

2023 Fort Langley Historic 5K, 10K, Half					
Overall Finish List					
February 19, 2023					
Results By Race Management Systems, Inc.					
Half					
Place	Name	Bib No	Age Group	Chip Time	Gun Time
1	Ron Loewen	8473	1 M 30-39	1:16:11.7	1:16:13.5
2	Shawn Exley	560	2 M 30-39	1:19:38.3	1:19:40.3
3	Mitchell L'Heureux	616	3 M 30-39	1:19:41.1	1:19:44.0
4	Pearce Brennan	523	1 M 20-29	1:20:27.4	1:20:29.9
5	Greg Kilvert	8411	4 M 30-39	1:22:13.1	1:22:15.2
6	Jake Goose	574	2 M 20-29	1:22:16.5	1:22:20.3
7	Tyler Beveridge	517	5 M 30-39	1:23:10.8	1:23:13.1
8	Frederick Auger-Morin	509	3 M 20-29	1:23:22.4	1:23:26.9
9	Jamie Arsenault	506	6 M 30-39	1:24:08.9	1:24:14.2
10	Devon Chescoe	8404	4 M 20-29	1:25:15.6	1:25:18.5
11	Sonny Thiara	725	7 M 30-39	1:25:20.9	1:25:23.0
12	Michael Blair	519	5 M 20-29	1:25:44.4	1:25:48.1
13	Devin Hentschel	588	6 M 20-29	1:27:06.3	1:27:11.2
14	Rob Nielsen	8415	1 M 50-59	1:27:27.4	1:27:31.0
15	Troy Dalton	541	1 M 40-49	1:28:45.1	1:28:51.5
16	Aaron Strutt	716	8 M 30-39	1:29:12.9	1:29:20.6
17	Antonin Jirou-Najou	600	9 M 30-39	1:30:17.2	1:30:21.2
18	Kennedy Okondo	663	10 M 30-39	1:30:36.3	1:30:38.7
19	Amanda Verbeke	733	1 F 20-29	1:30:52.0	1:30:56.6
20	Jagdish Gill	571	11 M 30-39	1:31:23.0	1:31:23.0
21	Umberto Soda	706	12 M 30-39	1:32:20.2	1:32:24.5
22	Dayne Gagnon	568	13 M 30-39	1:32:51.4	1:32:54.0
23	Vincent Minicucci	649	14 M 30-39	1:33:00.8	1:33:03.3
24	Colin Chan	531	2 M 40-49	1:34:26.0	1:34:29.9
25	Corey Holmes	590	15 M 30-39	1:34:57.1	1:35:04.2
26	Tyler Greason	579	3 M 40-49	1:34:59.5	1:35:07.9
27	Aigerim Mukusheva	653	1 F 30-39	1:35:14.4	1:35:28.1
28	Jesse Teron	8418	7 M 20-29	1:35:35.9	1:35:41.7
29	Katie Sandrin	8472	2 F 20-29	1:35:44.0	1:35:54.4
30	Nathan Kindrachuk	609	16 M 30-39	1:36:19.1	1:37:07.3
31	Stephane Gaudreau	570	4 M 40-49	1:36:22.4	1:36:30.9
32	Andrew MacLeod	635	5 M 40-49	1:37:15.8	1:37:23.1
33	Mohanad Salahadin	691	17 M 30-39	1:37:20.7	1:40:24.0
34	Gary Temple	723	6 M 40-49	1:37:25.1	1:37:39.8
35	Sarah Chu	535	3 F 20-29	1:38:37.4	1:38:47.0
36	Max Lazar	619	8 M 20-29	1:39:36.0	1:39:39.2
37	Nevin Macdonald	631	18 M 30-39	1:40:44.4	1:40:52.0
38	Andrew Teh	721	19 M 30-39	1:41:10.0	1:41:27.0
39	Kevin Heinze	8408	2 M 50-59	1:41:38.2	1:41:42.4
40	Karen Natho	658	1 F 40-49	1:41:48.7	1:41:55.4
41	Kyle Vance	730	20 M 30-39	1:42:21.9	1:42:39.6
42	Daniel Rasmussen	678	7 M 40-49	1:42:24.4	1:44:33.9
43	Kate Pendergast	669	2 F 30-39	1:42:44.5	1:42:50.4
44	Thomas Canning	526	21 M 30-39	1:42:48.6	1:42:52.2

45	Julian Espino	559	22 M 30-39	1:43:02.5	1:43:06.4
46	Jason Wilbee	741	23 M 30-39	1:44:06.1	1:44:17.2
47	Cassie McMartin	644	3 F 30-39	1:44:21.9	1:44:44.6
48	Vanessa Elise Justine	8406	4 F 30-39	1:44:41.5	1:45:01.1
49	Alyssa Saran	694	5 F 30-39	1:44:43.4	1:45:02.1
50	Russell Leng	623	24 M 30-39	1:44:58.6	1:45:12.5
51	Kyla Hildebrand	8409	2 F 40-49	1:45:01.5	1:45:31.3
52	Trevor Gray	578	25 M 30-39	1:45:12.9	1:45:31.5
53	Omid Najafi	657	26 M 30-39	1:45:13.6	1:45:30.5
54	Mdyn Salahadin	692	1 M 1-19	1:45:55.6	1:46:00.7
55	Karl Lindgren-Streicher	8412	8 M 40-49	1:45:59.7	1:46:19.5
56	S Kimura	608	1 F 50-59	1:46:29.1	1:46:42.0
57	Twyla Ross	689	2 F 50-59	1:46:38.8	1:46:52.5
58	Emily Pritchard	676	3 F 40-49	1:46:44.3	1:47:08.4
59	Connor Slooyer	8474	9 M 20-29	1:46:59.7	1:47:04.8
60	Ryan Lindholm	8413	3 M 50-59	1:47:18.1	1:47:54.4
61	Max Leung	624	10 M 20-29	1:48:00.4	1:48:12.6
62	Kristin Dust	553	4 F 40-49	1:48:08.9	1:48:25.0
63	Natalie Stiles	714	5 F 40-49	1:48:10.4	1:48:36.6
64	Jackie Davidson	542	1 F 60-69	1:48:28.2	1:48:38.5
65	Christopher Doyle	550	27 M 30-39	1:49:13.0	1:49:16.7
66	Lindsay Rae	677	6 F 30-39	1:49:14.4	1:49:48.8
67	Aaron Vidas	734	28 M 30-39	1:49:14.6	1:49:50.5
68	Alicia Van Dyk	729	7 F 30-39	1:49:18.5	1:49:40.5
69	Jonas Bergmann	516	11 M 20-29	1:49:31.1	1:49:42.4
70	Jennie Hayes	585	6 F 40-49	1:50:18.2	1:50:37.2
71	Caileigh Anderson	8401	8 F 30-39	1:50:26.8	1:50:44.0
