

2016 West Conference XC Championships - 2016-10-18**Bell HS / Stoney Swamp****Rankings****Event 1 Girls 3900 Meter Run CC Midget**

Name	Year School	Finals	Points
1 Reid, Lauren	All Saints Chs	15:06.00	1
2 Pellerin, Skye	St. Francis Xavier	15:17.00	2
3 Veldcamp, Grace	A.Y.Jackson SS	15:34.00	3
4 Katherine, Chadwick	Nepean HS	15:48.00	4
5 Jarvis, Jeany	A.Y.Jackson SS	15:59.00	5
6 McIntyre, Siobhan	South Carleton HS	16:24.00	6
7 Bellefleur, Haley	West Carleton SS	16:24.50	7
8 Finch, Abi	All Saints Chs	16:34.00	8
9 Baillie, Claire	Nepean HS	16:42.00	9
10 Kelly, Emma	St. Joseph Chs	16:51.00	10
11 Pegrum, Katrina	Srb	16:51.50	11
12 Procyk, Paulina	Nepean HS	17:15.00	12
13 Arthurs, Shannon	South Carleton HS	17:16.00	13
14 Doner-Freire, Alicia	St. Paul HS	17:17.00	14
15 Louthian, Triniti	South Carleton HS	17:18.00	15
16 Konova, Olga	C.C. Franco-Ouest	17:24.00	16
17 Boxall, Katelyn	St. Pius X	17:45.00	17
18 Norman, Mary Kate	Merivale	17:46.00	18
19 Benoit, Alya	Nepean HS	17:51.00	19
20 Fiarchuk, Olivia	South Carleton HS	17:57.00	20
21 Stymiest, Maddie	Nepean HS	18:06.00	21
22 Gay, Carmen	Redeemer	18:19.00	22
23 Robertson, Chanel	Omer Deslauriers	18:21.00	23
24 Sokoluk, Evelyn	St. Mark HS	18:21.50	24
25 Van Barr, Charlotte	West Carleton SS	18:24.00	25
26 Knelsen, Kiana	Maurice Lapointe	18:25.00	26
27 Benani, Maha	John McCrae	18:31.00	27
28 Horn, Liv	Woodroffe HS	18:33.00	28
29 Burkitt, Ashtyn	John McCrae	18:46.00	29
30 Poole, Lauren	Srb	18:49.00	30
31 Hooper, Rosemary	John McCrae	18:51.00	31
32 McGee, Rebecca	Nepean HS	18:54.00	32
33 Hall, Sara	Longfields	18:56.00	33
34 Van Marle, Eneke	Pierre-Savard	18:57.00	34
35 Harris, Laura	St. Joseph Chs	19:00.00	35
36 Brown-Graham, Sophie	Sacred Heart Chs	19:01.00	36
37 Bates, Katarina	St. Mark HS	19:01.50	37
38 Scott, Emma	Longfields	19:02.00	38
39 Richards, Reanne	St. Mark HS	19:03.00	39
40 Banks, Jaida	Bell High School	19:06.00	40
41 Phy-Lim, Jenny	John McCrae	20:46.00	41
42 Hoang, Kara	C.C. Franco-Ouest	20:56.00	42
43 Innes, Celia	All Saints Chs	20:58.00	43
44 Flamarique, Leire	A.Y.Jackson SS	21:19.00	44
45 Halliday, Georgia	Pierre-Savard	21:28.00	45
46 Ho, Meghan	Pierre-Savard	21:30.00	46
47 Carver, Claire	St. Mark HS	22:19.00	47
48 MacKay, Isabella	St. Francis Xavier	23:07.00	48
49 Neyens, Mariana	Woodroffe HS	23:16.00	49
50 Heffern, Julia	Paul Desmarais	25:15.00	50
51 Walmsley, Victoria	Paul Desmarais	25:16.00	51
52 Rho, Yamiley	John McCrae	27:07.00	52

2016 West Conference XC Championships - 2016-10-18**Bell HS / Stoney Swamp****Rankings****....Event 1 Girls 3900 Meter Run CC Midget**

53 Mohan, Chaya	All Saints Chs	30:16.00	53
54 Poapst, Cassandra	St. Mark HS	32:21.00	54
55 Power, Chloe	Sacred Heart Chs	34:15.00	55
56 Gaudet, Isabella	Nepean HS	40:00.00	56

Team Scores

Rank	Team	Total	1	2	3	4	*5	*6	*7	*8	*9
1	Nepean HS	44	4	9	12	19	21	32	56		
	Total Time:	1:07:36.00									
	Average:	16:54.00									
2	South Carleton HS	54	6	13	15	20					
	Total Time:	1:08:55.00									
	Average:	17:13.75									
3	All Saints Chs	105	1	8	43	53					
	Total Time:	1:22:54.00									
	Average:	20:43.50									
4	John McCrae	128	27	29	31	41	52				
	Total Time:	1:16:54.00									
	Average:	19:13.50									
5	St. Mark HS	147	24	37	39	47	54				
	Total Time:	1:18:45.00									
	Average:	19:41.25									

