

Canadian National Cross Country Championships 2010

Overall Finish List

November 27, 2010

Results By Speed River Timing

Junior Women

<u>Time</u>	<u>Place</u>	<u>Name</u>	<u>Team</u>	<u>Bib No</u>	<u>Gen</u>
	1	Victoria Coates	Newmarket Huskies T	181	F
17:42.0	2	Ciara Kary	University of Calga	429	F
17:48.8	3	Caroline Pfister	Sherbrooke	532	F
17:49.6	4	Annie Leblanc	Lanaudière-Olympiqu	542	F
17:57.4	5	Emily Driedger	Speed River TFC	317	F
17:58.9	6	Jaclyn Rollins	Brantford Track	9	F
18:02.5	7	Fiona Benson	GPRC Wolves Athleti	76	F
18:22.6	8	Cerise Thompson	Hamilton Hammerhead	87	F
18:30.4	9	Natalie Kannenberg	Guelph Track and Fi	78	F
18:33.1	10	Maria Bernard	Calgary Warriors	29	F
18:37.1	11	Grace Kary	University of Calga	430	F
18:39.5	12	Melissa Caruso	University of Toron	466	F
18:41.0	13	Claire Sumner	University of Calga	435	F
18:41.2	14	Michelle Molodynia	Niagara Olympic Clu	207	F
18:41.4	15	Kristie Lesage	South Simcoe Duffer	355	F
18:44.0	16	Karley Rempel	Niagara Olympic Clu	209	F
18:44.8	17	Jaclyn White	London Western Trac	159	F
18:45.2	18	Elizabeth Whelan	University of Toron	483	F
18:45.4	19	Madeline McDonald	University of Toron	479	F
18:45.7	20	Megan Rempel	Niagara Olympic Clu	210	F
18:49.1	21	Deanna Brasz	Niagara Olympic Clu	198	F
18:50.1	22	Gabrielle Edwards	Riversdale Athlecti	280	F
18:53.5	23	Emma Tallman	Track North Athleti	376	F
18:56.4	24	Emma Galbraith	Ottawa Lions Track	227	F
19:01.8	25	Megan Yuan	Lakehead Athletics	107	F
19:03.4	26	Rebecca Wendt	Durham Dragons Athl	55	F
19:04.0	27	Katie Fleischer	Sarnia Athletics So	297	F

Canadian National Cross Country Championships 2010

19:04.3					
28	Joannie Roy	Rouge et Or	565	F	
19:04.7					
29	Ellen Pennock	University of Calga	434	F	
19:05.2					
30	Shauna K. McInnis	University of Victo	490	F	
19:06.2					
31	Sarah Wilson	Tri City Track Club	569	F	
19:07.4					
32	Julia Nikonorova	Ottawa Lions Track	231	F	
19:08.4					
33	Kate Dixon	University of Victo	488	F	
19:10.2					
34	Colleen Hennessy	University of Toron	472	F	
19:12.1					
35	Nicole Soderberg	Edmonton Thunder	60	F	
19:13.3					
36	Kelly Hennessy	University of Toron	473	F	
19:15.3					
37	Marguerite Plante-Dubé	Lavironde	543	F	
19:15.3					
38	Leia Fedyk	Saskatoon TF Club	364	F	
19:16.2					
39	Kaitlyn Oliver	Newmarket Huskies T	192	F	
19:16.8					
40	Maggie Woodward	Unattached (UNA)	456	F	
19:17.3					
41	Frances Bernard	Windsor Legion Trac	498	F	
19:19.6					
42	Kristen Flanagan	Tri City Track Club	567	F	
19:20.2					
43	Cleo Boyd	Physi-Kult Kingston	246	F	
19:21.7					
44	Ashley Windsor	Unattached (UNA)	455	F	
19:22.3					
45	Meaghan Marton	Windsor Legion Trac	505	F	
19:22.8					
46	Caileigh Glenn	Newmarket Huskies T	188	F	
19:23.7					
47	Chelsea Mackinnon	Hamilton Hammerhead	85	F	
19:24.9					
48	Samantha Chenard-Rousseau	Kalenjins	98	F	19:27.6
19:27.7					
49	Gloria Kanuka	Caltaf Athletic Ass	17	F	
19:27.7					
50	Maureen F. McCulligh	University of Victo	489	F	
19:28.3					
51	Gabrielle Lebel	Kalenjins	99	F	
19:29.7					
52	Paulina Maher	University of Toron	477	F	
19:29.8					
53	Natalia Hawthorn	Newmarket Huskies T	189	F	
19:32.2					
54	Kirsten Stewart	Newmarket Huskies T	195	F	
19:33.7					
55	Danielle Thiel	Excel Athletica	72	F	
19:34.3					
56	Rachael Edwards	Riversdale Athlecti	281	F	
19:34.3					
57	Grace Annear	Saint John Track	305	F	19:34.3
19:34.4					
58	Rebecca Rae	South Simcoe Duffer	359	F	
19:34.4					
59	Chantal Bourassa	Sarnia Athletics So	296	F	
19:35.6					
60	Michelle Krezonoski	Lakehead Athletics	106	F	
19:35.7					
61	Katey Codyre	Durham Dragons Athl	42	F	
19:36.4					
62	Evelyn Anderson	Calgary Spartans	27	F	
19:37.7					
63	Joanne Traves	Riversdale Athlecti	283	F	
19:37.7					
64	Caroline Tse	Heritage Huskies	541	F	
19:38.8					
65	Shannon McAvoy	University of Calga	432	F	
19:41.3					
66	Emma Norman	Ottawa Lions Track	232	F	19:41.8
19:41.3					
67	Laura Korsmit	Niagara Olympic Clu	205	F	
19:44.1					

Canadian National Cross Country Championships 2010

68	Kathryn Tuck	Ottawa Lions Track	236	F	
19:45.3					
69	Maddy Armstrong	South Simcoe Duffer	338	F	
19:45.9					
70	Meghan Tait	Newmarket Huskies T	196	F	
19:46.2					
71	Victoria Samyn	Durham Dragons Athl	54	F	
19:46.5					
72	Sarah-Michèle Brochu	Québec Endurance	564	F	
19:47.0					
73	Alexandra Moore	Windsor Legion Trac	509	F	
19:49.4					
74	Adrienne Erdman	Caltaf Athletic Ass	14	F	
19:50.1					
75	Meaghan Wessel	South Simcoe Duffer	362	F	19:51.5
76	Elizabeth O'connell	University of Calga	433	F	
19:52.0					
77	Samantha Edwards	University of Toron	470	F	
19:52.1					
78	Zeinab Baydoun	Windsor Legion Trac	495	F	
19:52.3					
79	Tiffany Cheung	Bill Crothers Track	4	F	
19:53.8					
80	Sara Bowman	Speed River TFC	311	F	
19:54.4					
81	Maria Fox	University of Calga	426	F	
19:54.9					
82	Michelle Reddy	Sarnia Athletics So	303	F	
19:55.6					
83	Avery Westberg	Yorkton Legion Trac	518	F	
19:57.9					
84	Stephanie Nevison	Mississauga Track	167	F	
19:58.9					
85	Alix Tier	Etobicoke Track F	68	F	
20:01.3					
86	Brittany Hambleton	Runners' Edge Track	288	F	
20:02.0					
87	Samantha McGuinness	London Runner Dista	137	F	
20:02.6					
88	Kelsey Serviss	Les Coureurs de Boi	119	F	
20:03.3					
89	Kim Krezonoski	Lakehead Athletics	105	F	
20:04.3					
90	Siobhan Klie	Durham Dragons Athl	50	F	
20:05.1					
91	Olivia Little	Windsor Legion Trac	504	F	
20:05.7					
92	Charlotte Marcotte-Toale	University of Toron	478	F	
20:06.6					
93	Emily Kruger	London Runner Dista	135	F	
20:07.0					
94	Sarah Emilio	University of Toron	471	F	
20:08.5					
95	Ali Woolley	Toronto Olympic Clu	413	F	
20:10.7					
96	Erin O'higgins	Ottawa Lions Track	233	F	
20:11.5					
97	Maggie Macdonald	Speed River TFC	320	F	
20:11.9					
98	Lizz Hodgson	Saugeen Track	304	F	
20:12.5					
99	Kaitlyn Komarnicky	London Runner Dista	134	F	
20:13.9					
100	Katelyn Currie	University of Victo	487	F	
20:14.4					

<u>Place</u>	<u>Name</u>	<u>Team</u>	<u>Bib No</u>	<u>Gen</u>
101	Alison Smegal	Toronto Olympic Clu	407	F
20:15.0				
102	Alizée Brien	Fleur de Lys	534	F
20:16.4				
103	Madeline Yungblut	London Runner Dista	144	F
20:16.6				
104	Tristan Langley	Central Nova Legion	25	F
20:17.7				
105	Jesse Van Eaton	Excel Athletica	73	F
20:18.3				
106	Alexandra Gallagher	South Simcoe Duffer	346	F
20:18.9				

Canadian National Cross Country Championships 2010

107	Amelie De Fenoyl	Etobicoke Track	F	62	F	
20:19.4						
108	Emily Marcolini	Track North Athleti		372	F	
20:20.5						
109	Ashley Bracci	Windsor Legion Trac		499	F	
20:21.4						
110	Sara Lausch	YHZ Track and Field		513	F	
20:22.7						
111	Shannon Kennedy	University of Toron		474	F	
20:23.2						
112	Kim Masson-Cunnigham	Vaudreuil-Dorion		36	F	20:28.0
113	Clara Moore	Ottawa Lions Track		230	F	
20:28.4						
114	Amanda Sheppard	Mississauga Track		170	F	
20:28.4						
115	Sophie Watts	YHZ Track and Field		514	F	
20:29.0						
116	Allison Barwick	McGill Olympic Club		544	F	
20:29.5						
117	Ruth Burrows	Ottawa Lions Track		224	F	
20:29.7						
118	Darian Limb	Sarnia Athletics So		301	F	
20:30.1						
119	Jordyn Visscher	Speed River TFC		333	F	
20:31.4						
120	Emma Spelt	Toronto Olympic Clu		409	F	
20:32.8						
121	Dalia Taqualia	Speed River TFC		330	F	20:32.9
122	Courtney Sjodin	Saskatoon TF Club		367	F	
20:33.8						
123	Kaitlyn Pansegrau	Hamilton Hammerhead		86	F	
20:34.0						
124	Kathleen Duke	University of Calga		425	F	
20:34.9						
125	Caileigh Smith	Guelph Track and Fi		79	F	
20:36.7						
126	Ariane Bouchard	Lanaudière-Olympiqu		558	F	
20:38.6						
127	Christina Bokma	South Simcoe Duffer		340	F	
20:40.1						
128	Rebecca Gould	University of Calga		428	F	
20:41.6						
129	Lynsey Martin	Speed River TFC		321	F	
20:42.4						
130	Chloé Nadeau	Kalenjins		100	F	20:42.6
131	Nicole Lawless	Runners' Edge Track		292	F	
20:44.4						
132	Kirsten Allen	London Western Trac		145	F	
20:45.6						
133	Katie Matthews	London Western Trac		155	F	
20:47.4						
134	Natalie McCormick	South Simcoe Duffer		356	F	
20:50.7						
135	Jessica White	London Western Trac		160	F	
20:51.1						
136	Karen Thompson	Hamilton Hammerhead		88	F	
20:51.7						
137	Brooke Willson	Unattached Alberta		441	F	
20:53.2						
138	Dina Taqualia	Speed River TFC		331	F	
20:53.5						
139	Kayte Kowal	Peterborough Legion		267	F	
20:53.9						
140	Stephaney Daley	Quinte Legion Track		274	F	
20:54.7						
141	Matilda Greenfield	Les Coureurs de Boi		113	F	
20:55.4						
142	Vicky Tremblay	Québec Endurance		563	F	
20:57.0						
143	Victoria Frost	University of Calga		427	F	
20:57.7						
144	Ellen Chappell	University of Calga		423	F	
21:03.0						
145	Alannah Macdonald	Niagara Olympic Clu		206	F	
21:04.4						
146	Madeleine Kelly	Les Coureurs de Boi		115	F	
21:07.1						
147	Taylor Martin	Cambridge Harriers		22	F	

