

Aldergrove Ramble

Mar 16, 2025 - Jericho Park

Hosted by Pen Run/ Ocean Athletics

Scroll down to find 4K and 8K results as well as age group results

Overall Order Of Finish

1, 466	Styles, Jayden	Abbotsford	18:07.306	4.8km	M15 & Under	14
2, 415	Hamze, Tamara	Vancouver	19:10.841	4.8km	F15 & Under	12
3, 392	Andrews, Tristan	Abbotsford	21:04.915	4.8km	M16-19	16
4, 391	Andrews, Ella	Abbotsford	22:01.881	4.8km	F15 & Under	13
5, 414	Hamze, Idris	Vancouver	22:59.508	4.8km	M15 & Under	10
6, 424	Konrad, Elise	Abbotsford	23:31.661	4.8km	F15 & Under	13
7, 452	Price, Ken	Langley	26:52.242	4.8km	M50-59	54
8, 416	Helms, Paul	Langley	28:55.375	4.8km	M60-69	68
9, 477	Williams, Christa	Aldergrove	29:30.421	4.8km	F30-39	33
10, 423	Koeleman, Dex	Chilliwack	29:38.155	8km	M30-39	33
11, 453	Rideout, Glenn	Surrey	30:40.345	4.8km	M50-59	59
12, 449	Phillips, Brenda	Fort Langley	30:59.739	4.8km	F60-69	62
13, 464	Spier, Soraya	Surrey	31:02.009	4.8km	F60-69	62
14, 478	Williams, David	Aldergrove	31:59.313	4.8km	M30-39	34
15, 469	Thomas, Laura	Surrey	32:44.853	4.8km	F30-39	38
16, 426	Konrad, Jacob	Abbotsford	33:11.356	4.8km	M15 & Under	9
17, 393	Andrews, Warren	Abbotsford	33:11.843	4.8km	M50-59	53
18, 408	Dhatt, Jai Singh	Abbotsford	33:15.753	4.8km	M15 & Under	9
19, 425	Konrad, Glenda	Abbotsford	33:19.638	4.8km	F40-49	43
20, 432	Millard, Mitch	Abbotsford	33:47.231	8km	M16-19	16
21, 407	Dhatt, Har kaur	Abbotsford	37:36.131	4.8km	F15 & Under	7
22, 465	Steckler, Stephen	Surrey	38:15.815	4.8km	M60-69	62
23, 402	Christensen, Atlin	Langley Twp	38:16.264	4.8km	M15 & Under	10
24, 460	Smith, Amanda	Abbotsford	38:29.670	8km	F40-49	46
25, 458	Scodellaro, Sophie	Langley Twp	39:30.569	4.8km	F30-39	36
26, 419	Hollenbeck, Myles	Abbotsford	39:40.334	8km	M30-39	34
27, 481	Yang, Annelise	Langley Twp	39:56.289	4.8km	F15 & Under	9
28, 403	Christensen, Teaghan	Langley Twp	39:56.737	4.8km	F15 & Under	12
29, 431	McKeating, Kristyne	Langley Twp	40:49.996	4.8km	F50-59	52
30, 171	Keefer, Zoey		40:51.603	4.8km	F15 & Under	13
31, 483	Yang, Olivia	Langley Twp	40:55.035	4.8km	F15 & Under	12
32, 456	Rung, Kathy	Abbotsford	40:56.670	8km	F40-49	49
33, 463	Speirs, Alison	Abbotsford	41:12.976	4.8km	F60-69	60
34, 429	Lewinsky, Alejandro	Abbotsford	41:47.760	4.8km	M70-79	72
35, 479	Wilton, Ken	Brampton	41:51.767	4.8km	M60-69	65
36, 451	Prevost, Leah	Langley	41:57.667	8km	F30-39	33
37, 447	O'Shaughnessy, Sara	White Rock	43:20.111	8km	F40-49	43
38, 404	Cooper, Laura	Langley Twp	44:39.820	4.8km	F40-49	41
39, 482	Yang, Hope	Langley Twp	44:41.592	4.8km	M40-49	45
40, 473	van der Geest, Karla	Langley Twp	44:41.776	4.8km	F40-49	42
41, 409	Diotte, Lucas	Abbotsford	45:46.997	8km	M16-19	18
42, 475	Watkinson, John	Langley Twp	45:50.206	8km	M60-69	63

