

	Result	Place	Misc.	Surname	Name	YOB	Club	Location	Date
<b>800m</b>									
<b>Midget</b>									
	2:13.95	1		Egami	Lisa	88	Centennial	Swangard	June 6-7
	2:15.92	1		Egami	Lisa	88	VR	Burnaby	Jun-18
	2:15.98	3		Egami	Lisa	88	VR	WalnutCA	18-Apr
	2:17.41	1		Egami	Lisa	88	VR	Abbotsford	3-May
	2:17.88	1h1		Egami	Lisa	88	Centennial	Swangard	June 6-7
	2:18.78	4		Egami	Lisa	88	VR	Swangard	10-May
	2:19.02	4		DePaoli	Tamara	89	LP	Victoria	11-Jun
	2:20.18	5		Egami	Lisa	88	VR	SFU	12-Apr
	2:20.77	1		Egami	Lisa	88	VR	Swangard	July 5-6
	2:21.08	1		Groenwoud	Chantel	89	NORW	Langley	June 14-15
	2:21.12	1		Egami	Lisa	88	VR	Kamloops	July 25-27
	2:22.40	3		Groenwood	Chantelle	89	Handsworth	Swangard	May-02
	2:22.49	1		DePaoli	Tamara	89	VTF	Kelowna	June 27-29
	2:22.92	2		Ershov	Victoria	88	CC	Swangard	July 5-6
	2:24.11	2		Ershov	Victoria	88	CC	Kamloops	July 25-27
	2:24.17	1		Ershov	Victoria	88	CC	Langley	June 14-15
	2:24.80	1	h	DePaoli	Tamara	89	VTF	nanaimo	may 10-11
	2:24.82	1		Egami	Lisa	88	VR	Abbotsford	July 12-13
	2:25.10	2		Ershov	Victoria	88	CC	Abbotsford	July 12-13
	2:25.20	3		Groenewoud	Chantelle	89	NORW	Kelowna	June 27-29
	2:25.65	1		DePaoli	Tamara	89	VTF	Victoria	May 24-25
	2:25.69	1		Shaw	Angela	89	LM	Kamloops	July 25-27
	2:26.11	3		Crawley	Megan	88	PGTF	Kamloops	July 25-27
	2:26.28	3		Ershov	Victoria	88	CC	Richmond	10-May
	2:26.4	1	h	DePaoli	Tamara	89	VTF	Courtenay	May 3-4
	2:26.54	2		Pearse	Anastasia	88	VTF	Victoria	May 24-25
	2:26.74	4		Groenwood	Chantelle	89	NORW	Richmond	10-May
	2:26.83	10		Suddaby	Jessica		VR	Abbotsford	21-Jun
	2:27.22	2		Imlach	Brittany	89	KAJ	Kamloops	July 25-27
	2:27.39	3h4		Shaw	Angela		WALG	Swangard	June 6-7
	2:27.52	4		Raison	Erinn	88	OKSK	Kamloops	July 25-27
	2:27.62	3		Groenewoud	Chante	89	NORW	Kamloops	July 25-27
	2:27.71	1		Groenwood	Chantelle		NORW	Coquitlam	June 21-22
	2:27.72	2		Ershov	Victoria		CC	Coquitlam	June 21-22
	2:27.77	3		Groenewoud	Chante	89	NORW	Abbotsford	July 12-13
	2:27.81	4		Trenholm	Rachelle	88	CR	Abbotsford	July 12-13
	2:27.85	5		Crawley	Megan	88	PGTF	Abbotsford	July 12-13
	2:27.91	5		Hall	Amanda	88	LM	Kamloops	July 25-27
	2:28.16	1		Delayen	Lindsay	88	LM	Victoria	May 24-25
	2:28.31	6		Raison	Erinn	88	OKSK	Abbotsford	July 12-13
	2:29.0	1	h	Raison	Erinn	89	OKSK	Kelowna	17-Jun
	2:29.08	6		Delayen	Lindsay	88	LM	Kamloops	July 25-27
	2:29.10	7		Wright	Gillian	88	TBIRD	Kamloops	July 25-27
	2:29.17	2		Suddaby	Jessica	88	VR	Langley	June 14-15
	2:29.61	5		Suddaby	Jessica	88	VR	Abbotsford	3-May
	2:29.97	7		Hall	Amanda	88	LM	Abbotsford	July 12-13
	2:30.06	8		Shaw	Angela	89	LM	Abbotsford	July 12-13

	<b>Result</b>	<b>Place</b>	<b>Misc.</b>	<b>Surname</b>	<b>Name</b>	<b>YOB</b>	<b>Club</b>	<b>Location</b>	<b>Date</b>
	2:30.07	9		Wright	Gillian	88	TBIRD	Abbotsford	July 12-13
	2:30.13	2		Forbes	Kelly	89	CVC	Langley	June 14-15
	2:30.34	4		Lotnick	Samantha	89	LM	Kamloops	July 25-27
	2:30.45	3		Crawley	Megan	88	PGTF	Kelowna	June 27-29
	2:30.62	5		Forbes	Kelly	89	CVC	Kamloops	July 25-27
	2:30.66	2		Lotnick	Samantha	89	LM	Victoria	May 24-25
	2:30.88	6		Hall	Amanda	88	LM	Burnaby	July 8
	2:30.91	2		Imlach	Brittany		KAJ	Coquitlam	June 21-22
	2:31.00	8		Trenholm	Rachelle	88	CR	Kamloops	July 25-27
	2:31.26	4		Degagne	Gabrielle	88	VR	Swangard	July 5-6
	2:31.28	4		Raison	Erinn	88	OKSK	Kelowna	June 27-29
	2:31.33	1		Forbes	Kelly	89	CVC	kamloops	may 10-11
	2:31.34	3h5		Imlach	Brittany	89	LFA	Swangard	June 6-7
	2:31.41	3		Lotnick	Samantha	89	LM	Langley	June 14-15
	2:31.45	3		Lotnick	Samantha		LM	Coquitlam	June 21-22
	2:31.45	3		Shaw	Angela		LM	Coquitlam	June 21-22
	2:31.47	10		Delayen	Lindsay	88	LM	Abbotsford	July 12-13
	2:31.58	5		Degagne	Gabrielle	88	VR	Kelowna	June 27-29
	2:31.58	5		Imlach	Brittany	89	KAJ	Richmond	10-May
	2:31.63	4		Imlach	Brittany	89	KAJ	Langley	June 14-15
	2:32.27	11		Anderson	Krystle	88	CR	Abbotsford	July 12-13
	2:32.28	6		Delayen	Lindsay	88	LM	Kelowna	June 27-29
	2:32.40	3		Delayen	Lindsay	88	LM	Langley	June 14-15
	2:32.52	12		Imlach	Brittany	89	KAJ	Abbotsford	July 12-13
	2:32.55	3		Hall	Amanda		LM	Coquitlam	June 21-22
	2:32.61	4		Hall	Amanda	88	LM	Langley	June 14-15
	2:32.69	10		Jensen	Hayley	88	KAJ	Swangard	July 22
	2:32.80	2		Shaw	Angela	89	LM	Swangard	July 5-6
	2:32.80	1	h	Anderson	Krystle	88	CR	nanaimo	may 10-11
	2:32.83	2		Wright	Gillian	88	TBIRD	Victoria	May 24-25
	2:32.90	1	h	DePaoli	Tamara	89	VTF	Sidney	April 12-13
	2:32.91	2		Shaw	Angela	89	LM	kamloops	may 10-11
	2:32.94	6		Watson	Brittany	89	OKSK	Kamloops	July 25-27
	2:32.97	5		Hartwick	Rachel	88	CITY	Swangard	July 5-6
	2:32.98	3		Imlach	Brittany	89	KAJ	Swangard	July 5-6
	2:33.00	13		Lotnick	Samantha	89	LM	Abbotsford	July 12-13
	2:33.06	5		Carreras	Tania	89	RC	Langley	June 14-15
	2:33.08	4h6		DePaoli	Tamara	89	VTF	Swangard	June 6-7
	2:33.32	3		Ershov	Victoria	88	CC	Surrey	26-Apr
	2:33.33	6		Munro	Aretha	88	KAJ	Richmond	10-May
	2:33.43	5		Delayen	Lindsay	88	UA	Burnaby	July 8
	2:33.82	6		Ershov	Victoria	88	CC	Abbotsford	3-May
	2:33.99	3		Andrew	Tessa	88	VTF	Victoria	May 24-25
	2:34.26	2h5		Flick	Kirsty	89	CHSS	Swangard	June 6-7
	2:34.74	7		DePaoli	Tamara	89	VTF	Kamloops	July 25-27
	2:34.77	7		Stutz	Linda	89	U	Burnaby	Jun-18
	2:34.85	7		Wright	Gillian	88	Crofton	Richmond	10-May
	2:35.20	1	h	Trenholm	Rachelle	88	CR	Duncan	June 14-15
	2:35.45	1		Crawley	Megan	88	PGTF	Prince George	June 14-15
	2:35.48	1h7		Lotnick	Samantha	89	Brookwood	Swangard	June 6-7
	2:35.71	7		Raison	Erinn	88	PentSS	Abbotsford	3-May

	<b>Result</b>	<b>Place</b>	<b>Misc.</b>	<b>Surname</b>	<b>Name</b>	<b>YOB</b>	<b>Club</b>	<b>Location</b>	<b>Date</b>
	2:35.8	2	h	Forbes	Kelly	89	CVC	Courtenay	May 3-4
	2:35.80	14		Degagne	Gabrielle	88	VR	Abbotsford	July 12-13
	2:35.90	2	h	Anderson	Krystle	88	CR	Duncan	June 14-15
	2:35.91	8		Nestman	Jenna	88	SCA	Kelowna	June 27-29
	2:35.93	4		Trenholm	Rachelle	88	CR	Victoria	May 24-25
	2:36.00	9		Flick	Kirsty	89	PGTF	Kelowna	June 27-29
	2:36.39	11		Watson	Brittany	89	OKSK	Kelowna	June 27-29
	2:36.44	6		Munro	Aretha	88	KAJ	Swangard	July 5-6
	2:36.54	3		Harris	Amy	88	TDBSS	kamloops	may 10-11
	2:36.9	1	h	Anderson	Krystle	88	CRC	Courtenay	May 3-4
	2:36.92	15		Munro	Aretha	88	KAJ	Abbotsford	July 12-13
	2:37.16	8		Stutz	Linda	89	KAJ	Richmond	10-May
	2:37.35	5		Carreras	Tania		CITY	Coquitlam	June 21-22
	2:37.36	16		Dalhuisen	Alisa	88	KAJ	Abbotsford	July 12-13
	2:37.57	5		Harvey	Leanne	88	WG	Langley	June 14-15
	2:37.57	5		Munro	Aretha		KAJ	Coquitlam	June 21-22
	2:37.58	10		Zamecnik	Lucia	88	OKSK	Kelowna	June 27-29
	2:37.6	2	h	Parker	Kendra	88	CVC	Courtenay	May 3-4
	2:37.61	4		Lotnick	Samantha	89	LM	kamloops	may 10-11
	2:37.61	1		Palibroda	Emily	89	SZTF	Prince George	June 14-15
	2:37.82	5		Caine	Leanne	88	WG	Victoria	May 24-25
	2:37.89	2		Flick	Kirsty	89	PGTF	Prince George	June 14-15
	2:38.17	7		Haley	Kaitlin	88	GEA	Swangard	July 5-6
	2:38.2	3	h	Trenholm	Rachelle	88	CRC	Courtenay	May 3-4
	2:38.23	6		Bullivant	Kelly	89	LM	Langley	June 14-15
	2:38.30	9		Dalhuisen	Alisa	88	KAJ	Richmond	10-May
	2:38.41	6		Hartwick	Rachel	88	RC	Langley	June 14-15
	2:38.58	1		Shaw	Angela		WALG	Surrey	26-Apr
	2:39.03	6		Hartwick	Rachel		CITY	Coquitlam	June 21-22
	2:39.33	10		Chang	Robin	88	McRoberts	Richmond	10-May
	2:39.61	12		Munro	Aretha	88	KAJ	Kelowna	June 27-29
	2:39.7	2	h	Rose	Courtney	89	OKSK	Kelowna	17-Jun
	2:39.76	7		Munro	Aretha	88	KAJ	Langley	June 14-15
	2:39.86	13		Twitchell	Morgan	88	KAJ	Kelowna	June 27-29
	2:40.00	1	h	Trenholm	Rachelle	88	CR	Sidney	April 12-13
	2:40.10	12		Rose	Courtney	89	OKSK	Kelowna	June 27-29
	2:40.35	14		Hansen	Haley	88	KEL	Kelowna	June 27-29
	2:40.46	17		Rose	Courtney	88	OKSK	Abbotsford	July 12-13
	2:40.68	3		Smowden	Michelle	89	PEN	Victoria	May 24-25
	2:41.0	4	h	Benson	Danielle	88	NAN	Courtenay	May 3-4
	2:41.18	18		Haley	Kaitlin	88	GEA	Abbotsford	July 12-13
	2:41.18	5		Hansen	Haley	88	KEL	kamloops	may 10-11
	2:41.6	5	h	Gaboury	Christina	88	VTF	Courtenay	May 3-4
	2:41.60	2	h	Trenholm	Rachelle	88	CR	nanaimo	may 10-11
	2:42.00	2	h	Cossette	Cayla	88	CVC	Sidney	April 12-13
	2:42.07	4		Caine	Leanne		WALG	Surrey	26-Apr
	2:42.2	3	h	Youden	Lauryn	89	VTF	Courtenay	May 3-4
	2:42.46	5		Gaboury	Christina	88	VTF	Victoria	May 24-25
	2:42.51	17		Gaboury	Christina	88	VTF	Kelowna	June 27-29
	2:42.7	3	h	Watson	Brittany	89	OKSK	Kelowna	17-Jun
	2:42.90	4		L'Heureux	Lindsay	89	AVTF	Victoria	May 24-25

