

BC Athletics Cross Country Championships
Oct. 14, 2023 - Crescent Park
Hosted by Ocean Athletics Track & Field Club

Girls' 1500 Meters (U10)

1, 05:20.7	Verkaik, Esme	Langley Mustangs	9
2, 05:34.8	Dowling, Gray	Ecole Pauline Johnson	9
3, 05:37.5	De Fleuriot, Maria-Rose	Valley Royals Track & Field Cl	9
4, 05:38.3	Westergaard, Abigail	Valley Royals Track & Field Cl	9
5, 05:38.5	Cam, Selin	Vancouver Thunderbirds	9
6, 05:49.0	Jaworski, Hannah	Nanaimo & District Track & Fie	9
7, 05:53.4	Vines, Norah	Unattached British Columbia	9
8, 05:53.4	Huston, Avery	Valley Royals Track & Field Cl	9
9, 05:54.5	Huang, Maddison	Ocean Athletics Track & Field	9
10, 05:59.1	Varma-Vitug, Ashiana	Kajaks Track & Field Club	9
11, 06:08.3	Munns, Poppy	Penticton Track & Field Club	9
12, 06:23.7	Johanson, Ella	Langley Mustangs	9
13, 06:26.8	Radbourne, Evelyn	Langley Mustangs	9
14, 06:41.7	Johnston, Camille	Ocean Athletics Track & Field	9
15, 06:56.2	Gorgun, Madeleine	Vancouver Thunderbirds	9
16, 07:08.8	Mahedi, Mya	Pear Tree School	9
17, 07:18.4	Hanlon, Sarah	NorWesters Track & Field Club	9
18, 07:29.8	Marfori, Maleah	Ocean Athletics Track & Field	9
19, 07:36.2	Wu, Hsin Yen	Ocean Athletics Track & Field	9
20, 07:56.8	Uzozie, Chinedu	Vancouver Thunderbirds	9
21, 09:42.2	Willey, Lylah	Ocean Athletics Track & Field	9
22, 10:25.2	Chiu, Hsin-Yi (Giselle)	Ocean Athletics Track & Field	9

Girls' 2000 Meters (U11)

1, 07:55.7	Wasyliw, Mckinley	Vancouver Thunderbirds	10
2, 08:10.3	Chene, Jocelyne	Vancouver Thunderbirds	10
3, 08:17.4	Ferguson, Kaylee	Golden Ears Athletics	10
4, 08:31.8	Carrier, Abigail	Penticton Track & Field Club	10
5, 08:38.7	Hind, Mckinley	Ocean Athletics Track & Field	10
6, 09:09.0	Raouf, Lamees	Ocean Athletics Track & Field	10
7, 09:09.4	Gerez, Lexie	Langley Mustangs	10
8, 09:19.7	Ip-Jansen, Sophie	Vancouver Thunderbirds	10
9, 09:28.6	Annandale, Charly	Vancouver Thunderbirds	10
10, 09:28.6	Muntener, Alice	Coquitlam Cheetahs	10
11, 09:31.6	Wand-Hurley, Brielle	Langley Mustangs	10
12, 09:38.2	Sarai, Nya	Langley Mustangs	10
13, 09:46.7	Zhou-Radies, Anrain	Vancouver Olympic Club	10
14, 09:47.3	Hack, Mila	Ocean Athletics Track & Field	10
15, 09:53.0	Cunning, Fiona	Nanaimo & District Track & Fie	10
16, 10:01.6	Mallie, Marie	Unattached British Columbia	10
17, 10:11.1	Zhang, Chloe	Nanaimo & District Track & Fie	10
18, 10:32.8	MacMillan, Chayle	Langley Mustangs	10
19, 10:40.4	Xu, Lulu	Vancouver Thunderbirds	10
20, 11:19.3	Jhutti, Ava	Pear Tree School	10

21, 11:20.7	Nicholson, Cairo	Ocean Athletics Track & Field	10
22, 11:48.4	Zou, Brielle	Ocean Athletics Track & Field	10

Girls' 2000 Meters (U12)

1, 07:13.6	Hamze, Tamara	Vancouver Thunderbirds	11
2, 07:38.1	Ip-Jansen, Chloe	Vancouver Thunderbirds	11
3, 07:54.0	Makuza Umuhire, Noella	Vancouver Thunderbirds	11
4, 08:00.0	Schmidt, Avery	Comox Valley Cougars	11
5, 08:00.7	Davis, Ella	Vancouver Thunderbirds	11
6, 08:04.7	Waller, Charlotte	Coquitlam Cheetahs	11
7, 08:16.5	Wood, Ellie	Vancouver Thunderbirds	11
8, 08:18.1	Ward, Ryann	Langley Fundamental MS School	11
9, 08:20.5	Westbrook, Averie	Valley Royals Track & Field Cl	11
10, 08:27.8	Delange, Paige	Valley Royals Track & Field Cl	11
11, 08:41.8	Hundal, Sukhmani	Vancouver Thunderbirds	11
12, 08:49.3	Messam, Kelsey	Golden Ears Athletics	11
13, 08:52.2	Major, Sienna	Kamloops Track & Field Club	11
14, 08:55.5	Clive-Smith, Kennedy	Kamloops Track & Field Club	11
15, 08:58.5	Price, Isabella	Ocean Athletics Track & Field	11
16, 08:59.3	Macpherson, Madelyn	Ocean Athletics Track & Field	11
17, 09:10.8	Wark, Nyah	Golden Ears Athletics	11
18, 09:16.3	Roach, Delilah	Ocean Athletics Track & Field	11
19, 09:19.6	Campbell, Sarah-Kate	Langley Mustangs	11
20, 09:21.6	Rider, Elena	Ocean Athletics Track & Field	11
21, 09:32.3	Warfield, Leah	Vancouver Thunderbirds	11
22, 09:39.4	Esau, Zoe	Glenbrook Middle	11
23, 09:53.7	Bolton, Aliya	Ocean Athletics Track & Field	11
24, 09:56.1	Nosyk, Mila	Vancouver Thunderbirds	11
25, 10:15.6	Oliver-McLean, Mary	Coquitlam Cheetahs	11
26, 10:56.2	Qu, Yixin Elsa	Vancouver Thunderbirds	11
27, 10:57.2	Stewart, Sadie	Ocean Athletics Track & Field	11
28, 11:13.2	Long, Charlene	Ocean Athletics Track & Field	11
29, 11:38.3	Han, Isha	Ocean Athletics Track & Field	11

Girls' 3000 Meters (U13)

1, 11:49.1	Roberts, Juliette	Vancouver Thunderbirds	12
2, 12:04.5	Watson, Aleen	Vancouver Thunderbirds	12
3, 12:07.0	Hind, Avery	Ocean Athletics Track & Field	12
4, 12:09.4	Uzozie, Chioma	Vancouver Thunderbirds	12
5, 12:17.0	Hayden, Yvonne	Penticton Track & Field Club	12
6, 12:38.8	Ball, Zoe	Vancouver Thunderbirds	12
7, 12:49.0	Hill, Katie	Nanaimo & District Track & Fie	12
8, 12:50.3	Eison, Macy	Prairie Inn Harriers Racing Te	12
9, 13:07.1	Raouf, Aliyah	Ocean Athletics Track & Field	12
10, 13:39.4	Aaserud, Kira	Penticton Track & Field Club	12
11, 13:46.8	Rahkola, Zada	Penticton Track & Field Club	12
12, 13:57.6	Difelice-Oinonen, Natalie	Prairie Inn Harriers Racing Te	12
13, 14:00.8	Linder, Elizabeth	Nanaimo & District Track & Fie	12
14, 14:05.8	MacKenzie, Elizabeth	Ocean Athletics Track & Field	12

