

11.7km Course

Overall	Time	Bib	First	Last	Home	Prov	M/F	Age on Mar 25	Cat	Running Club	Cat Rank
1	0:49:52	710	Graham	Cocksedge	PowellRiver	BC	M	32	Open		1/39
2	0:52:44	713	Shaun	Stephens-Whale	Roberts Creek	BC	M	16	Open	Elphinstone	2/39
3	0:54:12	695	Silas	Wiefelspuett	Victoria	BC	M	23	Open	Team X	3/39
4	0:56:03	723	Justin	Mark	Victoria	BC	M	31	Open	Fronrunners	4/39
5	0:58:01	733	Darron	Mealing	Surrey	BC	M	34	Open	Adidas	5/39
6	0:59:44	694	Kim	Webb	Victoria	BC	M	34	Open	Harriers	6/39
7	0:59:46	718	Meghan	Day	Victoria	BC	F	34	Open	Prairie Inn Harriers	1/31
8	1:00:12	614	Mathieu	Charest	Victoria	BC	M	27	Open		7/39
9	1:00:19	716	Sandy	Stewart	North Saanich	BC	M	44	40-49	Prairie Inn Harriers	1/17
10	1:00:22	714	Mark	Kaln	Nanaimo	BC	M	24	Open		8/39
11	1:01:07	655	Joshua	Lundine	Qualicum Beach	BC	M	32	Open		9/39
12	1:01:34	728	Chris	Piller	Victoria	BC	M	30	Open	Victorienteers	10/39
13	1:01:52	674	Shane	Ruljancich	Victoria	BC	M	29	Open	Prairie Inn Harriers	11/39
14	1:01:57	613	Rumon	Carter	Victoria	BC	M	31	Open	adidas/Fronrunners	12/39
15	1:02:32	631	Gary	Duncan	Victoria	BC	M	48	40-49	Prairie Inn Harriers	2/17
16	1:02:37	605	Nick	Best	Victoria	BC	M	17	Open		13/39
17	1:02:39	629	Julia	Desrameux	Victoria	BC	F	28	Open	Aviawest-Vega	2/31
18	1:02:50	661	Cara	Obee	Victoria	BC	F	28	Open		3/31
19	1:02:54	651	Claire	Jean	Victoria	BC	F	19	Open		4/31
20	1:03:03	730	Ian	Parryman	Victoria	BC	M	36	Open		14/39
21	1:04:01	700	Hicham	Elamiri	Victoria	BC	M	36	Open	Fronrunners	15/39
22	1:04:11	652	Christopher	Kelsall	Victoria	BC	M	40	40-49	Prairie Inn Harriers	3/17
23	1:04:29	615	Rebecca	Chisholm	Victoria	BC	F	25	Open		5/31
24	1:04:56	645	Jeff	horeth	Victoria	BC	M	40	40-49	Prairie Inn Harriers	4/17
25	1:05:07	624	Noelle	Daigle	Victoria	BC	F	25	Open		6/31
26	1:05:17	725	Carey	Sather	Nanaimo	BC	F	36	Open	Steeds	7/31
27	1:05:29	648	John	Ingram	Courtenay	BC	M	58	50+	CVRR	1/13
28	1:05:36	732	Todd	Nowack	Victoria	BC	M	27	Open	MOMAR	16/39
29	1:05:59	676	Robert	Smith	Victoria	BC	M	52	50+	Fronrunners	2/13
30	1:06:43	640	Jed	Grieve	Victoria	BC	M	32	Open		17/39
31	1:06:53	646	Cory	Horner	Victoria	BC	M	24	Open	Prairie Inn Harriers	18/39
32	1:07:09	621	Sheldon	Croden	Saanichton	BC	M	34	Open	Prairie Inn Harriers	19/39
33	1:07:29	684	Brian	Tassell	Lantzville	BC	M	47	40-49	ROC Nanaimo	5/17
