

## 2022 West Conference Cross Country Championships - 10/18/2022

## Mooney's Bay - Home of Gryphon XC

## Rankings

## Event 1 Girls 4050 Meter Run CC Novice

Name	Year School	Finals	Points
1 Lofthouse, Naomi	St. Mark	16:37.83	1
2 Pender, Tillie	Nepean H.S.	16:40.14	2
3 LeBlanc, Naomi	St. Pius X C.H.S.	17:03.05	3
4 Petrescue-Commene, Edie	Nepean H.S.	17:07.81	4
5 White, Emma	St. Joseph C	17:21.87	5
6 Koschade, Naomi	South Carlet	17:45.90	6
7 Eldadah, Leen	John McCrae	17:47.21	7
8 Lauter, Kyra	Franco-Ouest	17:58.99	8
9 Allibon, Maya	John McCrae	18:01.04	9
10 Niedre, Allison	South Carlet	18:04.52	10
11 Ballafini, Sophia	Merivale HS	18:24.93	11
12 Collins, Lily	Longfields D	18:26.48	12
13 Stynes, Claire	Sir Robert Borden	18:27.64	13
14 McBean, Molly	All Saints - Ottawa	18:33.11	14
15 Puzakov, Valery	Earl of Marc	18:45.27	15
16 Murphy, Violet	Earl of Marc	18:48.40	16
17 Adams, Ava	South Carlet	18:48.87	17
18 Geraghty, Heather	Sir Robert Borden	19:03.84	18
19 Conduah, Abigail	Holy Trinity	19:04.24	19
20 Macloed, Maeve	AY Jackson	19:07.14	20
21 Magnusson, Avery	Nepean H.S.	19:12.89	21
22 Lee, Anna	Esc Paul-Des	19:14.18	22
23 Engelke, Emilia	Franco-Ouest	19:14.58	23
24 Nemchin, Abbygail	South Carlet	19:14.96	24
25 Polisenana, Anna	Merivale HS	19:31.14	25
26 Taft, Sharmila	AY Jackson	19:51.37	26
27 Heffern, Caley	Esc Paul-Des	19:55.43	27
28 Cheung, Hannah	Merivale HS	20:09.51	28
29 Larratt, Habree	South Carlet	20:19.34	29
30 Murphy, Abby	Sir Robert Borden	20:37.33	30
31 Nguyen, Vivian	Holy Trinity	20:39.84	31
32 Alsayar, Lelia	St. Joseph C	20:51.34	32
33 Afkham-Ebrahimi, Parisa	Merivale HS	21:07.62	33
34 Dedman, Alanna	All Saints - Ottawa	21:10.11	34
35 Dewar, Shannon	St. Francis	21:19.49	35
36 Lees, Kaitlyn	St. Paul Cat	21:34.34	36
37 Finlayson, Naomi	Woodroffe H.	21:37.37	37
38 Kamanzi, Kirsten	Esc Paul-Des	21:37.77	38
39 Scott, Kyra	Sir Robert Borden	21:38.18	39
40 Thompson, Abby	John McCrae	21:38.65	40
41 Hassan, Rayanne	Merivale HS	21:38.99	41
42 Eldirini, Seirin	É.S.P.Omer-D	22:05.61	42
43 Wilde, Megan	Woodroffe H.	22:06.78	43
44 Chahabi, Leila	South Carlet	22:08.48	44
45 Langlois, Olivia	Woodroffe H.	22:11.52	45
46 Latreille, Carson	John McCrae	22:17.62	46
47 Francis, Rio	Nepean H.S.	22:19.02	47
48 Lennox, Gabriella	AY Jackson	22:22.02	48
49 Magnusson, Camryn	Nepean H.S.	22:31.27	49
50 McQuinn, Trinity	John McCrae	22:34.05	50
51 Ahmmed, Umaiza	Earl of Marc	23:11.40	51
52 Scheltema, Rihanna	St. Francis	23:22.81	52





