

2017 Fort Langley Historic  
 Overall Finish List  
 February 19, 2017

Half

Place	Name	Bib No	Age	Age Group	Place	Chip Time	Gun Time
1	Jacob Loewen	707	20	1 M 20-29		1:21:22.3	1:21:25.0
2	Lindsay Carswell	621	44	1 M 40-49		1:22:47.7	1:22:52.6
3	Kris Loshack	709	29	2 M 20-29		1:24:18.4	1:24:23.8
4	Spencer Bass	599	42	2 M 40-49		1:24:29.7	1:24:32.1
5	Scott Stefanek	837	28	3 M 20-29		1:26:28.9	1:26:31.3
6	Lawrence Buchan	614	26	4 M 20-29		1:27:35.0	1:27:40.8
7	Mert Tasli	841	29	5 M 20-29		1:28:17.1	1:28:19.8
8	Michael Owen	750	32	1 M 30-39		1:29:26.2	1:29:29.7
9	Paul Taylor	799	41	3 M 40-49		1:31:19.5	1:31:23.8
10	Brendan Wirtz	822	41	4 M 40-49		1:32:16.5	1:32:21.4
11	Thai Truong	850	36	2 M 30-39		1:32:57.5	1:33:01.9
12	Michael Prince	761	31	3 M 30-39		1:32:57.8	1:33:02.0
13	Randy Shelford	785	37	4 M 30-39		1:32:59.7	1:33:05.6
14	Cecilia Escobar	840	37	1 F 30-39		1:34:36.8	1:34:44.9
15	Adam Duarte	849	54	1 M 50-59		1:34:53.3	1:34:56.1
16	Lisa Rossetto	776	40	1 F 40-49		1:35:36.0	1:35:39.9
17	Simon Sukstorf	796	55	2 M 50-59		1:35:40.2	1:35:43.5
18	Ibin Ardila	594	18	1 M 1-19		1:36:19.4	1:36:24.4
19	Anna-Maria Harstad	665	30	2 F 30-39		1:36:20.2	1:36:28.6
20	Yu Ge	656	42	5 M 40-49		1:37:20.7	1:38:09.8
21	Marcus Lindstrom	705	46	6 M 40-49		1:37:31.4	1:37:41.9
22	Meghan Kwiatkowski	691	21	1 F 20-29		1:37:31.9	1:38:12.0
23	David Beaudry	602	46	7 M 40-49		1:39:25.7	1:39:31.9
24	Katherine Short	788	26	2 F 20-29		1:40:37.3	1:40:42.8
25	Kelly Vogt	809	49	8 M 40-49		1:40:41.6	1:40:47.3
26	Dylan Morgan	851	39	5 M 30-39		1:40:49.5	1:51:17.8
27	Paul Mendoza	724	43	9 M 40-49		1:41:52.1	1:41:59.2
28	John Bower	606	45	10 M 40-49		1:42:07.4	1:42:15.2
29	Jim Novotny	746	52	3 M 50-59		1:42:44.5	1:43:00.0
30	Kyle Machibroda Ames	711	21	6 M 20-29		1:43:11.6	1:43:22.2
31	Geoff Mcnamara	723	46	11 M 40-49		1:44:51.2	1:45:08.1
32	David Deneire	848	40	12 M 40-49		1:45:05.7	1:45:30.5
33	Jeff Brooman	610	37	6 M 30-39		1:45:07.9	1:45:38.5
34	Louie Maione	716	46	13 M 40-49		1:45:37.7	1:45:50.0
35	Logan Duke-Bodnarchuk	645	27	7 M 20-29		1:46:11.5	1:46:33.1
36	Stacie Weinberger	814	42	2 F 40-49		1:46:15.0	1:46:19.4
37	Dave Horsfield	674	60	1 M 60-69		1:47:05.5	1:47:47.5
38	Lance Herok	669	40	14 M 40-49		1:47:47.4	1:47:55.6
39	Christina Helme	844	39	3 F 30-39		1:48:09.5	1:48:35.7
40	Jeff Cowan	635	43	15 M 40-49		1:48:13.5	1:48:20.6
41	Greg Scott	781	49	16 M 40-49		1:48:29.8	1:48:49.5
42	Duncan Magnus	713	43	17 M 40-49		1:49:03.5	1:50:01.0
43	Aaron Steele	793	33	7 M 30-39		1:49:39.2	1:55:41.9
44	Drew Hollingworth	672	47	18 M 40-49		1:50:10.5	1:50:35.7
45	WILSON MO	729	48	19 M 40-49		1:50:14.3	1:50:19.7
46	Kathleen Nomura	744	52	1 F 50-59		1:50:33.5	1:51:01.1

