

2019 SFN Canada Day ROCK				
Overall Finish List				
July 01, 2019				
10K				
Place	Name	Bib No	Age Group	Chip Time
1	Vivian Davidson	2497	1 F 30-39	38:59.4
2	Christian Rivera Gonzalez	2566	1 M 20-29	39:29.4
3	Scott Lougheed	2536	1 M 30-39	40:24.7
4	Randy Shelford	2571	1 M 40-49	41:48.3
5	Darcy Tingala	2595	2 M 40-49	43:32.5
6	Karen De Montigny	2498	1 F 40-49	43:36.5
7	Ninder Dhaliwal	2594	3 M 40-49	43:54.9
8	Robin Hiet-Block	2518	2 M 30-39	44:17.9
9	Deborah Eckhouse	2502	2 F 30-39	44:57.4
10	Jason Fraser	2505	4 M 40-49	45:29.6
11	David Beaudry	2484	5 M 40-49	46:42.4
12	Ryan Le Grice	2529	3 M 30-39	47:05.4
13	Marlon Hernandez	2516	2 M 20-29	48:05.8
14	Kyle Giesbrecht	2508	4 M 30-39	48:23.7
15	Gabriel Hill	2521	5 M 30-39	48:44.0
16	William (Bill) Hunter	2526	1 M 50-59	49:35.5
17	Hitomi Ginnan	2598	2 F 40-49	50:12.5
18	Ken Ginnan	2597	6 M 40-49	50:12.9
19	Twyla Ross	2568	1 F 50-59	51:03.5
20	Kim Sorensen	2575	2 F 50-59	51:37.6
21	Dean Dube	2500	2 M 50-59	51:34.5
22	Philip Spencer	2577	3 M 20-29	52:14.8
23	Thomas Middelveen	2544	3 M 50-59	53:05.3
24	Kelly Vogt	2583	4 M 50-59	54:03.0
25	Catherine Tsang	2580	3 F 30-39	54:43.0
26	David Ross	2567	5 M 50-59	55:35.3
27	Elke Bauer	2483	3 F 50-59	55:47.1
28	Charlene Morgan	2546	1 F 60-69	57:14.2
29	Kathleen Biberdorf	2486	4 F 30-39	57:21.6
30	Cassie Paul	2562	5 F 30-39	57:22.5
31	Pamela Lee	2532	6 F 30-39	58:02.4
32	Cynthia Ayotte	2481	1 F 20-29	58:28.7
33	Cácia Sodré	2574	3 F 40-49	58:44.2
34	Andre Souza	2576	6 M 30-39	58:44.1
35	Shelley Wei	2589	4 F 40-49	59:30.5
36	Brock Martin	2542	7 M 40-49	59:38.3
37	Glen Susans	2578	7 M 30-39	58:18.7
38	Fidel Castro	2492	8 M 40-49	1:01:20.1
39	Emily Phelan	2564	2 F 20-29	1:01:17.4
40	Skylar Newton	2551	8 M 30-39	1:02:05.2
41	Shelley Hatfield	2512	5 F 40-49	1:01:32.7
42	Tom Morgan	2547	9 M 30-39	1:02:01.8
43	Cuong (Peter) Ho	2523	10 M 30-39	1:02:07.9

44	Dawn Feng	2503	6 F 40-49	1:02:25.5
45	Benjamin Martin	2541	11 M 30-39	1:03:11.4
46	Renee Le Nobel	2530	7 F 40-49	1:03:12.8
47	Helen Zwaan	2593	2 F 60-69	1:03:40.0
48	Lawrence Cheung	2494	4 M 20-29	1:03:51.6
49	Sharon Toor	2579	8 F 40-49	1:04:19.4
50	Darren Brown	2490	9 M 40-49	1:04:44.5
51	Sara Wadge	2585	9 F 40-49	1:04:51.8
52	Shirley Hewko	2517	4 F 50-59	1:05:29.7
53	Qina Zhou	2599	10 F 40-49	1:06:12.2