72	Kyle Fraser	566	29 M 30-39	1:50:28.0	1:50:41.3
73	Jenica Lee	622	9 F 30-39	1:50:31.6	1:50:53.0
74	Chung Ming Poon	673	9 M 40-49	1:50:33.8	1:50:42.3
75	Yousef Preagola	675	12 M 20-29	1:50:50.0	1:50:56.9
76	Jordan Sauser	696	13 M 20-29	1:50:52.7	1:50:57.8
77	Michael O'Flaherty	662	30 M 30-39	1:51:16.3	1:51:30.3
78	James Pratt	674	31 M 30-39	1:51:30.4	1:51:30.4
79	Aman Gill	8463	10 M 40-49	1:51:32.7	1:51:47.3
80	Etienne Garceau	569	32 M 30-39	1:51:45.5	1:52:03.2
81	Nicole Hong	591	10 F 30-39	1:51:46.4	1:51:55.1
82	Paul Dineen	547	33 M 30-39	1:52:10.0	1:52:24.3
83	Kristin Henry	586	11 F 30-39	1:52:17.5	1:52:41.0
84	Abdallah Salahadin	693	14 M 20-29	1:52:28.7	1:52:33.1
85	Michael Byrne	525	34 M 30-39	1:52:37.1	1:52:56.3
86	Claire Wilson	743	7 F 40-49	1:52:44.0	1:53:07.9
87	Desiree LeBlanc	620	12 F 30-39	1:53:12.7	1:53:30.2
88	Joshua Baron	514	15 M 20-29	1:53:14.2	1:53:27.3
89	Jared Woolhether	745	16 M 20-29	1:53:14.5	1:53:27.4
90	Kris Lubinich	628	35 M 30-39	1:53:14.8	1:53:18.0
91	Harry Dillingham	546	17 M 20-29	1:53:37.7	1:53:43.2
92	Nicholas McWhirter	646	36 M 30-39	1:53:44.6	1:54:11.7
93	Jordan Ball	513	37 M 30-39	1:53:52.0	1:53:59.9
94	Julia McFarland	642	4 F 20-29	1:54:07.7	1:54:24.2
95	Carol Thielmann	726	8 F 40-49	1:54:12.5	1:54:35.8

96	Mark Henry	587	38 M 30-39	1:54:16.1	1:54:41.0
97	Ciara Stevenson	712	5 F 20-29	1:54:29.1	1:54:53.7
98	Sam Day	543	18 M 20-29	1:54:35.0	1:54:45.6
99	Ryan Slater	703	39 M 30-39	1:54:35.2	1:55:02.4
100	Sarah Neufeldt	659	6 F 20-29	1:54:40.4	1:54:50.3
101	Roxie Koohgoli	613	13 F 30-39	1:54:40.9	1:54:51.0
102	Brett Templeman	724	4 M 50-59	1:54:43.2	1:55:05.5
103	Brett Webster	737	40 M 30-39	1:54:57.3	1:55:01.8
104	Jason Hughes	593	41 M 30-39	1:54:58.0	1:58:29.6
105	Pedro Fraccarolli Neto	565	42 M 30-39	1:55:13.0	1:55:51.9
106	Karissa Marazzi	639	7 F 20-29	1:55:18.0	1:55:27.9
107	SHELLEY JACKSON	8410	9 F 40-49	1:55:34.0	1:55:52.6
108	Tate Morton	8467	5 M 50-59	1:55:34.4	1:55:45.7
109	Michael Gran	8466	11 M 40-49	1:55:47.2	1:55:59.9
110	Raphael Dondelinger	549	43 M 30-39	1:56:06.4	1:56:26.7
111	Shane Sullivan	2169	12 M 40-49	1:56:11.0	1:56:34.9
112	Chelsey Delleman	544	14 F 30-39	1:56:30.7	1:56:53.4
113	Tori Thistlethwaite	727	8 F 20-29	1:56:31.4	1:56:39.6
114	Cheryl Ello	555	10 F 40-49	1:56:37.4	1:56:46.4
115	Emmalai Page	666	9 F 20-29	1:56:43.7	1:57:06.7
116	Levi Johnston	603	44 M 30-39	1:56:46.2	1:57:07.2
117	Kristen Lowe	627	15 F 30-39	1:57:01.4	1:59:42.5
118	Cory English	558	45 M 30-39	1:57:22.0	1:57:31.4
119	Peter Stiles	713	46 M 30-39	1:57:27.4	1:57:54.1
120	Mohamed Bello	515	19 M 20-29	1:57:44.0	1:57:50.3
121	Aaron Kitney	610	47 M 30-39	1:58:33.8	1:58:54.1
122	Eric Chaffe	529	48 M 30-39	1:59:04.8	1:59:11.0
123	Homa Aghighi	501	16 F 30-39	1:59:15.8	1:59:20.4
124	Kevin Boyle	521	49 M 30-39	2:00:24.5	2:00:44.9
125	Sean Mulligan	654	6 M 50-59	2:00:27.7	2:00:48.4
126	Brian Egge	554	50 M 30-39	2:00:29.8	2:00:39.2
127	Katrina Williams	742	17 F 30-39	2:00:59.6	2:01:14.8
128	Alison Green	580	11 F 40-49	2:01:05.4	2:01:28.0
129	Carolann Redden	680	3 F 50-59	2:01:28.8	2:01:47.9
130	Sebastian Colyn	538	20 M 20-29	2:01:33.8	2:01:45.3
131	Hannah MacQuarrie	636	10 F 20-29	2:01:34.0	2:01:45.1
132	Jenna Bugiardini	8403	11 F 20-29	2:01:38.5	2:02:11.9
133	Henry Hobbs	589	13 M 40-49	2:02:01.8	2:02:18.5
134	Gregory Reese	682	51 M 30-39	2:02:02.8	2:02:12.8
135	Trish Ivey	595	12 F 40-49	2:02:18.2	2:02:26.0
136	Jasmine Ash McQuillan	507	12 F 20-29	2:02:26.5	2:02:53.3
137	David Rojo	686	52 M 30-39	2:02:47.4	2:02:50.8
138	Amy Reese	681	13 F 20-29	2:02:49.9	2:02:59.6
139	Jackie Niddrie	661	13 F 40-49	2:02:58.2	2:03:07.1
140	Laura Steffins	711	4 F 50-59	2:02:58.7	2:03:07.2
141	Timothy Martin	641	21 M 20-29	2:03:06.4	2:03:12.7
142	Kelsey Telander	722	14 F 20-29	2:03:26.6	2:03:48.1
143	Tim Krueger	615	1 M 60-69	2:03:35.8	2:03:48.7