47	Tim Williams	819	55	4 M 50-59	1:50:38.4	1:50:50.7
48	Miranda Whiteley	815	38	4 F 30-39	1:51:01.2	1:51:37.0
49	Rod Castillo	622	46	20 M 40-49	1:51:04.5	1:51:10.9
50	Steve Zdril	833	35	8 M 30-39	1:51:23.5	1:51:31.1
51	Rainy Kent	684	59	2 F 50-59	1:51:40.0	1:51:51.7
52	Ryan Le Grice	695	36	9 M 30-39	1:51:48.3	1:52:15.8
53	John Heuft	671	29	8 M 20-29	1:52:04.9	1:52:11.0
54	Peter Hansen	663	60	2 M 60-69	1:52:15.2	1:52:27.4
55	TORU FUJII	653	51	5 M 50-59	1:52:21.2	1:52:32.3
56	Melissa Baxter	601	31	5 F 30-39	1:52:31.5	1:52:48.1
57	Kelly Gardner	654	44	3 F 40-49	1:52:38.4	1:52:46.7
58	Stephen Kring	688	49	21 M 40-49	1:52:42.4	1:52:55.1
59	Gerry Morales	733	37	10 M 30-39	1:52:43.2	1:53:03.5
60	Nicola Erasmus	647	41	4 F 40-49	1:52:52.1	1:53:06.9
61	Peter Stace-Smith	792	59	6 M 50-59	1:53:20.6	1:53:43.2
62	Gordon Spooner	791	59	7 M 50-59	1:53:20.9	1:53:43.0
63	Angela Cullen-Spooner	637	60	1 F 60-69	1:53:21.2	1:53:43.6
64	John Makepeace	718	56	8 M 50-59	1:53:40.4	1:53:49.7
65	Geoff Le Vecque	696	37	11 M 30-39	1:53:45.2	1:54:17.2
66	Samuel Alonzo	592	40	22 M 40-49	1:53:57.8	1:54:53.8
67	Rabih Majzoub	717	35	12 M 30-39	1:54:09.3	1:54:53.0
68	Andrew Hartnell	666	36	13 M 30-39	1:54:43.7	1:55:04.9
69	Shannon Anderson	593	23	3 F 20-29	1:54:56.2	1:56:20.9
70	Jo-Anne Merrell	726	54	3 F 50-59	1:55:24.4	1:55:33.2
71	Stefanie Kappel	679	51	4 F 50-59	1:55:44.4	1:55:55.0
72	William Tran	803	31	14 M 30-39	1:55:50.2	1:56:08.1
73	Omar Vasquez	807	40	23 M 40-49	1:56:08.0	1:56:17.9
74	Lance Lilley	704	43	24 M 40-49	1:56:13.3	1:56:38.0
75	Michele Gurnsey	661	37	6 F 30-39	1:56:28.7	1:56:42.6
76	Sandra Sukstorf	797	52	5 F 50-59	1:56:30.5	1:56:36.1
77	Dryden Dion	639	18	2 M 1-19	1:57:24.7	1:57:27.6
78	Mark Pain	752	41	25 M 40-49	1:57:33.3	1:58:50.6
79	Tom Middelveen	727	52	9 M 50-59	1:57:43.0	1:57:51.9
80	Ben Choe	626	40	26 M 40-49	1:58:06.9	1:58:32.9
81	Michael Virilas	808	45	27 M 40-49	1:58:14.8	1:58:47.2
82	Katrina Williams	820	24	4 F 20-29	1:58:33.7	1:59:11.0
83	Michael Meroniuk	725	27	9 M 20-29	1:58:54.3	1:59:18.1
84	Cory Ratke	763	54	10 M 50-59	1:59:31.4	1:59:42.9
85	Hannah Brown	612	22	5 F 20-29	1:59:43.3	2:00:29.7
86	Byron Sherk	786	27	10 M 20-29	1:59:46.3	2:00:23.9
87	Paul Chisholm	625	53	11 M 50-59	1:59:46.3	2:03:46.8
88	Henk Colyn	631	40	28 M 40-49	1:59:51.8	2:00:05.1
89	Karen Lyles	710	46	5 F 40-49	1:59:58.9	2:00:16.0
90	Thais Mori	842	33	7 F 30-39	2:00:30.0	2:00:59.7
91	Sarah Barton	598	31	8 F 30-39	2:00:54.5	2:01:36.2
92	Ryan Jarata	678	37	15 M 30-39	2:01:25.6	2:02:21.5
93	Michelle Pearce	756	29	6 F 20-29	2:01:59.9	2:02:39.1
94	Brenda Pasichnyk	755	47	6 F 40-49	2:02:44.3	2:03:29.6
95	Nicole Van Zanten	806	27	7 F 20-29	2:03:13.7	2:03:28.4
96	Ciana Morrison	738	28	8 F 20-29	2:03:28.7	2:04:19.4
97	Sophia Kutney	690	17	1 F 1-19	2:04:00.9	2:04:14.6
98	Joy Kutney	689	47	7 F 40-49	2:04:02.6	2:04:16.2

99	Rebecca Popovici	759	20	9 F 20-29	2:04:48.8	2:04:58.6
100	Ramiro Munoz	739	52	12 M 50-59	2:04:51.6	2:05:22.4
101	Ellen Reid	768	41	8 F 40-49	2:04:58.7	2:05:34.9
102	Ben Yu Schott	832	38	16 M 30-39	2:05:33.7	2:05:49.9
103	Cameron Keller	681	45	29 M 40-49	2:05:41.6	2:05:54.2
104	Dave Bikadi	603	38	17 M 30-39	2:06:06.5	2:06:59.7
105	Martin Gostelow	657	64	3 M 60-69	2:06:14.2	2:06:59.0
106	Jecel Austria	596	30	9 F 30-39	2:06:34.3	2:07:59.1
107	Miranda Rosehill	775	19	2 F 1-19	2:06:41.6	2:07:22.8
108	Sumara Stroshein	794	19	3 F 1-19	2:06:41.8	2:07:22.6
109	Brendan Cottrell	634	19	3 M 1-19	2:06:55.8	2:07:36.5
110	MICHAEL Jones	838	59	13 M 50-59	2:07:06.9	2:07:54.4
111	Nicole Noonan	745	43	9 F 40-49	2:07:15.5	2:07:55.5
112	Haleh Magnus	714	42	10 F 40-49	2:07:39.6	2:11:10.3
113	Heather Choi	627	47	11 F 40-49	2:07:42.3	2:08:33.1
114	Ashley Osborn	749	32	10 F 30-39	2:07:48.2	2:08:21.6
115	Andrew Wilde	818	43	30 M 40-49	2:07:50.8	2:08:22.3
116	Anna Wou	825	47	12 F 40-49	2:07:56.2	2:13:49.2
117	Paulin Laberge	692	62	4 M 60-69	2:08:02.8	2:08:46.8
118	Victor Liang	703	30	18 M 30-39	2:08:04.0	2:08:29.8
119	Rachel Gysbers	662	26	10 F 20-29	2:08:12.6	2:08:47.9
120	Mark Hyder	675	64	5 M 60-69	2:08:13.0	2:08:19.6
121	Andrea Lopez	708	46	13 F 40-49	2:08:28.5	2:09:19.7
122	Phil Robinson	773	66	6 M 60-69	2:08:31.2	2:14:46.8
123	Melissa Finn	845	47	14 F 40-49	2:08:32.5	2:09:27.3
124	Patty Leong	702	46	15 F 40-49	2:08:43.7	2:10:41.4
125	Michelle Ashley	595	41	16 F 40-49	2:08:47.1	2:09:53.4
126	Shirley Blair	605	67	2 F 60-69	2:09:10.9	2:09:18.8
127	Johan Doldersum	641	54	14 M 50-59	2:09:14.3	2:09:24.2
128	Jennifer Blair	604	42	17 F 40-49	2:09:42.2	2:09:49.1
129	Yolanta Nelson	742	39	11 F 30-39	2:09:43.7	2:10:06.7
130	Rich Brodowski	609	49	31 M 40-49	2:10:08.5	2:10:42.4
131	Branka Gataric	655	50	6 F 50-59	2:10:30.2	2:10:48.9
132	Chris Reardon	764	34	19 M 30-39	2:10:30.6	2:12:44.3
133	Nadine Mross	836	28	11 F 20-29	2:10:31.0	2:11:21.0
134	Lindsay Lanigan	694	36	12 F 30-39	2:10:56.6	2:11:19.0
135	Sharon Yoshida	829	31	13 F 30-39	2:11:16.7	2:11:45.2
136	Philip Reilly	769	40	32 M 40-49	2:11:19.7	2:11:40.2
137	Rick Lam	693	56	15 M 50-59	2:11:54.4	2:12:39.8
138	Sean Evans	648	26	11 M 20-29	2:12:06.7	2:12:33.4
139	Vanja Pojuzina	758	28	12 F 20-29	2:12:29.1	2:12:54.3
140	Tanya Pulko	762	41	18 F 40-49	2:12:33.8	2:12:47.6
141	George Tiller	801	64	7 M 60-69	2:12:56.6	2:13:34.4
142	Dan Connop	633	51	16 M 50-59	2:13:43.6	2:14:25.8
143	Monique Osborne	847	47	19 F 40-49	2:14:38.2	2:15:02.8
144	Mabel Fong	651	57	7 F 50-59	2:14:40.1	2:15:08.4
145	Lindsay Nowack	747	32	14 F 30-39	2:16:13.5	2:16:41.2
146	Carlos Imprial	676	39	20 M 30-39	2:16:23.6	2:16:49.3
147	Samantha Legal	701	26	13 F 20-29	2:16:24.0	2:17:01.2
148	Dawn Bryson	613	40	20 F 40-49	2:16:44.2	2:17:20.7
149	Kate Carandang	620	34	15 F 30-39	2:17:00.9	2:17:20.7
150	Steve Woods	824	68	8 M 60-69	2:17:20.4	2:18:06.7

