

Date	Sanction	Event Name	Location	Contact	Phone	Website	Email
Jan 27	s	Diez Vista Short Haul	Port Moody	Paul Slaymaker	604-461-8330	www.diezvista.itgo.com	pslayer@telus.net
Feb 24	s	Diez Vista Up & Over Haul	Port Moody	Paul Slaymaker	604-461-8330	www.diezvista.itgo.com	pslayer@telus.net
Mar 2	s	Tred the Shed	Delta	Nancy Hamilton	604-572-8081		
Mar 23	s	My First Trail Race	North Vancouver	Eric Langhjelm	604-921-8906	www.ironlung.ca	info@ironlung.ca
Mar 30	s	RunInn Sane	Vancouver	The Run Inn	604-267-7866	www.runinn.com	
Mar 30	s	IAAF World XC Championships	Edinburgh, SCO			www.athletics.ca	
Apr 5	s	Diez Vista Trail Run	Port Moody	Paul Slaymaker	604-461-8330	www.diezvista.itgo.com	pslayer@telus.net
Apr 12	s	Reach the Peak	North Vancouver	Eric Langhjelm	604-921-8906	www.ironlung.ca	info@ironlung.ca
May 3	s	Harriers Elk/Beaver Ultras	Victoria	Carlos Castillo	250-472-3327	pih.bc.ca/elk-beaver-ultra.htm	czc@shaw.ca
May 4	s	Popeye's 10K Run	Coquitlam	Tom Prelowski	604-782-5432	www.trioevents.ca	info@trioevents.ca
May 28	s	Rhythm of Life 10K	Burnaby	Peter Matino	604-506-4909		peter.matino@fraserhealth.ca
May 31	s	Tender Knee / Iron Knee	North Vancouver	Eric Langhjelm	604-921-8906	www.ironlung.ca	info@ironlung.ca
Jun 7	s	The Scorched Sole	Kelowna	Shirlee Ross	250-862-2515	members.shaw.ca/scorchedsole/	shirleeross@shaw.ca
Jun 15	s	Paavo Nurmi Run	Burnaby	Frank Myrskog	604-767-0774		
Jun 21	s	Goat's Run to Naramata	Kelowna to Naramata	Ron Lait	250-317-1686		ron.lait@westburne.ca
Jun 22	s	Comfortably Numb	Whistler	Kevin Titus	604-894-5950	www.comfortablynumb.ca	info@comfortablynumb.ca
Jun 22	s	Popeye's 10K Run	Port Moody	Tom Prelowski	604-782-5432	www.trioevents.ca	info@trioevents.ca
Jul 12	s	Squamish Thunder	Squamish	Eric Langhjelm	604-921-8906	www.ironlung.ca	info@ironlung.ca
Jul 19	s	Peak Challenge	North Vancouver	Eric Langhjelm	604-921-8906	www.ironlung.ca	info@ironlung.ca
Aug 9	s	Stormy Ultramarathon	Squamish	Wendy Montgomery	604-616-4825	www.stormytrailrace.ca	wendy@stormytrailrace.ca
Aug 9	s	Emperor's Challenge	Tumbler Ridge	Doug Fourester	250-242-5870	www.emperorschallenge.com/	emperor@pris.ca
Aug 10	s	XTC Campbell River	Campbell River	Teri Taylor	604-298-6870	www.xtccanada.com	info@xtccanada.com
Aug 24	s	That Goofy XC Run	Kamloops	Sherry Maligaspe	250-374-8492	www.interiorrunning.ca	maligaspe@shaw.ca
Aug 31	s	Walk in the Park Ultra	Kamloops	Chris Larouche	250-374-8072	members.shaw.ca/witp/	witp@shaw.ca
Sep 6	s	Seven Summits Trail Race	Rossland	Jamie McLean	250-231-1112	www.sevensummitsrace.com	7summits@redresort.com
Sep 6	s	XTC Vancouver	Port Moody	Teri Taylor	604-298-6870	www.xtccanada.com	info@xtccanada.com
Sep 7	s	Loop the Lakes	Squamish	Roger Shirt	604-898-3872	www.loophelakes.com	info@loophelakes.com
Sep 13	s	Mad Moose Marathon	Prince George	Richard Stewart	250-964-7762	www.madmoosemarathon.ca	rstewart@hsjlawyers.com
Sep 20	s	Pinetree Classic	Coquitlam	Ruby Willis	604-942-1140	www.phoenixrunningclub.com	jthomson@telus.net
Sep 20	s	Grail Quest	Fort St. John	Grant Spelsberg	250-785-5733		gpcspelsberg@shaw.ca
Sep 21	s	Alberni Cross Country Run	Port Alberni	Dave Sherlock	250-723-3265	www.pentrack.org/CrossCountry/CrossCountry.html	djsherlock@shaw.ca
