

Frank Reynolds Memorial Cross-Country Meet - 10/16/2010
Cates Park, North Vancouver
Results - sturday

Event 2 Boys 8 1500 Meter Run 1.5K 2xA +C

Name	Yr	Team	Finals
Results - Men 8 Year Olds			
2 3125 Compareli, Luca	02	West Point Grey Academy	7:26.39
7 2693 Goh, Joel	02	St. George's School	7:51.19
8 2704 Wooder, Sam	02	St. George's School	7:58.71
11 3078 Lo, Jeremy	02	St. George's School	8:04.35
16 3065 Leach, Jaden	02	Southridge School	8:11.38
25 3083 Wong, Bryce	02	St. George's School	8:31.22
29 2720 McKay, Fraser	02	South Fraser Athletics	8:38.78
30 2705 Gaglardi-Kreider, Jake	02	St. George's School	8:39.60
31 2896 Takahashi, Masato	02	Bowen Island Road Runners	8:44.77
32 2910 Lenartowicz, AJ	02	Collingwood School	8:45.50
34 3051 Jafri, Ali	02	Southpoint Academy	8:47.58
37 3073 Sorensen, Ryland	02	Southridge School	8:49.99
41 2712 Anderson, Finn	02	St. George's School	8:58.60
42 3075 Tregobov, Ethan	02	Southridge School	9:09.85
43 3080 Parolin, Luke	02	St. George's School	9:10.73
45 3136 Greer, Gussie	02	West Point Grey Academy	9:33.66
46 2903 Cho, Thomas	02	Collingwood School	9:42.57
49 3128 Dang, Nicholas	02	West Point Grey Academy	10:01.46
51 3082 Shojanian, Alexander	02	St. George's School	10:05.93
53 2906 Gill, Armaan	02	Collingwood School	10:15.46
55 2714 Modi, Ishaan	02	St. George's School	10:39.96
56 2692 Nip, Russel	02	St. George's School	10:47.73
57 3066 Lister, Graeme	02	Southridge School	10:52.89

Event 2 Boys 9 1500 Meter Run 1.5K 2xA +C

Name	Yr	Team	Finals
Results - Men 9 Year Olds			
1 2722 Vandenberg, Owen	01	St. George's School	7:24.81
3 2913 Neill-Klein, Graeme	01	Collingwood School	7:27.57
4 2726 Jensen, Ryan	01	Royal City	7:35.29
5 3116 Bondy, Kiaan	01	West Point Grey Academy	7:46.48
6 2904 Connell, Cooper	01	Collingwood School	7:48.85
9 3124 Cheng, Matthew	01	West Point Grey Academy	8:00.60
10 2914 Okano, Lucas	01	Collingwood School	8:02.45
12 2717 Wilson, Jack	01	Bowen Island Road Runners	8:06.25
13 3090 Gill, Gulpinder	01	Universal Athletics	8:07.98
14 3141 Hunter, Garret	01	West Point Grey Academy	8:10.04
15 2701 McCallum, Conrad	01	Saint Johns	8:10.73
17 2926 Chong, Jarrett	01	Coquitlam Cheetahs	8:13.49
18 2696 Ostler, Alex	01	St. George's School	8:16.79
19 3072 Soheili, Arman	01	Southridge School	8:17.32
20 3118 Bourne, Jacob	01	West Point Grey Academy	8:17.80
21 3172 Smythe, Tristan	01	West Point Grey Academy	8:19.44
22 3105 Ng, Cedric	01	Vancouver Olympic Club	8:22.38
23 2899 Beaupre, Lucas	01	Collingwood School	8:26.49
24 2901 Chase, Jaedon	01	Collingwood School	8:30.56
26 3164 Pringle, Gavin	01	West Point Grey Academy	8:31.92
27 3157 Nathoo, Zamaan	01	West Point Grey Academy	8:32.62
28 2909 LeBlanc, Tom	01	Collingwood School	8:37.06
33 3113 Anton, Michael	01	West Point Grey Academy	8:46.17
35 3061 French, Harrison	01	Southridge School	8:48.27
36 2729 Lin, William	01	St. George's School	8:48.99
38 3112 Anderson, Jack	01	West Point Grey Academy	8:56.01
39 2902 Cho, Sean	01	Collingwood School	8:56.69
40 2908 Karim, Jamil	01	Collingwood School	8:57.47
44 3156 Mummen, Austin	01	West Point Grey Academy	9:19.24
47 3162 Patel, Varun	01	West Point Grey Academy	9:51.22
48 2715 Szeto, Newton	01	St. George's School	9:59.56
50 3010 Riddell, Sam	99	NorWesters Track &field	10:02.09
52 2716 Zuo, Alan	01	St. George's School	10:14.83
54 3056 Pake, Chris	01	Southpoint Academy	10:26.02

