



# KITCHISSIPPI RIDGE INVITATIONAL

Petawawa

Petawawa Golf Club

www.windsortiming.com

2017-10-05

## Race #1

**MEN & WOMEN (Para) • 3 Kilometers (1.86 Miles)**

## FINAL RESULTS

### TEAM SCORING SUMMARY

| Final Standings                       | Score | Total   | Avg.  |
|---------------------------------------|-------|---------|-------|
| 1 Almaguin Highlands Secondary School | 11    | 1:04:06 | 16:02 |
| 2 Fellowes High School                | 26    | 1:29:21 | 22:21 |

### INDIVIDUAL RESULTS

| Athlete              | Team                                | Score | Time     |
|----------------------|-------------------------------------|-------|----------|
| 1 MARSHALL, Jacob    | Almaguin Highlands Secondary School | 1     | 13:28.85 |
| 2 BOOTH, Hudson      | Almaguin Highlands Secondary School | 2     | 13:30.14 |
| 3 ARDIEL, Clarista   | Almaguin Highlands Secondary School | 3     | 17:03.86 |
| 4 ETHIER, Paul       | Fellowes High School                | 4     | 19:14.75 |
| 5 CARD, Jesse        | Almaguin Highlands Secondary School | 5     | 20:03.08 |
| 6 LEAHY, Cole        | Fellowes High School                | 6     | 22:39.21 |
| 7 MOFFAT, Damion     | Fellowes High School                | 7     | 23:24.03 |
| 8 MACEACHERN, Victor | Valour - Petawawa                   | 8     | 23:41.15 |
| 9 FLION, Alicia      | Fellowes High School                | 9     | 24:02.97 |

**Race #3****WOMEN (Midget) • 4 Kilometers (2.49 Miles)****FINAL RESULTS****TEAM SCORING SUMMARY**

| <b>Final Standings</b> |                                | <b>Score</b> | <b>Total</b> | <b>Avg.</b> |
|------------------------|--------------------------------|--------------|--------------|-------------|
| 1                      | ESC Theriault                  | 26           | 1:05:29      | 16:23       |
| 2                      | Glebe Collegiate - Ottawa      | 40           | 1:07:02      | 16:46       |
| 3                      | East Northumberland - Brighton | 96           | 1:12:21      | 18:06       |
| 4                      | Carleton Place                 | 161          | 1:16:18      | 19:05       |
| 5                      | Scollard Hall - North Bay      | 189          | 1:16:59      | 19:15       |
| 6                      | Garneau                        | 206          | 1:19:20      | 19:50       |
| 7                      | Ashbury College - Ottawa       | 218          | 1:19:13      | 19:49       |
| 8                      | Valour - Petawawa              | 262          | 1:24:22      | 21:06       |
| 9                      | Thousand Islands SS            | 269          | 1:24:06      | 21:02       |
| 10                     | Algonquin                      | 278          | 1:28:36      | 22:09       |

**INDIVIDUAL RESULTS**

| <b>Athlete</b>                  | <b>Team</b>                          | <b>Score</b> | <b>Time</b> |
|---------------------------------|--------------------------------------|--------------|-------------|
| 1 BARTOLOMUCCI, Jordyn          | ESC Theriault                        | 1            | 15:34.63    |
| 2 TURCOTTE, Macy                | ESC Theriault                        | 2            | 15:38.87    |
| 3 CSISZTU, Samantha             | Jeanne-Lajoie - Pembroke             | 3            | 15:51.15    |
| 4 HEFFERNAN-WILKER, Anna Sierra | Glebe Collegiate - Ottawa            | 4            | 15:56.15    |
| 5 BROWN, Ellie                  | St. Michael - Kemptville             | 5            | 15:59.52    |
| 6 BIALOWAS, Ivy                 | Glebe Collegiate - Ottawa            | 6            | 16:04.12    |
| 7 STEVENS, Isabelle             | Ashbury College - Ottawa             | 7            | 16:29.02    |
| 8 ROCHON, Daniella              | ESC Theriault                        | 8            | 16:44.34    |
| 9 FANJOY, Autumn                | East Northumberland - Brighton       | 9            | 16:53.18    |
| 10 STONHAM, Bailey              | Arnprior Dhs - Arnprior              | 10           | 17:01.01    |
| 11 HUBERT, Hannah               | Renfrew CI - Renfrew                 | 11           | 17:04.98    |
| 12 MCMANN, Caitin               | Longfields Davidson Heights - Ottawa | 12           | 17:06.32    |
| 13 METUZALS, Kali               | Glebe Collegiate - Ottawa            | 13           | 17:11.19    |
| 14 FRISKE, Cassidy              | Renfrew CI - Renfrew                 | 14           | 17:11.28    |
| 15 LAPIERRE, Danika             | ESC Theriault                        | 15           | 17:30.73    |
| 16 LAMONTAGNE, Anna             | Garneau                              | 16           | 17:48.21    |
| 17 STEWART, Natasha             | Glebe Collegiate - Ottawa            | 17           | 17:49.97    |
| 18 FRYMIRE, Clare               | Kingston Cvi - Kingston              | 18           | 17:50.22    |
| 19 GUTHRIE, Katie               | North Grenville - Kemptville         | 19           | 17:51.95    |
| 20 BEGGS, Mackenzie             | North Grenville - Kemptville         | 20           | 17:57.26    |
| 21 THOMAS, Lilli                | Glebe Collegiate - Ottawa            | 21           | 18:02.42    |
| 22 MACINTOSH, Katie             | Glebe Collegiate - Ottawa            | 22           | 18:03.71    |
| 23 NESBITT, Sterlin             | Haliburton Highlands - Halibur       | 23           | 18:09.03    |
| 24 POWELL, Taylor               | East Northumberland - Brighton       | 24           | 18:09.09    |
| 25 GEORGISON, Lydia             | Carleton Place                       | 25           | 18:13.36    |
| 26 YEMEN, Jessica               | Valour - Petawawa                    | 26           | 18:14.14    |
| 27 LEAHY, Arden                 | St. Michael - Kemptville             | 27           | 18:14.41    |

| Athlete                | Team                                 | Score | Time     |
|------------------------|--------------------------------------|-------|----------|
| 28 STEWART, Teagan     | Glebe Collegiate - Ottawa            | 28    | 18:18.50 |
| 29 ANTONIUK, Alicia    | East Northumberland - Brighton       | 29    | 18:32.36 |
| 30 WOOD, Ella          | Glebe Collegiate - Ottawa            | 30    | 18:33.86 |
| 31 KOHL, Rhea          | Birchmount Park Collegiate           | 31    | 18:37.57 |
| 32 ETHERINGTON, Skylar | Carleton Place                       | 32    | 18:42.17 |
| 33 VIEL, Emilie        | ESC Theriault                        | 33    | 18:43.59 |
| 34 NEWBERRY, Morgan    | East Northumberland - Brighton       | 34    | 18:46.25 |
| 35 BOUFFARD, Gabrielle | Bishop Smith - Pembroke              | 35    | 18:46.67 |
| 36 MASSEY, Norah       | Carleton Place                       | 36    | 18:46.69 |
| 37 CAMPBELL, Laura     | Scollard Hall - North Bay            | 37    | 18:48.69 |
| 38 WAGER, Lily         | Almaguin Highlands Secondary School  | 38    | 18:50.05 |
| 39 BRAZEAU, Brooke     | Arnprior Dhs - Arnprior              | 39    | 18:53.41 |
| 40 KIM, Jessica        | ESC Theriault                        | 40    | 18:56.26 |
| 41 STEINKE, Kailey     | Arnprior Dhs - Arnprior              | 41    | 18:57.73 |
| 42 BARKER, Miriam      | Garneau                              | 42    | 18:58.87 |
| 43 ROBERTSON, Emma     | Widdifield Secondary School          | 43    | 19:04.14 |
| 44 ASH, Taylor         | Scollard Hall - North Bay            | 44    | 19:05.45 |
| 45 SEGUIN, Anna        | Algonquin                            | 45    | 19:07.61 |
| 46 ARTHUR, Olivia      | East Northumberland - Brighton       | 46    | 19:09.02 |
| 47 HERMAN, Laurel      | Algonquin                            | 47    | 19:09.28 |
| 48 DURANT, Ainsley     | Thousand Islands SS                  | 48    | 19:15.39 |
| 49 HOBBS, Rhiannon     | All Saints - Ottawa                  | 49    | 19:17.77 |
| 50 DUROCHER, Gwyneth   | Scollard Hall - North Bay            | 50    | 19:18.79 |
| 51 MOUAKI, Yasmin      | John McCrae SS - Ottawa              | 51    | 19:26.77 |
| 52 DEFORGE, Sarah      | ESC Theriault                        | 52    | 19:29.30 |
| 53 FIONA, McCreary     | Rideau District HS - Elgin           | 53    | 19:30.49 |
| 54 GADOURY, Maryssa    | ESC Theriault                        | 54    | 19:35.52 |
| 55 MCGREGOR, Payton    | St. Joseph's - Renfrew               | 55    | 19:35.74 |
| 56 CAMPBELL, Ania      | Kingston Cvi - Kingston              | 56    | 19:42.28 |
| 57 BLAKELY, Aislyn     | Thousand Islands SS                  | 57    | 19:42.96 |
| 58 MICHAUD, Ayden      | Scollard Hall - North Bay            | 58    | 19:45.73 |
| 59 HILL, Grace         | Almonte District HS - Almonte        | 59    | 19:51.99 |
| 60 LEWIS, Lily         | Seaway District HS - Iroquois        | 60    | 19:53.79 |
| 61 DAGG-LABINE, Ada    | ESC Theriault                        | 61    | 20:01.39 |
| 62 NORMAN, Olivia      | Glebe Collegiate - Ottawa            | 62    | 20:02.09 |
| 63 JAMES, Alexis       | Regiopolis-Notre Dame-Kingston       | 63    | 20:07.38 |
| 64 LAQUERRE, Hannah    | Ashbury College - Ottawa             | 64    | 20:15.22 |
| 65 CARR, Makyla        | Ashbury College - Ottawa             | 65    | 20:15.53 |
| 66 WARREN, Abbey       | St. Joseph's - Renfrew               | 66    | 20:18.95 |
| 67 SÉGUIN, Anne-Li     | Jeanne-Lajoie - Pembroke             | 67    | 20:22.40 |
| 68 SCHOOLEY, Rachel    | Carleton Place                       | 68    | 20:35.71 |
| 69 BRISEBOIS, Erika    | Garneau                              | 69    | 20:38.69 |
| 70 FURBACHER, Hannah   | Korah C&VS                           | 70    | 20:42.91 |
| 71 BELLAIRE, Jaden     | Roland Michener - South Porcupine    | 71    | 20:43.67 |
| 72 SULLIVAN, Kate      | Colonel By Secondary School - Ottawa | 72    | 20:52.11 |
| 73 LESSARD, Megan      | ESC Theriault                        | 73    | 21:03.90 |
| 74 LAVOIE, Bobbie      | Valour - Petawawa                    | 74    | 21:07.14 |