43, 438	Nilsson, Joakim	Fort Langley	45:59.550	4.8km	M50-59	59
44, 422	Knudsen, Nic	Langley Twp	46:22.936	8km	M30-39	37
45, 474	Van Leeuwen, Wanita	Abbotsford	46:29.769	8km	F50-59	52
46, 472	Tribe, Sharon	abbotsford	46:29.881	8km	F50-59	55
47, 467	Sutton, Gary	Surrey	46:39.578	8km	M50-59	59
48, 454	Rider, David	White Rock	47:05.481	8km	M40-49	45
49, 413	Hammond, Sheila	Langley	47:27.960	8km	F60-69	60
50, 395	Barichello, Tom	Surrey	47:45.136	8km	M60-69	68
51, 390	Amanuel, Solomon	Langley	48:31.912	8km	M60-69	61
52, 394	Antoniazzi, Roger	BC	48:32.932	8km	M60-69	64
53, 480	Wilton, Patti	Brampton	49:00.539	8km	F60-69	60
54, 418	Hollenbeck, Kristi	Abbotsford	50:35.350	8km	F30-39	36
55, 169	Blachuras, Costas		53:30.537	8km	M30-39	38
56, 459	Shapiro, Eric	Mission	53:37.605	8km	M20-29	28
57, 430	Love, Amber	Mission	53:41.838	8km	F40-49	45
58, 64	Manuel, Melody		53:43.521	8km	F60-69	65
59, 15	Schofield, Peter		53:43.999	8km	M60-69	63
60, 88	Glover, Kelli		53:44.821	8km	F50-59	54
61, 420	Hornsby, Reg	Langley	55:04.042	8km	M60-69	62
62, 411	Gill, Parvir	Surrey	57:18.151	8km	F30-39	30
63, 410	Gauvin, Emma	Langley	58:31.768	8km	F30-39	38
64, 399	Buttar, Hardeep	Abbotsford	1:16:28.716	8km	F40-49	41
65, 434	Monkman, Barry	Abbotsford	1:16:29.413	8km	M60-69	65

Results Sorted On Distance

4.8km

1, 466	Styles, Jayden	Abbotsford	18:07.306	M15 & Under	14
2, 415	Hamze, Tamara	Vancouver	19:10.841	F15 & Under	12
3, 392	Andrews, Tristan	Abbotsford	21:04.915	M16-19	16
4, 391	Andrews, Ella	Abbotsford	22:01.881	F15 & Under	13
5, 414	Hamze, Idris	Vancouver	22:59.508	M15 & Under	10
6, 424	Konrad, Elise	Abbotsford	23:31.661	F15 & Under	13
7, 452	Price, Ken	Langley	26:52.242	M50-59	54
8, 416	Helms, Paul	Langley	28:55.375	M60-69	68
9, 477	Williams, Christa	Aldergrove	29:30.421	F30-39	33
10, 453	Rideout, Glenn	Surrey	30:40.345	M50-59	59
11, 449	Phillips, Brenda	Fort Langley	30:59.739	F60-69	62
12, 464	Spier, Soraya	Surrey	31:02.009	F60-69	62
13, 478	Williams, David	Aldergrove	31:59.313	M30-39	34
14, 469	Thomas, Laura	Surrey	32:44.853	F30-39	38
15, 426	Konrad, Jacob	Abbotsford	33:11.356	M15 & Under	9
16, 393	Andrews, Warren	Abbotsford	33:11.843	M50-59	53
17, 408	Dhatt, Jai Singh	Abbotsford	33:15.753	M15 & Under	9
18, 425	Konrad, Glenda	Abbotsford	33:19.638	F40-49	43
19, 407	Dhatt, Har kaur	Abbotsford	37:36.131	F15 & Under	7
20, 465	Steckler, Stephen	Surrey	38:15.815	M60-69	62
21, 402	Christensen, Atlin	Langley Twp	38:16.264	M15 & Under	10

