

Event 1 Girls 4040 Meter Run CC Midget

Name	Year School	Finals	Points
1 MacDonald, Cara	Glebe Collegiate	15:11.99	1
2 Hageltorn, Karina	Esc Paul-Des	15:27.14	2
3 May, Zoe	Immaculata	15:41.68	3
4 Porter, Gillian	Franco-Cite	15:44.55	4
5 Honegger, Isabel	AY Jackson	15:44.90	5
6 Saravanamuttoo, Paige	Colonel By	15:51.52	6
7 Murchison, Charlotte	Mother Teres	15:51.80	7
8 Ivay, Rachel	John McCrae	16:01.93	8
9 Bradley, Cassidy	Longfields D	16:21.02	9
10 Munro, Grace	West Carleto	16:39.30	10
11 Brennan, Emily	Sacred Heart	16:42.49	11
12 Carnegie, Hannah	Nepean H.S.	17:00.34	12
13 Klotz, Saffron	Elmwood School	17:01.87	13
14 Black, Rebecca	Glebe Collegiate	17:03.58	14
15 McQuinn, Cora	John McCrae	17:04.46	15
16 Cross, Laura	Merivale HS	17:04.81	16
17 Djerbib, Tinah	Esc Paul-Des	17:05.28	17
18 Milne, Alison	John McCrae	17:05.62	18
19 Vroom, Elizabeth	Sir Wilfrid	17:05.92	19
20 O'Ray, Maeve	Esc Paul-Des	17:07.40	20
21 McCulligh, Helen	West Carleto	17:08.05	21
22 Duffley, Laura	Immaculata	17:08.93	22
23 Ginther, Anna	Colonel By	17:15.11	23
24 Leblanc, Julia	Immaculata	17:20.81	24
25 Stetcher, Rebecca	West Carleto	17:23.98	25
26 Tinmouth, Amalia	Colonel By	17:27.40	26
27 MacGregor, Grace	Mother Teres	17:36.71	27
28 Vermaire, Rachel	Cairine Wilson	17:38.52	28
29 Hurst, Freya	Glebe Collegiate	17:44.28	29

30	Nowlan, Maddy	Glebe Collegiate	17:47.93	30
31	Turmelle, Alexandra	Beatrice-Desloges	17:49.02	31
32	West, Margot	Nepean H.S.	17:52.90	32
33	Gryczon, Brianna	Lester B Pearson	17:56.24	33
34	Steele, Anika	Glebe Collegiate	18:04.17	34
35	Godin, Elyse	Esc Paul-Des	18:09.14	35
36	Armstrong, Rowan	Hillcrest	18:11.05	36
37	Betty, Maria	Lisgar C.I.	18:11.46	37
38	Ferry-Reid, Claire	St. Joseph C	18:19.34	38
39	Ocica, Dariana	Colonel By	18:20.52	39
40	Shepertycki, Halyna	All Saints - Ottawa	18:21.15	40
41	Fader, Grace	Glebe Collegiate	18:26.52	41
42	Crooks, Molly	All Saints - Ottawa	18:28.83	42
43	Richardson, Riley	Nepean H.S.	18:31.46	43
44	Moncrieffe, Riley	All Saints - Ottawa	18:37.68	44
45	Adams, Maya	South Carlet	18:38.18	45
46	Sharp, Samantha	Colonel By	18:51.49	46
47	White, Sienna	Nepean H.S.	19:00.68	47
48	Crumley, Brigit	Franco-Ouest	19:07.61	48
49	Cormier, Léa	Beatrice-Desloges	19:10.18	49
50	Savoie, Ava	St. Joseph C	19:20.84	50
51	Hatfield, Alex	St. Mark	19:21.58	51
52	Gervais, Lauren	Pierre Savard	19:26.99	52
53	Quinn, Ainsley	St. Mark	19:27.50	53
54	Furlong, Olivia	Sir Wilfrid	19:34.55	54
55	Pears, Victoria	St. Francis	19:35.64	55
56	Breton, Emma	Canterbury	19:37.40	56
57	Zannese, Larissa	All Saints - Ottawa	19:38.52	57
58	Raistrick, Emma	Pierre Savard	19:39.34	58
59	Holman, Naya	John McCrae	19:44.17	59
60	MacDonald, Morgan	St. Peter H.S.	19:44.65	60
61	Orbay, Emily	Immaculata	19:44.93	61
62	Moloo, Sophia	Elmwood School	19:59.46	62
63	Shone, Rachel	John McCrae	20:01.65	63

64 Nygaard, Daniela	St. Joseph C	20:06.02	64
65 Cotter, Tori	John McCrae	20:06.99	65
66 Element, Caroline	West Carleto	20:10.27	66
67 Quinn, Paige	St. Mark	20:13.58	67
68 Parkinson, Avery	Elmwood School	20:15.93	68
69 Drummond, Emily	Nepean H.S.	20:18.71	69
70 Harb, Sophie	Lycee Claudel	20:19.81	70
71 Roy, Emma	Esc Paul-Des	20:20.59	71
72 Singh, Rhianna	Canterbury	20:25.30	72
73 Sambles, Anna	Earl of Marc	20:36.74	73
74 Quirion, Audrey	Ashbury College	20:38.84	74
75 Clark, Grace	Gloucester	20:45.14	75
76 Goel, Anika	É.S.P.Omer-D	20:49.62	76
77 Wolfe, Ma'ayn	Woodroffe H.	20:51.11	77
78 Gregoire, Melanie	Gloucester	20:54.52	78
79 Grant, Elyssa	AY Jackson	21:02.61	79
80 Caparino, Laura	St. Pius X C.H.S.	21:02.96	80
81 Kurbel, Mikayla	St. Peter H.S.	21:15.62	81
82 Ross, Sarah	Gloucester	21:22.74	82
83 Brown, Rebecca	All Saints - Ottawa	21:25.62	83
84 Cook, Chloe	Gloucester	21:29.81	84
85 Coady, Olivia	All Saints - Ottawa	21:39.72	85
86 Layton, Madelaine	Ashbury College	21:55.52	86
87 Tshiabu, Thérèse	Beatrice-Desloges	21:55.84	87
88 Adams, Mia	St. Peter H.S.	22:01.34	88
89 Corry, Vanessa	Samuel-Genest	22:06.84	89
90 Puddu, Ariane	Samuel-Genest	22:07.26	90
91 Stanley, Madelyn	É.S.P.Omer-D	22:07.65	91
92 Bourré, Sophie-Chanel	Samuel-Genest	22:35.81	92
93 Abdi, Hodan	Ottawa Tech	23:03.37	93
94 Tremblais Lessard, Anne-	Lycee Claudel	23:44.37	94
95 Batchelor, Celia	John McCrae	23:58.96	95
96 Dejager, Annika	St. Pius X C.H.S.	24:31.24	96
97 McConkey-Kerr, Stella	Merivale HS	25:49.22	97

98 Nabih, Yasmeen	Ridgemont HS	25:49.85	98
99 Ramirez, Victoria	Ashbury College	26:14.59	99
100 Fujikawa, Ayaka	Ashbury College	26:21.18	100
101 MacKenzie, Olivia	Holy Trinity	32:46.14	101

