

## NCSSAA EAST CONFERENCE CROSS-COUNTRY CHAMPIONSHIPS - 2016-10-19

## Ottawa, ON

## Results

## Event 1 Girls 4k CC Midget

Name	Year School	Finals	Points
Results - Women			
1 Betty, Emma	Lisgar	17:00,80	1
2 Newlove, Katie	St. Peter	17:03,88	2
3 Bolduc, Veronique	Beatrice-Desloges	17:09,29	3
4 Smith, Emily	St. Peter	17:13,23	4
5 Thebaud, Audrey (Sarah)	Canterbury	17:45,92	5
6 Grace, Rhea	Lisgar	18:12,34	6
7 Fitzgerald, Ellie	Colonel By	18:21,46	7
8 Lyons, Jasmine	Glebe CI	18:26,42	8
9 Weider, Sophie	Ashbury College	18:28,44	9
10 Plessas, Phoenix	Louis-Riel	19:37,66	10
11 Forler, Georgia	Hillcrest	19:41,21	11
12 Vanessa, LU Langley	Lycee Claudel	19:59,83	12
13 Pelletier, Chloe	Cairine Wilson	20:04,73	13
14 Chen, Angela	Colonel By	20:16,27	14
15 Elliot, Grace	Cairine Wilson	20:26,06	15
16 Durham, Leah	Beatrice-Desloges	20:27,71	16
17 Rioux, Alexa	Louis-Riel	20:28,16	17
18 Kitchen, Mackenzie	Glebe CI	20:28,86	18
19 Ginther, Petra	Colonel By	20:33,60	19
20 McInerney, Erin	Hillcrest	20:43,88	20
21 Mohamed, Naila	Cairine Wilson	20:59,38	21
22 Aubrey, Hilary	Canterbury	21:02,53	22
23 MacPhee, Julia	Glebe CI	21:03,31	23
24 Whiting, Sophie	Sir Wilfrid Laurier	21:04,05	24
25 Smith, Isabel	Lisgar	21:13,32	25
26 Ye, Juliana	Ashbury College	21:16,60	26
27 Guimaraes, Torey	Ashbury College	21:17,05	27
28 Robidoux, Sarah	Sir Wilfrid Laurier	21:23,30	28
29 Ross-Jensen, Taylor	Sir Wilfrid Laurier	21:24,20	29
30 Borrens, Jayne	Glebe CI	21:25,13	30
31 Real, Taralyn	Canterbury	21:26,20	31
32 Salama, Sama'a	Colonel By	21:36,17	32
33 Ferguson, Lia	Lisgar	21:37,92	33
34 Thurlbeck, Paige	Cairine Wilson	21:46,41	34
35 Doyle, Morgan	St. Peter	21:50,73	35
36 Miville-Dechene, Estelle	Garneau	21:53,69	36
37 Morris, Rachel	Colonel By	21:59,02	37
38 Haché, Mia	Louis-Riel	22:02,15	38
39 Regimbald, Tanya	Beatrice-Desloges	22:09,31	39
40 Rab, Sarah	Colonel By	22:10,00	40
41 Nussbaum, Maya	Lisgar	22:10,53	41
42 Boileau, Emilie	Beatrice-Desloges	22:33,55	42
43 Brady, Julia	Garneau	22:40,54	43
44 Xie, Rebecca	Ashbury College	22:45,61	44
45 Conlin, Keira	Canterbury	22:56,45	45
46 Brisebois, Isabelle	Garneau	22:59,91	46
47 Collingridge, Meili	St. Matthew	23:03,48	47
48 Carina, Harb	Lycee Claudel	23:22,94	48
49 Widdis, Ella	Hillcrest	23:35,12	49
50 Jolliffe, Kaelan	Hillcrest	23:43,28	50
51 Biniek, Donya	St Patrick's	24:02,58	51
52 Contant, Amelie	Garneau	24:05,28	52