	Result	Place	Misc.	Surname	Name	YOB	Club	Location	Date
	2:43.05	8		Rose	Courtney	89	OKSK	Kamloops	July 25-27
	2:43.39	2		Irvine	Sara	88	DCAC	Prince George	June 14-15
	2:43.86	19		Haley	Kaitlin	88	GEA	Kelowna	June 27-29
	2:44.40	3	h	Benson	Danielle	88	NAN	nanaimo	may 10-11
	2:44.43	6		Flick	Kristy	89	PGTF	kamloops	may 10-11
	2:45.01	7		Fleming	Jessica	89	CC	Langley	June 14-15
	2:45.20	2	h	Snowden	Michelle	89	PEN	Sidney	April 12-13
	2:45.90	3	h	Gaboury	Christina	88	VTF	Sidney	April 12-13
	2:46.80	2	h	Forseth	Chelsea	89	OTF	nanaimo	may 10-11
	2:47.94	19		Wallbank	Charlene	88	U	Abbotsford	July 12-13
	2:48.01	16		Martinson	Melissa	89	PGTF	Kelowna	June 27-29
	2:49.95	9		Bullivant	Kelly	89	WG	Victoria	May 24-25
	2:49.95	5		Pighin	Brooke	89	AVTF	Victoria	May 24-25
	2:50.00	3	h	Pighin	Brooke	89	AVTF	nanaimo	may 10-11
	2:50.63	2		Hass	Vershay		GRBS	Surrey	26-Apr
	2:50.70	4	h	Schneider	Laurel	89	OTF	nanaimo	may 10-11
	2:51.35	7		Bullivant	Kelly	89	LM	Burnaby	July 8
	2:52.09	3		Hutton	Lauren	89	BCV	Prince George	June 14-15
	2:52.29	3		Bullivant	Kelly		WALG	Surrey	26-Apr
	2:52.60	3		Apps	Heather	88	DCAC	Prince George	June 14-15
	2:52.98	4		Fenske	Jolyne		VR	Surrey	26-Apr
	2:53.80	4	h	Koehle	Lily	88	AVTF	nanaimo	may 10-11
	2:54.1	4	h	Forseth	Chelsea	89	OTFC	Courtenay	May 3-4
	2:55.95	4		Denault	Lisa	88	PGTF	Prince George	June 14-15
	2:56.00	4	h	Murowinski	Emma	88	PEN	Sidney	April 12-13
	2:56.63	7		Bullivent	Kelly	89	LM	kamloops	may 10-11
	2:57.60	1	h	Pighin	Brooke	89	AVTF	Duncan	June 14-15
	2:59.00	20		Bullivant	Kelly	89	LM	Abbotsford	July 12-13
	2:59.20	5	h	Genereaux	Caitlin	88	CVAC	Sidney	April 12-13
	2:59.29	4		Funk	T.J.	89	108Mile	Prince George	June 14-15
	2:59.64	5		Martinson	Melissa	89	PGTF	Prince George	June 14-15
	3:01.42	8		Martinson	Melissa	89	PGTF	kamloops	may 10-11
	3:02.90	3	h	Koehle	Lily	88	AVTF	Duncan	June 14-15
	3:04.24	4		Forseth	Chelsea	89	OTF	Swangard	July 5-6
	3:05.90	6		Forseth	Chelsea	89	OTF	Victoria	May 24-25
	3:10.58	9		Killins	Kari	88	PentSS	kamloops	may 10-11
	3:17.80	5	h	Hunter	Danielle	88	AVTF	nanaimo	may 10-11
	3:20.1	6	h	Hunter	Danielle	88	AVTC	Courtenay	May 3-4
	3:22.10	4	h	Hunter	Danielle	88	AVTF	Duncan	June 14-15
<b>Juvenile</b>									
	2:12.4	1	h	Ballard	Carmen	86	KEL	Kelowna	17-Jun
	2:14.42	2		Chipney	Breanna	86	THSS	Swangard	June 6-7
	2:14.63	1		Appelt	Mellisa	87	LAM	Victoria	11-Jun
	2:15.16	1		Ballard	Carmen		KEL	Kelowna	June 27-29
	2:15.25	2		Kolstad	Kirsten		SOF	Abbotsford	21-Jun
	2:15.71	2		Kolstad	Kristen	86	HC	Victoria	11-Jun
	2:16.60	1		Appelt	Melissa	87	SOF	Langley	June 14-15
	2:16.70	1		Hudson	Ali		Argyle	Swangard	May-02
	2:16.83	3h2		Chipney	Breanna	86	THSS	Swangard	June 6-7
	2:17.03	1		Hudson	Ali	87	NORW	Swangard	July 5-6

	<b>Result</b>	<b>Place</b>	<b>Misc.</b>	<b>Surname</b>	<b>Name</b>	<b>YOB</b>	<b>Club</b>	<b>Location</b>	<b>Date</b>
	2:17.14	2		Hudson	Alison	87	NORW	Kitchener	Aug 10
	2:17.37	1		Hudson	Ali	87	NORW	Abbotsford	July 12-13
	2:17.54	1		Chipney	Breanna	86	GEA	SFU	12-Apr
	2:17.86	4		Chipney	Breanna	86	GEA	Abbotsford	21-Jun
	2:17.89	3		Chipney	Breanna	86	GEA	Kitchener	Aug 10
	2:17.97	2		Chipney	Breanna	87	GEA	Abbotsford	July 12-13
	2:18.00	p12		Chipney	Breanna	86	GEA	Saskatoon	July 5
	2:18.00	4h1		Proctor	Sarah		GISS	Swangard	June 6-7
	2:18.01	1		Kolstad	Kristen	86	SOF	Richmond	10-May
	2:18.10	1		Appelt	Melissa	87	HCSS	Swangard	May-02
	2:18.26	1		Appelt	Melissa	87	SOF	Richmond	10-May
	2:18.80	2		Chipney	Breanna	86	GEA	Langley	June 14-15
	2:18.8	hep	h	Fell	Corri		PGSS	Swangard	May 31
	2:19.04	3		Chipney	Breanna		GEA	Kelowna	June 27-29
	2:19.10	4		Hudson	Alison		NORW	Kelowna	June 27-29
	2:19.26	5		Ashton	Acacia		Claremont	Victoria	11-Jun
	2:19.33	1		Kolstad	Kristen	86	SOF	Surrey	26-Apr
	2:19.43	5		Hudson	Ali		Argyle	Swangard	June 6-7
	2:19.69	5		Mancell	Heather		CC	Kelowna	June 27-29
	2:19.70	2		Beaudry	Maya		Crofton	Swangard	May-02
	2:19.88	6		Ashton	Acacia		Claremont	Swangard	June 6-7
	2:20.03	3		Mancell	Heather	87	CC	Langley	June 14-15
	2:20.04	1		Proctor	Sarah	87	U	Victoria	May 24-25
	2:20.06	7		Mancell	Heather	87	Pinetree	Swangard	June 6-7
	2:20.12	2h1		Ashton	Acacia		Claremont	Swangard	June 6-7
	2:20.13	4		Kolstad	Kristen	86	SOF	Langley	June 14-15
	2:20.18	1		Ashton	Acacia	87	VTF	Victoria	May 24-25
	2:20.34	9		Chipney	Breanna	86	GEA	Swangard	July 22
	2:20.48	2h2		Mancell	Heather	87	Pinetree	Swangard	June 6-7
	2:20.95	2		Hague	Alysha	87	VR	Burnaby	July 1
	2:21.04	3		Teer	Ashley	86	VR	Abbotsford	July 12-13
	2:21.46	3		Teer	Ashley	86	VR	Abbotsford	3-May
	2:21.48	4		Hague	Alysha	87	VR	Abbotsford	3-May
	2:21.67	1		Appelt	Melissa		SOF	Coquitlam	June 21-22
	2:21.90	7		Ashton	Acacia		VTF	Kelowna	June 27-29
	2:22.34	5		Hague	Alysha	87	VR	Langley	June 14-15
	2:22.39	1h2		Hudson	Ali		Argyle	Swangard	June 6-7
	2:22.51	8		Appelt	Melissa		SOF	Kelowna	June 27-29
	2:22.52	9		Teer	Ashley		VR	Abbotsford	21-Jun
	2:22.60	1	h	Appelt	Melissa	87	SOF	Sidney	April 12-13
	2:22.67	4		Mancell	Heather	87	CC	Abbotsford	July 12-13
	2:23.17	1		Appelt	Melissa	87	SOF	Surrey	26-Apr
	2:23.48	1h3		Hague	Alysha	87	Yale	Swangard	June 6-7
	2:23.55	3h3		Teer	Ashley	86	WJMSS	Swangard	June 6-7
	2:23.57	5		Hague	Alysha	87	VR	Abbotsford	July 12-13
	2:23.68	6		Teer	Ashley	86	VR	Langley	June 14-15
	2:24.25	9		Teer	Ashley		VR	Kelowna	June 27-29
	2:24.39	8		Proctor	Sarah		GISS	Swangard	June 6-7
	2:24.66	6		Appelt	Melissa	87	SOF	Abbotsford	July 12-13
	2:25.29	2		Mancell	Heather	87	CC	Richmond	10-May
	2:26.10	4		Hein	Mary	86	KAJ	Burnaby	July 1

	<b>Result</b>	<b>Place</b>	<b>Misc.</b>	<b>Surname</b>	<b>Name</b>	<b>YOB</b>	<b>Club</b>	<b>Location</b>	<b>Date</b>
	2:26.12	10		Hudson	Sarah		NORW	Kelowna	June 27-29
	2:26.13	7		Hudson	Sara	87	NORW	Abbotsford	July 12-13
	2:26.60	1	h	Proctor	Sarah		IND	nanaimo	may 10-11
	2:26.68	8		Hein	Mary	86	KAJ	Abbotsford	July 12-13
	2:27.16	9		Ashton	Acacia	87	VTF	Abbotsford	July 12-13
	2:27.42	4		Taylor	Kimmy	86	KAJ	Burnaby	Jun-18
	2:27.84	10		Jenson	Hayley	87	U	Abbotsford	July 12-13
	2:28.99	2		Hudson	Sarah	87	NORW	Swangard	July 5-6
	2:29.25	11		Little	Kali	87	U	Abbotsford	July 12-13
	2:29.34	5		Jensen	Hayley	87	UA	Burnaby	July 8
	2:29.67	5		Jensen	Hayley	87	U	Burnaby	July 1
	2:29.90	4		Hudson	Sarah		Argyle	Swangard	May-02
	2:29.90	2	h	Little	Kali		CRSD	nanaimo	may 10-11
	2:31.27	9	mix	Jensen	Hayley	87	U	Burnaby	June 24
	2:32.0	hep		Arkell	Olivia	87	KEL	Abbotsford	July 12-13
	2:32.41	2h4		Hudson	Sarah		Argyle	Swangard	June 6-7
	2:33.00	1	h	Proctor	Sarah		IND	Sidney	April 12-13
	2:33.25	2		McQueen	Riley		Bowness	Surrey	26-Apr
	2:34.07	3		Little	Kali	87	U	Victoria	May 24-25
	2:34.08	7		Nyarady	Jenna	87	RR	Langley	June 14-15
	2:34.20	5		Self	Jennifer		U	Swangard	May-02
	2:34.4	hep	h	Quilty	Jayde		RH	Swangard	May 31
	2:34.7	1	h	Little	Kali	87	U	Courtenay	May 3-4
	2:35.10	14		Swift	Meghan		PGTF	Kelowna	June 27-29
	2:35.23	4		Nyarady	Jenna		VR	Coquitlam	June 21-22
	2:35.24	8		Akeroyd	Nicole	86	U	Burnaby	Jun-18
	2:35.82	15		Flick	Kali		PGTF	Kelowna	June 27-29
	2:35.90	12		Swift	Meghan	87	PGTF	Abbotsford	July 12-13
	2:36.29	16		Little	Kali		U	Kelowna	June 27-29
	2:36.59	8		Little	Kali	87	CR	Langley	June 14-15
	2:37.90	6		Peters	Delayne	86	MEI	Victoria	May 24-25
	2:37.91	hep		Arkell	Olivia	87	KEL	Kitchener	Aug 10
	2:38.32	1		Flick	Kali	87	PGTF	Prince George	June 14-15
	2:40.20	6		Crofton	Elizabeth		U	Swangard	May-02
	2:40.79	7		Hayley	Kaitlin		GEA	Coquitlam	June 21-22
	2:41.23	3		Flick	Kali	87	PGTF	kamloops	may 10-11
	2:41.70	7		MacLeod	Aynsley		EMSS	Swangard	May-02
	2:41.70	7		Quilty	Jayde	86	RH	Victoria	May 24-25
	2:41.8	2	h	Schoenherr	Jasmin	87	KEL	Kelowna	17-Jun
	2:42.32	4		Swift	Megan	87	PGTF	kamloops	may 10-11
	2:42.57	5		Johnson	Victoria	86	Terrace	kamloops	may 10-11
	2:44.45	8		Gibson	Jessie	86	Sardis	Victoria	May 24-25
	2:46.40	8		Bouwman	Laura		STM	Swangard	May-02
	2:46.80	9		Rothdram	Sydney		U	Swangard	May-02
	2:47.21	11		Jones	Katrina	87	ELPH	Richmond	10-May
	2:48.20	10		Lindsay	Suzanne		U	Swangard	May-02
	2:50.50	11		DeMarchi	Elizabeth		STM	Swangard	May-02
	2:51.79	12		Krystalovich	Amanda	87	ELPH	Richmond	10-May
	2:52.70	12		Beck	Carling		U	Swangard	May-02
	2:53.2	1	h	St.Jean	Christy	86	U	Courtenay	May 3-4
	2:53.23	5		Franklin	Julie		Bowness	Surrey	26-Apr

