

**Atlantic XC Championships - 2016-10-29**  
**Championnats atlantiques de cross-country**  
**St Francis Xavier University**  
**Rankings**

**Event 2 Mixed 8-13 2000 Meter Run CC**

| Name                           | Year Team           | Finals   | Points |
|--------------------------------|---------------------|----------|--------|
| 10-11 Results - Women 2000 Run |                     |          |        |
| 1 MacDonald, Cara              | W Pictou Count      | 9:51.00  | 1      |
| 2 MacPherson, Marin            | W Unattached-N      | 10:25.00 | 2      |
| 3 MacDonald, Sarah             | W Bayview Educ      | 10:55.00 | 3      |
| 4 Mackinnon, Madalyn           | W Athle Sud-es      | 10:55.00 | 4      |
| 5 Beaton, Siena                | W Bayview Educ      | 10:56.00 | 5      |
| 6 Gaudet, Katherine            | W École Sainte-Anne | 11:06.00 | 6      |
| 7 MacLellan, Brooke            | W Bayview Educ      | 11:08.00 | 7      |
| 8 McLeod, Michelle             | W Fast Tracks       | 11:27.00 | 8      |
| 9 Canning, Bryn                | W Antigonish T      | 11:32.00 | 9      |
| 10 Cameron, Jessa              | W Antigonish T      | 12:06.00 | 10     |
| 11 MacDonald, Lily             | W Bayview Educ      | 12:16.00 | 11     |
| 12-13 Results - Women 2000 Run |                     |          |        |
| 1 Vringer, Erin                | W Saint John T      | 8:16.00  | 1      |
| 2 Chisholm, Siona              | W Antigonish T      | 8:55.00  | 2      |
| 3 Cameron, Emma                | W Antigonish T      | 9:03.00  | 3      |
| 4 McLeod, Madeleine            | W Fast Tracks       | 9:04.00  | 4      |
| 5 White, Jessica               | W Fast Tracks       | 9:12.00  | 5      |
| 6 Canning, Mairin              | W Antigonish T      | 9:32.00  | 6      |
| 7 Doucet, Emily                | W Athle Sud-es      | 9:48.00  | 7      |
| 8 Boone, Madeline              | W Fundy High School | 9:57.00  | 8      |
| 9 Wilson, Alyssa               | W Unattached N      | 10:09.00 | 9      |
| 10 Hume, Mariah                | W Unattached-N      | 10:23.00 | 10     |
| 11 Allanach, Janelle           | W Athle Sud-es      | 10:24.00 | 11     |
| 12 Mackinnon, Emma             | W Athle Sud-es      | 10:36.00 | 12     |
| 13 Lowe, Sydney                | W Valley Athletics  | 11:15.00 | 13     |
| 8-9 Results - Men 2000 Run     |                     |          |        |
| 1 MacKenzie, Calder            | M Unattached N      | 11:09.00 | 1      |
| 10-11 Results - Men 2000 Run   |                     |          |        |
| 1 Robertson, Conrad            | M Pictou Count      | 9:01.00  | 1      |
| 2 Collette, Alexi              | M Ecole Camill      | 9:53.00  | 2      |
| 3 MacKenzie, Conlan            | M Unattached N      | 10:02.00 | 3      |
| 4 Leblanc, Alexis              | M Unattached-N      | 10:19.00 | 4      |
| 5 Walker, Rory                 | M Antigonish T      | 11:09.00 | 5      |
| 12-13 Results - Men 2000 Run   |                     |          |        |
| 1 James, Zachary               | M Valley Athletics  | 8:21.00  | 1      |
| 2 Enstrom, Owen                | M Athle Sud-es      | 8:29.00  | 2      |
| 3 Priemer, Oliver              | M Unattached-N      | 8:31.00  | 3      |
| 4 Richard, Francois            | M Athle Sud-es      | 8:41.00  | 4      |
| 5 Landry, Micah                | M Saint John T      | 9:02.00  | 5      |
| 6 MacDonald, Mark              | M Antigonish T      | 9:35.00  | 6      |
| 7 Abbate, Nicholas             | M Unattached-N      | 10:05.00 | 7      |
| 8 Kendall, John                | M Antigonish T      | 10:17.00 | 8      |
| 9 Walker, Liam                 | M Antigonish T      | 10:18.00 | 9      |

**Event 3 Mixed 14-15 3k Run CC**

| Name                           | Year Team      | Finals   | Points |
|--------------------------------|----------------|----------|--------|
| 14-15 Results - Women 3000 Run |                |          |        |
| 1 Trites, Hannah               | W Motley Crew  | 11:30.00 | 1      |
| 2 Lemaire, Isabella            | W Athle Sud-es | 12:05.00 | 2      |