**NCSSAA EAST CONFERENCE CROSS-COUNTRY CHAMPIONSHIPS - 2016-10-19**

**Ottawa, ON**

**Results**

**....Event 1 Girls 4k CC Midget**

11	Garneau	177	36	43	46	52	53
	Total Time:	1:31:39,42					
	Average:	22:54,86					

## NCSSAA EAST CONFERENCE CROSS-COUNTRY CHAMPIONSHIPS - 2016-10-19

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## Results

## Event 2 Boys 4k CC Midget

Name	Year School	Finals	Points
Results - Men			
1 Fast, Joe	Ridgemont	14:29,82	1
2 Meredith, Zachary	De La Salle	14:30,23	2
3 Sanger, Adam	Glebe CI	15:27,77	3
4 Omar Ali, Harun	Ridgemont	15:57,35	4
5 Anvari, Brian	Ridgemont	16:00,44	5
6 Ducharme, Olivier	Louis-Riel	16:01,37	6
7 Saravanamuttoo, Callum	Glebe CI	16:01,68	7
8 Pollock, Thomas	Louis-Riel	16:40,83	8
9 Sigouin, Tristan	Louis-Riel	16:42,18	9
10 Richeson, Matthew	Ashbury College	16:42,90	10
11 Zang, Louis	Colonel By	16:58,73	11
12 Rustom, Matthieu	Louis-Riel	17:03,24	12
13 Ducharme, Antoine	Louis-Riel	17:07,78	13
14 Nonez, Fabrice	Gisele-Lalonde	17:17,91	14
15 Moffatt, Aidan	Lisgar	17:27,71	15
16 Sahadeo, Andrew	Ridgemont	17:31,45	16
17 Knight, Duncan	Hillcrest	17:32,11	17
18 McKinley-Young, Owen	Canterbury	17:41,00	18
19 Laquerre, Kyle	St Patrick's	17:41,76	19
20 Campbell, Ethan	Cairine Wilson	17:43,62	20
21 Caines, Ethan	St.Matthew	17:46,27	21
22 Gupta, Gabe	Colonel By	17:48,10	22
23 Boule, Jordan	St.Matthew	17:53,56	23
24 Ouatarara, Tidiane	Samuel-Genest	17:56,29	24
25 Wilson, Braden	Ashbury College	17:58,83	25
26 Bates, Maxwell	Ashbury College	17:59,28	26
27 Christie, Alex	Cairine Wilson	18:00,78	27
28 Nicolas, Beaulne	Lycee Claudel	18:03,52	28
29 Hickson, Connor	St Patrick's	18:06,27	29
30 Wylie, Benjamin	Glebe CI	18:09,47	30
31 Monkman, Caelan	Canterbury	18:10,81	31
32 Lisak, Dejan	Hillcrest	18:13,70	32
33 Dewhirst, Heath	Colonel By	18:24,91	33
34 Wirch, Isaiah	Sir Wilfrid Laurier	18:31,45	34
35 Laggis, Peter	Ridgemont	18:44,98	35
36 Stahn, Dominic	Beatrice-Desloges	18:47,13	36
37 Lang, Talon	Osgoode	18:53,87	37
38 Scromeda, Edward	Lisgar	19:00,67	38
39 Roman, Daniel	Colonel By	19:01,42	39
40 Rivoche, Trevor	De La Salle	19:01,84	40
41 Holt, Austin	Immaculata	19:10,75	41
42 Lapointe, Sasha	Samuel-Genest	19:20,70	42
43 Farrell, Tai	Glebe CI	19:23,42	43
44 O'Brien, Aidan	Colonel By	19:26,98	44
45 Mouser, William	Glebe CI	19:30,57	45
46 Languet, Ma'l	Samuel-Genest	19:32,65	46
47 Wai, Ewan	Ashbury College	19:54,60	47
48 Sloan, Fletcher	Glebe CI	20:00,99	48
49 Chamma, Jayden	St. Peter	20:05,37	49
50 Hutton, Evan	St. Peter	20:07,67	50
51 O'Hare, Nathan	St Patrick's	20:15,48	51
52 Dostie, Lance	St. Peter	20:23,45	52