151	Jamie Doldersum	643	21	14 F 20-29	2:17:33.8	2:17:43.8
152	Elizabeth Yee	827	25	15 F 20-29	2:17:43.0	2:18:15.4
153	Brent YERXA	828	58	17 M 50-59	2:17:43.1	2:18:15.6
154	Dianne Wright	826	53	8 F 50-59	2:17:51.3	2:18:17.4
155	Jonathan Mamon	719	27	12 M 20-29	2:17:54.9	2:18:14.5
156	Valerie Greenwood	660	49	21 F 40-49	2:19:54.3	2:20:37.8
157	Cathy Warnock	812	56	9 F 50-59	2:20:30.8	2:20:45.7
158	Petra Hermes	668	55	10 F 50-59	2:20:31.5	2:20:45.8
159	Kenji Sherpa	787	48	22 F 40-49	2:21:08.8	2:22:26.8
160	Geordie Rose	774	45	33 M 40-49	2:21:33.4	2:23:24.5
161	Barbara Owen	751	58	11 F 50-59	2:21:50.7	2:22:34.9
162	Andrea Briggeman	839	39	16 F 30-39	2:22:18.4	2:22:57.6
163	Vanice Wilson	821	57	12 F 50-59	2:22:47.1	2:23:21.5
164	Cheryl Moore	732	53	13 F 50-59	2:22:47.5	2:23:21.4
165	Alanna Morley	846		1 F 0- 0	2:23:21.2	2:23:44.4
166	Emily Leach	697	29	16 F 20-29	2:24:23.5	2:24:41.3
167	Patrick Stuart	795	35	21 M 30-39	2:25:22.3	2:25:37.9
168	Liz Jericho	843	65	3 F 60-69	2:25:31.7	2:25:58.8
169	Christopher Rozitis	777	54	18 M 50-59	2:25:37.3	2:26:25.5
170	Craig Teichrieb	800	42	34 M 40-49	2:26:29.7	2:28:48.0
171	Joe Crocker	636	62	9 M 60-69	2:27:40.4	2:27:49.4
172	Gerald Buchwitz	615	54	19 M 50-59	2:28:06.4	2:28:53.9
173	Rosemary Fleming	650	61	4 F 60-69	2:28:25.0	2:28:44.3
174	Vanessa Chin	624	24	17 F 20-29	2:31:35.4	2:33:00.0
175	Nicole Baker	597	45	23 F 40-49	2:31:41.7	2:32:11.6
176	Irene Neave	741	77	1 F 70-99	2:33:28.6	2:34:18.7
177	Roderick Esplin	835	57	20 M 50-59	2:33:42.9	2:34:18.8
178	Amanda Falk	649	27	18 F 20-29	2:34:07.0	2:34:59.7
179	Corinna Calogiros	617	45	24 F 40-49	2:34:07.0	2:34:59.7
180	Karen Samuelson	779	42	25 F 40-49	2:34:35.7	2:45:04.5
181	Courtney Burt	616	28	19 F 20-29	2:34:36.3	2:45:04.1
182	Brie Hemingway	667	29	20 F 20-29	2:34:37.1	2:45:04.4
183	Marilyn Custer	638	27	21 F 20-29	2:35:26.6	2:35:55.6
184	Melody Manuel	720	57	14 F 50-59	2:36:05.4	2:36:40.3
185	Sarah Wieler	817	35	17 F 30-39	2:36:05.4	2:36:40.1
186	Catherine Brown	611	52	15 F 50-59	2:36:42.8	2:37:29.4
187	Joseph Tan	798	50	21 M 50-59	2:39:14.8	2:40:09.6
188	Simon Du	644	39	22 M 30-39	2:40:59.2	2:41:50.3
189	Krista Sabatino	778	27	22 F 20-29	2:41:40.2	2:42:03.7
190	Arpan Pradhan	760	50	16 F 50-59	2:42:00.8	2:43:20.2
191	Tammy Schwark	780	33	18 F 30-39	2:42:03.8	2:42:48.2
192	Bill Fordy	652	52	22 M 50-59	2:42:34.0	2:43:14.1
193	Shannon Reynolds	771	40	26 F 40-49	2:43:11.4	2:43:33.0
194	Brian Kemp	683	32	23 M 30-39	2:43:50.2	2:44:32.3
195	Lisa Morgan	736	33	19 F 30-39	2:43:51.0	2:44:32.9
196	Lori Nelson	743	44	27 F 40-49	2:44:25.1	2:45:00.4
197	Kari Holmes	673	30	20 F 30-39	2:46:02.3	2:46:19.8
198	Pamela Clarke	629	32	21 F 30-39	2:46:19.3	2:46:19.3
199	Del Coderre	630	68	10 M 60-69	2:47:04.4	2:48:01.5
200	DAVID KELLS	682	59	23 M 50-59	2:47:04.5	2:48:01.6
201	Nancy Tossavainen	802	38	22 F 30-39	2:47:45.1	2:48:15.5
202	Bonnie Command	632	49	28 F 40-49	2:48:06.7	2:48:52.9

