

Race #1
U16 Girls 4km (U16)

Final Results

RACE SUMMARY

Start Time: 10:00
am

TEAM SCORING SUMMARY

Final Standings	Score	Scoring Order	Total
1 ON Etobicoke Huskies-Stri	114	5-27-36-46(50)	1:02:53
2 ON Ottawa Lions T.f.c	138	10-34-38-56(57)(58)(77)(85)(106)	1:03:33
3 ON London Western T.f.c	164	15-26-41-82(95)(102)(112)(113)	1:04:07
4 ON University Of Toronto T	176	6-33-66-71(73)(78)(91)(101)(134)	1:03:54
5 ON Toronto Olympic Track	180	37-44-48-51(109)(125)	1:04:31
6 ON Durham Dragons Athlet	183	7-29-59-88(96)(128)	1:04:26
7 ON Newmarket Huskies Tr	190	2-31-70-87	1:04:20
8 ON Blue Devils Athletics Cl	215	17-53-69-	1:04:48
9 ON Central Toronto Athleti	216	9-55-60-92(117)(131)(135)(136)	1:05:05
10 ON Toronto West Athletics	232	13-43-86-90(119)(126)	1:05:35
11 ON Windsor Legion T.f.c	245	24-49-74-98	1:05:50
12 ON Hamilton Olympic Club	250	30-42-81-97(105)(110)(111)	1:05:59
13 SK Excel Athletika	316	68-79-80-89	1:06:55
14 ON Sarnia Athletics South	339	16-40	31:31
15 AB Caltaf Athletic Associat	345	52-61-100-132(133)	1:08:53
16 ON Boardwalk Rc	357	19-75-122	50:11
17 AB Calgary Spartans	359	4-99-115	50:11
18 ON Burlington Track & Fiel	406	39-84	32:55
19 ON Edge Sport Track Club	412	25-104	33:10
20 BC Unattached British Colu	427	1	14:45
21 BC Speedfarm	429	3	15:00
22 AB Leduc Track And Field	434	8	15:08
23 BC Coquitlam Cheetahs	437	11	15:16
24 QC Saint-Laurent Select	438*	12	15:20
25 ON Brockville Legion Track	438*	28-127	34:18
26 BC Vancouver Thunderbird	440	14	15:26
27 NS Valley Athletics	444	18	15:30
28 ON Niagara Olympic Club	446	20	15:36
29 NS Athletics East Nova Sc	447	21	15:37
30 AB Running Room Athletic	448	22	15:40
31 BC Prairie Inn Harriers Rac	449	23	15:41
32 ON Bisons Track Club	456	93-116-118-129(137)(139)(140)	1:11:38
33 ON Royal City Athletics Clu	458	32	15:53
34 AB Lethbridge Track And F	461	35	15:58
35 SK Level 10 Lightning	471	45	16:09

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Final Standings	Score	Scoring Order	Total
36 ON Upriver Running	473	47	16:10
37 BC Valley Royals Track &	480	54	16:18
38 QC Drummondville	488	62	16:26
39 BC Kamloops Track & Fiel	489	63	16:27
40 ON Kawartha Lakes Lightni	490	64	16:27
41 ON Brantford T.f.c.	491	65	16:28
42 ON Saugeen Track & Field	493	67	16:29
43 QC Club D'athletisme De L'	498	72	16:32
44 QC Voltigeurs du College B	509	83	16:52
45 QC Club Citius	520	94	17:14
46 NS Stfx Track And Field Cl	533	107	17:32
47 ON South Simcoe Dufferin	546	120	18:02
48 BC Penticton Track & Field	547	121	18:03
49 AB Go Athletics	564	138	20:02

*Tiebreakers

QC Saint-Laurent Select	12	ON Brockville Legion Track Club
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Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. kM
1 DHILLON, Kavita	14	BC Unattached Briti	1	14:44.8	---	5:55.3	3:41.2
2 MIHAIESCU, Katerina	14	ON Newmarket Hus	2	14:51.0	6.2	5:57.8	3:42.8
3 BABIUK, Claire	15	BC Speedfarm	3	14:59.6	14.8	6:01.3	3:44.9
4 HALBERT, Victoria	15	AB Calgary Spartan	4	14:59.9	15.1	6:01.4	3:45.0
5 SHERWIN, Mackenzie	15	ON Etobicoke Huski	5	15:00.2	15.4	6:01.5	3:45.1
6 POSTHUMUS, Addisyn	15	ON University Of To	6	15:01.7	16.9	6:02.1	3:45.4
7 NICHOLSON, Sawyer	14	ON Durham Dragon	7	15:04.0	19.2	6:03.1	3:46.0
8 GREGORY, Hannah	15	AB Leduc Track An	8	15:07.3	22.5	6:04.4	3:46.8
9 RICHARDS, Niamh	15	ON Central Toronto	9	15:09.6	24.8	6:05.3	3:47.4
10 KITTMER, Isla	15	ON Ottawa Lions T.	10	15:14.8	30.0	6:07.4	3:48.7
11 RICHARDSON, Niamh	15	BC Coquitlam Chee	11	15:15.9	31.1	6:07.8	3:49.0
12 EINARSON, Sarah	15	QC Saint-Laurent S	12	15:19.4	34.6	6:09.2	3:49.9
13 DORGAN, Emme	14	ON Toronto West A	13	15:19.5	34.7	6:09.3	3:49.9
14 LANG, Charlotte	15	BC Vancouver Thu	14	15:25.3	40.5	6:11.6	3:51.3
15 VANDERMEER, Autumn	15	ON London Wester	15	15:26.3	41.5	6:12.0	3:51.6
16 PICKARD, Keala	15	ON Sarnia Athletics	16	15:28.1	43.3	6:12.7	3:52.0
17 NORRIS, Chyi-Ruey	15	ON Blue Devils Athl	17	15:28.6	43.8	6:12.9	3:52.2
18 BARNETT, Ada	15	NS Valley Athletics	18	15:29.7	44.9	6:13.4	3:52.4
19 ZIMMERMAN, Harbour	14	ON Boardwalk Rc	19	15:32.9	48.1	6:14.7	3:53.2
20 GUGLIELMI, Michaela	15	ON Niagara Olympi	20	15:35.3	50.5	6:15.6	3:53.8
21 LAYCOCK, Emma	14	NS Athletics East N	21	15:36.5	51.7	6:16.1	3:54.1
22 BIRBECK, Amity	15	AB Running Room	22	15:39.3	54.5	6:17.2	3:54.8
23 SIMPSON, Clara	15	BC Prairie Inn Harri	23	15:40.7	55.9	6:17.8	3:55.2

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Final Results

INDIVIDUAL RESULTS (cont'd)

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. kM
24 REITER, Morgan	15	ON Windsor Legion	24	15:43.5	58.7	6:18.9	3:55.9
25 QUINN, Mazie	15	ON Edge Sport Tra	25	15:44.3	59.5	6:19.2	3:56.1
26 RICHARDSON, Cassidy	14	ON London Wester	26	15:45.8	1:01.0	6:19.8	3:56.5
27 SKOLARCZYK, Sophie	15	ON Etobicoke Huski	27	15:46.1	1:01.3	6:20.0	3:56.5
28 WARD, Lexi	15	ON Brockville Legio	28	15:48.3	1:03.5	6:20.8	3:57.1
29 KELLY, Makayla	14	ON Durham Dragon	29	15:49.6	1:04.8	6:21.4	3:57.4
30 PORCO, Karmyn	14	ON Hamilton Olymp	30	15:50.2	1:05.4	6:21.6	3:57.6
31 MILANI, Bianca	15	ON Newmarket Hus	31	15:52.1	1:07.3	6:22.4	3:58.0
32 LOARING, Selena	15	ON Royal City Athle	32	15:52.4	1:07.6	6:22.5	3:58.1
33 FINNIE, Karah	15	ON University Of To	33	15:53.3	1:08.5	6:22.9	3:58.3
34 ECCLES, Charlotte	15	ON Ottawa Lions T.	34	15:55.5	1:10.7	6:23.7	3:58.9
35 CHATTERTON, Anna	15	AB Lethbridge Trac	35	15:57.8	1:13.0	6:24.7	3:59.5
36 AGRES, Maeve	15	ON Etobicoke Huski	36	15:57.9	1:13.1	6:24.7	3:59.5
37 MOORE, Naomi	15	ON Toronto Olympi	37	15:58.3	1:13.5	6:24.9	3:59.6
38 FEE, Charlie	15	ON Ottawa Lions T.	38	16:02.1	1:17.3	6:26.4	4:00.5
39 URS, Janya Nirup	14	ON Burlington Trac	39	16:02.3	1:17.5	6:26.5	4:00.6
40 WHITE, Ava	15	ON Sarnia Athletics	40	16:02.9	1:18.1	6:26.7	4:00.7
41 VARALLO, Makayla	14	ON London Wester	41	16:03.2	1:18.4	6:26.8	4:00.8
42 ROCHE, Bree	15	ON Hamilton Olymp	42	16:05.6	1:20.8	6:27.8	4:01.4
43 ANSELM, Olivia	14	ON Toronto West A	43	16:07.5	1:22.7	6:28.6	4:01.9
44 MCLAREN, Hannah	15	ON Toronto Olympi	44	16:08.5	1:23.7	6:29.0	4:02.1
45 NOSTBAKKEN, Freya	14	SK Level 10 Lightni	45	16:08.6	1:23.8	6:29.0	4:02.2
46 REIDT, Addyson	15	ON Etobicoke Huski	46	16:08.8	1:24.0	6:29.1	4:02.2
47 SIGSWORTH, Violet	14	ON Upriver Runnin	47	16:10.0	1:25.2	6:29.6	4:02.5
48 GREPE, Ella	15	ON Toronto Olympi	48	16:10.6	1:25.8	6:29.8	4:02.7
49 RUDLING, Addy	15	ON Windsor Legion	49	16:11.1	1:26.3	6:30.0	4:02.8
50 DAVID, Stella	15	ON Etobicoke Huski	(50)	16:12.4	1:27.6	6:30.5	4:03.1
51 CHAHAL, Jaya	15	ON Toronto Olympi	51	16:12.9	1:28.1	6:30.7	4:03.2
52 PANNU, Suraina	14	AB Caltaf Athletic	52	16:13.7	1:28.9	6:31.0	4:03.4
53 SALMON, Addison	14	ON Blue Devils Athl	53	16:15.1	1:30.3	6:31.6	4:03.8
54 TIELMANN, Jayda	15	BC Valley Royals Tr	54	16:17.6	1:32.8	6:32.6	4:04.4
55 LAZER QUINN, Noa	14	ON Central Toronto	55	16:19.2	1:34.4	6:33.3	4:04.8
56 REA, Tessa	14	ON Ottawa Lions T.	56	16:20.3	1:35.5	6:33.7	4:05.1
57 ALLINA, Zoe	14	ON Ottawa Lions T.	(57)	16:21.0	1:36.2	6:34.0	4:05.3
58 GANTON, Keira	14	ON Ottawa Lions T.	(58)	16:21.4	1:36.6	6:34.1	4:05.4
59 BROOKINGS, Alivia	15	ON Durham Dragon	59	16:22.8	1:38.0	6:34.7	4:05.7
60 GALLAGHER, Isabelle	14	ON Central Toronto	60	16:23.2	1:38.4	6:34.9	4:05.8
61 SMITH, Emilia	15	AB Caltaf Athletic	61	16:24.5	1:39.7	6:35.4	4:06.1
62 MARTIN, Joliane	15	QC Drummondville	62	16:25.6	1:40.8	6:35.8	4:06.4
63 RAATH, Lienke	15	BC Kamloops Track	63	16:26.9	1:42.1	6:36.3	4:06.7
64 KOSOBUCKI, Rachel	15	ON Kawartha Lakes	64	16:26.9	1:42.1	6:36.3	4:06.7
65 KINGS, Stella	15	ON Brantford T.f.c.	65	16:27.9	1:43.1	6:36.7	4:07.0
66 FITZGERALD, Maeve	14	ON University Of To	66	16:28.2	1:43.4	6:36.9	4:07.1
67 SIMPSON, Olivia	14	ON Saugeen Track	67	16:28.9	1:44.1	6:37.1	4:07.2
68 TEICHLER, Amy	15	SK Excel Athletika	68	16:29.3	1:44.5	6:37.3	4:07.3
69 DOLAN, Beatrice	15	ON Blue Devils Athl	69	16:29.6	1:44.8	6:37.4	4:07.4

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Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. kM
70 INNES, Avery	15	ON Newmarket Hus	70	16:29.8	1:45.0	6:37.5	4:07.5
71 SIMMONS, Elena	14	ON University Of To	71	16:30.2	1:45.4	6:37.7	4:07.6
72 POULIOT, Coralie	15	QC Club D'athletis	72	16:31.4	1:46.6	6:38.2	4:07.9
73 ADAMS, Christina	14	ON University Of To	(73)	16:32.2	1:47.4	6:38.5	4:08.1
74 FAIRLIE, Molly	14	ON Windsor Legion	74	16:34.1	1:49.3	6:39.2	4:08.5
75 THOMSON, Grace	14	ON Boardwalk Rc	75	16:34.2	1:49.4	6:39.3	4:08.6
76 ACTON-SHIGA, Evie	15	ON Blue Devils Athl	76	16:34.3	1:49.5	6:39.3	4:08.6
77 HOOGENRAAD, Saoirse	14	ON Ottawa Lions T.	(77)	16:34.6	1:49.8	6:39.4	4:08.7
78 TOMCHICK, Delaney	14	ON University Of To	(78)	16:35.3	1:50.5	6:39.7	4:08.8
79 OPSETH, Zoe	15	SK Excel Athletika	79	16:38.1	1:53.3	6:40.8	4:09.5
80 JANZEN, Stella	15	SK Excel Athletika	80	16:38.2	1:53.4	6:40.9	4:09.6
81 FIELD, Aaliyah	15	ON Hamilton Olymp	81	16:43.8	1:59.0	6:43.1	4:11.0
82 COLLINS, Kingsley	14	ON London Wester	82	16:50.8	2:06.0	6:45.9	4:12.7
83 KOSZEGI, Heidi	15	QC Voltigeurs du C	83	16:51.6	2:06.8	6:46.3	4:12.9
84 PARKES, Avery	14	ON Burlington Trac	84	16:52.3	2:07.5	6:46.5	4:13.1
85 COLDREY, Kira	15	ON Ottawa Lions T.	(85)	16:53.0	2:08.2	6:46.8	4:13.3
86 POSLUSZNY, Emilia	15	ON Toronto West A	86	16:57.8	2:13.0	6:48.8	4:14.5
87 HARTLEY, Olivia	15	ON Newmarket Hus	87	17:06.2	2:21.4	6:52.1	4:16.6
88 CLODD, Charlotte	15	ON Durham Dragon	88	17:08.9	2:24.1	6:53.2	4:17.2
89 MCLEOD, Charlie	14	SK Excel Athletika	89	17:09.1	2:24.3	6:53.3	4:17.3
90 FAISAL, Maram	15	ON Toronto West A	90	17:09.9	2:25.1	6:53.6	4:17.5
91 SIMMONS, Isobel	14	ON University Of To	(91)	17:10.3	2:25.5	6:53.8	4:17.6
92 ADACHI, Sakurako	15	ON Central Toronto	92	17:12.2	2:27.4	6:54.5	4:18.1
93 CLARK, Elise	15	ON Bisons Track Cl	93	17:12.3	2:27.5	6:54.6	4:18.1
94 LEMIEUX, Justine	14	QC Club Citius	94	17:13.3	2:28.5	6:55.0	4:18.3
95 NAISBITT, Siena	15	ON London Wester	(95)	17:17.6	2:32.8	6:56.7	4:19.4
96 DICKERSON, Ruby	15	ON Durham Dragon	(96)	17:18.4	2:33.6	6:57.0	4:19.6
97 SMITH, Eva	15	ON Hamilton Olymp	97	17:19.3	2:34.5	6:57.4	4:19.8
98 NURSE, Katie	15	ON Windsor Legion	98	17:20.5	2:35.7	6:57.9	4:20.1
99 GALLIVAN, Molly	15	AB Calgary Spartan	99	17:21.6	2:36.8	6:58.3	4:20.4
100 POLS, Noelle	15	AB Caltaf Athletic	100	17:21.8	2:37.0	6:58.4	4:20.5
101 CLOSS, Pippa	14	ON University Of To	(101)	17:22.4	2:37.6	6:58.6	4:20.6
102 BOULOUGOURIS, Elia	14	ON London Wester	(102)	17:22.9	2:38.1	6:58.8	4:20.7
103 SOLMAN, Taylor	15	ON Blue Devils Athl	(103)	17:25.2	2:40.4	6:59.8	4:21.3
104 TAUBENECK, Aliana	14	ON Edge Sport Tra	104	17:25.7	2:40.9	7:00.0	4:21.4
105 LUKASKO, Ella	14	ON Hamilton Olymp	(105)	17:30.4	2:45.6	7:01.8	4:22.6
106 MURDOCH, Kenzy	14	ON Ottawa Lions T.	(106)	17:31.3	2:46.5	7:02.2	4:22.8
107 WALLACE, Katie	15	NS Sfx Track And	107	17:31.6	2:46.8	7:02.3	4:22.9
108 LIONTAS, Angelina	15	ON Blue Devils Athl	(108)	17:41.7	2:56.9	7:06.4	4:25.4
109 STEENSON, Aubrie	15	ON Toronto Olympi	(109)	17:43.0	2:58.2	7:06.9	4:25.8
110 ALDEN, Calla	14	ON Hamilton Olymp	(110)	17:44.5	2:59.7	7:07.5	4:26.1
111 MCCHESENEY, Joelle	15	ON Hamilton Olymp	(111)	17:44.7	2:59.9	7:07.6	4:26.2
112 LEE, Bellamy	14	ON London Wester	(112)	17:46.4	3:01.6	7:08.3	4:26.6
113 DAPUETO, Sadie	14	ON London Wester	(113)	17:46.4	3:01.6	7:08.3	4:26.6
114 KEMPF, Katie	14	ON Blue Devils Athl	(114)	17:48.9	3:04.1	7:09.3	4:27.2
115 JONES, Anjali	14	AB Calgary Spartan	115	17:49.2	3:04.4	7:09.4	4:27.3

Race #1
U16 Girls 4km (U16)

Final Results

INDIVIDUAL RESULTS (cont'd)

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. kM
116 PETERS, Cora	15	ON Bisons Track Cl	116	17:52.0	3:07.2	7:10.5	4:28.0
117 SIT, Kaylee	15	ON Central Toronto	(117)	17:53.9	3:09.1	7:11.3	4:28.5
118 WOZENCROFT, Teagan	15	ON Bisons Track Cl	118	17:55.0	3:10.2	7:11.7	4:28.8
119 WEIERSHAEUSER, Emily	15	ON Toronto West A	(119)	18:00.8	3:16.0	7:14.1	4:30.2
120 CLOSE, Ava	15	ON South Simcoe	120	18:02.0	3:17.2	7:14.5	4:30.5
121 WILKIE, Jessica	15	BC Penticton Track	121	18:02.6	3:17.8	7:14.8	4:30.7
122 PERRY-MOFFIT, Ally	15	ON Boardwalk Rc	122	18:03.7	3:18.9	7:15.2	4:30.9
123 MEANEY, June	15	ON Blue Devils Athl	(123)	18:10.6	3:25.8	7:18.0	4:32.7
124 KOCAN, Isabella	14	ON Blue Devils Athl	(124)	18:18.0	3:33.2	7:21.0	4:34.5
125 THERIAULT, Hayley	14	ON Toronto Olympi	(125)	18:19.7	3:34.9	7:21.6	4:34.9
126 CHANG, Charis	15	ON Toronto West A	(126)	18:25.5	3:40.7	7:24.0	4:36.4
127 BREWIN, Eve	15	ON Brockville Legio	127	18:29.7	3:44.9	7:25.7	4:37.4
128 HEWLETT, Kayley	15	ON Durham Dragon	(128)	18:36.0	3:51.2	7:28.2	4:39.0
129 LEVI, Fiona	14	ON Bisons Track Cl	129	18:38.5	3:53.7	7:29.2	4:39.6
130 MUNRO, Charlotte	14	ON Blue Devils Athl	(130)	18:42.2	3:57.4	7:30.7	4:40.6
131 GREVE, Sophia	15	ON Central Toronto	(131)	18:42.9	3:58.1	7:31.0	4:40.7
132 HIRST, Danika	15	AB Caltaf Athletic	132	18:53.0	4:08.2	7:35.0	4:43.3
133 DEIS, Amelie	15	AB Caltaf Athletic	(133)	18:56.0	4:11.2	7:36.2	4:44.0
134 SIDHU, Malika	15	ON University Of To	(134)	18:59.8	4:15.0	7:37.8	4:45.0
135 MURL, Lola	15	ON Central Toronto	(135)	19:04.2	4:19.4	7:39.5	4:46.1
136 POZIN, Ella	15	ON Central Toronto	(136)	19:22.3	4:37.5	7:46.8	4:50.6
137 RYAN, Scarlett	15	ON Bisons Track Cl	(137)	19:25.2	4:40.4	7:48.0	4:51.3
138 VERSTEEG, Teagan	14	AB Go Athletics	138	20:01.2	5:16.4	8:02.4	5:00.3
139 PRICE, Elizabeth	14	ON Bisons Track Cl	(139)	20:02.4	5:17.6	8:02.9	5:00.6
140 DEVLIN, Zoe	15	ON Bisons Track Cl	(140)	20:23.9	5:39.1	8:11.5	5:06.0
-- YOUNG, Rosie	14	ON Blue Devils Athl	-			---	---
-- GICANTE, Stella	14	ON London Wester	-			---	---
-- MESSINA, Elena	14	ON Toronto West A	-			---	---
-- GAPAKOV, Eveliina	14	ON Laurel Creek T.f	-			---	---
-- MENDOZA, Alia	15	ON Laurel Creek T.f	-			---	---
-- GEURTS, Sarah	15	ON University Of To	-			---	---
-- MEAGHER, Alice	15	ON University Of To	-			---	---
-- O'CONNELL, Saoirse	15	ON Kawartha Lakes	-	DNF		---	---
-- LANGEVIN, Isla	14	ON Brockville Legio	-			---	---
-- MASON, Scarlet	14	NS Athletics East N	-			---	---
-- FERLISI, Laura	15	ON Newmarket Hus	-			---	---
-- KOVACS, Evelyn	15	ON Newmarket Hus	-			---	---
-- FORERO RODRIGUEZ, Ca	15	ON Mississauga T.f	-			---	---
-- ALABED, Reem	15	ON Ottawa Lions T.	-			---	---
-- HARRIS, Alexandra	15	ON Ottawa Lions T.	-			---	---
-- CARRE, Alexie	15	ON North Bay Legio	-			---	---
-- SCANLAN, Halle	14	ON North Bay Legio	-			---	---

Race #2
U16 Boys 4km (U16)

Final Results

RACE SUMMARY
Start Time: 10:30
am

TEAM SCORING SUMMARY				
Final Standings	Score	Scoring Order	Total	
1 ON Durham Dragons Athlet	65	8-14-21-22(23)(92)(99)	54:20	
2 ON Ottawa Lions T.f.c	138	10-35-37-56(84)(88)(110)(118)	55:57	
3 ON Newmarket Huskies Tr	148	18-26-44-60(75)(89)(144)	56:27	
4 ON Pack Running Club	158	24-36-47-51(73)	56:35	
5 ON South Simcoe Dufferin	162	3-43-54-62(65)(107)(111)	56:05	
6 ON Thorold Elite Track Clu	183	39-41-45-58(69)(72)(114)	57:07	
7 ON Laurel Creek T.f.c	193	11-49-59-74(91)(96)	57:00	
8 ON Windsor Legion T.f.c	291	55-67-68-101(126)	58:56	
9 ON Central Toronto Athleti	303	32-87-90-94	59:18	
10 AB Caltaf Athletic Associat	315	19-64-115-117	59:38	
11 ON Blue Devils Athletics Cl	317	42-76-95-104(105)(109)(112)(143)	59:30	
12 ON Bisons Track Club	330	71-78-79-102(125)(128)	59:49	
13 ON University Of Toronto T	335	40-70-103-122	1:00:00	
14 ON Royal City Athletics Clu	417	77-100-113-127(132)(138)	1:01:41	
15 ON London Western T.f.c	440	83-85-131-141	1:03:24	
16 ON Kawartha Lakes Lightrni	506	120-124-129-133	1:04:08	