21:08.9				
148	Courtney Long	University of Calga	431	F
21:13.8				
149	Tianna Beharriell	London Western Trac	146	F
21:13.8				
150	Megan Kuikman	South Simcoe Duffer	353	F
21:16.5				
151	Emily Blacklaws	South Simcoe Duffer	339	F
21:33.1				
152	Ariana Dirk	University of Calga	424	F
21:36.5				
153	Rachael Groat	Riversdale Athlecti	282	F
21:49.0				
154	Sarah Kleemola	Niagara Olympic Clu	204	F
21:50.2				
155	Molly Steer	Les Coureurs de Boi	121	F
21:53.9				
156	Tannis Jackson	South Simcoe Duffer	351	F
21:55.9				
157	Haily Williams	Toronto Olympic Clu	412	F
21:58.0				
158	Leah McGraw	Physi-Kult Kingston	250	F
22:01.2				
159	Jessica Pileggi	London Western Trac	157	F
22:06.3				
160	Michelle Wesolowski	Toronto Olympic Clu	411	F
22:28.6				
161	Kali Caulier	Dartmouth Athletics	31	F
22:40.3				
162	Vicky Masson Cunningham	Vaudreuil-Dorion	35	F
22:45.1				
163	Darya *Chenskikh	York University Tra	519	F
23:28.1				
164	Lauren Taylor	Physi-Kult Kingston	256	F
26:43.5				

Junior Men

<u>Time</u>	<u>Place</u>	<u>Name</u>	<u>Team</u>	<u>Bib No</u>	<u>Gen</u>	
	1	Ross Proudfoot	Track North Athleti	375	M	
24:27.7						
	2	Lucas Bruchet	University of Briti	420	M	
24:37.1						
	3	Robert Denault	Newmarket Huskies T	185	M	
24:40.1						
	4	Connor Darlington	Phoenix Athletics A	238	M	
24:42.4						
	5	Paul Janikowski	Windsor Legion Trac	501	M	24:46.2
	6	Andrew Kowalsky	Windsor Legion Trac	502	M	
24:47.2						
	7	Xavier King	Durham Dragons Athl	48	M	
24:55.2						
	8	Daniel Piticariu	Windsor Legion Trac	510	M	
25:05.2						
	9	Benjamin Raymond	Equipe Quebec	11	M	
25:06.4						
	10	Jeremie Bourget	Timmins Porcupine T	414	M	
25:11.6						
	11	Stephen Hosier	Durham Dragons Athl	46	M	
25:19.1						
	12	Ian Donald	Speed River TFC	316	M	
25:21.8						
	13	Emmanuel Boisvert	Québec Endurance	525	M	
25:23.0						
	14	Robert Asselstine	Physi-Kult Kingston	245	M	25:24.8
	15	Matthew Johnson	University of Regin	459	M	
25:27.6						
	16	Tristan Woodfine	Bytown Storm	570	M	
25:28.5						

Canadian National Cross Country Championships 2010

17	Ben Flanagan	Tri City Track Club	566	M	
25:31.4					
18	Andrew Degroot	Newmarket Huskies T	183	M	
25:32.4					
19	Jay Boychuk	Durham Dragons Athl	41	M	
25:34.8					
20	Gareth Hadfield	Caltaf Athletic Ass	16	M	
25:35.1					
21	Kyle Grieve	Disassociated	33	M	
25:40.0					
22	Connor Clerke	Speed River TFC	314	M	
25:40.6					
23	Jordan Bierema	Durham Dragons Athl	40	M	25:41.7
24	Alexander Hinton	Physi-Kult Kingston	248	M	
25:43.9					
25	Charly Allan	Physi-Kult Kingston	240	M	
25:53.3					
26	Michael Pesce	South Simcoe Duffer	358	M	
25:54.2					
27	Justin Kent	University of Briti	422	M	
25:57.0					
28	Ryan Sleiman	Windsor Legion Trac	511	M	
25:57.5					
29	Alex Denault	Newmarket Huskies T	184	M	
25:58.3					
30	Nick Falk	Windsor Legion Trac	500	M	
26:04.8					
31	Alex Freemantle	Newmarket Huskies T	187	M	
26:06.8					
32	Jeff Archer	Physi-Kult Kingston	244	M	
26:08.5					
33	Corey Bellemore	Windsor Legion Trac	496	M	
26:10.1					
34	Matthew Druken	South Simcoe Duffer	344	M	
26:12.2					
35	Daryl Smith	Windsor Legion Trac	512	M	
26:17.8					
36	Matthew Stephenson	Toronto Olympic Clu	410	M	
26:19.4					
37	Tim Huebsch	University of Briti	421	M	
26:19.7					
38	Adam Strueby	Excel Athletica	71	M	
26:20.7					
39	Ibrahim Ahmed	Niagara Olympic Clu	197	M	
26:22.7					
40	Blair Johnston	Unattached-BC	555	M	
26:22.9					
41	Jack Williams	Ocean Athletics	222	M	
26:25.8					
42	Nicolas Deshaies	Phenix	527	M	
26:26.3					
43	Aaron Hendrikx	London Runner Dista	129	M	
26:27.5					
44	J�r�mie Pellerin	O2	219	M	
26:28.0					
45	Nathaniel Lamb	London Western Trac	153	M	
26:30.0					
46	Liam Delaney	Brockville Legion T	5	M	
26:30.0					
47	Matthew Hall	Sarnia Athletics So	299	M	
26:30.2					
48	McKay Wilson	Tri City Track Club	568	M	
26:30.8					
49	Anthony Romaniw	Runners' Edge Track	294	M	
26:31.8					
50	Brandon Kirkup	Durham Dragons Athl	49	M	
26:32.4					
51	Evan Andrin	Physi-Kult Kingston	241	M	
26:33.5					
52	Dominique Aulagnon	Lakehead Athletics	103	M	
26:36.7					
53	Reid Mitchell	Windsor Legion Trac	508	M	
26:37.1					
54	Kieran Day	Ottawa Lions Track	226	M	
26:40.0					
55	Lawrence Viola	Coquitlam Cheetahs	20	M	
26:42.6					
56	Evan A. Hall	Kamloops Track & Fi	102	M	
26:44.7					
57	Robert McCann	Mississauga Track	166	M	

Canadian National Cross Country Championships 2010

26:45.7					
58	Eric Labelle	Toronto Olympic Clu	396	M	
26:46.1					
59	Patrick Galler	Sarnia Athletics So	298	M	
26:47.4					
60	Christopher Dulhanty	Mississauga Track	163	M	
26:49.0					
61	Deon J. Clifford	Ocean Athletics	221	M	
26:49.8					
62	Marc-Antoine Rouleau	Vaudreuil-Dorion	562	M	
26:50.4					
63	Jacob Wing	YHZ Track and Field	515	M	
26:51.8					
64	Philippe Parrot-Migas	Mississauga Track	168	M	
26:55.1					
65	Marco Papania	Newmarket Huskies T	193	M	
26:55.9					
66	Kaelan Parker	Quinte Legion Track	278	M	
26:56.9					
67	Guillaume Ménard	Sherbrooke	531	M	
26:58.1					
68	Rui Xu	Hamilton Hammerhead	90	M	
26:58.9					
69	Nicholas Holden	Quinte Legion Track	277	M	
26:59.0					
70	Evan Esselink	Durham Dragons Athl	45	M	26:59.3
71	Matthew McNeil	SJTC	307	M	
26:59.6					
72	Michael Bourgeois	Newmarket Huskies T	178	M	
27:00.3					
73	Kevin Azocar	Mississauga Track	162	M	
27:01.0					
74	Max Holden	London Runner Dista	130	M	
27:02.0					
75	Robbie Elmhirst	Newmarket Huskies T	186	M	
27:02.3					
76	Eric Macpherson	Newmarket Huskies T	191	M	
27:03.2					
77	Daniel Debus	Laurel Creek TFC	108	M	
27:04.2					
78	Drew Anderson	Speed River TFC	308	M	
27:05.4					
79	Merhauï Tume	Caltaf Athletic Ass	19	M	27:06.0
80	David Burlock	Dartmouth Athletics	30	M	
27:07.4					
81	Alex Mavrovic	Sherbrooke	530	M	
27:08.1					
82	James Milton	Laurel Creek TFC	109	M	
27:08.7					
83	Geoff Chambers-Bedard	Lakehead Athletics	104	M	
27:08.7					
84	Blair Morgan	Physi-Kult Kingston	253	M	
27:09.0					
85	David Meloche	Windsor Legion Trac	507	M	
27:09.6					
86	Austen Forbes	Hamilton Hammerhead	81	M	
27:10.1					
87	Chris Moyer	Durham Dragons Athl	52	M	
27:10.3					
88	Charles-Édouard Litwin	Fleur de Lys	560	M	27:10.5
89	Nicolas Morin	Vaudreuil-Dorion	38	M	
27:10.9					
90	Adam Doxtator	Quinte Legion Track	276	M	
27:12.4					
91	Duke Lloyd	Hamilton Hammerhead	84	M	
27:15.5					
92	Shawn Master	Sarnia Athletics So	302	M	
27:15.7					
93	Matthew Galea	Caltaf Athletic Ass	15	M	
27:17.2					
94	Daniel Waters	Speed River TFC	335	M	
27:17.3					
95	Taryn Heidecker	Saskatoon TF Club	366	M	
27:18.4					
96	Lee Wesselius	Athlétisme Sud-est/	3	M	
27:18.4					
97	Dylan Bates	Phoenix Athletics A	237	M	27:19.5

Canadian National Cross Country Championships 2010

98	Matthew Krey	Windsor Legion Trac	503	M	
27:19.7					
99	Steven Greco	South Simcoe Duffer	347	M	
27:20.2					
100	Jeremy Hick	London Western Trac	151	M	
27:20.9					
	<u>Place</u>	<u>Name</u>	<u>Team</u>	<u>Bib No</u>	<u>Gen</u>
	<u>Time</u>				
101	Ivan Meiszinger	Cambridge Harriers	23	M	
27:21.6					
102	Jake Woloshyn	University of Toron	484	M	
27:22.0					
103	Riley Johnston	Les Coureurs de Boi	114	M	
27:24.8					
104	Nicholas Wood	YHZ Track and Field	516	M	
27:27.6					
105	Kyle McKellar	Physi-Kult Kingston	251	M	
27:28.1					
106	Olivier Béland	Phenix	559	M	
27:29.1					
107	Brent Scheibelhut	Toronto Olympic Clu	405	M	
27:30.0					
108	Jeremy Coughler	Durham Dragons Athl	43	M	
27:32.7					
109	John Wynands	Brockville Legion T	8	M	
27:33.7					
110	Nick Pimental	Mississauga Track	169	M	
27:33.8					
111	Graham Hansel	North Bay Legion	173	M	
27:35.6					
112	Nicholas Reay	Toronto Olympic Clu	404	M	
27:36.0					
113	Patrick Deane	AGSI Flyers	2	M	
27:39.3					
114	Nick Thomas	University of Briti	454	M	
27:39.7					
115	Ethan Henry	Toronto Olympic Clu	389	M	
27:40.6					
116	Troy Smith	Niagara Olympic Clu	211	M	
27:41.5					
117	Austin Trapp	Laurel Creek TFC	111	M	
27:44.2					
118	Ian Alexander Forbes	Fast Tracks	74	M	
27:44.5					
119	David Picard	St-Laurent Select	561	M	
27:44.6					
120	Joseph Burke	Track North Athleti	368	M	
27:45.8					
121	Andrew White	Durham Dragons Athl	56	M	
27:47.5					
122	Joshua Budman	Toronto Olympic Clu	383	M	
27:47.6					
123	Kieran McDonald	Unattached Alberta	439	M	
27:50.7					
124	Scott Hill	Toronto Olympic Clu	391	M	
27:51.5					
125	Jake Bruchet	Ocean Athletics	220	M	
27:52.4					
126	Brendan Randall	Durham Dragons Athl	53	M	
27:53.4					
127	Stuart Macpherson	Les Coureurs de Boi	117	M	
27:56.8					
128	Jonah Doucette		575	M	
27:57.2					
129	Matthew Travaglini	London Western Trac	158	M	
28:00.4					
130	Paul Kolb	Hamilton Olympic Cl	94	M	
28:01.0					
131	Jason Poland	West Toronto Track	493	M	
28:02.7					
132	Cameron Levac	Physi-Kult Kingston	249	M	
28:02.8					
133	Christopher Hutton	Runners' Edge Track	290	M	
28:03.4					
134	Matthew Bannon	Speed River TFC	309	M	
28:03.6					
135	Derrick Evans	Red Deer Titans	284	M	
28:05.0					
136	Tyler Hewlett	Sarnia Athletics So	300	M	
28:05.6					

