

2017 BC Centre for Ability Hot Chocolate Run
 Overall Finish List
 March 04, 2017

10.4K

Place	Name	Bib No	Age Group	Place	Chip Time	Gun Time
1	Michael Kulachkosky	1003	1 M 30-39		39:46.6	39:48.3
2	Kerry Wilkinson	1142	2 M 30-39		41:21.4	41:22.8
3	Stephen Brown	894	1 M 50-59		42:16.4	42:18.6
4	Brad Macdonald	1174	3 M 30-39		42:39.0	42:43.6
5	David Beaudry	880	1 M 40-49		43:44.8	43:47.7
6	Joe Khalifa	995	2 M 40-49		43:31.0	44:08.6
7	Helisa Omev	1067	1 F 50-59		44:09.3	44:09.3
8	Nikola Fiskova	943	1 F 20-29		44:22.7	44:26.7
9	Jeff Cowan	912	3 M 40-49		44:33.7	44:39.0
10	John Heuft	964	4 M 30-39		45:49.1	45:56.0
11	Ryan Sweeney	1121	5 M 30-39		46:53.2	47:37.0
12	Kelly Vogt	1136	4 M 40-49		46:34.9	47:39.3
13	David Kwan	1006	2 M 50-59		47:35.4	47:40.6
14	Mina Myong	1053	1 F 30-39		47:37.3	47:43.9
15	Peter Clements	908	3 M 50-59		47:48.8	47:54.5
16	Grace Valdez	1130	2 F 20-29		47:41.6	48:00.5
17	Rachel Sanchez	1097	2 F 30-39		48:04.6	48:09.4
18	Hayley Huculak	972	3 F 20-29		48:08.5	48:21.9
19	Rainy Kent	992	2 F 50-59		49:30.5	49:38.5
20	Kevin Van Delden	1131	5 M 40-49		49:45.8	49:47.6
21	Rabih Majzoub	1030	6 M 30-39		49:43.4	50:04.1
22	Samuel Alonzo	867	6 M 40-49		50:02.7	51:03.7
23	Noah Alexander	864	7 M 30-39		50:58.8	51:12.5
24	Diana Gravelle	954	3 F 30-39		51:05.5	51:19.6
25	Samantha Girard	1176	4 F 20-29		51:28.2	51:35.8
26	Kelly Fong	945	4 M 50-59		51:17.9	51:36.7
27	Sandy Young	1161	5 F 20-29		51:32.6	51:38.8
28	Jacque Jacobs	982	1 F 60-69		51:21.1	51:39.7
29	Catherine Yoell	1159	3 F 50-59		51:26.0	51:48.7
30	Jeff Lovett	1022	8 M 30-39		51:47.5	51:50.0
31	Kelly Robinson	1089	1 F 40-49		51:12.5	51:51.0
32	Ennas Abdussalam	861	6 F 20-29		51:08.6	51:52.6
33	Avi Barzelai	877	9 M 30-39		51:16.5	51:53.7
34	Sylvie Sherrin	1108	7 F 20-29		51:37.6	51:55.5
35	Dawn Cunningham Hall	916	2 F 40-49		51:10.5	51:57.3
36	Nelly Lu	1025	4 F 30-39		51:21.5	52:00.7
37	Natasha Sawhney	1099	5 F 30-39		52:06.7	52:13.0
38	Fritz Douma	929	5 M 50-59		52:34.0	52:37.1
39	Gregg Walters	1139	6 M 50-59		52:35.0	52:45.6
40	Seth Isaak	979	10 M 30-39		53:10.5	53:29.2
41	James Smith	1111	11 M 30-39		53:50.1	53:52.7
42	Tyson Boire	888	7 M 40-49		53:30.6	54:15.1
43	Paul Padgett	1070	12 M 30-39		53:56.9	54:22.5
44	Marco Sdao	1103	8 M 40-49		54:04.8	54:29.8
45	Michelle Pearce	1074	8 F 20-29		54:37.7	54:48.4
46	Mina Miyashita	1046	6 F 30-39		54:30.9	54:49.8