22, 458	Scodellaro, Sophie	Langley Twp	39:30.569	F30-39	36
23, 481	Yang, Annelise	Langley Twp	39:56.289	F15 & Under 9	
24, 403	Christensen, Teaghan	Langley Twp	39:56.737	F15 & Under 12	
25, 431	McKeating, Kristyne	Langley Twp	40:49.996	F50-59	52
26, 171	Keefer, Zoey		40:51.603	F15 & Under 13	
27, 483	Yang, Olivia	Langley Twp	40:55.035	F15 & Under 12	
28, 463	Speirs, Alison	Abbotsford	41:12.976	F60-69	60
29, 429	Lewinsky, Alejandro	Abbotsford	41:47.760	M70-79	72
30, 479	Wilton, Ken	Brampton	41:51.767	M60-69	65
31, 404	Cooper, Laura	Langley Twp	44:39.820	F40-49	41
32, 482	Yang, Hope	Langley Twp	44:41.592	M40-49	45
33, 473	van der Geest, Karla	Langley Twp	44:41.776	F40-49	42
34, 438	Nilsson, Joakim	Fort Langley	45:59.550	M50-59	59

8km

1, 423	Koeleman, Dex	Chilliwack	29:38.155	M30-39	33
2, 432	Millard, Mitch	Abbotsford	33:47.231	M16-19	16
3, 460	Smith, Amanda	Abbotsford	38:29.670	F40-49	46
4, 419	Hollenbeck, Myles	Abbotsford	39:40.334	M30-39	34
5, 456	Rung, Kathy	Abbotsford	40:56.670	F40-49	49
6, 451	Prevost, Leah	Langley	41:57.667	F30-39	33
7, 447	O'Shaughnessy, Sara	White Rock	43:20.111	F40-49	43
8, 409	Diotte, Lucas	Abbotsford	45:46.997	M16-19	18
9, 475	Watkinson, John	Langley Twp	45:50.206	M60-69	63
10, 422	Knudsen, Nic	Langley Twp	46:22.936	M30-39	37
11, 474	Van Leeuwen, Wanita	Abbotsford	46:29.769	F50-59	52
12, 472	Tribe, Sharon	abbotsford	46:29.881	F50-59	55
13, 467	Sutton, Gary	Surrey	46:39.578	M50-59	59
14, 454	Rider, David	White Rock	47:05.481	M40-49	45
15, 413	Hammond, Sheila	Langley	47:27.960	F60-69	60
16, 395	Barichello, Tom	Surrey	47:45.136	M60-69	68
17, 390	Amanuel, Solomon	Langley	48:31.912	M60-69	61
18, 394	Antoniazzi, Roger	BC	48:32.932	M60-69	64
19, 480	Wilton, Patti	Brampton	49:00.539	F60-69	60
20, 418	Hollenbeck, Kristi	Abbotsford	50:35.350	F30-39	36
21, 169	Blachuras, Costas		53:30.537	M30-39	38
22, 459	Shapiro, Eric	Mission	53:37.605	M20-29	28
23, 430	Love, Amber	Mission	53:41.838	F40-49	45
24, 64	Manuel, Melody		53:43.521	F60-69	65
25, 15	Schofield, Peter		53:43.999	M60-69	63
26, 88	Glover, Kelli		53:44.821	F50-59	54
27, 420	Hornsby, Reg	Langley	55:04.042	M60-69	62
28, 411	Gill, Parvir	Surrey	57:18.151	F30-39	30
29, 410	Gauvin, Emma	Langley	58:31.768	F30-39	38
30, 399	Buttar, Hardeep	Abbotsford	1:16:28.716	F40-49	41
31, 434	Monkman, Barry	Abbotsford	1:16:29.413	M60-69	65

Age Group Results

4.8km

15 & Under Women

- 1, 415, Hamze, Tamara, Vancouver, 19:10.841, 12
- 2, 391, Andrews, Ella, Abbotsford, 22:01.881, 13
- 3, 424, Konrad, Elise, Abbotsford, 23:31.661, 13
- 4, 407, Dhatt, Har kaur, Abbotsford, 37:36.131, 7
- 5, 481, Yang, Annelise, Langley Twp, 39:56.289, 9
- 6, 403, Christensen, Teaghan, Langley Twp, 39:56.737, 12
- 7, 171, Keefer, Zoey, , 40:51.603, 13
- 8, 483, Yang, Olivia, Langley Twp, 40:55.035, 12

