



Team Canada - Athlete Bios

Junior Women

Sadie Sigfstead (Edmonton, AB)

- Sadie qualified for the 2020 Pan Am XC Cup with a 3rd place performance in the U20 division of the 2019 Canadian Cross Country Championships.
- She won silver a year earlier in the Girls U18 4km division, at the 2018 Canadian Cross Country Championships in Kingston, ON.

Junior Men

Kevin Robertson (Ottawa, ON)

- Kevin qualified for the 2020 Pan Am XC Cup with a 3rd place performance in the U20 division of the 2019 Canadian Cross Country Championships.
- In his first race in the 3000-metre steeplechase, Robertson became the Canadian U20 National Champion with a time of 9:13.

Senior Women

Gen Lalonde (Moncton, NB)

- Gen Lalonde is the two-time-defending Canadian Cross Country champion.
- Geneviève Lalonde broke her own Canadian record in the 3000m steeplechase last May at the Diamond League meet in Shanghai.
- She won steeplechase bronze at the Pan Am Games in Toronto in 2015
- Gen made her Olympic debut at Rio 2016, becoming the first Canadian woman to advance to an Olympic steeplechase final.

Maria Bernard-Galea (Calgary, AB)

- Maria qualified for the 2020 Pan Am XC Cup with a 3rd place performance at the 2019 Canadian Cross Country Championships.
- Maria represented Canada in the 3000-metre steeplechase at the 2019 World Athletics Championships and the 2016 Olympic Games.

Natasha Wodak (North Vancouver, BC)

- Natasha won gold and set a new 10k Pan Am Games record at the 2019 Pan American Games in Peru last year.
- She also represented Canada in the 10k at multiple World Championships and at the 2016 Olympic Games in Rio.

Senior Men

John Gay (Kelowna, BC)

- John qualified for his first World Championships last year, racing in the 3000-metre steeplechase.
- He qualified for the 2020 Pan Am, XC Cup with a 5th place result at the Canadian Cross-Country Championships.

Connor Black (Forest, ON)

- Connor qualified for the 2020 Pan Am XC Cup with a 3rd place performance at the 2019 Canadian Cross Country Championships.
- He is also the 2018 U Sports Cross Country Champion, which he won as a member of the Guelph Gryphons.

Jean-Simon Desgagnes (Quebec City, QC)

- Desgagnes claimed the RSEQ men's cross country 10-kilometre title last fall with the Université de Laval.
- Jean-Simon qualified for the 2020 Pan Am XC Cup with a 7th place performance at the 2019 Canadian Cross Country Championships.
- He represented Canada in the 2000-metre steeplechase at the FISU Universiade last summer.

Team Canada at the 2020 Pan Am Cross Country Cup

Name	Event (s)	Personal Coach	Hometown	Club Affiliation
Brandon Allen	Senior Men	David Scarrow	Amherstburg, ON	Windsor Legion Track and Field Club
Annika Ariano	U20 Women	Kyle Boorsma	Coldstream, BC	Vernon Amateur Athletics Association
Scott Arndt	U20 Men	Tom Fitzgerald	Waterloo, ON	Laurel Creek Track Club
Maria Bernard-Galea	Senior Women	Mike Van Tighem	Calgary, AB	University of Calgary Athletics Club
Connor Black	Senior Men	Dave Mills	Plympton-Wyoming, ON	London Western Track and Field Club
Mackenzie Campbell	U20 Women	Brant Stachel	Kingston, ON	Physi-Kult
Chase Canty	U20 Men	David Scarrow	Windsor, ON	Windsor Legion Track and Field Club
Victoria Coates	Senior Women	Patrick MacKinnon	Hamilton, ON	Dundas Valley Track Club

Jean-Simon Desgagnés	Senior Men	Felix-Antoine Lapointe	Saint-Ferréol-les-Neiges, QC	Club d'Athlétisme de l'Université Laval
John Gay	Senior Men	Chris Johnson	Kelowna, BC	Vancouver Thunderbirds
Dakota Goguen	U20 Men	Derek Hackshaw	Newmarket, ON	Newmarket Huskies
Genevieve Lalonde	Senior Women	Joel Bourgeois	Moncton, NB	Unattached
Kirsten Lee	Senior Women	Richard Lee	Port Coquitlam, BC	Mile2Marathon
Ceili McCabe	U20 Women	Sean Cleary	Vancouver, BC	Vancouver Olympic Club
Kieran McDonald	Senior Men	Sean Baynton	Edmonton, AB	runIAB
Philippe Morneau-Cartier	U20 Men	Alex Bussièrés	Quebec Clty, QC	Club d'Athlétisme de l'Université Laval
Petal Palmer	U20 Women	Ryan Finn	Scarborough, ON	Blue Devils Athletics Club
Kevin Robertson	U20 Men	Brien Bell	Ottawa, ON	Ottawa Lions
Sadie Sigfstead	U20 Women	Phil Booth	Edmonton, AB	Edmonton Harriers
Mitchell Ubene	Senior Men	Kyle Boorsma	Tecumseh, ON	Speed River Track & Field Club
Keon Wallingford	U20 Men	Darren Jermyn	North Bay, ON	North Bay Legion Track Club
Natasha Wodak	Senior Women	Lynn Kanuka	North Vancouver, BC	Prairie Inn Harriers
Hannah Woodhouse	Senior Women	Kyle Boorsma	Clarksburg, ON	Speed River Track & Field Club
Abbey Yuhasz	U20 Women	Tom Fitzgerald	Waterloo, ON	Laurel Creek Track Club