



**Capital XC Challenge - 2021-10-01 to 2021-10-02****Ottawa Lions Timing Team****Terry Fox Athletic Facility****Results****Event 3 Girls 2500 Meter Run CC Under 12**

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Meet Record: ! 9:33.30 2017-10-14 Sara Jennings, St. John

Name	Year	Team	Avg 1K	Finals	Points
=====					
Results - Women					
1		Streek, Claire	10 Sir Winston	0.4	1.00!
2		Kinch, Lilah	11 Brockville Legion	0.8	2.00!
3		Collins-Williams, Cecily	10 Elmdale P.S.	1.2	3.00!
4		Coldrey, Kira	10 Ottawa Lions T.F.C.	1.6	4.00!
5		Dustin, Chloe	11 Nakkertok Nordic	2.0	5.00!
6		Ouellet, Mariane	10 Ottawa Lions T.F.C.	2.4	6.00!
7		Paisley, Dale	10 Elmdale P.S.	2.8	7.00!
8		Heath, Charlotte	10 Elmdale P.S.	3.2	8.00!
9		Popowych, Morgan	10 Sir Winston	3.6	9.00!
10		Gerth, Roan Ruby	11 Mutchmor	4.0	10.00!
--		Brooks, Andreeanne	10 Renfrew		NT
--		Cassol, Liliana	10 Ottawa Lions T.F.C.		NT
--		McInnes, Reve	10 Mutchmor		NT
--		McIntosh, Willa	10 Elmdale P.S.		NT
--		Girouard, Charlotte	11 Elmdale P.S.		NT
--		Major, Arabel	10 Brockville Legion		NT
--		Jackson, Kate	11 Brockville Legion		NT
--		Duimovich, Eilin	10 Elmdale P.S.		NT
--		Pascal, Emily	11 Elmdale P.S.		NT
--		Martiyanova, Julia	11 Ottawa Lions T.F.C.		NT
--		Kelley, Abby	10 Turnbull School		NT
--		Martel, Sasha	10 Turnbull School		NT
--		Gray, Vivienne	11 Elmdale P.S.		NT
--		Dean, Brianna	11 South Branch		NT
--		Marsh, Anwyn	11 Elmdale P.S.		NT
--		Ngo-Minh, Julia	11 Westboro Academy		NT
--		Estevez, Catalina	11 Ottawa Lions T.F.C.		NT
--		Bussey, Soha	10 Sir Winston		NT
--		Fantinic, Brielle	11 Ottawa Lions T.F.C.		NT
--		Nordstrom, Alycia	11 Ottawa Lions T.F.C.		NT
--		Mills, Charlotte	10 Castor Valley		NT
--		Lusk, Sophie	11 Unattached Ontario		NT
--		Becklumb, Juliet	10 First Avenue		NT
--		Gojkovic, Evelyn	10 Steve Maclean		NT
--		Frank, Helena	11 Nakkertok Nordic		NT
--		Smith, Sabrina	11 Ottawa Lions T.F.C.		NT
--		Fee, Charlie	10 Turnbull School		NT
--		Evelyn, Bartlett	11 Elmdale P.S.		NT
--		Nash, Alyssa	10 Ottawa Lions T.F.C.		NT
--		Irvine-Quaid, Caroline	10 Elmdale P.S.		NT
--		Fitzgerald, Annabelle	10 Ottawa Lions T.F.C.		NT
--		Steeves, Hannah	11 Elmdale P.S.		NT

**Capital XC Challenge - 2021-10-01 to 2021-10-02****Ottawa Lions Timing Team****Terry Fox Athletic Facility****Results****Event 5 Girls 3k Run CC Under 14**

Meet Record: ! 11:44.69 2019-10-05 Grace Streek, Sir Winston Churchill  
 Name Year Team Avg 1K Finals Points