Canadian National Cross Country Championships 2010

137	David Marquez	London Runner Dista	136	M	
28:06.6					
138	Jake Carroll	Etobicoke Track F	61	M	
28:06.8					
139	Roman Justinen	Unattached Alberta	438	M	
28:09.2					
140	Justin Bellemore	Windsor Legion Trac	497	M	
28:09.8					
141	Jordan Usher	South Simcoe Duffer	361	M	
28:12.0					
142	Justin McNamara	Track North Athleti	373	M	
28:13.5					
143	Adam Rowles	Hamilton Olympic Cl	96	M	
28:14.0					
144	Kyle Penney	Newmarket Huskies T	194	M	
28:18.0					
145	Hunter Andrin	Physi-Kult Kingston	242	M	
28:21.2					
146	Trevor Janssen	Niagara Olympic Clu	203	M	
28:24.7					
147	Chris Angelatos	Toronto Olympic Clu	380	M	
28:25.7					
148	Gregory Lariviere	Hamilton Olympic Cl	95	M	
28:29.6					
149	Ian Turnbull	London Runner Dista	142	M	
28:31.2					
150	Sean Patterson	Toronto Olympic Clu	403	M	
28:32.1					
151	Matthys Wenning	Yorkton Legion Trac	517	M	
28:36.3					
152	Gregory D'eon	Dartmouth Athletics	32	M	
28:39.5					
153	Connor Bolton	Peterborough Legion	265	M	
28:44.3					
154	Jacob Cameron	Cornwall Legion Cou	26	M	
28:44.8					
155	Sameem Javeed	London Runner Dista	133	M	
28:48.9					
156	Reid Balezantis	Saskatoon TF Club	363	M	
28:52.7					
157	Sebastian Diebel	Track North Athleti	370	M	
28:55.9					
158	Kevin Tree	York University Tra	524	M	
28:57.1					
159	Ty Lebannister	Les Coureurs de Boi	116	M	
29:00.0					
160	Luke Charbonneau	South Simcoe Duffer	341	M	
29:01.3					
161	Thomas Wunsch	Unattached Alberta	442	M	
29:01.9					
162	Gerasimos Angelatos	Physi-Kult Kingston	243	M	
29:02.2					
163	Taylor Forbes	Hamilton Hammerhead	82	M	
29:03.5					
164	Adrian Christ	Unattached Alberta	436	M	
29:04.1					
165	Peter Quosai	Speed River TFC	325	M	
29:04.1					
166	Alan Hetherington	Toronto Olympic Clu	390	M	
29:09.3					
167	Scott McMullin	Fast Tracks	75	M	
29:12.4					
168	Matthew Wieser	Durham Dragons Athl	57	M	
29:13.2					
169	Derek Hambly	Hamilton Hammerhead	83	M	
29:16.8					
170	Kiefer Uuksulainen	North Bay Legion	177	M	29:20.9
171	Will Russell	Speed River TFC	326	M	
29:21.8					
172	Scott Mills	Les Coureurs de Boi	118	M	
29:26.8					
173	Connor Pfile	London Western Trac	156	M	
29:30.6					
174	Connor Doherty	Runners' Edge Track	287	M	
29:32.5					
175	Alex Delle Monache	Niagara Olympic Clu	200	M	
29:36.5					
176	Kurt Hauser	Saskatoon TF Club	365	M	
29:38.0					
177	Taylor Lamarche	Timmins Porcupine T	416	M	

29:43.2					
178	Mark Brenyo	Hamilton Olympic Cl	92	M	
29:44.3					
179	Michael Niven	Track North Athleti	374	M	29:48.3
180	Grant Wignall	Niagara Olympic Clu	212	M	
29:49.2					
181	Matthew Paladino	Toronto Olympic Clu	400	M	
29:49.8					
182	Luke Steer	Les Coureurs de Boi	120	M	
29:53.5					
183	Patrick Daley	Quinte Legion Track	273	M	
29:57.6					
184	Chad Patterson	Toronto Olympic Clu	402	M	
30:00.2					
185	Jesse McCabe	Excel Athletica	70	M	
30:02.8					
186	Spencer Wyatt	York University Tra	520	M	
30:05.5					
187	David Cashin	Les Coureurs de Boi	112	M	
30:19.6					
188	Billy Wong	Unattached-BC	571	M	30:23.0
189	Zack Jones	Durham Dragons Athl	47	M	
30:26.8					
190	Taylor Laekemann	Runners' Edge Track	291	M	
30:43.6					
191	Jonathan Fuller	Unattached Alberta	437	M	
30:54.5					
192	Carmen Continisio	Niagara Olympic Clu	199	M	
31:09.5					
193	Paul Raymond	Timmins Porcupine T	418	M	
31:20.5					
194	Chris Caddy	AGSI Flyers	1	M	
31:30.4					
195	Sean Goddard	Niagara Olympic Clu	202	M	
31:37.6					
196	Garrett Lindquist	Unattached -Manitob	557	M	
32:59.7					
197	Troy Kasper	South Simcoe Duffer	352	M	
33:50.0					

Senior Women

<u>Time</u>	<u>Place</u>	<u>Name</u>	<u>Team</u>	<u>Bib No</u>	<u>Gen</u>
	1	Kate Harrison	Phoenix Athletics A	239	F
23:43.5					
	2	Dayna Pidhoresky	Unattached-ONT	552	F
24:04.3					
	3	Kate Van Buskirk	Mississauga Track	171	F
24:11.1					
	4	Dana Buchanan	Speed River TFC	313	F
24:17.3					
	5	Natasha Wodak	Prairie Inn Harrier	264	F
24:27.2					
	6	Kate Vaughan	Nautilus Running Cl	215	F
24:27.7					
	7	Geneviève Lalonde	O2	218	F
24:35.8					
	8	Sarah-Anne Brault	Unattached	445	F
24:41.2					
	9	Victoria Fratzczak	Unattached (UNA)	452	F
24:46.0					
	10	Lucy Smith	Prairie Inn Harrier	262	F
24:54.4					
	11	Hilary Stellingwerff	Speed River TFC	329	F
24:56.3					
	12	Lanni Marchant	London Western Trac	154	F
25:00.0					
	13	Courtney Laurie	Speed River TFC	319	F
25:13.7					

Canadian National Cross Country Championships 2010

14	Suzanne Binne-Huse	Unattached	444	F	
25:22.8					
15	Melissa Ross	Unattached (UNA)	453	F	
25:38.6					
16	Shari Boyle	Calgary Internation	24	F	
25:42.5					
17	Leslie Sexton	Unattached-ONT	553	F	
25:48.0					
18	Jodi Sanguin	Unattached Alberta	440	F	
25:52.4					
19	Sara Giovannetti	Etobicoke Track F	64	F	
25:53.2					
20	Jessica Sedlock	Prairie Inn Harrier	261	F	
25:57.8					
21	Mélanie Myrand	McGill Olympic Club	545	F	26:00.0
22	Rebecca Stallwood	Ottawa Lions Track	587	F	
26:01.0					
23	Lydia Willemse	Speed River TFC	337	F	
26:02.0					
24	Maria *Dalzot	Team USA	463	F	
26:06.6					
25	Avril Ogrodnick	McGill Olympic Club	546	F	
26:10.0					
26	Jodi Souter	Queen City Striders	272	F	
26:15.7					
27	Erin Burrett	Prairie Inn Harrier	258	F	
26:17.6					
28	Rebecca Hallam	South Simcoe Duffer	348	F	
26:18.5					
29	Ashley Comstock	South Simcoe Duffer	342	F	
26:21.2					
30	Andrea Seccafien	Speed River TFC	327	F	26:22.9
31	Erin Maclean	Unattached	450	F	
26:28.0					
32	Jane Cullis	University of Toron	468	F	
26:30.3					
33	Valérie Côté	Quebec Endurance	271	F	
26:34.9					
34	Rebecca Pieterston	London Runner Dista	139	F	
26:37.5					
35	Gabrielle Foran	London Western Trac	150	F	
26:50.0					
36	Jennifer Eberman	University of Toron	469	F	
26:52.4					
37	Meghan Lynch	University of Toron	476	F	
26:54.9					
38	Rachel Hannah	South Simcoe Duffer	349	F	
26:58.6					
39	Catherine Watkins	Vancouver Falcons A	492	F	27:02.2
40	Rachel Sinasac	Toronto Olympic Clu	406	F	
27:11.7					
41	Kelly-Lynne Spettigue	Upper Waterloo Trac	462	F	
27:14.9					
42	Rebecca Patten	Toronto Olympic Clu	401	F	
27:18.3					
43	Stephanie Aldea	Unattached	443	F	
27:25.4					
44	Bronwen Douglas	London Runner Dista	125	F	
27:45.8					
45	Monica Lau	Toronto Olympic Clu	397	F	
27:47.3					
46	Andrea Smith	South Simcoe Duffer	360	F	
27:53.4					
47	Ruth Weaver	University of Toron	482	F	
28:04.5					
48	Kaitlin Coopman	York University Tra	521	F	
28:14.5					
49	Brenna Walsh	Fleur de Lys	539	F	
28:27.2					
50	Stephaney Fay	Toronto Olympic Clu	387	F	
28:41.3					
51	Amélie Marcil-Roy	Vainqueurs	548	F	
28:53.1					
52	Erika Houde-Pearce	London Runner Dista	131	F	
29:00.3					
53	Olivia Cimo	Toronto Olympic Clu	384	F	
31:23.9					

Senior Men

<u>Place</u>	<u>Name</u>	<u>Team</u>	<u>Bib No</u>	<u>Gender</u>	
<u>Time</u>					
1	Cameron Levins	Comox Valley Cougar	28	M	
29:25.7					
2	Robin Watson	Speed River TFC	336	M	
29:49.0					
3	Reid Coolsaet	Speed River TFC	315	M	
30:04.7					
4	Kelly Wiebe	University of Regin	460	M	
30:10.0					
5	Kip *Kangogo	Running Room Athlet	286	M	
30:22.7					
6	Alex Genest	Sherbrooke	528	M	
30:35.4					
7	Barry Britt	SJTC	306	M	
30:44.5					
8	Yves *Sikubwabo	Ottawa Lions Track	234	M	
30:44.8					
9	Derek Snider	Speed River TFC	328	M	
30:50.0					
10	Matthew Hughes	Toronto Olympic Clu	393	M	
31:10.7					
11	Matthew Pieterston	University of Victo	491	M	
31:14.1					
12	Matthew Clout	Unattached (UNA)	451	M	
31:17.1					
13	Mathew Walters	North Bay Legion	213	M	
31:20.2					
14	Dagim *Yeshitela	Toronto Olympic Clu	379	M	
31:25.4					
15	Joseph Campanelli	University of Toron	465	M	
31:25.7					
16	Matthew Brunsting	Speed River TFC	312	M	31:27.6
17	Adam Hortian	Toronto Olympic Clu	392	M	
31:32.9					
18	Joël Bourgeois	O2	216	M	
31:40.0					
19	Iain Fyfe	University of Regin	458	M	
31:40.1					
20	James G. Finlayson	Prairie Inn Harrier	259	M	
31:43.9					
21	Ryan Huff	London Runner Dista	132	M	
31:46.6					
22	Saheed Khan	Toronto Olympic Clu	394	M	
31:47.7					
23	Robert Kitz	University of Toron	475	M	
31:49.8					
24	Logan Burke	Unattached	447	M	
31:52.9					
25	Michael Gill	Physi-Kult Kingston	247	M	31:55.0
26	Stéphane Colle	Fleur de Lys	535	M	
31:55.9					
27	Lee McCarron	Speed River TFC	322	M	
31:56.8					
28	Brent Smith	London Runner Dista	140	M	
32:00.3					
29	John Mason	Unattached-ONT	551	M	
32:00.4					
30	Kris Swanson	Prairie Inn Harrier	263	M	
32:04.3					
31	Cody Murray	Speed River TFC	323	M	
32:08.7					
32	Tommy Lecours	Rouge et Or	285	M	
32:15.9					
33	Paul Chafe	University of Toron	467	M	
32:17.9					
34	Kerry Kazuta	Point Grey Track &	270	M	32:18.7