144	Kristie Caron	528	18 F 30-39	2:03:48.5	2:04:01.9
145	Niki Frew	567	14 F 40-49	2:03:55.6	2:04:15.1
146	Alex Gray	577	53 M 30-39	2:04:02.0	2:04:21.0

147	Kevin Pistone	672	7 M 50-59	2:04:28.4	2:04:43.5
148	Bart Findlay	562	2 M 60-69	2:04:34.8	2:04:54.8
149	Mandy MacIver	633	5 F 50-59	2:04:35.1	2:04:50.9
150	Randy Christie	534	3 M 60-69	2:04:41.8	2:05:00.5
151	Rainy Kent	606	2 F 60-69	2:04:44.5	2:05:09.9
152	Johanna Robertson	685	19 F 30-39	2:04:57.9	2:05:29.3
153	Raylene Yip	748	20 F 30-39	2:05:23.7	2:05:43.5
154	Rebecca Archambault	505	21 F 30-39	2:05:27.1	2:05:55.1
155	Katie Luehmann	629	22 F 30-39	2:05:51.2	2:06:11.4
156	Robert Bailey	510	54 M 30-39	2:05:54.9	2:06:04.0
157	Karen Takai	717	15 F 40-49	2:06:37.3	2:07:02.6
158	Gemma Dunn	552	16 F 40-49	2:07:08.2	2:07:36.5
159	Sophia Splane	709	15 F 20-29	2:07:24.3	2:07:46.6
160	Audry Nicol	660	6 F 50-59	2:07:56.4	2:08:09.1
161	Ray Richards	684	4 M 60-69	2:07:57.3	2:08:09.9
162	Yohannes Hagos	582	2 M 1-19	2:08:03.0	2:08:26.5
163	Yehuda Mansell	637	14 M 40-49	2:08:03.1	2:08:26.5
164	Victoria Saunders	695	16 F 20-29	2:08:11.2	2:08:33.1
165	Cole Johannessen	602	22 M 20-29	2:08:13.5	2:08:39.1
166	Julia Dinesen	548	17 F 20-29	2:08:14.2	2:08:39.0
167	Erin Mcguire	643	17 F 40-49	2:08:24.3	2:11:05.2
168	Carmen Grover	581	23 F 30-39	2:08:37.7	2:08:51.9
169	KRYSTAL BIAN	8475	18 F 20-29	2:09:04.1	2:09:14.5
170	Joel Elving	557	15 M 40-49	2:09:18.4	2:09:45.9
171	Deanna Bailey	511	18 F 40-49	2:09:30.0	2:09:57.6
172	Pranesh Ravindran	679	23 M 20-29	2:09:30.6	2:10:33.8
173	AMY WU	746	24 F 30-39	2:09:48.5	2:10:00.6
174	Natasha Cvenkel	540	25 F 30-39	2:10:15.5	2:10:35.8
175	Kaetlon Tanner	719	7 F 50-59	2:10:27.0	2:10:45.7
176	Fatemeh Jafari	597	19 F 20-29	2:10:59.0	2:11:04.2
177	Lindsey Kennedy	605	26 F 30-39	2:11:17.3	2:11:39.0
178	Ben Brown	524	55 M 30-39	2:12:03.5	2:12:21.4
179	Warwick Smith	705	16 M 40-49	2:12:41.6	2:12:49.7
180	Claire Peister	668	20 F 20-29	2:12:54.2	2:13:16.6
181	Angie Manville	638	8 F 50-59	2:13:12.3	2:13:23.8
182	Irene Cheung	533	19 F 40-49	2:13:26.1	2:13:49.5
183	Liz Graham	576	20 F 40-49	2:13:39.6	2:14:06.2
184	Shaunacy Cools	8405	27 F 30-39	2:14:23.5	2:14:35.7
185	Joel Spakowski	708	17 M 40-49	2:14:47.7	2:15:03.2
186	Rory Morgan	651	8 M 50-59	2:14:48.1	2:15:03.2
187	Vanessa Desjardins	545	28 F 30-39	2:15:33.2	2:15:49.7
188	Amar Johal	601	21 F 40-49	2:15:49.1	2:16:11.2
189	Shannon Shum	699	22 F 40-49	2:16:09.3	2:16:25.5
190	Samantha Lautrup	618	21 F 20-29	2:16:50.3	2:17:07.3
191	Andrew Laing	8480	56 M 30-39	2:17:36.8	2:17:53.8
192	Bethany Kondiles	612	29 F 30-39	2:17:41.2	2:18:07.7
193	Marie Blair	518	3 F 60-69	2:18:04.8	2:18:21.7
194	Pilar Zumbado	752	23 F 40-49	2:18:31.9	2:18:39.5
195	robert st jean	710	18 M 40-49	2:19:01.2	2:19:29.7
196	Christos Chaldeos	530	57 M 30-39	2:20:09.2	2:20:15.5
197	Sujay Athani	508	58 M 30-39	2:21:01.7	2:22:03.0

198	Fred Fontaine	564	19 M 40-49	2:21:10.8	2:21:35.3
199	Tyler Lappin	617	20 M 40-49	2:21:11.2	2:21:37.5
200	Oliver Chen	532	59 M 30-39	2:21:42.5	2:22:22.2
201	Nathan Mach	632	60 M 30-39	2:21:44.3	2:22:24.1
202	Alison Rose	687	24 F 40-49	2:22:07.4	2:22:15.1
203	Grant Parnell	667	5 M 60-69	2:22:25.0	2:25:53.7
204	Lisa Fitzgerald	563	30 F 30-39	2:23:35.9	2:23:49.5
205	Sarah Hamilton	584	25 F 40-49	2:23:36.0	2:23:56.6
206	Patrick J Whalen	738	6 M 60-69	2:23:43.6	2:24:09.8
207	Jacob Straczek	715	61 M 30-39	2:23:49.8	2:24:00.3
208	Lindsay Rose	688	31 F 30-39	2:24:32.7	2:24:54.9
209	GEORGIANA PETRARU	670	32 F 30-39	2:26:07.0	2:26:36.2
210	Martin Gostelow	575	1 M 70-79	2:29:07.9	2:32:21.1
211	Aaron Brandon-Owen	8402	62 M 30-39	2:29:58.4	2:33:57.8
212	Teresa Olivares	665	33 F 30-39	2:30:32.2	2:30:39.5
213	Mike Baker	512	9 M 50-59	2:33:20.5	2:33:42.7
214	Brent Inscoe	594	21 M 40-49	2:33:20.9	2:33:43.0
215	Jess Waltho	736	34 F 30-39	2:33:24.4	2:33:45.9
216	Mabel Fong	8407	4 F 60-69	2:33:27.6	2:33:50.7