Event 3 Girls 5k Run CC Junior

Name	Year School	Finals	Points
1 Wilson, Valentine	Woodroffe HS	20:13.00	1
2 Shields, Hollyann	All Saints Chs	20:34.00	2
3 MacAskill, Olivia	Earl of March	20:47.00	3
4 Galbraith, Mollie	C.C. Franco-Ouest	21:03.00	4
5 Swyer, Mackenzie	John McCrae	21:25.00	5
6 Jovic, Helana	John McCrae	21:47.00	6
7 Moore, Julia	St. Joseph Chs	21:49.00	7
8 Bowditch, Arianna	Sacred Heart Chs	21:52.00	8
9 Loiselle, Melanie	All Saints Chs	21:56.00	9
10 Toulipoulos, Evangelea	Srb	22:03.00	10
11 Doyle, Jenna	Srb	22:39.00	11
12 Ethier, Megan	Srb	22:40.00	12
13 Steiner, Daius	C.C. Franco-Ouest	22:41.00	13
14 Exley, Leah	Sacred Heart Chs	23:12.00	14
15 MacLeod, Ariana	All Saints Chs	23:29.00	15
16 Chiarelli, Hannah	St. Paul HS	23:34.00	16
17 Hayden, Darcy	Merivale	23:41.00	17
18 Mason, Kate	Nepean HS	23:44.00	18
19 Tynski, Laureenne	All Saints Chs	23:44.50	19
20 Merritt, Madeleine	West Carleton SS	23:54.00	20
21 Shevchenko, Elizabeth	Earl of March	24:03.00	21
22 Drain, Megan	West Carleton SS	24:04.00	22
23 Tu, Dona	Srb	24:24.00	23

2016 West Conference XC Championships - 2016-10-18

Bell HS / Stoney Swamp

Rankings

24 Hepstead, Lucy	Bell High School	24:40.00	24
25 Devenny, Katie	Bell High School	24:46.00	25
26 Hornung, Rachel	Nepean HS	25:06.00	26
27 Lamprecht, Carmen	All Saints Chs	25:29.00	27
28 Kebedom, Hanna	Longfields	25:31.00	28
29 Lester, Olivia	Earl of March	25:45.00	29
30 Sik, Sydney	Holy Trinity HS	25:45.50	30
31 Ponesse, Talia	St. Francis Xavier	25:55.00	31
32 Osorio Luna, Kamila	Earl of March	26:10.00	32
33 Wimmi, Sarah	Bell High School	26:15.00	33
34 Milne, Melissa	Mother Teresa Chs	26:23.00	34
35 O'Rourke, Emily	Sacred Heart Chs	26:31.00	35
36 Parker, Grace	St. Joseph Chs	26:37.00	36
37 Wong, Sophia	Earl of March	26:38.00	37
38 Pantano, Sofia	St. Francis Xavier	26:39.00	38
39 Amona, Tamarah	St. Francis Xavier	26:40.00	39
40 Wong, Emily	All Saints Chs	26:54.00	40
41 Gundersen, Mieke	St. Francis Xavier	27:08.00	41
42 Ross, Quinn	St. Mark HS	27:55.00	42
43 Larock, Sinead	St. Mark HS	27:58.00	43
44 Mapp - Nadeau, Kailynne	Paul Desmarais	27:59.00	44
45 Gonzalez Rodriguez, Aroa	Longfields	28:00.00	45
46 Carter, Jenna	Mother Teresa Chs	28:06.00	46
47 Toscano, Chiara	Pierre-Savard	28:14.00	47
48 Frackleton, Leah	Pierre-Savard	28:15.00	48
49 Pilon, Isabelle	Nepean HS	29:13.00	49
50 McCarthy, Georgia	Paul Desmarais	29:35.00	50
51 McCarthy, Abby	Earl of March	29:44.00	51
52 Purdie, Melissa	Paul Desmarais	29:58.00	52

....Event 3 Girls 5k Run CC Junior

53 Wilson, Nadia	St. Mark HS	30:09.00	53
54 Brown, Christina	All Saints Chs	30:52.00	54
55 Hewitt, Meg	All Saints Chs	30:52.50	
56 Grasmeyer, Laura	St. Mark HS	31:59.00	55
57 Hayden, Taylor	Nepean HS	33:27.00	56
58 Han, Jiaqi	Nepean HS	33:36.00	57
59 Brinkman, Samantha	Redeemer	33:40.00	58
60 Beaulne, Cassandra	St. Mark HS	35:22.00	59
61 Travis, Adeline	John McCrae	36:15.00	60
62 Balachandrah, Anjana	Longfields	38:20.00	61
63 Jackson, Sarah	Sacred Heart Chs	38:30.00	62

