

2019 Shamrock'n Race					
Overall Finish List					
March 17, 2019					
Half					
Place	Name	Bib No	Age Group	Chip Time	Gun Time
1	Rachel McBride	724	1 F 40-49	1:20:31.2	1:20:33.3
2	Drew Nicholson	767	1 M 30-39	1:22:14.9	1:22:16.9
3	Tim Hennessy	694	1 M 20-29	1:26:27.4	1:26:29.4
4	Katherine Short	769	1 F 20-29	1:31:15.5	1:31:18.8
5	Rodrigo Cuadra	677	2 M 20-29	1:31:46.9	1:31:51.3
6	DARREN DESROCHERS	680	1 M 40-49	1:34:20.8	1:34:25.2
7	William (Bill) Hunter	701	1 M 50-59	1:40:16.2	1:40:19.3
8	Vincent Lo	715	2 M 30-39	1:40:24.2	1:40:34.2
9	Milan Cerovina	672	3 M 20-29	1:40:39.2	1:40:42.0
10	Brett Bonderud	666	2 M 50-59	1:41:20.4	1:41:23.2
11	Grace Meloy	727	1 F 30-39	1:42:34.9	1:42:43.7
12	Herbert Tschinkel	755	3 M 30-39	1:42:53.4	1:43:02.9
13	Jennifer Frimml	688	2 F 40-49	1:43:02.0	1:43:10.4
14	Deric Davies	678	4 M 30-39	1:44:10.7	1:44:17.6
15	Alexander Williams	765	4 M 20-29	1:44:41.4	1:44:46.7
16	Joe Sierpina	743	2 M 40-49	1:46:45.9	1:46:51.1
17	Omar Vasquez	772	3 M 40-49	1:47:33.5	1:47:41.4
18	Jason Williams	771	5 M 30-39	1:47:30.1	1:47:47.9
19	Lesley Maisey	721	3 F 40-49	1:48:54.5	1:49:08.2
20	Gene Cashman	670	2 F 20-29	1:50:13.3	1:50:32.3
21	Sara Marjanovic	722	3 F 20-29	1:52:22.7	1:52:26.5
22	Lisa Norrie	734	2 F 30-39	1:52:25.6	1:52:46.7
23	Tilman Von Der Linde	759	3 M 50-59	1:53:00.5	1:53:06.9
24	Thomas Middelveen	728	4 M 50-59	1:53:52.5	1:54:15.7
25	Aryan Monfared	732	1 M 1-19	1:54:03.8	1:54:36.1
26	John Martin	776	1 M 60-69	1:54:38.7	1:54:57.9
27	Cameron Maddox	775	5 M 20-29	1:55:07.1	1:55:28.4
28	Kevin Kidd	710	5 M 50-59	1:55:31.6	1:55:53.8
29	Kim Sorensen	745	1 F 50-59	1:55:29.7	1:55:54.3
30	Marvin Galvez	689	6 M 30-39	1:56:12.3	1:56:37.4
31	Chantal Johnson	703	4 F 20-29	1:55:53.3	1:56:37.6
32	Tino Van Santen	757	6 M 50-59	1:57:51.9	1:58:05.9
33	Kulwinder Gill	692	4 F 40-49	1:58:18.9	1:58:27.6
34	Hardial Athwal	662	2 M 60-69	1:58:34.2	1:58:42.5
35	Monica Zack	766	2 F 50-59	1:58:34.5	1:58:42.7
36	Hileray Kilback	711	5 F 40-49	1:58:42.0	1:58:46.0
37	Patrick Quain	737	4 M 40-49	1:59:00.9	1:59:13.3
38	Chris Brownlee	667	5 M 40-49	1:59:18.0	2:00:03.8
39	Rod Castillo	671	6 M 40-49	1:59:59.5	2:00:06.4
40	Wilson Mo	731	7 M 50-59	2:00:18.3	2:00:42.2
41	Chris Los	717	7 M 30-39	2:00:13.6	2:00:42.7
42	Phil Robinson	738	3 M 60-69	2:00:19.8	2:00:48.3
43	Steffany Van Santen	756	6 F 40-49	2:00:45.0	2:00:58.2
44	Sabriena Aujla	663	3 F 30-39	2:02:01.2	2:02:11.6
45	Andrew Cheng	673	6 M 20-29	2:02:52.7	2:02:54.7
