

Comox Nautical Days 4-Mile Road Race

2019 Individual Results

| Rank | Name | Column1 | Time | Gender | Gender Rank | Age Group | Age Group Rank | Home Town |
|------|--------------------|---------|-------|--------|-------------|-----------|----------------|-----------------|
| 1 | James Lam | | 20:42 | M | 1 | M20-29 | 1 | Langley |
| 2 | Robin Poirier | | 21:23 | M | 2 | M30-39 | 1 | Courtenay |
| 3 | Mark Cryderman | | 21:34 | M | 3 | M40-49 | 1 | Campbell River |
| 4 | Craig Odermatt | | 21:51 | M | 4 | M40-49 | 2 | Victoria |
| 5 | Tyler Smith | | 22:10 | M | 5 | M20-29 | 2 | Victoria |
| 6 | Matt McCrank | | 22:25 | M | 6 | M40-49 | 3 | Victoria |
| 7 | Stephan Smit | | 22:49 | M | 7 | M30-39 | 2 | Courtenay |
| 8 | Jerry Loeb | | 22:51 | M | 8 | M40-49 | 4 | Campbell River |
| 9 | Rob Kelly | | 23:50 | M | 9 | M50-59 | 1 | Comox |
| 10 | Ben Lukenchuk | | 24:00 | M | 10 | M20-29 | 3 | Calgary |
| 11 | Gillian Clayton | | 24:52 | F | 1 | F30-39 | 1 | Comox |
| 12 | Brlan Stewart | | 25:02 | M | 11 | M60-69 | 1 | Courtenay |
| 13 | Derek Brenchley | | 25:31 | M | 12 | M60-69 | 2 | Courtenay |
| 14 | Andrea Wilson | | 25:40 | F | 2 | F40-49 | 1 | Comox |
| 15 | Colleen Schmidt | | 25:49 | F | 3 | F40-49 | 2 | Courtenay |
| 16 | Keith Wakelin | | 26:17 | M | 13 | M60-69 | 3 | Merville |
| 17 | Becky Sulek | | 26:23 | F | 4 | F30-39 | 2 | Comox |
| 18 | Dave Hrysio | | 26:24 | M | 14 | M40-49 | 5 | Comox |
| 19 | Cadence Laplante | | 26:26 | F | 5 | F<16 | 1 | Okotoks AB |
| 20 | Wayne Crowe | | 27:06 | M | 15 | M60-69 | 4 | Comox |
| 21 | Natalie Pulsford | | 27:22 | F | 6 | F30-39 | 3 | Comox |
| 22 | John Crockford | | 27:27 | M | 16 | M30-39 | 3 | Comox |
| 23 | Derek Kaufman | | 27:53 | M | 17 | M30-39 | 4 | Comox |
| 24 | Joey Hidber | | 28:24 | M | 18 | M30-39 | 5 | Comox |
| 25 | Kai Bisaro-DeFaria | | 28:26 | M | 19 | M<16 | 1 | Comox |
| 26 | Ivana Bisaro | | 28:26 | F | 7 | F40-49 | 3 | Comox |
| 27 | Alex Kennedy | | 28:28 | M | 20 | M50-59 | 2 | Courtenay |
| 28 | Janine Buckley | | 28:28 | F | 8 | F40-49 | 4 | Courtenay |
| 29 | Madison Naswell | | 28:32 | F | 9 | F20-29 | 1 | Courtenay |
| 30 | Soren Hendricks | | 28:37 | M | 21 | M<16 | 2 | Edmonton |
| 31 | Kavin Then | | 28:41 | M | 22 | M60-69 | 5 | Royston |
| 32 | MatthewParker-Hall | | 28:42 | M | 23 | M30-39 | 6 | Victoria |
| 33 | Brad Stewart | | 28:48 | M | 24 | M30-39 | 7 | Quebec City |
| 34 | Andrew Duncan | | 28:48 | M | 25 | M40-49 | 6 | Comox |
| 35 | Derek Richmond | | 29:03 | M | 26 | M60-69 | 6 | Courtenay |
| 36 | John Whyte | | 29:55 | M | 27 | M50-59 | 3 | North Vancouver |
| 37 | Roz Smith | | 30:06 | F | 10 | F70+ | 1 | Comox |
| 38 | Pamela Dinn | | 30:08 | F | 11 | F30-39 | 4 | Comox |
| 39 | Chris Hogan | | 30:09 | M | 28 | M40-49 | 7 | Comox |
| 40 | Rose Humphrey | | 30:20 | F | 12 | F50-59 | 1 | Nanaimo |
| 41 | Brent Armstrong | | 30:35 | M | 29 | M50-59 | 4 | Comox |
| 42 | Lance Blomgren | | 30:40 | M | 30 | M40-49 | 8 | Comox |
| 43 | Marcella Sanchez | | 30:50 | F | 13 | F60-69 | 1 | Courtenay |
| 44 | Lynn Coolen | | 31:55 | F | 14 | F50-59 | 2 | Vancouver |
| 45 | Blair Cooper | | 31:56 | M | 31 | M30-39 | 8 | Delta |
| 46 | Kevin Okuma | | 31:57 | M | 32 | M<16 | 3 | Campbell River |
| 47 | John Belshaw | | 32:03 | M | 33 | M60-69 | 7 | Vancouver |
| 48 | Michael Scott | | 32:04 | M | 34 | M50-59 | 5 | |
| 49 | Michael Blomgren | | 32:28 | M | 35 | M50-59 | 6 | Salt Lake City |

