

Race #1
Men Senior 1A 5000m (1A Senior)
Final Results
RACE SUMMARY

Start Time: 9:00 am

TEAM SCORING SUMMARY

Final Standings	Score	Scoring Order	Total	Spread
1 White Rock Christian Acad	13	2-5-6(7)(8)	54:07	1:18.8
2 Unity Christian School	27	1-11-15(17)(19)	55:21	3:35.4
3 Gidgalang Kuuyas Naay	47	4-21-22(28)(33)	58:41	2:27.1
4 John Knox Christian	48	9-13-26	59:15	2:04.1
5 St. John Paul II Academy	51	3-23-25(38)(39)	58:37	3:23.2
6 Northside Christian School	64	14-20-30(32)	1:01:14	1:31.8
7 St John's School	77	16-18-43	1:04:07	3:52.6
8 Gold River Secondary	78	10-27-41	1:03:08	4:19.5
9 Vancouver Christian	87	24-29-34(35)(40)	1:03:40	1:04.3
10 Boundary Central Seconda	107	12-45-50	1:15:49	11:39.4
11 Sir Alexander Mackenzie S	117	36-37-44(46)	1:08:10	2:04.3
12 British Columbia Christian	120	31-42-47(48)(49)	1:11:40	5:11.7

INDIVIDUAL RESULTS

Athlete	#	Team	Score	Time	Gap	Avg. Mile	Avg. kM
1 LOUWERSE, Noah	173	Credo Christian Sch	-	16:10.3	---	5:12.0	3:14.0
2 PITZEY, Sam	599	Meadowridge Scho	-	16:19.5	9.2	5:14.9	3:15.9
3 GRAHAM, Miles	1085	Unity Christian Sch	1	16:23.9	13.6	5:16.3	3:16.8
4 ISAK, Reuben	1209	White Rock Christia	2	17:10.9	1:00.6	5:31.5	3:26.2
5 KING, Charlie	1046	St. John Paul II Aca	3	17:21.9	1:11.6	5:35.0	3:28.4
6 PUTTERILL, Greg	1255	Gidgalang Kuuyas	4	17:56.3	1:46.0	5:46.1	3:35.2
7 TRIVEDI, Athurv	1212	White Rock Christia	5	18:25.7	2:15.4	5:55.5	3:41.1
8 LEE, Daxton	1210	White Rock Christia	6	18:29.6	2:19.3	5:56.8	3:41.9
9 ZHANG, Will	1213	White Rock Christia	(7)	18:34.6	2:24.3	5:58.4	3:42.9
10 ISAK, Caleb	1208	White Rock Christia	(8)	18:37.4	2:27.1	5:59.3	3:43.5
11 BERGHAMMER, Ashton	1206	White Rock Christia	-	18:42.3	2:32.0	6:00.9	3:44.5
12 LI, Timothy	465	John Knox Christian	9	18:45.8	2:35.5	6:02.0	3:45.1
13 PEARSON, Ares	333	Gold River Seconda	10	18:56.1	2:45.8	6:05.3	3:47.2
14 CHESTER, Nicholas	1082	Unity Christian Sch	11	18:57.6	2:47.3	6:05.8	3:47.5
15 COX, Tali	638	Nakusp Secondary	-	19:08.8	2:58.5	6:09.4	3:49.8
16 LUCHETTA, Micah	461	J.V. Humphries	-	19:21.6	3:11.3	6:13.5	3:52.3
17 HARFMAN, Duncan	55	Boundary Central S	12	19:26.6	3:16.3	6:15.1	3:53.3
18 STOBBE, Harrison	1211	White Rock Christia	-	19:29.8	3:19.5	6:16.1	3:53.9
19 CHIU, Josh	464	John Knox Christian	13	19:39.1	3:28.8	6:19.1	3:55.8
20 GORDON, Joshua	1207	White Rock Christia	-	19:44.3	3:34.0	6:20.8	3:56.9
21 WIENS, David	689	Northside Christian	14	19:44.8	3:34.5	6:21.0	3:57.0
22 ANDERSEN-WILLIAMS, Tris	1057	Stratford Hall	-	19:55.9	3:45.6	6:24.5	3:59.2
23 PSIHOGIOS, Noah	1086	Unity Christian Sch	15	19:59.2	3:48.9	6:25.6	3:59.8
24 TUDORIE, Lukas	1006	St John's School	16	20:02.3	3:52.0	6:26.6	4:00.4
25 FROESE, Lincoln	1083	Unity Christian Sch	(17)	20:03.5	3:53.2	6:27.0	4:00.7
26 ANDERSON-FRANCOIS, Viv	1004	St John's School	18	20:09.3	3:59.0	6:28.8	4:01.9

Race #1
Men Senior 1A 5000m (1A Senior)
Final Results
INDIVIDUAL RESULTS (cont'd)

Athlete	#	Team	Score	Time	Gap	Avg. Mile	Avg. kM
27 GIBBONS, Luke	1084	Unity Christian Sch	(19)	20:11.6	4:01.3	6:29.6	4:02.3
28 THIESSEN, Samuel	688	Northside Christian	20	20:12.5	4:02.2	6:29.8	4:02.5
29 MICHEALOFF, River	1253	Gidgalang Kuuyas	21	20:20.8	4:10.5	6:32.5	4:04.1
30 BURTON, Levi	1252	Gidgalang Kuuyas	22	20:23.3	4:13.0	6:33.3	4:04.7
31 FERGUSON, Ty	1043	St. John Paul II Aca	23	20:29.5	4:19.2	6:35.3	4:05.9
32 CHEN, Mike	791	Queen Margaret's	-	20:31.4	4:21.1	6:35.9	4:06.3
33 MITCHELL, Alexander	1091	Vancouver Christia	24	20:40.8	4:30.5	6:38.9	4:08.1
34 ALVARADO, Francisco	1042	St. John Paul II Aca	25	20:45.1	4:34.8	6:40.3	4:09.0
35 WONG, Christopher	466	John Knox Christian	26	20:49.8	4:39.5	6:41.9	4:10.0
36 DREIER, Yannik	331	Gold River Seconda	27	20:55.6	4:45.3	6:43.7	4:11.1
37 PRICE, Bryn	1251	Gidgalang Kuuyas	(28)	21:10.7	5:00.4	6:48.6	4:14.1
38 VANDERVEEN, Gideon	1093	Vancouver Christia	29	21:13.8	5:03.5	6:49.6	4:14.8
39 MARTENS, Tristan	687	Northside Christian	30	21:16.6	5:06.3	6:50.5	4:15.3
40 SHILLIN, Vladislav	69	British Columbia Ch	31	21:19.9	5:09.6	6:51.5	4:16.0
41 WU, Sean	792	Queen Margaret's	-	21:27.6	5:17.3	6:54.0	4:17.5
42 KLASSEN, Jackson	685	Northside Christian	(32)	21:34.8	5:24.5	6:56.3	4:18.9
43 DUKE, Riley	1254	Gidgalang Kuuyas	(33)	21:40.8	5:30.5	6:58.2	4:20.1
44 FOK, Keenan	1090	Vancouver Christia	34	21:45.0	5:33.7	6:59.6	4:21.0
45 MOON, Matthew	1092	Vancouver Christia	(35)	21:57.7	5:47.4	7:03.7	4:23.5
46 KOROLUK, Ewan	943	Sir Alexander Mack	36	21:59.1	5:48.8	7:04.1	4:23.8
47 SCHOONER, Nathaniel	948	Sir Alexander Mack	37	22:06.7	5:56.4	7:06.6	4:25.3
48 WATT, Damien	1047	St. John Paul II Aca	(38)	22:25.7	6:15.4	7:12.7	4:29.1
49 HEER, Neyk	1045	St. John Paul II Aca	(39)	22:44.1	6:33.8	7:18.6	4:32.8
50 CHENG, Matthias	1089	Vancouver Christia	(40)	22:54.8	6:44.5	7:22.0	4:34.9
51 CHEN, Ranen	1088	Vancouver Christia	-	23:10.5	7:00.2	7:27.1	4:38.1
52 MAKITA, Jo	332	Gold River Seconda	41	23:15.6	7:05.3	7:28.7	4:39.1
53 ZHOU, Samuel	1094	Vancouver Christia	-	23:36.5	7:26.2	7:35.5	4:43.3
54 CHENG, Jonah	67	British Columbia Ch	42	23:47.9	7:37.6	7:39.1	4:45.6
55 ZHANG, Daniel	1007	St John's School	43	23:54.9	7:44.6	7:41.4	4:47.0
56 LEGAULT, Danny	944	Sir Alexander Mack	44	24:03.4	7:53.1	7:44.1	4:48.7
57 TSIGONIAS, Nicolaoas	61	Boundary Central S	45	25:15.8	9:05.5	8:07.4	5:03.1
58 SCHADT, Daniel	947	Sir Alexander Mack	(46)	25:40.8	9:30.5	8:15.4	5:08.1
59 LAWRENCE, Samuel	68	British Columbia Ch	47	26:31.6	10:21.3	8:31.7	5:18.3
60 CHAN, Joash	66	British Columbia Ch	(48)	26:35.6	10:25.3	8:33.0	5:19.1
61 TAI, Kenny	70	British Columbia Ch	(49)	26:59.7	10:49.4	8:40.8	5:23.9
62 HARSCH, Steven	56	Boundary Central S	50	31:05.9	14:55.6	9:59.9	6:13.2

Race #2
Men senior 2A 5000m (2A Senior)

Final Results

RACE SUMMARY

Start Time: 9:40 pm

TEAM SCORING SUMMARY

Final Standings	Score	Scoring Order	Total	Spread
1 West Point Grey Academy	34	3-7-10-14(16)(18)(20)	1:07:39	1:49.7
2 Mennonite Educational Inst	49	5-8-17-19(51)(81)	1:09:06	1:46.5
3 St Michaels University Sch	53	2-6-15-30(36)(57)(60)	1:08:49	2:59.8
4 Glenlyon Norfolk	59	4-11-13-31	1:10:16	2:43.4
5 Windsor Secondary	147	25-28-39-55(73)	1:17:42	2:04.7
6 Pacific Academy	148	1-44-47-56(86)(88)	1:16:53	5:15.0
7 Point Grey Secondary	153	12-43-46-52(59)(66)(68)	1:18:27	3:03.6
8 Abbotsford Christian	162*	9-33-35-85	1:20:35	7:57.2
9 Dawson Creek Secondary	162*	21-23-34-84	1:20:48	6:31.0
10 Southern Okanagan Secon	165	24-42-49-50(74)(78)	1:19:28	1:55.5
11 St Thomas More Collegiate	166	27-40-45-54(76)(80)	1:19:18	2:00.2
12 Lambrick Park Secondary	181	22-26-61-72(75)	1:20:31	3:41.1
13 Saint Thomas Aquinas	193	32-38-58-65(71)(77)	1:21:04	2:15.1
14 Kelowna Christian School	218	37-48-64-69(70)(79)(82)	1:22:59	2:29.0
15 Charles Hays Secondary	228	29-53-63-83(89)	1:24:59	5:22.1
16 Hugh Boyd Secondary	257	41-62-67-87	1:28:15	5:46.7

*Tiebreakers

Abbotsford Christian	9	33	35
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Dawson Creek
Secondary

INDIVIDUAL RESULTS

Athlete	#	Team	Score	Time	Gap	Avg. Mile	Avg. kM
1 KUNKA, Peter	1062	Summerland Secon	-	15:31.0	---	4:59.3	3:06.2
2 HOLMES, Maxwell	723	Pacific Academy	1	15:39.9	9.9	5:02.2	3:08.0
3 DIXON-LAWLESS, Lucien	898	Samuel Robertson	-	15:46.0	15.0	5:04.2	3:09.2
4 ERICKSON, Mitchell	545	L V Rogers Second	-	15:46.3	16.3	5:04.3	3:09.2
5 SANDQUIST-SHERMAN, O	1017	St Michaels Univers	2	15:48.5	18.5	5:05.0	3:09.7
6 NEILL, Andrew	1162	West Point Grey Ac	3	15:52.9	22.9	5:06.4	3:10.6
7 SEROWKA, Theo	327	Glenlyon Norfolk	4	16:10.9	40.9	5:12.2	3:14.2
8 MOLINA, Mark	607	Mennonite Educatio	5	16:16.8	46.8	5:14.1	3:15.4
9 DENUX, Luc	1013	St Michaels Univers	6	16:27.9	57.9	5:17.6	3:17.6
10 O'HARA, Nial	462	John Barsby Comm	-	16:28.3	58.3	5:17.8	3:17.7
11 TIMKO, Cole	1165	West Point Grey Ac	7	16:39.6	1:09.6	5:21.4	3:19.9
12 REID, Malcom	608	Mennonite Educatio	8	16:54.3	1:24.3	5:26.1	3:22.8
13 ROBINSON-SHAW, Wes	282	Fernie Secondary	-	16:55.3	1:25.3	5:26.4	3:23.0
14 BAART, Levi	3	Abbotsford Christia	9	17:04.4	1:34.4	5:29.4	3:24.9
15 GRAHAM, Liam	901	Samuel Robertson	-	17:05.2	1:35.2	5:29.6	3:25.0
16 HAYDEN, Emerson	355	Gulf Islands Second	-	17:05.2	1:35.2	5:29.6	3:25.0
17 GLADDISH, Noah	182	D P Todd Secondar	-	17:10.6	1:40.6	5:31.4	3:26.1
18 BLOMERUS, Spencer	1152	West Point Grey Ac	10	17:23.2	1:53.2	5:35.4	3:28.6

2023 BCHS CC CHAMPS

Surrey, BC

November 4, 2023

MEET OFFICIALSTiming:
Swan Racing**OFFICIAL MEET REPORT**

printed: 2023-11-11, 7:51 PM

**Race #2
Men senior 2A 5000m (2A Senior)****Final Results****INDIVIDUAL RESULTS (cont'd)**

Athlete	#	Team	Score	Time	Gap	Avg. Mile	Avg. KM
19 ADAMSON, Finn	325	Glenlyon Norfolk	11	17:31.1	2:01.1	5:38.0	3:30.2
20 ORTH, Noah	1066	Sutherland Second	-	17:31.7	2:01.7	5:38.2	3:30.3
21 HARRIS, Jack	751	Point Grey Seconda	12	17:35.8	2:05.8	5:39.5	3:31.1
22 HAIME, Cam	1087	University Hill Seco	-	17:37.4	2:07.4	5:40.0	3:31.5
23 TOLIAS, Nikolas	328	Glenlyon Norfolk	13	17:39.0	2:08.0	5:40.5	3:31.8
24 CAMPBELL, Ben	1153	West Point Grey Ac	14	17:42.6	2:12.6	5:41.6	3:32.5
25 GOSSELIN, Charles	1015	St Michaels Univers	15	17:43.9	2:13.9	5:42.1	3:32.8
26 HUTTUNEN, Logan	1160	West Point Grey Ac	(16)	17:46.3	2:16.3	5:42.8	3:33.2
27 LASPA, Nathan	605	Mennonite Educatio	17	17:51.5	2:21.5	5:44.5	3:34.3
28 GIBSON, Tommy	1158	West Point Grey Ac	(18)	17:54.0	2:23.0	5:45.3	3:34.8
29 KRUTSKY, Martin	131	Chatelech Seconda	-	17:57.6	2:27.6	5:46.5	3:35.5
30 LAMOTTE, Christian	939	Shawnigan Lake	-	17:59.5	2:29.5	5:47.1	3:35.9
31 BOS, Zack	601	Mennonite Educatio	19	18:03.2	2:33.2	5:48.3	3:36.6
32 MOULAND, Carson	616	Merritt Secondary	-	18:04.8	2:34.8	5:48.8	3:37.0
33 SEABROOK, Tyson	132	Chatelech Seconda	-	18:08.4	2:38.4	5:50.0	3:37.7
34 FIELDING, Dominic	1157	West Point Grey Ac	(20)	18:12.5	2:42.5	5:51.3	3:38.5
35 OLIVER-GREEN, Ryder	935	Seycove Secondary	-	18:18.3	2:48.3	5:53.1	3:39.7
36 PANTER, Isaiah	185	Dawson Creek Sec	21	18:18.8	2:48.8	5:53.3	3:39.7
37 GAIB, Maelan	564	Lambrick Park Seco	22	18:26.8	2:56.8	5:55.9	3:41.3
38 PANTER, Elijah	184	Dawson Creek Sec	23	18:27.3	2:57.3	5:56.0	3:41.4
39 EYTON, Connor	934	Seycove Secondary	-	18:30.6	3:00.6	5:57.1	3:42.1
40 CESA, Herve	354	Gulf Islands Second	-	18:31.6	3:01.6	5:57.4	3:42.3
41 DAVIES, Curran	982	Southern Okanagan	24	18:32.6	3:02.6	5:57.7	3:42.5
42 TURRIFF-PIKE, Sawyer	1166	West Point Grey Ac	-	18:32.7	3:02.7	5:57.8	3:42.5
43 TAN, Ryan	690	Notre Dame Region	-	18:33.2	3:03.2	5:57.9	3:42.6
44 PATTERSON, Dylan	1226	Windsor Secondary	25	18:40.4	3:10.4	6:00.2	3:44.1
45 KELLY, Finn	568	Lambrick Park Seco	26	18:42.2	3:12.2	6:00.8	3:44.4
46 KAY, Daniel	1028	St Thomas More Co	27	18:44.4	3:14.4	6:01.5	3:44.9
47 VOTH, Kaleb	1228	Windsor Secondary	28	18:45.9	3:15.9	6:02.0	3:45.2
48 DIXON, Bryce	1261	Charles Hays Seco	29	18:46.2	3:16.2	6:02.1	3:45.2
49 CHEW, Eu-Rway	1012	St Michaels Univers	30	18:48.3	3:18.3	6:02.8	3:45.7
50 RUCCHIN, Lucas	1164	West Point Grey Ac	-	18:49.8	3:19.8	6:03.3	3:46.0
51 MACAULAY, Noah	326	Glenlyon Norfolk	31	18:54.3	3:24.3	6:04.7	3:46.8
52 REID, Liam	471	Kalamalka Seconda	-	19:00.2	3:30.2	6:06.6	3:48.0
53 DANIEL, Reuben	664	Nechako Valley Sec	-	19:04.1	3:34.1	6:07.9	3:48.8
54 RICHARDSON, Nate	883	Saint Thomas Aqu	32	19:09.2	3:39.2	6:09.5	3:49.8
55 LETOURNEAU, David (Luke	6	Abbotsford Christia	33	19:10.1	3:40.1	6:09.8	3:50.0
56 DELA CRUZ, Zaedmon Redd	183	Dawson Creek Sec	34	19:11.6	3:41.6	6:10.3	3:50.3
57 EGHAREVBA, Elvis	4	Abbotsford Christia	35	19:18.6	3:48.6	6:12.5	3:51.7
58 SINGH, Matthew	1018	St Michaels Univers	(36)	19:21.7	3:51.7	6:13.5	3:52.3
59 CALDERWOOD, Nolan	476	Kelowna Christian	37	19:25.1	3:55.1	6:14.6	3:53.0
60 JAFFE, Alexander	878	Saint Thomas Aqu	38	19:25.9	3:55.9	6:14.9	3:53.2
61 HULL, Ethan	71	Brooks Secondary	-	19:26.3	3:56.3	6:15.0	3:53.2
62 NEBEL, Elias	1225	Windsor Secondary	39	19:30.1	4:00.1	6:16.2	3:54.0
63 SAHOTA, Jai	1030	St Thomas More Co	40	19:45.3	4:15.3	6:21.1	3:57.1
64 MCCARTHY, Cade	546	L V Rogers Second	-	19:46.9	4:16.9	6:21.6	3:57.4

Race #2
Men senior 2A 5000m (2A Senior)
Final Results
INDIVIDUAL RESULTS (cont'd)

