

**EOSSAA 2008**  
**Cross Country Championships**

10/23/2008 - 10/23/2008

**Event # 1 GIRLS Midget 3.2km Run**

PLACE	TEAM	POINTS	SCORERS	DISPLACERS
1	THOUSAND ISLANDS SS	44	2-9-15-18	19-25-44-55-56
2	REGIOPOLIS-NOTRE DAM	74	3-6-12-53	
3	HOLY CROSS	82	5-21-24-32	
4	RENFREW C. I.	100	16-20-29-35	52-90-93
5	ARNPRIOR DISTRICT HS	143	27-30-39-47	
6	OPEONGO WILDCATS	159	23-37-45-54	77-78-89-96
7	LA SALLE S.S.	189	11-36-70-72	
8	PERTH & DISTRICT CI	194	31-34-38-91	
9	FELLOWES FALCONS	203	33-49-59-62	97
10	ALMONTE & DISTRICT H	217	14-58-60-85	
11	BISHOP SMITH C.H.S.	218	28-41-69-80	
12	CSC JEANNE-LAJOIE	240	42-51-63-84	86
13	BROCKVILLE COLLEGIAT	260	40-66-73-81	88

OVERALL PLACE	SCORE PLACE	BIB NUM	NAME	AGE	GRADE	TEAM	PLACE ON TEAM	TIME
1	1	244	Amanada Leveille			FRONTENAC S.S	1	12:30.7
2	2	738	Shelby Kent			THOUSAND ISLANDS SS	1	12:35.7
3	3	485	Clara Langley			REGIOPOLIS-NOTRE DAM	1	12:39.0
4	4	242	Jessica Leach			FRONTENAC S.S	2	12:47.9
5	5	298	Olivia Reyers			HOLY CROSS	1	12:55.4
6	6	477	Brittany Almeida			REGIOPOLIS-NOTRE DAM	2	13:01.7
7	7	333	Maggie Webster			KINGSTON COLLEGIATE	1	13:02.5
8	8	316	Jessica Brown			KINGSTON COLLEGIATE	2	13:16.6
9	9	731	Bridgette Harper			THOUSAND ISLANDS SS	2	13:27.5
10	10	677	Karley Heyman			SYDENHAM H.S.	1	13:31.3
11	11	350	Rebecca Jaros			LA SALLE S.S.	1	13:33.8
12	12	476	Mary Allward			REGIOPOLIS-NOTRE DAM	3	13:37.6
13	13	368	Matilda Greenfield			MACKENZIE HS	1	13:37.9
14	14	10	Kim McDougall			ALMONTE & DISTRICT H	1	13:46.5
15	15	726	Christine Gemmell			THOUSAND ISLANDS SS	3	13:46.5
16	16	503	Mikalah Barnes			RENFREW C. I.	1	13:50.1
17	17	45	Lauren Fielding			BAYRIDGE SECONDARY	1	13:53.3
18	18	710	Danielle Blasko			THOUSAND ISLANDS SS	4	13:54.4
19	19	740	Alana Lawn			THOUSAND ISLANDS SS	5	13:57.0
20	20	539	Kristine Millar			RENFREW C. I.	2	14:00.2
21	21	300	Esme Sinclair			HOLY CROSS	2	14:06.3
22	22	268	Devan Carlson			GENERAL PANET H.S.	1	14:12.2
23	23	442	McKenzie Schmidt			OPEONGO WILDCATS	1	14:12.8
24	24	285	Sarah Besselink			HOLY CROSS	3	14:15.1
25	25	716	MacKenzie Carr			THOUSAND ISLANDS SS	6	14:16.3
26	26	104	Laura Fergusson			CARLETON PLACE H.S.	1	14:18.0
27	27	37	Maureen Freemark			ARNPRIOR DISTRICT HS	1	14:19.2
28	28	62	Kelly Foran			BISHOP SMITH C.H.S.	1	14:25.3
29	29	530	Madeline Kubeskeski			RENFREW C. I.	3	14:26.0
30	30	29	Rachel Boersma			ARNPRIOR DISTRICT HS	2	14:28.7

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31	31	447	Jessica Bond	PERTH & DISTRICT CI	1	14:31.8
32	32	295	Madison Norman	HOLY CROSS	4	14:33.6
33	33	223	Jillian Marquardt	FELLOWES FALCONS	1	14:38.2
34	34	474	Anna Stewart	PERTH & DISTRICT CI	2	14:42.8
35	35	508	Jesselyn Carriere	RENFREW C. I.	4	14:44.9
36	36	355	Kaymin Roorda	LA SALLE S.S.	2	14:48.7
37	37	444	Bailey Shields	OPEONGO WILDCATS	2	14:49.1
38	38	457	Sadie Kotze	PERTH & DISTRICT CI	3	14:50.8
39	39	39	Julia Grenier	ARNPRIOR DISTRICT HS	3	14:54.5
40	40	98	Meagan Stewart	BROCKVILLE COLLEGIAT	1	14:58.2
41	41	81	Rebecca Sandrelli	BISHOP SMITH C.H.S.	2	14:59.2
42	42	155	Alison Mulawyshyn	CSC JEANNE-LAJOIE	1	14:59.6
43	43	120	Hannah White	CARLETON PLACE H.S.	2	15:00.0
44	44	708	Melanie Barr	THOUSAND ISLANDS SS	7	15:00.8
45	45	440	Nicole Riskie	OPEONGO WILDCATS	3	15:01.7
46	46	548	Siobhan Bell	RIDEAU DHS	1	15:03.0
47	47	40	Kaitlyn McLeod	ARNPRIOR DISTRICT HS	4	15:04.1
48	48	564	Christina Charbonneau	ROCKLAND DISTRICT HI	1	15:09.0
49	49	230	Allison Schroeder	FELLOWES FALCONS	2	15:10.1
50	50	406	Jessica VanWinden	NORTH DUNDAS DHS	1	15:16.3
51	51	147	Tawny Godin	CSC JEANNE-LAJOIE	2	15:21.5
52	52	510	Leicy Ditmar	RENFREW C. I.	5	15:26.9
53	53	481	Grace Hagerman	REGIOPOLIS-NOTRE DAM	4	15:29.0
54	54	433	Kailash Heron	OPEONGO WILDCATS	4	15:34.0
55	55	771	Sarah VanAsseldonk	THOUSAND ISLANDS SS	8	15:42.5
56	56	734	Brooke Hewitt	THOUSAND ISLANDS SS	9	15:43.8
57	57	574	Shannon Timbrell	ROTHWELL-OSNABRUCK	1	15:46.6
58	58	7	Avi Karp	ALMONTE & DISTRICT H	2	15:48.7
59	59	232	Jory Trucotte	FELLOWES FALCONS	3	15:49.8
60	60	14	Abby Shearman	ALMONTE & DISTRICT H	3	15:51.3
61	61	169	Erin Parisien	É.S L'HÉRITAGE	1	15:52.4
62	62	220	Brianna Lemoine	FELLOWES FALCONS	4	15:53.5
63	63	162	Marie-Philippe St.Hilaire	CSC JEANNE-LAJOIE	3	16:03.6
64	64	187	Vickie Beauregard	ÉCOLE SECONDAIRE L'E	1	16:08.4
65	65	591	Alyssa VanDerlinden	RUSSELL HS	1	16:16.7
66	66	92	Jessica Irwin	BROCKVILLE COLLEGIAT	2	16:17.6
67	67	674	Hailey Ferguson	SYDENHAM H.S.	2	16:21.8
68	68	575	Natalie Timbrell	ROTHWELL-OSNABRUCK	2	16:26.7
69	69	75	Shelby Neff	BISHOP SMITH C.H.S.	3	16:28.6
70	70	348	Jamie Burns	LA SALLE S.S.	3	16:33.0
71	71	701	Alicia Rochette	TAGWI SECONDARY SCHO	1	16:40.5
72	72	356	Jessalyn Wagar	LA SALLE S.S.	4	16:45.9
73	73	99	Rose Yang	BROCKVILLE COLLEGIAT	3	16:58.7
74	74	679	Elizabeth Hill	SYDENHAM H.S.	3	17:06.0
75	75	777	A Del	CHARLAN	1	17:08.1
76	76	281	Emily Whitworth	GENERAL PANET H.S.	2	17:11.8
77	77	430	Stephanie Eckford	OPEONGO WILDCATS	5	17:16.7
78	78	438	Maria Petrini-Wooley	OPEONGO WILDCATS	6	17:19.7
79	79	779	Melissa Gifford	SMITHS FALLS	1	17:22.4
80	80	68	Maggie Kinney	BISHOP SMITH C.H.S.	4	17:37.9
81	81	97	Kendal Rooney	BROCKVILLE COLLEGIAT	4	17:40.1
82	82	793	Emily Watt	SMITHS FALLS	2	17:51.4
83	83	780	Ocean Lacasse	SMITHS FALLS	3	17:53.2

