

Blue - Team Qualifiers

Red - Individual Qualifiers

HWIAC Cross Country Championships 2011 - 19/10/2011  
Results

## Women 3000 Meter Run CC Midget

Name	Year	School	Finals	Points
Results - Women				
1	256	Ryall, Stephanie	Westdale	11:07.20
2	93	Brent, Emily	Highland	12:09.61
3	227	Bolger, Elise	Waterdown	12:14.51
4	214	Hemrica, Hailey	Sir Allan Ma	12:17.67
5	252	Kennedy, Maddy	Westdale	12:18.15
6	238	Brailsford, Scotia	Westdale	12:19.16
7	186	Isbister, Elizabet	Saltfleet	12:27.41
8	286	McComb, Marissa	Westmount	13:00.34
9	102	Johnston, Ryann	Highland	13:04.23
10	100	Hopkins, Alyssa	Highland	13:24.51
11	241	Crockett, Autumn	Westdale	13:31.77
12	184	Byron, Natasha	Saltfleet	13:57.29
13	94	Brown, Keryenna	Highland	13:57.59
14	175	Burns, Oonagh	Parkside	13:59.04
15	108	Swanborough, Brian	Highland	14:01.69
16	191	Posthumus, Rachael	Saltfleet	14:07.40
17	239	Cinq-Mars, Taylor	Westdale	14:10.80
18	107	Shaefer, Natalie	Highland	14:11.29
19	237	Appiah-Kubi, Joyce	Westdale	15:16.85
20	183	Arshad, Noor	Saltfleet	15:20.71
21	283	Berisha, Fjolla	Westmount	15:28.87
22	146	stevens, ireland	Orchard Park	15:49.46
23	187	Lee, Esther	Saltfleet	16:06.55
24	251	Joyachandra, Thani	Westdale	16:08.56
25	62	Abid, Rabi	Glendale	16:09.00
26	63	Garson, Mary-Cathe	Glendale	16:10.56
27	193	Rainville, Julie	Saltfleet	16:11.26
28	140	enticott, julia	Orchard Park	17:00.74
29	139	dhoofur, ravneet	Orchard Park	17:03.12
30	144	phillips, nicole	Orchard Park	18:13.81
31	141	grewal, simran	Orchard Park	18:14.71
32	64	Naeem, Mariyam	Glendale	22:10.76

## Women 4000 Meter Run CC Junior

Name	Year	School	Finals	Points
Results - Women				
1	285	Locco, Lauren	Westmount	15:05.81
2	258	Stacey, Natalie	Westdale	15:12.61
3	113	Willis, Jessica	Highland	15:25.63
4	86	Weibe, Lorelei	Hamilton Dis	15:42.78
5	101	Hopkins, Kylie	Highland	15:43.69
6	265	Xu, Yinze	Westdale	15:46.50
7	66	Vicentic, Nicole	Glendale	15:54.42
8	92	Bak, Madison	Highland	16:04.14
9	228	Boyd, Logan	Waterdown	16:20.58

10	236	Amoah, Maya	Westdale	16:25.96
11	104	Nickel, Veda	Highland	16:28.62
12	6	Lauret, Rachel	Ancaster Hig	16:32.10
13	255	Roglich, Julia	Westdale	16:53.65
14	205	Dennison, Pressley	Sherwood	17:00.57
15	250	Hotchkiss, Sophie	Westdale	17:02.91
16	234	Vandemeer, Chelsea	Waterdown	17:08.13
17	82	DenBoer, Christina	Hamilton Dis	17:13.96
18	3	Dyment, Taylor	Ancaster Hig	17:17.05
19	111	Whelan, Charlotte	Highland	17:19.44
20	96	Coles, Judith	Highland	17:25.77
21	1	Blair, Alexandra	Ancaster Hig	17:27.32
22	95	Campbell, Emily	Highland	17:45.74
23	244	Flaherty, Sarah	Westdale	17:59.58
24	185	Grieve, Erin	Saltfleet	18:34.20
25	261	Sun, Yuging	Westdale	18:48.47
26	85	Vandekuyt, Katheri	Hamilton Dis	19:02.82
27	84	Orr, Kayla	Hamilton Dis	19:19.77
28	190	Pitre, Jennifer	Saltfleet	19:23.96
29	253	Loosley-Millman, M	Westdale	19:27.77
30	11	Somerville, Emma	Ancaster Hig	20:07.74

