

NATIONAL CHAMPIONSHIP CROSS COUNTRY RACE

Saturday November 12, 2005

College Females 5K

Entrants Finishers

Total 73 66

O'all Place	Team Place	Bib	Name	Time	Pace /Km	College
1	1	801	Marcia Birkigt	20:09	4:02	Augustana ACAC
2	2	816	Megan Olesen	20:14	4:03	NAIT ACAC
3	3	813	Elise Menard	20:24	4:05	Lethbridge ACAC
4	4	809	Lisa Collins	20:34	4:07	Keyano ACAC
5	5	807	Penny Thompson	21:11	4:15	Grand Prairies ACAC
6	6	808	Janelle Williamson	21:13	4:15	Grand Prairies ACAC
7		820	Rachel Lauzon	21:15	4:15	Red Deer
8	7	869	Josee Picard-Arseneaul	21:26	4:18	Cegep de Stainte-Foy FSQE
9		802	Stephanie Heier	21:30	4:18	Augustana ACAC-alt
10		871	Julianna Nusse	21:30	4:18	Augustana
11		800	Megan Bernes	21:33	4:19	Augustana
12		812	Faren Honess	21:38	4:20	Lethbridge
13	8	850	Tama Stainton	21:45	4:21	Mohawk OCAA
14	9	848	Leah Kellar	21:47	4:22	Loyalist OCAA
15	10	868	Sarah Bergeron - LaRou	21:53	4:23	Francois - Xavier FSQE
16	11	839	Tiia Dolson	21:59	4:24	Georgian OCAA
17		856	Marie-Michelle Gionet	21:59	4:24	Ahuntsic
18		814	Laurie Mills	21:59	4:24	Lethbridge
19	12	833	Rachel Lavallee	22:02	4:25	Fleming (p) OCAA
20	13	862	Brigitte Lavoie	22:03	4:25	Saint Hyacinthe FSQE
21		811	Samantha Brookes	22:05	4:25	Lethbridge
22	14	823	Amanda Kosmerly	22:07	4:26	Cambrian OCAA
23		805	Heather Tangen	22:14	4:27	Grand Prairies
24		857	Amelie Marcil Roy	22:19	4:28	Ahuntsic
25	15	826	Amanda Seed	22:26	4:30	Cambrian OCAA
26		852	Carrie Vandorp	22:33	4:31	Redeemer OCAA
27		803	Erin Connell	22:59	4:36	Grand Prairies
28		804	MacKay Mackay	23:28	4:42	Grand Prairies ACAC
29		840	Laci Helsei	23:34	4:43	Georgian
30		815	Joe Anna Vaytechek	23:35	4:43	Lethbridge
31		819	Brandi Hofer	23:42	4:45	Red Deer
32		866	Ashley Peter Rennich	24:06	4:50	Grant MacEwan
33		844	Mariapia Annarilli	24:13	4:51	Humber
34		810	Krysta Mellon	24:20	4:52	Keyano
35		829	Shannyn Claney	24:25	4:53	Fanshawe
36		828	Samara Cahais	24:28	4:54	Fanshawe
37		831	Amanda Fleming	24:37	4:56	Fleming (p)
38		824	Katheryn Adel	24:39	4:56	Cegep vieux-montreal
39		821	Paula MacKenzie	24:50	4:58	Red Deer
40		837	Ashley Gollogly	25:05	5:01	George Brown
41		842	Urszula Tracz	25:06	5:02	Georgian
42		853	Chantal Emory	25:27	5:06	St. Lawrence (K)
43		845	Nicole Paulichenko	25:34	5:07	Humber
44	16	858	Melisa Bahl	25:37	5:08	Saint Hyacinthe FSQE
45		822	Cathy Miller	25:38	5:08	Red Deer
46		849	Andrea Lemus	25:52	5:11	Mohawk
47		873	Laura deBoer	26:07	5:14	Redeemer
48	17	859	Emma Blanchette	26:10	5:14	Saint Hyacinthe FSQE
49		855	Sara Westerberg	26:28	5:18	St. Lawrence (K)
50	18	863	Jessica Moreau	26:37	5:20	Saint Hyacinthe FSQE
51		872	Rachel Rauwerda	27:12	5:27	Redeemer
52		864	Marcie Tolhurst	27:16	5:28	Saint Hyacinthe
53		860	Emmanuelle Champagne	27:17	5:28	Saint Hyacinthe FSQE
54		832	Sara Gutierrez	27:39	5:32	Fleming (p)
55		834	Jen LeRoy	27:39	5:32	Fleming (p)
56		835	Holly Pawlowski	27:43	5:33	George Brown
57		806	Shauna Telford	27:58	5:36	Grand Prairies
58		854	Amanda Rose	28:10	5:38	St. Lawrence (K)
59		838	Sue Hyttenrauch	28:20	5:40	George Brown
60		841	Roxann Shapway Keesic	28:27	5:42	Georgian
61		865	Christine Tolhurst	28:31	5:43	Saint Hyacinthe-b
62		843	Alicia Waslenko	28:44	5:45	Georgian
63		818	Chayla Bignold	28:47	5:46	Red Deer
64		861	Eveline Guilbert	29:29	5:54	Saint Hyacinthe-a
65		836	Jane Stephens	29:53	5:59	George Brown
66		867	Audrey Beaulieu	31:08	6:14	Boreal