Sep 27	s	Bazett Farms Cross Country	Duncan	Sheron Chrysler	250-748-8126	www.pentrack.org/CrossCountry/CrossCountry.html	lacesup@shaw.ca
Sep 27	s	South Fraser Cross Country	Surrey	Jim Clifford	604-270-9324	www.southfraser.org/meets/meets.html	j.clifford@shaw.ca
Sep 27	s	Tumbler Ridge Ramble	Tumbler Ridge	Charles Helm	250-242-3984		drchelm@pris.bc.ca
Sep 28	s	Reino Keski-Salmi Memorial	Salmon Arm	Dave Wallensteen	250-832-7740	www.interiorrunning.ca	dwallen@telus.net
Sep 28	s	Tender Lung / Iron Lung	North Vancouver	Eric Langhjelm	604-921-8906	www.ironlung.ca	info@ironlung.ca
Oct 4	s	BC Elementary & Jnr High Schools	Richmond	Ken Johns	604-275-0708	www.kajaks.org	penjohns.shaw.ca
Oct 11	s	Frank Reynolds Memorial	N. Vancouver	Debbie Stephenson	604-988-9241	www.norwesterstandf.com	alohayvr@shaw.ca
Oct 12	s	Oceanside Cross Country	Qualicum Beach	Ray Riva	250-752-6840	www.pentrack.org/CrossCountry/CrossCountry.html	raylesriva@hotmail.com
Oct 12	s	Campbell Mountain Trail Run	Penticton	Bill Head	250-492-6107	www.interiorrunning.ca	billhead@shaw.ca
Oct 18	s	Crescent Park Cross Country	White Rock	Tom Hastie	604-536-1394	www.sunrunners.ca	hastie71@hotmail.com
Oct 19	s	Peninsula Cross Country Challenge	Central Saanich	Tom Dingle	250-656-3341	www.pentrack.org/CrossCountry/CrossCountry.html	tdingle@uvic.ca
Oct 19	s	Larry Nicholas Memorial	Kelowna	Norm Drake	250-763-5535	www.interiorrunning.ca	Norm.Drake@gov.bc.ca
Oct 19	s	Sechelt Fall Tune-Up	Sechelt	Teresa Nightingale	1-877-493-5163	www.falltuneup.com	info@falltuneup.com
Oct 25	s	BC Cross Country Championships		BC Athletics	604-737-3177	www.bcathletics.org/main/xccchamps.htm	
Oct 26	s	Summerland Cross Country	Summerland	Ron Sherk		www.interiorrunning.ca	ronsherk@yahoo.ca
Oct 26	s	Hallow's Eve Trail Race	North Vancouver	Eric Langhjelm	604-921-8906	www.ironlung.ca	info@ironlung.ca
Oct 28	s	Halloween Howl X-Country	West Vancouver	Noelle Davis	604-926-0521	www.westvantrack.com	wvtfc_office@telus.net
Nov 2	s	Bill English Cross Country	Nanaimo	Nick Bassett	250-754-3833	www.pentrack.org/CrossCountry/CrossCountry.html	nickbassett1952@yahoo.com
Nov 2	s	Kal Park Cross Country	Vernon	Myra Mattila		www.interiorrunning.ca	myramattila@telus.net
Nov 11	s	Remembrance Day	Vancouver	Jerry Tighe	604-733-4412	www.hersheyharriers.com	jerrytighe@yahoo.com
Nov 11	s	Harriers Thetis Lake 20K Relay	Victoria	Bob Reid	250-384-1520	pih.bc.ca	breid@islandnet.com
Nov 16	s	Victoria Cross Country	Victoria	Phil Nelson	250-474-4236	www.pentrack.org/CrossCountry/CrossCountry.html	vips@telus.net
Nov 29	s	Harriers Gunner Shaw Cross Country	Victoria	Bob Reid	250-384-1520	pih.bc.ca	breid@islandnet.com
Nov 30	s	The RunInn the Woods	Vancouver	The Run Inn	604-267-7866	www.runinn.com	
Dec 6	s	Canadian National XC Championships	Guelph				
Dec 6	s	Gunner Shaw Memorial	Vancouver	Roger Brownsey	604-822-3810	www.lgrr.com/gshaw/	rogerb@interchange.ubc.ca
Dec 14	s	Watershed Cross Country Ramble	Delta	Phil Ellis	604-531-7879	www.peninsularunners.com/events/xcramble.htm	peninsularunners_pr@telus.net

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Revisions and Additions, please contact Maurice Wilson (604 737-3174, [maurice.wilson@bcathletics.org](mailto:maurice.wilson@bcathletics.org))