| <b>Athlete</b>            | <b>Team</b>                 | <b>Score</b> | <b>Time</b> |
|---------------------------|-----------------------------|--------------|-------------|
| 75 CHILDERHOSE, Cloe      | Valour - Petawawa           | 75           | 21:07.26    |
| 76 MASSEY, Ava            | Carleton Place              | 76           | 21:36.95    |
| 77 MCMULLAN, Iolanthe     | Widdifield Secondary School | 77           | 21:43.44    |
| 78 AUDET, Adèle           | Beatrice-Desloges           | 78           | 21:50.94    |
| 79 BARRETTE, Laurence     | Garneau                     | 79           | 21:53.26    |
| 80 MILLOTTE, Jazmin       | Kingston Cvi - Kingston     | 80           | 21:59.38    |
| 81 PERKINS, Breanna       | Thousand Islands SS         | 81           | 22:05.36    |
| 82 GINGRAS-THERIAULT, Zoe | Ashbury College - Ottawa    | 82           | 22:12.24    |
| 83 KINLIN, Leanne         | Thousand Islands SS         | 83           | 23:01.99    |
| 84 CLAYTON, Hannah        | Widdifield Secondary School | 84           | 23:23.40    |
| 85 LAPORTE, Karlee        | Scollard Hall - North Bay   | 85           | 23:38.62    |
| 86 MOGAHEY, Katelyn       | St. Michael - Kemptville    | 86           | 23:42.43    |
| 87 CHUBBS, Amber          | Valour - Petawawa           | 87           | 23:53.09    |
| 88 VALLESCURA, Vanessa    | Valour - Petawawa           | 88           | 24:03.32    |
| 89 BULLIVANT, Chloe       | Valour - Petawawa           | 89           | 24:03.47    |
| 90 LAROQUE, Fiona         | St. Joseph's - Renfrew      | 90           | 24:14.94    |
| 91 LALONDE, Daphnee       | Algonquin                   | 91           | 24:16.44    |
| 92 FAUCHER, Valerie       | ESC Theriault               | 92           | 24:25.63    |
| 93 COURCHESNE, Kaatje     | Scollard Hall - North Bay   | 93           | 24:35.51    |
| 94 BRANDT, Rose           | Scollard Hall - North Bay   | 94           | 24:37.23    |
| 95 HOTTE, Stephanie       | Algonquin                   | 95           | 26:02.62    |

**Race #4****MEN (Midget) • 4 Kilometers (2.49 Miles)****FINAL RESULTS****TEAM SCORING SUMMARY**

| <b>Final Standings</b> |                                | <b>Score</b> | <b>Total</b> | <b>Avg.</b> |
|------------------------|--------------------------------|--------------|--------------|-------------|
| 1                      | St. Michael's College School   | 68           | 58:57        | 14:45       |
| 2                      | Glebe Collegiate - Ottawa      | 82           | 59:15        | 14:49       |
| 3                      | Thousand Islands SS            | 93           | 59:43        | 14:56       |
| 4                      | East Northumberland - Brighton | 128          | 1:01:20      | 15:20       |
| 5                      | ESC Theriault                  | 158          | 1:02:04      | 15:31       |
| 6                      | Valour - Petawawa              | 167          | 1:02:49      | 15:43       |
| 7                      | Birchmount Park Collegiate     | 194          | 1:03:39      | 15:55       |
| 8                      | John McCrae SS - Ottawa        | 203          | 1:03:57      | 16:00       |
| 9                      | Merivale HS - Ottawa           | 302*         | 1:07:43      | 16:56       |
| 10                     | Bishop Smith - Pembroke        | 302*         | 1:10:14      | 17:34       |
| 11                     | O'Gorman - Timmins             | 327          | 1:09:36      | 17:24       |

**\*Tiebreakers**

Merivale HS - Ottawa 60 63 80 99 103 114

Bishop Smith - Pembroke 35 45 104 118 121 123

**INDIVIDUAL RESULTS**

| <b>Athlete</b>       | <b>Team</b>                         | <b>Score</b> | <b>Time</b> |
|----------------------|-------------------------------------|--------------|-------------|
| 1 SAAL, Rudy         | Jeanne-Lajoie - Pembroke            | 1            | 13:30.30    |
| 2 MCGRATH, Keaton    | Arnprior Dhs - Arnprior             | 2            | 13:56.32    |
| 3 NEWMAN, Keito      | Glebe Collegiate - Ottawa           | 3            | 13:59.33    |
| 4 GREAVES, Bronsen   | Thousand Islands SS                 | 4            | 14:00.76    |
| 5 WOHL, Adam         | Greater Fort Erie Secondary School  | 5            | 14:01.81    |
| 6 DECASTRO, Myles    | St. Michael's College School        | 6            | 14:09.59    |
| 7 ALLAN, Luke        | Ashbury College - Ottawa            | 7            | 14:12.46    |
| 8 WEBSTER, Aiden     | C. W. Jefferys Collegiate Institute | 8            | 14:17.82    |
| 9 ROBICHAUD, Miguel  | Garneau                             | 9            | 14:19.28    |
| 10 WORDEN, Matt      | Thousand Islands SS                 | 10           | 14:21.22    |
| 11 O'KEEFE, Sean     | Neil McNeil                         | 11           | 14:25.84    |
| 12 SCOTT, Ethan      | Widdifield Secondary School         | 12           | 14:32.20    |
| 13 MASHINTER, Austin | Lo-Ellen Park S.S.                  | 13           | 14:36.35    |
| 14 CINO, Sebastian   | Glebe Collegiate - Ottawa           | 14           | 14:37.88    |
| 15 ROY, Oscar        | St. Michael's College School        | 15           | 14:43.05    |
| 16 BRAZEAU, Desmond  | ESC Theriault                       | 16           | 14:47.00    |
| 17 MASON, Robin      | Glebe Collegiate - Ottawa           | 17           | 14:48.78    |
| 18 EGAN, William     | Opeongo HS - Douglas                | 18           | 14:49.50    |
| 19 BOURDON, Joe      | ESC Theriault                       | 19           | 14:52.60    |
| 20 HOLLINGER, Isaac  | East Northumberland - Brighton      | 20           | 14:55.61    |
| 21 COLLINS, Nekhi    | Birchmount Park Collegiate          | 21           | 14:58.46    |

| Athlete                      | Team                           | Score | Time     |
|------------------------------|--------------------------------|-------|----------|
| 22 RAFTIS, Jordan            | St. Michael's College School   | 22    | 14:58.53 |
| 23 O'KEEFE, Aidan            | Birchmount Park Collegiate     | 23    | 15:03.52 |
| 24 MOLENHUIS, Aaron          | East Northumberland - Brighton | 24    | 15:03.84 |
| 25 EVANS, Dylan              | St. Michael's College School   | 25    | 15:04.92 |
| 26 DOUGHTY, Sean             | Valour - Petawawa              | 26    | 15:10.25 |
| 27 LAPOLICE, Jeremy          | Garneau                        | 27    | 15:10.34 |
| 28 HOPKINS, Noah             | Northern Secondary School      | 28    | 15:19.09 |
| 29 SCORRER, Owen             | AY Jackson                     | 29    | 15:20.44 |
| 30 NICHOLLS, Daxtin          | East Northumberland - Brighton | 30    | 15:21.58 |
| 31 MAY, Ryan                 | John McCrae SS - Ottawa        | 31    | 15:21.70 |
| 32 ROACH, John               | Renfrew CI - Renfrew           | 32    | 15:21.97 |
| 33 BENTOUJI, Nourine         | Valour - Petawawa              | 33    | 15:27.33 |
| 34 CAMPBELL, Ehan            | St. Michael's College School   | 34    | 15:29.88 |
| 35 WIGGLESWORTH, Justin      | Bishop Smith - Pembroke        | 35    | 15:32.63 |
| 36 HOUSTON, William          | Valour - Petawawa              | 36    | 15:35.65 |
| 37 ROSTEK, Mark              | Regiopolis-Notre Dame-Kingston | 37    | 15:36.22 |
| 38 GIVOGUE, Ryan             | Thousand Islands SS            | 38    | 15:38.20 |
| 39 GAGNON, Gavin             | O'Gorman - Timmins             | 39    | 15:38.66 |
| 40 VANDERPLOEG, Alexander    | Renfrew CI - Renfrew           | 40    | 15:39.47 |
| 41 DOWSLEY, Coulson          | Thousand Islands SS            | 41    | 15:42.56 |
| 42 ST MARSELLE, Aiden        | John McCrae SS - Ottawa        | 42    | 15:43.75 |
| 43 ROURKE, Brendan           | St. Michael's College School   | 43    | 15:44.79 |
| 44 MASON, Jack               | Regiopolis-Notre Dame-Kingston | 44    | 15:45.81 |
| 45 UNRAU, Ryan               | Bishop Smith - Pembroke        | 45    | 15:45.90 |
| 46 HOUGH, Garrett            | Thousand Islands SS            | 46    | 15:47.03 |
| 47 ST-ARNAUD, Louis-Philippe | Garneau                        | 47    | 15:47.78 |
| 48 COBDEV, Matthew           | Glebe Collegiate - Ottawa      | 48    | 15:48.83 |
| 49 VARKEY, Owen              | St. Michael's College School   | 49    | 15:50.26 |
| 50 SMOLJAN, Sam              | St. Michael's College School   | 50    | 15:51.27 |
| 51 DOSTIE, Guillaume         | Jeanne-Lajoie - Pembroke       | 51    | 15:51.40 |
| 52 MCCUAIG, Adam             | St. Joseph's - Renfrew         | 52    | 15:53.63 |
| 53 TAYLOR, Andrew            | John McCrae SS - Ottawa        | 53    | 15:54.05 |
| 54 BUCKNELL, Jack            | East Northumberland - Brighton | 54    | 15:58.62 |
| 55 CHISHOLM, Drew            | ESC Theriault                  | 55    | 16:00.49 |
| 56 HORNUNG, Jeremy           | Glebe Collegiate - Ottawa      | 56    | 16:00.88 |
| 57 MESSINA, Joseph           | St. Michael's College School   | 57    | 16:03.46 |
| 58 JOHNSON, Jeffrey          | Kingston Cvi - Kingston        | 58    | 16:04.79 |
| 59 GREENWOOD, Cameron        | East Northumberland - Brighton | 59    | 16:09.22 |
| 60 SPAANS, Aidan             | Merivale HS - Ottawa           | 60    | 16:11.97 |
| 61 JOHNSTON, Jacob           | Glebe Collegiate - Ottawa      | 61    | 16:13.11 |
| 62 FESCHUCK, Oscar           | St. Michael's College School   | 62    | 16:13.74 |
| 63 HAYDEN, Jack              | Merivale HS - Ottawa           | 63    | 16:14.67 |
| 64 VELDUIJ, Seth             | Algonquin                      | 64    | 16:17.49 |
| 65 ROWE, Ehan                | Birchmount Park Collegiate     | 65    | 16:18.97 |
| 66 BEAULIEU, Benjamin        | Jeanne-Lajoie - Pembroke       | 66    | 16:22.05 |
| 67 BLANCHARD, Dakota         | Thousand Islands SS            | 67    | 16:23.47 |
| 68 TAYLOR, Eli               | ESC Theriault                  | 68    | 16:23.57 |