47	Pamela Clarke	907	3 F 40-49	54:27.1	54:53.2
48	Jason Yee	1158	1 M 20-29	54:41.2	54:56.0
49	Dave Bikadi	882	13 M 30-39	54:36.0	55:00.7
50	Sanda Noronha	1064	7 F 30-39	54:43.6	55:08.6
51	Dion Doepker	927	9 M 40-49	54:37.8	55:11.1
52	Anna Wou	1153	4 F 40-49	54:53.7	55:11.7
53	Leanne Bushey	899	8 F 30-39	55:04.9	55:20.6
54	Rachel Gysbers	957	9 F 20-29	55:03.6	55:25.0
55	Jamie Komadina	999	9 F 30-39	55:21.5	55:32.9
56	Nib Seto	1106	7 M 50-59	54:56.6	55:34.6
57	Kevin Allan	865	14 M 30-39	49:38.2	55:36.4
58	Samantha Degraaf	919	10 F 20-29	54:59.9	55:44.7
59	Carlos Imperial	976	15 M 30-39	55:46.2	55:51.2
60	Vanja Pojuzina	1079	11 F 20-29	55:51.8	55:56.8
61	Nell Schouten	1101	4 F 50-59	55:19.5	56:05.0
62	Glenn Rideout	1085	8 M 50-59	55:43.8	56:19.0
63	DIEGO ARCINIEGAS	869	10 M 40-49	55:19.2	56:22.9
64	Ev Dueck	931	5 F 40-49	55:57.9	56:23.4
65	Emily Tu	1127	12 F 20-29	56:19.1	56:24.8
66	SONIA BRAVO	891	5 F 50-59	55:21.0	56:25.3
67	Devlin Roy	1093	16 M 30-39	51:05.8	56:33.9
68	John O'Brien	1181	9 M 50-59	56:13.8	56:42.7
69	Patty Leong	1016	6 F 40-49	56:34.4	56:52.2
70	Leah Sakata	1180	7 F 40-49	56:48.7	56:52.5
71	Craig Mckenzie-Cook	1037	10 M 50-59	56:42.8	57:16.5
72	Fernando Seriosa	1105	11 M 50-59	57:17.8	57:32.2
73	Shirley Blair	884	2 F 60-69	57:17.5	57:40.2
74	James Barnett	875	12 M 50-59	57:21.5	57:43.6
75	Dex Dizon	1168	17 M 30-39	57:45.4	57:54.5
76	Leeann Heinrichs	963	8 F 40-49	57:50.9	57:58.5
77	Clare Protheroe	1081	10 F 30-39	57:48.8	58:05.3
78	Jen Ingham Bell	977	11 F 30-39	58:02.6	58:15.2
79	Jess Nolan	1063	13 F 20-29	58:18.6	58:23.9
80	Jeff Franke	1183	11 M 40-49	57:42.4	58:33.1
81	Kelly Koome	1170	13 M 50-59	58:13.9	58:33.4
82	Annelore Wuensche	1157	14 F 20-29	58:10.5	58:41.3
83	Courtney Hilderman	966	12 F 30-39	58:42.2	58:46.6
84	Jennifer Blair	883	9 F 40-49	58:25.5	58:48.0
85	Asia Snook	1114	15 F 20-29	58:15.0	58:48.1
86	Annie Macdonald	1173	10 F 40-49	58:47.5	58:52.5
87	Harvey Sexsmith	1107	14 M 50-59	56:47.4	58:53.8
88	Teresa Coulthard	911	11 F 40-49	58:41.2	59:07.8
89	Junko Akagami	862	12 F 40-49	58:25.3	59:25.0
90	Valerie Nair	1055	13 F 30-39	59:24.8	59:28.2
91	Joanne Kerr	993	13 F 40-49	59:20.0	59:36.6
92	Diane Swartzberg	1120	6 F 50-59	59:32.5	59:59.4
93	Lyka Embestro	932	14 F 30-39	54:56.8	1:00:02.7
94	Fely Wray	1154	7 F 50-59	59:52.5	1:00:04.1
95	Timothy Ng	1058	1 M 60-69	59:17.8	1:00:05.7
96	Benjamin Solway	1115	15 M 50-59	59:48.0	1:00:08.2
97	Alex Thomson	1124	18 M 30-39	59:48.3	1:00:08.6
98	Melissa Grosart	956	16 F 20-29	59:39.2	1:00:12.0

99	GARY TAKEDA	1122	16 M 50-59	1:00:02.7	1:00:16.4
100	Heidi Verheyden	1134	14 F 40-49	59:20.7	1:00:20.3
101	Mami Kubo	1002	15 F 40-49	1:00:04.4	1:00:24.4
102	Soraya Spier	1116	8 F 50-59	59:49.9	1:00:25.1
103	Amy Kushnier	1005	17 F 20-29	1:00:22.1	1:00:25.9
104	Kate Mumford	1047	15 F 30-39	59:37.8	1:00:37.3
105	Shelley Hatfield	960	16 F 40-49	59:37.9	1:00:37.5
106	Robson Aleixo	863	12 M 40-49	1:00:38.8	1:00:59.3
107	Zara Mcgrath	1036	16 F 30-39	1:00:50.4	1:01:01.0
108	Nicole-Marie Lum	1026	18 F 20-29	1:01:06.1	1:01:10.6
109	Peter Osuchowski	1068	2 M 60-69	1:01:09.8	1:01:39.5
110	Olga Osuchowski	1069	17 F 30-39	1:01:09.9	1:01:39.6
111	Teresa Phan	1078	19 F 20-29	1:01:37.0	1:01:50.9
112	Lynda Kerr	994	3 F 60-69	1:01:26.8	1:01:54.0
113	Januelle Miguel	1044	1 F 1-19	1:01:22.9	1:01:54.8
114	Ivan Arlantino	870	2 M 20-29	1:01:55.2	1:02:07.4
115	Tara Williams	1146	18 F 30-39	1:01:48.0	1:02:30.7
116	Jose Ferma	939	17 M 50-59	1:02:29.6	1:02:33.3
117	Daphne Nieh	1060	19 F 30-39	1:01:56.9	1:02:34.4
118	Khristine Baril	874	17 F 40-49	1:02:15.2	1:02:45.6
119	Sarah Isaak	980	20 F 20-29	1:03:10.1	1:03:30.8
120	Chenli Zhou	1162	3 M 20-29	1:02:14.3	1:03:33.4
121	Yingzhou Liu	1020	2 F 1-19	1:02:15.9	1:03:34.5
122	Rose Isla	981	20 F 30-39	1:03:26.3	1:03:36.4
123	Xue Lee	1015	21 F 30-39	1:03:26.9	1:03:36.7
124	Shelley Deacon	918	21 F 20-29	1:03:34.2	1:03:40.9
125	Satri Alpine	868	18 F 40-49	1:03:35.5	1:03:42.4
126	Maria Rodrigues	1090	9 F 50-59	1:03:05.0	1:03:47.5
127	Kirstin Mahler	1028	22 F 20-29	1:03:32.5	1:03:53.6
128	Trung Vo	1135	19 M 30-39	1:03:10.8	1:04:01.2
129	Kathy Potter	1080	10 F 50-59	1:03:32.2	1:04:04.8
130	Tracy Dodd	925	19 F 40-49	1:03:58.5	1:04:12.5
131	Gail Sabiniano	1096	20 F 40-49	1:03:45.1	1:04:15.5
132	Hannah Gowans	1167	23 F 20-29	1:04:03.2	1:04:36.8
133	Jess Bowman	890	22 F 30-39	1:04:22.6	1:05:01.4
134	Yayoi Tanaka	1123	23 F 30-39	1:04:44.6	1:05:04.0
135	Jennifer Harfield	958	4 F 60-69	1:04:38.1	1:05:12.5
136	Teresa Ngan	1059	24 F 20-29	1:05:17.9	1:05:19.7
137	Jennifer Browning	897	25 F 20-29	1:04:59.6	1:05:20.7
138	Karen Roeck	1091	24 F 30-39	1:04:53.4	1:05:24.3
139	Sandi Smirfitt	1110	11 F 50-59	1:05:14.8	1:05:24.3
140	Julie Brown	895	25 F 30-39	1:05:09.6	1:05:24.4
141	Marina Rust	1095	21 F 40-49	1:05:40.7	1:05:57.4
142	Katie Lee	1014	3 F 1-19	1:05:41.8	1:06:14.1
143	Shirley Cochrane	909	22 F 40-49	1:06:02.3	1:06:35.1
144	Nicole Murphy	1051	26 F 30-39	1:06:22.8	1:06:39.8
145	Krista Hulme	973	27 F 30-39	1:06:21.3	1:06:45.3
146	Deanne Corbett	910	28 F 30-39	1:06:06.7	1:06:45.7
147	Jadene Babcock	871	29 F 30-39	1:06:31.0	1:06:46.5
148	Giles Cullen	915	18 M 50-59	1:06:23.4	1:06:48.7
149	Janet Shimizu	1109	12 F 50-59	1:06:37.1	1:07:18.9
150	Tara Klimos	997	23 F 40-49	1:06:46.4	1:07:32.6