## Results - Women

1	Schuler, Jamie	09	Ottawa Lions T.F.C.	4:06.0	12:17.97	1
2	Davies, Evelyn	08	Nakkertok Nordic	4:07.6	12:22.74	2
3	Lebel, Laila	09	Nakkertok Nordic	4:09.0	12:26.97	3
4	Turcotte, Codah	09	Physi-Kult	4:21.5	13:04.39	
5	Daniels, Riley	09	Ottawa Lions T.F.C.	4:23.0	13:08.84	4
6	Van Wesenbeeck, Julia	08	Nakkertok Nordic	4:24.3	13:12.83	5
7	Bergevin Hemsing, Naéma	08	Nakkertok Nordic	4:26.5	13:19.48	6
8	Lapalme, Janique	09	Unattached Ontario	4:31.7	13:35.01	
9	Popadich, Anastasia	08	Ottawa Lions T.F.C.	4:33.5	13:40.36	7
10	Lauter, Kyra	08	Ottawa Lions T.F.C.	4:34.3	13:42.81	8
11	Clarke, Nora	09	Nakkertok Nordic	4:35.2	13:45.45	9
12	Danks, Charlize	08	Turnbull School	4:39.9	13:59.56	
13	Daber, Alida	09	Unattached Ontario	4:40.7	14:02.12	
14	Swandel, Aoife	08	Ottawa Lions T.F.C.	4:42.3	14:06.71	10
15	Geraghty, Heather	08	Ottawa Lions T.F.C.	4:42.5	14:07.32	11
16	Semeniuk, Ella	09	Nakkertok Nordic	4:42.9	14:08.50	12
17	Jennings, Sienna	08	Ottawa Lions T.F.C.	4:45.7	14:16.87	
18	Kelly, Taylor	08	National Capital	4:48.8	14:26.27	
19	Niedre, Allison	08	Kars on the Rideau	4:48.9	14:26.53	
20	Julien, Monica	08	Ottawa Lions T.F.C.	4:51.3	14:33.92	
21	Arabackyj, Bianca	09	De La Salle E.S.P.	4:55.1	14:45.33	
22	Moffatt, Ryan	09	Ottawa Lions T.F.C.	4:56.6	14:49.67	
23	Edwards, Sophie	08	Ottawa Lions T.F.C.	4:57.2	14:51.47	
24	Lebourg, Maud	08	Ville-Marie	4:58.1	14:54.29	
25	Dewar, Shannon	08	Ottawa Lions T.F.C.	4:59.3	14:57.87	
26	Bolic, Katarina	08	Sir Robert Borden	5:01.7	15:05.10	
27	Scrivens, Annika	08	Fisher Park	5:07.5	15:22.31	
28	Filleul, Raiah	08	Elmwood School	5:07.8	15:23.29	
29	Walker, Sasha	08	Ottawa Lions T.F.C.	5:08.2	15:24.60	
30	Thomas, Brigit	08	Nakkertok Nordic	5:11.4	15:33.96	
31	Whatley, Nora	08	Nakkertok Nordic	5:13.2	15:39.53	
32	McBean, Molly.	08	Ottawa Lions T.F.C.	5:13.3	15:39.78	
33	Strachan, Megan	08	Nakkertok Nordic	5:18.4	15:55.02	
34	Yorston, Sarina	09	Ottawa Lions T.F.C.	5:19.9	15:59.46	
35	Frasca, Leni	09	Turnbull School	5:21.1	16:03.30	
36	Dekker, Leah	08	Unattached Ontario	5:29.0	16:26.89	
37	Fitzgerald, Raija	08	Fisher Park	5:33.2	16:39.63	
38	Lees, Kaitlyn	08	Ottawa Lions T.F.C.	5:34.6	16:43.71	
39	Kaine, Avery	09	St. Peter's	5:42.1	17:06.31	
40	Levac, Clara	09	Westboro Academy	6:00.2	18:00.42	
41	Seewalt, Lexi	08	Ottawa Lions T.F.C.	6:53.7	20:41.06	
42	Perras, Kate	09	Ashbury College	6:56.8	20:50.15	







**Capital XC Challenge - 2021-10-01 to 2021-10-02****Ottawa Lions Timing Team****Terry Fox Athletic Facility****Results****Event 1 Women 6k Run CC University/Open**

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Meet Record: ! 22:02.10 2018-10-13 Elizabeth Hirsch, McGill