46	Marjorie Bello	664	4 F 30-39	2:03:19.8	2:03:27.8

47	Richard King	712	7 M 20-29	2:02:55.2	2:03:30.8
48	Paula Brunton	777	7 F 40-49	2:03:52.1	2:03:57.8
49	Maggie Liang	714	8 F 40-49	2:03:49.7	2:04:13.9
50	Sara Maglio	720	9 F 40-49	2:04:23.3	2:04:29.3
51	Natasha Nock	733	1 F 1-19	2:05:09.9	2:05:13.6
52	David Jackson	770	8 M 30-39	2:05:10.9	2:05:25.0
53	Jessi Minnabarriet	730	10 F 40-49	2:05:17.3	2:05:42.3
54	Shelley Wei	763	11 F 40-49	2:06:16.6	2:06:19.4
55	Ben Sykes	747	7 M 40-49	2:06:27.7	2:06:35.3
56	Lynn Lochrie	716	3 F 50-59	2:06:30.5	2:07:01.4
57	Shannon Torhjelm	754	12 F 40-49	2:06:30.2	2:07:01.5
58	Raissa Dickinson	681	5 F 30-39	2:06:59.9	2:07:25.4
59	Lisa Aho	659	4 F 50-59	2:07:26.4	2:07:37.0
60	Jessica Maddox	719	5 F 20-29	2:07:22.0	2:07:41.8
61	Stephanie Arnold	661	6 F 30-39	2:08:18.1	2:08:29.0
62	Lisa Braniff	778	13 F 40-49	2:09:54.0	2:10:00.0
63	Elizabeth Boghean	665	5 F 50-59	2:09:56.4	2:10:09.7
64	Karen Johnson	704	14 F 40-49	2:10:07.6	2:10:29.2
65	Christine Burns	669	7 F 30-39	2:10:44.0	2:10:59.4
66	Wendy Marshall	723	6 F 50-59	2:11:17.9	2:11:38.0
67	Costas Roussinos	740	4 M 60-69	2:11:38.2	2:12:00.8
68	Jennifer Tepatlan Gomez	751	15 F 40-49	2:12:30.2	2:12:46.5
69	Carrie Henry	695	16 F 40-49	2:12:42.4	2:12:55.6
70	Tim Henry	697	8 M 40-49	2:12:43.2	2:12:56.1
71	Dean Dube	683	8 M 50-59	2:12:24.9	2:13:07.0
72	Emily Phelan	736	6 F 20-29	2:12:28.9	2:13:10.5
73	Jackie Theede	752	7 F 50-59	2:12:46.6	2:13:17.3
74	Dawn Feng	686	17 F 40-49	2:20:45.2	2:21:13.8
75	Roie Garcia	691	8 M 20-29	2:20:55.9	2:21:17.2
76	John Howell	700	9 M 50-59	2:21:46.0	2:21:51.7
77	Amar Sidhu	773	9 M 30-39	2:21:57.3	2:22:01.7
78	Lynda Kerr	706	1 F 60-69	2:28:58.3	2:29:17.7
79	Despina Stratidakis	746	8 F 30-39	2:30:49.5	2:31:15.3
80	Linda Smith	744	2 F 60-69	2:31:20.3	2:31:31.9
81	Michelle Donaldson	682	9 F 30-39	2:31:20.5	2:31:32.2
82	Christy Walsh	761	18 F 40-49	2:30:53.3	2:31:40.7
83	Gerald Buchwitz	668	10 M 50-59	2:31:11.3	2:31:49.3
84	Annette Lee	713	10 F 30-39	2:31:30.4	2:31:56.9
85	Charmaine Garcia	690	11 F 30-39	2:33:32.3	2:33:58.7
86	Morgan Miklausic	729	12 F 30-39	2:34:41.3	2:35:13.1
87	Daniel Christie	675	10 M 30-39	2:35:03.4	2:35:17.9
88	Sarah Chapman	2358	19 F 40-49	2:35:46.9	2:36:16.7
89	Shelley Hatfield	693	20 F 40-49	2:35:48.1	2:36:17.2
90	Ya Feng Cheng	674	13 F 30-39	2:37:50.4	2:38:00.4
91	Nolan Westlin	764	11 M 30-39	2:38:46.4	2:38:58.7
92	Emily Wager	760	7 F 20-29	2:41:11.8	2:41:51.1
93	Rose Keurdian	709	14 F 30-39	2:42:27.1	2:43:08.7