151	Rick McGrath	1175	19 M 50-59	1:07:24.8	1:07:37.8
152	Dan Williams	1145	20 M 50-59	1:07:04.7	1:07:52.2
153	Ali Wilkinson	1144	24 F 40-49	1:07:30.6	1:07:56.8
154	Eve Ojea	1065	30 F 30-39	1:07:17.2	1:08:05.2
155	Paul Lore	1021	20 M 30-39	1:07:37.3	1:08:08.6
156	Cristina Keirstead	990	31 F 30-39	1:07:37.1	1:08:08.7
157	Krista Beech	881	32 F 30-39	1:07:25.6	1:08:11.5
158	Stephanie Namocatcat	1057	33 F 30-39	1:08:07.3	1:08:19.3
159	Justine Mallou	1031	26 F 20-29	1:08:07.9	1:08:19.7
160	Alethea Boire	889	25 F 40-49	1:07:51.1	1:08:36.6
161	Lorna Fahbod	936	13 F 50-59	1:08:34.5	1:08:45.7
162	Brandi Robb	1087	26 F 40-49	1:08:16.6	1:08:51.5
163	Joe Turtle	1129	1 M 70-99	1:08:25.0	1:08:53.3
164	Alexa Ferma	941	27 F 20-29	1:08:54.8	1:08:59.1
165	Kristen Ferma	940	28 F 20-29	1:08:56.7	1:09:01.8
166	Louise Wilkinson	1143	34 F 30-39	1:08:41.5	1:09:04.6
167	Nicola Zimny	1164	35 F 30-39	1:09:04.1	1:09:21.2
168	Maite Mainelli	1029	27 F 40-49	1:08:59.4	1:09:23.0
169	Cory Ziebarth	1163	28 F 40-49	1:08:43.0	1:09:26.1
170	Maria Chow	906	14 F 50-59	1:09:19.9	1:09:26.2
171	Philip Kong	1000	21 M 30-39	1:08:54.7	1:09:28.2
172	Sarah Hay	962	29 F 40-49	1:09:28.0	1:09:36.5
173	Colin Hay	961	13 M 40-49	1:09:28.4	1:09:36.8
174	Audur Jonsdottir	1178	30 F 40-49	1:09:24.9	1:09:40.6
175	Jennifer Allan	866	36 F 30-39	1:03:53.7	1:09:52.6
176	Erika Haraguchi	1169	37 F 30-39	1:03:54.5	1:09:52.6
177	Amanda Blaquiere	885	38 F 30-39	1:09:24.1	1:10:10.0
178	Stacey Brown	896	39 F 30-39	1:09:46.2	1:10:34.2
179	Justin Brown	893	22 M 30-39	1:09:46.7	1:10:34.8
180	Linda Whitelaw	1140	15 F 50-59	1:10:16.5	1:11:05.8
181	Jeffrey Kushnier	1004	23 M 30-39	1:11:09.2	1:11:11.9
182	LAURIE SANDERSON	1098	31 F 40-49	1:11:16.4	1:11:32.8
183	Vanessa Ignacio	975	29 F 20-29	1:11:27.4	1:11:37.3
184	Laura Meehan L	1042	30 F 20-29	1:11:19.7	1:11:37.7
185	Tim Chow	905	14 M 40-49	1:12:00.8	1:12:28.8
186	Emilie Dehoubert	920	31 F 20-29	1:11:45.3	1:12:32.1
187	Trish Mcwatt	1041	16 F 50-59	1:12:04.8	1:12:44.6
188	Robert Mcwatt	1040	21 M 50-59	1:12:05.0	1:12:44.9
189	Bryn Lavers	1013	32 F 20-29	1:12:08.7	1:12:51.4
190	Jackie Lauzon	1012	40 F 30-39	1:12:08.4	1:13:16.9
191	Maureen Pepin	1076	17 F 50-59	1:13:20.0	1:13:30.8
192	Laura Nagel	1054	41 F 30-39	1:12:52.6	1:13:46.3
193	Janet Beattie	879	42 F 30-39	1:12:55.4	1:13:49.1
194	Brendan Murphy	1049	24 M 30-39	1:13:27.6	1:13:49.1
195	Nicole Murphy	1050	43 F 30-39	1:13:28.2	1:13:49.5
196	Sally Frohnsdorf	949	32 F 40-49	1:13:32.9	1:13:50.1
197	Lori Nelson	1171	33 F 40-49	1:13:01.1	1:13:50.8
198	Doreen Lang	1009	34 F 40-49	1:13:18.5	1:14:01.7
199	Taryn Cross	914	44 F 30-39	1:13:50.5	1:14:16.3
200	Melanie Evans	935	45 F 30-39	1:13:50.7	1:14:16.6
201	Sonja Hutchinson	974	35 F 40-49	1:13:52.1	1:14:18.1
202	Odessa Ditson	923	46 F 30-39	1:14:07.2	1:14:25.2

