

Race 8 K Overall Results

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1,	414,	00:28:06.6,	Klassen, Mark,	M,	32,	M30-39,	Mission
2,	621,	00:28:53.0,	Lee, Caiden,	M,	13,	M19 & Under,	Surrey
3,	617,	00:30:39.9,	HALL, Riley,	M,	17,	M19 & Under,	Abbotsford
4,	644,	00:31:01.8,	Venema, Caleb,	M,	17,	M19 & Under,	Abbotsford
5,	393,	00:32:36.5,	Saffold, Josh,	M,	40,	M40-49,	Langley
6,	620,	00:33:26.1,	Kalisch, Milena,	F,	16,	F19 & Under,	New Westminster
7,	626,	00:33:45.3,	Michels, Brian,	M,	30,	M30-39,	Surrey 8,
647,	00:34:39.5,	Yakemchuk, Abigail,	F,	14,	F19 & Under,	Surrey 9,	418,
00:35:27.8,	Kobylanski, Ken,	M,	53,	M50-59,	Surrey		
10,	425,	00:35:45.9,	Mennin, Jaylene,	F,	35,	F30-39,	Langley
11,	355,	00:37:36.3,	Helms, Tristan,	M,	34,	M30-39,	Langley
12,	634,	00:37:42.1,	Sparks, Don,	M,	56,	M50-59,	Surrey
13,	614,	00:38:03.1,	Gilbert, Krista,	F,	51,	F50-59,	Surrey
14,	367,	00:40:06.1,	Kiers, Rachel,	F,	38,	F30-39,	Langley
15,	604,	00:40:29.3,	Bark, Dylan,	M,	30,	M30-39,	White Rock
16,	631,	00:40:37.3,	Race, Chris,	F,	64,	F60-69,	Mission
17,	603,	00:41:34.3,	Barichello, Tom,	M,	62,	M60-69,	Langley
18,	357,	00:41:58.7,	Hughes-Games, Geoff,	M,	60,	M60-69,	Abbotsford
19,	682,	00:42:59.9,	Maginn, Maurice,	M,	46,	M40-49,	Langley
20,	619,	00:43:20.5,	Huston, Trish,	F,	61,	F60-69,	Abbotsford
21,	601,	00:44:38.2,	Anderson, Trevor,	M,	38,	M30-39,	Langley
22,	609,	00:45:07.8,	Dilasser, Liz,	F,	74,	F70+,	Surrey
23,	636,	00:46:19.3,	Taylor, Alex,	M,	70,	M70+,	Langley
24,	642,	00:47:33.3,	Van Den Boogaard, Courtney,	F,	36,	F30-39,	Surrey
25,	630,	00:47:43.7,	Prokopich, Brenda,	F,	52,	F50-59,	Surrey
26,	608,	00:48:02.7,	Comrie, Scott,	M,	36,	M30-39,	Langley
27,	638,	00:48:03.7,	Thurston, Trevor,	M,	42,	M40-49,	langley
28,	350,	00:48:19.4,	Doyle, Mike,	M,	51,	M50-59,	Aldergrove
29,	704,	00:49:45.3,	Young, Sally,	F,	36,	F30-39,	Port Coquitlam
30,	416,	00:49:56.0,	Philip, Brenda,	F,	56,	F50-59,	Langley
31,	627,	00:50:08.7,	Moran, Samantha,	F,	30,	F30-39,	White Rock
32,	624,	00:50:09.2,	Livingstone, Sarah,	F,	26,	F20-29,	Surrey
33,	611,	00:51:44.7,	Ekman, Crystal,	F,	33,	F30-39,	Langley
34,	637,	00:51:46.2,	Thurston, Jennifer,	F,	42,	F40-49,	langley
35,	625,	00:53:13.3,	Long, Rita,	F,	64,	F60-69,	Coquitlam
36,	412,	00:53:44.3,	Schasny, Neil,	M,	43,	M40-49,	Langley
37,	622,	00:56:08.1,	Lee, Nadia,	F,	40,	F40-49,	Abbotsford
38,	678,	00:56:21.8,	Laluk, Janet,	F,	56,	F50-59,	Maple Ridge
39,	610,	00:56:31.4,	Dondo, Stephanie,	F,	33,	F30-39,	Langley
40,	623,	00:57:09.4,	Lewis, Melba,	F,	59,	F50-59,	Surrey
41,	615,	00:57:10.3,	Grocott, Vernica,	F,	33,	F30-39,	Langley
42,	640,	00:59:15.4,	Trasolini, Stephanie,	F,	33,	F30-39,	Coquitlam
43,	629,	00:59:16.0,	Park, Scott,	M,	36,	M30-39,	Coquitlam
44,	607,	01:00:14.4,	Charron, Patrick,	M,	47,	M40-49,	Abbotsford
45,	612,	01:00:35.9,	Fraser, Max,	M,	8,	M19 & Under,	Langley
46,	613,	01:00:37.7,	Fraser, Yvette,	F,	40,	F40-49,	Langley
47,	616,	01:02:34.2,	Haar, Danette,	F,	48,	F40-49,	Aldergrove
48,	413,	01:02:38.9,	Yarych, Torry,	F,	40,	F40-49,	Abbotsford
49,	635,	01:02:39.5,	Strange, Leah,	F,	50,	F50-59,	Abbotsford
50,	406,	01:02:40.1,	Wells, Angela,	F,	44,	F40-49,	Aldergrove
51,	641,	01:03:24.2,	Twyman, Patti,	F,	49,	F40-49,	Maple Ridge
52,	633,	01:05:35.9,	Sliziak, Carol,	F,	57,	F50-59,	Langley
53,	386,	01:05:38.7,	Paugh, Jim,	M,	77,	M70-79,	Coquitlam
54,	385,	01:08:53.0,	Paugh, Eleanor,	F,	74,	F70+,	Coquitlam
55,	628,	01:11:52.4,	Mullane, Jenny,	F,	41,	F40-49,	Coquitlam
56,	632,	01:11:53.3,	Semora, Julia,	F,	38,	F30-39,	Langley

