

CIS Championships

Overall Finish List**Women's 6k**Race Date

November 14, 2015

<u>Overall</u>	<u>Name</u>	<u>Team</u>	<u>Bib No</u>	<u>Time</u>	<u>Pace</u>
1	Sarah Inglis	Trinity Western	122	19:49.9	3:18/K
2	Gabriela Stafford	University of Toronto	270	20:09.7	3:22/K
3	Stefanie Smith	University of Windsor	329	20:25.4	3:24/K
4	Emma Cook-Clarke	University of Calgary	199	20:26.5	3:24/K
5	Julie-Anne Staehli	Queens University	87	20:27.5	3:25/K
6	Katrina Allison	University of Guelph	212	20:28.3	3:25/K
7	Lisa Brooking	Trinity Western	120	20:32.4	3:25/K
8	Katelyn Ayers	University of Guelph	213	20:39.1	3:27/K
9	Claire Sumner	Queens University	88	20:49.8	3:28/K
10	Regan Yee	Trinity Western	127	20:50.3	3:28/K
11	Mirelle Martens	Trinity Western	123	20:51.5	3:29/K
12	Colleen Wilson	Dalhousie University	13	20:57.3	3:30/K
13	Karissa Lepage	University of Alberta	188	21:05.3	3:31/K
14	Mathilde Sagnes	Universite De	141	21:16.3	3:33/K
15	Sophie Watts	University of Guelph	220	21:18.1	3:33/K
16	Melanie Myrand	McGill University	53	21:19.5	3:33/K
17	Sarah Wismer	University of Guelph	221	21:19.8	3:33/K
18	Ariana Dirk	University of Calgary	200	21:21.4	3:34/K
19	Melissa Jones	University of Calgary	201	21:21.5	3:34/K
20	Danielle Jossinet	University of Guelph	215	21:23.3	3:34/K
21	Allie Parks	University of Windsor	327	21:24.3	3:34/K
22	Chloe Hegland	University of Victoria	286	21:27.7	3:35/K
23	Cheryse Mitton	University of Guelph	216	21:30.6	3:35/K
24	Charlotte Dunlap	Queens University	81	21:32.0	3:35/K
25	Sarah Macarthur	University of Calgary	202	21:33.0	3:36/K
26	Madeleine Kelly	University of Toronto	269	21:34.7	3:36/K
27	Jullien Flynn	McGill University	52	21:35.8	3:36/K
28	Rebekah Sass	University of Manitoba	237	21:36.8	3:36/K
29	Madeline McDonald	McMaster University	67	21:37.6	3:36/K
30	Michelle Reddy	Dalhousie University	12	21:43.7	3:37/K
31	Vanessa Trofimenkoff	MacEwan University	44	21:45.1	3:38/K
32	Katie Wismer	Laurentian University	38	21:56.3	3:39/K
33	Katie Phillips	University of Ottawa	248	22:01.4	3:40/K
34	Shauna McInnis	University of Victoria	287	22:01.4	3:40/K
35	Emma Bibault	University of Victoria	283	22:03.8	3:41/K
36	Heather Petrick	University of Guelph	217	22:07.1	3:41/K
37	Kristina Popadich	Western University	312	22:10.5	3:42/K
38	Chelsea Mackinnon	McMaster University	65	22:10.7	3:42/K
39	Hannah Leggatt	MacEwan University	41	22:13.0	3:42/K
40	Emily Clarke	Dalhousie University	7	22:13.1	3:42/K
41	Chanelle Gagne	MacEwan University	39	22:15.0	3:43/K
42	Morgan Lawley	University of Alberta	187	22:15.1	3:43/K
43	Kayte Kowal	Dalhousie University	10	22:15.3	3:43/K
44	Jeanne Mercier	Universite Laval	165	22:17.6	3:43/K
45	Ruth Burrowes	University of Ottawa	247	22:18.3	3:43/K
46	Anne-Marie Gauthier	Universite Laval	163	22:20.5	3:43/K
47	Gabrielle Foran	McMaster University	61	22:21.7	3:44/K

