

## NCSSAA East Conference - 2022-10-19

## Cross-Country Championships

## Hornets Nest

## Results

## Event 1 Girls 4k CC Novice

Name	Year	School	Finals	Points
Results - Women				
1 Davies, Evelyn	08	Immaculata	17:41.83	1
2 Buchanan, Nadine	08	Franco-Cite	18:08.67	2
3 Van Wesenbeeck, Julia	08	Glebe Collegiate	18:14.42	3
4 Hutt, Elissandre	08	De La Salle	18:22.11	4
5 Lefaiivre, Sofia	08	Louis-Riel	18:56.41	5
6 Robertson, Ella	08	Lester B Pearson	19:07.45	6
7 Bettle, Katherine	08	Colonel By S.S.	19:09.61	7
8 Swandel, Aoife	08	Canterbury	19:13.98	8
9 Jennings, Sienna	08	Ashbury College	19:27.46	9
10 Kelly, Taylor	08	Osgoode	19:33.12	10
11 Raman, Ria	08	St. Patrick	19:35.17	11
12 Bennett, Zoe	08	Glebe Collegiate	19:44.48	12
13 Julien, Monica	08	St. Peter	19:50.12	13
14 Danks, Charlize	08	Elmwood School	19:51.17	14
15 Leschinsky, Madeleine	08	Glebe Collegiate	19:53.46	15
16 Layadi, Lina	08	Colonel By S.S.	19:58.03	16
17 Farsi, Sofia	08	St. Peter	19:59.73	17
18 Lemon-Yukes, Margot	08	De La Salle	20:07.67	18
19 Carlson, Molly	08	Canterbury	20:08.60	19
20 Green, Julia	08	Colonel By S.S.	20:15.54	20
21 Skabar, Gabrielle	08	Béatrice-Desloges	20:17.57	21
22 Doja, Jana	08	Immaculata	20:21.81	22
23 Inniss, Molly	08	Immaculata	20:25.77	23
24 Bergevin, Naema	08	De La Salle	20:27.28	24
25 Butler, Madison	08	St. Peter	20:28.94	25
26 Beauregard, Madeleine	08	Glebe Collegiate	20:34.63	26
27 Willis, Katherine	08	Béatrice-Desloges	20:36.82	27
28 Edwards, Sophie	08	Colonel By S.S.	20:38.29	28
29 Deslauriers, Julie-Anne	08	Colonel By S.S.	20:43.93	29
30 Alves, Kayla	08	Colonel By S.S.	20:52.80	30
31 Brancato, Ainsley	08	Ashbury College	21:01.29	31
32 Allen, Kailena	08	Glebe Collegiate	21:04.65	32
33 Strachan, Megan	08	Glebe Collegiate	21:06.68	33
34 Dove, Ayla	08	Colonel By S.S.	21:09.61	34
35 Hatfield, Gwen	08	Sir Wilfrid Laurier	21:25.94	34
36 Shields, Avery	08	St. Peter	21:30.52	35
37 Yemm, Dhara	08	Ashbury College	21:31.92	36
38 Lemoine, Jennifer	08	Béatrice-Desloges	22:01.48	37
39 Thomas, Brigit	08	Glebe Collegiate	22:05.94	38
40 D'Aoust, Kailey	08	Gloucester	22:07.49	38
41 Lee, Ella	08	Ashbury College	22:29.27	39
42 Williamson, Naya	08	Canterbury	22:36.42	40
43 Furu, Isabella	08	Elmwood School	22:48.90	41
44 Cleofas, Ligaya	08	Canterbury	22:57.12	42
45 Rose, Maggie	08	Osgoode	23:09.25	43
46 Cooper, Isla	08	Immaculata	23:09.97	44
47 Meagher, Julia	08	Immaculata	23:14.28	45
48 Maksymiuk Iraheta, Jane	08	Ashbury College	23:17.38	46
49 Rankine, Javanna	08	Ashbury College	23:17.62	47
50 Shenassa, Sofia	08	Ashbury College	23:18.31	47
51 McKay, Lauren	08	Elmwood School	23:43.48	48