15 & Under Men

- 1, 466, Styles, Jayden, Abbotsford, 18:07.306, 14
- 2, 414, Hamze, Idris, Vancouver, 22:59.508, 10
- 3, 426, Konrad, Jacob, Abbotsford, 33:11.356, 9
- 4, 408, Dhatt, Jai Singh, Abbotsford, 33:15.753, 9
- 5, 402, Christensen, Atlin, Langley Twp, 38:16.264, 10

16-19 Men

- 1, 392, Andrews, Tristan, Abbotsford, 21:04.915, 16

50-59 Women

- 1, 431, McKeating, Kristyne, Langley Twp, 40:49.996, 52

50-59 Men

- 1, 452, Price, Ken, Langley, 26:52.242, 54
- 2, 453, Rideout, Glenn, Surrey, 30:40.345, 59
- 3, 393, Andrews, Warren, Abbotsford, 33:11.843, 53
- 4, 438, Nilsson, Joakim, Fort Langley, 45:59.550, 59

60-69 Women

- 1, 449, Phillips, Brenda, Fort Langley, 30:59.739, 62
- 2, 464, Spier, Soraya, Surrey, 31:02.009, 62
- 3, 463, Speirs, Alison, Abbotsford, 41:12.976, 60

60-69 Men

- 1, 416, Helms, Paul, Langley, 28:55.375, 68
- 2, 465, Steckler, Stephen, Surrey, 38:15.815, 62
- 3, 479, Wilton, Ken, Brampton, 41:51.767, 65

30-39 Women

- 1, 477, Williams, Christa, Aldergrove, 29:30.421, 33
- 2, 469, Thomas, Laura, Surrey, 32:44.853, 38
- 3, 458, Scodellaro, Sophie, Langley Twp, 39:30.569, 36

30-39 Men

- 1, 478, Williams, David, Aldergrove, 31:59.313, 34

40-49 Women

- 1, 425, Konrad, Glenda, Abbotsford, 33:19.638, 43
- 2, 404, Cooper, Laura, Langley Twp, 44:39.820, 41
- 3, 473, van der Geest, Karla, Langley Twp, 44:41.776, 42

40-49 Men

- 1, 482, Yang, Hope, Langley Twp, 44:41.592, 45

70-79 Men

- 1, 429, Lewinsky, Alejandro, Abbotsford, 41:47.760, 72

8km

30-39 Women

- 1, 451, Prevost, Leah, Langley, 41:57.667, 33
- 2, 418, Hollenbeck, Kristi, Abbotsford, 50:35.350, 36
- 3, 411, Gill, Parvir, Surrey, 57:18.151, 30
- 4, 410, Gauvin, Emma, Langley, 58:31.768, 38

30-39 Men

- 1, 423, Koeleman, Dex, Chilliwack, 29:38.155, 33
- 2, 419, Hollenbeck, Myles, Abbotsford, 39:40.334, 34
- 3, 422, Knudsen, Nic, Langley Twp, 46:22.936, 37
- 4, 169, Blachuras, Costas, , 53:30.537, 38

16-19 Men

- 1, 432, Millard, Mitch, Abbotsford, 33:47.231, 16
- 2, 409, Diotte, Lucas, Abbotsford, 45:46.997, 18

40-49 Women

- 1, 460, Smith, Amanda, Abbotsford, 38:29.670, 46
- 2, 456, Rung, Kathy, Abbotsford, 40:56.670, 49
- 3, 447, O'Shaughnessy, Sara, White Rock, 43:20.111, 43
- 4, 430, Love, Amber, Mission, 53:41.838, 45
- 5, 399, Buttar, Hardeep, Abbotsford, 1:16:28.716, 41