Team Scores

```

=====
===
Rank Team          Total  1  2  3  4  *5  *6  *7  *8  *9
=====
===
1 All Saints Chs   45  2  9 15 19 27 40 54
  Total Time: 1:29:43.50
  Average: 22:25.88
2 Sir Robert Borden HS 56 10 11 12 23
  Total Time: 1:31:46.00
  Average: 22:56.50
3 Earl of March    85  3 21 29 32 37 51
  
```

2016 West Conference XC Championships - 2016-10-18**Bell HS / Stoney Swamp****Rankings**

Total Time:	1:36:45.00				
Average:	24:11.25				
4 Sacred Heart Chs	119	8	14	35	62
Total Time:	1:50:05.00				
Average:	27:31.25				
5 Nepean HS	149	18	26	49	57
Total Time:	1:51:30.00				
Average:	27:52.50				
6 St. Francis Xavier	149	31	38	39	41
Total Time:	1:46:22.00				
Average:	26:35.50				
7 St. Mark HS	193	42	43	53	59
Total Time:	1:58:01.00				
Average:	29:30.25				

Event 5 Girls 5900 Meter Run CC Senior

Name	Year School	Finals	Points
1 McCulloch, Shona	Longfields	22:33.00	1
2 Laurin, Melissa	St. Paul HS	24:05.00	2
3 Renon, Alana	Pierre-Savard	24:10.00	3
4 Gibson, Kiana	Merivale	24:35.00	4
5 Sheridan, Katherine	Bell High School	24:51.00	5
6 Dickson, Samantha	Earl of March	25:09.00	6
7 Gibson, Emily	West Carleton SS	25:19.00	7
8 Gaunt, Keegan	Merivale	25:32.00	8
9 Tremblay, Nat	All Saints Chs	25:54.00	9
10 Egli, Lauren	Earl of March	26:22.00	10
11 Wotherspoon, Page	Nepean HS	26:35.00	11
12 Foster, Charlotte	West Carleton SS	26:37.00	12
13 Banks, Sierra	Bell High School	26:45.00	13
14 Parolari, Eva	Nepean HS	26:58.00	14
15 Matuszewski, Marta	All Saints Chs	27:00.00	15
16 Gay, Elizabeth	Redeemer	27:01.00	16
17 Macdougall, Cameron	Nepean HS	27:06.00	17
18 Freitag, Rachel	Nepean HS	27:09.00	18
19 Murr, Christine	Earl of March	27:47.00	19
20 Ranahan, Chloe	Srb	27:55.00	20
21 McDonald, Caitlin	South Carleton HS	28:00.00	21
22 Gibson, Taylor	Mother Teresa Chs	28:18.00	22
23 Swift, Kyra	Mother Teresa Chs	28:20.00	23
24 Grakist, Arielle	West Carleton SS	28:29.00	24
25 Sjolund, Zoe	Srb	28:29.50	25
26 McAllister, Dianna	St. Mark HS	28:46.00	26
27 Cameron, Rachel	Bell High School	28:54.00	27
28 Torrance, Skye	Earl of March	29:11.00	28
29 Besharah, Alyssa	Longfields	29:18.00	29
30 Cook, Akira	Redeemer	29:30.00	30
31 Fernandez, Catalina	Mother Teresa Chs	29:37.00	31
32 Horn, Penelope	Woodroffe HS	29:59.00	32
33 Laroche, Talia	Maurice Lapointe	30:27.00	33
34 Atoe, Nosa	Sacred Heart Chs	30:53.00	34
35 Thomas, Sophie	West Carleton SS	31:06.00	35
36 Costello, Katherine	Pierre-Savard	31:27.00	36
37 Conacher, Madeline	St. Francis Xavier	31:29.00	37
38 Pilon, Julia	Longfields	31:51.00	38

2016 West Conference XC Championships - 2016-10-18

Bell HS / Stoney Swamp

Rankings

39 Caulfeild, Sydney	A.Y.Jackson SS	32:05.00	39
40 Rioflorido, Julia	All Saints Chs	32:09.00	40
41 Dalpra, Celeste	Longfields	32:39.00	41
42 Forster, Victoria	Bell High School	32:40.00	42
43 Melanson, Adele	Nepean HS	32:58.00	43
44 Woodward, Elise	All Saints Chs	33:05.00	44
45 MacDonnell, Kiana	All Saints Chs	33:10.00	45
46 Blondin, Shaelyn	Mother Teresa Chs	33:25.00	46
47 Pope, Samantha	Mother Teresa Chs	33:25.50	47
48 Chisholm, Emily	South Carleton HS	33:59.00	48
49 Clow, Sophie	South Carleton HS	34:55.00	49
50 Hickey, Ashlyn	Mother Teresa Chs	35:00.00	50
51 Gois-Ardovini, Melissa	Mother Teresa Chs	35:03.00	51
52 Sharkey, Bryna	St. Francis Xavier	35:32.00	52