Athlete	#	Team	Score	Time	Gap	Avg. Mile	Avg. kM
65 SUN, Jet	443	Hugh Boyd Second	41	19:49.5	4:19.5	6:22.5	3:57.9
66 BAKER, Joel	592	Mark R. Isfeld Seni	-	19:50.4	4:20.4	6:22.8	3:58.1
67 BRIESKORN, Jasper	1	A.R. MacNeill Seco	-	19:54.3	4:24.3	6:24.0	3:58.8
68 COTTER, Aidan	937	Shas Ti Kelly Road	-	19:59.2	4:29.2	6:25.6	3:59.8
69 ALLENBRAND, Ezra	981	Southern Okanagan	42	20:00.0	4:30.0	6:25.9	4:00.0
70 MCPHERSON, Alan	755	Point Grey Seconda	43	20:01.2	4:31.2	6:26.2	4:00.2
71 TAYLOR, Anderson	726	Pacific Academy	44	20:01.6	4:31.6	6:26.3	4:00.3
72 MELNUCHUK, Aadien	1029	St Thomas More Co	45	20:03.2	4:33.2	6:26.9	4:00.6
73 WERSTIUK, Adam	758	Point Grey Seconda	46	20:10.0	4:39.0	6:29.0	4:02.0
74 O'CONNELL, Tadhg	1010	St Andrew's Region	-	20:12.4	4:42.4	6:29.8	4:02.5
75 SCHULZE, Sven-Guido	356	Gulf Islands Second	-	20:13.0	4:42.0	6:30.0	4:02.6
76 STOW, Isaac	725	Pacific Academy	47	20:16.4	4:46.4	6:31.1	4:03.3
77 ADAMS, Finley	474	Kelowna Christian	48	20:17.6	4:47.6	6:31.5	4:03.5
78 RAMDHANI, Shaiv	636	Mulgrave School	-	20:19.4	4:49.4	6:32.1	4:03.9
79 SPENCE, Tyler	989	Southridge School	-	20:23.9	4:53.9	6:33.5	4:04.8
80 MANGALINDAN, Gabri	433	Holy Cross Regiona	-	20:27.1	4:57.1	6:34.5	4:05.4
81 KENDRICK, Ari	984	Southern Okanagan	49	20:27.6	4:57.6	6:34.7	4:05.5
82 HORAN, Thomas	983	Southern Okanagan	50	20:28.0	4:57.0	6:34.8	4:05.6
83 CHIN, Wing Fai	917	Secondaire Jules-V	-	20:32.2	5:02.2	6:36.2	4:06.4
84 GULLISON, Hamish	62	Brentwood College	-	20:33.6	5:03.6	6:36.6	4:06.7
85 DICKSON, Ben	604	Mennonite Educatio	(51)	20:34.4	5:04.4	6:36.9	4:06.9
86 LI, Austin	753	Point Grey Seconda	52	20:39.3	5:09.3	6:38.5	4:07.9
87 KLOPPERS, Noah	1259	Charles Hays Seco	53	20:43.2	5:13.2	6:39.7	4:08.6
88 CHAU, Rylan	1026	St Thomas More Co	54	20:44.5	5:14.5	6:40.2	4:08.9
89 TORRES, Lucas	1227	Windsor Secondary	55	20:45.1	5:15.1	6:40.3	4:09.0
90 LAURITZEN, Julian	113	Cariboo Hill Second	-	20:51.3	5:21.3	6:42.3	4:10.2
91 MORAN, Ethan	724	Pacific Academy	56	20:54.9	5:24.9	6:43.5	4:11.0
92 SAKAIRI, Rentaro	1016	St Michaels Univers	(57)	20:57.3	5:27.3	6:44.3	4:11.5
93 LIPNITSKIY, Mikhail	881	Saint Thomas Aqu	58	21:04.8	5:34.8	6:46.7	4:12.9
94 CHEN, Jack	748	Point Grey Seconda	(59)	21:08.5	5:38.5	6:47.9	4:13.7
95 GLYB, Gabriel	1014	St Michaels Univers	(60)	21:12.2	5:42.2	6:49.1	4:14.4
96 CHAO, Benedict	431	Holy Cross Regiona	-	21:13.1	5:43.1	6:49.3	4:14.6
97 HANOSKI, Ethan	566	Lambrick Park Seco	61	21:13.9	5:43.9	6:49.6	4:14.8
98 QIAN, Alan	36	Archbishop Carney	-	21:15.5	5:45.5	6:50.1	4:15.1
99 SAMUELE, Longo	442	Hugh Boyd Second	62	21:16.7	5:46.7	6:50.5	4:15.3
100 BOWLER, Alexander	1264	Charles Hays Seco	63	21:21.5	5:51.5	6:52.0	4:16.3
101 CAMPBELL, Finn	477	Kelowna Christian	64	21:22.2	5:52.2	6:52.3	4:16.4
102 DELGADO, Nicolas	876	Saint Thomas Aqu	65	21:24.2	5:54.2	6:52.9	4:16.8
103 VAN RAAMSDONK, Mason	757	Point Grey Seconda	(66)	21:32.2	6:02.2	6:55.5	4:18.4
104 GUO, Frank	439	Hugh Boyd Second	67	21:32.6	6:02.6	6:55.6	4:18.5
105 GOOLD, Theo	750	Point Grey Seconda	(68)	21:44.6	6:14.6	6:59.5	4:20.9
106 MADDALOZZO, Joseph	35	Archbishop Carney	-	21:45.5	6:15.5	6:59.8	4:21.1
107 BOOS, Zachary	475	Kelowna Christian	69	21:54.0	6:23.0	7:02.5	4:22.8
108 WIEBE, Noah	483	Kelowna Christian	(70)	21:55.0	6:24.0	7:02.8	4:23.0
109 KOCH, Josh	879	Saint Thomas Aqu	(71)	21:58.7	6:28.7	7:04.0	4:23.7
110 ACHILLI, Tommaso	563	Lambrick Park Seco	72	22:07.8	6:37.8	7:06.9	4:25.5

2023 BCHS CC CHAMPS

Surrey, BC

November 4, 2023

MEET OFFICIALSTiming:
Swan Racing**OFFICIAL MEET REPORT**

printed: 2023-11-11, 7:51 PM

Race #2
Men senior 2A 5000m (2A Senior)**Final Results****INDIVIDUAL RESULTS (cont'd)**

Athlete	#	Team	Score	Time	Gap	Avg. Mile	Avg. kM
111 COFFIN, Matt	1223	Windsor Secondary	(73)	22:07.9	6:37.9	7:07.0	4:25.6
112 WYATT, Jesse	986	Southern Okanagan	(74)	22:14.5	6:44.5	7:09.1	4:26.9
113 GIARRACCA, Salvator	565	Lambrick Park Seco	(75)	22:24.6	6:54.6	7:12.3	4:28.9
114 YSONZA, Jonathan	1032	St Thomas More Co	(76)	22:25.6	6:55.6	7:12.6	4:29.1
115 TAYLOR, Harrison	885	Saint Thomas Aqu	(77)	22:25.8	6:55.8	7:12.7	4:29.2
116 PICKELL, Hugo	985	Southern Okanagan	(78)	22:30.2	7:00.2	7:14.1	4:30.0
117 CULLINAN, Matthew	479	Kelowna Christian	(79)	22:33.3	7:03.3	7:15.1	4:30.7
118 SAWYER, Daniel	1031	St Thomas More Co	(80)	22:55.0	7:24.0	7:22.1	4:35.0
119 BOSHART, Joel	602	Mennonite Educatio	(81)	23:05.4	7:35.4	7:25.4	4:37.1
120 MUNDAY, Samuel	480	Kelowna Christian	(82)	23:19.4	7:49.4	7:29.9	4:39.9
121 PEDERSEN, Thor	1257	Charles Hays Seco	83	24:08.3	8:38.3	7:45.7	4:49.6
122 PERRIN, Damean	186	Dawson Creek Sec	84	24:49.8	9:19.8	7:59.0	4:57.9
123 SEMENOFF, Maxium	482	Kelowna Christian	-	24:57.4	9:27.4	8:01.5	4:59.5
124 JIMENEZ, Juan Nicolas	5	Abbotsford Christia	85	25:01.5	9:31.5	8:02.8	5:00.3
125 FISCHER, Linus	900	Samuel Robertson	-	25:10.3	9:40.3	8:05.6	5:02.1
126 WIRTZ, Thomas	727	Pacific Academy	(86)	25:32.3	10:02.3	8:12.7	5:06.4
127 GUO, Houze	440	Hugh Boyd Second	87	25:36.2	10:06.2	8:13.9	5:07.2
128 CHEN, Xi	478	Kelowna Christian	-	25:59.9	10:29.9	8:21.6	5:12.0
129 AGHEDO, Christian	722	Pacific Academy	(88)	27:30.7	12:00.7	8:50.7	5:30.1
130 MUNRO-SAMPSON, Jalen	1263	Charles Hays Seco	(89)	27:50.3	12:20.3	8:57.1	5:34.1

Race #3
Men senior 3A 5000m (3A Senior)
Final Results
RACE SUMMARY

 Start Time: 10:20
 am

TEAM SCORING SUMMARY

Final Standings	Score	Scoring Order	Total	Spread
1 Oak Bay Secondary	51	2-3-21-25(35)(42)(63)	1:04:43	2:01.5
2 West Vancouver	92	13-20-23-36(55)(66)(92)	1:08:06	1:18.7
3 Maple Ridge Secondary	104	11-22-34-37(73)(77)	1:08:31	1:39.0
4 Killarney Secondary	107	9-12-17-69(109)(115)	1:08:34	3:33.8
5 Prince George Secondary	118	14-24-28-52(54)(98)	1:09:40	2:08.5
6 Elgin Park Secondary	132	4-8-40-80(81)(84)(127)	1:09:03	4:16.0
7 Walnut Grove Secondary	135	7-32-46-50(59)(70)(78)	1:10:10	2:42.2
8 Robert Alexander McMath	164	16-33-48-67(100)	1:12:11	2:40.6
9 Dover Bay Secondary	186	27-41-56-62(83)(101)(118)	1:13:21	1:49.3
10 Eric Hamber Secondary	190	10-43-61-76(103)(120)(121)	1:12:51	3:40.4
11 L A Matheson Secondary	195	1-38-74-82(87)(111)(123)	1:11:55	5:17.8
12 South Kamloops Secondar	212	29-30-39-114	1:15:03	5:04.6
13 Heritage Woods	213	18-49-71-75(96)(99)(108)	1:14:33	2:44.2
14 Penticton Secondary	217	5-6-90-116(126)	1:14:29	7:10.6
15 Nanaimo District Secondar	251	19-47-79-106	1:16:47	4:50.3
16 Riverside	255	31-53-85-86	1:16:20	2:40.9
17 Queen Elizabeth Secondar	276	26-51-94-105(113)(122)(128)	1:18:08	4:24.9
18 Handsworth Secondary	281	58-64-68-91(110)	1:17:50	1:13.8
19 Burnaby Mountain Second	282	57-60-72-93(97)(102)(104)	1:17:55	1:28.8
20 Fleetwood Park Secondary	311	15-65-107-124(129)	1:22:44	8:07.2
21 Abbotsford Senior Seconda	334	45-88-89-112(125)	1:20:52	4:05.7
22 R E Mountain Secondary	375	44-95-117-119	1:25:04	5:15.1

INDIVIDUAL RESULTS

Athlete	#	Team	Score	Time	Gap	Avg. Mile	Avg. kM
1 MULUGETA, Yemane	542	L A Matheson Seco	1	14:36.1	---	4:41.7	2:55.2
2 CHARLI, MLOTSHWA	695	Oak Bay Secondary	2	15:11.0	33.9	4:52.9	3:02.2
3 BROWNE, Tyler	694	Oak Bay Secondary	3	15:23.7	47.6	4:57.0	3:04.7
4 BRITTAIN, Steven	919	Semiahmoo Secon	-	15:25.6	49.5	4:57.6	3:05.1
5 HODGSON, James	258	Elgin Park Seconda	4	15:28.1	52.0	4:58.4	3:05.6
6 RAHKOLA, Maverik	740	Penticton Secondar	5	15:37.7	1:01.6	5:01.5	3:07.5
7 BARTH, Moritz	736	Penticton Secondar	6	15:49.0	1:11.9	5:05.1	3:09.8
8 SADA, Bernardo	1138	Walnut Grove Seco	7	15:51.8	1:15.7	5:06.0	3:10.4
9 NICOL, Connor	259	Elgin Park Seconda	8	15:52.1	1:16.0	5:06.1	3:10.4
10 SOLMES, Lowell	498	Killarney Secondary	9	15:55.0	1:17.9	5:07.1	3:11.0
11 DOUGHTY, James	276	Eric Hamber Secon	10	15:58.0	1:20.9	5:08.0	3:11.6
12 MAY, Samuel	1115	W J Mouat Second	-	16:01.4	1:25.3	5:09.1	3:12.3
13 MARTLAND, Kai	781	Prince of Wales Se	-	16:04.2	1:28.1	5:10.0	3:12.8

Race #3
Men senior 3A 5000m (3A Senior)
Final Results
INDIVIDUAL RESULTS (cont'd)

Athlete	#	Team	Score	Time	Gap	Avg. Mile	Avg. km
14 HEADLEY, Elijah	585	Maple Ridge Secon	11	16:07.6	1:31.5	5:11.1	3:13.5
15 CANNON, Ethan	44	Argyle Secondary	-	16:20.1	1:44.0	5:15.1	3:16.0
16 NAKANISHI, Arata	864	Robert Bateman Se	-	16:21.3	1:45.2	5:15.5	3:16.2
17 AMOS, Jacob	493	Killarney Secondary	12	16:24.1	1:48.0	5:16.4	3:16.8
18 VAN DIJK, Oliver	1193	West Vancouver	13	16:25.1	1:49.0	5:16.7	3:17.0
19 AASERUD, Mika	491	Kelowna Secondary	-	16:26.5	1:50.4	5:17.2	3:17.3
20 JONES, Cy	505	Kitsilano Secondary	-	16:27.5	1:51.4	5:17.5	3:17.5
21 AIKEN, Parker	1113	Victoria High	-	16:29.2	1:53.1	5:18.1	3:17.8
22 WILKINSON, Josiah	780	Prince George Sec	14	16:33.1	1:57.0	5:19.3	3:18.6
23 LIU, Joe	291	Fleetwood Park Sec	15	16:39.9	2:03.8	5:21.5	3:20.0
24 VAN SCHAGEN, Will	910	Sardis Secondary	-	16:41.3	2:05.2	5:22.0	3:20.3
25 KENNEDY, Zack	849	Robert Alexander M	16	16:43.7	2:07.6	5:22.7	3:20.7
26 KLASSEN, Dixon	496	Killarney Secondary	17	16:45.7	2:09.6	5:23.4	3:21.1
27 STOCKWELL, Nico	952	Sir Charles Tupper	-	16:49.6	2:13.5	5:24.6	3:21.9
28 MCMURRAY, Coen	405	Heritage Woods	18	16:51.7	2:15.6	5:25.3	3:22.3
29 WILSON, Eamon	28	Alpha Secondary	-	16:52.8	2:16.7	5:25.6	3:22.6
30 SHURNIAK, Kynan	651	Nanaimo District Se	19	16:53.7	2:17.6	5:25.9	3:22.7
31 CROOKHAM, Japhy	1186	West Vancouver	20	16:54.7	2:18.6	5:26.2	3:22.9
32 HUMPHREY, Andrew	873	Sa-hali Secondary	-	16:55.9	2:19.8	5:26.6	3:23.2
33 LEWIS, Owen	698	Oak Bay Secondary	21	16:55.9	2:19.8	5:26.6	3:23.2
34 MIYA, Rogelio	507	Kitsilano Secondary	-	16:56.8	2:20.7	5:26.9	3:23.3
35 EVANS, Aidan	584	Maple Ridge Secon	22	16:58.9	2:22.8	5:27.6	3:23.8
36 VERWEY, Lourens	1194	West Vancouver	23	17:01.9	2:25.8	5:28.6	3:24.4
37 WASSENAAR, Arie	1238	Yale Secondary	-	17:04.6	2:28.5	5:29.4	3:24.9
38 MCCONKEY, Tanner	776	Prince George Sec	24	17:05.4	2:29.3	5:29.7	3:25.1
39 HAINES, Nicholas	1298	Sullivan Heights Se	-	17:10.6	2:34.5	5:31.4	3:26.1
40 OLIPHANT, Cullen	702	Oak Bay Secondary	25	17:12.4	2:36.3	5:32.0	3:26.5
41 HAMARY, Aadil	788	Queen Elizabeth Se	26	17:16.5	2:40.4	5:33.3	3:27.3
42 GALLOWAY, Nolan	208	Dover Bay Seconda	27	17:17.1	2:41.0	5:33.5	3:27.4
43 DEAN, Nathanael	774	Prince George Sec	28	17:19.6	2:43.5	5:34.3	3:27.9
44 WALLACE, Xavier	973	South Kamloops Se	29	17:21.1	2:45.0	5:34.7	3:28.2
45 KITAMURA, Joe	970	South Kamloops Se	30	17:25.8	2:49.7	5:36.2	3:29.1
46 NOZICK, Ethan	146	Claremont Seconda	-	17:27.8	2:51.7	5:36.9	3:29.6
47 LIAO, James (Xiafan)	832	Riverside	31	17:28.2	2:52.1	5:37.0	3:29.6
48 SAUNDERS, Leven	1139	Walnut Grove Seco	32	17:31.8	2:55.7	5:38.2	3:30.4
49 RUUS, Ben	854	Robert Alexander M	33	17:34.3	2:58.2	5:39.0	3:30.8
50 NARESH, Dylan	587	Maple Ridge Secon	34	17:37.5	3:01.4	5:40.0	3:31.5
51 POWELL, Will	703	Oak Bay Secondary	(35)	17:39.8	3:03.7	5:40.8	3:32.0
52 JIVRAJ, Keyaan	1188	West Vancouver	36	17:43.7	3:07.6	5:42.0	3:32.7
53 HAMM, Davin	720	Okanagan Mission	-	17:46.0	3:08.9	5:42.7	3:33.2
54 SUGIYAMA, Rinto	589	Maple Ridge Secon	37	17:46.5	3:10.4	5:42.9	3:33.3
55 MOHAMMED, Ased	541	L A Matheson Seco	38	17:49.5	3:13.4	5:43.9	3:33.9
56 RITCHIE, Max	972	South Kamloops Se	39	17:50.6	3:14.5	5:44.2	3:34.1
57 PAANANEN, Carter	147	Claremont Seconda	-	17:55.2	3:19.1	5:45.7	3:35.0
58 CAI, Justin - Yunhi	255	Elgin Park Seconda	40	17:58.2	3:22.1	5:46.7	3:35.6
59 LA CHIMEA, Marco	27	Alpha Secondary	-	17:59.6	3:23.5	5:47.1	3:35.9

Race #3
Men senior 3A 5000m (3A Senior)
Final Results
INDIVIDUAL RESULTS (cont'd)

Athlete	#	Team	Score	Time	Gap	Avg. Mile	Avg. km
60 HORGAN, Benjamin	435	Howe Sound Secon	-	18:00.1	3:24.0	5:47.3	3:36.0
61 GUTIERREZ, Aidan	209	Dover Bay Seconda	41	18:03.4	3:27.3	5:48.4	3:36.7
62 PANNU, Armaan	221	Earl Marriott Secon	-	18:03.8	3:27.7	5:48.5	3:36.7
63 BALOGH, Jasper	691	Oak Bay Secondary	(42)	18:05.9	3:29.8	5:49.1	3:37.2
64 GARDIYA HEWAWASAM, E	678	North Delta Second	-	18:05.9	3:29.8	5:49.1	3:37.2
65 CHATTERTON, Gavin	116	Carihi Secondary	-	18:06.7	3:30.6	5:49.4	3:37.3
66 CLEMENT, Timo	275	Eric Hamber Secon	43	18:08.8	3:32.7	5:50.1	3:37.8
67 MISHRA, Steven	801	R E Mountain Seco	44	18:09.2	3:33.1	5:50.2	3:37.8
68 RASQUINHA, Samuel	21	Abbotsford Senior S	45	18:11.2	3:35.1	5:50.8	3:38.2
69 SORBO, Alec	1140	Walnut Grove Seco	46	18:12.4	3:36.3	5:51.3	3:38.5
70 JAGGER, Henry	1000	St George's School	-	18:14.4	3:38.3	5:51.9	3:38.9
71 YAN, Kai	316	Gleneagle Seconda	-	18:14.9	3:38.8	5:52.0	3:39.0
72 MCCUE, Griffin	682	North Peace Secon	-	18:25.2	3:49.1	5:55.4	3:41.0
73 DAY, Alistar	647	Nanaimo District Se	47	18:26.8	3:50.7	5:55.9	3:41.3
74 FUNAYAMA, Seita	848	Robert Alexander M	48	18:28.5	3:52.4	5:56.4	3:41.7
75 BEESE, Austin	1098	Vancouver College	-	18:30.8	3:54.7	5:57.2	3:42.2
76 CHAN, Alexander	403	Heritage Woods	49	18:32.9	3:56.8	5:57.8	3:42.6
77 HO, Hiu Chun	1135	Walnut Grove Seco	50	18:33.9	3:57.8	5:58.2	3:42.8
78 MENDOZA, Roan	107	Burnaby South Sec	-	18:36.3	4:00.2	5:58.9	3:43.2
79 DOWDLE, Matthew	764	Port Moody Second	-	18:38.4	4:02.3	5:59.6	3:43.7
80 MARCADO, Sebastian	790	Queen Elizabeth Se	51	18:39.8	4:03.7	6:00.1	3:44.0
81 POLLARD, Lucas	231	Ecole Dr Charles B	-	18:40.7	4:04.6	6:00.3	3:44.1
82 BOWLER, Mathew	773	Prince George Sec	52	18:41.6	4:05.5	6:00.6	3:44.3
83 FARMER, Santokh	831	Riverside	53	18:46.7	4:10.6	6:02.3	3:45.3
84 RICHARDS, Kristian	778	Prince George Sec	(54)	18:48.6	4:12.5	6:02.9	3:45.7
85 THIEL, Benjamin	1192	West Vancouver	(55)	18:49.7	4:13.6	6:03.2	3:45.9
86 PINON, Brian	1114	Victoria High	-	18:50.6	4:14.5	6:03.5	3:46.1
87 MCBRIDE, Nolan	913	Seaquam Secondar	-	18:51.0	4:13.9	6:03.7	3:46.2
88 NIXON, Lorenzo	211	Dover Bay Seconda	56	18:53.4	4:17.3	6:04.4	3:46.7
89 PODOGIROS, Anthony	83	Burnaby Mountain	57	18:55.3	4:19.2	6:05.0	3:47.0
90 KANVALINA, David	745	Pitt Meadows Seco	-	18:58.1	4:22.0	6:05.9	3:47.6
91 FRASER, Addison	370	Handsworth Secon	58	19:01.1	4:25.0	6:06.9	3:48.2
92 POWELL, Kostas	1106	Vancouver Technic	-	19:02.0	4:24.9	6:07.2	3:48.4
93 VARLEY, Evan	1141	Walnut Grove Seco	(59)	19:02.4	4:26.3	6:07.3	3:48.5
94 GHANASON, Evan	87	Burnaby Mountain	60	19:03.4	4:27.3	6:07.6	3:48.7
95 FLACK, Oliver	74	Brookwood Secon	-	19:05.0	4:27.9	6:08.2	3:49.0
96 BOFFA, Nico	273	Eric Hamber Secon	61	19:05.8	4:29.7	6:08.4	3:49.2
97 HANSEN, Lucas	890	Salmon Arm Secon	-	19:06.2	4:30.1	6:08.5	3:49.2
98 VIRANI, Shanoor	213	Dover Bay Seconda	62	19:06.3	4:30.2	6:08.6	3:49.3
99 BECK, Wesley	692	Oak Bay Secondary	(63)	19:09.3	4:33.2	6:09.5	3:49.8
100 KAPUSCINSKI, Max	375	Handsworth Secon	64	19:09.3	4:33.2	6:09.5	3:49.9
101 MACGREGOR, Austin	681	North Peace Secon	-	19:09.4	4:33.3	6:09.6	3:49.9
102 ANIOGBE, Daniel	618	Mission Senior Sec	-	19:15.7	4:39.6	6:11.6	3:51.1
103 HEINRICHS, James	229	Ecole Dr Charles B	-	19:17.6	4:41.5	6:12.2	3:51.5
104 LIN, Andrew	290	Fleetwood Park Sec	65	19:20.6	4:44.5	6:13.2	3:52.1
105 SOOKAVEIFF, Jordan	1190	West Vancouver	(66)	19:23.7	4:47.6	6:14.2	3:52.7

2023 BCHS CC CHAMPS

Surrey, BC

November 4, 2023

MEET OFFICIALS

Timing:
Swan Racing

OFFICIAL MEET REPORT

printed: 2023-11-11, 7:51 PM

Race #3
Men senior 3A 5000m (3A Senior)

Final Results

INDIVIDUAL RESULTS (cont'd)

