

**EAST VALLEY XC CHAMPIONSHIPS**Langley, BC  
Aldergrove Park  
October 25, 2023OFFICIAL MEET REPORT  
printed: 2023-10-25 6:30 PM**Race #1  
MEN & WOMEN (Gr8) • 3 Kilometers (1.86 Miles) Boys****Final Results****TEAM SCORING SUMMARY****Boys**

Final Standings	Score	Scoring Order	Total	Spread
1 Vedder Middle	11	1-2-8(12)(16)(24)	34:44	1:47.0
2 Abbotsford Chr	17	4-6-7(11)(28)	36:33	0:56.2
3 Langley Christian	18	3-5-10(19)	36:34	1:21.7
4 MEI Middle School	44	9-15-20(25)	40:46	1:35.0
5 Walnut Grove Secondary	52	14-17-21(22)	42:15	1:17.9
6 Mount Slesse Middle Scho	54	13-18-23(26)(27)	42:40	1:48.0

**INDIVIDUAL RESULTS**

Athlete	#	Team	Score	Time	Gap	Avg. Mile	Avg. KM
1 OLSON, Laken	394	Vedder Middle	1	10:52.5	---	5:50.8	3:37.5
2 CHIRICO, Thomas	389	Vedder Middle	2	11:12.0	19.5	6:01.3	3:44.0
3 BLATZ, Jack	248	Stito:s	-	11:18.0	25.5	6:04.5	3:46.0
4 KRAHN, Dayton	130	Langley Christian	3	11:29.5	37.0	6:10.7	3:49.8
5 MISHRA, Sanjog	208	Peter Ewart Middle	-	11:38.7	46.2	6:15.6	3:52.9
6 KOOP, Carter	10	Abbotsford Chr	4	11:40.8	48.3	6:16.8	3:53.6
7 TEER, Freddie	227	Regent Chr Online	-	12:12.3	1:19.8	6:33.7	4:04.1
8 VAN DER WAARDE, Mathis	136	Langley Christian	5	12:13.0	1:20.5	6:34.1	4:04.3
9 VAN GARDEREN, Pierce	14	Abbotsford Chr	6	12:14.5	1:22.0	6:34.9	4:04.8
10 STYLES, Jayden	13	Abbotsford Chr	7	12:37.0	1:44.5	6:47.0	4:12.3
11 ST AMOUR, Kieran	395	Vedder Middle	8	12:39.5	1:47.0	6:48.3	4:13.2
12 LOEWEN, Dominic	159	MEI Middle School	9	12:48.3	1:55.8	6:53.1	4:16.1
13 SCHAFFER, Jonah	135	Langley Christian	10	12:51.2	1:58.7	6:54.6	4:17.1
14 KAMPMAN, Eli	9	Abbotsford Chr	(11)	12:57.7	2:05.2	6:58.1	4:19.2
15 KRAKOWER, Ben	393	Vedder Middle	(12)	13:08.9	2:16.4	7:04.1	4:23.0
16 LENZ, Trask	249	Stito:s	-	13:18.3	2:25.8	7:09.2	4:26.1
17 FARMER, Jayden	188	Mount Slesse Middl	13	13:19.7	2:27.2	7:09.9	4:26.6
18 SYMONDS, Logan	437	Walnut Grove Seco	14	13:22.7	2:30.2	7:11.6	4:27.6
19 REDEKOP, Emmett	160	MEI Middle School	15	13:34.0	2:41.5	7:17.6	4:31.3
20 PERRY, James	477	Betty Gilbert	-	14:02.2	3:09.7	7:32.8	4:40.7
21 WAY, Beckett	476	Yorkson Creek MS	-	14:06.6	3:14.1	7:35.2	4:42.2
22 KLASSEN, Tobyn	392	Vedder Middle	(16)	14:08.4	3:15.9	7:36.1	4:42.8
23 SIVERSTON, Cole	432	Walnut Grove Seco	17	14:11.6	3:19.1	7:37.8	4:43.9
24 VAN HEE, Ario	191	Mount Slesse Middl	18	14:12.6	3:20.1	7:38.4	4:44.2
25 MAYER, Torleiv	132	Langley Christian	(19)	14:13.8	3:21.3	7:39.0	4:44.6
26 ENSINK, Danny	246	Unity Christian	-	14:14.3	3:21.8	7:39.3	4:44.8
27 YEOMANS, Eli	162	MEI Middle School	20	14:23.3	3:30.8	7:44.1	4:47.8
28 FAULKNER, Ian	411	Walnut Grove Seco	21	14:40.6	3:48.1	7:53.4	4:53.5
29 VANDERGRIENDT, Josiah	95	Credo Christian	-	15:04.0	4:11.5	8:06.0	5:01.3
30 SPECK, Adam	435	Walnut Grove Seco	(22)	15:06.6	4:14.1	8:07.4	5:02.2
31 MONTEITH, Noah	190	Mount Slesse Middl	23	15:07.7	4:15.2	8:08.0	5:02.6
32 UNRUH, Travis	396	Vedder Middle	(24)	15:14.8	4:22.3	8:11.8	5:04.9
33 SCHROEDER, Landon	161	MEI Middle School	(25)	15:20.1	4:27.6	8:14.7	5:06.7
34 VANPOPTA, Nathan	96	Credo Christian	-	15:33.5	4:41.0	8:21.9	5:11.2
35 DYKSTRA, Jacob	390	Vedder Middle	-	15:34.0	4:41.5	8:22.2	5:11.3

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Aldergrove Park  
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**Race #1**  
**MEN & WOMEN (Gr8) • 3 Kilometers (1.86 Miles) Boys**

**Final Results**

**INDIVIDUAL RESULTS (cont'd)**

<b>Athlete</b>	<b>#</b>	<b>Team</b>	<b>Score</b>	<b>Time</b>	<b>Gap</b>	<b>Avg. Mile</b>	<b>Avg. kM</b>
36 YEE, Taylor	397	Vedder Middle	-	15:34.0	4:41.5	8:22.2	5:11.3
37 MACKINNON-WESTROP, Br	189	Mount Slesse Middl	(26)	15:48.6	4:56.1	8:30.0	5:16.2
38 DISTRITO, Skye	187	Mount Slesse Middl	(27)	17:06.6	6:14.1	9:11.9	5:42.2
39 BOUCHER, Noah	3	Abbotsford Chr	(28)	17:56.1	7:03.6	9:38.5	5:58.7
40 ANGMAN, Mason	100	DW Poppy Sec	-	18:12.8	7:20.3	9:47.5	6:04.3
41 KELLY, Aiden	478	Betty Gilbert	-	19:25.6	8:33.1	10:26.7	6:28.5

