





**Capital XC - 2024-09-28**  
**Ottawa Lions Timing Team**  
**Terry Fox Athletic Facility**  
**Results**

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

Name	Year Team	Finals	Points
Results - Women			
1 Zeller, Sophie	13 Unattached Ontario	11:53.97	1
2 Bigford, Cassidy	13 Jack Donohue	12:02.93	
3 Fraser, Eleanor	13 Ottawa Lions	12:03.43	2
4 Otoupal, Georgia	13 Huntley Centennial	12:06.26	
5 McDonald, Harper	13 Brockville Legion	12:23.90	3
6 Lacombe, Nevaeh	13 Roadrunners	12:32.00	4
7 Gibeau, Alyssa	14 Roadrunners	12:34.71	5
8 Cote, Olivia	13 Ottawa Lions	12:41.27	6
9 Cooper, Ella	13 Ottawa Lions	12:43.93	7
10 Siderius, Gillian	13 Fielding Drive	12:50.61	
11 Delaney, Grace	13 Ottawa Lions	12:52.57	8
12 Nicorescu, Lucille	13 Ottawa Lions	12:57.40	9
13 Ruff, Naomi	13 Ottawa Lions	13:00.95	10
14 Murray, Kate	13 Unattached Ontario	13:07.54	11
15 Sinclair, Abby	13 Unattached Ontario	13:10.05	12
16 Suddaby, Raelynn	14 Brockville Legion	13:16.79	13
17 Bienkowski, Nina	13 Turnbull	13:24.04	14
18 Kardish, Rachel	13 Ottawa Lions	13:26.08	
19 Steeves, Ava	13 Ottawa Lions	13:28.70	
20 Casselman, Ruby	14 Brockville Legion	13:38.09	15
21 Ally, Shelina	13 St Timothy's	13:39.94	
22 Murthy, Sahana	13 Westboro Academy	13:43.28	
23 Justin, Juliet	13 Unattached Ontario	14:12.12	16
24 Malouin, Camille	13 Unattached Ontario	14:14.92	17
25 Gavril, Klara	13 Ottawa Lions	14:17.58	
26 Hyma, Claire	13 Vincent Massey	14:30.03	
27 MacKinnon, Audrey	13 Roadrunners	14:32.04	18
28 Cann, Ma lle	14 George-Etienne	14:45.84	
29 Hull, Nora	13 Ottawa Lions	14:47.43	
30 Hulett, Delphine	14 Ottawa Lions	14:57.44	
31 Veltkamp, Emerson	14 Brockville Legion	15:14.61	19
32 Abraham, Lydia	14 Lycee Claudel	15:23.49	
33 Bing, Sophia	13 Ottawa Lions	15:26.15	
34 Marechal, Mayah	13 Ottawa Lions	15:31.40	
35 Kerleau, Abygail	13 Roadrunners	15:33.97	20
36 Wiebe, Lyla	13 Unattached Ontario	16:07.03	21
37 Acharya, Evani	14 Michel-Dupuis	16:16.47	
38 Musinguzi, Lexie	14 St. Jerome	17:08.89	
39 Zhang, Chris	13 Academie de la C	17:58.03	
40 Parsons, Flavie	13 Ottawa Lions	18:01.92	
41 Martel, Nadia	14 Turnbull	18:29.52	22
42 Smart, Anna-Maria	14 Turnbull	18:37.85	23
43 Bursey, Sarah	13 Unattached Ontario	18:56.51	
44 Dhaliwal, Isla	14 Turnbull	20:14.27	24
45 Mullin, Fiona	13 Ottawa Lions	20:58.10	
46 Brudersas, Viktoria	13 Academie de la C	23:09.22	
-- Conboy, Harper Rae	13 Turnbull	DNS	
-- Aitounejjar, Laya	13 Ottawa Lions	DNS	
-- Jarry, Maely	13 Roadrunners	DNS	
-- Jarry, Livia	13 Roadrunners	DNS	
-- Bhargava, Saayuja	13 Westboro Academy	DNS	