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84	84	144	Jessica Doiron	CSC JEANNE-LAJOIE	4	17:53.4
85	85	3	Emily Clapperton	ALMONTE & DISTRICT H	4	18:19.5
86	86	161	Samantha Spring	CSC JEANNE-LAJOIE	5	18:20.3
87	87	584	Kristen Hardy	RUSSELL HS	2	18:25.2
88	88	93	Kinda Khadra	BROCKVILLE COLLEGIAT	5	18:31.7
89	89	441	Shelby Roy	OPEONGO WILDCATS	7	18:38.5
90	90	534	Adrienne MacLean	RENFREW C. I.	6	18:43.2
91	91	466	Shea Pickette	PERTH & DISTRICT CI	4	18:56.2
92	92	175	Natasha Punt	É.S.P. ÉQUINOXE	1	19:07.2
93	93	520	Danielle Fournier	RENFREW C. I.	7	19:35.8
94	94	392	Letitia Alcock	NORTH DUNDAS DHS	2	19:52.0
95	95	611	Elyssa Emond	ST JOSEPH CATHOLIC S	1	19:52.4
96	96	432	Amanda Hein	OPEONGO WILDCATS	8	20:16.2
97	97	229	Jessica Ryan	FELLOWES FALCONS	5	20:45.3

**Event # 2 BOYS Midget 5.1km Run**

PLACE	TEAM	POINTS	SCORERS	DISPLACERS
1	THOUSAND ISLANDS SS	69	5-18-22-24	32-40
2	REGIOPOLIS-NOTRE DAM	74	3-13-25-33	
3	RENFREW C. I.	94	1-26-28-39	42-83-85-93
4	SYDENHAM H.S.	117	14-16-38-49	51
5	ANGE GABRIEL	199	11-53-57-78	89
6	HOLY TRINITY CATHOLI	224	19-61-62-82	
7	CARLETON PLACE H.S.	225	27-48-69-81	
8	BAYRIDGE SECONDARY	233	41-58-66-68	
9	CHARLAN	275	52-64-71-88	100

OVERALL PLACE	SCORE PLACE	BIB NUM	NAME	AGE	GRADE	TEAM	PLACE ON TEAM	TIME
1	1	527	Thomas Kellar			RENFREW C. I.	1	18:50.2
2	2	246	Andrew Martin			FRONTENAC S.S	1	19:15.1
3	3	497	Davis Sawyer			REGIOPOLIS-NOTRE DAM	1	19:25.6
4	4	250	Mitch O'Conner			FRONTENAC S.S	2	19:29.6
5	5	762	Garrett Rodley			THOUSAND ISLANDS SS	1	19:34.3
6	6	654	Shaq Lewis			ST. MICHAEL CHS	1	19:36.4
7	7	342	Lister Kyle			LA CITADELLE	1	19:36.9
8	8	17	Symon Stowe			ALMONTE & DISTRICT H	1	19:44.7
9	9	389	Daniel Shaver			NAPANEE DISTRICT SS	1	19:51.6
10	10	222	Stuart MacPherson			FELLOWES FALCONS	1	19:58.3
11	11	21	Connor Hickling			ANGE GABRIEL	1	20:01.3
12	12	329	Adrian Noble			KINGSTON COLLEGIATE	1	20:03.5
13	13	482	Ryan Jaros			REGIOPOLIS-NOTRE DAM	2	20:04.8
14	14	669	John Addison			SYDENHAM H.S.	1	20:07.1
15	15	452	Alex Hodgins			PERTH & DISTRICT CI	1	20:08.7
16	16	694	Patrick VanDerholst			SYDENHAM H.S.	2	20:17.3
17	17	253	Nathan Raymond			FRONTENAC S.S	3	20:18.4
18	18	749	Brad Melcher			THOUSAND ISLANDS SS	2	20:21.4
19	19	307	Sean McCabe			HOLY TRINITY CATHOLI	1	20:26.0
20	20	146	Philippe Gervais			CSC JEANNE-LAJOIE	1	20:29.9

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21	21	150	Benjamin Grandmaison	CSC JEANNE-LAJOIE	2	20:30.9
22	22	719	Scott Dejong	THOUSAND ISLANDS SS	3	20:32.6
23	23	171	Connor Primeau	É.S L'HÉRITAGE	1	20:37.1
24	24	744	Nathan Madigan	THOUSAND ISLANDS SS	4	20:42.2
25	25	490	James Mitchell	REGIOPOLIS-NOTRE DAM	3	20:45.4
26	26	525	Andrew Heaslip	RENFREW C. I.	2	20:49.6
27	27	119	Kieran Ward	CARLETON PLACE H.S.	1	20:54.1
28	28	521	Tc Fraser	RENFREW C. I.	3	20:55.7
29	29	31	Justin Cameron	ARNPRIOR DISTRICT HS	1	21:02.3
30	30	269	Nick Frausin	GENERAL PANET H.S.	1	21:07.4
31	31	436	Jordon Laronde	OPEONGO WILDCATS	1	21:09.1
32	32	763	Jesse Shane	THOUSAND ISLANDS SS	5	21:12.8
33	33	491	Matthew Mombouquette	REGIOPOLIS-NOTRE DAM	4	21:22.3
34	34	563	Jason Camm	ROCKLAND DISTRICT HI	1	21:22.6
35	35	219	Eric Lehman	FELLOWES FALCONS	2	21:23.7
36	36	38	Jason Green	ARNPRIOR DISTRICT HS	2	21:25.7
37	37	424	Alex Wilkie	NOTRE DAME CATHOLIC	1	21:32.2
38	38	668	Mike Adams	SYDENHAM H.S.	3	21:35.0
39	39	536	Jj McArthur	RENFREW C. I.	4	21:37.3
40	40	727	Brandon Gillespie	THOUSAND ISLANDS SS	6	21:38.7
41	41	49	Ahmer Shahzad	BAYRIDGE SECONDARY	1	21:40.7
42	42	516	Joel Ferguson	RENFREW C. I.	5	21:41.5
43	43	431	Brett English	OPEONGO WILDCATS	2	21:41.8
44	44	601	Daniel Tibben	SEAWAY DISTRICT H.S.	1	21:43.2
45	45	188	Marc Alexandre Bélanger Fitzge	ÉCOLE SECONDAIRE L'E	1	21:44.4
46	46	396	Victor Delage	NORTH DUNDAS DHS	1	21:48.6
47	47	612	Kevin Hope	ST JOSEPH CATHOLIC S	1	21:56.1
48	48	101	Will Byrne	CARLETON PLACE H.S.	2	21:56.9
49	49	681	Eamon Hillis	SYDENHAM H.S.	4	22:15.1
50	50	388	Vincent Mcneil-Knowles	NAPANEE DISTRICT SS	2	22:23.9
51	51	691	Patrick Russell	SYDENHAM H.S.	5	22:28.3
52	52	134	Larson Payette	CHARLAN	1	22:36.2
53	53	25	Jeremy Toppings	ANGE GABRIEL	2	22:44.0
54	54	166	Matthew Bourassa	É.S L'HÉRITAGE	2	22:50.2
55	55	602	Stephen Tibben	SEAWAY DISTRICT H.S.	2	22:52.2
56	56	569	Kian Nazerally	ROCKLAND DISTRICT HI	2	22:52.6
57	57	24	Jeremy Locke	ANGE GABRIEL	3	22:57.3
58	58	48	William Raleigh	BAYRIDGE SECONDARY	2	22:59.6
59	59	318	Stephen Cuthbertson	KINGSTON COLLEGIATE	2	23:21.2
60	60	467	Spencer Richmond	PERTH & DISTRICT CI	2	23:25.4
61	61	308	Andrew McCabe	HOLY TRINITY CATHOLI	2	23:35.7
62	62	303	Liam Chaussi	HOLY TRINITY CATHOLI	3	23:36.1
63	63	366	Brandon Villeneuve	LOYALIST CVI	1	23:39.2
64	64	139	Brent Small	CHARLAN	2	23:43.5
65	65	571	Justin Powell	ROCKLAND DISTRICT HI	3	23:44.3
66	66	46	Paul Fitzpatrick	BAYRIDGE SECONDARY	3	23:55.1
67	67	18	Quinton Sweeney	ALMONTE & DISTRICT H	2	23:58.4
68	68	50	Connor Smith	BAYRIDGE SECONDARY	4	24:00.0
69	69	118	Tanner Smith	CARLETON PLACE H.S.	3	24:01.1
70	70	287	Ben Grady	HOLY CROSS	1	24:02.7
71	71	122	Bryce Cattanach	CHARLAN	3	24:08.1
72	72	167	Alexandre Juneau	É.S L'HÉRITAGE	3	24:17.2
73	73	370	Zachery Lampman	MACKENZIE HS	1	24:17.8