203	Sheila Lechner	699	46	29 F 40-49	2:48:29.6	2:49:35.0
204	Liz Graham	658	43	30 F 40-49	2:49:06.1	2:49:21.8
205	Erin Parr	754	39	23 F 30-39	2:49:06.7	2:49:22.5
206	Sean Mackenzie	712	44	35 M 40-49	2:49:14.8	2:50:09.0
207	Shelley Kerekanich	685	37	24 F 30-39	2:49:27.5	2:50:06.1
208	Angela Semeniuk	783	41	31 F 40-49	2:49:56.6	2:50:20.7
209	Brenda Adamson	590	49	32 F 40-49	2:50:12.7	2:50:36.9
210	Ge Zhang	852	49	33 F 40-49	2:50:38.6	2:55:26.0
211	Richard Moore	730	34	24 M 30-39	2:52:36.9	2:53:13.6
212	Miranda Green	659	31	25 F 30-39	2:53:04.8	2:53:33.6
213	Koleman Ireland	677	34	25 M 30-39	3:02:01.6	3:05:31.5
214	Jolienne Moore	731	39	26 F 30-39	3:10:54.2	3:11:32.6
215	Shelby Marshall	721	41	34 F 40-49	3:10:54.9	3:11:34.2
216	Joyce Kramer	687	68	5 F 60-69	3:11:37.0	3:12:04.9
217	Sarah Whiting	816	33	27 F 30-39	3:17:42.6	3:18:35.3
218	Angela Smith	790	47	35 F 40-49	3:19:10.2	3:23:41.6
219	AMY TUCKER	804	51	17 F 50-59	3:57:44.3	3:58:34.3

#### 10K

Place	Name	Bib No	Age	Age Group	Place	Chip Time	Gun Time
1	Tina Strauss	2467	60	1 F 60-69		39:40.0	43:44.6
2	Kyle Giesbrecht	2493	31	1 M 30-39		43:34.3	47:30.6
3	Christophe Pauwels	2432	46	1 M 40-49		46:12.2	59:49.6
4	Derek Barber	2312	39	2 M 30-39		46:26.7	50:55.2
5	Fiona Ives	2370	52	1 F 50-59		47:29.3	51:22.3
6	Scott Mac Donald	2394	27	1 M 20-29		47:38.9	48:19.9
7	Katrina Leckovic	2387	34	1 F 30-39		47:58.0	51:50.8
8	Tina Hu	2366	27	1 F 20-29		48:05.7	51:59.6
9	Trei Lindstrom	2389	15	1 M 1-19		48:12.5	52:34.8
10	Patrick J Whalen	2490	57	1 M 50-59		48:31.5	52:38.9
11	Mina Myong	2423	37	2 F 30-39		49:37.9	53:32.1
12	Fehrenbacher Joni	2499	53	2 F 50-59		50:03.0	53:58.9
13	James Hardcastle	2360	48	2 M 40-49		50:33.4	54:33.0
14	David Ames	2304	53	2 M 50-59		50:33.7	54:34.7
15	Sherilyn Swayne	2469	34	3 F 30-39		51:41.1	55:33.8
16	Richard Standerwick	2460	45	3 M 40-49		51:52.0	56:24.8
17	Rick Delacherois	2494	56	3 M 50-59		51:58.4	55:55.4
18	Harrison Stobbe	2465	11	2 M 1-19		52:13.1	56:05.3
19	Richard Ryant	2445	52	4 M 50-59		52:15.9	56:07.7
20	Martha Marks	2400	35	4 F 30-39		52:31.7	56:22.7
21	Meagan Mainville	2397	28	2 F 20-29		53:03.9	57:26.1
22	Liana Laviolette	2386	38	5 F 30-39		54:07.1	58:55.6
23	Wendy Kuczynski	2382	58	3 F 50-59		54:23.2	1:04:59.4
24	Chris Worsnup	2492	43	4 M 40-49		54:31.6	59:01.0
25	Shanna Kanuka	2376	39	6 F 30-39		55:00.1	58:52.7
26	Griffin Vander Ploeg	2479	10	3 M 1-19		55:00.4	58:52.4
27	Carmen Tsang	2477	27	3 F 20-29		55:06.9	59:00.6
28	Dan Bull	2321	41	5 M 40-49		55:23.9	1:00:17.8
29	Ev Dueck	2339	48	1 F 40-49		55:29.8	59:42.0
30	Maria Rodrigues	2441	58	4 F 50-59		55:32.3	59:37.0
31	Neal Hurtubise	2367	35	3 M 30-39		55:38.0	1:01:39.6
32	Leanne Bushey	2322	38	7 F 30-39		56:06.8	1:00:30.6