Name	Year Team	Avg 1K	Finals	Points
=====				
Results - Women				
1 Langley, Charlotte	00 Queen's Gaels	3:51.0	23:06.04	1
2 Fleurent-Gregoire, Chloe	96 McGill	3:51.9	23:11.35	2
3 Betty, Emma	02 McGill	3:52.5	23:15.01	3
4 Hansen-Jaumard, Delphine	95 Montréal Carabins	3:53.1	23:18.29	4
5 Goddard, Tamara	00 Queen's Gaels	3:53.2	23:19.00	5
6 Boutin, Élizabéth	95 Uqam Citadins	3:53.9	23:22.94	
7 Rashid-Cocker, Sophie	03 McGill	3:55.0	23:30.06	6
8 Watson, Maia	00 McGill	3:56.3	23:37.55	7
9 Guérin, Lisanne	94 Uqtr Patriotes	3:57.8	23:46.85	8
10 Plouvier, Manon	00 Queen's Gaels	3:58.2	23:49.21	9
11 Riopel, Camille	97 Laval Rouge-et-Or	3:58.3	23:49.62	
12 Dargis, Meggie	95 McGill	3:58.6	23:51.23	10
13 Courville, Sophie	03 Ville-Marie	3:58.8	23:52.57	
14 Watson, Jade	00 Queen's Gaels	3:59.9	23:58.95	11
15 De Michelena, Luce	03 McGill	4:00.8	24:04.82	12
16 Brown, Katherine	99 McGill	4:01.3	24:07.47	13
17 Ireland, Jennifer	00 McGill	4:01.4	24:08.09	
18 Le Bail, Louisiane	00 Uqam Citadins	4:04.4	24:26.01	
19 Graham, Emma	00 Queen's Gaels	4:05.6	24:33.23	14
20 Carlton, Laura	99 McGill	4:06.2	24:36.72	
21 Drolet, Ann-Rebecca	97 McGill	4:06.4	24:38.26	
22 Smart-Reed, Maddy	00 Queen's Gaels	4:07.0	24:41.52	15
23 Idzikowski, Maia	00 Queen's Gaels	4:08.2	24:49.16	16
24 Drolet, Anne-Frédéric	00 Montréal Carabins	4:08.4	24:50.15	17
25 Gélinas, Rosemarie	01 Zénix	4:08.5	24:50.69	
26 Daigle, Sophie	01 McGill	4:08.5	24:50.71	
27 Gaudet, Rosalie	01 Uqtr Patriotes	4:08.6	24:51.63	18
28 Pominville, Mariane	99 McGill	4:08.9	24:53.40	
29 Williams, Taylor	01 McGill	4:08.9	24:53.41	
30 Wood, Sophy	03 Carleton Ravens	4:14.0	25:23.69	19
31 MacDonald, Aria	03 Carleton Ravens	4:14.2	25:24.92	20
32 Taylor, Katherine	00 Queen's Gaels	4:17.1	25:42.07	
33 White, Joelle	88 Montréal Carabins	4:17.8	25:46.62	21
34 Norman, Pippa	01 Carleton Ravens	4:18.3	25:49.46	22
35 Boehler, Sophie	01 McGill	4:18.7	25:51.67	
36 Number, 609	21 Unattached Ontario	4:19.0	25:54.05	
37 Fowler, Kylee	03 Ottawa Gee-Gees	4:19.8	25:58.75	23
38 Hyland, Jessica	04 Ville-Marie	4:20.0	25:59.57	
39 Krysa, Nicole	00 Queen's Gaels	4:20.8	26:04.73	
40 Savour, Esther	99 Concordia Stingers	4:21.5	26:08.62	24
41 Meunier, Stéphanie	98 Uqtr Patriotes	4:23.6	26:21.22	25
42 Guay-Hurtubise, Danaé	95 Uqtr Patriotes	4:24.0	26:23.74	26
43 Pellerin, Skye	02 Ottawa Gee-Gees	4:25.8	26:34.40	27
44 Ward, Tiarra	99 Ottawa Gee-Gees	4:25.9	26:35.13	28
45 Douesnard, Bailey	93 Concordia Stingers	4:26.1	26:36.16	29
46 Tyman, Elana	03 Ottawa Gee-Gees	4:27.5	26:44.68	30
47 Girard, Roxanne	97 Montréal Carabins	4:28.0	26:47.58	31
48 Robinson, Skye	01 Concordia Stingers	4:29.1	26:54.24	32
49 Senecal, Gabrielle	01 Concordia Stingers	4:29.6	26:57.40	33
50 Shair, Tayla	00 Concordia Stingers	4:30.9	27:05.14	34





**Capital XC Challenge - 2021-10-01 to 2021-10-02****Ottawa Lions Timing Team****Terry Fox Athletic Facility****Results****Event 2 Boys 2000 Meter Run CC Under 10**

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Meet Record: ! 7:39.20 2018-10-13 Sam Young, Elmdale