Athlete	#	Team	Score	Time	Gap	Avg. Mile	Avg. KM
106 BRIDSON, Elliot	845	Robert Alexander M	67	19:24.3	4:48.2	6:14.3	3:52.8
107 KRATZ, Johannes	1149	Wellington Seconda	-	19:24.4	4:48.3	6:14.4	3:52.9
108 PREIDEL, Max	915	Seaquam Secondar	-	19:24.9	4:48.8	6:14.5	3:53.0
109 MILLARD, William	378	Handsworth Secon	68	19:24.9	4:48.8	6:14.5	3:53.0
110 SHI, Jody	908	Sardis Secondary	-	19:28.0	4:50.9	6:15.5	3:53.6
111 WONG, Jeffery	499	Killarney Secondary	69	19:28.8	4:52.7	6:15.8	3:53.7
112 FARAONE, Ben	1134	Walnut Grove Seco	(70)	19:31.6	4:55.5	6:16.7	3:54.3
113 MCINTOSH, Colin	406	Heritage Woods	71	19:32.1	4:56.0	6:16.9	3:54.4
114 FONG, Lucas	86	Burnaby Mountain	72	19:32.5	4:56.4	6:17.0	3:54.5
115 VON SCHEWEITZ, Colin	590	Maple Ridge Secon	(73)	19:33.2	4:57.1	6:17.2	3:54.6
116 KHAIRA, Jasmeet	540	L A Matheson Seco	74	19:35.3	4:59.2	6:17.9	3:55.1
117 CICHA, Philip	404	Heritage Woods	75	19:35.9	4:59.8	6:18.1	3:55.2
118 CHIU, Jayden	274	Eric Hamber Secon	76	19:38.4	5:02.3	6:18.9	3:55.7
119 DOU, Zirui	583	Maple Ridge Secon	(77)	19:38.8	5:02.7	6:19.0	3:55.8
120 BURNS, Ryan	1133	Walnut Grove Seco	(78)	19:39.8	5:03.7	6:19.3	3:56.0
121 DUKES, Caleb	143	Claremont Seconda	-	19:40.1	5:04.0	6:19.4	3:56.0
122 MORRISON, Nick	649	Nanaimo District Se	79	19:42.4	5:06.3	6:20.2	3:56.5
123 DUMONT, Dylan	256	Elgin Park Seconda	80	19:44.0	5:06.9	6:20.7	3:56.8
124 SAHOTA, Aikam	261	Elgin Park Seconda	(81)	19:49.1	5:13.0	6:22.3	3:57.8
125 AL MAWAS, Ahmad	538	L A Matheson Seco	82	19:53.8	5:17.7	6:23.8	3:58.8
126 OLESEN, Connor	212	Dover Bay Seconda	(83)	19:54.3	5:18.2	6:24.0	3:58.9
127 GREEN, Anderson	257	Elgin Park Seconda	(84)	19:54.3	5:18.2	6:24.0	3:58.9
128 PEARSE, Campbell	833	Riverside	85	19:55.5	5:19.4	6:24.4	3:59.1
129 DOMINGO, Joseph	830	Riverside	86	20:09.0	5:31.9	6:28.7	4:01.8
130 VOYER, Logan	544	L A Matheson Seco	(87)	20:10.2	5:34.1	6:29.1	4:02.0
131 SPEISER, Conrad Benjamin	23	Abbotsford Senior S	88	20:11.1	5:35.0	6:29.4	4:02.2
132 RAHMATULLAH, Aminullah	19	Abbotsford Senior S	89	20:13.0	5:35.9	6:30.0	4:02.6
133 LOUCKS, Joshua	738	Penticton Secondar	90	20:13.3	5:37.2	6:30.1	4:02.6
134 ERFAN, Aria	369	Handsworth Secon	91	20:14.8	5:38.7	6:30.6	4:02.9
135 FROST, Blake	1120	W L Seaton Second	-	20:15.9	5:39.8	6:30.9	4:03.2
136 SZETO, Riley	1191	West Vancouver	(92)	20:16.5	5:40.4	6:31.2	4:03.3
137 GIESE, Kaden	89	Burnaby Mountain	93	20:24.0	5:46.9	6:33.6	4:04.8
138 LEFEBRVRE, Hugo	680	North Peace Secon	-	20:24.3	5:48.2	6:33.7	4:04.9
139 ZHOU, Hanson	317	Gleneagle Seconda	-	20:25.8	5:49.7	6:34.1	4:05.2
140 HERNANDEZ, Carlos	789	Queen Elizabeth Se	94	20:29.6	5:53.5	6:35.4	4:05.9
141 DHALIWAL, Dhruv	237	Ecole Panorama Ri	-	20:32.3	5:56.2	6:36.2	4:06.5
142 SIA, Matteo	168	Correliu Secondar	-	20:36.0	5:58.9	6:37.4	4:07.2
143 AHUJA, Armaan	798	R E Mountain Seco	95	20:38.0	6:00.9	6:38.1	4:07.6
144 SZE, Koon Lu Edwin	341	Grandview Heights	-	20:42.1	6:06.0	6:39.4	4:08.4
145 BLACKWELL, Aidan	398	Heritage Woods	(96)	20:48.9	6:12.8	6:41.5	4:09.8
146 HARDJOWASITO, Colin	91	Burnaby Mountain	(97)	20:53.2	6:17.1	6:42.9	4:10.6
147 MOORING, Cameron	777	Prince George Sec	(98)	21:03.9	6:27.8	6:46.4	4:12.8
148 DELEEuw, Adam	236	Ecole Panorama Ri	-	21:10.4	6:34.3	6:48.5	4:14.1
149 CHALANCHUK, Kaeden	407	Heritage Woods	(99)	21:12.4	6:36.3	6:49.1	4:14.5
150 CHAN, Bodhi	846	Robert Alexander M	(100)	21:18.6	6:42.5	6:51.1	4:15.7
151 MADEIRA, Filipe	210	Dover Bay Seconda	(101)	21:24.3	6:48.2	6:52.9	4:16.8

Race #3
Men senior 3A 5000m (3A Senior)
Final Results
INDIVIDUAL RESULTS (cont'd)

Athlete	#	Team	Score	Time	Gap	Avg. Mile	Avg. kM
152 CLARK, Elliot	84	Burnaby Mountain	(102)	21:34.1	6:58.0	6:56.1	4:18.8
153 DARSOW, Jannis Finn	629	Mount Boucherie S	-	21:36.2	7:00.1	6:56.8	4:19.2
154 RIESEBERG, Mendel	277	Eric Hamber Secon	(103)	21:38.1	7:02.0	6:57.4	4:19.6
155 HOSKIN, Maxwell	92	Burnaby Mountain	(104)	21:41.3	7:05.2	6:58.4	4:20.3
156 BRACH, Harwin	786	Queen Elizabeth Se	105	21:41.3	7:05.2	6:58.4	4:20.3
157 SHURNIAK, Hunter	650	Nanaimo District Se	106	21:43.9	7:07.8	6:59.2	4:20.8
158 RIVERA MENDOZA, Nicolas	294	Fleetwood Park Sec	107	21:56.8	7:20.7	7:03.4	4:23.3
159 ALAM, Palmer	399	Heritage Woods	(108)	21:58.5	7:22.4	7:03.9	4:23.7
160 FENG, Justin	494	Killarney Secondary	(109)	21:59.1	7:23.0	7:04.1	4:23.8
161 LAM DI-LORIO, Ethan	377	Handsworth Secon	(110)	22:04.4	7:28.3	7:05.8	4:24.9
162 BOTTYAN, Lealand	539	L A Matheson Seco	(111)	22:12.8	7:36.7	7:08.5	4:26.5
163 RAHMATULLAH, Ammar	20	Abbotsford Senior S	112	22:16.8	7:40.7	7:09.8	4:27.4
164 ALVAR, QUINTANILLA	784	Queen Elizabeth Se	(113)	22:17.6	7:41.5	7:10.1	4:27.5
165 MALINSKY TRISKA, Dominic	971	South Kamloops Se	114	22:25.6	7:49.5	7:12.7	4:29.1
166 GEORGILAS, Iossif	495	Killarney Secondary	(115)	22:28.0	7:50.9	7:13.4	4:29.6
167 WALDECK, Glen	741	Penticton Secondar	116	22:48.3	8:12.2	7:19.9	4:33.6
168 TAYEBI, Parsa	802	R E Mountain Seco	117	22:51.9	8:15.8	7:21.1	4:34.4
169 CROWTHER, Royce	207	Dover Bay Seconda	(118)	23:22.1	8:46.0	7:30.8	4:40.4
170 DHALIWAL, Iman	799	R E Mountain Seco	119	23:24.3	8:48.2	7:31.5	4:40.8
171 SAYSON, Paul	278	Eric Hamber Secon	(120)	23:28.6	8:52.5	7:32.9	4:41.7
172 ZHOU, Paul	279	Eric Hamber Secon	(121)	23:31.8	8:55.7	7:34.0	4:42.4
173 GARCIA, Dyllan	787	Queen Elizabeth Se	(122)	24:12.1	9:36.0	7:46.9	4:50.4
174 SIDHU, Gurman	543	L A Matheson Seco	(123)	24:24.4	9:48.3	7:50.8	4:52.9
175 BALLAGAN, Armaan	285	Fleetwood Park Sec	124	24:47.0	10:09.9	7:58.1	4:57.4
176 GUENDEL, Erasmus Fuercht	18	Abbotsford Senior S	(125)	24:49.9	10:13.8	7:59.1	4:58.0
177 MCWHIRTER, Logan	739	Penticton Secondar	(126)	25:04.3	10:28.2	8:03.7	5:00.8
178 SAARNI, Taiju	260	Elgin Park Seconda	(127)	25:33.6	10:57.5	8:13.1	5:06.7
179 AMJAD, Saad	785	Queen Elizabeth Se	(128)	27:01.6	12:25.5	8:41.4	5:24.3
180 DHALIWAL, Karan	286	Fleetwood Park Sec	(129)	28:58.6	14:22.5	9:19.0	5:47.7
-- WILCH, Jonathan	916	Seaquam Secondar	-			---	---
-- ZYLKA, Martin	834	Riverside	-			---	---
-- DE WETERING, Robin	829	Riverside	-			---	---
-- NGUYEN, Josh	497	Killarney Secondary	-			---	---
-- ANDERSON, Jamie	645	Nanaimo District Se	-			---	---
-- BUELOW, Maximilian	362	GW Graham Secon	-			---	---
-- PARKHILL, Kingsley	379	Handsworth Secon	-			---	---
-- VARAICH, Kavenjot	779	Prince George Sec	-			---	---
-- BEDAL, Masihullah	17	Abbotsford Senior S	-			---	---
-- RODRIGUES SOARES SILV	22	Abbotsford Senior S	-			---	---
-- ROTH, Toby	296	Fleetwood Park Sec	-			---	---
-- FERNANDO, Jaden	287	Fleetwood Park Sec	-			---	---
-- ABOHALAKA, Muhannad	95	Burnaby Mountain	-			---	---

Race #4
Women senior 1A 5000m (1A Senior)
Final Results
RACE SUMMARY

 Start Time: 11:00
 am

TEAM SCORING SUMMARY

Final Standings	Score	Scoring Order	Total	Spread
1 St. John Paul II Academy	10	1-2-7(10)	1:04:02	3:49.6
2 White Rock Christian Acad	12	3-4-5(6)(9)	1:05:59	0:16.3
3 Vancouver Christian	31	8-11-12	1:22:27	3:15.0

INDIVIDUAL RESULTS

Athlete	#	Team	Score	Time	Gap	Avg. Mile	Avg. KM
1 KANG, Jaina	174	Credo Christian Sch	-	18:36.3	---	5:58.9	3:43.2
2 DEE, Veronica	1051	St. John Paul II Aca	1	19:21.0	43.7	6:13.3	3:52.2
3 COYLE, Tessa	48	Aspengrove	-	20:59.3	2:23.0	6:44.9	4:11.9
4 DEE, Ellyse	1050	St. John Paul II Aca	2	21:30.3	2:54.0	6:54.9	4:18.1
5 SAUNDERS, Nicole	49	Aspengrove	-	21:44.5	3:08.2	6:59.5	4:20.9
6 VANDERWART, Michelle	1266	Bulkley Valley Chris	-	21:48.6	3:12.3	7:00.8	4:21.7
7 WATSON, Averie	1220	White Rock Christia	3	21:51.3	3:15.0	7:01.6	4:22.2
8 PINTO, Vanessa	1219	White Rock Christia	4	22:00.0	3:22.7	7:04.4	4:24.0
9 SHADFORTH, Mikayla	1008	St John's School	-	22:00.5	3:24.2	7:04.6	4:24.1
10 LIAO, Jordyn	1218	White Rock Christia	5	22:07.6	3:31.3	7:06.8	4:25.5
11 BARRABLE, Maria	308	Fraser Academy	-	22:27.5	3:51.2	7:13.3	4:29.5
12 BRIGHT, Julia	1214	White Rock Christia	(6)	22:30.0	3:52.7	7:14.1	4:30.0
13 GRASMEYER, Kirsten	1267	Bulkley Valley Chris	-	23:09.2	4:32.9	7:26.7	4:37.8
14 KING, Lucie	1052	St. John Paul II Aca	7	23:10.6	4:34.3	7:27.1	4:38.1
15 THERESA MAYR, Carla	335	Gold River Seconda	-	23:40.6	5:04.3	7:36.8	4:44.1
16 LAU, Merina	987	Southpointe Acade	-	23:41.2	5:04.9	7:37.0	4:44.2
17 SCHRAMM, Naomi	309	Fraser Academy	-	24:26.4	5:50.1	7:51.5	4:53.3
18 KELLY, Isabella	1096	Vancouver Christia	8	25:22.8	6:46.5	8:09.6	5:04.5
19 KATE, Antenbring	1217	White Rock Christia	(9)	25:25.2	6:48.9	8:10.4	5:05.0
20 ALVARADO, Alejandra	1048	St. John Paul II Aca	(10)	25:27.4	6:51.1	8:11.1	5:05.5
21 BURGE, Olivia	1215	White Rock Christia	-	26:03.0	7:25.7	8:22.6	5:12.6
22 FANG, Jui-Chieh (Rachel	1216	White Rock Christia	-	26:13.9	7:37.6	8:26.1	5:14.8
23 NGAN, Annette	1097	Vancouver Christia	11	28:25.7	9:49.4	9:08.4	5:41.1
24 IP, Ching Lam	467	John Knox Christian	-	28:32.1	9:55.8	9:10.5	5:42.4
25 SCOTT, Naomi	468	John Knox Christian	-	28:36.0	9:58.7	9:11.8	5:43.2
26 CHOW, Ashleigh	1095	Vancouver Christia	12	28:37.7	10:01.4	9:12.3	5:43.5
-- BURTON-SMITH, Hop	1049	St. John Paul II Aca	-			---	---

Race #5
Women senior 2A 5000m (2A Senior)

Final Results

RACE SUMMARY

 Start Time: 11:40
 am

TEAM SCORING SUMMARY

Final Standings	Score	Scoring Order	Total	Spread
1 West Point Grey Academy	45	4-12-14-15(27)(28)(29)	1:20:18	0:49.5
2 L V Rogers Secondary	68	6-16-22-24(38)(48)(64)	1:22:14	1:26.5
3 York House School	72	8-13-21-30(44)(58)	1:22:32	1:48.1
4 Southridge School	83	1-2-20-60	1:23:29	7:55.8
5 Abbotsford Christian	86	18-19-23-26(31)(35)(36)	1:23:43	0:49.9
6 Sutherland Secondary	117	5-33-39-40(49)	1:26:25	3:01.5
7 Kelowna Christian School	119	7-11-42-59(62)	1:28:30	6:00.6
8 Windsor Secondary	123*	9-34-37-43(53)(65)	1:26:44	2:52.4
9 St Michaels University Sch	123*	3-25-45-50(54)(56)(61)	1:28:20	4:53.2
10 Pacific Academy	146	17-32-46-51(52)(55)(57)	1:30:36	3:57.9
11 Mark R. Isfeld Senior Seco	161	10-41-47-63	1:32:58	6:33.9

*Tiebreakers

Windsor Secondary	9	34	37	43	53	St Michaels University School -
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INDIVIDUAL RESULTS

Athlete	#	Team	Score	Time	Gap	Avg. Mile	Avg. kM
1 MCDONALD, Rachel	993	Southridge School	1	18:01.4	---	5:47.7	3:36.3
2 GOODISON, Claire	1221	Windermere Comm	-	18:30.6	29.2	5:57.1	3:42.1
3 MCDONALD, Catelin	991	Southridge School	2	18:46.3	44.9	6:02.1	3:45.2
4 PIGHIN, Kiara	159	Clarence Fulton Se	-	18:57.8	56.4	6:05.8	3:47.5
5 STEPOVA, Katerina	570	Lambrick Park Seco	-	19:13.5	1:12.1	6:10.9	3:50.7
6 MEINECKE, Nella	1024	St Michaels Univers	3	19:18.4	1:17.0	6:12.5	3:51.7
7 DUBIEF, Louison	283	Fernie Secondary	-	19:26.5	1:25.1	6:15.1	3:53.3
8 MILAU, Rachel	1180	West Point Grey Ac	4	19:30.6	1:29.2	6:16.4	3:54.1
9 O'BRIEN, Rory	1070	Sutherland Second	5	19:33.4	1:32.0	6:17.3	3:54.7
10 SMITH, Aleah	553	L V Rogers Second	6	19:46.2	1:44.8	6:21.4	3:57.2
11 SHIVERS, Chloe	488	Kelowna Christian	7	19:51.1	1:49.7	6:23.0	3:58.2
12 ARMSTRONG, Jaime	1241	York House School	8	19:52.8	1:51.4	6:23.5	3:58.6
13 FRKETICH, Amanda	1232	Windsor Secondary	9	19:58.0	1:55.6	6:25.2	3:59.6
14 PIGHIN, Isabella	158	Clarence Fulton Se	-	19:59.4	1:58.0	6:25.6	3:59.9
15 RAM, Carly	596	Mark R. Isfeld Seni	10	20:01.1	1:59.7	6:26.2	4:00.2
16 LAI, Trinity	486	Kelowna Christian	11	20:03.1	2:01.7	6:26.8	4:00.6
17 FINLAYSON, Lucy	1176	West Point Grey Ac	12	20:07.8	2:06.4	6:28.3	4:01.5
18 MINDELL, Lily	1246	York House School	13	20:11.9	2:10.5	6:29.6	4:02.4
19 NEILL, Mary	1182	West Point Grey Ac	14	20:19.1	2:17.7	6:32.0	4:03.8
20 BANDUCCI, Cristina	1169	West Point Grey Ac	15	20:20.1	2:18.7	6:32.3	4:04.0
21 NAY, Ruby	552	L V Rogers Second	16	20:26.0	2:23.6	6:34.2	4:05.2
22 RODWAY, Ava	733	Pacific Academy	17	20:34.8	2:33.4	6:37.0	4:07.0
23 KAMPMAN, Kristin	12	Abbotsford Christia	18	20:35.8	2:34.4	6:37.4	4:07.2

Race #5
Women senior 2A 5000m (2A Senior)
Final Results
INDIVIDUAL RESULTS (cont'd)

Athlete	#	Team	Score	Time	Gap	Avg. Mile	Avg. kM
24 DIELEMAN, Kailyn	10	Abbotsford Christia	19	20:39.7	2:38.3	6:38.6	4:07.9
25 HILLAR, Delfina	902	Samuel Robertson	-	20:42.5	2:41.1	6:39.5	4:08.5
26 MCDONALD, Meghan	992	Southridge School	20	20:43.9	2:42.5	6:39.9	4:08.8
27 FORSYTH, Ruby	1243	York House School	21	20:46.4	2:45.0	6:40.8	4:09.3
28 LEWANDOWSKI, Opal	551	L V Rogers Second	22	20:48.4	2:47.0	6:41.4	4:09.7
29 PRINCE, Nora	126	Cedar Community	-	20:50.5	2:49.1	6:42.1	4:10.1
30 O'HEARN-STONE, Jill	449	J Lloyd Crowe Seco	-	20:52.7	2:51.3	6:42.8	4:10.5
31 KAMPMAN, Charis	11	Abbotsford Christia	23	21:01.1	2:59.7	6:45.5	4:12.2
32 HETU, Maina	549	L V Rogers Second	24	21:12.7	3:11.3	6:49.2	4:14.5
33 SHARPE, Beatrice	1025	St Michaels Univers	25	21:23.2	3:21.8	6:52.6	4:16.6
34 VAN DYK, Lauren	15	Abbotsford Christia	26	21:25.7	3:24.3	6:53.4	4:17.1
35 BOURBONNAIS, Willow	1171	West Point Grey Ac	(27)	21:34.0	3:31.6	6:56.1	4:18.8
36 BOURBONNAIS, Echo	1170	West Point Grey Ac	(28)	21:35.5	3:34.1	6:56.5	4:19.1
37 LAM, Veronika	63	Brentwood College	-	21:36.1	3:34.7	6:56.7	4:19.2
38 DAWE, Sophie	1174	West Point Grey Ac	(29)	21:37.5	3:36.1	6:57.2	4:19.5
39 GRAVISTIN, Livy	1244	York House School	30	21:40.8	3:39.4	6:58.3	4:20.2
40 CHARLSTON, Ashley	162	College Heights Se	-	21:44.1	3:42.7	6:59.3	4:20.8
41 GRDINA, Eva	637	Mulgrave School	-	21:45.0	3:42.6	6:59.6	4:21.0
42 ALTAMIRANO, Sara	889	Saint Thomas Aqu	-	21:46.9	3:45.5	7:00.2	4:21.4
43 CHUANG, Lyn	8	Abbotsford Christia	(31)	21:48.8	3:47.4	7:00.8	4:21.7
44 FANTAYE, Setota	728	Pacific Academy	32	21:49.4	3:48.0	7:01.0	4:21.9
45 ARKILETIAN, Anna	1068	Sutherland Second	33	21:50.3	3:48.9	7:01.3	4:22.0
46 SCOTT, Eliot	65	Britannia Communit	-	21:50.8	3:49.4	7:01.5	4:22.2
47 COLEMAN, Ruby	1231	Windsor Secondary	34	21:51.4	3:50.0	7:01.7	4:22.3
48 OLSON, Keshi	13	Abbotsford Christia	(35)	21:52.5	3:51.1	7:02.0	4:22.5
49 DE HAAN, Sadie	9	Abbotsford Christia	(36)	21:53.0	3:50.6	7:02.2	4:22.6
50 CERVANTES-BRISENO, Sof	761	Point Grey Seconda	-	21:53.7	3:52.3	7:02.4	4:22.7
51 PIVA, Faith	109	Burnsview	-	21:56.7	3:55.3	7:03.4	4:23.3
52 AT SMA, Miriam	7	Abbotsford Christia	-	22:04.0	4:01.6	7:05.7	4:24.8
53 WHITE, Isabella	1236	Windsor Secondary	37	22:04.3	4:02.9	7:05.8	4:24.8
54 KEMP, Miya	187	Dawson Creek Sec	-	22:09.4	4:08.0	7:07.4	4:25.9
55 ABRAHAM, Maya	547	L V Rogers Second	(38)	22:11.2	4:09.8	7:08.0	4:26.2
56 CAMPBELL, Coco	1172	West Point Grey Ac	-	22:12.5	4:11.1	7:08.5	4:26.5
57 NICHOLLS, Michaela	617	Merritt Secondary	-	22:12.9	4:11.5	7:08.6	4:26.6
58 SANCHEZ WICKLAND, Zoe	361	Gulf Islands Second	-	22:14.6	4:13.2	7:09.1	4:26.9
59 DABBS, Libby	1173	West Point Grey Ac	-	22:19.1	4:17.7	7:10.6	4:27.8
60 ORTH, Kayla	1071	Sutherland Second	39	22:26.2	4:24.8	7:12.8	4:29.2
61 LANGILL, Brea	430	Highland Secondar	-	22:27.4	4:26.0	7:13.2	4:29.5
62 OSTHOFF, Katharina	1072	Sutherland Second	40	22:34.9	4:33.5	7:15.6	4:31.0
63 WIGET, Sarah	16	Abbotsford Christia	-	22:38.2	4:36.8	7:16.7	4:31.6
64 SAUVE, Paige	597	Mark R. Isfeld Seni	41	22:38.5	4:37.1	7:16.8	4:31.7
65 MILAU, Lauren	1179	West Point Grey Ac	-	22:41.0	4:38.6	7:17.6	4:32.2
66 MATTHEWS, Kailie	487	Kelowna Christian	42	22:43.6	4:42.2	7:18.4	4:32.7
67 RIGONI, Chiara	1270	Mount Elizabeth Mi	-	22:44.8	4:43.4	7:18.8	4:33.0
68 RICHMOND, Nicola	1234	Windsor Secondary	43	22:50.3	4:48.9	7:20.6	4:34.1
69 OFFERMAN, Lin Lia	463	John Barsby Comm	-	22:53.6	4:52.2	7:21.7	4:34.7