| Athlete                        | Team                                | Score | Time     |
|--------------------------------|-------------------------------------|-------|----------|
| 69 BUCKY, Quanz                | Regiopolis-Notre Dame-Kingston      | 69    | 16:26.58 |
| 70 NOSEWORTHY, Tristan         | Thousand Islands SS                 | 70    | 16:29.93 |
| 71 WRIGHT, Carson              | Thousand Islands SS                 | 71    | 16:31.19 |
| 72 LEMEUX, Dominic             | Valour - Petawawa                   | 72    | 16:34.86 |
| 73 RONHOLM, Kellan             | Almaguin Highlands Secondary School | 73    | 16:36.26 |
| 74 SAUNDERS, James             | North Grenville - Kemptville        | 74    | 16:37.67 |
| 75 DONALDSON, Wesley           | East Northumberland - Brighton      | 75    | 16:49.84 |
| 76 LAMBLEY, Ryan               | All Saints - Ottawa                 | 76    | 16:50.34 |
| 77 MAY, Owen                   | John McCrae SS - Ottawa             | 77    | 16:56.66 |
| 78 BUTTERFIELD, Ewan           | Ashbury College - Ottawa            | 78    | 16:59.81 |
| 79 FEASLEY, Kaz                | Thousand Islands SS                 | 79    | 17:01.87 |
| 80 MORTIMER, Ryan              | Merivale HS - Ottawa                | 80    | 17:05.59 |
| 81 JOBE, Willem                | Valour - Petawawa                   | 81    | 17:08.63 |
| 82 DUGUAY, Shamus              | Scollard Hall - North Bay           | 82    | 17:11.97 |
| 83 BEREZNAI, Ollie             | Glebe Collegiate - Ottawa           | 83    | 17:13.15 |
| 84 SCOBIE, Craig               | Arnprior Dhs - Arnprior             | 84    | 17:15.95 |
| 85 GEORGE, Shelton             | Birchmount Park Collegiate          | 85    | 17:17.63 |
| 86 BONSALL, Jeffrey            | ESC Theriault                       | 86    | 17:19.23 |
| 87 GORDON, Alex                | Thousand Islands SS                 | 87    | 17:20.99 |
| 88 VINCZE, Ethan               | O'Gorman - Timmins                  | 88    | 17:22.63 |
| 89 NEADOW, Josh                | Fellowes High School                | 89    | 17:24.88 |
| 90 DUFRESNE-NAPPÉRT, Alexandre | Ecole secondaire pub                | 90    | 17:25.66 |
| 91 TROTTIER, Tyson             | ESC Theriault                       | 91    | 17:32.50 |
| 92 HALEY, Vincent              | North Grenville - Kemptville        | 92    | 17:39.40 |
| 93 HORVATH, Mikulas            | St. Joseph's - Renfrew              | 93    | 17:46.72 |
| 94 RIVARD, Peyton              | East Northumberland - Brighton      | 94    | 17:52.05 |
| 95 CASADO, Manel               | North Grenville - Kemptville        | 95    | 17:55.69 |
| 96 WHITE, Sawyer               | East Northumberland - Brighton      | 96    | 17:55.89 |
| 97 MORRIS, Ethan               | Valour - Petawawa                   | 97    | 17:57.27 |
| 98 RAYMOND, Liam               | O'Gorman - Timmins                  | 98    | 17:59.80 |
| 99 DIDOUNGOU, David            | Merivale HS - Ottawa                | 99    | 18:09.86 |
| 100 HARTLEY, Addison           | Almaguin Highlands Secondary School | 100   | 18:27.69 |
| 101 HEDEMAN, Ashton            | Opeongo HS - Douglas                | 101   | 18:29.55 |
| 102 BRAIN, Jamie               | O'Gorman - Timmins                  | 102   | 18:34.28 |
| 103 CUSTIC, Luka               | Merivale HS - Ottawa                | 103   | 18:36.82 |
| 104 HAMILTON, Ashley           | Bishop Smith - Pembroke             | 104   | 18:40.15 |
| 105 MORNEAU, Benoît            | ESC Theriault                       | 105   | 18:43.45 |
| 106 PARADIS, Kanyon            | East Northumberland - Brighton      | 106   | 18:50.29 |
| 107 MITAL, Kyle                | Ashbury College - Ottawa            | 107   | 18:51.85 |
| 108 WELSH, Craig               | Thousand Islands SS                 | 108   | 18:54.95 |
| 109 DAILEY, Connor             | John McCrae SS - Ottawa             | 109   | 19:06.26 |
| 110 OSBORNE, Jesse             | Carleton Place                      | 110   | 19:20.54 |
| 111 DAVID, William             | Scollard Hall - North Bay           | 111   | 19:27.09 |
| 112 MOREAU, Simon              | Fellowes High School                | 112   | 19:28.43 |
| 113 PRINGLE, Harrison          | Rideau District HS - Elgin          | 113   | 19:33.67 |
| 114 TOWER, Ashton              | Merivale HS - Ottawa                | 114   | 19:35.13 |
| 115 MEUNIER, Owen              | Roland Michener - South Porcupine   | 115   | 19:35.37 |

| <b>Athlete</b>              | <b>Team</b>                           | <b>Score</b> | <b>Time</b> |
|-----------------------------|---------------------------------------|--------------|-------------|
| 116 GILLIS, Tristan         | Ecole L'Équinoxe                      | 116          | 20:00.48    |
| 117 ALHAQ, Nuumair          | AY Jackson                            | 117          | 20:14.23    |
| 118 WECHENTHAL, Blake       | Bishop Smith - Pembroke               | 118          | 20:14.51    |
| 119 WAGNER, Sam             | Longfields: Davidson Heights - Ottawa | 119          | 20:27.58    |
| 120 MIRFAKHRAIE, Sohail     | Merivale HS - Ottawa                  | 120          | 20:44.88    |
| 121 HAGARTY-GODIN, Griffith | Bishop Smith - Pembroke               | 121          | 22:08.01    |
| 122 SEXSMITH, James         | East Northumberland - Brighton        | 122          | 22:32.30    |
| 123 GOYETTE, Alex           | Bishop Smith - Pembroke               | 123          | 23:54.76    |



**Race #5****WOMEN (Junior) • 5 Kilometers (3.11 Miles)****FINAL RESULTS****RACE SUMMARY**

Conditions: Partly Sunny Temperature: 14 Winds: W11km

**TEAM SCORING SUMMARY**

| <b>Final Standings</b>       | <b>Score</b> | <b>Total</b> | <b>Avg.</b> |
|------------------------------|--------------|--------------|-------------|
| 1 Kingston Cvi - Kingston    | 27           | 1:34:05      | 23:32       |
| 2 ESC Theriault              | 94           | 1:43:33      | 25:54       |
| 3 Birchmount Park Collegiate | 99           | 1:44:08      | 26:02       |
| 4 O'Gorman - Timmins         | 111          | 1:46:11      | 26:33       |
| 5 Glebe Collegiate - Ottawa  | 148          | 1:50:40      | 27:40       |
| 6 All Saints - Ottawa        | 153          | 1:51:48      | 27:57       |
| 7 Thousand Islands SS        | 184          | 1:55:24      | 28:51       |
| 8 Bishop Smith - Pembroke    | 203          | 2:03:16      | 30:49       |
| 9 Carneau                    | 250          | 2:07:39      | 31:55       |
| 10 Korah C&VS                | 264          | 2:11:16      | 32:49       |

**INDIVIDUAL RESULTS**

| <b>Athlete</b>           | <b>Team</b>                   | <b>Score</b> | <b>Time</b> |
|--------------------------|-------------------------------|--------------|-------------|
| 1 WORKMAN, Anna          | Kingston Cvi - Kingston       | 1            | 22:03.19    |
| 2 NEWLOVE, Katie         | St. Peter H.S. - Ottawa       | 2            | 22:24.75    |
| 3 CAMPBELL, Mackenzie    | Kingston Cvi - Kingston       | 3            | 22:55.18    |
| 4 PELLERIN, Skye         | St. Francis Xavier - Ottawa   | 4            | 22:56.37    |
| 5 SHEARING, Fiona        | Trinity College School        | 5            | 23:00.25    |
| 6 BOLDUC, Véronique      | Beatrice-Desloges             | 6            | 23:28.23    |
| 7 CARON, Alexa           | ESC Theriault                 | 7            | 23:44.52    |
| 8 JORDAN, Erika          | Seaway District HS - Iroquois | 8            | 23:53.02    |
| 9 LEVASSEUR, Sophie      | Ecole L'Équinoxe              | 9            | 24:01.96    |
| 10 REID, Lauren          | All Saints - Ottawa           | 10           | 24:11.95    |
| 11 STEPHENSON, Jessica   | Kingston Cvi - Kingston       | 11           | 24:27.53    |
| 12 CHUBATY, Lily         | Kingston Cvi - Kingston       | 12           | 24:38.69    |
| 13 KUSNIERÓZYK, Meredith | Lo-Ellen Park S.S.            | 13           | 24:49.81    |
| 14 LYONS, Jasmine        | Glebe Collegiate - Ottawa     | 14           | 24:55.24    |
| 15 MCCARTHY, Audrey      | St. Peter Css. - Peterborough | 15           | 24:58.63    |
| 16 FOX, Shayla           | Birchmount Park Collegiate    | 16           | 25:03.61    |
| 17 MELANCON, Amelia      | ESC Theriault                 | 17           | 25:04.93    |
| 18 DOLANJSKI, Mya        | O'Gorman - Timmins            | 18           | 25:20.99    |
| 19 BURKE, Ally           | O'Gorman - Timmins            | 19           | 25:30.39    |
| 20 GORDON, Maddie        | St. Peter Css. - Peterborough | 20           | 25:34.02    |
| 21 HERWIG, Cailey        | Fellowes High School          | 21           | 25:37.14    |
| 22 SYMINGTON, Fiona      | Unattached                    | 22           | 25:38.79    |
| 23 DERUITER, Hali        | Valour - Peterborough         | 23           | 25:40.73    |
| 24 SMITH-GARVEY, Madison | Birchmount Park Collegiate    | 24           | 25:46.71    |

