

Hannah Rose Henry

Hannah was only 26 years old when her life was tragically taken. Her determination, discipline, and energy inspired everyone who knew her. She was an extraordinary athlete – a gifted triathlete who trained hard, raced with heart, and earned many awards and medals. Hannah was a two-time NCAA triathlon champion while attending Arizona State University on an athletic/academic scholarship. She also represented British Columbia and Canada at many national and international events, including the Pan American Games, at which she won a silver medal in the triathlon relay.

Her determination didn't stop on the racecourse. She brought that same focus and commitment to her studies, graduating with the highest honours. While attending ASU, Hannah earned a Bachelor of Science in business entrepreneurship and a Masters degree in global management with a focus on sustainability.

Hannah was proud to follow her passion and begin her career as a Project Manager in Sustainability with American Composites Manufacturers Association.

Hannah strived to do better, to try something new, and to push herself toward new goals. She lived with the spirit of someone always moving forward. Whatever she set her mind to, she pursued with dedication and courage.

At the time of her death, she was training for the Boston Marathon, embracing yet another challenge with the strength and determination that shaped the way she lived her life.

Hannah will be deeply missed by her loving parents Della and Sean and her two sisters, Holly and Heidi. She is also mourned by her many aunts, uncles, cousins, friends, teammates and colleagues.

We will remember her not for the tragedy that took her from

us, but for the remarkable life she lived – a life of courage, determination, and love.

She will always be part of us.

In lieu of flowers please consider donating to the GoFundMe in support of helping young women through a legacy scholarship.

<https://gofund.me/fab243e89>

A Celebration of Life will be held on Tuesday, March 17, 2026, in the Sequoia Centre at McCall Gardens, 4665 Falaise Drive, Victoria at 2:00pm.

Condolences may be offered to the family below.

McCall Gardens

www.mccallgardens.com

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