

PACIFIC DISTANCE CARNIVAL 2024Coquitlam, BC
Percy Perry Stadium
May 11, 2024**MEET OFFICIALS****Meet Director:**
Megann VanderVliet
Timing:
Jason Swan**OFFICIAL MEET REPORT**
printed: 2024-05-11, 9:43 PM**RESULTS****#2 Men's 1500 Meters**

| Pl | Name | Team | Time | Note | H(Pl) |
|----|---------------------|-----------------------------|---------|------|-------|
| 1 | SESHADRI, Benjamin | Victoria Endurance Track Cl | 3:48.30 | | 1(1) |
| 2 | WALLER, David | Victoria Endurance Track Cl | 3:49.62 | | 1(2) |
| 3 | TYRRELL, Ryan | HARB - Harbour Track - Ha | 3:50.47 | | 1(3) |
| 4 | KUIPERS, Anton | VETC - Victoria Endurance | 3:52.67 | | 1(4) |
| 5 | FISHER, Paul | TBIR - Vancouver Thunder | 3:53.42 | | 1(5) |
| 6 | MLOTSHWA, Charli | Prairie Inn Harriers Racing | 3:53.59 | | 1(6) |
| 7 | GRAY, Jack | Club D'athlétisme De L'univ | 3:53.96 | | 1(7) |
| 8 | LASCELLE, Mackenzie | VETC - Victoria Endurance | 3:56.20 | | 1(8) |
| 9 | MARTLAND, Kai | TBIR - Vancouver Thunder | 3:56.27 | | 1(9) |
| 10 | LOUWERSE, Noah | LANG - Langley Mustangs | 3:57.78 | | 2(1) |
| 11 | SADA, Bernardo | OATF - Ocean Athletics Tra | 3:57.79 | | 2(2) |
| 12 | BRITTAİN, Steven | OATF - Ocean Athletics Tra | 3:58.26 | | 2(3) |
| 13 | POUGNET, Leif | GECA - Grizzly Endurance | 3:59.44 | | 2(4) |
| 14 | VAN HEZEWIJK, Gabe | VETC - Victoria Endurance | 4:00.71 | | 1(10) |
| 15 | RAHKOLA, Maverik | PETF - Penticton Track & Fi | 4:01.40 | | 2(5) |
| 16 | KUNKA, Peter | PETF - Penticton Track & Fi | 4:02.04 | | 2(6) |
| 17 | PARKINS, Basil | PIHR - Prairie Inn Harriers | 4:02.31 | | 2(7) |
| 18 | HEINICKE, Tristan | Unattached | 4:03.02 | | 1(11) |
| 19 | SANDMAIER, Luke | Victoria Endurance Track Cl | 4:03.16 | | 2(8) |
| 20 | THORBURN, Michael | UNON - Unattached Ontari | 4:03.53 | | 1(12) |
| 21 | KLASSEN, Mitchell | TBIR - Vancouver Thunder | 4:04.25 | | 2(9) |
| 22 | HOPKINS, Matthew | Victoria Endurance Track Cl | 4:04.60 | | 2(10) |
| 23 | SCHMIDTKE, Kieran | Victoria Endurance Track Cl | 4:05.80 | | 2(11) |
| 24 | MIJARES, Ignacio | Vancouver Thunderbirds (T | 4:06.49 | | 2(12) |
| 25 | HAYDEN, Miles | PETF - Penticton Track & Fi | 4:08.02 | | 2(13) |
| 26 | HOLMES, Max | TBIR - Vancouver Thunder | 4:10.29 | | 2(14) |
| 27 | GRANT, Elijah | VETC - Victoria Endurance | 4:10.99 | | 2(15) |
| 28 | TORRES, Richard | Unattached | 4:24.26 | | 2(16) |
| | LEE, Caiden | Pacer | DNF | | 1 |

