



**Capital XC Challenge - 2022-09-30 to 2022-10-01**

**Ottawa Lions Timing Team**

**Terry Fox Athletic Facility**

**Results**

**Event 3 Girls 2500 Meter Run CC Under 12**

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

Name	Year	Team	Avg 1K	Finals	Points
Results - Women					
1 Kinch, Lilah	11	Brockville L	4:05.2	10:12.99	
2 Mastroianni, Emma	11	Académie Sai	4:18.8	10:46.91	
3 Gomes, Sinead	12	Mile2Marathon	4:22.3	10:55.72	
4 Hume, Jacqueline	12	Broadview - Ottawa	4:22.7	10:56.62	1
5 Bolduc, Blanche	11	École Buissonnière	4:27.0	11:07.48	
6 Cameron, Tatiana	11	Ottawa Lions	4:29.3	11:13.09	2
7 Gerth, Roan	13	Mutchmor Pub	4:30.4	11:15.94	
8 Blom, Priya	11	Elmdale Publ	4:32.9	11:22.21	3
9 Li, Mira	11	Ottawa Lions	4:38.7	11:36.60	4
10 Smith, Sabrina	11	Ottawa Lions	4:48.0	11:59.92	5
11 Frank, Helena	11	Broadview - Ottawa	4:48.0	12:00.02	6
12 Bou, Maia	11	Hopewell	4:48.3	12:00.58	
13 Turnbull, Taylor	12	Broadview - Ottawa	4:49.2	12:02.79	7
14 Durant, Aubrey	12	Brockville L	4:55.3	12:18.11	
15 Tapp, Olivia	12	Ottawa Lions	4:59.4	12:28.39	8
16 LeBlanc, Rowyn	11	Turnbull School	5:00.4	12:30.78	
17 Pecora, Elisa	11	Elmdale Publ	5:00.8	12:32.01	9
18 Macmillan, Eliza	11	Vainqueurs	5:01.1	12:32.76	
19 Chang-Duffet, Charlotte	11	Ottawa Lions	5:01.5	12:33.70	10
20 Chan, Elise	12	Elmdale Publ	5:02.0	12:34.81	11
21 Girouard, Charlotte	11	Elmdale Publ	5:02.9	12:37.19	12
22 Steeves, Hannah	11	Elmdale Publ	5:07.5	12:48.61	13
23 Moher, Sophie	11	Elmdale Publ	5:07.6	12:48.79	14
24 Bing, Charlotte	11	Ottawa Lions	5:09.8	12:54.36	15
25 Hume, Mary	11	Broadview - Ottawa	5:11.8	12:59.44	16
26 Franklin, Calla	12	Pleasant Park	5:13.1	13:02.63	
27 Quinlan, Katherine	11	Joan of Arc Academy	5:19.5	13:18.74	
28 Kraan, Sarah	11	Unattached Ontario	5:21.9	13:24.72	
29 Cheung, Leah	11	Unattached Ontario	5:25.1	13:32.68	
30 Westwood, Florence	22	Unattached	5:25.1	13:32.75	
31 Davies, Hannah	12	Pleasant Park	5:29.9	13:44.78	
32 Robinson, Olivia	11	Ottawa Lions	5:41.5	14:13.66	
33 Armijo-Chan, Eva	12	Westboro Academy	5:43.4	14:18.43	
34 Blair, Ella	11	Turnbull School	5:58.0	14:54.92	
35 Kirby, Veda	12	Broadview - Ottawa	5:58.1	14:55.07	17
36 Clarke, Olivia	12	Unattached	6:01.4	15:03.38	
37 David, Keziah	22	Ottawa Lions	6:24.7	16:01.57	
38 Ramlall, Sophia	12	Westboro Academy	6:25.3	16:03.14	

Team Scores

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

**Capital XC Challenge - 2022-09-30 to 2022-10-01**

**Ottawa Lions Timing Team**

**Terry Fox Athletic Facility**

**Results**

**....Event 3 Girls 2500 Meter Run CC Under 12**

1 Ottawa Lions	19	2	4	5	8	10	15
Total Time:	47:18.00						
Average:	11:49.50						
2 Broadview - Ottawa	30	1	6	7	16	17	
Total Time:	47:58.87						
Average:	11:59.72						
3 Elmdale Public School	35	3	9	11	12	13	14
Total Time:	49:06.22						
Average:	12:16.56						

**Capital XC Challenge - 2022-09-30 to 2022-10-01****Ottawa Lions Timing Team****Terry Fox Athletic Facility****Results****Event 5 Girls 3k Run CC Under 14**

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Meet Record: ! 11:44.69 2019-10-05 Grace Streek, Sir Winston Churchill

Name	Year Team	Avg 1K	Finals	Points
=====				
Results - Women				
1 Pitts, Payton	09 Durham Drago	3:59.6	11:58.64	
2 Lebel, Laila	09 Ottawa Lions	4:00.8	12:02.13	1
3 Gervais, Annika	10 Unattached Ontario	4:08.9	12:26.44	
4 Proulx, Addison	09 Henry Munro Lions	4:10.9	12:32.59	
5 Coldrey, Kira	10 Ottawa Lions	4:12.3	12:36.90	2
6 Schuler, Jamie	09 Ottawa Lions	4:15.4	12:46.01	3
7 Cesario, Sofia	09 McGregor Training	4:21.7	13:04.85	
8 Blackadder, Brynn	09 Ottawa Lions	4:22.4	13:06.95	4
9 Daniels, Riley	09 Ottawa Lions	4:23.4	13:10.06	5
10 Streek, Claire	10 McGregor Training	4:27.0	13:20.96	
11 Chadwick, Caroline	09 Turnbull School	4:33.0	13:38.93	6
12 Renfro, Sydney	09 Turnbull School	4:33.3	13:39.65	7
13 Claydon-St. John, Alexis	09 Cedarview - Nepean	4:34.6	13:43.80	
14 Teevens, Julia	09 Ottawa Lions	4:35.2	13:45.54	8
15 Kaibi, Melissa	09 Cra Pantheres	4:35.3	13:45.88	
16 Nash, Alyssa	10 Ottawa Lions	4:39.0	13:56.89	
17 Daber, Alida	09 Renfrew	4:42.1	14:06.14	
18 Burke, Eavan	09 Turnbull School	4:42.1	14:06.21	9
19 Meier, Tessa	10 Other	4:49.0	14:26.87	
20 Popowych, Morgan	10 Frank Ryan	4:50.4	14:31.11	
21 Brooks, Josephine	10 Nakkertok Nordic	4:51.2	14:33.43	
22 Lewchuk, Sophie	09 Ottawa Lions	4:54.4	14:43.12	
23 Robinson, Mazey	10 Unattached Ontario	4:59.5	14:58.30	
24 Graham, Carys	22 Longfields	5:01.7	15:05.13	10
25 Arabackyj, Bianca	09 Ottawa Lions	5:02.3	15:06.66	
26 Bean, Vanessa	10 Ottawa Lions	5:02.3	15:06.84	
27 Bonden, Alivia	09 Cedarview - Nepean	5:06.3	15:18.66	
28 Preston, Jamie	10 Ottawa Lions	5:07.1	15:21.04	
29 Craig, Finlay	10 Turnbull School	5:09.1	15:27.04	11
30 Turner, Madeleine	09 Other	5:11.2	15:33.39	
31 Bussey, Soha	10 Ottawa Lions	5:12.7	15:37.87	
32 Wang, Vivian	22 Longfields	5:13.8	15:41.14	12
33 Martell, Sasha	10 Turnbull School	5:16.8	15:50.26	13
34 Kelley, Abby	10 Turnbull School	5:18.2	15:54.57	14
35 Mahdi, Fatma	22 Longfields	5:20.7	16:01.89	15
36 Levac, Clara	09 Westboro Academy	5:21.2	16:03.45	
37 Dekker, Leah	08 Unattached Ontario	5:27.4	16:22.22	
38 Sunallah, Danna	22 Longfields	5:31.2	16:33.51	16
39 Thompson, Islla	10 Ottawa Lions	5:32.2	16:36.49	
40 Waters, Kaylee	22 Longfields	5:33.7	16:40.99	17
41 Giorno, Lily	10 Ottawa Lions	5:56.3	17:48.91	
42 Fee, Charlotte	10 Turnbull School	6:25.4	19:16.10	
43 Goodier, Cora	10 Turnbull School	6:37.8	19:53.37	
44 Li, Thea	10 Turnbull School	6:49.1	20:27.23	