**Capital XC - 2024-09-28**  
**Ottawa Lions Timing Team**  
**Terry Fox Athletic Facility**  
**Results**

**Event 4 Boys 2500 Meter Run CC Under 12**

Name	Year	Team	Finals	Points
Results - Men				
1 Lebel, Ronan	14	Lycee Claudel	10:36.57	
2 Hamilton, Benjamin	13	Ottawa Lions	11:12.99	1
3 Fitzgerald, Benjamin	13	Ottawa Lions	11:17.00	2
4 Donald, Fisher	13	Pleasant Park	11:19.58	
5 Williams, Beckett	13	Ottawa Lions	11:25.31	3
6 Lewchuk, Ben	13	Unattached Ontario	11:35.11	
7 Kujawski, Logan	12	Ottawa Lions	11:38.53	4
8 Malster, Jasper	13	Unattached Ontario	11:39.61	
9 Wilson, Jaxon	13	Ottawa Lions	11:45.04	5
10 Link, Bayane	14	Brockville Legion	11:48.66	
11 Tariq, Zayyan	13	Westboro Academy	11:58.50	6
12 Chombe, Mekai	14	Ottawa Lions	12:00.15	7
13 Sikora, Hank	13	Ottawa Lions	12:00.98	
14 Wood, Evan	13	Ottawa Lions	12:05.57	
15 Le Floc'h, Luc	14	Lycee Claudel	12:14.66	
16 Hart, Alex	14	Ottawa Lions	12:30.98	
17 Combasson, Eric	13	Ottawa Lions	12:34.13	
18 Fertuck, Casper	13	Unattached Ontario	12:44.57	
19 Jeglic, Oliver	13	St-Augustin	12:57.83	
20 Birk-Kapur, Malik	14	Westboro Academy	13:12.35	8
21 Murthy, Vivek	14	Westboro Academy	13:14.42	9
22 Yelle, Simon	14	Roadrunners	13:16.99	
23 Cerdena, Diego	13	Ottawa Lions	13:18.62	
24 Labelle, William	13	Stephen Leacock	13:26.29	
25 Badgley, Matthew	13	Ottawa Lions	13:27.72	
26 Cyr, Maddox	14	Westboro Academy	13:29.66	10
27 Hastings, Jake	14	Ottawa Lions	13:35.77	
28 Lee, Samuel	13	Turnbull	13:38.32	11
29 Fowkes, August	13	Westboro Academy	13:41.79	12
30 Mulligan, Shawn	14	St. Jerome	13:44.04	
31 Noyhouzer, Tzur	13	Elmdale	13:45.56	
32 Hajas, William	14	Ottawa Lions	13:52.07	
33 Coulson, William	14	St. Jerome	14:04.16	
34 Sheppard, Ethan	14	Turnbull	14:05.60	13
35 Fitz-Morris, Benji	14	Manor Park	14:26.88	
36 Aubin, Matthew	13	St. Andrew	14:49.87	
37 Terrett, Benjamin	14	Westboro Academy	14:57.29	14
38 Leighton, Agostino	13	Westboro Academy	15:08.69	
39 Mayer, Ryder	14	Brockville Legion	15:30.19	
40 Zuro, Benjamin	14	Ottawa Lions	15:37.43	
41 Ouimet, Nathan	14	Turnbull	16:26.40	15
42 Small, Andrew	13	Academie de la C	19:08.03	
43 Macfarlane, Harry	14	Turnbull	19:10.17	16
44 Macfarlane, Angus	14	Turnbull	20:37.23	17
45 Thuku, Kitwana	14	Ottawa Lions	20:51.12	
-- Hopwood, Tristan	13	Turnbull	DNS	
-- Panu-Metsaranta, Navin	14	Turnbull	DNS	
-- Leswick, Brams	13	Turnbull	DNS	
-- Patterson, Luke	14	Turnbull	DNS	
-- Gerth, William	13	Turnbull	DNS	



