

Capital XC Challenge - 2019-10-05**Capital XC Challenge
Terry Fox Athletic Facility
Results****Event 1 Women 6k CC Open**

Name	Year Team	Avg 1K	Finals	Points
Results - Women				
1 Nishimwe, Beatha	Ottawa Lions T.F.C.	3:43.0	22:17.63	1
2 Aglot, Murielle	Saint-Lauren	3:45.1	22:30.11	2
3 Brennan, Rebecca	Ottawa Gee-Gees	3:45.5	22:32.70	3
4 Fleurent-Gregoire, Chloe	McGill	3:45.9	22:35.35	4
5 Barwick, Alison	McGill Olympic Club	3:47.1	22:42.58	5
6 Carlton, Laura	McGill	3:51.0	23:05.90	6
7 Shepherd, Keili	Ottawa Gee-Gees	3:52.4	23:14.20	7
8 Steer, Molly	Mile2Marathon	3:52.8	23:16.56	8
9 Ireland, Jennifer	McGill	3:53.6	23:21.42	9
10 Trapeau, Maeliss	Ottawa Gee-Gees	3:53.8	23:22.51	10
11 Riopel, Camille	McGill Olympic Club	3:54.9	23:28.86	11
12 Prufer, Lauren	Mile2Marathon	3:57.7	23:46.05	12
13 Hempstead, Lucy	Ottawa Gee-Gees	4:01.8	24:10.48	13
14 Chambers, Meredith	McGill	4:01.9	24:11.18	14
15 Langelaan, Rachel	McGill	4:04.9	24:28.88	15
16 Hicks, Holly	Ottawa Gee-Gees	4:05.7	24:33.72	16
17 Clarke, Madison	Ottawa Gee-Gees	4:05.8	24:34.77	17
18 Lea, Abigail	Ottawa Gee-Gees	4:05.9	24:35.12	18
19 Allan, Veronica	Mile2Marathon	4:06.0	24:35.51	19
20 Wedlock, Jo	Concordia Stingers	4:06.5	24:38.75	20
21 Engel, Katie	Unknown	4:07.1	24:42.24	21
22 Cochrane, Katheryn	Mile2Marathon	4:07.5	24:44.78	22
23 Bushell, Jenn	Mile2Marathon	4:08.9	24:53.05	23
24 Young, Martha	Ottawa Gee-Gees	4:10.3	25:01.49	
25 Norman, Pippa	Carleton Ravens	4:10.5	25:03.03	24
26 Maguire, Liz	Ottawa Lions T.F.C.	4:10.8	25:04.68	25
27 Bright, Nora	Rmc Paladins	4:11.7	25:09.91	26
28 Walton, Shannon	National Cap	4:18.6	25:51.25	27
29 Dahms, Marie-Eve	Ottawa Gee-Gees	4:25.0	26:29.76	
30 Frazer, Hannah	Ottawa Gee-Gees	4:25.5	26:32.93	
31 Ward, Tiarra	Ottawa Gee-Gees	4:26.5	26:38.93	
32 Shair, Tayla	Concordia Stingers	4:28.4	26:50.05	28
33 Drolet, Ann-Rebecca	Concordia Stingers	4:29.0	26:53.58	29
34 Furno Puglia, Veronica	Concordia Stingers	4:30.2	27:00.90	30
35 Boyer-Antoni, Gabrielle	Concordia Stingers	4:31.1	27:06.33	31
36 Alexander, Emily	Mile2Marathon	4:32.4	27:14.38	32
37 Howitt, Kimberly	Ottawa Lions T.F.C.	4:37.9	27:47.19	33
38 Burdick, Rachel	Mile2Marathon	4:38.7	27:51.92	34
39 Miklas, Fiona	Rmc Paladins	4:40.3	28:01.58	35
40 Wauthier, Sara	Remparts	4:42.1	28:12.30	36
41 Gagne, Shania	Rmc Paladins	4:48.2	28:48.85	37
42 Watkins, Patricia	Rmc Paladins	4:50.5	29:02.93	38
43 Magannon, Carrie	Remparts	5:03.9	30:23.35	39
44 Kajugiro, Corina	Concordia Stingers	5:09.4	30:56.02	40
45 Senecal, Camille	Remparts	5:09.5	30:56.90	41
46 Pedersen, Margaret	Rmc Paladins	5:20.4	32:02.05	42
47 Blyth, Alexis	Loyalist Col	6:22.0	38:11.92	43
48 Flynn, Nicole	Loyalist Col	8:35.6	51:33.06	44

Capital XC Challenge - 2019-10-05**Capital XC Challenge
Terry Fox Athletic Facility
Results****Event 2 Men 6k CC Open**

Name	Year Team	Avg 1K	Finals	Points
Results - Men				
1 Uwajenezza, Jean	Ottawa Lions T.F.C.	3:04.5	18:26.82	1
2 Archer, Jeff	Mile2Marathon	3:07.7	18:46.16	2
3 Alie-Lamarche, Andre	Ottawa Gee-Gees	3:10.3	19:01.36	3
4 Roots, Logan	Rmc Paladins	3:12.1	19:12.50	4
5 Burnotte, Jules	MM Sherbrooke	3:16.4	19:38.13	5
6 Fournier, Adrian	Ottawa Gee-Gees	3:16.6	19:39.40	6
7 Wellenstein, Henry	McGill	3:16.6	19:39.43	7
8 Mitchell, Robert	Ottawa Gee-Gees	3:18.6	19:51.37	8
9 Robinson, Stephen	Ottawa Gee-Gees	3:21.3	20:07.31	9
10 Maxwell, Alex	Unknown	3:22.4	20:14.34	10
11 Campbell, Alex	Concordia Stingers	3:23.3	20:19.63	11
12 Csisztu, Thomas	McGill	3:23.6	20:21.13	12
13 Paques, Maxime	Montréal Carabins	3:23.7	20:21.99	13
14 Cyr, Olivier	McGill	3:25.3	20:31.28	14
15 Izquierdo-Bernier, Ricar	Uqam Citadins	3:26.3	20:37.77	15
16 Bates, Paul	Ottawa Gee-Gees	3:27.0	20:41.84	16
17 Elrimawi-Fine, Noah	McGill	3:28.3	20:49.47	17
18 Saville, Sebastian	Ottawa Lions T.F.C.	3:29.9	20:59.32	18
19 Wyonch, Kyle	Rmc Paladins	3:31.5	21:08.62	19
20 McClure, Jake	McGill	3:32.0	21:11.80	20
21 Beaulieu, Nathanael	McGill	3:32.2	21:13.01	21
22 Clarke, Ethan	Concordia Stingers	3:32.6	21:15.53	22
23 Pilon-Rabonson, Zacharie	Sherbrooke V	3:32.7	21:15.67	23
24 Sneddon, Jay	Ottawa Lions T.F.C.	3:33.4	21:19.96	24
25 Grover, Jacob	Concordia Stingers	3:34.6	21:27.40	25
26 Hill, Darrell	Carleton Ravens	3:34.8	21:28.65	26
27 Ennabaoui, Nassim	Concordia Stingers	3:35.1	21:30.18	27
28 Poirier, Aaron	Rmc Paladins	3:35.3	21:31.37	28
29 Heindricks, Joey	Rmc Paladins	3:35.6	21:33.46	29
30 Bellay, David	Rmc Paladins	3:35.9	21:34.94	30
31 Obrand, Jeremy	McGill	3:36.4	21:38.43	31
32 Bruce, Cameron	Carleton Ravens	3:37.1	21:42.12	32
33 Desharnais, Philippe	Rmc Paladins	3:41.7	22:09.67	33
34 Bilton, Ryan	Loyalist Col	3:42.3	22:13.67	34
35 Zanetti, Lucas	Ottawa Gee-Gees	3:43.5	22:20.58	35
36 Emerslund, Gordon	Rmc Paladins	3:43.8	22:22.76	36
37 Cottam, Matt	Ottawa Lions T.F.C.	3:44.6	22:27.09	37
38 Degois, Jonathon	Rmc Paladins	3:45.0	22:29.55	
39 McFerrin, Sampson	Concordia Stingers	3:45.1	22:30.17	38
40 Andersen, Stephen	Mile2Marathon	3:45.2	22:31.00	39
41 Meraw, Nathan	Ottawa Gee-Gees	3:45.3	22:31.82	40
42 Vice, Nathaniel	Mile2Marathon	3:46.3	22:37.45	41
43 Armstrong, Sidney	Carleton Ravens	3:46.5	22:39.01	42
44 Boswell, Jonathon	Rmc Paladins	3:46.7	22:39.71	
45 Rhydderch, James	Ottawa Gee-Gees	3:47.6	22:45.25	
46 Uranga Gutierrez, Andree	Concordia Stingers	3:47.6	22:45.47	43
47 Isfan, Warren	Mile2Marathon	3:47.6	22:45.64	44
48 Moore, Michael	Rmc Paladins	3:51.7	23:09.89	
49 Davies, Gareth	Unattached Ontario	3:53.6	23:21.54	45
50 Jonathan, Cote	Remparts	3:54.2	23:24.73	46
51 Saugeron, Abel	Concordia Stingers	3:54.2	23:25.14	47

