CCAA XC Running National Championships

Hosted by Medicine Hat Rattlers

November 12, 2022

Runner	School	Conf	Bib#	Time	Pace/km	Overall place	School place	Conf place	Augustana	Lethbridge	Medicine Hat	Kings	Red Deer	SAIT	St Mary's	Crandall	Joliette	Saint-Lambert	Garneau	Jonquière	Sainte-Foy	Trois-Rivières	Sherbrooke	Fanshawe	Mohawk	Saint Clair	ACAC	OCAA	RSEQ	ACAA
Makenna Fitzgerald	SAIT	ACAC	623	22:15	03:43	1	1	1						1													1			
Marika Couture	Garneau	RSEQ	656	22:37	03:46	2	2	2											2										2	
Reese Bendiksen	Augustana	ACAC	600	22:40	03:47	3	3	3	3																		3			
Jenica Swartz	Red Deer	ACAC	622	23:24	03:54	4	4	4					4														4			
Amélie Simard	Alma	RSEQ	646	23:41	03:57	5		5																					5	
Fanny Hotton-Daigneault	Sainte-Foy	RSEQ	673	23:50	03:58	6	5														5									
Rebecca Ross	Medicine Hat	ACAC	612	23:59	04:00	7	6	6			6																6			
Émy Dagenais	Joliette	RSEQ	661	24:03	04:00	8	7										7													
Léa Pelletier	Joliette	RSEQ	665	24:11	04:02	9	8										8													
Élodie Bouchard	Saint-Hyacinthe	RSEQ	672	24:12	04:02	10		7																					7	
Rose-Emanuelle Binette	Sherbrooke	RSEQ	679	24:12	04:02	11	9																9							
Katie Rice	Fanshawe	OCAA	692	24:14	04:02	12	10	8																10				8		
Magalie Lessard	Garneau	RSEQ	658	24:14	04:02	13	11												11											
Raphaëlle Leblond	Garneau	RSEQ	657	24:27	04:05	14	12	9											12										9	
Maria Fox	St Mary's	ACAC	628	24:31	04:05	15	13	10							13												10			
Marianne Brillant	Sainte-Foy	RSEQ	674	24:31	04:05	16	14														14									
Marianne Alarie	Garneau	RSEQ	655	24:33	04:05	17	15												15											
Cadence Laplante	St Mary's	ACAC	630	24:36	04:06	18	16								16															
Coralie Bouchard	Montmorency	RSEQ	671	24:39	04:07	19		11																					11	
Juliette Bélanger	Jonquière	RSEQ	667	24:40	04:07	20	17													17										
Madison Scrimger	Medicine Hat	ACAC	613	24:47	04:08	21	18	12			18																12			
Emmanuelle Paquet	Saint-Lambert	RSEQ	650	24:50	04:08	22	19											19												
Catherine Irwin	St Lawrence	OCAA	719	24:53	04:09	23		13																				13		
Jill Stewart	SAIT	ACAC	624	24:55	04:09	24	20							20																
Dianne De Boer	Conestoga	OCAA	690	25:02	04:10	25																								
Caitlyn Fulton-Kennedy	John Abbott	RSEQ	660	25:03	04:11	26																								
Élise Vaillancourt	Sherbrooke	RSEQ	680	25:03	04:11	27	21																21							
Sarah-Maude Thibodeau	Trois-Rivières	RSEQ	687	25:04	04:11	28	22	14														22							14	
Sofia Veilleux	Saint-Lambert	RSEQ	654	25:05	04:11	29	23											23												
Natasha Bolger	Sherbrooke	RSEQ	681	25:06	04:11	30	24																24							
Taylor Chamberlain	Concordia	ACAC	604	25:08	04:11	31		15																			15			
Emmanuelle Chaput	Saint-Lambert	RSEQ	649	25:11	04:12	32	25											25												
Mary-Lune Baril	Baie-Comeau	RSEQ	648	25:18	04:13	33																								
Jamie Kovacic	Confederation	OCAA	691	25:22	04:14	34																								
Laurie Fournier	Jonquière	RSEQ	668	25:23	04:14	35	26													26										
Léa Gobeil	Trois-Rivières	RSEQ	685	25:24	04:14	36	27															27								
Ava Snyder	Mohawk	OCAA	703	25:24	04:14	37	28	16																	28			16		
Jeanne Burton	Saint-Lambert	RSEQ	651	25:28	04:15	38	29											29												