SECTION RESULTS

| Pl | Name | Team | Time | Note |
|-----------------------|---------------------|-----------------------------|---------|------|
| Section 1 of 2 | | | | |
| 1 | SESHADRI, Benjamin | Victoria Endurance Track Cl | 3:48.30 | |
| 2 | WALLER, David | Victoria Endurance Track Cl | 3:49.62 | |
| 3 | TYRRELL, Ryan | HARB - Harbour Track - Ha | 3:50.47 | |
| 4 | KUIPERS, Anton | VETC - Victoria Endurance | 3:52.67 | |
| 5 | FISHER, Paul | TBIR - Vancouver Thunder | 3:53.42 | |
| 6 | MLOTSHWA, Charli | Prairie Inn Harriers Racing | 3:53.59 | |
| 7 | GRAY, Jack | Club D'athlétisme De L'univ | 3:53.96 | |
| 8 | LASCELLE, Mackenzie | VETC - Victoria Endurance | 3:56.20 | |
| 9 | MARTLAND, Kai | TBIR - Vancouver Thunder | 3:56.27 | |
| 10 | VAN HEZEWIJK, Gabe | VETC - Victoria Endurance | 4:00.71 | |
| 11 | HEINICKE, Tristan | Unattached | 4:03.02 | |
| 12 | THORBURN, Michael | UNON - Unattached Ontari | 4:03.53 | |
| | LEE, Caiden | Pacer | DNF | |

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printed: 2024-05-11, 9:43 PM**RESULTS****#2 Men's 1500 Meters (cont'd)**

| Pl | Name | Team | Time | Note |
|-----------------------|-------------------|-----------------------------|---------|------|
| Section 2 of 2 | | | | |
| 1 | LOUWERSE, Noah | LANG - Langley Mustangs | 3:57.78 | |
| 2 | SADA, Bernardo | OATF - Ocean Athletics Tra | 3:57.79 | |
| 3 | BRITTAİN, Steven | OATF - Ocean Athletics Tra | 3:58.26 | |
| 4 | POUGNET, Leif | GECA - Grizzly Endurance | 3:59.44 | |
| 5 | RAHKOLA, Maverik | PETF - Penticton Track & Fi | 4:01.40 | |
| 6 | KUNKA, Peter | PETF - Penticton Track & Fi | 4:02.04 | |
| 7 | PARKINS, Basil | PIHR - Prairie Inn Harriers | 4:02.31 | |
| 8 | SANDMAIER, Luke | Victoria Endurance Track Cl | 4:03.16 | |
| 9 | KLASSEN, Mitchell | TBIR - Vancouver Thunder | 4:04.25 | |
| 10 | HOPKINS, Matthew | Victoria Endurance Track Cl | 4:04.60 | |
| 11 | SCHMIDTKE, Kieran | Victoria Endurance Track Cl | 4:05.80 | |
| 12 | MIJARES, Ignacio | Vancouver Thunderbirds (T | 4:06.49 | |
| 13 | HAYDEN, Miles | PETF - Penticton Track & Fi | 4:08.02 | |
| 14 | HOLMES, Max | TBIR - Vancouver Thunder | 4:10.29 | |
| 15 | GRANT, Elijah | VETC - Victoria Endurance | 4:10.99 | |
| 16 | TORRES, Richard | Unattached | 4:24.26 | |

