

National Capital XC Championships - 15/10/2014**Hornet's Nest****Results****Event 1 Girls 3k CC Midget**

Name	Age	School	Finals	H#	Points
Results - Women					
1 Wong, Annika	14	Canterbury	13:14.18	1	1
2 Soroczan-Wright, Mollie	13	Colonel By	13:22.28	1	2
3 Smith, Charlotte	14	St. Peter	13:39.20	1	3
4 Morin, Vanessa	14	Colonel By	13:52.23	1	4
5 Lipin, Charlotte	14	Canterbury	14:00.64	1	5
6 Walker, Chloe	14	Immaculata	14:22.97	1	6
7 Cameron, Katelyn	14	Colonel By	14:26.56	1	7
8 McDonald, Caitlin	14	Colonel By	14:43.54	1	8
9 White, Natalie	14	Hillcrest	14:55.65	1	9
10 Dudding, Casey	14	Canterbury	14:57.77	1	10
11 McIntyre, Isabelle	14	Lisgar CI	14:59.88	2	11
12 Dimitrascu, Flavia	14	Ashbury	15:02.75	2	12
13 Mullan, Marley	14	Canterbury	15:06.72	2	13
14 Labrie, Erika	14	Hillcrest	15:08.38	2	14
15 Sadat, Rohina	14	Hillcrest	15:20.39	2	15
16 McPhee, Lauren	14	Immaculata	15:21.31	2	16
17 M-Legari, Isabella	14	De La Salle	15:25.16	2	17
18 Marino, Olivia	14	Immaculata	15:27.90	2	18
19 Cosette, Marianne	14	Beatrice-Desloges	15:50.93	2	19
20 Hajjali, Mirlam	14	Lycee Claudel	15:56.19	2	20
21 Leslie, Grace	14	Hillcrest	16:00.10	3	21
22 Ridyard, Kylan	14	St. Peter	16:00.42	3	22
23 Arseneau, Riley	14	Sir Wilfrid Laurier	16:01.01	3	23
24 Riopelle, Camille	14	Beatrice-Desloges	16:02.00	3	24
25 Boutin, Elyse	14	Beatrice-Desloges	16:05.88	3	25
26 Caspi, Noa	13	Ashbury	16:09.44	3	26
27 Pederson, Margaret	13	Ashbury	16:13.43	3	27
28 Baumgartner, Clodine		Beatrice-Desloges	16:29.75	3	28
29 Boswell, Sarah	14	Garneau	16:30.80	3	29
30 Vinette, Tamara	14	Beatrice-Desloges	16:39.38	3	30
31 Maref, Sarah	14	Gisele-Lalonde	16:57.52	4	31
32 Lane, Abigail	14	Canterbury	17:00.47	4	32
33 VanKoppen, Jessica	14	Osgoode	17:07.52	4	33
34 Taylor, Jocelyn	14	Osgoode	17:14.55	4	34
35 Holman, Mackenzie	14	Colonel By	17:28.25	4	35
36 MacIssac, Megan	14	Osgoode	17:42.19	4	36
37 Dovan, Tabatha	14	Sir Wilfrid Laurier	17:43.24	4	37
38 Mills, Bo	14	Osgoode	17:51.00	4	38
39 Girouard, Angelle	14	Gisele-Lalonde	17:57.81	4	39
40 Yetman, Emily	14	Sir Wilfrid Laurier	18:29.07	4	40
41 de Moree, Kaitlyn	14	Colonel By	18:30.68	5	41
42 Saikary, Stephanie	14	Lycee Claudel	18:40.97	5	42
43 Omar, Jana	14	Ridgemont	18:48.63	5	43
44 Guerin, Isabelle	14	Garneau	19:04.49	5	44
45 L-Kottick, Kebrija	14	Franco-Cite	19:31.27	5	45
46 Ristovski, Milicia	14	Colonel By	19:49.34	5	46
47 Bornais, Sarah	14	Colonel By	19:59.98	5	47

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Results

....Event 1 Girls 3k CC Midget

48 Hill, Michelle	14 Sir Wilfrid Laurier	20:34.46	5	48
49 Johnston, Allie	14 Osgoode	20:55.34	5	49
50 Potvin, Sierra	14 De La Salle	21:19.46	5	50
51 Barban, Tori	14 Ashbury	21:27.97	6	51
52 Lepsoe, Anna	14 Ashbury	21:28.22	6	52
53 Routh, Jessica	14 Samuel-Genest	21:40.17	6	53
54 Hodges, Brooke	15 St. Patrick	22:01.02	6	54

Team Scores

Rank	Team	Total	1	2	3	4	*5	*6	*7	*8	*9
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Results - Women