**EAST VALLEY XC CHAMPIONSHIPS**Langley, BC  
Aldergrove Park  
October 25, 2023OFFICIAL MEET REPORT  
printed: 2023-10-25 6:30 PM**Race #1  
MEN & WOMEN (Gr8) • 3 Kilometers (1.86 Miles) Girls****Final Results****TEAM SCORING SUMMARY****Girls**

Final Standings	Score	Scoring Order	Total	Spread
1 Walnut Grove Secondary	6	1-2-3	39:32	0:20.5
2 Vedder Middle	15	4-5-6(7)	44:36	1:24.5

**INDIVIDUAL RESULTS**

Athlete	#	Team	Score	Time	Gap	Avg. Mile	Avg. KM
1 OWEN-MERRIOTT, Anji	449	Walnut Grove Seco	1	13:01.6	2:09.1	7:00.2	4:20.5
2 HEIN, Katelynn	164	MEI Middle School	-	13:05.2	2:12.7	7:02.2	4:21.7
3 STEER, Abby	452	Walnut Grove Seco	2	13:07.6	2:15.1	7:03.4	4:22.5
4 WITTRUP, Hannah	25	Abbotsford Chr	-	13:17.2	2:24.7	7:08.6	4:25.7
5 ZANATTA, Annika	457	Walnut Grove Seco	3	13:22.1	2:29.6	7:11.2	4:27.4
6 TIELMANN, Jayda	388	Unity Christian	-	13:30.6	2:38.1	7:15.8	4:30.2
7 LIU, Alisa	399	Vedder Middle	4	13:56.1	3:03.6	7:29.5	4:38.7
8 HUNT, Isla	63	Brookwood Sec	-	14:10.9	3:18.4	7:37.5	4:43.6
9 ESHLEMAN, Tea	139	Langley Christian	-	14:18.8	3:26.3	7:41.7	4:46.3
10 KUIPERS, Nikole	387	Unity Christian	-	14:36.6	3:44.1	7:51.3	4:52.2
11 CALDER, Nora	106	Ecole Heritage Park	-	15:05.8	4:13.3	8:07.0	5:01.9
12 PROVOST, Emersyn	400	Vedder Middle	5	15:18.6	4:26.1	8:13.9	5:06.2
13 KASSEL, Amelia	398	Vedder Middle	6	15:20.6	4:28.1	8:14.9	5:06.9
14 VALLELY, Jessenya	401	Vedder Middle	(7)	15:23.4	4:30.9	8:16.5	5:07.8
15 BERG, Lexie	163	MEI Middle School	-	15:50.9	4:58.4	8:31.2	5:17.0
16 WELFIN, Madelyn	99	Credo Christian	-	17:07.0	6:14.5	9:12.2	5:42.3
17 VIS, Emily	143	Langley Christian	-	17:41.9	6:49.4	9:30.9	5:54.0
18 HARTMANN, Olivia	124	Hope Secondary	-	18:51.1	7:58.6	10:08.1	6:17.0
19 TAYLOR, Christina	126	Hope Secondary	-	18:55.2	8:02.7	10:10.3	6:18.4
20 BORE, Rebecca	105	Ecole Heritage Park	-	20:06.5	9:14.0	10:48.7	6:42.2

# EAST VALLEY XC CHAMPIONSHIPS

Langley, BC  
Aldergrove Park  
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OFFICIAL MEET REPORT  
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## Race #2 WOMEN (Junior) • 4 Kilometers (2.49 Miles)

## Final Results

### TEAM SCORING SUMMARY

Final Standings	Score	Scoring Order	Total	Spread
1 Robert Bateman	33*	5-6-9-13(19)	1:12:54	1:49.9
2 Langley Christian	33*	2-4-7-20	1:14:09	4:27.0
3 Brookwood Sec	45	3-11-14-17(18)(24)	1:15:42	3:42.7
4 MEI Secondary	50	1-12-16-21	1:16:58	7:28.3
5 Walnut Grove Secondary	68	8-15-22-23(28)	1:26:53	5:29.2
6 Abbotsford Senior	88	10-25-26-27	1:43:31	10:40.4

### \*Tiebreakers

Robert Bateman	5	6	9	13	19	Langley Christian
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### INDIVIDUAL RESULTS