....Event 5 Girls 5900 Meter Run CC Senior

53 Maggiore, Adrianna	Mother Teresa Chs	45:09.00
54 Labomarel, Irabelle	St. Paul HS	46:00.00 53

Team Scores

```

=====
===
Rank Team          Total  1  2  3  4  *5  *6  *7  *8  *9
=====
===
1 Nepean HS          60 11 14 17 18 43
  Total Time: 1:47:48.00
  Average: 26:57.00
2 Earl of March      63  6 10 19 28
  Total Time: 1:48:29.00
  Average: 27:07.25
3 West Carleton SS   78  7 12 24 35
  Total Time: 1:51:31.00
  Average: 27:52.75
4 Bell High School    87  5 13 27 42
  Total Time: 1:53:10.00
  Average: 28:17.50
5 All Saints Chs     108  9 15 40 44 45
  Total Time: 1:58:08.00
  Average: 29:32.00
6 Longfields Davidson Heigh 109  1 29 38 41
  Total Time: 1:56:21.00
  Average: 29:05.25
7 Mother Teresa Chs  122 22 23 31 46 47 50 51
  Total Time: 1:59:40.00
  Average: 29:55.00
=====

```

Event 2 Boys 3900 Meter Run CC Midget

```

=====
Name          Year School          Finals Points
=====
1 Earle, William Woodroffe HS          13:49.00  1
2 Roy, Jackson  Longfields            14:01.00  2
3 MacHale, Liam  John McCrae           14:37.00  3
4 Kirch, William Bell High School      14:40.00  4
5 Woodford, Theo Nepean HS              14:42.00  5
=====

```

2016 West Conference XC Championships - 2016-10-18**Bell HS / Stoney Swamp****Rankings**

6 Asselstine, Owen	Bell High School	14:47.00	6
7 Nicolle, Maxim	Srb	14:51.00	7
8 Kerr, Liam	Merivale	14:58.00	8
9 Woods, Sam	Earl of March	15:03.00	9
10 Whall, Matthew	St. Francis Xavier	15:05.00	10
11 Lai, Josh	Nepean HS	15:15.00	11
12 Milne, Colton	John McCrae	15:24.00	12
13 Chaput, Eric	C.C. Franco-Ouest	15:31.00	13
14 Denne, Cameron	Longfields	15:41.00	14
15 Grant, Ben	South Carleton HS	15:42.00	15
16 Zogu, Julian	C.C. Franco-Ouest	15:43.00	16
17 Pavao, Marshall	Longfields	15:45.00	17
18 Manning, Eddy	Nepean HS	15:47.00	18
19 MacDonell, Keeley	All Saints Chs	15:49.00	19
20 Gorcea, Andrew	Earl of March	16:03.00	20
21 Shiferaw, Michais	St. Joseph Chs	16:06.00	21
22 Oickle, Ethan	Merivale	16:09.00	22
23 Mosekjaer, Kevin	Longfields	16:14.00	23
24 Ludington, Simon	Paul Desmarais	16:26.00	24
25 Adams, Benjamin	Longfields	16:27.00	25
26 Goddard, Brendan	St. Joseph Chs	16:28.00	26
27 Jean-Charles, Cedric	Redeemer	16:32.00	27
28 Ferry-Reid, Gavin	St. Joseph Chs	16:33.00	28
29 Driscoll, Liam	Longfields	16:35.00	29
30 Lau, Noah	Redeemer	16:47.00	30
31 Popovic, Marko	Longfields	16:48.00	31
32 Chaudhry, Fasih	Longfields	16:48.50	
33 Thompson, Mitchell	John McCrae	16:56.00	32
34 Buckley, Peter	Sacred Heart Chs	16:57.00	33
35 Stickle, Oliver	St. Joseph Chs	17:01.00	34
36 Davis, Sam	Nepean HS	17:10.00	35
37 Sammy, Caelan	St. Joseph Chs	17:14.00	36
38 Al Aidie, Mohmad	John McCrae	17:20.00	37
39 Smiley, Nathan	South Carleton HS	17:26.00	38
40 Scott, Eric	Pierre-Savard	17:35.00	39
41 Olivier-Fortier, Gabriel	Paul Desmarais	17:38.00	40
42 Yung, Nicholas	Merivale	17:43.00	41
43 Oickle, Devon	Merivale	17:43.50	42
44 Tamtam, Walid	Blyth Academy	18:06.00	43
45 Brzezinski, Hunter	John McCrae	18:07.00	44
46 Lowe, Conner	John McCrae	18:08.00	45
47 Boada Melo, Brian	John McCrae	18:14.00	46
48 McCloskey, Declan	Sacred Heart Chs	18:29.00	47
49 Sabanegh, Nicolas	C.C. Franco-Ouest	18:30.00	48
50 Thornhill, Samuel	Longfields	18:32.00	
51 Davis, Griffin	Paul Desmarais	18:44.00	49
52 Da Costa, Matthew	Paul Desmarais	18:44.50	50