Team Scores

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Rank Team          Total  1  2  3  4  *5  *6  *7  *8  *9
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1 Glebe Collegiate      74  1 14 29 30 34 41
  Total Time: 1:07:47.78
  Average: 16:56.95
2 Esc Paul-Desmarais - Stit 74  2 17 20 35 71
  Total Time: 1:07:48.96
  Average: 16:57.24
3 Colonel By Secondary Scho 94  6 23 26 39 46
  Total Time: 1:08:54.55
  Average: 17:13.64
4 John McCrae SS - Ottawa 100  8 15 18 59 63 65 95
  Total Time: 1:09:56.18
  Average: 17:29.05
5 Immaculata           110  3 22 24 61
  Total Time: 1:09:56.35
  Average: 17:29.09
6 West Carleton - Dunrobin 122 10 21 25 66
  Total Time: 1:11:21.60
  Average: 17:50.40
7 Nepean H.S. - Ottawa   134 12 32 43 47 69
  Total Time: 1:12:25.38
  Average: 18:06.35
8 All Saints - Ottawa    183 40 42 44 57 83 85
  Total Time: 1:15:06.18
  Average: 18:46.55
9 Gloucester            319 75 78 82 84

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Total Time: 1:24:32.21

Average: 21:08.06

10 Ashbury College 359 74 86 99 100

Total Time: 1:35:10.13

Average: 23:47.54

Event 3 Girls 4780 Meter Run CC Junior

Name	Year School	Finals	Points
1 Bialowas, Ivy	Glebe Collegiate	18:30.02	1
2 Heffernan-Wilker, Anna S	Glebe Collegiate	18:43.30	2
3 Gardiner, Zoe	Glebe Collegiate	18:48.98	3
4 Lawson, Maya	Nepean H.S.	19:12.02	4
5 Wojtyk, Amelia	Lisgar C.I.	19:18.21	5
6 Spencer, Elle	South Carlet	19:21.46	6
7 Gruson, Karina	Nepean H.S.	19:23.08	7
8 Stevens, Isabelle	Ashbury College	19:25.46	8
9 Semeniuk, Katya	St. Pius X C.H.S.	19:28.68	9
10 Dasilva, Kayla	Mother Teres	19:31.64	10
11 Brousseau, Abby	Nepean H.S.	19:45.42	11
12 Tyman, Elana	Mother Teres	19:52.89	12
13 Lamontagne, Anna	Garneau	20:00.46	13
14 Smith, Leona	Nepean H.S.	20:24.05	14
15 Stewart, Teagan	Glebe Collegiate	20:41.43	15
16 Pert, Molly	St. Mark	21:01.68	16
17 Jarvis, Emma	Glebe Collegiate	21:05.21	17
18 Whitewolf, Trillium	Nepean H.S.	21:13.55	18
19 Ngo, Isabelle	Longfields D	21:17.78	19
20 Wood, Ella	Glebe Collegiate	21:23.96	20
21 Young, Jordyn	Sacred Heart	21:36.68	21
22 Hanson-Wright, Tara	Lisgar C.I.	21:52.24	22
23 Thomas, Lilli	Glebe Collegiate	21:57.81	23
24 Hughson, Holly	Canterbury	22:19.52	24

25	Thompson, Amy	Gloucester	22:36.02	25
26	Eaton, Abby	St. Peter H.S.	22:36.48	26
27	Hawken, Emma	Merivale HS	22:43.64	27
28	Aubé, Kyra	Esc Paul-Des	22:46.87	28
29	Kou, Isabel	Colonel By	22:47.99	29
30	Martinko, Allison	Holy Trinity	22:52.24	30
31	Moore, Bridget	Glebe Collegiate	22:57.58	
32	Carr, Makyla	Ashbury College	23:00.02	31
33	Courteau, Vienna	St. Peter H.S.	23:08.74	32
34	Van Noort, Emily	Mother Teres	23:10.43	33
35	Charness, Grace	Elmwood School	23:10.80	34
36	Barbeau-O'Connor, Sophie	Elmwood School	23:16.34	35
37	Primiani, Alicia	Cairine Wilson	23:18.14	36
38	Pagé, Mia	Esc Paul-Des	23:18.55	37
39	Guy, Laura	Ashbury College	23:27.96	38
40	Hume, Catherine	Nepean H.S.	23:36.34	39
41	Pesovento-Harvey, Julia	Esc Paul-Des	23:38.43	40
42	Veurtjes, Sydney	Longfields D	23:38.78	41
43	Renaud, Sophie	Garneau	23:46.96	42
44	McCloskey, Eibhilin	Redeemer Chr	23:47.28	43
45	MacGillivray, Kayla	St. Joseph C	23:54.58	44
46	Hogan, Georgia	St. Mark	23:55.21	45
47	Lariviere, Ava	Sacred Heart	23:55.52	46
48	Eljaji, Alisha	West Carleto	23:55.90	47
49	Desormeaux, Nadia	St. Peter H.S.	23:57.33	48
50	Skovgaard, Matilda	Ashbury College	23:57.99	49
51	Pomerant, Ashleigh	Longfields D	24:03.49	50
52	Armstrong, Sara	Longfields D	24:16.49	51
53	McKay, Tenley	Nepean H.S.	24:18.90	52
54	Pan, Hannah	Colonel By	24:26.01	53
55	Chen, Angela	Earl of Marc	24:32.62	54
56	Solomon, Maizie	Elmwood School	24:34.18	55
57	Audet, Adèle	Beatrice-Desloges	24:38.27	56
58	Ilie, Ioana	Colonel By	24:40.33	57

59 Patriarche, Catherine	Colonel By	24:42.11	58
60 Flanders, Kaitlyn	South Carlet	24:44.61	59
61 Seeley, Arianna	Longfields D	24:49.84	60
62 Marchand, Lizzie	Gloucester	24:56.64	61
63 Smart, Nicole	South Carlet	25:24.83	62
64 Davis, Ashley	St. Peter H.S.	25:34.09	63
65 Bezanson, Serena	South Carlet	25:42.46	64
66 Farrell, Caitlin	St. Pius X C.H.S.	25:51.14	65
67 Witt, Laura	West Carleto	25:52.33	66
68 Peters, Ava	St. Joseph C	26:27.67	67
69 Song, Callie	Earl of Marc	26:35.11	68
70 Ndoping, Shauna	St. Peter H.S.	26:52.30	69
71 Rooney, Hannah	Immaculata	27:06.90	70
72 Mack, Avery	Immaculata	27:07.52	71
73 Fyfe, Maggie	Elmwood School	27:13.52	72
74 Wardle, Caitlin	Longfields D	28:46.30	73
75 Barrette, Laurence	Garneau	28:57.96	74
76 Mouaki, Yasmin	John McCrae	30:55.78	75
77 Myre, Morgan	Mother Teres	30:58.68	76
78 Yeung, Jessica	Longfields D	32:08.81	77
79 Leclair, Danica	Earl of Marc	33:50.03	78
80 Follows, Sydney	Longfields D	34:07.65	
81 Aka, Sakura	Lester B Pearson	34:48.09	79

Team Scores

Rank	Team	Total	1	2	3	4	*5	*6	*7	*8	*9
1	Glebe Collegiate	21	1	2	3	15	17	20	23		
	Total Time:	1:16:43.73									
	Average:	19:10.94									
2	Nepean H.S. - Ottawa	36	4	7	11	14	18	39	52		
	Total Time:	1:18:44.57									
	Average:	19:41.15									

