



























Name	City	Div	Time	Pace	AG %	
1 <u>Michael Serani</u>	Kelowna	<u>M30-34</u>	0:16:46	03:21	77.13%	
2 <u>Olivia Roussel</u>	Kelowna	<u>F20-24</u>	0:17:27	03:29	84.43%	
3 <u>David Guss</u>	Kelowna	<u>M60-64</u>	0:17:40	03:32	91.42%	
4 <u>Mackenzie Wong</u>	Kelowna	<u>M25-29</u>	0:18:18	03:39	70.22%	
5 <u>Kelly Challinor</u>	Kelowna	<u>F25-29</u>	0:18:19	03:39	80.44%	
6 <u>Jacobus Bouchier</u>	West Kelowna	<u>M20-24</u>	0:18:22	03:40	69.96%	
7 <u>Lauren Prufer</u>	Caledon	<u>F30-34</u>	0:18:42	03:44	78.97%	
8 <u>Aaron Stark</u>	West Kelowna	<u>M30-34</u>	0:18:48	03:45	68.78%	
9 <u>Nathan Achtem</u>	Kelowna	<u>M16-19</u>	0:18:48	03:45	68.38%	
10 <u>Brittany Webster</u>	Peachland	<u>F35-39</u>	0:18:56	03:47	78.56%	
11 <u>Sergio Pio</u>	Penticton	<u>M55-59</u>	0:18:57	03:47	82.33%	
12 <u>Conlin Burnett</u>	Ottawa	<u>M01-15</u>	0:19:18	03:51	68.91%	
13 <u>Emma Carter</u>	Penticton	<u>F25-29</u>	0:19:19	03:51	76.27%	
14 <u>Nevan Murpy</u>	Kelowna	<u>M30-34</u>	0:19:44	03:56	65.12%	
15 <u>Chad Keith Miller</u>	Kelowna	<u>M40-44</u>	0:19:45	03:57	70.60%	
16 <u>Benjamin Achtem</u>	Kelowna	<u>M50-54</u>	0:20:11	04:02	72.96%	
17 <u>Stephanie Brown</u>	Kelowna	<u>F35-39</u>	0:20:18	04:03	73.05%	
18 <u>Morgan Galloway</u>	Oliver	<u>M30-34</u>	0:20:24	04:04	63.19%	
19 <u>Curtis Johnson Morrison</u>	Kelowna	<u>M45-49</u>	0:20:33	04:06	70.53%	
20 <u>Mauricio Lopez Quintero</u>	Penticton	<u>M20-24</u>	0:20:39	04:07	62.23%	

	Name	City	Div	Time	Pace	AG %	
21	<u>Joseph Marsh</u>	Calgary	<u>M40-44</u>	0:20:43	04:08	65.32%	
22	<u>Krystyna Dunham</u>	Penticton	<u>F40-44</u>	0:20:49	04:09	73.60%	
23	<u>Bruce Petch</u>	Kamloops	<u>M65-69</u>	0:20:57	04:11	80.64%	 
24	<u>Gregory Collins</u>	West Kelowna	<u>M35-39</u>	0:21:02	04:12	62.49%	
25	<u>Linda Macdonald</u>	Bedford	<u>F55-59</u>	0:21:12	04:14	83.19%	
26	<u>Ben Violot</u>	Kelowna	<u>M35-39</u>	0:21:13	04:14	61.95%	
27	<u>Deborah Buhlers</u>	Kelowna	<u>F45-49</u>	0:21:15	04:15	76.75%	
28	<u>Delilah Topic</u>	Kelowna	<u>F40-44</u>	0:21:16	04:15	72.55%	
29	<u>Parker Brown</u>	Kelowna	<u>M35-39</u>	0:21:21	04:16	61.16%	
30	<u>Mike Mcdonald</u>	Peachland	<u>M40-44</u>	0:21:22	04:16	65.26%	
31	<u>Bryan Ezako</u>	Vernon	<u>M50-54</u>	0:21:28	04:17	68.05%	
