
33	Fritz Douma	4636	4 M 50-59	54:10.5	54:51.9
34	Jack Lian	4814	7 M 40-49	54:13.4	54:53.5
35	Cason Van Delden	4729	1 M 20-29	54:33.3	55:12.8
36	Chelsea Wedel	4736	3 F 20-29	54:29.2	55:19.9
37	Gurjit Gill	4645	5 M 50-59	54:20.9	55:34.0
38	Ray Little	4677	6 M 50-59	55:23.3	56:32.5
39	Kyla Murphy	4690	2 F 40-49	55:51.2	56:33.4
40	Tray Derrick	4825	8 M 40-49	56:07.0	56:57.8
41	Lucas Warkentin	4824	2 M 20-29	57:02.0	57:02.0
42	Ryan Jarata	4657	11 M 30-39	55:54.8	57:11.3
43	Anna Wou	4739	3 F 40-49	56:38.3	57:26.1
44	Rachel Gysbers	4649	4 F 20-29	56:27.4	57:28.9
45	Ronald Brisebois	4615	7 M 50-59	57:37.0	58:24.8
46	Michael Macdonald	4678	12 M 30-39	57:41.5	58:28.0

47	William Ko	4665	8 M 50-59	57:20.3	58:29.2
48	Michele Villeneuve	4732	2 F 50-59	57:48.7	58:33.9
49	Patty Leong	4675	4 F 40-49	57:49.5	58:36.9
50	Jess Nolan	4695	5 F 20-29	58:33.3	59:13.4
51	Peter Osuchowski	4697	1 M 60-69	58:52.5	59:44.9
52	Earl Tregobov	4726	9 M 50-59	58:57.4	59:50.1
53	Glenn Rideout	4710	10 M 50-59	59:14.0	1:00:03.3
54	Mena Sahota-Bhogal	4714	5 F 40-49	59:36.7	1:00:21.6
55	Ana Gonzalez	4647	8 F 30-39	59:38.6	1:00:26.8
56	Glenn Zolnierczyk	4820	2 M 60-69	59:28.9	1:00:38.4
57	David Chen	4624	2 M 1-19	59:58.4	1:00:44.0
58	Soraya Spier	4722	3 F 50-59	1:00:08.5	1:00:57.3
59	Luke Burkholder	4618	13 M 30-39	1:00:03.8	1:01:11.6
60	Jaspal Johal	4826	11 M 50-59	1:00:03.5	1:01:16.1
61	Skigh Murray	4691	9 M 40-49	1:01:27.1	1:02:12.1
62	Fiona Wilson	4737	6 F 40-49	1:01:27.1	1:02:12.2
63	Amanda Brisebois	4616	7 F 40-49	1:01:33.0	1:02:21.7
64	Rory Morgan	4689	10 M 40-49	1:01:42.0	1:02:50.2
65	Maria Rodrigues	4711	4 F 50-59	1:02:19.9	1:03:09.9
66	Richard Hoepfner	4655	12 M 50-59	1:02:01.2	1:03:20.5
67	Michelle Pearce	4705	9 F 30-39	1:02:27.9	1:03:33.7
68	Lindsay Nowack	4696	10 F 30-39	1:03:02.2	1:03:44.2
69	Christina Page	4701	11 F 30-39	1:02:54.7	1:03:49.7
70	Kasen Sun	4724	3 M 20-29	1:02:41.8	1:04:03.6
71	Scott Kavanagh	4662	11 M 40-49	1:02:35.3	1:04:20.0
72	Carmen Garcia	4643	1 F 70-99	1:04:25.4	1:05:18.1
73	Lisa Hamar	4650	8 F 40-49	1:04:19.6	1:05:19.2
74	Christopher Rozitis	4713	13 M 50-59	1:04:04.5	1:05:31.9
75	Yaquan Li	4676	12 M 40-49	1:06:06.2	1:06:59.3
76	Harman Bajwa	4601	13 M 40-49	1:06:29.1	1:07:41.8
77	Paul Cayer	4623	14 M 50-59	1:06:44.9	1:07:57.8
78	Paramjit Gill	4646	5 F 50-59	1:07:16.8	1:08:03.4
79	Elizabeth Elias	4637	9 F 40-49	1:07:20.9	1:08:08.4
80	Pau-Lin Ngen	4694	6 F 20-29	1:07:23.5	1:08:10.1
81	Willa Potter	4706	12 F 30-39	1:06:55.4	1:08:26.5
