

2021 Frank Reynolds Memorial Cross-Country Meet - 10/16/2021**Cates Park, North Vancouver****Results - Saturday****Girls 8 Year Olds 1500 Meter Run CC 1.5K 1xB+1xA**

Name	Yr	Team	Finals	Points
Results - Women 8 Year Olds				
1 Baker, Zoe	13	Collingwood	7:27.41	
2 Loconte, Ava	13	Unattached British Columbia	7:44.41	
3 Hopwood, Victoria	13	Kajaks Track & Field Club	8:06.72	
4 Mallie, Marie	13	Unattached British Columbia	8:10.94	
5 Mounteer, Paige	13	York House School	8:11.96	
6 Kimmins, Sienna	13	Collingwood	8:17.72	
7 Arnell, Eva	13	Collingwood	8:23.66	
8 Kato, Mona	13	York House School	8:31.38	
9 Yen, Megan	13	York House School	8:31.72	
10 Harris, Chelsey	13	Unattached British Columbia	8:45.81	
11 Upton, Avery	13	York House School	9:03.72	
12 Allan, Quinn	13	Collingwood	9:07.03	
13 Eskandari, Kimia	13	York House School	9:07.46	
14 Waljee, Leila	13	York House School	9:10.84	
15 Cosby, Ella	13	York House School	9:19.31	
16 Blackadder, Stella	13	York House School	9:19.87	
17 Sirounis, Georgia	13	York House School	9:23.50	
18 Bernaschek, Aria	13	York House School	9:41.88	
19 Ginn, Ella	13	Kajaks Track & Field Club	9:46.53	
20 Simpson, Olivia	13	Collingwood	10:08.38	
21 Bratch, Shayla	13	York House School	10:15.97	
22 Anderson, Maya	13	York House School	10:19.38	
23 Wang, Olivia	13	Collingwood	11:10.22	
24 Guo, Mia	13	York House School	11:25.72	
25 Huang, Elena	13	York House School	12:17.62	
26 Best, Luna	13	York House School	12:18.72	
27 Wang, Jessica	13	Collingwood	12:20.69	

Girls 9 Year Olds 1500 Meter Run CC 1.5K 1xB+1xA

Name	Yr	Team	Finals	Points
Results - Women 9 Year Olds				
1 Hamze, Tamara	12	Vancouver Thunderbirds	6:20.06	
2 McInnis, Kaitlin	12	Collingwood	6:58.09	
3 Davis, Ella	12	Vancouver Olympic Club	6:58.87	
4 Booth, Annabelle	12	York House School	6:59.09	
5 Omstead, Kaley	12	Ocean Athletics Track & Field	7:05.59	
6 Evans, Mackenzie	12	York House School	7:10.91	
7 Lane, Abbey	12	Vancouver Thunderbirds	7:16.03	
8 McCutcheon, Emma	12	Vancouver Thunderbirds	7:16.59	
9 Martz, Sophie	12	York House School	7:31.18	
10 Rogers, Anila	12	York House School	7:37.22	
11 Mazur, Thea	12	Hollyburn	7:38.00	
12 Macpherson, Madelyn	12	Ocean Athletics Track & Field	7:43.04	
13 Smith, Clara	12	Ocean Athletics Track & Field	7:45.15	
14 Ward, Sabine	12	York House School	7:48.81	
15 Ryan, Danielle	12	Vancouver Thunderbirds	7:53.88	
16 Wardle, Audrey	12	York House School	7:54.15	
17 Geyer, Lily	12	Vancouver Thunderbirds	7:54.50	

2021 Frank Reynolds Memorial Cross-Country Meet - 10/16/2021**Cates Park, North Vancouver****Results - Saturday****Results - Women 9 Year Olds ... (Girls 9 Year Olds 1500 Meter Run CC 1.5K 1xB+1xA)**

