

2016 South Fraser Cross Country - 2016-09-24**2016-09-24****Results****Mixed 9 Year Olds 1500 Meter Run CC**

| Name | Year Team | Seed | Finals | Points |
|-----------------------------|--------------------|------|---------|--------|
| Results - Mixed 9 Year Olds | | | | |
| 1 Sada, Bernardo | M Langley Mustangs | | 5:22.00 | |
| 1 Dow, Alexa | W Cowichan Val | | 5:22.20 | |
| 2 Meier, Helena | W Langley Mustangs | | 5:33.50 | |
| 2 Cole, Griffin | M Vancouver TH | | 5:41.00 | |
| 3 Barton, Gabriella | W Vancouver TH | | 5:44.00 | |
| 3 Dhatt, Ajit | M Ocean Athletics | | 6:46.70 | |
| 4 Stevens, Mia | W Unattached B | | 5:48.10 | |
| 5 Symon, Chloe | W Vancouver TH | | 5:49.00 | |
| 5 Forsyth, Ruby | W Vancouver TH | | 5:49.00 | |
| 7 Soti, Josephine | W Ocean Athletics | | 6:04.90 | |
| 8 Hudson-Gibbs, Madelyn | W Golden Ears | | 6:16.40 | |
| 9 McKay, Meagan | W Ocean Athletics | | 6:19.20 | |
| 10 McKay, Kailey | W Ocean Athletics | | 6:24.20 | |
| 11 Hurtubise, Mackenzie | W Langley Mustangs | | 6:43.10 | |
| 12 Neal, Olivia | W Unattached B | | 6:46.70 | |
| 13 Spear, Kayla | W Kajaks Track | | 6:50.70 | |

Mixed 10 Year Olds 2000 Meter Run CC

| Name | Year Team | Seed | Finals | Points |
|------------------------------|-----------------------|------|----------|--------|
| Results - Mixed 10 Year Olds | | | | |
| 1 Holmes, Max | M Royal City T | | 7:33.60 | |
| 1 Irish, Brooke | W Norwesters | | 8:07.90 | |
| 2 Clements, Oliver | M Unattached B | | 7:34.10 | |
| 2 Selvage, Natalie | W Ocean Athletics | | 8:18.60 | |
| 3 Neal, Alexander | M Golden Ears | | 7:56.90 | |
| 3 Stefanovic, Anka | W Southpointe Academy | | 8:20.50 | |
| 4 Ross, Maxwell | M Ocean Athletics | | 8:11.50 | |
| 4 Dabbs, Libby | W Vancouver TH | | 8:35.90 | |
| 5 Evans, Aidan | M Golden Ears | | 8:11.70 | |
| 5 Nash, Ella | W Norwesters | | 8:51.80 | |
| 6 Nicol, Connor | M Ocean Athletics | | 8:13.40 | |
| 6 Mattman, Susanna | W Vancouver TH | | 10:02.80 | |
| 7 Spence, Tyler | M Ocean Athletics | | 8:20.00 | |
| 7 Thornburn, Sarah | W South Fraser | | 10:31.20 | |
| 8 Dhaliwal, Parwaz | M South Fraser | | 8:44.90 | |
| 9 Luking, Cooper | M Ocean Athletics | | 8:56.60 | |

Mixed 11 Year Olds 2000 Meter Run CC

| Name | Year Team | Seed | Finals | Points |
|------------------------------|----------------------|------|---------|--------|
| Results - Mixed 11 Year Olds | | | | |
| 1 Baechler, Maya | W Vancouver TH | | 7:09.70 | |
| 1 Rentz, Adam | M Vancouver TH | | 7:09.80 | |
| 2 Issel, Haley | W Ocean Athletics | | 7:31.80 | |
| 2 Meier, Peter | M Langley Mustangs | | 7:48.20 | |
| 3 Madsen, Ella | W Coquitlam Cheetahs | | 7:53.30 | |
| 3 Bulin, Lukas | M Royal City T | | 8:00.10 | |
| 4 Charney, Ruby | W Coquitlam Cheetahs | | 7:58.60 | |
| 4 Dhatt, Gurman | M Ocean Athletics | | 9:02.00 | |

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...Mixed 11 Year Olds 2000 Meter Run CC

| | | |
|-------------------|----------------------|---------|
| 5 Hack, Mackenzie | W Ocean Athletics | 7:59.50 |
| 5 Wheeler, Cole | M Coquitlam Cheetahs | 9:05.90 |
| 6 Howarth, Jenna | W Kajaks Track | 8:01.10 |
| 6 Dhatt, Jujhar | M Ocean Athletics | 9:49.70 |
| 7 Smith, Rebecca | W Unattached B | 8:25.90 |
| 8 Curiel, Itzel | W Coquitlam Cheetahs | 8:32.30 |
| 9 Roche, Michelle | W Burnaby Stri | 8:45.20 |