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74	74	399	Chris Hill	NORTH DUNDAS DHS	2	24:24.3
75	75	586	Aaron Lagace	RUSSELL HS	1	24:31.5
76	76	413	Cody Crane	NOTRE DAME CATHOLIC	2	24:32.7
77	77	363	Miles Sauve	LOYALIST CVI	2	24:38.1
78	78	22	Trevor Hickling	ANGE GABRIEL	4	24:40.1
79	79	15	Jay Smith	ALMONTE & DISTRICT H	3	24:41.1
80	80	582	Glenn Craig	RUSSELL HS	2	24:44.7
81	81	121	Dean Wilson	CARLETON PLACE H.S.	4	24:54.4
82	82	302	Donald Beaulieu	HOLY TRINITY CATHOLI	4	25:00.3
83	83	529	Waqas Khurshid	RENFREW C. I.	6	25:07.9
84	84	142	Jolin Bouchard	CSC JEANNE-LAJOIE	3	25:11.9
85	85	522	Ryan Fraser	RENFREW C. I.	7	25:12.9
86	86	783	Justin Arsenault	SMITHS FALLS	1	25:51.3
87	87	464	Devin Orfald Morgan	PERTH & DISTRICT CI	3	26:05.1
88	88	137	Ryan Robertson	CHARLAN	4	26:14.7
89	89	23	Alex Hodges	ANGE GABRIEL	5	26:43.6
90	90	178	Philippe Trudel	É.S.P. ÉQUINOXE	1	26:49.0
91	91	606	Colin Bright	ST JOSEPH CATHOLIC S	2	26:55.6
92	92	408	Kyle Wylie	NORTH DUNDAS DHS	3	26:59.5
93	93	506	Anthony Burton	RENFREW C. I.	8	27:08.4
94	94	608	Ben Casselman	ST JOSEPH CATHOLIC S	3	27:12.9
95	95	781	Tanner Flinn	SMITHS FALLS	2	27:13.9
96	96	585	Chris Keeler	RUSSELL HS	3	27:52.2
97	97	782	Andreas Beelich	SMITHS FALLS	3	28:08.1
98	98	647	Kole Renwick	ST. LAWRENCE IS	1	29:06.1
99	99	343	Legendre Martin	LA CITADELLE	2	29:39.9
100	100	125	Martin Gauthier	CHARLAN	5	29:44.5
101	101	557	Justice Moir	RIDEAU DHS	1	30:53.1

**Event # 3 GIRLS Junior 3.8km Run**

PLACE	TEAM	POINTS	SCORERS	DISPLACERS
1	THOUSAND ISLANDS SS	30	1-7-10-12	15-18-31-41-42-50
2	HOLY CROSS	43	2-3-13-25	30
3	RENFREW C. I.	45	4-11-14-16	27-56
4	OPEONGO WILDCATS	184	26-45-49-64	
5	RUSSELL HS	231	37-44-73-77	
6	ALMONTE & DISTRICT H	241	51-62-63-65	66

OVERALL PLACE	SCORE PLACE	BIB NUM	NAME	AGE	GRADE	TEAM	PLACE ON TEAM	TIME
1	1	752	Emma Norman			THOUSAND ISLANDS SS	1	14:31.6
2	2	296	Nicole O'Sullivan			HOLY CROSS	1	14:58.8
3	3	291	Brianna Lapierre			HOLY CROSS	2	15:03.9
4	4	535	Hillary MacMillan			RENFREW C. I.	1	15:25.2
5	5	236	Cleo Boyd			FRONTENAC S.S	1	15:26.2
6	6	277	Kelsey Serviss			GENERAL PANET H.S.	1	15:43.6
7	7	760	Brianna Redman			THOUSAND ISLANDS SS	2	15:43.9
8	8	561	Lisa Barton			ROCKLAND DISTRICT HI	1	15:44.9
9	9	391	Emma Whalen			NAPANEE DISTRICT SS	1	15:57.8
10	10	746	Kaitlin McIntyre			THOUSAND ISLANDS SS	3	15:58.1

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11	11	546	Danielle Valliquette	RENFREW C. I.	2	15:59.7
12	12	728	Megan Graham	THOUSAND ISLANDS SS	4	16:07.6
13	13	299	Samantha Searle	HOLY CROSS	3	16:20.4
14	14	504	Sheena Berry	RENFREW C. I.	3	16:23.6
15	15	732	Jillian Harper	THOUSAND ISLANDS SS	5	16:26.4
16	16	511	Mae Donohue	RENFREW C. I.	4	16:41.2
17	17	260	Kailey Kay	GANANOQUE S.S.	1	16:46.2
18	18	753	Kia Ohora	THOUSAND ISLANDS SS	6	16:49.4
19	19	96	Emily Reavie	BROCKVILLE COLLEGIAT	1	17:08.5
20	20	280	Jenna Tracy	GENERAL PANET H.S.	2	17:11.4
21	21	319	Beth Farnell	KINGSTON COLLEGIATE	1	17:14.3
22	22	94	Tegan Kilpatrick	BROCKVILLE COLLEGIAT	2	17:22.5
23	23	489	Avery Michels	REGIOPOLIS-NOTRE DAM	1	17:25.3
24	24	128	Alex Lapointe	CHARLAN	1	17:28.0
25	25	301	Sarah Valentino	HOLY CROSS	4	17:37.2
26	26	437	Valerie Matschke	OPEONGO WILDCATS	1	17:41.5
27	27	526	Janie Kauffeldt	RENFREW C. I.	5	17:44.9
28	28	261	Emily Mangan	GANANOQUE S.S.	2	17:56.1
29	29	123	Marissa Cumming	CHARLAN	2	17:58.7
30	30	286	Simone Cunningham	HOLY CROSS	5	17:59.1
31	31	707	Madeline Baldissera	THOUSAND ISLANDS SS	7	17:59.5
32	32	210	Rachel Cashin	FELLOWES FALCONS	1	18:01.9
33	33	109	Korri Gorra	CARLETON PLACE H.S.	1	18:03.5
34	34	112	Katie MacGregor	CARLETON PLACE H.S.	2	18:03.8
35	35	419	Sydney Low	NOTRE DAME CATHOLIC	1	18:14.4
36	36	344	Suffel Megan	LA CITADELLE	1	18:20.6
37	37	581	Jennifer Couperus	RUSSELL HS	1	18:21.1
38	38	154	Madeline Mills	CSC JEANNE-LAJOIE	1	18:21.9
39	39	32	Tawni Davis	ARNPRIOR DISTRICT HS	1	18:36.2
40	40	778	A Peters	CHARLAN	3	18:43.9
41	41	758	Katherine Purcell	THOUSAND ISLANDS SS	8	18:45.6
42	42	729	Abbey Gregus	THOUSAND ISLANDS SS	9	19:03.3
43	43	470	Evelyn Scott	PERTH & DISTRICT CI	1	19:05.3
44	44	578	Brittany Bakker	RUSSELL HS	2	19:08.9
45	45	435	Jessica Lambert	OPEONGO WILDCATS	2	19:13.1
46	46	644	Samantha Lang	ST. LAWRENCE IS	1	19:18.8
47	47	407	Paige Warren	NORTH DUNDAS DHS	1	19:19.2
48	48	605	Candace Alguire	ST JOSEPH CATHOLIC S	1	19:26.4
49	49	429	Emilie Dupperault	OPEONGO WILDCATS	3	19:29.4
50	50	767	Shannon Steenwyk	THOUSAND ISLANDS SS	10	19:33.1
51	51	13	Emily Scott	ALMONTE & DISTRICT H	1	19:34.8
52	52	416	Karina Gerhardt-Strachan	NOTRE DAME CATHOLIC	2	19:35.2
53	53	659	Kristen Wilkenson	ST. MICHAEL CHS	1	19:38.9
54	54	604	Kendra Ward	SEAWAY DISTRICT H.S.	1	19:47.7
55	55	660	Emily York	ST. MICHAEL CHS	2	19:59.3
56	56	545	Seneca Shore	RENFREW C. I.	6	20:08.5
57	57	272	Kelsey Meehan	GENERAL PANET H.S.	3	20:15.2
58	58	345	VanRiel Mélanie	LA CITADELLE	2	20:36.0
59	59	662	Amanda Burn	ST-THOMAS AQUINAS	1	20:43.9
60	60	184	Stéphanie Lemire	ÉCOLE SECONDAIRE DE	1	20:48.6
61	61	460	Noemie Mccook-Muller	PERTH & DISTRICT CI	2	21:05.4
62	62	12	Tahirih Rowshen-Lips	ALMONTE & DISTRICT H	2	21:10.5
63	63	4	Erin Cummings	ALMONTE & DISTRICT H	3	21:11.0