CIS Championships

Overall Finish List

Race Date
November 14, 2015

Women's 6k

<u>Overall</u>	<u>Name</u>	<u>Team</u>	<u>Bib No</u>	<u>Time</u>	<u>Pace</u>
48	Emily Nowak	McMaster University	69	22:25.8	3:44/K
49	Marissa Lobert	Laurentian University	35	22:30.0	3:45/K
50	Brooke Mentanko	University of	259	22:30.2	3:45/K
51	Madeleine Benjamin	McMaster University	60	22:31.3	3:45/K
52	Katherine Lampard	Western University	307	22:31.7	3:45/K
53	Michelle Kennedy	Laurentian University	34	22:33.5	3:46/K
54	Marguerite Plante-Dubé	Universite Laval	166	22:34.4	3:46/K
55	Shannen Murray	Queens University	84	22:35.1	3:46/K
56	Marilou Ferland-Daigle	Universite Laval	162	22:35.3	3:46/K
57	Joanna Williams	Trinity Western	126	22:35.8	3:46/K
58	Karine Beaudet	Universite Laval	161	22:36.1	3:46/K
59	Lindsay Kary	Queens University	83	22:37.9	3:46/K
60	Ainsley Nantes	Western University	309	22:39.5	3:47/K
61	Lianne Girard	Queens University	82	22:41.2	3:47/K
62	Lisanne Guérin	Universite Laval	164	22:43.4	3:47/K
63	Rachel Lobay	Thompson Rivers	115	22:45.8	3:48/K
64	Caitlin Vail	University of Alberta	190	22:45.9	3:48/K
65	Michelle Moakler	Western University	308	22:47.3	3:48/K
66	Laurin Thorne	University of Victoria	290	22:47.8	3:48/K
67	Savanna Boutin	University of Alberta	185	22:48.7	3:48/K
68	Lauren Locco	McMaster University	64	22:49.0	3:48/K
69	Gabrielle	Université de	152	22:50.1	3:48/K
70	Samantha McGuinness	University of Waterloo	303	22:51.0	3:49/K
71	Catherine Gagnon	Universite Quebec A	177	22:51.1	3:49/K
72	Meggie Dargis	McGill University	51	22:52.0	3:49/K
73	Jenna MacDonald	Dalhousie University	11	22:52.8	3:49/K
74	Lesley Koopman	University of Alberta	186	22:54.8	3:49/K
75	Maggie Proulx	Universite Laval	167	22:58.0	3:50/K
76	Hannah Ryan	Trinity Western	125	22:58.5	3:50/K
77	Gabrielle Lebel	Université de	150	23:01.4	3:50/K
78	Sydney Banister	University of Calgary	197	23:03.4	3:51/K
79	Rébecca Beaumont	Universite De	136	23:04.0	3:51/K
80	Jessie Nusselder	Laurentian University	36	23:04.1	3:51/K
81	Camille Moreaux	Université de	151	23:05.7	3:51/K
82	Honor Walmsley	University of Toronto	271	23:06.3	3:51/K
83	Jessica White	Western University	314	23:09.7	3:52/K
84	Taylor Sprague	University of Manitoba	238	23:10.5	3:52/K
85	Maddy Bak	Laurentian University	29	23:11.4	3:52/K
86	Meg Harradine	Trinity Western	121	23:12.0	3:52/K
87	Jessica Baraskewich	University of Calgary	198	23:12.3	3:52/K
88	Skye Russell	University of Alberta	189	23:13.6	3:52/K
89	Adriana Davis	University of Regina	250	23:14.9	3:52/K
90	Nicole Balzer	University of Manitoba	232	23:15.6	3:53/K
91	Avery Westberg	University of Regina	254	23:16.0	3:53/K
92	Samantha Edwards	Laurentian University	31	23:16.8	3:53/K
93	Chelsea Viselli	University of Windsor	330	23:17.4	3:53/K
94	Andie Wood	University of Victoria	291	23:19.7	3:53/K

