

HWIAC Cross Country Championships 2023 - 10/18/2023**Christie Lake Conservation Area****Results****Women 4k Run CC Novice**

	Name	School	Finals	H#	Points
Results - Women					
1	#264 Elaine Thomas	Westmount S.S. - HWDSB	16:53	1	
2	#1 Amelia Bagnall	Ancaster High School - HWDSB	17:12	1	
3	#45 Isla Mason	Dundas Valley S.S. - HWDSB	17:40	1	
4	#230 Madelyn Lounsbury	Westdale S.S. - HWDSB	18:10	1	
5	#38 Evvy Bennett	Dundas Valley S.S. - HWDSB	18:27	1	
6	#53 Lily Pepper Curtain	Dundas Valley S.S. - HWDSB	18:43	1	
7	#235 Hannah Owoleso	Westdale S.S. - HWDSB	18:50	1	
8	#34 Jordyn Andree	Dundas Valley S.S. - HWDSB	18:56	1	
9	#56 Maggie St. Aubin	Dundas Valley S.S. - HWDSB	19:07	1	
10	#46 Parker Metham	Dundas Valley S.S. - HWDSB	19:18	1	
11	#98 Manar Sidi Amar	Glendale S.S. - HWDSB	19:26	2	
12	#44 Molly Macnay	Dundas Valley S.S. - HWDSB	19:29	2	
13	#49 Maddie Myers	Dundas Valley S.S. - HWDSB	19:41	2	
14	#206 Devyn Dufresne	Waterdown District - HWDSB	19:47	2	
15	#137 Kennedy Connors	Nora Francis Henderson S.S. -	20:15	2	
16	#233 Laurel Mallany	Westdale S.S. - HWDSB	20:28	2	
17	#3 Samantha Ferguson	Ancaster High School - HWDSB	20:44	2	
18	#267 Neve Corey	Westdale S.S. - HWDSB	20:45	2	
19	#241 Evelyn Thompson	Westdale S.S. - HWDSB	21:17	2	
20	#94 Emily Marie Bell	Glendale S.S. - HWDSB	21:55	2	
21	#36 Amelia Ballantyne	Dundas Valley S.S. - HWDSB	22:35	3	
22	#129 Raquel Okimi Atencio	Hamilton District C.H.S. - HWD	23:09	3	
23	#166 Molly Gibbs	Sherwood S.S. - HWDSB	24:23	3	
24	#100 Samsokunthea Youk	Glendale S.S. - HWDSB	24:28	3	
25	#236 Chloe Postma	Westdale S.S. - HWDSB	24:29	3	
26	#127 Folasade Fasakin	Hamilton District C.H.S. - HWD	24:41	3	
27	#95 Mackenzie Clarke	Glendale S.S. - HWDSB	25:34	3	
28	#142 Chloe Smith	Nora Francis Henderson S.S. -	26:08	3	
29	#204 Ariel Corke	Waterdown District - HWDSB	27:47	3	
30	#26 Redina Nejjar	Bernie Custis S.S. - HWDSB	28:01	3	
31	#141 Katarina Maricic	Nora Francis Henderson S.S. -	28:56	4	
32	#163 Aubrey Chuka	Sherwood S.S. - HWDSB	32:38	4	

Women 5k Run CC Junior

	Name	School	Finals	H#	Points
Results - Women					
1	#159 Melisa Kekic	Saltfleet District - HWDSB	20:15	1	
2	#111 Hannah Lanting	Guido de Bres C.H.S - HWDSB	20:24	1	
3	#237 Abiella Pribyl	Westdale S.S. - HWDSB	20:25	1	
4	#41 Julia Gupta	Dundas Valley S.S. - HWDSB	20:34	1	
5	#109 Morgan Deklerk	Guido de Bres C.H.S - HWDSB	20:36	1	
6	#226 Marley Hargreave	Westdale S.S. - HWDSB	21:09	1	
7	#265 Kay Wiersma	Westmount S.S. - HWDSB	22:24	1	
8	#108 Marieka Da Silva	Guido de Bres C.H.S - HWDSB	22:50	1	
9	#168 Nevaeh Palmer	Sherwood S.S. - HWDSB	24:00	1	
10	#110 Brenna Dykema	Guido de Bres C.H.S - HWDSB	24:00	1	
11	#6 Claire Griffiths	Ancaster High School - HWDSB	24:18	2	
12	#7 Kaitlyn Masse	Ancaster High School - HWDSB	24:28	2	

