CCAA XC Running National Championships

Hosted by Grande Prairie Regional College

November 9, 2019

Runner	School	Conf	Bib#	Time	Pace/km	Overall place	School place	Conf place	Ahuntsic	Augustana	Cambrian	Centennial	E Montpetit	Fanshawe	Grande Prairie	Humber	L Groulx	Notre-Dame	Red Deer	S Lambert	SAIT	Sheridan	St Clair	St Lawrence	Trois-Rivieres	ACAC	OCAA	RSEQ
Leonard Chesoo	Concordia	ACAC	103	27:12	03:24	1		1																		1		
Carter Free	St Clair	OCAA	126	27:16	03:24	2	1	2															1				2	
Sandy Freeland	Fanshawe	OCAA	167	28:33	03:34	3	2	3						2													3	
Andrew Brown	St Lawrence	OCAA	110	28:52	03:37	4	3	4																3			4	
Tyler Jones	St Clair	OCAA	122	29:02	03:38	5	4	5															4				5	
Simon-Oilver Saint-Laurent P	Ahuntsic	RSEQ	138	29:08	03:39	6	5	6	5																			6
Jacques Saayman	SAIT	ACAC	192	29:19	03:40	7	6	7													6					7		
Michio Green	Augustana	ACAC	129	29:26	03:41	8	7	8		7																8		
Patrick Smith	Fanshawe	OCAA	164	29:30	03:41	9	8	9						8													9	
Devin Saunders	Red Deer	ACAC	187	29:33	03:42	10	9	10											9							10		
Luke Grouix	Fanshawe	OCAA	162	29:41	03:43	11	10							10														
Zed Roy	E Montpetit	RSEQ	120	29:51	03:44	12	11	11					11															11
Daniel Szucs	Red Deer	ACAC	189	29:57	03:45	13	12	12											12							12		
Dion Killens	Fanshawe	OCAA	166	30:01	03:45	14	13							13														
Connor Jackson	Lethbridge	ACAC	101	30:03	03:45	15		13																		13		
Cameron Ross	Sheridan	OCAA	109	30:05	03:46	16	14															14						
William Cebuliak	Red Deer	ACAC	185	30:08	03:46	17	15												15									
William Davalan	Brebeuf	RSEQ	180	30:08	03:46	18		14																				14
Samuel Proulx	Brebeuf	RSEQ	181	30:08	03:46	19		15																				15
Matthew Lozano	Centennial	OCAA	146	30:14	03:47	20	16					16																
Leo Roy	Ahuntsic	RSEQ	136	30:15	03:47	21	17		17																			
Rick Nepomuceno	St Clair	OCAA	123	30:17	03:47	22	18																18					
Eric Leishman	Cambrian	OCAA	142	30:22	03:48	23	19	16			19																16	
Antoine Boulanger	S Lambert	RSEQ	154	30:24	03:48	24	20													20								
Aaron De Jong	UTM	OCAA	203	30:29	03:49	25		17																			17	
Thomas Laviolette	L Groulx	RSEQ	207	30:31	03:49	26	21	18									21											18
Cole Bond	Sheridan	OCAA	104	30:33	03:49	27	22															22						
David Domodossola	Sheridan	OCAA	106	30:33	03:49	28	23															23						
Ahad Naim	Brantford	OCAA	182	30:36	03:50	29																						
Lucas Salazer-Reid	Fanshawe	OCAA	165	30:40	03:50	30	24							24														
Daryl Ross	SAIT	ACAC	191	30:42	03:50	31	25	19													25					19		
Jasmin Bellerive	S Lambert	RSEQ	151	30:47	03:51	32	26													26								
Adam Cole Czuchnicki	Humber	OCAA	174	30:57	03:52	33	27									27												
John Berthelot	Fanshawe	OCAA	163	31:00	03:53	34	28							28														
Emmanuel Lebel	Victoriaville	RSEQ	204	31:02	03:53	35																						
Isaac Fraser	St Lawrence	OCAA	111	31:03	03:53	36	29																	29				