	Result	Place	Misc.	Surname	Name	YOB	Club	Location	Date
	3:02.90	3	h	Paling	Alicia		CR	nanaimo	may 10-11
	3:08.71	2		Hunter	Sara	87	TR	Prince George	June 14-15
	3:19.60	10		Eisner	Lisa	86	MEI	Victoria	May 24-25
<b>Junior</b>									
	2:10.66	1		Krasovska	Alexandra	84	VR	Selkirk	Aug 9
	2:11.88	4		Krasovska	Alexandra	84	VR	Swangard	July 22
	2:12.26	3		Krasovska	Alexandra	84	VR	Saskatoon	July 6
	2:13.47	3		Kraskovska	Alexandra		VR	Seattle	14-Jun
	2:13.54	p10		Krasovska	Alexandra	84	VR	Victoria	July 18
	2:14.15	5		Reeve	Sabrina	85	CITY	Selkirk	Aug 9
	2:14.19	1		Kraskovska	Alexand		VR	Abbotsford	21-Jun
	2:14.3	7	h	Welch	Lauren	85	TBIRD	Burnaby	Jul-29
	2:14.61	1		Krasovska	Alexand	84	VR	Abbotsford	July 12-13
	2:14.91	3		Kraskovska	Alexandra	84	BnbyCen	Swangard	June 6-7
	2:14.93	1		Kraskovska	Alexandra	84	VR	Swangard	10-May
	2:15.54	p5		Krasovska	Alexandra	84	VR	Saskatoon	July 5
	2:15.6	9	h	Reeve	Sabrina	85	CITY	Burnaby	Jul-29
	2:16.03	2		Reeve	Sabrina	84	CITY	Abbotsford	July 12-13
	2:16.20	3h1		Kraskovska	Alexandra	84	BnbyCen	Swangard	June 6-7
	2:16.31	3		Reeve	Sabrina		CITY	Abbotsford	21-Jun
	2:16.36	3		Elmer	Shannon		NWSS	Victoria	11-Jun
	2:16.42	6	mix	Elmer	Shannon	85	CITY	Burnaby	June 24
	2:16.59	7		Reeve	Sabrina	85	CITY	Swangard	July 22
	2:16.73	4		Elmer	Shannon	85	CITY	Burnaby	July 8
	2:16.80	4		Elmer	Shannon	85	NWSS	Swangard	June 6-7
	2:17.17	2h1		Krasovska	Alexandra	84	VR	Selkirk	Aug 8
	2:17.23	3		Johnstone	Rebecca		SFU	Swangard	10-May
	2:17.63	2h3		Reeve	Sabrina	85	CITY	Selkirk	Aug 8
	2:18.05	3		Kraskovska	Alexandra	84	VR	Abbotsford	3-May
	2:18.20	31		Johnstone	Rebecca	84	SFU	Claremount	April 18
	2:18.44	5		Elmer	Shannon		CITY	Abbotsford	21-Jun
	2:18.44	2		Elmer	Shannon	85	NWSS	Richmond	10-May
	2:18.55	p13		Elmer	Shannon	85	CITY	Saskatoon	July 5
	2:18.91	1		Ouwerkerk	Melinda	85	VR	Langley	June 14-15
	2:18.94	4h2		Elmer	Shannon	85	NWSS	Swangard	June 6-7
	2:18.99	5		Ouwerkerk	Melinda	85	VR	Abbotsford	July 12-13
	2:19.15	3		Kraskovska	Alexandra	84	VR	SFU	12-Apr
	2:19.27	3h5		Johnstone	Rebecca		SFU	Olathe, KS	may 22-24
	2:19.61	4		Johnstone	Rebecca		SFU	SFU	12-Apr
	2:19.82	2		Elmer	Shannon	85	NWSS	Langley	June 14-15
	2:19.96	6		Ouwerkerk	Melinda		VR	Abbotsford	21-Jun
	2:20.05	7		Johnstone	Rebecca		U	Abbotsford	21-Jun
	2:20.34	8		Hauge	Alysha		VR	Abbotsford	21-Jun
	2:21.30	2		Elmer	Shannon	85	NWSS	Swangard	May-02
	2:22.47	6		Elmer	Shannon	85	NWSS	Abbotsford	3-May
	2:22.80	10		Johnstone	Rebecca		SFU	Swangard	8-Jun
	2:26.2	hep	h	Hewitt	Cloe		OBSS	Swangard	May 31
	2:27.09	1h4		Jardine	Kate		WVSS	Swangard	June 6-7
	2:28.39	4h3		Francis	Danielle		OBSS	Swangard	June 6-7
	2:28.58	1h5		Carleton	Gillian		StMargarets	Swangard	June 6-7

	Result	Place	Misc.	Surname	Name	YOB	Club	Location	Date
	2:28.60	7		Hein	Mary	84	KAJ	Swangard	July 22
	2:28.99	1h6		Myers	Emma		YHSS	Swangard	June 6-7
	2:29.16	2h3		Hein	Mary		Kitsilano	Swangard	June 6-7
	2:29.46	11		Hein	Mary		KAJ	Abbotsford	21-Jun
	2:30.01	4h4		Hewitt	Jessica		KAM	Swangard	June 6-7
	2:30.13	1h8		Johnstone	Rebecca		SFU	Olathe, KS	May 22-24
	2:30.30	3		Strachan	Kaley		Alberni	Swangard	May-02
	2:30.90	hep		Schaufelle	Jody	84	TBIRD	Selkirk	Aug 8
	2:31.3	hep	h	Harvey	Leanne		WG	Swangard	May 31
	2:31.42	4h5		Culley	Gwen		WALG	Swangard	June 6-7
	2:31.8	hep	h	Peters	Delayne		MEI	Swangard	May 31
	2:31.9	hep	h	Arkell	Olivia		KSS	Swangard	May 31
	2:33.1	hep	h	Tolton	Vicki		Smithers	Swangard	May 31
	2:34.78	2h6		Solsberg	Kira		WVSS	Swangard	June 6-7
	2:35.60	hep		Schaufele	Jodi	84	TBIRD	Saskatoon	July 5
	2:36.32	4		Chavez	Tamara	85	VTF	Victoria	May 24-25
	2:36.88	hep		Schaufele	Jodi	84	TBIRD	Abbotsford	June 21-22
	2:37.17	12		McKay	Nicole	85	U	Swangard	July 22
	2:38.90	4		Lawrence	Charlene		Alberni	Swangard	May-02
	2:41.11	8		Lawrence	Charlene		AVTF	Abbotsford	3-May
	2:41.94	3h6		Lunt	Natasha		MntBouSS	Swangard	June 6-7
	2:42.25	4h7		Tegart	Laurel		DTSS	Swangard	June 6-7
	2:42.89	2		Beatch	Megan		Bowness	Surrey	26-Apr
	2:46.50	5		Sing	Jaclyn		WPGA	Swangard	May-02
	2:49.00	6		McLellen	Megan		STM	Swangard	May-02
	2:49.10	7		Allen	Claire		WPGA	Swangard	May-02
	2:53.58	3		Oshowy	Wendy		Bowness	Surrey	26-Apr
	2:55.40	8		Cheung	Sam		Crofton	Swangard	May-02
	2:55.7	hep	h	Dawes	Amanda		NAN	Swangard	May 31
	3:00.22	4		Pach	Nyajuok		Bowness	Surrey	26-Apr
	3:17.62	5		Marsden	Heather		Bowness	Surrey	26-Apr
<b>Senior</b>									
	1:58.89	2		Cummins	Dianne	74	PATH	Lausanne	July 1
	1:59.41	3		Cummins	Diane	74	PATH	EugeneOR	24-May
	1:59.51	5		Cummins	Dianne	74	PATH	St.Denis	July 4
	1:59.58	3sf2		Cummins	Diane	74	PATH	Paris	Aug 24
	2:00.08	7		Cummins	Dianne	74	PATH	Rome	July 11
	2:00.79	1		Cummins	Diane	74	PATH	Gresham, OR	17-May
	2:00.94	4		Cummins	Dianne	74	PATH	Trikala	June 24
	2:01.00	3		Cummins	Diane		PATH	Oslo	June 27
	2:01.01	1		Cummins	Diane	74	PATH	Victoria	July 19
	2:01.20	4h5		Cummins	Diane	74	PATH	Paris	Aug 23
	2:02.48	6		Cummins	Diane	74	PATH	Paris	Aug 26
	2:02.53	1		Pounds	Vicky	69	U	Swangard	July 5-6
	2:02.59	3		Hennigar	Heather	73	PATH	Victoria	July 19
	2:02.59	1		Hennigar	Heather	73	PATH	Victoria	11-Jun
	2:02.95	7		Hennigar	Heather		PATH	Poznan	June 29
	2:03.13	2		Cummins	Diane	74	PATH	Victoria	11-Jun
	2:03.42	4		Lynch	Vicky	70	U	Victoria	11-Jun
	2:03.86	1		Hennigar	Heather	73	PATH	Swangard	July 22

	Result	Place	Misc.	Surname	Name	YOB	Club	Location	Date
	2:03.99	2		Lynch-Pounds	Vicky	70	U	Swangard	July 22
	2:04.07	p11		Cummins	Diane	74	PATH	Victoria	July 18
	2:04.35	1		Elmore	Malindi		U	Boston	July 1
	2:04.48	1		Hennigar	Heather	73	U	Watford UK	July 5
	2:04.82	2		Pells	Leah	64	CITY	New West	5-Jun
	2:05.66	5		Pells	Leah	64	CITY	Victoria	11-Jun
	2:05.97	3		Inman	Courtney	80	UW	LosAngeles	18-May
	2:06.10	7		Thibodeau	Melina	71	PATH	Victoria	11-Jun
	2:06.77	1		Hennigar	Heather	73	PATH	Richmond	4-Jun
	2:06.90	5		Inman	Courtney	80	UW	PaloAltoCA	9-May
	2:07.00	4		Elmore	Malindi	80	Stanford	LosAngeles	18-May
	2:07.06	2		Thibodeau	Melina		PATH	Richmond	4-Jun
	2:07.61	2h		Inman	Courtney	80	UW	LosAngelesCA	18-May
	2:07.70	2		Inman	Courtney	80	UW	EugeneOR	12-Apr
	2:07.84	3h		Elmore	Malindi	80	Stanford	LosAngelesCA	18-May
	2:08.34	p4		Hennigar	Heather	73	PATH	Victoria	July 18
	2:08.72	5		Howard	Julia	83	SFU	WalnutCA	19-Apr
	2:09.25	1		Howard	Julia	83	SFU	Abbotsford	3-May
	2:09.73	2		Howard	Julia		SFU	Claremount	April 18
	2:09.86	5r5		Elmore	Malindi	80	Stanford	WalnutCA	18-Apr
	2:10.16	1		Hennigar	Heather	73	PATH	Seattle	14-Jun
	2:11.78	2		Thibodeau	Melina	71	U	Swangard	July 5-6
	2:12.00	1		Thibodeau	Melina		PATH	Abbotsford	21-Jun
	2:12.49	1		Howard	Julia	83	SFU	Olathe, KS	May 22-24
	2:14.74	3h1		Howard	Julia	83	SFU	Olathe, KS	May 22-25
	2:14.85	6		Thibodeau	Melina	71	PATH	Swangard	July 22
	2:14.93	2h1		Howard	Julia	83	SFU	Olathe, KS	May 22-26
	2:15.43	7	mix	Klassen	Marcie	71	KAJ	Burnaby	July 15
	2:15.62	3		Salter	Alison	78	KAJ	Victoria	9-Jun
	2:16.15	7		Salter	Allison	78	KAJ	Richmond	4-Jun
	2:16.52	3		Mark	Michele	83	TBIRD	Abbotsford	July 12-13
	2:16.87	4		Burley	Leah	83	PATH	Abbotsford	July 12-13
	2:16.94	6		Mark	Michelle	83	TBIRD	Selkirk	Aug 9
	2:17.01	2		Mark	Michelle	83	UBC	Swangard	10-May
	2:17.35	4		Burley	Leah		PATH	Swangard	8-Jun
	2:17.42	1h4		Mark	Michelle	83	TBIRD	Selkirk	Aug 8
	2:17.45	p13		Mark	Michelle	83	TBIRD	Victoria	July 18
	2:17.71	2		Mark	Michelle	83	UBC	Abbotsford	3-May
	2:17.91	3		Mark	Michelle	83	TBIRD	Richmond	4-Jun
	2:17.94	2		Mark	Michelle		TBIRD	Abbotsford	21-Jun
	2:17.96	1		Burley	Leah	83	PATH	Burnaby	July 1
	2:18.18	3		DeStCroix	Maureen		KAJ	Abbotsford	21-Jun
	2:18.29	2		Wodak	Natasha		SFU	SFU	12-Apr
	2:18.44	4		Hansen	Carolyn	73	METRO	Richmond	4-Jun
	2:18.52	8		Oddy	Jane	73	METRO	Richmond	4-Jun
	2:18.77	4		Burley	Leah		PATH	Abbotsford	21-Jun
	2:18.96	6		Mark	Michelle	83	UBC	Swangard	8-Jun
	2:18.98	5		Hansen	Carolyn	73	METRO	Swangard	10-May
	2:19.28	8		Mark	Michelle	83	TBIRD	Swangard	July 22
	2:19.64	9		Oddy	Jane	73	METRO	New West	5-Jun
	2:19.66	4		Hansen	Carolyn	73	METRO	Abbotsford	3-May