3 Ashbury College 126 8 31 38 49
 Total Time: 1:29:51.43
 Average: 22:27.86

4 Mother Teresa H.S. - Otta 131 10 12 33 76
 Total Time: 1:33:33.64
 Average: 23:23.41

5 Longfields Davidson Heigh 161 19 41 50 51 60 73 77
 Total Time: 1:33:16.54
 Average: 23:19.14

6 St. Peter H.S. 169 26 32 48 63 69
 Total Time: 1:35:16.64
 Average: 23:49.16

7 South Carleton - Ottawa 191 6 59 62 64
 Total Time: 1:35:13.36
 Average: 23:48.34

8 Elmwood School 196 34 35 55 72
 Total Time: 1:38:14.84
 Average: 24:33.71

9 Colonel By Secondary Scho 197 29 53 57 58
 Total Time: 1:36:36.44
 Average: 24:09.11

Event 5 Girls 6040 Meter Run CC Senior

Name	Year School	Finals	Points
1 Barrett, Rosalyn	Glebe Collegiate	22:45.49	1
2 Betty, Emma	Lisgar C.I.	23:04.74	2
3 Pellerin, Skye	St. Francis	23:20.71	3
4 Newlove, Katie	St. Peter H.S.	23:22.40	4
5 Macaskill, Olivia	Earl of Marc	23:42.62	5
6 Roy, Megan	Louis-Riel	24:14.21	6
7 Shapansky, Teagan	Glebe Collegiate	24:17.11	7

8 Lyons, Jasmine	Glebe Collegiate	24:35.08	8
9 Shields, Hollyann	All Saints - Ottawa	24:42.43	9
10 Hageltorn, Emilie	Esc Paul-Des	24:46.02	10
11 Veldkamp, Grace	AY Jackson	24:51.08	11
12 Bolduc, Véronique	Beatrice-Desloges	24:57.21	12
13 Reid, Lauren	All Saints - Ottawa	24:57.55	13
14 Thebaud, Audrey	Canterbury	25:05.18	14
15 Macintosh, Sarah	Glebe Collegiate	25:24.49	15
16 Moore, Sarah	Glebe Collegiate	25:29.87	16
17 Grace, Rhea	Lisgar C.I.	25:48.62	17
18 Smith, Isabel	Lisgar C.I.	25:55.64	18
19 Johnson, Erika	Colonel By	25:59.52	19
20 Pegrum, Katrina	Sir Robert B	26:08.11	20
21 Finch, Abi	All Saints - Ottawa	26:19.65	21
22 Moore, Julia	St. Joseph C	26:20.05	22
23 Kelly, Emma	St. Joseph C	26:34.81	23
24 Kitchen, Mackenzie	Glebe Collegiate	26:43.58	24
25 McKenzie, Chloe	Lisgar C.I.	27:08.52	25
26 Sikka, Sabrina	St. Paul Sec	27:33.96	26
27 Bevington, Emily	Longfields D	27:36.84	27
28 Norman, Mary Kate	Merivale HS	27:37.34	28
29 George, Neha	Colonel By	27:41.96	29
30 Jarvis, Jeany	AY Jackson	27:52.55	30
31 Lu Langley, Vanessa	Lycee Claudel	27:54.08	31
32 Vignuzzi, Isabella	Pierre Savard	27:54.74	32
33 Ethier, Megan	Sir Robert B	27:56.30	33
34 Loiselle, Melanie	All Saints - Ottawa	27:58.74	34
35 Forler, Georgia	Hillcrest	28:06.78	35
36 Thompson, Jada	West Carleto	28:12.80	36
37 Lecox, Tia	John McCrae	28:17.71	37
38 Weider, Sophie	Ashbury College	28:25.27	38
39 Burger, Sophie-Anne	Glebe Collegiate	28:26.55	39
40 Lovatt, Catherine	Earl of Marc	28:30.99	40
41 Houle, Catherine	Beatrice-Desloges	28:38.65	41

42	Gauthier, Sara	Garneau	28:39.05	42
43	Touliopoulos, Evangelea	Sir Robert B	28:48.84	43
44	Doyle, Jenna	Sir Robert B	29:01.81	44
45	Hallen, Frances	Colonel By	29:02.12	45
46	Borrens, Jayne	Glebe Collegiate	29:02.52	
47	Ferguson, Lia	Lisgar C.I.	29:09.99	46
48	Zhou, Emily	Canterbury	29:12.37	47
49	Kebedom, Hanna	Longfields D	29:16.65	48
50	Aubrey, Hilary	Canterbury	29:23.14	49
51	Lamprecht, Carmen	All Saints - Ottawa	29:27.24	50
52	Ng, Natara	Lisgar C.I.	29:28.21	51
53	Tynski, Laurene	All Saints - Ottawa	29:30.04	52
54	Walker, Avery	Immaculata	29:39.80	53
55	Parker, Grace	St. Joseph C	29:59.46	54
56	Wong, Emily	All Saints - Ottawa	30:10.68	55
57	Deng, Mirella	Ashbury College	30:11.78	56
58	Zhu, Lynn	Lisgar C.I.	30:14.71	57
59	McInerney, Erin	Hillcrest	30:15.71	58
60	Hubbert, Gwen	Merivale HS	30:16.08	59
61	Scott, Emma	Longfields D	30:16.81	60
62	Luo, Jacintha	Earl of Marc	30:17.27	61
63	Fox, Katelyn	All Saints - Ottawa	30:22.39	
64	Johnson, Sarah	All Saints - Ottawa	30:33.74	
65	Widdis, Ella	Hillcrest	30:34.68	62
66	Harris, Laura	St. Joseph C	30:35.84	63
67	Robidoux, Sarah	Sir Wilfrid	30:43.11	64
68	Buhrmann, Elise	Redeemer Chr	30:47.39	65
69	Schneiderman, Rebekah	Canterbury	30:49.09	66
70	Xu, Helen	Earl of Marc	30:53.11	67
71	Nussbaum, Maya	Lisgar C.I.	31:09.46	
72	Létourneau, Mackenzie	Garneau	31:10.37	68
73	Mohamed, Naila	Cairine Wilson	31:12.37	69
74	Caldwell, Christina	Sir Robert B	31:18.48	70
75	Sallam, Aliya	Lisgar C.I.	31:20.55	

