

25th ANNUAL CIS WOMEN'S CROSS COUNTRY CHAMPIONSHIP

===== 5km =====

November 13th, 2004 - Guelph Lakes Golf Course, Guelph Ontario - 3 degrees,
cloudy and breezy

Place	TmPl	No.	Name	University	Time
1	1	1	Kristina Rody	University of Guelph	17:01.1
2	2	11	Janice Ashworth	Dalhousie University	17:27.5
3	3	21	Shannon Slater-Popowich	University of Calgary	17:32.9
4	4	32	Shannon Gerrie	University of Western	17:43.2
5	5	12	Hilary Burn	Dalhousie University	17:47.8
6	6	22	Renee Kaylor	University of Calgary	17:55.2
7	7	13	Leanna MacLean	Dalhousie University	17:59.0
8	8	5	Megan Brown-r	University of Guelph	18:05.5
9	9	42	Andrea DePol	University of Victoria	18:08.0
10	10	101	Lindsay Acheson	University of Alberta	18:08.8
11	11	2	Laura Moulton	University of Guelph	18:12.0
12	12	31	Bethany Janzen	University of Western	18:15.6
13	13	142	Kim Hill	Saint Francis Xavier	18:16.1
14	14	61	Melissa Armstrong	University of Manitoba	18:16.5
15	15	23	Sabrina Harper	University of Calgary	18:19.2
16	16	14	Karen Forward	Dalhousie University	18:22.4
17	17	41	Tiffany Evans	University of Victoria	18:24.0
18	18	64	Lisa Whalen	University of Manitoba	18:25.6
19	19	65	Kerri Earl-r	University of Manitoba	18:26.6
20	20	73	Julia Kirby	University of Toronto	18:27.4
21	21	33	Karen Gilbert	University of Western	18:28.9
22	22	44	Sarah Gilgunn	University of Victoria	18:30.0
23	23	133	Ashley Hinthier	University of Saskatchewan	18:30.8
24	24	24	Jackie Jones	University of Calgary	18:35.9
25	25	141	Erin MacLean	Saint Francis Xavier	18:36.7
26	26	4	Serena Jennings	University of Guelph	18:37.9
27	27	63	Vanessa Mulhern	University of Manitoba	18:38.6
28	28	6	Erin Sask	University of Guelph	18:39.2
29	29	15	Sophie Williams	Dalhousie University	18:39.9
30	30	72	Genny McInnes	University of Toronto	18:40.9
31	31	26	Barbie Reikie-r	University of Calgary	18:46.0
32	32	62	Darolyn Trembath	University of Manitoba	18:47.0
33	33	45	Christina Heisterman	University of Victoria	18:47.9
34	34	3	Liz Forbes	University of Guelph	18:49.2
35		175	Lorinda Moroschan	University of Regina	18:49.5
36	35	74	Liz Snider	University of Toronto	18:53.1
37	36	25	Emily Stevenson-r	University of Calgary	18:54.0