**Capital XC - 2024-09-28**  
**Ottawa Lions Timing Team**  
**Terry Fox Athletic Facility**  
**Results**

**Event 5 Girls 3k Run CC Under 14**

Name	Year	Team	Finals	Points
Results - Women				
1 Gerth, Roan	11	Turnbull	13:26.17	1
2 Lepp, Quinten	12	Cedarview	13:55.98	
3 Langevin, Isla	11	Brockville Legion	14:54.23	2
4 Hoogenraad, Saorise	11	Longfields	15:09.07	3
5 Ganton, Keira	11	Ottawa Lions	15:10.11	4
6 Cameron, Tatiana	11	Ottawa Lions	15:13.71	5
7 Dustin, Chloe	11	Nakkertok Nordic	15:32.30	
8 Li, Mira	11	Vincent Massey	15:32.88	6
9 Kelly, Charlotte	12	Fisher Park	15:34.92	
10 Macdonald, Keira	12	Ottawa Lions	15:51.77	7
11 Hayes, Hailey	11	Ottawa Lions	16:01.88	8
12 Bizier, Maeva	11	Ottawa Lions	16:12.18	9
13 Khalil, Mariam	12	Turnbull	16:14.52	10
14 MacKinnon, Ella	11	Roadrunners	16:17.79	
15 Marks, Autumn	12	Vincent Massey	16:20.66	11
16 Bain, Jamie	12	Ottawa Lions	16:24.86	12
17 Jolliffe, Sophie	11	Ottawa Lions	16:31.01	
18 Zahonero, Sofia	12	Longfields	16:40.40	13
19 Chainho, Madalena	11	Ottawa Lions	16:41.96	
20 Smith, Sabrina	11	Ottawa Lions	16:43.33	
21 Helbawi, Ara	12	Ottawa Lions	16:53.74	
22 Bou Esponda, Maia	11	Westboro Academy	17:03.15	
23 Stutt, Edie	12	Fisher Park	17:15.93	
24 Wang, Jessica	11	Vincent Massey	17:22.11	14
25 Cleland, Maya	11	Vincent Massey	17:37.55	15
26 Nitta Mackay, Alice	11	Ottawa Lions	17:47.24	
27 Hyma, Kara	12	Vincent Massey	17:59.47	16
28 Gutoske, Neve	11	Ottawa Lions	18:02.87	
29 Casselman, Grace	12	Brockville Legion	18:08.28	17
30 Stewart, Briar	12	Turnbull	19:00.83	18
31 Chan, Abigail	11	Longfields	19:17.60	19
32 Lacombe, Liv	11	Roadrunners	19:20.84	
33 Pritchard, Hazel	12	Ottawa Lions	19:33.43	
34 Goda-Benk, Amisa	12	Vincent Massey	19:34.33	20
35 Watt, Kaia	12	Longfields	19:55.80	21
36 Lehman, Olivia	12	Brockville Legion	20:08.04	22
37 Sibanda, Katie	12	Ottawa Lions	20:17.77	
38 Bauder, Khloe	12	Brockville Legion	20:37.74	23
39 Blondin, Sophie	12	Ottawa Lions	21:02.12	
40 Chang, Annika	12	Turnbull	21:08.75	24
41 Siauw-Soegiarto, Aurelia	12	Ottawa Lions	21:23.02	
42 Mika, Zoey	12	Ottawa Lions	21:40.76	
43 Foo, Kaitlyn	12	Longfields	21:40.97	25
-- Van Gulp, Juliette	11	Longfields	DNS	
-- Gomes, Sinead	12	Academie Providence	DNS	
-- Sharaf, Mayas	12	Longfields	DNS	
-- Healey, Violet	12	Fisher Park	DNS	
-- Vasconcellos, Camila	11	Ottawa Lions	DNS	
-- Green, Nellie	11	Unattached Quebec	DNS	