94	Richard Maclachlan	718	9 M 40-49	2:45:14.2	2:45:33.9
95	Joseph Tan	748	11 M 50-59	2:45:36.6	2:46:17.9
96	Wade Sellers	742	10 M 40-49	2:52:58.2	2:53:19.4
97	Ali Duke	768	21 F 40-49	3:02:15.1	3:02:32.8

7Miler					
Place	Name	Bib No	Age Group	Chip Time	Gun Time
1	Logan Rouleau	4664	1 M 20-29	39:01.4	39:03.1
2	Gary Martin	4640	1 M 40-49	44:04.9	44:07.6
3	Conor McNiffe	726	2 M 20-29	48:53.7	49:02.2
4	Jason Fraser	4616	2 M 40-49	49:24.3	49:39.5
5	Chad Staddon	4668	1 M 50-59	49:41.3	49:44.4
6	David Beaudry	4593	3 M 40-49	49:43.4	49:58.2
7	Fabio` Zulauf	4694	1 M 30-39	51:37.0	52:00.6
8	Reid Teichroeb	4675	3 M 20-29	52:28.1	53:06.8
9	Bruce Tebbutt	749	2 M 50-59	53:38.1	53:47.8
10	Michael Tebbutt	750	4 M 20-29	53:48.0	53:48.0
11	Robin Stobart	4669	3 M 50-59	55:42.7	55:49.3
12	Kelly Fong	4614	4 M 50-59	55:42.8	55:52.6
13	Michael Barker	4699	1 M 60-69	56:02.9	56:24.7
14	Glen Susans	4671	2 M 30-39	57:11.9	57:18.0
15	Katey Armstrong	4587	1 F 40-49	57:19.7	57:44.8
16	Shane Balthazaar	4590	3 M 30-39	57:52.2	57:56.5
17	Kevin Keil	4630	4 M 30-39	57:32.3	57:59.7
18	Chris Worsnup	4692	4 M 40-49	58:00.1	58:04.6
19	Mike Hamar	4620	5 M 30-39	57:53.1	58:16.4
20	Robyn Footman	4615	1 F 30-39	58:54.2	59:18.3
21	Fidel Castro	4604	5 M 40-49	59:27.8	59:36.5
22	Pamela Lee	2402	2 F 30-39	59:08.9	59:36.5
23	Melissa Meehan	4643	3 F 30-39	59:11.2	59:39.2
24	Eddy Ball	4589	6 M 30-39	59:32.3	59:48.0
25	Lisan Tam	4672	1 F 20-29	1:00:40.5	1:00:43.0
26	Cheryl Mosby	4650	4 F 30-39	1:00:37.9	1:01:02.6
27	Queenie Wong	4691	1 F 1-19	1:00:13.8	1:01:06.1
28	RJ Carlos	4603	7 M 30-39	1:00:53.6	1:01:22.8
29	Xenia O'Brien	4651	2 F 40-49	1:00:59.2	1:01:29.5
30	Vanja Pojuzina	4659	5 F 30-39	1:01:13.7	1:01:51.8
31	Kate Helliwell	4698	6 F 30-39	1:01:15.9	1:01:55.1
32	Josh Brown	4598	6 M 40-49	1:01:28.7	1:02:04.5
33	Jay Petursson	4657	7 M 40-49	1:02:22.5	1:02:40.1
34	Aaron Morgan	4648	8 M 30-39	1:02:11.1	1:02:47.7
35	Matt Rogne	4663	5 M 20-29	1:03:22.0	1:03:39.4
36	Annabella Cant	4602	3 F 40-49	1:03:25.8	1:03:44.5
37	Rob Vandermey	4685	8 M 40-49	1:03:26.0	1:03:44.8
38	Shirley Estey	4613	7 F 30-39	1:03:30.2	1:03:54.1
39	Melisa Joyal	4629	8 F 30-39	1:03:57.7	1:04:12.3
40	Sally Bonderud	4594	4 F 40-49	1:04:24.5	1:04:34.9
41	Joleen Turgeon	4683	5 F 40-49	1:04:36.7	1:04:46.2
42	Kraig Daniels	4609	9 M 30-39	1:04:41.9	1:04:59.1
43	Chris Johnson	774	5 M 50-59	1:04:52.1	1:04:59.7
44	Bob GARCHA	4617	9 M 40-49	1:04:56.2	1:05:08.6
