

Event 1 W18-34 5000 Meter Run 5000/8000m

Name	Age Team	Finals	Points
Results - Women 18-34			
1 809 Heneghan, Shlley	W26 Vancouver FA	20:11.34	
2 787 Bandy, Laura	W26 Unattached B	20:33.85	

Event 1 W35 5000 Meter Run 5000/8000m

Name	Age Team	Finals	Points
Results - Women 35			
1 797 Bachynski, Corey	W37 Unattached B	47:03.68	

Event 1 W40 5000 Meter Run 5000/8000m

Name	Age Team	Finals	Points
Results - Women 40			
1 788 Biffart, Michelle	W41 Ocean Athlet	21:43.81	

Event 1 W45 5000 Meter Run 5000/8000m

Name	Age Team	Finals	Points
Results - Women 45			
1 800 Makepeace, Dee	W48 Semiahmoo SU	23:35.48	

Event 1 W50 5000 Meter Run 5000/8000m

Name	Age Team	Finals	Points
Results - Women 50			
1 805 Paprosksi, B.J.	W51 Unattached B	21:45.81	

Event 1 W55 5000 Meter Run 5000/8000m

Name	Age Team	Finals	Points
Results - Women 55			
1 1112 Lightfoot, Brenda	W59 Semiahmoo SU	29:22.15	

Event 1 W60 5000 Meter Run 5000/8000m

Name	Age Team	Finals	Points
Results - Women 60			
1 786 Wood, Paul	W64 Unattached B	38:02.68	

Event 1 M18-34 5000 Meter Run 5000/8000m

Name	Age Team	Finals	Points
Results - Men 18-34			
1 807 Nicholson, Drew	M28 Vancouver FA	27:37.95	
2 768 Fraser, Travis	M19 Douglas Coll	28:24.76	

3	769 Gibson, Alexander	M21	Douglas Coll	29:27.78
4	798 Lechevallier, Jean	M34	Kajaks Track	31:21.82
5	770 Rai, Herinder	M20	Douglas Coll	33:17.33
6	772 Raeside, Chris	M21	Douglas Coll	33:17.42
7	771 Bottochio, Matthew	M20	Douglas Coll	47:14.99

Event 1 M35 5000 Meter Run 5000/8000m

Name	Age	Team	Finals	Points
Results - Men 35				
1	1167	Weiss, Joshua	M36 Unattached B	30:46.98
2	792	Wickremasuriya, Gi	M39 Kajaks Track	35:09.63

Event 1 M40 5000 Meter Run 5000/8000m

Name	Age	Team	Finals	Points
Results - Men 40				
1	774	Forsyth, Gavin	M43 York House	31:58.91

Event 1 M45 5000 Meter Run 5000/8000m

Name	Age	Team	Finals	Points
Results - Men 45				
1	814	Marifield, Jan	M49 Unattached B	26:48.25
2	796	Ghuman, Darbara	M45 Unattached B	30:42.62
3	811	Boulton, Chris	M47 Semiahmoo SU	33:41.53
4	806	Marykuca, Brent	M46 Unattached B	35:18.81
5	813	Sikhakhane, Arnold	M49 Unattached B	38:09.19

Event 1 M50 5000 Meter Run 5000/8000m

Name	Age	Team	Finals	Points
Results - Men 50				
1	794	Moon, Michael T.	M51 Roads & Runn	31:36.92
2	1111	Flett, Gordon	M52 Semiahmoo SU	35:11.47
3	785	Lai, Andrew	M50 Lions Gate R	37:00.38
4	1109	Smith, Bradley	M52 Ocean Athlet	37:43.90
5	799	Makepeace, John	M52 Semiahmoo SU	39:17.09

Event 1 M55 5000 Meter Run 5000/8000m

Name	Age	Team	Finals	Points
Results - Men 55				
1	1070	Ross, Mikey	M56 English Bay Tria	30:58.45
2	784	Lang, Rob	M56 Unattached B	32:00.63
3	764	Fontaine, Marc	M56 Semiahmoo SU	33:21.42
4	804	Stevens, Murray	M59 Lions Gate R	35:32.24
5	773	Jackisch, Ingo	M59 Lions Gate R	43:04.02

Event 1 M60 5000 Meter Run 5000/8000m

Name	Age	Team	Finals	Points
Results - Men 60				
1	789	Hosford, Stephen P	M62 Kajaks Track	33:18.43

Event 1 M65 5000 Meter Run 5000/8000m

Name	Age	Team	Finals	Points
Results - Men 65				
1	803	Hastie, Tom	M65 Semiahmoo SU	38:53.56
2	783	Madderom, Jake	M68 Kajaks Track	39:04.74
3	808	Gardner, Robert	M66 Unattached B	50:01.21