Canadian National Cross Country Championships 2010

35	Tim Konoval	Unattached (UNA)	318	M
32:21.0				
36	Maya Aden	Ottawa Lions Track	223	M
32:23.9				
37	Mark Vollmer	Speed River TFC	334	M
32:27.2				
38	Nicholas Walters	North Bay Legion	214	M
32:29.2				
39	Andrew Aguanno	University of Winds	457	M
32:49.0				
40	Danny Kassap	Unattached	449	M
32:53.5				
41	Trevor Caldwell	University of Toron	464	M
32:54.4				
42	Ryan Noel-Hodge	Fleur de Lys	538	M
32:56.2				
43	Derek Nakluski	Toronto Olympic Clu	399	M
33:01.4				
44	Patrick Marion	Ottawa Lions Track	229	M
33:01.6				
45	Adrian Lambert	Edmonton Thunder	58	M
33:02.0				
46	Ryan Brockerville	Unattached	446	M
33:03.3				
47	Dylan G. Gant	Prairie Inn Harrier	260	M
33:09.4				
48	Nathan De Witt	London Runner Dista	124	M
33:11.8				
49	Christian Mercier	Physi-Kult Kingston	252	M
33:14.6				
50	Steven McEligott	Fleur de Lys	537	M
33:17.1				
51	Sébastien Monette	Vaudreuil-Dorion	37	M
33:20.0				
52	Sami Jibril	Mississauga Track	165	M
33:23.9				
53	Shawn Davis	Newmarket Huskies T	182	M
33:24.4				
54	Benjamin Brzezynski	North Bay Legion	172	M
33:25.1				
55	Mario Iozzo	Newmarket Huskies T	190	M
33:25.8				
56	Selam Yohannes	University of Toron	485	M
33:26.7				
57	Maxime Paquette	Speed River TFC	324	M
33:29.5				
58	Dominic Michaud	cadl	10	M
33:34.9				
59	Cleve Thorson	Speed River TFC	332	M
33:39.8				
60	Antun Rudo Pavelic	University of Toron	480	M
33:41.2				
61	Nathan Wanuch	Etobicoke Track F	69	M
33:43.4				
62	Grant A. Handrigan	Unattached	448	M
33:45.4				
63	Trevor Walmsley	Physi-Kult Kingston	257	M
33:47.9				
64	Patrick Mottard	Vaudreuil-Dorion	39	M
33:49.8				
65	Matt Suda	London Runner Dista	141	M
33:51.0				
66	Russell Christie	Ottawa Lions Track	225	M
33:55.7				
67	Patrick Mackinnon	Runners' Edge Track	293	M
34:00.4				
68	Darryl Bank	Toronto Olympic Clu	381	M
34:03.5				
69	Kevin Montgomery	York University Tra	522	M
34:10.4				
70	Mark A. Brophy	London Western Trac	147	M
34:15.2				
71	Christopher Pietrangelo	Etobicoke Track F	67	M
34:32.6				
72	Abdelkader Dib	Caltaf Athletic Ass	13	M
34:49.4				
73	Marc-André Raiche	Kalenjins	101	M
34:51.0				
74	Dallas Raudebaugh	Edmonton Thunder	59	M
34:55.0				
75	Kevin Smith	Toronto Olympic Clu	408	M

Canadian National Cross Country Championships 2010

35:00.7					
76	Phillip Robson	Windsor Legion Trac	494	M	
35:03.3					
77	Tim Hain	London Runner Dista	126	M	
35:19.6					
78	Philippe Soucy	cadl	12	M	
35:32.1					
79	Jeremy Walsh	London Runner Dista	143	M	
35:45.6					
80	Eric Leishman	Track North Athleti	371	M	
35:56.0					
81	John Lofranco	Fleur de Lys	536	M	
36:03.9					
82	Jordan Scott	North Bay Legion	176	M	
37:00.0					
83	Adam G. Snow	Mercury Athletics	161	M	
37:02.1					
84	Adam Lalonde	North Bay Legion	174	M	
38:54.7					

Canadian National Cross Country Championships 2010

November 27, 2010

Results By Speed River Timing

Final Team Results

Junior Women

Team - University of Calgary Ath Finish Position - 1

Team Score (places): 55

<u>Place</u>	<u>Bib No</u>	<u>Name</u>	<u>City</u>	<u>Gend</u>	<u>O'all Place</u>	<u>Cum. Place</u>	<u>Time</u>	<u>Cum.</u>
17:48.8	1	429	Ciara Kary	F	2	2	17:48.8	
36:28.3	2	430	Grace Kary	F	11	13	18:39.5	
55:09.5	3	435	Claire Sumner	F	13	26	18:41.2	
1:14:14.8	4	434	Ellen Pennock	F	29	55	19:05.2	
1:33:56.1	5	432	Shannon McAvoy	F	65	120	19:41.3	
1:53:48.2	6	433	Elizabeth O'connell	F	76	196	19:52.0	
2:13:43.1	7	426	Maria Fox	F	81	277	19:54.9	
2:34:18.0	8	425	Kathleen Duke	F	124	401	20:34.9	
2:54:59.7	9	428	Rebecca Gould	F	128	529	20:41.6	
3:15:57.4	10	427	Victoria Frost	F	143	672	20:57.7	
3:37:00.5	11	423	Ellen Chappell	F	144	816	21:03.0	
3:58:14.3	12	431	Courtney Long	F	148	964	21:13.8	
4:19:50.9	13	424	Ariana Dirk	F	152	1116	21:36.5	

Team - Niagara Olympic Club Finish Position - 2

Team Score (places): 71

<u>Place</u>	<u>Bib No</u>	<u>Name</u>	<u>City</u>	<u>Gend</u>	<u>O'all Place</u>	<u>Cum. Place</u>	<u>Time</u>	<u>Cum.</u>
18:41.4	1	207	Michelle Molodynia	F	14	14	18:41.4	
37:26.2	2	209	Karley Rempel	F	16	30	18:44.8	
56:15.3	3	210	Megan Rempel	F	20	50	18:49.1	
1:15:05.5	4	198	Deanna Brasz	F	21	71	18:50.1	
	5	205	Laura Korsmit	F	67	138	19:44.1	

1:34:49.6								
6	206	Alannah Macdonald		F	145	283	21:04.4	
1:55:54.1								
7	204	Sarah Kleemola		F	154	437	21:50.2	
2:17:44.3								

Team - University of Toronto Track Finish Position - 3**Team Score (places): 83**

<u>Time</u>	<u>Place</u>	<u>Bib No</u>	<u>Name</u>	<u>City</u>	<u>Gend</u>	<u>O'all Place</u>	<u>Cum. Place</u>	<u>Time</u>	<u>Cum.</u>
	1	466	Melissa Caruso		F	12	12	18:41.0	
18:41.0									
	2	483	Elizabeth Whelan		F	18	30	18:45.4	
37:26.4									
	3	479	Madeline McDonald		F	19	49	18:45.7	
56:12.2									
	4	472	Colleen Hennessy		F	34	83	19:12.1	
1:15:24.3									
	5	473	Kelly Hennessy		F	36	119	19:15.3	
1:34:39.6									
	6	477	Paulina Maher		F	52	171	19:29.8	
1:54:09.5									
	7	470	Samantha Edwards		F	77	248	19:52.1	
2:14:01.7									
	8	478	Charlotte Marcotte-Toale		F	92	340	20:06.6	
2:34:08.3									
	9	471	Sarah Emilio		F	94	434	20:08.5	
2:54:16.9									
	10	474	Shannon Kennedy		F	111	545	20:23.2	
3:14:40.2									

Team - Newmarket Huskies Track C Finish Position - 4**Team Score (places): 139**

<u>Time</u>	<u>Place</u>	<u>Bib No</u>	<u>Name</u>	<u>City</u>	<u>Gend</u>	<u>O'all Place</u>	<u>Cum. Place</u>	<u>Time</u>	<u>Cum.</u>
	1	181	Victoria Coates		F	1	1	17:42.0	
17:42.0									
	2	192	Kaitlyn Oliver		F	39	40	19:16.8	
36:58.9									
	3	188	Caileigh Glenn		F	46	86	19:23.7	
56:22.6									
	4	189	Natalia Hawthorn		F	53	139	19:32.2	
1:15:54.9									
	5	195	Kirsten Stewart		F	54	193	19:33.7	
1:35:28.6									
	6	196	Meghan Tait		F	70	263	19:46.2	
1:55:14.8									

Team - Ottawa Lions Track and Field Finish Position - 5**Team Score (places): 190**

<u>Time</u>	<u>Place</u>	<u>Bib No</u>	<u>Name</u>	<u>City</u>	<u>Gend</u>	<u>O'all Place</u>	<u>Cum. Place</u>	<u>Time</u>	<u>Cum.</u>
	1	227	Emma Galbraith		F	24	24	19:01.8	
19:01.8									
	2	231	Julia Nikonorova		F	32	56	19:08.4	
38:10.2									

3	232	Emma Norman	F	66	122	19:41.8
57:52.0						
4	236	Kathryn Tuck	F	68	190	19:45.3
1:17:37.3						
5	233	Erin O'higgins	F	96	286	20:11.5
1:37:48.8						
6	230	Clara Moore	F	113	399	20:28.4
1:58:17.2						
7	224	Ruth Burrows	F	117	516	20:29.7
2:18:47.0						

Team - University of Victoria Finish Position - 6

Team Score (places): 213

<u>Time</u>	<u>Place</u>	<u>Bib No</u>	<u>Name</u>	<u>City</u>	<u>Gend</u>	<u>O'all Place</u>	<u>Cum. Place</u>	<u>Time</u>	<u>Cum.</u>
	1	490	Shauna K. McInnis		F	30	30	19:06.2	
19:06.2									
	2	488	Kate Dixon		F	33	63	19:10.2	
38:16.4									
	3	489	Maureen F. McCulligh		F	50	113	19:28.3	
57:44.7									
	4	487	Katelyn Currie		F	100	213	20:14.4	
1:17:59.2									

Team - South Simcoe Dufferin T&F Finish Position - 7

Team Score (places): 217

<u>Time</u>	<u>Place</u>	<u>Bib No</u>	<u>Name</u>	<u>City</u>	<u>Gend</u>	<u>O'all Place</u>	<u>Cum. Place</u>	<u>Time</u>	<u>Cum.</u>
	1	355	Kristie Lesage		F	15	15	18:44.0	
18:44.0									
	2	359	Rebecca Rae		F	58	73	19:34.4	
38:18.5									
	3	338	Maddy Armstrong		F	69	142	19:45.9	
58:04.5									
	4	362	Meaghan Wessel		F	75	217	19:51.5	
1:17:56.0									
	5	346	Alexandra Gallagher		F	106	323	20:18.9	
1:38:14.9									
	6	340	Christina Bokma		F	127	450	20:40.1	
1:58:55.0									
	7	356	Natalie McCormick		F	134	584	20:50.7	
2:19:45.8									
	8	353	Megan Kuikman		F	150	734	21:16.5	
2:41:02.4									
	9	339	Emily Blacklaws		F	151	885	21:33.1	
3:02:35.6									
	10	351	Tannis Jackson		F	156	1041	21:55.9	
3:24:31.6									

Team - Windsor Legion Track & Field Finish Position - 8

Team Score (places): 237

<u>Time</u>	<u>Place</u>	<u>Bib No</u>	<u>Name</u>	<u>City</u>	<u>Gend</u>	<u>O'all Place</u>	<u>Cum. Place</u>	<u>Time</u>	<u>Cum.</u>
	1	498	Frances Bernard		F	41	41	19:19.6	
19:19.6									
	2	505	Meaghan Marton		F	45	86	19:22.8	

