

## Distance Report

## Coaches:

Here is the best marks in the distance events for 2009. Youth to Senior. Steeplechase to 10,000m. If there is no 2nd name in an event then only 1 person had a mark in 2009. For comparison sake the road events at 5k, 10k and the marathon have been inputed. The data shows a lack of depth in the older age groups. Some performances could be considered weak. Some runners who are successful at cross country and road need to be encouraged and coached to race on the track.

Would be interesting to compare 1979, 1989, 1999, 2009 rankings. Some discussion should be considered in order to slow down the slide in quality and quantity of marks.

Jerry Tighe, Graeme Fell

## 3000m YOUTH

## LEGAL

3000m YTH 8:52.26 3 Kent Justin 92 SFTC Burnaby 06/06/2009

3000m YTH 8:57.45 4 Clerke Connor 92 UN-BC Burnaby 06/06/2009

## 3000m JUNIOR

## LEGAL

3000m JR 8:48.66 1 Bruchet Luc 91 OA Burnaby 06/06/2009

3000m JR 8:49.89 1 Haight Dylan 91 PATH Victoria 05/20/2009

3000m JR 8:51.86 2 Bonwick Marc 91 VTFC Burnaby 06/06/2009

## 3000m SENIOR

## LEGAL

3000m SR 8:53.89 1 Chester Sean 84 UN-BC Comox 06/28/2009

3000m SR 9:08.15 1 Michie Tom 86 UN-BC Victoria 05/30/2009

## 5000m JUNIOR

## LEGAL

5000m JR 15:37.47 13 Haight Dylan 91 BCAT Charlottetown, PEI 08/24/2009

## 5000m SENIOR

## LEGAL

5000m SR 14:02.80 1 McKenzie Ryan 78 UN-BC Victoria 05/15/2009

5000m SR 14:19.01 1 Levins Cameron 89 CVC Stanford, CA 03/28/2009

5000m SR 14:21.70 2 Simpson Scott 79 PIHRT Victoria 05/15/2009

## BC Mens 2009 5K Rankings (16:00 cutoff)

14:23 Ryan McKenzie Jun 16 Chemainus

14:28 Scott Simpson Jun 12 Longest Day

14:37 Simon Whitfield Mar 08 Bazan Bay

14:44 Jon Brown Sep 13 London, UK

## 10000m SENIOR

## LEGAL

10000m SR 29:12.20 15F2 Osaduik Steve 79 PIHRT Stanford, CA 05/02/2009

10000m SR 29:36.50 21F2 Mosley Richard 82 PIHRT Palo Alto, CA 03/28/2009

10000m SR 31:05.54 6 Simpson Scott 79 PIHRT Toronto 06/28/2009

## BC Mens 2009 10K Rankings (33:00 cutoff)

29:38 Jon Brown May 17 Manchester, ENG  
 29:41a Richard Mosley Apr 19 Sun Run  
 30:08a Scott Simpson Apr 19 Sun Run  
 30:21 Ryan McKenzie Apr 26 Times Colonist  
 BC Mens 2009 Marathon Rankings (2:45:00 cutoff)

2:22:42 Steve Osaduik Oct 11 RVM  
 2:24:04 David Jackson Sep 27 Toronto, ON  
 2:24:37 Jason Loutitt Jun 27 Seattle, WA  
 2:27:58 Graeme Wilson Oct 11 RVM

#### 1500m SC YOUTH LEGAL

1500m Steeplechase YTH 4:42.00 1 Golf-Myers Jonas 92 CVAC Victoria 05/09/2009  
 1500m Steeplechase YTH 4:47.86 1 Donnelly Braeden 93 LM Langley 05/14/2009

#### 2000m SC 2000m SC YOUTH LEGAL

2000m Steeplechase YTH 6:01.78 2 Kent Justin 92 SFTC Langley 06/21/2009  
 2000m Steeplechase YTH 6:15.31 5 Golf-Myers Jonas 92 CVAC Burnaby 06/06/2009  
 2000m Steeplechase YTH 6:20.44 6 Bruchet Jake 93 OA Burnaby 06/06/2009

#### 3000m SC JUNIOR LEGAL

3000m Steeplechase JR 9:23.34 3 Haight Dylan 91 PATH Portland, OR 06/13/2009  
 3000m Steeplechase JR 10:25.70 2 Bonwick Marc 91 VTFC Abbotsford 07/12/2009

#### 3000m SC SENIOR LEGAL

3000m Steeplechase SR 8:45.87 13 Winter Chris 86 UN-BC Fayetteville, AR 06/13/2009