## 2022 West Conference Cross Country Championships - 10/18/2022

## Mooney's Bay - Home of Gryphon XC

## Rankings

## Event 3 Girls 4800 Meter Run CC Junior

Name	Year School	Finals	Points
1 Chiamera, Isabella	St. Pius X C.H.S.	18:09.00	1
2 Streek, Grace	Peak Centre Academy	19:11.00	2
3 Jeffrey, Bridget	St. Francis	19:50.00	3
4 Villeneuve, Ciara	Esc Paul-Des	19:55.00	4
5 Jennings, Paige	John McCrae	21:14.00	5
6 Barber, Molly	Nepean H.S.	21:29.00	6
7 McDonell, Ainsley	St. Pius X C.H.S.	21:37.00	7
8 Costantini, Isabelle	Mother Teres	21:51.00	8
9 Wallner, Miina	Nepean H.S.	21:57.00	9
10 Dilabio, Olivia	Nepean H.S.	22:08.00	10
11 Moustgaard, Maizie	St. Mark	22:09.00	11
12 Ricciuti, Leila	St. Mark	22:10.00	12
13 Adams, Helen	Nepean H.S.	22:10.10	13
14 Hill, McKenna	John McCrae	22:11.00	14
15 O'Ray, Bronwyn	Esc Paul-Des	22:11.10	15
16 Buckland, Graysen	South Carlet	22:52.00	16
17 Chambers, Naomi	St. Mark	23:04.00	17
18 Hume, Sarah	Nepean H.S.	23:31.00	18
19 Pearson, Katie	John McCrae	23:32.00	19
20 Murchison, Juliette	Mother Teres	23:56.00	20
21 Macedo, Madeline	Earl of Marc	24:52.00	21
22 Csagoly, Anita	Notre Dame H	24:56.00	22
23 Broadhurst, Mikayla	St. Mark	24:57.00	23
24 Hussein, Hamda	Merivale HS	24:57.10	24
25 Riddolls, Elizabeth	Merivale HS	24:58.00	25
26 MacDonald, Kathleen	Mother Teres	25:39.00	26
27 Forward, Tessa	Esc Paul-Des	25:40.00	27
28 Graidia, Sara	Longfields D	25:43.00	28
29 Gregory, Hannah	Sir Robert Borden	26:07.00	29
30 Brine, Elena	Redeemer Chr	26:13.00	30
31 Latulippe, Lauren	St. Joseph C	26:14.00	31
32 Ferguson, Olivia	Esc Paul-Des	26:19.00	32
33 Mister, Eve	Franco-Ouest	26:40.00	33
34 Brûlé, Alyssa	Esc Paul-Des	26:40.50	34
35 Nguyen, Minh	St. Joseph C	26:49.00	35
36 Rodriguez, Maria	John McCrae	26:51.00	36
37 Hoger, Taylor	John McCrae	26:56.00	37
38 Anderson, Isabelle	John McCrae	26:57.00	38
39 Freedhoff, Leah	Sir Robert Borden	27:14.00	39
40 Guiney, Hannah	West Carleto	27:15.00	40
41 Aubin, Jacqueline	Mother Teres	27:25.00	41
42 Saturne, Koralee	St. Joseph C	27:26.00	42
43 Oba De Mesquita Samp, Ma	John McCrae	27:35.00	43
44 Moncada, Paula Vivas	Esc Paul-Des	27:49.00	44
45 Hopkins, Tehya	St. Joseph C	27:53.00	45
46 Roswell, Chloe	Sacred Heart	28:44.00	46
47 Wolsey, Jordyn	Longfields D	28:45.00	47
48 Fournier, Riley	West Carleto	29:04.00	48
49 Sweet, Jordan	St. Paul Cat	29:35.00	49
50 Felfel, Halla	West Carleto	30:04.00	50
51 Figueredo, Isabella	West Carleto	30:51.00	51
52 Dvorachek, Nina	West Carleto	30:58.00	52