40-49 Men

- 1, 454, Rider, David, White Rock, 47:05.481, 45

60-69 Women

- 1, 413, Hammond, Sheila, Langley, 47:27.960, 60
- 2, 480, Wilton, Patti, Brampton, 49:00.539, 60
- 3, 64, Manuel, Melody, , 53:43.521, 65

60-69 Men

- 1, 475, Watkinson, John, Langley Twp, 45:50.206, 63
- 2, 395, Barichello, Tom, Surrey, 47:45.136, 68
- 3, 390, Amanuel, Solomon, Langley, 48:31.912, 61

- 4, 394, Antoniazzi, Roger, BC, 48:32.932, 64
- 5, 15, Schofield, Peter, , 53:43.999, 63
- 6, 420, Hornsby, Reg, Langley, 55:04.042, 62
- 7, 434, Monkman, Barry, Abbotsford, 1:16:29.413, 65

50-59 Women

- 1, 474, Van Leeuwen, Wanita, Abbotsford, 46:29.769, 52
- 2, 472, Tribe, Sharon, abbotsford, 46:29.881, 55
- 3, 88, Glover, Kelli, , 53:44.821, 54

50-59 Men

- 1, 467, Sutton, Gary, Surrey, 46:39.578, 59

20-29 Men

- 1, 459, Shapiro, Eric, Mission, 53:37.605, 28

4.8km

15 & Under Women

- 1, 415, Hamze, Tamara, Vancouver, 19:10.841, 4.8km, F15 & Under, 12
- 2, 391, Andrews, Ella, Abbotsford, 22:01.881, 4.8km, F15 & Under, 13
- 3, 424, Konrad, Elise, Abbotsford, 23:31.661, 4.8km, F15 & Under, 13
- 4, 407, Dhatt, Har kaur, Abbotsford, 37:36.131, 4.8km, F15 & Under, 7
- 5, 481, Yang, Annelise, Langley Twp, 39:56.289, 4.8km, F15 & Under, 9
- 6, 403, Christensen, Teaghan, Langley Twp, 39:56.737, 4.8km, F15 & Under, 12
- 7, 171, Keefer, Zoey, , 40:51.603, 4.8km, F15 & Under, 13
- 8, 483, Yang, Olivia, Langley Twp, 40:55.035, 4.8km, F15 & Under, 12

15 & Under Men

- 1, 466, Styles, Jayden, Abbotsford, 18:07.306, 4.8km, M15 & Under, 14
- 2, 414, Hamze, Idris, Vancouver, 22:59.508, 4.8km, M15 & Under, 10
- 3, 426, Konrad, Jacob, Abbotsford, 33:11.356, 4.8km, M15 & Under, 9
- 4, 408, Dhatt, Jai Singh, Abbotsford, 33:15.753, 4.8km, M15 & Under, 9
- 5, 402, Christensen, Atlin, Langley Twp, 38:16.264, 4.8km, M15 & Under, 10

16-19 Men

- 1, 392, Andrews, Tristan, Abbotsford, 21:04.915, 4.8km, M16-19, 16

50-59 Women

- 1, 431, McKeating, Kristyne, Langley Twp, 40:49.996, 4.8km, F50-59, 52

50-59 Men

- 1, 452, Price, Ken, Langley, 26:52.242, 4.8km, M50-59, 54
- 2, 453, Rideout, Glenn, Surrey, 30:40.345, 4.8km, M50-59, 59
- 3, 393, Andrews, Warren, Abbotsford, 33:11.843, 4.8km, M50-59, 53
- 4, 438, Nilsson, Joakim, Fort Langley, 45:59.550, 4.8km, M50-59, 59

60-69 Women

- 1, 449, Phillips, Brenda, Fort Langley, 30:59.739, 4.8km, F60-69, 62
- 2, 464, Spier, Soraya, Surrey, 31:02.009, 4.8km, F60-69, 62
- 3, 463, Speirs, Alison, Abbotsford, 41:12.976, 4.8km, F60-69, 60

60-69 Men

- 1, 416, Helms, Paul, Langley, 28:55.375, 4.8km, M60-69, 68
- 2, 465, Steckler, Stephen, Surrey, 38:15.815, 4.8km, M60-69, 62
- 3, 479, Wilton, Ken, Brampton, 41:51.767, 4.8km, M60-69, 65

