

2022 OUA CONFERENCE CROSS COUNTRY CHAMPIONSHIP

44th Edition for Women

[began 1978]

WOMEN'S 8K @ 12:00pm

Course Record: 28:03 by Brogan MacDougall, Queen's in 2018

Saturday October 29th

at Thames Valley Golf Course

hosted by Western University

BROCK BADGERS Head Coach: Kevin Moore Colors: Red/White/Blue	GUELPH GRYPHONS Head Coach: Terry Radchenko Colors: Red/Gold/Black	LAURENTIAN VOYAGEURS Head Coach: Darren Jermyn Colors: Blue & Gold	LAURIER GOLDEN HAWKS Head Coach: Ian Clancy Colors: Purple & Gold	McMASTER MARAUDERS Head Coach: Paula Schnurr Colors: Maroon & Grey	
13 Robyn Adamo 14 Ciepielewski Ania 15 Verbrugge Liberty 16 Cori Macsai 17 Lauren Macsai 18 Julie Mak 19 Adeline Steiger	20 Annika Ariano 21 Michelle Gray 22 Sandra Guga 23 Sadie-Jane Hickson 24 Emma Hubbard 25 Alex McDougall 26 Olivia Roussel 27 Nina Whitford 28 Hannah Woodhouse 29 Laura Yantha	31 Sarah Booth 32 Pascale Gendron 33 Meredith Kusnierczyk 34 Abbey Maillet 35 Angela Mozzon 36 Kristen Mrozewski 37 Sarah Thackeray 38 Ashley Valentini	39 Sabrina Arena 40 Hannah Badin 41 Nicole Beach 42 Kim Browne 43 Grace Channell 44 Abbey Davis 45 Elizabeth Drake 46 Piper Lafayette 47 Maya Robinson 48 Mary Tennant	49 Rosalyn Barrett 50 Emma Elliott 51 Hannah Goodjohn 52 Olivia MacAskill 53 Morgan McKeown 54 Ana Morariu 55 Sarah Nolan 56 Kayla Overholt 57 Kaitlyn Treleaven 58 Emma Waddington	
NIPISSING LAKERS Head Coach Graydon Raymer Colors: Blue/Green/White	OTTAWA GEE GEES Head Coach: Richard Johnston Colors: Garnet & Grey	QUEEN'S GAELS Head Coach: Mark Bomba Colors: Gold/Red/Blue	TORONTO METROPOLITAN BOLD Coaches: Devito & Gollish Colors: Blue & Gold	TORONTO VARSITY BLUES Head Coach: Jill Mallon Colors: Blue & White	
59 Brooke Ailey 60 Emily Drake 61 Sina Scholz 62 Jaime Schweyer	63 Noemie Beauregard 64 Taylor Brown 65 Emy Coupal 66 Kylee Fowler 67 Haley Griffin 68 Nina Gunther 69 Elana Tyman 70 Anna Zielinski	71 Madelyn Bullock 72 Tamara Goddard 73 Emma Graham 74 Olivia Hendrikx 75 Sarah Lacy 76 Ella Lane 77 Manon Plouvier 78 Gillian Porter 