



**2019 Pan American U20 Championships**  
**San José, Costa Rica**  
**July 19-21, 2019**

**BC Athlete Performance Summary**

**Personal Bests:**

1. Foster Malleck, 1500m, 3:47.05, 1<sup>st</sup> – Laurel Creek Track and Field Club
2. **Rowan Hamilton, Hammer Throw, 75.35, 1<sup>st</sup> – Kajaks Track & Field Club**
3. Myles Misener-Daley, 400m, 45.62, 2<sup>nd</sup> – Hamilton Olympic
4. Team Canada, 4x400m Relay Women, 3:30.68, 2<sup>nd</sup>  
Lauren Gale – Ottawa Lions  
Aurora Rynda – University of Toronto Track Club  
Alyssa Marsh – Durham Legion Athletics  
Catherine Léger – Saint-Laurent Sélect
5. Team Canada, 4x100m Relay Women, 44.42, 3<sup>rd</sup>  
Tatiana Aholou – Club Athlétisme Dynamique de Laval  
Chaterine Léger – Saint-Laurent Sélect  
DeOndra Green – Saint-Laurent Sélect  
Makenzy Pierre-Webster – Running For Your Life
6. Catherine Léger, 200m, 23.25, 4<sup>th</sup> – Saint-Laurent Sélect
7. Payne Wylie, 110mH, 13.74, 5<sup>th</sup> – Unattached<sup>1</sup>
8. Anthony Argyropoulos, Shot Put, 18.38, 5<sup>th</sup> – York University Track Club
9. **Mateya Haintz, Hammer Throw, 58.65, 5<sup>th</sup> – Unattached**
10. Matthew MacNeill, 110mH, 13.75, 6<sup>th</sup> – Speed River (PB in semifinal 13.72)
11. Makenzy Pierre-Webster, 200m, 23.43, 6<sup>th</sup> – Running For Your Life

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<sup>1</sup> PB not legal (+2.7) – new PB 110mH 13.83 in semifinal

12. Team Canada, 4x100m Relay Men, 41.39, 6<sup>th</sup>  
 Malachi Murray – Voleo Athletics  
 Myles Misener-Daley – Hamilton Olympic  
 Jeremiah Lauzon – Red Deer Titans Track & Field Club  
 Jordan Soufi – Winnipeg Optimist Club
13. Olorunfemi Akinduro, Triple Jump, 15.58, 7<sup>th</sup> – Flying Angels
14. Team Canada, 4x400m Relay Men, 3:14.71, 7<sup>th</sup>  
 Jeremiah Lauzon – Red Deer Titans Track & Field Club  
 Olivier Desmeules – CAUL  
 Payne Wylie – Unattached  
 Matthew MacNeill – Speed River
15. Malachi Murray, 100m, 10.49, 10<sup>th</sup> – Voleo Athletics

