EOSSAA CROSS COUNTRY
CHAMPIONSHIPS 2015
Fort Henry

2015-10-30 - 2015-10-30

Event # 1 GIRLS Midget 3km Run

Midget Girls

PLACE	TEAM	SCORE	SCORERS	DISPLACERS	TOP 4 TOTAL	TOP 4 AVG/KM	TOP 4 AVG	TOP 4 SPLIT
1	THOUSAND ISLANDS SS	47	1-6-14-26	43-64	48:10	4:00.82	12:02.46	1:16
2	VALOUR	68	8-12-23-25	29-40-49-60	49:24	4:06.98	12:20.94	:38
3	LA SALLE S.S.	84	10-11-21-42		49:46	4:08.86	12:26.58	1:08
4	KCVI	94	7-18-22-47	57-73-76-86-89	50:17	4:11.41	12:34.23	1:29
5	REGIOPOLIS-NOTRE DAM	126	16-28-34-48	51-69	51:21	4:16.73	12:50.20	1:01
6	ST. MARY CHS	129	9-13-19-88		51:58	4:19.82	12:59.45	3:04
7	SYDENHAM H.S.	146	20-24-36-66	96	52:03	4:20.26	13:00.79	1:27
8	ARNPRIOR HS	200	30-38-50-82		54:07	4:30.62	13:31.86	1:58
9	ALMONTE DHS	213	17-61-67-68		54:18	4:31.46	13:34.39	1:41
10	TAGWI S.S.	226	35-46-53-92	106	55:18	4:36.51	13:49.54	2:29
11	PERTH DCI	264	2-80-85-97		56:31	4:42.55	14:07.65	4:12
12	NORTH GRENVILLE DHS	282	39-72-84-87	98-108	57:10	4:45.80	14:17.39	1:55
13	BROCKVILLE COLLEGIAT	310	31-75-99-105		1:00:51	5:04.24	15:12.71	5:07
14	FELLOWES	337	62-90-91-94	95-101	59:58	4:59.81	14:59.44	1:44

OVERALL PLACE	SCORE PLACE	BIB NUM	NAME	AGE	GRADE	TEAM	PLACE ON TEAM	AVG/KM	TIME
1	1	676	Claire Cushing			THOUSAND ISLANDS SS	1	3:47.18	**11:21.53**
2	2	431	Lauren Miller			PERTH DCI	1	3:47.93	**11:23.78**
3	3	97	Noémie Beauregard			É.S.C. L'ESCALE	1	3:50.79	**11:32.38**
4	4	210	MEGAN JEFFERIES			HOLY CROSS	1	3:51.73	**11:35.18**
5	5	565	Allyson Hebert			ST. JOSEPH'S CORNWAL	1	3:52.97	**11:38.91**
6	6	671	Rachel Brayton			THOUSAND ISLANDS SS	2	3:55.81	**11:47.44**
7	7	235	Hana Amari			KCVI	1	3:58.36	**11:55.09**
8	8	727	Catherine Bell			VALOUR	1	3:59.61	**11:58.84**
9	9	597	Lexi Kundlacz			ST. MARY CHS	1	4:00.55	**12:01.66**
10	10	315	Bryn Reynolds			LA SALLE S.S.	1	4:00.67	**12:02.02**
11	11	316	Alexa Sawchuk			LA SALLE S.S.	2	4:00.80	**12:02.40**
12	12	743	Addison Oelke			VALOUR	2	4:04.82	**12:14.47**
13	13	599	Marieke Van Spriel			ST. MARY CHS	2	4:07.42	**12:22.25**
14	14	697	Katie Taugher			THOUSAND ISLANDS SS	3	4:07.52	**12:22.56**
15	15	541	Kathleen Adrain			ST. JOHN CHS	1	4:07.72	**12:23.15**
16	16	463	Olivia Johnston			REGIOPOLIS-NOTRE DAM	1	4:07.89	**12:23.68**
17	17	9	Caitlyn Stowe			ALMONTE DHS	1	4:08.30	**12:24.90**
18	18	248	Johanna Loock			KCVI	2	4:08.67	**12:26.02**
19	19	594	Erin Bolger			ST. MARY CHS	3	4:09.22	**12:27.65**
20	20	628	Darcie Lappen			SYDENHAM H.S.	1	4:09.70	**12:29.09**
21	21	318	Scout Southward			LA SALLE S.S.	3	4:10.43	**12:31.28**
22	22	237	Sydney Campbell			KCVI	3	4:10.55	**12:31.65**
23	23	733	Tana Doughty			VALOUR	3	4:11.19	**12:33.56**
24	24	633	Mackenzie O'Sullivan			SYDENHAM H.S.	2	4:12.14	**12:36.41**
25	25	731	Mackenzie deRuiter			VALOUR	4	4:12.30	**12:36.90**
26	26	684	Katie Healey			THOUSAND ISLANDS SS	4	4:12.77	**12:38.31**
27	27	101	Angélique Cléroux			É.S.C. L'ESCALE	2	4:12.99	**12:38.96**

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28	28	460	Charlotte Hickey	REGIOPOLIS-NOTRE DAM	2	4:13.14	**12:39.43**
29	29	748	Madalyn Richards	VALOUR	5	4:14.34	**12:43.03**
30	30	16	Marley Blok	ARNPRIOR HS	1	4:15.71	**12:47.12**
31	31	60	Grace Cowan	BROCKVILLE COLLEGIAT	1	4:15.92	**12:47.75**
32	32	303	Amber Flannigan	LA CITADELLE	1	4:16.04	**12:48.12**
33	33	411	Jamie Broome	OPEONGO HS	1	4:17.27	**12:51.81**
34	34	455	Isabella Campbell	REGIOPOLIS-NOTRE DAM	3	4:17.56	**12:52.68**
35	35	652	Georgia Merriman	TAGWI S.S.	1	4:18.79	**12:56.38**
36	36	634	Vanessa Pearce	SYDENHAM H.S.	3	4:20.51	**13:01.53**
37	37	521	Leah-Joy Gaensler	SMITHS FALLS DCI	1	4:21.06	**13:03.18**
38	38	19	Miranda Robinson	ARNPRIOR HS	2	4:21.36	**13:04.09**
39	39	391	Maddie Robinson	NORTH GRENVILLE DHS	1	4:21.64	**13:04.93**
40	40	747	Keely Patrick	VALOUR	6	4:21.99	**13:05.96**
41	41	369	Leah Oster	NAPANEE DSS	1	4:22.76	**13:08.28**
42	42	312	Kate Anderson	LA SALLE S.S.	4	4:23.54	**13:10.62**
43	43	677	Maria Decle	THOUSAND ISLANDS SS	5	4:26.44	**13:19.31**
44	44	129	Noémie Poirier	ESCR HAWKESBURY	1	4:26.86	**13:20.59**
45	45	327	Hannah Bleackley	LCVI	1	4:27.15	**13:21.46**
46	46	656	Janine Spichtig	TAGWI S.S.	2	4:27.59	**13:22.78**
47	47	257	Caroline Whitehead	KCVI	4	4:28.05	**13:24.15**
48	48	458	Michaela Dowling	REGIOPOLIS-NOTRE DAM	4	4:28.33	**13:25.00**
49	49	753	Fiona Thomas	VALOUR	7	4:29.92	**13:29.75**
50	50	17	Johanna Enright	ARNPRIOR HS	3	4:30.13	**13:30.40**
51	51	461	Olivia Higgins	REGIOPOLIS-NOTRE DAM	5	4:30.40	**13:31.21**
52	52	410	Emily Barron	OPEONGO HS	2	4:30.62	**13:31.87**
53	53	655	Tia Speck-Meek	TAGWI S.S.	3	4:31.13	**13:33.40**
54	54	414	Chloe Martin	OPEONGO HS	3	4:31.25	**13:33.75**
55	55	175	Riley Henderson	FRONTENAC	1	4:31.32	**13:33.96**
56	56	199	Sarah MacGillvray	GLENGARRY DHS	1	4:31.44	**13:34.33**
57	57	245	Kristen Hirschfield	KCVI	5	4:32.15	**13:36.46**
58	58	331	Rihanna Greig	LCVI	2	4:32.47	**13:37.40**
59	59	512	Keira Cameron	SEAWAY DHS	1	4:33.26	**13:39.78**
60	60	741	Maggie Mohns	VALOUR	8	4:33.40	**13:40.21**
61	61	4	Emma Hill	ALMONTE DHS	2	4:33.51	**13:40.52**
62	62	147	Brooke Bouthillier	FELLOWES	1	4:34.19	**13:42.56**
63	63	130	Cassandra Thomas	ESCR HAWKESBURY	2	4:35.26	**13:45.78**
64	64	687	Hannah Lacroix	THOUSAND ISLANDS SS	6	4:35.39	**13:46.18**
65	65	506	Kiera Yuill	ROCKLAND DISTRICT HS	1	4:36.83	**13:50.50**
66	66	632	Naomi Loughlin	SYDENHAM H.S.	4	4:38.71	**13:56.12**
67	67	8	Pippa Norman	ALMONTE DHS	3	4:41.97	**14:05.91**
68	68	1	Maia Bluethener	ALMONTE DHS	4	4:42.08	**14:06.24**
69	69	456	Clara Connors	REGIOPOLIS-NOTRE DAM	6	4:42.50	**14:07.50**
70	70	119	meghan dundon	ERNESTOWN SS	1	4:42.61	**14:07.84**
71	71	511	Cameryn Broad	SEAWAY DHS	2	4:42.83	**14:08.50**
72	72	387	Emma Dulmage	NORTH GRENVILLE DHS	2	4:42.98	**14:08.93**
73	73	247	Katherine Linscott	KCVI	6	4:43.27	**14:09.81**
74	74	562	Madeleine Chisholm	ST. JOSEPH'S CORNWAL	2	4:46.09	**14:18.28**
75	75	63	Caran Hurst	BROCKVILLE COLLEGIAT	2	4:46.20	**14:18.59**
76	76	240	Jocelyn Danby	KCVI	7	4:46.40	**14:19.21**
77	77	601	Theresa Allingham	ST. MICHAEL CHS	1	4:46.80	**14:20.40**
78	78	302	Reegan Derikx	LA CITADELLE	2	4:46.91	**14:20.72**
79	79	121	charlotte kennedy	ERNESTOWN SS	2	4:51.10	**14:33.31**

