

2023 Shamrock'n Race 5K, 7M, Half					
Overall Finish List					
March 12, 2023					
Half					
Place	Name	Bib No	Age Group	Chip Time	Gun Time
1	Thibault Mouchart	2351	1 M 20-29	1:15:31.6	1:15:32.7
2	Mitchell L'Heureux	2267	1 M 30-39	1:19:28.6	1:19:31.3
3	Drew Nicholson	2290	2 M 30-39	1:20:50.7	1:20:51.2
4	Peter Mpala	2285	3 M 30-39	1:22:44.0	1:22:44.0
5	Jacob Van Luven	2337	2 M 20-29	1:23:18.7	1:23:22.4
6	Adrian Tardio Canito	2331	3 M 20-29	1:26:27.4	1:26:29.5
7	Anthony O'Brien	2293	4 M 20-29	1:26:47.3	1:26:50.5
8	Kennedy Okondo	2296	4 M 30-39	1:29:00.3	1:29:07.3
9	Darragh McIntyre	2277	5 M 20-29	1:29:04.9	1:29:11.0
10	Thomas Arnold	2200	1 M 40-49	1:29:59.8	1:30:14.8
11	Nigel Clunie	2221	1 M 1-19	1:30:47.0	1:30:52.8
12	Nathan Kindrachuk	2261	5 M 30-39	1:30:59.0	1:31:00.7
13	Joseph Burke	2213	6 M 30-39	1:31:19.1	1:31:29.1
14	Jack Delaney	2225	6 M 20-29	1:31:49.6	1:32:00.2
15	Ryan Smyth	2324	7 M 20-29	1:32:05.4	1:32:19.9
16	Brendan Phelps	2306	7 M 30-39	1:32:21.8	1:32:24.1
17	Laura Sullivan	2344	1 F 30-39	1:33:28.3	1:33:33.9
18	Jack Grears	2246	8 M 20-29	1:33:40.7	1:34:30.6
19	Suraev Vadim	2336	1 M 50-59	1:34:47.7	1:34:50.1
20	Gregory Knoblauch	2264	9 M 20-29	1:38:26.5	1:38:54.0
21	Greg Kidd	2260	8 M 30-39	1:39:12.0	1:39:28.7
22	Sarah Rath	2309	1 F 20-29	1:39:27.7	1:39:40.5
23	Tibby Xu	2347	2 F 30-39	1:39:35.6	1:39:44.2
24	Jenna Olsthoorn	2297	3 F 30-39	1:41:06.3	1:41:08.5
25	Aidan Casey	2218	2 M 40-49	1:42:24.8	1:42:28.8
26	Paige Saravanamuttoo	2318	1 F 1-19	1:42:41.4	1:42:45.6
27	Robert Bonas	2209	2 M 50-59	1:43:26.9	1:43:34.0
28	Masa Anzai	2198	3 M 40-49	1:43:54.9	1:44:18.8
29	Hannah Sweeney	2329	2 F 20-29	1:45:31.7	1:45:49.3
30	Austin Havens	2249	10 M 20-29	1:46:02.2	1:46:29.7
31	Shannon Wong	2340	4 F 30-39	1:46:10.7	1:46:20.8
32	Justin Schmieder	2349	4 M 40-49	1:48:23.5	1:49:15.4
33	Eric Ambrozic	2197	11 M 20-29	1:48:47.5	1:48:52.1
34	Jesse Hammond	2248	12 M 20-29	1:49:02.0	1:49:15.8
35	Eydna Petersen	2305	1 F 40-49	1:49:07.2	1:49:21.3
36	Carter Kirilenko	2262	13 M 20-29	1:49:19.3	1:50:00.6
37	Catherine O'Sullivan	2299	3 F 20-29	1:49:35.5	1:49:47.1
38	Alastair M'Alpine	2352	5 M 40-49	1:49:40.5	1:49:45.7
39	Amundee Gill	2243	6 M 40-49	1:49:54.6	1:49:58.0
