

South Fraser Zone HS Cross Country Championships

Oct. 26, 2023 - Crescent Park

Boys 5000 Meters (Senior) 5000m

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A

Team Scores

- 1, 8 White Rock Christian Academy
- 2, 17 Saint John Paul II Academy

Individual Results

1,	1	16:28.2	Isak, Reuben	White Rock Christian Academy
2,	2	16:43.5	King, Charlie	Saint John Paul II Academy
3,	3	17:47.0	Trivedi, Athurv	White Rock Christian Academy
4,	4	17:47.3	Lee, Daxton	White Rock Christian Academy
5,	5	17:50.7	Isak, Caleb	White Rock Christian Academy
6,	6	17:51.9	Zhang, Will	White Rock Christian Academy
7,		17:53.0	Berghammer, Ashton	White Rock Christian Academy
8,		18:07.6	Stobbe, Harrison	White Rock Christian Academy
9,		18:46.5	Gordon, Joshua	White Rock Christian Academy
10,	7	20:04.7	Ferguson, Ty	Saint John Paul II Academy
11,	8	20:07.2	Alvarado, Francisco	Saint John Paul II Academy
12,		20:10.5	Rehman, Bennett	White Rock Christian Academy
13,	9	21:38.3	Watt, Damien	Saint John Paul II Academy
14,		21:40.4	Mathew, Liam	White Rock Christian Academy
15,		21:40.8	Gutierrez, Sammy	White Rock Christian Academy
16,	10	22:32.8	Heer, Neyk	Saint John Paul II Academy
17,		27:49.6	Byer, Kesler	Saint John Paul II Academy

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AA

Team Scores

- 1, 13 Pacific Academy
- 2, 23 Hugh Boyd Secondary

Individual Results

1,	1	15:44.5	Holmes, Max	Pacific Academy
2,	2	18:15.4	Sun, Jet	Hugh Boyd Secondary
3,		18:19.5	Spence, Tyler	Southridge School
4,	3	18:53.7	Moran, Ethan	Pacific Academy
5,	4	19:24.8	Taylor, Anderson	Pacific Academy
6,		19:31.4	Mangalindan, Gabriel	Holy Cross Regional
7,	5	19:34.7	Stow, Isaac	Pacific Academy
8,		20:06.5	Brieskorn, Jasper	A.R. MacNeill Secondary
9,		20:27.6	Chao, Benedict	Holy Cross Regional
10,	6	20:37.1	Guo, Frank	Hugh Boyd Secondary
11,	7	20:54.2	Samuele, Longo	Hugh Boyd Secondary

12,	8	23:28.1	Guo, Houze	Hugh Boyd Secondary
13,		24:00.4	Francisco, Markus	Holy Cross Regional
14,	9	28:06.8	Aghedo, Christian	Pacific Academy
15,	10	28:21.8	Wirtz, Thomas	Pacific Academy

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AAA

Team Scores

1,	38	LA Matheson Mustangs
2,	38	Elgin Park Secondary
3,	51	Robert Alexander McMath Secondar
4,	52	Fleetwood Park School
5,	72	Queen Elizabeth SS - Surrey
6,	82	Semiahmoo Secondary
7,	107	Seaquam Seahawks
8,	168	Richmond Secondary
9,	169	Kwantlen Park Secondary
10,	182	Grandview Heights
11,	201	Ecole Salish Secondary School