217	Danica Jadis	596	22 F 20-29	2:35:56.9	2:36:14.8
218	Corine Zolnierczyk	751	5 F 60-69	2:35:57.8	2:36:23.8
219	Jerald Huddleston	592	24 M 20-29	2:36:53.2	2:37:14.0
220	JC Mykytchuk	655	22 M 40-49	2:37:07.3	2:37:19.4
221	John Reay	8417	7 M 60-69	2:39:02.4	2:39:25.4
222	Francine Renouf	683	26 F 40-49	2:39:42.7	2:39:59.6
223	Dennis Quinlan	8416	2 M 70-79	2:40:52.5	2:41:10.8
224	Aloma Braganza	522	35 F 30-39	2:40:57.1	2:41:13.1
225	Sridar Elumalai	556	23 M 40-49	2:41:26.7	2:41:44.7
226	Jeena Mourad	652	23 F 20-29	2:50:44.3	2:51:22.0
227	Louise Wells	8419	24 F 20-29	2:50:46.5	2:51:05.0
228	Analisa Feuz	561	9 F 50-59	2:51:15.0	2:51:38.5
229	Lenora McQueen	645	6 F 60-69	2:55:04.7	2:55:20.5
230	Suzanna Michener	648	36 F 30-39	2:56:48.5	3:02:37.1
231	Tracey Wiebe	739	10 F 50-59	2:57:12.2	2:57:27.1
232	Yick Sze Lui	630	27 F 40-49	2:57:50.3	2:58:04.9
233	Naghham Alkhaled	502	1 F 1-19	3:05:00.9	3:05:06.2
234	Joseph Tan	718	10 M 50-59	3:08:16.7	3:08:52.0
235	Christine Blasutig	520	37 F 30-39	3:08:38.7	3:08:54.0
10K					
Place	Name	Bib No	Age Group	Chip Time	Gun Time
1	Duane Foley	2038	1 M 40-49	41:21.9	44:24.1
2	Elisabeth Bismeyer	2015	1 F 30-39	41:38.7	44:42.9
3	Darryl Pongracz	2130	1 M 30-39	42:31.0	45:36.7
4	Angelo Villalta	8449	2 M 30-39	42:42.9	45:46.7
5	Camila Lafleur	2084	1 F 20-29	43:30.1	46:34.5
6	Brock Chatterley	8422	3 M 30-39	44:37.6	47:40.1
7	Nik Davey	8423	1 M 1-19	44:43.0	47:54.3
8	David Zaldivar	2193	1 M 20-29	45:07.4	48:23.0
9	Kyle Giesbrecht	2050	4 M 30-39	45:20.3	48:23.4
10	Brandon Wolkosky	8451	2 M 20-29	45:21.9	48:31.2

11	Ellen Sigurdson	2156	2 F 20-29	46:38.0	49:53.5
12	Cadell Rees	2140	3 M 20-29	47:36.1	50:38.3
13	Britt Felix	8427	2 F 30-39	47:38.7	50:58.4
14	David Halabourda	8482	5 M 30-39	47:40.1	51:01.4
15	Indianna Wainman	8450	3 F 20-29	48:05.1	51:17.8
16	Jesse Angell	2001	2 M 40-49	48:30.3	52:06.0
17	Jon Peacock	8471	1 M 50-59	48:50.3	52:00.8
18	Jayme Stubbart	2167	3 F 30-39	49:32.7	52:35.1
19	Heath Baron-Morgan	2009	4 M 20-29	49:52.8	52:54.8
20	Shawna Dutschek	2032	1 F 40-49	49:54.6	52:56.8
21	Kenneth Noguchi	2120	5 M 20-29	51:10.0	54:15.1
22	Eric Mackenzie	8439	6 M 20-29	51:29.2	54:40.5
23	Ali Jafari	598	2 M 1-19	51:36.9	54:39.9
24	Emily Mills	2106	4 F 20-29	52:10.9	55:28.6
25	Samantha Withenshaw	2192	4 F 30-39	52:28.0	55:34.7
26	Fiona Ives	2070	1 F 50-59	52:40.1	55:54.7
27	Farmehr Yazdani	747	7 M 20-29	53:03.2	53:08.8
28	Daniel Jenkins	2073	6 M 30-39	53:17.6	58:49.1
29	Aaron Anton	2003	7 M 30-39	53:26.3	56:39.3
30	Pam Stanfield	2164	2 F 50-59	53:30.1	57:00.0
31	Jarrett Winn	2191	3 M 40-49	53:45.1	56:52.0
32	Aidan Yee	8454	8 M 20-29	53:53.5	57:16.3
33	Sarah Sullivan	2170	2 F 40-49	54:05.7	57:17.3
34	Pierre Zwiegers	2195	8 M 30-39	54:10.7	57:21.2
35	Kalyn Davies	8481	5 F 30-39	54:12.7	57:22.7
36	Kirsten Featherstone	8426	5 F 20-29	54:20.9	57:43.6
37	Ashlee Gau	2045	6 F 30-39	54:22.9	57:30.6
38	Essie Winer	2190	7 F 30-39	54:31.7	57:48.4
39	Lisa Hamar	2054	3 F 50-59	54:38.5	57:53.5
40	Rebecca Vanderhorst	732	8 F 30-39	54:38.9	58:02.2
41	Vincent Lo	2092	4 M 40-49	54:43.1	57:56.6
42	Helen Rogan	2143	3 F 40-49	54:44.8	57:56.8
43	Brad Tait	8447	2 M 50-59	54:45.6	57:57.7
44	Reece Harding	2059	3 M 50-59	55:02.7	58:04.7
45	Miller Morache	2114	9 M 30-39	55:25.9	58:45.5
46	AKI IIZUKA	2068	5 M 40-49	55:28.5	58:53.1
47	Jeremy Takada Balden	2171	6 M 40-49	55:28.8	58:53.4
48	Christopher Gandouin	2042	9 M 20-29	55:43.3	59:11.2
49	James Ross	2144	4 M 50-59	55:48.3	58:53.4
50	Simon Gau	2044	10 M 30-39	55:49.6	58:57.5
51	Filene Mussell	8442	4 F 40-49	55:50.1	59:09.4
52	Sheila Hammond	2055	4 F 50-59	55:50.6	59:03.9
53	Meghan White	2186	9 F 30-39	55:54.7	59:15.1
54	Kyla Martens	2100	6 F 20-29	56:00.4	59:10.9
55	Trevor O'Brien	2121	11 M 30-39	56:13.1	59:21.9
56	April Kelly	2080	10 F 30-39	56:31.2	59:51.7
57	Jordan Ferdinands	8428	12 M 30-39	56:34.8	59:39.3
