

SOSSA Championship Meet

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HWIAC Cross Country Championships 2018 - 10/17/2018**Results****Event 1 Women 4k Run CC Midget**

Name	Year School	Seed	Finals	H#	Points
Results - Women					
1 RotsaertSmith, Quincy	Dundas Valley		17:39.85	1	1
2 Lou, Erin	Westdale		18:12.42	1	2
3 Martin, Madeline	Westmount		18:13.14	1	3
4 Robertson, Hannah	Westdale		18:22.45	1	4
5 Due, Emma	Dundas Valley		18:38.51	1	5
6 Zalepa, Hildy	Dundas Valley		19:32.53	1	6
7 Till, Mia	Westmount		19:36.85	1	7
8 Sutherland-Case, Maeve	Sherwood		20:08.85	1	8
9 Norris, Emma	Dundas Valley		20:30.46	1	9
10 Merry, Sara	Dundas Valley		20:40.48	1	10
11 DeJager, Nicole	Guido de Bres		21:03.48	2	11
12 Sealey, Cara	Dundas Valley		21:09.13	2	12
13 Vanderwal, Chelsea	Guido de Bres		21:19.76	2	13
14 Hayter, Vivien	Westmount		21:40.86	2	14
15 Poll, Mikiya	Sherwood		21:48.72	2	15
16 Bell, Olwyn	Dundas Valley		21:51.74	2	16
17 Jonker, Norah	Guido de Bres		22:06.50	2	17
18 Rule, Claire	Sherwood		22:19.01	2	18
19 Hood, Hayley	Waterdown		22:19.89	2	19
20 Wilcox, Ainsley	Waterdown		22:21.06	2	20
21 Roukema, Miriam	Guido de Bres		22:22.22	3	21
22 Channel, Emma	Dundas Valley		22:27.83	3	22
23 Gordon, Alanna	Sherwood		22:55.08	3	23
24 Kranjcec, Sidney	Saltfleet		23:11.27	3	24
25 Cline, Abby	Sir John A M		23:41.04	3	25
26 Leeder, Kala	Dundas Valley		24:00.72	3	26
27 Muise, Kaitlin	Sir Allan MacNab		25:38.83	3	27
28 Morison, Maddison	Sherwood		26:13.18	3	28
29 Williams, Alyssa	Westdale		26:28.15	3	29
30 Prest, Gracelyn	Sir Allan MacNab		27:07.08	3	30
31 Sowunmi, Esther	Sherwood		27:45.11	4	31
32 Marshall, Mackenzie	Sir Allan MacNab		29:05.72	4	32
33 Chanthavong, Amber	Sir Allan MacNab		29:06.94	4	33
34 Tat, Samantha	Sir Allan MacNab		29:21.89	4	34
35 Elbadan, Nour	Westdale		29:27.57	4	35

Event 2 Men 4k Run CC Midget

Name	Year School	Seed	Finals	H#	Points
Results - Men					
1 Norton, Cooper	Orchard Park		16:18.52	1	
2 Ballantyne, Ben	Sherwood		16:56.30	1	
3 Bader, Joseph	Saltfleet		16:58.92	1	
4 Filman, Lex	Saltfleet		17:32.45	1	
5 Topp, Braedan	Dundas Valley		17:35.60	1	
6 Coleman, Connor	Ancaster High		17:39.16	1	
7 Ljucovic, Cole	Dundas Valley		17:41.44	1	
8 Heemskerck, Simon	Guido de Bres		17:42.77	1	
9 Renwick, Alex	Dundas Valley		17:44.31	1	
10 Tyrrell, Craig	Sherwood		17:44.80	1	
11 Deighton, Foster	Dundas Valley		17:49.32	2	
12 Lewis, Jack	Dundas Valley		17:51.34	2	

HWIAC Cross Country Championships 2018 - 10/17/2018**Results****...Event 2 Men 4k Run CC Midget**