203	Elizabeth Boghean	887	18 F 50-59	1:13:49.5	1:14:34.1
204	Jim Esplen	934	3 M 60-69	1:13:49.1	1:14:34.4
205	Wendy Morris	1166	19 F 50-59	1:13:49.2	1:14:34.4
206	Shelby Dodd	926	33 F 20-29	1:13:41.1	1:14:38.0
207	Brian Jung	987	25 M 30-39	1:14:36.2	1:15:08.0
208	Stephanie Riley	1086	36 F 40-49	1:14:54.8	1:15:19.1
209	Cheryl Davies	917	37 F 40-49	1:15:05.5	1:15:47.4
210	Joleen Turgeon	1128	38 F 40-49	1:15:32.6	1:15:50.9
211	Candice Leung	1017	47 F 30-39	1:16:44.2	1:17:16.0
212	Frank Pan	1071	4 M 60-69	1:17:41.7	1:17:48.5
213	Andrea Gates	950	48 F 30-39	1:17:17.5	1:17:58.5
214	Laura Olson	1066	20 F 50-59	1:17:17.1	1:17:58.6
215	Joel Mclean	1038	15 M 40-49	1:17:43.8	1:18:36.4
216	Murray Forgrave	1172	2 M 70-99	1:18:20.1	1:18:40.8
217	Nikki Palmiere	1179	39 F 40-49	1:18:31.6	1:18:47.5
218	Jessica Baskerville	878	49 F 30-39	1:18:24.5	1:18:55.2
219	Angela Woods	1152	40 F 40-49	1:18:55.8	1:19:30.2
220	Shannon Field	4270	41 F 40-49	1:20:22.2	1:20:50.3
221	KIM LA	1007	34 F 20-29	1:20:48.4	1:20:57.6
222	Randi Lang	1010	50 F 30-39	1:20:49.3	1:21:37.1
223	Mindy Fong	946	51 F 30-39	1:20:48.9	1:21:37.4
224	Lisa Scott	1102	35 F 20-29	1:21:42.9	1:21:46.9
225	Carmen Tsang	1126	36 F 20-29	1:21:58.0	1:22:22.6
226	Tina Hu	971	37 F 20-29	1:21:57.9	1:22:22.7
227	Kaitlynn Staples	1118	38 F 20-29	1:21:57.3	1:22:22.7
228	Shane Jagdis	983	4 M 20-29	1:21:37.4	1:22:32.7
229	Angela Wagner	1138	39 F 20-29	1:22:39.4	1:22:48.2
230	Robert Wagner	1137	22 M 50-59	1:22:40.2	1:22:48.2
231	Siusan Kenney	991	42 F 40-49	1:22:41.6	1:22:49.4
232	Heather Smith	1112	52 F 30-39	1:22:28.7	1:23:00.2
233	Lori Pare	1072	43 F 40-49	1:22:09.8	1:23:23.1
234	Anita Wong	1149	40 F 20-29	1:23:12.6	1:23:39.4
235	Willa Potter	1182	53 F 30-39	1:07:37.5	1:24:26.5
236	Courtney Burt	1177	41 F 20-29	1:07:38.2	1:24:27.2
237	Jennifer Graham	952	54 F 30-39	1:24:07.2	1:24:46.5
238	Mina Sawicki	1100	5 F 60-69	1:24:47.3	1:25:00.3
239	Melissa Vannerus	1132	42 F 20-29	1:25:08.8	1:25:17.6
240	Penny Hinchberger	967	44 F 40-49	1:25:35.2	1:25:54.4
241	Lanni Bockhodt	886	45 F 40-49	1:25:35.5	1:25:54.8
242	Tami Serandos	1104	21 F 50-59	1:25:04.6	1:25:59.0
243	April Thomson	1125	22 F 50-59	1:25:29.7	1:26:13.0
244	Carlynn Fernandes	942	46 F 40-49	1:26:48.9	1:27:25.4
245	Dana Sullivan	1119	47 F 40-49	1:27:02.8	1:27:39.6
246	Jennifer Mets	1043	48 F 40-49	1:27:54.1	1:28:18.1
247	Lisa Kania	988	49 F 40-49	1:27:53.8	1:28:18.4
248	Sherrill Feir	938	50 F 40-49	1:27:54.6	1:28:18.7
249	Jolene Lansall	1011	51 F 40-49	1:29:58.5	1:30:18.7
250	Grace Wong	1148	55 F 30-39	1:31:01.3	1:31:28.6
251	Giovanna Peirano Campbell	1075	56 F 30-39	1:31:01.8	1:31:28.9
252	Teresa Douglas	928	52 F 40-49	1:31:44.9	1:32:25.8
253	Sashah Soheili	1165	5 M 20-29	1:31:42.3	1:32:26.1
254	Angie Quebec	1084	43 F 20-29	1:33:14.9	1:33:53.1

255	Erika Spuehler	1117	57 F 30-39	1:33:15.0	1:33:53.3
256	Terence Daniel Grady	951	16 M 40-49	1:33:15.5	1:33:53.4
257	Sherrie Fraser	948	6 F 60-69	1:34:02.8	1:34:45.0
258	Chris Brunt-Tompsett	898	5 M 60-69	1:34:04.9	1:34:46.3
259	Karen Franchini	947	1 F 70-99	1:34:40.2	1:35:24.2
260	Tina Campbell	4216	23 F 50-59	1:38:04.9	1:38:46.4
261	Darlene Hickey	965	53 F 40-49	1:45:06.5	1:45:43.4
262	Heather Roberts	1088	54 F 40-49	1:45:07.1	1:45:44.1
263	Joanne Howitz	969	55 F 40-49	1:47:59.5	1:48:50.9
264	Dirk Baker	873	23 M 50-59	2:04:02.2	2:04:15.6
265	Raven Dream	930	56 F 40-49	2:04:03.2	2:04:17.7

