

	Result	Place	Misc.	Surname	Name	YOB	Club	Location	Date
800m									
Midget									
	2:00.35	1		Weins	Ross	88	PGTF	Kamloops	July 25-27
	2:00.52	1		Wiens	Ross	88	PGTF	Kelowna	June 27-29
	2:01.18	8		Marpole-Bird	Justin	88	TBIRD	Burnaby	24-Jun
	2:01.77	1		Wiens	Ross	88	PGTF	Abbotsford	July 12-13
	2:02.71	2		Marpole-Bird	Justin	88	TBIRD	Abbotsford	July 12-13
	2:03.00	1	h	Gordon	Chris	88	IND	Duncan	June 14-15
	2:03.26	1		Marpole-Bird	Justin	88	TBIRD	Langley	June 14-15
	2:03.36	4h3		Gustavson	Reid	88	WVSS	Swanguard	June 6-7
	2:03.87	1		Wiens	Ross	88	PGTF	Prince George	June 14-15
	2:03.88	3		Gustavson	Reid	88	WVAN	Abbotsford	July 12-13
	2:04.05	2		Gordon	Chris	88	U	Kamloops	July 25-27
	2:04.75	1		Gustavson	Reid	88	WVAN	Coquitlam	June 21-22
	2:05.31	2		Gustavson	Reid	88	WVAN	Kelowna	June 27-29
	2:05.50	2		Gustavson	Reid	88	WVAN	Langley	June 14-15
	2:05.76	1		Gustavson	Reid	88	WVAN	Swangard	July 5-6
	2:05.96	3		Gordon	Chris	88	U	Kelowna	June 27-29
	2:06.00	1		Marpole-Bird	Justin	88	St.G	Swanguard	2-May
	2:06.50	3		Hew	Alvin	88	CFAL	Kamloops	July 25-27
	2:07.4	1	h	Gordon	Chris	88	U	Courtenay	May 3-4
	2:07.44	1		Wiens	Ross	88	PGTF	kamloops	may 10-11
	2:07.93	4		Black	Justin	88	DCAC	Kamloops	July 25-27
	2:08.31	2		Black	Justin	88	DCAC	Prince George	June 14-15
	2:09.4	4	h	Mara	Jordan	89	KAJ	Burnaby	Jul-29
	2:09.59	2		Ritchie	Brandon	89	PGTF	Kelowna	June 27-29
	2:09.78	3		Mara	Jordan	89	KAJ	Swangard	July 5-6
	2:10.28	4		Kirk	Dylan	88	CVC	Abbotsford	July 12-13
	2:10.81	3		Miller	Cameron	88	TBIRD	Langley	June 14-15
	2:10.83	4		Mara	Jordan	89	KAJ	Kelowna	June 27-29
	2:11.05	5		Hew	Alvin	88	CFAL	Abbotsford	July 12-13
	2:11.14	6		Mara	Jordan	89	KAJ	Abbotsford	July 12-13
	2:11.30	2	h	Kirk	Dylan	88	CVC	Duncan	June 14-15
	2:11.47	1		Marshall	Max	89	WVAN	Langley	June 14-15
	2:11.54	7		Cumming	Ian	88	OKSK	Abbotsford	July 12-13
	2:11.55	1		Kirk	Dylan	88	CVC	Victoria	May 24-25
	2:11.71	8		Cumming	Ian	88	OKSK	Kelowna	June 27-29
	2:11.72	5		Mara	Jordon	89	KAJ	Burnaby	18-Jun
	2:11.82	4		Lee	Andrew	88	KAJ	Langley	June 14-15
	2:12.09	5		Cecco	leyland	88	VTF	Kamloops	July 25-27
	2:12.10	1		Mara	Jordan	89	KAJ	Kamloops	July 25-27
	2:12.28	2		Mara	Jordan	89	KAJ	Langley	June 14-15
	2:12.87	6		Lee	Andrew	88	KAJ	Kamloops	July 25-27
	2:12.96	3		Hunt	Donald	88	NHazelton	Prince George	June 14-15
	2:13.02	5		Bouliane	Curtis	88	U	Langley	June 14-15
	2:13.20	1	h	Kirk	Dylan	88	CVC	nanaimo	may 10-11
	2:13.50	1	h	Cumming	Ian	88	OKSK	Kelowna	17-Jun
	2:13.50	4		Gore	David	88	KAM	Prince George	June 14-15
	2:13.63	2		Hunt	Donald	88	Terrace	kamloops	may 10-11

	Result	Place	Misc.	Surname	Name	YOB	Club	Location	Date
	2:13.80	2		Lee	Andrew	88	KAJ	Swangard	July 5-6
	2:13.86	3		Hew	Alvin	88	CFAL	Surrey	26-Apr
	2:13.9	2	h	Kirk	Dylan	88	CVC	Courtenay	May 3-4
	2:14.16	11		Bouliane	Curtis	88	U	Kelowna	June 27-29
	2:14.19	3		Cummings	Ian	88	PntctonSS	kamloops	may 10-11
	2:14.34	1		Hew	Alvin	88	CFAL	Richmond	10-May
	2:14.99	12		Hew	Alvin	88	CFAL	Kelowna	June 27-29
	2:15.06	1		Miller	Cameron	88	TBIRD	Abbotsford	3-May
	2:15.15	4h6		Miller	Cameron	88	Kitsilano	Swanguard	June 6-7
	2:15.28	8		Lee	Andrew	88	KAJ	Abbotsford	July 12-13
	2:15.35	1h6		Mara	Jordan	89	WRC	Swanguard	June 6-7
	2:15.39	6		Smith	Evan	89	OKSK	Kelowna	June 27-29
	2:15.50	1		Ritchie	Brandon	89	PGTF	Prince George	June 14-15
	2:15.70	2		Cummings	Ian	88	PntctonSS	Abbotsford	3-May
	2:15.90	2		Mara	Jordan	89	KAJ	Richmond	10-May
	2:15.93	3		Wakefield	Brett	89	GEA	Langley	June 14-15
	2:15.95	7		Kruzeniski	Jon	88	SOF	Kamloops	July 25-27
	2:16.08	15		Mueller	Matt	88	NORW	Kelowna	June 27-29
	2:16.69	3		Mueller	Matt	88	NORW	Swangard	July 5-6
	2:16.7	10	h	Bowman	Sam	89	TBIRD	Burnaby	Jul-29
	2:16.70	7		Plant	Damian	89	HT	Kelowna	June 27-29
	2:16.70	2	h	Childs	Clifford	89	KEL	Kelowna	Jun-03
	2:16.8	1	h	Cecco	Leyland	88	VTF	Courtenay	May 3-4
	2:16.95	3		Hew	Alvin	88	CFAL	Abbotsford	3-May
	2:16.98	7		Hew	Alvin	88	CFAL	Coquitlam	June 21-22
	2:17.11	1		Marshall	Max	89	WVAN	Coquitlam	June 21-22
	2:17.13	2		Plant	Damian	89	HT	Kamloops	July 25-27
	2:17.2	1	h	Van Appelen	Jon	89	NAN	Courtenay	May 3-4
	2:17.44	6		MacKenzie	Davin	88	LM	Langley	June 14-15
	2:17.48	9		Mueller	Matt	88	NORW	Abbotsford	July 12-13
	2:17.54	2		Sologub	Viktor	89	NORW	Coquitlam	June 21-22
	2:17.64	8		Childs	Cliff	89	KEL	Kelowna	June 27-29
	2:17.65	3		Smith	Evan	89	OKSK	Kamloops	July 25-27
	2:17.86	4		Sidhu	Gurpreet	89	UAC	Swangard	July 5-6
	2:18.07	2		Malone	Aaron	88	CVC	Victoria	May 24-25
	2:18.10	3	h	Smith	Evan	89	OKSK	Kelowna	Jun-03
	2:18.14	16		Cecco	Leyland	88	VTF	Kelowna	June 27-29
	2:18.26	10		Childs	Cliff	89	KEL	Abbotsford	July 12-13
	2:18.40	1	h	Dunford	Kieran	89	PEN	Victoria	May 24-25
	2:18.60	5		Sologub	Viktor	89	NORW	Richmond	10-May
	2:18.64	3		Cecco	Leyland	88	VTF	Victoria	May 24-25
	2:19.00	2	h	Cecco	Leyland	88	VTF	nanaimo	may 10-11
	2:19.20	3	h	Cecco	Leyland	88	VTF	Duncan	June 14-15
	2:19.28	4		Bouliane	Curtis	88	U	kamloops	may 10-11
	2:19.93	5		Clement	Ryan	88	DCAC	Prince George	June 14-15
	2:20.01	5		Levins	Cam	89	CVC	Swangard	July 5-6
	2:20.19	4		Munro	Connor	88	VTF	Victoria	May 24-25
	2:20.23	17		Munroe	Connor	88	VTF	Kelowna	June 27-29
	2:20.35	4		Dunford	Kieran	89	PEN	Kamloops	July 25-27
	2:20.56	4		Richardson	Nicholas	89	CC	Langley	June 14-15
	2:20.76	5		Smith	Evan	89	PntctonSS	kamloops	may 10-11

	Result	Place	Misc.	Surname	Name	YOB	Club	Location	Date
	2:20.84	9		O'Neill	Blair	89	NORW	Kelowna	June 27-29
	2:20.86	7		MacKay	Doug	88	WG	Langley	June 14-15
	2:20.95	6		Newmarch	William	89	KAM	kamloops	may 10-11
	2:21.10	4	h	Munroe	Connor	88	VTF	Duncan	June 14-15
	2:21.14	6		Kwok	Bosco	89	VC	Richmond	10-May
	2:21.77	5		Levins	Cameron	89	CVC	Langley	June 14-15
	2:21.77	6		Nielson	Kyle	89	CC	Langley	June 14-15
	2:21.97	5		Newmarch	Will	89	KAM	Kamloops	July 25-27
	2:22.00	2	h	Van Appelen	Jonat	89	NAN	Victoria	May 24-25
	2:22.39	10		Marshall	Max	89	WVAN	Kelowna	June 27-29
	2:22.4	2	h	Dunford	Kieran	89	PEN	Courtenay	May 3-4
	2:22.53	6		Olsen	Shawn	89	SZTF	Kamloops	July 25-27
	2:22.57	1		Marshall	Max	89	Rockridge	Surrey	26-Apr
	2:22.70	5	h	Little	Paul	88	NAN	Duncan	June 14-15
	2:22.84	5		Ireland	Jason	88	PEN	Victoria	May 24-25
	2:23.0	2	h	Freeland	Kevan	88	CRC	Courtenay	May 3-4
	2:23.35	6		Freeland	Kevan	88	CR	Victoria	May 24-25
	2:23.70	12		Newmarch	Will	89	KAM	Kelowna	June 27-29
	2:23.98	8		Little	Paul	88	NAN	Kamloops	July 25-27
	2:24.13	5		Nicol	Stephen	88	WG	Victoria	May 24-25
	2:24.20	1	h	Freeland	Kevan	88	CR	Sidney	April 12-13
	2:24.20	3	h	Levins	Cameron	89	CVC	Victoria	May 24-25
	2:24.23	2		Sologub	Viktor	89	NORW	Surrey	26-Apr
	2:25.00	2	h	Cecco	Leyland	88	VTF	Sidney	April 12-13
	2:25.21	7		Miller	Amarachi	89	St.G	Richmond	10-May
	2:25.42	11		Little	Paul	88	NAN	Abbotsford	July 12-13
	2:25.61	4		Little	Paul	88	NAN	Swangard	July 5-6
	2:25.67	6		MacKay	Doug	88	WG	Victoria	May 24-25
	2:26.0	3	h	Levins	Cameron	89	CVC	Courtenay	May 3-4
	2:26.20	4	h	Watts	Andrew	88	OKSK	Kelowna	17-Jun
	2:26.28	7		O'Neill	Blair	89	NORW	Langley	June 14-15
	2:26.57	7		Little	Paul	88	NAN	Victoria	May 24-25
	2:26.70	3	h	Little	Paul	88	NAN	nanaimo	may 10-11
	2:27.00	4	h	O'Neill	Blair	89	NORW	Victoria	May 24-25
	2:27.45	3		Munro	Alex		VC	Surrey	26-Apr
	2:27.84	7		Fishlock	Garrett	89	KAM	Kamloops	July 25-27
	2:28.20	4	h	Freeland	Kevan	88	CR	nanaimo	may 10-11
	2:28.20	3	h	Little	Paul	88	NAN	Sidney	April 12-13
	2:28.3	3	h	Little	Paul	88	NAN	Courtenay	May 3-4
	2:28.60	1	h	Levins	Cameron	89	CVC	nanaimo	may 10-11
	2:28.67	18		Kunzer	Kyle	88	TBIRD	Kelowna	June 27-29
	2:29.00	1	h	Friis	Adam	89	CVAC	Sidney	April 12-13
	2:29.29	6		O'Neill	Blair	89	NORW	Swangard	July 5-6
	2:29.30	2	h	Levins	Cameron	89	CVC	Sidney	April 12-13
	2:29.30	11		O'Neill	Blair	89	WVSS	Swanguard	2-May
	2:29.42	4		Jones	Clayton	89	ELPH	Surrey	26-Apr
	2:29.59	7		Heldman	Josh	89	LM	kamloops	may 10-11
	2:29.80	5	h	Nielsen	Kyle	89	CC	Victoria	May 24-25
	2:30.79	8		Malone	Aaron	88	CVC	Langley	June 14-15
	2:30.87	12		Watts	Andrew	88	OKSK	Abbotsford	July 12-13
	2:30.96	13		Ferguson	Cam	88	OKSK	Abbotsford	July 12-13

	Result	Place	Misc.	Surname	Name	YOB	Club	Location	Date
	2:31.6	4	h	Friis	Adam	89	CVAC	Courtenay	May 3-4
	2:32.28	2		Fishlock	Garrett	89	KAM	Prince George	June 14-15
	2:32.71	19		Watts	Andrew	88	OKSK	Kelowna	June 27-29
	2:33.33	9		Jones	Clayton	89	ELPH	Richmond	10-May
	2:34.66	8		Lambert	Brian	88	Terrace	kamloops	may 10-11
	2:34.90	2	h	Friis	Adam	89	CVAC	nanaimo	may 10-11
	2:35.80	6	h	Friis	Adam	89	Cowichan	Victoria	May 24-25
	2:36.30	14		Palmer	Jonathan	89	TRA	Kelowna	June 27-29
	2:36.89	9		Fishlock	Garrett	89	KAM	kamloops	may 10-11
	2:39.20	4	h	Mansell	Bryce	88	CVC	Sidney	April 12-13
	2:39.38	3		O'Neill	Blair	89	NORW	Coquitlam	June 21-22
	2:39.56	6		Hogberg	Jason	88	DCAC	Prince George	June 14-15
	2:44.30	7	h	Taylor	Ian	89	PEN	Victoria	May 24-25
	2:45.43	8		Abreo	Andy	89	WG	Langley	June 14-15
	2:46.44	10		Izad	Jeremy	89	Chatelech	Richmond	May-03
	2:46.64	7		Abreo	Andy	89	WG	Victoria	May 24-25
	2:59.60	3	h	Deguilla	Alan	89	IND	nanaimo	may 10-11
Juvenile									
	1:51.46	1		Martinson	Geoff	86	PGSS	Swanguard	June 6-7
	1:54.01	3h4		Martinson	Geoffrey	86	PGTF	Sherbrooke	July 10
	1:54.16	1		Martinson	Geoff		PGTF	Kelowna	June 27-29
	1:54.17	SF2h4		Martinson	Geoffrey	86	PGTF	Sherbrooke	July 11
	1:54.64	3		Martinson	Geoff	86	PGTF	Swangard	July 23
	1:54.79	3		Green	Brandon	86	Claremont	Swanguard	June 6-7
	1:55.33	2		Winter	Chris		NORW	Kelowna	June 27-29
	1:55.92	6		Primus	Joel	86	VR	Burnaby	July 1
	1:56.57	1		Martinson	Geoff	86	PGTF	kamloops	may 10-11
	1:57.69	1		Friesen	Kevin	87	NAN	Victoria	May 24-25
	1:57.93	3		Mallie	Daniel		SOF	Kelowna	June 27-29
	1:57.94	4		Byl	Jeremy		KEL	Kelowna	June 27-29
	1:58.48	1		Friesen	Kevin	87	NAN	Swangard	July 5-6
	1:59.20	1	h	Friesen	Kevin	87	NAN	Duncan	June 14-15
	1:59.58	1		Mallie	Daniel	87	SOF	Langley	June 14-15
	1:59.62	2		Bartha	Jake	86	SOF	Swangard	July 5-6
	1:59.64	1		Bartha	Jake	86	SOF	Abbotsford	July 12-13
	1:59.93	1h1		Martinson	Geoff	86	PGSS	Swanguard	June 6-7
	2:00.24	1h2		Green	Brandon	86	Claremont	Swanguard	June 6-7
	2:00.37	2h3		Fraser	Chad		EMSS	Swanguard	June 6-7
	2:00.43	6		Childs	Dylan		KEL	Abbotsford	Jun-03
	2:00.55	6		Childs	Dylan		KEL	Kelowna	June 27-29
	2:00.78	8		Kawamoto	Jon	86	CITY	Burnaby	July 8
	2:00.81	2		Bartha	Jake	86	SOF	Langley	June 14-15
	2:01.02	2		Friesen	Kevin	87	NAN	Abbotsford	July 12-13
	2:02.10	1	h	Childs	Dylan	87	KEL	Kelowna	Jun-03
	2:02.56	3		Keigher	Ryan	86	VR	Langley	June 14-15
	2:02.75	9		Williamson	Brad		KAM	Kelowna	June 27-29
	2:03.40	1	h	Cleary	Brendan		NAN	nanaimo	may 10-11
	2:03.77	3		Byl	Jeremy	86	KEL	Abbotsford	July 12-13
	2:04.04	10		Daechsel	Aaron	87	OKSK	Abbotsford	Jun-03
	2:04.26	1		Mallie	Daniel	87	SOF	Surrey	Apr-03

