



# CCAA X-C Running Championships

## Hosted by Grande Prairie Regional College

### Saturday, November 10, 2007

#### School Teams

<u>Place</u>	<u>Points</u>	<u>School</u>	<u>Avg time</u>		<u>Total time</u>	
1	41	RDC	21:20		1:25:20	
	1	Debby Querengesser	20:05	32	Jessica Friesen	24:16
	3	Jodi Sanguin	20:28	39	Amanda McWhan	25:02
	5	Rachel Lauzon	20:31			
2	55	AUG	21:55		1:27:40	
	7	Kathryn Stone	20:56	21	Robin Braconnier	22:50
	8	Julianna Nusse	21:19	22	Tamara Taerum	22:52
	19	Patricia Leighton	22:35	41	Becky Scholten	25:19
3	63	AHUN	22:11		1:28:45	
	4	Margaux Pontoreau-Bazinet	20:30	33	Annie-Claude Laberge	24:26
	9	Nathalie Prud'homme	21:29	37	Stéphanie Giroux	24:55
	17	Marjorie Côté-Barton	22:20			
4	71	MAC	22:31		1:30:04	
	10	Lauren Beaulieu	21:48	26	Franziska Bossart	23:23
	15	Stephanie Theroux	22:13	31	Andrea Rattai	24:10
	20	Renee Labossierie	22:40	42	Kathleen Samoil	25:30
5	74	HUMB	22:39		1:30:36	
	11	Amanda Pryde	21:49	36	Nicole Paulichenko	24:51
	13	Cynthia Black	21:54			
	14	Lisa Lee	22:02			
6	85	STLK	22:48		1:31:10	
	6	Ingrid Golemiecstover	20:46	45	Joclynn Amaral	25:47
	16	Nicole Palmer	22:17			
	18	Jessica Austin	22:20			
7	106	GPRC	23:35		1:34:21	
	23	Justine Lalonde	23:14	30	Megan Crawley	23:58
	25	Brittany Blackall	23:18	38	Erin Connell	24:59
	28	Sara Scott	23:51	46	Carrina Ness	26:10
8	108	LCK	23:33		1:34:12	
	2	Gladys Kochei	20:10	43	Robyn Fast	25:32
	29	Sarina Olivieri	23:57	44	Kennedy Merrill	25:46
	34	Livia Scharz	24:33			
9	133	SAIT	24:30		1:37:58	
	24	Kathryn Cousins	23:16	47	Alia Shahab	26:19
	27	Tegan Owens	23:35			
	35	Chelsea Tail Feathers	24:48			
10	165	FLEM	28:48		1:55:13	
	12	Hollie Gordon	21:53	53	Samantha Laviolette	34:30
	48	Meaghan Phillips	27:19			
	52	Eunah Park	31:31			
11	190	ITASH	27:05		1:48:21	
	40	Shirley-Anne Goguen Thibeaup	25:10	51	Emma Blanchette	27:54
	49	Amélie Rémy	27:32			
	50	Caroline Roux	27:45			

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<u>Place</u>	<u>Points</u>	<u>Conference</u>	<u>Avg time</u>		<u>Total time</u>	
1	24	ACAC	20:26		1:42:10	
	2	Debby Querengesser	20:05	6	Rachel Lauzon	20:31
	3	Gladys Kochei	20:10	9	Kathryn Stone	20:56
	4	Jodi Sanguin	20:28	14	Lauren Beaulieu	21:48
				21	Patricia Leighton	22:35
2	39	QSSF	20:55		1:44:33	
	1	Valerie Belanger	19:54	11	Melanie Hughes	21:24
	5	Margaux Pontoreau-Bazinet	20:30	12	Élizabeth Parenteau-Gaudreau	21:28
	10	Marie-Michèle Jobin	21:17	13	Nathalie Prud'homme	21:29
				19	Marjorie Côté-Barton	22:20
3	63	OCAA	21:22		1:46:51	
	7	Charlene Gibbons	20:32	16	Glenna Fraumeni	21:50
	8	Ingrid Golemiecstover	20:46	17	Cynthia Black	21:54
	15	Amanda Pryde	21:49	18	Lisa Lee	22:02
				20	Amy Crawford	22:25

