

2019 BC CFA Hot Chocolate Run					
Overall Finish List					
March 02, 2019					
10K					
Place	Name	Bib No	Age Group	Chip Time	Gun Time
1	James Blair	397	1 M 40-49	40:50.4	40:51.3
2	Ronan Garvey	455	1 M 20-29	43:25.8	43:38.7
3	Sebastian Rakowski	580	2 M 20-29	43:29.5	44:11.6
4	John Niu	563	1 M 30-39	45:17.6	45:22.8
5	William (Bill) Hunter	488	1 M 50-59	45:27.9	45:41.7
6	Blake Noelte	565	2 M 30-39	45:52.8	46:07.6
7	Kathleen LePard	519	1 F 50-59	46:26.0	46:28.7
8	Muhammed Salem	588	3 M 30-39	46:59.1	47:07.9
9	Wesley Hughes	486	3 M 20-29	46:49.2	47:08.7
10	Emma Rolfson	584	1 F 1-19	48:17.2	48:31.6
11	Trevor Dummer	436	2 M 50-59	48:29.7	48:34.7
12	Lesley Maisey	534	1 F 40-49	48:34.2	48:37.8
13	Clare Hay	473	1 F 30-39	49:13.5	49:22.0
14	Della Haddock	469	1 F 20-29	49:11.4	49:22.8
15	William Martens	540	4 M 30-39	49:21.4	49:23.6
16	Gordon Cooper	418	4 M 20-29	49:20.8	49:39.5
17	Geoff Cortright	421	5 M 30-39	48:54.7	49:52.2
18	Don Chau	408	2 M 40-49	50:01.9	50:06.5
19	Ryan Jarata	492	6 M 30-39	49:57.4	50:07.5
20	Tobias Jakowski	491	5 M 20-29	49:22.8	50:12.3
21	Nikolai Nikitenko	562	6 M 20-29	50:22.6	50:25.0
22	Natasha Bakstad	388	2 F 20-29	50:38.7	50:50.2
23	Karim Amlani	378	7 M 30-39	50:51.9	50:59.0
24	Matthias Walter	630	3 M 40-49	50:56.0	51:03.9
25	Tara Klimos	506	2 F 40-49	50:58.4	51:27.1
26	Erin Stevenson	605	3 F 20-29	51:22.6	51:34.1
27	Lauren Keegan	653	2 F 30-39	50:47.1	51:35.7
28	Sandra Van den Born	624	4 F 20-29	51:31.7	51:37.0
29	Thomas Middelveen	551	3 M 50-59	51:27.1	51:39.8
30	Andrew Egloff	440	4 M 40-49	51:30.1	51:45.2
31	Glen Susans	607	8 M 30-39	51:50.7	51:55.8
32	Steven Chau	410	7 M 20-29	52:07.7	52:11.8
33	Gillian Muirhead	554	3 F 30-39	52:07.3	52:14.9
34	Candice Wheeldon	640	3 F 40-49	52:10.1	52:16.1
35	Sylvia Philipps	575	4 F 30-39	52:01.7	52:20.0
36	Heidi Marcon	539	4 F 40-49	52:15.8	52:23.7
37	Tamara Croft	425	5 F 30-39	52:08.6	52:24.8
38	Kevin Van Delden	621	4 M 50-59	52:40.8	52:42.9
39	Alexi Foster	650	5 F 20-29	52:43.7	52:57.3
40	Fion Yung	648	6 F 30-39	52:14.0	53:05.4
41	Kelly Vogt	628	5 M 50-59	52:48.9	53:10.2
42	Harmit Jassi	493	7 F 30-39	53:14.1	53:22.0
43	Sarah Dy	438	8 F 30-39	53:30.7	53:38.0
44	Jenny Wong	647	9 F 30-39	53:09.0	53:52.3
45	Diane Swartzberg	608	2 F 50-59	53:43.3	53:52.6

46	Fritz Douma	433	6 M 50-59	53:55.8	53:58.1
47	Dani Klaver	504	6 F 20-29	54:11.2	54:13.2
48	Kevin Keil	498	9 M 30-39	53:36.9	54:15.0
49	CHUNG KIAT SOH	602	5 M 40-49	54:23.5	54:34.7
50	John O'Brien	566	7 M 50-59	54:31.9	54:45.2
51	Melissa Rolfson	585	10 F 30-39	54:37.8	55:00.0
52	Derick Chong	412	6 M 40-49	55:10.7	55:14.2
53	Natasha Nock	564	2 F 1-19	55:00.5	55:16.4
54	Jaymie Tiu	614	11 F 30-39	55:09.1	55:16.5
55	Courtney Van Den Boogaard	623	12 F 30-39	55:08.4	55:17.5
56	Mami Kubo	509	5 F 40-49	55:02.5	55:18.6
57	Kari Lagrandeur	512	6 F 40-49	55:22.8	55:30.7
58	Fidel Castro	401	7 M 40-49	55:38.2	55:41.6
59	Annie Liang	522	7 F 20-29	54:58.7	55:45.2
60	Naseem Addus	374	8 M 20-29	54:59.4	55:46.4
61	Amanda Tsang	617	8 F 20-29	55:33.0	55:53.0
62	Monika Johns	495	13 F 30-39	56:29.5	56:32.4
