

**Capital XC Challenge - 2019-10-05****Capital XC Challenge  
Terry Fox Athletic Facility  
Results****Event 1 Women 6k CC Open**

Name	Year Team	Avg 1K	Finals	Points
Results - Women				
1 Nishimwe, Beatha	Ottawa Lions T.F.C.	3:43.0	22:17.63	1
2 Aglot, Murielle	Saint-Lauren	3:45.1	22:30.11	2
3 Brennan, Rebecca	Ottawa Gee-Gees	3:45.5	22:32.70	3
4 Fleurent-Gregoire, Chloe	McGill	3:45.9	22:35.35	4
5 Barwick, Alison	McGill Olympic Club	3:47.1	22:42.58	5
6 Carlton, Laura	McGill	3:51.0	23:05.90	6
7 Shepherd, Keili	Ottawa Gee-Gees	3:52.4	23:14.20	7
8 Steer, Molly	Mile2Marathon	3:52.8	23:16.56	8
9 Ireland, Jennifer	McGill	3:53.6	23:21.42	9
10 Trapeau, Maeliss	Ottawa Gee-Gees	3:53.8	23:22.51	10
11 Riopel, Camille	McGill Olympic Club	3:54.9	23:28.86	11
12 Prufer, Lauren	Mile2Marathon	3:57.7	23:46.05	12
13 Hempstead, Lucy	Ottawa Gee-Gees	4:01.8	24:10.48	13
14 Chambers, Meredith	McGill	4:01.9	24:11.18	14
15 Langelaan, Rachel	McGill	4:04.9	24:28.88	15
16 Hicks, Holly	Ottawa Gee-Gees	4:05.7	24:33.72	16
17 Clarke, Madison	Ottawa Gee-Gees	4:05.8	24:34.77	17
18 Lea, Abigail	Ottawa Gee-Gees	4:05.9	24:35.12	18
19 Allan, Veronica	Mile2Marathon	4:06.0	24:35.51	19
20 Wedlock, Jo	Concordia Stingers	4:06.5	24:38.75	20
21 Engel, Katie	Unknown	4:07.1	24:42.24	21
22 Cochrane, Katheryn	Mile2Marathon	4:07.5	24:44.78	22
23 Bushell, Jenn	Mile2Marathon	4:08.9	24:53.05	23
24 Young, Martha	Ottawa Gee-Gees	4:10.3	25:01.49	
25 Norman, Pippa	Carleton Ravens	4:10.5	25:03.03	24
26 Maguire, Liz	Ottawa Lions T.F.C.	4:10.8	25:04.68	25
27 Bright, Nora	Rmc Paladins	4:11.7	25:09.91	26
28 Walton, Shannon	National Cap	4:18.6	25:51.25	27
29 Dahms, Marie-Eve	Ottawa Gee-Gees	4:25.0	26:29.76	
30 Frazer, Hannah	Ottawa Gee-Gees	4:25.5	26:32.93	
31 Ward, Tiarra	Ottawa Gee-Gees	4:26.5	26:38.93	
32 Shair, Tayla	Concordia Stingers	4:28.4	26:50.05	28
33 Drolet, Ann-Rebecca	Concordia Stingers	4:29.0	26:53.58	29
34 Furno Puglia, Veronica	Concordia Stingers	4:30.2	27:00.90	30
35 Boyer-Antoni, Gabrielle	Concordia Stingers	4:31.1	27:06.33	31
36 Alexander, Emily	Mile2Marathon	4:32.4	27:14.38	32
37 Howitt, Kimberly	Ottawa Lions T.F.C.	4:37.9	27:47.19	33
38 Burdick, Rachel	Mile2Marathon	4:38.7	27:51.92	34
39 Miklas, Fiona	Rmc Paladins	4:40.3	28:01.58	35
40 Wauthier, Sara	Remparts	4:42.1	28:12.30	36
41 Gagne, Shania	Rmc Paladins	4:48.2	28:48.85	37
42 Watkins, Patricia	Rmc Paladins	4:50.5	29:02.93	38
43 Magannon, Carrie	Remparts	5:03.9	30:23.35	39
44 Kajugiro, Corina	Concordia Stingers	5:09.4	30:56.02	40
45 Senecal, Camille	Remparts	5:09.5	30:56.90	41
46 Pedersen, Margaret	Rmc Paladins	5:20.4	32:02.05	42
47 Blyth, Alexis	Loyalist Col	6:22.0	38:11.92	43
48 Flynn, Nicole	Loyalist Col	8:35.6	51:33.06	44



**Capital XC Challenge - 2019-10-05****Capital XC Challenge  
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Results****Event 2 Men 6k CC Open**

