

2020 LHS Fort Langley Historic Half					
Overall Finish List					
February 16, 2020					
Half					
Place	Name	Bib No	Age Group	Chip Time	Gun Time
1	Colin Jepsen	202	1 M 30-39	1:16:58.3	1:17:00.8
2	Alexi Garib	66	2 M 30-39	1:23:09.0	1:23:13.1
3	Jordan Goertz	71	3 M 30-39	1:23:44.3	1:23:46.5
4	Nigel Young	190	4 M 30-39	1:24:22.4	1:24:25.6
5	Johan Fayet	7961	1 M 20-29	1:24:39.6	1:24:59.6
6	Jake Goose	74	2 M 20-29	1:28:35.8	1:28:38.0
7	Thomas Baxter	15	5 M 30-39	1:29:16.2	1:29:21.8
8	Bryan Stolth	166	1 M 40-49	1:31:46.4	1:31:50.6
9	Christopher Renema	144	3 M 20-29	1:31:51.1	1:31:57.7
10	Lindsay Cole	34	1 F 30-39	1:32:00.2	1:32:02.3
11	Kierstin Dolata	46	2 F 30-39	1:32:36.8	1:32:44.5
12	Alexander Dolata	45	6 M 30-39	1:32:36.4	1:32:44.7
13	Emily Spencer	165	1 F 20-29	1:33:16.7	1:33:18.5
14	Jamie Paterson	137	4 M 20-29	1:33:38.8	1:33:46.2
15	Dan Werner	184	2 M 40-49	1:33:50.0	1:33:57.7
16	Ryan Weed	205	7 M 30-39	1:33:54.9	1:34:13.5
17	Marcus Van Noort	181	5 M 20-29	1:34:47.0	1:34:50.3
18	Lisa Rossetto	149	1 F 40-49	1:34:56.5	1:34:59.2
19	Deborah Eckhouse	192	3 F 30-39	1:34:57.2	1:34:59.9
20	James Hardcastle	77	1 M 50-59	1:35:19.6	1:35:23.4
21	Stephane Gaudreau	67	3 M 40-49	1:35:54.5	1:35:56.0
22	NEIL MINA	123	4 M 40-49	1:36:02.4	1:36:14.6
23	Don Miller	122	8 M 30-39	1:36:08.2	1:36:14.9
24	Chris Osberg	135	9 M 30-39	1:36:50.7	1:36:54.1
25	Randeep Shahi	157	6 M 20-29	1:37:13.0	1:37:29.2
26	Bing Yang	194	2 M 50-59	1:38:33.0	1:38:39.4
27	Danae Dumontet	49	2 F 20-29	1:39:36.6	1:39:39.6
28	Robert Bailey	9	7 M 20-29	1:40:52.4	1:40:53.8
29	Noel Dimabuyu	44	3 M 50-59	1:40:56.4	1:40:59.4
30	Aidan Casey	27	10 M 30-39	1:42:02.5	1:42:10.0
31	Sarah Eksteen	51	2 F 40-49	1:42:06.1	1:42:12.8
32	Brian Baker	11	11 M 30-39	1:42:21.3	1:42:29.9
33	Jim Daviz	196	12 M 30-39	1:42:25.1	1:42:31.4
34	Dave Sheppard	159	8 M 20-29	1:42:38.6	1:42:57.7
35	Lloyd Johnston	90	13 M 30-39	1:42:58.7	1:43:06.8
36	Randy Shelford	158	5 M 40-49	1:43:13.7	1:43:24.9
37	Allan Mock	195	1 M 60-69	1:43:29.2	1:43:34.9
38	Warren Slaght	162	2 M 60-69	1:43:48.3	1:43:50.6
39	Jordan Ferdinands	55	14 M 30-39	1:44:32.1	1:44:41.8
40	Joe Sierpina	160	6 M 40-49	1:44:56.6	1:45:02.7
41	Sheryl Harrop	204	3 F 40-49	1:44:58.9	1:45:09.3
42	Monique Ataei	8	3 F 20-29	1:45:07.7	1:45:19.8
43	Keith McKinnon	119	15 M 30-39	1:45:07.4	1:45:29.2
44	Bo Huai Deng	41	9 M 20-29	1:46:04.6	1:46:13.0
45	Matthew La Rocque	102	10 M 20-29	1:46:12.7	1:46:16.7
46	Krystal Yee	189	4 F 30-39	1:46:21.1	1:46:34.6

47	Davis Houghton	201	11 M 20-29	1:47:06.0	1:47:13.7
48	Matthys Van Emmenis	180	16 M 30-39	1:47:28.7	1:47:43.8
49	Graeme Ness	132	12 M 20-29	1:47:45.3	1:47:48.5
50	Emma Beck	16	4 F 40-49	1:47:51.6	1:47:58.5
51	GRIFFIN MACDONELL	114	13 M 20-29	1:47:54.9	1:48:02.0
52	Thomas Canning	26	17 M 30-39	1:48:14.9	1:48:17.0
53	Erin Barclay	14	5 F 40-49	1:48:04.6	1:48:18.8
54	Arie Merrin	7958	4 M 50-59	1:48:28.8	1:48:42.1
55	Omar Vasquez	203	7 M 40-49	1:49:03.7	1:49:13.9
56	Devin Leggett	109	8 M 40-49	1:49:16.8	1:49:21.0
57	Derek Hurley	84	18 M 30-39	1:49:50.7	1:50:04.0
58	Peter Koster	101	19 M 30-39	1:49:59.6	1:50:12.5
59	Owen Schoenberger	154	5 M 50-59	1:50:35.3	1:50:42.3
60	Shelby Friesen	62	14 M 20-29	1:50:37.0	1:50:47.9
61	Erin Sawatzky	151	6 F 40-49	1:50:49.2	1:50:54.5
62	Jose Gimenez	70	6 M 50-59	1:50:40.0	1:50:58.0
63	Steve Marsh	116	9 M 40-49	1:50:53.8	1:51:01.6