63	Michelle Neveklovska	559	7 F 40-49	56:29.7	56:32.4
64	John Ly	529	8 M 40-49	55:49.5	56:40.5
65	Paul Lore	525	10 M 30-39	56:27.2	56:46.9
66	Erin McElvaine	545	9 F 20-29	56:37.3	56:48.4
67	Paul Jakowski	490	9 M 20-29	55:59.6	56:50.3
68	Meghan Siens	651	14 F 30-39	57:00.8	57:09.4
69	Charmaine Garcia	454	15 F 30-39	57:01.5	57:14.3
70	Kristina Fogelklou	447	8 F 40-49	57:07.2	57:28.9
71	Jose Rodriguez	583	8 M 50-59	57:17.0	57:29.4
72	Paula Naylor	558	3 F 50-59	57:17.4	57:29.7
73	Shelley Wei	639	9 F 40-49	57:21.1	57:37.1
74	Annie Tsay	618	16 F 30-39	57:26.5	57:39.8
75	Adam Austin	386	11 M 30-39	57:25.2	57:40.6
76	Ashley Van der Pouw Kraan	625	10 F 20-29	57:43.1	58:02.0
77	Stephanie Namocatcat	557	17 F 30-39	57:32.0	58:06.8
78	Ashley Lloyd	524	18 F 30-39	57:59.8	58:07.1
79	Trevor Laughlin	4440	12 M 30-39	58:03.2	58:29.4
80	Dawn Feng	445	10 F 40-49	58:24.5	58:40.1
81	Rodrigo Correa	420	9 M 40-49	58:13.3	58:42.0
82	Ya Feng Cheng	411	19 F 30-39	58:31.7	58:49.6
83	Kristen Tampaline	609	20 F 30-39	58:49.7	58:56.3
84	Jasmine Lane	514	11 F 20-29	58:50.8	58:56.6
85	Michelle Schribertschnig	593	11 F 40-49	58:41.9	59:11.0
86	Nanette Farrell	444	12 F 40-49	58:23.0	59:19.2
87	Dion Doepker	431	10 M 40-49	56:15.3	59:21.5
88	Graham Manning	538	13 M 30-39	58:10.6	59:22.1
89	Dean Dube	434	9 M 50-59	58:51.8	59:24.9
90	Samantha Egloff	441	13 F 40-49	59:10.8	59:25.9
91	Emily Phelan	574	12 F 20-29	58:57.1	59:30.0
92	Hsing-Hua Wang	632	10 M 50-59	59:17.3	59:38.4
93	Janine Astles-Gibbard	385	21 F 30-39	59:24.0	59:40.3
94	Catriona Larkin	515	13 F 20-29	59:20.4	59:53.6
95	Leeane Coombes	417	14 F 40-49	59:23.7	1:00:22.3
96	Liz Greenwood	463	15 F 40-49	1:00:10.6	1:00:28.2

97	Song Hong	482	16 F 40-49	1:00:32.6	1:00:38.4
98	Andrei Aldea	376	14 M 30-39	59:28.1	1:00:41.8
99	Lynda Kerr	502	1 F 60-69	1:00:23.6	1:00:46.7
100	Keith Griffiths	465	1 M 60-69	1:00:41.7	1:00:52.4
101	Janet Archibald	380	4 F 50-59	1:00:42.0	1:00:52.6
102	Adraina Gugliotta	467	5 F 50-59	1:00:45.6	1:01:02.4
103	Brenda O'Dornan	567	6 F 50-59	1:00:11.9	1:01:03.2
104	Tami Levinson	521	7 F 50-59	1:00:14.1	1:01:03.9
105	Valerie Millard	552	2 F 60-69	1:00:15.6	1:01:04.6
106	Patrick Lai	513	15 M 30-39	1:00:25.3	1:01:17.4
107	Ashley Hughes	484	14 F 20-29	1:00:58.3	1:01:17.8
108	Stephen Fussey	451	16 M 30-39	1:00:58.2	1:01:19.3
109	Colin Kwok	510	1 M 1-19	1:00:31.6	1:01:22.8
110	Annette Lee	518	22 F 30-39	1:01:21.0	1:01:33.9
111	Yayoi Tanaka	610	23 F 30-39	1:01:14.6	1:01:38.4
112	Mairi Hill	479	15 F 20-29	1:01:01.2	1:01:43.5
113	Kelley Humber	487	16 F 20-29	1:01:01.7	1:01:43.7
114	Shannie Harvey	471	17 F 40-49	1:00:54.2	1:01:52.3
115	Joleen Turgeon	620	18 F 40-49	1:01:35.6	1:01:53.8
116	Tanis Thiessen	611	17 F 20-29	1:01:46.5	1:02:14.0
117	Dharm Hayre	475	11 M 40-49	1:01:59.2	1:02:16.3
118	Jamie Higgins	478	19 F 40-49	1:01:58.9	1:02:21.1
119	Daniel DePedrina	429	12 M 40-49	1:01:53.4	1:02:22.4
120	Dawn Hay	474	20 F 40-49	1:02:03.4	1:02:31.8
121	Geoff Fox	449	17 M 30-39	1:02:17.8	1:02:37.4
122	Leann Parker	573	8 F 50-59	1:02:40.5	1:02:49.0