1	Colonel By	21	2	4	7	8	35	41	46	47
	Total Time:	56:24.61								
	Average:	14:06.16								
2	Canterbury	29	1	5	10	13	32			
	Total Time:	57:19.31								
	Average:	14:19.83								
3	Hillcrest	59	9	14	15	21				
	Total Time:	1:01:24.52								
	Average:	15:21.13								
4	Beatrice-Desloges	96	19	24	25	28	30			
	Total Time:	1:04:28.56								
	Average:	16:07.14								
5	Ashbury	116	12	26	27	51	52			
	Total Time:	1:08:53.59								
	Average:	17:13.40								
6	Osgoode	141	33	34	36	38	49			
	Total Time:	1:09:55.26								
	Average:	17:28.82								
7	Sir Wilfrid Laurier	148	23	37	40	48				
	Total Time:	1:12:47.78								
	Average:	18:11.95								

National Capital XC Championships - 15/10/2014**Hornet's Nest****Results****Event 2 Boys 5k CC Midget**

Name	Age	School	Finals	H#	Points
Results - Men					
1 Rioux, Jonathan	14	Louis-Riel	17:28.83	1	1
2 Graham, Hugh	14	Ashbury	18:22.99	1	2
3 Fournier, Adrian	14	Franco-Cite	18:40.09	1	3
4 Holton, Leo	14	Lisgar CI	19:15.02	1	4
5 Abdulatif, Ahmed	14	St. Patrick	19:24.61	1	5
6 Carere, Alexandre	14	Ashbury	19:36.01	1	6
7 Finn, James	14	Beatrice-Desloges	20:06.92	1	7
8 Papadatos, Philip	14	Lycee Claudel	20:10.56	1	8
9 Villard, Marc-Antoine	14	Lycee Claudel	20:13.79	1	9
10 Brown, Thomas	14	Colonel By	20:14.78	1	10
11 Carty, Owen	14	Lycee Claudel	20:29.14	2	11
12 Bui, Jason	14	Hillcrest	20:31.92	2	12
13 Ferguson, Graeme	14	Lisgar CI	20:42.26	2	13
14 Taylor, Samuel	14	Ashbury	20:54.84	2	14
15 Reid, Freeman	14	Immaculata	21:06.33	2	15
16 Hutton, Joshua	14	St. Peter	21:19.06	2	16
17 Boswell, Jonathan	14	Garneau	21:26.60	2	17
18 Djuric, Graham	14	Hillcrest	21:29.62	2	18
19 Smith, Maxwell	14	Lisgar CI	21:31.30	2	19
20 Paoli, Justin	14	Lisgar CI	21:34.56	2	20
21 Babulic, Ian	14	Canterbury	21:40.54	3	21
22 Chamber, Eric	15	Gisele-Lalonde	21:47.97	3	22
23 Hillier, Graeme	14	Ashbury	22:00.32	3	23
24 McMann, William	14	Immaculata	22:27.99	3	24
25 Asselin, Daniel	14	Garneau	22:39.31	3	25
26 Kachmar, Abbas	14	Ridgemont	22:41.94	3	26
27 Dittman, Tanner	15	Sir Wilfrid Laurier	22:55.75	3	27
28 El-Ghorli, Salim	14	Lycee Claudel	23:02.84	3	28
29 Proulx, Adam	13	Cairine Wilson	23:23.96	3	29
30 Sabourin, Mathew	14	Gloucester	23:30.76	3	30
31 Sullivan, Nicholas	14	Ashbury	23:32.79	4	31
32 Jireada, Alexandre		Beatrice-Desloges	23:34.34	4	32
33 Creviaux, Antoine	13	Garneau	23:42.75	4	33
34 Searle, Hunter	14	Cairine Wilson	24:02.35	4	34
35 Cadieux, Alexandre		Beatrice-Desloges	24:02.69	4	35
36 Hurtubise, Christian	14	Garneau	24:59.99	4	36
37 Roth, Mathis	14	Lisgar CI	25:16.13	4	37
38 Gnago, Stephane	14	Lester B. Pearson	26:04.53	4	38
39 Asomani, Eugene	14	St. Patrick	26:31.31	4	39
40 McClintock, Justin	14	Sir Wilfrid Laurier	26:38.33	4	40
41 Creviaux, Alex	13	Garneau	26:43.80	5	41
42 F-Nemeth, Gregory	14	De La Salle	26:45.40	5	42
43 Despres, Felix		Beatrice-Desloges	27:42.75	5	43
44 Frauzel, Cole	17	St. Peter	28:03.78	5	44
45 Mayer, Andrew	14	Lisgar CI	29:01.02	5	45
46 Derouin, Shane	14	Lester B. Pearson	29:40.31	5	46
47 Zamora, Steven	14	Lester B. Pearson	30:01.02	5	47

