

Overall Finish List**21k****Female**

<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Time</u>	<u>Pace</u>
1	Jordanne Stahl	366	2:23:33	6:50/K
2	Krissy Moehl	339	2:27:49	7:02/K
3	Kathleen Egan	316	2:36:40	7:28/K
4	Anette Ng	342	2:41:45	7:42/K
5	Kara Bennett	304	2:44:25	7:50/K
6	Annie Johansen	328	2:55:21	8:21/K
7	Mandy Emery	318	2:57:10	8:26/K
8	Mikayla Bay	302	2:57:12	8:26/K
9	Christine Helme	323	3:04:49	8:48/K
10	Barbara Kuhn	331	3:06:16	8:52/K
11	Megan Jackson	326	3:09:13	9:01/K
12	Jennifer Mullaly	340	3:12:30	9:10/K
13	Jessica Friesen	321	3:12:32	9:10/K
14	Linda Barton-Robbins	301	3:12:37	9:10/K
15	Sherri Todd	368	3:15:40	9:19/K
16	Aretha Westenenk	373	3:16:39	9:22/K
17	Kimberley Jansen	327	3:18:29	9:27/K
18	Shelley Dyck	314	3:18:51	9:28/K
19	Sara G Dixon	312	3:28:35	9:56/K
20	Rachelle Skoronski	361	3:29:28	9:58/K
21	Leah Efford	317	3:34:10	10:12/K
22	Nell Schouten	357	3:38:08	10:23/K
23	Lee Lovely	336	3:42:11	10:35/K
24	Jennifer Loudon	335	3:50:53	11:00/K
25	Vanessa Palframan	345	3:52:33	11:04/K
26	Elizabeth Harris	322	3:54:00	11:09/K
27	Janice Kennedy	330	3:58:08	11:20/K
28	Glenda Feldman	320	3:58:45	11:22/K
29	Dorothy Tsui	369	3:59:59	11:26/K
30	Amy Read	352	3:59:59	11:26/K
31	Meaghan Mitchell	338	4:11:47	11:59/K
32	Jennifer Hightower	324	4:12:51	12:02/K
33	Samantha Leung	333	4:24:42	12:36/K

Overall Finish List

**21k**

**Male**

<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Time</u>	<u>Pace</u>
1	Ryan Shephard	360	2:01:49	5:48/K
2	Nathan Peters	347	2:14:20	6:24/K
3	MATTHEW REDEKOPP	353	2:19:11	6:38/K
4	John De Martin	311	2:24:39	6:53/K
5	Erik Bird	305	2:28:50	7:05/K
6	Benjamin Potvin	350	2:30:03	7:09/K
7	Brian Clements	308	2:30:39	7:10/K
8	Chris Osberg	343	2:36:58	7:28/K
9	Caleb MacArthur	337	2:37:24	7:30/K
10	Marcel Daigle	310	2:39:55	7:37/K
11	Kelly Skoronski	362	2:43:39	7:48/K
12	Matthew Smythe	363	2:43:42	7:48/K
13	Carlos Zamora	375	2:48:41	8:02/K
14	Jon Cusick	309	2:49:15	8:04/K
15	Paul Cameron	307	2:53:25	8:15/K
16	Ramon Lopez	334	3:01:06	8:37/K
17	Seth Cairns	306	3:02:41	8:42/K
18	Dick Schouten	358	3:02:46	8:42/K
19	Brad Romo	355	3:17:05	9:23/K
20	Jamie Nelson	341	3:41:36	10:33/K
21	Luis Polanco	348	3:46:33	10:47/K
22	Simon Thomson	367	3:48:49	10:54/K
23	James Palframan	344	3:52:34	11:04/K
24	Michael Donkers	313	3:55:32	11:13/K
25	Lung-Kai Steve Huang	325	4:01:48	11:31/K
26	Trevor Savage	356	4:16:59	12:14/K