| Athlete                     | Team                              | Score | Time     |
|-----------------------------|-----------------------------------|-------|----------|
| 25 HUNTER, Reilly           | Birchmount Park Collegiate        | 25    | 25:53.40 |
| 26 BRADLEY, Tara            | Bishop Smith - Pembroke           | 26    | 26:06.60 |
| 27 LINTON, Abby             | Thousand Islands SS               | 27    | 26:06.89 |
| 28 FINCH, Abigail           | All Saints - Ottawa               | 28    | 26:11.10 |
| 29 COOKE, Charlotte         | St. Peter Css - Peterborough      | 29    | 26:12.22 |
| 30 BATHURST, Regan          | Thousand Islands SS               | 30    | 26:25.16 |
| 31 KOLKING, Pippa           | Ashbury College - Ottawa          | 31    | 26:54.11 |
| 32 LAUZON, Payton           | O'Gorman - Timmins                | 32    | 26:54.97 |
| 33 LACHANCE, Kiara          | ESC Theriault                     | 33    | 27:01.11 |
| 34 BOWMAN, Brianna          | Birchmount Park Collegiate        | 34    | 27:23.80 |
| 35 JARVIS, Jeany            | AY Jackson                        | 35    | 27:24.09 |
| 36 KITCHEN, Mackenzie       | Glebe Collegiate - Ottawa         | 36    | 27:34.57 |
| 37 BOURDAGES-COTE, Marie    | ESC Theriault                     | 37    | 27:42.07 |
| 38 FRIEDRICH YAP, Jasmine   | North Grenville - Kemptville      | 38    | 27:43.86 |
| 39 BRADLEY, Grace           | Jeanne-Lajoie - Pembroke          | 39    | 27:47.29 |
| 40 KELLY, Elizabeth         | Bishop Smith - Pembroke           | 40    | 28:12.51 |
| 41 MCINTYRE, Abby           | Opeongo HS - Douglas              | 41    | 28:17.50 |
| 42 WELTZ, Jadyn             | O'Gorman - Timmins                | 42    | 28:23.89 |
| 43 ELDANASOURY, Laila       | Ashbury College - Ottawa          | 43    | 28:38.83 |
| 44 HOWSON, Jessica          | ESC Theriault                     | 44    | 28:38.88 |
| 45 GINGRAS, Courtney        | Korah C&VS                        | 45    | 28:47.56 |
| 46 BOLAND, Charis           | St. Michael - Kemptville          | 46    | 28:51.13 |
| 47 TREMBLAY, Sophie         | Beatrice-Dasloges                 | 47    | 28:55.69 |
| 48 BORRENS, Jayne           | Glebe Collegiate - Ottawa         | 48    | 28:57.55 |
| 49 SCHIEMANN, Alyssa        | Bishop Smith - Pembroke           | 49    | 28:59.37 |
| 50 COLLINGS, Kate           | Glebe Collegiate - Ottawa         | 50    | 29:12.19 |
| 51 CARSON, Emilee           | Regiopolis-Notre Dame-Kingston    | 51    | 29:25.21 |
| 52 THOMPSON, Logan          | Widdifield Secondary School       | 52    | 29:41.36 |
| 53 BARNES, Chloe            | East Northumberland - Brighton    | 53    | 29:47.66 |
| 54 MINILLE-DÉCHÈNE, Estelle | Garneau                           | 54    | 29:48.83 |
| 55 HALCRO, Nicole           | Carleton Place                    | 55    | 30:01.76 |
| 56 BRÄUND, Fiona            | Chippewa Secondary School         | 56    | 30:20.14 |
| 57 FOX, Katelyn             | All Saints - Ottawa               | 57    | 30:42.07 |
| 58 FOX, Victoria            | All Saints - Ottawa               | 58    | 30:42.16 |
| 59 GAGNON, Florence         | Garneau                           | 59    | 30:43.81 |
| 60 BOUCHER, Emma            | Roland Michener - South Porcupine | 60    | 31:19.47 |
| 61 LÉTOURNEAU, Mackenzie    | Garneau                           | 61    | 31:21.26 |
| 62 ETHIER, Alyssa-Charlie   | ESC Theriault                     | 62    | 31:23.28 |
| 63 VICTOR, Anna             | Thousand Islands SS               | 63    | 31:25.84 |
| 64 BONDÌ, Chiara            | Thousand Islands SS               | 64    | 31:25.98 |
| 65 TULLY, Veronica          | St. Michael - Kemptville          | 65    | 31:32.19 |
| 66 GROSKLÉG, Sydney         | Jeanne-Lajoie - Pembroke          | 66    | 31:52.84 |
| 67 BRADLEY, Valerie         | All Saints - Ottawa               | 67    | 32:02.69 |
| 68 TURCOTTE, Mallory        | O'Gorman - Timmins                | 68    | 32:22.39 |
| 69 FATA, Sabrina            | Korah C&VS                        | 69    | 32:32.59 |
| 70 SULLIVAN, Mkaia          | Scollard Hall - North Bay         | 70    | 33:33.18 |
| 71 BARICIAK, Tia            | Korah C&VS                        | 71    | 33:40.42 |

| <b>Athlete</b>        | <b>Team</b>                       | <b>Score</b> | <b>Time</b> |
|-----------------------|-----------------------------------|--------------|-------------|
| 72 DAVIS, Eden        | West Ferris Secondary School      | 72           | 34:54.98    |
| 73 LAPERRIERE, Claire | Scollard Hall - North Bay         | 73           | 35:20.81    |
| 74 SELANDER, Sarah    | Scollard Hall - North Bay         | 74           | 35:28.63    |
| 75 OLLMANN, Holly     | Valour - Petawawa                 | 75           | 35:35.98    |
| 76 LAROCQUE, Isabelle | Garneau                           | 76           | 35:44.31    |
| 77 SOLIMAN, Joy       | All Saints - Ottawa               | 77           | 35:48.68    |
| 78 TUULOS, Trinity    | Widdifield Secondary School       | 78           | 35:51.72    |
| 79 SOLOMON, Aysia     | Korah C&VS                        | 79           | 36:14.61    |
| 80 BOLTON, Jessica    | Korah C&VS                        | 80           | 36:40.61    |
| 81 CONTANT, Amélie    | Garneau                           | 81           | 36:49.71    |
| 82 STINSON, Elissa    | Roland Michener - South Porcupine | 82           | 37:59.44    |
| 83 DEBAT, Petra       | Merivale HS - Ottawa              | 83           | 38:22.83    |
| 84 BOUCHER, Gabrielle | Garneau                           | 84           | 38:52.18    |
| 85 HOWARD, Chânelle   | Jeanne-Lajoie - Pembroke          | 85           | 38:55.88    |
| 86 DEACON, Lauren     | Roland Michener - South Porcupine | 86           | 39:12.44    |
| 87 GREEN, Eilyn       | Chippewa Secondary School         | 87           | 39:40.68    |
| 88 PEPLINSKI, Myah    | Bishop Smith - Pembroke           | 88           | 39:56.55    |
| 89 LAFLEUR, Angéline  | Garneau                           | 89           | 40:41.44    |
| 90 DRIDI, Farah       | John McCrae SS - Ottawa           | 90           | 41:57.86    |
| 91 PEDNEAULT, Emma    | AY Jackson                        | 91           | 42:01.65    |
| 92 POOT, Breanna      | East Northumberland - Brighton    | 92           | 44:12.96    |
| 93 BLACK, Gabby       | Thousand Islands SS               | 93           | 49:38.52    |

**Race #6****MEN (Junior) • 5 Kilometers (3.11 Miles)****FINAL RESULTS****RACE SUMMARY**

Start Time: 1:23 pm Conditions: Partly Cloudy Temperature: 14 Winds: W11

**TEAM SCORING SUMMARY**

| <b>Final Standings</b> |                                      | <b>Score</b> | <b>Total</b> | <b>Avg.</b> |
|------------------------|--------------------------------------|--------------|--------------|-------------|
| 1                      | ESC Theriault                        | 66           | 1:19:04      | 19:46       |
| 2                      | Neil McNeil                          | 69           | 1:19:13      | 19:49       |
| 3                      | Thousand Islands SS                  | 104          | 1:22:03      | 20:31       |
| 4                      | Birchmount Park Collegiate           | 112          | 1:22:06      | 20:32       |
| 5                      | Glebe Collegiate - Ottawa            | 167*         | 1:25:36      | 21:24       |
| 6                      | St. Michael's College School         | 167*         | 1:25:44      | 21:26       |
| 7                      | St. Michael - Kemptonville           | 175          | 1:26:53      | 21:44       |
| 8                      | Longfields Davidson Heights - Ottawa | 210          | 1:29:09      | 22:18       |
| 9                      | Valour - Petawawa                    | 229          | 1:30:33      | 22:39       |
| 10                     | Ecole L'Équinoxe                     | 241          | 1:31:40      | 22:55       |
| 11                     | Renfrew CI - Renfrew                 | 259          | 1:32:39      | 23:10       |
| 12                     | East Northumberland - Brighton       | 289          | 1:34:13      | 23:34       |
| 13                     | Carleton Place                       | 299          | 1:35:28      | 23:52       |
| 14                     | John McCrae SS - Ottawa              | 308          | 1:36:13      | 24:04       |
| 15                     | Fellowes High School                 | 390          | 1:43:50      | 25:58       |
| 16                     | All Saints - Ottawa                  | 395          | 1:42:27      | 25:37       |

**\*Tiebreakers**

|                              |         |
|------------------------------|---------|
| Glebe Collegiate - Ottawa    | 2 25 69 |
| St. Michael's College School | 4 42 58 |

**INDIVIDUAL RESULTS**

| <b>Athlete</b> | <b>Team</b>           | <b>Score</b>                 | <b>Time</b> |
|----------------|-----------------------|------------------------------|-------------|
| 1              | FAST, Joe             | Ridgmont HS - Ottawa         | 1 17:55.77  |
| 2              | SANGER, Adam          | Glebe Collegiate - Ottawa    | 2 18:12.59  |
| 3              | MASHINTER, Kendyn     | Lo-Ellen Park S.S.           | 3 18:31.87  |
| 4              | FRIBAZ, Connor        | St. Michael's College School | 4 18:36.10  |
| 5              | MCGARVEY, Rory        | Nicholson - Belleville       | 5 18:40.00  |
| 6              | MCKELVEY, Liam        | Neil McNeil                  | 6 19:01.70  |
| 7              | WALSH, Liam           | Bayside SS - Belleville      | 7 19:02.65  |
| 8              | TAFFESE, Nathanael    | Birchmount Park Collegiate   | 8 19:12.80  |
| 9              | DELLI QUADRI, Mathieu | ESC Theriault                | 9 19:13.32  |
| 10             | BRUNET, Carson        | ESC Theriault                | 10 19:15.48 |
| 11             | FROST, Colby          | AY Jackson                   | 11 19:22.34 |
| 12             | DOUGLAS, Jake         | St. Peter Css - Peterborough | 12 19:22.54 |
| 13             | BATES, Austin         | Birchmount Park Collegiate   | 13 19:22.67 |

| Athlete                   | Team                                 | Score | Time     |
|---------------------------|--------------------------------------|-------|----------|
| 14 OMAR ALI, Harun        | Ridgemont HS - Ottawa                | 14    | 19:35.63 |
| 15 HASSAN, Abdullahi      | Birchmount Park Collegiate           | 15    | 19:39.62 |
| 16 WARCHOLAK, Malcolm     | Neil McNeil                          | 16    | 19:40.55 |
| 17 BUXTON, Leif           | Renfrew CI - Renfrew                 | 17    | 19:42.03 |
| 18 GILL, David            | Thousand Islands SS                  | 18    | 19:46.38 |
| 19 ANDRESS, Jacob         | Neil McNeil                          | 19    | 19:51.34 |
| 20 WHITE, Isaac           | St. Peter Css - Peterborough         | 20    | 19:55.16 |
| 21 PELCHAT, Guillaume     | Ecole L'Équinoxe                     | 21    | 19:57.63 |
| 22 JONES, Mason           | Thousand Islands SS                  | 22    | 20:12.49 |
| 23 CHENIER, Vincent       | ESC Theriault                        | 23    | 20:14.72 |
| 24 LEMIRE, Cameron        | ESC Theriault                        | 24    | 20:19.96 |
| 25 SARAVANAMUTTOO, Callum | Glebe Collegiate - Ottawa            | 25    | 20:21.84 |
| 26 CARON, Maxim           | ESC Theriault                        | 26    | 20:23.81 |
| 27 BLANCHARD, Jordan      | Thousand Islands SS                  | 27    | 20:37.17 |
| 28 CLARKE, Zachary        | Neil McNeil                          | 28    | 20:38.92 |
| 29 ROY, Jackson           | Longfields Davidson Heights - Ottawa | 29    | 20:46.23 |
| 30 CAMPEAU, Will          | St. Michael - Kemptville             | 30    | 20:54.81 |
| 31 LUQMAN, Muhammad       | Ridgemont HS - Ottawa                | 31    | 20:57.41 |
| 32 CROWÉ, Kyle            | East Northumberland - Brighton       | 32    | 20:57.83 |
| 33 SERVISS, Liam          | Valour - Petawawa                    | 33    | 21:03.00 |
| 34 HOPKIN, Odyssey        | Korah C&VS                           | 34    | 21:09.41 |
| 35 WALKER, Aaron          | West Ferris Secondary School         | 35    | 21:11.32 |
| 36 TRIPP, Joey            | Regiopolis-Notre Dame-Kingston       | 36    | 21:17.55 |
| 37 DECOLASSE, Clement     | Thousand Islands SS                  | 37    | 21:26.57 |
| 38 BROCK, Simon           | Neil McNeil                          | 38    | 21:26.71 |
| 39 SZARANSKI, Jacob       | Scollard Hall - North Bay            | 39    | 21:27.11 |
| 40 GEURKINK, Kieran       | St. Michael - Kemptville             | 40    | 21:27.30 |
| 41 HARTERRE, Samuel       | ESC Theriault                        | 41    | 21:29.88 |
| 42 BISCHOFF, Aiden        | St. Michael's College School         | 42    | 21:31.37 |
| 43 RICHESON, Matthew      | Ashbury College - Ottawa             | 43    | 21:41.40 |
| 44 MOGHNI, Jonas          | Haliburton Highlands - Halibur       | 44    | 21:42.38 |
| 45 CAMPBELL-HILL, Declan  | John McCrae SS - Ottawa              | 45    | 21:44.02 |
| 46 HODSON, James          | Valour - Petawawa                    | 46    | 21:47.80 |
| 47 ROBITAILLE, Brayden    | St. Peter Css - Peterborough         | 47    | 21:56.21 |
| 48 GUEROUT, Raphael       | MacKenzie                            | 48    | 22:01.60 |
| 49 LAROUCHE, Guillaume    | Jeanne-Lajoie - Pembroke             | 49    | 22:09.93 |
| 50 MACASKILL, Tommy       | Renfrew CI - Renfrew                 | 50    | 22:12.60 |
| 51 BOWNESS, Zach          | St. Michael - Kemptville             | 51    | 22:12.90 |
| 52 GIFF, Raine            | Carleton Place                       | 52    | 22:14.03 |
| 53 BERTHIAUME, Cedrick    | Ecole L'Équinoxe                     | 53    | 22:16.72 |
| 54 LAVOIE, Tyler          | St. Michael - Kemptville             | 54    | 22:17.13 |
| 55 MENDOZA, Liam          | Neil McNeil                          | 55    | 22:17.61 |
| 56 PAVAO, Marshall        | Longfields Davidson Heights - Ottawa | 56    | 22:18.22 |
| 57 MOORE, Hayden          | St. Joseph's - Renfrew               | 57    | 22:18.62 |
| 58 GEIGER, Marcus         | St. Michael's College School         | 58    | 22:25.84 |
| 59 GIBSON, Tanner         | Thousand Islands SS                  | 59    | 22:32.53 |
| 60 DENNE, Cameron         | Longfields Davidson Heights - Ottawa | 60    | 22:46.66 |