Name	Yr	Team	Finals	Points
18 Henderson, Elizabeth	12	York House School	8:00.47	
19 Brealey, Stella	12	York House School	8:04.18	
20 Kopstein, Alexandra	12	York House School	8:04.46	
21 De Cotiis, Emelia	12	Collingwood	8:12.28	
22 Jessup, Rosemilor	12	Unattached British Columbia	8:17.25	
23 Lavin, Amaya	12	York House School	8:17.50	
24 Houssian, Bea	12	York House School	8:30.09	
25 Liu, Dora	12	Ocean Athletics Track & Field	8:39.09	
26 Wallberg, Katja	12	York House School	8:43.22	
27 Chalk, Gwen	12	York House School	8:56.18	
28 Stewart, Sadie	12	Ocean Athletics Track & Field	8:57.06	
29 Brankston, Fiona	12	York House School	9:41.15	
30 Faraone, Rebecca	12	Collingwood	10:05.03	
31 Tian, Ava	12	Collingwood	10:05.52	
32 Tipping, Veronica	12	Collingwood	10:14.91	
33 Wang, Sarah	12	Collingwood	11:05.15	
34 McClure, Zoya	12	York House School	11:26.94	
35 Gill, Hannah	12	Vancouver Thunderbirds	11:34.03	
--- Roopani, Aiza	12	York House School	DNF	
--- Ng, Maykayla	12	York House School	DQ	

Girls 10 Year Olds 2100 Meter Run CC 2.1K 1xC

Name	Yr	Team	Finals	Points
Results - Women 10 Year Olds				
1 Uzozie, Chioma	11	Vancouver Thunderbirds	9:27.15	
2 Hind, Avery	11	Ocean Athletics Track & Field	9:28.41	
3 Lorence, Esti	11	Collingwood	9:29.72	
4 Watson, Aleen	11	Hollyburn	9:58.38	
5 McIlroy, Holly	11	NorWesters Track & Field Club	10:06.75	
6 Walker, Keil	11	NorWesters Track & Field Club	10:07.00	
7 Antinori, Lilah	11	Collingwood	10:39.47	
8 Kusumoto, Meika	11	York House School	10:52.22	
9 Quinlan, Eliza	11	York House School	10:52.50	
10 Brooks, Taylor	11	Langley Mustangs	11:22.75	
11 Shah, Zoey	11	NorWesters Track & Field Club	14:12.12	
12 Qu, Pengpeng	11	Collingwood	17:22.50	

Girls 11 Year Olds 2100 Meter Run CC 2.1K 1xC

Name	Yr	Team	Finals	Points
Results - Women 11 Year Olds				
1 Wade, Rylen	10	Coquitlam Cheetahs	8:23.00	
2 Morgans, Leanna	10	Unattached British Columbia	8:43.78	
3 Lang, Charlotte	10	York House School	8:44.15	
4 McGrath, Ciara	10	Ocean Athletics Track & Field	9:01.38	
5 Shearcroft, Sophia	10	Golden Eagles Track Club	9:07.34	
6 Brooks, Aven	10	Langley Mustangs	9:20.84	
7 Bradley, Kaiya	10	Vancouver Thunderbirds	9:22.62	
8 Martin, Peyton	10	Unattached British Columbia	9:23.12	
9 Hall, Anna	10	NorWesters Track & Field Club	9:25.41	
10 Hetherington, Maelle	10	Sea to Sky Athletics	9:31.91	

2021 Frank Reynolds Memorial Cross-Country Meet - 10/16/2021**Cates Park, North Vancouver****Results - Saturday****Results - Women 11 Year Olds ... (Girls 11 Year Olds 2100 Meter Run CC 2.1K 1xC)**

Name	Yr	Team	Finals	Points
11 Murtha, Shae	10	Unattached British Columbia	9:32.18	
12 Redden, Marissa	10	Langley Mustangs	10:04.78	
13 Cicha, Julia	10	Eagle Mountain Middle School	10:52.06	
14 Gerllays, Clara	10	Coquitlam Cheetahs	10:54.03	
15 Budhiraja, Jiya	10	Vancouver Thunderbirds	10:54.62	
16 Lane, Carly	10	Vancouver Thunderbirds	10:54.87	
17 Blesch, Madeleine	10	Vancouver Thunderbirds	11:04.41	
18 Best, Nico	10	York House School	13:00.06	
19 MacKenzie-Lindsay, Sienna	10	York House School	13:10.15	