76 Innes, Celia	All Saints - Ottawa	31:26.08	
77 Christow-Filleur, Sophia	Lycee Claudel	31:28.78	71
78 Poole, Lauren	Sir Robert B	31:30.46	72
79 Campuzano, Aliyah	Canterbury	31:41.34	73
80 Raymond, Mackenzie	Cairine Wilson	31:43.11	74
81 Purdie, Melissa	Esc Paul-Des	31:45.37	75
82 Rab, Sarah	Colonel By	31:47.58	76
83 Goudie, Faith	Cairine Wilson	32:11.12	77
84 Fujikawa, Ayaka	Ashbury College	32:11.45	78
85 Harb, Carina	Lycee Claudel	32:15.37	79
86 Avramescu, Andrea	All Saints - Ottawa	32:16.20	
87 Chen, Angela	Colonel By	32:17.93	80
88 Koch, Caroline	St. Peter H.S.	32:34.30	81
89 Petit, Carla	All Saints - Ottawa	32:36.74	
90 Yu, Michaela	Sir Wilfrid	32:38.93	82
91 McCloskey, Mary	Redeemer Chr	32:48.21	83
92 Amir, Roone	Hillcrest	32:49.34	84
93 Gagnon, Florence	Garneau	32:50.98	85
94 Stead, Ruth	Hillcrest	32:54.11	86
95 Toscano, Chiara	Pierre Savard	32:56.58	87
96 Bradley, Valerie	All Saints - Ottawa	33:01.84	
97 Parker, Marylou	Notre Dame H	33:06.49	88
98 McMinn, Lisa	Earl of Marc	33:11.65	89
99 Wimmi, Sarah	Bell H.S - Ottawa	33:16.11	90
100 Effenberger, Kaitlyn	Samuel-Genest	33:17.87	91
101 Mulualem, Natty	Mother Teres	33:24.87	92
102 Aboukarr, Rayah	West Carleto	33:39.71	93
103 Hollmann, Ellie	Garneau	33:48.21	94
104 Gajraj, Julianna	Redeemer Chr	33:48.99	95
105 Craig, Samantha	Cairine Wilson	33:53.02	96
106 Lister, Emma	All Saints - Ottawa	33:55.23	
107 Soliman, Joy	All Saints - Ottawa	34:00.64	
108 Holub, Mikeala	Beatrice-Desloges	34:34.90	97
109 Bach, Logan	Cairine Wilson	34:57.43	98

110	Wilson, Nadia	St. Mark	35:32.84	99
111	Bouffard, Nadia	John McCrae	35:42.27	100
112	Fox, Victoria	All Saints - Ottawa	36:14.27	
113	Brown, Christina	All Saints - Ottawa	36:15.33	
114	Isiuwe, Nonye	All Saints - Ottawa	36:18.27	
115	O'Reilly-Patton, Anya	Earl of Marc	36:19.11	101
116	Sam Chee, Sharini	Earl of Marc	36:20.87	102
117	Pawlikowski, Jasmine	All Saints - Ottawa	36:35.05	
118	Neyens, Mariana	Woodroffe H.	36:59.14	103
119	Halmai-Cooper, Akira	Lisgar C.I.	37:02.37	
120	Shetler, Avery	All Saints - Ottawa	37:51.40	
121	Burke-Pellizzari, Kather	All Saints - Ottawa	37:51.78	
122	Watt, Heather	All Saints - Ottawa	37:52.68	
123	Nygaard, Gabriela	St. Joseph C	38:07.14	104
124	Rehman, Olivia	Sacred Heart	39:20.55	105
125	Sabino, Jessica	Mother Teres	39:22.11	106
126	Salameh, Lianne	Mother Teres	39:22.78	107
127	Clare, Morleigh	Mother Teres	39:23.62	108
128	Frackleton, Leah	Pierre Savard	39:56.46	109
129	Lafleur, Angéline	Garneau	41:21.65	110
130	Ragheb, Melissia	St. Peter H.S.	41:32.99	111
131	Kuony, Nyamay	Notre Dame H	42:02.34	112
132	Zhou, Angela	Sacred Heart	42:05.05	113
133	Mohan, Chaya	All Saints - Ottawa	43:27.71	
134	Loubier, Katherine	Lester B Pearson	43:28.96	114
135	Delodi, Anna	Earl of Marc	43:42.74	
136	Abdullayeva, Robiya	Ridgemont HS	43:43.08	115
137	Martinez Nunez, Lucia	Longfields D	43:43.08	116

Team Scores

Rank	Team	Total	1	2	3	4	*5	*6	*7	*8	*9
1	Glebe Collegiate	31	1	7	8	15	16	24	39		

Total Time: 1:37:02.17

Average: 24:15.55

2 Lisgar C.I. 62 2 17 18 25 46 51 57

Total Time: 1:41:57.52

Average: 25:29.38

3 All Saints - Ottawa 77 9 13 21 34 50 52 55

Total Time: 1:43:58.37

Average: 25:59.60

4 Sir Robert Borden - Ottawa 140 20 33 43 44 70 72

Total Time: 1:51:55.06

Average: 27:58.77

5 St. Joseph C.H.S. - Barrh 162 22 23 54 63 104

Total Time: 1:53:30.16

Average: 28:22.54

6 Colonel By Secondary Scho 169 19 29 45 76 80

Total Time: 1:54:31.18

Average: 28:37.80

7 Earl of March - Kanata 173 5 40 61 67 89 101 102

Total Time: 1:53:23.99

Average: 28:21.00

8 Canterbury 176 14 47 49 66 73

Total Time: 1:54:29.78

Average: 28:37.45

9 Hillcrest 239 35 58 62 84 86

Total Time: 2:01:46.51

Average: 30:26.63

10 Longfields Davidson Heigh 251 27 48 60 116

Total Time: 2:10:53.38

Average: 32:43.35

11 Garneau 289 42 68 85 94 110

Total Time: 2:06:28.61

Average: 31:37.16

12 Cairine Wilson 316 69 74 77 96 98

Total Time: 2:08:59.62

Average: 32:14.91

13 Mother Teresa H.S. - Otta 413 92 106 107 108

Total Time: 2:31:33.38

Average: 37:53.35

Event 2 Boys 4040 Meter Run CC Midget

Name	Year School	Finals	Points
1 Meredith, Yannick	De La Salle	13:35.37	1
2 Donovan, Jorian	South Carlet	14:01.71	2
3 Porter, Kyle	Sir Robert B	14:02.87	3
4 Niedre, Russell	South Carlet	14:04.24	4
5 Waddington, Oliver	Glebe Collegiate	14:15.46	5
6 Woodford, Alexander	Nepean H.S.	14:26.34	6
7 Fernandez, Manuel	Esc Paul-Des	14:32.05	7
8 Brazeau, Alec	Esc Paul-Des	14:33.74	8
9 Almstedt, Finn	Merivale HS	14:35.65	9
10 Fairhead, Thomas	Glebe Collegiate	14:37.08	10
11 Van Der Laan, Joshua	Mother Teres	14:45.42	11
12 Sikka, Zachary	St. Paul Sec	14:47.93	12
13 Bertels, Peter	Sir Robert B	14:50.68	13
14 Welburn, Toby	Glebe Collegiate	14:51.49	14
15 Greisbach, Adam	Osgoode	14:57.02	15
16 Weber, Eric	Glebe Collegiate	14:57.81	16
17 Jessiman, Liam	South Carlet	14:59.83	17
18 Pascali, Ben	Nepean H.S.	15:01.14	18
19 Strachan, Jeremy	Glebe Collegiate	15:03.90	19
20 Harrison, Max	Glebe Collegiate	15:06.68	20
21 Veysey, Nathan	Glebe Collegiate	15:07.02	21
22 Johnson-Neilson, Carter	Sir Robert B	15:15.21	22
23 Bhargava, Raghav	Colonel By	15:19.62	23
24 Phung, Levi	Longfields D	15:20.99	24
25 Kukla-Colby, Thomas	Nepean H.S.	15:30.87	25

