

2014 SFN Canada Day ROCK					
Overall Finish List					
July 01, 2014					
10KM					
Place	Name	Bib No	Age Group Place	Chip Time	Gun Time
1	Chris Barth	4669	1 M 1-99	35:25.1	35:27.7
2	Tyler Ginther	4799	2 M 1-99	36:15.1	36:17.8
3	Ken Ginnan	4707	3 M 1-99	38:16.4	38:19.6
4	Tatsuya Hatachi	4714	4 M 1-99	38:22.7	38:25.4
5	Tracy Wakaluk	4793	1 F 1-99	41:16.0	41:19.7
6	Tadashi Yamaura	4784	5 M 1-99	41:21.1	41:24.7
7	Michelle Heneghan	4802	2 F 1-99	41:51.6	41:55.5
8	Aidan Higgins	4803	6 M 1-99	42:23.2	42:27.6
9	Rick Horstman	4720	7 M 1-99	42:32.4	42:35.9
10	Tyler Sparrow	4767	8 M 1-99	42:50.4	42:53.0
11	Kelly Morgan	4743	3 F 1-99	44:07.9	44:11.3
12	Steve Klassen	4724	9 M 1-99	45:03.5	45:08.7
13	Karen de Montigny	4691	4 F 1-99	45:33.5	45:46.6
14	Alexander Courville	4687	10 M 1-99	46:21.1	46:25.8
15	Mark Topacio	4774	11 M 1-99	46:56.5	47:04.9
16	Brian Merwin	4786	12 M 1-99	47:23.3	47:28.2
17	Tracy Gibbons	4706	5 F 1-99	47:58.2	48:04.7
18	Craig Martin	4740	13 M 1-99	47:58.6	48:06.2
19	Michael Gibbons	4705	14 M 1-99	48:56.9	49:03.5
20	Andre' Vaudan	4778	15 M 1-99	49:45.4	49:51.1
21	Scott Carrington	4678	16 M 1-99	50:19.0	50:31.4
22	Derrick Stanbury	4788	17 M 1-99	50:35.3	50:45.4
23	Christiana Lunn	4736	6 F 1-99	51:43.5	51:50.5
24	Maron Resur	4755	7 F 1-99	52:16.1	52:23.6
25	Natalie Foley	4697	8 F 1-99	52:39.7	53:02.1
26	Erika Cedillo	4680	9 F 1-99	52:41.7	53:09.6
27	Jason Schmidt	4763	18 M 1-99	52:54.0	53:03.4
28	Dan Schmidt	4762	19 M 1-99	52:54.1	53:03.6
29	Robin Hiet-Block	4719	20 M 1-99	53:02.6	53:16.2
30	Gary Eyre	4792	21 M 1-99	53:15.4	53:19.4
31	Kristin Vaughan-Smith	4779	10 F 1-99	53:19.5	53:53.7
32	Stacey Lambert	4728	11 F 1-99	53:26.1	53:33.1
33	Mena Sahota-Bhogal	4758	12 F 1-99	53:47.0	54:13.0
34	Allie Williams	4781	13 F 1-99	53:57.7	54:03.8
35	Megan Braeder	4674	14 F 1-99	54:21.7	54:35.3
36	Maureen O'Higgins	4801	15 F 1-99	54:44.3	54:55.0
37	Nicole Bartel	4668	16 F 1-99	54:48.3	55:02.1
38	Carol Thielmann	4771	17 F 1-99	54:48.6	55:02.4
39	Nicole Gauthier	4704	18 F 1-99	54:49.8	55:00.4
40	Carter Smith	4766	22 M 1-99	54:51.8	54:55.0
41	HELEN ROGAN	4757	19 F 1-99	55:20.6	55:52.2
42	Laurel VanZanten	4795	20 F 1-99	55:41.1	56:01.7
43	Brenda Ferris	4797	21 F 1-99	55:41.5	56:01.4
44	Branka Gataric	4703	22 F 1-99	56:09.2	56:19.1
45	Kevin van Delden	4777	23 M 1-99	56:23.0	56:29.3

46	David Tyrell	4776	24 M 1-99	56:33.2	56:48.8
47	Graham Coulthard	4686	25 M 1-99	56:48.5	57:09.9
48	Rebecca Puterbough	4752	23 F 1-99	56:57.1	57:01.4