Individual Results

1,	1	14:32.6	Mulugeta, Yemane	LA Matheson Mustangs
2,	2	14:46.4	Hodgson, James	Elgin Park Secondary
3,	3	14:47.9	Brittain, Steven	Semiahmoo Secondary
4,	4	14:59.5	Nicol, Connor	Elgin Park Secondary
5,	5	15:56.4	Liu, Joe	Fleetwood Park School
6,	6	16:17.5	KENNEDY, Zack	Robert Alexander McMath Secondar
7,	7	16:41.1	Hamary, Aadil	Queen Elizabeth SS - Surrey
8,	8	16:58.9	Mohammed, Ased	LA Matheson Mustangs
9,	9	17:06.2	Cai, Justin	Elgin Park Secondary
10,		17:09.0	Pannu, Armaan	Earl Marriott Secondary
11,	10	17:23.8	Marcado, Sebastian	Queen Elizabeth SS - Surrey
12,	11	17:39.6	Ruus, Ben	Robert Alexander McMath Secondar
13,		17:46.5	Gardiya, Enidu	North Delta Secondary School
14,	12	17:50.1	Khaira, Jasmeet	LA Matheson Mustangs
15,	13	17:57.4	Funayama, Seita	Robert Alexander McMath Secondar
16,	14	18:00.0	Rivera, Nicolas	Fleetwood Park School
17,	15	18:14.4	Lin, Andrew	Fleetwood Park School
18,	16	18:17.6	McBride, Nolan	Seaquam Seahawks
19,	17	18:20.6	Al Mawas, Ahmad Al Mawas	LA Matheson Mustangs
20,	18	18:21.9	Roth, Toby	Fleetwood Park School
21,	19	18:22.0	Fernando, Jaden	Fleetwood Park School
22,	20	18:22.9	Zhu, Paul	Semiahmoo Secondary
23,	21	18:23.4	Bridson, Elliot	Robert Alexander McMath Secondar
24,	22	18:23.4	Hernandez, Carlos	Queen Elizabeth SS - Surrey
25,	23	18:29.3	Dumont, Dylan	Elgin Park Secondary
26,	24	18:31.9	Lee, Wlliam	Semiahmoo Secondary
27,	25	18:49.0	Green, Anderson	Elgin Park Secondary

28, 26	18:49.6	Wilch, Jonathan	Seaquam Seahawks
29, 27	18:51.9	Sidhu, Gurman	LA Matheson Mustangs
30, 28	18:57.6	Sahota, Aikam	Elgin Park Secondary
31, 29	19:07.0	Preidel, Max	Seaquam Seahawks
32, 30	19:10.7	Chan, Bodhi	Robert Alexander McMath Secondar
33, 31	19:16.0	Mahal, Jashan	LA Matheson Mustangs
34, 32	19:16.4	Sze, Edwin	Grandview Heights
35, 33	19:26.0	Brach, Harwin	Queen Elizabeth SS - Surrey
36,	19:46.3	de Leeuw, Adam	Panorama Ridge Secondary
37,	19:47.0	Dhaliwal, Dhruv	Panorama Ridge Secondary
38, 34	19:50.1	Dalley, Matthew	Kwantlen Park Secondary
39,	19:50.4	Lowe, Owen	Earl Marriott Secondary
40, 35	20:11.4	Huang, Elvis	Semiahmoo Secondary
41,	20:22.7	Chahal, Gursewak	LA Matheson Mustangs
42, 36	20:25.6	Fastenau, Marvin	Seaquam Seahawks
43, 37	20:27.7	Madatyán, Mark	Richmond Secondary
44, 38	20:27.8	Lu, Hans	Richmond Secondary
45, 39	20:42.6	Isbister, Grant	Grandview Heights
46, 40	20:46.2	Masztalar, Johnnie	Ecole Salish Secondary School
47,	20:49.7	Gill, Noor	LA Matheson Mustangs
48,	20:51.1	Saeed, Abdulkarim	LA Matheson Mustangs
49, 41	21:04.2	Massah, David	Kwantlen Park Secondary
50,	21:16.2	El-Najjar, Omar	Tamanawis Secondary School
51, 42	21:19.2	Quintanilla Alvarado, Solomon	Queen Elizabeth SS - Surrey
52, 43	21:20.8	Qiao, Daniel	Kwantlen Park Secondary
53, 44	21:27.0	Delacuesta, Luke	Seaquam Seahawks
54, 45	21:30.8	Shen, Terry	Richmond Secondary
55, 46	21:38.8	Wates, Alex	Ecole Salish Secondary School
56, 47	21:47.8	Zhang, Daniel	Semiahmoo Secondary
57, 48	21:49.7	Li, Danny	Richmond Secondary
58,	21:51.8	Grewal, Ivraj	LA Matheson Mustangs
59, 49	21:52.8	Garcia, Dyllan	Queen Elizabeth SS - Surrey
60, 50	22:39.7	Olago, Maxim	Richmond Secondary
61, 51	22:40.0	Mahal, Amritpal	Kwantlen Park Secondary
62, 52	22:52.8	Lu, Alex	Richmond Secondary
63,	23:06.0	Sheikh-Mohamad, Husni	LA Matheson Mustangs
64,	23:07.3	Amad, Saad	Queen Elizabeth SS - Surrey
65, 53	23:08.8	Ballagan, Armaan	Fleetwood Park School
66,	23:14.9	Goitom, Mikey	LA Matheson Mustangs
67,	23:23.9	Dobrokhotov, Tim	Elgin Park Secondary
68,	23:28.2	Saarni, Taiju	Elgin Park Secondary
69,	23:40.0	Zhang, Peixu - Gordon	Earl Marriott Secondary
70, 54	23:44.1	Garg, Adi	Grandview Heights
71, 55	23:49.4	Wang, Eric	Kwantlen Park Secondary
72, 56	23:50.0	Xing, Johnny	Ecole Salish Secondary School
73,	23:50.8	Hmoud, Amro	Panorama Ridge Secondary
74, 57	23:55.6	Xia, Steven	Grandview Heights
75, 58	24:13.1	Wang, Leo	Grandview Heights
76,	24:20.5	Lu, Johnny	Richmond Secondary