Capital XC Challenge - 2019-10-04**Capital XC Challenge
Terry Fox Athletic Facility
Results****Event 1 Mixed 4000 M Open**

Name	Year School	Finals
Finals		
1 Pavao, Marshall	M Longfields D	14:40.05
2 Bouma, Phoenix	M Nepean H.S.	15:16.46
3 Hornung, Jeremy	M Glebe Colleg	15:16.50
4 Pascali, Ben	M Nepean H.S.	15:24.22
5 Bereznai, Ollie	M Glebe Colleg	15:27.69
6 Cimpello, Luke	M Blyth Academ	15:33.20
7 Knight, Duncan	M Hillcrest - Ottawa	15:33.96
8 Doherty, Ethan	M Glebe Colleg	16:01.32
9 Henderson, Evan	M Nepean H.S.	16:19.19
10 Davies, Ben	M Blyth Academ	16:28.99
11 Ross, William	M John McCrae	16:35.62
12 Lairson, Xavier	M Nepean H.S.	16:37.66
13 Odermatt, Nic	M Blyth Academ	16:38.46
14 Moreau, Aidan	M Blyth Academ	16:39.04
15 Csagoly, Adam	M Notre Dame H	16:58.92
16 Thompson, Evan	M Glebe Colleg	17:00.91
17 Devalle, Vittorio	M Glebe Colleg	17:01.75
18 Plant, Francis	M Blyth Academ	17:09.00
19 Bonenfant, Patric	M Notre Dame H	17:10.08
20 Hay, Remi	M Blyth Academ	17:11.54
21 Pitton, Romain	M Blyth Academ	17:14.79
22 Aref, Nour	M John McCrae	17:17.93
23 Wood, Ella	W Glebe Colleg	17:18.26
24 Huang, Jason	M John McCrae	17:22.72
25 Schuler, Madison	W Ridgemont HS	17:23.16
26 Castell, Jackson	M Lisgar C.I.	17:24.49
27 Price, Evan	M John McCrae	17:25.71
28 Odermatt, Titus	M Blyth Academ	17:26.98
29 Major, Yanik	M Blyth Academ	17:29.15
30 McGregor, Bug	M Blyth Academ	17:31.21
31 Bull, Nolan	M Blyth Academ	17:33.55
32 Schaut, Daniel	M Blyth Academ	17:42.02
33 Zaine, Bradley	M Longfields D	17:45.37
34 Knight, James	M Hillcrest - Ottawa	17:48.17
35 Kadirov, Timur	M Blyth Academ	17:52.46
36 Harris, William	M John McCrae	17:52.59
37 Johnson, Daniel	M Blyth Academ	17:52.78
38 Holman, Arvin	M John McCrae	17:59.31
39 Lee, Matthew	M Blyth Academ	18:03.90
40 Isagaki, Teito	M Blyth Academ	18:05.13
41 Reynolds, Dylan	M Blyth Academ	18:06.36
42 Robins, Bryn	M Nepean H.S.	18:06.76
43 Kanellos, Anastasio	M Ridgemont HS	18:09.83
44 Chaffe, Josh	M Ashbury Coll	18:10.36
45 Fast, Andy	M Ridgemont HS	18:12.14
46 Alzu'bi, Abdel Rahman	M Longfields D	18:18.78
47 Semeniuk, Anna	W St. Pius X C.H.S.	18:19.85
48 Lee, Keaton	M Lisgar C.I.	18:28.22
49 Foster, James	M Longfields D	18:31.14
50 Pevko, Fridrihs	M Blyth Academ	18:37.42
51 Johnson, Thomas	M John McCrae	18:42.17

Capital XC Challenge - 2019-10-04**Capital XC Challenge
Terry Fox Athletic Facility
Results****....Event 1 Mixed 4000 M Open**

52 Alexander, Madeline	W Glebe Colleg	18:45.29
53 Hanson-Wright, Tara	W Lisgar C.I.	18:53.34
54 Raina, Kaia	M Ashbury Coll	18:57.92
55 Haile, Merhawi	M Ridgemont HS	19:01.67
56 Erne, Luca	M Blyth Academ	19:10.17
57 Pilgrim, Liam	M Nepean H.S.	19:11.67
58 Burley, Nicholas	M Ashbury Coll	19:17.74
59 Moore, Bridget	W Glebe Colleg	19:18.81
60 Scrivens, William	M Ashbury Coll	19:19.54
61 Warren, Hugh	M Ashbury Coll	19:23.00
62 Mamimamskum, Darius	M Blyth Academ	19:27.16
63 Duncan, Thomas	M Woodroffe H.	19:38.02
64 Falsetto, Tristan	M Blyth Academ	19:39.29
65 Contois, Connor	M Blyth Academ	19:41.54
66 Beloff, Spencer	M Blyth Academ	19:42.12
67 Bedard, Joshua	M Nepean H.S.	19:47.17
68 Ye, Juliana	W Ashbury Coll	19:56.85
69 Schenk, Justice	M Ashbury Coll	20:13.33
70 Burr, Maggie	W Lisgar C.I.	20:14.56
71 Nussbaum, Maya	W Lisgar C.I.	20:15.27
72 Rebel, Stephen	M Longfields D	20:15.34
73 Boileau, Alex	M Blyth Academ	20:20.98
74 Pierce, Hazel	W Nepean H.S.	20:43.33
75 Kim, Solomon	M Blyth Academ	20:48.59
76 Chung, Kieran	M Blyth Academ	20:51.13
77 Gonzalez, Kyle	M Blyth Academ	20:51.82
78 Benuen, Aries	M Blyth Academ	20:53.59
79 Zaripov, Artur	M Blyth Academ	21:05.92
80 Meier, Christina	W Notre Dame H	21:14.95
81 Rozhkov, Genrikh	M Blyth Academ	21:31.21
82 Dilawri, Tristan	M Ashbury Coll	21:38.14
83 Wang, William	M Ashbury Coll	21:39.33
84 Musa Ataib, Amani	W Woodroffe H.	21:40.94
85 Piza, Morena	W Ashbury Coll	21:42.43
86 Morin, Etienne	M Blyth Academ	21:50.39
87 Linehan, Tara	W Nepean H.S.	21:50.46
88 Strader, Maya	W Ridgemont HS	21:51.25
89 Paisley, Chloe	W Nepean H.S.	21:55.47
90 Wallace, Delphine	W Lisgar C.I.	21:58.35
91 West, Johnathan (jojo)	M Ashbury Coll	22:07.25
92 Nabih, Hamza	M Ridgemont HS	22:21.84
93 Fulginiti, Anthony	M Blyth Academ	22:26.08
94 Smith, Leona	W Nepean H.S.	22:26.47
95 Cotter, Tori	W John McCrae	22:26.71
96 Liu, Calvin	M Ashbury Coll	22:31.60
97 Matthews, Zakhar	M Blyth Academ	22:36.62
98 Hogan, Sarah	W Ashbury Coll	22:37.52
99 Ali, Momen	M Ridgemont HS	22:43.15
100 Nabih, Yasmeen	W Ridgemont HS	22:45.28
101 Ernst, Connor	M Ashbury Coll	23:42.39
102 Reboh, Dov	M Blyth Academ	23:48.24
103 R. Smith, Connor	M Blyth Academ	24:00.06
104 Burbidge, John	M Blyth Academ	24:01.62
105 Grant, Cole	M Blyth Academ	24:01.80