# 2007 CCAA X-C Running Championships - Men

Hosted by Grande Prairie Regional College

Saturday, November 10, 2007

Runner	School	Conf	Bib#	Time	Pace/km	Overall place	School place	Conf place	AUG	AHUN	GPRC	HUMB	ITASH	LCK	MAC	RDC	FLEM	ALAU	CNST	FANS	MOHK	ACAC	OCAA	QSSF	
Ed Kangogo	LCK	ACAC	165	27:04	03:23	1	1	1																	
Nelson Ndereva Njeru	George Brown	OCAA	142	27:13	03:24	2	2	2																	
Martin Labute	St Clair	OCAA	191	27:21	03:25	3	3	3																	
Olivier Gabriel Lavoie	ep de Sherbrooke	QSSF	116	27:27	03:26	4	4	4																	
Olivier Collin	AHUN	QSSF	117	27:33	03:27	5	2	5																	
John Mason	FANS	OCAA	137	27:55	03:29	6	3	6																	
Abdelouahed Ibnouzahir	ALAU	QSSF	124	28:09	03:31	7	4	7																	
David Sharratt	CNST	OCAA	131	28:14	03:32	8	5	8																	
Philippe Soucy	AHUN	QSSF	121	28:19	03:32	9	6	9																	
David Ariel	AUG	ACAC	101	28:24	03:33	10	7	10																	
Maxime LaPierre	Beauce Appalaches	QSSF	114	28:25	03:33	11	8	11																	
Michael Scipio	HUMB	OCAA	153	28:38	03:35	12	8	12																	
David Ball	AUG	ACAC	100	28:43	03:35	13	9	13																	
Hugo Duquay-Boucher	AHUN	QSSF	118	28:46	03:36	14	10	14																	
Jonathan Roth	SAIT	ACAC	193	28:49	03:36	15	15	15																	
Josh Bujold	Cambrian	OCAA	111	28:52	03:37	16	16	16																	
Travis Epp	LCK	ACAC	164	28:55	03:37	17	11	17																	
Andre Simon	MOHK	OCAA	180	29:12	03:39	18	12	18																	
Kenny Beaudette	ep de Sherbrooke	QSSF	115	29:14	03:39	19	17	19																	
Earl Zimmer	SAIT	ACAC	195	29:21	03:40	20	18	20																	
Deneb Carias	GPRC	ACAC	144	29:23	03:40	21	13	21																	
Nick Adamo	Keyano	ACAC	161	29:26	03:41	22	19	22																	
Sean Cunningham	FANS	OCAA	134	29:27	03:41	23	14	23																	
Peter Watson	GPRC	ACAC	145	29:44	03:43	24	15	24																	
Drew Jansen	CNST	OCAA	128	29:48	03:44	25	16	25																	
Ian Hutt	Cambrian	OCAA	112	29:49	03:44	26	20	26																	
Nils Lokken	AUG	ACAC	106	30:06	03:46	27	17	27																	
Phillip Erickson	AUG	ACAC	103	30:13	03:47	28	18	28																	
Sam Lindsey	AUG	ACAC	105	30:20	03:48	29	19	29																	
Mitch Thomas	Keyano	ACAC	162	30:25	03:48	30	21	30																	
Bruno Moreira	HUMB	OCAA	151	30:28	03:49	31	20	31																	
Matthew Dairon	MAC	ACAC	171	30:38	03:50	32	21	32																	
Josh Ackworth	FANS	OCAA	132	30:40	03:50	33	22	33																	
Dave Burden	LCK	ACAC	163	30:43	03:50	34	23	34																	
Guillaume Gagnon	ALAU	QSSF	122	30:47	03:51	35	24	35																	
Casey Kulchyski	FANS	OCAA	136	30:54	03:52	36	25	36																	
Aryn Sherritt	MAC	ACAC	175	31:02	03:53	37	26	37																	
Chris Willits	FANS	OCAA	141	31:06	03:53	38	27	38																	
Stuart Parsons	CNST	OCAA	129	31:12	03:54	39	28	39																	
Willy Kimosop	LCK	ACAC	167	31:13	03:54	40	29	40																	
Aaron Barth	CNST	OCAA	126	31:17	03:55	41	30	41																	
Matt Curtis	HUMB	OCAA	150	31:23	03:55	42	31	42																	
Ryan Hassim	MOHK	OCAA	177	31:26	03:56	43	32	43																	
Kendall Warawa	AUG	ACAC	108	31:36	03:57	44	33	44																	
Guillaume Marion	AHUN	QSSF	120	31:40	03:58	45	34	45																	
Justin Hensen	MOHK	OCAA	178	31:43	03:58	46	35	46																	
Félix Camirand Lemyre	ALAU	QSSF	125	31:44	03:58	47	36	47																	
Kyle Small	GPRC	ACAC	146	31:45	03:58	48	37	48																	
Wes Correa	HUMB	OCAA	149	31:46	03:58	49	38	49																	
Mike Apps	GPRC	ACAC	143	31:46	03:58	50	39	50																	
Mike McNeil	FLEM	OCAA	188	31:47	03:58	51	40	51																	
Eric Tetreau	RDC	ACAC	185	31:48	03:59	52	41	52																	
Neil Dignam	CNST	OCAA	127	31:51	03:59	53	42	53																	
Sean Coleshill	FANS	OCAA	133	31:51	03:59	54	43	54																	
Joshua Wodd	HUMB	OCAA	154	31:54	03:59	55	43	55																	
Andrew Kohlenberg	MAC	ACAC	173	31:55	03:59	56	44	56																	
David Eliuk	MAC	ACAC	172	31:57	04:00	57	45	57																	
Etienne Gougoux	ALAU	QSSF	123	31:58	04:00	58	46	58																	
Douglas Mutai	LCK	ACAC	168	32:00	04:00	59	47	59																	
Bradley Steinbring	MAC	ACAC	176	32:01	04:00	60	48	60																	
Mathieu Fortin	AHUN	QSSF	119	32:02	04:00	61	49	61																	
Andrew Rupoli	HUMB	OCAA	152	32:05	04:01	62	50	62																	
Chris Santos	CNST	OCAA	130	32:11	04:01	63	51	63																	
Daniel Mireault	MAC	ACAC	174	32:11	04:01	64	52	64																	
Ryan Webber	AUG	ACAC	109	32:17	04:02	65	53	65																	
Chris Snow	FANS	OCAA	138	32:22	04:03	66	53	66																	
Allen Tetreau	RDC	ACAC	184	32:23	04:03	67	54	67																	
Kevin Richard	ITASH	QSSF	158	32:24	04:03	68	55	68																	
Ben Burr	STLK	OCAA	192	32:29	04:04	69	56	69																	
Cobie Soop	LCK	ACAC	169	32:41	04:05	70	56	70																	
Scott Sauve	FLEM	OCAA	190	32:42	04:05	71	57	71																	
Patrick Vachon	ITASH	QSSF	160	32:44	04:05	72	58	72																	
Sylvain Giguère	ITASH	QSSF	156	32:58	04:07	73	59	73																	
Sean Tilden	FANS	OCAA	139	33:06	04:08	74	60	74																	
Cameron Shepherd	MOHK	OCAA	179	33:14	04:09	75	60	75																	
Pascal Martineau	ITASH	QSSF	157	33:15	04:09	76	61	76																	
Mark Menary	FLEM	OCAA	189	33:47	04:13	77	62	77																	
Daniel Gaboury	ITASH	QSSF	155	33:52	04:14	78	63	78																	
Jared Degroot	LCK	ACAC	166	34:02	04:15	79	63	79																	
Joshua Ward	FANS	OCAA	140	34:24	04:18	80	64	80																	
Mike Ferguson	FANS	OCAA	135	34:27	04:18	81	64	81																	
Andrew Seidel	GPRC	ACAC	147	34:37	04:20	82	64	82																	
Andrew McFarlane	FLEM	OCAA	187	34:37	04:20	83																			