13 Mcharg, Robbie	Dundas Valley	17:52.26	2
14 Hunter, Nathan	Westmount	18:19.31	2
15 Beresh, Owen	Saltfleet	18:35.90	2
16 Wildeboer, Jonathan	Guido de Bres	18:44.65	2
17 Ianieri, Sam	Orchard Park	18:58.81	2
18 Ferguson, Tyler	Sherwood	19:16.12	2
19 Kirdemir, Aidyn	Dundas Valley	19:41.19	2
20 Mahamat Saleh, Taha	G.P. Vanier	20:30.37	2
21 Ciona, Alex	Hamilton District	21:31.73	3
22 Sands, Owen	Ancaster High	21:36.11	3
23 Adomeit, Ajay	Waterdown	21:52.54	3
24 Mazak, Chris	Waterdown	21:54.50	3
25 Guthrie, Jacob	Saltfleet	32:38.94	3

Event 3 Girls 5k Run CC Junior

Name	Year School	Seed	Finals	H#	Points
Results - Women					
1 Grabowski, Anna	Waterdown		21:49.81	1	1
2 Waite, Leah	Dundas Valley		23:22.20	1	2
3 Hendriks, Ella	Dundas Valley		23:22.74	1	3
4 Richer, Emily	Dundas Valley		23:23.28	1	4
5 Terhljan, Grace	Dundas Valley		23:47.65	1	5
6 DeJong, Kara	Hamilton District		23:55.52	1	6
7 McNabney, Emma	Ancaster High		24:00.25	1	7
8 Bos, Ruth Ann	Hamilton District		24:05.98	1	8
9 Whetstone, Hannah	Hamilton District		24:49.41	1	9
10 Hewlett, Robin	Sherwood		25:13.18	1	10
11 Wright, Jane	Dundas Valley		25:31.74	2	11
12 Hussan, Keona	Dundas Valley		25:54.32	2	12
13 Vanderniet, Kaelyn	Hamilton District		25:56.99	2	13
14 Brown, Megan	Waterdown		25:57.69	2	14
15 Freeman, Lily	Dundas Valley		25:59.37	2	15
16 Christofferson, Ingrid	Westmount		26:33.34	2	16
17 Barz, Jessica	Dundas Valley		26:45.19	2	17
18 Bowler, Camryn	Waterdown		26:58.10	2	18
19 Abbott, Rylie	Orchard Park		27:04.24	2	19
20 Fyshe, Olivia	Orchard Park		27:07.04	2	20
21 Vandenberg, Hannah	Guido de Bres		27:33.33	3	21
22 Stull, Danielle	Saltfleet		27:50.71	3	22
23 Pocsai, Katherine	Orchard Park		29:57.65	3	23
24 Griffith, Zyanne	Sir John A M		31:19.05	3	24
25 Gerritsen, Hannah	Waterdown		31:43.05	3	25
26 Ngodebo, Anais	G.P. Vanier		33:57.19	3	26
27 Rangji, Arshdeep	Orchard Park		34:05.80	3	27

Event 4 Men 5k Run CC Junior

Name	Year School	Seed	Finals	H#	Points
Results - Men					
1 Chant, Jacob	Waterdown		19:00.29	1	1
2 Rule, David	Westmount		19:04.46	1	2
3 Porterfield, William	Orchard Park		19:34.38	1	3
4 Koning, Jakob	Guido de Bres		20:21.48	1	4