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64	64	439	Emily Petrini-Wooley	OPEONGO WILDCATS	4	21:13.0
65	65	19	Teagan Yaremchuk	ALMONTE & DISTRICT H	4	21:14.1
66	66	5	Claire Hunter	ALMONTE & DISTRICT H	5	21:16.1
67	67	666	Rachel Smith	ST-THOMAS AQUINAS	2	21:40.6
68	68	185	Camille Montour	ÉCOLE SECONDAIRE DE	2	22:00.3
69	69	337	Bruyère Brianna	LA CITADELLE	3	22:20.6
70	70	635	Kiersten Smith	ST. JOHN CHS	1	22:23.0
71	71	141	Renée Audet	CSC JEANNE-LAJOIE	2	22:34.1
72	72	402	Anja Manuel	NORTH DUNDAS DHS	2	22:59.7
73	73	579	Shelby Benson	RUSSELL HS	3	23:29.2
74	74	641	Brooke Arthur	ST. LAWRENCE IS	2	23:42.7
75	75	149	Bridget Graham	CSC JEANNE-LAJOIE	3	23:48.2
76	76	663	Rachel Clothier	ST-THOMAS AQUINAS	3	24:27.7
77	77	580	Sienna Benson	RUSSELL HS	4	24:52.0
78	78	636	Karlynn Unknown	ST. JOHN CHS	2	25:16.1
79	79	254	Lauren Taylor	FRONTENAC S.S	2	25:44.0

**Event # 4 BOYS Junior 5.7km Run**

PLACE	TEAM	POINTS	SCORERS	DISPLACERS
1	FRONTENAC S.S	47	5-7-10-25	
2	THOUSAND ISLANDS SS	61	4-17-19-21	53-67-69-91
3	KINGSTON COLLEGIATE	70	6-14-18-32	72
4	FELLOWES FALCONS	118	9-16-39-54	
5	RENFREW C. I.	133	26-33-36-38	44-46
6	BISHOP SMITH C.H.S.	135	8-29-48-50	61-63-75-77-87-96
7	REGIOPOLIS-NOTRE DAM	165	22-41-45-57	66-97
8	ST. LAWRENCE IS	183	20-23-64-76	88
9	ARNPRIOR DISTRICT HS	184	13-27-58-86	
10	ERNESTOWN SS	190	3-43-65-79	98
11	CHARLAN	194	35-37-42-80	
12	PERTH & DISTRICT CI	281	56-62-73-90	

OVERALL PLACE	SCORE PLACE	BIB NUM	NAME	AGE	GRADE	TEAM	PLACE ON TEAM	TIME
1	1	445	Tristan Woodfine			OPEONGO WILDCATS	1	18:44.0
2	2	283	Jacob Cameron			GLENGARRY D.H.S	1	20:06.8
3	3	201	Blair Morgan			ERNESTOWN SS	1	20:16.5
4	4	718	Robbie Deeks			THOUSAND ISLANDS SS	1	20:17.2
5	5	243	Cameron Levac			FRONTENAC S.S	1	20:41.5
6	6	311	Will Allan			KINGSTON COLLEGIATE	1	20:45.4
7	7	248	Kyle McKellar			FRONTENAC S.S	2	20:51.3
8	8	78	Francis Pecoskie			BISHOP SMITH C.H.S.	1	20:54.1
9	9	216	Riley Johnson			FELLOWES FALCONS	1	21:07.3
10	10	237	Anthony Dionne			FRONTENAC S.S	3	21:12.9
11	11	567	Carson Lamure			ROCKLAND DISTRICT HI	1	21:23.4
12	12	367	Ewain Craig			MACKENZIE HS	1	21:24.9
13	13	42	Scott Parsons			ARNPRIOR DISTRICT HS	1	21:25.9
14	14	314	Hunter Andrin			KINGSTON COLLEGIATE	2	21:28.4
15	15	634	Vincent Scattolon			ST. JOHN CHS	1	21:42.7

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16	16	211	David Cashin	FELLOWES FALCONS	2	21:44.5
17	17	715	Bradley Burton	THOUSAND ISLANDS SS	2	21:55.1
18	18	334	Syd Webster	KINGSTON COLLEGIATE	3	21:58.2
19	19	761	Chris Richmond	THOUSAND ISLANDS SS	3	21:59.9
20	20	646	Kristian Quosdorf	ST. LAWRENCE IS	1	22:02.7
21	21	717	Chris Cauley	THOUSAND ISLANDS SS	4	22:04.6
22	22	486	Will Langley	REGIOPOLIS-NOTRE DAM	1	22:06.5
23	23	648	Scott Smith	ST. LAWRENCE IS	2	22:15.6
24	24	552	Daniel Elliott	RIDEAU DHS	1	22:21.9
25	25	245	Tyler MacGillivrey	FRONTENAC S.S	4	22:28.3
26	26	533	Ryan Lennie	RENFREW C. I.	1	22:30.8
27	27	41	David Parsons	ARNPRIOR DISTRICT HS	2	22:31.1
28	28	346	Levac Stéphane	LA CITADELLE	1	22:35.7
29	29	65	Justin Gardner	BISHOP SMITH C.H.S.	2	22:40.6
30	30	359	Avery Howlett	LOYALIST CVI	1	22:43.6
31	31	784	Rob Bastian	SMITHS FALLS	1	22:58.4
32	32	324	Joshua Lockwood	KINGSTON COLLEGIATE	4	23:04.5
33	33	509	Cole Carswell	RENFREW C. I.	2	23:06.9
34	34	371	Luke Steer	MACKENZIE HS	2	23:08.9
35	35	131	Thomas McDonald	CHARLAN	1	23:10.5
36	36	517	Jason Fleury	RENFREW C. I.	3	23:13.2
37	37	124	Hanan Fraser	CHARLAN	2	23:18.8
38	38	537	Mitchell McGregor	RENFREW C. I.	4	23:19.7
39	39	226	Chris Panke	FELLOWES FALCONS	3	23:23.0
40	40	191	Andrew McKenzie	ÉCOLE SECONDAIRE L'E	1	23:26.3
41	41	480	Dan Graham	REGIOPOLIS-NOTRE DAM	2	23:37.4
42	42	130	Kyle MacDougall	CHARLAN	3	23:45.2
43	43	195	Kyle Fraser	ERNESTOWN SS	2	23:46.9
44	44	528	Stuart Kellar	RENFREW C. I.	5	23:51.6
45	45	501	Matthew Walsh	REGIOPOLIS-NOTRE DAM	3	23:55.7
46	46	505	Steven Bradford	RENFREW C. I.	6	23:58.4
47	47	279	David Story	GENERAL PANET H.S.	1	24:02.3
48	48	54	James Burchat	BISHOP SMITH C.H.S.	3	24:09.3
49	49	404	Brent Simms	NORTH DUNDAS DHS	1	24:17.9
50	50	56	Aleck Charkavi	BISHOP SMITH C.H.S.	4	24:23.7
51	51	288	Thomas Hawkins	HOLY CROSS	1	24:25.5
52	52	362	Rj Reid	LOYALIST CVI	2	24:32.1
53	53	742	Jesse Locke	THOUSAND ISLANDS SS	5	24:32.6
54	54	225	Matthew Moss	FELLOWES FALCONS	4	24:34.3
55	55	182	Guillaume Gervais	ÉCOLE SECONDAIRE DE	1	24:50.4
56	56	458	Mike Kravecek	PERTH & DISTRICT CI	1	24:51.5
57	57	488	Thomas Lewis	REGIOPOLIS-NOTRE DAM	4	24:52.4
58	58	26	Alex Adams	ARNPRIOR DISTRICT HS	3	25:04.4
59	59	672	Eric Bancroft	SYDENHAM H.S.	1	25:04.8
60	60	89	Lance Brazeau	BROCKVILLE COLLEGIAT	1	25:07.3
61	61	67	Joshua Grandy	BISHOP SMITH C.H.S.	5	25:08.2
62	62	471	Logan Smith	PERTH & DISTRICT CI	2	25:09.2
63	63	53	Sam Brazeau	BISHOP SMITH C.H.S.	6	25:15.7
64	64	643	Philip Everson	ST. LAWRENCE IS	3	25:19.1
65	65	200	Matt McCormac	ERNESTOWN SS	3	25:27.4
66	66	495	Kevin Robb	REGIOPOLIS-NOTRE DAM	5	25:32.8
67	67	756	Carl Piehl	THOUSAND ISLANDS SS	6	25:33.2
68	68	632	Dakota Plant	ST. JOHN CHS	2	25:35.0

