

Cross Country Running Championships 2005

The SDSSAA high school cross country championships were held on Thursday October 20th at Laurentian University. The runners were greeted with cool temperatures and partially sunny conditions. Many of the runners will be competing in the Northern Ontario (NOSSA) championships in North Bay, at the Nordic Ski Club, on Friday October 28th. Runners who qualify will move on to the Provincial Championships, which will be held on Saturday November 5th in Kingston at the Camden Braes Golf and Country Club (Odessa, Ontario).

Attached you will find individual results as well as team results.

On a personal note, I would like to extend many thanks to all of the people who helped out at the race. Especially Perry Sakki (preparation of the course), Joe Bacon (organizing the marshalls on the course and some raking too!!), the Lo-Ellen students (marshalling), the Laurentian student (marshalling), Marc Lévesque (finish line, beverages and food) Peter Hocking (for his knowledge and advice) and of course my team of student officials (finish line, results, pre-race preparation).

Thank you,

Louis Roberge
Convenor

Midget Girls - 3km

Name	School	Time	Name	School	Time
1. Amy Stewart	SCC	13:33			
2. Kristine Lalonde	LSS	14:14			
3. Rebecca Van Kempen	MMA	14:49			
4. Whitney Faiella	MMA	15:16			
5. Leonora Nemet	LCS	15'19			
6. Jenna Dupuis	ESRF	15:33			
7. Cynthia Roy	ESRF	15:34			
8. Jillian Keast	LCS	16:16			
9. Jenna Schroeder	LCS	16:29			
10. Véronique Charbonneau	CND	16:30			
11. Jaz Roy	LCS	16:52			
12. Meghan Ley	LEP	17:29			
13. Ashley Coventry	LEP	17:38			
14. Haley Sanderson	LCS	17:41			
15. Alex Swanson	LEP	17:57			
16. Marina Romani	LEP	19:10			
17. Samantha Ross	CND	DNF			

Team Results - Midget girls

1st - LCS (33 points)

2nd - LEP (56 points)

Junior Girls - 4km

Name	School	Time	Name	School	Time
1. Jessica Porlier	ESMC	19:05			
2. Courtney Bourne	LCS	19:09			
3. Josée Bélanger	CND	19:15			
4. Jessica Busch	LCS	19:29			
5. Katie Maziarski	LEP	20:37			
6. Megan Jones	SSS	20:55			
7. Lindsey Champaigne	ESMC	20:57			
8. Josée Oliphant	ESMC	21:08			
9. Lisa Whitewell	ESH	21:23			
10. Véronique Doucet	ESMC	21:34			
11. Michelle Leger	CSS	21:59			
12. Ellen House	LCS	22:09			
13. Andrea Max	LCS	22:51			
14. Kelly Tydall	LEP	22:53			
15. Jenna Kiviano	Lively	23:33			
16. Emily Bourget	LEP	24:05			
17. Sarah Allen	LEP	25:28			

Team results - Junior girls

1st - ÉSMC (26 points)

2nd - LCS (31 points)

3rd - LEP (52 points)