## 2022 West Conference Cross Country Championships - 10/18/2022

## Mooney's Bay - Home of Gryphon XC

## Rankings

## Event 5 Girls 6050 Meter Run CC Senior

Name	Year School	Finals	Points
1 Van Brabant, Amelia	Earl of Marc	23:45.21	1
2 Giannotti, Jocelyn	Holy Trinity	24:41.99	2
3 Sarai, Simran	West Carleto	25:54.51	3
4 Soler, Allison	Longfields D	26:25.27	4
5 Hertz, Rachel	John McCrae	27:14.78	5
6 Kamel, Hana	Merivale HS	27:26.45	6
7 Smolynec, Esme	Merivale HS	27:26.74	7
8 Cocchetto, Rebecca	South Carlet	27:27.08	8
9 McKay, Morgane	É.S.P.Omer-D	27:27.40	9
10 Anderton, Merissa	Franco-Ouest	27:32.87	10
11 McCormack, Emily	Bell H.S - Ottawa	27:48.61	11
12 Burgess, Charlotte	Merivale HS	27:58.18	12
13 Hong, Emma	Merivale HS	28:11.74	13
14 Concettini, Alice	Longfields D	28:26.17	14
15 Wettlaufer-Wang, Isabel	Nepean H.S.	28:41.87	15
16 Whittaker, Anna	Nepean H.S.	28:52.62	16
17 Delaney, Ashlee	St. Francis	29:34.55	17
18 Launer, Simona	Longfields D	29:36.11	18
19 Rumscheidt, Sarah	St. Pius X C.H.S.	29:58.39	19
20 Semeniuk, Anna	St. Pius X C.H.S.	30:10.58	20
21 McDonell, Macy	St. Pius X C.H.S.	30:20.58	21
22 Di Lello, Nina	Esc Paul-Des	30:32.58	22
23 Dasilva, Adrianna	Mother Teres	30:33.96	23
24 Dustin, Kaitlin	Earl of Marc	30:44.96	24
25 Lambley, Rachel	All Saints - Ottawa	30:45.36	25
26 Brooks, Charlotte	John McCrae	30:45.90	26
27 Chen, Adrian	Nepean H.S.	31:11.31	27
28 McQuinn, Shayla	John McCrae	31:29.68	28
29 Olszewski, Aria	Esc Paul-Des	31:31.52	29
30 Chiumera, Alivia	St. Pius X C.H.S.	31:40.05	30
31 Nuwwareh, Xena	AY Jackson	31:40.40	31
32 Hawkes, Elsie	Nepean H.S.	32:04.40	32
33 Lantz, Brianna	Nepean H.S.	32:06.87	33
34 Guillemette, Chloe	Sacred Heart	32:10.24	34
35 Chatterley, Brooke	Earl of Marc	32:11.11	35
36 Olivier-Fortier, Amélie	Esc Paul-Des	32:11.55	36
37 Nolan, Avery	Holy Trinity	32:20.20	37
38 Jaspers-Fayer, Shannon	Redeemer Chr	32:22.46	38
39 Gilchrist, Marisa	South Carlet	32:27.68	39
40 Hong, Serena	All Saints - Ottawa	32:27.98	40
41 Talia, Black	Nepean H.S.	32:45.24	41
42 Heller, Clare	Kanata Montessori	32:47.14	42
43 Reid, Analiesa	Esc Paul-Des	33:08.65	43
44 Ferry-Reid, Erin	St. Joseph C	33:15.46	44
45 Pearson, Kayla	West Carleto	33:22.40	45
46 Dawson, Rachel	West Carleto	33:22.78	46
47 Bradley, Skylar	Longfields D	33:30.21	47
48 Delaquis, Dominique	John McCrae	33:42.11	48
49 Villeneuve, Mimi	Redeemer Chr	33:56.21	49
50 Kozyra, Sophie	St. Francis	33:58.99	50
51 Ella, Durno	Nepean H.S.	34:10.05	51
52 Zarull, Maddy	Nepean H.S.	34:11.14	



**2022 West Conference Cross Country Championships - 10/18/2022****Mooney's Bay - Home of Gryphon XC****Rankings****....Event 5 Girls 6050 Meter Run CC Senior**