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Results

....Event 2 Boys 5k CC Midget

Team Scores

Rank	Team	Total	1	2	3	4	*5	*6	*7	*8	*9
Results - Men											
1	Ashbury	45	2	6	14	23	31				
	Total Time:	1:20:54.16									
	Average:	20:13.54									
2	Lisgar CI	56	4	13	19	20	37	45			
	Total Time:	1:23:03.14									
	Average:	20:45.79									
3	Lycee Claudel	56	8	9	11	28					
	Total Time:	1:23:56.33									
	Average:	20:59.09									
4	Garneau	111	17	25	33	36	41				
	Total Time:	1:32:48.65									
	Average:	23:12.17									
5	Beatrice-Desloges	117	7	32	35	43					
	Total Time:	1:35:26.70									
	Average:	23:51.68									

National Capital XC Championships - 15/10/2014**Hornet's Nest****Results****Event 3 Girls 4k CC Junior**

Name	Age	School	Finals	H#	Points
Results - Women					
1 Scotten, Marin	15	Sir Wilfrid Laurier	15:28.98	1	1
2 Rossi, Jenna	14	Gisele-Lalonde	15:38.37	1	2
3 Lea, Abigail	14	Cairine Wilson	16:53.18	1	3
4 McLean, Enid	15	Franco-Cite	17:06.56	1	4
5 Mayer, Jessica	15	Garneau	17:15.43	1	5
6 Dyck, Emily	15	Cairine Wilson	17:15.95	1	6
7 Borrens, Sara	15	Franco-Cite	17:27.58	1	7
8 Unaru, Doria	14	Colonel By	17:35.47	1	8
9 Ladanowski, Jennifer	15	Franco-Cite	17:51.58	1	9
10 Caulfield, Ella	15	Immaculata	18:02.52	1	10
11 Morris, Sabrina	15	Colonel By	18:04.06	2	11
12 Hassard, Julia	15	Lycee Claudel	18:06.31	2	12
13 Bolick, Angela	15	St. Peter	18:08.51	2	13
14 Vanderpol, Melanie	15	Colonel By	18:15.11	2	14
15 Drew, Elodie	15	Lycee Claudel	18:24.89	2	15
16 Huang, Ellen	14	Colonel By	18:26.33	2	16
17 McGurn, Madeleine	15	Franco-Cite	18:37.69	2	17
18 Kourlas, Emily	15	Ashbury	18:38.81	2	18
19 Begunova, Liza	15	Lycee Claudel	18:47.64	2	19
20 Forbes, Jilian	15	Cairine Wilson	19:00.10	2	20
21 Rue, Ishana	15	Colonel By	19:00.37	3	21
22 Ng, Skylar	15	Lisgar CI	19:05.34	3	22
23 Hamilton, Daisy	15	Sir Wilfrid Laurier	19:17.19	3	23
24 Alince, Caroline	15	Canterbury	19:23.06	3	24
25 Joanis, Jessica	14	Canterbury	19:26.68	3	25
26 Rais-Ghasem, Saman	15	Colonel By	19:42.03	3	26
27 Silva-Roy, Patricia	15	St. Peter	19:42.34	3	27
28 Ahmed, Nasrine	15	Hillcrest	19:46.64	3	28
29 Tenasco, Jennifer	15	Immaculata	19:54.92	3	29
30 Gray, Hannah	15	St. Peter	20:10.46	3	30
31 Kihumbi, Shagayo	15	Franco-Cite	20:11.36	4	31
32 Flack, Isabelle	15	Canterbury	20:12.12	4	32
33 Forbes, Kaitlyn	15	Colonel By	20:15.91	4	33
34 Du, Jia	15	Lisgar CI	20:33.70	4	34
35 Heroux, Ashley	15	Louis-Riel	20:51.17	4	35
36 Routier, Megan	15	Franco-Cite	21:29.52	4	36
37 Bach, Emerson	15	Cairine Wilson	21:37.30	4	37
38 Defries, Aislinn	15	Cairine Wilson	21:39.36	4	38
39 Kabamba, Joyce	15	Hillcrest	21:41.30	4	39
40 Kayrala, Nicole	15	Hillcrest	21:45.41	4	40
41 Leonard, Katie	15	Hillcrest	21:53.94	5	41
42 Lepsoe, Anna	14	Ashbury	22:02.88	5	42
43 Bellehumeur, Claudia	15	Beatrice-Desloges	22:44.87	5	43
44 Ignalig, Kristelle	15	Lester B. Pearson	23:10.34	5	44
45 Rey, Portia	15	Lester B. Pearson	23:10.59	5	45
46 Isaya, Yasmine	15	Beatrice-Desloges	23:20.53	5	46
47 Rybka, Charlotte	15	Lycee Claudel	23:29.91	5	47