40	Elena Klippenstein	2263	4 F 20-29	1:50:21.5	1:50:42.9
41	Alfredo Lopez Sherman	2272	9 M 30-39	1:50:24.0	1:50:50.8
42	Úna O'Keane	2295	5 F 20-29	1:50:28.8	1:50:47.5
43	Sheldon Pereira	2302	10 M 30-39	1:50:38.1	1:51:00.0
44	Daniela Fisher	2232	5 F 30-39	1:50:39.2	1:51:00.3

45	Qingbo Huang	2254	7 M 40-49	1:50:47.8	1:50:53.9
46	Hannah Cardle	2215	6 F 20-29	1:50:59.1	1:51:32.0
47	Darnelle Moore	2284	1 F 50-59	1:52:00.2	1:52:35.4
48	Jatina Lai	2270	2 F 40-49	1:52:25.2	1:52:50.3
49	Merve Fattah	2231	7 F 20-29	1:52:35.6	1:52:47.8
50	Juan Baron	2202	3 M 50-59	1:52:55.7	1:53:18.8
51	Jordan Sauser	2319	14 M 20-29	1:53:00.7	1:53:03.8
52	Danny Chen	2346	11 M 30-39	1:53:43.2	1:54:26.1
53	Christie Young	2341	3 F 40-49	1:53:48.4	1:54:13.8
54	Marie Horgan	2253	8 F 20-29	1:54:05.6	1:54:22.2
55	Connor Mullin	2286	15 M 20-29	1:54:05.8	1:54:22.5
56	Kevin Boyle	2211	12 M 30-39	1:54:28.2	1:54:48.2
57	Burkhard Forrer	2235	4 M 50-59	1:54:35.8	1:54:43.4
58	Jonathan Jonathan	2257	5 M 50-59	1:55:21.0	1:55:43.9
59	Emily Perrins	2304	6 F 30-39	1:55:24.7	1:55:38.1
60	Bernard Topic	2334	13 M 30-39	1:55:27.4	1:57:24.6
61	Breanna Lang	2271	7 F 30-39	1:55:32.8	1:55:50.3
62	Peter Ghag	2242	14 M 30-39	1:55:35.9	1:55:53.0
63	Yenah Byun	2214	9 F 20-29	1:56:13.3	1:56:37.9
64	Mandy Maclver	2274	2 F 50-59	1:56:38.6	1:56:51.5
65	Andrea Sum	2328	4 F 40-49	1:57:31.6	1:57:56.5
66	Harald Krapf	2265	15 M 30-39	1:57:55.0	1:58:31.7
67	Kevin Pistone	2307	6 M 50-59	1:57:57.1	1:58:05.1
68	Matthew Mitchell	2283	16 M 30-39	1:58:04.6	1:58:20.5
69	Jonathan Peacock	2300	7 M 50-59	1:58:14.5	1:58:59.3
70	Micaela Gatto	2241	5 F 40-49	1:59:25.2	1:59:46.6
71	Brian Egge	2230	17 M 30-39	1:59:29.3	1:59:32.6
72	John Forster	2236	18 M 30-39	1:59:29.8	2:00:17.3
73	Coley Cormier	2223	2 F 1-19	1:59:46.9	2:00:12.8
74	Jason Hughes	2255	19 M 30-39	2:00:16.1	2:01:01.0
75	Catalin Durcau	2229	8 M 40-49	2:00:33.1	2:01:10.7
76	Jen Ni Chearuil	2289	10 F 20-29	2:00:39.3	2:00:57.4
77	Horace Tang	2330	16 M 20-29	2:01:30.0	2:01:58.2
78	Steven Carreiro	2217	9 M 40-49	2:01:59.8	2:02:14.1
79	Karla Bensen	2206	8 F 30-39	2:02:11.1	2:02:49.4
80	Angela Gagne	1007	9 F 30-39	2:02:14.3	2:02:22.8
81	Ryan Hodgson	2252	20 M 30-39	2:03:20.2	2:03:49.4
82	Michelle Baker	2201	10 F 30-39	2:03:20.7	2:03:49.4