## NCSSAA EAST CONFERENCE CROSS-COUNTRY CHAMPIONSHIPS - 2016-10-19

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## Results

## Event 3 Girls 5k CC Junior

Name	Year School	Finals	Points
Results - Women			
1 Shapansky, Teagan	Glebe CI	19:39,14	1
2 Barrett, Roslayn	Glebe CI	19:39,43	2
3 Roy, Megan	Louis-Riel	20:04,02	3
4 Macintosh, Sarah	Glebe CI	22:07,06	4
5 Moore, Sarah	Glebe CI	22:07,70	5
6 Downey, Sarah	Osgoode	22:39,15	6
7 Burger, Sophie-Anne	Glebe CI	22:56,84	7
8 NG, Natara	Lisgar	23:28,46	8
9 Matthews, Anna	Colonel By	23:29,41	9
10 Roy-Stang, Zoe	Garneau	23:30,41	10
11 Peres, Corina	Glebe CI	23:44,01	11
12 Houle, Catherine	Beatrice-Desloges	23:54,51	12
13 Zhou, Emily (Yijia)	Canterbury	24:19,99	13
14 L'Abbe, Emilie	Beatrice-Desloges	24:24,21	14
15 Collingridge, Naomi	St. Matthew	24:25,64	15
16 Filby, Isabella	St. Peter	24:36,51	16
17 Leighton, Erica	Lisgar	25:01,85	17
18 Goudie, Faith	Cairine Wilson	25:19,35	18
19 Mwamini, Fausdy	Immaculata	25:25,61	19
20 Chen, Emily	Colonel By	25:28,49	20
21 Halmal-Cooper, Akira	Lisgar	25:39,01	21
22 Duguay, Celeste	Beatrice-Desloges	25:54,88	22
23 Zhu, Lynn	Lisgar	25:58,69	23
24 Gault, Olivia	Cairine Wilson	26:11,50	24
25 Pantieras, Eleni	Colonel By	26:15,58	25
26 MacCarthy, Amanda	Colonel By	26:20,23	26
27 Édarkhanbaatar, Uyanga	Gloucester	26:23,78	27
28 Wann, Kadiatou	Louis-Riel	26:28,44	28
29 Mannion, Jazmin	Sir Wilfrid Laurier	26:32,45	29
30 Allard, Marianne	Samuel-Genest	26:38,95	30
31 Reid, Kennedy	Elmwood School	26:56,25	31
32 Webster, Shannon	Canterbury	27:00,13	32
33 Phillips, Julia	Canterbury	27:01,26	33
34 Zubyck, Gabrielle	Beatrice-Desloges	27:40,70	34
35 Bach, Logan	Cairine Wilson	27:57,83	35
36 Sallam, Aliya	Lisgar	28:02,36	36
37 Mondoux, Sydney	Colonel By	28:10,99	37
38 Chloe, Miranda	Lycee Claudel	28:15,03	38
39 Jenkins, Katie	Lisgar	29:00,58	39
40 McGowan, Robyn	Ashbury College	31:20,38	40
41 Vieux, Kayla	Louis-Riel	45:00,00	41
42 Fofana, Fatoumata	Louis-Riel	46:00,00	42
43 Jerome, Charlotte	Colonel By	47:00,00	43



## NCSSAA EAST CONFERENCE CROSS-COUNTRY CHAMPIONSHIPS - 2016-10-19

## Ottawa, ON

## Results

## Event 4 Boys 5k CC Junior

Name	Year School	Finals	Points
Results - Men			
1 Pensom, Jack	Glebe CI	17:00,47	1
2 Cox, William	Colonel By	17:03,70	2
3 Cunningham, Ryan	Glebe CI	17:09,03	3
4 Jones, Stuart	Colonel By	17:31,04	4
5 Morris, Henry	Glebe CI	17:46,39	5
6 Allan, Tyler	Ashbury College	17:53,87	6
7 Trueman, Declan	Glebe CI	17:58,28	7
8 Soler Perez, Oscar	Ridgemont	18:06,30	8
9 Martin, Rylan	Lisgar	18:09,70	9
10 Zhu, David	Colonel By	18:47,18	10
11 Rai, Vashkar	Ridgemont	18:54,39	11
12 Monteith-Pistor, Alexand	Colonel By	18:57,64	12
13 Lane, Tom	Glebe CI	19:27,91	13
14 Westdal, Aidan	Glebe CI	19:40,37	14
15 MacDonald, Ethan	Glebe CI	19:44,96	15
16 Conboy, Carter	Glebe CI	19:45,84	
17 Valiquette, Alex	Ashbury College	19:49,49	16
18 Chung, Peter	Colonel By	19:50,67	17
19 Janda, Magnus	Immaculata	20:02,14	18
20 Chen, Nathan	Lisgar	20:12,88	19
21 Martens, Owen	Immaculata	20:15,01	20
22 Christie, Taylor	Brookfield	20:15,36	21
23 Wang, William	Colonel By	20:27,36	22
24 Hayden, Mitchell	Glebe CI	20:28,09	
25 Valiquette, Phil	Ashbury College	20:30,09	23
26 Angell, Jonathan	Lisgar	20:33,71	24
27 Boyd, Ian	Cairine Wilson	20:41,49	25
28 Locklear-Dolan, Gabriel	Glebe CI	20:59,33	
29 Christopher, Macartney	Lycee Claudel	21:04,62	26
30 McReynolds, David	Gisele-Lalonde	21:05,46	27
31 David, Hassard	Lycee Claudel	21:32,19	28
32 Leewinchell, Jean	Gisele-Lalonde	21:37,60	29
33 Kieran, Atfield	Lycee Claudel	21:48,38	30
34 Karim, Harb	Lycee Claudel	21:54,00	31
35 Blake, Cole	Sir Wilfrid Laurier	21:55,49	32
36 Bhindi, Ravi	Colonel By	22:02,58	33
37 Groh, Kyle	Ashbury College	22:09,12	34
38 Colman, Devin	Sir Wilfrid Laurier	22:20,53	35
39 Wolfe, James	Lisgar	22:42,18	36
40 Maciver, Paul	Cairine Wilson	23:02,24	37
41 Rue, Ethan	Colonel By	23:16,38	
42 Chamma, Brendon	St. Peter	23:28,74	38
43 Holland, Grayson	Lester B. Pearson	24:31,22	39
44 Cook, Kellan	Cairine Wilson	25:00,42	40
45 Fitzgerald, Rhys	Sir Wilfrid Laurier	25:19,21	41
46 McDonald, Parker	Glebe CI	25:26,53	
47 Volochay, Nikita	Colonel By	27:39,23	
48 Lantz, Idin	Cairine Wilson	27:48,49	42