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Results

....Event 3 Girls 4k CC Junior

48	Silva-Roy, Vanessa	15 St. Peter	23:35.08	5	48
49	Icart, Chloe	15 Garneau	23:37.80	5	49
50	Parsons, Megan	15 Ottawa Tech	23:43.50	5	50
51	Murto, Taija	15 Ashbury	23:55.34	6	51
52	Kindra, Tara	14 Ashbury	23:55.60	6	52
53	Bedzra, Marie	16 St. Patrick	24:02.20	6	53
54	Skiffington, Sarah	15 St. Peter	24:16.51	6	54
55	Charland, Lorie	15 Beatrice-Desloges	24:23.42	6	55
56	Little, Adrienne	14 Ridgemont	24:40.07	6	56
57	Burns, Meghan	15 Canterbury	24:53.75	6	57
58	Conway, Sarah	15 Canterbury	24:54.08	6	58
59	Lafleche, Charlotte	15 Samuel-Genest	25:31.67	6	59
60	Vaughn, Angel	15 Lester B. Pearson	25:33.22	6	60
61	Carpenter, Miriam	15 Osgoode	25:48.89	7	61
62	Omar, Randa	15 Lycee Claudel	30:50.60	7	62

Team Scores

Rank	Team	Total	1	2	3	4	*5	*6	*7	*8	*9
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Results - Women

1	Franco-Cite	37	4	7	9	17	31	36			
	Total Time:	1:11:03.41									
	Average:	17:45.86									
2	Colonel By	49	8	11	14	16	21	26	33		
	Total Time:	1:12:20.97									
	Average:	18:05.25									
3	Cairine Wilson	66	3	6	20	37	38				
	Total Time:	1:14:46.53									
	Average:	18:41.64									
4	Lycee Claudel	93	12	15	19	47	62				
	Total Time:	1:18:48.75									
	Average:	19:42.19									
5	St. Peter	118	13	27	30	48	54				
	Total Time:	1:21:36.39									
	Average:	20:24.10									
6	Canterbury	138	24	25	32	57	58				
	Total Time:	1:23:55.61									
	Average:	20:58.91									
7	Hillcrest	148	28	39	40	41					
	Total Time:	1:25:07.29									
	Average:	21:16.83									
8	Ashbury	163	18	42	51	52					
	Total Time:	1:28:32.63									
	Average:	22:08.16									

National Capital XC Championships - 15/10/2014**Hornet's Nest****Results****Event 4 Boys 6k CC Junior**

Name	Age	School	Finals	H#	Points
Results - Men					
1 McCann, Reilly	15	Franco-Cite	23:41.90	1	1
2 Thomas, Shane	15	St. Patrick	24:20.96	1	2
3 Alie/Lamarch, Andre	15	Gloucester	24:52.47	1	3
4 Barody, Martin		Ashbury	24:59.92	4	4
5 Sawasawa, Charles	15	Lester B. Pearson	25:09.87	1	5
6 Donaghy, Michael	15	Immaculata	25:14.83	1	6
7 Lawford, Matt	15	Lisgar CI	25:24.84	1	7
8 Fishwick, Cameron	15	Osgoode	25:37.00	1	8
9 Smith, Landon	15	Osgoode	25:41.45	1	9
10 Abraham, Samson	15	St. Peter	25:42.67	1	10
11 Blanchette, Tomas	15	Ridgemont	25:55.31	1	11
12 Dufour, Adam	15	Colonel By	26:14.92	2	12
13 Patenaude, Justin	15	Gisele-Lalonde	26:36.66	2	13
14 Dittman, Tanner	15	Sir Wilfrid Laurier	26:46.08	2	14
15 Daly, Graham	15	Ashbury	26:51.08	2	15
16 Kustec, Jake	15	Ridgemont	27:13.33	2	16
17 Blackwell, Djavan	15	Samuel-Genest	27:17.61	2	17
18 Beaulieu, Quentin	15	Samuel-Genest	27:32.29	2	18
19 Robinson, Jordan	15	Osgoode	27:45.18	2	19
20 Cheer, Evan	15	Ashbury	27:58.89	2	20
21 Peters, Corben	15	St. Peter	28:06.90	2	21
22 Stern, Avram	15	Lisgar CI	28:21.78	3	22
23 Lam, Ben	15	Canterbury	28:38.86	3	23
24 Southward, Edward	15	Ashbury	28:41.60	3	24
25 Desroches, Andrew	15	Osgoode	28:43.24	3	25
26 Nussbaum, Erik	15	Lisgar CI	28:53.43	3	26
27 Holmes, Keith	15	Hillcrest	29:03.00	3	27
28 Merveille, Benjamin	15	Louis-Riel	29:16.09	3	28
29 Griffin, Spencer	15	Ashbury	29:18.72	3	29
30 Buchanan, Scott	15	Ashbury	29:26.22	3	30
31 West, Sam	15	Ashbury	29:34.06	3	31
32 Glass, Jordan	13	Sir Wilfrid Laurier	30:17.26	4	32
33 Scassa, Alex	15	Hillcrest	30:26.24	4	33
34 Xu, Tianze	15	Colonel By	30:29.02	4	34
35 Simpson, Noah	15	Sir Wilfrid Laurier	30:30.46	4	35
36 McGuire, Matthew	14	Colonel By	30:31.28	4	36
37 Kuraishi, Mousa	15	Ridgemont	30:31.98	4	37
38 Chen, Aidan	15	Lycee Claudel	30:45.98	4	38
39 Alaoui, Wafi	15	Lycee Claudel	30:46.19	4	39
40 Bemfica, Felipe	15	Lisgar CI	30:51.77	4	40
41 Dhouib, Amin	15	Louis-Riel	31:04.52	5	41
42 Rogers, Ben	15	Ashbury	31:11.66	5	42
43 Smith, Mitchell	15	Sir Wilfrid Laurier	31:38.99	5	43
44 Pochun, Sebastien	15	Garneau	32:05.50	5	44
45 Mcgregor, Misko	14	Ashbury	32:18.52	5	45
46 Nicholds, Tyler	15	Ashbury	32:25.23	5	46
47 Rousseau, Pierre-Charles	15	Lycee Claudel	32:44.42	5	47