Girls 12 Year Olds 3k Run CC 3.0k 1xC+1xB

Name	Yr	Team	Finals	Points
Results - Women 12 Year Olds				
1 Armstrong, Jaime	09	Vancouver Thunderbirds	11:59.18	
2 Bailey, Paige	09	Vancouver Thunderbirds	12:04.53	
3 Stefanovic, Mina	09	Southpointe Academy	12:23.94	
4 Kennedy, Katherine	09	Kajaks Track & Field Club	12:35.44	
5 Vipler, Annika	09	Ocean Athletics Track & Field	12:41.66	
6 Zarkovic, Nikolina	09	Royal City Track & Field Club	12:44.50	
7 Dehal, Sasha	09	Ocean Athletics Track & Field	12:44.87	
8 Jessup, Esme	09	Unattached British Columbia	13:17.97	
9 Eyford, Chloe	09	York House School	13:28.69	
10 Costantino, Maya	09	Unattached British Columbia	13:41.56	
11 Gracia, Mia	09	Royal City Track & Field Club	13:51.88	
12 Harriman, Maia	09	Vancouver Thunderbirds	14:08.78	
13 Rothstein, Rachel	09	Vancouver Thunderbirds	14:14.56	
14 Serrano-Quevedo, Lucia	09	Collingwood	14:21.06	
15 Lynn, Kalyna	09	Vancouver Olympic Club	14:21.28	
16 Clegg, Jenaya	09	Sea to Sky Athletics	14:23.78	
17 McClure, Samar	09	York House School	15:29.12	
18 MacDonald, Brora	09	Burnaby Striders Track & Field	15:33.00	
19 Mavai, Kiana	09	Collingwood	15:37.41	
20 Ramanathan, Savannah	09	York House School	19:17.25	
21 Lavis, Claire	09	Collingwood	19:49.84	
22 Teolis, Megan	09	Golden Ears Athletics	20:14.38	
23 Castellan, Iztiar	09	Hollyburn	24:15.25	

Girls 13 Year Olds 3k Run CC 3.0k 1xC+1xB

Name	Yr	Team	Finals	Points
Results - Women 13 Year Olds				
1 De Witt, Taylor	08	Vancouver Thunderbirds	12:00.15	
2 Forsyth, Ava	08	Royal City Track & Field Club	12:22.25	
3 Sajjan, Jeevut	08	Vancouver Thunderbirds	12:28.72	
4 Morgans, Alexia	08	Unattached British Columbia	12:43.50	
5 Hariton, Mateya	08	Handsworth	12:48.26	
6 Kump, Ruby	08	Kajaks Track & Field Club	12:56.15	
7 Runzer, Julia	08	Handsworth	13:01.88	
8 Don, Bianca	08	Golden Ears Athletics	13:47.72	
9 Root, Sadie	08	Vancouver Olympic Club	14:08.00	
--- Ng, Rachele	08	NorWesters Track & Field Club	DNF	

2021 Frank Reynolds Memorial Cross-Country Meet - 10/16/2021**Cates Park, North Vancouver****Results - Saturday****Girls 14-15 3k Run CC 3.0k 1xC+1xB**

Name	Yr	Team	Finals	Points
Results - Women 14-15				
1 Hodgson, Maella	06	Ocean Athletics Track & Field	10:48.81	
2 Gosselin, Delphine	07	Unattached British Columbia	11:08.31	
3 McDonald, Rachel	06	Ocean Athletics Track & Field	12:02.12	
4 Pitkanen, Darla	06	Vancouver Thunderbirds	14:07.56	
5 Rodway, Ava	07	Vancouver Thunderbirds	14:08.00	
6 Lau, Merina	07	Kajaks Track & Field Club	15:36.38	