Louis-Philippe Cote	L Lauzon	RSEQ	161	31:05	03:53	37		20																				20
Alexandre Huot	Montmorency	RSEQ	183	31:06	03:53	38																						
Christopher Quesnel	S Lambert	RSEQ	153	31:09	03:54	39	30													30								
Nathanael Tabert	Augustana	ACAC	127	31:11	03:54	40	31			31																		
Emile Garon	S Lambert	RSEQ	152	31:19	03:55	41	32													32								
Sahebjeet Singh Rance	Centennial	OCAA	150	31:20	03:55	42	33					33																
Loick Anderson	Notre-Dame	RSEQ	155	31:20	03:55	43	34	21										34										21
Philippe Brassard	E Montpetit	RSEQ	115	31:20	03:55	44	35						35															
Cooper Cheshire	Lethbridge	ACAC	102	31:22	03:55	45																						
Jakob Vollmerhaus	SAIT	ACAC	193	31:23	03:55	46	36														36							
Hayden Hollowell	Grande Prairie	ACAC	168	31:24	03:56	47	37								37													
Addison Nixon	Humber	OCAA	177	31:25	03:56	48	38									38												
Benjamin Osorio	Augustana	ACAC	130	31:25	03:56	49	39			39																		
Philippe Gaillardetz	Trois-Rivieres	RSEQ	196	31:25	03:56	50	40																		40			
Ben Nawrot	Augustana	ACAC	131	31:27	03:56	51	41			41																		
Chris Nelissen	Grande Prairie	ACAC	169	31:29	03:56	52	42								42													
Michael Stewart	SAIT	ACAC	194	31:31	03:56	53	43														43							
Justin Lafleur	L Groulx	RSEQ	205	31:37	03:57	54	44										44											

Olivier Forest	Trois-Rivieres	RSEQ	201	31:38	03:57	55	45																			45			
Eamon Hillis	Sheridan	OCAA	107	31:40	03:58	56	46																46						
Thador Tekhli	St Clair	OCAA	124	31:41	03:58	57	47																	47					
Jerome Jacques	E Montpetit	RSEQ	117	31:54	03:59	58	48						48																
Tyler Tofflemire	St Clair	OCAA	125	31:57	04:00	59	49																	49					
Brant Lauweryssen	SAIT	ACAC	190	32:01	04:00	60	50														50								
Reilly Singleton	SAIT	ACAC	195	32:01	04:00	61	51														51								
Greg Garey	St Lawrence	OCAA	112	32:10	04:01	62	52																		52				
Loic Demarbe	Ahuntsic	RSEQ	134	32:10	04:01	63	53		53																				
Charles Poulin	Trois-Rivieres	RSEQ	199	32:12	04:02	64	54																			54			
Stephen Rowley	Red Deer	ACAC	186	32:12	04:02	65	55												55										
Quinn Middleton	Sheridan	OCAA	108	32:23	04:03	66	56																56						
Jordan Lundstrom	Grande Prairie	ACAC	173	32:28	04:04	67	57								57														
William-Edouard Hamel-Houl	Notre-Dame	RSEQ	160	32:28	04:04	68	58											58											
Lois Raciot	Ahuntsic	RSEQ	135	32:29	04:04	69	59		59																				
Nicolas Courtois-Dube	Ahuntsic	RSEQ	137	32:35	04:04	70	60		60																				
Gabriel Boily-Porter	UTM	OCAA	202	32:41	04:05	71																							
Samuel Nawrot	Augustana	ACAC	132	32:45	04:06	72	61			61																			
Antoine Martin	Trois-Rivieres	RSEQ	198	32:46	04:06	73	62																			62			
Simon Prince	L Groulx	RSEQ	206	32:51	04:06	74	63										63												