123	Jean Dianne Sing	597	21 F 40-49	1:02:38.8	1:02:52.9
124	Shereen Low	526	9 F 50-59	1:02:11.8	1:03:08.2
125	Khendyl Gluck	459	18 F 20-29	1:02:59.1	1:03:26.8
126	Norman Kwok	511	13 M 40-49	1:02:39.3	1:03:30.1
127	Shelley Hatfield	472	22 F 40-49	1:02:36.7	1:03:32.5
128	Shirley Hewko	477	10 F 50-59	1:02:19.8	1:03:32.8
129	Heidi Verheyden	626	23 F 40-49	1:02:38.6	1:03:34.3
130	Cristina Keirstead	499	24 F 30-39	1:03:26.8	1:03:47.1
131	Carrie Kennedy	500	24 F 40-49	1:03:41.1	1:03:48.1
132	Jim Kershaw	503	2 M 60-69	1:03:28.7	1:03:51.4
133	Tammy Wiggins	642	25 F 30-39	1:03:00.0	1:03:53.7
134	Junko Agostini	652	25 F 40-49	1:03:00.6	1:03:53.8
135	Nicki Holborn	481	26 F 30-39	1:03:41.8	1:04:02.3
136	Nicole Murphy	555	27 F 30-39	1:04:02.4	1:04:08.6
137	Clare Protheroe	578	28 F 30-39	1:04:05.8	1:04:11.8
138	Kevin Chau	409	10 M 20-29	1:04:26.9	1:04:31.0
139	Michelle Minhas	553	29 F 30-39	1:04:30.3	1:04:37.2
140	Bari-Elyn Wise	644	11 F 50-59	1:04:25.7	1:04:43.3
141	Sara Wadge	629	26 F 40-49	1:04:45.7	1:05:00.3
142	Justine Mallou	535	19 F 20-29	1:04:29.5	1:05:05.0
143	Linda Whitelaw	641	12 F 50-59	1:04:52.3	1:05:07.6
144	Samantha Kent	501	20 F 20-29	1:04:23.1	1:05:08.2
145	Therese Lessard	520	13 F 50-59	1:04:14.5	1:05:11.4
146	Ivan Arlantico	381	11 M 20-29	1:04:55.4	1:05:30.8
147	Judy Abbott	373	14 F 50-59	1:05:36.4	1:05:57.3

148	Christi Goncalves	461	27 F 40-49	1:05:20.4	1:06:05.8
149	Andrea Wong	645	21 F 20-29	1:06:04.6	1:06:28.3
150	Andy Luk	527	3 M 60-69	1:06:36.6	1:06:47.2
151	Pamela Clarke	414	28 F 40-49	1:06:34.8	1:07:04.9
152	JODI WILDMAN	643	30 F 30-39	1:06:34.9	1:07:05.3
153	Yingzhou Liu	523	22 F 20-29	1:00:00.9	1:07:05.7
154	Vanessa Cham	405	29 F 40-49	1:06:55.0	1:07:08.9
155	Maria Castro	402	30 F 40-49	1:07:15.6	1:07:20.2
156	Betty Eng	442	15 F 50-59	1:06:56.2	1:07:24.0
157	Jessica Mankatala	536	23 F 20-29	1:07:17.4	1:07:30.3
158	Shelly Mankatala	537	24 F 20-29	1:07:19.2	1:07:31.6
159	Jeffrey Powanda	577	11 M 50-59	1:07:15.1	1:07:36.1
160	Caitlin Fain	443	31 F 30-39	1:07:16.3	1:07:43.2
161	Vanja Pojuzina	576	32 F 30-39	1:04:33.4	1:07:55.4
162	Sharon Sjerven	600	3 F 60-69	1:06:58.8	1:07:55.6
163	Jocelyn Schonekess	590	31 F 40-49	1:06:58.6	1:07:55.7
164	Jacqueline Knowles	508	33 F 30-39	1:04:33.2	1:07:56.3
165	Suzie Warneke	637	32 F 40-49	1:07:15.1	1:07:59.3
166	Jenn Tucker	619	34 F 30-39	1:07:17.9	1:08:02.4
167	Deanna Aldea	377	25 F 20-29	1:07:11.4	1:08:23.3
168	CINDY WONG	646	16 F 50-59	1:08:03.8	1:08:31.6
169	Deanne Corbett	419	35 F 30-39	1:08:00.4	1:08:38.5
170	Donna Collingridge	415	4 F 60-69	1:08:24.8	1:08:47.1
171	Lisa Chapeskie	407	17 F 50-59	1:07:18.8	1:09:13.9
172	Annette Thompson	612	26 F 20-29	1:08:59.9	1:09:17.6
173	Julie Crandlemire	423	36 F 30-39	1:08:49.0	1:09:35.1
174	Lynn Crandlemire	424	37 F 30-39	1:08:49.5	1:09:35.5
175	Teresa Coulthard	422	33 F 40-49	1:09:20.1	1:09:45.7
176	Shari Mckay	547	34 F 40-49	1:09:20.3	1:09:45.7
177	Marie Sheehan	595	27 F 20-29	1:09:54.4	1:10:29.6
178	Mariah Dear	428	28 F 20-29	1:09:54.6	1:10:29.8
179	Louise Radelet	579	29 F 20-29	1:09:55.1	1:10:34.5