#3 Women's 1500 Meters

| Pl | Name | Team | Time | Note | H(Pl) |
|----|-----------------------|-----------------------------|---------|------|-------|
| 1 | KEYSER-GIBSON, Amelia | Cascadia Elite | 4:23.18 | | 1(1) |
| 2 | TINKHAM, Mikayla | Norm's Athletics Club | 4:25.68 | | 1(2) |
| 3 | VARTY, Alexandria | UNBC - Unattached British | 4:27.19 | | 1(3) |
| 4 | DOW, Alexa | PIHR - Prairie Inn Harriers | 4:29.02 | | 1(4) |
| 5 | CHAN, Delaney | Victoria Endurance Track Cl | 4:29.30 | | 1(5) |
| 6 | FRIELINK, Elissa | VETC - Victoria Endurance | 4:31.00 | | 1(6) |
| 7 | ALCORTA, Caroline | Cascadia Elite | 4:32.98 | | 1(7) |
| 8 | KAISER, Jessica | Cochrane Endurance Proje | 4:33.11 | | 1(8) |
| 9 | OHRLING, Sofie | Victoria Endurance Track Cl | 4:34.23 | | 1(9) |
| 10 | POULIN, Robyn | VAAA - Vernon Amateur At | 4:41.81 | | 2(1) |
| 11 | TITOVA, Anna-Veronika | OATF - Ocean Athletics Tra | 4:46.36 | | 2(2) |
| 12 | ROBERTS, Cadelle | TBIR - Vancouver Thunder | 4:47.40 | | 2(3) |
| 13 | MCDONALD, Rachel | OATF - Ocean Athletics Tra | 4:47.82 | | 1(10) |
| 14 | ARCADI, Monika | CITY - Royal City Track & F | 4:48.75 | | 1(11) |
| 15 | CHANT, Isabel | Victoria Endurance Track Cl | 4:55.92 | | 2(4) |
| 16 | CHISHOLM, Ellie | TBIR - Vancouver Thunder | 5:00.95 | | 2(5) |
| 17 | HICKIE, Jordis | PETF - Penticton Track & Fi | 5:03.72 | | 2(6) |
| 18 | HESLOP, Kaitlyn | CITY - Royal City Track & F | 5:07.00 | | 2(7) |
| 19 | BOYLE, Shari | UNAB - UNATTACHED AL | 5:14.70 | | 2(8) |

SECTION RESULTS

| Pl | Name | Team | Time | Note |
|-----------------------|-----------------------|-----------------------------|---------|------|
| Section 1 of 2 | | | | |
| 1 | KEYSER-GIBSON, Amelia | Cascadia Elite | 4:23.18 | |
| 2 | TINKHAM, Mikayla | Norm's Athletics Club | 4:25.68 | |
| 3 | VARTY, Alexandria | UNBC - Unattached British | 4:27.19 | |
| 4 | DOW, Alexa | PIHR - Prairie Inn Harriers | 4:29.02 | |

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printed: 2024-05-11, 9:43 PM**RESULTS****#3 Women's 1500 Meters (cont'd)**

| Pl | Name | Team | Time | Note |
|----|-------------------|-----------------------------|---------|------|
| 5 | CHAN, Delaney | Victoria Endurance Track Cl | 4:29.30 | |
| 6 | FRIELINK, Elissa | VETC - Victoria Endurance | 4:31.00 | |
| 7 | ALCORTA, Caroline | Cascadia Elite | 4:32.98 | |
| 8 | KAISER, Jessica | Cochrane Endurance Proje | 4:33.11 | |
| 9 | OHRLING, Sofie | Victoria Endurance Track Cl | 4:34.23 | |
| 10 | MCDONALD, Rachel | OATF - Ocean Athletics Tra | 4:47.82 | |
| 11 | ARCADI, Monika | CITY - Royal City Track & F | 4:48.75 | |

Section 2 of 2

| | | | | |
|---|-----------------------|-----------------------------|---------|--|
| 1 | POULIN, Robyn | VAAA - Vernon Amateur At | 4:41.81 | |
| 2 | TITOVA, Anna-Veronika | OATF - Ocean Athletics Tra | 4:46.36 | |
| 3 | ROBERTS, Cadelle | TBIR - Vancouver Thunder | 4:47.40 | |
| 4 | CHANT, Isabel | Victoria Endurance Track Cl | 4:55.92 | |
| 5 | CHISHOLM, Ellie | TBIR - Vancouver Thunder | 5:00.95 | |
| 6 | HICKIE, Jordis | PETF - Penticton Track & Fi | 5:03.72 | |
| 7 | HESLOP, Kaitlyn | CITY - Royal City Track & F | 5:07.00 | |
| 8 | BOYLE, Shari | UNAB - UNATTACHED AL | 5:14.70 | |