83	Aaron Benatar	2205	17 M 20-29	2:03:29.2	2:03:45.9
84	Duane Benatar	2350	8 M 50-59	2:03:32.8	2:03:49.0
85	Jeremy Doucet	2227	10 M 40-49	2:03:48.6	2:04:07.0
86	Amy Saini	2317	6 F 40-49	2:04:46.7	2:05:01.7
87	Mark Rankin	2308	1 M 60-69	2:04:51.3	2:05:12.7
88	NEIL MINA	2281	11 M 40-49	2:04:51.5	2:05:13.3
89	Zoe Renaud	2311	7 F 40-49	2:06:36.8	2:07:18.0
90	Trevor Carreiro	2216	18 M 20-29	2:07:45.1	2:07:59.8
91	Amber Walker	2338	11 F 20-29	2:07:45.7	2:07:59.8
92	Anju Chhokar	2220	12 F 20-29	2:08:03.0	2:08:28.5
93	Julie Matston	2276	8 F 40-49	2:08:04.8	2:08:35.2
94	Adam Coppell	2222	21 M 30-39	2:08:05.3	2:08:35.8
95	Cole Bedard	2204	2 M 1-19	2:08:13.5	2:08:39.0

96	Hileray Kilback	2348	3 F 50-59	2:09:00.2	2:09:05.6
97	Les Pereira	2303	2 M 60-69	2:09:59.2	2:10:19.8
98	Erik Engelbrech Thomsen	2333	9 M 50-59	2:10:26.0	2:10:40.5
99	Kiki Nussbaum	2292	3 F 1-19	2:11:15.5	2:11:19.8
100	Mark Spencer	2325	10 M 50-59	2:11:58.3	2:12:14.5
101	Costas Roussinos	2315	1 M 70-79	2:12:57.8	2:13:16.1
102	Tracy Roussinos	2316	9 F 40-49	2:13:16.5	2:13:16.5
103	Fred Fontaine	2234	12 M 40-49	2:13:18.8	2:13:42.5
104	Andrew Garisto	2240	22 M 30-39	2:13:28.3	2:13:37.5
105	Jeff Rivett	2313	13 M 40-49	2:13:28.3	2:13:37.5
106	kallie O'Hearn	2294	13 F 20-29	2:14:42.4	2:15:14.9
107	Stella Rockel	2314	14 F 20-29	2:14:42.8	2:15:15.2
108	Dharm Hayre	2250	11 M 50-59	2:15:38.8	2:15:51.6
109	Arsenijs Borisovs	2210	19 M 20-29	2:18:26.9	2:19:07.0
110	Luis Eduardo Araujo	2199	23 M 30-39	2:18:46.4	2:18:59.9
111	Gillian Wark	2339	4 F 50-59	2:18:51.9	2:18:56.6
112	Victoria Lacroix	2269	15 F 20-29	2:20:12.8	2:20:51.6
113	Emma Lacroix	2268	16 F 20-29	2:21:05.1	2:21:44.1
114	Patti Stander	2326	5 F 50-59	2:21:11.3	2:22:24.2
115	Olivia Grant	2245	17 F 20-29	2:21:41.0	2:22:20.7
116	Gavin Myers	2287	24 M 30-39	2:21:47.9	2:22:18.0
117	Kim Jones	2258	10 F 40-49	2:21:50.8	2:22:40.1
118	Michael Bassili	2203	20 M 20-29	2:22:03.7	2:22:43.1
119	Cameron Donnelly	2226	4 F 1-19	2:23:40.6	2:24:07.9
120	Emily Mitchell	2282	11 F 30-39	2:24:05.4	2:24:21.6
121	Stuart Nurse	2291	2 M 70-79	2:26:57.6	2:27:34.0
122	Sarah Myers	2288	12 F 30-39	2:27:41.6	2:28:11.1
123	Thabata da Costa	2224	13 F 30-39	2:27:57.0	2:28:29.5
124	Morgan Dudzik	2228	14 F 30-39	2:28:18.2	2:29:02.7