Athlete	#	Team	Score	Time	Gap	Avg. Mile	Avg. km
1 BUITELAAR, Adrianna	178	MEI Secondary	1	14:59.9	---	6:01.4	3:45.0
2 EPP, Maggie	114	GW Graham Secon	-	16:51.1	1:51.2	6:46.1	4:12.8
3 DHALIWAL, Syra	479	Rick Hansen	-	16:56.0	1:56.1	6:48.0	4:14.0
4 O'NEILL, Sydney	466	WJ Mouat	-	16:57.0	1:57.1	6:48.4	4:14.3
5 VERKAIK, Annika	141	Langley Christian	2	17:01.4	2:01.5	6:50.2	4:15.4
6 VANDE VEN, Ashley	70	Brookwood Sec	3	17:02.9	2:03.0	6:50.8	4:15.7
7 VERKAIK, Claire	142	Langley Christian	4	17:08.4	2:08.5	6:53.0	4:17.1
8 PIPER, Kamara	241	Robert Bateman	5	17:12.1	2:12.2	6:54.5	4:18.0
9 TANNER, Haley	495	Sardis Secondary	-	17:21.1	2:21.2	6:58.1	4:20.3
10 ROBINSON, Leah	225	RE Mountain Secon	-	17:25.3	2:25.4	6:59.8	4:21.3
11 WAKUNDA, Helen	243	Robert Bateman	6	18:01.8	3:01.9	7:14.5	4:30.5
12 GUYNUP, Norah	464	WJ Mouat	-	18:17.9	3:18.0	7:20.9	4:34.5
13 CAMPBELL, Anna	138	Langley Christian	7	18:30.0	3:30.1	7:25.8	4:37.5
14 PEMBERTON, Olivia	450	Walnut Grove Seco	8	18:35.4	3:35.5	7:28.0	4:38.9
15 YOSHINO, Riko	244	Robert Bateman	9	18:38.1	3:38.2	7:29.0	4:39.5
16 LENZ, Sorell	41	Abbotsford Senior	10	18:45.2	3:45.3	7:31.9	4:41.3
17 HUTTON, Elle	64	Brookwood Sec	11	18:47.1	3:47.2	7:32.7	4:41.8
18 PRACHNAU, Anastasia	185	MEI Secondary	12	18:49.5	3:49.6	7:33.6	4:42.4
19 LOPEZ DE SUBIJANA, Irati	83	Chilliwack Seconda	-	18:54.9	3:55.0	7:35.8	4:43.7
20 HERRA, Gurdiya	240	Robert Bateman	13	19:02.0	4:02.1	7:38.6	4:45.5
21 ZAPAROLLI, Rebeca	120	GW Graham Secon	-	19:05.0	4:05.1	7:39.8	4:46.3
22 NOHR, Jordyn	67	Brookwood Sec	14	19:05.6	4:05.7	7:40.1	4:46.4
23 DOERFLING, Elizabeth	492	Sardis Secondary	-	19:07.7	4:07.8	7:40.9	4:46.9
24 VAERST, Louisa	88	Chilliwack Seconda	-	19:09.0	4:09.1	7:41.4	4:47.3
25 ENSINK, Pearl	386	Unity Christian	-	19:16.5	4:16.6	7:44.5	4:49.1
26 VANDERGUGTEN, Olivia	98	Credo Christian	-	19:17.5	4:17.6	7:44.9	4:49.4
27 HAVILAND, Danika	116	GW Graham Secon	-	19:31.2	4:31.3	7:50.4	4:52.8
28 PALOMA IBANEZ, Belen	54	Aldergrove Sec	-	19:38.9	4:39.0	7:53.5	4:54.7
29 FALK, Alyssa	472	Yale	-	19:45.2	4:45.3	7:56.0	4:56.3
30 TREMBLAY, Erica	454	Walnut Grove Seco	15	20:16.5	5:16.6	8:08.6	5:04.1
31 DOERFLING, Rebecca	493	Sardis Secondary	-	20:19.3	5:19.4	8:09.7	5:04.8
32 DIAZ ESPERON, Marina	52	Aldergrove Sec	-	20:32.9	5:33.0	8:15.1	5:08.2

**EAST VALLEY XC CHAMPIONSHIPS**Langley, BC  
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printed: 2023-10-25 6:30 PM**Race #2  
WOMEN (Junior) • 4 Kilometers (2.49 Miles)****Final Results****INDIVIDUAL RESULTS (cont'd)**

Athlete	#	Team	Score	Time	Gap	Avg. Mile	Avg. kM
33 OWEN, Millicent	184	MEI Secondary	16	20:39.5	5:39.6	8:17.8	5:09.9
34 WELSH, Taylor	71	Brookwood Sec	17	20:45.6	5:45.7	8:20.2	5:11.4
35 HUNT, Georgia	62	Brookwood Sec	(18)	20:49.9	5:50.0	8:22.0	5:12.5
36 TEEFT, Anna	242	Robert Bateman	(19)	21:07.5	6:07.6	8:29.0	5:16.9
37 VIS, Gabrielle	144	Langley Christian	20	21:28.4	6:28.5	8:37.4	5:22.1
38 CEJALVO, Georgina	220	RE Mountain Seco	-	22:01.4	7:01.5	8:50.7	5:30.4
39 CARMEN, Eve	179	MEI Secondary	21	22:28.2	7:28.3	9:01.4	5:37.1
40 GRAHAMOVA, Elizabeth	53	Aldergrove Sec	-	23:32.6	8:32.7	9:27.3	5:53.2
41 BAI, Cici	443	Walnut Grove Seco	22	23:56.5	8:56.6	9:36.9	5:59.1
42 UTSET VANCELLS, Daria	455	Walnut Grove Seco	23	24:04.6	9:04.7	9:40.2	6:01.2
43 HITCHENS, Cassandra	103	DW Poppy Sec	-	25:20.0	10:20.1	10:10.4	6:20.0
44 VAN DER VLUGT, Tierney	69	Brookwood Sec	(24)	26:02.8	11:02.9	10:27.6	6:30.7
45 BRAR, Rylee	37	Abbotsford Senior	25	26:48.3	11:48.4	10:45.9	6:42.1
46 URBALEGO RAMIREZ, Dan	46	Abbotsford Senior	26	28:31.6	13:31.7	11:27.4	7:07.9
47 POTTS, Kate	44	Abbotsford Senior	27	29:25.6	14:25.7	11:49.1	7:21.4
48 ARAN IGELSIAS, Lucia	442	Walnut Grove Seco	(28)	29:35.3	14:35.4	11:53.0	7:23.8

**EAST VALLEY XC CHAMPIONSHIPS**Langley, BC  
Aldergrove Park  
October 25, 2023OFFICIAL MEET REPORT  
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MEN (Junior) • 4 Kilometers (2.49 Miles)****Final Results****TEAM SCORING SUMMARY**

Final Standings	Score	Scoring Order	Total	Spread
1 MEI Secondary	19	2-4-5-8(30)(36)	57:48	1:16.1
2 Sardis Secondary	36	1-6-9-20(21)(29)	59:36	2:55.7
3 Walnut Grove Secondary	45	7-11-13-14(16)(17)(23)	1:01:15	0:54.5
4 Abbotsford Chr	88	10-22-24-32(45)	1:06:07	2:34.9
5 Robert Bateman	91	12-19-26-34(40)(42)(44)	1:06:52	2:40.6
6 Langley Secondary School	101	15-18-31-37	1:08:29	2:55.6
7 Langley Christian	130	25-28-38-39	1:12:22	2:09.2
8 RE Mountain Secondary S	131	3-35-46-47	1:19:17	9:12.6
9 Credo Christian	144	27-33-41-43	1:14:30	3:15.0