15, 14:11.9	Clarke, Rowan	Nanaimo & District Track & Fie	12
16, 14:14.7	Suarez Leon, Romina	Vancouver Thunderbirds	12
17, 14:14.7	Vines, Zetta	Unattached British Columbia	12
18, 14:45.5	Bolton, Selina	Ocean Athletics Track & Field	12
19, 14:47.4	Wood, Kimberly	Langley Fundamental MS School	12
20, 14:55.8	Boyes, Emery	Ocean Athletics Track & Field	12
21, 15:08.4	Rodomar, Althea	Vancouver Thunderbirds	12
22, 15:15.3	Booth, Hannah	Valley Royals Track & Field Cl	12
23, 15:35.1	Petrovs, Paula	Kajaks Track & Field Club	12
24, 16:33.1	Robinson - Wenn, Brooklynn	Kamloops Track & Field Club	12
25, 17:07.8	Gill, Baani	Ocean Athletics Track & Field	12
26, 20:38.5	Dagg, Sierra	Vancouver Thunderbirds	12

Girls' 3000 Meters (U14)

1, 11:47.1	Lang, Charlotte	Vancouver Thunderbirds	13
2, 12:21.9	Azadeh, Bahar	Ocean Athletics Track & Field	13
3, 12:38.7	Shearcroft, Sophia	Golden Ears Athletics	13
4, 12:40.7	Serowka, Jane	Prairie Inn Harriers Racing Te	13
5, 13:03.5	Haynes, Rosie	Peninsula Track & Field Club	13
6, 13:24.1	Van Arkel, Ilona	Ocean Athletics Track & Field	13
7, 13:28.2	Walker, Ella	Penticton Track & Field Club	13
8, 13:37.6	Brooks, Aven	Langley Mustangs	13
9, 13:41.0	Beck, Avery	Prairie Inn Harriers Racing Te	13
10, 14:17.8	Methner, Ana	Ocean Athletics Track & Field	13
11, 14:21.2	Leung, Emeth Grace	Kajaks Track & Field Club	13
12, 15:12.8	Gerllays, Clara	Coquitlam Cheetahs	13

Boys' 1500 Meters (U10)

1, 04:56.2	Davidson, Gavin	Ocean Athletics Track & Field	9
2, 05:05.6	Stellingwerff, Theo	Victoria Endurance Track Club	9
3, 05:13.1	Sametz, Jackson	Langley Mustangs	9
4, 05:17.8	Chambers, Heath	Penticton Track & Field Club	9
5, 05:17.8	Deeth, Leo	Kajaks Track & Field Club	9
6, 05:21.1	Beaton, Rory	West Vancouver Track & Field C	9
7, 05:25.2	Daviss, Caleb	Vancouver Thunderbirds	9
8, 05:26.9	Howard, Matthew	Unattached	9
9, 05:41.1	Lei, Matthew	Vancouver Thunderbirds	9
10, 05:49.1	Safford, Gabriel	Penticton Track & Field Club	9
11, 06:02.5	Walker, Ross	Penticton Track & Field Club	9
12, 06:03.2	Russell, Benson	Vancouver Thunderbirds	9
13, 06:06.4	Clarke, Sawyer	Nanaimo & District Track & Fie	9
14, 06:08.7	Hood, Charlie	UBC Okanagan Heat	9
15, 06:12.7	Kroeger, Mark	Ocean Athletics Track & Field	9
16, 06:15.1	Gunn, Beckett	Langley Mustangs	9
17, 06:15.7	Bebzuck Marom, Andy	Vancouver Thunderbirds	9
18, 06:16.5	Shute, Ronin	Kajaks Track & Field Club	9
19, 06:17.0	Wevers, James	Ocean Athletics Track & Field	9
20, 06:23.1	Vanbrederode, Jude	Langley Mustangs	9
21, 06:38.6	Long, Travis (Jun Zhang)	Ocean Athletics Track & Field	9

22, 06:39.6	Salehi, Ario	Pear Tree School	9
23, 07:02.8	Smith Velazquez, Ryder	NorWesters Track & Field Club	9
24, 07:08.1	Bua, Landon	Langley Mustangs	9
25, 07:41.3	Careau, Olivier	Pear Tree School	9
26, 08:55.9	Wu, Hsin Cheng	Ocean Athletics Track & Field	9

Boys' 2000 Meters (U11)

1, 07:14.9	Wells, Landon	Langley Mustangs	10
2, 07:19.3	Freeman, Oliver	NorWesters Track & Field Club	10
3, 07:27.0	Solon, SJ	Langley Mustangs	10
4, 07:29.6	Verkaik, Caleb	Langley Mustangs	10
5, 07:53.7	Hayden, Nicholas	Penticton Track & Field Club	10
6, 08:01.6	Gray, Dominik	Valley Royals Track & Field Cl	10
7, 08:20.2	Bereska, Brandon	Ocean Athletics Track & Field	10
8, 08:30.1	Jadan, Owen	Cowichan Valley Athletic Club	10
9, 08:36.1	Smith, Spencer	Ocean Athletics Track & Field	10
10, 08:37.7	Jonker, Weston	Langley Mustangs	10
11, 08:45.7	Driver, Wiggyn	Golden Ears Athletics	10
12, 08:51.4	Johnson, Oliver	Ocean Athletics Track & Field	10
13, 08:58.9	Baxter, Sebastian	Vancouver Thunderbirds	10
14, 09:00.5	Hiebert, Jonah	Ocean Athletics Track & Field	10
15, 09:15.7	Bray, Jack	Ocean Athletics Track & Field	10
16, 09:17.6	Cojocar, Taj	Ocean Athletics Track & Field	10
17, 09:20.4	Zhao, Kyle Zekai	Unattached	10
18, 09:25.6	Zhang, Jerry	Ocean Athletics Track & Field	10
19, 09:28.1	Baker, Desmond	Ocean Athletics Track & Field	10
20, 09:32.8	Nestmann, Oliver	Ocean Athletics Track & Field	10
21, 10:25.2	Li, Jayden	James Thompson Elementary Scho	10
22, 10:39.7	Moalic, Nolan	Golden Ears Athletics	10
23, 11:18.6	Grewal, Zayn	Ocean Athletics Track & Field	10
24, 11:45.8	Cull, Remy	Ocean Athletics Track & Field	10
25, 12:07.8	Jia, Sebastian	Ocean Athletics Track & Field	10

Boys' 2000 Meters (U12)

1, 07:13.4	Davidson, Theo	Ocean Athletics Track & Field	11
2, 07:30.7	Campbell, Zavion	Coquitlam Cheetahs	11
3, 07:31.3	Aasen, Aiden	Passtrak	11
4, 07:36.6	Hodge, Taig	Collingwood	11
5, 07:37.4	Hodge, Jake	Collingwood	11
6, 07:38.2	Bauman, Jackson	Collingwood	11
7, 07:38.5	Verkaik, Linden	Langley Mustangs	11
8, 07:42.3	Ramstead, Liam	Cowichan Valley Athletic Club	11
9, 07:50.9	Van Arkel, Adriaan	Ocean Athletics Track & Field	11
10, 08:08.0	Wu, Charles	Vancouver Olympic Club	11
11, 08:16.9	Foster, Logan	Vancouver Thunderbirds	11
12, 08:19.4	Varma-Vitug, Armaan	Kajaks Track & Field Club	11
13, 08:20.9	Dahl, Mason	Kajaks Track & Field Club	11
14, 08:21.3	Rossnagel, Tate	Langley Mustangs	11
15, 08:22.1	Camozzi, Jackson	Valley Royals Track & Field Cl	11