**Capital XC Challenge - 2022-09-30 to 2022-10-01****Ottawa Lions Timing Team****Terry Fox Athletic Facility****Results****Event 7 Girls 4k Run CC Junior Varsity**

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Meet Record: ! 14:57.20 2016-10-14 Teagan Shapansky, Glebe

Name	Year Team	Avg 1K	Finals	Points
=====				
Results - Women				
1 Chiumera, Isabella	07 St. Pius X	3:46.7	15:06.51	
2 Streek, Grace	07 Ottawa Lions	3:49.3	15:17.12	1
3 Coughlin, Quinn	07 Opeongo	3:55.0	15:40.02	
4 Davies, Evelyn	08 Immaculata	4:01.3	16:05.17	2
5 Johnston-Zemek, Kate	07 Ashbury College	4:05.8	16:22.95	3
6 Jennings, Paige	07 John McCrae	4:14.9	16:59.27	4
7 Barber, Molly	07 Nepean	4:16.9	17:07.36	
8 Knight, Tessa	07 Ottawa Lions	4:17.7	17:10.50	5
9 Koschade, Naomi	08 South Carleton	4:23.7	17:34.67	
10 Niedre, Allison	08 South Carleton	4:24.9	17:39.62	
11 Vetta, Kerensa	08 Collège Notre-Dame	4:25.0	17:39.98	
12 Lyons, Waverley	07 Glebe	4:25.4	17:41.50	6
13 Lauter, Kyra	08 Ottawa Lions	4:25.8	17:43.23	7
14 Kamel, Hana	08 Merivale	4:26.4	17:45.64	8
15 Ballafini, Sophia	08 Merivale	4:27.3	17:48.92	9
16 Collins, Lily	08 Longfields	4:29.5	17:57.72	10
17 Aoife, Swandel	08 Canterbury	4:30.9	18:03.35	11
18 Aubin, Jacqueline	07 Mother Teresa	4:32.4	18:09.62	
19 Betty, Helen	07 Lisgar	4:32.7	18:10.80	
20 Unsworth, Winnie	07 Canterbury	4:38.1	18:32.33	12
21 Jennings, Sienna	08 Ashbury College	4:40.9	18:43.47	13
22 Mosley, Sophie	07 Arnprior	4:42.2	18:48.64	
23 Walker, Sasha	08 Gisèle-Lalonde	4:43.1	18:52.18	
24 Carlson, Molly	08 Canterbury	4:43.3	18:53.16	14
25 Johnstone, Sadie	07 Canterbury	4:45.1	19:00.14	15
26 Lebourg, Maud	08 Vainqueurs	4:45.4	19:01.33	
27 Bennett, Zoe	08 Glebe	4:47.5	19:09.88	16
28 Leschinsky, Madeleine	08 Glebe	4:48.3	19:12.91	17
29 Davison, Elise	07 Ottawa Lions	4:48.3	19:13.15	18
30 Desbarats, Jennifer	07 Ottawa Lions	4:48.8	19:14.99	19
31 Edwards, Sophie	08 Ottawa Lions	4:50.7	19:22.67	20
32 Lalonde, Victoria	07 Ottawa Lions	4:50.7	19:22.69	
33 Beauregard, Madeleine	08 Glebe	4:51.1	19:24.33	21
34 Doja, Jana	08 Immaculata	4:52.3	19:28.86	22
35 Allibon, Maya	08 John McCrae	4:53.2	19:32.61	23
36 Cleofas, Ligaya	08 Canterbury	4:54.6	19:38.10	24
37 Moore, Kelsea	07 Bishop Smith	4:56.9	19:47.64	
38 Watchorn, Charlotte	07 Nepean	4:57.6	19:50.27	
39 Williamson, Naya	08 Canterbury	4:58.2	19:52.51	25
40 Vanderploeg, Courtney	07 Renfrew	5:00.3	20:01.11	
41 Wilton, Rebecca	07 Immaculata	5:00.6	20:02.21	26
42 Inniss, Molly	08 Immaculata	5:01.1	20:04.41	27
43 Nash, Emma	07 De La Salle	5:03.4	20:13.43	
44 Pringle, Izolde	07 Bishop Smith	5:03.5	20:14.02	
45 Wendler, Ocean	07 Canterbury	5:04.6	20:18.38	
46 Afkham-Ebrahimi, Parisa	08 Merivale	5:05.7	20:22.50	28
47 Wu, Maggie	07 Merivale	5:07.1	20:28.13	29
48 Vanlindenberg, Marlo	07 Opeongo	5:08.5	20:33.74	
49 Maina, Julia	07 John McCrae	5:09.4	20:37.41	30
50 Pearson, Katie	07 John McCrae	5:12.3	20:48.93	31



**Capital XC Challenge - 2022-09-30 to 2022-10-01****Ottawa Lions Timing Team****Terry Fox Athletic Facility****Results****....Event 7 Girls 4k Run CC Junior Varsity**

2	Canterbury	52	11	12	14	15	24	25
	Total Time:	1:14:28.98						
	Average:	18:37.25						
3	Glebe	60	6	16	17	21	41	
	Total Time:	1:15:28.62						
	Average:	18:52.16						
4	Merivale	74	8	9	28	29	32	34
	Total Time:	1:16:25.19						
	Average:	19:06.30						
5	Immaculata	77	2	22	26	27	35	43
	Total Time:	1:15:40.65						
	Average:	18:55.17						
6	John McCrae	88	4	23	30	31	37	38
	Total Time:	1:17:58.22						
	Average:	19:29.56						
7	Ashbury College	88	3	13	33	39		
	Total Time:	1:19:10.89						
	Average:	19:47.73						
8	Longfields	132	10	36	40	46		
	Total Time:	1:32:10.04						
	Average:	23:02.51						
9	Ridgemont	178	42	44	45	47		
	Total Time:	1:51:21.17						
	Average:	27:50.30						