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80	80	423	Alex Buchanan	PERTH DCI	2	4:51.26	**14:33.78**
81	81	398	Grace Callan	NOTRE DAME CHS	1	4:51.63	**14:34.90**
82	82	20	Zoe Van Sickle	ARNPRIOR HS	4	4:55.28	**14:45.84**
83	83	306	Emilie Seguin	LA CITADELLE	3	4:56.13	**14:48.38**
84	84	392	Emma Thompson	NORTH GRENVILLE DHS	3	4:58.34	**14:55.03**
85	85	424	Sarah Croth	PERTH DCI	3	4:58.84	**14:56.53**
86	86	259	Sophie Whitehead	KCVI	8	4:58.95	**14:56.84**
87	87	388	Rebecca Grinstead	NORTH GRENVILLE DHS	4	5:00.23	**15:00.69**
88	88	596	Emily Houston	ST. MARY CHS	4	5:02.08	**15:06.25**
89	89	241	Katie Drover	KCVI	9	5:02.21	**15:06.62**
90	90	148	Larissa Coulas	FELLOWES	2	5:07.74	**15:23.22**
91	91	150	Ireland Harrison	FELLOWES	3	5:08.42	**15:25.25**
92	92	648	Mathilde Jacquemet	TAGWI S.S.	4	5:08.53	**15:25.59**
93	93	202	Saba Wassihun	GLENGARRY DHS	2	5:08.64	**15:25.93**
94	94	155	Catherine Xu	FELLOWES	4	5:08.91	**15:26.72**
95	95	153	Addysen Medeiros	FELLOWES	5	5:09.49	**15:28.46**
96	96	625	Rebecca Hillis	SYDENHAM H.S.	5	5:11.16	**15:33.47**
97	97	427	Amy Kehoe	PERTH DCI	4	5:12.17	**15:36.50**
98	98	393	Sarah Walsh	NORTH GRENVILLE DHS	5	5:15.21	**15:45.62**
99	99	64	Bushra Khadra	BROCKVILLE COLLEGIAT	3	5:16.32	**15:48.97**
100	100	131	Geneviève Thomas	ESCR HAWKESBURY	3	5:22.49	**16:07.47**
101	101	146	Jordan Benedict	FELLOWES	6	5:36.90	**16:50.69**
102	102	543	Faith O'Dacre	ST. JOHN CHS	2	5:41.60	**17:04.81**
103	103	588	Brianna Seguin	ST. LAWRENCE S.S.	1	5:46.56	**17:19.69**
104	104	222	Naomi Kake	HOLY TRINITY CHS	1	5:55.54	**17:46.62**
105	105	66	Caitlin Shaver	BROCKVILLE COLLEGIAT	4	5:58.51	**17:55.53**
106	106	653	Emma Moran	TAGWI S.S.	5	6:00.94	**18:02.81**
107	107	587	Alisha Devries	ST. LAWRENCE S.S.	2	6:07.71	**18:23.12**
108	108	385	Jennie Cathcart	NORTH GRENVILLE DHS	6	6:59.68	**20:59.03**

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Event # 2 BOYS Midget 5km Run

Midget Boys

PLACE	TEAM	SCORE	SCORERS	DISPLACERS	TOP 4 TOTAL	TOP 4 AVG/KM	TOP 4 AVG	TOP 4 SPLIT
1	THOUSAND ISLANDS SS	35	5-7-9-14	18-20-78-95	1:14:37	4:00.82	18:39.24	:52
2	VALOUR	56	3-12-19-22	33-46-54-72-97	1:15:59	4:06.98	18:59.82	1:29
3	KCVI	90	1-21-32-36	37-50-69-83	1:16:42	4:11.41	19:10.38	2:17
4	REGIOPOLIS-NOTRE DAM	90	2-15-34-39	47-87	1:16:42	4:16.73	19:10.42	2:17
5	PERTH DCI	103	6-27-30-40	41-44-74-80-93	1:17:34	4:42.55	19:23.57	1:50
6	FELLOWES	197	17-58-59-63	88	1:22:30	4:59.81	20:37.51	2:06
7	HOLY TRINITY CHS	210	25-49-66-70		1:23:21	4:10.04	20:50.18	2:15
8	LA SALLE S.S.	232	10-29-94-99	100	1:25:48	4:08.86	21:27.10	4:59
9	ST. JOSEPH'S CORNWAL	264	62-64-67-71		1:25:47	4:17.37	21:26.85	:38
10	GLENGARRY DHS	298	53-61-81-103		1:30:27	4:31.35	22:36.79	5:11
11	ST. JOHN CHS	312	23-82-102-105		1:36:58	4:50.89	24:14.48	9:34

OVERALL PLACE	SCORE PLACE	BIB NUM	NAME	AGE	GRADE	TEAM	PLACE ON TEAM	AVG/KM	TIME
1	1	262	Miles Brackenbury			KCVI	1	3:31.28	**17:36.44**
2	2	491	Jack Smith			REGIOPOLIS-NOTRE DAM	1	3:33.03	**17:45.18**
3	3	767	Dante Hoffman			VALOUR	1	3:36.18	**18:00.91**
4	4	540	Logan MacDonald			ST. FRANCIS XAVIER	1	3:37.54	**18:07.72**
5	5	723	Aidan VanBeek			THOUSAND ISLANDS SS	1	3:38.69	**18:13.47**
6	6	446	Chris Martin			PERTH DCI	1	3:39.20	**18:16.03**
7	7	703	Ethan Crawford			THOUSAND ISLANDS SS	2	3:42.22	**18:31.12**
8	8	338	Chet Moran			LCVI	1	3:42.43	**18:32.15**
9	9	716	Cole Lidlow			THOUSAND ISLANDS SS	3	3:45.22	**18:46.12**
10	10	322	Luka Syllas			LA SALLE S.S.	1	3:47.16	**18:55.84**
11	11	342	Dallas Steacy			LCVI	2	3:48.67	**19:03.38**
12	12	763	Antoine dufont			VALOUR	2	3:48.98	**19:04.91**
13	13	586	Ethan Joudrey			ST. JOSEPH'S RENFREW	1	3:49.04	**19:05.21**
14	14	708	Ethan Givogue			THOUSAND ISLANDS SS	4	3:49.24	**19:06.24**
15	15	492	Aiden Zabukovec			REGIOPOLIS-NOTRE DAM	2	3:49.38	**19:06.93**
16	16	180	Cameron Bruce			FRONTENAC	1	3:49.95	**19:09.78**
17	17	160	Xavier Chingee			FELLOWES	1	3:50.19	**19:10.97**
18	18	714	Riley Lake			THOUSAND ISLANDS SS	5	3:51.15	**19:15.75**
19	19	770	Keagan Lockley			VALOUR	3	3:52.60	**19:23.03**
20	20	715	Caleb Lidlow			THOUSAND ISLANDS SS	6	3:52.93	**19:24.66**
21	21	264	Emmett Brundage			KCVI	2	3:53.32	**19:26.62**
22	22	781	Hayden Weisenberg			VALOUR	4	3:54.08	**19:30.44**
23	23	554	Jacob Monaghan			ST. JOHN CHS	1	3:54.11	**19:30.59**
24	24	68	Dylan Butcher			BROCKVILLE COLLEGIAT	1	3:54.36	**19:31.84**
25	25	226	Nick Chaput			HOLY TRINITY CHS	1	3:54.51	**19:32.59**
26	26	504	Daniel Carson			RIDEAU DISTRICT HS	1	3:54.73	**19:33.65**
27	27	450	Campbell Strachan			PERTH DCI	2	3:54.78	**19:33.93**
28	28	125	cameron dean			ERNESTOWN SS	1	3:54.83	**19:34.18**
29	29	321	Will Smith			LA SALLE S.S.	2	3:54.89	**19:34.46**
30	30	445	Harrison Machan			PERTH DCI	3	3:55.65	**19:38.28**