Senior Girls - 6km

Name	School	Time	Name	School	Time
1. Renée Jacques	LEP	21:25	28. Melissa Rossini	MMA	29:20
2. Tika Patrie	LCS	21:50	29. Ashley Barry	LCS	29:53
3. Kathleen Gerry	LEP	21:50	30. Marissa Locastro	LCS	29:55
4. Carly Montpellier	ECSC	22:07	31. Amélie Giroux	CND	32:01
5. Gillian Scott	LSS	24:02	32. Amber-Lee Carrière	LEP	32:09
6. Amanda Vachon	ECSC	24:31	33. Jocelyn Bonhomme	SCC	32:31
7. Emily Dube	LEP	24:34	34. Christa Jongsma	LEP	33:02
8. Erin Beange	LCS	24:38	35. Tanicha Langlais	CND	NT
9. Lorinda Leson	LEP	24:46	36. Michelle Thomas	CND	NT
10. Emily Pentingola	LEP	25:06	37. Christine Miller	CND	NT
11. Dawn Gundrum	LSS	25:12	38. Nadiyka Pyzik	LEP	DNF
12. Lara Gardner	MMA	25:19	39. Melissa Pitre	ESRF	DNF
13. Kristi Bauer	LEP	25:24			
14. Brittany Lasuman	LSS	25:33			
15. Paige Leclerc	LCS	25:39			
16. Logan McGinn	LCS	25:57			
17. Leah Rossini	MMA	26:01			
18. Robyn Cameletti	LEP	26:14			
19. Nathalie Côté	LEP	26:29			
20. Santana Sanftenberg	LSS	26:39			
21. Meaghan Walford	LEP	27:00			
22. Ryan Faiella	MMA	27:08			
23. Sarah Fox	MMA	27:08			
24. Natasia San Cartier	LEP	27:44			
25. Andrée-Michèle Comeau	ESMC	28:53			
26. Gillian Russell	HOR	28:56			
27. Mireille Leblanc	HOR	29:18			

Team Results - senior girls

- 1st - LEP (20 points)
- 2nd - LCS (41 points)
- 3rd - LSS (50 points)
- 4th - MMA (74 points)
- 5th - CND (139 points)

Midget Boys - 5km

Name	School	Time	Name	School	Time
1. Collin Lammi	LEP	20:11			
2. Owen Montpellier	LEP	20:20			
3. John Colwell	Lively	20:33			
4. Bradley Hogue	ESSC	20:53			
5. Benoit Bizier	CND	21:04			
6. Tomi Pollard	LEP	21:07			
7. Joel Brunet	ESSC	21:10			
8. Dexton Abresch	Confed	21:55			
9. Kyle Languille	LCS	22:18			
10. Nicholas Noob	LCS	22:47			
11. Tyler Hulterman	LSS	22:03			
12. Michel Thibeault	ESSC	23:51			
13. Nicolas Santi	ESMC	23:55			
14. Phillip Quesnel	ESSC	23:59			
15. Marc-André Simard	ESMC	24:08			
16. Jordan Hotta	LCS	24:30			
17. Marc Drawn	ESSC	24:45			
18. Tyler Whitehead	LCS	24:46			
19. Tye Tremblay	CND	24:52			
20. Forrest Cargill	LSS	24:58			
21. Matthew Dovgalev	ESMC	25:07			
22. Manny Winters	SSS	25:21			

23. Jaime Rendle	LCS	27:27			
24. David Caines	LEP	28:00			
25. Matthew Ball	LEP	28:00			
26. Adam Constantineau	ESMC	NT			
. Guy Demarais	CND	DNF			
27. Adam Constantineau	ESMC	NT			

Team Results - Midget boys

1st - LEP (33 points)

2nd - LCS (53 points)

3rd - ÉSMC (76 points)

Junior Boys - 6 km

Name	School	Time	Name	School	Time
1. Julien Sequin	LEP	22:43	28. PJ Taus	LCS	DNF
2 .Myles Towns	LEP	22:54			
3. Dustin Ryan	LEP	23:28			
4. Chantry Cargil	LCS	23:43			
5. Kyle Paquette	Horizon	23:48			
6. Robert King	LEP	24:15			
7. Alan Blayney	LEP	24:26			
8. Tyler Bassette	ECSC	24:30			
9. John McGraw	LSC	24:59			
10. Sam Mernfield	LEP	25:47			
11. Nicholas Pharand	ESMC	26:34			
12. Harold Smith	ESMC	26:36			
13. Nick Irvine	LCS	26:51			
14. Scott Wiseman	LEP	26:59			
15. Stephen Ayotte	LEP	27:00			
16. Cory French	LEP	27:00			