34	1:07:37	635	David	Garrison	Victoria	BC	M	34	Open		20/39
35	1:09:34	609	Suzan	Briggs	Nanaimo	BC	F	43	40-49	ROC Nanaimo	1/20
36	1:09:51	685	Normon	Thibault	Nanaimo	BC	M	37	Open	Fronrunners	21/39
37	1:09:56	722	Bill	Scriven	Victoria	BC	M	62	50+	Prairie Inn Harriers	3/13
38	1:10:08	682	Nathan	Suter	Victoria	BC	M	25	Open		22/39
39	1:10:17	607	Marcus	Bogaert	Vancouver	BC	M	40	40-49		6/17
40	1:10:23	612	Ron	Burleson	Victoria	BC	M	36	Open		23/39
41	1:11:04	715	Caroline	Bernard	Nanaimo	BC	F	25	Open		8/31
42	1:11:07	660	Rob	Nelson	Victoria	BC	M	28	Open	Fitness World	24/39
43	1:11:11	626	Chris	Daradics	Port Alberni	BC	M	46	40-49		7/17
44	1:11:46	649	Leigh Anne	Isaac	Victoria	BC	F	32	Open	Fronrunners	9/31
45	1:11:50	659	Dave	Metcalfe	Nanaimo	BC	M	53	50+	ROC Nanaimo	4/13
46	1:11:56	611	Michael	Burke	Victoria	BC	M	38	Open		25/39
47	1:12:08	721	Russell	Beales	Nanaimo	BC	M	46	40-49	Runners of Compassion - Nanimo	8/17
48	1:12:31	673	Christa	Robertson	Victoria	BC	F	27	Open		10/31
49	1:12:35	665	Lindsay	Pellow	Victoria	BC	F	31	Open	Prairie Inn Harriers	11/31
50	1:12:51	627	Wendy	Davies	Victoria	BC	F	47	40-49	Prairie Inn Harriers	2/20
51	1:12:59	693	Lara	Wear	Victoria	BC	F	33	Open	Prairie Inn Harriers	12/31
52	1:13:16	699	Joanne	Rosen	Victoria	BC	F	46	40-49	RRRC	3/20
53	1:13:33	633	Jasmin	Fredette	Victoria	BC	M	30	Open		26/39
54	1:13:42	617	Sheron	Chrysler	Duncan	BC	F	46	40-49	CeeVacs	4/20
55	1:14:10	720	Tami	Beales	Nanaimo	BC	F	46	40-49	Runners of Compassion - Nanimo	5/20
56	1:15:09	704	Jeff	Gallimore	Nanaimo	BC	M	45	40-49	Runners of Compassion - Nanimo	9/17
57	1:15:19	616	Shannon	Christmas	Victoria	BC	F	30	Open	Fronrunners	13/31
58	1:15:26	639	Keith	Grey	Duncan	BC	M	53	50+		5/13
59	1:15:27	679	Mike	Stevenson	Victoria	BC	M	30	Open	Fronrunners	27/39
60	1:15:38	706	Stephanie	Dempsey	Victoria	BC	F	25	Open		14/31

61	1:15:54	708	Wesley	Fraser	Victoria	BC	M	24	Open		28/39
62	1:16:00	731	Dian	MacKinnon	Sooke	BC	F	42	40-49		6/20
63	1:16:09	687	Joanne	Turnbull	Saanichton	BC	F	41	40-49	Frontrunners	7/20
64	1:16:13	642	MaryAnn	Hartley	Duncan	BC	F	57	50+	CeeVacs	1/5
65	1:16:14	689	Jeff	Van den Driesen	Victoria	BC	M	55	50+	Team West Coast	6/13
66	1:16:19	705	Yvonne	Visser	Nanaimo	BC	F	40	40-49	Runners of Compassion - Nanaimo	8/20
67	1:16:22	667	Erik	Peterson	Nanaimo	BC	M	20	Open		29/39
