

KEIR FORSTER

Background:

I was born in New Westminster, B.C. and lived in Port Moody until I was nine years old. In a sudden chain of events my family packed up and headed to California. After completing high school in the states, I returned to B.C. to pursue an education and continue my athletic dreams. I arrived at SFU in 2008 and finished my athletic and academic careers in the fall of 2013. I'm currently pursuing further education in Health Sciences at the British Columbia Institute of Technology.

Athletics:

- Simon Fraser University Multiple N.A.I.A, A.I.I, G.N.A.C, Team Member
- A.I.I. Cross Country Conference Champion: November 8, 2008
- N.A.I.A. A.I.I. Most Outstanding Athlete: Men's Cross Country November 8, 2008
- G.N.A.C Men's Indoor Track and Field Distance Medley Relay Champion: 2012
- Simon Fraser University Men's Cross Country Captain: 2012

Coach:

- Jerome Outreach Society 2012-Present

800m - 1:56.04

1500m - 3:57.08

3000m – 8:32.16

5000m – 14:47.26

8000m (XC) – 25:09.86

10,000m (XC) – 31:41.68