INDIVIDUAL RESULTS							
Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. kM
1 BERNIER, Nehemiah	15	QC Voltigeurs du C	1	12:52.4	---	5:10.2	3:13.1
2 ALLARD, Robin	15	QC Elite Distance	2	12:52.7	.3	5:10.3	3:13.2
3 WARK, Alistair	15	ON South Simcoe	3	12:55.4	3.0	5:11.4	3:13.8
4 PEARSON, Henry	15	NL Pearlgate Track	4	12:57.3	4.9	5:12.2	3:14.3
5 ANSELM, Owen	15	ON Toronto West A	5	12:58.8	6.4	5:12.7	3:14.7
6 MACMILLAN, Edgar	15	AB Cochrane Endur	6	13:08.5	16.1	5:16.6	3:17.1
7 CHAN-SMITH, Aidan	15	ON Etobicoke Huski	7	13:09.3	16.9	5:17.0	3:17.3
8 HANSON, Eli	15	ON Durham Dragon	8	13:11.5	19.1	5:17.8	3:17.9
9 FAUST, Lucas	15	QC Lanaudiere-Oly	9	13:21.8	29.4	5:22.0	3:20.4
10 LORRAIN, Oscar	15	ON Ottawa Lions T.	10	13:22.0	28.6	5:22.1	3:20.5
11 DEBOER, Hansen	15	ON Laurel Creek T.f	11	13:22.1	29.7	5:22.1	3:20.5
12 HALLETT, Deagen	15	ON Edge Sport Tra	12	13:26.8	34.4	5:24.0	3:21.7
13 HILL, Tristan	15	BC Victoria Speed	13	13:26.8	34.4	5:24.0	3:21.7
14 HILL, Benjamin	15	ON Durham Dragon	14	13:27.5	35.1	5:24.3	3:21.9
15 OLSON, Laken	15	BC Valley Royals Tr	15	13:28.1	35.7	5:24.5	3:22.0
16 LAVOIE, David	15	QC Zenix De La Ma	16	13:40.0	46.6	5:29.3	3:25.0
17 PETERS, Wekatesk	15	NB A.S.E.A.	17	13:40.4	48.0	5:29.4	3:25.1
18 GUEVARA, Oliver	15	ON Newmarket Hus	18	13:45.2	52.8	5:31.4	3:26.3
19 HALVORSEN, Atticus	15	AB Caltaf Athletic	19	13:46.6	54.2	5:31.9	3:26.6
20 GARBES, Samuel	15	ON Edge Sport Tra	20	13:47.4	55.0	5:32.3	3:26.8
21 JOKITALO, Liam	15	ON Durham Dragon	21	13:49.1	56.7	5:32.9	3:27.3

Race #2
U16 Boys 4km (U16)

Final Results

INDIVIDUAL RESULTS (cont'd)

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. kM
22 AZZI, Christopher	15	ON Durham Dragon	22	13:52.0	58.6	5:34.1	3:28.0
23 THOMPSON, Hugh	15	ON Durham Dragon	(23)	13:52.4	1:00.0	5:34.3	3:28.1
24 SUMMERHAYS, Austin	14	ON Pack Running	24	13:53.2	1:00.8	5:34.6	3:28.3
25 OSIOWY, Sebastian	15	BC Penticton Track	25	13:55.5	1:03.1	5:35.5	3:28.9
26 MATTEO, Dorego	15	ON Newmarket Hus	26	13:55.8	1:03.4	5:35.6	3:28.9
27 MCARTHUR, Max	15	BC Prairie Inn Harri	27	13:56.4	1:04.0	5:35.9	3:29.1
28 MASSE, Oscar	14	BC Kootenay Chao	28	13:57.1	1:04.7	5:36.2	3:29.3
29 PIENAAR, Reuben	15	BC West Vancouve	29	13:58.6	1:06.2	5:36.8	3:29.6
30 GERMAIN, Ryder	15	SK Riversdale Athle	30	14:00.2	1:07.8	5:37.4	3:30.0
31 YOUNG, Tayvin	15	ON Sarnia Athletics	31	14:00.3	1:07.9	5:37.5	3:30.1
32 GORENAK, Nathan	15	ON Central Toronto	32	14:00.4	1:08.0	5:37.5	3:30.1
33 LAJOIE, William	15	QC Club D'athletis	33	14:01.5	1:09.1	5:37.9	3:30.4
34 LANTING, Owen	15	ON Hamilton Olymp	34	14:02.4	1:10.0	5:38.3	3:30.6
35 SIDERIUS, Graeme	14	ON Ottawa Lions T.	35	14:02.8	1:10.4	5:38.5	3:30.7
36 MUGGAH, Cameron	15	ON Pack Running	36	14:04.0	1:10.6	5:38.9	3:31.0
37 TAFT, Jaiden	14	ON Ottawa Lions T.	37	14:06.7	1:14.3	5:40.0	3:31.7
38 DAVENPORT, Theodore	14	ON Burlington Trac	38	14:06.8	1:14.4	5:40.1	3:31.7
39 SAMPAIO, Levi	15	ON Thorold Elite Tr	39	14:10.9	1:18.5	5:41.7	3:32.7
40 BENSON, Malachy	15	ON University Of To	40	14:11.8	1:19.4	5:42.1	3:32.9
41 SAVAGE, Ryder	14	ON Thorold Elite Tr	41	14:12.3	1:19.9	5:42.3	3:33.1
42 DEVINE, Benjamin	15	ON Blue Devils Athl	42	14:12.9	1:20.5	5:42.5	3:33.2
43 ETMANSKI, Nolan	15	ON South Simcoe	43	14:13.7	1:21.3	5:42.8	3:33.4
44 SO, Justin	15	ON Newmarket Hus	44	14:14.8	1:22.4	5:43.3	3:33.7
45 CRAIG, Colby	14	ON Thorold Elite Tr	45	14:15.8	1:23.4	5:43.7	3:33.9
46 DOS SANTOS, Lucas	14	ON Toronto West A	46	14:16.5	1:24.1	5:44.0	3:34.1
47 CASTELLI, Simon	15	ON Pack Running	47	14:16.9	1:24.5	5:44.1	3:34.2
48 BELZILE, Maxime	15	ON Track North Ath	48	14:17.1	1:24.7	5:44.2	3:34.3
49 MORRELL, Carter	15	ON Laurel Creek T.f	49	14:18.6	1:26.2	5:44.8	3:34.6
50 REYNOLDS, Liam	15	ON Sarnia Athletics	50	14:19.5	1:27.1	5:45.1	3:34.9
51 CURRIE, Kyle	15	ON Pack Running	51	14:20.2	1:27.8	5:45.5	3:35.0
52 HERSHEY, Oliver	15	ON Unattached Ont	52	14:22.0	1:28.6	5:46.2	3:35.5
53 MACCALLUM, Gavin	15	NS Pictou County A	53	14:23.1	1:30.7	5:46.6	3:35.8
54 VELDHUIS, Ashton	15	ON South Simcoe	54	14:23.8	1:31.4	5:46.9	3:35.9
55 DHANKHAR, Sanchay	15	ON Windsor Legion	55	14:24.4	1:32.0	5:47.1	3:36.1
56 HURST, Theo	15	ON Ottawa Lions T.	56	14:24.7	1:32.3	5:47.3	3:36.2
57 DIAZ, Daniel	15	ON Sarnia Athletics	57	14:26.6	1:34.2	5:48.0	3:36.6
58 MACDONALD, Callum	14	ON Thorold Elite Tr	58	14:28.0	1:34.6	5:48.6	3:37.0
59 FAULKNER, Lukas	15	ON Laurel Creek T.f	59	14:29.6	1:37.2	5:49.2	3:37.4
60 STEWART, Tyler	15	ON Newmarket Hus	60	14:31.0	1:37.6	5:49.8	3:37.7
61 MCKECHNEY, Cohen	14	SK Riversdale Athle	61	14:31.5	1:39.1	5:50.0	3:37.9
62 JOHNSON, Charlie	15	ON South Simcoe	62	14:32.1	1:39.7	5:50.2	3:38.0
63 WALDSCHMIDT, Asher	15	SK Saskatoon Tf Cl	63	14:33.4	1:41.0	5:50.8	3:38.3
64 HYNES, Danny	14	AB Caltaf Athletic	64	14:33.5	1:41.1	5:50.8	3:38.4
65 HWANG, Sye	15	ON South Simcoe	(65)	14:35.7	1:43.3	5:51.7	3:38.9
66 MICKS, Liam	15	ON Stratford Sabre	66	14:36.0	1:42.6	5:51.8	3:39.0
67 GAGNE, Nicklas	14	ON Windsor Legion	67	14:37.3	1:44.9	5:52.3	3:39.3

Race #2
U16 Boys 4km (U16)

Final Results

INDIVIDUAL RESULTS (cont'd)

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. kM
68 WONG, Lucas	15	ON Windsor Legion	68	14:39.0	1:45.6	5:53.0	3:39.7
69 RIOU, Evan	14	ON Thorold Elite Tr	(69)	14:40.7	1:48.3	5:53.7	3:40.2
70 BAJUNID, Xavier	15	ON University Of To	70	14:44.1	1:51.7	5:55.0	3:41.0
71 GIESBRECHT, Cuan	15	ON Bisons Track Cl	71	14:44.7	1:52.3	5:55.3	3:41.2
72 MACNEIL, Max	14	ON Thorold Elite Tr	(72)	14:48.8	1:56.4	5:56.9	3:42.2
73 ANAND, Etash	15	ON Pack Running	(73)	14:48.9	1:56.5	5:57.0	3:42.2
74 LEI, Arden	15	ON Laurel Creek T.f	74	14:49.2	1:56.8	5:57.1	3:42.3
75 MAGNUS-ROUGH, Walker	15	ON Newmarket Hus	(75)	14:49.5	1:57.1	5:57.2	3:42.4
76 ISIDORE, Damon	15	ON Blue Devils Athl	76	14:50.5	1:58.1	5:57.6	3:42.6
77 WOLF, James	15	ON Royal City Athle	77	14:51.5	1:59.1	5:58.0	3:42.9
78 STEEVE, Will	15	ON Bisons Track Cl	78	14:54.1	2:01.7	5:59.1	3:43.5
79 ECHEVERS, Jacob	15	ON Bisons Track Cl	79	14:54.8	2:02.4	5:59.3	3:43.7
80 JENSEN-PEACOCK, Sidon	15	NS Valley Athletics	80	14:55.2	2:02.8	5:59.5	3:43.8
81 BRUCE, Ryden	15	AB Cochrane Endur	81	14:55.9	2:03.5	5:59.8	3:44.0
82 CIBOLA, Tom	14	ON Hamilton Olymp	82	14:58.5	2:06.1	6:00.8	3:44.6
83 WELLS, Brayden	14	ON London Wester	83	14:58.8	2:06.4	6:00.9	3:44.7
84 LEBEL, Kai	14	ON Ottawa Lions T.	(84)	14:58.8	2:06.4	6:00.9	3:44.7
85 THAIN, Caleb	14	ON London Wester	85	15:00.6	2:08.2	6:01.7	3:45.1
86 KORNELSEN, Liam	15	SK Riversdale Athle	86	15:02.0	2:08.6	6:02.2	3:45.5
87 BERRY, Ty	15	ON Central Toronto	87	15:02.9	2:10.5	6:02.6	3:45.7
88 BADGLEY, Patrick	14	ON Ottawa Lions T.	(88)	15:04.9	2:12.5	6:03.4	3:46.2
89 SLIWINSKI, Artur	15	ON Newmarket Hus	(89)	15:04.9	2:12.5	6:03.4	3:46.2
90 SHANNON, Zeke	14	ON Central Toronto	90	15:06.3	2:13.9	6:03.9	3:46.6
91 DOUMA, Zackary	14	ON Laurel Creek T.f	(91)	15:06.3	2:13.9	6:04.0	3:46.6
92 KENNEDY, Liam	15	ON Durham Dragon	(92)	15:07.7	2:15.3	6:04.5	3:46.9
93 LEARY, Nathan	14	ON Saugeen Track	93	15:08.1	2:15.7	6:04.7	3:47.0
94 LO, Oliver	15	ON Central Toronto	94	15:08.4	2:16.0	6:04.8	3:47.1
95 GUSTAFSSON, Leif	14	ON Blue Devils Athl	95	15:09.6	2:17.2	6:05.3	3:47.4
96 GENEST, Arno	14	ON Laurel Creek T.f	(96)	15:10.5	2:18.1	6:05.6	3:47.6
97 LANDRY, Zackary	15	NS Pictou County A	97	15:11.3	2:18.9	6:06.0	3:47.8
98 HENRY, Calvin	14	ON Hamilton Olymp	98	15:11.9	2:19.5	6:06.2	3:48.0
99 MOFFATT, Jack	14	ON Durham Dragon	(99)	15:11.9	2:19.5	6:06.2	3:48.0
100 SEAH LABBE, Andy	15	ON Royal City Athle	100	15:12.9	2:20.5	6:06.6	3:48.2
101 MUNDY, Andrew	14	ON Windsor Legion	101	15:14.8	2:22.4	6:07.4	3:48.7
102 KANAS, Fletcher	14	ON Bisons Track Cl	102	15:14.8	2:22.4	6:07.4	3:48.7
103 KOHLER, Max	14	ON University Of To	103	15:15.6	2:23.2	6:07.7	3:48.9
104 WILSON, Elliott	14	ON Blue Devils Athl	104	15:16.7	2:24.3	6:08.1	3:49.2
105 MCDONALD, Ryan	15	ON Blue Devils Athl	(105)	15:17.8	2:25.4	6:08.6	3:49.4
106 LEUNG, Kyle	14	ON Toronto Olympi	106	15:19.4	2:27.0	6:09.2	3:49.8
107 KINNEAR, Ryder	14	ON South Simcoe	(107)	15:20.2	2:27.8	6:09.5	3:50.0
108 PRONOVOST, Arthur	14	QC Vainqueurs Plu	108	15:20.8	2:28.4	6:09.8	3:50.2
109 SKILLICORN, Joseph	15	ON Blue Devils Athl	(109)	15:25.2	2:32.8	6:11.5	3:51.3
110 HARRISON-TALBOT, Alistair	15	ON Ottawa Lions T.	(110)	15:25.4	2:33.0	6:11.6	3:51.3
111 VALENZUELA, Ethan	14	ON South Simcoe	(111)	15:26.5	2:34.1	6:12.1	3:51.6
112 STAM-SATTTLER, Karl	15	ON Blue Devils Athl	(112)	15:27.3	2:34.9	6:12.4	3:51.8
113 BERNABE, Owen	15	ON Royal City Athle	113	15:33.3	2:40.9	6:14.8	3:53.3

Race #2
U16 Boys 4km (U16)

Final Results

INDIVIDUAL RESULTS (cont'd)

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. kM
114 WALLOSCHEK, Jules D	14	ON Thorold Elite Tr	(114)	15:33.6	2:41.2	6:14.9	3:53.4
115 MACPHEE, Aiden	15	AB Caltaf Athletic	115	15:38.4	2:46.0	6:16.8	3:54.6
116 GAAL, Matthew	15	ON York University	116	15:38.5	2:46.1	6:16.9	3:54.6
117 TRIBE, Max	15	AB Caltaf Athletic	117	15:39.2	2:46.8	6:17.2	3:54.8
118 YAKIMCHUK, Theodore	15	ON Ottawa Lions T.	(118)	15:39.9	2:47.5	6:17.5	3:55.0
119 YOUNG, Tyson	14	ON Brockville Legio	119	15:43.2	2:50.8	6:18.8	3:55.8
120 BATES, Henry	15	ON Kawartha Lakes	120	15:43.9	2:51.5	6:19.0	3:56.0
121 MOLOMAYA, Sam Gabriel	14	ON Brockville Legio	121	15:47.0	2:53.6	6:20.3	3:56.7
122 LEVY, Dylan	15	ON University Of To	122	15:48.2	2:55.8	6:20.8	3:57.0
123 RHEAULT, Antoine	15	QC Independant	123	15:48.3	2:55.9	6:20.8	3:57.1
124 LEONARD, Nathan	14	ON Kawartha Lakes	124	15:52.8	3:00.4	6:22.6	3:58.2
125 WU, Perry	14	ON Bisons Track Cl	(125)	15:59.1	3:06.7	6:25.2	3:59.8
126 OLIVITO, Marcus	14	ON Windsor Legion	(126)	16:00.9	3:08.5	6:25.9	4:00.2
127 VAUGHAN, Layton	14	ON Royal City Athle	127	16:03.2	3:10.8	6:26.8	4:00.8
128 CLIFFORD, Nathan	15	ON Bisons Track Cl	(128)	16:03.8	3:11.4	6:27.0	4:00.9
129 HILL, Josiah	14	ON Kawartha Lakes	129	16:05.2	3:12.8	6:27.6	4:01.3
130 ZAMPARO, Domenic	15	ON Toronto West A	130	16:09.6	3:17.2	6:29.4	4:02.4
131 WALSH, Dennis	14	ON London Wester	131	16:10.8	3:18.4	6:29.9	4:02.7
132 GIBSON, Will	14	ON Royal City Athle	(132)	16:25.0	3:31.6	6:35.6	4:06.2
133 MCLAUGHLIN, Foster	14	ON Kawartha Lakes	133	16:26.2	3:33.8	6:36.1	4:06.5
134 SIVANESVARAN, Harith	15	ON York University	134	16:34.1	3:41.7	6:39.2	4:08.5
135 LI, Jason	15	BC Vancouver Thu	135	16:40.5	3:48.1	6:41.8	4:10.1
136 FRANCIS, Reid	15	ON Brantford T.f.c.	136	16:43.1	3:50.7	6:42.8	4:10.8
137 GILLESPIE, Cooper	14	NS Pictou County A	137	16:45.2	3:52.8	6:43.7	4:11.3
138 GIBSON, Eli	14	ON Royal City Athle	(138)	16:50.4	3:58.0	6:45.8	4:12.6
139 OBERLE, Landen	15	ON Saugeen Track	139	16:58.1	4:05.7	6:48.9	4:14.5
140 BOUCHARD, Graeme	15	ON University Of Wi	140	17:00.1	4:07.7	6:49.6	4:15.0
141 ALEXANDER, Cole	14	ON London Wester	141	17:13.4	4:21.0	6:55.0	4:18.3
142 JONES, Kellan	14	ON Brockville Legio	142	17:43.5	4:51.1	7:07.1	4:25.9
143 TAGGART, Evan	15	ON Blue Devils Athl	(143)	18:21.9	5:29.5	7:22.5	4:35.5
144 CLOSSON, Nolan	14	ON Newmarket Hus	(144)	18:29.3	5:36.9	7:25.5	4:37.3
-- SMITH, Emerson	14	ON Saugeen Track	-			---	---
-- GONDA, Ryan	15	AB Alberta Speed S	-			---	---
-- SHARPE, Ryan	15	AB Calgary Spartan	-			---	---
-- CUMMINGS, Oakley	14	ON Royal City Athle	-			---	---
-- GARSIDE, Silas	14	ON Saugeen Track	-			---	---
-- BLAINE, Rowan	15	ON Ottawa Lions T.	-			---	---
-- DURBER, Jacob	14	NS Valley Athletics	-			---	---
-- LEWIS, Otis	15	ON Pack Running	-			---	---
-- MOTT, Thomas	15	ON Stratford Sabre	-			---	---
-- COTTON, Benjamin	14	ON Blue Devils Athl	-			---	---

Race #3
U18 Girls 6km (U18)

Final Results

RACE SUMMARY

Start Time: 11:00
am

TEAM SCORING SUMMARY				
Final Standings		Score	Scoring Order	Total
1	ON Durham Dragons Athlet	57	1-3-12-17-24(31)(59)	1:52:46
2	BC Penticton Track & Field	215	18-30-33-54-80(108)	1:59:31
3	NS Athletics East Nova Sc	248	2-43-47-50-106(125)(132)	1:59:35
4	BC Vancouver Thunderbird	266	26-27-63-65-85	2:01:09
5	ON Windsor Legion T.f.c	278	15-23-66-79-95(151)	2:01:15
6	ON Toronto West Athletics	291	9-52-58-84-88(94)(130)	2:01:09
7	ON Central Toronto Athleti	305	6-14-40-97-148	2:03:08
8	ON Newmarket Huskies Tr	340	41-57-62-70-110(121)	2:03:08
9	ON Hamilton Olympic Club	398	34-82-86-93-103(105)	2:04:53
10	ON Edge Sport Track Club	407	38-75-83-98-113	2:05:16
11	ON South Simcoe Dufferin	415	10-73-100-112-120	2:05:16
12	ON London Western T.f.c	466	35-81-92-109-149	2:08:48
13	SK Riversdale Athletics Tra	480	69-78-89-102-142	2:07:55
14	ON Ottawa Lions T.f.c	484	21-96-114-118-135(143)(150)	2:08:00
15	ON Blue Devils Athletics Cl	560	71-116-117-123-133	2:10:22
16	AB Caltaf Athletic Associat	587	74-107-124-138-144(153)	2:12:20

INDIVIDUAL RESULTS							
Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. kM
1 MARTIN, Hayley	17	ON Durham Dragon	1	21:38.2	---	5:48.0	3:36.4
2 CARRUTHERS, Anna	17	NS Athletics East N	2	21:49.0	9.8	5:50.9	3:38.2
3 GARRON, Ella	16	ON Durham Dragon	3	21:57.1	18.9	5:53.1	3:39.5
4 GATES, Hannah	17	SK Excel Athletika	4	22:06.9	28.7	5:55.7	3:41.1
5 MARKOWSKA, Maya	17	ON Burlington Trac	5	22:12.6	34.4	5:57.2	3:42.1
6 PRIBAZ, Rebecca	16	ON Central Toronto	6	22:15.1	36.9	5:57.9	3:42.5
7 DE SMET, Annika	17	MB Winnipeg Optim	7	22:23.9	45.7	6:00.3	3:44.0
8 DEBOER, Julie	17	ON Laurel Creek T.f	8	22:25.6	47.4	6:00.7	3:44.3
9 POPOVIC, Maya	16	ON Toronto West A	9	22:26.5	48.3	6:01.0	3:44.4
10 CORNELL, Sabine	17	ON South Simcoe	10	22:35.0	55.8	6:03.2	3:45.8
11 DEHAL, Sasha	16	BC Ocean Athletics	11	22:35.2	57.0	6:03.3	3:45.9
12 FUJIOKA, Kaiya	17	ON Durham Dragon	12	22:41.1	1:02.9	6:04.9	3:46.8
13 GOUGH, Charlotte	16	BC Prairie Inn Harri	13	22:42.9	1:04.7	6:05.4	3:47.1
14 BIRMINGHAM, Kieva	17	ON Central Toronto	14	22:47.8	1:09.6	6:06.7	3:48.0
15 CHAN, Anieu	16	ON Windsor Legion	15	22:56.5	1:18.3	6:09.0	3:49.4
16 BARDON, Amelie	17	QC Elite Distance	16	22:58.2	1:20.0	6:09.5	3:49.7
17 DOWNEY, Olivia	16	ON Durham Dragon	17	23:01.8	1:23.6	6:10.5	3:50.3
18 HICKIE, Presley	16	BC Penticton Track	18	23:04.2	1:26.0	6:11.1	3:50.7
19 MILLS, Alexandra	17	ON Boardwalk Rc	19	23:08.2	1:30.0	6:12.2	3:51.4
20 LAMBERT, Elodie	16	QC Zenix De La Ma	20	23:13.2	1:35.0	6:13.5	3:52.2
21 LAUTER, Kyra	17	ON Ottawa Lions T.	21	23:17.0	1:37.8	6:14.5	3:52.8

Race #3
U18 Girls 6km (U18)

Final Results

INDIVIDUAL RESULTS (cont'd)

