CCAA Cross Country Championships

Hosted by SAIT Polytechnic

November 8, 2014

Runner	School	Conf	Bib#	Time	Pace/km	Overall place	School place	Conf place	SAIT	GPRC	LCK	CUC	RDC	UAA	HUM	STCL	UBCO	SHER	AHUN	MAIS	STMU	FAN	MOH	SEN	FLEM	LAMB	ACAC	PACW	RSEQ	OCAA
Jérémy Briand	CEM	RSEQ	245	27:07	03:23	1		1																					1	
Edwin Kaitany	LCK	ACAC	162	27:11	03:24	2	1	2			1																2			
Riley Olesky	FLEM	OCAA	226	27:22	03:25	3	2	3																	2					3
Jules Burnotte	SHER	RSEQ	240	27:40	03:28	4	3	4										3											4	
Rob Asselstine	SLC-K	OCAA	223	27:44	03:28	5		5																						5
Ryan Foott	FAN	OCAA	193	27:50	03:29	6	4															4								
Skylar Edwards	STCL	OCAA	217	27:54	03:29	7	5									5														
Luke Deighan	FAN	OCAA	192	27:57	03:30	8	6															6								
Idris Ahmed	KC	ACAC	161	28:08	03:31	9		6																			6			
Nassim Ennabaoui	LAMB	RSEQ	247	28:13	03:32	10	7	7																		7			7	
Hans Asfeldt	UAA	ACAC	179	28:17	03:32	11	8	8						8													8			
Emmanuel Champagne	CLG	RSEQ	260	28:17	03:32	12																								
Cael Warner	UBCO	PACW	232	28:22	03:33	13	9	9									9											9		
Zachary Johnson	FLEM	OCAA	225	28:24	03:33	14	10	10																	10					10
Kirk Sundt	CUC	ACAC	155	28:25	03:33	15	11	11				11															11			
Daniel Bright	HUM	OCAA	198	28:29	03:34	16	12								12															
Eric Bang	HUM	OCAA	199	28:31	03:34	17	13								13															
Ryan Fennell	GC	OCAA	197	28:37	03:35	18		12																						12
Adam Cole Czuchnicki	MOH	OCAA	206	28:44	03:36	19	14																14							
Gavin Shields	CONF	OCAA	230	28:45	03:36	20		13																						13
Boaz Korir	LCK	ACAC	163	28:45	03:36	21	15	14			15																14			
Seth Marcaccio	FAN	OCAA	191	28:48	03:36	22	16	15														16								15
Nebil Ben Salem	AHUN	RSEQ	251	28:51	03:36	23	17	16											17										16	
Marc-André Fortier	VICT	RSEQ	244	28:57	03:37	24																								
Their Nunguwenimana	HUM	OCAA	202	29:02	03:38	25	18								18															
Gabriel Torres	CENT	OCAA	189	29:02	03:38	26																								
Alex Andres	LCK	ACAC	164	29:02	03:38	27	19				19																			
Matt Vrielink	SAIT	ACAC	173	29:02	03:38	28	20	17	20																		17			
Greg Kilroy	CONF	OCAA	231	29:03	03:38	29																								
Eliud Lagat	GBC	OCAA	224	29:04	03:38	30																								
Ali Ghadghoni	HUM	OCAA	200	29:06	03:38	31	21								21															
Andrew Jacobs	RDC	ACAC	172	29:06	03:38	32	22						22																	
Marc-Antoine Crépeau	SHER	RSEQ	242	29:12	03:39	33	23											23												
Louis-Carlos Vargas-Rochelea	LAMB	RSEQ	249	29:13	03:39	34	24																			24				
Colin Wallace	UBCO	PACW	233	29:15	03:39	35	25	18									25											18		
Davis Cheruiyot	SEN	OCAA	212	29:18	03:40	36	26																	26						
Ismael Ben Mohamed	AHUN	RSEQ	252	29:20	03:40	37	27	19											27										19	
Marek Adamowicz	LAMB	RSEQ	246	29:27	03:41	38	28																			28				
Paul Ramsay-Vejlens	LAMB	RSEQ	248	29:27	03:41	39	29																			29				
Sam Kirwin	HUM	OCAA	201	29:29	03:41	40	30								30															
Samuel Beauvais	SHER	RSEQ	238	29:31	03:41	41	31	20										31											20	
Jonathan Tedeschi	AHUN	RSEQ	250	29:33	03:42	42	32	21											32										21	
Daniel Turco	SAU	OCAA	210	29:35	03:42	43																								
Philippe Duchesne	AHUN	RSEQ	253	29:37	03:42	44	33												33											