**Capital XC - 2024-09-28**  
**Ottawa Lions Timing Team**  
**Terry Fox Athletic Facility**  
**Results**

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

Name	Year	Team	Finals	Points
Results - Men				
1 Claydon-St. John, Jake	11	Ottawa Lions	12:42.26	1
2 Lebel, Kai	11	Lycee Claudel	12:47.17	
3 Carter, Noah	11	Louis-Riel	12:51.66	
4 Obaseki, Tristan	12	Immaculata	12:58.36	
5 Obaseki, Jackson	12	Immaculata	13:04.42	
6 Badgley, Patrick	11	Ottawa Lions	13:10.28	2
7 Sampsel-Pierre, Aidan	11	Turnbull	13:15.61	3
8 Siderius, Graeme	11	Fielding Drive	13:19.13	
9 Li, Ethan	12	Longfields	13:24.48	4
10 Mitchell, Tyler	11	Vincent Massey	13:42.11	
11 Coker, Thomas	12	Ottawa Lions	13:56.02	5
12 Ouchterlony, Will	12	Fisher Park	14:05.07	
13 Fowkes, Percy	11	Westboro Academy	14:10.69	
14 Cleland, Thomas	11	Vincent Massey	14:15.14	
15 Carden, Benjamin	10	Turnbull	14:23.93	6
16 Reid, Nathaniel	12	The Guardians	14:24.73	7
17 Lewchuk, Sam	11	Unattached Ontario	14:45.91	
18 Lacasse, Sila	11	Ottawa Lions	15:04.24	8
19 Fitzsimon, Daniel	12	Deux-Rivieres	15:17.99	
20 Watchorn, Christian	12	Fisher Park	15:23.51	
21 Magee, Colton	12	The Guardians	15:32.90	9
22 Nabaa, Youssef	12	Longfields	15:39.10	10
23 McCormick, Max	12	Turnbull	15:41.84	11
24 Barnhardt, Bishop	12	Brockville Legion	15:43.02	
25 Marrack, Bailey	12	Unattached Ontario	15:44.43	
26 Brown, Joachim	12	The Guardians	16:19.05	12
27 Armijo-Chan, Isaac	11	Westboro Academy	16:28.27	
28 Coker, James	12	Ottawa Lions	16:31.71	13
29 Carter, Jacob	11	Louis-Riel	16:36.95	
30 Flight, Keanan	12	Fisher Park	16:37.39	
31 Jayaratnam, Ethan	11	Longfields	16:39.63	14
32 Koon, Ernest	11	Longfields	16:55.02	15
33 Iyengar, Kiran	11	Turnbull	16:55.89	16
34 Wang, William	12	Longfields	17:36.49	17
35 Aubin, Andrew	11	Mother Teresa	17:53.19	
36 Pion, Cedric	12	The Guardians	18:14.56	18
37 Slobodin, Mason	11	Turnbull	18:43.17	19
38 Ahmed, Amaan	11	Longfields	18:58.50	20
39 Abraham, Gideon	12	Lycee Claudel	19:09.02	
40 Pilgrim, Carson	12	Turnbull	19:27.10	21
41 Milton, Caleb	11	Turnbull	19:38.22	
42 Jiang, Sunny	11	Turnbull	19:40.70	
43 Sivers, Robert	11	Brockville Legion	19:54.22	
-- Hart, James	11	Ottawa Lions	DNS	
-- Yawney, Tobias	12	The Guardians	DNS	
-- Minhas, Rohaan	12	Longfields	DNS	
-- Hopwood, Landon	11	Turnbull	DNS	
-- Kaisary, Oscar	12	Ottawa Lions	DNS	