| Athlete | Team                 | Score                                | Time         |
|---------|----------------------|--------------------------------------|--------------|
| 61      | MOONEY, Edwin        | Thousand Islands SS                  | 61 22:55.19  |
| 62      | STEWART, Alex        | Seaway District HS - Iroquois        | 62 23:03.68  |
| 63      | DOIG, Riley          | St. Michael's College School         | 63 23:10.35  |
| 64      | CHARMAN, Jackson     | Thousand Islands SS                  | 64 23:10.95  |
| 65      | KELLY, Kaleb         | Longfields Davidson Heights - Ottawa | 65 23:17.71  |
| 66      | FURDON, Wyatt        | Opeongo HS - Douglas                 | 66 23:17.81  |
| 67      | AMO, Jordan          | Ecole L'Équinoxe                     | 67 23:20.34  |
| 68      | WILSON, Braden       | Ashbury College - Ottawa             | 68 23:20.49  |
| 69      | MOUSER, William      | Glebe Collegiate - Ottawa            | 69 23:22.03  |
| 70      | ARSENAULT, Jake      | Valour - Petawawa                    | 70 23:30.52  |
| 71      | WESTHEIMER, Ben      | Glebe Collegiate - Ottawa            | 71 23:38.93  |
| 72      | PAQUETTE, Noah       | North Grenville - Kemptville         | 72 23:42.61  |
| 73      | RYAN, Cameron        | Carleton Place                       | 73 23:47.65  |
| 74      | MINNELLA, Fernando   | North Grenville - Kemptville         | 74 23:49.54  |
| 75      | SONOSKI, Liam        | Fellowes High School                 | 75 23:49.59  |
| 76      | JOSUFI, Mateen       | Birchmount Park Collegiate           | 76 23:50.18  |
| 77      | VIOLIDILLON, Quin    | East Northumberland - Brighton       | 77 23:58.69  |
| 78      | KNECHTEL, Nate       | Carleton Place                       | 78 24:00.62  |
| 79      | BREZENINSKI, Hunter  | John McCrae SS - Ottawa              | 79 24:07.14  |
| 80      | CAMPBELL, Tommy      | Valour - Petawawa                    | 80 24:11.47  |
| 81      | MACHALE, Liam        | John McCrae SS - Ottawa              | 81 24:13.25  |
| 82      | VAN LOAN, Mitchell   | Fellowes High School                 | 82 24:14.25  |
| 83      | SMITH, Brayden       | All Saints - Ottawa                  | 83 24:21.81  |
| 84      | KELLY, Avery         | St. Michael - Kemptville             | 84 24:24.24  |
| 85      | DEVINE, Kougar       | Opeongo HS - Douglas                 | 85 24:28.45  |
| 86      | HUNT, Ben            | East Northumberland - Brighton       | 86 24:28.93  |
| 87      | MATTHEWS, Wesley     | Renfrew CI - Renfrew                 | 87 24:30.85  |
| 88      | ABBOTT, Samuel       | Valour - Petawawa                    | 88 24:32.66  |
| 89      | CARON, Raphael       | Beatrice-Desloges                    | 89 24:34.01  |
| 90      | SHAUGHNESSY, Rory    | Scollard Hall - North Bay            | 90 24:38.36  |
| 91      | JOBE, Owen           | Valour - Petawawa                    | 91 24:39.77  |
| 92      | ZOGRAFOS, Angelo     | Birchmount Park Collegiate           | 92 24:42.51  |
| 93      | FERRAS, Breton       | Longfields Davidson Heights - Ottawa | 93 24:46.07  |
| 94      | TAYLOR, Ethan        | East Northumberland - Brighton       | 94 24:47.49  |
| 95      | MACDONELL, Keeley    | All Saints - Ottawa                  | 95 25:00.82  |
| 96      | PRIETO, Sergio       | Carleton Place                       | 96 25:25.22  |
| 97      | DAWE, Andrew         | Valour - Petawawa                    | 97 25:25.87  |
| 98      | BECKSTEAD, Wyatt     | St. Michael - Kemptville             | 98 25:40.87  |
| 99      | WAYTOWICH, Sam       | St. Michael - Kemptville             | 99 26:01.15  |
| 100     | FELHABER, Marek      | Ecole L'Équinoxe                     | 100 26:05.30 |
| 101     | MAJUMDER, Sougata    | Birchmount Park Collegiate           | 101 26:05.34 |
| 102     | CHATTERJEE, Aprateem | Ashbury College - Ottawa             | 102 26:05.87 |
| 103     | THOMPSON, Mitchell   | John McCrae SS - Ottawa              | 103 26:08.10 |
| 104     | VANDERLINDE, Max     | St. Michael - Kemptville             | 104 26:10.24 |
| 105     | NEMAN-WREN, Caleb    | Renfrew CI - Renfrew                 | 105 26:12.66 |
| 106     | STARK, Thom          | Renfrew CI - Renfrew                 | 106 26:14.02 |
| 107     | HALL, Kyle           | Renfrew CI - Renfrew                 | 107 26:21.66 |

| <b>Athlete</b>          | <b>Team</b>                          | <b>Score</b> | <b>Time</b> |
|-------------------------|--------------------------------------|--------------|-------------|
| 108 FYNEAH, David       | All Saints - Ottawa                  | 108          | 26:28.79    |
| 109 MACDOUGALL, Michael | All Saints - Ottawa                  | 109          | 26:35.31    |
| 110 HEMSLEY, Max        | Renfrew CI - Renfrew                 | 110          | 26:44.42    |
| 111 WHAMOND, David      | Colonel By Secondary School - Ottawa | 111          | 26:44.91    |
| 112 PARKINSON, Adam     | East Northumberland - Brighton       | 112          | 26:47.31    |
| 113 MORRSEY, Chris      | Fellowes High School                 | 113          | 26:48.55    |
| 114 JOHNSTON, Chris     | Merivale HS - Ottawa                 | 114          | 26:54.75    |
| 115 FULLER, Josh        | All Saints - Ottawa                  | 115          | 26:55.01    |
| 116 HALL, Chris         | AY Jackson                           | 116          | 26:55.25    |
| 117 HOLMES, Patrick     | Opeongo HS - Douglas                 | 117          | 28:09.37    |
| 118 PORTER, Alexandre   | Beatrice-Desloges                    | 118          | 28:10.95    |
| 119 ALEXANDER, Conrad   | Almonte District HS - Almonte        | 119          | 28:34.39    |
| 120 KRUEGER, Wyatt      | Fellowes High School                 | 120          | 28:57.61    |
| 121 SITU, Jackson       | John McCrae SS - Ottawa              | 121          | 29:31.15    |
| 122 DAI, Raymond        | John McCrae SS - Ottawa              | 122          | 29:44.87    |
| 123 KIM, Elijah         | John McCrae SS - Ottawa              | 123          | 29:58.75    |
| 124 KOSKIHARJA, Eric    | Chippewa Secondary School            | 124          | 30:22.15    |
| 125 BLANCHER, Theo      | Seaway District HS - Iroquois        | 125          | 30:39.35    |
| 126 HAMILTON, Andrew    | Scollard Hall - North Bay            | 126          | 31:29.61    |
| 127 MAYNE, Jamie        | Almaguin Highlands Secondary School  | 127          | 32:22.31    |

**Race #7****WOMEN (Senior) • 6 Kilometers (3.73 Miles)****FINAL RESULTS****RACE SUMMARY**

Start Time: 2:00 pm Conditions: Cloudy Temperature: 16 Winds: W9km/h

**TEAM SCORING SUMMARY**

| Final Standings                   | Score | Total   | Avg.  |
|-----------------------------------|-------|---------|-------|
| 1 Glebe Collegiate - Ottawa       | 30    | 1:44:03 | 26:01 |
| 2 Northern Secondary School       | 94    | 1:50:50 | 27:43 |
| 3 ESC Theriault                   | 96    | 1:51:00 | 27:45 |
| 4 St. Peter Css - Peterborough    | 101   | 1:52:45 | 28:12 |
| 5 Valour - Petawawa               | 115   | 1:53:36 | 28:24 |
| 6 Thousand Islands SS             | 153   | 1:56:12 | 29:03 |
| 7 All Saints - Ottawa             | 182   | 2:00:17 | 30:05 |
| 8 East Northumberland - Brighton  | 280   | 2:09:24 | 32:21 |
| 9 Algonquin                       | 302   | 2:13:16 | 33:19 |
| 10 Korah C&VS                     | 308   | 2:12:11 | 33:03 |
| 11 Regiopolis-Notre Dame-Kingston | 310   | 2:12:57 | 33:15 |
| 12 Scollard Hall - North Bay      | 358   | 2:17:35 | 34:24 |
| 13 Beatrice-Desloges              | 383   | 2:19:19 | 34:50 |
| 14 North Grenville - Kemptville   | 387   | 2:21:12 | 35:18 |
| 15 Jeanne-Lajoie - Pembroke       | 404   | 2:22:19 | 35:35 |
| 16 St. Michael - Kemptville       | 446   | 2:27:03 | 36:46 |
| 17 Widdifield Secondary School    | 447   | 2:28:34 | 37:09 |