38	176	Julie Chabot-r	University of Regina	18:54.3
39	37	47 Adrienne Attorp-r	University of Victoria	18:55.6
40	38	52 Amy Kirkham	York University	18:55.9
41	39	111 Leila Angrand	Laurentian University	18:57.4
42	40	92 Dayna Pidhoresky-r	University of Windsor	18:57.9
43	41	144 Monica Black	Saint Francis Xavier	18:58.4
44	42	27 Chelsey Wyrstok	University of Calgary	18:58.7
45	43	37 Jackie Bonisteel	University of Western	18:59.0
46	44	112 Kirsti Dolson-r	Laurentian University	18:59.4
47	45	36 Shayna Boland	University of Western	18:59.8
48	46	123 Véronique Fortin	University Laval	19:00.4
49	47	82 Jane Cullis	McGill University	19:00.8
50	48	95 Mel Macchione	University of Windsor	19:01.2
51	49	55 Ruth Weaver	York University	19:01.8
52	50	152 Tiffany Larder	Saint Mary's University	19:04.5
53	51	104 Tara Witten	University of Alberta	19:06.7
54	52	91 Tammy Dufresne	University of Windsor	19:07.0
55	53	46 Leah Burley	University of Victoria	19:08.1
56	54	151 Lisa Rockwell	Saint Mary's University	19:09.4
57	55	105 Kris Baker	University of Alberta	19:09.9
58	56	54 Lara Graves	York University	19:10.7
59	57	53 Jessica Reid	York University	19:13.8
60	58	35 Tara Johnson	University of Western	19:14.1
61	59	161 Joanna Fedy	University of Waterloo	19:14.7
62	60	103 Jenny Hockin	University of Alberta	19:15.2
63	61	43 Nancy Fedoruk	University of Victoria	19:15.5
64	62	77 Megan Melnyk	University of Toronto	19:15.8
65	63	75 Jacqueline Stillman	University of Toronto	19:18.9
66	64	131 Kristal Anderson	University of Saskatchewan	19:19.3
67	65	81 Laura Wilson	McGill University	19:20.1
68	66	102 Terra Manca	University of Alberta	19:21.4
69	67	51 Heather Hillsburg	York University	19:22.0
70	68	34 Andrea Brouwer	University of Western	19:22.7
71	69	93 Melanie Battaglia	University of Windsor	19:25.4
72	70	17 Cathy French	Dalhousie University	19:27.3
73	71	16 Caroline McInnes	Dalhousie University	19:29.2
74	72	97 Lindsay Manning	University of Windsor	19:29.8
75	174	Ida Fallesen	University of Ottawa	19:32.3
76	73	153 Joelle Marshall	Saint Mary's University	19:32.9
77	74	113 Alicia Kaye	Laurentian University	19:36.7
78	75	66 Anja Kristiansen	University of Manitoba	19:37.9
79	76	94 Andrea Lamantia	University of Windsor	19:39.7
80	77	162 Val Taiakina	University of Waterloo	19:40.5
81	78	136 Letitia Russell	University of Saskatchewan	19:42.4
82	79	145 Virginia Bessette	Saint Francis Xavier	19:45.9
83	80	143 Terese Chisholm	Saint Francis Xavier	19:46.8

84	81	135	Katie Rooks	University of Saskatchewan	19:47.2
85	82	164	Shauna Tsuchiya	University of Waterloo	19:50.2
86	83	76	Brandi Sidoryk	University of Toronto	19:51.5
87	84	147	Ellen Gabriell	Saint Francis Xavier	19:52.2
88	85	67	Tyra Dickson	University of Manitoba	19:52.5
89	86	146	Katherine Fleming	Saint Francis Xavier	19:53.2
90	87	7	Michelle BasuRoy	University of Guelph	19:59.6
91	177		Andréane RichardDenis-r	University de Sherbrooke	20:00.2
92	88	167	Andrea Dupont	University of Waterloo	20:02.4
93	89	134	Barbara Hunter	University of Saskatchewan	20:03.2
94	90	163	Jodi Wendland	University of Waterloo	20:04.2
95	91	83	Lauren Whyte-r	McGill University	20:06.0
96	92	86	Megan Vuksic	McGill University	20:07.4
97	93	121	Marianne Boivin	University Laval	20:14.1
98	94	165	Laura Sardone	University of Waterloo	20:15.1
99	95	85	Erin Prosk	McGill University	20:25.0
100	96	132	Jen Chad	University of Saskatchewan	20:29.1
101	97	166	Jennifer Jones	University of Waterloo	20:31.6
102	98	122	Marie-Christine Coté	University Laval	20:38.6
103	99	56	Laura Harte	York University	20:41.2
104	100	84	Genevieve Jenkins	McGill University	20:41.8
105	101	125	Annick Michaud	University Laval	20:43.1
106	102	116	Jennie Oliver-r	Laurentian University	20:55.9
107	103	87	Whitney Mosley-r	McGill University	20:57.9
108	104	114	Melanie Muise	Laurentian University	20:59.1
109	105	124	Mélissa Grondines	University Laval	21:02.7
110	170		Caroline Chouinard-r	University de Moncton	21:04.1
111	106	96	Jackie Malette-r	University of Windso	21:05.3
112	107	115	Marnie Smith-r	Laurentian University	21:13.4
113	108	154	Charmaine Lightfoot	Saint Mary's University	21:18.3
114	109	57	Marie ClaireBrisbois	York University	21:29.1
115	110	155	Laura Conrad	Saint Mary's University	22:11.1
116	171		Denise Dietrich	Nipissing University	22:43.0
117	172		Kathleen Crawford	Nipissing University	25:16.8

25th Annual CIS Women's Cross Country Championship
***** TEAM SCORE *****

1. Dalhousie University

2 5 7 16 29 (70) (71) = 59
Janice Ashworth, Hilary Burn, Leanna MacLean, Karen Forward, Sophie Williams, Cathy French, Caroline McInnes

2. University of Guelph

1 8 11 26 28 (34) (87) = 74
Kristina Rody, Megan Brown-r, Laura Moulton, Serena Jennings, Erin Sask, Liz Forbes, Michelle BasuRoy

