



## 2023 BC Cross Country Team Announcement

### Canadian National Cross-Country Championships

November 25, 2023

	NAME	HOMETOWN	CLUB	COACH
<b>U18 TEAM</b>				
1	Alexa Dow	Cowichan Bay	Prairie Inn Harriers	Bruce Deacon
2	Delphine Gosselin	Vancouver	Vancouver Thunderbirds	Cindy Crowther
3	Maella Hodgson	Surrey	Oceans Athletics Track and Field Club	Ted De St Croix
4	Jaina Kang	Langley	Langley Mustangs Track and Field Club	Harpreet Sandhu
5	Rachel McDonald	Surrey	Oceans Athletics Track and Field Club	Ted De St Croix
6	Chloe Symon	Vancouver	Vancouver Thunderbirds	Cindy Crowther
7	Tyler Browne	Victoria	Prairie Inn Harriers	Bruce Deacon
8	James Hodgson	Surrey	Oceans Athletics Track and Field Club	Ted De St Croix
9	Peter Kunka	Summerland	Penticton Track and Field Club	Ryan Hayden
10	Noah Louwerse	Abbotsford	Langley Mustangs Track and Field Club	Harpreet Sundhu
11	Kai Martland	Vancouver	Vancouver Thunderbirds	Cindy Crowther
12	Charli Mlotshwa	Victoria	Prairie Inn Harriers	Bruce Deacon
<b>U20 TEAM</b>				
1	Monika Arcadia	Victoria	Royal City Track and Field Club	Hilary Stellingwerf
2	Ruby Broadbent	Corvallis	Victoria Speed Project	Louie Quintana
3	Ella Masden	Hamilton	Coquitlam Cheetahs	Paul Self
4	Anna-Veronika Titova	Surrey	Oceans Athletics Track and Field Club	Ted de St Croix
5	Ella Wigmore	Kelowna	UBCO	Malindi Elmore
6	Abigail Yakemchuk	Surrey	Oceans Athletics Track and Field Club	Ted de St Croix
7	Isaac Baker	Surrey	Oceans Athletics Track and Field Club	Ted de St Croix/Malindi Elmore
8	Oscar Grainger	Victoria	Victoria Vikes	Hilary Stellingwerf
9	Aven Kifle	Vancouver	Vancouver Thunderbirds	Ron Loewen
10	Tion McLeish	Victoria	Victoria Endurance	Hilary Stellingwerf

11	Yemane Mulugeta	Surrey	Oceans Athletics Track and Field Club	Ted de St Croix
12	Luke Sandmaier	Victoria	Victoria Vikes	Hilary Stellingwerf
<b>SR TEAM</b>				
1	Katelyn Ayres	Victoria	Victoria Endurance Track Club	Hilary Stellingwerf
2	Kyla Becker	Vancouver	Vancouver Thunderbirds	Steve Weiler
3	Ally Ginther	Vancouver	Vancouver Thunderbirds	Chris Johnson
4	Kiana Gibson	Vancouver	Vancouver Thunderbirds	Steve Weiler
5	Katherine Newlove	Vancouver	Vancouver Thunderbirds	Steve Weiler
6	Glynis Sim	Vancouver	Vancouver Thunderbirds	Steve Weiler
7	Cole Dinsdale	Burnaby	Unattached	Norm Tinkham
8	Tyler Dozzi	Vancouver	Vancouver Thunderbirds	Chris Johnson
9	Christian Gravel	Vancouver	Vancouver Thunderbirds	Chris Johnson
10	Kieran Lumb	Vancouver	Vancouver Thunderbirds	Andy Powell
1	John Perrier	Vancouver	Vancouver Thunderbirds	Steve Weiler
12	Jaiveer Tiwana	Surrey	Coastal Track Club	Steve Weiler
<b>MASTERS TEAM</b>				
1	Alita Dommann	North Vancouver	Vancouver Falcons	Kevin O'Connor
2	Jennifer McCutcheon	Vancouver	Vancouver Thunderbirds	Jennifer McCutcheon
3	Jennifer Millar	Victoria	Unattached	Marilyn Arsenault
4	Robyn Poulin	Vernon	Vernon AAA	Malindi Elmore
5	David Guss	Kelowna	Kelowna Running Club	David Guss
6	Aaron Holmgren	North Saanich	Peninsula Track and Field Club	Aaron Holmgren
7	David Morrissey	Vancouver	Vancouver Falcons	Kevin O'Connor
8	Liam Watson	Vancouver	Vancouver Falcons	Kevin O'Connor

## 2023 BC Team Staff

Head Coach	Bruce Deacon	Prairie Inn Harriers
Team Coach	Kathy Andrews	Unattached BC
Team Coach	Ted de. St. Croix	Ocean Athletics Track and Field Club
Team Coach	Chris Johnson	Vancouver Thunderbirds
Team Coach	Cindy O'Krane	West Vancouver Track & Field Club
Team Manager	Kevin O'Connor	BC Athletics/Vancouver Falcons Athletic Club
Physiotherapist	Stephanie McCann	Unattached BC