

## NCSSAA East Conference - 10/14/2021

## Cross-Country Championships

## Hornets Nest

## Results

## Event 1 Girls 4k Run CC Novice

Name	Year	School	Finals	Points
Results - Women				
1 Lyons, Waverley	07	Glebe Collegiate	17:28.00	1
2 Johnston-Zemek, Kate	07	Ashbury	17:43.00	2
3 Agostini, Azzurra	07	Canterbury	18:11.00	3
4 Chaisson, Emily	07	Colonel By	19:03.00	4
5 Wilton, Rebecca	07	Immaculata	20:07.00	5
6 Petrou, Norah	07	Colonel By	20:12.00	6
7 Bean, Samantha	07	St. Peter	20:18.00	7
8 Johnstone, Sadie	07	Canterbury	20:19.00	8
9 Macharia, Hazina	07	Colonel By	20:34.22	9
10 Carroll, Lily	07	Immaculata	20:35.22	10
11 Betty, Helen	07	Lisgar C.I.	20:42.45	11
12 Cole, Madeline	07	Glebe Collegiate	20:56.31	12
13 Morrissy, Maeve	07	Ashbury	21:00.43	13
14 Adderly, Emma	07	Ashbury	21:33.19	14
15 Park, Ainsley	07	Canterbury	22:07.65	15
16 Berube, Sofia	07	Gloucester	22:25.43	16
17 Church, Amandine	07	Franco-Cite	22:55.93	17
18 Wong, Marie	08	Colonel By	23:07.51	18
19 Oehling, Kyra	07	Samuel-Genest	23:36.19	19
20 Sauve, Carmen	07	Lisgar C.I.	23:37.40	20
21 Unsworth, Winnifred	07	Canterbury	24:06.98	21
22 Khan, Laila	07	Brookfield	24:24.17	22
23 Adams, Juliana	07	St. Peter	24:37.65	23
24 Desjardins, Makella	07	Louis-Riel	25:08.99	24
25 Holbrook, Anya	07	Samuel-Genest	25:14.33	25
26 Ibit, Ariana	07	St. Peter	25:35.49	26
27 Hou, Charlotte	07	Colonel By	25:37.73	27
28 Koziakova, Sabina	07	Ashbury	26:42.99	28
29 Asfour, Carla	07	Samuel-Genest	27:14.12	29
30 Kebte, Eldana	07	Lisgar C.I.	27:25.83	30
31 Garcia, Paula	07	Ashbury	29:38.74	31
32 Osmen, Renad	07	Gloucester	29:51.40	32
33 Martin, Evita	07	St. Peter	29:58.62	33
34 Fortier Stanley, Riley	07	Ridgemont	32:22.67	34
35 Al Sultan, Israa	07	Gloucester	33:03.45	35
36 Raji, Rebekah	07	Colonel By	34:08.31	36
37 Crowell, Leoni	07	Sir Wilfrid Laurier	34:22.15	37
38 Marsh, Eva	07	St. Matthew	34:23.34	38
39 Hogan, Alexandra	07	Ridgemont	34:38.74	39
40 Burton, Sydney	07	Sir Wilfrid Laurier	34:42.11	40
41 Tyler, Alora	07	St. Matthew	35:02.33	41
42 Munro, Sara	07	Hillcrest	39:06.71	42
43 Akbari, Anahita	06	Hillcrest	47:35.64	43
44 Piggott, Cassidie	06	Hillcrest	48:03.22	44



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## Cross-Country Championships