68	1:16:25	618	Wayne	Clifton	Victoria	BC	M	50	50+	JDF FunRunners	7/13
69	1:16:28	636	James	Gordon	Victoria	BC	M	22	Open		30/39
70	1:16:53	632	Kim	Ebbs-Canavan	Sooke	BC	F	34	Open		15/31
71	1:17:03	690	Sam	Van der Merwe	Victoria	BC	M	49	40-49	Prairie Inn Harriers	10/17
72	1:17:20	643	Jennifer	Heard	Victoria	BC	F	27	Open		16/31
73	1:18:49	729	Ken	Armour	Victoria	BC	M	46	40-49		11/17
74	1:18:57	719	Wade	Simmons	Duncan	BC	M	41	40-49		12/17
75	1:18:59	697	Diana	Wood	Courtenay	BC	F	47	40-49		9/20
76	1:19:03	668	Tania	Pollock	Campbell River	BC	F	35	Open		17/31
77	1:19:05	724	Jason	Price	Crofton	BC	M	28	Open		31/39
78	1:19:06	650	Ken	Jamieson	Victoria	BC	M	43	40-49		13/17
79	1:19:21	664	David	Paruk	Port Alberni	BC	M	41	40-49	Arrowsmith Radical Runners	14/17
80	1:19:22	656	Lori	McCormack	Duncan	BC	F	44	40-49	CeeVacs	10/20
81	1:19:49	688	Nicolle	Underwood	Victoria	BC	F	32	Open		18/31
82	1:19:58	603	Melissa	Aragon	Britannia Beach	BC	F	24	Open		19/31
83	1:21:02	712	Nicole	Lunstead	Victoria	BC	F	24	Open		20/31
84	1:21:28	675	Sara	Sheehan	Procter	BC	F	35	Open		21/31
85	1:21:45	610	Gary	Brooks	Salt Spring Island	BC	M	54	50+		8/13
86	1:22:05	662	Sheri	Onushko	Victoria	BC	F	31	Open		22/31
87	1:22:29	601	Katherine	Ahokas	Victoria	BC	F	22	Open		23/31
88	1:22:30	634	Dennis	Frey	nanaimo	BC	M	51	50+	ROC Nanaimo	9/13
89	1:22:36	644	Matthew	Henderson	Victoria	BC	M	26	Open		32/39
90	1:22:42	670	Hugh	Proctor	Lantzville	BC	M	51	50+	ROC Nanaimo	10/13
91	1:22:44	672	Kathy	Reesor	Vancouver	BC	F	36	Open		24/31
92	1:22:53	669	Jeanne	Posey	Duncan	BC	F	26	Open		25/31
93	1:22:57	681	Tanya	Sutcliffe	Duncan	BC	F	31	Open		26/31
94	1:22:58	698	Randy	Jones	Victoria	BC	M	50	50+	Prairie Inn Harriers	11/13
95	1:23:16	727	Daniel	Munsell	Quesnel	BC	M	15	Open		33/39
96	1:23:26	606	Diane	Blanchard	Victoria	BC	F	45	40-49	JDF FunRunners	11/20
97	1:24:34	600	Ian	Adamek	Victoria	BC	M	53	50+	JDF FunRunners	12/13
98	1:24:41	602	Jordie	Allen-Newman	Victoria	BC	M	39	Open		34/39
99	1:25:43	608	Henry	Brabander	Shawnigan Lake	BC	M	43	40-49	Frontrunners	15/17
100	1:25:54	692	Suzanne	Watson	Nanaimo	BC	F	43	40-49	ROC Nanaimo	12/20
101	1:25:59	663	Andrew	Pagett	Victoria	BC	M	36	Open		35/39
102	1:26:16	680	Audrey	Stibbe	Victoria	BC	F	43	40-49	Team West Coast	13/20
103	1:27:03	628	Bruce	Denny	Victoria	BC	M	37	Open		36/39
104	1:27:04	619	Pauline	Condon-Stynes	Victoria	BC	F	51	50+		2/5