**Capital XC Challenge - 2022-09-30 to 2022-10-01****Ottawa Lions Timing Team****Terry Fox Athletic Facility****Results****Event 9 Girls 5k Run CC Varsity**

Meet Record: ! 17:54.55 2021-10-01 Amelia Van Brabant, Earl of March

Name	Year Team	Avg 1K	Finals	Points
Results - Women				
1 Stonham, Louise	05 Ottawa Lions	3:38.4	18:11.89	
2 Alexander, Lauren	06 Glebe	3:41.1	18:25.40	1
3 Gibbons, Ariel	05 Renfrew	3:57.0	19:44.89	
4 Yach, Koree	06 Ottawa Lions	3:59.0	19:54.66	
5 MacLeod, Clementine	05 Adam Scott	3:59.4	19:56.94	
6 Soler, Allison	06 Longfields	4:02.6	20:13.01	2
7 Trott, Sophie	05 Glebe	4:06.9	20:34.30	3
8 Gormley, Caitlin	05 Glebe	4:07.1	20:35.32	4
9 McColgan, Abbey	05 Glebe	4:09.3	20:46.32	5
10 McKay, Morgane	06 Ottawa Lions	4:10.2	20:50.58	
11 Burgess, Charlotte	05 Merivale	4:11.9	20:59.33	
12 Waddington, Claire	06 Glebe	4:12.2	21:00.69	6
13 Smolynec, Esme	05 Merivale	4:18.4	21:31.84	
14 Hertz, Rachel	06 John McCrae	4:21.9	21:49.43	7
15 Flynn, Sarah	06 Glebe	4:23.1	21:55.53	8
16 McCormack, Emily	06 Bell	4:25.6	22:07.98	
17 Concettini, Alice	05 Longfields	4:27.5	22:17.26	9
18 Morrow, Megan	06 Bishop Smith	4:27.9	22:19.31	10
19 Hawkes, Elizabeth	06 Nepean	4:28.6	22:22.84	
20 Allan, Claire	06 Glebe	4:29.2	22:25.71	
21 Bemister, Claire	05 Bishop Smith	4:29.5	22:27.26	11
22 McCabe, Isla	05 Glebe	4:30.6	22:32.79	
23 Wilton, Kayla	05 Immaculata	4:32.1	22:40.10	
24 Powter, Morgan	05 Ashbury College	4:42.7	23:33.46	12
25 Launer, Simona	06 Longfields	4:46.0	23:49.80	13
26 Brooks, Charlotte	06 John McCrae	4:47.7	23:58.27	14
27 Selle, Ruby	06 Bishop Smith	4:47.9	23:59.43	15
28 Davidson, Amber	06 Arnprior	4:54.2	24:30.90	
29 McQuinn, Shayla	06 John McCrae	4:56.3	24:41.55	16
30 Inniss, Keira	06 Immaculata	4:56.7	24:43.26	
31 Hanley, Aniela	06 Ashbury College	4:57.2	24:45.72	17
32 Bruce, Sarah	06 Ashbury College	5:04.6	25:23.03	18
33 Hoshino-Morin, Maya	05 Canterbury	5:08.2	25:41.02	19
34 Delaquis, Dominique	06 John McCrae	5:14.1	26:10.10	20
35 Yuke, Keirstan	06 Opeongo	5:15.3	26:16.17	
36 Bradley, Skylar	06 Longfields	5:18.7	26:33.29	21
37 Patry, Joanne	05 Gisèle-Lalonde	5:19.2	26:35.94	
38 Alain, Maylea	06 Gisèle-Lalonde	5:20.5	26:42.38	
39 Xaio, Danica	05 Merivale	5:21.3	26:46.25	
40 Fitzgerald, Tara	05 Canterbury	5:31.3	27:36.15	22
41 Feberova, Natalie	05 Ashbury College	5:34.4	27:51.98	23
42 Rasmussen, Julie	05 St. Paul	5:38.6	28:12.75	
43 Cambieri, Cecelia	05 Lisgar	5:43.1	28:35.55	
44 McCourt, Catherine	05 Ashbury College	5:43.2	28:35.75	24
45 Welburn, Georgia	06 Glebe	5:45.1	28:45.27	
46 Kinahan, G	06 Glebe	5:45.1	28:45.33	
47 Ross, Rosalie	06 John McCrae	5:48.6	29:02.71	25
48 Stratford, Rose	06 Canterbury	5:51.3	29:16.07	26
49 Hoger, Kiana	06 John McCrae	5:52.2	29:20.62	27
50 Ikkers, Alexa	06 Canterbury	5:58.4	29:51.60	28



