

# Start List – WCOC/BCOC 2026 Long

2026-09-20

|               |                    |                    |                |        |         |
|---------------|--------------------|--------------------|----------------|--------|---------|
| <b>F10-</b>   | <b>2 Entries</b>   | <b>1800 Meters</b> | <b>Start 1</b> |        |         |
| 10:11         | Jillian Tokarek    |                    | Course 1       | SAGE   | 999027  |
| 10:14         | Emma Forseille     |                    | Course 1       | CCOC   | 8082874 |
| <b>M10-</b>   | <b>2 Entries</b>   | <b>1800 Meters</b> | <b>Start 1</b> |        |         |
| 10:05         | Dan Racovita       |                    | Course 1       | FWOC   | 2166665 |
| 11:30         | Vince Forseille    |                    | Course 1       | CCOC   | 8082870 |
| <b>F14-</b>   | <b>1 Entries</b>   | <b>3400 Meters</b> | <b>Start 1</b> |        |         |
| 10:04         | Emily Tokarek      |                    | Course 3       | SAGE   | 8534340 |
| <b>M14-</b>   | <b>1 Entries</b>   | <b>3400 Meters</b> | <b>Start 1</b> |        |         |
| 10:07         | Gabriel Racovita   |                    | Course 3       | FWOC   | 2166678 |
| <b>Open 3</b> | <b>1 Entries</b>   | <b>3400 Meters</b> | <b>Start 1</b> |        |         |
| 10:01         | Angela Henders     |                    | Course 3       | FWOC   | 8084287 |
| <b>M16-</b>   | <b>1 Entries</b>   | <b>4600 Meters</b> | <b>Start 1</b> |        |         |
| 10:01         | Alexander Howard   |                    | Course 4       | GVOC   | 8508994 |
| <b>Open 4</b> | <b>5 Entries</b>   | <b>4600 Meters</b> | <b>Start 1</b> |        |         |
| 10:07         | Mai Adachi         |                    | Course 4       | None   | 8084305 |
| 10:10         | Nhu Nguyen Quach   |                    | Course 4       | SAGE   | 8084306 |
| 10:13         | Logan Chambers     |                    | Course 4       | None   | 8084304 |
| 10:16         | Michael Henders    |                    | Course 4       | FWOC   | 8084285 |
| 10:19         | Rebecca Marjoram   |                    | Course 4       | ONS    | 1997002 |
| <b>F75+</b>   | <b>3 Entries</b>   | <b>3400 Meters</b> | <b>Start 1</b> |        |         |
| 10:17         | Susan Chrartrand   |                    | Course 5       | SAGE   | 888526  |
| 10:20         | Vacant             |                    | Course 5       | Vacant |         |
| 10:23         | Karen Lachance     |                    | Course 5       | GVOC   | 8084276 |
| 10:26         | Marilyn Edmunds    |                    | Course 5       | EOOC   | 2136265 |
| <b>M80+</b>   | <b>2 Entries</b>   | <b>3400 Meters</b> | <b>Start 1</b> |        |         |
| 10:08         | Alan Vyse          |                    | Course 5       | SAGE   | 2035123 |
| 10:11         | Brian Ellis        |                    | Course 5       | GVOC   | 8526342 |
| <b>F80+</b>   | <b>2 Entries</b>   | <b>3400 Meters</b> | <b>Start 1</b> |        |         |
| 10:37         | Margaret Ellis     |                    | Course 5       | GVOC   | 8084280 |
| 10:40         | Carol Hobbs DeRosa |                    | Course 5       | KOC    | 999025  |