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## Results

## Event 2 Boys 4k CC Novice

Name	Year	School	Finals	Points
Results - Men				
1 Siderus, Owen	08	Colonel By S.S.	14:51.08	1
2 Mortimer, Charlie	08	Hillcrest	15:06.14	2
3 O'Hare, Kiran	08	Glebe Collegiate	16:11.76	3
4 Ross, William	08	Colonel By S.S.	16:14.96	4
5 Ghie, Anthony	08	Colonel By S.S.	16:18.00	5
6 Zegers, Jacob	08	Mer Bleue	16:18.03	6
7 Battou-Ashab, Aksel	08	Glebe Collegiate	16:26.12	7
8 Prud'homme-Foster, Mathi	08	Franco-Cite	16:29.54	8
9 Thibault, Olivier	08	De La Salle	16:39.64	9
10 Dust, Kiran	08	Colonel By S.S.	16:53.99	10
11 Tang, Adrian	08	Colonel By S.S.	16:54.57	11
12 Young, Olivier	08	De La Salle	16:56.85	12
13 Brennan, Griffin	08	Immaculata	17:02.41	13
14 Côté, Tomislav	08	Franco-Cite	17:04.14	14
15 Reddin, Eyob	08	Immaculata	17:04.72	15
16 Johnston, Jack	08	Glebe Collegiate	17:07.92	16
17 McNaughtan, Silas	08	Immaculata	17:11.29	17
18 Kurien, Saurav	08	Glebe Collegiate	17:14.62	18
19 Fletcher, Felix	08	St. Matthew	17:15.48	19
20 Khosla, Samuel	08	Colonel By S.S.	17:22.47	20
21 Bou, Lluc	08	Glebe Collegiate	17:23.70	21
22 Burnett, Conlin	08	Lisgar C.I.	17:23.91	22
23 Lamoureux, Bryceson	08	St. Peter	17:30.13	23
24 Jones, Chassy	08	Lisgar C.I.	17:31.02	24
25 Revells, Dylan	08	Lisgar C.I.	17:41.71	25
26 Dawson, Neill	08	Gloucester	17:53.40	26
27 Takamura, Takumi	08	Colonel By S.S.	17:58.16	
28 Wells, Zachary	08	Glebe Collegiate	18:01.75	27
29 Vesely, Sam	08	Gloucester	18:05.16	28
30 Maranda, Oliver	08	Glebe Collegiate	18:06.81	
31 Back, Dylan	08	Immaculata	18:06.84	29
32 Cousineau, Bryden	08	Cairine Wilson	18:14.05	30
33 Millard, Wyatt	08	Ridgemont	18:14.26	31
34 Giseka, Gad Caleb	08	Lester B Pearson	18:19.05	32
35 Leckie, Nate	08	Glebe Collegiate	18:19.43	
36 Bartosik, Miko	08	Glebe Collegiate	18:20.30	
37 Hickey, Noah	08	Sir Wilfrid Laurier	18:34.35	33
38 Walker, Austin	08	Colonel By S.S.	18:41.53	
39 Smith, Roshan	08	Colonel By S.S.	18:43.61	
40 Francis, Xavier	09	Garneau	18:48.46	34
41 Allard, Cameron	08	Colonel By S.S.	18:56.80	
42 Thero, Matt	08	Gloucester	19:10.18	35
43 Trainor, Will	08	Ashbury College	19:10.98	36
44 Turcotte, Jack	08	Immaculata	19:33.62	37
45 Ni, Jerry	08	Colonel By S.S.	19:36.99	
46 Riedl, Linus	08	Hillcrest	20:09.41	38
47 Trumpower, Kael	08	Béatrice-Desloges	20:33.11	39
48 Doulet, Elliot	08	De La Salle	20:46.02	40
49 Nenonen, Leo	08	Hillcrest	20:55.11	41
50 Bonilla-Gordon, Zion	08	St. Patrick	20:59.66	42
51 Adams, Brodie	08	St. Peter	21:15.13	43