125	Mabel Fong	2233	1 F 60-69	2:29:17.5	2:29:44.2
126	John Reay	2310	3 M 60-69	2:29:26.1	2:29:53.0
127	Helena Tse	2335	11 F 40-49	2:30:23.6	2:31:01.7
128	Magdalena Blasiak	2208	12 F 40-49	2:30:51.2	2:31:25.4
129	Benjamin Smith	2323	25 M 30-39	2:31:40.1	2:32:10.9
130	Claire Sivley	2321	15 F 30-39	2:31:51.7	2:32:30.4
131	Phillip March	2275	4 M 60-69	2:33:40.8	2:34:31.1
132	Magdalena Slapinski	2322	16 F 30-39	2:33:40.9	2:34:31.0
133	Alice Fox	2237	6 F 50-59	2:37:26.0	2:38:08.1
134	Aoife Richardson	2312	18 F 20-29	2:37:56.9	2:38:15.8
135	Caitlin Stiles	2327	17 F 30-39	2:38:56.9	2:39:35.5
136	Shari Bitcon	2207	7 F 50-59	2:40:35.8	2:41:02.9
137	Katie Cabylis	2345	18 F 30-39	2:42:07.9	2:42:40.0
138	Ariel Sim	2343	19 F 30-39	2:54:21.6	2:55:03.6
7Mlle					
Place	Name	Bib No	Age Group	Chip Time	Gun Time
1	Nathan Brigham	2342	1 M 40-49	39:46.7	39:47.7
2	Lorne Deutsch	1001	1 M 50-59	48:13.0	48:18.6
3	Kyle Giesbrecht	1009	1 M 30-39	48:47.7	48:48.7
4	Fiona Mac Nally	2273	1 F 20-29	49:22.5	49:29.1
5	Kieran Cawley	994	1 M 20-29	50:38.4	50:45.7

6	Nicholas Burns	990	2 M 30-39	52:42.4	53:25.5
7	Mark Young	1063	1 M 60-69	55:37.7	55:39.1
8	Davis Scholz	1047	2 M 20-29	55:57.3	56:23.5
9	Ryan Le Grice	1024	2 M 40-49	56:09.0	56:22.3
10	Sherrie Budai	988	1 F 50-59	56:28.9	56:35.4
11	Erik Elander	1003	3 M 30-39	56:32.2	57:26.6
12	Tina Cheung	996	1 F 30-39	57:47.0	58:22.0
13	Lorilee Kidd	1070	2 F 30-39	57:50.2	1:02:08.2
14	Anvar Amangoulov	981	2 M 50-59	58:12.8	58:21.3
15	Julianne Petersen	1040	1 F 60-69	58:30.2	58:43.0
16	Marvin Galvez	1008	3 M 40-49	58:49.2	59:13.2
17	Calen Khouri	1020	1 M 1-19	59:05.7	59:34.1
18	Brendan Sheridan	1049	3 M 20-29	59:13.9	59:36.1
19	Megan Ireland	1018	3 F 30-39	59:45.3	59:56.2
20	Nadine Slingerland	1052	2 F 50-59	1:01:22.3	1:01:33.7
21	Lyana Patrick	1039	1 F 40-49	1:01:56.3	1:02:30.2
22	Dennis Tarr	1056	2 M 60-69	1:02:01.7	1:02:30.9
23	Jayden Bearchell	984	4 M 20-29	1:02:32.5	1:03:00.5
24	Lisa Hamar	1011	3 F 50-59	1:02:52.8	1:03:32.2
25	Edurne Berastegi	986	2 F 40-49	1:02:57.3	1:03:45.2
26	Marie Redekop	1044	4 F 30-39	1:03:02.3	1:07:16.3
27	Meg Cooney	997	5 F 30-39	1:03:05.9	1:03:25.7
28	Garrett Beier	985	4 M 30-39	1:04:01.5	1:04:19.2