Event 3 Girls 8 1500 Meter Run 1.5K 2xA +C

Name	Yr	Team	Finals
Results - Women 8 Year Olds			
1 2919 Ryan, Caitlin	02	Collingwood School	7:55.08
2 3074 Toy, Lauren	02	Southridge School	7:57.88
3 3063 Kobylanski, Maya	02	Southridge School	8:10.16
4 2943 Hill, Natalie	02	Crofton House School	8:20.80
5 2940 French, Rhiannon	02	Crofton House School	8:21.66
6 3161 Pallai, Jordan	02	West Point Grey Academy	8:22.37
7 3121 Chambers, Jocelyn	02	West Point Grey Academy	8:43.44
8 2964 Zhang, Joyce	02	Crofton House School	8:44.97
9 3159 Neil, Olivia	02	West Point Grey Academy	8:47.08
10 2916 Preston, Dayna	02	Collingwood School	8:49.94
11 2958 Shah, Anya	02	Crofton House School	9:00.38
12 3120 Carruthers, Naomi	02	West Point Grey Academy	9:02.67
13 3132 Gadalla, Heather	02	West Point Grey Academy	9:04.82
14 2918 Rastad, Julia	02	Collingwood School	9:13.20
15 2920 Sawers, Lilah	02	Collingwood School	9:15.70
16 3137 Gupta, Marina	02	West Point Grey Academy	9:23.16
17 3131 Drimaropoulos, Olivia	02	West Point Grey Academy	9:27.02
18 2713 Pope, Maggie	02	West Point Grey Academy	9:29.23
19 3138 Hamilton, Rebecca	02	West Point Grey Academy	9:30.08
20 2889 Blomberg, Briar	02	Bowen Island Road Runners	9:33.27
21 2930 Adelbaum, Katrina	02	Crofton House School	9:40.91
22 2912 McCord, Kiera	02	Collingwood School	9:49.00
23 3185 Deol, Amneet	02	York House School	9:53.48
24 2945 Leong, Natalie	02	Crofton House School	10:06.58
25 3207 Wright, Zoe	02	York House School	10:10.02
26 3135 Gradeckak, Mia	02	West Point Grey Academy	10:12.79
27 2937 Dalton, Emily	02	Crofton House School	10:20.56
28 2933 Chee, Zoe	02	Crofton House School	10:35.34
29 3186 Dodds, Alexa	02	York House School	10:58.64
30 2932 Chan, Amelia	02	Crofton House School	11:00.52
31 2923 Tam, Riley	02	Collingwood School	11:04.33
32 3191 King, Olivia	02	York House School	11:11.01
33 3206 Wright, Sophie	02	York House School	11:14.57
34 3208 You, Dana	02	York House School	11:14.68
35 2931 Chak, Celine	02	Crofton House School	11:21.60
36 2719 Clark, Annalis	02	Collingwood School	11:23.91
37 2963 Versi, Pareesa	02	Crofton House School	11:27.56
38 3148 Lin, Hannah	02	West Point Grey Academy	12:32.93
39 3184 Baker, Chloe	02	York House School	12:56.07
40 3204 Watterson, Soleil	02	York House School	12:56.87