Name	Year Team	Avg 1K	Finals	Points
=====				
Results - Men				
1 Gerth, William	13 Mutchmor	4:17.3	8:34.57	
2 Watchorn, Christian	12 Elmdale P.S.	4:22.5	8:44.87	1
3 Asselin, Kilian	11 Lycee Claudel	4:30.7	9:01.40	
4 Lebel, Ronan	14 Nakkertok Nordic	4:31.9	9:03.67	
5 McIsaac, Darren	12 Westboro Academy	4:46.6	9:33.21	2
6 Fertuck, Casper	13 Elmdale P.S.	4:51.9	9:43.65	3
7 Smith, Easton	12 Castor Valley	4:58.6	9:57.06	
8 Combasson, Eric	13 Ottawa Lions T.F.C.	5:01.0	10:01.91	4
9 Piotrowska Renaux, Pelle	12 Ottawa Lions T.F.C.	5:04.9	10:09.75	5
10 Galletti, Lucas	12 Westboro Academy	5:08.6	10:17.08	6
11 Lussier, Oscar	12 Elmdale P.S.	5:08.8	10:17.57	7
12 Bourgeois, Quinn	13 Elmdale P.S.	5:08.9	10:17.71	8
13 Noyhouzer, Tzur	13 Elmdale P.S.	5:19.4	10:38.72	9
14 Williams, Miles	12 Brockville Legion	5:23.1	10:46.20	10
15 Mills, Calvin	14 Castor Valley	5:24.6	10:49.12	
16 Badgley, Matthew	13 Ottawa Lions T.F.C.	5:37.0	11:13.87	11
17 Ethir, Sam	12 Elmdale P.S.	5:40.6	11:21.17	12
18 Schroeder, Lucas	13 Brockville Legion	5:41.2	11:22.30	13
19 Olynch, Isaac	12 Elmdale P.S.	5:42.7	11:25.34	
20 Seewalt, Owen	12 Ottawa Lions T.F.C.	5:45.1	11:30.04	14
21 Will, Nigel	12 Elmdale P.S.	5:46.7	11:33.30	
22 Blanchette, Dominic	13 Turnbull School	5:50.4	11:40.66	
23 Schiemann, Jakob	12 Elmdale P.S.	5:52.4	11:44.82	
24 Bjedov, Nicolas	13 Ottawa Lions T.F.C.	5:57.4	11:54.82	15
25 Henderson, Sebastian	13 Westboro Academy	6:00.1	12:00.03	16
26 Fillion, Oliver	13 Brockville Legion	6:01.1	12:02.12	17
27 Clarke, James	13 Elmdale P.S.	6:01.9	12:03.64	
28 Wamwenga, Nico	13 Elmdale P.S.	6:01.9	12:03.71	
29 Beugin, Miles	13 Elmdale P.S.	6:04.9	12:09.66	
30 Milne, Erik	14 Ottawa Lions T.F.C.	6:09.3	12:18.49	18
31 Leighton, Agostino	13 Westboro Academy	6:10.0	12:20.02	19
32 Ethir, Thomas	13 Elmdale P.S.	6:10.4	12:20.73	
33 De Guzman, Ethan.	12 Elmdale P.S.	6:16.5	12:33.01	
34 Polite, Axel	12 Brockville Legion	6:20.5	12:40.95	20
35 Smith, Charlie	13 Elmdale P.S.	6:21.1	12:42.13	
36 Gumpert, Jack	12 Elmdale P.S.	6:21.6	12:43.08	
37 Kuperman, Caraduc	14 Ottawa Lions T.F.C.	6:46.3	13:32.52	
38 Sivers, John	12 Brockville Legion	6:55.3	13:50.60	21
39 Madularu, Albert	13 Westboro Academy	7:16.5	14:33.01	22
40 Gordon, Declan	12 Elmdale P.S.	7:41.7	15:23.29	
41 Hilton, Matthew	13 Westboro Academy	7:54.3	15:48.59	23
42 Deschamps, Emmett	13 Elmdale P.S.	8:26.8	16:53.58	



**Capital XC Challenge - 2021-10-01 to 2021-10-02****Ottawa Lions Timing Team****Terry Fox Athletic Facility****Results****Event 4 Boys 2500 Meter Run CC Under 12**