30-39 Women

1,477,Williams,Christa,Aldergrove,29:30.421,4.8km,F30-39,33
 2,469,Thomas,Laura,Surrey,32:44.853,4.8km,F30-39,38
 3,458,Scodellaro,Sophie,Langley Twp,39:30.569,4.8km,F30-39,36
 30-39 Men
 1,478,Williams,David,Aldergrove,31:59.313,4.8km,M30-39,34
 40-49 Women
 1,425,Konrad,Glenda,Abbotsford,33:19.638,4.8km,F40-49,43
 2,404,Cooper,Laura,Langley Twp,44:39.820,4.8km,F40-49,41
 3,473,van der Geest,Karla,Langley Twp,44:41.776,4.8km,F40-49,42
 40-49 Men
 1,482,Yang,Hope,Langley Twp,44:41.592,4.8km,M40-49,45
 70-79 Men
 1,429,Lewinsky,Alejandro,Abbotsford,41:47.760,4.8km,M70-79,72
 8km
 30-39 Women
 1,451,Prevost,Leah,Langley,41:57.667,8km,F30-39,33
 2,418,Hollenbeck,Kristi,Abbotsford,50:35.350,8km,F30-39,36
 3,411,Gill,Parvir,Surrey,57:18.151,8km,F30-39,30
 4,410,Gauvin,Emma,Langley,58:31.768,8km,F30-39,38
 30-39 Men
 1,423,Koeleman,Dex,Chilliwack,29:38.155,8km,M30-39,33
 2,419,Hollenbeck,Myles,Abbotsford,39:40.334,8km,M30-39,34
 3,422,Knudsen,Nic,Langley Twp,46:22.936,8km,M30-39,37
 4,169,Blachuras,Costas,,53:30.537,8km,M30-39,38
 16-19 Men
 1,432,Millard,Mitch,Abbotsford,33:47.231,8km,M16-19,16
 2,409,Diotte,Lucas,Abbotsford,45:46.997,8km,M16-19,18
 40-49 Women
 1,460,Smith,Amanda,Abbotsford,38:29.670,8km,F40-49,46
 2,456,Rung,Kathy,Abbotsford,40:56.670,8km,F40-49,49
 3,447,O'Shaughnessy,Sara,White Rock,43:20.111,8km,F40-49,43
 4,430,Love,Amber,Mission,53:41.838,8km,F40-49,45
 5,399,Buttar,Hardeep,Abbotsford,1:16:28.716,8km,F40-49,41
 40-49 Men
 1,454,Rider,David,White Rock,47:05.481,8km,M40-49,45
 60-69 Women
 1,413,Hammond,Sheila,Langley,47:27.960,8km,F60-69,60
 2,480,Wilton,Patti,Brampton,49:00.539,8km,F60-69,60
 3,64,Manuel,Melody,,53:43.521,8km,F60-69,65
 60-69 Men
 1,475,Watkinson,John,Langley Twp,45:50.206,8km,M60-69,63
 2,395,Barichello,Tom,Surrey,47:45.136,8km,M60-69,68
 3,390,Amanuel,Solomon,Langley,48:31.912,8km,M60-69,61
 4,394,Antoniazzi,Roger,BC,48:32.932,8km,M60-69,64
 5,15,Schofield,Peter,,53:43.999,8km,M60-69,63
 6,420,Hornsby,Reg,Langley,55:04.042,8km,M60-69,62
 7,434,Monkman,Barry,Abbotsford,1:16:29.413,8km,M60-69,65
 50-59 Women
 1,474,Van Leeuwen,Wanita,Abbotsford,46:29.769,8km,F50-59,52

2,472, Tribe, Sharon, abbotsford, 46:29.881, 8km, F50-59, 55

3, 88, Glover, Kelli, , 53:44.821, 8km, F50-59, 54

50-59 Men

1,467, Sutton, Gary, Surrey, 46:39.578, 8km, M50-59, 59

20-29 Men

1,459, Shapiro, Eric, Mission, 53:37.605, 8km, M20-29, 28