82	Krista Beech	4605	13 F 30-39	1:08:01.7	1:09:09.1
83	Dave Bikadi	4610	14 M 30-39	1:08:05.1	1:09:16.1
84	Taylor Andresen	4598	7 F 20-29	1:08:21.9	1:09:42.2
85	Colleen Mccoy	4684	10 F 40-49	1:08:32.7	1:09:53.4
86	Hilda Cambaliza-Deuma	4619	11 F 40-49	1:08:43.6	1:09:58.3
87	Tara Klimos	4664	12 F 40-49	1:09:11.6	1:10:19.0
88	Khristine Baril	4603	13 F 40-49	1:09:23.7	1:10:23.8
89	Shannon Stewart	4723	6 F 50-59	1:09:54.2	1:10:56.3
90	Dave Scharf	4716	15 M 50-59	1:09:57.1	1:11:08.1
91	Melissa Grosart	4815	8 F 20-29	1:10:45.7	1:11:37.0
92	Grant Johnson	4659	16 M 50-59	1:12:27.5	1:12:27.5
93	Philip Kong	4667	15 M 30-39	1:11:39.8	1:12:55.4
94	Parminder Bajwa	4602	14 F 30-39	1:12:11.4	1:12:58.7
95	Kenneth HAY	4651	1 M 70-99	1:11:44.6	1:13:02.6
96	Jackie Lauzon	4672	15 F 30-39	1:12:41.7	1:13:34.0
97	Frank Pan	4704	3 M 60-69	1:13:51.2	1:14:42.5
98	Christy Murtagh	4693	14 F 40-49	1:14:08.3	1:15:10.9

99	Susan Schmitz	4719	7 F 50-59	1:13:54.8	1:15:20.0
100	Pamela Findling	4639	15 F 40-49	1:14:52.2	1:15:49.3
101	Gerry Findling	4638	14 M 40-49	1:14:51.9	1:15:49.3
102	Joe Turtle	4727	2 M 70-99	1:16:46.9	1:17:58.2
103	Cori Zolnierczyk	4821	8 F 50-59	1:16:46.5	1:17:58.4
104	Alexandria Mercier	4687	16 F 30-39	1:16:49.2	1:18:12.1
105	Audur Jonsdottir	4661	16 F 40-49	1:18:33.9	1:19:38.8
106	Zoe Zhang	4741	9 F 20-29	1:18:52.5	1:20:14.2
107	Angela Woods	4738	17 F 40-49	1:18:58.6	1:20:24.5
108	Stephen Benabo	4607	16 M 30-39	1:19:46.2	1:20:32.0
109	Leah Benabo	4608	17 F 30-39	1:19:46.5	1:20:32.0
110	Sara Chung	4627	1 F 1-19	1:21:17.0	1:22:09.4
111	Nikki Palmiere	4703	18 F 40-49	1:22:28.6	1:23:33.3
112	Sharon Reekie	4709	2 F 60-69	1:23:00.9	1:24:25.8
113	Doreen Clarke	4629	3 F 60-69	1:23:01.9	1:24:26.6
114	April Thomson	4725	9 F 50-59	1:24:21.0	1:25:27.7
115	Sandra Davies	4633	2 F 70-99	1:27:34.2	1:29:01.9
116	Ann-Margaret Webb	4735	10 F 50-59	1:28:36.4	1:29:56.3
117	Joanna Cheng	4625	19 F 40-49	1:29:15.0	1:30:08.4
118	Sherrie Fraser	4640	4 F 60-69	1:31:07.5	1:32:15.2
119	Chris Brunt-Tompsett	4617	4 M 60-69	1:31:07.7	1:32:15.7
120	Kathy Civitareale	4628	11 F 50-59	1:31:08.2	1:32:15.7
121	Erin Schmid	4718	20 F 40-49	1:31:35.8	1:32:36.6
122	KATHLEEN PADDINGTON	4699	5 F 60-69	1:31:45.1	1:32:52.9
123	Diane Lee	4674	12 F 50-59	1:31:45.2	1:32:53.0
124	Courtney Mcqueen	4685	10 F 20-29	1:35:42.7	1:37:15.0
125	Sonya Slaughter	4721	13 F 50-59	1:35:55.3	1:37:15.3
126	Brie Hemingway	4652	18 F 30-39	1:36:09.1	1:37:41.3
127	Nancy Burchill	4812	14 F 50-59	1:42:42.3	1:44:07.7

5K