3. University of Calgary

3 6 15 24 31 (36) (42) = 79
Shannon Slater-Popowich, Renee Kaylor, Sabrina Harper, Jackie Jones, Barbie Reikie-r, Emily Stevenson-r, Chelsey Wyrstok

4. University of Manitoba

14 18 19 27 32 (75) (85) = 110
Melissa Armstrong, Lisa Whalen, Kerri Earl-r, Vanessa Mulhern, Darolyn Trembath, Anja Kristiansen, Tyra Dickson

5. University of Victoria

9 17 22 33 37 (53) (61) = 118
Andrea DePol, Tiffany Evans, Sarah Gilgunn, Christina Heisterman, Adrienne Attorp-r, Leah Burley, Nancy Fedoruk

6. University of Western

4 12 21 43 45 (58) (68) = 125
Shannon Gerrie, Bethany Janzen, Karen Gilbert, Jackie Bonisteel, Shayna Boland, Tara Johnson, Andrea Brouwer

7. University of Toronto

20 30 35 62 63 (83) = 210
Julia Kirby, Genny McInnes, Liz Snider, Megan Melnyk, Jacqueline Stillman, Brandi Sidoryk

8. Saint Francis Xavier

13 25 41 79 80 (84) (86) = 238
Kim Hill, Erin MacLean, Monica Black, Virginia Bessette, Terese Chisholm, Ellen Gabriell, Katherine Fleming

9. University of Alberta

10 51 55 60 66 = 242
Lindsay Acheson, Tara Witten, Kris Baker, Jenny Hockin, Terra Manca

10. York University
38 49 56 57 67 (99)(109) = 267
Amy Kirkham, Ruth Weaver, Lara Graves, Jessica Reid, Heather Hillsburg, Laura Harte, Marie ClaireBrisbois
11. University of Windsor
40 48 52 69 72 (76)(106) = 281
Dayna Pidhoresky-r, Mel Macchione, Tammy Dufresne, Melanie Battaglia, Lindsay Manning, Andrea Lamantia, Jackie Malette-r
12. University of Saskatchewan
23 64 78 81 89 (96) = 335
Ashley Hinthier, Kristal Anderson, Letitia Russell, Katie Rooks, Barbara Hunter, Jen Chad
13. Laurentian University
39 44 74 102 104 (107) = 363
Leila Angrand, Kirsti Dolson-r, Alicia Kaye, Jennie Oliver-r, Melanie Muise, Marnie Smith-r
14. McGill University
47 65 91 92 95 (100)(103) = 390
Jane Cullis, Laura Wilson, Lauren Whyte-r, Megan Vuksic, Erin Prosk, Genevieve Jenkins, Whitney Mosley-r
15. Saint Mary's University
50 54 73 108 110 = 395
Tiffany Larder, Lisa Rockwell, Joelle Marshall, Charmaine Lightfoot, Laura Conrad
16. University of Waterloo
59 77 82 88 90 (94)(97) = 396
Joanna Fedy, Val Taiakina, Shauna Tsuchiya, Andrea Dupont, Jodi Wendland, Laura Sardone, Jennifer Jones
17. Universite Laval
46 93 98 101 105 = 443
Véronique Fortin, Marianne Boivin, Marie-Christine Coté, Annick Michaud, Mélissa Grondines

42nd ANNUAL CIS MEN'S CROSS COUNTRY CHAMPIONSHIP

===== 10km =====

November 13th, 2004 - Guelph Lakes Golf Course, Guelph Ontario - 3 degrees,
cloudy and breezy