54	Gregg Walters	2587	6 M 50-59	1:06:17.0
55	Wan Fang Hiet-Block	2519	11 F 40-49	1:04:23.0
56	Curtis Dean	2600	12 M 30-39	1:06:25.0
57	Lindsay Nowack	2552	7 F 30-39	1:07:30.0
58	Michelle Minhas	2545	8 F 30-39	1:08:20.7
59	Lindsay Ramage	2565	12 F 40-49	1:08:40.2
60	Eve Ojea	2555	9 F 30-39	1:08:53.9
61	Lavina Morrison	2548	13 F 40-49	1:09:26.0
62	Peter Osuchowski	2558	13 M 30-39	1:09:54.1
63	Becca Kennedy	2527	3 F 60-69	1:09:46.6
64	Branka Gataric	2507	5 F 50-59	1:10:54.1
65	Maria Castro	2493	14 F 40-49	1:11:37.8
66	Christine Boller	2487	3 F 20-29	1:12:34.7
67	Nicki Holborn	2524	10 F 30-39	1:13:16.4
68	Paula Harling	2511	15 F 40-49	1:13:09.5
69	Sarah Chapman	2596	16 F 40-49	1:13:24.0
70	Kristal Webb	2588	11 F 30-39	1:13:38.8
71	Shelley Ogilvie	2554	6 F 50-59	1:13:59.1
72	Carrie Dodd	2499	17 F 40-49	1:13:58.8
73	Serena Weiers	2590	18 F 40-49	1:14:00.8
74	Shanna Olson	2556	12 F 30-39	1:14:31.3
75	Roger Roufosse	2569	1 M 80-89	1:14:31.6
76	Jennifer Van Iderstine	2582	19 F 40-49	1:14:56.7
77	Kenneth Hay	2513	1 M 70-79	1:15:11.7
78	Kim Liebscher	2533	20 F 40-49	1:16:17.1
79	Teresa Saunders	2570	7 F 50-59	1:17:34.4
80	Cam MacKinnon	2539	1 M 60-69	1:18:28.8
81	Peter Hamilton	2510	7 M 50-59	1:18:28.1
82	Ali Duke	2501	21 F 40-49	1:19:02.5
83	Jamie Higgins	2520	22 F 40-49	1:19:01.5
84	Tim Koh	2528	14 M 30-39	1:19:21.6
85	Sanny Chong	2495	13 F 30-39	1:19:22.3
86	Ken Ogilvie	2553	2 M 60-69	1:21:14.2
87	Christine Brightman	2489	14 F 30-39	1:22:11.8
88	Michael MacDonald	2538	10 M 40-49	1:22:55.5
89	Vincent Pastor	2561	15 M 30-39	1:21:50.5
90	Karly Archibald	2480	4 F 20-29	1:24:15.4
91	MIKHAIL LLANES	2534	16 M 30-39	1:25:05.3
92	Sharleen Pennin Antonio	2479	5 F 20-29	1:29:02.9

93	Patricia Mulvaney	2549	4 F 60-69	1:30:07.5
94	GEORGE ALMARIA	2476	5 M 20-29	1:32:24.1
95	SHARINA PEARL ANTONIO	2478	6 F 20-29	1:32:24.7
96	Lindsay Walker	2586	15 F 30-39	1:34:55.4
97	Ted Hill	2522	17 M 30-39	1:34:56.5
98	Kathleen Paddington	2559	5 F 60-69	1:36:50.7
99	DIANE LEE	2531	8 F 50-59	1:36:57.1
100	Jody Amdal	2477	23 F 40-49	1:37:06.4
101	Kathy Civitareale	2496	6 F 60-69	1:37:00.9
102	Loerella Weitzel	2591	16 F 30-39	1:43:23.8
103	Kanwal Sidhu	2572	9 F 50-59	1:47:21.6
104	Julie Headridge	2514	10 F 50-59	1:47:31.2
105	Frances Lorber	2535	7 F 60-69	1:47:32.1
106	Tasha Gandevia	2506	17 F 30-39	1:48:48.5