180	Clemence Chagnot	404	30 F 20-29	1:09:55.1	1:10:34.6
181	Clotilde MEURISSE	550	31 F 20-29	1:09:55.2	1:10:34.8
182	Kathy Ross	587	38 F 30-39	1:10:18.0	1:10:51.2
183	Graeme Ross	586	18 M 30-39	1:10:18.1	1:10:51.6
184	Mario Jakowski	489	12 M 50-59	1:10:25.8	1:11:17.3
185	Milena Neveklovska	560	5 F 60-69	1:11:30.7	1:11:33.9
186	Angela Shan Sha Chan	406	39 F 30-39	1:11:41.1	1:11:45.0
187	Laura Reid	581	40 F 30-39	1:11:33.7	1:12:17.1
188	Janet Beattie	392	41 F 30-39	1:11:33.6	1:12:17.2
189	Teresa Saunders	589	18 F 50-59	1:12:14.3	1:12:25.8
190	Jennifer Mutiara	556	42 F 30-39	1:12:34.8	1:12:49.0
191	Anthea Smith	601	43 F 30-39	1:13:11.4	1:13:26.9
192	Leah Strange	606	19 F 50-59	1:13:19.4	1:13:29.1
193	Kristin Batstone	391	44 F 30-39	1:13:05.3	1:13:32.0
194	Jennifer Gulbransen	468	45 F 30-39	1:11:52.8	1:13:41.6
195	Phillip Lin	655	14 M 40-49	1:10:19.4	1:13:42.3
196	Aliya May	542	3 F 1-19	1:13:35.8	1:14:28.6
197	Caleb Magaw	532	2 M 1-19	1:13:34.6	1:14:28.9
198	Janine Magaw	533	35 F 40-49	1:13:36.2	1:14:30.2

199	Marina Rust	4512	36 F 40-49	1:14:38.5	1:15:05.1
200	Ifumi Okamoto	569	32 F 20-29	1:14:48.9	1:15:16.1
201	Yuri Jung	497	33 F 20-29	1:14:50.7	1:15:17.1
202	Jessica May	543	46 F 30-39	1:14:24.7	1:15:17.5
203	Heesu Jeong	494	34 F 20-29	1:14:51.1	1:15:18.1
204	Eunice Kim	654	47 F 30-39	1:12:23.4	1:15:47.0
205	Deanna Zucchetto	649	48 F 30-39	1:15:35.5	1:15:56.1
206	Khristine Baril	389	37 F 40-49	1:14:40.9	1:15:59.4
207	Eileen Hardy	470	20 F 50-59	1:15:56.0	1:16:15.1
208	Calvin Warneke	635	15 M 40-49	1:15:33.0	1:16:17.8
209	Kevin Henry	476	19 M 30-39	1:16:09.8	1:16:33.9
210	Lauren Foiles	448	49 F 30-39	1:16:00.6	1:16:41.3
211	Christine Bouchard	399	50 F 30-39	1:16:46.7	1:16:51.4
212	Jason Dy	437	16 M 40-49	1:17:45.5	1:18:11.5
213	Lisa Dube	435	21 F 50-59	1:17:45.3	1:18:21.8
214	Sharon Starr	603	22 F 50-59	1:17:45.2	1:18:22.0
215	Johannes Schouten	591	13 M 50-59	1:18:51.8	1:19:43.9
216	Phyllis Schouten	592	38 F 40-49	1:18:53.9	1:19:44.0
217	Marion Warkentin	633	39 F 40-49	1:18:55.4	1:19:45.3
218	Mark Warkentin	634	17 M 40-49	1:18:55.4	1:19:45.8
219	Kenan MacKenzie	531	14 M 50-59	1:19:28.7	1:19:52.1
220	Erin MacKenzie	530	35 F 20-29	1:19:29.5	1:19:52.5
221	Krista Gaudet	456	51 F 30-39	1:19:34.0	1:20:19.2
222	Giovanna Albertin	375	23 F 50-59	1:23:00.3	1:23:17.8
223	Fiore Ferrante	446	4 F 1-19	1:23:01.0	1:23:18.4
224	Stacey Douglas	432	52 F 30-39	1:23:10.6	1:23:40.6
225	Kim Goddard	460	40 F 40-49	1:23:10.6	1:23:40.7
226	Sandra J Davies	427	1 F 70-79	1:23:10.7	1:23:59.7
227	Tracey Olund	570	41 F 40-49	1:23:51.0	1:24:16.3
228	Dianne Desbiaux	430	6 F 60-69	1:27:53.7	1:28:52.4
229	Kyla Cavalier	403	42 F 40-49	1:29:03.6	1:29:46.1
230	Jaime Glavin	458	53 F 30-39	1:29:04.5	1:29:46.4
231	Alyson Gordon-Smith	462	54 F 30-39	1:29:04.9	1:29:46.6
232	Allyson Hockin	480	55 F 30-39	1:29:04.6	1:29:47.2
233	Evelyne Lau	516	24 F 50-59	1:44:37.1	1:44:48.0
234	Marie Bennie	395	56 F 30-39	1:44:46.0	1:45:27.0
235	Tasha Gandevia	452	57 F 30-39	1:44:45.8	1:45:27.3
236	Elaine Luk	528	25 F 50-59	1:45:51.7	1:46:02.0