Capital XC Challenge - 2019-10-04**Capital XC Challenge
Terry Fox Athletic Facility
Results****....Event 1 Mixed 4000 M Open**

106 Haban, Leo	M Blyth Academ	24:01.82
107 Tiatinkin, Nikita	M Blyth Academ	24:10.85
108 Tucker, Monty	M Blyth Academ	24:10.90
109 Berzins, Ernest	M Blyth Academ	24:10.98
110 Coray, Gion	M Blyth Academ	24:10.99
111 Svalov, Andrei	M Blyth Academ	24:11.09
112 Fahkrutdinov, Ilnar	M Blyth Academ	24:11.35
113 Landyshev, Ivan	M Blyth Academ	24:11.39
114 Korneev, Georgy	M Blyth Academ	24:11.45
115 Villeneuve, Eric	M Blyth Academ	24:11.51
116 Mikhaylov, Alexey	M Blyth Academ	24:11.85
117 He, Eva	W Ashbury Coll	24:14.22
118 Layton, Madelaine	W Ashbury Coll	24:31.28
119 Carriere, Keefer	M Blyth Academ	25:48.65
120 Hernandez, Camila	W Ashbury Coll	26:36.91
121 Parsi Boetig, Layli	W Ashbury Coll	27:29.48
122 Garcia Rodriguez, Paula	W Nepean H.S.	27:33.61
123 Morgan, Dakota	W Hillcrest - Ottawa	27:53.83
124 Imaniraguha, Jonny	M Ashbury Coll	28:30.78
125 Antonini, Ava	W Ashbury Coll	29:04.03
126 Ayoub, Madelyne	W Ashbury Coll	29:17.50
127 Alshuriti, Ghada	W Ashbury Coll	29:17.56

Capital XC Challenge - 2019-10-04**Capital XC Challenge
Terry Fox Athletic Facility
Results****Event 2 Girls 4k CC Junior Varsity**

Name	Year School	Avg 1K	Finals	Points
Results - Women				
1 Murchison, Charlotte	Mother Teres	3:49.5	15:17.69	
2 Gormley, Caitlin	Glebe Colleg	3:53.7	15:34.72	1
3 Wojtyk, Zoe	Glebe Colleg	3:56.7	15:46.71	2
4 May, Zoe	Immaculata - Ottawa	3:58.8	15:55.16	3
5 MacDonald, Cara	Glebe Colleg	4:07.0	16:27.72	4
6 McCulligh, Helen	West Carleto	4:12.5	16:49.75	
7 Ivay, Rachel	John McCrae	4:14.6	16:58.35	5
8 Bradley, Cassidy	Longfields D	4:15.1	17:00.17	
9 Hurst, Freya	Glebe Colleg	4:15.6	17:02.11	6
10 Milne, Alison	John McCrae	4:16.6	17:06.11	7
11 Nowlan, Maddie	Glebe Colleg	4:18.0	17:11.69	8
12 Van Brabant, Amelia	Earl of Marc	4:18.4	17:13.41	
13 Strachan, Zoe	Perth and Di	4:21.2	17:24.81	
14 Tinmouth, Amalia	Colonel By S	4:23.3	17:33.05	9
15 Zarull, Maddy	Nepean H.S.	4:25.3	17:40.94	10
16 Fern, Hannah	Frontenac SS	4:26.6	17:46.33	
17 Morris, Jillian	Frontenac SS	4:26.7	17:46.51	
18 Gruner, Skyler	Lisgar C.I.	4:26.7	17:46.68	11
19 Dawson, Sydney	West Carleto	4:27.7	17:50.84	
20 Bell, Reegan	Perth and Di	4:28.9	17:55.51	
21 Therrien, Raya	West Carleto	4:32.7	18:10.76	
22 Powter, Morgan	Ashbury Coll	4:34.1	18:16.19	12
23 Black, Rebecca	Glebe Colleg	4:34.2	18:16.77	13
24 McQuinn, Cora	John McCrae	4:35.5	18:21.78	14
25 Stein, Mya	Madawaska Va	4:35.9	18:23.36	
26 Greenwood, Peyton	Madawaska Va	4:37.6	18:30.10	
27 Perras, Daphne	Longfields D	4:40.3	18:41.12	
28 Duffley, Laura	Immaculata - Ottawa	4:42.1	18:48.26	15
29 MacLeod, Adelle	AY Jackson	4:49.7	19:18.64	
30 West, Margot	Nepean H.S.	4:49.7	19:18.75	16
31 Betty, Maria	Lisgar C.I.	4:50.9	19:23.41	17
32 Holman, Naya	John McCrae	4:53.3	19:33.11	18
33 Macharia, Imani	Colonel By S	4:53.7	19:34.47	19
34 LeBlanc, Julia	Immaculata - Ottawa	4:55.6	19:42.17	20
35 Kou, Isabel	Colonel By S	4:58.0	19:51.99	21
36 O'Connell-Smith, Ella	John McCrae	4:58.0	19:52.00	22
37 Soler Perez, Raquel	Nepean H.S.	5:08.0	20:31.79	23
38 Ivan-Fieldcamp, Kameron	John McCrae	5:10.8	20:43.18	24
39 Nussbaum, Katherine	Lisgar C.I.	5:11.3	20:44.93	25
40 Drummond, Emily	Nepean H.S.	5:13.1	20:52.36	26
41 Grant, Elyssa	AY Jackson	5:26.5	21:46.00	
42 Orbay, Emily	Immaculata - Ottawa	5:28.2	21:52.56	27
43 Jimenez Bracho, Maria	Ashbury Coll	5:39.0	22:35.97	28
44 Liang, Tina	Colonel By S	5:43.9	22:55.60	29
45 Rida, Miriam	Ashbury Coll	5:45.0	22:59.91	30
46 McCourt, Catherine	Ashbury Coll	5:45.4	23:01.57	31
47 Meshaal, Zainab	Lisgar C.I.	6:00.0	23:59.87	32
48 Saranchuk, Keelin	Ashbury Coll	6:05.5	24:21.68	33
49 Souaid, Katherine	Ashbury Coll	6:05.5	24:21.82	34

Capital XC Challenge - 2019-10-04**Capital XC Challenge
Terry Fox Athletic Facility
Results****Event 3 Boys 4k CC Junior Varsity**

