

2024 Fort Langley Historic 5K, 10K, Half					
Overall Finish List					
February 18, 2024					
Half Marathon					
Place	Name	Bib No	Age Group	Chip Time	Gun Time
1	Adam Harris	5861	1 M 30-39	1:17:17.5	1:17:19.3
2	Jordan Brett	1661	2 M 30-39	1:17:50.2	1:17:50.8
3	Jamie Leffler	1771	1 M 40-49	1:18:23.7	1:18:24.6
4	Lishan Sharples	1845	3 M 30-39	1:18:57.3	1:18:59.6
5	Robbie Hannah	1725	1 M 20-29	1:19:37.7	1:19:48.6
6	Greg Kilvert	1759	4 M 30-39	1:20:58.8	1:20:59.9
7	Richard Cotter	1679	5 M 30-39	1:21:44.4	1:21:45.3
8	Andreas Klawitter	1761	6 M 30-39	1:23:38.8	1:23:40.7
9	Dayne Gagnon	1708	7 M 30-39	1:25:09.6	1:25:11.5
10	Owen Ballance	1648	2 M 20-29	1:25:24.3	1:25:29.8
11	Gerald Gatti	1710	2 M 40-49	1:25:47.5	1:25:55.1
12	Lloyd Robling	1713	3 M 20-29	1:25:48.7	1:26:24.1
13	Ryan Weed	1886	8 M 30-39	1:26:15.8	1:26:19.3
14	Tom Baxter	1650	9 M 30-39	1:28:26.9	1:28:27.7
15	Scott MacAusland	1783	3 M 40-49	1:28:42.2	1:29:11.5
16	Vincent Minicucci	1804	10 M 30-39	1:28:57.4	1:29:00.2
17	Julian Edmond	1695	11 M 30-39	1:30:06.4	1:30:12.0
18	Nicholas Hall	1724	4 M 20-29	1:30:29.2	1:30:37.2
19	Kennedy Okondo	1823	12 M 30-39	1:31:20.3	1:31:25.3
20	Liam O'Connor	1821	5 M 20-29	1:31:53.7	1:32:09.3
21	Jim Clifford	1673	4 M 40-49	1:32:05.5	1:32:07.0
22	Giovanni Godoy	1718	13 M 30-39	1:33:41.5	1:34:10.9
23	Graydon Killick	1758	14 M 30-39	1:33:53.2	1:34:03.1
24	Zain Amarshi	5851	15 M 30-39	1:33:57.4	1:34:41.7
25	Jaiden Brown	108	6 M 20-29	1:34:08.4	1:34:10.1
26	Josh Fraser	1705	16 M 30-39	1:35:02.2	1:35:04.6
27	Gianmario Mameli	1786	17 M 30-39	1:35:23.3	1:35:26.3
28	Adam Chang	1668	18 M 30-39	1:35:25.4	1:35:27.2
29	Xiao Liu	88	5 M 40-49	1:35:33.9	1:36:00.1
30	Drew Mechielsen	1799	1 F 20-29	1:35:34.1	1:35:58.4
31	Dora Velazquez	1878	1 F 40-49	1:35:39.5	1:35:40.8
32	tyler geremia	1712	19 M 30-39	1:36:03.6	1:37:07.2
33	Grace Milley	1803	2 F 20-29	1:36:15.5	1:36:19.1
34	Tyler Milley	1802	6 M 40-49	1:36:16.4	1:36:20.2
35	Barry Sonnefeld	1856	1 M 50-59	1:36:32.2	1:36:36.3
36	Adriano Pontellini	1830	7 M 20-29	1:36:39.9	1:36:58.1
37	Douglas Dykens	1693	7 M 40-49	1:36:50.6	1:36:55.1
38	Scott Meacham	1798	8 M 40-49	1:37:09.3	1:37:16.0
39	Kyle Andersen	1642	8 M 20-29	1:37:17.3	1:37:40.2
40	Kyra Danielson	1683	3 F 20-29	1:37:21.7	1:37:47.8
41	Elliot Westergaard	1887	20 M 30-39	1:37:33.3	1:37:39.5
42	Matt Wilson	1892	21 M 30-39	1:38:30.6	1:38:51.9
43	John Murray	8	9 M 40-49	1:39:05.8	1:39:08.2
44	Jack McHugh	1795	22 M 30-39	1:39:10.5	1:39:25.6
45	David Cousin	1680	23 M 30-39	1:39:14.7	1:39:32.4

46	Dustin Strong	1863	10 M 40-49	1:39:15.8	1:39:48.9
47	Greg Kidd	1756	24 M 30-39	1:39:18.6	1:39:45.4
48	Harpreet Singh	1850	11 M 40-49	1:39:47.7	1:39:57.7
49	Kylie Ramdin	1833	4 F 20-29	1:39:56.4	1:40:03.3
50	Jonathan Book	1656	9 M 20-29	1:40:34.5	1:40:50.1
51	GARETH BOWLEY	1659	12 M 40-49	1:40:56.3	1:41:22.2
52	Melody Secord	1844	2 F 40-49	1:41:20.3	1:41:52.5
53	Thomas Canning	1663	25 M 30-39	1:41:24.8	1:41:30.6
54	Jamie Pearce	1828	26 M 30-39	1:41:38.1	1:42:07.0
55	Matt Nusche	1820	27 M 30-39	1:41:48.3	1:41:55.3
56	Pat Madderom	1784	28 M 30-39	1:41:50.8	1:42:22.1
57	Vanessa Pinteá	1829	1 F 30-39	1:41:57.1	1:42:01.4
58	Jordan Henderson	1731	10 M 20-29	1:42:01.5	1:42:36.4
59	Sabastien Hoffmann-Monker	1733	11 M 20-29	1:42:03.1	1:42:33.2
60	Cassidy Lecoy	1769	12 M 20-29	1:42:09.5	1:42:45.0
61	Sargun Bajaj	1647	13 M 20-29	1:42:13.0	1:42:51.1
62	Mathew McCoach	1792	14 M 20-29	1:42:17.6	1:42:40.1
63	Jason Wilbee	1889	29 M 30-39	1:42:42.3	1:43:02.1
64	Leonardo Daruiz Correa	1684	13 M 40-49	1:43:19.8	1:43:31.0
65	Dalia Shehyn	1847	3 F 40-49	1:43:34.8	1:43:44.4
66	Caileigh Anderson	1644	2 F 30-39	1:43:42.2	1:43:49.4
67	DANIEL SCHULZ	1842	14 M 40-49	1:43:42.3	1:44:21.2
68	Maggy Corrado	1678	5 F 20-29	1:43:50.1	1:44:01.0
69	Zack Neufeld	1816	15 M 20-29	1:44:20.7	1:44:43.5
70	Chris Norman	1818	15 M 40-49	1:44:31.9	1:44:38.8
71	Russell Leng	1773	30 M 30-39	1:44:33.0	1:44:46.7
72	Sanjay Rana	1834	16 M 40-49	1:44:40.5	1:44:50.8
73	Angela Ruscheinski	5869	3 F 30-39	1:44:52.7	1:44:55.1
74	Sabrina Yu	1900	6 F 20-29	1:44:59.8	1:45:26.9
75	Brent McGillivray	1793	31 M 30-39	1:45:00.0	1:45:02.5
76	Travis Stevenson	1861	17 M 40-49	1:45:05.2	1:45:18.9
77	Ethan Eigenfeldt	231	16 M 20-29	1:45:18.7	1:45:25.3
78	Josh Brown	226	17 M 20-29	1:45:30.7	1:45:41.4
79	Jesse MacNeil	5866	32 M 30-39	1:45:42.9	1:46:26.8