Women 5000 Meter Run CC Senior

Name	Year	School	Finals	Points
Results - Women				
1	242	Cseresnyes, Phoebe	Westdale	19:14.16
2	109	Tate, Paige	Highland	20:06.91
3	8	Llewellyn, Abby	Ancaster Hig	20:09.74
4	264	Witt, Jessica	Westdale	20:12.84
5	260	Summers, Heather	Westdale	20:13.38
6	247	Gravina, Maxine	Westdale	20:23.41
7	110	Thompson, Karen	Highland	20:49.69
8	243	Despinic, Aleksa	Westdale	21:14.41
9	106	Pansegrau, Kaitlyn	Highland	21:20.42
10	189	Mckay, Brittany	Saltfleet	21:41.16
11	97	Danos, Samantha	Highland	21:47.10
12	74	deBoer, Crystal	Guido de Bre	22:27.02
13	75	Elgersma, Leah	Guido de Bre	22:34.52
14	262	Teodoridis, Stepha	Westdale	22:40.03
15	14	Wilson, Jennifer	Ancaster Hig	22:44.57
16	12	Vinken, Kirsten	Ancaster Hig	22:49.41
17	15	Wyatt, Alex	Ancaster Hig	22:50.57
18	213	Crawford, Gillian	Sir Allan Ma	22:51.36
19	216	Ogrady, Meghan	Sir Allan Ma	22:55.01
20	5	Kennedy, Jen	Ancaster Hig	23:00.00
21	4	Holmes, Rachael	Ancaster Hig	23:01.01
22	192	Rainville, Josee	Saltfleet	23:19.19
23	230	Sawyer, Celia	Waterdown	23:24.29
24	40	Parker, Elena	Barton S.S.	23:26.19
25	16	Zucker, Erica	Ancaster Hig	23:58.29
26	221	Steeves, Kaitlin	Sir Winston	24:03.26
27	232	Stanton, Darcie	Waterdown	24:03.58
28	257	Stacey, Julia	Westdale	24:19.93
29	112	Whiffing, Robin	Highland	24:26.17

30	195	Walton, Jenna	Saltfleet	24:32.46
31	246	Gailing, Shantal	Westdale	24:42.69
32	229	Hood, Lianna	Waterdown	25:22.02
33	142	hazell, lindsay	Orchard Park	25:59.20
34	43	Warson, Andrea	Barton S.S.	26:04.84
35	41	Scott, Jessica	Barton S.S.	26:06.93
36	176	Cooke, Victoria	Parkside	26:35.09
37	83	DeWeerd, Audrey	Hamilton Dis	26:47.70
38	13	Werstuck, Hayley	Ancaster Hig	26:59.27
39	7	Lee, Jenni	Ancaster Hig	27:23.88
40	206	Penney, Lauren	Sherwood	27:29.52
41	288	Moss, Chloe	Westmount	27:33.36
42	220	Bond, Aisha	Sir Winston	27:38.50
43	259	Sulewski, Nicole	Westdale	27:59.62
44	143	holden, lindsay	Orchard Park	28:03.00
45	148	viridi, gagandeep	Orchard Park	28:27.21
46	145	razzek, sherena	Orchard Park	31:03.77
47	39	Graham, Tisha	Barton S.S.	33:41.85
48	65	Nguyen, Diana	Glendale	34:04.62
49	194	Turner, Kate	Saltfleet	38:02.31

Men 5000 Meter Run CC Midget

Name	Year	School	Finals	Points
Results - Men				
1	120	Heidebrecht, Erik	Highland	18:49.01
2	126	McDonald, Connor	Highland	19:04.69
3	122	Holmes, Kyle	Highland	19:08.96
4	24	McConnell, Luke	Ancaster Hig	19:17.18
5	34	Slizys, Austin	Ancaster Hig	19:21.16
6	80	VanSydenborgh, Joe	Guido de Bre	19:25.46
7	31	Searles, Ian	Ancaster Hig	19:27.23
8	211	Moore, Jarrett	Sherwood	19:42.04
9	88	DeJong, Aaron	Hamilton Dis	19:45.19
10	208	Darby, Callum	Sherwood	19:48.32
11	121	Holmes, Jack	Highland	19:56.03
12	281	Witt, Braden	Westdale	19:56.41
13	125	Manson, Tom	Highland	20:09.54
14	210	Jabri, Mehdi	Sherwood	20:32.72
15	272	Gerber, Louis	Westdale	20:41.64
16	173	vanderkraats, hayd	Orchard Park	21:04.44
17	235	Gosney, Austen	Waterdown	21:15.20
18	28	Mills, Jack	Ancaster Hig	21:15.65
19	212	Stokes, Cameron	Sherwood	21:34.68
20	54	Kaytor, Justin	Delta	22:25.22
21	61	To, Johnson	Delta	22:31.57
22	26	McGuire, Matthew	Ancaster Hig	22:49.21
23	23	Lazdins, Victor	Ancaster Hig	23:14.42
24	164	kelly, joseph	Orchard Park	23:42.55
25	219	Marshall, Colin	Sir Allan Ma	24:15.03
26	207	Culver, Josh	Sherwood	24:33.08
27	71	Mahajan, Vishu	Glendale	26:49.60
28	69	La, Philip	Glendale	27:53.93
29	202	Thom, Alec	Saltfleet	28:13.27
30	170	Sipus, Mack	Orchard Park	28:14.80