	Result	Place	Misc.	Surname	Name	YOB	Club	Location	Date
	2:19.72	6		Oddy	Jane	73	METRO	Swangard	10-May
	2:19.73	42		Mark	Michelle	83	UBC	Claremount	April 18
	2:19.97	44		Geisreiter	Christine	83	SFU	Claremount	April 18
	2:20.11	7		Fedoruk	Nancy	82	PATH	Swangard	10-May
	2:20.17	8		Burley	Leah	83	PATH	Swangard	10-May
	2:20.71	1		Burley	Leah	83	PATH	Victoria	May 24-25
	2:20.84	11		Hansen	Carolyn	73	METRO	New West	5-Jun
	2:21.04	7		Ambery	Celia	83	UBC	Swangard	8-Jun
	2:21.09	6		Mark	Michelle	83	UBC	SFU	12-Apr
	2:21.17	8	mix	Hamelin	Lisa	68	U	Burnaby	June 24
	2:21.31	6		Fedoruk	Nancy	82	PATH	Abbotsford	July 12-13
	2:21.39	9		Burley	Heather	83	PATH	Swangard	10-May
	2:21.60	7		Fox	Chloe		SFU	SFU	12-Apr
	2:21.63	52		Fox	Chloe		SFU	Claremount	April 18
	2:22.08	5		Fox	Chloe		SFU	Abbotsford	3-May
	2:22.25	9		MacEwen	Heather		UBC	Swangard	8-Jun
	2:22.71	10		Belanger	Leah		SFU	Swangard	10-May
	2:22.79	5		Hansen	Carolyn		METRO	Abbotsford	21-Jun
	2:22.90	10	mix	Oddy	Jane	73	METRO	Burnaby	July 15
	2:23.40	11		McEwen	Heather		UBC	Swangard	10-May
	2:23.51	8		Belanger	Leah		SFU	SFU	12-Apr
	2:23.98	3		Ambrey	Celia	83	UBC	Burnaby	Jun-18
	2:24.18	6		Oddy	Jane		METRO	Abbotsford	21-Jun
	2:30.09	8		Geisreiter	Christine	83	U	Swangard	July 22
	2:30.69	9		McEwen	Heather		UBC	SFU	12-Apr
	2:31.25	10		Higginbotham	Amy		UBC	SFU	12-Apr
	2:31.66	12		Fedoruk	Karen	82	PATH	Swangard	10-May
	2:32.17	6		Mihalyi	Devon	82	U	Burnaby	Jun-18
	2:36.32	11		Mihalyi	Devon	82	U	Swangard	July 22
	2:42.50	pent		Knight	Courtney	76	WCP	QbcCty	Aug 8
	2:47.90	2		Knight	Courtney	76	WCP	kamloops	May 10-11
<b>Masters</b>									
	2:16.62	2		DeSt.Croix	Maureen	53	KAJ	Burnaby	Jun-18
	2:18.68	1		DeSt.Croix	Maureen	53	KAJ	Langley	June 14-15
	2:23.33	3		Hamelin	Lisa	68	U	Burnaby	July 1
	2:25.0	10	h	DeStCroix	Maureen	53	KAJ	Burnaby	Aug 12
	2:27.5	5	h	DeStCroix	Maureen	53	KAJ	Burnaby	Aug-05
	2:29.79	5		Jordon	Debbie	57	HH	Burnaby	Jun-18
	2:30.4	12	h	Jordan	Debbie	57	HH	Burnaby	Jul-29
	2:33.27	6		Jordan	Debbie	57	HH	Burnaby	July 1
	2:34.64	6		Santamaria	Hanuschka	62	UA	Burnaby	July 8
	2:38.60	9		Santamaria	Hanuschka	62	U	Burnaby	Jun-18
	2:38.68	10	mix	Santamaria	Hanuschka	62	U	Burnaby	June 24
	2:39.21	10		McMillan	Marne	52	KAJ	Burnaby	Jun-18
	2:39.76	2		McMillan	Marne	52	KAJ	Langley	June 14-15
	2:41.86	13		Hanuschka	Santamaria	62	U	Swangard	July 22
	2:51.63	3		Palmason	Diane	38	RUNLIM	Langley	June 14-15
	3:30.13	8		Deacon	Joyce	46	UA	Burnaby	July 8
	3:59.35	11	mix	Benson	Margaret	59	RW	Burnaby	June 24

	Result	Place	Misc.	Surname	Name	YOB	Club	Location	Date
<b>1500m</b>									
<b>Midget</b>									
	4:54.80	7	mix	Lotnick	Samantha	89	LM	Burnaby	July 15
	4:55.69	1		Egami	Lisa	88	VR	Abbotsford	July 12-13
	4:55.71	1		DePaoli	Tamara	89	VTF	Victoria	May 24-25
	4:57.50	1		Egami	Lisa	88	VR	Kamloops	July 25-27
	4:58.16	2		Hall	Amanda	88	LM	Abbotsford	July 12-13
	4:59.09	1		Egami	Lisa	88	VR	Langley	June 14-15
	4:59.40	12		Hall	Amanda	88	LM	Burnaby	July 1
	4:59.85	2		Hall	Amanda	88	LM	Kamloops	July 25-27
	5:01.21	10	mix	Hall	Amanda	88	LM	Burnaby	June 24
	5:01.27	1		DePaoli	Tamara	89	VTF	Kelowna	June 27-29
	5:02.40	11	mix	Lotnick	Samantha	89	LM	Burnaby	June 24
	5:03.58	p9		Lotnick	Samantha	89	Brookwood	Swangard	June 6-7
	5:05.44	7		Lotnick	Samantha	89	LM	Burnaby	July 8
	5:05.58	1		Lotnick	Samantha	89	LM	Langley	June 14-15
	5:05.9	1	h	DePaoli	Tamara		VTF	Courtenay	May 3-4
	5:05.93	11		Lotnick	Samantha	89	Brookwood	Swangard	June 6-7
	5:05.93	4		Raison	Erinn	88	PentSS	Abbotsford	3-May
	5:06.10	1		Raison	Erinn	88	OKSK	Kelowna	June 27-29
	5:07.28	3		Raison	Erinn	88	OKSK	Abbotsford	July 12-13
	5:07.50	2		Hall	Amanda	88	LM	Langley	June 14-15
	5:08.32	4		Groenewoud	Chante	89	NORW	Abbotsford	July 12-13
	5:08.60	4		Lotnick	Samantha		LM	Coquitlam	June 21-22
	5:08.81	1		Groenewoud	Chante	89	NORW	Kamloops	July 25-27
	5:08.86	4		Groenewoud	Chantelle	89	NORW	Kelowna	June 27-29
	5:09.14	2		DePaoli	Tamara	89	VTF	Kamloops	July 25-27
	5:09.78	2		Groenewoud	Chantel	89	NORW	Langley	June 14-15
	5:10.19	14		Lotnick	Samantha	89	LM	Burnaby	July 1
	5:10.39	3		Lotnick	Samantha	89	LM	Kamloops	July 25-27
	5:10.59	2		Lotnick	Samantha	89	LM	Victoria	May 24-25
	5:10.93	15		DeGagne	Gabrielle		WJMSS	Swangard	June 6-7
	5:11.07	1		Lotnick	Samantha	89	LM	Swangard	July 5-6
	5:11.31	16		Imlach	Brittany	89	LFA	Swangard	June 6-7
	5:11.36	3		Raison	Erinn	88	OKSK	Kamloops	July 25-27
	5:11.98	4		Imlach	Brittany	89	KAJ	Kamloops	July 25-27
	5:12.46	17		DePaoli	Tamara		LPSS	Swangard	June 6-7
	5:13.12	7		DeGagne	Gabrielle		VR	Abbotsford	3-May
	5:13.12	19		Hartwick	Rachel		Killarney	Swangard	June 6-7
	5:13.21	3		Imlach	Brittany	89	KAJ	Langley	June 14-15
	5:13.35	1		Lotnick	Samantha	89	BROO	Surrey	26-Apr
	5:13.41	3		Hartwick	Rachel	88	RC	Langley	June 14-15
	5:13.46	5		Lotnick	Samantha	89	LM	Abbotsford	July 12-13
	5:13.47	10	mix	Quiring	Rebecca	88	NORW	Burnaby	July 15
	5:14.83	5		Carlyle	Laura	89	U	Kelowna	June 27-29
	5:15.34	11	mix	Delayen	Lindsay	88	LM	Burnaby	July 15
	5:15.48	4		Mclvor	Laura	89	U	Langley	June 14-15
	5:15.56	1		Hartwick	Rachel	88	CITY	Swangard	July 5-6
	5:15.65	6		Imlach	Brittany	89	KAJ	Abbotsford	July 12-13

	<b>Result</b>	<b>Place</b>	<b>Misc.</b>	<b>Surname</b>	<b>Name</b>	<b>YOB</b>	<b>Club</b>	<b>Location</b>	<b>Date</b>
	5:15.77	5		Hartwick	Rachel		CITY	Coquitlam	June 21-22
	5:15.86	7		Delayen	Lindsay	88	LM	Abbotsford	July 12-13
	5:16.20	1		Imlach	Brittany	89	KAJ	Richmond	10-May
	5:16.40	5		Shaw	Angela	89	LM	Langley	June 14-15
	5:16.66	1		Lotnick	Samantha	89	LM	kamloops	may 10-11
	5:16.82	2		Imlach	Brittany	89	KAJ	Swangard	July 5-6
	5:17.09	4		DeGagne	Gabrielle	88	VR	Langley	June 14-15
	5:17.28	25		Raison	Erinn	88	PentSS	Swangard	June 6-7
	5:17.83	8		Trenholm	Rachelle	88	CR	Abbotsford	July 12-13
	5:18.31	4		Anderson	Krystle	88	CR	Kamloops	July 25-27
	5:18.34	5		Degagne	Gabrielle	88	VR	Kamloops	July 25-27
	5:18.70	3		Shaw	Angela	89	WG	Victoria	May 24-25
	5:18.74	6		Imlach	Brittany	89	KAJ	Kelowna	June 27-29
	5:19.75	1		Anderson	Krystle	88	CR	Victoria	May 24-25
	5:21.12	2		Delayen	Lindsay	88	LM	Victoria	May 24-25
	5:22.88	6		Degagne	Gabrielle	88	VR	Kelowna	June 27-29
	5:23.26	6		Stutz	Linda	89	KAJ	Langley	June 14-15
	5:23.40	2		Shaw	Angela		WALG	Surrey	26-Apr
	5:23.80	2		Shaw	Angela	89	LM	kamloops	may 10-11
	5:24.16	3		Trenholm	Rachelle	88	CR	Victoria	May 24-25
	5:24.28	9		Mclvor	Laura	89	U	Abbotsford	July 12-13
	5:24.30	2		Degagne	Gabrielle	88	VR	Swangard	July 5-6
	5:24.70	5		Delayen	Lindsay	88	LM	Langley	June 14-15
	5:24.83	5		Mclvor	Laura	89	U	Kamloops	July 25-27
	5:25.62	7		Flick	Kirsty	89	PGTF	Kelowna	June 27-29
	5:25.93	6		Rose	Courtney	89	OKSK	Kamloops	July 25-27
	5:26.23	4		Andrew	Tessa	88	VTF	Victoria	May 24-25
	5:26.31	1		Palibroda	Emily	89	SZTF	Prince George	June 14-15
	5:26.56	6		Hay	Stephanie	88	U	Kamloops	July 25-27
	5:27.33	7		Haley	Kaitlin	88	GEA	Kamloops	July 25-27
	5:27.68	5		Gaboury	Christina	88	VTF	Victoria	May 24-25
	5:27.81	8		Delayen	Lindsay	88	LM	Kamloops	July 25-27
	5:27.92	10		Rose	Courtney	88	OKSK	Abbotsford	July 12-13
	5:28.10	1	h	Anderson	Krystle	88	CR	nanaimo	may 10-11
	5:28.55	13	mix	McEveor	Laura	88	U	Burnaby	July 15
	5:28.6	1	h	Raison	Erinn	88	OKSK	Kelowna	July 28
	5:28.60	11		Anderson	Krystle	88	CR	Abbotsford	July 12-13
	5:29.09	9		Hardwick	Rachel	88	CITY	Burnaby	July 8
	5:30.00	4	h	Ershov	Victoria	88	CC	Swangard	7-Apr
	5:30.60	1		Irvine	Sara	88	DCAC	Prince George	June 14-15
	5:31.18	8		Rose	Courtney	89	OKSK	Kelowna	June 27-29
	5:31.40	2	h	Trenholm	Rachelle	88	CR	nanaimo	may 10-11
	5:31.98	7		Dalhuisen	Alisa	88	KAJ	Kelowna	June 27-29
	5:32.1	1	h	Gaboury	Christina		VTF	Courtenay	May 3-4
	5:32.27	2		Flick	Kirsty	89	PGTF	Prince George	June 14-15
	5:32.47	8		Delayen	Lindsay	88	LM	Kelowna	June 27-29
	5:34.62	5		Bartsch	Dania	88	MEI	Victoria	May 24-25
	5:36.20	1	h	Carlson	Shalene	88	NAN	Duncan	June 14-15
	5:36.49	9		Gaboury	Christina	88	VTF	Kelowna	June 27-29
	5:36.93	11		Bartsch	Dania	88	MEI	Abbotsford	3-May
	5:37.36	3		Wagg	Jillian	89	SZTF	Prince George	June 14-15