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Name	School	Finals	H#	Points
13 #55 Faith Rioux	Dundas Valley S.S. - HWDSB	24:44	2	
14 #37 Alma Bauer	Dundas Valley S.S. - HWDSB	25:11	2	
15 #39 Cheyenne Galer	Dundas Valley S.S. - HWDSB	25:33	2	
16 #54 Mya Piecuch	Dundas Valley S.S. - HWDSB	25:35	2	
17 #239 Ellie Stevens	Westdale S.S. - HWDSB	26:45	2	
18 #223 Emily Burak	Westdale S.S. - HWDSB	26:52	2	
19 #99 Arwynne Weekes	Glendale S.S. - HWDSB	28:49	2	
20 #167 Addison Glenham	Sherwood S.S. - HWDSB	29:32	2	
21 #136 Lorita Berisha	Nora Francis Henderson S.S. -	30:10	3	
22 #24 Abigail Cameron	Bernie Custis S.S. - HWDSB	30:12	3	
23 #25 Alicia Mugridge	Bernie Custis S.S. - HWDSB	30:30	3	
24 #221 Alexa Bramwell	Westdale S.S. - HWDSB	30:44	3	
25 #57 Izabell Surjic	Dundas Valley S.S. - HWDSB	31:17	3	
26 #258 Sloane Curry	Westmount S.S. - HWDSB	32:02	3	
27 #259 Sofia Lessa Fratini	Westmount S.S. - HWDSB	34:35	3	
28 #162 Abby Baranas	Sherwood S.S. - HWDSB	34:47	3	
29 #126 Aleah Brand	Hamilton District C.H.S. - HWD	36:05	3	
30 #107 Jessica Boersema	Guido de Bres C.H.S. - HWDSB	36:52	3	
31 #97 Maiya See	Glendale S.S. - HWDSB	38:17	4	

Women 6k Run CC Senior

Name	School	Finals	H#	Points
Results - Women				
1 #4 Vanessa Giannou	Ancaster High School - HWDSB	3:12	1	
2 #5 Erika Gordon	Ancaster High School - HWDSB	24:21	1	
3 #231 Stella Ludviks Pitkin	Westdale S.S. - HWDSB	24:32	1	
4 #125 Mora Berkelaar	Hamilton District C.H.S. - HWD	26:05	1	
5 #222 Dorothy Brown	Westdale S.S. - HWDSB	26:07	1	
6 #2 Mackenzie Craig	Ancaster High School - HWDSB	26:25	1	
7 #51 Sylvia Nyakundi	Dundas Valley S.S. - HWDSB	26:25	1	
8 #52 Audrey Peaker	Dundas Valley S.S. - HWDSB	26:30	1	
9 #263 Molly Taylor	Westmount S.S. - HWDSB	26:30	1	
10 #232 Dalia Mallany	Westdale S.S. - HWDSB	26:59	1	
11 #112 Hannah Moes	Guido de Bres C.H.S. - HWDSB	28:32	2	
12 #225 Lia Fransson	Westdale S.S. - HWDSB	28:35	2	
13 #197 Sobotka Vera	Sir Allan MacNab S.S. - HWDSB	28:49	2	
14 #234 Kate McDonagh	Westdale S.S. - HWDSB	28:57	2	
15 #48 Leah Murphy	Dundas Valley S.S. - HWDSB	29:20	2	
16 #260 Noella Major	Westmount S.S. - HWDSB	29:39	2	
17 #153 Hazel Templeman	Orchard Park S.S. - HWDSB	30:25	2	
18 #85 Zenaba Mahamat Hadjar	Ecole Secondaire Georges-P.-Va	32:09	2	
19 #113 Kaylin Sieders	Guido de Bres C.H.S. - HWDSB	32:11	2	
20 #257 Ashley Cubitt	Westmount S.S. - HWDSB	33:12	2	
21 #43 Megan Kosempel	Dundas Valley S.S. - HWDSB	33:32	3	
22 #262 Andrea Tawse	Westmount S.S. - HWDSB	33:39	3	
23 #152 Charlize Passfield	Orchard Park S.S. - HWDSB	34:07	3	
24 #238 Violeta Ried-Diaz	Westdale S.S. - HWDSB	34:10	3	
25 #96 Zapata Karolyn	Glendale S.S. - HWDSB	34:22	3	
26 #128 Alejandra Okimi Atencio	Hamilton District C.H.S. - HWD	35:25	3	
27 #209 Clara Henry	Waterdown District - HWDSB	37:26	3	