NATIONAL CHAMPIONSHIP CROSS COUNTRY RACE

Saturday November 12, 2005

College Males 8K

Entrants Finishers

Total 113 97

O'all Place	Team Place	Bib	Name	Time	Pace /Km	College
1	1	4815	Rogers Sergon	26:53	3:22	Lethbridge ACAC
2	2	4860	Colin Murray-Lawson	27:33	3:27	Humber OCAA
3	3	4836	John Mason	27:56	3:30	Fanshawe OCAA
4	4	4818	Dylan Hackenbrook	27:58	3:30	Red Deer ACAC
5	5	4800	David Ball	28:35	3:35	Augustana ACAC
6	6	4805	Sean Hawryluk	28:40	3:35	Grand Prairies ACAC
7		4893	Mathieu Raymond	28:49	3:37	Ahuntsic
8	7	4875	Jakob Vandorp	28:50	3:37	Redeemer OCAA
9	8	4911	Sylvain Coutier	28:54	3:37	Cegep de Stainte-Foy FSQE
10	9	4846	Bernie Hogan	28:56	3:37	Fleming (p) OCAA
11	10	4801	Joe Nusse	29:03	3:38	Augustana ACAC
12	11	4811	David Burden	29:33	3:42	Lethbridge ACAC
13	12	4851	Darl Sutherland	29:42	3:43	Fleming (p) OCAA
14	13	4874	Joe Groeneveld	29:43	3:43	Redeemer OCAA
15		4894	Simon Gosselin	29:57	3:45	Edouard Montpetit
16		4824	Carson Bannon	29:58	3:45	SAIT
17		4814	Stephen Njoroge	30:01	3:46	Lethbridge
18		4910	Guillaume Huot	30:08	3:46	Cegep de Limoilou
19	14	4912	Tommy Lecours	30:17	3:48	Cegep de Stainte-Foy FSQE
20		4850	Jurgen Schubert	30:21	3:48	Fleming (p)
21		4832	Andrew Galloway	30:41	3:51	Fanshawe
22		4873	Andre Simon	30:43	3:51	Mohawk
23		4876	Ian Westra	30:44	3:51	Seneca OCAA
24		4885	Mike MacDonald	30:46	3:51	St. Lawrence (K)
25		4823	Ian Ward	30:55	3:52	SAIT
26		4806	Kyle Reynolds	30:57	3:53	Grand Prairies ACAC
27		4816	Justin Whitecow	31:01	3:53	Lethbridge
28	15	4909	Felix Antoine La Point	31:16	3:55	Francois - Xavier FSQE
29		4810	Christopher Bec	31:17	3:55	Lethbridge
30		4825	Adam Hopkins	31:20	3:55	Cambrian
31		4862	Mike Scipio	31:28	3:56	Humber
32	16	4913	Daniel Riou	31:30	3:57	Cegep de Stainte-Foy FSQE
33		4828	Scott Poole	31:30	3:57	Cambrian
34		4840	John Wilton	31:30	3:57	Fanshawe
35		4819	Kurtis Kooiker	31:32	3:57	Red Deer
36		4839	Isak Wall	31:34	3:57	Fanshawe
37		4907	Jonathon Oakes	31:39	3:58	Boreal
38		4872	Niki Bucalo	31:46	3:59	Mohawk
39		4880	Milan Sarapa	31:47	3:59	St. Clair
40		4834	Casey Kulchyecki	31:49	3:59	Fanshawe
41		4853	Adam Hassen	31:52	3:59	George Brown
42		4817	Kyle Domes	31:54	4:00	Red Deer
43		4879	Michael Manka	31:59	4:00	St. Clair
44		4802	John Pattison	32:00	4:00	Augustana
45		4881	Cameron Shepherd	32:03	4:01	St. Clair
46		4878	Mike Grondin	32:06	4:01	St. Clair
47		4891	Scott Sauve	32:09	4:02	St. Lawrence ©
48		4837	Chris Novakowski	32:09	4:02	Fanshawe
49		4809	Peter Watson	32:12	4:02	Grand Prairies
50		4845	Marty Grey	32:13	4:02	Fleming (p)
51		4812	Jordie Cowie	32:19	4:03	Lethbridge
52	17	4896	Regis Boucher	32:32	4:04	Saint Hyacinthe FSQE
53		4813	Joseph Kanyo	32:42	4:06	Lethbridge
54		4826	Ory Menzies	32:48	4:06	Cambrian
55	18	4900	Jeremie Montcalm	32:56	4:07	Saint Hyacinthe FSQE
56		4833	Shawn Houlihan	33:00	4:08	Fanshawe-c
57		4821	Shawn McClelland	33:07	4:09	Red Deer
58		4838	Jon Steven	33:12	4:09	Fanshawe-a
59		4803	Ryan Bray	33:16	4:10	Augustana
60		4871	Jeff Hoskins	33:17	4:10	Loyalist
61		4877	David DuFour	33:37	4:13	St. Clair
62		4854	Chad McKillop	33:38	4:13	George Brown
63		4807	Luke Rounds	33:40	4:13	Grand Prairies
64		4905	Daniel Lauzon	33:42	4:13	Grant MacEwan
65		4895	Peirre-Luc Beaudoin	33:44	4:13	Saint Hyacinthe FSQE
66		4899	Claude Govaerts	33:46	4:14	Saint Hyacinthe
67		4857	Rob Aroca	33:57	4:15	Humber
68		4901	Frederic Montcalm	34:04	4:16	Saint Hyacinthe