**INDIVIDUAL RESULTS**

Athlete	#	Team	Score	Time	Gap	Avg. Mile	Avg. kM
1 SIMMONDS, Riley	490	Sardis Secondary	1	13:22.1	---	5:22.1	3:20.5
2 SIEMENS, Parks	174	MEI Secondary	2	13:41.0	18.9	5:29.7	3:25.3
3 MARWAHA, Maahi	214	RE Mountain Seco	3	14:11.9	49.8	5:42.1	3:33.0
4 WARKENTIN, Caleb	176	MEI Secondary	4	14:33.3	1:11.2	5:50.7	3:38.3
5 BERG, Mason	165	MEI Secondary	5	14:36.0	1:13.9	5:51.8	3:39.0
6 DYCK, Jonah	484	Sardis Secondary	6	14:44.8	1:22.7	5:55.3	3:41.2
7 MCCASLIN, Matthew	421	Walnut Grove Seco	7	14:45.0	1:22.9	5:55.4	3:41.3
8 TEER, Ollie	228	Regent Chr Online	-	14:51.2	1:29.1	5:57.9	3:42.8
9 STEIGER, William	175	MEI Secondary	8	14:57.1	1:35.0	6:00.3	3:44.3
10 SUTTON, Damian	468	Yale	-	14:59.3	1:37.2	6:01.2	3:44.8
11 KASSEL, Jonah	485	Sardis Secondary	9	15:10.6	1:48.5	6:05.7	3:47.7
12 ANDREWS, Tristan	1	Abbotsford Chr	10	15:15.0	1:52.9	6:07.5	3:48.8
13 PHILLIPS, Jonathan	425	Walnut Grove Seco	11	15:16.3	1:54.2	6:08.0	3:49.1
14 WEILER, Jaden	35	Abbotsford Senior	-	15:27.9	2:05.8	6:12.7	3:52.0
15 GLEESON, Kaiden	234	Robert Bateman	12	15:29.5	2:07.4	6:13.3	3:52.4
16 RADILLO, Nathaniel	426	Walnut Grove Seco	13	15:33.3	2:11.2	6:14.8	3:53.3
17 BATE, Tom	404	Walnut Grove Seco	14	15:39.5	2:17.4	6:17.3	3:54.9
18 BAGRI, Sehjad	107	GW Graham Seco	-	15:52.3	2:30.2	6:22.4	3:58.1
19 THORNBURN, Daniel	153	Langley Secondary	15	15:56.1	2:34.0	6:24.0	3:59.0
20 ZANATTA, Niko	441	Walnut Grove Seco	(16)	15:58.0	2:35.9	6:24.7	3:59.5
21 SAUNDERS, Xavier	431	Walnut Grove Seco	(17)	15:58.8	2:36.7	6:25.1	3:59.7
22 LANDINEZ DIAZ, Angel	147	Langley Secondary	18	16:01.9	2:39.8	6:26.3	4:00.5
23 BLAAK, Hudson	57	Brookwood Sec	-	16:08.3	2:46.2	6:28.9	4:02.1
24 AKUFFO, Gabriel	229	Robert Bateman	19	16:15.3	2:53.2	6:31.7	4:03.8
25 LIGHTLE, Tenn	481	Sardis Secondary	20	16:17.8	2:55.7	6:32.7	4:04.5
26 BRZENSKI, Alex	483	Sardis Secondary	(21)	16:22.5	3:00.4	6:34.6	4:05.6
27 HIEBERT, Marshal	5	Abbotsford Chr	22	16:23.0	3:00.9	6:34.8	4:05.8
28 LANGER, Ben	416	Walnut Grove Seco	(23)	16:35.8	3:13.7	6:39.9	4:09.0
29 JIMENEZ, Matthew	6	Abbotsford Chr	24	16:38.3	3:16.2	6:40.9	4:09.6
30 SPEERS, Ethan	436	Walnut Grove Seco	-	16:45.2	3:23.1	6:43.7	4:11.3
31 RADBOURNE, Owen	145	Langley Fundament	-	16:51.1	3:29.0	6:46.1	4:12.8
32 NG, Macky	134	Langley Christian	25	16:54.2	3:32.1	6:47.3	4:13.6