Race #5
Women senior 2A 5000m (2A Senior)
Final Results
INDIVIDUAL RESULTS (cont'd)

Athlete	#	Team	Score	Time	Gap	Avg. Mile	Avg. kM
70 CAMERON, Lindsey	995	St Andrew's Region	-	22:55.4	4:54.0	7:22.3	4:35.1
71 PETERSON, Calliope	220	Duchess Park Seco	-	22:56.8	4:55.4	7:22.7	4:35.4
72 ALLVIN, Agnes	1167	West Point Grey Ac	-	22:59.5	4:58.1	7:23.6	4:35.9
73 BERTOIA, Ava	114	Cariboo Hill Second	-	23:01.5	5:00.1	7:24.2	4:36.3
74 STEENBURGH, Ella	1184	West Point Grey Ac	-	23:06.7	5:05.3	7:25.9	4:37.3
75 VARMA-VITUG, Sofia	1248	York House School	(44)	23:10.5	5:09.1	7:27.1	4:38.1
76 STOLZE, Lucia	446	Hugh Boyd Second	-	23:23.0	5:20.6	7:31.1	4:40.6
77 FLECK, Amelie	1021	St Michaels Univers	45	23:26.9	5:25.5	7:32.4	4:41.4
78 KOONER, Anaya	445	Hugh Boyd Second	-	23:34.1	5:32.7	7:34.7	4:42.8
79 PITRE, Emily	569	Lambrick Park Seco	-	23:36.3	5:34.9	7:35.4	4:43.2
80 SCHULZ, Emmy	734	Pacific Academy	46	23:38.3	5:36.9	7:36.0	4:43.7
81 MACPHAIL-MCGRADY, Tali	595	Mark R. Isfeld Seni	47	23:43.3	5:41.9	7:37.6	4:44.7
82 TORRANCE, Allison	763	Point Grey Seconda	-	23:44.3	5:42.9	7:38.0	4:44.8
83 HUNG, Allison	550	L V Rogers Second	(48)	23:46.0	5:43.6	7:38.5	4:45.2
84 ISAAC, Ila	746	Pleasant Valley Sec	-	24:04.1	6:02.7	7:44.3	4:48.8
85 ANDERSEN, Leah	444	Hugh Boyd Second	-	24:04.3	6:02.9	7:44.4	4:48.8
86 ROTHFELDER, Madison	1073	Sutherland Second	(49)	24:08.7	6:07.3	7:45.8	4:49.7
87 DYCK, Charlotte	614	Mennonite Educatio	-	24:11.5	6:10.1	7:46.7	4:50.3
88 KAKU, Yashita	1023	St Michaels Univers	50	24:11.6	6:10.2	7:46.7	4:50.3
89 TINSLEY, Emily	14	Abbotsford Christia	-	24:13.9	6:12.5	7:47.5	4:50.8
90 LENSINK, Nadia	731	Pacific Academy	51	24:32.7	6:31.3	7:53.5	4:54.5
91 HANSEN, Elle	729	Pacific Academy	(52)	24:33.4	6:32.0	7:53.8	4:54.7
92 LONGA, Vittoria	1233	Windsor Secondary	(53)	24:41.4	6:40.0	7:56.3	4:56.3
93 GEDDES, Avery	1022	St Michaels Univers	(54)	24:49.6	6:48.2	7:59.0	4:57.9
94 GRECIA LYONS, Gabriela	1037	St Thomas More Co	-	24:56.6	6:55.2	8:01.2	4:59.3
95 FENK, Ariella	310	George Elliot Secon	-	24:57.3	6:55.9	8:01.4	4:59.4
96 MUNRO, Lauren	311	George Elliot Secon	-	24:58.6	6:57.2	8:01.9	4:59.7
97 HUI, Charlotte	1297	Pacific Academy	(55)	25:02.3	7:00.9	8:03.0	5:00.5
98 LUNSTED, Isabella	42	Archbishop Carney	-	25:14.0	7:11.6	8:06.8	5:02.8
99 OETOMO, Gabrielle	1040	St Thomas More Co	-	25:16.2	7:14.8	8:07.5	5:03.2
100 DE LAUNIERE, Sophie	1020	St Michaels Univers	(56)	25:24.0	7:21.6	8:10.0	5:04.8
101 ALLISON, Annie	612	Mennonite Educatio	-	25:34.4	7:33.0	8:13.4	5:06.9
102 POUND, Hayven	732	Pacific Academy	(57)	25:40.5	7:39.1	8:15.3	5:08.1
103 AYAS, Helena	1242	York House School	(58)	25:41.0	7:38.6	8:15.5	5:08.2
104 RENGGLI, Elodie	115	Cariboo Hill Second	-	25:42.3	7:40.9	8:15.9	5:08.4
105 CAMPBELL, Coby	485	Kelowna Christian	59	25:51.7	7:50.3	8:18.9	5:10.3
106 EICHHORST, Ava	990	Southridge School	60	25:57.2	7:55.8	8:20.7	5:11.4
107 BOHMANN, Katharina	1019	St Michaels Univers	(61)	26:11.2	8:09.8	8:25.2	5:14.2
108 MOCNIK, Stefanie	1039	St Thomas More Co	-	26:13.3	8:11.9	8:25.9	5:14.7
109 STRANO, Brenley	489	Kelowna Christian	(62)	26:16.7	8:15.3	8:26.9	5:15.3
110 MACLUSKIE, Nadia	594	Mark R. Isfeld Seni	63	26:34.9	8:33.5	8:32.8	5:19.0
111 MARSHALL, Indigo	358	Gulf Islands Second	-	27:30.3	9:28.9	8:50.6	5:30.1
112 ROQUE RANGEL, Camilla	360	Gulf Islands Second	-	27:40.2	9:38.8	8:53.8	5:32.0
113 CORDIER, Maelle	548	L V Rogers Second	(64)	27:54.5	9:53.1	8:58.4	5:34.9
114 AWAD, Saije	1229	Windsor Secondary	(65)	28:34.2	10:32.8	9:11.2	5:42.8
-- NICKELS, Cleo	359	Gulf Islands Second	-	DQ		---	---

2023 BCHS CC CHAMPS

Surrey, BC

November 4, 2023

MEET OFFICIALSTiming:
Swan Racing**OFFICIAL MEET REPORT**

printed: 2023-11-11, 7:51 PM

Race #5
Women senior 2A 5000m (2A Senior)**Final Results****INDIVIDUAL RESULTS (cont'd)**

Athlete	#	Team	Score	Time	Gap	Avg. Mile	Avg. kM
-- STRANO, Taylor	490	Kelowna Christian	-			---	---
-- QIN, Diane	1247	York House School	-			---	---
-- BINGHAM, Amelia	484	Kelowna Christian	-			---	---
-- REESE, Jessica	1260	Charles Hays Seco	-			---	---
-- JAAKKOLA, Sara	936	Seycove Secondary	-			---	---
-- HOYTEMA, Cassandra	572	Langley Christian	-			---	---
-- CASUMPANG, Olivia	1035	St Thomas More Co	-			---	---
-- CAMBI, Anna	1230	Windsor Secondary	-			---	---
-- SCHMITT, Anna	1074	Sutherland Second	-			---	---
-- JENKINSON, Mia	1069	Sutherland Second	-			---	---
-- LAYCHUK, Lawrencia	1258	Charles Hays Seco	-			---	---

Race #6
Women senior 3A 5000m (3A Senior)
Final Results
RACE SUMMARY

Start Time: 0:20 pm

TEAM SCORING SUMMARY

Final Standings	Score	Scoring Order	Total	Spread
1 Handsworth Secondary	24	3-6-7-8(20)(40)(55)	1:18:44	0:30.0
2 Reynolds Secondary	63	9-11-18-25(66)(80)(84)	1:22:26	1:14.0
3 Oak Bay Secondary	64	5-10-23-26(29)(34)(38)	1:22:17	1:39.0
4 Claremont Secondary	66	1-13-19-33	1:21:22	3:22.3
5 Walnut Grove Secondary	95	4-15-17-59(68)	1:25:00	4:21.2
6 Nanaimo District Secondar	142	12-21-46-63	1:28:28	3:39.2
7 South Kamloops Secondar	161	2-36-54-69(102)	1:29:11	5:30.6
8 Heritage Woods	163	24-44-47-48(73)(95)(105)	1:30:04	1:49.1
9 Port Moody Secondary	166	14-31-42-79	1:30:29	4:58.4
10 Riverside	169	30-43-45-51(57)(74)	1:30:23	1:54.5
11 Salmon Arm Secondary	170	37-39-41-53(56)(75)	1:29:41	1:37.4
12 West Vancouver	174	22-27-60-65	1:30:44	3:16.6
13 Correlieu Secondary Schoo	194	16-32-52-94	1:33:05	6:32.8
14 Gleneagle Secondary	225	28-49-70-78(82)(96)(98)	1:35:00	4:16.5
15 Richmond Secondary	271	61-67-71-72(77)(91)	1:38:28	1:18.7
16 Crofton House	275	35-76-81-83(103)	1:39:06	4:20.3
17 Chilliwack Secondary	291	50-62-89-90(97)(99)(100)	1:39:46	3:13.2
18 Mission Senior Secondary	325	64-86-87-88(101)	1:42:41	1:49.0
19 Delta Secondary	328	58-85-92-93(104)	1:44:33	3:30.5

INDIVIDUAL RESULTS

Athlete	#	Team	Score	Time	Gap	Avg. Mile	Avg. kM
1 DOW, Alexa	306	Frances Kelsey Sec	-	17:23.3	---	5:35.5	3:28.7
2 GOSSELIN, Delphine	513	Kitsilano Secondary	-	17:48.7	25.4	5:43.6	3:33.7
3 HODGSON, Maella	265	Elgin Park Seconda	-	18:04.7	41.4	5:48.7	3:36.9
4 EAMES, Mady	152	Claremont Seconda	1	18:11.9	48.6	5:51.1	3:38.4
5 HICKIE, Jordis	743	Penticton Secondar	-	18:35.3	1:12.0	5:58.6	3:43.1
6 SYMON, Chloe	581	Lord Byng Seconda	-	18:38.4	1:15.1	5:59.6	3:43.7
7 WALLACE, Feron	980	South Kamloops Se	2	19:13.3	1:50.0	6:10.8	3:50.6
8 CORMACK, Maggie	384	Handsworth Secon	3	19:19.9	1:56.6	6:13.0	3:52.0
9 HOLUBAR, Taya	1143	Walnut Grove Seco	4	19:30.5	2:07.2	6:16.4	3:54.1
10 LEWIS, Ava	712	Oak Bay Secondary	5	19:41.2	2:17.9	6:19.8	3:56.2
11 HEMSTEAD, Brooke	387	Handsworth Secon	6	19:44.9	2:21.6	6:21.0	3:57.0
12 COMEAU, Elia	383	Handsworth Secon	7	19:49.3	2:26.0	6:22.4	3:57.8
13 MARTIN, Kate	390	Handsworth Secon	8	19:49.8	2:26.5	6:22.6	3:58.0
14 WALLIN, Anika	561	Lake City Secondar	-	20:00.9	2:37.6	6:26.1	4:00.2
15 SADILKOVA, Arieta	1150	Wellington Seconda	-	20:01.1	2:37.8	6:26.2	4:00.2
16 RITTER, Kathrin	820	Reynolds Secondar	9	20:02.3	2:39.0	6:26.6	4:00.4
17 LAWRENCE, Maia	711	Oak Bay Secondary	10	20:07.1	2:43.8	6:28.1	4:01.4
18 RICKETTS, Ella	82	Burnaby Central Se	-	20:08.0	2:43.7	6:28.4	4:01.6

Race #6
Women senior 3A 5000m (3A Senior)
Final Results
INDIVIDUAL RESULTS (cont'd)

Athlete	#	Team	Score	Time	Gap	Avg. Mile	Avg. km
19 MALONY, Julia	816	Reynolds Secondar	11	20:09.2	2:45.9	6:28.8	4:01.8
20 GILLETTE, Brea	654	Nanaimo District Se	12	20:23.8	3:00.5	6:33.5	4:04.7
21 LEAHY, Paige	1112	Vernon Secondary	-	20:27.9	3:04.6	6:34.8	4:05.6
22 BIEBER, Audrey	632	Mount Douglas Sec	-	20:30.2	3:06.9	6:35.5	4:06.0
23 PRESTON, Brenna	124	Carihi Secondary	-	20:33.3	3:10.0	6:36.5	4:06.6
24 BROOKES, Bridget	149	Claremont Seconda	13	20:35.7	3:12.4	6:37.3	4:07.1
25 BAINS, Daya	765	Port Moody Second	14	20:41.4	3:18.1	6:39.1	4:08.3
26 STELNICKI, Annalise	1148	Walnut Grove Seco	15	20:43.9	3:20.6	6:40.0	4:08.8
27 UNGER, Zoe	26	Abbotsford Senior S	-	20:46.2	3:22.9	6:40.7	4:09.2
28 NICHOLAS, Claire	171	Correliu Secondar	16	20:48.4	3:25.1	6:41.4	4:09.7
29 COLBY, Paige	363	GW Graham Secon	-	20:50.3	3:27.0	6:42.0	4:10.1
30 MACPHERSON, Naomi	45	Argyle Secondary	-	20:51.3	3:28.0	6:42.3	4:10.3
31 DI, Mello	633	Mount Douglas Sec	-	20:53.5	3:30.2	6:43.0	4:10.7
32 BEDWELL, Haven	1142	Walnut Grove Seco	17	20:54.0	3:29.7	6:43.2	4:10.8
33 LUBBEN, Skyler	815	Reynolds Secondar	18	20:58.0	3:33.7	6:44.5	4:11.6
34 TAMEZ, Sophia	156	Claremont Seconda	19	21:00.0	3:35.7	6:45.1	4:12.0
35 YOUNG, Cassandra	395	Handsworth Secon	(20)	21:01.3	3:38.0	6:45.5	4:12.2
36 WONG, Grace	501	Killarney Secondary	-	21:03.8	3:40.5	6:46.4	4:12.8
37 SACCUCCI, Isabella	312	Georges P Vanier S	-	21:04.8	3:41.5	6:46.7	4:12.9
38 HUTTON, Kaia	77	Brookwood Secon	-	21:05.7	3:42.4	6:47.0	4:13.1
39 MARTIN, Haley	655	Nanaimo District Se	21	21:05.9	3:42.6	6:47.0	4:13.2
40 RAWLYK, Madeleine	1203	West Vancouver	22	21:06.7	3:43.4	6:47.3	4:13.3
41 MCCLUSKEY, Megan	714	Oak Bay Secondary	23	21:08.3	3:45.0	6:47.8	4:13.7
42 CHALANCHUK, Justice	416	Heritage Woods	24	21:13.2	3:49.9	6:49.4	4:14.6
43 PARFITT, Saige	818	Reynolds Secondar	25	21:16.2	3:52.9	6:50.3	4:15.2
44 CAMPBELL, Kate	706	Oak Bay Secondary	26	21:20.1	3:56.8	6:51.6	4:16.0
45 HORLICK, Abby	1198	West Vancouver	27	21:21.2	3:57.9	6:52.0	4:16.2
46 ARMBRECHT, Pia	1078	Thomas Haney Cen	-	21:22.5	3:59.2	6:52.4	4:16.5
47 SELVAGE, Natalie	351	Grandview Heights	-	21:22.6	3:59.3	6:52.4	4:16.5
48 ZHOU, Fanghao	324	Gleneagle Seconda	28	21:22.7	3:59.4	6:52.4	4:16.5
49 SMERDON, Noa	861	Robert Alexander M	-	21:23.8	4:00.5	6:52.8	4:16.7
50 JOINER, Isabelle	710	Oak Bay Secondary	(29)	21:24.5	4:01.2	6:53.0	4:16.9
51 PERK, Emily	839	Riverside	30	21:25.1	4:01.8	6:53.2	4:17.0
52 CHEN, Clarissa	766	Port Moody Second	31	21:27.0	4:02.7	6:53.8	4:17.4
53 BARBOSA, Claire	169	Correliu Secondar	32	21:27.0	4:02.7	6:53.8	4:17.4
54 FORSYTH, Ava	500	Killarney Secondary	-	21:31.6	4:08.3	6:55.3	4:18.3
55 DYER, Kiera	559	Lake City Secondar	-	21:32.7	4:09.4	6:55.6	4:18.5
56 DUNNILL, Sydney	151	Claremont Seconda	33	21:34.2	4:10.9	6:56.1	4:18.8
57 ANDULAJEVIC, Molly	705	Oak Bay Secondary	(34)	21:37.9	4:14.6	6:57.3	4:19.6
58 JONES, Edie	517	Kitsilano Secondary	-	21:39.1	4:15.8	6:57.7	4:19.8
59 THACKWRAY, Kya	448	Hugh McRoberts S	-	21:39.7	4:16.4	6:57.9	4:19.9
60 ZHANG, Nicole	181	Crofton House	35	21:39.8	4:16.5	6:57.9	4:19.9
61 HOWICK, Katie	976	South Kamloops Se	36	21:40.0	4:15.7	6:58.0	4:20.0
62 VAN VLIET, Cora	1132	W L Seaton Second	-	21:40.1	4:16.8	6:58.0	4:20.0
63 ROBINSON, Kaelyn	628	Moscrop Secondary	-	21:45.8	4:22.5	6:59.8	4:21.1
64 MACGREGOR, Lily	1056	Stelly's Secondary	-	21:48.4	4:25.1	7:00.7	4:21.7

Race #6
Women senior 3A 5000m (3A Senior)
Final Results
INDIVIDUAL RESULTS (cont'd)