Place	Name	Bib No	Age Group	Chip Time	Gun Time
1	David Gedge	1496	1 M 30-39	20:09.9	20:51.0
2	Olivia Willett	1497	1 F 1-19	21:39.9	21:39.9
3	Kirsten Arensen	1191	1 F 40-49	21:30.2	22:09.4
4	Mina Myong	1443	1 F 30-39	22:16.3	22:55.3
5	Duncan Bates	1199	1 M 1-19	23:10.0	23:52.8
6	Hudson Irvine	1245	2 M 1-19	23:12.3	23:55.3
7	Tina Hu	1244	1 F 20-29	23:49.5	24:30.6
8	Jonathan Brisebois	1211	3 M 1-19	24:10.9	24:58.3
9	Amy Shaw	1462	2 F 40-49	24:44.0	25:24.6
10	Dean Williams	1481	1 M 40-49	26:02.7	26:53.2
11	Hannah Bates	1200	2 F 1-19	26:35.1	27:17.7
12	Kyle Kristofic	1254	4 M 1-19	26:53.6	27:35.5
13	Zane Garcia	1234	5 M 1-19	26:49.2	27:47.0
14	Cathy Morton	1442	1 F 50-59	27:13.0	27:53.8
15	Corrina Smith	1465	3 F 40-49	27:15.8	27:55.7
16	Logan Vaitkus	1490	6 M 1-19	27:13.3	28:03.5
17	Jess Bowman	1209	2 F 30-39	27:05.9	28:07.9
18	Harley Chappell	1500	2 M 40-49	27:19.8	28:23.7
19	Rylan Garcia	1235	7 M 1-19	27:48.5	28:45.6
20	Jessica Bondy	1485	3 F 30-39	27:28.2	28:50.9

21	Stacey Garcia	1236	4 F 40-49	27:55.5	28:53.5
22	Lorna Crumley	1219	2 F 50-59	28:26.0	29:07.5
23	Jay Melnyk	1435	2 M 30-39	28:58.0	29:42.3
24	Isla Stock	1487	3 F 1-19	29:09.9	29:54.9
25	Carmen Tsang	1470	2 F 20-29	29:14.5	29:55.8
26	Rachel Stock	1488	5 F 40-49	29:13.0	29:58.4
27	Tony Bernardin	1203	8 M 1-19	29:58.9	30:38.4
28	Noah Brisebois	1212	9 M 1-19	29:52.0	30:39.0
29	Jake Sabiston	1457	10 M 1-19	29:50.5	30:40.4
30	Mitch Sabiston	1456	3 M 30-39	29:50.9	30:40.8
31	Dionne Smith	4823	6 F 40-49	29:50.3	30:46.0
32	Connal Melnyk	1437	11 M 1-19	30:15.3	30:58.1
33	Dani Melnyk	1438	4 F 30-39	30:13.9	30:58.5
34	Taryn Bartels	1197	3 F 20-29	29:36.7	31:10.4
35	Greg Bartels	1492	4 M 30-39	29:36.8	31:10.8
36	Vytas Vaitkus	1489	1 M 50-59	31:00.3	31:51.6
37	Karin Nell	1445	5 F 30-39	30:50.6	31:54.6
38	Nicole Brink	1210	7 F 40-49	31:49.7	32:48.7
39	Michael Kuz	1256	3 M 40-49	31:26.5	32:49.0
40	Robyn Campbell	1215	6 F 30-39	32:00.3	32:55.2
41	Albert Chow	1217	4 M 40-49	32:15.7	33:06.7
42	Keith Turner	1471	1 M 60-69	32:35.9	33:17.7
43	Rowan Melnyk	1436	12 M 1-19	32:47.0	33:30.5
44	Mike Laporte	1257	5 M 40-49	32:58.0	33:52.6
45	Jake Bondy	1484	5 M 30-39	32:32.8	33:56.0
46	Jenni Culbert	1220	8 F 40-49	33:09.1	34:30.2
47	Edna Mathews	1433	1 F 70-99	34:12.7	34:59.1
48	Inayat Zina	1482	2 M 50-59	34:24.7	35:07.5
49	Joanna Cossey	1218	7 F 30-39	34:18.3	35:07.5
50	Oliver Druce	1227	13 M 1-19	34:22.3	35:21.9
51	Claire Druce	1226	9 F 40-49	34:22.6	35:22.0
52	Carina Deuma	1223	4 F 1-19	34:16.4	35:30.9
53	Boris Deuma	1222	6 M 40-49	34:16.5	35:31.4