32	<u>Emmerson Mitchell</u>	Summerland	<u>M01-15</u>	0:21:39	04:19	61.43%	
33	<u>Hillary Ward</u>	Penticton	<u>F35-39</u>	0:21:46	04:21	68.33%	
34	<u>Mason Bains</u>	Kelowna	<u>M01-15</u>	0:21:51	04:22	70.33%	
35	<u>Maxwell Harris</u>	Kelowna	<u>M25-29</u>	0:21:58	04:23	58.50%	
36	<u>Siobhan Mcmanus</u>	Kelowna	<u>F35-39</u>	0:22:03	04:24	67.69%	
37	<u>Noel Savignano</u>	Westbank	<u>M60-64</u>	0:22:05	04:25	73.79%	
38	<u>Doug Lawrence</u>	Summerland	<u>M55-59</u>	0:22:10	04:26	68.07%	
39	<u>Mckenzie Ricard</u>	West Kelowna	<u>F25-29</u>	0:22:12	04:26	66.37%	
40	<u>Yuliya Martsynkevich</u>	Oroville	<u>F35-39</u>	0:22:14	04:26	67.72%	
41	<u>Jordan Spevakow</u>	Kelowna	<u>M16-19</u>	0:22:17	04:27	58.83%	




	Name	City	Div	Time	Pace	AG %	
42	<u>M Jon Graham</u>	Abbotsford	<u>M40-44</u>	0:22:17	04:27	61.18%	
43	<u>Chris Sproat</u>	Peachland	<u>M35-39</u>	0:22:23	04:28	59.58%	
44	<u>David Spevakow</u>	Kelowna	<u>M45-49</u>	0:22:37	04:31	62.60%	
45	<u>Stephen Mantle</u>	Keremeos	<u>M25-29</u>	0:22:47	04:33	56.40%	
46	<u>Jessica Onyschuk</u>	Peachland	<u>F35-39</u>	0:22:52	04:34	65.54%	
47	<u>Joselyn Law</u>	Kelowna	<u>F25-29</u>	0:23:01	04:36	64.01%	
48	<u>Steve Briggeman</u>	Vernon	<u>M60-64</u>	0:23:06	04:37	71.17%	
49	<u>Brad Meikle</u>	West Kelowna	<u>M45-49</u>	0:23:13	04:38	61.46%	
50	<u>Cindy Rhodes</u>	Kelowna	<u>F65-69</u>	0:23:17	04:39	85.71%	 
51	<u>Danielle Shand</u>	Kelowna	<u>F35-39</u>	0:23:23	04:40	63.27%	
52	<u>Resham (Ray) Mahil</u>	Kelowna	<u>M60-64</u>	0:23:32	04:42	68.63%	
53	<u>Max Vandenberg</u>	Kelowna	<u>M16-19</u>	0:23:33	04:42	54.56%	
54	<u>Ace Carloni</u>	Penticton	<u>M01-15</u>	0:23:55	04:47	61.74%	
55	<u>Nigel Mandau</u>	Westbank	<u>M50-54</u>	0:24:04	04:48	60.22%	
56	<u>Jordan Sim</u>	Kamloops	<u>M60-64</u>	0:24:07	04:49	67.57%	
57	<u>Kim Guss</u>	Kelowna	<u>F60-64</u>	0:24:08	04:49	79.55%	
58	<u>Fox Carloni</u>	Penticton	<u>M01-15</u>	0:24:10	04:50	70.32%	
59	<u>Ava Peacock</u>	Kelowna	<u>F20-24</u>	0:24:13	04:50	60.84%	
60	<u>Reese Reynolds</u>	Kelowna	<u>F01-15</u>	0:24:19	04:51	75.20%	
61	<u>Carman-Anne Schulz</u>	Kamloops	<u>F65-69</u>	0:24:32	04:54	81.34%	
62	<u>Dirk Handke</u>	Kelowna	<u>M55-59</u>	0:24:36	04:55	62.36%	