	Result	Place	Misc.	Surname	Name	YOB	Club	Location	Date
	2:04.65	2h5		Cobb	Matt	86	AbbSS	Swanguard	June 6-7
	2:04.85	4		Williamson	Brad	86	KAM	Langley	June 14-15
	2:04.87	11		Daechsel	Aaron		OKSK	Kelowna	June 27-29
	2:05.39	3		Daechsel	Aaron	87	PntctonSS	kamloops	may 10-11
	2:05.50	2		Wright	Curtis		GEA	Coquitlam	June 21-22
	2:05.65	1h3		Daechsel	Aaron	87	PntctonSS	Swanguard	June 6-7
	2:05.67	4		Williamson	Brad	86	KAM	kamloops	may 10-11
	2:06.11	5		Lewis	Daniel	86	WG	Langley	June 14-15
	2:06.57	14		Hill	Graeme		NAN	Kelowna	June 27-29
	2:07.07	4		Daechsel	Aaron	87	OKSK	Abbotsford	July 12-13
	2:07.24	4h4		Williamson	Brad	86	KAM	Swanguard	June 6-7
	2:07.50	6		Sperling	Dave	87	SOF	Langley	June 14-15
	2:07.56	1		Apps	Michael	87	DCAC	Prince George	June 14-15
	2:07.61	1h5		Huang	Darien	86	St.G	Swanguard	June 6-7
	2:07.8	3	h	Lane	Jeff	87	NORW	Burnaby	Jul-29
	2:07.94	15		Sperling	Dave		SOF	Kelowna	June 27-29
	2:07.95	5		Daechsel	Aaron	87	PntctonSS	Abbotsford	May-03
	2:08.10	2	h	Daechsel	Aaron	87	OKSK	Kelowna	Jun-03
	2:08.15	7		Clegg	Kyle	87	NORW	Swangard	July 22
	2:08.15	2		Sperling	Dave	87	SOF	Surrey	Apr-03
	2:08.33	1		Lewis	Daniel	86	WG	Victoria	May 24-25
	2:08.35	5		Lane	Jeff	87	NORW	Abbotsford	July 12-13
	2:08.61	7		Lane	Jeff	87	NORW	Langley	June 14-15
	2:08.8	1	h	Hill	Graeme	86	NAN	Courtenay	May 3-4
	2:08.81	3		Sperling	Dave	87	SOF	Coquitlam	June 21-22
	2:08.82	16		Huang	Darien		TBIRD	Kelowna	June 27-29
	2:08.97	6		Huang	Darien	86	TBIRD	Abbotsford	July 12-13
	2:09.37	4		Gartner	David	87	U	Swangard	July 5-6
	2:09.41	7		Clegg	Kyle	87	NORW	Abbotsford	July 12-13
	2:10.03	1		Lane	Jeff	87	NORW	Swangard	July 22
	2:10.17	5		Clegg	Kyle	87	NORW	Swangard	July 5-6
	2:10.31	4		Gartner	David	87	U	Coquitlam	June 21-22
	2:10.39	2		Massie	Ryan	86	Sardis	Victoria	May 24-25
	2:10.58	7		Huang	Darien	86	TBIRD	Abbotsford	May-03
	2:10.65	21		Clegg	Kyle		NORW	Kelowna	June 27-29
	2:10.84	5		Huang	Darien	86	TBIRD	Coquitlam	June 21-22
	2:11.04	8		Sperling	Dave	87	SOF	Abbotsford	July 12-13
	2:11.05	2		Hawryluk	Sean	87	DCAC	Prince George	June 14-15
	2:11.40	2		Condon	??		Pinetree	Swanguard	May-03
	2:11.80	3		Lane	Jeff		WVSS	Swanguard	May-03
	2:12.39	7		Labelle	Myke	87	OKSK	SFU	12-Apr
	2:12.72	23		Cusano	Marco		NORW	Kelowna	June 27-29
	2:12.93	3		Hol	Kyle	86	VC	Surrey	26-Apr
	2:13.40	5		Wood	Derek	87	T54.50	kamloops	may 10-11
	2:13.50	6		Perrin	Michael	87	KEL	kamloops	may 10-11
	2:13.61	3h5		Mece	Jerin	86	NWSS	Swanguard	June 6-7
	2:13.80	3		Mece	Jerin	86	CITY	Burnaby	July 8
	2:14.30	4		Moore	Graeme		STM	Swanguard	May-03
	2:14.51	5		Adair	Michael	87	NORW	Swangard	July 22
	2:15.25	8		Gartner	David	87	U	Langley	June 14-15
	2:15.62	3		Mece	Jerin	86	NWSS	Richmond	May-03

	Result	Place	Misc.	Surname	Name	YOB	Club	Location	Date
	2:16.5	2	h	Nelson	Shawn	86	VTF	Courtenay	May 3-4
	2:16.54	6		Mueller	Matthew		NORW	Coquitlam	June 21-22
	2:17.64	3		Clapson	Mike	87	St.G	Richmond	May-03
	2:17.67	4		Fryer	Mike	87	Chatelech	Richmond	May-03
	2:19.20	5		Dickinson	John		STM	Swanguard	May-03
	2:20.46	4		Claridge	Geoff		VC	Surrey	Apr-03
	2:20.80	6		Smith	Ronnie		STM	Swanguard	2-May
	2:21.14	4		Johnson	Derek	86	Sardis	Victoria	May 24-25
	2:22.76	5		Fryer	Mike	87	Chatelech	Surrey	Apr-03
	2:23.30	7		O'Neil	Pat		STM	Swanguard	May-03
	2:25.80	8		Hole	Nigel		STM	Swanguard	2-May
	2:26.50	9		Yeung	Kieran		St.G	Swanguard	May-03
	2:28.80	10		Desharnais	Christian		STM	Swanguard	May-03
	2:30.85	8		Monroe	Alex	87	VC	Richmond	May-03
	2:38.59	6		Cheng	Allan		WALG	Surrey	26-Apr
	2:41.00	12		Griggs	Johnathon		STM	Swanguard	2-May
Junior									
	1:50.71	5		Henrikson	Kol	84	KAJ	Brdgtwn BAR	July 19
	1:53.23	1		Henrikson	Kol		KAJ	Abbotsford	21-Jun
	1:53.30	1		Henrikson	Kol	84	KAJ	Saskatoon	July 6
	1:53.39	3h1		Henrikson	Kol	84	KAJ	Brdgtwn BAR	July 18
	1:54.66	2		Swift	Cameron	85	KRSS	Swanguard	June 6-7
	1:55.78	p3		Henrikson	Kol	84	KAJ	Saskatoon	July 5
	1:56.69	2		Swift	Cameron	85	PGTF	Abbotsford	21-Jun
	1:56.74	11		Maas	David	84	TBIRD	Saskatoon	July 5
	1:56.81	3		Gooch	Rob	85	TBIRD	Abbotsford	21-Jun
	1:57.07	4		Wilkie	Mark	84	KAJ	Abbotsford	21-Jun
	1:57.08	4		Malin	Jason		Revelstoke	Swanguard	June 6-7
	1:57.28	12		Gooch	Rob	85	TBIRD	Saskatoon	July 5
	1:57.29	9	h	Wilkie	Mark	84	KAJ	Victoria	9-Jun
	1:57.38	5		Maas	David		TBIRD	Abbotsford	21-Jun
	1:57.50	1		Rhodes	Scott	85	VR	Langley	June 14-15
	1:57.72	4h1		Gooch	Rob	85	St.G	Swanguard	June 6-7
	1:58.01	3h1		Kazuta	Kerry	85	Alpha	Swanguard	June 6-7
	1:58.12	5		Kazuta	Kerry	85	Alpha	Swanguard	June 6-7
	1:58.21	7		Wilkie	Mark	84	KAJ	Richmond	4-Jun
	1:58.31	2		Swift	Cameron	85	PGTF	Swangard	July 22
	1:58.48	5		Maas	David	84	TBIRD	Abbotsford	July 12-13
	1:58.48	1		Rhodes	Scott	85	Valley	Abbotsford	3-May
	1:58.51	6		Toth	Ryan		HSSS	Swanguard	June 6-7
	1:58.54	1		Swift	Cam		PGTF	Kelowna	June 27-29
	1:58.61	3h2		Malin	Jason		Revelstoke	Swanguard	June 6-7
	1:58.62	4h2		Rhodes	Scott	85	Hatzic	Swanguard	June 6-7
	1:58.73	4		Kazuta	Kerry	85	U	Swanguard	10-May
	1:58.74	7		Gooch	Rob	85	St.G	Swanguard	June 6-7
	1:58.92	7		Rhodes	Scott	85	VR	Burnaby	July 1
	1:59.11	2h1		Swift	Cameron	85	KRSS	Swanguard	June 6-7
	1:59.16	10		Cameron	Swift	85	PGTF	Swangard	July 23
	1:59.58	7		Kazuta	Kerry	85	UA	Burnaby	July 8

	Result	Place	Misc.	Surname	Name	YOB	Club	Location	Date
	1:59.67	17		Swift	Cameron	85	PGTF	Saskatoon	July 5
	1:59.90	2h2		Toth	Ryan		HSSS	Swanguard	June 6-7
	1:59.98	2		Gooch	Rob	85	TBIRD	Abbotsford	3-May
	2:00.62	6		Kazuta	Kerry	84	U	Abbotsford	July 12-13
	2:00.62	7		Kazuta	Kerry	85	U	Abbotsford	21-Jun
	2:01.13	2		Swift	Cameron	85	PGTF	kamloops	may 10-11
	2:01.23	8		Howard	Andrew		NIA	Abbotsford	21-Jun
	2:01.38	8		Rhodes	Scott	85	Hatzic	Swanguard	June 6-7
	2:01.56	3		Sparrow	Tyler		RRTF	Kelowna	June 27-29
	2:01.92	4		Travis	Frans		VTF	Kelowna	June 27-29
	2:01.98	5		Boileau	Jeremy		CC	Kelowna	June 27-29
	2:02.27	7		Gooch	Rob	85	TBIRD	Abbotsford	July 12-13
	2:02.29	9		Sparrow	Tyler	85	RRTF	Abbotsford	21-Jun
	2:02.4	1	h	Howard	Andrew		U	Courtenay	May 3-4
	2:02.82	2h4		Sparrow	Tyler	85	Garibaldi	Swanguard	June 6-7
	2:02.83	10		Hoey	Edward	85	CITY	Burnaby	24-Jun
	2:02.85	1		Holm	David		Bowness	Surrey	26-Apr
	2:03.00	5		Howard	Andrew		U	Swanguard	10-May
	2:03.10	1		Kazuta	Kerry	85	Alpha	Swanguard	2-May
	2:03.42	2		Sparrow	Tyler	85	GRBS	Surrey	26-Apr
	2:04.20	2		Anderson	Jesse		AlbSS	Swanguard	2-May
	2:05.10	3		Kazuta	Kerry	85	Alpha	Abbotsford	3-May
	2:05.96	1h4		Wright	Curtis		MdwRdg	Swanguard	June 6-7
	2:06.24	3h3		Filipchuk	Nick		OBSS	Swanguard	June 6-7
	2:06.61	6		Symonds	Jeff	85	OKSK	SFU	12-Apr
	2:06.83	3		Symonds	Jeff	85	PntctonSS	kamloops	may 10-11
	2:07.15	4		Anderson	Jesse		AlbSS	Abbotsford	3-May
	2:07.40	3		Clarke	Martyn		LBSS	Swanguard	2-May
	2:08.45	11		Edwards	Hoey		CITY	Abbotsford	21-Jun
	2:08.71	1		Travis	Frans	85	VTF	Victoria	May 24-25
	2:08.85	6		Sparrow	Tyler	85	Garibaldi	Abbotsford	3-May
	2:09.50	4		Delaney	William		CC	Swanguard	2-May
	2:10.80	1	h	Anderson	Jesse		ADSS	Sidney	April 12-13
	2:10.91	1		Fox	Clayton	85	ELPH	Richmond	10-May
	2:11.66	4h5		Gabriel	Ariel		Gleneagle	Swanguard	June 6-7
	2:11.76	2		Fox	Michael	85	ELPH	Richmond	10-May
	2:12.10	8		Lloyd	Dallas		AlbSS	Abbotsford	3-May
	2:13.02	3h4		Blackburn	Isaac		Hazelton	Swanguard	June 6-7
	2:13.50	5		Lloyd	Dallas		AlbSS	Swanguard	2-May
	2:13.55	3		Bartell	Nicholas	85	PGTF	Prince George	June 14-15
	2:15.28	2		Neufeld	Jeremy	85	KAJ	Langley	June 14-15
	2:15.64	3h6		Glover	Aaron		Fernie	Swanguard	June 6-7
	2:16.35	2h6		Hoey	Edward	85	VanTech	Swanguard	June 6-7
	2:17.25	4		Dressler	Tobin		Bowness	Surrey	26-Apr
	2:17.92	2h7		Andrews	Bryan		Argyle	Swanguard	June 6-7
	2:18.12	4		Harrison	Luke	85	T54.50	kamloops	may 10-11
	2:20.06	3		Pursey	Chris	85	WG	Victoria	May 24-25
	2:20.07	9		Usher	Chris	85	VTF	Abbotsford	3-May
	2:22.63	4h7		Peters	Josh		Rockridge	Swanguard	June 6-7
	2:29.31	5		McDonald	Dale	85	GSS.	kamloops	may 10-11
	2:30.80	5		Desjardins	Rene		Bowness	Surrey	26-Apr

	Result	Place	Misc.	Surname	Name	YOB	Club	Location	Date
	2:42.30	1	h	Johnson	Ben		CCHS	nanaimo	may 10-11
	2:45.50	6		Aulinger	Max		WPGA	Swanguard	2-May
	2:46.60	2	h	Tye	Aiden		CR	nanaimo	may 10-11
	3:06.30	7		Couttie	Campbell		WPGA	Swanguard	2-May
Senior									
	1:45.34	3	PPSR	Reed	Gary	81	PATH	LuzernSW	25-Jun
	1:45.56	1		Reed	Gary	81	PATH	Malmo	Aug 12
	1:46.57	1		Reed	Gary	81	PATH	Victoria	11-Jun
	1:46.82	2		Reed	Gary	81	PATH	Watford UK	Jul-05
	1:47.78	6		Whitmarsh	Zach	77	PATH	Gresham, OR	17-May
	1:48.10	1		Reed	Gary	81	PATH	Victoria	24-May
	1:48.18	1		Reed	Gary	81	PATH	Swanguard	8-Jun
	1:48.19	1		Reed	Gary	81	PATH	Victoria	Jul-20
	1:48.69	3h6		Reed	Gary	81	PATH	Paris	Aug 28
	1:49.05	1		Whitmarsh	Zach	77	PATH	Burnaby	24-Jun
	1:49.18	3r1		Reed	Gary	81	PATH	Tempe AZ	12-Apr
	1:49.26	2		Hayden	Ryan	82	U	Burnaby	24-Jun
	1:50.08	4		Whitmarsh	Zach	77	PATH	Victoria	Jul-20
	1:50.90	6		Cluff	Marty	77	VR	Victoria	Jul-20
	1:51.06	p4		Cluff	Marty	77	VR	Victoria	Jul-19
	1:51.15	6		Whitmarsh	Zach	77	PATH	Victoria	11-Jun
	1:51.28	1		Whitmarsh	Zach	77	PATH	Burnaby	July 1
	1:51.32	4		Babiuk	Craig	81	PATH	Victoria	24-May
	1:51.32	4		Babiuk	Craig	81	PATH	Victoria	May 24-25
	1:51.42	4r3		Cluff	Marty	77	VR	Walnut CA	18-Apr
	1:51.57	5		Henderson	Josh	79	PATH	Victoria	May 24-25
	1:51.61	4		Williams	Chris	81	TBIRD	Burnaby	24-Jun
	1:51.65	4		Hood	Graham	72	PATH	Richmond	4-Jun
	1:51.87	4		Cluff	Marty	77	VR	New West	5-Jun
	1:51.88	1		Cluff	Marty	77	VR	Burnaby	Jul-08
	1:51.88	10		Williams	Chris	81	TBIRD	Palo Alto CA	29-Mar
	1:51.88	5r1		Williams	Chris	81	TBIRD	Walnut CA	18-Apr
	1:51.93	p5		Kennedy	Scott		PATH	Victoria	Jul-19
	1:51.99	1		Babiuk	Craig	81	PATH	Abbotsford	21-Jun
	1:52.01	p8		Whitmarsh	Zach	77	PATH	Victoria	Jul-19
	1:52.02	6		Saqui	Glenn	80	PATH	Victoria	24-May
	1:52.02	6		Saqui	Glenn	80	PATH	Victoria	May 24-25
	1:52.17	p10		Babiuk	Craig	81	PATH	Victoria	Jul-19
	1:52.20	2		Kennedy	Scott	81	PATH	Burnaby	Jul-08
	1:52.30	1	h	Williams	Chris	81	TBIRD	Richmond	4-Jun
	1:52.55	3		Babiuk	Craig	81	PATH	Burnaby	Jul-08
	1:52.58	2		Babiuk	Craig	81	PATH	Burnaby	July 1
	1:52.64	2		Saqui	Glenn	80	PATH	Abbotsford	21-Jun
	1:52.70	2h4		Williams	Chris	81	UBC	Olathe, KS	23-May
	1:53.02	3		Cluff	Marty	77	VR	Abbotsford	21-Jun
	1:53.3	1	h	McLellan	Iain	78	CC	Burnaby	Aug 12
	1:53.38	3		Kennedy	Scott	81	PATH	Burnaby	July 1
	1:53.40	1		Babiuk	Craig	81	PATH	Swangard	Jul-23
	1:53.48	4		Saqui	Glen	80	PATH	Burnaby	Jul-08
	1:53.58	6		Henderson	Josh	79	PATH	New West	5-Jun

