

Louis-Riel XCookie Meet - 2016-09-16**Ottawa, ON****Results****Event 1 Girls 2500 Meter CC Intermediate**

Name	Year School	Finals	Points
Results - Women			
1 Alkerton, Alyshia	03 St. Mary	9:44,07	1
2 Johnston-Hodge, Brielle	03 St. Mary	10:47,65	2
3 Vadon, Amanda	04 Gisele-Lalonde	10:50,49	3
4 De La Fuente, Olivia Kar	04 Louis-Riel	10:56,84	4
5 Reilly, Avery	03 St. Mary	11:04,44	5
6 Merkley, Michelle	04 Louis-Riel	11:04,85	6
7 Labarang, Mounira	04 Louis-Riel	11:09,37	7
8 Milko, Emma	04 St. Mary	11:11,65	8
9 Beboua, Ketsia	04 Louis-Riel	11:38,67	9
10 Dillon, Chloe	03 St. Mary	11:39,29	10
11 Lopes, Madeline	04 St. Mary	11:50,10	11
12 O'Reilly, Abby	04 St. Mary	11:51,31	
13 Dore, Veronic	03 Louis-Riel	12:14,57	12
14 Rosales, Avery	03 Louis-Riel	12:16,03	13
15 Abdulkadir, Salama	04 Louis-Riel	12:17,91	
16 Wheeler, Julia	03 St. Mary	12:46,01	
17 Racine, Audrea	03 Louis-Riel	12:47,60	
18 Duguay, Frederique	04 Louis-Riel	12:50,80	
19 Del Ciotto, Antonia	04 Louis-Riel	12:53,34	
20 Gauvin, Gabrielle	04 Louis-Riel	12:53,55	
21 Alain, Charissa	04 Gisele-Lalonde	12:57,43	14
22 Ross, Kaitlyn	04 Louis-Riel	13:04,67	
23 Boulaksout, Mariam	04 Louis-Riel	13:20,64	
24 Fisher, Grace	03 Louis-Riel	13:31,26	
25 Monds, Ashley	03 St. Mary	13:40,54	
26 Fitzmorris, Leah	03 St. Mary	13:43,23	
27 Lessard, Sarah	04 St. Mary	13:45,00	
28 McAllister, Emily	04 St. Mary	13:46,70	
29 Sabourin, Robyn	04 Louis-Riel	13:47,63	
30 Baker, Chloe	03 Louis-Riel	14:01,90	
31 Lopes, Adrianna	04 St. Mary	14:02,69	
32 Dugdale, Serena	03 St. Mary	14:12,34	
33 Crowe, Olivia	04 Louis-Riel	14:16,47	
34 Diagne, Fatim	03 Louis-Riel	14:29,42	
35 Gaffney, Sarah	04 St. Mary	14:41,73	
36 McDonald, Sarah	03 St. Mary	14:57,70	
37 Brady, Montana	03 St. Mary	15:16,17	
38 Hubbard, Lexi	04 St. Mary	15:21,61	
39 Brown, Maddy	03 St. Mary	15:23,47	
40 Heffernan, Isabelle	04 St. Mary	15:26,74	
41 Charron, Elly	04 Louis-Riel	15:38,72	
42 Turkie, Sarah	04 Louis-Riel	16:36,33	
43 Hussein, Sarah	04 Louis-Riel	16:36,98	
44 Ibrahim, Assia	03 Louis-Riel	16:38,10	
45 Lessard, Kelly-Ann	04 Louis-Riel	16:41,36	
46 Saoud, Diana	03 Louis-Riel	17:01,52	
47 Loubota, Garcia	04 Louis-Riel	17:32,28	
48 Shing-H, Allyson	03 Louis-Riel	17:32,65	
49 Bonneville, Gabrielle	03 Louis-Riel	17:46,61	
50 Memel, Maurelle	04 Louis-Riel	17:50,77	
51 Blanc, Jessica	03 Louis-Riel	17:51,45	
52 Gladu-L, Zoe	03 Louis-Riel	18:04,95	