45	Kristy Alexander	4586	9 F 30-39	1:05:12.4	1:05:34.5
46	Ryan McCormick	4642	10 M 30-39	1:05:08.4	1:05:39.0
47	Jeff Gan	4702	10 M 40-49	1:05:50.5	1:06:06.1
48	Patricia Tebbutt	4674	1 F 50-59	1:06:10.0	1:06:19.9
49	Karen Sierpina	4666	6 F 40-49	1:06:22.7	1:06:29.8
50	Lindsay Lanigan	4635	10 F 30-39	1:06:27.1	1:06:43.0

51	Alison Zacharias	4693	11 F 30-39	1:06:28.7	1:06:47.3
52	Akosua Tomash	4680	2 F 50-59	1:06:47.8	1:06:58.8
53	Andrei Aldea	4585	11 M 30-39	1:06:40.3	1:07:24.5
54	Grace Wong	4690	7 F 40-49	1:07:43.8	1:08:00.7
55	Michelle Minhas	4647	12 F 30-39	1:08:16.1	1:08:34.5
56	Maria Callaghan	4601	3 F 50-59	1:08:05.2	1:08:35.3
57	Tracy Tanizawa	4673	8 F 40-49	1:08:39.0	1:09:16.7
58	Deanne Corbett	4608	13 F 30-39	1:08:50.8	1:09:17.8
59	Anne MacLennan	4638	1 F 60-69	1:08:56.6	1:09:32.4
60	Shirley Hewko	4623	4 F 50-59	1:09:30.4	1:10:05.0
61	Sara Wadge	4687	9 F 40-49	1:10:10.6	1:10:26.3
62	Mabel Fong	687	5 F 50-59	1:10:26.8	1:10:48.7
63	Peter Osuchowski	4654	2 M 60-69	1:10:55.5	1:11:07.2
64	Edmund JOR	705	3 M 60-69	1:12:09.7	1:12:29.9
65	Nadia Lanigan	4636	10 F 40-49	1:12:25.6	1:12:42.9
66	Brenda Wong	2461	11 F 40-49	1:12:37.9	1:12:54.2
67	Jodi Eckland	4611	14 F 30-39	1:12:26.4	1:13:01.1
68	Jeannine Tully	4682	15 F 30-39	1:12:26.1	1:13:01.1
69	Corrie Irwin	4627	12 F 40-49	1:12:43.5	1:13:22.1
70	Mark Strik	4670	11 M 40-49	1:13:32.9	1:13:55.6
71	Shannon Brearley	4596	16 F 30-39	1:13:33.1	1:13:55.6
72	Robyn Frizzle	2367	13 F 40-49	1:13:51.1	1:14:13.9
73	Miruna Toma	4700	17 F 30-39	1:13:49.1	1:14:14.0
74	Nada Thomas	4677	2 F 60-69	1:13:56.9	1:14:25.2
75	Maria Castro	4605	14 F 40-49	1:14:43.8	1:14:53.0
76	Lisa Hamar	4619	6 F 50-59	1:14:48.3	1:15:11.0
77	Brayden Christie	4606	1 M 1-19	1:15:23.9	1:15:38.4
78	Leann Parker	4656	7 F 50-59	1:15:16.0	1:15:44.7
79	Laurie Lemanski	4637	15 F 40-49	1:15:21.9	1:15:47.8
80	Alexandria Mercier	4645	18 F 30-39	1:15:37.1	1:15:52.3
81	Simona Brown	4599	19 F 30-39	1:15:26.7	1:15:54.1
82	Vanessa Osborne	4652	20 F 30-39	1:15:53.4	1:16:36.3
83	Annette Thompson	4678	2 F 20-29	1:17:37.5	1:17:47.0
84	Robbie Jackson	4628	8 F 50-59	1:17:44.1	1:18:27.0
85	Sheena Quish	4660	9 F 50-59	1:17:44.3	1:18:27.2
86	Mark Pampu	4655	6 M 50-59	1:18:10.5	1:18:30.0
87	Emily Kenny	4632	21 F 30-39	1:18:54.4	1:19:06.8
88	Khristine Baril	4591	16 F 40-49	1:18:42.6	1:19:19.4
89	Ashleigh Mervin	4646	22 F 30-39	1:19:15.6	1:19:32.6
90	Carlos Imperial	4625	12 M 40-49	1:19:24.8	1:20:02.8
91	May Imperial	4626	23 F 30-39	1:19:25.4	1:20:02.9