64	Silverio Diaz	198	7 M 50-59	1:50:52.3	1:51:02.8
65	Kiran Toor	177	5 F 30-39	1:50:46.3	1:51:06.1
66	Rachel Proctor	141	4 F 20-29	1:50:59.9	1:51:14.4
67	Samantha Ross	148	5 F 20-29	1:51:03.4	1:51:19.1
68	Sarah Minicola	124	6 F 30-39	1:51:15.4	1:51:20.7
69	Ryan Jarata	85	10 M 40-49	1:51:13.7	1:51:22.2
70	John Martin	117	3 M 60-69	1:51:26.1	1:51:36.9
71	Martin Boucharde	21	20 M 30-39	1:51:20.3	1:51:38.5
72	Kelly Vogt	182	8 M 50-59	1:51:21.4	1:51:38.5
73	Ken Tam	169	9 M 50-59	1:51:54.3	1:52:06.7
74	Jennie Aikman	2	7 F 40-49	1:52:09.4	1:52:19.3
75	John Forster	61	15 M 20-29	1:52:57.3	1:53:24.3
76	Kerry Mittleman	125	4 M 60-69	1:53:38.0	1:53:43.5
77	Dale Jones	91	10 M 50-59	1:54:45.8	1:54:56.5
78	Akram Mourad	129	16 M 20-29	1:54:46.3	1:54:57.4
79	Breanna Lewis	111	7 F 30-39	1:55:11.4	1:55:22.0
80	Thomas Middelveen	120	11 M 50-59	1:55:11.3	1:55:22.7
81	Alvito Fernandes	7967	21 M 30-39	1:49:25.5	1:55:27.1
82	Lisa Good	73	1 F 50-59	1:55:36.1	1:55:40.0
83	Jayson Eisenhauer	50	22 M 30-39	1:55:45.3	1:55:52.6
84	Cara Brendzy	23	8 F 40-49	1:55:53.7	1:56:03.1
85	Jully Tmana	176	6 F 20-29	1:55:53.9	1:56:03.2
86	Ramiro Munoz	130	12 M 50-59	1:57:25.8	1:57:35.2
87	Edward Tung	179	17 M 20-29	1:57:23.9	1:57:49.8
88	Sarah THORNE	175	8 F 30-39	1:57:32.3	1:57:53.0
89	Philip Lowery	113	13 M 50-59	1:58:00.7	1:58:06.2
90	Dean Dube	199	14 M 50-59	1:58:02.3	1:58:23.9
91	Keith Sillais	7960	15 M 50-59	1:58:30.1	1:58:37.2
92	Levi Giesbrecht	68	5 M 60-69	1:58:30.8	1:58:37.2
93	David Tam	168	11 M 40-49	1:58:40.0	1:58:49.6
94	Kaley Galovich	65	7 F 20-29	1:58:46.8	1:58:50.5
95	Andy Winslow	188	16 M 50-59	1:59:38.3	1:59:49.8
96	Joel Spakowski	164	12 M 40-49	2:00:08.9	2:00:22.0
97	Rory Morgan	128	13 M 40-49	2:00:10.4	2:00:23.0
98	Sean Evans	54	18 M 20-29	2:00:28.9	2:00:35.4

99	Adam Tuck	178	23 M 30-39	2:01:10.4	2:01:25.7
100	Carolina Rivera	7965	9 F 40-49	2:01:49.5	2:02:00.4
101	Miguel Soto	7966	24 M 30-39	2:01:49.3	2:02:00.5
102	Wes Linde	112	14 M 40-49	2:02:08.4	2:02:13.0
103	Marites Taruc	171	10 F 40-49	2:02:01.1	2:02:30.6
104	Mary Ann Castillo	28	11 F 40-49	2:02:02.8	2:02:33.3
105	Drew Slaght	161	25 M 30-39	2:03:02.2	2:03:04.8
106	Nola Pullar	142	12 F 40-49	2:03:01.3	2:03:22.1
107	Hileray Kilback	96	13 F 40-49	2:03:16.0	2:03:29.5
108	Shannon Kessler	94	2 F 50-59	2:03:16.5	2:03:37.6
109	Gigi De Ocampo	39	14 F 40-49	2:03:25.9	2:03:55.9
110	Candace Larson	104	15 M 40-49	2:04:07.6	2:04:22.6
111	Catrina Diard	43	3 F 50-59	2:04:55.6	2:05:07.6
112	Mark Rankin	143	17 M 50-59	2:04:55.9	2:05:08.8
113	Victoria Saunders	150	8 F 20-29	2:06:11.1	2:06:26.2
114	Thamara Thompson	174	15 F 40-49	2:06:34.6	2:06:59.0
115	Sophia Main	115	1 F 1-19	2:06:59.7	2:07:05.7
116	Alix Johnson	86	9 F 20-29	2:07:02.9	2:07:13.1
117	Teresa Beere Johnson	17	16 F 40-49	2:07:41.6	2:07:51.6
118	Fidel Castro	29	16 M 40-49	2:07:35.7	2:07:55.4
119	Gretchen Stoskopf Hedges	167	17 F 40-49	2:08:06.3	2:08:30.3
120	Manpreet Gill	69	19 M 20-29	2:08:53.7	2:09:02.4
121	Wendy Wilson	187	4 F 50-59	2:09:20.8	2:09:24.2
122	John Belec	18	6 M 60-69	2:09:20.9	2:09:24.3
123	Ashley Beun	20	9 F 30-39	2:09:24.1	2:09:40.9
124	Lorne West	185	7 M 60-69	2:09:38.4	2:09:54.8
125	Heather Escaravage	53	10 F 30-39	2:11:00.5	2:11:12.4
126	Gail Denton	42	5 F 50-59	2:11:08.1	2:11:21.6
127	Grace Brouwer	24	1 F 60-69	2:12:40.1	2:12:56.9
