

Canadian National Cross Country Championships

Guelph, ON
November 28th, 2009

Junior Men

Place	Time	km	#	Name	Club	Year
1	24:09.0	3:02	364	AHMED, MOHAMMED	NIAGARA OLYMPIC CLUB	91
2	24:33.1	3:05	526	HAIGHT, DYLAN T	PACIFIC ATHLETICS	91
3	24:33.5	3:05	785	LEAKOS, JAMES	UNATTACHED-SASKATCHE	92
4	24:40.2	3:06	840	SMITH, DARYL	WINDSOR LEGION TRACK	91
5	24:45.0	3:06	220	BAITON, WYATT	EXCEL ATHLETIKA	91
6	24:46.6	3:06	397	BRUCHET, LUCAS	OCEAN ATHLETICS	91
7	24:51.1	3:07	313	DE VRIES, THOMAS	LONDON WESTERN T.F.C	92
8	24:51.5	3:07	683	KUTERNIN, ALEKSANDR	TORONTO OLYMPIC CLUB	90
9	24:51.6	3:07	112	WOLTER, MATTIAS	BLUENOSE ATHLETICS T	91
10	24:53.2	3:07	262	NIXON, ANDREW	LAKEHEAD ATHLETICS C	91
11	24:56.4	3:08	349	DEGROOT, ANDREW	NEWMARKET HUSKIES TR	91
12	25:00.2	3:08	834	MALETTE, JOHN PAUL	WINDSOR LEGION TRACK	91
13	25:00.4	3:08	831	JANIKOWSKI, PAUL	WINDSOR LEGION TRACK	92
14	25:00.5	3:08	706	PROUDFOOT, ROSS	TRACK NORTH ATHLETIC	92
15	25:11.4	3:09	169	HOSIER, STEPHEN	DURHAM DRAGONS ATHLE	92
16	25:15.4	3:10	634	PESCE, MICHAEL	SOUTH SIMCOE DUFFERI	92
17	25:18.7	3:10	546	HINTON, ALEXANDER	PHYSI-KULT KINGSTON	91
18	25:20.2	3:11	139	HADFIELD, GARETH	CALTAF ATHLETIC ASSO	92
19	25:24.4	3:11	352	DENAULT, ROBERT	NEWMARKET HUSKIES TR	93
20	25:24.5	3:11	832	KOWALSKY, ANDREW	WINDSOR LEGION TRACK	92
21	25:25.0	3:11	218	WANUCH, NATHAN	ETOBICOKE TRACK & FI	90
22	25:28.0	3:11	569	BOISVERT, EMMANUEL	QUEBEC ENDURANCE	91
23	25:31.2	3:12	339	STONE, JEFF	MISSISSAUGA T.F.C.	92
24	25:33.5	3:12	551	MCGRAW, NICK	PHYSI-KULT KINGSTON	90
25	25:39.4	3:13	164	BOYCHUK, JAY	DURHAM DRAGONS ATHLE	92
26	25:42.5	3:13	574	LAPOINTE, JEAN-SAMUEL	QUEBEC ENDURANCE	91
27	25:48.2	3:14	542	ARCHER, JEFF	PHYSI-KULT KINGSTON	92
28	25:48.5	3:14	702	CARGILL, CHANTRY	TRACK NORTH ATHLETIC	90
29	25:49.1	3:14	836	MELOCHE, DAVID	WINDSOR LEGION TRACK	91
30	25:52.1	3:15	168	ESSELINK, EVAN	DURHAM DRAGONS ATHLE	92
31	25:53.0	3:15	129	RIED, TAYLOR	C3 - CANADIAN CROSS	91
32	25:56.1	3:15	124	SMITH, JACOB	BROCKVILLE LEGION TR	90
33	25:57.4	3:15	555	O'SULLIVAN, DYLAN	PHYSI-KULT KINGSTON	92
34	26:00.6	3:16	332	DULHANTY, CHRISTOPHER	MISSISSAUGA T.F.C.	92
35	26:01.5	3:16	696	SHIBLEY, TYLER	TORONTO OLYMPIC CLUB	90
36	26:02.5	3:16	172	KING, XAVIER	DURHAM DRAGONS ATHLE	93
37	26:03.2	3:16	668	BOURGET, JEREMIE	TIMMINS PORCUPINE TR	93
38	26:03.2	3:16	781	REDPATH, JASON	UNATTACHED-MANITOBA	91
39	26:04.3	3:16	540	ALLAN, CHARLY	PHYSI-KULT KINGSTON	91