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<u>Place</u>	<u>Points</u>	<u>School</u>	<u>Avg time</u>		<u>Total time</u>	
1	51	AUG	29:22		1:57:26	
	7	David Arial	28:24	18	Phillip Erickson	30:13
	9	David Ball	28:43	19	Sam Lindsey	30:20
	17	Nils Lokken	30:06	33	Kendall Warawa	31:36
2	52	AHUN	29:05		1:56:18	
	2	Olivier Collin	27:33	34	Guillaume Marion	31:40
	6	Philippe Soucy	28:19	49	Mathieu Fortin	32:02
	10	Hugo Duguay-Boucher	28:46			
3	64	FANS	29:44		1:58:56	
	3	John Mason	27:55	25	Casey Kulchycki	30:54
	14	Sean Cunningham	29:27	27	Chris Willits	31:06
	22	Josh Ackworth	30:40	53	Chris Snow	32:22
4	64	LCK	29:29		1:57:55	
	1	Ed Kangogo	27:04	29	Willy Kimosop	31:13
	11	Travis Epp	28:55	47	Douglas Mutai	32:00
	23	Dave Burden	30:43	56	Cobie Soop	32:41
5	79	CNST	30:08		2:00:31	
	5	David Sharratt	28:14	30	Aaron Barth	31:17
	16	Drew Jansen	29:48	42	Neil Dignam	31:51
	28	Stuart Parsons	31:12	51	Chris Santos	32:11
6	97	HUMB	30:34		2:02:15	
	8	Michael Scipio	28:38	38	Wes Correa	31:46
	20	Bruno Moreira	30:28	43	Joshua Wodd	31:54
	31	Matt Curtis	31:23	50	Andrew Rupoli	32:05
7	104	GPRC	30:39		2:02:38	
	13	Deneb Carias	29:23	39	Mike Apps	31:46
	15	Peter Watson	29:44	64	Andrew Seidel	34:37
	37	Kyle Small'	31:45	68	Jason Simigan	36:31
8	110	ALAU	30:40		2:02:38	
	4	Abdelouahed Ibnouzahir	28:09	46	Étienne Gougoux	31:58
	24	Guillaume Gagnon	30:47			
	36	Félix Camirand Lemyre	31:44			
9	136	MAC	31:23		2:05:32	
	21	Matthew Dairon	30:38	45	David Eliuk	31:57
	26	Aryn Sherritt	31:02	48	Bradley Steinbring	32:01
	44	Andrew Kohlenberg	31:55	52	Daniel Mireault	32:11
10	139	MOHK	31:24		2:05:35	
	12	Andre Simon	29:12	60	Cameron Shepherd	33:14
	32	Ryan Hassim	31:26			
	35	Justin Hensen	31:43			
11	224	FLEM	33:13		2:12:53	
	40	Mike McNeil	31:47	65	Andrew Mcfarlane	34:37
	57	Scott Sauve	32:42	69	Scott Lawder	37:09
	62	Mark Menary	33:47			
12	231	RDC	34:33		2:18:11	
	41	Eric Tetreau	31:48	70	Steven Gill	39:03
	54	Allen Tetreau	32:23	71	Ian Hathaway	39:09
	66	Brandon Green	34:57			
13	233	ITASH	32:50		2:11:21	
	55	Kevin Richard	32:24	61	Pascal Martineau	33:15
	58	Patrick Vachon	32:44	63	Daniel Gaboury	33:52
	59	Sylvain Giguère	32:58	67	Sylvain Rodier	35:36