26 Hammell, Thomas	All Saints - Ottawa	15:35.43	26
27 Ahern, Dylan	Colonel By	15:36.90	27
28 Henderson, Evan	Nepean H.S.	15:37.33	28
29 Mason, Liam	Nepean H.S.	15:40.90	29
30 Crichton, Alex	Nepean H.S.	15:48.30	30
31 Fisher, Colin	Franco-Cite	15:51.40	31
32 Barrett, Elijah	Glebe Collegiate	15:55.89	
33 Ross, Qoy	Colonel By	16:00.36	32
34 Broy-Jones, Parker	Franco-Cite	16:05.81	33
35 Zaine, Brad	Longfields D	16:06.46	34
36 Dixon, Tye	West Carleto	16:07.42	35
37 Lairson, Xavier	Nepean H.S.	16:08.18	36
38 Darby, Ryan	South Carlet	16:11.87	37
39 Albert, Kaiden	Cairine Wilson	16:13.08	38
40 Korchinski, Max	Colonel By	16:15.11	39
41 Dury, Jack	Nepean H.S.	16:15.46	
42 Hodges, Jamie	Nepean H.S.	16:16.24	
43 Murray, Ben	Sir Robert B	16:17.86	40
44 Covey, Hayden	South Carlet	16:18.49	41
45 Robins, Bryn	Nepean H.S.	16:19.58	
46 Miceli, Aaron	Sacred Heart	16:22.24	42
47 Zic, Cameron	St. Pius X C.H.S.	16:24.02	43
48 Zhong-Vorkapic, Mario	Colonel By	16:24.30	44
49 Carter, Cameron	Mother Teres	16:24.68	45
50 Hajjar, Matthew	Sir Wilfrid	16:25.04	46
51 Rodger, Blair	St. Francis	16:25.46	47
52 Pulido, Nicholas	St. Peter H.S.	16:26.65	48
53 Arthur, Derek	West Carleto	16:27.11	49
54 Chevrier, Stephane	AY Jackson	16:42.84	50
55 Sloan, Jack	Esc Paul-Des	16:43.24	51
56 Biemans, Jonathan	South Carlet	16:47.02	52
57 Holland, Cormick	Hillcrest	16:49.83	53
58 Mercado, Camilo	Mother Teres	16:52.52	54
59 Knight, James	Hillcrest	16:53.61	55

60 Eason, Etienne	Lisgar C.I.	16:54.05	56
61 Francis, Gabriel	Glebe Collegiate	16:56.45	
62 Shetler, Jason	All Saints - Ottawa	16:57.74	57
63 Henry, Samuel	Glebe Collegiate	17:01.55	
64 MacGillivray, Malcom	Sir Robert B	17:02.84	58
65 Bhatia, Nikhil	Colonel By	17:08.99	59
66 Bridges, Zach	St. Peter H.S.	17:20.21	60
67 Norman, Cole	West Carleto	17:22.43	61
68 Armstrong, Jack	Longfields D	17:23.74	62
69 Mandujano, Julian	Colonel By	17:25.96	63
70 Yin, Dylan	Colonel By	17:31.81	
71 Czoma, Csanad	AY Jackson	17:35.86	64
72 Thompson, Evan	Glebe Collegiate	17:37.92	
73 Valkeapaa, Aapo	Glebe Collegiate	17:46.46	
74 Eyerusalem, Samuel	St. Pius X C.H.S.	17:49.43	65
75 Wallner, Leo	St. Francis	17:54.02	66
76 Foster, James	Longfields D	17:55.86	67
77 Nummer, Suhayb	West Carleto	17:59.87	68
78 Bascur, Antonio	St. Joseph C	18:12.30	69
79 Boivin, Isaac	Sir Wilfrid	18:13.52	70
80 Luqman, Ibraheem	Ridgemont HS	18:18.65	71
81 L'Orfano, Benito	St. Pius X C.H.S.	18:19.14	72
82 Price, Evan	John McCrae	18:20.11	73
83 Biemans, Tyler	South Carlet	18:23.14	74
84 Hollett, William	St. Paul Sec	18:28.02	75
85 Tessier, Paul	Redeemer Chr	18:37.02	76
86 Johnston, Chris	Merivale HS	18:40.98	77
87 Morin, Alexandre	De La Salle	18:44.90	78
88 Yang, Fan	Colonel By	18:49.46	
89 Liu, Jeffrey	Colonel By	18:53.11	
90 Brown, Alex	Merivale HS	19:22.74	79
91 Mesmous, Redha	Ridgemont HS	19:37.18	80
92 Nabih, Hamza	Ridgemont HS	19:37.74	81
93 Kane, Racine	Esc Paul-Des	19:39.55	82

Average: 15:06.66

5 Colonel By Secondary Scho 121 23 27 32 39 44 59 63
 Total Time: 1:03:11.99
 Average: 15:48.00

6 Esc Paul-Desmarais - Stit 148 7 8 51 82
 Total Time: 1:05:28.58
 Average: 16:22.15

7 Longfields Davidson Heigh 187 24 34 62 67
 Total Time: 1:06:47.05
 Average: 16:41.77

8 West Carleton - Dunrobin 213 35 49 61 68
 Total Time: 1:07:56.83
 Average: 16:59.21

9 Ashbury College 362 84 91 92 95 97
 Total Time: 1:23:10.14
 Average: 20:47.54

Event 4 Boys 4780 Meter Run CC Junior

Name	Year School	Finals	Points
1 Allan, Luke	Ashbury College	16:14.05	1
2 Filion, Maxime	Louis-Riel	16:21.77	2
3 Porter, Cameron	Sir Robert B	16:30.80	3
4 Newman, Keito	Glebe Collegiate	16:37.65	4
5 Alvarez, Miguel	Franco-Ouest	16:39.84	5
6 Mason, Robin	Glebe Collegiate	16:48.24	6
7 Cole, Elliot	Glebe Collegiate	16:57.84	7
8 Hayden, Jack	Merivale HS	17:00.90	8
9 May, Ryan	John McCrae	17:06.02	9
10 Fulton, Thomas	St. Mark	17:10.49	10
11 Rozin, Thomas	Cairine Wilson	17:11.65	11
12 Lajeunesse, Eric	Louis-Riel	17:12.74	12
13 Cino, Sebastian	Glebe Collegiate	17:15.30	13

14	Pensom, Owen	Glebe Collegiate	17:20.52	14
15	Howell, Matt	Osgoode	17:25.24	15
16	Andrews, Frédéric	De La Salle	17:27.24	16
17	Keillor, Logan	Merivale HS	17:31.14	17
18	Samuel, Haroon	Mother Teres	17:36.11	18
19	McLarnon, Brandon	Woodroffe H.	17:37.08	19
20	Sarai, Devinder	West Carleto	17:37.37	20
21	Lam, Torin	Glebe Collegiate	17:39.55	21
22	Rundle, Ben	Glebe Collegiate	17:40.30	22
23	Ng, William	É.S.P.Omer-D	17:40.96	23
24	Murawsky, Michael	Holy Trinity	17:48.92	24
25	Magnusson, Max	Nepean H.S.	17:51.86	25
26	Taylor, Andrew	John McCrae	17:54.52	26
27	Brooks, Owen	John McCrae	17:57.96	27
28	Mallon, Finnegan	Glebe Collegiate	18:05.99	
29	Carty, Xavier	De La Salle	18:08.14	28
30	Raz, Evan	West Carleto	18:17.46	29
31	Glenn, Tyler	Franco-Cite	18:18.93	30
32	Srivastava, Vedaant	Sir Robert B	18:22.62	31
33	Bronsema, Liam	West Carleto	18:24.72	32
34	Quesnel, Joel	Osgoode	18:36.14	33
35	Habush, Abdullah	Ridgemont HS	18:37.93	34
36	Collins, Noah	Woodroffe H.	18:39.58	35
37	Beehler, Adam	All Saints - Ottawa	18:40.74	36
38	Scorarr, Owen	AY Jackson	18:44.21	37
39	Hornung, Jeremy	Glebe Collegiate	18:47.99	
40	May, Owen	John McCrae	18:55.08	38
41	Perreault, Owen	É.S.P.Omer-D	18:56.71	39
42	Milne, Ryan	Merivale HS	18:58.86	40
43	Grieve, Jensen	West Carleto	19:06.54	41
44	Buhrmann, Matthais	Redeemer Chr	19:09.84	42
45	Custic, Luka	Merivale HS	19:11.24	43
46	Aheen, Fardeen	Gloucester	19:17.58	44
47	Jiang, Freeman	Colonel By	19:19.93	45