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5 Jonker, Sam	Guido de Bres	20:33.03	1	5
6 Fransson, Isak	Westdale	20:40.28	1	6
7 Jansema, Matt	Guido de Bres	20:52.74	1	7
8 Melanson, Calvin	Ancaster High	21:10.80	1	8
9 Roddie, Grant	Sir Allan MacNab	21:16.68	1	9
10 Diamond, Luke	Westmount	21:41.08	1	10
11 Mcdonald, Zack	Dundas Valley	21:42.77	2	11
12 Velinovic, Aleksandar	Orchard Park	21:57.70	2	12
13 Zimmerman, Aidan	Hamilton District	22:02.30	2	13
14 Barry, Blake	Ancaster High	22:07.66	2	14
15 Greenhough, John	Ancaster High	22:11.41	2	15
16 Whitehead, Parson	Hamilton District	22:13.46	2	16
17 Oppertshauser, Aaron	Hamilton District	22:18.76	2	17
18 Deol, Prince	Waterdown	22:25.73	2	18
19 Johnston, Cole	Dundas Valley	22:27.50	2	19
20 Lopez, Jonathan	Sherwood	22:43.52	2	20
21 Vis, Henry	Guido de Bres	22:50.66	3	21
22 Ayres, Glen	Ancaster High	22:59.63	3	22
23 Brain, Matthew	Dundas Valley	23:00.40	3	23
24 Bondy, Mark	Ancaster High	23:21.16	3	24
25 Lewis, Carter	Orchard Park	23:30.49	3	25
26 Harsevoort, Reuben	Guido de Bres	23:41.82	3	26
27 Noonan, Thomas	Dundas Valley	24:24.73	3	27
28 Broome, Ethan	Hamilton District	24:34.62	3	28
29 Lazic, Matthew	Orchard Park	24:51.00	3	29
30 Musa, Suhaib	Glendale	24:54.07	3	30
31 Zimmerman, Nathan	Dundas Valley	25:45.49	4	31
32 Qurban, Awais	Orchard Park	25:52.96	4	32
33 Gecas, Benjamin	Hamilton District	26:38.58	4	33
34 Schuller, Frank	Guido de Bres	26:52.66	4	34
35 BoltonHesson, Leo	Dundas Valley	27:05.60	4	35
36 Pierotti, David	Guido de Bres	27:11.00	4	36
37 Hagggar, Taha	G.P. Vanier	27:14.29	4	37
38 Dmytrus, Mike	Dundas Valley	27:18.16	4	38
39 Nash, Scott	Hamilton District	27:26.67	4	39
40 Lawford, Thomas	Westdale	31:29.49	4	40

Event 5 Women 6k Run CC Senior

Name	Year School	Seed	Finals	H#	Points
Results - Women					
1 Cushnie, Sarah	Westdale		25:55.62	1	1
2 Vernon-Pope, Claire	Westdale		26:11.13	1	2
3 DeBoer, Kristen	Guido de Bres		27:40.91	1	3
4 Anderson, Erin	Westdale		27:57.68	1	4
5 Sulentic, Finn	Dundas Valley		28:17.78	1	5
6 Sober, Allyson	Dundas Valley		28:18.10	1	6
7 Rule, Madeline	Westmount		28:29.19	1	7
8 Widmer, Courtney	Guido de Bres		28:47.60	1	8
9 Schuller, Erin	Guido de Bres		29:00.92	1	9
10 LeDonne, Bridget	Westmount		29:02.89	1	10
11 Watson, Rowan	Dundas Valley		29:29.39	2	11
12 Capon, Aliyah	Westdale		29:43.03	2	12
13 Anonech, Lexy	Dundas Valley		29:55.77	2	13
14 Jonker, Alayna	Guido de Bres		29:57.25	2	14

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Results

...Event 5 Women 6k Run CC Senior

15 Frketich, Emma	Westmount	30:45.82	2	15
16 Cushnie, Beth	Westdale	30:58.47	2	16
17 Hordyk, Amber	Guido de Bres	31:37.39	2	17
18 Irwin, Avery	Westdale	31:38.19	2	18
19 Thompson, Jessie	Ancaster High	31:55.53	2	19
20 Stechey, Ava	Ancaster High	32:02.01	2	20
21 Pysklywec, Alex	Westdale	32:09.13	3	21
22 Cox, Emily	Dundas Valley	32:13.71	3	22
23 Reda, Fiora	Westdale	32:29.28	3	23
24 Cubitt, Emma	Westmount	32:40.61	3	24
25 Gupta, Anika	Westdale	33:27.10	3	25
26 Cook, Leah	Westmount	34:16.38	3	26
27 Chu, Tasmin	Westdale	34:27.43	3	27
28 Pop, Isabella	Ancaster High	34:27.81	3	28
29 Potter, Tess	Ancaster High	34:47.36	3	29
30 Kearns, Maddy	Ancaster High	34:55.55	3	30
31 Barr, Julia	Ancaster High	35:25.56	4	31
32 Berlin, Regan	Dundas Valley	36:14.47	4	32
33 Atencio, Jovana	Saltfleet	37:29.86	4	33
34 Andric, Helena	Glendale	37:44.82	4	34
35 Gill, Mia	Ancaster High	37:58.12	4	35
36 Lang, Leslie	Orchard Park	38:32.18	4	36
37 Stojanovic, Mira	Glendale	39:22.66	4	37
38 Zeng, Angela	Westdale	40:01.68	4	38
39 Marshall, Chloe	Sir Allan MacNab	43:15.57	4	39
40 Ribaud, Ramona	Westdale	46:22.34	4	40
41 Blair, Alexis	Westmount	49:33.45	5	41