16, 08:24.2	Collins, William	Vancouver Thunderbirds	11
17, 08:38.2	Hadaway, Grant	Vancouver Thunderbirds	11
18, 08:44.5	Mavritsakis, Billy	Ocean Athletics Track & Field	11
19, 08:46.7	Hiew, Ryan	Kajaks Track & Field Club	11
20, 08:47.5	O'Connell, William	Vancouver Thunderbirds	11
21, 08:54.3	Trainor, Cristian	Vancouver Thunderbirds	11
22, 09:09.6	Vipler, Janek	Ocean Athletics Track & Field	11
23, 09:13.0	Tran, Ethan	Unattached	11
24, 10:07.7	Siemens, Wren	Valley Royals Track & Field Cl	11
25, 10:14.3	Osiowy, Marek	Penticton Track & Field Club	11
26, 11:16.0	Unrau, Kaden	Ocean Athletics Track & Field	11
27, 11:33.1	Chai, Evan	Pear Tree School	12
28, 13:27.5	Dhillon, Daevonjeet	Ocean Athletics Track & Field	11

Boys' 3000 Meters (U13)

1, 10:24.7	Sexton, Noah	Prairie Inn Harriers Racing Te	12
2, 10:33.5	Baker, Caleb	Ocean Athletics Track & Field	12
3, 10:59.4	Comeau, Alexandre	Unattached British Columbia	12
4, 11:01.6	Marchant - Espovza, Dylan	Coquitlam Cheetahs	12
5, 11:21.2	Holmgren, Coen	Peninsula Track & Field Club	12
6, 11:31.6	Keats, Kelly	Vancouver Thunderbirds	12
7, 11:40.5	Schiebler, Forrest	Unattached	12
8, 11:40.6	Hiebert, Eli	Ocean Athletics Track & Field	12
9, 12:01.0	Kadatara, Siddharth	Kajaks Track & Field Club	12
10, 12:02.3	Westergaard, Owen	Valley Royals Track & Field Cl	12
11, 12:03.5	Cloutier, Leo	Vancouver Thunderbirds	12
12, 12:06.6	Nguyen, Rio	Vancouver Thunderbirds	12
13, 12:27.4	Gladdish, Zavier	Prince George Track & Field Cl	12
14, 12:42.9	Hicks, Kieran	Ocean Athletics Track & Field	12
15, 12:44.4	Moon, Brandon	Ocean Athletics Track & Field	12
16, 12:45.7	Safford, Leroy	Penticton Track & Field Club	12
17, 12:49.3	Howard, Alex	Vancouver Thunderbirds	12
18, 13:23.1	Wu, Chuheng	Vancouver Thunderbirds	12
19, 13:53.9	Marfori, Miguel	Ocean Athletics Track & Field	12
20, 13:55.4	Harris, Cole	Vancouver Thunderbirds	12
21, 14:01.0	Ramstead, Zachary	Cowichan Valley Athletic Club	12
22, 14:14.2	Driver, Tobyn	Golden Ears Athletics	12

Boys' 3000 Meters (U14)

1, 10:29.2	Olson, Laken	Valley Royals Track & Field Cl	13
2, 10:33.6	Osiowy, Sebastian	Penticton Track & Field Club	13
3, 10:50.2	Cunning, Carter	Nanaimo & District Track & Fie	13
4, 10:55.4	Yu, Lucas	NorWesters Track & Field Club	13
5, 10:55.9	McCutcheon, Simon	Vancouver Thunderbirds	13
6, 10:58.3	Lam, Michael	Vancouver Thunderbirds	13
7, 11:00.5	O'Donnell, Carter	Vancouver Thunderbirds	13
8, 11:45.5	Fandrich, Matthew	Langley Mustangs	13
9, 12:13.7	Millard, James	NorWesters Track & Field Club	13
10, 12:20.0	Jones, Myles	Peninsula Track & Field Club	13

11, 12:24.2	Sinclair, Oliver	Nanaimo & District Track & Fie	13
12, 12:48.7	Breedveld, Micah	Golden Ears Athletics	13
13, 13:11.0	Muntener, Peter	Coquitlam Cheetahs	13
14, 14:06.7	Zhang, Shane	Ocean Athletics Track & Field	13
15, 15:02.0	Sturm, Lars	NorWesters Track & Field Club	13

BC JD Aggregate Points - Brian McCaulder Trophy

Vancouver Thunderbirds	- 55
Ocean Athletics Track & Field Club	- 30
Langley Mustangs	- 23
Penticton Track & Field Club	- 15
Valley Royals Track & Field Club	- 14
Prairie Inn Harriers Racing Team	- 9
Coquitlam Cheetahs	- 9
Golden Ears Athletics	- 8
NorWesters Track & Field Club	- 8
Collingwood	- 6
Nanaimo & District Track & Field Club	- 5
Ecole Pauline Johnson	- 5
Victoria Endurance Track Club	- 5
Peninsula Track & Field Club	- 4
Passtrak	- 4
Comox Valley Cougars	- 3
Kajaks Track & Field Club	- 2
West Vancouver Track & Field Club	- 1

Masters Men 70+ 6000m

1, 27:05.4	Zapf-Gilje, Reidar	Greyhounds Masters Track & Fie	71	79.03%
2, 27:58.1	Woods, Rick	Unattached British Columbia	73	78.62%
3, 36:40.7	Madderom, Jake	Kajaks Track & Field Club	79	66.91%
4, 45:24.9	Jackisch, Ingo	Unattached British Columbia	70	46.59%
5, 52:16.6	Roufosse, Roger	Semiahmoo Sunrunners	88	61.84%

Team Scores

no eligible teams, 4 scorers required

M70-74

1, 27:05.4	Zapf-Gilje, Reidar	Greyhounds Masters Track & Fie	71
2, 27:58.1	Woods, Rick	Unattached British Columbia	73
3, 45:24.9	Jackisch, Ingo	Unattached British Columbia	70

M75-79

1, 36:40.7	Madderom, Jake	Kajaks Track & Field Club	79
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M80+

1, 52:16.6	Roufosse, Roger	Semiahmoo Sunrunners	88
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Age Graded Order

1, 27:05.4	Zapf-Gilje, Reidar	Greyhounds Masters Track & Fie	71	79.03%
2, 27:58.1	Woods, Rick	Unattached British Columbia	73	78.62%
3, 36:40.7	Madderom, Jake	Kajaks Track & Field Club	79	66.91%
4, 52:16.6	Roufosse, Roger	Semiahmoo Sunrunners	88	61.84%
5, 45:24.9	Jackisch, Ingo	Unattached British Columbia	70	46.59%