54	Jane Yu	1491	3 F 50-59	34:54.1	35:37.3
55	Jadyn Kavanagh	1250	5 F 1-19	35:29.1	36:15.0
56	Debbie Lawrence	1259	4 F 50-59	35:08.0	36:18.3
57	Katie Lawrence	1260	4 F 20-29	35:08.0	36:18.4
58	Lunden Glentworth	1238	14 M 1-19	35:33.6	36:19.4
59	Ellen Turone	1472	10 F 40-49	35:33.6	36:19.5
60	Jaxon Findling	1232	15 M 1-19	35:24.1	36:20.2
61	Kaitlynn Staples	1467	5 F 20-29	35:44.5	36:26.7
62	Jessica Kavanagh	1249	8 F 30-39	35:44.4	36:30.7
63	Teresa Saunders	1459	5 F 50-59	36:13.8	36:55.3
64	Emilie Dehoubert	1221	9 F 30-39	36:21.2	37:11.5
65	Joan Lui	1424	11 F 40-49	36:24.2	37:14.0
66	Jamie Van Durme	1473	7 M 40-49	36:46.1	37:43.9
67	Tanya Van Durme	1474	12 F 40-49	36:45.7	37:44.4
68	Sophie Manolis	4681	13 F 40-49	36:35.3	37:56.3
69	Corrie Murray	4692	14 F 40-49	37:13.6	38:02.2
70	Sydney Lyons	1428	6 F 1-19	37:25.2	38:49.8
71	Elliott Lyons	1425	16 M 1-19	37:29.7	38:54.5
72	Sarah Fleming	1233	6 F 50-59	37:59.0	39:04.9

73	Sarah Brown	1213	10 F 30-39	38:32.0	39:20.8
74	Nicole Higgins	1242	15 F 40-49	38:30.0	39:33.3
75	Usha Sliva	1463	16 F 40-49	38:40.3	39:34.1
76	Neetu Bains	4600	11 F 30-39	39:05.4	40:09.0
77	Sandra Morse	1441	12 F 30-39	39:16.3	40:10.9
78	Louise D'oliveira	1224	17 F 40-49	39:03.7	40:19.4
79	Karen Kean	1252	7 F 50-59	39:40.6	40:46.9
80	Chantal Sears	1461	18 F 40-49	39:50.1	40:48.7
81	Wilfried Kramer	1499	1 M 70-99	40:08.4	41:20.6
82	Karen Casselman	1216	8 F 50-59	40:48.6	41:37.8
83	Kari Lloyd	1423	19 F 40-49	41:06.0	42:07.0
84	James Paxton	1450	17 M 1-19	41:06.0	42:07.1
85	Trish Jones	4660	20 F 40-49	41:12.1	42:14.8
86	Shannon Field	1231	21 F 40-49	41:16.4	42:15.5
87	Melissa Vannerus	4730	6 F 20-29	41:02.6	42:20.6
88	Gord Kurenoff	1255	3 M 50-59	41:02.9	42:21.2
89	Denise Thomson	1469	22 F 40-49	41:10.9	42:40.9
90	Orsolya Matusek	4683	23 F 40-49	41:50.7	43:08.3
91	Veronica Griffin	4648	13 F 30-39	41:51.1	43:08.7
92	Aimee Begalka	4606	9 F 50-59	42:06.1	43:11.7
93	John Paisley	1446	8 M 40-49	42:08.5	43:22.0
94	Janet Baxter	1201	10 F 50-59	42:08.1	43:22.1
95	Ethan Paisley	1447	18 M 1-19	42:08.5	43:22.2
96	Callie Schwab	1494	7 F 1-19	42:24.5	43:33.0
97	Kerry Schwab	1493	24 F 40-49	42:24.5	43:33.0
98	Lori Henry	1241	11 F 50-59	43:11.0	44:13.0
99	Carla Rivard	1454	12 F 50-59	43:28.4	44:30.5
100	Ravi Basi	1198	14 F 30-39	43:33.7	44:37.5
101	Lois Armerding	1192	13 F 50-59	43:53.5	44:58.9
102	Catherine Wilkins	1480	15 F 30-39	44:09.7	45:18.0
103	Kieran Lechner	1261	19 M 1-19	44:05.8	45:34.1
104	Tammy Borg	1208	25 F 40-49	44:44.1	45:38.1