Name	Year School	Avg 1K	Finals	Points
Results - Men				
1 Booth, Noah	Frontenac SS	3:23.3	13:33.18	1
2 Meredith, Yannick	De La Salle	3:25.6	13:42.42	
3 Libby, Josh	Renfrew CI -	3:28.2	13:52.77	2
4 Porter, Kyle	Sir Robert B	3:28.4	13:53.62	3
5 Link, Jack	Ottawa Lions T.F.C.	3:30.5	14:01.66	
6 Sendybyl, Ethan	John McCrae	3:32.5	14:09.76	4
7 Sikka, Zachary	St. Paul C.H.S.	3:32.7	14:10.49	
8 Legare, Nolan	John McCrae	3:33.5	14:13.89	5
9 Woodford, Xander	Nepean H.S.	3:33.8	14:14.94	6
10 Waddington, Oliver	Glebe Colleg	3:35.2	14:20.78	7
11 Vrankovic, Adrijan	Immaculata - Ottawa	3:35.7	14:22.50	8
12 Dixon, Tye	West Carleto	3:37.9	14:31.38	9
13 Brooks, Owen	John McCrae	3:38.5	14:33.96	10
14 Mason, Liam	Nepean H.S.	3:40.0	14:39.92	11
15 Weber, Eric	Glebe Colleg	3:40.3	14:41.05	12
16 Irvine-Quaid, Thomas	Nepean H.S.	3:40.9	14:43.39	13
17 Veysey, Nathan	Glebe Colleg	3:41.1	14:44.07	14
18 Crichton, Alex	Nepean H.S.	3:43.3	14:53.07	15
19 Bertels, Peter	Sir Robert B	3:43.9	14:55.54	16
20 Buxton, Sam	Renfrew CI -	3:47.1	15:08.25	17
21 Ahern, Dylan	Colonel By S	3:47.9	15:11.49	
22 Skinner, Angus	Frontenac SS	3:48.6	15:14.09	18
23 Padoin-Castillo, Adriano	Immaculata - Ottawa	3:49.7	15:18.57	19
24 Hodges, Jamie	Nepean H.S.	3:49.8	15:19.16	20
25 Wilson, Max	Woodroffe H.	3:50.1	15:20.38	
26 Richardson, Lucas	John McCrae	3:52.1	15:28.08	21
27 Kukla-Colby, Thomas	Nepean H.S.	3:52.3	15:28.93	22
28 Raz, Luke	West Carleto	3:53.0	15:31.72	23
29 Loganathan, Bhanu	Colonel By S	3:53.4	15:33.33	
30 David, Jayden	Immaculata - Ottawa	3:53.9	15:35.32	24
31 Dean, Thomas	Unattached Ontario	3:56.0	15:43.95	
32 Keiley, Seamus	Frontenac SS	3:56.5	15:46.03	25
33 Collier, Jayden	Renfrew CI -	3:56.9	15:47.60	26
34 MacGillivray, Malcom	Sir Robert B	3:59.0	15:55.96	27
35 Ireland, Nathaniel	Frontenac SS	3:59.7	15:58.77	28
36 Johnson-Neilson, Carter	Sir Robert B	4:00.1	16:00.28	29
37 Gillan, Danial	Ashbury Coll	4:00.5	16:01.88	30
38 McDonald, Evan	Longfields D	4:02.8	16:10.86	
39 Tanigouchi, Trevor	John McCrae	4:03.7	16:14.75	31
40 Vennor, Blake	John McCrae	4:06.7	16:26.53	32
41 Murray, Ben	Sir Robert B	4:09.7	16:38.74	33
42 Vacher, Mike	Immaculata - Ottawa	4:12.8	16:51.16	34
43 Arthur, Derek	West Carleto	4:13.1	16:52.35	35
44 Eason, Etienne	Lisgar C.I.	4:13.4	16:53.63	
45 Sweet, Joel	St. Paul C.H.S.	4:13.5	16:53.99	
46 Chagnon, Julien	Franco-Ouest	4:13.9	16:55.60	
47 Phaneuf-Lord, Laurent	Glebe Colleg	4:17.8	17:11.19	36
48 Ledrew, Ty	Frontenac SS	4:19.5	17:17.81	37
49 Norman, Cole	West Carleto	4:20.6	17:22.25	38
50 Llorente Juarez, Rodrigo	Lisgar C.I.	4:23.0	17:31.82	
51 Blythe, Sean	Pierre Savard	4:23.8	17:35.08	

Capital XC Challenge - 2019-10-04

**Capital XC Challenge
Terry Fox Athletic Facility
Results**

....Event 4 Girls 6k CC Varsity

2	Lisgar C.I. - Ottawa	24	1	6	8	9	13	21
	Total Time:							
	1:43:06.52							
	Average:							
	25:46.63							
3	Nepean H.S. - Ottawa	54	7	14	16	17	19	
	Total Time:							
	1:54:40.90							
	Average:							
	28:40.23							
4	Ashbury College - Ottawa	65	12	15	18	20	22	
	Total Time:							
	2:00:34.22							
	Average:							
	30:08.56							

Capital XC Challenge - 2019-10-04**Capital XC Challenge
Terry Fox Athletic Facility
Results****Event 5 Boys 6k CC Varsity**

Name	Year School	Avg 1K	Finals	Points
Results - Men				
1 Fast, Joe	Ridgemont HS	3:18.4	19:50.21	1
2 Sanger, Adam	Glebe Colleg	3:23.6	20:21.08	2
3 Cino, Sebastian	Glebe Colleg	3:24.8	20:28.76	3
4 Frost, Colby	AY Jackson	3:27.4	20:44.11	4
5 Buxton, Leif	Renfrew CI -	3:29.6	20:57.37	
6 Roy, Jackson	Longfields D	3:30.2	21:00.80	5
7 Saravanamuttoo, Callum	Glebe Colleg	3:32.2	21:13.04	6
8 Omar Ali, Harun	Ridgemont HS	3:34.2	21:25.18	7
9 Porter, Cameron	Sir Robert B	3:35.6	21:33.36	
10 Demars, Carter	Mother Teres	3:36.6	21:39.18	
11 Pensom, Owen	Glebe Colleg	3:37.8	21:46.51	8
12 Woodford, Theo	Nepean H.S.	3:39.5	21:56.75	
13 Rundle, Ben	Glebe Colleg	3:40.1	22:00.10	9
14 Kelly, Kaleb	Longfields D	3:40.3	22:01.48	10
15 Meredith, Zachary	De La Salle	3:41.4	22:08.42	
16 Tareke, Yared	Immaculata - Ottawa	3:42.4	22:14.44	11
17 Mason, Robin	Glebe Colleg	3:43.7	22:22.23	12
18 Luqman, Muhammad	Ridgemont HS	3:44.3	22:25.45	13
19 Magnusson, Max	Nepean H.S.	3:46.2	22:37.04	
20 McLarnon, Brandon	Woodroffe H.	3:46.5	22:38.97	
21 May, Ryan	John McCrae	3:46.8	22:40.84	14
22 Wilson, Connor	AY Jackson	3:46.9	22:41.00	15
23 Sarai, Devinder	West Carleto	3:47.3	22:43.75	
24 Kingwell, Rohan	Nepean H.S.	3:48.3	22:49.59	
25 Samuel, Haroon	Mother Teres	3:49.3	22:55.43	
26 Taylor, Andrew	John McCrae	3:51.0	23:05.93	16
27 Ducharme, Antoine	Louis-Riel - Ottawa	3:54.3	23:25.81	17
28 Robertson, Cameron	AY Jackson	3:55.3	23:31.28	18
29 Dill, Scott	Ridgemont HS	3:56.4	23:38.45	19
30 Raz, Evan	West Carleto	3:57.4	23:44.38	
31 Moffatt, Aidan	Lisgar C.I.	3:57.6	23:45.28	20
32 Collins, Noah	Woodroffe H.	4:01.0	24:05.48	
33 Habush, Abdullah	Ridgemont HS	4:01.3	24:07.85	21
34 Vincent, Evan	Sir Robert B	4:03.7	24:21.98	
35 Patenaude, Nicolas	Louis-Riel - Ottawa	4:04.1	24:24.42	22
36 Pollock, Thomas	Louis-Riel - Ottawa	4:04.1	24:24.61	23
37 Scorrar, Owen	AY Jackson	4:04.9	24:28.88	24
38 Nicolle, Max	Sir Robert B	4:07.3	24:43.46	
39 Lawless, Ryan	John McCrae	4:08.1	24:48.63	25
40 Butterfield, Ewan	Ashbury Coll	4:08.7	24:52.06	26
41 Perras, Breton	Longfields D	4:08.9	24:52.88	27
42 Greenwood, Cameron	Madawaska Va	4:09.1	24:54.59	
43 Macaskill, Tommy	Renfrew CI -	4:10.0	24:59.73	
44 Odutola, Nelson	Ashbury Coll	4:13.8	25:22.64	28
45 Terpstra, Max	Longfields D	4:15.5	25:32.74	29
46 Wai, Ewan	Ashbury Coll	4:16.1	25:36.09	30
47 Harrington, Ben	Lisgar C.I.	4:16.4	25:38.09	31
48 Flockton, Elliott	AY Jackson	4:16.4	25:38.26	32
49 May, Owen	John McCrae	4:17.2	25:43.17	33
50 Gruner, Quinn	Lisgar C.I.	4:19.0	25:54.03	34
51 Scromeda, Edward	Lisgar C.I.	4:19.5	25:56.78	35