Masters Men 8000m

1, 26:27.4	Morrissey, David	Vancouver Falcons Athletic Clu	46	87.57%
2, 27:13.3	Holmgren, Aaron	Peninsula Track & Field Club	41	81.87%
3, 27:41.1	Sharp, Ian	Unattached British Columbia	44	82.37%
4, 28:34.7	Nicholson, Drew	Vancouver Falcons Athletic Clu	39	76.84%
5, 28:41.5	MacLean, Craig	Unattached British Columbia	51	84.07%
6, 29:08.6	Guss, David	Kelowna Running Club	62	91.01%
7, 29:28.8	Watson, Liam	Vancouver Falcons Athletic Clu	46	78.61%
8, 29:57.0	Hajek, Martin	Unattached British Columbia	48	78.62%
9, 30:42.8	Sinclair, Peter	Nanaimo & District Track & Fie	47	76.05%
10, 30:53.9	Brown, Jeremy	Unattached British Columbia	46	75.01%
11, 31:12.1	McCutcheon, Murray	Vancouver Thunderbirds	48	75.43%
12, 31:33.1	Brooman, Jeff	Unattached British Columbia	43	71.72%
13, 32:08.4	Nemethy, Brian	Unattached British Columbia	62	82.52%
14, 32:21.1	Kroeger, Colin	Ocean Athletics Track & Field	39	67.85%
15, 33:02.4	Christie, Gordon	Unattached British Columbia	62	80.27%
16, 33:29.9	Titov, Mikhail	Ocean Athletics Track & Field	55	74.48%
17, 33:44.4	Francis, Mark	Unattached	60	77.22%
18, 34:56.2	Reimer, Paul	Ocean Athletics Track & Field	68	80.27%
19, 35:17.6	Smith, Guy	Vancouver Falcons Athletic Clu	67	78.72%
20, 37:29.5	Uhrich, Ted	Unattached British Columbia	52	64.88%
21, 37:55.6	Olsen, David	Unattached British Columbia	68	73.95%
22, 38:02.0	Madsen, Chris	University Of Toronto Tc	55	65.60%
23, 38:40.7	Henderson, Doug	Unattached British Columbia	66	71.16%
24, 42:55.6	Antepyan, Raffi	Greyhounds Masters Track & Fie	65	63.52%

Team Scores

1 31 Vancouver Falcons Athletic Club A ['Morrissey, David', 'Nicholson, Drew', 'Watson, Liam', 'Smith, Guy']

M35-39

1, 28:34.7	Nicholson, Drew	Vancouver Falcons Athletic Clu	39
2, 32:21.1	Kroeger, Colin	Ocean Athletics Track & Field	39

M40-44

1, 27:13.3	Holmgren, Aaron	Peninsula Track & Field Club	41
2, 27:41.1	Sharp, Ian	Unattached British Columbia	44
3, 31:33.1	Brooman, Jeff	Unattached British Columbia	43

M45-49

1, 26:27.4	Morrissey, David	Vancouver Falcons Athletic Clu	46
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2, 29:28.8	Watson, Liam	Vancouver Falcons Athletic Clu	46
3, 29:57.0	Hajek, Martin	Unattached British Columbia	48
4, 30:42.8	Sinclair, Peter	Nanaimo & District Track & Fie	47
5, 30:53.9	Brown, Jeremy	Unattached British Columbia	46
6, 31:12.1	McCutcheon, Murray	Vancouver Thunderbirds	48

M50-54

1, 28:41.5	MacLean, Craig	Unattached British Columbia	51
2, 37:29.5	Uhrich, Ted	Unattached British Columbia	52

M55-59

1, 33:29.9	Titov, Mikhail	Ocean Athletics Track & Field	55
2, 38:02.0	Madsen, Chris	University Of Toronto Tc	55

M60-64

1, 29:08.6	Guss, David	Kelowna Running Club	62
2, 32:08.4	Nemethy, Brian	Unattached British Columbia	62
3, 33:02.4	Christie, Gordon	Unattached British Columbia	62
4, 33:44.4	Francis, Mark	Unattached	60

M65-69

1, 34:56.2	Reimer, Paul	Ocean Athletics Track & Field	68
2, 35:17.6	Smith, Guy	Vancouver Falcons Athletic Clu	67
3, 37:55.6	Olsen, David	Unattached British Columbia	68
4, 38:40.7	Henderson, Doug	Unattached British Columbia	66
5, 42:55.6	Antepyan, Raffi	Greyhounds Masters Track & Fie	65

Age Graded Order

1, 29:08.6	Guss, David	Kelowna Running Club	62	91.01%
2, 26:27.4	Morrissey, David	Vancouver Falcons Athletic Clu	46	87.57%
3, 28:41.5	MacLean, Craig	Unattached British Columbia	51	84.07%
4, 32:08.4	Nemethy, Brian	Unattached British Columbia	62	82.52%
5, 27:41.1	Sharp, Ian	Unattached British Columbia	44	82.37%
6, 27:13.3	Holmgren, Aaron	Peninsula Track & Field Club	41	81.87%
7, 33:02.4	Christie, Gordon	Unattached British Columbia	62	80.27%
8, 34:56.2	Reimer, Paul	Ocean Athletics Track & Field	68	80.27%
9, 35:17.6	Smith, Guy	Vancouver Falcons Athletic Clu	67	78.72%
10, 29:57.0	Hajek, Martin	Unattached British Columbia	48	78.62%
11, 29:28.8	Watson, Liam	Vancouver Falcons Athletic Clu	46	78.61%
12, 33:44.4	Francis, Mark	Unattached	60	77.22%
13, 28:34.7	Nicholson, Drew	Vancouver Falcons Athletic Clu	39	76.84%
14, 30:42.8	Sinclair, Peter	Nanaimo & District Track & Fie	47	76.05%
15, 31:12.1	McCutcheon, Murray	Vancouver Thunderbirds	48	75.43%
16, 30:53.9	Brown, Jeremy	Unattached British Columbia	46	75.01%
17, 33:29.9	Titov, Mikhail	Ocean Athletics Track & Field	55	74.48%
18, 37:55.6	Olsen, David	Unattached British Columbia	68	73.95%
19, 31:33.1	Brooman, Jeff	Unattached British Columbia	43	71.72%
20, 38:40.7	Henderson, Doug	Unattached British Columbia	66	71.16%
21, 32:21.1	Kroeger, Colin	Ocean Athletics Track & Field	39	67.85%

22, 38:02.0	Madsen, Chris	University Of Toronto Tc	55 65.60%
23, 37:29.5	Uhrich, Ted	Unattached British Columbia	52 64.88%
24, 42:55.6	Antepyan, Raffi	Greyhounds Masters Track & Fie	65 63.52%

Masters Women 70+ 6000m

Team Scores

no eligible teams, 4 scorers required

Age Graded Order

Masters Women 8000m

1, 29:39.0	Wilkie, Sabrina	Unattached British Columbia	38 82.53%
2, 30:05.0	Poulin, Robyn	Unattached British Columbia	41 82.70%
3, 30:22.4	Millar, Jen	Unattached British Columbia	44 83.73%
4, 31:59.0	Dommann, Alita	Vancouver Falcons Athletic Clu	55 89.82%
5, 33:16.5	Christie, Juliette	Unattached British Columbia	61 93.16%
6, 33:35.3	Macdonald, Heather	Unattached British Columbia	46 77.11%
7, 36:03.1	McCutcheon, Jennifer	Vancouver Thunderbirds	48 73.36%
8, 36:28.1	Marfori, Lisa	Unattached British Columbia	42 68.66%
9, 36:52.6	Andrews (Rung), Kathy	Unattached British Columbia	48 71.74%
10, 37:57.3	Clague, Ellen	Vancouver Falcons Athletic Clu	55 75.66%
11, 40:07.9	Wilson, Adele	Vancouver Falcons Athletic Clu	66 82.72%
12, 40:27.5	Dixon-Warren, Gwyneth	Golden Ears Athletics	55 70.99%
13, 41:28.5	Kearney, Patricia	Unattached British Columbia	65 78.92%
14, 46:16.2	Lam, Rachel	Vancouver Thunderbirds	52 59.87%
15, 46:41.2	Dueck, Lynne	Kajaks Track & Field Club	66 71.09%