	Name	City	Div	Time	Pace	AG %	
63	<u>Sally Heinrick</u>	Kelowna	<u>F60-64</u>	0:24:39	04:55	75.96%	
64	<u>Dave Hrabchuk</u>	Vernon	<u>M50-54</u>	0:24:49	04:57	59.34%	
65	<u>Leslie Gamble</u>	Kelowna	<u>F55-59</u>	0:24:50	04:58	73.58%	
66	<u>Erika Francis</u>	West Kelowna	<u>F30-34</u>	0:24:57	04:59	59.06%	
67	<u>Alyssa Grant</u>	Kelowna	<u>F35-39</u>	0:25:00	05:00	59.49%	
68	<u>Sylvie Achtem</u>	Kelowna	<u>F16-19</u>	0:25:00	05:00	61.90%	
69	<u>Mason Mcdonald</u>	Peachland	<u>M01-15</u>	0:25:07	05:01	53.96%	
70	<u>Kimberly Gorman</u>	Peachland	<u>F35-39</u>	0:25:11	05:02	59.51%	
71	<u>Mattias Kanik</u>	Peachland	<u>M16-19</u>	0:25:12	05:02	51.01%	
72	<u>Sarah Dawson</u>	Peachland	<u>F45-49</u>	0:25:13	05:02	62.17%	
73	<u>Lynda Proce</u>	Coldstream	<u>F65-69</u>	0:25:23	05:04	80.74%	
74	<u>Gloria Woolner</u>	Penticton	<u>F60-64</u>	0:25:24	05:04	74.63%	
75	<u>Charlene Nixon</u>	Kelowna	<u>F40-44</u>	0:25:24	05:04	59.59%	
76	<u>Myranda Sabourin</u>	Penticton	<u>F45-49</u>	0:25:33	05:06	61.91%	
77	<u>Matthew Fitzgerald</u>	Westbank	<u>M35-39</u>	0:25:43	05:08	51.11%	
78	<u>Lucy Sabourin</u>	Penticton	<u>F01-15</u>	0:25:43	05:08	71.11%	
79	<u>Niki Cyr</u>	Vernon	<u>F35-39</u>	0:25:45	05:09	57.96%	
80	<u>Mike Nichols</u>	Penticton	<u>M60-64</u>	0:25:45	05:09	61.11%	
81	<u>Reid Yandy</u>	West Kelowna	<u>F50-54</u>	0:25:46	05:09	66.89%	
82	<u>Lindsay Robb</u>	Peachland	<u>F40-44</u>	0:25:46	05:09	58.74%	



	Name	City	Div	Time	Pace	AG %	
83	<u>Kirstie Howe</u>	West Kelowna	<u>F30-34</u>	0:25:50	05:10	57.09%	
84	<u>Ashley Kropp</u>	Peachland	<u>F35-39</u>	0:25:54	05:10	57.26%	
85	<u>Jerald Vandenberg</u>	Kelowna	<u>M45-49</u>	0:25:55	05:11	55.92%	
86	<u>Alexandra Pellatt</u>	Kelowna	<u>F30-34</u>	0:26:05	05:13	56.54%	
87	<u>Krysha Czenczek</u>	Kelowna	<u>F20-24</u>	0:26:05	05:13	56.49%	
88	<u>Finn Reynolds</u>	Kelowna	<u>M01-15</u>	0:26:07	05:13	56.54%	
89	<u>Lance Zabloutney</u>	Penticton	<u>M65-69</u>	0:26:07	05:13	63.52%	
90	<u>Ken Riegel</u>	Vernon	<u>M70-74</u>	0:26:11	05:14	70.41%	
91	<u>Ben Truter</u>	Sunwood Park	<u>M60-64</u>	0:26:13	05:14	60.54%	
92	<u>Jill Stevenson</u>	Kelowna	<u>F70-74</u>	0:26:29	05:17	78.44%	
93	<u>Gerry Naito</u>	Vernon	<u>M65-69</u>	0:26:30	05:18	62.60%	
