

2019 BC Teams - Canadian Road Race Championships

- 10k Ottawa 10k (IAAF Gold), May
 - o 2019 BC Team Justin Kent 2nd 29:58.3, Brendan Wong 6th 30:43.2, Robyn Mildren 7th 34:34.2
- Half Marathon Manitoba Marathon (June)
 - o 2019 BC Team Dylan Wykes 4^{th} 1:07:36.8 , Dayna Pidhoresky 2^{nd} 1:14:03.4, Robyn Mildren 3^{rd} 1:15:33.4
- Marathon Toronto Waterfront Marathon, October
 - o 2019 BC Team Dayna Pidhoresky 1st 2:29:03