	Result	Place	Misc.	Surname	Name	YOB	Club	Location	Date
	1:53.76	p3		Reed	Gary	81	PATH	Victoria	Jul-19
	1:53.83	4	h	Kennedy	Scott	81	PATH	Victoria	9-Jun
	1:53.85	4		Saqui	Glenn	80	PATH	Burnaby	July 1
	1:53.88	8		Kennedy	Scott		PATH	Victoria	Jul-20
	1:54.20	2		Heidt	Aaron	76	VR	Swangard	Jul-23
	1:54.33	9		Whitmarsh	Zach	77	PATH	Seattle	14-Jun
	1:54.54	4		Kennedy	Scott	81	PATH	Abbotsford	21-Jun
	1:54.60	6	h	Saqui	Glenn	80	PATH	Richmond	4-Jun
	1:54.64	3		Alberts	Joel	81	PGTF	Swangard	Jul-23
	1:54.66	5		Henderson	Josh	79	PATH	Abbotsford	21-Jun
	1:54.90	5		Alberts	Joel	81	PGTF	Selkirk	Aug 9
	1:54.9	1	h	Cluff	Marty	77	VR	Burnaby	Aug-05
	1:55.00	7	h	Johnson	Chris	75	KAJ	Richmond	4-Jun
	1:55.06	6		Roulston	David	82	KAJ	Abbotsford	21-Jun
	1:55.1	1	h	Cluff	Marty	77	VR	Burnaby	Jul-29
	1:55.29	7		Knoop	Mark		PATH	Abbotsford	21-Jun
	1:55.38	6		Swanson	Kris	81	PATH	Swangard	Jul-23
	1:55.45	5		Williams	Chris	81	TBIRD	Burnaby	July 1
	1:55.54	5		Milne	Dave	79	KAJ	Burnaby	24-Jun
	1:55.70	1		Alberts	Joel		PGTF	Kelowna	June 27-29
	1:55.80	8		Connors	Robert	81	PGTF	Abbotsford	21-Jun
	1:55.92	7		Kennedy	Scott	81	PATH	Victoria	May 24-25
	1:55.96	1	mix	Whitmarsh	Zach	77	PATH	Burnaby	Jul-15
	1:55.96	1		Alberts	Joel	81	PGTF	Abbotsford	July 12-13
	1:56.36	5		Mawhorter	Jared	81	PGTF	Richmond	4-Jun
	1:56.48	3		Kenedy	Scott		PATH	New West	5-Jun
	1:56.57	6		Heidt	Aaron	76	VR	Burnaby	24-Jun
	1:56.6	2	h	Purin	Brent	72	U	Burnaby	Aug 12
	1:56.74	1h4		Alberts	Joel	81	PGTF	Selkirk	Aug 8
	1:56.8	3	h	Swanson	Kris	81	PATH	Burnaby	Aug 12
	1:56.82	8		Connors	Robert	81	PGTF	Swangard	Jul-23
	1:56.94	1		O'Brien	Shane	74	U	Burnaby	18-Jun
	1:56.96	3		Aynsley	Brett		KEL	Kelowna	June 27-29
	1:56.98	48		Randall	Derrick	80	UBC	Claremount	April 18
	1:57.08	1		Nelson	Mark	83	PATH	Victoria	May 24-25
	1:57.13	4		Mawhorter	Jared	81	PGTF	New West	5-Jun
	1:57.19	7		Aynsley	Brett	83	KEL	Selkirk	Aug 9
	1:57.19	2		Connors	Rob	81	PGTF	Abbotsford	July 12-13
	1:57.21	1		Henderson	Josh	79	PATH	SFU	12-Apr
	1:57.30	3		Aynsley	Brett	83	KEL	Abbotsford	July 12-13
	1:57.31	2		Swanson	Kris	81	PATH	Burnaby	18-Jun
	1:57.52	2		Mawhorter	Jared	81	UBC	SFU	12-Apr
	1:57.54	1		Mawhorter	Jared	81	UBC	Abbotsford	3-May
	1:57.59	2h4		Aynsley	Brett	83	KEL	Selkirk	Aug 8
	1:57.59	4		Randall	Derek	80	TBIRD	Abbotsford	July 12-13
	1:57.63	p18		Henderson	Josh	79	PATH	Victoria	Jul-19
	1:57.67	1		Mawhorter	Jared	81	UBC	Swanguard	10-May
	1:57.73	4		Connors	Rob		PGTF	Kelowna	June 27-29
	1:57.87	10		Whitmarsh	Zach	77	PATH	Brunswick ME	Jul-05
	1:57.93	2		Randall	Derrick	80	UBC	Swanguard	10-May
	1:57.94	7		Randall	Derrick	80	TBIRD	Burnaby	24-Jun

	Result	Place	Misc.	Surname	Name	YOB	Club	Location	Date
	1:58.03	3		Ahrari	Medi		SFU	Swanguard	10-May
	1:58.04	10		Randall	Derrick	80	TBIRD	Abbotsford	21-Jun
	1:58.26	3		Randall	Derrick	80	TBIRD	Richmond	4-Jun
	1:58.34	9		Allander	Gustav	79	OKSK	Swangard	Jul-23
	1:58.35	10	h	Randall	Derrick	80	TBIRD	Victoria	9-Jun
	1:58.38	8		Roulston	David	82	KAJ	Richmond	4-Jun
	1:58.63	1h5		Connors	Rob	81	PGTF	Selkirk	Aug 8
	1:58.70	6		Ahrari	Medi	83	SFU	Burnaby	Jul-08
	1:58.83	3		Connors	Robert	81	PGTF	Swangard	Jul-22
	1:59.03	72		Ahari	Medi		SFU	Claremount	April 18
	1:59.15	4		Mass	David		TBIRD	Richmond	4-Jun
	1:59.38	4		Ahrari	Medi	83	SFU	Swangard	Jul-22
	1:59.57	1		Alberts	Joel	81	PGTF	Prince George	June 14-15
	1:59.94	2		Connors	Robert	81	PGTF	Prince George	June 14-15
	2:00.00	2	mix	Kawamoto	Jon	82	CITY	Burnaby	Jul-15
	2:00.10	1	h	Allander	Gustov	80	OKSK	Kelowna	17-Jun
	2:00.12	3		Hatch	Waren		UBC	SFU	12-Apr
	2:00.72	5		Ahrari	Medi		SFU	Richmond	4-Jun
	2:01.09	6		Allander	Gustav		OKSK	Kelowna	June 27-29
	2:01.11	11		Nelson	Mark	83	PATH	Abbotsford	21-Jun
	2:01.30	2		Kotanen	Ben	80	U	Langley	June 14-15
	2:01.40	82		Kawamoto	Jon		SFU	Claremount	April 18
	2:01.78	11	h	Henderson	Josh	79	PATH	Victoria	9-Jun
	2:01.83	9		Kotanen	Ben	80	U	Burnaby	24-Jun
	2:01.91	9		Kotanen	Ben	80	LM	Burnaby	Jul-08
	2:02.33	3		Kotanen	Ben	80	U	Burnaby	18-Jun
	2:02.45	12		Morrison	Spencer	83	U	Abbotsford	21-Jun
	2:02.67	4		Kawamoto	Jon		SFU	SFU	12-Apr
	2:02.94	5		Torrance	Brian	76	HH	Swangard	Jul-22
	2:03.02	2		Wooten	Allen	83	PATH	Victoria	May 24-25
	2:03.18	9		Osaduik	Steve		NAN	Kelowna	June 27-29
	2:03.18	4		Sherman	Mark	68	VFAC	Burnaby	18-Jun
	2:03.38	8		DeJongh	Simon	73	PATH	Richmond	4-Jun
	2:03.41	5		Zacks	Brent	81	SFU	SFU	12-Apr
	2:03.62	13	h	Wooton	Allen	83	PATH	Victoria	9-Jun
	2:03.72	2		Ahrari	Medi		SFU	Abbotsford	3-May
	2:03.75	6		Kawamoto	Jon		SFU	Swanguard	10-May
	2:04.28	3		Kawamoto	Jon		SFU	Abbotsford	3-May
	2:04.80	3	mix	DeJongh	Simon	73	PATH	Burnaby	Jul-15
	2:05.77	6		Nelson	Mark	83	PATH	New West	5-Jun
	2:05.9	2	h	Cohen	David	67	HH	Burnaby	Aug-05
	2:06.80	1	h	McCormick	Eric		IND	nanaimo	may 10-11
	2:06.97	13		DeJongh	Simon	73	PATH	Abbotsford	21-Jun
	2:07.1	2	h	Wright	Ken	74	U	Burnaby	Jul-29
	2:07.12	12		Moody-Corbett	Rod		SFU	Seattle	14-Jun
	2:07.4	4	h	Wright	Ken	74	CITY	Burnaby	Aug 12
	2:08.50	1	h	Poirier	Robin		U	Courtenay	May 3-4
	2:08.65	4	mix	MacHuga	John	79	U	Burnaby	Jul-15
	2:09.6	3	h	Galo	Cito	64	U	Burnaby	Aug-05
	2:10.0	5	h	Wlodarczak	Charles	83	VR	Burnaby	Aug 12
	2:10.6	5	h	Galo	Lito	64	U	Burnaby	Jul-29

	Result	Place	Misc.	Surname	Name	YOB	Club	Location	Date
	2:10.60	2	h	Matte	Dave		NAN	nanaimo	may 10-11
	2:11.23	5	mix	Wright	Ken	74	U	Burnaby	Jul-15
	2:13.90	8		Wright	Ken	74	CITY	Swangard	Jul-22
	2:14.18	8		McLeod	Adam		UBC	SFU	12-Apr
	2:14.89	6	mix	Galo	Lito	64	U	Burnaby	Jul-15
	2:16.89	1		Melesko	Neil	70	KEL	kamloops	may 10-11
	2:17.29	11		Rowlands	Mark		CHTF	Kelowna	June 27-29
	2:22.53	4		Peters	Adam		MEI	Abbotsford	3-May
	2:43.10	2	h	Stewart	Rob	67	KEL	Kelowna	17-Jun
	2:46.00	12		Limberger	Craig		KEL	Kelowna	June 27-29
Masters									
	2:03.80	1		Sherman	Mark	68	VFAC	Burnaby	July 8
	2:05.44	6		Reimer	Paul	55	CNW	Swangard	July 22
	2:05.79	2		Reimer	Paul	55	DAC	Burnaby	July 8
	2:06.13	1		Reimer	Paul	55		Richmond	Aug 16-17
	2:06.34	1	mix	Reimer	Paul	55	DAC	Burnaby	June 24
	2:07.77	8		Reimer	Paul	55	DAC	Burnaby	July 1
	2:07.96	2	mix	Smillie	Malcolm	60	BAY	Burnaby	June 24
	2:08.36	1		Reimer	Paul	55	U	Langley	June 14-15
	2:10.52	2		Smillie	Malcolm	60		Richmond	Aug 16-17
	2:11.93	3	mix	Carscadden	Gord	56	HH	Burnaby	June 24
	2:12.08	1		Naesgaard	Asker	53		Richmond	Aug 16-17
	2:12.10	6		Carscadden	Gord	56	HH	Burnaby	Jun-18
	2:12.32	3		Reed	Dave	55		Richmond	Aug 16-17
	2:12.33	4	mix	Morioka	Harold	43	TRI	Burnaby	June 24
	2:12.41	1		Smillie	Malcolm	60	BAY	Langley	June 14-15
	2:12.85	2		Cassidy	Gary	53		Richmond	Aug 16-17
	2:12.95	7		Marioka	Harold	43	TRI	Burnaby	Jun-18
	2:12.97	4		VanMeer	Jim	54		Richmond	Aug 16-17
	2:13.24	2		Carscadden	Gord	56	HH	Swangard	July 22
	2:13.3	6	h	Huxley	David	53	DAC	Burnaby	Aug 12
	2:13.7	7	h	Carscadden	Gord	56	HH	Burnaby	Aug 12
	2:14.10	1	h	Murphy	Eric	56	VTF	Sidney	April 12-13
	2:14.2	4	h	Cassidy	Gary	53	DAC	Burnaby	Aug-05
	2:14.40	2	h	Naesgaard	Asker		AVTF	Sidney	April 12-13
	2:14.47	4		Mayr	John	59	CITY	Swangard	July 22
	2:14.72	5		Carscadden	Gordon	56		Richmond	Aug 16-17
	2:14.80	2		Carscadden	Gord	56	VFAC	Langley	June 14-15
	2:14.9	8	h	Cassidy	Gary	53	DAC	Burnaby	Jul-29
	2:15.73	6		Robinson	Keith	57		Richmond	Aug 16-17
	2:15.80	1	h	Skuja	Darren		CVC	nanaimo	may 10-11
	2:15.87	5	mix	Cassidy	Gary	53	DAC	Burnaby	June 24
	2:15.88	3		Rowlands	Mark	60		Richmond	Aug 16-17
	2:16.38	1		Cardle	Tom	61	HH	Burnaby	July 8
	2:16.90	3	h	Skuja	Darren		IND	Sidney	April 12-13
	2:17.0	9	h	Antepyan	Raffi	58	U	Burnaby	Aug 12
	2:17.11	8	mix	Mayr	John	59	CITY	Burnaby	July 15
	2:18.12	1		Rowlands	Mark	60	CHTF	Swangard	July 5-6
	2:18.16	9	mix	Antepyan	Raffi	58	U	Burnaby	July 15

	Result	Place	Misc.	Surname	Name	YOB	Club	Location	Date
	2:18.79	7	mix	Antepyan	Raffi	58	U	Burnaby	June 24
	2:18.82	1		Cassidy	Gary	53	U	Langley	June 14-15
	2:21.66	3		Zapf-Gilje	Reidar	52		Richmond	Aug 16-17
	2:22.74	2		Boileau	Art	57	HH	Burnaby	July 8
	2:25.35	4		Little	Mike	51		Richmond	Aug 16-17
	2:25.42	3		Robinson	Keith	56	UA	Burnaby	July 8
	2:26.87	2		Pawluk	Fred	47		Richmond	Aug 16-17
	2:27.31	7		Brownlie	Len	58		Richmond	Aug 16-17
	2:27.8	11	h	Brownlee	Len	58	CAP	Burnaby	Jul-29
	2:27.85	3		Clark	Fred	44		Richmond	Aug 16-17
	2:28.05	9		Gaspar	Carlos	62	LGRR	Burnaby	July 1
	2:28.45	10		Marlyn	Sean	59	U	Burnaby	July 1
	2:30.19	1		Odwin	Stephen	36	U	Langley	June 14-15
	2:30.52	11		Steve	Odwin	36	HH	Burnaby	July 1
	2:30.65	9		Odwin	Stephen	36	HH	Swangard	July 22
	2:32.49	4		Odwin	Stephen	36	HH	Burnaby	July 8
	2:33.59	1		Adams	Barry	42	HH	Langley	June 14-15
	2:37.6	14	h	Odwin	Stephen	36	HH	Burnaby	Jul-29
	2:43.43	5		Forbes	Martin	47		Richmond	Aug 16-17
	2:43.70	2	h	Giegerich	Joe		NAN	nanaimo	may 10-11
	2:45.78	1		Giegerich	Joe	32	NAN	Victoria	May 24-25
	2:46.26	7		Loftus	Terry	51	UA	Burnaby	July 8
	2:47.17	1		Giegerich	Joe	32	NAN	Langley	June 14-15
	2:52.17	2		McNamara	Bill	41	U	Langley	June 14-15
	3:35.32	1		Thompson	Harry	22	U	Langley	June 14-15
1000m									
Midget									
	3:02.71	oct		Malone	Aaron	88	CVC	Abbotsford	June 21-22
Juvenile									
	3:03.66	oct		Dixon	Aaron	87	PGTF	Abbotsford	June 21-22
1500m									
Midget									
	4:07.0	7	h	Marpole-Bird	Justin	88	TBIRD	Burnaby	Jul-29
	4:09.88	6		Marpole-Bird	Justin	88	St.G	Swanguard	June 6-7
	4:13.60	1		Marpole-Bird	Justin	88	TBIRD	Kelowna	June 27-29
	4:16.35	1		Marpole-Bird	Just	88	TBIRD	Kamloops	July 25-27
	4:16.55	2		Marpole-Bird	Justin	88	TBIRD	Abbotsford	3-May
	4:17.90	1		Marpole-Bird	Justin	88	TBIRDS	Swangard	July 5-6
	4:19.49	2		Gordon	Chris	88	U	Kamloops	July 25-27
	4:21.41	p10		Marpole-Bird	Justin	88	St.G	Swanguard	June 6-7
	4:22.89	1		Marpole-Bird	Justin	88	TBIRD	Abbotsford	July 12-13
	4:23.40	1	h	Marpole-Bird	Justin	88	St.G	Swanguard	7-Apr
	4:23.62	3		Kruzeniski	Jon	88	SOF	Kamloops	July 25-27
	4:23.70	1		Wiens	Ross	88	PGTF	Prince George	June 14-15