92	Teresa Saunders	4665	10 F 50-59	1:19:46.7	1:20:03.6
93	Kelvin Ting	4679	13 M 40-49	1:20:11.2	1:20:30.0
94	Darren Hewko	4622	6 M 20-29	1:20:42.6	1:21:17.4
95	Shannon Leu	4695	11 F 50-59	1:18:50.6	1:21:55.4
96	Kevin Henry	696	12 M 30-39	1:21:39.3	1:21:59.9
97	Suzanne Kerleau	4701	3 F 20-29	1:22:41.0	1:22:58.9
98	Lisa Croucher	4697	24 F 30-39	1:22:59.9	1:23:37.6
99	Amiah Henry	4621	4 F 20-29	1:23:39.6	1:24:10.0
100	Teresa Kelley	4631	17 F 40-49	1:23:59.2	1:24:20.0
101	Cheryl Gipson	4618	25 F 30-39	1:24:55.0	1:25:07.5
102	Sheila Bondesen	4595	18 F 40-49	1:25:41.4	1:26:14.5

103	Aman Bains	4588	26 F 30-39	1:25:41.8	1:26:14.6
104	Christine Brightman	4597	27 F 30-39	1:28:37.5	1:29:21.4
105	Victor Huckell	4624	1 M 70-79	1:31:03.0	1:31:38.3
106	Richard Boulton	4696	7 M 50-59	1:33:56.7	1:34:28.5
107	Neda Keshtkar	708	5 F 20-29	1:37:31.1	1:37:50.9
108	Tara Martin	4641	28 F 30-39	1:56:22.5	1:56:48.2
109	Marie Bennie	2341	29 F 30-39	1:56:03.4	1:59:34.5
110	Tasha Gandevia	2368	30 F 30-39	1:56:03.3	1:59:34.6
5K					
Place	Name	Bib No	Age Group	Chip Time	Gun Time
1	Lu Li	2403	1 M 40-49	19:49.4	22:51.9
2	Sebastian Rakowski	2426	1 M 20-29	20:33.4	23:42.5
3	Vivian Davidson	4610	1 F 30-39	23:06.0	26:05.0
4	Neil Currie	2355	1 M 30-39	23:15.0	26:20.9
5	Markus Toolsie-Worsnup	2447	1 M 1-19	23:29.9	26:34.9
6	Mark Young	2466	1 M 50-59	23:33.0	26:37.8
7	Tricia Pederson	2420	1 F 40-49	23:41.3	26:45.9
8	Alex Lanigan	4634	2 M 1-19	23:49.4	26:52.9
9	Pim Wallis	2454	2 M 30-39	23:39.8	26:53.9
10	Catherine Tsang	2451	2 F 30-39	24:03.1	27:05.9
11	Chris Perger	2421	3 M 30-39	24:19.4	27:21.7
12	Cally Bailey	2338	1 F 20-29	24:29.7	27:35.7
13	Jenny Wong	2463	3 F 30-39	25:02.2	28:11.2
14	Daniella Trevisan	2450	2 F 20-29	26:10.6	29:15.0
15	Andrea Standerwick	2440	4 F 30-39	26:12.4	29:16.6
16	Ian Rocksborough-Smith	2431	4 M 30-39	27:26.7	30:38.7
17	Justin Tegart	2443	3 M 1-19	28:21.4	31:29.0
18	Joseph Lavallee	2397	2 M 20-29	29:25.6	32:27.8
19	Victor Almeida	2337	2 M 40-49	29:09.5	32:42.5
20	Marla Nolan	2416	5 F 30-39	29:41.9	32:55.7
21	Brock Martin	2410	5 M 30-39	29:42.5	33:02.8
22	Chun Chun Hu	2389	6 M 30-39	29:42.8	33:02.9
23	Helen Bauer	2339	3 F 20-29	29:56.8	33:10.4
24	Edwin Ochoa	2417	7 M 30-39	29:54.6	33:19.1
25	Jennifer West	2459	6 F 30-39	30:13.8	33:21.7
26	Cheryl Tong	4681	2 F 40-49	30:27.1	33:30.6
27	Annegreeth Nijhof	2415	4 F 20-29	30:37.3	33:52.2
28	Diane Manalo	2405	5 F 20-29	30:59.5	34:08.6
29	Bryce Kelly	2393	8 M 30-39	31:00.0	34:08.9