**Capital XC Challenge - 2022-10-01****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 Brennan, Becca	96 Monarch Athl	3:45.2	22:30.95	
2 Beauregard, Noemie	01 Ottawa Gee-Gees	3:45.6	22:33.23	1
3 Plouvier, Manon	00 Queen's Gaels	3:46.3	22:37.38	2
4 Graham, Emma	02 Queen's Gaels	3:48.6	22:51.10	3
5 Foran, Gabrielle	90 Vainqueurs Plus	3:50.8	23:04.82	
6 Lane, Ella	02 Queen's Gaels	3:53.5	23:21.05	4
7 Drolet, Ann-Rebecca	97 McGill	3:53.6	23:21.55	5
8 Vroom, Elizabeth	04 Queen's Gaels	3:53.8	23:22.79	6
9 Blair, Kara	98 Physi-Kult	3:54.0	23:23.56	
10 Gunther, Nina	98 Ottawa Gee-Gees	3:55.9	23:35.31	7
11 Brown, Katherine	00 Concordia Stingers	3:56.2	23:37.09	8
12 Lacy, Sarah	04 Queen's Gaels	3:57.1	23:42.28	9
13 Rashid-Cocker, Sophie	03 McGill	3:57.4	23:44.42	10
14 Courville, Sophie	03 McGill	3:57.9	23:47.40	11
15 Goddard, Tamara	02 Queen's Gaels	3:58.8	23:52.27	12
16 Hendriks, Olivia	00 Queen's Gaels	4:00.3	24:01.83	13
17 Porter, Gillian	04 Queen's Gaels	4:01.1	24:06.12	
18 Shearing, Fiona	02 Queen's Gaels	4:01.9	24:11.14	
19 Pribaz, Caleigh	04 Queen's Gaels	4:04.1	24:24.13	
20 MacDonald, Aria	03 Carleton Ravens	4:04.8	24:28.79	
21 Bullock, Madelyn	00 Queen's Gaels	4:05.7	24:34.17	
22 Le Bail, Louisiane	00 Uqam Citadins	4:05.9	24:34.95	
23 White, Elizabeth	04 Queen's Gaels	4:06.3	24:37.58	
24 Doat, Adele	04 McGill	4:08.7	24:52.01	14
25 Landry, Roxanne	03 Uqam Citadins	4:11.0	25:05.95	
26 Boutin, Élisabeth	95 Uqam Citadins	4:11.8	25:10.53	
27 Williams, Taylor	01 McGill	4:12.3	25:13.38	15
28 Norman, Pippa	01 Carleton Ravens	4:12.6	25:15.54	
29 Alkerton, Alyshia	03 Physi-Kult	4:13.0	25:17.64	
30 Furno Puglia, Veronica	00 Concordia Stingers	4:14.3	25:25.63	16
31 Brackenbury, Claire	04 Queen's Gaels	4:15.5	25:32.57	
32 Taylor, Katherine	02 Queen's Gaels	4:15.5	25:32.99	
33 Atkin, Ruby	02 McGill	4:15.9	25:35.07	17
34 Griffin, Haley	04 Ottawa Gee-Gees	4:16.1	25:36.38	18
35 Hurst, Freya	04 Queen's Gaels	4:16.3	25:37.68	
36 Parkins, Kara	00 Queen's Gaels	4:18.1	25:48.08	
37 Olivier, Emma	00 École de tec	4:18.5	25:50.75	
38 Kealy, Saoirse	01 Carleton Ravens	4:20.9	26:05.28	
39 Brown, Taylor	03 Ottawa Gee-Gees	4:21.0	26:05.51	19
40 Stokes, Jasmine	04 Queen's Gaels	4:21.5	26:08.79	
41 Fowler, Kylee	03 Ottawa Gee-Gees	4:23.4	26:19.92	20
42 Reynolds, Bryn	01 Carleton Ravens	4:24.5	26:26.80	
43 Savouré, Esther	00 Concordia Stingers	4:25.2	26:30.92	21
44 McLeod, Maddie	04 Queen's Gaels	4:25.9	26:35.08	
45 Haron, Erini	00 Queen's Gaels	4:26.0	26:35.99	
46 Brown, Madelyn	00 Concordia Stingers	4:26.7	26:39.73	22
47 Tynan, Elana	03 Ottawa Gee-Gees	4:27.3	26:43.80	23
48 Marie-Jeanne, Morin	98 École de tec	4:31.2	27:06.94	
49 Shair, Tayla	00 Concordia Stingers	4:33.3	27:19.35	24
50 Sénécal, Gabrielle	00 Concordia Stingers	4:44.5	28:26.96	25



**Capital XC Challenge - 2022-09-30 to 2022-10-01****Ottawa Lions Timing Team****Terry Fox Athletic Facility****Results****Event 2 Boys 2000 Meter Run CC Under 10**

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 Pub	3:55.4	7:50.63	
2 Lebel, Ronan	14	Ottawa Lions	3:56.3	7:52.50	1
3 Freeman, Theo	13	Elmdale Publ	4:11.7	8:23.31	2
4 Ballantyne Bourke, Kai	13	Unattached Ontario	4:21.1	8:42.04	3
5 Roeske, Cole	13	Pleasant Park	4:40.3	9:20.52	4
6 Combasson, Eric	13	Ottawa Lions	4:40.7	9:21.38	5
7 Macneil, Xavier	13	Montfort	4:40.8	9:21.54	
8 Fertuck, Casper	13	Elmdale Publ	4:41.3	9:22.44	6
9 Simon, Jagger	14	Westboro Academy	4:42.8	9:25.58	7
10 Bourgeois, Quinn	13	Elmdale Publ	4:56.3	9:52.59	8
11 Turnbull, Byron	14	Broadview - Ottawa	5:01.7	10:03.23	
12 Silasi, Zoli	13	Pleasant Park	5:01.8	10:03.55	9
13 Badgley, Matthew	22	Ottawa Lions	5:03.3	10:06.52	10
14 Schroeder, Lucas	13	Brockville L	5:07.1	10:14.13	
15 Wamwenga, Nico	13	Elmdale Publ	5:07.7	10:15.26	11
16 Green, Spencer	13	Pleasant Park	5:07.8	10:15.52	12
17 Fowkes, August	13	Pleasant Park	5:08.5	10:16.85	13
18 Jeglic, Oliver	13	St. Augustin	5:10.6	10:21.10	
19 Beydoun, Oscar	13	Unattached Ontario	5:12.6	10:25.10	14
20 Beaulieu, Charles	13	Unattached Ontario	5:13.1	10:26.21	15
21 Aziake, Mathias	13	Ottawa Lions	5:15.2	10:30.36	16
22 Noyhouzer, Tzur	13	Elmdale Publ	5:15.2	10:30.42	17
23 Lussier, Jack	14	Elmdale Publ	5:16.7	10:33.32	18
24 Murthy, Vivek	14	Westboro Academy	5:19.6	10:39.08	19
25 Ouellette, Caleb	12	Edouard-Bond	5:19.7	10:39.37	
26 Henderson, Sebastian	13	Westboro Academy	5:21.0	10:41.91	20
27 Sepulis, Asher	13	Pleasant Park	5:23.1	10:46.11	21
28 Panu-Metsaranta, Navin	14	Turnbull School	5:23.3	10:46.43	
29 Taggart, Myles	13	Elmdale Publ	5:24.5	10:48.90	
30 McVay, Dex	15	Bayview	5:25.7	10:51.28	
31 Smith, Charlie	13	Elmdale Publ	5:26.6	10:53.17	
32 Beugin, Miles	13	Elmdale Publ	5:26.8	10:53.58	
33 Warren, Henry	13	Pleasant Park	5:28.7	10:57.23	22
34 Milliken, Wyatt	13	Elmdale Publ	5:30.4	11:00.65	
35 Fitz-Morris, Benji	14	Ottawa Lions	5:32.5	11:05.01	23
36 Cunningham, Tommy	14	Brockville L	5:35.1	11:10.07	
37 Bourke, Hunt	22	Unattached	5:36.6	11:13.17	
38 Leighton, Agostino	13	Westboro Academy	5:40.6	11:21.20	24
39 Luo, Lucas	13	Elmdale Publ	5:40.8	11:21.48	
40 Lowden, Jaideep	13	Elmdale Publ	5:43.6	11:27.16	
41 Warren, Ethan	15	Pleasant Park	5:53.4	11:46.73	
42 Fillion, Oliver	13	Brockville L	5:56.7	11:53.23	
43 Mok, Adrian	14	Elmdale Publ	6:04.0	12:08.01	
44 Fox, Emmett	15	Louise-Arbour	6:06.7	12:13.37	
45 Munene, Nathan	14	Knoxdale Ele	6:12.2	12:24.28	
46 Selim, Zachary	12	Unattached Ontario	6:27.8	12:55.45	25
47 Selim, Noah	15	Unattached Ontario	6:29.1	12:58.13	26
48 Robert, Noah	14	Elmdale Publ	6:38.6	13:17.10	
49 Gervais, Maxime	15	Saint-Joseph	7:09.6	14:19.03	
50 Mota, Henri	13	Westboro Academy	7:34.9	15:09.79	27