Girls 16-17 4200 Meter Run CC 4.2k 2xC

Name	Yr	Team	Finals	Points
Results - Women 16-17				
1 Peet Williams, Christina	04	Chilliwack Track & Field Club	15:02.22	
2 Madsen, Ella	05	Coquitlam Cheetahs	15:36.53	
3 Yakemchuk, Abigail	04	Ocean Athletics Track & Field	16:13.22	
4 Novak-Klotz, Nanette	04	Vancouver Thunderbirds	16:14.53	
5 Arcadi, Monika	04	Royal City Track & Field Club	16:26.47	
6 Kriebel, Eva	05	Vancouver Thunderbirds	16:50.88	
7 Heslop, Kaitlyn	04	Royal City Track & Field Club	18:18.12	

Women 18-19 4800 Meter Run CC 4.8k 2xC+1xA

Name	Yr	Team	Finals	Points
Results - Women 18-19				
1 Symon, Ella	03	Vancouver Thunderbirds	19:27.62	
2 Heslop, Christina	02	Royal City Track & Field Club	23:29.59	

Women 20-34 6300 Meter Run CC 6.3k 3xC

Name	Yr	Team	Finals	Points
Results - Women 20-34				
1 Watson, Katherine	87	Vfac	24:44.34	
2 Burrell, Lianne	93	Sea to Sky Athletics	29:03.18	

Women 35-39 6300 Meter Run 6.3k 3xC

Name	Yr	Team	Finals	Points
Results - Women 35-39				
1 Hunter, Kelsey	86	Dark Starts AC	28:03.94	

Women 50-54 6300 Meter Run 6.3k 3xC

Name	Yr	Team	Finals	Points
Results - Women 50-54				
1 Clague, Ellen	68	Vfac	30:30.84	

Women 60-64 6300 Meter Run 6.3k 3xC

Name	Yr	Team	Finals	Points
Results - Women 60-64				
1 Wilson, Adele	57	Vfac	32:22.25	
2 Dueck, Lynne	57	Kajaks Track & Field Club	34:58.75	

Women 75-79 6300 Meter Run 6.3k 3xC

Name	Yr	Team	Finals	Points
Results - Women 75-79				
1 Douglas, Avril	46	Kajaks Track & Field Club	36:32.09	

2021 Frank Reynolds Memorial Cross-Country Meet - 10/16/2021**Cates Park, North Vancouver****Results - Saturday****Boys 8 Year Olds 1500 Meter Run CC 1.5K 1xB+1xA**

Name	Yr	Team	Finals	Points
Results - Men 8 Year Olds				
1 Yang, Kenneth	13	Collingwood	7:17.72	
2 Hariton, Kieran	13	Cleveland	7:19.38	
3 Goldvine, Micah	13	Charles Dickens Annex	7:20.34	
4 Kondopulos, Demetre	13	Collingwood	7:52.84	
5 Henrichsen, Charlie	13	Collingwood	7:55.50	
6 Gillin, Levi	13	Collingwood	8:30.78	
7 MacKenzie, Fynn	13	NorWesters Track & Field Club	9:39.88	
--- Serrano-Quevedo, Manuel	13	Collingwood	DNF	