40	26:08.5	3:17	573	LABRANCHE, JEAN-DANIEL	QUEBEC ENDURANCE	91
41	26:11.5	3:17	629	DRUKEN, MATTHEW	SOUTH SIMCOE DUFFERI	94
42	26:14.1	3:17	700	YEMANE, BIEMNET	TORONTO OLYMPIC CLUB	91
43	26:14.4	3:17	623	MAVROVIC, ALEX	SHERBROOKE	91
44	26:17.6	3:18	152	RAYMOND, BENJAMIN	CLUB D'ATHL...TISME DY	92
45	26:18.6	3:18	872	ZAGHLOL, ABDUL	TRI CITY TRACK CLUB	92
46	26:20.3	3:18	605	BRITT, BARRY	SAINT JOHN TRACK & F	90
47	26:21.2	3:18	708	BELANGER, ANDREW	TRI CITY TRACK CLUB	91
48	26:21.4	3:18	345	BROWN, DYLAN	NEWMARKET HUSKIES TR	93
49	26:22.0	3:18	111	HATHEWAY, OLIVER	BLUENOSE ATHLETICS T	90
50	26:24.0	3:18	720	WILSON, MCKAY	TRI CITY TRACK CLUB	93
51	26:25.0	3:19	764	FORSETH, ROWAN J.	UNATTACHED BRITISH C	91
52	26:26.2	3:19	814	IRVINE, KYLE	UNIVERSITY OF VICTOR	90
53	26:28.1	3:19	796	FOSTER, OLIVER	UNIVERSITY OF TORONT	92
54	26:28.5	3:19	839	PITICARIU, DANIEL	WINDSOR LEGION TRACK	92

55	26:29.3	3:19	534	HOLMES, STEPHEN	PHOENIX ATHLETICS AS	90
56	26:30.1	3:19	334	GEISER, LUCA	MISSISSAUGA T.F.C.	92
57	26:31.1	3:19	703	COOPER, JEREMY	TRACK NORTH ATHLETIC	93
58	26:34.1	3:20	144	MARTIN, JONATHAN	CAMBRIDGE HARRIERS	92
59	26:34.6	3:20	610	HALL, MATTHEW	SARNIA ATHLETICS SOU	93
60	26:36.4	3:20	394	PELLERIN, JEREMIE	O2	93
61	26:38.3	3:20	241	FORBES, AUSTEN	HAMILTON HAMMERHEADS	93
62	26:38.4	3:20	287	HENDRIKX, AARON	LONDON RUNNER DISTAN	93
63	26:42.3	3:21	786	AMHED, ZAIN	UNIVERSITY OF TORONT	91
64	26:44.5	3:21	348	DAVENPORT, ETHAN	NEWMARKET HUSKIES TR	90
65	26:45.0	3:21	792	CRUICKSHANK, ANDREW	UNIVERSITY OF TORONT	90
66	26:46.3	3:21	679	HODGE, SIMON	TORONTO OLYMPIC CLUB	90
67	26:47.6	3:21	543	ASSELSTINE, ROBERT	PHYSI-KULT KINGSTON	92
68	26:51.5	3:22	626	KENT, JUSTIN	SOUTH FRASER TRACK &	92
69	26:52.3	3:22	583	PARKER, KAELAN	QUINTE LEGION TRACK	93
70	26:53.5	3:22	147	THORNTON, JASON	CAMBRIDGE HARRIERS	92
71	26:55.4	3:22	215	SLOAN, HARRISON	ETOBICOKE TRACK & FI	94
72	26:57.4	3:23	782	VINCENT, SAMUEL	UNATTACHED-MANITOBA	92
73	26:58.0	3:23	307	WALSH, JEREMY	LONDON RUNNER DISTAN	90
74	26:58.3	3:23	222	MIDDLEMISS, MICHAEL	EXCEL ATHLETIKA	92
75	27:00.2	3:23	120	RHEBERGEN, JULIAN	BRIGHTON LEGION TRAC	91
76	27:01.2	3:23	289	HOLDEN, MAX	LONDON RUNNER DISTAN	92
77	27:02.2	3:23	392	CASSIDY, RYAN	O2	93
78	27:02.5	3:23	608	BISSON, SHAUN	SARNIA ATHLETICS SOU	91
79	27:03.2	3:23	174	MOYER, CHRIS	DURHAM DRAGONS ATHLE	94
80	27:04.0	3:23	337	PARROT-MIGAS, PHILIPPE	MISSISSAUGA T.F.C.	93