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#### Conference Teams

<u>Place</u>	<u>Points</u>	<u>Conference</u>			<u>Avg time</u>			<u>Total time</u>
1	31	OCAA			27:52			2:19:21
	2	Nelson Ndereva Njeru	27:13	8	David Sharratt			28:14
	3	Martin Labute	27:21	12	Michael Scipio			28:38
	6	John Mason	27:55	16	Josh Bujold			28:52
				20	Drew Jansen			29:48
2	36	QSSF			27:59			2:19:53
	4	Olivier Gabriel lavoie	27:27	9	Philippe Soucy			28:19
	5	Olivier Collin	27:33	11	Maxime LaPierre			28:25
	7	Abdelouahed Ibnouzahir	28:09	14	Hugo Duguay-Boucher			28:46
				17	Kenny Beaudette			29:14
3	57	ACAC			28:28			2:22:21
	1	Ed Kangogo	27:04	15	Jonathan Roth			28:49
	10	David Arial	28:24	18	Earl Zimmer			29:21
	13	David Ball	28:43	19	Nick Adamo			29:26
				21	Willy Kimosop			31:13

## 2007 CCAA Coaches and Community Race

Saturday, November 10

Wapiti Nordic Ski Trails, Grande Prairie, AB

5 km, snow covered, clear, 4 C

Place	Name		Category	Time		
1	Renman	Robert	OM	17:33		
2	Basil	Basil	OM	17:50		
3	Loney	John	MM	18:36		
4	Ross	Kyle	HSM	18:58		
5	Stojan	J-Rome	OM	19:24		
6	Flyn	Deon	OM	19:50		
7	Lotz	Garhard	MM	20:25		
8	Roberge	Gino	OM	20:49		
9	H	Justin	OM	21:02		
10	Murray	David	OM	21:06		
11	Corcoran	Bill	MM	21:11		
12	Carroll	Robert	OM	21:33		
13	Scharbach	Leonard	MM	21:46		
14	Yandeau	Ken	OM	21:52		
15	Lavigne	Michael	OM	22:50		
16	Scharbach	Ross	HSM	23:33		
17	Corcoran	Marlene	MW	23:46		
18	Jaeger	Dave	MM	23:57		
19	Paquette	Roger	MM	25,07		
20	Altan	Davis	JHG	25,57		
21	Whalen	Debbie	MW	26,05		
22	Bertozzi	Luke	JHB	26,07		
23	Alexander	Katie	JHG	30,00		
24	Beens	Mark	OM	31,06		
25	Forbes	Chelsea	HSW	31,10		
26	Forbes	Tasmin	JHG	32,26		
27	Forbes	Tess	JHG	32,37		
28	Nordhagen	Corrie	OW	33,11		
29	Scott	Rick	MM	36,43		
30	Fournier	Francois	MM	36,58		