237	Delia Visscher	627	1 F 80-89	1:45:42.9	1:46:14.6

5K					
Place	Name	Bib No	Age Group	Chip Time	Gun Time
1	Pierre De Abreu	4364	1 M 20-29	17:35.2	22:37.6
2	Dylan Macleod	4584	1 M 40-49	18:29.7	23:31.2
3	Ethan Wilkinson	4558	2 M 20-29	19:38.1	24:40.6
4	Sean Murray	4478	1 M 1-19	20:26.2	25:28.3
5	Martin Stigge	4542	1 M 30-39	20:44.3	25:47.2
6	Glenn Murray	4477	2 M 40-49	21:06.3	26:08.2
7	Han-Lin Yong	4569	3 M 20-29	21:30.1	27:09.0
8	Sean Wilson	4563	2 M 30-39	22:08.6	27:12.6
9	Shanna Kanuka	4429	1 F 40-49	22:27.4	27:29.6
10	Danielle Howes	4417	1 F 30-39	22:42.6	27:45.3
11	Josh Myers	4479	3 M 30-39	22:58.4	28:19.9
12	Mark Young	4570	1 M 50-59	23:51.3	28:53.2
13	Freya Lambrechts	4580	1 F 20-29	23:54.1	28:56.3
14	Griffin Vander Ploeg	4550	2 M 1-19	24:22.4	29:24.9
15	Caleb Rolfson	4506	3 M 1-19	24:14.6	29:26.6
16	Chris Perger	4494	4 M 30-39	24:37.3	29:38.8
17	Deanna Clark	4357	1 F 70-79	25:17.0	30:21.8
18	Kim Sorensen	4538	1 F 50-59	25:45.0	30:50.2
19	Brennan Hamel	4397	4 M 1-19	26:20.1	31:35.3
20	Nayan Soma	4537	5 M 1-19	26:46.7	32:02.1
21	Samantha Thompson	4546	2 F 40-49	26:46.9	32:02.4
22	Pamela Lee	4445	2 F 30-39	26:48.3	32:19.1
23	Sidney Luk	4456	3 M 40-49	26:49.0	32:19.4
24	Jay Gainer	4384	1 M 60-69	27:14.7	32:19.4
25	Judy Westacott	4578	1 F 60-69	27:23.0	32:26.6
26	Leslie Myers	4480	3 F 30-39	27:06.2	32:27.6
27	Jacky Law	4441	5 M 30-39	27:17.0	32:29.8
28	Emily Seto	4524	3 F 40-49	27:32.3	32:37.7
29	Ben Helem	4410	6 M 1-19	27:32.5	32:37.8
30	Queenie Wong	4566	1 F 1-19	27:25.3	32:39.8
31	Dylan Klimos	4434	7 M 1-19	27:52.2	33:08.2
32	Tserendorj Elbegdorj	4370	8 M 1-19	27:46.2	33:10.8
33	Cynthia Ayotte	4328	2 F 20-29	28:16.3	33:15.3
34	Aaron Kan	4427	6 M 30-39	27:30.5	33:31.3
35	Stevenson Dy	439	7 M 30-39	28:44.7	33:52.6
36	Robyn Campbell	4342	4 F 30-39	28:36.8	34:14.8
37	Andrew Matos	4464	8 M 30-39	29:08.2	34:30.4
38	Veronique Astles	384	2 F 50-59	34:39.2	34:58.0
39	Jennifer West	4556	5 F 30-39	29:44.2	34:59.7
40	Macky Ng	4487	9 M 1-19	29:57.9	35:04.3
41	Warren Dy	4369	4 M 40-49	30:14.3	35:20.2
42	Julian Matos	541	4 M 20-29	30:01.8	35:24.9
43	Fan Jiang	4425	3 F 20-29	29:30.9	35:25.8
44	Kaige Zheng	4571	5 M 20-29	29:33.8	35:28.3
45	Lorna Fahbod	4371	3 F 50-59	34:53.0	35:30.3
46	Kelly Rose	4507	4 F 50-59	29:44.1	35:32.3
47	Lisa Parr	4492	5 F 50-59	30:04.5	35:33.8

48	Adelaide Hill	4412	2 F 1-19	29:58.7	35:35.8
49	Gabii Barrios	4575	4 F 20-29	29:43.3	35:36.4
50	Sarah Jasper	4424	4 F 40-49	30:24.0	36:03.1
51	Kate Morrissy	4576	3 F 1-19	30:27.0	36:18.7
52	Valerie MacKay	4459	6 F 30-39	31:03.9	36:22.1
53	Steph MacKay	4458	7 F 30-39	31:05.9	36:23.4
54	MATHILDE BLEUZE	4332	8 F 30-39	31:16.9	36:27.4
55	Alexandra Cahouet	4340	9 F 30-39	31:17.0	36:27.5
56	Dayal Hayre	4406	6 M 20-29	30:41.5	36:42.1
57	Kara Wahlstrom	4555	5 F 20-29	31:37.7	36:51.9
58	Bugyeoung Cho	4351	7 M 20-29	30:57.2	36:55.7
59	Natascha Vogel	4553	10 F 30-39	31:19.1	36:57.4
60	Ellis Chappells Dummer	4348	10 M 1-19	32:08.0	37:12.1
61	Jenn Jackson	4423	11 F 30-39	31:53.9	37:14.7
62	Heather Chappells	4347	6 F 50-59	32:12.1	37:16.3
