





## HWIAC Cross Country Championships 2017 - 10/18/2017

### Rankings

Average:	16:10.60						
4 Dundas Valley	68	4	19	22	23	36	
Total Time:	1:03:01.11						
Average:	15:45.28						
5 Hamilton District	95	17	24	25	29		
Total Time:	1:06:05.52						
Average:	16:31.38						

### Event 3 Women 5k Run CC Junior

Name	Year School	Finals	Points
1 Cushnie, Sarah	Westdale	19:46.59	1
2 Vernon-Pope, Claire	Westdale	21:06.89	2
3 Cushnie, Beth	Westdale	23:11.22	3
4 Shergill, Keerit	Saltfleet	23:12.09	4
5 Schuller, Erin	Guido de Bres	23:30.66	5
6 Cox, Emily	Dundas Valley	24:01.08	6
7 Beard, Claire	Waterdown	24:16.28	7
8 Vandenheuval, Riley	Dundas Valley	24:26.93	8
9 Stechey, Ava	Ancaster High	24:49.69	9
10 Frketich, Emma	Westmount	24:56.35	10
11 Temush, Patrice	Dundas Valley	24:59.48	11
12 Cubitt, Emma	Westmount	25:02.47	12
13 Psyklywec, Alexandra	Westdale	25:11.89	13
14 Berlin, Regan	Dundas Valley	26:16.68	14
15 Opperman, Chelsea	Sir John A M	26:43.46	15
16 Barr, Julia	Ancaster High	27:17.78	16
17 Pop, Isabella	Ancaster High	27:18.95	17
18 Cook, Leah	Westmount	27:22.83	18
19 Clock, Anne	Westdale	27:44.16	19
20 Anonech, Lexie	Dundas Valley	28:21.26	20
21 Zeleynt, Emily	Dundas Valley	28:34.09	21
22 Kncht-Watson, Sarah	Sherwood	28:52.02	22
23 Gondar, Isabela	Orchard Park	30:54.75	23
24 Reid, Rachel	Westmount	32:32.90	24
25 Bleakney, Angelique	Ancaster High	33:13.73	25
26 Cincarevic, Ana	Glendale	33:41.09	26
27 Ahmad, Touma	Glendale	33:49.67	27
28 Ribaudou-Begin, Ramona	Westdale	36:04.90	28
29 Shahid, Safa	Glendale	36:30.89	29
30 Forrester, Ana-Lita	Sir John A M	36:36.55	30

### Team Scores

Rank Team	Total	1	2	3	4	*5	*6	*7	*8	*9
1 Westdale	19	1	2	3	13	19	28			
Total Time:	1:29:16.59									
Average:	22:19.15									
2 Dundas Valley	39	6	8	11	14	20	21			
Total Time:	1:39:44.17									
Average:	24:56.05									
3 Westmount	64	10	12	18	24					
Total Time:	1:49:54.55									
Average:	27:28.64									
4 Ancaster High	67	9	16	17	25					
Total Time:	1:52:40.15									
Average:	28:10.04									