## NCSSAA EAST CONFERENCE CROSS-COUNTRY CHAMPIONSHIPS - 2016-10-19

## Ottawa, ON

## Results

## Event 5 Girls 6k CC Senior

Name	Year School	Finals	Points
Results - Women			
1 Scotten, Marin	Sir Wilfrid Laurier	23:36,96	1
2 Soroczan-Wright, Mollie	Colonel By	23:49,40	2
3 Trapeau, Maeliss	Lycee Claudel	24:15,28	3
4 Wilson, Janet	Canterbury	24:49,49	4
5 Lea, Abigail	Cairine Wilson	25:04,09	5
6 Wong, Annika	Canterbury	25:09,64	6
7 Weston, Mei Mei	Glebe CI	25:15,60	7
8 Shepherd, Keili	Glebe CI	25:15,80	8
9 Whitford, Nina	Glebe CI	25:16,18	9
10 Larkin, Anna	Glebe CI	25:16,55	10
11 Millar, Kate	Glebe CI	25:16,97	11
12 Grimes, Cassidy	Glebe CI	25:17,37	12
13 Welburn, Anna	Glebe CI	25:17,87	13
14 Barrett, Suzannah	Glebe CI	25:41,74	
15 Ng, Skylar	Lisgar	25:52,90	14
16 Alince, Caroline	Canterbury	25:54,35	15
17 Sanger, Alia	Lisgar	26:40,85	16
18 Borrens, Sara	Franco-Cite	26:46,15	17
19 Assadzadeh, Bronte	Elmwood School	26:50,26	18
20 Mullan, Marley	Canterbury	27:08,38	19
21 Hallen, Frances	Colonel By	27:12,68	20
22 Caspi, Noa	Ashbury College	27:14,58	21
23 George, Neha	Colonel By	27:15,20	22
24 Fluet, Julia	Brookfield	27:15,53	23
25 Joseph, Caylee	Cairine Wilson	27:19,80	24
26 Kingston, Renata	Louis-Riel	27:22,84	25
27 Unrau, Doria	Colonel By	27:38,53	26
28 Cavan, Elizabeth	Louis-Riel	27:45,68	27
29 Lipin, Charlotte	Canterbury	27:51,27	28
30 Gay, Katie	Ashbury College	28:24,54	29
31 Ladanowski, Jennifer	Franco-Cite	28:55,31	30
32 Silva-Roy, Patricia	St. Peter	29:08,13	31
33 Du, Jia	Lisgar	29:12,42	32
34 Bowman, Deanna	Osgoode	29:38,53	33
35 Schenk, Josilyn	Ashbury College	29:39,62	34
36 Smirnova, Elena	Ashbury College	29:45,09	35
37 Rue, Ishana	Colonel By	29:49,27	36
38 Vanderpol, Melanie	Colonel By	29:49,57	37
39 Mouser, Lauren	Glebe CI	29:52,45	
40 Saravanamuttoo, Kendall	Glebe CI	29:52,80	
41 Lorusso, Gabriella	Glebe CI	29:53,26	
42 MacKay, Ciara	Glebe CI	29:53,75	
43 Bruno, Laura	Canterbury	29:58,22	38
44 Morris, Sabrina	Colonel By	30:02,12	39
45 Cossette, Marianne	Beatrice-Desloges	30:17,70	40
46 Boswell, Sarah	Garneau	30:20,92	41
47 Laurie, Kaitlin	Colonel By	30:21,73	
48 Huang, Ellen	Colonel By	30:22,69	
49 Dumitrascu, Flavia	Ashbury College	30:32,09	42
50 Fyfe, Lilly	Canterbury	31:12,57	43
51 De Los Santos, Tianna	St. Peter	31:12,85	44
52 Zettel, Hannah	Colonel By	31:31,59	



