

Event	Age Category	Result	M	PI	Surname	Name	YOB	Club	Location	Date
<b>800m</b>										
800m	Senior	2:00.10	5		Cummins	Diane	74	U	Rieti, IT	8/28
800m	Senior	2:01.90	2		Teteris	Aimee	79	PATH	Palo Alta, CA	5/30
800m	Senior	2:02.17	1		Vermuelen	Kate	76	U	Victoria	5/14-15
800m	Senior	2:04.92	1		Johnstone	Rebecca	84	U	Louisville, KY	5/27
800m	Senior	2:07.31	1		Thibodeau	Melina	71	PATH	Abbotsford	6/25-26
800m	Juvenile	2:08.38	3		Egami	Lisa	88	VR	Victoria	6/10
800m	Senior	2:08.57	6		Inman	Courtney	79	VR	Claremont, CA	4/15
800m	Juvenile	2:09.25	7		Shaw	Angela	89	VR	Victoria	6/10
800m	Senior	2:09.42	3		Krasovska	Alexandra	84	VR	Eugene, OR	4/23
800m	Senior	2:09.47	2		Elmore	Malindi	80	U	Calgary	5/31
800m	Senior	2:10.38	14		Depol	Nancy	76	PATH	Winnipeg, MA	5/15-17
800m	Senior	2:11.05	7		Elmer	Shannon	85	U	Long Beach, CA	4/16
800m	Junior	2:11.51	12		Mancell	Heather	87	CC	Victoria	6/10
800m	Junior	2:14.81	2		Kolstad	Kirsten	86	VR	Abbotsford	6/25-26
800m	Juvenile	2:15.18	3		Ershov	Victoria	88	CC	Abbotsford	6/25-26
800m	Midget	2:15.27	2		Pattison	Alana	90	LM	Burnaby	6/4
800m	Midget	2:15.41	1		Trenholm	Stephanie	90	CRC	Burnaby	7/15-17
800m	Juvenile	2:16.33	1h1		Weslowski	Jen	89	VR	Burnaby	6/3
800m	Junior	2:16.43	8		Appelt	Melissa	87	U	Burnaby	4/10
800m	Midget	2:16.72	2		Crofts	Helen	90	WVAN	Burnaby	7/15-17
800m	Junior	2:16.94	2h1		Hudson	Ali	87	NORW	Burnaby	6/3
800m	Senior	2:17.01	4		Fedoruk	Nancy	82	PATH	Abbotsford	6/25-26
800m	Juvenile	2:17.08	3		Groenewoud	Chantelle	89	NORW	Abbotsford	7/23-24
800m	Midget	2:17.41	2		Johnson	Justine	91	VTFC	Abbotsford	7/23-24
800m	Midget	2:18.53	1		Nelson	Kaitlin	91	VTFC	Burnaby	7/15-17
800m	Juvenile	2:19.76	6		Degagne	Gabrielle	88	VR	Abbotsford	7/23-24
800m	Midget	2:20.21	4		Therrien	Brittany	90	VTFC	Burnaby	7/15-17
800m	Juvenile	2:20.46	3		Cliff	Rachel	88	TBIR	Langley	6/18-19
800m	Juvenile	2:20.51	7		Wright	Gillian	88	NORW	Abbotsford	7/23-24
800m	Masters	2:21.31	1		Everton	Nicola	65	U	Burnaby	7/9-10
800m	Midget	2:21.50	5		Schoch	Teegan	90	KEL	Burnaby	7/15-17
800m	Juvenile	2:21.5	6		Lotnick	Sam	89	VR	Burnaby	7/12
800m	Masters	2:21.72	1		De St. Croix	Maureen	53	KAJ	Burnaby	7/9-10
800m	Midget	2:21.99	4		Vogt	Emma	90	BBY	Kelowna	7/1-3
800m	Junior	2:22.45	1		Payne	Erin	87	SFTC	Surrey	4/23
800m	Junior	2:23.14	1		Boss	Traci	87	CC	Coquitlam	6/11-12
800m	Midget	2:23.93	3		Foster	Alexi	90	U	Langley	6/18-19
800m	Midget	2:24.69	5		Teer	Aleah	91	VR	Abbotsford	7/23-24
800m	Midget	2:25.08	1		Chappaz	Katy	90	NORW	Coquitlam	6/11-12
800m	Masters	2:25.41	1		Jordan	Debbie	57	U	Burnaby	7/9-10
800m	Juvenile	2:25.81	5		Crawley	Megan	88	PGTF	Kelowna	7/1-3
800m	Junior	2:26.96	6		Hayes	Piper	86	U	Burnaby	4/30