Event 3 Girls 9 1500 Meter Run 1.5K 2xA +C

Name	Yr	Team	Finals
Results - Women 9 Year Olds			
1 3071 Smith, Cayla	01	Southridge School	7:05.18
2 3030 Milic, Hannah	01	Ocean Athletics	7:08.29
3 3108 Watson, Nina	01	Vancouver Olympic Club	7:34.46
4 2927 Erickson, Jessica	01	Coquitlam Cheetahs	7:46.67
5 3042 Verhoeven, Jocelyn	01	Ocean Athletics	7:48.81
6 2997 Danniell, Meghan	01	Langley Mustangs	7:53.48
7 3181 Williams, Taylor	01	West Point Grey Academy	7:53.97
8 3023 Denness, Rori	01	Ocean Athletics	8:09.11
9 2934 Cheema, Bhag	01	Crofton House School	8:09.64
10 3190 Hudson, Samantha	01	York House School	8:12.54
11 3087 Basra, Snehpreet	01	Universal Athletics	8:13.09
12 3192 Lecky, Lauren	01	York House School	8:22.01
13 3127 Cummings, Anna	01	West Point Grey Academy	8:28.23
14 2942 George, Ruby	01	Crofton House School	8:28.85
15 3046 Zinetti, Daniella	01	Ocean Athletics	8:37.71
16 2922 Sprenger, Summer	01	Collingwood School	8:43.33
17 3068 Rumm, Ingrid	01	Southridge School	8:43.92
18 2948 Mikula-Noble, Nataysia	01	Crofton House School	8:44.66
19 2961 van Santen, Jayden	01	Crofton House School	8:50.16
20 3111 Adams, Josephine	01	West Point Grey Academy	9:00.10
21 3049 Bailey, Adelia	01	Southpoint Academy	9:08.46
22 2960 Sy, Carissa	01	Crofton House School	9:10.79

23	2907	Gill, Muneet	01	Collingwood School	9:12.74
24	3150	Lui, Suzanne	01	West Point Grey Academy	9:35.77
25	2956	Reuter, Fiona	01	Crofton House School	9:36.45
26	3169	Razak, Zafirah	01	West Point Grey Academy	9:41.72
27	2935	Cheema, Jasneet	01	Crofton House School	9:45.27
28	2915	Parker, Isabella	01	Collingwood School	9:49.51
29	2925	Weber, Sophie	01	Collingwood School	10:10.46
30	2959	Suleman, Saira	01	Crofton House School	10:19.32
31	2898	Baker, Brooke	01	Collingwood School	10:45.81
32	3198	Nadella, Tara	01	York House School	10:54.33
33	2947	Meghji, Saara	01	Crofton House School	10:54.72

Event 4 Boys 10 Year Olds 2100 Meter Run CC 2.1K Loop B

Name	Yr	Team	Finals	
Results - Men 10 Year Olds				
1	2697	Kirkwood, Thomas	00 St. George's School	7:57.42
2	3076	Graham, Hugh	00 St. George's School	7:58.06
3	3110	Mitchell, Michael	00 Vancouver Thunderbird	7:59.90
4	2721	VonDadelszen, Piers	00 St. George's School	8:15.91
5	2928	Parmar, Rajeev	00 Coquitlam Cheetahs	8:16.75
6	3079	Matsubara, Yoshinao	00 St. George's School	8:24.83
7	2984	Roberts, Graeme	00 Golden Ears	8:26.02
8	3100	Hawkins-Forster, Noah	00 Vancouver Olympic Club	8:57.67
9	3101	Jackson, Devan	00 Vancouver Olympic Club	8:59.05
10	3133	Gilberg, Jonathan	00 West Point Grey Academy	9:03.68
11	2734	Ference, Alex	00 St. George's School	9:04.26
12	2710	Murphy, Matthew	00 Vancouver Thunderbird	9:08.05
13	2917	Preston, Tyler	00 Collingwood School	9:18.46
14	3103	Maile, Matthew	00 Vancouver Olympic Club	9:30.48
15	3021	Butler, Mark	00 Ocean Athletics	9:48.01
16	2723	King, Kristopher	00 St. George's School	10:23.86
17	2735	Callum, Shepard	00 St. George's School	10:25.86
18	2733	Aggarway, Abhinav	00 St. George's School	10:43.15
19	2732	Hicks, Will	00 St. George's School	11:23.47
20	2911	Lenartowicz, Mitchell	00 Collingwood School	12:20.71
21	3067	Nuraney, Ilahyas	00 Southridge School	14:09.32
22	2900	Belanger, Samuel	00 Collingwood School	14:21.53