## Hornets Nest

## Results

## Event 3 Girls 5k Run CC Junior

Name	Year	School	Finals	Points
Results - Women				
1 Alexander, Laurin	06	Glebe Collegiate	21:58.62	1
2 Waddington, Claire	06	Glebe Collegiate	22:22.95	2
3 Allan, Claire	06	Glebe Collegiate	22:47.88	3
4 Harrington, Jaime	06	Colonel By	23:07.85	4
5 Audet-Welke, Simone	06	Glebe Collegiate	23:36.51	5
6 Cabasson, Mathilde	06	Colonel By	23:37.77	6
7 Flynn, Sarah	06	Glebe Collegiate	24:16.14	7
8 Mrak, Sofia	06	Ashbury	25:38.44	8
9 Loder, Katarina	06	Osgoode	25:47.80	9
10 Top Christensen, Anna	06	Ashbury	26:03.76	10
11 Parent, Ryann	06	Osgoode	26:13.04	11
12 Vered, Kiera	06	Ashbury	26:17.06	12
13 Naus, Gabrielle	06	Hillcrest	26:20.23	13
14 Squires, Hannah	06	Lisgar C.I.	26:30.78	14
15 Higgins, Samantha	06	Cairine Wilson	26:41.39	15
16 Fullerton, Jaia	06	St. Peter	26:56.43	16
17 Diamond, Eden	06	Lisgar C.I.	27:11.14	17
18 Innis, Keira	06	Immaculata	27:56.32	18
19 Rodriguez-Ramirez, Carla	06	Samuel-Genest	27:58.30	19
20 Bruce, Sarah	06	Ashbury	28:09.05	20
21 Celli, Brianna	06	St. Josephine	28:11.19	21
22 Cook, Emma	06	Gloucester	29:03.89	22
23 Carsjens, Amelie	06	Canterbury	29:11.79	23
24 Clava Medina, Maria	04	Glebe Collegiate	29:54.01	24
25 Canovas Alamo, Ana	06	Glebe Collegiate	30:21.92	
26 Fraser, Zara	06	Hillcrest	30:23.08	25
27 Knowles, Ali	06	Sir Wilfrid Laurier	30:47.14	26
28 Atkins, Nadia	06	Ashbury	30:52.83	27
29 Goemans, Maria	06	Immaculata	31:20.36	28
30 Furlong-Perry, Vela	06	Lisgar C.I.	31:26.53	29
31 Stratford, Rose	06	Canterbury	32:51.87	30
32 Ahrens, Pauline	06	Lisgar C.I.	33:40.60	31
33 Armstrong, Darin	06	Glebe Collegiate	33:53.65	
34 Bromwich, Andromeda	06	Colonel By	34:16.72	32
35 Elattal, Maya	06	Ashbury	34:28.74	33
36 Hall, Kaari	06	Ashbury	34:50.63	
37 Joyce, Azriel	06	Canterbury	35:35.22	34
38 Harper, Kirsten	06	Lisgar C.I.	36:20.44	35
39 Coligado, Veronica	06	St. Matthew	37:03.11	36
40 Ruanova Aguilar, Isabell	06	Ashbury	37:54.59	
41 Kropp, Amelia	06	Hillcrest	38:07.33	37
42 Vargatoh, Petra	06	Glebe Collegiate	38:19.73	
43 Rochon, Noémie	06	Gisèle-Lalonde	39:36.44	38
44 Vadon, Andrea	06	Gisèle-Lalonde	40:27.14	39
45 Webster Pless, Carolyn	06	Immaculata	40:32.76	40
46 Ahmed, Mariam	06	Ridgemont	41:48.69	41
47 Bolongo, Kendi Amelia	06	St. Matthew	52:33.49	42
48 Kibicho, Karen	06	St. Matthew	52:38.83	43
-- Marrs, Jacqueline	06	St. Patrick	DNF	