800m	Juvenile	2:27.40	8		Martin	Sophie	89	TBIR	Kelowna	7/1-3
800m	Juvenile	2:27.72	3		Stutz	Linda	89	KAJ	Coquitlam	6/11-12
800m	Juvenile	2:27.93	5		Suddaby	Jessica	88	VR	Langley	6/18-19
800m	Juvenile	2:28.50	10		Trenholm	Rachelle	88	CRC	Burnaby	4/10
800m	Midget	2:28.59	3		Meehan	Erin	90	VR	Coquitlam	6/11-12
800m	Juvenile	2:28.82	7		Hall	Amanda	88	LM	Langley	6/18-19
800m	Midget	2:29.49	2		Kang	Monica	91	UAC	Langley	6/18-19
800m	Midget	2:29.51	3		Sawatsky	Sarah	91	CHWK	Langley	6/18-19
800m	Senior	2:30.19	11		Laforce	Daisy	81	KAJ	Burnaby	4/10
800m	Midget	2:30.48	6		Ling	Grace	90	KAJ	Abbotsford	7/23-24
800m	Juvenile	2:30.96	11		DePaoli	Tamara	89	VTFC	Kelowna	7/1-3
800m	Midget	2:32.11	5		Santa Cruz	Stephanie	90	KAJ	Langley	6/18-19
800m	Midget	2:32.14	10		Riva	Lauren	90	OTFC	Kelowna	7/1-3
800m	Juvenile	2:32.34	12		Gallagher	Katie	88	CVC	Kelowna	7/1-3
800m	Juvenile	2:32.88	9h2		Kane	Brianna	89	SCA	Abbotsford	5/7

Event	Age Category	Result	M	PI	Surname	Name	YOB	Club	Location	Date
800m	Midget	2:33.01		5	Thornhill	Alexis	91	PGTF	Kelowna	7/1-3
800m	Juvenile	2:33.32		10h2	Raison	Erinn	88	PA	Abbotsford	5/7
800m	Midget	2:33.95		4	Parent	Holly	91	VTFC	Burnaby	7/15-17
800m	Juvenile	2:34.04		11	Martinson	Melissa	89	PGTF	Abbotsford	7/23-24
800m	Midget	2:34.72		6	Newman	Jillian	91	PGTF	Kelowna	7/1-3
800m	Midget	2:36.54		8	Bartell	Larissa	91	PGTF	Kelowna	7/1-3
800m	Midget	2:36.62		12	Spurr	Hayley	90	NORW	Kelowna	7/1-3
800m	Midget	2:37.09		1	Marpole-Bird	Monica	91	TBIR	Clermont, FL	3/19
800m	Midget	2:38.10		10	Kits	Alisa	91	LM	Kelowna	7/1-3
800m	Midget	2:38.28		4	Matthews	Alana	91	LM	Langley	6/18-19
800m	Midget	2:38.72		13	Ireland	Katie	90	PGTF	Kelowna	7/1-3
800m	Midget	2:41.08		3	Maneesha	Dakha	91	SFTC	Coquitlam	6/11-12
800m	Midget	2:41.61		6	Evans	Rhiannon	91	TBIR	Langley	6/18-19
800m	Midget	2:41.72		7	Clark	Alyssa	91	GEA	Langley	6/18-19
800m	Masters	2:41.80		1	Douglas	Avril	47	KAJ	Duncan	6/11-12
800m	Midget	2:44.38		8	Stinson	Amanda	91	VAAA	Langley	6/18-19
800m	Masters	2:45.40		1	Summers	Judy	54	DAC	Duncan	6/11-12
800m	Midget	2:46.16		2	Waldum	Sandra	91	BBY	Burnaby	7/9-10
800m	Midget	2:46.45		14	Morassut	Jesse	91	TRA	Kelowna	7/1-3
800m	Midget	2:46.49		9	Revi	Rebecca	91	NORW	Langley	6/18-19
800m	Midget	2:48.43		11	Horsley	Alejandra	91	KAJ	Abbotsford	7/23-24
800m	Midget	2:49.69		14	Amos	Jennifer	90	U	Kelowna	7/1-3
800m	Juvenile	2:50.5	m	4	Rose	Courtney	89	PA	Penticton	6/14
800m	Midget	2:53.40		12	Warwick	Heather	90	KAJ	Burnaby	7/15-17
800m	Midget	2:56.2		4	Daviel	Melisendra	90	KAJ	Richmond	4/20
800m	Midget	2:56.78		10	Goodwin	Spencer	91	LM	Langley	6/18-19
800m	Masters	3:37.05		1	Montgomery	Lenore	30	U	Duncan	6/11-12
