

## 2023 SSSAD Cross Country Meet 3 - 2023-09-19

Lakewood  
Results

## Girls 3k Run CC Intermediate

Name	School	Finals
<b>Results - Women</b>		
1 Deutscher, Ryan	Walter Murra	11:52.10
2 Loshack, Cooper	Aden Bowman	12:00.80
3 Shakotko, Riel	Bishop J Mah	12:46.70
4 Scammell, Avery	Walter Murra	12:46.90
5 D'Souza, Emma	Holy Cross	12:49.30
6 Abrametz, Claire	Holy Cross	12:50.70
7 Murrieta, Sofia	Centennial	13:06.10
8 Milnthorp, Julia	Bishop J Mah	13:08.70
9 Roy, Jordan	St Joseph	13:32.20
10 Will, Livia	Marion Graha	13:51.30
11 Salahub, Scarlett	Holy Cross	13:53.20
12 Vasconez, Bella	Bishop J Mah	14:02.20
13 Deutscher, Alexa	St Joseph	14:08.50
14 Bilinski, Kianna	Walter Murra	14:14.60
15 Byers, Bronwyn	Marion Graha	14:21.80
16 Dykstra, Jessica	Marion Graha	14:25.20
17 Ferguson, Brie	Marion Graha	14:27.40
18 Haggeet, Aubrey	Holy Cross	15:37.50
19 Tahiry, Sarah	Aden Bowman	15:45.80
20 Blissitt, Charlotte	Centennial	16:13.90
21 Longo, Leah	Centennial	16:30.10
22 Manz, Peyton	Centennial	16:38.80
23 Salooja, Naamroop	Bedford Road	16:50.00
24 Siebert, Grace	Bethlehem	17:50.90
25 Clarke, Sadie	Evan Hardy	18:19.50
26 Morin, Rhianna	Tommy Dougla	18:28.80
27 Vien, Emily	Bethlehem	19:08.30
28 McNeil, McKaela	Holy Cross	21:26.40
29 Sarfraz, Hania	Walter Murra	21:59.40
30 Carriere, Camryn	Marion Graha	22:48.80
31 Sarwat, Sarwat	Aden Bowman	22:49.40
--- Miller, Marlaa	Walter Murra	DNF

## Girls 4k Run CC Junior

Name	School	Finals
<b>Results - Women</b>		
1 Woods, Naysa	Centennial	16:33.60
2 Hamel, Sierra	Bishop J Mah	18:47.70
3 Jardine, Edie	Holy Cross	19:11.30
4 Huber, Claire	Tommy Dougla	19:42.90
5 Chute, Julianna	Centennial	19:43.10
6 Dixon, Adrianna	Centennial	19:50.80
7 Baudais, Bailey	St Joseph	20:21.20
8 Viau, Aspen	Ecole Canadienne	20:23.50
9 Timm, Ava	Walter Murra	20:24.10
10 King, Elaine	Walter Murra	20:24.40
11 Limin, Natasha	Holy Cross	21:20.40
12 Chow, Lily	Evan Hardy	21:46.50
13 Sindel, Liane	Bethlehem	22:06.20
14 Tokarska, Kateryna	St Joseph	22:45.20
15 Hickey, Abby	Holy Cross	22:54.70
16 Okkerse, Krischel	Bethlehem	23:12.70

17 Cayabyab, Christina	Holy Cross	23:47.00
18 Owusu, Eugenia	Holy Cross	24:43.90
19 Fetter, Orianna	Holy Cross	25:07.80
20 Zhang, Amy	Walter Murra	25:39.70
21 Erickson, Jordyn	Aden Bowman	26:24.40
22 Shonde, Taiwo	Holy Cross	28:19.10
23 Seyoum, Hannah	Holy Cross	29:21.00
24 Norval, Emma	Holy Cross	29:40.10
25 Breher, Addison	Bedford Road	30:38.70