128	Joyce De Ruiter	40	6 F 50-59	2:12:40.7	2:12:57.2
129	Rob Cherkas	32	17 M 40-49	2:13:04.9	2:13:26.2
130	Martin Gostelow	75	8 M 60-69	2:14:01.3	2:14:25.5
131	Samantha Scott	156	10 F 20-29	2:14:31.7	2:14:54.0
132	Lizzie Lee	7954	2 F 60-69	2:14:59.0	2:15:16.3
133	Cheyenne Anderson	5	11 F 30-39	2:15:42.8	2:15:45.1
134	Meghan Adams	1	12 F 30-39	2:15:58.7	2:16:26.4
135	Lisa Hamar	76	7 F 50-59	2:16:38.2	2:16:44.6
136	Sean Hodgins	83	18 M 50-59	2:16:48.1	2:17:13.3
137	Danae Hodgins	82	13 F 30-39	2:18:22.7	2:18:37.3
138	Tim Koh	99	26 M 30-39	2:18:43.4	2:18:56.3
139	Kathy McCrae	118	8 F 50-59	2:19:01.4	2:19:19.5
140	Carley Shore	193	14 F 30-39	2:19:51.3	2:20:13.7
141	Nicole Kosmynka	100	9 F 50-59	2:19:51.2	2:20:13.9
142	Lindsay Lanigan	103	15 F 30-39	2:20:22.7	2:20:48.1
143	Laura Armstrong	7	11 F 20-29	2:20:48.0	2:20:53.4
144	Nicole Cuthbert	37	16 F 30-39	2:21:02.0	2:21:28.2
145	Melissa Chapko	31	17 F 30-39	2:21:21.7	2:21:48.3
146	Barry Klassen	98	9 M 60-69	2:22:32.2	2:22:46.4
147	Kathleen Johnson	88	18 F 40-49	2:23:15.5	2:23:25.8
148	Jenny Slauenwhite	163	19 F 40-49	2:23:32.3	2:23:44.4
149	Melissa Johnson	89	18 F 30-39	2:23:55.5	2:24:26.7
150	Brian Johnson	87	19 M 50-59	2:24:15.9	2:24:35.0

151	Mabel Fong	60	3 F 60-69	2:24:48.2	2:24:57.5
152	Nicole Baker	12	20 F 40-49	2:25:29.9	2:25:47.7
153	Khesro Amin	4	20 M 20-29	2:26:50.0	2:26:52.5
154	Ryan Shaughnessy	7968	27 M 30-39	2:27:04.0	2:33:06.1
155	Jamie Alain	3	18 M 40-49	2:33:12.3	2:33:16.8
156	Serena Weiers	183	10 F 50-59	2:33:42.8	2:33:54.6
157	Galina Zvereva	191	4 F 60-69	2:36:49.4	2:36:52.4
158	Meghan Froehlich	63	19 F 30-39	2:39:11.9	2:39:29.9
159	Angele Ronalds	147	21 F 40-49	2:44:37.8	2:44:56.5
160	Monique Gollogly	72	20 F 30-39	2:44:38.1	2:44:56.6
161	Dhanabalan Thangarasu	173	19 M 40-49	2:45:45.2	2:46:08.7
162	Thiruppathi Karuppiyah	92	20 M 40-49	2:45:52.1	2:46:14.8
163	Sridar Elumalai	52	21 M 40-49	2:45:55.0	2:46:18.7
164	Analisa Feuz	56	11 F 50-59	2:46:02.9	2:46:20.8
165	Kendra Hensley	80	12 F 50-59	2:47:21.0	2:47:30.2
166	Joseph Tan	170	20 M 50-59	2:48:12.6	2:48:40.1
167	Sara Pon	140	21 F 30-39	2:50:50.4	2:51:05.1
168	Grace Wong	2195	22 F 30-39	2:50:56.7	2:51:10.8
169	Kyle Middleton	121	28 M 30-39	2:59:42.3	3:00:01.4
170	Mel Romeyn	146	23 F 30-39	2:59:42.8	3:00:01.7
171	Marilyn Morgan	127	22 F 40-49	2:59:50.1	3:00:11.8
172	Laureen Klaassen	97	23 F 40-49	2:59:51.4	3:00:13.2
173	Monte Pascual	136	21 M 50-59	3:00:05.4	3:00:15.1
10K					
Place	Name	Bib No	Age Group	Chip Time	Gun Time
1	Duane Foley	2070	1 M 40-49	40:02.0	43:03.8
2	James Blair	2014	2 M 40-49	43:03.1	46:05.2
3	Shelby Hancock	2080	1 F 30-39	43:16.2	46:18.8
4	Kevin Erickson	2062	3 M 40-49	43:35.0	46:36.7
5	Christina Crump	2048	2 F 30-39	44:07.7	47:09.2
6	Tom Harris	2081	1 M 20-29	44:34.0	47:39.3
7	James Bouwman	2017	1 M 1-19	44:53.8	48:15.4
8	Kyle Giesbrecht	2073	1 M 30-39	45:26.9	48:29.2
9	Andrew Van Gaans	2188	2 M 30-39	45:31.0	48:33.7
10	Alexandra Lay	106	3 F 30-39	46:49.9	49:53.9
11	Fiona Ives	2094	1 F 50-59	47:33.9	50:35.8
12	Mercedes Schneider	153	1 F 20-29	48:26.1	51:29.3
13	Kalyn Head	79	2 F 20-29	48:26.4	51:29.4
14	Fabio` Zulauf	2199	3 M 30-39	49:07.6	52:14.8
15	Dan Shervill	2166	4 M 40-49	49:23.5	52:37.4
16	Joanne Hoekstra	2088	1 F 40-49	49:54.6	52:59.6
17	Melissa LeBlanc	107	2 F 40-49	49:36.2	53:00.1
18	Sarah Chu	2039	1 F 1-19	50:13.6	53:15.5