58	Ola Hashem	2061	1 F 1-19	56:36.3	59:48.4
59	Kai Antle	2002	10 M 20-29	56:36.9	59:41.5
60	Dennis Tarr	2172	1 M 60-69	56:57.8	1:00:14.4
61	Jacquelyn Currie	8476	5 F 50-59	57:10.6	1:00:20.2

62	Jully Dewett	8424	11 F 30-39	57:16.7	1:00:22.0
63	Holly Franklin	2039	12 F 30-39	57:17.4	1:00:27.6
64	Sylvia Burslem	2018	13 F 30-39	57:17.8	1:00:27.6
65	Mark Spencer	2162	5 M 50-59	57:23.3	1:00:26.2
66	Lara O'Brien	2122	14 F 30-39	57:40.7	1:00:49.2
67	Ji Orth	2124	7 F 20-29	57:55.9	1:01:03.2
68	Samantha Shields	2150	15 F 30-39	57:56.9	1:01:01.4
69	Sarah Mills	2105	16 F 30-39	58:00.3	1:01:18.0
70	Christa Dey-Girard	2030	6 F 50-59	58:10.1	1:01:23.9
71	Edward Kanna	2078	7 M 40-49	58:15.7	1:01:38.8
72	Vanessa Fussell	2040	8 F 20-29	58:20.4	1:01:30.5
73	Grant Gardner	8429	13 M 30-39	58:21.9	1:01:27.2
74	Rob Bevis	8421	6 M 50-59	58:35.3	1:01:53.4
75	Claire Howell	2066	9 F 20-29	58:43.9	1:01:50.9
76	Annika Lofstrand	8438	7 F 50-59	58:57.8	1:02:08.8
77	Phillip Gibson	2049	8 M 40-49	59:03.5	1:02:16.6
78	Scott Hanson	2057	11 M 20-29	59:10.5	1:02:42.6
79	Haley Cairns	2020	10 F 20-29	59:37.8	1:02:54.4
80	Suki Aujla	2004	5 F 40-49	59:49.0	1:02:58.2
81	Ahmed Marzouk Gaballa	2041	3 M 1-19	59:52.4	1:03:04.5
82	Laura Ruiz	2145	11 F 20-29	59:56.0	1:03:06.9
83	Danielle Maneely	2098	6 F 40-49	59:58.4	1:05:46.1
84	Anita Aujla	2005	7 F 40-49	1:00:08.2	1:03:11.8
85	Leonard Taylor	2174	9 M 40-49	1:00:23.5	1:03:42.5
86	Penelope Taylor	2173	2 F 1-19	1:00:54.3	1:04:13.3
87	Hannon Read	2137	3 F 1-19	1:01:01.0	1:04:17.1
88	Heather Dinn	2031	1 F 60-69	1:01:10.8	1:04:32.6
89	Maureen Napodi	2116	2 F 60-69	1:01:10.8	1:04:32.6
90	Andrew M Nichol	2093	12 M 20-29	1:01:10.8	1:04:22.5
91	Sarah THORNE	2178	17 F 30-39	1:01:14.4	1:04:40.0
92	Aimee Rai	2135	8 F 40-49	1:01:31.7	1:04:40.1
93	Kirsten Jensen	2074	18 F 30-39	1:01:33.0	1:04:58.4
94	Fidel Castro	2023	7 M 50-59	1:01:33.4	1:04:51.2
95	Amanda Robertson	2142	9 F 40-49	1:01:41.0	1:04:55.2
96	Jena Williams	2189	10 F 40-49	1:01:41.1	1:04:55.3
97	Dana Thielmann	2177	19 F 30-39	1:02:01.1	1:06:45.4
98	Jeff Stachoski	2163	2 M 60-69	1:02:01.5	1:05:43.4
99	Natasha Barrow	2010	20 F 30-39	1:02:11.7	1:05:41.6
100	Mackenzie Coyle	2026	21 F 30-39	1:03:01.7	1:06:13.4
101	Bonnie McAvoy	2101	8 F 50-59	1:03:03.2	1:06:19.8
102	Arden Gandouin	2043	12 F 20-29	1:03:12.9	1:06:36.9
103	Melissa Sturko	2168	9 F 50-59	1:03:16.7	1:06:19.5
104	Shana Mansfield	8440	13 F 20-29	1:03:26.1	1:06:40.5
105	Thomas Dineen	8425	14 M 30-39	1:03:26.4	1:06:40.8
106	Michelle Carduner	2022	3 F 60-69	1:03:27.6	1:06:46.6
107	Justin Norton	8444	15 M 30-39	1:03:43.3	1:07:02.2
108	Allie McLaughlin	2103	22 F 30-39	1:03:52.2	1:07:03.4
109	Hasan Hussein	2067	13 M 20-29	1:03:57.0	1:07:03.9
110	Trevor Kanai	8435	14 M 20-29	1:03:59.3	1:07:40.5
111	Nicola Basi	2011	14 F 20-29	1:04:12.4	1:07:18.7
112	SHERI FEATHERSTONE	2037	11 F 40-49	1:04:12.8	1:07:36.6

113	Chelsea Desouza	2029	15 F 20-29	1:04:13.1	1:07:19.0
114	Ashly Klimko	2083	23 F 30-39	1:04:20.6	1:07:37.6
115	Mike Reeves	2141	10 M 40-49	1:04:23.5	1:07:32.2
116	Brenda Pasichnyk	8455	10 F 50-59	1:04:38.7	1:08:01.0
117	Amanda McPhee	2104	16 F 20-29	1:04:52.7	1:08:21.3
118	Erica Purcell	2133	24 F 30-39	1:05:02.1	1:08:28.1
119	Meghan Hanon	2056	17 F 20-29	1:05:12.8	1:08:19.4
120	Reece Lamond	8436	18 F 20-29	1:05:22.1	1:08:35.8
121	Madison Faulks	2036	19 F 20-29	1:05:23.5	1:08:31.2
122	Christy Peters	2125	12 F 40-49	1:05:24.7	1:08:52.3
123	Carilynn Siemens	2154	13 F 40-49	1:05:25.2	1:08:52.5
124	Stephen Whatley	2185	11 M 40-49	1:05:54.2	1:09:21.6
125	Shannah Rasmussen	2136	25 F 30-39	1:05:58.8	1:10:12.2
126	Alison Nichol	2118	20 F 20-29	1:06:10.2	1:09:22.3
127	Emerald John	8433	14 F 40-49	1:06:28.3	1:10:00.8
128	Liam Bagshaw	2006	15 M 20-29	1:06:36.5	1:09:56.5
129	Summer Williams	2188	21 F 20-29	1:06:39.1	1:10:00.5
130	Shayne O'Flaherty	2123	8 M 50-59	1:06:56.7	1:10:17.0