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. kM
22 WALLACE, Sarah	17	NS Stfx Track And	22	23:22.1	1:43.9	6:15.9	3:53.7
23 RUDLING, Emma	17	ON Windsor Legion	23	23:23.9	1:45.7	6:16.4	3:54.0
24 WILLIAMS, Haley	16	ON Durham Dragon	24	23:28.0	1:48.8	6:17.5	3:54.7
25 BRESSETTE, Lily	17	ON Sarnia Athletics	25	23:30.3	1:52.1	6:18.1	3:55.0
26 KAMARA, Kefira	17	BC Vancouver Thu	26	23:32.4	1:54.2	6:18.6	3:55.4
27 SAJJAN, Jeevut	17	BC Vancouver Thu	27	23:32.4	1:54.2	6:18.7	3:55.4
28 TONNOS, Holly	16	AB Go Athletics	28	23:32.5	1:54.3	6:18.7	3:55.4
29 TURGEON-HERVIEUX, Agat	16	QC Lanaudiere-Oly	29	23:33.3	1:55.1	6:18.9	3:55.5
30 MANZUIK, Peyton	17	BC Penticton Track	30	23:33.5	1:55.3	6:18.9	3:55.6
31 JACKSON, Alexandra	16	ON Durham Dragon	(31)	23:37.2	1:59.0	6:19.9	3:56.2
32 WASHINGTON, Reese	17	ON Royal City Athle	32	23:38.7	2:00.5	6:20.3	3:56.4
33 EVANS, Leah	16	BC Penticton Track	33	23:42.1	2:03.9	6:21.2	3:57.0
34 TRELEAVEN, Maeve	17	ON Hamilton Olymp	34	23:43.2	2:05.0	6:21.5	3:57.2
35 MILLIGAN, Leah	16	ON London Wester	35	23:44.3	2:06.1	6:21.8	3:57.4
36 BOUCHER-HERBAS, Juliett	16	QC Club D'athletis	36	23:44.4	2:06.2	6:21.9	3:57.4
37 RICHARD, Camille	17	QC Club D'athletis	37	23:45.4	2:07.2	6:22.1	3:57.6
38 GRAS, Candelaria	16	ON Edge Sport Tra	38	23:47.0	2:07.8	6:22.6	3:57.8
39 SINKE, Esme	16	AB Calgary Spartan	39	23:47.4	2:09.2	6:22.7	3:57.9
40 WILSON, Chloe	16	ON Central Toronto	40	23:49.2	2:11.0	6:23.1	3:58.2
41 MARLEY, Keira	16	ON Newmarket Hus	41	23:49.7	2:11.5	6:23.3	3:58.3
42 LORTIE, Juliana	17	ON Burlington Trac	42	23:52.1	2:13.9	6:23.9	3:58.7
43 BEACH, Deborah	16	NS Athletics East N	43	23:53.5	2:15.3	6:24.3	3:58.9
44 ZIMMERMAN, Ella	16	ON Boardwalk Rc	44	23:53.7	2:15.5	6:24.4	3:58.9
45 YETMAN, Clara	17	NL Pearlgate Track	45	23:57.2	2:19.0	6:25.3	3:59.5
46 CASTELLANOS, Marcela	17	ON Burlington Trac	46	23:58.4	2:20.2	6:25.6	3:59.7
47 NUYENS, Heidi	17	NS Athletics East N	47	24:02.2	2:24.0	6:26.6	4:00.4
48 NORLAND, Avery	17	ON Sarnia Athletics	48	24:02.9	2:24.7	6:26.8	4:00.5
49 BECK, Paige	16	AB Go Athletics	49	24:03.3	2:25.1	6:26.9	4:00.5
50 EVERS, Molly	17	NS Athletics East N	50	24:03.9	2:25.7	6:27.1	4:00.6
51 LAFLEUR, Jaida	17	SK Excel Athletika	51	24:06.6	2:28.4	6:27.8	4:01.1
52 KLUFAS, Marisa	16	ON Toronto West A	52	24:08.6	2:30.4	6:28.3	4:01.4
53 PARDALIS, Alexandra	16	ON Border City Ac	53	24:10.2	2:32.0	6:28.8	4:01.7
54 HAYDEN, Yvonne	14	BC Penticton Track	54	24:11.7	2:33.5	6:29.2	4:01.9
55 SIMPSON, Avalea	16	ON Brockville Legio	55	24:12.7	2:34.5	6:29.4	4:02.1
56 SHAFFER, Sophie	17	AB U Of C Athletics	56	24:16.8	2:38.6	6:30.5	4:02.8
57 MCDUGALL, Kyla	17	ON Newmarket Hus	57	24:18.5	2:40.3	6:31.0	4:03.1
58 PODSTRELENY, Alexandra	17	ON Toronto West A	58	24:20.7	2:42.5	6:31.6	4:03.4
59 CARNAGHAN, Alyssa	17	ON Durham Dragon	(59)	24:22.2	2:44.0	6:32.0	4:03.7
60 HARDER, Emma	16	SK Saskatoon Tf Cl	60	24:22.3	2:44.1	6:32.0	4:03.7
61 KLAPWYK, Megan	16	ON Laurel Creek T.f	61	24:23.1	2:44.9	6:32.2	4:03.8
62 PETRENKO, Alexa	16	ON Newmarket Hus	62	24:27.5	2:49.3	6:33.4	4:04.6
63 HAGELEIT, Izzy	17	BC Vancouver Thu	63	24:28.7	2:50.5	6:33.7	4:04.8
64 JONES, Sienna	17	AB Calgary Spartan	64	24:29.0	2:49.8	6:33.8	4:04.8
65 LENNON, Eilidh	17	BC Vancouver Thu	65	24:30.4	2:52.2	6:34.2	4:05.1
66 REITER, Ellie	16	ON Windsor Legion	66	24:32.4	2:54.2	6:34.7	4:05.4
67 WILLIAMS, Arianna	17	AB Calgary Spartan	67	24:33.6	2:55.4	6:35.1	4:05.6

Race #3
U18 Girls 6km (U18)

Final Results

INDIVIDUAL RESULTS (cont'd)

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. kM
68 OLIVER-MCLEAN, Lillian	16	BC Coquitlam Chee	68	24:34.4	2:56.2	6:35.3	4:05.7
69 WOODS, Naysa	17	SK Riversdale Athle	69	24:35.0	2:55.8	6:35.4	4:05.8
70 NORTHRUP, Suzanne	16	ON Newmarket Hus	70	24:36.9	2:58.7	6:35.9	4:06.1
71 ROBINSON, Penny	16	ON Blue Devils Athl	71	24:37.0	2:57.8	6:36.0	4:06.2
72 SHERWIN, Ainsley	16	ON Etobicoke Huski	72	24:39.0	2:59.8	6:36.5	4:06.5
73 JOHNSON, Sadie	17	ON South Simcoe	73	24:40.6	3:02.4	6:36.9	4:06.8
74 LES, Peyton	17	AB Caltaf Athletic	74	24:48.8	3:10.6	6:39.1	4:08.1
75 RAY, Sydney	16	ON Edge Sport Tra	75	24:51.4	3:13.2	6:39.8	4:08.6
76 REISE, Ella	17	ON Burlington Trac	76	24:52.3	3:14.1	6:40.1	4:08.7
77 PONTER, Emily	17	ON Boardwalk Rc	77	24:52.8	3:14.6	6:40.2	4:08.8
78 LANGE, Jersey	17	SK Riversdale Athle	78	24:56.1	3:17.9	6:41.1	4:09.3
79 PRANTERA, Sophia	17	ON Windsor Legion	79	24:56.7	3:18.5	6:41.2	4:09.4
80 HANRY, Jasmine	17	BC Penticton Track	80	24:59.2	3:21.0	6:41.9	4:09.9
81 SCHAUFLE, Willa	16	ON London Wester	81	24:59.5	3:21.3	6:42.0	4:09.9
82 DEKLERK, Morgan	17	ON Hamilton Olymp	82	25:02.4	3:24.2	6:42.8	4:10.4
83 CROWE, Violet	16	ON Edge Sport Tra	83	25:02.7	3:24.5	6:42.9	4:10.4
84 SALVAGIO, Lily	16	ON Toronto West A	84	25:04.2	3:26.0	6:43.2	4:10.7
85 HLUS, Aliza	17	BC Vancouver Thu	85	25:04.9	3:26.7	6:43.4	4:10.8
86 DOBBIN, Sophie	16	ON Hamilton Olymp	86	25:06.7	3:28.5	6:43.9	4:11.1
87 JEFFERY, Sydney	17	ON Thorold Elite Tr	87	25:07.9	3:29.7	6:44.3	4:11.3
88 AQUILA, Juliette	16	ON Toronto West A	88	25:09.1	3:30.9	6:44.6	4:11.5
89 VASCONEZ, Bella	16	SK Riversdale Athle	89	25:10.1	3:31.9	6:44.8	4:11.7
90 CODELL, Kaylin	16	ON University Of To	90	25:11.9	3:33.7	6:45.3	4:12.0
91 BROWNE, Lillianna	17	AB Calgary Internati	91	25:14.2	3:36.0	6:45.9	4:12.4
92 ROBINSON, Catharine	17	ON London Wester	92	25:18.4	3:40.2	6:47.1	4:13.1
93 MASSE, Kaitlyn	17	ON Hamilton Olymp	93	25:20.3	3:42.1	6:47.6	4:13.4
94 WONG, Joelle	16	ON Toronto West A	(94)	25:23.2	3:45.0	6:48.3	4:13.9
95 MAXWELL, Camryn	17	ON Windsor Legion	95	25:25.4	3:47.2	6:49.0	4:14.2
96 MUNRO, Emily	16	ON Ottawa Lions T.	96	25:25.7	3:47.5	6:49.0	4:14.3
97 KANG, Naomi	16	ON Central Toronto	97	25:28.2	3:50.0	6:49.7	4:14.7
98 LINDLEY, Helena	16	ON Edge Sport Tra	98	25:32.1	3:53.9	6:50.7	4:15.3
99 WALLACE, Faith	16	ON University Of To	99	25:35.2	3:57.0	6:51.6	4:15.9
100 ORLANDI, Audrina	16	ON South Simcoe	100	25:38.0	3:58.8	6:52.3	4:16.3
101 HAAS, Hailey	16	SK Excel Athletika	101	25:38.9	4:00.7	6:52.6	4:16.5
102 HOLMAN, Lily	16	SK Riversdale Athle	102	25:39.5	4:01.3	6:52.7	4:16.6
103 GUPTA, Julia	17	ON Hamilton Olymp	103	25:40.0	4:00.8	6:52.9	4:16.7
104 DICKIE, Blythe	16	ON Toronto Olympi	104	25:42.2	4:04.0	6:53.4	4:17.0
105 PRIBYL, Abiella	17	ON Hamilton Olymp	(105)	25:43.7	4:05.5	6:53.8	4:17.3
106 GROSSI, Bianca	17	NS Athletics East N	106	25:46.0	4:06.8	6:54.5	4:17.7
107 KAVANAGH, Violet	17	AB Caltaf Athletic	107	25:47.1	4:08.9	6:54.8	4:17.8
108 BALLARD-MCCROY, Talia	17	BC Penticton Track	(108)	25:49.6	4:11.4	6:55.4	4:18.3
109 ASKEY, Jaydin	16	ON London Wester	109	25:51.9	4:13.7	6:56.0	4:18.6
110 MALFARA, Alessandra	17	ON Newmarket Hus	110	25:54.7	4:16.5	6:56.8	4:19.1
111 CARBONARO, Avery	16	ON Border City Ac	111	25:58.1	4:19.9	6:57.7	4:19.7
112 CLOSE, Zoe	17	ON South Simcoe	112	26:01.5	4:23.3	6:58.6	4:20.2
113 MCGINN, Lucy	16	ON Edge Sport Tra	113	26:02.0	4:22.8	6:58.8	4:20.3

Race #3
U18 Girls 6km (U18)

Final Results

INDIVIDUAL RESULTS (cont'd)

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. km
114 HUTT, Elissande	17	ON Ottawa Lions T.	114	26:02.9	4:24.7	6:59.0	4:20.5
115 CUEVAS, Miriam	17	AB Go Athletics	115	26:03.2	4:25.0	6:59.1	4:20.5
116 SHIN, Caitlin	17	ON Blue Devils Athl	116	26:06.5	4:28.3	7:00.0	4:21.1
117 SHIN, Cara	17	ON Blue Devils Athl	117	26:10.9	4:32.7	7:01.1	4:21.8
118 ALLIBON, Maya	17	ON Ottawa Lions T.	118	26:15.3	4:37.1	7:02.3	4:22.5
119 HOURD, Sydney	16	SK Excel Athletika	119	26:17.2	4:39.0	7:02.8	4:22.9
120 MUNDLE, Sofia	17	ON South Simcoe	120	26:20.8	4:42.6	7:03.8	4:23.5
121 ARDILL, Madison	16	ON Newmarket Hus	(121)	26:28.1	4:49.9	7:05.8	4:24.7
122 LOPEZ MODERA, Gisselle	17	MB Winnipeg Optim	122	26:28.7	4:50.5	7:05.9	4:24.8
123 SOUMVALIS, Alexandra	16	ON Blue Devils Athl	123	26:29.9	4:51.7	7:06.2	4:25.0
124 CAUSTON, Bromley	17	AB Caltaf Athletic	124	26:37.3	4:59.1	7:08.2	4:26.2
125 ROOKS, Ashlyn	17	NS Athletics East N	(125)	26:39.2	5:01.0	7:08.7	4:26.5
126 BUSHROD, Zoe	16	AB Cochrane Endur	126	26:39.9	5:01.7	7:08.9	4:26.6
127 MICHALSKI, Alana	17	ON Laurel Creek T.f	127	26:42.7	5:04.5	7:09.7	4:27.1
128 GOVENDER, Lucy	17	AB Calgary Spartan	128	26:48.7	5:10.5	7:11.3	4:28.1
129 HEWGILL, Erika	17	ON North Bay Legio	129	26:51.9	5:13.7	7:12.1	4:28.6
130 LUONG, Ava	16	ON Toronto West A	(130)	26:55.2	5:17.0	7:13.0	4:29.2
131 WODCHIS, Beatrice	16	ON University Of To	131	26:55.6	5:17.4	7:13.1	4:29.3
132 COX, Ava	17	NS Athletics East N	(132)	26:55.6	5:17.4	7:13.1	4:29.3
133 ZARZOSO, Chloe	17	ON Blue Devils Athl	133	26:57.7	5:19.5	7:13.7	4:29.6
134 MORAN, Annalia	17	ON Niagara Olympi	134	26:58.3	5:20.1	7:13.9	4:29.7
135 HEDDERSON, Farrah	16	ON Ottawa Lions T.	135	26:59.4	5:21.2	7:14.1	4:29.9
136 PERREAULT, Sandrine	16	QC Club Citius	136	27:01.1	5:22.9	7:14.6	4:30.2
137 ANKERSMIT, Drew Erika	17	ON Niagara Olympi	137	27:15.2	5:37.0	7:18.4	4:32.5
138 JOHNSON, Lily	16	AB Caltaf Athletic	138	27:21.2	5:43.0	7:20.0	4:33.5
139 JACKSON, Abigail	17	ON Brockville Legio	139	27:22.9	5:44.7	7:20.4	4:33.8
140 HARKER, Cadrien	17	AB Cochrane Endur	140	27:26.1	5:47.9	7:21.3	4:34.3
141 FROESE, Natalie	16	MB Winnipeg Optim	141	27:30.3	5:52.1	7:22.4	4:35.0
142 SHAKOTKO, Riel	17	SK Riversdale Athle	142	27:34.1	5:55.9	7:23.5	4:35.7
143 MCKAY, Lauren	17	ON Ottawa Lions T.	(143)	27:42.1	6:03.9	7:25.6	4:37.0
144 GILL, Simoh	17	AB Caltaf Athletic	144	27:45.1	6:06.9	7:26.4	4:37.5
145 MURRAY, Grace	16	ON Laurel Creek T.f	145	28:12.3	6:34.1	7:33.7	4:42.1
146 DE BARROS, Isabel	16	ON Unattached Ont	146	28:22.2	6:44.0	7:36.4	4:43.7
147 PARKIN, Sabine	17	ON Boardwalk Rc	147	28:27.1	6:48.9	7:37.6	4:44.5
148 SCHABERT, Heidi	16	ON Central Toronto	148	28:47.7	7:09.5	7:43.2	4:47.9
149 KALOPISIS, Angela	16	ON London Wester	149	28:53.4	7:15.2	7:44.7	4:48.9
150 MCLAUGHLIN, Anna-Sofia	17	ON Ottawa Lions T.	(150)	28:55.8	7:17.6	7:45.4	4:49.3
151 PIETTE, Kendalyn	16	ON Windsor Legion	(151)	29:32.6	7:54.4	7:55.2	4:55.4
152 LAING, Ayla	17	ON Thorold Elite Tr	152	29:48.9	8:10.7	7:59.6	4:58.1
153 PHILLIPS, Cadence	16	AB Caltaf Athletic	(153)	31:20.6	9:42.4	8:24.2	5:13.4
154 ABTAHI, Hannah	16	ON York University	154	32:07.7	10:29.5	8:36.8	5:21.3
155 HUYNH, Jaylene	16	ON York University	155	33:45.7	12:07.5	9:03.1	5:37.6
-- POHREBNIUK, Piper	16	MB Winnipeg Optim	-			---	---
-- HURLEY, Lydia	17	ON Royal City Athle	-			---	---
-- BOUCHARD, Brittany	17	QC Tracklass	-			---	---
-- REDDICK, Hannah	17	ON York University	-			---	---

Race #3
U18 Girls 6km (U18)

Final Results

INDIVIDUAL RESULTS (cont'd)

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. kM
-- FILE, Ruby	17	ON South Simcoe	-			---	---
-- SANDHU, Janaya	17	BC Vancouver Thu	-			---	---
-- VANDERGRIENDT, Gracie	16	ON Windsor Legion	-			---	---
-- REBANKS, Isis	16	ON University Of To	-			---	---
-- SIMIC-LUSTIG, Talia	17	ON University Of To	-			---	---
-- WHEELER, Elizabeth	17	ON Brockville Legio	-			---	---
-- PTASZEK, Anna	17	ON Hamilton Olymp	-			---	---
-- LIU, Vicky	17	ON Newmarket Hus	-			---	---
-- PERRI, Katelyn	17	ON Thorold Elite Tr	-			---	---
-- PERRI, Sophia	17	ON Thorold Elite Tr	-			---	---
-- SUNALLAH, Danna	16	ON Ottawa Lions T.	-			---	---
-- REYNOLDS, Addison	16	ON Central Toronto	-			---	---

Race #4
U18 Boys 6km (U18)

Final Results

RACE SUMMARY

Start Time: 11:45
am

TEAM SCORING SUMMARY

Final Standings	Score	Scoring Order	Total
1 BC Vancouver Thunderbird	100	4-6-41-49(77)	1:18:29
2 BC Penticton Track & Field	128	5-25-45-53(73)(199)	1:19:24
3 ON Durham Dragons Athlet	130	9-24-39-	1:19:32
4 ON Brockville Legion Track	167	12-26-44-85(130)	1:20:03
5 ON London Western T.f.c	189	34-36-56-63(115)(124)(176)(178)	1:21:04
6 ON University Of Toronto T	223	37-46-64-	1:21:40
7 ON Central Toronto Athleti	240	7-35-54-144	1:21:37
8 ON Thorold Elite Track Clu	250	18-59-80-93(138)	1:21:55
9 ON Toronto West Athletics	286	14-23-117-132(187)	1:22:00
10 ON Laurel Creek T.f.c	287	19-74-78-116(126)(154)(155)(183)	1:22:26
11 AB Caltaf Athletic Associat	308	51-72-79-106(173)	1:22:58
12 ON Ottawa Lions T.f.c	333*	61-87-89-	1:23:27
13 AB Calgary Spartans	333*	3-70-101-159(170)	1:23:01
14 ON Newmarket Huskies Tr	357	27-82-120-128(202)	1:23:34
15 ON Blue Devils Athletics Cl	406	75-92-100-139(166)(172)	1:24:37
16 AB Go Athletics	449	65-103-107-174(186)(205)	1:25:55
17 ON Burlington Track & Fiel	455	8-135-150-162(190)	1:25:36
18 ON South Simcoe Dufferin	458	1-143-145-169	1:25:26
19 NB Athletisme Chaleur Athl	629	119-129-184-197(198)(203)(204)	1:31:11
20 BC Kamloops Track & Fiel	650	86-175-189-200	1:33:03
21 ON York University Track &	738	165-181-191-201	1:35:31

*Tiebreakers

ON Ottawa Lions T.f.c	61	87	89	96	98	AB Calgary Spartans
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INDIVIDUAL RESULTS

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. kM
1 CHAMP, Kenneth	17	ON South Simcoe	1	18:46.4	---	5:02.0	3:07.7
2 SIMMONDS, Riley	17	BC Valley Royals Tr	2	18:46.7	.3	5:02.1	3:07.8
3 LOGAN, Dane	17	AB Calgary Spartan	3	18:47.9	1.5	5:02.4	3:08.0
4 SANDHU, Arjun	17	BC Vancouver Thu	4	18:54.7	8.3	5:04.2	3:09.1
5 HAYDEN, Miles	17	BC Penticton Track	5	19:07.5	21.1	5:07.6	3:11.2
6 JOHNSTON, Isaiah	16	BC Vancouver Thu	6	19:11.3	24.9	5:08.6	3:11.9
7 MCDONALD, William	16	ON Central Toronto	7	19:12.4	26.0	5:08.9	3:12.1
8 DEVEAUX, Ethan	16	ON Burlington Trac	8	19:14.2	27.8	5:09.4	3:12.4
9 CLODD, Aiden	17	ON Durham Dragon	9	19:14.6	28.2	5:09.5	3:12.4
10 CHOINIERE-LONGPRE, Leo	16	QC Corsaire-Chapa	10	19:15.3	28.9	5:09.7	3:12.5
11 BOUIUS, Eli	17	ON Saugeen Track	11	19:16.1	29.7	5:09.9	3:12.7

Race #4
U18 Boys 6km (U18)

Final Results

INDIVIDUAL RESULTS (cont'd)

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. kM
12 GREGORY, Jack	17	ON Brockville Legio	12	19:16.7	30.3	5:10.1	3:12.8
13 SIROIS, Isaac	16	QC Coubertin	13	19:23.0	35.6	5:11.8	3:13.8
14 BERNAL-SALAZAR, Juan	16	ON Toronto West A	14	19:27.5	41.1	5:13.0	3:14.6
15 COLLIER, Cameron	17	ON Unattached Ont	15	19:31.8	45.4	5:14.1	3:15.3
16 MARIN, Emile	17	QC Lanaudiere-Oly	16	19:32.3	45.9	5:14.3	3:15.4
17 COMEAU, Jakob	17	QC Club D'athletis	17	19:33.0	45.6	5:14.5	3:15.5
18 DOBROVOLSKI, Simon	17	ON Thorold Elite Tr	18	19:33.0	45.6	5:14.5	3:15.5
19 ORCHARD, Lauchlan	17	ON Laurel Creek T.f	19	19:34.3	47.9	5:14.8	3:15.7
20 FOLK, Colter	17	SK Swift Current Se	20	19:37.1	50.7	5:15.6	3:16.2
21 MONTES RODRIGUEZ, Kevi	16	QC Zenix De La Ma	21	19:38.2	51.8	5:15.8	3:16.4
22 BEAUDOIN, Rhys	17	BC Nanaimo & Distr	22	19:38.2	51.8	5:15.9	3:16.4
23 MARCUZZI, Daniel	17	ON Toronto West A	23	19:38.4	52.0	5:15.9	3:16.4
24 BRATTON, Griffin	16	ON Durham Dragon	24	19:40.9	54.5	5:16.6	3:16.8
25 KISSMANN, Coen	16	BC Penticton Track	25	19:42.5	56.1	5:17.0	3:17.1
26 MORROW, Kai	17	ON Brockville Legio	26	19:42.9	56.5	5:17.1	3:17.1
27 NAGY, Simon	16	ON Newmarket Hus	27	19:48.6	1:02.2	5:18.6	3:18.1
28 HILL, Noah	16	ON Edge Sport Tra	28	19:48.8	1:02.4	5:18.7	3:18.1
29 DINGMAN, Kaleb	17	ON Unattached Ont	29	19:52.5	1:06.1	5:19.7	3:18.7
30 BERGERON, Jacob	16	QC Club Citius	30	19:54.3	1:07.9	5:20.2	3:19.0
31 NARBETT, Kouken	17	BC Kajaks Track &	31	19:54.6	1:08.2	5:20.3	3:19.1
32 CLINTON, Myles	17	ON Unattached Ont	32	19:56.1	1:09.7	5:20.7	3:19.3
33 WOODS, TJ	16	ON Edge Sport Tra	33	19:56.2	1:09.8	5:20.7	3:19.4
34 CANN, Noah	17	ON London Wester	34	19:58.4	1:12.0	5:21.3	3:19.7
35 O'BRIEN, Oliver	16	ON Central Toronto	35	20:01.2	1:14.8	5:22.0	3:20.2
36 HALLMAN, Kirk	17	ON London Wester	36	20:03.5	1:17.1	5:22.6	3:20.6
37 SIMPSON, Sam	17	ON University Of To	37	20:04.1	1:17.7	5:22.8	3:20.7
38 SIEMENS, Parks	16	BC Valley Royals Tr	38	20:06.6	1:20.2	5:23.5	3:21.1
39 MCDUGALL, Owen	17	ON Durham Dragon	39	20:06.9	1:20.5	5:23.5	3:21.1
40 ORTWEIN, Jackson	16	ON Monte Cristo Tr	40	20:07.1	1:20.7	5:23.6	3:21.2
41 KUAC, Martin	17	BC Vancouver Thu	41	20:07.7	1:21.3	5:23.8	3:21.3
42 THIBODEAU, Charles	17	QC Zenix De La Ma	42	20:08.4	1:22.0	5:23.9	3:21.4
43 SHAHID, Ahsan	17	ON Mississauga T.f	43	20:08.5	1:22.1	5:24.0	3:21.4
44 LINK, Rayane	17	ON Brockville Legio	44	20:09.7	1:23.3	5:24.3	3:21.6
45 COLLINGWOOD, Cai	17	BC Penticton Track	45	20:11.0	1:23.6	5:24.7	3:21.8
46 VEALE, Finn	17	ON University Of To	46	20:12.2	1:25.8	5:25.0	3:22.0
47 HOLMAN, Luke	17	SK Excel Athletika	47	20:14.6	1:28.2	5:25.6	3:22.4
48 WOOD, Josh	17	NS Pictou County A	48	20:15.2	1:28.8	5:25.8	3:22.5
49 WOODE, Nolan	16	BC Vancouver Thu	49	20:15.3	1:28.9	5:25.8	3:22.5
50 NDREKA, Henri	16	ON Royal City Athle	50	20:17.3	1:30.9	5:26.3	3:22.9
51 KAPLAN, Tern	17	AB Caltaf Athletic	51	20:19.1	1:32.7	5:26.8	3:23.2
52 RUDDOCK, Liam	16	ON Unattached Ont	52	20:20.0	1:32.6	5:27.1	3:23.3
53 SIEBEN, Coulter	16	BC Penticton Track	53	20:22.9	1:36.5	5:27.8	3:23.8
54 POZIN, Jacob	17	ON Central Toronto	54	20:23.9	1:37.5	5:28.1	3:24.0
55 GRAS, Jose	16	ON Edge Sport Tra	55	20:24.1	1:37.7	5:28.2	3:24.0
56 DABABNEH, Oren	17	ON London Wester	56	20:25.6	1:39.2	5:28.6	3:24.3
57 GIORGIO, Alexandre	17	QC Corsaire-Chapa	57	20:28.8	1:42.4	5:29.4	3:24.8