**INDIVIDUAL RESULTS**

| Athlete                    | Team                                 | Score | Time     |
|----------------------------|--------------------------------------|-------|----------|
| 1 YANTHA, Laura            | Madawaska Valley - Barry's Bay       | 1     | 23:50.30 |
| 2 WESTON, Mei Mei          | Glebe Collegiate - Ottawa            | 2     | 24:31.71 |
| 3 ROBERTSON, Ireland       | Northern Secondary School            | 3     | 24:49.78 |
| 4 DUPUIS, Maxine           | ESC Theriault                        | 4     | 25:03.46 |
| 5 MEEK, Lily               | Thousand Islands SS                  | 5     | 25:10.71 |
| 6 BARRETT, Rosalyn         | Glebe Collegiate - Ottawa            | 6     | 25:42.97 |
| 7 SHAPANSKY, Teagan        | Glebe Collegiate - Ottawa            | 7     | 26:20.67 |
| 8 WARREN, Sophie           | Valour - Petawawa                    | 8     | 26:28.03 |
| 9 KORNELL, Kristen         | ESC Theriault                        | 9     | 26:33.58 |
| 10 HOPKINS, Parker         | Northern Secondary School            | 10    | 26:40.03 |
| 11 HURLEY, Jayde           | Lo-Ellen Park S.S.                   | 11    | 26:57.06 |
| 12 SCOTT, Adrienne         | Kingston Cvi - Kingston              | 12    | 27:04.35 |
| 13 DUNN, Ely Rauliuk       | MacKenzie                            | 13    | 27:07.24 |
| 14 CLARKE, Ella            | St. Peter Css - Peterborough         | 14    | 27:15.78 |
| 15 WHITFORD, Nina          | Glebe Collegiate - Ottawa            | 15    | 27:26.99 |
| 16 GAUNT, Keegan           | Merivale HS - Ottawa                 | 16    | 27:27.94 |
| 17 SOROCZAN-WRIGHT, Mollie | Colonel By Secondary School - Ottawa | 17    | 27:31.48 |



| Athlete                  | Team                           | Score | Time     |
|--------------------------|--------------------------------|-------|----------|
| 18 CUSHING, Claire       | Thousand Islands SS            | 18    | 27:33.17 |
| 19 BOILEAU, Meghan       | ESC Theriault                  | 19    | 27:33.29 |
| 20 TARNI, Sydney         | Lo-Ellen Park S.S.             | 20    | 27:34.51 |
| 21 ROJA, Daniela         | Regiopolis-Notre Dame-Kingston | 21    | 27:39.50 |
| 22 ROBITALLE, Destiny    | St. Peter Css - Peterborough   | 22    | 27:51.27 |
| 23 LAPIERRE, Brooke      | Glengarry Dhs - Alexandria     | 23    | 27:55.40 |
| 24 BELL, Catherine       | Valour - Petawawa              | 24    | 28:07.94 |
| 25 NORMAN, Pippa         | Almonte District HS - Almonte  | 25    | 28:14.74 |
| 26 BRIGHT, Nora          | Rideau District HS - Egin      | 26    | 28:23.85 |
| 27 STOWE, Caitlyn        | Almonte District HS - Almonte  | 27    | 28:24.93 |
| 28 BLACK, Tara           | St. Peter Css - Peterborough   | 28    | 28:32.67 |
| 29 SHIELDS, Hollyann     | All Saints - Ottawa            | 29    | 28:34.49 |
| 30 MATUSZEWSKI, Marta    | All Saints - Ottawa            | 30    | 28:35.71 |
| 31 WEIR, Alexandra       | Northern Secondary School      | 31    | 28:41.94 |
| 32 MOORE, Sarah          | Glebe Collegiate - Ottawa      | 32    | 28:42.55 |
| 33 JODOIN, Hannah        | Korah C&VS                     | 33    | 28:47.34 |
| 34 SINICROPE, Marina     | Ecole secondaire pub           | 34    | 28:50.21 |
| 35 BEAUREGARD, Noémie    | Esc L'Escale                   | 35    | 29:01.36 |
| 36 BRAYTON, Rachel       | Thousand Islands SS            | 36    | 29:02.01 |
| 37 KEAST, Brianna        | St. Peter Css - Peterborough   | 37    | 29:04.53 |
| 38 VALENTINI, Ashley     | R.S. McLaughlin - Oshawa       | 38    | 29:06.77 |
| 39 LYLE, Livy            | Chippewa Secondary School      | 39    | 29:13.80 |
| 40 YEMEN, Kianna         | Valour - Petawawa              | 40    | 29:19.48 |
| 41 MACINTOSH, Sarah      | Glebe Collegiate - Ottawa      | 41    | 29:26.60 |
| 42 LECOX, Tia            | John McCrae SS - Ottawa        | 42    | 29:39.38 |
| 43 MORRIS, Alyssa        | Valour - Petawawa              | 43    | 29:39.90 |
| 44 BRAYBROOK, Abi        | Birchmount Park Collegiate     | 44    | 29:48.67 |
| 45 BETHUNE, Katie        | Algonquin                      | 45    | 30:00.04 |
| 46 DOMERCHIE, Emily      | Haliburton Highlands - Halibur | 46    | 30:14.94 |
| 47 SOMMERVILLE, Victoria | East Northumberland - Brighton | 47    | 30:28.76 |
| 48 BLOOR, Rhianna        | R.S. McLaughlin - Oshawa       | 48    | 30:31.02 |
| 49 LOISELLE, Melanie     | All Saints - Ottawa            | 49    | 30:35.74 |
| 50 LEXOVSKY, Zoe         | Northern Secondary School      | 50    | 30:37.89 |
| 51 BARRETT, Suzannah     | Glebe Collegiate - Ottawa      | 51    | 30:50.45 |
| 52 MODEEN, Bree          | Scollard Hall - North Bay      | 52    | 30:52.75 |
| 53 MUSCLOW, Clare        | Fellowes High School           | 53    | 30:54.43 |
| 54 HILL, Emma            | Almonte District HS - Almonte  | 54    | 31:02.27 |
| 55 HAMMEL, Madison       | Merivale HS - Ottawa           | 55    | 31:03.82 |
| 56 EADY, Brooklyn        | Jeanne-Lajoie - Pembroke       | 56    | 31:06.66 |
| 57 LEPERRIERE, Sophie    | Algonquin                      | 57    | 31:09.45 |
| 58 KILBY-MOCLURE, Ashlyn | St. Joseph's - Renfrew         | 58    | 31:13.41 |
| 59 BLAIN, Leah           | O'Gorman - Timmins             | 59    | 31:14.64 |
| 60 BURGER, Sophie-Anne   | Glebe Collegiate - Ottawa      | 60    | 31:20.43 |
| 61 SERVISS, Lauren       | Valour - Petawawa              | 61    | 31:22.37 |
| 62 SCHENK, Josilyn       | Ashbury College - Ottawa       | 62    | 31:36.15 |
| 63 PERRY, Ellen          | Ecole secondaire pub           | 63    | 31:37.53 |
| 64 MAISONNEUVE, Reanne   | ESC Theriault                  | 64    | 31:49.24 |

| Athlete | Team                      | Score                                | Time         |
|---------|---------------------------|--------------------------------------|--------------|
| 65      | WARNER, Madeline          | Birchmount Park Collegiate           | 65 31:49.94  |
| 66      | COOPER, Abbey             | East Northumberland - Brighton       | 66 31:54.45  |
| 67      | HOULE, Catherine          | Beatrice-Desloges                    | 67 31:59.13  |
| 68      | HEROUX, Catherine         | Algonquin                            | 68 32:00.16  |
| 69      | DOWLING, Michaela         | Regiopolis-Notre Dame-Kingston       | 69 32:02.37  |
| 70      | OELKE, Addison            | Valour - Petawawa                    | 70 32:04.90  |
| 71      | MARTINSEN, Mina           | North Grenville - Kemptville         | 71 32:09.85  |
| 72      | GAY, Katie                | Ashbury College - Ottawa             | 72 32:11.57  |
| 73      | THOMAS, Fiona             | Valour - Petawawa                    | 73 32:18.10  |
| 74      | MACLEOD, Ariana           | All Saints - Ottawa                  | 74 32:30.91  |
| 75      | GAUTHIER, Sara            | Garneau                              | 75 32:40.31  |
| 76      | KEBEDOM, Hanna            | Longfields Davidson Heights - Ottawa | 76 32:42.13  |
| 77      | MARTIN, Julia             | East Northumberland - Brighton       | 77 32:45.98  |
| 78      | DERUTER, Mackenzie        | Valour - Petawawa                    | 78 32:47.57  |
| 79      | VAN SPRIEL, Marieke       | St. Mary Chs - Brockville            | 79 32:52.96  |
| 80      | CULHANE, Hannah           | O'Gorman - Timmins                   | 80 32:55.93  |
| 81      | BARRETT, Samantha         | Korah C&VS                           | 81 33:14.22  |
| 82      | PAYNTER, Angelica         | North Grenville - Kemptville         | 82 33:15.59  |
| 83      | RAINS, Mackenzie          | Korah C&VS                           | 83 33:18.95  |
| 84      | NEVILLE, Gabby            | Valour - Petawawa                    | 84 33:25.36  |
| 85      | LAVIOIE, Remi             | Valour - Petawawa                    | 85 33:33.20  |
| 86      | CHARLAND, Danielle        | St. Michael - Kemptville             | 86 33:44.40  |
| 87      | TYNSKI, Laurene           | All Saints - Ottawa                  | 87 33:45.98  |
| 88      | RICHARDS, Maddie          | Valour - Petawawa                    | 88 34:02.21  |
| 89      | RINGUETTE, Emma           | Widdifield Secondary School          | 89 34:09.69  |
| 90      | PENNINGTON, Brittany      | East Northumberland - Brighton       | 90 34:13.96  |
| 91      | PATRICK, Molly            | East Northumberland - Brighton       | 91 34:15.29  |
| 92      | SULLIVAN, Kylie           | Scollard Hall - North Bay            | 92 34:15.69  |
| 93      | DUGUAY, Céleste           | Beatrice-Desloges                    | 93 34:22.53  |
| 94      | O'CONNOR, Meredith        | Thousand Islands SS                  | 94 34:25.78  |
| 95      | JUHASZ, Anna              | Madawaska Valley - Barry's Bay       | 95 34:26.07  |
| 96      | COSSETTE, Marianne        | Beatrice-Desloges                    | 96 34:26.93  |
| 97      | GRIFFITH, Trina           | East Northumberland - Brighton       | 97 34:32.58  |
| 98      | MCDUGALL, Sheila          | Widdifield Secondary School          | 98 34:42.86  |
| 99      | DEACON, Shelby            | Roland Michener - South Porcupine    | 99 34:51.26  |
| 100     | PEREZ, Emily              | All Saints - Ottawa                  | 100 34:54.19 |
| 101     | DULMAGE, Emma             | North Grenville - Kemptville         | 101 35:02.79 |
| 102     | BALBONTIN, Nathalie       | R.S. McLaughlin - Oshawa             | 102 35:13.14 |
| 103     | LYRETTE, Carina           | ESC Theriault                        | 103 35:23.01 |
| 104     | COOPER, Martina           | East Northumberland - Brighton       | 104 35:37.70 |
| 105     | GIGNAC, Haley             | Scollard Hall - North Bay            | 105 35:48.28 |
| 106     | GIFFORD, Acacia           | Regiopolis-Notre Dame-Kingston       | 106 36:16.73 |
| 107     | PERRAULT-SANDERS, Abigail | Jeanne-Lajoie - Pembroke             | 107 36:19.29 |
| 108     | WAGAR, Madison            | Thousand Islands SS                  | 108 36:20.37 |
| 109     | SCHLOSSER, Calista        | Scollard Hall - North Bay            | 109 36:37.52 |
| 110     | BROWN, Rhys               | St. Michael - Kemptville             | 110 36:43.54 |
| 111     | SIMARD, Olivia            | Korah C&VS                           | 111 36:50.47 |