80	Stephen Melendy	65	18 M 40-49	1:45:48.4	1:46:00.8
81	Matt Linzel	1779	18 M 20-29	1:46:03.4	1:46:12.0
82	Kord Stevens	1859	19 M 20-29	1:46:06.6	1:46:40.7
83	Michelle Mann	238	4 F 30-39	1:46:21.6	1:46:30.8
84	Kelly Kallevig	1751	4 F 40-49	1:46:46.4	1:47:10.1
85	Yehuda Mansell	1787	19 M 40-49	1:46:46.5	1:46:51.2
86	Cole Cameron	5852	20 M 20-29	1:46:51.6	1:47:02.1
87	Matthew Li	1777	20 M 40-49	1:47:23.5	1:47:37.7
88	Daniel Fausel	1699	21 M 20-29	1:47:29.5	1:48:04.2
89	Chris Hudson	1739	33 M 30-39	1:47:59.0	1:48:20.9
90	Ellen Dyck	1691	5 F 40-49	1:48:05.5	1:48:28.8
91	Arie Merrin	1801	2 M 50-59	1:48:14.7	1:48:40.5
92	Leonard Taylor	1865	21 M 40-49	1:48:41.7	1:49:03.2
93	Kyle Fraser	1704	34 M 30-39	1:48:41.8	1:49:07.4
94	Ethan Stevens	1860	22 M 20-29	1:49:19.9	1:49:54.0
95	Jayson Eisenhauer	219	22 M 40-49	1:49:54.9	1:50:25.9
96	Mitchell Jarman	1744	23 M 20-29	1:49:55.5	1:50:25.8

97	Steve Shen	1848	24 M 20-29	1:49:56.8	1:50:00.1
98	MYLES HOLLENBECK	1735	35 M 30-39	1:50:04.9	1:50:34.2
99	Ariel Jarvis	1746	5 F 30-39	1:50:05.6	1:50:16.3
100	Josh Lockington	1780	23 M 40-49	1:50:16.6	1:50:45.7
101	Connor (CJ) Christensen	1671	25 M 20-29	1:50:40.9	1:51:06.4
102	Jamal Hammoud	233	26 M 20-29	1:50:46.7	1:51:30.8
103	Jom Elefante	1696	36 M 30-39	1:51:55.0	1:52:22.0
104	Michal Biernacki	1655	37 M 30-39	1:52:10.6	1:52:13.8
105	Peter Ghag	1714	38 M 30-39	1:52:11.8	1:52:26.7
106	Breanna Ghag	1715	6 F 30-39	1:52:14.1	1:52:29.0
107	Nick Holden	1734	39 M 30-39	1:52:41.9	1:53:13.3
108	Amanda Morrison	1811	6 F 40-49	1:52:43.7	1:52:51.0
109	Autumn Wyatt	1898	7 F 20-29	1:52:55.7	1:53:12.6
110	Ramiro Munoz	1814	3 M 50-59	1:52:58.5	1:53:08.0
111	Thomas Laidman	1765	24 M 40-49	1:53:00.7	1:53:55.8
112	Rossana Cogorno	1674	7 F 40-49	1:53:03.3	1:53:42.1
113	Adam Rennie	1835	25 M 40-49	1:53:18.9	1:53:33.0
114	Brooklyn kraakman	1763	8 F 20-29	1:53:20.7	1:53:34.0
115	Emre Kermen	1755	27 M 20-29	1:53:37.5	1:54:21.3
116	Mike Simpson	1849	40 M 30-39	1:53:43.6	1:54:08.1
117	Karissa Rennie	1836	8 F 40-49	1:54:25.8	1:54:40.1
118	Clint Gaspard	1709	26 M 40-49	1:54:34.2	1:55:13.6
119	Bryan Bowes	1658	41 M 30-39	1:54:41.1	1:54:53.9
120	James Vail	1874	42 M 30-39	1:54:45.7	1:54:57.5
121	Alyssa Kramer	1764	9 F 20-29	1:54:52.1	1:55:30.5
122	Nicola Smith	1854	10 F 20-29	1:54:56.1	1:55:34.5
123	Daniel Cooke	1676	28 M 20-29	1:54:59.2	1:55:40.2
124	Jeremy Hanson	1727	43 M 30-39	1:55:10.6	1:55:21.4
125	Sara Friedrich	1706	7 F 30-39	1:55:12.2	1:55:38.5
126	Jennifer Harrington	1729	9 F 40-49	1:55:15.2	1:55:23.6
127	Melissa Bennett	1651	8 F 30-39	1:55:15.3	1:55:23.6
128	Lucas Christ Rowling	1670	29 M 20-29	1:55:37.9	1:56:15.9
129	Clare Hardjowasito	1728	11 F 20-29	1:55:38.5	1:55:44.9
130	Alastair McAlpine	5867	27 M 40-49	1:55:52.3	1:56:00.4
131	Nick Bansback	1649	28 M 40-49	1:56:04.8	1:56:19.8
132	Donald Montrichard	1807	4 M 50-59	1:56:11.7	1:56:38.9
133	Chris Sallans	1839	29 M 40-49	1:56:14.5	1:56:46.6
134	Song Xue	244	5 M 50-59	1:56:25.3	1:56:52.8
135	Calvin Castagner	1666	44 M 30-39	1:56:42.1	1:57:24.6
136	Sarah McIntosh	1796	9 F 30-39	1:56:44.5	1:57:01.1
137	Jason Hughes	1740	45 M 30-39	1:56:47.3	1:57:06.7
138	Ken Teichroeb	1866	6 M 50-59	1:56:51.6	1:57:15.4
139	Chris Collins	1675	46 M 30-39	1:57:06.7	1:57:19.2
140	Natalia Cymerys	1682	12 F 20-29	1:57:08.4	1:57:11.6
141	Julia Dinesen	1688	13 F 20-29	1:57:18.6	1:57:28.7
142	Samantha Withenshaw	36	10 F 30-39	1:57:30.3	1:57:51.9
143	James Ellis	1697	47 M 30-39	1:57:35.8	1:58:04.3
144	Jimmy Roine	5868	48 M 30-39	1:57:37.7	1:57:58.4
145	Joanne Joyce	5862	1 F 50-59	1:57:46.5	1:58:09.4
146	Chelsea Leung	1775	11 F 30-39	1:57:52.9	1:58:13.6
147	Rebeka Mercy	1800	14 F 20-29	1:57:59.8	1:58:45.9

148	Roxie Koohgoli	1762	12 F 30-39	1:58:17.0	1:59:03.3
149	Bryton Daigneault	5854	15 F 20-29	1:58:37.1	1:59:01.8
150	Danica Collier-Pandya	217	16 F 20-29	1:58:58.1	1:59:04.8
151	Gerald Mitchell	132	30 M 40-49	1:59:11.9	1:59:27.9
152	Mark Carter	1665	7 M 50-59	1:59:19.2	1:59:24.2
153	Anvar Amangoulov	223	8 M 50-59	1:59:19.6	1:59:26.1
154	Joseph Solinap	1855	49 M 30-39	1:59:21.4	1:59:57.7
155	Ryan Edgington	1694	31 M 40-49	1:59:40.7	1:59:46.7
156	Sukhwant Samra	195	32 M 40-49	1:59:40.9	2:00:12.0
157	Robson Pontin	1831	50 M 30-39	2:00:06.3	2:00:41.1
158	David Fyfe	1707	9 M 50-59	2:00:25.9	2:00:46.6
159	Maryanna Devito	1687	17 F 20-29	2:00:30.2	2:00:41.9