94	<u>Kate Spevakow</u>	Kelowna	<u>F01-15</u>	0:26:36	05:19	59.22%	
95	<u>Robert Ewanuk</u>	Kelowna	<u>M50-54</u>	0:26:37	05:19	54.89%	
96	<u>Jenny Mitchell</u>	Summerland	<u>F40-44</u>	0:26:43	05:20	57.75%	
97	<u>Jayne Graham</u>	Peachland	<u>F40-44</u>	0:26:49	05:21	57.54%	
98	<u>Jack Kraft</u>	West Kelowna	<u>M55-59</u>	0:27:01	05:24	57.75%	
99	<u>Bridget Ashworth</u>	Kelowna	<u>F20-24</u>	0:27:02	05:24	54.50%	
100	<u>Amayah Henry</u>	Summerland	<u>F01-15</u>	0:27:03	05:24	59.38%	
101	<u>Diane Leonard</u>	Kelowna	<u>F75-79</u>	0:27:05	05:25	86.14%	 
102	<u>Cyndia Violot</u>	Kelowna	<u>F30-34</u>	0:27:07	05:25	54.56%	

	Name	City	Div	Time	Pace	AG %	
103	<u>Oliver Butterfield</u>	Kelowna	<u>M70-74</u>	0:27:08	05:25	66.90%	
104	<u>Shauna Duncan</u>	Vernon	<u>F50-54</u>	0:27:18	05:27	60.39%	
105	<u>Mackenzie Machulski</u>	West Kelowna	<u>F30-34</u>	0:27:19	05:27	53.94%	
106	<u>Mike Boven</u>	Summerland	<u>M55-59</u>	0:27:22	05:28	56.53%	
107	<u>Shelly Hanson</u>	Kelowna	<u>F50-54</u>	0:27:32	05:30	61.90%	
108	<u>Deanne Allen</u>	Calgary	<u>F50-54</u>	0:27:47	05:33	59.99%	
109	<u>Kevin Truesdell</u>	Lake Country	<u>M40-44</u>	0:27:52	05:34	49.66%	
110	<u>Natalie Edwards</u>	West Kelowna	<u>F50-54</u>	0:27:54	05:34	60.40%	
111	<u>Lindsay Mcgale</u>	Kelowna	<u>F40-44</u>	0:27:58	05:35	54.12%	
112	<u>Carsten Reinsch</u>	Kelowna	<u>M45-49</u>	0:27:58	05:35	50.24%	
113	<u>Leslie Park</u>	Peachland	<u>F60-64</u>	0:28:01	05:36	66.02%	
114	<u>Jodi Mcdonald</u>	Peachland	<u>F40-44</u>	0:28:19	05:39	54.91%	
115	<u>Janice Bradshaw</u>	West Kelowna	<u>F55-59</u>	0:28:22	05:40	64.42%	
116	<u>Sarah Bradshaw</u>	West Kelowna	<u>F30-34</u>	0:28:27	05:41	51.79%	
117	<u>Jamie Park</u>	Peachland	<u>F25-29</u>	0:28:27	05:41	51.79%	
118	<u>Katie Rogers</u>	Peachland	<u>F40-44</u>	0:28:35	05:43	53.26%	
119	<u>Emilio Martinez</u>	Rock Creek	<u>M50-54</u>	0:28:38	05:43	52.70%	
120	<u>Sharon Foster</u>	Kelowna	<u>F65-69</u>	0:28:43	05:44	67.71%	
121	<u>Wes Tonn</u>	Kelowna	<u>M50-54</u>	0:28:58	05:47	50.84%	
122	<u>Nina Gales</u>	Kamloops	<u>F50-54</u>	0:28:59	05:47	56.27%	

Name	City	Div	Time	Pace	AG %	
123 <u>Vinzenz Gemperle</u>	Kelowna	<u>M70-74</u>	0:29:13	05:50	63.10%	