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31	31	27	Bailey Schlievert	ARNPRIOR HS	1	3:55.72	**19:38.62**
32	32	283	Liam McIlroy	KCVI	3	3:56.90	**19:44.53**
33	33	758	Zac Barvestal	VALOUR	5	3:57.09	**19:45.46**
34	34	486	Daniel Murphy	REGIOPOLIS-NOTRE DAM	3	3:57.38	**19:46.91**
35	35	38	Alex Hamelinck	BAYRIDGE S.S.	1	3:57.95	**19:49.75**
36	36	260	Jon Albinet	KCVI	4	3:58.78	**19:53.94**
37	37	288	Nathan Pilkey	KCVI	5	4:00.04	**20:00.22**
38	38	81	Andrew Fakotakis	CHAR-LAN DHS	1	4:00.38	**20:01.91**
39	39	489	Matt Rostek	REGIOPOLIS-NOTRE DAM	4	4:00.53	**20:02.65**
40	40	452	Austin Topping	PERTH DCI	4	4:01.20	**20:06.03**
41	41	444	David Machan	PERTH DCI	5	4:02.56	**20:12.81**
42	42	186	Ryan Rowlatt	FRONTENAC	2	4:03.25	**20:16.28**
43	43	39	Ian Jarvis	BAYRIDGE S.S.	2	4:03.44	**20:17.24**
44	44	439	Kobe Echlin	PERTH DCI	6	4:03.62	**20:18.12**
45	45	380	Chase Holmes	NORTH DUNDAS DHS	1	4:04.15	**20:20.78**
46	46	776	Sam Shamess	VALOUR	6	4:04.70	**20:23.53**
47	47	484	Matt McConkey	REGIOPOLIS-NOTRE DAM	5	4:06.68	**20:33.41**
48	48	408	Bradley Mitchell	NOTRE DAME CHS	1	4:07.33	**20:36.66**
49	49	227	Nolan Laframboise	HOLY TRINITY CHS	2	4:07.93	**20:39.66**
50	50	277	Gary Kong	KCVI	6	4:08.13	**20:40.65**
51	51	539	Ethan Donald-Skinner	ST. FRANCIS XAVIER	2	4:08.22	**20:41.12**
52	52	84	Ethan MacDonald	CHAR-LAN DHS	2	4:08.41	**20:42.09**
53	53	207	Odin Marfurt	GLENGARRY DHS	1	4:09.03	**20:45.18**
54	54	766	Colby Gillard	VALOUR	7	4:09.16	**20:45.81**
55	55	536	Brody Thompson	SMITHS FALLS DCI	1	4:09.26	**20:46.31**
56	56	69	Connor Heward	BROCKVILLE COLLEGIAT	2	4:09.68	**20:48.40**
57	57	396	Fynn Lystiuk	NORTH GRENVILLE DHS	1	4:10.83	**20:54.15**
58	58	158	Matt Bowers	FELLOWES	2	4:11.55	**20:57.75**
59	59	162	David Corriveau	FELLOWES	3	4:12.68	**21:03.44**
60	60	531	Gavin Peledeau	SMITHS FALLS DCI	2	4:12.82	**21:04.12**
61	61	206	Hunter MacPherson	GLENGARRY DHS	2	4:13.93	**21:09.69**
62	62	578	Jeff Park	ST. JOSEPH'S CORNWAL	1	4:14.92	**21:14.62**
63	63	170	Jack Moryto	FELLOWES	4	4:15.57	**21:17.88**
64	64	568	Rory Blackadder	ST. JOSEPH'S CORNWAL	2	4:15.87	**21:19.38**
65	65	502	Haydon Burns	RIDEAU DISTRICT HS	2	4:15.98	**21:19.90**
66	66	231	Thomas Stadleman	HOLY TRINITY CHS	3	4:16.05	**21:20.28**
67	67	583	Zane Wolfreys	ST. JOSEPH'S CORNWAL	3	4:16.15	**21:20.75**
68	68	124	adam burger	ERNESTOWN SS	2	4:16.28	**21:21.43**
69	69	265	Alex Chan	KCVI	7	4:18.81	**21:34.06**
70	70	229	Aiden Papps	HOLY TRINITY CHS	4	4:21.63	**21:48.18**
71	71	581	Nolan Shane	ST. JOSEPH'S CORNWAL	4	4:22.53	**21:52.66**
72	72	762	Mac Douglas	VALOUR	8	4:22.73	**21:53.68**
73	73	80	Cody Chambre	CHAR-LAN DHS	3	4:22.82	**21:54.12**
74	74	443	Connor Greaves	PERTH DCI	7	4:22.93	**21:54.68**
75	75	405	Jakob Blackburn	NOTRE DAME CHS	2	4:23.20	**21:56.01**
76	76	341	Keegan Park	LCVI	3	4:23.81	**21:59.09**
77	77	325	Jesus Lopez	L'ACADÉMIE DE LA SEI	1	4:25.68	**22:08.41**
78	78	713	Joe Lacroix	THOUSAND ISLANDS SS	7	4:28.02	**22:20.12**
79	79	40	Mathew MacDonald	BAYRIDGE S.S.	3	4:28.64	**22:23.22**
80	80	449	Brock McNaughton	PERTH DCI	8	4:30.93	**22:34.66**
81	81	209	Barry Wassihun	GLENGARRY DHS	3	4:31.21	**22:36.09**
82	82	552	Zach McCracken	ST. JOHN CHS	2	4:33.93	**22:49.69**

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83	83	276	Asher Hounsell	KCVI	8	4:34.46	**22:52.31**
84	84	348	Thomas Pelchat	L'ÉQUINOXE	1	4:34.70	**22:53.53**
85	85	357	Alex Holly	MADAWASKA VALLEY	1	4:34.78	**22:53.90**
86	86	658	Reid Baker	TAGWI S.S.	1	4:37.30	**23:06.53**
87	87	483	Jack MacDonald	REGIOPOLIS-NOTRE DAM	6	4:37.41	**23:07.09**
88	88	173	Darren Summers	FELLOWES	5	4:37.94	**23:09.72**
89	89	786	Cameron Hermer	NORTH DUNDAS DHS	2	4:38.53	**23:12.69**
90	90	526	Ben Babcock	SMITHS FALLS DCI	3	4:39.09	**23:15.47**
91	91	407	Owen Jaynes	NOTRE DAME CHS	3	4:39.16	**23:15.81**
92	92	419	Josh Mills	OPEONGO HS	1	4:39.26	**23:16.34**
93	93	434	Callum Anderson	PERTH DCI	9	4:40.33	**23:21.69**
94	94	319	Kaede Canuel	LA SALLE S.S.	3	4:40.55	**23:22.78**
95	95	709	Stanley Heath	THOUSAND ISLANDS SS	8	4:41.28	**23:26.44**
96	96	643	Brock Norman	SYDENHAM H.S.	1	4:41.90	**23:29.50**
97	97	775	Carter Schardt	VALOUR	9	4:42.08	**23:30.40**
98	98	494	Tyler Lefebvre	RENFREW C.I.	1	4:46.01	**23:50.06**
99	99	320	Brendan Sherwood	LA SALLE S.S.	4	4:47.06	**23:55.34**
100	100	324	Nathan Walton	LA SALLE S.S.	5	4:59.53	**24:57.66**
101	101	347	Jacob Gilbert	L'ÉQUINOXE	2	5:02.06	**25:10.31**
102	102	548	David Cavalier	ST. JOHN CHS	3	5:06.60	**25:33.00**
103	103	205	Dean MacKinnon	GLENGARRY DHS	4	5:11.24	**25:56.22**
104	104	538	Liam Creamer	ST. FRANCIS XAVIER	3	5:15.46	**26:17.34**
105	105	556	Taylor Quick	ST. JOHN CHS	4	5:48.93	**29:04.66**

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Event # 3 GIRLS Junior 4km Run

Junior Girls

PLACE	TEAM	SCORE	SCORERS	DISPLACERS	TOP 4 TOTAL	TOP 4 AVG/KM	TOP 4 AVG	TOP 4 SPLIT
1	VALOUR	57	1-13-21-22	44-47-49-51-60	1:06:57	4:06.98	16:44.23	2:45
2	KCVI	65	9-10-20-26	62	1:08:39	4:11.41	17:09.71	:56
3	REGIOPOLIS-NOTRE DAM	119	18-29-32-40		1:11:56	4:16.73	17:59.01	1:07
4	HOLY TRINITY CHS	163	12-36-54-61		1:14:27	4:10.04	18:36.63	2:55
5	ST. MICHAEL CHS	190	34-46-53-57	58	1:15:57	4:44.81	18:59.23	1:29
6	PERTH DCI	271	23-81-82-85		1:33:35	4:42.55	23:23.86	8:54

OVERALL PLACE	SCORE PLACE	BIB NUM	NAME	AGE	GRADE	TEAM	PLACE ON TEAM	AVG/KM	TIME
1	1	754	Sophie Warren			VALOUR	1	3:41.99	**14:47.97**
2	2	690	Lily Meek			THOUSAND ISLANDS SS	1	3:50.19	**15:20.78**
3	3	197	Brooke Lapierre			GLENGARRY DHS	1	3:54.83	**15:39.31**
4	4	350	Rauliuk-Dunn Eily			MACKENZIE COMMUNITY	1	3:57.62	**15:50.50**
5	5	515	Abby Jordan			SEAWAY DHS	1	4:01.79	**16:07.18**
6	6	498	Nora Bright			RIDEAU DISTRICT HS	1	4:02.89	**16:11.56**
7	7	89	Brooklyn Eady			CSC JEANNE-LAJOIE	1	4:09.23	**16:36.91**
8	8	149	Rachael Gauthier			FELLOWES	1	4:10.11	**16:40.44**
9	9	234	Danielle Adam			KCVI	1	4:11.26	**16:45.03**
10	10	255	Jane Smallman			KCVI	2	4:11.47	**16:45.87**
11	11	508	Vanessa MacDonald			RUSSELL HIGH SCHOOL	1	4:14.02	**16:56.09**
12	12	225	Emma Vanderburg			HOLY TRINITY CHS	1	4:14.62	**16:58.50**
13	13	756	Kiana Yemen			VALOUR	2	4:15.48	**17:01.94**
14	14	790	Taylor Summers			GANANOQUE SS	1	4:16.69	**17:06.75**
15	15	3	Jillian Ferguson			ALMONTE DHS	1	4:16.93	**17:07.72**
16	16	330	Katie Feng			LCVI	1	4:17.02	**17:08.09**
17	17	399	Samantha Deckart			NOTRE DAME CHS	1	4:18.29	**17:13.18**
18	18	467	Daniela Rojas			REGIOPOLIS-NOTRE DAM	1	4:18.94	**17:15.78**
19	19	683	Sydney Hall			THOUSAND ISLANDS SS	2	4:19.95	**17:19.81**
20	20	253	Adrienne Scott			KCVI	3	4:21.58	**17:26.31**
21	21	736	Mila Jones			VALOUR	3	4:23.33	**17:33.34**
22	22	752	Faith Smith			VALOUR	4	4:23.42	**17:33.68**
23	23	426	Brianna fournier			PERTH DCI	1	4:23.60	**17:34.40**
24	24	584	Ashlyn Kilby-McClure			ST. JOSEPH'S RENFREW	1	4:23.79	**17:35.18**
25	25	390	Angelica Paynter			NORTH GRENVILLE DHS	1	4:24.49	**17:37.97**
26	26	256	Yollie Watungwa			KCVI	4	4:25.40	**17:41.62**
27	27	42	Morris Alyssa			BISHOP SMITH CHS	1	4:29.00	**17:56.00**
28	28	367	Hailey Jaynes			NAPANEE DSS	1	4:29.67	**17:58.69**
29	29	459	Acacia Gifford			REGIOPOLIS-NOTRE DAM	2	4:31.36	**18:05.44**
30	30	679	Taylor Gamble			THOUSAND ISLANDS SS	3	4:31.45	**18:05.81**
31	31	547	Meghan Treffers			ST. JOHN CHS	1	4:32.22	**18:08.88**
32	32	462	Megan Hynes			REGIOPOLIS-NOTRE DAM	3	4:32.82	**18:11.28**
33	33	355	Brittany Yantha			MADAWASKA VALLEY	1	4:33.16	**18:12.66**
34	34	602	Rhys Brown			ST. MICHAEL CHS	1	4:33.33	**18:13.31**
35	35	729	Kendra Bennett			VALOUR	5	4:34.03	**18:16.12**
36	36	219	Emma Bacchiochi			HOLY TRINITY CHS	2	4:34.66	**18:18.66**