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## Results

## Event 3 Girls 5k CC Junior

Name	Year	School	Finals	Points
Results - Women				
1 Johnston-Zemek, Kate	07	Ashbury College	22:17.96	1
2 Knight, Tessa	07	Franco-Cite	23:39.12	2
3 Cliche, Zoé	07	Garneau	23:43.34	3
4 Lyons, Waverley	07	Glebe Collegiate	23:57.25	4
5 Bolduc, Camille	07	Béatrice-Desloges	24:15.03	5
6 Chaisson, Emily	07	Colonel By S.S.	24:17.93	6
7 Fraserwalls, Adrienne	07	Franco-Cite	25:08.46	7
8 Bhanji, Sophie	07	Mer Bleue	25:15.99	8
9 Betty, Helen	07	Lisgar C.I.	25:18.98	9
10 Winnie, Unsworth	07	Canterbury	25:20.29	10
11 Oehling, Kyra	07	Samuel-Genest	25:36.62	11
12 Walker, Sasha	08	Gisèle-Lalonde	25:43.38	12
13 Petrou, Norah	07	Colonel By S.S.	25:46.29	13
14 Wilton, Rebecca	07	Immaculata	25:48.91	14
15 Davison, Elise	07	De La Salle	25:58.62	15
16 Nash, Emma	07	De La Salle	26:00.16	16
17 Johnstone, Sadie	07	Canterbury	26:11.48	17
18 Wallace, Émilie	07	Franco-Cite	26:43.93	18
19 McGregor, Rachael	07	St. Patrick	26:46.87	19
20 Desbarats, Jennifer	07	De La Salle	26:46.92	20
21 Bean, Samantha	07	St. Peter	26:59.22	21
22 Schryburt, Alexia	07	Béatrice-Desloges	27:23.33	22
23 Morrissy, Maeve	07	Ashbury College	27:53.23	23
24 Sabha, Rita	07	Franco-Cite	28:07.07	24
25 Benoît, Justine	07	Garneau	28:07.28	25
26 Bernard, Mélina	07	Béatrice-Desloges	28:26.36	26
27 Parker, Judith	07	Samuel-Genest	28:34.42	27
28 Tran, Jillian	07	Samuel-Genest	28:52.20	28
29 Delhaes-Wade, Zoë	07	De La Salle	29:01.20	29
30 Carroll, Lily	07	Immaculata	29:03.39	30
31 Weber, Ada	07	De La Salle	29:05.61	31
32 Brown, Zahra	07	Béatrice-Desloges	29:09.28	32
33 Danks, Chloe	07	Elmwood School	29:09.67	33
34 Brazeau, Grace	07	Sir Wilfrid Laurier	29:15.39	34
35 Di Silvestro, Sarah	07	Elmwood School	29:16.12	35
36 Lane, Grainne	07	Glebe Collegiate	29:24.33	36
37 Pons, Juliette	07	Glebe Collegiate	29:28.71	37
38 Adderley, Emma	07	Ashbury College	29:29.02	38
39 Church, Amandine	07	Franco-Cite	29:36.10	39
40 Harback, Kate	07	Franco-Cite	29:37.62	40
41 Wendler, Ocean	07	Canterbury	29:39.40	41
42 Ulincy, Julia	07	St. Patrick	29:42.96	42
43 Bah, Rama	08	Gisèle-Lalonde	29:43.15	43
44 Wong, Marie	08	Colonel By S.S.	30:41.11	44
45 Jerusalem, Delina	07	Lester B Pearson	30:52.84	45
46 Bernardi, Elizabeth	07	Mer Bleue	30:54.35	46
47 Duguay, Caralee	07	Mer Bleue	30:56.94	47
48 Draper, Gabrielle	07	Mer Bleue	31:03.33	48
49 Kirvar, Sienna	07	St. Peter	31:06.18	49
50 Adams, Juliana	07	St. Peter	31:06.69	50
51 Juyal-Bozza, Tosca	07	Colonel By S.S.	31:14.71	51



**NCSSAA East Conference - 2022-10-19****Cross-Country Championships****Hornets Nest****Results****....Event 3 Girls 5k CC Junior**