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| 3  | Trites, Emily      | W Motley Crew      | 12:09.00 | 3  |
| 4  | Haynes, Emily      | W Fast Tracks      | 12:24.00 | 4  |
| 5  | Keefe, Danielle    | W Fast Tracks      | 12:32.00 | 5  |
| 6  | Hall, Mackenzie    | W Fast Tracks      | 12:34.00 | 6  |
| 7  | Walton, Rachel     | W Pugwash Dist     | 12:35.00 | 7  |
| 8  | Benoit, Eileen     | W Valley Athletics | 12:36.00 | 8  |
| 9  | Wright, Frances    | W Fast Tracks      | 13:11.00 | 9  |
| 10 | MacDonald, Rebecca | W Antigonish T     | 15:27.00 | 10 |
| 11 | Abbate, Elizabeth  | W Unattached-N     | 15:30.00 | 11 |

14-15 Results - Men 3000 Run

|   |                    |                      |          |   |
|---|--------------------|----------------------|----------|---|
| 1 | MacDonald, Ethan   | M Pictou Count       | 11:21.00 | 1 |
| 2 | Dyson, Mattias     | M Valley Athletics   | 11:28.00 | 2 |
| 3 | Watts, William     | M Valley Athletics   | 11:35.00 | 3 |
| 4 | Polson, Iain       | M Antigonish T       | 11:39.00 | 4 |
| 5 | Stultz, Adam       | M Unattached-N       | 11:59.00 | 5 |
| 6 | Roy, Jonathan      | M Athlétisme C       | 12:02.00 | 6 |
| 7 | Boulanger, Zachary | M St. Malachy's High | 12:13.00 | 7 |
| 8 | Williamson, Robert | M Valley Athletics   | 12:21.00 | 8 |
| 9 | Lowe, Zachary      | M Valley Athletics   | 13:36.00 | 9 |

Team Scores

| Rank                           | Team             | Total    | 1 | 2 | 3 | 4 | *5 | *6 | *7 | *8 | *9 |
|--------------------------------|------------------|----------|---|---|---|---|----|----|----|----|----|
| =====                          |                  |          |   |   |   |   |    |    |    |    |    |
| 14-15 Results - Men 3000 Run   |                  |          |   |   |   |   |    |    |    |    |    |
| 1                              | Valley Athletics | 22       | 2 | 3 | 8 | 9 |    |    |    |    |    |
|                                | Total Time:      | 49:00.00 |   |   |   |   |    |    |    |    |    |
|                                | Average:         | 12:15.00 |   |   |   |   |    |    |    |    |    |
| 14-15 Results - Women 3000 Run |                  |          |   |   |   |   |    |    |    |    |    |
| 1                              | Fast Tracks      | 24       | 4 | 5 | 6 | 9 |    |    |    |    |    |
|                                | Total Time:      | 50:41.00 |   |   |   |   |    |    |    |    |    |
|                                | Average:         | 12:40.25 |   |   |   |   |    |    |    |    |    |

**Event 4 Mixed 16 17 4k Run CC**

| Name                         | Year               | Team               | Finals   | Points |
|------------------------------|--------------------|--------------------|----------|--------|
| =====                        |                    |                    |          |        |
| 16 17 Results Women 4000 Run |                    |                    |          |        |
| 1                            | Dickinson, Laura   | W Athle Sud es     | 16:01.00 | 1      |
| 2                            | Cormier, Hannah    | W Motley Crew      | 16:51.00 | 2      |
| 3                            | MacDonald, Aidan   | W Antigonish T     | 17:41.00 | 3      |
| 4                            | Goguen, Alyssa     | W Unattached N     | 18:04.00 | 4      |
| 5                            | Sandluck, Breanna  | W Pictou Count     | 18:12.00 | 5      |
| 6                            | Kelly, Tatiana     | W Team Pei         | 18:26.00 | 6      |
| 7                            | Haynes, Hannah     | W Fast Tracks      | 18:50.00 | 7      |
| 8                            | Pelletier, Abygail | W Ecole Aux Qu     | 19:19.00 | 8      |
| 9                            | Black, Sophie      | W Athle Sud es     | 19:33.00 | 9      |
| 10                           | MacDonald, Abigail | W Antigonish T     | 19:41.00 | 10     |
| 11                           | Smalley, Julia     | W Athle Sud es     | 20:06.00 | 11     |
| 12                           | Neuffer, Maddy     | W Team Pei         | 21:08.00 | 12     |
| 16 17 Results Men 4000 Run   |                    |                    |          |        |
| 1                            | Benoit, Jacob      | M Valley Athletics | 15:02.00 | 1      |
| 2                            | Canning, Aidan     | M Antigonish T     | 15:25.00 | 2      |
| 3                            | Roy, Alexi Cedric  | M Athlétisme C     | 15:32.00 | 3      |
| 4                            | Shankel, Jonah     | M Valley Athletics | 15:35.00 | 4      |
| 5                            | Banks, Alexandre   | M Unattached N     | 15:41.00 | 5      |
| 6                            | Robertson, Nick    | M Team Pei         | 15:42.00 | 6      |