## Podium Finish:

1. Maggie Smith, 1500m, 4:25.47, 1<sup>st</sup> – Halifax Athletics
2. Foster Malleck, 1500m, 3:47.05, 1<sup>st</sup> – Laurel Creek Track and Field Club
3. Brogan MacDougall, 3000m, 9:23.23, 1<sup>st</sup> – Physikult
4. Joshua Desonuza, 5000m, 15:17.15, 1<sup>st</sup> – Newmarket Huskies
5. Trinity Tutti, Shot Put, 15.95, 1<sup>st</sup> – SISU
- 6. Rowan Hamilton, Hammer Throw, 75.35, 1<sup>st</sup> – Kajaks Track & Field Club**
7. Myles Misener-Daley, 400m, 45.62, 2<sup>nd</sup> – Hamilton Olympic
8. Aurora Rynda, 800m, 2:07.78, 2<sup>nd</sup> – University of Toronto Track and Field Club
9. Carter Free, 1500m, 3:48.29, 2<sup>nd</sup> – Quinte Frontenac Track Club
- 10. Grace Fetherstonhaugh, 3000mSC, 10:32.13, 2<sup>nd</sup> – Royal City Track and Field Club**
11. Anne Forsyth, 5000m, 17:16.59, 2<sup>nd</sup> – Speed River
12. Marc-André Trudeau Perron, 5000m, 15:17.56, 2<sup>nd</sup> – Club Saint-Laurent Sélect
13. Trinity Tutti, Discus Throw, 54.87, 2<sup>nd</sup> – SISU
14. Team Canada, 4x400m Relay Women, 3:30.68, 2<sup>nd</sup>  
 Lauren Gale – Ottawa Lions  
 Aurora Rynda – University of Toronto Track Club  
 Alyssa Marsh – Durham Legion Athletics  
 Catherine Léger – Saint-Laurent Sélect
15. Jocelyn Chau, 1500m, 4:27.20, 3<sup>rd</sup> – University of Toronto Track and Field Club
- 16. Tate Wyatt, 3000mSC, 9:19.23, 3<sup>rd</sup> – Langley Mustangs**
17. Team Canada, 4x100m Relay Women, 44.42, 3<sup>rd</sup>  
 Tatiana Aholou – Club Athlétisme Dynamique de Laval  
 Chaterine Léger – Saint-Laurent Sélect  
 DeOndra Green – Saint-Laurent Sélect  
 Makenzy Pierre-Webster – Running For Your Life

## Top 8 Finish:

1. Catherine Léger, 200m, 23.25, 4<sup>th</sup> – Saint-Laurent Sélect
2. **Zachary Wyatt, 3000mSC, 9:23.80, 4<sup>th</sup> – Langley Mustangs**
3. Abbey Yuhasz, 5000m, 17:36.11, 4<sup>th</sup> – Laurel Creek Track Club
4. **Alexa Porpaczy, High Jump, 1.78, 4<sup>th</sup> – Unattached**
5. DeOndra Green, 100m, 11.71, 5<sup>th</sup> – Saint-Laurent Sélect<sup>2</sup>
6. **Katarina Vlahovic, 100mH, 13.66, 5<sup>th</sup> – Universal Athletics Club**
7. Payne Wylie, 110mH, 13.74, 5<sup>th</sup> – Unattached
8. Jeremiah Lauzon, 200m, 21.18, 5<sup>th</sup> – Red Deer Titans Track & Field Club
9. Haley Walker, 800m, 2:10.31, 5<sup>th</sup> – University of Toronto Track and Field Club
10. **Baneet Bains, 3000mSC, 11:52.80, 5<sup>th</sup> – Coastal Track Club**
11. **Jasmine Lew, Long Jump, 5.97, 5<sup>th</sup> – Unattached**
12. **Dolly Gabri, Shot Put, 13.69, 5<sup>th</sup> – South Surrey Athletic Club**
13. Anthony Argyropoulos, Shot Put, 18.38, 5<sup>th</sup> – York University Track Club
14. **Mateya Haintz, Hammer Throw, 58.65, 5<sup>th</sup> – Unattached**
15. Makenzy Pierre-Webster, 100m, 11.76, 6<sup>th</sup> – Running For Your Life
16. Tyra Boug, 100mH, 13.69, 6<sup>th</sup> – Speed River
17. Matthew MacNeill, 110mH, 13.75, 6<sup>th</sup> – Speed River
18. Makenzy Pierre-Webster, 200m, 23.43, 6<sup>th</sup> – Running For Your Life
19. Tatiana Aholou, Long Jump, 5.94, 6<sup>th</sup> – Club Athlétisme Dynamique de Laval
20. Team Canada, 4x100m Relay Men, 41.39, 6<sup>th</sup>  
Malachi Murray – Voleo Athletics  
Myles Misener-Daley – Hamilton Olympic  
Jeremiah Lauzon – Red Deer Titans Track & Field Club  
Jordan Soufi – Winnipeg Optimist Club
21. Lauren Gale, 400m, 54.67, 7<sup>th</sup> – Ottawa Lions
22. Brooke Overholt, 400mH, 59.43, 7<sup>th</sup> – London Legion Track & Field Alliance
23. Olorunfemi Akinduro, Triple Jump, 15.58, 7<sup>th</sup> – Flying Angels
24. Team Canada, 4x400m Relay Men, 3:14.71, 7<sup>th</sup>  
Jeremiah Lauzon – Red Deer Titans Track & Field Club  
Olivier Desmeules – CAUL  
Payne Wylie – Unattached  
Matthew MacNeill – Speed River
25. Helena Jovic, 400mH, 1:01.83, 8<sup>th</sup> – Ottawa Lions
26. **Phoebe Price-Roberts, Hammer Throw, 52.64, 8<sup>th</sup> – Kamloops Track and Field Club**
27. **Dolly Gabri, Discus Throw, 44.09, 8<sup>th</sup> – South Surrey Athletic Club**