Mario Manitowabi	SEN	OCAA	213	29:39	03:42	45	34																	34						
Mitchell Dore	RDC	ACAC	169	29:45	03:43	46	35						35																	
Nassim Bousmaha	MONT	RSEQ	261	29:49	03:44	47																								
David Greer	SAIT	ACAC	174	29:51	03:44	48	36		36																					
Michael Quick	CUC	ACAC	153	29:56	03:45	49	37	22				37															22			

Andrew Aguanno	STCL	OCAA	222	29:56	03:45	50	38	23								38															23
Jack Longeuay	STCL	OCAA	221	29:58	03:45	51	39									39															
Joshua Tremblay	UBCO	PACW	237	30:00	03:45	52	40	24									40											24			
Ian Weir	FLEM	OCAA	229	30:06	03:46	53	41																		41						
Erik Paulsen	UBCO	PACW	234	30:12	03:47	54	42	25									42											25			
Mackenzie Wong	UBCO	PACW	236	30:15	03:47	55	43	26									43											26			
Riley Wallace	GPRC	ACAC	160	30:17	03:47	56	44			44																					
Jonathan Fuller	UAA	ACAC	180	30:22	03:48	57	45							45																	
Brandon Wladyko	GPRC	ACAC	159	30:23	03:48	58	46			46																					
Noah Arychuk	RDC	ACAC	167	30:24	03:48	59	47						47																		
Guillaume Cabana	SHER	RSEQ	243	30:24	03:48	60	48											48													
Lamine Yaddaden	AHUN	RSEQ	254	30:25	03:48	61	49												49												
Caleb Trotter	FAN	OCAA	194	30:28	03:49	62	50															50									
Jameson Tige	SEN	OCAA	215	30:28	03:49	63	51																	51							
Carson Gunn	SAIT	ACAC	175	30:29	03:49	64	52		52																						
Antoine Daigle	SHER	RSEQ	241	30:31	03:49	65	53											53													
Sean Hickey	SAIT	ACAC	176	30:33	03:49	66	54		54																						
Ben Thomas	CUC	ACAC	156	30:35	03:49	67	55					55																			
Nathan Bryant	SEN	OCAA	211	30:35	03:49	68	56																	56							
Josh Heuving	FAN	OCAA	195	30:37	03:50	69	57															57									
Chris Caddey	MOH	OCAA	204	30:44	03:51	70	58																58								
Alexandre Hartl-Meunier	MAIS	RSEQ	259	30:46	03:51	71	59													59											
Joedy Dalke	UAA	ACAC	181	30:50	03:51	72	60							60																	
Hassan Ishaq	MOH	OCAA	207	30:57	03:52	73	61																61								
Ivan Niemtsev	MAIS	RSEQ	257	31:02	03:53	74	62													62											
Bradley Wilcox	MOH	OCAA	208	31:03	03:53	75	63																63								
Jamie McNorgan	FAN	OCAA	196	31:09	03:54	76	64															64									
Scott Lyons	UBCO	PACW	235	31:11	03:54	77	65	27									65											27			
Doan Tran	AHUN	RSEQ	255	31:13	03:54	78	66												66												
Tom Strachan	SAIT	ACAC	177	31:21	03:55	79	67		67																						
Christopher White Gloria	STMU	ACAC	187	31:26	03:56	80	68														68										
Dante Lapico	STCL	OCAA	218	31:52	03:59	81	69									69															
Ben Sullivan	FLEM	OCAA	228	31:58	04:00	82	70																		70						
Ian Keefe	GPRC	ACAC	157	31:59	04:00	83	71			71																					
Tyson Goodstriker	LCK	ACAC	166	32:08	04:01	84	72				72																				
Matthieu Martin	UAA	ACAC	182	32:18	04:02	85	73							73																	
Mykola Niemtsev	MAIS	RSEQ	256	32:28	04:04	86	74													74											
Leon Mathura	SEN	OCAA	214	32:31	04:04	87	75																	75							
Marc-André Forget	SHER	RSEQ	239	32:34	04:04	88	76											76													
Matthew Mundy	STMU	ACAC	185	32:34	04:04	89	77														77										
Kyler Norton	MOH	OCAA	209	32:43	04:05	90	78																78								