105	1:27:41	647	Rozee	Hyder	Victoria	BC	F	28	Open	Frontrunners	27/31
106	1:27:59	625	Marinka	Daradics	Port Alberni	BC	F	42	40-49		14/20
107	1:28:36	702	Deb	Funk	Victoria	BC	F	48	40-49		15/20
108	1:28:48	701	Marilyn	Funk	Nanaimo	BC	F	48	40-49	Basion	16/20
109	1:29:16	717	Linda	Taylor-Jack	Nanaimo	BC	F	46	40-49	Runners of Compassion - Nanimo	17/20
110	1:29:20	691	George	Walford	Nanaimo	BC	M	34	Open		37/39
111	1:29:40	709	Seamus	Howley	Victoria	BC	M	48	40-49	Prairie Inn Harriers	16/17
112	1:33:17	638	Lisa	Greig	Sooke	BC	F	43	40-49	STARR	18/20
113	1:34:24	658	Scott	Merkley	Coquitlam	BC	M	36	Open		38/39
114	1:34:45	711	Lesley	Jones	Parksville	BC	F	52	50+		3/5
115	1:35:12	623	Melanie	Cunningham	Victoria	BC	F	53	50+	Frontrunners Westshore	4/5
116	1:35:21	726	Don	Munsell	Quesnel	BC	M	49	40-49		17/17
117	1:35:51	666	Sarah	Percevault	Campbell River	BC	F	29	Open	River Runners	28/31
118	1:36:57	683	Liliana	Taborda-Lipka	Victoria	BC	F	57	50+	Team West Coast	5/5
119	1:37:39	671	Adelle	Rama	North Saanich	BC	F	33	Open		29/31
120	1:37:47	620	Sharon	Cormier	Sooke	BC	F	47	40-49	STARR	19/20
121	1:39:27	686	Brian	Thornburn	Surrey	BC	M	33	Open		39/39
122	1:43:05	657	Tamara	McLeod	Victoria	BC	F	26	Open		30/31
123	1:45:23	630	Heather	Devereaux	Sooke	BC	F	46	40-49	STARR	20/20
124	1:48:05	696	Rick	Wilton	Victoria	BC	M	52	50+		13/13
	DQ	641	Lisa	Halliwell	Saanichton	BC	F	31	Open	Frontrunners	DQ

6km Course

Overall	Time	Bib	First	Last	Home	Prov	M/F	Age on Mar 25	Cat	Running Club	Cat Rank
1	0:32:10	1148	Mark	Schurch	Victoria	BC	M	31	Open	Fronrunners	1/22
2	0:32:30	1157	Richard	Hungerford	Victoria	BC	M	20	Open	UVic Triathlon Club	2/22
3	0:32:42	1093	Tim	Dewailly	Victoria	BC	M	25	Open	Fronrunners	3/22
4	0:32:44	1107	Benjamin	Kingstone	Shawnigan Lake	BC	M	15	Open	Prairie Inn Harriers	4/22
5	0:33:14	1130	Derek	Stedman	Victoria	BC	M	15	Open		5/22
6	0:33:43	1158	C. Sean	Cunningham	Victoria	BC	M	42	40-49	Strathcona Tri-Club	1/6
7	0:35:05	1141	Codie	Ward	Nanaimo	BC	F	16	Open	FrontRunners/Bastion	1/41
8	0:35:11	1136	Martin	Tessier	Lazo	BC	M	29	Open		6/22
9	0:35:28	1085	Jonathan	chesley	Victoria	BC	M	22	Open	UVic Triathlon Club	7/22
10	0:35:55	1129	Adrienne	Stedford	Victoria	BC	F	20	Open		2/41
11	0:36:54	1159	Paul	Smith	Victoria	BC	M	45	40-49		2/6