....Event 2 Boys 3900 Meter Run CC Midget

53 Nicoletti, Dante	Paul Desmarais	18:45.00	51
54 Singh, Manveer	Longfields	18:50.00	
55 Veilleux, Charles	C.C. Franco-Ouest	18:56.00	52
56 Sun, Shawn	St. Francis Xavier	18:58.00	53
57 Johnston, Chris	Merivale	19:22.00	54
58 Situ, Jackson	John McCrae	19:23.00	
59 Levis, Frank	A.Y.Jackson SS	19:24.00	55

2016 West Conference XC Championships - 2016-10-18**Bell HS / Stoney Swamp****Rankings**

60 Fletcher, Sean	Nepean HS	19:44.00	56
61 Ritcher, Cambden	Nepean HS	19:45.00	57
62 Kim, Elijah	John McCrae	19:56.00	
63 Petrunik-Hernandez, Rica	St. Pius X	20:29.00	58
64 Quenville, Zachary	C.C. Franco-Ouest	20:37.00	59
65 Mott, William	South Carleton HS	20:42.00	60
66 Goguin, Noah	St. Joseph Chs	22:36.00	61
67 Duncan, Thomas	Woodroffe HS	23:21.00	62
68 Curtis-Morris, Jorda	Bell High School	23:42.00	63
69 Lemaire, Dillion	Nepean HS	24:00.00	64

Team Scores

Rank	Team	Total	1	2	3	4	*5	*6	*7	*8	*9
1	Longfields Davidson Heigh	56	2	14	17	23	25	29	31		
	Total Time:	1:01:41.00									
	Average:	15:25.25									
2	Nepean HS	69	5	11	18	35	56	57	64		
	Total Time:	1:02:54.00									
	Average:	15:43.50									
3	John McCrae	84	3	12	32	37	44	45	46		
	Total Time:	1:04:17.00									
	Average:	16:04.25									
4	St. Joseph Chs	109	21	26	28	34	36	61			
	Total Time:	1:06:08.00									
	Average:	16:32.00									
5	Merivale High School	113	8	22	41	42	54				
	Total Time:	1:06:33.50									
	Average:	16:38.38									
6	C.C. Franco-Ouest	129	13	16	48	52	59				
	Total Time:	1:08:40.00									
	Average:	17:10.00									
7	Paul Desmarais	163	24	40	49	50	51				
	Total Time:	1:11:32.50									
	Average:	17:53.13									

Event 4 Boys 5k Run CC Junior

Name	Year School	Finals	Points
1 Johnston-Nielsen, Brady	Srb	17:51.00	1
2 Price, Jacob	Srb	18:11.00	2
3 Vandenburghe, Luke	Mother Teresa Chs	18:44.00	3
4 Gould, Chase	Merivale	18:51.00	4
5 Jean-Charles, Xavier	Redeemer	19:30.00	5
6 Beardall, Ryan	Bell High School	19:31.00	6
7 Roche, Conor	Omer Deslauriers	19:32.00	7
8 Rogerson, Cole	Holy Trinity HS	19:37.00	8
9 Sutherland, Jason	Bell High School	19:40.00	9
10 McPhail, Hunter	Sir Guy Carleton SS	19:44.00	10
11 Kormylo, David	Earl of March	19:46.00	11
12 Wondewosson, Nathanael	C.C. Franco-Ouest	20:15.00	12
13 Mostafa, Yahya	Omer Deslauriers	20:17.00	13
14 Pellerin, Tyler	St. Francis Xavier	20:18.00	14