Athlete	#	Team	Score	Time	Gap	Avg. Mile	Avg. KM
65 JOSE, Ariel	1117	W J Mouat Second	-	21:50.7	4:27.4	7:01.4	4:22.1
66 HECKRODT, Eden	894	Salmon Arm Secon	37	21:53.5	4:30.2	7:02.3	4:22.7
67 FAWKES, Tori	709	Oak Bay Secondary	(38)	21:53.9	4:30.6	7:02.5	4:22.8
68 MEYANG, Manuela	232	Ecole Dr Charles B	-	21:56.2	4:32.9	7:03.2	4:23.2
69 RANDS, Miah	896	Salmon Arm Secon	39	21:57.1	4:33.8	7:03.5	4:23.4
70 CELIK, Dila	460	J.N. Burnett	-	21:57.1	4:33.8	7:03.5	4:23.4
71 BALCHEN, Julia	382	Handsworth Secon	(40)	22:03.2	4:39.9	7:05.4	4:24.6
72 FONG, Tiana	97	Burnaby Mountain	-	22:14.8	4:51.5	7:09.2	4:27.0
73 HOGARTH-WOOD, Lil	266	Elgin Park Seconda	-	22:16.4	4:53.1	7:09.7	4:27.3
74 BROOKS, Hazel	891	Salmon Arm Secon	41	22:19.3	4:56.0	7:10.6	4:27.9
75 CLAIRE, Neesha	111	Byrne Creek Comm	-	22:22.0	4:57.7	7:11.5	4:28.4
76 DIHTIAROVA, Emilia	768	Port Moody Second	42	22:40.2	5:16.9	7:17.3	4:32.0
77 RENWICK, Danica	875	Sa-hali Secondary	-	22:43.0	5:18.7	7:18.2	4:32.6
78 PADGHAM, Chelsea	911	Sardis Secondary	-	22:44.6	5:21.3	7:18.8	4:32.9
79 VAN JAARVELD, Elandi	842	Riverside	43	22:45.1	5:21.8	7:18.9	4:33.0
80 ZEITLER, Isabelle	415	Heritage Woods	44	22:46.7	5:23.4	7:19.4	4:33.3
81 DUECK, Kendal	1239	Yale Secondary	-	22:47.0	5:22.7	7:19.5	4:33.4
82 CLIFFORD, Josie	437	Howe Sound Secon	-	22:49.4	5:26.1	7:20.3	4:33.9
83 MAIDEN, Indigo	1240	Yale Secondary	-	22:49.7	5:26.4	7:20.4	4:33.9
84 ROBINSON, Danica	840	Riverside	45	22:52.5	5:29.2	7:21.3	4:34.5
85 CROFT, Niko	652	Nanaimo District Se	46	22:55.4	5:32.1	7:22.2	4:35.1
86 COOLEGGE, Nola	123	Carihi Secondary	-	22:56.9	5:33.6	7:22.7	4:35.4
87 SUEN, Makayden	1079	Thomas Haney Cen	-	23:00.4	5:37.1	7:23.8	4:36.1
88 MALLOW, Abby	410	Heritage Woods	47	23:01.2	5:37.9	7:24.1	4:36.2
89 KING, Arliss	412	Heritage Woods	48	23:02.3	5:39.0	7:24.4	4:36.4
90 HAYES, Leela	322	Gleneagle Seconda	49	23:08.4	5:45.1	7:26.4	4:37.7
91 KEIM, Mara	137	Chilliwack Seconda	50	23:14.2	5:50.9	7:28.3	4:38.8
92 SUSSEX, Avery	841	Riverside	51	23:19.6	5:56.3	7:30.0	4:39.9
93 ZHU, Yin Ci	233	Ecole Dr Charles B	-	23:24.5	6:01.2	7:31.6	4:40.9
94 PETER, Boroka	172	Correliou Secondar	52	23:28.6	6:05.3	7:32.9	4:41.7
95 GIESBRECHT, Gabrielle	893	Salmon Arm Secon	53	23:30.9	6:07.6	7:33.6	4:42.2
96 CLARK, Clementine	975	South Kamloops Se	54	23:34.0	6:09.7	7:34.7	4:42.8
97 HENKEL, Lucy	388	Handsworth Secon	(55)	23:35.1	6:11.8	7:35.0	4:43.0
98 WOHLFORD, Jocelyn	897	Salmon Arm Secon	(56)	23:38.9	6:15.6	7:36.2	4:43.8
99 NEUFELD, Annabelle	837	Riverside	(57)	23:50.1	6:26.8	7:39.8	4:46.0
100 STEPHAN, Jasmin	197	Delta Secondary	58	23:50.3	6:27.0	7:39.9	4:46.0
101 JORDAN, Elisabeth	1145	Walnut Grove Seco	59	23:51.7	6:28.4	7:40.3	4:46.3
102 PIPKEY, Milah	1202	West Vancouver	60	23:52.9	6:29.6	7:40.7	4:46.6
103 SUN, Annie	824	Richmond Seconda	61	23:53.0	6:28.7	7:40.8	4:46.6
104 ONOS, Mya	138	Chilliwack Seconda	62	23:53.4	6:30.1	7:40.9	4:46.7
105 MATHESON, Marley	656	Nanaimo District Se	63	24:03.0	6:38.7	7:44.0	4:48.6
106 SLAUGHTER, Sadie	625	Mission Senior Sec	64	24:20.2	6:56.9	7:49.5	4:52.0
107 KESHTKARAN, Nahal	1199	West Vancouver	65	24:23.3	7:00.0	7:50.5	4:52.6
108 PEDERZANI, Beatrice	819	Reynolds Secondar	(66)	24:24.2	7:00.9	7:50.8	4:52.8
109 DU, Amy	822	Richmond Seconda	67	24:27.7	7:04.4	7:51.9	4:53.5
110 SIDHU, Reesha	352	Grandview Heights	-	24:28.7	7:05.4	7:52.2	4:53.7

2023 BCHS CC CHAMPS

Surrey, BC

November 4, 2023

MEET OFFICIALS

Timing:
Swan Racing

OFFICIAL MEET REPORT

printed: 2023-11-11, 7:51 PM

Race #6
Women senior 3A 5000m (3A Senior)

Final Results

INDIVIDUAL RESULTS (cont'd)

Athlete	#	Team	Score	Time	Gap	Avg. Mile	Avg. KM
111 HSIEH, Penny	1144	Walnut Grove Seco	(68)	24:34.9	7:11.6	7:54.2	4:55.0
112 ENTZ, Coralie	576	Langley Secondary	-	24:36.4	7:13.1	7:54.7	4:55.3
113 BAGABUYO, Claire	974	South Kamloops Se	69	24:43.8	7:20.5	7:57.1	4:56.8
114 CHOW, Emily	321	Gleneagle Seconda	70	24:49.7	7:26.4	7:59.0	4:57.9
115 BOJCZUK, Isabelle	683	North Peace Secon	-	24:50.0	7:26.7	7:59.1	4:58.0
116 WEI, Leanne	826	Richmond Seconda	71	24:55.0	7:30.7	8:00.7	4:59.0
117 SOTI, Josie	253	Ecole Salish Secon	-	24:57.4	7:34.1	8:01.5	4:59.5
118 BAROLA, Janna	821	Richmond Seconda	72	25:11.6	7:48.3	8:06.0	5:02.3
119 THIELE-CROCKER, Bridget	413	Heritage Woods	(73)	25:13.4	7:50.1	8:06.6	5:02.7
120 HART, Jorja	836	Riverside	(74)	25:31.6	8:08.3	8:12.5	5:06.3
121 EWANYSHYN, Amelie	892	Salmon Arm Secon	(75)	25:33.3	8:10.0	8:13.0	5:06.7
122 CHAN, Kathy	175	Crofton House	76	25:34.1	8:10.8	8:13.3	5:06.8
123 WANG, Theresa	825	Richmond Seconda	(77)	25:37.1	8:13.8	8:14.2	5:07.4
124 CALINSIAN, Kalayla	319	Gleneagle Seconda	78	25:39.1	8:15.8	8:14.9	5:07.8
125 CHENG, Cindy	767	Port Moody Second	79	25:39.7	8:16.4	8:15.1	5:07.9
126 GRAVES, Bella	814	Reynolds Secondar	(80)	25:48.1	8:24.8	8:17.8	5:09.6
127 FINDLATER, Tia	803	R E Mountain Seco	-	25:50.2	8:26.9	8:18.4	5:10.0
128 LAU, Joanna	176	Crofton House	81	25:51.8	8:28.5	8:19.0	5:10.4
129 CHENG, Anita	320	Gleneagle Seconda	(82)	25:56.7	8:33.4	8:20.5	5:11.3
130 TEE, Emily	178	Crofton House	83	26:00.0	8:35.7	8:21.6	5:12.0
131 BERNI CANANI, Anna Laura	813	Reynolds Secondar	(84)	26:00.9	8:37.6	8:21.9	5:12.2
132 REDDY, Harashri	196	Delta Secondary	85	26:01.7	8:38.4	8:22.1	5:12.3
133 KORENIK, Christine	622	Mission Senior Sec	86	26:04.4	8:41.1	8:23.0	5:12.9
134 BENEK, Merceded	619	Mission Senior Sec	87	26:07.0	8:42.7	8:23.8	5:13.4
135 BOOTH, Sophie	620	Mission Senior Sec	88	26:09.2	8:45.9	8:24.6	5:13.8
136 JAKUBCOVA, Karolina	136	Chilliwack Seconda	89	26:11.1	8:47.8	8:25.2	5:14.2
137 SPROTT, Emily	367	GW Graham Secon	-	26:13.3	8:50.0	8:25.9	5:14.7
138 TABUJARA, Melody	140	Chilliwack Seconda	90	26:27.4	9:04.1	8:30.4	5:17.5
139 NGO-GAETZ, Constance	366	GW Graham Secon	-	26:32.0	9:07.7	8:31.9	5:18.4
140 LI, Cindy	823	Richmond Seconda	(91)	27:02.6	9:39.3	8:41.7	5:24.5
141 BATALLER MOLLA, Ju	194	Delta Secondary	92	27:20.5	9:57.2	8:47.5	5:28.1
142 KUENAST, Sarah	195	Delta Secondary	93	27:20.7	9:57.4	8:47.5	5:28.1
143 HYDE, Ella	170	Correliou Secondar	94	27:21.1	9:57.8	8:47.7	5:28.2
144 MARISSA, Wu	419	Heritage Woods	(95)	27:40.1	10:16.8	8:53.8	5:32.0
145 BROMLEY, Ava	318	Gleneagle Seconda	(96)	27:40.5	10:17.2	8:53.9	5:32.1
146 STEWRS, Katho	139	Chilliwack Seconda	(97)	27:44.3	10:21.0	8:55.1	5:32.9
147 ZEPEDA ZENTENO, Natalia	323	Gleneagle Seconda	(98)	27:45.0	10:20.7	8:55.4	5:33.0
148 BULAT, Anna	865	Robert Bateman Se	-	27:58.3	10:35.0	8:59.6	5:35.7
149 BHONING, Jaantje	134	Chilliwack Seconda	(99)	28:02.9	10:39.6	9:01.1	5:36.6
150 CATTANEO, Elisa	135	Chilliwack Seconda	(100)	28:03.8	10:40.5	9:01.4	5:36.8
151 MAN, Madison	518	Kitsilano Secondary	-	28:20.2	10:56.9	9:06.7	5:40.0
152 PLEHN, Hannah	624	Mission Senior Sec	(101)	28:22.3	10:59.0	9:07.4	5:40.5
153 REID, Kate	979	South Kamloops Se	(102)	29:25.2	12:01.9	9:27.6	5:53.0
154 WU, Stephanie	179	Crofton House	(103)	29:39.8	12:16.5	9:32.3	5:56.0
155 VOLKHOLZ, Emma	198	Delta Secondary	(104)	29:43.2	12:19.9	9:33.4	5:56.6
156 BROOKLYN, Morrey	414	Heritage Woods	(105)	30:44.1	13:20.8	9:52.9	6:08.8

2023 BCHS CC CHAMPS

Surrey, BC

November 4, 2023

MEET OFFICIALSTiming:
Swan Racing**OFFICIAL MEET REPORT**

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**Race #6
Women senior 3A 5000m (3A Senior)****Final Results****INDIVIDUAL RESULTS (cont'd)**

Athlete	#	Team	Score	Time	Gap	Avg. Mile	Avg. kM
-- HO, Clara	579	Lord Byng Seconda	-			---	---
-- HOLUBOWICZ-LEVINGTON	515	Kitsilano Secondary	-			---	---
-- LILY, Zhang	177	Crofton House	-			---	---
-- ENDERS, Avienne	621	Mission Senior Sec	-	DNF		---	---
-- KOPPE, Kylee	978	South Kamloops Se	-			---	---
-- KACZUR, Kiana	977	South Kamloops Se	-			---	---
-- BARNSTEDT, Jette	492	Kelowna Secondary	-			---	---
-- KIM, Riley	346	Grandview Heights	-			---	---
-- DYCK, Mazzy	344	Grandview Heights	-			---	---
-- CAMPANILE, Mikella	835	Riverside	-			---	---
-- WEIL, Selina	199	Delta Secondary	-			---	---
-- YUN, Subin	661	Nanaimo District Se	-			---	---
-- DUFOUR, Manon	364	GW Graham Secon	-			---	---
-- ZHAO, Angela	368	GW Graham Secon	-			---	---
-- FLOOD, Nathalie	677	New Westminster S	-			---	---
-- MCKINNON, Emily	623	Mission Senior Sec	-			---	---
-- MUDDIMAN, Emma	895	Salmon Arm Secon	-			---	---
-- HUNTER-SIEBERT, Tessa	1055	Stelly's Secondary	-			---	---
-- EBRAHIMI, Nadia	769	Port Moody Second	-			---	---
-- XU, Katherine	772	Port Moody Second	-			---	---
-- PAREJA, Sofia	771	Port Moody Second	-			---	---
-- SAUNDERS, Nevis	1147	Walnut Grove Seco	-			---	---
-- CHEN, Renee	447	Hugh McRoberts S	-			---	---
-- RAINER, Leta	1110	Vancouver Technic	-			---	---

2023 BCHS CC CHAMPS

Surrey, BC

November 4, 2023

MEET OFFICIALSTiming:
Swan Racing**OFFICIAL MEET REPORT**

printed: 2023-11-11, 7:51 PM

Race #7
Para 2000m (Para)**Final Results****RACE SUMMARY**

Start Time: 1:00 pm

INDIVIDUAL RESULTS

Athlete	#	Team	Score	Time	Gap	Avg. Mile	Avg. kM
1 WIENS, Ronan	1299	J.L. Jackson	-	7:47.4	---	6:16.9	3:53.7
2 GUTSCHE, Abet	1044	St. John Paul II Aca	-	8:13.8	26.4	6:38.2	4:06.9
3 PROVOST, Ryder	946	Sir Alexander Mack	-	9:03.4	1:16.0	7:18.2	4:31.7
4 KAECH, Levi	1065	Sutherland Second	-	13:03.6	5:16.2	10:31.9	6:31.8
5 KELLY, Aiden	50	Betty Gilbert Middle	-	20:30.7	12:43.3	16:32.4	10:15.3

Race #8
Men junior 4000m (Junior)
Final Results
RACE SUMMARY

Start Time: 1:25 pm

TEAM SCORING SUMMARY

Final Standings	Score	Scoring Order	Total	Spread
1 W L Seaton Secondary	70*	4-12-26-28(43)(67)(154)	58:02	1:40.5
2 Mennonite Educational Inst	70*	8-13-24-25(160)(189)	59:08	0:36.7
3 Handsworth Secondary	76	10-15-21-30(38)(65)(97)	59:12	0:34.4
4 Claremont Secondary	88	5-6-23-54(57)	58:50	1:41.6
5 Fleetwood Park Secondary	145	11-18-45-71(81)(175)(182)	1:00:58	1:30.7
6 Smithers Secondary	146	32-35-37-42(59)(121)(123)	1:01:19	0:16.8
7 J.L. Jackson	185*	20-47-50-68(86)(129)(185)	1:01:59	1:04.5
8 Ecole Salish Secondary	185*	1-31-73-80(127)(178)	1:00:32	3:08.1
9 Oak Bay Secondary	233*	14-39-88-92(106)(109)(191)	1:02:50	1:42.3
10 Sardis Secondary	233*	2-55-82-94(163)	1:01:39	3:10.7
11 Ecole Dr Charles Best Sec	240	33-46-74-87(113)(126)(169)	1:03:11	1:02.4
12 Point Grey Secondary	248	34-52-64-98(104)(164)	1:03:15	1:12.2
13 Nechako Valley Secondary	250	27-53-77-93(112)(135)(186)	1:03:20	1:21.8
14 Burnaby Mountain Second	259	44-51-79-85(101)(136)(176)	1:03:31	0:42.9
15 Robert Alexander McMath	278	7-16-124-131(143)(190)(195)	1:03:01	2:51.4
16 West Point Grey Academy	285	58-62-70-95(96)(128)	1:04:08	0:36.4
17 Heritage Woods	286	9-40-103-134	1:03:38	2:39.7
18 Sir Winston Churchill Seco	294	29-49-66-150(152)(165)(166)	1:04:02	2:23.8
19 Carihi Secondary	298	41-75-83-99(110)(141)(149)	1:04:19	1:01.0
20 Highland Secondary	328	22-60-108-138(177)(188)	1:04:33	2:17.7
21 KLO Middle School	358	17-69-125-147	1:05:14	2:34.5
22 Saint Thomas Aquinas	364	56-78-114-116(117)(118)	1:05:24	0:59.7
23 Grandview Heights Second	407	3-90-153-161(172)(201)	1:04:56	4:30.9
24 Vancouver College	408	48-91-132-137(146)(158)	1:06:14	1:37.6
25 St George's School	413	61-102-120-130(140)(167)(184)	1:06:16	1:13.7
26 Kitsilano Secondary	414	19-105-122-168(173)(174)(192)	1:06:12	2:58.6
27 Archbishop Carney Region	421	63-72-115-171(179)(194)	1:06:36	2:02.4
28 Sir Alexander Mackenzie S	428	36-100-111-181	1:06:49	3:02.7
29 Semiahmoo Secondary	440	76-89-133-142(144)(157)(183)	1:06:58	1:15.6
30 Delta Secondary	506	84-107-156-159(199)(200)	1:08:08	1:31.5
31 Boundary Central Seconda	583	139-145-148-151(162)(193)	1:09:39	0:11.1
32 Mount Elizabeth Middle/Se	665	119-170-180-196	1:13:01	3:10.6
33 Nakusp Secondary	737	155-187-197-198	1:17:15	3:03.5

Race #8
Men junior 4000m (Junior)
Final Results

Rank	Standings	Score	Scoring Order	Total	Spread		
*Tiebreakers							
	W L Seaton Secondary	4	12	26	28	43	Mennonite Educational Institute
	8	13	24	25	160		
	J.L. Jackson	20	47	50	68	86	Ecole Salish Secondary
	1	31	73	80	127		
	Oak Bay Secondary	14	39	88	92	106	Sardis Secondary

Athlete	#	Team	Score	Time	Gap	Avg. Mile	Avg. km
1 SANDHU, Arjun	245	Ecole Salish Secon	1	13:03.4	---	5:14.6	3:15.8
2 SIMMONDS, Riley	909	Sardis Secondary	2	13:15.3	11.9	5:19.4	3:18.8
3 GEDDES, Jericho	336	Grandview Heights	3	13:15.8	12.4	5:19.6	3:19.0
4 HAYDEN, Miles	737	Penticton Secondar	-	13:21.6	18.2	5:21.9	3:20.4
5 CLARKE, Elijah	98	Burnaby North Sec	-	13:21.7	18.3	5:22.0	3:20.4
6 HEIDT, Simon	1122	W L Seaton Second	4	13:23.3	19.9	5:22.6	3:20.8
7 BEAUDOIN, Rhys	206	Dover Bay Seconda	-	13:28.7	25.3	5:24.7	3:22.2
8 KISSMANN, Coen	214	Dr Knox Middle Sch	-	13:35.7	32.3	5:27.6	3:23.9
9 JOHNSTON, Isaiah	160	Clayton Heights Se	-	13:39.2	35.8	5:29.0	3:24.8
10 ABRAHAM, Dawson	1080	Trafalgar Middle Sc	-	13:49.8	46.4	5:33.2	3:27.4
11 DODD, Mateus	811	Reynolds Secondar	-	13:55.6	52.2	5:35.6	3:28.9
12 NESTMANN, Henry	914	Seaquam Secondar	-	13:59.3	55.9	5:37.1	3:29.8
13 PEARSON, Lucas	148	Claremont Seconda	5	14:03.2	59.8	5:38.6	3:30.8
14 DAMIAN, Sebastian	142	Claremont Seconda	6	14:05.4	1:02.0	5:39.5	3:31.3
15 NARBETT, Kouken	441	Hugh Boyd Second	-	14:13.4	1:10.0	5:42.7	3:33.3
16 NISHI, Colin	852	Robert Alexander M	7	14:16.0	1:11.6	5:43.7	3:34.0
17 PEREGRYM, Ethan	874	Sa-hali Secondary	-	14:17.6	1:14.2	5:44.4	3:34.4
18 SIEMENS, Parks	609	Mennonite Educatio	8	14:25.4	1:22.0	5:47.5	3:36.3
19 COLLINGWOOD, Cai	719	Okanagan Mission	-	14:26.5	1:23.1	5:48.0	3:36.6
20 PIGHIN, Chase	157	Clarence Fulton Se	-	14:28.3	1:24.9	5:48.7	3:37.1
21 THIELE-CROCKER, Billy	402	Heritage Woods	9	14:29.6	1:26.2	5:49.2	3:37.4
22 REMILLARD, Pascal	380	Handsworth Secon	10	14:30.1	1:26.7	5:49.4	3:37.5
23 NAGRA, Abhiraj	292	Fleetwood Park Sec	11	14:30.9	1:27.5	5:49.7	3:37.7
24 MITCHELL, Luke	1125	W L Seaton Second	12	14:31.5	1:28.1	5:50.0	3:37.9
25 FRANEY, Egan	1054	Stelly's Secondary	-	14:35.9	1:32.5	5:51.8	3:39.0
26 STEIGER, William	610	Mennonite Educatio	13	14:41.9	1:38.5	5:54.1	3:40.5
27 BROOKE, Elliott	693	Oak Bay Secondary	14	14:42.4	1:39.0	5:54.4	3:40.6
28 HEMSTEAD, Casey	372	Handsworth Secon	15	14:42.7	1:39.3	5:54.5	3:40.7
29 SANDELL, Magnus	200	Don Ross Middle S	-	14:42.8	1:39.4	5:54.5	3:40.7
30 ELLISON, Wyatt	847	Robert Alexander M	16	14:42.8	1:39.4	5:54.5	3:40.7
31 EVANCIO BARBER, Maya	812	Reynolds Secondar	-	14:43.0	1:38.6	5:54.6	3:40.7
32 BARRETT, Asher	314	Gleneagle Seconda	-	14:44.1	1:40.7	5:55.0	3:41.0
33 CHASE, Coleson	646	Nanaimo District Se	-	14:44.8	1:41.4	5:55.3	3:41.2
34 MARK, Chase	648	Nanaimo District Se	-	14:46.7	1:43.3	5:56.1	3:41.7
35 SIEBEN, Coulter	525	KLO Middle School	17	14:52.3	1:48.9	5:58.3	3:43.1

Race #8
Men junior 4000m (Junior)
Final Results
INDIVIDUAL RESULTS (cont'd)