131	Jackie MacDonald	2094	15 F 40-49	1:07:13.5	1:10:23.2
132	Billie Jeanne Sinclair	2157	26 F 30-39	1:07:19.1	1:10:30.8
133	Amanda Templeman	2175	16 F 40-49	1:07:19.9	1:10:35.9
134	Allison Kesler	2081	17 F 40-49	1:07:34.5	1:10:51.7
135	Caitlin Gostelow	8431	27 F 30-39	1:07:38.9	1:11:01.3
136	Lauren Hough	2065	28 F 30-39	1:07:44.3	1:10:59.3
137	Katrien Moore	2113	18 F 40-49	1:07:59.0	1:11:30.0
138	Samantha Purcell	2132	22 F 20-29	1:08:14.2	1:11:38.7
139	Elaine Campbell	2021	4 F 60-69	1:08:14.9	1:11:28.8
140	Colleen Zwiegers	2196	11 F 50-59	1:08:16.8	1:11:27.4
141	Kimberly Jansen	2072	12 F 50-59	1:08:29.1	1:11:45.2
142	Jennifer Trentadue	2180	13 F 50-59	1:08:59.1	1:12:09.3
143	Amy Read	2138	19 F 40-49	1:09:14.0	1:12:30.1
144	Jordan Grant	2052	29 F 30-39	1:09:36.8	1:12:50.7
145	Don Marcellus	2099	12 M 40-49	1:10:06.7	1:13:33.4
146	Brenda Sierpina	8483	20 F 40-49	1:10:18.8	1:13:40.2
147	Rachael Le	2088	4 F 1-19	1:10:36.2	1:14:04.0
148	Chenxi Le	2087	14 F 50-59	1:10:39.2	1:14:06.7
149	Iqbal Malhi	2097	21 F 40-49	1:10:45.6	1:13:54.7
150	Magdalena Slapinski	702	30 F 30-39	1:10:45.6	1:14:03.7
151	Phillip March	640	3 M 60-69	1:10:45.8	1:14:03.9
152	Frazier King	2082	16 M 30-39	1:11:20.0	1:14:37.9
153	Nathan Jongenburger	2077	16 M 20-29	1:11:20.0	1:14:37.8
154	Susan Schnitzer	2148	15 F 50-59	1:11:45.7	1:15:05.9
155	Danielle Yearley	8453	31 F 30-39	1:11:56.8	1:15:19.5
156	Marie Redekop	2139	32 F 30-39	1:12:02.9	1:15:18.0
157	Kathaleen Smith	2159	33 F 30-39	1:12:03.1	1:15:18.2
158	Anna Pinote	2129	22 F 40-49	1:12:28.6	1:15:44.1
159	Cynthia Mussell	8443	5 F 60-69	1:12:35.7	1:15:59.1
160	Monica Niemirski	2119	34 F 30-39	1:12:59.7	1:16:18.8
161	Jenny Sagoo	2146	35 F 30-39	1:13:26.1	1:16:32.0
162	Cadence Liao	2091	5 F 1-19	1:13:39.6	1:17:07.5
163	Kathleen Stanyer	2165	36 F 30-39	1:14:18.2	1:17:25.8

164	Adam Van Noort	2183	17 M 20-29	1:14:18.4	1:17:26.3
165	Vivian Schwartz	2149	6 F 60-69	1:14:20.0	1:17:35.6
166	Cyndie Piesche	2127	7 F 60-69	1:14:20.6	1:17:36.1
167	Rosanna Torralba	2179	16 F 50-59	1:15:05.5	1:18:28.2
168	Barry Monkman	2111	4 M 60-69	1:15:30.5	1:19:03.6
169	Reshena Puri	2134	23 F 40-49	1:16:09.4	1:19:17.5
170	Aylwin Ismael	2069	18 M 20-29	1:16:24.0	1:19:36.9
171	Cory Van Drunen	2182	17 M 30-39	1:16:30.6	1:19:50.5
172	Becky Van Drunen	2181	37 F 30-39	1:16:31.7	1:19:49.9
173	Ronda Landsfried	2085	24 F 40-49	1:17:10.6	1:20:23.7
174	Alexia Stone	2166	23 F 20-29	1:17:55.0	1:21:16.2
175	Josephine Bergenstein	2013	24 F 20-29	1:17:55.2	1:21:16.0
176	Nicole Neagu	2117	25 F 20-29	1:17:55.6	1:21:16.3
177	Rosalyn Shih	2151	6 F 1-19	1:18:48.1	1:21:52.2
178	Angela Hardbattle	2058	25 F 40-49	1:19:48.2	1:23:09.4
179	Shiraz Kaba	8434	1 M 70-79	1:19:48.5	1:23:10.1
180	Eskhander (Ace) Balawag	2008	13 M 40-49	1:20:16.5	1:23:54.3
181	Zafdeep Soor	2160	26 F 40-49	1:20:42.1	1:23:51.3
182	Sharon DeMoor	2028	1 F 70-79	1:21:15.4	1:24:30.7
183	Rebecca Jackson	8432	38 F 30-39	1:21:27.3	1:24:41.5
184	Michael Major	2096	14 M 40-49	1:21:56.0	1:25:02.9
185	Julia Major	2095	27 F 40-49	1:21:56.0	1:25:02.6
186	Kuei-Chien Shih	2152	9 M 50-59	1:22:20.7	1:25:25.1
187	Bobby Jolly	2076	19 M 20-29	1:22:42.4	1:25:55.0
188	Carrie Mogollon	2108	39 F 30-39	1:23:09.9	1:27:46.4
189	Jessie Momrath	2110	28 F 40-49	1:23:10.9	1:26:20.3
190	Joe Mogollon	2109	15 M 40-49	1:23:16.8	1:27:46.6
191	Candice George	8430	29 F 40-49	1:23:42.4	1:27:10.0
192	Maria Castro	2024	17 F 50-59	1:25:10.6	1:28:28.6
193	Laura Wright	8452	40 F 30-39	1:25:52.0	1:29:18.0
194	Diana Wiebe	2187	18 F 50-59	1:27:03.6	1:30:27.8
195	Patrick Hillis	2062	18 M 30-39	1:27:17.4	1:30:36.6
196	Michelle Hillis	2063	41 F 30-39	1:27:18.2	1:30:36.9
197	Galvin Brower	2016	5 M 60-69	1:29:19.0	1:32:40.9
198	Sadie Leon	8437	30 F 40-49	1:29:43.2	1:33:08.6
199	Sanjit Gill	2051	31 F 40-49	1:30:22.2	1:33:31.5
200	Ary De Moor	2027	2 M 70-79	1:31:32.7	1:34:50.2
201	Dalton Owen	8445	20 M 20-29	1:33:43.1	1:40:14.3