19	Vaughn Schaus	2162	5 M 40-49	50:19.2	53:19.2
20	Cassidy Lecoy	2110	2 M 20-29	50:11.5	53:30.8
21	Steve Burrige	2026	3 F 40-49	50:44.8	54:01.2
22	Ken Hoekstra	2089	6 M 40-49	51:40.9	54:46.3
23	Katie Anderson	6	4 F 30-39	51:43.4	54:47.5
24	Matthew Holbrook	2091	3 M 20-29	51:45.4	54:51.3
25	Kevin Thorne	2184	7 M 40-49	51:38.2	55:00.7
26	Alysha Rasmussen	2151	3 F 20-29	51:48.1	55:03.2

27	Justin Albertson	7963	4 M 30-39	51:53.5	55:15.2
28	Tanya Jones	2095	4 F 40-49	52:31.9	55:36.1
29	Elliott Wright	2196	8 M 40-49	52:13.8	55:40.7
30	Celine Erickson	2061	5 F 40-49	52:40.9	55:46.6
31	Denver Anderlini	2005	1 M 60-69	52:37.2	55:46.9
32	Wade Erickson	2063	1 M 50-59	52:41.2	55:46.9
33	Anvar Amangoulov	2003	9 M 40-49	52:35.4	56:01.8
34	Robin Stobart	2179	2 M 50-59	53:19.4	56:25.5
35	Erica Li	2114	5 F 30-39	53:27.2	56:31.5
36	Keith Herle	2084	3 M 50-59	53:53.2	57:05.8
37	Michael Ness	2135	5 M 30-39	54:09.9	57:23.6
38	Lynetta Chu	2038	2 F 50-59	54:27.8	57:34.3
39	Brittany Kent	2098	4 F 20-29	54:52.9	57:56.9
40	Frank Kis-Toth	2102	4 M 50-59	54:51.0	58:03.1
41	Michelle Edwards	2206	6 F 30-39	55:25.5	58:27.3
42	Julia Pottinger	2149	7 F 30-39	55:23.8	58:28.5
43	Raena Dumas	2059	8 F 30-39	55:24.6	58:29.4
44	Meghan Myles	2133	9 F 30-39	55:40.2	58:45.5
45	Barbara Binns	2012	1 F 70-99	55:40.7	58:55.3
46	Britt Postnikoff	2148	6 M 30-39	56:28.8	59:31.3
47	Nathan Lyons	2115	10 M 40-49	56:35.4	59:52.6
48	John DeSwardt	2054	5 M 50-59	56:46.2	59:52.9
49	Jerry Low	2208	6 M 50-59	57:16.5	1:00:30.8
50	Tod McCallum	2205	7 M 50-59	57:43.5	1:00:48.5
51	Robyn Krogh	2105	10 F 30-39	57:47.3	1:01:12.2
52	Kraig Daniels	2050	7 M 30-39	58:13.2	1:01:36.1
53	Melanie Mobbs	2127	6 F 40-49	58:28.7	1:01:39.6
54	Matthew Lees	2113	8 M 50-59	58:49.5	1:01:57.4
55	Tess Sandhu	2159	5 F 20-29	58:53.7	1:02:04.3
56	Fred Cotton	2044	2 M 60-69	58:55.0	1:02:06.6
57	Kelsey Snow	2169	6 F 20-29	59:09.0	1:02:13.2
58	Sue Flom	59	3 F 50-59	58:55.1	1:02:13.7
59	Tomoka Sweet	2180	7 F 40-49	59:11.2	1:02:21.0
60	Aysha Revell	2153	11 F 30-39	58:59.6	1:02:26.0
61	Lisa Hallgren	2078	12 F 30-39	58:59.7	1:02:26.2
62	Brenda Pasichnyk	2142	4 F 50-59	59:21.8	1:02:41.2
63	Emma Salamanca	2157	13 F 30-39	59:38.9	1:02:44.1
64	Julia Mitchell	2126	7 F 20-29	59:39.6	1:02:54.6
65	Natasha Bakstad	2008	8 F 20-29	59:46.7	1:02:56.3
66	Jodi Card	2029	14 F 30-39	59:35.0	1:03:02.8
67	Leona Roseborsky	2156	8 F 40-49	1:00:17.8	1:03:29.3
68	Jessica Koslowski	2103	15 F 30-39	1:00:26.9	1:03:37.6
69	Sophia Bouwmwan	2018	9 F 20-29	1:00:22.0	1:03:47.4
70	Hannah Van Noort	2189	10 F 20-29	1:00:23.6	1:03:48.4
71	Diane Manalo	2202	11 F 20-29	1:00:48.3	1:04:05.0
72	Nigel Halsted	2079	11 M 40-49	1:01:09.1	1:04:12.8
73	Francine Renouf	2152	9 F 40-49	1:01:05.8	1:04:17.4
74	Alexandra Falconer	2066	16 F 30-39	1:01:25.8	1:04:39.1
75	Lance Herok	2086	12 M 40-49	1:01:40.1	1:04:48.7
76	Deanna Bailey	2007	10 F 40-49	1:01:40.2	1:04:49.1
77	Eve Ojea	2138	11 F 40-49	1:02:08.7	1:05:08.7
78	Pamela Lee	2112	12 F 40-49	55:58.1	1:05:17.1

79	Mike Forrest	7959	1 M 70-99	1:02:30.4	1:05:39.6
80	Kaetlon Tanner	2181	5 F 50-59	1:02:13.5	1:05:40.8
81	Stacey Daniels	2051	17 F 30-39	1:02:21.5	1:05:45.8
82	Rick Doldersum	2058	8 M 30-39	1:03:31.9	1:06:52.7
83	April Fanstone	2067	12 F 20-29	1:03:50.4	1:06:57.5
84	Lori Cotton	2045	6 F 50-59	1:03:54.2	1:07:05.9