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69	69	776	Caleb Gill	THOUSAND ISLANDS SS	7	25:40.8
70	70	409	Matt Bassett	NOTRE DAME CATHOLIC	1	25:41.1
71	71	6	Brendan Johnston	ALMONTE & DISTRICT H	1	26:02.0
72	72	320	Brett Flynn	KINGSTON COLLEGIATE	5	26:13.0
73	73	448	Jed Bowes	PERTH & DISTRICT CI	3	26:17.4
74	74	186	Eric Poirier	ÉCOLE SECONDAIRE DE	2	26:19.6
75	75	84	Ben Straathof	BISHOP SMITH C.H.S.	7	26:22.2
76	76	642	Chris Cafariello	ST. LAWRENCE IS	4	26:27.8
77	77	66	Kalob Grady	BISHOP SMITH C.H.S.	8	26:38.1
78	78	587	Jesse Lewis	RUSSELL HS	1	26:39.1
79	79	206	Daniel Sousa-Dias	ERNESTOWN SS	4	27:01.3
80	80	136	Bryan Rasmussen	CHARLAN	4	27:12.0
81	81	420	Derek McGregor	NOTRE DAME CATHOLIC	2	27:17.6
82	82	423	Ryan Warren	NOTRE DAME CATHOLIC	3	27:17.9
83	83	276	Matthew Quinlan	GENERAL PANET H.S.	2	27:18.3
84	84	590	Michael Ross	RUSSELL HS	2	27:21.3
85	85	192	Clavin Runions	ÉCOLE SECONDAIRE L'E	2	27:41.4
86	86	28	Chris Benoit	ARNPRIOR DISTRICT HS	4	27:52.5
87	87	85	Thomas Sullivan	BISHOP SMITH C.H.S.	9	27:55.9
88	88	645	Shankar Mohanathas	ST. LAWRENCE IS	5	27:59.0
89	89	786	Allen Bower	SMITHS FALLS	2	28:00.9
90	90	473	Isaias Starkman	PERTH & DISTRICT CI	4	28:04.4
91	91	714	Dylan Burns	THOUSAND ISLANDS SS	8	28:19.1
92	92	610	Si Hyun Cho	ST JOSEPH CATHOLIC S	1	28:22.0
93	93	550	Garrett Doreleyers	RIDEAU DHS	2	28:57.7
94	94	425	Jordon Barber	OPEONGO WILDCATS	2	29:30.6
95	95	785	Kurtys Lalonde	SMITHS FALLS	3	29:53.4
96	96	73	Alex Mitchell	BISHOP SMITH C.H.S.	10	29:56.1
97	97	502	Andrew Ward	REGIOPOLIS-NOTRE DAM	6	30:09.5
98	98	196	Jordan Giroux	ERNESTOWN SS	5	32:32.5

**Event # 5 GIRLS Senior 5.1km Run**

PLACE	TEAM	POINTS	SCORERS	DISPLACERS		
1	SYDENHAM H.S.	54	9-10-14-21	50-57		
2	FRONTENAC S.S	61	7-15-19-20	42		
3	RENFREW C. I.	76	4-5-30-37	67-68		
4	THOUSAND ISLANDS SS	86	13-18-26-29	33-41-46-64-98-107		
5	KINGSTON COLLEGIATE	105	22-24-28-31			
6	ST. JOHN CHS	179	11-32-62-74	80		
7	PERTH & DISTRICT CI	183	6-39-52-86	101		
8	ARNPRIOR DISTRICT HS	192	12-44-63-73			
9	BISHOP SMITH C.H.S.	215	16-36-78-85	92-97-99-104		
10	CARLETON PLACE H.S.	217	34-55-56-72	83-93-102		
11	FELLOWES FALCONS	246	3-70-84-89			
12	SEAWAY DISTRICT H.S.	334	59-81-91-103			
1	1	290	Stephanie Hulse	HOLY CROSS	1	19:39.4
2	2	205	Taylor Sills	ERNESTOWN SS	1	20:05.1
3	3	217	Melissa Jones	FELLOWES FALCONS	1	20:13.3
4	4	519	Rebekah Folkema	RENFREW C. I.	1	20:37.7