Race #4
U18 Boys 6km (U18)

Final Results

INDIVIDUAL RESULTS (cont'd)

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. km
58 BARKER, Jackson	16	ON Durham Dragon	58	20:29.2	1:42.8	5:29.5	3:24.9
59 SACCO, Lucas	16	ON Thorold Elite Tr	59	20:30.8	1:44.4	5:30.0	3:25.1
60 MACHADO, Ty	17	ON Boardwalk Rc	60	20:32.1	1:45.7	5:30.3	3:25.3
61 GERUNDIN, Max	16	ON Ottawa Lions T.	61	20:35.0	1:47.6	5:31.1	3:25.8
62 BEAULAC, Eliot	17	QC Club Citius	62	20:35.3	1:48.9	5:31.2	3:25.9
63 GOULD, Benjamin	16	ON London Wester	63	20:35.9	1:49.5	5:31.3	3:26.0
64 TUSIN, Maxence	16	ON University Of To	64	20:38.4	1:52.0	5:32.0	3:26.4
65 CURTIS, Levi	16	AB Go Athletics	65	20:39.0	1:51.6	5:32.2	3:26.5
66 BENDER, Charles	16	ON Unattached Ont	(66)	20:39.0	1:51.6	5:32.2	3:26.5
67 THOMPSON, Adam	17	NB A.S.E.A.	67	20:39.0	1:51.6	5:32.2	3:26.5
68 LEARY, Emmett	16	ON Saugeen Track	68	20:39.8	1:53.4	5:32.4	3:26.6
69 HOWARD, Seamus	16	NS Athletics East N	69	20:40.3	1:53.9	5:32.5	3:26.7
70 NILSEN, Tristan	17	AB Calgary Spartan	70	20:41.2	1:54.8	5:32.8	3:26.9
71 STETTLER, Milo	16	NS Valley Athletics	71	20:42.5	1:56.1	5:33.1	3:27.1
72 FERGUSON, Noel	16	AB Caltaf Athletic	72	20:42.9	1:56.5	5:33.2	3:27.1
73 HEIDT, Simon	17	BC Penticton Track	(73)	20:43.3	1:56.9	5:33.3	3:27.2
74 CHAPPLE, Cyril	17	ON Laurel Creek T.f	74	20:44.1	1:57.7	5:33.5	3:27.3
75 COTTON, George	16	ON Blue Devils Athl	75	20:44.6	1:58.2	5:33.7	3:27.4
76 MAIESE, Ben	16	ON University Of To	76	20:45.4	1:59.0	5:33.9	3:27.6
77 SMITH, Benjamin	17	BC Vancouver Thu	(77)	20:46.7	2:00.3	5:34.2	3:27.8
78 MESQUITA, Nathan	16	ON Laurel Creek T.f	78	20:47.8	2:01.4	5:34.5	3:28.0
79 CAMPBELL, Troy	17	AB Caltaf Athletic	79	20:48.2	2:01.8	5:34.6	3:28.0
80 CIRASUOLO, Julian	17	ON Thorold Elite Tr	80	20:50.6	2:04.2	5:35.3	3:28.4
81 VALLIERES, Edouard	16	QC Club D'athletis	81	20:51.7	2:05.3	5:35.6	3:28.6
82 GROSSI, Liam	16	ON Newmarket Hus	82	20:51.8	2:05.4	5:35.6	3:28.6
83 MILLIGAN, Cristiano	16	ON University Of To	(83)	20:52.2	2:05.8	5:35.7	3:28.7
84 KENNEY, Kevin	16	ON University Of To	(84)	20:52.6	2:06.2	5:35.8	3:28.8
85 HAWES, Jonah	17	ON Brockville Legio	85	20:53.7	2:07.3	5:36.1	3:28.9
86 PEREGRYM, Ethan	17	BC Kamloops Track	86	20:54.8	2:08.4	5:36.4	3:29.1
87 MACKINNON, Logan	16	ON Ottawa Lions T.	87	20:55.2	2:08.8	5:36.5	3:29.2
88 NG, Ryan	17	BC Kajaks Track &	88	20:55.2	2:08.8	5:36.5	3:29.2
89 RECOSKIE, Owen	17	ON Ottawa Lions T.	89	20:55.3	2:08.9	5:36.5	3:29.2
90 LADOUCEUR, Ryan	16	ON Sarnia Athletics	90	20:58.7	2:12.3	5:37.4	3:29.8
91 MAHONEY, Daniel	16	ON Physi-Kult	91	20:59.3	2:12.9	5:37.6	3:29.9
92 BRICKNELL, Jack	16	ON Blue Devils Athl	92	20:59.4	2:13.0	5:37.6	3:29.9
93 CLARK, Keegan	16	ON Thorold Elite Tr	93	21:00.4	2:14.0	5:37.9	3:30.1
94 IVENS, Sullivan	16	ON Physi-Kult	94	21:00.5	2:14.1	5:37.9	3:30.1
95 LOW, Luke	17	AB Unattached Alb	95	21:01.3	2:14.9	5:38.1	3:30.2
96 SNOW, Aidan	17	ON Ottawa Lions T.	96	21:01.5	2:15.1	5:38.2	3:30.2
97 BELZILE, Raphael	17	ON Track North Ath	97	21:01.9	2:15.5	5:38.3	3:30.3
98 YAKIMCHUK, Adam	17	ON Ottawa Lions T.	(98)	21:02.8	2:16.4	5:38.5	3:30.5
99 WHELAN, Aidan	16	ON University Of To	(99)	21:04.3	2:17.9	5:38.9	3:30.7
100 STOOP, Alexander	16	ON Blue Devils Athl	100	21:05.3	2:18.9	5:39.2	3:30.9
101 CORDOBA, Rafael	16	AB Calgary Spartan	101	21:05.4	2:19.0	5:39.2	3:30.9
102 FELTHAM, Noah	17	ON Unattached Ont	(102)	21:06.0	2:18.6	5:39.4	3:31.0
103 GREIDANUS, Norman	17	AB Go Athletics	103	21:06.0	2:18.6	5:39.4	3:31.0

Race #4
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Final Results

INDIVIDUAL RESULTS (cont'd)

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. kM
104 LEE, Brennan	17	ON Ottawa Lions T.	(104)	21:06.7	2:20.3	5:39.6	3:31.1
105 KELLY-MACLEAN, Timothy	16	ON Ottawa Lions T.	(105)	21:06.9	2:20.5	5:39.6	3:31.1
106 KHALID, Bashir	16	AB Caltaf Athletic	106	21:07.4	2:21.0	5:39.8	3:31.2
107 VERSTEEG, Brendon	17	AB Go Athletics	107	21:08.1	2:21.7	5:40.0	3:31.3
108 TAKATSU, Yuji	17	ON Unattached Ont	(108)	21:09.1	2:22.7	5:40.2	3:31.5
109 KLOMPS, Logan	17	ON Unattached Ont	(109)	21:10.0	2:22.6	5:40.5	3:31.7
110 GOMEZ, Lucas	17	ON Ottawa Lions T.	(110)	21:13.3	2:26.9	5:41.4	3:32.2
111 DINUNZIO, Evan	16	ON Windsor Legion	111	21:14.3	2:27.9	5:41.6	3:32.4
112 MOTREA, Aris	17	ON Brantford T.f.c.	112	21:14.8	2:28.4	5:41.8	3:32.5
113 REEVES, Henry	16	SK Saskatoon Tf Cl	113	21:15.4	2:29.0	5:41.9	3:32.6
114 BURNETT, Conlin	17	ON Ottawa Lions T.	(114)	21:15.5	2:29.1	5:42.0	3:32.6
115 STINSON, Sam	16	ON London Wester	(115)	21:16.5	2:30.1	5:42.2	3:32.7
116 LOFASO, Adrian	16	ON Laurel Creek T.f	116	21:19.2	2:32.8	5:42.9	3:33.2
117 AHMEDANI, Suhayb	17	ON Toronto West A	117	21:19.5	2:33.1	5:43.0	3:33.2
118 LETOURNEAU, Alexis	17	QC Corsaire-Chapa	118	21:20.3	2:33.9	5:43.2	3:33.4
119 LE BRETON, Vincent	17	NB Athletisme Chal	119	21:20.5	2:34.1	5:43.3	3:33.4
120 CLOSSON, Evan	16	ON Newmarket Hus	120	21:22.4	2:36.0	5:43.8	3:33.7
121 WOLFE, Quinn	17	ON Ottawa Lions T.	(121)	21:22.5	2:36.1	5:43.8	3:33.7
122 BENNINGTON, Braden	16	SK Pa Athletics	122	21:23.8	2:37.4	5:44.2	3:34.0
123 ANNAND, Lane	16	SK Pa Athletics	123	21:26.2	2:39.8	5:44.8	3:34.4
124 VENEGAS, Julian	16	ON London Wester	(124)	21:26.6	2:40.2	5:44.9	3:34.4
125 MACKENZIE, Calder	17	NS Sfx Track And	125	21:27.8	2:41.4	5:45.2	3:34.6
126 ZETTEL, Owen	16	ON Laurel Creek T.f	(126)	21:29.3	2:42.9	5:45.6	3:34.9
127 FERGUSON, Adam	17	ON University Of To	(127)	21:29.6	2:43.2	5:45.7	3:34.9
128 FITZSIMMONS, Ollie	16	ON Newmarket Hus	128	21:31.2	2:44.8	5:46.1	3:35.2
129 LEPAGE, Samuel	17	NB Athletisme Chal	129	21:32.4	2:46.0	5:46.5	3:35.4
130 BENNETT, Lucas	16	ON Brockville Legio	(130)	21:34.2	2:47.8	5:46.9	3:35.7
131 WARDLE, Jonathan	16	NL Pearlgate Track	131	21:34.3	2:47.9	5:47.0	3:35.7
132 LINARES, Lisandro	16	ON Toronto West A	132	21:34.6	2:48.2	5:47.1	3:35.8
133 PAREKUNNEL, Daniel	17	ON Hamilton Olymp	133	21:36.3	2:49.9	5:47.5	3:36.0
134 FORTNEY, Alexzander	16	ON Sarnia Athletics	134	21:39.4	2:53.0	5:48.4	3:36.6
135 GILES, Andrew	17	ON Burlington Trac	135	21:41.1	2:54.7	5:48.8	3:36.8
136 GIONET, Orri	17	NB Saint John Red	136	21:42.5	2:56.1	5:49.2	3:37.1
137 BARABE, Paul	17	QC Independant	137	21:45.7	2:59.3	5:50.0	3:37.6
138 BERTRAND, Damien	17	ON Thorold Elite Tr	(138)	21:47.0	3:00.6	5:50.4	3:37.8
139 QUESNEL, Isaac	16	ON Blue Devils Athl	139	21:47.4	3:01.0	5:50.5	3:37.9
140 SUTHERLAND, Colton	16	AB Cochrane Endur	140	21:48.1	3:01.7	5:50.7	3:38.0
141 SAWCHUK, Will	17	SK Riversdale Athle	141	21:53.7	3:07.3	5:52.2	3:38.9
142 FERNANDES, Tristen	16	ON Durham Dragon	(142)	21:54.7	3:08.3	5:52.4	3:39.1
143 BUCKLAND, Rowan	16	ON South Simcoe	143	21:55.2	3:08.8	5:52.6	3:39.2
144 BARKER, Matthew	15	ON Central Toronto	144	21:58.9	3:12.5	5:53.6	3:39.8
145 HILLIER, Tristan	16	ON South Simcoe	145	22:00.8	3:14.4	5:54.1	3:40.1
146 CARRIQUE, Jeffrey	16	ON University Of To	(146)	22:02.2	3:15.8	5:54.5	3:40.4
147 SCHULER, Samuel	16	ON Ottawa Lions T.	(147)	22:02.4	3:16.0	5:54.5	3:40.4
148 ADORANTE, Luke	17	ON University Of To	(148)	22:07.8	3:21.4	5:56.0	3:41.3
149 SMITH, Perry	16	ON Saugeen Track	149	22:08.1	3:21.7	5:56.0	3:41.3

Race #4
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Final Results

INDIVIDUAL RESULTS (cont'd)

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. kM
150 JABER, Fadi	16	ON Burlington Trac	150	22:08.8	3:22.4	5:56.2	3:41.5
151 SHEPHERD, Noah	16	ON Durham Dragon	(151)	22:12.3	3:25.9	5:57.2	3:42.0
152 TUNIS, Clark	17	ON University Of To	(152)	22:12.8	3:26.4	5:57.3	3:42.1
153 KALOUDAS, Clarence	17	ON Durham Dragon	(153)	22:13.6	3:27.2	5:57.5	3:42.3
154 STUART-DOLMAGE, Vernon	17	ON Laurel Creek T.f	(154)	22:13.8	3:27.4	5:57.6	3:42.3
155 VANHARTINGSVELDT, Willi	16	ON Laurel Creek T.f	(155)	22:14.4	3:28.0	5:57.7	3:42.4
156 COGGINS, Chris	16	NS Southwest Nova	156	22:16.5	3:30.1	5:58.3	3:42.8
157 FRIESEN, Drake	17	SK Saskatoon Tf Cl	157	22:16.9	3:30.5	5:58.4	3:42.8
158 SHTERN, Benjamin	17	ON Etobicoke Huski	158	22:23.1	3:36.7	6:00.1	3:43.8
159 SHARMA, Nishant	16	AB Calgary Spartan	159	22:25.7	3:39.3	6:00.8	3:44.3
160 HAGER, Nick	17	ON Mississauga T.f	160	22:29.2	3:42.8	6:01.7	3:44.9
161 CASTRO SALDANA, Sebasti	17	QC Vainqueurs Plu	161	22:30.8	3:44.4	6:02.1	3:45.1
162 MACKAY, Luke	16	ON Burlington Trac	162	22:31.3	3:44.9	6:02.3	3:45.2
163 YOUNG, Olivier	17	ON Ottawa Lions T.	(163)	22:34.3	3:47.9	6:03.1	3:45.7
164 MANSOURI, Zachary	17	ON Ottawa Lions T.	(164)	22:34.7	3:48.3	6:03.2	3:45.8
165 EDWARDS, Mattias	17	ON York University	165	22:35.3	3:48.9	6:03.3	3:45.9
166 LEMAY, Kai	17	ON Blue Devils Athl	(166)	22:40.9	3:54.5	6:04.8	3:46.8
167 HUSSELL, Nathan	17	ON North Bay Legio	167	22:41.5	3:55.1	6:05.0	3:46.9
168 HEREDI, Caleb	17	ON Windsor Legion	168	22:41.6	3:55.2	6:05.0	3:46.9
169 COLLINS, Campbell	16	ON South Simcoe	169	22:43.5	3:57.1	6:05.5	3:47.2
170 SANGHA, Jaskaran	16	AB Calgary Spartan	(170)	22:45.7	3:59.3	6:06.1	3:47.6
171 CIMON, Elliot	16	QC Mustangs	171	22:47.2	4:00.8	6:06.5	3:47.9
172 PARSONS, Stefan	16	ON Blue Devils Athl	(172)	22:50.2	4:03.8	6:07.3	3:48.4
173 ROBERTS, Nolan	17	AB Caltaf Athletic	(173)	22:51.0	4:03.6	6:07.5	3:48.5
174 GUILLAUME, Alex	17	AB Go Athletics	174	23:01.5	4:15.1	6:10.4	3:50.2
175 ST-PIERRE, Samuel	17	BC Kamloops Track	175	23:04.5	4:18.1	6:11.2	3:50.7
176 RASTOGI, Simon	17	ON London Wester	(176)	23:10.2	4:23.8	6:12.7	3:51.7
177 MILLS, Gavin	16	ON Unattached Ont	(177)	23:11.5	4:25.1	6:13.0	3:51.9
178 MYETTE, Joseph	16	ON London Wester	(178)	23:13.7	4:27.3	6:13.6	3:52.3
179 HEANEY, Eoghan	16	ON Durham Dragon	(179)	23:16.3	4:29.9	6:14.3	3:52.7
180 MERTENS, Jackson	16	ON University Of To	(180)	23:27.9	4:41.5	6:17.4	3:54.6
181 BRITO-VILLAMAR, Adrian	17	ON York University	181	23:28.4	4:42.0	6:17.6	3:54.7
182 STEELE, Mitchell	16	MB Unattached-Ma	182	23:29.4	4:43.0	6:17.8	3:54.9
183 ROHR, Jonas	17	ON Laurel Creek T.f	(183)	23:30.5	4:44.1	6:18.1	3:55.1
184 BROWN, Olivier	17	NB Athletisme Chal	184	23:31.7	4:45.3	6:18.4	3:55.3
185 HARDING, Silas	16	ON Ottawa Lions T.	(185)	23:32.3	4:45.9	6:18.6	3:55.4
186 WOLSEY, Phoenix	17	AB Go Athletics	(186)	23:35.0	4:47.6	6:19.3	3:55.8
187 LOPES, Gabriel	16	ON Toronto West A	(187)	23:41.5	4:55.1	6:21.1	3:56.9
188 GUO, Felix	16	ON University Of To	(188)	23:41.5	4:55.1	6:21.1	3:56.9
189 ROBERTS, Jared	16	BC Kamloops Track	189	23:41.9	4:55.5	6:21.2	3:57.0
190 TUCK, Dylan	17	ON Burlington Trac	(190)	23:48.0	5:00.6	6:22.8	3:58.0
191 EDWARDS, Tristan	17	ON York University	191	23:49.2	5:02.8	6:23.2	3:58.2
192 HOOPER, Edward	16	SK Saskatoon Tf Cl	192	23:53.2	5:06.8	6:24.2	3:58.9
193 CLARKE, Keegan	16	ON University Of To	(193)	24:13.8	5:27.4	6:29.8	4:02.3
194 DAO, Dzuy	17	MB Winnipeg Optim	194	24:18.3	5:31.9	6:31.0	4:03.0
195 DENT, Joseph (Jamison)	17	SK Excel Athletika	195	24:34.4	5:48.0	6:35.3	4:05.7

Race #4
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Final Results

INDIVIDUAL RESULTS (cont'd)

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. kM
196 FORD, Scott	16	ON Durham Dragon	(196)	24:45.4	5:59.0	6:38.2	4:07.6
197 LANTEIGNE, Frederik	17	NB Athletisme Chal	197	24:45.9	5:59.5	6:38.3	4:07.6
198 BLANCHARD, Philip	16	NB Athletisme Chal	(198)	25:07.2	6:20.8	6:44.1	4:11.2
199 WILKIE, Thomas	17	BC Penticton Track	(199)	25:08.3	6:21.9	6:44.3	4:11.4
200 TREMBLAY, Jensen	17	BC Kamloops Track	200	25:21.4	6:35.0	6:47.9	4:13.6
201 COULTER, Chase	17	ON York University	201	25:37.3	6:50.9	6:52.1	4:16.2
202 VUONG, Banson	17	ON Newmarket Hus	(202)	26:09.8	7:23.4	7:00.8	4:21.6
203 BLANCHARD, David	17	NB Athletisme Chal	(203)	26:24.9	7:38.5	7:04.9	4:24.1
204 LANTEIGNE, Cantin	16	NB Athletisme Chal	(204)	26:26.2	7:39.8	7:05.2	4:24.4
205 AHMED, Abdullahi	17	AB Go Athletics	(205)	26:49.4	8:03.0	7:11.5	4:28.2
-- CLARKSON, Van	17	ON South Simcoe	-			---	---
-- URBANIAK, Maximilian	16	ON Oakville Track	-			---	---
-- HEUVER, Noah	17	AB Calgary Spartan	-			---	---
-- SKILNICK, Samuel	17	AB Calgary Spartan	-			---	---
-- PLAYER, Carson	16	ON Royal City Athle	-			---	---
-- WILLCOTT, Liam	16	ON Royal City Athle	-			---	---
-- CHADWICK, Remy	17	ON Durham Dragon	-			---	---
-- ST. CROIX, Marek	17	ON Durham Dragon	-			---	---
-- TAIT, Sullivan	16	ON Durham Dragon	-			---	---
-- KOLLAR, Lucas	17	QC Tracklass	-			---	---
-- AKERMAN, Gabriel	17	ON York University	-			---	---
-- CHIPIUK, Rylan	17	AB Go Athletics	-			---	---
-- CAMPBELL, Luke	17	ON South Simcoe	-			---	---
-- SAVVAIDIS, Kyriakos	17	ON Central Toronto	-			---	---
-- LASORDA, Christian	16	ON Windsor Legion	-			---	---
-- RICE RACIOPPO, Joshua	17	ON Burlington Trac	-			---	---
-- ESTIAGA, Jether	16	ON University Of To	-			---	---
-- FALLON, Theo	17	ON University Of To	-			---	---
-- PARR, Freddie	17	ON University Of To	-			---	---
-- METCALFE, Charles	17	ON Blue Devils Athl	-			---	---
-- GALLANT, Felix	17	QC Club D'athletis	-			---	---
-- GILLESPIE, Dylan	17	ON Brockville Legio	-			---	---
-- CASEY, Benjamin	17	ON Hamilton Olymp	-			---	---
-- YU, Marcus	17	ON Newmarket Hus	-			---	---
-- MANSOURI, Noah	17	ON Ottawa Lions T.	-			---	---
-- MCKERCHER, Jackson	17	ON Ottawa Lions T.	-			---	---
-- FILIPE O'DONNELL, Jacob	16	ON Edge Sport Tra	-			---	---

Race #5
U20 Women 8km (U20)

Final Results

RACE SUMMARY

Start Time: 0:30 pm

TEAM SCORING SUMMARY

Final Standings	Score	Scoring Order	Total
1 ON Newmarket Huskies Tr	61	9-14-18-20(24)(31)(33)(42)(45)	2:00:33
2 ON Blue Devils Athletics Cl	112	3-29-34-46	2:03:59
3 NB Saint John Reds Track	126	11-12-50-53(55)	2:06:48
4 ON Toronto West Athletics	171	32-36-49-54	2:10:25
5 ON South Simcoe Dufferin	179	28-38-52-61	2:12:54