Team Scores

no eligible teams, 4 scorers required

M35-39

1, 29:39.0	Wilkie, Sabrina	Unattached British Columbia	38
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M40-44

1, 30:05.0	Poulin, Robyn	Unattached British Columbia	41
2, 30:22.4	Millar, Jen	Unattached British Columbia	44
3, 36:28.1	Marfori, Lisa	Unattached British Columbia	42

M45-49

1, 33:35.3	Macdonald, Heather	Unattached British Columbia	46
2, 36:03.1	McCutcheon, Jennifer	Vancouver Thunderbirds	48
3, 36:52.6	Andrews (Rung), Kathy	Unattached British Columbia	48

M50-54

1, 46:16.2	Lam, Rachel	Vancouver Thunderbirds	52
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M55-59

1, 31:59.0	Dommann, Alita	Vancouver Falcons Athletic Clu	55
2, 37:57.3	Clague, Ellen	Vancouver Falcons Athletic Clu	55
3, 40:27.5	Dixon-Warren, Gwyneth	Golden Ears Athletics	55

M60-64

1, 33:16.5	Christie, Juliette	Unattached British Columbia	61
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M65-69

1, 40:07.9	Wilson, Adele	Vancouver Falcons Athletic Clu	66
2, 41:28.5	Kearney, Patricia	Unattached British Columbia	65
3, 46:41.2	Dueck, Lynne	Kajaks Track & Field Club	66

Age Graded Order

1, 33:16.5	Christie, Juliette	Unattached British Columbia	61	93.16%
2, 31:59.0	Dommann, Alita	Vancouver Falcons Athletic Clu	55	89.82%
3, 30:22.4	Millar, Jen	Unattached British Columbia	44	83.73%
4, 40:07.9	Wilson, Adele	Vancouver Falcons Athletic Clu	66	82.72%
5, 30:05.0	Poulin, Robyn	Unattached British Columbia	41	82.70%
6, 29:39.0	Wilkie, Sabrina	Unattached British Columbia	38	82.53%
7, 41:28.5	Kearney, Patricia	Unattached British Columbia	65	78.92%
8, 33:35.3	Macdonald, Heather	Unattached British Columbia	46	77.11%
9, 37:57.3	Clague, Ellen	Vancouver Falcons Athletic Clu	55	75.66%
10, 36:03.1	McCutcheon, Jennifer	Vancouver Thunderbirds	48	73.36%
11, 36:52.6	Andrews (Rung), Kathy	Unattached British Columbia	48	71.74%
12, 46:41.2	Dueck, Lynne	Kajaks Track & Field Club	66	71.09%
13, 40:27.5	Dixon-Warren, Gwyneth	Golden Ears Athletics	55	70.99%
14, 36:28.1	Marfori, Lisa	Unattached British Columbia	42	68.66%
15, 46:16.2	Lam, Rachel	Vancouver Thunderbirds	52	59.87%

Senior Men 8000m

1, 23:39.1	Davies, Andrew	UBC Thunderbirds	23
2, 23:51.8	Perrier, John	UBC Thunderbirds	23
3, 23:57.9	Drover, Alex	Harbour Track - Hamilton	24
4, 24:02.9	Dinsdale, Cole	Unattached British Columbia	25
5, 24:03.2	Tiwana, Jaiveer	UBC Thunderbirds	21
6, 24:15.0	Dozzi, Tyler	Vancouver Thunderbirds	24
7, 24:16.3	De Lange, Mitch	Unattached British Columbia	24
8, 24:22.0	Gravel, Christian	Vancouver Thunderbirds	29
9, 24:27.0	Dwyer, Liam	UBC Thunderbirds	22
10, 24:27.4	Kozelj, Joshua	Unattached British Columbia	25
11, 24:28.6	Uhrich, Dylan	UBC Thunderbirds	21
12, 24:35.8	Schimmelpenninck Van Der Oye,	UBC Thunderbirds	21
13, 24:38.9	Miller, Riley	UBC Thunderbirds	23
14, 24:52.7	Mulusht Zewdu, Daniel	Prairie Inn Harriers Racing Te	28
15, 25:06.4	Van Hezewijk, Gabe	Unattached British Columbia	23
16, 25:17.0	Dehghan, Nathan	Vancouver Thunderbirds	27
17, 25:33.7	Woodrow, Hayden	Victoria Vikes	20
18, 25:37.6	Hardy, Spencer	UBC Thunderbirds	21

19, 25:46.4	Seshadri, Benjamin	Victoria Vikes	21
20, 25:51.7	Kiplagat, Justin	Trinity Western Spartans	20
21, 26:00.1	Screen, Jack	Victoria Endurance Track Club	20
22, 26:01.7	Toneguzzi, Daniel	Trinity Western Spartans	24
23, 26:12.8	Suchoski, Luke	Victoria Vikes	20
24, 26:21.5	Brost, Jonah	UBC Thunderbirds	22
25, 26:37.9	Schriemer, Michael	UBC Thunderbirds	20
26, 26:42.5	Crowe, Christopher	UBC Okanagan Heat	20
27, 26:45.2	Makwae, Bill	UBC Thunderbirds	21
28, 26:58.7	Dunne, Conor Brendan	Unattached British Columbia	27
29, 27:01.2	Yuzdepski, Mathias	Victoria Endurance Track Club	21
30, 27:13.7	Stephens-Whale, Shaun	Unattached British Columbia	34
31, 27:23.7	Graham, Caleb	UBC Okanagan Heat	21
32, 27:29.3	Grant, Elijah	Unattached British Columbia	21
33, 27:52.5	Howlett, Mitch	Vancouver Falcons Athletic Clu	34
34, 27:52.9	Cappellano, Matteo	Vancouver Thunderbirds	20
35, 28:14.0	Marland, Daniel	Calgary Warriors Track Club	31
36, 28:26.1	Robertson, Lucas	UBC Okanagan Heat	20
37, 28:39.1	Konkin, Jackson	Victoria Vikes	23
38, 29:46.9	Johnston, Reid	UBC Okanagan Heat	22
39, 29:49.4	Torres, Richard	Unattached British Columbia	27
40, 32:17.6	Chow, Nolan	Unattached British Columbia	34
41, 34:34.1	Gladstone, Hunter	Unattached British Columbia	21
42, 36:25.2	McKay, Fraser	Universal Athletics Club	21

Team Scores

- 1 17 UBC Thunderbirds A ['Davies, Andrew', 'Perrier, John', 'Tiwana, Jaiveer', 'Dwyer, Liam']
- 2 54 UBC Thunderbirds B ['Uhrich, Dylan', 'Schimmelpenninck Van Der Oye, Sacha', 'Miller, Riley', 'Hardy, Spencer']
- 3 64 Vancouver Thunderbirds A ['Dozzi, Tyler', 'Gravel, Christian', 'Dehghan, Nathan', 'Cappellano, Matteo']
- 4 96 Victoria Vikes A ['Woodrow, Hayden', 'Seshadri, Benjamin', 'Suchoski, Luke', 'Konkin, Jackson']
- 5 131 UBC Okanagan Heat A ['Crowe, Christopher', 'Graham, Caleb', 'Robertson, Lucas', 'Johnston, Reid']