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37	37	737	Douglas Katie	VALOUR	6	4:35.16	**18:20.66**
38	38	18	Jordyn Gibeault	ARNPRIOR HS	1	4:35.39	**18:21.56**
39	39	518	Emma Babcock	SMITHS FALLS DCI	1	4:35.69	**18:22.78**
40	40	469	Clare Stafford	REGIOPOLIS-NOTRE DAM	4	4:35.89	**18:23.56**
41	41	375	Julia Gibson	NORTH DUNDAS DHS	1	4:36.46	**18:25.84**
42	42	415	Briana Mitchell	OPEONGO HS	1	4:38.83	**18:35.34**
43	43	654	Kaitlyn Murray-MacDonald	TAGWI S.S.	1	4:39.91	**18:39.66**
44	44	728	Paige Bellany	VALOUR	7	4:40.17	**18:40.68**
45	45	92	Mary Summerby	CSC JEANNE-LAJOIE	2	4:41.01	**18:44.06**
46	46	606	Mallory Hudson	ST. MICHAEL CHS	2	4:41.43	**18:45.72**
47	47	732	Nathalie Desilets	VALOUR	8	4:42.34	**18:49.38**
48	48	520	Teresa Flegg	SMITHS FALLS DCI	2	4:43.65	**18:54.62**
49	49	742	Gabrielle Neville	VALOUR	9	4:44.04	**18:56.18**
50	50	510	Julenea Barnhartd	SEAWAY DHS	2	4:45.26	**19:01.06**
51	51	734	Lauren Gen	VALOUR	10	4:45.36	**19:01.46**
52	52	178	Jasmine Lewis	FRONTENAC	1	4:48.24	**19:12.97**
53	53	608	Emma Miller	ST. MICHAEL CHS	3	4:48.65	**19:14.62**
54	54	223	Dara Laframboise	HOLY TRINITY CHS	3	4:48.91	**19:15.65**
55	55	657	Brooklyn Woodside	TAGWI S.S.	2	4:50.16	**19:20.66**
56	56	636	Carley Soule	SYDENHAM H.S.	1	4:54.08	**19:36.31**
57	57	603	Daniellle Charland	ST. MICHAEL CHS	4	4:55.82	**19:43.28**
58	58	604	Dominique Charland	ST. MICHAEL CHS	5	4:56.73	**19:46.94**
59	59	402	Rebecca Pruner	NOTRE DAME CHS	2	4:56.88	**19:47.52**
60	60	740	Miranda Lockley	VALOUR	11	4:57.63	**19:50.53**
61	61	220	Mya Baptist	HOLY TRINITY CHS	4	4:58.43	**19:53.72**
62	62	249	Rita Morais	KCVI	5	4:58.56	**19:54.24**
63	63	91	Annie Steep	CSC JEANNE-LAJOIE	3	5:01.56	**20:06.25**
64	64	650	Cassie MacDonell	TAGWI S.S.	3	5:03.73	**20:14.94**
65	65	99	Chloé Charron	É.S.C. L'ESCALE	1	5:04.51	**20:18.06**
66	66	622	Hailey Garrison	SYDENHAM H.S.	2	5:06.15	**20:24.62**
67	67	353	Casey Billings	MADAWASKA VALLEY	2	5:09.59	**20:38.38**
68	68	102	Danika Henrie	É.S.C. L'ESCALE	2	5:16.44	**21:05.75**
69	69	784	Simona Nixon	ARNPRIOR HS	2	5:19.91	**21:19.66**
70	70	403	Ellie Ruck	NOTRE DAME CHS	3	5:20.44	**21:21.78**
71	71	513	Shyla Crowder	SEAWAY DHS	3	5:21.91	**21:27.66**
72	72	389	Kendra Martin	NORTH GRENVILLE DHS	2	5:23.75	**21:35.00**
73	73	127	Vicky Laliberté	ESCR HAWKESBURY	1	5:36.01	**22:24.03**
74	74	746	Meshwa Patel	VALOUR	12	5:36.83	**22:27.34**
75	75	75	Sierrra Elliot	CARLETON PLACE	1	5:37.73	**22:30.91**
76	76	5	Alba Leal	ALMONTE DHS	2	5:37.84	**22:31.37**
77	77	74	Cristina Acosti	CARLETON PLACE	2	5:39.94	**22:39.78**
78	78	328	Molly Brant	LCVI	2	5:40.94	**22:43.78**
79	79	2	Heather Clarke	ALMONTE DHS	3	5:48.04	**23:12.18**
80	80	745	Megha Patel	VALOUR	13	5:52.07	**23:28.28**
81	81	430	Amanda Miller	PERTH DCI	2	6:06.52	**24:26.09**
82	82	433	Miranda Wilson	PERTH DCI	3	6:16.58	**25:06.31**
83	83	354	Tori Voldock	MADAWASKA VALLEY	3	6:33.89	**26:15.56**
84	84	525	Melrose Yurkiw	SMITHS FALLS DCI	3	6:37.06	**26:28.25**
85	85	428	Savannah Laurin	PERTH DCI	4	6:37.16	**26:28.65**

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Event # 4 BOYS Junior 6km Run

Junior Boys

PLACE	TEAM	SCORE	SCORERS	DISPLACERS	TOP 4 TOTAL	TOP 4 AVG/KM	TOP 4 AVG	TOP 4 SPLIT
1	FRONTENAC	54	3-12-18-21	27-63	1:27:20	3:38.33	21:49.99	2:01
2	VALOUR	57	5-7-19-26		1:27:31	4:06.98	21:52.76	2:09
3	KCVI	83	4-10-33-36	42-48-60	1:29:58	4:11.41	22:29.44	3:07
4	PERTH DCI	113	15-16-38-44	87-92	1:32:23	4:42.55	23:05.69	2:03
5	THOUSAND ISLANDS SS	154	24-28-45-57	58-59-83	1:35:08	4:00.82	23:47.11	2:09
6	REGIOPOLIS-NOTRE DAM	157	13-31-52-61	65-77-82	1:35:43	4:16.73	23:55.75	3:35
7	ST. MICHAEL CHS	181	9-47-49-76	89	1:37:47	4:44.81	24:26.69	5:20
8	HOLY CROSS	182	2-39-50-91		1:42:47	4:16.96	25:41.75	13:10
9	É.S.C. L'ESCALE	245	29-64-71-81	84	1:44:05	4:20.20	26:01.21	4:52
10	FELLOWES	252	25-56-85-86		1:46:22	4:59.81	26:35.57	6:28
11	ESP LE SOMMET	258	41-66-73-78		1:44:34	4:21.42	26:08.52	3:41

OVERALL PLACE	SCORE PLACE	BIB NUM	NAME	AGE	GRADE	TEAM	PLACE ON TEAM	AVG/KM	TIME
1	1	395	Cailan Loebel			NORTH GRENVILLE DHS	1	3:20.25	**20:01.50**
2	2	218	MAX TAYLOR			HOLY CROSS	1	3:24.83	**20:29.00**
3	3	185	Jack Rowlatt			FRONTENAC	1	3:24.91	**20:29.46**
4	4	281	Hunter Leonard			KCVI	1	3:26.78	**20:40.66**
5	5	779	Henry Thomas			VALOUR	1	3:27.41	**20:44.47**
6	6	370	Carter Free			NAPANEE DSS	1	3:29.42	**20:56.53**
7	7	773	Charles Osborne			VALOUR	2	3:34.09	**21:24.53**
8	8	96	Adam Saal			CSC JEANNE-LAJOIE	1	3:36.33	**21:37.97**
9	9	618	Seth Pitre			ST. MICHAEL CHS	1	3:37.59	**21:45.53**
10	10	272	Noah Frymire			KCVI	2	3:38.12	**21:48.75**
11	11	364	Aaron Poirier			MARIE-RIVIER	1	3:38.72	**21:52.34**
12	12	187	Konnor Weston			FRONTENAC	2	3:38.84	**21:53.02**
13	13	480	Joseph Horeczy			REGIOPOLIS-NOTRE DAM	1	3:38.90	**21:53.40**
14	14	55	Colin Plue			BISHOP SMITH CHS	1	3:39.94	**21:59.62**
15	15	451	Noah Sullivan			PERTH DCI	1	3:41.33	**22:08.00**
16	16	453	Chris Walkden			PERTH DCI	2	3:41.83	**22:10.97**
17	17	576	Cole Lavoie-Lavigne			ST. JOSEPH'S CORNWAL	1	3:44.10	**22:24.62**
18	18	182	Brendan Kissick			FRONTENAC	3	3:44.37	**22:26.25**
19	19	764	Jonathon Frampton			VALOUR	3	3:44.62	**22:27.75**
20	20	85	Toby Schwartz			CHAR-LAN DHS	1	3:45.00	**22:30.03**
21	21	179	Jake Adair			FRONTENAC	4	3:45.20	**22:31.22**
22	22	517	Grant Wells			SEAWAY DHS	1	3:48.11	**22:48.69**
23	23	86	Trevor Spence			CHAR-LAN DHS	2	3:48.35	**22:50.09**
24	24	707	Mason Gavin			THOUSAND ISLANDS SS	1	3:48.82	**22:52.91**
25	25	165	Connor Graham			FELLOWES	1	3:48.94	**22:53.65**
26	26	769	Cameron Lagace			VALOUR	4	3:49.05	**22:54.28**
27	27	183	Brennan Laidman			FRONTENAC	5	3:50.01	**23:00.06**
28	28	725	Aydan York			THOUSAND ISLANDS SS	2	3:50.27	**23:01.62**
29	29	112	Nicholas Wilcox			É.S.C. L'ESCALE	1	3:54.34	**23:26.03**
30	30	493	Carter Bleeks			RENFREW C.I.	1	3:54.43	**23:26.59**