**Capital XC Challenge - 2022-09-30 to 2022-10-01****Ottawa Lions Timing Team****Terry Fox Athletic Facility****Results****Event 4 Boys 2500 Meter Run CC Under 12**

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

Name	Year	Team	Avg 1K	Finals	Points
=====					
Results - Men					
1 Lebel, Kai	11	Ottawa Lions	3:48.7	9:31.72	1
2 Claydon-St. John, Jake	11	Unattached Ontario	3:48.8	9:31.95	
3 Badgley, Patrick	11	Ottawa Lions	3:55.8	9:49.29	2
4 Crichton, Wesley	11	Kars on the	3:58.1	9:55.15	
5 Amberg, Xavier	12	Lycee Claude	3:58.2	9:55.45	
6 Rochefort, Gabriel	10	Collège Notre-Dame	4:03.0	10:07.44	
7 Siderius, Graeme	11	Nakkertok Nordic	4:03.3	10:08.26	
8 Kaisary, Oscar	12	Ottawa Lions	4:03.5	10:08.72	3
9 Row, Sullivan	10	Roberta Bondar PS	4:05.9	10:14.71	
10 Sajan, Graham	11	Elmdale Publ	4:06.7	10:16.69	4
11 Fowkes, Percy	11	Pleasant Park	4:08.2	10:20.33	
12 Hulett, Oscar	11	Ottawa Lions	4:14.7	10:36.67	5
13 Gordon, William	12	Ottawa Lions	4:16.0	10:39.93	6
14 Durant, Myles	10	Unattached Ontario	4:16.9	10:42.27	
15 Desforges, Isaac	11	Vainqueurs	4:17.3	10:43.12	
16 Tobin, Jack	12	Brockville L	4:19.2	10:47.82	7
17 Carthew, Fraser	12	Pleasant Park	4:20.7	10:51.70	
18 Galletti, Lucas	12	Westboro Academy	4:22.8	10:56.93	8
19 Ola, Daniel	11	St. Leonard	4:23.2	10:57.91	
20 Grammatopoulos, Anastasi	12	Turnbull School	4:25.4	11:03.36	9
21 Watchorn, Christian	12	Elmdale Publ	4:27.8	11:09.34	10
22 Reid, Nathaniel	12	St. Thomas A	4:32.8	11:22.02	
23 Burke, Shay	11	Turnbull School	4:33.9	11:24.69	11
24 Villarroel, Ryan	10	Turnbull School	4:35.0	11:27.29	12
25 McCormick, Max	12	Turnbull School	4:39.9	11:39.67	13
26 Simon, Hendrix	12	Westboro Academy	4:41.5	11:43.62	14
27 Williams, Miles	12	Brockville L	4:41.8	11:44.49	15
28 Bhatt, Shanuak	12	Brockville L	4:42.2	11:45.49	16
29 Zhu, Kyle	11	Westboro Academy	4:47.7	11:59.05	17
30 Blew, Malcolm	11	Turnbull School	4:48.1	12:00.22	18
31 Williams, Alex	12	Turnbull School	4:51.0	12:07.40	19
32 Hunter, Declan	11	Brockville L	4:53.4	12:13.44	20
33 Hartley, Christopher	12	Brockville L	4:55.0	12:17.49	21
34 Panu-Metsaranta, Sarvin	11	Turnbull School	4:56.0	12:19.92	
35 Lussier, Oscar	12	Elmdale Publ	4:59.7	12:29.26	22
36 Gilmour, Brady	12	Broadview - Ottawa	5:10.5	12:56.27	
37 Armijo-Chan, Isaac	11	Westboro Academy	5:11.6	12:58.84	23
38 Popowych, Luke	12	Sir Winston	5:12.5	13:01.16	
39 Evans, Jayden	12	Brockville L	5:12.8	13:01.82	24
40 Marrack, Bailey	12	Broadview - Ottawa	5:18.9	13:17.08	
41 Ruci, Teo	11	Turnbull School	5:27.5	13:38.56	
42 De Guzman, Ethan	12	Elmdale Publ	5:29.1	13:42.71	25
43 Lee, Isaac	11	Turnbull School	5:35.7	13:59.08	
44 McFarland, Linden	11	Nakkertok Nordic	5:36.9	14:02.14	
45 Kraan, Jason	11	Pleasant Park	5:45.6	14:23.79	
46 Gadbois-Marrugo, Mathis	10	Ottawa Lions	5:46.8	14:27.01	26
47 Olynch, Isaac	12	Elmdale Publ	5:46.9	14:27.19	27
48 Sorensen, William	11	Turnbull School	5:47.7	14:29.26	
49 Bishop, Wilson	11	Turnbull School	6:00.6	15:01.40	
50 Heffernan, Nathan	12	Brockville L	6:02.7	15:06.66	





**Capital XC Challenge - 2022-09-30 to 2022-10-01****Ottawa Lions Timing Team****Terry Fox Athletic Facility****Results****Event 6 Boys 3k Run CC Under 14**

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

Name	Year Team	Avg 1K	Finals	Points
=====				
Results - Men				
1 Bouchard, Noah	09 Collège Notre-Dame	3:49.4	11:27.96	1
2 Agnello, Luca	09 Ottawa Lions	3:53.8	11:41.43	2
3 Bettez, Tobin	09 Ottawa Lions	3:56.1	11:48.25	3
4 Dubé, Antoine	09 Collège Notre-Dame	3:56.9	11:50.46	4
5 Desforges, Elie	09 Collège Notre-Dame	3:58.5	11:55.30	5
6 Khelifi, Ayoub	09 Collège Notre-Dame	4:01.6	12:04.54	6
7 Plugatyr, Alexey	22 Longfields	4:04.8	12:14.18	7
8 Poisson, Louis	08 Brebeuf College	4:06.5	12:19.31	
9 Dignault, Riley	22 Longfields	4:11.4	12:34.05	8
10 Martineau, Damien	09 Collège Notre-Dame	4:12.6	12:37.66	9
11 Schauenberg, Théo	09 Collège Notre-Dame	4:13.7	12:41.06	10
12 Davies, Colden	10 Alta Vista P	4:14.4	12:43.22	
13 Cauchy, Léopaul	10 Ecole Second	4:14.9	12:44.51	
14 Lodha, Jaiden	09 Turnbull School	4:16.4	12:49.00	11
15 Collins Catanu, Emmanuel	09 Collège Notre-Dame	4:18.3	12:54.77	
16 Cooke, Cameron	09 Ottawa Lions	4:18.5	12:55.50	12
17 Cote, Luka	10 St. Thomas A	4:24.4	13:13.22	
18 Kalbfleisch, Garnet	22 Longfields	4:26.8	13:20.34	13
19 Wei, Benjamin	22 Longfields	4:27.1	13:21.10	14
20 Unger, Aiden	09 Turnbull School	4:27.3	13:21.85	15
21 Kam, Conner	09 Westboro Academy	4:27.5	13:22.29	16
22 Provost, William	09 St. Paul	4:28.8	13:26.35	
23 Shepherd, Benjamin	09 Ottawa Lions	4:32.0	13:35.75	17
24 Smith, Benjamin	09 Ottawa Lions	4:35.2	13:45.59	18
25 Larkin, William	22 Longfields	4:35.2	13:45.60	19
26 Reid, Daminh	10 Turnbull School	4:42.5	14:07.34	20
27 Mohammad, Mohammad	22 Longfields	4:43.1	14:09.14	21
28 Libman, Josh	09 Turnbull School	4:43.2	14:09.56	22
29 Dunford, Gavin	22 Longfields	4:51.5	14:34.33	
30 Dempster, Patrick	09 Westboro Academy	4:54.5	14:43.24	23
31 Richards, William	22 Longfields	4:57.5	14:52.52	
32 Kydd, Christian	22 Longfields	4:58.0	14:53.76	
33 O'Reilly, Tyson	09 Ottawa Lions	5:03.5	15:10.46	24
34 Baudin, Isaac	22 Longfields	5:03.7	15:11.04	
35 Curtis, William	10 St. Thomas A	5:06.2	15:18.49	
36 Davies, Benjamin	10 Alta Vista P	5:06.7	15:19.96	
37 Martel, Frederik	09 Westboro Academy	5:11.6	15:34.72	25
38 Pham, Liam	10 Westboro Academy	5:16.2	15:48.57	26
39 Goldstein, Ethan	22 Longfields	5:17.2	15:51.62	
40 Barber, Max	09 Turnbull School	5:22.2	16:06.34	27
41 Kassam, Aleem	09 Turnbull School	6:37.9	19:53.45	28