#### 3000m YOUTH LEGAL

3000m YTH 10:33.60 1 Roskelley Courtney 93 VFTC Victoria 05/21/2009  
 3000m YTH 10:37.99 1 Butterworth Alycia 92 OTFC Comox 06/28/2009  
 3000m YTH 10:41.50 1 Schoch Sasha 93 VAAA Abbotsford 07/12/2009

#### 3000m JUNIOR LEGAL

3000m JR 10:22.38 1 Walkow Samantha 91 OA Burnaby 06/06/2009  
 3000m JR 10:33.49 2 Woodward Maggie 91 PATH Burnaby 06/06/2009  
 3000m JR 10:44.47 5 Digby Katherine 91 TBIRD Burnaby 06/06/2009

#### 3000m SENIOR LEGAL

3000m SR 9:23.4 1 Campbell Anita 87 UN-BC Seattle, WA 05/02/2009  
 3000m SR 9:54.0 1 MacGregor Meredith 85 VR Burnaby 04/04/2009

#### 5000m JUNIOR LEGAL

5000m JR 18:47.06 4 Woodward Maggie 91 PATH Abbotsford 07/12/2009

## 5000m SENIOR

## LEGAL

5000m SR 15:45.87 7 Campbell Anita 87 UN-BC Walnut, CA 04/17/2009  
 5000m SR 16:59.79 3 Cliff Rachel 88 BCAT Charlottetown, PEI 08/24/2009  
 5000m SR 17:13.15 1 Wodak Natasha 81 UN-BC Abbotsford 07/12/2009

## BC Womens 2009 5K Rankings (18:30 cutoff)

16:49 Lucy Smith Jun 16 Chemainus  
 16:54 Cheryl Murphy Mar 14 St Patrick's Day  
 17:02 Lauren Groves Mar 08 Bazan Bay  
 17:07 Kristina Rody Mar 14 St Patrick's Day  
 17:13 Julia Howard Nov 15 Fall Classic  
 17:20 Natasha Wodak Jun 12 Longest Day

## 10000m SENIOR

## LEGAL

10000m SR 34:13.31 1 Campbell Anita 87 UN-BC Eugene, OR 05/17/2009

## BC Womens 2009 10K Rankings (38:00 cutoff)

34:27a Kristina Rody Apr 19 Sun Run  
 34:29a Cheryl Murphy Apr 19 Sun Run  
 34:33a Lucy Smith Apr 19 Sun Run  
 35:25 Natasha Wodak Oct 17 Toronto, ON  
 35:39 Marilyn Arsenault Jun 14 Balloch, SCO

## BC Womens 2009 Marathon Rankings (3:10:00 cutoff)

2:44:01 Cheryl Murphy Oct 11 RVM  
 2:47:27 Katherine Moore Oct 11 RVM  
 2:48:18 Suzanne Evans Oct 11 RVM  
 2:51:45 Gillian Moody Oct 11 RVM  
 2:52:03 Anne-Marie Madden Oct 11 RVM

## 1500m SC YOUTH

## LEGAL

1500m Steeplechase YTH 5:11.66 1 Butterworth Alycia 92 OTFC Victoria 05/09/2009  
 1500m Steeplechase YTH 5:27.46 7 Roskelley Courtney 93 VFTC Burnaby 06/06/2009  
 1500m Steeplechase YTH 5:45.05 13 Potter Erin 92 TBIRD Burnaby 06/06/2009

## 2000m SC YOUTH

## LEGAL

2000m Steeplechase YTH 7:09.30 1 Butterworth Alycia 92 BCAT Sherbrooke 08/09/2009  
 2000m Steeplechase YTH 7:49.77 2 Roskelley Courtney 93 VTFC Abbotsford 07/12/2009

## 2000m SC JUNIOR

## LEGAL

2000m Steeplechase JR 7:07.35 1 Walkow Samantha 91 OA Abbotsford 07/12/2009  
 2000m Steeplechase JR 7:11.67 1 Wall Christine 90 VR Burnaby 07/05/2009  
 2000m Steeplechase JR 7:22.33 2 Draper Laurel 91 PATH Abbotsford 07/12/2009

**3000m SC****3000m SC JUNIOR****3000m SC SENIOR**

## LEGAL

3000m Steeplechase SR 10:08.012F1 Macgregor Meredith 85 VR Stanford, CA 05/02/2009  
 3000m Steeplechase SR 11:51.32 2 Palibroda Emily 89 SZRC Abbotsford 07/12/2009