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Name	School	Finals	H#	Points
28 #261 Eileen Sanchez	Westmount S.S. - HWDSB	39:09	3	
29 #170 Maria Scholman	Sherwood S.S. - HWDSB	39:27	3	
30 #50 Sonya Noack	Dundas Valley S.S. - HWDSB	39:33	3	
31 #158 Kayla Cunningham	Saltfleet District - HWDSB	41:40	4	
32 #35 Lauren Atlmeyer	Dundas Valley S.S. - HWDSB	44:29	4	

Women 3k Run CC Para

Name	School	Finals	Points
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Results - Women

1 #228 Lilly Hudgins	Westdale S.S. - HWDSB	34:03	
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Men 4k Run CC Novice

Name	School	Finals	H#	Points
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Results - Men

1 #77 Jackson Ortwein	Dundas Valley S.S. - HWDSB	13:20	1	
2 #63 Owen Craddock	Dundas Valley S.S. - HWDSB	13:37	1	
3 #79 Jake Peshko	Dundas Valley S.S. - HWDSB	14:38	1	
4 #68 Fynn Gibson	Dundas Valley S.S. - HWDSB	14:38	1	
5 #83 Noah Weingartner	Dundas Valley S.S. - HWDSB	15:19	1	
6 #177 Naieem Foster	Sherwood S.S. - HWDSB	15:23	1	
7 #30 Waleed Al Lamy	Bernie Custis S.S. - HWDSB	15:31	1	
8 #171 Ryker Afonso-Jongeling	Sherwood S.S. - HWDSB	15:32	1	
9 #59 Matthew Beyer	Dundas Valley S.S. - HWDSB	15:35	1	
10 #115 Daeton Helder	Guido de Bres C.H.S. - HWDSB	15:42	1	
11 #70 Jaxon Lakhanpal	Dundas Valley S.S. - HWDSB	15:48	2	
12 #11 Aidan Bury	Ancaster High School - HWDSB	16:02	2	
13 #23 Aleksandar Zdravkovic	Ancaster High School - HWDSB	16:04	2	
14 #32 Osama Hamada	Bernie Custis S.S. - HWDSB	16:40	2	
15 #101 Faran Ahmad	Glendale S.S. - HWDSB	16:44	2	
16 #194 Umer Zahid	Sherwood S.S. - HWDSB	16:58	2	
17 #60 Giovanni Borges Stella	Dundas Valley S.S. - HWDSB	17:01	2	
18 #19 Jax McDuffee	Ancaster High School - HWDSB	17:02	2	
19 #216 Nicholas Sherman	Waterdown District - HWDSB	17:10	2	
20 #160 Corbin Ostrowercha	Saltfleet District - HWDSB	17:12	2	
21 #187 Peter Scholman	Sherwood S.S. - HWDSB	17:19	3	
22 #121 Logan Tenhage	Guido de Bres C.H.S. - HWDSB	17:39	3	
23 #8 Lochlin Bennett	Ancaster High School - HWDSB	17:45	3	
24 #17 Nolan Hamilton	Ancaster High School - HWDSB	17:58	3	
25 #132 Nathaniel Dejong	Hamilton District C.H.S. - HWD	18:00	3	
26 #268 Jackson Elliott	Sherwood S.S. - HWDSB	18:00	3	
27 #84 William Zhai	Dundas Valley S.S. - HWDSB	18:31	3	
28 #146 Kenrick Leung	Nora Francis Henderson S.S. -	18:33	3	
29 #119 Clarence Sikma	Guido de Bres C.H.S. - HWDSB	18:37	3	
30 #130 Micheal Ayodele-Oni	Hamilton District C.H.S. - HWD	18:37	3	
31 #157 Alex Templeman	Orchard Park S.S. - HWDSB	18:48	4	
32 #131 Elijah Beck	Hamilton District C.H.S. - HWD	18:53	4	
33 #195 Usman Zahid	Sherwood S.S. - HWDSB	19:15	4	
34 #186 Sachin Satheeskumar	Sherwood S.S. - HWDSB	19:24	4	
35 #179 Gibson Harris	Sherwood S.S. - HWDSB	19:37	4	
36 #116 Tyler Kok	Guido de Bres C.H.S. - HWDSB	19:57	4	

HWIAC Cross Country Championships 2023 - 10/18/2023**Christie Lake Conservation Area****Results****Results - Men ... (Men 4k Run CC Novice)**