Boys 9 Year Olds 1500 Meter Run CC 1.5K 1xB+1xA

Name	Yr	Team	Finals	Points
Results - Men 9 Year Olds				
1 Davidson, Theo	12	Ocean Athletics Track & Field	6:39.15	
2 Mavritsakis, Billy	12	Ocean Athletics Track & Field	6:48.06	
3 Bauman, Jackson	12	Collingwood	6:55.15	
4 Hodge, Taig	12	Collingwood	6:58.91	
5 Hodge, Jake	12	Collingwood	7:03.69	
6 Gloag, Evan	13	Kajaks Track & Field Club	7:10.78	
7 Kandakou, Sebastian	12	Vancouver Thunderbirds	7:16.78	
8 Lee, Aiden	12	Collingwood	7:18.78	
9 Bevan, Joel	12	Kajaks Track & Field Club	7:19.02	
10 Aamodt, Ethan	12	Vancouver Thunderbirds	7:19.43	
11 Vipler, Janek	12	Ocean Athletics Track & Field	7:32.59	
12 Foster, Logan	12	Vancouver Thunderbirds	7:34.78	
13 Belvas, Louis	12	Vancouver Thunderbirds	7:36.59	
14 Hetherington, Carter	12	Sea to Sky Athletics	7:41.22	
15 Greyell, Jacob	12	Collingwood	8:46.81	
16 Idanwekhai, Oshiomu	12	Vancouver Thunderbirds	10:00.15	

Boys 10 Year Olds 2100 Meter Run CC 2.1K 1xC

Name	Yr	Team	Finals	Points
Results - Men 10 Year Olds				
1 Beitel, Benjamin	11	Golden Ears Athletics	8:13.88	
2 Keats, Kelly	11	Vancouver Thunderbirds	8:15.18	
3 Quinlan, Declan	11	West Point Grey Academy	8:34.69	
4 Cloutier, Léo	11	Vancouver Thunderbirds	8:38.50	
5 Hodge, Hunter	11	Collingwood	9:30.28	
6 Kadatara, Siddharth	11	Kajaks Track & Field Club	9:30.43	
7 Clegg, Kalem	11	Sea to Sky Athletics	10:08.50	
8 Pejman, Kian	11	Collingwood	11:08.38	
9 MacKenzie, William	11	NorWesters Track & Field Club	11:28.50	
10 Runzer, Matthew	11	Hollyburn	11:31.34	
11 Castellan, Loic	11	Hollyburn	13:43.44	

Boys 11 Year Olds 2100 Meter Run CC 2.1K 1xC

Name	Yr	Team	Finals	Points
Results - Men 11 Year Olds				
1 Yu, Lucas	10	Collingwood	8:07.31	
2 Caddick, Timmy	10	West Vancouver Track & Field c	8:13.62	

2021 Frank Reynolds Memorial Cross-Country Meet - 10/16/2021**Cates Park, North Vancouver****Results - Saturday****Results - Men 11 Year Olds ... (Boys 11 Year Olds 2100 Meter Run CC 2.1K 1xC)**

Name	Yr	Team	Finals	Points
3	McCutcheon, Simon	10 Vancouver Thunderbirds	8:13.90	
4	Dumont, Dylan	10 Ocean Athletics Track & Field	8:14.15	
5	Martindale, John	10 Vancouver Thunderbirds	8:44.44	
6	Millard, James	10 NorWesters Track & Field Club	8:44.75	
7	Graham, Colton	10 Golden Ears Athletics	8:53.78	
8	Kim, Eames	10 Collingwood	8:54.06	
9	Kirker, Grayson	10 Vancouver Thunderbirds	9:05.31	
10	Gloag, Elliott	10 Kajaks Track & Field Club	9:12.94	
11	Page, Joshua	10 NorWesters Track & Field Club	9:13.84	
12	Rapoport, Louis	10 Vancouver Thunderbirds	9:17.03	
13	Guo, Brian	10 Collingwood	9:41.00	
14	Clendenan, Owen	10 NorWesters Track & Field Club	9:53.06	
15	Harris, Chase	10 NorWesters Track & Field Club	9:53.28	
16	Pitkanen, Marshall	10 Unattached British Columbia	10:29.50	
17	Brown, Michael	10 Collingwood	12:07.82	

Boys 12 Year Olds 3k Run CC 3.0k 1xC+1xB

Name	Yr	Team	Finals	Points
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Results - Men 12 Year Olds