81	27:04.2	3:24	379	SCOTLAND, ANDREW	NIAGARA OLYMPIC CLUB	92
82	27:04.3	3:24	384	BOULAY, BENOIT	NORTH BAY LEGION	91
83	27:04.3	3:24	576	THIBODEAU, JEAN-PHILIPPE	QUEBEC ENDURANCE	90
84	27:04.6	3:24	819	CHATUR, AZAR	VANCOUVER THUNDERBIR	92
85	27:05.3	3:24	816	LEBLANC, ETIENNE	VAINQUEURS (LES)	92
86	27:06.1	3:24	846	WING, JACOB	YHZ	93
87	27:06.4	3:24	611	MASTER, SHAWN	SARNIA ATHLETICS SOU	94
88	27:07.5	3:24	579	DENNY, JAMES	QUINTE LEGION TRACK	92
89	27:08.1	3:24	820	CLIFF, WILLIAM	VANCOUVER THUNDERBIR	93
90	27:08.5	3:24	225	FORBES, IAN	FAST TRACKS	92
91	27:09.0	3:24	680	HOLT, JAMIE	TORONTO OLYMPIC CLUB	93
92	27:12.1	3:25	131	BROWN, TRAVIS	CALGARY SPARTANS	90
93	27:12.1	3:25	587	MILLER, THOMAS	RIVER CITY ATHLETICS	92
94	27:14.1	3:25	582	MAHONEY-ASHBERRY, CONNOR	QUINTE LEGION TRACK	92
95	27:14.5	3:25	176	WHITE, ANDREW	DURHAM DRAGONS ATHLE	93
96	27:16.3	3:25	714	IKRAM, SHOAIB	TRI CITY TRACK CLUB	90
97	27:16.4	3:25	541	ANDRIN, EVAN	PHYSI-KULT KINGSTON	91
98	27:17.0	3:25	149	WOOD, NICHOLAS	CENTRAL NOVA LEGION	92
99	27:18.2	3:25	154	BRAULT, CHARLES	COLLEGE LOUIS RIEL	93
100	27:18.3	3:25	205	GRIEVE, KYLE	ETOBICOKE TRACK & FI	93
101	27:19.0	3:25	338	SANDHU, TRISTAN	MISSISSAUGA T.F.C.	90
102	27:20.1	3:26	548	LEVAC, CAMERON	PHYSI-KULT KINGSTON	93
103	27:20.3	3:26	207	JONES, CHANCE	ETOBICOKE TRACK & FI	94
104	27:22.6	3:26	837	MITCHELL, REID	WINDSOR LEGION TRACK	93
105	27:24.4	3:26	797	GREEN, NATHANIEL	UNIVERSITY OF TORONT	91
106	27:25.3	3:26	607	MCNEIL, MATTHEW	SAINT JOHN TRACK & F	93
107	27:27.2	3:26	351	DENAULT, ALEX	NEWMARKET HUSKIES TR	91
108	27:27.3	3:26	531	DESHAIES, NICOLAS	PHENIX	92
109	27:27.4	3:26	594	STOTT, MASON	RIVERSDALE ATHLETICS	92
110	27:28.1	3:27	762	CLERKE, CONNOR	UNATTACHED BRITISH C	92
111	27:29.4	3:27	677	HILL, GEORGE	TORONTO OLYMPIC CLUB	92
112	27:30.0	3:27	286	HARTMAN, PATRICK	LONDON RUNNER DISTAN	93
113	27:30.2	3:27	718	SHIELDS, GAVIN	TRI CITY TRACK CLUB	94
114	27:31.0	3:27	158	DOUCETTE, JONAH	DARTMOUTH ATHLETICS	92
115	27:33.0	3:27	746	BROWN, BUDDY	UNATTACHED ALBERTA	93
116	27:34.2	3:27	592	GUENTHER DAVIS	RIVERSDALE ATHLETICS	93
117	27:36.4	3:28	658	WATERS, DANIEL	SPEED RIVER TRACK &	91

118	27:37.0	3:28	143	MARTIN, ANDREW	CAMBRIDGE HARRIERS	92
119	27:37.3	3:28	664	THACHER, ERIC	STRIDE AHEAD TOUGH T	92
120	27:37.5	3:28	344	BOURGEOIS, MICHAEL	NEWMARKET HUSKIES TR	93
121	27:38.5	3:28	784	JOHNSON, MATTHEW	YORKTON LEGION TRACK	92