CIS Championships

Overall Finish List**Women's 6k**

Race Date
November 14, 2015

<u>Overall</u>	<u>Name</u>	<u>Team</u>	<u>Bib No</u>	<u>Time</u>	<u>Pace</u>
95	Hana Marmura	St Francis Xavier	103	23:20.7	3:53/K
96	Christiana Agustin	University of Toronto	263	23:20.9	3:53/K
97	Soren Meeuwisse	McMaster University	68	23:21.0	3:54/K
98	Kathleen Browne	Concordia University	1	23:21.4	3:54/K
99	Marianne Leclerc	Universite De	138	23:22.9	3:54/K
100	Emilie Ford	University of Manitoba	234	23:25.8	3:54/K
101	Erin O'higgins	Queens University	85	23:27.4	3:55/K
102	Erin Snelgrove	Western University	313	23:27.5	3:55/K
103	Jasmine Dezeeuw	St Francis Xavier	99	23:27.9	3:55/K
104	Erin Strueby	University of Regina	253	23:30.6	3:55/K
105	Nicole Rich	Laurentian University	37	23:30.8	3:55/K
106	Shayna Quibell	University of Calgary	203	23:32.0	3:55/K
107	Martine Parent	Universite De	140	23:32.7	3:55/K
108	Morgan Hawkes	Dalhousie University	9	23:33.2	3:56/K
109	Amy Gelhorn	University of Manitoba	235	23:33.3	3:56/K
110	Eartha Weber	University of Toronto	272	23:36.0	3:56/K
111	Kendra Macneil	St Francis Xavier	102	23:36.1	3:56/K
112	Arden Burrows	University of Toronto	264	23:36.5	3:56/K
113	Emily Ferguson	Dalhousie University	8	23:39.0	3:57/K
114	Kamylle Frenette	University de Moncton	179	23:39.1	3:57/K
115	Carol-Ann MacDonald	University de Moncton	180	23:44.8	3:57/K
116	Hayley Francois	University of Victoria	285	23:46.1	3:58/K
117	Marie Lebouthillier	Universite De	137	23:46.8	3:58/K
118	Nicole Odiasky	University of Manitoba	236	23:50.5	3:58/K
119	Stephanie Nevison	Western University	311	23:51.8	3:59/K
120	Mary Cole	University of Toronto	266	23:55.0	3:59/K
121	Alexandra McGowan	University of Waterloo	346	23:59.6	4:00/K
122	Eden Frost	Concordia University	4	24:02.4	4:00/K
123	Leah Gouthro	St Francis Xavier	100	24:06.7	4:01/K
124	Kyra Ives	University of	258	24:07.0	4:01/K
125	Liz MacDonald	St Francis Xavier	101	24:07.6	4:01/K
126	Anouk Pelletier	University de Moncton	181	24:10.3	4:02/K
127	Nicole Kitt	MacEwan University	40	24:10.7	4:02/K
128	Catherine Thompson	St Francis Xavier	105	24:11.2	4:02/K
129	Marie-Andrée Marchand	Universite De	139	24:12.8	4:02/K
130	Erin Tramley	University of Manitoba	239	24:14.5	4:02/K
131	Andrea Robinson	University of Victoria	289	24:20.2	4:03/K
132	Stéphanie Turgeon	Universite De	142	24:22.6	4:04/K
133	Alesha Miller	Thompson Rivers	116	24:26.4	4:04/K
134	Victoria Sandre	St Francis Xavier	104	24:26.9	4:04/K
135	Sydney Hawkins	University of Windsor	326	24:31.0	4:05/K
136	Alison Robinson	University of Windsor	328	24:48.6	4:08/K
137	Anneliese Davis	University of Regina	251	24:53.3	4:09/K
138	Maissa Sabourin	MacEwan University	43	24:56.8	4:09/K
139	Tianna Dodds	University of Regina	252	25:07.5	4:11/K
140	Sophie Dasaro	Concordia University	2	25:10.8	4:12/K
141	Tessa Pedersen	MacEwan University	42	25:34.8	4:16/K

CIS Championships

Overall Finish List

Race Date
November 14, 2015

Women's 6k

<u>Overall</u>	<u>Name</u>	<u>Team</u>	<u>Bib No</u>	<u>Time</u>	<u>Pace</u>
142	Lauren Fisico	University of Windsor	325	25:36.5	4:16/K
143	Jenna Green	Concordia University	5	26:48.4	4:28/K
144	Devon Ellis-Durity	Concordia University	3	28:05.3	4:41/K