## HWIAC Cross Country Championships 2017 - 10/18/2017

### Rankings

#### Event 4 Men 5k Run CC Junior

Name	Year School	Finals	Points
1 Summerhays, Ethan	Hamilton District	17:49.89	1
2 Bischoff-Hadala, Tobias	Westdale	18:16.74	2
3 Ghigli, Henrique	Hamilton District	18:26.21	3
4 Yoell, Liam	Westdale	18:32.97	4
5 Mulkewich, Noah	Westdale	18:35.56	5
6 Yates, Logan	Dundas Valley	18:41.03	6
7 Sennaoui, Rayane	Orchard Park	18:47.15	7
8 Oldejaans, Gerrit	Dundas Valley	19:01.03	8
9 Vanderwoude, Justin	Guido de Bres	19:16.20	9
10 Horncastle, Jacob	Sir Allan MacNab	19:18.60	10
11 Fransson, Issak	Westdale	19:21.78	11
12 Mills, Sam	Ancaster High	19:27.84	12
13 Bowden, Troy	Ancaster High	19:29.94	13
14 Stephen, Matthew	Ancaster High	19:36.25	14
15 Dods, Sammy	Westmount	19:41.93	15
16 Vanderwal, Daniel	Guido de Bres	19:42.74	16
17 VanVeen, Levi	Guido de Bres	19:43.28	17
18 Linkert, Doug	Dundas Valley	19:44.07	18
19 Hodgins, Graden	Westmount	19:47.72	19
20 Vermeulen, Caleb	Guido de Bres	20:08.02	20
21 Matharu, Yash	Ancaster High	20:19.09	21
22 Mandryk, Kyle	Ancaster High	20:43.30	22
23 Heidebrecht, Jayden	Dundas Valley	20:45.27	23
24 Kabalu, Isac	G.P. Vanier	20:59.73	24
25 Bell, Jackson	Westmount	21:09.23	25
26 Chung, David	Ancaster High	21:17.34	26
27 Koumad, Chemseddine	G.P. Vanier	21:26.61	27
28 Barry, Michael	Sir Allan MacNab	21:53.29	28
29 Cheruiyot, Lekeize	Sir Allan MacNab	22:07.42	29
30 Tenhage, Brett	Guido de Bres	22:21.97	30
31 Brooks, Lukas	Dundas Valley	22:24.28	31
32 Clarke, Keaun	Sir Allan MacNab	22:27.73	32
33 Ravensbergen, Stephen	Guido de Bres	22:32.52	33
34 Barringer, Benjamin	Westdale	23:55.83	34
35 Stephen, Paul	Ancaster High	25:04.17	35
36 Ahmad, Tashfeen	Sherwood	25:22.46	36
37 Tran, Anthony	Sherwood	26:47.05	37
38 Du Preez, Joffre	Waterdown	26:51.70	38
39 Hakim, Talat	Westmount	27:06.10	39
40 Perrow, Nicky	Westmount	27:15.28	40
41 Kan, Jasper	Westmount	27:20.89	41
42 McVittie, Shawn	Saltfleet	28:09.18	42
43 Nguyen, Dariche	Westmount	29:22.68	43
44 Hana, Daniel	Sherwood	29:38.31	44
45 Roach, Owen	Saltfleet	29:38.31	45
46 Begbie, Matthew	Westmount	29:38.31	46

#### ....Event 4 Men 5k Run CC Junior

##### Team Scores

Rank	Team	Total	1	2	3	4	*5	*6	*7	*8	*9
1	Westdale	22	2	4	5	11	34				
	Total Time:	1:14:47.05									
	Average:	18:41.77									
2	Dundas Valley	55	6	8	18	23	31				

## HWIAC Cross Country Championships 2017 - 10/18/2017

### Rankings

Total Time:	1:18:11.40								
Average:	19:32.85								
3 Ancaster High		60	12	13	14	21	22	26	35
Total Time:	1:18:53.12								
Average:	19:43.28								
4 Guido de Bres		62	9	16	17	20	30	33	
Total Time:	1:18:50.24								
Average:	19:42.56								
5 Westmount		98	15	19	25	39	40	41	43 46
Total Time:	1:27:44.98								
Average:	21:56.25								
6 Sir Allan MacNab		99	10	28	29	32			
Total Time:	1:25:47.04								
Average:	21:26.76								

### Event 5 Women 6k Run CC Senior

Name	Year School	Finals	Points
1 Sober, Allyson	Dundas Valley	25:38.58	1
2 Lof, Ashley	Guido de Bres	25:39.82	2
3 Anderson, Erin	Westdale	25:41.68	3
4 Terhljan, Naomi	Dundas Valley	25:58.09	4
5 Sulentic, Finn	Dundas Valley	26:33.50	5
6 DeBoer, Kristen	Guido de Bres	27:06.67	6
7 BoatSmith, Meaghan	Westdale	27:22.07	7
8 Richer, Megan	Dundas Valley	27:26.29	8
9 Rule, Madeline	Westmount	27:41.70	9
10 Watson, Rowan	Dundas Valley	27:51.51	10
11 Baker, Olivia	Waterdown	27:57.62	11
12 Hart, Debbie	Hamilton District	27:57.89	12
13 Jonker, Alayna	Guido de Bres	28:12.21	13
14 Carey, Madilyn	Waterdown	28:19.60	14
15 Adzjia, Hailey	Orchard Park	29:38.45	15
16 Buchko, Hannah	Ancaster High	29:41.32	16
17 Irwin, Avery	Westdale	29:51.18	17
18 Wira, Alisha	Orchard Park	29:58.31	18
19 Oliver, Avery	Ancaster High	30:20.81	19
20 Gondar, Emily	Orchard Park	30:45.17	20
21 Killingbeck, Emily	Glendale	32:57.10	21
22 Simpson, Lili	Westdale	33:06.13	22
23 Hancox, Grace	Dundas Valley	33:20.42	23
24 Wang, Pamela	Westdale	33:32.76	24
25 Pauls, Chloe	Saltfleet	33:35.72	25
26 Reda, Fiora	Westdale	34:02.70	26
27 Colwell, Abigale	Orchard Park	34:14.14	27
28 McKinnon, Sarah	Sherwood	34:30.19	28
29 Lawford, Nicola	Westdale	35:30.44	29
30 Atencio, Jovana	Saltfleet	36:05.35	30
31 LeFrance, Jenna	Saltfleet	36:52.22	31
32 Vukovic, Nikolina	Glendale	36:53.15	32
33 Sa, Kyi Da	Sir John A M	36:56.51	33
34 Cuk, Mihaila	Glendale	37:25.59	34
35 Forbes, Isabella	Westmount	37:58.30	35
36 Ali, Mahnoor	Glendale	38:23.96	36
37 Davis, Ashley	Glendale	40:03.02	37
38 Johnson, Leanne	Glendale	41:44.52	38
39 Talarico, Julia	Glendale	41:45.01	39
40 Andres Chavez, Gabriela	Glendale	42:08.78	40
41 Blair, Alexis	Westmount	43:11.32	41