Capital XC Challenge - 2019-10-04

**Capital XC Challenge
Terry Fox Athletic Facility
Results**

....Event 5 Boys 6k CC Varsity

9 Immaculata - Ottawa	146	11	44	45	46	49
Total Time:	1:56:14.87					
Average:	29:03.72					

Capital XC Challenge - 2019-10-05**Capital XC Challenge
Terry Fox Athletic Facility
Results****Event 1 Girls 2000 M CC 8 & 9 Years Old**

Name	Year Team	Avg 1K	Finals	Points
Results - Women				
1 McMullin, Mallea	Fielding Drive	4:07.5	8:14.89	1
2 Streek, Claire	Sir Winston	4:10.7	8:21.36	2
3 Bray, Breanna	Sir Winston	4:16.3	8:32.48	3
4 Loreti, Dahlia	Pierre-Ellio	4:20.0	8:40.02	4
5 Cino, Anna	Mutchmor Pub	4:31.8	9:03.61	5
6 Lawson, Isla	Broadview - Ottawa	4:35.2	9:10.41	6
7 Swedlove, Brooke	St. Philip -	4:38.1	9:16.14	7
8 Frank, Helena	Broadview - Ottawa	4:38.5	9:16.91	8
9 Gojkovic, Evelyn	Steve Maclean	4:47.2	9:34.24	9
10 Dean, Brianna	South Branch	4:49.3	9:38.53	10
11 Heath, Charlotte	Elmdale Publ	4:53.0	9:45.87	11
12 Nash, Alyssa	Francojeunesse	4:54.2	9:48.34	12
13 Bou, Maia	Hopewell	4:56.8	9:53.53	13
14 Dustin, Chloe	Katimavik El	4:57.2	9:54.24	14
15 Mahu, Grace	St Timothy's	4:57.8	9:55.43	15
16 Irvine-Quaid, Caroline	Elmdale Publ	4:58.2	9:56.32	16
17 Delorme, Sophie	Jean-Robert-	4:59.8	9:59.47	17
18 Popowych, Morgan	Sir Winston	5:05.0	10:09.96	18
19 Mauranathan, Avitaah	Jean-Robert-	5:06.1	10:12.13	19
20 Bussey, Soha	Sir Winston	5:07.1	10:14.13	20
21 Rankin, Isabelle	Broadview - Ottawa	5:12.9	10:25.72	21
22 Wilkinson, Coralie	Elmdale Publ	5:14.0	10:27.96	22
23 Staniforth, Blair	A. Lorne Cas	5:14.6	10:29.21	23
24 Taylor, Maisie	Jean-Robert-	5:23.6	10:47.07	24
25 Nagi, Zera	Elmdale Publ	5:23.7	10:47.34	25
26 Nordstrom, Alycia	Lycee Claude	5:24.5	10:48.95	26
27 Kahalil, Laila	Lycee Claude	5:26.9	10:53.67	27
28 Reynaud, Marilou	Sainte-Geneviève	5:27.1	10:54.14	28
29 Chenevrièr, Mahaut	Lycee Claude	5:27.3	10:54.51	29
30 Gosbee, Hazel	Broadview - Ottawa	5:28.9	10:57.65	30
31 Ouro, Loutfiya	Lycee Claude	5:29.2	10:58.25	31
32 Torunski, Sofia	310 Running	5:29.6	10:59.21	32
33 Digney, Sophie	Jean-Robert-	5:30.4	11:00.74	33
34 Smith, Jol?ne	Lycee Claude	5:31.0	11:01.98	34
35 Smith, Camilla	Lycee Claude	5:31.2	11:02.40	35
36 Mayard, Zia	Jean-Robert-	5:32.6	11:05.20	36
37 Hall, Beth	Ottawa Lions T.F.C.	5:33.1	11:06.19	37
38 Kontogiannis, Elisa	Lycee Claude	5:39.8	11:19.60	
39 Cartwright, Paige	Broadview - Ottawa	5:41.2	11:22.24	38
40 Pascal, Emily	Elmdale Publ	5:41.6	11:23.17	39
41 Hasan, Layla	A. Lorne Cas	5:42.4	11:24.76	40
42 Shepherd, Kate	Ottawa Lions T.F.C.	5:43.1	11:26.08	41
43 Hall, Susie	Ottawa Lions T.F.C.	5:45.9	11:31.63	42
44 Jiline, Alexandra	Westboro Academy	5:48.2	11:36.40	43
45 Mattalah, Noor	Lycee Claude	5:49.5	11:38.91	
46 Steeves, Addison	Sainte-Geneviève	5:50.1	11:40.06	44
47 Bellefeuille, Lily	Jean-Robert-	5:50.6	11:41.05	45
48 Maclure, Malaika	Lycee Claude	5:53.4	11:46.82	
49 Duimovich, Eilin	Elmdale Publ	5:54.2	11:48.28	46
50 Yazbek Pilon, Laura	Lycee Claude	5:57.7	11:55.40	
51 O'Donnell, Gemma	Sainte-Geneviève	5:57.8	11:55.44	47

Capital XC Challenge - 2019-10-05**Capital XC Challenge
Terry Fox Athletic Facility
Results****Event 2 Boys 2000 M CC 8 & 9 Years Old**