CIS Championships

Overall Finish List

Race Date
November 14, 2015

Men's 10k

<u>Overall</u>	<u>Name</u>	<u>Team</u>	<u>Bib No</u>	<u>Time</u>	<u>Pace</u>
1	Aaron Hendrikk	University of Guelph	225	30:18.1	3:02/K
2	Kevin Tree	Lakehead University	26	30:24.1	3:02/K
3	Paul Janikowski	University of Windsor	333	30:24.4	3:02/K
4	Olivier Collin	University of Victoria	294	30:27.7	3:03/K
5	Ryan Cassidy	University of Victoria	293	30:30.3	3:03/K
6	Erik Widing	University of	262	30:33.6	3:03/K
7	Matt McNeil	Dalhousie University	16	30:39.0	3:04/K
8	Blair Morgan	McMaster University	77	30:42.0	3:04/K
9	Forrest Simpson	University of Victoria	299	30:45.7	3:05/K
10	Corey Bellemore	University of Windsor	331	30:55.9	3:06/K
11	Shoayb Bascal	University of Victoria	292	31:02.2	3:06/K
12	Connor Darlington	McMaster University	71	31:02.4	3:06/K
13	Emmanuel Boisvert	Universite Laval	169	31:04.7	3:06/K
14	Tristan Woodfine	University of Guelph	230	31:05.8	3:07/K
15	Taylor Forbes	McMaster University	73	31:06.7	3:07/K
16	Scott Donald	St Francis Xavier	108	31:08.9	3:07/K
17	Declan White	Trinity Western	135	31:12.5	3:07/K
18	Alexandre Ricard	Universite Laval	175	31:18.6	3:08/K
19	Joel De Schiffart	Trinity Western	130	31:19.0	3:08/K
20	Connor Black	University of Guelph	222	31:21.5	3:08/K
21	Christian Gravel	University of Guelph	224	31:22.9	3:08/K
22	Jeff Archer	Queens University	90	31:24.2	3:08/K
23	Jeremy Briand	McGill University	55	31:24.9	3:08/K
24	Russell Pennock	University of Calgary	210	31:31.2	3:09/K
25	Nicolas Morin	Universite Laval	172	31:31.5	3:09/K
26	Benjamin Raymond	Universite Laval	174	31:33.2	3:09/K
27	Abduselam Yussuf	University of Manitoba	246	31:33.5	3:09/K
28	Stefan Daniel	University of Calgary	205	31:34.1	3:09/K
29	Shawn Master	University of Windsor	335	31:34.3	3:09/K
30	Brayden Seneca	University of Guelph	229	31:34.8	3:09/K
31	Alex Wilkie	Queens University	97	31:36.5	3:10/K
32	Joe Kagumba	University of Windsor	334	31:36.7	3:10/K
33	Cal Dewolfe	St Francis Xavier	107	31:37.4	3:10/K
34	Jean-Daniel Labranche	Universite Laval	171	31:38.6	3:10/K
35	Sacha Smart	University of Toronto	281	31:39.2	3:10/K
36	Roman Justinen	University of Calgary	209	31:40.3	3:10/K
37	Caleb De Jong	Trinity Western	129	31:41.3	3:10/K
38	Christopher Balestrini	Western University	316	31:43.3	3:10/K
39	Alex Cyr	St Francis Xavier	106	31:43.6	3:10/K
40	Francois Jarry	McGill University	57	31:45.3	3:11/K
41	Eric Wynands	Queens University	98	31:47.6	3:11/K
42	Austen Forbes	McMaster University	74	31:48.1	3:11/K
43	Ben Weir	University of Victoria	300	31:49.8	3:11/K
44	Benjamin Carson	Western University	317	31:50.5	3:11/K
45	Adam Cornwall	Wilfrid Laurier	340	31:52.2	3:11/K
46	Adam Richardson	University of Waterloo	304	31:53.1	3:11/K
47	Jack Sheffar	Western University	324	31:54.8	3:11/K