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5	5	518	Rachel Folkema	RENFREW C. I.	2	21:10.8
6	6	453	Bronwyn Hodgins	PERTH & DISTRICT CI	1	21:43.7
7	7	234	Rosanna Beattie	FRONTENAC S.S	1	21:46.9
8	8	207	Laurin Flavie	ESCR HAWKESBURY	1	21:49.8
9	9	676	Michela Gossage	SYDENHAM H.S.	1	21:51.9
10	10	693	Lacey Tryon	SYDENHAM H.S.	2	21:52.2
11	11	628	Samantha Murphy	ST. JOHN CHS	1	22:02.3
12	12	30	Heather Boersma	ARNPRIOR DISTRICT HS	1	22:10.3
13	13	725	Carley Fox	THOUSAND ISLANDS SS	1	22:26.7
14	14	684	Brianna Jeffrey	SYDENHAM H.S.	3	22:36.7
15	15	240	Adrienne Hollington	FRONTENAC S.S	2	22:44.5
16	16	74	Brittany Morris	BISHOP SMITH C.H.S.	1	22:45.8
17	17	428	Loreena Dobson	OPEONGO WILDCATS	1	22:48.1
18	18	754	Lindsay Osso	THOUSAND ISLANDS SS	2	22:49.9
19	19	247	Leah McGraw	FRONTENAC S.S	3	22:51.3
20	20	252	Kristen Ostler	FRONTENAC S.S	4	22:53.0
21	21	695	Morgan Young	SYDENHAM H.S.	4	23:01.5
22	22	326	Ruth McLean	KINGSTON COLLEGIATE	1	23:04.7
23	23	340	McCaig Fiona	LA CITADELLE	1	23:17.1
24	24	323	Jocelyn Laird	KINGSTON COLLEGIATE	2	23:22.9
25	25	484	Jaky Kueper	REGIOPOLIS-NOTRE DAM	1	23:24.9
26	26	723	Skyler Evoy	THOUSAND ISLANDS SS	3	23:25.7
27	27	369	Ingrid Hagberg	MACKENZIE HS	1	23:27.0
28	28	312	Jenny Allan	KINGSTON COLLEGIATE	3	23:33.3
29	29	739	Kaleigh Knox	THOUSAND ISLANDS SS	4	23:38.3
30	30	523	Alex Fraser	RENFREW C. I.	3	23:39.8
31	31	328	Kristen Mullen	KINGSTON COLLEGIATE	4	23:46.4
32	32	621	Laura Goodfellow	ST. JOHN CHS	2	23:51.8
33	33	736	Alyssa Jensen	THOUSAND ISLANDS SS	5	23:56.5
34	34	103	Emily Danaher	CARLETON PLACE H.S.	1	24:01.0
35	35	414	Jordan Eyamie	NOTRE DAME CATHOLIC	1	24:04.6
36	36	86	Kassandra Tremblay	BISHOP SMITH C.H.S.	2	24:05.4
37	37	524	Sabrina Guyea	RENFREW C. I.	4	24:06.4
38	38	401	Madison Koekkoek	NORTH DUNDAS DHS	1	24:12.2
39	39	455	Aislin Ireton	PERTH & DISTRICT CI	2	24:21.6
40	40	791	Megan Smith	SMITHS FALLS	1	24:40.3
41	41	712	Erin Bradley	THOUSAND ISLANDS SS	6	24:45.0
42	42	251	Laura Ogilvie	FRONTENAC S.S	5	24:52.6
43	43	790	Julie Must	SMITHS FALLS	2	25:00.1
44	44	43	Chelsea Turpin	ARNPRIOR DISTRICT HS	2	25:05.6
45	45	199	Meredith Hinch	ERNESTOWN SS	2	25:08.7
46	46	722	Jessica Dunnington	THOUSAND ISLANDS SS	7	25:10.9
47	47	553	Amanda Hewitt	RIDEAU DHS	1	25:15.8
48	48	556	Stephanie Meuller	RIDEAU DHS	2	25:16.2
49	49	576	Mataya Timbrell	ROTHWELL-OSNABRUCK	1	25:16.5
50	50	690	Victoria Reed	SYDENHAM H.S.	5	25:21.5
51	51	8	Alex Kemp-Thompson	ALMONTE & DISTRICT H	1	25:32.7
52	52	446	Lindsay Blair	PERTH & DISTRICT CI	3	25:34.5
53	53	264	Leanne Stevenson	GANANOQUE S.S.	1	25:35.3
54	54	405	Tasha VanDerveen	NORTH DUNDAS DHS	2	25:40.0
55	55	110	Kelsey Hallahan	CARLETON PLACE H.S.	2	25:41.7
56	56	115	Emma Pillsworth	CARLETON PLACE H.S.	3	25:42.4
57	57	686	Meagan King	SYDENHAM H.S.	6	25:44.7

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58	58	487	Emma Langley	REGIOPOLIS-NOTRE DAM	2	25:59.1
59	59	595	Brittany Elliot	SEAWAY DISTRICT H.S.	1	26:01.5
60	60	263	Rebecca Micallef	GANANOQUE S.S.	2	26:02.5
61	61	143	Karyne Carrière	CSC JEANNE-LAJOIE	1	26:05.1
62	62	627	Erin Merkley	ST. JOHN CHS	3	26:11.6
63	63	34	Melissa Farmer	ARNPRIOR DISTRICT HS	3	26:17.3
64	64	735	Lindsey Hewitt	THOUSAND ISLANDS SS	8	26:17.7
65	65	566	Chelsea Lafleur	ROCKLAND DISTRICT HI	1	26:21.2
66	66	397	Natalie Gibson	NORTH DUNDAS DHS	3	26:21.6
67	67	507	Kate Campbell	RENFREW C. I.	5	26:21.9
68	68	543	Jessica Schonnop	RENFREW C. I.	6	26:27.1
69	69	352	Kat Kenney	LA SALLE S.S.	1	26:28.1
70	70	214	Amie Hartwig	FELLOWES FALCONS	2	26:29.1
71	71	16	Cassie Smith	ALMONTE & DISTRICT H	2	26:29.9
72	72	102	Sarah Byrne	CARLETON PLACE H.S.	4	26:49.6
73	73	35	Allison Forrest	ARNPRIOR DISTRICT HS	4	26:58.1
74	74	625	Karlene Koehler	ST. JOHN CHS	4	27:05.7
75	75	133	Clare Mintzer	CHARLAN	1	27:09.4
76	76	698	Lauren Heuvel	TAGWI SECONDARY SCHO	1	27:15.7
77	77	365	Elizabeth Travers	LOYALIST CVI	1	27:18.2
78	78	58	Hillary Desroches	BISHOP SMITH C.H.S.	3	27:19.5
79	79	310	Laura Sliter	HOLY TRINITY CATHOLI	1	27:37.6
80	80	624	Chelsea Kelly	ST. JOHN CHS	5	27:47.6
81	81	600	Pam Sevigny	SEAWAY DISTRICT H.S.	2	27:58.2
82	82	360	Katrina Landon	LOYALIST CVI	2	27:59.3
83	83	108	Robyn Glockling	CARLETON PLACE H.S.	5	28:02.6
84	84	209	Terri-Lynn Brazeau	FELLOWES FALCONS	3	28:06.9
85	85	76	Leah O'Connor	BISHOP SMITH C.H.S.	4	28:07.3
86	86	475	Vickie Yuill	PERTH & DISTRICT CI	4	28:24.1
87	87	653	Pauliina Lammi	ST. MICHAEL CHS	1	28:25.8
88	88	183	Valérie Ladouceur	ÉCOLE SECONDAIRE DE	1	28:30.2
89	89	227	Megan Prescott	FELLOWES FALCONS	4	28:50.8
90	90	259	Alanna Kader	GANANOQUE S.S.	3	29:08.8
91	91	596	Mallory Gilmer	SEAWAY DISTRICT H.S.	3	29:19.9
92	92	71	Melanie Manny	BISHOP SMITH C.H.S.	5	29:21.3
93	93	117	Margaret Scott	CARLETON PLACE H.S.	6	29:22.4
94	94	305	Paige Jeurond	HOLY TRINITY CATHOLI	2	29:39.2
95	95	418	Hannah Kazda	NOTRE DAME CATHOLIC	2	29:55.9
96	96	700	Rose Norbert	TAGWI SECONDARY SCHO	2	29:59.3
97	97	69	Amanda Landry	BISHOP SMITH C.H.S.	6	30:11.7
98	98	748	Robyn McMullen	THOUSAND ISLANDS SS	9	30:22.7
99	99	79	Stephanie Prentice	BISHOP SMITH C.H.S.	7	30:31.8
100	100	159	Mélanie Plante	CSC JEANNE-LAJOIE	2	31:21.5
101	101	461	Emma McTavish	PERTH & DISTRICT CI	5	31:27.0
102	102	114	Jessie McKinnon	CARLETON PLACE H.S.	7	31:55.1
103	103	597	Sam Langton	SEAWAY DISTRICT H.S.	4	32:13.5
104	104	80	Nicole Richardson	BISHOP SMITH C.H.S.	8	33:34.2
105	105	306	Krista Laframboise	HOLY TRINITY CATHOLI	3	34:36.5
106	106	792	Emily Earl	SMITHS FALLS	3	36:09.7
107	107	765	Loranna Sommerville	THOUSAND ISLANDS SS	10	37:14.2