38:42.4								
3	509	Alexandra Moore		F	73	159	19:49.4	
58:31.9								
4	495	Zeinab Baydoun		F	78	237	19:52.3	
1:18:24.3								
5	504	Olivia Little		F	91	328	20:05.7	
1:38:30.0								
6	499	Ashley Bracci		F	109	437	20:21.4	
1:58:51.4								

Team - Durham Dragons Athletics Finish Position - 9

Team Score (places): 248

<u>Time</u>	<u>Place</u>	<u>Bib No</u>	<u>Name</u>	<u>City</u>	<u>Gend</u>	<u>O'all Place</u>	<u>Cum. Place</u>	<u>Time</u>	<u>Cum.</u>
19:04.0	1	55	Rebecca Wendt		F	26	26	19:04.0	
38:40.5	2	42	Katey Codyre		F	61	87	19:36.4	
58:27.1	3	54	Victoria Samyn		F	71	158	19:46.5	
1:18:32.2	4	50	Siobhan Klie		F	90	248	20:05.1	

Team - Sarnia Athletics Southwest Finish Position - 10

Team Score (places): 286

<u>Time</u>	<u>Place</u>	<u>Bib No</u>	<u>Name</u>	<u>City</u>	<u>Gend</u>	<u>O'all Place</u>	<u>Cum. Place</u>	<u>Time</u>	<u>Cum.</u>
19:04.3	1	297	Katie Fleischer		F	27	27	19:04.3	
38:39.9	2	296	Chantal Bourassa		F	59	86	19:35.6	
58:35.5	3	303	Michelle Reddy		F	82	168	19:55.6	
1:19:05.7	4	301	Darian Limb		F	118	286	20:30.1	

Team - Riversdale Athletics Club Finish Position - 11

Team Score (places): 294

<u>Time</u>	<u>Place</u>	<u>Bib No</u>	<u>Name</u>	<u>City</u>	<u>Gend</u>	<u>O'all Place</u>	<u>Cum. Place</u>	<u>Time</u>	<u>Cum.</u>
18:53.5	1	280	Gabrielle Edwards		F	22	22	18:53.5	
38:27.9	2	281	Rachael Edwards		F	56	78	19:34.3	
58:05.6	3	283	Joanne Traves		F	63	141	19:37.7	
1:19:54.7	4	282	Rachael Groat		F	153	294	21:49.0	

Team - Speed River TFC Finish Position - 12

Team Score (places): 301

<u>Place</u>	<u>Bib No</u>	<u>Name</u>	<u>City</u>	<u>Gend</u>	<u>O'all Place</u>	<u>Cum. Place</u>	<u>Time</u>	<u>Cum.</u>
17:58.9	1	Emily Driedger		F	5	5	17:58.9	
37:53.3	2	Sara Bowman		F	80	85	19:54.4	
58:05.2	3	Maggie Macdonald		F	97	182	20:11.9	
1:18:36.6	4	Jordyn Visscher		F	119	301	20:31.4	
1:39:09.6	5	Dalia Taqualia		F	121	422	20:32.9	
1:59:52.0	6	Lynsey Martin		F	129	551	20:42.4	
2:20:45.6	7	Dina Taqualia		F	138	689	20:53.5	

Team - Hamilton Hammerheads Finish Position - 13**Team Score (places): 314**

<u>Place</u>	<u>Bib No</u>	<u>Name</u>	<u>City</u>	<u>Gend</u>	<u>O'all Place</u>	<u>Cum. Place</u>	<u>Time</u>	<u>Cum.</u>
18:30.4	1	Cerise Thompson		F	8	8	18:30.4	
37:55.4	2	Chelsea Mackinnon		F	47	55	19:24.9	
58:29.4	3	Kaitlyn Pansegrau		F	123	178	20:34.0	
1:19:21.2	4	Karen Thompson		F	136	314	20:51.7	

Team - London Runner Distance Club Finish Position - 14**Team Score (places): 382**

<u>Place</u>	<u>Bib No</u>	<u>Name</u>	<u>City</u>	<u>Gend</u>	<u>O'all Place</u>	<u>Cum. Place</u>	<u>Time</u>	<u>Cum.</u>
20:02.6	1	Samantha McGuinness		F	87	87	20:02.6	
40:09.7	2	Emily Kruger		F	93	180	20:07.0	
1:00:23.7	3	Kaitlyn Komarnicky		F	99	279	20:13.9	
1:20:40.3	4	Madeline Yungblut		F	103	382	20:16.6	

Team - London Western Track & Field Finish Position - 15**Team Score (places): 417**

<u>Place</u>	<u>Bib No</u>	<u>Name</u>	<u>City</u>	<u>Gend</u>	<u>O'all Place</u>	<u>Cum. Place</u>	<u>Time</u>	<u>Cum.</u>
18:45.2	1	Jaclyn White		F	17	17	18:45.2	
39:30.8	2	Kirsten Allen		F	132	149	20:45.6	
1:00:18.3	3	Katie Matthews		F	133	282	20:47.4	

4	160	Jessica White	F	135	417	20:51.1
1:21:09.4						
5	146	Tianna Beharriell	F	149	566	21:13.8
1:42:23.3						
6	157	Jessica Pileggi	F	159	725	22:06.3
2:04:29.7						

Team - Toronto Olympic Club Finish Position - 16**Team Score (places): 473**

<u>Place</u>	<u>Bib No</u>	<u>Name</u>	<u>City</u>	<u>Gend</u>	<u>O'all Place</u>	<u>Cum. Place</u>	<u>Time</u>	<u>Cum.</u>
1	413	Ali Woolley		F	95	95	20:10.7	
20:10.7								
2	407	Alison Smegal		F	101	196	20:15.0	
40:25.8								
3	409	Emma Spelt		F	120	316	20:32.8	
1:00:58.6								
4	412	Haily Williams		F	157	473	21:58.0	
1:22:56.7								
5	411	Michelle Wesolowski		F	160	633	22:28.6	
1:45:25.3								

Team - Les Coureurs de Bois Finish Position - 17**Team Score (places): 530**

<u>Place</u>	<u>Bib No</u>	<u>Name</u>	<u>City</u>	<u>Gend</u>	<u>O'all Place</u>	<u>Cum. Place</u>	<u>Time</u>	<u>Cum.</u>
1	119	Kelsey Serviss		F	88	88	20:03.3	
20:03.3								
2	113	Matilda Greenfield		F	141	229	20:55.4	
40:58.8								
3	115	Madeleine Kelly		F	146	375	21:07.1	
1:02:05.9								
4	121	Molly Steer		F	155	530	21:53.9	
1:23:59.9								

Final Team Results**Junior Men****Team - Windsor Legion Track & Field Finish Position - 1****Team Score (places): 47**

<u>Place</u>	<u>Bib No</u>	<u>Name</u>	<u>City</u>	<u>Gend</u>	<u>O'all Place</u>	<u>Cum. Place</u>	<u>Time</u>	<u>Cum.</u>
1	501	Paul Janikowski		M	5	5	24:46.2	
24:46.2								
2	502	Andrew Kowalsky		M	6	11	24:47.2	

49:33.4								
3	510	Daniel Piticariu		M	8	19	25:05.2	
1:14:38.6								
4	511	Ryan Sleiman		M	28	47	25:57.5	
1:40:36.1								
5	500	Nick Falk		M	30	77	26:04.8	
2:06:41.0								
6	496	Corey Bellemore		M	33	110	26:10.1	
2:32:51.1								
7	512	Daryl Smith		M	35	145	26:17.8	
2:59:08.9								
8	508	Reid Mitchell		M	53	198	26:37.1	
3:25:46.0								
9	507	David Meloche		M	85	283	27:09.6	
3:52:55.6								
10	503	Matthew Krey		M	98	381	27:19.7	
4:20:15.3								
11	497	Justin Bellemore		M	140	521	28:09.8	
4:48:25.1								

Team - Durham Dragons Athletics Finish Position - 2

Team Score (places): 60

<u>Place</u>	<u>Bib No</u>	<u>Name</u>	<u>City</u>	<u>Gen</u>	<u>O'all</u>	<u>Cum.</u>	<u>Time</u>	<u>Cum.</u>
<u>Time</u>					<u>Place</u>	<u>Place</u>		
1	48	Xavier King		M	7	7	24:55.2	
24:55.2								
2	46	Stephen Hosier		M	11	18	25:19.1	
50:14.3								
3	41	Jay Boychuk		M	19	37	25:34.8	
1:15:49.2								
4	40	Jordan Bierema		M	23	60	25:41.7	
1:41:31.0								
5	49	Brandon Kirkup		M	50	110	26:32.4	
2:08:03.5								
6	45	Evan Esselink		M	70	180	26:59.3	
2:35:02.8								
7	52	Chris Moyer		M	87	267	27:10.3	
3:02:13.1								
8	43	Jeremy Coughler		M	108	375	27:32.7	
3:29:45.9								
9	56	Andrew White		M	121	496	27:47.5	
3:57:33.4								
10	53	Brendan Randall		M	126	622	27:53.4	
4:25:26.9								
11	57	Matthew Wieser		M	168	790	29:13.2	
4:54:40.2								
12	47	Zack Jones		M	189	979	30:26.8	
5:25:07.1								

Team - Newmarket Huskies Track C Finish Position - 3

Team Score (places): 81

<u>Place</u>	<u>Bib No</u>	<u>Name</u>	<u>City</u>	<u>Gen</u>	<u>O'all</u>	<u>Cum.</u>	<u>Time</u>	<u>Cum.</u>
<u>Time</u>					<u>Place</u>	<u>Place</u>		
1	185	Robert Denault		M	3	3	24:40.1	
24:40.1								
2	183	Andrew Degroot		M	18	21	25:32.4	
50:12.5								
3	184	Alex Denault		M	29	50	25:58.3	
1:16:10.8								
4	187	Alex Freemantle		M	31	81	26:06.8	
1:42:17.7								
5	193	Marco Papania		M	65	146	26:55.9	
2:09:13.7								
6	178	Michael Bourgeois		M	72	218	27:00.3	

2:36:14.0								
7	186	Robbie Elmhirst		M	75	293	27:02.3	
3:03:16.3								
8	191	Eric Macpherson		M	76	369	27:03.2	
3:30:19.6								
9	194	Kyle Penney		M	144	513	28:18.0	
3:58:37.6								

Team - Physi-Kult Kingston Finish Position - 4**Team Score (places): 95**

<u>Place</u>	<u>Bib No</u>	<u>Name</u>	<u>City</u>	<u>Gend</u>	<u>O'all Place</u>	<u>Cum. Place</u>	<u>Time</u>	<u>Cum.</u>
<u>Time</u>								
1	245	Robert Asselstine		M	14	14	25:24.8	
25:24.8								
2	248	Alexander Hinton		M	24	38	25:43.9	
51:08.7								
3	240	Charly Allan		M	25	63	25:53.3	
1:17:02.1								
4	244	Jeff Archer		M	32	95	26:08.5	
1:43:10.6								
5	241	Evan Andrin		M	51	146	26:33.5	
2:09:44.1								
6	253	Blair Morgan		M	84	230	27:09.0	
2:36:53.2								
7	251	Kyle McKellar		M	105	335	27:28.1	
3:04:21.3								
8	249	Cameron Levac		M	132	467	28:02.8	
3:32:24.2								
9	242	Hunter Andrin		M	145	612	28:21.2	
4:00:45.4								
10	243	Gerasimos Angelatos		M	162	774	29:02.2	
4:29:47.7								

Team - University of British Columbia Finish Position - 5**Team Score (places): 180**

<u>Place</u>	<u>Bib No</u>	<u>Name</u>	<u>City</u>	<u>Gend</u>	<u>O'all Place</u>	<u>Cum. Place</u>	<u>Time</u>	<u>Cum.</u>
<u>Time</u>								
1	420	Lucas Bruchet		M	2	2	24:37.1	
24:37.1								
2	422	Justin Kent		M	27	29	25:57.0	
50:34.1								
3	421	Tim Huebsch		M	37	66	26:19.7	
1:16:53.9								
4	454	Nick Thomas		M	114	180	27:39.7	
1:44:33.6								