Team Scores

## HWIAC Cross Country Championships 2017 - 10/18/2017

### Rankings

Rank	Team	Total	1	2	3	4	*5	*6	*7	*8	*9
<b>....Event 5 Women 6k Run CC Senior</b>											
1	Dundas Valley	18	1	4	5	8	10	23			
	Total Time:	1:45:36.46									
	Average:	26:24.12									
2	Westdale	49	3	7	17	22	24	26	29		
	Total Time:	1:56:01.06									
	Average:	29:00.27									
3	Orchard Park	80	15	18	20	27					
	Total Time:	2:04:36.07									
	Average:	31:09.02									
4	Glendale	123	21	32	34	36	37	38	39	40	
	Total Time:	2:25:39.80									
	Average:	36:24.95									

### Event 6 Men 6k Run CC Senior

Name	Year School	Finals	Points
1 Purnell, Alec	Dundas Valley	19:48.26	1
2 Klassen, Ian	Dundas Valley	20:18.39	2
3 Seguin, Alex	Waterdown	20:19.28	3
4 Leighninger, Nathaniel	Westdale	21:02.67	4
5 Richards, Tristan	Dundas Valley	21:13.94	5
6 Rotseartsmith, Ethan	Dundas Valley	21:24.09	6
7 Keen, Doug	Dundas Valley	21:44.43	7
8 Nyakundi, Isaac	Westdale	21:55.27	8
9 Farrand, Graeme	Westdale	21:55.68	9
10 Cseresnyes, Will	Westdale	21:56.17	10
11 Ligtenberg, Christian	Guido de Bres	22:02.14	11
12 DeJong, Justin	Hamilton District	22:15.55	12
13 Breukelman, Ken	Guido de Bres	22:25.28	13
14 Davidson-Thom, La`Shaw	Westdale	22:32.45	14
15 Linkert, Dennis	Westdale	22:41.64	15
16 Green, Malcolm	Westdale	23:09.16	16
17 Vandervelde, Luke	Guido de Bres	23:28.31	17
18 Wilson, Connor	Orchard Park	23:29.57	18
19 Hennessey, Zachary	Waterdown	23:38.76	19
20 Verrips, Gerrit	Hamilton District	24:14.94	20
21 Ismael, Adam	Westmount	24:29.86	21
22 Zimmerman, Brendan	Dundas Valley	24:36.59	22
23 Aoki, Theodor	Westdale	24:41.15	23
24 Knox, Carter	Dundas Valley	24:42.77	24
25 Roussel, Jacob	Delta	24:43.56	25
26 Coulter, Joshua	Ancaster High	24:45.76	26
27 McLeod, Cameron	Nora Henderson	25:18.90	27
28 Vandeburgt, Cullen	Guido de Bres	25:55.71	28
29 Logan, Daniel	Westdale	25:58.02	29
30 Brown, Zachary	Sir John A M	26:15.56	30
31 Walker, Robert	Westdale	26:16.43	31
32 Tanner, Alexander	Delta	26:25.04	32
33 Beijes, Jordan	Guido de Bres	26:47.48	33
34 Ranger, R`sean	Nora Henderson	26:49.09	34
35 Figueroa, Justin	Glendale	27:13.64	35
36 Stewart, Grant	Waterdown	27:14.35	36
37 Kosubovich, Alex	Dundas Valley	29:54.96	37
38 Paddock, Jonathon	Waterdown	31:12.10	38
39 Urichuk, Josh	Sir John A M	33:09.74	39