**Event # 6 BOYS Senior 7.0km Run**

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PLACE	TEAM	POINTS	SCORERS	DISPLACERS		
1	KINGSTON COLLEGIATE	27	2-4-5-16	20-52		
2	THOUSAND ISLANDS SS	31	1-3-12-15	18-19-21-59-75-87-109-152		
3	SYDENHAM H.S.	70	8-10-23-29	45-49-54-131		
4	RENFREW C. I.	80	9-14-24-33	34-55-62-68-93-126-142-148		
5	LA SALLE S.S.	124	22-31-32-39			
6	GENERAL PANET H.S.	169	35-37-41-56	67-86		
7	HOLY CROSS	169	26-27-28-88	120		
8	CSC JEANNE-LAJOIE	197	11-43-46-97	129-151-159		
9	CARLETON PLACE H.S.	247	25-50-77-95			
10	BISHOP SMITH C.H.S.	286	38-65-76-107	110-141-154-166		
11	FELLOWES FALCONS	294	7-71-91-125	158		
12	NORTH DUNDAS DHS	317	57-73-79-108	163		
13	PERTH & DISTRICT CI	328	69-74-83-102	111-144-147-156-164		
14	RIDEAU DHS	361	81-82-98-100	101		
15	NOTRE DAME CATHOLIC	383	44-99-103-137	143		
16	ST. JOHN CHS	393	47-104-118-124	130-139-145		
17	GANANOQUE S.S.	430	72-92-106-160			
18	LA CITADELLE	453	78-94-135-146			
19	LOYALIST CVI	475	64-127-134-150			
20	É.S.P. ÉQUINOXE	478	84-123-133-138			
21	ALMONTE & DISTRICT H	556	114-132-153-157	167		
1	1	764	Jacob Smith	THOUSAND ISLANDS SS	1	23:23.4
2	2	322	Alexander Hinton	KINGSTON COLLEGIATE	1	23:26.2
3	3	745	Will McFall	THOUSAND ISLANDS SS	2	23:54.3
4	4	315	Evan Andrin	KINGSTON COLLEGIATE	2	24:07.4
5	5	313	Charly Allan	KINGSTON COLLEGIATE	3	24:10.7
6	6	427	William Dick	OPEONGO WILDCATS	1	24:12.2
7	7	218	Ben Jones	FELLOWES FALCONS	1	24:22.0
8	8	670	Jeffrey Archer	SYDENHAM H.S.	1	24:25.7
9	9	538	Adam McGregor	RENFREW C. I.	1	24:28.7
10	10	688	Dylan O'Sullivan	SYDENHAM H.S.	2	24:40.3
11	11	158	Greg Pigeon	CSC JEANNE-LAJOIE	1	24:53.3
12	12	770	Nick Thomas	THOUSAND ISLANDS SS	3	25:02.2
13	13	573	Colin Simpson	ROTHWELL-OSNABRUCK	1	25:15.0
14	14	547	Shawn Walters	RENFREW C. I.	2	25:21.4
15	15	775	John Wynands	THOUSAND ISLANDS SS	4	25:27.9
16	16	317	Eric Cappon	KINGSTON COLLEGIATE	4	25:45.3
17	17	238	Andrew Dionne	FRONTENAC S.S	1	25:53.6
18	18	755	Scott Perry	THOUSAND ISLANDS SS	5	25:54.8
19	19	751	Tyler Nolan	THOUSAND ISLANDS SS	6	26:07.9
20	20	327	Brendan Monahan	KINGSTON COLLEGIATE	5	26:09.2
21	21	706	Scott Bahm	THOUSAND ISLANDS SS	7	26:17.8
22	22	347	Billy Bostad	LA SALLE S.S.	1	26:21.0
23	23	682	Chris Hull	SYDENHAM H.S.	3	26:29.1
24	24	513	Spencer Eady	RENFREW C. I.	3	26:31.9
25	25	105	Stuart Fergusson	CARLETON PLACE H.S.	1	26:43.1
26	26	293	Adrian Marshall	HOLY CROSS	1	26:44.4

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27	27	292	Lucas Lobo	HOLY CROSS	2	26:51.5
28	28	297	Jonah Petric	HOLY CROSS	3	26:53.8
29	29	687	Eliot Leyenhorst	SYDENHAM H.S.	4	26:57.4
30	30	44	Dustin Diogaurdi	BAYRIDGE SECONDARY	1	26:58.4
31	31	354	Riley O'Neil	LA SALLE S.S.	2	27:02.7
32	32	349	Will Hutchison	LA SALLE S.S.	3	27:14.5
33	33	531	Dustin Lambert	RENFREW C. I.	4	27:20.0
34	34	512	Chris Douglas	RENFREW C. I.	5	27:21.7
35	35	275	Gabriel Quenville	GENERAL PANET H.S.	1	27:32.0
36	36	658	Nick Weissflog	ST. MICHAEL CHS	1	27:38.0
37	37	271	John McDonald	GENERAL PANET H.S.	2	27:42.3
38	38	59	Darce Dick	BISHOP SMITH C.H.S.	1	27:50.3
39	39	351	Nathan Jaros	LA SALLE S.S.	4	27:56.5
40	40	589	Josh Morgan	RUSSELL HS	1	27:57.5
41	41	270	Devan Keenan	GENERAL PANET H.S.	3	28:00.7
42	42	249	Dylan McKellar	FRONTENAC S.S	2	28:06.1
43	43	145	Chris Gallagher	CSC JEANNE-LAJOIE	2	28:07.2
44	44	422	Ryan Santos	NOTRE DAME CATHOLIC	1	28:09.3
45	45	673	Tom Devlin	SYDENHAM H.S.	5	28:13.1
46	46	163	Nathaniel St-Amour	CSC JEANNE-LAJOIE	3	28:23.6
47	47	616	Isaac Bacon	ST. JOHN CHS	1	28:32.9
48	48	193	Christian Cole	ERNESTOWN SS	1	28:33.6
49	49	683	Jesse Hunt	SYDENHAM H.S.	6	28:36.6
50	50	100	Billy Andress	CARLETON PLACE H.S.	2	28:44.6
51	51	572	Chase Horvath	ROTHWELL-OSNABRUCK	2	28:45.2
52	52	330	Devon Novakowski	KINGSTON COLLEGIATE	6	28:48.1
53	53	426	Travis Bennett	OPEONGO WILDCATS	2	28:52.5
54	54	689	Matt Pinder	SYDENHAM H.S.	7	29:01.5
55	55	541	Samuel Rault	RENFREW C. I.	6	29:08.6
56	56	282	Eric Williamson	GENERAL PANET H.S.	4	29:13.7
57	57	393	Brandon Buma	NORTH DUNDAS DHS	1	29:20.2
58	58	640	Bohden Tymchuk	ST. JOSEPH'S	1	29:21.4
59	59	705	Alex Bahm	THOUSAND ISLANDS SS	8	29:22.1
60	60	594	Zack Deschamp	SEAWAY DISTRICT H.S.	1	29:24.5
61	61	138	Jake Sanchez	CHARLAN	1	29:27.6
62	62	540	Travis Nolan	RENFREW C. I.	7	29:31.0
63	63	36	Chris Forrest	ARNPRIOR DISTRICT HS	1	29:33.9
64	64	358	Christopher Green	LOYALIST CVI	1	29:35.2
65	65	794	Bryan Switzer	BISHOP SMITH C.H.S.	2	29:48.0
66	66	190	Michael Laplante	ÉCOLE SECONDAIRE L'E	1	29:48.9
67	67	274	Shane Pasanen	GENERAL PANET H.S.	5	29:50.5
68	68	544	Kenny Selcuk	RENFREW C. I.	8	29:52.3
69	69	456	Ethan Jones	PERTH & DISTRICT CI	1	29:53.4
70	70	140	Tylor Spink	CHARLAN	2	29:58.5
71	71	224	Gavin Marquardt	FELLOWES FALCONS	2	30:08.4
72	72	257	Tim Ferguson	GANANOQUE S.S.	1	30:12.0
73	73	403	Stephen Moore	NORTH DUNDAS DHS	2	30:13.4
74	74	459	Jeff Leblanc	PERTH & DISTRICT CI	2	30:15.5
75	75	750	Matt Nolan	THOUSAND ISLANDS SS	9	30:16.2
76	76	52	Tyler Bertrand	BISHOP SMITH C.H.S.	3	30:17.0
77	77	116	Taylor Rogers	CARLETON PLACE H.S.	3	30:17.6
78	78	336	Nathan Beeston	LA CITADELLE	1	30:21.2
79	79	398	Tom Henbest	NORTH DUNDAS DHS	3	30:22.0