| Rank | Name | Column1 | Time | Gender | Gender | | Age Group | | Home Town |
|------|----------------------|---------|-------|--------|--------|-----------|-----------|------------------|-----------|
| | | | | | Rank | Age Group | Rank | Age Group | |
| 50 | Doug Picard | | 32:35 | M | 36 | M50-59 | 7 | Parksville | |
| 51 | Ananika Blomgren | | 32:38 | F | 15 | F20-29 | 2 | Victoria | |
| 52 | Jamie Kantor | | 32:43 | M | 37 | M50-59 | 8 | Courtenay | |
| 53 | Nikki Wilson | | 32:53 | F | 16 | F40-49 | 5 | Comox | |
| 54 | Katie Kennedy | | 32:57 | F | 17 | F40-49 | 6 | Comox | |
| 55 | Lyle Goodman | | 33:31 | M | 38 | M50-59 | 9 | Comox | |
| 56 | Sam Knowles | | 33:36 | M | 39 | M70+ | 1 | Comox | |
| 57 | Katherine Hendricks | | 33:38 | F | 18 | F<16 | 2 | Edmonton | |
| 58 | Greg Hendricks | | 33:39 | M | 40 | M40-49 | 9 | Edmonton | |
| 59 | Dee Ogden | | 33:46 | F | 19 | F50-59 | 3 | Victoria | |
| 60 | John Smith | | 34:00 | M | 41 | M60-69 | 8 | Courtenay | |
| 61 | Chistine Parker-Hall | | 34:02 | F | 20 | F30-39 | 5 | Victoria | |
| 62 | Mike Mesford | | 34:14 | M | 42 | M60-69 | 9 | Fanny Bay | |
| 63 | Kelly Krug | | 34:18 | M | 43 | M60-69 | 10 | Nanaimo | |
| 64 | Elmsley Hutchinson | | 34:24 | F | 21 | F<16 | 3 | Edmonton | |
| 65 | Laura Wyatt | | 34:24 | F | 22 | F50-59 | 4 | Brentwood Bay | |
| 66 | Adriana Proton | | 34:25 | F | 23 | F30-39 | 6 | Cumberland | |
| 67 | Wade Hutchinson | | 34:25 | M | 44 | M40-49 | 10 | Edmonton | |
| 68 | Zina Richmond | | 34:25 | F | 24 | F60-69 | 2 | Courtenay | |
| 69 | Hugh McKinnon | | 34:41 | M | 45 | M60-69 | 11 | Comox | |
| 70 | John Teakle | | 35:08 | M | 46 | M70+ | 2 | Comox | |
| 71 | Heather Archibald | | 35:18 | F | 25 | F40-49 | 7 | Edmonton | |
| 72 | Darrell Nicholson | | 35:42 | M | 47 | M50-59 | 10 | Comox | |
| 73 | Kristy Lukewich | | 35:58 | F | 26 | F30-39 | 7 | Lazo | |
| 74 | Shelley Smith | | 36:19 | F | 27 | F50-59 | 5 | Courtenay | |
| 75 | Sharon Fisher | | 36:20 | F | 28 | F50-59 | 6 | Comox | |
| 76 | Kim Lavender | | 36:52 | F | 29 | F50-59 | 7 | Courtenay | |
| 77 | Alison Crawford | | 37:03 | F | 30 | F30-39 | 8 | Comox | |
| 78 | Cathy Ternes | | 37:05 | F | 31 | F50-59 | 8 | Comox | |
| 79 | Jennifer Kanigan | | 37:05 | F | 32 | F40-49 | 8 | Courtenay | |
| 80 | Garrett Francais | | 37:06 | M | 48 | M30-39 | 9 | Battleford SK | |
| 82 | Sophie Hendricks | | 37:41 | F | 33 | F<16 | 4 | Edmonton | |
| 83 | Sara Hendricks | | 37:50 | F | 34 | F40-49 | 9 | Edmonton | |
| 84 | Kenna Tait | | 37:53 | F | 35 | F<16 | 5 | Edmonton | |
| 81 | Nat Coe | | 37:26 | M | 49 | M40-49 | 11 | Comox | |
| 91 | Cailyn Collins | | 38:34 | F | 39 | F<16 | 6 | Comox | |
| 92 | Cathie Collins | | 38:39 | F | 40 | F40-49 | 12 | Comox | |
| 85 | Alexa Blacklock | | 38:01 | F | 36 | F40-49 | 10 | Nanaimo | |
| 86 | Brian Evernden | | 38:02 | M | 50 | M40-49 | 12 | Comox | |
| 87 | Nadya Fairweather | | 38:13 | F | 37 | F40-49 | 11 | Comox | |
| 88 | Sebastian Bourlerice | | 38:17 | M | 51 | M20-29 | 4 | Montreal | |
| 89 | Rachel Nicholson | | 38:33 | F | 38 | F20-29 | 3 | Halifax | |
| 90 | Don Blacklock | | 38:34 | M | 52 | M70+ | 3 | Comox | |
| 93 | Rosemary Nicholson | | 38:40 | F | 41 | F50-59 | 9 | Comox | |
| 94 | Jason Kirsch | | 38:42 | M | 53 | M30-39 | 10 | Courtenay | |
| 95 | Diane Purvey | | 39:00 | F | 42 | F50-59 | 10 | Vancouver | |
| 96 | Dave Laplante | | 40:32 | M | 54 | M50-59 | 11 | Courtenay | |
| 97 | Lisa Borovica | | 40:36 | F | 43 | F40-49 | 13 | Port Alberni | |
| 98 | Helen McKee | | 40:43 | F | 44 | F60-69 | 4 | Logan Lake | |
| 99 | Christina Meyer | | 41:38 | F | 45 | F30-39 | 9 | Schaffhausen CH* | |
| 100 | Karen Booth | | 42:15 | F | 46 | F30-39 | 10 | Campbell River | |
| 101 | Coral Forbes | | 42:31 | F | 47 | F60-69 | 4 | Courtenay | |