33	Jayne Cummins	2331	57	5 F 50-59	56:21.7	1:00:15.1
34	Travis Muller	2418	20	2 M 20-29	56:29.4	1:00:25.0
35	Katie Stephenson	2464	19	1 F 1-19	56:29.8	1:00:25.1
36	Pamela Goosen	2355	42	2 F 40-49	57:01.6	1:01:50.5
37	Maria Koh	2496	31	8 F 30-39	57:14.5	1:01:20.4
38	Gurpreet Andrews	2305	40	3 F 40-49	57:37.3	1:01:36.0
39	Aimee Watson	813	29	4 F 20-29	57:55.2	58:47.1
40	Stephanie Mercier	2412	33	9 F 30-39	58:00.6	1:02:32.0
41	Annabel Majendie	2398	47	4 F 40-49	58:19.0	1:02:30.5
42	Tim Stephenson	2462	52	5 M 50-59	58:29.3	1:02:25.6
43	Sheryl Stephenson	2463	51	6 F 50-59	58:29.5	1:02:25.6
44	Lauren Pedersen	2434	27	5 F 20-29	58:34.4	1:02:36.0
45	Nicole Vandelft	2478	31	10 F 30-39	58:39.0	1:03:23.8
46	Lisa Hamar	2358	48	5 F 40-49	58:46.7	1:02:51.3
47	Scott Allard	2302	33	4 M 30-39	58:49.3	1:03:34.4
48	Kailie Watts	2488	33	11 F 30-39	59:20.7	1:03:39.5
49	Kristy Alexander	2301	37	12 F 30-39	59:21.2	1:03:58.5
50	Joe Postnikoff	2437	32	5 M 30-39	59:25.0	1:03:28.0
51	Britt Postnikoff	2438	34	6 M 30-39	59:25.4	1:03:28.2
52	Erika Johnson	2373	33	13 F 30-39	59:44.9	1:04:30.5
53	Kim Macdonald	2396	44	6 F 40-49	59:58.7	1:04:05.0
54	Jeannette Gehrke	2351	50	7 F 50-59	1:00:00.7	1:03:55.4
55	Joshua Rozene	2443	11	4 M 1-19	1:00:01.2	1:03:53.5
56	Elaine Scott	2456	58	8 F 50-59	1:00:03.8	1:06:06.0
57	Leann Parker	2431	51	9 F 50-59	1:00:20.9	1:04:37.3
58	Peter Osuchowski	2426	60	1 M 60-69	1:00:23.5	1:05:21.6
59	Nicole Smith	789	37	14 F 30-39	1:00:24.9	1:04:57.1
60	Charlene Morgan	735	61	2 F 60-69	1:00:42.2	1:04:56.9
61	Lavinia Morin	2415	36	15 F 30-39	1:00:46.8	1:05:34.9
62	Tom Morgan	734	61	2 M 60-69	1:01:06.8	1:05:21.5
63	Alisha Lugtigheid	2393	38	16 F 30-39	1:01:20.9	1:06:05.7
64	Rahel Maksymetz	5184	35	17 F 30-39	1:01:21.1	1:05:35.0
65	Kim Traas	2475	38	18 F 30-39	1:01:21.4	1:06:06.0
66	Katie Maher	715	38	19 F 30-39	1:01:35.4	1:06:18.8
67	Bradley Vleeming	2486	25	3 M 20-29	1:01:58.4	1:08:33.4
68	Mackenzie Shopland	2458	23	6 F 20-29	1:01:58.4	1:08:33.2
69	Christal Vanderwal	2482	24	7 F 20-29	1:02:24.0	1:06:54.9
70	Jack Froese	2349	63	3 M 60-69	1:02:28.7	1:06:52.8
71	Karen Mcdowell	2402	44	7 F 40-49	1:02:36.5	1:06:42.0
72	Michelle Carduner	2324	58	10 F 50-59	1:03:12.5	1:07:42.8
73	KATELYN TENHOEVE	2472	29	8 F 20-29	1:03:15.3	1:07:13.6
74	Khristine Baril	2313	40	8 F 40-49	1:03:15.5	1:08:48.6
75	Tara Rozenek	2444	40	9 F 40-49	1:03:30.6	1:07:24.4
76	Joan Antunes	2306	41	10 F 40-49	1:03:38.1	1:07:37.2
77	Cathie Gillette	2354	24	9 F 20-29	1:03:43.1	1:08:30.7
78	Lisa Brodowski	2317	48	11 F 40-49	1:03:43.1	1:08:30.9
79	Karen Roeck	2442	32	20 F 30-39	1:03:43.9	1:09:16.9
80	Conrad Johnson	2372	64	4 M 60-69	1:04:01.3	1:08:42.6
81	Kathy Potter	2439	51	11 F 50-59	1:04:05.6	1:08:11.5
82	Noriko Vickerson	2485	40	12 F 40-49	1:04:05.9	1:08:28.7
83	Angela Dickson	2338	37	21 F 30-39	1:04:10.4	1:08:24.3
84	Greg Salter	2447	50	6 M 50-59	1:04:18.7	1:08:28.6