Senior Women 8000m

1, 26:57.4	Sim, Glynis	Vancouver Thunderbirds	25
2, 26:59.0	Debues-Stafford, Gabriela	Unattached Ontario	28
3, 27:16.7	Gibson, Kiana	Vancouver Thunderbirds	24
4, 27:21.0	Ginther, Ally	Vancouver Thunderbirds	28
5, 27:21.8	Newlove, Katie	UBC Thunderbirds	21
6, 27:23.1	Becker, Kyla	UBC Thunderbirds	22
7, 27:42.9	Ayers, Katelyn	Victoria Endurance Track Club	28
8, 27:52.5	Kilmartin, Sandra	Vancouver Thunderbirds	30
9, 28:13.4	Mortimer, Rachel	UBC Thunderbirds	22
10, 28:26.7	Erickson, Jennifer	UBC Thunderbirds	30

11, 28:34.6	Chang, Jouen	UBC Thunderbirds	24
12, 29:10.3	Bouck, Tori	UBC Okanagan Heat	22
13, 29:19.1	Andrews-Paul, Alison	Unattached British Columbia	26
14, 29:25.6	Pfohl, Amelia	UBC Thunderbirds	20
15, 29:35.4	Mann, Caitlin	Unattached British Columbia	23
16, 29:50.1	Hennessey, Jamie	Unattached British Columbia	24
17, 29:50.9	Cotterell, Katelyn	UBC Thunderbirds	22
18, 29:55.5	Gill, Ria	Vancouver Thunderbirds	21
19, 30:01.2	Ylipahkala, Abby	UBC Thunderbirds	20
20, 30:30.8	MacGillivray, Sarah	UBC Thunderbirds	19
21, 30:38.6	Doorenspleet, Zoe	UBC Thunderbirds	21
22, 30:48.2	Fleming, Elysse	UBC Thunderbirds	20
23, 30:58.8	Milne, Kate	Unattached	22
24, 31:01.0	Reisdorf, Naomi	Trinity Western Spartans	22
25, 31:03.6	Jackson, Mckenna	Vancouver Thunderbirds	24
26, 31:19.1	Kearns, Emma	UBC Okanagan Heat	21
27, 31:23.2	Cockburn, Samara	Victoria Vikes	19
28, 33:09.6	Higgins, Skye	Vancouver Thunderbirds	20
29, 33:30.9	Leroux, Alison	Vancouver Thunderbirds	21

Team Scores

- 16 Vancouver Thunderbirds A ['Sim, Glynis', 'Gibson, Kiana', 'Ginther, Ally', 'Kilmartin, Sandra']
- 30 UBC Thunderbirds A ['Newlove, Katie', 'Becker, Kyla', 'Mortimer, Rachel', 'Erickson, Jennifer']
- 61 UBC Thunderbirds B ['Chang, Jouen', 'Pfohl, Amelia', 'Cotterell, Katelyn', 'Ylipahkala, Abby']
- 100 Vancouver Thunderbirds B ['Gill, Ria', 'Jackson, Mckenna', 'Higgins, Skye', 'Leroux, Alison']

U16 Men 3000m

1, 09:25.5	Geddes, Jericho	Ocean Athletics Track & Field	15
2, 09:26.9	Simmonds, Riley	Valley Royals Track & Field Cl	15
3, 09:34.1	Hayden, Miles	Penticton Track & Field Club	15
4, 09:34.8	Beaudoin, Rhys	Nanaimo & District Track & Fie	15
5, 09:36.5	Heidt, Simon	Unattached British Columbia	15
6, 09:44.5	Smith, Benjamin	Vancouver Thunderbirds	15
7, 09:45.7	Nestmann, Henry	Ocean Athletics Track & Field	15
8, 09:45.9	Johnston, Isaiah	Vancouver Thunderbirds	14
9, 09:53.7	Clarke, Elijah	Vancouver Thunderbirds	15
10, 09:58.0	Kissmann, Coen	UBC Okanagan Heat	14
11, 10:05.0	Abraham, Dawson	Kootenay Chaos Track Club	14
12, 10:13.8	Narbett, Kouken	Kajaks Track & Field Club	15
13, 10:20.7	Franey, Egan	Peninsula Track & Field Club	15
14, 10:25.0	Thiele-Crocker, Billy	Coquitlam Cheetahs	15
15, 10:25.6	Collingwood, Cai	Okanagan Athletics Club	15
16, 10:37.5	Reed, James	Unattached British Columbia	15
17, 10:40.4	Sieben, Coulter	Okanagan Athletics Club	14

18, 10:40.5	King, Charlie	Ocean Athletics Track & Field	15
19, 10:43.9	Steiger, William	Valley Royals Track & Field C1	14
20, 10:52.7	Hemstead, Casey	West Vancouver Track & Field C	14
21, 10:56.8	Janzen, Fraser	Ocean Athletics Track & Field	15
22, 11:01.2	Wu, Xavier	Coquitlam Cheetahs	15
23, 11:04.5	Spencer, Davis	Okanagan Athletics Club	15
24, 11:08.8	Chiu, Joshua	Royal City Track & Field Club	15
25, 11:11.9	Su, Shengtong	Vancouver Thunderbirds	15
26, 11:12.4	Graff, Tre	Kajaks Track & Field Club	15
27, 11:12.8	Barrett, Asher	Coquitlam Cheetahs	15
28, 11:14.6	Dyck, Jonah	Valley Royals Track & Field C1	15
29, 11:15.2	Van Arkel, Daniel	Ocean Athletics Track & Field	15
30, 11:40.5	Kassel, Jonah	Valley Royals Track & Field C1	15
31, 11:41.2	Qiu, Xulang	Unattached	15
32, 12:00.3	Moreland, Finn	Royal City Track & Field Club	14
33, 12:09.4	Holmgren, Emilian	Peninsula Track & Field Club	14
34, 12:12.5	Reed, Thomas	Unattached British Columbia	14
35, 12:23.0	Kerr, James	Vancouver Thunderbirds	14
36, 12:30.0	Svelander, Santos	Valley Royals Track & Field C1	15
37, 12:30.1	Wang, Jason	Ocean Athletics Track & Field	14
38, 13:06.6	Kang, Taron	Langley Mustangs	14
39, 21:14.2	Moon, Jordan	Ocean Athletics Track & Field	15

Team Scores

1	23	Vancouver Thunderbirds A	['Smith, Benjamin', 'Johnston, Isaiah', 'Clarke, Elijah']
2	26	Ocean Athletics Track & Field Club A	['Geddes, Jericho', 'Nestmann, Henry', 'King, Charlie']
3	49	Valley Royals Track & Field Club A	['Simmonds, Riley', 'Steiger, William', 'Dyck, Jonah']
4	55	Okanagan Athletics Club A	['Collingwood, Cai', 'Sieben, Coulter', 'Spencer, Davis']
5	63	Coquitlam Cheetahs A	['Thiele-Crocker, Billy', 'Wu, Xavier', 'Barrett, Asher']
6	87	Ocean Athletics Track & Field Club B	['Janzen, Fraser', 'Van Arkel, Daniel', 'Wang, Jason']