57,	639,	01:13:37.6,	Trasolini, Franca,	F,	60,	F60-69,	Coquitlam
58,	421,	01:15:10.3,	Spier, Soraya,	F,	56,	F50-59,	Surrey
59,	648,	01:20:42.5,	Young, Thomas,	M,	63,	M60-69,	Port Coquitlam

Race 16 K Overall Results

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1,	659,	01:03:38.0,	Danek, Bryce,	M,	34,	M30-39,	Langley
2,	681,	01:05:04.4,	Loewen, Ron,	M,	28,	M20-29,	Langley
3,	701,	01:05:21.8,	Walton, Darren,	M,	48,	M40-49,	North Vancouver
4,	683,	01:05:33.6,	Meacham, Scott,	M,	40,	M40-49,	North Vancouver
5,	419,	01:07:38.0,	Inglis, Sarah,	F,	28,	F20-29,	Langley
6,	422,	01:11:21.9,	Zelter, Chase,	M,	26,	M20-29,	Surrey
7,	424,	01:11:40.8,	Slater, Adam,	M,	36,	M30-39,	Abbotsford
8,	688,	01:15:41.2,	Reisdorf, Naomi,	F,	17,	F19 & Under,	Langley
9,	392,	01:16:35.4,	Rung, Kathy,	F,	43,	F40-49,	Abbotsford
10,	652,	01:20:47.7,	Barbour, Treena,	F,	33,	F30-39,	Langley
11,	680,	01:20:54.2,	LePard, Kathleen,	F,	52,	F50-59,	Vancouver
12,	663,	01:24:15.7,	Falconer, Alexandra,	F,	20,	F20-29,	South surrey
13,	417,	01:24:24.7,	De Pas, Rolando,	M,	37,	M30-39,	Langley 14,
415,	01:24:56.6,	Amanuel, Solomon,	M,	54,	M50-59,	Langley	
15,	691,	01:25:08.3,	Romain, Everett,	M,	63,	M60-69,	Coquitlam
16,	692,	01:25:57.6,	Romo, Brad,	M,	47,	M40-49,	Surrey
17,	698,	01:26:35.9,	Van Natta, Rachel,	F,	30,	F30-39,	Langley
18,	679,	01:26:56.2,	Leighton, Karla,	F,	47,	F40-49,	Surrey
19,	650,	01:26:59.7,	Antoniazzi, Roger,	M,	58,	M50-59,	Surrey
20,	703,	01:27:05.7,	Young, Doug,	M,	62,	M60-69,	Langley
21,	423,	01:27:20.4,	Gurniak, Cliff,	M,	35,	M30-39,	Surrey
22,	670,	01:27:24.7,	Johnson, L. Jane,	F,	51,	F50-59,	New Westminster
23,	696,	01:28:41.5,	Smith, Kimberlee,	F,	44,	F40-49,	Surrey
24,	668,	01:29:38.7,	Hermesmann, Jennifer,	F,	43,	F40-49,	delta
25,	672,	01:29:42.8,	Kavanagh, Doug,	M,	50,	M50-59,	Surrey
26,	676,	01:29:58.9,	Kozak, Wes,	M,	53,	M50-59,	Surrey
27,	658,	01:30:43.6,	Cusick, Jon,	M,	48,	M40-49,	Fort Langley
28,	694,	01:30:44.4,	Setter, Lorraine,	F,	57,	F50-59,	Surrey 29,
673,	01:31:27.0,	Kavanagh, Scott,	M,	46,	M40-49,	Surrey	
30,	656,	01:32:19.1,	Clark, Deanna,	F,	71,	F70+,	Vancouver
31,	358,	01:32:43.5,	Huguet, Tammy,	F,	46,	F40-49,	Surrey