Event 5 Girls 10 Year Olds 2100 Meter Run CC 2.1K LoopB

Name	Yr	Team	Finals	
Results - Women 10 Year Olds				
1	3036	Ribeiro, Hayley	00 Ocean Athletics	8:10.80
2	3002	Martinez, Mariana	00 Langley Mustangs	8:15.39
3	2699	Pelayo-Mazzoni, Sophie	00 Saint Johns	9:10.50
4	3006	Goggs, Romilly	00 NorWesters Track &field	9:11.61
5	2730	Lumb, Katia	00 Unattached	9:14.11
6	3173	Steiner, Giselle	00 West Point Grey Academy	9:14.58
7	3040	Tork, Alina	00 Ocean Athletics	9:33.89
8	3147	Lee, Carrie	00 West Point Grey Academy	9:39.94
9	2952	Papic, Amanda	00 Crofton House School	10:01.81
10	3155	Moxham, Lindy	00 West Point Grey Academy	10:06.75
11	3163	Pope, Kate	00 West Point Grey Academy	10:38.02
12	2951	Pan, Megan	00 Crofton House School	10:51.72
13	3183	Avelar, Samantha	00 York House School	10:56.23
14	3205	Wooder, Emily	00 York House School	11:37.06
15	3050	Cuthbert, Chloe	00 Southpoint Academy	12:26.09

Event 6 Boys 11 Year Olds 2100 Meter Run CC 2.1K LoopB

Name	Yr	Team	Finals	
Results - Men 11 Year Olds				
1	3106	Nobbs, Thomas	99 Vancouver Olympic Club	7:31.35
2	2707	Pelayo-Mazzone, Roberto	99 St. George's School	7:32.53
3	3081	Proust, Noah	99 St. George's School	7:32.64
4	3035	Ribeiro, Dawson	99 Ocean Athletics	7:56.74
5	3009	Riddell, Mackenzie	99 NorWesters Track &field	8:04.61
6	2741	Palaty, Willem	99 Vancouver Thunderbird	8:09.45
7	2740	Pelaty, Thomas	99 Vancouver Thunderbird	8:21.33
8	3057	Pope, Chris	99 Southpoint Academy	8:22.35
9	2744	Jang, Oliver	99 Vancouver Thunderbird	8:23.02

10	2989	Loewen, Nathan	99	Kajaks Track and Field	8:23.58
11	3024	Forsyth, Luke	99	Ocean Athletics	8:31.01
12	2746	Gupta, Max	99	St. George's School	8:32.75
13	3054	Morrison, Brent	99	Southpoint Academy	8:59.91
14	3088	Dhindsa, Arshpreet	99	Universal Athletics	9:25.89
15	2747	Lotzkar, Joel	99	St. George's School	9:28.10
16	3089	Ghuman, Jaskaran	99	Universal Athletics	9:58.92
17	3179	Vavasour, Zach	99	West Point Grey Academy	10:02.28
18	3168	Razak, Azahir	99	West Point Grey Academy	10:37.38
19	3140	Ho, Ethan	99	West Point Grey Academy	10:42.57
20	3149	Lui, Konnor	99	West Point Grey Academy	11:35.33
21	3180	Wang, Eric	99	West Point Grey Academy	11:53.69
22	3143	Kang, Yungsung	99	West Point Grey Academy	12:00.33