49	Keith Driver	4693	26 M 1-99	57:06.1	57:13.0
50	Bruce Fitzpatrick	4790	27 M 1-99	57:06.6	57:15.1
51	Kelly Tokar	4800	24 F 1-99	57:16.3	57:22.1
52	Fritz Douma	4692	28 M 1-99	57:20.9	57:27.5
53	Draze Gataric	4702	29 M 1-99	57:21.2	57:33.1
54	Tara Schamahorn	4760	25 F 1-99	57:26.6	57:48.2
55	Penelope Henriques	4717	26 F 1-99	57:27.0	58:15.7
56	Jennifer Lehman	4732	27 F 1-99	57:27.2	58:16.1
57	James Morphy	4794	30 M 1-99	57:32.9	57:51.9
58	Jenn Schmidt	4765	28 F 1-99	57:41.0	57:48.2
59	Adele Kim	4723	29 F 1-99	57:41.1	58:29.9
60	Soraya Spier	4768	30 F 1-99	57:50.7	57:58.1
61	Gord Laphorne	4729	31 M 1-99	57:52.7	58:10.1
62	Chris Hames	4713	32 M 1-99	57:58.8	58:07.2
63	Blair Fraser	4700	33 M 1-99	58:21.8	58:39.8
64	Rachel Poon	4749	31 F 1-99	58:51.3	59:12.4
65	Michelle Tice	4773	32 F 1-99	58:55.7	59:09.9
66	Velda Williams	4782	33 F 1-99	58:56.2	59:10.4
67	Susan Chow	4681	34 F 1-99	58:56.3	59:10.7
68	John Glenn	4708	34 M 1-99	59:01.8	59:23.8
69	Glenn Rideout	4756	35 M 1-99	59:03.0	59:10.8
70	Scott Henwick	4718	36 M 1-99	59:05.8	59:21.4
71	Elke Bauer	4670	35 F 1-99	59:15.6	59:25.9
72	Anita Watts	4780	36 F 1-99	59:24.3	59:39.5
73	Ernest Salcedo	4759	37 M 1-99	59:44.7	1:00:08.7
74	David Clements	4684	38 M 1-99	1:00:23.2	1:00:41.4
75	LISA SCHERBA	4761	37 F 1-99	1:00:40.7	1:01:03.6
76	Stacy Armstrong	4296	38 F 1-99	1:00:44.6	1:00:55.2
77	Gwen Vaughansmith	4798	39 F 1-99	1:00:54.0	1:01:28.4
78	Tyson Kondo	4726	39 M 1-99	1:01:10.1	1:01:27.3
79	Katherine Crosbie	4688	40 F 1-99	1:01:22.3	1:01:46.0
80	Taryne Clancy	4683	41 F 1-99	1:01:33.6	1:01:46.0
81	Enola Medina	4694	42 F 1-99	1:01:40.2	1:02:01.8
82	Lisa Hamar	4712	43 F 1-99	1:01:52.1	1:02:11.2
83	Sharon Fraser	4701	44 F 1-99	1:02:45.4	1:03:03.0
84	Kate Helliwell	4716	45 F 1-99	1:02:50.7	1:03:20.8
85	Cliff Garcia	4787	40 M 1-99	1:03:07.9	1:03:15.8
86	Lynn Collard	4685	46 F 1-99	1:03:09.3	1:03:29.7
87	Brittany Trenkel	4775	47 F 1-99	1:03:21.8	1:03:54.5
88	Laura Hazlett	4715	48 F 1-99	1:03:50.4	1:04:13.2
89	Loraine Ham	4711	49 F 1-99	1:03:51.8	1:04:03.0
90	Marla Martin	4789	50 F 1-99	1:04:01.9	1:04:26.1
91	Ashley Miller	4742	51 F 1-99	1:04:41.6	1:04:54.9
92	Ray Chung	4682	41 M 1-99	1:05:22.1	1:05:54.2
93	Nikki Castonguay	4679	52 F 1-99	1:05:53.1	1:06:13.7
94	Suzanne Calnan	4677	53 F 1-99	1:06:29.2	1:06:59.2
95	Jaclyn Neumann	4796	54 F 1-99	1:06:29.2	1:06:59.1
96	Donna Leche	4730	55 F 1-99	1:06:55.1	1:07:06.6
97	John Leung	4734	42 M 1-99	1:07:17.6	1:07:31.0

98	Rosanne Mackenzie	4739	56 F 1-99	1:07:27.0	1:08:04.9