69	4914	Samuel Jalbert	34:07	4:16	Cegep de Stainte-Foy
70	4855	Jakub Misiek	34:07	4:16	George Brown
71	4804	Trevor Clifford	34:17	4:18	Grand Prairies
72	4904	Dave Pelton	34:17	4:18	Grant MacEwan
73	4808	Brian Sherk	34:29	4:19	Grand Prairies
74	4848	Andrew McFarlane	34:38	4:20	Fleming (p)
75	4882	Tyler Brett	34:39	4:20	St. Lawrence (K)
76	4858	Jason Melhado	34:50	4:22	Humber
77	4906	Julien Chenier	34:51	4:22	Boreal
78	4861	Mike Prezroso	35:03	4:23	Humber
79	4870	Rob Field	35:15	4:25	Loyalist
80	4892	Mathieu Fortin	35:21	4:26	Ahuntsic
81	4849	Brian Norris	35:32	4:27	Fleming (p)
82	4888	Dan Roberts	35:33	4:27	St. Lawrence (K)
83	4856	Lawrence Hoar	35:34	4:27	George Brown
84	4820	Justice Marks	35:52	4:29	Red Deer
85	4830	Will Scott	36:01	4:31	Cambrian
86	4915	Charles Gaudreault	36:13	4:32	Cegep de Stainte-Foy
87	4822	Skye Smith	36:41	4:36	Red Deer
88	4859	Josh Mintha	36:58	4:38	Humber
89	4847	Darren Jensen	37:39	4:43	Fleming (p)
90	4831	Jeff Allen	37:52	4:44	Fanshawe-b
91	4835	Brian Lake	38:18	4:48	Fanshawe
92	4886	Keith MacDougall	38:26	4:49	St. Lawrence (K)
93	4916	Pier-Luc Harvey	38:44	4:51	Cegep de Stainte-Foy
94	4884	Simon Forester	39:16	4:55	St. Lawrence (K)
95	4841	James Clague	40:48	5:06	Fleming (p)-b
96	4844	Ryan Fowler	40:56	5:07	Fleming (p)-a
97	4883	Pat Deguise	42:03	5:16	St. Lawrence (K)