63	Shannon Macdonald	4457	7 F 50-59	32:04.3	37:24.5
64	Jocelyn Tio	4547	5 F 40-49	32:17.1	37:25.6
65	Alexandria Mercier	4471	12 F 30-39	32:16.3	37:29.4
66	Jason Fraser	4375	5 M 40-49	32:14.9	37:29.5
67	David Beaudry	4330	6 M 40-49	32:14.9	37:29.6
68	Roma Stautz	4540	4 F 1-19	31:51.8	37:32.2
69	Jeff Stautz	4539	9 M 30-39	31:52.5	37:32.5
70	Glenn Collingridge	4358	2 M 50-59	32:27.1	37:50.9
71	Lisa Kettle	4430	6 F 40-49	32:29.3	37:53.0
72	Annegreeth Nijhof	561	6 F 20-29	32:44.5	37:55.1
73	Cheryl Currie	4361	8 F 50-59	32:39.0	37:59.6
74	Abigail Bolanos	4334	7 F 40-49	33:05.6	38:12.1
75	Portia Myrvang	4482	13 F 30-39	33:06.8	38:18.8
76	Nathan Chow	4354	11 M 1-19	33:08.0	38:21.3
77	Eric Simonson	4526	10 M 30-39	33:11.9	38:31.5
78	Genevieve Simonson	4527	5 F 1-19	33:12.1	38:31.5
79	Charlie Ng	4485	7 M 40-49	33:27.0	38:34.4
80	Sarah Chapman	4579	8 F 40-49	33:42.5	38:57.9
81	Aida Rodriguez	582	14 F 30-39	33:27.3	39:12.5
82	MaryLou Layton	4443	15 F 30-39	34:03.7	39:16.2
83	Gideon Layton	4442	12 M 1-19	34:04.2	39:16.2
84	Tiffany Bergen	396	9 F 40-49	33:34.4	39:21.8
85	Victoria Wilkinson	4560	7 F 20-29	34:08.2	39:24.7
86	Kayla-Marie Hanson	4402	6 F 1-19	34:00.5	39:25.1
87	Valerie Wilkinson	4559	9 F 50-59	34:09.4	39:25.6
88	Eynat Frazier	4376	16 F 30-39	33:59.1	39:29.6
89	Barbara Kisiloski	4433	2 F 60-69	33:45.1	39:38.2
90	Glenda Dy	4368	10 F 40-49	34:41.5	39:48.3
91	Jennifer Harfield	4404	3 F 60-69	34:27.8	39:50.4
92	Albert Chow	4353	8 M 40-49	34:46.9	40:00.3
93	Jean Hoeft	4415	11 F 40-49	34:31.5	40:03.9
94	Isabela Akerman Stefanelli	4541	8 F 20-29	34:28.3	40:14.0
95	Heather Peters	4495	10 F 50-59	35:06.7	40:22.7
96	Susan Hudson	483	12 F 40-49	35:06.8	40:23.0
97	Janet Fung	4380	17 F 30-39	35:05.1	40:34.7
98	Callie Schwab	4519	7 F 1-19	35:15.0	40:42.6

99	Joan Lui	4455	13 F 40-49	35:32.2	40:44.6
100	Sarah Salumbre	4515	8 F 1-19	35:38.6	40:45.7
101	Valerie Myler	4481	18 F 30-39	35:18.7	40:47.4
102	Alison Agar	4318	19 F 30-39	35:30.3	40:50.2
103	Launa Jung	496	3 M 50-59	40:34.4	40:51.8
104	Heather Brooks	4338	20 F 30-39	35:28.9	41:04.2
105	Keelan Hamel	4398	8 M 20-29	35:49.3	41:06.0
106	Kim Liebscher	4447	14 F 40-49	35:16.3	41:10.8
107	Sophia Chang	4346	11 F 50-59	35:48.2	41:11.6
108	Joy Ng	4486	21 F 30-39	36:14.4	41:20.3
109	Katherine Bonness	4335	9 F 20-29	35:35.1	41:26.1
110	Joshua Hanson	4583	13 M 1-19	36:31.9	41:57.2
111	Winifred Hill	4413	9 F 1-19	36:20.9	41:58.0
112	Katie Beall	4329	22 F 30-39	36:22.0	41:59.2
113	Jillian Dechavez	4365	23 F 30-39	36:18.2	42:06.0
114	Antoinette Sandoval	4517	24 F 30-39	36:19.1	42:06.5
115	Delmar Vogel	4552	2 M 60-69	36:42.8	42:19.1
116	Evan Schwab	4521	9 M 40-49	36:46.2	42:20.5
117	Chase Hamazaki	4396	9 M 20-29	36:30.2	42:22.3
118	Mehtab Hayre	4408	10 M 20-29	36:35.3	42:35.8
119	Olivia Huff	4420	10 F 1-19	37:19.0	42:37.2
120	Chris Huff	4418	4 M 50-59	37:19.3	42:38.0
121	Julie Foreman	4373	15 F 40-49	37:26.8	42:45.2
122	Micky Kong	4435	12 F 50-59	36:59.3	42:45.3
123	Jocelyn Secretaria	594	25 F 30-39	36:40.5	42:46.7
124	Victoria Chernyaeva	4349	26 F 30-39	37:30.3	42:56.5