6 Ashbury College	121	1	23	38	59	73	
Total Time: 1:52:46.15							
Average: 28:11.54							
7 Garneau	143	3	25	57	58		
Total Time: 1:57:04.18							
Average: 29:16.05							
8 Mer Bleue	149	8	46	47	48		
Total Time: 1:58:10.61							
Average: 29:32.66							
9 Glebe Collegiate	152	4	36	37	75	76	
Total Time: 2:04:06.60							
Average: 31:01.65							
10 Elmwood School	174	33	35	52	54	64	69
Total Time: 2:01:29.15							
Average: 30:22.29							
11 St. Peter	176	21	49	50	56	78	
Total Time: 2:01:12.07							
Average: 30:18.02							
12 Immaculata	182	14	30	67	71		
Total Time: 2:07:47.71							
Average: 31:56.93							
13 St. Patrick	196	19	42	65	70		
Total Time: 2:07:21.72							
Average: 31:50.43							

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## Cross-Country Championships

## Hornets Nest

## Results

## Event 4 Boys 5k CC Junior

Name	Year	School	Finals	Points
Results - Men				
1 Cova, Daniel	07	Louis-Riel	18:42.88	1
2 Taler, Saul	07	Glebe Collegiate	18:45.27	2
3 Heins, Russell	07	Glebe Collegiate	18:57.65	3
4 Smith, Noah	07	Immaculata	19:39.57	4
5 Ghozlani, Sami	08	Lisgar C.I.	19:43.13	5
6 Johnston-Zemek, Nicholas	07	Ashbury College	19:51.79	6
7 Rebane, Evan	08	Louis-Riel	20:14.05	7
8 Kaye, Cohen	07	Louis-Riel	20:19.35	8
9 McGregor, Will	07	Immaculata	20:21.35	9
10 McAteer, Blake	07	Gloucester	20:23.50	10
11 Padoin-Castillo, Matteo	07	Immaculata	20:41.71	11
12 Meehan, Aleksander	07	Immaculata	20:51.50	12
13 Plessas, Mattias	07	Louis-Riel	21:02.88	13
14 Budzinski, William	07	Garneau	21:04.82	14
15 Stratford, Hugh	07	Canterbury	21:12.87	15
16 Clancy, Noah	07	Garneau	21:15.30	16
17 Whike, Owen	07	Glebe Collegiate	22:11.56	17
18 Ischimue Karera, Thierry	07	Garneau	22:14.81	18
19 McLean, Zachary	07	Garneau	22:29.83	19
20 Wiseman, Samuel	07	De La Salle	22:54.22	20
21 Schofield, Walter	07	Glebe Collegiate	22:56.46	21
22 Letts, Jared	07	Lisgar C.I.	22:56.89	22
23 Kowalski, Gabriel	07	Osgoode	23:01.08	23
24 Drouin, Maxime	07	St. Peter	23:02.56	24
25 Ramirez-Rodriguez, Diego	07	Samuel-Genest	23:02.99	25
26 Béland, Julien	07	Mer Bleue	23:03.07	26
27 Carney, Misha	07	Glebe Collegiate	23:07.33	27
28 Roein, Stephen	07	Cairine Wilson	23:18.86	28
29 Lagace, Tyler	07	Hillcrest	23:21.13	29
30 Tomlinson, Elliot	07	Canterbury	23:21.95	30
31 Wiseman, Emmet	07	De La Salle	23:32.50	31
32 Craig, Pierce	07	Glebe Collegiate	23:33.34	32
33 Kazadi, Horem	07	Garneau	23:40.85	33
34 Smith, Kiran	07	Colonel By S.S.	23:44.35	34
35 Nigelsky Skordas, Phoeni	07	Sir Wilfrid Laurier	23:54.77	35
36 Raymond Tsai, Alexi	07	Garneau	24:21.70	36
37 Platero, Owen	07	Garneau	24:23.64	
38 Qiu, Andrew	07	Colonel By S.S.	24:26.26	37
39 Charbonneau, Orion	07	Glebe Collegiate	24:30.38	
40 Cazabon, Olivier	07	Béatrice-Desloges	24:50.25	38
41 Caldwell, Elliot	07	Samuel-Genest	25:23.34	39
42 Wilson, Andrew	07	Glebe Collegiate	26:11.83	
43 Coulombe, Mathieu	07	Colonel By S.S.	26:12.83	40
44 McFarling, Nate	07	Immaculata	26:20.18	41
45 Maynard, Lucas	07	Louis-Riel	26:21.42	42
46 Thistle, Jedrek	07	Mer Bleue	26:22.30	43
47 West, Nolan	07	Ridgemont	26:27.14	44
48 Eartly, Alexander	07	St. Matthew	26:31.01	45
49 Zhang, Eric	07	Colonel By S.S.	26:58.65	46
50 Corcoran, Cooper	07	Cairine Wilson	27:13.74	47
51 Martin, Isaac	07	Colonel By S.S.	27:24.36	48