Name	School	Finals	H#	Points
37 #135 Ezra Weekhout	Hamilton District C.H.S. - HWD	20:13	4	
38 #203 Ryan Smith	Sir Allan MacNab S.S. - HWDSB	21:07	4	
39 #193 Ali Zahid	Sherwood S.S. - HWDSB	21:32	4	
40 #104 James Mungai	Glendale S.S. - HWDSB	22:40	4	
41 #181 Tamer Killisly	Sherwood S.S. - HWDSB	22:47	5	
42 #105 Zachary Smink	Glendale S.S. - HWDSB	23:12	5	
43 #148 Cj Purdun	Nora Francis Henderson S.S. -	26:41	5	

Men 5k Run CC Junior

Name	School	Finals	H#	Points
Results - Men				
1 #33 Shakir Saleh	Bernie Custis S.S. - HWDSB	17:44	1	
2 #156 Yuji Takatsu	Orchard Park S.S. - HWDSB	18:13	1	
3 #252 Micheal Scott	Westdale S.S. - HWDSB	19:01	1	
4 #114 Shane Dejager	Guido de Bres C.H.S - HWDSB	19:12	1	
5 #87 Nassim Elmenouar	Ecole Secondaire Georges-P.-Va	19:37	1	
6 #188 Cayden Sheculski	Sherwood S.S. - HWDSB	20:06	1	
7 #29 Abd Almajed Al Khalil	Bernie Custis S.S. - HWDSB	20:09	1	
8 #16 Edward Gaston	Ancaster High School - HWDSB	20:35	1	
9 #245 Jack Jongsma	Westdale S.S. - HWDSB	20:42	1	
10 #161 Zachary Reidy	Saltfleet District - HWDSB	20:43	1	
11 #66 Danny Dion	Dundas Valley S.S. - HWDSB	21:30	2	
12 #90 Mohamed Latrache	Ecole Secondaire Georges-P.-Va	21:39	2	
13 #191 Blake Wallace	Sherwood S.S. - HWDSB	21:40	2	
14 #173 Mateja Bauk	Sherwood S.S. - HWDSB	21:53	2	
15 #75 Brody Neary	Dundas Valley S.S. - HWDSB	21:56	2	
16 #15 Aj Flynn	Ancaster High School - HWDSB	22:15	2	
17 #72 Magnus Lovelace	Dundas Valley S.S. - HWDSB	22:30	2	
18 #123 Ben Vandenberg	Guido de Bres C.H.S - HWDSB	22:35	2	
19 #81 Ben Smith	Dundas Valley S.S. - HWDSB	22:49	2	
20 #133 Owen Vandermunnik	Hamilton District C.H.S. - HWD	22:49	2	
21 #269 Connor Bushell	Sherwood S.S. - HWDSB	23:20	3	
22 #76 Liam Norgate Organ	Dundas Valley S.S. - HWDSB	23:20	3	
23 #192 Ryan Wilson	Sherwood S.S. - HWDSB	23:55	3	
24 #172 Danny Avila	Sherwood S.S. - HWDSB	24:15	3	
25 #178 Harrison Halstead	Sherwood S.S. - HWDSB	24:30	3	
26 #213 Nikhil Bottu	Waterdown District - HWDSB	24:36	3	
27 #246 Austin Nunn	Westdale S.S. - HWDSB	24:45	3	
28 #92 Allan Seunjio	Ecole Secondaire Georges-P.-Va	26:41	3	
29 #9 Sanad Bizanti	Ancaster High School - HWDSB	26:42	3	
30 #251 Angus Quinlan Catler	Westdale S.S. - HWDSB	26:42	3	

Men 6k Run CC Senior

Name	School	Finals	H#	Points
Results - Men				
1 #82 Iain Thomson	Dundas Valley S.S. - HWDSB	20:23	1	
2 #71 Cohen Ledger	Dundas Valley S.S. - HWDSB	21:03	1	
3 #217 Thomas Spring	Waterdown District - HWDSB	21:50	1	
4 #20 Pj Morgan	Ancaster High School - HWDSB	21:57	1	
5 #242 Alec Aird	Westdale S.S. - HWDSB	22:18	1	

HWIAC Cross Country Championships 2023 - 10/18/2023**Christie Lake Conservation Area****Results****Results - Men ... (Men 6k Run CC Senior)**