48	Fu, Henry	Ashbury College	19:23.58	46
49	Karow, Dylan	Esc Paul-Des	19:30.21	47
50	Mac Innis, Callum	Mother Teres	19:38.42	48
51	Jande, Sasha	Ashbury College	19:44.36	49
52	Ross, Brendan	Gloucester	19:46.18	50
53	Forzley, Max	Sir Robert B	19:51.86	51
54	Ng, Dominic	Lisgar C.I.	19:58.02	52
55	Butterfield, Ewan	Ashbury College	20:00.86	53
56	Smilovich, Sasha	É.S.P.Omer-D	20:04.14	54
57	Bereznai, Ollie	Glebe Collegiate	20:08.81	
58	Quirion, Jack	Esc Paul-Des	20:11.90	55
59	Martin, Finlay	Lisgar C.I.	20:13.71	56
60	Cameron, William	Mother Teres	20:16.45	57
61	Murta, Robinson	Mother Teres	20:17.27	58
62	Wilson, Jacob	Redeemer Chr	20:20.84	59
63	Montminy, Frédéric	De La Salle	20:33.11	60
64	Lee, Bryan	Colonel By	20:33.46	61
65	Johnston, Jacob	Glebe Collegiate	20:38.21	
66	Gruner, Quinn	Lisgar C.I.	20:40.09	62
67	Maggiore, Adam	Mother Teres	20:43.40	63
68	Beyene, Natnael	Ottawa Tech	20:50.68	64
69	Walmsley, Luke	Holy Trinity	20:56.24	65
70	Kanellos, Anastasio	Louis-Riel	21:00.34	66
71	Petrunik-Hernandez, Rica	St. Pius X C.H.S.	21:14.21	67
72	Briggs-Sauvé, Nicolas	De La Salle	21:17.61	68
73	Lamothe, Benjamin	Mother Teres	21:18.83	69
74	Thoppil, Joshua	Ashbury College	21:20.37	70
75	Lee, Keaton	Lisgar C.I.	21:23.93	71
76	Martin, Quinn	Colonel By	21:24.30	72
77	Joustra, Jeremiah	Redeemer Chr	21:31.65	73
78	McMullen, Cian	De La Salle	21:35.17	74
79	Devadason, Jacob	John McCrae	21:46.87	75
80	Clarkin, Patrick	Nepean H.S.	21:52.08	76
81	Quinlan, Connor	Immaculata	21:58.27	77

82 Beecham, Liam	Hillcrest	22:01.40	78
83 Martin, Aidan	Immaculata	22:05.55	79
84 Torrey, Harrison	Bell H.S - Ottawa	22:08.14	80
85 Chan, Ryan	Hillcrest	22:11.27	81
86 Mital, Kyle	Ashbury College	22:13.05	82
87 Hubert, Warren	West Carleto	22:13.58	83
88 Polman, Alexey	Louis-Riel	22:14.37	84
89 Raina, Kaia	Ashbury College	22:22.49	85
90 Arid, Abdulla	Merivale HS	23:14.96	86
91 Caughell, Stuart	West Carleto	23:15.30	87
92 Yin, Jordan	Longfields D	23:48.68	88
93 Wagner, Sam	Longfields D	23:54.87	89
94 Pomares-Argumedo, Giovan	Mother Teres	23:58.86	90
95 Gall Ramis, Gerard	Longfields D	24:30.46	91
96 Fortin, Mathieu	Samuel-Genest	24:44.14	92
97 Lambley, Ryan	All Saints - Ottawa	24:50.18	93
98 Wong, Andrew	Ashbury College	25:14.12	
99 Drouin, Jacob	Esc Paul-Des	25:32.17	94
100 Gimeno Ruiz, Victor	Longfields D	25:53.33	95
101 Barkley, Jacob	South Carlet	25:55.99	96
102 Mirfakhraie, Sohail	Merivale HS	26:17.08	97
103 Mark-George, Mitchell	Ashbury College	26:21.93	
104 Goodyear, James	Earl of Marc	27:11.18	98
105 Bottega, Luca	St. Pius X C.H.S.	27:46.34	99
106 Jeffrey, Douglass	Mother Teres	28:52.34	

Team Scores

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Rank Team	Total	1	2	3	4	*5	*6	*7	*8	*9
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1 Glebe Collegiate	30	4	6	7	13	14	21	22		
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Total Time: 1:07:39.03

Average: 16:54.76

2 John McCrae SS - Ottawa	100	9	26	27	38	75				
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Total Time: 1:11:53.58

Average: 17:58.40

3 Merivale HS - Ottawa 108 8 17 40 43 86 97
 Total Time: 1:12:42.14
 Average: 18:10.54

4 West Carleton - Dunrobin 122 20 29 32 41 83 87
 Total Time: 1:13:26.09
 Average: 18:21.53

5 Ashbury College 149 1 46 49 53 70 82 85
 Total Time: 1:15:22.85
 Average: 18:50.72

6 Louis-Riel 164 2 12 66 84
 Total Time: 1:16:49.22
 Average: 19:12.31

7 De La Salle 172 16 28 60 68 74
 Total Time: 1:17:26.10
 Average: 19:21.53

8 Mother Teresa H.S. - Otta 181 18 48 57 58 63 69 90
 Total Time: 1:17:48.25
 Average: 19:27.07

9 Lisgar C.I. 241 52 56 62 71
 Total Time: 1:22:15.75
 Average: 20:33.94

10 Longfields Davidson Heigh 363 88 89 91 95
 Total Time: 1:38:07.34
 Average: 24:31.84

Event 6 Boys 6040 Meter Run CC Senior

Name	Year School	Finals Points
1 Sanger, Adam	Glebe Collegiate	19:15.05 1
2 Robertson, Kevin	Bell H.S - Ottawa	19:18.55 2
3 Cox, Will	Colonel By	19:47.74 3
4 Fast, Joe	Ridgemont HS	19:57.52 4