Name	Year Team	Avg 1K	Finals	Points
Results - Men				
1 Froeschl, Henrik	Westboro Academy	3:54.5	7:48.98	1
2 Todorovic, Luka	Des Sentiers	3:55.5	7:50.89	2 7:50.883
3 Goda-Benk, Simon	Vincent Mass	3:55.5	7:50.89	3 7:50.890
4 Sanogo, Alioune	Lycee Claude	4:05.9	8:11.65	4
5 Watson, Colby	Bernard-Grandmaître	4:08.3	8:16.46	5
6 Reid, Caleb	St. Thomas A	4:12.9	8:25.67	6
7 Ménard, Troy	Jean-Robert-	4:13.2	8:26.26	7
8 Stewart, Sidney	St. Gabriel	4:15.9	8:31.70	8
9 Vanden Hoven, Reid	George-Etien	4:16.3	8:32.57	9
10 Alderson, Callum	Hopewell	4:16.5	8:33.02	10
11 Haffouz, Zacharia	Lycee Claude	4:17.6	8:35.19	11
12 Alisma, Raphael	Lycee Claude	4:18.1	8:36.07	12
13 Simon, Miles	St Timothy's	4:18.6	8:37.15	13
14 Ott, Lucas	Edouard-Bond	4:20.6	8:41.20	14
15 Lebel, Kai	Sainte-Geneviève	4:22.0	8:43.83	15
16 Kichian, John-Paul	Edouard-Bond	4:22.5	8:45.00	16
17 Davies, Colden	Alta Vista P	4:22.6	8:45.08	17
18 Stanfield, Simon	Elmdale Publ	4:24.8	8:49.48	18
19 Rog, Sawyer	Emily Carr -	4:25.9	8:51.72	19
20 Heagle, Caleb	Alta Vista P	4:26.4	8:52.64	20
21 Siderius, Graeme	Bayview	4:27.5	8:55.01	21
22 Ross, Robert	Westboro Academy	4:29.2	8:58.36	22
23 Walker, Kael	Sainte-Geneviève	4:29.8	8:59.44	23
24 Polman, Graham	Sainte-Geneviève	4:29.9	8:59.63	24
25 Nelson, Finn	Ashbury Coll	4:30.1	9:00.09	25
26 Aubert, Noan	Lycee Claude	4:31.0	9:01.99	26
27 Lefaiivre, Patrick	Francojeunesse	4:31.1	9:02.03	27
28 Hurst, Theo	First Avenue	4:31.4	9:02.81	28
29 Le Clair, Mat?	Lycee Claude	4:35.7	9:11.32	29
30 Asselin, Killian	Lycee Claude	4:36.4	9:12.68	30
31 Donald-Clarke, Keiran	Elmdale Publ	4:39.0	9:17.91	31
32 Mbasani, Zoé	Jean-Robert-	4:40.0	9:19.91	32
33 Belanger, Raphael	Lycee Claude	4:40.4	9:20.76	
34 Tamim, Malek	Lycee Claude	4:40.7	9:21.26	
35 Saikaly, William	Lycee Claude	4:41.3	9:22.49	
36 Rusu, Stefan	St Timothy's	4:41.5	9:22.98	33
37 Hulett, Oscar	Saint-Franço	4:41.9	9:23.80	34
38 Elisma, Jordan	Lycee Claude	4:44.6	9:29.09	
39 Laurin, Noah	Sainte-Geneviève	4:45.5	9:30.85	35
40 Voros, Liam	Elmdale Publ	4:45.5	9:30.95	36
41 Moyer, Julien	Lycee Claude	4:46.1	9:32.05	
42 Sajan, Graham	Elmdale Publ	4:47.2	9:34.35	37
43 Seniuk, Oscar	Lycee Claude	4:48.7	9:37.30	
44 Shepherd, Ben	Ottawa Lions T.F.C.	4:48.9	9:37.73	38
45 Black, Rowan	310 Running	4:49.8	9:39.55	39
46 Bagnell, Ryan	310 Running	4:50.6	9:41.16	40
47 Crossland, Felix	Terre-des-Jeunes	4:50.8	9:41.53	41
48 Sy, Alistair	Westboro Academy	4:51.7	9:43.33	42
49 Troubat, Camille	Lycee Claude	4:53.9	9:47.80	
50 Kingstone, Reve	Lycee Claude	4:55.6	9:51.06	
51 July, Damien	Lycee Claude	4:57.2	9:54.30	

Capital XC Challenge - 2019-10-05**Capital XC Challenge
Terry Fox Athletic Facility
Results****....Event 2 Boys 2000 M CC 8 & 9 Years Old**

4	Westboro Academy	125	1	22	42	60	63	64
	Total Time:	37:41.31						
	Average:	9:25.33						
5	Edouard-Bond	132	14	16	44	58	62	
	Total Time:	38:26.39						
	Average:	9:36.60						
6	Jean-Robert-Gauthier	143	7	32	50	54	57	61
	Total Time:	39:01.07						
	Average:	9:45.27						
7	310 Running	182	39	40	51	52	55	59
	Total Time:	40:34.55						
	Average:	10:08.64						

Capital XC Challenge - 2019-10-05**Capital XC Challenge
Terry Fox Athletic Facility
Results****Event 3 Girls 2500 M CC 10 & 11 Years Old**

Name	Year Team	Avg 1K	Finals	Points	
Results - Women					
1 Lofthouse, Naomi	St. George - Ottawa	3:51.6	9:38.88	1	
2 Davies, Evelyn	Alta Vista P	3:59.8	9:59.40	2	
3 Klosevych, Helena	Sainte-Geneviève	4:01.5	10:03.63	3	
4 Lebel, Laila	Sainte-Geneviève	4:01.6	10:03.98	4	
5 Young, Madeleine	Francojeunesse	4:02.3	10:05.58	5	
6 Hansma, Arianna	Unattached Ontario	4:05.7	10:14.11	6	
7 Lauter, Kyra	Laurier-Carrière	4:06.7	10:16.61	7	
8 Buchanan, Nadine	Sainte-Geneviève	4:06.9	10:17.06	8	
9 Perreault, Arianne	Jean-Robert-	4:08.5	10:21.25	9	
10 Proulx, Addison	Le Phare Ele	4:08.9	10:22.17	10	10:22.162
11 Jennings, Sienna	First Avenue	4:08.9	10:22.17	11	10:22.169
12 Galbraith, Aimée	Pierre-Ellio	4:10.0	10:24.97	12	
13 Stynes, Claire	Knoxdale Ele	4:10.7	10:26.56	13	
14 Melanson, Olivia	Turnbull School	4:12.8	10:32.00	14	
15 Bennett, Zoe	Hopewell	4:13.4	10:33.34	15	
16 Reid, Emma	St. Thomas A	4:14.3	10:35.59	16	
17 Gojkovic, Victoria	Steve Maclean	4:15.8	10:39.34	17	
18 Van Wesenbeeck, Julia	Connaught Pu	4:15.9	10:39.68	18	
19 Bouaziz, Dalia	Lycee Claude	4:16.4	10:40.85	19	
20 Voros, Olivia	Elmdale Publ	4:16.7	10:41.53	20	
21 White, Emma	St. Cecilia	4:17.3	10:43.11	21	
22 Peters, Ella	Knoxdale Ele	4:19.3	10:48.07	22	
23 Le Clair, Okyana	Lycee Claude	4:24.3	11:00.58	23	
24 Geraghty, Heather	Ottawa Lions T.F.C.	4:24.4	11:00.91	24	
25 Magnusson, Avery	Hilson Publi	4:24.8	11:01.83	25	
26 Sosa, Michelle	Jean-Robert-	4:25.2	11:02.99	26	
27 Swandel, Aoife	Ottawa Lions T.F.C.	4:25.4	11:03.47	27	
28 Hafouz, Ella	Lycee Claude	4:25.8	11:04.34	28	
29 Robertson-Palmer, Jenna	Roger-Saint-Denis	4:27.3	11:08.05	29	
30 Semeniuk, Ella	St. Rita - Nepean	4:27.5	11:08.61	30	
31 Landriault, Macartney	St. Thomas A	4:28.3	11:10.76	31	
32 Abasrharoun, Leila	Lycee Claude	4:29.5	11:13.57	32	
33 Grills, Maggie	Connaught Pu	4:30.1	11:15.22	33	
34 Galbraith, Mariève	Pierre-Ellio	4:30.8	11:17.02	34	
35 Verheul, Sage	St. Luke - Nepean	4:32.0	11:19.89	35	
36 Snoxell, Lizzie	Ottawa Lions T.F.C.	4:32.3	11:20.72	36	
37 Buta, Anouchka	Lycee Claude	4:33.3	11:23.04	37	
38 Lefaivre, Sofia	Francojeunesse	4:34.2	11:25.35	38	
39 Quinn-Crook, Fiona	Hopewell	4:35.7	11:29.05	39	
40 McKenzie, Trinity	Sainte-Geneviève	4:35.9	11:29.71	40	
41 Keller, Mayhew	Turnbull School	4:36.7	11:31.66	41	
42 Magnusson, Camryn	Hilson Publi	4:37.3	11:33.11	42	
43 Sousa, Lola	Elmdale Publ	4:37.6	11:33.97	43	
44 Perrier, Chlo?	Lycee Claude	4:37.9	11:34.67	44	
45 Arabackyj, Bianca	Francojeunesse	4:38.7	11:36.56	45	
46 Buyana, Abigael	Jean-Robert-	4:38.9	11:37.16	46	
47 Beranger, Florence	Lycee Claude	4:39.1	11:37.70		
48 Singer, Victoria	Jean-Robert-	4:39.5	11:38.57	47	
49 Couture, Am?lie	Lycee Claude	4:41.5	11:43.55		
50 Dekker, Leah	310 Running	4:44.2	11:50.36	48	
51 Thomas, Brigit	Connaught Pu	4:45.0	11:52.36	49	