5K

Place	Name	Bib No	Age Group	Place	Chip Time	Gun Time
1	Dylan Macleod	4361	1 M 40-49		19:44.2	24:45.2
2	Robert Swift	4452	1 M 20-29		20:03.5	25:05.3
3	Kevin George	4283	1 M 30-39		21:52.1	26:53.6
4	Eric Lebeau	4352	2 M 30-39		23:14.8	28:20.2
5	Scott Phelps	4412	3 M 30-39		23:14.7	28:26.6
6	Luis Cruz	4492	4 M 30-39		24:32.8	29:40.3
7	Sean O'brien	4396	2 M 40-49		24:09.5	29:44.8
8	Mackenzie Judd	4325	2 M 20-29		25:40.8	30:42.2
9	Solly Khalifa	4333	1 M 1-19		25:34.9	30:53.1
10	Izzy Khalifa	4334	1 F 1-19		25:34.3	30:53.3
11	Sascha Garcia	4295	2 M 1-19		25:45.7	31:15.4
12	Maria Maltais	4364	1 F 30-39		26:18.3	31:25.5
13	Bria Shannon	4491	1 F 20-29		26:53.2	31:54.8
14	Cindy Macdonald	4359	1 F 50-59		27:03.1	32:27.8
15	Nancy Klassen	4336	1 F 40-49		27:12.9	32:47.5
16	Debbie Wright	4484	2 F 40-49		27:20.6	32:54.7
17	Doug Oda	4397	1 M 50-59		27:09.8	33:08.4
18	David Speirs	4444	1 M 70-99		27:33.2	33:29.1
19	Melanie Lebeau	4353	2 F 30-39		28:29.2	33:35.1
20	Melanie Bland	4202	2 F 20-29		28:36.1	33:43.6
21	Zach Izan	4311	3 M 1-19		28:26.5	33:47.7
22	Michael Gunion	4290	3 M 20-29		28:27.1	33:54.8
23	Anthony Garcia	4279	3 M 40-49		28:50.9	34:21.4
24	Kyle Garcia	4278	4 M 1-19		29:00.0	34:30.3
25	Kezia Kawamura	4329	2 F 1-19		28:47.5	34:35.2
26	Pau-Lin Ngen	4395	3 F 20-29		29:32.2	34:41.7
27	Doug Ibbott	4308	1 M 60-69		29:41.7	34:47.5
28	Monika Ptakova	4418	3 F 40-49		29:04.6	34:52.5
29	Alex Jankacky	4317	5 M 1-19		29:05.8	34:52.7
30	Sue Hurn	4305	1 F 60-69		29:53.1	35:08.6
31	Bonnie Kent	4332	2 F 50-59		29:45.2	35:12.1
32	Stephanie Porter	4417	4 F 20-29		29:45.0	35:12.3
33	Robyn Campbell	4218	3 F 30-39		29:59.2	35:19.1
34	Melisa Joyal	4324	4 F 30-39		30:17.5	35:26.4
35	Leslie Collin	4234	5 F 30-39		29:34.9	35:31.6
36	Virginia Spencer	4445	3 F 1-19		30:27.2	35:35.3
37	Pippa Barkley	4188	4 F 1-19		30:26.9	35:35.6
38	Michelle Bosch	4204	4 F 40-49		30:26.3	35:41.1

39	Susan Bosch	4205	6 F 30-39	30:26.6	35:41.3
40	Sara Mcewen	1034	7 F 30-39	30:19.2	35:43.9
41	Sydney Derksen	4252	5 F 1-19	30:48.8	36:02.4
42	Stephanie Garland	4280	5 F 20-29	30:48.4	36:08.3
43	Hannah Rogers	4423	6 F 1-19	30:47.5	36:10.1
44	Donna Hissey	4300	2 F 60-69	30:51.8	36:12.5
45	Amanda Frisby	4276	8 F 30-39	31:07.3	36:17.3
46	Jennifer Silveira	4441	6 F 20-29	30:51.5	36:20.7
47	Sharon Sandhu	4429	9 F 30-39	31:15.4	36:26.9
48	Bethany Peat	4409	10 F 30-39	31:14.5	36:33.8
49	ANDRIA FRISBY	4275	11 F 30-39	31:33.7	36:43.9
50	Justin Chan	4225	6 M 1-19	31:35.3	36:56.3
51	Amy Tutkaluke	4466	3 F 50-59	31:26.3	37:00.5
52	Jerrey Berger	4199	4 M 20-29	32:05.4	37:25.4
53	Iona Berger	4200	7 F 20-29	32:05.9	37:26.3
54	Tracy Patterson	4408	4 F 50-59	32:16.9	37:31.6
55	Brett Saunders	4431	5 M 30-39	31:41.4	37:40.8
56	Kelly Stewart	4448	12 F 30-39	31:41.1	37:41.0
57	Tamara Taylor	4455	13 F 30-39	32:38.0	37:47.3
58	Ian Gunion	4289	2 M 60-69	32:20.1	37:48.6
59	Terri Connelly	4236	5 F 50-59	32:42.5	38:02.5
60	Dale Houtman	4302	2 M 70-99	32:10.3	38:05.8
61	Tracy Hunter	4304	6 F 50-59	32:48.4	38:16.9
62	Stephanie Turenne	4465	14 F 30-39	32:51.3	38:34.1
63	Shandy Johnston	4322	15 F 30-39	33:04.3	38:43.7
64	Natasha Haffey	4291	16 F 30-39	33:39.7	38:50.6
65	Albert Chow	4229	4 M 40-49	33:33.2	38:55.9
66	Yvette Beausoleil	4194	8 F 20-29	33:13.1	38:56.0
67	Amy Jones	4323	17 F 30-39	33:13.4	38:59.2
68	Miles Oldknow	4401	7 M 1-19	33:43.0	39:04.0
69	Angela Oldknow	4402	18 F 30-39	33:43.1	39:04.3
70	Lee Fielder	4271	19 F 30-39	33:40.9	39:08.0
71	Cristina Manicom	4366	20 F 30-39	33:06.2	39:08.2
72	Sarah Kawamura	4328	5 F 40-49	33:26.0	39:13.2
73	Anna Macdonald	4360	7 F 1-19	33:54.9	39:31.0
74	Colleen Wu	4485	6 F 40-49	34:09.3	39:41.6
75	Ivy Tse	4464	7 F 40-49	34:09.3	39:41.7
76	Scott Mah	4363	2 M 50-59	33:44.9	39:42.5
77	Katie Lawrence	4350	9 F 20-29	34:15.6	39:43.8
78	Debbie Lawrence	4349	7 F 50-59	34:15.4	39:44.2
79	Christina Oda	4398	8 F 50-59	33:45.1	39:44.5
80	Ryan Jarata	985	6 M 30-39	33:59.2	39:49.3
81	Josephine Jarata	4495	21 F 30-39	33:59.5	39:49.6
82	Stefany Leisz	4355	10 F 20-29	34:04.0	39:53.1
83	Kylie Rogers	4425	8 F 1-19	34:32.5	39:55.8
84	Brandon Rogers	4421	5 M 40-49	34:33.0	39:56.2
85	Patti Der	4251	8 F 40-49	34:44.7	39:58.6
86	Nicole Smith	1113	22 F 30-39	33:50.1	39:58.6
87	Wilma Chang	4226	9 F 40-49	34:50.4	39:59.0
88	Griffin Oldknow	4400	8 M 1-19	34:37.6	39:59.3
89	Kevin Oldknow	4399	6 M 40-49	34:38.5	40:00.2
90	Jackson Wu	1155	7 M 30-39	35:06.3	40:08.6