**Capital XC - 2024-09-28**  
**Ottawa Lions Timing Team**  
**Terry Fox Athletic Facility**  
**Results**

**Event 1 Women 6k Run CC University & Open**

Name	Year Team	Finals	Points
Results - Women			
1 Courville, Sophie	03 McGill	22:32.80	1
2 Matheson, Sienna	05 McGill	22:37.52	2
3 Lowther, Lauren	70 Queen's Gaels	22:43.09	3
4 Foran, Gabrielle	90 Vainqueurs Plus	22:45.78	
5 Beaulieu, Noémie	03 Laval Rouge-et-Or	22:46.96	4
6 Brennan, Becca	96 Unattached Ontario	22:57.96	
7 Graham, Emma	70 Queen's Gaels	23:07.60	5
8 Garnier, Marine	00 Montréal Carabins	23:18.88	6
9 Boyer, Meredith	02 Montréal Carabins	23:19.13	7
10 Marsh, Alice	03 Laval Rouge-et-Or	23:22.69	8
11 Pelletier, Léa	05 Laval Rouge-et-Or	23:27.98	9
12 Stokes, Jasmine	70 Queen's Gaels	23:28.46	10
13 Porter, Gillian	70 Queen's Gaels	23:30.17	11
14 Rashid-Cocker, Sophie	03 McGill	23:33.58	12
15 Desjardins, Chloe	01 McGill	23:35.21	13
16 Brillon, Claire	96 McGill	23:42.03	14
17 LeBlanc, Victoria	01 Montréal Carabins	23:42.97	15
18 Hotton-Daigneault, Fanny	03 Laval Rouge-et-Or	23:47.90	16
19 Mercier, Coralie	05 Laval Rouge-et-Or	23:54.71	17
20 Gal, Klara	05 Montréal Carabins	23:59.63	18
21 Dupuis-Azizah, Maïné	05 Uqtr Patriotes	24:03.38	19
22 Wood, Sophy	03 Unattached Ontario	24:06.94	
23 Hamel, Melina	02 Ottawa Gee-Gees	24:07.53	20
24 Thibault, Marick	01 Uqtr Patriotes	24:07.83	21
25 Hendrikx, Olivia	70 Queen's Gaels	24:09.54	22
26 Emond, Marie-Renée	01 Uqtr Patriotes	24:11.18	23
27 Simard, Amélie	03 Uqac	24:26.54	24
28 Azzaria, Viviane	01 Laval Rouge-et-Or	24:26.56	25
29 Simard, Ariane	03 Uqac	24:26.61	26
30 Lavigne, Sabrina	99 Laval Rouge-et-Or	24:28.05	27
31 Edge, Charlotte	05 McGill	24:31.44	28
32 Haron, Erini	03 Queen's Gaels	24:34.61	29
33 Collard, Mathilde	04 Laval Rouge-et-Or	24:35.50	
34 Champagne, Justine	02 Montréal Carabins	24:38.05	30
35 Sinotte, Romy	04 Laval Rouge-et-Or	24:40.24	
36 McIntosh, Abigail	03 McGill	24:48.11	31
37 Chalifoux, Ann-Sophie	98 Laval Rouge-et-Or	24:50.46	
38 Courchesne, Marie-Soleil	03 Uqtr Patriotes	24:50.84	32
39 Blackmore-Barnable, Mia	06 McGill	24:57.73	
40 Kineally, Molly	70 Queen's Gaels	25:07.90	33
41 Bogus, Marianne	01 Uqac	25:08.26	34
42 Smallbegovic, Ena	06 McGill	25:11.22	
43 Fowler, Kylee	03 Ottawa Gee-Gees	25:11.60	35
44 Caron, Audrey-Anne	02 Laval Rouge-et-Or	25:24.48	
45 Gross, Sara	06 Carleton Ravens	25:25.03	
46 Murphy, Grace	70 Queen's Gaels	25:28.40	
47 Portillo-Laflamme, Élian	05 Montréal Carabins	25:28.55	36
48 Maguire, Liz	66 Ottawa Lions	25:31.04	
49 Klufas, Daria	70 Queen's Gaels	25:40.59	
50 Bouchard, Isabella Elodi	24 Laval Rouge-et-Or	25:43.53	
51 Castonguay-Girard, Éloïdi	98 Laval Rouge-et-Or	25:51.45	

**Capital XC - 2024-09-28**  
**Ottawa Lions Timing Team**  
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**Results**