32,	667,	01:34:17.1,	Hermesmann, Chris,	M,	47,	M40-49,	delta
33,	690,	01:36:15.6,	Roberts, Dylan,	M,	23,	M20-29,	Pitt Meadows
34,	661,	01:38:26.4,	Dyce, Kimberly,	F,	42,	F40-49,	Aldergrove
35,	975,	01:39:27.0,	Robertson, Gord,	M,	66,	M60-69,	Surrey
36,	665,	01:41:00.3,	Harris, Sharon,	F,	44,	F40-49,	Agassiz
37,	700,	01:41:30.5,	Voros, Pamela,	F,	42,	F40-49,	Surrey
38,	689,	01:45:09.4,	Rideout, Glenn,	M,	53,	M50-59,	Surrey
39,	660,	01:47:05.3,	Ducharme, Leanne,	F,	44,	F40-49,	White Rock
40,	702,	01:49:13.2,	Wilson, Leah,	F,	47,	F40-49,	Abbotsford
41,	420,	01:49:45.2,	Quinaluisa, Monica,	F,	32,	F30-39,	Surrey
42,	684,	01:50:27.7,	Mumford, Kate,	F,	40,	F40-49,	Langley
43,	699,	01:50:28.7,	Vettese, Candace,	F,	49,	F40-49,	Aldergrove
44,	649,	01:51:19.6,	Alton, Richelle,	F,	40,	F40-49,	Chilliwack
45,	675,	01:51:20.4,	Konrad, Glenda,	F,	37,	F30-39,	Abbotsford
46,	671,	01:54:16.4,	Kamasaki, Shogo,	M,	31,	M30-39,	South surrey
47,	651,	01:58:37.4,	Asplin, Katie,	F,	43,	F40-49,	Abbotsford
48,	655,	01:58:38.3,	Clare, Andrew,	M,	65,	M60-69,	Maple Ridge
49,	685,	01:58:38.3,	O'Dell, Taya,	F,	25,	F20-29,	Maple Ridge
50,	686,	02:06:49.5,	Ojea, Eve,	F,	39,	F30-39,	Surrey 51,
697,	03:09:48.6,	Tymrick, Wendy,	F,	49,	F40-49,	Surrey	

Men's Race 8 K By Category

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M19 & Under

1,	621,	00:28:53.0,	Lee, Caiden	M,	13,	Surrey
2,	617,	00:30:39.9,	HALL, Riley	M,	17,	Abbotsford
3,	644,	00:31:01.8,	Venema, Caleb	M,	17,	Abbotsford
4,	612,	01:00:35.9,	Fraser, Max	M,	8,	Langley

M30-39

1,	414,	00:28:06.6,	Klassen, Mark	M,	32,	Mission
2,	626,	00:33:45.3,	Michels, Brian	M,	30,	Surrey
3,	355,	00:37:36.3,	Helms, Tristan	M,	34,	Langley
4,	604,	00:40:29.3,	Bark, Dylan	M,	30,	White Rock
5,	601,	00:44:38.2,	Anderson, Trevor	M,	38,	Langley 6,
608,		00:48:02.7,	Comrie, Scott	M,	36,	Langley 7,
629,		00:59:16.0,	Park, Scott	M,	36,	Coquitlam

M40-49

1,	393,	00:32:36.5,	Saffold, Josh	M,	40,	Langley
2,	682,	00:42:59.9,	Maginn, Maurice	M,	46,	Langley 3,
638,		00:48:03.7,	Thurston, Trevor	M,	42,	langley 4,
412,		00:53:44.3,	Schasny, Neil	M,	43,	Langley 5,
607,		01:00:14.4,	Charron, Patrick	M,	47,	Abbotsford