Meet Record: ! 8:59.90 2017-10-14 Sebastian Cairney, St. John

Name	Year	Team	Avg 1K	Finals	Points
Results - Men					
1 Froeschl, Henrik	10	Westboro Academy	3:58.5	9:56.25	1
2 Rog, Sawyer	11	Emily Carr	3:59.2	9:57.95	
3 Lebel, Kai	11	Nakkertok Nordic	3:59.4	9:58.43	2
4 Turcotte, Cehlden	10	Unattached Ontario	4:05.9	10:14.57	
5 Vanden Hoven, Reid	09	Unattached Ontario	4:07.9	10:19.71	
6 Row, Sullivan	10	Roberta Bondar PS	4:08.7	10:21.70	
7 Grigoriu, Maxim	10	Ottawa Lions T.F.C.	4:08.8	10:21.97	3
8 Siderius, Graeme	11	Nakkertok Nordic	4:08.9	10:22.25	4
9 Turcotte, Canyon	11	Unattached Ontario	4:10.4	10:25.81	
10 Davies, Colden	10	Nakkertok Nordic	4:10.7	10:26.70	5
11 Grigoriu, Cedric	10	Ottawa Lions T.F.C.	4:15.7	10:39.18	6
12 Parent, Jeremie	10	Ottawa Lions T.F.C.	4:17.7	10:44.27	7
13 Ginn, Chris	11	Meadowlands PS	4:18.3	10:45.70	
14 Badgley, Patrick	11	Ottawa Lions T.F.C.	4:18.9	10:47.20	8
15 Sajan, Graham	11	Elmdale P.S.	4:23.6	10:58.93	9
16 Smith, Tayton	10	Castor Valley	4:29.7	11:14.22	
17 Dekker, Milo	10	Unattached Ontario	4:30.6	11:16.32	
18 Polman, Graham	10	Sainte-Geneviève	4:31.0	11:17.33	11:17.324
19 Hulett, Oscar	11	Ottawa Lions T.F.C.	4:31.0	11:17.33	10 11:17.330
20 Cazabon, Maxime	10	De la Découverte	4:35.2	11:27.85	
21 Church, Dominique	09	Ottawa Lions T.F.C.	4:35.7	11:29.11	11
22 Nelson, Finn	11	Ashbury College	4:42.6	11:46.52	
23 Moir, Winston	11	Hilson Avenue	4:43.3	11:48.06	
24 Carrasco, Caiden	11	Elmdale P.S.	4:43.5	11:48.61	12
25 Wells, Adrian	11	Nakkertok Nordic	4:49.5	12:03.74	13
26 Mallette, Kenny	10	Unattached Ontario	4:50.3	12:05.61	
27 Langevin, Tristan	10	Ottawa Lions T.F.C.	5:06.1	12:45.15	
28 Cooper, Owen	11	Elmdale P.S.	5:13.1	13:02.63	14
29 Sy, Alistair	10	Westboro Academy	5:15.8	13:09.37	15
30 Townson, Derrick	11	Westboro Academy	5:19.2	13:17.81	16
31 Panu-Metsaranta, Sarvin	11	Turnbull School	5:20.9	13:22.26	
32 Olynch, Jack	10	Elmdale P.S.	5:21.2	13:22.99	17
33 Shehan, Connor	11	Elmdale P.S.	5:22.1	13:25.19	18
34 Shillington, David	10	Ottawa Lions T.F.C.	5:25.5	13:33.58	
35 Bellack, Mattias	11	Elmdale P.S.	5:26.0	13:34.90	19
36 Mercer, Jacob	10	Sainte-Geneviève	5:26.7	13:36.73	
37 Pottie, Quinn	11	Elmdale P.S.	5:28.0	13:39.99	
38 Zhu, Kyle	11	Westboro Academy	5:34.0	13:54.86	20
39 Young, Will	11	Elmdale P.S.	5:40.3	14:10.60	
40 Bishop, Will	11	Turnbull School	6:04.0	15:09.79	
41 Harrison-Talbot, Alistai	10	Sir Winston	6:06.1	15:15.17	
42 Deschamps, Elijah	11	Elmdale P.S.	6:20.0	15:49.82	
43 Slobodin, Mason	11	Turnbull School	6:29.2	16:12.95	
44 Rai, Shaulik	10	Elmdale P.S.	6:41.1	16:42.75	



**Capital XC Challenge - 2021-10-01 to 2021-10-02****Ottawa Lions Timing Team****Terry Fox Athletic Facility****Results****Event 6 Boys 3k Run CC Under 14**