2016 West Conference XC Championships - 2016-10-18**Bell HS / Stoney Swamp****Rankings**

15 Basilio, Josiah	All Saints Chs	20:20.00	15
16 Jacques, Cameron	Holy Trinity HS	20:39.00	16
17 Alexander, Ian	Srb	20:49.00	17
18 Frigault, Cade	John McCrae	20:54.00	18
19 Perigo, Tyler	Sacred Heart Chs	20:56.00	19
20 Brown, Matt	All Saints Chs	20:57.00	20
21 Robertson, Kevin	Bell High School	21:05.00	21
22 Capy, Anthony	Woodroffe HS	21:08.00	22
23 Brown, Darren	West Carleton SS	21:09.00	23
24 Bascur, Diego	St. Joseph Chs	21:15.00	24
25 Chadwick, James	Nepean HS	21:22.00	25
26 Adeli, Kevin	Bell High School	21:24.00	26
27 Lindale, Thomas	St. Pius X	21:26.00	27
28 DeRooy, David	Bell High School	21:39.00	28
29 Lopez-Espinosa, Felipe	Holy Trinity HS	21:56.00	29
30 Peacock, Maxwell	Earl of March	21:57.00	30
31 Gibson, Bryce	St. Francis Xavier	21:57.50	31
32 Kalab, Thomas	Bell High School	21:59.00	32
33 Charland, Kacey	South Carleton HS	22:07.00	33
34 Khreis, Ali	St. Paul HS	22:09.00	34
35 Harwysh, Nic	Sacred Heart Chs	22:15.00	35
36 Braun, Jacob	Mother Teresa Chs	22:21.00	36
37 Garang, Kevin	St. Paul HS	22:24.00	37
38 Gratwohl, Isaiah	Woodroffe HS	22:25.00	38
39 Player, Alexander	Woodroffe HS	22:35.00	39
40 Milijevic, Nikola	Bell High School	22:48.00	40
41 Mostafa, Ismael	Omer Deslauriers	22:57.00	41
42 Walker, Dawson	All Saints Chs	23:00.00	42
43 Binoto, Josh	All Saints Chs	23:07.00	43
44 Pigeau, Clark	South Carleton HS	23:15.00	44
45 Stewart, Max	All Saints Chs	23:15.50	45
46 Ostritsov, Daniel	St. Francis Xavier	23:32.00	46
47 Kranias, Jasper	Nepean HS	23:38.00	47
48 Hayes, Gabe	All Saints Chs	23:39.00	48
49 Millette, Nicholas	St. Francis Xavier	23:39.50	49
50 Hall, Chis	A.Y.Jackson SS	24:10.00	50
51 Melville, Connor	Sir Guy Carleton SS	24:11.00	51
52 Hilaire, Alex	St. Francis Xavier	24:16.00	52

....Event 4 Boys 5k Run CC Junior

53 Hodgson, Joel	Woodroffe HS	24:38.00	53
54 Valle, Jonathan	Mother Teresa Chs	24:49.00	54
55 Zeid, Rami	Omer Deslauriers	25:02.00	55
56 Gratton, Kai	All Saints Chs	25:12.00	56
57 Darboux, Armel	St. Paul HS	26:43.00	57
58 Jones, Eric	West Carleton SS	26:44.00	58
59 Zannese, Kevin	All Saints Chs	26:44.50	
60 Imanzi, Frank	C.C. Franco-Ouest	26:58.00	59
61 Longo, Jake	St. Francis Xavier	27:02.00	60
62 Scrutton, Jericho	Longfields	27:52.00	61
63 Kaizer, Ryan	St. Mark HS	27:54.00	62
64 Hoskins, Jaydon	Notre Dame HS	27:55.00	63
65 Wooltorton, Gabriel	Sacred Heart Chs	30:14.00	64
66 Volk, Michael	St. Pius X	34:40.00	65
67 Sikka, Bhavuk	A.Y.Jackson SS	39:20.00	66

2016 West Conference XC Championships - 2016-10-18**Bell HS / Stoney Swamp****Rankings**

Team Scores

Rank	Team	Total	1	2	3	4	*5	*6	*7	*8	*9
1	Bell High School	62	6	9	21	26	28	32	40		
	Total Time: 1:21:40.00										
	Average: 20:25.00										
2	Esp Omer Deslauriers	116	7	13	41	55					
	Total Time: 1:27:48.00										
	Average: 21:57.00										
3	All Saints Chs	120	15	20	42	43	45	48	56		
	Total Time: 1:27:24.00										
	Average: 21:51.00										
4	St. Francis Xavier	140	14	31	46	49	52	60			
	Total Time: 1:29:27.00										
	Average: 22:21.75										
5	Woodroffe HS	152	22	38	39	53					
	Total Time: 1:30:46.00										
	Average: 22:41.50										