Mette Siemens	Sheridan	OCAA	711	25:32	04:15	39		17																				17		
Gabrielle Mercier	Sherbrooke	RSEQ	683	25:32	04:15	40	30																30							
Alice Marsh	Garneau	RSEQ	659	25:33	04:16	41	31												31											
Shelby Lajeunesse	Saint-Lambert	RSEQ	653	25:36	04:16	42	32											32												
Léa Boucher	Saint-Lambert	RSEQ	652	25:37	04:16	43	33											33												
Emma Derbyshire	Concordia	ACAC	605	25:42	04:17	44																								
Méliann Brière	Sherbrooke	RSEQ	682	25:47	04:18	45	34																34							
Faith Nieson	Laurier Brantford	OCAA	702	25:48	04:18	46		18																				18		
Ainsley Taggett	Fleming	OCAA	698	25:50	04:18	47																								
Ashley Lof	Mohawk	OCAA	704	25:54	04:19	48	35																		35					
Cheldynn Molnar	Medicine Hat	ACAC	611	25:57	04:19	49	36				36																			
Hannah Clarke	Kings	ACAC	634	25:58	04:20	50	37					37																		
Holly Moores	SAIT	ACAC	625	26:01	04:20	51	38							38																
Maria Boix-Frias	Lethbridge	ACAC	606	26:03	04:21	52	39			39																				
Samantha Reidy	Fanshawe	OCAA	693	26:07	04:21	53	40	19																40				19		
Justine Larson	Red Deer	ACAC	619	26:07	04:21	54	41						41																	
Mya Palumbo	Saint Clair	OCAA	715	26:10	04:22	55	42	20																		42		20		
Valentine Chapus	André-Grasset	RSEQ	647	26:11	04:22	56																								
Catherine Morissette	Joliette	RSEQ	664	26:22	04:24	57	43										43													
Charlotte Bernier	Sainte-Foy	RSEQ	677	26:24	04:24	58	44														44									
Sydney Zissos	St Mary's	ACAC	629	26:25	04:24	59	45								45															
Brooke Jez	Fanshawe	OCAA	695	26:25	04:24	60	46																	46						
Jeanne Gaschler	Jonquière	RSEQ	669	26:28	04:25	61	47													47										
Laura Auclair	Sainte-Foy	RSEQ	676	26:29	04:25	62	48														48									

Katie Funk	Fanshawe	OCAA	694	26:30	04:25	63	49																	49								
Mary Fillmore	Crandall	ACAA	641	26:32	04:25	64	50	21								50																21
Myah Cota	Red Deer	ACAC	618	26:34	04:26	65	51						51																			
Melissa Ray	Red Deer	ACAC	621	26:36	04:26	66	52						52																			
Natasha Atherton	Saint Clair	OCAA	717	26:47	04:28	67	53																			53						
Josephine Bennett	Prairie	ACAC	616	26:48	04:28	68																										
Annika Brink	Redeemer	OCAA	708	26:53	04:29	69																										
Laura Bélanger	Sherbrooke	RSEQ	684	26:55	04:29	70	54																54									
Chiara Carinci	Laurier Brantford	OCAA	700	26:58	04:30	71																										
Chloe Funnell	Augustana	ACAC	601	26:58	04:30	72	55		55																							
Rosie Bouchard	Lethbridge	ACAC	609	27:02	04:30	73	56			56																						
Jill van der Giessen	Northwest	ACAC	615	27:08	04:31	74																										
Maude Rivest	Joliette	RSEQ	666	27:09	04:31	75	57										57															
Frances Emery	Fleming	OCAA	699	27:10	04:32	76																										
Thea Van Halteren	Redeemer	OCAA	710	27:22	04:34	77																										
Rose Nathike	Sheridan	OCAA	712	27:23	04:34	78																										
Joséphine Langevin	Joliette	RSEQ	662	27:30	04:35	79	58										58															
Pimprenelle Langlois	Sainte-Foy	RSEQ	675	27:31	04:35	80	59														59											
Émy Laurendeau	Jonquière	RSEQ	670	27:42	04:37	81	60													60												
Pyper Gill	Medicine Hat	ACAC	610	27:44	04:37	82	61				61																					