**Capital XC Challenge - 2022-09-30 to 2022-10-01****Ottawa Lions Timing Team****Terry Fox Athletic Facility****Results****Event 8 Boys 4k Run CC Junior Varsity**

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Meet Record: ! 12:52.30 2017-10-13 Joe Fast, Ridgemont

Name	Year Team	Avg 1K	Finals	Points
=====				
Results - Men				
1 Kenny, Malachi	07 Bishop Smith	3:16.1	13:04.41	1
2 Taler, Saul	07 Glebe	3:17.4	13:09.44	2
3 Rochefort, Leolo	07 Collège Notre-Dame	3:19.7	13:18.61	
4 Heins, Russell	07 Glebe	3:28.9	13:55.55	3
5 Mortimer, Charlie	08 Ottawa Lions	3:34.2	14:16.58	4
6 Smith, Noah	07 Immaculata	3:35.5	14:21.77	5
7 Ghozlani, Sami	08 Lisgar	3:36.4	14:25.25	6
8 Padoin-Castillo, Matteo	07 Immaculata	3:38.0	14:32.01	7
9 Johnston-Zemek, Nicholas	07 Ashbury College	3:38.9	14:35.43	
10 Goold, Barrett	07 Ottawa Lions	3:39.9	14:39.25	8
11 Daber, Owen	07 Renfrew	3:40.9	14:43.36	9
12 McAteer, Blake	07 Unattached	3:41.7	14:46.83	
13 McKercher, Jackson	08 John McCrae	3:44.3	14:57.12	10
14 Hawkes, Cordon	08 Nepean	3:52.5	15:29.76	
15 Stratford, Hugh	07 Canterbury	3:54.1	15:36.30	
16 Lacabucci, Evan	07 Renfrew	3:54.5	15:37.82	11
17 Gu, Shougan	06 Merivale	3:55.8	15:43.13	
18 Brennan, Griffin	08 Immaculata	3:56.3	15:44.87	12
19 Tesselaar, Harrison	07 John McCrae	3:56.3	15:45.14	13
20 Reddin, Eyob	08 Immaculata	3:56.9	15:47.52	14
21 Jones, Chassy	08 Lisgar	4:00.2	16:00.79	15
22 Beakley, Nash	08 Bishop Smith	4:00.7	16:02.47	16
23 Snow, Aidan	08 Ottawa Lions	4:01.5	16:05.76	17
24 Hume, Tyson	08 Ottawa Lions	4:01.7	16:06.81	18
25 Plaunt, Steven	07 Longfields	4:01.8	16:07.15	19
26 Burnett, Conlin	08 Lisgar	4:02.0	16:07.96	20
27 Jorgensen, Erik	07 John McCrae	4:04.4	16:17.50	21
28 Griese, Reed	07 Renfrew	4:04.7	16:18.83	22
29 Carney, Misha	07 Glebe	4:04.9	16:19.43	23
30 White, Owen	07 Glebe	4:05.0	16:20.01	24
31 Johnston, Jack	08 Glebe	4:06.9	16:27.38	25
32 Bou, Lluc	08 Glebe	4:07.2	16:28.73	26
33 McNaughtan, Silas	08 Immaculata	4:07.9	16:31.49	27
34 Rouse, Marshall	08 Renfrew	4:08.5	16:33.89	28
35 Harrington, James	07 Bishop Smith	4:08.7	16:34.44	29
36 Milne, Ian	07 John McCrae	4:09.1	16:36.17	30
37 Emery, Nathan	07 John McCrae	4:09.8	16:39.03	31
38 Frank, Rylan	08 Nepean	4:09.9	16:39.41	
39 Visser, Nico	07 Longfields	4:10.3	16:40.92	32
40 Stuart, Logan	08 Opeongo	4:10.7	16:42.60	
41 Sweet, Tyson	07 St. Paul	4:12.8	16:51.15	
42 Titcombe, Wesley	07 Longfields	4:12.9	16:51.55	33
43 Wilson, Andrew	07 Glebe	4:15.5	17:01.95	
44 Revells, Dylan	08 Lisgar	4:17.6	17:10.39	34
45 Woolridge, Gavin	07 John McCrae	4:18.2	17:12.79	35
46 Leckie, Nate	08 Glebe	4:18.7	17:14.57	
47 Selle, Jack	08 Bishop Smith	4:20.3	17:20.97	36
48 Bennet, Chandler	08 Bishop Smith	4:20.4	17:21.50	37
49 Kranz, Ben	07 Bishop Smith	4:20.8	17:22.94	38
50 Craig, Pierce	07 Glebe	4:21.5	17:25.94	



**Capital XC Challenge - 2022-09-30 to 2022-10-01**

**Ottawa Lions Timing Team**

**Terry Fox Athletic Facility**

**Results**

**....Event 8 Boys 4k Run CC Junior Varsity**

5	John McCrae	74	10	13	21	30	31	35
	Total Time:	1:03:35.93						
	Average:	15:53.99						
6	Lisgar	75	6	15	20	34	44	
	Total Time:	1:03:44.39						
	Average:	15:56.10						
7	Bishop Smith	82	1	16	29	36	37	38
	Total Time:	1:03:02.29						
	Average:	15:45.58						
8	Longfields	125	19	32	33	41	43	45
	Total Time:	1:08:33.98						
	Average:	17:08.50						
9	Ridgemont	181	40	46	47	48		
	Total Time:	1:38:03.85						
	Average:	24:30.97						