12	0:37:09	1083	Rhodes	Brown	Victoria	BC	M	29	Open	UVic Triathlon Club	8/22
13	0:37:26	1127	Grahan	Reed	Victoria	BC	M	34	Open		9/22
14	0:38:14	1126	Adam	Scheuer	Victoria	BC	M	26	Open		10/22
15	0:38:51	1076	Erik	Beiderwieden	Victoria	BC	M	30	Open		11/22
16	0:38:53	1154	Laura	Wyatt	Courtenay	BC	F	46	40-49	CVRR	1/8
17	0:39:42	1160	Aaron	Ritchie	Parksville	BC	M	15	Open	ORCA	12/22
18	0:40:06	1105	Sarah	Hume	Victoria	BC	F	23	Open		3/41
19	0:40:20	1156	Tim	Ewanchuk	Victoria	BC	M	42	40-49		3/6
20	0:40:57	1116	Corey	Miller	Victoria	BC	M	37	Open		13/22
21	0:41:11	1133	Mark	Stokes	Victoria	BC	M	50	50+		1/3
22	0:41:18	1153	Alisson	Shirley	Victoria	BC	F	29	Open	Penninsula Runners	4/41
23	0:41:32	1150	Kylie	Acford	Victoria	BC	F	18	Open	UVic Triathlon Club	5/41
24	0:42:12	1079	Ben	Bogaert	Vancouver	BC	M	14	Open		14/22
25	0:42:24	1109	Kim	Laughton	Courtenay	BC	F	29	Open		6/41
26	0:42:32	604	Lorrie	Baldham	Nanaimo	BC	F	45	40-49	Bastion	2/8
27	0:43:09	1095	Jill	Fikowski	Nanaimo	BC	F	26	Open		7/41
28	0:43:11	1087	Greg	Clarke	Victoria	BC	M	37	Open		15/22
29	0:43:17	1102	Pascale	Houde	Lazo	BC	F	33	Open		8/41
30	0:43:19	1144	Kristen	Yarker-Edgar	Vancouver	BC	F	29	Open		9/41
31	0:43:40	1149	Ken	Champoux	Victoria	BC	M	42	40-49		4/6
32	0:43:44	1104	Mike	Hucal	Victoria	BC	M	41	40-49		5/6
33	0:44:15	1115	Karla	Mellson	Victoria	BC	F	28	Open	JDF FunRunners	10/41
34	0:44:57	1114	Martha	McNeely	Victoria	BC	F	55	50+	Prairie Inn Harriers	1/3
35	0:45:30	1120	Susan	Prosser	Victoria	BC	F	43	40-49	JDF FunRunners	3/8
36	0:45:31	1082	Patrick	Brown	Victoria	BC	M	54	50+	Team West Coast	2/3
37	0:45:36	1101	Carmen	Holschuh	Victoria	BC	F	27	Open	Fronrunners	11/41
38	0:46:48	1131	Jocelyn	Stedman	Victoria	BC	F	12	Open		12/41
39	0:47:12	1125	Caitlin	Saulsgiver	Ladysmith	BC	F	12	Open	Ladysmith/Chemainus KOS	13/41
40	0:47:15	1155	Hannah	Roots	Victoria	BC	F	47	40-49		4/8
41	0:47:36	1142	Mike	Warnhoff	Sooke	BC	M	14	Open	STARR	16/22
42	0:47:50	1090	Calvin	Cormier	Sooke	BC	M	14	Open	STARR	17/22
43	0:47:53	1146	Matt	Kulhawy	Ladysmith	BC	M	14	Open	Runners of Compassion - Nanimo	18/22
44	0:48:03	1112	Andrea	May	Victoria	BC	F	36	Open		14/41
45	0:48:07	1096	Kim	Gerrow	Vancouver	BC	F	29	Open		15/41
46	0:48:23	1124	Michelle	Rowsell	Victoria	BC	F	36	Open	Fronrunners Laker Girls	16/41
47	0:48:30	1097	Regan	Grieve	Victoria	BC	F	29	Open		17/41