Athlete	#	Team	Score	Time	Gap	Avg. Mile	Avg. KM
36 ROTH, Tyler	297	Fleetwood Park Sec	18	14:53.4	1:50.0	5:58.8	3:43.3
37 DAMM, Alexander	503	Kitsilano Secondary	19	14:54.0	1:49.6	5:59.0	3:43.5
38 SMITH, Kian	455	J.L. Jackson	20	14:54.0	1:49.6	5:59.0	3:43.5
39 KIM, Eames	376	Handsworth Secon	21	14:54.2	1:50.8	5:59.1	3:43.5
40 CUNNINGHAM, Ty	425	Highland Secondar	22	14:54.6	1:51.2	5:59.3	3:43.6
41 VENABLES, Levi	872	Royal Bay Seconda	-	14:56.3	1:52.9	6:00.0	3:44.1
42 KARIYA, Takeru	145	Claremont Seconda	23	14:56.7	1:53.3	6:00.1	3:44.2
43 WARKENTIN, Caleb	611	Mennonite Educatio	24	14:58.1	1:54.7	6:00.7	3:44.5
44 NEELS, Ryland	631	Mount Boucherie S	-	14:59.1	1:55.7	6:01.1	3:44.8
45 KUAC, Martin	432	Holy Cross Regiona	-	15:02.0	1:57.6	6:02.2	3:45.5
46 BERG, Mason	600	Mennonite Educatio	25	15:02.0	1:57.6	6:02.2	3:45.5
47 CRAIG, Nikko	469	John Oliver	-	15:02.2	1:58.8	6:02.3	3:45.5
48 HEADLEY, Gabriel	586	Maple Ridge Secon	-	15:02.7	1:59.3	6:02.5	3:45.7
49 GIRARD, Jacob	1121	W L Seaton Second	26	15:03.1	1:59.7	6:02.7	3:45.8
50 REED, Jimmy	667	Nechako Valley Sec	27	15:03.4	2:00.0	6:02.8	3:45.8
51 VIOLINI, Gabriel	1126	W L Seaton Second	28	15:03.7	2:00.3	6:02.9	3:45.9
52 REIMER, Titus	958	Sir Winston Churchi	29	15:04.2	2:00.8	6:03.1	3:46.0
53 INKSTER, Andy	374	Handsworth Secon	30	15:04.4	2:01.0	6:03.2	3:46.1
54 SMITH, Benjamin	1075	Templeton Seconda	-	15:10.9	2:07.5	6:05.8	3:47.7
55 WOODE, Nolan	246	Ecole Salish Secon	31	15:12.8	2:09.4	6:06.6	3:48.2
56 FORSYTH, Alex	1291	Smithers Secondar	32	15:12.9	2:09.5	6:06.6	3:48.2
57 FAZACAS, Joshua	225	Ecole Dr Charles B	33	15:16.2	2:12.8	6:07.9	3:49.0
58 GIBSON, Ben	749	Point Grey Seconda	34	15:16.6	2:13.2	6:08.1	3:49.1
59 CAMPBELL, Emmett	235	Ecole Panorama Ri	-	15:17.1	2:13.7	6:08.3	3:49.3
60 JEFFERSON, Liam	1274	Smithers Secondar	35	15:17.6	2:14.2	6:08.5	3:49.4
61 BOILEAU, Eric	940	Sir Alexander Mack	36	15:17.6	2:14.2	6:08.5	3:49.4
62 SUTTON, Damian	1237	Yale Secondary	-	15:18.8	2:15.4	6:09.0	3:49.7
63 CULLEN, Issac	1278	Smithers Secondar	37	15:18.9	2:15.5	6:09.0	3:49.7
64 KOLKEA, Oliver	1189	West Vancouver	-	15:20.7	2:17.3	6:09.7	3:50.2
65 TVEIT-BORGENSTROM, Qu	381	Handsworth Secon	(38)	15:21.8	2:18.4	6:10.2	3:50.4
66 O'DONNELL, Carter	783	Prince of Wales Se	-	15:22.4	2:19.0	6:10.4	3:50.6
67 CUNNING, Carter	125	Cedar Community	-	15:22.8	2:19.4	6:10.6	3:50.7
68 LAWRENCE, Kai	697	Oak Bay Secondary	39	15:23.2	2:19.8	6:10.8	3:50.8
69 LUDWIG, Kael	938	Shas Ti Kelly Road	-	15:24.7	2:21.3	6:11.3	3:51.2
70 MARWAHA, Maahi	800	R E Mountain Seco	-	15:26.1	2:22.7	6:11.9	3:51.5
71 OSIOWY, Sebastian	968	Skaha Lake Middle	-	15:26.2	2:22.8	6:12.0	3:51.5
72 WU, Xavier	409	Heritage Woods	40	15:27.3	2:23.9	6:12.4	3:51.8
73 GLEESON, Kaiden	863	Robert Bateman Se	-	15:28.3	2:24.9	6:12.8	3:52.1
74 SAUNDERS, Daniel	47	Aspengrove	-	15:29.1	2:25.7	6:13.1	3:52.3
75 CHRISTIANSEN-BARKER, J	1296	Carihi Secondary	41	15:29.4	2:26.0	6:13.2	3:52.3
76 STASIUK, Fynn	1280	Smithers Secondar	42	15:29.7	2:26.3	6:13.4	3:52.4
77 KUIKEN, Asher	1123	W L Seaton Second	(43)	15:30.7	2:27.3	6:13.8	3:52.7
78 GRAFF, Tre	598	Matthew McNair Se	-	15:30.8	2:27.4	6:13.8	3:52.7
79 FONG, Linus	85	Burnaby Mountain	44	15:31.3	2:27.9	6:14.0	3:52.8
80 SANDHU, Jason	298	Fleetwood Park Sec	45	15:31.6	2:28.2	6:14.1	3:52.9
81 GUYDUY, Sasha	226	Ecole Dr Charles B	46	15:31.9	2:28.5	6:14.2	3:53.0

Race #8
Men junior 4000m (Junior)
Final Results
INDIVIDUAL RESULTS (cont'd)

Athlete	#	Team	Score	Time	Gap	Avg. Mile	Avg. KM
82 CARDLE, Shawn	1222	Windsor Secondary	-	15:32.1	2:28.7	6:14.3	3:53.0
83 MUDDIMAN, Samuel	454	J.L. Jackson	47	15:32.2	2:28.8	6:14.4	3:53.0
84 HOUSER, Jack	1102	Vancouver College	48	15:32.7	2:29.3	6:14.5	3:53.2
85 CHOCHAN, Graham	955	Sir Winston Churchi	49	15:32.7	2:29.3	6:14.5	3:53.2
86 GIOVINAZZO, Remo	1027	St Thomas More Co	-	15:33.2	2:29.8	6:14.8	3:53.3
87 WANG, Chenrui	1195	West Vancouver	-	15:33.2	2:29.8	6:14.8	3:53.3
88 BULLEN, Walter	450	J.L. Jackson	50	15:33.7	2:30.3	6:15.0	3:53.4
89 TEER, Ollie	805	Regent Christian O	-	15:34.0	2:29.6	6:15.1	3:53.5
90 ATHWAL, Jaideep	234	Ecole Panorama Ri	-	15:34.5	2:31.1	6:15.3	3:53.6
91 ABOHALAKA, Muhannad	95	Burnaby Mountain	51	15:34.8	2:31.4	6:15.4	3:53.7
92 CLEMENTS, Eoghan	929	Sentinel Secondary	-	15:34.9	2:31.5	6:15.4	3:53.7
93 MCCUTCHEON, Simon	754	Point Grey Seconda	52	15:37.1	2:33.7	6:16.3	3:54.3
94 CONKIN, Kalen	828	Riverside	-	15:37.8	2:34.4	6:16.6	3:54.4
95 BUYS, Tyus	1064	Surrey Christian	-	15:38.1	2:34.7	6:16.7	3:54.5
96 ADDISU, Simon	1058	Sullivan Heights Se	-	15:42.4	2:39.0	6:18.4	3:55.6
97 BLACK, Brody	663	Nechako Valley Sec	53	15:43.5	2:40.1	6:18.9	3:55.9
98 CARERE, Mateo	141	Claremont Seconda	54	15:44.7	2:41.3	6:19.4	3:56.2
99 DYCK, Jonah	904	Sardis Secondary	55	15:44.8	2:41.4	6:19.4	3:56.2
100 LA PICA, Massimo	880	Saint Thomas Aqu	56	15:46.0	2:41.6	6:19.9	3:56.5
101 KAILA, Shae	582	Lord Tweedsmuir S	-	15:46.3	2:42.9	6:20.0	3:56.6
102 FERGUSON, Noah	144	Claremont Seconda	(57)	15:47.9	2:44.5	6:20.7	3:57.0
103 AUSTIN, Leighton	1151	West Point Grey Ac	58	15:49.7	2:46.3	6:21.4	3:57.4
104 MACLEAN, Sonny	1290	Smithers Secondar	(59)	15:49.9	2:46.5	6:21.5	3:57.5
105 MCCASLIN, Matthew	1136	Walnut Grove Seco	-	15:50.1	2:46.7	6:21.5	3:57.5
106 NEL, Luc	427	Highland Secondar	60	15:50.2	2:46.8	6:21.6	3:57.5
107 KIRKER, Declan	1001	St George's School	61	15:50.5	2:47.1	6:21.7	3:57.6
108 CAMPBELL, Matthew	1154	West Point Grey Ac	62	15:50.6	2:47.2	6:21.7	3:57.6
109 COLEMAN, Quinn	1224	Windsor Secondary	-	15:51.2	2:47.8	6:22.0	3:57.8
110 SUTHERLAND, Xavier	41	Archbishop Carney	63	15:51.9	2:48.5	6:22.3	3:58.0
111 STAUSGAARD, Will	756	Point Grey Seconda	64	15:51.9	2:48.5	6:22.3	3:58.0
112 ANDREWS, Tristan	2	Abbotsford Christia	-	15:52.7	2:49.3	6:22.6	3:58.2
113 GURD, Trevor	371	Handsworth Secon	(65)	15:55.5	2:52.1	6:23.7	3:58.9
114 RUAN, Coby	315	Gleneagle Seconda	-	15:56.2	2:52.8	6:24.0	3:59.0
115 TAGUCHI, Hozumi	960	Sir Winston Churchi	66	15:57.4	2:54.0	6:24.5	3:59.3
116 MATTHIES, Alexander	1124	W L Seaton Second	(67)	15:58.1	2:54.7	6:24.8	3:59.5
117 LIEBICH, Peter	453	J.L. Jackson	68	15:58.4	2:55.0	6:24.9	3:59.6
118 LACHLAN, Carmichael	523	KLO Middle School	69	15:59.3	2:55.9	6:25.2	3:59.8
119 O'LOUGHNANE, John	635	Mulgrave School	-	16:00.1	2:56.7	6:25.6	4:00.0
120 RUCCHIN, Cyrus	1163	West Point Grey Ac	70	16:01.0	2:56.6	6:25.9	4:00.2
121 GOODING, Alexander	288	Fleetwood Park Sec	71	16:01.5	2:58.1	6:26.1	4:00.4
122 WEILER, Jaden	24	Abbotsford Senior S	-	16:02.8	2:59.4	6:26.6	4:00.7
123 SABISTON, Jake	39	Archbishop Carney	72	16:04.2	3:00.8	6:27.2	4:01.0
124 KAJLA, Darian	242	Ecole Salish Secon	73	16:04.4	3:01.0	6:27.3	4:01.1
125 ADDAH, Jayden	223	Ecole Dr Charles B	74	16:04.4	3:01.0	6:27.3	4:01.1
126 FLOOD, Denver	117	Carihi Secondary	75	16:04.6	3:01.2	6:27.4	4:01.1
127 DENG, Kevin	920	Semiahmoo Secon	76	16:06.8	3:03.4	6:28.3	4:01.7

Race #8
Men junior 4000m (Junior)
Final Results
INDIVIDUAL RESULTS (cont'd)

Athlete	#	Team	Score	Time	Gap	Avg. Mile	Avg. kM
128 WU, Josh	670	Nechako Valley Sec	77	16:07.8	3:04.4	6:28.7	4:01.9
129 WONG, Joshua	888	Saint Thomas Aqu	78	16:07.9	3:04.5	6:28.7	4:02.0
130 GHANASON, Jonah	88	Burnaby Mountain	79	16:10.1	3:06.7	6:29.6	4:02.5
131 RIDDELL, Keaton	281	Fernie Secondary	-	16:10.6	3:07.2	6:29.8	4:02.6
132 GROAT, Brayden	241	Ecole Salish Secon	80	16:11.5	3:08.1	6:30.1	4:02.9
133 JOHNSON, Logan	289	Fleetwood Park Sec	(81)	16:11.8	3:08.4	6:30.3	4:02.9
134 PEARSON, Solomon	334	Gold River Seconda	-	16:12.2	3:08.8	6:30.4	4:03.0
135 GREYELL, Adam	164	Collingwood School	-	16:13.1	3:09.7	6:30.8	4:03.3
136 LIGHTTLE, Tevin	906	Sardis Secondary	82	16:13.2	3:09.8	6:30.8	4:03.3
137 LINDSTROM, Carter	121	Carihi Secondary	83	16:14.0	3:09.6	6:31.1	4:03.5
138 RICHARDSON, Parker	192	Delta Secondary	84	16:14.0	3:09.6	6:31.2	4:03.5
139 GRADWELL, Connor	90	Burnaby Mountain	85	16:14.1	3:10.7	6:31.2	4:03.5
140 PIENAAR, Rubeen	1067	Sutherland Second	-	16:14.7	3:11.3	6:31.4	4:03.7
141 BERTOIA, Luca	112	Cariboo Hill Second	-	16:15.4	3:12.0	6:31.7	4:03.8
142 ELY, Peter	452	J.L. Jackson	(86)	16:17.4	3:14.0	6:32.5	4:04.3
143 HANDYSIDE, Cameron	228	Ecole Dr Charles B	87	16:18.5	3:15.1	6:33.0	4:04.6
144 MCGOWAN, Cooper	699	Oak Bay Secondary	88	16:19.8	3:16.4	6:33.5	4:04.9
145 JANZEN, Fraser	923	Semiahmoo Secon	89	16:20.0	3:15.6	6:33.6	4:05.0
146 MORELAND, Finn	676	New Westminster S	-	16:20.9	3:17.5	6:33.9	4:05.2
147 SHEN, Thomas	340	Grandview Heights	90	16:22.5	3:19.1	6:34.6	4:05.6
148 HUH, Joshua	1103	Vancouver College	91	16:22.9	3:19.5	6:34.7	4:05.7
149 FU, Lucas	163	Collingwood School	-	16:23.2	3:19.8	6:34.8	4:05.8
150 VELOSO, Gabriel	1059	Sullivan Heights Se	-	16:24.0	3:19.6	6:35.2	4:06.0
151 THOMAS, SWAN	704	Oak Bay Secondary	92	16:24.7	3:21.3	6:35.4	4:06.2
152 RUITER, Johnathan	669	Nechako Valley Sec	93	16:25.1	3:21.7	6:35.6	4:06.3
153 KASSEL, Jonah	905	Sardis Secondary	94	16:25.9	3:22.5	6:35.9	4:06.5
154 DABBS, Miller	1156	West Point Grey Ac	95	16:26.0	3:21.6	6:36.0	4:06.5
155 MARTINDALE, John	1161	West Point Grey Ac	(96)	16:26.7	3:23.3	6:36.2	4:06.7
156 HOBBS, Riley	373	Handsworth Secon	(97)	16:27.7	3:24.3	6:36.7	4:06.9
157 KO, Preston	752	Point Grey Seconda	98	16:28.7	3:25.3	6:37.1	4:07.2
158 FONTAINE, Benjamin	118	Carihi Secondary	99	16:30.3	3:26.9	6:37.7	4:07.6
159 DEGRACE, Noah	942	Sir Alexander Mack	100	16:30.6	3:27.2	6:37.8	4:07.6
160 SENICHENKO, Oliver	96	Burnaby Mountain	(101)	16:30.9	3:27.5	6:37.9	4:07.7
161 JONES, Finnian	165	Collingwood School	-	16:31.2	3:27.8	6:38.1	4:07.8
162 DUHME, Markus	999	St George's School	102	16:31.5	3:28.1	6:38.2	4:07.9
163 ROBERTS, Jared	1205	Westsyde Secondar	-	16:31.7	3:28.3	6:38.3	4:07.9
164 HELEM, Ben	401	Heritage Woods	103	16:31.8	3:28.4	6:38.3	4:07.9
165 WILLIAMS, Luke	759	Point Grey Seconda	(104)	16:31.9	3:28.5	6:38.3	4:08.0
166 MARTENS, Dominick	686	Northside Christian	-	16:32.0	3:27.6	6:38.4	4:08.0
167 DAVIS, Xavier	630	Mount Boucherie S	-	16:32.1	3:28.7	6:38.4	4:08.0
168 SUZUKI-BROWN, Ganhlaan	509	Kitsilano Secondary	105	16:32.7	3:29.3	6:38.7	4:08.2
169 MISHA, MAINPRIZE	700	Oak Bay Secondary	(106)	16:34.3	3:30.9	6:39.3	4:08.6
170 GRUND, Joshua	189	Delta Secondary	107	16:34.7	3:31.3	6:39.5	4:08.7
171 SCHWEIGEL, Anton	428	Highland Secondar	108	16:35.9	3:32.5	6:39.9	4:09.0
172 RUSSELL, Samuel	167	Correliu Secondar	-	16:36.5	3:33.1	6:40.2	4:09.1
173 NOLAN, GREENWOOD	701	Oak Bay Secondary	(109)	16:38.7	3:35.3	6:41.1	4:09.7

Race #8
Men junior 4000m (Junior)
Final Results
INDIVIDUAL RESULTS (cont'd)

Athlete	#	Team	Score	Time	Gap	Avg. Mile	Avg. KM
174 GARVEY, Cameron	735	Parkland Secondar	-	16:39.6	3:36.2	6:41.4	4:09.9
175 PROKOPCHUK, Logan	122	Carihi Secondary	(110)	16:40.3	3:36.9	6:41.7	4:10.1
176 CONLEY, Mathias	941	Sir Alexander Mack	111	16:40.5	3:37.1	6:41.8	4:10.1
177 PHILLIPS, Brock	1077	Terry Fox Secondar	-	16:41.7	3:38.3	6:42.3	4:10.4
178 JOHNSON, Cameron	666	Nechako Valley Sec	(112)	16:43.0	3:38.6	6:42.8	4:10.7
179 HAN, Frederick	227	Ecole Dr Charles B	(113)	16:43.3	3:39.9	6:42.9	4:10.8
180 PLOMP, Jordan	882	Saint Thomas Aqu	114	16:44.0	3:39.6	6:43.2	4:11.0
181 RENWICK, Matthew	37	Archbishop Carney	115	16:45.1	3:41.7	6:43.6	4:11.3
182 TOMIC, Carden	886	Saint Thomas Aqu	116	16:45.6	3:42.2	6:43.8	4:11.4
183 NELSON, Oscar	215	Duchess Park Seco	-	16:47.1	3:43.7	6:44.4	4:11.8
184 WATKINS, Jackson	887	Saint Thomas Aqu	(117)	16:47.1	3:43.7	6:44.4	4:11.8
185 SOROCHAN, Thomas	884	Saint Thomas Aqu	(118)	16:48.0	3:43.6	6:44.8	4:12.0
186 ENG, Auston	1269	Mount Elizabeth Mi	119	16:48.4	3:45.0	6:44.9	4:12.1
187 ZHANG, Kevin	470	Johnston Heights S	-	16:48.8	3:45.4	6:45.1	4:12.2
188 DAI, Jack	998	St George's School	120	16:49.3	3:45.9	6:45.3	4:12.3
189 GOOLD, Liam	106	Burnaby South Sec	-	16:49.8	3:46.4	6:45.5	4:12.4
190 CULLEN, Elliot	1277	Smithers Secondar	(121)	16:51.5	3:48.1	6:46.2	4:12.9
191 KERR, James	506	Kitsilano Secondary	122	16:52.1	3:48.7	6:46.5	4:13.0
192 BOLTON, Jack	1276	Smithers Secondar	(123)	16:52.6	3:49.2	6:46.7	4:13.1
193 NASHLUND, Benji	851	Robert Alexander M	124	16:54.2	3:50.8	6:47.3	4:13.5
194 REDMAN, Kai	524	KLO Middle School	125	16:54.8	3:51.4	6:47.5	4:13.7
195 SAMPSON, Carl	1262	Charles Hays Seco	-	16:55.7	3:52.3	6:47.9	4:13.9
196 PHILLIPS, Jonathan	1137	Walnut Grove Seco	-	16:57.8	3:54.4	6:48.7	4:14.4
197 NORENA, Emilio	230	Ecole Dr Charles B	(126)	16:58.7	3:55.3	6:49.1	4:14.7
198 ANSLEY, Zachary	240	Ecole Salish Secon	(127)	16:59.4	3:56.0	6:49.4	4:14.8
199 HOWARD, Ryan	1159	West Point Grey Ac	(128)	16:59.6	3:56.2	6:49.4	4:14.9
200 SOTO ONTANON, Carlos	456	J.L. Jackson	(129)	16:59.9	3:56.5	6:49.6	4:15.0
201 DINSDALE, Logan	795	Quesnel Junior Sch	-	17:00.3	3:56.9	6:49.7	4:15.1
202 DICK, Adam	679	North Peace Secon	-	17:02.7	3:59.3	6:50.7	4:15.7
203 VARMA-ROBB, Akash	1003	St George's School	130	17:04.1	4:00.7	6:51.3	4:16.0
204 JESSOP, Jordan	1187	West Vancouver	-	17:05.5	4:02.1	6:51.8	4:16.4
205 WANG, Aiden	855	Robert Alexander M	131	17:07.3	4:03.9	6:52.6	4:16.8
206 JANG, Nickolas	1104	Vancouver College	132	17:08.0	4:03.6	6:52.8	4:17.0
207 ZHU, Peyton	926	Semiahmoo Secon	133	17:08.6	4:05.2	6:53.1	4:17.1
208 TURPIN, Will	408	Heritage Woods	134	17:09.2	4:05.8	6:53.3	4:17.3
209 REED, Tommy	668	Nechako Valley Sec	(135)	17:09.6	4:06.2	6:53.5	4:17.4
210 KOHLI, Joshua	93	Burnaby Mountain	(136)	17:10.0	4:05.6	6:53.6	4:17.5
211 CHIN, Tristan	1099	Vancouver College	137	17:10.2	4:06.8	6:53.7	4:17.5
212 HRYSIO, Matthew	1250	Highland Secondar	138	17:12.2	4:08.8	6:54.5	4:18.0
213 SCHNEIDER, Emmett	60	Boundary Central S	139	17:17.1	4:13.7	6:56.5	4:19.3
214 BELLAMY, Xander	997	St George's School	(140)	17:21.2	4:17.8	6:58.1	4:20.3
215 JENSEN WEST, Kai	119	Carihi Secondary	(141)	17:22.1	4:18.7	6:58.5	4:20.5
216 GILL, Ajjay	921	Semiahmoo Secon	142	17:22.3	4:18.9	6:58.6	4:20.6
217 RAJA, Christopher	853	Robert Alexander M	(143)	17:23.2	4:19.8	6:58.9	4:20.8
218 RAO, Yian	924	Semiahmoo Secon	(144)	17:23.5	4:20.1	6:59.1	4:20.9
219 HARFMAN, Callum	54	Boundary Central S	145	17:26.6	4:23.2	7:00.3	4:21.6

2023 BCHS CC CHAMPS

Surrey, BC

November 4, 2023

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Race #8
Men junior 4000m (Junior)
Final Results
INDIVIDUAL RESULTS (cont'd)