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<sup>2</sup> PB 100m 11.40 (+4.9) in semifinal not legal

## Top 12 Finish:

1. Alyssa Marsh, 400m, 54.74, 9<sup>th</sup> – Durham Legion Athletics
2. Malachi Murray, 100m, 10.49, 10<sup>th</sup> – Voleo Athletics
3. Leewinchell Jean, 400mH, 53.75, 11<sup>th</sup> – Ottawa Lions
4. Olivier Desmeules, 800m, 1:54.10, 12<sup>th</sup> – CAUL
5. Dennis Ohene-Adu, Shot Put, 17.54, 12<sup>th</sup> – SISU
6. Anthony Argyropoulos, Discus Throw, 46.56, 12<sup>th</sup> – York University Track Club

## Top 24 Finish:

1. Alex Larochelle, 800m, 1:55.00, 14<sup>th</sup> – Athlétisme Sherbrooke
2. Jordan Soufi, 100m, 10.84, 17<sup>th</sup> – Winnipeg Optimist Club

## Not Ranked:

1. Sheldon Louza, 200m, DNF – Calgary International Track Club
2. Ethan Smith, 400m, DNS – Speed Academy
3. Wilson O’Neill, 400mH, DNS – Unattached

BC athlete’s Performance Summary relative to Team Canada at the 2019 Pan Am U20 Championships					
# of BC Athletes on Team	11	Team Canada Total	47	% of BC Athletes on Team	23.40%
# of BC Athletes with Podium Finish	3	Team Canada Total	17	% of BC Athletes with Podium Finish	17.65%
# of BC Athletes in Top 8	12	Team Canada Total	44	% of BC Athletes in Top 8	27.27%

Performance analysis, ranked by placing in the final, of Team Canada at the 2019 Pan Am U20 Championships

Name	Gender	Event(s)	Discipline	Province	Place	Performance	Type
Maggie Smith	F	1500m	MD	NS	1	4:25.47	Gold
Foster Malleck	M	1500m	MD	ON	1	3:47.05	Gold
Brogan MacDougall	F	3000m	MD	ON	1	9:23.23	Gold
Joshua Desouza	M	5000m	LD	ON	1	15:17.15	Gold
Trinity Tutti	F	Shot Put	TH	ON	1	15.95	Gold
Rowan Hamilton	M	Hammer	TH	BC	1	75.35	Gold
Myles Misener-Daley	M	400m	SP	ON	2	45.62	Silver
Aurora Rynda	F	800m	MD	ON	2	2:07.78	Silver
Carter Free	M	1500m	MD	ON	2	3:48.29	Silver
Grace Fetherstonhaugh	F	3000mSC	MD	BC	2	10:32.13	Silver
Anne Forsyth	F	5000m	LD	ON	2	17:16.59	Silver
Marc-André Trudeau Perron	M	5000m	LD	QC	2	15:17.56	Silver
Trinity Tutti	F	Discus	TH	ON	2	54.87	Silver
Lauren Gale Aurora Rynda Alyssa Marsh Catherine Léger	F	4x400m Relay	SP	ON ON ON QC	2	3:30.68	Silver
Jocelyn Chau	F	1500m	MD	ON	3	4:27.20	Bronze
Tate Wyatt	M	3000mSC	MD	BC	3	9:19.23	Bronze
Tatiana Aholou Chaterine Léger DeOndra Green Makenzy Pierre-Webster	F	4x100m Relay	SP	QC QC QC ON	3	44.42	Bronze
Catherine Léger	F	200m	SP	QC	4	23.25	Top 8
Zachary Wyatt	M	3000mSC	MD	BC	4	9:23.80	Top 8
Abbey Yuhasz	F	5000m	LD	ON	4	17:36.11	Top 8
Alexa Porpaczy	F	High Jump	JU	BC	4	1.78	Top 8
DeOndra Green	F	100m	SP	QC	5	11.71	Top 8
Katarina Vlahovic	F	100mH	HU	BC	5	13.66	Top 8