48	0:48:36	1119	Leah	Painter	Victoria	BC	F	25	Open		18/41
49	0:48:46	1094	Sarah	Duhamel	Victoria	BC	F	26	Open		19/41
50	0:48:47	1080	Rhiannon	Bray	Victoria	BC	F	29	Open		20/41
51	0:48:55	1123	Carrie	Rowlandson	Sidney	BC	F	31	Open		21/41
52	0:48:56	1108	Paula	Klassen	Victoria	BC	F	29	Open		22/41
53	0:48:58	1113	Kimberly	Mclvor	Victoria	BC	F	26	Open	Bodydynamics/Lululemon	23/41
54	0:49:19	1100	Lori	Hitchcox	Victoria	BC	F	39	Open		24/41
55	0:49:20	1117	Dave	Moon	Saanichton	BC	M	37	Open		19/22
56	0:49:25	1098	Lucille	Grote	Duncan	BC	F	57	50+	CeeVacs	2/3
57	0:49:32	1145	Deirdre	Best	Parksville	BC	F	13	Open	ORCA	25/41
58	0:49:43	1147	Darryl	Adrian	Victoria	BC	M	41	40-49		6/6
59	0:50:05	1110	Darin	Lee	Victoria	BC	M	26	Open		20/22
60	0:50:06	1074	Jennifer	Atkinson	Campbell River	BC	F	31	Open		26/41
61	0:50:17	1140	Linda	Walker	Brentwood Bay	BC	F	38	Open		27/41
62	0:51:02	1118	Melissa	Ngawati	Victoria	BC	F	34	Open		28/41
63	0:51:32	1152	Chikako	Hayashi	Victoria	BC	F	26	Open		29/41
64	0:51:51	1089	Sheri	Cormie	Victoria	BC	F	31	Open		30/41
65	0:52:21	1106	Tyler	Johnson	Victoria	BC	M	26	Open	UVic Triathlon Club	21/22
66	0:53:03	1138	Lana	Tucker	Campbell River	BC	F	34	Open		31/41
67	0:53:46	1139	Annie	Vallance	Victoria	BC	F	26	Open		32/41
68	0:54:25	1128	Desiree	Sher	Victoria	BC	F	40	40-49		5/8
69	0:55:23	1132	Nadine	Sterzenbach	Victoria	BC	F	32	Open		33/41
70	0:55:51	1134	Samantha	Stone	Victoria	BC	F	36	Open		34/41

71	0:56:00	1073	Kristin	Armour	Campbell River	BC	F	28	Open		35/41
72	0:56:25	1081	Brande	Brooks	Victoria	BC	F	27	Open	Running Room	36/41
73	0:56:36	1086	Lorna	Clark	Brentwood Bay	BC	F	53	50+		3/3
74	0:56:56	1103	Jackie	Hucal	Victoria	BC	F	40	40-49		6/8
75	0:57:05	703	Greg	Muirhead	Nanaimo	BC	M	21	Open		22/22
76	0:57:45	1078	Melissa	Birchard	Nanaimo	BC	F	22	Open		37/41
77	0:57:48	1084	Naomi	Brunemeyer	Vancouver	BC	F	29	Open		38/41
78	1:02:16	1088	Jane	Clifton	Victoria	BC	F	48	40-49	JDF FunRunners	7/8
79	1:02:30	1143	Terri	Wright	Victoria	BC	F	43	40-49	JDF FunRunners	8/8
80	1:03:12	1135	Natalie	Tamosiunas	Victoria	BC	F	21	Open		39/41
81	1:03:12	1151	Chris	Robinson	Campbell River	BC	M	52	50+	River Runners	3/3
82	1:03:13	1137	Nicol	Tuck	Campbell River	BC	F	34	Open		40/41
83	1:07:02	1111	Tracy	Lydiatt	North Vancouver	BC	F	29	Open		41/41

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