Event 7 Girls 11 Year Olds 2100 Meter Run CC 2.1K LoopB

Name	Yr	Team	Finals
Results - Women 11 Year Olds			
1	2708	Steer, Danielle	99 Ocean Athletics 7:49.49
2	3098	McGregor, Gabrielle	99 Valley Royals 8:13.65
3	2738	Forsyth, Marie-Louise	99 Vancouver Thunderbird 8:24.84
4	3008	Rastad, Emma	99 NorWesters Track &field 8:26.35
5	2980	Hennessy, Jamie	99 Golden Ears 8:33.29
6	2742	Brooke, Trainor	99 Unattached 8:34.73
7	3025	Good, Carly	99 Ocean Athletics 8:45.47
8	2996	Champoux, Megan	99 Langley Mustangs 8:48.20
9	2724	Vanee, Lauren	99 Royal City 8:48.83
10	3007	Goodwin, Anna	99 NorWesters Track &field 8:52.62
11	3130	Dodd, Hannah	99 West Point Grey Academy 8:56.58
12	3016	Wood, Emily	99 NorWesters Track &field 9:00.52
13	2703	Morrison, Hanna	99 Saint Johns 9:01.10
14	3011	Sim, Jenna	99 NorWesters Track &field 9:01.61
15	3165	Pringle, Madeleine	99 West Point Grey Academy 9:05.91
16	2941	George, Claudia	99 Crofton House School 9:25.75
17	3129	Diamond, Sarah	99 West Point Grey Academy 9:26.38
18	2736	Lapointe, Annelise	99 Unattached 9:35.66
19	3086	Basra, Prabhneet	99 Universal Athletics 9:56.50
20	2743	Leard, Emma	99 Crofton House School 9:59.78
21	2725	Bos, Katie	99 Royal City 10:00.90
22	2702	Tsai, Audrey	99 Saint Johns 11:34.86

Event 8 Boys 12 Year Olds 3k Run CC 3.0 B+A+C

Name	Yr	Team	Finals
Results - Men 12 Year Olds			
1	3031	Milic, Michael	98 Ocean Athletics 10:48.75
2	2731	Lumb, Kieran	98 Vancouver Thunderbird 11:45.21
3	2894	Huskisson, Grady	98 Bowen Island Road Runners 11:56.72
4	3107	Schiedel, Jasper	98 Vancouver Olympic Club 12:01.64
5	3102	Jackson, Sheldon	98 Vancouver Olympic Club 12:03.02
6	2750	Elliott, Max	98 St. George's School 12:21.07
7	2749	Yu, John	98 St. George's School 12:44.62
8	2751	Pitblado, Owen	98 St. George's School 13:09.19
9	2985	Roberts, Trevor	98 Golden Ears 13:29.75
10	3091	Gill, Jastinder	98 Universal Athletics 13:33.97
11	3146	Kuntjoro, Gregory	98 West Point Grey Academy 15:03.08
12	3166	Putnins, Myles	98 West Point Grey Academy 15:45.20

Event 9 Girls 12 Year Olds 3k Run CC 3.0 B+A+C

Name	Yr	Team	Finals
Results - Women 12 Year Olds			
1	3062	Greer, Julia	98 Southridge School 12:24.76
2	2981	Kinna, Magan	98 Golden Ears 13:08.43
3	2892	Brougham, Katie	98 Bowen Island Road Runners 13:13.32
4	3099	Cho, Samantha	98 Vancouver Olympic Club 13:18.69
5	3045	Zhu, Qinyuan	98 Ocean Athletics 14:13.82
6	3210	deJong, Breanne	98 Langley Mustangs 14:18.20
7	3117	Bondy, Suraya	98 West Point Grey Academy 14:20.23
8	3028	Klymchuk, Sammy	98 Ocean Athletics 14:23.68
9	3199	Robertson, Tennille	98 York House School 14:50.30
10	2949	Moonje, Sarah	98 Crofton House School 14:51.54

11	2946	Lim, Tamara	98	Crofton House School	14:57.22
12	2748	Merkt-Caprile, Kirstie	98	Vancouver Thunderbird	15:00.24
13	3123	Chang, Madeliene	98	West Point Grey Academy	15:20.20
14	3194	Lindsey, Julia	98	York House School	15:29.96
15	2739	Madden, Hayley	98	Vancouver Thunderbird	15:38.74
16	2957	Scragg, Katlan	98	Crofton House School	15:41.07
17	3134	Gilberg, Kiersten	98	West Point Grey Academy	15:46.09
18	3189	Hicks, Abbey	98	York House School	16:10.34
19	3041	Tork, Annika	98	Ocean Athletics	16:32.40
20	2950	Pan, Lauren	98	Crofton House School	17:05.97
21	2991	Maika, Samantha	98	Kajaks Track and Field	17:20.79
22	2962	Varelas, Genevieve	98	Crofton House School	17:32.58
23	2953	Papic, Jennifer	98	Crofton House School	17:46.72