Overall Finish List

		<b>12k</b>	<b>Female</b>	
<b>Overall</b>	<b>Name</b>	<b>Bib No</b>	<b>Time</b>	<b>Pace</b>
1	Elizabeth Buhler	211	1:12:52	6:04/K
2	Kathy Rung	258	1:13:04	6:05/K
3	Tasha Mijinke	246	1:21:44	6:49/K
4	Lisa Binder	208	1:22:13	6:51/K
5	Hannah Raine	253	1:28:48	7:24/K
6	Tori Thomas	267	1:29:08	7:26/K
7	Valerie Cottier	215	1:29:09	7:26/K
8	Tessa Suderman	266	1:29:30	7:28/K
9	Madison Friesen	222	1:31:13	7:36/K
10	Melanie Vandeburgt	271	1:31:27	7:37/K
11	Cheryl Beach	205	1:32:01	7:40/K
12	Crystal-Rose Lee	234	1:33:34	7:48/K
13	Shannon Dalzell	217	1:34:57	7:55/K
14	Jamie Imai	230	1:39:21	8:17/K
15	Shelley Beyak	207	1:39:39	8:18/K
16	Scarlett Aubrey	203	1:40:52	8:24/K
17	Maxime Stewart	265	1:44:10	8:41/K
18	Lindsay Henderson	227	1:44:11	8:41/K
19	Jessica Marchuk	239	1:44:11	8:41/K
20	Jocelynn Rooke	257	1:44:31	8:43/K
21	Renee Desjardins	218	1:44:53	8:44/K
22	Christy Dos Santos	219	1:45:10	8:46/K
23	Nuria Rivera-Casas	256	1:45:10	8:46/K
24	Wendy Vandersteen	272	1:49:10	9:06/K
25	Laura Hocevar	229	1:50:32	9:13/K
26	Donna Sperling	263	1:50:49	9:14/K
27	Jennifer McIntosh	242	1:52:20	9:22/K
28	Natalie Bedard	284	1:52:39	9:23/K
29	Kelly Speton	283	1:54:41	9:33/K
30	Sharon Harris	226	1:56:12	9:41/K
31	Christie Bokor	209	1:56:13	9:41/K
32	Sheena Mista	248	1:57:50	9:49/K
33	Daisy Melnyk	245	1:57:54	9:50/K
34	Leah Weiss	274	2:00:24	10:02/K
35	Marlene Henderson	228	2:01:15	10:06/K
36	Lenora McQueen	244	2:04:46	10:24/K
37	Carolyn Lawlor	332	2:05:12	10:26/K
38	Carilynn Siemens	260	2:07:20	10:37/K
39	Christy Peters	251	2:07:20	10:37/K
40	Paula Brannigan	210	2:11:09	10:56/K
41	Kyla Jahrig	231	2:11:10	10:56/K
42	Juanita Yuill	280	2:11:33	10:58/K
43	Suzanne Pearce	346	2:16:56	11:25/K
44	Elizabeth McQuaid	243	2:18:09	11:31/K
45	Twila Chick	213	2:24:08	12:01/K
46	Shannon Kessler	233	2:24:42	12:04/K
47	Kimberly Morais	249	2:24:42	12:04/K

Race Date

June 08, 2019

# Fraser Valley Trail Races, Bear Mountain 8/12/21KM

## Overall Finish List

**12k**

**Female**

<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Time</u>	<u>Pace</u>
48	Taryn McGilp	240	2:24:43	12:04/K
49	Tanya Thompson	268	2:24:54	12:05/K
50	Nancy Johnston	329	2:30:45	12:34/K