125	Sandra Keyton	4432	13 F 50-59	37:41.1	43:01.2
126	Michael Lockhart	4452	11 M 30-39	37:37.3	43:02.5
127	Shantelle Medel	4470	10 F 20-29	37:43.9	43:06.6
128	Katie Taylor	4545	27 F 30-39	37:52.8	43:07.7
129	Matt Pighin	4497	14 M 1-19	37:53.8	43:08.3
130	Cassie Krieger	4436	11 F 20-29	37:38.3	43:09.5
131	Teija Hong	4416	11 F 1-19	38:00.3	43:11.4
132	Sarah Dickson	4367	12 F 1-19	38:00.9	43:11.9
133	Kate Moore	4476	28 F 30-39	37:36.5	43:15.2
134	Michelle Boschalk	4337	12 F 20-29	37:17.8	43:17.9
135	Barbara Auwens	4327	16 F 40-49	37:15.7	43:18.9
136	Bernard Cuffling	4360	1 M 70-79	42:55.5	43:28.1
137	Anna Kan	4428	14 F 50-59	37:30.1	43:30.3
138	Mandy Tam	4544	29 F 30-39	37:30.3	43:30.7
139	Taylor Archibald	4325	13 F 20-29	37:48.2	43:35.1
140	Karly Archibald	4324	14 F 20-29	37:49.4	43:36.1
141	Tania Ainsworth	4319	17 F 40-49	38:14.7	43:37.0
142	Matthew Ruhlman	4510	10 M 40-49	39:01.2	44:05.5
143	Sebastien Ruhlman	4511	15 M 1-19	39:03.9	44:08.4
144	Darren Hewko	4411	11 M 20-29	38:17.3	44:21.9
145	Kim Mangal	4462	18 F 40-49	38:34.3	44:23.2
146	Angela Wells	4577	19 F 40-49	39:15.8	44:24.6
147	Heather Chua	4356	15 F 20-29	39:15.8	44:25.3
148	Cohen Ruhlman	4509	16 M 1-19	40:14.1	45:18.9
149	Samantha Aird	4320	30 F 30-39	40:10.8	45:23.6

150	Megan Chrostowski	4355	20 F 40-49	40:15.6	45:26.0
151	Matthew Goncalves	4386	17 M 1-19	39:46.7	45:30.5
152	Melanie Troyer	616	21 F 40-49	40:03.9	45:43.8
153	Brenda Lee	4444	31 F 30-39	39:44.0	45:49.4
154	Edwin Ochoa	4574	12 M 30-39	40:45.1	45:55.0
155	Marieva Maniquiz	4573	22 F 40-49	40:45.9	45:55.4
156	Lindsay Hillwalker	4414	32 F 30-39	40:32.4	45:59.4
157	Elena Lopez	4454	15 F 50-59	40:43.4	46:04.7
158	Shae Fowler	4374	33 F 30-39	41:01.3	46:05.6
159	PEGGY SHEPPARD	4525	16 F 50-59	41:02.9	46:06.7
160	Justine Lockhart	4451	34 F 30-39	40:42.8	46:09.0
161	Scott Allman	4322	11 M 40-49	40:13.4	46:09.5
162	Charlene Allman	4321	35 F 30-39	40:13.9	46:09.6
163	Monica Langford	4438	17 F 50-59	40:48.5	46:19.9
164	Leslie Liebscher	4448	36 F 30-39	40:27.4	46:21.1
165	Rosa Lepore	4446	23 F 40-49	40:09.2	46:23.8
166	Gloria Vangelista	4551	18 F 50-59	40:10.6	46:25.2
167	Beth Connelly	416	4 F 60-69	40:10.5	46:25.6
168	Liz McEwan	546	5 F 60-69	40:10.3	46:25.8
169	Dominique Parr	4491	16 F 20-29	41:22.6	46:51.7
170	Suzanne Torjek	4548	19 F 50-59	41:45.3	46:53.1
171	Ines Cavasin Burton	4345	20 F 50-59	41:48.8	46:55.2
172	Holly Latta	4439	13 F 1-19	41:03.4	46:56.2
173	Scott Guernsey	4392	5 M 50-59	41:03.2	46:56.4
174	Jane Freeman	4377	24 F 40-49	41:52.0	46:58.1
175	Jasmine Lin	4449	37 F 30-39	41:39.9	46:59.0
176	Shealyn Guernsey	4393	14 F 1-19	41:11.8	47:05.4
177	Sherri Guernsey	4394	25 F 40-49	41:18.3	47:11.3
178	Carolynne Wilks-Perger	4561	38 F 30-39	41:22.1	47:24.2
179	Elizabeth Fazzari	4372	17 F 20-29	42:23.2	47:36.5
180	Christian Devasagayam	4366	12 M 20-29	42:42.6	48:15.8
181	Amy Wong	4564	26 F 40-49	42:22.4	48:21.8
182	Urma Mollema	4475	21 F 50-59	43:10.3	48:25.8
183	John Keyton	4431	6 M 50-59	43:12.6	48:33.1
184	Lauren Mills	4473	27 F 40-49	43:10.2	48:46.6