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## Hornets Nest

## Results

## Event 5 Girls 6k CC Senior

Name	Year	School	Finals	Points
Results - Women				
1 Baggley, Olivia	05	Gloucester	25:07.86	1
2 Alexander, Lauren	06	Glebe Collegiate	25:32.06	2
3 Gormley, Caitlin	05	Glebe Collegiate	27:41.17	3
4 Trott, Sophie	05	Glebe Collegiate	27:41.62	4
5 Waddington, Claire	06	Glebe Collegiate	28:16.42	5
6 Carney, Cleo	06	Elmwood School	28:43.64	6
7 McColgan, Abbey	05	Glebe Collegiate	29:06.66	7
8 Flynn, Sarah	06	Glebe Collegiate	29:21.11	8
9 Wilton, Kayla	05	Immaculata	29:25.37	9
10 Loder, Katarina	06	Osgoode	30:01.61	10
11 Cabasson, Mathilde	06	Colonel By S.S.	30:54.80	11
12 Elwafi, Tmather	05	Sir Wilfrid Laurier	30:57.53	12
13 Naus, Gabrielle	06	Hillcrest	31:08.12	13
14 Marrs, Jacqueline	06	St. Patrick	31:37.09	14
15 Duval, Adr�a	05	B�atrice-Desloges	31:47.37	15
16 Hanley, Aniela	06	Ashbury College	32:07.50	16
17 Schryburt, Marika	05	B�atrice-Desloges	32:22.83	17
18 Abada, Mariam	05	Louis-Riel	32:43.12	18
19 Powter, Morgan	05	Ashbury College	33:08.12	19
20 Bruce, Sarah	06	Ashbury College	33:24.49	20
21 Knowles, Ali	06	Sir Wilfrid Laurier	33:33.97	21
22 Armstrong, Eden	06	Canterbury	33:39.60	22
23 Thomas, Kaia	05	Glebe Collegiate	34:04.78	
24 Lassoued, Emna	06	Gis�le-Lalonde	34:10.17	23
25 Inniss, Keira	06	Immaculata	34:14.45	24
26 Macharia, Imani	05	Colonel By S.S.	34:15.74	25
27 Patry, Joanne	05	Gis�le-Lalonde	34:24.26	26
28 Hoshino-Morin, Maya	05	Canterbury	34:24.31	27
29 Carsjens, Amelie	06	Canterbury	34:39.00	28
30 Proulx, Maxine	05	B�atrice-Desloges	35:02.42	29
31 Fraser, Zara	06	Hillcrest	35:03.19	30
32 Saravanamuttoo, Jemima	05	Colonel By S.S.	35:23.40	31
33 Kay, Hailey	05	Elmwood School	35:36.71	32
34 Welburn, Georgia	06	Glebe Collegiate	35:50.71	
35 Wiley, Sophie	06	Osgoode	35:52.35	33
36 Kinahan, G	06	Glebe Collegiate	35:56.88	
37 Feberova, Natalie	05	Ashbury College	36:13.18	34
38 Atkins, Nadia	06	Ashbury College	36:19.03	35
39 Goemans, Maria	06	Immaculata	36:33.21	36
40 McCourt, Catherine	05	Ashbury College	36:37.01	37
41 Langner, Erika	05	Ridgemont	36:45.86	38
42 Cambieri, Cecelia	05	Lisgar C.I.	36:52.31	39
43 Cody-Cox, Madeleine	05	Franco-Cite	37:06.32	40
44 Proulx, M�gane	05	B�atrice-Desloges	37:22.71	41
45 Payne, Morgan	05	Cairine Wilson	37:39.78	42
46 McGarrie, Heather	05	St. Peter	37:51.44	43
47 Fitzgerald, Tara	05	Canterbury	38:17.09	44
48 Roberts, Gillian	05	Sir Wilfrid Laurier	38:34.65	45
49 Yermolenko, Mary	06	Lisgar C.I.	39:05.64	46
50 Stratford, Rose	06	Canterbury	39:15.44	47
51 Holan-Stutz, Marika	05	Ottawa Tech S.S.	39:20.76	48