29	Aimee Rai	1043	3 F 40-49	1:05:00.7	1:05:27.3
30	Stephen Khouri	1021	4 M 40-49	1:05:10.1	1:05:37.1
31	Allison Hill	1014	4 F 50-59	1:05:10.6	1:05:43.4
32	Ken Gonzales	1069	5 M 40-49	1:05:22.1	1:05:47.1
33	Emily Edwards	1066	6 F 30-39	1:05:34.7	1:06:03.4
34	Bastal Kalkavan	1065	7 F 30-39	1:05:34.8	1:06:03.7
35	Guillaume Vachon-Newman	1059	5 M 30-39	1:05:35.8	1:06:13.0
36	Brent Boulet	987	6 M 30-39	1:06:26.1	1:06:36.3
37	Geena Renk	1045	2 F 20-29	1:06:27.9	1:06:37.0
38	John Watson	1061	6 M 40-49	1:06:42.6	1:07:04.4
39	Jim Mattsson	1028	3 M 50-59	1:06:56.0	1:07:01.8
40	Trudy Baba	983	1 F 70-79	1:06:57.9	1:07:09.4
41	Max Friesen	2238	7 M 30-39	1:07:12.7	1:07:24.7
42	Melanie Elander	1004	4 F 40-49	1:07:19.0	1:08:13.5
43	Bina Anne Sharma	1048	2 F 60-69	1:07:57.8	1:08:10.7
44	Angie Hartley	1013	5 F 40-49	1:08:42.2	1:09:17.8
45	Joshua McDonagh	1030	5 M 20-29	1:08:53.3	1:09:01.2
46	Danijela Hajdukovic	1067	8 F 30-39	1:09:06.1	1:09:41.1
47	Jarod Fong	1005	7 M 40-49	1:09:19.1	1:09:56.9
48	Kelly Murray	1035	6 F 40-49	1:09:36.2	1:10:11.9
49	Alsten Dsouza	1002	8 M 30-39	1:09:46.7	1:10:09.5
50	Arielle Hillman	1015	9 F 30-39	1:10:06.5	1:10:43.9
51	Fedia Oueslati	1038	10 F 30-39	1:10:47.5	1:11:30.3
52	Dylan Mullen	1033	6 M 20-29	1:10:56.2	1:11:16.5
53	Lucas Khouri	1022	2 M 1-19	1:12:01.7	1:12:28.8
54	Sarah Bentley	1068	3 F 20-29	1:13:23.4	1:13:54.9
55	Iqbal Malhi	1027	7 F 40-49	1:15:32.3	1:15:55.9
56	Reshena Puri	1042	8 F 40-49	1:15:32.7	1:15:55.8

57	Brenda Sierpina	1050	9 F 40-49	1:15:52.9	1:16:17.1
58	Chloe Burlo	989	4 F 20-29	1:16:31.1	1:17:14.3
59	Kathaleen Smith	1054	11 F 30-39	1:17:21.1	1:21:34.9
60	Kacey Dalzell	999	10 F 40-49	1:17:23.3	1:17:59.7
61	Lora Delorme	1000	11 F 40-49	1:18:03.3	1:18:54.2
62	Tiziana Gloanec	1010	3 F 60-69	1:18:47.1	1:19:37.8
63	Estelle L'Heureux	1023	12 F 30-39	1:19:25.5	1:19:25.5
64	Angela Hardbattle	1012	12 F 40-49	1:20:52.4	1:21:17.1
65	Julie Webster	1062	13 F 40-49	1:22:16.7	1:22:53.4
66	Jennifer Dalawrak	998	4 F 60-69	1:24:46.1	1:25:22.1
67	Jane Freeman	1006	5 F 50-59	1:24:47.5	1:25:19.0
68	Riya Chak	2219	5 F 20-29	1:24:56.5	1:25:26.3
69	Judith Andrews	982	5 F 60-69	1:26:41.8	1:27:01.1
70	Suzanna Michener	2280	13 F 30-39	1:27:44.3	1:27:47.0
71	April Lemoine	1025	14 F 40-49	1:27:56.4	1:28:45.9