5	John McCrae SS - Ottawa	107	5	26	28	48	60	67
	Total Time: 2:03:12.47							
	Average: 30:48.12							
6	Earl of March - Ottawa	118	1	24	35	58		
	Total Time: 2:01:40.62							
	Average: 30:25.16							
7	Esc Paul-Desmarais - Stit	130	22	29	36	43		
	Total Time: 2:07:24.30							
	Average: 31:51.08							
8	West Carleton - Dunrobin	149	3	45	46	55	76	
	Total Time: 2:07:13.32							
	Average: 31:48.33							
9	Sacred Heart	219	34	56	61	68	70	71 72
	Total Time: 2:22:52.08							
	Average: 35:43.02							
10	Brookfield H.S. - Ottawa	292	66	74	75	77		
	Total Time: 2:51:25.40							
	Average: 42:51.35							



## 2022 West Conference Cross Country Championships - 10/18/2022

## Mooney's Bay - Home of Gryphon XC

## Rankings

## Event 2 Boys 4050 Meter Run CC Novice

Name	Year School	Finals	Points
1 McKercher, Jackson	John McCrae	14:21.00	1
2 Moons, Nathaniel	Nepean H.S.	14:36.00	2
3 Yakimuch, Adam	John McCrae	14:46.00	3
4 Hawkes, Cordon	Nepean H.S.	15:01.00	4
5 Uren, Travis	St. Francis	15:14.00	5
6 Gimby, Cole	South Carlet	15:19.00	6
7 Ott, Mateo	Franco-Ouest	15:19.50	7
8 Campbell Nowlan, Simon	Franco-Ouest	15:28.00	8
9 McIntyre, Connor	West Carleto	15:32.00	9
10 Nassar, Jacob	Merivale HS	16:04.00	10
11 Bali, Gareth	Sir Robert Borden	16:07.00	11
12 Fee, James	Nepean H.S.	16:10.00	12
13 Snow, Aidan	Esc Paul-Des	16:11.00	13
14 Elliott, Sam	West Carleto	16:28.00	14
15 Ziade, Antoine	Pierre Savard	16:28.50	15
16 Harris, Tomas	John McCrae	16:32.00	16
17 Dunn, Sean	South Carlet	16:33.00	17
18 Frank, Rylan	Nepean H.S.	16:54.00	18
19 Lyons, Jonathan	West Carleto	17:07.00	19
20 McDougall, Thomas	Redeemer Chr	17:10.00	20
21 Delhommeau, Kieran	St. Francis	17:14.00	21
22 Riddolls, Timothy	Merivale HS	17:22.00	22
23 Vanwart, Edward	Merivale HS	17:24.00	23
24 Hovorka, Andrei	Nepean H.S.	17:24.50	24
25 Brown, Ethan	Earl of Marc	17:33.00	25
26 Wilson, Isaac	Woodroffe H.	17:33.50	26
27 Robbins, William	Bell H.S - Ottawa	17:46.00	27
28 Gold-Conlin, Colby	Brookfield H	17:50.00	28
29 Lee, Brennan	Mother Teres	17:56.00	29
30 White, Braden	St. Joseph C	17:56.00	30
31 Page, Matthew	Woodroffe H.	17:57.00	31
32 Librande, Paxton	South Carlet	18:11.00	32
33 Ménard, Noah	Pierre Savard	18:14.00	33
34 Pacey, Innis	Franco-Ouest	18:23.00	34
35 Marsh, Cole	AY Jackson	18:24.00	35
36 Tay, Shen	Earl of Marc	19:37.00	36
37 Tremblay, Quentin	Brookfield H	19:39.00	37
38 Kaminsky, Daisen	Woodroffe H.	20:02.00	38
39 Stackpole, Grady	West Carleto	20:03.00	39
40 Welsh, Benjamin	West Carleto	20:03.80	40
41 Lwow-Phillips, Jacob	Longfields D	20:26.00	41
42 Pucci, Alessandro	Nepean H.S.	20:55.00	42
43 Hewson, Joseph	Sir Robert Borden	21:41.00	43
44 Kydd, Tristan	John McCrae	22:42.00	44
45 Casseus, Noah	Holy Trinity	23:07.00	45
46 Maksumov, Zafar	Esc Paul-Des	25:12.00	46
47 McIntyre, Oliver	West Carleto	25:48.00	47
48 Oderkirk, Keegan	Brookfield H	27:23.00	48
49 Bernhardt, Jayden	South Carlet	40:00.00	49