30	Scott Allman	2335	3 M 40-49	30:44.0	34:10.0
31	Tom Wagner	2453	4 M 40-49	31:01.4	34:32.9
32	Gord Kurenoff	2395	2 M 50-59	31:34.0	34:43.8
33	Amy Van Sickle	4684	3 F 40-49	35:14.3	35:37.7
34	Josh Bussiere	2469	4 M 1-19	32:45.5	35:48.0
35	Neva Whintors	4689	1 F 50-59	32:47.3	35:51.6
36	Pat Hayward	2381	1 F 60-69	32:39.5	35:56.6
37	Bronte Guiton	2377	1 F 1-19	32:40.1	35:57.6
38	Ainsley Schmidt	2435	2 F 1-19	32:40.7	35:58.5
39	Keith Turner	2473	1 M 60-69	33:06.5	36:13.5
40	Elaine Gaskell	2369	4 F 40-49	32:55.4	36:17.1
41	Terri Butcher	2344	5 F 40-49	32:55.7	36:17.2

42	Gillian Wark	2455	2 F 50-59	33:09.8	36:22.8
43	Zoe Collinge	2353	6 F 20-29	33:23.2	36:37.5
44	Cindy Wong	2462	7 F 20-29	33:50.4	36:55.4
45	Sophie Manolis	2408	6 F 40-49	34:16.8	37:21.8
46	Matt Pighin	2423	5 M 1-19	34:25.6	37:33.5
47	Katie Taylor	2442	7 F 30-39	34:25.8	37:33.7
48	Eynat Frazier	2365	8 F 30-39	34:23.9	37:39.5
49	Christine Alexander	2333	7 F 40-49	34:22.0	37:42.5
50	Katie Beall	2340	9 F 30-39	34:15.3	37:45.9
51	Susana Tiplady	2446	3 F 50-59	34:49.0	37:59.7
52	Steve WOO	2464	5 M 40-49	34:48.2	38:00.8
53	Lnda Put	2425	4 F 50-59	34:43.3	38:04.4
54	Lucia Salazar	2433	10 F 30-39	35:00.4	38:13.2
55	Susan Cahill	2346	11 F 30-39	35:00.9	38:13.5
56	Melanie Warner	2456	8 F 20-29	35:17.9	38:32.1
57	Samantha Aird	2332	12 F 30-39	35:22.8	38:48.6
58	Tabitha Watmore	2458	13 F 30-39	35:26.9	38:57.9
59	Cecilia Vulama	2452	2 F 60-69	35:58.0	39:02.4
60	Serena Rasmussen	2427	14 F 30-39	35:39.5	39:08.7
61	Jean Hoeft	2386	8 F 40-49	35:48.4	39:10.8
62	Jorja Neuwirth	2413	3 F 1-19	35:51.2	39:17.0
63	Sheelagh Neuwirth	2414	9 F 40-49	35:53.9	39:19.9
64	Ali Marshall	2409	4 F 1-19	36:09.4	39:20.8
65	Anna Kan	2391	5 F 50-59	37:04.3	40:07.5
66	Marieva Baladad Maniquiz	2407	10 F 40-49	36:43.5	40:08.6
67	Patrick Lavallee	2398	3 M 50-59	37:11.7	40:15.3
68	Teena Currie	2356	15 F 30-39	37:22.7	40:31.0
69	Jennifer Reade	2428	11 F 40-49	37:31.6	41:00.8
70	Alisha Kapil	2392	9 F 20-29	37:54.4	41:08.1
71	Bethan Rogac	2432	16 F 30-39	37:59.5	41:15.7
72	Peyton Schmidt	2437	5 F 1-19	37:58.8	41:23.0
73	Suzanne Schmidt	2438	12 F 40-49	37:58.5	41:23.0
74	Brooke Townsend	2449	13 F 40-49	38:08.8	41:25.3
75	Carolynne Wilks-Perger	2460	17 F 30-39	38:54.2	42:21.5
76	Lindsay Hillwalker	2385	18 F 30-39	39:23.6	42:46.5
77	Jane Freeman	2366	14 F 40-49	39:59.2	43:14.1
78	Suzanne Torjek	2448	6 F 50-59	39:59.2	43:14.6
79	Ines Cavasin Burton	2351	7 F 50-59	40:05.4	43:16.0