800m	Masters	4:20.04		2	Cable	Judi	52	SCA	Langley	6/18-19
<b>1500m</b>										
1500m	Senior	4:07.77		3	Vermuelen	Kate	76	U	Carson, CA	5/22
1500m	Senior	4:17.42		11	Inman	Courtney	79	VR	Palo Alta, CA	5/30
1500m	Senior	4:19.02		4	Cummins	Diane	74	U	Winnipeg, MA	7/15-17
1500m	Senior	4:23.75		9	Johnstone	Rebecca	84	U	Victoria	6/10
1500m	Senior	4:26.08		5	Smith	Kristy	83	U	Knoxville, TN	4/15
1500m	Senior	4:29.32		1	MacGregor	Meredith	85	VR	Abbotsford	7/23-24
1500m	Junior	4:33.03		3	Kolstad	Kristen	86	SFTC	Montreal, QC	7/8-10
1500m	Junior	4:33.77		1	Mancell	Heather	87	CC	Burnaby	6/4
1500m	Juvenile	4:34.91		1	Egami	Lisa	88	VR	Abbotsford	6/25-26
1500m	Juvenile	4:35.82		2	Smith	Jessica	89	NORW	Burnaby	6/4
1500m	Midget	4:36.40		3	Johnson	Justine	91	VTFC	Burnaby	6/4
1500m	Senior	4:36.47		3	McEwen	Heather	81	U	Burnaby	4/30
1500m	Senior	4:37.78		13	Elmer	Shannon	85	U	Winnipeg, MA	7/15-17
1500m	Senior	4:38.13		3	Evans	Tiffany	74	PATH	Victoria	6/10
1500m	Juvenile	4:38.33		4	Groenewoud	Chantelle	89	NORW	Burnaby	6/4
1500m	Senior	4:38.36		1	Thibodeau	Melina	71	PATH	Victoria	5/14-15
1500m	Senior	4:38.55		1	Fedoruk	Nancy	82	PATH	Abbotsford	6/25-26
1500m	Midget	4:40.03		2	Trenholm	Stephanie	90	CRC	Edmonton, AB	8/6-7
1500m	Juvenile	4:41.06		13	Cliff	Rachel	88	TBIR	Abbotsford	6/16
1500m	Juvenile	4:47.06		2	Lotnick	Samantha	89	VR	Abbotsford	5/7
1500m	Junior	4:47.86		34	Hayes	Piper	86	U	Long Beach, CA	4/16
1500m	Masters	4:48.52		1	De St. Croix	Maureen	53	KAJ	Burnaby	7/9-10
1500m	Senior	4:48.78		4	Gilgunn	Lyz	84	PATH	Victoria	5/14-15
1500m	Juvenile	4:49.71		7h	Imlach	Brittany	89	KAJ	Burnaby	6/3
1500m	Juvenile	4:49.72		9h	Farnan	Emily	89	NORW	Burnaby	6/3
1500m	Juvenile	4:50.37		6	Griffin	August	88	KAJ	Burnaby	6/4
1500m	Junior	4:51.54		8	Hague	Alycia	87	VR	Burnaby	6/4
1500m	Juvenile	4:54.20		2	Mclvor	Laura	89	U	Langley	6/18-19
1500m	Senior	4:50.98		15	Fedoruk	Karen	82	PATH	Winnipeg, MA	7/15-17

Event	Age Category	Result	M	PI	Surname	Name	YOB	Club	Location	Date
1500m	Midget	4:56.75		12h	Schoch	Teegan	90	KEL	Burnaby	6/3
1500m	Midget	4:57.00	2		Therrien	Brittany	90	VTFC	Burnaby	7/15-17
1500m	Juvenile	4:57.13	4		Degagne	Gabrielle	89	VR	Langley	6/18-19
1500m	Masters	4:57.88	1		Everton	Nicola	65	U	Burnaby	7/9-10
1500m	Masters	4:57.99	2		Gill	Catherine	65	U	Burnaby	7/9-10
1500m	Midget	4:59.23	2		Vogt	Emma	90	BBY	Kelowna	7/1-3
1500m	Midget	4:59.74	8h		Teer	Aleah	91	VR	Burnaby	6/3
1500m	Junior	4:59.96	11		Proctor	Sarah	87	U	Burnaby	4/30
1500m	Juvenile	5:00.82	5		Hall	Amanda	88	LM	Langley	6/18-19
1500m	Midget	5:01.61	2		Kehler-Stevens	Amanda	90	CVC	Victoria	5/14-15
1500m	Juvenile	5:02.23	5		Slattery	Lauren	88	NORW	Abbotsford	5/7