**Capital XC Challenge - 2022-09-30 to 2022-10-01****Ottawa Lions Timing Team****Terry Fox Athletic Facility****Results****Event 10 Boys 5k Run CC Varsity**

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Meet Record: ! 16:02.07 2021-10-01 Angus Skinner, Frontenac

Name	Year Team	Avg 1K	Finals	Points
=====				
Results - Men				
1 Lefebvre, Robin	06 Vainqueurs	3:08.7	15:43.52!	
2 Strachan, Derek	06 Glebe	3:10.3	15:51.38!	1
3 Kasmi, Ilyass	05 Vainqueurs	3:11.2	15:55.91!	
4 Melinz Dupuis, Kiefer	06 Glebe	3:14.1	16:10.20	2
5 McDaniel, Kieran	05 Ashbury College	3:15.8	16:18.84	
6 Sanders, William	06 Mother Teresa	3:18.4	16:31.64	
7 Kushner, Zachary	05 Bell	3:18.6	16:32.75	
8 Padoin-Castillo, Adriano	05 Immaculata	3:20.3	16:41.33	3
9 Rosenthal, Simon	06 Vainqueurs	3:24.1	17:00.34	
10 Ladurantaue, Logan	22 Renfrew	3:33.4	17:46.86	4
11 Johnstone, Ryan	05 Franco-Ouest	3:34.1	17:50.55	
12 Legare, Nolan	05 Ottawa Lions	3:39.5	18:17.28	
13 Kenny, Jesse	05 Bishop Smith	3:40.9	18:24.38	5
14 Copeland, Liam	06 Opeongo	3:41.2	18:26.01	6
15 Freese, Loreenz	05 John McCrae	3:42.5	18:32.14	7
16 David, Jayden	05 Immaculata	3:44.8	18:43.73	8
17 Gillan, Danial	05 Ashbury College	3:45.3	18:46.46	
18 Fairhead, William	06 Glebe	3:45.5	18:47.20	9
19 Blacker, Nathan	05 Cairine Wilson	3:47.5	18:57.45	
20 Kao, Jonathan	06 Mother Teresa	3:50.0	19:09.97	
21 Haire, Joshua	07 St. Paul	3:51.1	19:15.47	
22 Tyman, Lucas	06 Mother Teresa	3:55.7	19:38.16	
23 Sweet, Joel	05 St. Paul	3:55.7	19:38.55	
24 Puvan, Jacob	06 Lisgar	3:56.5	19:42.12	
25 Collier, Jayden	05 Renfrew	3:57.4	19:46.78	10
26 Buckle, Owen	06 Glebe	3:59.2	19:55.93	11
27 Carlson, Samuel	06 Immaculata	4:02.3	20:11.19	12
28 Buxton, Samuel	04 Renfrew	4:03.3	20:16.51	13
29 Oba De Mesquita Samp, Gu	05 John McCrae	4:11.6	20:57.99	14
30 Almeida Junqueira, Joao	05 John McCrae	4:11.6	20:58.00	15
31 Kenny, Nolan	06 Bishop Smith	4:13.3	21:06.31	16
32 Roach, Logan	06 Opeongo	4:20.8	21:43.58	17
33 Barbe, Graeme	06 Immaculata	4:22.4	21:51.94	18
34 Lee, Jade	05 John McCrae	4:23.6	21:57.64	19
35 Fallahi, Donyal	05 Longfields	4:26.2	22:10.67	
36 Nichol, William	06 Bishop Smith	4:27.2	22:16.01	20
37 Couture, Antoine	06 Gisèle-Lalonde	4:27.5	22:17.36	
38 Forrest, Hayden	06 Renfrew	4:31.0	22:35.01	21
39 Golem, Will	06 Immaculata	4:32.4	22:41.97	22
40 Dalvi, Viggo	05 Ashbury College	4:33.6	22:47.77	
41 Shiman, Arseny	05 Bishop Smith	4:37.5	23:07.14	23
42 Sousa, Anthony	05 St. Paul	4:45.2	23:45.60	
43 Cartwright-Wall, Lachlan	06 Immaculata	4:46.4	23:51.65	24
44 Luty, Mykola	06 Opeongo	4:46.8	23:53.66	25
45 Ibrahim, Mohamud	04 Ridgemont	4:47.2	23:55.59	
46 Buxton, Charlie	06 Renfrew	4:47.4	23:56.62	26
47 Munk, Kyle	06 Opeongo	4:47.6	23:57.60	27
48 Johnson, Thomas	05 John McCrae	4:52.1	24:20.44	28
49 Kwon, Joseph	06 Immaculata	5:12.7	26:03.37	
50 Kabbabe, Ashton	06 Longfields	5:45.6	28:47.56	



**Capital XC Challenge - 2022-10-01****Ottawa Lions Timing Team****Terry Fox Athletic Facility****Results****Event 2 Men 6k Run CC University/Open**