Capital XC Challenge - 2019-10-05

**Capital XC Challenge
Terry Fox Athletic Facility
Results**

....Event 3 Girls 2500 M CC 10 & 11 Years Old

4 Ottawa Lions T.F.C.	142	24	27	36	55	
Total Time:	45:41.14					
Average:	11:25.29					
5 Elmdale Public School	176	20	43	53	60	65
Total Time:	47:28.97					
Average:	11:52.25					
6 Turnbull School	181	14	41	62	64	
Total Time:	50:44.78					
Average:	12:41.20					

Capital XC Challenge - 2019-10-05**Capital XC Challenge
Terry Fox Athletic Facility
Results****Event 4 Boys 2500 M CC 10 & 11 Years Old**

Name	Year Team	Avg 1K	Finals	Points
Results - Men				
1 Streek, Evan	Sir Winston	3:40.9	9:12.04	1
2 Siderius, Owen	Fielding Drive	3:43.8	9:19.50	2
3 Ghozlani, Sami	Ottawa Lions T.F.C.	3:45.7	9:24.24	3
4 Bou, Lluç	Hopewell	3:47.9	9:29.75	4
5 Fitzgerald, Quinn	Broadview - Ottawa	3:48.0	9:29.92	5
6 Gimby, Cole	A. Lorne Cas	3:49.1	9:32.76	6
7 Campbell Nowlan, Simon	Terre-des-Jeunes	3:50.5	9:36.26	7
8 Taillefer-Richer, Yvrick	Ottawa Lions T.F.C.	3:52.6	9:41.40	8
9 Dean, Rowan	South Branch	3:53.1	9:42.70	9
10 Ott, Mateo	Edouard-Bond	3:53.5	9:43.59	10
11 Lapner, Eric	Lycee Claude	3:56.8	9:51.83	11
12 Dattels, Gabriel	Turnbull School	3:57.7	9:54.12	12
13 Ménard, Noah	Jean-Robert-	3:57.9	9:54.74	13
14 Fee, James	Turnbull School	3:58.4	9:56.02	14
15 Hawkes, Cordon	Broadview - Ottawa	3:59.8	9:59.29	15
16 Asselin, Christophe	Lycee Claude	4:01.1	10:02.67	16
17 Parker, Mason	Turnbull School	4:01.5	10:03.62	17
18 Young, Sam	Elmdale Publ	4:02.0	10:04.81	18
19 Spratt, Finlay	Alta Vista P	4:02.9	10:07.27	19
20 Zhuravel, Ivan	Vincent Mass	4:03.3	10:08.20	20
21 Ha, Callum	Broadview - Ottawa	4:04.3	10:10.65	21
22 Kontogiannis, Constantin	Turnbull School	4:05.4	10:13.45	22
23 Frank, Rylan	Broadview - Ottawa	4:06.2	10:15.30	23
24 McDougall, Thomas	St Timothy's	4:07.0	10:17.35	24
25 McNally, Owen	Westboro Academy	4:07.0	10:17.53	25
26 Haughn, Gabriel	Jean-Robert-	4:08.0	10:19.96	26
27 Bellavance, Jacob	St. Clare - Orleans	4:08.5	10:21.09	27
28 Lankester, Thomas	Alta Vista P	4:10.9	10:27.23	28
29 Constant, Oliver	First Avenue	4:11.7	10:29.06	29
30 Mews, Max	Jean-Robert-	4:12.7	10:31.58	30
31 Bolivar-Torres, Alejandr	Jean-Robert-	4:13.1	10:32.57	31
32 Brotzel, Mason	Fielding Drive	4:13.3	10:33.06	32
33 Pascal, Brady	Elmdale Publ	4:14.5	10:36.16	33
34 Vézina, Zachary	Elmdale Publ	4:14.6	10:36.41	34
35 Dijkstra, Yannick	Sainte-Geneviève	4:15.4	10:38.35	35
36 Mews, Charlie	Jean-Robert-	4:17.2	10:43.01	36
37 Reynaud, Benjamin	Sainte-Geneviève	4:17.7	10:44.20	37
38 Heagle, Gavin	Alta Vista P	4:22.6	10:56.41	38
39 Gordenko-Lyubenok, Edwar	Turnbull School	4:24.6	11:01.29	39
40 Gervan, Taj	Elmdale Publ	4:26.2	11:05.44	40
41 Agoumi, Ghali	Lycee Claude	4:26.7	11:06.69	41
42 Lodha, Jaiden	Turnbull School	4:27.0	11:07.52	42
43 Gervais, Gabriel	Lycee Claude	4:28.2	11:10.33	43
44 Gantois, Adam	Lycee Claude	4:29.6	11:13.84	44
45 Pollock, Hudson	Ottawa Lions T.F.C.	4:29.6	11:13.89	45
46 Rajakoba, Isaia	Jean-Robert-	4:30.8	11:16.85	46
47 Dill, Sam	Alta Vista P	4:31.6	11:18.88	47
48 Dunn, Sean	Turnbull School	4:32.7	11:21.58	
49 Church, Dominique	Sainte-Geneviève	4:35.3	11:28.21	48
50 Nadeau, Loic	Lycee Claude	4:35.4	11:28.35	49
51 Hamidou, Olivier	Lycee Claude	4:36.3	11:30.72	

Capital XC Challenge - 2019-10-05**Capital XC Challenge
Terry Fox Athletic Facility
Results****....Event 4 Boys 2500 M CC 10 & 11 Years Old**

5 Ottawa Lions T.F.C.	116	3	8	45	60		
Total Time:	44:27.78						
Average:	11:06.95						
6 Elmdale Public School	125	18	33	34	40	53	
Total Time:	42:22.82						
Average:	10:35.71						
7 Alta Vista Public School	132	19	28	38	47	59	
Total Time:	42:49.79						
Average:	10:42.45						
8 Sainte-Geneviève	170	35	37	48	50	51	62
Total Time:	44:27.73						
Average:	11:06.94						
9 Westboro Academy	196	25	56	57	58		
Total Time:	49:03.91						
Average:	12:15.98						

Capital XC Challenge - 2019-10-05**Capital XC Challenge
Terry Fox Athletic Facility
Results****Event 5 Girls 3k CC 12 & 13 Years Old**