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## Results

## Event 6 Boys 6k CC Senior

Name	Year	School	Finals	Points
Results - Men				
1 Strachan, Derek	06	Glebe Collegiate	22:46.18	1
2 Melinz Dupuis, Kiefer	06	Glebe Collegiate	22:58.20	2
3 Padoin-Castillo, Adriano	05	Immaculata	23:00.94	3
4 McDaniel, Kieran	05	Ashbury College	23:02.79	4
5 Hurley, Nicholas	05	Glebe Collegiate	23:30.43	5
6 Belan, Nicolas	05	Canterbury	23:32.41	6
7 Lacasse, Sebastien	05	Colonel By S.S.	23:48.15	7
8 Mongrain, Alexandre	06	De La Salle	24:27.86	8
9 Gillan, Danial	05	Ashbury College	25:04.51	9
10 Good, Ari	06	Glebe Collegiate	25:31.30	10
11 Cino, Cameron	06	Glebe Collegiate	25:33.39	11
12 Shipley, Campbell	06	Osgoode	25:35.64	12
13 Church, Sebastien	05	Franco-Cite	25:38.50	13
14 Weselak, Merrick	06	Canterbury	25:43.81	14
15 Fairhead, William	06	Glebe Collegiate	26:06.65	15
16 Lawr, Aynsley	05	Glebe Collegiate	26:11.83	
17 Waldum, Kyle	05	Cairine Wilson	26:14.85	16
18 Boileau, Kristian	05	Garneau	26:15.55	17
19 Blacker, Nathan	05	Cairine Wilson	26:20.06	18
20 Puvan, Jacob	06	Lisgar C.I.	26:30.15	19
21 David, Jayden	05	Immaculata	26:39.10	20
22 Sawchak, Jacob	06	Colonel By S.S.	26:41.49	21
23 Ghazal, Soran	06	Colonel By S.S.	26:50.59	22
24 Hickey, Gavin	05	Sir Wilfrid Laurier	27:12.20	23
25 Buckle, Owen	06	Glebe Collegiate	27:40.87	
26 Jayarathna, Kushal	06	Colonel By S.S.	27:46.87	24
27 Carlson, Samuel	06	Immaculata	27:48.17	25
28 Close, Jeremy	06	De La Salle	28:12.09	26
29 Soublière, Laurent	06	De La Salle	28:21.59	27
30 Roy, Brendon	05	Cairine Wilson	28:36.95	28
31 Dawson, Owen	06	Gloucester	28:39.31	29
32 St-Amour, Nicholas	05	Garneau	28:46.28	30
33 Golem, Will	06	Immaculata	28:49.52	31
34 Martin, Anetta	06	De La Salle	29:03.71	32
35 List, Nicolas	06	Glebe Collegiate	29:05.80	
36 Sanders, Ian	05	Lisgar C.I.	29:26.27	33
37 Okafor, David	06	Glebe Collegiate	29:36.50	
38 Rose, Jaiden	05	Samuel-Genest	29:47.69	34
39 Couture, Antoine	06	Gisèle-Lalonde	29:48.21	35
40 Dalvi, Viggo	05	Ashbury College	29:50.95	36
41 Legge, Foster	06	St-Laurent Academy	30:01.84	37
42 Desrosiers, Ethan	06	Franco-Cite	30:06.08	38
43 Hartman, Xavier	06	St. Peter	30:09.63	39
44 Surronen, Oliver	06	Cairine Wilson	30:18.71	40
45 Fitzgerald, Aiden	05	Sir Wilfrid Laurier	30:38.42	41
46 Murphy, Xander	06	St. Matthew	30:51.43	42
47 Flores, Luke	05	St. Peter	30:51.94	43
48 Byrne, Isaac	06	St. Patrick	30:53.33	44
49 Baker, Marquis	04	Ottawa Tech S.S.	30:55.22	45
50 Barbe, Graeme	06	Immaculata	31:29.37	46
51 Vézina, Simon	05	Garneau	31:32.59	47