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Athlete	#	Team	Score	Time	Gap	Avg. Mile	Avg. kM
33 OLSON, Josiah	423	Walnut Grove Seco	-	16:55.9	3:33.8	6:48.0	4:14.0
34 LAINCHBURY, Kai	236	Robert Bateman	26	16:56.5	3:34.4	6:48.2	4:14.1
35 KANG, Taron	90	Credo Christian	27	17:00.2	3:38.1	6:49.7	4:15.1
36 FRIESEN, Isaac	412	Walnut Grove Seco	-	17:14.5	3:52.4	6:55.5	4:18.6
37 SORBO, Matthew	434	Walnut Grove Seco	-	17:26.3	4:04.2	7:00.2	4:21.6
38 DHILLON, Ishaan	49	Aldergrove Sec	-	17:29.8	4:07.7	7:01.6	4:22.5
39 VANDEBURGT, Owen	137	Langley Christian	28	17:31.0	4:08.9	7:02.1	4:22.8
40 NEUFELD, Sammy	487	Sardis Secondary	(29)	17:33.8	4:11.7	7:03.2	4:23.5
41 MCNEIL, Neven	171	MEI Secondary	(30)	17:33.9	4:11.8	7:03.3	4:23.5
42 MCGREGOR, Carter	51	Aldergrove Sec	-	17:37.5	4:15.4	7:04.7	4:24.4
43 HURTUBISE, Hayden	146	Langley Secondary	31	17:38.7	4:16.6	7:05.2	4:24.7
44 MILLARD, Mitch	12	Abbotsford Chr	32	17:49.9	4:27.8	7:09.7	4:27.5
45 VANDENHOVEN, Zach	94	Credo Christian	33	17:50.0	4:27.9	7:09.7	4:27.5
46 JANZEN, Cohen	461	WJ Mouat	-	17:53.7	4:31.6	7:11.2	4:28.4
47 VALLEE, Ben	238	Robert Bateman	34	18:10.1	4:48.0	7:17.8	4:32.5
48 CAO, George	408	Walnut Grove Seco	-	18:30.5	5:08.4	7:26.0	4:37.6
49 MYK, Paul	216	RE Mountain Secon	35	18:32.3	5:10.2	7:26.7	4:38.1
50 CHRISTEN, Micah	168	MEI Secondary	(36)	18:32.7	5:10.6	7:26.9	4:38.2
51 ALEXANDER, Richard	402	Walnut Grove Seco	-	18:33.3	5:11.2	7:27.1	4:38.3
52 THOMPSON, Ronan	152	Langley Secondary	37	18:51.7	5:29.6	7:34.5	4:42.9
53 MACDONALD, Jaxon	131	Langley Christian	38	18:53.1	5:31.0	7:35.1	4:43.3
54 FAJARDO, Isaac	128	Langley Christian	39	19:03.4	5:41.3	7:39.2	4:45.9
55 JUTEAU, Caleb	415	Walnut Grove Seco	-	19:05.2	5:43.1	7:39.9	4:46.3
56 MILLER, Owen	422	Walnut Grove Seco	-	19:05.6	5:43.5	7:40.1	4:46.4
57 LOWES, Quinn	419	Walnut Grove Seco	-	19:07.7	5:45.6	7:40.9	4:46.9
58 DONEGAN, Elliott	233	Robert Bateman	(40)	19:08.1	5:46.0	7:41.1	4:47.0
59 MOHAJAN, Joshua	93	Credo Christian	41	19:23.8	6:01.7	7:47.4	4:51.0
60 BATT, Dave	230	Robert Bateman	(42)	20:07.6	6:45.5	8:05.0	5:01.9
61 LOUWERSE, Matthias	91	Credo Christian	43	20:15.2	6:53.1	8:08.0	5:03.8
62 NESTE, Jaxon	73	Chilliwack Seconda	-	20:16.1	6:54.0	8:08.4	5:04.0
63 BEREZOVSKY, Maxim	405	Walnut Grove Seco	-	20:16.5	6:54.4	8:08.6	5:04.1
64 BUDWAL, AJAY	27	Abbotsford Senior	-	20:34.7	7:12.6	8:15.9	5:08.7
65 HOGAN, Coley	101	DW Poppy Sec	-	20:52.4	7:30.3	8:23.0	5:13.1
66 PATERSON, Locklen	424	Walnut Grove Seco	-	20:59.9	7:37.8	8:26.0	5:15.0
67 BATT, Joe	231	Robert Bateman	(44)	21:02.7	7:40.6	8:27.1	5:15.7
68 BUHLER, Erik	232	Robert Bateman	-	21:06.6	7:44.5	8:28.7	5:16.7
69 FIEST, River	480	Imagine	-	21:10.2	7:48.1	8:30.1	5:17.6
70 TANZIL, Joshua	438	Walnut Grove Seco	-	21:17.4	7:55.3	8:33.0	5:19.4
71 JIMENEZ, Ryan	8	Abbotsford Chr	(45)	21:24.9	8:02.8	8:36.0	5:21.2
72 SIDHU, Gurjovan	47	Abbotsford Trad	-	21:26.3	8:04.2	8:36.6	5:21.6
73 SRIVASTAVA, Aarav	218	RE Mountain Secon	46	23:07.4	9:45.3	9:17.2	5:46.9
74 PATEL, Jenish	217	RE Mountain Secon	47	23:24.5	10:02.4	9:24.1	5:51.1

# EAST VALLEY XC CHAMPIONSHIPS

Langley, BC  
Aldergrove Park  
October 25, 2023



OFFICIAL MEET REPORT  
printed: 2023-10-25 6:30 PM

## Race #4 WOMEN (Senior) • 5 Kilometers (3.11 Miles)

## Final Results

### TEAM SCORING SUMMARY

Final Standings	Score	Scoring Order	Total	Spread
1 Abbotsford Chr	19	3-4-5-7(9)(10)(12)	1:26:32	0:34.1
2 Walnut Grove Secondary	31	2-6-8-15(19)(23)(46)	1:30:22	3:27.6
3 GW Graham Secondary	69	1-16-24-28(34)	1:40:23	6:59.8
4 Chilliwack Secondary Scho	84	13-14-27-30(31)(38)(39)	1:43:14	4:04.3
5 Mission Secondary	88	20-21-22-25(26)(33)(36)	1:44:53	1:01.2
6 Langley Secondary School	119	17-29-32-41	1:52:40	5:46.0
7 Abbotsford Senior	135*	11-37-43-44(45)	1:59:22	11:53.4
8 RE Mountain Secondary S	135*	18-35-40-42	1:56:44	5:52.5

#### \*Tiebreakers

Abbotsford Senior	11	37	43	44	45	RE Mountain Secondary School
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### INDIVIDUAL RESULTS