| Athlete                  | Team                              | Score | Time     |
|--------------------------|-----------------------------------|-------|----------|
| 112 COXHEAD, Charlotte   | East Northumberland - Brighton    | 112   | 36:52.71 |
| 113 YANTHA, Brittany     | Madawaska Valley - Barry's Bay    | 113   | 36:55.18 |
| 114 MOLTO, Amanda        | Regiopoli s-Notre Dame-Kingston   | 114   | 36:58.05 |
| 115 LEFEBVRE, Karlee     | Roland Michener - South Porcupine | 115   | 37:00.66 |
| 116 CRITTENDEN, Danielle | Chippewa Secondary School         | 116   | 37:06.10 |
| 117 LAMBERT, Ann         | Regiopoli s-Notre Dame-Kingston   | 117   | 37:07.44 |
| 118 KELLY, Kassandre     | ESC Theriault                     | 118   | 37:09.32 |
| 119 STEEP, Annie         | Jeanne-Lajoie - Pembroke          | 119   | 37:12.93 |
| 120 WONG, Emily          | All Saints - Ottawa               | 120   | 37:19.40 |
| 121 CHARLAND, Dominique  | St. Michael - Kemptville          | 121   | 37:30.83 |
| 122 SAUNDERS, Mirande    | Jeanne-Lajoie - Pembroke          | 122   | 37:39.56 |
| 123 AVRAMESCU, Andrea    | All Saints - Ottawa               | 123   | 37:39.96 |
| 124 COOPER, Paulina      | Glebe Collegiate - Ottawa         | 124   | 38:05.94 |
| 125 BELANGER, Hannah     | Widdifield Secondary School       | 125   | 38:20.94 |
| 126 MACDONELL, Katie     | Scollard Hall - North Bay         | 126   | 38:21.63 |
| 127 ZUBYCK, Gabrielle    | Beatrice-Desloges                 | 127   | 38:30.34 |
| 128 PENNINGTON, Sarah    | East Northumberland - Brighton    | 128   | 38:37.15 |
| 129 ADAMS, Kayla         | St. Michael - Kemptville          | 129   | 39:03.61 |
| 130 WAGAR, Alyssa        | Thousand Islands SS               | 130   | 39:41.78 |
| 131 GUERIN, Isabelle     | Garneau                           | 131   | 40:02.23 |
| 132 HUMPHRIE, Ashlyn     | Algonquin                         | 132   | 40:05.60 |
| 133 MORLEY, Sandra       | North Grenville - Kemptville      | 133   | 40:43.60 |
| 134 MILLER, Abbey        | All Saints - Ottawa               | 134   | 40:59.55 |
| 135 ROBERTSON, Katie     | Widdifield Secondary School       | 135   | 41:20.08 |
| 136 STOLZ, Sierrah       | Scollard Hall - North Bay         | 136   | 42:06.07 |
| 137 TAYLOR, Molly        | Chippewa Secondary School         | 137   | 42:08.75 |
| 138 GODFREY, Dana        | East Northumberland - Brighton    | 138   | 42:32.88 |
| 139 MILLER, Emma         | St. Michael - Kemptville          | 139   | 43:00.61 |
| 140 LABEL, Bailey        | Widdifield Secondary School       | 140   | 43:57.83 |
| 141 BROOME, Jaimie       | Bishop Smith - Pembroke           | 141   | 45:30.96 |
| 142 GRINSTEAD, Rebecca   | North Grenville - Kemptville      | 142   | 46:05.92 |
| 143 LABEL, Britney       | Widdifield Secondary School       | 143   | 46:49.60 |
| 144 CATHCART, Jennie     | North Grenville - Kemptville      | 144   | 55:39.12 |

**Race #8****MEN (Senior) • 6 Kilometers (3.73 Miles)****FINAL RESULTS****RACE SUMMARY**

Start Time: 3:00 pm Conditions: Cloudy Temperature: 16 Winds: W11km/h

**TEAM SCORING SUMMARY**

| Final Standings |                                     | Score | Total   | Avg.  |
|-----------------|-------------------------------------|-------|---------|-------|
| 1               | St. Michael's College School        | 75    | 1:29:09 | 22:18 |
| 2               | St. Peter Css - Peterborough        | 77    | 1:28:53 | 22:14 |
| 3               | Valour - Petawawa                   | 102   | 1:30:17 | 22:35 |
| 4               | ESC Theriault                       | 125   | 1:31:47 | 22:57 |
| 5               | Thousand Islands SS                 | 184   | 1:35:21 | 23:51 |
| 6               | East Northumberland - Brighton      | 197   | 1:36:04 | 24:01 |
| 7               | Sir Robert Borden - Ottawa          | 202   | 1:36:12 | 24:03 |
| 8               | Birchmount Park Collegiate          | 247   | 1:38:29 | 24:38 |
| 9               | Ashbury College - Ottawa            | 268   | 1:39:50 | 24:58 |
| 10              | Haliburton Highlands - Halibur      | 274   | 1:40:48 | 25:12 |
| 11              | Korah C&VS                          | 288   | 1:40:45 | 25:12 |
| 12              | North Grenville - Kemptville        | 294   | 1:42:46 | 25:42 |
| 13              | Aimaguin Highlands Secondary School | 312   | 1:44:08 | 26:02 |
| 14              | Widdifield Secondary School         | 401   | 1:50:54 | 27:44 |
| 15              | Merivale HS - Ottawa                | 422   | 1:55:11 | 28:48 |
| 16              | All Saints - Ottawa                 | 441   | 1:51:06 | 27:47 |
| 17              | Scollard Hall - North Bay           | 464   | 1:57:39 | 29:25 |
| 18              | Regiopolis-Notre Dame-Kingston      | 484   | 1:55:38 | 28:55 |
| 19              | John McCrae SS - Ottawa             | 499   | 1:56:11 | 29:03 |

**INDIVIDUAL RESULTS**

| Athlete | Team                | Score                          | Time        |
|---------|---------------------|--------------------------------|-------------|
| 1       | KEDIR, Ibrahim      | Neil McNeil                    | 1 20:42.31  |
| 2       | STOPPA, Jonathan    | Madawaska Valley - Barry's Bay | 2 20:43.81  |
| 3       | PLAMONDON, Mathieu  | ESC Theriault                  | 3 21:14.78  |
| 4       | JONES, Tristen      | St. Peter Css - Peterborough   | 4 21:26.32  |
| 5       | FOX, Ben            | St. Michael's College School   | 5 21:27.80  |
| 6       | HOLLINGER, Jake     | East Northumberland - Brighton | 6 21:32.12  |
| 7       | ALIE-LAMARCH, Andre | Gloucester H.S. - Ottawa       | 7 21:32.77  |
| 8       | LOEBEL, Cailan      | North Grenville - Kemptville   | 8 21:37.83  |
| 9       | FOURNIER, Adrian    | Franco-Cite - Ottawa           | 9 21:39.51  |
| 10      | ZANETTI, Lucas      | Sir Robert Borden - Ottawa     | 10 21:41.48 |
| 11      | ST ROMAIN, Nate     | Nicholson - Belleville         | 11 21:44.40 |
| 12      | BRYANTON, Andrew    | Valour - Petawawa              | 12 21:44.70 |
| 13      | MUTUCHKY, Ryan      | St. Joan of Arc CHS            | 13 21:53.31 |
| 14      | MOGHINI, Jonas      | Haliburton Highlands - Halibur | 14 21:53.53 |
| 15      | RAFTIS, Brandon     | St. Michael's College School   | 15 21:57.70 |

| Athlete                  | Team                                 | Score | Time     |
|--------------------------|--------------------------------------|-------|----------|
| 16 WILSON, Rocharn       | Birchmount Park Collegiate           | 16    | 21:58.52 |
| 17 FINLEY, Gustav        | St. Peter Css - Peterborough         | 17    | 22:00.81 |
| 18 WALLINGFORD, Keon     | Widdifield Secondary School          | 18    | 22:05.74 |
| 19 SAAL, Adam            | Jeanne-Lajoie - Pembroke             | 19    | 22:06.80 |
| 20 BRACKENBURY, Miles    | Kingston Cvi - Kingston              | 20    | 22:10.37 |
| 21 FRYMIRE, Noah         | Kingston Cvi - Kingston              | 21    | 22:14.00 |
| 22 THOMAS, Henry         | Valour - Petawawa                    | 22    | 22:17.89 |
| 23 CHAMBERS, Jack        | St. Peter Css - Peterborough         | 23    | 22:22.05 |
| 24 GAUTHIER, Vincent     | ESC Theriault                        | 24    | 22:23.35 |
| 25 COX, Will             | Colonel By Secondary School - Ottawa | 25    | 22:24.94 |
| 26 RAFUSE, Carter        | Thousand Islands SS                  | 26    | 22:36.26 |
| 27 BEMBENECK, Jacob      | St. Michael's College School         | 27    | 22:50.74 |
| 28 MCCLELLAN, Jd         | St. Michael's College School         | 28    | 22:52.76 |
| 29 MARCHANT, David       | St. Michael's College School         | 29    | 22:54.85 |
| 30 PEGRUM, Devon         | Sir Robert Borden - Ottawa           | 30    | 22:57.08 |
| 31 BLACK, Micah          | Glebe Collegiate - Ottawa            | 31    | 22:57.61 |
| 32 OSBORNE, Charles      | Valour - Petawawa                    | 32    | 23:00.73 |
| 33 O'CONNOR, Liam        | St. Peter Css - Peterborough         | 33    | 23:03.19 |
| 34 ROSS, Brendan         | St. Michael's College School         | 34    | 23:05.93 |
| 35 SMITH, Brad           | Almaguin Highlands Secondary School  | 35    | 23:09.20 |
| 36 BAUERNSCHMITT, Nick   | Valour - Petawawa                    | 36    | 23:13.04 |
| 37 COTTAM, Matt          | St. Peter Css - Peterborough         | 37    | 23:25.50 |
| 38 ROURKE, Aeden         | St. Michael's College School         | 38    | 23:34.89 |
| 39 SCHMIDT, Cameron      | St. Michael's College School         | 39    | 23:36.90 |
| 40 LIDLOW, Cole          | Thousand Islands SS                  | 40    | 23:39.66 |
| 41 BLTON, Ryan           | Rideau District HS - Egin            | 41    | 23:43.74 |
| 42 GODDA, Ryan           | ESC Theriault                        | 42    | 23:44.42 |
| 43 FAIR, Campbell        | Nicholson - Belleville               | 43    | 23:47.00 |
| 44 GOULD, Chase          | Merivale HS - Ottawa                 | 44    | 23:48.94 |
| 45 MOLONEY, Mick         | St. Peter Css - Peterborough         | 45    | 23:50.42 |
| 46 MIRUELLO, Julian      | St. Michael's College School         | 46    | 23:51.59 |
| 47 LONGO, Sam            | Haliburton Highlands - Halibur       | 47    | 23:56.17 |
| 48 GRAHAM, Hugh          | Ashbury College - Ottawa             | 48    | 23:56.74 |
| 49 MORRIS, Henry         | Glebe Collegiate - Ottawa            | 49    | 23:59.23 |
| 50 MOLONEY, Owen         | Neil McNeil                          | 50    | 24:01.59 |
| 51 BUDAU, Andrew         | Korah C&VS                           | 51    | 24:02.42 |
| 52 SCARR-CROSMAS, Benny  | East Northumberland - Brighton       | 52    | 24:05.42 |
| 53 TAIT, Connor          | Korah C&VS                           | 53    | 24:08.33 |
| 54 OUELLETTE, Matt       | Almaguin Highlands Secondary School  | 54    | 24:08.92 |
| 55 OLAK, Bennie          | Thousand Islands SS                  | 55    | 24:15.68 |
| 56 GRAVELLE, Riley       | ESC Theriault                        | 56    | 24:23.82 |
| 57 TAYLOR, Sam           | Ashbury College - Ottawa             | 57    | 24:25.42 |
| 58 GUTTHARDT, Justin     | St. Peter Css - Peterborough         | 58    | 24:28.77 |
| 59 RONDEAU-MCNAIR, Isaac | ESC Theriault                        | 59    | 24:31.52 |
| 60 RUSSO, Connor         | Scollard Hall - North Bay            | 60    | 24:36.27 |
| 61 JOHANN, Mecklenburg   | Ashbury College - Ottawa             | 61    | 24:39.62 |
| 62 ADORANTE, Alessandro  | St. Michael's College School         | 62    | 24:42.69 |