#4 Men's & Women's 5000 Meters

| Pl | Name | Team | Time | Note | H(Pl) |
|----|-----------------------------|-----------------------------|----------|------|-------|
| 1 | CHAN, Christopher | M12M - Mile2Marathon | 15:27.79 | | 2(1) |
| 2 | PANZHINSKIY, Evgeniy | UNBC - Unattached British | 16:06.58 | | 2(2) |
| 3 | VOTH, Chris | Unattached | 16:24.80 | | 2(3) |
| 4 | BATH, Dayton | Unattached | 16:25.06 | | 2(4) |
| 5 | PETERS, Nathan | Unattached | 16:25.09 | | 2(5) |
| 6 | PETERS, Thom | Unattached | 16:52.68 | | 2(6) |
| 7 | GRAHAM, Caleb | Unattached | 17:00.71 | | 2(7) |
| 8 | LAKE, Charlie | Vancouver Thunderbirds (T | 17:06.18 | | 2(8) |
| 9 | PATERSON, Rhian | University Of Calgary (UOF | 17:26.27 | | 2(9) |
| 10 | CHIU, Patrick | Unattached | 17:32.55 | | 2(10) |
| 11 | ROLA, Greg | Striderz Run Club | 17:40.35 | | 2(11) |
| 12 | WINDLE, Amy | UNSK - UNATTACHED-SA | 17:43.59 | | 2(12) |
| 13 | HIROWATARI, Kenton | UNBC - Unattached British | 17:49.41 | | 2(13) |
| 14 | CAI, Justin | OATF - Ocean Athletics Tra | 17:49.90 | | 2(14) |
| 15 | HOLM, Neil | UNBC - Unattached British | 17:58.35 | | 2(15) |
| 16 | WATSON, Katherine | VFAC - Vancouver Falcons | 18:07.33 | | 2(16) |
| 17 | FRIEDMAN, Daniel | M2M | 18:08.67 | | 2(17) |
| 18 | ASERON, Kyle | UNBC - Unattached British | 18:10.08 | | 2(18) |
| 19 | LUNA SANTOS, Edgar Fernando | Unattached | 18:19.80 | | 1(1) |
| 20 | COCKBURN, Samara | Victoria Endurance Track Cl | 18:50.45 | | 1(2) |
| 21 | ZIMMER, Lissa | Vfac | 18:51.65 | | 1(3) |
| 22 | CASTILLO, Eloisa | University Of Calgary (UOF | 18:56.46 | | 1(4) |
| 23 | SHEIDOW, Dylan | Trip longer | 18:59.14 | | 1(5) |
| 24 | TOKAREV, Andrey | Unattached | 19:05.98 | | 2(19) |
| 25 | CHEN, Shirley | VFAC - Vancouver Falcons | 19:08.95 | | 1(6) |
| 26 | DOMMANN, Alita | VFAC - Vancouver Falcons | 19:11.25 | | 1(7) |
| 27 | GENTILE, Lily | University Of Calgary (UOF | 19:15.22 | | 1(8) |
| 28 | KYDD, Bruce | Unattached | 19:47.94 | | 1(9) |

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| Pl | Name | Team | Time | Note | H(Pl) |
|----|--------------------|------------|----------|------|-------|
| 29 | PATERSON, Chris | Unattached | 19:59.49 | | 1(10) |
| 30 | WHITEHEAD, David | Unattached | 20:56.74 | | 1(11) |
| 31 | CEYLAN, Bahtiyar | Unattached | 21:44.67 | | 1(12) |
| 32 | MPIDI BITA, Alexia | Unattached | 23:00.03 | | 1(13) |
| 33 | SZABO, Orsy | Unattached | 23:01.61 | | 1(14) |
| 34 | SAN JOSE, Joseph | Unattached | 23:50.04 | | 1(15) |