202	Verner Sorensen	2161	1 M 80-89	1:34:48.9	1:38:21.4
203	Brenda Pike	8446	32 F 40-49	1:36:20.3	1:39:50.4
204	Peter Munro	8462	6 M 60-69	1:37:40.5	1:41:07.0
205	Jennifer Bernier	2014	33 F 40-49	1:38:39.6	1:42:13.0
206	Kim Conway	2025	34 F 40-49	1:38:39.6	1:42:13.3
207	Lester Liao	2090	16 M 40-49	1:46:33.1	1:50:01.6
208	Nikita Premkumar	2131	7 F 1-19	1:47:13.6	1:50:39.1
209	Premkumar Balasubramanian	2007	17 M 40-49	1:47:17.7	1:50:43.2
210	Gretchen Tournier	8448	2 F 70-79	1:47:44.4	1:51:12.6
211	Kelly McDonald	8441	8 F 60-69	1:47:45.2	1:51:12.9
212	Meg Gavilanez-Erickson	2046	35 F 40-49	1:50:20.9	1:53:54.0
213	Diana Rabie	4282	42 F 30-39	1:51:56.4	1:52:35.3
214	Alicia George	2048	43 F 30-39	2:12:36.1	2:16:07.4

Place	Name	Bib No	Age Group	Chip Time	Gun Time
5K					
1	Alexander Otero	8252	1 M 30-39	17:08.0	24:59.0
2	Henry Nestmann	8478	1 M 1-19	17:39.8	23:41.7
3	Markus Toolsie-Worsnup	4311	2 M 1-19	18:04.1	24:05.9
4	David Gedge	2047	1 M 40-49	19:20.7	25:23.9
5	Ryan Lesperance	4258	2 M 40-49	19:29.6	25:33.2
6	Ria Gill	4241	1 F 20-29	19:32.6	25:35.6
7	Aida Valevicius	4316	1 F 30-39	20:30.1	26:32.7
8	Jackson Nestmann	8479	3 M 1-19	21:18.7	27:20.7
9	Edward Hollinshead	4248	2 M 30-39	21:33.8	27:52.2
10	Pierre Chan	4220	3 M 40-49	21:36.8	27:40.6
11	Tim Small	4295	1 M 20-29	21:52.2	27:54.9
12	Kristin Fox	8468	1 F 60-69	22:38.3	28:41.9
13	Colin Brander	4215	1 M 60-69	22:51.1	28:55.2
14	Arie Merrin	8249	1 M 50-59	23:31.1	29:33.8
15	Pete Bremner	4216	2 M 60-69	23:38.7	30:17.7
16	Samantha Borland	4214	2 F 30-39	24:02.2	30:04.9
17	Chris Tilbury	4308	4 M 40-49	24:37.1	30:57.6
18	Katherine Van Alstyne	4317	3 F 30-39	24:45.5	30:55.7
19	Joel Smith	4298	3 M 30-39	25:36.2	31:45.9
20	Barry Klassen	4252	3 M 60-69	25:53.8	31:59.7
21	Dave Moran	4264	4 M 30-39	26:13.6	32:28.7
22	Jordan Smith	4296	2 M 20-29	27:32.8	33:41.9
23	Kathleen Geremia	8247	2 F 60-69	27:36.6	33:45.9
24	Dani Warren	4320	4 F 30-39	27:39.3	33:50.1
25	Hayley Geremia	8246	5 F 30-39	27:41.9	33:51.8
26	Robin Bains	4204	5 M 30-39	27:48.3	34:10.5
27	Alyssa Beaumont	4208	2 F 20-29	27:59.7	34:08.1
28	Chelsea Bill	4210	1 F 1-19	28:00.0	34:08.3
29	Megan Tilbury	4309	6 F 30-39	28:13.7	34:34.8
30	Jen North	4275	7 F 30-39	28:30.9	34:39.9
31	Neil Gaudreault	8470	2 M 50-59	28:38.8	34:48.1
32	Heather Burke	8469	1 F 50-59	28:48.0	34:54.9
33	Charlie Fletcher	4235	8 F 30-39	28:54.5	35:02.4
34	Meredith Smith	4297	3 F 20-29	28:56.7	35:07.9
35	Elise Reeh	8457	3 F 60-69	29:06.0	35:13.5
36	Jim Sandor	4291	4 M 60-69	29:35.7	35:38.9
37	Ryan Thomas	4306	3 M 50-59	29:38.1	35:44.8
38	Brenda Thomas	4305	1 F 40-49	29:39.0	35:45.6
39	James Tymofichuk	4315	6 M 30-39	29:50.8	35:58.9
40	Christina Garson	4238	4 F 60-69	30:41.0	36:43.1
41	Terry Russell	8459	1 M 70-79	30:43.3	36:49.8
42	Alexa De Biasio	4227	2 F 1-19	30:47.0	36:54.1
43	So Jeong Bae	4203	4 F 20-29	30:54.1	36:57.3
44	Alia Nicola	4273	2 F 40-49	31:48.5	38:29.0
45	Nils Osterby	8251	4 M 50-59	31:50.8	37:58.2
46	Connor McCreddie	4261	3 M 20-29	31:52.7	37:57.1
47	Ashley Windsor	4324	5 F 20-29	31:52.9	37:57.3
48	Jiahui Tan	4303	4 M 20-29	33:04.6	39:20.1

49	Rosemary Fleming	4233	5 F 60-69	33:11.3	39:18.9
50	Michele Trim	4312	6 F 60-69	33:16.5	39:30.6
51	Nina Sahota	4290	3 F 40-49	33:28.8	39:33.9
52	Jenny Kilvert	8248	4 F 40-49	33:30.4	39:38.5
53	Sandy Chu	4223	6 F 20-29	33:37.6	39:54.5
54	Mehek Budshah	4217	3 F 1-19	33:42.2	39:51.2
55	Eve Ojea	4276	5 F 40-49	33:42.8	40:06.0
56	Mohammad Alkhaled	4201	4 M 1-19	33:49.7	39:53.1
57	Carla Rivard	4285	2 F 50-59	33:52.4	40:11.8
58	Nika Chu	4222	7 F 20-29	33:53.9	40:11.4
59	Kent Laubman	4253	5 M 40-49	34:18.2	40:24.4
60	Kolbassia Haoussou	4246	6 M 40-49	34:19.3	40:23.9
61	Rachel Burt	4219	6 F 40-49	34:31.3	40:45.1
62	Emma Blinkhorn	4212	9 F 30-39	34:31.7	40:44.8
63	Julia Roberts	4286	7 F 40-49	34:33.8	40:36.9
64	Andrew Cuckow	4226	7 M 30-39	35:00.6	41:23.1