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31	31	472	Gavin Bailey	REGIOPOLIS-NOTRE DAM	2	3:54.75	**23:28.50**
32	32	34	Geoffrey Blackwell	BAYRIDGE S.S.	1	3:56.60	**23:39.59**
33	33	263	Vinnie Brites	KCVI	3	3:56.71	**23:40.28**
34	34	309	Alec Macdonald	LA CITADELLE	1	3:57.62	**23:45.75**
35	35	336	Joel Degroote	LCVI	1	3:57.82	**23:46.91**
36	36	266	Ian Chan	KCVI	4	3:58.01	**23:48.09**
37	37	232	Nathan VanPutten	HOLY TRINITY CHS	1	3:58.24	**23:49.44**
38	38	447	Xavier martin	PERTH DCI	3	3:58.72	**23:52.34**
39	39	212	EMMETT BRAVAKIS	HOLY CROSS	2	3:59.37	**23:56.25**
40	40	15	Zach Paradis	ANGE-GABRIEL	1	3:59.89	**23:59.34**
41	41	141	Hugo Boisvenue	ESP LE SOMMET	1	3:59.98	**23:59.87**
42	42	297	Zeke Wilson	KCVI	5	4:00.30	**24:01.78**
43	43	501	Ryan Bilton	RIDEAU DISTRICT HS	1	4:00.50	**24:03.03**
44	44	442	Liam Graham	PERTH DCI	4	4:01.91	**24:11.47**
45	45	700	Dayne Carren	THOUSAND ISLANDS SS	3	4:01.99	**24:11.96**
46	46	349	Alex Stass	L'ÉQUINOXE	1	4:02.09	**24:12.52**
47	47	619	Chris Tovell	ST. MICHAEL CHS	2	4:02.59	**24:15.53**
48	48	271	Ethan Flanagan	KCVI	6	4:05.30	**24:31.81**
49	49	612	Jed Brownrigg	ST. MICHAEL CHS	3	4:06.67	**24:40.00**
50	50	215	MARCUS PIE-CONDIE	HOLY CROSS	3	4:07.02	**24:42.12**
51	51	116	Zachary Plumadore	E.S.P L'HÉRITAGE	1	4:08.29	**24:49.75**
52	52	478	Nicholas Elliot	REGIOPOLIS-NOTRE DAM	3	4:08.70	**24:52.22**
53	53	373	Eric Joyner	NAPANEE DSS	2	4:09.15	**24:54.91**
54	54	307	Jorrick Callan	LA CITADELLE	2	4:09.31	**24:55.87**
55	55	35	Aaron Dare	BAYRIDGE S.S.	2	4:09.42	**24:56.52**
56	56	156	Jeff Armstrong	FELLOWES	2	4:09.60	**24:57.59**
57	57	705	Conor Durant	THOUSAND ISLANDS SS	4	4:10.32	**25:01.94**
58	58	717	Cameron Locke	THOUSAND ISLANDS SS	5	4:10.83	**25:04.97**
59	59	724	Dalton Weedmark	THOUSAND ISLANDS SS	6	4:12.78	**25:16.66**
60	60	290	Ian Ramzy	KCVI	7	4:14.63	**25:27.81**
61	61	477	Josh Dafoe	REGIOPOLIS-NOTRE DAM	4	4:14.81	**25:28.87**
62	62	372	William Ilies	NAPANEE DSS	3	4:15.50	**25:33.00**
63	63	181	Ignaceo Galceran	FRONTENAC	6	4:15.58	**25:33.46**
64	64	109	Sébastien Guérin	É.S.C. L'ESCALE	2	4:16.25	**25:37.50**
65	65	482	Hugh Hunt	REGIOPOLIS-NOTRE DAM	5	4:16.89	**25:41.34**
66	66	142	Jacob Leonard	ESP LE SOMMET	2	4:20.49	**26:02.97**
67	67	135	Samuel Lacroix	ESCR HAWKESBURY	1	4:24.76	**26:28.56**
68	68	362	Zachary Hamel	MARIE-RIVIER	2	4:25.94	**26:35.62**
69	69	37	Alex Foster	BAYRIDGE S.S.	3	4:26.68	**26:40.06**
70	70	382	Justin Shay	NORTH DUNDAS DHS	1	4:26.85	**26:41.09**
71	71	106	Cédric Desormeaux	É.S.C. L'ESCALE	3	4:27.21	**26:43.28**
72	72	529	Isaac Haskins	SMITHS FALLS DCI	1	4:27.35	**26:44.09**
73	73	145	Nathan Sauve	ESP LE SOMMET	3	4:28.29	**26:49.75**
74	74	660	Nicolas Devries	TAGWI S.S.	1	4:29.54	**26:57.22**
75	75	659	William Beaton	TAGWI S.S.	2	4:30.19	**27:01.12**
76	76	617	Sebastian Miln	ST. MICHAEL CHS	4	4:30.95	**27:05.72**
77	77	487	Nathan Novak	REGIOPOLIS-NOTRE DAM	6	4:35.61	**27:33.66**
78	78	143	Cheyenne Raynaud	ESP LE SOMMET	4	4:36.92	**27:41.50**
79	79	95	Jordan Mubalamata	CSC JEANNE-LAJOIE	2	4:38.67	**27:52.03**
80	80	192	Tom Thibeault	GANANOQUE SS	1	4:38.77	**27:52.65**
81	81	111	Mathieu St-Jean	É.S.C. L'ESCALE	4	4:43.00	**28:18.03**
82	82	488	Matthew Rose	REGIOPOLIS-NOTRE DAM	7	4:45.12	**28:30.75**

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83	83	726	Nicky Zhang	THOUSAND ISLANDS SS	7	4:45.20	**28:31.21**
84	84	110	Alexandre Rosevear	É.S.C. L'ESCALE	5	4:51.10	**29:06.59**
85	85	167	Carter Julius	FELLOWES	3	4:51.50	**29:09.03**
86	86	172	Owen Pappin	FELLOWES	4	4:53.67	**29:22.03**
87	87	448	Winston Mavraganis	PERTH DCI	5	4:56.56	**29:39.38**
88	88	383	Jarrett Williams	NORTH DUNDAS DHS	2	5:07.20	**30:43.18**
89	89	621	Wayne Wilson	ST. MICHAEL CHS	5	5:07.29	**30:43.72**
90	90	194	Nick VanDenKerkoff	GANANOQUE SS	2	5:07.38	**30:44.31**
91	91	217	ROBBIE ROGUES	HOLY CROSS	4	5:36.60	**33:39.62**
92	92	440	Sam Edmonson	PERTH DCI	6	6:08.79	**36:52.72**
93	93	191	Dhairya Raval	GANANOQUE SS	3	6:33.45	**39:20.69**

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Event # 5 GIRLS Senior 5km Run

Senior Girls

PLACE	TEAM	SCORE	SCORERS	DISPLACERS	TOP 4 TOTAL	TOP 4 AVG/KM	TOP 4 AVG	TOP 4 SPLIT
1	REGIOPOLIS-NOTRE DAM	36	1-2-10-23	36-39-97-107	1:18:06	4:16.73	19:31.59	3:12
2	THOUSAND ISLANDS SS	37	4-6-12-15	)-32-33-44-50-5	1:20:46	4:00.82	20:11.46	1:16
3	KCVI	51	3-13-14-21	26-29-37-48	1:21:50	4:11.41	20:27.57	1:50
4	VALOUR	87	7-24-25-31	38-41	1:25:09	4:06.98	21:17.19	2:08
5	SYDENHAM H.S.	250	35-59-77-79	103	1:38:07	4:20.26	24:31.74	3:11
6	ST. MARY CHS	261	11-53-89-108		1:40:05	4:19.82	25:01.25	9:01
7	GLENGARRY DHS	263	40-49-76-98		1:39:12	4:31.35	24:47.98	4:20
8	BISHOP SMITH CHS	264	8-73-91-92	95-115-117	1:38:41	4:56.05	24:40.28	6:30
9	BAYRIDGE S.S.	269	45-57-63-104	112-116	1:40:29	5:01.46	25:07.31	5:38
10	OPEONGO HS	291	54-62-64-111		1:43:24	5:10.20	25:51.04	6:36
11	PERTH DCI	354	68-87-94-105	110	1:46:42	4:42.55	26:40.52	3:47