72	Susan Hudson	1016	6 F 50-59	1:27:56.9	1:28:46.0
73	Jessie Momrath	1031	15 F 40-49	1:28:22.7	1:28:56.5
74	Mark O'Hare	1037	3 M 60-69	1:30:05.8	1:30:40.4
75	Ashley Rowan	1046	6 F 20-29	1:30:48.4	1:31:32.0
76	Alexia Stone	1055	7 F 20-29	1:31:23.6	1:31:55.8
77	Nicole Neagu	1036	8 F 20-29	1:31:23.7	1:31:55.7
78	Fidel Castro	992	4 M 50-59	1:32:30.6	1:33:15.7
79	Maria Castro	993	7 F 50-59	1:33:31.4	1:34:16.8
80	Aimee Murdoch	1034	9 F 20-29	1:33:41.3	1:34:24.7
81	Rhonda Vance	1060	2 F 70-79	1:55:33.2	1:56:20.4
82	Vicky Byrne	991	6 F 60-69	1:55:33.4	1:56:20.2
5K					
Place	Name	Bib No	Age Group	Chip Time	Gun Time
1	Markus Toolsie-Worsnup	3276	1 M 1-19	17:13.5	21:15.6
2	Jamie Arsenault	3202	1 M 30-39	18:12.8	22:15.1
3	Dora Velazquez	3286	1 F 40-49	20:46.3	24:48.9
4	Emma Green	3234	1 F 30-39	21:45.8	25:49.0
5	Colin Brander	3210	1 M 60-69	21:58.7	26:02.5
6	Leah Hamm	3236	1 F 20-29	23:48.6	28:01.8
7	Mercedes Schneider	3272	2 F 20-29	24:46.2	28:59.5
8	Cassandra Beaudry	3209	2 F 30-39	24:55.9	29:16.6
9	Lisa Picotte-Li	3261	3 F 30-39	25:00.9	29:09.3
10	Adam Picotte	3260	1 M 40-49	25:37.2	29:46.1
11	Shane Houber	3239	1 M 20-29	26:40.2	30:54.2
12	Celine Comeau	3285	3 F 20-29	26:59.3	27:18.9
13	Xenia O'Brien	3258	1 F 50-59	27:11.4	31:16.5
14	Colleen Preston	3264	2 F 50-59	27:26.3	31:32.4
15	RJ Carlos	3284	2 M 40-49	27:30.9	31:46.8
16	Robby Dhindsa	3220	2 M 20-29	27:44.0	34:19.1
17	Harman Grewal	3235	4 F 20-29	27:45.1	34:19.9
18	Samson Clunie	3282	2 M 1-19	27:45.2	31:51.5
19	Stephanie Severinski	3273	5 F 20-29	27:50.3	31:56.4
20	Kate Amangoulova	3201	2 F 40-49	28:11.2	32:15.3
21	Annika Amangoulov	3200	1 F 1-19	28:12.2	32:15.3
22	Beth Ringdahl	3267	1 F 60-69	28:13.6	32:26.4

23	Chuck Stewart	3274	1 M 50-59	28:20.1	32:26.6
24	Christine Stewart	3275	3 F 50-59	28:30.3	32:43.5
25	Tyler Niven	3256	3 M 1-19	28:33.5	32:37.5
26	Maria Callaghan	3212	2 F 60-69	28:37.4	32:42.7
27	Jenelle Yonkman	3279	4 F 30-39	28:51.9	33:02.4
28	Tamar Koleba	3246	3 F 40-49	29:01.4	33:23.1
29	Kevin Barry	3208	3 M 40-49	29:02.8	33:23.1
30	Jamie Sands	3270	2 M 30-39	29:58.0	34:13.0
31	Bal Khaira	3244	5 F 30-39	30:16.1	34:38.5
32	Colette Barker	3207	4 F 50-59	31:25.8	35:38.7
33	Susan Atkey	3206	5 F 50-59	31:58.1	36:22.3