85	Marcie Esau	2064	18 F 30-39	1:04:15.5	1:07:23.5
86	Jamin Kaiser	2097	2 M 1-19	1:04:20.7	1:07:42.6
87	Andrea Latin	2107	13 F 20-29	1:04:34.6	1:07:46.4
88	Joe Crocker	7957	3 M 60-69	1:04:48.2	1:07:58.9
89	Elisa Bittante	2013	14 F 20-29	1:04:35.2	1:08:00.4
90	Liz Bevilacqua	2011	19 F 30-39	1:04:56.5	1:08:05.0
91	Tara Goerzen	2075	13 F 40-49	1:04:58.0	1:08:10.0
92	Jim Travis	2185	9 M 50-59	1:04:57.6	1:08:10.2
93	David Beaudry	2010	13 M 40-49	1:04:46.7	1:08:21.9
94	Alexandria Mercier	2125	20 F 30-39	1:04:46.6	1:08:22.0
95	Alexandra Foley	2069	15 F 20-29	1:05:26.4	1:08:30.6
96	Erin Tuck	2186	14 F 40-49	1:05:30.1	1:08:49.2
97	Ashley Chalmers	2034	21 F 30-39	1:05:46.4	1:08:50.1
98	Paula Fiteni	2207	22 F 30-39	1:05:47.4	1:08:51.3
99	Michelle Carduner	2030	1 F 60-69	1:05:52.5	1:09:15.7
100	Maxime Spakowski	2174	15 F 40-49	1:06:08.8	1:09:21.9
101	Dave Scharf	2161	10 M 50-59	1:06:09.9	1:09:26.0
102	Johan Doldersum	2057	11 M 50-59	1:06:14.6	1:09:35.2
103	Merran Hague	2077	16 F 40-49	1:06:24.1	1:09:42.8
104	Jennifer Cox	2203	17 F 40-49	1:06:24.4	1:09:42.9
105	Shannon O'Connor	2137	23 F 30-39	1:06:40.6	1:10:00.9
106	Todd Allward	2002	9 M 30-39	1:06:40.5	1:10:01.0
107	Peter Osuchowski	2141	4 M 60-69	1:06:44.2	1:10:07.4
108	Lisa Mclean	2123	18 F 40-49	1:06:52.1	1:10:08.0
109	Kelly Pochyly	2147	19 F 40-49	1:06:58.9	1:10:09.4
110	Brenda Burrige	2025	7 F 50-59	1:06:52.5	1:10:12.7
111	Amanda Newcomb	2136	16 F 20-29	1:07:17.4	1:10:25.5
112	Katherine Dewit	2056	20 F 40-49	1:07:19.5	1:10:31.4
113	Tyler Oskam	2140	10 M 30-39	1:07:31.2	1:11:07.1
114	Paul Larsen	2106	11 M 30-39	1:07:32.0	1:11:07.2
115	Aaron Smith	2167	4 M 20-29	1:07:31.1	1:11:07.5
116	Jeffery Boychuk	2019	14 M 40-49	1:07:32.7	1:11:07.7
117	Justin Adams	2204	5 M 20-29	1:07:33.1	1:11:08.3
118	Allison Snyder	2170	24 F 30-39	1:07:59.8	1:11:08.6
119	Brenna Mullin	2131	25 F 30-39	1:08:00.3	1:11:09.0
120	Brian Moukperian	2130	5 M 60-69	1:04:05.8	1:11:11.3
121	Karen Grommada	2076	8 F 50-59	1:08:26.2	1:11:36.1
122	Lori Bowie	22	9 F 50-59	1:08:25.9	1:11:36.3
123	Silke Christmas	2037	26 F 30-39	1:08:08.7	1:11:37.6
124	Julie Schoenberger	2163	10 F 50-59	1:08:33.0	1:11:44.5
125	Vanessa Dahm	2049	27 F 30-39	1:08:47.0	1:11:54.6
126	Lauren Herndier	2085	28 F 30-39	1:08:48.0	1:11:55.7
127	Kate Amangoulova	2004	21 F 40-49	1:08:35.4	1:12:02.4
128	Stephen Fussey	2072	12 M 30-39	1:08:47.0	1:12:11.3
129	Jacqueline Araujo	2006	17 F 20-29	1:09:44.1	1:12:46.7
130	Allison Hawkins	78	29 F 30-39	1:09:23.3	1:12:48.1

131	Sharon DeMoor	2053	2 F 60-69	1:09:38.9	1:12:52.5
132	Devan Van Tongeren	2190	6 M 20-29	1:09:52.3	1:13:30.3
133	Melanie Kilpatrick	2101	22 F 40-49	1:10:39.7	1:13:52.9
134	Sara Clements	2040	30 F 30-39	1:10:44.6	1:14:08.2
135	Kelly Naud	2134	31 F 30-39	1:10:45.0	1:14:08.3
136	Stephanie Healy	2083	23 F 40-49	1:10:50.5	1:14:10.5
137	Christina Fraser	2071	32 F 30-39	1:11:02.1	1:14:19.5
138	Sabrina Bradshaw	2020	24 F 40-49	1:11:02.1	1:14:19.5
139	Brian Sprott	2175	15 M 40-49	1:11:12.5	1:14:23.1
140	Vivian Schwartz	2164	11 F 50-59	1:11:34.5	1:14:51.2
141	Cyndie Piesche	2146	12 F 50-59	1:11:34.8	1:14:51.5
142	Kenneth Hay	2082	2 M 70-99	1:11:39.6	1:14:57.1
143	Leanne Carey	2031	25 F 40-49	1:11:46.5	1:15:05.9
144	Amber Weed	2210	33 F 30-39	1:12:00.2	1:15:14.9
145	Carolyn Cowe	2046	26 F 40-49	1:12:09.6	1:15:21.2