Race Date  
June 08, 2019

# Fraser Valley Trail Races, Bear Mountain 8/12/21KM

## Overall Finish List

			<b>12k</b>	<b>Male</b>	
<b>Overall</b>	<b>Name</b>	<b>Bib No</b>		<b>Time</b>	<b>Pace</b>
1	John Dunning	220		46:50	3:54/K
2	Joshua Bergen	206		1:14:39	6:13/K
3	Paul Abram	201		1:17:54	6:30/K
4	Andrew Mijinke	247		1:21:22	6:47/K
5	Kevin Cyr	216		1:21:58	6:50/K
6	JP Siou	262		1:22:00	6:50/K
7	Jon Mader	237		1:26:05	7:10/K
8	Jeff Thompson	269		1:26:12	7:11/K
9	Douglas Johnstone	232		1:27:40	7:18/K
10	Jeff Nimmo	250		1:27:49	7:19/K
11	Scott Gaglardi	223		1:34:06	7:51/K
12	Dave Stephen	264		1:34:06	7:51/K
13	Aaron Aspinall	202		1:36:07	8:01/K
14	Mark Raymond	255		1:37:33	8:08/K
15	Jordan Ramsay	254		1:37:37	8:08/K
16	Peter Chick	212		1:38:38	8:13/K
17	Francois Fortin	221		1:41:57	8:30/K
18	Michael Grohmann	224		1:43:58	8:40/K
19	Stephen Maley	238		1:46:09	8:51/K
20	Colin McIntosh	241		1:52:13	9:21/K

Overall Finish List

**8k**

**Female**

<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Time</u>	<u>Pace</u>
1	Chelsea Lang	134	56:25	7:03/K
2	Annika MacArthur	136	59:27	7:26/K
3	Sara Cooke	164	1:00:24	7:33/K
4	Nicole Schorak	153	1:03:09	7:54/K
5	Julia Grant	120	1:04:31	8:04/K
6	Cheryl Mosby	146	1:04:32	8:04/K
7	Esther Vandergugten	160	1:05:00	8:08/K
8	Brittini Cauchie	111	1:07:22	8:25/K
9	Barb Jones	131	1:07:52	8:29/K
10	Melody Manuel	138	1:08:14	8:32/K
11	Shaya Grewal	123	1:09:01	8:38/K
12	Jun Park	148	1:12:07	9:01/K
13	Rachel Vandenberg	159	1:12:14	9:02/K
14	Diane Swamy	157	1:13:33	9:12/K
15	Mackenzie Vleeming	161	1:14:41	9:20/K
16	Karen Dalby	113	1:14:55	9:22/K
17	Lindsay Schouten	154	1:16:12	9:32/K
18	Jen Teng	158	1:16:38	9:35/K
19	Sandhya Gamage	118	1:17:59	9:45/K
20	Jacky Brown	107	1:17:59	9:45/K
21	Jessie Dhaliwal	117	1:19:25	9:56/K
22	Karen Main	137	1:20:00	10:00/K
23	Teresa Howe	129	1:23:15	10:24/K
24	Meredith Anderson	102	1:25:14	10:39/K
25	Natalie Kosty	166	1:27:44	10:58/K
26	Mandy Hritzuk	130	1:29:15	11:09/K
27	Marina Hockin	128	1:30:44	11:21/K
28	Leanne Abriel	101	1:33:04	11:38/K
29	Nicolle Bourget	105	1:43:38	12:57/K
30	Makena Grewal	124	1:44:33	13:04/K
31	Lisa Grewal	125	1:44:33	13:04/K
32	Alison Bull	108	2:03:09	15:24/K
33	Neena Ghag	119	2:03:11	15:24/K
34	Julie Mathias	140	2:13:49	16:44/K
35	Laura Mayes	141	2:13:53	16:44/K

Overall Finish List

**8k**

**Male**

<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Time</u>	<u>Pace</u>
1	Matt Bolam	104	48:48	6:06/K
2	Paul Marcotte	139	54:15	6:47/K
3	Aaron Schroeder	155	55:39	6:57/K
4	Trevor Mitchell	144	55:48	6:59/K
5	Trevor McCullum	142	56:07	7:01/K
6	Sean Harris	127	58:29	7:19/K
7	Bernie Dalby	114	59:31	7:26/K
8	Karl Paulsen	149	1:02:40	7:50/K
9	Alex Hammel	126	1:04:31	8:04/K
10	Grant Colegate	112	1:05:58	8:15/K
11	Kulbir Grewal	122	1:08:29	8:34/K
12	Matthew Yanes-Pawlowski	165	1:09:02	8:38/K
13	Mitchell Delgado	116	1:09:55	8:44/K
14	Randy Cairns	109	1:10:38	8:50/K
15	Tanner Pearce	150	1:22:35	10:19/K
16	Jim Barbour	103	1:22:49	10:21/K