## Girls 4k Run CC Senior

Name	School	Finals
<b>Results - Women</b>		
1 Beveridge-Warick, Annie	Aden Bowman	16:18.10
2 Nemeth, Eszter	Walter Murra	16:33.30
3 Shelton, Kyra	Aden Bowman	17:43.10
4 Hilderman, Caley	Marion Graha	18:42.40
5 Morog, Zuzana	Walter Murra	19:10.60
6 Bolme, Zoe	Tommy Dougla	20:30.80
7 Kupser, Ella	Centennial	20:40.70
8 Fuentealba, Elena	St Joseph	20:41.90
9 Halabura, Payton	Holy Cross	20:42.60
10 Codling, Jayda	Holy Cross	20:55.70
11 Smith, Lauren	Walter Murra	20:58.70
12 Sparks, Megan	Marion Graha	21:22.60
13 Colborne, Julia	Walter Murra	21:37.30
14 Mundell, Ava	Walter Murra	22:15.10
15 Kulbida, Neveah	Bishop J Mah	23:05.10
16 Brick, Shaylin	St Joseph	23:07.70
17 Bandemer, Luna	Walter Murra	23:08.10
18 Lyons, Elizabeth	Walter Murra	23:58.50
19 Wood, Jessie	Walter Murra	24:27.60
20 Wilson, Drew	Marion Graha	24:31.30
21 Norval, Nicola	Holy Cross	24:51.30
22 Maier, Amelia	Centennial	25:23.50
23 Rosman, Maci	St Joseph	25:41.10
24 Helgason, Kaitlyn	Walter Murra	25:41.70
25 Bennett, Claire	Walter Murra	26:04.30
26 Suevos, Carmen	Bethlehem	26:06.30
27 Davidson, Olivia	Tommy Dougla	26:30.30
28 Clarke, Sadie	Holy Cross	31:02.80
29 Cherkas, Sophie	Holy Cross	33:02.10
30 Dela Paz, Czarina Sydney	Bishop J Mah	35:00.00
31 Minh, Janet	Bethlehem	35:01.00
32 Ekundayo, Iteoluwa	St Joseph	35:02.00

## Boys 3k Run CC Intermediate

Name	School	Finals
<b>Results - Men</b>		
1 Beveridge Warick, Taras	Aden Bowman	11:01.50
2 Li, Bertin	Walter Murra	11:18.40
3 Beauchamp, Jarrett	Evan Hardy	11:20.90
4 McDonald, George	Aden Bowman	11:39.70
5 McCartney, Panayiotis	Aden Bowman	11:46.80
6 Farthing, Jaime	Aden Bowman	11:50.70
7 Chang, Brian	Centennial	11:55.10

## 2023 SSSAD Cross Country Meet 3 - 2023-09-19

Lakewood  
Results

## Results - Men ... (Boys 3k Run CC Intermediate)

Name	School	Finals
8 Laskowski, Matthew	Walter Murra	11:57.30
9 Treimans, Dane	St Joseph	11:59.00
10 O'Soup, Enoch	Centennial	12:00.30
11 Kennedy, Landon	Holy Cross	12:00.70
12 Burns, Isaac	Aden Bowman	12:28.50
13 Lim, Dracen	Walter Murra	12:36.70
14 Laverty, Pascal	Marion Graha	13:06.40
15 Sawchyn, Charles	Walter Murra	13:16.80
16 Nutt, Sebastian	Walter Murra	13:23.30
17 Spiteri, Lewis	Evan Hardy	13:24.30
18 Eymann, Blake	Bethlehem	13:33.80
19 Uku, Jayden	Holy Cross	14:13.40
20 Kamau, Andy	Holy Cross	14:13.90
21 Keeler, Grant	Centennial	14:19.30
22 Mcleod, Charlie	St Joseph	14:28.20
23 Taylor, Xander	Walter Murra	14:36.00
24 O'Keefe, Hunter	Bishop J Mah	14:38.10
25 Mackenzie, Aniken	Centennial	14:39.80
26 Laverty, Beckett	Marion Graha	14:45.10
27 Regush, Liam	Holy Cross	14:56.20
28 Prang, Asher	St Joseph	15:26.70
29 McLeod, Edward	Evan Hardy	15:37.60
30 Lam, Tyler	Walter Murra	16:04.60
31 Delorme, Keegan	Bishop J Mah	16:33.30
32 Wagner, Noah	Holy Cross	20:29.50
33 Darbellay, Hugh	Holy Cross	20:37.60