Louis-Riel XCookie Meet - 2016-09-16**Ottawa, ON****Results****....Event 1 Girls 2500 Meter CC Intermediate**

53 Giroux, Kaylee Jade	04 Louis-Riel	18:06,46
54 Dorsainvil, Edeline	03 Louis-Riel	18:18,37
55 El Roze, Marwa	03 Louis-Riel	18:20,23
56 Makouan, Samah	04 Louis-Riel	18:26,65
57 Idriss-M, Degan	03 Louis-Riel	18:36,22
58 Weeden, Kayla	03 Louis-Riel	18:38,08
59 Mudiandambu, Megane	03 Louis-Riel	19:11,20
60 Barry, Fatoumata	03 Louis-Riel	19:35,66
61 Hannawi, Najwa	03 Louis-Riel	19:49,55
62 Deschamps, Isabelle Tamm	04 Louis-Riel	19:50,54
63 Ndinsil, Neema	04 Louis-Riel	20:48,03
64 Abdi-Elmi, Degane	03 Louis-Riel	21:35,39
65 Elysee, Laurie Martine	03 Louis-Riel	21:38,84
66 Ba, Kadiata	03 Louis-Riel	21:42,11
67 Hammoud, Maya	04 Louis-Riel	21:45,68
68 Djama, Amran	04 Louis-Riel	22:16,81

Team Scores

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Rank	Team		Total	1	2	3	4	*5	*6	*7	*8	*9
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Results - Women												
1	St. Mary		16	1	2	5	8	10	11			
	Total Time:	42:47,81										
	Average:	10:41,96										
2	Louis-Riel		26	4	6	7	9	12	13			
	Total Time:	44:49,73										
	Average:	11:12,44										

Louis-Riel XCookie Meet - 2016-09-16**Ottawa, ON****Results****Event 2 Boys 3k CC Intermediate**

Name	Year	School	Finals	Points
Results - Men				
1 Lajeunesse, Eric	03	Louis-Riel	13:35,85	1
2 Polman, Alexey	04	Louis-Riel	14:02,77	2
3 Heynen-V, Malik	03	Louis-Riel	14:38,83	3
4 Popejoy, Dylan	03	St. Mary	14:39,14	4
5 Gangne, Zackary	04	Louis-Riel	14:43,53	5
6 Coderre, Daniel	04	Louis-Riel	14:44,59	6
7 Gagan, Nicholas John	04	Louis-Riel	14:54,66	7
8 Nolet, Matthew	03	Louis-Riel	14:57,65	
9 Nsoki, Grady	03	Louis-Riel	14:58,76	
10 Charlebois, Zachary	04	Louis-Riel	15:01,54	
11 Petrut, Marc-Antoine	04	Louis-Riel	15:02,77	
12 Wooller, Ethan	04	St. Mary	15:08,88	8
13 Sahraoui, Ali	03	Louis-Riel	15:11,86	
14 Prud'homme, Loic	04	Louis-Riel	15:32,11	
15 Taha, Salim	04	Louis-Riel	15:35,35	
16 Levesque, Zachary	04	Louis-Riel	15:39,48	
17 McKinlay, Thomas	04	Louis-Riel	15:43,23	
18 Paguaga-F, Roberto	03	Louis-Riel	15:56,09	
19 Ahimon, Chris	03	Louis-Riel	16:07,29	
20 Dumouchel, Yan	03	Louis-Riel	16:16,24	
21 Aristil, Owen-G	03	Louis-Riel	16:18,23	
22 Ismael, Deek	03	Louis-Riel	16:32,77	
23 Ba, Ndiouga	03	Louis-Riel	17:07,63	
24 Skokos, Jason	03	Louis-Riel	17:08,30	
25 Lindsay, Isaac	04	St. Mary	17:08,56	9
26 Whyte, Joshua	03	Louis-Riel	17:22,33	
27 Guillen, Loic	04	Louis-Riel	17:26,98	
28 Abemba, Meshack	03	Louis-Riel	17:54,12	
29 O'Brien, Liam	04	St. Mary	17:55,54	10
30 Jubouri, Ali	04	Louis-Riel	18:25,94	
31 Togawa, Ryosuke	02	Fulford Academy	18:39,51	11
32 Hussein, Zakaria	03	Louis-Riel	18:43,14	
33 Nour, Wilsan	03	Louis-Riel	18:50,74	
34 Sinda, Nicolay-Louis	03	Louis-Riel	19:05,85	
35 Mayotte, Jack	04	St. Mary	19:06,74	12
36 Houston, Daniel	03	St. Mary	19:08,16	13
37 Pryer, Chriis	03	St. Mary	19:14,02	
38 Stewart, Seth	04	St. Mary	19:27,31	
39 Pattemore, Christian	04	St. Mary	19:32,16	
40 Abubakar, Idriss	04	Louis-Riel	19:32,87	
41 Gutierrez Loria, Juan Pab	02	Fulford Academy	19:48,42	14
42 Ghaidan, Ali Asaas	04	Louis-Riel	20:01,39	
43 Yusuf, Bachir	04	Louis-Riel	20:33,76	
44 Farid, Guedi	03	Louis-Riel	20:36,20	
45 Nguyen, Ben	03	St. Mary	20:37,27	
46 Mohamed, Ramadan	04	Louis-Riel	20:46,81	
47 Lee, Jeewoo	02	Fulford Academy	20:57,88	15
48 Kokkaliaris, Anthony	04	Louis-Riel	21:28,82	
49 Goulet, Austin	03	St. Mary	21:39,47	
50 Ongagna, Joel King	04	Louis-Riel	21:49,90	
51 Dupoux, Schwarsen-Lord	04	Louis-Riel	21:51,91	
52 Nolan, Justin	03	Louis-Riel	22:14,53	