80	Andrew Chu	2352	4 M 50-59	40:10.2	43:17.3
81	Nicole Matysiak	2411	15 F 40-49	40:08.1	43:19.0
82	Kylie Morgan	4649	19 F 30-39	39:50.2	43:26.2
83	Catriona Campbell	2348	20 F 30-39	41:43.3	45:13.0
84	April Roberts	2430	3 F 60-69	42:22.6	45:28.3
85	Alexandra Almeida	2336	16 F 40-49	42:12.8	45:45.7
86	Monica Liang	2404	21 F 30-39	42:42.0	45:49.0
87	Kevin Reid	2472	9 M 30-39	42:40.6	46:02.9
88	Derek Currie	2354	10 M 30-39	43:11.7	46:19.8
89	Elizabeth Fazzari	2361	10 F 20-29	43:43.1	46:53.0
90	Scott Tiplady	2445	5 M 50-59	44:03.7	47:14.6
91	Poonum Gill	2371	22 F 30-39	44:27.5	47:30.7
92	Nihal Gill	2370	6 M 1-19	44:27.5	47:30.9
93	Robyn Tegart	2444	17 F 40-49	44:24.4	47:34.5

94	Lisa Kowan	2394	18 F 40-49	44:39.2	47:57.2
95	Jodi Woods	2465	8 F 50-59	44:38.7	47:57.4
96	Lanette Grimm	2376	19 F 40-49	44:51.5	48:00.6
97	Nancy Olsen	2418	20 F 40-49	44:51.4	48:00.6
98	Chris Grass	2373	6 M 40-49	44:42.2	48:04.1
99	Jacqueline Holwill	2388	21 F 40-49	44:58.4	48:07.3
100	Liz Taitt	2441	23 F 30-39	45:06.6	48:16.9
101	Brenda Lee	2401	24 F 30-39	45:25.3	48:59.7
102	Tanya Bussiere	2468	22 F 40-49	46:10.5	49:16.7
103	Stephen Fraser	2364	11 M 30-39	47:02.1	50:18.0
104	Dennis Hill	2383	1 M 70-79	47:26.4	50:50.5
105	Lisa Kurenoff	2396	9 F 50-59	47:28.6	50:50.6
106	Sandi Hildebrant	2382	1 F 70-79	48:42.8	52:04.0
107	Warren Le Grice	2400	2 M 70-79	49:31.3	52:50.5
108	Cheryl Le Grice	2399	4 F 60-69	49:32.2	52:52.0
109	Robyn Edgar	2359	25 F 30-39	49:35.3	53:03.5
110	Theresa Schiewe	2434	26 F 30-39	49:35.6	53:04.0
111	Ty Parker	2471	7 M 1-19	50:59.5	54:06.2
112	Karen Parker	2470	23 F 40-49	51:00.0	54:06.2
113	Penny Goryk	2372	10 F 50-59	49:04.3	54:44.5
114	Lidia Cyr	2357	27 F 30-39	51:25.3	54:53.2
115	Jamie Carroll	2349	24 F 40-49	52:10.0	55:27.2
116	Kathi Greenberg	2375	25 F 40-49	52:09.5	55:27.4
117	Laurie Seto	2439	26 F 40-49	52:21.6	55:39.7
118	Kenley Guiton	2378	6 F 1-19	53:42.3	57:07.6
119	Lori Guiton	2379	27 F 40-49	53:44.8	57:10.0
120	Jamie Higgins	699	28 F 40-49	53:51.3	57:28.5
121	Maureen Caine	2467	5 F 60-69	53:51.4	57:33.2
122	Carrie O'Bray	2419	11 F 50-59	53:54.7	57:34.6
123	Serena Caine	2347	28 F 30-39	53:54.0	57:34.8
124	Glenna Mitchell	2412	12 F 50-59	54:32.0	57:59.6
125	Heather Prime	2424	13 F 50-59	54:31.1	57:59.6
126	Linda Hill	2384	2 F 70-79	55:01.3	58:24.3
127	Jennifer Schmidt	2436	29 F 40-49	1:03:03.6	1:06:34.4
128	Kimberly Warren	2457	30 F 40-49	1:03:04.1	1:06:34.7
129	Nicki Holborn	2387	29 F 30-39	1:07:57.6	1:08:34.5