## Men 6184 Meter Run CC Junior

Name	Year	School	Finals	Points
Results - Men				
1	17	Dehghan, Nathan	Ancaster Hig	21:59.14
2	79	Vangoolen, Rob	Guido de Bre	22:47.17
3	131	Thompson, Ray	Highland	22:52.65
4	38	Yusuf, Arjuna	Ancaster Hig	23:01.15
5	36	Thorburn, Branden	Ancaster Hig	23:03.49
6	116	Bowers, Josh	Highland	23:20.41
7	60	Shea, Keegan	Delta	23:21.07
8	119	Haugen, Eric	Highland	23:27.38
9	196	Beaurivage, Payton	Saltfleet	24:03.82
10	222	Herod, PJ	Sir Winston	24:07.33
11	161	heyens, bryan	Orchard Park	24:10.19
12	56	McLaughlin, Liam	Delta	24:11.21
13	89	Hartholt, Lucas	Hamilton Dis	24:26.61
14	29	Norton, Kyler	Ancaster Hig	24:53.51
15	124	Kozman, Braedyn	Highland	25:58.73
16	37	Wood, Corey	Ancaster Hig	26:16.27
17	59	Pearson, Matt	Delta	26:17.50
18	275	Officer, Stephen	Westdale	26:38.02
19	21	Hildebrandt, Brad	Ancaster Hig	26:41.23
20	209	Ellis, Brent	Sherwood	26:43.02
21	199	MacQueen, Corey	Saltfleet	26:57.92
22	181	Thompson, Caleb	Parkside	27:00.07
23	266	Archer, David	Westdale	27:09.39
24	178	Bourassa, Justin	Parkside	27:24.45
25	58	Palacios, Wencesla	Delta	27:38.75
26	278	Smith, Alex	Westdale	28:46.41
27	180	Sober, John	Parkside	28:52.62
28	201	Sanderson, Darryl	Saltfleet	29:12.84
29	132	Waind, Graham	Highland	29:15.16
30	182	Voorthuyzen, Gary	Parkside	29:21.13
31	77	Joose, Marc	Guido de Bre	30:23.77
32	299	Gauldie, Elijah	Westmount	30:51.43
33	300	Kasanszky, Dean	Westmount	31:49.61
34	271	Gardner, Cedric	Westdale	32:00.87
35	127	Noack, Samuel	Highland	32:11.74

## Men 7213 Meter Run CC Senior

Name	Year	School	Finals	Points
Results - Men				
1	282	Xu, Rui	Westdale	22:52.34
2	130	Smith, Liam	Highland	23:39.97
3	117	Forbes, Austen	Highland	23:45.96
4	123	Kolb, Paul	Highland	23:46.39
5	129	Rowles, Adam	Highland	23:46.79
6	19	Hambly, Derek	Ancaster Hig	24:16.92
7	20	Hambly, Kent	Ancaster Hig	24:21.96
8	118	Friend, David	Highland	24:41.50
9	274	Laroche, Jake	Westdale	25:06.78
10	162	heyens, colin	Orchard Park	25:33.88
11	25	McGuire, Brett	Ancaster Hig	26:02.61

12	27	McGuire, Ryan	Ancaster Hig	26:02.93
13	30	Rynne, Jonathan	Ancaster Hig	26:03.22
14	218	Gonci, Kyle	Sir Allan Ma	26:18.23
15	268	Choi, Jason	Westdale	26:30.82
16	78	Ravensbergen, Josh	Guido de Bre	26:36.24
17	81	Wanders, Dan	Guido de Bre	26:40.84
18	76	deJong, Calvin	Guido de Bre	26:45.66
19	273	Glaros, Alex	Westdale	26:52.58
20	270	Denton, Fraser	Westdale	27:05.99
21	295	Carter, Chris	Westmount	27:35.53
22	304	Patterson, Gallach	Westmount	27:47.75
23	166	mactaggert, andrew	Orchard Park	27:54.18
24	156	busse, colin	Orchard Park	28:02.89
25	73	Muhammad, Owais	Glendale	28:37.79
26	279	Wang, Andy	Westdale	28:43.96
27	22	Jones, William	Ancaster Hig	28:51.26
28	47	Whalen, Josh	Barton S.S.	29:22.91
29	203	Tuck, Michael	Saltfleet	29:41.97
30	151	anthony, reeves	Orchard Park	30:13.75
31	174	vartanian, matty	Orchard Park	30:21.60
32	53	Jordan, Nathanael	Delta	30:45.07
33	157	camayang, thomas	Orchard Park	30:51.43
34	303	McClure, Joe	Westmount	31:23.49
35	204	Tucker, Michael	Saltfleet	31:58.13
36	198	Holland, Brandon	Saltfleet	32:04.08
37	57	Mizak, Walter	Delta	32:09.65
38	169	pennick, kyle	Orchard Park	32:30.13
39	159	fraser-trotta, jon	Orchard Park	32:52.59
40	91	Roth, Scott	Hamilton Dis	33:05.13
41	307	Ru, Stephen	Westmount	34:43.75
42	223	Lavigne, Kyle	Sir Winston	36:03.65
43	302	Li, Jesse	Westmount	36:22.17
44	67	Francis, Brandon	Glendale	36:44.85
45	298	Galappatti, Sadish	Westmount	37:54.24
46	200	Patel, Deep	Saltfleet	44:39.00