SECTION RESULTS

| Pl | Name | Team | Time | Note |
|-----------------------|-----------------------------|-----------------------------|----------|------|
| Section 1 of 2 | | | | |
| 1 | LUNA SANTOS, Edgar Fernando | Unattached | 18:19.80 | |
| 2 | COCKBURN, Samara | Victoria Endurance Track Cl | 18:50.45 | |
| 3 | ZIMMER, Lissa | Vfac | 18:51.65 | |
| 4 | CASTILLO, Eloisa | University Of Calgary (UOF) | 18:56.46 | |
| 5 | SHEIDOW, Dylan | Trip longer | 18:59.14 | |
| 6 | CHEN, Shirley | VFAC - Vancouver Falcons | 19:08.95 | |
| 7 | DOMMANN, Alita | VFAC - Vancouver Falcons | 19:11.25 | |
| 8 | GENTILE, Lily | University Of Calgary (UOF) | 19:15.22 | |
| 9 | KYDD, Bruce | Unattached | 19:47.94 | |
| 10 | PATERSON, Chris | Unattached | 19:59.49 | |
| 11 | WHITEHEAD, David | Unattached | 20:56.74 | |
| 12 | CEYLAN, Bahtiyar | Unattached | 21:44.67 | |
| 13 | MPIDI BITA, Alexia | Unattached | 23:00.03 | |
| 14 | SZABO, Orsy | Unattached | 23:01.61 | |
| 15 | SAN JOSE, Joseph | Unattached | 23:50.04 | |
| Section 2 of 2 | | | | |
| 1 | CHAN, Christopher | MI2M - Mile2Marathon | 15:27.79 | |
| 2 | PANZHINSKIY, Evgeniy | UNBC - Unattached British | 16:06.58 | |
| 3 | VOTH, Chris | Unattached | 16:24.80 | |
| 4 | BATH, Dayton | Unattached | 16:25.06 | |
| 5 | PETERS, Nathan | Unattached | 16:25.09 | |
| 6 | PETERS, Thom | Unattached | 16:52.68 | |
| 7 | GRAHAM, Caleb | Unattached | 17:00.71 | |
| 8 | LAKE, Charlie | Vancouver Thunderbirds (T | 17:06.18 | |
| 9 | PATERSON, Rhian | University Of Calgary (UOF) | 17:26.27 | |
| 10 | CHIU, Patrick | Unattached | 17:32.55 | |
| 11 | ROLA, Greg | Striderz Run Club | 17:40.35 | |
| 12 | WINDLE, Amy | UNSK - UNATTACHED-SA | 17:43.59 | |
| 13 | HIROWATARI, Kenton | UNBC - Unattached British | 17:49.41 | |
| 14 | CAI, Justin | OATF - Ocean Athletics Tra | 17:49.90 | |
| 15 | HOLM, Neil | UNBC - Unattached British | 17:58.35 | |
| 16 | WATSON, Katherine | VFAC - Vancouver Falcons | 18:07.33 | |
| 17 | FRIEDMAN, Daniel | M2M | 18:08.67 | |
| 18 | ASERON, Kyle | UNBC - Unattached British | 18:10.08 | |
| 19 | TOKAREV, Andrey | Unattached | 19:05.98 | |

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| Pl | Name | Team | Time | Note |
|----|------------------|--------------------------|----------|------|
| 1 | RYALL, Stephanie | Unattached | 16:45.35 | |
| 2 | CHANG, Jouen | TBIR - Vancouver Thunder | 17:15.63 | |
| 3 | MATON, Ashley | Cascadia Elite | 17:25.27 | |
| 4 | GILL, Ria | TBIR - Vancouver Thunder | 17:27.13 | |
| | ZAMBRANO, Maria | UNAB - UNATTACHED AL | DNF | |

#6 Men's 5000 Meters

| Pl | Name | Team | Time | Note |
|----|-----------------------|-----------------------------|----------|------|
| 1 | MULUGETA, Yemane | OATF - Ocean Athletics Tra | 14:21.01 | |
| 2 | MIKKELSON, Thomas | Club D'athlétisme De L'univ | 15:05.40 | |
| 3 | STADLER, James | Unattached | 15:06.78 | |
| 4 | WILLIAMS, Thomas | GECA - Grizzly Endurance | 15:21.00 | |
| 5 | MURRAY-WHITE, Cassian | GECA - Grizzly Endurance | 15:21.32 | |
| 6 | SAID, Moktar | UCAC - U Of C Athletics Cl | 15:25.51 | |
| 7 | MARCHAND, Keiran | Unattached | 15:25.74 | |
| 8 | BAKER, Isaac | Ubco heat | 15:31.33 | |
| 9 | LOEWEN, Ron | Vancouver Thunderbirds (T | 15:47.70 | |
| | KENT, Justin | Pacer | DNF | |