160	Jianqin Tong	1869	2 F 50-59	2:01:17.0	2:01:57.3
161	Andre Cordeiro	1677	51 M 30-39	2:01:22.8	2:01:58.5
162	William Stanbury	1858	52 M 30-39	2:01:30.6	2:02:01.7
163	Angela Gagne	5860	13 F 30-39	2:01:32.1	2:01:53.6
164	Brendan Nakano	1815	53 M 30-39	2:01:34.9	2:01:47.0
165	Hileray Kilback	1757	3 F 50-59	2:01:35.0	2:01:51.0
166	Amanda Anderson	1643	14 F 30-39	2:01:43.1	2:01:57.4
167	Michelle Vecchio	1877	4 F 50-59	2:02:07.4	2:02:25.7
168	Barry Klassen	1760	1 M 60-69	2:02:08.1	2:02:40.7
169	susan vanin	1876	5 F 50-59	2:02:19.8	2:02:40.5
170	Kristi Hollenbeck	1736	15 F 30-39	2:02:22.5	2:02:51.9
171	Rosie Lopez	5864	18 F 20-29	2:02:22.6	2:02:31.9
172	Jen Ogden	1822	10 F 40-49	2:02:27.3	2:03:14.2
173	BRENDA FERRIS	1701	1 F 60-69	2:02:33.2	2:02:58.8
174	Keith Adams	1641	10 M 50-59	2:02:35.6	2:03:05.6
175	Maria Patricia Rubio	1838	16 F 30-39	2:02:42.6	2:02:54.6
176	Kris Lubinich	1782	54 M 30-39	2:02:49.0	2:02:53.2
177	Andie Hale	1722	1 NB 30-39	2:03:51.4	2:04:16.1
178	Deanna Findlay	1702	17 F 30-39	2:04:16.4	2:04:35.1
179	Shawn PROKOPETZ	1832	2 M 60-69	2:04:20.9	2:04:46.1
180	Shay White	1888	19 F 20-29	2:04:54.5	2:05:29.4
181	Suki Aujla	1645	11 F 40-49	2:05:00.5	2:05:08.0
182	Pierre Zwiegers	1902	55 M 30-39	2:05:10.8	2:05:42.5
183	Kris Moore	1808	56 M 30-39	2:06:04.3	2:06:49.4
184	Sarah Chalk	1667	12 F 40-49	2:06:13.5	2:07:08.7
185	Jordan Mayer	1791	33 M 40-49	2:06:29.4	2:06:32.8
186	Eden Legaspo	5863	18 F 30-39	2:06:56.4	2:07:39.4
187	Bhupen Dahal	230	57 M 30-39	2:06:58.0	2:07:18.1
188	Evan Holzer	1737	30 M 20-29	2:07:56.7	2:08:07.9
189	Ryan Dennis	5855	34 M 40-49	2:07:56.9	2:08:28.7
190	Sean Mulligan	1813	11 M 50-59	2:08:02.0	2:08:48.5
191	Ashley MacNeil	237	19 F 30-39	2:08:02.2	2:08:46.0
192	Cole Smith	1852	31 M 20-29	2:09:06.6	2:09:33.6
193	Carolann Christie	228	6 F 50-59	2:09:24.8	2:10:02.5
194	Anil Kanwar	1752	35 M 40-49	2:09:28.3	2:09:38.8
195	Manjot Toor	1870	32 M 20-29	2:09:29.6	2:09:49.8
196	Calvin Wong	1893	58 M 30-39	2:09:38.4	2:09:54.3
197	Kate Amangoulova	224	7 F 50-59	2:09:45.3	2:09:51.8
198	Matt Coughlin	229	36 M 40-49	2:10:17.5	2:10:57.5

199	Randy Christie	227	3 M 60-69	2:10:36.8	2:11:14.6
200	Emily Desjardins	5856	20 F 30-39	2:10:53.6	2:11:12.6
201	Timothy Martin	1789	59 M 30-39	2:11:44.7	2:11:46.2
202	Jonathan Vervaeet	1881	37 M 40-49	2:12:11.5	2:12:47.0
203	Shawna Stevenson	218	21 F 30-39	2:12:54.4	2:13:36.2
204	Dharm Hayre	1730	12 M 50-59	2:13:55.8	2:14:13.6
205	McKeowen Watts	168	33 M 20-29	2:13:55.8	2:14:13.6
206	Sarah Strong	1862	13 F 40-49	2:14:01.0	2:14:34.3
207	Daniel Lewis	1776	60 M 30-39	2:14:24.8	2:14:36.4
208	Britney Lentz	1774	22 F 30-39	2:14:29.3	2:14:55.5
209	Edward Tung	1873	61 M 30-39	2:14:52.4	2:15:29.0
210	COTOBOKOMO Gold Mine	1719	2 NB 30-39	2:15:14.5	2:17:44.4
211	Opa Oz	1826	4 M 60-69	2:15:14.7	2:17:44.6
212	Tamarack Hockin	235	1 NB 40-49	2:15:21.6	2:16:01.2
213	Tate Morton	1812	13 M 50-59	2:15:32.4	2:15:45.1
214	Annemarie Senekal	242	14 F 40-49	2:15:39.0	2:16:03.6
215	Megan Bowes	1657	23 F 30-39	2:16:00.7	2:16:14.0
216	Liz Graham	1721	8 F 50-59	2:16:07.0	2:16:27.5
217	Sean Hodgins	1732	14 M 50-59	2:16:41.8	2:17:01.0
218	Josephine Bergenstein	1653	20 F 20-29	2:17:05.6	2:17:39.3
219	Moe Sangha	241	5 M 60-69	2:17:21.3	2:17:32.4
220	Daniel Fisher	5858	38 M 40-49	2:17:50.0	2:18:17.8
221	Martin Gostelow	1720	1 M 70-79	2:17:52.7	2:18:17.9
222	Brian Wilson	1891	6 M 60-69	2:18:04.4	2:18:25.3
223	Ryan Woodland	1896	62 M 30-39	2:18:52.9	2:19:13.5
224	Maneesha Kaul	1753	24 F 30-39	2:18:57.6	2:19:45.7
225	Julia Kaczmarczyk	1749	21 F 20-29	2:19:18.7	2:19:52.6
226	Emma Schleindl	1841	22 F 20-29	2:19:19.2	2:19:52.8
227	Li Hua Wong	1895	9 F 50-59	2:19:21.1	2:19:58.3
228	Arby Canning	1664	25 F 30-39	2:20:33.0	2:20:39.6
229	Charlene Morgan	1810	2 F 60-69	2:20:38.1	2:20:44.2
230	Kimberly Lazarowich	1768	26 F 30-39	2:20:40.3	2:20:53.1
231	Nolan Nikkel	1817	34 M 20-29	2:20:46.7	2:21:20.2
232	Ryan Crawford	5853	35 M 20-29	2:20:47.1	2:21:20.5
233	Erick Rivera Lopez	240	36 M 20-29	2:20:48.8	2:20:52.8
234	Taelor Lay	1767	23 F 20-29	2:22:15.6	2:39:09.4
235	Joyce Soda	243	3 F 60-69	2:22:17.2	2:22:26.9
236	Paul Fang	5857	39 M 40-49	2:25:11.7	2:25:29.1
237	Holly Horngren-Rhodes	1738	24 F 20-29	2:25:15.2	2:25:31.8
238	Corinne Forshaw	221	15 F 40-49	2:25:33.2	2:26:16.1
239	Sarah Gleeson	1717	27 F 30-39	2:25:34.0	2:26:16.4