Payne Wylie	M	110mH	HU	SK	5	13.74 <sup>3</sup>	Top 8
Jeremiah Lauzon	M	200m	SP	AB	5	21.28	Top 8
Haley Walker	F	800m	MD	ON	5	2:10.31	Top 8
Baneet Bains	F	3000mSC	MD	BC	5	11:52.80	Top 8
Jasmine Lew	F	Long Jump	JU	BC	5	5.97	Top 8
Dolly Gabri	F	Shot Put	TH	BC	5	13.69	Top 8
Anthony Argyropoulos	M	Shot Put	TH	ON	5	18.38	Top 8
Mateya Haintz	F	Hammer	TH	BC	5	58.65	Top 8
Makenzy Pierre-Webster	F	100m	SP	ON	6	11.76	Top 8
Tyra Boug	F	100mH	HU	ON	6	13.69	Top 8
Matthew MacNeill	M	110mH	HU	ON	6	13.75	Top 8
Makenzy Pierre-Webster	F	200m	SP	ON	6	23.43	Top 8
Tatiana Aholou	F	Long Jump	JU	QC	6	5.94	Top 8
Malachi Murray Myles Misener-Daley Jeremiah Lauzon Jordan Soufi	M	4x100m Relay	SP	AB ON AB MB	6	41.39	Top 8
Lauren Gale	F	400m	SP	ON	7	54.67	Top 8
Brooke Overholt	F	400mH	HU	ON	7	59.43	Top 8
Olorunfemi Akinduro	M	Triple Jump	JU	ON	7	15.58	Top 8
Jeremiah Lauzon Olivier Desmeules Payne Wylie Matthew MacNeill	M	4x400m Relay	SP	AB QC SK ON	7	3:14.71	Top 8
Helena Jovic	F	400mH	HU	ON	8	1:01.83	Top 8
Phoebe Price-Roberts	F	Hammer	TH	BC	8	52.64	Top 8
Dolly Gabri	F	Discus	TH	BC	8	44.09	Top 8
Alyssa Marsh	F	400m	SP	ON	9	54.74	Top 12
Malachi Murray	M	100m	SP	AB	10	10.49	Top 12
Leewinchell Jean	M	400mH	HU	ON	11	53.75	Top 12

<sup>3</sup> Performance not legal (+2.7) – 110mH 13.83 in semifinal

Olivier Desmeules	M	800m	MD	QC	12	1:54.10	Top 12
Dennis Ohene-Adu	M	Shot Put	TH	ON	12	17.54	Top 12
Anthony Argyropolous	M	Discus	TH	ON	12	46.56	Top 12
Alex Larochelle	M	800m	MD	QC	14	1:55.00	Top 24
Jordan Soufi	M	100m	SP	MB	17	10.84	Top 24
Sheldon Louza	M	200m	SP	AB		DNF	
Ethan Smith	M	400m	SP	ON		DNS	
Wilson O'Neill	M	400mH	HU	ON		DNS	