



**NACAC U18/U23 Championship 2019**  
**Queretaro, Mexico**  
**July 05-07, 2019**

**U18 BC Athlete Performance Summary**

**Personal Bests:**

1. Mahalia Mitchell, Triple Jump, 13.13, 1<sup>st</sup> – The Speed Academy
2. Team Canada, 4x100m Relay Women, 46.09, 2<sup>nd</sup>  
Brianna Gayle – Gazelles Track Club  
Izzy Goudros – Unattached  
Hannah Heise – Edmonton Olympic Club  
Jillian Catton – Brampton Track Club
3. Team Canada 4x400m Mixed Relay, 3:29.86, 3<sup>rd</sup>  
Angelina Shandro – Victoria Speed Project  
Gage Marshall – Border City Athletics Club  
Krystalann Bechard – Border City Athletics Club  
Abdullahi Hassan – Phoenix Athletics Association

**Podium Finish:**

1. Abdullahi Hassan, 800m, 1:52.48, 1<sup>st</sup> – Phoenix Athletics Association
2. Kendra Lewis, 1500m, 4:44.89, 1<sup>st</sup> – Vancouver Olympic Club
3. Matthew Larkin, 1500m, 4:12.63, 1<sup>st</sup> – Central Ontario Rogues
4. Katelyn Stewart-Barnett, 2000mSC, 7:15.31, 1<sup>st</sup> – Royal Track and Field Club
5. Mahalia Mitchell, Triple Jump, 13.13, 1<sup>st</sup> – The Speed Academy
6. Jillian Catton, 200m, 24.37, 2<sup>nd</sup> – Brampton Track Club
7. Krystalann Bechard, 400m, 54.13, 2<sup>nd</sup> – Border City Athletics Club
8. Emma Pegg, 800m, 2:10.49, 2<sup>nd</sup> – Windsor Legion Track and Field Club
9. Cecilia Howes, 2000mSC, 7:34.40, 2<sup>nd</sup> – Winnipeg Optimist Athletics
10. Aiden Grout, High Jump, 2.08, 2<sup>nd</sup> – Langley Mustangs
11. Catherina Blouin, Hammer Throw, 56.53, 2<sup>nd</sup> – Kilomaitres de Lasalle

12. Team Canada, 4x100m Relay Women, 46.09, 2<sup>nd</sup>  
Brianna Gayle – Gazelles Track Club  
Izzy Goudros – Unattached  
Hannah Heise – Edmonton Olympic Club  
Jillian Catton – Brampton Track Club
13. Izzy Goudros, 100mH, 13.75, 3<sup>rd</sup> – Unattached
14. Cassandra Williamson, 800m, 2:11.15, 3<sup>rd</sup> – Durham Gazelles
15. Jardine Lam-Colling, 1500m, 4:47.25, 3<sup>rd</sup> – University of Toronto Track Club
16. Dakota Goguen, 3000m, 9:12.76, 3<sup>rd</sup> – Newmarket Huskies Track Club
17. Team Canada 4x400m Mixed Relay, 3:29.86, 3<sup>rd</sup>  
Angelina Shandro – Victoria Speed Project  
Gage Marshall – Border City Athletics Club  
Krystalann Bechard – Border City Athletics Club  
Abdullahi Hassan – Phoenix Athletics Association

### **Top 8 Finish:**

1. Matthew Larkin, 800m, 1:54.32, 4<sup>th</sup> – Central Ontario Rogues
2. Dylan Uhrich, 2000mSC, 6:22.34, 4<sup>th</sup> – Vancouver Olympic Club
3. Olivia Lundman, 5000m RW, 26:56.42, 4<sup>th</sup> – Nanaimo Track and Field Club
4. Liam Walsh, 2000mSC, 6:28.12, 5<sup>th</sup> – Quinte-Frontenac Track Club
5. Cassidy Cardle, 5000m RW, 26:59.26, 5<sup>th</sup> – Unattached
6. Jillian Catton, 100m, 12.01, 6<sup>th</sup> – Brampton Track Club
7. Gage Marshall, 200m, 22.00, 6<sup>th</sup> – Border City Athletics Club
8. Hannah Heise, 200m, DNS – Edmonton Olympic Club