240	Zachary Fleming	1703	37 M 20-29	2:26:44.7	2:27:02.0
241	H.S. Kenny Braich	1660	15 M 50-59	2:27:48.0	2:28:16.8
242	Zeyu Yu	1901	38 M 20-29	2:27:57.3	2:28:25.9
243	Dustin Jones	1748	63 M 30-39	2:28:38.8	2:28:43.8
244	Katherine Teichroeb	1867	16 F 40-49	2:28:44.4	2:29:08.7
245	Ivo Dyck	1692	39 M 20-29	2:29:07.8	2:29:35.3
246	Shu Wang	1884	25 F 20-29	2:29:35.7	2:30:03.0
247	Nick Mollica	1806	64 M 30-39	2:30:02.7	2:30:48.0
248	Tyler Hatch	234	40 M 40-49	2:30:04.5	2:30:14.1
249	NITISH SEM	5871	65 M 30-39	2:30:33.2	2:31:08.3

250	Makayla Liddle	1778	26 F 20-29	2:30:50.0	2:31:03.2
251	Conor McNiffe	1797	66 M 30-39	2:31:05.6	2:31:25.2
252	Peggy Yeh	1899	27 F 20-29	2:31:06.3	2:31:25.3
253	Peter Fenwick	1700	41 M 40-49	2:31:08.8	2:31:54.4
254	Mark Villamin	1882	67 M 30-39	2:31:34.1	2:31:48.0
255	Eleni Smith	1853	28 F 20-29	2:31:56.1	2:32:15.8
256	Myles Davis	1685	68 M 30-39	2:32:18.5	2:32:22.6
257	Peter Hansen	1726	7 M 60-69	2:32:28.4	2:32:44.1
258	Joel Spakowski	1857	16 M 50-59	2:34:38.1	2:35:15.3
259	Ellen Berdusco	1652	29 F 20-29	2:34:41.8	2:34:58.1
260	Chelsea Dubeau	1689	28 F 30-39	2:35:26.4	2:36:03.4
261	Rory Morgan	1809	17 M 50-59	2:35:27.2	2:36:04.0
262	Sarah Molenkamp	1805	30 F 20-29	2:36:51.9	2:37:08.6
263	Chloe Jarvie	1745	31 F 20-29	2:38:53.9	2:39:10.7
264	Janine Fleming	5859	17 F 40-49	2:39:20.1	2:40:02.8
265	Kayla Fleming	232	29 F 30-39	2:39:20.8	2:40:03.1
266	Sharon Rozendaal	1837	18 F 40-49	2:39:55.8	2:40:08.1
267	Lorne Semenowich	222	2 M 70-79	2:46:30.2	2:46:52.2
268	Scott Woron	1897	69 M 30-39	2:48:27.2	2:49:08.2
269	Roy Campbell	1662	8 M 60-69	2:50:02.7	2:50:25.6
270	Andy Vanesch	1875	1 M 80-89	2:50:45.4	2:51:15.4
271	Carolyn Essauce	1698	30 F 30-39	2:52:51.8	2:53:34.2
272	Gurjinder Bhurji	1654	10 F 50-59	3:09:58.3	3:10:20.5
273	Aqib Bhat	225	70 M 30-39	3:48:11.9	4:00:05.3
10K					
Place	Name	Bib No	Age Group	Chip Time	Gun Time
1	Charlie Charlick	5077	1 M 30-39	35:23.1	38:13.2
2	Andrew Giassa	1716	2 M 30-39	37:30.6	40:20.4
3	Duane Foley	5095	1 M 40-49	40:39.3	43:29.5
4	Takeo Bodrogi	5063	1 M 20-29	40:43.5	43:34.6
5	Eric Ransom	5191	3 M 30-39	41:28.5	44:19.1
6	Nathan Veldhoen	5897	2 M 40-49	41:35.1	44:26.7
7	Obed Talei	5222	2 M 20-29	42:16.1	45:47.8
8	Stefan Chopov	5078	3 M 20-29	43:10.7	46:01.2
9	Baru Chacha	5875	3 M 40-49	43:22.7	46:14.9
10	Angelo Villalta	5237	4 M 30-39	43:32.2	46:31.5
11	Jeferson Luis Wiebusch Martins	5248	5 M 30-39	44:24.3	47:14.8
12	Jon Codling	5080	4 M 40-49	45:24.0	48:54.3
13	Tom Moxon	5891	6 M 30-39	45:24.5	48:15.3
14	Kyle Giesbrecht	5103	7 M 30-39	45:31.6	48:22.1
15	Christina Howard	5124	1 F 20-29	45:32.8	48:48.8
16	Gabe Guetta	5107	8 M 30-39	45:44.1	48:42.7
17	Kostyantyn Halanets	5108	9 M 30-39	45:45.1	48:39.8
18	Liam Horne	5123	4 M 20-29	46:21.0	49:32.5
19	Bernd Schwericke	5203	5 M 40-49	47:50.1	50:45.9
20	Marla Brown	210	1 F 30-39	48:06.9	50:59.0
21	Randy Shelford	253	6 M 40-49	48:07.2	51:11.7
22	Carmen Goulden	5104	2 F 30-39	48:34.6	51:44.9
23	warren slaght	5210	1 M 60-69	48:35.7	51:35.5
24	Jonathan Jantz	5127	10 M 30-39	48:53.7	52:04.7

25	Sarah Sloan	255	2 F 20-29	50:09.2	53:03.1
26	Wian Van Jaarsveld	5230	5 M 20-29	50:20.7	53:11.1
27	Gustavo Soares	5213	1 M 50-59	50:20.9	53:22.3
28	Andrei Tent	5223	6 M 20-29	50:32.3	53:23.5
29	Katharina Schwiede	5204	3 F 20-29	50:40.2	53:40.5
30	Danielle Thune	5895	4 F 20-29	51:12.2	54:09.8
31	Nick Munday	5170	11 M 30-39	51:28.4	55:00.5
32	Francisco Dominguez	5087	7 M 20-29	51:44.1	54:51.7
33	Danae Dumontet	5088	5 F 20-29	52:03.5	55:04.3
34	Chelsea Polukoshko	5184	1 F 40-49	52:13.1	55:28.4
35	Julie Ainscow	5052	2 F 40-49	52:18.3	55:12.3
36	Rob Clifford	5079	12 M 30-39	52:21.1	55:19.7
37	Kayla Roux	5198	3 F 30-39	52:38.2	55:32.2
38	Drew Slaght	5211	13 M 30-39	53:16.0	56:18.5
39	Paul Filippi	5094	1 M 70-79	53:16.1	56:11.7
40	Christopher Francis	5098	7 M 40-49	54:08.0	57:00.5
41	Mark Preddy	5893	14 M 30-39	54:19.7	57:55.3
42	cameron bonnar	5065	15 M 30-39	54:23.1	58:08.5
43	Carlos Bandeira	5872	2 M 50-59	54:36.2	57:37.9
44	Natalie Velazquez zetina	5233	6 F 20-29	54:46.1	57:43.1
45	Aaron Madaisky	5155	8 M 20-29	54:49.1	58:00.3
46	Edmond Yeung	5251	16 M 30-39	54:50.5	58:05.3
47	Lauren Beaty	5058	4 F 30-39	55:02.3	58:34.1
48	Jerry Lee	5885	5 F 30-39	55:16.4	58:08.5
49	Lorilee Kidd	5138	6 F 30-39	55:34.4	59:02.8
50	Craig White	5246	17 M 30-39	56:16.9	59:11.1