85	Yvonne Ehrenholz	2342	26	10 F 20-29	1:04:48.7	1:09:14.0
86	Teri Bonneau	2500	47	13 F 40-49	1:04:50.2	1:08:56.6
87	Ralph Piesche	2435	62	5 M 60-69	1:05:08.3	1:09:25.7
88	Andrea Klatt	2379	34	22 F 30-39	1:05:15.8	1:09:29.2
89	Jadene Babcock	2308	37	23 F 30-39	1:05:31.1	1:09:55.0
90	Jenni Culbert	2330	46	14 F 40-49	1:05:50.3	1:09:49.5
91	Eve Ojea	2425	37	24 F 30-39	1:05:57.4	1:10:56.7
92	Karen Augusto Ferreira	2307	36	25 F 30-39	1:06:04.7	1:10:16.9
93	Cyndie Piesche	2436	56	12 F 50-59	1:06:11.9	1:10:28.2
94	Audur Jonsdottir	2375	40	15 F 40-49	1:06:16.1	1:10:18.2
95	Randine Johnson	2374	48	16 F 40-49	1:06:21.8	1:10:13.9
96	Wendy Thornton	2474	46	17 F 40-49	1:06:21.9	1:10:14.1
97	Sharon Pauwels	2433	45	18 F 40-49	1:06:22.5	1:18:33.3
98	Sharon Demoor	2336	64	3 F 60-69	1:06:37.3	1:11:17.2
99	Nicole Murphy	2421	39	26 F 30-39	1:06:59.7	1:11:40.1
100	Brendan Murphy	2420	38	7 M 30-39	1:07:00.6	1:11:40.1
101	Nicole Cavanagh	2501	41	19 F 40-49	1:07:02.0	1:11:25.1
102	Joe Turtle	805	77	1 M 70-99	1:07:10.7	1:11:27.4
103	Deanne Corbett	2327	32	27 F 30-39	1:07:10.8	1:15:21.5
104	Kim Parley	753	45	6 M 40-49	1:07:44.8	1:11:55.0
105	James Scott	2455	60	6 M 60-69	1:07:47.6	1:13:51.9
106	Tammy Thiery	2473	49	20 F 40-49	1:07:48.6	1:12:25.2
107	Brigitte Hurtubise	2368	31	28 F 30-39	1:07:49.3	1:13:52.0
108	Alexine Mclellan	2407	30	29 F 30-39	1:07:50.2	1:13:51.9
109	Jane Abbott	588	41	21 F 40-49	1:08:12.2	1:12:19.1
110	Brenda Smith	2459	48	22 F 40-49	1:08:20.6	1:12:25.4
111	Valerie Ballantyne	2310	56	13 F 50-59	1:08:22.6	1:12:33.8
112	Ron Samson	2448	56	7 M 50-59	1:08:22.6	1:12:34.6
113	Rick Doldersum	642	27	4 M 20-29	1:08:40.3	1:12:51.2
114	Glen Mclarty	2406	56	8 M 50-59	1:08:51.8	1:13:02.4
115	Amie Evans	2345	28	11 F 20-29	1:09:10.7	1:13:17.8
116	Olga Osuchowski	2427	36	30 F 30-39	1:09:14.4	1:14:26.1
117	Kate Banham	2311	44	23 F 40-49	1:09:58.8	1:14:08.2
118	Jo Stolz	2466	50	14 F 50-59	1:09:59.0	1:14:08.2
119	Naomi Kennedy	2377	40	24 F 40-49	1:09:59.1	1:14:08.2
120	Natasha Gulenchyn	2357	27	12 F 20-29	1:10:03.6	1:14:19.5
121	Lauretta Manning	2399	63	4 F 60-69	1:10:04.4	1:14:45.3
122	Faye Hickson	2363	54	15 F 50-59	1:10:07.8	1:14:15.7
123	Holly Lloyd	2390	53	16 F 50-59	1:10:08.3	1:14:15.6
124	Dave Scharf	2452	54	9 M 50-59	1:10:12.5	1:14:31.6
125	Allison Donne	2498	36	31 F 30-39	1:10:15.7	1:14:15.0
126	Laura Lindstrom	706	46	25 F 40-49	1:10:39.0	1:14:49.2
127	Amanda Mcphillips	2410	34	32 F 30-39	1:11:10.1	1:15:31.0
128	Philip Kong	2381	31	8 M 30-39	1:11:12.0	1:16:00.2
129	Susan Curtiss	2332	59	17 F 50-59	1:11:40.3	1:16:01.8
130	Donna Leche	698	60	5 F 60-69	1:12:04.1	1:16:05.4
131	Loraine Ham	2495	66	6 F 60-69	1:12:04.1	1:16:05.3
132	Chandal Eggli	2341	34	33 F 30-39	1:12:33.7	1:17:20.2
133	Taryn Cross	2329	39	34 F 30-39	1:12:51.8	1:17:04.7
134	Melanie Evans	2346	35	35 F 30-39	1:12:52.3	1:17:05.1
135	Sonja Hutchinson	2369	43	26 F 40-49	1:12:52.7	1:17:05.0
136	Raylyn Geary	2350	36	36 F 30-39	1:12:56.2	1:17:40.3

137	Colleen Eichendorf	2343	34	37 F 30-39	1:12:56.3	1:17:40.7
138	Catherine Nolan	2424	50	18 F 50-59	1:13:39.1	1:18:31.4
139	Stephanie Riley	2440	43	27 F 40-49	1:13:40.0	1:18:32.2
140	Marla Weinheimer	2489	49	28 F 40-49	1:13:40.5	1:18:33.0
141	Leslie Calandra	2323	37	38 F 30-39	1:13:42.7	1:17:50.8
142	Kaitlynn Staples	2461	27	13 F 20-29	1:13:43.5	1:17:36.7
143	Felicia Foggetti	2347	35	39 F 30-39	1:13:44.5	1:17:52.6
144	Diana Teichrieb	2471	41	29 F 40-49	1:14:04.1	1:18:04.0
145	Jeff Day	2497	59	10 M 50-59	1:14:29.3	1:18:48.9
146	Teresa Cooper	2326	59	19 F 50-59	1:14:29.8	1:18:49.3
147	Jackie Lauzon	2385	30	40 F 30-39	1:15:00.3	1:19:15.6
148	Cassandra Allard	2303	33	41 F 30-39	1:15:03.2	1:19:50.1
149	Nikki Palmiere	2428	43	30 F 40-49	1:15:30.3	1:19:32.4
150	Pia Schattner	2453	38	42 F 30-39	1:16:10.4	1:20:58.6
151	Monica Murphy	2422	52	20 F 50-59	1:16:46.9	1:20:51.0
152	Maureen Gibson	2353	53	21 F 50-59	1:16:47.0	1:20:51.2
153	Gerri Mckenna-Webb	2405	47	31 F 40-49	1:16:48.7	1:21:42.6
154	Jennie Taf	2470	41	32 F 40-49	1:16:51.7	1:21:45.9
155	Cathy Lorenz	2392	47	33 F 40-49	1:17:08.8	1:21:50.5
156	Arne Lorenz	2391	46	7 M 40-49	1:17:09.5	1:21:52.1
157	Farah Gerwing	2352	36	43 F 30-39	1:18:00.0	1:22:07.1
158	Mark Eggli	2340	33	9 M 30-39	1:18:19.2	1:23:06.4
159	Laura Wallace	2487	27	14 F 20-29	1:19:19.5	1:23:14.8
160	Cayla Ryant	2446	13	2 F 1-19	1:19:31.4	1:23:22.1
161	Latifa Kassam	680	39	44 F 30-39	1:19:49.8	1:24:33.3
162	Angela Woods	2491	44	34 F 40-49	1:20:40.3	1:28:44.4
163	Jason Lee	2388	43	8 M 40-49	1:21:30.5	1:25:56.4
164	Rob Schultz	2454	53	11 M 50-59	1:21:30.7	1:25:56.6
165	Candice Critchlow	2328	27	15 F 20-29	1:21:31.6	1:25:56.7
166	Kylie Grahame	2356	28	16 F 20-29	1:21:34.9	1:25:50.4
167	Aaron Morgan	2414	31	10 M 30-39	1:21:35.5	1:25:50.5
168	Melissa Vannerus	2483	25	17 F 20-29	1:22:04.5	1:26:41.7
169	Lorraine Bruce	2319	57	22 F 50-59	1:22:19.1	1:26:37.1
170	Shannon Field	5151	40	35 F 40-49	1:22:20.9	1:27:07.4
171	Brian Vanderwal	2480	56	12 M 50-59	1:24:05.5	1:28:26.5
172	Faith Vanderwal	2481	57	23 F 50-59	1:24:24.5	1:28:26.2
173	Coleen Jackson	2371	65	7 F 60-69	1:24:54.4	1:29:16.5
174	Jeanne Macdonald	2395	45	36 F 40-49	1:25:34.4	1:29:40.3
175	Chris Brunt-Tompsett	2320	63	7 M 60-69	1:28:51.4	1:39:07.0
176	Ary De Moor	2334	65	8 M 60-69	1:30:13.0	1:34:53.5
177	Larry Mcmanus	2408	62	9 M 60-69	1:33:01.1	1:36:59.9
178	Michelle Mcmanus	2409	55	24 F 50-59	1:33:02.3	1:37:00.1
179	Wanda Truesdell	2476	64	8 F 60-69	1:33:02.3	1:37:00.1
180	Sherrie Fraser	2348	61	9 F 60-69	1:34:00.3	1:44:15.7
181	Michelle Adriaanse	2300	42	37 F 40-49	1:37:08.7	1:41:40.7
182	Karen Baker	2309	38	45 F 30-39	1:37:09.9	1:41:41.0
183	Peggy Sheppard	2457	52	25 F 50-59	1:37:10.9	1:41:39.2
184	Martien Mcgillivray	2403	43	38 F 40-49	1:37:11.3	1:41:40.7
185	Shazeen Hasham	2362	38	46 F 30-39	1:37:26.2	1:42:09.9
186	Lorri Paquette	2430	45	39 F 40-49	1:37:58.9	1:41:54.0
187	Krista Lambert	2384	33	47 F 30-39	1:38:26.1	1:42:54.4
188	Leanne Booth	2502	62	10 F 60-69	1:38:39.8	1:43:19.0