	Result	Place	Misc.	Surname	Name	YOB	Club	Location	Date
	5:37.8	2	h	Forbes	Kelly		CVC	Courtenay	May 3-4
	5:38.40	4		Palumbo	Brittany	89	U	Prince George	June 14-15
	5:38.57	6		Carlson	Shalane	88	NAN	Victoria	May 24-25
	5:38.79	7		Watson	Brittany	89	OKSK	Kamloops	July 25-27
	5:38.90	2	h	Turnbull	Hilary	88	OTF	Duncan	June 14-15
	5:39.4	2	h	Anderson	Krystle		CRC	Courtenay	May 3-4
	5:40.96	3		Harris	Amy	88	TDBSS	kamloops	may 10-11
	5:41.10	12		Haley	Kaitlin	88	GEA	Abbotsford	July 12-13
	5:42.46	9		DeGagne	Gabrielle		VR	Abbotsford	22-Jun
	5:43.42	3		Haley	Kaitlin		GEA	Surrey	26-Apr
	5:45.60	4		Flick	Kristy	89	PGTF	kamloops	may 10-11
	5:45.96	5		Funk	T.J.	89	108Mile	Prince George	June 14-15
	5:46.41	7		Quilty	Jenny	88	RH	Victoria	May 24-25
	5:48.21	3		McAuley	Abbey		WALG	Surrey	26-Apr
	5:51.04	10		Martinson	Melissa	89	PGTF	Kelowna	June 27-29
	5:53.60	1	h	DePaoli	Tamara	89	VTF	Sidney	April 12-13
	5:53.70	6	h	Wade	Stefanie	88	Crofton	Swangard	7-Apr
	5:54.30	1	h	Gaboury	Christina	88	VTF	Sidney	April 12-13
	6:00.32	3		Pighin	Brooke	89	AVTF	Victoria	May 24-25
	6:04.00	10	h	Wong	Janet	88	Crofton	Swangard	7-Apr
	6:07.70	17		Bullivant	Kelly	89	LM	Burnaby	July 1
	6:08.04	8		Martinson	Melissa	89	PGTF	Kamloops	July 25-27
	6:11.1	2	h	Zamecnik	Lucy	88	OKSK	Kelowna	July 28
	6:11.28	5		Tsadilas	Katerina	88	Golden	kamloops	may 10-11
	6:11.60	3	h	Koehle	Lily	88	AVTF	Duncan	June 14-15
	6:23.30	1	h	Cappus	Leanne	89	AVTF	nanaimo	may 10-11
	6:23.80	4		Joyce	Christine	89	McRoberts	Richmond	10-May
	6:26.05	6		Eakin	Brittney	89	Terrace	kamloops	may 10-11
	6:26.07	7		Killins	Kari	88	PentSS	kamloops	may 10-11
	6:27.00	1	h	Cappus	Leanne	89	AVTF	Duncan	June 14-15
	6:28.07	6		Martinson	Melissa	89	PGTF	Prince George	June 14-15
	6:34.39	8		Martinson	Melissa	89	PGTF	kamloops	may 10-11
	6:35.40	2	h	Garrioch	Ceilidh	89	VTF	nanaimo	may 10-11
	6:37.27	13		Killins	Kari	88	PentSS	Abbotsford	3-May
	6:40.4	3	h	Hunter	Danielle		AVTC	Courtenay	May 3-4
	6:43.00	4	h	Hunter	Danielle	88	AVTF	Duncan	June 14-15
	6:46.00	3	h	Dube	Diana	89	AVTF	nanaimo	may 10-11
	6:48.80	3	h	Hunter	Danielle	88	AVTF	nanaimo	may 10-11
	6:54.29	4		Macknee	Jillian		WALG	Surrey	26-Apr
<b>Juvenile</b>									
	4:33.42	1		Ballard	Carmen	86	KelChris	Swangard	June 6-7
	4:34.32	1h9		Ballard	Carmen	86	KEL	Sherbrooke	July 10
	4:34.50	2		Kolstad	Kristen	86	LAMSS	Swangard	June 6-7
	4:35.1	1	h	Ballard	Carmen		KEL	Kelowna	July 28
	4:35.34	5		Kolstad	Kristen	86	SOF	Brdgtwn BAR	July 20
	4:35.57	1		Ballard	Carmen	86	KEL	Saskatoon	July 6
	4:35.84	3		Kolstad	Kristen	86	SOF	Saskatoon	July 6
	4:37.42	1		Ballard	Carmen	86	KEL	Kitchener	Aug 9
	4:38.64	2		Kolstad	Kirsten		SOF	Abbotsford	22-Jun
	4:41.04	1		Kolstad	Kristen	86	SOF	Abbotsford	July 12-13

	Result	Place	Misc.	Surname	Name	YOB	Club	Location	Date
	4:42.20	6		Anita	Campbell	87	VR	Burnaby	July 1
	4:42.20	1		Ballard	Carmen	86	KEL	Kelowna	20-May
	4:43.91	4		Kolstad	Kristen	86	SOF	Kitchener	Aug 9
	4:44.28	4		Campbell	Anita	87	VR	Abbotsford	22-Jun
	4:44.80	4		Campbell	Anita	87	Aldergrove	Swangard	June 6-7
	4:46.21	1		Appelt	Melissa		SOF	Kelowna	June 27-29
	4:46.67	6		Taylor	Kimmy		LBSS	Swangard	June 6-7
	4:47.27	1		Campbell	Anita	87	VR	Langley	June 14-15
	4:48.97	p1		Ballard	Carmen	86	KelChris	Swangard	June 6-7
	4:50.59	2		Chipney	Breanna	86	GEA	Langley	June 14-15
	4:53.24	2		Mancell	Heather		CC	Kelowna	June 27-29
	4:53.41	2		Chipney	Breanna	87	GEA	Abbotsford	July 12-13
	4:53.47	18		Chipney	Breanna	86	GEA	Swangard	July 23
	4:54.30	3		Taylor	Kim	86	KAJ	Abbotsford	July 12-13
	4:54.78	3		Chipney	Breanna		GEA	Kelowna	June 27-29
	4:55.48	1		Hudson	Ali		NORW	Coquitlam	June 21-22
	4:56.00	6		Taylor	Kimmy		KAJ	Abbotsford	22-Jun
	4:57.45	11		Taylor	Kimmy	86	KAJ	Burnaby	July 1
	4:58.21	2		Mancell	Heather		CC	Coquitlam	June 21-22
	4:58.90	1	h	Goldstad	Christen		SOF	Sidney	April 12-13
	4:58.92	2		Barrett	Lindsay	86	NORW	Abbotsford	3-May
	4:59.41	p4		Kolstad	Kristen	86	LAMSS	Swangard	June 6-7
	4:59.56	p5		Campbell	Anita	87	Aldergrove	Swangard	June 6-7
	4:59.80	1	h	Chipney	Breanna	86	GEA	Swangard	7-Apr
	5:00.50	5		Berardo	Casey		NORW	Kelowna	June 27-29
	5:01.20	1		Berardo	Casey	86	NORW	Swangard	July 5-6
	5:01.92	20		Berardo	Casey	86	NORW	Swangard	July 23
	5:02.26	3		Berardo	Casey		NORW	Coquitlam	June 21-22
	5:02.56	p8		Taylor	Kimmy		LBSS	Swangard	June 6-7
	5:02.75	7		Chipney	Breanna	86	GEA	Abbotsford	22-Jun
	5:04.11	4		Mancell	Heather	87	CC	Abbotsford	July 12-13
	5:05.54	p10		Barrett	Lindsay	86	Argyle	Swangard	June 6-7
	5:06.38	5		Berardo	Casey	86	NOR	Abbotsford	3-May
	5:09.50	1	h	Rawlings	Kayla		EMSS	Swangard	7-Apr
	5:09.73	12	mix	Akeroyd	Nicole	86	U	Burnaby	June 24
	5:10.56	2		Benard	Selena	86	VTF	Victoria	May 24-25
	5:12.69	18		Hudson	Sarah		Argyle	Swangard	June 6-7
	5:12.86	15		Akeroyd	Nicole	86	U	Burnaby	July 1
	5:13.26	2		Hudson	Sarah	87	NORW	Swangard	July 5-6
	5:14.30	21		Jensen	Hayley		BnbySth	Swangard	June 6-7
	5:14.40	2	h	Jensen	Hayley		BnbySth	Swangard	7-Apr
	5:14.83	5		Hudson	Sara	87	NORW	Abbotsford	July 12-13
	5:14.83	3		Clift	Justine	87	SOF	Langley	June 14-15
	5:15.10	3	h	Clift	Justine		SOF	Swangard	7-Apr
	5:15.87	23		Swift	Megan	87	KRSS	Swangard	June 6-7
	5:16.80	6		Little	Kali	87	U	Abbotsford	July 12-13
	5:16.91	6		Hudson	Sarah		NORW	Kelowna	June 27-29
	5:17.14	1		Clift	Justine		SOF	Surrey	26-Apr
	5:17.29	26		Akeroyd	Nicole	86	LBSS	Swangard	June 6-7
	5:17.80	1		Little	Kali	87	U	Victoria	May 24-25
	5:18.78	12		Barrett	Lindsay	86	Argyle	Swangard	June 6-7

	Result	Place	Misc.	Surname	Name	YOB	Club	Location	Date
	5:19.27	7		Little	Kali		U	Kelowna	June 27-29
	5:20.51	4		Little	Kali	87	CR	Langley	June 14-15
	5:22.09	1		Jensen	Hayley		BnbySth	Swangard	May-02
	5:22.20	6		Hudson	Sarah		NORW	Coquitlam	June 21-22
	5:23.48	7		Mclvor	Hayley	86	U	Abbotsford	July 12-13
	5:25.26	8		Swift	Meghan	87	PGTF	Abbotsford	July 12-13
	5:27.00	2	h	Swift	Megan	87	PGTF	kamloops	may 10-11
	5:27.88	28		Rawlings	Kayla		EMSS	Swangard	June 6-7
	5:28.20	9		Swift	Meghan		PGTF	Kelowna	June 27-29
	5:29.0	1	h	Little	Kali		U	Courtenay	May 3-4
	5:30.90	10		Flick	Kali		PGTF	Kelowna	June 27-29
	5:32.98	4		Chavez	Tania	86	VTF	Victoria	May 24-25
	5:34.26	9		Chavez	Tania	86	VTF	Abbotsford	3-May
	5:34.40	1	h	Little	Kali		CRSD	nanaimo	may 10-11
	5:36.60	2		Efimova	Olga	86	KAJ	Richmond	10-May
	5:37.32	2		Jones	Katrina	87	ELPH	Surrey	26-Apr
	5:37.96	3		Chavez	Tania	86	VTF	Swangard	July 5-6
	5:39.04	6		Gibson	Jessie	86	Sardis	Victoria	May 24-25
	5:41.00	3	h	Flick	Kali	87	PGTF	kamloops	may 10-11
	5:41.27	2		Carnan	Emily		U	Swangard	May-02
	5:42.66	7		Hemenway	Stephanie	86	Sardis	Victoria	May 24-25
	5:43.38	3		McNeil	Katerine		U	Swangard	May-02
	5:44.17	4		MacLeod	Aynsley		EMSS	Swangard	May-02
	5:46.90	5	h	Jones	Katrina	87	ELPH	Swangard	7-Apr
	5:47.8	2	h	Fox	Kim		CRCS	Courtenay	May 3-4
	5:51.50	3		Remtilla	Nafeesa	87	Crofton	Richmond	10-May
	5:51.69	5		Wilson	Jill		U	Swangard	May-02
	5:53.90	7	h	Remtilla	Nafessa	87	Crofton	Swangard	7-Apr
	5:55.3	dec	h	Campbell-Fell	Cori	87	TBIRD	Abbotsford	Aug 26
	5:56.00	8	h	Cooper	Brooke		EMSS	Swangard	7-Apr
	5:56.30	9	h	Soltani	Arezou		TBIRD	Swangard	7-Apr
	5:59.30	4	h	Johnson	Victoria	86	Terrace	kamloops	may 10-11
	6:04.91	7		Saltani	Arzou		TBIRD	Coquitlam	June 21-22
	6:08.93	6		Aisha	Vance		U	Swangard	May-02
	6:19.90	5	h	White	Alyssa	87	KEL	kamloops	may 10-11
	6:21.14	8		Valois	Erin		GEA	Coquitlam	June 21-22
	6:21.29	1		White	Alyssa	87	KEL	Prince George	June 14-15
	6:35.22	4		Critchfield	Natasha		WALG	Surrey	26-Apr
	6:42.00	6	h	Moores	Natalie	87	PentSS	kamloops	may 10-11
	6:56.81	8		Eisner	Lisa	86	MEI	Victoria	May 24-25
	6:58.80	2		Hunter	Sara	87	TR	Prince George	June 14-15
	7:17.90	5		Roberts	Ashley		WALG	Surrey	26-Apr
<b>Junior</b>									
	4:34.53	3		Reeve	Sabrina		HDSSS	Swangard	June 6-7
	4:35.42	1		Ballard	Carmen		KEL	Abbotsford	22-Jun
	4:36.48	4		Shaw	Susannah	84	VR	Burnaby	July 1
	4:38.88	3		Shaw	Susannah	84	VR	Swangard	10-May
	4:39.31	3		Reeve	Sabrina		CITY	Abbotsford	22-Jun
	4:40.91	6		Reeve	Sabrina	85	CITY	Saskatoon	July 6
	4:43.79	7		Macalister	Mandy	85	U	Burnaby	July 1