77, 59	24:36.5	Nguyen, Tristan	Ecole Salish Secondary School
78,	25:22.3	Dhaliwal, Karan	Fleetwood Park School
79, 60	25:31.6	Dhariwal, Arjun	Seaquam Seahawks
80, 61	25:35.1	Kan, Vincent	Ecole Salish Secondary School
81,	25:43.9	Bassi, Amolak	Seaquam Seahawks
82,	26:02.6	Cheng, Steven	Richmond Secondary
83, 62	26:55.0	Sharma, Manav	Ecole Salish Secondary School
84,	27:36.5	Nguyen, Andrew	Richmond Secondary
85, 63	28:02.1	Singh, Krishdeep	Kwantlen Park Secondary
86,	28:32.9	Ren, Allan	J.N. Burnett
87,	28:42.0	Lu, Royce	Fleetwood Park School

Girls 5000 Meters (Senior) 5000m

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A

Team Scores

- 1, 6 Saint John Paul II Academy
- 2, 16 White Rock Christian Academy

Individual Results

1, 1	18:15.6	Dee, Veronica	Saint John Paul II Academy
2, 2	19:39.5	Dee, Ellyse	Saint John Paul II Academy
3, 3	20:44.2	King, Lucie	Saint John Paul II Academy
4, 4	20:45.1	Watson, Averie	White Rock Christian Academy
5, 5	20:45.4	Pinto, Vanessa	White Rock Christian Academy
6, 6	21:21.7	Burton-Smith, Hope	Saint John Paul II Academy
7,	21:38.6	Lau, Merina	Southpointe Academy
8, 7	22:02.5	Liao, Jordyn	White Rock Christian Academy
9, 8	22:36.0	Bright, Julia	White Rock Christian Academy
10, 9	24:23.7	Fang, Rachel	White Rock Christian Academy
11,	24:31.5	Antenbring, Kate	White Rock Christian Academy
12,	24:44.8	Burge, Olivia	White Rock Christian Academy
13,	24:45.6	Rogers, Sadie	White Rock Christian Academy
14, 10	25:21.1	Alvarado, Alejandra	Saint John Paul II Academy

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Team Scores

- 1, 16 Southridge School
- 2, 22 Pacific Academy

Individual Results

1, 1	17:44.9	McDonald, Rachel	Southridge School
2, 2	18:27.7	McDonald, Catelin	Southridge School
3, 3	19:31.1	McDonald, Meghan	Southridge School
4,	20:17.1	Piva, Faith	Burnsview Secondary

5,	4	20:30.7	Rodway, Ava	Pacific Academy
6,	5	20:37.8	Fantaye, Setota	Pacific Academy
7,		22:22.4	Stolze, Lucia	Hugh Boyd Secondary
8,	6	22:35.2	Schulz, Emmy	Pacific Academy
9,	7	23:00.0	Jones, Sophia	Pacific Academy
10,		23:04.5	Andersen, Leah	Hugh Boyd Secondary
11,	8	23:46.5	Lensink, Nadia	Pacific Academy
12,		23:57.1	Kooner, Anaya	Hugh Boyd Secondary
13,	9	24:01.0	Hansen, Elle	Pacific Academy
14,		24:08.6	Seiden, Mckenzie	Pacific Academy
15,		24:08.7	Pound, Hayven	Pacific Academy
16,		24:09.8	Chiang, Claire	Richmond Christian School
17,		25:06.4	Hui, Charlotte	Pacific Academy
18,	10	26:05.6	Eichhorst, Ava	Southridge School