5	Frost, Colby	AY Jackson	20:15.40	5
6	Meredith, Zachary	De La Salle	20:32.27	6
7	Saravanamuttoo, Callum	Glebe Collegiate	20:36.42	7
8	Woodford, Theodore	Nepean H.S.	20:46.81	8
9	Jones, Stuart	Colonel By	20:56.14	9
10	Luqman, Muhammad	Ridgemont HS	21:00.96	10
11	Roy, Jackson	Longfields D	21:02.81	11
12	Pensom, Jack	Glebe Collegiate	21:10.11	12
13	Tareke, Yared	Immaculata	21:12.78	13
14	Omar Ali, Harun	Ridgemont HS	21:14.86	14
15	Zhang, Louis	Colonel By	21:20.18	15
16	Kormylo, David	Earl of Marc	21:23.34	16
17	Earle, William	Woodroffe H.	21:25.78	17
18	McPhail, Hunter	Sir Guy Carl	21:27.48	18
19	Khan-Poulin, Mahdy	Earl of Marc	21:27.86	19
20	Demars, Carter	Mother Teres	21:40.68	20
21	Martin, Rylan	Lisgar C.I.	21:56.43	21
22	Allan, Tyler	Ashbury College	21:57.27	22
23	Johnston Nielson, Brady	Sir Robert B	21:59.18	23
24	Cabot, Samuel	Esc Paul-Des	22:00.08	24
25	Gould, Chase	Merivale HS	22:00.65	25
26	Martins, Owen	Immaculata	22:07.99	26
27	Harrington, Ben	Lisgar C.I.	22:08.92	27
28	Sutherland, Jason	Bell H.S - Ottawa	22:10.49	28
29	Cale, Zachary	Gisele-Lalonde	22:16.95	29
30	Edwards, Kamar	Ridgemont HS	22:18.96	30
31	Kelly, Kaleb	Longfields D	22:19.46	31
32	Hayden, Mitchell	Glebe Collegiate	22:20.27	32
33	Asselstine, Owen	Bell H.S - Ottawa	22:21.96	33
34	Lane, Tom	Glebe Collegiate	22:26.28	34
35	Ndayikorere, Amon	Hillcrest	22:26.61	35
36	Ferry-Reid, Gavin	St. Joseph C	22:27.02	36
37	Leonhardt, Émile	Beatrice-Desloges	22:28.11	37
38	Pollock, Thomas	Louis-Riel	22:37.87	38

39	Taieb, Younis	Ridgemont HS	22:38.92	39
40	Wang, Will	Colonel By	22:39.27	40
41	Moffatt, Aidan	Lisgar C.I.	22:40.46	41
42	Price, Jacob	Sir Robert B	22:41.24	42
43	Wallace, Cameron	St. Francis	22:41.93	43
44	Morris, Henry	Glebe Collegiate	22:43.68	44
45	Monteith-Pistor, Alexand	Colonel By	22:51.87	45
46	Brown, Matthew	All Saints - Ottawa	22:54.51	46
47	Martin, Chris	Cairine Wilson	23:15.46	47
48	Champagne, Kyle	Beatrice-Desloges	23:16.46	48
49	Nicolle, Maxim	Sir Robert B	23:22.21	49
50	Katsube, Duncan	Sir Robert B	23:23.96	50
51	Beardall, Ryan	Bell H.S - Ottawa	23:28.11	51
52	Abdulatif Mohamed, Ahmed	Ridgemont HS	23:28.95	52
53	Christie, Alex	Cairine Wilson	23:29.55	53
54	Janda, Magnus	Immaculata	23:29.87	54
55	Kanane, LaGussi	Franco-Cite	23:30.34	55
56	Pavao, Marshall	Longfields D	23:31.01	56
57	Da Costa, Matthew	Esc Paul-Des	23:33.14	57
58	Scromeda, Edward	Lisgar C.I.	23:37.33	58
59	Nathanael, Wondewosson	Franco-Ouest	23:47.78	59
60	Kalab, Thomas	Bell H.S - Ottawa	23:48.92	60
61	O'Brien, Aiden	Colonel By	23:52.30	61
62	Millan, Ben	Lester B Pearson	23:53.46	62
63	Anvari, Brian	Ridgemont HS	23:55.67	63
64	Waddell, Nate	St. Mark	24:01.58	64
65	Susilo, Alexander	Lisgar C.I.	24:09.11	65
66	Mann, Thomas	Longfields D	24:12.18	66
67	Zhao, Tony	John McCrae	24:15.58	67
68	Fujikawa, Takeaki	Ashbury College	24:20.96	68
69	Riarh, Gurshan	Sir Wilfrid	24:25.62	69
70	Bascur, Diego	St. Joseph C	24:27.74	70
71	Valiquette, Alex	Ashbury College	24:29.02	71
72	Doherty, Ethan	Glebe Collegiate	24:29.36	72

73	Garang, Kevin	St. Paul Sec	24:29.67	73
74	Jetten, Ryan	Esc Paul-Des	24:35.14	74
75	Frenette, Nicholas	John McCrae	24:36.05	75
76	Weil, Michael	Lester B Pearson	24:37.55	76
77	Joyce, Ryan	All Saints - Ottawa	24:39.02	77
78	Kernaghan, Ryan	South Carlet	24:39.58	78
79	Polak, Oliver	All Saints - Ottawa	24:42.05	79
80	Hawrysh, Nicolas	Sacred Heart	24:43.55	80
81	Ducharme, Antoine	Louis-Riel	24:43.92	81
82	Milne, Colton	John McCrae	24:45.46	82
83	Woods, Sam	Earl of Marc	24:48.11	83
84	Fernandez De Paco, Gerar	AY Jackson	24:49.52	84
85	Ducharme, Olivier	Louis-Riel	24:53.11	85
86	Perras, Breton	Longfields D	24:54.52	86
87	Reid, Caleb	All Saints - Ottawa	24:54.84	87
88	Xu, Richard	Colonel By	24:55.68	88
89	Caron, Raphael	Beatrice-Desloges	24:57.99	89
90	Campbell, Ethan	Cairine Wilson	24:59.34	90
91	Wai, Ewan	Ashbury College	25:03.21	91
92	Potvin, Jean-Pascal	Beatrice-Desloges	25:03.52	92
93	Boyd, Ian	Cairine Wilson	25:04.78	93
94	Westheimer, Ben	Glebe Collegiate	25:05.43	
95	Lalande, Kiernan	Cairine Wilson	25:06.24	94
96	Bunner, Adrian	Lisgar C.I.	25:08.27	95
97	Lindale, Thomas	St. Pius X C.H.S.	25:13.55	96
98	Valiquette, Phil	Ashbury College	25:16.84	97
99	Wilson, Connor	AY Jackson	25:18.86	98
100	Oliveira, Antonio	Earl of Marc	25:24.11	99
101	Farrell, Tai	Glebe Collegiate	25:28.39	
102	Maciver, Paul	Cairine Wilson	25:37.52	100
103	Li, Frank	Earl of Marc	25:38.68	101
104	Delroy, Max-George	Louis-Riel	25:42.52	102
105	Ludington, Simon	Esc Paul-Des	25:43.93	103
106	Learned, Noah	Sir Wilfrid	25:44.21	104