	Result	Place	Misc.	Surname	Name	YOB	Club	Location	Date
	4:44.14	18		Macalister	Mandy	85	U	Burnaby	Jun-18
	4:45.14	1		Reeve	Sabrina	84	CITY	Abbotsford	July 12-13
	4:45.37	4		Reeve	Sabrina	85	CITY	Selkirk	Aug 7
	4:45.90	2		Ouwerkerk	Melinda	85	VR	Abbotsford	July 12-13
	4:45.90	5		Ouwerkerk	Melinda	85	AbbChris	Swangard	June 6-7
	4:48.78	7		Macalister	Mandy		Moscrop	Swangard	June 6-7
	4:49.15	8		Ouwerkerk	Melinda	85	VR	Selkirk	Aug 7
	4:49.89	10		Ouwerkerk	Melinda	85	VR	Burnaby	July 1
	4:53.51	1		MacGregor	Meredith	85	SOF	Langley	June 14-15
	4:54.16	5		Ouwerkerk	Melinda		VR	Abbotsford	22-Jun
	4:55.50	8		Tam	Karen		DTVSS	Swangard	June 6-7
	4:55.88	9		Quiring	Rebecca		DRSS	Swangard	June 6-7
	4:56.23	1		Ouwerkerk	Melinda	85	VR	Abbotsford	3-May
	4:58.74	10		Griffen	August		McRoberts	Swangard	June 6-7
	4:58.93	p3		Macalister	Mandy		Moscrop	Swangard	June 6-7
	4:59.36	p2		Reeve	Sabrina		HDSSS	Swangard	June 6-7
	5:00.17	1		Macalister	Mandy		Moscrop	Swangard	May-02
	5:00.33	p6		Quiring	Rebecca		DRSS	Swangard	June 6-7
	5:00.90	p7		Ouwerkerk	Melinda	85	AbbChris	Swangard	June 6-7
	5:01.23	3		Quiring	Rebecca		NORW	Abbotsford	3-May
	5:06.72	p11		Tam	Karen		DTVSS	Swangard	June 6-7
	5:08.02	p12		Griffen	August		BertBowes	Swangard	June 6-7
	5:08.21	13		Huzzey	Megan	85	Belmont	Swangard	June 6-7
	5:08.99	1		Huzzey	Megan	85	VTF	Victoria	May 24-25
	5:09.09	14		Solsberg	Kira		WVSS	Swangard	June 6-7
	5:11.40	2	h	MacGregor	Meredith	85	EMSS	Swangard	7-Apr
	5:11.73	1		MacGregor	Meredith	85	SOF	Surrey	26-Apr
	5:12.10	3	h	Elmer	Shannon	85	NWSS	Swangard	7-Apr
	5:13.34	20		Gonzales	Bianca		FHSS	Swangard	June 6-7
	5:15.33	22		Tegart	Laurel		DTSS	Swangard	June 6-7
	5:16.21	2		Davidson	Kyrene	85	SZTF	Prince George	June 14-15
	5:17.00	24		Myers	Emma		YHSS	Swangard	June 6-7
	5:19.01	8		Solsberg	Kira		WVAN	Abbotsford	22-Jun
	5:19.6	dec	h	Welch	Lauren	85	TBIRD	Abbotsford	Aug 26
	5:23.71	27		Harrison	Jen		OBSS	Swangard	June 6-7
	5:35.87	4		Loots	Annelize		NORW	Kelowna	June 27-29
	5:37.28	2		Beatch	Megan		Bowness	Surrey	26-Apr
	5:42.13	2		Sing	Jaclyn		WPGA	Swangard	May-02
	5:47.65	3		Caine	Sarah		Bowness	Surrey	26-Apr
	5:55.6	dec	h	Schaufele	Jodi	84	TBIRD	Abbotsford	Aug 26
	6:00.87	4		Rawstron	Jennica		WALG	Surrey	26-Apr
	6:10.67	5		Magill	Sheila		Bowness	Surrey	26-Apr
	6:26.15	3		Cheung	Sam		Crofton	Swangard	May-02
	6:37.99	6		Pach	Nyajuok		Bowness	Surrey	26-Apr
	6:38.68	7		Martin	Elizabeth		Bowness	Surrey	26-Apr
	7:00.17	8		Marsden	Heather		Bowness	Surrey	26-Apr
<b>Senior</b>									
	4:08.37	2		Pells	Leah	64	CITY	Swangard	8-Jun
	4:10.42	4		Elmore	Malindi	80	U	SantoDom	Aug 7
	4:10.62	1		Pells	Leah	64	CITY	Burnaby	July 8

	<b>Result</b>	<b>Place</b>	<b>Misc.</b>	<b>Surname</b>	<b>Name</b>	<b>YOB</b>	<b>Club</b>	<b>Location</b>	<b>Date</b>
	4:10.62	1		Pells	Leah	64	CITY	Swangard	July 23
	4:10.93	4		Inman	Courtney	80	UW	Sacramento CA	June 11-24
	4:11.78	8		Elmore	Malindi	80	Stanford	Sacramento CA	June 11-25
	4:12.00	3		Elmore	Malindi	81	U	Daegu	Aug 28
	4:12.36	1h4		Inman	Courtney	80	UW	Sacramento CA	June 11-22
	4:12.66	1h5		Elmore	Malindi	80	Stanford	Sacramento CA	June 11-23
	4:12.82	2		Pells	Leah	64	CITY	Victoria	July 20
	4:13.33	1		Pells	Leah	64	CITY	Burnaby	July 1
	4:13.57	1h1		Elmore	Malindi	80	U	Daegu	Aug 26
	4:13.59	3		Babcock	Courtney	72	U	Victoria	July 20
	4:15.14	3		Inman	Courtney	80	UW	LosAngelesCA	18-May
	4:15.66	2		Lynch-Pounds	Vicky	70	U	Burnaby	July 1
	4:15.86	4		Elmore	Malindi	80	U	Victoria	July 20
	4:16.43	1		Pells	Leah	64	CITY	Abbotsford	3-May
	4:17.15	2r1		Elmore	Malindi	80	Stanford	StanfordCA	29-Mar
	4:17.39	5		Inman	Courtney	80	UW	WalnutCA	19-Apr
	4:17.90	4		Elmore	Malindi	80	Stanford	LosAngelesCA	17-May
	4:18.09	1		Vermeulen	Kate	77	PATH	Victoria	24-May
	4:18.09	1		Vermeulen	Kate	78	PATH	Victoria	May 24-25
	4:19.39	4r1		Inman	Courtney	80	UW	StanfordCA	29-Mar
	4:22.47	7		Connelly	Tina	70	U	Victoria	July 20
	4:25.32	3	mix	Connelly	Tina	70	U	Burnaby	July 15
	4:27.69	13		Howard	Julia	83	SFU	Swangard	8-Jun
	4:29.02	1		Mills	Stephanie	77	PATH	Swangard	10-May
	4:30.53	3		Thibeadeau	Melina	71	PATH	Victoria	May 24-25
	4:30.83	4		Mills	Stephanie	77	PATH	Victoria	May 24-25
	4:31.89	11		Connelly	Tina	70	U	Swangard	July 23
	4:31.89	2		Klassen	Marcie	71	KAJ	Swangard	July 23
	4:32.39	3		Connelly	Tina	70	U	Burnaby	July 1
	4:33.01	11		Roberts	Kerrie	72	PGRR	Victoria	July 20
	4:33.98	2		Howard	Julia	83	SFU	Olathe, KS	23-May
	4:34.45	2		Howard	Julia	83	SFU	Swangard	10-May
	4:34.67	2		Cote	Nathalie	73	U	Burnaby	July 8
	4:35.22	1		Mills	Stephanie		PATH	Abbotsford	22-Jun
	4:37.37	3		Klassen	Marcie	71	KAJ	Burnaby	July 8
	4:39.53	2		Thibodeau	Melina		PATH	Abbotsford	22-Jun
	4:39.67	2		Roberts	Kerrie		U	Kelowna	June 27-29
	4:39.71	5		Klassen	Marcie	71	KAJ	Burnaby	July 1
	4:40.68	1		Roberts	Kerrie	72	U	Prince George	June 14-15
	4:41.07	3		Roberts	Kerrie		U	Abbotsford	22-Jun
	4:43.22	5		Ambery	Celia	83	U	Swangard	July 23
	4:43.48	4		Ambery	Celia	83	UBC	Burnaby	July 8
	4:43.98	5		Ambery	Celia	83	UBC	Swangard	10-May
	4:44.39	7r2		Wodak	Natasha	81	SFU	WalnutCA	18-Apr
	4:45.30	4		Klassen	Marcie		KAJ	Abbotsford	22-Jun
	4:45.88	8		Ramage	Elizabeth	81	PATH	Burnaby	July 1
	4:46.62	2		Ambery	Celia	83	UBC	Abbotsford	3-May
	4:47.22	3		McEwen	Heather		UBC	Abbotsford	3-May
	4:47.41	5		Ramage	Liz	81	PATH	Victoria	9-Jun
	4:47.82	9		Fedoruk	Nancy	82	PATH	Burnaby	July 1
	4:48.23	4		Higginbotham	Amy		UBC	Abbotsford	3-May

	Result	Place	Misc.	Surname	Name	YOB	Club	Location	Date
	4:48.45	9		Ambery	Celia	83	UBC	Olathe, KS	23-May
	4:48.47	29		Ambery	Celia	83	UBC	Claremount	April 18
	4:48.49	7		Ambery	Celia	83	U	Selkirk	Aug 7
	4:48.53	6		Fedoruk	Nancy	82	PATH	Victoria	9-Jun
	4:49.24	3		Ambery	Celia	83	U	Abbotsford	July 12-13
	4:49.73	5		Mark	Michelle	83	UBC	Burnaby	July 8
	4:49.73	5		Ambery	Celia	83	TBIRD	Abbotsford	22-Jun
	4:50.57	6		Boulin	Justine	83	U	Swangard	July 23
	4:50.58	6		Fedoruk	Nancy		PATH	Abbotsford	22-Jun
	4:51.77	7		Burley	Heather	83	PATH	Victoria	9-Jun
	4:52.09	7		Burley	Leah		PATH	Abbotsford	22-Jun
	4:52.09	1		McEwen	Heather		UBC	SFU	12-Apr
	4:52.30	2		Ambery	Celia	83	UBC	SFU	12-Apr
	4:52.83	6		Higginbotham	Amy		UBC	Swangard	10-May
	4:53.57	4		Fedoruk	Nancy	82	PATH	Abbotsford	July 12-13
	4:53.9	15	h	Boulin	Justine	83	U	Burnaby	Jul-29
	4:54.51	8		Burley	Heather		PATH	Abbotsford	22-Jun
	4:55.02	19		Hamelin	Lisa	68	U	Burnaby	Jun-18
	4:55.70	14		Wodak	Natasha	81	SFU	Olathe, KS	23-May
	4:55.85	19		Hamelin	Lisa	68	U	Swangard	July 23
	4:57.01	7		Ramage	Liz	81	PATH	Swangard	10-May
	4:58.10	1		Burley	Heather	83	PATH	Victoria	May 24-25
	4:58.8	dec	h	Mark	Michelle	83	TBIRD	Abbotsford	Aug 26
	5:01.08	3		Higginbotham	Amy		UBC	SFU	12-Apr
	5:01.52	5		Geisreiter	Christ		SFU	Abbotsford	3-May
	5:01.54	6		Carpenter	Kristin	82	UBC	Burnaby	July 8
	5:02.56	8	mix	Carpenter	Kristin	82	TBIRD	Burnaby	July 15
	5:02.74	60		Kennedy	Erin		UBC	Claremount	April 18
	5:03.35	9		Carpenter	Kristen		TBIRD	Victoria	9-Jun
	5:03.42	13		Carpenter	Kristin	82	TBIRD	Burnaby	July 1
	5:04.63	8		Geisreiter	Christ		SFU	Swangard	10-May
	5:07.50	68		Carpenter	Kristin		UBC	Claremount	April 18
	5:10.76	6		Kennedy	Erin		UBC	Abbotsford	3-May
	5:12.56	21		Weber	Ashley	78	NORW	Swangard	July 23
	5:17.0	16	h	Weber	Ashley	78	NORW	Burnaby	Jul-29
	5:17.70	6		Belanger	Leah		SFU	Abbotsford	3-May
	5:17.95	4		Geisreiter	Christ		SFU	SFU	12-Apr
	5:19.4	4	h	Everton	Nicola	65	VFAC	Burnaby	Aug 12
	5:21.93	8		Everton	Nicola	65	VFAC	Burnaby	July 8
	5:29.51	16		Everton	Nicola	65	VFAC	Burnaby	July 1
	5:36.19	10		Landsiedel	Courte		VR	Abbotsford	3-May
	6:12.14	12		Wilkins	Tecca		PentSS	Abbotsford	3-May
	6:36.54	3		Helm	Linda	75	TR	Prince George	June 14-15
<b>Masters</b>									
	4:40.92	1		DeSt.Croix	Maureen	53	KAJ	Langley	June 14-15
	4:41.61	4		DeSt.Croix	Maureen	53	KAJ	Swangard	10-May
	4:43.71	1		Tinari	Nancy	59		Richmond	Aug 16-17
	4:45.65	1		DeSt.Croix	Maureen	53	KAJ	Abbotsford	3-May
	5:10.02	9	mix	Jordan	Debbie	57	HH	Burnaby	July 15
	5:16.77	12	mix	Everton	Nicola	65	VFAC	Burnaby	July 15

	Result	Place	Misc.	Surname	Name	YOB	Club	Location	Date
	5:36.42	2		MacMillan	Marne	52	KAJ	Langley	June 14-15
	5:52.66	1		Freeman	Mary	53		Richmond	Aug 16-17
	6:43.21	2		Montgomery	Lenore	30		Richmond	Aug 16-17
<b>MILE</b>									
<b>Junior</b>									
	4:53.90	2		Shaw	Susannah	84	VR	Richmond	4-Jun
<b>Senior</b>									
	5:19.42	7		Wodak	Natasha		U	Seattle	14-Jun
	5:34.82	4		Carpenter	Kristen		UBC	Richmond	4-Jun
<b>Masters</b>									
	5:02.80	4		DeSt.Croix	Maureen	53	KAJ	Richmond	4-Jun
	5:29.35	7		Dixon	Donna		VR	Richmond	4-Jun
<b>3000m</b>									
<b>Midget</b>									
	10:36.26	1		Hall	Amanda	88	LM	Abbotsford	July 12-13
	10:52.63	1		DePaoli	Tamara	89	VTF	Victoria	May 24-25
	10:52.90	1		Hall	Amanda	88	LM	Swangard	July 5-6
	11:03.31	1		Hall	Amanda	88	LM	Kamloops	July 25-27
	11:06.48	2		Lotnick	Samantha	89	LM	Abbotsford	July 12-13
	11:10.90	17		Raison	Erinn	88	PentSS	Swangard	June 6-7
	11:18.54	1		Hall	Amanda	88	LM	Langley	June 14-15
	11:24.98	2		Quiring	Rebecca	88	NORW	Swangard	July 5-6
	11:25.17	1		Lotnick	Samantha	89	LM	Langley	June 14-15
	11:25.38	19		Lotnick	Samantha	89	Brookwood	Swangard	June 6-7
	11:25.8	1	h	DePaoli	Tamara	89	VTF	Courtenay	May 3-4
	11:25.90	1	h	DePaoli	Tamara	89	VTF	Sidney	April 12-13
	11:29.98	2		Lotnick	Samantha	89	LM	Kamloops	July 25-27
	11:31.80	20		Hall	Amanda		HDSSS	Swangard	June 6-7
	11:37.26	1		Hay	Stephanie	88	Pleas.Vall.	kamloops	may 10-11
	11:46.12	3		Mclvor	Laura	89	U	Abbotsford	July 12-13
	11:46.91	1		Gaboury	Christina	88	VTF	Victoria	May 24-25
	11:49.62	1		Lotnick	Samantha	89	LM	Surrey	26-Apr
	11:49.90	22		Hay	Stephanie	88	Pleas.Vall.	Swangard	June 6-7
	11:56.24	4		Gaboury	Christina	88	VTF	Kelowna	June 27-29
	11:57.14	2		Carlson	Shalane	88	NAN	Victoria	May 24-25
	11:59.87	3		Mclvor	Laura	89	U	Kamloops	July 25-27
	12:01.50	1	h	Carlson	Shalane	88	NAN	Duncan	June 14-15
	12:05.47	2		Delayen	Lindsay	88	LM	Langley	June 14-15
	12:06.20	1	h	Gaboury	Christina	88	VTF	Sidney	April 12-13
	12:09.4	1	h	Gaboury	Christina	88	VTF	Courtenay	May 3-4
	12:10.99	3		Haley	Kaitlin	88	GEA	Langley	June 14-15
	12:12.73	1		Wagg	Jillian	89	SZTF	Prince George	June 14-15
	12:14.44	5		Hay	Stephanie	88	U	Kamloops	July 25-27