| Athlete                    | Team                                | Score | Time     |
|----------------------------|-------------------------------------|-------|----------|
| 63 CRAWFORD, Ethan         | Thousand Islands SS                 | 63    | 24:49.01 |
| 64 ROBINSON, Tristan       | East Northumberland - Brighton      | 64    | 24:55.29 |
| 65 DILLON, Cameron         | Thousand Islands SS                 | 65    | 24:57.77 |
| 66 OUELLETTE, Ryan         | Ecole secondaire pub                | 66    | 24:59.19 |
| 67 GVOGUE, Ethan           | Thousand Islands SS                 | 67    | 25:02.16 |
| 68 LAGACE, Cameron         | Valour - Petawawa                   | 68    | 25:05.67 |
| 69 DELAGE, Adam            | ESC Theriault                       | 69    | 25:07.30 |
| 70 KELLY, Jake             | Birchmount Park Collegiate          | 70    | 25:07.97 |
| 71 MORALES, Edgar          | Birchmount Park Collegiate          | 71    | 25:12.27 |
| 72 BROWNRIGG, Jed          | North Grenville - Kemptville        | 72    | 25:17.84 |
| 73 POOLE, Jared            | Sir Robert Borden - Ottawa          | 73    | 25:24.78 |
| 74 LOCKELY, Keegan         | Valour - Petawawa                   | 74    | 25:29.75 |
| 75 HERRINGTON, Reece       | East Northumberland - Brighton      | 75    | 25:30.90 |
| 76 GEULESSE, Sydney        | Thousand Islands SS                 | 76    | 25:32.63 |
| 77 BONFIELD, Ryan          | St. Michael - Kemptville            | 77    | 25:35.54 |
| 78 MACDOUGALL, Declan      | Korah C&VS                          | 78    | 25:37.30 |
| 79 FRAMPTON, Johnathan     | Valour - Petawawa                   | 79    | 25:37.99 |
| 80 RING, Hayden            | R.S. McLaughlin - Oshawa            | 80    | 25:45.15 |
| 81 DEVILLE, Ryan           | North Grenville - Kemptville        | 81    | 25:49.03 |
| 82 SANTAMARIA, Louis       | Neil McNeil                         | 82    | 25:52.69 |
| 83 GAVIN, Mason            | Thousand Islands SS                 | 83    | 25:56.90 |
| 84 JOHNSTON, Liam          | Merivale HS - Ottawa                | 84    | 25:59.53 |
| 85 KIERS, Josh             | Almaguin Highlands Secondary School | 85    | 25:59.63 |
| 86 DUPONT, Antoine         | Valour - Petawawa                   | 86    | 26:00.12 |
| 87 VINCZE, Zachary         | O'Gorman - Timmins                  | 87    | 26:05.61 |
| 88 BROWN, Matthew          | All Saints - Ottawa                 | 88    | 26:06.73 |
| 89 JOHNSTON NIELSON, Brady | Sir Robert Borden - Ottawa          | 89    | 26:07.93 |
| 90 BROWN, Wyatt            | Birchmount Park Collegiate          | 90    | 26:10.19 |
| 91 MACINNIS, Cole          | Carleton Place                      | 91    | 26:10.84 |
| 92 ROWE, Tristin           | Birchmount Park Collegiate          | 92    | 26:11.24 |
| 93 LAKE, Riley             | Thousand Islands SS                 | 93    | 26:13.84 |
| 94 PLAZEK, Michael         | Bishop Smith - Pembroke             | 94    | 26:21.80 |
| 95 HILL, Spencer           | St. Peter Css - Peterborough        | 95    | 26:27.50 |
| 96 FROST, Dawson           | Regiopolis-Notre Dame-Kingston      | 96    | 26:34.19 |
| 97 HEAVEN, Coleman         | Haliburton Highlands - Halibur      | 97    | 26:37.39 |
| 98 DUBOSQ, Branden         | ESC Theriault                       | 98    | 26:38.76 |
| 99 FORCADA LLOS, Marti     | Almonte District HS - Almonte       | 99    | 26:39.37 |
| 100 CARREN, Dayne          | Thousand Islands SS                 | 100   | 26:40.88 |
| 101 JOUDREY, Ethan         | St. Joseph's - Renfrew              | 101   | 26:46.14 |
| 102 VALQUEETE, Alex        | Ashbury College - Ottawa            | 102   | 26:48.09 |
| 103 TANAKA, Kei            | All Saints - Ottawa                 | 103   | 26:48.30 |
| 104 NEVILLE, Aidan         | Valour - Petawawa                   | 104   | 26:52.63 |
| 105 PELCHAT, Thomas        | Ecole L'Équinoxe                    | 105   | 26:53.88 |
| 106 BEAUPRE, Joe           | Korah C&VS                          | 106   | 26:56.62 |
| 107 HAYDEN, Mitchell       | Glebe Collegiate - Ottawa           | 107   | 26:56.83 |
| 108 THOMPSON, Zach         | Scollard Hall - North Bay           | 108   | 27:06.90 |
| 109 CADIEUX, Alexaridre    | Beatrice-Desloges                   | 109   | 27:07.65 |

| Athlete                 | Team                                | Score | Time     |
|-------------------------|-------------------------------------|-------|----------|
| 110 COULOMBE, Anthony   | Beatrice-Desloges                   | 110   | 27:08.75 |
| 111 CANTWELL, Weston    | All Saints - Ottawa                 | 111   | 27:16.57 |
| 112 DRISCOLL, Will      | John McCrae SS - Ottawa             | 112   | 27:37.81 |
| 113 LANDRIault, Tanton  | St. Joseph's - Renfrew              | 113   | 27:58.99 |
| 114 FRASER, William     | Chippewa Secondary School           | 114   | 28:09.29 |
| 115 HOULDER, Dalton     | West Ferris Secondary School        | 115   | 28:16.10 |
| 116 SCHMIDT, Ben        | Haliburton Highlands - Halibur      | 116   | 28:20.83 |
| 117 FOWLER, Cole        | Valour - Petawawa                   | 117   | 28:40.23 |
| 118 JONES, Derek        | Chippewa Secondary School           | 118   | 28:41.10 |
| 119 DONIS, Sebastian    | Arnprior Dhs - Arnprior             | 119   | 28:49.15 |
| 120 DALY STEVENS, Rhane | Ecole secondaire pub                | 120   | 28:49.25 |
| 121 CHARTRAND, Alexi    | Beatrice-Desloges                   | 121   | 28:59.36 |
| 122 WATSON, Brent       | Widdifield Secondary School         | 122   | 29:00.99 |
| 123 VALIQUETTE, Phil    | Ashbury College - Ottawa            | 123   | 29:01.81 |
| 124 LEFEBVRE, Robert    | Regiopolis-Notre Dame-Kingston      | 124   | 29:02.76 |
| 125 SULLIVAN, Cody      | MacKenzie                           | 125   | 29:04.76 |
| 126 FRIGAULT, Cade      | John McCrae SS - Ottawa             | 126   | 29:05.37 |
| 127 HRADECKY, Matt      | John McCrae SS - Ottawa             | 127   | 29:18.43 |
| 128 LEBLANC, Noah       | Valour - Petawawa                   | 128   | 29:43.00 |
| 129 ELLIOT, Nick        | Regiopolis-Notre Dame-Kingston      | 129   | 29:50.24 |
| 130 RIESEN, Josiah      | Widdifield Secondary School         | 130   | 29:52.47 |
| 131 HAMILTON, Jeffrey   | Widdifield Secondary School         | 131   | 29:54.46 |
| 132 FORD, Spencer       | Almonte District HS - Almonte       | 132   | 29:57.33 |
| 133 FILE, Chris         | North Grenville - Kemptville        | 133   | 30:00.85 |
| 134 FRENETTE, Nicolas   | John McCrae SS - Ottawa             | 134   | 30:09.17 |
| 135 MAIER, Patrick      | Regiopolis-Notre Dame-Kingston      | 135   | 30:09.96 |
| 136 NAKOGEE, Gregory    | O'Gorman - Timmins                  | 136   | 30:26.04 |
| 137 FUJIKAWA, Takeaki   | Ashbury College - Ottawa            | 137   | 30:29.54 |
| 138 RONHOLM, Jevin      | Almaguin Highlands Secondary School | 138   | 30:50.15 |
| 139 STEWART, Max        | All Saints - Ottawa                 | 139   | 30:54.01 |
| 140 ARMSTRONG, Jeff     | Fellowes High School                | 140   | 30:59.23 |
| 141 WALKER, Dawson      | All Saints - Ottawa                 | 141   | 31:20.42 |
| 142 DAVIS, Cole         | West Ferris Secondary School        | 142   | 31:28.68 |
| 143 STAINFORTH, Michael | North Grenville - Kemptville        | 143   | 31:30.70 |
| 144 WALTON, Liam        | Merivale HS - Ottawa                | 144   | 31:40.45 |
| 145 PETTELLA, Michael   | Scollard Hall - North Bay           | 145   | 32:07.27 |
| 146 GROH, Kyle          | Ashbury College - Ottawa            | 146   | 32:09.50 |
| 147 NOWAK, Nathan       | Regiopolis-Notre Dame-Kingston      | 147   | 32:24.54 |
| 148 LABEL, Dylan        | Widdifield Secondary School         | 148   | 32:50.54 |
| 149 BINOTTO, Joshua     | All Saints - Ottawa                 | 149   | 33:15.37 |
| 150 JUNG, Haewon        | Merivale HS - Ottawa                | 150   | 33:41.73 |
| 151 YAKABUSKIE, Riley   | Scollard Hall - North Bay           | 151   | 33:47.80 |
| 152 LACROIX, Cole       | Fellowes High School                | 152   | 33:49.86 |
| 153 REID, Caleb         | All Saints - Ottawa                 | 153   | 33:56.87 |
| 154 DECARUFEL, Devyn    | Ecole secondaire pub                | 154   | 34:19.92 |
| 155 MCCUBBIN, River     | Chippewa Secondary School           | 155   | 34:37.28 |
| 156 ZANNESE, Kevin      | All Saints - Ottawa                 | 156   | 34:37.38 |

| <b>Athlete</b>         | <b>Team</b>               | <b>Score</b> | <b>Time</b> |
|------------------------|---------------------------|--------------|-------------|
| 157 GROULX, Jarod      | All Saints - Ottawa       | 157          | 34:40.92    |
| 158 YILMAZ, Ata        | Thousand Islands SS       | 158          | 37:38.54    |
| 159 BRODHAGEN, Trystan | Scollard Hall - North Bay | 159          | 39:08.01    |