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## Results

## Event 5 Girls 6k Run CC Senior

Name	Year	School	Finals	Points
Results - Women				
1 Baggley, Olivia	05	Gloucester	23:48.42	1
2 Vroom, Elizabeth	04	Sir Wilfrid Laurier	24:28.49	2
3 Porter, Gillian	04	Franco-Cite	26:22.15	3
4 Gormley, Caitlin	05	Glebe Collegiate	26:59.15	4
5 Bennett, Talia	05	Glebe Collegiate	27:12.35	5
6 Saravanamuttoo, Jemima	05	Colonel By	28:15.03	6
7 McColgan, Abbey	05	Glebe Collegiate	28:21.38	7
8 Lessard, Mégane	04	Louis-Riel	29:18.36	8
9 Roy, Chloé	04	Franco-Cite	29:27.77	9
10 Gryczon, Brianna	04	Lester B. Pearson	29:45.20	10
11 Nowlan, Maddy	04	Glebe Collegiate	29:50.40	11
12 Hill, Grace	05	Canterbury	30:11.03	12
13 Powter, Morgan	05	Ashbury	30:17.60	13
14 McCabe, Isla	05	Glebe Collegiate	30:29.25	14
15 Girgis, Kenzie	04	Glebe Collegiate	30:30.98	15
16 Quinn, Paige	04	Osgoode	30:37.98	16
17 Cabasson, Laure	05	Colonel By	31:21.06	17
18 Ocica, Dariana	04	Colonel By	31:21.69	18
19 Duguay, Ella	05	Louis-Riel	31:35.83	19
20 Wilton, Kayla	05	Immaculata	31:44.35	20
21 Kurbel, Mikayla	04	St. Peter	31:48.53	21
22 Thomas, Kaia	05	Glebe Collegiate	31:52.15	
23 LeBlanc, Julia	04	Immaculata	32:00.21	22
24 Maddalena, Francesca	04	Lester B. Pearson	32:31.66	23
25 Macharia, Imani	05	Colonel By	32:41.79	24
26 Harback, Lauren	04	Franco-Cite	32:44.01	25
27 Johnson, Julia	05	Lester B. Pearson	32:53.74	26
28 Ménard, Alia	05	Gisèle-Lalonde	32:56.50	27
29 Vogt, Daria	04	Franco-Cite	33:00.72	28
30 McColgan, Kaia	05	Glebe Collegiate	33:17.72	
31 Bee, Maggie	05	Canterbury	34:07.45	29
32 Barquin-Alvarez, Lucia	05	Ashbury	34:14.75	30
33 Brûlé, Émilie	04	Samuel-Genest	34:19.47	31
34 Furlong, Olivia	04	Sir Wilfrid Laurier	34:26.91	32
35 Nussbaum, Katherine	04	Lisgar C.I.	34:29.93	33
36 MacDonald, Ella	04	Canterbury	34:38.98	34
37 Chen, Maggie	04	Colonel By	34:49.44	35
38 Msaddak, Mariam	05	Gloucester	35:16.44	36
39 Mohamed, Maleeka	05	Cairine Wilson	35:29.36	37
40 Shannon, Lilianne	05	Louis-Riel	35:36.99	38
41 Duffley, Laura	04	Immaculata	35:49.51	39
42 Quirion, Audrey	04	Ashbury	36:03.66	40
43 Smith, Ashlee	04	St. Peter	36:20.58	41
44 Painter, Luisa	05	Ashbury	36:21.66	42
45 Roberts, Gillian	05	Sir Wilfrid Laurier	36:51.96	43
46 Adams, Mia	04	St. Peter	37:33.86	44
47 Massarello, Madison	05	St-Laurent Academy	38:05.39	45
48 Kachi, Miya	05	Sir Wilfrid Laurier	38:29.54	46
49 Samim, Nargis	04	St. Peter	39:10.91	47
50 Fitzgerald, Tara	05	Canterbury	39:22.41	48
51 Armstrong, Rowan	04	Hillcrest	39:38.51	49