Athlete	#	Team	Score	Time	Gap	Avg. Mile	Avg. kM
220 KLIBER-PISSAVIN, Thomas	1105	Vancouver College	(146)	17:26.7	4:23.3	7:00.3	4:21.7
221 BRUNTON, Cooper	522	KLO Middle School	147	17:26.8	4:23.4	7:00.4	4:21.7
222 DEBRUYN, Lucas	53	Boundary Central S	148	17:26.8	4:23.4	7:00.4	4:21.7
223 LENAHAN, Fionn	120	Carihi Secondary	(149)	17:27.3	4:23.9	7:00.6	4:21.8
224 JULIUS, Mathew	956	Sir Winston Churchi	150	17:27.9	4:24.5	7:00.8	4:22.0
225 HENRY, Maxwell	57	Boundary Central S	151	17:28.1	4:24.7	7:00.9	4:22.0
226 ELNAR, Ethan	1294	Hazleton	-	17:28.4	4:25.0	7:01.0	4:22.1
227 MA, Jordan	957	Sir Winston Churchi	(152)	17:28.6	4:25.2	7:01.1	4:22.1
228 RIETVELD, Nolan	339	Grandview Heights	153	17:30.3	4:26.9	7:01.8	4:22.6
229 CANABE, Aiden	1119	W L Seaton Second	(154)	17:31.5	4:28.1	7:02.3	4:22.9
230 MONTGOMERY, Dylan	641	Nakusp Secondary	155	17:33.0	4:28.6	7:02.9	4:23.2
231 CROOK, Brennan	188	Delta Secondary	156	17:33.5	4:30.1	7:03.1	4:23.4
232 MCCONKEY, Owen	775	Prince George Sec	-	17:36.1	4:32.7	7:04.1	4:24.0
233 WANG, Jason	925	Semiahmoo Secon	(157)	17:41.8	4:38.4	7:06.4	4:25.4
234 CLEMENTE, Antonio	1100	Vancouver College	(158)	17:43.9	4:40.5	7:07.3	4:26.0
235 ELSON, Tate	530	Kootenay Discovery	-	17:45.0	4:40.6	7:07.7	4:26.2
236 MCKIM, Lucas	191	Delta Secondary	159	17:45.5	4:42.1	7:07.9	4:26.4
237 MCNEIL, Neven	606	Mennonite Educatio	(160)	17:46.0	4:41.6	7:08.1	4:26.5
238 WILSON, Hunter	342	Grandview Heights	161	17:46.7	4:43.3	7:08.4	4:26.7
239 SALZ, Oliver	59	Boundary Central S	(162)	17:49.3	4:45.9	7:09.4	4:27.3
240 NEUFELD, Samuel	907	Sardis Secondary	(163)	17:49.7	4:46.3	7:09.6	4:27.4
241 CHEN, Acton	747	Point Grey Seconda	(164)	17:49.8	4:46.4	7:09.6	4:27.4
242 CHAN, Kase	954	Sir Winston Churchi	(165)	17:51.0	4:47.6	7:10.1	4:27.8
243 RIGBY, Matthew	959	Sir Winston Churchi	(166)	17:51.3	4:47.9	7:10.2	4:27.8
244 LIANG, Baron	1002	St George's School	(167)	17:51.8	4:48.4	7:10.4	4:27.9
245 FRANZ, Ryan	1293	Houston Secondary	-	17:52.3	4:48.9	7:10.6	4:28.1
246 RICHARDS, Cadel	508	Kitsilano Secondary	168	17:52.5	4:49.1	7:10.7	4:28.1
247 ENGLUND, Charlie	224	Ecole Dr Charles B	(169)	17:53.1	4:49.7	7:10.9	4:28.3
248 ARMITAGE-VERDE, Jacob	1272	Mount Elizabeth Mi	170	17:53.6	4:50.2	7:11.1	4:28.4
249 RIVERA, Liam	38	Archbishop Carney	171	17:54.3	4:50.9	7:11.4	4:28.6
250 FRANZ, Adam	1292	Houston Secondary	-	17:54.3	4:50.9	7:11.4	4:28.6
251 BAILEY, Ethan	531	Kootenay River Sec	-	17:57.0	4:52.6	7:12.5	4:29.2
252 KHANGURA, Arjun	337	Grandview Heights	(172)	17:57.3	4:53.9	7:12.6	4:29.3
253 VAN ALSTINE, Luke	510	Kitsilano Secondary	(173)	18:01.3	4:57.9	7:14.2	4:30.3
254 CHUNG, Cameron	502	Kitsilano Secondary	(174)	18:01.9	4:58.5	7:14.5	4:30.5
255 NAGRA, Manjot	293	Fleetwood Park Sec	(175)	18:02.7	4:59.3	7:14.8	4:30.7
256 KOYAMA, Taiki	94	Burnaby Mountain	(176)	18:04.2	5:00.8	7:15.4	4:31.0
257 SUTHERLAND, Colton	271	Elkford Elementary	-	18:04.2	5:00.8	7:15.4	4:31.0
258 BOX, Owen	1249	Highland Secondar	(177)	18:12.7	5:09.3	7:18.8	4:33.2
259 MALDONADO, Noel	244	Ecole Salish Secon	(178)	18:13.8	5:10.4	7:19.3	4:33.4
260 MADDALOZZO, Daniel	34	Archbishop Carney	(179)	18:16.0	5:11.6	7:20.2	4:34.0
261 WALLER, Karson	1268	Mount Elizabeth Mi	180	18:19.6	5:16.2	7:21.6	4:34.9
262 MCCARTNEY, William	945	Sir Alexander Mack	181	18:20.2	5:16.8	7:21.8	4:35.0
263 CATHERALL, Lucien	532	Kootenay River Sec	-	18:20.7	5:17.3	7:22.0	4:35.2
264 ROTH, Keegan	295	Fleetwood Park Sec	(182)	18:21.0	5:16.6	7:22.1	4:35.2
265 HENDERSON, Caiden	922	Semiahmoo Secon	(183)	18:21.9	5:18.5	7:22.5	4:35.5

2023 BCHS CC CHAMPS

Surrey, BC

November 4, 2023

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Timing:
Swan Racing

OFFICIAL MEET REPORT

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Race #8
Men junior 4000m (Junior)
Final Results
INDIVIDUAL RESULTS (cont'd)

Athlete	#	Team	Score	Time	Gap	Avg. Mile	Avg. kM
266 ALGHAMDI, Abdullah	996	St George's School	(184)	18:24.8	5:21.4	7:23.7	4:36.2
267 CARTER, Tristan	951	Sir Charles Tupper	-	18:28.9	5:25.5	7:25.3	4:37.2
268 DICKER, Kynan	451	J.L. Jackson	(185)	18:30.4	5:27.0	7:25.9	4:37.6
269 ELWERT, Brendan	665	Nechako Valley Sec	(186)	18:35.0	5:30.6	7:27.8	4:38.7
270 ROJAS, Max	588	Maple Ridge Secon	-	18:35.3	5:31.9	7:27.9	4:38.8
271 PIPER, Noah	642	Nakusp Secondary	187	18:35.6	5:32.2	7:28.0	4:38.9
272 KERR, Tobin	426	Highland Secondar	(188)	18:36.1	5:32.7	7:28.2	4:39.0
273 CHRISTEN, Micah	603	Mennonite Educatio	(189)	18:41.2	5:37.8	7:30.3	4:40.3
274 LY, Tyler	850	Robert Alexander M	(190)	18:42.7	5:39.3	7:30.9	4:40.7
275 COK, Asaf	696	Oak Bay Secondary	(191)	18:53.0	5:48.6	7:35.0	4:43.2
276 HOLT, Everett	504	Kitsilano Secondary	(192)	19:10.2	6:06.8	7:41.9	4:47.5
277 CORFE, Jaxon	52	Boundary Central S	(193)	19:14.8	6:11.4	7:43.8	4:48.7
278 SCHULTZ, Logan	40	Archbishop Carney	(194)	19:22.0	6:17.6	7:46.6	4:50.5
279 BIELLI, Ben	844	Robert Alexander M	(195)	19:24.7	6:21.3	7:47.7	4:51.2
280 KESAN-REDDY, Tanay	1271	Mount Elizabeth Mi	196	19:58.9	6:55.5	8:01.5	4:59.7
281 GUSTAFSON, Layton	639	Nakusp Secondary	197	20:30.0	7:25.6	8:14.0	5:07.5
282 HUGHES, Reid	640	Nakusp Secondary	198	20:36.5	7:33.1	8:16.6	5:09.1
283 WYLIE, Samuel	193	Delta Secondary	(199)	24:32.3	11:28.9	9:51.3	6:08.1
284 KRISTOFF, Aaron	190	Delta Secondary	(200)	28:11.7	15:08.3	11:19.4	7:02.9
285 MOON, Jordan	338	Grandview Heights	(201)	30:00.0	16:56.6	12:02.9	7:30.0
-- ANDREW, Kim	400	Heritage Woods	-			---	---
-- WU, Charlie	760	Point Grey Seconda	-			---	---
-- ADKINS, Nathan	578	Lord Byng Seconda	-			---	---
-- MARTLAND, Kai	781	Prince of Wales Se	-			---	---
-- MCLACHLAN, Ethan	1053	Stanley Humphries	-			---	---
-- CAMPBELL, Samuel	1155	West Point Grey Ac	-			---	---
-- DEL ROSARIO, Winson	1101	Vancouver College	-			---	---
-- BOLDESON, Rylan	1300	Ecole Salish Secon	-			---	---
-- VERNON, Ezra	133	Chatelech Seconda	-			---	---
-- BAGGAN, Finlay	424	Highland Secondar	-			---	---
-- CHRISTISON, Levi	51	Boundary Central S	-			---	---
-- BRZENSKI, Alex	903	Sardis Secondary	-			---	---
-- BENJAMIN, Delvin	33	Archbishop Carney	-			---	---
-- PODOGIROS, Anthony	83	Burnaby Mountain	-			---	---
-- GAIB, Maelan	564	Lambrick Park Seco	-			---	---

Race #9
women junior 4000m (Junior)
Final Results
RACE SUMMARY

Start Time: 2:00 pm

TEAM SCORING SUMMARY

Final Standings	Score	Scoring Order	Total	Spread
1 Revelstoke Secondary	32	2-7-11-12	1:05:42	0:41.4
2 W L Seaton Secondary	104	6-20-24-54(55)	1:09:37	2:05.9
3 Nechako Valley Secondary	133	15-35-39-44(106)	1:11:21	1:19.9
4 Oak Bay Secondary	138*	8-33-40-57(66)(75)(101)	1:10:57	1:57.3
5 Ecole Salish Secondary	138*	4-34-42-58(74)(96)(122)	1:10:44	2:18.8
6 Heritage Woods	144	14-29-32-69(80)(145)	1:11:35	2:14.2
7 Nanaimo District Secondar	145	1-9-17-118(129)(135)	1:10:33	5:22.3
8 Claremont Secondary	182	13-31-38-100	1:12:51	3:15.4
9 West Point Grey Academy	199	41-43-50-65(70)(115)	1:13:47	0:39.1
10 Ladysmith	223	10-21-81-111	1:14:17	4:07.4
11 Vancouver Technical Seco	228	26-28-53-121	1:15:05	3:30.2
12 KLO Middle School	242	27-63-67-85	1:15:16	1:52.7
13 Duchess Park Secondary	244	25-49-78-92	1:15:14	2:22.9
14 Robert Alexander McMath	246	5-59-68-114(116)(136)	1:14:44	4:46.3
15 Handsworth Secondary	249	47-48-60-94(104)(112)(144)	1:15:11	1:36.3
16 Robert Bateman Secondar	254	36-52-64-102(132)	1:15:18	2:08.7
17 Kitsilano Secondary	260	3-71-88-98(110)(146)	1:14:56	3:58.4
18 Sir Winston Churchill Seco	265	46-56-76-87(97)(107)(143)	1:15:45	1:21.8
19 Elgin Park Secondary	273	16-72-77-108(117)(140)(142)	1:16:12	3:27.4
20 West Vancouver	279*	22-73-79-105(127)	1:16:30	2:49.6
21 Langley Christian	279*	19-23-103-134	1:17:17	5:02.2
22 Burnaby North Secondary	319	62-82-86-89(125)(130)(131)	1:17:43	1:08.8
23 Grandview Heights Second	326	37-83-93-113(141)	1:18:19	2:47.5
24 Fleetwood Park Secondary	329	45-84-91-109(138)	1:18:21	2:15.0
25 Brookwood Secondary	342	30-90-99-123(126)	1:18:58	3:23.6
26 St Thomas More Collegiate	351	51-61-119-120(128)	1:19:14	2:46.7
27 Don Ross Middle School	385	18-95-133-139	1:22:30	5:52.1
28 Kootenay River Secondary	556	124-137-147-148	1:45:00	9:20.8

***Tiebreakers**

Oak Bay Secondary	8	33	40	57	66	Ecole Salish Secondary
	4	34	42	58	74	
West Vancouver	22	73	79	105	127	Langley Christian

Race #9
women junior 4000m (Junior)
Final Results
INDIVIDUAL RESULTS

Athlete	#	Team	Score	Time	Gap	Avg. Mile	Avg. km
1 BUITELAAR, Adrianna	613	Mennonite Educatio	-	15:08.2	---	6:04.7	3:47.0
2 DEHAL, Sasha	238	Ecole Panorama Ri	-	15:29.0	19.8	6:13.1	3:52.2
3 GAUTHIER, Ava	653	Nanaimo District Se	1	15:43.5	35.3	6:18.9	3:55.9
4 LOU, Amelia-Ahn	721	Okanagan Mission	-	15:51.4	43.2	6:22.1	3:57.8
5 CROSBY, Zoey	807	Revelstoke Second	2	16:00.0	50.8	6:25.5	4:00.0
6 ROURKE, Kate	519	Kitsilano Secondary	3	16:01.9	53.7	6:26.3	4:00.5
7 LANG, Charolette	1245	York House School	-	16:02.9	54.7	6:26.7	4:00.7
8 LAMOUREUX, Amy	1279	Smithers Secondar	-	16:03.2	55.0	6:26.8	4:00.8
9 FULLER, Ella	284	Fernie Secondary	-	16:04.2	56.0	6:27.2	4:01.0
10 ROBSON, Grace	46	Argyle Secondary	-	16:07.0	57.8	6:28.3	4:01.7
11 SANDHU, Janaya	252	Ecole Salish Secon	4	16:08.2	1:00.0	6:28.8	4:02.0
12 KENNEDY, Katherine	857	Robert Alexander M	5	16:12.7	1:04.5	6:30.6	4:03.2
13 EVANS, Leah	742	Penticton Secondar	-	16:14.2	1:06.0	6:31.2	4:03.5
14 PALMER BIRD, Eula	1131	W L Seaton Second	6	16:17.8	1:09.6	6:32.7	4:04.4
15 ROYLE, Maya	808	Revelstoke Second	7	16:19.9	1:11.7	6:33.5	4:05.0
16 CAMPBELL, Sara	707	Oak Bay Secondary	8	16:27.3	1:19.1	6:36.5	4:06.8
17 MILLER, Esme	817	Reynolds Secondar	-	16:29.5	1:21.3	6:37.4	4:07.4
18 ZULT, Amariah	662	Nanaimo District Se	9	16:35.9	1:27.7	6:40.0	4:09.0
19 WING, Rylee	558	Ladysmith	10	16:37.3	1:29.1	6:40.5	4:09.3
20 VRABEL, Danica	329	Glenlyon Norfolk	-	16:38.1	1:29.9	6:40.8	4:09.5
21 WALLIN, Nadia	562	Lake City Secondar	-	16:38.8	1:30.6	6:41.1	4:09.7
22 BROWN, Claire	806	Revelstoke Second	11	16:40.6	1:32.4	6:41.8	4:10.1
23 SMITH, Ember	809	Revelstoke Second	12	16:41.4	1:33.2	6:42.1	4:10.3
24 FORD, Violet	1009	Georges P Vanier S	-	16:45.0	1:35.8	6:43.6	4:11.2
25 LENNON, Eilidh	438	Howe Sound Secon	-	16:48.5	1:40.3	6:45.0	4:12.1
26 RAMSAY, Harlow	155	Claremont Seconda	13	16:49.9	1:41.7	6:45.6	4:12.5
27 OLIVER-MCLEAN, Lillian	418	Heritage Woods	14	16:50.6	1:42.4	6:45.8	4:12.6
28 EPP, Maggie	365	GW Graham Secon	-	16:51.9	1:43.7	6:46.4	4:13.0
29 JESSUP, Esme	931	Sentinel Secondary	-	16:55.3	1:47.1	6:47.7	4:13.8
30 RAATH, Lienke	473	Kamloops Christian	-	16:55.8	1:47.6	6:48.0	4:13.9
31 MOLYNEUX, Maja	762	Point Grey Seconda	-	16:57.1	1:48.9	6:48.4	4:14.3
32 DHILLON, Anya	671	Nechako Valley Sec	15	16:57.8	1:49.6	6:48.7	4:14.4
33 THIESSEN, Ella	560	Lake City Secondar	-	16:58.6	1:50.4	6:49.1	4:14.6
34 AZADEH, Bahar	262	Elgin Park Seconda	16	17:03.0	1:53.8	6:50.8	4:15.7
35 SHEARCROFT, Sophia	396	Heritage Christian	-	17:06.2	1:58.0	6:52.1	4:16.5
36 LENNSTROM, Kallee	129	Centennial School	-	17:07.1	1:58.9	6:52.5	4:16.8
37 ROMANIK, Elsa	658	Nanaimo District Se	17	17:07.2	1:59.0	6:52.5	4:16.8
38 FUNSTON, Ashlyn	472	Kalamalka Seconda	-	17:13.8	2:05.6	6:55.2	4:18.4
39 KAVANAGH WILLIAM, Isabe	203	Don Ross Middle S	18	17:15.2	2:07.0	6:55.7	4:18.8
40 VERKAIK, Annika	573	Langley Christian	19	17:17.3	2:09.1	6:56.6	4:19.3
41 NADLER, Stella	239	Ecole Phoenix Midd	-	17:19.9	2:11.7	6:57.6	4:20.0
42 NORDMAN, Tea	73	Brooks Secondary	-	17:21.6	2:13.4	6:58.3	4:20.4
43 HETHERINGTON, Maelle	161	Coast Mountain Ac	-	17:23.9	2:15.7	6:59.2	4:21.0
44 ROBINSON, Leah	804	R E Mountain Seco	-	17:24.3	2:16.1	6:59.4	4:21.1
45 MITCHELL, Sarah	1130	W L Seaton Second	20	17:24.9	2:16.7	6:59.6	4:21.2
46 LEWIS, Skyla	555	Ladysmith	21	17:24.9	2:16.7	6:59.6	4:21.2

Race #9
women junior 4000m (Junior)
Final Results
INDIVIDUAL RESULTS (cont'd)

Athlete	#	Team	Score	Time	Gap	Avg. Mile	Avg. km
47 HICKIE, Presley	969	Skaha Lake Middle	-	17:27.4	2:19.2	7:00.6	4:21.8
48 CUNLIFFE, Jamie	1196	West Vancouver	22	17:29.0	2:19.8	7:01.3	4:22.2
49 VERKAIK, Claire	574	Langley Christian	23	17:29.5	2:21.3	7:01.5	4:22.4
50 GOUGH, Charlotte	307	Frances Kelsey Sec	-	17:29.5	2:21.3	7:01.5	4:22.4
51 LANE, Emily	1128	W L Seaton Second	24	17:30.0	2:20.8	7:01.7	4:22.5
52 SIMPSON, Lauren	222	Earl Marriott Secon	-	17:30.2	2:22.0	7:01.7	4:22.5
53 DESROSIERS, Chantel	927	Semiahmoo Secon	-	17:31.0	2:21.8	7:02.1	4:22.7
54 CADELL, Isla	217	Duchess Park Seco	25	17:32.0	2:22.8	7:02.5	4:23.0
55 BOORA, Harjananat	272	Enver Creek Secon	-	17:32.1	2:23.9	7:02.5	4:23.0
56 BOILEAU, Morgan	949	Sir Alexander Mack	-	17:32.9	2:24.7	7:02.8	4:23.2
57 PIESIK, Maya	627	Moscrop Secondary	-	17:35.0	2:25.8	7:03.7	4:23.7
58 WALKER, Layla	794	Queen Margaret's	-	17:36.7	2:28.5	7:04.4	4:24.2
59 RAHIM, Elsa	1109	Vancouver Technic	26	17:41.5	2:33.3	7:06.3	4:25.4
60 ROBERTSON, Chase	577	Lions Gate Christia	-	17:43.4	2:35.2	7:07.0	4:25.8
61 HAYDEN, Renee	357	Gulf Islands Second	-	17:45.7	2:37.5	7:08.0	4:26.4
62 BELLIS, Heidi	1295	Charles Hays Seco	-	17:46.8	2:38.6	7:08.4	4:26.7
63 BARR, Charlotte	526	KLO Middle School	27	17:47.2	2:39.0	7:08.6	4:26.8
64 SCHIMUNER, Anya	1111	Vancouver Technic	28	17:48.4	2:40.2	7:09.0	4:27.1
65 CARSON, Natalie	421	Heritage Woods	29	17:48.6	2:40.4	7:09.1	4:27.1
66 VIPLER, Annika	110	Burnsview	-	17:48.9	2:40.7	7:09.3	4:27.2
67 VANDE VEN, ASHLEY	80	Brookwood Secon	30	17:49.0	2:39.8	7:09.3	4:27.2
68 CAMPBELL, Aylia	150	Claremont Seconda	31	17:50.2	2:42.0	7:09.8	4:27.5
69 LANGE, Tavia	423	Heritage Woods	32	17:50.6	2:42.4	7:09.9	4:27.6
70 REYNOLDS, Layla	64	Brentwood College	-	17:51.8	2:43.6	7:10.4	4:27.9
71 NORA, DIETSCH	716	Oak Bay Secondary	33	17:52.9	2:44.7	7:10.8	4:28.2
72 VIVANCO, Isla	254	Ecole Salish Secon	34	17:53.4	2:45.2	7:11.0	4:28.3
73 MCCLEARY, Brenna	674	Nechako Valley Sec	35	17:55.2	2:47.0	7:11.8	4:28.8
74 BREDICK, Vienne	457	J.L. Jackson	-	17:57.9	2:49.7	7:12.9	4:29.5
75 PIPER, Kamora	867	Robert Bateman Se	36	17:59.0	2:49.8	7:13.3	4:29.7
76 MACDONALD, Eva	347	Grandview Heights	37	18:01.0	2:51.8	7:14.1	4:30.2
77 BROWN, Etoile	458	J.L. Jackson	-	18:04.8	2:56.6	7:15.7	4:31.2
78 FERONE, Milena	1076	Templeton Seconda	-	18:05.3	2:57.1	7:15.9	4:31.3
79 PETRAT, Sinja	154	Claremont Seconda	38	18:05.4	2:57.2	7:15.9	4:31.3
80 LAU-GRADY, Luna	918	Secondaire Jules-V	-	18:06.1	2:57.9	7:16.2	4:31.5
81 TANNER, Haley	912	Sardis Secondary	-	18:07.6	2:59.4	7:16.8	4:31.9
82 HARA, Mika	672	Nechako Valley Sec	39	18:09.6	3:01.4	7:17.6	4:32.4
83 FARVACQUE, Nayelle	593	Mark R. Isfeld Seni	-	18:09.9	3:01.7	7:17.7	4:32.5
84 WARREN, Samantha	31	Alpha Secondary	-	18:10.8	3:02.6	7:18.0	4:32.7
85 SYKES, Ella	717	Oak Bay Secondary	40	18:11.7	3:03.5	7:18.4	4:32.9
86 EWANYSHYN, Lily	459	J.L. Jackson	-	18:11.8	3:03.6	7:18.5	4:32.9
87 BOHAC, Annika	429	Highland Secondar	-	18:12.5	3:04.3	7:18.7	4:33.1
88 GUYNUP, Norah	1116	W J Mouat Second	-	18:14.4	3:06.2	7:19.5	4:33.6
89 FINLAYSON, Rose	1177	West Point Grey Ac	41	18:15.0	3:05.8	7:19.7	4:33.7
90 INKMAN, Alex	250	Ecole Salish Secon	42	18:15.1	3:06.9	7:19.8	4:33.8
91 ANDERSON, Ava	1168	West Point Grey Ac	43	18:16.9	3:08.7	7:20.5	4:34.2
92 STEFANOVIC, Mina	988	Southpointe Acade	-	18:17.2	3:09.0	7:20.6	4:34.3