INDIVIDUAL RESULTS

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. kM
1 BUITELAAR, Adrianna	17	BC Valley Royals Tr	1	28:14.6	---	5:41.0	3:31.8
2 TORRIE, Kayley	18	AB Cochrane Endur	2	28:21.2	6.6	5:42.3	3:32.7
3 VOYKIN, Eleanor	17	ON Blue Devils Athl	3	28:33.2	18.6	5:44.7	3:34.2
4 DYCK, Ava	19	AB Caltaf Athletic	4	28:40.6	26.0	5:46.2	3:35.1
5 MOSHER, Zoe	18	NS Athletics East N	5	28:51.0	36.4	5:48.3	3:36.4
6 LINTON, Maria	19	ON Durham Dragon	6	29:10.1	55.5	5:52.1	3:38.8
7 ANDRECYK, Athena	17	ON Physi-Kult	7	29:18.1	1:03.5	5:53.7	3:39.8
8 FRASER, Fiona	19	BC Vancouver Thu	8	29:22.1	1:07.5	5:54.5	3:40.3
9 INNES, Riley	17	ON Newmarket Hus	9	29:28.5	1:13.9	5:55.8	3:41.1
10 AIELLO, Lilianna	17	MB Winnipeg Optim	10	29:48.0	1:33.4	5:59.8	3:43.5
11 JEFFREY, Bridget	18	NB Saint John Red	11	29:50.9	1:36.3	6:00.3	3:43.9
12 KAPOVIC, Nikolina	19	NB Saint John Red	12	29:52.7	1:38.1	6:00.7	3:44.1
13 HAMEL, Gabrielle	19	QC Club D'athletis	13	29:55.7	1:41.1	6:01.3	3:44.5
14 NAGY, Kate	16	ON Newmarket Hus	14	30:01.3	1:46.7	6:02.4	3:45.2
15 FOURNIER, Charlotte	19	QC Lanaudiere-Oly	15	30:11.4	1:56.8	6:04.5	3:46.4
16 MACLEOD, Frances	18	NS Athletics East N	16	30:17.4	2:02.8	6:05.7	3:47.2
17 MCDONALD, Rachel	19	BC Ocean Athletics	17	30:21.8	2:07.2	6:06.6	3:47.7
18 KIROVA, Anastasia	18	ON Newmarket Hus	18	30:23.1	2:08.5	6:06.8	3:47.9
19 MARTIN, Mikaella	18	QC Saint-Laurent S	19	30:28.6	2:14.0	6:07.9	3:48.6
20 SILVERA, Abigail	17	ON Newmarket Hus	20	30:39.7	2:25.1	6:10.2	3:50.0
21 CHAMBERLAND, Jade	18	QC Independant	21	30:44.7	2:30.1	6:11.2	3:50.6
22 DOWNIE-BACK, Airlie	16	ON Durham Dragon	22	30:47.3	2:32.7	6:11.7	3:50.9
23 GOSSELIN, Delphine	18	BC Vancouver Thu	23	30:49.5	2:34.9	6:12.1	3:51.2
24 ZANTINGH, Charlotte	16	ON Newmarket Hus	(24)	31:00.7	2:46.1	6:14.4	3:52.6
25 GOODISON, Clare	18	BC Vancouver Thu	25	31:02.2	2:47.6	6:14.7	3:52.8
26 GAGNON, Juliette	19	QC Lavironde	26	31:03.6	2:49.0	6:15.0	3:53.0
27 CINO, Sophia	19	ON Runners Edge	27	31:04.4	2:49.8	6:15.1	3:53.1
28 HWANG, Nari	18	ON South Simcoe	28	31:06.1	2:51.5	6:15.5	3:53.3
29 RYAN, Mikala	17	ON Blue Devils Athl	29	31:08.5	2:53.9	6:16.0	3:53.6
30 CLAVEAU, Aurelie	18	QC Club D'athletis	30	31:21.4	3:06.8	6:18.6	3:55.2
31 MALCOLM, Grace	16	ON Newmarket Hus	(31)	31:29.7	3:15.1	6:20.2	3:56.2
32 MCFARLING, Mazy	18	ON Toronto West A	32	31:29.9	3:15.3	6:20.3	3:56.2
33 MALCOLM, Bridget	16	ON Newmarket Hus	(33)	31:34.8	3:20.2	6:21.2	3:56.9
34 MCCORMACK, Kensington	16	ON Blue Devils Athl	34	31:36.7	3:22.1	6:21.6	3:57.1
35 GILBERT, Stephania	19	QC Club D'athletis	35	31:42.9	3:28.3	6:22.9	3:57.9

Race #5
U20 Women 8km (U20)

Final Results

INDIVIDUAL RESULTS (cont'd)

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. kM
36 BALAKRISHNAN, Riyaa	19	ON Toronto West A	36	31:50.5	3:35.9	6:24.4	3:58.8
37 CHOINIERE LAMBERT, Bea	19	QC Sherbrooke	37	31:52.6	3:38.0	6:24.8	3:59.1
38 RICHTER, Leah	18	ON South Simcoe	38	32:01.3	3:46.7	6:26.6	4:00.2
39 MORIC, Ava	18	ON Saugeen Track	39	32:11.2	3:56.6	6:28.6	4:01.4
40 MORROW, Emma	18	ON Brockville Legio	40	32:13.5	3:58.9	6:29.0	4:01.7
41 NORDIGARDEN, Selma	16	ON Toronto Olympi	41	32:13.6	3:59.0	6:29.1	4:01.7
42 LIU, Vicky	17	ON Newmarket Hus	(42)	32:17.3	4:02.7	6:29.8	4:02.2
43 KNIGHT, Tessa	18	ON Ottawa Lions T.	43	32:28.7	4:14.1	6:32.1	4:03.6
44 CLINTON, Charlotte	19	ON Unattached Ont	44	32:30.3	4:15.7	6:32.4	4:03.8
45 KINCH, Abigail	17	ON Newmarket Hus	(45)	32:33.7	4:19.1	6:33.1	4:04.2
46 JORDAN, Lila	18	ON Blue Devils Athl	46	32:40.6	4:26.0	6:34.5	4:05.1
47 MCDONALD, Catelin	19	BC Ocean Athletics	47	32:41.6	4:27.0	6:34.7	4:05.2
48 LOVSHIN, Brianna	17	ON Toronto Olympi	48	32:46.1	4:31.5	6:35.6	4:05.8
49 SMITH, Alexandra	18	ON Toronto West A	49	32:59.4	4:44.8	6:38.3	4:07.4
50 BOWMAN, Brynn	18	NB Saint John Red	50	33:02.7	4:48.1	6:38.9	4:07.8
51 UNGER, Zoe	19	BC Valley Royals Tr	51	33:04.2	4:49.6	6:39.2	4:08.0
52 COOPER, Brooke	18	ON South Simcoe	52	33:56.9	5:42.3	6:49.8	4:14.6
53 BURKE, Makayla	19	NB Saint John Red	53	34:01.0	5:46.4	6:50.7	4:15.1
54 KLUFAS, Daria	19	ON Toronto West A	54	34:04.3	5:49.7	6:51.3	4:15.5
55 VANSTONE, Makaela	18	NB Saint John Red	(55)	34:05.3	5:50.7	6:51.5	4:15.7
56 MCCULLY, Adeline	17	ON Kawartha Lakes	56	34:10.4	5:55.8	6:52.6	4:16.3
57 ROTH, Helena	18	ON London Wester	57	34:15.0	6:00.4	6:53.5	4:16.9
58 MCLAREN, Ellianne	17	ON Kawartha Lakes	58	34:31.7	6:17.1	6:56.8	4:19.0
59 HANAN, Abby	18	ON Waterloo Track	59	35:09.6	6:55.0	7:04.5	4:23.7
60 PETRAUSKAS, Abby	18	ON Kawartha Lakes	60	35:09.6	6:55.0	7:04.5	4:23.7
61 MCLEISH, Cecilia	18	ON South Simcoe	61	35:49.1	7:34.5	7:12.4	4:28.6
62 BELIVEAU, Sophia Rose	19	QC Club Citius	62	36:10.5	7:55.9	7:16.7	4:31.3
63 MURCHISON, Juliette	18	ON Ottawa Lions T.	63	36:24.7	8:10.1	7:19.6	4:33.1
64 IRWIN, Sarah	18	PE Islanders Track	64	37:36.1	9:21.5	7:33.9	4:42.0
-- GARANT, Lili-Rose	19	QC Tracklass	-			---	---
-- ALEXANDER, Zoe	18	ON Sarnia Athletics	-			---	---
-- CHAUDHRY, Zaira	18	ON Boardwalk Rc	-			---	---
-- HARTNELL, Jennifer	18	ON Humber Hawks	-			---	---
-- THERIAULT, Juliane	18	QC Coubertin	-			---	---
-- MCDERMOTT, Madison	18	ON University Of To	-			---	---

Race #6
U20 Men 8km (U20)

Final Results

RACE SUMMARY
Start Time: 1:20 pm

TEAM SCORING SUMMARY

Final Standings	Score	Scoring Order	Total
1 QC Club D'athletisme De L'	57	1-8-23-25	1:42:13
2 NB Saint John Reds Track	71	10-14-16-31(55)(56)	1:43:20
3 SK University Of Regina	105	7-27-35-36(48)	1:44:34
4 ON University Of Toronto T	123	5-18-42-58	1:45:37
5 ON Ottawa Lions T.f.c	124	11-21-22-70(71)(81)	1:45:39
6 ON Harbour Track - Hamilt	163	20-28-53-62	1:47:27
7 AB Cochrane Endurance P	176	12-37-49-78	1:48:35
8 ON Newmarket Huskies Tr	201	39-46-50-66(73)(74)(77)	1:49:19

INDIVIDUAL RESULTS

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. kM
1 ST-ONGE, Xavier	19	QC Club D'athletis	1	24:55.3	---	5:00.8	3:06.9
2 LEFEBVRE, Robin	19	QC Saint-Laurent S	2	24:58.1	2.8	5:01.4	3:07.3
3 CAPES, Chase	16	ON Sarnia Athletics	3	24:59.0	2.7	5:01.6	3:07.4
4 CLARK, Brody	17	ON Edge Sport Tra	4	25:10.6	15.3	5:03.9	3:08.8
5 SCHARF, William	17	ON University Of To	5	25:12.8	17.5	5:04.4	3:09.1
6 CROWE, Oliver	18	ON Edge Sport Tra	6	25:15.8	20.5	5:05.0	3:09.5
7 TEICHLER, Ian	19	SK University Of Re	7	25:20.7	25.4	5:06.0	3:10.1
8 SAVIGNAC, Antonin	19	QC Club D'athletis	8	25:21.9	26.6	5:06.2	3:10.2
9 GAFFNEY, Travis	19	ON Brockville Legio	9	25:22.5	27.2	5:06.3	3:10.3
10 PENNIE, Brodie	19	NB Saint John Red	10	25:29.5	34.2	5:07.7	3:11.2
11 TALER, Saul	18	ON Ottawa Lions T.	11	25:30.1	34.8	5:07.9	3:11.3
12 TORRIE, Eli	18	AB Cochrane Endur	12	25:31.1	35.8	5:08.0	3:11.4
13 FORTIER, Noah	19	QC Sherbrooke	13	25:38.6	43.3	5:09.6	3:12.3
14 JONES, Caden	19	NB Saint John Red	14	25:42.5	47.2	5:10.4	3:12.8
15 CURRIE, Brendan	18	ON Border City Ac	15	25:46.2	50.9	5:11.1	3:13.3
16 SNYMAN, Steph	18	NB Saint John Red	16	25:46.6	51.3	5:11.2	3:13.3
17 RAICHE, William	18	QC Athletisme Lava	17	25:47.1	51.8	5:11.3	3:13.4
18 KMECZ, Matthew	18	ON University Of To	18	25:49.6	54.3	5:11.8	3:13.7
19 LAFRENIERE, Felix	19	QC Independant	19	25:52.1	56.8	5:12.3	3:14.0
20 NAGY, Noah	19	ON Harbour Track -	20	25:53.6	58.3	5:12.6	3:14.2
21 MORTIMER, Charlie	17	ON Ottawa Lions T.	21	25:53.8	58.5	5:12.6	3:14.2
22 COVA, Daniel	18	ON Ottawa Lions T.	22	25:54.0	57.7	5:12.7	3:14.2
23 POITRAS, Loic	18	QC Club D'athletis	23	25:57.0	1:00.7	5:13.3	3:14.6
24 LOUWERSE, Noah	18	BC Vancouver Thu	24	25:58.0	1:01.7	5:13.5	3:14.7
25 LEHOUX, Edouard	19	QC Club D'athletis	25	25:58.9	1:03.6	5:13.7	3:14.9
26 LEINWEBER, Alex	19	ON London Wester	26	25:59.2	1:03.9	5:13.7	3:14.9
27 MACLEAN, Brett	19	SK University Of Re	27	26:09.8	1:14.5	5:15.8	3:16.2
28 SCHMALZ, Michael	18	ON Harbour Track -	28	26:15.3	1:20.0	5:17.0	3:16.9
29 BRITTAIN, Steven	19	BC Ocean Athletics	29	26:15.5	1:20.2	5:17.0	3:16.9
30 RAHKOLA, Maverik	18	BC Unattached Briti	30	26:20.9	1:25.6	5:18.1	3:17.6
31 PALMER, Liam	18	NB Saint John Red	31	26:21.5	1:26.2	5:18.2	3:17.7

Race #6
U20 Men 8km (U20)

Final Results

INDIVIDUAL RESULTS (cont'd)

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. kM
32 BENNETT, Cameron	19	ON Toronto West A	32	26:23.8	1:28.5	5:18.7	3:18.0
33 WHEELER, James	18	ON Saugeen Track	33	26:28.0	1:31.7	5:19.5	3:18.5
34 DOUGHTY, James	18	BC Vancouver Thu	34	26:28.5	1:33.2	5:19.6	3:18.6
35 KLASSEN, Jacob	19	SK University Of Re	35	26:30.5	1:35.2	5:20.0	3:18.8
36 TEICHLER, Alec	18	SK University Of Re	36	26:32.4	1:37.1	5:20.4	3:19.0
37 BACHMANN, Ben	18	AB Cochrane Endur	37	26:42.7	1:47.4	5:22.5	3:20.3
38 MCGREGOR, Nolan	18	ON Edge Sport Tra	38	26:48.4	1:53.1	5:23.6	3:21.0
39 DOSCAS, David	17	ON Newmarket Hus	39	26:50.7	1:55.4	5:24.1	3:21.3
40 REUTER, Landon	19	ON Laurel Creek T.f	40	26:53.0	1:56.7	5:24.5	3:21.6
41 MATHIESON, Gavin	18	ON Hamilton Olymp	41	26:55.9	2:00.6	5:25.1	3:22.0
42 GARFIN-UDASKIN, Eitan	18	ON University Of To	42	26:56.2	2:00.9	5:25.2	3:22.0
43 DOUGLAS, Aidan	18	NL Pearlgate Track	43	26:58.0	2:01.7	5:25.5	3:22.2
44 MURRAY, Wyatt	18	ON South Simcoe	44	27:02.1	2:06.8	5:26.4	3:22.8
45 ESTABROOKS, Braeden	18	ON Durham Dragon	45	27:03.8	2:08.5	5:26.7	3:23.0
46 KUZMINSKI, Tyler	17	ON Newmarket Hus	46	27:08.7	2:13.4	5:27.7	3:23.6
47 STEVENSON, Craig	18	ON Unattached Ont	47	27:12.2	2:16.9	5:28.4	3:24.0
48 DOWNES, Adonias	19	SK University Of Re	(48)	27:13.2	2:17.9	5:28.6	3:24.1
49 SOLLITT, Raimo	18	AB Cochrane Endur	49	27:13.6	2:18.3	5:28.7	3:24.2
50 MYERS, Christian	17	ON Newmarket Hus	50	27:14.4	2:19.1	5:28.8	3:24.3
51 MACDONALD, Parker	19	ON Kawartha Lakes	51	27:19.9	2:24.6	5:30.0	3:25.0
52 NOZICK, Ethan	18	BC Prairie Inn Harri	52	27:26.2	2:30.9	5:31.2	3:25.8
53 LEVI, Odin	18	ON Harbour Track -	53	27:26.6	2:31.3	5:31.3	3:25.8
54 HOUR, Hayden	18	ON York University	54	27:27.1	2:31.8	5:31.4	3:25.9
55 PHILLIPS, Nate	18	NB Saint John Red	(55)	27:28.3	2:33.0	5:31.6	3:26.0
56 KAYE, Cohen	18	NB Saint John Red	(56)	27:33.7	2:38.4	5:32.7	3:26.7
57 AAGAARD, Josh	19	ON Laurel Creek T.f	57	27:37.6	2:42.3	5:33.5	3:27.2
58 SMITH, Aaron	19	ON University Of To	58	27:37.9	2:42.6	5:33.6	3:27.2
59 FORD, Luke	18	ON Durham Dragon	59	27:38.6	2:43.3	5:33.7	3:27.3
60 NAKANISHI, Arata	18	BC Valley Royals Tr	60	27:41.9	2:46.6	5:34.4	3:27.7
61 BENNETT, Dylan	18	ON Royal City Athle	61	27:48.4	2:53.1	5:35.7	3:28.5
62 LEBAR, Christian	18	ON Harbour Track -	62	27:51.2	2:55.9	5:36.2	3:28.9
63 MARTIN, Jonathan	19	QC Independant	63	27:56.6	3:01.3	5:37.3	3:29.6
64 MAY, Evan	19	NL Unattached New	64	27:59.5	3:04.2	5:37.9	3:29.9
65 WOJCICKI, Adam	18	NB Fredericton Red	65	28:02.8	3:07.5	5:38.6	3:30.3
66 FITZSIMMONS, Finn	17	ON Newmarket Hus	66	28:05.1	3:09.8	5:39.0	3:30.6
67 MCGREGOR, Cailan	17	ON Physi-Kult	67	28:08.1	3:12.8	5:39.6	3:31.0
68 COOKE-BITHREY, Landyn	19	NS Sfx Track And	68	28:13.7	3:18.4	5:40.8	3:31.7
69 ARSENAULT, Nathan	18	ON Central Toronto	69	28:13.8	3:18.5	5:40.8	3:31.7
70 KONGOIANNIS, Dean	18	ON Ottawa Lions T.	70	28:20.7	3:25.4	5:42.2	3:32.6
71 MANSOURI, Noah	17	ON Ottawa Lions T.	(71)	28:23.9	3:28.6	5:42.8	3:33.0
72 LEROUX, Lukas	18	ON Brockville Legio	72	28:34.4	3:39.1	5:44.9	3:34.3
73 GROSSI, Skyler	18	ON Newmarket Hus	(73)	28:40.8	3:45.5	5:46.2	3:35.1
74 SHORTIS, Paul	17	ON Newmarket Hus	(74)	28:52.6	3:57.3	5:48.6	3:36.6
75 HASENAUER, Jackson	18	ON York University	75	28:57.0	4:00.7	5:49.5	3:37.1
76 DABER, Owen	18	ON Unattached Ont	76	29:02.6	4:07.3	5:50.6	3:37.8
77 O'CONNOR, Tyler	18	ON Newmarket Hus	(77)	29:04.8	4:09.5	5:51.1	3:38.1

ACXC 2025
 London, ON
 Fanshawe Golf Course
 2025-11-29 - 2025-11-30



OFFICIAL MEET REPORT
 printed: 2025-12-02 9:14 AM

Race #6
U20 Men 8km (U20)

Final Results

INDIVIDUAL RESULTS (cont'd)

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. kM
78 HARBOUR, Owen	18	AB Cochrane Endur	78	29:07.1	4:11.8	5:51.5	3:38.4
79 TOUTANT, Austin	17	ON Durham Dragon	79	29:19.1	4:23.8	5:53.9	3:39.9
80 TSE, Thomas	18	ON York University	80	29:39.5	4:44.2	5:58.0	3:42.4
81 GOOLD, Barrett	18	ON Ottawa Lions T.	(81)	29:42.6	4:47.3	5:58.7	3:42.8
82 STUMPF, Isaiah	18	ON Laurel Creek T.f	82	29:47.1	4:51.8	5:59.6	3:43.4
83 DESCHAMPS, Nick	18	ON Thorold Elite Tr	83	30:33.5	5:38.2	6:08.9	3:49.2
-- SAUER, Graham	18	NB Saint John Red	-	DNF	51.3	5:11.2	3:13.3
-- TOUTANT, Logan	17	ON Durham Dragon	-			---	---
-- SPINGLE, Markus	19	NL Unattached New	-			---	---
-- TOMORI, Graham	18	ON Edge Sport Tra	-			---	---
-- PARDALIS, Andreas	19	ON Stridewise Run	-			---	---
-- THOMSON, Iain	19	ON Harbour Track -	-			---	---
-- DOS SANTOS, Marcos Migu	19	ON South Simcoe	-			---	---
-- BLAINE, Macauley	18	ON Ottawa Lions T.	-			---	---
-- GRAY, Duncan	18	ON Ottawa Lions T.	-			---	---

Race #7
Open Women 10km (Senior)

Final Results

RACE SUMMARY

Start Time: 2:10 pm

TEAM SCORING SUMMARY

Final Standings	Score	Scoring Order	Total
1 BC Unattached British Colu	64	1-11-22-30	2:21:09
2 BC Vancouver Thunderbird	72	6-18-21-27(28)(32)(35)(38)(42)	2:22:49
3 ON Monarch Athletics Club	178	34-44-49-51	2:35:12
4 QC Canadian Armed Force	231	53-55-61-62	2:44:40

INDIVIDUAL RESULTS

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. km
1 MCCABE, Ceili	24	BC Unattached Briti	1	32:57.3	---	5:18.4	3:17.7
2 THOMAS, Chloe	22	ON Unattached Ont	2	33:53.4	56.1	5:27.4	3:23.3
3 CARON, Florence	25	QC Club D'athletis	3	33:55.6	58.3	5:27.8	3:23.6
4 FETHERSTONHAUGH, Grac	25	BC Royal City Trac	4	34:00.8	1:03.5	5:28.6	3:24.1
5 FITZGERALD, Makenna	25	AB Unattached Alb	5	34:10.2	1:12.9	5:30.1	3:25.0
6 SIM, Glynis	27	BC Vancouver Thu	6	34:19.4	1:22.1	5:31.6	3:25.9
7 TRIPPETT, Madison	23	NC Non-Canadian-	7	34:36.3	1:39.0	5:34.3	3:27.6
8 AYERS, Katelyn	30	BC Victoria Endura	8	34:36.6	1:39.3	5:34.4	3:27.7
9 BOYD, Cleo	32	ON Physi-Kult	9	34:41.4	1:44.1	5:35.2	3:28.1
10 MCDOUGALL, Alexandra	21	ON Royal City Athle	10	34:50.4	1:53.1	5:36.6	3:29.0
11 YEE, Regan	30	BC Unattached Briti	11	35:06.7	2:09.4	5:39.2	3:30.7
12 TESCHUK, Erin	31	ON Unattached Ont	12	35:13.6	2:16.3	5:40.3	3:31.4
13 TUCK, Lilly	24	ON Unattached Ont	13	35:14.6	2:17.3	5:40.5	3:31.5
14 GHAZARIAN, Sevanne	26	ON Unattached Ont	14	35:17.1	2:19.8	5:40.9	3:31.7
15 COURVILLE, Sophie	22	QC Saint-Laurent S	15	35:17.9	2:20.6	5:41.0	3:31.8
16 COMEAU, Anne-Marie	29	QC Independant	16	35:38.9	2:41.6	5:44.4	3:33.9
17 ALKERTON, Alyshia	22	ON Unattached Ont	(17)	35:40.6	2:43.3	5:44.7	3:34.1
18 GINTHER, Ally	30	BC Vancouver Thu	18	35:51.8	2:54.5	5:46.5	3:35.2
19 BARIL, Leane	21	QC Club D'athletis	19	35:59.5	3:02.2	5:47.7	3:35.9
20 RYALL, Stephanie	28	ON Mile2Marathon	20	36:01.1	3:03.8	5:48.0	3:36.1
21 SEXTON, Leslie	38	BC Vancouver Thu	21	36:07.8	3:10.5	5:49.1	3:36.8
22 WATKINS, Rachael	21	BC Unattached Briti	22	36:09.1	3:11.8	5:49.3	3:36.9
23 ONGORI, Philes	39	ON Thorold Elite Tr	23	36:12.0	3:13.7	5:49.8	3:37.2
24 BROWN, Emily	23	ON Unattached Ont	(24)	36:14.6	3:17.3	5:50.2	3:37.5
25 JAMNICKY, Dominika	33	SK Crimps Cycling	25	36:15.1	3:17.8	5:50.2	3:37.5
26 BRYCE, Emily	22	ON Unattached Ont	(26)	36:25.5	3:28.2	5:51.9	3:38.5
27 GIBSON, Kiana	26	BC Vancouver Thu	27	36:29.4	3:32.1	5:52.6	3:38.9
28 FLEMING, Elysse	22	BC Vancouver Thu	(28)	36:33.6	3:36.3	5:53.2	3:39.4
29 BREEDON, Paige	23	ON Waterloo Track	29	36:55.6	3:58.3	5:56.8	3:41.6
30 HEWITT, Chloe	27	BC Unattached Briti	30	36:56.0	3:57.7	5:56.8	3:41.6
31 EMOND, Marie-Renee	24	QC Lanaudiere-Oly	31	37:10.1	4:12.8	5:59.1	3:43.0
32 MACGILLIVRAY, Sarah	21	BC Vancouver Thu	(32)	37:15.1	4:17.8	5:59.9	3:43.5
33 DOWLING-MEDLEY, Jenn	34	QC Vainqueurs Plu	33	37:19.2	4:21.9	6:00.6	3:43.9
34 TREVENA, Madison	22	ON Monarch Athleti	34	37:22.8	4:25.5	6:01.1	3:44.3
35 PFOHL, Amelia	22	BC Vancouver Thu	(35)	37:35.4	4:38.1	6:03.2	3:45.5
36 BLACK, Sophie	25	NB Aetos Athletica	36	37:39.2	4:41.9	6:03.8	3:45.9