Meet Record: ! 10:10.00 2017-10-14 Yannick Meredith, De La Salle

Name	Year Team	Avg 1K	Finals	Points
Results - Men				
1 Streek, Evan	09 Merivale HS	3:45.1	11:15.24	
2 Siderius, Owen	08 Nakkertok Nordic	3:45.9	11:17.55	1
3 Bouchard, Noah	09 Ville-Marie	3:51.6	11:34.77	
4 O'Hare, Kiran	08 Westboro Academy	3:51.9	11:35.44	2
5 Gimby, Cole	08 Ottawa Lions T.F.C.	3:59.4	11:57.97	3
6 Dean, Rowan	08 North Grenville	3:59.6	11:58.57	
7 Hawkes, Cordon	08 Nakkertok Nordic	4:03.2	12:09.38	4
8 Morris, Dax	08 Ottawa Lions T.F.C.	4:07.0	12:20.97	5
9 Mortimer, Charlie	08 Ottawa Lions T.F.C.	4:07.1	12:21.08	6
10 Burnnett, Conlin	08 Ottawa Lions T.F.C.	4:08.1	12:24.16	7
11 Bou, Lluç	08 Westboro Academy	4:10.9	12:32.54	8
12 Spratt, Finlay	08 Ashbury College	4:13.7	12:40.95	
13 Walker, Austin	08 Unattached	4:14.6	12:43.83	
14 Young, Sam	09 Fisher Park	4:15.6	12:46.63	
15 Badgley, Zach	09 Ottawa Lions T.F.C.	4:15.8	12:47.39	9
16 Riddols, Timothy	08 Turnbull School	4:17.0	12:50.82	10
17 Notman, Colin	08 Brockville Legion	4:21.3	13:03.75	
18 Notman, Braeden	08 Brockville Legion	4:22.1	13:06.31	
19 Willis, Benjamin	08 Fisher Park	4:25.1	13:15.06	
20 Lamonte, Matthew	09 Ashbury College	4:29.0	13:27.03	
21 Batchelor, Benjamin	08 Nakkertok Nordic	4:31.6	13:34.62	11
22 Barbeau, Karsten	09 Holy Trinity	4:32.9	13:38.59	
23 Dunn, Sean	08 Turnbull School	4:34.0	13:41.85	12
24 Armstrong, Aidan	08 Westboro Academy	4:40.8	14:02.25	13
25 Frank, Rylan	08 Nakkertok Nordic	4:41.4	14:04.04	14
26 Wells, Zachary	08 Nakkertok Nordic	4:44.7	14:13.97	15
27 Wright, Owen	09 Ashbury College	4:51.2	14:33.40	
28 Dempster, Patrick	09 Westboro Academy	4:51.8	14:35.20	16
29 Martel, Frederik	09 Westboro Academy	5:18.0	15:53.95	17
30 Henderson, Rowan	09 Westboro Academy	5:21.2	16:03.53	18
31 Smith, Ben	09 Ottawa Lions T.F.C.	5:24.4	16:13.10	19
32 Wang, Louis	09 Westboro Academy	5:28.3	16:24.78	
33 Jetty, Vikram	08 Turnbull School	5:45.1	17:15.12	20
34 Mani, Shailen	09 Turnbull School	6:04.1	18:12.26	21
35 Unger, Aiden	09 Turnbull School	6:09.6	18:28.69	22
36 Hu, Runcheng	09 Turnbull School	7:23.2	22:09.57	23

**Team Scores**

Rank Team	Total	1	2	3	4	*5	*6	*7	*8	*9
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**Results - Men**

1 Ottawa Lions T.F.C.	21	3	5	6	7	9	19			
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Total Time: 49:04.18

Average: 12:16.05

**Capital XC Challenge - 2021-10-01 to 2021-10-02**

**Ottawa Lions Timing Team**

**Terry Fox Athletic Facility**

**Results**

**....Event 6 Boys 3k Run CC Under 14**

2	Nakkertok Nordic	30	1	4	11	14	15	
	Total Time:	51:05.59						
	Average:	12:46.40						
3	Westboro Academy	39	2	8	13	16	18	
	Total Time:	52:45.43						
	Average:	13:11.36						
4	Turnbull School	63	10	12	20	21	22	23
	Total Time:	1:02:00.05						
	Average:	15:30.02						







**Capital XC Challenge - 2021-10-01 to 2021-10-02**

**Ottawa Lions Timing Team**

**Terry Fox Athletic Facility**

**Results**

**....Event 10 Boys 5k Run CC Varsity**

3 Longfields Davidson Heigh 53 11 13 14 15

Total Time: 1:17:32.31

Average: 19:23.08

**Capital XC Challenge - 2021-10-01 to 2021-10-02****Ottawa Lions Timing Team****Terry Fox Athletic Facility****Results****Event 2 Men 6k Run CC University/Open**

