



2019 Canadian 10,000m Championships
Burnaby, British Columbia
June 13, 2019
BC Athlete Performance
Summary

Personal Bests:

1. Sarah Inglis, 10.000m, 32:11.42 – Langley Mustangs
2. Justin Kent, 10.000m, 29:38.63 – Coastal Track Club
3. Theo Hunt, 10.000m, 30:14.09 – Mile2Marathon
4. Caleb de Jong, 10.000m, 30:43.78 – Langley Mustangs
5. Brendan Wong, 10.000m, 30:57.94 – Coquitlam Cheetahs
6. Braeden Charlton, 10.000m, 31:11.58 – Vancouver Thunderbirds

Gold Medalists:

1. Natasha Wodak, 10.000m, 32:09.69 – Prairie Inn Harriers Racing Team

Silver Medalists:

1. Sarah Inglis, 10.000m, 32:11.42 – Langley Mustangs
2. Lucas Bruchet, 10.000m, 28:42.29 – Mile2Marathon

Bronze Medalists:

1. Rachel Cliff, 10.000m, 32:12.24 – Mile2Marathon

BC athletes Performance Summary - 2019 Canadian 10,000m Championships

# of BC Athletes with Podium Finish	4	# of Athletes Competing	11	% with Podium Finish	36.36%
# of BC Athletes in Top 8	6	# of Athletes Competing	11	% in Top 8	54.55%
# of BC Athletes that Achieved or Tied their Personal Best	6				

Performance analysis, ranked by placing in the final, of BC athletes at the 2019 Canadian 10,000m Championships

Last Name	First Name	Sex	Club	Event	Performance	Place	SB	PB
Wodak	Natasha	F	Prairie Inn	10,000m	32:09.69	1	31:43.26	31:41.59
Inglis	Sarah	F	Langley Mustangs	10,000m	32:11.42	2	32:11.42	32:11.42
Bruchet	Lucas	M	Mile2Marathon	10,000m	28:42.29	2	28:42.29	28:36.74
Cliff	Rachel	F	Mile2Marathon	10,000m	32:12.24	3	31:54.88	31:54.88
Kent	Justin	M	Coastal Track Club	10,000m	29:38.63	6	29:38.63	29:38.63
Esselink	Evan	M	Mile2Marathon	10,000m	29:42.21	7	29:42.21	28:55.98
Hunt	Theo	M	Mile2Marathon	10,000m	30:14.09	9	30:14.09	30:14.09
Coffey	Kevin	M	Mile2Marathon	10,000m	30:37.19	12	30:37.19	30:15.13
de Jong	Caleb	M	Langley Mustangs	10,000m	30:43.78	13	30:43.78	30:43.78
Wong	Brendan	M	Coquitlam Cheetahs	10,000m	30:57.94	15	30:57.94	30:57.94
Charlton	Braeden	M	Vancouver Thunderbirds	10,000m	31:11.58	16	31:11.58	31:11.58