122	27:39.4	3:28	318	HICK, JEREMY	LONDON WESTERN T.F.C	93
123	27:40.0	3:28	676	HENRY, ETHAN	TORONTO OLYMPIC CLUB	92
124	27:40.4	3:28	281	BARRY, ERIC	LONDON RUNNER DISTAN	92
125	27:42.5	3:28	275	JONES, BEN	LES COUREURS DE BOIS	92
126	27:45.2	3:29	810	WOLOSHYN, JAKE	UNIVERSITY OF TORONT	91
127	27:45.4	3:29	163	BIEREMA, JORDAN	DURHAM DRAGONS ATHLE	92
128	27:45.4	3:29	249	BOWEN, SEAN	HARBOUR TRACK	90
129	27:46.4	3:29	612	SAWATZKY, ADAM	SARNIA ATHLETICS SOU	92
130	27:49.1	3:29	580	DOXTATOR, ADAM	QUINTE LEGION TRACK	95
131	27:49.1	3:29	624	MENARD, GUILLAUME	SHERBROOKE	91
132	27:49.2	3:29	353	FREEMANTLE, ALEXANDER	NEWMARKET HUSKIES TR	95
133	27:50.4	3:29	842	KRISTJANSON, BJORN	WINNIPEG OPTIMIST AT	93
134	27:51.0	3:29	300	ROELEN, JOCHEM	LONDON RUNNER DISTAN	92
135	27:51.1	3:29	670	RAYMOND, PAUL	TIMMINS PORCUPINE TR	93
136	27:52.4	3:30	821	BLAIS MIKO, NICOLAS	VAUDREUIL-DORION	91
137	27:53.2	3:30	293	MARQUEZ, DAVID	LONDON RUNNER DISTAN	93
138	27:53.4	3:30	692	REAY, NICHOLAS	TORONTO OLYMPIC CLUB	93
139	27:56.3	3:30	572	DUFOUR-SIMARD, ANTOINE	QUEBEC ENDURANCE	90
140	27:56.4	3:30	150	BOUILLON, NICOLAS	CLUB D'ATHLETISME DY	93
141	27:57.3	3:30	554	MORGAN, BLAIR	PHYSI-KULT KINGSTON	93
142	27:57.3	3:30	687	MASIL-MITRO, LIAM	TORONTO OLYMPIC CLUB	93
143	27:58.1	3:30	552	MCGREGOR, ADAM	PHYSI-KULT KINGSTON	91
144	27:59.1	3:30	602	BOILY, DAVE	SAGUENAY LAC ST-JEAN	93
145	27:59.3	3:30	672	SEGUIN, MARTIN	TIMMINS PORCUPINE TR	93
146	28:00.1	3:31	532	BATES, DYLAN	PHOENIX ATHLETICS AS	93
147	28:01.3	3:31	365	ALBERS, JOHN	NIAGARA OLYMPIC CLUB	93
148	28:02.4	3:31	775	DELANEY, LIAM	UNATTACHED NEWFOUNDL	93
149	28:03.0	3:31	575	LEGARE, SAMUEL	QUEBEC ENDURANCE	91
150	28:05.5	3:31	304	TURNBULL, IAN	LONDON RUNNER DISTAN	93
151	28:06.0	3:31	386	PERRY, KEVIN	NORTH BAY LEGION	90
152	28:07.6	3:31	663	GEMMELL, BRENDAN	STRIDE AHEAD TOUGH T	93
153	28:09.4	3:32	101	DEANE, PATRICK	AGSI FLYERS	94
154	28:10.6	3:32	244	LLOYD, DUKE	HAMILTON HAMMERHEADS	92
155	28:15.3	3:32	155	CAMERON, JACOB	CORNWALL LEGION COUG	93
156	28:16.3	3:33	243	HAMBLY, DEREK	HAMILTON HAMMERHEADS	93
157	28:17.3	3:33	639	ANDERSON, DREW	SPEED RIVER TRACK &	93
158	28:19.3	3:33	701	BURKE, JOSEPH	TRACK NORTH ATHLETIC	92
159	28:19.5	3:33	298	PROCTER, BEN	LONDON RUNNER DISTAN	90
160	28:23.2	3:33	357	MACPHERSON, ERIC	NEWMARKET HUSKIES TR	93
161	28:24.0	3:33	371	JANSSEN, TREVOR	NIAGARA OLYMPIC CLUB	93