91	April Leung	1018	23 F 30-39	35:07.9	40:10.5
92	Vanessa Pereira	4410	24 F 30-39	34:49.6	40:13.3
93	Janina Giosa	4285	11 F 20-29	34:43.8	40:14.3
94	Giselle Giosa	4284	25 F 30-39	34:46.3	40:16.5
95	Dustin Warner	4475	9 M 1-19	35:10.9	40:17.8
96	Melissa Shim	4439	12 F 20-29	34:17.0	40:18.7
97	Anna Nawisielska	4391	26 F 30-39	35:00.0	40:18.8
98	Joanna Cossey	4238	27 F 30-39	35:38.4	40:48.5
99	Sadie Rogers	4424	9 F 1-19	35:37.6	41:00.2
100	Mary Rogers	4422	10 F 40-49	35:37.3	41:00.3
101	Maryann Deutscher	4253	9 F 50-59	35:59.8	41:04.7
102	Ines Cavasin Burton	4224	10 F 50-59	35:32.6	41:09.8
103	Louise Peters	4411	11 F 40-49	36:05.0	41:14.9
104	Natasha Labrie	4344	13 F 20-29	35:41.2	41:15.0
105	Raylyn Geary	4282	28 F 30-39	35:40.2	41:16.4
106	Colleen Eichendorf	4264	29 F 30-39	35:40.5	41:16.5
107	Jennifer Wheeler	4477	30 F 30-39	35:33.4	41:20.9
108	Gaye Skujins	4443	12 F 40-49	35:43.0	41:21.8
109	Oliver Creighton	4240	10 M 1-19	36:10.2	41:26.1
110	Brian Barber	4187	3 M 60-69	36:12.6	41:26.2
111	Evelyn Creighton	4241	11 M 1-19	36:13.3	41:26.3
112	Jerry Jim	4320	3 M 50-59	36:08.0	41:27.3
113	Brent Cuff	4243	8 M 30-39	35:43.6	41:41.3
114	Keith Turner	4494	4 M 60-69	36:25.7	41:42.7
115	Leighla Cuff	4242	31 F 30-39	35:45.6	41:43.2
116	Jeannine Avelino	4185	32 F 30-39	36:38.9	41:48.2
117	Diane Ty	4467	33 F 30-39	36:40.2	41:49.0
118	Leslie Ty	4468	34 F 30-39	36:40.8	41:49.6
119	Jordan Fish	4272	14 F 20-29	36:26.4	41:50.2
120	Amber Campbell	4217	15 F 20-29	36:26.3	41:50.3
121	Sarah Mcdonald	4372	16 F 20-29	35:58.6	41:59.9
122	Rachel Stevens	4447	35 F 30-39	36:30.8	42:08.5
123	Julie Stevens	4446	13 F 40-49	36:31.0	42:09.2
124	Lara Parker	4406	14 F 40-49	36:35.1	42:16.4
125	Corrie Irwin	4309	15 F 40-49	36:35.0	42:16.5
126	Kristy Inouye	4179	36 F 30-39	37:04.8	42:17.3
127	Lolly Bennett	4196	11 F 50-59	36:58.5	42:17.9
128	Diane Pinder	4416	16 F 40-49	36:49.7	42:18.7
129	Neetu Bains	872	37 F 30-39	37:19.1	42:25.4
130	Debbie Fase	4266	38 F 30-39	36:43.9	42:25.9
131	Caitlyn Corrigan	4237	10 F 1-19	36:43.9	42:26.1
132	Lori Colter	4235	17 F 40-49	36:50.5	42:39.2
133	Michele Hurst	4306	18 F 40-49	36:53.8	42:42.4
134	Jacque Bascombe	4190	17 F 20-29	37:22.1	43:08.1
135	Phoebe Dychinco	4261	18 F 20-29	37:26.9	43:28.4
136	Amber Bhangoo	4201	19 F 20-29	38:38.5	43:40.0
137	Phil Dychinco	4258	5 M 20-29	37:41.8	43:53.8
138	Stephen J	4315	9 M 30-39	38:07.8	44:09.2
139	Jane Freeman	4274	19 F 40-49	38:39.7	44:16.9
140	Dale Handley	4296	10 M 30-39	38:18.5	44:33.6
141	Tricia Murray	1052	20 F 40-49	38:18.7	44:34.2
142	Kaitlyn Izan	4313	11 F 1-19	39:14.9	44:37.9