1500m	Juvenile	5:02.85	3		Farnan	Emily	89	NORW	Kelowna	7/1-3
1500m	Midget	5:04.00	3		Digby	Katherine	91	TBIR	Clermont, FL	3/19
1500m	Masters	5:06.76	1		Jordan	Debbie	57	U	Burnaby	7/9-10
1500m	Midget	5:12.04	4		Andrew	Kalee	90	VTFC	Victoria	5/14-15
1500m	Juvenile	5:13.42	3		Mitic	Laura	89	VTFC	Victoria	5/14-15
1500m	Midget	5:14.20	4		Kits	Rebecca	90	LM	Burnaby	7/15-17
1500m	Juvenile	5:14.99	5		Carlyle	Laura	89	KEL	Kelowna	7/1-3
1500m	Senior	5:15.08	12		Laforce	Daisy	81	KAJ	Burnaby	4/30
1500m	Midget	5:16.90	5		Riva	Lauren	90	OTFC	Kelowna	7/1-3
1500m	Juvenile	5:17.22	6		Stutz	Linda	89	KAJ	Kelowna	7/1-3
1500m	Midget	5:17.56	4		McCulligh	Maureen	91	CRC	Burnaby	7/15-17
1500m	Midget	5:18.80	2		Sawatzky	Sarah	91	CHWK	Langley	6/18-19
1500m	Midget	5:18.99	1		Harrison	Paige	91	TBIR	Coquitlam	6/11-12
1500m	Midget	5:19.17	7		Ling	Grace	90	KAJ	Kelowna	7/1-3
1500m	Juvenile	5:19.65	5		Raison	Erinn	88	PA	Abbotsford	7/23-34
1500m	Midget	5:20.00	3		Santa Cruz	Stephanie	90	KAJ	Langley	6/18-19
1500m	Midget	5:20.29	1		Gill	Nikitan	91	SFTC	Surrey	4/23
1500m	Midget	5:20.97	6		Thornhill	Alexis	91	PGTF	Burnaby	7/15-17
1500m	Juvenile	5:21.19	6		Martinson	Melissa	89	PGTF	Abbotsford	7/23-34
1500m	Midget	5:21.84	5		Newman	Jillian	91	PGTF	Kelowna	7/1-3
1500m	Juvenile	5:25.11	10		Rose	Courtney	89	PA	Abbotsford	5/7
1500m	Junior	5:26.48	1		Swift	Megan	87	PGTF	Abbotsford	7/23-24
1500m	Juvenile	5:26.84	8		DeMarinis	Jessica	89	KEL	Kelowna	7/1-3
1500m	Midget	5:29.23	1		Mclvor	Hayley	90	U	Surrey	4/23
1500m	Midget	5:30.14	8		Kits	Alisa	91	LM	Burnaby	7/15-17
1500m	Midget	5:32.47	6		Bartell	Larissa	91	PGTF	Kelowna	7/1-3
1500m	Juvenile	5:32.86	6		Stanley	Roxanne	89	CHWK	Langley	6/18-19
1500m	Midget	5:34.16	3		Stinson	Amanda	91	VAAA	Langley	6/18-19
1500m	Midget	5:36.31	8		Spurr	Hayley	90	NORW	Kelowna	7/1-3
1500m	Midget	5:43.21	8		Warwick	Heather	90	KAJ	Victoria	5/14-15
1500m	Midget	5:47.40	9		Amos	Jennifer	90	U	Kelowna	7/1-3
1500m	Midget	5:48.15	10		Clark	Alyssa	91	GEA	Kelowna	7/1-3
1500m	Juvenile	5:48.81	7		DePaoli	Tamara	89	VTFC	Abbotsford	7/23-34
1500m	Midget	5:50.90	10		Daviel	Melisendra	90	KAJ	Kelowna	7/1-3
1500m	Midget	5:56.13	13		Goodwin	Spencer	91	LM	Abbotsford	5/7
1500m	Juvenile	6:01.14	4		Keorner	Mira	88	TBIR	Clermont, FL	3/19
1500m	Juvenile	6:16.62	5		Flynn	Melissa	89	AVTC	Victoria	5/14-15
1500m	Masters	6:57.67	1		Montgomery	Lenore	30	U	Duncan	6/11-12
1500m	Masters	7:03.62	1		Panter	Daphne	46	PIH	Duncan	6/11-12
<b>3000m</b>										
3000m	Junior	9:47.87	5		Kolstad	Kristen	86	SFTC	Montreal, QC	7/8-10
3000m	Senior	9:49.50	3		McEwen	Heather	81	U	Richmond	6/12
3000m	Senior	9:58.50	4		MacGregor	Meridith	85	VR	Richmond	6/12
