

Fraser Valley Trail Run Series 2010  
Houston Trail Footrace 5 & 10k  
Langley, February 7, 2010

**5km Results**

Place	Bib	First Name	Last Name	Category	City	Time
1	573	Tyler	Ginther	M40-49	Surrey	17.51
2	197	Raffi	Antepayan	M50-59	Coquitlam	19.20
3	564	Prabhjhot	Saini	F20-39	Surrey	19.56
4	560	Jack	Williams	M19 & Under	Surrey	19.57
5	542	Stewart	Scott	M50-59	Surrey	20.17
6	939	Chris	Scott	M20-39	Surrey	21.33
7	200	Donna	Denny	F40-49	Surrey	23.21
8	935	Dave	Palmer	M60-69	Langley	23.41
9	581	Doreen	Ward	F40-49	Langley	23.53
10	898	Paula	Hillier	F50-59	Langley	24.00
11	193	Danny	Groening	M40-49	Surrey	24.07
12	888	Evan	Durrant	M19 & Under	Langley	24.15
13	558	Scott	Abbot	M40-49	Langley	24.41
14	874	Patrick	Charron	M20-39	Surrey	24.54
15	927	Liam	McKinnon	M19 & Under	Langley	25.35
16	934	Michele	Okazaki	F40-49	Langley	25.40
17	545	Janis	Brunke	F20-39	Langley	26.05
18	925	Michael	McComb	M20-39	Surrey	27.08
19	890	Tracey	Falconer	F40-49	White Rock	27.29
20	886	Mike	Doyle	M40-49	Aldergrove	27.56
21	931	Sue	Noble	F40-49	White Rock	27.59
22	921	Danielle	Lespinay	F19 & Under	Langley	28.01
23	881	Carolyn	Dechaux	F40-49	Langley	28.17
24	946	Kim	Stepto	F40-49	Langley	28.30
25	904	Ian	Hunter	M19 & Under	New Westminster	28.32
26	923	Jana	Lundy	F60-69	Surrey	28.33
27	544	Henny	Brunke	F50-59	Langley	28.34
28	884	Ben	Dobranowski	M50-59	Surrey	28.36
29	926	Millie	McKinnon	F40-49	Langley	28.45
30	551	Andrea	Boyes	F20-39	Surrey	28.47
31	574	Peter	Tilley	M50-59	White Rock	28.50
32	156	David	Bachand	M40-49	Surrey	28.51
33	552	Melissa	Rossi	F20-39	Surrey	29.08
34	562	Roxann	Brown	F40-49	Abbotsford	29.15
35	924	Sara	Mayer	F40-49	Surrey	29.21
36	879	Ross	Davidson	M60-69	Surrey	29.45
37	910	Pam	Kemps	F40-49	Langley	30.18
38	882	Dave	Dechaux	M40-49	Langley	30.20
39	555	Kara	Bertram	F20-39	Chilliwack	30.38
40	556	Kyla	Balzar	F20-39	Abbotsford	30.38
41	878	Rob	Daniel	M70+	Burnaby	30.49
42	587	Stuart	Hings	M40-49	Surrey	31.50
43	905	Aidan	Hunter	M19 & Under	New Westminster	32.19
44	938	Bridie	Robson	F40-49	Langley	32.35
45	883	Emily	Dechaux	F19 & Under	Langley	33.33
46	746	Marnie	Silver	F20-39	Surrey	34.00
47	537	Howard	Green	M40-49	Surrey	34.00
48	582	Irene	Lambert	F40-49	Langley	34.03
49	566	Barb	Gingrich	F40-49	Surrey	34.32
50	936	Amy-Leigh	Poitras	F20-39	Surrey	35.00
51	535	Noah	Sturdy	M19 & Under	Surrey	35.07
52	536	Robyn	Sturdy	F20-39	Surrey	35.08
53	154	Becky	Kiselbach	F20-39	Surrey	36.12
54	493	Louisa	Scarlett	F20-39	Vancouver	36.13
55	572	Nina	Adusei	F20-39	Delta	36.14
56	155	Matthew	Kiselbach	M20-39	Surrey	36.14

57	561	Les	Giles	M50-59	Maple Ridge	37.37
58	957	Holly	Trickett	F20-39	Langley	39.22
59	563	Nadia	Lee	F20-39	Mission	39.22
60	862	Amanda	Lespinay	F20-39	Langley	39.27
61	871	Anna	Chambers	F20-39	Surrey	41.54
62	872	Charlotte	Chambers	F19 & Under	Surrey	41.57
63	953	Nathalia	Theyer-McComb	F20-39	Surrey	43.55
64	158	Sarah	Hudec	F20-39	Burnaby	47.18
65	192	Hartney	Melanig	F20-39	Surrey	47.18
66	920	Annette	Lefebvre	F50-59	Port Coquitlam	52.57
67	153	Karen	Smith	F50-59	Surrey	54.22