	Result	Place	Misc.	Surname	Name	YOB	Club	Location	Date
	12:19.23	5		Haley	Kaitlin	88	GEA	Kelowna	June 27-29
	12:34.08	1		Youden	Lauren	89	VTF	Kelowna	June 27-29
	12:38.40	1	h	Youden	Lauryn	89	VTF	Duncan	June 14-15
	12:43.20	6		DePaoli	Tamara	89	VTF	Kamloops	July 25-27
	12:53.54	2		Wade	Stefanie	88	Crofton	Richmond	10-May
	13:25.60	1	h	Koehle	Lily	88	AVTF	nanaimo	may 10-11
	13:31.30	2	h	Koehle	Lily	88	AVTF	Duncan	June 14-15
<b>Juvenile</b>									
	9:57.36	2		Campbell	Anita	87	VR	WalnutCA	18-Apr
	9:58.63	2		Kolstad	Kristen	86	SOF	Kitchener	Aug 10
	9:59.41	1		Ballard	Carmen	86	KelChris	Swangard	June 6-7
	10:01.74	11		Campbell	Anita	87	VR	Sherbrooke	July 9
	10:04.61	1		Campbell	Anita	87	VR	Abbotsford	21-Jun
	10:05.66	2		Campbell	Anita	87	Aldergrove	Swangard	June 6-7
	10:06.89	5		Campbell	Anita	87	VR	Swangard	July 22
	10:08.48	1		Kolstad	Kristen		SOF	Kelowna	June 27-29
	10:08.53	3		Campbell	Anita	87	VR	Kitchener	Aug 10
	10:09.92	3		Kolstad	Kristen	86	LAMSS	Swangard	June 6-7
	10:14.27	2		Campbell	Anita	87	VR	Abbotsford	3-May
	10:25.50	1		Kolstad	Kristen	86	SOF	Abbotsford	July 12-13
	10:36.86	6		Taylor	Kimmy		LBSS	Swangard	June 6-7
	10:44.46	3		Hudson	Alison		NORW	Kelowna	June 27-29
	10:49.92	2		Taylor	Kim	86	KAJ	Abbotsford	July 12-13
	10:51.45	12		Rawlings	Kayla		EMSS	Swangard	June 6-7
	10:52.06	4		Berardo	Casey		NORW	Kelowna	June 27-29
	10:53.12	14		Berardo	Casey	86	Argyle	Swangard	June 6-7
	10:59.63	3		Berardo	Casey	86	NORW	Abbotsford	July 12-13
	12:15.55	4		Halloran	Afton	87	NAN	Abbotsford	July 12-13
	12:17.80	1		Jones	Katrina	87	ELPH	Surrey	26-Apr
	12:20.10	1		Jones	Katrina	87	ELPH	Richmond	10-May
	12:27.77	25		Chavez	Tania	86	VicSS	Swangard	June 6-7
	12:32.05	1		Hemenway	Stephanie	86	Sardis	Victoria	May 24-25
	12:40.06	1		Flick	Kali	87	PGTF	Prince George	June 14-15
	12:41.94	2		Halloran	Afton	87	NAN	Swangard	July 5-6
	12:44.82	3		Flick	Kali	87	PGTF	kamloops	may 10-11
	12:57.62	3		Remtilla	Nafeesa	87	Crofton	Richmond	10-May
	13:05.61	27		Flick	Kali	87	CHSS	Swangard	June 6-7
	13:09.99	1		Halloran	Afton	87	NAN	Victoria	May 24-25
	13:28.60	1	h	Halloran	Afton		NAN	nanaimo	may 10-11
	14:16.94	2		Paling	Alicia	86	CR	Victoria	May 24-25
	15:07.70	2	h	Paling	Alicia		CR	nanaimo	may 10-11
<b>Junior</b>									
	10:00.58	1		Shaw	Susannah	84	VR	Abbotsford	3-May
	10:30.76	4		Macalister	Mandy		Moscrop	Swangard	June 6-7
	10:32.98	5		MacGregor	Meredith	85	EMSS	Swangard	June 6-7
	10:33.35	1		MacGregor	Meredith	85	SOF	Langley	June 14-15
	10:38.30	7		Quiring	Rebecca		DRSS	Swangard	June 6-7
	10:40.24	8		Griffen	August		BertBowes	Swangard	June 6-7
	10:40.83	9		Ouwerkerk	Melinda	85	AbbChris	Swangard	June 6-7

	Result	Place	Misc.	Surname	Name	YOB	Club	Location	Date
	10:43.64	10		Spearing	Kerry		SMU	Swangard	June 6-7
	10:47.71	1		MacGregor	Meredith		SOF	Kelowna	June 27-29
	10:47.78	11		Sweetland	Kirsten		Stellys	Swangard	June 6-7
	10:51.53	13		Davidson	Kyreen		NPSS	Swangard	June 6-7
	10:59.02	15		Bilsbarrow	Chelsea		Esq	Swangard	June 6-7
	11:09.76	16		Gonzales	Bianca		FHSS	Swangard	June 6-7
	11:12.59	1		Davidson	Kyrene	85	SZTF	Prince George	June 14-15
	11:17.65	18		Tam	Karen		DTVSS	Swangard	June 6-7
	11:34.75	8		Solsberg	Kira	85	WVAN	Swangard	July 22
	11:38.50	21		Cliff	Amanda	85	DWPSS	Swangard	June 6-7
	11:39.04	3		Cliff	Amanda	85	VR	Abbotsford	3-May
	11:44.78	1		Solsberg	Kira	85	WVAN	Swangard	July 5-6
	11:46.85	2		Loots	Annelize		NORW	Kelowna	June 27-29
	11:55.02	2		Cliff	Amanda		VR	Abbotsford	21-Jun
	11:56.42	23		Baron	Jen		MntBakSS	Swangard	June 6-7
	12:00.03	1		Caine	Sarah		Bowness	Surrey	26-Apr
	12:09.84	24		Loots	Analize		Handsworth	Swangard	June 6-7
	12:36.13	26		Reagh	Jessica		Crofton	Swangard	June 6-7
	13:14.90	2		Patterson	Carmen		WALG	Surrey	26-Apr
	13:26.13	28		Katlarz	Pauline		MntBakSS	Swangard	June 6-7
	14:16.29	3		Magill	Sheila		Bowness	Surrey	26-Apr
<b>Senior</b>									
	9:25.08	2		Connelly	Tina	70	U	Burnaby	July 8
	9:30.16	1		Mills	Stephanie	77	PATH	Richmond	Jun-03
	9:34.25	4		Weber	Ashley	78	NORW	Burnaby	July 1
	9:46.83	5		Connelly	Tina	70	U	Burnaby	July 1
	10:13.52	3		MacEwen	Heather		UBC	Richmond	Jun-03
	10:13.98	4		Ambery	Celia	83	UBC	Richmond	Jun-03
	10:16.52	2		Roberts	Kerrie		U	Kelowna	June 27-29
	10:19.43	5		Wodak	Natasha	81	U	Richmond	Jun-03
	10:21.33	1		Ramage	Liz	81	PATH	Victoria	May 24-25
	10:22.35	6		Wodak	Natasha	81	U	Swangard	July 22
	10:28.69	5		Boulin	Justine	83	UA	Burnaby	July 8
	10:33.79	7		Boulin	Justine	83	U	Swangard	July 22
	11:03.9	5	h	Blafield	Carina	74	VFAC	Burnaby	Aug 12
	12:46.27	4		Saltani	Arezou		TBIRD	Abbotsford	3-May
	12:57.40	1	h	Holm	Karin	69	IND	Duncan	June 14-15
	14:01.28	6		Johson	Pat	64	U	Burnaby	July 1
	14:29.77	2		Helm	Linda	75	TR	Prince George	June 14-15
<b>Masters</b>									
	11:25.0	6	h	Bogart	Sandra	62	VFAC	Burnaby	Aug 12
<b>5000m</b>									
<b>Juvenile</b>									
	18:54.4	8	h	Taylor	Kimmy	86	KAJ	Burnaby	June 24
<b>Junior</b>									

	Result	Place	Misc.	Surname	Name	YOB	Club	Location	Date
	17:34.0	5	h	Macalister	Mandy	85	U	Burnaby	June 24
	18:04.80	3		Macalister	Mandy	85	U	Saskatoon	July 5
	18:18.31	1		Macalister	Mandy		U	SFU	12-Apr
	19:06.1	3	h	MacGregor	Meredith	85	SOF	Burnaby	June 24
	20:58.46	5		Cliff	Amanda	85	VR	Abbotsford	July 12-13
<b>Senior</b>									
	14:54.98	8	PNSR	Babcock	Courtney	72	PATH	Paris	Aug 30
	15:01.48	8h2		Babcock	Courtney	72	PATH	Paris	Aug 26
	15:38.43	2		Babcock	Courtney	72	U	Victoria	July 18
	15:47.80	4		Connelly	Tina	70	U	Victoria	July 18
	16:00.78	3		Smith	Lucy	67	U	Victoria	11-Jun
	16:02.28	4		Connelly	Tina	70	U	Victoria	11-Jun
	16:14.06	7		Grove	Andrea	73	U	Victoria	July 18
	16:25.81	6		Mills	Stephanie	77	PATH	Victoria	11-Jun
	16:47.9	1	h	Mills	Stephanie	77	PATH	Burnaby	June 24
	17:39.41	1		Wodak	Natasha	81	U	Selkirk	Aug 7
	17:41.0	1	h	Barrington	Anne	80	PATH	Burnaby	June 24
	17:48.23	8		Wodak	Natasha		U	Victoria	11-Jun
	17:48.75	1		Boulin	Justine	83	U	Abbotsford	July 12-13
	17:52.82	16		MacEwen	Heather		UBC	Claremount	April 18
	17:54.9	4	h	Ramage	Liz	81	PATH	Burnaby	June 24
	17:55.62	2		Ramage	Liz	81	PATH	Abbotsford	July 12-13
	17:57.95	3		Wodak	Natasha	81	U	Abbotsford	July 12-13
	17:58.37	6		Montgomery	Darcie		HH	Seattle	14-Jun
	18:00.48	2		Boulin	Justine	83	U	Selkirk	Aug 7
	18:11.89	9		McEwen	Heather		U	Victoria	11-Jun
	18:16.03	8		McEwen	Heather		UBC	Olathe, KS	May-23
	18:25.50	2h6		McEwen	Heather		UBC	Olathe, KS	May-22
	18:31.5	7	h	Carpenter	Kristin	82	TBIRD	Burnaby	June 24
	18:44.73	7		Carpenter	Kristin		U	Seattle	14-Jun
	19:24.29	2		Carpenter	Kristin		UBC	SFU	12-Apr
	19:31.72	3		Kennedy	Erin		UBC	SFU	12-Apr
	19:32.95	1		Carpenter	Kristin		UBC	Swangard	10-May
	19:52.00	4		Hall	Kim	81	U	Abbotsford	July 12-13
	19:53.71	2		Kennedy	Erin		UBC	Swangard	10-May
	21:06.63	4		Markovich	Stephan		UBC	SFU	12-Apr
<b>Masters</b>									
	16:55.1	2	h	Tinari	Nancy	59	PAA	Burnaby	June 24
	16:56.60	1		Tinari	Nancy	59		Richmond	Aug 16-17
	18:08.8	6	h	Montgomery	Darcy	69	HH	Burnaby	June 24
	21:50.70	1		Freeman	Mary	53		Richmond	Aug 16-17
	23:56.90	1		Montgomery	Lenore	30		Richmond	Aug 16-17
<b>10000m</b>									
<b>Junior</b>									
	37:16.06	2		Macalister	Mandy	84	U	Abbotsford	July 12-13