105	Mark Lechner	1262	4 M 50-59	44:25.5	45:54.8
106	Rob Waddell	1475	9 M 40-49	45:06.6	46:00.2
107	Marni Palm	1448	14 F 50-59	44:38.7	46:06.7
108	Jeanne Macdonald	1429	26 F 40-49	46:04.6	46:54.8
109	Linda Scharf	1460	15 F 50-59	45:50.4	47:01.2
110	Nadine Armstrong	1193	16 F 30-39	46:58.8	47:43.1
111	Emilie Mercier	1439	7 F 20-29	46:23.8	47:46.5
112	Lucas Kristofic	1253	20 M 1-19	47:09.2	47:52.4
113	Caroline Bernardin	1204	27 F 40-49	47:01.5	48:04.9
114	Carson Phillips	1452	5 M 50-59	47:01.2	48:05.1
115	Stephanie Fedoruk	1230	16 F 50-59	47:26.1	48:15.7
116	Laura Peterson	1451	17 F 30-39	47:32.1	48:41.0
117	Bobbi Terrell	1468	18 F 30-39	47:32.4	48:41.4
118	Gabrielle Waddell	1476	8 F 1-19	48:35.9	49:31.4
119	Paige Waddell	1477	9 F 1-19	48:37.6	49:31.5
120	Yvonne Hagel	1239	28 F 40-49	48:55.4	50:26.9
121	Jeannette Gehrke	1237	17 F 50-59	48:56.1	50:27.6
122	Colleen Eichendorf	1229	19 F 30-39	49:17.1	50:54.7
123	Renee Adam	1190	29 F 40-49	49:49.0	51:04.8
124	Tisha Kugler	1486	30 F 40-49	49:39.7	51:47.1

125	Liz Bevilacqua	1206	20 F 30-39	51:11.4	52:07.3
126	Ella Bevilacqua	1207	10 F 1-19	51:11.7	52:07.5
127	Crystal Ay	1194	8 F 20-29	51:25.2	52:29.3
128	Cheryl Ay	1195	18 F 50-59	51:25.5	52:29.5
129	Jasper Lyons	1426	21 M 1-19	51:02.8	52:31.4
130	Jamie Lyons	1427	21 F 30-39	51:02.1	52:31.5
131	Tina Campbell	4622	19 F 50-59	51:38.1	53:01.5
132	Shawn Needham	1444	20 F 50-59	51:53.3	53:08.4
133	Grace Mccallen	1434	31 F 40-49	51:53.6	53:08.7
134	Veena Johnson	1247	21 F 50-59	53:29.0	53:29.0
135	Krista Lambert	4671	22 F 30-39	52:10.3	53:33.7
136	Paula Cooper	1483	9 F 20-29	53:07.9	54:44.2
137	Sandi Hildebrant	1243	2 F 70-99	54:11.9	55:38.8
138	Kyla Smienk	1464	23 F 30-39	55:17.9	56:14.6
139	Kari Johnston	1248	32 F 40-49	55:40.6	57:01.9
140	Kimberly Warren	4734	33 F 40-49	55:41.1	57:02.2
141	Sandra Little	1422	34 F 40-49	56:15.7	57:16.8
142	Deborah Sadowsky	1458	22 F 50-59	56:29.2	57:45.1
143	Gordon Dupont	1228	2 M 70-99	56:28.6	57:45.5
144	Sierra Little	1421	11 F 1-19	57:25.6	58:27.1
145	Jessica Waddell	1478	24 F 30-39	57:53.9	58:52.8
146	Nicole Smith	1466	25 F 30-39	59:36.4	1:00:33.7
147	Jennifer Kay	1251	35 F 40-49	59:36.5	1:00:33.8
148	Diana Bennett	1202	23 F 50-59	1:04:54.7	1:06:24.9
149	Mandy Bernardin	1205	12 F 1-19	1:07:49.1	1:08:29.3
150	Melanie Warner	1479	10 F 20-29	1:11:54.6	1:12:52.3
151	Pat Hayward	1240	1 F 60-69	1:12:26.4	1:13:17.8
152	Dirk Baker	1196	6 M 50-59	1:30:29.9	1:30:29.9
153	Raven Dream	1225	36 F 40-49	1:30:35.1	1:30:35.1