162	28:28.4	3:34	370	GODIN, ZACHARY	NIAGARA OLYMPIC CLUB	95
163	28:31.3	3:34	396	BROWN, DENNIS	OCEAN ATHLETICS	93
164	28:34.1	3:35	621	BEAUDETTE, KENNY	SHERBROOKE	90
165	28:36.2	3:35	294	MAWJI, ANEEL	LONDON RUNNER DISTAN	94
166	28:36.5	3:35	221	LIPP, JADEN	EXCEL ATHLETIKA	92
167	28:38.0	3:35	319	KADLECIC, JORDAN	LONDON WESTERN T.F.C	93
168	28:39.0	3:35	266	KARLEY, CHRISTOPHER	LAUREL CREEK TRACK &	91
169	28:39.3	3:35	125	WYNANDS, JOHN	BROCKVILLE LEGION TR	92
170	28:41.0	3:36	274	JOHNSTON, RILEY	LES COUREURS DE BOIS	93
171	28:45.3	3:36	678	HILL, SCOTT	TORONTO OLYMPIC CLUB	94
172	28:51.0	3:37	146	QUICK, DEREK	CAMBRIDGE HARRIERS	92
173	28:51.0	3:37	716	MORGAN, CHRIS	TRI CITY TRACK CLUB	93
174	28:59.0	3:38	752	HAYES, REID	UNATTACHED ATHLETES	94
175	29:01.4	3:38	276	MACPHERSON, STUART	LES COUREURS DE BOIS	94
176	29:03.2	3:38	278	QUENNEVILLE, GABRIEL	LES COUREURS DE BOIS	92
177	29:07.5	3:39	326	WUNDER, PAUL	LONDON WESTERN T.F.C	94
178	29:10.6	3:39	118	LEMMERMEYER, JOE	BRIGHTON LEGION TRAC	91
179	29:11.5	3:39	829	POLAND, JASON	WEST TORONTO TRACK &	93
180	29:15.2	3:40	271	CRAIG, EWAN	LES COUREURS DE BOIS	93

181	29:15.4	3:40	360	PENNEY, KYLE	NEWMARKET HUSKIES TR	94
182	29:16.2	3:40	316	FORAN, SAMI	LONDON WESTERN T.F.C	94
183	29:18.3	3:40	264	BRYDGES, SCOTT	LAUREL CREEK TRACK &	91
184	29:22.2	3:41	667	BOUDREAU, ERIC	TIMMINS PORCUPINE TR	92
185	29:25.3	3:41	389	SCOTT, JORDAN	NORTH BAY LEGION	90
186	29:25.4	3:41	854	SMITH, NICHOLAS	YORK UNIVERSITY TRAC	93
187	29:29.1	3:42	745	BISSETT, TYLER	UNATTACHED ALBERTA	91
188	29:33.3	3:42	588	BALEZANTIS, REID	RIVERSDALE ATHLETICS	94
189	29:37.3	3:43	689	PALADINO, MATTHEW	TORONTO OLYMPIC CLUB	91
190	29:44.3	3:44	162	AHMED, RAZA	DURHAM DRAGONS ATHLE	92
191	29:51.3	3:44	201	CARROLL, JAKE	ETOBICOKE TRACK & FI	96
192	29:54.2	3:45	772	WONG, BILLY	UNATTACHED BRITISH C	94
193	29:57.5	3:45	690	PATTERSON, SEAN	TORONTO OLYMPIC CLUB	92
194	29:59.0	3:45	849	BROWN, SPENCER	YORK UNIVERSITY TRAC	90
195	30:00.0	3:45	856	WYATT, SPENCER	YORK UNIVERSITY TRAC	94
196	30:15.4	3:47	704	DIEBEL, SEBASTIAN	TRACK NORTH ATHLETIC	93
197	30:42.4	3:51	381	WIGNALL, GRANT	NIAGARA OLYMPIC CLUB	94
198	31:13.2	3:55	254	VAN DYK, RYAN	IRONSTRIDE	90
199	31:47.2	3:59	255	WITHERS, RICHARD	IRONSTRIDE	90
200	32:28.2	4:04	848	BINER, MARK	YORK UNIVERSITY TRAC	92
201	32:33.1	4:05	100	CADDEY, CHRIS	AGSI FLYERS	94
202	32:38.4	4:05	380	TURNER, JOSH	NIAGARA OLYMPIC CLUB	96