Place	Tm	Pl	No.	Name	University	Time
1	1	11		Cristiano Mauricio	University of Windsor	31:02.9
2	2	13		Brandon Young	University of Windsor	31:05.6
3	3	12		James Gosselin	University of Windsor	31:13.0
4	4	31		Paul Chafe	Dalhousie University	31:21.2
5	5	21		Kristjan Hunter	University of Manitoba	31:32.8
6	6	42		Scott Arnald	University of Waterloo	31:45.8
7	7	2		Cleve Thorson	University of Guelph	31:49.2
8	8	51		Robbie Nissen	University of Alberta	31:50.1
9	9	14		John Bodirlau	University of Windsor	31:53.8
10	10	4		Andre-Paul Baillargeon-Smith	University of Guelph	31:54.6
11	11	65		Robert Kitz	Queen's University	31:55.0
12	12	72		David Gill	University Laval	31:55.4
13	13	91		Geoff Kerr	University of Calgary	31:59.6
14	14	52		Adrian Lambert	University of Alberta	32:03.1
15	15	53		Mike Metcalfe	University of Alberta	32:11.1
16	180			Dylan MacInnis	St. Francis Xavier University	32:13.4
17	16	32		Stanley Chaisson	Dalhousie University	32:14.6
18	17	16		Andrew Coates	University of Windsor	32:20.0
19	18	41		Mike Logue	University of Waterloo	32:27.1
20	19	54		Paul Tichelaar	University of Alberta	32:28.2
21	20	1		Steve Koziarski	University of Guelph	32:28.3
22	21	23		Jason Loutitt	University of Manitoba	32:30.1
23	22	82		Nicholas Walker	University of Victoria	32:33.5
24	23	68		Braden Novakowski-r	Queen's University	32:34.5
25	24	5		Chris Moulton	University of Guelph	32:34.9
26	25	15		Dave DePiero	University of Windsor	32:38.9
27	26	92		Andrew Carruthers	University of Calgary	32:40.6
28	27	6		Kyle Desormeaux	University of Guelph	32:41.7
29	28	86		Geoff Martinson-r	University of Victoria	32:43.8
30	29	81		Steven Murenbeeld	University of Victoria	32:49.4
31	182			François MénardKilrane	University de Sherbrooke	32:53.8
32	30	85		Eric Findlay	University of Victoria	32:57.4
33	31	7		Greg Hutchinson	University of Guelph	32:57.9

34	32	101	Jeff McCabe	McGill University	32:58.7
35	33	111	Sandy Bain	University of Regina	32:59.5
36	34	26	Sam Jerema	University of Manitoba	32:59.8
37	35	71	Daniel Blouin	University Laval	33:01.1
38	36	83	Kris Swanson	University of Victoria	33:02.0
39	177		Mark Ryan	University of Ottawa	33:04.2
40	37	84	Glenn Saqui	University of Victoria	33:04.5
41	38	25	Jeremy Walker	University of Manitoba	33:05.4
42	39	73	Mathiew Gingras	University Laval	33:05.9
43	40	33	Matt Sheffield	Dalhousie University	33:06.9
44	41	37	Dave Eaton	Dalhousie University	33:07.7
45	42	36	Chris Algar	Dalhousie University	33:08.2
46	43	22	Brian Walker	University of Manitoba	33:09.6
47	179		John Tramble	St. Francis Xavier U	33:10.0
48	44	93	Brad Hove	University of Calgary	33:11.6
49	45	77	Laurent Vantigham	University Laval	33:14.4
50	46	126	Matt Scobie	University of Saskatchewan	33:17.5
51	172		Erik Fenety-r	University de Moncton	33:23.2
52	173		Adam Stacey	University of New Brunswick	33:24.2
53	47	112	Joe Filson	University of Regina	33:25.3
54	48	27	Sheldon Kilcullen	University of Manitoba	33:28.3
55	49	3	Kyle Jones	University of Guelph	33:30.6
56	50	43	Kevin Smith	University of Waterloo	33:36.5
57	51	67	Chris Nagle	Queen's University	33:43.5
58	52	95	Stewart Aune	University of Calgary	33:47.6
59	53	103	Stephen Douglas-r	McGill University	33:47.8
60	54	105	James Young-r	McGill University	33:50.0
61	55	34	Nicholas McBride	Dalhousie University	33:53.1
62	56	44	Wes George	University of Waterloo	33:55.2
63	57	45	Alex Magdanz-r	University of Waterloo	33:56.0
64	58	55	Sean MacDonald-r	University of Alberta	33:58.8
65	200		Lee Appleby	Trent University	34:00.7
66	59	76	Philippe Sylvestre	University Laval	34:05.7
67	60	62	Travis Cummings	Queen's University	34:08.0
68	61	122	Chad Friel-r	University of Saskatchewan	34:08.9
69	62	74	Louis Radius	University Laval	34:10.0
70	63	94	Travis Saunders	University of Calgary	34:11.7
71	64	24	Bradley Keefe	University of Manitoba	34:13.8
72	65	104	Pat McAuliffe	McGill University	34:15.1