99	Naomi Schmidt	4764	57 F 1-99	1:08:17.2	1:08:27.3
100	James L Thompson	4772	43 M 1-99	1:08:23.3	1:08:36.2
101	Todd Boles	4673	44 M 1-99	1:08:34.6	1:08:51.2
102	Anna Lyons	4737	58 F 1-99	1:09:00.9	1:09:19.4
103	Mark Savela	4791	45 M 1-99	1:09:02.4	1:09:07.3
104	Diana Teichrieb	4769	59 F 1-99	1:09:58.1	1:10:12.6
105	Michael MacDonald	4738	46 M 1-99	1:10:00.0	1:10:30.8
106	Christie Fox	4698	60 F 1-99	1:10:54.7	1:11:18.7
107	Kirsten Kohler	4725	61 F 1-99	1:11:59.0	1:12:30.3
108	Eve Ojea	4744	62 F 1-99	1:12:07.2	1:12:12.7
109	Hilary Davis	4690	63 F 1-99	1:12:08.2	1:12:31.7
110	Twyla Ball	4300	64 F 1-99	1:13:36.6	1:14:16.9
111	Lara Brecht	4675	65 F 1-99	1:13:36.7	1:14:17.1
112	Lisa Wilson	4783	66 F 1-99	1:13:36.9	1:14:17.1
113	Monique Gollogly	4709	67 F 1-99	1:13:37.3	1:14:17.2
114	Terra Pellatt	4747	68 F 1-99	1:13:37.3	1:14:17.2
115	Ally Ray	4753	69 F 1-99	1:14:34.9	1:14:42.5
116	Caitlin Davis	4689	70 F 1-99	1:15:36.5	1:16:00.1
117	Vinci Au	4297	71 F 1-99	1:15:39.2	1:15:53.0
118	Tracy Kuzik	4727	72 F 1-99	1:16:05.1	1:16:23.5
119	TIFFANY LUNA	4735	73 F 1-99	1:16:37.8	1:17:08.0
120	Lory Terzariol	4770	74 F 1-99	1:17:44.3	1:18:00.1
121	Yvonne Bergman	4672	75 F 1-99	1:18:12.3	1:18:21.9
122	Leigh-Ann Zamprogno	4785	76 F 1-99	1:18:14.3	1:18:23.4
123	Sarah Beaver	4671	77 F 1-99	1:18:14.6	1:18:23.4
124	Janet Ray	4754	78 F 1-99	1:20:06.7	1:20:14.7
125	Nicole Baker	4299	79 F 1-99	1:20:12.3	1:20:35.0
126	Lisa Leippi	4733	80 F 1-99	1:21:16.7	1:21:37.6
127	Amelia Power	4750	81 F 1-99	1:21:16.9	1:21:37.7
128	Adriano Panetta	4746	47 M 1-99	1:21:21.3	1:21:55.4
129	Orsolya Matusek	4741	82 F 1-99	1:23:21.3	1:23:36.5
130	Veronica Griffin	4710	83 F 1-99	1:23:21.6	1:23:36.5
131	Riana Francisco	4699	84 F 1-99	1:24:35.7	1:25:04.3
132	Patricia Jessen	4722	85 F 1-99	1:26:29.4	1:27:00.5
133	Kathleen Paddington	4745	86 F 1-99	1:26:56.5	1:27:23.2
134	Cathy Price	4751	87 F 1-99	1:27:40.3	1:28:07.3
135	Laura Leckie	4731	88 F 1-99	1:36:24.6	1:36:41.6
136	John Evans	4695	48 M 1-99	1:42:49.2	1:43:33.6
137	William Evans	4696	49 M 1-99	1:42:54.5	1:43:40.5

5KM

Place	Name	Bib No	Age Group	Place	Chip Time	Gun Time
1	Vicar Li	5649	1 M 1-99		19:04.1	19:07.6
2	Josh Myers	5603	2 M 1-99		20:11.0	20:13.6
3	Cindy Klassen	5588	1 F 1-99		21:39.1	21:44.6
4	Richard Ryant	5615	3 M 1-99		22:01.2	22:04.0
5	Gordon Flett	5570	4 M 1-99		22:02.7	22:05.8
6	Bruce Kondo	5642	5 M 1-99		23:45.7	24:03.4
7	Heidi Quadri	5656	2 F 1-99		24:24.2	24:28.0
8	Cassidy MacPherson	5593	3 F 1-99		26:11.8	26:18.0