143	Kristina Faulkner	937	20 F 20-29	39:21.4	44:38.0
144	Mitcheal Izan	4310	7 M 40-49	39:14.9	44:38.3
145	Rachel Jantzen	984	39 F 30-39	39:23.0	44:39.6
146	Milos Jankacky	4316	8 M 40-49	38:52.3	44:41.8
147	Adam Jankacky	4318	12 M 1-19	38:52.4	44:41.9
148	Monica Langford	4346	12 F 50-59	39:27.1	44:52.0
149	Jeanne Macdonald	1027	21 F 40-49	39:45.9	44:55.3
150	CINDY WONG	4482	13 F 50-59	38:55.6	45:04.7
151	Mylinh Chu	4233	40 F 30-39	38:55.5	45:05.1
152	Emlyn Swartzberg	4451	12 F 1-19	39:35.6	45:07.4
153	Courtney Mienkina	4385	21 F 20-29	39:05.9	45:10.0
154	Carla Rivard	4420	14 F 50-59	39:28.6	45:25.3
155	Preet Pall	4403	22 F 40-49	40:32.6	45:34.9
156	Andii Millett	1045	22 F 20-29	40:36.8	45:47.6
157	Nadine Armstrong	4184	41 F 30-39	40:18.2	45:49.5
158	Erin Upton	4469	23 F 40-49	40:50.0	46:04.3
159	Jennifer Kay	4330	24 F 40-49	39:57.9	46:05.9
160	Am Medard De Chardon	4381	25 F 40-49	41:02.3	46:06.4
161	Asia Medard De Chardon	4382	13 F 1-19	41:02.2	46:06.5
162	Rhonda Vance	4470	3 F 60-69	40:32.9	46:12.5
163	Suzanne Torjek	4463	15 F 50-59	40:32.8	46:12.5
164	Shannon Ng	4394	23 F 20-29	40:46.4	46:12.6
165	Kay Mcwhinnie	4379	16 F 50-59	40:17.9	46:15.4
166	Victoria Wiens	4493	24 F 20-29	40:10.9	46:17.0
167	Karen Casselman	4223	17 F 50-59	41:10.8	46:20.6
168	Gabe Fulton	4277	13 M 1-19	40:18.2	46:23.3
169	Shari Merritt	4383	26 F 40-49	40:37.6	46:25.6
170	Bronwyn Williams	4479	42 F 30-39	40:22.7	46:27.6
171	Frances Knowles	4338	27 F 40-49	41:22.3	46:33.8
172	JESSICA BRIDEN	4208	25 F 20-29	40:34.8	46:35.2
173	DARREN BRIDEN	4207	11 M 30-39	40:35.3	46:35.6
174	Lisa Manwaring	4368	28 F 40-49	40:56.3	46:44.2
175	Deanna Decker	4248	18 F 50-59	41:07.5	47:04.6
176	Tammy Borg	4203	29 F 40-49	41:35.2	47:07.0
177	Carol Mienkina	4384	19 F 50-59	41:03.9	47:08.1
178	Carla Wilson	4480	26 F 20-29	41:51.7	47:21.2
179	Nathan Chow	4230	14 M 1-19	42:11.2	47:32.3
180	Travis Deacon	4247	15 M 1-19	42:54.2	47:57.2
181	Jocelyn Wang	4474	14 F 1-19	42:54.3	47:57.7
182	Rebecca Sun	4449	30 F 40-49	42:51.3	48:15.1
183	Jennine Benoit	4198	31 F 40-49	42:03.1	48:15.5
184	Clare Hamilton	4294	32 F 40-49	42:03.2	48:15.5
185	Michelle Laporte	4348	33 F 40-49	42:12.8	48:20.7
186	Catherine Wilkins	4478	43 F 30-39	43:07.6	48:21.0
187	Mike Laporte	4347	9 M 40-49	42:12.3	48:21.1
188	Alexandra Dychinco	4259	27 F 20-29	42:19.5	48:25.9
189	Stephanie Fedoruk	4267	20 F 50-59	43:26.2	48:36.9
190	Marni Palm	4404	21 F 50-59	43:47.8	48:59.2
191	Monita Cheng	4227	44 F 30-39	43:37.5	49:19.9
192	Chris Grass	953	10 M 40-49	43:50.6	49:27.8
193	Logan Phelps	4413	16 M 1-19	44:18.5	49:30.5
194	Dave Burnstad	4210	11 M 40-49	43:31.0	49:37.9