Name	Year Team	Avg 1K	Finals	Points
Results - Women				
1 Streek, Grace	Sir Winston	3:54.9	11:44.69	1
2 Coughlin, Quinn	Cobden Cougars	3:57.7	11:53.06	2
3 Lyons, Waverley	Glashan	4:06.8	12:20.38	3
4 Orchard, Hannah	Fisher Park	4:08.7	12:26.04	4
5 Hertz, Rachel	Ottawa Lions T.F.C.	4:13.9	12:41.72	5
6 Fraserwall, Adrienne	Ottawa Lions T.F.C.	4:15.5	12:46.28	6
7 Park, Ainsley	Longfields D	4:16.5	12:49.46	7
8 Hawkes, Elizabeth	Broadview - Ottawa	4:19.8	12:59.32	8
9 Paris, Jacqueline	Fisher Park	4:20.9	13:02.56	9
10 Johnston-Zemek, Kate	Turnbull School	4:21.2	13:03.61	10
11 Frank, Addison	Broadview - Ottawa	4:23.4	13:09.97	11
12 Jennings, Gabrielle	Glashan	4:24.0	13:11.87	12
13 Welburn, Georgia	Hopewell	4:27.6	13:22.68	13
14 Yach, Koree	Arnrior	4:28.4	13:25.22	14
15 Knight, Tessa	Unattached Ontario	4:29.5	13:28.48	15
16 Birinberg, Victoria	Longfields D	4:34.9	13:44.70	16
17 Simard, Lara	Longfields D	4:36.7	13:49.93	17
18 Aubin, Jacqueline	Mother Teres	4:39.2	13:57.49	18
19 Graidia, Sara	Longfields D	4:39.4	13:58.06	19
20 Murchison, Juliette	Mother Teres	4:40.0	13:59.94	20
21 Dilabio, Olivia	Fisher Park	4:41.3	14:03.69	21
22 Watchorn, Charlotte	Fisher Park	4:41.6	14:04.60	22
23 Nash, Emma	De La Salle	4:42.5	14:07.24	23
24 Bradley, Skylar	Longfields D	4:43.6	14:10.74	24
25 Fay, Emma	Turnbull School	4:43.6	14:10.82	25
26 Fan, Olivia	Longfields D	4:44.5	14:13.50	26
27 Kebedom, Naomi	Longfields D	4:45.0	14:14.98	
28 Hussein, Hamda	Longfields D	4:45.5	14:16.45	
29 Brazeau, Liliane	Gisèle-Lalon	4:47.5	14:22.45	27
30 Hill, Mckenna	Cedarview - Nepean	4:49.1	14:27.09	28
31 Hidalgo, Luce	Lycee Claude	4:52.2	14:36.55	29
32 Danks, Chloe	Turnbull School	4:57.1	14:51.14	30
33 Dvorkin, Petra	Longfields D	4:58.0	14:53.93	
34 Varghese, Jenna	Longfields D	5:02.8	15:08.34	
35 Steil, Susannah	Lycee Claude	5:10.3	15:30.76	31
36 Hao, Delilah	Lycee Claude	5:11.5	15:34.36	32
37 Sabha, Rita	Franco-Cite	5:11.9	15:35.53	33
38 Fraser, Emma	Lycee Claude	5:17.3	15:51.88	34
39 Essoussi, In?s	Lycee Claude	5:22.1	16:06.25	35
40 Ngokila, Daydia	Lycee Claude	5:23.0	16:08.74	36
41 Machac, Eloane	Lycee Claude	5:23.0	16:08.95	
42 Ataib, Aniya	Carleton Hei	5:23.1	16:09.12	37
43 Black, Ashlyn	310 Running	5:23.3	16:09.64	38
44 Flibotte Roy, Maya	Lycee Claude	5:33.1	16:39.12	
45 Gaboury, Alexia	Lycee Claude	5:34.2	16:42.63	
46 Perrier, Alice	Lycee Claude	5:46.0	17:17.95	
47 Hautier, Emma	Lycee Claude	5:55.0	17:44.87	
48 Mao, Janine	Ashbury Coll	5:55.5	17:46.24	39
49 Richardson, Danika	Fisher Park	6:15.9	18:47.57	40
50 Holt, Rose	310 Running	6:20.5	19:01.44	41
51 Karoui, Arij	Lycee Claude	6:26.2	19:18.50	

Capital XC Challenge - 2019-10-05**Capital XC Challenge
Terry Fox Athletic Facility
Results****Event 6 Boys 3k CC 12 & 13 Years Old**

Name	Year Team	Avg 1K	Finals	Points
Results - Men				
1 Strachan, Derek	Glashan	3:35.1	10:45.12	1
2 Kenny, Malachi	Our Lady of	3:39.5	10:58.31	2
3 Cino, Cameron	Glashan	3:50.0	11:29.76	3
4 Robblee, Chase	Trillium - C	3:52.6	11:37.77	4
5 Daniels, Robin	Fisher Park	3:53.0	11:38.74	5
6 Plessas-Azurduy, Mattias	Louis-Riel - Inter.	3:53.2	11:39.47	6
7 Sanders, Sam	De La Salle	3:54.5	11:43.31	7
8 Goda-Benk, Aiden	St. Patrick'	3:58.3	11:54.68	8
9 Hakimi, Yusuf	Longfields D	3:58.7	11:55.87	9
10 Bell, Tyler	Longfields D	3:59.1	11:57.28	10
11 Mills, Connor	St. Patrick	4:01.7	12:05.04	11
12 Buffet, Louis	Lycee Claude	4:02.7	12:08.07	12
13 Irvine-Quaid, Christophe	Fisher Park	4:03.1	12:09.24	13
14 Devoe, Matthew	Broadview - Ottawa	4:03.4	12:10.03	14
15 Buta, Romain	Lycee Claude	4:05.1	12:15.11	15
16 Greis, Jonah	Lycee Claude	4:06.6	12:19.68	16
17 Ngo-Minh, Jonathan	Westboro Academy	4:08.5	12:25.37	17
18 Froeschl, Maxim	Westboro Academy	4:08.7	12:25.96	18
19 Varghese, Jonah	Longfields D	4:08.8	12:26.17	19
20 Durant, Isaac	Thousand Islands SS	4:10.0	12:29.79	20
21 McCauley, Conor	St. Thomas A	4:10.8	12:32.21	21
22 Thomas, Jake	Fisher Park	4:11.1	12:33.16	22
23 McInnes, Emery	Turnbull School	4:11.1	12:33.18	23
24 Reaume, Xavier	Lycee Claude	4:11.3	12:33.89	24
25 Plaunt, Steven	Longfields D	4:11.5	12:34.50	25
26 Laughton, Blake	Fisher Park	4:11.9	12:35.57	26
27 Bruce, Kyle	Longfields D	4:12.4	12:37.07	27
28 Phillips, Marek	Lycee Claude	4:13.9	12:41.63	28
29 Manuel, Kieran	Lycee Claude	4:21.0	13:02.76	29
30 Smith, Noah	Franco-Cite	4:22.3	13:06.64	30
31 Gin, Nathan	Longfields D	4:23.3	13:09.68	31
32 Thompson, Will	Westboro Academy	4:25.0	13:14.94	32
33 Smaglinski, Braden	Cobden Cougars	4:25.1	13:15.24	33
34 Cornell, Ronan	St. Thomas A	4:28.0	13:24.01	34
35 Zikovitz, Evan	Fisher Park	4:29.2	13:27.61	35
36 So, Riley	Ashbury Coll	4:31.3	13:33.93	36
37 Fairhead, William	Turnbull School	4:32.8	13:38.25	37
38 Malache, Cyprien	Lycee Claude	4:33.9	13:41.56	
39 Paisley, Malcolm	Fisher Park	4:36.6	13:49.77	38
40 Tamim, Rayyan	Lycee Claude	4:37.0	13:50.85	
41 Archibald, Stuart	Turnbull School	4:38.6	13:55.79	39
42 Cressman, William	Lycee Claude	4:41.4	14:04.11	
43 Kett, Charles	Longfields D	4:43.0	14:08.80	
44 McLeod, Benji	Turnbull School	4:46.5	14:19.48	40
45 Johnston-Zemek, Nick	Turnbull School	4:47.0	14:20.93	41
46 Meere, Zacharia	Lycee Claude	4:50.4	14:31.00	
47 Titcombe, Wesley	Longfields D	4:51.8	14:35.14	
48 Turcat, Raphael	Lycee Claude	4:53.9	14:41.65	
49 Miller, Ryan	Longfields D	4:58.1	14:54.13	
50 Elastal, Youssef	Westboro Academy	4:58.4	14:55.01	42
51 Dimakopoulos, James	Ashbury Coll	4:59.3	14:57.85	43