#7 Women's 10000 Meters

| Pl | Name | Team | Time | Note |
|----|----------------------|-----------------------------|----------|------|
| 1 | BRAWDY, Elijah | UNBC - Unattached British | 33:37.52 | |
| 2 | GINTHER, Ally | TBIR - Vancouver Thunder | 33:50.67 | |
| 3 | BECKER, Kyla | TBIR - Vancouver Thunder | 34:08.09 | |
| 4 | ALLISON, Katrina | TBIR - Vancouver Thunder | 35:05.17 | |
| 5 | GAUTHIER, Anne-Marie | CAUL - Club d'athlétisme d | 35:32.98 | |
| 6 | HENNESSEY, Jamie | UNBC - Unattached British | 36:17.52 | |
| 7 | GAGNÉ, Catherine | Club D'athlétisme De L'univ | 36:23.41 | |
| | MACGILLVARY, Holly | Pacer | DNF | |
| | MARCHANT, Lanni | LWTF - London Western T. | DNF | |
| | BECKETT, Marley | TBIR - Vancouver Thunder | DNF | |

#8 Men's 10000 Meters

| Pl | Name | Team | Time | Note |
|----|-------------------|---------------------------|----------|------|
| 1 | ALEXANDER, Andrew | HARB - Harbour Track - Ha | 28:27.69 | |
| 2 | LINKLETTER, Rory | UNAB - UNATTACHED AL | 28:27.87 | |
| 3 | COUGHLER, Jeremy | LWTF - London Western T. | 28:29.67 | |
| 4 | ANDERSON, Tom | HOKA | 28:30.58 | |
| 5 | DAVIES, Andrew | UNBC - Unattached British | 28:34.63 | |
| 6 | TIWANA, Jaiveer | TBIR - Vancouver Thunder | 29:47.22 | |
| 7 | QUIRION, Félix | SHER - Sherbrooke | 29:50.37 | |
| 8 | AVALOS, Miles | TOWA - Toronto West Athle | 29:51.70 | |
| 9 | TAYLOR, Chris | TBIR - Vancouver Thunder | 29:55.66 | |
| 10 | MEYER, Julian | Unattached | 30:15.31 | |
| 11 | WONG, Brendan | COQC - Coquitlam Cheetah | 30:23.53 | |
| 12 | HOPE, Matthew | GECA - Grizzly Endurance | 30:52.01 | |
| 13 | DOZZI, Tyler | TBIR - Vancouver Thunder | 31:03.22 | |

PACIFIC DISTANCE CARNIVAL 2024

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MEET OFFICIALS

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Timing:
Jason Swan



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RESULTS**#8 Men's 10000 Meters (cont'd)**

| Pl | Name | Team | Time | Note |
|----|----------------|---------------------------|----------|------|
| 14 | DEGHAN, Nathan | Vancouver Thunderbirds (T | 31:56.71 | |
| | TYRRELL, Ryan | HARB - Harbour Track - Ha | | NT |

#9 Men's 10000m Walk

| Pl | Name | Team | Time | Note |
|----|-----------------|----------------------------|----------|------|
| 1 | DUNFEE, Evan | KJAK - Kajaks Track & Fiel | 40:37.74 | |
| 2 | BABENKO, Dmitry | UNBC - Unattached British | 47:54.55 | |
| 3 | WILSON, Tyler | UBCT - UBC Track & Field | 48:34.01 | |
| 4 | SOLMES, Lowell | UNBC - Unattached British | 49:42.44 | |
| 5 | SEMENIUK, Heath | UNBC - Unattached British | 51:08.84 | |
| 6 | LARIN, Mihail | Unattached | 59:56.14 | |

#10 Women's 10000m Walk

| Pl | Name | Team | Time | Note |
|----|------------------|----------------------------|------------|------|
| 1 | LUNDMAN, Olivia | UNBC - Unattached British | 48:05.13 | |
| 2 | DRAPEAU, Rosalie | CAUL - Club d'athlétisme d | 52:46.17 | |
| 3 | CARDLE, Cassidy | Unattached | 53:43.67 | |
| 4 | WONG, Grace | UNBC - Unattached British | 59:11.12 | |
| 5 | DASS, Chantelle | Unattached | 1:05:10.82 | |
| | RAMAGE, Katelynn | UNBC - Unattached British | | DNF |
| | LU, Joean | Unattached | | DQ |