Team - Speed River TFC Finish Position - 6**Team Score (places): 206**

<u>Place</u>	<u>Bib No</u>	<u>Name</u>	<u>City</u>	<u>Gend</u>	<u>O'all Place</u>	<u>Cum. Place</u>	<u>Time</u>	<u>Cum.</u>
<u>Time</u>								
1	316	Ian Donald		M	12	12	25:21.8	
25:21.8								
2	314	Connor Clerke		M	22	34	25:40.6	
51:02.5								
3	308	Drew Anderson		M	78	112	27:05.4	
1:18:08.0								

4	335	Daniel Waters	M	94	206	27:17.3
1:45:25.3						
5	309	Matthew Bannon	M	134	340	28:03.6
2:13:28.9						
6	325	Peter Quosai	M	165	505	29:04.1
2:42:33.1						
7	326	Will Russell	M	171	676	29:21.8
3:11:55.0						

Team - Mississauga Track Finish Position - 7**Team Score (places): 254**

<u>Place</u>	<u>Bib No</u>	<u>Name</u>	<u>City</u>	<u>Gend</u>	<u>O'all Place</u>	<u>Cum. Place</u>	<u>Time</u>	<u>Cum.</u>
1	166	Robert McCann		M	57	57	26:45.7	
26:45.7								
2	163	Christopher Dulhanty		M	60	117	26:49.0	
53:34.8								
3	168	Philippe Parrot-Migas		M	64	181	26:55.1	
1:20:30.0								
4	162	Kevin Azocar		M	73	254	27:01.0	
1:47:31.0								
5	169	Nick Pimental		M	110	364	27:33.8	
2:15:04.8								

Team - South Simcoe Dufferin T&F Finish Position - 8**Team Score (places): 300**

<u>Place</u>	<u>Bib No</u>	<u>Name</u>	<u>City</u>	<u>Gend</u>	<u>O'all Place</u>	<u>Cum. Place</u>	<u>Time</u>	<u>Cum.</u>
1	358	Michael Pesce		M	26	26	25:54.2	
25:54.2								
2	344	Matthew Druken		M	34	60	26:12.2	
52:06.4								
3	347	Steven Greco		M	99	159	27:20.2	
1:19:26.7								
4	361	Jordan Usher		M	141	300	28:12.0	
1:47:38.7								
5	341	Luke Charbonneau		M	160	460	29:01.3	
2:16:40.1								
6	352	Troy Kasper		M	197	657	33:50.0	
2:50:30.1								

Team - Toronto Olympic Club Finish Position - 9**Team Score (places): 313**

<u>Place</u>	<u>Bib No</u>	<u>Name</u>	<u>City</u>	<u>Gend</u>	<u>O'all Place</u>	<u>Cum. Place</u>	<u>Time</u>	<u>Cum.</u>
1	410	Matthew Stephenson		M	36	36	26:19.4	
26:19.4								
2	396	Eric Labelle		M	58	94	26:46.1	
53:05.6								
3	405	Brent Scheibelhut		M	107	201	27:30.0	
1:20:35.6								
4	404	Nicholas Reay		M	112	313	27:36.0	
1:48:11.6								
5	389	Ethan Henry		M	115	428	27:40.6	
2:15:52.2								
6	383	Joshua Budman		M	122	550	27:47.6	

2:43:39.9								
7	391	Scott Hill		M	124	674	27:51.5	
3:11:31.4								
8	380	Chris Angelatos		M	147	821	28:25.7	
3:39:57.2								
9	403	Sean Patterson		M	150	971	28:32.1	
4:08:29.3								
10	390	Alan Hetherington		M	166	1137	29:09.3	
4:37:38.7								
11	400	Matthew Paladino		M	181	1318	29:49.8	
5:07:28.6								
12	402	Chad Patterson		M	184	1502	30:00.2	
5:37:28.8								

Team - Sarnia Athletics Southwest Finish Position - 10**Team Score (places): 334**

<u>Time</u>	<u>Place</u>	<u>Bib No</u>	<u>Name</u>	<u>City</u>	<u>Gen</u>	<u>O'all Place</u>	<u>Cum. Place</u>	<u>Time</u>	<u>Cum.</u>
	1	299	Matthew Hall		M	47	47	26:30.2	
26:30.2									
	2	298	Patrick Galler		M	59	106	26:47.4	
53:17.7									
	3	302	Shawn Master		M	92	198	27:15.7	
1:20:33.4									
	4	300	Tyler Hewlett		M	136	334	28:05.6	
1:48:39.0									

Team - London Runner Distance Club Finish Position - 11**Team Score (places): 403**

<u>Time</u>	<u>Place</u>	<u>Bib No</u>	<u>Name</u>	<u>City</u>	<u>Gen</u>	<u>O'all Place</u>	<u>Cum. Place</u>	<u>Time</u>	<u>Cum.</u>
	1	129	Aaron Hendrikx		M	43	43	26:27.5	
26:27.5									
	2	130	Max Holden		M	74	117	27:02.0	
53:29.5									
	3	136	David Marquez		M	137	254	28:06.6	
1:21:36.2									
	4	142	Ian Turnbull		M	149	403	28:31.2	
1:50:07.5									
	5	133	Sameem Javeed		M	155	558	28:48.9	
2:18:56.4									

Team - Hamilton Hammerheads Finish Position - 12**Team Score (places): 408**

<u>Time</u>	<u>Place</u>	<u>Bib No</u>	<u>Name</u>	<u>City</u>	<u>Gen</u>	<u>O'all Place</u>	<u>Cum. Place</u>	<u>Time</u>	<u>Cum.</u>
	1	90	Rui Xu		M	68	68	26:58.9	
26:58.9									
	2	81	Austen Forbes		M	86	154	27:10.1	
54:09.1									
	3	84	Duke Lloyd		M	91	245	27:15.5	
1:21:24.6									
	4	82	Taylor Forbes		M	163	408	29:03.5	
1:50:28.2									
	5	83	Derek Hambly		M	169	577	29:16.8	
2:19:45.0									

Team - Quinte Legion Track & Field Finish Position - 13**Team Score (places): 408**

<u>Place</u>	<u>Bib No</u>	<u>Name</u>	<u>City</u>	<u>Gend</u>	<u>O'all Place</u>	<u>Cum. Place</u>	<u>Time</u>	<u>Cum.</u>
<u>Time</u>								
1	278	Kaelan Parker		M	66	66	26:56.9	
26:56.9								
2	277	Nicholas Holden		M	69	135	26:59.0	
53:56.0								
3	276	Adam Doxtator		M	90	225	27:12.4	
1:21:08.4								
4	273	Patrick Daley		M	183	408	29:57.6	
1:51:06.1								

Team - Track North Athletic Club Finish Position - 14**Team Score (places): 420**

<u>Place</u>	<u>Bib No</u>	<u>Name</u>	<u>City</u>	<u>Gend</u>	<u>O'all Place</u>	<u>Cum. Place</u>	<u>Time</u>	<u>Cum.</u>
<u>Time</u>								
1	375	Ross Proudfoot		M	1	1	24:27.7	
24:27.7								
2	368	Joseph Burke		M	120	121	27:45.8	
52:13.6								
3	373	Justin McNamara		M	142	263	28:13.5	
1:20:27.2								
4	370	Sebastian Diebel		M	157	420	28:55.9	
1:49:23.1								
5	374	Michael Niven		M	179	599	29:48.3	
2:19:11.5								

Team - London Western Track & Field Finish Position - 15**Team Score (places): 447**

<u>Place</u>	<u>Bib No</u>	<u>Name</u>	<u>City</u>	<u>Gend</u>	<u>O'all Place</u>	<u>Cum. Place</u>	<u>Time</u>	<u>Cum.</u>
<u>Time</u>								
1	153	Nathaniel Lamb		M	45	45	26:30.0	
26:30.0								
2	151	Jeremy Hick		M	100	145	27:20.9	
53:51.0								
3	158	Matthew Travaglini		M	129	274	28:00.4	
1:21:51.4								
4	156	Connor Pfile		M	173	447	29:30.6	
1:51:22.0								

Team - Niagara Olympic Club Finish Position - 16**Team Score (places): 476**

<u>Place</u>	<u>Bib No</u>	<u>Name</u>	<u>City</u>	<u>Gend</u>	<u>O'all Place</u>	<u>Cum. Place</u>	<u>Time</u>	<u>Cum.</u>
<u>Time</u>								
1	197	Ibrahim Ahmed		M	39	39	26:22.7	
26:22.7								

2	211	Troy Smith	M	116	155	27:41.5
54:04.3						
3	203	Trevor Janssen	M	146	301	28:24.7
1:22:29.0						
4	200	Alex Delle Monache	M	175	476	29:36.5
1:52:05.5						
5	212	Grant Wignall	M	180	656	29:49.2
2:21:54.7						
6	199	Carmen Continisio	M	192	848	31:09.5
2:53:04.2						
7	202	Sean Goddard	M	195	1043	31:37.6
3:24:41.8						

Team - Runners' Edge Track Club Finish Position - 17

Team Score (places): 546

<u>Place</u>	<u>Bib No</u>	<u>Name</u>	<u>City</u>	<u>Gend</u>	<u>O'all Place</u>	<u>Cum. Place</u>	<u>Time</u>	<u>Cum.</u>
1	294	Anthony Romaniw		M	49	49	26:31.8	
26:31.8								
2	290	Christopher Hutton		M	133	182	28:03.4	
54:35.2								
3	287	Connor Doherty		M	174	356	29:32.5	
1:24:07.8								
4	291	Taylor Laekemann		M	190	546	30:43.6	
1:54:51.5								

Team - Les Coureurs de Bois Finish Position - 18

Team Score (places): 561

<u>Place</u>	<u>Bib No</u>	<u>Name</u>	<u>City</u>	<u>Gend</u>	<u>O'all Place</u>	<u>Cum. Place</u>	<u>Time</u>	<u>Cum.</u>
1	114	Riley Johnston		M	103	103	27:24.8	
27:24.8								
2	117	Stuart Macpherson		M	127	230	27:56.8	
55:21.7								
3	116	Ty Lebannister		M	159	389	29:00.0	
1:24:21.7								
4	118	Scott Mills		M	172	561	29:26.8	
1:53:48.5								
5	120	Luke Steer		M	182	743	29:53.5	
2:23:42.1								
6	112	David Cashin		M	187	930	30:19.6	
2:54:01.8								

Team - Hamilton Olympic Club Finish Position - 19

Team Score (places): 599

<u>Place</u>	<u>Bib No</u>	<u>Name</u>	<u>City</u>	<u>Gend</u>	<u>O'all Place</u>	<u>Cum. Place</u>	<u>Time</u>	<u>Cum.</u>
1	94	Paul Kolb		M	130	130	28:01.0	
28:01.0								
2	96	Adam Rowles		M	143	273	28:14.0	
56:15.0								
3	95	Gregory Lariviere		M	148	421	28:29.6	
1:24:44.7								
4	92	Mark Brenyo		M	178	599	29:44.3	
1:54:29.0								

Final Team Results

Senior Women

Team - Speed River TFC Finish Position - 1

Team Score (places): 51

<u>Time</u>	<u>Place</u>	<u>Bib No</u>	<u>Name</u>	<u>City</u>	<u>Gend</u>	<u>O'all Place</u>	<u>Cum. Place</u>	<u>Time</u>	<u>Cum.</u>
24:17.3	1	313	Dana Buchanan		F	4	4	24:17.3	
49:13.7	2	329	Hilary Stellingwerff		F	11	15	24:56.3	
1:14:27.4	3	319	Courtney Laurie		F	13	28	25:13.7	
1:40:29.4	4	337	Lydia Willemse		F	23	51	26:02.0	
2:06:52.4	5	327	Andrea Seccafien		F	30	81	26:22.9	

Team - Prairie Inn Harriers Finish Position - 2

Team Score (places): 62

<u>Time</u>	<u>Place</u>	<u>Bib No</u>	<u>Name</u>	<u>City</u>	<u>Gend</u>	<u>O'all Place</u>	<u>Cum. Place</u>	<u>Time</u>	<u>Cum.</u>
24:27.2	1	264	Natasha Wodak		F	5	5	24:27.2	
49:21.7	2	262	Lucy Smith		F	10	15	24:54.4	
1:15:19.5	3	261	Jessica Sedlock		F	20	35	25:57.8	
1:41:37.1	4	258	Erin Burrett		F	27	62	26:17.6	