CIS Championships

Overall Finish List**Men's 10k**

Race Date
November 14, 2015

<u>Overall</u>	<u>Name</u>	<u>Team</u>	<u>Bib No</u>	<u>Time</u>	<u>Pace</u>
48	Tmothy Miller	University of Manitoba	245	31:55.8	3:12/K
49	Craig Klomp	University of Toronto	277	31:57.4	3:12/K
50	Luke Charbonneau	McMaster University	70	31:57.6	3:12/K
51	Santiago Bessai	McGill University	54	31:58.4	3:12/K
52	Dany Racine	Universite Laval	173	32:00.0	3:12/K
53	Kieran McDonald	University of Alberta	195	32:01.0	3:12/K
54	Alex Ullman	University of Windsor	338	32:02.4	3:12/K
55	Alex Berhe	University of Ottawa	249	32:02.7	3:12/K
56	William Madsen	University of Alberta	194	32:04.2	3:12/K
57	Cody Therrien	University of Victoria	301	32:04.5	3:12/K
58	Lee Wesselius	St Francis Xavier	114	32:05.5	3:13/K
59	Riley Johnston	St Francis Xavier	110	32:06.6	3:13/K
60	Dominique Aulagnon	Lakehead University	21	32:07.0	3:13/K
61	Benjamin Workman	University of Guelph	231	32:08.3	3:13/K
62	Simon Egzaw	University of Toronto	275	32:10.4	3:13/K
63	Blair Johnston	Trinity Western	132	32:11.6	3:13/K
64	Nick Colyn	Trinity Western	128	32:12.6	3:13/K
65	Vincent Hoa Mai	Universite Laval	170	32:12.7	3:13/K
66	Derek Van Schepen	McMaster University	79	32:13.2	3:13/K
67	Ryan Grieco	University of Calgary	206	32:14.0	3:13/K
68	Mark Schmidt	Queens University	94	32:16.4	3:14/K
69	Benjamin Forestell	McGill University	56	32:20.7	3:14/K
70	Gabriel Ghiglione	McMaster University	75	32:21.5	3:14/K
71	Matthew Hope	University of Alberta	192	32:23.7	3:14/K
72	Daniel Heschuk	University of Manitoba	244	32:24.3	3:14/K
73	Dave Cashin	Queens University	91	32:27.0	3:15/K
74	Robert Lawand	University of Toronto	279	32:29.0	3:15/K
75	Michael Pesce	University of Windsor	337	32:30.3	3:15/K
76	Marc-André Raiche	Université de	159	32:33.2	3:15/K
77	Olivier Ouellette	Université de	158	32:35.4	3:16/K
78	Trevor Zimak	Lakehead University	28	32:37.7	3:16/K
79	Matt Sheeler	Western University	323	32:42.3	3:16/K
80	Mason Quarrell	Lakehead University	24	32:43.5	3:16/K
81	Joey Stel	Queens University	95	32:43.5	3:16/K
82	Josh Dyck	University of Manitoba	243	32:44.2	3:16/K
83	Tyler White	Lakehead University	27	32:44.4	3:16/K
84	Jake Wing	Dalhousie University	19	32:44.7	3:16/K
85	Clément Hely	Universite De	147	32:45.2	3:17/K
86	Nick Wood	Dalhousie University	20	32:46.8	3:17/K
87	Levi Neufeld	Trinity Western	134	32:47.6	3:17/K
88	Patrique Bulloch	University of Manitoba	241	32:48.1	3:17/K
89	Charles Khazoom	Université de	156	32:48.2	3:17/K
90	Phil Parrot-Migas	Western University	321	32:49.5	3:17/K
91	Andrew Gordon	University of Guelph	223	32:50.6	3:17/K
92	Joshua Fowler	Universite De	145	32:52.2	3:17/K
93	Jordan Collison	University of Windsor	332	32:55.6	3:18/K
94	Daniel Kelly	McGill University	58	32:57.0	3:18/K