OVERALL PLACE	SCORE PLACE	BIB NUM	NAME	AGE	GRADE	TEAM	PLACE ON TEAM	AVG/KM	TIME
1	1	464	Branna MacDougall			REGIOPOLIS-NOTRE DAM	1	3:37.98	**18:09.91**
2	2	465	Brogan MacDougall			REGIOPOLIS-NOTRE DAM	2	3:38.04	**18:10.22**
3	3	252	Jackie Quesnel			KCVI	1	3:52.25	**19:21.28**
4	4	674	Emily Carmichael			THOUSAND ISLANDS SS	1	3:54.35	**19:31.78**
5	5	301	Anik Belanger			LA CITADELLE	1	3:56.63	**19:43.18**
6	6	691	Madelynn Meek			THOUSAND ISLANDS SS	2	3:58.62	**19:53.12**
7	7	750	Lauren Serviss			VALOUR	1	3:59.60	**19:58.00**
8	8	45	Erin Kelly			BISHOP SMITH CHS	1	4:00.76	**20:03.81**
9	9	497	Kara Blair			RIDEAU DISTRICT HS	1	4:02.26	**20:11.31**
10	10	470	Cristina Tavares			REGIOPOLIS-NOTRE DAM	3	4:04.74	**20:23.72**
11	11	590	Brittany Alkerton			ST. MARY CHS	1	4:05.95	**20:29.75**
12	12	692	Paige Morin			THOUSAND ISLANDS SS	3	4:06.47	**20:32.38**
13	13	243	Jaycee Farmer			KCVI	2	4:07.42	**20:37.12**
14	14	254	Heidi Scott			KCVI	3	4:07.95	**20:39.75**
15	15	783	Audrey Guyonnet			THOUSAND ISLANDS SS	4	4:09.71	**20:48.56**
16	16	6	Hilary McCann			ALMONTE DHS	1	4:10.37	**20:51.88**
17	17	87	Erin Adam			CSC JEANNE-LAJOIE	1	4:10.66	**20:53.31**
18	18	523	Kira Sels			SMITHS FALLS DCI	1	4:13.80	**21:09.00**
19	19	673	Brittany Brown			THOUSAND ISLANDS SS	5	4:14.11	**21:10.59**
20	20	546	Kate Thornton			ST. JOHN CHS	1	4:14.26	**21:11.31**
21	21	258	Johanna Whitehead			KCVI	4	4:14.43	**21:12.15**
22	22	499	Kendra Burns			RIDEAU DISTRICT HS	2	4:15.04	**21:15.22**
23	23	454	Emma Adshade			REGIOPOLIS-NOTRE DAM	4	4:16.50	**21:22.53**
24	24	749	Enya Schroeder			VALOUR	2	4:18.11	**21:30.56**
25	25	751	Abbi Smith			VALOUR	3	4:18.83	**21:34.15**
26	26	251	Rachel Porter			KCVI	5	4:19.26	**21:36.31**
27	27	90	Aurilia Rochon			CSC JEANNE-LAJOIE	2	4:19.33	**21:36.68**
28	28	686	Amy Jenkins			THOUSAND ISLANDS SS	6	4:21.77	**21:48.88**
29	29	239	Caroline Coté			KCVI	6	4:21.83	**21:49.18**
30	30	693	Brooke Myatt			THOUSAND ISLANDS SS	7	4:24.57	**22:02.88**

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31	31	730	Hanna Clarke	VALOUR	4	4:25.21	**22:06.06**
32	32	668	Alba Bellostas	THOUSAND ISLANDS SS	8	4:26.08	**22:10.41**
33	33	672	Alexandra Brett	THOUSAND ISLANDS SS	9	4:29.13	**22:25.66**
34	34	65	Corinne Schonewille	BROCKVILLE COLLEGIAT	1	4:29.24	**22:26.24**
35	35	623	Danielle Gossage	SYDENHAM H.S.	1	4:29.80	**22:29.00**
36	36	457	Mairead Corrigan	REGIOPOLIS-NOTRE DAM	5	4:31.04	**22:35.22**
37	37	250	Waverley Mulligan	KCVI	7	4:31.88	**22:39.41**
38	38	735	Katie Hambleton	VALOUR	5	4:33.12	**22:45.62**
39	39	466	Samantha Mahoney	REGIOPOLIS-NOTRE DAM	6	4:34.06	**22:50.34**
40	40	195	Cameron Brodie	GLENGARRY DHS	1	4:34.46	**22:52.31**
41	41	739	Zoe Leblanc	VALOUR	6	4:34.72	**22:53.62**
42	42	585	Janessa Linton	ST. JOSEPH'S RENFREW	1	4:35.46	**22:57.34**
43	43	609	Allison Waytowich	ST. MICHAEL CHS	1	4:35.89	**22:59.47**
44	44	681	Brynn Gilmour	THOUSAND ISLANDS SS	10	4:35.98	**22:59.93**
45	45	32	Kenzie Osborne	BAYRIDGE S.S.	1	4:36.98	**23:04.91**
46	46	401	Abby McDonald	NOTRE DAME CHS	1	4:40.18	**23:20.91**
47	47	305	MacKenzie Quesnel	LA CITADELLE	2	4:40.51	**23:22.56**
48	48	238	Sid Chard	KCVI	8	4:41.68	**23:28.44**
49	49	200	Taylor MacGillvray	GLENGARRY DHS	2	4:42.51	**23:32.59**
50	50	678	Hanna Doonan	THOUSAND ISLANDS SS	11	4:42.60	**23:33.00**
51	51	696	Vanessa Richards	THOUSAND ISLANDS SS	12	4:42.70	**23:33.50**
52	52	333	Anneka Petersen	LCVI	1	4:42.93	**23:34.65**
53	53	591	Payton Anderson	ST. MARY CHS	2	4:43.28	**23:36.43**
54	54	417	Smith Sasha	OPEONGO HS	1	4:46.24	**23:51.22**
55	55	682	Tory Gowland-Wood	THOUSAND ISLANDS SS	13	4:46.65	**23:53.28**
56	56	21	Kaitlyn Wheeler	ARNPRIOR HS	1	4:48.11	**24:00.59**
57	57	33	Anni Zechel	BAYRIDGE S.S.	2	4:49.32	**24:06.62**
58	58	176	Sarah Kinney	FRONTENAC	1	4:50.66	**24:13.34**
59	59	629	Brooke Legrow	SYDENHAM H.S.	2	4:52.08	**24:20.44**
60	60	100	Marie-Ève Chénier	É.S.C. L'ESCALE	1	4:53.15	**24:25.78**
61	61	79	Kate Schwartz	CHAR-LAN DHS	1	4:53.66	**24:28.31**
62	62	418	Peyton Ziebarth	OPEONGO HS	2	4:54.26	**24:31.34**
63	63	30	Sara Jarvis	BAYRIDGE S.S.	3	4:54.80	**24:34.00**
64	64	416	Mara Peever	OPEONGO HS	3	4:54.86	**24:34.34**
65	65	122	lizzy mcauley	ERNESTOWN SS	1	4:57.14	**24:45.72**
66	66	345	Mari Sundberg	L'ÉQUINOXE	1	4:57.56	**24:47.81**
67	67	221	Lara Jeaurond	HOLY TRINITY CHS	1	4:58.94	**24:54.72**
68	68	421	Kiera Bell	PERTH DCI	1	4:59.58	**24:57.91**
69	69	76	Katelyn Hochgeshurz	CARLETON PLACE	1	5:02.66	**25:13.31**
70	70	689	Madison McClintock	THOUSAND ISLANDS SS	14	5:03.18	**25:15.94**
71	71	374	Patricia Barlow	NORTH DUNDAS DHS	1	5:04.46	**25:22.31**
72	72	605	Charlotte Hitsman	ST. MICHAEL CHS	2	5:05.15	**25:25.78**
73	73	48	Jacinta Secker	BISHOP SMITH CHS	2	5:05.73	**25:28.69**
74	74	376	Jamie Quinton	NORTH DUNDAS DHS	2	5:05.83	**25:29.15**
75	75	695	Emma Phillips	THOUSAND ISLANDS SS	15	5:06.25	**25:31.28**
76	76	201	Heather Raymond	GLENGARRY DHS	3	5:06.81	**25:34.09**
77	77	627	Ainsley Jeffrey	SYDENHAM H.S.	3	5:07.42	**25:37.12**
78	78	344	Vilma Rossi	L'ÉQUINOXE	2	5:07.98	**25:39.94**
79	79	631	Sirene Livie	SYDENHAM H.S.	4	5:08.08	**25:40.40**
80	80	7	Amelia Norman	ALMONTE DHS	2	5:09.33	**25:46.66**
81	81	384	Kelsey Black	NORTH GRENVILLE DHS	1	5:10.40	**25:52.00**
82	82	544	Shannon Retty	ST. JOHN CHS	2	5:10.75	**25:53.75**