51	Kyla Way	5243	3 F 40-49	56:19.9	59:24.7
52	Nicholas Mufford	5169	18 M 30-39	56:23.4	59:19.7
53	Tyler Johnson	249	19 M 30-39	56:55.4	1:00:10.6
54	Cody Rutledge	5199	8 M 40-49	57:00.6	59:57.7
55	Sean Fuoco	5100	20 M 30-39	57:05.6	1:00:42.3
56	MARIYA BOLYUKH	5064	1 F 50-59	57:12.0	1:00:07.1
57	Steve Wasmuth	5242	21 M 30-39	57:25.6	1:00:38.8
58	Mariia Morozova	5168	7 F 30-39	57:35.8	1:00:27.2
59	Anton Ushakov	5227	9 M 20-29	57:48.7	1:01:08.8
60	Doug Clifford	245	9 M 40-49	57:54.9	1:00:53.1
61	Patrick J Whalen	5245	2 M 60-69	57:57.3	1:01:08.2
62	Jacquie von Schulmann	5239	2 F 50-59	57:57.8	1:00:51.5
63	Vanessa Almeida	5053	8 F 30-39	57:58.1	1:00:59.1
64	Aimee Rai	5189	4 F 40-49	58:02.9	1:00:59.5
65	Petr Adamek	5048	3 M 50-59	58:06.6	1:01:31.1
66	Courtney Hansen	5111	7 F 20-29	58:08.5	1:01:18.3
67	Katie Dakus	5083	9 F 30-39	58:11.2	1:01:42.7
68	Calla Abbott	5047	8 F 20-29	58:11.5	1:01:26.7
69	dawn marie paley	5176	5 F 40-49	58:14.2	1:01:24.9
70	Grace Foster	5097	6 F 40-49	58:15.8	1:01:32.3
71	Christina Hamfelt	5110	10 F 30-39	58:20.9	1:01:24.7
72	Patrick Angell	5056	22 M 30-39	58:43.3	1:02:14.2
73	Ryan Hemingway	5115	10 M 40-49	59:12.3	1:02:15.4
74	Lisa Hamar	5109	3 F 50-59	59:17.4	1:02:32.0
75	Ashley Stacey	5215	11 F 30-39	59:23.7	1:02:34.3

76	Amy Read	5192	7 F 40-49	59:26.4	1:02:19.6
77	Henrik Nordvik	5173	23 M 30-39	59:43.6	1:02:51.2
78	Amar Johal	5128	8 F 40-49	59:44.6	1:02:38.9
79	Kathleen Geremia	5102	1 F 60-69	59:47.7	1:02:50.0
80	Mike Reeves	5193	11 M 40-49	59:48.9	1:02:46.2
81	Reshena Puri	5185	9 F 40-49	59:52.6	1:02:48.4
82	Tegan Bloomquist	5062	12 F 30-39	59:58.2	1:03:00.0
83	Brenda Rempel	5194	4 F 50-59	1:00:13.5	1:03:48.7
84	Stuart Nurse	5892	2 M 70-79	1:00:21.7	1:04:07.8
85	Susan McGowan	5161	2 F 60-69	1:00:23.7	1:03:39.0
86	Andrew Dick	5086	10 M 20-29	1:00:53.2	1:03:48.3
87	Jordan Ferdinands	246	24 M 30-39	1:01:05.0	1:04:04.5
88	Darren Suderman	1864	25 M 30-39	1:01:05.5	1:03:56.3
89	Urvashi Sandhu	5201	5 F 50-59	1:01:28.2	1:04:30.5
90	Elizabeth Urbanski	5226	13 F 30-39	1:01:49.0	1:05:19.2
91	milan mann	5157	11 M 20-29	1:01:56.5	1:04:55.9
92	Heather A Schroeder	5046	14 F 30-39	1:02:04.7	1:05:29.3
93	Chirag Patel	5179	12 M 40-49	1:02:06.8	1:05:10.4
94	Sarah Quirke	5188	15 F 30-39	1:02:19.7	1:05:17.4
95	Phillip Ahern	5051	26 M 30-39	1:02:28.7	1:05:21.9
96	Linette Lubke	5153	16 F 30-39	1:02:29.0	1:05:52.5
97	Jason Maudsley	251	13 M 40-49	1:02:31.4	1:05:26.7
98	Isobel Worrall	5250	9 F 20-29	1:02:32.3	1:06:33.2
99	Laura Woodhouse	5249	17 F 30-39	1:02:32.5	1:06:33.6
100	Andy Silva	5207	27 M 30-39	1:02:42.7	1:05:57.0
101	Emelie Johnson	5129	18 F 30-39	1:03:12.1	1:06:14.5
102	Bruce Kehler	5136	4 M 50-59	1:03:17.7	1:06:36.9
103	Iqbal Malhi	5156	10 F 40-49	1:03:21.0	1:06:18.7
104	jordan smith	5212	12 M 20-29	1:03:34.2	1:06:34.0
105	Ryan Langley	5884	14 M 40-49	1:03:47.9	1:06:46.8
106	Jason Ngo	5172	28 M 30-39	1:03:48.1	1:07:42.3
107	Sophie Sparks	5214	10 F 20-29	1:03:48.4	1:07:42.7
108	Arielle Garsson	5881	11 F 20-29	1:03:51.9	1:07:40.4
109	Kelly Purvis	5186	6 F 50-59	1:03:55.6	1:07:20.2
110	Daphne Cantorna	5075	12 F 20-29	1:04:04.0	1:07:00.4
111	Blair Hirtle	248	5 M 50-59	1:04:09.2	1:07:21.1
112	Renee Lemieux	5147	13 F 20-29	1:04:26.8	1:08:03.2
113	Monica Quinaluisa	5187	19 F 30-39	1:04:40.7	1:08:45.0
114	Chelsey Elise	5089	20 F 30-39	1:04:41.1	1:07:43.7
115	Courtney Yuzwa	5252	21 F 30-39	1:05:02.8	1:08:09.6
116	Jackie MacDonald	148	11 F 40-49	1:05:05.9	1:07:59.3
117	MALIA VICKERS	5235	22 F 30-39	1:05:12.6	1:52:22.6
118	Maurice Labelle	5144	3 M 70-79	1:05:28.5	1:09:09.7
119	Daniel MacDonald	5887	15 M 40-49	1:05:34.9	1:08:34.8
120	Megan Stewart	5217	12 F 40-49	1:05:56.1	1:09:06.6
121	Henry Chase	5876	29 M 30-39	1:06:01.8	1:08:53.6
122	Nina Pocock	5183	23 F 30-39	1:06:02.4	1:08:53.9
123	Andra Brisbin	14	13 F 40-49	1:06:05.6	1:09:01.2
124	Mylene Normandin	5174	14 F 40-49	1:06:06.2	1:09:16.5
125	Lindsay Rose	5196	24 F 30-39	1:06:10.5	1:09:13.1
126	Raffaella Caporale	5076	14 F 20-29	1:06:11.2	1:09:42.8



127	Tara Martin	5888	7 F 50-59	1:06:13.0	1:09:11.7
128	Amy Foster	5096	15 F 40-49	1:06:13.4	1:09:29.9
129	Susan Kim	5883	8 F 50-59	1:06:13.6	1:09:12.3
130	Miranda Verschuur	5234	25 F 30-39	1:06:25.0	1:09:25.5
131	Sarah Brunesci	5071	16 F 40-49	1:06:57.8	1:10:22.6
132	Mehak Mehra	5166	26 F 30-39	1:07:15.1	1:10:12.2
133	Tracy Brown	5070	17 F 40-49	1:07:33.7	1:10:41.3