9	Bill MacPherson	5594	6 M 1-99		26:29.3	26:35.4

10	Nada Gataric	5573	4 F 1-99	26:32.4	26:40.8
11	Emma Ferris	5645	5 F 1-99	27:14.7	27:33.5
12	Jenni Culbert	5559	6 F 1-99	27:39.6	28:10.1
13	Lori Rendell	5648	7 F 1-99	27:52.9	28:22.0
14	Sammi Kiyimchuk	5637	8 F 1-99	28:02.2	28:07.1
15	Sue Edmondson	5643	9 F 1-99	28:20.7	28:49.4
16	Maneesha Dhaliwal	5641	10 F 1-99	28:39.1	29:32.9
17	Aiden Cunnold	5561	7 M 1-99	28:59.7	29:03.1
18	Cayla Ryant	5616	11 F 1-99	29:07.1	29:10.2
19	Priya Dhaliwal	5640	12 F 1-99	29:23.3	30:17.1
20	NEAL MITCHELL	5602	8 M 1-99	29:42.2	30:26.9
21	Tammy Bailey	5548	13 F 1-99	30:00.1	30:18.2
22	William Sawatzky	5617	9 M 1-99	30:18.0	30:22.3
23	Liz Bell	5647	14 F 1-99	30:21.0	30:43.7
24	Gaby Gordica	5574	15 F 1-99	30:29.8	31:00.4
25	Laara Horstman	5582	16 F 1-99	31:06.5	31:11.7
26	Dan Cumming	5560	10 M 1-99	31:07.1	31:16.1
27	Christopher Law	5592	11 M 1-99	31:26.4	32:04.3
28	Cheri Swanson	5646	17 F 1-99	31:46.5	32:09.0
29	ANDREA MITCHELL	5601	18 F 1-99	31:48.4	32:32.7
30	Shannon Stewart	5619	19 F 1-99	32:04.6	32:17.0
31	Keith Turner	5625	12 M 1-99	32:08.9	32:18.4
32	Chris Rogan	5611	13 M 1-99	32:10.8	32:36.4
33	Kathy Friesen	5572	20 F 1-99	32:21.4	32:42.9
34	Nathan Posthumus	5606	14 M 1-99	32:22.2	32:47.2
35	Kayden Schmidt	5618	15 M 1-99	33:15.7	33:25.2
36	Gord Kurenoff	5591	16 M 1-99	33:15.9	33:32.7
37	Tony Bernardin	5551	17 M 1-99	33:25.1	33:57.7
38	Emily Szabo	5620	21 F 1-99	34:15.2	34:54.2
39	Catherine Corcoran	5558	22 F 1-99	34:24.0	34:52.9
40	Cooper Amyotte	5545	18 M 1-99	35:05.2	35:35.0
41	Jennifer Davidson	5562	23 F 1-99	35:23.2	35:52.0
42	Martina Aquing	5638	24 F 1-99	35:25.1	35:56.3
43	Jennie Eggleston	5567	25 F 1-99	35:47.7	36:17.3
44	Marisela Amyotte	5540	26 F 1-99	35:57.4	36:26.9
45	Jennifer Wilson-Roberts	5631	27 F 1-99	36:02.0	36:24.7
46	Alejandra Amyotte	5653	28 F 1-99	36:02.6	36:26.6
47	Rhonda Therrien	5621	29 F 1-99	36:03.0	36:14.4
48	Rachel Kondo	5590	30 F 1-99	36:10.4	36:28.3
49	Owen Rucker	5612	19 M 1-99	36:15.6	36:47.7
50	Alex Rucker	5613	20 M 1-99	36:18.8	36:51.8
51	Barb Wolfe	5644	31 F 1-99	36:31.9	37:09.0
52	Pat Cleave	5657	32 F 1-99	36:32.1	37:09.4
53	Xavier Koropecy	5658	1 M 0- 0	36:37.2	37:03.1
54	Trish Jones	5587	33 F 1-99	36:44.6	36:57.0
55	Leslie Peterson	4748	34 F 1-99	36:50.0	37:00.7
56	Sherry Reierson	5609	35 F 1-99	36:59.1	37:20.5
57	Laura Malley	5598	36 F 1-99	37:01.2	37:25.7
58	Chrissy Hartwick	5579	37 F 1-99	37:23.2	37:39.6
59	Lara Posthumus	5607	38 F 1-99	37:28.7	37:54.3