**....Event 1 Women 6k Run CC University & Open**

52 Gobeil, Léa	03 Uqtr Patriotes	25:59.01	37
53 Auclair, Laura	04 Uqtr Patriotes	26:09.01	38
54 Lefebvre, Judith	91 Montréal Carabins	26:18.10	39
55 Jean, Noée	03 Uqac	26:19.30	40
56 Lienhard, Corinne	02 Montréal Carabins	26:21.05	
57 Dostaler, Florence	05 Montréal Carabins	26:28.93	
58 Ranahan, Chloe	00 Unattached Ontario	26:31.70	
59 Gaudet, Rosalie	01 Uqtr Patriotes	26:34.77	41
60 Bédard, Jeanne	03 Uqtr Patriotes	26:36.36	
61 Couture, Julianne	04 Uqtr Patriotes	26:37.15	
62 Archambault, Romane	05 Montréal Carabins	26:50.53	
63 Gagnon, Maude	94 Uqtr Patriotes	26:51.11	
64 Têtu, Élizabeth	03 Uqtr Patriotes	27:07.39	
65 Tremblay, Maude	04 Uqac	27:16.80	42
66 Farrington, Grace	05 Ottawa Gee-Gees	27:21.52	43
67 Houle, Camélie	04 Uqtr Patriotes	27:39.01	
68 Grenier, Élodie	04 Montréal Carabins	27:39.96	
69 Culhane, Katarina	05 Ottawa Gee-Gees	27:42.18	44
70 Olar, Ashley	06 Carleton Ravens	27:49.52	
71 Sénécal, Gabrielle	01 C.A. Rive Sude	27:54.49	
72 Anderton, Merissa	05 Ottawa Gee-Gees	28:01.12	45
73 Tyman, Elliot	03 Ottawa Gee-Gees	28:12.42	46
74 Fortier, Marie-Ève	03 Uqtr Patriotes	28:30.73	
75 Decelles, Emy	98 Uqtr Patriotes	28:38.41	
76 Houde, Lorelie	06 Ottawa Gee-Gees	28:40.61	47
77 Kang-Auger, Maxine	05 Montréal Carabins	28:40.61	
78 Lin, Ruo Shui	04 Rmc Paladins	28:41.32	
79 Strano, Emma	06 Ottawa Gee-Gees	28:41.80	
80 Johnson-Storey, Ocean	94 Gemini Racers	28:53.99	
81 Johnston, Amelia	03 Rmc Paladins	29:38.55	
82 Allanach, Janelle	03 Ottawa Gee-Gees	29:45.41	
83 Chabibi, Nada	03 Montréal Carabins	29:45.50	
84 Imbeault, Clémence	07 Remparts	30:42.18	
85 Crawford, Kylie	03 Ottawa Gee-Gees	30:51.76	
86 Zamberg, Maria	04 Rmc Paladins	32:15.33	
87 Nielsen, Sydney	04 Carleton Ravens	32:45.23	
88 Navas-Polindara, Camila	02 Carleton Ravens	43:12.36	
-- Boudreau, Camille	01 Laval Rouge-et-Or	DNF	
-- Clinton, Charlotte	70 Queen's Gaels	DNS	
-- Pribaz, Caleigh	70 Queen's Gaels	DNS	
-- Hurst, Freya	70 Queen's Gaels	DNS	
-- Baggley, Olivia	70 Queen's Gaels	DNS	
-- Bouffard, Marie-Pierre	97 Montréal Carabins	DNS	
-- Glasgow, Abene	06 McGill	DNS	
-- Grand'maison, Janie	94 Montréal Carabins	DNS	
-- Champenois Pison, Laetit	02 Montréal Carabins	DNS	
-- Gunther, Nina	98 Ottawa Lions	DNS	
-- Cesario, Sofia	09 Unattached Ontario	DNS	
-- Gardiner, Zoe	03 McGill	DNS	
-- Secco-Langlois, Claudine	99 Montréal Carabins	DNS	
-- Royal, Julianne	00 Montréal Carabins	DNS	
-- Pighin, Isabella	04 Carleton Ravens	DNS	
-- Wild, Josephine	01 Montréal Carabins	DNS	
-- Langelier, Kassandra	98 Montréal Carabins	DNS	