79 Fiona Shearing 80 Elizabeth Vroom	81 Sofia Beraldo 82 Holly Clemas 83 Victoria Hebert 84 Olivia James 85 Eadoin Keane 86 Tijana Panic 87 Darya Soufian 88 Brigitte Toljagic 89 Jessica Ward	90 E.J Boston 91 Joud Dabous 92 Christina Esposito 93 Madeleine Larson 94 Sophie Levasseur 95 Sarah Luedke 96 Samantha Macdonald 97 Audrey Roy-Beausoleil 98 Katherine Vuckovic 99 Sarah White	
WATERLOO WARRIORS Coaches: Spalvieri & Ullman Colors: Black & Gold	WESTERN MUSTANGS Head Coach: Guy Schultz Colors: Purple & White	WINDSOR LANCERS Head Coach: Jordan Collison Colors: Blue & Gold	Individuals: 11 Avery Cooper Algoma 12 Faith Holmes Algoma 30 Katherine Lucas Lakehead 100 Isabelle Honegger Trent 265 Brittany Welsh Trent 130 Laura Peters York 131 Jennifer Ward York		
101 Hillary Clark 102 Katherine Granstrom 103 Claudia Heeney 104 Sarah Ieropoli 105 Megan Richer 106 Nicole Schindler 107 Ella Symon 108 Natalie Tsang 109 Claire Vernon-Pope	110 Kira Allen 111 Paige Breedon 112 Kaitlyn Brydon 113 Anna Carruthers 114 Chloe Coutts 115 Sophie Coutts 116 Kate Denomme 117 Erika Jordan 118 Hallee Knelsen 119 Heidi Ohrling	120 Sylvia Dean 121 Kaitlyn Handy 122 Nicole LaRue 123 Meg Mooney 124 Joelle Olla 125 Lauren Perkins 126 Samara Quanz 127 Chloe Walker 128 Natalie Whitten 129 Camryn Williams			
CURRENT NATIONAL RANKINGS - WOMEN		MEDAL COUNT: 43yr history of Women's OUA Championship [first in 1978]			
# 1 Laval Rouge et Or # 2 Guelph Gryphons # 3 U.B.C. Thunderbirds # 4 Western Mustangs # 5 McMaster Marauders # 6 Saskatchewan Huskies # 7 Queen's Gaels # 8 U.B.C. - Okanagan # 8 SFX X-Women # 10 Alberta Pandas	Rank TEAM TOTAL Gold Silver Bronze Last Medal	1. WESTERN 34 medals 11 14 9 2021 Silver 2. GUELPH 29 medals 17 6 5 2021 Gold 3. QUEEN'S 26 medals 7 8 11 2019 Gold 4. TORONTO 21 medals 6 9 6 2019 Bronze 5. McMASTER 9 medals 0 4 5 2021 Bronze 6. WATERLOO 5 medals 1 1 3 1996 Gold 7. WINDSOR 3 medals 0 1 2 2007 Bronze 8.tie YORK 1 medal 0 0 1 1995 Bronze 8.tie CARLETON 1 medal 0 0 1 1978 Bronze	**2020 Championship cancelled		

