

**HWIAC Cross Country Championships 2019 - 10/16/2019**  
**Christie Lake Conservation Area**  
**Rankings**

**Event 1 Women 3k Run CC Para**

=====				
Name	Year	School	Finals	Points
=====				
1	Koprowski	MacKenzie	Dundas Valley	32:45.67 1

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**Event 2 Men 3k Run CC Para**

=====				
Name	Year	School	Finals	Points
=====				
1 Andrew Bailey		Dundas Valley	30:45.22	1
2 Dennis Nagy		Dundas Valley	41:23.43	2



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**....Event 3 Women 4k Run CC Novice**

3	Ancaster High	54	9	10	16	19
	Total Time:	1:12:50.65				
	Average:	18:12.67				
4	Hamilton District	58	7	8	17	26
	Total Time:	1:13:21.47				
	Average:	18:20.37				



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**....Event 4 Men 4k Run CC Novice**

3 Ancaster High	55	7	11	12	25	29
Total Time:	1:03:10.99					
Average:	15:47.75					



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**....Event 5 Women 5k Run CC Junior**

4 Sherwood	84	17	18	22	27	28
Total Time:	1:43:17.93					
Average:	25:49.49					





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**....Event 6 Men 5k Run CC Junior**

3 Saltfleet	82	5	19	28	30	34
Total Time:	1:31:12.28					
Average:	22:48.07					



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**....Event 7 Women 6k Run CC Senior**

3 Westmount	50	1	14	16	19	21	29
Total Time: 1:50:36.23							
Average: 27:39.06							
4 Guido de Bres	55	7	9	15	24		
Total Time: 1:56:16.92							
Average: 29:04.23							
5 Ancaster High	94	8	27	28	31		
Total Time: 2:09:26.14							
Average: 32:21.54							

**HWIAC Cross Country Championships 2019 - 10/16/2019****Christie Lake Conservation Area****Rankings****Event 8 Men 6k Run CC Senior**

Name	Year School	Finals	Points
1 Ethan Summerhays	Hamilton District	20:14.84	1
2 Noah Mulkewich	Westdale	20:47.86	2
3 David Rule	Westmount	21:04.23	3
4 Isaac Nyakundi	Westdale	21:04.54	4
5 Owen Gilmour	Ancaster High	21:52.83	5
6 Justin Vanderwoude	Guido de Bres	21:59.48	6
7 Jacob Chant	Waterdown	22:10.93	7
8 Isak Fransson	Westdale	22:23.17	8
9 Liam Yoell	Westdale	22:39.37	9
10 Gerrit Oldejans	Dundas Valley	22:41.74	10
11 Nathan Toltl	Saltfleet	22:48.54	11
12 Jakob Koning	Guido de Bres	22:55.23	12
13 Spencer Bladon	Ancaster High	23:01.03	13
14 Daniel Vanderwal	Guido de Bres	23:03.72	14
15 John Greenhough	Ancaster High	23:07.73	15
16 Calvin Melanson	Ancaster High	23:09.27	16
17 Sam Jonker	Guido de Bres	23:47.22	17
18 Oliver Sant	Ancaster High	24:05.18	18
19 Doug Linkert	Dundas Valley	24:08.68	19
20 Damon Da Silva	Guido de Bres	24:25.87	20
21 Aaron Oppertshauser	Hamilton District	24:30.19	21
22 Matthew Stephen	Ancaster High	24:37.33	22
23 Justin Eldon	Westdale	24:38.56	23
24 James Weylie	Ancaster High	24:56.02	24
25 Jayden Heidebrecht	Dundas Valley	25:10.03	25
26 Jackson Bell	Westmount	25:10.60	26
27 Graden Hodgins	Westmount	25:11.09	27
28 Jesse Clement	Glendale	25:15.80	28
29 Calvin Meerveld	Guido de Bres	25:38.96	29
30 Alex Tanner	Bernie Custis	25:40.15	30
31 D.J. Dunn	Waterdown	26:00.89	31
32 Mohammad Aljinko	Bernie Custis	26:05.78	32
33 Isaac Turkstra	Ancaster High	26:07.94	33
34 Daniel Chu	Ancaster High	26:12.51	34
35 Prabjot Kumar	Bernie Custis	26:13.25	35
36 Parson Whitehead	Hamilton District	26:55.71	36
37 Owen Jeffery	Sir Winston	27:01.54	37
38 Nathan Ingles	Dundas Valley	27:21.84	38
39 Aleksandar Velinovic	Orchard Park	27:39.31	39
40 Mohammed Hosseinzada	Nora Henderson	28:57.57	40
41 Matthew Chan	Ancaster High	29:02.42	41
42 Kyler Witvoet	Hamilton District	29:03.29	42
43 Ziteng Zhou	Hamilton District	29:05.26	43
44 Dariche Nguyen	Westmount	29:32.77	44
45 Sam Mills	Ancaster High	29:54.26	45
46 David Pierotti	Guido de Bres	30:51.53	46
47 Suhaib Musa	Glendale	30:58.27	47
48 Jophet Mbala	G.P. Vanier	31:00.84	48
49 Paul Stephen	Ancaster High	31:41.23	49
50 Shane Sportack	Sherwood	32:05.36	50
51 Thomas Walters	Ancaster High	33:01.68	51