Team - South Simcoe Dufferin T&F Finish Position - 3

Team Score (places): 141

<u>Time</u>	<u>Place</u>	<u>Bib No</u>	<u>Name</u>	<u>City</u>	<u>Gend</u>	<u>O'all Place</u>	<u>Cum. Place</u>	<u>Time</u>	<u>Cum.</u>
26:18.5	1	348	Rebecca Hallam		F	28	28	26:18.5	
52:39.7	2	342	Ashley Comstock		F	29	57	26:21.2	
1:19:38.4	3	349	Rachel Hannah		F	38	95	26:58.6	
1:47:31.8	4	360	Andrea Smith		F	46	141	27:53.4	

Team - University of Toronto Track Finish Position - 4**Team Score (places): 152**

<u>Place</u>	<u>Bib No</u>	<u>Name</u>	<u>City</u>	<u>Gend</u>	<u>O'all Place</u>	<u>Cum. Place</u>	<u>Time</u>	<u>Cum.</u>
<u>Time</u>								
1	468	Jane Cullis		F	32	32	26:30.3	
26:30.3								
2	469	Jennifer Eberman		F	36	68	26:52.4	
53:22.7								
3	476	Meghan Lynch		F	37	105	26:54.9	
1:20:17.7								
4	482	Ruth Weaver		F	47	152	28:04.5	
1:48:22.2								

Team - Toronto Olympic Club Finish Position - 5**Team Score (places): 177**

<u>Place</u>	<u>Bib No</u>	<u>Name</u>	<u>City</u>	<u>Gend</u>	<u>O'all Place</u>	<u>Cum. Place</u>	<u>Time</u>	<u>Cum.</u>
<u>Time</u>								
1	406	Rachel Sinasac		F	40	40	27:11.7	
27:11.7								
2	401	Rebecca Patten		F	42	82	27:18.3	
54:30.1								
3	397	Monica Lau		F	45	127	27:47.3	
1:22:17.4								
4	387	Stephaney Fay	Waterloo	F	50	177	28:41.3	
1:50:58.8								
5	384	Olivia Cimo		F	53	230	31:23.9	
2:22:22.7								

Final Team Results**Senior Men****Team - Speed River TFC Finish Position - 1****Team Score (places): 30**

<u>Place</u>	<u>Bib No</u>	<u>Name</u>	<u>City</u>	<u>Gend</u>	<u>O'all Place</u>	<u>Cum. Place</u>	<u>Time</u>	<u>Cum.</u>
<u>Time</u>								
1	336	Robin Watson		M	2	2	29:49.0	
29:49.0								
2	315	Reid Coolsaet		M	3	5	30:04.7	
59:53.7								
3	328	Derek Snider		M	9	14	30:50.0	
1:30:43.8								
4	312	Matthew Brunsting		M	16	30	31:27.6	
2:02:11.4								
5	322	Lee McCarron		M	27	57	31:56.8	
2:34:08.2								
6	323	Cody Murray		M	31	88	32:08.7	

3:06:17.0								
7	334	Mark Vollmer		M	37	125	32:27.2	
3:38:44.3								
8	324	Maxime Paquette		M	57	182	33:29.5	
4:12:13.8								
9	332	Cleve Thorson		M	59	241	33:39.8	
4:45:53.7								

Team - Toronto Olympic Club Finish Position - 2

Team Score (places): 63

<u>Place</u>	<u>Bib No</u>	<u>Name</u>	<u>City</u>	<u>Gend</u>	<u>O'all Place</u>	<u>Cum. Place</u>	<u>Time</u>	<u>Cum. Time</u>
1	393	Matthew Hughes		M	10	10	31:10.7	
2	379	Dagim *Yeshitela		M	14	24	31:25.4	
3	392	Adam Hortian		M	17	41	31:32.9	
4	394	Saheed Khan		M	22	63	31:47.7	
5	399	Derek Nakluski		M	43	106	33:01.4	
6	381	Darryl Bank		M	68	174	34:03.5	
7	408	Kevin Smith		M	75	249	35:00.7	

Team - University of Toronto Track Finish Position - 3

Team Score (places): 112

<u>Place</u>	<u>Bib No</u>	<u>Name</u>	<u>City</u>	<u>Gend</u>	<u>O'all Place</u>	<u>Cum. Place</u>	<u>Time</u>	<u>Cum. Time</u>
1	465	Joseph Campanelli		M	15	15	31:25.7	
2	475	Robert Kitz		M	23	38	31:49.8	
3	467	Paul Chafe		M	33	71	32:17.9	
4	464	Trevor Caldwell		M	41	112	32:54.4	
5	485	Selam Yohannes		M	56	168	33:26.7	
6	480	Antun Rudo Pavelic		M	60	228	33:41.2	

Team - Ottawa Lions Track and Field Finish Position - 4

Team Score (places): 154

<u>Place</u>	<u>Bib No</u>	<u>Name</u>	<u>City</u>	<u>Gend</u>	<u>O'all Place</u>	<u>Cum. Place</u>	<u>Time</u>	<u>Cum. Time</u>
1	234	Yves *Sikubwabo		M	8	8	30:44.8	
2	223	Maya Aden		M	36	44	32:23.9	
3	229	Patrick Marion		M	44	88	33:01.6	
4	225	Russell Christie		M	66	154	33:55.7	

Team - London Runner Distance Club Finish Position - 5**Team Score (places): 162**

<u>Place</u>	<u>Bib No</u>	<u>Name</u>	<u>City</u>	<u>Gend</u>	<u>O'all Place</u>	<u>Cum. Place</u>	<u>Time</u>	<u>Cum.</u>
<u>Time</u>								
1	132	Ryan Huff		M	21	21	31:46.6	
31:46.6								
2	140	Brent Smith		M	28	49	32:00.3	
1:03:47.0								
3	124	Nathan De Witt		M	48	97	33:11.8	
1:36:58.8								
4	141	Matt Suda		M	65	162	33:51.0	
2:10:49.8								
5	126	Tim Hain		M	77	239	35:19.6	
2:46:09.4								
6	143	Jeremy Walsh		M	79	318	35:45.6	
3:21:55.1								

Team - North Bay Legion Finish Position - 6**Team Score (places): 187**

<u>Place</u>	<u>Bib No</u>	<u>Name</u>	<u>City</u>	<u>Gend</u>	<u>O'all Place</u>	<u>Cum. Place</u>	<u>Time</u>	<u>Cum.</u>
<u>Time</u>								
1	213	Mathew Walters		M	13	13	31:20.2	
31:20.2								
2	214	Nicholas Walters		M	38	51	32:29.2	
1:03:49.4								
3	172	Benjamin Brzezynski		M	54	105	33:25.1	
1:37:14.6								
4	176	Jordan Scott		M	82	187	37:00.0	
2:14:14.6								
5	174	Adam Lalonde		M	84	271	38:54.7	
2:53:09.3								

Team - Fleur de Lys Finish Position - 7**Team Score (places): 199**

<u>Place</u>	<u>Bib No</u>	<u>Name</u>	<u>City</u>	<u>Gend</u>	<u>O'all Place</u>	<u>Cum. Place</u>	<u>Time</u>	<u>Cum.</u>
<u>Time</u>								
1	535	Stéphane Colle		M	26	26	31:55.9	
31:55.9								
2	538	Ryan Noel-Hodge		M	42	68	32:56.2	
1:04:52.1								
3	537	Steven McEligott		M	50	118	33:17.1	
1:38:09.2								
4	536	John Lofranco		M	81	199	36:03.9	
2:14:13.2								

Canadian National Cross Country Championships 2010

November 27, 2010

Results By Speed River Timing

Final Team Results

Junior Women

Provincial Teams

Team - Team Ontario Finish Position - 1

Team Score (places): 32

<u>Place</u>	<u>Bib No</u>	<u>Name</u>	<u>City</u>	<u>Gend</u>	<u>O'all Place</u>	<u>Cum. Place</u>	<u>Time</u>	<u>Cum.</u>
<u>Time</u>								
1	181	Victoria Coates		F	1	1	17:42.0	
17:42.0	2	Emily Driedger		F	5	6	17:58.9	
35:41.0	3	Natalie Kannenberg		F	9	15	18:33.1	
54:14.1	4	Jaclyn White		F	17	32	18:45.2	
1:12:59.3	5	Elizabeth Whelan		F	18	50	18:45.4	
1:31:44.8	6	Emma Galbraith		F	24	74	19:01.8	
1:50:46.6								

Team - Team Alberta Finish Position - 2

Team Score (places): 33

<u>Place</u>	<u>Bib No</u>	<u>Name</u>	<u>City</u>	<u>Gend</u>	<u>O'all Place</u>	<u>Cum. Place</u>	<u>Time</u>	<u>Cum.</u>
<u>Time</u>								
1	429	Ciara Kary		F	2	2	17:48.8	
17:48.8	2	Fiona Benson		F	7	9	18:22.6	
36:11.4	3	Grace Kary		F	11	20	18:39.5	
54:50.9	4	Claire Sumner		F	13	33	18:41.2	
1:13:32.1	5	Ellen Pennock		F	29	62	19:05.2	
1:32:37.4	6	Nicole Soderberg		F	35	97	19:13.3	
1:51:50.7								

Team - Equipe Quebec Finish Position - 3

Team Score (places): 99

<u>Place</u>	<u>Bib No</u>	<u>Name</u>	<u>City</u>	<u>Gend</u>	<u>O'all Place</u>	<u>Cum. Place</u>	<u>Time</u>	<u>Cum.</u>
<u>Time</u>								
1	532	Caroline Pfister		F	3	3	17:49.6	
17:49.6	2	Annie Leblanc		F	4	7	17:57.4	
35:47.1	3	Joannie Roy		F	28	35	19:04.7	
54:51.8	4	Caroline Tse		F	64	99	19:38.8	
1:14:30.7	5	Kim Masson-Cunnigham		F	112	211	20:28.0	
1:34:58.7	6	Allison Barwick		F	116	327	20:29.5	
1:55:28.2								

Team - Team BC Finish Position - 4**Team Score (places): 147**

<u>Place</u>	<u>Bib No</u>	<u>Name</u>	<u>City</u>	<u>Gend</u>	<u>O'all Place</u>	<u>Cum. Place</u>	<u>Time</u>	<u>Cum.</u>
<u>Time</u>								
1	490	Shauna K. McInnis		F	30	30	19:06.2	
19:06.2	2	Kate Dixon		F	33	63	19:10.2	
38:16.4	3	Maggie Woodward		F	40	103	19:17.3	
57:33.8	4	Ashley Windsor		F	44	147	19:22.3	
1:16:56.1	5	Maureen F. McCulligh		F	50	197	19:28.3	
1:36:24.4	6	Katelyn Currie		F	100	297	20:14.4	
1:56:38.9								

Team - Team Saskatchewan Finish Position - 5**Team Score (places): 171**

<u>Place</u>	<u>Bib No</u>	<u>Name</u>	<u>City</u>	<u>Gend</u>	<u>O'all Place</u>	<u>Cum. Place</u>	<u>Time</u>	<u>Cum.</u>
<u>Time</u>								
1	280	Gabrielle Edwards		F	22	22	18:53.5	
18:53.5	2	Leia Fedyk		F	38	60	19:16.2	
38:09.8	3	Danielle Thiel		F	55	115	19:34.3	
57:44.1	4	Rachael Edwards		F	56	171	19:34.3	
1:17:18.5	5	Joanne Traves		F	63	234	19:37.7	
1:36:56.2								

Team - Team Alberta B Finish Position - 6**Team Score (places): 195**

<u>Place</u>	<u>Bib No</u>	<u>Name</u>	<u>City</u>	<u>Gend</u>	<u>O'all Place</u>	<u>Cum. Place</u>	<u>Time</u>	<u>Cum.</u>
<u>Time</u>								