Race #7
Open Women 10km (Senior)

Final Results

INDIVIDUAL RESULTS (cont'd)

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. km
37 WILSON, Colleen	33	NS Halifax Road Ha	37	37:42.5	4:45.2	6:04.3	3:46.2
38 SCHULZ, Jenna	32	BC Vancouver Thu	(38)	37:47.4	4:50.1	6:05.1	3:46.7
39 MCDONALD, Madeline	31	ON Harbour Track -	39	37:52.2	4:54.9	6:05.9	3:47.2
40 PYKE, Bridget	34	AB Cochrane Endur	40	38:17.9	5:20.6	6:10.0	3:49.8
41 FORAN, Gabrielle	35	QC Vainqueurs Plu	41	38:21.4	5:24.1	6:10.6	3:50.1
42 NEWLOVE, Katie	23	BC Vancouver Thu	(42)	38:26.5	5:29.2	6:11.4	3:50.6
43 WOOD, Sophy	22	ON Unattached Ont	(43)	38:29.1	5:31.8	6:11.8	3:50.9
44 DESJARDINS, Laura	37	ON Monarch Athleti	44	38:40.8	5:43.5	6:13.7	3:52.1
45 KAISER, Jessica	38	AB Cochrane Endur	45	38:48.3	5:51.0	6:14.9	3:52.8
46 KANKO, Lauren	32	ON Unattached Ont	(46)	39:03.8	6:06.5	6:17.4	3:54.4
47 GRETCHKO, Anya	28	BC Victoria Endura	47	39:04.1	6:06.8	6:17.5	3:54.4
48 PALMATEER, Kaitlyn	23	ON Unattached Ont	(48)	39:10.2	6:12.9	6:18.5	3:55.0
49 GLYNN, Rachel	28	ON Monarch Athleti	49	39:11.0	6:12.7	6:18.6	3:55.1
50 REMPEL, Karley	32	ON Unattached Ont	(50)	39:19.5	6:22.2	6:19.9	3:55.9
51 BRYDON, Kaitlin	24	ON Monarch Athleti	51	39:57.0	6:58.7	6:26.0	3:59.7
52 BOSTON, Eliza Jane	23	ON Newmarket Hus	52	40:15.0	7:16.7	6:28.9	4:01.5
53 WYDYSH, Aisling	32	QC Canadian Arme	53	40:21.7	7:24.4	6:30.0	4:02.2
54 PETERS, Laura	23	ON Toronto West A	54	40:31.8	7:34.5	6:31.6	4:03.2
55 TOUPIN, Bailey	34	QC Canadian Arme	55	40:55.2	7:57.9	6:35.4	4:05.5
56 FRANGOS, Sara	28	SK Crimps Cycling	56	41:04.9	8:07.6	6:36.9	4:06.5
57 KINGSTON, Renata	27	ON Unattached Ont	(57)	41:06.4	8:09.1	6:37.2	4:06.6
58 MORGAN, Isabella	29	ON Unattached Ont	(58)	41:19.3	8:22.0	6:39.2	4:07.9
59 MAK, Julie	23	ON Unattached Ont	(59)	41:22.1	8:24.8	6:39.7	4:08.2
60 DAVIS, Abbey	24	ON Waterloo Track	60	41:27.9	8:30.6	6:40.6	4:08.8
61 POLUS, Amanda	31	QC Canadian Arme	61	41:41.3	8:44.0	6:42.8	4:10.1
62 MCCARTHY, Rachel	41	QC Canadian Arme	62	41:41.5	8:44.2	6:42.8	4:10.1
63 MITHA, Jasmine	22	SK Crimps Cycling	63	41:55.0	8:56.7	6:45.0	4:11.5
64 PLATER, Emma	34	ON Unattached Ont	(64)	42:46.6	9:49.3	6:53.3	4:16.7
65 MUNDT, Jen	31	ON Unattached Ont	(65)	43:05.7	10:08.4	6:56.4	4:18.6
-- ADAMO, Larissa	24	ON Unattached Ont	-	DNS	---	---	
-- BARAN, Eleanor	25	MB Unattached-Ma	-		---	---	
-- TRIPPET, Madison	24	US WVU Athletics	-		---	---	
-- MAWHINNEY, Erin	29	ON Harbour Track -	-		---	---	
-- JAWORSKI, Jillian	32	ON Unattached Ont	-		---	---	
-- BERUBE, Jade	28	QC Club D'athletis	-		---	---	
-- COUTURE, Marika	21	QC Club D'athletis	-		---	---	
-- SEABY, Madeleine	20	ON Ottawa Lions T.	-		---	---	
-- BROHART, Courtney	35	AB Unattached Alb	-		---	---	
-- CHAFE, Maria	24	NL Pearlgate Track	-		---	---	
-- MACGILLIVRAY, Holly	23	BC Vancouver Thu	-		---	---	

Race #8
Open Men 10km (Senior)

Final Results

RACE SUMMARY

Start Time: 3:10 pm

TEAM SCORING SUMMARY

Final Standings	Score	Scoring Order	Total
1 ON Toronto West Athletics	65	11-16-18-20(25)(66)(67)(106)(114)	2:02:30
2 ON Newmarket Huskies Tr	113	12-28-36-37(74)(75)(80)(83)	2:04:37
3 ON Royal City Athletics Clu	139	9-32-45-53	2:05:39
4 BC Vancouver Thunderbird	198	33-40-62-63(69)	2:08:21
5 BC Unattached British Colu	213	35-47-61-70	2:09:05
6 ON Cowboys Track Club	232	4-46-86-96	2:10:55
7 ON Blue Devils Athletics Cl	235	41-48-59-87(98)(108)(115)	2:10:27
8 AB Unattached Alberta	255	38-50-68-99	2:12:13
9 ON Dundas Valley Track Cl	399	91-94-105-109	2:22:42

INDIVIDUAL RESULTS

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. km
1 AHMED, Mohammed	34	ON Niagara Olympi	1	29:30.4	---	4:45.1	2:57.0
2 PERRAS-PHANEUF, Xavier	20	QC Saint-Laurent S	2	29:46.1	15.7	4:47.6	2:58.6
3 GAITAN, Santiago	24	ON Unattached Ont	3	29:48.2	17.8	4:47.9	2:58.8
4 TALBOT, Matt	26	ON Cowboys Track	4	29:49.9	19.5	4:48.2	2:59.0
5 BURKE, Evan	24	ON Unattached Ont	5	29:53.0	21.6	4:48.7	2:59.3
6 MORNEAU-CARTIER, Philip	24	QC Club D'athletis	6	29:56.3	25.9	4:49.3	2:59.6
7 WACKER, Andy	37	US United States	7	30:10.5	40.1	4:51.5	3:01.0
8 MULUGETA, Yemane	20	BC Ocean Athletics	8	30:17.6	47.2	4:52.7	3:01.8
9 LEHTO, Jack	21	ON Royal City Athle	9	30:21.6	51.2	4:53.3	3:02.2
10 KANKO, Robert	29	ON Physi-Kult	10	30:26.1	55.7	4:54.0	3:02.6
11 O'FARRELL, Jack	25	ON Toronto West A	11	30:26.9	56.5	4:54.2	3:02.7
12 GOGUEN, Dakota	23	ON Newmarket Hus	12	30:28.3	57.9	4:54.4	3:02.8
13 PODBIELSKI, Jonathan	21	SK Unattached-Sas	13	30:29.0	57.6	4:54.5	3:02.9
14 UBENE, Mitchell	27	ON Unattached Ont	14	30:30.6	1:00.2	4:54.8	3:03.1
15 TURGEON, Nolan	21	QC Club Citius	15	30:32.7	1:02.3	4:55.1	3:03.3
16 GHALI, Melika	30	ON Toronto West A	16	30:36.9	1:06.5	4:55.8	3:03.7
17 ROBERTSON, Kevin A.	24	QC Saint-Laurent S	17	30:37.5	1:07.1	4:55.9	3:03.7
18 AVALOS, Miles	28	ON Toronto West A	18	30:41.1	1:10.7	4:56.5	3:04.1
19 MACKENZIE, Owen	24	ON Unattached Ont	19	30:42.1	1:11.7	4:56.6	3:04.2
20 MIRONOV, Roman	22	ON Toronto West A	20	30:44.4	1:14.0	4:57.0	3:04.4
21 LAVIOLETTE, Thomas	25	QC Corsaire-Chapa	21	30:45.3	1:14.9	4:57.1	3:04.5
22 ROSEN, Daniel	24	ON University Of To	22	30:49.7	1:19.3	4:57.8	3:05.0
23 KIRBY, Mitchell	28	ON Unattached Ont	(23)	30:49.7	1:19.3	4:57.9	3:05.0
24 PARROT-MIGAS, Phil	32	ON Unattached Ont	(24)	30:50.2	1:19.8	4:57.9	3:05.0
25 EL-SANDALI, Ehab	28	ON Toronto West A	(25)	31:01.6	1:31.2	4:59.8	3:06.2
26 MCCANN, Robert	31	ON Unattached Ont	(26)	31:03.8	1:33.4	5:00.1	3:06.4
27 BLACK, Connor	29	ON Unattached Ont	(27)	31:09.8	1:39.4	5:01.1	3:07.0
28 BRACKENBURY, Miles	24	ON Newmarket Hus	28	31:10.6	1:40.2	5:01.2	3:07.1
29 COUGHLER, Jeremy	30	ON Unattached Ont	(29)	31:10.8	1:40.4	5:01.2	3:07.1
30 NORMANDIN, Pierre-Yves	26	QC Jakours Athletis	30	31:12.2	1:41.8	5:01.5	3:07.2

Race #8
Open Men 10km (Senior)

Final Results

INDIVIDUAL RESULTS (cont'd)

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. km
31 COLES, Tristan	21	ON Unattached Ont	(31)	31:13.0	1:41.6	5:01.6	3:07.3
32 BANNON, Nicholas	25	ON Royal City Athle	32	31:15.1	1:44.7	5:01.9	3:07.5
33 FILION, Maximilien	21	BC Vancouver Thu	33	31:20.8	1:50.4	5:02.9	3:08.1
34 BOUFFARD, Francis	20	QC Club D'athletis	34	31:24.2	1:53.8	5:03.4	3:08.4
35 PREISNER, Benjamin	29	BC Unattached Briti	35	31:27.7	1:57.3	5:04.0	3:08.8
36 HUEGLIN, Tanner	21	ON Newmarket Hus	36	31:28.1	1:57.7	5:04.0	3:08.8
37 STEL, Joey	29	ON Newmarket Hus	37	31:29.7	1:59.3	5:04.3	3:09.0
38 SAID, Moktar	24	AB Unattached Alb	38	31:30.0	1:58.6	5:04.3	3:09.0
39 BENOIT, Jacob	25	NS Slow Ships Athl	39	31:33.8	2:03.4	5:05.0	3:09.4
40 DWYER, Liam	24	BC Vancouver Thu	40	31:36.2	2:05.8	5:05.3	3:09.6
41 SHORE, Benjamin	26	ON Blue Devils Athl	41	31:36.4	2:06.0	5:05.4	3:09.6
42 KINAHAN, Samuel	28	ON University Of To	42	31:38.4	2:08.0	5:05.7	3:09.8
43 ABRAHAM, Vincent	25	QC Cs Athletisme	43	31:40.7	2:10.3	5:06.1	3:10.1
44 COX, Will	24	NS Slow Ships Athl	44	31:42.0	2:10.6	5:06.3	3:10.2
45 RACHNER, Christian	23	ON Royal City Athle	45	31:43.9	2:13.5	5:06.6	3:10.4
46 ROCHE, Ethan	24	ON Cowboys Track	46	31:49.3	2:18.9	5:07.4	3:10.9
47 PIDDUCK, William	29	BC Unattached Briti	47	31:49.9	2:19.5	5:07.5	3:11.0
48 CIRA, Cameron	27	ON Blue Devils Athl	48	32:00.7	2:30.3	5:09.3	3:12.1
49 PAUL, Nathan	21	ON Laurel Creek T.f	49	32:05.8	2:35.4	5:10.1	3:12.6
50 ARTHUR, Logan	25	AB Unattached Alb	50	32:08.0	2:36.6	5:10.5	3:12.8
51 BELANGER, Elliot	20	QC Lavironde	51	32:12.1	2:41.7	5:11.1	3:13.2
52 MCANENEY, Lucas	39	ON Unattached Ont	(52)	32:16.3	2:45.9	5:11.8	3:13.6
53 HANNAM, Cole	26	ON Royal City Athle	53	32:18.2	2:47.8	5:12.1	3:13.8
54 BOYLE, William	23	NB Saint John Red	54	32:19.9	2:49.5	5:12.4	3:14.0
55 GAZAILLE, Tristan	22	ON Unattached Ont	(55)	32:21.7	2:51.3	5:12.7	3:14.2
56 BROST, Jonah	24	BC Prairie Inn Harri	56	32:22.0	2:50.6	5:12.7	3:14.2
57 RIOPEL, Nicolas	26	QC Corsaire-Chapa	57	32:22.8	2:52.4	5:12.8	3:14.3
58 THIBODEAU, Jean-Philippe	35	QC Independant	58	32:26.0	2:54.6	5:13.4	3:14.6
59 DEVITO, Ben	29	ON Blue Devils Athl	59	32:28.0	2:56.6	5:13.7	3:14.8
60 DIONNE, Anthony	32	QC Canadian Arme	60	32:37.1	3:06.7	5:15.1	3:15.7
61 ARNDT, Scott	24	BC Unattached Briti	61	32:38.9	3:08.5	5:15.4	3:15.9
62 CINO, Sebastian	22	BC Vancouver Thu	62	32:40.5	3:10.1	5:15.7	3:16.0
63 STOCKTON -THOMAS, Ryer	20	BC Vancouver Thu	63	32:43.0	3:11.6	5:16.1	3:16.3
64 MCPHEE, Zachary	23	ON London Wester	64	32:43.2	3:12.8	5:16.1	3:16.3
65 TAGGART, Eoin	30	ON Monarch Athleti	65	32:47.7	3:17.3	5:16.8	3:16.8
66 DAVENPORT, Ethan	35	ON Toronto West A	(66)	32:54.5	3:24.1	5:17.9	3:17.4
67 RINGLER, Kinnon	20	ON Toronto West A	(67)	33:02.9	3:32.5	5:19.3	3:18.3
68 WORKMAN, Benjamin	28	AB Unattached Alb	68	33:03.9	3:33.5	5:19.5	3:18.4
69 REN, Randy	20	BC Vancouver Thu	(69)	33:06.8	3:36.4	5:19.9	3:18.7
70 MEKONNEN, Ephrem	25	BC Unattached Briti	70	33:08.4	3:38.0	5:20.2	3:18.8
71 SNIDER, Derek	40	SK Crimps Cycling	71	33:11.8	3:41.4	5:20.7	3:19.2
72 ZANUTTINI, Emile	22	ON Unattached Ont	(72)	33:16.9	3:46.5	5:21.6	3:19.7
73 MORIN, Danny	40	QC Canadian Arme	73	33:25.8	3:55.4	5:23.0	3:20.6
74 BOSTON, Joshua Thomas	23	ON Newmarket Hus	(74)	33:28.4	3:58.0	5:23.4	3:20.8
75 MLYNCZYK, Anton	23	ON Newmarket Hus	(75)	33:31.5	4:01.1	5:23.9	3:21.1
76 DEAN, Patrick	23	ON Waterloo Track	76	33:33.0	4:01.6	5:24.1	3:21.3

Race #8
Open Men 10km (Senior)

Final Results

INDIVIDUAL RESULTS (cont'd)

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. kM
77 ROBITAILLE, Jesse	26	QC Club D'athletis	77	33:35.5	4:05.1	5:24.6	3:21.5
78 ROWLAND, Dan	31	ON Monarch Athleti	78	33:37.7	4:07.3	5:24.9	3:21.8
79 NISSEN, Robbie	42	AB Running Room	79	33:45.1	4:14.7	5:26.1	3:22.5
80 GRAENERT, Justin	26	ON Newmarket Hus	(80)	33:47.8	4:17.4	5:26.5	3:22.8
81 HOULDING, Johnny	24	ON Unattached Ont	(81)	33:57.9	4:27.5	5:28.2	3:23.8
82 MARCHAND, Keiran	26	YT Athletics Yukon	82	34:04.1	4:33.7	5:29.2	3:24.4
83 VOLPI, Marco	25	ON Newmarket Hus	(83)	34:05.2	4:34.8	5:29.3	3:24.5
84 BUCHART, Liam	28	AB Running Room	84	34:06.3	4:35.9	5:29.5	3:24.6
85 LI, Shengan	27	ON Unattached Ont	(85)	34:10.9	4:40.5	5:30.2	3:25.1
86 BREEDON, Ty	21	ON Cowboys Track	86	34:14.7	4:44.3	5:30.9	3:25.5
87 MARKOV, Tristan	29	ON Blue Devils Athl	87	34:21.4	4:51.0	5:31.9	3:26.1
88 JAMNICKY, Jacob	28	SK Crimps Cycling	88	34:26.2	4:55.8	5:32.7	3:26.6
89 IBBOTT, Sean	27	QC Gatineau	89	34:29.7	4:59.3	5:33.3	3:27.0
90 SIKKA, Zachary	21	ON Ottawa Lions T.	90	34:31.9	5:01.5	5:33.6	3:27.2
91 MACKINNON, Patrick	35	ON Dundas Valley	91	34:45.4	5:15.0	5:35.8	3:28.5
92 LEBOEUF, Olivier	31	QC Canadian Arme	92	34:50.6	5:20.2	5:36.6	3:29.1
93 LORBETSKIE, Ken	26	ON Ottawa Lions T.	93	34:50.7	5:20.3	5:36.7	3:29.1
94 WALSH, Jeremy	35	ON Dundas Valley	94	34:53.5	5:23.1	5:37.1	3:29.3
95 SHARPE, Fintan	20	ON Waterloo Track	95	34:59.4	5:29.0	5:38.1	3:29.9
96 DERGAN, Noah	20	ON Cowboys Track	96	35:01.0	5:29.6	5:38.3	3:30.1
97 LAND, Tomos	23	NC Non-Canadian-	97	35:06.2	5:35.8	5:39.2	3:30.6
98 MACHADO, Ilix	20	ON Blue Devils Athl	(98)	35:23.0	5:51.6	5:41.9	3:32.3
99 BAHTA, Yonas	21	AB Unattached Alb	99	35:30.6	6:00.2	5:43.1	3:33.1
100 TAGAY, Chino Rodney	26	ON Humber Hawks	100	35:40.4	6:10.0	5:44.7	3:34.0
101 THOMPSON, Kelly	25	ON Unattached Ont	(101)	35:42.8	6:12.4	5:45.0	3:34.3
102 NELSON, Quentin	20	NC Non-Canadian-	102	35:51.7	6:21.3	5:46.5	3:35.2
103 SALAZER, Lucas	30	ON Unattached Ont	(103)	35:53.3	6:22.9	5:46.7	3:35.3
104 TESSEL, Matias	24	ON Unattached Ont	(104)	36:01.2	6:30.8	5:48.0	3:36.1
105 HIRONS, Sam	34	ON Dundas Valley	105	36:08.0	6:36.6	5:49.1	3:36.8
106 KHAN, Fawwaz	20	ON Toronto West A	(106)	36:16.3	6:45.9	5:50.4	3:37.6
107 GONDREXON, Maxime	29	NC Non-Canadian-	107	36:20.2	6:49.8	5:51.1	3:38.0
108 WADDINGTON, Oliver	21	ON Blue Devils Athl	(108)	36:22.3	6:51.9	5:51.4	3:38.2
109 CYR, Colin	35	ON Dundas Valley	109	36:54.5	7:24.1	5:56.6	3:41.4
110 YEOMANS, Jacob	27	ON Unattached Ont	(110)	37:10.7	7:40.3	5:59.2	3:43.1
111 GASCHO, Jonathan	35	ON Unattached Ont	(111)	37:23.2	7:52.8	6:01.2	3:44.3
112 MANTEGH, Shayan	30	ON Longboat Roadr	112	38:23.3	8:52.9	6:10.9	3:50.3
113 BUNAKALIA, Pavlo	28	NC Non-Canadian-	113	39:21.8	9:51.4	6:20.3	3:56.2
114 ZAMPARO, Julian	22	ON Toronto West A	(114)	39:34.4	10:04.0	6:22.3	3:57.4
115 JOSUFI, Casper	26	ON Blue Devils Athl	(115)	45:58.7	16:28.3	7:24.2	4:35.9
-- LOCKYER, Owen	22	ON Toronto West A	-			---	---
-- WHEELER-DEE, Jude	22	ON Kingston Track	-			---	---
-- MCALLISTER, Ian	20	ON London Wester	-			---	---
-- QUIRION, Felix	24	QC Sherbrooke	-			---	---
-- DOUCETTE, Luc	21	PE Islanders Track	-			---	---
-- BAUMAN, Liam	20	ON Humber Hawks	-			---	---
-- BRAR, Dilan	27	ON University Of To	-			---	---

ACXC 2025
London, ON
Fanshawe Golf Course
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Race #8
Open Men 10km (Senior)

Final Results

INDIVIDUAL RESULTS (cont'd)

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. kM
-- MCLEISH, Tion	21	BC Victoria Speed	-			---	---
-- STANLEY, Jack	26	ON Blue Devils Athl	-			---	---

Race #9
Canadian XC Classic 5K (Open)

Final Results

RACE SUMMARY

Start Time: 10:00
am

TEAM SCORING SUMMARY

Final Standings	Score	Scoring Order	Total
1 CAN	15	1-2-3-4-5(6)(7)	1:35:20

INDIVIDUAL RESULTS

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. km
1 DE LANGE, Elliot		CAN	1	18:30.4	---	5:57.0	3:42.1
2 FORERO, Gabriel		CAN	2	18:49.5	19.1	6:03.2	3:45.9
3 DI CIOCCO, Matteo		CAN	3	19:15.6	45.2	6:11.6	3:51.1
4 DESCHAMPS, Nick		CAN	4	19:20.1	49.7	6:13.0	3:52.0
5 MACDONALD, Callum		CAN	5	19:23.5	53.1	6:14.1	3:52.7
6 OLIVITO, Adrian		CAN	(6)	19:28.2	57.8	6:15.6	3:53.6
7 DHILLON, Kavita		CAN	(7)	20:06.0	1:35.6	6:27.8	4:01.2
8 SIGSWORTH, Kip		CAN	-	20:44.8	2:14.4	6:40.3	4:09.0
9 JAKSA, Mateo		CAN	-	20:56.7	2:26.3	6:44.1	4:11.3
10 WHALING, Jeff		CAN	-	21:04.8	2:34.4	6:46.7	4:13.0
11 VORDING, Ryder		CAN	-	21:06.4	2:36.0	6:47.2	4:13.3
12 ATKINSON, Reagan		CAN	-	21:07.9	2:37.5	6:47.7	4:13.6
13 MORAN, Tim		CAN	-	21:20.3	2:49.9	6:51.7	4:16.1
14 AGARWAL, Apurv		CAN	-	21:36.0	3:05.6	6:56.7	4:19.2
15 OPAZO BAER, Aidan		CAN	-	21:38.9	3:08.5	6:57.7	4:19.8
16 BOYCE, Grace		CAN	-	21:43.0	3:12.6	6:59.0	4:20.6
17 CARRUTHERS, Andy		CAN	-	21:47.4	3:17.0	7:00.4	4:21.5
18 TUFTS, Jonathan		CAN	-	21:49.2	3:18.8	7:01.0	4:21.8
19 TILDEN, Sean		CAN	-	21:52.9	3:22.5	7:02.2	4:22.6
20 STEEN, Laura Katherine		CAN	-	22:12.6	3:42.2	7:08.5	4:26.5
21 TESFAMARIAM, Thomas		CAN	-	22:16.4	3:46.0	7:09.7	4:27.3
22 MACDONALD, Maisie		CAN	-	22:19.7	3:49.3	7:10.8	4:27.9
23 AKANDE, QUADRI		CAN	-	22:34.3	4:03.9	7:15.5	4:30.9
24 LUCREZI, Josh		CAN	-	22:49.1	4:18.7	7:20.2	4:33.8
25 SHEPHERD, Dermott		CAN	-	23:05.3	4:34.9	7:25.4	4:37.1
26 MUNDT, Erich		CAN	-	23:13.4	4:43.0	7:28.0	4:38.7
27 SMITH, Hannah		CAN	-	23:19.3	4:48.9	7:29.9	4:39.9
28 HOWIE, Alexander		CAN	-	23:26.5	4:56.1	7:32.3	4:41.3
29 SKELTON, Anthony		CAN	-	23:36.3	5:05.9	7:35.4	4:43.3
30 MOCKLER, Lynn		CAN	-	23:40.9	5:10.5	7:36.9	4:44.2
31 DEWINTER, Regan		CAN	-	23:42.4	5:12.0	7:37.4	4:44.5
32 WALKER, Meg		CAN	-	23:48.1	5:17.7	7:39.2	4:45.6
33 HANKE, Ryan		CAN	-	23:51.6	5:21.2	7:40.3	4:46.3
34 VANDERVECHT, Ashley		CAN	-	23:57.5	5:27.1	7:42.2	4:47.5
35 QUEVILLON, Pete		CAN	-	24:19.2	5:48.8	7:49.2	4:51.8
36 SWITZER, Amanda		CAN	-	24:26.9	5:56.5	7:51.7	4:53.4
37 SHEPHERD, Trevor		CAN	-	24:40.5	6:10.1	7:56.0	4:56.1
38 PHILIPPON, MARC		CAN	-	24:47.2	6:16.8	7:58.2	4:57.4
39 RYTER, Regan		CAN	-	24:56.6	6:26.2	8:01.2	4:59.3