	Result	Place	Misc.	Surname	Name	YOB	Club	Location	Date
<b>Senior</b>									
	31:44.74	5r1	PNR	Babcock	Courtney	72	U	PaloAltoCA	3-May
	33:36.23	1		Babcock	Courtney	72	U	Swangard	8-Jun
	33:55.17	3		Connelly	Tina		U	Swangard	8-Jun
	34:45.72	17r1		Rendell	Allison	76	KAJ	PaloAltoCA	May-03
	35:27.73	6		Rendell	Alison	76	KAJ	Swangard	8-Jun
	41:50.86	3		Hall	Kim	81	U	Abbotsford	July 12-13
<b>1500mS/C</b>									
<b>Midget</b>									
	5:29.34	1		Lotnick	Samantha	89	LM	Abbotsford	July 12-13
	5:33.00	1		Lotnick	Samantha	89	LM	Kamloops	July 25-27
	5:36.99	8		Wright	Gillian	88	Crofton	Swangard	June 6-7
	5:40.10	2		Shaw	Angela	89	LM	Abbotsford	July 12-13
	5:43.60	2		Wright	Gillian	88	TBIRD	Kamloops	July 25-27
	5:45.84	1		Lotnick	Samantha	89	LM	kamloops	may 10-11
	5:46.80	3		Shaw	Angela	89	LM	Kamloops	July 25-27
	5:47.86	2		Hay	Stephanie	88	Pleas.Vall.	kamloops	may 10-11
	5:48.98	1		Palibroda	Emily	89	SZTF	Prince George	June 14-15
	5:49.52	1		Irvine	Sara	88	DCAC	Prince George	June 14-15
	5:49.73	12		Hay	Stephanie	88	Pleas.Vall.	Swangard	June 6-7
	5:50.43	1		Lotnick	Samantha	89	LM	Victoria	May 24-25
	5:55.30	4		Haley	Kaitlin	88	GEA	Kamloops	July 25-27
	5:56.88	2		Flick	Kirsty	89	PGTF	Prince George	June 14-15
	5:57.91	1		Gaboury	Christina	88	VTF	Victoria	May 24-25
	5:59.80	5		Hay	Stephanie	88	U	Kamloops	July 25-27
	6:01.78	3		Shaw	Angela	89	WG	Victoria	May 24-25
	6:01.87	18		Haley	Kaitlin		MRSS	Swangard	June 6-7
	6:02.16	3		Haley	Kaitlin	88	GEA	Abbotsford	July 12-13
	6:02.39	4		Bartsch	Dania	88	MEI	Victoria	May 24-25
	6:03.77	2		Delayen	Lindsay	88	LM	Victoria	May 24-25
	6:07.22	5		Haley	Kaitlin	88	GEA	Swangard	July 5-6
	6:09.62	3		Andrew	Tessa	88	VTF	Victoria	May 24-25
	6:15.50	6		Delayen	Lindsay	88	LM	Kamloops	July 25-27
	6:35.65	2		Apps	Heather	88	DCAC	Prince George	June 14-15
	6:42.66	4		Bullivant	Kelly	89	LM	Abbotsford	July 12-13
	7:05.31	2		Cappus	Leanne	89	AVTF	Victoria	May 24-25
	7:17.40	1	h	Trenholm	Rachelle	88	CR	nanaimo	may 10-11
	7:17.60	1	h	Anderson	Krystle	88	CR	nanaimo	may 10-11
	7:43.89	3		Dube	Diana	89	AVTF	Victoria	May 24-25
	7:56.10	2	h	Cappus	Leanne	89	AVTF	nanaimo	may 10-11
	8:17.60	2	h	Anderson	Krystle	88	CR	nanaimo	may 10-11
	8:20.00	3	h	Dube	Diana	89	AVTF	nanaimo	may 10-11
<b>Juvenile</b>									
	5:08.31	1		Appelt	Melissa	87	HCSS	Swangard	June 6-7
	5:14.75	1		Appelt	Mellissa	87	SOF	Abbotsford	July 12-13
	5:16.66	1		Hudson	Ali	87	NORW	Swangard	July 5-6

	Result	Place	Misc.	Surname	Name	YOB	Club	Location	Date
	5:20.60	2		Berardo	Casey	86	NORW	Swangard	July 5-6
	5:23.94	4		Berardo	Casey	86	Argyle	Swangard	June 6-7
	5:24.79	2		Clift	Justine	87	SOF	Abbotsford	July 12-13
	5:32.80	1		Barrett	Lindsay	86	NORW	Victoria	May 24-25
	5:35.27	2		Berardo	Casey	86	NORW	Victoria	May 24-25
	5:35.34	7		Clift	Justine		EPSS	Swangard	June 6-7
	5:46.43	10		Mancell	Heather	87	Pinetree	Swangard	June 6-7
	5:49.22	3		Hudson	Sarah	87	NORW	Swangard	July 5-6
	5:51.83	15		Barrett	Lindsay	86	Argyle	Swangard	June 6-7
	5:59.17	1		Flick	Kali	87	PGTF	Prince George	June 14-15
	5:59.53	17		Jones	Katrina	87	ELPH	Swangard	June 6-7
	6:11.21	1		Swift	Megan	87	PGTF	kamloops	may 10-11
	6:11.72	2		Flick	Kali	87	PGTF	kamloops	may 10-11
	6:32.70	1	h	Phillips	Jessica		OTF	nanaimo	may 10-11
<b>Junior</b>									
	5:13.37	2		MacGregor	Meredith	85	EMSS	Swangard	June 6-7
	5:16.98	1		Kennelly	Bevin	84	PGTF	Prince George	June 14-15
	5:18.35	3		Prosk	Erin		Correlieu	Swangard	June 6-7
	5:22.60	2		Davidson	Kyrene	85	SZTF	Prince George	June 14-15
	5:32.10	5		Davidson	Kyreen		NPSS	Swangard	June 6-7
	5:34.73	6		Wilson	Emily		OBSS	Swangard	June 6-7
	5:41.14	9		King	Marci		ECSS	Swangard	June 6-7
	5:49.41	11		Keen	Robyn		Correlieu	Swangard	June 6-7
	5:50.71	13		Roney	Patricia		Belmont	Swangard	June 6-7
	5:51.28	14		Tegart	Laurel		DTSS	Swangard	June 6-7
	5:52.86	16		Munro	Katie		OBSS	Swangard	June 6-7
	6:03.90	4		Loots	Annelize	85	NORW	Swangard	July 5-6
	6:05.28	19		Loots	Analize		Handsworth	Swangard	June 6-7
	6:06.88	20		Darling	Emma		Crofton	Swangard	June 6-7
<b>Senior</b>									
	5:48.40	1	h	Fry	Karen		IND	nanaimo	may 10-11
<b>2000mS/C</b>									
<b>Juvenile</b>									
	7:22.76	3		Appelt	Melissa	87	SOF	Saskatoon	July 5
<b>Junior</b>									
	7:04.79	4		Kennelly	Bevin	84	PGTF	Brdgtwn BAR	July 20
	7:12.51	1		Kennelly	Bevin	84	PGTF	Saskatoon	July 5
	7:32.73	4		MacGregor	Meredith	85	SOF	Saskatoon	July 5
<b>Masters</b>									
	10:48.98	1		Cochrane	Nancy	52		Richmond	Aug 16-17
<b>3000mS/C</b>									

	Result	Place	Misc.	Surname	Name	YOB	Club	Location	Date
<b>Juvenile</b>									
	11:42.43	3		Berardo	Casey	86	NORW	Abbotsford	July 12-13
<b>Junior</b>									
	11:11.63	1		Kennelly	Bevin	84	PGTF	Abbotsford	July 12-13
	11:17.82	1		Kennelly	Bevin		PGTF	Abbotsford	21-Jun
	11:34.28	12r2		Kennelly	Bevin	84	Uldaho	StanfordCA	Mar-28
	11:36.35	2		MacGregor	Meredith		SOF	Abbotsford	21-Jun
	11:39.64	2		Kennelly	Bevin	84	PGTF	Selkirk	Aug 8
<b>Senior</b>									
	11:40.50	2		Carpenter	Kristin	82	TBIRD	Abbotsford	July 12-13
	12:02.51	1		Carpenter	Kristin	82	TBIRD	Abbotsford	21-Jun
	12:09.91	3		Carpenter	Kristin	82	TBIRD	Selkirk	Aug 8
	12:21.50	1		Carpenter	Kristin	82	UBC	Abbotsford	3-May
	12:28.20	2		Carpenter	Kristin	82	TBIRD	Victoria	July 19
	12:37.23	34		Carpenter	Kristin	82	UBC	Olathe, KS	May-22
<b>1500mR/W</b>									
<b>Midget</b>									
	8:43.79	7		Wong	Janet	88	Crofton	Swangard	June 6-7
	9:03.20	1		Wong	Janet	88	Crofton	Richmond	10-May
	9:22.50	1	h	Dilorio	Jill	89	CVAC	Duncan	June 14-15
	9:25.36	13		Wade	Stefanie	88	Crofton	Swangard	June 6-7
	9:27.20	2		Wade	Stefanie	88	Crofton	Richmond	10-May
	9:31.63	1		Bright	Laura	88	VTF	Victoria	May 24-25
	9:49.5	1	h	Bright	Laura	88	VTF	Courtenay	May 3-4
	9:51.86	3		Bright	Laura	88	VTF	Kamloops	July 25-27
	9:52.11	1		Dilorio	Jill	89	Cowichan	Victoria	May 24-25
	10:19.20	1	h	Dilorio	Jill	89	CVAC	nanaimo	may 10-11
	10:57.00	2	h	Nixon	Jana	89	AVTF	nanaimo	may 10-11
	11:00.06	4	h	Dube	Diana	89	AVTF	nanaimo	may 10-11
	11:00.10	3	h	Pighin	Brooke	89	AVTF	nanaimo	may 10-11
	11:06.80	1	h	Bright	Laura	88	VTF	Sidney	April 12-13
	11:20.55	2		Phillips	Nicholle	89	OTF	Victoria	May 24-25
	11:21.8	1	h	Phillips	Nicholle	89	OTFC	Courtenay	May 3-4
	11:36.10	1	h	Dilorio	Jill	89	CVAC	Sidney	April 12-13
	11:41.80	2	h	Phillips	Nicholle	89	OTF	Sidney	April 12-13
<b>Juvenile</b>									
	7:44.22	3		Huzzey	Kaitlin		Belmont	Swangard	June 6-7
	7:59.60	4		Phillips	Jessica		Ballenas	Swangard	June 6-7
	8:05.65	1		Huzzey	Kaitlin	87	VTF	Abbotsford	July 12-13
	8:13.04	1		Huzzey	Kaitlin	87	VTF	Victoria	May 24-25
	8:21.70	1	h	Phillips	Jessica		OTF	nanaimo	may 10-11
	10:04.98	1		Hildenbrandt	Leanne	87	U	Swangard	July 5-6
<b>Junior</b>									
	6:26.67	1		Huzzey	Megan	85	Belmont	Swangard	June 6-7

	Result	Place	Misc.	Surname	Name	YOB	Club	Location	Date
	6:34.67	1		Huzzey	Megan	85	VTF	Victoria	May 24-25
	7:36.08	2		Bernhardt	Joey		Sentinel	Swangard	June 6-7
	8:18.73	5		Ridder	Nicole		AbbChris	Swangard	June 6-7
	8:35.77	6		Rose	Liz		OBSS	Swangard	June 6-7
	8:58.64	8		Quinlan	Alison		LPSS	Swangard	June 6-7
	9:06.63	9		Wood	Meagan		WALG	Swangard	June 6-7
	9:14.96	10		Nattrass	Cathryn		MEI	Swangard	June 6-7
	9:17.25	11		Sheven	Vanessa		Semiahmoo	Swangard	June 6-7
	9:17.86	12		Klassen	Jen		WJMSS	Swangard	June 6-7
	9:30.83	14		Alva-Dimas	Alex		ECSS	Swangard	June 6-7
	9:46.65	15		Scroggins	Meredith		Riverside	Swangard	June 6-7
	9:57.85	16		Burgess	Katie		WALG	Swangard	June 6-7
	10:43.11	17		Neel	Sarekha		Steveston	Swangard	June 6-7
<b>Masters</b>									
	9:15.42	2		Johnson	Faune	48	RW	Burnaby	Jun-18
	9:23.67	1		Johnson	Faune	48	RW	Burnaby	July 8
	9:28.0	2	h	Johnson	Faune	48	RW	Burnaby	Aug 12
	9:28.7	1	h	Johnson	Faune	48	U	Swangard	July 22
	9:33.8	3	h	Johnson	Faune	48	RW	Burnaby	Aug-05
	9:49.47	2		Benson	Margaret	59	RW	Burnaby	July 8
	10:00.5	4	h	Ruzgaitis	Dianne	52	U	Burnaby	Aug-05
	10:04.0	3	h	Ruzgaitis	Dianne	52	U	Burnaby	Aug 12
	10:09.39	1		Benson	Margaret	59	U	Burnaby	June 24
	10:15.61	3		Ruzgaitis	Dianne	52	UA	Burnaby	July 8
	10:15.7	2	h	Ruzgaitis	Dianne	52	RW	Swangard	July 22
	10:18.07	2		Ruzgaitis	Diane	52	U	Burnaby	June 24
	10:18.80	3		Ruzgaitis	Dianne	52	U	Burnaby	Jun-18
	10:29.60	1	h	Lenz	Karen		PEN	Sidney	April 12-13
	10:42.16	5		MacKenzie	Maria	48	RW	Burnaby	July 8
<b>3000mR/W</b>									
<b>Senior</b>									
	13:30.13	1		Foan	Karen	79	UBC	SFU	12-Apr
	14:29.05	1		Foan	Karen	79	UBC	Olathe, KS	May-24
<b>Masters</b>									
	18:05.44	1		Gill	Jackie	58	RW	Langley	June 14-15
	18:05.84	2		Campbell	Linda	56	VTC	Langley	June 14-15
	19:13.96	1		Johnson	Faune	48	RW	Langley	June 14-15
	19:24.84	3	mix	Johnson	Faune	48	RW	Burnaby	July 1
	19:58.01	2	mix	Johnson	Faune	48	RW	Burnaby	July 15
	20:20.49	3	mix	Benson	Margaret	59	U	Burnaby	July 15
	20:59.91	4	mix	Benson	Margaret	59	RW	Burnaby	July 1
	21:25.91	5	mix	MacKenzie	Maria	52	RW	Burnaby	July 1
	21:26.08	6	mix	Sutela	Kyosti	48	RW	Burnaby	July 1
	21:28.40	1		Ruzgaitis	Dianne	52	U	Langley	June 14-15
	21:30.43	4	mix	Ruzgaitis	Dianne	51	U	Burnaby	July 15

	Result	Place	Misc.	Surname	Name	YOB	Club	Location	Date
<b>5000mR/W</b>									
<b>Masters</b>									
	30:29.30	2		Gill	Jacqueline	58		Richmond	Aug 16-17
	31:18.80	3		Keatley	???	56		Richmond	Aug 16-17
	33:47.30	3		Johnson	Faune	48		Richmond	Aug 16-17
	36:07.50	2		Ruzgaitis	Dianne	52		Richmond	Aug 16-17
<b>10kmR/W</b>									
<b>Junior</b>									
	53:17.98	1		Huzzey	Megan	85	VTF	Saskatoon	July 6
<b>Senior</b>									
	48:41.80	1		Foan	Karen	79	RW	Seattle	19-Apr
<b>20kmR/W</b>									
<b>Senior</b>									
	1:39.49	1		Foan	Karen	79	RW	Vancouver	4-May
	1:42:53.00	1		Foan	Karen	79	RW	Victoria	July 20