**NCSSAA EAST CONFERENCE CROSS-COUNTRY CHAMPIONSHIPS - 2016-10-19****Ottawa, ON****Results****....Event 5 Girls 6k CC Senior**

5 Garneau	205	41	46	57	61	62
Total Time: 2:10:49,13						
Average: 32:42,29						
6 Beatrice-Desloges	219	40	53	58	68	71
Total Time: 2:17:05,36						
Average: 34:16,34						

## NCSSAA EAST CONFERENCE CROSS-COUNTRY CHAMPIONSHIPS - 2016-10-19

## Ottawa, ON

## Results

## Event 6 Boys 6k CC Senior

Name	Year School	Finals	Points
Results - Men			
1 Nshimiyimana, Jimmy	Rideau HS	19:36,06	1
2 Alie-Lamarche, Andre	Gloucester	19:46,76	2
3 Rioux, Jonathan	Louis-Riel	20:09,82	3
4 McCann, Reilly	Franco-Cite	20:33,12	4
5 Fournier, Adrian	Franco-Cite	20:41,40	5
6 Holton, Leo	Lisgar	20:50,96	6
7 Finn, James	Beatrice-Desloges	21:05,22	7
8 Ali, Mahad	Louis-Riel	21:12,28	8
9 Kealey, Evan	Glebe CI	21:14,26	9
10 Nussbaum, Eric	Lisgar	21:18,83	10
11 Black, Micah	Glebe CI	21:21,04	11
12 Harris, Teagan	Glebe CI	21:21,36	12
13 Nowlan, Joshua	Glebe CI	21:21,66	13
14 Daly, Graham	Ashbury College	21:21,98	14
15 Grall, Pierre	Glebe CI	21:24,20	15
16 Taylor, Samuel	Ashbury College	21:24,71	16
17 Mecklenburg, Johann	Ashbury College	21:34,71	17
18 Perreault, Finn	Glebe CI	21:37,83	18
19 Thomas, Shane	St. Peter	21:44,17	19
20 Lyness, Quinn	Sir Wilfrid Laurier	22:16,69	20
21 Blanchette, Tomas	Ridgemont	22:26,16	21
22 Milley, Ben	Glebe CI	22:27,90	22
23 Holmes, Keith	Hillcrest	22:33,04	23
24 Higa, Printz	Louis-Riel	22:36,75	24
25 Ukpona, Kahin	Sir Wilfrid Laurier	22:43,23	25
26 St-Denis, Alexandre	Louis-Riel	22:44,66	26
27 Abdulatif, Ahmed	St Patrick's	22:47,15	27
28 Dufour, Adam	Colonel By	22:47,50	28
29 Forster, Philippe	De La Salle	22:48,04	29
30 Lemay, Theo	De La Salle	22:49,02	30
31 Pierce, Ezra	Glebe CI	22:52,17	
32 Sawasawa, Charles	Lester B. Pearson	22:57,01	31
33 Smith, Maxwell	Lisgar	23:13,94	32
34 Southward, Edward	Ashbury College	23:14,27	33
35 Robinson, Jordan	Osgoode	23:20,14	34
36 Ibrahim, Hussein	Rideau HS	23:35,77	35
37 Goodkey, Kyle	Immaculata	23:43,67	36
38 Knight, Matthew	Cairine Wilson	23:44,05	37
39 Hakizimana, Israel	Rideau HS	23:51,87	38
40 Bisson, Jake	Cairine Wilson	23:53,16	39
41 Benner, Trevor	Cairine Wilson	23:57,61	40
42 Reid, Freeman	Immaculata	24:00,78	41
43 Stern, Avram	Lisgar	24:01,28	42
44 Dittmann, Tanner	Sir Wilfrid Laurier	24:01,96	43
45 Girgis, Karver	Glebe CI	24:45,94	
46 Cadieux, Alexandre	Beatrice-Desloges	24:48,73	44
47 Biniek, Artin	St Patrick's	24:50,20	45
48 Paoli, Justin	Lisgar	25:22,31	46
49 Ghanem, Gabriel	Immaculata	25:34,19	47
50 Thom, Devin	Ridgemont	25:43,70	48
51 Pereira, Iago	Gloucester	25:50,85	49
52 Bustillos, Bryan	Immaculata	25:57,97	50