Carson Schiller	Red Deer	ACAC	188	32:58	04:07	75	64												64										
Adam Wangler	Grande Prairie	ACAC	171	33:02	04:08	76	65								65														
Benjamin Arychuk	Red Deer	ACAC	184	33:02	04:08	77	66												66										
Taylor Hudak	Grande Prairie	ACAC	172	33:04	04:08	78	67								67														
Sebastien Potvin	E Montpetit	RSEQ	119	33:13	04:09	79	68						68																
Jacob Dayot	Sheridan	OCAA	105	33:20	04:10	80	69																69						
Simon Tremblay	Trois-Rivieres	RSEQ	200	33:22	04:10	81	70																			70			
Gabriel Morin	E Montpetit	RSEQ	118	33:24	04:11	82	71						71																
Noah Day	Augustana	ACAC	128	33:28	04:11	83	72			72																			
Justin Folkeringa	St Clair	OCAA	121	33:33	04:12	84	73																	73					
Thomas Turgeon	Notre-Dame	RSEQ	159	33:39	04:12	85	74											74											
Robert Payne	Humber	OCAA	178	33:44	04:13	86	75									75													
Taranjeet Singh	Centennial	OCAA	147	33:44	04:13	87	76					76																	
Adam Davalan	Notre-Dame	RSEQ	156	33:55	04:14	88	77											77											
Tairas Fournier	Grande Prairie	ACAC	170	34:07	04:16	89	78								78														
Erich Mundt	Cambrian	OCAA	144	34:09	04:16	90	79				79																		
Yannick Junior Blanchet	Notre-Dame	RSEQ	157	34:14	04:17	91	80											80											
Marc-Olivier Lozier	Trois-Rivieres	RSEQ	197	34:18	04:17	92	81																			81			
Thomas Boule	Notre-Dame	RSEQ	158	34:32	04:19	93	82											82											
Brandon Murray	Cambrian	OCAA	145	34:46	04:21	94	83				83																		
Jacob Duchaine	E Montpetit	RSEQ	116	35:13	04:24	95	84						84																
Mohammed Mundhir	Humber	OCAA	176	35:20	04:25	96	85									85													
March-Andre Maisonneuve	Cambrian	OCAA	143	35:22	04:25	97	86				86																		
Ceo Lam	Centennial	OCAA	149	35:30	04:26	98	87					87																	
Aurel Fox	Cambrian	OCAA	140	36:05	04:31	99	88				88																		
Mathieu Laberge	L Groulx	RSEQ	208	36:26	04:33	100	89										89												
Fynn Schooley	St Lawrence	OCAA	113	36:41	04:35	101	90																		90				
Michael Mathews	Humber	OCAA	175	37:00	04:38	102	91									91													
Antione Dalterio	Ahuntsic	RSEQ	133	37:19	04:40	103	92		92																				
Brennan Gregoire	Cambrian	OCAA	141	37:37	04:42	104	93				93																		
Kai Mackintosh	St Lawrence	OCAA	114	41:39	05:12	105	94																		94				
Andrew French	Centennial	OCAA	148	42:33	05:19	106	95					95																	
	# of runners scoring					106	95	21	6	6	6	5	6	6	6	5	4	6	6	4	6	6	6	5	6	7	7	7	
	# of runners total								6	6	6	5	6	6	6	5	4	6	6	4	6	6	6	5	6	27	42	37	
	team total points (4 runners for school; 5 runners for conf):								134	118	267	212	162	33	201	225	217	243	91	108	110	105	70	174	201	38	23	64	
	team rank:								8	7	17	13	9	1	12	15	14	16	3	5	6	4	2	10	11	2	1	3	
									Ahuntsic	Augustana	Cambrian	Centennial	E Montpetit	Fanshawe	Grande Prairie	Humber	L Groulx	Notre-Dame	Red Deer	S Lambert	SAIT	Sheridan	St Clair	St Lawrence	Trois-Rivieres	ACAC	OCAA	RSEQ	