60	Graham Malley	5597	21 M 1-99	37:45.6	38:09.9
61	Daniella Coltura	5556	39 F 1-99	37:47.2	37:55.3

62	Aira Janine de Castro	5563	40 F 1-99	38:11.7	38:27.6
63	Anthony de Castro	5564	22 M 1-99	38:11.8	38:27.7
64	Madden Bakatsis	5550	23 M 1-99	38:18.1	38:53.6
65	Mathew Bakatsis	5549	24 M 1-99	38:19.0	38:53.9
66	Julie Zanenz	5639	41 F 1-99	38:26.1	38:53.7
67	Harbir Deol	5565	42 F 1-99	38:27.4	39:21.3
68	Jessica Greenwood	5575	43 F 1-99	38:38.3	39:16.8
69	Karen Greenwood	5576	44 F 1-99	38:38.3	39:17.0
70	Kristen Bailey	4298	45 F 1-99	38:46.1	39:13.0
71	Ella Hohl	5581	46 F 1-99	39:01.2	39:22.4
72	Benjamin Wright	5632	25 M 1-99	39:01.7	39:54.1
73	Sherry Pottinger	5608	47 F 1-99	39:04.3	39:16.1
74	Ben Douma	5566	26 M 1-99	39:14.4	39:20.9
75	Kiera Parton	5604	48 F 1-99	39:18.8	39:46.9
76	Sandra Jensen	5586	49 F 1-99	39:24.0	39:45.9
77	Nancy Conick	5557	50 F 1-99	39:25.0	39:47.3
78	Candice TownSchon	5624	51 F 1-99	39:44.3	40:22.3
79	Emma Bertrand	5553	52 F 1-99	39:44.6	39:57.6
80	Colleen Bertrand	5554	53 F 1-99	39:44.7	39:57.7
81	Uldis Vecmanis	5629	27 M 1-99	39:49.2	40:27.1
82	Randy Greenwood	5577	28 M 1-99	40:28.8	41:11.7
83	Kristal Boles	5555	54 F 1-99	41:19.6	41:36.2
84	Kathy Werner	5630	55 F 1-99	41:23.5	42:02.9
85	Caroline Bernardin	5552	56 F 1-99	41:29.0	42:03.0
86	Lorraine Griffiths	5578	57 F 1-99	43:08.5	43:58.8
87	Suzanne Parton	5652	58 F 1-99	43:58.2	44:27.2
88	Andrew Parton	5651	29 M 1-99	43:58.3	44:27.1
89	Michelle Briggs	5650	59 F 1-99	45:13.7	45:30.8
90	Carollyne Kondo	5589	60 F 1-99	45:47.0	46:21.6
91	Lynda McGaire	5599	61 F 1-99	46:09.9	47:00.7
92	Johann van Breda	5628	30 M 1-99	48:01.4	48:45.9
93	Celeste van Breda	5627	62 F 1-99	48:01.9	48:46.0
94	Joshua-Johann van Breda	5626	31 M 1-99	48:02.4	48:46.0
95	Paxton Griffin	5636	32 M 1-99	48:34.2	49:17.5
96	Patrick Griffin	5635	33 M 1-99	48:34.7	49:17.8
97	Sandra Hildebrant	5580	63 F 1-99	49:12.8	49:57.1
98	Patricia A Thompson	5622	64 F 1-99	52:36.4	53:31.9
99	Rose Ellery	5655	65 F 1-99	52:52.6	53:36.4
100	Melanie Ellery	5654	66 F 1-99	52:52.7	53:36.1
101	Shannon Fraser	5571	67 F 1-99	54:07.2	54:56.9
102	Tyler Jackart	5583	34 M 1-99	56:20.9	56:54.7
103	Kristy Jackart	5584	68 F 1-99	56:41.4	57:14.7
104	Noah Jackart	5585	35 M 1-99	56:41.9	57:15.5
105	Alisha Gosselin	5633	69 F 1-99	1:00:10.5	1:00:50.1
106	Maria Esplin	5568	70 F 1-99	1:02:25.5	1:02:35.8
107	Jackson Miller	5600	36 M 1-99	1:02:29.5	1:02:39.5
108	Laurie Robertson	5610	71 F 1-99	1:06:48.9	1:07:38.7
109	Edmond Mah	5634	37 M 1-99	1:13:47.5	1:13:51.5