Event 6 Men 6k Run CC Senior

Name	Year School	Seed	Finals	H#	Points
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Results - Men

1 Summerhays, Ethan	Hamilton District	21:35.88	1	1
2 Leighninger, Nathaniel	Westdale	21:59.32	1	2
3 Richards, Tristan	Dundas Valley	22:11.05	1	3
4 Mulkewich, Noah	Westdale	22:28.24	1	4
5 Linkert, Dennis	Westdale	22:37.61	1	5
6 Yoell, Liam	Westdale	22:47.80	1	6
7 Zimmerman, Brendan	Dundas Valley	23:16.34	1	7
8 Ligtenberg, Christian	Guido de Bres	23:18.20	1	8
9 Rotsaertsmith, Ethan	Dundas Valley	23:23.35	1	9
10 Green, Malcolm	Westdale	23:30.94	1	10
11 Yates, Logan	Dundas Valley	23:40.23	2	11
12 Oldejaans, Gerrit	Dundas Valley	24:05.64	2	12
13 Vanderwoude, Justin	Guido de Bres	24:07.55	2	13
14 Vanderwal, Daniel	Guido de Bres	24:50.66	2	14
15 Ismael, Adam	Westmount	24:51.08	2	15
16 Stephen, Matthew	Ancaster High	24:56.54	2	16
17 Linkert, Doug	Dundas Valley	25:23.94	2	17
18 Brown, Zachary	Sir John A M	25:24.31	2	18
19 Stewart, Grant	Waterdown	25:35.94	2	19
20 Beijes, Jordan	Guido de Bres	25:45.45	2	20
21 VanVeen, Levi	Guido de Bres	26:10.20	3	21
22 Turkstra, Isaac	Ancaster High	26:32.21	3	22
23 Hodgins, Graden	Westmount	26:34.68	3	23

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24	Michelson, Noah	Dundas Valley	26:48.98	3	24
25	Heidebrecht, Jayden	Dundas Valley	26:49.72	3	25
26	Carbert, Evan	Nora Henderson	26:59.76	3	26
27	Kumar, Danish	Ancaster High	27:53.08	3	27
28	Bell, Jackson	Westmount	28:16.95	3	28
29	Mills, Sam	Ancaster High	28:33.14	3	29
30	Laking, Dylan	Westmount	28:34.01	3	30
31	Chan, Matthew	Ancaster High	29:26.81	4	31
32	Bamm, Daniel	Dundas Valley	29:28.70	4	32
33	Stephen, Paul	Ancaster High	29:50.82	4	33
34	McDermott, Joseph	Ancaster High	30:03.64	4	34
35	Skinner, Kyle	Waterdown	30:04.01	4	35
36	Figuroa, Justin	Glendale	30:27.74	4	36
37	Wenzel, Drew	Sir Allan MacNab	30:59.25	4	37
38	Tanner, Alexander	Delta	31:04.75	4	38
39	Verrips, Seth	Hamilton District	31:10.16	4	39
40	Paddock, Jonathon	Waterdown	31:12.15	4	40
41	Campbell, John	Waterdown	31:58.73	5	41
42	Tran, Anthony	Sherwood	32:19.41	5	42
43	Ravensbergen, Stephen	Guido de Bres	32:20.13	5	43
44	Cavanagh Simmons, Timoth	Delta	32:48.23	5	44
45	Nguyen, Dariche	Westmount	33:26.41	5	45
46	Curri, Ali	Delta	33:50.47	5	46
47	Adhikari, Saroj	Sir John A M	33:50.87	5	47
48	Hakim, Talat	Westmount	34:06.27	5	48
49	Mbala, Jophet	G.P. Vanier	34:20.63	5	49
50	Robinson, Kyle	Ancaster High	34:30.22	5	50
51	Kan, Jasper	Westmount	35:55.86	6	51