34	Johan Doldersum	3223	2 M 60-69	32:18.3	36:35.1
35	Haily Nelson	3254	6 F 20-29	32:40.3	36:55.2
36	Aloma Braganza	2212	6 F 30-39	32:50.4	36:56.3
37	Eirielle Engelke	3226	7 F 30-39	33:25.0	37:57.1
38	Gabriel Lee	3248	3 M 30-39	33:49.2	38:11.1
39	Anderson Cuckow	3218	4 M 1-19	33:50.5	38:11.6
40	Radhika Khosla	3245	8 F 30-39	33:53.0	38:11.2
41	Ines Cavasin Burton	3213	3 F 60-69	33:56.7	38:05.3
42	Scott Arsenaault	3205	5 M 1-19	34:10.7	38:13.9
43	Stacey Douglas	3225	4 F 40-49	34:10.8	38:35.5
44	Mariah Neumann	3255	7 F 20-29	34:14.7	38:19.1
45	Adam Arsenaault	3204	6 M 1-19	34:36.6	38:39.7
46	Amberly Arsenaault	3203	9 F 30-39	34:37.3	38:40.2
47	Maria Farah	3227	8 F 20-29	34:44.2	38:48.1
48	Adriana Huertas Alcalá	3240	9 F 20-29	34:50.9	38:58.2
49	Rannelle Olsen	3259	5 F 40-49	35:09.3	39:28.9
50	Olesha Ratther	3265	10 F 30-39	35:14.0	39:37.2
51	Aivy Jellen	3241	11 F 30-39	35:14.1	39:37.2
52	Chantelle Sands	3271	12 F 30-39	36:07.7	40:22.1
53	Andrew Cuckow	3217	4 M 30-39	36:13.5	40:34.2
54	Annelle Markova	3283	13 F 30-39	36:34.5	40:40.5
55	Franziska Sophi Gansbuehler	3229	10 F 20-29	37:32.5	41:49.3
56	Joyce Yan	3278	14 F 30-39	37:46.5	41:51.5
57	Kathryn Donnelly	3224	4 F 60-69	38:30.6	42:41.4
58	Sareena Prasad	3262	6 F 50-59	38:39.3	42:52.5
59	Rick Doldersum	3222	4 M 40-49	39:29.6	43:46.6
60	Jaquie Maclean	3251	7 F 50-59	40:33.5	44:59.0
61	Michelle Clunie	3214	8 F 50-59	40:34.1	44:59.5
62	Maddie Lunnie	3287	2 F 1-19	41:45.3	45:57.5
63	Jenn Turner	3288	6 F 40-49	41:45.6	45:57.7
64	Melissa Reedel	3266	15 F 30-39	41:48.6	46:06.6
65	Keshia Jenkinson	3242	16 F 30-39	41:48.7	46:06.4
66	Jonathan Mossop	3281	7 M 1-19	42:27.8	46:43.7
67	Robin Mossop	3280	17 F 30-39	42:32.3	46:48.2
68	brad graham	3233	5 M 40-49	42:51.9	47:21.4
69	JENNIFER Lalani	3247	7 F 40-49	43:10.7	47:32.6
70	Debra Kato	3243	5 F 60-69	44:50.4	49:38.4
71	Suzanne Torjek	3277	9 F 50-59	46:30.8	50:40.8
72	Shana Pratt	3263	10 F 50-59	46:31.2	50:41.0
73	Renny Round	3269	1 F 70-79	48:00.3	52:16.4

74	Kylie Morgan	1032	18 F 30-39	48:46.5	53:12.7
75	Sandy Dhaliwal	3219	8 F 40-49	50:31.9	54:44.9
76	Nancy Cochrane	3216	9 F 40-49	53:14.3	57:35.3
77	Gary Gareau	3230	2 M 50-59	57:10.5	1:01:36.1
78	Jim Clunie	3215	3 M 50-59	57:13.3	1:01:36.0