146	Starleas Murphy	2132	34 F 30-39	1:12:12.7	1:15:23.9
147	Wilson BorbÃ³n Moreno	2016	12 M 50-59	1:12:48.0	1:15:50.2
148	Charlene Fanstone	2068	27 F 40-49	1:12:53.0	1:15:59.8
149	Debbie Bates	2009	13 F 50-59	1:12:52.8	1:16:11.4
150	Lisa Croucher	2047	35 F 30-39	1:13:14.5	1:16:21.0
151	Dallas Lecoy	2111	7 M 20-29	1:13:11.8	1:16:33.2
152	Simona Brown	2023	28 F 40-49	1:13:48.2	1:17:26.3
153	Ria Brand	2021	36 F 30-39	1:14:42.5	1:17:45.5
154	Amardeep Gill	2074	29 F 40-49	1:15:08.9	1:18:12.9
155	James Scott	2165	6 M 60-69	1:14:59.2	1:18:20.0
156	Kelly Kristy	2104	30 F 40-49	1:15:45.3	1:19:00.4
157	Grace Thiessen	2182	14 F 50-59	1:16:02.5	1:19:31.3
158	Shelby Thiessen	2183	13 M 50-59	1:16:03.5	1:19:31.7
159	Tabitha Watmore	2191	37 F 30-39	1:16:34.7	1:20:16.9
160	Angela Sosnoski	2173	15 F 50-59	1:17:06.4	1:20:30.4
161	Nicki Holborn	2090	31 F 40-49	1:17:14.3	1:20:36.9
162	Kathryn McLachlan	2122	18 F 20-29	1:17:14.8	1:20:37.3
163	Nichola Lavallee	2108	38 F 30-39	1:18:26.9	1:21:29.9
164	Tricia Kentel	2099	3 F 60-69	1:19:55.4	1:23:10.8
165	Bonnie Yeomans	2198	4 F 60-69	1:20:25.0	1:23:41.8
166	Margaret DeVries	2055	2 F 70-99	1:20:25.0	1:23:42.7
167	Hilda Wiebe	2193	5 F 60-69	1:20:37.2	1:23:44.3
168	Galvin Brower	2022	7 M 60-69	1:20:44.1	1:24:04.3
169	Tracey Laville-Elgert	2109	32 F 40-49	1:21:01.7	1:24:20.9
170	Lindsay Faas	2065	39 F 30-39	1:21:45.0	1:25:04.0
171	Sarah Pegg	2143	33 F 40-49	1:23:54.1	1:27:04.8
172	Cecilia Taylor	172	6 F 60-69	1:25:53.1	1:29:35.0
173	Julie Cormier	35	7 F 60-69	1:25:53.8	1:29:35.5
174	Verner Sorensen	2172	3 M 70-99	1:26:16.6	1:29:42.9
175	Ary De Moor	2052	8 M 60-69	1:29:48.2	1:33:03.5
176	Yolanda Smith	2168	34 F 40-49	1:29:50.2	1:33:31.9
177	Lisa Mock	2128	16 F 50-59	1:31:38.4	1:35:18.7
178	Patricia Richardson	2155	8 F 60-69	1:31:38.9	1:35:19.5
179	Leslie Campbell	2028	17 F 50-59	1:34:52.3	1:38:29.8
180	Leanne Booth	2015	9 F 60-69	1:34:47.8	1:38:30.2
181	Tony Morris	2129	9 M 60-69	1:39:11.8	1:42:48.8
182	Max Webber	2192	8 M 20-29	1:40:55.3	1:44:32.4

183	Cathy Price	2150	3 F 70-99	1:43:07.4	1:46:48.1
184	Sheila McCrea	2121	4 F 70-99	1:43:05.2	1:46:48.5
185	Klaasje Riach	2154	10 F 60-69	1:44:03.9	1:47:17.6
186	Holly Kiener	2100	11 F 60-69	1:44:04.7	1:47:18.5
187	Patricia Paris	2209	18 F 50-59	1:44:31.9	1:48:55.6
188	Jan Patenaude	2201	12 F 60-69	1:44:34.8	1:48:59.3
189	Christina Chamberlain	2035	40 F 30-39	1:55:05.0	1:58:09.9
190	Maurice Van der Beke	2187	4 M 70-99	1:59:57.7	2:03:22.7
5K					
Place	Name	Bib No	Age Group	Chip Time	Gun Time
1	Grant Roberts	4112	1 M 30-39	18:50.4	24:50.4
2	Pierre Chan	4020	2 M 30-39	21:06.9	27:09.2
3	Chris Perger	4103	3 M 30-39	24:03.2	30:04.4
4	Mark Young	4141	1 M 50-59	24:33.0	30:34.7
5	Radyrick Canicula	4017	1 M 20-29	24:44.3	30:46.7
6	Jered Osterby	4097	2 M 20-29	25:22.8	31:27.2
7	Aaron Morgan	4088	4 M 30-39	26:05.7	32:25.2
8	Christine Arnold	4004	1 F 30-39	26:49.2	32:53.8
9	Ryan Mackay	2118	5 M 30-39	26:42.7	33:03.3
10	Joanna Williams	4157	1 F 20-29	27:24.1	33:31.4
11	Michael Southam	4123	3 M 20-29	27:24.9	33:31.6
12	Melanie Mackenzie	4080	2 F 30-39	27:42.0	33:45.9
13	Anson Exner	4031	1 M 1-19	27:37.7	33:58.7
14	Valerie Campbell	25	3 F 30-39	28:04.0	34:09.8
15	Jeremy Deane	4143	1 M 40-49	28:05.2	34:16.3
16	Nils Osterby	4098	2 M 50-59	28:27.2	34:30.7
17	Jennifer West	4136	4 F 30-39	28:17.6	34:36.3