Meet Record: ! 18:26.82 2019-10-05 Jean Uwajenezza, Ottawa Lions

Name	Year Team	Avg 1K	Finals	Points
Results - Men				
1 Kirby, Mitchell	00 Queen's Gaels	3:11.4	19:07.94	1
2 Brackenbury, Miles	01 Queen's Gaels	3:12.3	19:13.43	2
3 Mironov, Roman	00 Queen's Gaels	3:13.1	19:18.56	3
4 Hollinger, Jake	00 Queen's Gaels	3:13.4	19:20.05	4
5 Wellenstein, Henry	00 McGill	3:13.7	19:22.23	5
6 Lebouef, Maxime	87 Unattached Ontario	3:14.1	19:24.08	
7 Alie-Lamarche, Andre	99 Ottawa Gee-Gees	3:14.6	19:27.34	6
8 Pedersen, Nicholas	00 Ottawa Lions T.F.C.	3:15.1	19:30.42	7
9 Stanley, Jack	99 McGill	3:15.6	19:33.25	8
10 Pidduck, Will	00 Queen's Gaels	3:16.7	19:39.67	9
11 Fournier, Adrian	00 Ottawa Gee-Gees	3:18.3	19:49.68	10
12 Secheyron, Tom	01 McGill	3:18.5	19:50.52	11
13 El Rimawi-Fine, Noah	01 McGill	3:19.1	19:54.63	12
14 Roy, Zed	00 Uqam Citadins	3:20.1	20:00.19	13
15 Coolican, Dan	00 Queen's Gaels	3:20.9	20:04.88	14
16 Davalan, William	01 McGill	3:21.6	20:09.28	15
17 Csisztu, Thomas	99 McGill	3:21.6	20:09.42	16
18 Brassard, Louis-Olivier	96 Montréal Carabins	3:22.5	20:14.83	17
19 Cherenfant, Nick	96 Uqam Citadins	3:22.9	20:16.94	18
20 Gilon, Selim	99 Montréal Carabins	3:23.4	20:19.89	19
21 McClure, Jake	01 McGill	3:23.6	20:21.38	20
22 Courchesne, Jérémy	00 Uqtr Patriotes	3:25.7	20:33.68	21
23 Paques, Maxime	95 Montréal Carabins	3:25.9	20:35.24	22
24 Bedard, Felix	00 McGill	3:25.9	20:35.26	
25 Robinson, Stephen	00 Ottawa Gee-Gees	3:27.0	20:41.99	23
26 Miske, Ben	00 Queen's Gaels	3:27.1	20:42.23	24
27 Dillabaugh, Darion	98 Carleton Ravens	3:27.7	20:45.81	25
28 Vanasse, Gabriel	95 Inuk de L'Uqac	3:28.2	20:48.89	
29 Houser, Éloïs	99 Inuk de L'Uqac	3:28.5	20:51.01	
30 Perreault-Roberge, Julie	99 Uqam Citadins	3:29.0	20:53.96	26
31 Chapple, Devin	03 McGill	3:29.2	20:55.01	
32 Fillion, Maximilien	04 Remparts	3:29.4	20:56.12	27
33 Seshadri, Sam	00 Queen's Gaels	3:29.8	20:58.63	
34 Burg, Jeremy	00 Concordia Stingers	3:30.0	20:59.55	28
35 Ribí, Daniel	92 Unattached Ontario	3:30.0	20:59.65	
36 Roberts, Nicholas	98 Ottawa Lions T.F.C.	3:30.1	21:00.10	29
37 Houle, Xavier	97 Uqtr Patriotes	3:30.6	21:03.25	30
38 Li, Andy (shengan)	00 Queen's Gaels	3:30.8	21:04.74	
39 Chouan, Laurent	99 Piranhas Éts	3:30.9	21:05.44	
40 De Castro, Myles	00 Queen's Gaels	3:31.0	21:05.99	
41 De Jong, Garrett	88 Mile2Marathon	3:31.1	21:06.12	
42 Dumont, Laurent-Olivier	99 Uqtr Patriotes	3:31.8	21:10.30	31
43 Tremblay, Simon	00 Inuk de L'Uqac	3:32.5	21:14.67	
44 Demarbre, Loic	01 Montréal Carabins	3:33.4	21:19.89	32
45 Bronsema, Liam	03 Remparts	3:34.5	21:26.83	33
46 Côté, Pascal	99 Inuk de L'Uqac	3:35.6	21:33.50	
47 Burke, Ryan	87 Unattached Ontario	3:35.7	21:34.23	
48 Westbrook, Gavin	99 Ottawa Gee-Gees	3:36.3	21:37.53	34
49 Turgeon, Zacharie	02 Concordia Stingers	3:36.5	21:38.93	35
50 Sahai, Rishab	03 Ottawa Lions T.F.C.	3:36.6	21:39.41	36