134	Jarod McKay	5163	13 M 20-29	1:07:42.2	1:10:50.7
135	Raji Kaila	5131	27 F 30-39	1:07:42.4	1:10:38.6
136	Alison McKay	5162	18 F 40-49	1:07:42.6	1:10:51.2
137	Joanne Cheng	5877	19 F 40-49	1:07:49.3	1:12:52.0
138	Elisa Rodrigues	5195	28 F 30-39	1:07:55.9	1:11:01.7
139	Amy Van Sickle	5231	20 F 40-49	1:08:06.7	1:11:13.0
140	Sarah Seidel	5205	21 F 40-49	1:08:06.8	1:11:13.7
141	Hayley Geremia	5101	29 F 30-39	1:08:20.9	1:11:26.4
142	Camille Labrie	5145	30 F 30-39	1:08:21.1	1:11:26.4
143	Tammy McTighe	5165	22 F 40-49	1:08:21.6	1:11:29.3
144	Sandra Yoo	207	15 F 20-29	1:08:22.5	1:11:36.7
145	Vanny Wasmuth	5241	23 F 40-49	1:08:33.9	1:11:48.2
146	Camila Paiva	5175	31 F 30-39	1:08:44.2	1:12:14.9
147	Will Lucas	5886	14 M 20-29	1:08:53.3	1:12:02.5
148	Cleo Lucas	5154	16 F 20-29	1:08:53.5	1:12:02.6
149	Florence Pistor	5182	1 NB 40-49	1:09:16.0	1:12:32.8
150	Danielle Senyk	5206	32 F 30-39	1:09:17.3	1:12:34.5
151	Damara Wickens	5247	33 F 30-39	1:09:21.2	1:12:20.7
152	Ashley Burgess	5072	34 F 30-39	1:09:30.8	1:13:17.2
153	Kristina Vandop	5232	35 F 30-39	1:09:31.3	1:13:17.4
154	Natalie Cote-Salter	5081	17 F 20-29	1:09:32.3	1:12:30.5
155	Janet Peppin	5180	24 F 40-49	1:10:05.2	1:13:04.1
156	Julie Miller	5167	36 F 30-39	1:10:21.0	1:13:30.1
157	Arman Grewal	247	18 F 20-29	1:10:29.6	1:13:23.6
158	Anna Pinote	112	25 F 40-49	1:10:34.4	1:13:42.6
159	Arriane Weirich	5244	37 F 30-39	1:10:34.7	1:14:29.7
160	Emily Straczek	5219	19 F 20-29	1:10:48.7	1:13:49.3
161	Jacob Straczek	5218	30 M 30-39	1:10:49.0	1:13:49.3
162	Elaine Campbell	5074	3 F 60-69	1:11:45.4	1:14:51.0
163	Teresa Stevens	5216	4 F 60-69	1:12:04.6	1:15:24.2
164	Junko Agostini	5050	9 F 50-59	1:12:04.9	1:15:24.5
165	Brandi Butler	5073	38 F 30-39	1:12:05.4	1:15:05.8
166	Becky Van Drunen	5229	26 F 40-49	1:12:17.3	1:15:27.1
167	Lauren Gay	183	39 F 30-39	1:12:18.1	1:15:27.9
168	Cory Van Drunen	5228	31 M 30-39	1:12:30.3	1:15:40.9
169	Robyn Frizzle	5099	27 F 40-49	1:12:30.7	1:15:37.3
170	Camille Llanes	5151	20 F 20-29	1:13:01.2	1:16:45.9
171	Taylor Crevier	5879	21 F 20-29	1:13:24.7	1:17:53.9
172	Rachel NAJAFI	5171	40 F 30-39	1:13:30.9	1:16:22.7
173	Eduardo Villasenor	5238	16 M 40-49	1:13:35.4	1:16:47.9
174	Colleen Vantol	5896	28 F 40-49	1:13:36.4	1:16:42.4
175	Jenny Kilvert	5139	29 F 40-49	1:13:48.3	1:16:43.0
176	Sydney Hewitson	5116	41 F 30-39	1:13:48.6	1:16:43.2
177	Hailey Hrvatin	5125	22 F 20-29	1:14:02.1	1:17:04.4

178	Balpreet Kukreja	5142	32 M 30-39	1:14:02.2	1:16:58.8
179	Taia Zakus	5253	1 F 1-19	1:14:20.9	1:17:42.1
180	Jasmine Parmar	5178	42 F 30-39	1:14:41.5	1:17:45.7
181	Anita Unrau	5225	5 F 60-69	1:14:49.5	1:17:52.7
182	Michelle Epp	5092	43 F 30-39	1:15:23.6	1:18:36.6
183	Laura Berkenpas	5059	23 F 20-29	1:15:23.7	1:18:36.6
184	Deanne Corbett	5878	44 F 30-39	1:15:43.2	1:18:55.7
185	Linda Smith	5894	6 F 60-69	1:15:49.2	1:19:25.8
186	Michelle Donaldson	5880	30 F 40-49	1:15:49.5	1:19:25.8
187	Corbin Chivers	209	33 M 30-39	1:15:53.1	1:22:21.6
188	Leanna Sergerie	208	31 F 40-49	1:16:02.5	1:18:55.1
189	matt kaiser	5132	6 M 50-59	1:16:13.0	1:19:33.4
190	Betty Motter	5890	7 F 60-69	1:18:11.0	1:21:46.2
191	Tu Long	5152	32 F 40-49	1:18:21.9	1:21:19.3
192	Veronica Davies	5084	33 F 40-49	1:19:18.0	1:22:16.2
193	Holly Swaine	5221	24 F 20-29	1:19:59.0	1:23:05.4
194	Krista Adamek	5049	10 F 50-59	1:20:22.6	1:23:46.3
195	Eric Himbert	5119	17 M 40-49	1:20:33.5	1:24:21.8
196	Aggie Himbert	5120	34 F 40-49	1:20:33.6	1:24:21.7
197	Nicole Victor	5236	35 F 40-49	1:21:08.2	1:24:29.5
198	Pravallikha Samuthirarajan	5200	25 F 20-29	1:21:15.1	1:24:12.9
199	Richard Lewis	5149	4 M 70-79	1:21:24.0	1:24:59.6
200	Kathy Lewis	5150	8 F 60-69	1:21:24.5	1:24:59.9
201	Brenna Kanski	5133	36 F 40-49	1:23:29.6	1:26:47.9
202	Angela Hardbattle	5112	37 F 40-49	1:23:29.9	1:26:47.6
203	Jeannette Gehrke	21	11 F 50-59	1:23:35.3	1:26:53.8
204	Rebecca Jackson	5126	45 F 30-39	1:26:18.1	1:29:30.0
205	Michael Simpson	5208	7 M 50-59	1:26:21.4	1:29:45.5
206	Leanne Carey	5874	12 F 50-59	1:27:05.0	1:33:29.6
207	Laura Peterson	5181	38 F 40-49	1:27:34.7	1:31:26.8
208	Keith Susheski	5220	18 M 40-49	1:27:37.9	1:30:39.5
209	Cole Anderson	5054	19 M 40-49	1:29:32.6	1:32:45.8
210	Galvin Brower	5069	5 M 70-79	1:30:18.0	1:33:22.7
211	Kim Graham	5105	9 F 60-69	1:33:03.6	1:36:29.3
212	Sandra Coughlin	5082	10 F 60-69	1:33:03.7	1:36:29.1