Michael Schnare	SAIT	ACAC	178	32:43	04:05	91	79		79																						
Reginald Wellwood	SEN	OCAA	216	32:55	04:07	92	80																	80							
Darren Mancini	HUM	OCAA	203	32:58	04:07	93	81								81																
Lucas Empey	STMU	ACAC	188	33:01	04:08	94	82														82										
Johannes Louw	MOH	OCAA	205	33:03	04:08	95	83																83								
Trent Hebert	UAA	ACAC	183	33:04	04:08	96	84							84																	
Vincent Girard	MAIS	RSEQ	258	33:17	04:10	97	85													85											
Lucas Plamondon	RDC	ACAC	171	33:28	04:11	98	86						86																		
Steve Osczevski	FLEM	OCAA	227	33:29	04:11	99	87																		87						
Kenton Sportak	CUC	ACAC	154	33:42	04:13	100	88					88																			
Johnathan Allan	RDC	ACAC	168	33:42	04:13	101	89						89																		
Nils Asfeldt	UAA	ACAC	184	34:05	04:16	102	90							90																	
Cameron Collins	STCL	OCAA	220	34:22	04:18	103	91									91															
Joshua Malmsten	GPRC	ACAC	158	34:22	04:18	104	92			92																					
Cody Hogberg	CUC	ACAC	151	34:26	04:18	105	93					93																			
Clay Goodstriker	LCK	ACAC	165	34:41	04:20	106	94				94																				
Johnathan Lam	RDC	ACAC	170	37:33	04:42	107	95						95																		
Jake Stanley	STMU	ACAC	186	38:34	04:49	108	96														96										
For more than 200 runners, unprotect worksheet, insert additional rows above this row,																															

copy previous last row above this one,paste copied row into inserted rows, protect worksheet																														
	# of runners scoring				108	96	27	6	4	5	5	6	6	6	5	6	6	6	4	4	6	6	6	5	4	7	6	7	7
	# of runners total							6	4	5	5	6	6	6	5	6	6	6	4	4	6	6	6	5	4	37	6	24	41
	team total points (4 runners for school; 5 runners for conf):							162	253	107	191	190	186	64	151	116	105	109	280	323	76	196	167	123	88	41	102	47	43
	team rank:							10	16	5	14	13	12	1	9	7	4	6	17	18	2	15	11	8	3	1	4	3	2
								SAIT	GPRC	LCK	CUC	RDC	UAA	HUM	STCL	UBCO	SHER	AHUN	MAIS	STMU	FAN	MOH	SEN	FLEM	LAMB	ACAC	PACW	RSEQ	OCAA

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Mirelle Martens	GPRC	ACAC	5	18:29	03:42	1	1	1		1																1			
Jessy Lacourse	VICT	RSEQ	108	19:00	03:48	2		2																				2	
Lindsay Webster	HUM	OCAA	40	19:13	03:51	3	2	3							2														3
Jamie Wigmore	GPRC	ACAC	7	19:33	03:55	4	3	4		3																4			
Isabella Barreto Côté	MAIS	RSEQ	89	19:40	03:56	5	4	5															4					5	
Sara Hewitt	SAIT	ACAC	25	19:48	03:58	6	5	6	5																	6			
Rachel McKenize	LCK	ACAC	11	19:49	03:58	7	6				6																		
Jackie Benning	GPRC	ACAC	2	19:50	03:58	8	7	7		7																7			
Kloé Gervais-Pépin	CTR	RSEQ	81	20:00	04:00	9		8																				8	
Nicole Bernardi	FAN	OCAA	38	20:04	04:01	10		9																					9
Amanda Patteson	GPRC	ACAC	6	20:15	04:03	11	8	10		8																10			
Brianna Dolderman	CON	OCAA	65	20:17	04:03	12	9	11											9										11
Sarah Makowsky	LCK	ACAC	13	20:18	04:04	13	10				10																		
Mikaela York	LCK	ACAC	10	20:25	04:05	14	11				11																		
Lara Bedard	AHUN	RSEQ	83	20:26	04:05	15	12	12														12						12	
Rebecca Gould	SAIT	ACAC	26	20:28	04:06	16	13	13	13																	13			
Michelle Blackburne	UBCO	PACW	68	20:30	04:06	17	14													14									
Morgan Hendriks	FAN	OCAA	39	20:34	04:07	18		14																					14
Danielle Marks	NAIT	ACAC	17	20:37	04:07	19	15					15																	