Event 10 Boys 13 Year Olds 3k Run CC 3.0 B+A+C

Name	Yr	Team	Finals
Results - Men 13 Year Olds			
1	3003	Reta, Jemal	97 New West Spartans 10:43.88
2	3012	Sim, Kayden	97 NorWesters Track &field 11:39.31
3	2752	Makaroff, Leal	97 Vancouver Thunderbird 12:16.65
4	2764	Gill, Kabir	97 Unattached 13:44.04
---	2728	Nygaard, Sam	97 Royal City DNF

Event 11 Girls 13 Year Olds 3k Run CC 3.0 B+A+C

Name	Yr	Team	Finals
Results - Women 13 Year Olds			
1	3034	Ribeiro, Chelsea	97 Ocean Athletics 11:47.70
2	3015	Weaver, Katie	97 NorWesters Track &field 12:45.05
3	2955	Proust, Sophia	97 Crofton House School 12:47.30
4	2929	Rasche, Teagan	97 Coquitlam Cheetahs 13:14.27
5	3094	Mahal, Harleen	97 Universal Athletics 14:21.31
6	2897	Todd, Neela	97 Bowen Island Road Runners 14:40.16
7	2895	McGreggor, Katie	97 Bowen Island Road Runners 14:44.80
8	2758	McKendy, Haley	97 Vancouver Thunderbird 14:55.62
9	3182	Avelar, Alex	97 York House School 15:21.07
10	2756	McJunkin, Camille	97 Vancouver Thunderbird 15:22.43

Event 12 Boys 14-15 3k Run CC 3K B+A+C

Name	Yr	Team	Finals
Results - Men 14-15			
1	3029	McKay, Liam	96 Ocean Athletics 11:00.45
2	2775	Knechtel, Trevor	95 Unattached 11:01.97
3	3211	Hellner, James	96 Langley Mustangs 11:18.74
4	2760	Sturrock, Gavin	96 Unattached 11:19.07
5	2763	Ward, Santiago	96 New West Spartans 11:20.43
6	2982	Kinna, Mitchell	96 Golden Ears 12:42.48
7	2766	Filafilo, Dante	96 Royal City 13:21.67
8	3004	Reta, Yohannes	95 New West Spartans 13:28.39
9	2767	Nightingale, Alex	96 Sunshine Coast Athletics 14:38.61

Event 13 Girls 14-15 3k Run CC 3K B+A+C

Name	Yr	Team	Finals
Results - Women 14-15			
1	3033	Phipps, Jenna	96 Ocean Athletics 12:40.31
2	3095	Mahal, Loveleen	95 Universal Athletics 12:57.97
3	2891	Brougham, Callie	96 Bowen Island Road Runners 13:28.35
4	2757	Leckie, Megan	96 Unattached 13:35.65
5	2761	Nantel, Megan	95 Vancouver Thunderbird 13:37.67
6	2755	Wong, Madison	96 Vancouver Thunderbird 13:43.87
7	2992	Percival-Smith, Shannon	95 Kajaks Track and Field 13:48.25
8	2983	O'Dwyer, Niamh	96 Golden Ears 14:11.68
9	2890	Blomberg, Maia	96 Bowen Island Road Runners 14:14.78
10	2754	Tu, Emily	95 Vancouver Thunderbird 14:48.73
---	2753	Berrow, Natalie	96 Unattached DNF

Event 15 Girls 16-17 4200 Meter Run CC 4.2K 2xB

Name	Yr	Team	Finals
Results - Women 16-17			
1 2771 Allison, Katrina	94	Vancouver Thunderbird	16:01.62
2 3109 Mackenzie, Kansas	94	Vancouver Thunderbird	16:02.50
3 2737 Lapointe, Elisabeth	93	Unattached	16:09.64
4 3096 Mahal, Roseleen	93	Universal Athletics	19:01.48
5 3032 Mittermaier, Emma	94	Ocean Athletics	19:37.21
6 2770 Marguis, Jessica	93	Unattached	20:04.42
7 2979 Foster, Nicole	94	Golden Ears	21:59.71