Event 6 Boys 5900 Meter Run CC Senior

Name	Year School	Finals	Points
1 Mather, Michael	C.C. Franco-Ouest	19:11.00	1
2 Pedersen, Nico	Merivale	20:04.00	2
3 Turcanu, Philippe	Bell High School	20:25.00	3
4 Zanetti, Lucas	Srb	20:44.00	4
5 Thibeau, Arthur	Nepean HS	21:07.00	5
6 Steele, Tommy	West Carleton SS	21:09.00	6
7 Giddings, Spencer	C.C. Franco-Ouest	21:39.00	7
8 Omar, Mohammed	Woodroffe HS	21:51.00	8
9 Pegrum, Devon	Srb	21:55.00	9
10 Lorbetzkie, Ken	Merivale	22:04.00	10
11 Splinter, Jacob	C.C. Franco-Ouest	22:06.00	11
12 Cheny, Nick	Nepean HS	22:07.00	12
13 Ray-Sprague, Simon	Nepean HS	22:11.00	13
14 Chabot, Xavier	C.C. Franco-Ouest	22:16.00	14
15 Porter, Colin	Bell High School	22:24.00	15
16 Idris, Nebil	Woodroffe HS	22:33.00	16
17 Carver, Hayden	St. Mark HS	22:33.50	17
18 Zaher, Idir	Longfields	22:50.00	18
19 Vile, Jake	All Saints Chs	22:55.00	19
20 Cornick, Iain	Woodroffe HS	22:56.00	20
21 O'Brien, Reilly	Longfields	22:58.00	21
22 MacAdam, Davis	St. Paul HS	23:01.00	22
23 Tunga, Bidil	Notre Dame HS	23:11.00	23
24 Nicolle, Sebastien	Nepean HS	23:22.00	24
25 Butler, Alex	All Saints Chs	23:24.00	25
26 Rhude, Dwayne	C.C. Franco-Ouest	23:31.00	26
27 Poole, Jared	Srb	23:32.00	27
28 Hammel, Jacob	Merivale	23:52.00	28
29 Caves, Nicholas	Mother Teresa Chs	23:55.00	29
30 Tanaka, Keitaro	Mother Teresa Chs	23:55.50	30
31 Lacaille, Daniel	West Carleton SS	23:56.00	31

2016 West Conference XC Championships - 2016-10-18**Bell HS / Stoney Swamp****Rankings**

32 Liuzzo, Reece	Mother Teresa Chs	23:58.00	32
33 Patten, Matthew	Nepean HS	23:58.50	33
34 McAllister, James	St. Mark HS	24:02.00	34
35 Wilson, Evan	Earl of March	24:07.00	35
36 Chodura, Nicholas	Merivale	24:17.00	36
37 Bortnowski, Phillip	Earl of March	24:29.00	37
38 Canham, Nicolas	Bell High School	24:29.50	38
39 Linehan, Matt	Nepean HS	24:32.00	39
40 Ashfield, Nick	West Carleton SS	24:33.00	40
41 Shouldice, Reid	West Carleton SS	24:39.00	41
42 Raichura, Shain	John McCrae	24:57.00	42
43 Sobczak, Brad	Bell High School	25:03.00	43
44 Davis, Ian	West Carleton SS	25:04.00	44
45 Cantwell, Weston	All Saints Chs	25:08.00	45
46 Chenette, Greg	South Carleton HS	25:13.00	46
47 Stanier, Jack	All Saints Chs	25:22.00	47
48 Dalkowski, Thomas	Pierre-Savard	25:24.00	48
49 Veilleux, Francois	C.C. Franco-Ouest	25:44.00	49
50 Bartholomew, Ben	Nepean HS	25:58.00	50
51 James, Daniel	Sir Guy Carleton SS	25:59.00	51
52 Arthur, Brian	West Carleton SS	26:03.00	52

....Event 6 Boys 5900 Meter Run CC Senior

53 Johnston, Liam	Merivale	26:03.50	53
54 Walsh, Ryan	Nepean HS	26:06.00	
55 Rolofs, William	West Carleton SS	26:12.00	54
56 van Walraven, Sander	Nepean HS	26:13.00	
57 Mercer, Devin	All Saints Chs	26:23.00	55
58 Schlagenhauser, Tobias	West Carleton SS	26:27.00	
59 Wit, Jackson	West Carleton SS	26:28.00	
60 Kalab, Adam	Bell High School	26:28.50	56
61 Finlay, Kyle	St. Mark HS	26:31.00	57
62 Duncan, Finn	Nepean HS	26:40.00	
63 Nevin, Bryce	St. Mark HS	26:42.00	58
64 Ouellette, William	St. Francis Xavier	26:47.00	59
65 Lochhead, Jake	Merivale	26:47.50	60
66 Biyong-Kalla, Nelson	Mother Teresa Chs	26:49.00	61
67 Zelinski, Alex	All Saints Chs	26:59.00	62
68 Goveas, Aaron	St. Paul HS	27:14.00	63
69 McMullan-Serson, Hunter	St. Paul HS	27:15.00	64
70 Redmond, Tomas	A.Y.Jackson SS	27:17.00	65
71 Maclean, Connor	John McCrae	27:22.00	66
72 Maddock, Alex	All Saints Chs	27:26.00	67
73 Peasley, Scott	Mother Teresa Chs	27:38.00	68
74 Kaizer, Ethan	St. Mark HS	27:39.00	69
75 Sickert, Justin	St. Mark HS	27:58.00	70
76 Hancock-Lefebour, Matthi	Maurice Lapointe	28:00.00	71
77 Gollain, Jeremy	Bell High School	28:00.50	72
78 Pradel, Ricardo	Sacred Heart Chs	28:09.00	73
79 Jacobson, Connor	Nepean HS	28:30.00	
80 McDonald, Ryan	South Carleton HS	28:39.00	74
81 Chaudhry, Ehtisham	Longfields	28:49.00	75
82 Anderson, Peter	Notre Dame HS	28:55.00	76
83 Adams, Kurtis	Longfields	29:00.00	77
84 Cunningham, Alexander	Mother Teresa Chs	29:02.00	78
85 Korycki-Streigler, Aiden	Notre Dame HS	29:03.00	79