Race #9
Canadian XC Classic 5K (Open)

Final Results

INDIVIDUAL RESULTS (cont'd)

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. kM
40 RICHARDS, Fiona		CAN	-	25:06.0	6:35.6	8:04.2	5:01.2
41 PYNAERT, Sean		CAN	-	25:25.8	6:55.4	8:10.6	5:05.2
42 MORDEN, Allie		CAN	-	25:33.7	7:03.3	8:13.2	5:06.7
43 RUSSELL, Abby		CAN	-	25:49.8	7:19.4	8:18.3	5:10.0
44 DROOG, Janieka		CAN	-	25:53.8	7:23.4	8:19.6	5:10.8
45 HENRICKS, Gracie		CAN	-	25:57.4	7:27.0	8:20.8	5:11.5
46 MURRAY, Kaitlyn		CAN	-	25:59.6	7:29.2	8:21.5	5:11.9
47 KELLY, Deanna		CAN	-	26:05.5	7:35.1	8:23.4	5:13.1
48 CAIRNS, Jackson		CAN	-	26:16.0	7:45.6	8:26.8	5:15.2
49 GRAHAM, Alexander		CAN	-	26:25.0	7:54.6	8:29.6	5:17.0
50 PAPAC, Daniela		CAN	-	26:28.4	7:58.0	8:30.7	5:17.7
51 CAIRNS, Michael		CAN	-	26:41.4	8:11.0	8:34.9	5:20.3
52 KREMER, Reese		CAN	-	26:45.8	8:15.4	8:36.3	5:21.2
53 STANTON, Jackie		CAN	-	26:46.5	8:16.1	8:36.6	5:21.3
54 SVOBODA, Jiri		CAN	-	26:56.9	8:26.5	8:39.9	5:23.4
55 MURPHY, Griffin		CAN	-	27:03.3	8:32.9	8:42.0	5:24.7
56 DICK, Fred		CAN	-	27:04.6	8:34.2	8:42.4	5:24.9
57 HANKE, Kristen		CAN	-	27:08.4	8:38.0	8:43.6	5:25.7
58 DHILLON, Zoe		CAN	-	27:11.4	8:41.0	8:44.6	5:26.3
59 DAWSON, Chad		CAN	-	27:26.8	8:56.4	8:49.5	5:29.4
60 DINEL, Nicole		CAN	-	27:28.5	8:58.1	8:50.1	5:29.7
61 SIMPSON, Heather		CAN	-	27:46.3	9:15.9	8:55.8	5:33.3
62 SIERRA, Sebastian		CAN	-	27:58.8	9:28.4	8:59.8	5:35.8
63 ANDREWS, Mike		CAN	-	28:09.7	9:39.3	9:03.3	5:37.9
64 BARNES, Peter		CAN	-	28:23.8	9:53.4	9:07.8	5:40.8
65 MOUNTAIN, Maria		CAN	-	28:24.6	9:54.2	9:08.1	5:40.9
66 BOURGET, David		CAN	-	28:35.6	10:05.2	9:11.6	5:43.1
67 MACPHAIL, Lauren		CAN	-	28:57.8	10:27.4	9:18.8	5:47.6
68 SCALERA, Michael		CAN	-	29:01.4	10:31.0	9:19.9	5:48.3
69 WOOLFORD, Amanda		CAN	-	29:02.4	10:32.0	9:20.3	5:48.5
70 TURPIN, Hallie		CAN	-	29:05.0	10:34.6	9:21.1	5:49.0
71 TAYLOR, Paige		CAN	-	29:05.2	10:34.8	9:21.2	5:49.0
72 YEUNG, Kiffan		CAN	-	29:17.0	10:46.6	9:25.0	5:51.4
73 BOZIK, Chloe		CAN	-	29:31.8	11:01.4	9:29.7	5:54.4
74 BARTLETT, Britt		CAN	-	29:38.3	11:07.9	9:31.8	5:55.7
75 HARUNA, Hawawu		CAN	-	29:45.8	11:15.4	9:34.2	5:57.2
76 CAMPBELL, Robert		CAN	-	29:46.9	11:16.5	9:34.6	5:57.4
77 BIONDA, Cait		CAN	-	30:24.4	11:54.0	9:46.6	6:04.9
78 STEEN, David		CAN	-	30:26.6	11:56.2	9:47.3	6:05.3
79 STEEN, Dorothy		CAN	-	30:27.0	11:56.6	9:47.5	6:05.4
80 GOOLD, Peter		CAN	-	30:59.7	12:29.3	9:58.0	6:11.9
81 CAICEDO, Nataly		CAN	-	31:31.3	13:00.9	10:08.1	6:18.3
82 WESCH, Natascha		CAN	-	31:32.9	13:02.5	10:08.6	6:18.6
83 SHAWNOO, Alivia		CAN	-	31:49.5	13:19.1	10:14.0	6:21.9
84 PRZYKLENK, Thomas		CAN	-	32:13.9	13:43.5	10:21.8	6:26.8
85 ANKERS, Mike		CAN	-	32:48.1	14:17.7	10:32.8	6:33.6

Race #9
Canadian XC Classic 5K (Open)

Final Results

INDIVIDUAL RESULTS (cont'd)

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. kM
86 MCNAMARA, Kate		CAN	-	33:07.9	14:37.5	10:39.2	6:37.6
87 LOPEZ, Katherine		CAN	-	33:09.0	14:38.6	10:39.5	6:37.8
88 GOVEIA, Dana		CAN	-	33:12.4	14:42.0	10:40.6	6:38.5
89 CUBILLOS, Mariana		CAN	-	33:12.7	14:42.3	10:40.7	6:38.5
90 BRISTOWE, Carolyn		CAN	-	33:18.4	14:48.0	10:42.6	6:39.7
91 BRISTOWE, Jeromy		CAN	-	33:22.2	14:51.8	10:43.8	6:40.4
92 BIRBECK, Taniya		CAN	-	34:15.3	15:44.9	11:00.9	6:51.1
93 KOJLAK, Jeremy		CAN	-	34:36.9	16:06.5	11:07.8	6:55.4
94 LADOUCEUR, Brooke		CAN	-	35:20.0	16:49.6	11:21.7	7:04.0
95 EMERY, Lori		CAN	-	36:36.5	18:06.1	11:46.3	7:19.3
96 CRISTANCHO, Sayra		CAN	-	37:16.5	18:46.1	11:59.1	7:27.3
97 RYCROFT, Lindsay		CAN	-	37:44.2	19:13.8	12:08.0	7:32.8
98 GORDON, Ava		CAN	-	38:04.9	19:34.5	12:14.7	7:37.0
99 WALL, Stephen		CAN	-	39:38.3	21:07.9	12:44.7	7:55.7
100 DAMEN, Katie		CAN	-	39:46.1	21:15.7	12:47.2	7:57.2
101 BARRINGTON, Marlene		CAN	-	40:26.2	21:55.8	13:00.1	8:05.2
102 LOGAN, Emily		CAN	-	41:12.4	22:42.0	13:15.0	8:14.5
103 DEVINE, Bob		CAN	-	43:07.5	24:37.1	13:52.0	8:37.5
104 GOULD, Kim		CAN	-	46:18.3	27:47.9	14:53.3	9:15.7
105 BARRIE, Jennifer		CAN	-	46:25.0	27:54.6	14:55.5	9:17.0
106 BENDER, Ezra		CAN	-	47:27.1	28:56.7	15:15.5	9:29.4
107 TRUDEAU, Cadence		CAN	-	47:28.3	28:57.9	15:15.9	9:29.7
108 ROY, Brennan		CAN	-	47:28.6	28:58.2	15:15.9	9:29.7
-- GRAHAM, Ramona		CAN	-			---	---
-- ABRAMETZ, Rebecca		CAN	-			---	---
-- ARBULU, Carlos		CAN	-			---	---
-- BRENNAN, Brian		CAN	-			---	---
-- CLARKE, Jeffrey		CAN	-			---	---
-- COURTEMANCHE, Charlie		CAN	-			---	---
-- COURTEMANCHE, Charlott		CAN	-			---	---
-- COURTEMANCHE, Claire		CAN	-			---	---
-- COWDEN, Bryan		CAN	-			---	---
-- CUTTING, Tori		CAN	-			---	---
-- GIFFIN, Dawn		CAN	-			---	---
-- GRACIOUS, Richard		CAN	-			---	---
-- WALL, Donald		CAN	-			---	---
-- HORNE, Natania		CAN	-			---	---
-- KATSADEMAS, Karen		CAN	-			---	---
-- MACPHAIL, Jeff		CAN	-			---	---
-- MAGERMANS, patrick		CAN	-			---	---
-- MESANOVIC, Zejna		CAN	-			---	---
-- POL, Bruin		CAN	-			---	---
-- QUINN, Danielle		CAN	-			---	---
-- ROSS, Brad		CAN	-			---	---
-- SCHOONJANS, Amanda		CAN	-			---	---
-- SCHOONJANS, Ellyot		CAN	-			---	---

ACXC 2025
London, ON
Fanshawe Golf Course
2025-11-29 - 2025-11-30



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Race #9
Canadian XC Classic 5K (Open)

Final Results

INDIVIDUAL RESULTS (cont'd)

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. kM
-- SINGH, Abhi		CAN	-			---	---
-- SMITH, Jeff		CAN	-			---	---
-- VORDING, Jen		CAN	-			---	---
-- ALLEN, Desiree		CAN	-			---	---
-- MANN, Josh		CAN	-			---	---
-- PIETERSON, Eric		CAN	-			---	---

Race #10
Kids 1km (Open)

Final Results

RACE SUMMARY

Start Time: 11:00
am

INDIVIDUAL RESULTS

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. km
1 BRISTOWE, Brady		CAN	-	4:08.9	---	6:41.4	4:08.9
2 ROWBOTHAM, Ollie		CAN	-	4:11.2	2.3	6:45.1	4:11.2
3 MARCHANT, Rowen		CAN	-	4:35.8	26.9	7:24.7	4:35.7
4 WOUTERS, Casey		CAN	-	4:41.4	32.5	7:33.8	4:41.3
5 GOODALE, Peregrine		CAN	-	4:42.6	33.7	7:35.7	4:42.5
6 BRISTOWE, Dash		CAN	-	4:48.4	39.5	7:45.0	4:48.3
7 GORDON, Grace		CAN	-	4:50.2	41.3	7:47.9	4:50.1
8 SNIDER, Mira		CAN	-	5:10.0	1:00.1	8:19.9	5:09.9
9 SANGER, Dimitri		CAN	-	5:10.2	1:01.3	8:20.2	5:10.1
10 PHIPPS, Emerson		CAN	-	5:13.1	1:04.2	8:24.9	5:13.0
11 GREGOUIRE, Avery		CAN	-	5:15.4	1:06.5	8:28.7	5:15.4
12 MIKULA, Chloe		CAN	-	5:16.6	1:07.7	8:30.6	5:16.5
13 GORDON, Sophie		CAN	-	5:20.9	1:12.0	8:37.4	5:20.8
14 GORDON, Audrey		CAN	-	5:23.0	1:13.1	8:40.9	5:22.9
15 FLYNN, Astrid		CAN	-	5:29.1	1:20.2	8:50.7	5:29.0
16 HRYCIW, June		CAN	-	5:41.0	1:31.1	9:09.9	5:40.9
17 HENSHAW, Noah		CAN	-	6:11.1	2:02.2	9:58.5	6:11.1
18 ROWBOTHAM, Millie		CAN	-	6:14.9	2:06.0	10:04.6	6:14.9
19 BARKHOUSE, Finley		CAN	-	6:16.3	2:07.4	10:06.9	6:16.2
20 BARRIE, Sutherland		CAN	-	6:30.7	2:21.8	10:30.1	6:30.7
21 MILLS, Yvette		CAN	-	6:32.6	2:23.7	10:33.1	6:32.5
22 ROWBOTHAM, Malcolm		CAN	-	7:04.0	2:54.1	11:23.8	7:04.0
23 HENSHAW, Christopher		CAN	-	7:13.1	3:04.2	11:38.5	7:13.1
24 GREGOUIRE, Blake		CAN	-	7:19.2	3:10.3	11:48.3	7:19.1
25 LETOURNEAU, Gwen		CAN	-	7:35.4	3:26.5	12:14.4	7:35.3
26 LAVIGNE REVELL, Graham		CAN	-	12:06.8	7:57.9	19:32.2	12:06.8
27 P, Lily		CAN	-	13:06.4	8:57.5	21:08.3	13:06.4
-- SNIDER, Elise		CAN	-			---	---
-- BOYD, Coen		CAN	-			---	---
-- GREIB, Anja		CAN	-			---	---
-- VENTURA, Evelyn		CAN	-			---	---
-- KEEGAN, Aria		CAN	-			---	---
-- SABAH, Noah		CAN	-			---	---
-- DEDIC, Niksa Francesco		CAN	-			---	---
-- ARBULU, Andres		CAN	-			---	---
-- ARBULU, Lucia		CAN	-			---	---
-- DENDEKKER, Evelyn		CAN	-			---	---
-- FRAYNE, Liam		CAN	-			---	---
-- KENYON ROSS, Ray		CAN	-			---	---
-- KING, Levi		CAN	-			---	---
-- BANKS, Piper		CAN	-			---	---
-- BHATIA, Samar		CAN	-			---	---
-- CHRISTIAENS, Mason (Chil		CAN	-			---	---

Race #10
Kids 1km (Open)

Final Results

INDIVIDUAL RESULTS (cont'd)

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. kM
-- DEERING, Leah		CAN	-			---	---
-- GROSSI, Saje Ella		CAN	-			---	---
-- JARVIS, Chase		CAN	-			---	---
-- KENNEDY, Jack		CAN	-			---	---
-- MANN, Owen		CAN	-			---	---
-- MOUSTAFA, Layan		CAN	-			---	---
-- POLISETTY, Baldev		CAN	-			---	---
-- POLISETTY, Bhadra		CAN	-			---	---
-- RICKWOOD, Lincoln		CAN	-			---	---
-- SANGROYA, Saisha		CAN	-			---	---
-- SANGROYA, Takshveer		CAN	-			---	---
-- SANGROYA, Tanshveer		CAN	-			---	---
-- VANDERPLAS, Billy		CAN	-			---	---
-- YOUNG, Adaline		CAN	-			---	---
-- YOUNG, Carter		CAN	-			---	---
-- TYSEN, William		CAN	-			---	---
-- YOUNG, Charlotte		CAN	-			---	---
-- ABDLRAHEM, Aseel		CAN	-			---	---

Race #11
Masters 6k / 8k (Masters)

Final Results

RACE SUMMARY

Start Time: 11:30
am

TEAM SCORING SUMMARY

Men's

Final Standings	Score	Scoring Order	Total
1 SK Crimps Cycling Club M	28	5-7-16(93)	1:28:54
2 ON Monarch Athletics Club	55	9-21-25(41)	1:32:29
3 ON London Western T.f.c	60	10-23-27(42)	1:32:54
4 ON Toronto West Athletics	68	17-20-31	1:34:10
5 ON Border City AC M30-39	81	2-8-71	1:33:32
6 ON Newmarket Huskies Tr	107	14-46-47(64)(73)	1:37:37
7 ON Dundas Valley Track Cl	111	29-38-44(54)	1:38:27
8 ON Muskoka Algonquin Ru	113	26-39-48(63)	1:38:13
9 ON Dundas Valley Track Cl	131	28-51-52(90)	1:39:11
10 ON Thorold Elite Track Clu	232	35-83-114	1:59:04
11 ON Thames Athletics Club	274	65-98-111	2:02:18
12 ON Muskoka Algonquin Ru	288	92-97-99	2:01:16

Women's

Final Standings	Score	Scoring Order	Total
1 ON Monarch Athletics Club	21	1-4-16	1:47:05
2 ON Dundas Valley Track Cl	36	7-10-19	1:50:45
3 ON Muskoka Algonquin Ru	46	6-17-23	1:53:02
4 ON Thames Athletics Club	121	33-40-48	2:31:32

INDIVIDUAL RESULTS

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. kM
1 KREZONOSKI, Bill	72	Unattached	1	28:16.3	---	5:41.3	3:32.0
2 LAUNDRY, Jackson	32	ON Border City AC	2	28:22.8	6.5	5:42.6	3:32.9
3 LOEWEN, Ron	36	Unattached	3	28:41.3	25.0	5:46.3	3:35.2
4 SIMPSON, Scott	46	Unattached	4	28:45.7	29.4	5:47.2	3:35.7
5 SNIDER, Derek	40	SK Crimps Cycling	5	28:55.2	38.9	5:49.1	3:36.9
6 SWANSON, Kristopher	44	Unattached	(6)	29:10.9	54.6	5:52.3	3:38.9
7 MURRAY, Cody	38	SK Crimps Cycling	7	29:12.3	56.0	5:52.6	3:39.0
8 POWER, Ryan	37	ON Border City AC	8	29:21.0	1:04.7	5:54.3	3:40.1
9 HAMMOND, Adam	44	ON Monarch Athleti	9	29:48.2	1:31.9	5:59.8	3:43.5
10 BYRNE, Brian	49	ON London Wester	10	29:53.6	1:37.3	6:00.9	3:44.2
11 CLARKE, John	74	Unattached	(11)	30:09.7	1:53.4	6:04.1	3:46.2
12 BALK, Malcolm	71	Unattached	(12)	30:28.0	2:11.7	6:07.8	3:48.5
13 LANDRY, Garrett	39	Unattached	(13)	30:28.8	2:12.5	6:08.0	3:48.6
14 MACINNESS, Mike		ON Newmarket Hus	14	30:35.0	2:18.7	6:09.2	3:49.4
15 KEENLEYSIDE, Gabe	35	Unattached	(15)	30:43.2	2:26.9	6:10.9	3:50.4
16 BOULAY, Benoit	34	SK Crimps Cycling	16	30:45.6	2:29.3	6:11.3	3:50.7
17 RINGLER, Warren	49	ON Toronto West A	17	30:52.2	2:35.9	6:12.7	3:51.5

Race #11
Masters 6k / 8k (Masters)

Final Results

INDIVIDUAL RESULTS (cont'd)

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. kM
18 TORRANCE, Brian	49	Unattached	(18)	30:57.6	2:41.3	6:13.8	3:52.2
19 WILSON, Jeremy	44	Unattached	(19)	31:03.8	2:47.5	6:15.0	3:53.0
20 JAKSA, Peter	41	ON Toronto West A	20	31:04.5	2:48.2	6:15.2	3:53.1
21 HUTCHINSON, Alex	50	ON Monarch Athleti	21	31:12.0	2:55.7	6:16.7	3:54.0
22 COCHRANE, Paul	36	Unattached	(22)	31:15.0	2:58.7	6:17.3	3:54.4
23 GALLOWAY, Andrew	41	ON London Wester	23	31:23.9	3:07.6	6:19.1	3:55.5
24 BEDLEY, Charles	52	ON University Of To	24	31:27.1	3:10.8	6:19.7	3:55.9
25 FALLIS, Pearce	44	ON Monarch Athleti	25	31:28.4	3:12.1	6:20.0	3:56.1
26 WATSON, Chris	51	ON Muskoka Algon	26	31:29.4	3:13.1	6:20.2	3:56.2
27 EDDY, Jason	47	ON London Wester	27	31:36.3	3:20.0	6:21.5	3:57.0
28 BIANCHI, Michael	46	ON Dundas Valley	28	31:39.8	3:23.5	6:22.3	3:57.5
29 COOLSAET, Reid	46	ON Dundas Valley	29	32:01.9	3:45.6	6:26.7	4:00.2
30 KING, Matt	42	Unattached	(30)	32:08.6	3:52.3	6:28.0	4:01.1
31 DEL MONTE, Adrian	43	ON Toronto West A	31	32:13.0	3:56.7	6:28.9	4:01.6
32 HOLMES, Bob	71	Unattached	(32)	32:18.8	4:02.5	6:30.1	4:02.4
33 DYCK, Jim	60	Unattached	(33)	32:20.8	4:04.5	6:30.5	4:02.6
34 FARR, Tony	70	ON University Of To	34	32:22.7	4:06.4	6:30.9	4:02.8
35 MACDONALD, Adam	43	ON Thorold Elite Tr	35	32:34.2	4:17.9	6:33.2	4:04.3
36 CROKER, Nick	40	Unattached	(36)	32:40.4	4:24.1	6:34.4	4:05.1
37 RAUDEBAUGH, Dallas	44	Unattached	(37)	32:48.8	4:32.5	6:36.1	4:06.1
38 FELIX, Paul	51	ON Dundas Valley	38	32:58.3	4:42.0	6:38.0	4:07.3
39 CARBONARO, Jeramie	51	ON Muskoka Algon	39	33:04.9	4:48.6	6:39.4	4:08.1
40 GAGNE, Wayne	71	Unattached	(40)	33:13.7	4:57.4	6:41.1	4:09.2
41 WELLS, Bill	51	ON Monarch Athleti	(41)	33:18.5	5:02.2	6:42.1	4:09.8
42 ASELTIME, Ian	44	ON London Wester	(42)	33:19.8	5:03.5	6:42.4	4:10.0
43 VAN DEN HEUVEL, Robert	53	ON Newmarket Hus	43	33:23.0	5:06.7	6:43.0	4:10.4
44 PADY, Richard	51	ON Dundas Valley	44	33:26.8	5:10.5	6:43.8	4:10.9
45 ANDERSON, Sam	30	Unattached	(45)	33:28.7	5:12.4	6:44.2	4:11.1
46 TEPPER, David	50	ON Newmarket Hus	46	33:30.0	5:13.7	6:44.4	4:11.3
47 PEAT, Geoffrey	62	ON Newmarket Hus	47	33:31.2	5:14.9	6:44.7	4:11.4
48 COX, Troy	58	ON Muskoka Algon	48	33:38.3	5:22.0	6:46.1	4:12.3
49 LEEF, Ryan	52	Unattached	(49)	33:41.5	5:25.2	6:46.7	4:12.7
50 SHERWIN, Stephen	45	Unattached	(50)	33:42.8	5:26.5	6:47.0	4:12.9
51 ROMANIW, Anthony	34	ON Dundas Valley	51	33:45.3	5:29.0	6:47.5	4:13.2
52 MCGILL, Robert	49	ON Dundas Valley	52	33:45.8	5:29.5	6:47.6	4:13.2
53 BERGMAN, Michael	42	Unattached	(53)	33:53.9	5:37.6	6:49.2	4:14.2
54 MCCABE, Gillian	44	ON Monarch Athleti	1	33:54.3	5:38.0	6:49.3	4:14.3
55 DUCHENE, Krista	48	Unattached	2	33:55.2	5:38.9	6:49.5	4:14.4
56 VOLLMER, Mark	45	ON Dundas Valley	(54)	34:18.2	6:01.9	6:54.1	4:17.3
57 CAMPBELL, Rob	55	Unattached	(55)	34:20.5	6:04.2	6:54.6	4:17.6
58 FLANAGAN, Andrew	36	Unattached	(56)	34:24.1	6:07.8	6:55.3	4:18.0
59 JAMA, Jason	34	Unattached	(57)	34:25.5	6:09.2	6:55.6	4:18.2
60 MANTEGH, Shayan	30	Unattached	(58)	34:32.7	6:16.4	6:57.0	4:19.1
61 REITER, Brad	46	Unattached	(59)	34:35.2	6:18.9	6:57.5	4:19.4
62 ALMAS, Robert	47	Unattached	(60)	34:37.3	6:21.0	6:58.0	4:19.7
63 MCGAVOCK, Jonathan	50	Unattached	(61)	34:41.4	6:25.1	6:58.8	4:20.2

Race #11
Masters 6k / 8k (Masters)

Final Results

INDIVIDUAL RESULTS (cont'd)