Athlete	#	Team	Score	Time	Gap	Avg. Mile	Avg. kM
1 KANG, Jaina	97	Credo Christian	-	19:20.9	---	6:13.3	3:52.2
2 COLBY, Paige	112	GW Graham Secon	1	20:51.6	1:30.7	6:42.4	4:10.3
3 JOSE, Ariel	465	WJ Mouat	-	20:59.4	1:38.5	6:45.0	4:11.9
4 HOLUBAR, Taya	446	Walnut Grove Seco	2	21:09.0	1:48.1	6:48.0	4:13.8
5 HUTTON, Kaia	65	Brookwood Sec	-	21:13.1	1:52.2	6:49.4	4:14.6
6 KAMPMAN, Kristin	20	Abbotsford Chr	3	21:25.4	2:04.5	6:53.3	4:17.1
7 KAMPMAN, Charis	19	Abbotsford Chr	4	21:27.2	2:06.3	6:53.9	4:17.4
8 DIELEMAN, Kailyn	18	Abbotsford Chr	5	21:39.3	2:18.4	6:57.8	4:19.9
9 STELNICKI, Anna	453	Walnut Grove Seco	6	21:54.9	2:34.0	7:02.8	4:23.0
10 VAN DYK, Lauren	23	Abbotsford Chr	7	21:59.5	2:38.6	7:04.3	4:23.9
11 BEDWELL, Haven	444	Walnut Grove Seco	8	22:40.8	3:19.9	7:17.6	4:32.2
12 CHUANG, Lyn	16	Abbotsford Chr	(9)	22:45.1	3:24.2	7:18.9	4:33.0
13 DE HAAN, Sadie	17	Abbotsford Chr	(10)	22:50.7	3:29.8	7:20.7	4:34.1
14 UNGER, Zoe	45	Abbotsford Senior	11	22:50.8	3:29.9	7:20.8	4:34.2
15 OLSON, Keshi	21	Abbotsford Chr	(12)	23:07.7	3:46.8	7:26.2	4:37.5
16 WIDGET, Rachel	24	Abbotsford Chr	-	23:15.3	3:54.4	7:28.6	4:39.1
17 AT SMA, Miriam	15	Abbotsford Chr	-	23:24.2	4:03.3	7:31.5	4:40.8
18 DUECK, Kendal	471	Yale	-	23:34.0	4:13.1	7:34.7	4:42.8
19 HOYTEMA, Cassandra	140	Langley Christian	-	23:38.5	4:17.6	7:36.1	4:43.7
20 MAIDEN, Indigo	474	Yale	-	23:59.0	4:38.1	7:42.7	4:47.8
21 ONOS, Mya	84	Chilliwack Seconda	13	24:00.0	4:39.1	7:43.0	4:48.0
22 KEIM, Mara	82	Chilliwack Seconda	14	24:19.0	4:58.1	7:49.1	4:51.8
23 PADGHAM, Chelsea	494	Sardis Secondary	-	24:20.3	4:59.4	7:49.5	4:52.1
24 JORDAN, Elisabeth	448	Walnut Grove Seco	15	24:36.6	5:15.7	7:54.8	4:55.3
25 SPROTT, Emily	118	GW Graham Secon	16	25:05.5	5:44.6	8:04.1	5:01.1
26 ALLISON, Annie	177	MEI Secondary	-	25:06.3	5:45.4	8:04.3	5:01.3
27 ENTZ, Coralie	156	Langley Secondary	17	25:10.4	5:49.5	8:05.7	5:02.1
28 TINSLEY, Emily	22	Abbotsford Chr	-	25:20.2	5:59.3	8:08.8	5:04.0
29 FINDLATER, Tia	222	RE Mountain Secon	18	25:27.0	6:06.1	8:11.0	5:05.4



**EAST VALLEY XC CHAMPIONSHIPS**Langley, BC  
Aldergrove Park  
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printed: 2023-10-25 6:30 PM**Race #4  
WOMEN (Senior) • 5 Kilometers (3.11 Miles)****Final Results****INDIVIDUAL RESULTS (cont'd)**

Athlete	#	Team	Score	Time	Gap	Avg. Mile	Avg. kM
30 HSIEH, Penny	447	Walnut Grove Seco	(19)	25:33.9	6:13.0	8:13.2	5:06.8
31 DYCK, Charlotte	181	MEI Secondary	-	25:39.0	6:18.1	8:14.9	5:07.8
32 BENEK, Mercedes	199	Mission Secondary	20	25:40.4	6:19.5	8:15.3	5:08.1
33 SLAUGHTER, Sadie	206	Mission Secondary	21	26:00.4	6:39.5	8:21.7	5:12.1
34 BOOTH, Sophie	201	Mission Secondary	22	26:30.1	7:09.2	8:31.3	5:18.0
35 SAUNDERS, Nevis	451	Walnut Grove Seco	(23)	26:33.2	7:12.3	8:32.3	5:18.6
36 SRAN, Taneesh	48	Abbotsford Trad	-	26:33.4	7:12.5	8:32.3	5:18.7
37 NGO-GAETZ, Constance	117	GW Graham Secon	24	26:34.0	7:13.1	8:32.5	5:18.8
38 MCKINNON, Emily	204	Mission Secondary	25	26:41.6	7:20.7	8:35.0	5:20.3
39 KORENIK, Christine	203	Mission Secondary	(26)	26:46.7	7:25.8	8:36.6	5:21.3
40 JAKUBCOVA, Karolina	80	Chilliwack Seconda	27	26:49.8	7:28.9	8:37.6	5:22.0
41 SCHOLTZ, Kayleigh	186	MEI Secondary	-	27:10.1	7:49.2	8:44.1	5:26.0
42 BULAT, Anna	239	Robert Bateman	-	27:19.3	7:58.4	8:47.1	5:27.9
43 CONNOLLY, Kodi	470	Yale	-	27:33.1	8:12.2	8:51.5	5:30.6
44 THOMPSON, Larkyn	55	Aldergrove Sec	-	27:43.4	8:22.5	8:54.9	5:32.7
45 DUFOUR, Manon	113	GW Graham Secon	28	27:51.4	8:30.5	8:57.4	5:34.3
46 PANHORST, Hanna	158	Langley Secondary	29	28:00.2	8:39.3	9:00.3	5:36.0
47 TABUJ, Melody	87	Chilliwack Seconda	30	28:04.3	8:43.4	9:01.6	5:36.9
48 STEURS, Katho	86	Chilliwack Seconda	(31)	28:19.1	8:58.2	9:06.3	5:39.8
49 BOMERS, Ariane	155	Langley Secondary	32	28:32.4	9:11.5	9:10.6	5:42.5
50 GRAY, Ailie	463	WJ Mouat	-	28:34.4	9:13.5	9:11.3	5:42.9
51 PLEHN, Hanna	205	Mission Secondary	(33)	28:39.4	9:18.5	9:12.9	5:43.9
52 ZHAO, Angela	121	GW Graham Secon	(34)	28:50.0	9:29.1	9:16.3	5:46.0
53 SALESI, Saina	226	RE Mountain Secon	35	29:16.4	9:55.5	9:24.8	5:51.3
54 ENDERS, Avienne	202	Mission Secondary	(36)	29:31.5	10:10.6	9:29.6	5:54.3
55 CHITTATU, Christine	38	Abbotsford Senior	37	29:41.8	10:20.9	9:32.9	5:56.4
56 BOEHNING, Jaantje	77	Chilliwack Seconda	(38)	30:34.6	11:13.7	9:49.9	6:06.9
57 CATTANEO, Elisa	78	Chilliwack Seconda	(39)	30:35.1	11:14.2	9:50.1	6:07.0
58 BJERGSKOV THOMSEN, K	76	Chilliwack Seconda	-	30:35.3	11:14.4	9:50.1	6:07.1
59 DEMYROVA, Evelina	221	RE Mountain Secon	40	30:41.0	11:20.1	9:52.0	6:08.2
60 DRIUSSI, Ilenia	102	DW Poppy Sec	-	30:45.4	11:24.5	9:53.4	6:09.1
61 KRAMER, Tomke	157	Langley Secondary	41	30:56.4	11:35.5	9:56.9	6:11.3
62 TOLONICS, Amelia	68	Brookwood Sec	-	31:11.6	11:50.7	10:01.8	6:14.3
63 PARDO-FIGUEROA, Arazely	224	RE Mountain Secon	42	31:19.5	11:58.6	10:04.3	6:15.9
64 BEDIL, Toba	36	Abbotsford Senior	43	32:04.5	12:43.6	10:18.8	6:24.9
65 ZELEZNIK, Viktoria	207	Mission Secondary	-	33:18.9	13:58.0	10:42.7	6:39.8
66 VALDEARCOS-BLASCO, Da	89	Chilliwack Seconda	-	33:24.9	14:04.0	10:44.7	6:41.0
67 LOEPPKY, Eliza	42	Abbotsford Senior	44	34:44.2	15:23.3	11:10.2	6:56.8
68 WILSON, Aidan	127	Hope Secondary	-	35:20.7	15:59.8	11:21.9	7:04.1
69 GURM, Riya	40	Abbotsford Senior	(45)	35:40.7	16:19.8	11:28.3	7:08.1
70 COLLINS, Norah	123	Hope Secondary	-	36:41.3	17:20.4	11:47.8	7:20.3
71 FLAMMINIO, Francesca	79	Chilliwack Seconda	-	36:43.1	17:22.2	11:48.4	7:20.6
72 VICTORIA VICENTE, Carme	56	Aldergrove Sec	-	37:01.6	17:40.7	11:54.3	7:24.3
73 KAISER, Cheyenne	81	Chilliwack Seconda	-	37:39.9	18:19.0	12:06.7	7:32.0
74 VAN DIJK, Elisabeth	456	Walnut Grove Seco	(46)	38:34.1	19:13.2	12:24.1	7:42.8