Camille Brisson	CSL	RSEQ	74	20:38	04:08	20		15																				15	
Amanda Matthews	STCL	OCAA	53	20:38	04:08	21	16										16												
Marie-Eve Gollain	MONT	RSEQ	101	20:40	04:08	22	17																		17				
Coby Phillips	HUM	OCAA	41	20:42	04:08	23	18	16							18														16
Andréanne Marquis	SHER	RSEQ	76	20:44	04:09	24	19	17													19							17	
Marriya Jenkins	CUC	ACAC	1	20:49	04:10	25		18																		18			
Emily McIlroy	UAA	ACAC	31	20:54	04:11	26	20							20															
Alea Stockton	UBCO	PACW	70	20:54	04:11	27	21													21									
Mary (Kate) Sloan	SAIT	ACAC	27	20:55	04:11	28	22		22																				
Karine Beaudet	CLG	RSEQ	95	20:56	04:11	29	23																	23					
Jordana Cota	RDC	ACAC	20	20:57	04:11	30	24						24																
Ivon Jaimes	HUM	OCAA	42	20:57	04:11	31	25	19							25														19
Karlie Dolderman	CON	OCAA	64	20:59	04:12	32	26												26										
Danoe Tanguay	AHUN	RSEQ	84	21:00	04:12	33	27															27							
Frédérique Cyr-Deschênes	CLG	RSEQ	96	21:02	04:12	34	28																	28					
Shayna Quibell	UBCO	PACW	71	21:03	04:13	35	29													29									
Katherine White	HUM	OCAA	43	21:05	04:13	36	30								30														
Mireille Turcotte	CLG	RSEQ	99	21:07	04:13	37	31																	31					
Alison McPherson	SAIT	ACAC	28	21:07	04:13	38	32		32																				
Trisha-Lee Metro	UBCO	PACW	69	21:10	04:14	39	33													33									
Joanita Louw	GBC	OCAA	61	21:10	04:14	40	34	20										34											20
Céline Marks	LAMB	RSEQ	82	21:14	04:15	41		21																				21	
Darian Limb	HUM	OCAA	45	21:16	04:15	42	35								35														
Kristen Hansen	NAIT	ACAC	14	21:18	04:16	43	36					36																	
Dafné Théroux-Izquierdo	CLG	RSEQ	98	21:20	04:16	44	37																	37					
Camille Normandin	AHUN	RSEQ	85	21:23	04:17	45	38															38							
Anna Greve	SAU	OCAA	48	21:23	04:17	46	39									39													
Andréanne Beaudry	SHER	RSEQ	75	21:32	04:18	47	40														40								
Murielle Aglot	MAIS	RSEQ	94	21:32	04:18	48	41																41						
Julianna Neudorf	UBCO	PACW	73	21:38	04:20	49	42													42									
Annelies Wentzel	UBCO	PACW	72	21:39	04:20	50	43													43									
Jeanne Larichelière Banken	MAIS	RSEQ	92	21:39	04:20	51	44																44						
Tessa Kasch	SAU	OCAA	47	21:40	04:20	52	45									45													
Emily Erb	CON	OCAA	67	21:42	04:20	53	46												46										
Rebekah Moore	LCK	ACAC	9	21:43	04:21	54	47				47																		
Meg Jorgensen	SAIT	ACAC	29	21:43	04:21	55	48		48																				
Marie-Anne Michel	MONT	RSEQ	102	21:44	04:21	56	49																		49				
Sarah McMaster	NAIT	ACAC	16	21:45	04:21	57	50					50																	
Noemie Gravel	MONT	RSEQ	104	21:46	04:21	58	51																		51				
Megan Niemegeers	NAIT	ACAC	15	21:47	04:21	59	52					52																	

Shannon Dyer	GBC	OCAA	62	21:49	04:22	60	53											53												
Liane Ouellet	FLEM	OCAA	107	21:56	04:23	61																								
Svetlana Martynova	CENT	OCAA	37	22:03	04:25	62																								
Jessie Gravel	SAU	OCAA	50	22:03	04:25	63	54									54														
Aislyn Ireton	SAU	OCAA	49	22:04	04:25	64	55									55														
Patricia Battocchio	STCL	OCAA	56	22:05	04:25	65	56										56													
Sharlane MacLeod	GBC	OCAA	63	22:08	04:26	66	57											57												