107	Marie Bennie	2485	18 F 30-39	1:48:49.8
5K				
Place	Name	Bib No	Age Group	Chip Time
1	Jeff Brooman	4712	1 M 30-39	19:38.6
2	Reid Christiansen	4717	1 M 40-49	21:20.7
3	David Thibodeau	4792	2 M 40-49	22:00.3
4	Sarah Baskott	4812	1 F 30-39	23:45.6
5	Mark Young	4802	1 M 50-59	24:53.0
6	Danielle Howes	4737	2 F 30-39	24:51.9
7	Chris Perger	4781	2 M 30-39	26:10.2
8	Caelan McPherson	4762	2 M 50-59	26:48.7
9	Greg McPherson	4763	1 M 1-19	26:49.1
10	Hans Zwaan	4803	1 M 60-69	27:00.0
11	Peter Hampton	4729	2 M 60-69	27:13.8
12	Henry Nestmann	4771	2 M 1-19	27:25.9
13	Graham Manning	4816	3 M 30-39	27:18.4
14	Liam Milau	4764	3 M 40-49	28:43.0
15	Nick Milau	4765	3 M 1-19	28:43.7
16	Lolyta Richards	4811	1 F 40-49	28:46.5
17	Kylie Morgan	4768	1 F 60-69	30:27.9
18	Jennifer Le Grice	4747	3 F 30-39	30:28.8
19	Edwin Ochoa	4774	4 M 30-39	30:13.0
20	Kate Helliwell	4732	4 F 30-39	29:51.0
21	Andrei Aldea	2475	5 M 30-39	30:07.4
22	Norma Mah	4755	2 F 40-49	31:10.0
23	Jackson Nestmann	4772	6 M 30-39	31:11.3
24	Nada Gataric	4728	1 F 50-59	31:38.4
25	Tara Bissonnette	4710	2 F 50-59	31:42.9
26	Lynne Spence	4790	1 F 70-79	31:59.5
27	Noah Mulder	4769	4 M 1-19	31:52.2
28	Blake King	4742	7 M 30-39	32:12.3
29	Ryan King	4745	5 M 1-19	32:13.1
30	Susan Edmondson	4724	3 F 50-59	33:12.8
31	Charlotte Hilborn	4804	1 F 1-19	33:19.4

32	Erin Nestmann	4770	2 F 1-19	33:19.2
33	Kari Lloyd	4750	3 F 40-49	34:18.5
34	James Paxton	4780	3 F 1-19	34:18.4
35	Nanette Sears	4787	4 F 40-49	35:05.9
36	Keith Turner	4796	3 M 60-69	35:09.9
37	Fenton Paisley-Quick	4778	6 M 1-19	35:10.2
38	Andrew Quick	4784	4 M 40-49	35:10.4
39	Alexandria Mercier	2543	5 F 30-39	35:34.9
40	Jennifer Hayden	4730	1 F 20-29	35:49.5
41	Tracey MacKenzie	4754	5 F 40-49	35:56.5
42	Kevin McLaughlin	4760	5 M 40-49	36:19.8
43	Matteo McLaughlin	4761	7 M 1-19	36:20.7
44	Maria Belcastro	4708	4 F 50-59	36:25.1
45	Mario Belcastro	4709	3 M 50-59	36:25.5
46	Renee Adam	4703	6 F 40-49	36:47.1
47	Kevin Henry	2515	8 M 30-39	36:53.4
48	Zoe Collinge	4718	2 F 20-29	37:43.3
49	Leann Parker	2560	5 F 50-59	38:01.2
50	Jean Hoeft	4736	7 F 40-49	38:24.8
51	Marieva Baladad Maniquiz	4756	8 F 40-49	38:15.5
52	Tabitha Watmore	4797	6 F 30-39	39:21.5
53	Grace Cheung	4715	9 F 40-49	39:23.4
54	Michael Lockhart	4752	9 M 30-39	40:25.8
55	Anna Pinote	4782	10 F 40-49	40:32.4