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80	80	493	Stephen Potvin	REGIOPOLIS-NOTRE DAM	1	30:30.2
81	81	551	Craig Eamon	RIDEAU DHS	1	30:31.0
82	82	558	Michael O'Meara	RIDEAU DHS	2	30:34.1
83	83	450	Zack Goldberg-Poch	PERTH & DISTRICT CI	3	30:34.5
84	84	174	Ledoux Luka	É.S.P. ÉQUINOXE	1	30:34.9
85	85	390	Benny Snider	NAPANEE DISTRICT SS	1	30:38.8
86	86	273	Johnnie Newsome	GENERAL PANET H.S.	6	30:42.3
87	87	741	Jay Liebner	THOUSAND ISLANDS SS	10	30:44.2
88	88	289	Jeff Hodges	HOLY CROSS	4	30:45.1
89	89	91	Chad Harvey	BROCKVILLE COLLEGIAT	1	30:45.8
90	90	88	Kyle Ballantyne	BROCKVILLE COLLEGIAT	2	30:46.8
91	91	215	Cory Herback	FELLOWES FALCONS	3	30:49.0
92	92	267	Lawrence Young	GANANOQUE S.S.	2	30:51.3
93	93	542	Julien Reyes	RENFREW C. I.	9	30:59.1
94	94	339	Dexter Derek	LA CITADELLE	2	31:04.0
95	95	107	Grant Fortier	CARLETON PLACE H.S.	4	31:09.2
96	96	788	Matt Baker	SMITHS FALLS	1	31:10.3
97	97	164	Eric Turenne	CSC JEANNE-LAJOIE	4	31:11.7
98	98	554	Jeremy Lalonde	RIDEAU DHS	3	31:18.2
99	99	411	Colin Black	NOTRE DAME CATHOLIC	2	31:20.3
100	100	555	Tommy Mercer	RIDEAU DHS	4	31:24.7
101	101	549	Christian Bresee	RIDEAU DHS	5	31:28.1
102	102	462	Nick Nadeau	PERTH & DISTRICT CI	4	31:37.6
103	103	412	James Bootsma	NOTRE DAME CATHOLIC	3	31:42.8
104	104	633	Marcel Rancourt	ST. JOHN CHS	2	31:47.8
105	105	202	Brandon Mulrooney	ERNESTOWN SS	2	31:49.9
106	106	256	Taylor Baker	GANANOQUE S.S.	3	31:50.5
107	107	87	Rob Welch	BISHOP SMITH C.H.S.	4	31:51.3
108	108	395	Jonathon Corkery	NORTH DUNDAS DHS	4	31:52.6
109	109	711	Zach Boyd	THOUSAND ISLANDS SS	11	31:53.4
110	110	83	Matt Straathof	BISHOP SMITH C.H.S.	5	32:06.2
111	111	451	Max Greene	PERTH & DISTRICT CI	5	32:06.9
112	112	607	James Cameron	ST JOSEPH CATHOLIC S	1	32:07.8
113	113	570	Jake Pilon	ROCKLAND DISTRICT HI	1	32:08.5
114	114	11	Jason Nichol	ALMONTE & DISTRICT H	1	32:10.0
115	115	593	Will Byker	SEAWAY DISTRICT H.S.	2	32:12.9
116	116	702	Daniel Vallance	TAGWI SECONDARY SCHO	1	32:13.9
117	117	90	Leo Chang	BROCKVILLE COLLEGIAT	3	32:16.8
118	118	623	James Hughes	ST. JOHN CHS	3	32:27.7
119	119	639	Miles Rowat	ST. JOSEPH'S	2	32:29.3
120	120	294	Tyler Martins	HOLY CROSS	5	32:29.7
121	121	588	Adam MacLeod	RUSSELL HS	2	32:30.4
122	122	132	Justin McFarlane	CHARLAN	3	32:33.2
123	123	177	Schryer Stéphane	É.S.P. ÉQUINOXE	2	32:41.4
124	124	637	Gabe Weekes	ST. JOHN CHS	4	33:03.8
125	125	231	Kyle Smith	FELLOWES FALCONS	4	33:12.8
126	126	532	Brody Langlois	RENFREW C. I.	10	33:13.9
127	127	357	Z'Laast Allicock	LOYALIST CVI	2	33:14.6
128	128	789	Chris Armstrong	SMITHS FALLS	2	33:18.5
129	129	160	Kyle Rafuse	CSC JEANNE-LAJOIE	5	33:19.5
130	130	618	Spencer Crowe	ST. JOHN CHS	5	33:22.1
131	131	675	Tyler Gibbon	SYDENHAM H.S.	8	33:24.6
132	132	2	Shayne Caillier	ALMONTE & DISTRICT H	2	33:37.2

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133	133	172	David Fortin	É.S.P. ÉQUINOXE	3	33:41.3
134	134	364	Andrew Sauve	LOYALIST CVI	3	33:43.6
135	135	335	Mondous-Helmer Austin	LA CITADELLE	3	33:46.6
136	136	787	Jim Brown	SMITHS FALLS	3	33:48.8
137	137	410	Matt Benson	NOTRE DAME CATHOLIC	4	33:51.8
138	138	173	MacInnis John	É.S.P. ÉQUINOXE	4	33:52.4
139	139	622	Eli Haime	ST. JOHN CHS	6	34:16.1
140	140	583	Mark Gorokhovski	RUSSELL HS	3	34:25.2
141	141	72	Ryan Milligan	BISHOP SMITH C.H.S.	6	34:27.0
142	142	514	Mitchell Edwards	RENFREW C. I.	11	34:27.5
143	143	415	Joel Frenette	NOTRE DAME CATHOLIC	5	34:28.3
144	144	465	Dillon Parrish	PERTH & DISTRICT CI	6	34:29.4
145	145	631	Darcy Perkin	ST. JOHN CHS	7	34:30.1
146	146	341	King Jonathan	LA CITADELLE	4	34:31.8
147	147	469	Daniel Roy	PERTH & DISTRICT CI	7	34:33.2
148	148	515	Chad Ewart	RENFREW C. I.	12	34:33.6
149	149	309	Sean Phippen	HOLY TRINITY CATHOLI	1	34:51.8
150	150	361	Ethan Munro	LOYALIST CVI	4	34:54.2
151	151	156	Jacob Neville	CSC JEANNE-LAJOIE	6	35:19.0
152	152	724	Brian Farnsworth	THOUSAND ISLANDS SS	12	35:19.4
153	153	9	Matthew Martin	ALMONTE & DISTRICT H	3	35:25.3
154	154	60	Brandon Dunn	BISHOP SMITH C.H.S.	7	35:29.8
155	155	492	Simon O'Reilly	REGIOPOLIS-NOTRE DAM	2	35:36.1
156	156	468	David Rombough	PERTH & DISTRICT CI	8	35:38.7
157	157	20	Mike Yuill	ALMONTE & DISTRICT H	4	36:17.6
158	158	221	Mark Luloff	FELLOWES FALCONS	5	36:34.6
159	159	157	Dylan Nieman	CSC JEANNE-LAJOIE	7	36:46.6
160	160	265	Rich Wand	GANANOQUE S.S.	4	36:56.9
161	161	661	Zacharie Berry	ST-THOMAS AQUINAS	1	37:05.7
162	162	609	Boyd Casselman	ST JOSEPH CATHOLIC S	2	37:11.4
163	163	400	Lance Hodgson	NORTH DUNDAS DHS	5	37:13.3
164	164	449	Brandon Emon	PERTH & DISTRICT CI	9	37:15.3
165	165	703	Blake Zoellinger	TAGWI SECONDARY SCHO	2	37:22.6
166	166	82	Alex Smith	BISHOP SMITH C.H.S.	8	37:39.9
167	167	1	Bruce Barrass	ALMONTE & DISTRICT H	5	37:49.0
168	168	47	John Kye	BAYRIDGE SECONDARY	2	38:05.7
169	169	565	Jackson Green	ROCKLAND DISTRICT HI	2	38:46.2
170	170	51	Ku Song	BAYRIDGE SECONDARY	3	39:48.2
171	171	168	Edson Méus	É.S L'HÉRITAGE	1	41:59.6
172	172	699	Jesse Maynard	TAGWI SECONDARY SCHO	3	43:07.6