Event 1 M70 5000 Meter Run 5000/8000m

Name	Age	Team	Finals	Points
Results - Men 70				
1	791	Caruso, John	M72 Kajaks Track	37:02.16
2	793	Schmidt, Jean-Jacq	M71 Kajaks Track	39:18.30
3	766	Daniel, Rob	M73 Unattached B	54:06.00

Event 1 M75 5000 Meter Run 5000/8000m

Name	Age	Team	Finals	Points
Results - Men 75				
1	810	Roufosse, Roger	M78 Unattached B	42:47.27

Event 5 X9 Year Olds 1500 Meter Run CC 1500m

Name	Age	Team	Finals	Points
Results - Mixed 9 Year Olds				
1	1148	Kristen, Xavier	M9 St George's Scho	5:27.33
1	1085	Champoux, Paige	W9 Langley Must	5:51.60
2	1108	Pinto, Owen	M9 Ocean Athlet	5:35.52
2	712	Ford, Charlie	W9 West Point Grey	6:00.30
3	743	Williams, Chase	M9 West Point Grey	5:45.50
3	1171	Brandt, Amy	W9 Valley Royal	6:03.96
4	1161	Goggs, Peter	M9 Unattached B	5:47.57
4	742	Watkins, Olivia	W9 West Point Grey	6:07.56
5	741	Vavasour, Kyle	M9 West Point Grey	5:55.78
5	1197	Brooks, Emma	W9 West Point Grey	6:09.03
6	709	Cumming, Miller	M9 West Point Grey	6:01.41
6	1175	Berringer, Stephan	W9 Vancouver OL	6:15.31
7	702	Change, Benjamin	M9 West Point Grey	6:05.84
7	749	Fernback, Sophie	W9 York House	6:18.06
8	1087	Monro, Nicholas	M9 Langley Must	6:12.95
8	1068	Yen, Allison	W9 Crofton House	6:20.71
9	719	Healey, Cameron	M9 West Point Grey	6:24.70
9	1126	Lawson, Emma	W9 Southridge	6:27.20
10	720	Healey, Kieran	M9 West Point Grey	6:24.73
10	1067	SY, Rebecca	W9 Crofton House	6:27.35
11	1089	Smith, Nathan	M9 Langley Must	6:26.07
11	754	Low, Sabina	W9 York House	6:30.16
12	826	Ward, Adam	M9 St George's Scho	6:26.19
12	1092	Bremer, Alica	W9 New West Spa	6:30.21
13	1196	Brooks, Alanna	W9 West Point Grey	6:33.81
13	1116	Cooner, Pri	M8 Southridge	6:38.83
14	1062	Mahaffy, Ciara	W9 Crofton House	6:34.27
14	1095	Khela, Gurveer Sin	M9 New West Spa	6:44.60
15	1199	Butler, Miranda	W9 West Point Grey	6:35.79
15	1115	Christopfferson, K	M9 Southridge	6:45.70
16	1065	Meikle, Lauren	W9 Crofton House	6:44.11
16	1106	Penalosa, Elijah	M9 Ocean Athlet	7:03.44
17	739	Timlo, Davis	M9 West Point Grey	7:07.34
17	1119	Fowler, Brooke	W9 Southridge	7:09.89
18	817	Swart, Pieter	M9 St George's Scho	7:18.56

18	1060	Kirkwood, Emma	W9	Crofton House	7:27.73
19	1137	Tkatch, Brian	M10	Southridge	7:25.91
19	736	Stevenson, Leah	W9	West Point Grey	7:53.84
20	1129	Lodd, Garrett	M9	Southridge	7:38.27
20	731	Paquette, Olivia	W9	West Point Grey	8:01.22
21	1093	Hughes, James	M9	New West Spa	7:43.73
--	756	Shimmura, Mika	W9	York House	X6:57.65