**2022 West Conference Cross Country Championships - 10/18/2022**

**Mooney's Bay - Home of Gryphon XC**

**Rankings**

**....Event 2 Boys 4050 Meter Run CC Novice**

Team Scores

Rank	Team	Total	1	2	3	4	*5	*6	*7	*8	*9
1	Nepean H.S. - Ottawa Total Time: 1:02:41.00 Average: 15:40.25	36	2	4	12	18	24	42			
2	John McCrae SS - Ottawa Total Time: 1:08:21.00 Average: 17:05.25	64	1	3	16	44					
3	West Carleton - Dunrobin Total Time: 1:09:10.00 Average: 17:17.50	81	9	14	19	39	40	47			
4	South Carleton - Ottawa Total Time: 1:30:03.00 Average: 22:30.75	104	6	17	32	49					

## 2022 West Conference Cross Country Championships - 10/18/2022

## Mooney's Bay - Home of Gryphon XC

## Rankings

## Event 4 Boys 4800 Meter Run CC Junior

Name	Year School	Finals	Points
1 Sankey, Levi	Merivale HS	17:30.93	1
2 Goold, Barrett	Sir Robert Borden	17:31.96	2
3 Milne, Ian	John McCrae	17:44.42	3
4 Brown, Alex	Nepean H.S.	17:51.26	4
5 Tesselaar, Harrison	John McCrae	17:51.65	5
6 Daniels, Robin	Nepean H.S.	18:04.08	6
7 Adamson, William	Earl of Marc	18:24.55	7
8 Plaunt, Steven	Longfields D	18:39.24	8
9 Jorgensen, Erik	John McCrae	18:39.71	9
10 Haire, Joshua	St. Paul Cat	18:40.18	10
11 Karow, Gavin	Esc Paul-Des	18:45.84	11
12 Sweet, Tyson	St. Paul Cat	19:40.02	12
13 Visser, Nico	Longfields D	19:40.80	13
14 Brock, Mason	St. Francis	19:48.74	14
15 Miller, Percy	South Carlet	19:57.96	15
16 Goyal, Nayan	Earl of Marc	19:59.37	16
17 Houser, Simon	Esc Paul-Des	20:10.27	17
18 Emery, Nathan	John McCrae	20:11.74	18
19 Kontogiannis, Dean	Earl of Marc	20:14.68	19
20 Sudiagal, Xavier Troy	St. Joseph C	20:19.34	20
21 Chuey, Peter	St. Joseph C	20:22.18	21
22 Houlahan, Phoenix	Esc Paul-Des	20:22.42	22
23 McGinnity, Owen	All Saints - Ottawa	21:01.87	23
24 Woolridge, Gavin	John McCrae	21:03.83	24
25 Crowder, Niall	St. Joseph C	21:04.37	25
26 Brownrigg, Shea	St. Paul Cat	21:09.68	26
27 Scott, Colin	St. Paul Cat	21:11.14	27
28 Simpson, Wade	Brookfield H	21:16.49	28
29 Nguyen, Nicholas	Earl of Marc	21:44.92	29
30 Aguilar Pimental, David	Bell H.S - Ottawa	21:51.58	30
31 Major, Matthew	St. Joseph C	21:59.49	31
32 Rahal, Patrick	Franco-Ouest	21:59.86	32
33 Daniel, Sam	West Carleto	22:00.30	33
34 Bellefeuille, Cameron	All Saints - Ottawa	22:13.11	34
35 Campbell-Hill, Cullen	South Carlet	22:22.90	35
36 Randall, Rowan	Earl of Marc	22:32.93	36
37 Alvi, Daniel	Earl of Marc	22:33.65	37
38 Gagne, Nathan	Sacred Heart	22:40.52	38
39 O'Reilly-Patton, Cameron	Earl of Marc	23:11.87	39
40 Rodford, Jacob	Notre Dame H	23:14.81	40
41 Mojaddedi, Sultan	West Carleto	23:23.34	41
42 Ng, Zachary	West Carleto	23:32.34	42
43 Titcombe, Wesley	Longfields D	23:45.96	43
44 McCormick, Brady	South Carlet	23:48.58	44
45 Goldberg, Shane	Longfields D	23:57.18	45
46 Garjani, Kousha	Kanata Montessori	23:59.18	46
47 Zhuang, Evan	Longfields D	24:02.08	47
48 Helmer, Shae	Notre Dame H	24:08.78	48
49 Henderson, Liam	Esc Paul-Des	25:20.36	49
50 Chen, Thomas	Longfields D	25:20.96	50
51 Paoletti, Michael	St. Paul Cat	25:38.34	51
52 Liu, Matthew	West Carleto	26:38.43	52



