

**BC Teams****National Cross Country Championships**

Team Members named as of October 29, 2021



<b>U18 Men</b> <ul style="list-style-type: none"> <li>• Caiden Lee, Ocean Athletics</li> <li>• Tion McLeish, Victoria Speed Project</li> <li>• Isaac Baker, Ocean Athletics</li> <li>• Paul van Raamsdonk, Vancouver Thunderbirds</li> </ul>	<b>U18 Women</b> <ul style="list-style-type: none"> <li>• Ruby Broadbent, Victoria Speed Project</li> <li>• Christina Peet Williams, Chilliwack T&amp;F</li> <li>• Ella Ballard, Prairie Inn Harriers Racing Team</li> <li>• Sidney Clement, West Vancouver T&amp;F</li> </ul>
<b>U20 Men</b> <ul style="list-style-type: none"> <li>• Dylan Uhrich, UBC Thunderbirds</li> <li>• Jaiveer Tiwana, UBC Thunderbirds</li> <li>• Jacob Wadhvani, UBC Thunderbirds</li> <li>• Spencer Hardy, UBC Thunderbirds</li> </ul>	<b>U20 Women</b> <ul style="list-style-type: none"> <li>• Angelina Shandro, Prairie Inn Harriers Racing Tm</li> <li>• Alicia Ranahan</li> <li>• Olivia Uliana, Vancouver Thunderbirds</li> <li>• Emma Vizina, Prairie Inn Harriers Racing Team</li> </ul>
<b>Senior Men</b> <ul style="list-style-type: none"> <li>• John Gay, Vancouver Thunderbirds</li> <li>• Thomas Nobbs, UBC Thunderbirds</li> <li>• Cam Proceviat, SFU Athletics</li> <li>• Tyler Dozzi, UBC Thunderbirds</li> </ul>	<b>Senior Women</b> <ul style="list-style-type: none"> <li>• Lisa Brooking</li> <li>• Lindsay Carson</li> <li>• Rebecca Bassett</li> <li>• Ally Ginther</li> </ul>
<b>Master Men</b> <ul style="list-style-type: none"> <li>• Aaron Holmgren, Peninsula T&amp;F</li> <li>• Oliver Utting</li> <li>• David Guss, Kelowna Running Club</li> <li>• Dave Cressman</li> </ul>	<b>Master Women</b> <ul style="list-style-type: none"> <li>• Jen Millar</li> <li>• Alita Dommann, West Van TFC</li> <li>• Avril Douglas, Kajaks T&amp;F</li> <li>• Heather MacDonald</li> </ul>
<b>Coaching Staff</b> <ul style="list-style-type: none"> <li>• Bruce Deacon, Prairie Inn Harriers Racing Team – Head Coach</li> <li>• Mike van Tighem – Team Coach</li> <li>• Leslie Sexton, Vancouver Thunderbirds - Team Coach</li> <li>• David Ariano, Vernon Amateur Athletics Association – Team Coach</li> <li>• Chris Johnson, Vancouver Thunderbirds – Team Coach</li> <li>• Regan Yee – Langley Mustangs, Team Manager</li> <li>• Tyler Dumont – Ocean Athletics, Team Physio</li> </ul>	

Named Tuesday, November 2<sup>nd</sup>.

<b>U20 Men</b> <ul style="list-style-type: none"> <li>• Daniel Damian, UVic Vikes</li> <li>• Joseph Curtis, Coquitlam Cheetahs</li> </ul>	<b>U20 Women</b> <ul style="list-style-type: none"> <li>• Kyra Gillette, UBC Thunderbirds</li> <li>• Delaney Chan, UVic Vikes</li> </ul>
<b>Senior Men</b> <ul style="list-style-type: none"> <li>• Thomas Broatch, Vancouver Thunderbirds</li> <li>• Cole Dinsdale</li> </ul>	<b>Senior Women</b> <ul style="list-style-type: none"> <li>• Sandra Kilmartin, Vancouver Thunderbirds</li> <li>• Taryn O'Neill, Okanagan Athletics</li> </ul>

Named Monday, November 8<sup>th</sup>.

<b>U18 Men</b> <ul style="list-style-type: none"> <li>• Cole Wheeler, Coquitlam Cheetahs</li> <li>• Jaxon Kuchar, Black Jack Run Club</li> </ul>	<b>U18 Women</b> <ul style="list-style-type: none"> <li>• Viviana Li, Coastal Track Club</li> <li>• Ella Madsen, Coquitlam Cheetahs</li> </ul>
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