**Capital XC - 2024-09-28**  
**Ottawa Lions Timing Team**  
**Terry Fox Athletic Facility**  
**Results**

**Event 2 Men 6k Run CC University & Open**

Name	Year	Team	Finals	Points
Results - Men				
1 Morneau-Cartier, Philipp	01	Laval Rouge-et-Or	18:14.86	1
2 Alie-Lamarche, Andre	99	Ottawa Lions	18:41.59	
3 Saal, Rudy	03	Laval Rouge-et-Or	18:53.01	2
4 Nolet, William	02	Laval Rouge-et-Or	18:58.45	3
5 Chapple, Devin	03	McGill	18:59.92	4
6 Hepworth, Samuel	04	McGill	19:02.21	5
7 Messenger-Jones, Luca	03	McGill	19:06.10	6
8 Stanley, Jack (John)	99	McGill	19:08.56	7
9 Mercier, Mathis	03	Laval Rouge-et-Or	19:11.34	8
10 Neill, Peter	70	Queen's Gaels	19:14.00	9
11 Toupin, Émile	03	Laval Rouge-et-Or	19:16.54	10
12 Adams, Sean	03	McGill	19:17.21	11
13 Poulin Desjardins, Loïc	03	Laval Rouge-et-Or	19:19.77	12
14 Héroux, Elliott	01	Laval Rouge-et-Or	19:25.04	13
15 Curdy, Maxime	00	Laval Rouge-et-Or	19:28.27	
16 Danby, Owen	70	Queen's Gaels	19:29.85	14
17 Abraham, Vincent	00	Uqtr Patriotes	19:30.72	15
18 Freiburger, Pietro	97	Montréal Carabins	19:32.60	16
19 Manzi, Andy	01	Laval Rouge-et-Or	19:47.83	
20 Girard, Jacob	03	Laval Rouge-et-Or	19:51.36	
21 El Rimawi-Fine, Noah	01	McGill	19:54.32	17
22 Thomas, Ismael	04	Laval Rouge-et-Or	19:54.97	
23 Harrington, Emmett	70	Queen's Gaels	20:05.97	18
24 Dernoncourt, Sacha	05	McGill	20:10.42	19
25 Chevalier, Grégoire	02	Montréal Carabins	20:11.90	20
26 Sacilotto, Jack	70	Queen's Gaels	20:15.73	21
27 Berrichi, Nazim	00	Montréal Carabins	20:16.90	22
28 Morales, Ben	06	McGill	20:20.30	
29 Roy, Zed	00	Montréal Carabins	20:21.43	23
30 Gazaille, Tristan	70	Queen's Gaels	20:21.82	24
31 Charretier, Jules	02	Uqac	20:23.67	25
32 Rausch, Cédric	05	Laval Rouge-et-Or	20:24.21	
33 Garon, Émile	01	Montréal Carabins	20:26.32	26
34 Piasecki, Axel	03	Uqac	20:29.72	27
35 Mignault, Emile	03	McGill	20:30.87	
36 Appert, Thibaut	02	Uqac	20:32.20	28
37 Larocque, Andre	70	Queen's Gaels	20:33.60	29
38 Courchesne, Jérémy	00	Uqtr Patriotes	20:33.96	30
39 Zanuttini, Emile	70	Queen's Gaels	20:36.29	31
40 McLeish, William	92	Ottawa Gee-Gees	20:36.31	32
41 Poulin, Louis-Philippe	04	Montréal Carabins	20:39.65	33
42 Bourdages, Félix	01	Université Laval	20:40.29	
43 Wilson, Max	05	Ottawa Gee-Gees	20:40.32	34
44 Fortin, Nicolas	03	Uqtr Patriotes	20:45.35	35
45 Carcouet, Jules	04	Uqac	20:54.99	36
46 Kiernan, Alistair	05	McGill	20:56.96	
47 Guité, Louis-Simon	00	Montréal Carabins	20:57.91	37
48 Lancereau, Arthur	02	Elite Athletics	20:59.31	
49 Chabanne, Alexis	04	Uqac	21:01.73	38
50 Deslauriers, Alexis	99	Laval Rouge-et-Or	21:02.59	
51 McCosham, Ian	70	Queen's Gaels	21:05.14	