65	Fabiola Monthe	8477	8 F 20-29	35:05.1	41:09.6
66	Jayne Fleming	4234	3 F 50-59	35:05.7	41:09.6
67	Hannah Nicoll	4274	8 F 40-49	35:27.9	41:36.4
68	Rabia Sidhu	4294	10 F 30-39	35:41.8	41:54.5
69	Lori Henry	4247	4 F 50-59	35:42.4	42:02.0
70	Lucy Tang	4304	4 F 1-19	35:49.8	42:08.4
71	Jeannette Gehrke	4239	5 F 50-59	35:53.0	42:11.1
72	Simrita Sandhu	8460	9 F 20-29	35:58.4	42:26.3
73	Brenna Kanski	2079	9 F 40-49	36:10.2	42:30.3
74	Jes Beckwith	4209	6 F 50-59	36:11.5	42:30.6
75	Melissa Gomez Frey de Elliot	4242	11 F 30-39	36:29.3	42:42.9
76	CHERYL HAARSTAD	4244	7 F 50-59	36:43.9	43:15.5
77	Lloyd Rees	4284	5 M 60-69	36:45.6	42:52.1
78	Roger Roufosse	8458	1 M 80-89	36:56.0	43:02.2
79	Holly Swaine	4302	10 F 20-29	37:24.6	43:37.9
80	Katy Tenhoeve	2176	12 F 30-39	37:26.7	40:48.3
81	Linda Arce	4202	11 F 20-29	37:29.5	43:43.9
82	Ashley Rowan	4289	12 F 20-29	37:39.2	44:00.9
83	Jeannine Tully	4314	13 F 30-39	38:16.1	44:26.1
84	Yumi Mykytchuk	4272	5 F 1-19	38:16.3	44:33.7
85	Lynn Barrow	4205	1 F 70-79	38:32.9	44:54.6
86	Kathryn Donnelly	4229	7 F 60-69	38:38.2	44:53.5
87	Phi Truong	4313	2 M 70-79	38:42.9	44:48.5
88	Candice Copeland	4225	13 F 20-29	39:05.9	45:12.9
89	Miranda Thomas-Merkley	4307	14 F 30-39	39:09.3	45:25.7
90	Maria LeRose	4257	8 F 60-69	40:21.0	46:41.9
91	Chelsea Haberin	4245	15 F 30-39	40:21.1	46:41.8
92	Allen Baylosis	2012	5 M 20-29	40:28.4	46:52.0
93	Lisa De Biasio	4228	8 F 50-59	40:31.1	46:39.3
94	Aowsmer Ordon	4279	16 F 30-39	40:31.5	46:43.7
95	Kiomi Mykytchuk	4270	6 F 1-19	40:44.3	47:02.2
96	Sareena Prasad	4281	9 F 50-59	41:04.6	47:21.4
97	Bacilia Cia Ramirez	4283	17 F 30-39	41:20.3	47:33.4
98	Jocelyn McIntosh	4263	10 F 40-49	41:20.5	47:33.4
99	Poonam Olak	4278	11 F 40-49	41:28.4	47:33.9

100	Kataya Munday	4268	14 F 20-29	42:07.6	48:26.8
101	Kylie Morgan	4265	18 F 30-39	42:13.9	48:30.3
102	Arnie Vabson	8464	6 M 60-69	42:28.4	48:40.4
103	Natia Vabson	8465	15 F 20-29	42:28.9	48:40.6
104	Fern Boese	4213	10 F 50-59	42:33.8	48:54.0
105	Aimee Murdoch	4269	16 F 20-29	42:43.0	49:04.6
106	Julie Falcon	4231	9 F 60-69	42:50.4	49:12.9
107	tara kenning	4250	10 F 60-69	42:51.0	49:13.0
108	Robin Mossop	4266	19 F 30-39	43:13.9	49:33.0
109	Iniyal Inparajah	8484	12 F 40-49	45:02.2	57:31.7
110	Jianan Wang	4319	17 F 20-29	45:30.1	51:42.1
111	Sharan Badyal	8243	7 M 40-49	46:17.6	52:40.3
112	June Maeda	4260	13 F 40-49	46:57.8	53:16.6
113	Debra Kato	4249	11 F 60-69	47:10.4	56:18.1
114	brad graham	4243	8 M 40-49	47:39.9	54:00.5
115	Randy Hryhorezud	8486	9 M 40-49	48:17.6	1:00:47.0
116	Miya Mykytchuk	4271	7 F 1-19	48:22.8	54:40.8
117	Caitlyn Lovett	4259	20 F 30-39	49:43.6	55:59.2
118	Melanie Leonard	4256	21 F 30-39	49:43.8	55:59.2
119	Sherry Ferguson	4232	2 F 70-79	49:48.4	56:09.7
120	Alyssa Amanda Burg	4218	22 F 30-39	51:00.4	57:20.3
121	Mona Robertson	4287	11 F 50-59	51:19.0	57:32.4
122	Rani Gill	4240	12 F 50-59	51:44.3	57:58.8
123	Kamaljit Lehal	4255	13 F 50-59	51:44.5	57:58.9
124	carole chesham	4221	1 F 80-89	53:00.9	59:30.1
125	Mana Basefat	4207	8 F 1-19	54:09.7	1:00:21.5
126	Josee Brodeur	8244	14 F 50-59	55:49.3	1:02:16.4
127	Sally Frost	4237	2 F 80-89	55:57.9	1:05:31.7
128	Al Frost	4236	2 M 80-89	55:58.3	1:05:32.4
129	Steve Schnitzer	4293	7 M 60-69	56:07.0	1:02:34.4
130	Sharon Oke	4277	12 F 60-69	56:21.8	1:02:34.3
131	ruth proudfoot	8456	13 F 60-69	57:12.2	1:03:38.6
132	Vanessa Sankar	4292	14 F 40-49	57:33.9	1:03:52.9
133	Soudabeh Mousavi	4267	15 F 40-49	1:00:39.5	1:06:52.8
134	Ava Basefat	4206	9 F 1-19	1:00:40.0	1:06:53.0
135	Tuyen Du	4230	14 F 60-69	1:02:46.1	1:09:14.9
136	Darlene Fehr	8245	3 F 70-79	1:02:47.0	1:09:15.8
137	Dale Attrell	8242	1 M 90-99	1:02:47.0	1:09:14.2
138	Simrin Sandhu	8461	18 F 20-29	1:04:33.6	1:11:01.5
139	Kalaivani Subramaniam	4301	16 F 40-49	1:14:31.9	1:20:50.1
140	Sasikala Sridar	4300	17 F 40-49	1:14:32.3	1:20:50.3
141	Alex Hryhorczuk	8485	5 M 1-19	1:20:52.5	1:33:22.0