Meet Producer: Guy Schultz / Meet Director: Bob Vigars / Event Manager: Scott MacDonald / Co-Convenors: Beth Emery & Jackson Kingshott

2022 OUA CONFERENCE CROSS COUNTRY CHAMPIONSHIP

107th Edition for Men

[began 1912]

MEN'S 8K @ 1:00pm

Course Record 24:30 by Jeremy Coughler, LWTCF in 2022

Saturday October 29th

at Thames Valley Golf Course

hosted by Western University

<p>BROCK BADGERS Head Coach: Kevin Moore Colors: Red/White/Blue</p> <p>135 Jacob Bray 136 John Breeson 137 Riley Coles 138 Joseph Dick 139 Davis Fowler 140 Isaac Iannarelli 141 Christian Ligtenberg 142 Nick Reimer</p>	<p>GUELPH GRYPHONS Head Coach: Terry Radchenko Colors: Red/Gold/Black</p> <p>143 Nicholas Bannon 144 Max Davies 145 Dylan Ferri 146 Gavin Hughes 147 Jack Lehto 148 Brock McKenzie 149 Gaetano Pocchi 150 Alec Purnell 151 Christian Rachner 152 Adam Schmidt</p>	<p>LAKEHEAD THUNDERWOLVES Head Coach: Joe McDonough Colors: Royal Blue & Gold</p> <p>153 Leif Buxton 154 Jett Dobson 155 Andrew Lehman 156 Nicholas Lightwood 157 Connor MacIntosh 158 William McDonough 159 Aiden Webster</p>	<p>LAURENTIAN VOYAGEURS Head Coach: Darren Jermyn Colors: Blue & Gold</p> <p>160 Travis Annett 161 Cameron Date 162 Seamus Doherty 163 Cameron Heinz 164 Nick Lambert 165 Patrick Leroux 166 Keegan Lockley 167 Brandon Radey 168 Kevin Yuan</p>	<p>LAURIER GOLDEN HAWKS Head Coach: Ian Clancy Colors: Purple & Gold</p> <p>169 Luke Aikman 170 Joel Duff 171 Jordan Frieberg 172 Eric Hill 173 Rahil Kachalia 174 Jack Langille 175 Morley Roden 176 Davis Rutledge 177 Braydon Trowbridge 178 Ian Young</p>																																																																																				
<p>McMASTER MARAUDERS Head Coach: Paula Schnurr Colors: Maroon & Grey</p> <p>179 Dylan Alick 180 Andrew Davies 181 Alex Drover 182 Giancarlo Farruggia 183 Chris Hoftzyer 184 Connor Lashley 185 David Marchant 186 Sam Nusselder 187 Max Turek 188 Tynan Webb</p>	<p>NIPISSING LAKERS Head Coach: Graydon Raymer Colors: Blue/Green/White</p> <p>189 Ethan Aarts 190 Samuel Bennett 191 Noah Cornish 192 Oliver Czerny-Holownia 193 George Legler 194 Noah Sullivan</p>	<p>OTTAWA GEE GEES Head Coach: Richard Johnston Colors: Garnet & Grey</p> <p>195 Nicolas Abanto Enns 196 Andre Alie-Lamarche 197 Max Benda 198 Adrian Fournier 199 Nathan Meraw 200 Fred Parent 201 Nicholas Roberts 202 Jackson Roy 203 Zach Sikka</p>	<p>QUEEN'S GAELS Head Coach: Mark Bomba Colors: Gold/Red/Blue</p> <p>204 Miles Brackenbury 205 Dan Coolican 206 Tristan Gazaille 207 Jackson Hayes 208 Tanner Hueglin 209 Mitchell Kirby 210 Roman Mironov 211 Ben Miske 212 Jude Wheeler-Dee</p>	<p>TORONTO METROPOLITAN BOLD Coaches: Devito & Gollish Colors: Blue & Gold</p> <p>213 Christian Barida 214 Jack Heintz 215 Sam Mamelli 216 Cullen Ritchie</p>																																																																																				
<p>TORONTO VARSITY BLUES Head Coach: Jill Mallon Colors: Blue & White</p> <p>217 Nathaniel Abell 218 Nima Ashtari 219 Shan Dhanoa 220 Jack Djondric-Powell 221 Anton Mlynczyk 222 Owen Moloney 223 Paul Nunez 224 Adam Pralat 225 Brandon Raftis 226 Ben Shore</p>	<p>WATERLOO WARRIORS Coaches: Spalvieri & Ullman Colors: Black & Gold</p> <p>230 Emil Bjornlinger 231 Massimo Calcagno 232 Cameron Dean 233 Patrick Dean 234 Treshan Fernando 235 Emrys Halbertsma 236 Adam Huras 237 Jonathan Lysack 238 Alexander Stratmoen</p>	