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Results

....Event 4 Boys 6k CC Junior

48 Cooper, Calvin	15 Ashbury	32:55.30	5	48
49 Lopez, Daniel	15 Sir Wilfrid Laurier	33:17.52	5	49
50 Galot, Ulisse	15 Lycee Claudel	34:16.93	5	50
51 ElKern, Omar	15 Sir Wilfrid Laurier	41:22.22	6	51

Team Scores

Rank	Team	Total	1	2	3	4	*5	*6	*7	*8	*9
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Results - Men

1 Osgoode	61	8	9	19	25						
Total Time: 1:47:46.87											
Average: 26:56.72											
2 Ashbury	63	4	15	20	24	29	30	31	42	45	
Total Time: 1:48:31.49											
Average: 27:07.88											
3 Lisgar CI	95	7	22	26	40						
Total Time: 1:53:31.82											
Average: 28:22.96											
4 Sir Wilfrid Laurier	124	14	32	35	43	49	51				
Total Time: 1:59:12.79											
Average: 29:48.20											
5 Lycee Claudel	174	38	39	47	50						
Total Time: 2:08:33.52											
Average: 32:08.38											

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Results

Event 5 Girls 5k CC Senior

Name	Age	School	Finals	H#	Points
Results - Women					
1 S-Fahey, Erinn	17	Canterbury	20:07.97	1	1
2 Codrington, Lia	17	Canterbury	20:19.13	1	2
3 Hamtiaux, Myriam	16	Franco-Cite	20:56.01	1	3
4 Leckie, Michal	16	Canterbury	21:05.18	1	4
5 Dolin, Hannah	16	Canterbury	21:27.40	1	5
6 Tobin, Rebecca	16	Lisgar CI	21:56.41	1	6
7 McAllister, Sarah	16	Gisele-Lalonde	22:00.62	1	7
8 Marland, Molly	16	Ashbury	22:07.91	1	8
9 Martin, Sydney	16	Lisgar CI	22:15.16	1	9
10 Pžlžja, Julie	16	Garneau	22:33.01	1	10
11 Chartrand, Vanessa	16	Beatrice-Desloges	23:12.85	2	11
12 Alie, Elyse	16	Sir Wilfrid Laurier	23:59.31	2	12
13 Larocque, Melody-Faith	16	Beatrice-Desloges	24:01.40	2	13
14 Jamensky, Kendra	17	Canterbury	24:01.88	2	14
15 Kim, Darane	16	Colonel By	24:02.31	2	15
16 Gohar, Janna	16	Ashbury	24:07.83	2	16
17 G-Zypchen, Emma	17	Canterbury	24:08.02	2	17
18 Fakhouri, Maria	16	Cairine Wilson	24:08.77	2	18
19 Boutillier, Shanna	17	St. Matthew	24:10.96	2	19
20 Barron, Holly	15	Sir Wilfrid Laurier	24:12.88	2	20
21 Pratt, Alison	16	Lester B. Pearson	24:15.01	3	21
22 McReynolds, Danielle	17	Gisele-Lalonde	24:15.64	3	22
23 Ashton, Sarah	16	Ashbury	24:20.39	3	23
24 Gaerke, Alyssa	16	Beatrice-Desloges	24:30.05	3	24
25 Monteith-Pistor, Catheri	15	Colonel By	24:36.60	3	25
26 Crivello, Emma	16	St. Peter	24:47.22	3	26
27 Towell, Kelsea	17	Ashbury	24:52.05	3	27
28 Lam, Vivian	16	Gloucester	24:56.49	3	28
29 Morrow, Casandra	16	Osgoode	25:03.99	3	29
30 Patenaude, Pascale	17	Gisele-Lalonde	25:12.22	3	30
31 Wu, Mia	15	Colonel By	25:17.73	4	31
32 Dusevic, Dana	17	Colonel By	25:20.39	4	32
33 Craig, Kirsten	16	Osgoode	25:21.17	4	33