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83	83	651	Evelyn Merriman	TAGWI S.S.	1	5:11.75	**25:58.75**
84	84	311	Bella Adam	LA SALLE S.S.	1	5:13.57	**26:07.88**
85	85	118	taylor babcock	ERNESTOWN SS	2	5:13.86	**26:09.34**
86	86	368	Michaela Lasher	NAPANEE DSS	1	5:14.81	**26:14.09**
87	87	429	Bree Lennox	PERTH DCI	2	5:15.09	**26:15.47**
88	88	575	Daphinie Lauzon	ST. JOSEPH'S CORNWAL	1	5:16.30	**26:21.50**
89	89	598	Bradi O'Neill	ST. MARY CHS	3	5:17.61	**26:28.09**
90	90	519	Erin Dolan	SMITHS FALLS DCI	2	5:18.21	**26:31.06**
91	91	46	Keara Kidd	BISHOP SMITH CHS	3	5:18.82	**26:34.12**
92	92	49	Kylee Walsh	BISHOP SMITH CHS	4	5:18.90	**26:34.52**
93	93	514	Stormy Howard	SEAWAY DHS	1	5:20.38	**26:41.94**
94	94	432	Chloe Todd	PERTH DCI	3	5:20.66	**26:43.31**
95	95	44	Sara Hill	BISHOP SMITH CHS	5	5:24.24	**27:01.22**
96	96	326	Paige Barrett	LCVI	2	5:24.33	**27:01.68**
97	97	468	Madison Smith	REGIOPOLIS-NOTRE DAM	7	5:25.21	**27:06.06**
98	98	198	Dana MacDonald	GLENGARRY DHS	4	5:26.58	**27:12.94**
99	99	365	Sierra Bonsall	NAPANEE DSS	2	5:27.01	**27:15.06**
100	100	188	Madi Hunt	GANANOQUE SS	1	5:32.07	**27:40.38**
101	101	123	rachel scott	ERNESTOWN SS	3	5:39.03	**28:15.15**
102	102	313	Malorie Jeffrey	LA SALLE S.S.	2	5:39.34	**28:16.72**
103	103	635	Randi Shields	SYDENHAM H.S.	5	5:41.20	**28:26.00**
104	104	28	Jenna Hamelinck	BAYRIDGE S.S.	4	5:44.74	**28:43.72**
105	105	422	Robin Brownlee	PERTH DCI	4	5:45.08	**28:45.41**
106	106	366	Leah Hagerman	NAPANEE DSS	3	5:49.23	**29:06.15**
107	107	471	Virginia Weese	REGIOPOLIS-NOTRE DAM	8	5:51.62	**29:18.12**
108	108	592	Hannah Arthurs	ST. MARY CHS	4	5:54.15	**29:30.75**
109	109	563	Katelyn Dumoulin	ST. JOSEPH'S CORNWAL	2	5:54.73	**29:33.66**
110	110	425	Natalie Fair	PERTH DCI	5	5:54.80	**29:34.00**
111	111	412	Brooke Doiron	OPEONGO HS	4	6:05.45	**30:27.28**
112	112	29	Ashley Jackson	BAYRIDGE S.S.	5	6:06.37	**30:31.88**
113	113	569	Kelsey Burke	ST. JOSEPH'S CORNWAL	3	6:10.82	**30:54.12**
114	114	386	Zoe Cote	NORTH GRENVILLE DHS	2	6:14.61	**31:13.09**
115	115	43	Alicia Donavan	BISHOP SMITH CHS	6	6:32.03	**32:40.18**
116	116	31	Jane Maloney	BAYRIDGE S.S.	6	6:34.86	**32:54.31**
117	117	47	Kierstin Lapointe	BISHOP SMITH CHS	7	6:59.71	**34:58.56**

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Event # 6 BOYS Senior 7km Run

Senior Boys

PLACE	TEAM	SCORE	SCORERS	DISPLACERS	TOP 4 TOTAL	TOP 4 AVG/KM	TOP 4 AVG	TOP 4 SPLIT
1	KCVI	21	1-2-8-10	)-47-49-62-66-6	1:33:00	4:11.41	23:15.02	1:43
2	REGIOPOLIS-NOTRE DAM	76	6-15-20-35	65-88-137-142	1:40:15	4:16.73	25:03.76	2:44
3	THOUSAND ISLANDS SS	78	7-17-21-33	-42-59-91-99-1	1:40:23	4:00.82	25:05.83	2:18
4	VALOUR	99	14-27-28-30	41-44-51-60-75-	1:42:24	4:06.98	25:35.99	:53
5	SYDENHAM H.S.	131	18-29-32-52	58-71-76-113	1:44:38	4:20.26	26:09.48	1:58
6	ST. MICHAEL CHS	172	37-39-46-50	69-97	1:46:43	4:44.81	26:40.81	:38
7	ST. JOHN CHS	226	24-56-61-85	133	1:50:57	4:50.89	27:44.13	3:40
8	FELLOWES	291	16-90-92-93	111-132-139	1:53:42	4:59.81	28:25.50	4:28
9	ESCR HAWKESBURY	315	22-84-103-106	118	1:54:57	4:06.34	28:44.36	4:35
10	É.S.C. L'ESCALE	320	48-63-102-107		1:55:10	4:20.20	28:47.56	3:13
11	HOLY CROSS	393	11-125-127-130		2:01:47	4:16.96	30:26.79	9:05
12	ARNPRIOR HS	445	54-112-136-143		2:13:03	4:30.62	33:15.72	12:50

OVERALL PLACE	SCORE PLACE	BIB NUM	NAME	AGE	GRADE	TEAM	PLACE ON TEAM	AVG/KM	TIME
1	1	279	Kieran L'Abbé			KCVI	1	3:12.08	**22:24.56**
2	2	282	Cameron Linscott			KCVI	2	3:13.81	**22:36.69**
3	3	360	Jonathan Stoppa			MADAWASKA VALLEY	1	3:14.52	**22:41.66**
4	4	496	John Pettigrew			RENFREW C.I.	1	3:17.38	**23:01.66**
5	5	36	Matt Flood			BAYRIDGE S.S.	1	3:18.65	**23:10.53**
6	6	490	Paul Sagriff			REGIOPOLIS-NOTRE DAM	1	3:21.56	**23:30.91**
7	7	722	Carter Rafuse			THOUSAND ISLANDS SS	1	3:23.66	**23:45.59**
8	8	268	Alex Drover			KCVI	3	3:24.41	**23:50.84**
9	9	94	Thomas Csisztu			CSC JEANNE-LAJOIE	1	3:25.88	**24:01.15**
10	10	280	Reilly Lacasdandile			KCVI	4	3:26.86	**24:08.00**
11	11	211	JONATHAN BESSELINK			HOLY CROSS	1	3:26.95	**24:08.65**
12	12	82	Isaac Fraser			CHAR-LAN DHS	1	3:30.50	**24:33.50**
13	13	787	Matt Hickey			NOTRE DAME CHS	1	3:33.22	**24:52.53**
14	14	778	Daniel Thomas			VALOUR	1	3:33.79	**24:56.56**
15	15	473	Paul Bates			REGIOPOLIS-NOTRE DAM	2	3:34.53	**25:01.72**
16	16	166	Jacob Hardwick			FELLOWES	1	3:34.88	**25:04.15**
17	17	701	Jacob Chinyaradzo			THOUSAND ISLANDS SS	2	3:35.07	**25:05.47**
18	18	646	Isaac Sanderson			SYDENHAM H.S.	1	3:37.73	**25:24.12**
19	19	533	Dustin Ricketts			SMITHS FALLS DCI	1	3:38.11	**25:26.78**
20	20	479	Julien Guyon			REGIOPOLIS-NOTRE DAM	3	3:38.20	**25:27.37**
21	21	704	Cameron Dillon			THOUSAND ISLANDS SS	3	3:38.27	**25:27.87**
22	22	138	Julien Santini			ESCR HAWKESBURY	1	3:38.94	**25:32.56**
23	23	571	Mathias Croney			ST. JOSEPH'S CORNWAL	1	3:39.31	**25:35.18**
24	24	558	Anthony Scattolon			ST. JOHN CHS	1	3:40.05	**25:40.38**
25	25	507	Gavin Westbrook			ROCKLAND DISTRICT HS	1	3:40.21	**25:41.50**
26	26	230	Mike Ryan			HOLY TRINITY CHS	1	3:40.28	**25:41.93**
27	27	780	Micheal Weibe			VALOUR	2	3:41.11	**25:47.78**
28	28	774	Colin Powel			VALOUR	3	3:41.33	**25:49.28**
29	29	645	Brady Robertson			SYDENHAM H.S.	2	3:41.41	**25:49.84**