18:37.1	1	29	Maria Bernard	F	10	10	18:37.1
38:04.8	2	17	Gloria Kanuka	F	49	59	19:27.7
57:42.5	3	27	Evelyn Anderson	F	62	121	19:37.7
1:17:32.6	4	14	Adrienne Erdman	F	74	195	19:50.1
1:37:24.7	5	433	Elizabeth O'connell	F	76	271	19:52.0
1:57:19.6	6	426	Maria Fox	F	81	352	19:54.9

Team - Team Alberta C Finish Position - 7

Team Score (places): 461

<u>Time</u>	<u>Place</u>	<u>Bib No</u>	<u>Name</u>	<u>City</u>	<u>Gend</u>	<u>O'all Place</u>	<u>Cum. Place</u>	<u>Time</u>	<u>Cum.</u>
19:41.3	1	432	Shannon McAvoy		F	65	65	19:41.3	
40:16.2	2	425	Kathleen Duke		F	124	189	20:34.9	
1:00:57.9	3	428	Rebecca Gould		F	128	317	20:41.6	
1:22:01.0	4	423	Ellen Chappell		F	144	461	21:03.0	
1:43:14.8	5	431	Courtney Long		F	148	609	21:13.8	
2:04:51.4	6	424	Ariana Dirk		F	152	761	21:36.5	

Final Team Results

Junior Men

Provincial Teams

Team - Team Ontario Finish Position - 1

Team Score (places): 15

<u>Time</u>	<u>Place</u>	<u>Bib No</u>	<u>Name</u>	<u>City</u>	<u>Gend</u>	<u>O'all Place</u>	<u>Cum. Place</u>	<u>Time</u>	<u>Cum.</u>
24:27.7	1	375	Ross Proudfoot		M	1	1	24:27.7	
49:07.8	2	185	Robert Denault		M	3	4	24:40.1	
1:13:54.1	3	501	Paul Janikowski		M	5	9	24:46.2	
1:38:41.3	4	502	Andrew Kowalsky		M	6	15	24:47.2	
2:03:36.5	5	48	Xavier King		M	7	22	24:55.2	
2:33:14.6	6	365	Kurt Hauser		M	176	198	29:38.0	

Team - Team BC Finish Position - 2**Team Score (places): 125**

<u>Place</u>	<u>Bib No</u>	<u>Name</u>	<u>City</u>	<u>Gend</u>	<u>O'all Place</u>	<u>Cum. Place</u>	<u>Time</u>	<u>Cum.</u>
<u>Time</u>								
1	420	Lucas Bruchet		M	2	2	24:37.1	
24:37.1								
2	422	Justin Kent		M	27	29	25:57.0	
50:34.1								
3	555	Blair Johnston		M	40	69	26:22.9	
1:16:57.1								
4	102	Evan A. Hall		M	56	125	26:44.7	
1:43:41.8								
5	221	Deon J. Clifford		M	61	186	26:49.8	
2:10:31.6								
6	220	Jake Bruchet		M	125	311	27:52.4	
2:38:24.0								

Team - Equipe Quebec Finish Position - 3**Team Score (places): 126**

<u>Place</u>	<u>Bib No</u>	<u>Name</u>	<u>City</u>	<u>Gend</u>	<u>O'all Place</u>	<u>Cum. Place</u>	<u>Time</u>	<u>Cum.</u>
<u>Time</u>								
1	11	Benjamin Raymond		M	9	9	25:06.4	
25:06.4								
2	525	Emmanuel Boisvert		M	13	22	25:23.0	
50:29.4								
3	527	Nicolas Deshaies		M	42	64	26:26.3	
1:16:55.7								
4	562	Marc-Antoine Rouleau		M	62	126	26:50.4	
1:43:46.2								
5	531	Guillaume Ménard		M	67	193	26:58.1	
2:10:44.3								
6	530	Alex Mavrovic		M	81	274	27:08.1	
2:37:52.5								

Team - Team Saskatchewan Finish Position - 4**Team Score (places): 299**

<u>Place</u>	<u>Bib No</u>	<u>Name</u>	<u>City</u>	<u>Gend</u>	<u>O'all Place</u>	<u>Cum. Place</u>	<u>Time</u>	<u>Cum.</u>
<u>Time</u>								
1	459	Matthew Johnson		M	15	15	25:27.6	
25:27.6								
2	71	Adam Strueby		M	38	53	26:20.7	
51:48.4								
3	366	Taryn Heidecker		M	95	148	27:18.4	
1:19:06.8								
4	517	Matthys Wenning		M	151	299	28:36.3	
1:47:43.1								

Team - Team Alberta Finish Position - 5**Team Score (places): 327**O'all Cum.

<u>Place</u>	<u>Bib No</u>	<u>Name</u>	<u>City</u>	<u>Gend</u>	<u>Place</u>	<u>Place</u>	<u>Time</u>	<u>Cum.</u>
<u>Time</u>								
1	16	Gareth Hadfield		M	20	20	25:35.1	
25:35.1								
2	19	Merhauï Tume		M	79	99	27:06.0	
52:41.1								
3	15	Matthew Galea		M	93	192	27:17.2	
1:19:58.4								
4	284	Derrick Evans		M	135	327	28:05.0	
1:48:03.4								

Team - Team New Brunswick Finish Position - Inc.

Team Score (places): Inc.

<u>Place</u>	<u>Bib No</u>	<u>Name</u>	<u>City</u>	<u>Gend</u>	<u>O'all Place</u>	<u>Cum. Place</u>	<u>Time</u>	<u>Cum.</u>
<u>Time</u>								
1	219	Jérémie Pellerin		M	44	44	26:28.0	
26:28.0								
2	307	Matthew McNeil		M	71	115	26:59.6	
53:27.6								
3	3	Lee Wesselius		M	96	211	27:18.4	
1:20:46.1								

Final Team Results

Senior Women

Provincial Teams

Team - Team Ontario Finish Position - 1

Team Score (places): 30

<u>Place</u>	<u>Bib No</u>	<u>Name</u>	<u>City</u>	<u>Gend</u>	<u>O'all Place</u>	<u>Cum. Place</u>	<u>Time</u>	<u>Cum.</u>
<u>Time</u>								
1	171	Kate Van Buskirk		F	3	3	24:11.1	
24:11.1								
2	313	Dana Buchanan		F	4	7	24:17.3	
48:28.5								
3	329	Hilary Stellingwerff		F	11	18	24:56.3	
1:13:24.9								
4	154	Lanni Marchant		F	12	30	25:00.0	
1:38:25.0								
5	319	Courtney Laurie		F	13	43	25:13.7	
2:03:38.7								
6	553	Leslie Sexton		F	17	60	25:48.0	
2:29:26.7								

Team - Team BC Finish Position - 2

Team Score (places): 57

<u>Place</u>	<u>Bib No</u>	<u>Name</u>	<u>City</u>	<u>Gend</u>	<u>O'all Place</u>	<u>Cum. Place</u>	<u>Time</u>	<u>Cum.</u>
<u>Time</u>								
1	264	Natasha Wodak		F	5	5	24:27.2	
24:27.2								
2	262	Lucy Smith		F	10	15	24:54.4	
49:21.7								
3	453	Melissa Ross		F	15	30	25:38.6	
1:15:00.3								
4	258	Erin Burrett		F	27	57	26:17.6	
1:41:17.9								
5	492	Catherine Watkins		F	39	96	27:02.2	
2:08:20.1								

Team - Equipe Quebec Finish Position - 3

Team Score (places): 146

<u>Place</u>	<u>Bib No</u>	<u>Name</u>	<u>City</u>	<u>Gend</u>	<u>O'all Place</u>	<u>Cum. Place</u>	<u>Time</u>	<u>Cum.</u>
<u>Time</u>								
1	545	Mélanie Myrand		F	21	21	26:00.0	
26:00.0								
2	546	Avril Ogrodnick		F	25	46	26:10.0	
52:10.0								
3	539	Brenna Walsh		F	49	95	28:27.2	
1:20:37.3								
4	548	Amélie Marcil-Roy		F	51	146	28:53.1	
1:49:30.5								

Team - Team Prairie Finish Position - Inc.

Team Score (places): Inc.

<u>Place</u>	<u>Bib No</u>	<u>Name</u>	<u>City</u>	<u>Gend</u>	<u>O'all Place</u>	<u>Cum. Place</u>	<u>Time</u>	<u>Cum.</u>
<u>Time</u>								
1	24	Shari Boyle		F	16	16	25:42.5	
25:42.5								
2	440	Jodi Sanguin		F	18	34	25:52.4	
51:34.9								
3	272	Jodi Souter		F	26	60	26:15.7	
1:17:50.7								

Team - Team Alberta Finish Position - Inc.

Team Score (places): Inc.

<u>Place</u>	<u>Bib No</u>	<u>Name</u>	<u>City</u>	<u>Gend</u>	<u>O'all Place</u>	<u>Cum. Place</u>	<u>Time</u>	<u>Cum.</u>
<u>Time</u>								
1	125	Bronwen Douglas	Brights Grove	F	44	44	27:45.8	
27:45.8								

Final Team Results

Senior Men

Provincial Teams

Team - Team Ontario Finish Position - 1

Team Score (places): 23

<u>Place</u>	<u>Bib No</u>	<u>Name</u>	<u>City</u>	<u>Gend</u>	<u>O'all Place</u>	<u>Cum. Place</u>	<u>Time</u>	<u>Cum.</u>
<u>Time</u>								
1	336	Robin Watson		M	2	2	29:49.0	
29:49.0								
2	315	Reid Coolsaet		M	3	5	30:04.7	
59:53.7								
3	234	Yves *Sikubwabo		M	8	13	30:44.8	
1:30:38.6								
4	393	Matthew Hughes		M	10	23	31:10.7	
2:01:49.3								
5	379	Dagim *Yeshitela		M	14	37	31:25.4	
2:33:14.8								

Team - Team BC Finish Position - 2

Team Score (places): 73

<u>Place</u>	<u>Bib No</u>	<u>Name</u>	<u>City</u>	<u>Gend</u>	<u>O'all Place</u>	<u>Cum. Place</u>	<u>Time</u>	<u>Cum.</u>
<u>Time</u>								
1	491	Matthew Pieteron		M	11	11	31:14.1	
31:14.1								
2	451	Matthew Clout		M	12	23	31:17.1	
1:02:31.3								
3	259	James G. Finlayson		M	20	43	31:43.9	
1:34:15.2								
4	263	Kris Swanson		M	30	73	32:04.3	
2:06:19.6								
5	270	Kerry Kazuta		M	34	107	32:18.7	
2:38:38.3								
6	260	Dylan G. Gant		M	47	154	33:09.4	
3:11:47.7								

Team - Team Prairie Finish Position - 3

Team Score (places): 73

<u>Place</u>	<u>Bib No</u>	<u>Name</u>	<u>City</u>	<u>Gend</u>	<u>O'all Place</u>	<u>Cum. Place</u>	<u>Time</u>	<u>Cum.</u>
<u>Time</u>								
1	460	Kelly Wiebe		M	4	4	30:10.0	
30:10.0								
2	286	Kip *Kangogo		M	5	9	30:22.7	
1:00:32.7								
3	458	Iain Fyfe		M	19	28	31:40.1	
1:32:12.9								
4	58	Adrian Lambert		M	45	73	33:02.0	
2:05:15.0								
5	13	Abdelkader Dib		M	72	145	34:49.4	
2:40:04.4								
6	59	Dallas Raudebaugh		M	74	219	34:55.0	
3:14:59.4								

Team - Equipe Quebec Finish Position - 4**Team Score (places): 124**

<u>Place</u>	<u>Bib No</u>	<u>Name</u>	<u>City</u>	<u>Gen</u>	<u>O'all Place</u>	<u>Cum. Place</u>	<u>Time</u>	<u>Cum.</u>
<u>Time</u>								
1	528	Alex Genest		M	6	6	30:35.4	
30:35.4								
2	535	Stéphane Colle		M	26	32	31:55.9	
1:02:31.3								
3	538	Ryan Noel-Hodge		M	42	74	32:56.2	
1:35:27.5								
4	537	Steven McEligott		M	50	124	33:17.1	
2:08:44.7								
5	37	Sébastien Monette		M	51	175	33:20.0	
2:42:04.7								