

Fraser Valley Trail Races, Manning Park 10K / 21K

Race Date
July 27, 2019

Overall Finish List

21 k Run			Female	
Overall	Name	Bib No	Time	Pace
1	Alicia Woodside	723	2:19:25	6:38/K
2	Shannon Penway	584	2:25:42	6:56/K
3	Elizabeth Buhler	509	2:36:42	7:28/K
4	Kathy Rung	594	2:39:46	7:37/K
5	Melanie Zaffran	724	2:44:01	7:49/K
6	Jennifer Kononoff	558	2:44:57	7:51/K
7	Megan Bissky	506	2:46:42	7:56/K
8	Kara Bennett	504	2:51:07	8:09/K
9	Christine Limpright	562	2:53:08	8:15/K
10	Marie-Josée Ryan	595	2:53:46	8:16/K
11	Heather Esau	534	3:01:13	8:38/K
12	Diella Siemens	600	3:01:15	8:38/K
13	Jessica Friesen	539	3:01:15	8:38/K
14	Mandy Emery	532	3:02:15	8:41/K
15	Minnie Feakes	537	3:05:14	8:49/K
16	Jade Feakes	536	3:05:14	8:49/K
17	Julie Enos	533	3:06:03	8:52/K
18	Brittany Carey	511	3:08:00	8:57/K
19	Glenda Konrad	559	3:10:01	9:03/K
20	Corinna Nairn	581	3:11:30	9:07/K
21	Christine Helme	545	3:11:53	9:08/K
22	Nancy Hildebrand	549	3:13:11	9:12/K
23	Erica Ayers	502	3:14:18	9:15/K
24	Jenn Calado	510	3:14:40	9:16/K
25	Audrey De Koning	519	3:15:01	9:17/K
26	Jessica Kyle	561	3:15:22	9:18/K
27	Annika MacArthur	569	3:16:02	9:20/K
28	Joedine Desjarlais	523	3:20:30	9:33/K
29	Fiona Kean	555	3:20:55	9:34/K
30	Lael Louw	566	3:22:15	9:38/K
31	Shelley Dyck	529	3:23:55	9:43/K
32	Richelle Alton	501	3:26:01	9:49/K
33	Sherri Todd	710	3:32:26	10:07/K
34	Nell Schouten	597	3:34:11	10:12/K
35	Shelby Huish	551	3:35:36	10:16/K
36	Vanessa Desjardins	522	3:37:39	10:22/K
37	Teri Hubbs	550	3:38:25	10:24/K
38	Jennifer Berg	505	3:39:10	10:26/K
39	Lee Lovely	567	3:41:01	10:31/K
40	Sara G Dixon	524	3:41:08	10:32/K
41	Steffany Van Santen	714	3:41:32	10:33/K
42	Carrie Henry	547	3:41:32	10:33/K
43	Lisa Roberts	592	3:47:06	10:49/K
44	Julie Huzzey	552	3:48:47	10:54/K
45	Misty Dowson	525	3:49:13	10:55/K
46	Paula Morrison	578	3:50:35	10:59/K
47	Jennifer Kozevnikov	560	3:51:11	11:01/K

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Overall Finish List

21 k Run			Female	
Overall	Name	Bib No	Time	Pace
48	Ardeen Duckworth	526	3:51:11	11:01/K
49	Leah Efford	530	3:52:37	11:05/K
50	Elizabeth Harris	543	3:55:02	11:12/K
51	Jennifer Louden	564	3:55:46	11:14/K
52	Sandhya Gamage	542	4:02:02	11:32/K
53	Michelle Brander	507	4:07:21	11:47/K
54	Heather Escaravage	535	4:07:21	11:47/K
55	Kimberly Loudon	565	4:10:38	11:56/K
56	Shelley Hatfield	544	4:13:52	12:05/K
57	Andrea Baxter	503	4:17:19	12:15/K
58	Rosanne MacKenzie	571	4:20:32	12:24/K
59	Joleen Turgeon	712	4:21:46	12:28/K
60	Holly Delgado	521	4:23:53	12:34/K
61	Shannon Ketel	556	4:27:37	12:45/K