**EAST VALLEY XC CHAMPIONSHIPS**Langley, BC  
Aldergrove Park  
October 25, 2023OFFICIAL MEET REPORT  
printed: 2023-10-25 6:30 PM**Race #5**  
**MEN (Senior) • 5 Kilometers (3.11 Miles)****Final Results****TEAM SCORING SUMMARY**

Final Standings	Score	Scoring Order	Total	Spread
1 Walnut Grove Secondary	27	1-6-8-12(17)(18)(19)	1:12:32	2:09.6
2 MEI Secondary	28	3-4-10-11(25)(37)	1:12:31	1:55.1
3 Unity Christian	62	2-15-22-23(27)	1:17:07	3:19.4
4 Abbotsford Chr	78	5-14-16-43	1:23:53	9:10.0
5 Abbotsford Senior	96	9-20-31-36(38)(41)(45)	1:24:06	4:28.9
6 RE Mountain Secondary S	100	7-26-32-35	1:24:31	4:16.0
7 GW Graham Secondary	115	13-24-34-44	1:30:31	8:34.4
8 Mission Secondary	122	21-29-33-39(46)	1:29:54	5:47.8
9 Langley Secondary School	140	28-30-40-42	1:36:39	5:06.8

**INDIVIDUAL RESULTS**

Athlete	#	Team	Score	Time	Gap	Avg. Mile	Avg. kM
1 LOUWERSE, Noah	92	Credo Christian	-	16:35.6	---	5:20.1	3:19.1
2 SADA, Bernardo	429	Walnut Grove Seco	1	17:00.2	24.6	5:28.0	3:24.0
3 GRAHAM, Miles	384	Unity Christian	2	17:02.4	26.8	5:28.7	3:24.5
4 NAKANISHI, Arata	237	Robert Bateman	-	17:06.2	30.6	5:30.0	3:25.2
5 MOLINA, Mark	172	MEI Secondary	3	17:09.0	33.4	5:30.9	3:25.8
6 VAN SCHAGEN, Will	491	Sardis Secondary	-	17:27.5	51.9	5:36.8	3:29.5
7 REID, Malcolm	173	MEI Secondary	4	17:32.0	56.4	5:38.3	3:30.4
8 WASSENAAR, Arie	469	Yale	-	17:33.9	58.3	5:38.9	3:30.8
9 BAART, Levi	2	Abbotsford Chr	5	17:39.2	1:03.6	5:40.6	3:31.8
10 SAUNDERS, Leven	430	Walnut Grove Seco	6	17:41.6	1:06.0	5:41.4	3:32.3
11 MISHRA, Steven	215	RE Mountain Secon	7	18:26.6	1:51.0	5:55.8	3:41.3
12 SORBO, Alec	433	Walnut Grove Seco	8	18:40.3	2:04.7	6:00.2	3:44.1
13 RASQUINHA, Samuel	32	Abbotsford Senior	9	18:44.9	2:09.3	6:01.7	3:45.0
14 BOS, Zack	166	MEI Secondary	10	18:45.8	2:10.2	6:02.0	3:45.2
15 LASPA, Nathan	170	MEI Secondary	11	19:04.1	2:28.5	6:07.9	3:48.8
16 FLACK, Oliver	58	Brookwood Sec	-	19:08.3	2:32.7	6:09.2	3:49.7
17 HO, Peter	414	Walnut Grove Seco	12	19:09.8	2:34.2	6:09.7	3:50.0
18 SHI, Jody	489	Sardis Secondary	-	19:14.4	2:38.8	6:11.2	3:50.9
19 BUELOW, Maximilian	108	GW Graham Secon	13	19:24.0	2:48.4	6:14.3	3:52.8
20 LETOURNEAU, Luke	11	Abbotsford Chr	14	19:35.7	3:00.1	6:18.0	3:55.1
21 CHESTER, Nicholas	245	Unity Christian	15	19:40.0	3:04.4	6:19.4	3:56.0
22 EGHAREVBA, Elvis	4	Abbotsford Chr	16	19:48.3	3:12.7	6:22.1	3:57.7
23 FARAONE, Ben	410	Walnut Grove Seco	(17)	19:48.5	3:12.9	6:22.2	3:57.7
24 VARLEY, Evan	439	Walnut Grove Seco	(18)	19:53.8	3:18.2	6:23.9	3:58.8
25 BURNS, Ryan	407	Walnut Grove Seco	(19)	19:58.0	3:22.4	6:25.2	3:59.6
26 BEDAL, Masihullah	26	Abbotsford Senior	20	20:01.7	3:26.1	6:26.4	4:00.3
27 ANIOGBE, Daniel	198	Mission Secondary	21	20:02.2	3:26.6	6:26.6	4:00.4
28 FROESE, Lincoln	247	Unity Christian	22	20:02.4	3:26.8	6:26.6	4:00.5
29 GIBBONS, Luke	383	Unity Christian	23	20:21.8	3:46.2	6:32.9	4:04.4
30 GUYNUP, Marek	460	WJ Mouat	-	20:39.0	4:03.4	6:38.4	4:07.8
31 ARENDARENKO, Nikita	403	Walnut Grove Seco	-	20:43.3	4:07.7	6:39.8	4:08.7
32 GARAY LEJONA, Antton	109	GW Graham Secon	24	20:54.0	4:18.4	6:43.2	4:10.8