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

Name	Year	Team	Avg 1K	Finals	Points
=====					
Results - Men					
1 Beaudet, Matthew	00	McGill	3:06.2	18:37.07	1
2 Wheeler-Dee, Jude	03	Queen's Gaels	3:07.5	18:44.59	2
3 Mironov, Roman	03	Queen's Gaels	3:10.9	19:05.37	3
4 Stanley, Jack	99	McGill	3:12.2	19:13.24	4
5 Secheyron, Tom	01	McGill	3:13.1	19:18.59	5
6 Alie-Lamarche, Andre	99	Ottawa Gee-Gees	3:13.6	19:21.48	6
7 Brackenbury, Miles	01	Queen's Gaels	3:14.6	19:27.53	7
8 Pedersen, Nicholas	00	Ottawa Lions T.F.C.	3:15.0	19:29.99	8
9 Bedard, Felix	00	McGill	3:15.4	19:32.25	9
10 Coolican, Dan	02	Queen's Gaels	3:15.4	19:32.42	10
11 Miske, Ben	02	Queen's Gaels	3:15.7	19:33.77	11
12 Roy, Jackson	02	Ottawa Gee-Gees	3:16.6	19:39.28	12
13 Elrimawi-Fine, Noah	01	McGill	3:16.7	19:40.19	13
14 Hayes, Jackson	04	Queen's Gaels	3:17.2	19:42.97	14
15 Dionne, Anthony	93	Laval Rouge-et-Or	3:17.7	19:46.06	
16 Cherenfant, Nick	96	Uqam Citadins	3:18.0	19:47.89	15
17 Jacques, Jerome	02	McGill	3:18.9	19:53.26	16
18 Unger, Erik	05	Adam Scott C	3:19.1	19:54.39	
19 Roberts, Nicholas	98	Ottawa Gee-Gees	3:19.7	19:58.03	17
20 Hueglin, Tanner	04	Queen's Gaels	3:20.9	20:04.94	18
21 Chapple, Devin	03	McGill	3:21.0	20:05.62	19
22 Fournier, Adrian	00	Ottawa Gee-Gees	3:21.8	20:10.64	20
23 Abanto Enns, Nicolas	98	Ottawa Gee-Gees	3:22.0	20:11.80	21
24 Simard, Michael Antoine	01	McGill	3:24.0	20:23.77	
25 Gazaille, Tristan	00	Queen's Gaels	3:24.7	20:28.17	
26 Howard, Brendon	96	Mile2Marathon	3:25.6	20:33.45	
27 Cross, Daniel	00	Concordia Stingers	3:25.9	20:35.45	22
28 Li, Andy (shengan)	96	Queen's Gaels	3:26.1	20:36.57	
29 Miller, Alex	03	McGill	3:26.3	20:37.64	
30 Larocque, Andre	04	Queen's Gaels	3:27.4	20:43.87	
31 Benda, Max	04	Ottawa Gee-Gees	3:27.4	20:43.88	23
32 Labelle Cossios, Matteo	01	Uqam Citadins	3:27.5	20:45.02	24
33 Broyer, Baptiste	99	École de tec	3:27.6	20:45.58	
34 Sikka, Zachary	04	Ottawa Gee-Gees	3:27.9	20:47.15	25
35 Louvet, Lucien	05	McGill	3:28.5	20:50.87	
36 Burg, Jeremy	00	Concordia Stingers	3:29.1	20:54.47	26
37 Zanetti, Lucas	00	Ottawa Gee-Gees	3:29.4	20:56.32	
38 Belluk, Nicholas	99	Vainqueurs Plus	3:30.0	20:59.62	
39 Bedard, Felix-Antoine	97	Uqam Citadins	3:30.0	20:59.83	27
40 Marchand, Louis	00	Concordia Stingers	3:30.6	21:03.63	28
41 Stringel, Tavo	00	Queen's Gaels	3:31.5	21:08.47	
42 Parent, Fred	03	Ottawa Gee-Gees	3:31.7	21:10.03	
43 Graham, Lucas	00	Concordia Stingers	3:32.4	21:13.88	29
44 Harrington, Emmett	04	Queen's Gaels	3:33.1	21:18.49	
45 Chouan, Laurent	99	École de tec	3:33.6	21:21.42	
46 Woehl, Adam	02	Queen's Gaels	3:33.8	21:22.70	
47 Comber, Zach	00	Queen's Gaels	3:35.4	21:32.09	
48 Pilon-Robinson, Zachary	97	Sherbrooke	3:36.0	21:35.53	
49 Hudson-Aguilar, Edgar	00	Concordia Stingers	3:36.8	21:40.29	30
50 Pare, Christophe	03	Uqam Citadins	3:36.9	21:41.35	31



**Capital XC Challenge - 2022-10-01****Ottawa Lions Timing Team****Terry Fox Athletic Facility****Results****....Event 2 Men 6k Run CC University/Open**

51 Loftus, Kynan	04 Queen's Gaels	3:37.5	21:44.57	
52 Meraw, Nathan	01 Ottawa Gee-Gees	3:37.9	21:47.31	
53 Domingue, Charles	02 Rmc Paladins	3:38.2	21:48.92	32
54 Babineau, Olivier	87 Nakkertok Nordic	3:38.2	21:49.25	
55 Koss, Nicholas	03 Rmc Paladins	3:38.4	21:50.19	33
56 Chevalier, Grégoire	02 Vainqueurs Plus	3:38.6	21:51.09	
57 Henao-Lopes, Daniel	02 Queen's Gaels	3:38.6	21:51.62	
58 Sahai, Rishab	03 Ottawa Gee-Gees	3:39.0	21:54.03	
59 Macfadyen, Connor	92 Mile2Marathon	3:39.8	21:58.58	
60 Sneddon, Jay	92 Ottawa Lions T.F.C.	3:41.9	22:10.92	34
61 Howell, Matthew	03 Rmc Paladins	3:44.5	22:26.50	35
62 Finklestein, Isaac	00 Concordia Stingers	3:46.7	22:40.06	36
63 Durand, Adrien	00 École de tec	3:47.0	22:41.96	
64 Beach, Evan	04 Ottawa Gee-Gees	3:47.5	22:44.63	
65 Birinberg, David	01 Carleton Ravens	3:48.3	22:49.34	
66 Crichton, Mark	78 Unattached Ontario	3:49.1	22:54.33	
67 Martin, Olivier	03 Rmc Paladins	3:51.1	23:06.07	37
68 Hawrysh, Nicolas	01 Carleton Ravens	3:53.2	23:18.77	
69 Gue, Melvin	01 Uqam Citadins	3:53.5	23:20.58	38
70 Cale, Zachary	01 Rmc Paladins	3:54.1	23:24.36	39
71 Gaucher, Brian	01 Rmc Paladins	3:54.4	23:26.00	40
72 Bruce, Cameron	01 Carleton Ravens	3:55.7	23:34.04	
73 St-Mars, Felix	00 Concordia Stingers	3:56.5	23:38.56	41
74 Lafontaine, Bruno	79 Independient	3:56.9	23:41.21	
75 Strachan, Jeff	75 Mile2Marathon	3:58.6	23:51.37	
76 Thomas, Kanique	03 Carleton Ravens	3:59.1	23:54.26	
77 Leybourne, Robert	01 Loyalist Col	3:59.5	23:56.64	
78 Anthony, Cameron	02 Rmc Paladins	4:02.8	24:16.35	42
79 Castello, Cedric	00 Concordia Stingers	4:03.2	24:18.98	
80 Lambert, Martin	80 Una	4:03.6	24:21.59	
81 Sylvestre-Williams, Davi	94 Loyalist Col	4:04.1	24:24.62	
82 Conway, Michael	84 Ottawa Lions T.F.C.	4:04.3	24:25.69	43
83 Wheatley, Calder	03 Rmc Paladins	4:04.7	24:28.07	
84 Auguste, Fritzlor	90 Ottawa Lions T.F.C.	4:04.9	24:29.30	44
85 Frenette, Gilles	76 Ottawa Lions T.F.C.	4:05.8	24:34.63	45
86 Kassar, Mir Kassar	03 Rmc Paladins	4:11.0	25:06.01	
87 Champagne, Isidore	04 Loyalist Col	4:11.7	25:10.05	
88 Andre, Charles-Olivier	02 Rmc Paladins	4:13.9	25:23.23	
89 Desgroseilliers, Gabriel	02 Rmc Paladins	4:14.9	25:29.08	
90 Turmel, Thomas	00 Rmc Paladins	4:16.1	25:36.61	
91 Schultz Reichrath, Erik	02 Rmc Paladins	4:19.0	25:53.64	
92 Sullivan, Frank	01 Rmc Paladins	4:23.7	26:21.91	
93 El Merraoui, Abdelkrim	99 Rmc Paladins	4:24.9	26:29.14	
94 Marcoux, Ghislain	79 York Street	4:25.4	26:32.38	
95 Cho, Justin	03 Rmc Paladins	4:30.2	27:00.78	
96 Alali, Mustafa	02 Loyalist Col	4:54.9	29:29.06	