Results

53	etienne, Marc Daryl	04	Louis-Riel	22:27,05
54	Marcoux, Alexandre	04	Louis-Riel	23:56,89
55	Daoud, Joseph	04	Louis-Riel	23:59,33
56	Mohamed, Zoubeir	04	Louis-Riel	24:02,19
57	Tchoudem-D, Samuel	03	Louis-Riel	24:07,68
58	Kingston, Adam	03	Louis-Riel	24:10,72
59	Seck, Ahmed	04	Louis-Riel	24:26,22
60	Eguren, Caleb Angel	04	Louis-Riel	24:26,47
61	Hamel, Jeshua	04	Louis-Riel	24:47,81
62	Dupuy, Gershon	03	Louis-Riel	24:49,00
63	Cameron, Dylan	04	Louis-Riel	25:48,45
64	Ibrahim, Golis	03	Louis-Riel	27:27,23
65	Trepanier, Justin	04	Louis-Riel	27:57,29
66	Ali, Yacin	03	Louis-Riel	27:57,90
67	Halawa, Salih	03	Louis-Riel	28:15,99
68	Paquette, Nikolas	04	Louis-Riel	28:16,93
69	Bleik, Hamza	03	Louis-Riel	30:34,83
70	El Hossari, Mohamad	03	Louis-Riel	30:35,94
71	MacPhee, Mark	03	Louis-Riel	30:38,72
72	Ali, Akram	04	Louis-Riel	30:39,71
73	Neilson, Daniel	04	Louis-Riel	30:40,87
74	Moustapha, Moubarak	04	Louis-Riel	30:49,60
75	Boucher, Theo	04	Louis-Riel	31:47,34
76	Carballo M., Rafael E.	04	Louis-Riel	31:48,00
77	Daoud, Mohamed-Yassine	04	Louis-Riel	31:49,65
78	Meagher, Brandon	03	Louis-Riel	31:50,65
79	Thomas, Jacob	04	Louis-Riel	31:52,65
80	Rakotosolo, Jeremie	03	Louis-Riel	31:53,65
81	Pierre-A, Hamza	03	Louis-Riel	32:54,66
82	Smerdon, Joseph	03	Louis-Riel	32:55,66
83	Monalliance, Carl-Christ	04	Louis-Riel	32:58,65
84	Blesson, Paul Ariel	04	Louis-Riel	33:00,54