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30	30	771	Thomas Lusink	VALOUR	4	3:41.48	**25:50.34**
31	31	298	Graeme Workman	KCVI	5	3:42.58	**25:58.06**
32	32	638	Josh Bennett	SYDENHAM H.S.	3	3:43.10	**26:01.69**
33	33	711	Chris Kerans	THOUSAND ISLANDS SS	4	3:43.49	**26:04.41**
34	34	759	Nicholas Bauernschmitt	VALOUR	5	3:44.26	**26:09.84**
35	35	481	Anson Hunt	REGIOPOLIS-NOTRE DAM	4	3:45.00	**26:15.03**
36	36	719	Drew Morin	THOUSAND ISLANDS SS	5	3:45.91	**26:21.38**
37	37	616	Justin Marques	ST. MICHAEL CHS	1	3:46.05	**26:22.34**
38	38	292	Sebastian Scott	KCVI	6	3:46.25	**26:23.72**
39	39	620	Will VanVliet	ST. MICHAEL CHS	2	3:46.45	**26:25.18**
40	40	270	Rhys Farrell	KCVI	7	3:47.56	**26:32.94**
41	41	761	Nick Digiacinto	VALOUR	6	3:48.42	**26:38.91**
42	42	702	Sam Cowan	THOUSAND ISLANDS SS	6	3:49.15	**26:44.03**
43	43	83	Colin MacDonald	CHAR-LAN DHS	2	3:49.29	**26:45.06**
44	44	777	Wyatt Shamess	VALOUR	7	3:49.54	**26:46.81**
45	45	363	Benjamin Hickling	MARIE-RIVIER	1	3:50.39	**26:52.72**
46	46	614	Owen Healey	ST. MICHAEL CHS	3	3:50.73	**26:55.09**
47	47	293	Nathan Smith	KCVI	8	3:51.05	**26:57.38**
48	48	107	Mikaël Gaumond	É.S.C. L'ESCALE	1	3:51.17	**26:58.21**
49	49	286	Edwin Morelli	KCVI	9	3:51.33	**26:59.28**
50	50	615	Justin Kipkie	ST. MICHAEL CHS	4	3:51.52	**27:00.65**
51	51	782	Christian Wolfgram	VALOUR	8	3:54.05	**27:18.34**
52	52	642	Brendan Loughlin	SYDENHAM H.S.	4	3:54.61	**27:22.28**
53	53	661	Charles Douglas	TAGWI S.S.	1	3:54.96	**27:24.69**
54	54	22	Everett Baird	ARNPRIOR HS	1	3:56.39	**27:34.72**
55	55	208	Cameron Summers	GLENGARRY DHS	1	3:58.23	**27:47.59**
56	56	553	Brandon Monaghan	ST. JOHN CHS	2	3:58.73	**27:51.09**
57	57	12	Spencer Hubble	ALMONTE DHS	1	3:58.79	**27:51.56**
58	58	639	Martin Horton	SYDENHAM H.S.	5	3:58.93	**27:52.52**
59	59	720	Jared Payette	THOUSAND ISLANDS SS	7	3:59.94	**27:59.56**
60	60	765	Nathan Frampton	VALOUR	9	4:00.02	**28:00.15**
61	61	559	Marco Scattolon	ST. JOHN CHS	3	4:00.63	**28:04.38**
62	62	289	Josh Pringle	KCVI	10	4:00.81	**28:05.69**
63	63	103	Alexandre Bouchard	É.S.C. L'ESCALE	2	4:01.27	**28:08.88**
64	64	789	Jager Ruck	NOTRE DAME CHS	2	4:01.76	**28:12.34**
65	65	476	Liam Cregg	REGIOPOLIS-NOTRE DAM	5	4:01.86	**28:13.00**
66	66	261	Huxley Anjivel	KCVI	11	4:01.91	**28:13.40**
67	67	582	Devin Vandermeer	ST. JOSEPH'S CORNWAL	2	4:02.62	**28:18.31**
68	68	274	Kyle Gardner	KCVI	12	4:02.71	**28:19.00**
69	69	610	Callum Boland	ST. MICHAEL CHS	5	4:02.77	**28:19.40**
70	70	299	Bertug Yoruk	KCVI	13	4:02.85	**28:19.93**
71	71	640	Matt Hunt	SYDENHAM H.S.	6	4:03.30	**28:23.09**
72	72	115	Olivier Juneau	E.S.P L'HÉRITAGE	1	4:03.38	**28:23.68**
73	73	67	Arden Barnett	BROCKVILLE COLLEGIAT	1	4:03.43	**28:24.02**
74	74	666	Matthew Nobert	TAGWI S.S.	2	4:03.69	**28:25.84**
75	75	768	Nevan Kearney	VALOUR	10	4:04.88	**28:34.15**
76	76	641	Thomas Lambert	SYDENHAM H.S.	7	4:05.07	**28:35.47**
77	77	203	Devon Atwell	GLENGARRY DHS	2	4:05.54	**28:38.81**
78	78	323	Daniel Walton	LA SALLE S.S.	1	4:05.77	**28:40.41**
79	79	335	Josiah Ascough	LCVI	1	4:06.03	**28:42.22**
80	80	285	Tim Montgomery	KCVI	14	4:07.92	**28:55.44**

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81	81	204	Matt Houlzet	GLENGARRY DHS	3	4:09.84	**29:08.88**
82	82	537	Justin Yanosik	SMITHS FALLS DCI	2	4:10.43	**29:13.03**
83	83	284	Tanner McKinnon	KCVI	15	4:10.50	**29:13.52**
84	84	136	Jean-Christophe Laframboise-I	ESCR HAWKESBURY	2	4:10.74	**29:15.21**
85	85	555	Caelan Quick	ST. JOHN CHS	4	4:11.52	**29:20.66**
86	86	378	Quinn Chambers	NORTH DUNDAS DHS	1	4:11.94	**29:23.56**
87	87	441	James Fleming	PERTH DCI	1	4:12.42	**29:26.91**
88	88	485	Angus Merry	REGIOPOLIS-NOTRE DAM	6	4:12.55	**29:27.84**
89	89	339	Conner Morgan	LCVI	2	4:13.10	**29:31.72**
90	90	163	Tristan Fleming	FELLOWES	2	4:13.16	**29:32.09**
91	91	710	Michael Howard	THOUSAND ISLANDS SS	8	4:13.20	**29:32.37**
92	92	174	Casey Williams	FELLOWES	3	4:13.25	**29:32.75**
93	93	168	Nick Kathen	FELLOWES	4	4:13.29	**29:33.02**
94	94	436	Paul Desjardine	PERTH DCI	2	4:13.34	**29:33.37**
95	95	184	Eric Leonard	FRONTENAC	1	4:13.54	**29:34.81**
96	96	273	Sean Fury	KCVI	16	4:13.61	**29:35.29**
97	97	613	Jacob Carter	ST. MICHAEL CHS	6	4:14.71	**29:43.00**
98	98	269	Mikey Farrell	KCVI	17	4:15.16	**29:46.15**
99	99	706	Colin Gartley	THOUSAND ISLANDS SS	9	4:15.24	**29:46.68**
100	100	394	Alex Grant	NORTH GRENVILLE DHS	1	4:15.29	**29:47.00**
101	101	712	Jon Kruis	THOUSAND ISLANDS SS	10	4:15.32	**29:47.24**
102	102	104	Alexandre Charlebois	É.S.C. L'ESCALE	3	4:15.91	**29:51.34**
103	103	134	Anthony Dion	ESCR HAWKESBURY	3	4:17.33	**30:01.28**
104	104	437	Ryan Dewey	PERTH DCI	3	4:17.63	**30:03.41**
105	105	340	Gaffar Othman	LCVI	3	4:17.73	**30:04.09**
106	106	137	Alexandre Poirier	ESCR HAWKESBURY	4	4:18.34	**30:08.38**
107	107	108	Alexandre Godin	É.S.C. L'ESCALE	4	4:18.83	**30:11.81**
108	108	278	Alex Kuzma-Hunt	KCVI	18	4:18.94	**30:12.56**
109	109	760	Liam Digiacinto	VALOUR	11	4:19.01	**30:13.08**
110	110	291	Evan Reed	KCVI	19	4:21.80	**30:32.59**
111	111	169	Dustin Meek	FELLOWES	5	4:22.05	**30:34.34**
112	112	25	Noah Pelkey	ARNPRIOR HS	2	4:22.66	**30:38.62**
113	113	644	Chris O'Sullivan	SYDENHAM H.S.	8	4:24.36	**30:50.50**
114	114	73	Michael Throop	BROCKVILLE COLLEGIAT	2	4:26.42	**31:04.94**
115	115	589	Muneeb Alam	ST. LAWRENCE S.S.	1	4:26.49	**31:05.43**
116	116	310	Casey Quesnel	LA CITADELLE	1	4:27.05	**31:09.38**
117	117	503	Jesse Burns	RIDEAU DISTRICT HS	1	4:28.37	**31:18.59**
118	118	139	Mathew Villeneuve	ESCR HAWKESBURY	5	4:30.69	**31:34.81**
119	119	530	Emerson Healey	SMITHS FALLS DCI	3	4:30.74	**31:35.21**
120	120	785	Conner Spencer	HOLY TRINITY CHS	2	4:30.82	**31:35.75**
121	121	379	Thomas Gutknecht	NORTH DUNDAS DHS	2	4:31.03	**31:37.20**
122	122	516	Kyle Ault	SEAWAY DHS	1	4:31.53	**31:40.72**
123	123	788	Cameron Dobson	NOTRE DAME CHS	3	4:33.21	**31:52.47**
124	124	275	Nizar Hefnawi	KCVI	20	4:33.62	**31:55.34**
125	125	214	KYLE PENNEY	HOLY CROSS	2	4:33.74	**31:56.18**
126	126	193	Adam Thompson	GANANOQUE SS	1	4:35.67	**32:09.66**
127	127	216	TRAVIS REID	HOLY CROSS	3	4:38.28	**32:27.94**
128	128	495	Pace Marier	RENFREW C.I.	2	4:43.67	**33:05.66**
129	129	346	Preston Brouillard-Gallant	L'ÉQUINOXE	1	4:43.91	**33:07.34**
130	130	213	STEPHEN JOHNSTON	HOLY CROSS	4	4:44.92	**33:14.41**
131	131	144	Clement Sarrazin	ESP LE SOMMET	1	4:45.94	**33:21.56**
132	132	164	Jordan Gardner	FELLOWES	6	4:46.30	**33:24.09**

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133	133	557	Liam Richens	ST. JOHN CHS	5	4:50.47	**33:53.31**
134	134	57	Eldon Schiemann	BISHOP SMITH CHS	1	4:52.73	**34:09.09**
135	135	41	Connor Wood	BAYRIDGE S.S.	2	4:54.76	**34:23.31**
136	136	24	Liam Jefferies	ARNPRIOR HS	3	4:54.85	**34:23.96**
137	137	475	Robert Connors	REGIOPOLIS-NOTRE DAM	7	4:59.26	**34:54.84**
138	138	267	Liam Douglas	KCVI	21	5:07.82	**35:54.75**
139	139	161	Matt Ciphery	FELLOWES	7	5:08.24	**35:57.69**
140	140	567	Allister Aitken	ST. JOSEPH'S CORNWAL	3	5:12.82	**36:29.75**
141	141	377	Kyle Batten	NORTH DUNDAS DHS	3	5:26.39	**38:04.75**
142	142	474	Curtis Canty	REGIOPOLIS-NOTRE DAM	8	5:31.93	**38:43.50**
143	143	26	Sam Pelkey	ARNPRIOR HS	4	5:46.51	**40:25.59**