### **Top 12 Finish:**

1. Brianna Gayle, 100m, 12.15, 10<sup>th</sup> – Gazelles Track Club
2. Angelina Shandro, 400m, 56.04, 10<sup>th</sup> – Victoria Speed Project
3. Zachary Bowness, 400m, 49.29, 11<sup>th</sup> – Brockville Legion
4. Chase Haagensen, 400m, 49.59, 12<sup>th</sup> – Unattached

### BC athlete's Performance Summary relative to Team Canada at the NACAC U18 Championship 2019

# of BC Athletes on Team	8	Team Canada Total	25	% of BC Athletes on Team	32%
# of BC Athletes with Podium Finish	4	Team Canada Total	17	% of BC Athletes with Podium Finish	23.53%
# of BC Athletes in Top 8	7	Team Canada Total	25	% of BC Athletes in Top 8	28%

### Performance analysis, ranked by placing in the final, of Team Canada at the NACAC U18 Championship 2019

Name	Gender	Event(s)	Discipline	Province	Place	Performance	Type
Abdullahi Hassan	M	800m	MD	ON	1	1:52.48	Gold
Kendra Lewis	F	1500m	MD	BC	1	4:44.89	Gold
Matthew Larkin	M	1500m	MD	ON	1	4:12.63	Gold
Katelyn Stewart-Barnett	F	2000mSC	MD	BC	1	7:15.31	Gold
Mahalia Mitchell	F	Triple Jump	JU	ON	1	13.13	Gold
Jillian Catton	F	200m	SP	ON	2	24.37	Silver
Krystalann Bechard	F	400m	SP	ON	2	54.13	Silver
Emma Pegg	F	800m	MD	ON	2	2:10.49	Silver
Cecilia Howes	F	2000mSC	MD	MB	2	7:34.40	Silver
Aiden Grout	M	High Jump	JU	BC	2	2.08	Silver
Catherina Blouin	F	Hammer	TH	QC	2	56.53	Silver
Brianna Gayle Izzy Goudros Hannah Heise Jillian Catton	F	4x100m Relay	SP	ON ON AB ON	2	46.09	Silver
Izzy Goudros	F	100mH	HU	ON	3	13.75	Bronze
Cassandra Williamson	F	800m	MD	ON	3	2:11.15	Bronze
Jardine Lam-Colling	F	1500m	MD	ON	3	4:47.25	Bronze
Dakota Goguen	M	3000m	MD	ON	3	9:12.76	Bronze

Angelina Shandro Gage Marshall Krystalann Bechard Abdullahi Hassan	F M F M	4x400m Mixed Relay	SP	BC ON ON ON	3	3:29.86	Bronze
Matthew Larkin	M	800m	MD	ON	4	1:54.32	Top 8
Dylan Uhrich	M	2000mSC	MD	BC	4	6:22.34	Top 8
Olivia Lundman	F	5000m RW	LD	BC	4	26:56.42	Top 8
Liam Walsh	M	2000mSC	MD	ON	5	6:28.12	Top 8
Cassidy Cardle	F	5000m RW	LD	BC	5	26:59.26	Top 8
Jillian Catton	F	100m	SP	ON	6	12.01	Top 8
Gage Marshall	M	200m	SP	ON	6	22.00	Top 8
Hannah Heise	F	200m	SP	AB	Finalist	DNS	Top 8
Brianna Gayle	F	100m	SP	ON	10	12.15	Top 12
Angelina Shandro	F	400m	SP	BC	10	56.04	Top 12
Zachary Bowness	M	400m	SP	ON	11	49.29	Top 12
Chase Haagensen	M	400m	SP	BC	12	49.59	Top 12