Rank	Team	Total	1	2	3	4	*5	*6	*7	*8	*9
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1	Louis-Riel	11	1	2	3	5	6	7
	Total Time:	57:00,98						
	Average:	14:15,25						
2	St. Mary	31	4	8	9	10	12	13
	Total Time:	1:04:52,12						
	Average:	16:13,03						

Louis-Riel XCookie Meet - 2016-09-16**Ottawa, ON****Results****Event 3 Girls 3k CC High School**

Name	Year School	Finals	Points
Results - Women			
1 Reid, Lauren	02 All Saints	14:25,53	1
2 Shields, Hollyann	01 All Saints	14:43,19	2
3 Roy, Megan	01 Louis-Riel	14:59,65	3
4 Matuszewski, Marta	00 All Saints	15:00,34	4
5 Stowe, Caitlyn	01 Almonte D.H.S.	15:33,12	5
6 Plessas, Phoenix	02 Louis-Riel	15:33,30	6
7 Kingston, Renata	98 Louis-Riel	15:47,67	7
8 Loiselle, Melanie	01 All Saints	15:49,69	8
9 Finch, Abigail	02 All Saints	15:51,35	9
10 Hill, Emma	01 Almonte D.H.S.	16:04,49	10
11 MacLeod, Arianna	01 All Saints	16:11,76	11
12 Tynski, Laureenne	01 All Saints	16:45,35	
13 Cavan, Elly	00 Louis-Riel	17:09,39	12
14 Adams, Haley	99 All Saints	17:16,70	
15 Allard, Marianne	01 Samuel-Genest	17:47,57	13
16 Rioux, Alexa	02 Louis-Riel	17:51,09	14
17 Delorme, Laura	99 Samuel-Genest	18:22,98	15
18 Heroux, Ashley	99 Louis-Riel	18:40,34	16
19 Gagne, Annabelle	00 Louis-Riel	18:55,05	
20 Lalonde, Stephanie	00 Louis-Riel	18:55,88	
21 Young, Falan	02 Almonte D.H.S.	18:56,10	17
22 Ahmed, Nasrine	99 Hillcrest	18:59,68	18
23 Rioflorido, Julia	00 All Saints	19:16,16	
24 Girouard, Angela	00 Gisele-Lalonde	19:33,02	19
25 Mclean, Emily	02 Almonte D.H.S.	19:42,75	20
26 Kabamba, Joyce	99 Hillcrest	19:51,29	21
27 Lorachelle, Emily	01 All Saints	20:01,14	
28 Hewitt, Meg	00 All Saints	20:16,49	
29 Moustaph, Nazimath	01 Louis-Riel	20:22,06	
30 Muboyayi, Julie	01 Gisele-Lalonde	20:24,69	22
31 Innes, Celia	02 All Saints	20:49,62	
32 Brown, Christina	01 All Saints	21:03,72	
33 Dong, Lily	01 Fulford Academy	21:28,09	23
34 Ndinsil, Lila	00 Louis-Riel	21:53,78	
35 Kadar, MacKenzie	01 All Saints	21:54,37	
36 Kennedy, Cameron	00 All Saints	21:58,71	
37 Hearne, Isabelle	01 All Saints	22:23,09	
38 Baker, Taylor	99 All Saints	22:23,41	
39 Coles, Maddy	99 Hillcrest	23:44,16	24
40 Macwan, Angel	00 All Saints	24:08,09	
41 White, Natasha	99 Samuel-Genest	25:00,80	25
42 Lafleche, Charlotte	99 Samuel-Genest	25:01,02	26
43 Mohan, Chaya	02 All Saints	26:59,53	