185	Yi-Vern Chong	4352	28 F 40-49	43:01.0	49:00.3
186	Liz Taitt	4543	39 F 30-39	44:25.1	49:28.4
187	Wendy Fung	4381	40 F 30-39	44:11.9	49:35.7
188	Huan Liu	4450	41 F 30-39	44:13.6	49:38.1
189	Chris Grass	4388	12 M 40-49	44:19.3	49:49.1
190	Nadine Armstrong	4326	29 F 40-49	44:28.4	50:32.6
191	Jodhan Hayre	4407	18 M 1-19	44:34.6	50:33.7
192	Nancy Huff	4419	22 F 50-59	45:17.9	50:36.2
193	Rita Hayre	4409	30 F 40-49	44:41.6	50:41.1
194	Pascal Vogel	4554	31 F 40-49	45:06.0	50:41.8
195	Antonella Green	4390	32 F 40-49	44:55.6	50:44.4
196	Steve WOO	4567	13 M 40-49	45:29.2	50:58.6
197	Tricia Chisamore	4350	33 F 40-49	44:52.7	50:59.1
198	Maria Prescilla	4581	42 F 30-39	46:23.9	51:42.9
199	John Smith	4534	19 M 1-19	46:03.3	51:44.7
200	Tammy Borg	4336	23 F 50-59	46:49.7	52:07.4

201	Diana Loo	4453	34 F 40-49	47:17.5	52:27.5
202	Brendan Yap	4568	20 M 1-19	47:18.1	52:27.8
203	Riley Smith	4535	21 M 1-19	46:44.3	52:28.4
204	Heather Smith	4533	35 F 40-49	46:50.4	52:34.0
205	Helen Cantafio	4344	24 F 50-59	47:36.4	52:48.6
206	Amy Cantafio	4343	15 F 1-19	47:39.1	52:50.9
207	Colleen Marshall	4463	6 F 60-69	49:07.0	54:29.7
208	Dayton Fulton	4378	22 M 1-19	48:59.7	54:45.4
209	Carol Powell	4500	7 F 60-69	49:37.6	54:48.2
210	Katie Powell	4501	43 F 30-39	49:37.8	54:48.2
211	Carrie O'Bray	4488	25 F 50-59	48:41.2	54:57.8
212	Heather Prime	4502	26 F 50-59	49:07.0	54:58.9
213	Jenny Wong	4565	44 F 30-39	49:53.0	55:04.3
214	Caroline So	4536	45 F 30-39	49:53.3	55:04.5
215	Tisha Kugler	4437	36 F 40-49	50:00.5	55:28.5
216	Vicki Robertson	4505	37 F 40-49	50:52.3	56:09.5
217	Ashton Hanson	4399	23 M 1-19	50:46.8	56:14.6
218	Rhonda Vance	4549	8 F 60-69	52:08.2	57:17.0
219	Clayton Hanson	4400	7 M 50-59	52:00.3	57:28.1
220	Melanie Hanson	4403	38 F 40-49	52:00.0	57:28.1
221	Tina Campbell	4572	27 F 50-59	51:46.3	57:56.1
222	Daniel Salumbre	4513	8 M 50-59	52:51.5	58:00.8
223	Jeremy Grewal	4391	13 M 20-29	52:28.7	58:35.8
224	Jane Secretaria	4523	18 F 20-29	52:30.6	58:37.2
225	Gabrielle Salumbre	4514	16 F 1-19	53:40.0	58:47.3
226	Glenna Mitchell	4474	28 F 50-59	53:48.8	59:39.7
227	Cori Ross	4508	29 F 50-59	53:48.4	59:39.8
228	Serena Caine	4341	46 F 30-39	53:29.8	59:46.7
229	Winnie Salumbre	4516	39 F 40-49	55:07.1	1:00:16.2
230	Yvonne McKenna	4467	30 F 50-59	54:50.6	1:00:16.3
231	Kerry Schwab	4522	40 F 40-49	55:18.8	1:00:52.7
232	Karen Remo	4503	41 F 40-49	55:30.4	1:01:43.4
233	Alex Whitehouse	4557	13 M 30-39	55:31.9	1:01:44.1
234	Kristen Sivertz	4530	47 F 30-39	55:52.4	1:01:49.6
235	Samantha Sivertz	4531	48 F 30-39	55:51.2	1:01:49.8
236	Gabe Fulton	4379	24 M 1-19	57:40.8	1:03:22.5
237	Bron Williams	4562	49 F 30-39	58:01.1	1:03:46.9
238	James Smith	4582	14 M 30-39	59:29.3	1:05:12.1
239	Jelena Furundzic	4382	50 F 30-39	1:03:26.7	1:08:53.9
240	Lyndsay Leland Penner	4493	51 F 30-39	1:08:55.2	1:15:12.1
241	Charlotte Fussey	4383	17 F 1-19	1:20:29.8	1:26:40.7
242	Heather Rigby-Jones	4504	9 F 60-69	1:20:29.8	1:26:41.3
243	Ann Danielson	4362	1 F 80-89	1:36:26.8	1:42:09.4
244	Monica Danielson	4363	42 F 40-49	1:36:27.1	1:42:09.6