2016 West Conference XC Championships - 2016-10-18

Bell HS / Stoney Swamp

Rankings

86 Ersythee, Calibe	Mother Teresa Chs	29:46.00	80
87 McNeil, Alex	St. Mark HS	29:53.00	81
88 Armstrong, Michael	St. Mark HS	29:54.00	
89 Rudyk, Caleb	Mother Teresa Chs	30:15.00	
90 Guertin, Callum	Notre Dame HS	30:47.00	82
91 Motuma, Olyad	Woodroffe HS	31:07.00	83
92 Hearty, Owen	Mother Teresa Chs	31:36.00	
93 Lu, William	Earl of March	31:53.00	84
94 KirkPatrick, Neal	Omer Deslauriers	33:01.00	85
95 Templin, Nick	Sacred Heart Chs	33:08.00	86
96 Brockmann, Brian	St. Paul HS	33:13.00	87
97 Mputu, Joshwa	St. Pius X	34:50.00	88
98 Almaden, Raden	Notre Dame HS	35:20.00	89
99 Johnson, Daniel Joseph	Mother Teresa Chs	35:26.00	
100 Ellis, Tyrell	Notre Dame HS	35:39.00	90
101 Wooltorton, Ian	Sacred Heart Chs	35:53.00	91
102 O'Malley, Brendan	Sacred Heart Chs	36:01.00	92
103 Paul, Deontae	Notre Dame HS	39:03.00	93
104 Holley, Alex	Sir Guy Carleton SS	44:36.00	94
105 Herman, Jonathon	Sir Guy Carleton SS	46:13.00	95
106 Anderson, Isaac	Holy Trinity HS	47:47.00	96
107 Walker, Bailey	Merivale	49:15.00	97

....Event 6 Boys 5900 Meter Run CC Senior

Team Scores

```

=====
===
Rank Team          Total  1  2  3  4  *5  *6  *7  *8  *9
=====
===
1 C.C. Franco-Ouest      33  1  7  11  14  26  49
  Total Time: 1:25:12.00
  Average: 21:18.00
2 Nepean HS              54  5  12  13  24  33  39  50
  Total Time: 1:28:47.00
  Average: 22:11.75
3 Merivale High School   76  2  10  28  36  53  60  97
  Total Time: 1:30:17.00
  Average: 22:34.25
4 Bell High School       99  3  15  38  43  56  72
  Total Time: 1:32:21.50
  Average: 23:05.38
5 West Carleton SS      118  6  31  40  41  44  52  54
  Total Time: 1:34:17.00
  Average: 23:34.25
6 Woodroffe HS          127  8  16  20  83
  Total Time: 1:38:27.00
  Average: 24:36.75
7 All Saints Chs        136  19  25  45  47  55  62  67
  Total Time: 1:36:49.00
  Average: 24:12.25
8 Mother Teresa Chs     152  29  30  32  61  68  78  80
  Total Time: 1:38:37.50
  Average: 24:39.38
9 St. Mark HS           166  17  34  57  58  69  70  81
  
```

2016 West Conference XC Championships - 2016-10-18

Bell HS / Stoney Swamp

Rankings

Total Time: 1:39:48.50								
Average: 24:57.13								
10 Longfields Davidson Heigh	191	18	21	75	77			
Total Time: 1:43:37.00								
Average: 25:54.25								
11 St. Paul HS	236	22	63	64	87			
Total Time: 1:50:43.00								
Average: 27:40.75								
12 Notre Dame HS	260	23	76	79	82	89	90	93
Total Time: 1:51:56.00								
Average: 27:59.00								
13 Sacred Heart Chs	342	73	86	91	92			
Total Time: 2:13:11.00								
Average: 33:17.75								