U16 Women 3000m

1, 10:42.5	Buitelaar, Adrianna	Valley Royals Track & Field C1	15
2, 11:13.0	Royle, Maya	Unattached British Columbia	15
3, 11:24.2	Gauthier, Ava	Nanaimo & District Track & Fie	15
4, 11:28.0	Dehal, Sasha	Ocean Athletics Track & Field	14
5, 11:40.6	Liefsoens, Nelle	Powell River Track Club	15
6, 11:43.3	Van Vliet, Reegan	Calgary Warriors Track Club	14
7, 11:49.8	Epp, Maggie	Valley Royals Track & Field C1	15
8, 11:52.7	Kamara, Kefira	Vancouver Thunderbirds	15
9, 11:52.7	Palmer Bird, Eula	Unattached British Columbia	14
10, 12:01.1	Kennedy, Katherine	Kajaks Track & Field Club	14
11, 12:08.5	Verkaik, Annika	Langley Mustangs	14
12, 12:17.2	Comeau, Elia	Unattached British Columbia	14
13, 12:17.7	Dee, Ellyse	Ocean Athletics Track & Field	14

14, 12:17.8	Romanik, Elsa	Club Rapide	15
15, 12:19.7	Oliver-McLean, Lillian	Coquitlam Cheetahs	14
16, 12:20.8	Nay, Ruby	Kootenay Chaos Track Club	15
17, 12:21.0	De Witt, Taylor	Vancouver Thunderbirds	15
18, 12:22.3	Zult, Amariah	Club Rapide	15
19, 12:25.5	Forsyth, Ava	Vancouver Thunderbirds	15
20, 12:32.3	Dhaliwal, Syra	Valley Royals Track & Field Cl	15
21, 12:42.7	Inkman, Alexandra	Ocean Athletics Track & Field	14
22, 12:52.2	Mar, Evelyn	Ocean Athletics Track & Field	14
23, 13:00.2	Hickie, Presley	Penticton Track & Field Club	14
24, 13:04.4	Verkaik, Claire	Langley Mustangs	14
25, 13:32.9	Villariza, Maria	Langley Mustangs	15
26, 13:47.4	Campbell, Anna	Langley Mustangs	14
27, 13:48.4	Blair, Anna	Ocean Athletics Track & Field	14
28, 14:15.3	Kump, Ruby	Kajaks Track & Field Club	15
29, 14:34.0	Fisher, Avran	Kootenay Chaos Track Club	14
30, 15:40.8	Owen, Millicent	Valley Royals Track & Field Cl	15
31, 15:59.5	Mnguni, Emily	Nanaimo & District Track & Fie	14
32, 16:28.6	Maxwell, Zoe	NorWesters Track & Field Club	15
33, 17:00.9	Driver, Lucy	Golden Ears Athletics	15

Team Scores

- 1 28 Valley Royals Track & Field Club A ['Buitelaar, Adrianna', 'Epp, Maggie', 'Dhaliwal, Syra']
- 2 38 Ocean Athletics Track & Field Club A ['Dehal, Sasha', 'Dee, Ellyse', 'Inkman, Alexandra']
- 3 44 Vancouver Thunderbirds A ['Kamara, Kefira', 'De Witt, Taylor', 'Forsyth, Ava']
- 4 60 Langley Mustangs A ['Verkaik, Annika', 'Verkaik, Claire', 'Villariza, Maria']

U18 Men 5000m

1, 15:36.0	Mlotshwa, Charli	Prairie Inn Harriers Racing Te	16
2, 15:40.4	Hodgson, James	Ocean Athletics Track & Field	17
3, 15:46.0	Martland, Kai	Vancouver Thunderbirds	17
4, 15:48.0	Browne, Tyler	Prairie Inn Harriers Racing Te	17
5, 15:57.5	Louwerse, Noah	Langley Mustangs	16
6, 16:01.3	Kunka, Peter	Penticton Track & Field Club	16
7, 16:10.8	Holmes, Max	Vancouver Thunderbirds	17
8, 16:12.1	Nicol, Connor	Ocean Athletics Track & Field	17
9, 16:13.1	Rahkola, Maverik	Penticton Track & Field Club	16
10, 16:13.1	Sada, Bernardo	Ocean Athletics Track & Field	16
11, 16:21.2	Snyman, Stephanus	Ocean Athletics Track & Field	16
12, 16:22.9	Serowka, Theo	Prairie Inn Harriers Racing Te	17
13, 16:26.8	Headley, Elijah	Unattached British Columbia	17
14, 16:34.1	Doughty, James	UBC Thunderbirds	16
15, 16:35.1	Sandquist-Sherman, Owen	Prairie Inn Harriers Racing Te	16
16, 16:36.1	Pitzey, Sam	Golden Ears Athletics	17
17, 16:38.4	Dixon-Lawless, Lucien	Golden Ears Athletics	17
18, 16:39.6	Erickson, Mitchell	Kootenay Chaos Track Club	17

19, 16:41.9	Cannon, Ethan	West Vancouver Track & Field C	17
20, 16:44.0	Jivraj, Keyaan	West Vancouver Track & Field C	17
21, 16:46.7	Graham, Miles	Valley Royals Track & Field Cl	16
22, 16:52.6	Liu, Joe	Ocean Athletics Track & Field	17
23, 16:53.2	Nakanishi, Arata	Valley Royals Track & Field Cl	16
24, 16:55.1	Wilkinson, Josiah	Prince George Road Runners	17
25, 16:59.6	Humphrey, Andrew	Kamloops Track & Field Club	17
26, 17:00.7	Carrier, Preston	Vancouver Thunderbirds	17
27, 17:04.0	Denux, Luc	Prairie Inn Harriers Racing Te	16
28, 17:06.2	Harris, Jack	Vancouver Thunderbirds	16
29, 17:12.8	Haines, Nicholas	Ocean Athletics Track & Field	17
30, 17:15.2	van Schagen, Will	Valley Royals Track & Field Cl	16
31, 17:15.7	Haime, Camron	Vancouver Thunderbirds	16
32, 17:19.1	Kennedy, Zachary	Kajaks Track & Field Club	17
33, 17:23.4	Molina, Mark	Valley Royals Track & Field Cl	17
34, 17:24.1	Miya, Rogelio	Vancouver Thunderbirds	17
35, 17:26.0	Van Dijk, Oliver	West Vancouver Track & Field C	17
36, 17:26.8	Brittain, Steven	Ocean Athletics Track & Field	17
37, 17:33.0	Gladdish, Noah	Prince George Track & Field Cl	16
38, 17:33.9	McMurray, Coen	Unattached British Columbia	16
39, 18:09.6	Wassenaar, Arie	Valley Royals Track & Field Cl	17
40, 18:15.9	Naresh, Dylan	Golden Ears Athletics	16
41, 18:26.2	Rasquinha, Samuel	Valley Royals Track & Field Cl	16
42, 18:27.4	Graham, William Henry	Golden Ears Athletics	16
43, 18:31.1	Pannu, Armaandeeep	Ocean Athletics Track & Field	16
44, 18:34.3	Cai, Justin	Ocean Athletics Track & Field	17
45, 18:47.7	Flack, Oliver	Langley Mustangs	17
46, 18:59.6	Bowler, Matthew	Prince George Track & Field Cl	17
47, 20:10.9	McBride, Nolan	Ocean Athletics Track & Field	16
48, 20:32.1	Bridson, Elliot	Kajaks Track & Field Club	17