195	Owen Burnstad	4211	17 M 1-19	43:31.0	49:37.9
196	Olivia Burnstad	4212	15 F 1-19	43:38.6	49:45.2
197	Sara Sieben	4440	45 F 30-39	43:40.6	49:46.9
198	Tanis Toker	4461	28 F 20-29	44:19.3	49:52.0
199	Roxanne Toole	4462	29 F 20-29	44:23.3	49:54.9
200	Lauren Bellefontaine	4195	30 F 20-29	44:24.0	49:55.7
201	Phu Minh Le	4351	12 M 30-39	44:30.8	50:13.5
202	Emma Mclean	4376	16 F 1-19	44:38.6	50:23.1
203	Xander Mclean	4377	18 M 1-19	44:38.4	50:23.2
204	Sadie Phelps	4414	17 F 1-19	45:13.5	50:26.6
205	Tisha Kugler	4343	34 F 40-49	44:55.3	50:26.6
206	Krista Lambert	1008	46 F 30-39	44:41.2	50:27.5
207	Scott Mcwilliams	4380	19 M 1-19	45:23.8	50:30.2
208	Janet Phelps	4415	47 F 30-39	45:35.4	50:47.9
209	Deborah Holtan	4301	22 F 50-59	45:44.8	51:00.6
210	Jeff Serandos	4435	4 M 50-59	45:04.2	51:09.0
211	Margaret Chow	4231	23 F 50-59	46:05.7	51:12.4
212	Cynthia Mclean	4375	48 F 30-39	45:45.1	51:30.4
213	Jackson Mclean	4378	20 M 1-19	45:45.4	51:30.5
214	Tom Bascombe	4189	5 M 50-59	45:44.8	51:32.7
215	Kari Johnston	4321	35 F 40-49	46:25.6	51:33.2
216	Kimberly Warren	4476	36 F 40-49	46:25.7	51:33.6
217	Cassie Krieger	4342	31 F 20-29	46:14.1	51:38.6
218	Kelly Krieger	4341	49 F 30-39	46:13.7	51:39.0
219	Dave Scharf	4433	6 M 50-59	46:30.6	51:56.6
220	Linda Scharf	4434	24 F 50-59	46:31.3	51:56.7
221	Shawn Needham	4392	37 F 40-49	46:35.9	52:17.2
222	Kieran Lechner	4496	21 M 1-19	46:36.2	52:45.8
223	Stu Muir	4387	7 M 50-59	46:50.7	52:46.5
224	Natalie Klassen	4337	18 F 1-19	47:28.2	52:48.3
225	Katherine Hart	4298	38 F 40-49	47:17.9	53:13.0
226	Kelly Shea	4437	39 F 40-49	48:00.6	53:20.2
227	Alison Klassen	4335	40 F 40-49	48:00.9	53:20.4
228	Lorraine Bascombe	4191	25 F 50-59	47:36.6	53:23.8
229	Sheila Lechner	4498	41 F 40-49	47:15.6	53:25.3
230	Mark Lechner	4497	8 M 50-59	47:14.5	53:25.7
231	Joannie Suzuki	4450	42 F 40-49	48:20.4	53:28.3
232	Princeton Dychinco	4256	6 M 20-29	47:41.9	53:42.0
233	Ryan Tan	4453	22 M 1-19	48:10.7	53:50.6
234	Keira Tan	4454	19 F 1-19	48:17.6	53:58.2
235	Maryrose Abustan	4180	50 F 30-39	48:17.8	53:58.4
236	Mellissa Ruryk	4426	4 F 60-69	49:56.8	55:14.7
237	Sandi Hildebrant	4299	1 F 70-99	49:41.5	55:15.6
238	Candy-Lyn Lemieux	4356	43 F 40-49	49:59.9	55:17.7
239	Taylor Izan	4314	20 F 1-19	49:55.9	55:18.0
240	Vanessa Izan	4312	44 F 40-49	49:56.7	55:18.7
241	Sharon Waldron	4473	26 F 50-59	49:54.8	55:28.3
242	Mike Waldron	4472	9 M 50-59	49:55.0	55:28.3
243	Nancy Dychinco	4260	27 F 50-59	49:31.8	55:36.9
244	Philip Dychinco	4257	10 M 50-59	49:34.6	55:38.1
245	Stephanie Busch	4214	21 F 1-19	49:58.5	55:49.5
246	Sharon Busch	4215	28 F 50-59	49:58.5	55:49.9

247	Katelyn Cartwright	4222	32 F 20-29	50:23.7	56:11.9
248	Jennifer Cartwright	4221	33 F 20-29	50:23.5	56:12.1
249	Sarah Forsberg	4273	51 F 30-39	50:55.6	56:14.4
250	Dora Kennedy	4490	52 F 30-39	51:04.1	56:32.1
251	Tina Anderson	4183	45 F 40-49	51:10.1	57:06.4
252	Laurie Muir	4388	29 F 50-59	51:12.8	57:06.7
253	Delia Visscher	4471	2 F 70-99	52:18.7	57:25.8
254	Josie Kotzo	4340	5 F 60-69	52:19.4	57:26.0
255	Elizabeth Carter	4219	22 F 1-19	51:34.3	57:26.7
256	Marisa Carter	4220	53 F 30-39	51:34.2	57:27.1
257	Joan Lui	4358	46 F 40-49	52:42.9	58:04.6
258	Hayden Shearer	4438	23 M 1-19	52:20.7	58:04.6
259	Tracey Barbaro	4186	47 F 40-49	52:59.6	58:11.0
260	Julie Ferris	4269	48 F 40-49	52:31.5	58:15.3
261	Tracy Finnemore	4499	49 F 40-49	53:05.0	58:16.1
262	Jean Ferma	4268	54 F 30-39	54:54.3	59:59.9
263	Jeannette Gatpandan	4281	30 F 50-59	54:55.3	1:00:00.9
264	Ann Kang	4327	31 F 50-59	54:43.8	1:00:09.1
265	Eileen Mckenna	4374	32 F 50-59	55:23.3	1:00:58.6
266	William Mckenna	4373	11 M 50-59	55:25.3	1:01:00.7
267	Maureen Houtman	4303	3 F 70-99	56:38.4	1:02:32.4
268	Kassie Muir	4389	34 F 20-29	56:37.7	1:02:32.7
269	Kaity Muir	4390	35 F 20-29	56:38.8	1:02:33.4
270	Alison Brook	892	6 F 60-69	57:12.0	1:03:04.2
271	Scott Alexander	4182	5 M 60-69	57:11.8	1:03:04.8
272	Roseanne Shannon	4436	33 F 50-59	57:20.7	1:03:23.8
273	Lisa Schaffer	4432	50 F 40-49	57:21.9	1:03:25.2
274	Tanya Evans	4486	51 F 40-49	58:19.9	1:04:33.7
275	Brittany Lang	4345	55 F 30-39	59:08.8	1:04:34.5
276	Diana Bennett	4197	34 F 50-59	59:29.3	1:04:39.9
277	Virginia Chiu	4228	56 F 30-39	1:02:05.8	1:07:09.6
278	Lenora Delaney	922	57 F 30-39	1:02:06.3	1:07:10.3
279	Christopher Busch	4213	24 M 1-19	1:03:28.5	1:09:21.8
280	Sharon Woodrow	4483	4 F 70-99	1:03:37.3	1:09:31.2
281	Gurdish Sandhu	4427	52 F 40-49	1:08:26.2	1:13:31.6
282	Surinder Sandhu	4430	7 F 60-69	1:08:26.8	1:13:32.4
283	Jonah Marshall	4369	13 M 30-39	1:08:57.7	1:14:15.5
284	Rhiannon Paskall	4407	58 F 30-39	1:08:57.8	1:14:15.8