<p>WESTERN MUSTANGS Head Coach: Guy Schultz Colors: Purple & White</p> <p>239 JT Boston 240 Mitch De Lange 241 Ben Fox 242 Eric Klassen 243 Kyle Koyanagi 244 Ethan Loucks 245 Erik Ohrling 246 Mark Royce 247 Marcel Scheele 248 Keithan Sivapragasam</p>	<p>WINDSOR LANCERS Head Coach: Jordan Collison Colors: Blue & Gold</p> <p>249 Cameron Cira 250 Brayden DeGrace 251 Ethan Graves 252 Adam Kliensmith 253 Luke Mawhinney 254 Paul Popescu 255 Jonathan Rioux 256 Zach Staffell 257 Andrew Taylor 258 Noah Waldmann</p>	<p>YORK LIONS Head Coach: Kevin Montgomery Colors: Red & White</p> <p>259 Abdullahi Abdullahi 260 Christopher Basso 261 Nicholas Campese 262 Brandon Cidade 263 Ethan D'Cruz 264 Chase Kuchera</p>																																																																																				
<p>Individuals:</p> <p>132 Jordan Bryant Algoma 133 Mark Jobst Algoma 134 Gabe Martynuck Algoma 227 Payton Kettle Trent 228 Carter Myles Trent 229 Keegan Sayles Trent</p>		<p>MEDAL COUNT Last 51yrs Men's OUA Championship [1970-2021]</p> <table border="1"> <thead> <tr> <th>Rank</th> <th>TEAM</th> <th>TOTAL</th> <th>Gold</th> <th>Silver</th> <th>Bronze</th> <th>Last Medal</th> </tr> </thead> <tbody> <tr> <td>1.</td> <td>WESTERN</td> <td>29 medals</td> <td>6</td> <td>12</td> <td>11</td> <td>2021 Bronze</td> </tr> <tr> <td>2.</td> <td>GUELPH</td> <td>27 medals</td> <td>18</td> <td>4</td> <td>5</td> <td>2021 Gold</td> </tr> <tr> <td>3.</td> <td>QUEEN'S</td> <td>25 medals</td> <td>5</td> <td>5</td> <td>15</td> <td>2019 Bronze</td> </tr> <tr> <td>4.tie</td> <td>TORONTO</td> <td>23 medals</td> <td>11</td> <td>6</td> <td>6</td> <td>2006 Silver</td> </tr> <tr> <td>4.tie</td> <td>WINDSOR</td> <td>23 medals</td> <td>7</td> <td>15</td> <td>1</td> <td>2016 Silver</td> </tr> <tr> <td>6.</td> <td>WATERLOO</td> <td>9 medals</td> <td>0</td> <td>1</td> <td>8</td> <td>2004 Bronze</td> </tr> <tr> <td>7.</td> <td>McMASTER</td> <td>8 medal</td> <td>1</td> <td>5</td> <td>2</td> <td>2021 Silver</td> </tr> <tr> <td>8.</td> <td>OTTAWA</td> <td>4 medals</td> <td>3</td> <td>1</td> <td>0</td> <td>1990 Gold</td> </tr> <tr> <td>9.</td> <td>YORK</td> <td>3 medals</td> <td>0</td> <td>1</td> <td>2</td> <td>1996 Bronze</td> </tr> <tr> <td>10.tie</td> <td>LAURENTIAN</td> <td>1 medal</td> <td>0</td> <td>1</td> <td>0</td> <td>1981 Silver</td> </tr> <tr> <td>10.tie</td> <td>BROCK</td> <td>1 medal</td> <td>0</td> <td>0</td> <td>1</td> <td>1974 Bronze</td> </tr> </tbody> </table> <p>**2020 Championship cancelled</p>			Rank	TEAM	TOTAL	Gold	Silver	Bronze	Last Medal	1.	WESTERN	29 medals	6	12	11	2021 Bronze	2.	GUELPH	27 medals	18	4	5	2021 Gold	3.	QUEEN'S	25 medals	5	5	15	2019 Bronze	4.tie	TORONTO	23 medals	11	6	6	2006 Silver	4.tie	WINDSOR	23 medals	7	15	1	2016 Silver	6.	WATERLOO	9 medals	0	1	8	2004 Bronze	7.	McMASTER	8 medal	1	5	2	2021 Silver	8.	OTTAWA	4 medals	3	1	0	1990 Gold	9.	YORK	3 medals	0	1	2	1996 Bronze	10.tie	LAURENTIAN	1 medal	0	1	0	1981 Silver	10.tie	BROCK	1 medal	0	0	1	1974 Bronze
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<p>CURRENT NATIONAL RANKINGS - MEN</p> <p># 1 McMaster Marauders # 2 Laval Rouge et Or # 3 Guelph Gryphons # 4 Western Mustangs # 5 U.B.C. Thunderbirds # 6 Queen's Gaels # 7 Dalhousie Tigers # 8 Alberta Golden Bears # 9 McGill Redbirds # 10 SFX X-Men</p>																																																																																								