1	Hemstead, Casey	09 NorWesters Track & Field Club	11:53.94	
2	Kirker, Declan	09 Vancouver Thunderbirds	12:02.75	
3	Sandell, Magnus	09 Sea to Sky Athletics	12:08.47	
4	Anderson, Brendan	09 Vancouver Olympic Club	12:43.41	
5	McArthur, Jordan	09 Vancouver Thunderbirds	12:47.12	
6	Parsons, Sky Bel	09 Vancouver Olympic Club	13:18.38	
7	Marwaha, Maahi	09 Vancouver Thunderbirds	13:24.50	
8	Pope, Oliver	09 Royal City Track & Field Club	13:30.88	
9	Moreland, Finn	09 Royal City Track & Field Club	13:43.78	
10	Wong, Harold	09 Vancouver Olympic Club	14:50.44	
11	Boisset, Mark	09 Vancouver Thunderbirds	14:51.97	
12	Morden, Keefe	09 NorWesters Track & Field Club	15:17.41	
13	Claire, Teran	09 Vancouver Thunderbirds	15:23.12	
14	Ibis -tribe, Aaron	09 Collingwood	20:56.18	

Boys 13 Year Olds 3k Run CC 3.0k 1xC+1xB

Name	Yr	Team	Finals	Points
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Results - Men 13 Year Olds

1	Boomer, Harris	08 Vancouver Thunderbirds	10:44.03	
2	Simmonds, Riley	08 Valley Royals Track & Field Cl	11:06.44	
3	Smith, Benjamin	08 Vancouver Thunderbirds	11:09.15	
4	Inkster, Andreas	08 Handsworth	11:16.00	
5	Lawson, Andrew	08 Seycove	11:51.75	
6	Nestmann, Henry	08 Ocean Athletics Track & Field	12:05.94	
7	Jang, Nickolas	08 Vancouver Thunderbirds	12:55.44	
8	Graff, Tre	08 Kajaks Track & Field Club	12:58.87	
9	Murtha, Declan	08 Unattached British Columbia	13:10.12	
10	Lownsbrough, Carter	08 Ocean Athletics Track & Field	15:24.25	

2021 Frank Reynolds Memorial Cross-Country Meet - 10/16/2021**Cates Park, North Vancouver****Results - Saturday****Boys 14-15 3k Run CC 3.0k 1xC+1xB**

Name	Yr	Team	Finals	Points
Results - Men 14-15				
1 Nicol, Connor	06	Ocean Athletics Track & Field	9:39.25	
2 Holmes, Max	06	Vancouver Thunderbirds	9:39.53	
3 Snyman, Stephanus	07	Ocean Athletics Track & Field	9:48.25	
4 Hodgson, James	06	Ocean Athletics Track & Field	9:53.50	
5 O'Brien, Brendan	06	Ocean Athletics Track & Field	9:57.00	
6 Martland, Kai	06	Vancouver Thunderbirds	10:07.53	
7 Kennedy, Zachary	06	Kajaks Track & Field Club	10:31.94	
8 Sada, Bernardo	07	Unattached British Columbia	10:38.56	
9 Gitt, Lucas	07	Hollyburn	10:46.56	
10 Evans, Aidan	06	Golden Ears Athletics	10:46.87	
11 Blake, Ethan	07	Royal City Track & Field Club	11:18.34	
12 Brittain, Steven	06	Ocean Athletics Track & Field	11:18.56	
13 Roffel, Colton	06	Langley Fundamental MS School	11:30.00	
14 McIntosh, Colin	07	Coquitlam Cheetahs	11:30.62	
15 Lopez, Esteban	05	New West Spartans Track & Fiel	11:34.00	
16 Zhao-Gysemans, Zoe	06	Royal City Track & Field Club	11:52.24	
17 Labert, Maé	07	Ocean Athletics Track & Field	12:27.81	
18 Millard, William	07	NorWesters Track & Field Club	12:52.38	
19 Teolis, Troy	07	Golden Ears Athletics	12:58.69	
20 Relitz, Daniel	06	Ocean Athletics Track & Field	13:02.21	
21 Severin, Jack	07	NorWesters Track & Field Club	13:09.69	