213	Grace Wong	1894	46 F 30-39	1:33:11.8	1:36:18.3
214	Bill Hille	5118	3 M 60-69	1:42:44.9	1:45:53.0
215	Sandra Brandt	5067	11 F 60-69	1:49:37.8	1:53:57.0
216	Jessica Brandt	5066	47 F 30-39	1:49:38.8	1:53:58.4
217	Aiswarya Rajnarain	5190	26 F 20-29	1:52:29.5	1:55:27.7
218	Don Hamata	5882	4 M 60-69	2:03:41.3	2:06:38.3
5K					
Place	Name	Bib No	Age Group	Chip Time	Gun Time
1	Geoffrey Walton	4163	1 M 30-39	19:16.3	25:18.1
2	Luke Goshulak	260	2 M 30-39	20:32.6	26:34.5
3	Jason BANNISTER	5898	1 M 50-59	22:01.7	28:03.2
4	Michael Scarth	4141	1 M 20-29	22:10.1	28:14.4
5	Ben Schreiner	4143	3 M 30-39	22:31.1	28:50.7
6	Vivian Liu	4098	1 F 30-39	22:45.0	28:46.8
7	Chris Tilbury	206	1 M 40-49	23:13.8	29:29.9

8	Jonathan Peacock	5911	2 M 50-59	24:19.7	30:34.0
9	Michael Klaver	4084	3 M 50-59	24:29.7	30:33.7
10	Erin Ferguson	4051	2 F 30-39	24:51.8	30:54.2
11	P. Damarlie Antoine	4012	3 F 30-39	25:13.1	31:16.6
12	Lucas De Biasio	4040	2 M 20-29	25:22.8	31:24.9
13	Megan Tilbury	205	1 F 40-49	25:41.8	31:57.6
14	Jason Trent Jones	5903	4 M 50-59	25:48.1	32:03.5
15	Beckett Way	4164	1 M 1-19	25:53.5	31:56.3
16	Damien Kells	5904	3 M 20-29	25:53.7	32:16.5
17	Fiona Ives	4069	1 F 50-59	26:27.0	32:29.2
18	Jessica Thompson	4158	1 F 20-29	26:53.5	33:06.9
19	Daniel Jenkins	124	4 M 30-39	26:55.9	33:07.4
20	Chase Pol	4131	4 M 20-29	27:05.1	33:19.8
21	Hans-Christian Mross	4119	5 M 30-39	27:10.1	33:30.2
22	Nathan Li	4096	2 M 1-19	27:24.8	33:27.6
23	Hailey Janzen	4072	4 F 30-39	27:50.4	34:14.0
24	Mackenzie Lee	4088	5 F 30-39	27:51.0	34:14.2
25	Bradley Kuong	4086	6 M 30-39	27:52.5	34:22.6
26	Lukas Green	4059	5 M 20-29	28:01.0	35:38.3
27	Tammy Coderre-Kells	4034	1 F 60-69	28:11.9	34:33.9
28	Jennifer Merry	5908	2 F 50-59	28:12.1	34:30.0
29	Teresa Sturm	216	6 F 30-39	28:30.9	34:59.7
30	Irvin Hoover	4067	1 M 60-69	29:14.3	35:23.8
31	Lauren Gut	4060	2 F 20-29	29:27.7	35:46.1
32	Jessica Hill	4066	7 F 30-39	29:45.9	35:53.8
33	William Nakhleh	4122	3 M 1-19	29:47.1	35:50.6
34	Heather Burke	4024	3 F 50-59	29:48.3	36:17.7
35	Jamie Ritchie	5914	3 F 20-29	29:50.0	36:12.2
36	Danielle Nakhleh	4121	2 F 40-49	29:50.1	35:53.6
37	Brenda Pasichnyk	5910	4 F 50-59	29:50.7	36:16.3
38	Vanessa Nicola	4127	8 F 30-39	30:03.6	36:13.1
39	Sahara Brouwer	4019	4 F 20-29	30:07.5	36:18.3
40	Deborah Janz	4071	5 F 50-59	30:10.9	36:21.4
41	Katherine Anderson	4010	9 F 30-39	30:14.9	36:20.6
42	Alia Nicola	4126	3 F 40-49	30:16.6	36:30.5
43	Nadine Geddert	4057	10 F 30-39	30:19.9	36:24.3
44	Clarissa Jorquera	4078	11 F 30-39	30:24.1	36:33.6
45	Kristen Smith	263	12 F 30-39	30:29.8	36:56.6
46	Meredith Smith	4149	13 F 30-39	31:04.7	37:17.4
47	mary murphy	4120	4 F 40-49	31:05.2	37:13.3
48	Ayush Kaul	4080	6 M 20-29	31:07.9	37:46.0
49	Andreas Tan	4154	7 M 30-39	31:09.8	37:42.4
50	Emma Blinkhorn	4018	14 F 30-39	31:14.0	37:26.5
51	Mehek Budshah	4022	5 F 20-29	31:33.4	38:11.6
52	Isabel McKay	4106	1 F 1-19	31:41.0	38:21.8
53	Molly Wilk	4166	6 F 20-29	31:46.6	37:54.1
54	Mike Thachuk	4155	5 M 50-59	31:54.8	38:05.9
55	Alexa De Biasio	4041	2 F 1-19	32:08.1	38:12.1
56	JOANNE IRONSIDE	4068	6 F 50-59	32:37.2	38:55.2
57	Chelsea Mienkina	4110	15 F 30-39	32:48.0	39:00.3
58	Fabiola Rodriguez	4139	16 F 30-39	32:50.1	40:28.7

59	Terri Callander	4025	17 F 30-39	32:50.5	38:57.6
60	JOANNE LAWRENCE	4087	5 F 40-49	32:54.2	39:12.7
61	Alison Alleyne	4009	2 F 60-69	32:54.8	39:13.0
62	Carrie Thachuk	4156	7 F 50-59	33:00.9	39:11.5
63	Karen Mravunac	4117	18 F 30-39	33:01.4	39:08.8
64	Marissa Bunting	4023	6 F 40-49	33:06.0	39:13.1
65	Rachelle Folk	4053	7 F 20-29	33:15.1	39:43.6
66	Ana Wong	5915	7 F 40-49	33:22.3	39:41.4
67	Jennifer Trentadue	4160	8 F 50-59	33:32.8	39:35.2
68	Ernani Moura	4116	8 M 30-39	33:36.5	40:10.7
69	Bradley Jones	4076	9 M 30-39	33:43.6	40:03.9
70	Asuka Neufeld	4125	19 F 30-39	33:45.0	39:59.6
71	Jeremy Neufeld	4124	2 M 40-49	33:45.3	40:00.1
72	Dorothy Angell	4011	1 F 70-79	33:56.2	40:09.6
73	Marcia Dheilily-Sturrock	4043	8 F 20-29	34:10.2	40:15.1
74	Victoria Lindgren-Streicher	4097	20 F 30-39	34:18.9	40:26.1
75	Charlotte Koopmans	4085	9 F 20-29	34:24.8	40:46.6
76	Ashley Edgington	4048	21 F 30-39	34:40.1	41:05.5
77	Kari-Ann Pearce	5912	22 F 30-39	34:53.1	41:07.1
78	Chelsea Fitchette	4052	23 F 30-39	35:01.5	41:19.0
79	DAVID KELLS	4081	2 M 60-69	35:07.9	41:30.7
80	Aneesha Gill	4058	3 F 1-19	35:11.2	41:26.7
81	Rasheena Sekhon	4144	24 F 30-39	35:27.6	41:34.2
