



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

**U23 BC Athlete Performance Summary**

**Personal Bests:**

1. Natassha McDonalds, 200m, 23.31, 2<sup>nd</sup> – Project Athletics
2. Mariam Abdul-Rashid, 100mH, 13.23, 3<sup>rd</sup> – Speed Academy Athletics Club
3. Team Canada, 4x100m Relay Women, 44.28, 2<sup>nd</sup>  
Shyvonne Roxborough – Speed River  
Ashlan Best – Speed River  
Natassha McDonald – Project Athletics  
Audrey Leduc – Club d'athlétisme de Gatineau
4. Austin Cole, 400m, 45.90, 3<sup>rd</sup> – Capital City
5. Tasha Willing, Hammer Throw, 59.50, 3<sup>rd</sup> – Unattached
6. Team Canada, 4x400m Relay Mixed, 3:22.42, 3<sup>rd</sup>  
Natassha McDonald – Project Athletics  
Khamal Stewart-Baynes – Extreme Velocity Track Club  
Kyra Constantine – Project Athletics  
Austin Cole – Capital City
7. Eric Chatten, High Jump, 2.19, 4<sup>th</sup> – Kajaks Track and Field Club
8. Mark Bujnowski, Shot Put, 18.30, 4<sup>th</sup> – London Western Track and Field
9. Audrey Leduc, 100m, 11.54, 5<sup>th</sup> – Club d'athlétisme de Gatineau
10. Luxon Glor, 100m, 10.33, 7<sup>th</sup> – Winnipeg Optimist

## Podium Finish:

1. Kyra Constantine, 400m, 51.51, 1<sup>st</sup> – Project Athletics
2. Natassha McDonalds, 200m, 23.31, 2<sup>nd</sup> – Project Athletics
3. Team Canada, 4x100m Relay Women, 44.28, 2<sup>nd</sup>  
Shyvonne Roxborough – Speed River  
Ashlan Best – Speed River  
Natassha McDonald – Project Athletics  
Audrey Leduc – Club d'athlétisme de Gatineau
4. Mariam Abdul-Rashid, 100mH, 13.23, 3<sup>rd</sup> – Speed Academy Athletics Club
5. Ashlan Best, 200m, 23.75, 3<sup>rd</sup> – Speed River
6. Austin Cole, 400m, 45.90, 3<sup>rd</sup> – Capital City
7. Erinn Stenman-Fahey, 800m, 2:11.58, 3<sup>rd</sup> – Ottawa Lions
8. Mark Bujnowski, Discus Throw, 50.77, 3<sup>rd</sup> – London Western Track and Field
9. Tasha Willing, Hammer Throw, 59.50, 3<sup>rd</sup> – Unattached
10. Andreas Troschke, Hammer Throw, 60.61, 3<sup>rd</sup> – Chinook Track and Field
11. Team Canada, 4x400m Relay Mixed, 3:22.42, 3<sup>rd</sup>  
Natassha McDonald – Project Athletics  
Khamal Stewart-Baynes – Extreme Velocity Track Club  
Kyra Constantine – Project Athletics  
Austin Cole – Capital City

## Top 8 Finish:

1. Kendra Leger, 100mH, 13.55, 4<sup>th</sup> – Speed River
2. Eric Chatten, High Jump, 2.19, 4<sup>th</sup> – Kajaks Track and Field Club
3. Grace Tennant, Shot Put, 15.15, 4<sup>th</sup> – SISU
4. Mark Bujnowski, Shot Put, 18.30, 4<sup>th</sup> – London Western Track and Field
5. Audrey Leduc, 100m, 11.54, 5<sup>th</sup> – Club d'athlétisme de Gatineau
6. Khamal Stewart-Baynes, 47.04, 5<sup>th</sup> – Extreme Velocity Track Club
7. Sandra Latrace, Long Jump, 6.24, 5<sup>th</sup> – Chinook Track and Field
8. Samuel Coulson-Willett, Hammer Throw, 60.13, 5<sup>th</sup> – Athletics Victoria
9. Shyvonne Roxborough, 100m, 11.61, 6<sup>th</sup> – Speed River
10. Noel Vanderzee, High Jump, 2.13, 6<sup>th</sup> – Chinook Track and Field
11. Naquita Williams, Hammer Throw, 52.31, 6<sup>th</sup> – Kilomaitres de Lasalle
12. Luxon Glor, 100m, 10.33, 7<sup>th</sup> – Winnipeg Optimist
13. Kennedy Thomson, 800m, 2:21.93, 7<sup>th</sup> – Unattached
14. Mohand Khelaf, 800m, 1:58.07, 7<sup>th</sup> – Club Saint-Laurent Sélect
15. Grace Tennant, Discus Throw, 49.65, 7<sup>th</sup> – SISU
16. Roan Allen, Javelin, 64.75, 7<sup>th</sup> – Unattached
17. Anastasios Eliopoulos, 110mH, Finalist, DNS – Vancouver Thunderbirds