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AAA

#### Team Scores

1,	52	Grandview Heights
2,	52	Richmond Secondary
3,	54	Delta Secondary
4,	60	Hugh McRoberts Secondary
5,	60	Seaquam Seahawks
6,	68	Ecole Salish Secondary School
7,	85	Queen Elizabeth SS - Surrey

#### Individual Results

1,		17:06.5	Hodgson, Maella	Elgin Park Secondary
2,	1	19:48.2	Selvage, Natalie	Grandview Heights
3,		20:49.2	Smerdon, Noa	Robert Alexander McMath Secondar
4,	2	20:55.4	Soti, Josie	Ecole Salish Secondary School
5,	3	20:59.8	Thackwray, Kya	Hugh McRoberts Secondary
6,		21:01.6	Hogarth-Wood, Lily	Elgin Park Secondary
7,		21:11.2	Celik, Dila	J.N. Burnett
8,	4	21:16.7	Chen, Renee	Hugh McRoberts Secondary
9,	5	21:17.7	Nguyen, Therese	Ecole Salish Secondary School
10,	6	21:31.7	Weil, Selina	Delta Secondary
11,		21:42.9	Richardson, Veronica	Fleetwood Park School
12,		22:10.6	Nguyen, Sonia	J.N. Burnett
13,	7	22:23.1	Stephan, Jasmin	Delta Secondary
14,	8	22:26.9	Shui, Rey	Queen Elizabeth SS - Surrey
15,	9	22:31.5	Cherris-Eva, Sasha	Seaquam Seahawks
16,		22:40.8	Sun, Solenn	Semiahmoo Secondary
17,	10	22:44.8	Sun, Annie	Richmond Secondary
18,	11	22:56.6	Du, Amy	Richmond Secondary
19,	12	22:57.4	Hong, Kailey	Seaquam Seahawks
20,	13	23:05.4	Sidhu, Reesha	Grandview Heights
21,	14	23:05.8	Kim, Riley	Grandview Heights

22,	23:09.2 Rai, Parneet	Panorama Ridge Secondary
23, 15	23:25.4 Barola, Janna	Richmond Secondary
24, 16	23:26.8 Wei, Leanne	Richmond Secondary
25, 17	23:34.1 Murrell, Claire	Seaquam Seahawks
26, 18	23:57.3 Hartmans, Maya	Queen Elizabeth SS - Surrey
27, 19	24:06.4 Wang, Theresa	Richmond Secondary
28, 20	24:23.3 Reddy, Harashri	Delta Secondary
29,	24:24.5 Laloui, Yamna	Princess Margaret Secondary
30, 21	24:41.3 Bataller Molla, Julia	Delta Secondary
31, 22	24:46.3 Dass, Anika	Seaquam Seahawks
32, 23	24:46.8 Lawrance, Megan	Hugh McRoberts Secondary
33, 24	25:05.2 Dyck, Mazzy	Grandview Heights
34, 25	25:11.0 Toor, Priya	Seaquam Seahawks
35,	25:16.0 Assoon, Keira	Steveston-London Secondary
36,	25:21.3 Kereszturi, Emma	North Surrey Secondary
37, 26	25:34.1 Kuenast, Sarah	Delta Secondary
38, 27	25:56.8 Kaur, Tegvir	Queen Elizabeth SS - Surrey
39, 28	25:59.3 Wager, Celia	Ecole Salish Secondary School
40, 29	26:30.3 Li, Cindy	Richmond Secondary
41, 30	27:52.9 Damiano Paterson, Elisa	Hugh McRoberts Secondary
42,	28:52.6 Teodosio, Yiezia	North Delta Secondary School
43, 31	28:55.4 Volkholz, Emma	Delta Secondary
44, 32	28:57.2 Kandawala, Sumayya	Queen Elizabeth SS - Surrey
45, 33	29:18.0 Dang, Hanna	Ecole Salish Secondary School