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Race Date

July 27, 2019

Overall Finish List**21 k Run****Male**

<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Time</u>	<u>Pace</u>
1	Nathan Peters	585	2:06:22	6:01/K
2	Dave Zirnhelt	726	2:22:15	6:46/K
3	Matt Ehrenreich	531	2:27:40	7:02/K
4	John De Martin	520	2:27:49	7:02/K
5	Brad Newton	582	2:29:40	7:08/K
6	Graham Clarke	515	2:29:50	7:08/K
7	Matthew King	557	2:33:17	7:18/K
8	Carter Wilson	721	2:35:17	7:24/K
9	Steven Reyes	591	2:35:50	7:25/K
10	Tom Witowich	722	2:36:14	7:26/K
11	Caleb MacArthur	570	2:38:20	7:32/K
12	David Linde	563	2:39:19	7:35/K
13	Brice Ferre	538	2:40:00	7:37/K
14	Erick Thompson	708	2:43:23	7:47/K
15	Scott Welton	718	2:44:02	7:49/K
16	Kelly Skoronski	703	2:44:22	7:50/K
17	Alan Mijinke	576	2:44:56	7:51/K
18	Kevin Zilcosky	725	2:45:55	7:54/K
19	Bruce Hendren	546	2:48:31	8:01/K
20	Patrick Dutertre	527	2:50:04	8:06/K
21	Serguei Makarevski	572	2:50:23	8:07/K
22	Daniel Muehlebach	579	2:51:48	8:11/K
23	Dick Schouten	598	2:56:35	8:25/K
24	Justin Cook	516	2:56:46	8:25/K
25	Taylor Ingram	553	2:57:36	8:27/K
26	Alex Cook	517	2:57:36	8:27/K
27	Gleb Vaguine	713	2:57:36	8:27/K
28	Kyle Chan	512	2:57:39	8:28/K
29	Casey Rempel	589	2:58:30	8:30/K
30	Mark Wessner	719	2:59:21	8:32/K
31	Tino Van Santen	715	2:59:31	8:33/K
32	Mike Smith	704	3:00:21	8:35/K
33	Daryl Chymko	514	3:00:34	8:36/K
34	Chrysostom Mijinke	577	3:01:12	8:38/K
35	Alex Musselman	580	3:01:43	8:39/K
36	Rick David	518	3:02:25	8:41/K
37	Mike Vanderkwaak	716	3:04:54	8:48/K
38	Derek Tremblay	711	3:07:14	8:55/K
39	Andrew Wilde	720	3:08:14	8:58/K
40	Daniel Washbrook	717	3:20:56	9:34/K
41	Raymond Fung	540	3:20:57	9:34/K
42	Louw Samuel	596	3:22:15	9:38/K
43	Scott Gaglardi	541	3:26:03	9:49/K
44	Randy Siemens	599	3:32:23	10:07/K
45	Jeremy Spurgeon	706	3:32:35	10:07/K
46	Don McGregor	575	3:32:36	10:07/K
47	Simon Thomson	709	3:39:01	10:26/K

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Overall Finish List

21 k Run

Male

<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Time</u>	<u>Pace</u>
48	Jp Siou	701	3:44:27	10:41/K
49	Derek Raine	588	3:45:12	10:43/K
50	Felix Lum	568	3:51:14	11:01/K
51	Luis Polanco	586	3:56:48	11:17/K