### 10km Results

Place	Bib	First Name	Last Name	Category	City	Time
1	554	Mark	Sherman	M40-49	Surrey	38.00
2	546	Darren	Mealing	M20-39	Surrey	40.00
3	917	Graham	Laurie	M19 & Under	Mission	40.17
4	887	Rob	Durrant	M40-49	Langley	40.24
5	193	Gavin	Heath	M19 & Under	Surrey	40.48
6	565	Michael	Butler	M19 & Under	Delta	41.34
7	896	Eric	Helms	M20-39	Langley	41.38
8	915	Rob	Lang	M50-59	Delta	41.50
9	199	Darcy	Lainchbury	M20-39	Chilliwack	43.01
10	918	Eric	Laurie	M20-39	Mission	43.24
11	198	Tyler	Baruya	M20-39	Rosedale	43.38
12	567	Aaron	Aspinal	M20-39	White Rock	44.43
13	472	Darryl	Looker	M40-49	Burnaby	44.53
14	569	Rod	Campbell	M40-49	Vancouver	45.12
15	540	Kim	Doerksen	F19 & Under	Abbotsford	45.20
16	192	Corrine	Issel	F20-39	White Rock	45.32
17	194	Paul	Wood	M60-69	Surrey	46.33
18	867	Tom	Barichello	M50-59	Langley	46.34
19	903	Charlie	Hunter	M40-49	New Westminster	46.48
20	550	Geoff	Hughes-Games	M50-59	Abbotsford	47.00
21	907	Charlene	Janzen	F20-39	Langley	47.31
22	919	Randy	Laurie	M40-49	Mission	47.41
23	538	Christine	Wall	F19 & Under	Abbotsford	48.18
24	933	Michael	O'Grady	M60-69	White Rock	48.48
25	195	Ingo	Jackisch	M50-59	North Vancouver	49.55
26	584	Darren	Walton	M20-39	Surrey	50.58
27	942	Don	Sparks	M40-49	Surrey	51.12
28	958	Garry	Verheyden	M40-49	Aldergrove	51.19
29	893	Krista	Gilbert	F40-49	Surrey	51.55
30	736	Thomas	Wan	M20-39	Vancouver	51.58
31	548	Dan	Balback	M20-39	Chilliwack	51.59
32	911	Howard	Kettner	M50-59	Surrey	52.02
33	586	Cindylee	Wagar	F40-49	Vancouver	52.07
34	588	Ernie	Fuller	M60-69	White Rock	52.12
35	954	Helen	Tilley	F40-49	White Rock	52.13
36	891	Gordon	Flett	M40-49	Vancouver	52.14
37	559	Ed	Desrochers	M50-59	Surrey	53.18
38	191	Iain	Gardner	M20-39	Chilliwack	53.28
39	950	Simon	Tanner	M50-59	Coquitlam	53.29
40	557	Andrew	Brink	M50-59	Surrey	53.37
41	908	Mile	Jovanovic	M50-59	Surrey	53.42
42	962	Larry	Walsh	M20-39	Surrey	53.56
43	864	Brian	Baarda	M40-49	Surrey	54.06
44	547	Rob	Chiasson	M40-49	Surrey	55.01
45	539	Susan	Northey	F40-49	Chilliwack	55.21
46	895	Paul	Helms	M50-59	Langley	56.04
47	937	Gord	Robertson	M50-59	Surrey	56.08
48	959	Heidi	Verheyden	F20-39	Aldergrove	56.29
49	944	Stephen	Steckler	M40-49	Surrey	57.01

50	952	Ian	Tate	M40-49	Surrey	57.12
51	866	Gordon	Barber	M50-59	Delta	57.23
52	894	Kevin	Heath	M50-59	Surrey	57.51
53	906	Andrew	Janzen	M40-49	Langley	58.30
54	583	Catherine	Main	F50-59	Surrey	58.40
55	892	William	George	M70+	Abbotsford	59.07
56	553	Jessoca	Glen	F20-39	Chilliwack	59.08
57	549	Chantel	Balback	F20-39	Chilliwack	59.08
58	570	Rick	Williams	M60-69	Langley	59.44
59	585	Wade	Wager	M40-49	Vancouver	59.47
60	913	Rita	Klassen	F20-39	Langley	59.51
61	932	Frances	O'Grady	F60-69	White Rock	59.52
62	922	Louisa	Lorimer	F50-59	White Rock	60.13
63	861	Cheryl	Abbot	F20-39	Langley	60.27
64	865	Allan	Bailey	M50-59	Surrey	60.28
65	541	Melanie	Chernoff	F20-39	Langley	60.28
66	889	Susan	Eaton	F40-49	Abbotsford	60.30
67	568	Lisa	Oswald-Coates	F20-39	Langley	60.36
68	943	Shalagh	Speilman	F20-39	Langley	60.41
69	863	Jasbir	Atwal	F50-59	Delta	60.41
70	956	Glenn	Townsend	M20-39	Langley	60.54
71	13	Monica	Baarda	F40-49	Surrey	61.00
72	196	Tamara	Robertson	F20-39	Langley	63.05
73	869	Shelley	Cameron	F40-49	Langley	63.08
74	897	Jennifer	Hiebert	F50-59	Coquitlam	65.43
75	868	Danny	Burggraeve	M50-59	Port Coquitlam	66.05
76	571	Greg	Forbes-King	M50-59	Surrey	66.55
77	183	Teresa	Dockstader	F40-49	White Rock	68.47
78	900	Kim	Hosler	F40-49	Langley	68.47
79	914	Melanie	Laird	F40-49	Langley	68.50
80	901	Terri	Hough	F40-49	Surrey	69.17
81	876	Carol	Crossen	F40-49	Surrey	69.18
82	948	Leah	Strange	F40-49	Surrey	70.16
83	741	Sandy	Zalit	F40-49	Surrey	70.16
84	945	Frances	Steinfeld	F70+	Aldergrove	70.47
85	873	Marilyn	Chang	F20-39	Vancouver	70.57
86	941	Adriana	Scuka	F40-49	Abbotsford	73.57
87	912	Coral	Kettner	F40-49	Surrey	75.46
88	543	Jackson	Chernoff	M60-69	Langley	78.02