34 Quinn, Dana	17	Osgoode	25:21.37	4	34
35 Armstrong, Taylor	16	Canterbury	25:22.32	4	35
36 Joseph, Jecica	17	Lester B. Pearson	25:22.90	4	36
37 Munro, Anna	16	Lisgar CI	25:28.83	4	37
38 Brown, Petra	16	Canterbury	25:48.43	4	38
39 Kattackal, Theresa	17	Colonel By	25:54.32	4	39
40 Ng, Rhiannon	17	Lisgar CI	26:03.35	4	40
41 Halle, Renee	17	Immaculata	26:07.78	5	41
42 Diatt, Fatiha	17	Gisele-Lalonde	26:18.33	5	42
43 H-Jones, Grace	14	Canterbury	26:19.59	5	43
44 Liang, Irene	16	Colonel By	26:26.45	5	44
45 Ancillon, Lozen	16	Lester B. Pearson	26:37.40	5	45
46 Senyange, Deborah	16	Lester B. Pearson	26:41.43	5	46
47 Labelle, Ashley	16	Canterbury	26:46.61	5	47

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Results

....Event 5 Girls 5k CC Senior

48 Shea, Kaitlyn	15 St. Peter	26:48.25	5	48
49 Yan, Christine	16 Ashbury	26:49.84	5	49
50 Sun, Sitong	17 Lisgar CI	26:59.80	5	50
51 Arnold, Caroline	16 Lester B. Pearson	27:07.68	6	51
52 Rousseau, Alex	17 Gisele-Lalonde	27:33.76	6	52
53 Cameron, Talia	17 Sir Wilfrid Laurier	27:35.92	6	53
54 Wells, Amanda	17 Osgoode	27:55.04	6	54
55 Ignalig, Annabelle	17 Lester B. Pearson	27:55.71	6	55
56 Lloyd, Jessica	17 Ashbury	28:00.80	6	56
57 Garcia, Kayla	16 St. Patrick	28:06.03	6	57
58 Timmins, Shea	17 Ashbury	28:07.53	6	58
59 Lemay, Rosalie	16 Beatrice-Desloges	28:09.09	6	59
60 Tang, Grace	15 Colonel By	28:14.33	6	60
61 Cwintal, Michelle	16 Colonel By	28:34.35	7	61
62 Maxwelle, Jessica	17 Gisele-Lalonde	28:36.26	7	62
63 Schoenfeld, Maya	17 Gisele-Lalonde	28:37.16	7	63
64 Blaney, Colleen	16 Osgoode	28:38.16	7	64
65 Gray, Hannah	15 St. Peter	28:40.91	7	65
66 Garcias-Salas, Sara	16 Immaculata	28:50.25	7	66
67 Vandenberg, Brittany	17 Ashbury	29:16.60	7	67
68 Norgren, Michaela	17 Immaculata	29:29.73	7	68
69 Lavergne-Hajjar, Whitney	16 Immaculata	30:03.80	7	69
70 Harrison, Madison	16 Ashbury	30:36.35	7	70
71 Lougher, Emma	17 Beatrice-Desloges	30:49.59	8	71
72 Foresti, Gabriela	18 Ashbury	31:23.60	8	72
73 Satterthwaite, Alyssa	17 Ashbury	31:23.80	8	73
74 Giamberardino, Rebecca	17 Hillcrest	32:06.75	8	74
75 Williams, Ashley	18 Ridgemont	32:14.24	8	75
76 Mooney, Aleasha	17 Ridgemont	32:18.37	8	76
77 Galang, Joelene	16 Lester B. Pearson	32:59.89	8	77
78 Suzuki, Mao	19 Ashbury	33:42.39	8	78
79 Decarie, Amelia	17 St. Peter	33:49.71	8	79
80 Hendricks, Marissa	16 Ridgemont	34:49.02	8	80
81 Chen, Lillian	17 Colonel By	35:49.99	9	81
82 Aubin, Laura	16 Immaculata	37:02.56	9	82
83 Farley, Niketa	17 Lester B. Pearson	37:50.52	9	83
84 Janse, Marinella	16 Lisgar CI	37:59.30	9	84
85 MacMillan, Elizabeth	16 Lisgar CI	38:02.51	9	85
86 Goveas, Danika	16 Lester B. Pearson	38:10.06	9	86