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51 Saibla, Karl	77 Unattached Ontario	3:36.6	21:39.52	
52 Saugeron, Abel	99 Concordia Stingers	3:37.0	21:41.50	37
53 Howard, Brendon	96 Unattached Ontario	3:37.3	21:43.55	
54 Abanto Enns, Nicolas	98 Ottawa Gee-Gees	3:37.5	21:44.90	38
55 McSweeney, Kieran	21 Queen's Gaels	3:37.8	21:46.71	
56 Clerk, Justin	04 Ville-Marie	3:37.9	21:46.88	
57 Meraw, Nathan	01 Ottawa Gee-Gees	3:37.9	21:47.00	39
58 Bédard, Félix-Antoine	00 Uqam Citadins	3:38.3	21:49.73	40
59 Parent, Frédéric	03 A.S.E.A.	3:38.6	21:51.48	
60 Frost, Colby	02 Ottawa Gee-Gees	3:39.1	21:54.42	41
61 Bruce, Cameron	01 Carleton Ravens	3:39.8	21:58.48	42
62 Mol, Lars	01 Montréal Carabins	3:40.7	22:03.95	43
63 Neyshtadt, Nikita	03 Ottawa Gee-Gees	3:41.5	22:08.53	
64 Létourneau-Rancourt, Émi	98 Uqam Citadins	3:42.1	22:12.15	44
65 Sneddon, Jay	92 Ottawa Lions T.F.C.	3:42.7	22:15.77	45
66 Caya, Félix-Antoine	99 Uqtr Patriotes	3:42.8	22:16.55	46
67 Labrie, Alex	04 Remparts	3:43.9	22:22.89	47
68 Howell, Matthew	03 Remparts	3:44.4	22:25.97	48
69 Walke, Liam	87 Mile2Marathon	3:45.2	22:30.86	
70 Yang, Ryan	03 Ottawa Gee-Gees	3:46.2	22:36.80	
71 Venne, Jérémie	96 National Capital	3:46.6	22:39.48	
72 Finkelstein, Isaac	99 Concordia Stingers	3:48.1	22:48.55	49
73 Hollinger, Isaac	03 Loyalist College	3:48.2	22:49.20	
74 Bellerive, Thomas	98 Montréal Carabins	3:50.5	23:02.74	50
75 Jarvis, Alec	96 Unattached Ontario	3:50.9	23:05.14	
76 Villeneuve, Julien	96 Uqam Citadins	3:51.0	23:05.99	51
77 Jessup, S?bastien	93 Concordia Stingers	3:51.5	23:08.73	52
78 Szaranski, Jacob	02 Carleton Ravens	3:51.5	23:09.04	53
79 Shi, Sam	93 Ottawa Lions T.F.C.	3:51.6	23:09.23	54
80 Gaudin, Léo	99 Piranhas Éts	3:52.3	23:13.43	
81 Tripp, Ben	99 Carleton Ravens	3:53.2	23:19.21	55
82 Jubaili, Anis	98 Concordia Stingers	3:56.7	23:40.06	56
83 Hawrysh, Nicolas	01 Carleton Ravens	3:57.2	23:42.98	57
84 Cummings, David	03 Ottawa Lions T.F.C.	3:57.4	23:43.92	58
85 De Gans, Riley	02 Ottawa Gee-Gees	3:58.4	23:49.98	
86 Raikou, Robbie	02 Algonquin College	3:58.7	23:52.23	
87 Bekkari, Mehdi	02 Concordia Stingers	3:59.3	23:55.72	59
88 Laliberte, Tristan	03 Carleton Ravens	3:59.6	23:57.59	60
89 Guillemot, Simon	99 Piranhas Éts	3:59.7	23:58.10	
90 Robinson, Carter	04 Unattached Ontario	4:01.9	24:11.08	
91 McCallum, Neil	81 Mile2Marathon	4:02.7	24:15.73	
92 Watson, Spencer	02 Carleton Ravens	4:05.8	24:34.36	61
93 Strachan, Jeff	75 Unattached Ontario	4:06.6	24:39.20	
94 Bérubé, Simon	98 Uqtr Patriotes	4:12.3	25:13.44	62
95 Labelle, Timothy	03 Remparts	4:14.6	25:27.65	63
96 Charles-Augustin, Clayto	00 Piranhas Éts	4:15.0	25:29.67	
97 Plourde-Couture, Félix	99 Uqtr Patriotes	4:15.8	25:34.86	64
98 Yorston, Alex	05 Brookfield H.S.	4:16.0	25:35.97	
99 Asnong, Thomas	04 Ville-Marie	4:16.8	25:40.32	
100 Hugron, Jimmy	01 Remparts	4:16.8	25:40.59	65
101 Frenette, Gilles	76 Ottawa Lions T.F.C.	4:18.9	25:53.29	66
102 Sun, David	92 Carleton Ravens	4:26.5	26:38.82	
103 McInerney, Michael	66 Ottawa Lions T.F.C.	4:29.8	26:58.65	
104 Stainforth, Michael	01 Loyalist College	4:33.9	27:23.13	