Event 6 X10 Year Olds 2000 Meter Run CC 2000m

Name	Age	Team	Finals	Points
Results - Mixed 10 Year Olds				
1	836	MACKIE, Jerremiah	M10 Unattached B	7:44.79
1	1179	Lewis, Kendra	W10 Vancouver OL	8:20.53
2	1104	Muncey-Buckley, Br	M10 Ocean Athlet	7:59.97
2	1072	Haintz, Marquisis	W10 Golden Ears	8:38.52
3	1141	Anderson, Finn	M10 St George's Scho	8:30.33
3	1105	Penalosa, Cassiel	W10 Ocean Athlet	8:45.30
4	1142	Bentley, Theo	M10 St George's Scho	8:35.30
4	1058	Hill, Natalie	W10 Crofton House	8:51.84
5	1151	Lyman, Camerom	M10 St George's Scho	8:41.19
5	713	Gadalla, Heather	W10 West Point Grey	9:03.90
6	1143	Freybe, Maurits	M10 St George's Scho	8:41.85
6	728	Neil, Olivia	W10 West Point Grey	9:21.60
7	842	McKay, Fraser	M10 Unattached B	8:55.82
7	701	Chambers, Jocelyn	W10 West Point Grey	9:27.45
8	827	Wiedemamm, Evan	M10 St George's Scho	8:56.59
8	1100	Duchesne, Nicolett	W10 Ocean Athlet	9:31.30
8	1187	Warrington, Lucy	W10 Vancouver TH	9:31.30
9	1127	Lister, Graeme	M10 Southridge	9:02.21
10	1156	Wooder, Sam	M10 St George's Scho	9:14.69
10	1069	Zhang, Joyce	W10 Crofton House	9:36.71
11	823	Gan, Christopher	M10 Southpointe	9:18.25
11	730	Pallai, Jordan	W10 West Point Grey	9:53.14
12	706	Chetner, Max	M10 West Point Grey	9:20.99
12	1200	Carruthers, Naomi	W10 West Point Grey	10:04.50
13	1144	Goh, Joel	M10 St George's Scho	9:37.54
13	832	Chambers, Charlott	W10 Unattached B	10:41.99
14	820	Grewal, Harrajan	M10 Southpointe	9:37.81
14	718	Hamilton, Rebecca	W10 West Point Grey	11:11.46
15	1191	Anthony, Charlie	M10 West Point Grey	9:43.71
15	1190	Aknin, Fortune	W10 West Point Grey	11:12.14
16	1150	LO, Jeremy	M10 St George's Scho	9:51.62
16	837	Fung, Logan	W10 Southpointe	11:39.64
17	1139	Villareal, Anthony	M10 Southridge	10:17.81
17	1117	Cuthber, Hunter	W10 Southridge	12:33.48
18	829	Clendenin, Noah	M10 Ocean Athlet	10:19.19
18	775	Yusuf, Maluka	W10 Royal City T	12:40.18
19	835	Speirs, Arthur	M10 St George's Scho	10:21.42
19	717	Gupta, Marina	W10 West Point Grey	12:56.11
20	721	Huttunen, Damon	M10 West Point Grey	13:25.14
20	751	HE, Amy	W10 York House	15:48.10
21	746	Woods, Michael	M10 West Point Grey	26:02.00

Event 7 X11 Year Olds 2000 Meter Run CC 2000M

Name	Age	Team	Finals	Points
Results - Mixed 11 Year Olds				
1	1147	Kirkwood, Thomas	M11 St George's Scho	7:48.96
1	1110	Smith, Cayla	W11 Ocean Athlet	8:07.56
2	777	Janke, Shea	M11 Royal City T	8:23.72

2	744	Williams, Taylor	W11	West Point Grey	8:34.71
3	776	Belcher, Jeremy	M11	Royal City T	8:28.54
3	765	Basra, Snehpreet	W11	Universal AT	8:35.96
4	1195	Bourne`, Jacob	M11	West Point Grey	8:31.08
4	1081	Chalk, Grace	W11	Langley Must	8:41.77
5	1073	Bradley, Carson	M11	Kajaks Track	8:54.92
5	1099	Denness, Rori	W11	Ocean Athlet	9:05.59
6	767	McCallum, Conrad	M11	Vancouver TH	8:56.98
6	844	Matthewman, Samant	W11	Unattached B	9:14.70
7	1102	Hoffmann, Grace	W11	Ocean Athlet	9:25.18
7	778	Slotman, Noah	M11	Royal City T	9:34.01
8	752	Lecky, Lauren	W11	York House	9:29.30
8	707	Cuglietta, Enzo	M11	West Point Grey	9:37.35
9	708	Cumming, Anna	W11	West Point Grey	9:48.80
9	1052	Chong, Jarrett	M11	Coquitlam CH	10:10.10
10	759	Stewart, Kathryn	W11	York House	9:58.73
10	839	Ross, Jack	M11	West Point Grey	10:37.68
11	1189	Adams, Josephine	W11	West Point Grey	10:15.94
11	1133	Soheili, Arman	M11	Southridge	10:47.09
12	831	Bailey, Atelica	W11	Southpointe	10:17.32
12	704	Chen, Jason	M11	West Point Grey	11:21.52
13	838	Fung, Katelin	W11	Crofton House	10:32.56
13	711	Faraday, Kevin	M11	West Point Grey	12:31.19
14	1066	SY, Carissa	W11	Crofton House	10:51.38
14	1192	Baumgard, Benjamin	M11	West Point Grey	13:36.43