	Result	Place	Misc.	Surname	Name	YOB	Club	Location	Date
	4:25.36	2		Gordon	Chris	88	U	Kelowna	June 27-29
	4:25.69	1		Marpole-Bird	Justin	88	TBIRD	Langley	June 14-15
	4:25.70	1	h	Gordon	Chris	88	IND	Duncan	June 14-15
	4:25.90	4		Weins	Ross	88	PGTF	Kamloops	July 25-27
	4:26.38	2		Gordon	Christophe	88	U	Abbotsford	July 12-13
	4:27.00	2		Black	Justin	88	DCAC	Prince George	June 14-15
	4:27.43	1		Wiens	Ross	88	PGTF	kamloops	may 10-11
	4:28.98	3	mix	Kruzeniski	Jon	88	SOF	Burnaby	24-Jun
	4:29.59	12		Kruzeniski	Jon	88	SOF	Burnaby	18-Jun
	4:30.01	2		Kruzeniski	Jon	88	SOF	Coquitlam	June 21-22
	4:31.54	5		Cumming	Ian	88	OKSK	Kamloops	July 25-27
	4:32.85	3		Wakefield	Brett	89	GEA	Kelowna	June 27-29
	4:32.9	1	h	Gordon	Chris	88	U	Courtenay	May 3-4
	4:33.50	4		Mara	Jordan	89	KAJ	Kelowna	June 27-29
	4:35.05	3		Cumming	Ian	88	OKSK	Abbotsford	July 12-13
	4:35.18	4		Childs	Cliff	89	KEL	Abbotsford	July 12-13
	4:35.84	5		Childs	Cliff	89	KEL	Kelowna	June 27-29
	4:36.10	5		Wakefield	Brett	89	GEA	Abbotsford	July 12-13
	4:36.16	13		Bowman	Sam	89	TBIRD	Swangard	23-Jul
	4:37.06	2		Sologub	Victor	89	NORW	Swangard	July 5-6
	4:37.73	6		Bowman	Sam	89	TBIRD	Abbotsford	July 12-13
	4:38.00	2		Lee	Andrew	88	KAJ	Langley	June 14-15
	4:38.05	1		Wakefield	Brett	89	GEA	Kamloops	July 25-27
	4:38.07	3		Marshall	Max	89	WVAN	Swangard	July 5-6
	4:38.24	1		Wakefield	Brett	89	GEA	Langley	June 14-15
	4:38.27	3		Wakefield	Brett	89	GEA	Coquitlam	June 21-22
	4:38.29	6		Cumming	Ian	88	OKSK	Kelowna	June 27-29
	4:38.60	3		Hunt	Donald	88	NHazelton	Prince George	June 14-15
	4:38.61	7		Mara	Jordan	89	KAJ	Abbotsford	July 12-13
	4:38.64	4		Bowman	Sam	89	TBIRDS	Swangard	July 5-6
	4:38.70	4		Sologub	Viktor	89	NORW	Victoria	May 24-25
	4:38.86	2		Mara	Jordan	89	KAJ	Kamloops	July 25-27
	4:38.99	6		Black	Justin	88	DCAC	Kamloops	July 25-27
	4:38.99	4		Mara	Jordan	89	KAJ	Coquitlam	June 21-22
	4:39.20	1		Ritchie	Brandon	89	PGTF	Prince George	June 14-15
	4:39.66	2		Mara	Jordan	89	KAJ	Langley	June 14-15
	4:40.44	7		Sologub	Victor	89	NORW	Kelowna	June 27-29
	4:40.68	7		Cecco	leyland	88	VTF	Kamloops	July 25-27
	4:41.16	3		Sologub	Viktor	89	NORW	Langley	June 14-15
	4:41.24	15		Bowman	Sam	89	TBIRD	Swangard	22-Jul
	4:41.34	1		Sologub	Viktor	89	NORW	Surrey	26-Apr
	4:41.70	1	h	Gordon	Chris	88	IND	Sidney	April 12-13
	4:41.89	4		Miller	Cameron	88	Kitsilano	Swanguard	2-May
	4:43.43	8		Cecco	Leyland	88	VTF	Kelowna	June 27-29
	4:44.11	5		Marshall	Max	89	WVAN	Coquitlam	June 21-22
	4:44.16	2		Mara	Jordan	89	WRC	Surrey	26-Apr
	4:44.29	2		Hunt	Donald	88	Terrace	kamloops	may 10-11
	4:44.73	8		Lee	Andrew	88	KAJ	Abbotsford	July 12-13
	4:44.80	3		Cummings	Ian	88	PntctonSS	kamloops	may 10-11
	4:45.40	4		Levins	Cameron	89	CVC	Langley	June 14-15
	4:45.58	8		Lee	Andrew	88	KAJ	Kamloops	July 25-27

	Result	Place	Misc.	Surname	Name	YOB	Club	Location	Date
	4:46.17	8		Smith	Evan	89	OKSK	Kelowna	June 27-29
	4:46.23	12		Sologub	Viktor	89	NORW	Abbotsford	3-May
	4:46.52	4		Childs	Clifford	89	KEL	kamloops	may 10-11
	4:46.70	4		Gore	David	88	KAM	Prince George	June 14-15
	4:46.78	3		Levins	Cam	89	CVC	Kamloops	July 25-27
	4:47.01	4		Olsen	Shawn	89	SZTF	Kamloops	July 25-27
	4:47.07	9		Levins	Cam	89	CVC	Abbotsford	July 12-13
	4:47.15	10		Curley	Terry	88	AVTF	Abbotsford	July 12-13
	4:47.51	5		Lee	David	89	CHWK	Langley	June 14-15
	4:48.00	7	h	Miller	Cameron	88	Kitsilano	Swanguard	7-Apr
	4:48.20	10	h	Bowman	Sam	89	Kitsilano	Swanguard	7-Apr
	4:48.23	1		Cecco	Leyland	88	VTF	Victoria	May 24-25
	4:48.84	10		Mueller	Matt	88	NORW	Kelowna	June 27-29
	4:49.32	8		Bowman	Sam	89	Kitsilano	Swanguard	2-May
	4:50.12	2		MacKay	Doug	88	WG	Victoria	May 24-25
	4:50.19	5		Levins	Cam	89	CVC	Swangard	July 5-6
	4:50.39	9		Faget	Andy	89	HT	Kelowna	June 27-29
	4:50.8	2	h	Cecco	Leyland	88	VTF	Courtenay	May 3-4
	4:51.20	3		MacKay	Doug	88	WG	Langley	June 14-15
	4:51.70	5		Smith	Evan	89	OKSK	Kamloops	July 25-27
	4:51.87	1		Levins	Cameron	89	CVC	Victoria	May 24-25
	4:52.06	2		Lee	Andrew	88	KAJ	Swangard	July 5-6
	4:52.54	3		Marshall	Max	89	Rockridge	Surrey	26-Apr
	4:53.00	8	h	Wakefield	Brett	89	GEA	Swanguard	7-Apr
	4:53.30	2	h	Cecco	Leyland	88	VTF	Duncan	June 14-15
	4:53.90	6		Newmarch	Will	89	KAM	Kamloops	July 25-27
	4:54.39	2		MacKay	Doug	88	WALG	Surrey	26-Apr
	4:54.41	11		Newmarch	Will	89	KAM	Abbotsford	July 12-13
	4:54.43	5		Smith	Evan	89	PntctonSS	kamloops	may 10-11
	4:54.59	6		Newmarch	William	89	KAM	kamloops	may 10-11
	4:54.62	6		Richardson	Nicholas	89	CC	Langley	June 14-15
	4:54.64	5		Ricard	Daniel	88	PGTF	Prince George	June 14-15
	4:54.70	4		Kwok	Bosco	89	VC	Surrey	26-Apr
	4:55.61	11		Newmarch	Will	89	KAM	Kelowna	June 27-29
	4:55.90	3	h	Mancell	Bryce	88	IND	Duncan	June 14-15
	4:56.5	1	h	Levins	Cameron	89	CVC	Courtenay	May 3-4
	4:56.9	1	h	Smith	Evan	88	OKSK	Kelowna	July 28
	4:57.24	2		Richardson	Nicholas	89	CC	Richmond	10-May
	4:57.24	2		Olsen	Shawn	89	SZTF	Prince George	June 14-15
	4:57.30	2	h	Cecco	Leyland	88	VTF	Sidney	April 12-13
	4:57.90	12		Lee	David	89	CHTF	Abbotsford	July 12-13
	4:57.98	3		Barrett	Zach	89	Correlieu	Prince George	June 14-15
	4:58.14	7		Lambert	Brian	88	Terrace	kamloops	may 10-11
	4:59.45	8		Nicol	Stephen	88	WG	Victoria	May 24-25
	4:59.90	4	h	Little	Paul	88	NAN	Duncan	June 14-15
	5:00.79	11		Watts	Andrew	88	OKSK	Kelowna	June 27-29
	5:01.97	4		Vanderwater	Shane	89	DCAC	Prince George	June 14-15
	5:02.03	3		Little	Paul	88	NAN	Victoria	May 24-25
	5:02.86	8		Faget	Andy	89	Highland	kamloops	may 10-11
	5:03.90	1	h	Little	Paul	88	NAN	nanaimo	may 10-11
	5:05.07	3		Watts	Andrew	88	PntctonSS	Abbotsford	3-May

	Result	Place	Misc.	Surname	Name	YOB	Club	Location	Date
	5:05.30	2	h	Mancell	Bryce	88	AVTF	nanaimo	may 10-11
	5:05.30	3	h	Termes	Taylor	88	OTF	Sidney	April 12-13
	5:05.48	2		Dunford	Kieran	89	PEN	Victoria	May 24-25
	5:05.60	1	h	Levins	Cameron	89	CVC	Sidney	April 12-13
	5:06.00	13		Little	Paul	88	NAN	Abbotsford	July 12-13
	5:06.1	2	h	Ness	Matt	89	CRCS	Courtenay	May 3-4
	5:06.40	1	h	Dunford	Kieran	89	PEN	nanaimo	may 10-11
	5:07.41	4		Mancell	Bryce	88	CVC	Victoria	May 24-25
	5:08.98	5		Jones	Clayton	89	ELPH	Surrey	26-Apr
	5:09.04	6		Lazar	Pedro	89	CHTF	Swangard	July 5-6
	5:09.20	4	h	Mansell	Bryce	88	CVC	Sidney	April 12-13
	5:12.24	14		Lazar	Pedro	89	CHTF	Abbotsford	July 12-13
	5:12.40	2	h	Timmins	Eric	89	SD68	nanaimo	may 10-11
	5:12.7	3	h	Mancell	Bryce	88	CVC	Courtenay	May 3-4
	5:13.15	7		Fishlock	Garrett	89	KAM	Kamloops	July 25-27
	5:13.8	4	h	Little	Paul	88	NAN	Courtenay	May 3-4
	5:14.59	9		Fishlock	Garrett	89	KAM	kamloops	may 10-11
	5:14.82	5		Fishlock	Garritt	89	KAM	Prince George	June 14-15
	5:16.15	7		O'Neill	Blair	89	NORW	Swangard	July 5-6
	5:17.30	5	h	Little	Paul	88	NAN	Sidney	April 12-13
	5:17.66	5		Cummings	Ian	88	PntctonSS	Abbotsford	3-May
	5:17.80	2	h	Vanappelen	Jonathan	89	NAN	Sidney	April 12-13
	5:19.25	6		Gonzalez-Milroy	Roberto		VC	Surrey	26-Apr
	5:19.72	12		Fishlock	Garrett	89	KAM	Kelowna	June 27-29
	5:20.29	15		Watts	Andrew	88	OKSK	Abbotsford	July 12-13
	5:21.54	7		Stephens-Whale	Shawn	89	ELPH	Surrey	26-Apr
	5:26.35	3		Taylor	Ian	89	PEN	Victoria	May 24-25
	5:27.00	8		Munro	Alex		VC	Surrey	26-Apr
	5:35.76	9		Abreo	Andy	89	WG	Victoria	May 24-25
	5:36.39	7		Abreo	Andy	89	WG	Langley	June 14-15
	5:36.67	8		O'Meara	Jared	89	PGTF	Kamloops	July 25-27
	5:36.95	9		Abreo	Andy	89	WALG	Surrey	26-Apr
	5:57.00	9	h	Jones	Clayton	89	ELPH	Swanguard	7-Apr
	6:02.85	4		Izad	Jeremy	89	Chatelech	Richmond	10-May
	6:22.35	10		Dimitry	Joseph	88	TDBSS	kamloops	may 10-11
	6:36.15	11		Gillies	Taryn	89	GSS.	kamloops	may 10-11
Juvenile									
	3:55.53	1		Primus	Joel	86	RHSS	Swanguard	June 6-7
	3:56.78	5		Primus	Joel	86	VR	Victoria	11-Jun
	3:58.7	2	h	Winter	Chris	86	NORW	Burnaby	Jul-29
	4:01.31	2		Primus	Joel	86	VR	Abbotsford	22-Jun
	4:01.61	5		McEwan	Cam	86	KAJ	Burnaby	18-Jun
	4:01.80	1		Winter	Chris		NORW	Kelowna	June 27-29
	4:04.12	2		Keigher	Ryan	86	HCSS	Swanguard	June 6-7
	4:04.86	9		Green	Brandon	86	U	Victoria	11-Jun
	4:04.89	2		Byl	Jeremy		KEL	Kelowna	June 27-29
	4:05.5	5	h	Bartha	Jake	86	SOF	Burnaby	Jul-29
	4:05.73	3		Friesen	Kevin	87	NAN	Swanguard	June 6-7
	4:05.94	5		Byl	Jeremy	86	KEL	Kitchener	Aug 9
	4:06.46	1		Martinson	Geoff	86	PGTF	kamloops	may 10-11

	Result	Place	Misc.	Surname	Name	YOB	Club	Location	Date
	4:06.5	6	h	Gant	Dylan	86	U	Burnaby	Jul-29
	4:06.58	3		Johnston	Jeremiah	87	VR	Abbotsford	22-Jun
	4:07.37	6		Gant	Dylan	86	U	Burnaby	July 1
	4:08.20	1	h	Friesen	Kevin	87	NAN	nanaimo	may 10-11
	4:08.38	4		Johnston	Jeremiah	87	RHSS	Swanguard	June 6-7
	4:08.74	1		Mallie	Daniel	87	SOF	Coquitlam	June 21-22
	4:09.00	1	h	Friesen	Kevin	87	NAN	Duncan	June 14-15
	4:09.03	4		Friesen	Kevin	87	NAN	Abbotsford	22-Jun
	4:09.41	5		Mallie	Daniel	87	FVCSS	Swanguard	June 6-7
	4:09.49	3		Childs	Dylan		KEL	Kelowna	June 27-29
	4:10.3	2	h	Gant	Dylan	86	U	Burnaby	Aug-05
	4:10.38	5		Childs	Dylan		KEL	Abbotsford	22-Jun
	4:10.88	7		Childs	Dylan	87	OkMSS	Swanguard	June 6-7
	4:12.45	6		Keigher	Ryan	86	VR	Abbotsford	22-Jun
	4:12.45	8		Bartha	Jake	86	HCSS	Swanguard	June 6-7
	4:12.63	1		Keigher	Ryan	86	VR	Abbotsford	3-May
	4:13.1	9	h	Orth	Tony	86	TBIRD	Burnaby	Jul-29
	4:15.10	7		Orth	Tony		TBIRD	Kelowna	June 27-29
	4:15.21	10		Keigher	Ryan	86	VR	Kitchener	Aug 9
	4:15.22	p1		Keigher	Ryan	86	HCSS	Swanguard	June 6-7
	4:15.48	3		Byl	Jeremy	86	KEL	kamloops	may 10-11
	4:16.35	1		Johnston	Jeremiah	87	VR	Abbotsford	3-May
	4:16.68	p3		Friesen	Kevin	87	NAN	Swanguard	June 6-7
	4:16.73	p4		Primus	Joel	86	RHSS	Swanguard	June 6-7
	4:17.17	8		Hill	Graham	86	NAN	Abbotsford	22-Jun
	4:17.34	p5		Mallie	Daniel	87	FVCSS	Swanguard	June 6-7
	4:18.01	8		Hill	Graeme		NAN	Kelowna	June 27-29
	4:18.90	2	h	Hill	Graham	86	NAN	nanaimo	may 10-11
	4:19.07	10		Hosford	Matt		GEA	Abbotsford	22-Jun
	4:19.10	1		Hill	Graham	86	NAN	Victoria	May 24-25
	4:19.15	p6		Johnston	Jeremiah	87	RHSS	Swanguard	June 6-7
	4:19.18	9		Cobb	Matt	86	DAC	Burnaby	18-Jun
	4:19.9	1	h	Childs	Dylan		KEL	Kelowna	July 28
	4:20.46	4		Childs	Dylan	87	KEL	kamloops	may 10-11
	4:20.55	1		Bartha	Jake	86	SOF	Surrey	26-Apr
	4:20.70	1	h	Hill	Graham	86	NAN	Duncan	June 14-15
	4:21.07	1		Cobb	Matt	86	DAC	Langley	June 14-15
	4:21.10	8	h	Gant	Dylan	86	BnbyCen	Swanguard	7-Apr
	4:21.29	p9		Bartha	Jake	86	HCSS	Swanguard	June 6-7
	4:21.44	2		Sperling	Dave	87	SOF	Langley	June 14-15
	4:22.13	14		LaBelle	Myke		OKSK	Kelowna	June 27-29
	4:22.13	3		Ortj	Anthony	86	TBIRD	Langley	June 14-15
	4:22.17	p11		Childs	Dylan	87	OkMSS	Swanguard	June 6-7
	4:23.59	5		Labelle	Myke	87	PntctonSS	kamloops	may 10-11
	4:24.00	2	h	M	Daniel		SOF	Swanguard	7-Apr
	4:24.08	5		Cobb	Matt	86	DAC	Abbotsford	3-May
	4:25.79	2	mix	Cobb	Matt	86	DAC	Burnaby	24-Jun
	4:25.80	15		Sperling	Dave		SOF	Kelowna	June 27-29
	4:29.00	3	h	Fraser	Chad		EMSS	Swanguard	7-Apr
	4:30.00	4	h	Chua	Steven		VC	Swanguard	7-Apr
	4:30.08	1		Apps	Michael	87	DCAC	Prince George	June 14-15