189	Patti Mckay	2404	59	26 F 50-59	1:38:43.1	1:43:19.5
190	Sheila Mccrea	2401	67	11 F 60-69	1:38:43.5	1:43:19.0

5K

Place	Name	Bib No	Age	Age Group	Place	Chip Time	Gun Time
1	Douglas Hutcheon	5162	43	1 M 40-49		20:16.3	30:23.6
2	Scott Phelps	5202	38	1 M 30-39		23:31.2	33:39.3
3	Paul Padgett	5197	35	2 M 30-39		24:14.6	34:19.0
4	Ben Swinden	5217	13	1 M 1-19		24:24.7	34:30.2
5	Nathalie Hutcheon	5163	44	1 F 40-49		25:37.1	35:43.9
6	Charlie Stobbe	5214	8	2 M 1-19		26:15.5	36:17.4
7	Michael Wright	5231	52	1 M 50-59		26:23.4	36:26.8
8	Sarah Murphy	5195	11	1 F 1-19		26:30.3	36:34.0
9	Alicia Murphy	5193	39	1 F 30-39		26:39.3	36:43.5
10	Katya Slepian	5211	24	1 F 20-29		27:51.5	38:02.4
11	Pam Stockton	5216	52	1 F 50-59		28:10.7	38:31.4
12	Blaire Harnett	5158	27	2 F 20-29		28:23.9	38:26.7
13	Robson Aleixo	591	45	2 M 40-49		28:40.4	38:45.5
14	Joan Gisler Roe	5156	53	2 F 50-59		29:26.9	39:53.4
15	Erin Labbe	2383	37	2 F 30-39		30:11.4	40:17.6
16	Robyn Campbell	5134	36	3 F 30-39		30:15.0	40:32.0
17	Sheela Mclean	5188	55	3 F 50-59		30:23.9	40:34.4
18	Ryan Birt	5126	45	3 M 40-49		30:46.3	40:56.7
19	Mason Vander Ploeg	5224	8	3 M 1-19		31:02.1	41:03.9
20	Amanda Bruce	5131	28	3 F 20-29		31:07.1	41:12.1
21	Kyrsten Dewinetz	5233	45	2 F 40-49		31:15.3	41:46.6
22	Kama Money	5191	34	4 F 30-39		31:53.4	42:03.9
23	ADRIANNA FENTON	5150	31	5 F 30-39		32:00.8	42:06.1
24	Elijah Cole	5140	8	4 M 1-19		32:31.6	42:33.6
25	Rhonda Swinden	5218	46	3 F 40-49		32:38.0	43:10.8
26	Albert Chow	5137	46	4 M 40-49		33:18.4	43:27.6
27	Elizabeth Elias	5146	44	4 F 40-49		33:18.7	43:25.5
28	Joanne Hobday	5234	38	3 M 30-39		33:50.6	44:21.7
29	Katie Lawrence	5176	27	4 F 20-29		34:03.4	44:21.6
30	Debbie Lawrence	5175	54	4 F 50-59		34:12.0	44:30.5
31	Keith Turner	5223	62	1 M 60-69		34:17.9	44:25.3
32	Debra Gale	5155	59	5 F 50-59		34:25.1	44:44.8
33	Karen Kean	5167	54	6 F 50-59		34:56.2	45:18.1
34	Tara Stockton	5215	20	5 F 20-29		35:11.7	45:33.0
35	Richelle Chambers	2325	47	5 F 40-49		35:28.2	45:37.9
36	Emilie Dehoubert	5142	29	6 F 20-29		36:03.4	46:11.9
37	Louise D'oliveira	5144	43	6 F 40-49		36:11.6	46:22.8
38	Joanna Cossey	5141	37	6 F 30-39		36:15.7	46:20.6
39	Gwen Cole	5139	47	7 F 40-49		36:18.2	46:21.6
40	Lisa Parr	5199	50	7 F 50-59		36:21.5	46:44.9
41	Joel Murphy	5194	8	5 M 1-19		36:21.6	46:36.2
42	Dave Murphy	5192	38	4 M 30-39		36:21.6	46:36.4
43	Kristy Knights	5170	28	7 F 20-29		36:27.6	46:34.7
44	Yvonne Wai	5227	65	1 F 60-69		36:59.0	47:16.0
45	Joan Lui	5183	47	8 F 40-49		37:30.5	47:40.4
46	Jennifer Kerr	2378	43	9 F 40-49		37:38.3	47:43.9
47	Mechelle Cannon	5135	50	8 F 50-59		38:42.2	49:16.1