Boys 16-17 4800 Meter Run CC 4.8k 2xC+1xA

Name	Yr	Team	Finals	Points
Results - Men 16-17				
1 Lee, Caiden	05	Ocean Athletics Track & Field	15:53.84	
2 Mulugeta, Yemane	05	Ocean Athletics Track & Field	16:09.75	
3 Dumont, Kaelem	04	Ocean Athletics Track & Field	16:14.81	
4 Goodwin, Ryan	05	Unattached British Columbia	16:16.02	
5 Wheeler, Cole	05	Coquitlam Cheetahs	16:21.28	
6 Kanuka, Charlie	04	West Vancouver Track & Field c	17:09.88	
7 Kempin, Max	04	Kajaks Track & Field Club	17:29.15	
8 Lau, Trenton	05	Kajaks Track & Field Club	18:24.09	
9 Edwards-Hulko, Kieran	05	NorWesters Track & Field Club	21:42.78	

Men 18-19 6300 Meter Run CC 6.3k 3xC

Name	Yr	Team	Finals	Points
Results - Men 18-19				
1 Curtis, Joseph	03	Coquitlam Cheetahs	21:46.44	
2 McKay, Fraser	02	Ocean Athletics Track & Field	27:42.69	

Men 20-34 6300 Meter Run CC 6.3k 3xC

Name	Yr	Team	Finals	Points
Results - Men 20-34				
1 Dehghan, Nathan	96	Collingwood	20:11.59	
2 Behnke, Jonathan	90	Vfac	20:59.62	
3 Hamilton, Sean	88	Dark Starts AC	24:27.25	
4 Layson, Nick	92	Dark Starts AC	39:12.59	

2021 Frank Reynolds Memorial Cross-Country Meet - 10/16/2021
Cates Park, North Vancouver
Results - Saturday

Men 35-39 6300 Meter Run 6.3k 3xC

Name	Yr	Team	Finals	Points
Results - Men 35-39				
1 Nicholson, Drew	84	Vfac	21:46.65	
2 Browning, Rob	84	Pace & Mind	23:26.78	
3 Duffy, Thomas	82	Cu Chulainns	27:06.50	
4 Okondo, Kennedy	84	Unattached British Columbia	28:28.09	

Men 45-49 6300 Meter Run 6.3k 3xC

Name	Yr	Team	Finals	Points
Results - Men 45-49				
1 Brown, Jeremy	76	Unattached British Columbia	24:33.38	
2 Morgans, Darren	74	Unattached British Columbia	25:46.28	
3 Castellan, Gwendal	76	Hollyburn	27:36.06	

Men 50-54 6300 Meter Run 6.3k 3xC

Name	Yr	Team	Finals	Points
Results - Men 50-54				
1 O'Connor, Kevin	67	Vfac	23:58.31	
2 Costantino, Craig	71	Unattached British Columbia	25:13.25	
3 Titov, Mikhail	68	Vfac	25:22.06	
4 Chen, Wending (kevin)	69	Ocean Athletics Track & Field	31:27.91	
5 Revoczi, Tamas	67	Kajaks Track & Field Club	34:47.91	

Men 65-69 6300 Meter Run 6.3k 3xC

Name	Yr	Team	Finals	Points
Results - Men 65-69				
1 Smith, Guy	56	Vfac	25:36.53	
2 Henderson, Doug	56	Greyhounds Masters Track & Fie	29:33.66	
3 Romain, Everett	55	Unattached British Columbia	30:37.56	
4 Jackisch, Ingo	53	Lions Gate Road Runners	45:41.62	

Men 70-74 6300 Meter Run 6.3k 3xC

Name	Yr	Team	Finals	Points
Results - Men 70-74				
1 Pawluk, Fred	47	Kajaks Track & Field Club	36:14.91	

Men 75-79 6300 Meter Run 6.3k 3xC

Name	Yr	Team	Finals	Points
Results - Men 75-79				
1 Madderom, Jake	44	Kajaks Track & Field Club	37:48.41	
2 Bains, Paul	45	Kajaks Track & Field Club	43:10.84	