	Result	Place	Misc.	Surname	Name	YOB	Club	Location	Date
	4:30.31	17		Clegg	Kyle		NORW	Kelowna	June 27-29
	4:30.33	2		Gordon	Chris	87	U	Victoria	May 24-25
	4:30.63	1		Hol	Kyle	86	VC	Richmond	10-May
	4:31.02	1		Sologub	Dima	86	NORW	Victoria	May 24-25
	4:31.56	1		Hol	Kyle	86	VC	Swanguard	2-May
	4:32.02	2		Sologub	Dima	86	MdyMiddle	Swanguard	2-May
	4:32.30	18		Huang	Darien		TBIRD	Kelowna	June 27-29
	4:32.54	p15		Moore	Graeme		STM	Swanguard	June 6-7
	4:32.78	10		Labelle	Myke	87	OKSK	SFU	3-Apr
	4:33.00	5	h	S	Dave		SOF	Swanguard	7-Apr
	4:33.20	p17		Clegg	Kyle	87	Argyle	Swanguard	June 6-7
	4:33.9	13	h	Adair	Mike	87	NORW	Burnaby	Jul-29
	4:34.1	2	h	Daechsel	Aaron		OKSK	Kelowna	July 28
	4:34.33	2		Hol	Kyle	86	VC	Surrey	26-Apr
	4:35.46	2		Linnit	John	87	RHSS	Victoria	May 24-25
	4:35.56	3		Massie	Ryan	86	Sardis	Victoria	May 24-25
	4:35.74	9		Labelle	Myke	87	PntctonSS	Abbotsford	3-May
	4:36.01	2		Hawryluk	Sean	87	DCAC	Prince George	June 14-15
	4:36.48	10		Clegg	Kyle	87	NORW	Abbotsford	3-May
	4:36.48	p19		Hawryluk	Sean	87	SPSS	Swanguard	June 6-7
	4:38.20	9	h	Huang	Darien	86	St.G	Swanguard	7-Apr
	4:41.09	3		Moore	Graeme		STM	Swanguard	2-May
	4:43.07	5		Vermeer	Stephen	87	FV	Victoria	May 24-25
	4:43.59	5		Condon	??		Pinetree	Swanguard	2-May
	4:44.45	6		Adair	Michael	87	NORW	Coquitlam	June 21-22
	4:44.60	6		Adair	Michael	87	CGSS	Swanguard	2-May
	4:44.80	6		Gartner	David	87	FV	Victoria	May 24-25
	4:45.03	4		Adair	Michael	87	NORW	Langley	June 14-15
	4:46.73	7		Smith	Ronnie		STM	Swanguard	2-May
	4:47.00	6	h	Beveridge	Michael		EMSS	Swanguard	7-Apr
	4:50.44	p23		Webb	Pat	87	Golden	Swanguard	June 6-7
	4:51.42	6		Webb	Pat	87	GSS	kamloops	may 10-11
	4:52.40	1		Fryer	Mike	87	Chatelech	Richmond	10-May
	4:53.47	7		Lui	Chris	87	MEI	Victoria	May 24-25
	4:53.81	23		Cusano	Marco		NORW	Kelowna	June 27-29
	4:53.83	1		Fryer	Mike	87	Chatelech	Surrey	26-Apr
	4:53.95	9		Wu	Sam		St.G	Swanguard	2-May
	4:54.45	3		Fast	Max		VC	Surrey	26-Apr
	5:00.20	4		Nicol	Stephen		WALG	Surrey	26-Apr
	5:06.56	3		Dixon	Aaron	87	PGTF	Prince George	June 14-15
	5:07.21	7		Speight	Eric	87	PntctonSS	kamloops	may 10-11
	5:08.28	10		Hole	Nigel		STM	Swanguard	2-May
	5:08.53	11		Bean	Erik		WVSS	Swanguard	2-May
	5:11.29	4		Speight	Eric	87	PntctonSS	Abbotsford	3-May
	5:12.03	8		Austin	Jordon	87	GSS	kamloops	may 10-11
	5:14.53	12		Desharnais	Christian		STM	Swanguard	2-May
	5:24.17	5		Cheng	Allan		WALG	Surrey	26-Apr
	5:28.50	3		Koo	Ed	87	VC	Richmond	10-May
	5:51.61	6		Koo	Ed	87	VC	Surrey	26-Apr
	6:00.03	7		Vernier	Joe		VC	Surrey	26-Apr

	Result	Place	Misc.	Surname	Name	YOB	Club	Location	Date
Junior									
	3:51.26	3		Pawluk	Sam	85	KAJ	Burnaby	July 1
	3:55.73	1		Pawluk	Sam	85	KAJ	Abbotsford	22-Jun
	3:56.46	4		Pawluk	Sam	85	KAJ	Burnaby	July 8
	4:01.73	8		Rhodes	Scott	85	VR	Victoria	11-Jun
	4:10.75	4		Symonds	Jeff		OKSK	Kelowna	June 27-29
	4:11.20	8		Kazuta	Kerry	85	U	Burnaby	July 1
	4:11.36	4		Rhodes	Scott	85	VR	Abbotsford	July 12-13
	4:11.40	1	mix	Kazuta	Kerry	85	U	Burnaby	24-Jun
	4:12.9	1	h	Symonds	Jeff		OKSK	Kelowna	July 28
	4:14.60	4	h	B	Jake		SOF	Swanguard	7-Apr
	4:15.45	7		Swift	Cameron	85	PGTF	Abbotsford	22-Jun
	4:15.52	p2		Howard	Andrew		GPV	Swanguard	June 6-7
	4:15.76	9		Howard	Andrew		GPV	Swanguard	June 6-7
	4:15.83	10		Simpson	Tristan	84	U	Burnaby	July 1
	4:15.98	2		Symonds	Jeff	85	PntctonSS	Abbotsford	3-May
	4:16.15	2		Symonds	Jeff	85	PntctonSS	kamloops	may 10-11
	4:16.16	3		Swift	Cameron	85	PGTF	kamloops	may 10-11
	4:17.1	4	h	Hoey	Edward	85	CITY	Burnaby	Aug-05
	4:17.42	8		Symonds	Jeff	85	OKSK	SFU	3-Apr
	4:17.60	1	h	Anderson	Jesse		ADSS	nanaimo	may 10-11
	4:17.97	9		Howard	Andrew		NIA	Abbotsford	22-Jun
	4:18.10	7	h	Orth	Tony		Kitsilano	Swanguard	7-Apr
	4:18.55	5		Kazuta	Kerry	84	U	Abbotsford	July 12-13
	4:18.77	14		Hoey	Edward	85	CITY	Swangard	July 22
	4:18.82	10		Blackburn	Isaac		Hazelton	Swanguard	June 6-7
	4:18.88	24		Rhodes	Scott	85	VR	Saskatoon	July 4
	4:18.90	3		Sparrow	Tyler	85	Garibaldi	Abbotsford	3-May
	4:20.24	p7		Blackburn	Isaac		Hazelton	Swanguard	June 6-7
	4:20.41	p8		Hoey	Edward	85	VanTech	Swanguard	June 6-7
	4:21.16	11		Klassen	Mark	85	MEI	Swanguard	June 6-7
	4:21.88	4		Anderson	Jesse		AlbSS	Abbotsford	3-May
	4:24.51	1		Anderson	Jesse		AlbSS	Swanguard	2-May
	4:25.69	7		Sparrow	Tyler		RRTF	Kelowna	June 27-29
	4:26.28	7		Klassen	Mark	85	MEI	Abbotsford	3-May
	4:26.47	p12		Klassen	Mark	85	MEI	Swanguard	June 6-7
	4:27.71	8		McHaffie	Matt	85	VTF	Abbotsford	3-May
	4:28.01	11		Sparrow	Tyler	85	RRTF	Abbotsford	22-Jun
	4:28.83	p13		Anderson	Jesse		AlbSS	Swanguard	June 6-7
	4:29.10	p14		Symonds	Jeff	85	PntctonSS	Swanguard	June 6-7
	4:29.64	4		Rasmussen	Jordan	85	PGTF	kamloops	may 10-11
	4:32.10	2		Clarke	Martyn		LBSS	Swanguard	2-May
	4:32.49	12		Hoey	Edward	85	VanTech	Swanguard	June 6-7
	4:32.68	p16		Clarke	Martyn		LBSS	Swanguard	June 6-7
	4:33.7	7	h	Klassen	Mark	85	DAC	Burnaby	Aug-05
	4:33.98	p18		Skinner	Tom		Handsworth	Swanguard	June 6-7
	4:36.82	3		Lloyd	Dallas		AlbSS	Swanguard	2-May
	4:38.0	1	h	Poirier	Robin		U	Courtenay	May 3-4
	4:40.83	p20		Ford	Cory		MtBakSS	Swanguard	June 6-7
	4:42.10	p21		Chansyk	Matt		LVRSS	Swanguard	June 6-7
	4:42.22	p22		Charles	Ash		WVSS	Swanguard	June 6-7

	Result	Place	Misc.	Surname	Name	YOB	Club	Location	Date
	4:42.40	dec		Hipwell	Chad		Sardis	Swangard	31-May
	4:43.20	dec		Wallbank	Mark		Garibaldi	Swangard	31-May
	4:43.82	dec		Mezheritsky	Dan	84	TBIRD	Brdgtwn BAR	July 19
	4:45.84	11		Yano	Taiji		Garibaldi	Abbotsford	3-May
	4:48.50	11	h	Mece	Jerin		NWSS	Swanguard	7-Apr
	4:48.83	3		Scott	Owen	85	DCAC	Prince George	June 14-15
	4:49.2	dec	h	Gooch	Rob	85	TBIRD	Abbotsford	Aug 26
	4:49.5	dec	h	Mezheritsky	Dan	84	TBIRD	Abbotsford	Aug 26
	4:49.54	3		Yano	Taiji		GRBS	Surrey	26-Apr
	4:49.58	4		Desjardins	Rene		Bowness	Surrey	26-Apr
	4:50.60	dec		Lundeen	Colin		Claremont	Swangard	31-May
	4:52.00	dec		Moss	Curtis		BnbyCen	Swangard	31-May
	4:57.10	dec		Weninger	Scott		KSS	Swangard	31-May
	4:59.30	dec		Dziedzic	Justin		WJM	Swangard	31-May
	5:00.7	dec	h	Vaughan	Jarid	85	VR	Abbotsford	Aug 26
	5:05.03	dec		Mezheritsky	Dan	84	TBIRD	Saskatoon	July 5
	5:05.06	p24		Ekkert	Arnold		RCSS	Swanguard	June 6-7
	5:07.88	5		Waters	Nathan		Bowness	Surrey	26-Apr
	5:10.30	dec		Byra	James		Sardis	Swangard	31-May
	5:11.79	dec		Mezheritsky	Dan	84	UBC	Olathe, KS	May 22-24
	5:12.97	4		Hunt	Peter		WPGA	Swanguard	2-May
	5:13.70	dec		Emery	Shea		VC	Swangard	31-May
	5:16.45	5		McDonald	Dale	85	GSS.	kamloops	may 10-11
	5:21.18	dec		Mezheritsky	Dan	84	UBC	Azusa	April 17-18
	5:21.4	dec	h	Gossa	Jeremy	85	TBIRD	Abbotsford	Aug 26
	5:41.18	5		Hammond	Preston		WPGA	Swanguard	2-May
	5:53.9	dec	h	Macdonald	Cole	84	VR	Abbotsford	Aug 26
	5:55.40	6		Aulinger	Max		WPGA	Swanguard	2-May
	5:56.45	7		Lyn	David		WPGA	Swanguard	2-May
	6:53.2	dec	h	LaForest	Sean	85	VR	Abbotsford	Aug 26
Senior									
	3:39.75	4		Hood	Graham	72	PATH	Palo Alto, CA	7-Jun
	3:41.45	10		Hayden	Ryan	82	U	Gresham, OR	17-May
	3:43.53	h1		Hayden	Ryan	82	Villanova	Knoxville TN	11-Apr
	3:43.78	2		Hood	Graham	72	PATH	Victoria	Jul-19
	3:44.45	17		Corbitt	Brent		KAJ	Stanford	May 3
	3:44.45	5r2		Corbitt	Brent	80	KAJ	PaloAlto CA	3-May
	3:44.72	6		Hayden	Ryan	82	Villanova	East Fairfax VA	31-May
	3:47.53	9		Cluff	Marty	77	VR	Swanguard	8-Jun
	3:48.60	3		Schiebler	Jeff	73	KAJ	Sendai JAP	17-May
	3:49.04	1		Cluff	Marty	77	VR	Burnaby	July 1
	3:49.58	2		Mazzotta	Bruno	80	KAM	Swangard	Jul-22
	3:49.92	1		Babiuk	Craig	81	PATH	Swanguard	8-Jun
	3:50.12	1		Mazzota	Bruno	80	KAM	Burnaby	Jul-08
	3:50.38	2		Roulston	David	82	KAJ	Burnaby	Jul-08
	3:51.10	3		Heidt	Aaron	76	VR	Burnaby	Jul-08
	3:51.17	2		Roulston	David	82	KAJ	Burnaby	July 1
	3:51.34	3		Heidt	Aaron	76	VR	Swangard	Jul-22
	3:51.58	1		O'Brien	Trevor	78	PATH	Victoria	9-Jun
	3:51.6	1	h	Heidt	Aaron	76	VR	Burnaby	Jul-29

	Result	Place	Misc.	Surname	Name	YOB	Club	Location	Date
	3:52.44	4		Roulston	David	82	UBC	Swanguard	8-Jun
	3:52.65	4		Heidt	Aaron	76	VR	Burnaby	July 1
	3:52.69	9		Roulston	David	82	KAJ	Victoria	Jul-19
	3:52.98	13		Cluff	Marty	77	VR	Eugene OR	25-Apr
	3:53.17	10		Heidt	Aaron	76	VR	Victoria	Jul-19
	3:53.39	7		Glen	Saqui		UVIC	Swanguard	8-Jun
	3:53.40	1		Heidt	Aaron	76	VR	Victoria	May 24-25
	3:53.73	2		O'Brien	Trevor	78	PATH	Victoria	May 24-25
	3:54.20	6		Cluff	Marty	77	VR	Swangard	Jul-22
	3:54.52	10		Alberts	Joel		Uldaho	Walnut	Apr-20
	3:54.53	7		Murenbeeld	Steven	82	PATH	Swangard	Jul-22
	3:54.58	8		Kennedy	Scott	81	UVIC	Swanguard	8-Jun
	3:54.62	8		Alberts	Joel	81	PGTF	Swangard	Jul-22
	3:54.67	7		Heidt	Aaron	76	VR	New West	5-Jun
	3:54.81	1		Ziak	Jerry	76	UBC	Swanguard	3-May
	3:54.84	3		Rolston	David	82	KAJ	Victoria	11-Jun
	3:54.97	12		Milne	David	79	KAJ	Victoria	Jul-19
	3:55.17	2		Saqui	Glenn	80	PATH	Swanguard	3-May
	3:55.35	4		Saqui	Glenn	80	PATH	Victoria	11-Jun
	3:55.48	3		Mosely	Richard	82	SFU	Swanguard	3-May
	3:55.53	4		Swanson	Kris	81	PATH	Swanguard	3-May
	3:55.63	7h2		Alberts	Joel		Uldaho	NorthridgeCA	May-16
	3:56.04	3		Hewamudalige	Marcel	83	KAJ	Burnaby	18-Jun
	3:56.22	11		Alberts	Joel		Uldaho	NorthridgeCA	May-17
	3:57.28	1		Milne	David	79	KAJ	Abbotsford	22-Jun
	3:57.71	13		Kris	Swanson	81	UVIC	Swanguard	8-Jun
	3:57.76	14		Mosely	Richard	82	SFU	Swanguard	8-Jun
	3:57.76	5		Roulston	David	82	UBC	Swanguard	3-May
	3:57.95	2		Cluff	Marty	77	VR	Abbotsford	22-Jun
	3:58.13	3		Babiuk	Craig	81	PATH	Abbotsford	22-Jun
	3:58.33	4		Johnston	Matt		VR	Abbotsford	22-Jun
	3:58.35	1		Alberts	Joel		PGTF	Kelowna	June 27-29
	3:58.43	31		Alberts	Joel	81	Uldaho	Stanford	March 29
	3:58.93	5		Roulston	Dave	82	KAJ	Selkirk	Aug 7
	3:59.04	5		Swanson	Kris	81	PATH	Burnaby	Jul-08
	3:59.17	5		O'Brien	Trevor	78	PATH	Abbotsford	22-Jun
	3:59.19	6		Alberts	Joel	81	PGTF	Selkirk	Aug 7
	3:59.29	7		Mawhorter	Jared	81	PGTF	Victoria	11-Jun
	3:59.71	1		Mosley	Richard	82	SFU	SFU	3-Apr
	3:59.99	6		Saqui	Glenn	80	PATH	Abbotsford	22-Jun
	4:00.1	1	h	Mazzotta	Bruno	80	KAM	Burnaby	Aug-05
	4:00.16	1		Roulston	David	82	KAJ	Abbotsford	July 12-13
	4:00.19	7		Heidt	Aaron	76	VR	Abbotsford	22-Jun
	4:00.48	8		Mazzotta	Bruno	80	KAM	Abbotsford	22-Jun
	4:00.65	15		Mawhorter	Jared	81	UBC	Swanguard	8-Jun
	4:00.76	4		Cardle	Peter	70	VR	Burnaby	18-Jun
	4:00.89	9		Roulston	David	82	KAJ	Abbotsford	22-Jun
	4:00.96	2		Weber	Ryan		SFU	SFU	3-Apr
	4:01.0	3	h	Webber	Ryan	82	U	Burnaby	Jul-29
	4:01.16	10		Alberts	Joel	81	PGTF	Abbotsford	22-Jun
	4:01.31	11		Hewamudalige	Marcel	83	KAJ	Abbotsford	22-Jun