Jayme Nagy	SAIT	ACAC	30	22:10	04:26	67	58		58																					
Autumn Jackson	RDC	ACAC	22	22:13	04:27	68	59						59																	
Pascale Tardif	AHUN	RSEQ	87	22:15	04:27	69	60															60								
Annelies Champagne	MONT	RSEQ	103	22:19	04:28	70	61																		61					
Florence Lacasse	SHER	RSEQ	79	22:27	04:29	71	62														62									
Camille Lamoureux-Bolduc	SHER	RSEQ	77	22:28	04:30	72	63														63									
Paiton Delmonte	STCL	OCAA	58	22:29	04:30	73	64										64													
Natalie Omahen	STCL	OCAA	54	22:30	04:30	74	65										65													
Anna Eriksson	UAA	ACAC	32	22:31	04:30	75	66							66																
Sefrah Daviduck	LCK	ACAC	12	22:33	04:31	76	67				67																			
Ashlee Dewitt	MOH	OCAA	46	22:33	04:31	77																								
Richelle Ramirez	HUM	OCAA	44	22:33	04:31	78	68								68															
Caroline Bergeron Parent	MAIS	RSEQ	91	22:37	04:31	79	69																69							
Camille Riopel	CLG	RSEQ	97	22:44	04:33	80	70																	70						
Heloïse Souric	MAIS	RSEQ	93	22:44	04:33	81	71																71							
Jade Bouchard	SHER	RSEQ	78	22:46	04:33	82	72														72									
Lalique Browne	MONT	RSEQ	105	22:54	04:35	83	73																		73					
Gabrielle Champigny	MAIS	RSEQ	90	22:56	04:35	84	74																74							
Payton Thiel	CON	OCAA	66	22:58	04:36	85	75												75											
Sylvia Von Gunten	LCK	ACAC	8	23:05	04:37	86	76				76																			
Morgan Jones	STCL	OCAA	55	23:10	04:38	87	77										77													
Chloé Fleurent-Grégoire	CLG	RSEQ	100	23:16	04:39	88	78																	78						
Kirsten Manz	GPRC	ACAC	4	23:21	04:40	89	79			79																				
Donia Binder	STCL	OCAA	57	23:24	04:41	90	80										80													
Adrienne Scott	GBC	OCAA	60	23:27	04:41	91	81											81												
Kathy Gagné	AHUN	RSEQ	88	23:32	04:42	92	82															82								
Laura Friesen	RDC	ACAC	19	23:37	04:43	93	83						83																	
Samantha Debree	RDC	ACAC	21	23:41	04:44	94	84						84																	
Leah Reid	UAA	ACAC	33	23:54	04:47	95	85							85																
Camille Girard-Pepin	AHUN	RSEQ	86	23:58	04:48	96	86															86								
Taylor Corelli	SAU	OCAA	51	24:09	04:50	97	87									87														
Blaze Flewell	UAA	ACAC	35	24:10	04:50	98	88							88																
Justine Busseau	SHER	RSEQ	80	24:21	04:52	99	89														89									
Molly Morse	GBC	OCAA	59	24:26	04:53	100	90											90												
Anna Duda	RDC	ACAC	24	24:32	04:54	101	91						91																	
Brianna Schultz	UAA	ACAC	34	24:53	04:59	102	92							92																
Celine deWit	RDC	ACAC	23	25:25	05:05	103	93						93																	
Alexis Taylor	NAIT	ACAC	18	25:45	05:09	104	94					94																		
Karina Manz	GPRC	ACAC	3	25:52	05:10	105	95			95																				
Ciara Bailey	UAA	ACAC	36	26:31	05:18	106	96							96																
Kelsey Greco	SAU	OCAA	52	29:04	05:49	107	97									97														
	# of runners scoring					107	97	21	6	6	6	5	6	6	6	6	6	5	4	6	6	6	6	6	5	7	0	7	7
	# of runners total								6	6	6	5	6	6	6	6	6	5	4	6	6	6	6	6	5	36	6	33	32
																											x-		
	team total points (4 runners for school; 5 runners for conf):								72	19	74	153	250	259	75	193	201	225	156	97	184	137	158	119	178	28		42	53
	team rank:								2	1	3	8	16	17	4	13	14	15	9	5	12	7	10	6	11	1		2	3
									SAIT	GPRC	LCK	NAIT	RDC	UAA	HUM	SAU	STCL	GBC	CON	UBCO	SHER	AHUN	MAIS	CLG	MONT	ACAC	PACW	RSEQ	OCAA