Mixed 12 Year Olds 3k Run CC

| Name | Year Team | Seed | Finals | Points |
|------------------------------|----------------------|------|----------|--------|
| Results - Mixed 12 Year Olds | | | | |
| 1 van Raamsdonk, Paul | M Vancouver TH | | 10:29.10 | |
| 1 Forsyth, Sophie | W Vancouver TH | | 10:41.50 | |
| 2 Meadows, Devon | M Coquitlam Cheetahs | | 10:30.80 | |
| 2 Irish, Lily | W Norwesters | | 11:20.20 | |
| 3 MacGregor, Lockhart | M Valley Royals | | 10:54.50 | |
| 3 Ko, Esmee | W Vancouver OL | | 11:23.60 | |
| 4 Potashov, Pavel | M Coastal Track Club | | 11:01.90 | |
| 4 Bowles, Emily | W Royal City T | | 12:01.70 | |
| 5 Ko, Amielle | W Vancouver OL | | 12:17.80 | |
| 5 Dhatt, Arjun | M Ocean Athletics | | 12:22.90 | |
| 6 Cheng, Zoe | W Vancouver OL | | 12:32.40 | |
| 6 Nash, Luke | M Norwesters | | 12:34.70 | |
| 7 Hamnett, Amelia | W Coquitlam Cheetahs | | 13:15.30 | |
| 8 Sada, Daniela | W Langley Mustangs | | 14:35.20 | |
| 9 Faria, Liara | W Langley Mustangs | | 15:16.60 | |
| 10 Shufflebotham, Zoey | W Langley Mustangs | | 16:51.00 | |

Mixed 13 Year Olds 3k Run CC

| Name | Year Team | Seed | Finals | Points |
|------------------------------|----------------------|------|----------|--------|
| Results - Mixed 13 Year Olds | | | | |
| 1 Britnell, Marcus | M Vancouver TH | | 9:57.80 | |
| 1 Tasdemir, Selin | W Kajaks Track | | 11:08.00 | |
| 2 Curtis, Joseph | M Coquitlam Cheetahs | | 10:17.30 | |
| 2 Kalisch, Milena | W South Fraser | | 11:10.10 | |
| 3 Ifti, Pirro | M Unattached B | | 10:43.00 | |
| 3 Higgins, Skye | W Vancouver TH | | 11:19.40 | |
| 4 Sangha, Nanaki | W South Fraser | | 11:39.10 | |
| 4 Groleau, Cameron | M Ocean Athletics | | 12:51.10 | |
| 5 Mitchell, Ava | W Ocean Athletics | | 12:05.00 | |
| 6 Baechler, Makenna | W Vancouver TH | | 12:25.40 | |
| 7 Borntraeger, Kaylie | W Ocean Athletics | | 13:26.40 | |
| 8 Burchart, Statia | W Ocean Athletics | | 13:40.00 | |
| 9 Sy, Rebecca | W Unattached B | | 13:57.60 | |
| 10 Roche, Natalie | W Burnaby Stri | | 15:36.50 | |

2016 South Fraser Cross Country - 2016-09-24**2016-09-24****Results****Men 14-15 4000 Meter Run**

| Name | Year Team | Seed | Finals | Points |
|-----------------------|--------------------|------|----------|--------|
| Results - Men 14-15 | | | | |
| 1 Petersen, Christian | Vancouver TH | | 13:12.20 | |
| 2 Almrud, Harrison | Ocean Athletics | | 13:30.60 | |
| 3 Janke, Shea | Royal City T | | 13:31.30 | |
| 3 Uhrich, Dylan | Vancouver TH | | 13:31.30 | |
| 5 Potashov, Mark | Coastal Track Club | | 13:48.10 | |
| 6 Carsience, Joshua | Valley Royals | | 14:04.30 | |
| 7 Cheng, Dylan | Vancouver OL | | 14:05.60 | |
| 8 Tiwana, Jaiveer | Coastal Track Club | | 14:15.80 | |
| 9 Yang, Ethan | Coquitlam Cheetahs | | 14:28.60 | |
| 10 Potashov, Hosea | Coastal Track Club | | 14:35.50 | |
| 11 Belcher, Jeremy | Royal City T | | 16:16.80 | |
| 12 Lewis, Tristan | Ocean Athletics | | 16:55.60 | |
| 13 Schmidt, Jake | Langley Mustangs | | 17:15.90 | |
| 14 Yeung, Samuel | Coquitlam Cheetahs | | 17:27.30 | |