48	Wally Vermette	5226	7	6 M 1-19	38:48.9	48:57.8
49	Andre Vermette	5225	44	5 M 40-49	38:50.0	48:59.2
50	Iris Liu	5177	32	7 F 30-39	39:02.9	43:37.0
51	Logan Phelps	5203	10	7 M 1-19	39:30.9	49:39.8
52	Jennifer Kay	5166	44	10 F 40-49	39:36.1	49:49.6
53	Gord Kurenoff	5172	57	2 M 50-59	39:51.2	50:07.6
54	Mellissa Ruryk	5206	60	2 F 60-69	39:56.1	50:12.3
55	Gemma Stobbe	5213	36	8 F 30-39	40:03.4	50:07.7
56	Kathy McCrae	5186	47	11 F 40-49	40:03.7	50:23.1
57	Laura Henham	5160	41	12 F 40-49	40:03.9	50:23.0
58	Brandi Weir	5229	39	9 F 30-39	40:43.6	51:06.8
59	Dane Jardine	5164	40	6 M 40-49	41:23.3	51:38.7
60	Kim Bruce	5132	36	10 F 30-39	41:23.6	51:38.6
61	Nadine Armstrong	5121	38	11 F 30-39	41:36.8	51:58.7
62	April Thomson	5220	54	9 F 50-59	41:52.3	52:14.1
63	Kerry Schwab	5208	42	13 F 40-49	42:09.0	52:27.4
64	Callie Schwab	5209	11	2 F 1-19	42:10.0	52:27.8
65	Karen Casselman	5136	51	10 F 50-59	42:14.0	52:19.4
66	Tisha Kugler	5171	41	14 F 40-49	42:45.1	53:06.1
67	Jonathan Barber	5123	9	8 M 1-19	42:50.7	53:18.8
68	Wilhelmina Dekleer	5143	63	3 F 60-69	42:50.7	53:19.2
69	Kristy Smith	5212	38	12 F 30-39	43:33.1	54:04.9
70	Sandy Eustis	5235	36	13 F 30-39	43:33.3	54:05.1
71	Laura Mckenzie Smith	5187	14	3 F 1-19	44:11.6	54:40.9
72	Stephanie Taylor	5219	46	15 F 40-49	44:13.6	54:42.6
73	Mike Laporte	5173	49	7 M 40-49	44:28.8	54:42.7
74	Michelle Laporte	5174	49	16 F 40-49	44:29.9	54:42.3
75	Stephanie Fedoruk	5149	53	11 F 50-59	45:18.5	55:24.3
76	Roxanne Toole	5222	24	8 F 20-29	46:15.6	56:38.2
77	Tanis Toker	5221	24	9 F 20-29	46:16.0	56:38.5
78	Gregory Eppel	5148	34	5 M 30-39	46:16.2	56:24.9
79	Brandon Kuczynski	5237	27	1 M 20-29	47:00.9	57:36.3
80	Shawn Needham	5196	49	17 F 40-49	47:35.9	57:49.3
81	Les Fullerton	5153	69	2 M 60-69	47:37.1	57:41.4
82	Marni Palm	5198	58	12 F 50-59	47:48.6	57:55.2
83	Sadie Phelps	5204	7	4 F 1-19	48:07.4	58:17.8
84	Janet Phelps	5205	39	14 F 30-39	48:18.5	58:29.3
85	Sandi Hildebrant	5161	70	1 F 70-99	49:51.5	1:00:03.1
86	Katherine Hart	5159	45	18 F 40-49	49:53.3	1:00:10.1
87	John Mendoza	5190	45	8 M 40-49	50:44.1	1:01:04.0
88	Tina Campbell	5133	53	13 F 50-59	51:04.8	1:01:29.4
89	Glenda Brownie	5130	60	4 F 60-69	51:21.6	1:01:46.8
90	Jill Jones	5165	51	14 F 50-59	51:31.5	1:02:03.8
91	Leslie Mcphillips	5189	60	5 F 60-69	51:43.5	1:02:06.6
92	Denise Doyle	5236	54	15 F 50-59	51:44.3	1:02:06.4
93	Julie Fullerton	5154	73	2 F 70-99	53:12.8	1:03:16.7
94	Donna Rushant	5207	57	16 F 50-59	53:44.6	1:03:58.2
95	Robyn Doornberg	5145	52	17 F 50-59	54:23.2	1:04:59.6
96	Bernadette Kleynhans	5169	53	18 F 50-59	55:08.9	1:05:23.2
97	Richard Gladwin	5157	66	3 M 60-69	55:09.1	1:05:23.2
98	Ravi Basi	5124	37	15 F 30-39	55:27.1	1:05:46.9
99	Seema Sidhu	5210	35	16 F 30-39	55:27.2	1:05:47.1

100	Neetu Bains	5122	37	17 F 30-39	55:28.4	1:05:47.0
101	Tammy Borg	5127	48	19 F 40-49	57:53.3	1:08:02.2
102	Spencer Brownie	5129	54	3 M 50-59	57:53.6	1:08:19.0
103	Penny Borg	5128	51	19 F 50-59	57:54.3	1:08:02.8
104	Diana Bennett	5125	52	20 F 50-59	58:12.1	1:08:18.8
105	Robin Mossop	5232	27	10 F 20-29	1:16:45.0	1:27:14.8
106	Rhiannon Paskall	5200	31	18 F 30-39	1:17:26.7	1:49:01.3
107	Jonah Marshall	5185	36	6 M 30-39	1:17:29.8	1:49:01.6
108	Kari Lloyd	5180	41	20 F 40-49	1:25:36.2	1:34:59.6
109	James Paxton	5201	7	9 M 1-19	1:25:36.3	1:34:59.7
110	Janet Kinley	5168	61	6 F 60-69	1:27:38.9	1:38:05.9