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|---------------|-----------------------|--------------------|----------------|--------|---------|
| <b>F90+</b>   | <b>1 Entries</b>      | <b>3400 Meters</b> | <b>Start 1</b> |        |         |
| 10:00         | Shirley Donald        |                    | Course 5       | KOC    | 999011  |
| <b>Open 5</b> | <b>1 Entries</b>      | <b>3400 Meters</b> | <b>Start 1</b> |        |         |
| 10:29         | Vacant                |                    | Course 5       | Vacant |         |
| 10:32         | Ellice Edey           |                    | Course 5       | VICO   | 8228778 |
| <b>F45+</b>   | <b>3 Entries</b>      | <b>4900 Meters</b> | <b>Start 1</b> |        |         |
| 11:32         | Heidi Scott           |                    | Course 6       | KOC    | 8084299 |
| 11:36         | Jennifer Alexander    |                    | Course 6       | FWOC   | 8539410 |
| 11:38         | Lisa Howard           |                    | Course 6       | GVOC   | 8508994 |
| <b>F55+</b>   | <b>6 Entries</b>      | <b>4900 Meters</b> | <b>Start 1</b> |        |         |
| 11:14         | Linda Hildebrandt     |                    | Course 6       | VICO   | 8084335 |
| 11:16         | Julie Bradley         |                    | Course 6       | SAGE   | 1967027 |
| 11:18         | Vacant                |                    | Course 6       | Vacant |         |
| 11:20         | Tory Meyer            |                    | Course 6       | FWOC   | 2260200 |
| 11:22         | Karen Martino         |                    | Course 6       | KOC    | 9200878 |
| 11:24         | Sabine Schweiger      |                    | Course 6       | YOA    | 8008868 |
| 11:26         | Charlotte MacNaughton |                    | Course 6       | FWOC   | 8001364 |
| <b>F65+</b>   | <b>16 Entries</b>     | <b>4900 Meters</b> | <b>Start 1</b> |        |         |
| 10:28         | Kris Dartnell         |                    | Course 6       | None   | 8084298 |
| 10:30         | Maureen de Camp       |                    | Course 6       | KOC    | 8084297 |
| 10:32         | Eileen Breseman       |                    | Course 6       | COC    | 8012072 |
| 10:34         | Christin Lundgren     |                    | Course 6       | FWOC   | 8495025 |
| 10:36         | Angela Pearson        |                    | Course 6       | EOOC   | 8547538 |
| 10:38         | Olga Shustrova        |                    | Course 6       | COC    | 12277   |
| 10:40         | Robin McLeod          |                    | Course 6       | FWOC   | 8084296 |
| 10:42         | Kathrin Mueller       |                    | Course 6       | GVOC   | 8611972 |
| 10:44         | Robyn Rennie          |                    | Course 6       | GVOC   | 8001925 |
| 10:46         | Debbie Newell         |                    | Course 6       | COC    | 8004500 |
| 10:48         | Kim Kasperski         |                    | Course 6       | EOOC   | 8008130 |
| 10:50         | Hilary Anderson       |                    | Course 6       | KOC    | 529193  |
| 10:52         | Jane Rowlands         |                    | Course 6       | FWOC   | 353237  |
| 10:54         | Anita Brattland       |                    | Course 6       | FWOC   | 8538290 |
| 10:56         | Mary-Lou Hogg         |                    | Course 6       | EOOC   | 8001367 |
| 10:58         | Marie Burgess         |                    | Course 6       | VICO   | 8084350 |
| <b>M65+</b>   | <b>12 Entries</b>     | <b>4900 Meters</b> | <b>Start 1</b> |        |         |
| 10:04         | Ross Burnett          |                    | Course 6       | GVOC   | 8001933 |
| 10:06         | John Chatwin          |                    | Course 6       | KOC    | 8084289 |
| 10:08         | Afan Jones            |                    | Course 6       | YOA    | 343783  |
| 10:10         | Alan Corbett          |                    | Course 6       | SAGE   | 8509500 |
| 10:12         | Kean Williams         |                    | Course 6       | SAGE   | 1398040 |
| 10:14         | Richard Breseman      |                    | Course 6       | COC    | 8523267 |

|       |                  |          |      |         |
|-------|------------------|----------|------|---------|
| 10:16 | Larry Gagnon     | Course 6 | VICO | 353234  |
| 10:18 | Richard Pleiss   | Course 6 | COC  | 2127296 |
| 10:20 | Alan Honey       | Course 6 | SAGE | 8657542 |
| 10:22 | Phil Wallensteen | Course 6 | SAGE | 999032  |
| 10:24 | Marvin Eng       | Course 6 | None | 8084288 |
| 10:26 | Chris Benn       | Course 6 | GVOC | 8008127 |

**M75+ 6 Entries 4900 Meters****Start 1**

|       |                 |          |        |         |
|-------|-----------------|----------|--------|---------|
| 10:02 | Bryan Chubb     | Course 6 | CCOC   | 8082864 |
| 11:00 | Bruce Rennie    | Course 6 | GVOC   | 8084274 |
| 11:02 | John Harbuck    | Course 6 | KOC    | 1120885 |
| 11:04 | Vacant          | Course 6 | Vacant |         |
| 11:08 | David Tallent   | Course 6 | COC    | 8004526 |
| 11:10 | John Rance      | Course 6 | GVOC   | 8084275 |
| 11:12 | Geraint Edmunds | Course 6 | EOOC   | 8539400 |

**Open 6 3 Entries 4900 Meters****Start 1**

|       |                 |          |      |         |
|-------|-----------------|----------|------|---------|
| 10:00 | Jonathan Bakker | Course 6 | SAGE | 8084284 |
| 11:28 | Meghan Rance    | Course 6 | GVOC | 8539413 |
| 11:30 | Scott Drumm     | Course 6 | CROC | 502200  |

**F20- 1 Entries 8100 Meters****Start 1**

|       |            |          |      |         |
|-------|------------|----------|------|---------|
| 10:53 | Yiyuan You | Course 7 | GVOC | 8251005 |
|-------|------------|----------|------|---------|

