

Cascades 5k, Abbotsford, March 29, 2003

MALE

Name	Cat	Time
Austin Horner	15-	19.51
Matt Cobb	M16-19	17.20
Mark Klassen	M16-19	18.50
Phil Aguire	M20-29	16.41
The Grassy Knoll	M20-29	16.49
Ken Williams	M20-29	17.09
Jeremy Acken	M20-29	17.11
Murray Henderson	M20-29	17.31
Jonathan Peters	M20-29	18.04
Steve Cattley	M20-29	19.42
Keith Brandsma	M20-29	25.03
Ewald Nickel	M30-39	18.41
Edwin Degier	M30-39	19.38
Michael Dann	M30-39	20.21
James Ketelaar	M30-39	20.31
Kevin Brown	M30-39	20.45
Rob Sheffield	M30-39	24.25
Fred Friesen	M30-39	25.24
Paul Reimer	M40-49	16.55
John Prins	M40-49	17.05
Michael Ross	M40-49	17.12
Kevin Melanson	M40-49	17.27
Troy McCulloch	M40-49	17.50
Craig Dick	M40-49	18.55
Allan Rhodes	M40-49	18.59
Denis Dionne	M40-49	25.05
Mike Williams	M40-49	32.14
David Huxley	M50-59	17.03
Paul Watkin	M50-59	18.24
Scott Stewart	M50-59	18.59
Randy Cairns	M50-59	19.44
Paul Higgins	M50-59	21.27
Doug Warner	M50-59	22.18
Joel Schoenberger	M50-59	23.16
Garry Bragg	M50-59	29.38
Rob Daniel	M60-69	24.57
John Viau	M60-69	26.07
Ray Rousseau	M70+	26.07

FEMALE

Name	cat	Time
Roxy Klassen	F15-	30.01
Sarah Williams	F15-	32.13
Sonya Gronberg	F20-29	23.39
Julie Johal	F20-29	24.39
Rachel Henderson	F20-29	24.43
Erin Parkes	F20-29	27.19
Melanie Reed	F20-29	27.21
Nancy Groeneveld	F20-29	30.55
Jenn Whyte	F20-29	31.34
Christine Foth	F20-29	36.08
Bobbi-Lin Kinakin	F20-29	38.14
Kim Jones	F30-39	17.37
Darcie Montgomery	F30-39	17.55
Liz Jones	F30-39	19.28
Christina Halcrow	F30-39	20.59
Michelle Brown	F30-39	21.27
Louanne Macdonald	F30-39	25.03
Bernadette Duffy	F40-49	19.40
Hanuschka Santamaria	F40-49	21.40
Heather Leyen	F40-49	21.46
Elaine Yagi	F40-49	22.30
Alice Maryniuk	F40-49	24.07
Maggie Rhodes	F40-49	24.29
Petra Niemeyer	F40-49	26.10
Elnora Larder	F40-49	26.56
Tracy Price	F40-49	28.59
Helen Secco	F40-49	29.21
Jacquie Stewart	F40-49	30.29
Charlene Kelly	F40-49	30.39
Ann Lee Grimson	F40-49	30.39
Stephanie Fast	F50-59	23.30
Joyce Metcalf	F50-59	23.54
Mary Brandsma	F50-59	29.22
Dorothy Malcom	F50-59	23.30
Mary Philpot	F50-59	30.11
Mary Varesi	F60-69	29.51
Marilyn McClinton	F60-69	38.25