	Result	Place	Misc.	Surname	Name	YOB	Club	Location	Date
	4:01.37	12		Swanson	Kris	81	PATH	Abbotsford	22-Jun
	4:01.4	4	h	Swanson	Kris	81	PATH	Burnaby	Jul-29
	4:01.79	3		Osaduik	Steve		NAN	Kelowna	June 27-29
	4:01.93	2		Murenbeeld	Steven	82	PATH	Abbotsford	July 12-13
	4:02.22	6		Durkin	Chris	82	UBC	Swanguard	3-May
	4:02.29	6		Weber	Ryan	82	UA	Burnaby	Jul-08
	4:02.54	1		Cluff	Marty	77	VR	Abbotsford	3-May
	4:03.29	10		Johnston	Matt	78	VR	Swangard	Jul-22
	4:03.73	6		Durkin	Chris	82	U	Burnaby	18-Jun
	4:04.53	7		Weber	Ryan		SFU	Swanguard	3-May
	4:04.59	3		Durkin	Chris	82	UBC	SFU	3-Apr
	4:05.00	1	h	Mawhorter	Jared	81	UBC	Swanguard	7-Apr
	4:05.15	17		Adrani	Medi		SFU	Swanguard	8-Jun
	4:05.18	1	mix	Holmes	Dan	71	CITY	Burnaby	Jul-15
	4:05.19	3		Alberts	Joel	81	PGTF	Abbotsford	July 12-13
	4:05.23	12		Odermatt	Craig	70	PATH	Victoria	9-Jun
	4:05.25	7		Morrison	Spencer	83	HH	Burnaby	18-Jun
	4:05.60	1		Alberts	Joel	81	PGTF	Prince George	June 14-15
	4:05.61	5		Holmes	Dan	71	CITY	Burnaby	July 1
	4:05.71	55		Hatch	Warren		UBC	Claremount	April 18
	4:05.81	10		Durkin	Chris	82	KAJ	Victoria	11-Jun
	4:06.20	2	h	Titus	Morgan	83	UBC	Swanguard	7-Apr
	4:06.84	11		Ahrari	Medi		SFU	Victoria	11-Jun
	4:07.00	3	h	Mece	Eni		UBC	Swanguard	7-Apr
	4:07.07	4		Titus	Morgan	83	U	SFU	3-Apr
	4:07.47	1		Torrance	Brian	76	HH	Swangard	Jul-23
	4:07.65	7		Bartha	Jake	80	SOF	Burnaby	July 1
	4:07.7	8	h	Conen	Dave	67	HH	Burnaby	Jul-29
	4:07.89	8		Babiuk	Craig	81	PATH	Swanguard	3-May
	4:08.88	9		Calon	Cody	82	KAJ	Swanguard	3-May
	4:10.12	13		Kennedy	Scott	81	PATH	Abbotsford	22-Jun
	4:10.15	5		Day	Ryan	82	SFU	SFU	3-Apr
	4:10.36	64		Roulston	David	82	UBC	Claremount	April 18
	4:10.63	2		Conen	Dave	67	HH	Swangard	Jul-23
	4:10.79	6		Ahrari	Medi		SFU	SFU	3-Apr
	4:11.33	1		Odermatt	Craig	70	PATH	Victoria	May 24-25
	4:12.42	14		Morrison	Spencer	83	U	Abbotsford	22-Jun
	4:12.45	9		Odermatt	Craig	70	PATH	Burnaby	July 1
	4:13.10	1	h	Osaduik	Steven	79	FrntRnnrs	Duncan	June 14-15
	4:13.39	4		Parra	Jorge	71	VFAC	Swangard	Jul-23
	4:13.5	1	h	Allander	Gustav		OKSK	Kelowna	July 28
	4:13.9	3	h	O'Connor	Kevin	67	HH	Burnaby	Aug-05
	4:14.45	2		DeJongh	Simon	73	PATH	Victoria	May 24-25
	4:14.60	5	h	Elson	Nick		UBC	Swanguard	7-Apr
	4:14.74	5		Acker	Jeremy	82	U	Swangard	Jul-23
	4:15.09	8		O'Connor	Kevin	67	HH	Burnaby	Jul-08
	4:16.18	7		Elson	Nick		UBC	SFU	3-Apr
	4:16.22	9		Lister	Mark	83	KAJ	Burnaby	Jul-08
	4:16.25	10		DeJongh	Simon	73	PATH	Swanguard	3-May
	4:16.30	1	h	Matte	Dave		NAN	nanaimo	may 10-11
	4:17.3	10	h	Driver	Simon	79	VFAC	Burnaby	Jul-29

	Result	Place	Misc.	Surname	Name	YOB	Club	Location	Date
	4:17.4	5	h	Acken	Jeremy	81	DAC	Burnaby	Aug-05
	4:17.44	3		Wooten	Allen	83	PATH	Victoria	May 24-25
	4:17.46	10		Acker	Jeremy	81	UA	Burnaby	Jul-08
	4:17.60	6	h	Orr	Andy		UBC	Swanguard	7-Apr
	4:17.8	6	h	Maynard	Tik	82	U	Burnaby	Aug-05
	4:18.5	3	h	Acker	Jeremy	81	DAC	Burnaby	Aug 12
	4:18.78	15		DeJongh	Simon	73	PATH	Abbotsford	22-Jun
	4:19.42	2		Connors	Robert	81	PGTF	Prince George	June 14-15
	4:20.3	11	h	White	Eric	82	U	Burnaby	Jul-29
	4:22.61	2	mix	Matte	David	76	PATH	Burnaby	Jul-15
	4:28.70	11		White	Eric	82	U	Burnaby	18-Jun
	4:29.60	9		Orr	Andy		UBC	SFU	3-Apr
	4:34.0	dec	h	Williams	Chris	81	TBIRD	Abbotsford	Aug 26
	4:42.01	4		Barwise	Jim	64	U	Victoria	May 24-25
	4:44.56	1		Ollis	Ryan	80	NORW	Swangard	July 5-6
	4:47.42	13		Ovens	Chris	81	CHTF	Burnaby	Jul-08
	4:47.94	1		Ollis	Ryan	80	NORW	Langley	June 14-15
	5:00.96	10		Robinson	Keith		U	Kelowna	June 27-29
	5:03.76	11		Rowlands	Mark		CHTF	Kelowna	June 27-29
	5:14.3	dec	h	Halcro	Joel	82	TBIRD	Abbotsford	Aug 26
	5:21.43	6		Landsiedel	Spence		VR	Abbotsford	3-May
	5:41.58	12		Stewart	Rob		KEL	Kelowna	June 27-29
Masters									
	4:28.06	12		Stanage	Steven	55	UA	Burnaby	July 8
	4:28.85	1		Smillie	Malcolm	60	BAY	Langley	June 14-15
	4:29.66	1		Reed	Dave	55		Richmond	Aug 16-17
	4:30.05	10		Carscadden	Gord	56	HH	Swangard	July 23
	4:30.42	1		Smillie	Malcolm	60		Richmond	Aug 16-17
	4:30.53	1		Murphy	Eric	56	VTF	Victoria	May 24-25
	4:31.00	11		Stanage	Steven	55	U	Burnaby	July 1
	4:31.24	4	mix	Stanage	Steven	55	U	Burnaby	June 24
	4:32.14	1		Huxley	David	53	U	Langley	June 14-15
	4:32.33	5	mix	Huxley	David	53	DAC	Burnaby	June 24
	4:32.46	1		Stanage	Steven	55	U	Langley	June 14-15
	4:32.6	12	h	Huxley	David	53	DAC	Burnaby	Jul-29
	4:33.41	2		Carscadden	Gordon	56		Richmond	Aug 16-17
	4:34.59	13		Huxley	David	53	DAC	Burnaby	Jun-18
	4:35.17	12		Huxley	David	53	DAC	Swangard	July 23
	4:36.0	8	h	Huxley	David	53	DAC	Burnaby	Aug-05
	4:36.44	4	mix	Carscadden	Gord	56	HH	Burnaby	July 15
	4:36.88	5	mix	Cardle	Tom	61	HH	Burnaby	July 15
	4:37.55	1		Huxley	David	53		Richmond	Aug 16-17
	4:37.61	3		Stanage	Steven	56		Richmond	Aug 16-17
	4:39.37	6	mix	Alward	Doug	58	PAA	Burnaby	June 24
	4:41.40	1	h	Murphy	Eric	56	VTF	Sidney	April 12-13
	4:41.49	4		VanMeer	Jim	54		Richmond	Aug 16-17
	4:41.65	16		Cardle	Tom	61	HH	Burnaby	Jun-18
	4:43.9	14	h	Antepyan	Raffi	58	U	Burnaby	Jul-29
	4:46.11	5		Robinson	Keith	57		Richmond	Aug 16-17
	4:48.46	2		Van Meer	Tim	53	VR	Langley	June 14-15

	Result	Place	Misc.	Surname	Name	YOB	Club	Location	Date
	4:49.19	3		Rowlands	Mark	60		Richmond	Aug 16-17
	4:51.49	17		Robertson	Keith	56	U	Swangard	July 23
	4:52.17	6	mix	Robinson	Keith	56	U	Burnaby	July 15
	4:53.72	12		Antepyan	Raffi	58	U	Burnaby	July 1
	4:54.0	1	h	Nelson	Shawn		VTF	Courtenay	May 3-4
	4:57.57	1		Rowlands	Mark	61	CHTF	Swangard	July 5-6
	4:57.96	8	mix	Sessions	Matt	64	PAA	Burnaby	June 24
	5:01.82	1		Hollingshead	Bill	42		Richmond	Aug 16-17
	5:02.96	4		Pawluk	Fred	47		Richmond	Aug 16-17
	5:04.64	1		Pawluk	Fred	47	KAJ	Langley	June 14-15
	5:08.54	2		Wichmann	Ron	55	CHTF	Swangard	July 5-6
	5:11.10	1	h	Hollingshead	Bill		IND	Duncan	June 14-15
	5:12.8	9	h	Vachon	Steve	63	NORW	Burnaby	Aug-05
	5:13.11	22		Vachon	Steve	63	NORW	Swangard	July 23
	5:14.79	4		Helm	Charles	57	TR	Prince George	June 14-15
	5:18.57	14		Vachon	Steve	63	NORW	Burnaby	July 8
	5:19.50	14	mix	Vachon	Steve	63	NORW	Burnaby	June 24
	5:20.4	17	h	Vachon	Steve	63	NORW	Burnaby	Jul-29
	5:22.89	5		Madderom	Jake	45		Richmond	Aug 16-17
	5:26.34	2		Madderom	Jake	44	KAJ	Langley	June 14-15
	5:31.80	14	mix	Loftus	Terry	51	U	Burnaby	July 15
	5:38.06	7		Forbes	Martin	47		Richmond	Aug 16-17
	5:49.26	8		Tarrant	Philip	54		Richmond	Aug 16-17
	5:54.04	5		Hunter	Michael	59	TR	Prince George	June 14-15
	6:00.45	1		Kurucz	Frank	30		Richmond	Aug 16-17
	6:23.36	15	mix	Johnson	Pat	64	U	Burnaby	June 24
	7:03.20	1		Thompson	Harry	23		Richmond	Aug 16-17
MILE									
Senior									
	3:56.02	2		Hood	Graham	72	PATH	Victoria	11-Jun
	4:07.80	4		Milne	David	79	KAJ	Seattle	14-Jun
	4:08.16	12		O'Brien	Trevor	78	PATH	Victoria	11-Jun
Masters									
	5:11.59	5		De St. Croix	Ted	57	KAJ	Richmond	4-Jun
	5:28.84	6		Jamieson	Alex	45	KAJ	Richmond	4-Jun
	5:39.32	8		Pawluk	Fred	47	KAJ	Richmond	4-Jun
	5:54.47	9		Cheng	Bob	59	KAJ	Richmond	4-Jun
	6:07.75	10		Lee	John	61	KAJ	Richmond	4-Jun
3000m									
Midget									
	8:59.4	5	h	Marpole-Bird	Justin	88	TBIRD	Swangard	July 23
	9:31.06	1		Marpole-Bird	Justin	88	TBIRD	Kelowna	June 27-29
	9:36.19	1		Philips	Roberto	88	NORW	Abbotsford	July 12-13
	9:39.63	1		Marpole-Bird	Just	88	TBIRD	Kamloops	July 25-27

	Result	Place	Misc.	Surname	Name	YOB	Club	Location	Date
	9:45.20	15		Kruzeniski	Jon	88	WRC	Swanguard	June 6-7
	9:45.72	2		Kruzeniski	Jon	88	SOF	Kamloops	July 25-27
	9:49.56	1		Phillips	Roberto	88	NORW	Swangard	July 5-6
	9:52.81	5	mix	Bowman	Sam	89	TBIRD	Burnaby	July 15
	9:53.18	2		Gouett	Sam	88	U	Swangard	July 5-6
	9:55.24	1		Sologub	Victor	89	NORW	Kelowna	June 27-29
	9:55.68	1		Kruzeniski	Jon	88	SOF	Langley	June 14-15
	9:56.85	2		Wakefield	Brett	89	GEA	Kelowna	June 27-29
	10:02.02	3		Bowman	Sam	89	TBIRD	Kelowna	June 27-29
	10:04.28	1		Wakefield	Brett	89	GEA	Langley	June 14-15
	10:04.47	2		Wakefield	Brett	89	GEA	Abbotsford	July 12-13
	10:06.19	1		Sologub	Viktor	89	NORW	Victoria	May 24-25
	10:06.48	3		Levins	Cam	89	CVC	Abbotsford	July 12-13
	10:08.45	2		Sologub	Viktor	89	NORW	Langley	June 14-15
	10:11.64	4		Sologub	Victor	89	NORW	Abbotsford	July 12-13
	10:11.71	1		Levins	Cam	89	CVC	Swangard	July 5-6
	10:11.77	3		Levins	Cameron	89	CVC	Langley	June 14-15
	10:12.00	25		Bowman	Sam	89	Kitsilano	Swanguard	June 6-7
	10:12.32	9		Bowman	Sam	89	TBIRD	Abbotsford	3-May
	10:20.30	5		Curley	Terry	88	AVTF	Abbotsford	July 12-13
	10:21.16	1		Wakefield	Brett	89	GEA	Surrey	26-Apr
	10:21.46	2		Levins	Cameron	89	CVC	Victoria	May 24-25
	10:23.11	3		Wakefield	Brett	89	GEA	Kamloops	July 25-27
	10:25.40	1	h	Levins	Cameron	89	CVC	Sidney	April 12-13
	10:26.3	1	h	Levins	Cameron	89	CVC	Courtenay	May 3-4
	10:30.22	4		Levins	Cam	89	CVC	Kamloops	July 25-27
	10:30.81	4		Faget	Andy	89	HT	Kelowna	June 27-29
	10:32.06	1		Cecco	Leyland	88	VTF	Victoria	May 24-25
	10:33.43	2		Mancell	Bryce	88	CVC	Victoria	May 24-25
	10:34.12	2		Lee	David	89	CHTF	Swangard	July 5-6
	10:34.30	1	h	Cecco	Leyland	88	VTF	Sidney	April 12-13
	10:34.40	1	h	Levins	Cameron	89	CVC	nanaimo	may 10-11
	10:34.70	1		Kwok	Bosco	89	VC	Richmond	10-May
	10:35.32	1		Faget	Andy	89	Highland	kamloops	may 10-11
	10:38.15	1		Ricard	Daniel	88	PGTF	Prince George	June 14-15
	10:39.00	1	h	Mancell	Bryce	88	IND	Duncan	June 14-15
	10:39.71	2		MacKay	Doug	88	WALG	Surrey	26-Apr
	10:42.03	1		MacKay	Doug	88	WG	Victoria	May 24-25
	10:43.98	5		Cumming	Ian	88	OKSK	Kamloops	July 25-27
	10:50.42	6		Lee	David	89	CHTF	Abbotsford	July 12-13
	10:51.62	2		Kwok	Bosco	89	VC	Surrey	26-Apr
	10:53.06	2		Lambert	Brian	88	Terrace	kamloops	may 10-11
	10:59.48	6		Olsen	Shawn	89	SZTF	Kamloops	July 25-27
	11:00.50	1		Olsen	Shawn	89	SZTF	Prince George	June 14-15
	11:00.55	3		Lazar	Pedro	89	CHTF	Swangard	July 5-6
	11:04.70	1	h	Mancell	Bryce	88	AVTF	nanaimo	may 10-11
	11:08.09	4		Watts	Andrew	88	OKSK	Kelowna	June 27-29
	11:08.38	11		Hildebrand	Sean	88	MEI	Abbotsford	3-May
	11:11.52	3		Gonzalez-Milroy	Roberto		VC	Surrey	26-Apr
	11:13.11	4		Stephens-Whale	Shawn	89	ELPH	Surrey	26-Apr
	11:14.10	5		Fishlock	Garrett	89	KAM	Kelowna	June 27-29