M50-59

1,	418,	00:35:27.8,	Kobylanski, Ken	M,	53,	Surrey
2,	634,	00:37:42.1,	Sparks, Don	M,	56,	Surrey 3,
350,		00:48:19.4,	Doyle, Mike	M,	51,	Aldergrove

M60-69

1,	603,	00:41:34.3,	Barichello, Tom	M,	62,	Langley
2,	357,	00:41:58.7,	Hughes-Games, Geoff	M,	60,	Abbotsford
3,	648,	01:20:42.5,	Young, Thomas	M,	63,	Port Coquitlam

M70+

1,	636,	00:46:19.3,	Taylor, Alex	M,	70,	Langley
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M70-79

1,	386,	01:05:38.7,	Paugh, Jim	M,	77,	Coquitlam
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Women's Race 8 K By Category

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F19 & Under

1,	620,	00:33:26.1,	Kalisch, Milena	F,	16,	New Westminster
2,	647,	00:34:39.5,	Yakemchuk, Abigail	F,	14,	Surrey

F20-29

1,	624,	00:50:09.2,	Livingstone, Sarah	F,	26,	Surrey
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F30-39

 1, 425, 00:35:45.9, Mennin, Jaylene F, 35, Langley
 2, 367, 00:40:06.1, Kiers, Rachel F, 38, Langley
 3, 642, 00:47:33.3, Van Den Boogaard, Courtney F, 36, Surrey
 4, 704, 00:49:45.3, Young, Sally F, 36, Port Coquitlam 5,
 627, 00:50:08.7, Moran, Samantha F, 30, White Rock 6, 611,
 00:51:44.7, Ekman, Crystal F, 33, Langley 7, 610, 00:56:31.4,
 Dondo, Stephanie F, 33, Langley 8, 615, 00:57:10.3, Grocott, Vernica
 F, 33, Langley
 9, 640, 00:59:15.4, Trasolini, Stephanie F, 33, Coquitlam
 10, 632, 01:11:53.3, Semora, Julia F, 38, Langley

F40-49

 1, 637, 00:51:46.2, Thurston, Jennifer F, 42, langley
 2, 622, 00:56:08.1, Lee, Nadia F, 40, Abbotsford
 3, 613, 01:00:37.7, Fraser, Yvette F, 40, Langley
 4, 616, 01:02:34.2, Haar, Danette F, 48, Aldergrove
 5, 413, 01:02:38.9, Yarych, Torry F, 40, Abbotsford
 6, 406, 01:02:40.1, Wells, Angela F, 44, Aldergrove
 7, 641, 01:03:24.2, Twyman, Patti F, 49, Maple Ridge
 8, 628, 01:11:52.4, Mullane, Jenny F, 41, Coquitlam

F50-59

 1, 614, 00:38:03.1, Gilbert, Krista F, 51, Surrey
 2, 630, 00:47:43.7, Prokopich, Brenda F, 52, Surrey
 3, 416, 00:49:56.0, Philip, Brenda F, 56, Langley
 4, 678, 00:56:21.8, Laluk, Janet F, 56, Maple Ridge
 5, 623, 00:57:09.4, Lewis, Melba F, 59, Surrey
 6, 635, 01:02:39.5, Strange, Leah F, 50, Abbotsford
 7, 633, 01:05:35.9, Sliziak, Carol F, 57, Langley
 8, 421, 01:15:10.3, Spier, Soraya F, 56, Surrey

F60-69

 1, 631, 00:40:37.3, Race, Chris F, 64, Mission
 2, 619, 00:43:20.5, Huston, Trish F, 61, Abbotsford
 3, 625, 00:53:13.3, Long, Rita F, 64, Coquitlam
 4, 639, 01:13:37.6, Trasolini, Franca F, 60, Coquitlam

F70+

 1, 609, 00:45:07.8, Dilasser, Liz F, 74, Surrey
 2, 385, 01:08:53.0, Paugh, Eleanor F, 74, Coquitlam

Men's Race 16 K By Category

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M20-29

 1, 681, 01:05:04.4, Loewen, Ron M, 28, Langley
 2, 422, 01:11:21.9, Zelter, Chase M, 26, Surrey
 3, 690, 01:36:15.6, Roberts, Dylan M, 23, Pitt Meadows