124 <u>Marija Kozic</u>	Penticton	<u>F65-69</u>	0:29:22	05:52	68.86%	
125 <u>Sonia Meikle</u>	West Kelowna	<u>F40-44</u>	0:29:24	05:52	52.48%	
126 <u>Corrine Peacock</u>	Kelowna	<u>F50-54</u>	0:29:30	05:54	57.12%	
127 <u>Gerry Stevenson</u>	Kelowna	<u>M65-69</u>	0:29:36	05:55	57.63%	
128 <u>Lynn Sparling</u>	Kelowna	<u>F65-69</u>	0:29:43	05:56	68.97%	
129 <u>Sarah Maxwell</u>	Cleveland	<u>F35-39</u>	0:29:47	05:57	49.94%	
130 <u>Natalie Spevakow</u>	Kelowna	<u>F50-54</u>	0:30:20	06:04	54.35%	
131 <u>Lisa Spalding</u>	Penticton	<u>F55-59</u>	0:30:21	06:04	59.49%	
132 <u>Paola Alexandra Carrera Flores</u>	Kamloops	<u>F40-44</u>	0:30:32	06:06	50.18%	
133 <u>Beverly Collisson</u>	Peachland	<u>F60-64</u>	0:30:37	06:07	61.92%	
134 <u>Timothy Andrew Kanik</u>	Peachland	<u>M50-54</u>	0:30:38	06:07	49.26%	
135 <u>Marie Rousseau</u>	Vernon	<u>F50-54</u>	0:30:42	06:08	53.12%	
136 <u>Thomas Beckett</u>	Peachland	<u>M40-44</u>	0:30:56	06:11	44.40%	
137 <u>Michelle Chiasson</u>	Bedford	<u>F50-54</u>	0:31:00	06:12	53.76%	
138 <u>Darlene Wood</u>	Vernon	<u>F50-54</u>	0:31:27	06:17	54.80%	
139 <u>Paul Jennings</u>	Peachland	<u>M60-64</u>	0:31:31	06:18	51.70%	
140 <u>Braede Jennings</u>	Peachland	<u>F25-29</u>	0:31:32	06:18	46.72%	
141 <u>Jillian Denton</u>	Kelowna	<u>F20-24</u>	0:31:36	06:19	46.62%	
142 <u>Barbara Mandau</u>	Peachland	<u>F70-74</u>	0:31:49	06:21	67.13%	
143 <u>Kaden Hidber</u>	Kelowna	<u>M01-15</u>	0:31:50	06:22	46.39%	

Name	City	Div	Time	Pace	AG %	
144 <u>Kirsty Kraft</u>	West Kelowna	<u>F50-54</u>	0:32:12	06:26	53.53%	
145 <u>Irene Faulkner</u>	Peachland	<u>F50-54</u>	0:32:13	06:26	52.31%	
146 <u>Melissa Bishop</u>	West Kelowna	<u>F50-54</u>	0:32:22	06:28	50.93%	
147 <u>Jody Rogers</u>	Peachland	<u>F40-44</u>	0:32:33	06:30	47.40%	
148 <u>Shawn Baenziger</u>	Kelowna	<u>M75-79</u>	0:32:43	06:32	61.97%	
149 <u>Marcus Foster</u>	Kelowna	<u>M75-79</u>	0:33:03	06:36	56.71%	
150 <u>Sarah Blackwell</u>	Summerland	<u>F35-39</u>	0:33:40	06:44	44.51%	
151 <u>Bill Faulkner</u>	Kaleden	<u>M75-79</u>	0:34:50	06:58	55.82%	
152 <u>Allison Kelley</u>	Vernon	<u>F60-64</u>	0:35:19	07:03	53.02%	
153 <u>Kathryn Fehr</u>	Chilliwack	<u>F40-44</u>	0:36:35	07:19	41.88%	
154 <u>Ernie Drvaric</u>	West Kelowna	<u>M70-74</u>	0:36:37	07:19	50.35%	