## Boys 4k Run CC Junior

Name	School	Finals
1 Friesen, Drake	Tommy Dougla	14:42.10
2 Dodge, Preston	St Joseph	14:45.80
3 Karoyo, Faisal	Walter Murra	15:33.90
4 Duncan, Alec	Walter Murra	16:18.40
5 Marshall, Luke	Bishop J Mah	16:24.40
6 Salewich, Isaiah	Holy Cross	16:36.20
7 Hooper, Van	Walter Murra	16:36.50
8 Loshack, Easton	Aden Bowman	17:12.70
9 Carr, Landon	Centennial	17:16.50
10 Veeman, Mikko	Aden Bowman	17:19.40
11 Harmanovskyy, Mykhaylo	Bethlehem	17:27.80
12 Crown, Caleb	Holy Cross	17:48.70
13 Dennis, Evan	Walter Murra	18:03.30
14 Whittet, Arnold	Evan Hardy	18:32.10
15 Choudry, Sami	Marion Graha	18:51.20
16 Juhnke, Brendan	St Joseph	18:51.50
17 Cross child, Jarrett	Bishop J Mah	19:06.20
18 Asiamah, John	Walter Murra	20:04.10
19 Singh, Harjot	Walter Murra	20:04.30
20 Eckl, Jordan	Walter Murra	20:04.50
21 Anderson, Oliver	Centennial	20:58.10
22 Rodrigues-Pinero, Gonado	Bethlehem	21:50.20
23 Isikaku, Dennis	Holy Cross	22:49.40
24 Jordan, Drake	Walter Murra	22:55.00

25 Shonde, Kehinde	Holy Cross	23:04.80
26 Hitchings, Declan	Evan Hardy	24:57.90
27 Nguyen, Andrew	Evan Hardy	30:02.80
28 Stockdale, Tyler	Tommy Dougla	31:54.20

## Boys 5k Run CC Senior

Name	School	Finals
1 Trejo-Monroy, Mateo	Aden Bowman	17:26.01
2 Irwin, Niklos	Bishop J Mah	17:30.50
3 Andrew, Sam	Holy Cross	17:50.00
4 Horbach, Teegan	Holy Cross	18:15.80
5 Schuler, Justin	Bishop J Mah	19:29.50
6 Zimmer, Isaac	Marion Graha	19:50.40
7 Gresty, Rowen	St Joseph	20:12.70
8 Prange, Liam	Walter Murra	20:24.70
9 Farthing, Graham	Evan Hardy	20:25.20
10 English, Alistair	Walter Murra	20:26.40
11 Gusikoski, Dawson	St Joseph	20:32.70
12 Amundson, Severin	Walter Murra	20:56.80
13 Block, Ezra	Bedford Road	21:11.80
14 Kok, Logan	Holy Cross	21:50.20
15 Joslin, Joshua	Bishop J Mah	22:15.50
16 Mcurvie, Cayden	Holy Cross	22:16.20
17 Bamidele, Gbemileke	St Joseph	22:45.50
18 Mase, Kolbe	St Joseph	22:54.10
19 Soanes, Lachlan	Centennial	23:29.50
20 Halbgewachs, Plamen	St Joseph	23:34.00
21 Gustafson, Nohl	Walter Murra	23:35.10
22 Abdalla, Fares	Centennial	23:49.20
23 Afridi, Aaraiz	Walter Murra	24:14.50
24 Sherwood, William	Walter Murra	24:48.70
25 Shabani, Songolo	ED Feehan	25:56.50
26 Daniels-White, Stephen	Ecole Canadienne	26:32.20
27 Epampin, Franck	Ecole Canadienne	27:28.50
28 Duong, Anthony	Centennial	28:45.10
29 Abdullah, Nirban	Bethlehem	29:17.50
30 Siasat, Justin	Bethlehem	32:15.00
--- McCumber, Bennett	Walter Murra	DNF