56	James Shields	4789	10 M 30-39	40:57.0
57	Samantha Aird	4704	7 F 30-39	40:44.2
58	Annette Thompson	4793	3 F 20-29	41:30.2
59	TIFFANY LUNA	4753	8 F 30-39	41:24.3
60	Kathryn Donnelly	4723	2 F 60-69	42:15.3
61	Brian Arruda	4705	11 M 30-39	42:17.1
62	Kat Deaton	4720	4 F 20-29	42:17.6
63	Shaughnessy Hill	4735	9 F 30-39	42:14.1
64	Colby King	4743	12 M 30-39	43:07.3
65	Leslie King	4744	4 F 1-19	43:09.0
66	Danielle Diamond	4722	10 F 30-39	43:06.8
67	Tom New	4773	13 M 30-39	43:09.1
68	KARLA JANET HERNANDEZ AGUILAR	4733	11 F 30-39	43:24.6
69	Ines Cavasin Burton	4714	6 F 50-59	43:10.9
70	Shantelle Spencer	4805	5 F 20-29	43:20.5
71	Ethan Paisley	4776	6 M 40-49	42:53.4
72	John Paisley	4777	8 M 1-19	42:52.8
73	Janet Baxter	4707	7 F 50-59	42:53.9
74	Paxton Griffin	4807	9 M 1-19	43:59.9
75	Carolynne Wilks-Perger	4798	12 F 30-39	44:20.2
76	Veronica Griffin	4806	13 F 30-39	44:29.9
77	Orsolya Matusek	4808	11 F 40-49	44:30.4
78	Walter Block	4711	1 M 70-79	45:14.7
79	Crisanta Isidro	4739	12 F 40-49	45:38.7
80	Suzanne Torjek	4795	8 F 50-59	46:00.0

81	Jane Freeman	4727	13 F 40-49	46:00.0
82	Justine Lockhart	4751	14 F 30-39	46:54.5
83	Elizabeth Fazzari	4725	6 F 20-29	47:26.5
84	Jennifer Thurston	4794	14 F 40-49	48:01.4
85	Melanie Tee	4791	15 F 30-39	48:01.5
86	Mason Raymer	4815	1 M 20-29	47:46.7
87	Sandee Hayre	4731	16 F 30-39	48:15.3
88	Lidia Cyr	4719	17 F 30-39	48:21.3
89	Jayden WOO	4799	7 M 40-49	50:00.0
90	Steve WOO	4801	8 M 40-49	50:15.5
91	Katie Hampton	4814	18 F 30-39	50:48.1
92	Nikki Palmiere	4779	15 F 40-49	50:49.3
93	Warren Le Grice	4748	2 M 70-79	51:18.9
94	Cheryl Le Grice	4746	3 F 60-69	51:22.1
95	Alaina Milicevic	4766	19 F 30-39	52:25.2
96	Chantal Sears	4786	16 F 40-49	54:29.0
97	Erin Inglis	4738	20 F 30-39	54:29.1
98	Christian Devasagayam	4721	2 M 20-29	49:30.1
99	Sandi Hildebrant	4734	2 F 70-79	54:34.4
100	Myra Sharkey	4788	3 F 70-79	57:26.9
101	Marilyn McKay	4759	4 F 60-69	57:27.8
102	Colleen Marshall	4757	5 F 60-69	57:28.7
103	Heather Prime	4783	9 F 50-59	58:31.6
104	Cori Ross	4813	10 F 50-59	58:44.2
105	Glenna Mitchell	4767	11 F 50-59	58:44.5
106	Carrie O'Bray	4775	12 F 50-59	58:40.8
107	Serena Caine	4713	21 F 30-39	58:41.2
108	Maria Osuchowski	2557	6 F 60-69	1:00:31.0
109	Armando Ochoa	4809	4 M 60-69	1:00:24.0
110	Ingrid Ochoa	4810	13 F 50-59	1:00:25.0