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|----|-------------------|--------------------|----------|----|
| 7  | Morgan, Alex      | M Leo Hayes Hi     | 16:24.00 | 7  |
| 8  | Leblanc, Alex     | M Antigonish T     | 16:42.00 | 8  |
| 9  | McMullin, Bradley | M Fast Tracks      | 16:49.00 | 9  |
| 10 | Polson, Neil      | M Antigonish T     | 17:26.00 | 10 |
| 11 | James, Noah       | M Valley Athletics | 17:52.00 | 11 |
| 12 | Sexton, Conor     | M Athle Sud es     | 18:40.00 | 12 |
| 13 | MacDonald, Justin | M Valley Athletics | 20:58.00 | 13 |

Team Scores

| Rank | Team                    | Total | 1 | 2 | 3  | 4  | *5 | *6 | *7 | *8 | *9 |
|------|-------------------------|-------|---|---|----|----|----|----|----|----|----|
| 16   | 17 Results Men 4000 Run |       |   |   |    |    |    |    |    |    |    |
|      | 1 Valley Athletics      | 29    | 1 | 4 | 11 | 13 |    |    |    |    |    |
|      | Total Time: 1:09:27.00  |       |   |   |    |    |    |    |    |    |    |
|      | Average: 17:21.75       |       |   |   |    |    |    |    |    |    |    |

**Event 5 Mixed 18+ 6k Run CC**

| Name | Year                      | Team                 | Finals   | Points |
|------|---------------------------|----------------------|----------|--------|
| 18   | 19 Results Women 6000 Run |                      |          |        |
| 1    | Robson, Ashley            | W St. Francis        | 24:19.00 | 1      |
| 2    | Thompson, Catherine       | W St. Francis        | 25:23.00 | 2      |
| 20   | 34 Results Women 6000 Run |                      |          |        |
| 1    | Therrien, Brittany        | W Unattached N       | 22:34.00 | 1      |
| 2    | Scallion, Kate            | W Dalhousie Un       | 24:12.00 | 2      |
| 3    | MacDonald, Olivia         | W St. Francis        | 24:23.00 | 3      |
| 4    | Burnett, Ellen            | W St. Francis        | 24:47.00 | 4      |
| 5    | Shilton, Beatrice         | W Unattached N       | 25:09.00 | 5      |
| 6    | Mackay, Emily             | W St. Francis        | 25:50.00 | 6      |
| 7    | Ascough, Hannah           | W Unattached N       | 26:01.00 | 7      |
| 8    | Caulier, Kali             | W Unattached N       | 27:14.00 | 8      |
| 9    | Morton, Emily             | W Pictou Count       | 27:22.00 | 9      |
| 10   | Cowie, Emily              | W Unattached N       | 28:00.00 | 10     |
| 11   | Barbour, Courtney         | W Unattached N       | 28:00.00 | 11     |
| 35+  | Results Women 6000 Run    |                      |          |        |
| 1    | James, Paula              | W Valley Athletics   | 24:07.00 | 1      |
| 2    | Lowe, Dawn                | W Valley Athletics   | 28:00.00 | 2      |
| 18   | 19 Results Men 6000 Run   |                      |          |        |
| 1    | Cull, Isaac               | M Southwest No       | 19:51.00 | 1      |
| 2    | Derhak, Addison           | M St. Francis        | 20:13.00 | 2      |
| 3    | Long, Colin               | M Halifax Road       | 20:37.00 | 3      |
| 4    | Gallant, Luc              | M Islanders Tr       | 21:28.00 | 4      |
| 5    | Bishop, Owen              | M Halifax Road       | 21:42.00 | 5      |
| 6    | Corbin, Peter             | M Pictou Count       | 21:42.00 | 6      |
| 7    | Van De Sande, James       | M Antigonish T       | 21:44.00 | 7      |
| 8    | Miller, Blair             | M Halifax Road       | 22:22.00 | 8      |
| 9    | Freeman, Alec             | M Halifax Road       | 22:44.00 | 9      |
| 10   | Nancekievill, Dawson      | M Harry Camsel       | 22:56.00 | 10     |
| 11   | Donnelly, Aidan           | M Harvey High School | 23:49.00 | 11     |
| 12   | Lambourne, Elliot         | M Antigonish T       | 24:04.00 | 12     |
| 20   | 34 Results Men 6000 Run   |                      |          |        |
| 1    | Mueller, Matthias         | M Halifax Road       | 19:41.00 | 1      |
| 2    | McCarron, Lee             | M Halifax Road       | 19:43.00 | 2      |
| 3    | Wach, Graeme              | M Halifax Road       | 20:29.00 | 3      |