**EAST VALLEY XC CHAMPIONSHIPS**Langley, BC  
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**MEN (Senior) • 5 Kilometers (3.11 Miles)****Final Results****INDIVIDUAL RESULTS (cont'd)**

Athlete	#	Team	Score	Time	Gap	Avg. Mile	Avg. kM
33 CARLSON, Ellis	409	Walnut Grove Seco	-	21:00.0	4:24.4	6:45.1	4:12.0
34 DICKSON, Ben	169	MEI Secondary	(25)	21:01.8	4:26.2	6:45.7	4:12.4
35 AHUJA, Armaan	209	RE Mountain Secon	26	21:14.6	4:39.0	6:49.8	4:14.9
36 PSIHOGIOS, Noah	385	Unity Christian	(27)	21:15.2	4:39.6	6:50.0	4:15.0
37 WOLDU, Noah	154	Langley Secondary	28	21:34.0	4:58.4	6:56.1	4:18.8
38 TWELE, Brandon	195	Mission Secondary	29	21:52.5	5:16.9	7:02.0	4:22.5
39 MANGAYAO, Janus	149	Langley Secondary	30	21:56.3	5:20.7	7:03.2	4:23.3
40 SPEISER, Conrad	34	Abbotsford Senior	31	22:04.8	5:29.2	7:06.0	4:25.0
41 TAYEBI, Parsa	219	RE Mountain Secon	32	22:06.4	5:30.8	7:06.5	4:25.3
42 HAAK, Daniel	235	Robert Bateman	-	22:07.6	5:32.0	7:06.9	4:25.5
43 PRINGLE, Silas	193	Mission Secondary	33	22:08.7	5:33.1	7:07.2	4:25.7
44 FRASER, Michael	459	WJ Mouat	-	22:10.8	5:35.2	7:07.9	4:26.2
45 KLAUSSNER, Daniel	110	GW Graham Secon	34	22:14.0	5:38.4	7:08.9	4:26.8
46 DHALIWAL, Iman	210	RE Mountain Secon	35	22:42.6	6:07.0	7:18.1	4:32.5
47 ZANATTA, Matteo	440	Walnut Grove Seco	-	22:48.6	6:13.0	7:20.1	4:33.7
48 MACINNES, Lachlan	420	Walnut Grove Seco	-	22:57.7	6:22.1	7:23.0	4:35.5
49 RAHMATULLAH, Aminullah	30	Abbotsford Senior	36	23:13.8	6:38.2	7:28.2	4:38.8
50 RANDHAWA, Taran	427	Walnut Grove Seco	-	23:15.7	6:40.1	7:28.8	4:39.1
51 BOSHART, Joey	167	MEI Secondary	(37)	23:50.4	7:14.8	7:39.9	4:46.1
52 RAHMATULLAH, Ammar	31	Abbotsford Senior	(38)	23:50.5	7:14.9	7:40.0	4:46.1
53 BERRY, Jackson	406	Walnut Grove Seco	-	24:29.7	7:54.1	7:52.6	4:53.9
54 RUSSELL, Joel	428	Walnut Grove Seco	-	25:45.5	9:09.9	8:16.9	5:09.1
55 WISHINSKI, Jesse	196	Mission Secondary	39	25:50.0	9:14.4	8:18.4	5:10.0
56 LAZONO, Brent	148	Langley Secondary	40	26:27.3	9:51.7	8:30.4	5:17.5
57 GUENDEL, Erasmus	29	Abbotsford Senior	(41)	26:35.1	9:59.5	8:32.9	5:19.0
58 NARR, Noah	150	Langley Secondary	42	26:40.8	10:05.2	8:34.7	5:20.2
59 JIMENEZ, Nicholas	7	Abbotsford Chr	43	26:49.2	10:13.6	8:37.4	5:21.8
60 NICHOLS, Marc	111	GW Graham Secon	44	27:58.4	11:22.8	8:59.7	5:35.7
61 RODRIGUES SOARES SILV	33	Abbotsford Senior	(45)	28:05.6	11:30.0	9:02.0	5:37.1
62 NGYGEN, Khanh	467	Yale	-	28:07.6	11:32.0	9:02.6	5:37.5
63 RABINO, Mauricio	74	Chilliwack Seconda	-	28:49.8	12:14.2	9:16.2	5:46.0
64 THIESSEN, David	75	Chilliwack Seconda	-	29:07.4	12:31.8	9:21.9	5:49.5
65 REHAUME, Jack	194	Mission Secondary	(46)	30:41.0	14:05.4	9:52.0	6:08.2