CIS Championships

Overall Finish List**Men's 10k**

Race Date
November 14, 2015

<u>Overall</u>	<u>Name</u>	<u>Team</u>	<u>Bib No</u>	<u>Time</u>	<u>Pace</u>
95	Yousuf Lahaye	University of Toronto	278	33:00.4	3:18/K
96	Angus Rawling	St Francis Xavier	113	33:00.8	3:18/K
97	Shane Roberts	Western University	322	33:00.9	3:18/K
98	Adam Marshall	Trinity Western	133	33:04.6	3:18/K
99	Gavin Shields	Lakehead University	25	33:05.1	3:19/K
100	Joe Sheridan	Wilfrid Laurier	345	33:07.2	3:19/K
101	Elliot De Lange	Wilfrid Laurier	341	33:07.3	3:19/K
102	Brendan Gemmell	Dalhousie University	14	33:08.9	3:19/K
103	Mark Lawley	University of Alberta	193	33:18.1	3:20/K
104	Marc Turmel	University of Regina	257	33:19.4	3:20/K
105	Francis Dumoulin	Concordia University	6	33:23.5	3:20/K
106	Vincent Parent-Pichette	McGill University	59	33:25.0	3:21/K
107	Matthew Noseworthy	University of Victoria	296	33:27.9	3:21/K
108	Matt Johnson	University of Regina	256	33:35.4	3:22/K
109	J�r�mie Pellerin	University de Moncton	182	33:35.6	3:22/K
110	Adrian Christ	University of Alberta	191	33:36.4	3:22/K
111	Connor Boyd	University of Manitoba	240	33:38.3	3:22/K
112	Royden Radowits	University of Alberta	196	33:40.0	3:22/K
113	Evan Yarmuch	University of Calgary	211	33:45.1	3:23/K
114	Hunter Andrin	Western University	315	33:45.8	3:23/K
115	Kenny Groop	Lakehead University	23	33:46.1	3:23/K
116	Jesse Burrows	University of Manitoba	242	33:46.8	3:23/K
117	Marc-Antoine Cr�peau	Universit� de	155	33:48.4	3:23/K
118	Graeme Wach	Dalhousie University	18	33:51.2	3:23/K
119	Alex James	University of Calgary	208	33:51.8	3:23/K
120	Sean Hooper	University of Regina	255	33:54.1	3:23/K
121	Nick Favero	St Francis Xavier	109	33:58.0	3:24/K
122	Angus Macintosh	Dalhousie University	15	33:59.5	3:24/K
123	Charles No�l	Universite Quebec A	178	34:03.0	3:24/K
124	Jason Arguin	Universit� de	153	34:07.4	3:25/K
125	Julien Lachance	Universit� de	157	34:11.9	3:25/K
126	Rahman Ismail	University of Calgary	207	34:18.8	3:26/K
127	Louis Bastenier-Boutin	Universite De	143	34:20.0	3:26/K
128	Ben Devito	University of Toronto	274	34:24.2	3:26/K
129	Sam Kinahan	University of Toronto	276	34:36.4	3:28/K
130	Sulaiman Hakimi	Universite De	146	34:48.9	3:29/K
131	Reid Balezantis	University of	260	34:49.0	3:29/K
132	Thomas Windisch	Universit� de	160	34:52.7	3:29/K
133	Tony Kiprop	Thompson Rivers	117	35:06.2	3:31/K
134	Jacopo Panerati	Universite De	149	35:11.7	3:31/K
135	Dean Licul	Wilfrid Laurier	342	35:12.1	3:31/K
136	Taryn Heidecker	University of	261	35:19.6	3:32/K
137	Brennen Smith	Thompson Rivers	118	35:22.7	3:32/K
138	Michael Charanduk	Wilfrid Laurier	339	35:30.7	3:33/K
139	Christophe Martin	Universite De	148	35:35.1	3:34/K
140	Adam Epp	MacEwan University	46	35:36.2	3:34/K
141	Conlan Sprickerhoff	Thompson Rivers	119	35:39.3	3:34/K

CIS Championships

Overall Finish List

Race Date
November 14, 2015

Men's 10k

<u>Overall</u>	<u>Name</u>	<u>Team</u>	<u>Bib No</u>	<u>Time</u>	<u>Pace</u>
142	Bryan Thomas	University de Moncton	184	35:42.6	3:34/K
143	Adam Lehnars	MacEwan University	47	35:43.2	3:34/K
144	Brendan Patton	Wilfrid Laurier	344	36:00.7	3:36/K
145	Nicholas Lupul	MacEwan University	48	36:06.5	3:37/K
146	Brandon Toal	MacEwan University	50	36:08.2	3:37/K
147	Rémi Poitras	University de Moncton	183	36:12.0	3:37/K
148	Brendan Masters	Wilfrid Laurier	343	36:58.4	3:42/K
149	Brady McDonald	MacEwan University	49	37:12.1	3:43/K
150	Guillaume Boglioni Beaulieu	Universite De	144	38:08.5	3:49/K