Team Scores

Rank Team	Total	1	2	3	4	*5	*6	*7	*8	*9
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Results - Women

National Capital XC Championships - 15/10/2014

Hornet's Nest

Results

....Event 5 Girls 5k CC Senior

1	Canterbury	12	1	2	4	5	14	17	35	38	43
	Total Time:	1:22:59.68									
	Average:	20:44.92									
2	Ashbury	74	8	16	23	27	49	56	58	67	70
	Total Time:	1:35:28.18									
	Average:	23:52.05									
3	Lisgar CI	92	6	9	37	40	50	84	85		
	Total Time:	1:35:43.75									
	Average:	23:55.94									
4	Gisele-Lalonde	101	7	22	30	42	52	62	63		
	Total Time:	1:37:46.81									
	Average:	24:26.71									
5	Colonel By	103	15	25	31	32	39	44	60	61	81
	Total Time:	1:39:17.03									
	Average:	24:49.26									
6	Beatrice-Desloges	107	11	13	24	59	71				
	Total Time:	1:39:53.39									
	Average:	24:58.35									
7	Lester B. Pearson	148	21	36	45	46	51	55	77	83	86
	Total Time:	1:42:56.74									
	Average:	25:44.19									
8	Osgoode	150	29	33	34	54	64				
	Total Time:	1:43:41.57									
	Average:	25:55.40									
9	St. Peter	218	26	48	65	79					
	Total Time:	1:54:06.09									
	Average:	28:31.53									
10	Immaculata	244	41	66	68	69	82				
	Total Time:	1:54:31.56									
	Average:	28:37.89									

National Capital XC Championships - 15/10/2014**Hornet's Nest****Results****Event 6 Boys 7k CC Senior**

Name	Age	School	Finals	H#	Points
Results - Men					
1 Kinahan, Sam	17	Lisgar CI	26:05.73	1	1
2 Nussbaum, Marcus	17	Lisgar CI	26:05.90	1	2
3 Robillard, Felix	16	Louis-Riel	26:18.07	1	3
4 Abanto-Enns, Nicolas	16	Lisgar CI	26:35.81	1	4
5 Saville, Thomas	16	Cairine Wilson	26:49.87	1	5
6 Morel-Banville, Yannick	17	Garneau	27:27.39	1	6
7 Adeya, Luckenson	17	Louis-Riel	28:00.53	1	7
8 Moricz, Vincent	17	Louis-Riel	28:10.66	1	8
9 St-Denis, Alexandre	15	Louis-Riel	28:20.41	1	9
10 Horava-, Malcom	17	Canterbury	28:46.22	1	10
11 Alexander-Cook, Julian	17	Lisgar CI	29:02.07	2	11
12 Grenier, James	18	Cairine Wilson	29:14.72	2	12
13 Graham, Ross	17	Ashbury	29:33.88	2	13
14 Brohman, Charlie	16	Hillcrest	30:06.51	2	14
15 Jury, Kevin		Lisgar CI	30:09.14	2	15
16 Ndinsil, Bedi	16	Louis-Riel	30:10.14	2	16
17 Mitchell, Robbie	16	Lisgar CI	30:22.19	2	17
18 VanVolkingburgh, Willem	16	Osgoode	30:25.51	2	18
19 Goomer, Kanishk	16	Colonel By	31:07.66	2	19
20 Ford, Ryan	17	Ashbury	31:13.77	2	20
21 Wright, Ben	17	Lisgar CI	31:24.10	3	21
22 Harris, Alex	15	Colonel By	31:33.71	3	22
23 Pilette, Alexandre	17	Hillcrest	31:59.59	3	23
24 Sato, Takumi	18	Gloucester	32:12.78	3	24
25 Patterson, Lane	17	Osgoode	32:14.51	3	25
26 Mayer, Daniel	17	Colonel By	32:33.04	3	26
27 Webster, Matthew	16	Canterbury	32:35.02	3	27
28 Davidson, Thomas	17	Lisgar CI	32:37.03	3	28
29 Mathew, Tim	16	St. Matthew	32:56.55	3	29
30 Caie, Kyle	15	Cairine Wilson	33:04.29	3	30
31 Finless, Jon	16	Colonel By	33:11.68	4	31
32 Smith-Windsor, Edward		Ashbury	33:25.93	4	32
33 Lamoureux, Maxime	16	Beatrice-Desloges	33:52.39	4	33
34 Blanchette, Tomas	15	Ridgemont	33:55.75	4	34
35 Cronin, Finnian	17	Immaculata	34:03.41	4	35
36 Murray, James	17	Immaculata	34:03.69	4	36
37 Janse, Andreas	18	Immaculata	34:03.94	4	37
38 Cummer, Jacob	17	Immaculata	34:04.22	4	38
39 Winogron, Patrick	16	Immaculata	34:08.94	4	39
40 Tessier, Jonathan	17	Beatrice-Desloges	34:09.51	4	40
41 Han, Eric	17	Colonel By	34:09.88	5	41
42 Desjardins, Vincent	17	Garneau	34:11.05	5	42
43 Levesque, Maxime	16	Samuel-Genest	34:38.84	5	43
44 Dodsworth, Patrick	17	Immaculata	34:43.68	5	44
45 Zedek, Samy	16	Lycee Claudel	34:55.42	5	45
46 Huang, Justin	15	Ashbury	35:00.63	5	46
47 Higgins, Shawn	16	Lisgar CI	35:07.22	5	47