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**Hornets Nest**

**Results**

**....Event 5 Girls 6k Run CC Senior**

8 Lisgar C.I.	207	33	54	56	64	66
Total Time:	2:47:13.34					
Average:	41:48.34					

## NCSSAA East Conference - 10/14/2021

## Cross-Country Championships

## Hornets Nest

## Results

## Event 2 Boys 4k Run CC Novice

Name	Year	School	Finals	Points
Results - Men				
1 Cova, Daniel	07	Louis-Riel	15:37.67	1
2 Meehan, Aleksander	07	Immaculata	16:00.26	2
3 Zachary, Jeggo	07	Louis-Riel	16:19.14	3
4 Padoin-Castillo, Matteo	07	Immaculata	16:31.10	4
5 Bennett, Philip	07	Osgoode	16:32.34	5
6 Smith, Noah	07	Immaculata	16:33.18	6
7 McGregor, Will	07	Immaculata	16:57.06	7
8 Stratford, Hugh	07	Canterbury	17:10.68	8
9 Kaye, Cohen	07	Louis-Riel	17:14.82	9
10 Mallon, Cayden	07	Immaculata	17:27.46	10
11 Campbell, Francis	07	Sir Wilfrid Laurier	17:35.30	11
12 Rodriguez-Ramirez, Diego	07	Samuel-Genest	17:57.65	12
13 Smith, Kiran	07	Colonel By	18:06.78	13
14 Domiati, Ibrahim	07	Louis-Riel	18:34.46	14
15 Dagenais, Vincent	07	Hillcrest	18:48.01	15
16 Legace, Tyler	07	Hillcrest	18:54.12	16
17 Barker, Elias	07	Samuel-Genest	18:54.47	17
18 Kamau, Baraka	07	Hillcrest	18:55.30	18
19 Johnston-Zemek, Nicholas	07	Ashbury	19:09.58	19
20 Pierce, Craig	07	Glebe Collegiate	19:15.48	20
21 Nigelsky Skordas, Phoeni	07	Sir Wilfrid Laurier	19:39.06	21
22 Coulombe, Mathieu	07	Colonel By	19:41.60	22
23 McCrimmon, Jonah	07	Colonel By	19:58.66	23
24 Felx, Ryder	07	Hillcrest	21:55.56	24
25 Rohozinski, Aleksander	07	Ashbury	22:14.18	25
26 McIiwaine, Samuel	07	Canterbury	22:21.42	26
27 Caldwell, Elliott	07	Samuel-Genest	22:26.29	27
28 Mark Wallace, Noah	07	Hillcrest	22:32.75	28
29 Antoine, Couture	06	Gisèle-Lalonde	22:35.39	29
30 Qiu, Andrew	07	Colonel By	22:54.03	30
31 Gauthier, Samuel	07	St. Matthew	22:57.79	31
32 Letts, Jared	07	Lisgar C.I.	23:05.09	32
33 Bennett, Jake	07	Cairine Wilson	23:14.25	33
34 Martin, Isaac	07	Colonel By	23:16.14	34
35 Covo, Kai	07	St-Laurent Academy	23:21.40	35
36 Cormier, Noah	07	St. Matthew	23:25.55	36
37 Allen, Dexter	07	Glebe Collegiate	24:02.45	37
38 Kassam, Khalil	07	Ashbury	24:08.40	38
39 Pan, David	07	Colonel By	26:29.07	39
40 Simon, Jonariel	07	St. Matthew	26:36.72	40
41 Hernandez, Sebastian	07	Lester B. Pearson	29:36.01	41
42 Assaad, Wael	07	Brookfield	36:24.38	42
43 Alnaas, Mohamed	07	Hillcrest	36:44.61	43