17. David Yandean	SSS	27:23			
18. Zack Mullin	LEP	27:47			
19. Hamza Aouni	ECSC	27:55			
20. Russ Hanson	LEP	29:05			
21. Matt Sanders	LCS	29:52			
22. Murray Wilson	LCS	29:55			
23. Jason Correy	LEP	31:14			
24. David Gareau	ESCC	31:24			
25. Benoit Dupont	ESMC	31:44			
26. Justin Fredette	ESCC	32:19			
27. Stéphane Leblanc	ESMC	33:19			

Team Results - Junior boys

1st - LEP (12 points)

2nd - LCS (47 points)

3rd - ÉSMC (75 points)

Senior Boys - 7km

Name	School	Time	Name	School	Time
1. Kyle Caverson	LCS	25.55	28. Joel Dupuis	CND	32.31
2. Eric Ouellette	CND	26.25	29. Justin Landry	LSS	32.44
3. Nicky O'Bumsawin	LSS	27.03	30. Tyler Daoust	CND	33.19
4. Stéphane Jacques	LEP	27.14	31. Ian McIntyre	confed	33.28
5. Jeff Turgeon	CND	27.15	32. Shawn O'Brien	ÉSH	33.30
6. Joey Pelletier	LSS	27.24	33. Chad Walker	Lively	33.38
7. Nic Aaviku	LSS	27.32	34. Rystan Kusinskis	LEP	34.07
8. Anas Aouni	Sacrécoe	28.10	35. Kevin Bastro	LEP	34.33
9. Matt Smider	LEP	28.25	36. Garret Hamel	LCS	34.38
10. Justin Dallaire	CND	28.48	37. Patrick Girard	ÉSH	34.57
11. Chris Hey	LEP	29.10	38. Mike Stanford	LEP	35.07
12. David Endleman	LCS	29.39	39. François Larose	ÉSRF	35.35
13. Matt Little	LCS	30.07	40. Mathieu Provencher	??	35.35
14. Pat Campeau	SCC	30.10	41. Philippe Larose	ÉSRF	35.36
15. Tyler Welch	LSS	30.11	42. Dan Wyszynski	Lively	36.16
16. Jeremy Swartzontruber	LSS	30.15	43. Alexandre Vincent	ÉSMC	36.29
17. Mike O'Brien	confed	30.28	44. Noey Suban	LCS	38.58
18 Stéphane Legand	Champ	30.32	45. Josh Elliott	LEP	39.36
19 Steve Smith	LCS	30.36	46. René Bellemare	Horizon	39.37
20. Justin Ceskauskas	SSS	30.48	47. Robert Labelle	ÉSRF	44.24
21. Andrew Lalonde	LSS	30.56	48. Eric Pelletier	Sacrécoe	46.33
22. Jon Hey	LCS	31.31	49. JJ Munyakazi	LCS	52.32
23. Alex Bedard	Lively	31.38			
24. Shane Szalai	LEP	31.44			
25. Travis Steeves	LSS	32.07			
26. Chris Noob	LEP	32.19			
27. Will Ritchie	LCS	32.20			

Team Results - Senior boys

1st - LSS (31 points)

2nd - LCS (1+12+13+19=45 points)

3rd - CND (2+5+10+28=45 points)

4th - LEP (48 points)

"AA-AAA" boys tie breaker between LCS and LEP (total points for boys)

LCS: 45+47+53=145 total points

LEP; 48+12+33= 93 total points

BANNERS

AGGREGATE "AA-AAA" GIRLS

AGGREGATE "AA-AAA" BOYS

LOCKERBY (26 POINTS)

LO-ELLEN (24 POINTS)

AGGREGATE "A" BOYS

AGGREGATE "A" GIRLS

MACDONALD-CARTIER

MACDONALD-CARTIER

OVERALL AGGREGATE "AA-AAA" WINNER

OVERALL AGGRAGATE "A" WINNER

LOCKERBY (50 POINTS)

MACDONALD-CARTIER