Jade Gobeil	Trois-Rivières	RSEQ	686	27:50	04:38	83	62															62										
Ezabella Able	Crandall	ACAA	640	27:53	04:39	84	63	22								63																22
Elisa Mul	Dalhousie	ACAA	644	27:55	04:39	85		23																								23
Kennedy Finch	Laurier Brantford	OCAA	701	27:58	04:40	86																										
Elizabeth Krueger	St Mary's	ACAC	631	28:04	04:41	87	64								64																	
Stefania Salzer	Mohawk	OCAA	705	28:04	04:41	88	65																		65							
Melody Knight	Saint Clair	OCAA	713	28:06	04:41	89	66																			66						
Allyson Kwarcek	Fanshawe	OCAA	696	28:14	04:42	90	67																	67								
Rylee Stanford	Crandall	ACAA	643	28:22	04:44	91	68	24								68																24
Julianne Couture	Trois-Rivières	RSEQ	688	28:32	04:45	92	69															69										
Sophia Hrycak	Dalhousie	ACAA	645	28:43	04:47	93		25																								25
Leah-Joy Gaensler	Redeemer	OCAA	709	28:50	04:48	94																										
Alisson Morin	Joliette	RSEQ	663	28:52	04:49	95	70										70															
Julia Latham	Fanshawe	OCAA	697	28:53	04:49	96	71																	71								
Emily Barritt	Red Deer	ACAC	617	29:13	04:52	97	72						72																			
Victoria Skoyles	Saint Clair	OCAA	718	29:18	04:53	98	73																			73						
Philine Schmidt	St Mary's	ACAC	633	29:20	04:53	99	74								74																	
Sarah Foscarini	St Mary's	ACAC	632	29:20	04:53	100	75								75																	
Brooklyn Skoog	Mohawk	OCAA	706	29:45	04:58	101	76																		76							
Hannah Smith	Lethbridge	ACAC	608	29:49	04:58	102	77			77																						
Kammy Park	Red Deer	ACAC	620	29:55	04:59	103	78						78																			
Skya Mitchell-Brost	SAIT	ACAC	626	30:11	05:02	104	79							79																		
Rayanne Hoeflicher	Lethbridge	ACAC	607	30:21	05:04	105	80			80																						
Emily Chant	Mohawk	OCAA	707	30:47	05:08	106	81																		81							
Narjis Sharifi	Saint Clair	OCAA	716	31:04	05:11	107	82																			82						
Julie Tabler	Kings	ACAC	635	31:38	05:16	108	83					83																				
Aman Leung	Augustana	ACAC	602	32:14	05:22	109	84		84																							
Montana Wilkins	Saint Clair	OCAA	714	32:23	05:24	110	85																			85						
Annika Marshall	Medicine Hat	ACAC	614	33:26	05:34	111	86				86																					
Megan Hoyteniuk	Kings	ACAC	639	34:02	05:40	112	87					87																				
Karli Tluchak	Augustana	ACAC	603	34:12	05:42	113	88		88																							
Delaney Vincent	Kings	ACAC	636	34:20	05:43	114	89					89																				
Sarah-Coralie Desruisseaux	Sainte-Foy	RSEQ	678	35:27	05:55	115	90														90											
Hannah Rooney	Crandall	ACAA	642	35:50	05:58	116	91	26								91																26
Rachel Stang	Kings	ACAC	637	36:41	06:07	117	92					92																				
	# of runners scoring					117	92	26	4	4	5	5	6	4	6	4	6	6	5	4	6	4	6	6	5	6	7	7	6	6
	# of runners total								4	4	5	5	6	4	6	4	6	6	5	4	6	4	6	6	5	6	38	30	43	6
	team total points (4 runners for school; 5 runners for conf):								230	252	121	296	148	138	138	272	115	96	40	150	111	180	84	145	204	234	24	72	34	115
	team rank:								14	16	6	18	10	8	7	17	5	3	1	11	4	12	2	9	13	15	1	3	2	4
									Augustana	Lethbridge	Medicine Hat	Kings	Red Deer	SAIT	St Mary's	Crandall	Joliette	Saint-Lambert	Garneau	Jonquière	Sainte-Foy	Trois-Rivières	Sherbrooke	Fanshawe	Mohawk	Saint Clair	ACAC	OCAA	RSEQ	ACAA