M30-39

 1, 659, 01:03:38.0, Danek, Bryce M, 34, Langley
 2, 424, 01:11:40.8, Slater, Adam M, 36, Abbotsford

3,	417,	01:24:24.7,	De Pas, Rolando	M,	37,	Langley
4,	423,	01:27:20.4,	Gurniak, Cliff	M,	35,	Surrey
5,	671,	01:54:16.4,	Kamasaki, Shogo	M,	31,	South surrey

M40-49

1,	701,	01:05:21.8,	Walton, Darren	M,	48,	North Vancouver
2,	683,	01:05:33.6,	Meacham, Scott	M,	40,	North Vancouver 3,
692,	01:25:57.6,	Romo, Brad	M,	47,	Surrey	
4,	658,	01:30:43.6,	Cusick, Jon	M,	48,	Fort Langley
5,	673,	01:31:27.0,	Kavanagh, Scott	M,	46,	Surrey
6,	667,	01:34:17.1,	Hermesmann, Chris	M,	47,	delta

M50-59

1,	415,	01:24:56.6,	Amanuel, Solomon	M,	54,	Langley
2,	650,	01:26:59.7,	Antoniazzi, Roger	M,	58,	Surrey
3,	672,	01:29:42.8,	Kavanagh, Doug	M,	50,	Surrey
4,	676,	01:29:58.9,	Kozak, Wes	M,	53,	Surrey
5,	689,	01:45:09.4,	Rideout, Glenn	M,	53,	Surrey

M60-69

1,	691,	01:25:08.3,	Romain, Everett	M,	63,	Coquitlam
2,	703,	01:27:05.7,	Young, Doug	M,	62,	Langley
3,	975,	01:39:27.0,	Robertson, Gord	M,	66,	Surrey
4,	655,	01:58:38.3,	Clare, Andrew	M,	65,	Maple Ridge

Women's Race 16 K By Category

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F19 & Under

1,	688,	01:15:41.2,	Reisdorf, Naomi	F,	17,	Langley
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F20-29

1,	419,	01:07:38.0,	Inglis, Sarah	F,	28,	Langley
2,	663,	01:24:15.7,	Falconer, Alexandra	F,	20,	South surrey
3,	685,	01:58:38.3,	O'Dell, Taya	F,	25,	Maple Ridge

F30-39

1,	652,	01:20:47.7,	Barbour, Treena	F,	33,	Langley
2,	698,	01:26:35.9,	Van Natta, Rachel	F,	30,	Langley
3,	420,	01:49:45.2,	Quinuluisa, Monica	F,	32,	Surrey
4,	675,	01:51:20.4,	Konrad, Glenda	F,	37,	Abbotsford
5,	686,	02:06:49.5,	Ojea, Eve	F,	39,	Surrey

F40-49

1,	392,	01:16:35.4,	Rung, Kathy	F,	43,	Abbotsford
2,	679,	01:26:56.2,	Leighton, Karla	F,	47,	Surrey
3,	696,	01:28:41.5,	Smith, Kimberlee	F,	44,	Surrey
4,	668,	01:29:38.7,	Hermesmann, Jennifer	F,	43,	delta
5,	358,	01:32:43.5,	Huguet, Tammy	F,	46,	Surrey
6,	661,	01:38:26.4,	Dyce, Kimberly	F,	42,	Aldergrove
7,	665,	01:41:00.3,	Harris, Sharon	F,	44,	Agassiz
8,	700,	01:41:30.5,	Voros, Pamela	F,	42,	Surrey
9,	660,	01:47:05.3,	Ducharme, Leanne	F,	44,	White Rock

10,	702,	01:49:13.2,	Wilson, Leah	F, 47,	Abbotsford
11,	684,	01:50:27.7,	Mumford, Kate	F, 40,	Langley
12,	699,	01:50:28.7,	Vettese, Candace	F, 49,	Aldergrove
13,	649,	01:51:19.6,	Alton, Richelle	F, 40,	Chilliwack
14,	651,	01:58:37.4,	Asplin, Katie	F, 43,	Abbotsford
15,	697,	03:09:48.6,	Tymrick, Wendy	F, 49,	Surrey

F50-59

1,	680,	01:20:54.2,	LePard, Kathleen	F, 52,	Vancouver
2,	670,	01:27:24.7,	Johnson, L. Jane	F, 51,	New Westminster
3,	694,	01:30:44.4,	Setter, Lorraine	F, 57,	Surrey

F70+

1,	656,	01:32:19.1,	Clark, Deanna	F, 71,	Vancouver
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