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Results

....Event 6 Boys 7k CC Senior

48	Joshi, Prashant	16	Colonel By	35:21.62	5	48
49	Chow, Jonathan	16	Ashbury	35:34.20	5	49
50	Kalembo, Landry	16	Ridgemont	35:42.60	5	50
51	Ross, Conor	16	Colonel By	36:09.61	6	51
52	Jacques, Alex	18	Beatrice-Desloges	36:16.68	6	52
53	St-Jean, Martin	16	Garneau	36:19.68	6	53
54	Slywchuk, Chris	16	St. Patrick	36:54.58	6	54
55	Matthews, Thomas	17	Canterbury	36:58.22	6	55
56	Gurung, Tingi	17	Lisgar CI	37:08.41	6	56
57	Lemieux, Jonathan		Cairine Wilson	37:14.30	6	57
58	Lafrance, Jonathan	16	Garneau	37:31.23	6	58
59	McKay, Patrick	16	Colonel By	37:55.30	6	59
60	Verdon, Wade	16	Ottawa Tech	38:01.34	6	60
61	Duffley, Brendan	17	Ashbury	38:14.36	7	61
62	St-Amour, Zach	16	Cairine Wilson	38:23.06	7	62
63	Molino, Laurent	14	Lisgar CI	38:28.46	7	63
64	Lugescu, Ciprian	17	Ashbury	38:32.83	7	64
65	Richards, Ian	16	Colonel By	38:38.04	7	65
66	Capehart, Christian	17	Ashbury	39:04.18	7	66
67	Al-Zaher, Ahmed	16	Immaculata	39:10.71	7	67
68	Lee, Wilbert	16	Ashbury	40:19.59	7	68
69	Villemarie, Damien	16	Ottawa Tech	42:36.52	7	69
70	Oko-Oboh, Kenneth	16	Ashbury	43:04.88	7	70
71	Kranabetter, Matthew	16	Immaculata	43:16.02	8	71
72	Deconte, Jake	16	Immaculata	43:17.29	8	72
73	Mushi, Alvin	16	Immaculata	43:18.40	8	73
74	Malla, Bryan	16	Lester B. Pearson	43:28.98	8	74
75	Castillo, David	17	Lester B. Pearson	43:29.27	8	75
76	Lessard, Raphael	17	Ashbury	44:54.02	8	76
77	Caulfield, Aidan	17	Immaculata	48:20.40	8	77

Team Scores

Rank	Team	Total	1	2	3	4	*5	*6	*7	*8	*9
Results - Men											
1	Lisgar CI	18	1	2	4	11	15	17	21	28	47
	Total Time:	1:47:49.51									
	Average:	26:57.38									
2	Louis-Riel	27	3	7	8	9	16				
	Total Time:	1:50:49.67									
	Average:	27:42.42									
3	Colonel By	98	19	22	26	31	41	48	51	59	65
	Total Time:	2:08:26.09									
	Average:	32:06.53									

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Hornet's Nest

Results

....Event 6 Boys 7k CC Senior

4 Cairine Wilson	104	5	12	30	57	62					
Total Time: 2:06:23.18											
Average: 31:35.80											
5 Ashbury	111	13	20	32	46	49	61	64	66	68	
Total Time: 2:09:14.21											
Average: 32:18.56											
6 Immaculata	146	35	36	37	38	39	44	67	71	72	
Total Time: 2:16:15.26											
Average: 34:03.82											
7 Garneau	159	6	42	53	58						
Total Time: 2:15:29.35											
Average: 33:52.34											