Event 16 Women 18-19 5k Run CC 5K 2XB+A

Name	Yr	Team	Finals
Results - Women 18-19			
1 2976 Weekes, Emily	91	Unattached	17:38.18
2 2709 Persson, Johanna	91	Ocean Athletics	17:42.48
3 2974 Reum, Melanie	92	Unattached	19:08.77

Event 17 Women 20-34 6300 Meter Run CC 6.3K 3xB

Name	Yr	Team	Finals
Results - Women 20-34			
1 2978 Chipney, Breanna	86	Golden Ears	24:24.72
2 2779 Romero, Rachel	85	Unattached	24:54.60
3 2790 Forsman, Karen	86	Unattached	26:42.39
4 2794 Hilborn, Anna	83	Phoenix Athletic Association	27:03.63
5 2968 Fretter, Megan	88	Unattached	28:02.32
6 2971 Kinakin, Elena	90	Unattached	29:31.53
7 2969 Harris, Tamara	90	Unattached	29:58.43
8 2970 Innis, Rebeca	90	Unattached	32:51.98
9 7174 Fotoohi, Sanaz	87	Unattached	37:19.63

Event 18 Women 35-39 6300 Meter Run 6.3K 3xB

Name	Yr	Team	Finals
Results - Women 35-39			
1 2773 Cliliona, Carthy	74	Vancouver Falcons	27:02.21

Event 18 Women 40-44 6300 Meter Run 6.3K 3xB

Name	Yr	Team	Finals
Results - Women 40-44			
1 2893 Brougham, Lisa	70	Bowen Island Road Runners	25:25.11
2 2785 Purcham, Janette	67	Vancouver Falcons	25:36.58
3 2795 Roberts, Amanda	67	Unattached	32:09.98

Event 18 Women 45-49 6300 Meter Run 6.3K 3xB

Name	Yr	Team	Finals
Results - Women 45-49			
1 2769 Nightingale, Terasa	65	Sunshine Coast Athletics	24:18.82
2 3047 Zinetti, Natalie	64	Ocean Athletics	28:27.30
3 2777 Morgan, Shonna	64	Semiahmoo	35:44.13

Event 18 Women 50-54 6300 Meter Run 6.3K 3xB

Name	Yr	Team	Finals
Results - Women 50-54			
1 3026 Jordan, Debbie	57	Ocean Athletics	28:42.43

Event 20 Boys 16-17 5k Run CC 5K 2XB +A

Name	Yr	Team	Finals
Results - Men 16-17			
1 2762 Wong, Ryan	93	Vancouver Thunderbird	16:23.18
2 2789 Riddell, Patrick	94	Vancouver Thunderbird	17:00.17
3 7175 Moore, Gaelen	94	Vancouver Thunderbird	17:01.60
4 3014 Swanson, Matthew	94	NorWesters Track &field	17:35.50

5	3104 Mainardi, Christopher	93	Vancouver Olympic Club	18:51.04
6	3093 Leel, Amritpal	94	Universal Athletics	19:39.83
7	3092 Kandola, Gunvir	95	Universal Athletics	24:07.95

Event 21 Men 18-19 6300 Meter Run CC 6.3K 3xB

Name	Yr	Team	Finals
Results - Men 18-19			
1	2711	White, Declan	92 Ocean Athletics 20:59.90
2	7184	Forseth, Rowan	91 Unattached 21:11.37
3	2698	Gurjit, Rajput	91 Ocean Athletics 22:12.01
4	2967	De Jesus, John	91 Unattached 25:03.10
5	2965	Battochio, Matt	91 Unattached 25:57.20
6	2787	Zens, Felix	91 Southpoint Academy 27:13.97
7	2797	Gargaro, Joey	92 Phoenix Athletic Association 28:32.90

Event 22 Men 20-34 6300 Meter Run CC 6.3K 3xB

Name	Yr	Team	Finals
Results - Men 20-34			
1	3048	Kazuta, Kerry	85 Point Grey Track & Field 19:53.36
2	2798	Simpson, Tristan	84 Unattached 19:53.95
3	5919	Nipen, Thomas	84 Unattached 21:29.15
4	5910	Nicholson, Drew	84 Vancouver Falcons 21:31.94
5	3020	Bulter, Michael	90 Ocean Athletics 22:00.92
6	7047	Kerr, Colin	84 Unattached 22:12.78
7	2977	Yohannes, Dawit	90 Unattached 23:31.38
8	2784	Logan, Amiel	76 Vancouver Falcons 23:53.62
9	2975	Villalta, Angelo	90 Unattached 24:25.11
10	2966	Brandon, Kohinsky	90 Unattached 26:07.85
11	2973	Palacios, Victor	80 Unattached 28:02.71
12	5912	Clarke, Cameron	90 Unattached 31:53.28