## 2022 West Conference Cross Country Championships - 10/18/2022

## Mooney's Bay - Home of Gryphon XC

## Rankings

## Event 6 Boys 6050 Meter Run CC Senior

Name	Year School	Finals	Points
1 Kushner, Zachary	Bell H.S - Ottawa	21:23.71	1
2 Sanders, William	Mother Teres	21:30.84	2
3 Del Rio Reategui, Matias	St. Joseph C	21:45.65	3
4 Downes, Liam	Nepean H.S.	22:04.08	4
5 Johnstone, Ryan	Franco-Ouest	22:31.43	5
6 Raz, Luke	West Carleto	22:39.02	6
7 Vivas-Moncada, Julian	Esc Paul-Des	23:05.43	7
8 Ladurantaye, Logan	Bell H.S - Ottawa	23:20.84	8
9 Yin, Simon	Bell H.S - Ottawa	23:34.52	9
10 Hunter, Nolan	Merivale HS	24:00.43	10
11 Barta, Haydon	All Saints - Ottawa	24:16.34	11
12 Legare, Nolan	John McCrae	X24:19.96	12
13 Freese, Loreenz	John McCrae	24:20.81	13
14 Duncan, Neil	Sacred Heart	24:30.84	14
15 Grant, Logan	Mother Teres	24:31.14	15
16 Tyman, Lucas	Mother Teres	24:37.30	16
17 Palmer, Sam	Bell H.S - Ottawa	24:37.52	17
18 Free, Nigel	Sir Robert Borden	24:50.93	18
19 Hovorka, Evan	Nepean H.S.	24:52.49	19
20 Sweet, Joel	St. Paul Cat	24:56.90	20
21 Yorston, Alex	Brookfield H	25:11.62	21
22 Smith,, Hayden	Sir Robert Borden	25:27.27	22
23 O'Ray, Daniel	Esc Paul-Des	25:42.20	23
24 Johns, Lukas	All Saints - Ottawa	25:48.96	24
25 Edwards, Saer	Nepean H.S.	25:53.21	25
26 Pirusca, Vlad	Notre Dame H	25:53.70	26
27 Kao, Jonathan	Mother Teres	25:54.68	27
28 Zielonka, Eric	Brookfield H	25:55.21	28
29 Lau, Daniel	Earl of Marc	26:01.78	29
30 Tighe, Ryan	St. Joseph C	26:02.08	30
31 Lyon, Fraser	Earl of Marc	26:19.14	31
32 Tyman, Owen	Mother Teres	26:28.18	32
33 McKay, Duncan	Nepean H.S.	26:41.77	33
34 Almeida Junqueira, Joao	John McCrae	26:42.21	34
35 Oba De Mesquita Samp, Gu	John McCrae	26:44.08	35
36 Youngman, Kyle	Merivale HS	26:53.27	36
37 Mayda, Cameron	South Carlet	26:53.87	37
38 Villa, Emanuel	St. Joseph C	27:09.58	38
39 Simpson, Jaheim	South Carlet	27:15.62	39
40 West, Simon	Nepean H.S.	27:28.90	40
41 Bendell, Keiran	Nepean H.S.	27:32.90	41
42 Hutton, Wyatt	Earl of Marc	27:51.58	42
43 Drisdelle, Daemen	Esc Paul-Des	28:07.84	43
44 Watts, Tristan	Esc Paul-Des	28:12.49	44
45 MacLeod, Brodie	Nepean H.S.	28:13.58	45
46 Lee, Jade	John McCrae	28:15.64	46
47 Winnik, Carson	Earl of Marc	28:25.87	47
48 Fallahi, Donyal	Longfields D	28:31.49	48
49 Reid, Noah	Esc Paul-Des	28:32.74	49
50 Fan, William	Earl of Marc	29:03.00	50
51 Abdullahi, Hamzah	Sir Robert Borden	29:08.68	51
52 Biya, Barta	Esc Paul-Des	29:14.81	52