155 <u>Iona Quang</u>	Kelowna	<u>F50-54</u>	0:37:09	07:25	44.38%	
156 <u>Jennifer Ruttan</u>	Peachland	<u>F45-49</u>	0:37:15	07:27	42.88%	
157 <u>Mary Cooper</u>	Summerland	<u>F50-54</u>	0:37:30	07:30	43.96%	
158 <u>Lories Truter</u>	Sunwood Park	<u>F55-59</u>	0:37:45	07:33	47.27%	
159 <u>Paola Katherin Monsalve Perez</u>	Kamloops	<u>F30-34</u>	0:38:11	07:38	38.59%	
160 <u>Linda Conrad</u>	Vernon	<u>F70-74</u>	0:39:25	07:53	52.71%	
161 <u>Allan Widmeyer</u>	West Kelowna	<u>M65-69</u>	0:39:48	07:57	42.06%	
162 <u>Tom Reed</u>	Penticton	<u>M80-84</u>	0:40:11	08:02	50.46%	

Name	City	Div	Time	Pace	AG %	
163 <u>Eric Clarke</u>	West Kelowna	<u>M01-15</u>	0:40:17	08:03	44.92%	
164 <u>Jason Clarke</u>	West Kelowna	<u>M40-44</u>	0:40:17	08:03	33.84%	
165 <u>Tyler Zachoda</u>	Kelowna	<u>M40-44</u>	0:40:19	08:03	33.56%	
166 <u>Leanne Zachoda</u>	Kelowna	<u>F35-39</u>	0:40:20	08:04	36.77%	
167 <u>Ron Smith</u>	Kelowna	<u>M75-79</u>	0:40:33	08:06	48.93%	
168 <u>Twylla Field</u>	Penticton	<u>F45-49</u>	0:41:01	08:12	39.34%	
169 <u>Susan Bonn</u>	Kelowna	<u>F60-64</u>	0:41:02	08:12	45.63%	
170 <u>Robert Mayne</u>	Penticton	<u>M80-84</u>	0:41:30	08:18	51.23%	
171 <u>Melissa Balzer</u>	West Kelowna	<u>F40-44</u>	0:42:54	08:34	35.71%	
172 <u>Yolanda Robinson</u>	Lake Country	<u>F50-54</u>	0:45:25	09:05	35.91%	
173 <u>Beryl Tremblay</u>	Kelowna	<u>F75-79</u>	0:45:31	09:06	49.73%	
174 <u>Elizabeth Clarke</u>	West Kelowna	<u>F40-44</u>	0:45:50	09:10	33.21%	
175 <u>Cassius Davis</u>	West Kelowna	<u>M01-15</u>	0:45:50	09:10	33.53%	
176 <u>Nicola Davis</u>	West Kelowna	<u>F35-39</u>	0:45:54	09:10	32.80%	
177 <u>Sarah Beer</u>	Kelowna	<u>F35-39</u>	0:48:50	09:46	30.56%	
178 <u>Jocelyn Veitch</u>	Kelowna	<u>F16-19</u>	0:48:57	09:47	30.22%	
179 <u>Jim Lawrence</u>	Kelowna	<u>M85-89</u>	0:49:51	09:58	47.88%	
180 <u>Liz Borrett</u>	Kelowna	<u>F80-84</u>	0:49:52	09:58	53.79%	
181 <u>Nathan Heath-Watkins</u>	Peachland	<u>M01-15</u>	0:50:59	10:11	31.58%	

Name	City	Div	Time	Pace	AG %	
182 <u>Sarah Heath</u>	Peachland	<u>F40-44</u>	0:51:24	10:16	29.62%	
183 <u>Virginia Hallonquist</u>	Kelowna	<u>F75-79</u>	0:52:00	10:24	44.19%	
184 <u>Doreen Mayne</u>	Penticton	<u>F85-89</u>	0:58:21	11:40	47.28%	