	Name	School	Finals	H#	Points
6	#31 Mohammad Hamada	Bernie Custis S.S. - HWDSB	23:09	1	
7	#67 Ben Fulton	Dundas Valley S.S. - HWDSB	23:27	1	
8	#190 Julius Tafolla	Sherwood S.S. - HWDSB	23:34	1	
9	#74 Cameron Mason	Dundas Valley S.S. - HWDSB	23:39	1	
10	#103 Nickolas Cover	Glendale S.S. - HWDSB	24:13	1	
11	#256 Kieran Walters	Westdale S.S. - HWDSB	24:20	2	
12	#12 Justin Davidson	Ancaster High School - HWDSB	24:23	2	
13	#122 Josh Vandam	Guido de Bres C.H.S - HWDSB	24:31	2	
14	#93 Abdallah Toke Dady	Ecole Secondaire Georges-P.-Va	25:09	2	
15	#266 Owen Miller	Westmount S.S. - HWDSB	25:14	2	
16	#73 Tyrus Maga	Dundas Valley S.S. - HWDSB	25:26	2	
17	#189 Fisher Smith	Sherwood S.S. - HWDSB	25:27	2	
18	#69 Robert Hanisco	Dundas Valley S.S. - HWDSB	25:29	2	
19	#10 Jonah Burleigh	Ancaster High School - HWDSB	25:34	2	
20	#102 Nikola Andjelic	Glendale S.S. - HWDSB	25:36	2	
21	#255 Nathaniel Walsom	Westdale S.S. - HWDSB	25:41	3	
22	#118 John Lanting	Guido de Bres C.H.S - HWDSB	25:46	3	
23	#244 Marcos Ara	Westdale S.S. - HWDSB	26:18	3	
24	#253 Ethan Tumber	Westdale S.S. - HWDSB	26:19	3	
25	#21 Darian Rezvan	Ancaster High School - HWDSB	26:21	3	
26	#120 Ashton Strating	Guido de Bres C.H.S - HWDSB	26:30	3	
27	#117 Ethan Koning	Guido de Bres C.H.S - HWDSB	26:43	3	
28	#175 Aiden Bonner	Sherwood S.S. - HWDSB	27:13	3	
29	#184 Duncan Pittet	Sherwood S.S. - HWDSB	27:22	3	
30	#62 Brennan Clark	Dundas Valley S.S. - HWDSB	27:35	3	
31	#22 Kevin Wang	Ancaster High School - HWDSB	27:40	4	
32	#214 Leo Li	Waterdown District - HWDSB	28:09	4	
33	#13 Saagar Desai	Ancaster High School - HWDSB	28:26	4	
34	#247 Spiro Parashis	Westdale S.S. - HWDSB	28:39	4	
35	#182 William Moon	Sherwood S.S. - HWDSB	28:44	4	
36	#134 Derrick Vandyk	Hamilton District C.H.S. - HWD	28:50	4	
37	#180 Kyle Haughie	Sherwood S.S. - HWDSB	28:56	4	
38	#61 Thomas Brittain	Dundas Valley S.S. - HWDSB	29:07	4	
39	#89 Rozi Hisein Tom	Ecole Secondaire Georges-P.-Va	29:09	4	
40	#200 Seth Marachel	Sir Allan MacNab S.S. - HWDSB	29:18	4	
41	#106 Hamza Zahid	Glendale S.S. - HWDSB	29:27	5	
42	#270 Isa Hadier	Sherwood S.S. - HWDSB	29:27	5	
43	#80 Nathaniel Silliker	Dundas Valley S.S. - HWDSB	29:45	5	
44	#88 Oumar Haggag Haggag	Ecole Secondaire Georges-P.-Va	29:53	5	
45	#185 Rowan Porter	Sherwood S.S. - HWDSB	29:54	5	
46	#86 Batran Bashar Bashir	Ecole Secondaire Georges-P.-Va	30:49	5	
47	#250 Casimir Pocius	Westdale S.S. - HWDSB	31:13	5	
48	#176 Owen Chrysler	Sherwood S.S. - HWDSB	31:23	5	
49	#199 Kayden Letchford	Sir Allan MacNab S.S. - HWDSB	31:26	5	
50	#254 Griffen Wall	Westdale S.S. - HWDSB	32:56	5	
51	#201 Ali Matar	Sir Allan MacNab S.S. - HWDSB	35:44	6	

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Christie Lake Conservation Area
Results

Men 3k Run CC Para

	Name	School	Finals	Points
Results - Men				
1	#64 Liam Curtis	Dundas Valley S.S. - HWDSB	23:12	
2	#248 William Pink	Westdale S.S. - HWDSB	30:29	
3	#145 Carter Burke	Nora Francis Henderson S.S. -	34:48	