**2022 West Conference Cross Country Championships - 10/18/2022****Mooney's Bay - Home of Gryphon XC****Rankings****....Event 6 Boys 6050 Meter Run CC Senior**

7	Earl of March - Ottawa	149	29	31	42	47	50	67
	Total Time:	1:48:38.37						
	Average:	27:09.60						
8	All Saints - Ottawa	160	11	24	62	63	73	75
	Total Time:	1:52:10.72						
	Average:	28:02.68						
9	Franco-Ouest C.C - Ottawa	179	5	56	58	60		
	Total Time:	1:53:40.35						
	Average:	28:25.09						

**2022 West Conference Cross Country Championships - 10/18/2022**

**Mooney's Bay - Home of Gryphon XC**

**Rankings**

**Event 8 Mixed 4050 Meter Run CC PARA**

Name	Year School	Finals	Points
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Results - Men 4050 Run

1 Lamoureux, Noah	M South Carlet	29:27.00	1
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School	Novice Girls	Junior Girls	Senior Girls	Total	Novice Boys	Junior Boys	Senior Boys	Total
Nepean H.S. - Ottawa	8	10	6	24	10		6	16
John McCrae SS - Ottawa	3	6	3	12	8	10	3	21
Merivale HS - Ottawa	6		10	16				0
South Carleton - Ottawa	10			10	4	2		6
Earl of March - Ottawa	2		2	4		8	1	9
Longfields Davidson Heights -			8	8		3		3
Mother Teresa H.S. - Ottawa		3		3			8	8
Bell H.S - Ottawa				0			10	10
Esc Paul-Desmarais - Stittsvil		4	1	5		4		4
St. Joseph C.H.S. - Barrhaven		2		2		4	2	6
St. Mark		8		8				0
West Carleton - Dunrobin		1		1	6	1		7
St. Paul Catholic High School				0		6		6
É.S.P.Omer-Deslauriers - Ottaw				0			4	4
Sir Robert Borden	4			4				0
St. Pius X C.H.S.			4	4				0
AY Jackson	1			1				0

School	Overall						
Nepean H.S. - Ottawa	40						
John McCrae SS - Ottawa	33						
Merivale HS - Ottawa	16						
South Carleton - Ottawa	16						
Earl of March - Ottawa	13						
Longfields Davidson Heights -	11						
Mother Teresa H.S. - Ottawa	11						
Bell H.S - Ottawa	10						
Esc Paul-Desmarais - Stittsvil	9						
St. Joseph C.H.S. - Barrhaven	8						
St. Mark	8						
West Carleton - Dunrobin	8						
St. Paul Catholic High School	6						
É.S.P.Omer-Deslauriers - Ottaw	4						
Sir Robert Borden	4						
St. Pius X C.H.S.	4						
AY Jackson	1						

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