18	Carolynne Wilks-Perger	4139	5 F 30-39	28:35.3	34:37.1
19	Travis Wilcks	4149	6 M 30-39	28:30.3	34:39.5
20	Sharon Tribe	4159	1 F 40-49	28:56.5	35:10.1
21	Tara Cleave	7962	6 F 30-39	29:39.7	35:44.7
22	Eva Mentz-Van GunStere	7955	2 F 40-49	29:43.7	35:47.5
23	Laina Rodney	4114	7 F 30-39	29:51.1	35:53.0
24	Yolanta Nelson	2200	3 F 40-49	31:04.9	37:12.1
25	Ryan Lemay	4153	7 M 30-39	31:10.0	37:12.8
26	Shirley Hewko	4054	1 F 50-59	30:44.0	37:19.5
27	James Renaud	4108	2 M 40-49	31:14.2	37:22.1
28	Konrad Bentley	4011	2 M 1-19	31:11.6	37:22.5
29	Jennifer Jonsson	4058	4 F 40-49	31:23.0	37:44.4
30	Gord Kurenoff	4065	1 M 60-69	31:38.2	37:46.6
31	Kristine Renaud	4109	5 F 40-49	31:41.3	37:49.0
32	Aaron Kirchhofer	4144	3 M 40-49	31:06.6	37:49.7
33	Kylie Morgan	4089	8 F 30-39	31:37.5	37:58.0
34	Kate Pendergast	2144	9 F 30-39	31:37.7	37:58.1
35	Becky Paulsen	4102	6 F 40-49	31:54.4	37:58.9
36	Arturo Munoz	4091	8 M 30-39	31:46.9	38:03.4
37	Tom New	4093	9 M 30-39	31:45.7	38:04.1
38	Lynn Masters	2120	7 F 40-49	31:52.1	38:13.3
39	Morgan Knodel	4150	10 F 30-39	32:10.1	38:19.5
40	Laura Brookes	4015	8 F 40-49	32:22.0	38:26.5
41	Sharon Sandhu	4118	11 F 30-39	32:24.7	38:30.5

42	Shawn Leblanc	4070	4 M 40-49	32:11.6	38:33.2
43	Sandra Herle	4053	2 F 50-59	32:29.2	38:42.5
44	Veronique Labeau	4066	3 F 50-59	32:47.7	39:01.7
45	Chantelle Bowles	4013	12 F 30-39	32:47.4	39:02.6
46	Brenda Knights	4064	9 F 40-49	32:55.7	39:07.7
47	Cheryl Dodd	4029	4 F 50-59	33:06.4	39:25.5
48	Matt Pighin	4105	3 M 1-19	33:15.5	39:33.9
49	Diane Proksa	4107	1 F 60-69	33:23.8	39:34.6
50	Keith Turner	4131	2 M 60-69	33:37.5	39:42.6
51	Jack Low	4077	4 M 1-19	33:48.6	39:56.9
52	Debbie Low	4076	13 F 30-39	33:51.7	39:59.6
53	Carlos Vasconcelos	4151	5 M 40-49	33:44.7	40:02.8
54	Natalia Skapski	4122	5 F 50-59	33:57.7	40:09.7
55	Paula Turrie	4146	10 F 40-49	34:04.3	40:15.2
56	Brooke Carey	4018	14 F 30-39	34:18.1	40:25.0
57	Lisa Latondress	4069	15 F 30-39	34:11.8	40:33.5
58	Meagan Nelson	4092	16 F 30-39	34:30.2	40:36.1
59	Lori Henry	4052	6 F 50-59	34:21.7	40:41.5
60	Elicia Peterson	4104	2 F 20-29	34:43.3	40:51.7
61	Kayziah Masih	4084	3 F 20-29	33:00.3	41:10.5
62	Mike Stotland	4125	4 M 20-29	34:52.2	41:12.8
63	Carla Rivard	4111	7 F 50-59	35:05.3	41:24.9
64	Katie Taylor	4129	11 F 40-49	35:27.6	41:46.7
65	Tasha Gandevia	4042	17 F 30-39	35:54.0	42:10.9
66	Erica Williams	7964	8 F 50-59	36:07.3	42:19.0
67	Cari Clarotto	4022	9 F 50-59	36:08.9	42:22.4
68	Charlene Giovannetti	4044	10 F 50-59	36:23.7	42:38.9
69	Laura Wittal	4140	11 F 50-59	36:24.4	42:39.9
70	Darrell King	4062	3 M 60-69	36:26.6	42:42.5
71	Brian Arruda	4006	10 M 30-39	36:53.6	43:11.3
72	Kari Simpson	4121	12 F 50-59	37:06.2	43:15.7
73	Kat Arruda	4007	4 F 20-29	36:59.1	43:17.0
74	Angelica Kang	4059	18 F 30-39	37:16.6	43:32.2
75	Danielle Morris	4090	19 F 30-39	37:30.4	43:34.4
76	Lena Odie	4096	20 F 30-39	37:33.9	43:47.0
77	Joanna Wates	4134	21 F 30-39	38:00.9	44:13.2
78	Melissa Oswald	4099	22 F 30-39	38:10.6	44:24.3
79	Kathryn Donnelly	4030	2 F 60-69	38:21.3	44:26.9
80	Michelle Casanova	4019	12 F 40-49	38:35.7	44:37.8
81	Karen Flanagan	4033	13 F 50-59	38:33.5	44:43.9
82	Theresa Magnien	4081	14 F 50-59	38:39.8	44:50.0
83	Tracy Lewis	4075	15 F 50-59	38:54.9	45:04.7
84	Kathy Lewis	4072	3 F 60-69	38:56.3	45:05.3
85	Sam Pesic	2145	23 F 30-39	41:50.7	45:20.3
86	Nashay Wiese	2194	1 F 1-19	41:50.8	45:20.5