107	Davies, Chaz	Glebe Collegiate	25:47.65	
108	Flockton, Elliot	AY Jackson	25:49.46	105
109	Sanchez, Joe	St. Francis	25:54.96	106
110	Walker, Dawson	All Saints - Ottawa	25:55.40	107
111	Mallory, Simon	É.S.P.Omer-D	26:02.87	108
112	Chamma, Brendon	St. Peter H.S.	26:03.95	109
113	Caloia, Dante	West Carleto	26:05.58	110
114	Nicoll, Sebastian	St. Paul Sec	26:07.14	111
115	Lapointe-Lawless, Sasha	Samuel-Genest	26:10.27	112
116	Denne, Cameron	Longfields D	26:16.14	113
117	Vucjicic, Pavle	John McCrae	26:25.99	114
118	Locklear-Dolan, Gabriel	Glebe Collegiate	26:27.96	
119	Lam, Kian	Notre Dame H	26:43.55	115
120	Thompson, Mitchell	John McCrae	26:47.75	116
121	Wilson, Braden	Ashbury College	26:57.99	117
122	Holt, Austin	Immaculata	26:58.30	118
123	Levesque, Parker	Franco-Ouest	27:03.68	119
124	Smith, Brayden	All Saints - Ottawa	27:11.11	120
125	Siguoin, Tristan	Louis-Riel	27:13.24	121
126	Gorle, Matt	Cairine Wilson	27:14.34	122
127	Haile, Merhawi	Ridgemont HS	27:24.58	
128	Macleish, Reece	AY Jackson	27:26.18	123
129	Chatterjee, Aprateem	Ashbury College	27:30.05	124
130	Gonzalez, Jason	Notre Dame H	27:34.08	125
131	McKeown, Spencer	Franco-Ouest	27:41.52	126
132	Thibault-Racette, Cédric	Pierre Savard	27:46.40	127
133	Julsaint, Almifendjhee	Ridgemont HS	27:55.08	
134	Jolley, Chris	Lester B Pearson	28:15.49	128
135	Groh, Kyle	Ashbury College	28:19.36	
136	Johnston, Chris	Merivale HS	28:19.86	129
137	Macdonell, Keeley	All Saints - Ottawa	28:31.08	130
138	Martin, Ty	All Saints - Ottawa	28:32.18	
139	Hall, Chris	AY Jackson	28:40.96	131
140	Morris, Desmond	Hillcrest	28:44.74	132

141 Mitchell, Nathan	All Saints - Ottawa	28:47.93	
142 Lamont, Ryan	Cairine Wilson	28:48.74	
143 Assadzadeh, Daniel	All Saints - Ottawa	28:52.96	
144 Wyllie, Ian	AY Jackson	29:26.55	133
145 Memmon, Muhammed	Woodroffe H.	29:28.65	134
146 Juanitas, Joshua	Notre Dame H	29:47.40	135
147 Zannese, Kevin	All Saints - Ottawa	30:10.36	
148 Fyneah, David	All Saints - Ottawa	30:17.49	
149 Nicolas, Sabanegh	Franco-Ouest	30:17.78	136
150 Stanistreet, Owen	All Saints - Ottawa	30:26.52	
151 MacDougall, Michael	All Saints - Ottawa	30:28.80	
152 Duncan, Thomas	Woodroffe H.	30:30.87	137
153 Nehme, Elie	All Saints - Ottawa	30:35.05	
154 Oledibemma, Onyedi	Woodroffe H.	30:48.05	138
155 Mott, Billy	South Carlet	32:22.65	139
156 Ngoyi, Nathan	Franco-Ouest	32:26.27	140
157 Hilaire, Alex	St. Francis	32:43.49	141
158 Taieb, Yehya	Ridgemont HS	32:43.84	
159 Jones, Eric	West Carleto	33:33.68	142
160 Hans, Tarnvir	St. Francis	33:42.78	143
161 Volk, Michael	St. Pius X C.H.S.	33:43.40	144
162 Langer, Nicholas	St. Peter H.S.	35:01.14	145
163 Fan, Ken	Holy Trinity	37:35.11	146

Team Scores

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Rank	Team	Total	1	2	3	4	*5	*6	*7	*8	*9
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1	Glebe Collegiate	52	1	7	12	32	34	44	72		
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Total Time: 1:23:21.85

Average: 20:50.47

2	Ridgemont HS	58	4	10	14	30	39	52	63		
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Total Time: 1:24:32.30

Average: 21:08.08

3 Colonel By Secondary Scho 67 3 9 15 40 45 61 88

Total Time: 1:24:43.33

Average: 21:10.84

4 Bell H.S - Ottawa 114 2 28 33 51 60

Total Time: 1:27:19.11

Average: 21:49.78

5 Lisgar C.I. 147 21 27 41 58 65 95

Total Time: 1:30:23.14

Average: 22:35.79

6 Longfields Davidson Heigh 164 11 31 56 66 86 113

Total Time: 1:31:05.46

Average: 22:46.37

7 Sir Robert Borden - Ottawa 164 23 42 49 50

Total Time: 1:31:26.59

Average: 22:51.65

8 Immaculata 211 13 26 54 118

Total Time: 1:33:48.94

Average: 23:27.24

9 Earl of March - Kanata 217 16 19 83 99 101

Total Time: 1:33:03.42

Average: 23:15.86

10 Ashbury College 252 22 68 71 91 97 117 124

Total Time: 1:35:50.46

Average: 23:57.62

11 Esc Paul-Desmarais - Stit 258 24 57 74 103

Total Time: 1:35:52.29

Average: 23:58.08

12 Beatrice-Desloges 266 37 48 89 92

Total Time: 1:35:46.08

Average: 23:56.52

13 Cairine Wilson 283 47 53 90 93 94 100 122

Total Time: 1:36:49.13

Average: 24:12.29

14 All Saints - Ottawa 289 46 77 79 87 107 120 130

Total Time: 1:37:10.42

Average: 24:17.61

15 AY Jackson 292 5 84 98 105 123 131 133

Total Time: 1:36:13.24

Average: 24:03.31

16 Louis-Riel 306 38 81 85 102 121

Total Time: 1:37:57.42

Average: 24:29.36

17 John McCrae SS - Ottawa 338 67 75 82 114 116

Total Time: 1:40:03.08

Average: 25:00.77

18 Woodroffe H.S. - Ottawa 426 17 134 137 138

Total Time: 1:52:13.36

Average: 28:03.34

19 St. Francis Xavier - Otta 433 43 106 141 143

Total Time: 1:55:03.16

Average: 28:45.79

20 Franco-Ouest C.C - Ottawa 440 59 119 126 136 140

Total Time: 1:48:50.76

Average: 27:12.69

School / Category	MG	JG	SG	Girls	Rank	MB	JB	SB	Boys	Rank	Overall
Glebe	10	10	10	30	1	10	10	10	30	1	60
Colonel By	6		2	8	2	3		6	9	2	17
Nepean		8		8	2	6			6		14
John McCrae	4			4			8		8	3	12
Lisgar			8	8	2			2	2		10
Paul Desmarais	8			8	2	2			2		10
Ashbury		6		6			3		3		9
South Carleton		1		1		8			8	3	9
Ridgemont				0				8	8	3	8
Sir Robert Borden			4	4		4			4		8
All Saints	1		6	7					0		7
Merivale				0			6		6		6
West Carleton	2			2			4		4		6
Bell				0				4	4		4
Longfields		3		3				1	1		4

Mother Teresa		4		4			0		4
Immaculata	3			3			0		3
Louis Riel				0	1	2	3		3
St. Joseph			3	3			0		3
St. Peter		2		2			0		2
De La Salle				0		1	1		1
Earl of March			1	1			0		1