## Not Ranked:

1. Alger Liang, 10000mRW, DQ – Racewalk West
2. Ehab El-Sandali, 10000m, DNS – Toronto West Athletics

BC athlete's Performance Summary relative to Team Canada at the NACAC U23 Championship 2019					
# of BC Athletes on Team	5	Team Canada Total	26	% of BC Athletes on Team	19.23%
# of BC Athletes with Podium Finish	1	Team Canada Total	11	% of BC Athletes with Podium Finish	9.09%
# of BC Athletes in Top 8	4	Team Canada Total	28	% of BC Athletes in Top 8	14.29%

Performance analysis, ranked by placing in the final, of Team Canada at the NACAC U23 Championship 2019							
Name	Gender	Event(s)	Discipline	Province	Place	Performance	Type
Kyra Constantine	F	400m	SP	ON	1	51.51	Gold
Natasha McDonald	F	200m	SP	ON	2	23.31	Silver
Shyvonne Roxborough Ashlan Best Natasha McDonald Audrey Leduc	F	4x100m Relay	SP	ON ON ON QC	2	44.28	Silver
Mariam Abdul-Rashid	F	100mH	HU	ON	3	13.23	Bronze
Ashlan Best	F	200m	SP	ON	3	23.75	Bronze
Austin Cole	M	400m	SP	AB	3	45.90	Bronze
Erinn Stenman-Fahey	F	800m	MD	ON	3	2:11.58	Bronze
Mark Bujnowski	M	Discus	TH	ON	3	50.77	Bronze
Tasha Willing	F	Hammer	TH	BC	3	59.50	Bronze
Andreas Troschke	M	Hammer	TH	AB	3	60.61	Bronze
Natasha McDonald Khamal Stewart-Baynes Kyra Constantine Austin Cole	F M F M	4x400m Relay Mixed	SP	ON ON ON AB	3	3:22.43	Bronze

Kendra Leger	F	100mH	HU	ON	4	13.55	Top 8
Eric Chatten	M	High Jump	JU	BC	4	2.19	Top 8
Grace Tennant	F	Shot Put	TH	ON	4	15.15	Top 8
Mark Bujnowski	M	Shot Put	TH	ON	4	18.30	Top 8
Audrey Leduc	F	100m	SP	QC	5	11.54	Top 8
Khamal Stewart-Baynes	M	400m	SP	ON	5	47.04	Top 8
Sandra Latrace	F	Long Jump	JU	AB	5	6.24	Top 8
Samuel Coulson-Willett	M	Hammer	TH	BC	5	60.13	Top 8
Shyvonne Roxborough	F	100m	SP	ON	6	11.61	Top 8
Noel Vanderzee	M	High Jump	JU	AB	6	2.13	Top 8
Naquita Williams	F	Hammer	TH	QC	6	52.31	Top 8
Luxon Glor	M	100m	SP	MB	7	10.33	Top 8
Kennedy Thomson	F	800m	MD	ON	7	2:21.93	Top 8
Mohand Khelaf	M	800m	MD	QC	7	1:58.07	Top 8
Grace Tennant	F	Discus	TH	ON	7	49.65	Top 8
Roan Allen	M	Javelin	TH	ON	7	64.75	Top 8
Anastasios Eliopoulos	M	110mH	HU	BC	Finalist	DNS	Top 8
Alger Liang	M	10000mRW	LD	BC		DQ	Not Ranked
Ehab El-Sandali	M	10000m	LD	ON		DNS	Not Ranked