Women 14-15 4000 Meter Run

| Name | Year Team | Seed | Finals | Points |
|-----------------------|--------------------|------|----------|--------|
| Results - Women 14-15 | | | | |
| 1 Bains, Baneet | Coastal Track Club | | 15:14.00 | |
| 2 Morton, Mackenzie | Kajaks Track | | 16:12.00 | |

Women 16-17 4000 Meter Run

| Name | Year Team | Seed | Finals | Points |
|-----------------------|--------------------|------|----------|--------|
| Results - Women 16-17 | | | | |
| 1 Willett, Olivia | Unattached B | | 13:57.40 | |
| 2 Brodie, Bailey | Kajaks Track | | 15:52.10 | |
| 3 Schutz, Tierney | Vancouver OL | | 16:01.90 | |
| 4 Potashova, Tatiana | Coastal Track Club | | 16:57.00 | |

Men 16-17 4000 Meter Run

| Name | Year Team | Seed | Finals | Points |
|---------------------|--------------|------|----------|--------|
| Results - Men 16-17 | | | | |
| 1 Yu, Charles | Royal City T | | 13:24.70 | |

Men 18-34 5000 Meter Run

| Name | Year Team | Seed | Finals | Points |
|---------------------|-----------------|------|----------|--------|
| Results - Men 18-34 | | | | |
| 1 Nicholson, Drew | Vfac | | 16:29.70 | |
| 2 Ward, Santiago | Douglas College | | 18:16.70 | |
| 3 Sauser, Jordan | Douglas College | | 19:27.30 | |

2016 South Fraser Cross Country - 2016-09-24**2016-09-24****Results****Women 18-34 5000 Meter Run**

| Name | Year Team | Seed | Finals | Points |
|-----------------------|-----------------|------|----------|--------|
| Results - Women 18-34 | | | | |
| 1 Hodanic, Julia | Douglas College | | 23:32.30 | |
| 2 Uppal, Harneet | Douglas College | | 23:40.00 | |
| 3 Makepeace, Jess | Unattached B | | 29:55.60 | |

Men 35-39 5000 Meter Run

| Name | Year Team | Seed | Finals | Points |
|---------------------|--------------|------|----------|--------|
| Results - Men 35-39 | | | | |
| 1 Auge, Cam | Unattached B | | 22:16.70 | |

Men 40-44 5000 Meter Run

| Name | Year Team | Seed | Finals | Points |
|----------------------|--------------|------|----------|--------|
| Results - Men 40-44 | | | | |
| 1 Castellan, Gwendal | Unattached B | | 20:51.00 | |

Men 45-49 5000 Meter Run

| Name | Year Team | Seed | Finals | Points |
|---------------------|--------------|------|----------|--------|
| Results - Men 45-49 | | | | |
| 1 Forsyth, Gavin | Vancouver TH | | 18:51.50 | |

Women 45-49 5000 Meter Run

| Name | Year Team | Seed | Finals | Points |
|-----------------------|--------------|------|----------|--------|
| Results - Women 45-49 | | | | |
| 1 Levesque, Krista | Unattached B | | 24:46.10 | |

Women 50-54 5000 Meter Run

| Name | Year Team | Seed | Finals | Points |
|-----------------------|--------------|------|----------|--------|
| Results - Women 50-54 | | | | |
| 1 Campbell, Tracy-Kim | Unattached B | | 24:53.00 | |

Men 55-59 5000 Meter Run

| Name | Year Team | Seed | Finals | Points |
|---------------------|------------------|------|----------|--------|
| Results - Men 55-59 | | | | |
| 1 Gabel, Vincent | Hershey Harriers | | 21:19.30 | |

Men 60-64 5000 Meter Run

| Name | Year Team | Seed | Finals | Points |
|---------------------|-----------|------|----------|--------|
| Results - Men 60-64 | | | | |
| 1 Jachish, Ingo | Lgrr | | 28:26.10 | |

2016 South Fraser Cross Country - 2016-09-24

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Results

Women 65-69 5000 Meter Run

| Name | Year Team | Seed | Finals | Points |
|------|-----------|------|--------|--------|
|------|-----------|------|--------|--------|

Results - Women 65-69

1 Binns, Barbara Unattached B 24:05.80

Men 75-79 5000 Meter Run

| Name | Year Team | Seed | Finals | Points |
|------|-----------|------|--------|--------|
|------|-----------|------|--------|--------|

Results - Men 75-79

1 Daniel, Rob Unattached B 42:19.30