82	Joana Augusto	4016	8 F 40-49	35:40.1	41:54.6
83	Molly Minkler	184	10 F 20-29	35:59.2	42:08.3
84	Sharon Chahal	4028	9 F 40-49	36:01.6	42:16.9
85	Melynda Seminuk	4145	10 F 40-49	36:13.1	42:23.6
86	Kristen LeNoble	213	25 F 30-39	36:23.1	42:48.4
87	Pauline Li	4095	11 F 40-49	36:29.1	42:35.9
88	Julia Pol	4130	11 F 20-29	36:38.0	42:59.6
89	Sarah Hemsley	4064	26 F 30-39	36:42.4	43:10.7
90	Marie Niedermaier	4128	27 F 30-39	36:42.6	42:45.9
91	Karen Pike	5913	28 F 30-39	36:56.3	43:27.0
92	Eve Ojea	4129	12 F 40-49	36:57.2	43:12.7
93	Sasha Ruscheinski	4140	29 F 30-39	37:10.8	43:37.8
94	Tamara Brown	4020	30 F 30-39	37:12.9	43:49.1
95	Jaskaren Deol	4042	12 F 20-29	37:15.7	43:40.5
96	Bethany Leng	4090	31 F 30-39	37:25.9	43:36.8
97	Rachel English	5091	13 F 20-29	37:28.0	43:53.6
98	Renee English	5090	14 F 20-29	37:28.0	43:53.8
99	jasbir mann	4103	9 F 50-59	37:29.4	43:32.7
100	Laura Leon	4093	32 F 30-39	37:31.5	43:51.2
101	Lynn Masters	4105	10 F 50-59	37:58.9	44:26.2
102	Tomoka Sweet	4153	11 F 50-59	37:59.6	44:26.5
103	Jennifer Jonsson	4077	12 F 50-59	38:01.9	44:29.6
104	Gord Kurenoff	261	3 M 60-69	38:13.3	44:27.8
105	Harleen Arneja	4014	33 F 30-39	38:34.0	44:36.5
106	Samantha Jones	5130	34 F 30-39	38:38.1	41:46.6
107	Rachel Harper	4062	35 F 30-39	38:43.7	45:19.0
108	Kathy Schleindl	4142	13 F 50-59	38:55.6	45:12.5
109	Stuart Reece	4135	3 M 40-49	39:04.9	45:14.3

110	Tyler Westover	4165	4 M 40-49	39:07.4	45:18.5
111	Courtney Mienkins	4111	36 F 30-39	39:19.1	45:32.8
112	Nicole Sprieszl	4151	37 F 30-39	39:22.8	45:27.8
113	Maritza Lopez	4099	38 F 30-39	39:23.8	45:27.8
114	Miranda Thomas-Merkley	123	39 F 30-39	39:24.0	46:00.4
115	CHERYL HAARSTAD	4061	14 F 50-59	39:37.7	45:47.4
116	Amber Brown	4021	15 F 20-29	39:54.2	46:19.2
117	Phi Truong	4161	1 M 70-79	40:17.3	46:25.6
118	Kiran Davey	259	15 F 50-59	40:21.7	46:28.1
119	Hayden Leo	5907	10 M 30-39	40:46.0	47:14.1
120	Kellie Dale	4036	3 F 60-69	41:00.5	47:32.4
121	Chris Pink	215	11 M 30-39	41:01.0	47:32.4
122	Petra Ziani	4168	16 F 20-29	41:11.3	47:16.4
123	Alison Reeves	4136	16 F 50-59	42:02.4	48:31.6
124	Tracey Laville-Elgert	5906	17 F 50-59	42:02.8	48:28.0
125	Sagal Davison Garcia	4039	17 F 20-29	42:06.6	48:10.2
126	Mana Basefat	5899	4 F 1-19	42:13.5	48:25.9
127	Carol Mienkina	4109	4 F 60-69	42:27.7	48:41.7
128	Darci Margaret Cann	4026	18 F 20-29	42:35.9	48:41.3
129	Talitha Mocelin Freitas	4112	40 F 30-39	42:54.7	49:28.9
130	Eva Fedos	4049	19 F 20-29	42:57.0	49:01.5
131	Kristen Lew	4094	41 F 30-39	43:23.1	49:53.4
132	Kathryn Donnelly	4045	5 F 60-69	43:33.3	49:54.5
133	Linda Arce	4013	20 F 20-29	43:44.3	49:52.4
134	Allison Raffle	4134	21 F 20-29	43:50.3	50:13.5
135	Connor Raffle	4133	7 M 20-29	43:50.5	50:14.0
136	Sadie Leon	4092	13 F 40-49	44:29.5	50:49.9
137	Basia Mroczek	4118	42 F 30-39	44:51.0	51:29.6
138	Lincoln Kerr	4083	8 M 20-29	44:53.9	51:11.2
139	Karly Kerr	4082	22 F 20-29	44:54.5	51:11.4
140	Michael LeNoble	4091	12 M 30-39	46:43.2	53:09.5
141	SAREENA PRASAD	4132	18 F 50-59	46:53.6	53:08.3
142	Nicole Wutschnik	4167	43 F 30-39	47:48.4	54:25.1
143	Leah Danggas	4037	44 F 30-39	47:49.7	54:25.8
144	Kendall Drake	4046	14 F 40-49	47:51.0	54:27.9
145	Amanda Madderom	4102	15 F 40-49	47:51.1	54:11.7
146	Carmen Monroy	4113	16 F 40-49	47:52.9	54:29.2
147	Tara Darling	4038	17 F 40-49	48:56.2	55:13.9
148	Shellee MacKay	4101	18 F 40-49	50:24.5	56:36.6
149	Lindsay Macgowan	4100	19 F 40-49	50:24.5	56:36.8
150	Pat Hayward	4063	6 F 60-69	51:19.1	57:54.6
151	Renate Reichert	4137	2 F 70-79	52:10.3	59:07.6
152	carole chesham	4029	1 F 80-89	52:19.2	59:07.1
153	Corina Lascano	5905	45 F 30-39	52:52.1	59:11.3
154	Debra Kato	4079	7 F 60-69	54:12.5	1:00:30.1
155	Al Frost	4055	1 M 80-89	56:18.9	1:03:19.7
156	Sally Frost	4056	2 F 80-89	56:19.9	1:03:20.1
157	Tuyen Du	4047	3 F 70-79	57:33.1	1:04:24.7
158	Kylie Morgan	4114	46 F 30-39	57:37.3	1:04:16.7
159	Aaron Morgan	4115	13 M 30-39	57:37.6	1:04:17.2
160	Ava Basefat	5900	5 F 1-19	57:58.5	1:04:11.3

161	Maryam Soudabeh Mousavi	5909	20 F 40-49	57:59.1	1:04:11.4
162	Darlene Fehr	4050	4 F 70-79	58:28.9	1:05:20.1
163	Christopher Dixon	4044	5 M 40-49	59:30.4	1:05:54.9
164	Verner Sorensen	264	2 M 80-89	59:56.4	1:06:44.5
165	Margaret Henrey	4065	3 F 80-89	1:08:26.8	1:15:18.4
166	jack nazaroff	4123	3 M 80-89	1:08:27.9	1:15:28.9
167	Dale Attrell	4015	1 M 90-99	1:08:32.3	1:15:28.0