Event 23 Men 35-39 6300 Meter Run 6.3K 3xB

Name	Yr	Team	Finals
Results - Men 35-39			
1	2793	Craik, Tom	73 Unattached 23:48.26
2	2995	Wickremasuriya, Gihan	73 Kajaks Track and Field 26:41.72
3	6097	Clibbon, Chris	71 Unattached 27:34.94

Event 23 Men 40-44 6300 Meter Run 6.3K 3xB

Name	Yr	Team	Finals
Results - Men 40-44			
1	2745	Jung, Stan	68 West Point Grey Academy 21:03.99
2	2782	McCulloch, Warren	66 Phoenix Athletic Association 21:31.66
3	2799	Coo, Duncan	69 Unattached 22:55.53
4	7177	McKechnie, Will	68 Vancouver Falcons 22:58.48
5	2796	Roberts, Al	69 Unattached 26:35.08
6	2778	cerullo, Antonio	66 Semiahmoo 31:40.44

Event 23 Men 45-49 6300 Meter Run 6.3K 3xB

Name	Yr	Team	Finals
Results - Men 45-49			
1	2768	Nightingale, Larry	65 Unattached 22:13.44
2	6094	Moon, Mike	61 Unattached 23:00.55
3	2780	Gaspar, Carlos	62 Lions Gate Road Runners 23:53.99
4	7039	Codville, Bill	61 Vancouver Falcons 25:37.24
5	2783	McGregor, Doug	62 Bowen Island Road Runners 30:45.30
6	7034	Clibbon, Bob	61 Unattached 36:33.45

Event 23 Men 50-54 6300 Meter Run 6.3K 3xB

Name	Yr	Team	Finals
Results - Men 50-54			
1 5913 Lang, Rob		56 Lions Gate Road Runners	23:09.59
2 2774 Wade, Bob		59 Vancouver Falcons	23:58.95
3 3022 de Saint Croix, Ted		57 Ocean Athletics	24:50.62
4 2772 antepyan, Raffi		58 Unattached	26:11.89
5 3084 Flett, Gordon		60 Unattached	27:01.92
6 2776 Jackish, Ingo		59 Lions Gate Road Runners	28:38.12
7 2759 Barret, Nigel		56 Semiahmoo	35:08.25

Event 23 Men 55-59 6300 Meter Run 6.3K 3xB

Name	Yr	Team	Finals
Results - Men 55-59			
1 2791 Fields, Mark		53 Unattached	25:12.77
2 2993 Riddell, Bob		54 Kajaks Track and Field	26:00.21

Event 23 Men 60-64 6300 Meter Run 6.3K 3xB

Name	Yr	Team	Finals
Results - Men 60-64			
1 5911 Hosford, Steve		50 Kajaks Track and Field	25:49.97
2 3085 Wood, Paul		48 Unattached	26:48.58
3 2792 Streininger, Bernie		46 Unattached	32:40.51

Event 23 Men 65-69 6300 Meter Run 6.3K 3xB

Name	Yr	Team	Finals
Results - Men 65-69			
1 2994 Schmidt, Jean-Jacques		41 Kajaks Track and Field	28:14.28
2 2990 Madderom, Jake		44 Kajaks Track and Field	30:15.46

Event 23 Men 70-74 6300 Meter Run 6.3K 3xB

Name	Yr	Team	Finals
Results - Men 70-74			
1 2786 Phillips, Herb		40 Unattached	25:52.90
2 2987 Caruso, John		40 Kajaks Track and Field	28:17.89
3 2788 Daniel, Rob		39 Unattached	39:35.00
4 2781 Boxall, Ken		38 Unattached	39:54.55
5 2986 Agnew, George		38 Kajaks Track and Field	45:37.64