| Rank | Name | Column1 | Time | Gender | Gender Rank | Age Group | Age Group Rank | Home Town |
|------|------------------|---------|-------|--------|-------------|-----------|----------------|------------|
| 102 | Kiefor Stushnoff | | 42:57 | M | 55 | M<16 | 4 | Comox |
| 103 | Christine Morgan | | 43:18 | F | 48 | F30-39 | 11 | Courtenay |
| 104 | Adele Bibault | | 43:26 | F | 49 | F20-29 | 4 | Comox |
| 105 | Bonnie Bagran | | 43:43 | F | 50 | F50-59 | 11 | Comox |
| 106 | Kurt Stushnoff | | 43:43 | M | 56 | M40-49 | 13 | Comox |
| 107 | Rick Morson | | 43:44 | M | 57 | M60-69 | 12 | Courtenay |
| 108 | Hailey Kerr | | 44:27 | F | 51 | F<16 | 7 | Courtenay |
| 109 | Jeremy Kerr | | 44:30 | M | 58 | M30-39 | 11 | Courtenay |
| 110 | Sue Sanders | | 44:30 | F | 52 | F50-59 | 12 | Parksville |
| 111 | Robert Gardner | | 49:37 | M | 59 | M70+ | 4 | Vancouver |

NOTE: Results subject to revision in the case of errors or omissions.

* CH = Switzerland!