

BC CROSS COUNTRY TEAM

2025 Canadian Cross Country Championships

November 29, 2025

London, ON



Athlete Name	Category	Club	Coach	Hometown
Jonah Brost	M Senior	PIHR	Bruce Deacon	Victoria
Ephrem Mekonnen	M Senior	UNBC	Ephrem Mekonnen	Burnaby
Ryerson Stockton-Thomas	M Senior	TBIR	Leslie Sexton	Vancouver
Sebastian Cino	M Senior	TBIR	Leslie Sexton	Vancouver
Glynis Sim	F Senior	TBIR	Steve Weiler	Salmon Arm
Katelyn Ayers	F Senior	VETC	Hillary Stellingwerff	Victoria
Kiana Gibson	F Senior	TBIR	Steve Weiler	Vancouver
Mackenzie Campbell	F Senior	TBIR	Steve Weiler	Vancouver
Noah Louwerse	M U20	TBIR	Harpreet Sandhu	Abbotsford
Steven Brittain	M U20	OATF	Steve Weiler/Ted de St. Croix	Surrey
James Doughty	M U20	TBIR	Steve Weiler/Cindy Crowther	Vancouver
Ethan Nozick	M U20	PIHR	Malindi Elmore/Bruce Deacon	Victoria
Fiona Fraser	F U20	TBIR	Ian Fraser	Vancouver
Rachel McDonald	F U20	OATF	Steve Weiler/Ted de St. Croix	Surrey
Clare Goodison	F U20	TBIR	Steve Weiler/Cindy Crowther	Vancouver
Delphine Gosselin	F U20	TBIR	Steve Weiler/Cindy Crowther	Vancouver
Isaiah Johnston	M U18	TBIR	Ron Loewn	Surrey
Riley Simmonds	M U18	VRTC	Scott Svelander	Chilliwack
Arjun Sandhu	M U18	TBIR	Ron Loewn	Surrey
Miles Hayden	M U18	PETF	Ryan Hayden	Penticton
Sasha Dehal	F U18	OATF	Ted de St.Croix	Surrey
Charlottee Gough	F U18	PIHR	Bruce Deacon	Duncan
Kefira Kamara	F U18	TBIR	Cindy Crowther	Vancouver
Presley Hickie	F U18	PETF	Ryan Hayden	Penticton
Laken Olson	M U16	VRTC	Scott Svelander	Chilliwack
Tristan Hill	M U16	VICS	Dacre Bowen	Victoria
Reuben Pienaar	M U16	WVAN	Cindy O'Krane	North Vancouver
Sebastian Osiowy	M U16	PETF	Ryan Hayden	Penticton

PRELIMINARY ROSTER 2025-10-22 (4:35 PM)

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Clara Simpson	F U16	PIHR	Bruce Deacon	Victoria
Niamh Richardson	F U16	COQC	Paul Self	Coquitlam
Jayda Tielmann	F U16	VRTC	Scott Sylvester	Chilliwack
Lienke Raath	F U16	KAML	Derek Peregrym	Kamloops