

**Frostbite River Run 5 Mile**  
**January 25, 2015**  
**Riverview Community Club**

**OVERALL RESULTS**

<u>PLACE</u>	<u>NAME</u>	<u>AGE GROUP</u>	<u>FINISH TIME</u>	<u>CHIP TIME</u>
1	Ignacio Fontes Garcia Balibrea	M01-19	28:49	28:45
2	Steven Bohr	M25-29	29:42	29:41
3	Jan Freihammer	M20-24	29:46	29:45
4	Jason Bruce	M30-34	29:51	29:50
5	Kipanga Kissu	M20-24	31:04	31:02
6	Alan Hopkins	M50-54	31:51	31:50
7	Quinn Fletcher	M35-39	33:44	33:43
8	A.J. Hunter	M40-44	33:52	33:49
9	Max Freihammer	M01-19	34:05	34:01
10	Ian Lawrence	M45-49	34:18	34:12
11	Edward Willmott	M50-54	34:31	34:28
12	David Lawler	M60-64	35:16	35:15
13	Amanda Younka	F45-49	35:20	35:18
14	John E Grivell	M40-44	36:37	36:35
15	Philip Evans	M45-49	36:45	36:30
16	Darryl Stewart	M45-49	36:47	36:42
17	Zachary Branscombe	M25-29	36:52	36:43
18	Leah Parker	F35-39	36:55	36:43
19	Taryn Dickson	F25-29	36:59	36:48
20	Chris Dick	M45-49	37:03	36:59
21	Jeff Clark	M40-44	37:07	36:52
22	Larry Konotopetz	M65-69	37:20	37:18
23	Stephen Terichow Parrott	M50-54	37:24	37:14
24	Craig Melanson	M55-59	37:27	37:17
25	Pam Lawrence	F45-49	37:50	37:45
26	Brett Meade	M30-34	38:02	37:57
27	Rosalinda Pallone	F35-39	38:15	37:59
28	Robyn Dicesare	F50-54	39:00	38:55
29	Cassie Guarino	F30-34	39:10	39:08
30	Ken Reynolds	M50-54	39:11	39:00
31	Andrew Pullen	M25-29	39:25	39:14
32	Angela Bidinosti	F40-44	39:38	39:36
33	Michelle MacMillan	F30-34	39:49	39:45
34	Ryan Dobson	M30-34	39:49	39:46
35	Lauren MacMillan	F30-34	39:51	39:45
36	Oti Ometie	M35-39	40:12	40:06
37	Peregrin Maksimovich	M40-44	40:20	40:16
38	Bruce Allenby	M40-44	40:28	40:22

39	Ryan Rolston	M40-44	40:43	40:40
40	Trent Vos	M30-34	40:44	40:40
41	Tavia Nelson	F35-39	40:45	40:35
42	Till Freihammer	M50-54	41:09	41:03
43	Sarah Semmler	F30-34	41:25	41:18
44	Ryan Ringler	M25-29	41:50	41:40
45	Louise Cameron	F50-54	41:55	41:43
46	Harold Kluger	M50-54	42:01	41:58
47	Uriah Laing	M40-44	42:01	41:58
48	Jenn Dent	F35-39	42:43	42:35
49	Debra Plett	F50-54	42:45	42:41
50	Saul Henteleff	M55-59	43:20	43:13
51	Debbie Bennett	F50-54	43:46	43:37
52	Paige Zentner	F40-44	43:49	43:41
53	Nick Kebalo	M35-39	43:51	43:40
54	Susan McMurrich	F50-54	44:08	44:03
55	Irena Farova	F50-54	44:33	44:25
56	Jason Einarson	M40-44	44:35	44:25
57	Laura Meade	F25-29	45:26	45:21
58	Jennifer Ford	F30-34	46:17	46:05
59	Lawrence Malone	M30-34	46:18	46:05
60	Andrea Saj	F35-39	46:31	46:23
61	Craig Hamilton	M35-39	46:36	46:22
62	Mark Spencer	M40-44	46:36	46:23
63	Laure Ghia	F35-39	46:45	46:34
64	Jingting Ma	F25-29	47:14	46:36
65	Rob Janzen	M45-49	48:57	48:43
66	Caroline Piotrowski	F50-54	49:34	49:29
67	Scot Finlayson	M50-54	49:42	49:30
68	Nay Kosteckyj	F40-44	49:48	49:36
69	Carena Roller	F45-49	49:58	49:52
70	Catherine Carlson	F50-54	49:58	49:53
71	Colleen Semmler	F50-54	50:54	50:48
72	Craig Lawrence	M50-54	51:51	51:44
73	Millie Cardinal	F40-44	52:18	52:06
74	Chad Smith	M45-49	53:43	53:35
75	Jennifer Shields	F40-44	57:06	56:58
76	Karen Sawatzky	F50-54	57:07	57:00
77	Monica Sama	F50-54	58:02	58:00
78	Sandra Proulx	F30-34	59:11	58:58
79	Brenda Richer	F40-44	59:50	59:41
80	Shawna Musto	F45-49	59:51	59:42
81	Annette Pratt	F55-59	59:52	59:43
82	Lily Sousa	F01-19	1:00:31	1:00:29
83	Kallie Strong	F01-19	1:00:35	1:00:32
84	Donna Mills	F25-29	1:02:14	1:02:04
85	Lianne Postma	F45-49	1:03:08	1:02:54
86	Kristina Penner	F40-44	1:03:08	1:02:59
87	Sue-Anne Hamilton	F40-44	1:03:09	1:02:55