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## Hornets Nest

## Results

## Event 4 Boys 5k Run CC Junior

Name	Year	School	Finals	Points
Results - Men				
1 Strachan, Derek	06	Glebe Collegiate	18:58.85	1
2 Melinz Dupuis, Kiefer	06	Glebe Collegiate	19:19.40	2
3 Krnjevic, Theo	06	Lisgar C.I.	19:54.69	3
4 Cino, Cameron	06	Glebe Collegiate	20:42.69	4
5 Van Barr, Bennett	06	Canterbury	21:11.01	5
6 Good, Ari	06	Glebe Collegiate	21:29.50	6
7 Shipley, Campbell	06	Osgoode	21:34.13	7
8 Carlson, Samuel	06	Immaculata	21:44.10	8
9 Tardif, Gabriel		Gisèle-Lalonde	21:55.19	9
10 Fairhead, William	06	Glebe Collegiate	22:02.78	10
11 O'Connor, Rian	06	Lisgar C.I.	22:21.53	11
12 Buckle, Owen	06	Glebe Collegiate	22:30.25	12
13 Mateo, Paradis	06	Gisèle-Lalonde	22:41.32	13
14 Sawchak, Jacob	06	Colonel By	22:43.77	14
15 Puvan, Jacob	06	Lisgar C.I.	22:44.77	15
16 Murphy, Xander	06	St. Matthew	22:46.02	16
17 Howell, Jack	06	Osgoode	22:53.09	17
18 Ghazal, Soran	06	Colonel By	23:05.99	18
19 Espina, Jordan	06	Lisgar C.I.	23:13.43	19
20 Jayarathna, Kushal	06	Colonel By	23:17.77	20
21 Leger, Alexander	06	Hillcrest	23:26.30	21
22 Bray-Jones, Emmett	06	Hillcrest	23:29.78	22
23 Nonez, Anthony	06	Gisèle-Lalonde	23:33.77	23
24 Hartman, Xavier	06	St. Peter	23:37.48	24
25 Ruhweza, Manzi	06	Hillcrest	23:52.96	25
26 Dunn, Broedy	06	Cairine Wilson	24:26.99	26
27 Golem, Will	06	Immaculata	24:35.28	27
28 Karaganis, Zander	06	Lisgar C.I.	25:00.66	28
29 Surronen, Oliver	06	Cairine Wilson	25:07.89	29
30 Dominic, Mackenzie	06	Gisèle-Lalonde	25:09.65	30
31 Thoppil, Isaac	06	Ashbury	25:11.12	31
32 Dawson, Owen	06	Gloucester	25:34.91	32
33 Gueye, Ali-Youn	06	Lisgar C.I.	26:02.32	33
34 Partirick, Brandon	06	Cairine Wilson	26:41.50	34
35 Flayyih, Layth	06	Cairine Wilson	26:47.32	35
36 Barbe, Graeme	06	Immaculata	26:51.49	36
37 Kempe, David	06	Canterbury	26:56.19	37
38 Dustin, Coldrey	06	Colonel By	27:50.61	38
39 List, Nicolas	06	Glebe Collegiate	28:39.56	
40 Henkelman, Adam	06	Lisgar C.I.	29:15.03	
41 Tesfazghi, Yacob	06	Hillcrest	29:30.95	39
42 Lynam, Jack	06	St. Patrick	29:40.99	40
43 Sindu, Aryan	06	Osgoode	30:01.50	41
44 Eltayeb, Ayham	06	Lisgar C.I.	30:10.38	
45 Cartwright-Wall, Lachlan	06	Immaculata	30:19.98	42
46 Hum, Nicholas	06	Hillcrest	30:33.65	43
47 Dobrokhoto, Timofey	06	St-Laurent Academy	31:06.78	44
48 Nguyen, Anthony	06	St. Peter	31:14.63	45
49 Beckett, Galen	06	Gisèle-Lalonde	31:52.88	46
50 Christoforou, Riley	06	St. Peter	32:27.77	47
51 Palima, Jeremiah	06	Brookfield	33:02.48	48