3000m	Senior	10:02.95	1		Evans	Tiffany	74	PATH	Abbotsford	6/25-26
3000m	Juvenile	10:03.80	1		Sweetland	Kirsten	88	U	Burnaby	6/3
3000m	Juvenile	10:05.96	2		Smith	Jessica	89	NORW	Burnaby	6/3
3000m	Juvenile	10:06.92	3		Cliff	Rachel	88	TBIR	Burnaby	6/3

Event	Age Category	Result	M	PI	Surname	Name	YOB	Club	Location	Date
3000m	Junior	10:10.77		1	Campbell	Anita	87	VR	Gresham, OR	4/23
3000m	Junior	10:13.36		12	Hayes	Piper	86	U	Montreal, QC	7/8-10
3000m	Midget	10:13.95		4	Johnson	Justine	91	VTFC	Burnaby	6/3
3000m	Juvenile	10:21.05		4	Lotnick	Sam	89	VR	Gresham, OR	4/23
3000m	Juvenile	10:39.3	m	2	Mclvor	Laura	89	U	Burnaby	6/28
3000m	Midget	10:43.68		1	Newman	Jillian	91	PGTF	Abbotsford	7/23-24
3000m	Juvenile	10:43.68		3	Digby	Erica	89	TBIR	Abbotsford	7/23-24
3000m	Juvenile	10:44.03		4	Farnan	Emily	89	NORW	Abbotsford	7/23-24
3000m	Midget	10:55.78		1	Digby	Katherine	91	TBIR	Coquitlam	6/11-12
3000m	Junior	11:11.85		3	Akeroyd	Nicole	86	U	Abbotsford	6/25-26
3000m	Midget	11:15.86		1	Andrew	Kalee	90	VTFC	Victoria	5/14-15
3000m	Midget	11:26.79		2	Kits	Rebecca	90	LM	Langley	6/18-19
3000m	Midget	11:33.46		1	McCulligh	Maureen	91	CRC	Victoria	5/14-15
3000m	Midget	11:37.71		3	Gill	Nikki	91	SFTC	Langley	6/18-19
3000m	Midget	11:41.31		2	Riva	Lauren	90	OTFC	Burnaby	7/15-17
3000m	Juvenile	11:46.47		5	Raison	Erinn	88	PA	Abbotsford	7/23-24
3000m	Midget	11:50.78		4	Newman	Jillian	91	PGTF	Burnaby	7/15-17
3000m	Juvenile	11:51.06		2	DeMarinis	Jessica	89	KEL	Kelowna	7/1-3
3000m	Midget	11:54.69		3	Daviel	Melisendra	90	KAJ	Kelowna	7/1-3
3000m	Juvenile	11:59.56		3	Stanley	Roxanne	89	CHWK	Kelowna	7/1-3
3000m	Masters	12:14.37		1	McKenzie	Bonnie	62	PEN	Victoria	5/14-15
3000m	Midget	12:19.72		4	Amos	Jennifer	90	U	Kelowna	7/1-3
3000m	Midget	12:23.84		5	Santa Cruz	Stephanie	90	KAJ	Langley	6/18-19
3000m	Midget	13:20.16		3	Clark	Alyssa	91	GEA	Coquitlam	6/11-12
3000m	Midget	15:20.52		5	Sequeira	Carita	90	CRC	Victoria	5/14-15
<b>5000m</b>										
5000m	Junior	17:11.58		22	Rogers	Natalie	84	U	Walnut, CA	4/15
5000m	Senior	17:14.8		2	Elmer	Shannon	85	U	Burnaby	7/12
5000m	Senior	17:21.73		1	McEwan	Heather	81	U	Pulman, WA	4/3
5000m	Junior	17:37.57		5	Kolstad	Kristen	86	SFTC	Windsor, ON	7/28-31
5000m	Junior	17:50.57			Hayes	Piper	86	U	Claremont, CA	4/15
5000m	Senior	18:38.97		3	Carpenter	Kristin	85	U	Abbotsford	7/23-24
5000m	Senior	18:43.18		4	Cullis	Jane	84	HH	Abbotsford	7/23-24
5000m	Senior	22:31.06		5	Swift	Meghan	87	PGTF	Abbotsford	7/23-24
5000m	Masters	26:13.37		1	Montgomery	Lenore	30	U	Duncan	6/11-12
<b>10000m</b>										
10000m	Senior	35:06.13		10	Feenstra	Jenn	81	U	Philadelphia, PA	4/28
10000m	Junior	38:04.33		4	Hayes	Piper	86	U	Regina, SK	8/16-20