2023 BCHS CC CHAMPS

Surrey, BC

November 4, 2023

MEET OFFICIALS

Timing:
Swan Racing

OFFICIAL MEET REPORT

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Race #9
women junior 4000m (Junior)
Final Results
INDIVIDUAL RESULTS (cont'd)

Athlete	#	Team	Score	Time	Gap	Avg. Mile	Avg. km
93 KESSLER, Lyric	673	Nechako Valley Sec	44	18:17.6	3:09.4	7:20.8	4:34.4
94 ARLITT, Regan	299	Fleetwood Park Sec	45	18:18.3	3:10.1	7:21.1	4:34.6
95 SAUVE, Kayla	1235	Windsor Secondary	-	18:19.0	3:09.8	7:21.4	4:34.7
96 FELLOWS, Elise	963	Sir Winston Churchi	46	18:19.9	3:11.7	7:21.7	4:35.0
97 RHODES, Rachel	392	Handsworth Secon	47	18:20.1	3:11.9	7:21.8	4:35.0
98 BRIDGE, Allie	330	Glenrosa Middle Sc	-	18:20.2	3:12.0	7:21.8	4:35.0
99 GOLD, Zoe	386	Handsworth Secon	48	18:20.4	3:12.2	7:21.9	4:35.1
100 CADELL, Skye	216	Duchess Park Seco	49	18:20.8	3:12.6	7:22.1	4:35.2
101 DIXON, Isla	1175	West Point Grey Ac	50	18:21.0	3:11.8	7:22.2	4:35.2
102 MAR, Evelyn	1038	St Thomas More Co	51	18:21.9	3:13.7	7:22.5	4:35.5
103 WAKUNDA, Helen	869	Robert Bateman Se	52	18:23.5	3:15.3	7:23.2	4:35.9
104 LINDNER, Gabriela	1108	Vancouver Technic	53	18:23.5	3:15.3	7:23.2	4:35.9
105 HEIDT, Linnaea	1127	W L Seaton Second	54	18:23.7	3:15.5	7:23.2	4:35.9
106 MCLEAN, Rosie	1129	W L Seaton Second	(55)	18:23.9	3:15.7	7:23.3	4:36.0
107 GRANT, Ella	964	Sir Winston Churchi	56	18:24.3	3:16.1	7:23.5	4:36.1
108 MONTGOMERY, Georgia	715	Oak Bay Secondary	57	18:24.5	3:16.3	7:23.6	4:36.1
109 MCDONNELL, Kate Elizabet	313	Gladstone Seconda	-	18:24.6	3:16.4	7:23.6	4:36.1
110 STASIUK, Mila	1275	Smithers Secondar	-	18:25.3	3:17.1	7:23.9	4:36.3
111 KILMARTIN, Zetta	251	Ecole Salish Secon	58	18:26.9	3:18.7	7:24.5	4:36.7
112 KUMP, Ruby	858	Robert Alexander M	59	18:27.5	3:19.3	7:24.8	4:36.9
113 CHAMBERLAIN, Evie	436	Howe Sound Secon	-	18:28.8	3:20.6	7:25.3	4:37.2
114 JUBY, Taru	108	Burnsview	-	18:29.5	3:21.3	7:25.6	4:37.4
115 ZENONE, Sofia	434	Holy Cross Regiona	-	18:31.6	3:23.4	7:26.4	4:37.9
116 RUNZER, Julia	393	Handsworth Secon	60	18:34.1	3:25.9	7:27.4	4:38.5
117 BRANT MAIA FRANQUEIRA	1033	St Thomas More Co	61	18:35.9	3:27.7	7:28.1	4:39.0
118 THOMPSON, Lily	166	Collingwood School	-	18:37.4	3:29.2	7:28.7	4:39.3
119 NEUMAN, Olivia	838	Riverside	-	18:39.0	3:29.8	7:29.4	4:39.7
120 FITZPATRICK, Ciel	871	Rockridge Seconda	-	18:41.5	3:33.3	7:30.4	4:40.4
121 WIEBE, Sarah	104	Burnaby North Sec	62	18:41.7	3:33.5	7:30.5	4:40.4
122 POTASH, Eva	928	Semiahmoo Secon	-	18:41.7	3:33.5	7:30.5	4:40.4
123 PRACHNAU, Anastasia	615	Mennonite Educatio	-	18:43.9	3:35.7	7:31.3	4:41.0
124 SPRULES, Bronwyn	527	KLO Middle School	63	18:44.9	3:36.7	7:31.8	4:41.2
125 HASKINS, Daphne	626	Moscrop Secondary	-	18:46.1	3:37.9	7:32.2	4:41.5
126 WARREN, Julia	30	Alpha Secondary	-	18:46.3	3:38.1	7:32.3	4:41.6
127 HEERA, Gurdiya	866	Robert Bateman Se	64	18:47.5	3:39.3	7:32.8	4:41.9
128 DHALIWAL, Syra	827	Rick Hansen Secon	-	18:48.0	3:38.8	7:33.0	4:42.0
129 WOOLFENDEN, Juju	1185	West Point Grey Ac	65	18:54.1	3:45.9	7:35.4	4:43.5
130 CHONG-SIMARD, Malina	708	Oak Bay Secondary	(66)	18:57.5	3:49.3	7:36.8	4:44.4
131 VILLARIZA, Maria	684	North Surrey Secon	-	19:00.5	3:52.3	7:38.0	4:45.1
132 VERGARA, Kaitlin	843	Riverside	-	19:01.2	3:53.0	7:38.3	4:45.3
133 WETHEROW, Penny	529	KLO Middle School	67	19:03.5	3:55.3	7:39.2	4:45.9
134 NASHLUND, Rebecca	859	Robert Alexander M	68	19:04.2	3:56.0	7:39.5	4:46.0
135 MOORE, Alexa	420	Heritage Woods	69	19:04.7	3:56.5	7:39.7	4:46.2
136 PIMSTONE, Mila	1183	West Point Grey Ac	(70)	19:05.8	3:57.6	7:40.1	4:46.4
137 GROB, Eliza	514	Kitsilano Secondary	71	19:07.9	3:59.7	7:41.0	4:47.0
138 PAGE, Melia	796	Quesnel Junior Sch	-	19:08.8	4:00.6	7:41.3	4:47.2

2023 BCHS CC CHAMPS

Surrey, BC

November 4, 2023

MEET OFFICIALS

Timing:
Swan Racing

OFFICIAL MEET REPORT

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Race #9
women junior 4000m (Junior)

Final Results

INDIVIDUAL RESULTS (cont'd)

Athlete	#	Team	Score	Time	Gap	Avg. Mile	Avg. km
139 PETER, Petra	797	Quesnel Junior Sch	-	19:09.5	4:01.3	7:41.6	4:47.4
140 MUSSULMAN-BELL, Ayla	744	Penticton Secondar	-	19:13.0	4:03.8	7:43.0	4:48.2
141 DEMILLE, Annabelle	1256	Charles Hays Seco	-	19:13.8	4:05.6	7:43.4	4:48.4
142 SAHOTA, Neha	270	Elgin Park Seconda	72	19:14.2	4:06.0	7:43.5	4:48.5
143 KHODABANDEHLOU, Sarin	1200	West Vancouver	73	19:15.0	4:05.8	7:43.8	4:48.7
144 HARASYMOW, Journey	249	Ecole Salish Secon	(74)	19:16.9	4:08.7	7:44.6	4:49.2
145 YOUNG, Naomi	718	Oak Bay Secondary	(75)	19:18.1	4:09.9	7:45.1	4:49.5
146 BOYD, Chloe	961	Sir Winston Churchi	76	19:19.2	4:11.0	7:45.5	4:49.8
147 JORGENSE, MONTIEL	267	Elgin Park Seconda	77	19:23.7	4:15.5	7:47.3	4:50.9
148 HOEHN, Natalie	218	Duchess Park Seco	78	19:25.7	4:17.5	7:48.1	4:51.4
149 GRUBER, Jenna	1197	West Vancouver	79	19:27.4	4:19.2	7:48.8	4:51.8
150 GOODISON, Ruby	422	Heritage Woods	(80)	19:28.5	4:20.3	7:49.2	4:52.1
151 HENWOOD, Seren	554	Ladysmith	81	19:29.5	4:21.3	7:49.7	4:52.4
152 GRAY, Ashley	99	Burnaby North Sec	82	19:31.0	4:21.8	7:50.3	4:52.7
153 METHNER, Ana	349	Grandview Heights	83	19:34.0	4:24.8	7:51.5	4:53.5
154 SIDHU, Maya	305	Fleetwood Park Sec	84	19:34.6	4:26.4	7:51.7	4:53.6
155 SPRULES, Teagan	528	KLO Middle School	85	19:39.8	4:31.6	7:53.8	4:54.9
156 SUN, Miranda	102	Burnaby North Sec	86	19:40.0	4:30.8	7:53.9	4:55.0
157 SAJAN, Nyla	967	Sir Winston Churchi	87	19:41.7	4:33.5	7:54.5	4:55.4
158 ORRIO, Eider	591	Maple Ridge Secon	-	19:42.3	4:34.1	7:54.8	4:55.6
159 FERRIS, Ever	512	Kitsilano Secondary	88	19:45.7	4:37.5	7:56.2	4:56.4
160 BRUNKE, Annika	930	Sentinel Secondary	-	19:49.1	4:40.9	7:57.5	4:57.3
161 SCOTT, Melissa	101	Burnaby North Sec	89	19:50.5	4:42.3	7:58.1	4:57.6
162 HODGSON, Isla	950	Sir Alexander Mack	-	19:50.6	4:42.4	7:58.2	4:57.6
163 HUTTON, Elle	76	Brookwood Secon	90	19:54.0	4:44.8	7:59.5	4:58.5
164 LUO, Jessica	303	Fleetwood Park Sec	91	19:54.4	4:46.2	7:59.6	4:58.6
165 PAULS, Addison	219	Duchess Park Seco	92	19:54.8	4:46.6	7:59.8	4:58.7
166 ELSTON, Arya	345	Grandview Heights	93	19:54.9	4:46.7	7:59.9	4:58.7
167 THREAPLETON, Olivia	394	Handsworth Secon	94	19:56.4	4:48.2	8:00.5	4:59.1
168 HENDERSON, Zoe	202	Don Ross Middle S	95	19:56.9	4:48.7	8:00.7	4:59.2
169 BROOKS, Aven	248	Ecole Salish Secon	(96)	19:57.5	4:49.3	8:00.9	4:59.4
170 MCEWEN, Chloe	127	Cedars Christian Sc	-	19:58.9	4:50.7	8:01.5	4:59.7
171 REIMER, Gwyneth	966	Sir Winston Churchi	(97)	19:59.8	4:51.6	8:01.8	4:59.9
172 TUDOR, Erin	521	Kitsilano Secondary	98	20:00.2	4:52.0	8:02.0	5:00.0
173 NOHR, JORDYN	78	Brookwood Secon	99	20:02.1	4:53.9	8:02.7	5:00.5
174 BAILEY, Paige	537	Kwantlen Park Sec	-	20:03.2	4:55.0	8:03.2	5:00.8
175 LOZANO VALL, Indiana	153	Claremont Seconda	100	20:05.3	4:57.1	8:04.0	5:01.3
176 LINDSAY, Katie	713	Oak Bay Secondary	(101)	20:06.4	4:58.2	8:04.5	5:01.6
177 VIBE-COLEMAN, Rowan	644	Nakusp Secondary	-	20:06.6	4:58.4	8:04.5	5:01.6
178 YOSHINO, Riko	870	Robert Bateman Se	102	20:07.6	4:59.4	8:05.0	5:01.9
179 CAMPBELL, Anna	571	Langley Christian	103	20:10.2	5:02.0	8:06.0	5:02.5
180 MACPHERSON, Lexi	389	Handsworth Secon	(104)	20:13.0	5:03.8	8:07.1	5:03.2
181 BALLANTYNE, Keira	128	Centennial School	-	20:15.5	5:07.3	8:08.1	5:03.9
182 SKALSKI, Lily-Rose	1204	West Vancouver	105	20:18.6	5:10.4	8:09.4	5:04.6
183 SIMOES, Isabel	675	Nechako Valley Sec	(106)	20:19.9	5:11.7	8:09.9	5:05.0
184 HO, Leah	965	Sir Winston Churchi	(107)	20:25.8	5:17.6	8:12.3	5:06.4

Race #9
women junior 4000m (Junior)
Final Results
INDIVIDUAL RESULTS (cont'd)

Athlete	#	Team	Score	Time	Gap	Avg. Mile	Avg. kM
185 PEMBERTON, Olivia	1146	Walnut Grove Seco	-	20:28.9	5:20.7	8:13.5	5:07.2
186 FAAS, Brooke	1273	Mount Elizabeth Mi	-	20:29.0	5:19.8	8:13.5	5:07.2
187 BLACK, Ella	263	Elgin Park Seconda	108	20:30.3	5:22.1	8:14.1	5:07.6
188 KORKUT, Pelin	301	Fleetwood Park Sec	109	20:33.3	5:25.1	8:15.3	5:08.3
189 TIAMO, Mireya	520	Kitsilano Secondary	(110)	20:34.2	5:26.0	8:15.6	5:08.5
190 MCCONKEY, Jaema	556	Ladysmith	111	20:44.7	5:36.5	8:19.8	5:11.2
191 DODDS LEMA, Yzabella	385	Handsworth Secon	(112)	20:48.0	5:38.8	8:21.2	5:12.0
192 SUGIMOTO DIMITROVA, Jul	353	Grandview Heights	113	20:48.5	5:40.3	8:21.4	5:12.1
193 TAM, Adelyn	862	Robert Alexander M	114	20:58.9	5:50.7	8:25.6	5:14.7
194 NAKUDA, Frankie	1181	West Point Grey Ac	(115)	21:02.0	5:52.8	8:26.8	5:15.5
195 DENHOED, Madison	856	Robert Alexander M	(116)	21:02.7	5:54.5	8:27.1	5:15.7
196 MASLENIKOV, Veronic	268	Elgin Park Seconda	(117)	21:02.9	5:54.7	8:27.2	5:15.7
197 WILLIAMS, Samantha	660	Nanaimo District Se	118	21:05.7	5:57.5	8:28.3	5:16.4
198 CAHILL, Caitlin	1034	St Thomas More Co	119	21:07.4	5:59.2	8:29.0	5:16.8
199 FINNEGAN, Olivia	1036	St Thomas More Co	120	21:08.5	6:00.3	8:29.4	5:17.1
200 JOHNSTON, Megan	1107	Vancouver Technic	121	21:11.6	6:03.4	8:30.7	5:17.9
201 ALLARD, Kaylin	247	Ecole Salish Secon	(122)	21:11.7	6:03.5	8:30.7	5:17.9
202 WELSH, Taylor-Rain	81	Brookwood Secon	123	21:12.6	6:04.4	8:31.0	5:18.1
203 HARBUT, Sofia	29	Alpha Secondary	-	21:12.8	6:04.6	8:31.1	5:18.2
204 WALDNER, Makay	536	Kootenay River Sec	124	21:13.8	6:05.6	8:31.5	5:18.4
205 WANG, Grace	103	Burnaby North Sec	(125)	21:16.0	6:06.8	8:32.4	5:19.0
206 HUNT, GEORGIA	75	Brookwood Secon	(126)	21:18.0	6:08.8	8:33.2	5:19.5
207 FISHER, Avran	1081	Trafalgar Middle Sc	-	21:29.1	6:20.9	8:37.7	5:22.3
208 NIMMONS, Hazel	932	Sentinel Secondary	-	21:31.1	6:22.9	8:38.5	5:22.8
209 NEUFELD, Ava	1201	West Vancouver	(127)	21:33.4	6:25.2	8:39.4	5:23.3
210 ORSER, Charlotte	1041	St Thomas More Co	(128)	21:34.7	6:26.5	8:39.9	5:23.7
211 ROCQUE, Sabine	657	Nanaimo District Se	(129)	21:36.5	6:28.3	8:40.6	5:24.1
212 LIU, Selina	100	Burnaby North Sec	(130)	21:45.5	6:37.3	8:44.3	5:26.4
213 ZHANG, Michelle	105	Burnaby North Sec	(131)	21:58.0	6:48.8	8:49.3	5:29.5
214 TEEFT, Anna	868	Robert Bateman Se	(132)	22:00.6	6:52.4	8:50.4	5:30.1
215 NOARO, Rian	204	Don Ross Middle S	133	22:09.9	7:01.7	8:54.1	5:32.5
216 VIS, Gabrielle	575	Langley Christian	134	22:19.5	7:11.3	8:57.9	5:34.9
217 LITZ, Penelope	1265	Charles Hays Seco	-	22:21.3	7:13.1	8:58.7	5:35.3
218 WEBBER, Grace	659	Nanaimo District Se	(135)	22:36.9	7:28.7	9:04.9	5:39.2
219 SIERECKI, Emma	860	Robert Alexander M	(136)	22:40.6	7:32.4	9:06.4	5:40.1
220 FRIESEN, Ashlynn	533	Kootenay River Sec	137	22:43.7	7:35.5	9:07.6	5:40.9
221 LI, Amber	302	Fleetwood Park Sec	(138)	22:45.0	7:35.8	9:08.2	5:41.2
222 TROTTER, Karis	205	Don Ross Middle S	139	23:07.2	7:59.0	9:17.1	5:46.8
223 RIDGE, Emily	269	Elgin Park Seconda	(140)	23:13.6	8:05.4	9:19.6	5:48.4
224 PINEDA, Myka	350	Grandview Heights	(141)	23:17.9	8:09.7	9:21.4	5:49.5
225 COVIELLO, Sarah	264	Elgin Park Seconda	(142)	23:57.7	8:49.5	9:37.4	5:59.4
226 CHEN, Celina	962	Sir Winston Churchi	(143)	23:58.1	8:49.9	9:37.5	5:59.5
227 PATEL, Shreya	391	Handsworth Secon	(144)	24:27.7	9:19.5	9:49.4	6:06.9
228 WIEBE, Kristina	417	Heritage Woods	(145)	26:26.1	11:17.9	10:37.0	6:36.5
229 HOWDEN, Lily	516	Kitsilano Secondary	(146)	28:46.5	13:38.3	11:33.4	7:11.6
230 QAZI, Hana	534	Kootenay River Sec	147	30:27.7	15:19.5	12:14.0	7:36.9

2023 BCHS CC CHAMPS

Surrey, BC

November 4, 2023

MEET OFFICIALSTiming:
Swan Racing**OFFICIAL MEET REPORT**

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Race #9
women junior 4000m (Junior)**Final Results****INDIVIDUAL RESULTS (cont'd)**

Athlete	#	Team	Score	Time	Gap	Avg. Mile	Avg. kM
231 RAY, Ceili	535	Kootenay River Sec	148	30:34.5	15:26.3	12:16.7	7:38.6
-- LI, Kai Yee	1178	West Point Grey Ac	-			---	---
-- RIDGWAY, Maddie	933	Sentinel Secondary	-			---	---
-- CAREY, Serena	511	Kitsilano Secondary	-			---	---
-- ZHANG, Emma	180	Crofton House	-			---	---
-- SAJJAN, Jeevut	580	Lord Byng Seconda	-			---	---
-- SCHNURR, Lilian	557	Ladysmith	-			---	---
-- O'NEILL, Sydney	1118	W J Mouat Second	-			---	---
-- MANN, Milan	348	Grandview Heights	-			---	---
-- CHA, Elizabeth	343	Grandview Heights	-			---	---
-- VAN DER VLUGT, TIERNEY	79	Brookwood Secon	-			---	---
-- MILLER, Alaina	280	Esquimalt High	-			---	---
-- WOODMAN, Fiona	810	Revelstoke Second	-			---	---
-- KAMARA, Kefira	953	Sir Charles Tupper	-			---	---
-- NIELSEN, Addison	411	Heritage Woods	-			---	---
-- CLEGG, Jenaya	201	Don Ross Middle S	-			---	---
-- WILSON, Lauren	32	Alpha Secondary	-			---	---
-- MCGINLEY, Ava	43	Archbishop Carney	-			---	---
-- LENZ, Sorell	25	Abbotsford Senior S	-			---	---
-- ENGBRECHT, Taylor	300	Fleetwood Park Sec	-			---	---
-- SCOFFIELD, Maryn	304	Fleetwood Park Sec	-			---	---
-- KWASNIAK, Alicja	770	Port Moody Second	-			---	---
-- HUMPHREYS, Aubrey	643	Nakusp Secondary	-			---	---
-- LIEFSOENS, Nelle	72	Brooks Secondary	-			---	---