73	66	123	Jason Kindrat	University of Saskatchewan	34:15.8
74	181		Kenny Fraser	Saint Mary's University	34:20.7
75	67	170	Ian Swanson	Queen's University	34:22.2
76	68	102	Adrian Walton	McGill University	34:25.9
77	69	75	David SavardGagnon	University Laval	34:30.9
78	178		Jeff Harvey	University of Ottawa	34:36.1
79	70	106	Tony Orth-r	McGill University	34:40.4
80	183		Patrick Bonneau	University de Sherbrooke	34:41.4
81	71	87	Graeme Hill-r	University of Victoria	34:47.9
82	72	96	Stuart Hughes	University of Calgary	34:49.0
83	73	97	Darcy Bell	University of Calgary	34:50.7
84	74	114	Fred Otiso	University of Regina	34:54.5
85	75	17	Jonathan Favre-r	University of Windsor	35:03.1
86	76	124	Jeff Rhinas	University of Saskatchewan	35:06.5
87	77	61	Darryl Blackport-r	Queen's University	35:11.1
88	78	127	David Sorenson	University of Saskatchewan	35:12.3
89	79	64	Chris Hartman	Queen's University	35:14.8
90	80	46	Ian Westra	University of Waterloo	35:18.1
91	81	56	Geoff Ulrich	University of Alberta	35:34.4
92	82	48	Adam Lalonde	University of Waterloo	35:39.7
93	83	121	Scott Forbes	University of Saskatchewan	35:58.5
94	84	113	Scott Mitchell-r	University of Regina	36:00.5
95	85	115	Rob Millar	University of Regina	36:19.6
96	86	35	Toby Hennigar-r	Dalhousie University	37:42.6
97	175		Jason English	Nippissing University	37:53.9
98	174		Jon Pratt	Nippissing University	37:54.2
99	176		Cameron Hodgins	Nippissing University	41:08.6

42nd Annual CIS Men's Cross Country Championship

***** TEAM SCORE *****

1. University of Windsor

1 2 3 9 17 (25) (75) = 32

Cristiano Mauricio, Brandon Young, James Gosselin, John Bodirlau,
Andrew Coates, Dave DePiero, Jonathan Favre-r

2. University of Guelph

7 10 20 24 27 (31) (49) = 88

Cleve Thorson, Andre-Paul Baillargeon-Smith, Steve Koziarski, Chris
Moulton, Kyle Desormeaux, Greg Hutchinson, Kyle Jones

3. University of Alberta

8 14 15 19 58 (81) = 114

Robbie Nissen, Adrian Lambert, Mike Metcalfe, Paul Tichelaar, Sean
MacDonald-r, Geoff Ulrich

4. University of Manitoba

5 21 34 38 43 (48) (64) = 141

Kristjan Hunter, Jason Loutitt, Sam Jerema, Jeremy Walker, Brian
Walker, Sheldon Kilcullen, Bradley Keefe

5. Dalhousie University

4 16 40 41 42 (55) (86) = 143

Paul Chafe, Stanley Chaisson, Matt Sheffield, Dave Eaton, Chris
Algar, Nicholas McBride, Toby Hennigar-r

6. University of Victoria

22 28 29 30 36 (37) (71) = 145

Nicholas Walker, Geoff Martinson-r, Steven Murenbeeld, Eric
Findlay, Kris Swanson, Glenn Saqui, Graeme Hill-r

7. University of Waterloo

6 18 50 56 57 (80) (82) = 187

Scott Arnald, Mike Logue, Kevin Smith, Wes George, Alex Magdanz-r,
Ian Westra, Adam Lalonde

8. Universite Laval

12 35 39 45 59 (62) (69) = 190

David Gill, Daniel Blouin, Mathiew Gingras, Laurent Vantigham,
Philippe Sylvestre, Louis Radius, David SavardGagnon

9. University of Calgary

13 26 44 52 63 (72) (73) = 198

Geoff Kerr, Andrew Carruthers, Brad Hove, Stewart Aune, Travis
Saunders, Stuart Hughes, Darcy Bell

10. Queen's University

11 23 51 60 67 (77) (79) = 212

Robert Kitz, Braden Novakowski-r, Chris Nagle, Travis Cummings, Ian Swanson, Darryl Blackport-r, Chris Hartman

11. McGill University

32 53 54 65 68 (70) = 272

Jeff McCabe, Stephen Douglas-r, James Young-r, Pat McAuliffe, Adrian Walton, Tony Orth-r

12. University of Regina

33 47 74 84 85 = 323

Sandy Bain, Joe Filson, Fred Otiso, Scott Mitchell-r, Rob Millar

13. University of Saskatchewan

46 61 66 76 78 (83) = 327

Matt Scobie, Chad Friel-r, Jason Kindrat, Jeff Rhinas, David Sorenson, Scott Forbes