Event 8 X12 Year Olds 3k Run CC 3000m

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Name	Age	Team		Finals	Points
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Results - Mixed 12 Year Olds					
1	1145	Graham, Hugh	M12	St George's Scho	12:11.50
1	779	Fetherstonhaugh, G	W12	Royal City T	13:23.90
2	1152	Matsubara, Yoshi	M12	St George's Scho	12:37.50
2	733	Randall, Kennedy	W12	West Point Grey	13:35.10
3	1154	Von Dadelszen, Pie	M12	St George's Scho	12:54.20
3	1101	Eriksen, Nikki	W12	Ocean Athlet	13:51.30
4	1082	Chalk, Luke	M12	Langley Must	12:59.10
4	841	Fjell, Meghan	W12	Unattached B	14:14.90
5	1056	Pamar, Rajeev	M12	Coquitlam CH	13:20.10
5	1090	Weltzin, Kayla	W12	Langley Must	14:17.80
6	780	Hunter, Ian	M12	Royal City T	13:39.20
6	1184	Reimer, Katie Anne	W12	Vancouver TH	14:39.70
7	1097	Biffart, Lucas	M12	Ocean Athlet	13:44.70
7	732	Quan, Lauren	W12	West Point Grey	14:43.50
8	710	Faraday, Justin	M12	West Point Grey	14:21.10
8	726	Moxham, Lindy	W12	West Point Grey	15:03.40
9	1130	Morrison, Brent	M12	Southpointe	14:40.70
9	1185	Swoffield, Meg	W12	Vancouver TH	15:38.60
10	1140	Wang, Alex	M12	Southridge	15:14.00
10	1188	Warrington, Sofia	W12	Vancouver TH	15:51.00
11	1061	Lam, Janice	W12	Crofton House	16:18.30
12	724	Kovacs, Cara	W12	West Point Grey	16:37.70
13	1198	Brooks, Erin	W12	West Point Grey	16:57.60
14	1059	Hung, Lauren	W12	Crofton House	16:59.70
15	840	Trudeau, Hannah	W12	South Fraser	17:13.70
16	1091	Aglubat, Melisaa	W12	New West Spa	19:25.70
17	1118	Cuthbert, Chloe	W12	Southridge	20:53.50

Event 9 X13 Year Olds 3k Run CC 3000m

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Name	Age	Team		Finals	Points
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Results - Mixed 13 Year Olds

1	1180	Nobbs, Thomas	M13 Vancouver OL	12:12.40
1	1169	Willett, Olivia	W13 Unattached B	12:34.43
2	1182	Paetzel, Ben	M13 Vancouver TH	12:39.19
2	1084	Champoux, Megan	W13 Langley Must	12:57.95
3	1075	Loewen, Nathan	M13 Kajaks Track	12:42.36
3	846	Hennessey, Jamie	W13 Golden Ears	13:01.64
4	781	Chilton, Emily	W13 Royal City T	13:07.53
5	1172	Heppell, Katia	W13 Valley Royal	13:21.63
6	1077	McKay, Lauren	W13 Kajaks Track	13:25.77
7	1183	Pringle, Madeleine	W13 Vancouver TH	13:48.95
8	843	Lapointe, Annelise	W13 Unattached B	14:08.77
9	1173	MACGREGOR, Gabriel	W13 Valley Royal	14:29.62
10	1083	Chamberland, Kayla	W13 Langley Must	14:43.50
11	847	DE Lemos, Gwen	W13 Unattached B	16:27.49
12	1088	Ray, Allyson Elain	W13 Langley Must	16:42.06

Event 10 W14 4000 Meter Run 4000m /6000

Name	Age	Team	Finals	Points
Results - Women 14 Year Olds				
1	1181	Picken, Megan	W14 Vancouver OL	16:45.92
2	1177	Cho, Samantha	W14 Vancouver OL	17:23.00
3	1074	James, Emma	W14 Kajaks Track	18:16.67
4	1076	Maika, Samantha	W14 Kajaks Track	18:43.14
5	1078	Rosser, Olivia	W14 Kajaks Track	19:04.02

Event 10 W15 4000 Meter Run 4000m /6000

Name	Age	Team	Finals	Points
Results - Women 15 Year Olds				
1	1176	Boothroyd, Alexand	W15 Vancouver OL	17:58.04
2	1079	Rudakov, Anita	W15 Kajaks Track	19:02.64

Event 10 W18-19 4000 Meter Run 4000m /6000

Name	Age	Team	Finals	Points
Results - Women 18-19				
1	845	Degnan, Etta	W18 Sunshine Coa	26:41.04

Event 10 M14 4000 Meter Run 4000m /6000

Name	Age	Team	Finals	Points
Results - Men 14 Year Olds				
1	1178	Horrobyn, Fergus	M14 Vancouver OL	14:35.91
2	1055	Kozelj, Joshua	M14 Coquitlam CH	14:43.29

Event 10 M16-17 4000 Meter Run 4000m /6000

Name	Age	Team	Finals	Points
Results - Men 16-17				
1	1103	McKay, Liam	M16 Ocean Athlet	13:45.04
2	1170	Willett, Samuel	M16 Unattached B	15:40.85