NATIONAL CHAMPIONSHIP CROSS COUNTRY RACE
Saturday November 12, 2005
College Female Teams

Place	Points	Team Name	(Average Time	Total Time)			
1.	10	ACAC	(20:21	1:21:21)			
=====							
1	1	Marcia Birkigt	20:09	4	4	Lisa Collins	20:34
2	2	Megan Olesen	20:14	5	(5)	Penny Thompson	21:11
3	3	Elise Menard	20:24	6	(6)	Janelle Williamson	21:13
2.	40	OCAA	(21:54	1:27:33)			
=====							
1	8	Tama Stainton	21:45	4	12	Rachel Lavallee	22:02
2	9	Leah Kellar	21:47	5	(14)	Amanda Kosmerly	22:07
3	11	Tiia Dolson	21:59	6	(15)	Amanda Seed	22:26
3.	46	FSQE	(22:45	1:30:59)			
=====							
1	7	Josee Picard-Arseneault	21:26	4	16	Melisa Bahl	25:37
2	10	Sarah Bergeron - LaRouche	21:53	5	(17)	Emma Blanchette	26:10
3	13	Brigitte Lavoie	22:03	6	(18)	Jessica Moreau	26:37

NATIONAL CHAMPIONSHIP CROSS COUNTRY RACE
Saturday November 12, 2005
College Male Teams

Place	Points	Team Name	(Average Time	Total Time)
1.	16	ACAC (28:02	1:52:06)	
=====				
1	1	Rogers Sergon	26:53	4 6 Sean Hawryluk 28:40
2	4	Dylan Hackenbrook	27:58	5 (10) Joe Nusse 29:03
3	5	David Ball	28:35	6 (11) David Burden 29:33
2.	21	OCAA (28:19	1:53:15)	
=====				
1	2	Colin Murray-Lawson	27:33	4 9 Bernie Hogan 28:56
2	3	John Mason	27:56	5 (12) Darl Sutherland 29:42
3	7	Jakob Vandorp	28:50	6 (13) Joe Groeneveld 29:43
3.	53	FSQE (30:30	2:01:57)	
=====				
1	8	Sylvain Coutier	28:54	4 16 Daniel Riou 31:30
2	14	Tommy Lecours	30:17	5 (17) Regis Boucher 32:32
3	15	Felix Antoine La Pointe	31:16	6 (18) Jeremie Montcalm 32:56

NATIONAL CHAMPIONSHIP CROSS COUNTRY RACE

Saturday November 12, 2005

College Female Teams

Place	Points	Team Name	(Average Time	Total Time)		
1.	22	Augustana	(21:11	1:24:42)		
1	1	Marcia Birkigt	20:09	3	7	Julianna Nusse 21:30
2	6	Stephanie Heier	21:30	4	8	Megan Bernes 21:33
2.	36	Lethbridge	(21:32	1:26:06)		
1	2	Elise Menard	20:24	4	14	Samantha Brookes 22:05
2	9	Faren Honess	21:38	5	(19)	Joe Anna Vaytechek 23:35
3	11	Laurie Mills	21:59			
3.	38	Grand Prairies	(21:55	1:27:37)		
1	3	Penny Thompson	21:11	4	16	Erin Connell 22:59
2	4	Janelle Williamson	21:13	5	(17)	MacKay Mackay 23:28
3	15	Heather Tangen	22:14	6	(34)	Shauna Telford 27:58
4.	73	Red Deer	(23:52	1:35:25)		
1	5	Rachel Lauzon	21:15	4	26	Cathy Miller 25:38
2	20	Brandi Hofer	23:42	5	(38)	Chayla Bignold 28:47
3	22	Paula MacKenzie	24:50			
5.	88	Georgian	(24:47	1:39:06)		
1	10	Tiia Dolson	21:59	4	36	Roxann Shapway Keesic 28:27
2	18	Laci Helsei	23:34	5	(37)	Alicia Waslenko 28:44
3	24	Urszula Tracz	25:06			
6.	93	Saint Hyacinthe	(25:07	1:40:27)		
1	13	Brigitte Lavoie	22:03	4	28	Jessica Moreau 26:37
2	25	Melisa Bahl	25:37	5	(29)	Marcie Tolhurst 27:16
3	27	Emma Blanchette	26:10	6	(30)	Emmanuelle Champagne 27:17
7.	96	Fleming (p)	(25:30	1:41:57)		
1	12	Rachel Lavallee	22:02	3	31	Sara Gutierrez 27:39
2	21	Amanda Fleming	24:37	4	32	Jen LeRoy 27:39
8.	130	George Brown	(27:46	1:51:01)		
1	23	Ashley Gollogly	25:05	3	35	Sue Hyttenrauch 28:20
2	33	Holly Pawlowski	27:43	4	39	Jane Stephens 29:53