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## Hornets Nest

## Results

## Event 6 Boys 6k Run CC Senior

Name	Year	School	Finals	Points
Results - Men				
1 Waddington, Oliver	04	Glebe Collegiate	23:14.75	1
2 Fairhead, Thomas	04	Glebe Collegiate	23:16.07	2
3 Belan, Nicolas	05	Canterbury	23:20.79	3
4 Barrett, Elijah	04	Glebe Collegiate	23:27.31	4
5 McDaniel, Kieran	05	Ashbury	23:28.71	5
6 Strachan, Jeremy	04	Glebe Collegiate	24:05.57	6
7 Padoin-Castillo, Adriano	05	Immaculata	24:14.07	7
8 Lacasse, Sebastien	05	Colonel By	24:36.92	8
9 Dill, Scott	05	Ridgemont	24:49.84	9
10 Harrison, Max	04	Glebe Collegiate	24:53.57	10
11 Waldrum, Kyle	05	Cairine Wilson	25:04.57	11
12 Fowler, Duncan	05	Ridgemont	25:05.35	12
13 Dykukha, Dmytro	05	Ridgemont	25:16.35	13
14 Gagné, Zackary	04	Louis-Riel	25:23.73	14
15 Pulido, Nicholas	04	St. Peter	25:28.76	15
16 Welburn, Toby	04	Glebe Collegiate	25:38.28	16
17 Veysey, Nathan	04	Glebe Collegiate	25:44.03	
18 Bray-Jones, Parker	04	Franco-Cite	25:49.80	17
19 Lawr, Aynsley	05	Glebe Collegiate	25:55.67	
20 Arnold, Arnold	06	St-Laurent Academy	26:39.38	18
21 Hickey, Gavin	05	Sir Wilfrid Laurier	26:42.44	19
22 Church, Sébastien	04	Franco-Cite	26:43.25	20
23 Griesbach, Adam	04	Osgoode	27:01.63	21
24 Burley, Nicholas	03	Ashbury	27:13.63	22
25 Yorston, Alex	05	Brookfield	27:15.78	23
26 Roy, Brendon	05	Cairine Wilson	27:45.50	24
27 Tyc, Mateuz	04	Lisgar C.I.	27:47.13	25
28 Eason, Etienne	04	Lisgar C.I.	27:47.93	26
29 Sanders, Ian	05	Lisgar C.I.	27:57.07	27
30 Kamona, Ciprian	05	Ridgemont	27:59.39	28
31 Blacker, Nathan	05	Cairine Wilson	28:21.83	29
32 Weber, Eric	04	Glebe Collegiate	28:26.98	
33 Albinati, Angus	05	Canterbury	28:31.70	30
34 Ng-A-Fook, Aidan	05	Colonel By	29:10.54	31
35 Rodiles Montil, Edwin	05	Osgoode	29:13.89	32
36 Larocque, Fred	04	Samuel-Genest	29:18.10	33
37 Aubrey, Simon	04	Canterbury	29:34.32	34
38 Kanika, Isaiah	04	Lisgar C.I.	29:39.38	35
39 Bhatia, Nikhil	04	Colonel By	30:01.04	36
40 Sahajpal, Ronan	04	Ashbury	30:16.06	37
41 Mugisha, Fiake	03	Lester B. Pearson	30:16.38	38
42 Barasheed, Rasheed	05	Gloucester	30:19.64	39
43 McInnes, Finn	05	Glebe Collegiate	30:35.29	
44 Lacasse, Eric	05	Colonel By	30:45.29	40
45 Albert, Kaiden	04	Cairine Wilson	31:03.21	41
46 Kwapisz, Isaiah	05	Cairine Wilson	31:23.87	42
47 Gillan, Danial	05	Ashbury	31:25.34	43
48 Legge, Logan	04	St-Laurent Academy	31:33.19	44
49 Muller, Tai	04	Cairine Wilson	31:36.40	45
50 Mandujano, Julian	04	Colonel By	31:37.69	46
51 Frost, Aidan	04	Cairine Wilson	31:41.29	



**NCSSAA East Conference - 10/14/2021**

**Cross-Country Championships**

**Hornets Nest**

**Results**

**....Event 6 Boys 6k Run CC Senior**

7 Canterbury	125	3	30	34	58
Total Time:	2:04:12.38				
Average:	31:03.10				