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Race Date
July 27, 2019

Overall Finish List

10 k Run			Female	
Overall	Name	Bib No	Time	Pace
1	Nicole Lacis	456	54:41	5:28/K
2	Heather Payraastre	476	1:05:13	6:31/K
3	Barbara Kuhn	455	1:05:15	6:32/K
4	Tessa Suderman	486	1:08:45	6:53/K
5	Kerri Swartz	606	1:11:32	7:09/K
6	Taralyn Gray	440	1:11:50	7:11/K
7	Katie Teague	487	1:11:52	7:11/K
8	Sasha Myers Demong	471	1:11:52	7:11/K
9	Devin Atkins	402	1:11:59	7:12/K
10	Natalie Barratt	405	1:11:59	7:12/K
11	Julia Joyce	449	1:12:58	7:18/K
12	Rebecca Van Oosterom	495	1:13:59	7:24/K
13	Oly Thiessen	488	1:14:41	7:28/K
14	Jamie Imai	447	1:15:07	7:31/K
15	Lisa Fitzgerald	433	1:15:18	7:32/K
16	Charity Rhoda	479	1:16:00	7:36/K
17	Alexia Constantinou	418	1:17:06	7:43/K
18	Breanna Carey	415	1:17:44	7:46/K
19	Dawne De Jong	427	1:20:06	8:01/K
20	Alysha Paiaro	474	1:20:17	8:02/K
21	Louisa Scarlett	481	1:20:17	8:02/K
22	Rebecca Hare	443	1:21:52	8:11/K
23	Andrea Vaage	491	1:21:52	8:11/K
24	Ayesha Koome	453	1:22:41	8:16/K
25	Pamela Lee	458	1:23:06	8:19/K
26	Keri Gagnon	435	1:23:59	8:24/K
27	Willow Biemond	409	1:24:46	8:29/K
28	Kathleen Wubs	500	1:26:19	8:38/K
29	Deanna McIntyre	468	1:26:43	8:40/K
30	Karen Main	464	1:27:06	8:43/K
31	Kyla Mitchell - Marquis	470	1:27:10	8:43/K
32	Teri Bonneau	411	1:28:35	8:52/K
33	Donna Sperling	483	1:29:13	8:55/K
34	Raina Siou	482	1:29:17	8:56/K
35	Melissa Trapp	489	1:29:57	9:00/K
36	Cathy Porter	605	1:31:08	9:07/K
37	Glenna McGregor	467	1:31:46	9:11/K
38	Michelle Coombe	419	1:31:47	9:11/K
39	Juanita Yuill	601	1:36:17	9:38/K
40	Sharon Stiles	485	1:37:03	9:42/K
41	Jadiel' Louw	462	1:37:22	9:44/K
42	Nicolle Bourget	413	1:42:46	10:17/K
43	Shawna Zurowski	604	1:43:34	10:21/K
44	Sharon Johal	448	1:47:59	10:48/K
45	Marina Louw	460	1:48:14	10:49/K
46	Janelle Cunningham	424	1:49:48	10:59/K
47	Margaret Lavoie	457	1:55:19	11:32/K

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Overall Finish List

10 k Run			Female	
<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Time</u>	<u>Pace</u>
48	Sharon Harris	444	1:55:19	11:32/K
49	Neetu Bains	403	2:01:22	12:08/K
50	Savannah	408	2:03:03	12:18/K
51	Cheyenne	407	2:03:03	12:18/K
52	Janine Kegler	450	2:05:47	12:35/K
53	Erin Zabek	602	2:11:25	13:09/K

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Race Date

July 27, 2019

Overall Finish List**10 k Run****Male**

<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Time</u>	<u>Pace</u>
1	John Dunning	430	49:22	4:56/K
2	Joshua Bergen	406	51:45	5:11/K
3	Andrew Mijinke	469	56:01	5:36/K
4	Ryan Bos	412	56:28	5:39/K
5	Darren Koop	454	57:56	5:48/K
6	Matt Bolam	410	58:19	5:50/K
7	Dan Maiden	463	58:41	5:52/K
8	Michael Duret	431	1:00:29	6:03/K
9	Jeff Nimmo	473	1:01:57	6:12/K
10	Matt Corbishley	421	1:01:58	6:12/K
11	Mark Corbishley	420	1:02:31	6:15/K
12	Curtis Baker	404	1:07:29	6:45/K
13	Francis Van Der Loos	493	1:08:10	6:49/K
14	Matt Neufeld	472	1:08:33	6:51/K
15	Dave Stephen	484	1:10:34	7:03/K
16	Tanner Green	441	1:11:23	7:08/K
17	Erick Walters	496	1:12:58	7:18/K
18	Mark Raymond	478	1:13:37	7:22/K
19	Mitchell Delgado	428	1:14:08	7:25/K
20	Gon Da Rosa	425	1:14:08	7:25/K
21	Nick Firlotte	432	1:14:13	7:25/K
22	Ola Vaage	492	1:16:57	7:42/K
23	Michael Grohmann	442	1:17:59	7:48/K
24	Francois Fortin	434	1:18:49	7:53/K
25	Peter Chick	416	1:18:59	7:54/K
26	Vic Sagorski	480	1:19:15	7:56/K
27	Randy Plewes	477	1:24:06	8:25/K
28	Parmesh Gounder	436	1:24:49	8:29/K
29	Michael Corns	422	1:24:49	8:29/K
30	Kevin Main	465	1:27:06	8:43/K
31	Ferdi Louw	461	1:48:15	10:50/K
32	Christopher Zabek	603	2:11:26	13:09/K