**F21-34 7 Entries 8100 Meters****Start 1**

|       |                        |          |        |         |
|-------|------------------------|----------|--------|---------|
| 10:00 | Zoe Sibthorp           | Course 7 | SAGE   | 2133027 |
| 11:09 | Victoria Bakker (Cote) | Course 7 | SAGE   | 8084277 |
| 11:12 | Kerstin Burnett        | Course 7 | VICO   | 1396707 |
| 11:15 | Emily Ross             | Course 7 | GVOC   | 888574  |
| 11:18 | Vacant                 | Course 7 | Vacant |         |
| 11:21 | Pia Blake              | Course 7 | YOA    | 8667116 |
| 11:24 | Robyn Astridge         | Course 7 | FWOC   | 8667112 |
| 11:30 | Lillian Bakker         | Course 7 | SAGE   | 8084301 |

**F35+ 6 Entries 8100 Meters****Start 1**

|       |                |          |        |         |
|-------|----------------|----------|--------|---------|
| 10:33 | Theresa Chan   | Course 7 | VICO   | 2063662 |
| 10:36 | Leila Rochdi   | Course 7 | SAGE   | 8084300 |
| 10:39 | Nicki Rehn     | Course 7 | FWOC   | 8008862 |
| 10:42 | Vacant         | Course 7 | Vacant |         |
| 10:45 | Nathalie Long  | Course 7 | SAGE   | 8084307 |
| 10:48 | Caoimhe Murray | Course 7 | GVOC   | 8008860 |
| 10:51 | Jackie Bonn    | Course 7 | SAGE   | 8534329 |

**M45+ 5 Entries 8100 Meters****Start 1**

|       |                 |          |      |         |
|-------|-----------------|----------|------|---------|
| 10:55 | Andrew Peterson | Course 7 | None | 7003004 |
| 10:58 | Daniel Coombs   | Course 7 | GVOC | 8504261 |
| 11:01 | Wade Tokarek    | Course 7 | SAGE | 8538283 |

|       |                    |          |      |         |
|-------|--------------------|----------|------|---------|
| 11:04 | Larry Squire       | Course 7 | VICO | 8228777 |
| 11:07 | Laurentiu Racovita | Course 7 | FWOC | 8084292 |

**M55+ 9 Entries 8100 Meters Start 1**

|       |                      |          |      |          |
|-------|----------------------|----------|------|----------|
| 10:03 | Ken Bakker           | Course 7 | SAGE | 2059719  |
| 10:06 | Martin Pardoe        | Course 7 | GVOC | 8084290  |
| 10:09 | Tim McLaren          | Course 7 | FWOC | 8495026  |
| 10:12 | Scott Muzyc          | Course 7 | FWOC | 13917424 |
| 10:15 | Bjorn Freeman-Benson | Course 7 | CROC | 7702018  |
| 10:18 | Jeremy Gordon        | Course 7 | GVOC | 1402421  |
| 10:21 | Erik Blake           | Course 7 | YOA  | 8629115  |
| 10:24 | Miles Tindal         | Course 7 | FWOC | 8004233  |
| 10:27 | Mark Gibbard         | Course 7 | FWOC | 8533373  |

**Open 7 1 Entries 8100 Meters Start 1**

|       |                 |          |      |         |
|-------|-----------------|----------|------|---------|
| 10:31 | Kevin Matrosovs | Course 7 | SAGE | 8141015 |
|-------|-----------------|----------|------|---------|

**M21-34 10 Entries 10200 Meters Start 1**

|       |                         |          |        |         |
|-------|-------------------------|----------|--------|---------|
| 10:00 | Simon Bakker            | Course 8 | SAGE   | 8084295 |
| 10:56 | Geoffrey Richards       | Course 8 | KOC    | 7300583 |
| 10:59 | Adam Woods              | Course 8 | GVOC   | 8662626 |
| 11:02 | Tomas Graham            | Course 8 | GVOC   | 8662636 |
| 11:05 | Sergio Fernandez Lozada | Course 8 | GVOC   | 8515509 |
| 11:08 | Jonathan Harris         | Course 8 | GVOC   | 8084282 |
| 11:11 | Trevor Kiers            | Course 8 | FWOC   | 8538464 |
| 11:17 | Ewan Winn               | Course 8 | FWOC   | 8002790 |
| 11:20 | Alton Ho                | Course 8 | GVOC   | 8504263 |
| 11:23 | Vacant                  | Course 8 | Vacant |         |
| 11:26 | Xavier Wack             | Course 8 | SAGE   | 8060497 |

**M35+ 6 Entries 10200 Meters Start 1**

|       |                   |          |        |         |
|-------|-------------------|----------|--------|---------|
| 10:35 | Alexandre Marié   | Course 8 | SAGE   | 8084294 |
| 10:38 | Dave Hildes       | Course 8 | YOA    | 8003686 |
| 10:41 | Vacant            | Course 8 | Vacant |         |
| 10:47 | Ian Saari         | Course 8 | GVOC   | 9200855 |
| 10:50 | Martin Angerer    | Course 8 | SAGE   | 8084293 |
| 10:53 | Geoffrey Marjoram | Course 8 | ONS    | 8538286 |
| 11:29 | Alan Richards     | Course 8 | SAGE   | 2059709 |