	Result	Place	Misc.	Surname	Name	YOB	Club	Location	Date
	11:15.40	2	h	Mansell	Bryce	88	CVC	Sidney	April 12-13
	11:15.8	1	h	Lee	Alex	88	U	Courtenay	May 3-4
	11:16.21	3		Hildebrand	Sean	88	MEI	Victoria	May 24-25
	11:16.74	2		Stephens-Whale	Shaun	89	ELPH	Richmond	10-May
	11:20.06	2		MacKay	Doug	88	WG	Langley	June 14-15
	11:26.7	2	h	Mancell	Bryce	88	CVC	Courtenay	May 3-4
	11:30.43	3		Taylor	Ian	89	PEN	Victoria	May 24-25
	11:32.61	3		Kopec	Jules	89	Terrace	kamloops	may 10-11
	11:43.41	7		Lazar	Pedro	89	CHTF	Abbotsford	July 12-13
	11:45.04	4		O'Meara	Jared	89	PGTF	kamloops	may 10-11
	12:02.65	9		O'Meara	Jared	89	PGTF	Kamloops	July 25-27
	12:05.89	10		Faget	Andy	89	HT	Kamloops	July 25-27
	12:23.80	2	h	Taylor	Ian	89	PEN	Sidney	April 12-13
	14:22.13	5		Gillies	Taryn	89	GSS.	kamloops	may 10-11
Juvenile									
	8:31.0	2	h	Winter	Chris	86	NORW	Swangard	July 23
	8:33.90	1		Primus	Joel	86	RHSS	Swanguard	June 6-7
	8:35.85	3		Winter	Chris	86	NORW	Gresham OR	26-Apr
	8:45.72	4		Primus	Joel	86	VR	Abbotsford	3-May
	8:49.59	2		Winter	Chris	86	Handsworth	Swanguard	June 6-7
	8:50.81	1		Primus	Joel	86	VR	Abbotsford	21-Jun
	8:53.09	1		Orchard	Brad		Caltaf	Kelowna	June 27-29
	8:57.06	2		Mallie	Daniel		SOF	Kelowna	June 27-29
	9:01.78	1		Johnston	Jeremiah	87	VR	Abbotsford	July 12-13
	9:01.80	1		Gunt	Dylan	86	U	Burnaby	Jun-18
	9:02.27	2	mix	Keigher	Ryan	86	VR	Burnaby	July 1
	9:03.70	8		Johnston	Jeremiah	87	VR	Kitchener	Aug 10
	9:04.30	1	h	Friesen	Kevin	87	NAN	Duncan	June 14-15
	9:06.80	3	mix	Johnson	Jeremiah	87	VR	Burnaby	July 1
	9:10.03	4		Mallie	Daniel	87	FVCSS	Swanguard	June 6-7
	9:12.73	2		Keigher	Ryan	86	VR	Abbotsford	July 12-13
	9:15.72	1		Johnston	Jeremiah	87	VR	Langley	June 14-15
	9:16.08	3		Childs	Dylan	87	KEL	Abbotsford	July 12-13
	9:17.83	5		Mosford	Matt		ACarney	Swanguard	June 6-7
	9:18.81	4	mix	Orth	Tony	86	TBIRD	Burnaby	July 15
	9:19.52	4		Hill	Graeme		NAN	Kelowna	June 27-29
	9:21.33	4		Hill	Graeme	86	NAN	Abbotsford	July 12-13
	9:22.42	6		Mosford	Owen		ACarney	Swanguard	June 6-7
	9:23.00	7		Childs	Dylan		OkMSS	Swanguard	June 6-7
	9:23.65	1		Mosford	Matt	87	GEA	Abbotsford	21-Jun
	9:23.83	2		Mosford	Owen	87	GEA	Abbotsford	21-Jun
	9:24.79	11		Hill	Graham	86	DBSS	Swanguard	June 6-7
	9:26.01	12		Gant	Dylan	86	BnbyCen	Swanguard	June 6-7
	9:27.29	7		Skinner	Tom		NORW	Kelowna	June 27-29
	9:32.27	1		Hill	Graham	86	NAN	Victoria	May 24-25
	9:33.52	14		Bartha	Jake	86	HCSS	Swanguard	June 6-7
	9:34.42	5		Labelle	Myke	87	OKSK	Abbotsford	July 12-13
	9:34.81	6		Apps	Michael	87	DCAC	Abbotsford	July 12-13
	9:36.00	1	h	Hill	Graham	86	NAN	nanaimo	may 10-11
	9:40.02	9		Clegg	Kyle		NORW	Kelowna	June 27-29

	Result	Place	Misc.	Surname	Name	YOB	Club	Location	Date
	9:42.30	1	h	Hill	Graham	86	NAN	Sidney	April 12-13
	9:45.37	2		Sologub	Dima	86	NORW	Victoria	May 24-25
	9:47.12	1		Hol	Kyle	86	VC	Richmond	10-May
	9:47.98	7		Sologub	Dima	86	NORW	Abbotsford	3-May
	9:52.08	2		Sologub	Dima	86	NORW	Richmond	10-May
	9:52.60	1	h	LaBelle	Mike	87	OKSK	Kelowna	17-Jun
	9:58.20	1		Hawryluk	Sean	87	DCAC	Prince George	June 14-15
	9:58.58	2		Labelle	Myke	87	PntctonSS	kamloops	may 10-11
	10:00.54	12		Adair	Michael		NORW	Kelowna	June 27-29
	10:03.15	1		Hol	Kyle	86	VC	Surrey	26-Apr
	10:03.83	8		Labelle	Myke	87	PntctonSS	Abbotsford	3-May
	10:08.38	23		Furfaro	Mike	87	Golden	Swanguard	June 6-7
	10:14.67	2		Adair	Michael	87	NORW	Langley	June 14-15
	10:16.07	26		Fryer	Mike	87	Chatelech	Swanguard	June 6-7
	10:22.69	27		Clegg	Kyle	87	Argyle	Swanguard	June 6-7
	10:29.58	3		Furfaro	Michael	87	GSS.	kamloops	may 10-11
	10:37.78	4		Webb	Pat	87	GSS.	kamloops	may 10-11
	10:38.10	1		Fast	Max		VC	Surrey	26-Apr
	11:08.87	12		Speight	Eric	87	PntctonSS	Abbotsford	3-May
	11:13.54	3		Koo	Ed	87	VC	Surrey	26-Apr
	11:29.16	5		Speight	Eric	87	PntctonSS	kamloops	may 10-11
	11:42.09	6		Austin	Jordon	87	GSS.	kamloops	may 10-11
	12:45.60	2	h	Halloran	Afton		NAN	Duncan	June 14-15
Junior									
	8:59.34	1		Symonds	Jeff		OKSK	Kelowna	June 27-29
	9:03.05	3		Symonds	Jeff	85	PntctonSS	Swanguard	June 6-7
	9:23.61	8		Anderson	Jesse		AlbSS	Swanguard	June 6-7
	9:24.35	9		Fraser	Seth		EMSS	Swanguard	June 6-7
	9:24.52	10		Orth	Tony		Kitsilano	Swanguard	June 6-7
	9:29.00	1	h	Anderson	Jesse		ADSS	Sidney	April 12-13
	9:29.50	13		Rasmussen	Jordan	85	PGSS	Swanguard	June 6-7
	9:48.67	16		Butchart	Brett		PntctonSS	Swanguard	June 6-7
	9:48.92	17		Clarke	Martyn		LBSS	Swanguard	June 6-7
	9:50.51	18		Gabriel	Ariel		Gleneagle	Swanguard	June 6-7
	9:52.28	19		Ford	Cory		MtBakSS	Swanguard	June 6-7
	9:53.86	20		Phillips	Roberto		Argyle	Swanguard	June 6-7
	10:00.08	2		Bartell	Nicholas	85	PGTF	Prince George	June 14-15
	10:01.17	21		Pickwell	Chris		McRoberts	Swanguard	June 6-7
	10:03.42	22		Trembley	Doug		WJM	Swanguard	June 6-7
	10:10.41	24		Chansyk	Matt		LVRSS	Swanguard	June 6-7
	10:10.64	3		Scott	Owen	85	DCAC	Prince George	June 14-15
	11:12.88	2		Waters	Nathan		Bowness	Surrey	26-Apr
Senior									
	8:18.21	5		Johnston	Matthew	78	VR	Richmond	4-Jun
	8:29.83	9		Corbitt	Brent	80	KAJ	Richmond	4-Jun
	8:30.22	1		Heidt	Aaron	76	VR	Abbotsford	3-May
	8:33.81	12		O'Brien	Trevor	78	PATH	Richmond	4-Jun
	8:38.06	2		Johnston	Matthew	78	VR	Abbotsford	3-May
	8:39.7	3	h	Walsh	Chris	83	WVF	Swangard	July 23

	Result	Place	Misc.	Surname	Name	YOB	Club	Location	Date
	8:42.61	3		Bilodeau	Shane	67	U	Abbotsford	3-May
	8:45.99	1		Osaduik	Steve		NAN	Kelowna	June 27-29
	8:48.09	5		Durkin	Chris	82	UBC	Abbotsford	3-May
	8:51.3	4	h	Weber	Ryan	82	U	Swangard	July 23
	8:53.78	2		Hayes	Steve		OKSK	Kelowna	June 27-29
	8:54.94	1	mix	Weber	Ryan	82	U	Burnaby	July 1
	8:55.7	1	h	Conen	David	67	HH	Burnaby	Aug 12
	8:58.2	2	h	O'Connor	Kevin	67	HH	Burnaby	Aug 12
	8:59.22	1		Alberts	Joel	81	PGTF	Prince George	June 14-15
	9:09.71	16		Durkin	Chris	82	KAJ	Richmond	4-Jun
	9:21.06	6		Leib	Dustin		OKSK	Kelowna	June 27-29
	9:24.1	4	h	Driver	Simon	79	VFAC	Burnaby	Aug 12
	9:29.44	1		Ollis	Ryan	80	NORW	Abbotsford	21-Jun
	9:54.80	2		Said	Ased	73	U	Burnaby	Jun-18
	10:00.00	2	h	Barwise	Jim	64	IND	Sidney	April 12-13
	10:10.17	1		Barwise	Jim	64	U	Victoria	May 24-25
	10:15.03	1		Ollis	Ryan	80	NORW	Langley	June 14-15
	10:33.87	10		Robinson	Keith		U	Kelowna	June 27-29
	10:40.10	10		Hawkes	Kaelen		MEI	Abbotsford	3-May
	11:34.50	3		Mittalyi	Devon	82	U	Burnaby	Jun-18
	12:20.13	12		Stewart	Rob		KEL	Kelowna	June 27-29
	12:29.57	2		Weyler	Richard	70	VTF	Victoria	May 24-25
	13:09.70	4		Johnson	Pat	64	U	Burnaby	Jun-18
	9:27.10	1	h	Matte	Dave		NAN	nanaimo	may 10-11
Masters									
	8:49.9	6	h	Tinkham	Norm	63	U	Halifax	June 3
	9:27.10	1	h	Murphy	Eric	56	VTF	nanaimo	may 10-11
	9:38.33	3		Boileau	Art	57	HH	Burnaby	July 8
	9:53.10	4		Carscadden	Gord	56	HH	Burnaby	July 8
	9:55.10	1	h	Murphy	Eric	56	VTF	Sidney	April 12-13
	9:56.5	1	h	Eric	Murphy		U	Courtenay	May 3-4
	10:38.80	1	h	Gill	Michael	61	NAN	Duncan	June 14-15
	10:49.43	1		Gill	Michael	61	NAN	Victoria	May 24-25
	11:22.27	4		Helm	Charles	57	TR	Prince George	June 14-15
	12:21.71	5		Spelsberg	Grant	53	SZTF	Prince George	June 14-15
	13:10.14	6		Hunter	Michael	59	TR	Prince George	June 14-15
5000m									
Juvenile									
	16:08.29	1		Gant	Dylan	87	U	Abbotsford	July 12-13
	16:18.06	16		Gant	Dylan	86	U	Burnaby	June 24
	16:19.92	7		Gant	Dylan	86	U	Swanguard	10-May
Junior									
	14:42.10	2		Pawluk	Sam	85	KAJ	Burnaby	June 24
	14:53.55	7		Pawluk	Sam	85	KAJ	Brdgtwn BAR	July 18
	15:00.58	1		Pawluk	Sam	85	KAJ	Saskatoon	July 4
	15:52.73	3		Symonds	Jeff	85	OKSK	Abbotsford	July 12-13

	Result	Place	Misc.	Surname	Name	YOB	Club	Location	Date
	15:58.33	10		Symonds	Jeff	85	OKSK	Selkirk	Aug 9
	16:20.62	17		Simpson	Tristan	84	U	Burnaby	June 24
	17:22.84	1		Rasmussen	Jordan	85	PGTF	kamloops	may 10-11
	17:29.5	3	h	MacNeil	Aaron	84	SOF	Burnaby	Jul-29
	27:50.6	6	h	Dahuss	Billy	85	U	Burnaby	Jul-29
Senior									
	13:28.37	3r2		Schiebler	Jeff	73	KAJ	Walnut CA	17-Apr
	13:38.60	1r1		Schiebler	Jeff	73	KAJ	Stanford CA	28-Mar
	13:46.50	2		Schiebler	Jeff	73	KAJ	Sendai JAP	18-May
	14:07.08	31r2		Corbitt	Brent	80	KAJ	Walnut CA	17-Apr
	14:07.58	7r1		Ziak	Jerry	76	U	Stanford CA	28-Mar
	14:07.77	12		Milne	David	79	KAJ	Victoria	11-Jun
	14:10.77	5		Johnston	Matt	78	VR	Victoria	July 18
	14:12.89	6		Mazzotta	Bruno	80	KAM	Victoria	July 18
	14:15.64	13		Mosley	Richard	82	SFU	Walnut CA	17-Apr
	14:16.80	16		McLennan	Scott		KAJ	Eugene OR	25-Apr
	14:17.62	13		Mazzotta	Bruno	80	KAM	PaloAlto CA	30-May
	14:31.07	4		McLennan	Scott		KAJ	Seattle	14-Jun
	14:31.98	1		Johnston	Matt	78	VR	Burnaby	June 24
	14:34.56	1		Bomba	Mark	69	KAJ	Swanguard	10-May
	14:39.17	18	h	Mosley	Richard	82	VR	Victoria	11-Jun
	14:44.38	2		Cardle	Peter		VR	Swanguard	10-May
	14:49.02	23		Ziak	Jerry		UBC	Stanford	May 3
	14:50.15	1		Ziak	Jerry	76	UBC	Olathe, KS	May-24
	14:51.07	3		Hewamudalige	Marcel	83	KAJ	Burnaby	June 24
	14:51.67	4		O'Brien	Trevor	78	PATH	Burnaby	June 24
	14:55.77	3		O'Brien	Trevor	78	PATH	Swanguard	10-May
	14:57.32	5		Mosley	Richard	82	SFU	Olathe, KS	May-24
	15:01.48	2		Mosley	Richard	82	VR	Selkirk	Aug 9
	15:03.34	36		Durkin	Chris	82	UBC	Stanford	March 29
	15:10.42	5		Myers	Ken	79	U	Burnaby	June 24
	15:17.32	14		Mosely	Richard	82	VR	Victoria	July 18
	15:18.13	9		Day	Ryan	82	SFU	Olathe, KS	May-24
	15:19.15	4		Odermatt	Craig	70	PATH	Swanguard	10-May
	15:19.52	6		Odermatt	Craig	70	PATH	Burnaby	June 24
	15:21.06	5		Walker	Nick	83	PATH	Swanguard	10-May
	15:25.01	14		Durkin	Chris	82	KAJ	Seattle	14-Jun
	15:25.48	7		Swanson	Kris	81	PATH	Burnaby	June 24
	15:29.08	8		Durkin	Chris	82	U	Burnaby	June 24
	15:31.38	6		Titus	Morgan	83	KAJ	Swanguard	10-May
	15:34.72	1		Mosley	Richard	82	VR	Abbotsford	July 12-13
	15:36.68	9		Murenbeeld	Steve	82	PATH	Burnaby	June 24
	15:38.34	10		Torrance	Brian	76	HH	Burnaby	June 24
	15:38.84	11		Morrison	Spencer	83	HH	Burnaby	June 24
	15:40.68	2		Murenbeeld	Steven	82	PATH	Abbotsford	July 12-13
	15:42.75	12		O'Connor	Kevin	67	HH	Burnaby	June 24
	15:50.53	13		Lister	Mark	83	KAJ	Burnaby	June 24
	15:50.71	14		Driver	Simon	79	VFAC	Burnaby	June 24
	15:58.87	18		Callon	Cody	82	KAJ	Seattle	14-Jun
	16:00.07	4		Lister	Mark	83	KAJ	Abbotsford	July 12-13

