

Grailquest X-C Race

Sept 25, 2004

Ft St John, BC

5 km Races

GR 10 - 12 BOYS

1	Deneb Carias	18:23.6
2	Sean Hawryluk	18:34.1
3	Michael Apps	19:41.5
4	Justin Black	19:52.9
5	Shane Vandewater	19:54.3
6	Brian Sherk	20:09.6
7	Sebastian Miller	20:21.7
8	Bittu Rupana	20:35.9
9	Ben Dunsmuir	21:02.5
10	Ted Sloan	21:27.0
11	Jason Hogberg	21:31.3
12	Jason Towes	22:05.5
13	Galen Killoran	22:11.8
14	Luke Rounds	22:26.2
15	Shawn Olsen	22:49.2
16	Bruce Thomi	23:17.2
17	Ernst Cedar	24:03.7
18	Mitchell Soeling	24:29.5
19	Shay Guscott	24:41.2
20	Ryan Clement	24:55.5
21	Sheldon Patry	28:16.7
22	Matt Tekhman	30:16.2
23	Matt Wilson	32:40.9
24	Justin Ma	32:41.5

OPEN WOMEN (20 - 39)

1	Brenda Dryer	25:36.9
2	Tammy Zubyck	25:38.5
3	Birgit Sharman	26:47.2
4	Becky Scholten	27:00.6
5	Lisa Verbisky	27:26.0
6	Kristy Sloan	27:30.5
7	Lisa Irvine	29:49.9
8	Angela Hallaert	32:14.6
9	Deirdre McDonald	34:08.8
10	Sara Kolkea	34:09.6

OPEN MEN (20 - 39)

1	Kyle Reynolds	18:52.8
2	Trevor Kolkea	19:08.3
3	Trevor Clifford	19:59.2
4	Gord Zubyck	21:33.2
5	Keith Koebel	22:32.0
6	Ki Bum Kim	22:46.7

MASTER MEN (40+)

1	Duncan Banks	20:55.0
2	Rafael Carias	20:56.3
3	Eric Wolf	21:52.1
4	Bill Corcoran	22:35.2
5	Gordon Harris	23:37.0
6	Dave Sloan	26:33.0
7	James Maxwell	27:44.9
8	Rob Apps	27:48.3
9	Dean Lowry	28:38.8
10	Rick Scott	32:50.2

MASTER WOMEN (40+)

1	Alison Tucker	24:16.4
2	Barbara Polehoykie	29:54.1

3 km Races

Gr. 1 - 3 Girls

1	Michaela Becnies	09:22.0
2	Megan Gabriel	09:55.9
3	Morgan Sipma	10:07.4

Gr. 4 - 6 Girls

1	Carina Helm	06:18.3
2	Sheena Walkley	06:36.4
3	Natalie Sharman	06:51.8
4	Laura Sharman	06:54.6
5	Sandra Olsen	07:34.7
6	Amanda Kruse	07:41.2
7	Amy Sipma	08:22.7
8	Devon L. Opp	09:03.0
9	Natalia Elnamel	10:52.4
10	Signe Mattson	10:57.7
11	Rebecca Mattson	10:59.4
12	Dallas Holton	11:02.1
13	Samantha Comer	11:19.8

Gr. 7 - 9 Girls

1	Serreanna Sluggett	14:59.0
2	Tiffany Hetenyi	16:26.0
3	Esther Walkley	16:50.0
4	Darci Ann Talmey	16:59.0
5	Laurel Apps	17:00.0
6	Lara Gibson	18:46.0

Gr. 10 - 12 Girls

1	Emily Palibroda	12:59.0
2	Sara Irvine	13:01.0
3	Larissa Lukac	13:37.0
4	Sara Scott	14:19.0
5	Nelda Anderson	15:03.0
6	Cara Scott	15:24.0
7	Shauna Telford	16:31.0
8	Cheryl Dahlen	17:16.0
9	Melissa Hetenyi	17:33.0

Gr. 4 - 6 Boys

1	Sebastien Piper	06:00.3
2	Shane Kruse	06:16.9
3	Tad Morrison	06:20.2
4	Martin Palibroda	06:22.5
5	Daniel Lukac	06:36.4
6	Hayden Stebing	06:52.7
7	Adam Sipma	07:00.4
8	Brandon Schwab	07:24.5
9	Wezen Carias	07:53.0
10	Tanner McCullough	08:00.1
11	Alex Scott	08:52.0
12	Cajun Bardgett	10:00.2

Gr. 7 - 9 Boys

1	Daniel Helm	12:46.0
2	Everett Piper	13:17.9
3	Gregory Ward	13:50.9
4	Court Jacobs	14:02.7
5	Dillon Popkes	14:05.2
6	Cole Morrison	14:43.0
7	Braydon Hamilton	15:08.5
8	Reid Hill	15:14.1
9	Thomas Schwab	16:09.0
10	Asher Klassen	16:17.8
11	Zach Maxwell	16:27.3
12	James Robertson	16:37.0
13	Matthew Comer	25:55.6