Team Scores

- 17 Prairie Inn Harriers Racing Team A ['Mlotshwa, Charli', 'Browne, Tyler', 'Serowka, Theo']
- 20 Ocean Athletics Track & Field Club A ['Hodgson, James', 'Nicol, Connor', 'Sada, Bernardo']
- 36 Vancouver Thunderbirds A ['Martland, Kai', 'Holmes, Max', 'Carrier, Preston']
- 62 Ocean Athletics Track & Field Club B ['Snyman, Stephanus', 'Liu, Joe', 'Haines, Nicholas']
- 73 Golden Ears Athletics A ['Pitzey, Sam', 'Dixon-Lawless, Lucien', 'Naresh, Dylan']
- 74 West Vancouver Track & Field Club A ['Cannon, Ethan', 'Jivraj, Keyaan', 'Van Dijk, Oliver']
- 74 Valley Royals Track & Field Club A ['Graham, Miles', 'Nakanishi, Arata', 'van Schagen, Will']
- 93 Vancouver Thunderbirds B ['Harris, Jack', 'Haime, Camron', 'Miya, Rogelio']
- 113 Valley Royals Track & Field Club B ['Molina, Mark', 'Wassenaar, Arie', 'Rasquinha, Samuel']
- 123 Ocean Athletics Track & Field Club C ['Brittain, Steven', 'Pannu, Armaandeeep', 'Cai,

Justin']

U18 Women 5000m

1, 17:45.3	Hodgson, Maella	Ocean Athletics Track & Field	17
2, 17:52.7	Dow, Alexa	Prairie Inn Harriers Racing Te	16
3, 18:17.7	Gosselin, Delphine	Vancouver Thunderbirds	16
4, 18:22.4	Symon, Chloe	Vancouver Thunderbirds	16
5, 18:23.6	McDonald, Rachel	Ocean Athletics Track & Field	17
6, 18:28.6	Beach, Grace	Calgary Warriors Track Club	17
7, 19:19.1	Wallace, Feron	Kamloops Track & Field Club	16
8, 19:23.9	Eames, Madeleine	Prairie Inn Harriers Racing Te	17
9, 19:42.9	McDonald, Catelin	Ocean Athletics Track & Field	17
10, 19:55.6	Dee, Veronica	Ocean Athletics Track & Field	17
11, 19:55.8	Unger, Zoe	Valley Royals Track & Field Cl	17
12, 20:05.1	Frketich, Amanda	West Vancouver Track & Field C	17
13, 20:08.2	Packford, Charli	Prairie Inn Harriers Racing Te	16
14, 20:19.6	Hickie, Jordis	Penticton Track & Field Club	16
15, 20:40.6	O'Brien, Rory	West Vancouver Track & Field C	16
16, 20:50.6	Sheehan, Payton	Calgary Warriors Track Club	17
17, 21:04.4	Rodway, Ava	Vancouver Thunderbirds	16
18, 21:17.6	Gillette, Brea	Nanaimo & District Track & Fie	16
19, 21:29.5	Sadilkova, Arleta	Nanaimo & District Track & Fie	17
20, 21:56.7	Coyle, Tessa	Club Rapide	17
21, 22:12.3	Prince, Nora	Nanaimo & District Track & Fie	17
22, 22:20.1	Meyang, Manuela	Coquitlam Cheetahs	16
23, 22:26.3	Mathis, Arden	Ocean Athletics Track & Field	16
24, 22:30.2	King, Lucie	Ocean Athletics Track & Field	17
25, 23:01.2	Suen, Kodyn	Langley Mustangs	16
26, 23:12.4	Borsa, Chyvonne	Club Rapide	17
27, 23:20.6	Robinson, Kaelyn	Royal City Track & Field Club	16
28, 23:57.9	Cervantes-Briseno, Sofia	Vancouver Thunderbirds	16
29, 24:09.5	Iorio, Tiana	Coquitlam Cheetahs	16
30, 24:32.6	Suen, Makayden	Langley Mustangs	16
31, 24:38.1	Hogarth-Wood, Lily	Ocean Athletics Track & Field	17

Team Scores

- 15 Ocean Athletics Track & Field Club A ['Hodgson, Maella', 'McDonald, Rachel', 'McDonald, Catelin']
- 23 Prairie Inn Harriers Racing Team A ['Dow, Alexa', 'Eames, Madeleine', 'Packford, Charli']
- 24 Vancouver Thunderbirds A ['Gosselin, Delphine', 'Symon, Chloe', 'Rodway, Ava']
- 57 Ocean Athletics Track & Field Club B ['Dee, Veronica', 'Mathis, Arden', 'King, Lucie']
- 58 Nanaimo & District Track & Field Club A ['Gillette, Brea', 'Sadilkova, Arleta', 'Prince, Nora']

U20 Men 8000m

1, 24:25.1	Mulugeta, Yemane	Ocean Athletics Track & Field	18
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2, 25:00.1	Filion, Maximilien	UBC Thunderbirds	19
3, 25:23.4	Kifle, Aven	Vancouver Thunderbirds	18
4, 25:36.5	McLeish, Tion	Victoria Vikes	19
5, 25:50.3	Lloyd, Owen	UBC Okanagan Heat	19
6, 25:52.4	Grainger, Oscar	Victoria Vikes	19
7, 26:12.6	Porter, Kyle	UBC Okanagan Heat	19
8, 26:19.7	Baker, Isaac	Ocean Athletics Track & Field	19
9, 26:23.5	Sandmaier, Luke	Victoria Vikes	19
10, 27:02.2	Stafford, Nicholas	Victoria Vikes	18
11, 27:02.3	Young, Carson	Grizzly Endurance Collective A	18
12, 27:05.2	Sikich, James	UBC Thunderbirds	18
13, 27:13.0	Kanuka, Charlie	West Vancouver Track & Field C	19
14, 27:36.0	Geake, Joel	UBC Okanagan Heat	19
15, 27:39.8	Carlson, Finn	Vancouver Thunderbirds	19
16, 27:59.0	Parkins, Basil	UBC Okanagan Heat	19
17, 28:18.3	Sommerfreund, Seth	Victoria Endurance Track Club	18
18, 29:04.5	Robertson, Trevor	UBC Okanagan Heat	18
19, 30:08.3	Powell, Miles	UBC Okanagan Heat	18
20, 30:49.8	Landa-Ahn, Brandon	Vancouver Thunderbirds	18
21, 31:29.1	Gosselin, Charles	Prairie Inn Harriers Racing Te	18
22, 33:10.8	Dommann, Marten	Unattached British Columbia	18

Team Scores

1	19	Victoria Vikes A	['McLeish, Tion', 'Grainger, Oscar', 'Sandmaier, Luke']
2	26	UBC Okanagan Heat A	['Lloyd, Owen', 'Porter, Kyle', 'Geake, Joel']
3	38	Vancouver Thunderbirds A	['Kifle, Aven', 'Carlson, Finn', 'Landa-Ahn, Brandon']
4	53	UBC Okanagan Heat B	['Parkins, Basil', 'Robertson, Trevor', 'Powell, Miles']

U20 Women 6000m

1, 23:10.3	Yakemchuk, Abigail	Ocean Athletics Track & Field	19
2, 23:53.6	Wigmore, Ella	UBC Okanagan Heat	19
3, 24:22.1	Titova, Anna-Veronika	Ocean Athletics Track & Field	18
4, 24:27.5	Arcadi, Monika	Victoria Vikes	19
5, 25:00.3	Astridge, Robyn	Vancouver Thunderbirds	19
6, 25:12.5	Heslop, Kaitlyn	Royal City Track & Field Club	19

Team Scores

no eligible teams, 3 scorers required