

I was born in Newfoundland but moved to British Columbia in 2007 to pursue a post secondary education and a running dream. I have been racing competitively since high school, I came to Simon Fraser University on an athletic scholarship to represent the team in Track and Cross Country. I have served as captain in both track and XC for the Clan and since enrolling when I was 18 my times and performances have progressively gotten faster and more consistent.

In my main event, the 3000m steeplechase I came to SFU with a personal best of 9:30 and in 7 years I have taken nearly a full minute off that and am now happy to say that my personal best is 8:38. In my five years with the Clan I have achieved numerous all-American finishes, I have a National championship and a school record in the steeplechase. This past Spring I spoke to my graduating class as the valedictorian that was recommended because of my experiences of moving away from home and dealing with the life stress of balancing athletics, school, and life. I am currently enrolled in university for two more semesters as I complete the elementary Professional Development Program (teaching certificate) at SFU. Since completing my athletic eligibility I have had the pleasure to represent Canada on two national teams this past summer traveling to Kazan, Russia for World University Games and Nice, France for Francophone Gams.

#### PERSONAL BESTS:

800m – 1:51.81  
1500m – 3:46.42  
3000m – 8:20.44  
3000m steeplechase – 8:38.71  
5000m – 14:32 (road race)  
8km xc – 24:47  
10km xc – 31.37