Name	Year Team	Avg 1K	Finals	Points
Results - Men				
1 Uwajenezza, Jean	Ottawa Lions T.F.C.	3:04.5	18:26.82	1
2 Archer, Jeff	Mile2Marathon	3:07.7	18:46.16	2
3 Alie-Lamarche, Andre	Ottawa Gee-Gees	3:10.3	19:01.36	3
4 Roots, Logan	Rmc Paladins	3:12.1	19:12.50	4
5 Burnotte, Jules	MM Sherbrooke	3:16.4	19:38.13	5
6 Fournier, Adrian	Ottawa Gee-Gees	3:16.6	19:39.40	6
7 Wellenstein, Henry	McGill	3:16.6	19:39.43	7
8 Mitchell, Robert	Ottawa Gee-Gees	3:18.6	19:51.37	8
9 Robinson, Stephen	Ottawa Gee-Gees	3:21.3	20:07.31	9
10 Maxwell, Alex	Unknown	3:22.4	20:14.34	10
11 Campbell, Alex	Concordia Stingers	3:23.3	20:19.63	11
12 Csisztu, Thomas	McGill	3:23.6	20:21.13	12
13 Paques, Maxime	Montréal Carabins	3:23.7	20:21.99	13
14 Cyr, Olivier	McGill	3:25.3	20:31.28	14
15 Izquierdo-Bernier, Ricar	Uqam Citadins	3:26.3	20:37.77	15
16 Bates, Paul	Ottawa Gee-Gees	3:27.0	20:41.84	16
17 Elrimawi-Fine, Noah	McGill	3:28.3	20:49.47	17
18 Saville, Sebastian	Ottawa Lions T.F.C.	3:29.9	20:59.32	18
19 Wyonch, Kyle	Rmc Paladins	3:31.5	21:08.62	19
20 McClure, Jake	McGill	3:32.0	21:11.80	20
21 Beaulieu, Nathanael	McGill	3:32.2	21:13.01	21
22 Clarke, Ethan	Concordia Stingers	3:32.6	21:15.53	22
23 Pilon-Rabonson, Zacharie	Sherbrooke V	3:32.7	21:15.67	23
24 Sneddon, Jay	Ottawa Lions T.F.C.	3:33.4	21:19.96	24
25 Grover, Jacob	Concordia Stingers	3:34.6	21:27.40	25
26 Hill, Darrell	Carleton Ravens	3:34.8	21:28.65	26
27 Ennabaoui, Nassim	Concordia Stingers	3:35.1	21:30.18	27
28 Poirier, Aaron	Rmc Paladins	3:35.3	21:31.37	28
29 Heindricks, Joey	Rmc Paladins	3:35.6	21:33.46	29
30 Bellay, David	Rmc Paladins	3:35.9	21:34.94	30
31 Obrand, Jeremy	McGill	3:36.4	21:38.43	31
32 Bruce, Cameron	Carleton Ravens	3:37.1	21:42.12	32
33 Desharnais, Philippe	Rmc Paladins	3:41.7	22:09.67	33
34 Bilton, Ryan	Loyalist Col	3:42.3	22:13.67	34
35 Zanetti, Lucas	Ottawa Gee-Gees	3:43.5	22:20.58	35
36 Emerslund, Gordon	Rmc Paladins	3:43.8	22:22.76	36
37 Cottam, Matt	Ottawa Lions T.F.C.	3:44.6	22:27.09	37
38 Degois, Jonathon	Rmc Paladins	3:45.0	22:29.55	
39 McFerrin, Sampson	Concordia Stingers	3:45.1	22:30.17	38
40 Andersen, Stephen	Mile2Marathon	3:45.2	22:31.00	39
41 Meraw, Nathan	Ottawa Gee-Gees	3:45.3	22:31.82	40
42 Vice, Nathaniel	Mile2Marathon	3:46.3	22:37.45	41
43 Armstrong, Sidney	Carleton Ravens	3:46.5	22:39.01	42
44 Boswell, Jonathon	Rmc Paladins	3:46.7	22:39.71	
45 Rhydderch, James	Ottawa Gee-Gees	3:47.6	22:45.25	
46 Uranga Gutierrez, Andree	Concordia Stingers	3:47.6	22:45.47	43
47 Isfan, Warren	Mile2Marathon	3:47.6	22:45.64	44
48 Moore, Michael	Rmc Paladins	3:51.7	23:09.89	
49 Davies, Gareth	Unattached Ontario	3:53.6	23:21.54	45
50 Jonathan, Cote	Remparts	3:54.2	23:24.73	46
51 Saugeron, Abel	Concordia Stingers	3:54.2	23:25.14	47