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. kM
64 TUCKER, Ray	78	Unattached	(62)	34:42.0	6:25.7	6:58.9	4:20.3
65 NORTHCOTT, Clara	71	ON University Of To	3	34:59.8	6:43.5	7:02.5	4:22.5
66 BEAUSOLEIL, Aaron	53	ON Muskoka Algon	(63)	35:03.1	6:46.8	7:03.2	4:22.9
67 DEVINE, Kathleen	42	ON Monarch Athleti	4	35:07.8	6:51.5	7:04.1	4:23.5
68 HACKSHAW, Derek	56	ON Newmarket Hus	(64)	35:10.8	6:54.5	7:04.7	4:23.9
69 BIRD, Richard	72	ON Thames Athletic	65	35:12.4	6:56.1	7:05.0	4:24.1
70 ZABUKOVEC, Randy	55	Unattached	(66)	35:15.3	6:59.0	7:05.6	4:24.4
71 GHAFARI, Diyako	34	Unattached	(67)	35:17.3	7:01.0	7:06.0	4:24.7
72 MERKLEY, Erin	33	Unattached	5	35:34.4	7:18.1	7:09.5	4:26.8
73 PERCZYSZYN, Michael	36	Unattached	(68)	35:35.1	7:18.8	7:09.6	4:26.9
74 STRACHAN, Jeff	50	Unattached	(69)	35:39.9	7:23.6	7:10.6	4:27.5
75 SOLTICE, John	55	Unattached	(70)	35:44.2	7:27.9	7:11.4	4:28.0
76 AHOKAS, Katherine	42	ON Muskoka Algon	6	35:45.2	7:28.9	7:11.6	4:28.2
77 BLANKENSHIP, Stephen	30	ON Border City AC	71	35:48.0	7:31.7	7:12.2	4:28.5
78 MENTREK, Kim	42	ON Dundas Valley	7	35:51.4	7:35.1	7:12.9	4:28.9
79 HALBERT, Janelle	48	Unattached	8	35:51.9	7:35.6	7:13.0	4:29.0
80 STEWART, Rick	46	Unattached	(72)	35:54.1	7:37.8	7:13.4	4:29.3
81 MCDUGALL, Ian	53	ON Newmarket Hus	(73)	35:58.5	7:42.2	7:14.3	4:29.8
82 FIORINI, Daniel	63	ON Newmarket Hus	74	36:11.0	7:54.7	7:16.8	4:31.4
83 ROYER, Fannie	37	Unattached	(9)	36:25.1	8:08.8	7:19.7	4:33.1
84 PAYNE, Tim	75	Unattached	(75)	36:25.8	8:09.5	7:19.8	4:33.2
85 GRAENERT, Mirco	56	ON Newmarket Hus	(76)	36:27.5	8:11.2	7:20.1	4:33.4
86 WOODS, Rob	48	Unattached	(77)	36:29.0	8:12.7	7:20.4	4:33.6
87 PADY, Heather	52	ON Dundas Valley	10	36:35.3	8:19.0	7:21.7	4:34.4
88 LOPEZ-BRAVO, Pedro	55	ON Newmarket Hus	(78)	36:36.0	8:19.7	7:21.9	4:34.5
89 GORDON, Tim	48	Unattached	(79)	36:51.4	8:35.1	7:24.9	4:36.4
90 NAGY, Sarah	52	ON Newmarket Hus	11	36:52.2	8:35.9	7:25.1	4:36.5
91 HAY, Michael	58	Unattached	(80)	36:55.5	8:39.2	7:25.8	4:36.9
92 POWELL, Deborah	48	Unattached	(12)	36:59.8	8:43.5	7:26.6	4:37.5
93 GROSSI, Danny	55	Unattached	(81)	37:09.4	8:53.1	7:28.6	4:38.7
94 DEIGHAN, Chris	65	ON Newmarket Hus	(82)	37:17.9	9:01.6	7:30.3	4:39.7
95 LYNCH, Daun	44	Unattached	(13)	37:21.0	9:04.7	7:30.9	4:40.1
96 SHAW, Jessica	36	ON Newmarket Hus	14	37:22.8	9:06.5	7:31.3	4:40.4
97 DESCHAMPS, Alain	55	ON Thorold Elite Tr	83	37:23.0	9:06.7	7:31.3	4:40.4
98 THOMSON, Douglas	60	Unattached	(84)	37:36.8	9:20.5	7:34.1	4:42.1
99 LEE, Andrew	36	Unattached	(85)	37:45.4	9:29.1	7:35.8	4:43.2
100 YEFANOV, Volodymyr	43	Unattached	(86)	37:48.7	9:32.4	7:36.5	4:43.6
101 EL-KHATIB, Anas	32	Unattached	(87)	37:54.2	9:37.9	7:37.6	4:44.3
102 STEWART, Mary Catharine		Unattached	(15)	37:58.1	9:41.8	7:38.4	4:44.8
103 ARMSTRONG, Brent	58	Unattached	(88)	37:59.8	9:43.5	7:38.7	4:45.0
104 ROBINSON, Seanna	50	ON Monarch Athleti	16	38:02.9	9:46.6	7:39.3	4:45.4
105 COLES, Darla	46	ON Muskoka Algon	17	38:04.5	9:48.2	7:39.7	4:45.6
106 MENETRIER, Jean	81	Unattached	(89)	38:08.2	9:51.9	7:40.4	4:46.0
107 BACHMAN, Tricia	57	Unattached	(18)	38:09.0	9:52.7	7:40.6	4:46.1
108 COXSON, Colleen	50	ON Dundas Valley	19	38:18.1	10:01.8	7:42.4	4:47.3
109 WAWRYK-EPP, Lynne	70	Unattached	(20)	38:21.6	10:05.3	7:43.1	4:47.7

Race #11
Masters 6k / 8k (Masters)

Final Results

INDIVIDUAL RESULTS (cont'd)

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. km
110 ELENKO, Roxanne	51	Unattached	(21)	38:23.7	10:07.4	7:43.5	4:48.0
111 XU, Jianping	60	ON Dundas Valley	(90)	38:39.6	10:23.3	7:46.7	4:50.0
112 ZAGHRY, Hassan	56	Unattached	(91)	38:40.3	10:24.0	7:46.9	4:50.0
113 WOODSON, Gwyneth	74	Unattached	(22)	38:43.0	10:26.7	7:47.4	4:50.4
114 RAAFLAUB, Richard	66	ON Muskoka Algon	92	39:06.1	10:49.8	7:52.1	4:53.3
115 NICHOLSON, Jennifer	51	ON Muskoka Algon	23	39:11.8	10:55.5	7:53.2	4:54.0
116 BOORSMA, R Kyle	37	SK Crimps Cycling	(93)	39:12.3	10:56.0	7:53.3	4:54.0
117 SEVIGNY, Richard	66	Unattached	(94)	39:20.7	11:04.4	7:55.0	4:55.1
118 SAUDER, Steve	65	ON Thames Athletic	95	39:32.4	11:16.1	7:57.3	4:56.6
119 LAMERS, Meghan	32	Unattached	(24)	39:47.4	11:31.1	8:00.4	4:58.4
120 LONDONO, Johani	61	Unattached	(96)	39:58.4	11:42.1	8:02.6	4:59.8
121 GRAY, Brian	63	ON Muskoka Algon	97	40:05.2	11:48.9	8:03.9	5:00.7
122 JOHNSON-STOREY, Ocean	31	Unattached	(25)	40:06.0	11:49.7	8:04.1	5:00.8
123 SLEE, Robert	73	ON Thames Athletic	98	40:26.9	12:10.6	8:08.3	5:03.4
124 GARDINER, Karan	64	Unattached	(26)	40:37.5	12:21.2	8:10.4	5:04.7
125 TYSEN, Karen	43	Unattached	(27)	40:56.2	12:39.9	8:14.2	5:07.0
126 TUFTS, Janet	66	ON London Wester	28	41:09.2	12:52.9	8:16.8	5:08.7
127 DRISCOLL, Angela	51	ON Newmarket Hus	29	41:14.8	12:58.5	8:17.9	5:09.4
128 WEBSTER, Zoe	53	Unattached	(30)	41:18.0	13:01.7	8:18.6	5:09.8
129 BAYNTON, Rebecca	48	Unattached	(31)	41:32.9	13:16.6	8:21.6	5:11.6
130 KOCH, Anne	60	ON University Of To	32	41:50.3	13:34.0	8:25.1	5:13.8
131 BOUDREAULT, Andre	60	ON Muskoka Algon	99	42:04.5	13:48.2	8:27.9	5:15.6
132 MCARTHUR, Corey	49	Unattached	(100)	42:10.7	13:54.4	8:29.2	5:16.3
133 SWIFT, Phillip	77	ON University Of To	101	42:26.4	14:10.1	8:32.4	5:18.3
134 FRASER, Wendy	72	ON Thames Athletic	33	42:44.1	14:27.8	8:35.9	5:20.5
135 DAVIDSON, Robert	71	Unattached	(102)	42:47.9	14:31.6	8:36.7	5:21.0
136 ORCHARD, Jeff	60	ON Thames Athletic	103	42:57.0	14:40.7	8:38.5	5:22.1
137 JOHNSTONE, Dave	57	Unattached	(104)	43:10.4	14:54.1	8:41.2	5:23.8
138 JOHNSTON, Elizabeth	73	Unattached	(34)	43:29.5	15:13.2	8:45.1	5:26.2
139 YIN, Cora	50	Unattached	(35)	43:35.2	15:18.9	8:46.2	5:26.9
140 SHERWIN, Courtney	45	Unattached	(36)	43:44.1	15:27.8	8:48.0	5:28.0
141 GILLET, Michael	73	Unattached	(105)	44:03.4	15:47.1	8:51.9	5:30.4
142 BOTELHO, Rita	65	ON University Of To	37	44:32.7	16:16.4	8:57.8	5:34.1
143 LUPENETTE, Darryl	54	Unattached	(106)	44:42.1	16:25.8	8:59.7	5:35.3
144 MADSEN, Chris	57	ON University Of To	107	44:47.9	16:31.6	9:00.8	5:36.0
145 JONES, Linda	76	ON Thames Athletic	38	44:54.8	16:38.5	9:02.2	5:36.9
146 ROY, Alain	66	Unattached	(108)	44:57.4	16:41.1	9:02.7	5:37.2
147 ANDERSON, Scott	62	ON Newmarket Hus	(109)	45:19.5	17:03.2	9:07.2	5:39.9
148 BONENBERG, Robert	75	Unattached	(110)	45:46.5	17:30.2	9:12.6	5:43.3
149 NOVICK, Teresa	66	Unattached	(39)	46:32.0	18:15.7	9:21.8	5:49.0
150 ECKERT-DENVER, Colleen	72	ON Thames Athletic	40	46:37.4	18:21.1	9:22.9	5:49.7
151 REID, Morrison	75	ON Thames Athletic	111	46:37.9	18:21.6	9:23.0	5:49.7
152 KARY, Michael	64	Unattached	(112)	47:00.4	18:44.1	9:27.5	5:52.6
153 CHRISTENSEN, Verner	85	ON University Of To	113	47:55.7	19:39.4	9:38.6	5:59.5
154 GOVEIA, Mark	55	ON Thorold Elite Tr	114	49:06.2	20:49.9	9:52.8	6:08.3
155 BROWNE, Shawn	56	Unattached	(115)	49:28.4	21:12.1	9:57.3	6:11.1

Race #11
Masters 6k / 8k (Masters)

Final Results

INDIVIDUAL RESULTS (cont'd)

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. kM
156 FULTON, Nancy	65	ON Thames Athletic	41	49:42.5	21:26.2	10:00.1	6:12.8
157 HARPER, Joanna	68	Unattached	(42)	50:23.4	22:07.1	10:08.3	6:17.9
158 STAFFORD, Emily	43	Unattached	(43)	50:29.4	22:13.1	10:09.5	6:18.7
159 CHEUNG, Sandra	65	Unattached	(44)	51:31.4	23:15.1	10:22.0	6:26.4
160 WALL, Laura	68	Unattached	(45)	52:39.4	24:23.1	10:35.7	6:34.9
161 GOODSTADT, Michael	85	ON University Of To	116	52:47.1	24:30.8	10:37.2	6:35.9
162 MANTEL, Kathy	58	Unattached	(46)	55:36.6	27:20.3	11:11.3	6:57.1
163 BOOST, Patricia	75	Unattached	(47)	57:09.2	28:52.9	11:30.0	7:08.7
164 TOFFLEMIRE, William	81	Unattached	(117)	57:38.6	29:22.3	11:35.9	7:12.3
165 PYLE VERHOEVEN, Debbie	71	ON Thames Athletic	48	1:02:09.6	33:53.3	12:30.4	7:46.2
166 JOHNSON, Shelly	57	Unattached	(49)	1:05:35.1	37:18.8	13:11.8	8:11.9
-- STEWART, Elizabeth	47	Unattached	-			---	---
-- KREZONOSKI, Corinne	71	Unattached	-			---	---
-- AGGARWAL, Jasmin	31	Unattached	-			---	---
-- MCCLURE, Molly	49	Unattached	-			---	---
-- MORRIS, Melanie	49	Unattached	-			---	---
-- RIGUTTO, Lora	57	Unattached	-			---	---
-- RAWLING, Jim	70	Unattached	-			---	---
-- STALLWOOD, Rebecca	47	ON Dundas Valley	-			---	---
-- BURNS, Jim	61	Unattached	-			---	---
-- GULERCE, Cuneyt	57	Unattached	-			---	---
-- LAMBERT, Adrian	40	Unattached	-			---	---
-- MACKETT, Michael	34	Unattached	-			---	---
-- MEDEIROS, Kevin	35	Unattached	-			---	---
-- MOREIRA, Paulo	50	Unattached	-			---	---
-- MORIARITY, Dan	57	Unattached	-			---	---
-- SHI, Sam	32	Unattached	-			---	---
-- THOMPSON, Craig	43	ON University Of To	-			---	---
-- LOEWEN, Garrick	30	ON Border City AC	-			---	---

Race #12
Para 4km (Para Ambulatory)

Final Results

RACE SUMMARY

Start Time: 0:45 pm

INDIVIDUAL RESULTS

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. kM
1 NERI, Nicholas	27	ON University Of Wi	1	16:26.7	---	6:36.3	4:06.7
2 CIGAN, Anthony	19	ON University Of Wi	2	17:31.4	1:04.7	7:02.2	4:22.8
3 GAUTHIER, Jacob	17	ON Ottawa Lions T.	3	21:53.6	5:26.9	8:47.5	5:28.4
4 REARDON, Seamus	16	NL Pearlgate Track	4	24:12.0	7:44.3	9:43.1	6:03.0
-- BOOTH, Hudson	26	ON Les Coureurs D	-			---	---

Race #13
4 x 2km Mixed Relay SR (Senior)

Final Results

INDIVIDUAL RESULTS

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. kM
1 ATHLETICS ALBERTA A, A	1	AB Athletics Alberta	-	28:47.0	---	5:47.5	3:35.9
2 HUSKIES SENIORS, ON	1	ON Newmarket Hus	-	29:57.4	1:11.4	6:01.6	3:44.7
3 LONDON WESTERN A, ON	1	ON London Wester	-	30:23.7	1:37.7	6:06.9	3:48.0
4 HUMBER HAWKS ALPHA,	1	ON Humber Hawks	-	32:04.1	3:18.1	6:27.1	4:00.5
5 HUMBER HAWKS BETA, O	1	ON Humber Hawks	-	33:15.6	4:29.6	6:41.5	4:09.4
6 BLUE DEVILS A, ON	1	ON Blue Devils Athl	-	34:27.9	5:41.9	6:56.1	4:18.5
7 HUMBER HAWKS GAMMA,	1	ON Humber Hawks	-	35:05.6	6:19.6	7:03.7	4:23.2
-- OTTAWA LIONS B, ON	1	ON Ottawa Lions T.	-			---	---
-- BLUE DEVILS G, ON	1	ON Blue Devils Athl	-			---	---
-- OTTAWA LIONS C, ON	1	ON Ottawa Lions T.	-			---	---
-- LONDON WESTERN C, ON	1	ON London Wester	-			---	---

Race #14
4 x 2km Mixed Relay (U18)

Final Results

TEAM SCORING SUMMARY

Final Standings	Score	Scoring Order	Total
1 ON Newmarket Huskies Tr	27	1-4-5-6-11(18)(21)	2:28:32
2 ON Ottawa Lions T.f.c	54	3-7-13-14-17	2:32:41
3 ON Blue Devils Athletics Cl	88	2-15-20-24-27	2:38:52
4 ON London Western T.f.c	102	8-9-23-29-33	2:46:29
5 AB Caltaf Athletic Associat	104	10-12-22-28-32	2:46:16
6 ON University Of Toronto T	116	16-19-25-26-30(31)	2:44:38

INDIVIDUAL RESULTS

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. km
1 CTAC A, ON	1	ON Central Toronto	-	27:45.9	---	5:35.2	3:28.2
2 GOLD DRAGONS, ON	1	ON Durham Dragon	-	28:06.1	20.2	5:39.3	3:30.8
3 HUSKIES A, ON	1	ON Newmarket Hus	1	28:18.0	31.1	5:41.6	3:32.2
4 RED DRAGONS, ON	1	ON Durham Dragon	-	28:40.8	54.9	5:46.2	3:35.1
5 SASKATCHEWAN A, SK	1	SK Swift Current Se	-	28:49.2	1:03.3	5:47.9	3:36.1
6 CALGARY SPARTANS A, A	1	AB Calgary Spartan	-	28:52.6	1:06.7	5:48.6	3:36.6
7 SOUTH SIMCOE B, ON	1	ON South Simcoe	-	28:57.5	1:11.6	5:49.6	3:37.2
8 BLUE DEVILS B, ON	1	ON Blue Devils Athl	2	29:04.9	1:19.0	5:51.1	3:38.1
9 OTTAWA LIONS A, ON	1	ON Ottawa Lions T.	3	29:05.3	1:19.4	5:51.2	3:38.2
10 BLEG A, ON	1	ON Brockville Legio	-	29:22.7	1:36.8	5:54.7	3:40.3
11 TOWA BLUE, ON	1	ON Toronto West A	-	29:23.4	1:37.5	5:54.8	3:40.4
12 HUSKIES B, ON	1	ON Newmarket Hus	4	29:37.8	1:51.9	5:57.7	3:42.2
13 HUSKIES C, ON	1	ON Newmarket Hus	5	29:49.8	2:03.9	6:00.1	3:43.7
14 TOWA RED, ON	1	ON Toronto West A	-	29:56.1	2:10.2	6:01.4	3:44.5
15 HUSKIES D, ON	1	ON Newmarket Hus	6	29:59.5	2:13.6	6:02.1	3:44.9
16 OTTAWA LIONS D, ON	1	ON Ottawa Lions T.	7	30:05.5	2:19.6	6:03.3	3:45.7
17 ATHLETICS ALBERTA B, A	1	AB Athletics Alberta	-	30:11.9	2:26.0	6:04.6	3:46.5
18 LONDON WESTERN B, ON	1	ON London Wester	8	30:15.1	2:29.2	6:05.2	3:46.9
19 CTAC B, ON	1	ON Central Toronto	-	30:23.4	2:37.5	6:06.9	3:47.9
20 CALGARY SPARTANS B, A	1	AB Calgary Spartan	-	30:33.0	2:46.1	6:08.8	3:49.1
21 LONDON WESTERN E, ON	1	ON London Wester	9	30:44.5	2:58.6	6:11.1	3:50.6
22 CALTAF A, AB	1	AB Caltaf Athletic	10	30:46.9	3:01.0	6:11.6	3:50.9
23 HUSKIES E, ON	1	ON Newmarket Hus	11	30:46.9	3:01.0	6:11.6	3:50.9
24 RIVERSDALE A, SK	1	SK Riversdale Athle	-	30:47.7	3:01.8	6:11.8	3:51.0
25 ATHLETICS EAST, NS	1	NS Athletics East N	-	30:49.3	3:03.4	6:12.1	3:51.2
26 CALTAF B, AB	1	AB Caltaf Athletic	12	30:56.2	3:10.3	6:13.5	3:52.0
27 OTTAWA LIONS G, ON	1	ON Ottawa Lions T.	13	30:59.7	3:13.8	6:14.2	3:52.5
28 OTTAWA LIONS F, ON	1	ON Ottawa Lions T.	14	31:02.3	3:16.4	6:14.7	3:52.8
29 BLUE DEVILS C, ON	1	ON Blue Devils Athl	15	31:06.7	3:20.8	6:15.6	3:53.3
30 ROYAL CITY A, ON	1	ON Royal City Athle	-	31:08.0	3:21.1	6:15.8	3:53.5
31 UTTC A, ON	1	ON University Of To	16	31:16.4	3:30.5	6:17.5	3:54.5
32 OTTAWA LIONS E, ON	1	ON Ottawa Lions T.	17	31:27.9	3:42.0	6:19.9	3:56.0
33 GREEN DRAGONS, ON	1	ON Durham Dragon	-	31:31.3	3:45.4	6:20.5	3:56.4
34 HUSKIES F, ON	1	ON Newmarket Hus	(18)	31:39.6	3:53.7	6:22.2	3:57.4
35 BRANTFORD A, ON	1	ON Brantford T.f.c.	-	31:45.8	3:59.9	6:23.5	3:58.2
36 UTTC B, ON	1	ON University Of To	19	31:47.6	4:01.7	6:23.8	3:58.4

Race #14
4 x 2km Mixed Relay (U18)

Final Results

INDIVIDUAL RESULTS (cont'd)

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. kM
37 RIVERSDALE B, SK	1	SK Riversdale Athle	-	31:49.3	4:03.4	6:24.2	3:58.7
38 BLUE DEVILS D, ON	1	ON Blue Devils Athl	20	32:12.3	4:26.4	6:28.8	4:01.5
39 HUSKIES G, ON	1	ON Newmarket Hus	(21)	32:17.0	4:30.1	6:29.7	4:02.1
40 CALTAF C, AB	1	AB Caltaf Athletic	22	32:17.6	4:31.7	6:29.8	4:02.2
41 LONDON WESTERN F, ON	1	ON London Wester	23	32:21.6	4:35.7	6:30.7	4:02.7
42 BLUE DEVILS F, ON	1	ON Blue Devils Athl	24	32:41.4	4:55.5	6:34.6	4:05.2
43 BLEG B, ON	1	ON Brockville Legio	-	32:55.6	5:09.7	6:37.5	4:06.9
44 UTTC D, ON	1	ON University Of To	25	33:22.4	5:36.5	6:42.9	4:10.3
45 UTTC F, ON	1	ON University Of To	26	33:28.9	5:43.0	6:44.2	4:11.1
46 TEAM1, Bisons		MB Bisons	-	33:40.2	5:54.3	6:46.5	4:12.5
47 BLUE DEVILS E, ON	1	ON Blue Devils Athl	27	33:46.8	6:00.9	6:47.8	4:13.3
48 CALTAF D, AB	1	AB Caltaf Athletic	28	34:03.1	6:17.2	6:51.1	4:15.4
49 TEAM2, Bisons		MB Bisons	-	34:17.5	6:31.6	6:54.0	4:17.2
50 LONDON WESTERN D, ON	1	ON London Wester	29	34:32.8	6:46.9	6:57.0	4:19.1
51 UTTC E, ON	1	ON University Of To	30	34:42.6	6:56.7	6:59.0	4:20.3
52 ATHLETICS ALBERTA C, A	1	AB Athletics Alberta	-	34:47.8	7:01.9	7:00.1	4:21.0
53 BRANTFORD B, ON	1	ON Brantford T.f.c.	-	35:20.1	7:34.2	7:06.6	4:25.0
54 TEAM3, Bisons		MB Bisons	-	35:39.5	7:53.6	7:10.5	4:27.4
55 UTTC C, ON	1	ON University Of To	(31)	36:12.5	8:26.6	7:17.1	4:31.6
56 CALTAF E, AB	1	AB Caltaf Athletic	32	38:12.5	10:26.6	7:41.3	4:46.6
57 LONDON WESTERN G, ON	1	ON London Wester	33	38:35.1	10:49.2	7:45.8	4:49.4
-- PENTICTON, BC	1	BC Penticton Track	-			---	---
-- BLUE DRAGONS, ON	1	ON Durham Dragon	-			---	---
-- ROYAL CITY B, ON	1	ON Royal City Athle	-			---	---
-- BLEG C, ON	1	ON Brockville Legio	-			---	---
-- VANCOUVER THUNDERBI	1	BC Vancouver Thu	-			---	---
-- HUSKIES H, ON	1	ON Newmarket Hus	-			---	---
-- CALGARY SPARTANS C, A	1	AB Calgary Spartan	-			---	---
-- SOUTH SIMCOE A, ON	1	ON South Simcoe	-			---	---