NATIONAL CHAMPIONSHIP CROSS COUNTRY RACE
Saturday November 12, 2005
College Male Teams

Place	Points	Team Name	(Average Time	Total Time)
1.	41	Lethbridge	(29:22	1:57:28)
1	1	Rogers Sergon	26:53	4 18 Justin Whitecow 31:01
2	10	David Burden	29:33	5 (19) Christopher Bec 31:17
3	12	Stephen Njoroge	30:01	6 (38) Jordie Cowie 32:19
2.	68	Fanshawe	(30:26	2:01:41)
1	3	John Mason	27:56	4 26 Isak Wall 31:34
2	15	Andrew Galloway	30:41	5 (28) Casey Kulchyeki 31:49
3	24	John Wilton	31:30	6 (35) Chris Novakowski 32:09
3.	70	Fleming (p)	(30:18	2:01:12)
1	8	Bernie Hogan	28:56	4 37 Marty Grey 32:13
2	11	Darl Sutherland	29:42	5 (55) Andrew McFarlane 34:38
3	14	Jurgen Schubert	30:21	6 (59) Brian Norris 35:32
4.	89	Augustana	(30:44	2:02:54)
1	5	David Ball	28:35	3 32 John Pattison 32:00
2	9	Joe Nusse	29:03	4 43 Ryan Bray 33:16
5.	93	Cegep de Stainte-Foy	(31:12	2:04:48)
1	7	Sylvain Coutier	28:54	4 51 Samuel Jalbert 34:07
2	13	Tommy Lecours	30:17	5 (64) Charles Gaudreault 36:13
3	22	Daniel Riou	31:30	6 (68) Pier-Luc Harvey 38:44
6.	101	Red Deer	(31:08	2:04:31)
1	4	Dylan Hackenbrook	27:58	4 42 Shawn McClelland 33:07
2	25	Kurtis Kooiker	31:32	5 (62) Justice Marks 35:52
3	30	Kyle Domes	31:54	6 (65) Skye Smith 36:41
7.	105	Grand Prairies	(31:23	2:05:29)
1	6	Sean Hawryluk	28:40	4 46 Luke Rounds 33:40
2	17	Kyle Reynolds	30:57	5 (53) Trevor Clifford 34:17
3	36	Peter Watson	32:12	6 (54) Brian Sherk 34:29
8.	125	St. Clair	(31:59	2:07:55)
1	27	Milan Sarapa	31:47	4 34 Mike Grondin 32:06
2	31	Michael Manka	31:59	5 (44) David DuFour 33:37
3	33	Cameron Shepherd	32:03	
9.	129	Humber	(31:57	2:07:48)
1	2	Colin Murray-Lawson	27:33	4 57 Jason Melhado 34:50
2	21	Mike Scipio	31:28	5 (58) Mike Prezroso 35:03
3	49	Rob Aroca	33:57	6 (66) Josh Mintha 36:58
10.	146	Cambrian	(32:55	2:11:39)
1	20	Adam Hopkins	31:20	3 40 Ory Menzies 32:48
2	23	Scott Poole	31:30	4 63 Will Scott 36:01
11.	175	Saint Hyacinthe	(33:15	2:12:58)
1	39	Regis Boucher	32:32	4 48 Claude Govaerts 33:46
2	41	Jeremie Montcalm	32:56	5 (50) Frederic Montcalm 34:04
3	47	Peirre-Luc Beaudoin	33:44	
12.	187	George Brown	(33:48	2:15:11)
1	29	Adam Hassen	31:52	3 52 Jakub Misiek 34:07
2	45	Chad McKillop	33:38	4 61 Lawrence Hoar 35:34
13.	199	St. Lawrence (K)	(34:51	2:19:24)

1	16	Mike MacDonald	30:46	4	67	Keith MacDougall	38:26
2	56	Tyler Brett	34:39	5	(69)	Simon Forester	39:16
3	60	Dan Roberts	35:33	6	(70)	Pat Deguise	42:03