Louis-Riel XCookie Meet - 2016-09-16**Ottawa, ON****Results****Event 4 Boys 5k CC High School**

Name	Year School	Finals	Points
Results - Men			
1 Rioux, Jon	00 Louis-Riel	17:15,19	1
2 Jones, Stuart	01 Colonel By SS	18:25,60	2
3 Cox, Will	01 Colonel By SS	18:56,84	3
4 Butler, Alex	99 All Saints	19:03,51	4
5 Vile, Jake	99 All Saints	19:05,81	5
6 St-Denis, Alex	99 Louis-Riel	19:14,53	6
7 Ali, Mahad	00 Louis-Riel	19:39,44	7
8 Monteith-Pistor, Alex	01 Colonel By SS	19:47,10	8
9 Higa, Printz	01 Louis-Riel	20:07,35	9
10 Ducharme, Olivier	02 Louis-Riel	20:15,32	10
11 Ducharme, Antoine	02 Louis-Riel	20:27,33	11
12 Nonez, Fabrice	02 Gisele-Lalonde	20:34,25	12
13 Rustom, Matthieu	02 Louis-Riel	20:35,69	13
14 Chung, Peter	01 Colonel By SS	20:44,18	14
15 MacDonell, Keeley	02 All Saints	20:44,79	15
16 Pollock, Thomas	02 Louis-Riel	20:51,20	
17 Stanier, Jack	99 All Saints	20:57,36	16
18 Knight, Duncan	02 Hillcrest	21:09,78	17
19 Jean, Leewinchell	01 Gisele-Lalonde	21:15,55	18
20 Rafuse, Lewis	99 Almonte D.H.S.	21:19,19	19
21 de la Maza, Alvaro	01 Almonte D.H.S.	21:44,91	20
22 Ouatar, Tidiane	02 Samuel-Genest	21:52,84	21
23 Binotto, Joshua	01 All Saints	21:58,72	22
24 Hayes, Gabe	01 All Saints	22:31,96	23
25 Yin, Alan	00 Fulford Academy	22:32,89	24
26 Walker, Dawson	01 All Saints	22:52,18	
27 Stewart, Max	01 All Saints	22:55,87	
28 Ho, Johnny	99 Fulford Academy	23:05,64	25
29 Zelenski, Alex	00 All Saints	23:10,63	
30 Major, Seb	99 Louis-Riel	23:14,62	
31 Maddock, Alex	00 All Saints	23:14,85	
32 Shearman, Adrian	99 Almonte D.H.S.	23:22,99	26
33 Lapointe, Sasha	02 Samuel-Genest	23:43,99	27
34 Alexander, Conrad	02 Almonte D.H.S.	24:05,44	28
35 Carey, Max	00 Almonte D.H.S.	24:31,74	29
36 Ouatar, Malick	99 Samuel-Genest	24:51,48	30
37 Languet, Mael	02 Samuel-Genest	25:22,51	31
38 Gratton, Kai	01 All Saints	25:37,03	
39 Gonzalez, Adrian	01 Almonte D.H.S.	26:05,94	32
40 Kabagema, David	98 Samuel-Genest	26:14,29	33
41 Sanchez Zazueta, Paul An	00 Fulford Academy	26:30,96	34
42 Zannese, Kevin	01 All Saints	29:13,44	

Results

Team Scores

Rank	Team	Total	1	2	3	4	*5	*6	*7	*8	*9
Results - Men											
1	Louis-Riel Total Time: 1:16:24,48 Average: 19:06,12	24	1	6	7	10	11	13			
2	Colonel By SS Total Time: 1:17:53,72 Average: 19:28,43	27	2	3	8	14					
3	All Saints Total Time: 1:19:51,47 Average: 19:57,87	40	4	5	15	16	22	23			
4	Almonte D.H.S. Total Time: 1:30:32,53 Average: 22:38,14	93	19	20	26	28	29	32			
5	Samuel-Genest Total Time: 1:35:50,82 Average: 23:57,71	109	21	27	30	31	33				