**Capital XC - 2024-09-28**  
**Ottawa Lions Timing Team**  
**Terry Fox Athletic Facility**  
**Results**

....Event 2 Men 6k Run CC University & Open			
52	Fortin, Vincent	04 McGill	21:07.06
53	Poliquin, Christophe	04 Uqtr Patriotes	21:07.40 39
54	Abanto Enns, Nicolas	98 Ottawa Gee-Gees	21:07.76 40
55	Sikka, Zachary	04 Ottawa Gee-Gees	21:09.80 41
56	Colsell, Alex	05 Montréal Carabins	21:11.29
57	Gars, Nathan	04 Montréal Carabins	21:17.66
58	Bentley, Gavin	70 Queen's Gaels	21:18.58
59	Beck, Victor	96 Elite Athletics	21:23.19
60	Guertin, Neil	94 Vainqueurs Plus	21:24.90
61	Plamondon, Charles	77 Unattached Ontario	21:25.27 42
62	Levenson, Lucas	06 McGill	21:28.43
63	Chec, Léopold	03 Uqac	21:36.09 43
64	Loftus, Kynan	70 Queen's Gaels	21:38.34
65	Bellavance, Justin	01 Uqac	21:40.44 44
66	Dubé, Zachary	01 Uqtr Patriotes	21:41.00 45
67	Chaudoir, Henri	02 Montréal Carabins	21:41.79
68	Padoin-Castillo, Adriano	05 Ottawa Gee-Gees	21:45.25 46
69	Lacasse, Philippe	91 Uqtr Patriotes	21:47.95 47
70	Sneyd, Nathaniel	06 Unattached Ontario	21:51.17 48
71	Kabbaj, Omar	98 Elite Athletics	21:51.97
72	Hébert, Thierry	05 Montréal Carabins	21:56.20
73	Parent, Fred	03 Ottawa Gee-Gees	21:58.85 49
74	Aitounejjar, Mouhcine	89 Ottawa Lions	22:00.27
75	El Mansari, Safwan	06 Ottawa Gee-Gees	22:04.61 50
76	Hogan, Mark	70 Queen's Gaels	22:06.83
77	Lasnier, Jean-Christophe	02 Uqtr Patriotes	22:08.91 51
78	Howell, Matthew	03 Rmc Paladins	22:14.10 52
79	Saville, Sebastian	94 Unattached Ontario	22:14.95 53
80	Demarbre, Loïc	01 Montréal Carabins	22:24.27
81	Shi, Sam	93 Ottawa Lions	22:25.92
82	Wheatley, Calder	03 Rmc Paladins	22:34.37 54
83	Squarek, Will	70 Queen's Gaels	22:35.61
84	Laurent, Antoine	02 Montréal Carabins	22:37.98
85	Satgé, Nathan	02 Uqac	22:41.48
86	Proulx, Philippe-Antoine	00 Uqac	22:53.82
87	Bolduc, William	01 Unattached Ontario	23:00.91 55
88	Senneville, Rémi	04 Uqtr Patriotes	23:04.61
89	Zazaa, Ayman	99 CS Athlétisme	23:11.39
90	Milner, Gabriel	05 Rmc Paladins	23:24.37 56
91	Koss, Nickolas	03 Rmc Paladins	23:36.60 57
92	Mouser, William	02 Rmc Paladins	23:42.98 58
93	Brennan, Luc	04 Montréal Carabins	23:43.22
94	Anthony, Cameron	02 Rmc Paladins	23:44.80 59
95	Parsons, Nicholas	06 Carleton Ravens	24:05.27
96	Hudon-Tremblay, Thomas	04 Remparts	24:18.33 60
97	Tsarynny, Gregory	06 Rmc Paladins	24:30.25 61
98	Alary-Forget, Jean-Chris	05 Remparts	24:34.60 62
99	Piché, Edmond	05 Remparts	24:45.14 63
100	O'Connell, Rory	04 Ottawa Gee-Gees	24:46.62
101	Medicoff-Sander, Benjami	05 Rmc Paladins	24:49.92
102	Liu, Evan	03 Rmc Paladins	24:54.24
103	Ippolito, Lucas	06 Unattached Ontario	25:01.73 64
104	Ramachandran, Pushker	00 Ottawa Gee-Gees	25:21.24
105	Lapointe, Tristan	04 Remparts	25:22.54 65





