

**Eastern Ontario Cross Country Championship  
Heats for Required Event for Nov 15<sup>th</sup> 2020**

U16 Boys:

<i>First Name</i>	<i>Last Name</i>	<i>Gender</i>	<i>Class</i>	<i>Club</i>	<i>Club</i>	<i>Bib</i>	<i>Heat</i>
Andy	Giroux	M	U16	Brockville Legion Track Club	BLEG	263	1
Jase	Hodge	M	U16	Brockville Legion Track Club	BLEG	264	1
Alex	Mainse	M	U16	Brockville Legion Track Club	BLEG	265	1
Alex	Plant	M	U16	Brockville Legion Track Club	BLEG	267	1
Rowen	Barton	M	U16	Brockville Legion Track Club	BLEG	268	1
Gavin	Clarke	M	U16	Brockville Legion Track Club	BLEG	274	1
Wesley	Beckstead	M	U16	Brockville Legion Track Club	BLEG	259	2
Nicolas	Dardano	M	U16	Brockville Legion Track Club	BLEG	260	2
Joshua	Davis	M	U16	Brockville Legion Track Club	BLEG	261	2
Travis	Gaffney	M	U16	Brockville Legion Track Club	BLEG	262	2
Ayrton	Meier	M	U16	Brockville Legion Track Club	BLEG	266	2
Nolan	Legare	M	U16	Unattached Ontario	UNON	270	2
Andrew	Lupenette	M	U16	Quinte Frontenac Track Club	QFTC	271	2
Aidan	Boisvenue	M	U16	Beckwith Athletics Club	BEAC	272	2
Benjamin	Whinney	M	U16	Quinte Frontenac Track Club	QFTC	273	2
Adriano	Padoin-Castillo	M	U16	Ottawa Lions T.F.C.	OTTL	275	2
William	Sanders	M	U16	Ottawa Lions T.F.C.	OTTL	276	2

## U18 Boys

<i>First Name</i>	<i>Last Name</i>	<i>Gender</i>	<i>Class</i>	<i>Club</i>	<i>Club</i>	<i>Bib</i>	<i>Heat</i>
Russell	Niedre	M	U18	Ottawa Lions T.F.C.	OTTL	281	1
Sebastien	Church	M	U18	Ottawa Lions T.F.C.	OTTL	284	1
Andrew	Taylor	M	U18	Ottawa Lions T.F.C.	OTTL	285	1
Kyle	Porter	M	U18	Ottawa Lions T.F.C.	OTTL	287	1
Zachary	Sikka	M	U18	Ottawa Lions T.F.C.	OTTL	289	1
Toby	Welburn	M	U18	Ottawa Lions T.F.C.	OTTL	292	1
Jackson	Chisholm	M	U18	Brockville Legion Track Club	BLEG	277	2
Shan	Dhanoa	M	U18	Brockville Legion Track Club	BLEG	278	2
Nathan	Plant	M	U18	Brockville Legion Track Club	BLEG	279	2
Dylan	Popejoy	M	U18	Brockville Legion Track Club	BLEG	280	2
Sebastian	Cino	M	U18	Ottawa Lions T.F.C.	OTTL	282	2
Liam	Lemery	M	U18	Ottawa Lions T.F.C.	OTTL	283	2
Rudy	Saal	M	U18	Les Coureurs De Bois	LCDB	286	2
Phoenix	Bouma	M	U18	Ottawa Lions T.F.C.	OTTL	288	2
Jack	Link	M	U18	Ottawa Lions T.F.C.	OTTL	290	2
Keaton	McGrath	M	U18	Ottawa Lions T.F.C.	OTTL	291	2

## Masters (Mixed )

<i>FIRST NAME</i>	<i>LAST NAME</i>	<i>GENDER</i>	<i>CATEGORY</i>	<i>DATE OF BIR</i>	<i>TEAM NAME</i>	<i>TEAM CODE</i>	<i>EVENT</i>	<i>Bib Number</i>	<i>Heat</i>
Kimberley	Howitt	F	Master	1984	Ottawa Lions T.F.C.	OTTL	4km	951	1
Nathalie	Gauthier	F	Master	1964	Mile2Marathon	M2M	4km	952	1
Liz	Maguire	F	Master	1966	Ottawa Lions T.F.C.	OTTL	4km	953	1
Robert	Muir	M	Master	1968	Ottawa Lions T.F.C.	OTTL	4km	946	1
Gilles	Frenette	M	Master	1976	Ottawa Lions T.F.C.	OTTL	4km	947	1
Michael	Day	M	Master	1962	Ottawa Lions T.F.C.	OTTL	4km	948	1
Marc	Desjardins	M	Master	1965	Ottawa Lions T.F.C.	OTTL	4km	949	1
Jim	Fullarton	M	Master	1965	Mile2Marathon	M2M	4km	950	1

U20 Women

<i><b>First Name</b></i>	<i><b>Last Name</b></i>	<i><b>Gender</b></i>	<i><b>Class</b></i>	<i><b>Club</b></i>	<i><b>Club</b></i>	<i><b>Bib</b></i>	<i><b>Heat</b></i>
Kaleigh	Wallace	F	U18	Brockville Legion Track Club	BLEG	926	1
Rebecca	Greer	F	U18	Unattached Ontario	UNON	930	1
Caitlin	McMann	F	U18	Ottawa Lions T.F.C.	OTTL	931	1
Trinity	Young	F	U18	Brockville Legion Track Club	BLEG	932	1
Freya	Hurst	F	U18	Ottawa Lions T.F.C.	OTTL	933	1
Gillian	Porter	F	U18	Ottawa Lions T.F.C.	OTTL	936	1
Jessica	Yemen	F	U18	Les Coureurs De Bois	LCDB	939	1
Anna Sierra	Heffernan-Wilk	F	U18	Ottawa Lions T.F.C.	OTTL	940	1
Madeline	Nowlan	F	U18	Ottawa Lions T.F.C.	OTTL	941	1
Laura	Cross	F	U18	Ottawa Lions T.F.C.	OTTL	943	1
Kryisia	Gill	F	U18	Brockville Legion Track Club	BLEG	924	2
Tieghan	Wallace	F	U18	Brockville Legion Track Club	BLEG	925	2
Alyshia	Alkerton	F	U18	Unattached Ontario	UNON	927	2
Ivy	Bialowas	F	U18	Ottawa Lions T.F.C.	OTTL	928	2
Charlotte	Murchison	F	U18	Ottawa Lions T.F.C.	OTTL	929	2
Molly	Pert	F	U18	Unattached Ontario	UNON	934	2
Samantha	Csisztu	F	U18	Les Coureurs De Bois	LCDB	935	2
Emily	George	F	U18	Les Coureurs De Bois	LCDB	937	2
Maya	Lawson	F	U18	Ottawa Lions T.F.C.	OTTL	938	2
Cara	Macdonald	F	U18	Unattached Ontario	UNON	942	2
Hilary	Johnson	F	U18	Unattached Ontario	UNON	944	2