87	Mackenzie Mobbs	4086	2 F 1-19	39:21.2	45:35.4
88	Tim Mobbs	4087	6 M 40-49	39:22.4	45:36.7
89	Melissa Sweet	4127	13 F 40-49	39:37.7	45:41.8
90	Ali Wilkinson	4138	14 F 40-49	39:37.4	45:42.1
91	Leanne Anderson	4001	24 F 30-39	39:38.0	45:46.0
92	Wai Wan Low	4155	5 F 20-29	39:40.4	45:50.2
93	Toby Balfour	4158	5 M 1-19	39:47.9	45:52.2

94	Cynthia Tyler	4133	15 F 40-49	39:34.1	45:52.9
95	Alexa Tyler	4132	3 F 1-19	39:34.3	45:53.0
96	Zoe Collinge	4023	6 F 20-29	40:24.1	46:38.8
97	Gennelle Froese	4036	25 F 30-39	40:57.0	47:04.2
98	Yalda Dashti	4027	26 F 30-39	41:04.6	47:09.6
99	Teresa Wiber	4145	16 F 40-49	41:05.4	47:18.7
100	James Shields	4156	11 M 30-39	41:43.5	48:00.5
101	Kate Helliwell	4050	27 F 30-39	41:44.2	48:01.6
102	TIFFANY LUNA	4079	28 F 30-39	41:45.3	48:01.8
103	Meran Higgins	4055	16 F 50-59	42:10.7	48:34.2
104	Christina Kirchhofer	4147	17 F 40-49	41:55.4	48:36.0
105	Sareena Prasad	4106	18 F 40-49	42:17.3	48:39.9
106	Emily Rodney	4113	29 F 30-39	42:39.4	48:42.4
107	Cindy Rukavina	4115	17 F 50-59	42:54.7	49:11.3
108	Cassidy Forbes	4034	7 F 20-29	42:55.1	49:11.5
109	Tracy Newcomb	4094	18 F 50-59	43:04.8	49:18.6
110	Steve Andsten	4002	3 M 50-59	43:11.0	49:21.1
111	Heather Briske	4014	19 F 50-59	43:11.3	49:21.6
112	Danielle Chard	4021	19 F 40-49	43:24.5	49:39.5
113	Laura Henham	4051	20 F 40-49	43:36.3	49:43.2
114	Sydney Higgins	4056	8 F 20-29	43:23.6	49:47.1
115	Kathleen Lowe	4078	21 F 40-49	44:39.2	50:51.9
116	Shannon Stewart	2178	20 F 50-59	44:31.9	51:00.3
117	Trish Jones	2096	21 F 50-59	44:31.9	51:00.6
118	Elizabeth Taitt	4128	30 F 30-39	44:54.3	51:01.5
119	Richard Lewis	4073	4 M 60-69	44:58.1	51:06.6
120	Robert Lewis	4074	5 M 60-69	44:57.0	51:06.8
121	Lidia Cyr	4025	31 F 30-39	45:15.3	51:46.8
122	Shannon Alvarenga	4000	9 F 20-29	45:54.5	52:03.7
123	Tracy Finnemore	4032	22 F 50-59	46:01.2	52:07.8
124	Tara Darling	4026	32 F 30-39	46:20.2	52:32.8
125	David Turner	4152	1 M 70-99	47:01.8	53:05.2
126	Karen Larson	4068	23 F 50-59	48:03.3	54:28.7
127	Michelle Arnold	4005	22 F 40-49	48:04.1	54:29.0
128	Christie LaPointe	4067	23 F 40-49	48:03.3	54:29.1
129	Kari Jones	4057	24 F 50-59	48:03.8	54:29.1
130	Chrisula Gale	4041	24 F 40-49	48:05.5	54:29.2
131	Theresa Schiewe	4119	33 F 30-39	48:12.0	54:36.2
132	Noel Wiber	4142	7 M 40-49	49:51.4	56:03.8
133	Tracey Barbaro	4009	25 F 40-49	50:18.2	56:24.6
134	Penny Goryk	4045	25 F 50-59	50:57.6	57:13.1
135	Kieren Geisler	4043	34 F 30-39	51:16.9	57:47.0
136	Pali Mann	4083	35 F 30-39	51:24.8	57:54.1
137	Katie Kennedy	4154	10 F 20-29	54:09.5	1:00:21.0
138	Stacey Desnoyers	7956	26 F 40-49	54:08.3	1:00:21.1
139	Serena Caine	4016	36 F 30-39	54:18.7	1:00:44.7
140	Carrie O'Bray	4100	26 F 50-59	54:19.0	1:00:45.3
141	Dana Weigel	4135	37 F 30-39	54:29.6	1:00:45.4
142	Ann Beck	4010	27 F 40-49	54:29.7	1:00:45.6
143	Sally Frost	4040	1 F 70-99	57:00.5	1:03:22.0
144	Al Frost	4039	2 M 70-99	57:02.4	1:03:22.8
145	Dale Attrell	4008	3 M 70-99	57:03.0	1:03:23.8

146	Nicole Hazelton	4047	28 F 40-49	1:02:02.3	1:08:33.3
147	Jennifer Schmidt	4120	29 F 40-49	1:02:02.6	1:08:33.9
148	Pat Hayward	4046	4 F 60-69	1:02:19.8	1:08:49.9
149	Callie Hedges	4048	4 F 1-19	1:04:23.0	1:10:57.6
150	Eric Hedges	4049	8 M 40-49	1:04:23.7	1:10:58.2
151	Peter Arkell	4003	9 M 40-49	1:05:20.8	1:11:32.2
152	Heather Rigby-Jones	4110	5 F 60-69	1:07:27.1	1:13:57.5