	Result	Place	Misc.	Surname	Name	YOB	Club	Location	Date
	16:23.39	1		Chromosta	Jim		SFU	SFU	12-Apr
	16:25.56	18		Ezaki	Al	80	KAJ	Burnaby	June 24
	16:42.0	1	h	Ezaki	Al	80	KAJ	Burnaby	Jul-29
	17:08.49	1		Faget	Catalin	82	Highland	kamloops	may 10-11
	17:16.89	19		Machuga	John	79	U	Burnaby	June 24
	17:16.95	2		Ollis	Ryan	80	NORW	SFU	12-Apr
	17:21.22	5		Ollis	Ryan	80	NORW	Abbotsford	July 12-13
	17:38.42	20		Ollis	Ryan	80	NORW	Burnaby	June 24
	17:48.01	21		Sessions	Matt	64	PAA	Burnaby	June 24
	17:56.5	4	h	Sessions	Matt	64	PAA	Burnaby	Jul-29
	19:37.32	1		Faget	Iuliu	60	Highland	kamloops	may 10-11
	19:38.96	2		Hammond	Gordon	60	U	kamloops	may 10-11
	22:16.5	5	h	Johnson	Pat	64	U	Burnaby	Jul-29
Masters									
	15:58.87	1		Lee	Richard	62		Richmond	Aug 16-17
	16:09.35	15		Reed	Dave	54	VFAC	Burnaby	June 24
	17:04.27	2		Moon	Mike	61		Richmond	Aug 16-17
	17:21.1	2	h	Alward	Doug	58	PAA	Burnaby	Jul-29
	17:34.15	2		Huxley	David	53		Richmond	Aug 16-17
	17:45.36	1		Moon	Mike	61	KAJ	Langley	June 14-15
	17:46.24	1		Stanage	Steven	55	U	Langley	June 14-15
	18:30.93	1		Hollingshead	Bill	42		Richmond	Aug 16-17
	18:43.20	2		Stanage	Steven	56		Richmond	Aug 16-17
	18:47.12	2		Wichmann	Ron	55	CHWK	Langley	June 14-15
	19:09.91	2		Caruso	John	40		Richmond	Aug 16-17
	19:13.91	2		Jamieson	Alex	45		Richmond	Aug 16-17
	19:53.14	1		Madderom	Jake	44	KAJ	Langley	June 14-15
	23:07.50	1		Kurucz	Frank	30		Richmond	Aug 16-17
10000m									
Senior									
	28:00.54	5r1		Schiebler	Jeff	73	KAJ	PaloAlto CA	3-May
	28:42.24	2		Schiebler	Jeff	73	KAJ	Swanguard	8-Jun
	30:51.87	9		McClennan	Scott		KAJ	Swanguard	8-Jun
	31:04.65	31		Durkin	Chris	82	UBC	Walnut CA	17-Apr
	32:21.70	14		Durkin	Chris	82	UBC	Olathe, KS	May-22
	33:51.20	9		Lister	Mark		KAJ	Swanguard	8-Jun
	33:54.09	10		Ezaki	Al	80	KAJ	Swanguard	8-Jun
	34:07.36	1		Ezaki	Al	80	KAJ	Abbotsford	July 12-13
	35:10.25	5		Ezaki	Al		KAJ	Selkirk	Aug 7
	45:39.0	2	h	Johnson	Pat	64	VFAC	Burnaby	Aug-05
Masters									
	34:11.40	1		Booth	Ed	62		Richmond	Aug 16-17
	35:38.10	2		Moon	Mike	61		Richmond	Aug 16-17
	38:04.0	1	h	Alward	Doug	58	PAA	Burnaby	Aug-05
	44:00.30	1		Tarrant	Maurice	30		Richmond	Aug 16-17

	Result	Place	Misc.	Surname	Name	YOB	Club	Location	Date
1500mS/C									
Midget									
	4:45.88	1		Philips	Roberto	88	NORW	Abbotsford	July 12-13
	4:47.3	1	h	Kruzeniski	Jon	88	SOF	Kamloops	July 25-27
	4:50.1	2	h	Black	Justin	88	DCAC	Kamloops	July 25-27
	4:53.62	1		Kruzinski	John	88	SOF	Swangard	July 5-6
	5:00.94	2		Phillips	Roberto	88	NORW	Swangard	July 5-6
	5:01.06	1		Sologub	Victor	89	NORW	Swangard	July 5-6
	5:03.3	3	h	Cecco	leyland	88	VTF	Kamloops	July 25-27
	5:03.9	4	h	Olsen	Shawn	89	SZTF	Kamloops	July 25-27
	5:04.97	1		Clement	Ryan	88	DCAC	Prince George	June 14-15
	5:19.75	1		Cecco	Leyland	88	VTF	Victoria	May 24-25
	5:19.89	2		Little	Paul	88	NAN	Abbotsford	July 12-13
	5:22.1	5	h	Little	Paul	88	NAN	Kamloops	July 25-27
	5:30.35	3		Levins	Cam	89	CVC	Abbotsford	July 12-13
	5:32.6	6	h	Levins	Cam	89	CVC	Kamloops	July 25-27
	5:37.72	2		Little	Paul	88	NAN	Victoria	May 24-25
	5:39.94	3		Mueller	Matt	88	NORW	Swangard	July 5-6
	5:40.58	1		Vanderwater	Shane	89	DCAC	Prince George	June 14-15
	5:41.46	4		Little	Paul	88	NAN	Swangard	July 5-6
	5:41.50	3		MacKay	Doug	88	WG	Victoria	May 24-25
	5:49.74	4		Barrett	David	89	LM	Abbotsford	July 12-13
	5:51.20	1	h	Cecco	Leyland	88	VTF	nanaimo	may 10-11
	5:59.63	4		Hildebrand	Sean	88	MEI	Victoria	May 24-25
	6:01.48	2		Hogberg	Jason	88	DCAC	Prince George	June 14-15
	6:33.74	2		Olsen	Shawn	89	SZTF	Prince George	June 14-15
Juvenile									
	4:12.98	1	PNJvR	Winter	Chris	86	NORW	Kitchener	Aug 9
	4:26.42	1		Gant	Dylan	87	U	Abbotsford	July 12-13
	4:29.53	4		Gant	Dylan	86	U	Kitchener	Aug 9
	4:35.44	2		Keigher	Ryan	86	VR	Abbotsford	July 12-13
	4:38.78	3		Childs	Dylan	87	KEL	Abbotsford	July 12-13
	4:39.72	4		Sperling	Dave	87	SOF	Abbotsford	July 12-13
	4:42.06	5		Labelle	Myke	87	OKSK	Abbotsford	July 12-13
	4:44.88	1		Sperling	Dave	87	SOF	Swangard	July 5-6
	4:47.18	6		Apps	Michael	87	DCAC	Abbotsford	July 12-13
	4:47.79	1		Sperling	Dave	87	SOF	Coquitlam	June 21-22
	4:49.51	2		Clegg	Kyle	87	NORW	Swangard	July 5-6
	4:54.28	2		Sologub	Dima	86	NORW	Coquitlam	June 21-22
	4:54.32	7		Clegg	Kyle	87	NORW	Abbotsford	July 12-13
	4:59.45	1		Linnit	John	87	RHSS	Victoria	May 24-25
	5:34.35	3		Cusano	Marco	87	NORW	Swangard	July 5-6
	5:36.93	3		Adair	Michael	87	NORW	Coquitlam	June 21-22
	5:39.32	3		Gaster	Matthew	87	WG	Victoria	May 24-25
Junior									
	5:07.97	1		Scott	Owen	85	DCAC	Prince George	June 14-15
	5:09.32	2		Bartell	Nicholas	85	PGTF	Prince George	June 14-15
	5:31.04	2		Pursey	Chris	85	WG	Victoria	May 24-25

	Result	Place	Misc.	Surname	Name	YOB	Club	Location	Date
2000mS/C									
Midget									
	7:44.35	1		Lambert	Brian	88	Terrace	kamloops	may 10-11
Juvenile									
	5:44.23	3		Winter	Chris	86	NORW	Sherbrooke	July 13
	5:52.25	1		Winter	Chris	86	Handsworth	Swanguard	June 6-7
	5:52.38	2h2		Winter	Chris	86	NORW	Sherbrooke	July 11
	5:57.41	1		Winter	Chris	86	NORW	Abbotsford	3-May
	6:18.77	4		Gant	Dylan	86	BnbyCen	Swanguard	June 6-7
	6:28.15	6		Keigher	Ryan	86	HCSS	Swanguard	June 6-7
	6:39.35	8		Sperling	Dave	87	NSrySS	Swanguard	June 6-7
	6:45.15	10		Fryer	Mike	87	Chatelech	Swanguard	June 6-7
	6:47.88	11		Labelle	Myke	87	PntctonSS	Swanguard	June 6-7
	6:48.54	1		Labelle	Myke	87	PntctonSS	kamloops	may 10-11
	6:53.85	15		Apps	Michael	87	SPSS	Swanguard	June 6-7
	6:55.64	16		Clegg	Kyle	87	Argyle	Swanguard	June 6-7
	6:59.52	3		Clegg	Kyle	87	NORW	Abbotsford	3-May
Junior									
	6:13.80	2		Malin	Jason		Revelstoke	Swanguard	June 6-7
	6:14.29	3		Symonds	Jeff	85	PntctonSS	Swanguard	June 6-7
	6:22.07	5		Swift	Cameron	85	KRSS	Swanguard	June 6-7
	6:25.59	2		Symonds	Jeff	85	PntctonSS	Abbotsford	3-May
	6:30.60	1		Swift	Cameron	85	PGTF	kamloops	may 10-11
	6:31.04	7		Fraser	Seth		EMSS	Swanguard	June 6-7
	6:43.54	9		Park	Matt		OBSS	Swanguard	June 6-7
	6:45.18	2		Rasmussen	Jordan	85	PGTF	kamloops	may 10-11
	6:48.00	12		Phillips	Roberto		Argyle	Swanguard	June 6-7
	6:48.01	13		Wright	Curtis		MdwRdg	Swanguard	June 6-7
	6:53.01	14		Skinner	Tom		Handsworth	Swanguard	June 6-7
	6:56.98	17		Prawzdik	Josh		ACarney	Swanguard	June 6-7
	7:00.27	18		Scott	Brent		ECSS	Swanguard	June 6-7
	7:02.25	19		Carmichael	Eric		OBSS	Swanguard	June 6-7
	7:25.73	20		Midgley	Colin		MRSS	Swanguard	June 6-7
	7:49.40	21		Chen	David		WPGA	Swanguard	June 6-7
	7:57.02	22		Brush	Nick		DTSS	Swanguard	June 6-7
	8:08.15	23		Briere	Randy		BnbyCen	Swanguard	June 6-7
Senior									
	6:04.57	1		Weber	Ryan		SFU	Abbotsford	3-May
3000mS/C									
Junior									
	9:30.56	2		Symonds	Jeff	85	OKSK	Abbotsford	July 12-13
	9:35.29	1		Symonds	Jeff	85	OKSK	Abbotsford	21-Jun

	Result	Place	Misc.	Surname	Name	YOB	Club	Location	Date
	9:45.33	5		Symonds	Jeff	85	OKSK	Saskatoon	July 5
	9:47.02	5		Symonds	Jeff	85	OKSK	Selkirk	Aug 8
Senior									
	8:35.65	3r1		Milne	David	79	KAJ	PaloAlto CA	3-May
	8:41.42	3		Milne	David	79	KAJ	Swanguard	8-Jun
	8:42.61	2r1		Milne	David	79	KAJ	Stanford CA	28-Mar
	8:49.22	6		Milne	David	79	KAJ	Brunswick ME	July 5
	8:53.90	7		Milne	David	79	KAJ	Eugene OR	25-Apr
	8:55.47	15		Milne	David	79	KAJ	Walnut CA	17-Apr
	8:55.55	3		Milne	Dave	79	KAJ	Victoria	July 18
	8:58.40	10		Milne	Dave	79	KAJ	Daegu	Aug 27
	8:59.37	6		Milne	Dave	79	KAJ	SantoDom	Aug 7
	9:05.87	4		Osaduik	Steve	79	NAN	Victoria	July 18
	9:15.00	1	h?	Osaduik	Steve		U	Nanaimo	July 8
	9:19.5	?		Callon	Cody	82	KAJ	Oregon	April ??
	9:26.80	1		Weber	Ryan	82	U	Abbotsford	July 12-13
	9:29.07	5		Weber	Ryan	82	SFU	Claremount	April 18
	9:29.66	3		Weber	Ryan	82	U	Selkirk	Aug 8
	9:41.91	3		Callon	Cody	82	KAJ	Abbotsford	July 12-13
	9:47.07	1		Alberts	Joel	81	PGTF	Abbotsford	21-Jun
	9:47.78	6		Callon	Cody	82	KAJ	Selkirk	Aug 8
	10:03.09	1		Henderson	Josh	79	PATH	Swangard	July 23
	10:20.02	10		Calon	Cody	82	KAJ	Swanguard	8-Jun
Masters									
	12:03.56	1		Zapf-Gilje	Reidar	52		Richmond	Aug 16-17
	12:44.78	1		Rowlands	Mark	60		Richmond	Aug 16-17
1500mR/W									
Midget									
	7:00.69	1		Termes	Taylor	88	OTF	Kamloops	July 25-27
	7:02.60	1	h	Termes	Taylor	88	OTFC	nanaimo	may 10-11
	7:41.50	1	h	Termes	Taylor	88	OTF	Sidney	April 12-13
	8:33.74	13		Hildebrand	Sean	88	MEI	Swanguard	June 6-7
	8:33.91	15		O'Neil	Blair	89	WVSS	Swanguard	June 6-7
	8:44.42	1		O'Neill	Blair	89	NORW	Abbotsford	July 12-13
Juvenile									
	8:30.50	1		Dunfee	Adam	87	U	Richmond	10-May
	8:31.34	1		Milburn	Britino	87	NAN	Abbotsford	July 12-13
Junior									
	7:30.26	1		Kelly	Mike		OBSS	Swanguard	June 6-7
	7:30.45	2		Burke	Chris		TFSS	Swanguard	June 6-7
	7:31.13	3		Cumming	Jeff		OBSS	Swanguard	June 6-7
	7:32.06	4		Boersma	Dane		AbbChris	Swanguard	June 6-7
	7:33.56	5		Wang	Jack		St.G	Swanguard	June 6-7
	7:38.66	6		Fletchure	Mike		LPSS	Swanguard	June 6-7
	7:47.14	7		Johnston	Cooper		WJM	Swanguard	June 6-7

	Result	Place	Misc.	Surname	Name	YOB	Club	Location	Date
	7:55.54	8		Wall	James		MRSS	Swanguard	June 6-7
	8:09.07	9		Scott	Brent		ECSS	Swanguard	June 6-7
	8:17.83	10		Fanjoy	Kyle		Yale	Swanguard	June 6-7
	8:26.57	11		Dunfee	Adam	87	McNair	Swanguard	June 6-7
	8:33.04	12		Dee	Kevin		MRSS	Swanguard	June 6-7
	8:33.78	14		Polych	Pat		STM	Swanguard	June 6-7
	10:01.53	16		Stamamov	Toma		HBSS	Swanguard	June 6-7
Senior									
	10:15.72	4		Samhon	Marc	65	UA	Burnaby	July 8
Masters									
	7:01.29	1		Dragomir	G.	51	RW	Burnaby	Jun-18
	7:07.8	1	h	Dragomir	Gerry	51	RW	Burnaby	Aug-05
	9:03.2	1	h	Sutela	Kyosti	48	RW	Burnaby	Aug 12
	9:05.6	2	h	Sutela	Kyosti	54	RW	Burnaby	Aug-05
3000mR/W									
Senior									
	12:52.61	1		Miller	Blair	76	UBC	SFU	12-Apr
	13:26.46	1	mix	Miller	Blaire	76	RW	Burnaby	July 1
Masters									
	14:33.43	1		Dragomir	Gerald	59	RW	Langley	June 14-15
	14:39.00	2	mix	Dragomir	Gerry	51	RW	Burnaby	July 1
	15:19.90	1	mix	Dragomir	G	51	RW	Burnaby	July 15
	18:57.55	1		Junker	Jan	53	U	Langley	June 14-15
5000mR/W									
Senior									
	22:41.63	3		Miller	Blaire	76	UBC	Olathe, KS	May-24
Masters									
	25:02.1	1		Dragomir	Gerald	52		Richmond	Aug 16-17
20kmR/W									
Senior									
	1:34:45.00	2		Heys	Jim	81	U	Victoria	July 20
Masters									
	1:48:34.00	4		Dragomir	Gerald	51	RW	Victoria	July 20
Marathon									
Senior									
	2:20.35	2		Deacon	Bruce	66	PIH	SantoDom	Aug 9

	Result	Place	Misc.	Surname	Name	YOB	Club	Location	Date
	2:28:38	2		Myers	Ken	79	SFU	Olathe, KS	May-22
	2:39:27			Skuce	Anthony	63	HH	Ottawa	11-May